



College of Home Science Nirmala Niketan

NAAC Re-Accredited “A+” Grade

49, New Marine Lines, Mumbai - 400
020 Website: www.nirmalaniketan.com
Email : office@nnchsc.edu.in

7.1.9 - PROGRAMMES ORGANIZED FOR SENSITIZATION OF STUDENTS AND EMPLOYEES OF THE INSTITUTION TO THE CONSTITUTIONAL OBLIGATIONS: VALUES, RIGHTS, DUTIES AND RESPONSIBILITIES OF CITIZENS

Summary Table:

Sr. No.	Theme of the Activity	Date	Level/Category	Brief Description	Weblink of the report
1	Importance of Environmental Preservation: World Environment Day	5/6 /2023	Local	Students and staff were asked to plant at least one sapling in their neighbourhood and post a picture on their social media.	https://nirmalaniketan.com/wp-content/uploads/2024/12/2023-24_NAT_URE-CLUB.pdf
2.	Importance of Yoga: 9 th International Day of Yoga	21/6/ 2023	Local	A total of 54 students and staff participated in this activity. The resource person for this programme was Mrs. Kiara Jeswani, Wellness Coach, Founder – Vrrish. The programme was titled: <i>“Yoga for Humanity – Peace Within”</i> .	https://nirmalaniketan.com/wp-content/uploads/2024/12/Annual-Report-Diet-Counselling-Cell-2023-24.pdf

3.	Importance of breastfeeding: International breastfeeding week	2/8/2023	Local	Awareness program to commemorate the week: Students performed street play and presented posters in the slum areas of Colaba and Cuffe Parade to create awareness towards importance of breastfeeding.	https://nirmalaniketan.com/wp-content/uploads/2024/12/2023-24_CRM-Annual-report.pdf
4.	Awareness of Consumer rights	12/9/2023	Local	Class of TY CRM – 31 students participated. Workshops on Consumer Awareness, Food adulteration, and fake products.	https://nirmalaniketan.com/wp-content/uploads/2024/12/2023-24_CRM-Annual-report.pdf
5.	Importance of Swadeshi use: “Khadi Utsav” A National Level competition on Innovation Product Development using Khadi fabric, to commemorate Gandhi Jayanti.	Entries accepted till 2/10/2023	Local	Out of 11 registrations, 5 participants sent entries. Participants had to make innovative khadi fabric products.	https://nirmalaniketan.com/wp-content/uploads/2024/12/2023-24_INTE RFAITH-COMMITTEE.pdf
6.	Importance of mental health: World Mental Health Day	10/10/2023	College	Mental Health Awareness programme was organized by the Department of Human Development and The Divanjan Committee, one day ABT Workshop. Resource Person were Ms Aathira Nair and Dr Nirmala Almeida.	https://nirmalaniketan.com/wp-content/uploads/2024/12/2023-24_HD World-Mental-Health-Day-report.pdf
7.	Importance of stem cell donation: A	19/1/24	Local	In collaboration with Marrow Donor Registry . 108 probable donors	https://nirmalaniketan.com/wp-content/uploads/2024/12/Annual-Report-Diet-Counselling-Cell-

	Stem Cell Donor Registry Programme			registered during this activity. Dr. Praveen the in-charge was extremely happy with the response. Dr. Praveen went to each class to give an in-depth knowledge about why Stem Cell donation is an important social cause that may help young cancer patients.	2023-24.pdf
8.	Importance of Physical health: Nirmal Swasthya	7/2/2024	Local	Staff and student of MSc Sports Nutrition in collaboration with wellness Cell JaiHind college organised Nirmal Swasthya	NA
9.	Sensitization towards people with visual disabilities	24/2/2024	Local	Workshop - “Antarchakshu: The Inner Eye” was organised for students of the Department of Human Development on 6-3-2023.	https://nirmalaniketan.com/wp-content/uploads/2024/12/2023-24_HD_Antarchakshu-Report.pdf
10.	Awareness and appreciation of traditional Indian crafts and artisans: Traditional Textiles and Swadeshi Swag events	Across the year	Local	This event is organized across the year by the Department of Textile and Fashion Technology.	https://nirmalaniketan.com/wp-content/uploads/2024/12/SWADESHI-SWAG-2023-24.pdf

1. Importance of Environmental Preservation: World Environment Day

The Nature Club of College of Home Science Nirmala Niketan in collaboration with NSS Unit and Institution's Innovation Council organised an online activity "Plant Today for a Greener Tomorrow" to commemorate the World Environment Day on 5th June 2023. The activity was planned to create awareness about environmental issues and the importance of sustainability and also to encourage community involvement in environmental conservation efforts. The students and staff were asked to plant at least one sapling in their neighbourhood and post and video/photo on their social media handles and send a screenshot of the same to the organising team vis a google link.



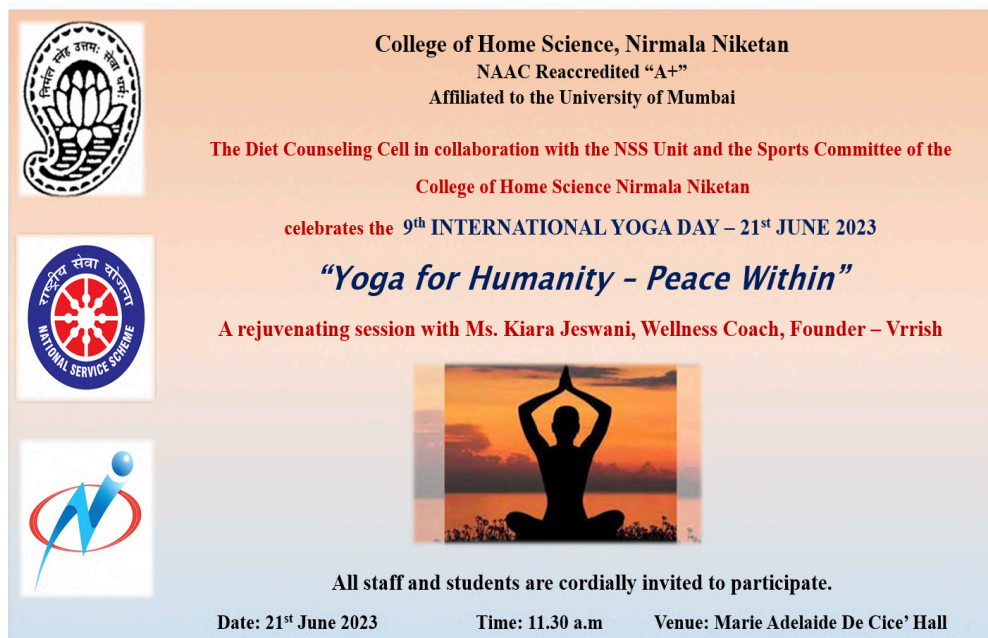
Flyer of the Activity



Sapling Plantation

2. Importance of Yoga: 9th International Yoga Day - session on “Yoga for Humanity” (21-6-2023).

The NSS Unit of, College of Home Science Nirmala Niketan had organized a yoga session on (INTERNATIONAL YOGA DAY). The Yoga practitioner of the day was Ms Kiara Jaswani. Various yoga postures like Vrukshasana, Padahastasana were introduced to the students, overall it was a very helpful and informative session.




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The Diet Counseling Cell in collaboration with the NSS Unit and the Sports Committee of the
College of Home Science Nirmala Niketan
celebrates the 9th INTERNATIONAL YOGA DAY – 21st JUNE 2023

“Yoga for Humanity - Peace Within”

A rejuvenating session with Ms. Kiara Jeswani, Wellness Coach, Founder – Vrrish



All staff and students are cordially invited to participate.

Date: 21st June 2023 Time: 11.30 a.m Venue: Marie Adelaide De Cice’ Hall

3. Importance of breastfeeding: International Breastfeeding week:

As part of DLLE (Department of Life Long Learning and Extension)Students of Community Resource Management conducted an awareness programme in the slum area of Colaba And Cuffe Parade -Family service Centre.Students performed street play and presented posters to create awareness towards importance of breastfeeding



Posters made by the students to create awareness

4. Awareness of Consumer rights:

As part of Extension Education and Development an input session on “Food Adulteration and Fake Product” was organized on 12th August 2023 in college of Home Science Nirmala Niketan. The resource person was Mr. Gajanan Patil from Jago Grahak Jago. Mr. Patil is a Consumer Activist conducting awareness campaign along with Food and Drug Administration India. The same workshop was then conducted by the students of Community Resource Management as part of Extension Activity at Chuim Khar Danda



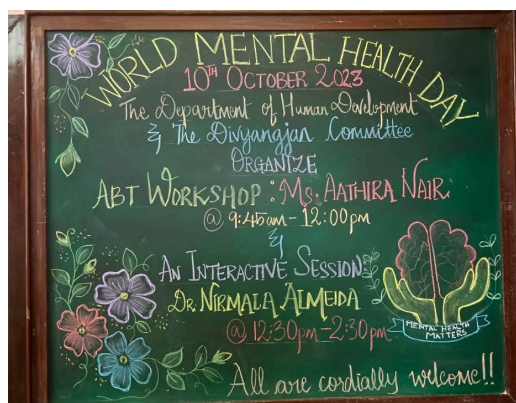
5. Importance of Swadeshi use: “Khadi Utsav”

College of Home Science Nirmala Niketan ,Department of Textile and Fashion Technology along with IQAC and the Institution’s Innovation Council in Collaboration with Udyog Bharti, Gondal organized “Khadi Utsav” A National Level competition on Innovation Product Development using Khadi fabric, to commemorate Gandhi Jayanti.



6.Importance of mental health: World Mental Health Day:

Mental health awareness program was organized at the College of HomeScience Nirmala Niketan , Department of Human Development and The Divyanjan Committee.It was one day ABT Workshop. Resource Person were Ms Aathira Nair and Dr Nirmala Almeida.Participants involved were students of TYBSc Human Development ,MSc 1 and 2.



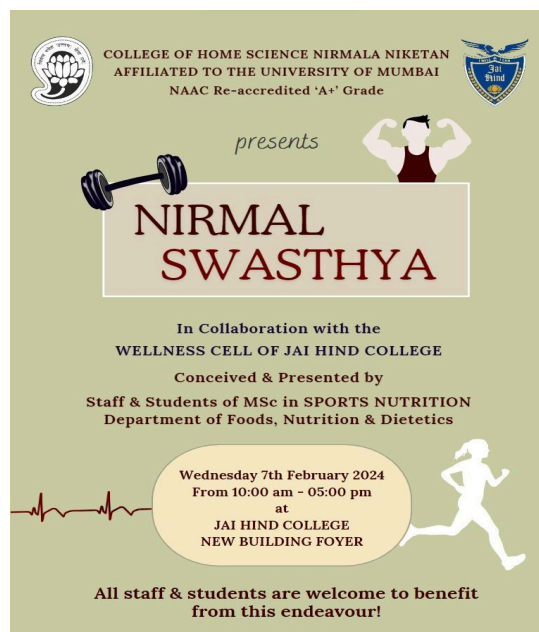
7. Importance of stem cell donation: A Stem Cell Donor Registry Programme

A Stem Cell Donor Registry Programme was organized in collaboration with Marrow Donor Registry on 19th January 2024. We were able to register 108 probable donors during this activity. Dr. Praveen the in-charge was extremely happy with the response. Dr. Praveen went to each class to give an in depth knowledge about why Stem Cell donation is an important social cause that may help young cancer patients.



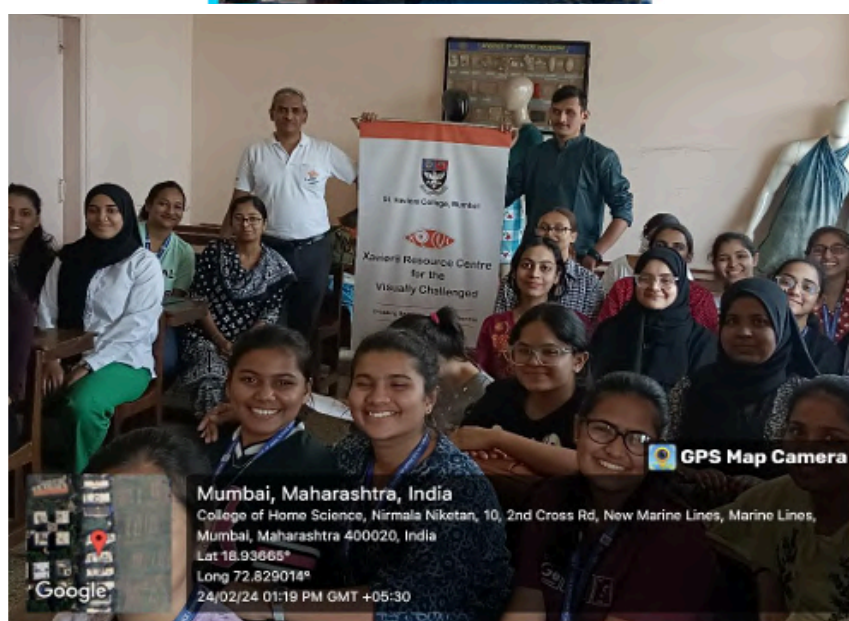
8. Importance of Physical health: Nirmal Swasthya

Staff and student of MSc Sports Nutrition Department of Food Nutrition and Dietetics in collaboration with wellness Cell JaiHind college organised Nirmal Swasthya



9. Sensitization towards people with visual disabilities:

A workshop “Antarchakshu” was organised for students of the Department of Human Development on 24th February 2024 for 31 TYBSc Human Development students of College of Home Science Nirmala Niketan. This workshop basically focused on spreading awareness about visual impairment and one of the resource persons, Mr. Ganesh happens to be an individual with visual impairment.



Glimpses of the Workshop

10. Awareness and appreciation of traditional Indian crafts and artisans:

The Department of Textile and Fashion Technology, under the aegis of IQAC of College of Home Science Nirmala Niketan organised "Swadeshi Swag" which is a unique student-led signature program of the Department. The aim was to promote traditional Indian textiles and foster a deeper appreciation amongst students and faculty. Every Monday, students and teachers are encouraged to dress in an attire featuring a specific traditional Indian textile.

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Department of Textile and Fashion Technology
SWADESHI SWAG IN BANDHANI
सोमवार-TRADITIONAL K.A. ॥

28th August 2023



Bandhani, also known as Bandhvi is a form of tie-dye technique from the states of Gujarat & Rajasthan. Bandhani technique involves tying small portions of fabric with thread.

The cloth is then placed into different dye vats to give bright and beautiful colors with small circular patterns, the dots or specks motifs over the cloth as a design.

Beautiful designs are created by connecting the bandhani dots. Common tying techniques to get beautiful Bandhani effects are Ekdali means single knot, Trikunti means three knots, Chaudandi means four knots.

Social Media Links

https://www.instagram.com/tft_department/utm_medium=copy_link
<https://www.facebook.com/collegeofhome78/nirmala-niketan-20501180632408/>
https://www.youtube.com/channel/UC2pQJ6mM4TZVYVYF09_jhtw



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Under the Aegis of the IQAC
Organises


SWADESHI SWAG IN KHANN
Celebration of Traditional Textiles
8th April 2024



Khann fabric (also called Khun) is one of the famous traditional textiles of Guledd famous in Karnataka and Maharashtra. It is a unique traditional hand-woven material typically used for making choli or blouses and sarees with extra warp dobby figuring. Khann blouses is well known for its combination with the ilkal saree. This combination is not only used in the northern part of Karnataka but also in the Marathwada and Vidharbha regions of Maharashtra. The speciality of this material is its unique design and the raw materials used are art silk and cotton. Some of the traditional motifs used in khann material are Suryanaryana (the face of Sun God), Siddheshwar Mukuta (the face of Siddheshwar God), Thenu (the Chariot), Ane Heje (the footprints of elephant), Tulsi Pan (the Tulsi leaf) and Sooji Malligela (fragrance giving flowers). Khann material is also now being used to make jewellery, kurtas,

Department social handles

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COLLEGE OF HOME SCIENCE
Nirmala Niketan,
49, New Marine Lines,
Mumbai - 400 020.