

College

ZUMBA-STAY FIT- GROOVE YOUR WAY TO FITNESS

DATE: 8th May 2021

PLATFORM: ZOOM

TIME: 2:00-3:00

NO OF NSS VOLUNTEERS:1

NAME OF NSS VOLUNTEERS: Esha Teresa Sam

Organised by The Department of Human Development of College of Home Science Nirmala Niketan . The instructor was Zin Mahek Shah , where she instructed us to do warmups exercises like lunges after which she made us do a complete routine of Zumba.



The Department of Human Development
College of Home Science, Nirmala Niketan
(Affiliated to the University of Mumbai)
Has organized a session on:

ZUMBA Stay Fit- Groove Your Way to Fitness

Wanting to add a springy step, feel lighter, and be energized?
Where you'll not just burn calories but enjoy yourself to the fullest with some energetic dance moves.
(Includes warm-up, Zumba session and cooling-down exercises)

Instructor: ZinMahek Shah
(currently MSc2 HD student)
Certified as an Official Zumba Instructor
By the Zumba Fitness LLC, Hallandale, Florida, USA
Trained under ZES Sucheta Pal,
Brand Ambassador of Zumba in India.

Wear: Comfortable clothes (long kurta, pajama, or sportswear)
You'll need: A napkin and a water bottle.

SATURDAY, MAY 8, 2021
TIME: 2:00-3:00 P.M.
PLATFORM: ZOOM

TO REGISTER CLICK HERE: <https://forms.gle/afydSsHnpJspvnei6>

**Hurry up and enroll as we have a limit of 100 participants!!
A participation e-certificate will be issued.**

NSS Video Making

Date: 1st April 2020

No. of NSS Volunteers:

1. Khadija Ali
2. Fatema Arsiwala
3. Arwa Dahodwala
4. Deveshree Bhagwatkar
5. Kasturi Belvalkar
6. Meha Savla

A video was prepared by the NSS Volunteers of College of Homescience, Nirmala Niketan to spread awareness on the topic, "Unity to fight covid - 19." It was compiled by Deveshree Bhagwatkar. Posters were also made by Arwa Dahodwala and Fatema Ariswala. The video was forwarded on various platforms so that maximum people view and take benefits from the same. The teachers and programmes officers helped us in increasing the reach of the video. We are grateful for this opportunity.

A few shots from the video -





Title: Conservation of Water (Ms. Rashmi Joshi)

Date: 20th May 2021

Time: 11 am onwards

Platform: Zoom

No. of Participants: 41

The NSS Unit of College of Home Science Nirmala Niketan organized a session on Conservation of Water. The guest speaker for the event was Ms. Rashmi Joshi who is an ENVIRONMENTAL CONSULTANT.

At the onset we would like to thank our Principal Ma'am Dr. Geeta Ibrahim for her presence and motivational address to our participants and words of appreciation for our NSS Leaders & all the NSS Volunteers

Ms. Rashmi Joshi the eminent speaker for the day covered the following points, how conservation of water is very important for the sustenance of life. How technology has a great impact on the same. The water level decreases in the ground water level due to drought, desertification, soil moisture loss and man made activities. It is a vicious cycle and affects the environment. Causes diseases such as Cancer and TB due to toxic waste and improper disposal of these wastes.

It was a very informative session followed by a question answer session.

The planning team consisted of Dr. Pratima Goyal, our NSS Program Officer, flyer designer- Kasturi Belvalkar, creative writer- Mansi Singh. Operations incharge-(feedback form and certification automation) Khadija Ali. Certificate designer's Esha Sam and Jennifer James. The event coordinators - Jennifer James and Khadija Ali.

Fiza Shaikh introduced the speaker and Riya Bhavsar delivered the Vote of Thanks.

NSS UNIT
COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
49, NEW MARINE LINES, MUMBAI-400020
NAAC ACCREDITED WITH "A" GRADE
INVITES YOU TO AN ONLINE WEBINAR ON
"CONSERVATION OF WATER"

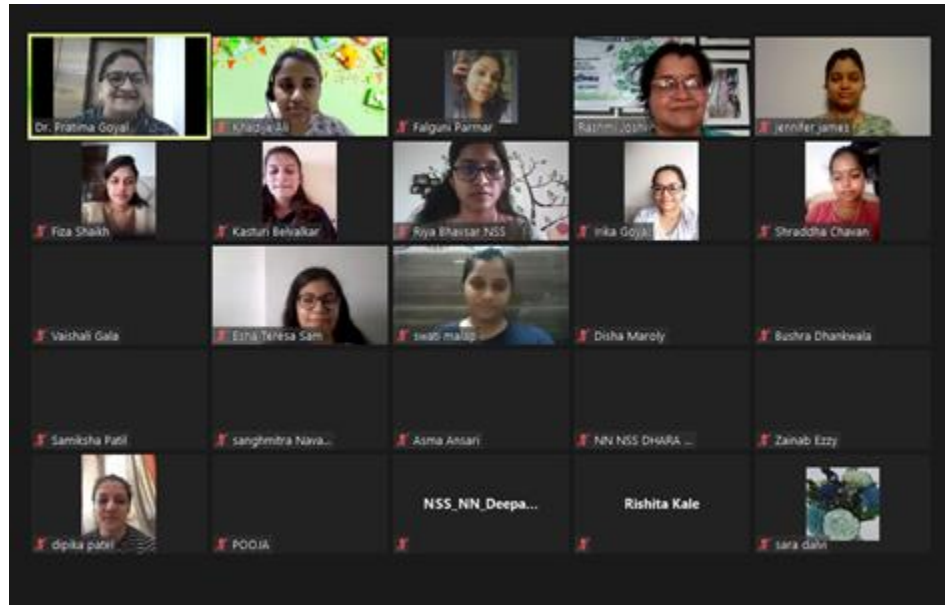
Dr. GEETA IBRAHIM
Principal of College of Home
Science Nirmala Niketan

Dr. PRATIMA GOYAL
HOD Textile and Fashion Technology
and NSS Program Officer

Ms. RASHMI JOSHI
Invited Speaker
(Environmental Consultant)

**E-CERTIFICATES WILL BE PROVIDED ON
FILLING UP THE FEEDBACK FORM**

DATE: 20TH MAY 2021
TIME: 11AM ONWARDS
PLATFORM: ZOOM




Recording

You are viewing Rashmi Joshi's screen

View Options

INTRODUCTION



With only 1% of water available for human consumption, doesn't it make sense that we should treat our water supply with more respect?

VIT UNIVERSITY

Dr. Pratima Goyal

K
Khadija Ali

Falguni Parmar

Rashmi Joshi

jennifer james

Bushra Dhan...

Unmute Start Video Participants 39 Chat Share Screen Record Reactions Leave

Title: Kitchen Gardening and Compost (Ms. Rashmi Joshi)

Date: 20th May 2021

Time: 11.45 am onwards

Platform: Zoom

No. of Participants: 47

The NSS Unit of College of Home Science Nirmala Niketan organized a session on Kitchen Gardening and Compost. The guest speaker for the event was Ms. Rashmi Joshi who is an ENVIRONMENTAL CONSULTANT.

At the onset we would like to thank our Principal Ma'am Dr. Geeta Ibrahim for her presence and motivational address to our participants and words of appreciation for our NSS Leaders & all the NSS Volunteers

The points covered include maintenance of 4 types of waste, i.e, dry waste, hazardous waste, wet waste and E- Waste. This segregation of waste is the Key to reusing waste. Composting can be done on an individual level at home. Plants which can be grown at home like neem, tulsi and money plants can release oxygen and have a good rate of conversation. Seeds can be collected, washed, dried, labeled and then grown on a later stage. Mixed Cropping, mulching, loosening of soil, water management are important aspects of plantation in pots.

It was a very informative session followed by a question answer session.

The planning team consisted of Dr. Pratima Goyal, our NSS Program Officer, flyer designer- Umaima Khan, creative writer- Mansi Singh. Operations incharge- (feedback form and certification automation) Khadija Ali. Certificate designer's Esha Sam and Jennifer James. The event coordinators - Jennifer James and Khadija Ali.

Fiza Shaikh introduced the speaker and Riya Bhavsar delivered the Vote of Thanks.



Recording

Composting and Kitchen Gardening

Ms. Rashmi Joshi, Environment Consultant
 rashmijoshi72@rediffmail.com
 9819599851

Rashmi Joshi

Khadija Ali

Dr. Pratima Goyal

NSS_NN_Deepa...

Jennifer James

Kasturi Belvalkar

Zoom Meeting

Recording

Chat

Even rats come because of the smell

From Limama Khan to Everyone:
do I need to fertilize if I use compost ?

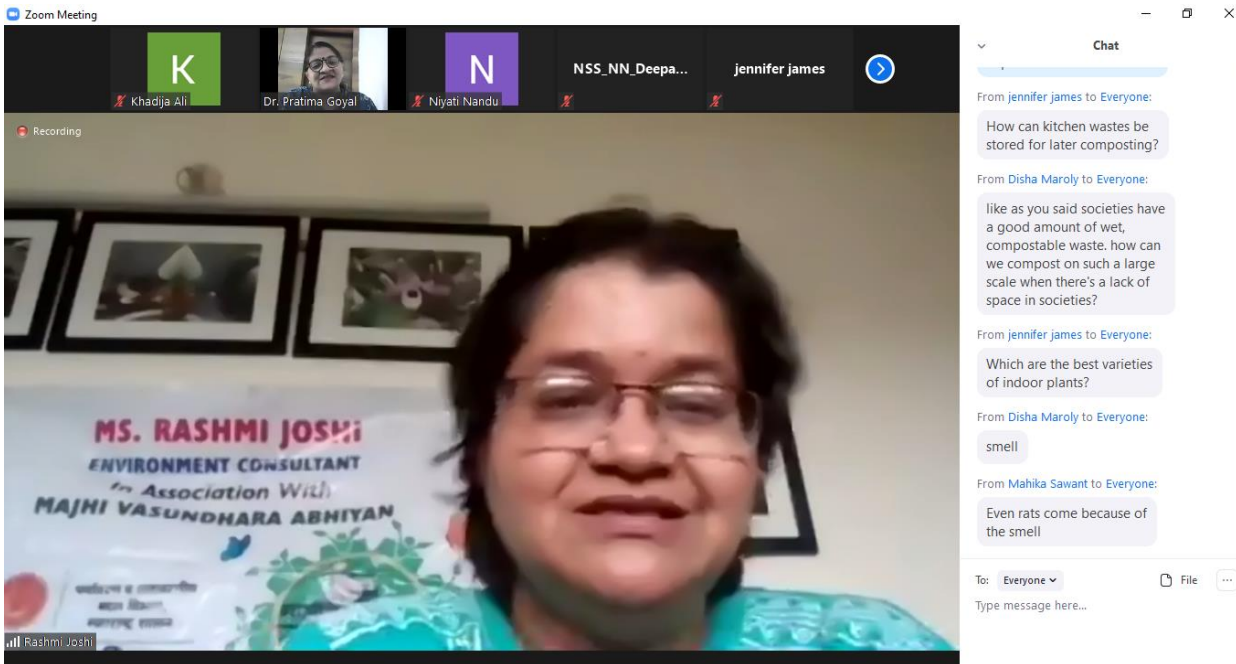
From Irika Goyal to Everyone:
Does putting decorative pebbles in the planter hamper a plant's health?

From Nyati Nandu to Everyone:
what if we are trying to make compost without bacterial culture, what will it lead to ?
apart from foul smell
smell*

From Mahika Sawant to Everyone:
in balcony

To: Everyone

Type message here...



Title- O2:Overcoming Obstacles

Date:21st May 2020

Venue: Zoom platform

No. Of participants:3

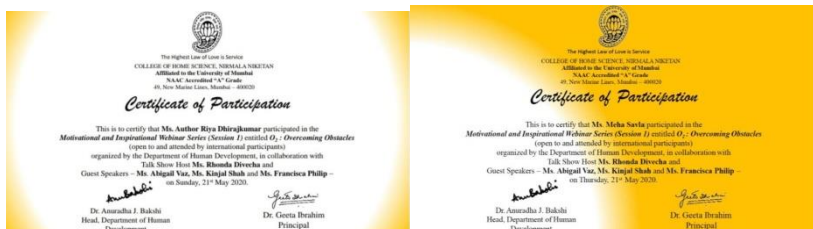
Name of participants:

1)Shreya Anchan

2)Author Riya

3)Meha Savla

Motivational and Inspirational Webinar series (session 1) entitled O2:Overcoming Obstacles Organized by the Department of Human Development. The session was in collaboration with Talk Show Host was Ms. Rhonda Divecha. The speakers of the session were Ms. Abigail Vaz, Ms. Kinjal shah and Ms. Francisca Philip. In this session the speakers shared their inspirational stories. Ms. Francisca philip shared her story of train accident and how she overcame that incident. Ms. Abigail a women who grown up without legs shared her story of struggles and overcoming Story of struggle. Ms. Kinjal whose a sign language interperor, her husband deaf and her son who has disability. She shared her challenges in life and how she looks forward positively. Overall the session was motivational and inspirational.



NSS Volunteer,
College of Home science,
Nirmala Niketan

GET FIT, NOT FAT SESSION-1

DATE:24th May 2020

TIME:10-10:45am

NO. OF VOLUNTEER:1

NAME OF VOLUNTEER:

1) Shreya Anchan

Get Fit, Not Fat was a zumba session organised by textiles and fashion Technology department of College of Home science, Nirmala Niketan. Mrs. Vinaya Vaidya was the instructor. The session was live on YouTube were some zumba steps were taught which were performed by the volunteers.

GET FIT NOT FAT Let's build our strength and positively face life

Join us for a **LIVE** **ZUMBA** on Sunday, 24 May 2020 from 10.00 am - 10.45 am

Licensed instructor Mrs. Vinaya Vaidya
Zumba Basic 1 & 2, Strong by Zumba, Aqua Zumba, Reebok Certified Group Fitness Trainer, Founder of KALASAVI Boutique

Organising Team:
Dr. Ela Dedhia, IQAC Coordinator, HOD, Textile and Fashion Technology
Dr. Vishala Kamad, Associate Professor
Ms. Neha Muthandani, Assistant Professor

College of Home Science Nirmala Niketan, Affiliated to the University of Mumbai, NAAC Accredited 'A' Grade, Department of Textile & Fashion Technology

Technological Partner: EdFly

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
Affiliated to University of Mumbai
NAAC Accredited 'A' Grade

Certificate of Participation

This is to certify that SHREYA ANCHAN has participated in GET FIT NOT FAT, ZUMBA SESSION I by Ms. Vinaya Vaidya, Licensed Instructor and Fitness Trainer, organized by Department of Textile and Fashion Technology on 24th May, 2020 from 10.00 am-10.45 am.

Dr. Ela Dedhia
Dr. Ela Dedhia
IQAC Convener
Head of Department
Department of Textile and Fashion Technology

EdFly LEARN TECHNOLOGICAL PARTNER

Certificate of Participation

Title - WOMEN'S SAFETY WEBINAR

Date: 2nd June 2020

Venue: YouTube & Zoom Meeting

No. Of NSS volunteers: 03

Names of NSS Volunteers:

1. Kasturi Belvalkar
2. Khadija Ali
3. Sakina Ghadiyali

On the 2nd Of June 2020, An online webinar was conducted on Women's Safety which was organised by College of Home Science, Nirmala Niketan.

The speaker for this webinar was Adv. Ali Kaashif Khan Deshmukh, an advocate in High court and Supreme Court Of India.

He enlightened us by speaking on a topic Women's safety. He spoke on how to travel safe alone in public transport and also during the pandemic. He also taught us about basic fundamental laws and other laws in support of women.

It was a highly informative session and at the end of the session the participants were given a feedback form for their views.

Title: Contemporary issues in space design

Date: 9th June 2020

Time: 4:00 - 6:00 p.m.

Platform: Zoom meetings

No. of NSS Volunteers:

1. Arwa Dahodwala

2. Khadija Ali
3. Sakina Ghadiyali

An interesting webinar was organized by College of Homescience, Nirmala Niketan by the department of Community Resource Management.

There were 2 guest speakers Ar. Sanjay Pabari and Mr. Pratyush Khatri.

Ar. Sanjay Pabari spoke on the, " Effects of covid-19 on interior design." He mentioned when the economy gets stable we can start designing again for but for now functionality is of importance. We need to have isolation chambers as well as rethink the use of colours and textures (break the monotony inside). Have disinfection chambers, etc.

Mr. Pratyush Khatri spoke on, "Myths about modular furniture and current trends in design." He mentioned how modular furniture is inspired by LEGO.

Participants were given E- Certificates.

College of Home Science
Nirmala Niketan

DEPARTMENT OF
COMMUNITY RESOURCE
MANAGEMENT
PRESENTS

CONTEMPORARY ISSUES IN
SPACE DESIGN

DATE: 9 JUNE
TIME: 4PM

E- CERTIFICATES WILL BE ISSUED TO ALL
PARTICIPANTS

REGISTER NOW:
<https://forms.gle/rzXrvvaC1GeeBvva7>

FOR FURTHER DETAILS
CONTACT US AT:
departmentofcrm@gmail.com

Ar. Sanjay Pabari
Practicing Architect

Post COVID -19: Impact on
Interior Design

Myths about Modular Furniture
and
Current Trends in Design

Mr. Pratyush Khatri
Community Design Manager at
HomeLane

COLLEGE OF HOME SCIENCE, NIRMALA NIKETAN
49, New Marine Lines, Mumbai - 20; Maharashtra, India
Affiliated to University of Mumbai
Reaccredited by NAAC with Grade "A"


Presents this


CERTIFICATE OF PARTICIPATION

Ms. Khadija Ali
College of Home Science, Nirmala Niketan
has attended a National Webinar
"CONTEMPORARY ISSUES IN SPACE DESIGN"
Organized by Department of Community Resource Management,
on 9th June 2020 at 4:00 pm

Mrs. Sunita Jaiswal
Head of the Department

Mrs. Roopa Rao
Webinar Coordinator


 **COLLEGE OF HOME SCIENCE, NIRMALA NIKETAN**
49, New Marine Lines, Mumbai - 20, Maharashtra, India
Affiliated to University of Mumbai
Reaccredited by NAAC with Grade "A"




Presents this

CERTIFICATE OF PARTICIPATION

Ms. Arwa Dahodwala
College of Home Science, Nirmala Niketan
has attended a National Webinar
"CONTEMPORARY ISSUES IN SPACE DESIGN"
Organized by Department of Community Resource Management,
on 9th June 2020 at 4:00 pm


Mrs. Sunita Jaiswal
Head of the Department


Mrs. Roopa Rao
Webinar Coordinator

Title: Consumer Awareness and Financial Literacy

Date: 10th June 2020

Platform: Zoom meetings

No. of NSS Volunteers:

1. Khadija Ali

An interesting webinar was organized by College of Homescience, Nirmala Niketan by the department of Community Resource Management.

It was an informative session. There were 2 guest speakers from diverse fields.

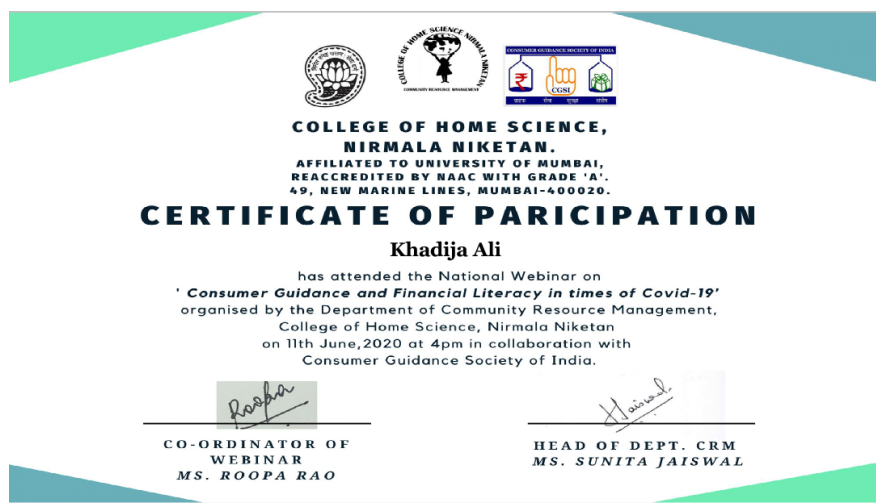
Dr. Manohar S Kamath spoke on Consumer Awareness. He mentioned to remember 2 maha-mantras

- a. Indians are special - other countries people read the rules, in india people read the exceptions
- b. Indians are expert at management

He also said who is a consumer or customer one who purchases goods and one who makes use of services.

The second speaker was Mr. Prafull Pawar who is a Financial advisor. He said, "When there is a disparity there is opportunity to grow."

E- Certificates were provided.



Title: Fevicyl one stroke painting

Date: 10th June 2020

Platform: Zoom meetings

No. of NSS Volunteers:

1. Khadija Ali
2. Shreya Anchan
3. Sakina Ghadiyali

A National Level Fevicyl one stroke painting Workshop was organized by College of Homescience, Nirmala Niketan, the Department of Community Resource Management in collaboration with Fevicyl- Pidilite Industries Pvt Ltd from 4 to 6'30 pm.

It was very well explained and demonstrated. E- Certificates were provided.

**COLLEGE OF HOME SCIENCE,
NIRMALA NIKETAN**

**DEPARTMENT OF COMMUNITY
RESOURCE MANAGEMENT**

AFFILIATED TO UNIVERSITY OF MUMBAI

presents,

**FEVICRYL CREATIVE
ONE STROKE PAINTING
WORKSHOP**

In collaboration with
Pidilite Ind.

Register Now!
**JUNE 10, 2020
4 TO 6:30 PM**

E- Certificates will be issued to all participants!

MATERIALS TO BE KEPT READY:
1. Fevicyl Acrylic or fabric colours.
2. Flat brushes any numbers (6,8,10,12)
3. Any plastic sheet or OHP sheet.
4. Drawing book or papers (plain normal Xerox papers will do)

REGISTER NOW AT:
https://forms.gle/2G3iXuc6Wgxtxs7r5of_the_month

FOR FURTHER DETAILS CONTACT US AT:
eventsofcrmddept@gmail.com



Title: Key Legal Issues

Date: 10th June 2020

Time: 4:00 - 6:00 p.m.

Platform: Zoom meetings

No. of NSS Volunteers:

1. Khadija Ali
2. Meha Savla

An interesting webinar was organized by College of Homescience, Nirmala Niketan by the department of Community Resource Management.

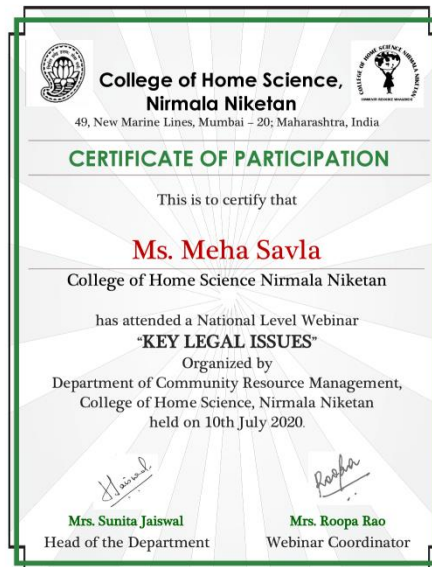
It was an informative session. There were 2 guest speakers from diverse fields.

Adv. Anand Patwardhan, spoke on the topic, "Misleading advertisements and new Consumer protection act, 2019." He explained all the legality regarding the advertisements. All aspects were explained in an interesting way.

Dr. Tejaswini Malegaonkar, spoke on,"Sexual harassment at workplace - A reflection of social transformation." She explained how we can take a report ahead and gave us a great insight into the me too movement that took place.

E-certificates were given to all participants.

<p>COLLEGE OF HOME SCIENCE, NIRMALA NIKETAN</p>  <p>DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT</p>  <p>Affiliated to University of Mumbai PRESENTS</p> <p>KEY LEGAL ISSUES</p> <p>MONDAY JUNE 08, 2020 4 TO 6.30 PM</p> <p>E- CERTIFICATES WILL BE ISSUED TO ALL THE PARTICIPANTS</p>	 <p>ADV. ANAND PATWARDHAN MISLEADING ADS AND NEW CONSUMER PROTECTION ACT, 2019 4.00 to 5.00 PM</p>
30 MINS Q&A ROUND	
<p>DR. TEJASWINI MALEGAONKAR SEXUAL HARASSMENT OF WOMEN AT WORKPLACE 5.00 TO 6.00 PM</p>	 <p>REGISTER NOW AT: https://forms.gle/hE5WzaK54yHgveb36 For further details contact us at: eventsofcrmddept@gmail.com</p>



Title: Fevicyl Creative Mix Media Workshop

Date: 12th June 2020

Time: 4 pm to 6'30 pm

Platform: Zoom meetings

No. of NSS Volunteers:

1. Khadija Ali
2. Sakshi Gupta
3. Sakina Ghadiyali

A National Level Fevicyl Mixed Media Workshop was organized by College of Homescience, Nirmala Niketan, the Department of Community Resource Management in collaboration with Fevicyl- Pidilite Industries Pvt Ltd from 4 to 6'30 pm.

It was very well explained and we learnt how random small things kept in our houses can be turned into something creative and artistic. We also learnt the Mixed Media art with blue and purple shades as well as black and metallic colours. All the materials required were also well explained.

The participants received E- Certificates.

TODAY'S WEBINAR

Ms. Aparna Sh...

**COLLEGE OF HOME SCIENCE,
NIRMALA NIKETAN**

DEPARTMENT OF COMMUNITY
RESOURCE MANAGEMENT

AFFILIATED TO UNIVERSITY OF MUMBAI
presents,

**FEVICRYL CREATIVE
MIXED MEDIA WORKSHOP**

**In collaboration with
Pidilite Ind.**

E- Certificates will be issued to all participants!

MATERIALS TO BE KEPT READY:

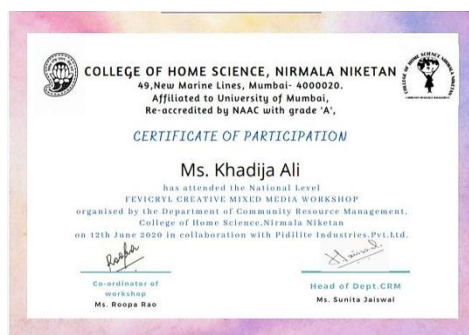
- 1.Fevicyl Acrylic colours
- 2.Empty clean big bottle or old examination pad.
3. Old brushes,nails, buttons,stones,beads any old jewelry, any Decorative code or material.
- 4.old newspaper or magazine, Tissue paper.
- 5.Fevicol MR or A+
- 6.Colour brushes, palatte,rough cloth,water container.

REGISTER NOW AT:
<https://forms.gle/BB4WeNon3Q42TWcDA>

FOR FURTHER DETAILS CONTACT US AT:
eventsfocrmdept@gmail.com

**JUNE 12, 2020
4 TO 6:00 PM**

zoom



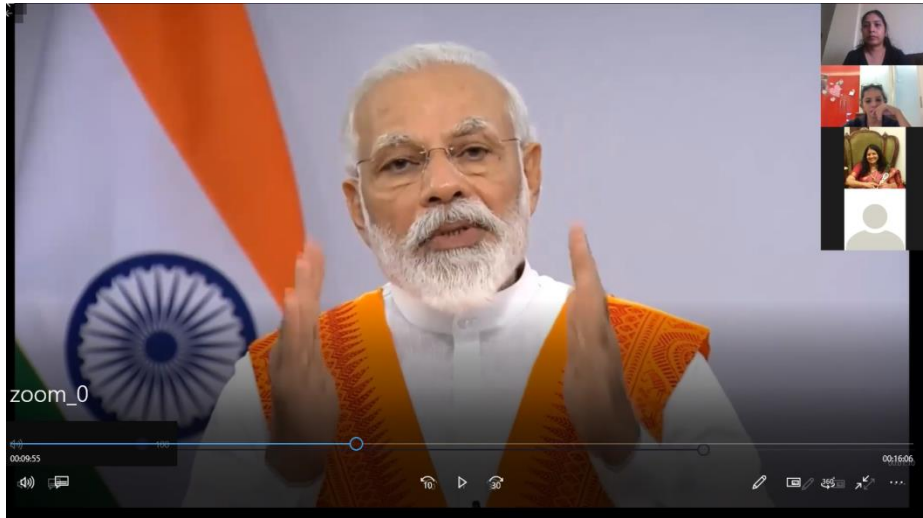
International Yoga Day Celebration 2020

The NSS Unit of College of Home Science Nirmala Niketan had organised an online Chair Yoga session via Zoom on 21st June 2020 from 11 am to 12 pm on the occasion of International Yoga Day.

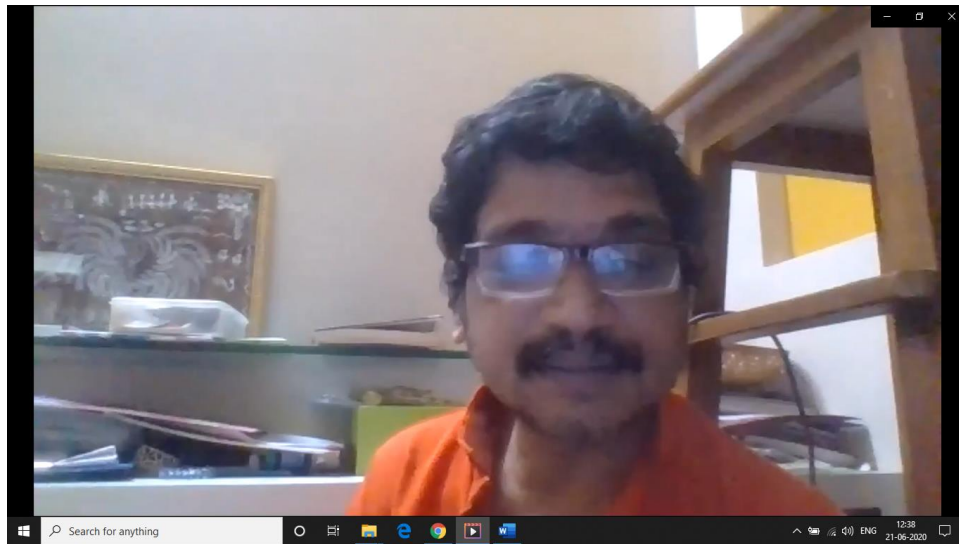
Ms Nidhi Bansal, yoga enthusiastic, finalist, yoga grand master was the resource person for the session.

The session began with welcome address by Dr Pratima Goyal, Programme Officer of the NSS Unit of the college. After the address, PM Modi ji's message on this occasion was played. Next, Dr Geeta Ibrahim, respected Principal of the college welcomed the resource person, and participants. We were fortunate to have Dr Satish Kolte, NSS Co-ordinator, Mumbai region for the session. He appreciated the efforts of the college's NSS unit on different endeavours including today's Yoga Day celebration.

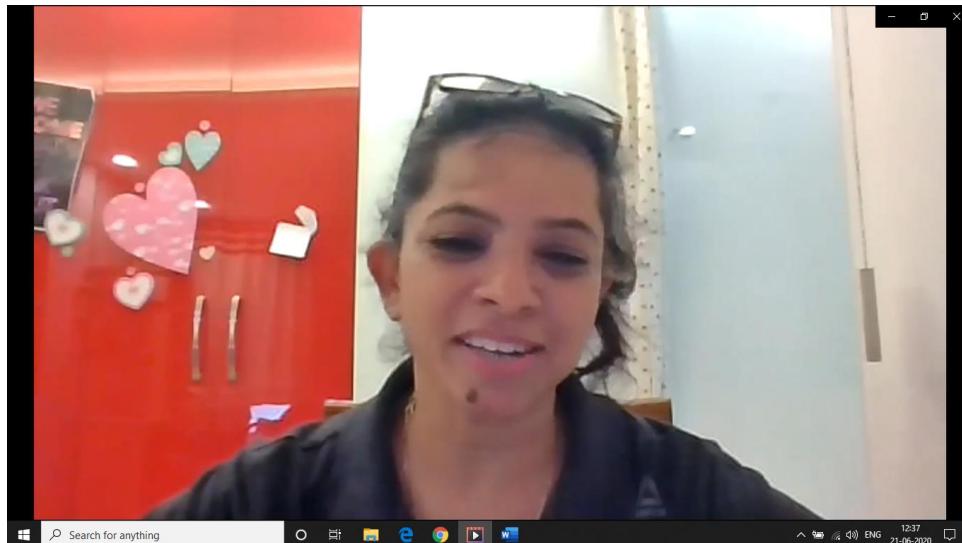
After these introductions, Ms Nidhi began the session first by briefly explaining what is Chair Yoga - exercises one can do while being seated. She then wonderfully demonstrated various chair yoga exercises and the participants followed her. There were 22 participants in total who benefited from the session. The session was culminated with the Vote of Thanks to Ms Nidhi, all people involved in the successful planning and execution of the session and the participants.



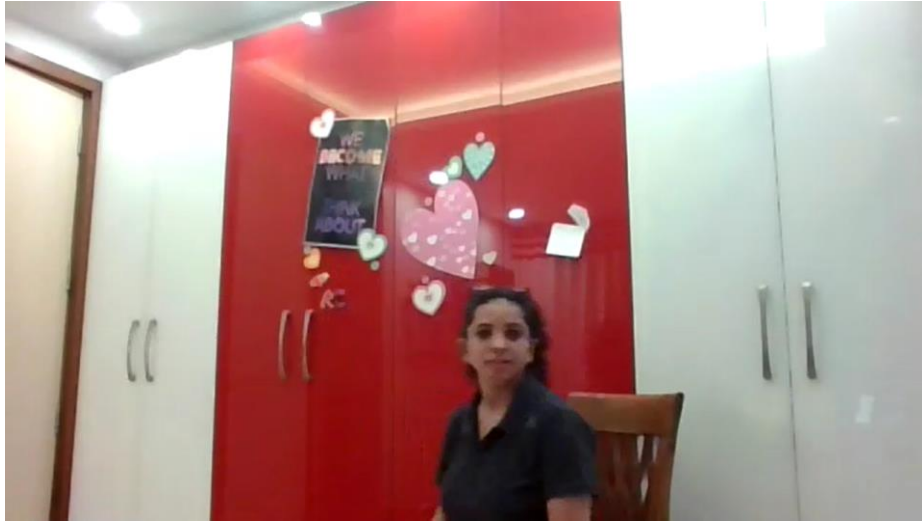
PM Modi ji's message being played on this occasion



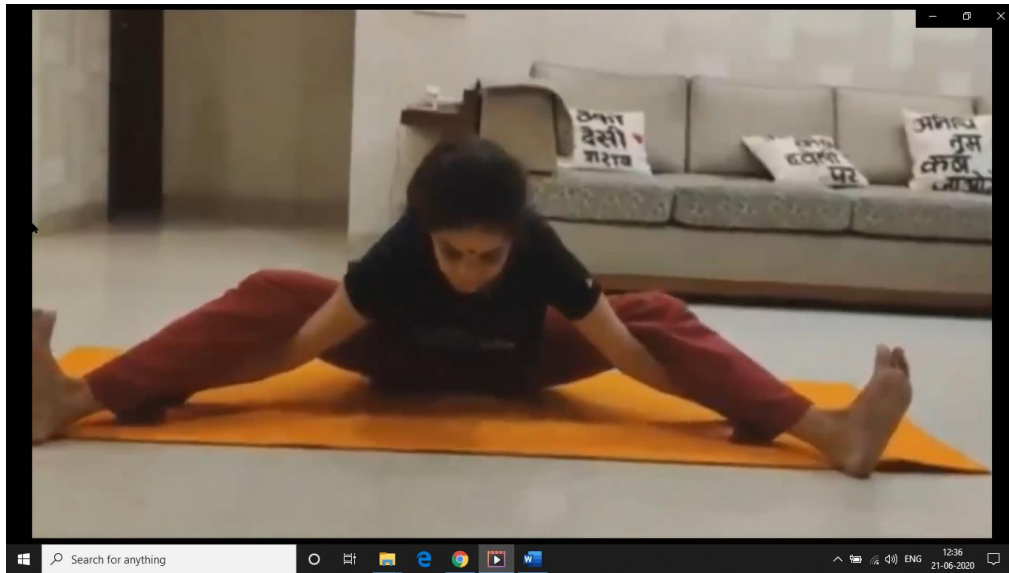
Dr Satish Kolte, NSS Co-ordinator, Mumbai region addressing the participants



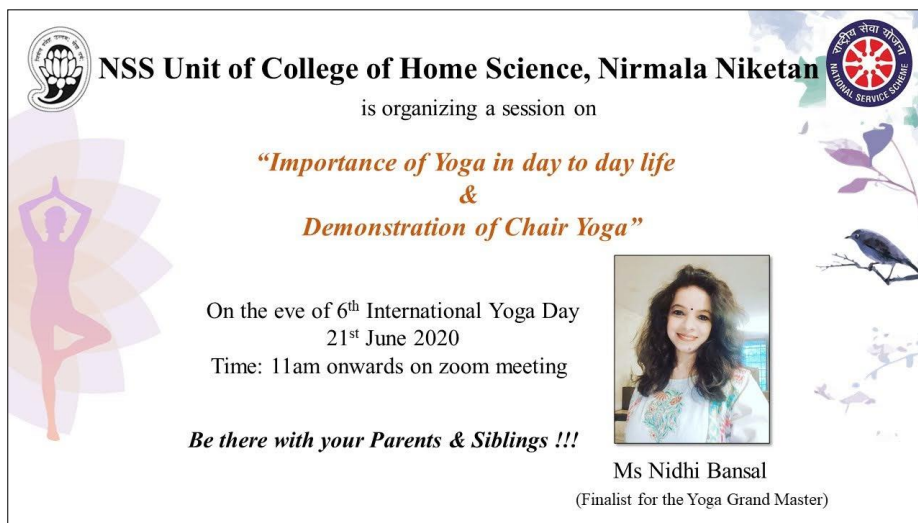
Ms Nidhi Bansal, the resource person addressing the participants



Ms Nidhi Bansal, demonstrating an exercise



A participant following the exercise on the floor



The event flyer

PANKH , a session on gender inequality, and women empowerment

Date: 1 august2020

Venue: google meet

No. Of volunteers : 6

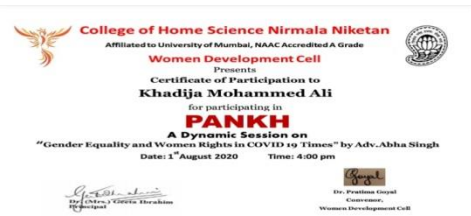
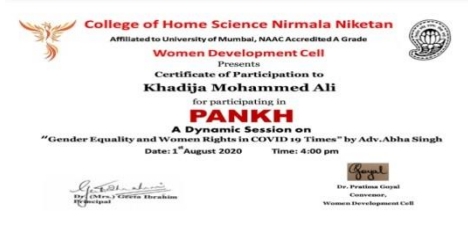
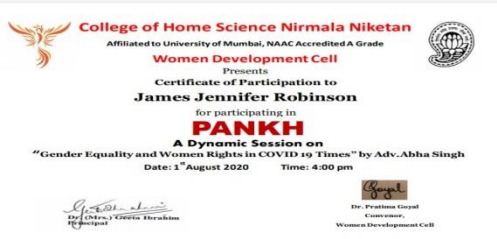
Name of volunteers:

1. Khadija ali
2. Jennifer james
3. Sarrah dohadwala
4. Hasti salva
5. Sharvari sarnaik
6. Kasturi Belvalkar

The women development cell of College of Home Science Nirmala Niketan conducted a dynamic session on women empowerment and gender inequality during COVID-19. The session was conducted by 3 speakers:

1. Dr Geeta Ibrahim, honourable principal of Nirmala niketan
2. Dr Pratima Goyal, convenor of women call department
3. Advocate Abha Singh ,former civil servant and social activist

PANKH meaning “wings” in hindi the name itself suggest strength and freedom. The session focused on women to study and build up strength, so as to become independent. Proving the world that women are meant to fly high in various walks of life



Webinar on "Intellectual Properties"

Date: 04th August, 2020

Venue: Zoom

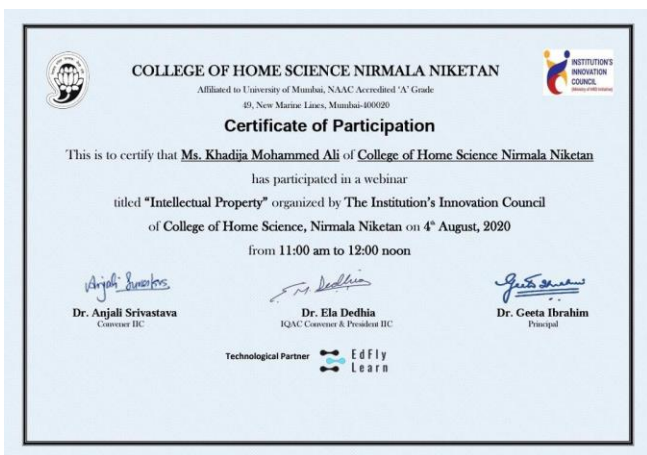
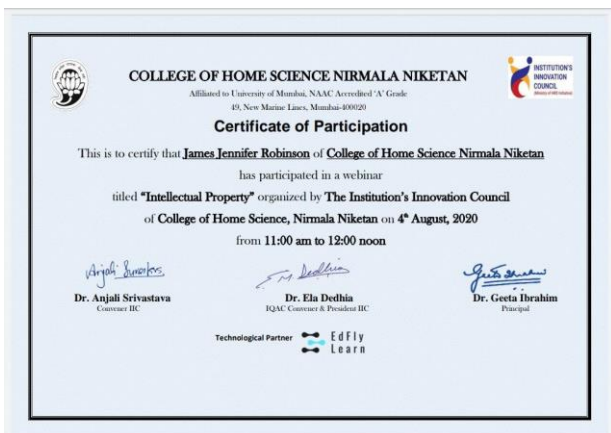
Name of Volunteers:

1. Jennifer James
2. Khadija Ali

On 04th August, 2020 there was a webinar titled as "Intellectual Properties" organised by Institution's Innovative Council of College of Home Science Nirmala Niketan.

The resource person of the day was Dr. Nazima Munshi. She spoke about the creations of the mind, such as inventions; literary and artistic works; designs; and symbols, names and images used in commerce. Also as how it includes intangible creations of the human intellect. There are many types of intellectual property, and some countries recognize more than others.

Also, by the end of the session there was Q&A session. Later, a feedback link was shared for receiving E-certificates.



National Education Policy

Date: 28th August,2020

Venue: Zoom platform

No of NSS Volunteer: 01

Name of NSS Volunteer: Jennifer James

On 28th August,2020 a national level online webinar was conducted on "**National Education Policy pre- primary to Higher Education**" organised by College of Home Science Nirmala Niketan. The inaugural speech was addressed by the Principal of College Dr. Geeta Ibrahim.

Dr. Manoj Kumar (Chief guest) was introduced. After which a ppt was presented stating the new policies in NEP, School education , including primary and higher education. Vision of NEP were discussed, curriculum and pedagogy of institutions must develop a sense of respect towards Constitutional values. Policies focuses on promotion of Indian

languages, Internationalisation of Education and etc. Quality of education is maintained for India to become vibrant knowledge society.

The second speaker of the day was Ms.Lina Ashar spoke about the implementation of strategies. Schools should include activities/ fun based learning. Also parents should focus more on EQ development and process and not on IQ as it is not everything. Advicing parents to not shunt their child's rebellious side because it leads to increase in suicidal attempts. The third speaker of the day was Mrs Revati Srinivasan presenting school education and its important attributes. As everyone has different level of skills of children and are they able to apply in practical life. The fourth speaker of the day was Dr. Shobhna Vasudevan for Higher Education to allow children to learn and make mistakes. We need to give opportunities for them to grow. Ancient education system was compared with current education system. Also Q&A session was conducted for a clear view of policy for the participants which are educationists. At the end of session a feedback link was provided to the participants.



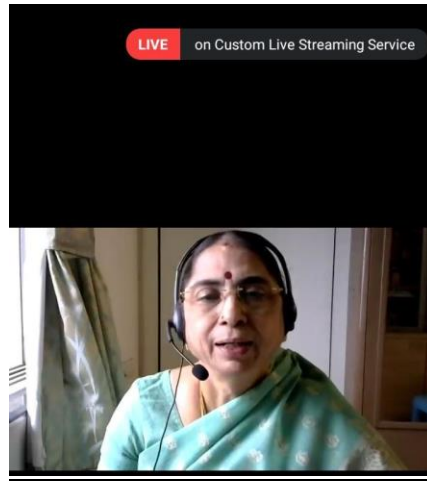
Dr. Manoj Kumar (Chief guest)




Ms.Lina Ashar



Mrs Revathi Srinivasan

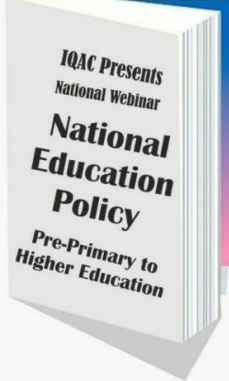


Dr. Shobhna Vasudevan




College of Home Science Nirmala Niketan


Affiliated to University of Mumbai
NAAC Accredited 'A' Grade




Resource Persons




Chief Guest - Dr. R. Manoj Kumar
Joint Secretary - UGC



Dr. Shobhna Vasudevan
Principal - P.A. Poddar College



Mrs. Revathi Srinivasan
Principal - Singanis School



Ms. Lini Ashar
Co-Founder - Karmabhoras


Who can attend?

Schools & Colleges - Management, Principals, Staff, Students, Parents; Edupreneurs & those passionate about education


Friday, 28th August 2020

11:00 am to 1:00 pm

Organizing Committee



Dr. Geeta Ibrahim
Principal



Dr. Ela Dedhia
IQAC - Co - Ordinator

For Registration click here
<https://forms.gle/GvaaNa5NmcdTu3pf8>

* Registration is mandatory

iqac@nnchsc.edu.in

Feedback link will be available during the session and E- certificates will be mailed after feedback submission

Website: www.nirmalaniketan.com/

Flyer for the Event

The Interview session on Blood Donation and Thalassemia

Date: 30th August,2020

Venue: Google Meet / YouTube

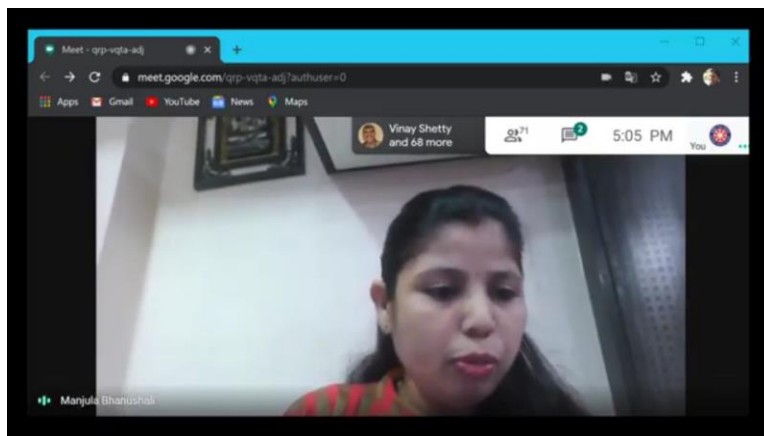
No of NSS Volunteer: 01

Name of NSS Volunteer: Jennifer James




On 30th August,2020 an online interview session on Blood Donation and Thalassemia was conducted on Google Meet / YouTube organised by The NSS Unit of Ramnaraian Ruia Autonomous College. Mr.Vinay Shetty and Ms. Manjula Prechandano were interviewed and were asked about their experiences and views on Blood Donation and Thalassemia. Also, they shared their experiences and difficulties which are faced by them regarding campaign. During the session they motivated the participants to donate blood as it is a noble cause. The webinar ended on a good note with Q&As session. Later a feedback form was provided to fill in their details to receive an E-certificate.



Mr. Vinay Shetty



Ms. Manjula Prechandano




Ramnarain Ruia Autonomous College, Matunga

The NSS Unit of
Ramnarain Ruia Autonomous College
 Invites you for
 The Interview Session with
MS. MANJULA PREMCHANDANI (Social Worker, Thalassemia Warrior) **MR. VINAY SHETTY** (Vice President of Think Foundation)

Thalassemia : Unknown to many!
Blood Donation : Ignored by many!

Join us to know more about this disease and to understand the need for blood donation!

On 30th August 2020, 5pm
 On Google Meet

For more queries contact:
 Shravni Janhavi
 9594768110 9594387978

Report on Stay Fit Movement

Date: 9th September 2020 - 14th September 2020

No. of Volunteers: 02

Name of Volunteers:

1. Jennifer James
2. Khadija Ali

The NSS Unit of College of Home Science Nirmala Niketan organised the "**Stay Fit Movement**" from 9th September 2020 - 14th September 2020 to celebrate health and fitness during pandemic by sharing our fitness regimen with them through a video or by clicking a photo. Be it yoga, cycling, jogging or personal exercise routine. Certificates were provided to the participants after uploading the photos and videos of the activities conducted.

College of Home Science, Nirmala Niketan
 49, New Marine Lines, Mumbai - 400020
 Affiliated to Mumbai University.
 NAAC Accredited 'A' Grade.

CERTIFICATE OF PARTICIPATION
James Jennifer Robinson

Has participated in "**Stay Fit Movement**"
 Organized by the NSS Unit of College of Home Science, Nirmala Niketan
 From 9th to 14th September 2020.


 Dr. Pratima Goyal
 (NSS Programme Officer)


 Dr. (Mrs.) Geeta Ibrahim
 Principal



Title- E- Poster Competition, Nutritional month 2020

Date- 21st September 2020 to 2nd October,2020

Platform- Instagram

No of Participants NSS Volunteers - 12

No of Participants (total) - 36

Names of the Participants-

- Isha Malde
- Riya Bhavsar
- Navita Gujja
- Bushra Dhankwala
- Samiksha Mane
- Rukaiya Bharmal
- Insiya Mullajiwala
- Hrudaya Hinde
- Irika Goyal
- Fatema Bohari
- Nafisa Ezzi
- Sakina Jamali

An E-poster making competition was organized by COLLEGE OF HOME SCIENCE NIRMALA NIKETAN to spread awareness about nutrition among students. This competition was from 21st to 28th September 2020. NSS participants took part actively and with great

enthusiasm. It was a very fruitful competition because it was not just a poster making competition but it also emphasized on the fact, how we can substitute healthy food in place of junk food. There were two topics given "TURN FAT INTO FIT" & "BITE BY BITE", on basis on these 2 topic we all had to make our posters. There were both types of poster allowed Handmade & E-poster.

Flyer Of The Event







Title- NSS Orientation Programme for the Year 2020-21

Date: 25th September 2020

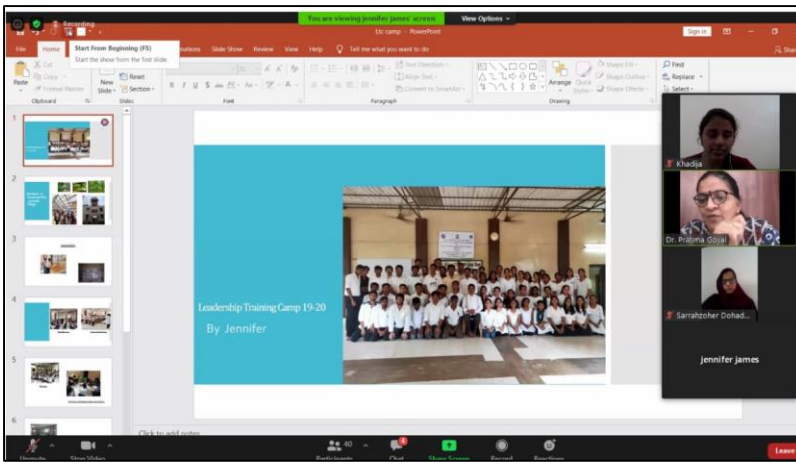
Platform: Zoom

No. of Volunteers: 28

Names of Volunteers:

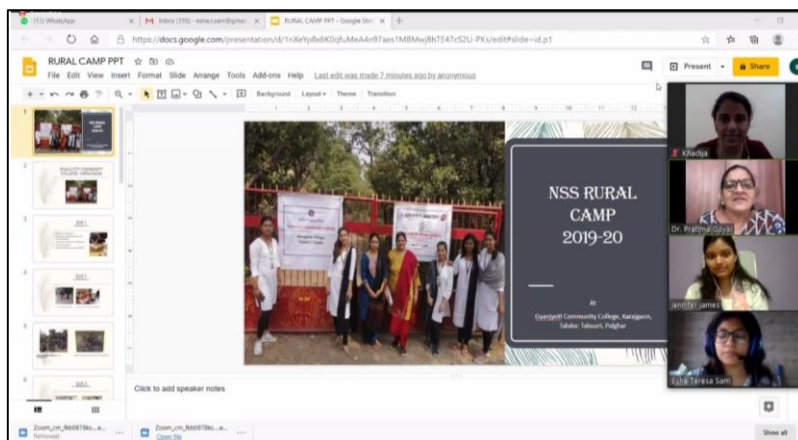
1. Sarrah Dohadwala
2. Kasturi Belvalkar
3. Jennifer James
4. Esha Teresa Sam
5. Khadija Ali
6. Asma Ansari
7. Hrudaya Hinde
8. Riya Bhavsar
9. Siddhi Pandit
10. Isha Malde
11. Bushra Dhankwala
12. Navita Gujja
13. Suman Parmar
14. Samiksha Mane
15. Prerna Prabhakar
16. Manaswi Malandkar
17. Dhara Doshi
18. Deepansha Darji
19. Fashtana Khan
20. Insiya Mullajiwala
21. Umaima Khan
22. Mansi Singh
23. Khushi Chheda
24. Poonam Ingle
25. Sakina Jamali
26. Shreya Mistry
27. Mrunmayee Dalvi
28. Zainab Kukshiwala

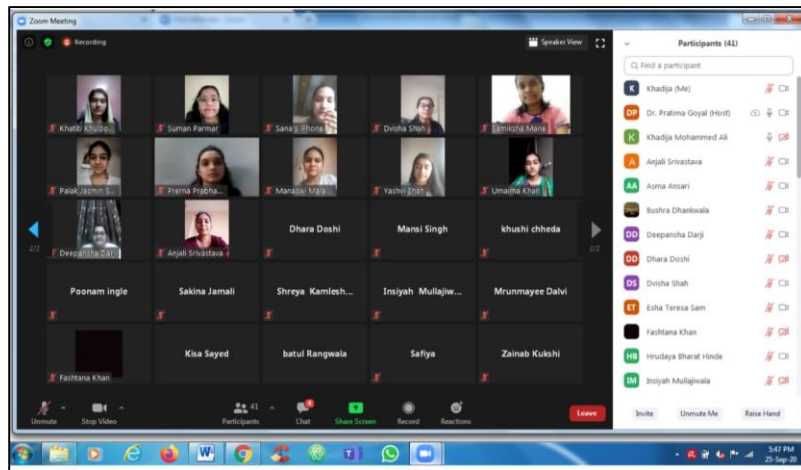
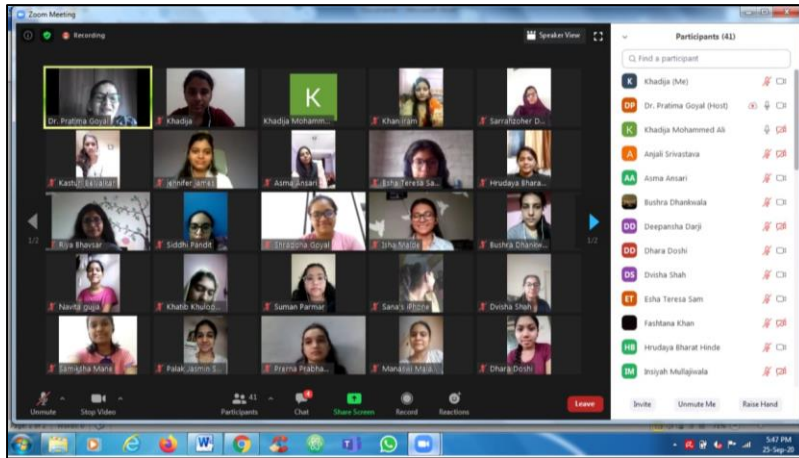
On 25th September College of Home Niketan organized programme for newly The programme introduction of NSS regulations by the the college, Dr. volunteers. Various in an academic year were informed about, including the Leadership Training Camp (LTC). The seven-day rural camp to Kharajgaon was discussed in detail. Introduction of the leader and other existing volunteers took place and they shared their experiences on working with the NSS Unit. The proceedings on upcoming programmes in NSS were given.



2020, the NSS Unit of Science, Nirmala orientation enrolled volunteers. commenced with and its rules and Programme Officer of Pratima Goyal and the camps that take place

Every human being has the power to change the world, only if they strive for it. “Never doubt that a small group of citizens can change the world. Indeed it is the only thing that ever has”, as was once rightly said by Margaret Mead. On a good note, the event ended with encouraging words by the Programme Officer and a vote of thanks.





QUIZ INVESTMENT TO HEALTHY LIFE

Date: 28th Septemberto 3rd October,2020

Venue: Google forms

No of NSS Volunteer: 21

Name of NSS Volunteer: 1.Kasturi Belvalkar

2. Esha Sam
3. Jennifer James
4. Khadija Ali
5. Umaima Iqtedar
6. Manaswi Malandkar
7. Deepansha Darji
8. Prerana Prabhakar
9. Sarrah Dahodwala
10. Mrunmayi Jadhav
11. Irika Goyal
12. Rukaiya Bharmal
13. Manaswi Singh
14. Dhara Doshi
15. Prachi Barthwal
16. Shreya Mestri
17. Sakina Jamali
18. Priya Parab
19. Umaima Khan
20. Sudiksha Gatte
21. Zoya Shaikh

On 28th September 2020 an online quiz was held n google forms conducted by COLLEGE OF HOME SCIENCE NIRMALA NIKETAN the topic "INVESTMENT TO HEALTY LIFE". The quiz ended after Q&As session. After which a feedback link was sent in WhatsApp group, which were to be filled for receiving E-certificate.



COLLEGE OF HOME SCIENCE NIRMALA NIKETAN

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CERTIFICATE OF PARTICIPATION

Kasturi Dhananjay Belvalkar

has participated in the online Quiz on "Investment to Healthy Life"
organised by the "NSS Unit of College of Home Science, Nirmala Niketan"
from 28th September, 2020 to 3rd October, 2020.

Dr. Pratima Goyal
(NSS Programme Officer)

Dr. Ela Dedhia
(Incharge Principal)

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CERTIFICATE OF PARTICIPATION

Prachi Barthwal

has participated in the online Quiz on "Investment to Healthy Life"
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Khadija Mohammed Ali

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CERTIFICATE OF PARTICIPATION

James Jennifer Robinson

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CERTIFICATE OF PARTICIPATION

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CERTIFICATE OF PARTICIPATION

Mansi Virendra Singh

has participated in the online Quiz on "Investment to Healthy Life"
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CERTIFICATE OF PARTICIPATION

Rukaiya Imran Bharmal

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CERTIFICATE OF PARTICIPATION

Sakina Burhanuddin Jamali

has participated in the online Quiz on "Investment to Healthy Life"
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Irika Goyal

has participated in the online Quiz on "Investment to Healthy Life"
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CERTIFICATE OF PARTICIPATION

Sarrah zoher dohadwala

has participated in the online Quiz on "Investment to Healthy Life"
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CERTIFICATE OF PARTICIPATION

Perna Rajesh Prabhakar

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CERTIFICATE OF PARTICIPATION

Mrunmayi jadhav

has participated in the online Quiz on "Investment to Healthy Life"
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Darji Deepansha Hitesh

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Manaswi Jagannath Malandkar

has participated in the online Quiz on "Investment to Healthy Life"
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Dr. Ela Dedhia
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CERTIFICATE OF PARTICIPATION

Esha Teresa Sam

has participated in the online Quiz on "Investment to Healthy Life"
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from 28th September, 2020 to 3rd October, 2020.

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Dr. Ela Dedhia
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Khan Umaima Tasneem Iqtedar

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CERTIFICATE OF PARTICIPATION

Gatte Sudiksha Parmeshwar

has participated in the online Quiz on "Investment to Healthy Life"
organised by the "NSS Unit of College of Home Science, Nirmala Niketan"
from 28th September, 2020 to 3rd October, 2020.

Dr. Pratima Goyal
(NSS Programme Officer)

Dr. Ela Dedhia
(Incharge Principal)



Webinar on Nutrition in India: our role to combat Malnutrition

Date: 30 September, 2020

Venue: zoom

No. Of volunteers :35

No. Of beneficiaries: 105

On 30.09.20 a webinar on India's nutrition was conducted by Nss unit of college of home science Nirmala Niketan. Our honorable speaker Ms Fatema Aziz Kader enlightened us with nutritional problems like Malnutrition, anemia, obesity, etc faced a large community in India. She also focused on nutrition as key for solving various health issues and achieving good health. Also feedback link was provided at the end of session

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
Affiliated to University Of Mumbai, NAAC Accredited 'A' Grade

"Malnutrition can be as common in poverty as in wealth, one for the lack of food, the other for the lack of knowledge of food."

Organizing Committee

Dr. Pratima Goyal
NSS Program Officer
(Moderator)

Jennifer James
(NSS Leader)

Khadija Ali
(NSS Volunteer)

NSS Unit of College of Home Science Nirmala Niketan
Invites you for the webinar on
"Nutrition In India: Our Role To Combat Malnutrition"
celebrating 'Nutrition Month' with
Ms. Fatima Aziz Kader
on 30th September, 2020 at 3:00 pm onwards on Zoom.

Ms. Fatima Aziz Kader
Asst. Professor
Department of Food, Nutrition &
Dietetics
College of Home Science Nirmala
Niketan

Flyer for Event

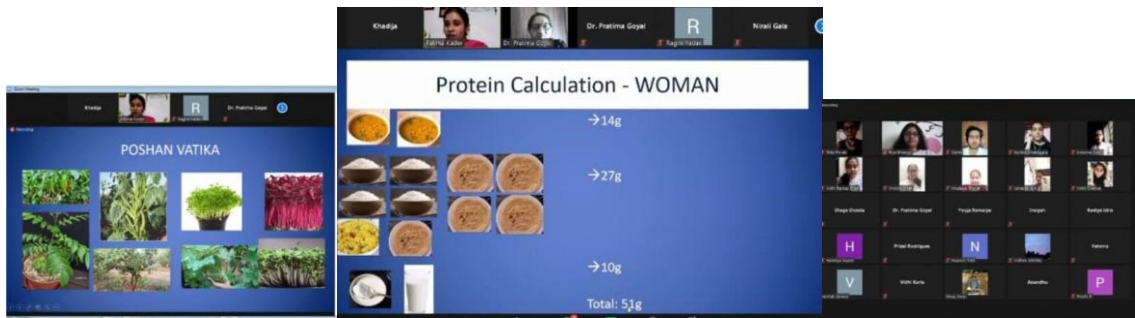
Also webinar images

QUESTION- 1
Which of these foods has the highest Nutrient density amongst the options provided below?
A. Bowl of sprouted moong & vegetable Raita
B. Cheese Toast
C. French fries
D. Vermicelli Kheer

Nutritional Problems in India

ANEMIA
IRON DEFICIENCY
MICRONUTRIENT DEFICIENCY
MALNUTRITION
VITAMIN A DEFICIENCY
DIABETES MELLITUS
OBESITY

Dr. Pratima Goyal



Certificates:





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 49, New Marine Lines, Mumbai- 400020.
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CERTIFICATE OF PARTICIPATION

Darji Deepansha Hitesh

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
 organised by NSS Unit of College of Home Science, Nirmala Niketan
 on 30th September, 2020


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 (NSS Programme Officer)


 Dr. Ela Dedhia
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CERTIFICATE OF PARTICIPATION

Prachi Barthwal

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
 organised by NSS Unit of College of Home Science, Nirmala Niketan
 on 30th September, 2020


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CERTIFICATE OF PARTICIPATION

Isha Mahendra Malde

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
 organised by NSS Unit of College of Home Science, Nirmala Niketan
 on 30th September, 2020


 Dr. Pratima Goyal
 (NSS Programme Officer)


 Dr. Ela Dedhia
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CERTIFICATE OF PARTICIPATION

Khan Fakhana Amin

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 (NSS Programme Officer)


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CERTIFICATE OF PARTICIPATION

Manaswi Jagannath Malandkar

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
 organised by NSS Unit of College of Home Science, Nirmala Niketan
 on 30th September, 2020


 Dr. Pratima Goyal
 (NSS Programme Officer)


 Dr. Ela Dedhia
 (Incharge Principal)




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CERTIFICATE OF PARTICIPATION

Mrunmayi jadhav

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
 organised by NSS Unit of College of Home Science, Nirmala Niketan
 on 30th September, 2020


 Dr. Pratima Goyal
 (NSS Programme Officer)


 Dr. Ela Dedhia
 (Incharge Principal)





COLLEGE OF HOME SCIENCE NIRMALA NIKETAN



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CERTIFICATE OF PARTICIPATION

Sharvari Palande

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 30th September, 2020

Dr. Pratima Goyal
(NSS Programme Officer)

Dr. Ela Dedhia
(Incharge Principal)



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CERTIFICATE OF PARTICIPATION

Sharvari Ravindra Sarnaik

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 30th September, 2020

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(NSS Programme Officer)

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CERTIFICATE OF PARTICIPATION

Urvashi Jain

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
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on 30th September, 2020

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(NSS Programme Officer)

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CERTIFICATE OF PARTICIPATION

MISTRY SHREYA KAMLESH

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
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on 30th September, 2020

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(NSS Programme Officer)

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Mansi Virendra Singh

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CERTIFICATE OF PARTICIPATION

Mrunmayee Dalvi

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
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on 30th September, 2020

Dr. Pratima Goyal
(NSS Programme Officer)

Dr. Ela Dedhia
(Incharge Principal)



**COLLEGE OF HOME SCIENCE NIRMALA
NIKETAN**

49, New Marine Lines, Mumbai- 400020.
Affiliated to University of Mumbai, NAAC Accredited 'A' Grade.

CERTIFICATE OF PARTICIPATION

Khan Umaima Tasneem Iqtedar

has participated in the webinar on **"Nutrition in India: Our role to combat Malnutrition"**
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 30th September, 2020

Dr. Pratima Goyal
(NSS Programme Officer)

Dr. Ela Dedhia
(Incharge Principal)





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CERTIFICATE OF PARTICIPATION

Mane Samiksha Kishor

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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on 30th September, 2020

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(NSS Programme Officer)

Dr. Ela Dedhia
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CERTIFICATE OF PARTICIPATION

Ihrudaya Bharat Hinde

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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on 30th September, 2020

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CERTIFICATE OF PARTICIPATION

MISHREE KALPESH MODI

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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on 30th September, 2020

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CERTIFICATE OF PARTICIPATION

Insiya Mullajiwala

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 30th September, 2020

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CERTIFICATE OF PARTICIPATION

Darji Deepansha Hitesh

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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on 30th September, 2020

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CERTIFICATE OF PARTICIPATION

Ihara Hareesh Doshi

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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on 30th September, 2020

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CERTIFICATE OF PARTICIPATION

Navita Parshuram Gujja

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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CERTIFICATE OF PARTICIPATION

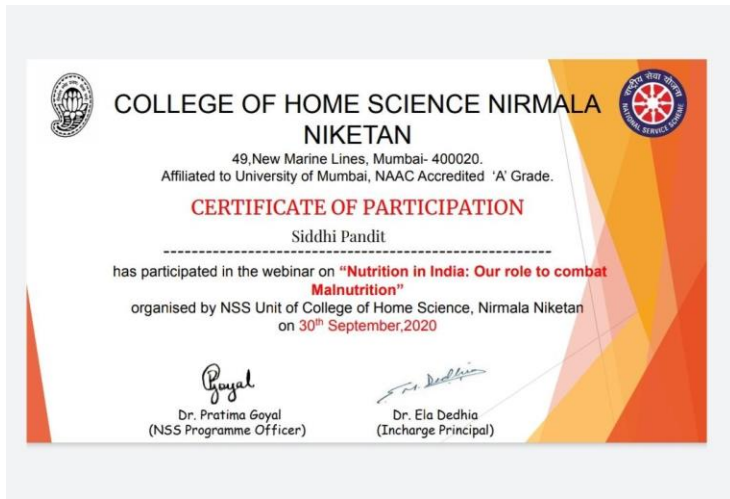
Ezzi Nafisa Najmuddin

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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on 30th September, 2020

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CERTIFICATE OF PARTICIPATION

KHAN PARVINA PEAR

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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CERTIFICATE OF PARTICIPATION

Irika Goyal

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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CERTIFICATE OF PARTICIPATION

Prita Anil Parab

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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on 30th September, 2020

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CERTIFICATE OF PARTICIPATION

RIVA SUNIL BHAWAR

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
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on 30th September, 2020

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(NSS Programme Officer)

Dr. Ela Dedhia
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CERTIFICATE OF PARTICIPATION

Prerana Rajesh Prabhakar

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 30th September, 2020

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(NSS Programme Officer)

Dr. Ela Dedhia
(Incharge Principal)



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CERTIFICATE OF PARTICIPATION

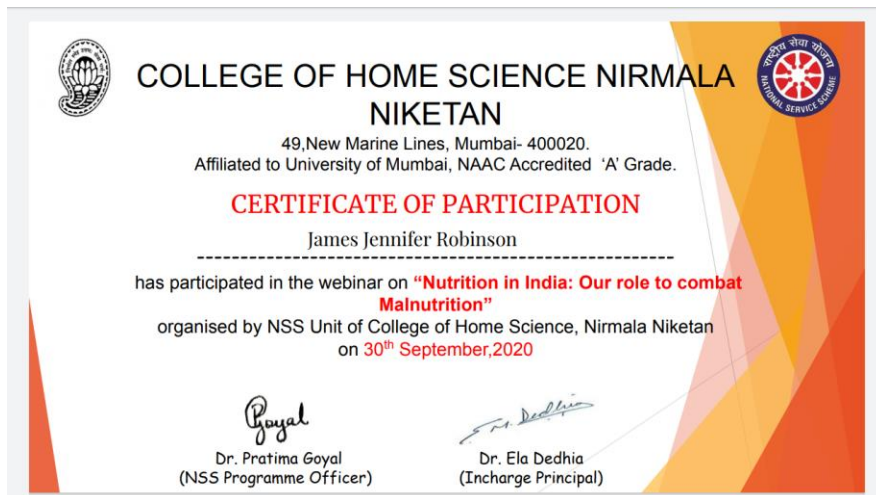
Esha Teresa Sam

has participated in the webinar on **"Nutrition in India: Our role to combat
Malnutrition"**
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 30th September, 2020

Dr. Pratima Goyal
(NSS Programme Officer)

Dr. Ela Dedhia
(Incharge Principal)





Title- Machineless Bag Making

Date: 14th October 2020

Platform: Zoom

Number of NSS Volunteers: 38

Names of Volunteers:

1. Dhara Doshi
2. Nafisa Ezzi
3. Manaswi Malandkar
4. Sakina Jamali
5. Insiyah Leelwala
6. Mariya Chincholiwala
7. Khan Parvina
8. Mansi Virendra Singh
9. Hrudaya Hinde
10. Shreya Mistry
11. Mrunmayee Dalvi
12. Sukanya Bhale
13. Insiya Mullajiwala
14. Siddhi Pandit
15. Umaima Khan

16. Rukaiya Bharmal
17. Samiksha Mane
18. Irika Goyal
19. Fiza Shaikh
20. Suman Jashu Parmar
21. Prita Anil Parab
22. Navita Gujja
23. Jennifer James
24. Khadija Ali
25. Asma Ansari
26. Deepansha Darji
27. Kasturi Belvalkar
28. Fatema Bohari
29. Zainab Kukshiwala
30. Bushra Dhankwala
31. Prerna Prabhakar
32. Riya Sunil Bhavsar
33. Isha Malde
34. Fashtana Khan
35. Mrunmayi Jadhav
36. Khushi Chheda
37. Poonam Sudhakar Ingle
38. Sudiksha Gatte

On 14th October 2020, an online webinar was conducted on “Machine-less Bag Making” organised by the NSS Unit of College of Home Science, Nirmala Niketan. The Host of the Day was Dr. Pratima Goyal. The event started with introduction of the host and welcoming words by Principal-in-Charge Dr. Ela Dedhia. A brief topic “Plastics- Its Origin, Uses and Harmful effects” was discussed and the bag-making started shortly after.

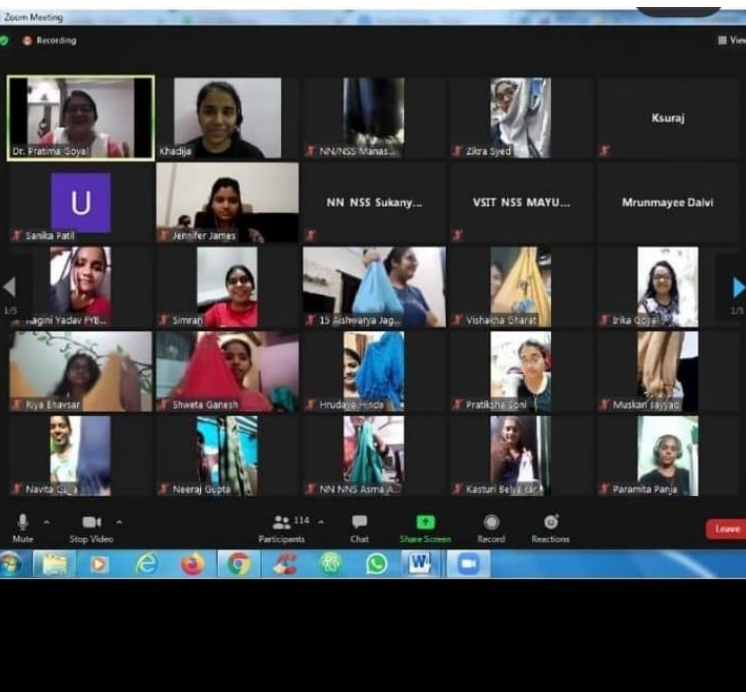
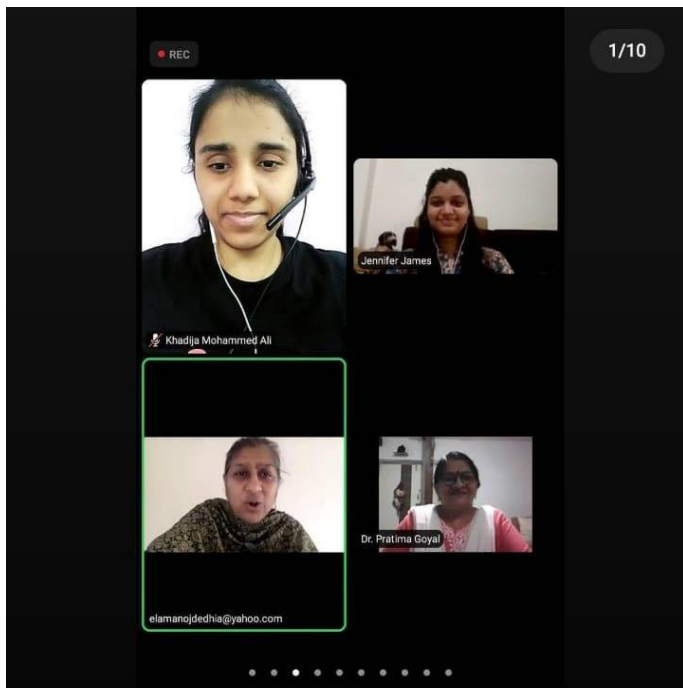
The event was entertaining and informative as the volunteers learnt a new way to make an accessory that we all use in our daily lives, without creating extra wastage. It is a small step that we all can take towards making our

planet a better place to the session ended with a feedback link for certification.



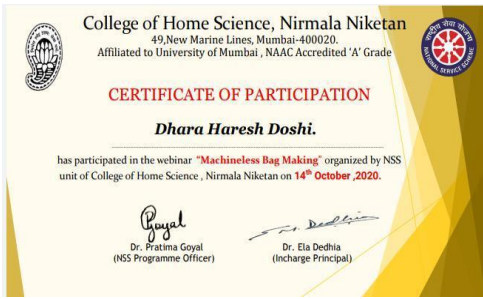
live in. On a good note, vote of thanks and participants to fill for

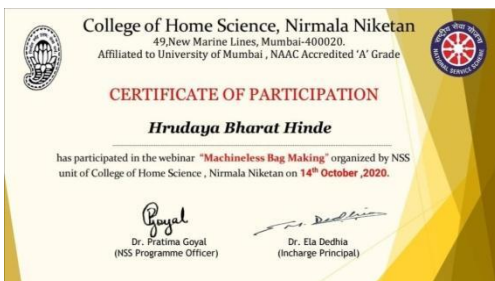
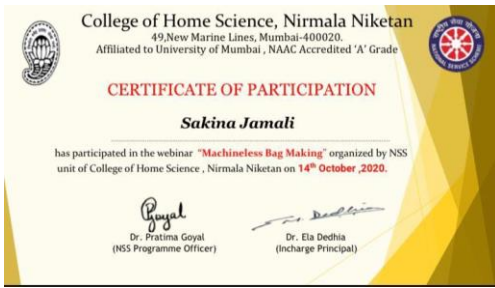
Flyer of the Event

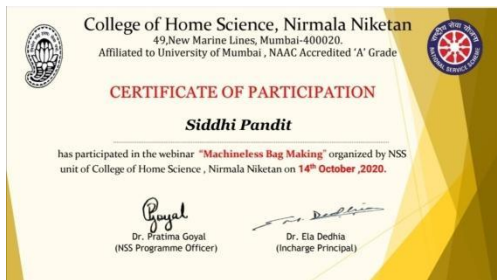
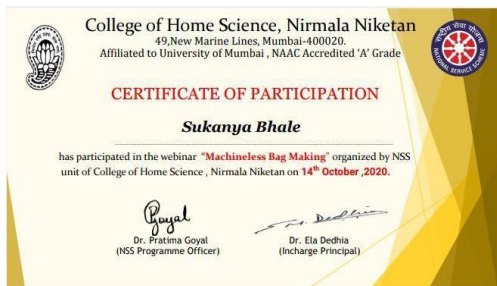
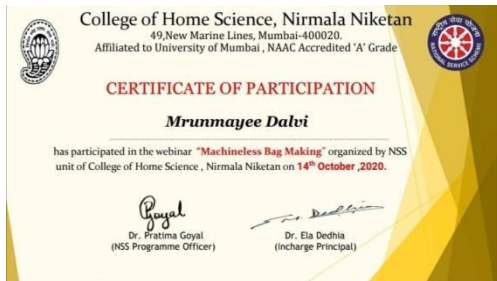


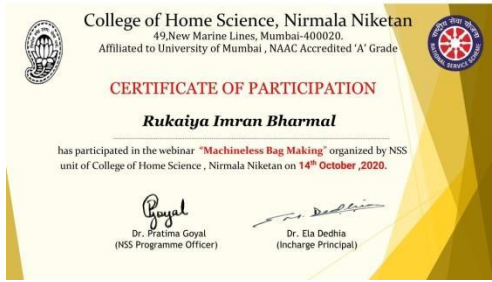


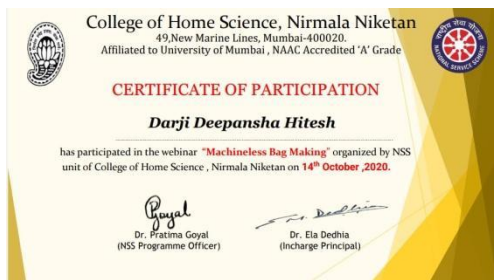
Certificates













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49, New Marine Lines, Mumbai-400020.
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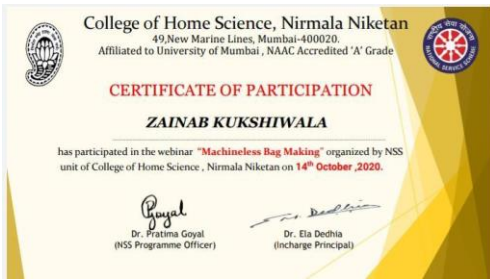
CERTIFICATE OF PARTICIPATION

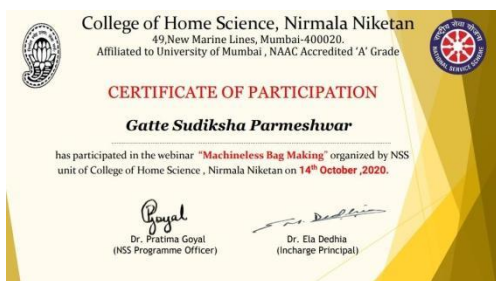
Fatema Mansoor Bohari

has participated in the webinar "**Machineless Bag Making**" organized by NSS
unit of College of Home Science, Nirmala Niketan on **14th October, 2020.**


Dr. Pratima Goyal
(NSS Programme Officer)


Dr. Ela Dedhia
(Incharge Principal)





Title: ESSAY WRITING COMPETITION REPORT.

Date:-31st October to 8th November 2020.

No. of NSS volunteers:-10

Names of NSS volunteers:-

01. Dhara Doshi
02. Navita Gujja
03. Insiya Mullajiwala
04. Fatema Bohari
05. Samiksha Mane
06. Sakina Jamali

07. Khan Iram Asgar

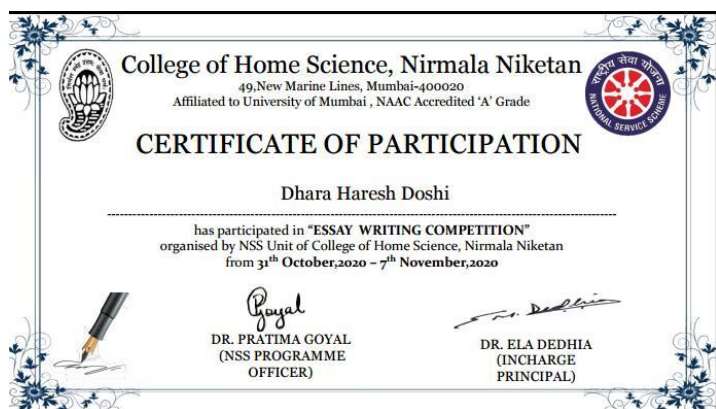
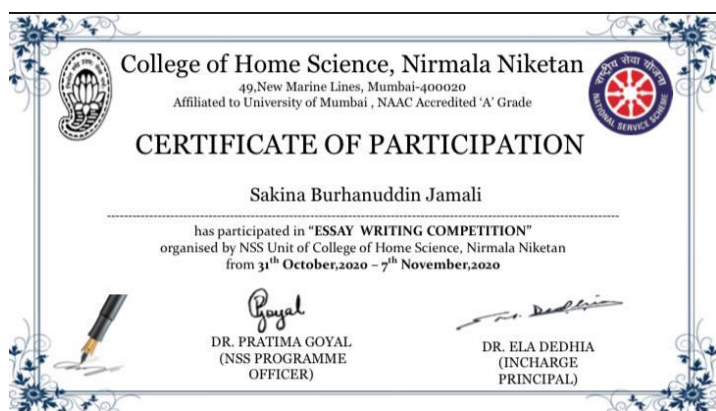
08. Irika Goyal


09. Rukaiya Bharmal

10. Asma Ansari


The NSS Unit of College of Home Science Nirmala Niketan had organized an “**Essay writing competition**”. The competition was conducted in the light of the theme "Vigilance Week Awareness" (Vigilant India, Prosperous India). The topics for the essay were: **1) Gender sensitization at workplace 2) Cyber security**. The participants had to write an essay on any one of the topics. The last day of submission was 4th November 2020. The entries were judged by the panel of experts. The result of the competition was declared on 8th November 2020. The E-Certificates were given to all the participants and special winning certificates to the winners.

Certificates:-






College of Home Science, Nirmala Niketan
49, New Marine Lines, Mumbai-400020
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CERTIFICATE OF PARTICIPATION

Fatema Mansoor Bohari

has participated in "ESSAY WRITING COMPETITION"
organised by NSS Unit of College of Home Science, Nirmala Niketan
from 31st October, 2020 - 7th November, 2020



Pratima Goyal
DR. PRATIMA GOYAL
(NSS PROGRAMME OFFICER)

Eladedia
DR. ELA DEDHIA
(INCHARGE PRINCIPAL)



College of Home Science, Nirmala Niketan
49, New Marine Lines, Mumbai-400020
Affiliated to University of Mumbai, NAAC Accredited 'A' Grade



CERTIFICATE OF PARTICIPATION


Khan iram asgar

has participated in "ESSAY WRITING COMPETITION"
organised by NSS Unit of College of Home Science, Nirmala Niketan
from 31st October, 2020 - 7th November, 2020




Pratima Goyal
DR. PRATIMA GOYAL
(NSS PROGRAMME OFFICER)

Eladedia
DR. ELA DEDHIA
(INCHARGE PRINCIPAL)




College of Home Science, Nirmala Niketan
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Affiliated to University of Mumbai, NAAC Accredited 'A' Grade



CERTIFICATE OF PARTICIPATION


Rukaiya Imran Bharmal

has participated in "ESSAY WRITING COMPETITION"
organised by NSS Unit of College of Home Science, Nirmala Niketan
from 31st October, 2020 - 7th November, 2020




Pratima Goyal
DR. PRATIMA GOYAL
(NSS PROGRAMME OFFICER)

Eladedia
DR. ELA DEDHIA
(INCHARGE PRINCIPAL)




College of Home Science, Nirmala Niketan
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CERTIFICATE OF PARTICIPATION

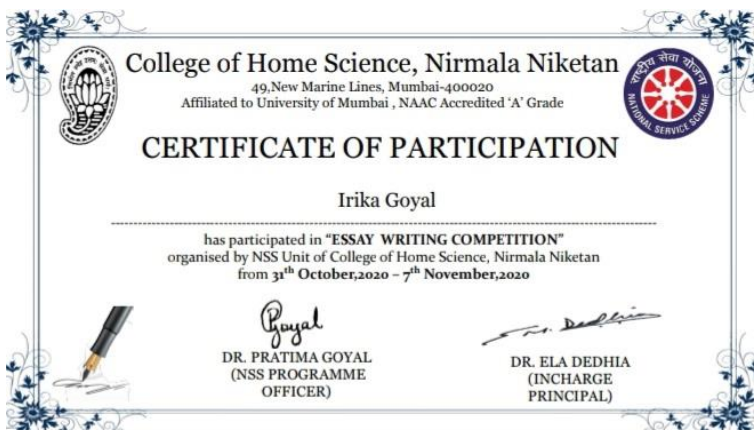
Mane Samiksha Kishor

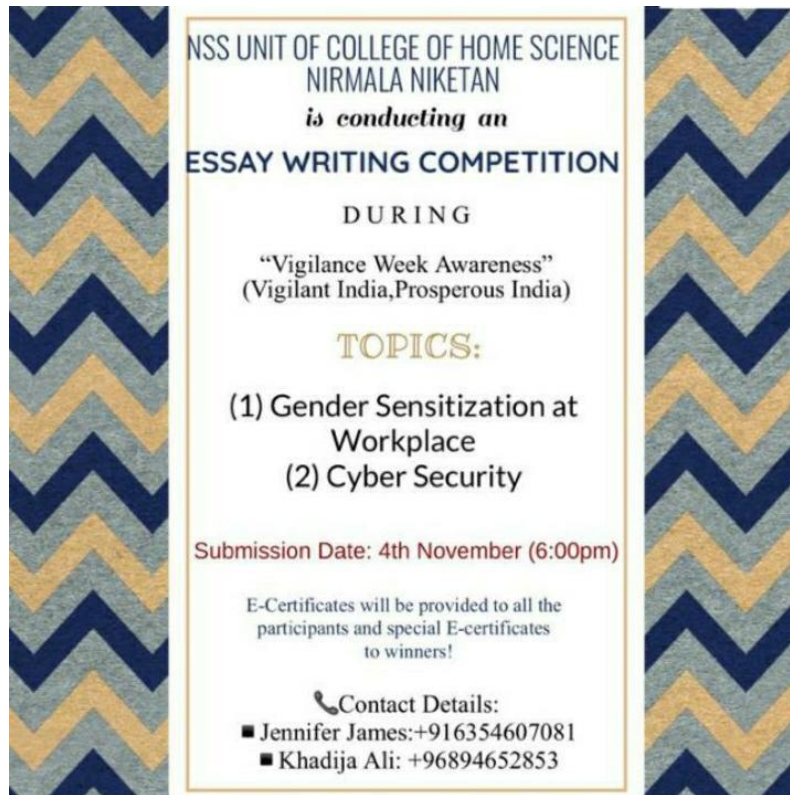
has participated in "ESSAY WRITING COMPETITION"
organised by NSS Unit of College of Home Science, Nirmala Niketan
from 31st October, 2020 - 7th November, 2020



Pratima Goyal
DR. PRATIMA GOYAL
(NSS PROGRAMME OFFICER)

Eladedia
DR. ELA DEDHIA
(INCHARGE PRINCIPAL)





Flyer of the event

TITLE- CARTOON POSTER MAKING COMPETITION

DATE- 4th November 2020

NO.OF VOLUNTEERS- 11

NAMES OF THE VOLUNTEERS-

1. Dhara Doshi
2. Navita Gujja
3. Insiya Mullajiwala
4. Fatema Bohari
5. Samiksha Mane
6. Sakina Jamali
7. Umaima Khan
8. Khan Iram Asgar
9. Irika Goyal
10. Rukaiya Bharmal
11. Zainab Kukshiwala

On the observance of Vigilance week-2020, NSS unit of College Of Home Science Nirmala Niketan had conducted various competitions which included Cartoon Posters making competition.

The Theme for this Year was, “Vigilant India, Prosperous India” (Satark Bharat, Samridh Bharat). Following were the topics for the competition:-

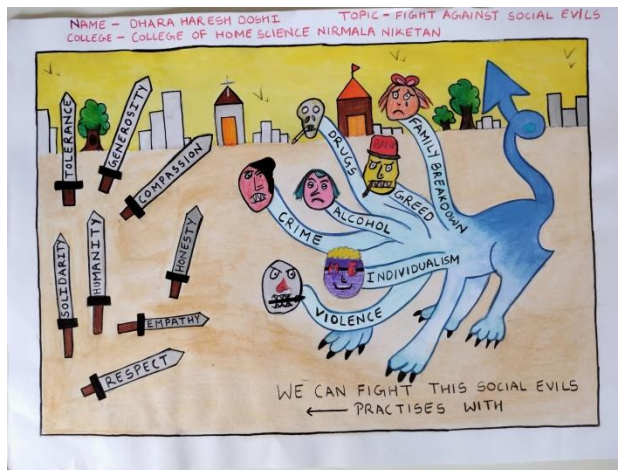
1. **Zero Tolerance against corruption.**
2. **Fight against social evils.**

The last date of submission was 4th November 2020. We had to send our posters on the given Google form itself. We were supposed to make our posters either in hand-made or digitally.

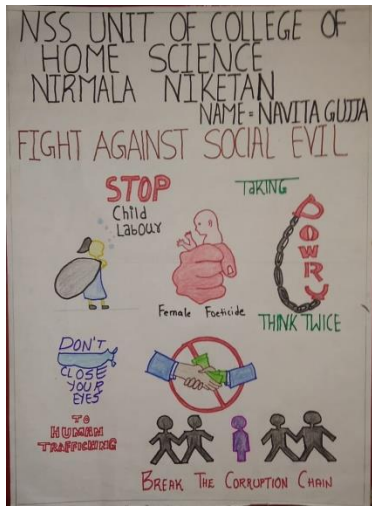


FLYER OF THE EVENT.

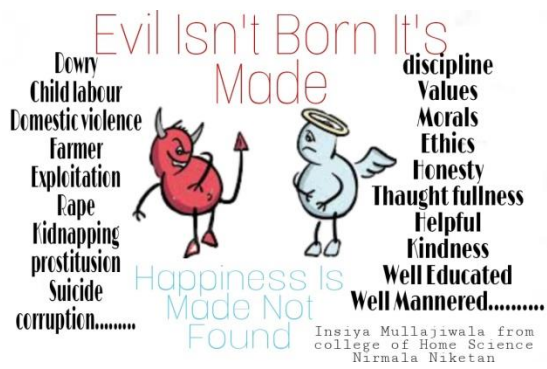
Posters-



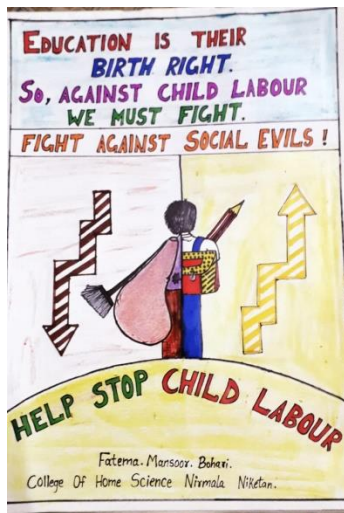
By Dhara Doshi



By Navita Gujja



By Insiya Mullajiwala



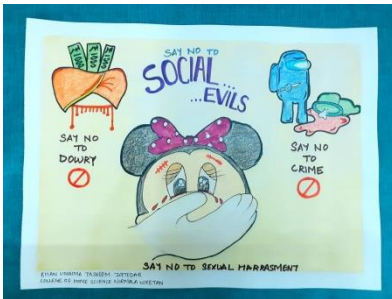
By Fatema Bohari



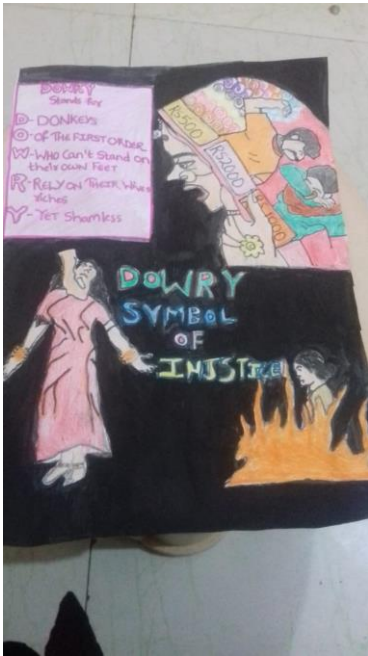
By Samiksha Mane



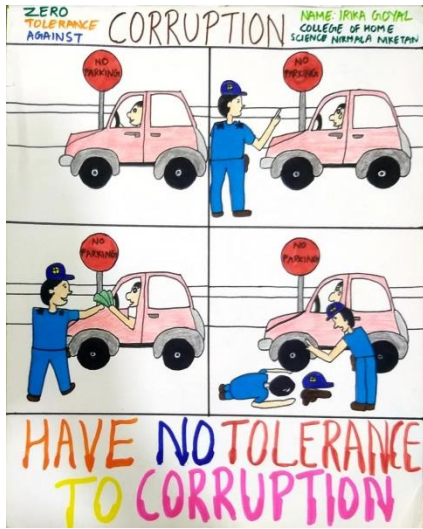
By Sakina Jamali



By Umaima Khan



By Khan Iram



By Irika Goyal



By Rukaiya Bharmal

“power doesn't corrupt people, people corrupt power”



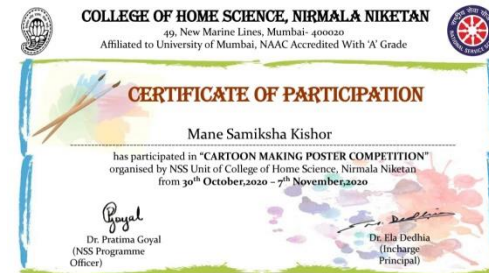
“the biggest disease is corruption and the vaccine is transparency”

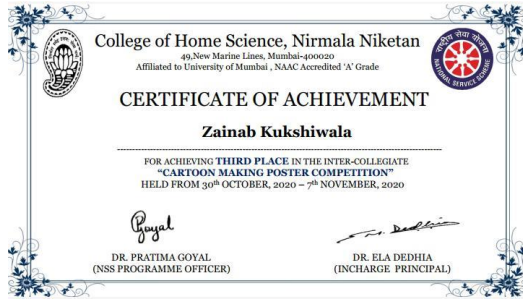


ZAINAB KUKSHIWALA FROM COLLEGE OF HOME SCIENCE NIRMALA NIKETAN

By Zainab Kukshiwala

CERTIFICATES-





INTERNET AND ME

Date - 7 November 2020

Time - 6:00 pm - 7:00 pm

Platform - zoom

No. Of participants - 36

Names of participants -

- 1) Insiyah Leelwala
- 2) Fiza shaikh
- 3) Manaswi Malandkar
- 4) Sakina Jamali
- 5) Khan Parvina
- 6) Siddhi Pandit
- 7) Mariya Chincholiwala
- 8) Hrudaya Hinde
- 9) Dhara Doshi

- 10) Insiya Mullajiwala
- 11)Mrunmayi Jadhav
- 12) Mansi Virendra Singh
- 13) Prerna Prabhakar
- 14) Rukaiya Bharmal
- 15) Shaikh Zoya
- 16) Nafisa Ezzi
- 17) Fatema Bohari
- 18) Mrunmayee Dalvi
- 19) Shreya Mistry
- 20) Bushra Dhankwala
- 21) Khadija Ali
- 22) Kasturi Belvalkar
- 23) Suman jashu Parmar
- 24) Irika Goyal
- 25) Sharvari Narvekar
- 26) Navita Gujja
- 27) Samiksha Mane
- 28) Asma Ansari
- 29) Jennifer James
- 30) Umaima khan
- 31) Deepansha Darji
- 32) Isha Malde
- 33) khushi chheda
- 34) Sudiksha Gatte
- 35) Urvashi Jain

NSS VOLUNTEERS of **College of Home Science Nirmala Niketan** organized the webinar on **Internet and me** .

Got a lot of information about how to avoid cyber crime. Learnt about cyber security. Got to know how one can keep their personal information secure in their device.

Brochure -



The brochure features two logos at the top: the NSS logo on the left and the Nirmala Niketan logo on the right. Below the logos, the text reads: "NSS UNIT OF COLLEGE OF HOME SCIENCE NIRMALA NIKETAN NAAC ACCREDITED WITH 'A' GRADE INVITES YOU TO AN ONLINE WEBINAR ON 'INTERNET AND ME' (IN OBSERVANCE OF VIGILENCE WEEK)". A central photograph shows Ms. Mariya Ali, a woman with long dark hair, smiling. Below the photo, her name and title are listed: "MS. MARIYA ALI (PRODUCT MANAGER) [IBM SECURITY]". A quote from Narendra Modi is included: "I DREAM OF DIGITAL INDIA WHERE CYBER SECURITY BECOMES AN INTEGRAL PART OF OUR NATIONAL SECURITY". At the bottom, the event details are provided: "JOIN US WITH MS. MARIYA ALI TO KNOW MORE ABOUT CYBER SECURITY AND INTERNET SAFETY ON 7 NOVEMBER 2020, SATURDAY AT 6PM ON ZOOM." The background of the brochure has a red and white striped pattern with the words "INTERNET AND ME" and "SAFE" partially visible.

NSS UNIT OF COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
NAAC ACCREDITED WITH 'A' GRADE
INVITES YOU TO AN ONLINE WEBINAR ON
'INTERNET AND ME'
(IN OBSERVANCE OF VIGILENCE WEEK)

MS. MARIYA ALI
(PRODUCT MANAGER) [IBM SECURITY]

"I DREAM OF DIGITAL INDIA WHERE CYBER SECURITY BECOMES AN INTEGRAL PART OF OUR NATIONAL SECURITY" BY NARENDRA MODI

JOIN US WITH MS. MARIYA ALI TO KNOW MORE ABOUT CYBER SECURITY AND INTERNET SAFETY ON 7 NOVEMBER 2020, SATURDAY AT 6PM ON ZOOM.

College of Home Science, Nirmala Niketan
49, New Marine Lines, Mumbai-400020
Affiliated to University of Mumbai, NAAC Accredited 'A' Grade

CERTIFICATE OF PARTICIPATION

Mariya Chincholiwala
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.

 
Dr. Pratima Goyal
(NSS Programme Officer)


Dr. Ela Dedhia
(Incharge Principal)

College of Home Science, Nirmala Niketan
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CERTIFICATE OF PARTICIPATION

FIZA SHAIKH
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.

 
Dr. Pratima Goyal
(NSS Programme Officer)


Dr. Ela Dedhia
(Incharge Principal)

College of Home Science, Nirmala Niketan
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Affiliated to University of Mumbai, NAAC Accredited 'A' Grade

CERTIFICATE OF PARTICIPATION

Shaikh Zoya Parvez
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.

 
Dr. Pratima Goyal
(NSS Programme Officer)


Dr. Ela Dedhia
(Incharge Principal)

College of Home Science, Nirmala Niketan
49, New Marine Lines, Mumbai-400020
Affiliated to University of Mumbai, NAAC Accredited 'A' Grade

CERTIFICATE OF PARTICIPATION

Nafisa Najmuddin Ezzi
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.


 
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CERTIFICATE OF PARTICIPATION

Siddhi Pandit
has participated in "INTERNET AND ME"
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CERTIFICATE OF PARTICIPATION

Khadija Mohammed Ali
has participated in "INTERNET AND ME"
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CERTIFICATE OF PARTICIPATION

Mrunmayi Jadhav
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
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CERTIFICATE OF PARTICIPATION

Dhara Haresh Doshi
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.

 
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CERTIFICATE OF PARTICIPATION

Insiyah Burhanuddin Leelwala
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.

 
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KHAN PARVINA
has participated in "INTERNET AND ME"
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CERTIFICATE OF PARTICIPATION

Mistry Shreya Kamlesh
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
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CERTIFICATE OF PARTICIPATION

Rukaiya Imran Bharmal
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.



P. Goyal
Dr. Pratima Goyal
(NSS Programme Officer)

E. Dedhia
Dr. Ela Dedhia
(Incharge Principal)



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CERTIFICATE OF PARTICIPATION

Hrudaya Bharat Hinde
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.



P. Goyal
Dr. Pratima Goyal
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E. Dedhia
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CERTIFICATE OF PARTICIPATION

Mansi Virendra Singh
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.



P. Goyal
Dr. Pratima Goyal
(NSS Programme Officer)

E. Dedhia
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CERTIFICATE OF PARTICIPATION

Manaswi Jagannath Malandkar
has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.



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Dr. Pratima Goyal
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CERTIFICATE OF PARTICIPATION

James Jennifer Robinson
 has participated in "INTERNET AND ME"
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CERTIFICATE OF PARTICIPATION

Darji Deepansha Hitesh
 has participated in "INTERNET AND ME"
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CERTIFICATE OF PARTICIPATION

suman jashu parmar
 has participated in "INTERNET AND ME"
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CERTIFICATE OF PARTICIPATION

Navita Parshuram Guja
 has participated in "INTERNET AND ME"
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CERTIFICATE OF PARTICIPATION

Bushra Jafar Dhankwala
 has participated in "INTERNET AND ME"
 organised by NSS Unit of College of Home Science, Nirmala Niketan
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 (NSS Programme Officer)


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CERTIFICATE OF PARTICIPATION

Mrunmayee Dalvi
 has participated in "INTERNET AND ME"
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CERTIFICATE OF PARTICIPATION

Kasturi Dhananjay Belvalkar
 has participated in "INTERNET AND ME"
 organised by NSS Unit of College of Home Science, Nirmala Niketan
 on 7th November, 2020.




 Dr. Pratima Goyal
 (NSS Programme Officer)


 Dr. Ela Dedhia
 (Incharge Principal)



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CERTIFICATE OF PARTICIPATION

Asma Yaqub Ansari

has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.



Pratima Goyal
Dr. Pratima Goyal
(NSS Programme
Officer)

Ela Dedhia
Dr. Ela Dedhia
(Incharge Principal)



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CERTIFICATE OF PARTICIPATION

Irika Goyal

has participated in "INTERNET AND ME"
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Pratima Goyal
Dr. Pratima Goyal
(NSS Programme
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Ela Dedhia
Dr. Ela Dedhia
(Incharge Principal)



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CERTIFICATE OF PARTICIPATION

Mane Samiksha Kishor

has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
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Pratima Goyal
Dr. Pratima Goyal
(NSS Programme
Officer)

Ela Dedhia
Dr. Ela Dedhia
(Incharge Principal)



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CERTIFICATE OF PARTICIPATION

Sharvari R. Narvekar

has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.



Pratima Goyal
Dr. Pratima Goyal
(NSS Programme
Officer)

Ela Dedhia
Dr. Ela Dedhia
(Incharge Principal)



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CERTIFICATE OF PARTICIPATION

Insiya Mullajiwal

has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.



Pratima Goyal
Dr. Pratima Goyal
(NSS Programme
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Ela Dedhia
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CERTIFICATE OF PARTICIPATION

Khan Umaima Tasneem Iqtedar

has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
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Pratima Goyal
Dr. Pratima Goyal
(NSS Programme
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Prerna Rajesh Prabhakar

has participated in "INTERNET AND ME"
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Dr. Pratima Goyal
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CERTIFICATE OF PARTICIPATION

Sakina Jamali

has participated in "INTERNET AND ME"
organised by NSS Unit of College of Home Science, Nirmala Niketan
on 7th November, 2020.



Pratima Goyal
Dr. Pratima Goyal
(NSS Programme
Officer)

Ela Dedhia
Dr. Ela Dedhia
(Incharge Principal)



Video Making on Misconception against HIV and AIDS

Date: 5th January to 12th January, 2021

Platform- Online

Topic- Basic information related HIV and AIDS.

No. of NSS Volunteer-1

1. Kasturi Belvalkar

A video was prepared by the Kasturi Belvalkar, NSS Volunteer of College of Homescience, Nirmala Niketan to spread awareness on the topic, "MISCONCEPTION AGAINST HIV AND AIDS." This video gave brief information about HIV and AIDS. The video was forwarded on Instagram page and college WhatsApp groups, so that maximum people view and take benefits from the same. The teachers and programmes officers helped us in increasing the reach of the video. We are grateful for this opportunity.

A few shots from the video -





← Views and likes

Q Search



241 views

Kasturi Dhananjay Belvalkar

NSS volunteer from
"COLLEGE OF HOME SCIENCE
NIRMALA NIKETAN "



CERTIFICATE:-



REPORT ON NATIONAL YOUTH DAY CELEBRATION

DATE: 12th january'2021

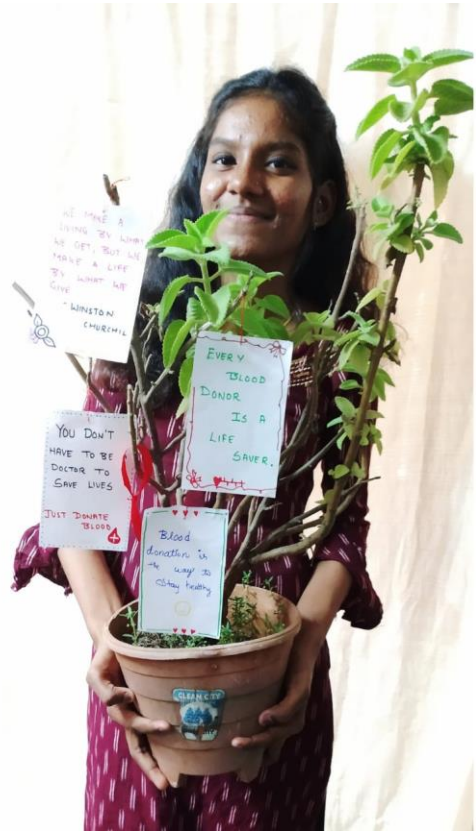
NO. OF PARTICIPANTS:11

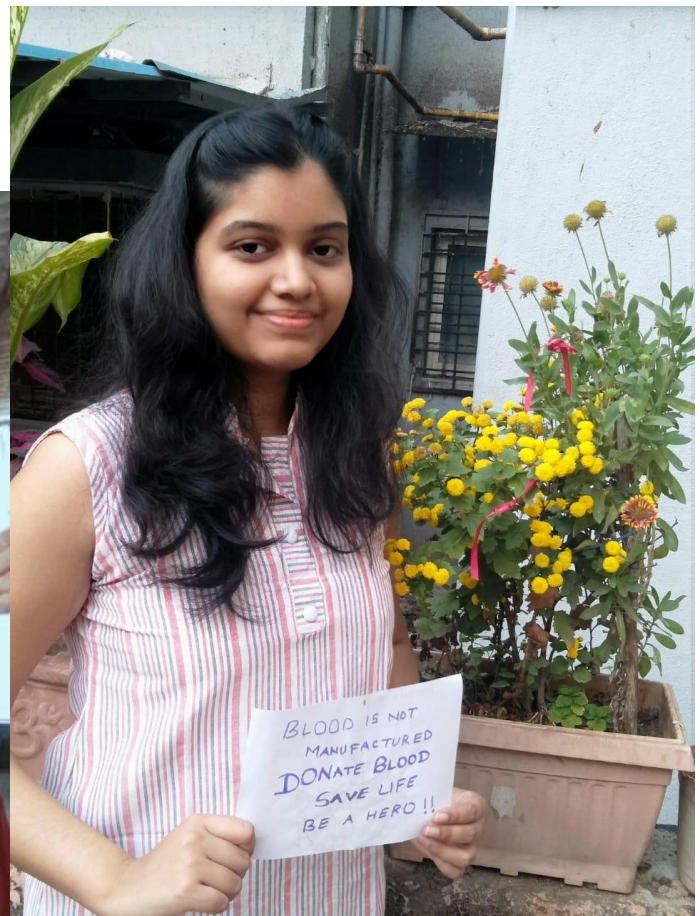
An activity was organized by NSS unit of college of home science Nirmala Niketan to celebrate the National Youth Day on 12 January 2021, where volunteers participated.

NSS volunteers decorated the trees/plants in their neighbourhood with small red ribbons and hung a few cards/notes with positive notes on volunteers blood donation, HIV and AIDS. The basic of this activity was to create awareness related to the importance of blood donation, HIV and AIDS.

IMAGES OF VOLUNTEERS WITH THEIR WORK.











Title: ROAD SAFETY REPORT.

Date:- 20th January 2021.

No. of NSS volunteers:- 20

The NSS Unit of College of Home Science Nirmala Niketan had organized an activity on the occasion of ROAD SAFETY. All the volunteers were supposed to make posters or road safety signs. Any digital or handmade posters were allowed.

Posters:



PRACTICE PROPER ROAD SAFETY!!!!

WEAR YOUR SEATBELT.

IT'S YOUR LIFE! IT'S THE LAW!

Seat Belts Save Lives!

It Decides your Destination

Put it on and reach your destination safely or you might not reach at all

Think about where you should cross.

Stop the side of the road.

Cross the road. Keep looking and listening.

in Crossings Press the button and wait!

cd man don't cross.

Green man Cross with care.

ink saving Eco

"DON'T DRIVE FASTER THAN YOUR GUARDIAN ANGEL CAN FLY."

Mansi Virendra Singh
FYBSc F8

STOP

GO SLOW

GO

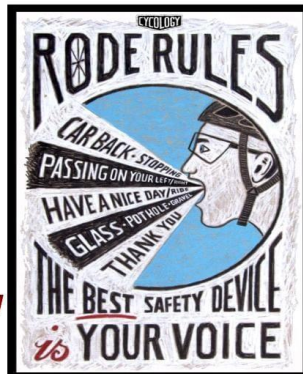
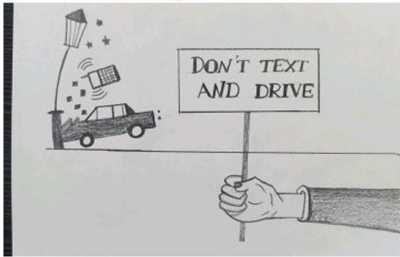
FOLLOW TRAFFIC RULES

FOLLOW RULES, ENSURE SAFETY OF YOURS AND YOUR FAMILY

MEHA SAVLA
COLLEGE OF HOME SCIENCE NIRMALA NIKETAN

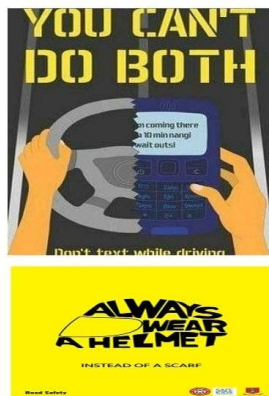
Road safety

Name - Hrudaya Hinde
F. Y. B. Sc, f3



ALERT TODAY - ALIVE TOMORROW

Accident brings tears, Safety brings cheers



Slow down. Watch for us.



**FASTEN
SEAT
BELT**

*Esha Teresa Sam
NSS Volunteer
College of Home Science Nirmala Niketan*

Road Safety



Irika Goyal
College of Home Science
Nirmala Niketan

DRIVE SAFELY ROAD SAFETY **SAFETY FIRST**

LOOK AT OTHERS BEFORE YOU DRIVE.

ROAD SIGNS ARE IMPORTANT.

Road safety

SAFETY IS JOB #1

Alert today - Alive tomorrow.

DO NOT **NO SAFETY KNOW PAIN.**
BETTER LATE, THAN NEVER

ROAD SAFETY

SAFETY FIRST

Kasturi Belvalkar SyBsc

Accident Brings Tears ~ Safety Brings Cheers

ROAD SAFETY

WEAR YOUR SEATBELT
HANDS OFF THE PHONE
DON'T DRINK AND DRIVE
DON'T PLAY ON THE ROAD
PRACTISE SAFETY, KNOWLEDGE IS NOT ENOUGH.

PLEASE ...

GO

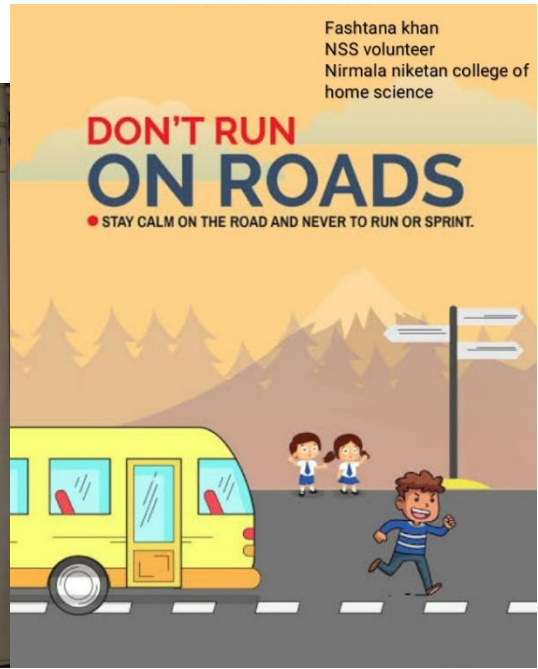
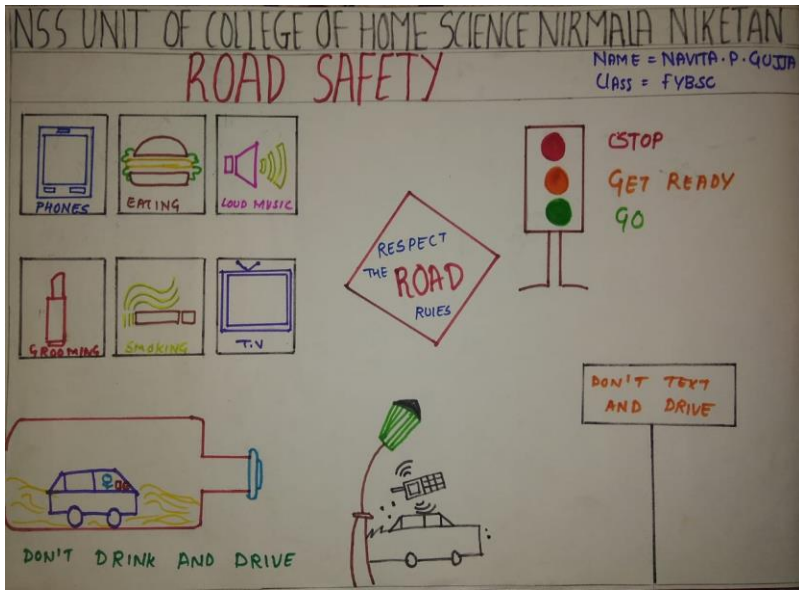
USE THE CROSSING
CHECK BOTH WAYS
CROSS
BE CAREFUL BETTER TO STOP

BICYCLE SAFETY
PROTECT YOUR BRAIN!
ALWAYS WEAR A HELMET!

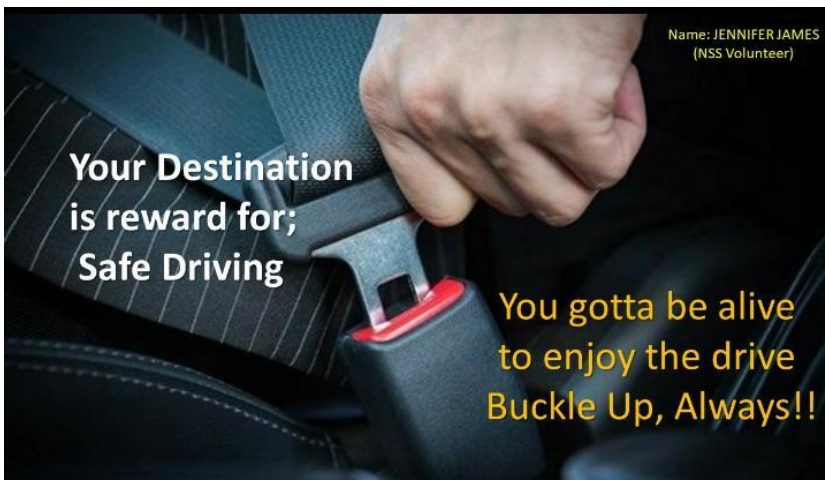
LOOK!
BEFORE OPENING!

Stop

- Fiza shaikh



Name: Shreya Kamlesh Mistry ; Nss Volunteer ; F5



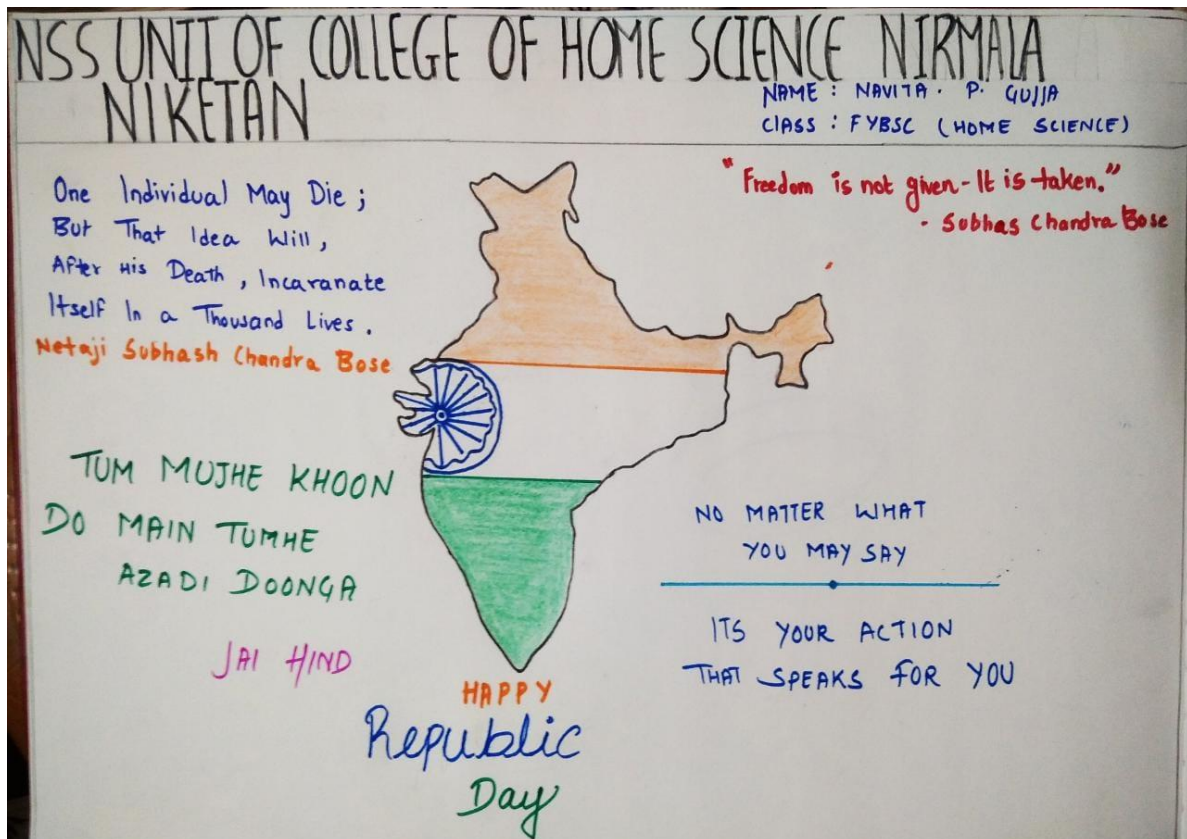


Title : Poster making activity on occasion of Republic Day

Date: 26 / 01 / 2021

Number of volunteers : 14

On the occasion of India's Republic Day, 26th January 2021. All volunteers are requested to make e posters on the quotes and sayings of Subhas Chandra Bose. He was an Indian nationalist whose defiant patriotism made him a hero in India.



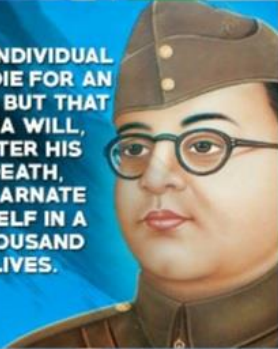
SUBHASH BOSE
THE LEADER



तुम मुझे खून दो,
मैं तुम्हें आज़ादी दूंगा।

It is our DUTY to
pay for our LIBERTY
with our own BLOOD

“ONE INDIVIDUAL
MAY DIE FOR AN
IDEA, BUT THAT
IDEA WILL,
AFTER HIS
DEATH,
INCARNATE
ITSELF IN A
THOUSAND
LIVES.”



THE SECRET OF
POLITICAL BARGAINING
IS TO LOOK MORE
STRONG THAN
WHAT YOU
REALLY ARE.



23 January, 1897.
*A hero was born
with a dream of free India.
Salute to our true Hero
Netaji Subhas Bose.*

Jai
Hind!



Freedom is not given,
It is **TAKEN**

By:

Irika Goyal (NSS Volunteer)

College of Home Science Nirmala Niketan

LIFE CEASES TO HOLD INTEREST IF THERE IS NO STRUGGLE; IF THERE ARE NO RISK TO BE TAKEN

GIVE ME BLOOD AND I WILL GIVE YOU FREEDOM

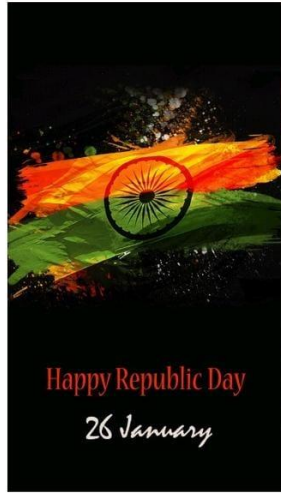
ONE INDIVIDUAL MAY DIE FOR AN IDEA, BUT THAT IDEA WILL, AFTER DEATH INCARNATE ITSELF IN A THOUSAND LIVES

FREEDOM IS NOT GIVEN, IT'S TAKEN

NO REAL CHANGE IN HISTORY HAS EVER BEEN ACHIEVED BY DISCUSSION

**HAPPY
REPUBLIC DAY**

Insiya Mullajiwala
NSS volunteer
College Of Home
Science Nirmala
Niketan

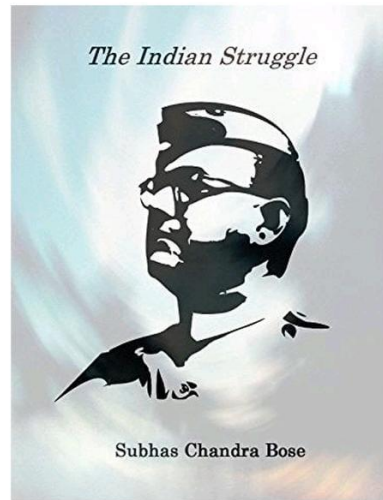
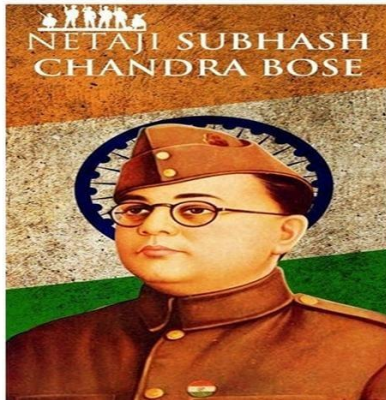


Hrudaya Hinde
NSS Volunteer
College of Home
Science Nirmala
Niketan



Freedom is not given it is taken

**Give me BLOOD
I will give you FREEDOM**



**GIVE ME BLOOD AND
I WILL GIVE YOU FREEDOM!**



Kasturi Belvalkar
College of Home Science Nirmala Niketan

NAME:- SAMIKSHA MANE
COLLEGE OF HOME
SCIENCE NIRMALA NIKETAN

**GIVE ME BLOOD
AND I WILL GIVE
YOU FREEDOM**



NO REAL CHANGE
in history
can be achieved by
DISCUSSIONS



Happy
Republic Day

*"One individual may die for an idea,
but that idea will, after his death,
incarnate itself in a thousand lives.
That is how the wheel of evolution moves
on and the ideas and dreams of
one nation are bequeathed to the next."*

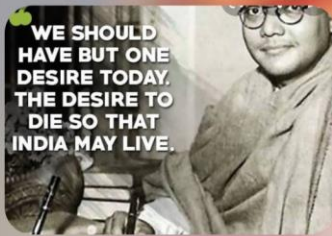
-Netaji Subhash Chandra Bose



"Freedom is not given - it is taken."

- Subhas Chandra Bose

**WE SHOULD
HAVE BUT ONE
DESIRE TODAY.
THE DESIRE TO
DIE SO THAT
INDIA MAY LIVE.**



Wishing u all a very happy
72 republic day
JAI HIND JAI BHARAT!!!

-Fiza shaikh

“ONE
INDIVIDUAL
MAY DIE FOR AN
IDEA; BUT THAT
IDEA WILL,
AFTER HIS
DEATH,
INCARNATE
ITSELF IN A
THOUSAND
LIVES.”

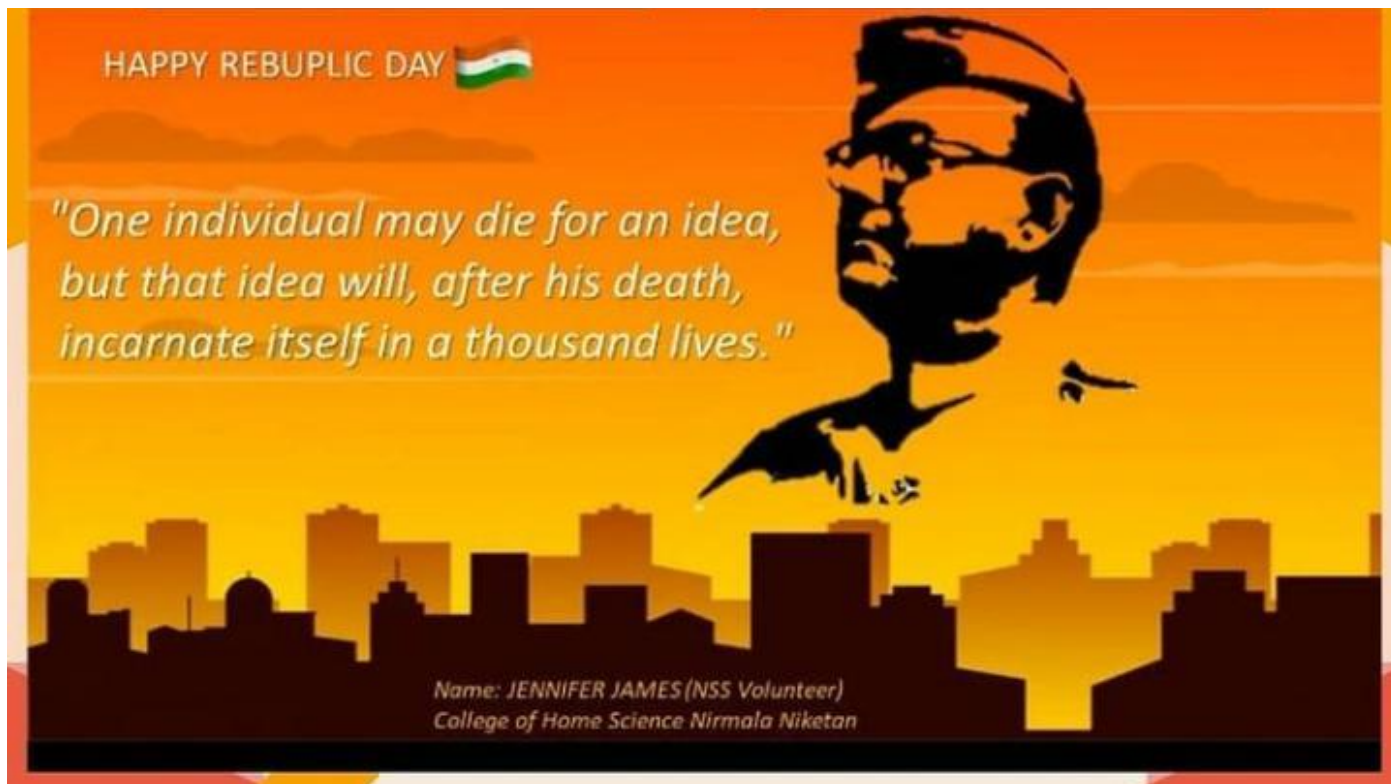


Sakina Jamali, NSS volunteer
College Of Home Science, Nirmala Niketan

**FREEDOM IS
NOT GIVEN IT
IS TAKEN.**



**Khadija Ali (NSS Volunteer)
College of Home Science Nirmala Niketan**



Topic : COMMUNAL Harmony For Peace

Date : 20th February 2021

Platform : Zoom

No. of NSS Volunteers: 22

Names of NSS Volunteers:

1. Bushra Dhankwala
2. Jennifer James
3. Shreya Mistry
4. Deepansha Darji
5. Mrunmayee Dalvi
6. Dhara Doshi
7. Sakina Jamali

- 8.Hrudaya Hinde
9. Prita Parab
10. Manaswi Malandkar
11. Siddhi Pandit
12. Insiyah Leelwala
13. Khushi Chheda
- 14.Mariya Chincholiwala
15. Umaima khan
16. Sharvari R Narvekar
17. Prerna Prabhakar
18. Fatema Bohari
19. Fashtana khan
20. Shaikh Zoya Parvez
- 21.Asma Ansari
22. Riya Gandhi

On 20th February 2021 , a webinar on Communal harmony for peace was organized by Interfaith Committee of COLLEGE OF HOME SCIENCE NIRMAL NIKETAN in collaboration with Samanvaya. An awareness about communal harmony was created in this webinar. A bit of history of community was also covered in this session. And how to create harmony in community was also discussed.

Flyer of the event


College of Home Science Nirmala Niketan
 Affiliated to University of Mumbai, NAAC Accredited A grade

Interfaith Committee
 in collaboration with
Samanvaya

Date: 20th February, Saturday
Time: 4:00 PM to 5.00 PM

COMMUNAL HARMONY


For Peace



Advisor: Fr. Prashant Olalekar
 Moderator: Ms Astrid Lobo Gajiwala

Resource experts:
 Irfan Engineer, Sanjeevani Jain,
 Sweedle Cerejo

All Participants will be provided with e-certificates
 For any further queries:
 Contact: Ms. Neha Mulchandani-8097233156
 Ms. Minelly Rodrigues-9860419808

 **Technological partner**

Certificate


COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
 Affiliated to University of Mumbai
 NAAC Accredited A Grade
 49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. MISTRY SHREYA KAMLESH
 from College of Home Science Nirmala Niketan has participated in a webinar titled
 "Communal Harmony for Peace" organized by the Interfaith Committee of
 College of Home Science, Nirmala Niketan in collaboration with Samanvaya on
 20th February, 2021 from 4.00pm to 5.00pm.

Neha
 Ms. Neha Mulchandani
 Interfaith Convenor

Dr. Ela Dethia
 Dr. Ela Dethia
 In-Charge Principal

 **Technological Partner**


COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
 Affiliated to University of Mumbai
 NAAC Accredited A Grade
 49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. DARJI DEEPANSHA HITESH
 from College of Home Science Nirmala Niketan has participated in a webinar titled
 "Communal Harmony for Peace" organized by the Interfaith Committee of
 College of Home Science, Nirmala Niketan in collaboration with Samanvaya on
 20th February, 2021 from 4.00pm to 5.00pm.

Neha
 Ms. Neha Mulchandani
 Interfaith Convenor

Dr. Ela Dethia
 Dr. Ela Dethia
 In-Charge Principal

 **Technological Partner**


COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
Affiliated to University of Mumbai
NAAC Accredited A Grade
49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. DHARA HARESH DOSHI
from College of Home Science Nirmala Niketan has participated in a webinar titled
"Communal Harmony for Peace" organized by the Interfaith Committee of
College of Home Science, Nirmala Niketan in collaboration with Samsavaya on
20th February, 2021 from 4.00pm to 5.00pm.

N.D.S.
Ms. Neha Mulchandani
Interfaith Convener


EETIY
Technological Partner

E. Dethia
Dr. Ela Dethia
In-Charge Principal


COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
Affiliated to University of Mumbai
NAAC Accredited A Grade
49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. INSIYAH BURHANUDDIN LEELWALA
from College of Home Science Nirmala Niketan has participated in a webinar titled
"Communal Harmony for Peace" organized by the Interfaith Committee of
College of Home Science, Nirmala Niketan in collaboration with Samsavaya on
20th February, 2021 from 4.00pm to 5.00pm.

N.D.S.
Ms. Neha Mulchandani
Interfaith Convener


EETIY
Technological Partner

E. Dethia
Dr. Ela Dethia
In-Charge Principal


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49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. PRITA ANIL PARAB
from College of Home Science Nirmala Niketan has participated in a webinar titled
"Communal Harmony for Peace" organized by the Interfaith Committee of
College of Home Science, Nirmala Niketan in collaboration with Samsavaya on
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N.D.S.
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EETIY
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Dr. Ela Dethia
In Charge Principal


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49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. MANASWI MALANDKAR
from College of Home Science Nirmala Niketan has participated in a webinar titled
"Communal Harmony for Peace" organized by the Interfaith Committee of
College of Home Science, Nirmala Niketan in collaboration with Samsavaya on
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N.D.S.
Ms. Neha Mulchandani
Interfaith Convener


EETIY
Technological Partner

E. Dethia
Dr. Ela Dethia
In Charge Principal


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49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. SIDDHI PANDIT
from College of Home Science Nirmala Niketan has participated in a webinar titled
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College of Home Science, Nirmala Niketan in collaboration with Samsavaya on
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Dr. Ela Dethia
In-Charge Principal


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 49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. MARIYA MUSTANSIR CHINCHOLIWALA
 from College of Home Science Nirmala Niketan has participated in a webinar titled
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 College of Home Science, Nirmala Niketan in collaboration with Samavaya on
 20th February, 2021 from 4.00pm to 5.00pm.

Nds
Ms. Neha Mulchandani
Interfaith Convener*Dr. Ela Dethia*
Dr. Ela Dethia
In-Charge Principal


EFII
Technological Partner


COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
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 NAAC Accredited A Grade
 49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. KHUSHI HITEN CHHEDA
 from College of Home Science Nirmala Niketan has participated in a webinar titled
 "Communal Harmony for Peace" organized by the Interfaith Committee of
 College of Home Science, Nirmala Niketan in collaboration with Samavaya on
 20th February, 2021 from 4.00pm to 5.00pm.

Nds
Ms. Neha Mulchandani
Interfaith Convener*Dr. Ela Dethia*
Dr. Ela Dethia
In-Charge Principal


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 49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. SHARVARI R NARVEKAR
 from College of Home Science Nirmala Niketan has participated in a webinar titled
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 College of Home Science, Nirmala Niketan in collaboration with Samavaya on
 20th February, 2021 from 4.00pm to 5.00pm.

Nds
Ms. Neha Mulchandani
Interfaith Convener*Dr. Ela Dethia*
Dr. Ela Dethia
In-Charge Principal


EFII
Technological Partner


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 49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. PRERNA RAJESH PRABHAKAR
 from College of Home Science Nirmala Niketan has participated in a webinar titled
 "Communal Harmony for Peace" organized by the Interfaith Committee of
 College of Home Science, Nirmala Niketan in collaboration with Samavaya on
 20th February, 2021 from 4.00pm to 5.00pm.

Nds
Ms. Neha Mulchandani
Interfaith Convener*Dr. Ela Dethia*
Dr. Ela Dethia
In-Charge Principal


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Technological Partner


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 49, New Marine Lines, Mumbai-400020

Certificate of Participation

This is to certify that Ms. RIYA GANDHI
 from College of Home Science Nirmala Niketan has participated in a webinar titled
 "Communal Harmony for Peace" organized by the Interfaith Committee of
 College of Home Science, Nirmala Niketan in collaboration with Samavaya on
 20th February, 2021 from 4.00pm to 5.00pm.

Nds
Ms. Neha Mulchandani
Interfaith Convener*Dr. Ela Dethia*
Dr. Ela Dethia
In-Charge Principal


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Technological Partner





Webinar: Mission Compassion 2021

Date: 25th February,2021

Venue: Zoom

No of Beneficiaries : 456

No of NSS Volunteer: 15

Name of NSS Volunteer:

1. Mrunmayee Dalvi
2. Hrudaya Hinde
3. Khushi Hiten Chheda
4. Jennifer James
5. Navita Gujja
6. Sakina Jamali
7. Insiyah Mullajiwala
8. Bushra Jafar
9. Fiza Shaikh
10. Khadija Ali
11. Shaikh Zoya Parvez
12. Deepansha Darji
13. Prachi Barthwal
14. Siddhi Pandit
15. Umaima Khan
16. Sarrah Dohadwala

On 25th February,2021 NSS Unit of College of Home Science Nirmala Niketan in collaboration with Vegan Outreach. The speaker of the day was Mr. Kuntal A Joisher, the first mountaineer

in the world to have climbed Mount Everest entirely on a plant based diet. He shared his experiences of climbing Mount Everest, also the difficulties and hardships faced by him. He also highlighted the benefits of vegan diet. The session concluded on a good note with a question and answer session. Also, feedback link was shared with participants, so can receive their certificates.

Certificates:



**CERTIFICATE
of
PARTICIPATION**

This is to certify that
Hrudaya Hinde
has participated in

MISSION COMPASSION 2021
Webinar



Richa Mehta
Richa Mehta
Director of Programs India



Kuntal A Joisher
Kuntal A Joisher
Keynote Speaker



25-Feb-2021
Date



**CERTIFICATE
of
PARTICIPATION**

This is to certify that
Khushi Hiten Chheda
has participated in

MISSION COMPASSION 2021
Webinar



Richa Mehta
Richa Mehta
Director of Programs India



Kuntal A Joisher
Kuntal A Joisher
Keynote Speaker



25-Feb-2021
Date



**CERTIFICATE
of
PARTICIPATION**

This is to certify that
Navita Parshuram Guja
has participated in

MISSION COMPASSION 2021
Webinar



Richa Mehta
Richa Mehta
Director of Programs India



Kuntal A Joisher
Kuntal A Joisher
Keynote Speaker



25-Feb-2021
Date





**CERTIFICATE
of
PARTICIPATION**

This is to certify that
Khadija Mohammed Ali
has participated in
MISSION COMPASSION 2021
Webinar



Richa Mehta
Richa Mehta
Director of Programs India



Kuntal A Joisher
Kuntal A Joisher
Keynote Speaker



25-Feb-2021
Date



**CERTIFICATE
of
PARTICIPATION**

This is to certify that
Shaikh Zoya Parvez
has participated in
MISSION COMPASSION 2021
Webinar



Richa Mehta
Richa Mehta
Director of Programs India



Kuntal A Joisher
Kuntal A Joisher
Keynote Speaker



25-Feb-2021
Date



**CERTIFICATE
of
PARTICIPATION**

This is to certify that
Darji Deepansha Hitesh
has participated in
MISSION COMPASSION 2021
Webinar



Richa Mehta
Richa Mehta
Director of Programs India



Kuntal A Joisher
Kuntal A Joisher
Keynote Speaker



25-Feb-2021
Date



**CERTIFICATE
of
PARTICIPATION**

This is to certify that
Darji Deepansha Hitesh
has participated in
MISSION COMPASSION 2021
Webinar



Richa Mehta
Richa Mehta
Director of Programs India



Kuntal A Joisher
Kuntal A Joisher
Keynote Speaker



25-Feb-2021
Date





Horrors of Dairy and Leather industry



Kuntal Joisher



zoom

•Virtual Tour•

The NSS unit of the College of Home Science Nirmala Niketan and Vegan Outreach in collaboration with other NSS units of the University of Mumbai have organized a Virtual Tour, Mission Compassion 2021

A Life-Altering Session with Kuntal, the World's First Vegan Who Summited Mount Everest Twice.

Join to know about the health benefits of a plant-based diet and how you can help save the planet and animals.



Keynote Speaker: Kuntal A Joisher is the first mountaineer in the world to have climbed Mount Everest on an entirely plant-based diet.

Date: 25th February 2021, 4PM TO 5 PM



Contact Us
Asha Gupta
india@veganoutreach.org



10 Weeks TO VEGAN

Webinar: Entrepreneurship with a twist

Date: 08th March, 2021

Venue: Zoom

No of NSS Volunteer: 20

Name of NSS Volunteer:

1. Esha Sam
2. Jennifer James
3. Irika Goyal
4. Khadija Ali
5. Bushra Dhankwala
6. Navita Gujja
7. Kasturi Belvalkar
8. Manaswi Malandkar
9. Mrunmayee Dalvi
10. Umaima khan
11. Shaikh Zoya
12. Fiza shaikh
13. Sarah Dohadwala
14. Siddhi Pandit
15. Dhara Doshi
16. Shreya Mistry
17. Asma Ansari
18. Deepansha Darji
19. Prerna Prabhakar
20. Fashtana Khan

To commemorate the "International Women's Day", Women's Development Cell and NSS Unit of College of Home Science Nirmala Niketan organized a session on:

"ENTREPRENEURSHIP WITH A TWIST" .The session started with the introduction of speakers then after few words delivered by Dr. Geeta Ibrahim the Principal of College

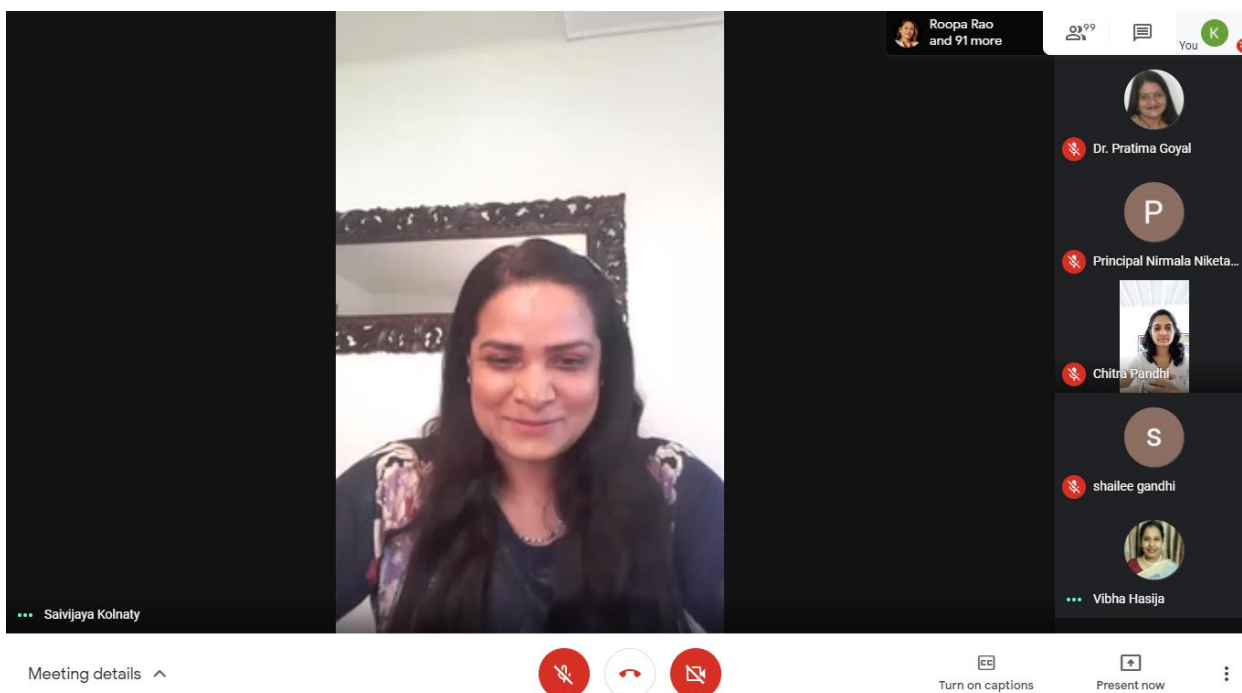
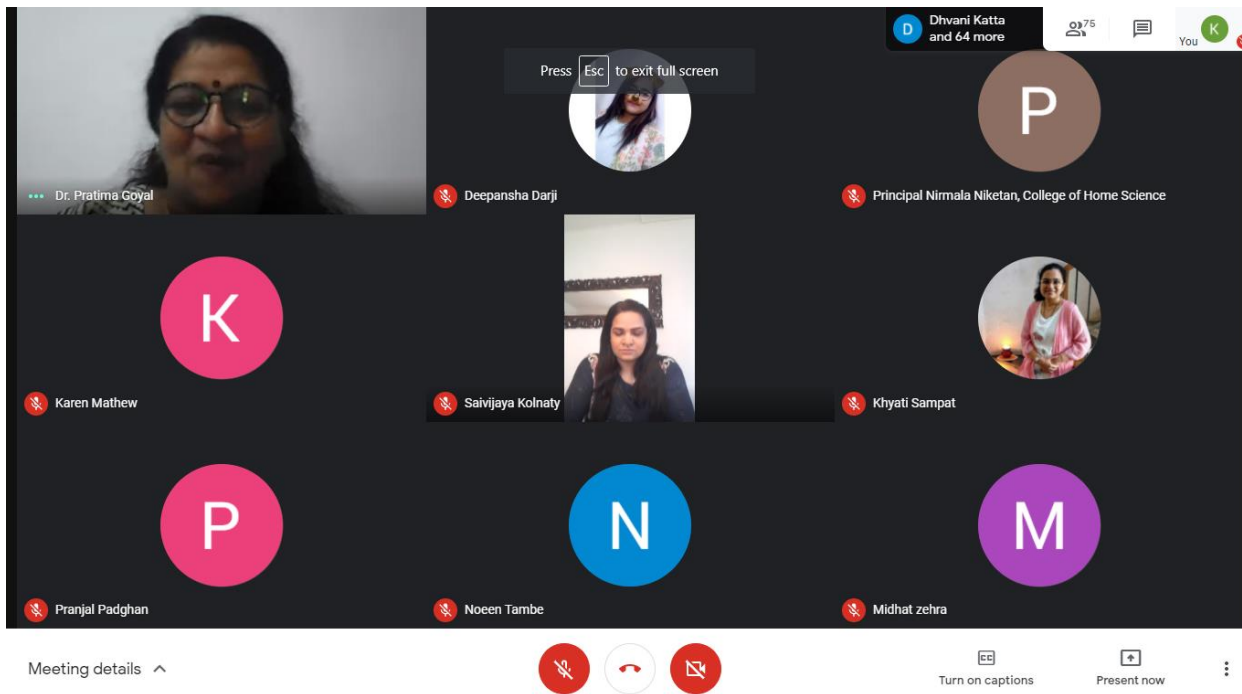
The resource persons of the day was our very own college alumnae from background of Home Science who have blended borders to ascend by going the multidisciplinary and multifaceted way.

The first Resource Person of the day was Ms. SAIVIJAYA KOLNATY alumna of TFT department Founder - SOULFULSAI

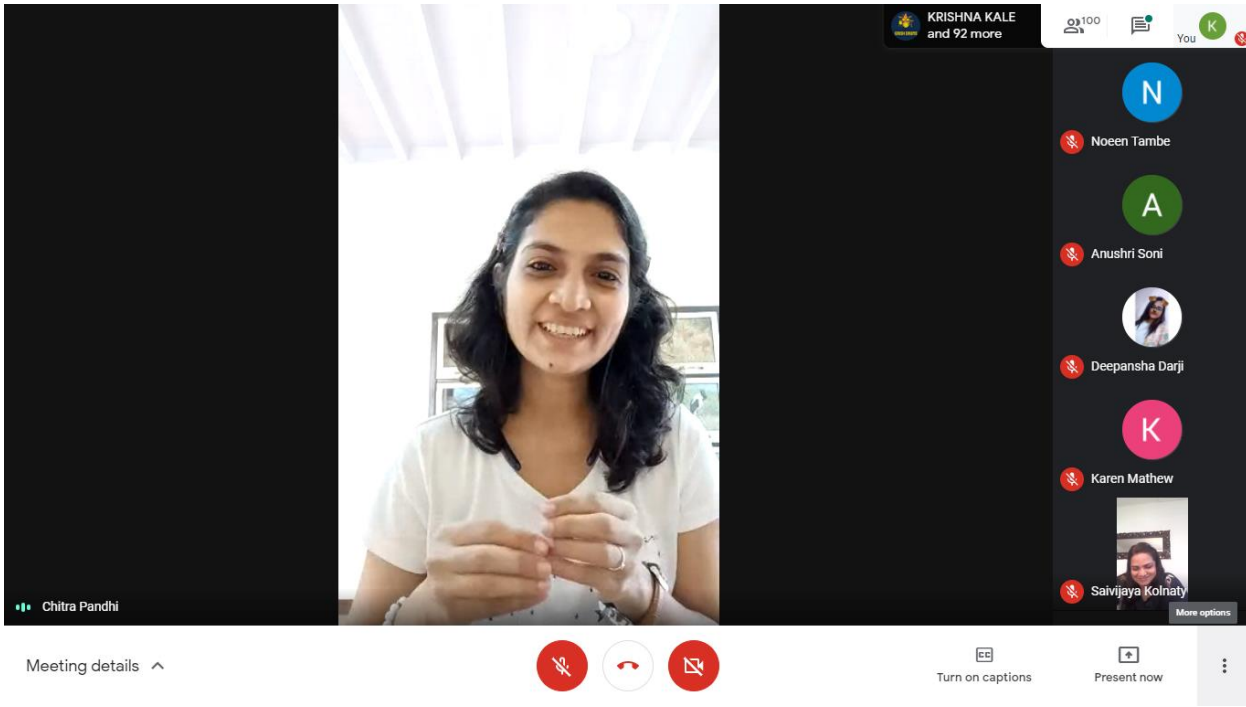
who shared her experiences with us. The second Resource Person was

Ms. CHITRA PANDHI (HD alumna) Founder - YOGATAINMENT who also shared her experiences and the problems she faced in her career. The third Resource Person was Ms. REEMA KELEKAR (CRM alumna) ENTREPRENEUR, FOOD STYLIST who inspired us with her words to aim big and never lose hope. The third Resource Person was Ms.

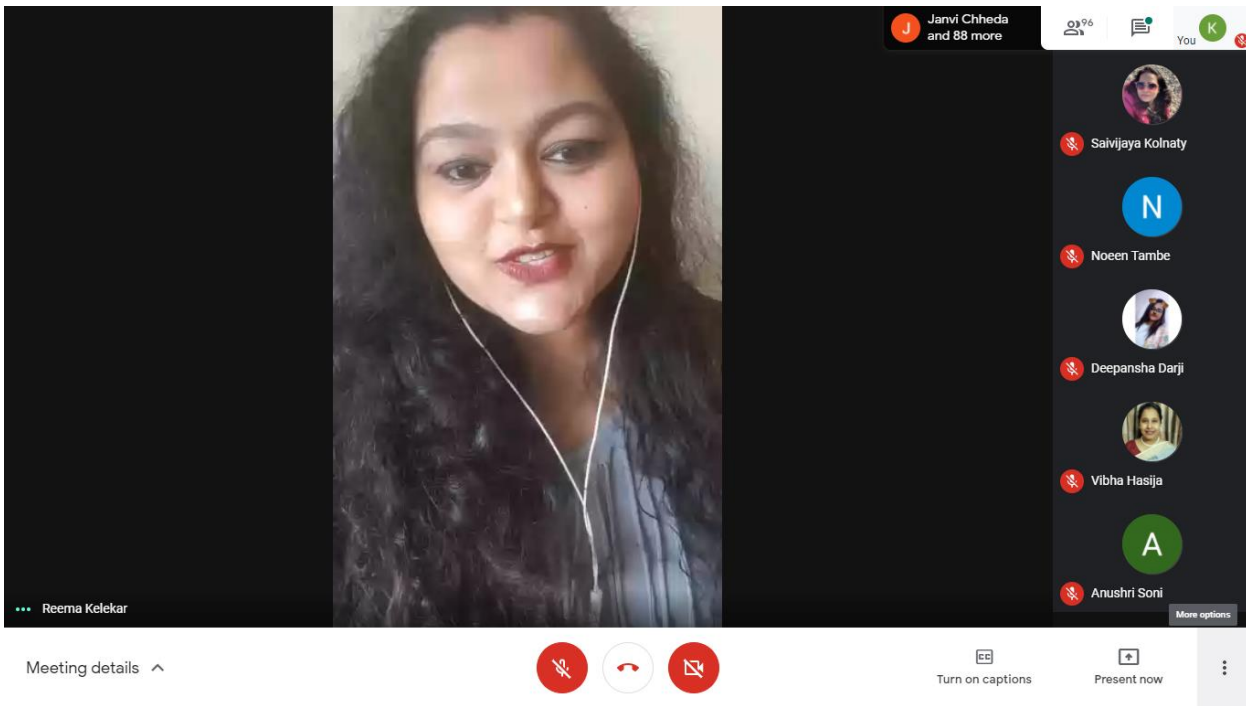
NIDHI KAKU (FND alumna) Founder - VRIKSH who unfortunately due to bad connection was unable to deliver her words of encouragement. The webinar ended on a good note with few words of appreciation for speakers also a feedback link was provided so that the participants can receive their E-certificates.



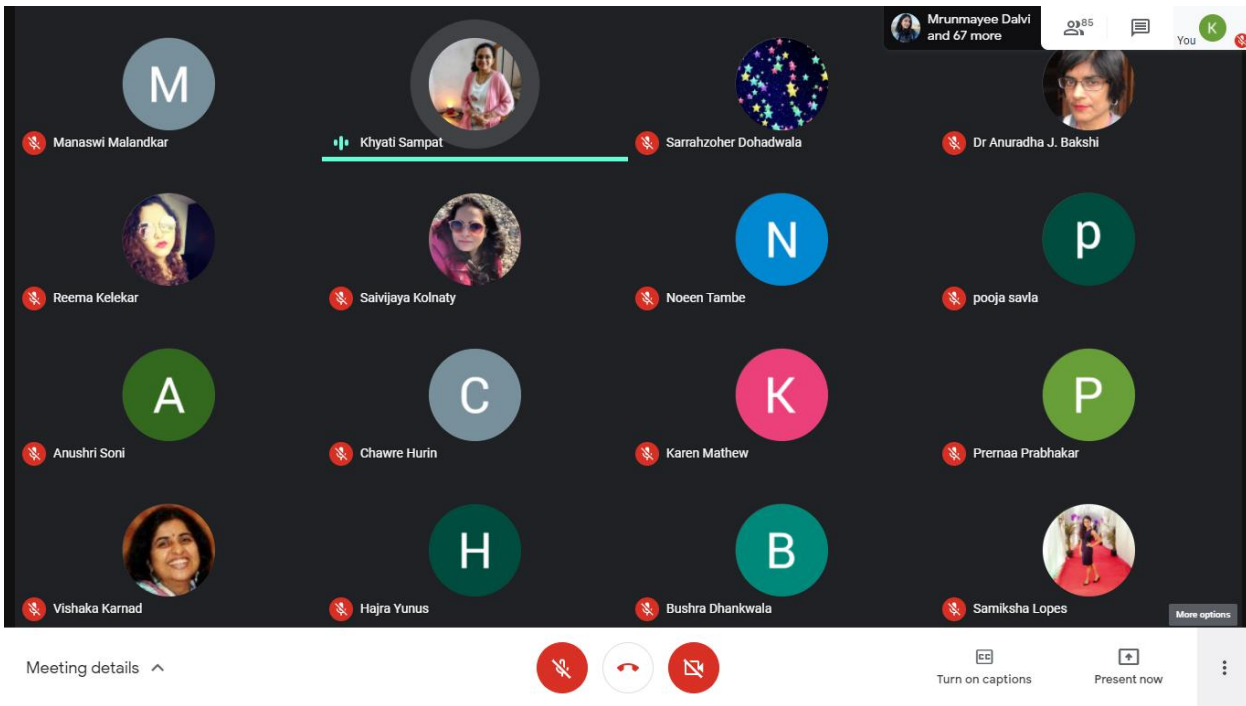
Ms. SAIVIJAYA KOLNATY



Ms. CHITRA PANDHI



Ms. REEMA KELEKAR



Certificates:

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN

AFFILIATED TO UNIVERSITY OF MUMBAI - NAAC ACCREDITED 'A' GRADE



STREE

Strength. Tenacity. Resilience. Empowerment. Evolution

This is to certify that Ms. James Jennifer Robinson has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

organized by the **Women's Development Cell** and **NSS Unit** of College of Home Science Nirmala Niketan to commemorate the **"International Women's Day"** on **8th March 2021**.

Dr. Pratima Goyal
Convenor, Women's Development Cell
and Programme Officer, NSS Unit

Dr. (Mrs.) Geeta Ibrahim
Principal

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This is to certify that Ms. Irika Goyal has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

organized by the **Women's Development Cell** and **NSS Unit** of College of Home Science Nirmala Niketan to commemorate the **"International Women's Day"** on **8th March 2021**.

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Convenor, Women's Development Cell
and Programme Officer, NSS Unit

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This is to certify that Ms. Khadija Mohammed Ali has participated in the webinar

“ENTREPRENEURSHIP WITH A TWIST”

organized by the Women's Development Cell and NSS Unit of College of Home Science Nirmala Niketan to commemorate the “International Women's Day” on 8th March 2021.

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Convenor, Women's Development Cell
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This is to certify that Ms. Kasturi Dhananjay Belvalkar has participated in the webinar

“ENTREPRENEURSHIP WITH A TWIST”

organized by the Women's Development Cell and NSS Unit of College of Home Science Nirmala Niketan to commemorate the “International Women's Day” on 8th March 2021.

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Convenor, Women's Development Cell
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This is to certify that Ms. Navita Parshuram Gujja has participated in the webinar
"ENTREPRENEURSHIP WITH A TWIST"
organized by the Women's Development Cell and NSS Unit of College of Home Science
Nirmala Niketan to commemorate the "International Women's Day" on 8th March 2021.

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Convenor, Women's Development Cell
and Programme Officer, NSS Unit

Dr. (Mrs.) Geeta Ibrahim
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This is to certify that Ms. Bushra Jafar Dhankwala has participated in the webinar
"ENTREPRENEURSHIP WITH A TWIST"
organized by the Women's Development Cell and NSS Unit of College of Home Science
Nirmala Niketan to commemorate the "International Women's Day" on 8th March 2021.

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This is to certify that Ms. Manaswi Malandkar has participated in the webinar

“ENTREPRENEURSHIP WITH A TWIST”

organized by the **Women's Development Cell** and **NSS Unit** of College of Home Science Nirmala Niketan to commemorate the **“International Women's Day”** on **8th March 2021.**

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This is to certify that Ms. Mrunmayee Dalvi has participated in the webinar

“ENTREPRENEURSHIP WITH A TWIST”

organized by the **Women's Development Cell** and **NSS Unit** of College of Home Science Nirmala Niketan to commemorate the **“International Women's Day”** on **8th March 2021.**

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This is to certify that Ms. Khan Umaima Tasneem Iqtedar has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

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This is to certify that Ms. Shaikh Zoya Parvez has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

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This is to certify that **Ms. FIZA SHAIKH** has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

organized by the **Women's Development Cell** and **NSS Unit** of College of Home Science Nirmala Niketan to commemorate the **"International Women's Day"** on **8th March 2021**.

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This is to certify that **Ms. Sarrah Zoher** has participated in the webinar

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organized by the **Women's Development Cell** and **NSS Unit** of College of Home Science Nirmala Niketan to commemorate the **"International Women's Day"** on **8th March 2021**.

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This is to certify that Ms. Dhara Haresh Doshi has participated in the webinar

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Convenor, Women's Development Cell
and Programme Officer, NSS Unit

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Principal

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This is to certify that Ms. Mistry Shreya Kamlesh has participated in the webinar

“ENTREPRENEURSHIP WITH A TWIST”

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Convenor, Women's Development Cell
and Programme Officer, NSS Unit

Dr. (Mrs.) Geeta Ibrahim
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This is to certify that Ms. Siddhi Pandit has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

organized by the Women's Development Cell and NSS Unit of College of Home Science Nirmala Niketan to commemorate the "International Women's Day" on 8th March 2021.

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This is to certify that Ms. Darji Deepansha Hitesh has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

organized by the Women's Development Cell and NSS Unit of College of Home Science Nirmala Niketan to commemorate the "International Women's Day" on 8th March 2021.

Dr. Pratima Goyal

Convenor, Women's Development Cell
and Programme Officer, NSS Unit

Dr. (Mrs.) Geeta Ibrahim
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This is to certify that Ms. Asma Yaqub Ansari has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

organized by the **Women's Development Cell** and **NSS Unit** of College of Home Science Nirmala Niketan to commemorate the **"International Women's Day"** on **8th March 2021**.

Dr. Pratima Goyal

Convenor, Women's Development Cell
and Programme Officer, NSS Unit

Dr. (Mrs.) Geeta Ibrahim
Principal

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This is to certify that Ms. Esha Teresa Sam has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

organized by the **Women's Development Cell** and **NSS Unit** of College of Home Science Nirmala Niketan to commemorate the **"International Women's Day"** on **8th March 2021**.

Dr. Pratima Goyal

Convenor, Women's Development Cell
and Programme Officer, NSS Unit

Dr. (Mrs.) Geeta Ibrahim
Principal

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This is to certify that Ms. Khan Fashtana Amin has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

organized by the Women's Development Cell and NSS Unit of College of Home Science Nirmala Niketan to commemorate the "International Women's Day" on 8th March 2021.

Dr. Pratima Goyal

Convenor, Women's Development Cell
and Programme Officer, NSS Unit

Dr. (Mrs.) Geeta Ibrahim
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This is to certify that Ms. Purnaa Rajesh Prabhakar has participated in the webinar

"ENTREPRENEURSHIP WITH A TWIST"

organized by the Women's Development Cell and NSS Unit of College of Home Science Nirmala Niketan to commemorate the "International Women's Day" on 8th March 2021.

Dr. Pratima Goyal

Convenor, Women's Development Cell
and Programme Officer, NSS Unit

Dr. (Mrs.) Geeta Ibrahim
Principal

Name of the event – AAROHAN – ASPIRING TO ACHIEVE (Organized by NNC – CRM Dept.)

Date: 17th April 2021

No. of volunteers: 19

Name of Volunteers:

1. Sarah Dohadwala
2. Manaswi Malandkar
3. Samiksha Mane
4. Mansi Singh
5. Rukaiya Bharmal
6. Insiya Mullajiwala
7. Esha Sam
8. Fashtana Khan
9. Mrunmayee Jadhav
10. Sakina Jamali
11. Navita Gujja
12. Jennifer James
13. Hrudaya Hinde
14. Prita Parab
15. Iram Khan
16. Insiya Leelwala
17. Asma Ansari
18. Isha Malde
19. Fatema Bohri

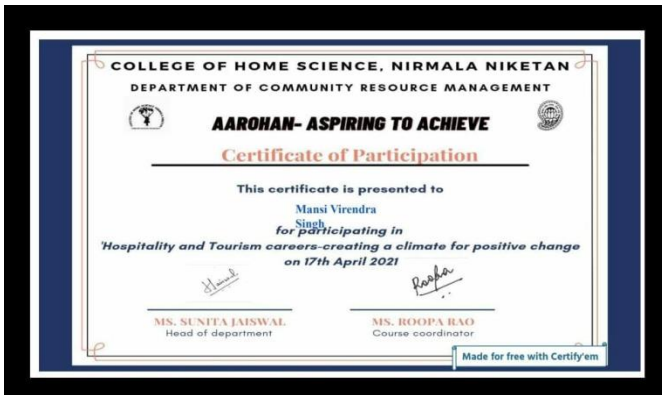
On 17th April 2021 a student led webinar was organized by CRM Dept. College of Home Science Nirmala Niketan on Hospitality & Tourism Careers creating a climate for positive change. Alumni of CRM Dept. were invited to share their experiences in Hospitality & Tourism Industry, the speakers of the day were:

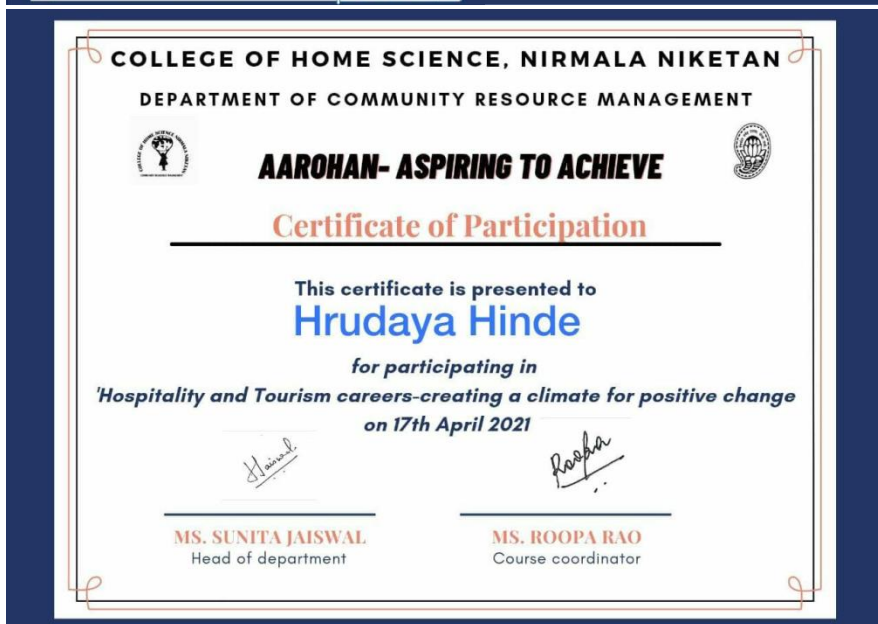
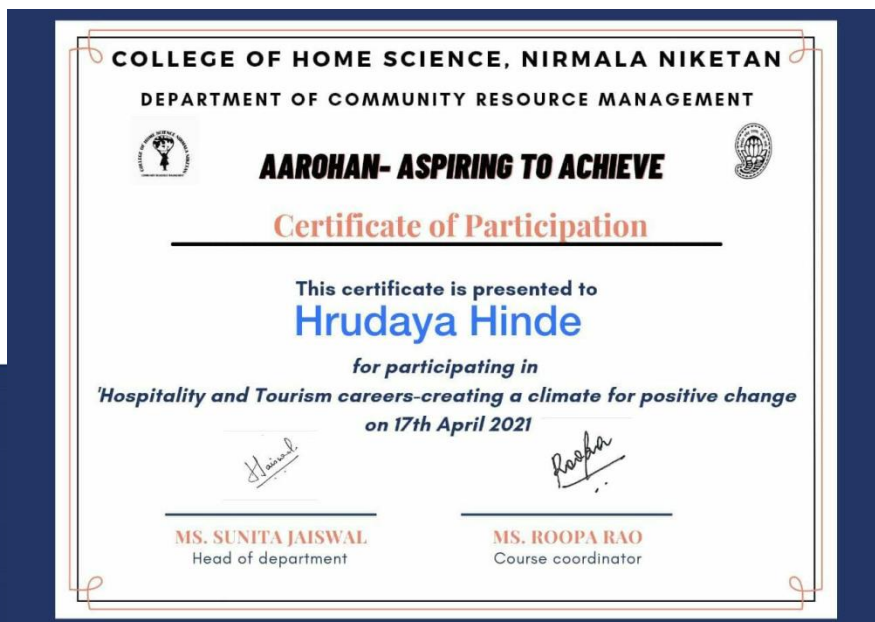
1. Ms. Sneha Tidke (Tour Consultant Travel Boutique online)
2. Ms. Tilothama Curpad (Sr. Exec. MICE Operations, Otilia International Pvt. Ltd.)
3. Ms. Rujuta Thakur (Patassrie Chef – ITC Hotel, Bangalore)
4. Ms. Reema Kelekar (Enterpruner – Blissful Bites Bistro)

The event was conducted on MS Teams, around 108 students participated in the webinar. The Elite Alumni Panel stressed that how in these Universal Pandemic scenario adverse times can be converted to advantageous opportunities. They shared their experiences through which we came to know that hospitality and tourism Industry kept on working in lockdown period 24*7. Mrs. Roopa Rao was the program head Officer. In the end the students were supposed to fill a feed back form to get their certificate while the event was conducted on MS Teams.









Title: E-Waste Management (Ms. Rashmi Joshi)

Date: 22th May 2021

Time: 11:45 am onwards

Platform: Zoom

No. of Participants: 34

The NSS Unit of College of Home Science Nirmala Niketan organized a session on Renewable Energy Resources. The guest speaker for the event was Ms. Rashmi Joshi who is an ENVIRONMENTAL CONSULTANT. Ms. Rashmi Joshi the eminent speaker for the day covered the following points, what is e-waste, current e-waste scenario in India, hazards of e-waste, what problems metals in e-waste can cause humans

and the environment and lastly about the recycling process of e-waste. It was a very informative session followed by a question answer session.

The planning team consisted of Dr. Pratima Goyal, our NSS Program Officer, flyer designer- Shreya Mistry and Mrunmayee Dalvi, creative writer- Deepansha Darji. Operations incharge- (feedback form and certification automation) Khadija Ali. Certificate designers: Irika Goyal and Jennifer James. The event coordinators - Jennifer James and Khadija Ali. Esha Sam introduced the speaker and Bushra Dhankwala delivered the Vote of Thanks.

The screenshot shows a Zoom meeting window. The main content is a presentation slide with the following text:

NSS UNIT OF COLLEGE OF HOME SCIENCE, NIRMALA NIKETAN
Affiliated to University Of Mumbai , NAAC Accredited 'A' Grade

"RECYCLING E-WASTE
Recycling is not just for Paper and pop cans;
Devices too can be Recycled!"

NSS Unit of College of Home Science, Nirmala Niketan
Invites you for the webinar on "E-WASTE MANAGEMENT" with
Ms. Rashmi Joshi on 22nd May, 2021 (Saturday)
11 am onwards on ZOOM platform
*E-certificates will be provided on filling up the feedback form

Dr. Geeta Ibrahim
Principal
College of Home Science Nirmala Niketan

Dr. Pratima Goyal
HOD- Textile and Fashion Technology
& NSS Program Officer

Ms. Rashmi Joshi
Environment Consultant
Guest Speaker

On the right side, there is a list of participants:

- Dr. Pratima Goyal
- Khadija Ali
- Rashmi Joshi
- Asma Ansari
- Esha Teresa Sam

The Zoom interface at the bottom shows controls for Unmute, Start Video, Participants (21), Chat, Share Screen, Record, and Reactions. The system tray at the bottom right shows the time as 9:34 AM on 5/22/2021.

The screenshot shows a Zoom meeting grid with 21 participants. The participants are arranged in a grid as follows:

- Row 1: Dr. Pratima Goyal, Khadija Ali, Rashmi Joshi, Esha Teresa Sam, Irika Goyal
- Row 2: NSS NN DHARA..., Bushra Dhankwala, Suman Parmar, Asma Ansari, Samiksha Mane
- Row 3: Nirali Gala, Sudiksha Gatte, Anjali Srivastava, Kasturi Belvalkar, vidhi Shethia
- Row 4: Hrudaya Hinde, NSS NN. Khadi..., Jennifer James, NSS NN. Mansi..., Haadiya Sayed

At the bottom of the grid, there are four additional participants:

- NSS_NN_Deepa...
- Riya Bhavsar NSS
- Zahra Shaikh
- Vaishnavi lathi S...

The Zoom interface at the top shows controls for Unmute, Start Video, Participants (21), Chat, Share Screen, Record, and Reactions. The system tray at the bottom right shows the time as 9:34 AM on 5/22/2021.

Zoom Meeting

Recording

Unmute Stop Video

Participants 24 Chat Share Screen Record Reactions

Leave

Recording

Dr. Pratima Goyal

Khadija Ali

Rashmi Joshi

Esha Teresa Sam

Vaishnavi Iathi S...

Bushra Dhan...

Type here to search

12:13 PM 5/22/2021

Recording

You are viewing Rashmi Joshi's screen

View Options

Dr. Pratima Goyal

Khadija Ali

Rashmi Joshi

Esha Teresa Sam

Vaishnavi Iathi S...

Bushra Dhan...

Type here to search

12:18 PM 5/22/2021

Unmute Start Video

Participants 33 Chat Share Screen Record Reactions

Leave



NSS UNIT OF COLLEGE OF HOME SCIENCE, NIRMALA NIKETAN
 Affiliated to University Of Mumbai , NAAC Accredited 'A' Grade

"RECYCLING E-WASTE
 Recycling is not just for Paper and pop cans;
 Devices too can be Recycled!"

NSS Unit of College of Home Science, Nirmala Niketan
 Invites you for the webinar on "E-WASTE MANAGEMENT" with
 Ms. Rashmi Joshi on 22nd May, 2021 (Saturday)
 11 am onwards on ZOOM platform
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Dr. Geeta Ibrahim
 Principal
 College of Home Science Nirmala Niketan

Dr. Pratima Goyal
 HOD- Textile and Fashion Technology
 & NSS Program Officer

Ms. Rashmi Joshi
 Environment Consultant
 Guest Speaker

Flyer of the event.

Title: Renewable Energy Resources (Ms. Rashmi Joshi)

Date: 22th May 2021

Time: 11 am onwards

Platform: Zoom

No. of Participants: 25

The NSS Unit of College of Home Science Nirmala Niketan organized a session on Renewable Energy Resources. The guest speaker for the event was Ms. Rashmi Joshi who is an ENVIRONMENTAL CONSULTANT. Ms. Rashmi Joshi, the speaker for the day covered the following points, renewable and non-renewable sources of energy, different types of renewable resources like solar energy, tidal energy, wind energy and biomass energy and examples, advantages and disadvantages of the same. She furthermore told about conservation of energy at various levels like on household and community levels and lastly about the energy policy in India. It was a very informative session followed by a question answer session.

The planning team consisted of Dr. Pratima Goyal, our NSS Program Officer, flyer designer- Shreya Mistry and Mrunmayee Dalvi, creative writer- Deepansha Darji. Operations incharge- (feedback form and certification automation) Khadija Ali. Certificate designers- Irika Goyal and Jennifer James. The event coordinators - Jennifer James and Khadija Ali. Esha Sam introduced the speaker and Bushra Dhankwala delivered the Vote of Thanks.

Zoom Meeting

Recording

Windows taskbar: Type here to search, 100% zoom, 9:46 AM 5/22/2021

Zoom Meeting

Recording

Zoom controls: Unmute, Stop Video, Participants (24), Chat, Share Screen, Record, Reactions, Leave

What is Energy Conservation

INTRODUCTION

Energy conservation refers to efforts made to reduce energy consumption. Energy conservation can be achieved through increased efficient energy use, in conjunction with decreased energy consumption and/or reduced consumption from conventional energy sources.

- Individuals and organizations that are direct consumers of energy choose to conserve energy to reduce energy costs and promote economic security.
- Industrial and commercial users can increase energy use efficiency to maximize profit.

Windows taskbar: Type here to search, 11:21 AM 5/22/2021


Zoom meeting sidebar showing participants: Dr. Pratima Goyal, Khadija Ali, Rashmi Joshi, Esha Teresa Sam, Samiksha Ma..., Bushra Dhan...

Zoom Meeting You are viewing Rashmi Joshi's screen View Options


BIOMASS ENERGY

- Biomass is organic material made from plants and animals waste. (microorganisms).
- When it is burned, the chemical energy in biomass is released as heat .
- **Examples :**
 - Methanol (from animal waste)
 - Ethanol
 - Biodiesel(liquid biomass)
- **Advantages :**
 - Equipment (biogas plant) installation cost is less.
 - Helps in garbage reduction.
- **Disadvantages :**
 - Releases high amount of sulphurous gases.


Types of Biomass




Wood




Crops



Garbage




Landfill Gas




Alcohol Fuels

Dr. Pratima Goyal

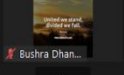


Khadija Ali




Rashmi Joshi

Esha Teresa Sam




Bushra Dhan...


Leave




NSS UNIT OF
COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
 49, NEW MARINE LINES, MUMBAI-400020

NAAC ACCREDITED WITH "A" GRADE
 INVITES YOU TO AN ONLINE WEBINAR ON
"RENEWABLE ENERGY RESOURCES"






DR. GEETA IBRAHIM
 PRINCIPAL - COLLEGE OF HOME SCIENCE
 NIRMALA NIKETAN



DR. PRATIMA GOYAL
 HOD - TEXTILE & FASHION TECHNOLOGY
 & NSS PROGRAMME OFFICER



MS. RASHMI JOSHI
 ENVIRONMENT CONSULTANT
 (INVITED SPEAKER)

**E-CERTIFICATES WILL BE PROVIDED
 ON FILLING UP THE FEEDBACK FORM**

DATE: 22 MAY 2021
TIME: 11:45 AM ONWARDS
PLATFORM: ZOOM

Flyer of the Event.

Title: World No Tobacco Day

Date: 31st May, 2021

Platform: Google Form

No. of Beneficiaries: 643

Every year, on 31st May, the World Health Organization (WHO) and global partners observe World No Tobacco Day (WNTD). A circular was circulated by the University of Mumbai to the respective colleges to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. This year, the theme of World No Tobacco Day 2021 is "Commit to Quit".

The NSS Unit of College of Home Science Nirmala Niketan has created a google form for taking pledge on the same. As the students of FYBSc, SYBSc, MSc-II have summer break it wouldn't be convenient for all to attend the pledge-taking ceremony on a virtual platform. So the NSS Unit Leaders of the College after discussion with NSS Program Officer decided to opt for Google form as a medium to reach out to the most. This google form was passed to everyone and it was duly filled by teachers, students and non-teaching staff too. So the oath is befitting to maximum people.

We had a total of 618 responses on the google form. In addition to this, 25 non-teaching staff members also took the oath; they were unable to fill the form due to absence of smartphones, thus Dr. Pratima Goyal the PO sent the oath through a voice note and the non-teaching staff took the oath.

शपथ

विश्व तम्बाकू निषेध दिवस के इस अवसर पर मैं यह शपथ लेता / लेती हूँ कि मैं कभी भी धूम्रपान व अन्य किसी भी प्रकार के तम्बाकू उत्पादों का सेवन नहीं करूँगा / करूँगी एवं अपने परिजनों या परिचितों को भी धूम्रपान व अन्य तम्बाकू उत्पादों का सेवन नहीं करने के लिए प्रेरित करूँगा / करूँगी। मैं अपने कार्यलय परिसर को तम्बाकू मुक्त रखूँगा / रखूँगी और अपने सहयोगियों को भी इसके लिए प्रेरित करूँगा / करूँगी।

PLEDGE

On this occasion of World No Tobacco Day, I take a pledge that I shall never smoke & consume any type of tobacco products in my life and motivate my family or acquaintances to not to smoke & use any tobacco products. I shall keep the campus of my office tobacco-free and shall also motivate my colleagues for the same.

2



प्रो. राजनीश जैन
सचिव
Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा विभाग, भारत सरकार)
(Ministry of Education, Govt. of India)
बहादुरशाह जaffer मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002
Ph : 011-23236288/23239337
Fax : 011-2323 8858
E-mail : secugc@nic.in

D.O.No.14-12/2021 (CPP-II)

29th May, 2021

Subject: World No Tobacco Day on 31st May, 2021

Respected Sir/Madam,

Every year, on 31st May, the World Health Organization (WHO) and global partners observe World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. This year, the theme of World No Tobacco Day 2021 is **“Commit to Quit”**.

In this regard, you are requested to kindly observe the “World No Tobacco Day” in your esteemed university and the affiliated colleges on **31st May, 2021** and organize a pledge-taking ceremony in a befitting manner following strict adherence to the Government Guidelines/Protocols on COVID-19. A copy of the pledge in English and Hindi is attached.

With kind regards,

Yours sincerely,


(Rajnish Jain)

The Vice-Chancellors of All Universities
The Principals of all Colleges/Institutes

10:55 15%
docs.google.com/forms/d/1ivLk(

World NO Tobacco Day 2021
Questions Responses 618

618 responses

Not accepting responses

Message for respondents
This form is no longer accepting responses

Summary Question Individual

Who has responded?

Email

- jameela5253@gmail.com
- uzmakazi1909@gmail.com
- videc2002@gmail.com
- falguniparmar1502@gmail.com
- yadavragini357@gmail.com