



COLLEGE OF HOME SCIENCE NIRMALA NIKETAN  
NAAC A+ Grade Reaccredited  
Affiliated to the University of Mumbai

# EXPRESSIONS

Annual Magazine  
2021 - 2022



Caring For Our Home: Caring For Our Mother Earth



# PRAYER

Thank you, God  
For the gifts of our larger family  
Work through us, God  
Help us be  
The best Guardians of these gifts  
Guardians of the Air  
of Water  
of Minerals and Soil  
of Flora and Fauna

May we recognise Your Presence  
in every being  
Large, tiny  
and in-between  
Animate, inanimate  
Human, non-human

May we scale back our greed,  
Instead meet others' need  
Halt the harm and destruction  
Replace with respect  
and wonderment  
Reach out to connect  
and thrive as One

Create a present for the future  
Not just for you and me  
But for every creature  
in the immediate  
and the distant  
Morrrows to come

With Your Grace  
Beauty sustained  
and love extended  
Regenerating and  
Rejuvenating  
Across time and space  
For posterity

**Dr. Anuradha J. Bakshi**  
**I/C Principal**



**Management: Nirmala Niketan Institute  
(2021-2022)**

**President:** Dr. Magy Allesu

**Vice President:** Ms. Philomena Sequeira

**Secretary:** Ms. Noella Dias (also Manager in the college)

**Staff  
(2021-2022)**

**Principal (until 30-09-2021):** Dr. Geeta Ibrahim

**I/C Principal (01-10-2021 onwards):** Dr. Anuradha J. Bakshi

**Junior College Coordinator:** Mr. Shridhar Talekar

**Junior College Staff:** 9

**Head of the Departments (Degree College):**

**Foods, Nutrition and Dietetics:** Ms. Vibha Hasija

**Human Development:** Dr. Anuradha J. Bakshi

**Textile & Fashion Technology:** Dr. Pratima Goyal

**Community Resource Management:** Ms. Sunita Jaiswal

**Coordinators (F.Y. B.Sc. and S.Y. B.Sc.)**

**F.Y. B.Sc.:** Dr. Vishaka Karnad

**S.Y. B.Sc.:** Dr. Roopa Rao

**Professor (Degree College):** 1

**Associate and Assistant Professors (Degree College):** 20

**Adhoc/Visiting faculty/Clock hour (Degree College):** 27

**Librarian:** 1

**Administrative Staff and Laboratory Assistants:** 23

**Laboratory Attendants and Peons:** 15



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# ABOUT THE COLLEGE

## Vision of the College

The college aims at the **total development** of Indian Women, by providing learning opportunities to empower them with **knowledge, skills and attitudes**, to face personal and professional challenges with confidence, inculcating **values** of respect, commitment and concern for the service of others, thereby enabling them to **make a positive contribution to the society** in the 21st century.

## Goals of the College

The college aims at the development of Indian Women through an education that is...

> **LIFE - ORIENTED**

> **CAREER - ORIENTED**

> **COMMUNITY- ORIENTED**

## Mission of the College

- To work dedicatedly towards women's empowerment through socially-relevant, holistic, interdisciplinary education.
- To sensitize students to the needs of others, especially of those less advantaged, and foster a service orientation.
- To respect egalitarian justice, use participatory governance, and build capacity among students and staff.
- To continually innovate and deliver a curriculum that is globally valuable, locally relevant, and responsive to changing times and needs.
- To forge and enhance linkages with communities and organisations at multiple levels (e.g., local, regional, national, and international).
- To contribute to the national and international knowledge base in Home Science and allied fields.

College of Home Science Nirmala Niketan completed 66 years in the year 2021-2022. The first foundation stone was laid by Ms. Colette Galby in the year 1955 with the mission of providing quality education. College of Home Science Nirmala Niketan is a grant-in-aid Christian Minority Institution, affiliated to the University of Mumbai, managed by a Society, registered under the Society's Registration Act 1860 and Public Trust Act 1950 whose members belong to the Congregation of the Daughters of the Heart of Mary in India. This Society is managed by a Governing Body whose Ex-Officio Chairperson is the Provincial of the Daughters of the Heart of Mary in the Northern Province of India. The College holds the distinction of being the stand alone College in the University of Mumbai that offers education in the subject of Home Science.

Over the years, the College has widened its presence and excellence in terms of education and community outreach. With the aim at the total development of Indian Women, the College goal is development through education which is life-oriented, career-oriented and community-oriented. Values of respect, honesty, service to society, respect for all religions are woven into the fabric of our curriculum. Our motto "Kindle the Lamp of Light with thy Life" is put into practice by one and all.



The College has been instrumental in upgrading the physical infrastructure and curriculum to make learning more meaningful for the 21<sup>st</sup> century. It's a matter of pride and delight that the college has secured A+ Grade from the National Assessment and Accreditation Council (NAAC) by securing a CGPA of 3.33.

The College was started with a certificate course in Home Science in 1955. The permanent affiliation of B.Sc. (Home Science) programme to the University of Mumbai was obtained in 1969 and two Master's programmes were introduced in 1972. Junior College started in 1976. Currently, the College has B.Sc. (Home Science) programmes in the following four specialisations :

- (a) Foods, Nutrition and Dietetics;
- (b) Human Development;
- (c) Textile and Fashion Technology; and
- (d) Community Resource Management

The M.Sc. (Home Science) and Ph.D. (Home Science) are offered in five specialisations: Branch IA: Foods, Nutrition and Dietetics (aided); Branch IB: Food Processing and Preservation (self-financed) and Branch IC: Sports Nutrition (self-financed); Branch II: Human Development (aided) and Branch III: Textile and Fashion Technology (aided). The College also offers multiple self financed diploma and certificate programmes for value addition. In 2012, the College introduced the semester-based credit and grading system under the directives of University of Mumbai and subsequently for higher levels on the basis of yearly progression. At the Junior College and B.Sc. levels, the College is only for women, whilst other programmes are open to both men and women. The College serves Christian students in particular and also other students, irrespective of their religion.



# MESSAGE FROM THE PRESIDENT

## Caring for our Home : Caring for our Mother Earth



**Earth, our common home,  
“now cries out to us because of  
the harm we have inflicted on  
her by our irresponsible use  
and abuse of the goods with  
which God has endowed her”**



“The Earth is what we all have in common.” —Wendell Berry. Addressing the climate crisis is a critical part of caring for our common home. Saint Francis of Assisi reminds us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us. We have forgotten that we ourselves are dust of the earth; our very bodies are made up of her elements, we breathe her air and we receive life and refreshment from her waters.

Going back, there was a time when human beings enjoyed a very good relationship with Mother Earth. But over the years, in the name of development this relationship has weakened, with us misusing natural resources unsustainably.

And who can save Mother Earth?

“A small act, when multiplied by millions of people, can transform the world”. We have an excellent example of a young student, Greta Thunberg who is a Swedish environmental activist known for challenging world leaders to take immediate action for climate. Her famous quote is **“So, we can't save the world by playing by the rules, because the rules have to be changed. Everything needs to change and it has to start today.”**

The entire world is torn between wanting the benefits of a flourishing economy and consumption growth on the one hand, and the need to save the planet and preserve its natural resources on the other. But what if these two aspirations were not irreconcilable? And what if environmental and economic performance could be related?

Every effort to protect and improve our world entails profound changes in lifestyles, models of production and consumption, and the established structures of power which today govern societies. Authentic human development has a moral character. It presumes full respect for the human person, but it must also be concerned for the world around us and take into account the nature of each being and of its mutual connection in an ordered system.





Every day when we wake up, we have the option to take a right or wrong action. This means choosing what to do. We could choose to help protect the Earth or add to the harm.

Progress is impossible without change and those who cannot change their minds cannot change anything.” We need to come together to save the earth and live happy and healthy.

### **Pollution, waste and the throwaway culture**

The earth, our home, is beginning to look more and more like an immense pile of filth. These problems are closely linked to a throwaway culture which affects the excluded just as it quickly reduces things to rubbish. To cite one example, most of the paper we produce is thrown away and not recycled. It is hard for us to accept that the way natural ecosystems work is exemplary: plants synthesize nutrients which feed herbivores; these in turn become food for carnivores, which produce significant quantities of organic waste which give rise to new generations of plants. But our industrial system, at the end of its cycle of production and consumption, has not developed the capacity to absorb and reuse waste and by-products. We have not yet managed to adopt a circular model of production capable of preserving resources for present and future generations, while limiting as much as possible the use of non-renewable resources, moderating their consumption, maximizing their efficient use, reusing and recycling them. A serious consideration of this issue would be one way of counteracting the throwaway culture which affects the entire planet.

### **Reducing our trash**

When deciding how you can reduce waste, ask yourself, “How much of the stuff that I buy do I use? How much of it do I need?” Most of us have more than we need, so we need to make it our personal mission to buy only things you absolutely need for not only your wallet but also the environment.

The garbage we throw ends up in landfills that create water pollution, air pollution and generate a horrendous smell that affects all the communities that surround it. Therefore, we need to reduce the number of things we all use, slowing the growth of landfills.

There is less energy used to recycle materials compared to making new materials. In fact, recycling one aluminium can save enough energy to power a television for two hours. Resources like aluminium, petroleum and trees are all used to make new materials such as cans, plastic bags and paper packaging. These resources are non-renewable and we will run out of them if we keep using them at the rate we do now.

Mining and manufacturing processes emit dangerous greenhouse gases. Our climate is changing. By reducing our waste, we can lessen the impact of it on our agriculture and freshwater locations. We can even lower the frequency of natural disasters that are affecting our communities internationally.

### **Using the power of water**

Water is one of the planet's most important resources. Responsible water use is essential in the current situation. Keeping seas and oceans healthy is crucial in order to protect the environment and to move towards a sustainable development model.

Water is the source of life, the substance that enables all living things to survive and develop-including human beings. This is an obvious point but it should not be understated given the rate at which the global population has grown in recent decades, from 1.5 billion to more than 7.7 billion people in little more than a century. The same has happened with water.

Fresh water withdrawals have increased six-fold since the beginning of the 20<sup>th</sup> century, raising the question of whether we are using the fresh water that we have sustainably.



Climate change is impacting the amount of water available for human consumption, making access to this resource that is vital to the world more difficult and unbalanced. This is why **there is an intimate link between water stress and climate change**. Water is the basis of all life and using it sustainably is a key challenge. The climate crisis is increasingly depleting our available fresh water levels. We have the responsibility to save and conserve fresh water in order to address this problem and place water at the centre of sustainable development.

### **Recycling and reusing water**

The total supply of freshwater on earth far exceeds human demand. The foremost use of water by humans is for the biological survival. However, water need for the biological survival is not the only issue being discussed in the world today. Because, apart from drinking, water is required also for household needs such as cooking, washing, and is vital for our development needs, such as for agriculture and industry. Unfortunately, the available freshwater supplies are not evenly distributed in time and space.

Historically, water management has focused on building dams, reservoirs, and diversion canals etc., to make water available wherever needed, and in whatever amount desired. Soaring demands due to rapidly expanding population, industrial expansion, and the need to expand irrigated agriculture, were met by ever larger dams and diversion projects. Dams, river diversions, and irrigation schemes affected both water quality and its quantity.

The need for increased water requirement for the growing population in the new century is generally assumed, without considering whether available water resources could meet these needs in a sustainable manner. The question about from where the extra water is to come, has led to a scrutiny of present water use strategies. A second look at strategies has thrown a picture of making rational use of already available water, which if used sensibly, there could be enough water for all. Water reuse increases the available supply of water and enables human needs to be met with less fresh water. Water conservation and water reuse produce substantial environmental benefits, arising from reductions in water diversions, and reductions in the impacts of wastewater discharges on environmental water quality.

### **Celebrating Earth Day, every day**

From a very young age we are taught the 3 R's **REDUCE, REUSE, RECYCLE**. Here are just a few things we can do around our homes to take care of our planet on Earth Day and beyond.

## **REDUCE-CONSUMPTION OF ENERGY AND OTHER NATURAL RESOURCES AND TRASH**

### **1. One Less Drive**

Try replacing one drive a week with a walk, a bike ride, or a carpool.

### **2. Lights Off!**

Leaving the house, turn the lights off, no excuses!

### **3. Fast Fashion, No Rewards**

More and more clothing every year are ending up in landfills. Try shopping sustainably or second hand whenever we can! And before we discard that gently used clothing item, consider donation instead.



## REUSE

### 4. **B.Y.O.C.**

We all live off coffees and teas but with 365 days in a year, that's a lot of single use waste! Try to B.Y.O.C (bring our own container) whenever allowed.

### 5. **Water Bottles and You**

Refill stations are available everywhere we go and home water filtration is as easy as it has ever been. Opt to skip the plastic bottles from the store and fill up at home. Consider ways that bottle can serve a different purpose after it's empty.

### 6. **Plastic Bags, No Thank You!**

Whether it is using reusable totes at the store or bagless trash options, there is always a way to avoid plastic bags. Remember, paper bags are a better option than plastic if reusable isn't an option.

## RECYCLE

### 7. **Single Use Doesn't Have to be Evil**

Make sure all of our single use materials are either recyclable or biodegradable.

### 8. **Opt for Bio-Plastics and other Plastic Alternatives**

Innovations in the world of plastics is creating a brighter future. Keep an eye out for plastic-like materials made from corn and other organic products.

### 9. **Make Sure You Are Recycling Properly**

Check recyclables and the regulations. Sometimes things that you may think are recyclable are in fact not!

All life on this small planet is interdependent and interconnected: air, water, land and energy sources provide the necessary environment to sustain human life. We can learn to move into a new way of being earth's community today and earth-place being the change we wish to see. Today we understand that the future of humanity depends very much on our planet and the future of the planet very much depends on humanity. The human being is the steward and guardian of the creation, thus we are obliged to protect the environment and not to destroy it.

**Dr. Magy Allesu**  
**President**  
**Nirmala Niketan Institute**



# MESSAGE FROM THE I/C PRINCIPAL

## Cautious and Courageous Steps in a Newly Reopened World: I/C Principal's Message

This has been a momentous year for all, and for us at the College of Home Science Nirmala Niketan, even more so. When we started out in June 2021, all classes of each level in the college, were online. By the time the academic year ended in April 2022, for several levels, all classes were offline. To a large extent, by the end of the academic year we had emerged out of the COVID-19 pandemic-related challenges and restrictions. We, in the college, deliberated over, flexibly adapted, and appropriately responded to numerous transitions across the academic year. We kept health, safety, quality of educational experience, meaningful student/teacher/staff relationships, and holistic wellbeing of students (and staff) in the forefront at all times during the year.



This is also the year in which our fourth cycle of reaccreditation by National Assessment and Accreditation Council (NAAC) was completed. We had looked forward to our Peer Team Visit (PTV) in late March 2020, which however, was not possible because of the COVID-19 lockdown. In September 2021, we were able to have our Peer Team Visit, and subsequently received our A+ NAAC Grade (4th Cycle). We extend our profound gratitude to God, Management, University of Mumbai, past and current Principals (Dr. Geeta Ibrahim was the Principal at the time of the PTV and until 30.9.2021), past and current IQAC Coordinators (Dr. Ela Dedhia and Dr. Pratima Goyal for this cycle) and the IQAC, and indeed, each stakeholder: students, teachers, administrative and accounts staff, laboratory assistants, laboratory attendants and peons, parents, employers, local/state/national agencies and organisations in which students are placed for internships and fieldwork, alumni, and resource persons. Our NAAC grade is a reflection of longer-term as well as everyday efforts of each stakeholder. Our grade is an external endorsement of the integrity with which we each serve in the college and the extent to which we are faithful to our roles as learner or guide. It is also a means through which we gain greater clarity of the work that lies ahead.

The highlights of 2021-2022 include:

- **PTV & Reaccreditation:** In October 2021 when we received our A+ NAAC grade (CGPA of 3.33 on a four-point scale), NAAC had completed 13,316 accreditations of colleges, of which only 64 accreditations were for the fourth cycle (and none for the fifth cycle). We are proud to be one of these 64 colleges, committed unequivocally to quality management and enhancement.
- **Online to blended and hybrid education; phased reopening of the college:** With every change in government directives, and the corresponding easing of COVID-19 related restrictions, we planned, discussed, executed, monitored, and restructured our teaching-learning modes and infrastructural arrangements. For example, we implemented the simultaneous blended mode for some of our classes on the very first day that we had permission to do so. We ensured that graduating and senior classes had as much of an offline college experience this year as was allowed. Younger students also had the opportunity for blended and hybrid modes, or at



least a series of experiential offline sessions in the college in the last two months of the academic year. As teachers we challenged ourselves, we set parents' doubts to rest, encouraged students to be (fully) vaccinated, and provided a physically and psychologically safe place for student learning.

- **Upgraded classroom infrastructure (RUSA funds):** Serendipitously, our RUSA Infrastructure grant helped us reopen college for blended classes using SMART classrooms. Almost all the major classrooms were newly shipshape with SMART ICT infrastructural support.
- **GoM's, University of Mumbai's and Management's responsiveness to health and safety needs of students and staff:** The year had its ups and down and the phased reopening was not a linear progression; there were a few closures after physically reopening and a few retractions of the restrictions that had been lifted. We went with flow, adapting to each new demand and changed context. The tenacity of the human spirit was so evident in the college and at large.
- **Change in leadership:** We are indebted and grateful to Principal Dr. Geeta Ibrahim for the uncountable ways in which she has contributed to the college. I am deeply honoured and thankful to have the opportunity to be a collaborative leader of this esteemed college as the In-Charge Principal.
- **First Professor to be appointed in the college (through the Career Advancement Scheme [CAS]):** The college got its first Professor! Prof. Dr. Subhadra Mandalika was promoted to Professor from Associate Professor in this academic year. Congratulations to her and to the college!
- **Strengthened extension activities:** Despite the COVID-19 context, we strengthened our extension and outreach activities. With our newly learnt skills of conducting workshops online, the Human Development students and staff reached out to a substantial number of beneficiaries through multiple DHM rural, tribal and urban centres, not just in Maharashtra and Gujarat, but also those in North India. Students and staff of the Nutrition, Textiles, and Community Resource Management Departments went to various rural and tribal DHM centres in Maharashtra and Gujarat.
- **Extra-mural activities:** Senior and graduating classes went on study tours/visits and extension visits/tours. These too illustrated our cautious steps in a world newly reopened.
- **Curriculum development:** We obtained University of Mumbai affiliation for 17 new full-time and add-on certificate and diploma courses. From the coming academic year, three vocational education programmes in the college would now be part of the UoM affiliated programmes: Graphic Designing and Visual Communication; Fashion Designing; and Interior Designing.
- **Student Research:** Overall Championship (First Rank) in the 16<sup>th</sup> Inter-Collegiate/ Institute/Department Avishkar Research Convention organised by the University of Mumbai for 2021-2022. Also the First Rank/Overall Championship of Zone I: Mumbai and First Rank/Overall Championship in Humanities, Languages and Fine Arts Category.
- **Two themes:** The two themes for this academic year are:
  - o Caring for Mother Earth
  - o Adapting to New Models of Teaching-Learning

What a year it has been! God bless each one of you in the college for your responsiveness, adaptability, strength of spirit, and commitment!

**Dr. Anuradha J. Bakshi**  
**I/C Principal**



# FAREWELL MESSAGE FROM FORMER PRINCIPAL (2015-2021 SEPTEMBER, 30)

Dear Friends

It feels strange writing a farewell message after a span of 42 years, almost an entire lifetime in an institute that was more of home to me than merely a 'workplace'.

It has been a wonderful, educative and joyful journey for me from the day I entered as a young teacher way back in 1979 to the day I retired as the Principal in September 2021. Hard to believe, but I think I managed quite well. Having worked under the loving our, dearest founder Principal late Ms. Collette Galby, late Dr. Lillian Menezes, Dr. Neomia Dsouza, Ms. Antoinette Araujo, Dr. Perpetua Machado, Vice Principal Dr. Zahira Pabani, a very caring, committed and supportive management and all the sisters of Daughters of the Heart of Mary, every step in my growth and development in this great Temple of Learning was literally a cakewalk.

I must admit though, the journey has not always been a bed of roses, there had been many challenges, but I was blessed to have amazing colleagues, both from teaching and non-teaching who stood right by my side through it all.

We shared an amazing bonding all these years, saying Goodbye to the best friends I have made is heart wrenching. All I want to say is A BIG THANK YOU from the bottom of my heart. I am extremely grateful to you all for having heard me without judgement, spoken without prejudice, helped me without expectations, understood without pretensions and loved me without conditions.

To my dearest students over the past 42 years, I had so much fun being your teacher, I relearnt the meaning of Life with every new batch of highly charged, motivated youngsters who ensured the adrenaline flow that kept me young at heart through chronologically advancing age. Every moment spent in college, in different roles over the years felt like a thrilling adventure and never ever felt bored as a reason to quit, until my retirement. I wish you all my dearest students a very bright future. God Bless you all.

Saying Goodbye has never been easy, pictures will definitely bring a smile but will never carry your warmth, memories will always pierce the heart. No words can be enough to convey I'll Miss you All. Keep up the Great Work!  
God Bless.



**Dr. Geeta Ibrahim  
Principal (retd.)**



# STAFF EDITORIAL

The year 2021-2022 has been a year of reflection, to reflect on the year gone by and to approach the year with a purpose and intention. The COVID-19 dominated a large part of the new academic year. The only interaction we had, was through a digital screen. Later a blended mode was adopted when things started becoming normal gradually. It's been a roller coaster ride from quarantines to online learnings, online assignments and examinations and numerous other things. Despite these hard times, we have come a long way, faced the challenges that had never happened before and have overcome them and made the journey worthwhile. Living in such unprecedented times made us stronger as we could explore new versions of ourselves which had been latent in all these years.



This year was a year of hope. It reinforced a sense of optimism. We could see light at the end of the tunnel and work towards it. Realising the importance of care, of valuing relationships with not only people we love but also nature, we in the college came up with the theme for this year- “Caring for Our Home: Caring for Our Mother Earth”. As we slowly return to normalcy, we aim to be more compassionate, more sensitive and kinder to nature and to ourselves by doing the next things right: Be aware, educate and innovate.

Expressions 2021-22 is a collection of writings through which we attempt to celebrate the undeterred hope, challenges, accomplishments and responsibilities that we carry towards the conservation of the environment. The common goal is to remember that we are indebted to nature.

At the end I conclude my message by quoting with the short poem by Hafiz, a 14<sup>th</sup> century poet.

## **The Sun Never Says**

Even after all this time  
The sun never says to the earth,  
“You owe Me.”

Look what happens with  
A love like that,  
It lights the Whole Sky.

O Mother Earth, may we, like the sun, care for you and adore you every day through our actions and appreciate things in life, live, love, give and feel the good in the heart.

**Dr. Neha Mulchandani**  
**Convenor**  
**Magazine Committee**



# STUDENT EDITORIAL

Mother Earth has been with us since ages, even before we existed she has been there. She was happy to welcome us and let us live with her, coexisting happily but her innocence has let her get fooled by our greedy nature.

Humans are covetous, the more you give, the more we want. And in this fight of ours, we have forgotten that Mother Earth needs to be taken care of.

Taking steps to care of her is our duty since she let us exist on her very own land. Anthropocentric ideology won't help us in this pursuit. People are aware that Mother Earth needs help but we are so into our greed. We don't realize what we are doing to her.



As a student, what can I do to prevent this atrocities from happening? Do we still have the ability to change the circumstances that are so bad right now? These questions must have at least once troubled your minds.

Baby steps at a time to save Mother Earth can be taken, it's not too late to save her. From eco-friendly behaviour starting from home to your surrounding, might be a little effort from your side to save the Mother Earth.

One step at time, Caring for our Mother Earth all the time!

The nature seemingly trying to return to life,  
Doing all in its power to restore it's beauty,  
Waiting is all we can do.  
These are the fruits of our deeds,  
What has gone around,  
Is coming back.  
As if they still haven't learnt the lesson,  
The world's end seems near,  
Making us feel so susceptible,  
Tired of all it,  
We run and run and run,  
Rather than changing and facing it all.

So let's all of us students come together and care for our Mother Earth!!!

**Ms. Pavitri Joseph**  
**F.Y.B.Sc.**







# HIGHLIGHTS OF THE JUNIOR AND SENIOR COLLEGE



## JUNIOR COLLEGE

### *“ A Garden of Myriad Blooming Flowers ”*

The students were excited as the new year greeted them with new experiences and occasions. A unique combination of arts and science subjects is offered to the students of the Junior College. They are English, Hindi, Psychology, Child Development, Biology and Chemistry. In the academic year of 2021-2022 Junior College consisted of nine permanent teaching staff. Their names are Mrs. Zahida Taqi (Biology), Mrs. Farahnaaz Syed (Chemistry), Mr. Shridhar Talekar (Supervisor of Junior College and teaches chemistry), Mrs. Vijayalakshmi Mannadiar (Biology), Ms. Roopa Rao (Chemistry), Mrs. Sheetal Nogueira (Biology), Mr. Amol Surte (English), Mr. Shankar Pandey (Hindi) and Mrs. Deepika Surve (Psychology). Ms. Honey Thakkar, a new teacher, was appointed to teach the subject of Child Development on a temporary basis.



The academic year for the Junior College started in an online mode with an orientation for S.Y.J.C. students held on 14<sup>th</sup> June and for their parents on 28<sup>th</sup> August. An orientation programme for F.Y.J.C. students was held on 28<sup>th</sup> September. On 4<sup>th</sup> October Junior College opened after lockdown and as the graph of corona pandemic started declining, both online mode of teaching and hybrid mode of teaching were used in the best possible way. The regular timetable had online lectures and hybrid lectures three days in a week alternatively. F.Y.J.C.'s parent orientation programme was held online on 11<sup>th</sup> December.

The unit tests and terminal exam were conducted online for S.Y. J.C. and for F.Y.J.C. during the month of September and October.

HSC board practical and oral examinations were conducted in February and the theory examinations commenced from 4<sup>th</sup> March 2022. Ms. Farahnaaz Syed was appointed as the Deputy Chief Conductor and Mr. Shankar Pandey as the Runner for HSC Board examination 2022. F.Y. J.C. final examination were conducted in the month of March.

A **webinar** on 'Career Opportunities in Home Science' was conducted to spread awareness about the courses offered by the college in the third week of June. It was attended by students who were seeking admission to F.Y.J.C. An **online session** on 8<sup>th</sup> September, for Junior College students was conducted on 'Career Building: How They Could Do Multi-Tasking and Value-Added Courses along with their Graduation and Build a Strong Career'. The talk emphasized on how they could select a specialization for B.Sc. in Home Science. On 17<sup>th</sup> September 2021, an **online talk** was conducted on Career Building for students of 9<sup>th</sup> and 10<sup>th</sup> std. for S.C.D. Barfivala High School, Andheri. A **session** on positive psychology titled “Life above Zero” was organised on 8<sup>th</sup> of January 2022 for the F.Y.J.C. students.



The speaker was Dr. Jitendra Damudre, Founder of Hypnotherapy Sydney. A **lecture** on “Vaccination” was organised on the 14<sup>th</sup> of July 2021, by the Activity Committee for the S.Y. J.C. students to create awareness about the Covid vaccination drive and to clear any doubts or misconceptions they may have about the same. The lecture was delivered by Mrs. Sheetal Nogueira. A two-hour **workshop** was organised on the 13<sup>th</sup> and 14<sup>th</sup> January, for students of S.Y. J.C. on 'Personal Safety Education Programme'. It was conducted by Arpan, an NGO working on the issue of child sexual abuse. The programme included the use of a 'Life Skill Module' developed by Arpan to prevent children from becoming victims of sexual abuse. The PSE programme was an attempt to empower children with the adequate knowledge, attitude and skills to prevent instances of child sexual abuse and seek support when such incidents take place.

**“Every adventure we take, something new and exciting awaits!”**

From 9<sup>th</sup> to 11<sup>th</sup> May 2022, a **rural camp** was organised in association with an NGO Sakhya Women's Guidance Cell to Vasai Nalasopara during summer vacation.

**“The month of happiness and to finish what we started - December”**

On 7<sup>th</sup> December 2021, a **Poster making and Rangoli making activity** on the theme “Equal Opportunity for All” was organised for S.Y. J.C. & F.Y. J.C. highlighting the need to provide equal opportunities for children with physical challenges. During second week of the joyful month of December, the **Christmas Donation drive** was organised for underprivileged children of Nirmala Nivas, a Community Centre in Chuim Village near Khar Danda that runs a crèche for house helpers' children so that ladies can go to work and earn for the family while their children are taken care of. The organization caters to 45 children, assisted by nine staff members. Contributions were collected by Nirmala Niketan College to help these families celebrate Christmas by hosting a party, giving gifts and buying groceries for each family.

**“Fun and learning are never limited to four walls”**

To commemorate International Yoga Day a workshop for students was organised on 1<sup>st</sup> July 2021, on the topic: 'Yoga: A Way of Life'. On the 26<sup>th</sup> of July 2021, 'Kargil Vijay Divas' was celebrated. The students were made aware of this unforgettable event in the Indian history which occurred in 1999. To commemorate 'Independence Day', an online programme was organised on the 15<sup>th</sup> August. In addition to performances by the S.Y. J.C. students, some videos were also shown to make the students aware of career choices available for women in the Defense forces. On the occasion of the National Sports Day, an 'Essay Writing' activity was organised on 29<sup>th</sup> August 2021, for the S.Y.J.C. students. Students were asked to write an essay on the life and achievements of any Indian sportsperson who had participated in the Tokyo Olympics or Paralympics in 2021. On 8<sup>th</sup> September 2021 'National Literacy Day' was celebrated by organising activities for the same. On 1<sup>st</sup> May 2022, a very beautiful celebration of Maharashtra Day was organised. From the 12<sup>th</sup> of August 2021 to the 15<sup>th</sup> of August 2023, the Education Department of Maharashtra State Board decided to celebrate “Azaadi ka Amrit Mahotsav” to commemorate 75 years of India's Independence. On this occasion a Solo Singing competition was organised for the students. The participants sung the songs that had the spirit of unity, patriotism and secularism in them. On 28<sup>th</sup> January 2022, on the occasion of “Azaadi ka Amrut Mahotsav” a 'Group Singing' Competition' was organised for the students of Junior College. On 28<sup>th</sup> January 2022, on the occasion of “Azaadi ka Amrit Mahotsav”, the Mono Act Play Competition on the topics- I am an Indian



soldier, I am a Revolutionary, Social Reformer and People who Participated in Struggle for Independence was organised by Mr. Shankar Pandey. This activity was conducted to foster national integration and instill a sense of responsibility towards our nation among students. On 13<sup>th</sup> January 2022, on the occasion of “Azaadi ka Amrut Mahotsav” an online Rangoli competition was organised for the students of our Junior College. The topic was “Swatantra Bharat”. On 8<sup>th</sup> January, an Elocution competition was conducted on the topic 'Culture and Traditions of Maharashtra State and Orissa State' for Junior College students. Students actively participated in this competition, and talked about how the two states showed similarities and also stated the differences. Emphasis was laid on the unity in diversity seen in India. From the 3<sup>rd</sup> to the 7<sup>th</sup> of December, a 'Post Card Writing Competition' was held on the themes- Unsung heroes of the Freedom struggle and My Vision of India in 2047. It was organised as per the guidelines of the Government of India. The students were asked to write a few lines on any one of the above topics on a postcard provided to them. The post cards were addressed to the Prime Minister of India. On 14<sup>th</sup> January, on the occasion of “Azaadi ka Amrut Mahotsav” an online essay writing competition was organised for the students of our Junior College. The topics for the essay writing competition were 'New India after Independence'; 'Challenges before India and its Solutions' and 'The Constitution of India: Duties and Rights of Citizens'. On 25<sup>th</sup> January, an Elocution Competition was held online on the occasion of the Republic Day for Junior College students. The topics for the elocution competition were: 'The World Before and After Corona Pandemic' and 'The Salient Features of the Constitution of India'. On the occasion of Menstrual Hygiene Day, celebrated worldwide, an online workshop was conducted for the students of F.Y. J.C. on 31<sup>st</sup> May. The students had fun participating and learning through all the conducted events!

**Report compiled by Mr. Amol Surte  
on behalf of Junior College**



**COVID 19 VACCINATION DRIVE**



**EXTENSION WORK AT CHUIM**



### “START OF SOMETHING NEW, SOMETHING SPECIAL”

With their spirits lit up for the new journey ahead, the F.Y.B.Sc. students held on tight, ready for the upcoming year filled with learning and fun. As a result of COVID-19 lockdown, the classes were conducted online. The course commenced with an orientation programme that was held on 17<sup>th</sup> September 2021 led by F.Y.B.Sc. coordinator Dr. Vishaka Karnad. **Online elections for CR, ACR and group leaders** were held on 3<sup>rd</sup> October 2021. Students Induction Programme (SIP) session was conducted by Dr. Ritu Madhan on 18<sup>th</sup> February 2022 on Attire and Nettiquettes in Online mode. Mentors were allocated to each F.Y. group to help students cope with their academic life and progress under the mentorship of designated faculty.



Examinations were conducted online for semester I from 17<sup>th</sup> January 2022 to 31<sup>st</sup> January 2022 and for semester II from 18<sup>th</sup> April 2022 to 28<sup>th</sup> April 2022. Four online **counselling sessions** on “Coping with Uncertainties” and “Stress Management” with the counsellor Ms. Sabita Pereira were organised. **Online remedial sessions** were conducted for 30 F.Y. B.Sc. students by Ms. Brenda Fernandes, Ms. Saniya Pai, Ms. Vanitha D'Souza, Ms. Arwa Ujjainwala, Ms. Fatima Cochinwala and Ms. Alyessa Rebello from 7<sup>th</sup> to 20<sup>th</sup> April 2022 before the commencement of

ATKT Semester I examinations. Four students participated in AARYA (**Awareness and Action Research for Youth Awakening**) 2022 undergraduate research competition. Twelve students of F.Y.B.Sc. completed the **Add-on Certificate Course** in Entrepreneurship in Textile Crafts and six F.Y.B.Sc. students completed the Add-on Certificate Course in Visual Merchandising. Similar experience of actual college life was simulated online through the effective pedagogy and several programmes organised for students to participate throughout the year. There were various programmes organised and conducted for students' learning and enrichment. The students who attended and participated in these programmes found them to be of great learning opportunity to understand the new concepts and enhance knowledge and skills. Online education was challenging however we successfully adapted ourselves to the new online system. Six **participatory offline experiential learning sessions** were conducted especially to give them a feel of the College which gave an opportunity to the students to meet and interact face to face with the faculties of all the departments.



### INTERACTIVE EXPERIENTIAL LEARNING SESSIONS



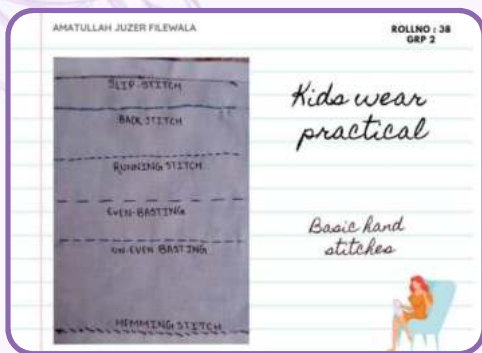


PRACTICAL SESSION IN COLLEGE

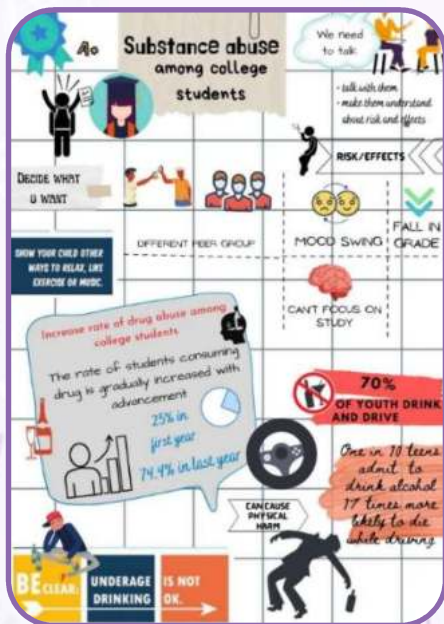


NSS ACTIVITY

SNAPSHOTS OF SOME INTERESTING WORK ASSIGNMENT AND PRACTICAL



ONLINE CLASSES AND ONLINE ASSIGNMENTS

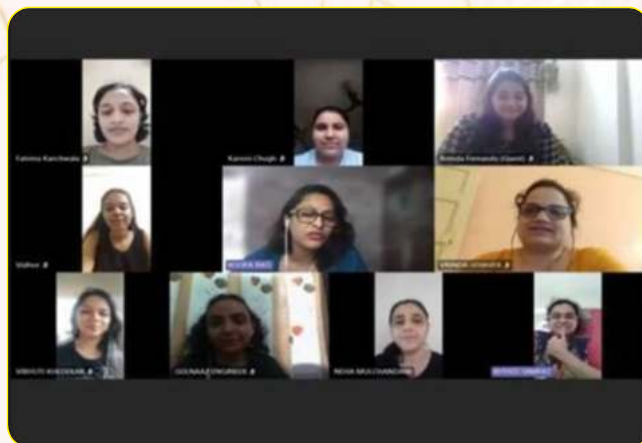


Dr. Vishaka Karnad  
F.Y.B.Sc. Coordinator



SECOND STEP TO AN AMBITIOUS JOURNEY

After accomplishing the first step of educational journey, the S.Y.B.Sc. then flew off to embark on new adventures and knowledge. The academic year began on 14<sup>th</sup> June 2021. 185 students enrolled for S.Y. B.Sc. 2021-22. The classes were conducted online due to the nationwide lockdown as a response to Covid-19. To ensure that the students get a complete experience of their academic year, the S. Y. B.Sc. coordinator, Dr. Roopa Rao planned a week-long **orientation programme** for Semester III on 14<sup>th</sup> June 2021. The orientation for semester IV, which informed the students about the start of offline and the blended mode of classes, was held on October 28, 2021. The coordinator prepared students for returning to offline classes for the blended mode through continuous mentoring. Each S.Y. group had a minimum of two **mentoring** sessions each semester with the allotted mentor. To inculcate research culture, S.Y. students were motivated to take part in **AARYA (Awareness and Action Research for Youth Awakening) research competition** held on 28<sup>th</sup> February 2022 organised by the College. Total 25 groups presented their research. The first, second as well as third prize was bagged by the S.Y.B.Sc. groups. Sixteen S.Y. B.Sc. students enrolled in various **MOOCs** in this academic year.



Several students also participated in various intra-collegiate as well as inter-collegiate competitions during the academic year. Few students excelled in these; the details are as follows:

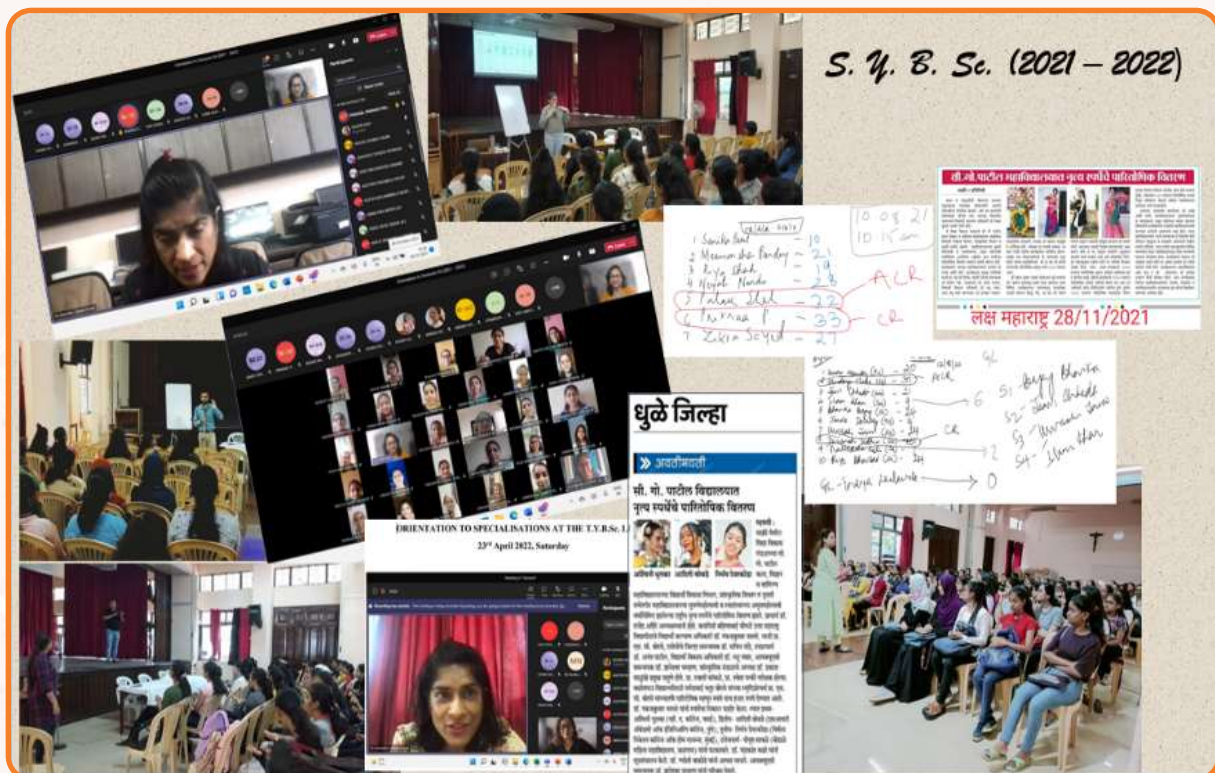
S. No.	Participating Students	Name of the Quiz/Contest	Organized by	Place & Date	Award/Prize received
1.	Ms. Irika Goyal	E-Poster Competition on Role of Breastfeeding on Mental Health	College Of Home Science Nirmala Niketan	7 <sup>th</sup> August 2021	1 <sup>st</sup> Prize
2.	Ms. Nirbhava Devarkonda	National Dance Competition	S. G. Patil College of Arts, Commerce, and Science, Dhule	15 <sup>th</sup> November 2021	3 <sup>rd</sup> Prize Cash prize of Rs. 1000



3.	Ms. Vriddhi Pankaj Shah	Poster Competition on	Department of Foods Nutrition and Dietetics, College of Home Science Nirmala Niketan	Online Competition 1 <sup>st</sup> - 7 <sup>th</sup> August 2021	2 <sup>nd</sup> Prize
4.	Ms. Zainab Shafiq Sayyad	Role of Breastfeeding on			3 <sup>rd</sup> Prize
5.	Ms. Aaliya Shaikh	Mental Health			4 <sup>th</sup> Prize/ Consolation Prize
6.	Ms. Fashtana Khan	Poster Competition On Fight AIDS, Not people	College of Home Science Nirmala Niketan	Online Competition 5 <sup>th</sup> - 12 <sup>th</sup> January 2022	3 <sup>rd</sup> Prize

The coordinator planned **Workshops** for the non-affiliated Value-Added Courses- Indian Sign Language, Cultural Heritage Management and Personal Styling, Grooming and Fitness in coordination with the course coordinators from 18<sup>th</sup>- 20<sup>th</sup> April 2022. Additionally, few offline practical sessions/classes were planned for them from 17<sup>th</sup> February 2022 till 3<sup>rd</sup> March 2022.

**Orientation to specializations** at the T.Y. B.Sc. level was planned, coordinated and conducted by the S.Y. coordinator for the S.Y. B.Sc. (2021 – 2022 batch) students on 23<sup>rd</sup> April 2022. Over 170 participants (which included parents of S.Y. B.Sc. students) attended the session. Ms. Fatima Kader from FND Dept., Ms. Brenda Fernando from HD Dept., Dr. Ritu Madan from TFT Dept. and Ms. Sunita Jaiswal from CRM Dept. were deputed to give details of the department in the orientation session.



**Dr. Roopa Rao**  
S.Y. B.Sc. Coordinator





## HIGHLIGHTS OF SENIOR COLLEGE

### DEPARTMENT OF FOOD NUTRITION AND DIETETICS

#### “BUILDING A NUTRITIOUS WAY OF LIVING”

With a holistic development of the community in their minds, the new batch for the Foods, Nutrition and Dietetics department set off to acquire the needed skills & knowledge, while not missing out on the merrymaking!

In the academic year of 2021-2022 department consisted of eight permanent teaching staff. Their names are Dr. Anuradha Mitra (Retired on 30<sup>th</sup> June, 2021); Mrs. Vibha Hasija (HOD); Ms Jacqueline Colaco; Dr. Subhadra Mandalika (Retired on 30<sup>th</sup> April, 2022); Ms Fatima Kader; Mrs Sheetal Joshi; Dr. Minelly Rodrigues; Dr. Ratnaraje Thar: the Coordinator of Self-Financed Courses (Till February 2022); Dr. Beryl Nithya: the Coordinator of Self Financed Courses from March 2022 and visiting faculty for self-financed courses are Ms. Kinjal Maru, Ms. Sejal Kamat, Dr. Kiran Sangani, Mr Kunal Palan, Dr. Tasneem Ravat, Mr. Shubhankar Wadke, Mr. Pratik Pasi, Mr. Mukesh and Dr. Silloo Patel.



The Department of Foods, Nutrition and Dietetics began the academic year with the online mode of teaching with an **orientation session** for students of M.Sc. II, conducted on 2<sup>nd</sup> August 2021. The orientation was led by Ms. Jacqueline Colaco and Dr. Ratnaraje Thar. The resource persons for the session included all department staff, Ms. Prajakta Mhapolkar (Librarian) as well as alumnae from various post graduate programme who shared

their experiences. Whereas, the orientation session for students of T.Y.B.Sc. Home Science: Foods, Nutrition and Dietetics was held on 12<sup>th</sup> and 13<sup>th</sup> August 2021 with a lot of interactive activities organised in online mode. Similarly, the orientation sessions was held for all students of M.Sc. I and P.G. Diploma Dietetics and Applied Nutrition on 5<sup>th</sup> October 2021 upon completion of the entrance exams and the admission process.

A bridge course in Nutrition was also organised at the start of the academic year for M.Sc. I and P.G. Diploma students joining from specializations other than Home Science at T.Y. level.



The **World Breastfeeding Week** was commemorated on 7<sup>th</sup> August 2021 with a session on 'Breastfeeding for Immunity' by Dr. Mandar Bapaye (Consultant Pediatrician). This was attended by all students from T.Y.B.Sc. Foods, Nutrition and Dietetics as well as all post graduate programme. A poster competition was also organised.

A need was felt to include a session on 'Use of Digital tools in the classroom' to equip teachers as well as students with the required skills for effective teaching-learning process. This online session was conducted by Ms. Ayesha Kherani and was held on 7<sup>th</sup> August 2021.

The **National Nutrition month (Poshan Maah)** was celebrated by the Department in September 2021 with a session on “Eat Healthy, Stay Healthy- Diet and Immunity” organised on 23<sup>rd</sup> September 2021. For this session, the resource person was Dr. Anuradha Mitra (Retired HoD, Department of Foods, Nutrition and Dietetics). A student led session was also organised for Somaiya College of Science and Commerce under the able guidance of Ms. Vibha Hasija and Ms. Sheetal Joshi. This was supported/ sponsored by Women's Development Commission.

A National Webinar on 'Emerging Trends and Innovations in Protein' was also organised during the Poshan Maah celebrations. This was organised in collaboration with Protein Foods and Nutrition Development Association of India (PFNDAI) on 30<sup>th</sup> September, 2021. An intercollegiate recipe contest and poster competition were also organised.

An online session on Nutrition Care Process in Digital Mode was organised on 16<sup>th</sup> October 2021 with Ms. Michelle Britto (Alumna) as the resource person. The department also organised a session on “Basic & Advance Techniques of Food Analysis” in collaboration with Nutrition Society of India (NSI), Mumbai Chapter on 22<sup>nd</sup> and 25<sup>th</sup> of October 2021. The speaker was Dr. Ananthan, a scientist from National Institute of Nutrition (NIN). Besides this, a session on 'Entrepreneurship in foods and Nutrition' was also organised by the department on 29<sup>th</sup> October, 2021 in collaboration with Prolificious - By Samyog Foods. “A Protein Rich Salad Making Competition” was also organised as part of the event.

A webinar on “Nutritional Analysis Using Dietcal Software” was organised on 4<sup>th</sup> April, 2022. The resource person was Ms. Gurdeep Kaur, Founder DietCal & Senior Dietitian, AIIMS, New Delhi.

The students of M.Sc. II from all branches also completed their internships in online mode. The work done by the students was evaluated during '**Anubhav - Experiential learning through Internships**' presentations held on 22<sup>nd</sup> and 23<sup>rd</sup> December 2021.

**Lecture series** in physiology and fundamentals of research methods and statistics were organised for T.Y.B.Sc. students during the academic year. The students undertook a group mini project upon completion of the lecture series. This was presented at **Nutrikhoj**- a research competition designed for students of B.Sc. Foods, Nutrition and Dietetics to showcase research work done at undergraduate level. A **Certificate Course** in Nutrition and Exercise for fitness was also organised during the academic year.

The department also organised a series of sessions on **Research Methods and Statistics** for students of M.Sc. II from all branches of the department to aid them in their dissertation work while in online mode. The first session in the series was on Research Methodology and Review of Literature- Concept Clarification organised on 15<sup>th</sup> December, 2021. The next session on “Data Collection in Research- Concept Clarification” was organised on 4<sup>th</sup> March, 2022. The last part of the series was a session on Data Analysis and Presentation held on 30<sup>th</sup> April, 2022. Dr. Minelly Rodrigues was the resource person for all these sessions.



A **Faculty Development Programme (FDP)** on Inclusive Teaching and Teaching Philosophies was organised exclusively for all department staff. The resource person was Department Alumna- Dr. Niyati Parekh, Associate Professor, NYU. This was held on 10<sup>th</sup> December, 2021. In addition to this, another FDP on 'Scientific Publications- The Know How' was organised on 18<sup>th</sup> February 2022 with Dr. Rekha Singhal, Professor, Food Engineering and Technology Department, Institute of Chemical Technology (ICT) as the resource person. This FDP was also open to external faculty and research scholars.

The Department also organised various **extension activities** during the academic year. **Nirmal Swasthya**- a online blog for disseminating health and nutrition related information was initiated by the students of T.Y.B.Sc. Home Science: Foods, Nutrition and Dietetics. A Health Mela was also organised for all staff and students of the college on 21<sup>st</sup> April, 2022. Assessment of body composition, bone mineral density and physical fitness was done during the mela. Nutritional counselling was also provided. **Rural camps** were also organised. Students of T.Y.B.Sc. conducted sessions on nutrition education for people of Adivasi Padas in Kolad through collaboration with Jeevandhara- Institute of Social Service. A camp was also organised for students of M.Sc. FND. They visited people of Adivasi Padas in Vasai and conducted different sessions and activities to impart nutrition education to these groups of people.

An Industrial visit to Raghuvanshi Farsan Mart, Charkop Kandivali (West) was organised on 19<sup>th</sup> April 2022. 50 students of T.Y.B.Sc. (Home Science) from the specialization of Foods, Nutrition and Dietetics were accompanied by two faculty members- Ms. Jacqueline Colaco and Dr. Minelly Rodrigues.

Currently the department has MOU with MGM School of Biomedical Sciences and Clinical Nutrition, Navi Mumbai for providing technical support and facility as well as training to UG & PG students.

Two Ph.D. scholars Dr. Anuradha Mitra and Dr. Pooja Thacker successfully defended their respective thesis viva voce during the academic year and were awarded the Ph.D. degree.

The staff of FND department was involved in mentoring different groups of students within the college. They also were a part of academic council and board of studies of other colleges and universities. Publications were also done by faculty in reputed research journals and magazines. The faculty were also convenors and LEC members of different professional bodies such as Nutrition Society of India (NSI), Indian Dietetic Association (IDA), Association of Sports Nutrition and Fitness Sciences (ASNFS). They also have been invited as reviewers for research journals, resource persons for different sessions at colleges and universities and judges at different events.

The students have bagged prizes at different competitions and have been awarded for their research work at different forums such as Avishkar Research Competition organised by University of Mumbai.

**Ms. Vibha Hasija**  
**HOD**



**DEPARTMENT OF HUMAN DEVELOPMENT**

**And We Finally Met: 2021-2022 in the Department of Human Development**

The Academic Year 2021-2022 started off with Work from Home and online classes still in place. Each of us, teacher and student, reaching out for the other through a videoconferencing platform, Microsoft Teams or Zoom. Making the most of our curriculum and teacher-student relationships through connecting on two-dimensional screens. And then the NAAC Peer Team Visit (PTV), originally scheduled for the last week of March 2020, was planned in September 2021, and all of us teachers and some students arrived in college,



ready to galvanise and pull off the PTV! That's when we met some of the students, who up until now had been only video images on tiny participant boxes on laptop screens. Strangely or not so strangely, there was no awkwardness, no rapport building needed when we met in person. For both teachers and students of the Department, it was like we had met up with family; the sense of comfort and the experience of affection were immediate and we plunged into joyous hard work, preparing for the PTV wholeheartedly. The days of the PTV arrived, and some students were present on campus, playing various roles through the two days. Interestingly, the Peer Team Members shared that we as a college did exceedingly well on the most difficult aspects tested during a PTV and that in the stakeholder meetings, the feedback clearly leaned towards the positive with a few constructive suggestions thrown in. Bravo NN family and well done, Department of Human Development, as one of the contributors!

Immediately on the heels of the PTV, we bid goodbye to our respected Principal Dr. Geeta Ibrahim, who retired at the end of September. We thank her for all the support she rendered the department and the college as a whole, and wish her beautiful times away from the packed schedules and commitments of everyday work in the college.

Then for the first half of October, although delighted with the success of the PTV, we were back online and the interlude of face-to-face interactions was over. However, change was in the offing! On the 13<sup>th</sup> of October, we received a circular from the Government of Maharashtra, and a corresponding circular and SOP from the University of Mumbai on 16<sup>th</sup> October, about the phased physical reopening of colleges. Colleges were asked to physically reopen, to offer at least some of the classes in simultaneous blended mode, starting 20<sup>th</sup> October. The college and the department had online meetings to prepare and indeed on 20<sup>th</sup> October itself, we opened our doors once again to welcome fully vaccinated TY students, from non-containment zones, for simultaneous blended mode classes. *And then we met* scenario again!

With some COVID-19-related ups and downs in the months that followed, including a period when some of the restrictions that had been eased were reinstated, at last in February 2022, blended/offline classes were offered to all T.Y.B.Sc. and M.Sc. students. Here it was “And We Finally Met” as almost all students were in class: real, face-to-face, offline classrooms.



Co-curricular activities of the department this year included a Music and Movement Therapy workshop conducted by music therapist, Mr. Jude Rodrigues, and organised by Ms. Rhonda Divecha. T.Y.B.Sc. and MSc students presented research papers at various competitions and conferences. For example, M.Sc. student Fallyn Pereira (guide: Dr. Kamini Rege) presented a research paper on youths' awareness of internet pornography at a national competition and won the first prize. T.Y.B.Sc. student, Zainab Nullwala (guide: Dr. Kamini Rege), presented a research paper on psychological distress among youth due to menstrual problems at a national competition and got the second prize. Almost all the students of the department, under guideship of Dr. Anuradha J. Bakshi, Ms. Payal Maheshwari, and Dr. Kamini Rege, presented papers at the 15<sup>th</sup> Avishkar Research Convention in June 2021, and at the 16<sup>th</sup> Avishkar Research Convention in February 2022.

Extension and fieldwork activities of the department were stellar. Under the guidance of Ms. Rhonda Divecha and Ms. Khyati Sampat, and supervised also by M.Sc.2 HD students, the T.Y.B.Sc. HD students conducted a series of online and later offline workshops. The beneficiaries for the online workshops included teachers, adult learners, and children/youth. The workshops were delivered through linkages with DHM Centres in North India, Gujarat and Maharashtra, and NGOs: the Baddi Community Centre, Himachal Pradesh; the Delhi Community Centre; Vidhyadeep Community Centre, Bharuch, Gujarat; Yuva Parivartan Livelihood Development Centre, Bandra, Mumbai; Vidya Centre, Powai, Mumbai; Muktangan Schools, Mumbai; and Adhata Trust, Mumbai. Workshop topics were wide-ranging and some examples include effective communication, self-awareness, building self-confidence, self-esteem, self-management, anger management, coping strategies, importance of mental health, mindfulness, time management, overcoming mobile addiction, positive thinking, financial literacy, altruism, and breaking stereotypes. Under the guidance of Dr. Bakshi and Dr. Rege, MSc students completed online internships at varied organisations as well.

Research is a strong point of our department, as it is for the college as a whole. At the S.Y.B.Sc. level, Ms. Sampat mentored a group of students on the research topic “Myths and Facts about Polycystic Ovarian Syndrome (PCOS)” and Ms. Engineer guided a project entitled “Perspectives of Adolescents and Young Adults on Eve-Teasing”. Each year, T.Y.HD and M.Sc.1 HD students complete a group research project in teams ranging in size from three to five students; and M.Sc.2 students complete their dissertation. This year as well, the topics reflect the socially relevant curriculum of the HD Department. Examples of T.Y.HD research topics, guided by Dr. Bakshi, included “Parental Support for Children's Play During the Pandemic”, and “Challenges and Coping of Children with Disabilities during the COVID-19 Pandemic: Perspectives of Parents and Special Educators”; examples of those guided by Dr. Rege included “Perception of COVID Warriors regarding Mental Health and Quality of Life of Elderly during the Pandemic” and “Generalised Anxiety Disorder in Teens during the Pandemic”. M.Sc.1 student topics included Online Counselling (student leader: Jinagna Gondolia; guide: Dr. Bakshi), Teachers' Readiness for Inclusive Education (student leader: Meha Savla; guide: Ms. Maheshwari), and Coping Strategies of Caregivers for the Elderly (student leader: Ms. Nausheen Merchant; guide: Dr. Rege). Examples of M.Sc.2 dissertation topics are Profile of Positive Aging among Older Women in Urban India (student: Naqiya Jamali; guide: Dr. Bakshi); Mental Health Problems and Online Help-seeking Behaviours of Youth (student: Simran Hashmi; guide: Ms. Divecha); Challenges in Online Learning Faced by College-going Adolescents (student: Gayatri Sawant; guide: Ms. Maheshwari); Well-being of Elderly During the Pandemic (student: Nidhi Khimavat; guide: Dr. Rege); and Counsellors' Practice of Mindful Self-Care (student: Naushin Shaikh; guide: Ms. Sampat).



One of the highlights of this academic year was a two-day study tour, planned with all cautiousness in a world that was slowly but surely opening up! And so it was that on 27<sup>th</sup> March 2022, two teachers (Dr. Bakshi and Ms. Vanitha D'Souza) and 54 students (39 T.Y.B.Sc., 9 M.Sc. 1, and 6 M.Sc. 2), along with Mr. Anthony Mashi of Ecstasy Tours, left for Igatpuri. On the way we picked up Brother Bryce, a youth development specialist from the Don Bosco Youth Services. It was an action-packed two-day trip. Brother Bryce conducted many workshops aimed at youth development for the 54 excited students on Day 1. In the latter part of the evening and post dinner time, we went for a drive in the bus; walked around the resort and its lawns, relaxed, talked, had photo shoots; watched an enthralling magic show and petted the magician's pigeon; and had a music and dance session among ourselves. Day 2 started with communion with nature through a nature trail and enthusiastic early birds accompanied Mr. Anthony and the teachers through a nature walk in the scenic ghats. Later we visited the Bhawali dam and also splashed in the pool at the resort. Post lunch, we set out for the cultural heritage part of the tour and visited the Vipassana Centre at Igatpuri. After a brief meditation and orientation at the Vipassana Centre, and a brief stop to take in a breathtaking view of the Igatpuri ghats, we were on our way back to Mumbai!

The SEEDS Arts-Based Therapy (ABT) one-year Diploma Programme of the department is under the talented leadership of ABT-practitioner and educator, Ms. Zill Botadkar, an outcome of the MoU between the college and Lighthouse. The programme was ongoing this year, extended from last academic year because of the the COVID-19 pandemic. Of the 21 students in the programme, 19 graduated by the end of this academic year. A beautiful prayerful certification ceremony was held for the graduating students on 29<sup>th</sup> April 2022. The action research project reports were on display during the ceremony. The titles of these projects capture the deep insights that ABT students had through the project and the varied populations they had as their beneficiaries. Examples include: Emotional Cartography; Janani: Exploring Arts Based Therapy for Mothers of Children with Special Needs; A Shelter Within; Drawing Circles; *Arsh*; *Ghehraiyaan*; Healing Heroes: *Ek Anokhi Khoj*; When Chaos Met Catharsis; *Uditi Patang*: An Arts Based Therapy Project with Children at Risk; *Khidki*: A Window to a Different Sky; Spring: Rebirth, renewal, regrowth; *Abhivyakt*: Nurture with Compassion; and *Khud ki Talash*.

Teachers of the department, each a jewel in her own right, sparkled and ignited students' minds and strengthened students' own light. Ms. Rhonda Divecha, Ms. Payal Maheshwari, Ms. Khyati Sampat and Ms. Brenda Fernando completed MOOC/online courses and Faculty Development programmes in varied areas such as “Creative Thinking: Techniques and Tools for Success”, “Inclusive Pedagogy: Engaging Students with Disabilities”, “Positive Psychology”, “Mindfulness and Well-being: Living with Balance and Ease”, and a “Refresher Course in Life Sciences”. Dr. Anuradha J. Bakshi and Dr. Kamini Rege have multiple publications to their credit this year in international/national journals and books. Ms. Brenda Fernando, a Senior Research Fellow of the University Grants Commission, presented two papers at the American Psychological Association (APA) Virtual Convention. Each of the teachers of the department attended various Webinars on topics such as NEP 2020, MOOCs, “The Dyslexic Mind: Thinking Differently about Higher Education”, assistive technologies for persons with disabilities, educational and administrative best practices in higher education institutes, and programme and course outcomes. Ms. Rhonda Divecha organised Antarchakshu workshops for our college students, collaborating with the Xavier's Resource Centre for Visually Challenged (XRCVC). Teachers served as invited resource persons and as editors and reviewers of international journals. For example, Dr. Bakshi was invited to conduct a workshop on review on literature for the faculty of two colleges in



Mumbai in June 2021. Ms. Maheshwari talked on attitudes towards mental health disorders at an online Webinar organised by a Mumbai college on World Mental Health Day in October 2021. Dr. Rege was the moderator for a national level panel discussion in December 2021 on a book launch on “Transition from Kindergarten to Primary Level”, organised by the Early Childhood Association (ECA). Ms. Divecha conducted an online international session in January 2022 on Making Career Choices for the Salma Prabhu Institute of Counselling (SPIC) international interns from France, Germany and Japan.

We are very grateful for the 2021-2022 academic year and thank every person and group that partnered and participated with us this year. We look forward to the next academic year and have new hopes and plans. God bless!

**Dr. Anuradha J. Bakshi**  
**Head, Department of Human Development**



**Study Tour to Igatpuri**



DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY

“ UNRAVELING BEAUTY WITH THREADS AND COLORS ”

With another year of beautiful creations and emerging talents, the Department of Textile and Fashion Technology headed off with mellow spirits filled with vivacity! This department fosters student development by providing them with learning experiences that can prepare them in terms of knowledge and skills. The Department was aware of the fact that to cope with the latest trends it was needed to go the extra mile. For that reason different workshops, competitions, industrial visits, special lectures etc. were organised for the students, faculty members and researchers. This provided them with the congenial environment for learning, exchanging thoughts and ideas.



The Department consisted of eight permanent teaching staff-Dr. Pratima Goyal (HOD), Dr. Vishaka Karnad, Dr. Ritu Madhan, Dr. Neha Mulchandani, Ms. Vrinda Udiaver, Dr. Anjali Srivastava, Ms. Sanghmitra Navalgund, Ms. Vibhuti Khedekar and two temporary staff appointed on CHB Dr. Kushboo Srimali and Ms. Mohaddesa Dehghani.

The Department offered **Add on Diploma Course** in CAD CAM and Computer Technologies in the Apparel Industry for T.Y. B.Sc. For M.Sc. 1 and 2 crash course was offered in CAD CAM and Computer Technologies in the Apparel Industry Intermediate and Advanced level respectively. Add on Certificate Course in Entrepreneurship in Textile Crafts and Visual Merchandising recognised by the University of Mumbai were also offered by the Department.

During the pandemic, besides regular classes, several **webinars** were also organised. On 3<sup>rd</sup> July 2021, 'Exploring Ideas for Innovations and Incubation leading to Startups and Prototype' by Dr. Shobha Lal, Dean, Faculty of Education and Methodology, Jyoti Vidyapeeth Women's University in collaboration with IIC was organised. On 16<sup>th</sup> October 2021, 'In Search of Entrepreneur in You' by Mr. Sushil Mungekar in collaboration with IIC was organised.

On 11<sup>th</sup> February 2022, 2<sup>nd</sup> **Ms. Noemia D'Souza Merit Award Felicitation and Ms. Noemia D'Souza Endowment Chair (NDMA & NDEC – 2022)** was organised where in an inspirational talk was given by our very successful alumnae. On 24<sup>th</sup> February 2022, the 'Journey Towards Successful Entrepreneurship (Kalaa by Nanda)' by Mrs. Nanda Magdum and Ms. Aditi Magdum in collaboration with IIC & EIC of Department of Textile and Fashion Technology was organised.





On 9<sup>th</sup> March 2022, 'Technical Textiles and their Application' by Mr. Avinash Mayekar (M.D Suvin Advisors Pvt Ltd) and Dr. Raviprakash Singh (Scientist at Sasmira) and on 25<sup>th</sup> March 2022, Vastrakala with a theme 'Indian Traditional Artisans and Craftswoman: Contributors of Atmanirbhar Bharat' on Daboo and Tanjore Painting by National award winners Shri Dhiraj Chippa and Ms. Swarna Rajakochi were organised.

**Skill Enhancement workshops** for Careers in the Textile and Apparel Industry were also organised for students. The Department served as an Associate Institute partner for Green Fashion India for the 8<sup>th</sup> **International Conference** Green Fashion India at Maharshi Karve Stree Shikshan Samstha's School of Fashion Technology, Pune on 25<sup>th</sup> and 26<sup>th</sup> November 2021. Staff and Students participated and presented in various competitions and research events. On 7<sup>th</sup> January 2022, the Department organised **Intercollegiate competitions** on the theme 'Eco-creations Stay.... Sustain-Care for Mother Earth' in collaboration with EIC and IIC committees. On 7<sup>th</sup> January 2021, **workshops** on “Fashion Illustration Techniques” by Ms. Taqdees Pawaskar and “Trash to Treasure” by Ms. Bhavini Parekh were organised in collaboration with EIC and IIC committees.

The Department of Textile and Fashion Technology is constantly engaged in facilitating research activities in numerous fields that include traditional arts and crafts, technical textiles, wet processing and finishing, natural dyes, apparel design and production, product design and development etc. Even during the COVID-19 outbreak, the research activities did not come to a halt and as always, the department encouraged graduate and postgraduate students to take part in **Avishkar research competition**. Out of all projects, two project proposals were selected for final round. Also post graduate students of the department completed a **one-year dissertation project** for their academic programme which promoted research skills and application of knowledge in the discipline of Textile and Fashion Technology. Many collaborations were established for research services with companies such as Vrijesh Corporation Limited (for fabrics), Rossari Industries Pvt Ltd (for chemicals), Trident Furnishings (sponsorship of sample swatch cards for making of products for the research) and HP Fibres Panipat (for Dyneema® Fabric). Postgraduate students also participated in research activities at Green Fashion India 8<sup>th</sup> International Conference at SOFT Pune (as associate institute partners) and other National/International conferences.

### “Widening horizons by stepping out”

From 14<sup>th</sup> to 16<sup>th</sup> March 2022, **Industrial Visit** to Surat was organised to help students understand the practical aspects of the theoretical knowledge and to understand the latest trends in market and sourcing the material from various markets for different end user. The staff and students saw various machines and processes such as warp knitting machine, laser cutting machine and garment manufacturing unit in Ginza industry; dyeing and printing, screen printing, digital printing, rotary printing, foil printing and lace making in Ramanuj Printing mills and in Akash industry- yarn spinning of POY and FOY yarns. Students also saw digital printing, embroidery machine, computerized embroidery and lace making at Sankalp industry.

To share the knowledge that students gained in the four walls of the college with the underprivileged section of society and also to sensitise our students towards the challenges in the rural areas, a **rural camp** was organised for M.Sc. I and II students at “Gyandeeep Community College” Karajgoan and for T.Y. B.Sc. students, a rural camp was organised to Bharuch- Vidyadeep Community Centre Bharuch on 31<sup>st</sup> March and 1<sup>st</sup> April 2022.



The Department for the subject Sustainable Community work Semester V and Sustainable Social Entrepreneurship Semester VI collaborated with various NGO's. The sessions were held online by the students.

**“Look ahead with an intent to learn, and you'll see the buds of knowledge bloom.”**

**Student led webinars** were organised on various topics like Heal Yourself with Yoga, Ayurveda as a Holistic Healthcare, Mindfulness and Meditation, Webinar on Energy Healing, Art Therapy, etc. On 25<sup>th</sup> and 26<sup>th</sup> February 2022, Jamboree haat (A market for developing entrepreneurial skills) was organised titled “Meraki”.

The students of M.Sc. I were placed for 3 weeks **internship** by the Department Head-Dr. Pratima Goyal at Netflix Pvt. Ltd, Dare 2 fit Ayurveda, SDC and Nimkarteck technical services. To promote the traditional textiles, art and craft, the Department came up with a best practice of encouraging all staff and students of the College to adorn themselves with traditional attire/textiles every week titled **Swadeshi Swag**.

**Annual Fashion Show Jamboree** was held on 13<sup>th</sup> April 2022- Stay Sustain-Care for Mother Earth was the theme for the Fashion Show and it was a reflection of our institute's concern and proactive caring for every one of our fellow human beings and fashion that is sustainable.



**Dr. Pratima Goyal  
HOD**



**Industrial Visit to Surat  
at Textile Research and Development Centre (TRADC) of Aditya Birla group**



DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

“A VOYAGE OF NEW TRIPS AND SAILS”

The new academic year started with enthusiasm after being rejuvenated with long holidays. Being an inter-disciplinary field, it focuses at improving quality of life of the family as a unit as well as community at large. In the academic year, department consisted two permanent staff-Mrs. Sunita Jiaswal, Dr. Roopa Rao and four temporary staff appointed on CHB- Ms. Nandita Gupta, Ms. Sakina Chatriwala, Ms. Riddhi Raut and Ms. Saniya Pai.

The Department offered Certificate course in 'Workstation Design and Applied Ergonomics' for which 20 T.Y. B.Sc. CRM students got enrolled.



The Department organised workshop on 'Orientation to careers in Home Science' in online mode with Ms. Farah Syed , Nirmala Niketan Junior College and a few students of T.Y. CRM (2020-2021) batch. As part of student development programme , the department also organized sessions on “Consumerism during the Covid times” for S.Y. B.Sc. students ; “Orientation to Careers in Health Sciences” in collaboration with Symbiosis Institute of Health Sciences (SIHS), Lavale, Pune; “Personal Grooming Skills for the

Hospitality Industry” and “Job Profiles after MBA” in collaboration with IBS-ICFAI Business School, Powai .

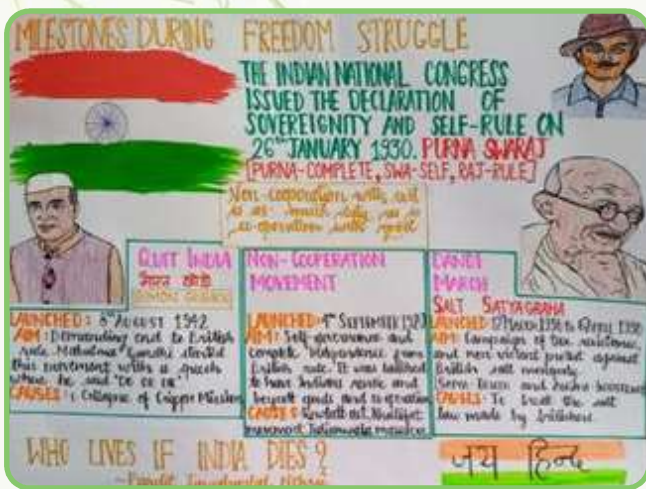
**Student Enrichment workshop** was organised on Flower Arrangement. The resource person was Mrs. Veena Mahatre (Entrepreneur). Different types of flower arrangements were demonstrated to the group.



A workshop was organised on Consumer Awareness-Food Adulteration by Mr. Gajanan Patil, a consumer activist from Jago grahak jago. He performed live demonstrations of how to detect food adulterants through simple tests.



“Learning has no limit, it's a never ending process”



T.Y. B.Sc. students participated in series of competitions at Elysium 2022 (**Virtual Inter College Festival**) organised by B.L Amlani College of Commerce and Economics and M.R. Nathwani College of Arts, Vile-Parle (W), Mumbai, in collaboration with Department of Life Long Learning and Extension (University of Mumbai). The theme was '75th Azadi ka Amrit Mahotsav'.

Staff and students participated and presented **research papers** in International and National conferences. 20 T.Y. B.Sc. students participated and presented papers in **Avishkar Research Convention** (University Level). Two groups of students from T.Y.B.Sc.CRM participated in URJITA 2022-an online **Intercollegiate Undergraduate Students' Research competition** organised by Smt. S.P.N. Doshi Women's College Ghatkopar out of which one group was awarded second prize.

The T.Y. B.Sc. students went for a **rural camp** to Bharuch and Kharasgaon from 29<sup>th</sup> March 2022 to 31<sup>st</sup> March 2022. The main objective of this extension programme was to expose students to underprivileged society. These students also conducted an **extension activity** called “Each One Teach One”.



The CRM Department coordinated with Department of Lifelong Learning and Extension, University of Mumbai for a project under SWS (Status of Women in Society) which takes care of women issues. Students conducted survey on women empowerment and also analysed the data under the same project. 48 students of the 2021-2022 batch registered for DLLE Programme. The entire project undertaken was accomplished under the guidance of two student leaders Ms. Disha Maroli and Ms. Marium Khan along with Teacher Coordinator Mrs. Sunita Jaiswal.

An **Industrial Visit** trip to Igatpuri-Nashik was planned from 4<sup>th</sup> - 6<sup>th</sup> March 2022 as a fun-cum-knowledge tour. The itinerary included visits to the oldest universities, Kapil muni Ashram, Vipassana Center (Meditation center), The Parle factory, (Nashik Plant), Swami Samarth Engineering, Space Laser and Ambar Auto Engineers Pvt. Ltd., Nashik. The purpose of the visits was to learn about TQM, HR issues and Occupational Health.

The hotel front office and housekeeping elective students completed a mandatory 4-week **internship training** in hotels/tour operations and event management industry. Students began their training on 15<sup>th</sup> May 2022 and completed on 16<sup>th</sup> June 2022 (27 working days). The students were trained with the following organizations: Meluha – The Fern; The Fern - (Chembur); 7<sup>th</sup> Sky Travels; Novotel Hotel; Spice Travels; J. W. Marriott Hotel; Kun Travels;The Park, Navi Mumbai; Twirling Moments; Event management; Westin Hotel, Malpani Health Club and Resorts and Lemon Tree Premier Hotel. 4 T.Y.B.Sc.CRM students got their two-month internship position at The Deputy Speaker's Office (Vidhan Bhavan, Mumbai) from January 2022 -April 2022.

**Annual CRM Market** was also organised on 2<sup>nd</sup> and 3<sup>rd</sup> March 2022.

**Inter-collegiate competitions** were organised to mark the celebration of National tourism day. On 24<sup>th</sup> December, competitions along with quizzes and fun facts were arranged for students across various colleges to celebrate National Consumer Day. Five students were selected for the Oberoi Centre of Learning and Development (OCLD) (2 year paid/funded MBA hospitality programme). The students thoroughly enjoyed going through all the new experiences.

**“NATURE DOES NOT HURRY, YET EVERYTHING IS ACCOMPLISHED.”**



**Mrs. Sunita Jaiswal**  
**HOD**

Industrial Visit to Parle Biscuits Pvt Ltd





## HIGHLIGHTS OF COMMITTEES



## INTERNAL QUALITY ASSURANCE CELL (IQAC)

### *The Annual Report of the Internal Quality Assurance Cell (IQAC)*

The theme selected for the academic year 2021-22 was “Stay-Sustain-Care for Mother Earth”. This report covers the highlights of the year 2021-22 under the following heads:

#### **Curriculum:**

This year too, attention was paid on evaluating feedback for the curriculum, monitoring and taking necessary course corrections for effective curriculum delivery, providing experiential learning and interactive teaching, arranging special lectures, integrating crosscutting issues into curriculum relevant to Gender, Human, Professional Ethics, Environment, Sustainability, etc. Department Head's with Principal and parent-teacher meetings are other forums where progress of the delivery of curriculum are regularly monitored and necessary course corrections are initiated. In addition to this, new courses were applied for affiliation. The Department of Textile and Fashion Technology (TFT), two new M.Sc. Courses were applied for: Fashion Retail Management and Media Communication & Fashion Styling and Product Design. The Department of Community Resource Management (CRM) applied for a new M.Sc. course on Management and Ergonomics.

#### **Teaching Learning:**

During the pandemic, all the departments enhanced the teaching methodology for the regular curriculum by using different ways and means to make teaching-learning effective during the pandemic. ICT enabled, creative, student-centric, participatory, hands-on teaching-learning methods were used at all levels for most of the subjects so as to motivate students and keep them engaged with new learning's. Remedial classes and tutorials were held for those students who needed help in theory and/or practical's while those who were gifted students were given many opportunities for curricular and extra-curricular activities. Master's Part II students of all the majors, under the guidance of the Head of Departments had the freedom to make choices and drive the curriculum in the subject of Alternative health strategies and therapies. Focus was also on community service and contribution of it was in both the syllabus and during rural/urban camps.

#### **Value Added Courses:**

All departments motivated students to participate in the value-added certificate/ diploma courses whereby students were able to receive knowledge from the industry personnel's and experts from the field and thus widen their vision professionally. Due to the pandemic, courses by different departments were conducted in an online mode. Students had the flexibility of selecting the value-added courses which enabled them to select courses from their discipline as well as interdisciplinary courses. Department of Human Development and Textile and Fashion Technology conducted value added courses in collaboration with professional organizations. Due to the pandemic, crash courses were offered in hybrid mode by the TFT department in CAD, CAM and Computer Technologies in the Textile and Apparel Industry for M.Sc. I and M.Sc. II. The Human Development Department (HD) forwarded the “Orientation Course in Indian Sign Language” to the UOM for affiliation.



### **Staff Development:**

Refresher courses, orientation courses, short term courses, faculty development programs (FDP) were undertaken by staff. Most staff have done their Ph.D. and few are in the process. Sessions were organized & attended on various areas by all departments. Staff members from all departments participated in: “A – Z of PTV” organised by the IQAC chairperson and Co-ordinator. Dr. Ayub Shaikh, Associate Professor-ICS College, Khed, Ratnagiri was the invited expert. “Formulating Course Outcome and Programme Outcomes” a 3 day hands on workshop was organised by the IQAC chairperson and co-ordinator. Dr. Shrihari Ashok Pingle, Assistant Prof- IQAC Co-ordinator from SP Sanstha's S. N. Arts, D. J. M. Commerce & B. N. S. Science College, Sangamner was the invited expert. Another topic covered was the “NAAC Accreditation Management System” conducted by Inpods-Mr. Ajay Bhagwat.

### **Staff Achievements:**

The staff members were very active, highly motivated and enthusiastic. 2 staff members received their doctorate in 2021. 1 staff completed Online Refresher Course in Life Science. One Patent was granted. Many staff members presented papers in conferences, seminars, published papers in reputed National & International Journals, conference proceedings, books, magazine, E-Booklet etc. Staff being experts in their field were invited as Chairpersons / Jury / Expert / Invited speakers/ Judges at seminars and conferences. Staff were also appointed as members of Board of Directors, Board of Studies, Vice-chancellor Nominee and Advisory board member of different Colleges and Universities in Mumbai and outside Mumbai. They were appointed as external examiners and Ph.D. evaluators in other universities, appointed as member of RD Board of Indian Dietetic Association, appointed as member of the Local Executive Committee of Nutrition Society of India, Mumbai Chapter and Association of Sports Nutritionists and Fitness Scientists, appointed as Hon. Trustee Board member, Hon. Secretary, Joint Secretary, appointed as the Co-opted member for the Home Science Association of India, District Co-ordinator for 16<sup>th</sup> Inter-collegiate/Institute/Department Avishkar Research Convention, etc.

### **Student Development Programs**

All departments conducted many activities for student's development, to name a few: Lecture series, Seminar, National Conference, Recipe and nutrition education infographics competitions. Events & programmes were conducted during the World Breast feeding week and National Nutrition Week, Industrial visit, Site Visit and rural camps were organised. Students were encouraged to participate in intracollegiate and intercollegiate events and competitions. Workshops on Skill Enhancement, Career enhancement, flower arrangement, Sketching, Entrepreneurial programmes/sessions were organised. Students participated in competitions & research at the 8<sup>th</sup> International Conference at SOFT Pune, Jamboree-Annual Fashion Show which is totally a student led activity, Student Induction Programme by PIBS, Slogan Competition organised by Department of Life Long learning and extension-DLLE. Students won prizes at National and International level for research and several competitions.

### **Research:**

Exemplary research contributions were made by winning at significant level for the innovative research ideas presented. M.Sc. and Ph.D. scholars were encouraged to participate with their research presentations in National and International conferences. Many staff and students presented their papers at National and International level and some also received awards. Many staff are editors/co-editors of journals and books, some have authored chapters/books and many are reviewers for publications. Excellence in research was demonstrated with active participation of research students, their guides and teachers in research competitions at multiple levels namely Aarya, Avishkar & Urjita. Our college won the Avishkar Zonal Championship Trophy of Zone 1 for the 5<sup>th</sup> consecutive year at the University level. One Ph.D. scholar is a Senior Research Fellow and receives full SRF grant from the UGC. Five staff received Minor Research Project Grant from the University of Mumbai.





### **Institute Incubation Cell:**

Seminars, competitions, markets, etc., were organized by the various departments and Institution's Innovation Council which provided a platform for young researchers to present innovative research and business ideas and means of refining entrepreneurial skills for business start-ups in the future.

### **Extension Activities:**

Continued interaction with underprivileged sections of society through fieldwork and extension programs in rural/tribal set-ups and in urban settlements whereby our students have been able to make a difference by sharing skill-based learning with the target groups for example in Karajgaon, Bharuch, Kolad, etc. These programs have given opportunities to the students to explore environments of cultural and social diversity and to get sensitized to the needs of the lesser privileged strata of society. Some of these programs are in collaboration with community centres and NGO's. Activities undertaken by NSS and DLLE have made impactful contributions in creating social awareness and skill-based learning. Students of all four departments conducted Capacity Building and Knowledge Enhancement Workshops for trainers and beneficiaries through community-based projects.

DLLE External University Coordinator gave outstanding reports for TFT and CRM as the students were involved in meaningful yearlong activities. TFT department students trained the beneficiaries from the NGO to make products and had an online sale of products. Students of all four departments under the guidance of faculty members, communicated national values and messages during community-oriented programs of extension work with NGO's and Government organizations of National and Local level.

### **Internships:**

Focus was on networking and collaborating with industries, schools, testing houses, NGO's and hotels for the purpose of fieldwork, extension, internships and research work, to make our education socially and industry relevant. The M.Sc. II students of all branches and the PG Diploma students were placed for online internships with experienced experts. The T.Y.B.Sc students were handheld for securing internships (not part of syllabus) for bettering their practical experience. Due to the Covid-19 situation, students could not be placed in any schools or agencies in the 1<sup>st</sup> semester of the academic year. In semester II, internships were planned and executed both online and offline at different schools, industries, hotels organizations in Mumbai and outside Mumbai and also at the Vidhan Bhavan.

### **Entrepreneurial Activities:**

These are strengthened in the FND and TFT Department through profit sharing/ making activities which encourage the students to work harder and explore newer avenues for sales.

The IIC also organized series of lectures by successful entrepreneurs in collaboration/self.

In FND Department, the students learnt to put together a prototype of a product/service as part of their practical in Entrepreneurship in Foods, Nutrition and Dietetics. In TFT Department, the students organised under the guidance of teachers-Jamboree haat (A market for developing entrepreneurial skills). The experience involved developing skills such as sourcing, pricing, branding, advertising and promoting products. T.Y. B.Sc. students learnt to make and put together prototypes for their practical in, Project work Entrepreneurial Skill Development in Textile & Fashion. In the TFT and CRM Department, students conducted entrepreneurial skill development workshops at Bharuch and Karajgaon. The workshops conducted were Tie and Dye, garment making, block printing, envelop making, purse making, rug making, vegetable pickle bottling and packaging and many more.



### **Infrastructure:**

Equipment's/ facilities were purchased by all departments from the funds which were made available through lab fees and minor or major research projects, etc. These enhanced teaching learning process. The infrastructure facilities of the building were improved e.g.: for safety reasons all windows were replaced. Sustainable source of energy -Solar panels were set up on the terrace to help cut down on electricity bills and go green, etc. Laboratory facilities and library facilities were upgraded to suit the curriculum. During these Pandemic months, the College made provision for online classes through licensed Microsoft Teams. An account was provided to each teacher and student to log into the classroom. As per University guidelines, examinations were conducted online. The provision for the same was made by using the licensed Master Soft software. For re-starting offline, in phases, specific arrangements were made as per COVID protocols such as sanitization of full College premises, footpedal stands with sanitizers at all strategic points, Iris scanning attendance scanners etc. Only fully vaccinated staff and students were allowed to attend College. RUSA Smart Classrooms were used successfully. During the Pandemic, Sports Day, International Day of Yoga, Independence Day and Cultural activities (Marathi Bhasha Divas & College Day), Jamboree Fashion Show, NDMA-NDEC, Knowledge sharing Webinars like Technical Textiles, Parent-Teacher meeting, etc. were conducted through online mode through Microsoft Teams.

### **Co-curricular Activities:**

Various committees of the College organized a number of activities to achieve the values of secularism, environment conservation, technology, health, wellbeing etc. and focused on specific aspects so as to contribute towards the holistic development of the students. NIRF certification was done. Alumni contributed in different ways through mentoring Junior students in College, providing internships, placements, research projects, professional guidance and training to the B.Sc. and M.Sc. students of the College.

Staff and alumni contributed monetarily to help the students who were struggling financially in Covid-19 times. Financial support was also Virtual events were conducted for the students for the holistic development of the students. Many online sessions were conducted to make the students industry ready. Efforts were made by the TFT Department HOD to get paid internships for their students. TFT was able to have many student-led academic activities throughout the year. Mentoring was done by all teachers, coordinators and Heads of Departments which facilitated the wellbeing of all students. Peer mentoring by students was formally done in HD and TFT department in few subjects. Every department conducted soft skill training and career counselling sessions to bring better focus in students. All departments invited alumni to share their professional and life experiences with current students.

**Dr Pratima Goyal**  
**IQAC Coordinator**



# NAAC Peer Team Visit for the Fourth Cycle of Assessment and Accreditation 27<sup>th</sup> and 28<sup>th</sup> September 2021



Welcoming NAAC Peer Team

NAAC Peer Team



Interaction with HOD's



Members of Management and University Officials



Members of Management, Staff and Students of the College



# NAAC Peer Team Visit for the Fourth Cycle of Assessment and Accreditation 27<sup>th</sup> and 28<sup>th</sup> September 2021



Peer Team Members with College Staff

Departmental Presentation /Exhibit



Departmental Presentation /Exhibit

Departmental Presentation /Exhibit



Interaction with Finance Office Staff and Accountant



**NAAC Peer Team Visit for the Fourth Cycle of Assessment and Accreditation  
27<sup>th</sup> and 28<sup>th</sup> September 2021**



Interaction with Students

Visit to Laboratory



Visit to Laboratory

After the Cultural Programme by Students



Exit Meeting

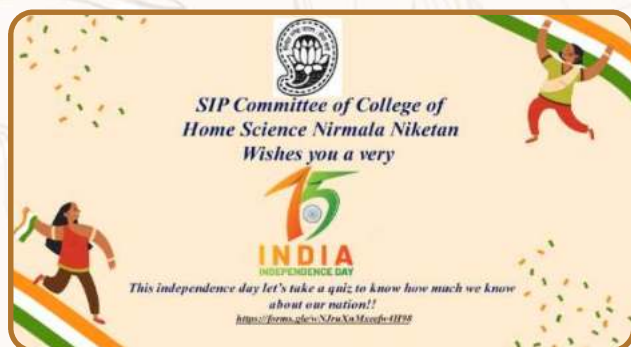


## REACCREDITATION CERTIFICATE FROM NAAC



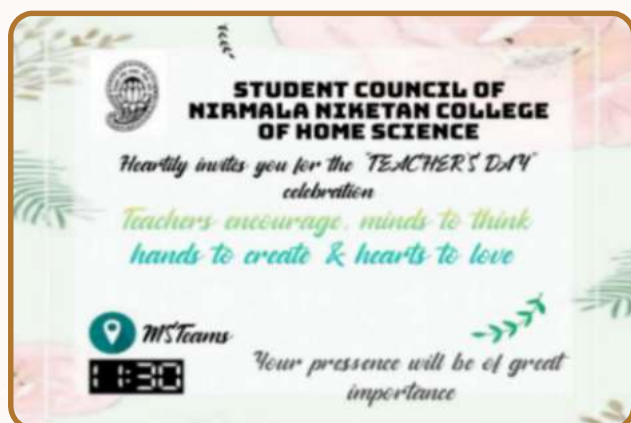
## STUDENTS' COUNCIL & SIP

In June 2021, College reopened for the academic year 2021-22. Due to the COVID-19 pandemic, lectures were held in the online mode initially. The CR's and ACR's of all the classes of the Degree College were elected, who further became members of the Student Council. The IQAC representatives were Ms. Binal Dedhiya (M.Sc.-II HD) and Ms. Khushi Savla (S.Y. B.Sc.). Following events were organised during the year;



### Independence Day Celebration:

The first student council activity for the year 2021-22 was the celebration of Independence Day, on 15<sup>th</sup> August 2021. It was done in an online mode, in the form of a quiz. A total of 275 participants, students as well as staff took part in the quiz.



### Teacher's Day Celebration:

The teacher's day celebration was organised on 5<sup>th</sup> September 2021 in an online mode. All the activities and videos were pre-recorded and were shared on the screen during the programme. The programme included a welcome speech, a short prayer, singing as well as dance performances by the students. The students also displayed their art and also recited poems composed for teachers during the programme.

### Republic Day Celebration:

The 73<sup>rd</sup> Republic Day Celebration was held on 26<sup>th</sup> January 2022 in an online mode. The number of participants attending the event were 149, which included the guest, management representatives, in-house staff and students. Captain Param Pal Singh was the chief guest for the occasion. He inspired everyone by sharing some stories from his life of making the right decision, concentration and the importance of spirituality in one's life. Ms. Vibha Hasija spoke about the importance of Republic Day and presented a beautiful poem 'Dear India' written by her. There were also some cultural performances by the students.



**Dr. Kamini Rege  
Convener**



## WOMEN'S DEVELOPMENT CELL

There were two events conducted by the Women's Development Cell in the Academic Year 2021-22

**Stree Haq:** A Literary and Visual Arts Competition on “Women Issues, Rights and Empowerment” with Ms. Khyati Sampat, as the lead, was organised. This event was curated with the aim of unleashing creativity and thoughts around Women Issues, Rights and Empowerment artistic expression. This was conducted in the month of September 2021. Entries were invited from adolescents aged 16 to 21 years. There were two categories of competitions conducted – Literary arts (which included prose, short stories and poetry) and Visual Arts (which included painting, drawing, sketching, sculpture, photography and craft). Participation and prize certificates were awarded to the following participants, judged by Ms. Vrinda Udiavar – Assistant Professor of the College of Home Science and Ms. Sanam Khan – Founder of Cakes and Crumbs.

### Category – Literary Arts

**First Prize** was awarded to Ms. Yashvee Mehta of Mithibai College of Arts and Ms. S. M. V. Kareesmaa of Ryan International School, Kharghar

**Second Prize** was awarded to Ms. Amithi Javalekar of College of Home Science Nirmala Niketan

**Third Prize** was awarded to Ms. Dhara Doshi of College of Home Science Nirmala Niketan

### Category – Visual Arts:

**The first prize** was awarded to Ms. Yashvee Mehta of Mithibai College of Arts and the **second prize** was awarded to Ms. Sakshi Zinjad of College of Home Science Nirmala Niketan.

**Pankh:** A Dynamic Session on 'Road to Equality' – held on the 8<sup>th</sup> of March 2022 was organised with Dr. Ritu Madan as lead organizer. This was attended by 111 students of the college. Two distinguished speakers working in the area of Women's Rights and Social Justice were the Resource Persons for the event. The Resource persons were Dr. Vatsala Shoukla and Ms. Rita Desai. Ms. Vatsala Shoukla spoke on Uphill Road from Political Visibility to equality – Findings from a Study of Women Corporators in Mumbai. The documentary prepared by her was also screened for the participants. Ms. Rita Desai spoke of her experiences in her work with Women upliftment. As part of Pankh – an intercollegiate visual and literary arts was conducted titled Naari was held on the theme of Women's Empowerment – Role, rights and responsibilities, leadership and gender equality.

**Ms. Vibha Hasija**  
**Convenor**

When we recognize the virtues, the talent, the beauty of Mother Earth,  
something is born in us, some kind of connection. Love is born.

Thich Nhat Hanh





## INSTITUTION'S INNOVATION COUNCIL (IIC)

The Institution's Innovation Council (IIC) focuses on creating an ecosystem to foster the culture of innovation and entrepreneurship development. The IIC motivates students to indulge into idea generation, design development process, prototyping and business model development. It also encourages and supports students to take up their ideas and have their own start-ups and entrepreneurial ventures.

### Activities Conducted:

Sr. No.	Activity Title	Date
1.	Interactive and Mentorship Session with a Successful Entrepreneur	28 <sup>th</sup> June 2021
2.	Business Model Canvas	29 <sup>th</sup> June 2021
3.	Exploring Ideas for Innovation and Incubation leading to Startup and Prototype	3 <sup>rd</sup> July 2021
4.	Orientation Session for Students and Faculties by Innovation Ambassadors	11 <sup>th</sup> July 2021
5.	Proof of Concept Competition	31 <sup>st</sup> July 2021
6.	National Education Policy 2020: Research, Innovation and Ranking	11 <sup>th</sup> August 2021
7.	Being An Entrepreneur in Era of Social Media	17 <sup>th</sup> Sept 2021
8.	In Search of The Entrepreneur in You	16 <sup>th</sup> Oct 2021
9.	United Eco Creation 2021-22 "Fashion Illustration Techniques" – Upgrade your Fashion illustration skills to become a Freelance Fashion designer	7 <sup>th</sup> Jan 2022
10.	"Trash to Treasure"-Innovative Product Design and Development through Upcycling	7 <sup>th</sup> Jan 2022
11.	Celebration of National Innovation Day	31 <sup>st</sup> January 2022
12.	E-Symposium on Building Innovation Ecosystem in Educational Institutions-	11 <sup>th</sup> and 12 <sup>th</sup> Jan 2022
13.	Orientation Session on IIC 4.0 & Features	24 <sup>th</sup> Jan 2022
14.	National Innovation Day	15 <sup>th</sup> Jan to 31 <sup>st</sup> Jan 2022
15.	National Energy Conservation Day (India) "My Energy My Responsibility"	14 <sup>th</sup> December 2021
16.	Intellectual property Rights in collaboration with Patent Office of Mumbai	10 <sup>th</sup> February 2022
17.	Laws and Ethics in Entrepreneurial Ventures	17 <sup>th</sup> February 2022
18.	The Journey Towards Successful Entrepreneurship	24 <sup>th</sup> February 2022
19.	National Science Day	28 <sup>th</sup> February 2022
20.	Vastrakala	25 <sup>th</sup> March 2022

### Achievements:

The IIC of the college organised various activities throughout the year mostly using online platforms. This year the college was able to score 3.5 star rating.





Rating certificate of  
College of Home Science Nirmala Niketan



Certificate of recognition in  
the band of 'Beginner'

- **Atal Ranking of Institutions on Innovation Achievement-** Our College participated and received a certificate of recognition in the band of 'Beginner' under the category of 'General (Non-Technical)'.
- The Ministry of Education's Innovation Cell had organised 'Innovation Ambassador's Training Programme- Foundation Level and Advanced Level' in the month of July 2021. Five faculty members including Dr. Anjali Srivastava, Mrs. Vrinda Udiaver, Dr. Minelly Rodrigues, Mrs. Vibhuti Khedekar and Dr. Ritu Madhan completed Foundation Level training successfully. Advanced level training was completed by Dr. Anjali Srivastava successfully.

**Dr. Anjali Srivastava**  
President of IIC

Preserve and cherish the pale blue dot, the only home we've ever known."

-Carl Sagan



## STUDENT RESEARCH COMPETITION COMMITTEE

### 16<sup>th</sup> Avishkar Research Convention

The Avishkar Research Convention is designed by Department of Student's Development, University of Mumbai, with the intention to develop a research culture and scientific culture among the students, scholars and teachers from undergraduate to doctoral level in the State of Maharashtra. The 16<sup>th</sup> Avishkar Research Convention commenced from 14<sup>th</sup> January, 2022. This year, due to the pandemic situation, research proposals were invited instead of research projects. The selection round was in the form of submission of research proposal and final round was the virtual presentation of the research proposal. The total number of students that participated for the first round, the selection round, was 142 and the number of research proposals across all categories was 48.

After the selection round, 17 research proposals across all categories were selected for the final round. The final round was held in an online mode, with virtual presentation of the research proposals. Out of the 17 proposals, 6 proposals won at the final round.

It was indeed a year of celebration for College of Home Science Nirmala Niketan, after the massive success at the 16<sup>th</sup> Avishkar Research Convention. The college also won the overall championship and overall championship in Humanities, Languages and Fine Arts for the year 2021-22.

### Awareness and Action Research for Youth Awakening (AARYA)

Awareness and Action Research for Youth Awakening (AARYA) is an initiative of College of Home Science Nirmala Niketan to promote research at the undergraduate level. This is a platform for the students to explore their research skills at an early stage of their education.

Every year, the students of the F.Y. B.Sc. and S.Y. B.Sc. show tremendous interest in conducting a research study and this year too, they were enthusiastic about participating in this research competition organised by College of Home Science Nirmala Niketan. Hence the students were motivated to select interdisciplinary topics for their research study.

An orientation was held on 18<sup>th</sup> December 2021, to orient the staff and students about the rules and regulations of AARYA and also briefed them about the importance of research. The competition was held on 28<sup>th</sup> February 2022. The presentation was held in an online mode. The students participated with great enthusiasm and 25 research projects were registered for the competition. The jury of the competition included Dr. Anjali Puranik I/C Principal, Sheth J N Paliwala Commerce College Science and Arts College, Pali, Sudhagad; Dr. Shalini Anil Rai, Associate Professor, Department of Life Sciences K.C. College, HSNC University, Mumbai and Dr. Swati Partani, HOD & Assistant Professor, Department of Child Development, Maniben Nanavati Women's College, Mumbai and Dr. Anuradha Ramesh, Convener, Self-Financed Programmes SVT College of Home Science, Juhu-Santacruz, Mumbai. It was a well-planned and organised event, which received a lot of positive feedback from both students and guides.



**Dr. Kamini Rege  
Convener**

## MOOC COMMITTEE

The students were allowed to register for courses of their choice on the basis of their interests for MOOC Courses on the Swayam platform of UGC. 79 students registered for MOOC courses at various levels out of which 38 students (2 from T.Y.B.Sc. and 36 from M.Sc. II) successfully completed the course.

The College is also registered as a Local Chapter for SWAYAM in April 2022. This will benefit the students and institute immensely. We look forward to many more students enrolling and completing the courses successfully.

**Dr. Ritu Madhan**  
Convenor

## SCHOLARSHIP COMMITTEE

The academic year began by giving orientation to all the levels of the students regarding the various scholarships available at college level and government level. Regular announcements and messages were sent to remind students to apply for scholarship and keep them abreast of the dates for application. Below are the details of the various types of need-based scholarships availed by the students:

### College level need-based scholarship

Students were asked to apply for the college level scholarships and then these applicants were interviewed to find out more about their need. A total of 28 students received the scholarships and **a total amount of Rs. 1,88,000/- was availed by the students**. The students were paid from the interest earned from fixed deposits for scholarships that were instituted by individuals and trusts through the years and also an additional amount collected through a special donation drive initiated by the Scholarship Committee for the year 2020-21 due to the pandemic.

### Government scholarships:

- National level scholarship:
- 1 student applied and received scholarship under category of religious minority
- State level scholarships: A total of 26 students availed the benefit.
- 6 students availed the Government of India Post Matric Scholarship under the Social Justice and Special Assistance Department
- 1 student availed of the Post Matric Scholarship Scheme under Tribal Development Department
- 7 student availed scholarship through OBC, SEBC, VJNT & SBC Welfare Department
- 17 students from open category availed the Rajashri Chhatrapati Shahu Maharaj Shikshan Shulk Shishyavutti under the Directorate of Higher Education.

**Ms. Vrinda Udiaver**  
Convenor



## EMPLOYMENT PLACEMENT CELL

Employment Placement Cell was operational throughout the year. The focus was not only to provide the job opportunities to the outgoing students but also to impart the skills to make them industry ready.

Various activities were organised to give career guidance to the final year students at the under-graduation and post-graduation levels. These activities were grouped under two broad categories:

1. Skill Development
2. Recruitment/Placement

The committee members strongly feel that in today's rapidly changing era, soft skills are equally if not more important than just good scores. Soft skills are essential for the holistic development of the student. It not only enhances creativity among students but also exposes them to new experiences in their student years. It helps to instill a sense of emotional maturity that enables them to accept failures and rejection positively.

The ultimate purpose of the recruitment drive is to ensure that companies/industries/NGOs hire our students. The committee plans a campus recruitment drive every year. This academic year was special due to blended learning in response to the partial relaxation of global pandemic lockdown rules. Many students were placed through teacher referrals.

### SKILL DEVELOPMENT ACTIVITIES:

- **Email Etiquettes and Interview Facing Skills:** An online session on 'Email Etiquettes and Interview Facing Skills' in collaboration with Prism Innovative Learning was organised on 16<sup>th</sup> February 2022. The session was conducted by Ms. Zeenaida Gracias a people-focused, dynamic & diversified consulting trainer having a vast experience of more than 18 years in the field of corporate training. 120 participants attended the session.
- **Resumé Writing & Interview Facing Skills:** The workshop on “Resumé Writing and Facing an Interview” was conducted for the T.Y. B.Sc. and M.Sc. students on the 8<sup>th</sup> of April 2022 by Mr. Adrian Rosario. The session was attended by 47 to 50 participants. Mr. Rosario emphasized the various aspects of writing an impressive Resume.



## RECRUITMENT DRIVE

- **OCER/OCLD:** Students from Hotel Front Office & Housekeeping elective (T. Y. B.Sc. CRM) applied for OCLD/OCER for a career as Operations Assistant in The Oberoi Group. On being selected through the OCER recruitment process, students are offered a position as an operation assistant in one of the four operational departments: Food and beverage (F&B) service operations, Front office operations, housekeeping operations and Kitchen operations. Total 5 candidates (Ms. Corinna Pereira, Ms. Poonam Dalvi, Ms Sakina Sadriwala, Ms. Akanksha Gaikwad, Ms. Nutanna Bale) were selected for OCER.
- **Internship at Vidhan Bhavan, Mumbai:** 4 T. Y. B. Sc. Students (Ms. Disha Maroly, Ms. Supriya Waghmare, Ms. Nutanna Bale, and Ms. Fatema Kanchwala) applied for a two-month internship position at The Deputy Speaker's Office (Vidhan Bhavan, Mumbai) from January 2022 – April 2022. After 2 rounds of confidential interview rounds, two students were short-listed for the position: Ms. Disha Maroly and Ms. Supriya Waghmare were selected for the position.
- **National Skill Development Corporation (NSDC):** National Skill Development Corporation (NSDC) is a not-for-profit public limited company set up by the Ministry of Finance as a Public-Private Partnership (PPP) model. NSDC aims to promote skill development by catalyzing the creation of large, quality, and for-profit vocational institutions. The students appeared for the NEST (National Employability & Skills Test) to participate in the placement drive. Students qualifying for NEST were allowed for the placement drive. 115 T.Y.B.Sc. from the 2021 – 2022 enrolled for the NEST, which was held in the month of June 2022.
- **IKEA:** Thirteen T. Y. B.Sc. CRM students applied for the various positions at IKEA. After three rounds of online interviews with IKEA senior staff and experts, four students were selected, Ms. Aasna Bhatia, Ms. Sakina Kherodawala, Ms. Samiksha Malusare and Ms. Umaima Dahodwala.
- **Institute for Exceptional Children (IEC):** A Pre-placement talk along with Institute for Exceptional Children (IEC) for M.Sc. Part II Human Development was organised on Friday 2<sup>nd</sup> July 2021 in an online mode. 8 interested students resumes were sent to IEC. Out of the 8 students, 2 students were shortlisted, Ms. Kreena Gala and Ms. Nilima Torne.
- **The Life Foundation:** The Life Foundation Trust approached the Employment Placement Cell concerning vacancies for the post of Programme Supervisor, LIFE Pre-Primary programme, and LIFE Coach, LIFE Community Centre Programme. Seven students CVs were sent across. Out of the seven students, two students Ms. Mahek Shah and Ms. Nilima Torne were selected and have been successfully placed in the organization.
- **Prolicious:** A Placement session was conducted by the Director of Samyog Foods – Prolicious, Mr. Devendra Chawla for the M.Sc. II students of the M.Sc. FND, FPP and SN students on the 26<sup>th</sup> of April 2022. Mr. Chawla began the session with the introduction of Samyog Foods, the mission and vision of the company. Ms. Maria Lobo, an alumnus of our College, currently working with Samyog Foods also shared her experience with the students. Various positions that the company was ready to offer were: Nutritionists, positions in Research and Development, and Quality Control. The session was attended by more than 25 students. 9 students who were keen to join the company were shortlisted and went further for the second round of interviews after the examinations were over.

**Dr. Roopa Rao  
Convener**



## INTERFAITH COMMITTEE

The committee orients students to communal harmony, faith formation and tolerance for all religions. Following programmes were organised to celebrate the unity in diversity of our country.



### Painting Competition, 18<sup>th</sup> October 2021

The Interfaith Committee organised Painting competition on the occasion of Navaratri and Dussehra. Ms. Misba Ghaniwala from F. Y. B.Sc. was declared winner of the competition.

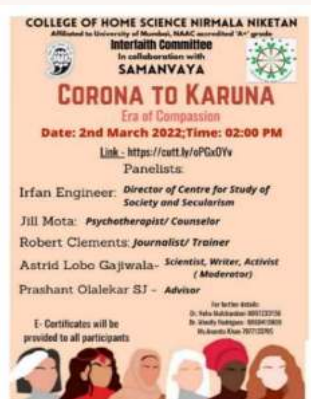
### Christmas Challenge, 18<sup>th</sup> December 2021

As a part of Christmas programme, the Interfaith Committee requested all students to pick up any challenge to show their love towards others during Christmas season which is a season of sharing joy, hope, peace and cheer. The students were asked to share the photo or short video clip of taking up one challenge which was then presented during online Christmas programme.



### Christmas programme, 22<sup>nd</sup> December 2021

An online Christmas programme was organised by the students and staff of the Interfaith Committee. The programme was attended by all staff and students of Junior, Degree and Polytechnic. The online programme included videos of Christmas Carols sung by Junior college, Christmas challenge taken up by the students and a short video of act presented by the students of Nirmala Niketan Polytechnic.



### Webinar on Corona to Karuna-An era of Compassion, 2<sup>nd</sup> March, 2022



The webinar 'Corona to Karuna' was organised in collaboration with Samanvaya for students on 2<sup>nd</sup> March, 2022. It was conducted in online mode. The programme had sessions by reputed speakers such as Mr. Irfan Engineer, Director of Centre for Study of Society and Secularism; Ms. Jill Mota, Psychotherapist/Counsellor; Robert Clements, Journalist/Trainer and Advisor Prashant Olalekar SJ. Ms. Astrid Lobo Gajiwala was the moderator for the session. The webinar included discussions on Identity Politics v/s Democratic Politics, Conversion to Cosmic Compassion and Voice of the Voiceless.

**Dr. Neha Mulchandani**  
Convenor



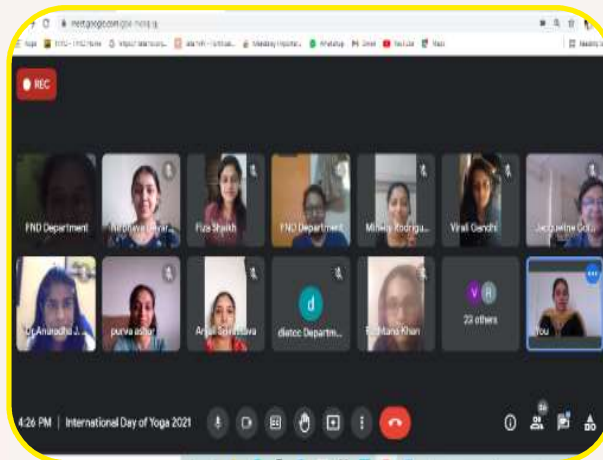
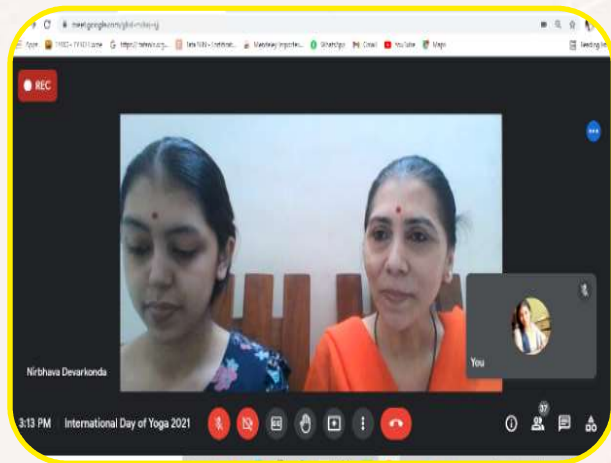
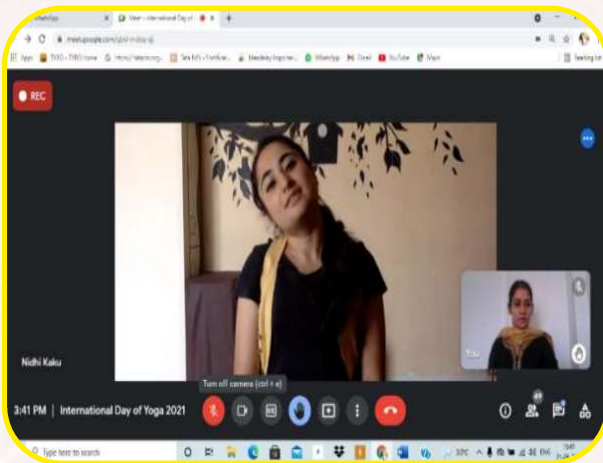
## THE DIET COUNSELING CENTRE

*“Good health is not something we can buy. However, it can be an extremely valuable savings account.” – Anne Wilson Schaef*

The Diet counselling centre organised 3 major events in the year 2021-22, both in online and offline mode.

**The International Day of Yoga** Yoga experts – Bhavna Devarkoda, Nirbhava Deverkonda and Ms. Nidhi Kaku were invited for the session. They explained the importance and benefits of meditation for overall wellbeing and conducted a short meditation session. Ms. Nidhi Kaku conducted a session on desk yoga, where she demonstrated various yoga asanas that can be performed conveniently whilst sitting on a chair.

A yoga quiz was also conducted for all the participants. 'Single take-Yoga poses' competition was also conducted by the committee. The videos of the participants were played online after which names of the winners were announced. Ms. Janice Jockey Devassy was awarded 1<sup>st</sup> prize and Ms. Apeksha Sandesh Pawar was awarded 2<sup>nd</sup> prize.





**Stem Cell Donation Registration Camp** Organised in collaboration with Bone Marrow Donor Registry (India). It was a two day activity. The awareness for stem cell donation was carried out on 28<sup>th</sup> March 2022 and the registration to be a stem cell donor was done on 29<sup>th</sup> March 2022. Dr. Praveen Clement from the Bone Marrow Donor Registry visited the classes on premises



**Health Mela-** This was organised in collaboration with NSS unit of College of Home Science Nirmala Niketan on 21<sup>st</sup> April 2022, in the Marie Adelaide De Cice Hall.

Highlights of the mela:

- Anthropometric assessment
- Diet Counselling
- Fitness Assessment
- Bone Mineral Density Assessment
- Workout session



**Ms. Fatima Kader  
Convener**



## NATIONAL SERVICE SCHEME

The strength of the NSS unit was 50 students from the F.Y. B.Sc. and S.Y. B.Sc. classes. Ms. Mansi Singh and Ms. Irika Goyal were the student leaders for this year.

The activities kick started with a Tree Plantation Drive on 30<sup>th</sup> July 2021. Students were asked to plant saplings in their housing societies/ localities.

A poster making competition was held as a part of the Railway Swachhta Abhiyan to make people more aware and sensitive to not throw garbage and food on the railway line so as to save the stray animals.

The National Energy Conservation Day was celebrated by organizing a poster and essay competition on the 14<sup>th</sup> December 2021.

As per the directives of the University of Mumbai, a 5- day workshop on Covid Care: Immunity Booster in collaboration with Art of Living was organised by the NSS volunteers for all staff and students. Ms. Rashi Modi demonstrated simple techniques of yoga to boost immunity.

NSS students participated in 2 blood Donation Drives at Chhatrapati Shivaji Maharaj Terminus on November 25<sup>th</sup> and February 16<sup>th</sup> 2021 and collected over 100 Units of blood.

An Awareness drive about Stem Cell Donation was conducted on 28<sup>th</sup> and 29<sup>th</sup> March 2022 where 37 students gave blood samples and have shown the willingness to help out in the hour of need.

As a part of Environment Protection drive volunteers made over 250 recycled paper and cloth bags and distributed them in various localities.

A workshop titled “Waste Wise” was organised where Dr. Rashmi Joshi (Environment consultant) spoke about importance of Waste Management and Composting. Our staff Ms. Fatima Kader conducted a session on the importance of Nutrition for Youth and Young Adults.

Everyone enjoyed being a part of all of the above events and it turned out to be a fun and fruitful, learning cum sharing experience.





STEM CELL DONATION



POSTER COMPETITION-ENERGY CONSERVATION



PAPER BAG MAKING



POSTER COMPETITION

RAIL SWACHHATA ABHIYAN TREE PLANTATION DRIVE

Ms. Sheetal Joshi  
Convener



## CULTURAL COMMITTEE

The Cultural Committee kick started their activities with a competition for preparing Christmas Decorations out of waste material “From Trash to Art”. The winners of this competition were Ms. Maitri Dharod, Ms. Nafisa Murtuza Soni and Ms. Menka Yadav.

The annual college fest Nirmal Utsav was organised on the 24<sup>th</sup> February 2022. The theme was “**Flavours of India**”. The celebrations began on 11<sup>th</sup> January with an online prayer service “**Remembrance**” for our beloved founder principal Ms. Collette Galby. Department heads and members of management who had worked with Ms. Galby shared their experiences about her inspiring life, her work and her values.

The Nirmal Utsav “**Flavours of India – Sustaining our culture**” was held on 24<sup>th</sup> February 2022. The performances of students were pre-recorded and screened on the day of the Nirmal Utsav in their respective classrooms to avoid gathering due to pandemic. The show was compered live by the student comperers. Mr. Magesh Bansode, Head of the Cultural Department of the University of Mumbai was invited as the Chief Guest. A fashion show was also put up by teachers in Indian traditional outfits to depict the theme 'The Flavours of India'.

Like every year Miss Nirmala Niketan contest was organised on the theme “**Brides of India**”. Ms. Palak Shah won the Miss NN title and the first runner up was Ms. Vidhee Sethia and second runner up was Ms. Areeba Siddiqui.



'The Flavours of India'



Miss Nirmala Niketan



Performances by staff



Performances by students



**Ms. Sheetal Joshi  
Convener**

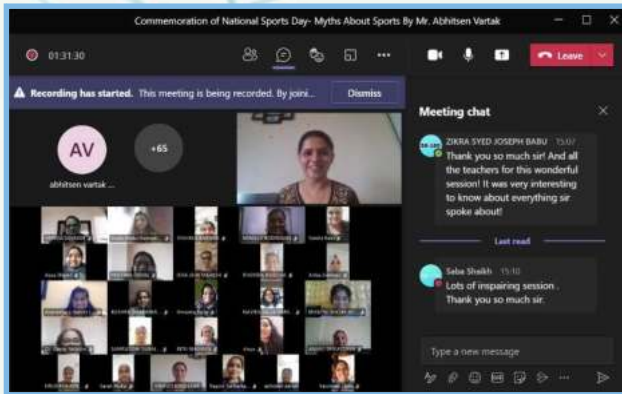


## SPORTS COMMITTEE

With pandemic and somewhere being too immersed in the work life, a lot of people missed out on the fun play, working out time, that not only helps stay active, but also helps to sweat the stress away! In order to bring a change, the core committee included the following activities :

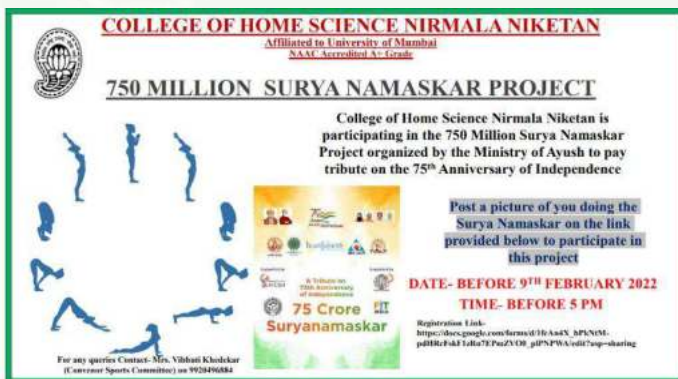
### Commemoration of National Sports Day (4<sup>th</sup> September, 2021):

A online session on Myths about Sports was organised. The Chief Guest of the programme was Mr. Abhitsen Vartak, Director of Physical Education at Sathye College. 74 participants actively participated in the programme which included students from F.Y. B.Sc, S.Y. B.Sc., T.Y. B.Sc., M.Sc. I and M.Sc. II. The chief guest of the programme was Mr. Abhitsen Vartak, Director of Physical Education at Sathye College.



### 750 Million Surya Namaskar Project:

The College of Home Science Nirmala Niketan participated in the '750 Million Surya Namaskar Project organised by the Ministry of Ayush to pay tribute on the 75<sup>th</sup> Anniversary of Independence (Azadi Ka Amrit Mahotsav). 34 participants including staff and students enthusiastically participated in the event and were awarded a participation certificate by Ministry of Ayush.





**Indoor Games:**

After 2 years of the Covid 19 Pandemic the Committee organised the Indoor Sports event on the 3<sup>rd</sup> and 4<sup>th</sup> March 2022 in the college hall, Marie Adelaide De Cice.

The sports committee conducted events such as Table tennis Singles, Table Tennis Doubles, Carom singles and doubles, Chess and Badminton and other exciting games for students, teaching, non-teaching and support staff. Around 160 students from F.Y., S.Y., T.Y., and M.Sc. levels actively participated in these events.

**Logo Designed By Sports Committee**



Earth rejoices in our words, breathing, and peaceful steps. Let every breath, every word, and every step make the mother earth proud of us.

-Amit Ray

**Ms. Vibhuti Khedekar  
Convenor**



## LIBRARY COMMITTEE

The College library occupies a prominent position and is an integral part of the teaching programme. It extends opportunities for self-education to all students. At present, it has

- A rich collection of **14713** books,
- **380** CDs.
- The Library subscribes to over **20** journals and periodicals (**8 E-journals**) and **6** newspapers.

**Collection Development:** Some books are added to the library collection every year. This year 121 books were purchased for the college library.

**Library Software:** The library has **SLIM21 standard** software and is 100% computerised. This year library subscribed for iSLIM Cloud Library Software which is the latest version of SLIM21.

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

**Ms. Prajakta Mhaprolkar**  
Librarian

## MARATHI BHASHA COMMITTEE

February 27 was celebrated as Marathi Basha Diwas i.e. Marathi Language Day to commemorate the birth anniversary of the eminent Marathi poet Vishnu Vaman Shirwadkar, popularly known as “Kusumagraj” in the Indian literary circle. Shri Satish Moghe, the Deputy Secretary, Urban Development Department, Mantralaya, Government of Maharashtra and Mrs. Varsha Dandale, marathi TV and film actress were invited as Chief Guests for the programme. Their speeches were thought provoking and motivated all the participants to learn and speak Marathi. The programme included presentation of songs, dances, poems, works of great freedom fighters etc. in Marathi.

कॉलेज ऑफ होम सायन्स निर्मला निकेतन  
मुंबई विद्यापीठासाठी संलग्नित  
NAAC मान्यताप्राप्त A+ दर्जा

**मराठी भाषा दिवस**

दिनांक-26 फेब्रुवारी 2022  
वेळ- सायंकाळी- 3.30 ते 5

प्रमुख पाहुणे- श्री. सतीश ज. मोघे  
उपसचिव,  
नगर विकास विभाग  
महाराष्ट्र शासन  
मंत्रालय.

प्रमुख पाहुणे- वर्षा दादले  
सुप्रसिद्ध अभिनेत्री  
मराठी मालिका आणि चित्रपट सृष्टी

सर्व सहभागींना ई प्रमाणपत्र दिले जाईल

**Mrs. Vibhuti Khedekar**  
Convenor





**CONTRIBUTION OF THE  
FACULTY IN ACADEMIC ACTIVITIES**



## STAFF ACHIEVEMENTS

### Chairpersons / Jury / Expert / Invited speakers at Seminars / Conferences / Workshops

DR. ANURADHA J. BAKSHI DR. PRATIMA GOYAL DR. SUBHADRA MANDALIKA MS. RHONDA DIVECHA MS. VIBHA HASIJA DR. VISHAKA KARNAD MS. PAYAL MAHESHWARI	DR. KAMINI REGE DR. ROOPA RAO DR. NEHA MULCHANDANI DR. ANJALI SRIVASTAVA MS. SANGHMITRA NAVALGUND MS. SHEETAL JOSHI DR. MINELLY RODRIGUES
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### Presentations at International level

DR. PRATIMA GOYAL MS. SUNITA JAISWAL DR. VISHAKA KARNAD DR. RITU MADHAN DR. ROOPA RAO	DR. NEHA MULCHANDANI MS. VRINDA UDI AVER DR. ANJALI SRIVASTAVA MS. SHEETAL JOSHI MS. BRENDA FERNANDO
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### Presentations at National level

DR. KAMINI REGE DR. RITU MADHAN DR. ROOPA RAO DR. NEHA MULCHANDANI	DR. ANJALI SRIVASTAVA MS. VIBHUTI KHEDEKAR MS. KHYATI SAMPAT MS. BRENDA FERNANDO
---	---

### Publications at International Level

DR. ANURADHA J. BAKSHI DR. PRATIMA GOYAL DR. SUBHADRA MANDALIKA MS. VIBHA HASIJA DR. VISHAKA KARNAD DR. KAMINI REGE DR. RITU MADHAN	DR. ROOPA RAO MS. PRAJAKTA MHAPROKAR DR. NEHA MULCHANDANI MS. VRINDA UDI AVER MS. SANGHMITRA NAVALGUND MS. VIBHUTI KHEDEKAR MS. SHEETAL JOSHI
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### Publications at National Level

DR. PRATIMA GOYAL DR. KAMINI REGE	MS. PRAJAKTA MHAPROKAR
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### Editor / Reviewer of Journal/Book

DR. ANURADHA J. BAKSHI MS. PAYAL MAHESHWARI DR. KAMINI REGE	MS. KHYATI SAMPAT
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### Members of Board of Studies

DR. ANURADHA J. BAKSHI DR. PRATIMA GOYAL MS. SUNITA JAISWAL DR. RITU MADHAN	MS. VRINDA UDI AVER MS. FATIMA KADER MS. KHYATI SAMPAT DR. MINELLY RODRIGUES
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## Other Achievements

### Dr. Anuradha J. Bakshi

- Chairperson, Board of Studies for Human Development and Family Studies, Faculty of Family and Community Sciences, Maharaja Sayajirao University of Baroda, Gujarat
- Chairperson, Board of Studies for Human Development, SNTD University
- Co-Editor, British Journal of Guidance & Counselling (BJGC), a Scopus journal, published by Routledge, Taylor & Francis
- Advisory Board Member, Research Project on how to develop career counselling intervention in Burkino Faso and Togo, invited by Prof. Jérôme Rossier, University of Lausanne, Lausanne, Switzerland.
- Advisory Board Member, International Journal for Educational and Vocational Guidance, published by Springer.
- Invited Author for a Wiley Handbook (International)

### Dr. Pratima Goyal

- Advisory Board Member NAFDI School of Fashion Design – NAFDI/ Andheri west.
- Honorary Treasurer- Society of Dyers & Colourists Education Charity Chapter

### Ms. Sunita Jaiswal

- Received 2<sup>nd</sup> prize for research proposal presentation titled 'Role of Women in the Decision-Making Process amongst different Economic Strata in Mumbai City' in Humanities, Languages and Fine Arts under TH category at the Final Round of 15<sup>th</sup> Intercollegiate/Institute/Department Avishkar Research Convention 2020-21.

### Dr. Vishaka Karnad

- One Patent granted for Ph.D. Research Work by Dr Neha Mulchandani under guidance of Dr. Vishaka Karnad on Healthcare Apparel with Antimicrobial and Fluid Repellent Properties using Nanotechnology granted on 21<sup>st</sup> January 2021.
- Won Prize in Accessory Category of Virtual Exhibition on Hand curated Exhibits Kadhya Research Foundation February 5, 2022 for products developed by Ms. Meryl Azavedo M.Sc. Research
- Appointed on The Board of Directors, Descatuk Private Limited, Dehradun. India in December 2021



- Newly Appointed as Honorary Secretary of the Society of Dyers and Colourists (Education Charity) India Mumbai.
- Reappointed as Honorary Secretary of the Textile Institute Special Interest Group Textiles.

#### **Dr. Kamini Rege**

- Founder member and Joint Secretary National Committee – India ECA (Early Childhood Association) and APER Association for Primary Education and Research.
- Advisory Board and Life Member – Early Childhood Association of India

#### **Dr. Ritu Madhan**

- Appointed as the Co-opted member for the Home Science Association of India.

#### **Dr. Roopa Rao**

- Appointed as the “Team Manager” for Anveshan National Student Research Convention (Inter-University National Level Research Convention) 2022 organised by Association of Indian Universities, New Delhi at Academy of Maritime Education and Training (AMET), Chennai, Tamil Nadu on March 27<sup>th</sup>-28<sup>th</sup> 2022.
- Felicitated by the Hon. Vice Chancellor Dr. Suhas Pednekar for her contributions at Anveshan 2022 on 8<sup>th</sup> April 2022.
- Appointed as the “District Co-coordinator for 16<sup>th</sup> Inter-Collegiate Avishkar Research Convention 2021 - 2022 for Zone – I (Mumbai – I) (Colaba to Mahim, CSMT to Matunga, and CSMT to Wadala), University of Mumbai.”

#### **Dr. Neha Mulchandani**

- Patent granted for Ph.D. Research Work along with research guide Dr. Vishaka Karnad on Healthcare Apparel with Antimicrobial and Fluid Repellent Properties using Nanotechnology granted on 21<sup>st</sup> January 2021.

#### **Ms. Sheetal Joshi**

- Received 1<sup>st</sup> prize for research proposal presentation titled 'Role of Women in the Decision Making Process amongst different Economic Strata in Mumbai City' in Humanities, Languages and Fine Arts under TH category at the Final Round of 15<sup>th</sup> Intercollegiate/Institute/Department Avishkar Research Convention 2020-21





# GLIMPSES OF SOME PROGRAMMES ORGANISED DURING THE ACADEMIC YEAR

“Adventures in becoming super humans”

With highly spirited hearts and minds, various activities and sessions took place during this amazing year!



## AWARENESS PROGRAMME ABOUT MENSTRUATION AND PERSONAL HYGIENE

**“ AWARENESS PRECEDES CHANGE.”**

World Menstrual Hygiene Day is observed on May 28<sup>th</sup> every year to spread awareness, break the taboos and end the stigma around menstruation. An online session was organised for the students of Junior College to create awareness about menstruation, provide safe and hygienic practices to girls, and eradicate persisting taboos and stigma. It was an interactive session which was conducted by Mrs. Sheetal N. She gave the information about the need to create awareness about menstruation and safe hygiene practices.



In addition to this a drawing competition was organised on the next day. Even in the 21<sup>st</sup> century, several women and young girls do not have access to proper menstrual knowledge, and menstrual hygiene infrastructure including sanitary napkins, clean toilets, or even safe disposal. According to UNFPA, May 28 signifies the menstrual cycle of females. As a fertility cycle lasts for 28 days, the date chosen to mark the day is 28. In the same way, an average period lasts for five days and therefore May, the fifth month of the year is selected. The World Health Organization aims at making menstruation a normal fact of life by 2030.

**Ms. Sheetal Nogueira**  
Assistant Teacher,  
Junior College.

I only feel angry when I see waste. When I see people throwing away things we could use.  
-Mother Teresa



## LECTURE SERIES IN PHYSIOLOGY AND RESEARCH METHODS

The Department of Foods, Nutrition and Dietetics conducted two lecture series- Physiology and Fundamentals of Research Methods and Statistics for students of T.Y.B.Sc. Home Science- Foods, Nutrition and Dietetics during the academic year 2021-2022.

A strong need was felt for inclusion of concepts in Physiology at T.Y. level owing to its relevance to the study of human nutrition. The lecture series in Research Methods and Statistics was formulated to help students develop scientific temper and research mindset.

Dr. Siloo Patel was the resource person for Physiology whereas Dr. Neha Joshi and Ms. Aarti Jain were resource persons for the lecture series in Fundamentals of Research methods and statistics. Each series comprised of 15 sessions which were conducted in online mode.

The course in Physiology helped students understand the basic functions of the various organ systems of the human body and familiarized them with various terms related to human anatomy and physiology. It provided them an overview of human physiology so as to enable the application of nutritional and other therapeutic principles in health and disease.

The lecture series in research methods oriented undergraduate students towards research and helped them develop their knowledge in research in the field of science. It provided them with an opportunity to develop basic research skills that enabled them to plan, conduct and present research studies especially those of community significance.

The students appeared for a test upon completion of each of these series. Certificates of participation were given to each student. All 50 students from T.Y.B.Sc. Home Science- Foods, Nutrition and Dietetics successfully completed the series. Both these lecture series were coordinated by Ms. Fatima Kader and Dr. Minelly Rodrigues under the able guidance of Ms. Vibha Hasija (Head of Department).

**Dr. Minelly Rodrigues**  
Faculty

We are all guardians of Mother Earth, and it is our duty to care for her and protect her from harm.

-Ameer Arat



## NUTRIKHOJ - A RESEARCH COMPETITION

Nutrikhoj- A research competition for students of T.Y. B.Sc. Home Science: Foods, Nutrition and Dietetics) was organised for the very first time by the Department of Foods, Nutrition and Dietetics to promote research culture among the students.

The students were initially divided into groups. Ten groups were formed comprising of 5 students each. Each group was randomly allotted to a guide. The guides included regular faculty from the department as well as the CHB staff. The groups met on a regular basis to brainstorm for research topics. Later a mini research project was conducted by the students. The findings of the study were presented at Nutrikhoj research competition.

All the groups commenced with their research work in January 2022. This included topic selection, designing of tools and data collection. This was followed by data analysis and report writing in March. The groups finally presented the research project at Nutrikhoj competition held in college on 23<sup>rd</sup> April, 2022.

Dr. Geeta Ibrahim (Retd. Principal) and Dr. Anuradha Mitra (Retd. Associate Professor) were the judges for the competition. They applauded the students for their research work and also provided feedback for improving their work.

The winners of the competition were as follows:

<b>RANK</b>	<b>Research topic</b>	<b>Names of Students</b>	<b>Name of Guide</b>
<b>I</b>	Gut Stories	Sarrah Dohadwala , Vidhi Gala Zainab Hinglawala, Sumaya Kadge Vidhi Karia	Ms. Vibha Hasija
<b>II</b>	Fibre Bomb	Khadija Ali, Shareena D'Silva Nirali Gala, Enola Gonsalves Shreya Tamse	Dr. Tasneem Ravat
<b>III</b>	Changes in Snacking Behaviour during Online Classes among College Students	Sneha Nair, Maryam Patrawala Dipti Shah, Azra Shaikh Fiza Shaikh	Ms. Jacqueline Colaco

Certificates of participation were issued to all students whereas certificates of merit were awarded to winners. The competition was coordinated by Dr. Minelly Rodrigues from the Department of Foods, Nutrition and Dietetics.

**Dr. Minelly Rodrigues**  
Faculty





## STUDY TOUR TO IGATPURI

### A TRIP TO REMEMBER

On 27<sup>th</sup> March 2022, we started our journey for our much-awaited study tour to Igatpuri organized by the department of Human Development, which was well arranged and coordinated by our Incharge Principal as well as Head of the Department Dr. Anuradha J. Bakshi; supported by Ms. Vanitha D'souza and Mr. Anthony Mashi from Ecstasy tours for 54 students from T.Y. B.Sc., M.Sc. I and M.Sc-II. The journey commenced with a positive note by a recitation of a small prayer and left for our destination from the College. The journey was filled with lots of fun and laughter throughout.

Following our arrival at the resort, we promptly proceeded with a brief one-hour workshop led by Brother Bryce, a youth services specialist from Don Bosco. The workshop began with an exhilarating array of icebreakers, engaging us in different activities. It was majorly focused on the four concepts of being alive, alert, awake and enthusiastic, which were beautifully demonstrated to us through various games and action songs. We were then made to reflect upon the learnings and skills we experienced and acquired while playing those games. Later, Brother Bryce conducted a three-hour workshop on self-awareness and personality development. This session emphasized the importance of self-acceptance, self-discovery, self-exploration, and different values. Inspiring videos sparked insightful discussions, while engaging group games fostered teamwork, support, guidance, and analytical thinking. The workshop concluded on a high and enthusiastic note.



We also witnessed astounding magic tricks by a very talented magician from Rajasthan at the resort. We then enjoyed a delicious dinner and spent quality time stargazing on the grass. To unwind, a dance party was organized, allowing us some leisure. After an hour of vigorous dancing, we returned to our rooms and engaged in rapport-building sessions with classmates or roommates, ultimately drifting off to a peaceful sleep.

The next morning started with nature trail to a nearby location which gave us a chance us to immerse ourselves in the beauty of nature. It was an adventurous walk with beautiful scenic views. After checking out of our rooms, we headed to visit Bhawali dam to get its magnificent view in the daylight. The gentle breeze, blue waters and calmness refreshed our minds. Post lunch, a group of students gathered for an engaging pottery-making session led by Mrs. Poonam, the pot-maker. It was a lively and experiential experience. Later, we visited the remarkable Vipasana Centre. The entrance itself had a majestic and glorifying view of Pagoda. The silence and the profound history of Lord Gautam Buddha left us completely awestruck. We also practiced meditation which brought us sense of peace and calmness. The centre had different story depictions of Lord Buddha's life through paintings and writings both in English and Hindi for the visitors understanding. We embarked on our journey back to Mumbai, carrying a treasure trove of memories, experiences and meaningful learnings. On our way back, we made a stop at Camel valley where we witnessed the mystic view of the mountains with monkeys hopping around. We finally left Igatpuri with a small gratitude prayer to God. The bus ride was quite eventful and energetic, filled with lots of music, dance and cherished memories.

We reached back home safely with lots of memorable moments and long-lasting friendship. Even though, the trip was a short one, but it was enriched with learning experience for each one of us.

We express our gratitude to the Management of College of Home Science Nirmala Niketan, In-charge Principal and HOD of Human Development Dr. Anuradha Bakshi and Ecstasy Tour for arranging an amazing study tour.



**Ms. Binal Dedhia**  
**M.Sc. II (HD)**



## SKILL ENHANCEMENT FOR CAREERS IN THE TEXTILE AND APPAREL INDUSTRY

**“ EACH OF US IS A UNIQUE THREAD, WOVEN INTO THE BEAUTIFUL FABRIC OF OUR COLLECTIVE CONSCIOUSNESS. ”**

India has the largest youth population in the world; around 66 per cent of the total population is below the age of 35. Youth empowers the country and skilling of the youth goes a long way to effectively reach the goal.

The Department of Textile and Fashion Technology College of Home Science Nirmala Niketan, provided a great opportunity to their students so that they too could develop their skills in series of workshops appropriately titled “Skill Enhancement for Careers in the Textile and Apparel Industry”. These were held online between the 20<sup>th</sup> of September 2021 and 30<sup>th</sup> of September 2021. Though the online medium was a challenge for both the resource persons and the students, all the sessions were very effectively conducted to suit the medium. The resource persons invited for these workshops were experts and had the distinction of establishing successful careers in their chosen fields. All the sessions were attended by the T.Y.B.Sc., M.Sc. I and M.Sc. II students of the Department of Textile and Fashion Technology. The following 5 workshops were held:

### **Surface Ornamentation: 20<sup>th</sup> September 2021**

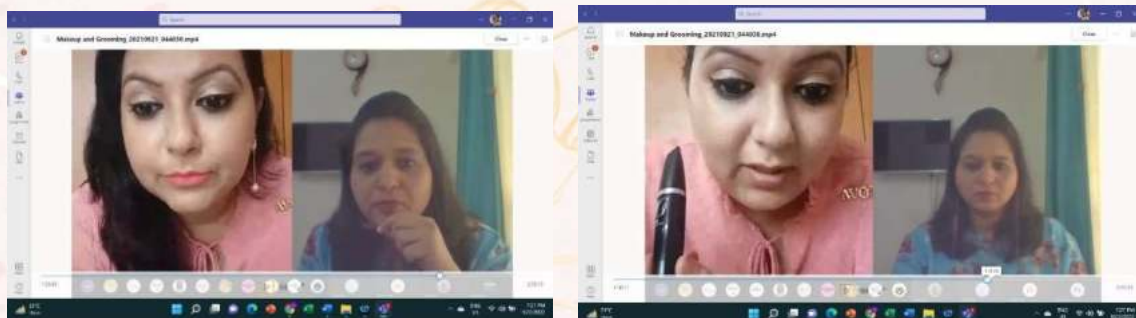
The resource person Ms. Meherr Sawhney, a faculty at M. Design at SVT College of Home Science and founder of label 'Meherr' spoke about the different types of surface ornamentation viz. embroidery, painting, printing, dyeing, as well use of buttons, origami, laser cut etc. She demonstrated techniques of using



buttons to create a unique surface, the folding of fabric to create an Origami butterfly and zero waste surface ornamentation technique called Tangram in which the 7 flat polygon puzzles are used. The session was very interesting and gave the students ideas to use different media to innovate new methods so as to create interesting surface ornamentation techniques and effects.

### **Make-up and Grooming-21<sup>st</sup> September 2021**

Ms. Anjum Kerosenewala, a professional make-up and grooming expert with Avon Cosmetics was the resource person for the session. She spoke about grooming, day make-up, fashion show make-up as well as night make-up. She was accompanied by Ms. Deepika Sisodia, Zonal Manager Avon for the grooming session. Ms. Kerosenewala then demonstrated the use of BB cream, highlighter,



eye make-up, like eyeliner, eye shadow and mascara and also of lipstick. She spoke about the differences between make up done for different times of the day and for different occasions.

### Hand Painting Techniques - 22<sup>nd</sup> September 2021

The resource person was Mrs. Aparna Sheth, a seasoned artist associated with Pidilite Fevicyl for 24 years. She spoke about different types of flat and round brushes of various numbers and then showed the special 'Fevicyl Soft Colours' which have good fastness without ironing from the reverse. She demonstrated the use of the embroidery ring for stretching the fabric, the method of



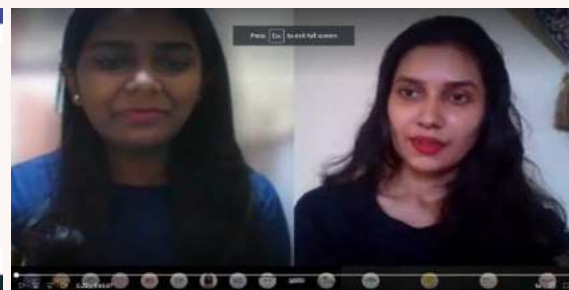
holding the brush and the direction of the strokes and the importance of changing the pressure and angle of the brush to get thick and thin lines. She showed different types of brush stroke techniques and painting on cotton, after which she taught the method of painting on fine materials like georgette.

### Fabric Jewelry: 23<sup>rd</sup> September 2021

The resource person was Ms. Padmaja Bhalavat, Fabric Jewellery Artist. Ms. Padmaja taught the students the making of a jewelry set comprising of earrings, neckpiece and ring made completely out of waste fabric and cardboard. Every step of cutting, the cardboard and fabric, the method of sticking the fabric onto the cardboard, finishing the reverse of the earring and attaching the jumper ring and hook were taught in great details along with the complete demonstration of the full process. The workshop was very helpful for students as they could easily make matching jewelry for their outfits and was also a good idea to start a small-scale business.

### Understanding Couture: 30<sup>th</sup> September 2021

The resource person for the session was Ms. Mohadessa Dehmani, an alumna from our institute and



presently pursuing a teaching career at Amity University and having a distinction of having started her own Brand 'Ritzeva' that deals with styling customized women's wear. Ms. Dehmani started the session by explaining various terms like designer labels, luxury brands, high-end luxury brands, bespoke clothing, ready to wear clothing and gave examples to facilitate easy understanding. She effectively mixed her presentation with pertinent images and made her presentation very simple to comprehend. She went on to speak about many well-known designers who were dabbling in haute couture and also explained the process of creating haute couture fashion garments. She explained terms like atelier, the process of toile-making, trial-fitting and then final fitting. Her well-made presentation along with many examples of designers along with pictures of their creations made the session very interesting and effective.

**Ms. Vrinda Udiaver, Faculty  
Edited by Dr. Pratima Goyal, HOD**



## “MS. NOEMIA D'SOUZA MERIT AWARD AND MS. NOEMIA D'SOUZA ENDOWMENT CHAIR (NDMA & NDEC - 2022)”

### “ LIGHTING HEARTS LIKE CANDLES ”

“Ms. Noemia D'Souza Merit Award and Ms. Noemia D'Souza Endowment Chair (NDMA & NDEC – 2022)” was organised on 11<sup>th</sup> February 2022.

Ms. Noemia D'Souza, Founder and Former Head of the Department played a pivotal in nurturing the Department of Textile and Fashion Technology by the virtue of her foresight and vision throughout. Her leadership in the initial 25 years as a teacher, mentor and guide continues to enrich the journey of the Textile and Fashion Technology Department with academic excellence and values of humanity. She has been a guiding light and has profoundly touched many hearts of students and staff of the department. With this intention the department has instituted Ms. Noemia D'Souza Endowment Chair (NDEC) and Ms. Noemia D'Souza Merit Award (NDMA). The NDMA motivates undergraduate and postgraduate students of the department to

aim for excellence. The NDEC help plan and organize enriching programme for the welfare and development of the students, the department and the community at large.

The event was coordinated by Dr. Vishaka Karnad and Ms. Sanghmitra Navalgund under the able guidance of Dr. Pratima Goyal (HOD). Ms. Reshma Ganji and Ms. Vidya Vivek were the eminent speakers of the day.

Ms. Reshma Ganji who is the MD-Libas Consumer Products Ltd. talked about her brand Libas, her journey of entrepreneurship and setting up of business and brand. Her success story shared by her was a source of inspiration. She shared photographs of her work and fashion shows. She also gave tips to the young minds, as to how to be a successful business woman.

Ms. Vidya Vivek - Director - TR Cutting School & Designer - Couture House, discussed about fashion styling. She discussed the key concept of how to be a stylist. She took the students through different types of styling, what are the requirements to be a stylist, skills and characteristics to be a successful stylist. Three students were presented the certificate of merit under the scheme of “Noemia D'souza Merit Award (NDMA):

Ms. Purva Bansode - Securing the highest mark in M.Sc. II examinations.

Ms. Sameeksha Patil- Securing the highest mark in M.Sc. I examinations.

Ms. Dixita Shah - Securing the highest mark in T.Y.B.Sc. examinations.



**Ms. Sanghmitra Navalgund**  
(Faculty)  
Edited by **Dr. Pratima Goyal**  
(HOD)



## JAMBOREE 2022

### We Are Back .....Live.....Post Pandemic

Jamboree, signature event of Department of Textile and Fashion Technology is one of the most awaited event of the year. The theme for this year was “Stay...Sustain – Care for Mother Earth.”

This season of Jamboree was more special as we have fought with all odds of pandemic and came back with a bang. 13<sup>th</sup> April 2022 was the much-awaited day when the students of the department showcased their garments for which they had worked round the year. The USP of jamboree is that all the garments are conceptualized, designed, stitched, styled and modeled by the students themselves.



4 Renowned jury members from the fashion industry were invited. Ms. Bhamini Subramaniam, An Educationist and Design Thinker; Mr. Prakash Gada, Managing Director – Aishwarya Design Studio; Ms. Kanika Bawa - Founder & Design Director -Kanika Bawa Design and Mr. Yogesh Gaikwad, Director SDC International Limited.

There were a total of eleven collections that were presented by the students of the Department. The themes for each collection revolved around sustainability. The show was an amalgamation of trends with sustainability, showcasing from kids-wear to designer wedding collections for men and women.

### COLLECTION OF M.SC II STUDENTS



Turn over fashion



High Tea Party



Fashion meets tradition



'Bhartiya Sanskriti' 'Bhartiya Vivah ki Sanskriti



Rajwadi Tales



## COLLECTION OF M.SC 1



**Stambh-Women's Wear**



**Arya- Men's Wear**



**Alankara**

## COLLECTION OF T.Y.B.SC



**Skirt Chronicles**



**Fusion Cult**

## COLLECTION OF F.Y.B.SC AND S.Y.B.SC



**Revival anecdotes**



**The Modern Brides- Barbie Dolls**

**Ms. Sanghmitra Navalgund, Faculty  
Edited by Dr. Pratima Goyal, HOD**

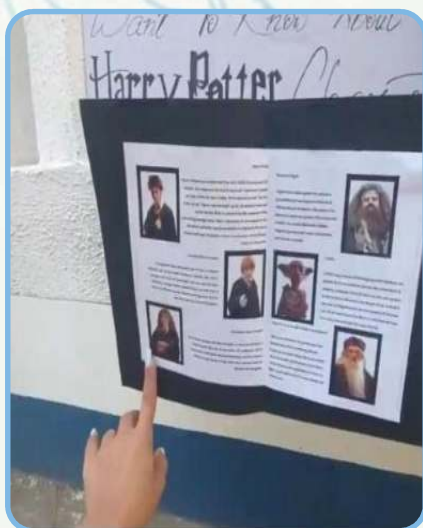


## CRM MARKET

### “SEEKING FUN OUT OF THE BOX”

After 2 years of lock down students of CRM were all eager to organize the annual CRM Market on 2<sup>nd</sup> and 3<sup>rd</sup> March 2022.

The objective of the market was to generate sufficient funds to be used for Chuim extension activities as part of Entrepreneurial Development Skill. Harry Potter, a film based on fantasy fiction, was chosen as the theme. The movie inspired the formation of groups for decoration and promotion. It was indeed an interesting way to put things out in the event and make it work well!



**Mrs. Sunita Jaiswal**  
HOD





## NATIONAL CONSUMER DAY

**“As consumers we have so much power to change the world by just being careful in what we buy.”– Emma Watson**

National Consumer Day is celebrated every year on 24<sup>th</sup> December. The theme for this year's National Consumer Day was “Tackling Plastic Competition”. The Department celebrated by organizing an online event on the same theme. Participants were from different colleges such as SNDT Matunga, Ghatkopar and SVT College, Santacruz. .

Three competitions were conducted for the students. The first one was named as “Plastic Kriti” in which students had to create something out of waste plastic materials. Another competition was poster making with topic of “Mahasagar ki Mahasamasya” in which students had to create a poster on the topic of marine pollution either handmade or digital and submit it online. And the third was a debate competition with the topic of “Plastic: Ek Vardhan ya Abhishap”. The results of the competitions were announced on the day of the main event. Two resource persons for the day who spoke on different problems related to plastic pollution were invited. The first speaker was Ms. Sonali Chitale, a visiting faculty in Garware Institute, a nature lover, a strong supporter of mangrove forest conservation and advocates for sustainable tourism spoke about the problems of plastic and how it affects tourism. The second speaker was Mr. Huzefa Colombowala who runs an IT business, but is an ocean lover and works closely with Afroz Shah for cleaning of the Versova Beach. He spoke about his journey of how he started getting involved in beach and river clean ups and various other social works like educating people in the surroundings about the importance of cleanliness of home, streets and personal cleanliness as well. A fun quiz programme for the attendees on environment, pollution and consumerism was also conducted. Winners of the competitions were:

### **Debate Competition**

- 1.Sital Kharwad (College of Home Science Nirmala Niketan)
- 2.Urvashi Lapasiya (College of Home Science Nirmala Niketan)

### **Poster Making Competition**

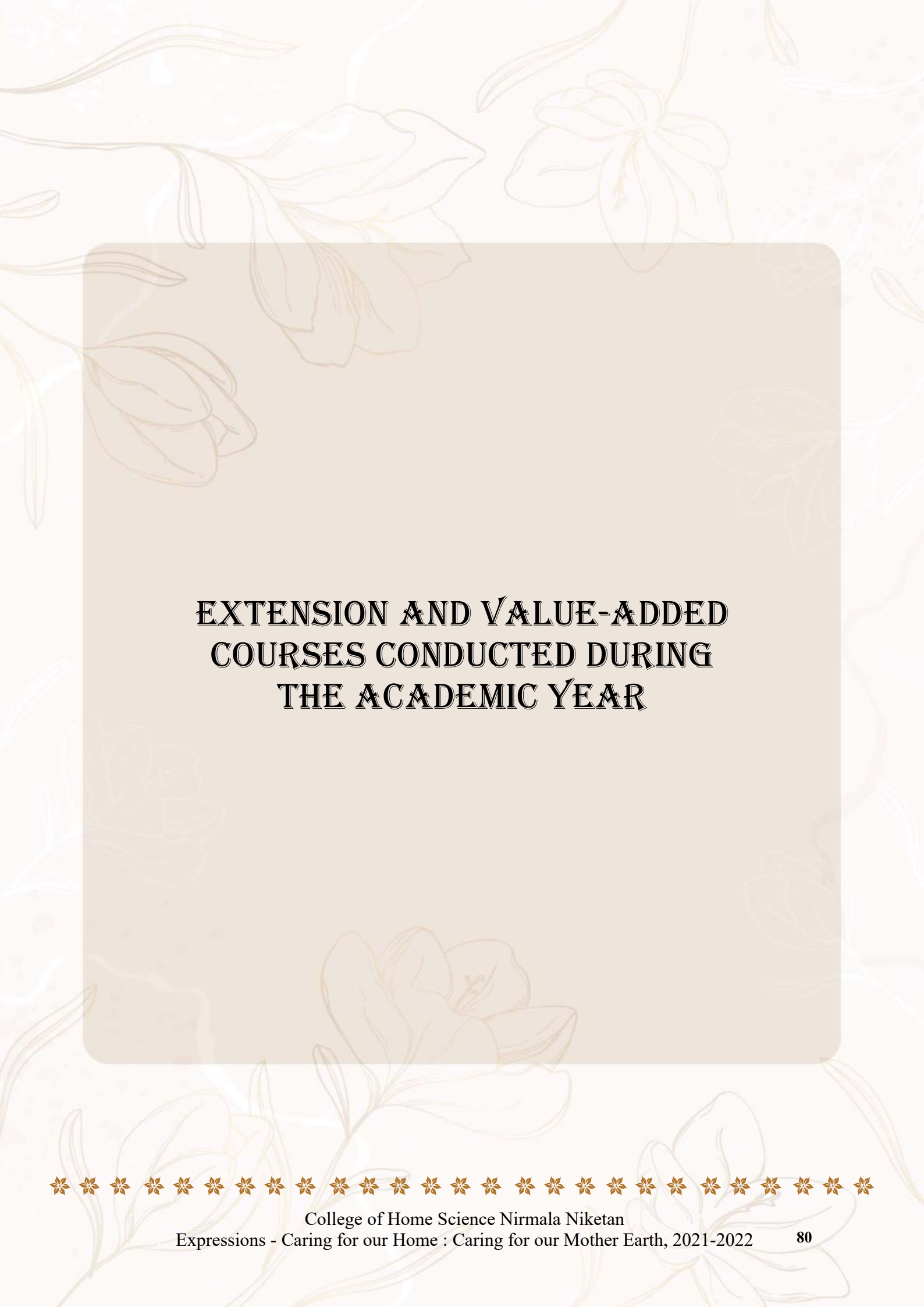
- 1.Naba Ansari (Anjuman I Islam Begum Jamila Haji Abdul Haq College Of Home Science)
- 2.Menka Yadav (College Of Home Science Nirmala Niketan)
- 3.Soni Mistry (Svt College Of Home Science)
3. Zainab Zohair Udaipurwala (College Of Home Science Nirmala Niketan)

### **Plastic Kalakurtti (Model Making)**

1. Ansari Ayesha Tahreem Abdul Bari (Anjuman-I-Islam's Begum Jamila Haji Abdul Haq College of Home Science)
  2. Snehal Pandey (Smt. P.N. Doshi Womens College)
  3. Mubarakah Murtaza Sawaliwala (College of Home Science Nirmala Niketan)
  3. Shweta Rahul Alane (Smt. B.M. Nanavati. College of Home Science)
- Judging of the event was done by both the resource persons Ms. Sonali Chitale and Mr. Huzefa Colombowala.

**Mrs. Sunita Jaiswal**  
**HOD**





**EXTENSION AND VALUE-ADDED  
COURSES CONDUCTED DURING  
THE ACADEMIC YEAR**



## EXTENSION ACTIVITY BY JUNIOR COLLEGE

### “Skyrocketing in Varied Spaces, Planting a New Seed Wherever We Are”

Nirmala Niketan Junior College organised a rural summer vacation camp from 9<sup>th</sup> May 2022 to 11<sup>th</sup> May 2022 in Vasai Nalasopara in association with an NGO named Sakhya Women's Guidance Cell. It works towards the empowerment of women. Mrs. Zahida Taqi from Junior College, the manager of our college Ms. Noella Dias, Ms. Erica Lobo and 12 F.Y. J.C. students participated in this rural camp. This team visited to teach art-n-craft and drawing to the children. These children actively participated in all the activities conducted for them and gave a good response. They also drew and painted, showcasing their talents. Next day, the team learnt about the work done by that NGO for the community. Ms. Erica conducted a session on 'Self-esteem' and Mr. Azeem Taqi gave a talk on 'Importance of Education and Empowerment of Women'. Sightseeing to Vasai Fort, Suruchi beach and visit to a village of fishermen were also done. It was an enriching experience for everyone to interact with the children of the NGO, to know more about the work of the NGO and to explore the nearby areas.



**Mrs. Zahid Taqi,  
Assistant Teacher,  
Junior College.**



## EXTENSION ACTIVITIES BY DEPARTMENT OF FOODS, NUTRITION AND DIETETICS

**“Nutrition isn't just about eating, it's about learning to live.”**

The Department of Foods, Nutrition and Dietetics organised various extension activities during the academic year 2021-2022.

Nirmal Swasthya, an online blog for disseminating current relevant information related to health and nutrition was one of them. Considering the massive use of social media, this activity was initiated by the students of T.Y.B.Sc. Home Science: Foods, Nutrition and Dietetics. It is a student driven activity where staff guide the students in making the blogs and posting them on the website.

Health is a very important aspect of our lives. Each year the Diet Counseling Committee organises a “Health Mela” for all staff and students of the college. This year the Health Mela was arranged on 21<sup>st</sup> April, 2022. Students of the Department of Foods, Nutrition and Dietetics spearheaded this activity and were involved in assessment of body composition, physical fitness and nutrition counselling. Measurement of bone mineral density, thalassemia and anaemia detection was outsourced.

Rural camps were also organised for students with an aim to sensitize the students to the existing health issues in rural Maharashtra. They also get a chance to learn various methods of dissemination of knowledge related to health and nutrition for women and children in the villages. Students of T.Y.B.Sc. conducted nutrition education sessions for people of Adivasi Padas in Kolad through collaboration with Jeevandhara- Institute of Social Service.

A camp was also organised for students of M.Sc. FND. They visited people of Adivasi Padas in Vasai and conducted different sessions and activities to impart nutrition education to these group of people.



**Ms. Sheetal Joshi**  
**Faculty**



## EXTENSION ACTIVITIES BY DEPARTMENT OF HUMAN DEVELOPMENT

### “ Self Care is How You Take Your Power Back! ”



On 21<sup>st</sup> April 2022, a fortunate group of our college had the opportunity to visit Vidya NGO (Chaitanya nagar, Powai) and conduct a workshop on the topic –“Importance of Mental Health”. A similar workshop was also conducted at Yuva Parivartan NGO (Govandi) on the same topic. Everyone enjoyed the various activities and games and were very creative and participative throughout!

An activity using balloon was organised where they had to write their negative feeling on a piece of paper. Initially, the students were shy to write about it but after some motivation by the NN team, they wrote about it. The paper was then put inside the balloon and was then burst which helped them relax. A video about emotional well-being and mental health was also shown to them.

They were then asked a few questions related to the video and they responded very well.

At the end, everyone danced to the song Love You Zindagi and pledged to say goodbye to their problems and say hi to happiness and invite it in our lives.

Feedback from NGO: Today Nirmala Niketan's volunteers came and conducted a session at CN center on 'The Importance of Mental Health'. It was a very innovative session done by the volunteers, completely activity based. They conducted different sets of games which kept all students engaged. They explained the importance of mental health through a chart. At the end they danced with children and the children enjoyed it very much. They mixed with children very freely so students participated and talked with them in a friendly way. Students came to know how important mental health is for their development.



**Ms. Hetvi Doshi,  
Ms. Jayani Gala,  
Ms. Fauziya Khatri,  
Ms. Iqra Sarang,  
Ms. Ayesha Tole(T.Y.B.Sc. HD) and  
M.Sc. (HD) Supervisor:- Ms. Naushin Shaikh**





## EXTENSION ACTIVITY BY DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY

### “ Glowing in Green ”

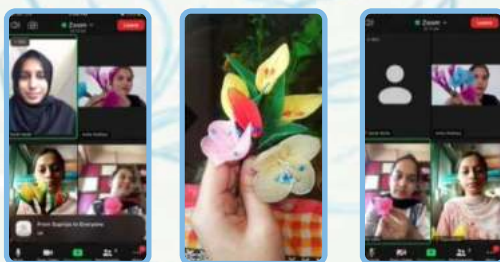
The T.Y. B.Sc. students under the subjects of Sustainable Community Work and Sustainable Social Entrepreneurship in semesters V and VI respectively, had the pleasant task of extending the knowledge they had gained, skills they had developed in their student lives to the underprivileged in the community. This aided in taking ahead inclusiveness and equal opportunity initiatives, so that the underprivileged could have a shot at improving their skills and through this have more options for self-employment as well as entrepreneurship.

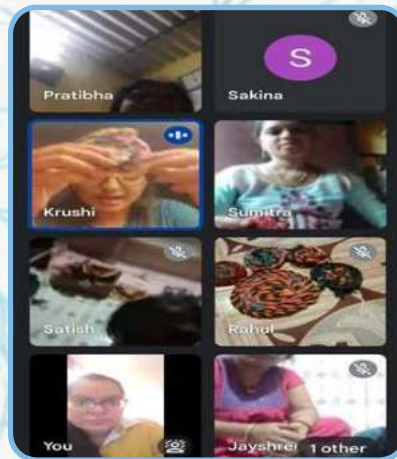
The pandemic proved to be a boon-in-disguise and took this work to the next level, as it was possible to conduct these classes online, thus increasing the reach to places where the offline mode could not have. Students created their own videos explaining the process of creating as well as marketing products, enabling easy access to all those with mobile phones and internet connections - a very basic need in today's time. The subjects reflected the idea of sustainability to a great extent, as the products taught were useful, and made with low-cost/waste materials lying at home. Methods of production were simple, easily replicable, and the videos of instruction created by the students could be watched multiple times in case of need. Most importantly they created sustainable methods of income generation clubbing it along with entrepreneurship thus fulfilling the main objective of these two subjects. Skills like value addition of products with embroidery, painting, dyeing and printing as well as creating cost effective utility products employing new as well as used materials was the focus of the subject. Accessories like key chains, bookmarks, fabric jewelry, hair clips, scrunchies, hairbands, fabric flowers and utility products like coasters, table mats, pouches, tote bags, potlis etc. were taught to the target groups.

Semester VI was devoted to teach the target groups methods of selling the products that they had made. They were taught the details of sourcing, costing, labelling, branding, and marketing in easily comprehensible methods suitable to their level of cognition and ability. The use of easily and widely accessible social media platforms like WhatsApp, Instagram, Facebook etc. for marketing was given greater emphasis as it has great reach with minimum investment.

There were a total of 7 NGOs that we collaborated with: 1. Shree Gauranga's Foundation Trust, Vasai; 2. Kshamata, Thane; 3. Apne Aap Women's Collective, Nagpada; 4. Sakhya Women's Guidance Cell; a. Women, Vasai and Thane, b. Children, Vasai and Thane; 5. Ashwamedh, Vasai 6. Sneh Sadan, Andheri; 7. Jeevandhara, Kolad

A total of 75 women beneficiaries and around 60 children from all NGO's benefitted through this extension programme involving 31 T.Y. B.Sc. students. The students were mentored by subject coordinators Dr. Pratima Goyal (HoD Department of Textile and Fashion Technology), Dr. Neha Mulchandani, Ms. Vrinda Udiaver and Ms. Sanghmitra Navalgund.





**Dr. Neha Mulchandani, Ms. Vrinda Udiaver,  
Ms. Sanghamitra Navalgund, Faculty  
Edited by- Dr. Pratima Goyal, HOD**





## EXTENSION WORK TO GYANDEEP COMMUNITY COLLEGE, KARAJGAON

**“Be it skills, experience, knowledge, kindness or love,  
sharing it will always make it a lot more  
times better!” – Zikra Syed**

The extension activity was conducted in Gyandeep Community College, Karajgoan by 25 T.Y. B.Sc. students on 31<sup>st</sup> March and 1<sup>st</sup> April 2022. The extension work was planned and organised by Dr. Goyal. The T.Y. B.Sc. students were guided, mentored and accompanied by Dr. Ritu Madhan and Dr. Neha Mulchandani.

65 beneficiaries in the age group from 15-25 years pursuing their Basic Fashion Designing course were trained by the T.Y. B.Sc. students. Each T.Y. B.Sc. student interacted positively with 2-3 beneficiaries for training. The training programme had 6 modules viz., Standard measurements and drafting of Pants & Palazzo; Cutting & Stitching of Pant / Palazzo; Embroidery using Warli motifs; Hairstyling; Costing and Marketing of products and Block Printing.

Ms. Clera Gonsalves, Principal of the Gyanjyoti Community College at the end interacted with both the beneficiaries and T.Y.B.Sc.students. She appreciated the students for giving the beneficiaries knowledge and training, and also shared the message that it is important to protect the Mother Earth. She shared the ways how the center is associated with the cause by planting medicinal plants and is slowly progressing towards making use of these plants for developing various herbal products.



Dr. Ritu Madhan and Dr. Neha Mulchandani engaged constructively during their stay with the teachers of the Fashion Designing Course, giving them pointers to improve finishing, ideas to develop smaller and simpler products and also solutions to difficulties they face.

The T.Y. B.Sc. students as well as the staff were then invited for planting two saplings in the center's nursery so that they could also be the part of the centers mission of protecting and preserving nature. It was a very proud moment for contributing in this and doing something for Mother Earth.

The palazzos which were stitched by beneficiaries, embroidered samples, block printed samples made by beneficiaries were displayed. The sisters in the center as well as the guests in the center (Officials from the Lions club) liked the work done by the beneficiaries and acknowledged the T.Y. B.Sc. Students dedication to teach them. Each beneficiary with the help of the students was then asked for the feedback of all the sessions conducted. The shy and reticent tribals were able to learn skills as well as gained confidence. On the other side, students of Nirmala Niketan learnt organization skills as well gained confidence. It was a beautiful mutual exchange of learning for everyone.

**Dr. Ritu Madhan & Dr. Neha Mulchandani, Faculty  
Edited by Dr. Pratima Goyal, HOD**



## “EXTENSION WORK TO VIDYADEEP COMMUNITY CENTRE, BHARUCH”

### “ Knowledge Shared is Knowledge Gained ”

Department of Textile and Fashion Technology has always strived to give the students enriching experiences, learning and immense exposure in terms of practical knowledge and skill through extension work. This year the M.Sc. I and M.Sc. II had gone to Vidyadeep Community Centre, Bharuch for 2 days. There were in all 18 students accompanied by 2 staff members, Head of the Department, Dr. Pratima Goyal and Mrs. Sanghmitra Navalgund.

There were 88 inhouse students who had enrolled for various courses like Nursing, Office Management, Gruhani, etc. The students of Vidyadeep Community Centre stay in the hostel as most of them are from tribal area in and around Bharuch. The Principal – Sister Asha, Sister Shaily, Sister Laveena, and Sister Janet and the students warmly welcomed us.



Hands on experience on Block printing technique and Tie and Dye was given to the trainees. The trainees were demonstrated on how to make the printing paste, how to develop padding for the printing table, the technique of block printing, etc for blockprinting and for tie dye, they were taught, the techniques of tie and dye and the dyeing process. Beautiful block printed samples and tie dyed samples were created by the trainees and the joy in their eyes was unfathomable.



### Block Printing



## Tie and Dye



The trainees were also introduced to basic embroidery stitches to be used for the applique work. A cultural exchange programme was held where the trainees presented Tarpa - the traditional tribal dance and our students and staff joined them in the celebration. It was a well spent time full of dance and music, after a fruitful teaching – learning session during the day. Blessings of the Lord were invoked with beautiful rhythmic prayers, sung by the trainees the next day.

## Applique



At the end of the extension work, a small exhibition was put up where the trainees displayed the articles prepared by them. The students of community centre and our's shared their experience and learning from the sessions held.

## Exhibition



**Ms. Sanghmitra Navalgund**  
**Edited by Dr. Pratima Goyal**



## “EACH ONE TEACH ONE” EXTENSION ACTIVITY BY DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

### “Awareness is Key to Create a Change”

Each one teach one is a motivation for the educated class to understand their moral and social responsibility to teach at least one illiterate person, which makes a big difference in society. Ever since the pandemic hit us, it hasn't been easy for anyone, be it the frontline worker or Head of the Department. But one thing the pandemic has taught us is that life is uncertain and that we can lose our loved ones in a blink of an eye. Keeping that in mind, the students of the T.Y.CRM Department had conducted an extension activity called “*Each One Teach One*”, during first semester wherein they reached out to the underprivileged parts of the society and decided to lend a helping hand. The subjects were from the areas close to their residence i.e. house maids and their children.

It is rightly said – “Padhega India tabhi toh badhega India”. This implies that, taking the initiative to improve the life of just one child suffering from child labour would be more beneficial than donating something to him/her. Each one teach one was like a two-way street. It helped students to know the subjects well and design the pattern of study accordingly. The activity conducted was of 10 hours wherein the students conducted each session of one or hour each accordingly. Since everyone's target group was different, the objectives would differ depending on the subjects.



Some of the objectives included incorporating low-cost nutritious recipes; enhancing communication skills; teaching entrepreneurial skills to generate income; invoking consumer awareness on menstrual health and hygiene; taking basic English grammar sessions for the kid facing some difficulties, etc. After conducting these sessions, the feedback was collected.

**Feedback :** From one of the CRM Student  
It was an amazing experience. At the beginning it was challenging to cover the topic related to maths (calculation) especially in Marathi but later, it went on smoothly. We all, the students, enjoyed teaching to the target groups.

I am happy that the knowledge I shared with Mrs. Khopkar is useful to her and she is happy about it. Even after the session she is continuing with her daily entries of income and expense and to do list. Mrs. Khopkar was so happy with the session that she even asked me to help one of her colleague with same session and she even said that the way I taught her maths calculation was so easy to understand that anyone can do it. At the end she even suggested that I should take Maths classes.

One thing that what covid taught all of us is that life is unpredictable and filled with uncertainties and nothing else matters more than our loved ones. One of the best examples is our subjects learnt a lot from the activities and after hearing that, our hearts were filled with gratitude. They seem to take one day at a time and cherish all the good that they have despite of it being bare minimum. After speaking to them, they said that they enjoyed learning everything that was taught and many topics and concepts were new to them. They were a little hesitant at first but eventually they gained the confidence to speak freely and loved how the students were patient with them without making them feel inadequate or any less. Their positive and supportive attitude drove our purpose. They understood the importance of good health and hygiene and understood how a well-balanced diet promotes wellbeing. The session ended on a good and positive note, the target group taking home the knowledge that our students imparted to them.



**Mrs. Sunita Jaiswal**  
**HOD**  
**Community Resource Management**  
**Fieldwork Coordinator**



## VALUE ADDED COURSE IN NUTRITION EXERCISE AND FITNESS

The Value-Added Certificate Course in Nutrition Exercise and Fitness was conducted by the Department of Foods, Nutrition and Dietetics. This is one kind course, which is a culmination of research and evidence-based curriculum as well as practical knowledge. After doing this value added course, our students not only gain scientific knowledge but develop the skills required in the nutrition and fitness industry. Students are able to use the knowledge gained in their specific domain.

The integration of value added courses focuses on leveraging the talent and innovative capabilities of the budding professionals to meet the needs of the contemporary dynamic business environment thus making the student more industry ready. The value added programme supplements students learning and enhances their preparedness to meet the challenges of professional life. These programmes enable the students to acquire a more holistic perspective and thus have better understanding of the issues of the present-day industry challenges and also facilitate the students to gain and develop innovative and creative skills through a wide array of course offerings.

The Value-Added Course lectures are scheduled simultaneously with their graduation lectures. The course for the year 2021-22 was coordinated by Dr. R. Beryl Nithya. This year the course was conducted through virtual classrooms, by expert faculty offering a multimodal learning experience. The faculty team was Ms. Chandini Chopra, Ms. Aarti Jain, Ms. Sejal Kamat, Ms. Ayesha Kherani and Ms. Farheen Khan. The course was conducted from March 2022 – July 2022, the subjects included in the course were two theory papers 1. Exercise and Holistic Health, 2. Nutrition for fitness and one Practical paper – Assessment of Fitness. Forty two students were enrolled for the course, twenty two students from T.Y. B.Sc. FND, two from M.Sc. II FND and eighteen from P.G. Diploma in Applied Nutrition and Dietetics.

A project was assigned to the students, they had to work in groups. They had to select one micronutrient essential for fitness. It was ensured that each group selected different micronutrients. They had to conduct a literature review on the selected micronutrient and plan a day's diet which ensures richness of that particular micronutrient which was selected. Furthermore, they had to design ten recipes it could be breakfast, lunch, dinner or a post work-out meal which were rich in the selected micronutrient with detailed calculations. The project also required them to enlist various supplements that can be used for that particular micronutrient and they also conducted a small survey on supplement use of that micronutrient selected and a 24 hour recall to show consumption patterns of the supplements.

**Dr. Beryl Nithya**  
**Coordinator of Self Financed Courses**



## WORKSHOPS ON “ORIENTATION TO INDIAN SIGN LANGUAGE”



A set of two workshops on “Orientation to Indian Sign Language” were conducted on the 18<sup>th</sup> and 19<sup>th</sup> of April 2022 for the S.Y.B.Sc. students. The resource persons were Mr. Jayesh Sureja, a deaf person himself/herself, as any language is taught best by its native user. Assisting him was Ms. Kinjal Shah, as this was only a four hour workshop and therefore the need for an interpreter at certain junctures was necessary.

Mr. Jayesh and Ms. Kinjal have been associated with our college for teaching ISL since 2013 when we started the first Value Added Course in “Orientation to Indian Sign Language” in our college.

Topics that they covered over the 2 days included:

- The basic nature of Indian Sign Language
- The myths about Indian Sign Language
- Signing basic vocabulary of alphabets, numbers, months, days of the week, some animals. fruits, vegetables, etc.
- Making simple conversational sentences / questions from the words covered above.



About 41 S.Y.B.Sc. students attended the course workshop on both the days. Certificates were awarded to those who participated on both days. The students were grateful for this set of workshops and thanked the resource persons for teaching them some basic Indian Sign Language.

**Ms. Rhonda Divecha**  
Coordinator (ISL Course)



## ADD-ON COURSE IN ENTREPRENEURSHIP IN TEXTILE CRAFTS

The Add-on course in Entrepreneurship in Textile Crafts recognized by University of Mumbai was conducted by the Department of Textile and Fashion Technology. 17 students successfully completed the course. The course was conducted through online mode and covered sections on Financial Management, Taxation and Duties, Marketing, Exports & Imports, Fabric Embellishment and Fabric Construction as per the recommended syllabus. Experts Ms. Disha Goshar, Ms. Fatima Cochinwala, Ms. Mohaddesa Dehghani and Ms. Samira Sheikh taught various sections. The assessment and examination procedure was also on online mode.



**Highlights of the course:** The course helped in imparting skills of designing and developing products through techniques of surface ornamentation. The experiences and learnings added to the knowledge of students helping them to enter and cope market competition and giving them the basics of making and marketing of their products.

**Dr. Pratima Goyal & Dr. Vishaka Karnad**  
Coordinators

### Student's Feedback:

“It was a very informative course and we got to learn accounting, taxes and other finance related basics. We learnt how to make a basic business model. We learnt special creative hand skills and the art of macrame and crochet. All-in all it was a real hands-on experience. The assignments were well planned and helped us to hone our skills and creativity further. It was conducted online and hence we appreciate the special attention that teachers gave to students and their learning. I am happy to have attended it and the new learning will help me in the future”

**Ms. Nafisa Soni (F.Y.B.Sc.)**



## ADD-ON CERTIFICATE COURSE IN VISUAL MERCHANDISING

The Add-On Certificate Course in Visual Merchandising, recognized by University of Mumbai, organised by the Department of Textile & Fashion Technology was co-ordinated by Dr. Pratima Goyal & Dr. Ritu Madhan for the academic year 2021-22. Fourteen students enrolled for the course from F.Y.B.Sc as well as S.Y.B.Sc. The course commenced on 18th October 2021 in online mode. The course comprises of four subjects viz., Principles of Design, Marketing & Merchandising, Fashion and Consumer Buying Behaviour. The subjects were taught effectively by Ms. Disha Zatakia, Ms. Fatema Gondalwala, Ms Mohadessa Dehghani and Ms. Nidhi Soni respectively. The faculty have prior work experience, not only in the field of teaching but also in various aspects of Textiles and Fashion like Designing, Merchandising, etc. Each subject had project work which the students worked at diligently





and presented the same during the designated classes. The project presentations were attended by both the coordinators, Dr. Pratima Goyal & Dr. Ritu Madhan, alongwith the respective subject teacher. Valuable feedback was shared by the course coordinators with the students. Final exams of the course commenced on 1st April 2022 in online mode. Of the fourteen students, thirteen students completed the course successfully.

**Dr. Pratima Goyal & Dr. Ritu Madhan**  
**Coordinators**

### **ONE YEAR ADD-ON DIPLOMA COURSE IN CAD-CAM AND COMPUTER TECHNOLOGIES IN THE APPAREL INDUSTRY**

A one year Add-On Diploma Course in Cad-Cam and Computer Technologies in the apparel industry recognized by University of Mumbai, organised by the Department of Textile & Fashion Technology was co-ordinated by Dr. Pratima Goyal, Dr. Neha Mulchandani and Dr. Anjali Srivastava. 31 T.Y. B.Sc. students and one M.Sc.I student enrolled for the course. This course was compulsory for all T.Y. B.Sc. students. All the subjects both theory and practical were taught by Mr. Sameer Panchamatia and supervised by Dr. Neha Mulchandani and Dr. Anjali Srivastava.

The Semester I classes commenced from 27<sup>th</sup> October 2021 and ended on 30<sup>th</sup> December 2021. Students downloaded required software on their devices. Some of the students were provided access to college computer through Anydesk. All the classes of semester I were conducted through online mode using M.S. teams platforms. Semester I exam was held online on 1st February 2022. Semester II classes were conducted offline from 3<sup>rd</sup> January 2022 to 7<sup>th</sup> April 2022 and the exam was held offline on 19<sup>th</sup> April 2022.

**Dr. Pratima Goyal, Dr. Neha Mulchandani and Dr. Anjali Srivastava**  
**Coordinators**

### **CRASH COURSE IN CAD-CAM AND COMPUTER TECHNOLOGIES IN THE APPAREL INDUSTRY- INTERMEDIATE & ADVANNCED**

This course was a crash course designed based on the Value Added Certificate course of CAD-CAM and Computer Technologies in the Apparel Industry- Intermediate and Advanced. Intermediate course was a mandatory course for M.Sc. I students from TFT Department (10 students enrolled) and Advanced was a mandatory course for M.Sc. II students (10 students enrolled).

Its subjects covered the topics such as CAD in Social Media, Adobe Photoshop which included Working with Images in Adobe Photoshop, Combining Images, Understing Resolution, Resolution for different Outputs, Grayscale, Vectors in Photoshop, Working with Layers ,Working with Patterns & Gradients etc, Digital Portfolio-Animation and Grading. Classes started from 27<sup>th</sup> October 2021 till 7<sup>th</sup> April 2022. Total 43 sessions were conducted for M.Sc I and 40 sessions for M.Sc. II. Mr. Sameer Panchamatia was the invited faculty to conduct the sessions. All the subjects both theory and practical were taught by Mr. Sameer Panchamatia and supervised by Dr. Pratima Goyal, Dr. Neha Mulchandani and Dr. Anjali Srivastava. The classes were conducted both in online as well as offline mode. Online sessions were conducted in the beginning of the term, but towards the end it was conducted in college computer laboratory. Students downloaded required software on their respective devices for online sessions. Examination were held on 19<sup>th</sup> April 2022.

**Dr. Pratima Goyal, Dr. Neha Mulchandani and Dr. Anjali Srivastava**  
**Coordinators**



## WORKSHOP ON PERSONAL STYLING GROOMING AND FITNESS

A two-day workshop on personal styling grooming and fitness by Ms. Shaifali Singh, Transformation Coach and Solutions Facilitator was organized for the students of S.Y. B.Sc. This course is an Add on Diploma course offered by the Department of Textile and Fashion Technology, and is affiliated to University of Mumbai.

The workshop included the importance of personal styling and grooming. Ms. Shefali Singh elaborated on the concepts of wardrobe management, capsule wardrobe and ways of managing the wardrobe efficiently.

She emphasized on how to analyse the physical attributes and the characteristics and provided recommendations for clothes and accessories that are trending according to the current season.

The different types of stylists and their roles and responsibilities were also explained by the expert. Some of the roles which she spoke about were style consultation and personality identification techniques, personalized body analysis with a suitable outfit recommendation, virtual shopping guide as well as offline shopping guide to add the best pieces for the wardrobe, accessories that suit a particular style and face that match your wardrobe and step-by-step guide towards achieving confidence through clothing.

Along with the explanation, she also demonstrated essentials of grooming, make up tips for different face types, clothes for different body types etc. She mentioned ways to adapt a grooming routine to maintain your skin, hair, for everyday lifestyle.

The workshop aimed to guide students in developing both personal and professional attitude, ultimately paving the way to be successful stylists.



**Dr. Pratima Goyal and Mrs. Vibhuti Khedekar  
Coordinators**



## VALUE ADDED COURSE IN WORKSTATION DESIGN AND APPLIED ERGONOMICS

The Value-Added Certificate Course in Workstation Design and Applied Ergonomics organised and conducted by the specialization of Community Resource Management since the academic year 2010–11. It is specially designed to provide an understanding of the key issues related to the workplace ergonomics and applied concepts of ergonomics to varied sections of the population. Students are required to use this understanding both to complete the course and to apply the knowledge gained in real situations at the workplace by conducting an in-depth study in their area of interest.

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

This was a unique year as the entire course was conducted online. 21 students enrolled from T.Y. B.Sc. CRM (the course is open only for CRM students because of the technical nature of the course content). Ms. Sakina Chhatrivala, Ms. Priya Arora, Ms. Ashwini Gaikwad, and Ms. Arundhati Dolas were the invited experts to conduct the lectures. The research/in-depth study was guided by Dr. Roopa Rao. The student groups were guided from topic selection to final report writing. The students presented their research study at various inter-collegiate as well as University level competitions and also at an International Conference. They have been awarded the “Best Research Prize” too.

The **industrial visit to Nashik** was planned mainly for the students of the Value-Added Course so that they get a practical insight into the various industrial applications of ergonomics. A trip to Igatpuri-Nashik was planned from 4<sup>th</sup> -6<sup>th</sup> March 2022.

The industries were carefully selected by the coordinator of the Value-Added Course Dr. Roopa Rao to include all practical as well as theoretical insights of the subjects and to learn about Occupational Health, HR matters and TQM. Visits to the Parle factory, Nashik Plant; Swami Samarth Engineering; Space Laser and Ambar Auto Engineers Pvt. Ltd., Nashik helped students gain first hand experience regarding the functioning of the industry. It provided an opportunity to plan, organize and engage in active learning both inside as well as outside the classroom sessions. It helped them assess their future placements in the industry as ergonomists. Most importantly they learned the do's and don'ts of the industrial practice. The students gave positive feedback regarding the course content and research/in-depth studies conducted by them stating that it gave them a practical insight into how, where and which position they would fit in at the industries

The students also got their fun quotient with a visit to the Bahuli Dam, Dadasaheb Phalke Udyan, Kapil Muni Ashram (One of the oldest universities), and Vipassana Center (Meditation center), and en-route visit to the Camel Valley (from the bus).

**Dr. Roopa Rao**  
**Coordinator**





# TOPPERS AND ACHIEVERS



# STUDENT AWARDS AND ACHIEVEMENTS

Achievers of the year 2021-2022

## TOPPER IN HSC BOARD EXAMINATION

Shah Krisha

## TOPPER AT T.Y.B.S c. LEVEL ACROSS ALL DEPARTMENTS

Ghadiali Batul (HD)

## TOPPER AT M.Sc. LEVEL ACROSS ALL DEPARTMENTS

Armar Suha (FPP)

## TOPPER OF POST GRADUATE DIPLOMA IN DIETETICS AND APPLIED NUTRITION

Das Taniya

## JUNIOR COLLEGE

CLASS	STUDENT	RANK
F.Y.J.C.	Machado Cheryl Walter	First
	Gala Kashti Hemant	Second
	Alam Afreen Mohammed	Third
S.Y.J.C.	Shah Krisha	First
	Oza Kinjal Deepak	Second
	Marchant Mahenoor Abdul	Third

## DEGREE COLLEGE

CLASS	STUDENT	SEMESTER
F.Y.B.Sc.	D'Britto Cheril	Sem I
	Bootwala Arwa	Sem II
S.Y.B.Sc.	Shah Palak	Sem III
	Shah Palak	Sem IV



### Foods, Nutrition and Dietetics (Aided)

CLASS	STUDENT	SEMESTER
T.Y.B.Sc.	Sethia Vidhee	Sem V
	Khadija Ali Mohammad	Sem VI
M.Sc. I and M.Sc. II	Khan Ayesha	Sem I
	Gala Pankti	Sem II
	Khokhar Salma	Sem III
	Khokhar Salma	Sem IV

### Human Development (Aided)

CLASS	STUDENT	SEMESTER
T.Y.B.Sc.	Ghadiali Batul	Sem V
	Jain Diya	Sem VI
M.Sc. I and M.Sc. II	Savla Meha	Sem I
	Gondalia Jinagna & Savla Meha	Sem II
	Pereria Fallyn	Sem III
	Pereria Fallyn	Sem IV

### Textile and Fashion Technology (Aided)

CLASS	STUDENT	SEMESTER
T.Y.B.Sc.	Fakih Sarah	Sem V
	Bhogle Megha	Sem VI
M.Sc. I and M.Sc. II	Raut Apurva	Sem I
	Raut Apurva	Sem II
	Patil Sameeksha	Sem III
	Patil Sameeksha	Sem IV



### Community Resource Management (Aided)

CLASS	STUDENT	SEMESTER
T.Y.B.Sc.	Attarwala Arwa	Sem V
	Gaikwad Akanksha	Sem VI

### Food Processing and Preservation (Self-Financed)

CLASS	STUDENT	SEMESTER
M.Sc. I and M.Sc. II	Mascarenhas Merlyn	Sem I
	Mascarenhas Merlyn	Sem II
	Armar Suha	Sem III
	Armar Suha	Sem IV

### Sports Nutrition (Self-Financed)

CLASS	STUDENT	SEMESTER
M.Sc. I and M.Sc. II	Sivranjani Varatharajan	Sem I
	Sivranjani Varatharajan	Sem II
	Dhakate Ayushi	Sem III
	Mali Prachithi	Sem IV

### Post Graduate Diploma in Dietetics and Applied Nutrition (Self-Financed)

CLASS	STUDENT	SEMESTER
P.G. Diploma	Taniya Das	Sem I
	Kazi Mariya Kamaaluddin	Sem II



## AWARDS AT 16<sup>th</sup> AVISHKAR RESEARCH CONVENTION

17 research proposals across all categories were selected for the final round. List of students and their project details in the Selection Round of 16th Inter-Collegiate / Institute /Department Avishkar Research Convention: 2021-22:

### Category 1: Humanities, Languages and Fine Arts

Level	Name of Participants	Guide
UG	Kadam Tanisha Ananda Bale Nutanna Srinivas Dalvi Poonam Mahadev Bhaigade Vijaya Ashok	Dr. Roopa Rao
PG	Agarwal Purva	Dr. Roopa Rao
PG	Jamali Naqiya Ghaswala Ramim Shaikh Aqsa	Ms. Payal Maheswari
TH	Joshi Sheetal	Dr. Veena Yardi

### Category 2: Commerce, Management and Law

Level	Name of Participants	Guide
UG	Ansari Zoya Zahid Boxwala Alifiya Bhogle Megha Barthwal Prachi Rajendra Dange Ayesha Arfin	Dr. Anjali Srivastava
PG	Shaikh Naushin Khan Huda Hasmi Simran	Dr. Anuradha J. Bakshi
PPG	Dehghani Mohaddesa	Dr. Pratima Goyal

### Category 3: Pure Sciences

Level	Name of Participants	Guide
PG	Lopes Samiksha	Dr. Minelly Rodrigues
PPG	Vaishampayan Vinaya	Dr. Veena Yardi

### Category 4: Agriculture and Animal Husbandry

Level	Name of Participants	Guide
PG	Carvalho Roslyn	Ms. Vibha Hasija
PG	Patel Nashrah Mohd Husain	Ms. Amruta Swapnil Dakh
PG	Doshi Drashti Dhariwala Fatema Gala Stuti	Dr. Vishaka Karnad





### Category 6: Medicine and Pharmacy

Level	Name of Participants	Guide
UG	Ansari Zoya Dedhia V anshi Ganatra Khushi	Dr. Anuradha J. Bakshi
UG	Nagarkar Sarah Raut Siddhi Shaikh Mehwish Udaykumar Shravya Vullamparti Praisya	Dr. Anuradha J. Bakshi
UG	Anjani Mohaddasa Gala Jayani Monterio Angela Parekh Ayushi Shah Kanishka	Dr. Kamini Rege
PG	Mhatre Rucha	Ms. Hinal Gala
PPG	Kherani Ayesha Ashraf	Dr. Geeta Ibrahim

Out of the 17 proposals, 6 proposals won at the final round.

Category	Level	Rank	Name of Participants	Guide
Humanities, Languages and Fine Arts	UG	SECOND	Kadam Tanisha Ananda Bale Nutanna Srinivas Dalvi Poonam Mahadev Bhaigade Vijaya Ashok	Dr. Roopa Rao
Humanities, Languages and Fine Arts	TH	FIRST	Joshi Sheetal	Dr. Veena Yardi
Commerce, Management and Law	PG	CONSOLATION	Shaikh Naushin Khan Huda Hasmi Simran	Dr. Anuradha J. Bakshi
Pure Sciences	PG	THIRD	Lopes Samiksha	Dr. Minelly Rodrigues
Pure Sciences	PPG	THIRD	Vinaya Vaishampayan	Dr. Veena Yardi
Medicine and Pharmacy	PPG	SECOND	Kherani Ayesha Ashraf	Dr. Geeta Ibrahim



## AWARDS AT AWARENESS AND ACTION RESEARCH FOR YOUTH AWAKENING (AARYA)

Topic	Rank	Name of Participants	Name of the guide
Impact of COVID-19 on Tourism – Perception of Mumbaikars	<b>FIRST</b>	Devanshi Dedhia Riddhi Chheda Moksha Mehta Karina Haria Shailee Gandhi	Dr. Roopa Rao
Eco-Fashion And Traditional Textiles Vs. Millennial's Cultural Knowledge	<b>SECOND</b>	Urvashi Jain Navita Gujja Mrudula Kadam Sakina Jamali Jincy Sajan	Dr. Neha Mulchandani
Impact of Pandemic Due to COVID-19 on E-waste Generation And its Mitigation	<b>THIRD</b>	Shruti Chavan Janice Devassy Hrudaya Hinde Arwa Das Bushra Dhankwala	Dr. Anjali Shrivastava

## AWARDS AND PARTICIPATION IN SPORTS EVENTS AND ACTIVITIES COLLEGE INDOOR GAMES:

SR NO	NAME OF THE EVENT	NAME OF THE WINNER	CLASS OF THE WINNER
1	Chess	Ms. Rutuja Gawade (Gold) Ms. Ayushi Dhakate (Silver)	T.Y.B.Sc. HD M.Sc. II SN
2	Carrom Singles	Ms. Sana Khan (Gold) Ms. Anushka Rewale (Silver) Ms. Ayesha Yusuf Shaikh (Bronze)	T.Y. B.Sc. FND S.Y. B.Sc. F.Y. B.Sc.
3	Carrom Doubles	Ms. Rucha Mhatre and Ms. Sana Khan (Gold) Ms. Khushi Savla and Ms. Vidhi Sethia (Silver) Ms. Mrunmayee Dalvi and Ms. Vriddhi Shah (Bronze)	M.Sc. II SN & T.Y. FND S.Y. B.Sc. S.Y. B.Sc.
4	Badminton Singles	Ms. Prizal Rodrigues (Gold) Ms. Dvisha Shah (Silver) Ms. Mrunmayee Dalvi (Bronze)	M.Sc. I S.Y. B.Sc. S.Y. B.Sc.
5	Table Tennis Singles	Ms. Ayushi Dhakate (Gold) Ms. Rucha Mhatre (Silver) Ms. Insiya Takulla (Bronze)	M.Sc. II SN M.Sc. II SN F.Y. B.Sc
6	Festival Games For Students	Ms. Fariha Shaikh (Gold) Ms. Sanjana Shinde (Silver) Ms. Nafisa Soni (Bronze)	F.Y. B.Sc F.Y. B.Sc F.Y. B.Sc
7	Festival Games For Teachers	Ms. Sanghmitra Navalgund (Gold) Dr. Minelly Rodrigues (Silver) Dr. Neha Mulchandani (Bronze)	Faculty



## PARTICIPATION IN SPORTS EVENTS

Ms. Rucha Mhatre (M.Sc. II Sports Nutrition and the President of the student body of the Sports Committee) participated in the following events.

- Introduction to Scuba Diving and Rescue course at Wild Wilder West on 2<sup>nd</sup> and 3<sup>rd</sup> of August 2021
- Amateur Pickleball Association Maharashtra State open Tournament 2021 at Prabodhankar Thackeray Krida Sankul, Shahaji Raje Marg, Vile Parle on 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> November 2021
- National Ranking (RYP) Pickle ball Tournament Palava, Mumbai on 4<sup>th</sup> and 5<sup>th</sup> December 2021
- Selection trails for all India Inter University Swimming held at Shree Shiv Chhatrapati Kridapeeth,



## STUDENT AWARDS IN VARIOUS COMPETITIONS AND RESEARCH ACTIVITIES

### Foods Nutrition and Dietetics

- Ms. Pankti Gala of M.Sc. I FND received the award for **BEST PLATING** in Protein Rich Salad Competition organised by Prolicious-by Samyog Foods.
- Ms. Zainab Hinglawala and Ms. Jamila Mustafa of T.Y.FND won the **FIRST PRIZE** in the student focus competition organised by FSSAI and ITCFSAN.
- Ms. Rashi Jain and Ms. Trishaa Vinod of T.Y.FND won the **SECOND PRIZE** in Nutriquiz organised by the Nutrition Society of India.
- Ms. Mansuri Erum and Ms. Rizwan Arifa of T.Y.FND won the **FIRST PRIZE** in poster making competition organised by NSS.
- Ms. Mishra Radhika and Ms. Bhagwan Sudha of T.Y.FND **SECOND PRIZE** in PFNDAI- Go pro with protein (protein rich recipe competition).
- Ms. Mishra Radhika and Ms. Bhagwan Sudha of T.Y.FND received the **BEST VIDEO** award for the recipe contest organised by Prolicious.
- Ms. Khadija Mohammad Ali of T.Y.FND won the **THIRD PRIZE** for Innovative Low Salt, Low Sugar recipe contest organised by NSI Mumbai chapter.
- Ms. Nehal Koradia and Ms. Pankti Gala of T.Y.FND (2020-21) won the **FIRST PRIZE** in OJAS organised by IIC of College of Home Science Nirmala Niketan.
- Ms. Samiksha Lopes, Vincia Dias and Ms. Roselyn Carvahlo of M.Sc. II FND won the **SECOND PRIZE** in OJAS organised by IIC of College of Home Science Nirmala Niketan.
- Ms. Puja Gada of M.Sc. II FND won the **CONSOLATION PRIZE** in OJAS organised by IIC of College of Home Science Nirmala Niketan.



## Human Development

- Ms. Fallyn Ann Pereira ranked **FIRST** in research paper presentation at the 6<sup>th</sup> National Level Shri Eknath Thakur Student's Innovation presentations competition SETSIPS. She received a merit certificate and cash prize of Rs. 1000/-
- Ms. Zainab Shabbir Nullwala ranked **SECOND** in research paper presentation at the 6<sup>th</sup> National Level Shri Eknath Thakur Student's Innovation presentations competition SETSIPS. She received a merit certificate and cash prize of Rs. 800/-

## Textile and Fashion Technology

- Ms. Mohaddesa Dehghani and Dr. Pratima Goyal Won **SECOND PRIZE** in Oral Paper presentation Teacher Category: at Green Fashion India- International conference 2021, KSSS SOFT titled Empowering Grassroots: Commercial Business Model for Handloom Weaving Sector on 25<sup>th</sup> and 26<sup>th</sup> November 2021
- Ms. Sameeksha Patil and Dr. Pratima Goyal Won **SECOND PRIZE** in Oral Paper presentation Student Category: at Green Fashion India- International conference 2021, MKSSS SOFT titled Rebirth of Indian six yards on 25<sup>th</sup> and 26<sup>th</sup> November 2021.
- Ms. Sara Dalvi and Dr. Ritu Madhan Received **THIRD PRIZE** for Best Paper at the 6th National level competition SETSIPC 2021-22, organized by the Department of Information Technology and Computer Science at the Sant Rawool Maharaj Mahavidyalaya, Kudal, held on 15<sup>th</sup> February 2022

## AWARDS AT ANNUAL FASHION SHOW JAMBOREE HELD ON 13<sup>TH</sup> APRIL 2022 STAY SUSTAIN-CARE FOR MOTHER EARTH

### M.Sc II (TFT)

- Best Women's Wear Garment -  
**Ms. Dipika Patel**
- Best Sustainable Garment -  
**Ms. Sameeksha Patil**
- Best Draped Garment - **Ms. Drashti Doshi**
- Best Men's Wear Garment - **Ms. Sara Dalvi**
- Best Styled Garment - **Ms. Sameeksha Patil**

### M.Sc I (TFT)

- Best Women's Wear Garment -  
**Ms. Riddhi Rayal**
- Best Men's Wear Garment - **Ms. Stuti Gala**
- Best Accessorised Garment -  
**Ms. Zuha Shaikh**

### T.Y.B.Sc (TFT)

- Best Women's Wear Garment *Skirt Chronicle* - **Ms. Zehra Shahjapurwala**
- Best Women's Wear Garment *Steal the Trend* - **Ms. Sumaira Shaikh**
- Best Women's Wear Garment *Fashion Cult* - **Ms. Megha Bhogle**

### For Overall Best Collections were:

- 1st prize was '*Bhartiya Sanskriti*'  
*'Bhartiya Vivah ki Sanskriti* M.Sc II
- 2nd prize was "*Arya – Men's Wear*" by M.Sc. I.
- 3rd prize was "*Skirt Chronicle*" by T.Y. B.Sc.



## AWARDS AT ONLINE INTERCOLLEGIATE COMPETITION” UNITED ECO CREATION 2021-22 THEME-STAY...SUSTAIN

### Accessory Making

- 1<sup>st</sup> prize to Ms. Bilquis Dhrolwala (M.Sc. I)
- 2<sup>nd</sup> prize to Ms. Siddiqui Safiya Gulam Rasool (T.Y. B.Sc.)
- 3<sup>rd</sup> prize to Ms. Zehra Shabbir Shajapurwala (T.Y. B.Sc.)

### Desi Kalakaar

- 1<sup>st</sup> prize to Ms. Pooja Savla (M.Sc. II)
- 3<sup>rd</sup> prize to Ms. Batul Lakhdwala (T.Y. B.Sc.)

### Drappin' nation

- 2<sup>nd</sup> prize to Ms. Khushi Vedant

### Garment illustration

- 3<sup>rd</sup> prize to Ms. Megha Bhogle

### Gee Whiz it's a Fashion quiz

- 1<sup>st</sup> Sarah Fakih
- 2<sup>nd</sup> Aarefa Hamid

### Knotty Needlework

- 1<sup>st</sup> prize to Ms. Radiya Vohra
- 2<sup>nd</sup> prize to Ms. Apurva Raut

### Mehendi art

- 2<sup>nd</sup> prize to Ms. Swati Malap

### Nail art

- 1<sup>st</sup> prize to Ms. Bansi Patel
- 3<sup>rd</sup> prize to Ms. Zoya Ansari

### Reel-O-Tribe (Reel making)

- 1<sup>st</sup> prize to Ms. Drashti Doshi

### Upcycling

- 1<sup>st</sup> prize to Ms. Zainab Ezzy

### Wake up your mind with MakeUp (Bridal Makeup)

- 3<sup>rd</sup> prize to Ms. Khushi Vedant

### Community Resource Management

- Gala, B., Fernandes, S., Andrades, S., Figer, V., and Rao. R.(2022) Awarded Second Best Research paper 2 th march at URJITA 2022. Presented a research study titled “ Work from home: A bon for the teachers” at URJITA 2022-Online intercollegiate Undergraduate students Research Competition themed ‘Challenges & opportunities in a changing world’ organised by Smt. P. N Doshi Womens College, Ghatkopar, Mumbai on 12th March 2022



## AWARDS IN VALUE - ADDED COURSES

### VALUE - ADDED COURSE IN NUTRITION EXERCISE AND FITNESS

- Ms. Taiyaba Shaikh-T.Y. B.Sc. - **1<sup>st</sup> Highest Marks**
- Ms. Nishat Zariwala-T.Y. B.Sc. - **2<sup>nd</sup> Highest Marks**
- Ms. Drishti Shah (T.Y. B. Sc.), Ms. Samiksha Lopes and Ms. Vincia Dias (M.Sc. II FND)- **Best Project**

### ADD-ON COURSE IN ENTREPRENEURSHIP IN TEXTILE CRAFTS

- Ms. Nafisa Murtaza Soni (F.Y. B.Sc.)- **Highest Marks**
- Ms. Nafisa Murtaza Soni (F.Y. B.Sc.)- **Best Project**

### ONE YEAR ADD-ON DIPLOMA COURSE IN CAD-CAM AND COMPUTER TECHNOLOGIES IN THE APPAREL INDUSTRY

- Ms. Khambati Arwa Firoz- **Highest Marks**
- Ms. Gonsalves Shaina Suhas- **Best Project**
- Ms. Dharod Maitri Ilesh, Ms. Fakhir Sarah Asif-**100% Attendance**

### CRASH COURSE CAD-CAM AND COMPUTER TECHNOLOGIES IN THE APPAREL INDUSTRY- INTERMEDIATE

- Ms. Apurva Raut- **Highest Marks**
- Ms. Apkesh Bole- **Best Project**

### CRASH COURSE CAD-CAM AND COMPUTER TECHNOLOGIES IN THE APPAREL INDUSTRY- ADVANCED

- Ms. Fatema Dhariwala and Ms. Swati Malap- **Highest Marks**
- Ms. Drashti Doshi- **Best Project**

### VALUE ADDED COURSE IN WORKSTATION DESIGN AND APPLIED ERGONOMICS

- Ms. Dalvi Poonam -**1<sup>st</sup> Highest Marks**
- Ms. Pereira Corinna -**2<sup>nd</sup> Highest Marks**
- Ms. Kadam Tanisha -**3<sup>rd</sup> Highest Marks**
- Ms. Pereira Corinna- **Highest Marks (WD)**
- Ms. Maroly Disha- **Highest Marks (AE)**
- Ms. Rukaiya Unwala- **Highest Marks (Prac)**
- Ms. Dalvi Poonam, Ms. Kadam Tanisha, Ms. Bale Nutanna, and Ms. Bhaigade Vijaya- **Best Project**
- Ms. Gala Bhavya, Ms. Kadam Tanisha, Ms. Waghmare Supriya- **100% Attendance**



## SCHOLARSHIPS

### Principal's Scholarship for toppers at the Graduation level (Semester V and VI) and at Post Graduate level (Semester I, II, III and IV)

Topper of FND T.Y.B.Sc. Semester V and VI  
Topper of HD T.Y.B.Sc. Semester V and VI  
Topper of TFT T.Y.B.Sc. Semester V and VI  
Topper of CRM T.Y.B.Sc. Semester V and VI  
Topper of FND M.Sc. Semester I + II + III + IV  
Topper of FPP M.Sc. Semester I + II + III + IV  
Topper of SN M.Sc. Semester I + II + III + IV  
Topper of HD M.Sc. Semester I + II + III + IV  
Topper of TFT M.Sc. Semester I + II + III + IV

Ms. Sethia Vidhee  
Ms. Ghadiali Batul  
Ms. Bhogle Megha  
Ms. Gaikwad Akansha  
Ms. Khokhar Salma  
Ms. Armar Suha  
Ms. Pujari Mansi  
Ms. Pereria Fallyn  
Ms. Patil Sameeksha

### Merit based scholarships :

- Ms. Deepti Patwardhan Award for securing highest marks in SY B.Sc. practical in Nutritional Meal Planning Sem III
- Ms. Deepti Patwardhan Award for securing highest marks in S.Y. B.Sc. practical in Pattern Making, Garment Construction and Styling for Women's Wear Sem III
- Ms. Deepti Patwardhan Award for securing highest marks in S.Y.B.Sc. practical in Nutritional Meal Planning Sem IV
- Ms. Deepti Patwardhan Award for securing highest marks in S.Y.B.Sc. practical in Pattern Making, Garment Construction and Styling for Women's Wear Sem IV
- Nirmala Niketan Institute Thresiamma Joseph Memorial Prize: Rs. 501/- to T.Y.B.Sc. student desirous of doing MSc in FND but unable to afford the fee or all-round best student of FND (regular in studies, hardworking, polite, readiness to render any service, readily participates in college extracurricular activities)
- Principal C. Galby Scholarship for highest marks in Third Year Textile and Fashion Technology and currently pursuing M.Sc. I in the Department of Textile and Fashion Technology in the College of Home Science Nirmala Niketan
- Ms. Noemia D'Souza Scholarship of Rs. 1500/- to T.Y.B.Sc. TFT student who gets highest marks in MSc I to support her research in M.Sc. II

Ms. Shah Palak

Ms. Rampurawala Naqiya

Ms. Hinde Hrudaya

Ms. Shah Palak

Ms. Sethia Vidhee

Ms. Rangwala Sakina

Ms. Raut Apurva



- Smt. Makaben Premji Vora Scholarship for securing highest marks in the field/extension work in T.Y.B.Sc. Ms.Sethia Vidhee
- Award instituted by teachers of CRM department for student getting highest marks in the practical of Aesthetic in Design at the F.Y.B.Sc. level (Sem I). Ms.Soni Nafisa
- Award instituted by teachers of CRM department for student getting highest marks in the theory of Introduction to Tourism and Hospitality Industry at the F.Y.B.Sc. level (Sem II). Ms.Bootwala Arwa
- Award instituted by teachers of the CRM department for student getting highest marks in Elective of Residential Interiors in T.Y.B.Sc. Sem V. Ms.Motiwala Fatima
- Award instituted by teachers of the CRM department for student getting highest in Elective of Hotel Front Office Operations in T.Y.B.Sc. Sem V. Ms.Gaikwad Akansha
- Award instituted by teachers of the CRM department for student getting highest in Elective of Kitchen Planning in T.Y.B.Sc. Sem VI. Ms.Mandasaurwala Alifiya
- Award instituted by teachers of CRM department for student getting highest in Elective of Housekeeping Operations in T.Y.B.Sc. Sem VI. Ms.Sadriwala Sakina
- Dr. Pratima Goyal's Prize for scoring highest marks in practicals at T.Y.B.Sc. Semester V – Textile and Fashion Technology. Ms.Hamid Aarefa
- Dr. Pratima Goyal's Prize for scoring highest marks in practicals at T.Y.B.Sc. Semester VI – Textile and Fashion Technology. Ms.Bhogle Megha
- Dr. Pratima Goyal's Prize for scoring highest marks in practicals at M.Sc. Semester I – Textile and Fashion Technology. Ms.Pereira Serena
- Dr. Pratima Goyal's Prize for scoring highest marks in practicals at M.Sc. Semester II – Textiles and Fashion Technology. Ms.Dhrolwala Bilquis
- Dr. Pratima Goyal's Prize for scoring highest marks in practicals at M.Sc. Semester III – Textiles and Fashion Technology. Ms.Chavan Shraddha
- Dr. Pratima Goyal's Prize for scoring highest marks in practicals at M.Sc. Semester IV – Textiles and Fashion Technology. Ms.Chavan Shraddha





## DOCTORAL AWARDS (PH.D. HOME SCIENCE)

Name of Scholars	Title of Thesis	Guide
Dr. Anuradha Mitra	Identifying the Risk of Lifestyle Diseases among Adolescent Girls from Mumbai (across four religions) and Development of Nutrition Awareness Programme	Dr. Subhadra Mandalika
Dr. Pooja Thacker	Effect of Preoperative feeding with nutrition drink on acute phase response in elective surgical patients	Dr. Subhadra Mandalika
Dr. Tasneem Ravat	Effect of irradiation on processing of different food hydrocolloids	Dr. Veena Yardi
Dr. Kundlata Mishra	Value addition in Protective clothing for work wear in process Industries	Dr. Ela Manoj Dedhia
Dr. Jinal Sangani	Contemprarizing Khadi and comparative Case study of Khadi Gramodyog and Fabindia	Dr. Ela Manoj Dedhia
Dr. Neha Mulchandani	Speciality finishes on Medical Textiles for Healthcare and Hygiene	Dr. Vishaka Karnad
Dr. Roopa Rao	Occupational Health focuses on Musculoskeletal Discomfort and Needle Sticks and Sharps Injuries among Nurses	Dr. Geeta Ibrahim





# CREATIVE EXPRESSIONS



## CARING FOR MOTHER EARTH

Isn't it wonderful to breathe amongst the greens? To see colorful blooms bright up and sway with the breeze? To observe different flora and fauna flourish along these habitats? To see ourselves happy & healthy?

It truly is!

Yet, we see it all deteriorating in front of our eyes. We don't make a noise. We don't pay a heed. We let it be, as it's going to be.

Don't we see, it's our own dangerous future that we're heading to? Will our next generations be able to survive? The future seems to be dark if the present is blind. We can't and we mustn't turn a blind eye to the increasing environmental issues.

We don't, now do we?

We live on this planet. We flourish right here. It's not only about the sole existence of us. We are, because SHE is. Wonder who's this 'SHE'? It's our Mother Earth. The reason we are, the reason we exist.

Let's not see it shatter, because it's us who's going to fade away too. All the beautiful lives that continue to survive, be it a squirrel or a sparrow; us humans or the giant wild animals. All lives matter. All deserve to be and feel alive.

Here's what you can do to water our planet the right way:

1. Plant a tree  
For every seed you sow, it's the beginning of a new life rowing us all towards a clean & green future. More oxygen to breathe, more food to eat, more help for us to combat the climatic changes we so don't need.
2. CONSERVE water and not WASTE it  
From drops & drops, we have a lot. And every drop you waste away, a living being gets deprived of the same. Let's not take unwanted advantage, and save up for the ones who are far away from this essential resource.
3. Live the 3R way: Reduce, Reuse, Recycle  
Reduce the use of harmful, wasteful, and non-recyclable products, which will lead to lesser amounts of waste compiling in the landfill & causing negative effects on the environment. Reduce the consumption of water and electricity and fuel. Replace the single-use items with things that are compostable and can be reused in order to cause minimal wastage/cut down on a lot of wastage. Recycling is the most environmentally friendly waste disposal method, so opt for stuff that are recycle-friendly.
4. Volunteer and Educate  
Volunteer for your local/community/society clean-up programmes or even start your own. Choose to learn/look more into this while sharing the knowledge you gather with others you find on your way.

**Remember, it all starts WITH and WITHIN YOU.**

**Ms. Zikra Syed Joseph Babu,  
(S.Y.B.Sc.)**



## PHASES OF LIFE

As we know, in nature, each living organism has a fixed pattern of life cycle. Similarly, human beings go through different stages of life as well. This beautiful journey of us, going through different stages of life is depicted beautifully in the poem *Phases of Life*.

Each and everyone has a life,  
For some blunt and for some as sharp as knife

Each stage of life has a unique gift,  
where in the individual personality shifts.

A child not yet born has a humanity hold,  
It could be anything that Shakespeare told.

A new-born imbibes a sense of optimism  
Little did he know that he would face racism.

A childhood is all about playfulness,  
which also includes lots of carelessness.

But the imagination power is strong,  
with a creative mind that serves for long.

Then puberty unleashes a powerful jet,  
Connecting to the people he met.

Starts struggling for family and friend  
getting a good job is a miracle that commend.

Those matured have their family raised,  
By working through society gets praised.

Elders represent a source of wisdom,  
remembering all the culture and custom.

Now the people in our lives have died,  
But they will go for an eternal ride.

As they form a part of my greater whole,  
I will pray to rest in peace dear soul.

By supporting the stages of human cycle,  
By conquering the great battle

This is what you should know My friends,  
That the phases of life thus come to an end..!

**Ms. Bushra Tambe**  
**(F.Y.J.C.)**



## A MESSAGE TO THE WORLD....

Eco-feminism is the branch of feminism that considers the Mother Earth as a feminine entity. It finds many similarities between the Earth and the women in the world in terms of the treatment that they both receive at the hands of the men in the world. Therefore, it raises its voice against the environmental issues across the globe and appeals the whole world to protect the Mother Earth. Similarly, in the following poem Ms. Bushra Tambe appeals the whole world to protect girls in the world from physical and mental brutalities and also to raise their voices against the same.

### My Message to the World

“World, O world!! What has happened to you??  
There's no humanity left,  
In humans' body heft.  
Earlier ladies were raped  
no matter what clothes they draped.  
Now, in this world not even little girls are safe.  
Oh world!!  
Tell me one thing...  
If you have a heart or not  
For, the government is just letting it go  
strict actions must be taken  
For the citizens are shaken.  
What pain she must have been through??  
And what people did, was just sit and view!  
That day her innocence must have been  
killed along with her body  
and hopes of 'Safety' were shattered once again.  
Just do one favour, Oh people in the world!  
Raise your voices against rape and make it heard.  
Oh world!! What has happened to you??  
Let's all gather together and work through..!

**Ms. Bushra Tambe  
(F.Y.J.C)**



## CARE FOR MOTHER EARTH

Life is possible on the planet earth because of the resources. Can you imagine a life on the earth if resources are not available there. And, the answer comes not at all. The resources like air, sunlight, water, creatures, minerals, and vegetation are integral parts of the Earth. But with the increasing level of pollution, these resources are getting affected. We, humans are destroying or depleting them recklessly. If we have not taken the calculative steps to save the Earth, it is going to be difficult to build a sustainable future on the Earth.

The resources are abundant on the Earth. Over centuries, the human race has made use of these resources. Humans utilise them to benefit themselves. However, the irrational use of the resources has caused damage to the planet. We are putting the Earth in danger because of the activities we do. It's high time we start protecting the earth and try to save it. We should start making efforts to try and save the Earth. Saving the earth is an activity which is the need of the hour. It's essential to start thinking about ways to save the planet. Humans have always used the resources on the Earth to fulfil their needs as well as wants. These activities are the reason behind the damage to the Earth.

*"You carry Mother Earth within you. She is not outside of you. Mother Earth is not just your environment. In that insight of inter-being, it is possible to have real communication with the Earth, which is the highest form of prayer."*

As we all know, the Earth is round like a ball and it revolves around the sun. It is the third planet from the sun with a distance of about 93 million miles. The Earth is the only planet in the solar system that has water on its surface. About 71% of the Earth's surface is covered by water. The rest 29% is land. The Earth is unique from other planets because it has the right temperature and composition of atmosphere to support life. The presence of water and air are two key factors that make the earth an inhabitable planet.

Moreover, the gravity of the Earth is just right – not too strong and not too weak.

Earth is a beautiful place with mountains, rivers, forests, beaches and so on. It is home to millions of different species of plants and animals, birds and fish and microorganisms. Human beings are also one of the many species that live on Earth. The Earth takes care of all living beings by providing them with food, water and shelter. It also provides us with the necessary resources for survival such as wood, coal, oil, etc. However, there are dozens of threats being faced by the Mother Earth. Firstly, the Earth is being polluted because of industrialization. The factories release harmful gases and chemicals into the air and water respectively which pollute the whole ecosystem. The rivers and oceans are also being polluted by industrial waste. This is causing a lot of harm to the plants, animals and marine life.

Secondly, the Earth is also facing the threat of global warming. The greenhouse gases such as carbon dioxide and methane trap the heat from the sun. This is causing the Earth's temperature to rise which is leading to climate change. Thirdly, deforestation is another major threat to the Earth. The trees are being cut down at an alarming rate for commercial purposes. This is causing a lot of harm to the environment as trees play a vital role in the carbon cycle. They help in reducing greenhouse gases and also provide us with oxygen. Fourthly, overpopulation is also putting a lot of strain on the earth's resources. The ever-increasing population is leading to more consumption of resources which is not sustainable in the long run. All these threats are causing a lot of harm to the earth and its inhabitants. We need to take immediate action to save our Mother Earth.



The first and foremost step that we need to take is to reduce pollution. We can do this by using less fossil fuels, recycling the waste matter more and planting more trees. It would be one of most critical steps that we are needed to take with due diligence. We need to stop deforestation and promote afforestation. This can be done by planting more trees and using less paper. Secondly, we need to control the population growth. This can be done by educating people about family planning and creating awareness about the importance of controlling population growth. Lastly, we need to take steps to combat global warming, as we discussed it before. This can be done by reducing greenhouse gas emissions, using renewable energy sources and planting trees.

We need to take all these steps immediately to save our Mother Earth. Let us all join in our hands and do our bit to make the Earth a better place for all living beings. Thank you!

**Ms. Prita Anil Parab  
(S.Y.B.Sc.)**

## BEAUTY

Earth looks so beautiful from the skies. The extra-terrestrials, if they ever existed and saw our beautiful Earth from the skies, couldn't ever have imagined that the Earth could be so wonderful because the real beauty of the Earth lies in the oceans and the forests. The beautiful fish, animals, birds, trees, flowers and fruits, different land forms, rivers, wind, rains etc. make this Earth the most beautiful planet in the universe. Thus the inner beauty of the Earth is more fascinating than its outer beauty. Same is true in case of the humans. Our inner beauty makes us more beautiful than our outer beauty. The real importance of the inner beauty of a person is captured by Ms. Sital Kharwad in her poem Beauty.

Skin colouring with eyebrows thick,  
Eye shining with fresh pink cheeks,  
For you that's beauty for sure,  
But that's no beauty, beauty is something even pure.

Sometimes that shines from within,  
A smile that shows tears holding in,  
That's beauty in its real form,  
And this will stay even after weathering a storm.  
Beauty is temporary if it's only the outer looks,  
Age will wash it off by hook or crook,  
But the inner beauty will always stay,  
And that's behaviour and the words you say,  
Virtual beauty may get you pride and fame,  
But inner beauty will be remembered by your name.  
No matter how beautiful you are,  
Doesn't matter if you're not as pretty as  
the stars.

If your character doesn't match your face,  
Trust me you will never win the likes race.  
Beauty is nothing if it's not without brains,  
It's equal to a building without any base,  
So, let your inner beauty come out more,  
Let it be simple, let it come out of your core.

**Ms. Sital Manrupsing Kharwad  
(F.Y.J.C.)**



## MOTHER'S LOVE

Mother is an embodiment of unconditional love. Her love is self-less and eternal. Similarly Mother nature also always showers her unconditional love on us. She feeds us, nurtures us and enriches our lives in all possible ways. Yet unfortunately we, the humans, plunder the environment, ignore her woes and don't care for her. In the following poem Ms. Sheetal Lohani from F.Y.J.C. class has expressed mother's unconditional love beautifully.



So selfless is her love,  
that would make you cry  
So eternal that would  
neither fade nor die.  
It's so pure and true  
because her heart would never lie.  
So unconditional it is  
that it will always glorify.  
How compassionate is her love  
that will always pacify.  
It's filled with concern  
that will never bid goodbye.  
Her love is so bountiful  
that it would always magnify.  
It's so generous  
that will urge you to satisfy.

**Ms. Dimple Lohani**  
(F.Y.J.C.)

## DEAR MOTHER

The most beautiful thing that happens in one's life is "Our Mother". She gives birth to us, bring us into the world, cares for us, teach us how to talk, teach us to eat, teach us to walk teach us to go out and see the world and teach us to be a good human being .

Dear Mother, you made me  
What I am  
From all the troubles  
You faced  
Your constant good example are the markers for my pathway that will last a lifetime.  
Nothing in the world could compare your love.  
Which is deeper than the ocean and whiter than a dove .  
You keep my roots to the ground.  
Mother you have always been here from the beginning  
Even if I don't say it I love you from the bottom of my heart.

**Ms. Prachi Barthwal**  
(T.Y.B.Sc.TFT)





## “BE YOU” THE WORLD WILL ADJUST

If we closely observe the nature we find that every species looks unique. All living organisms have their unique appearance and the best part of it is, they are happy with themselves and never try to copy others. The following painting was drawn by Ms. Maniar Sidra Mohamed Hussain studying in T.Y.B.Sc. FND class. It gives us a message 'Be Yourself' and never try to copy others. She has written the following short paragraph to introduce her piece of art.

Every person has their own story. Everyone is a hero/heroine in their lives. But sometimes in the hope of making people around you happy, we often forget to satisfy and make ourselves happy, give some little gestures to ourselves, self-love, self-care is what we need to focus on at this point of life. Once you lose the inner you from yourself, even if you try to be good to others, it won't be you. Hence, this painting itself conveys my message to you, BE YOU. No matter where you are, who you are, what are you going through, just try to be yourself by doing things you enjoy, trust me nobody can stop you, from doing so...

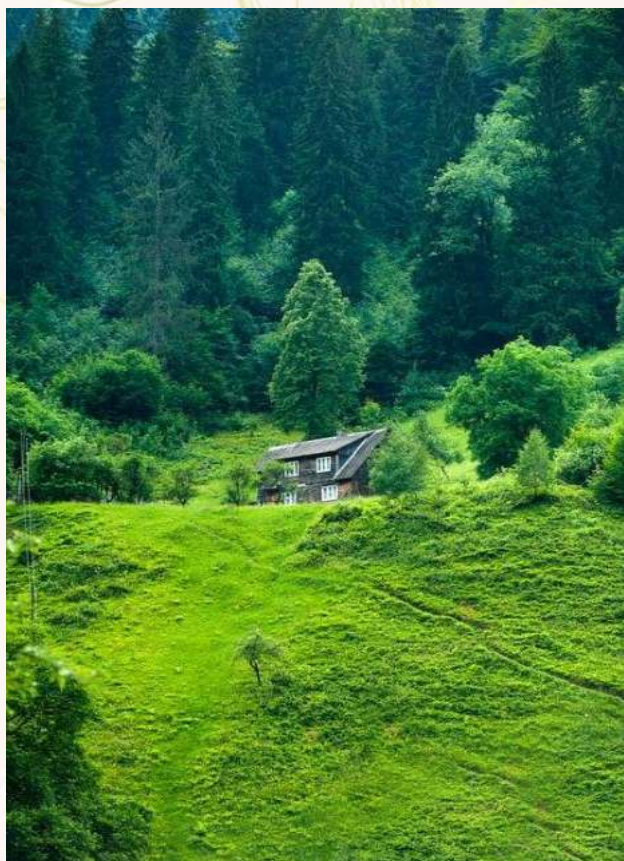


**Ms. Maniar Sidra Mohamed Hussain  
(S.Y.B.Sc.)**



## GREEN SCENERY

Naturalism is a branch of Philosophy that argues that the nature is the mother of all sciences. It tells us to go close to the nature in order to explore it and its mysteries. When we go close to the nature we find tranquility there. The green scenery, the singing birds, the colourful flowers and the grasshoppers fill our minds with joy. In the following nature poem Ms. Maniar Sidra Mohamed Hussain explores the different beautiful aspects and elements in the nature.



This green scenery,  
A scenery of peace.  
The best place for humans  
To make mesmerising memories.

Birds are sitting on the trees,  
Praising the beauty.  
Grasshoppers all around,  
Hopping on the ground.

Flowers of all colours,  
Herald the arrival of the summer.  
Tiny drops of water glowing on grass,  
Reflecting like glass.

Floral fragrance so refreshing,  
Enjoying this is truly a blessing.  
My lungs are filled with fresh air,  
Looks like it's peace everywhere.

Now it's evening,  
The time for sunset.  
The beautiful horizon,  
And the shining sun met.

**Ms. Maniar Sidra Mohamed Hussain**  
(S.Y.B.Sc.)

## NURTURE THE NATURE-OUR MOTHER EARTH MATTERS A LOT

“Look deep into the nature, and then you will understand everything better.”-Albert Einstein.  
This beautiful quote gives us a deeper perspective about mother nature. The nature is man's teacher and a wonderful gift to mankind. She unfolds her treasures to his search, unleashes her beauty to his eyes, illumines his mind, and purifies his heart; an influence breathes in us from all the sights and sounds of her existence.

We can all experience a feeling of deep admiration and love when we see the great harmony, elegance and beauty of the earth. A simple branch of a cherry blossom, the shell of a snail or the wing of a bat—all bear witness to earth's masterful creativity. Every advance in our scientific understanding deepens our



admiration and love for this wondrous planet. When we can truly see and understand the Earth, love is born in our hearts. We feel connected and in oneness with nature. Only when we've truly fallen back in love with the Earth, will our actions spring from reverence, and the insight of our interconnectedness.

Yet many of us have become alienated from the earth. We are lost, isolated and lonely. We work too hard, our lives are too busy, and we are restless and distracted, losing ourselves in the ongoing flux of this world. But nevertheless the earth is always there for us, offering us everything we need for our nourishment and healing. The miraculous grain of corn, the refreshing stream, the fragrant forest, and the majestic snow-capped mountain peaks, the beautiful setting of the sun and the joyful birdsong at dawn adds peace and tranquility to our minds.

Mother Earth is clearly urging a call to action. Nature is suffering. Oceans filling with plastic and turning more acidic. Extreme heat, wildfires and floods, have affected millions of people. Climate change, man-made changes to nature as well as crimes that disrupt biodiversity, such as deforestation, land-use change, intensified agriculture and livestock production or the growing illegal wildlife trade, can accelerate the speed of destruction of the planet. Even these days, we are still facing a worldwide health pandemic linked to the health of our ecosystem.

Let's not turn a blind eye on this kind of issue because it is where our lives rely, it is our future. Taking care of our environment is also doing well for the mankind. We should stop destroying our home. If we don't put a stop to our wrong doings, mankind and other living forms may suffer greatly, and we do not want that to happen. We all still have time to save the world. This is our home, so we should take care of it. Caring for our earth and saving it must be of utmost importance in our lives and we should make conscious decisions to make the earth a better and sustainable place to live in.

**Ms. Kiara E Noronha  
(F.Y.B.Sc.)**

## AM I REAL



**Have we ever thought if the Earth could talk to us face to face, what would she speak to us? I guess she would ask a question to herself, “Am I real”? And she would go further and say to us,” All of you are me and I'm all of you!”** Ms. Afreen Alam from F.Y.J.C. class has written the following poem as if she was a spokesperson of the Earth.



Am I real...  
Dancing on the fresh grass  
With all your personas, all your masks.  
As they dance with you together alas  
You have so many of you just to do a task.  
All of you are me and I'm all of you,  
All of you see how I'm happy with you,  
Yet at times I hate me, does that mean  
I hate you?  
Since all of you are me too.  
What should I do, I'm in a soup,  
Should I swim, should I just drown...  
Inside me with you all the whole day  
I'm cooped,  
The world outside is full of frowns!!!  
Minute I'm out there I'm bashed up endlessly!  
Moment I say a word the world turns against me;

So is it valid if I hate me?  
But you all are me too, do u think I'm crazy!  
As I step out and do my task,  
Endless questions I'm asked ...  
How? When? Why? For What.. a  
nd my list is vast!  
Where should I run to, my future or past?  
When I'm with you, when I'm with me ...  
I feel safe, and sometimes happy;  
But what if you all are not there really?  
What if I've created you for me?  
Tears stream down my moon like face,  
Bitter feeling ooze out of me,  
as my mind's at race...  
Am I real, am I me?  
If I'm you and you all are me ....  
Am I real?...or maybe...

**Ms. Afreen Alam  
(F.Y.J.C.)**

## THAT DAMN LIFE

Life is multifarious.  
  
For some life is a Love,  
for some life is a Sport,  
for some life is Dramatic,  
for some life is a joy.  
  
Life is a blessing,  
Life is a dressing.  
  
Ups and downs, lows and highs  
This is what the life is like.

Sweetheart  
  
It's that damn life.  
Life chokes our breath  
but still we breathe,  
Life makes us cry  
but still, we smile  
Life hurl us down  
But still, we rise  
This is what the life is like.

Live the Life  
The way you like  
Have this life  
Don't end this life  
Life is a blessing , life is a dressing  
Ups and downs  
Lows and highs  
This is what the life is like.  
  
Sweetheart,  
  
It's that damn life .

**Ms. Zainab Patanwala  
(S.Y.BSc.)**



## DEATH SAVED A LIFE

20 mins left for my death ,  
20 mins left, or should I already be dead?  
I can count the minute and my breaths...  
"I wish I could just end this misery ,"I said.  
All the time I'm ok...  
Every time, Every day....  
I'm so fed up of Every thing in the day!  
I'm so vulnerable to be anybodies prey!  
Tears flow like a taps on;  
Blood is red, it fills the pond.  
Where I lie n cut my hand ,  
N try to remember some good memories, if i can.  
Yet all I have is pain n sorrow !  
Everyone said," u can i borrow ".  
N, that's where thing began to go wrong.  
That y today I'm singing this song!  
A minute before death I stare in its eyes....  
N breakdown saying will u be my friend for life?!  
Strings attached to me we're cut,  
Relationship obviously left me hurt.  
I'm scarred n bruised ,my souls a mess.  
Will u still take me as u friend ,I request ...  
Death stares back n hugs me so,  
Saying it's ok I know....!  
World very cruel to a person sometimes !,  
I had gone through this, no lie.  
"But u are death how would you know!?! ",  
I looked up to a skull with no soul....  
N the reply was I too was human millennials before...  
I too had to go through this , it was painfully sore!  
I cut me too,n left to die ...that's when another death saved my life....

**Ms. Afreen Alam**  
**(F.Y.J.C.)**



## NOBODY CAN BRING YOU PEACE BUT YOUR OWN SELF



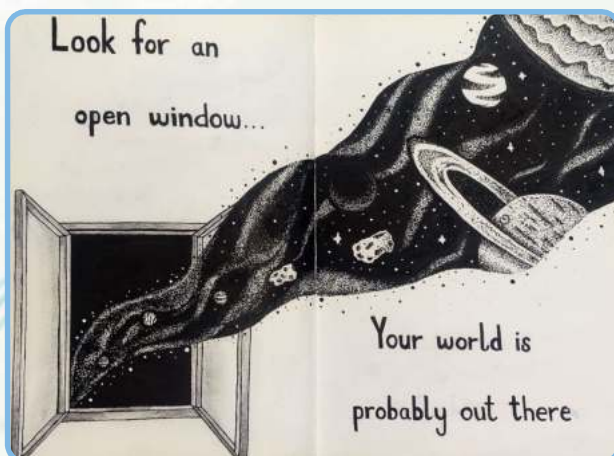
**Ms. Insiya Vora**  
(S.Y.J.C.)

## FIND A WAY OR FADE AWAY.



**Ms. Insiya Vora**  
(S.Y.J.C.)

## LOOK FOR AN OPEN WINDOW



A closed room will always have windows. Those windows are where we can see the world from. A world full of opportunities. Go and search for the window where you can see your world. Look for what interests you. That's your place, you belong there.

**Ms. Saniaa Mahimi**  
(S.Y.J.C)



## BELIEVER

If a person has a self belief then each day is a new beginning of life and each day is optimistic and full of hopes for a happy life. If a person has self belief then a person can hope for miracles and then his dream may come true. With self-belief a person has a hope or positivity in difficult situations. A man with self-belief can see the beauty of old people from whom we learn the lesson of true love. With self-belief we get strength and courage which are always lying in us in hidden forms. With self-belief we learn that we are never alone. From only the self believe we learn that life is a wonderful gift full of pleasant surprises waiting to happen and it's time to cherish our life with hope that 'I can'. It's only a true self believe with which we can reach our dreams and fulfil our hopes.

BELIEF + HOPE = POSITIVE ATTITUDE

**Ms. Bushra Tambe**  
(F.Y. J.C.)

## THE THREE ELEMENTS



The three elements that surrounds us -

Sun: as sunflower

Moon: as crescent moon and

Earth: as the floral patterns of the mandala when the sun and moon and earth come together

**Ms. Navya Mistry**  
(S.Y. B.Sc.)



## A NEW SUSTAINABLE FOOD FOREST FARMING ETERNAL FORESTS: A STEP TO UNITE AND BUILD A BETTER FUTURE FOR ALL!

We, the caretakers of the earth, have taken advantage of the stability of the seasons to navigate and manipulate it to grow crops abundantly. Currently with the climate changing, we see a slow yet dreadful end to the stability of the Holocene Age. It is high time for us to evolve in a new eco-friendly way and adapt to the climate change, in an effort to say, we at least slow down the climate change; and in hope for a better tomorrow, to stop, rectify and or reverse the change.

We want to see our needs for vitamins and minerals met. We must therefore make sure that the plants are healthy, well-nourished and their needs are fulfilled, enabling our species to have healthier sources of food. With this system, it not only guarantees but also promises permanence to this eternal sufficiency.

After generations practising traditional farming and due to extensive leaching of soil nutrients, it cannot be guaranteed that the source we use to nourish ourselves, actually contain what we consume them for. Just like how the baby's nutrition depends on the mother and what she consumes, the nutritional well-being of plant babies (fruits, vegetables, and grains) depends on the nutritional value of the soil and what it receives from the soil. With traditional farming techniques, we make sure that the plants are not fighting for the same nutrient and hence are spaced out.

With the use of pesticides and or chemicals, we cannot truly be sure that what we eat has the vitamins we need and if they do or do not contain chemical by-products and toxins. Traditional farming has proven useful to humans for ages. It has not been the most lucrative in terms of the space used. After all, you may need two thousand square feet to grow one kind of crop. Traditional farming has its merits and demerits. It has proven quite fruitful for humans. It does not mean that it is full proof and cannot be optimised.

**The concept of a food forest** aims to create a symphony of plants working in harmony to help each other grow and reach its highest potential and use each plant's merits and demerits to help the Group-it's much like a family house complementing and supplementing each other.

A two square meter of land is all that is required to make such an Eternal Forest system. It contains different layers of plants with the tallest to the shortest, underground and just above the ground, seven layers to accommodate a working forest model. The Seven Layers include; (1) Large Canopy Tree, (2) Small Tree, (3) Shrubs, (4) Vine, (5) Herbaceous, (6) Ground Cover, (7) Root. The Ground Cover is further divided into three sections viz. Runners, Flowers and Mulch.

The Large Canopy Tree is planted at the center of the land. It provides shade and acts as a pillar for vines to grow and a home to animals, birds and insects alike. The Small Tree is generally a fruit tree that grows to roughly two to three meters tall and sometimes plays the role just as the large tree does in certain cases. The Shrub Layer has plants that give produce once or twice annually and those that may need to be replaced once they have borne fruit, they are cut down and form the Mulch layer which also plays a vital role in enriching and retaining the water and quality of soil. The Vine Layer uses the large tree as support to grow and generally bears fruit once and forms the Mulch layer. The Herbaceous Layer can have a





variety of plants that grow in it, thus supporting the plants around and they as well act as a water conservative source and retain soil from being washed away. The Ground Cover Layer plays many roles; they protect the soil, the Flower layer in this attracts the insects towards them and thus naturally reduces the overall damage rate of produce. The Underground Layer provides nutrients just as well as the other layers and prevents erosion and wastage of fertile soil. All of the layers in some way help each other in this system; few, like the Flower layer in the Ground Cover layer, attracts insects and distract it from the fruits elsewhere, thereby sacrificing themselves. Even after a plant has produced and is cut off, nothing is wasted rather reused adding to its value towards a sustainable and self-sufficient system.

A system like this strives to create an inter-linked family that not only attracts fauna but also encourages flora and the microbiome and gives it the means to thrive and bloom abundantly in favourable conditions. This mini eco-system completes a full cycle in this setting and can pull through in a lesser volume of water and can sustain drastic weather changes such as rains in off season or otherwise.

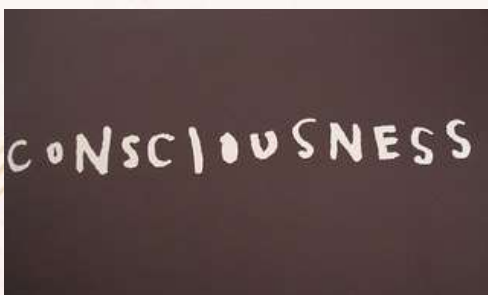
Firstly, the revenue rate per square meter increases than that of traditional farming spaces. With the right combination of plants, spoilage due to excess water can be prevented. The growth and production rate increases per square meter. Secondly, an Eternal Forest promises to be a dent and a solution we need to reverse our changing climate. Thirdly, it provides housing to animals and plants who cannot find much. If such a system is implemented in cities then it provides an oasis for our flora and fauna and with the ever decreasing number of trees, this will be an excellent solution to provide permanence to species other than that of humans. Lastly, it offers a promising solution enabling us to meet many, if not one, of our 17 UN Sustainable Development Goals.

The advantages of such a system are infinite and ever growing.

I wish for all of us, the positivity, prosperity and growth such a model would bring, to all of us earthlings. With strong faith in The Eternal Forest, I restate, it will improve our environment, our finances, our soul and help us be better ethically directed human beings with hope for a better today, tomorrow and an eternity!

**Ms. Enola Gonsalves**  
**T.Y.B.Sc. FND**

## PHILOSOPHY OF CONSCIOUSNESS: UNDERSTANDING THE NATURE OF CONSCIOUSNESS AND THE MIND-BODY PROBLEMS



The term 'consciousness' has eluded a precise definition for thousands of years. Its is a complex and a multifaceted phenomenon that has been the subject to ponder over for centuries. As a simple definition we can say consciousness refers to the state of being aware of ones thoughts, feelings, sensation, and environment. But consciousness is more than this. Its summary definition falls short when it comes to capturing the dimensionality of the term.

Many scientists and philosophers would argue that consciousness is better understood as the subjective human experiences.



## WHAT IS THE NATURE OF CONSCIOUSNESS?

The nature of consciousness remains a central puzzle in philosophy and a subject of ongoing debate and inquiry. There are several key questions that philosophers have tried to answer about the nature of consciousness:

1. Is consciousness a substance or a property?
2. How does consciousness relate to the physical world?
3. How does consciousness give rise to subjective experiences? “

There are many different philosophical approaches to the study of consciousness, each with its own unique perspective. Here are some of the key philosophical theories of consciousness.

1. **Dualism:** This philosophical posits that consciousness is separate from the physical body and cannot be reduced to purely physical processes. Proponents of dualism include philosophers like Rene Descartes.
2. **Materialism:** This theory holds that consciousness is a by-product of the physical brain and its processes. It argues that consciousness arises from complex interactions between neurons, and that the mind can be reduced to a purely physical explanation.
3. **Idealism:** This theory suggests that consciousness is the only true reality, and that the physical world is merely an illusion created by the mind.
4. **Functionalism:** This approach holds that consciousness is a type of a computational process that can be studied as function of mental states, inputs and outputs.
5. **Phenomenology:** This philosophy stresses the subjective and first-person experiences of consciousness. It argues that consciousness is not reducible to objective, scientific explanations and that there is unique quality to subjective experiences that cannot be captured by objective analysis.

## WHAT ARE THE MIND -BODY PROBLEMS?

The mind-body problem in philosophy refers to the question of how the mind and body are related, and whether the mind can exist independently of the physical body. It is a central issue in metaphysics, epistemology, and the philosophical positions on the mind-body problem are dualism, which holds that mind and body are two distinct substances, and monism, which holds that there is only one substance, either physical or mental.

**Ms. Saniaa Mahimi**  
**(S.Y.J.C)**



## MY EXPERIENCE OF RETURNING TO COLLEGE

September 1<sup>st</sup> 2022, will be cherished by many students, as 'the' day we got to finally step in to College of Home Science Nirmala Niketan to continue our S.Y.B.Sc. course, after spending an academic year entirely online. I entered my Second Year classroom with mixed emotions. There were traces of uncertainty, I was a little apprehensive and unsure what to expect. A few questions kept boggling my mind, making me think, 'How would my Lecturer's be?' I would be meeting my friends first time face to face after a long time, what would their reaction be towards me? What conversations would we have? And so on. Sitting back at home during the lockdown and attending online lectures had put me into a shell, making me very complacent and lackadaisical. But the excitement to meet my friends, whom I had only connected with virtually till now, surpassed the doubt and nervousness. Social distancing was not a problem, since the classroom is huge. During virtual classes, we had missed the classroom activities and fun.

I embarked on a journey of learning the different interesting subjects pertaining to my syllabus as well as interacting with my professors and developing a good rapport with them. Each and every single one of us was given an opportunity to share our deepest and darkest fears and insecurities. It felt more than just a class and opened my eyes to the very different ways of teaching styles, projects, assignments and fun times. I believe there is much to learn from this experience. I have come to appreciate deeply not only the company of my classmates but also the teachers'. This experience showed me the extent a relationship with my classmates and my teachers can go to.

As months progressed through the first semester of my senior year, I was settling down into my college life: attending lectures, grabbing a cup of coffee with a few friends at McDonald's and snacking on my favorite burger; window shopping with a few friends post college hours, compiling notes of studies conducted in college, taking the train to Churchgate station and then walking to college with the friends I had made who have now become my best buddies. As the months rolled on we were busy preparing for our exams, the brain taxing and fearful times which make a chill drive down my spine, as it was appearing for physical exams after a long break from writing. That meant waking up early morning and burning the midnight oil.

Since we do not know how much time we will get together, we are going all out to create memories as quickly as we can. Memories that will stand the test of time as we walk down the memory lane.

**Ms. Kiara E Noronha  
(F.Y.B.Sc.)**



## PETAL OF LOVE



Its petal of love- Rose petals, I suppose,  
were miracles to me,  
as if evoked by a wonderful  
dream and brought to life.

**Ms. Insiyah Vohra  
(S.Y. J.C.)**

## HOPE

Once your world is as black as starlit heavens  
and you meander in that ether,  
hope is the beauty that yields a rope and  
ties you to the possibility of a positive tomorrow.

**Ms. Insiyah Vohra  
(S.Y. J.C.)**



## OH, TO RETURN BACK TO COLLEGE AFTER PANDEMIC...!

It's been a tough year in covid since the teaching pattern was changed from online to offline. As everyone was used to the online mode of learning and exams; it was really a tassel switching back to completely physical mode all of a sudden, for both, the students and teachers. Students got used to the ease of online examinations and faced difficulties with concentration and all, after returning back to the offline pattern of exams and learning after such a huge break.

Students faced low enthusiasm as the pandemic era pulled down the interest of many students. Some batches missed the fun of attending and participating in various activities, they also missed a year of enriching and developing their skills in many co-curricular activities of college. Situations were such that meeting friends or meeting relatives wasn't as much possible as before as many students remained isolated, which is also a reason that led to many other mental health issues, etc.

There were also students facing financial issues in many areas which also led to many of them to start working at an early age leading to difficulty in focusing on college. There were students who were really under pressure at such a point of time as it was also really difficult for some to focus on their studies due to work pressure.

**But the fun starts here; when we entered the college for the first time** ....though it wasn't the first time for all, it seemed like the first day of school, like the first day of school which was full of excitement, and enthusiasm. With the mask on, we forgot that social distancing was a criteria to be followed; as seeing each other after so long we couldn't help but hug each other, while not not being that mindful about the teachers noticing us, and shared our tiffins with each other too.

So, this was how the journey of our college after covid began. The structure of our college did not change but many hearts were mended after coming back. The stories and gossips are still a part of our break time conversations. We consoled the million lives that our country lost, but also smiled for the million lives that were saved. The journey from selecting the MCQs to writing answers on the sheet of paper now physically is going on good. Would never wish for days like those again! But will always celebrate the present journey of our college after covid.

**Ms. Erica Gomes**  
**S.Y.J.C.**

## MEMORIES OF ONLINE CLASSES!

Oh, what a time of unexpected happenings! Everything was closed down, even the schools and colleges. Covid-19 pandemic transformed the way education was delivered. Government issued instructions to the education institutions for not putting a stop at students' learnings, but introduced online way of continuing it, keeping in mind the safety of all individuals. I will always be thankful to my teachers and our Nation's government for this decision in such a critical situation. Our college has been closed since the start of this pandemic. Most of the things we found to be impossible were now proven to be possible.



My experience from attending online classes during the coronavirus pandemic was good. We all were taking online classes on our laptops, tablets, mobile phones, computers, etc. and enjoyed this mode of learning with easy sitting in our personal space with all the comfort. Online classes allowed me to be at home with my family, in a protective environment. With the help of some apps, we discussed our thoughts with our friends and were able to easily communicate with our teachers.

We all were studying new things in our free time, enjoying staying at home and taking online classes while giving many online tests using the internet. It didn't feel like I was missing anything by taking online classes. At first, online classes were a bit awkward. Students had difficulty joining classes, classmates forgetting to switch off their cameras and microphones during the session and disruptions occurring due to background noises. But over time, people adjusted and found solutions. I feel, studying online was a part of safety during the pandemic. We had no other option than to sit at home attending the lectures. Overall, in my experience, online classes were so much better as compared to traditional classes during a crisis like this. Obviously there's no comparison of offline classes to online ones, but online classes were fun, at our comfort yet the interaction and enjoyment of physical classes have a different feeling all together. The curriculum and course contents covered were the same in both offline and online learning, as in, the students will have acquired the same knowledge at the end of their courses. In this regard, online education is just as good as traditional classroom setting since no contents are missed.

**Ms. Jocelyn Colaco  
(S.Y.J.C.)**

## AN UNEXPECTED JOURNEY

Journey from offline to online,  
It was difficult, but you made it happen.  
From “keep quiet student”’s to “speak up students,  
It was difficult, but you made it happen.  
From black board to white board,  
Was difficult, but you made it happen.  
From textbook to tablet,  
Was difficult, but you made it happen.  
From hugging to virtual appreciating,  
Was difficult but you made it happen.  
From being our teachers to being our superheroes,  
It was difficult, but you still made it happen.

**Ms. Zehra Shajapurwala  
(T.Y.B.Sc.TFT)**



## OH, TO BE BACK TO COLLEGE AFTER THE PANDEMIC!

The global pandemic took away the joy of learning. Two academic years spent online was a bittersweet experience! Yes, online classes were convenient, but it made us feel very incomplete. Ever since we returned back to college, fully vaccinated, everything took a drastic change.

The initial days were exhausting, both physically and mentally, but with the much needed support from our teachers and (not so online anymore) friends, we managed to settle in! The practical hours seemed endless at first, but when we started to get the hang of it, time slipped away like sand. With the constant motivation from our teachers, we finally entered into our “student mode” again!

All the activities and events organised by our teachers and various committees ensured that our morale remained high. Interacting with other students (not just the ones that we'd see on our screens) was also refreshing. Bottom line is, the pandemic made a huge impact on the entire population, however, our teachers and mentors made an even stronger impact on us pupils to ensure that we would not miss out on the essential role and experience of being us (a student!).

The pandemic has taught us to be grateful for each and every day that we get to live and to cherish every moment with our loved ones.

**Ms. Rahila Khatri**  
(S.Y.B.Sc.)

## OUR MOTHER, OUR PLANET EARTH!

I love the earth,  
And everything here is worth.  
The joy that lives,  
The beauty each one gives.

I love the animals,  
And the way fishes look at me.  
Because I'm a part of this mother earth,  
And it's a part of me.

**Ms. Ritika Srivastava**  
(S.Y.B.Sc.)

## THE DAWN OF AMOUR

After a drowsy day  
Walking under the streetlights  
Listening to music,  
a sudden sparkle hitting my eyes.  
What it could be ?  
The arousal of curiosity lead  
me to the sparkling path.

I was astonished,  
My eyes haven't espied  
the beauty like you,  
My ears haven't anhören  
the voice like yours,  
My nose haven't smell  
the aroma like yours.

And that's where the dawn of amour happened.

The alluring shades of sky  
with a flicker of moonlight  
The melodious voice of nightingale  
With a swishing of leaves  
The purity of air and the aroma of flowers  
Brush off my sorrows.

And that's when i grasp the beauty of yours,  
And that's when i fell in love with you.

**Ms. Zainab Patanwala**  
(S.Y.B.Sc.)



**“THE EARTH IS A FINE PLACE AND WORTH FIGHTING FOR”  
-ERNEST HEMINGWAY**

Whenever we think of nature or earth, what comes first into your mind? Probably, one might think of food, fruits, medicines, and many other resources that it provides us to enrich our lives. But rarely we think of it as a love or care that she bestows on us. We call our earth as “Mother” that means that we look upon Earth as a motherly figure. But unfortunately, our mother is yearning for our help and we are not listening to that. So now let us have a deeper look into this situation.

The word “Nature” comes from sanskrit word “Prakriti” which means origin or primary substance. So, it means that we all derived from earth itself, that we all are her children, that we all are the part of her. Let us just think about this scenario where there is no Earth to walk upon, where there is no water to drink, where there are no animals living, where there is no cultivation and hence no food to eat and then ultimately no life. Even thinking of this petrifies us, imagine this happening in reality. Hence, we can conclude that Mother Earth is the prime source of our survival and existence. Without Earth and its resources, we cannot imagine living the way we are living right now.

It is rightly said that “Only when the last fish is gone, only when the last river is poisoned, only when the last tree is cut down...will the mankind realize that they cannot eat money”. We humans are striving so tremendously for our better tomorrow. Many people dream of having a happy family, living in a beautiful house, but we never imagine about our environment, developing a healthy, pollution free environment, doing something for the betterment of our environment. Why is this so? Why is this the situation? Because we humans think or we have assumed, in the course of time, that Nature has a superpower to tolerate each and every harm and it is true to some extent. Nature does have some intrinsic capacity to resist some harm but when it reaches its peak it creates a havoc and we all have experienced that havoc because somewhere or other we have surpassed that tolerating capacity of our Mother Earth. Oceans are filling up with plastic, imbalance in ecosystem, extreme heat, wildfires, floods, depletion of ozone layer, degradation of biodiversity, extinction of species of nature and what not. List can go on and on. Mother Earth is urging for an immediate action. Our Nature is suffering. Our earth has its own congenital value and an only planet with the continuity of life so it becomes most important to generate a sense of saving our mother earth from all the planet harming activities.

So now one might think of how can be my actions helpful in saving mother earth or how can I try to save the earth. Solution is very simple, start being aware of your actions, being aware of how your actions can be destructive in nature, start implementing some elementary ways in which you can be of some help. Always remember, it's not about how many people are backing you but it's about how much you can contribute. Following are some of the ways that you can instill in your life for showing care for Mother Earth:

- 1) Spend some time with nature and try to understand it.
- 2) Always choose sustainability.
- 3) Try re-modeling your thoughts.
- 4) Try setting an example for others.
- 5) Try to create awareness wherever and whenever possible for you.

These things can be done on individual grounds and it will at least give a kick start to do bigger things in future. There are so many of people who are doing selflessly for Mother Earth like Licypriya Kangujam, Vandana Shiva, Amla Ruia and many more.

So I would like to conclude by asking couple of questions to ponder upon, “If we call Earth as our Mother then are we doing our obligations of being a good child of that mother?” “Are we really racking our brain before tormenting the Earth?” If no, then there is still time to redirect our thoughts and actions. So let us take an oath to never perform or minimize the actions that are potential to cause harm to our mother earth and let us together give our mother earth what she is indeed worth of!

Thank you...

**Ms. Palak Sanghavi  
(F.Y.B.Sc.)**





## धरती कहती...

सभी ग्रहों में मैं हूँ अनोखी कहती ये धरती  
हवा, पानी, जिंदगी सभी को अपने भीतर समाती  
अंतरिक्ष कक्ष में मैं गुमती चक्कर काटती  
रात दिन और भिन्न ऋतुएं तुमको प्रदान करती

मेरी ज़मीन, मेरा आसमान आधार है तुम्हारा  
फिर भी तुम इंसान इस मिट्टी में भर रहे हो कचरा  
मैं देती तुमको जीवन जीवनी और घर का सहारा  
फिर क्यों लालची मन्न से कर रहे हो प्रकृति का अंत?  
याद रखना बात मेरी, तुम पछताओगे अनंत

मेरी वायु, मेरे पवन में ले रहे हो सांसें बेफिकर  
फिर भी तुम इंसान कर रहे हो इस हवा को प्रदुषित हंसकर  
आखरी चेतावनी समझो है एक ही ये जीने का अवसर  
क्योंकि इस हंसी से हो रहा है आरंभ मेरा अंत  
याद रखना बात मेरी, तुम पछताओगे अनंत

मेरी नदियां, मेरा समंदर है तुम सबकी ढाल  
फिर भी तुम इंसान इस पानी को समझ रहे हो अपना माल  
ये कराक्रम का अंजाम तुम्हारा हाल करदेगा बेहाल  
क्यूकी इस कार्य से हो रहा ह आरंभ मेरा अंत  
याद रखना बात मेरी, तुम पछताओगे अनंत

तुम ही बताओ और कितनी सहूँ मैं ये पीड़ा, ये वेदना  
रो रही हूँ, चिल्ला रही हूँ मान लो मेरा ये कहना  
नहीं संभालोगे जो तुम मुझे अगर समय रहते अभी  
नहीं संभल पाएंगे तुम्हारी आनेवाली पीढ़ी कभी  
कहती हूँ यही है तारिका बचनेका.. तुम सुनो सभी  
क्योंकि हो चूका है अब आरंभ मेरा अंत  
याद रहेगी बात मेरी, तुम इंसान पछताओगे अनंत

**Ms. Khushi Ramesh Savla**  
(S.Y.B.Sc.)

## समय सूचक यंत्र

छोटी सी हूँ लेकिन फिर भी,  
बड़े काम की मानी जाती ।  
सदा समय की पाबंदी में रखना,  
सबको हूँ सिखलाती।।  
कभी जेब में पड़ी ठुमकती ,  
कभी कलाई पर बंध जाती ।

कभी मेज़ पर बैठ ठाठ से,  
टिक टिक टिक टिक राग सुनाती।।  
छोटी हूँ पर घंटाघर के ऊपर ,  
होती बहुत बड़ी हूँ।  
सोच रहे होंगे- मैं क्या हूँ ,  
मैं तो केवल एक घड़ी हूँ।।

**Ms. Sital Kharwad**  
(F.Y. J.C.)

## एहसास

मन के भेदों में अटक के रह गए उसके शब्द,  
कहना तो बहुत कुछ था पर हिम्मत ना थी।  
आज भी डरता है तो शायद कह दे.....  
तो बनती बात बिगड़ जाए, जो है तो भी खत्म हो जाए।  
जी तो रहा है, पर.....  
उस के साथ होने के एहसास में,  
अब तो सिर्फ आस ही साथ हैं, की शायद वो दिन आए जब.....

खामोशी की बेड़ीयाँ टूटे और प्यार की लहरे आए  
फिर एक बार, रंगों की बाहर छाए,  
दुखों के अंधेरे हटे .....  
खुशियों की रोशनी छाए।  
फिर एक बार.....  
उसके चेहरे की मुस्कान, दिल का चैन लौट आए।।

**Sanskriti Gami**  
(S.Y.J.C.)



## गुफ्तगू

पत्रों पे जो खत लिखे हैं।  
पढ़ भी लिया करो कभी।  
वक्त के गुज़रने की आहट।  
समझ भी लिया करो कभी।  
दिन गुजर जाते हैं।  
पलों के पंखों पर।  
खामोशियाँ रह जाती है होंठों की निगाहों पर।  
रहती है खुशी, कभी गूँजते हैं गम।  
हर नदी पर पुल एक बंदा ही रहता है पर।  
मंजिलें रुकी हुई है सहर पर।  
चला भी लिया करो कभी।  
सरहद पार ख्वाब जिंदा है।  
देख भी लिया करो उन्हें कभी।  
कल चुपके से आती है।  
ठहरी हुई है वो छत पर।  
न चाहते हैं हम कभी कभी।  
दरवाजे खोलने पड़ेंगे पर।  
ज़िंदगी तो ठहरती नहीं कभी।  
सांस जरूर ठहरेगी एक दिन।  
हमारे नाम से जीने वाले।  
कुछ लम्हे बुलंद होते है पर।  
नसीब कहता है, लिख ले मुझे अपना।  
उठा भी लिया करो कलम कभी।  
अंदर की आवाज कहती है ,तुम काबिल हो।  
सुन भी लिया करो उसे कभी।

**Ms. Vibha Hasija (Faculty)**



## चाँद आएगा

चाँद को मेरे दिल ने पूछा।  
हर दिन चेहरा बदलते हो।  
कभी छुपा हुआ सा कभी खेलते हो।  
करे तो कैसे भरोसा तुम पे।  
कभी काली रात तो कभी पूर्णिमा चाहते हो।  
चाँद ने मेरे दिल से कहा।  
कहने को तो रूप बदलता हूँ मैं।  
पूरा, आधा, कभी गुम हो जाता हूँ मैं।  
वादा का पक्का हूँ मैं लेकिन।  
जाता हूँ तो वापस जरूर आता हूँ मैं।  
उससे पूछो जिसने दिल तोड़ा था तुम्हारा।  
कौन सी गली के किस मोड़ ले लिया था नया।  
कहता था-  
मैं चाँद जैसा बनके तो देखूँ।  
उसे पता नहीं,  
चाँद मुड़कर वहीं गली में फिर से है आता।  
ए दिल।....  
आई मेरे जहन से आवाज़।  
ए दिल।....  
उस चाँद पे ही प्यार बरसाना।  
दाग से भरा हुआ, फिर भी रोशनी देता हुआ।  
अंधेरो में भी मुस्कुराता हुआ।  
हाथ थामने आता हुआ।  
ए दिल।  
जाने दो उन आवाजों को।  
जो पुकारते हैं परछाई की गलियों को।  
ए दिल।...  
कुछ देर शाम को बैठ जाना किनारों पे।

**Ms. Vibha Hasija (Faculty)**



## पर्यावरण दिवस

दफ्तर के कूलर ने जब आग बरसाया,  
तब जाकर साहब को पर्यावरण दिवस याद आया।

त्वरित उन्होंने दफ्तर के बड़े बाबू को बुलाया,  
कुर्सी पर बैठते ही फरमान सुनाया।

सुनो जी,

हमारा पर्यावरण खतरे में है, इसे बचाना है।  
इसीलिए हमें कल पर्यावरण दिवस मनाना है।।

बड़े बाबू ने जवाब देते हुए कहा-

साहब इस वर्ष का पर्यावरण दिवस मनाया जा चुका है,  
सारी रिपोर्ट को पर्यावरण मंत्रालय भिजवाया जा चुका है।

फिर से पर्यावरण दिवस मनाना कितना सही है,  
कैसे होगी व्यवस्था अब और बजट नहीं है।

इस पर साहब ने चिल्लाते हुए कहा-

चाहे जो भी करना पड़े उसे करो,

आपातकालीन बजट पर्यावरण दिवस पर कुर्बान करो।

पर्यावरण दिवस मनाना तो बस एक बहाना है,  
दिवस मनाने के नाम पर आपातकालीन बजट हमें खाना है।

बड़े बाबू ने कहा-

सर फिर हम आपातकाल में पैसा कहां से लाएंगे,  
और बजट के नाम पर चाय समोसे कहां से खाएंगे।

साहब ने मुस्कुराते हुए जवाब दिया-

अगर आज हमारे द्वारा पर्यावरण की रक्षा होगी,  
तो फिर कल को बाढ़ और भूकंप जैसी विपदा कहां होगी। बात समझ बड़े बाबू ने,

पर्यावरण दिवस मनाने हेतु खाका बनाया,

और उसके लिए आपातकालीन फंड लुटाया।

दूसरे ही दिन धूमधाम से पर्यावरण दिवस मनाया गया,  
उद्घाटन और भाषण देने के लिए मंत्री जी को बुलाया गया।

कार्यक्रम में मंत्री जी ने पर्यावरण का महत्व समझाया,

गमले में पौधा लगाकर के फोटो खिंचवाया।

मंत्रीजी के बाद और लोग भी मंच पर आने लगे,

पौधे को हाथ लगा लगा कर बारी-बारी फोटो खिंचवाने लगे। इस तरह से आपातकालीन फंड से पर्यावरण दिवस मनाया गया,

गमले में पौधे लगाकर के पर्यावरण बचाया गया ।।

शंकर पाण्डेय



## पृथ्वीला वाचवू या...

पृथ्वीला वाचवू या,  
पृथ्वीला वाचवू या,  
पृथ्वीला वाचवू या,  
आपण सर्वजण मिळून पृथ्वीला वाचवू या,  
मनात ठेवू विश्वास,  
मिळता सर्वांची साथ,  
जाईल हेतू पूर्णत्वास,  
एक दिवस ...

वाढणाऱ्या गरजा,  
वाढते शहरीकरण,  
ग्रीन हाऊस वायूचे उत्सर्जन,  
दुषित होतेय पर्यावरण,  
प्रदूषण घटवू  
वनसंपदा वाढवू आणि पृथ्वीला वाचवू  
आम्ही ... एक दिवस

प्लास्टिकचा बकासुर,  
गिळतय पृथ्वीला भराभर,  
वाढणारे पृथ्वीचे तापमान,  
कोमेजे ओझोनचे स्तर,  
पर्यावरणचे रक्षण,  
टाळू वायू प्रदूषण, आणि पृथ्वीला वाचवू  
आम्ही ... एक दिवस

मनात ठेवू विश्वास,  
मिळता सर्वांची साथ,  
जाईल हेतू पूर्णत्वास,  
एक दिवस ...  
पृथ्वीला वाचवू या,  
पृथ्वीला वाचवू या,  
पृथ्वीला वाचवू या,  
आपण सर्वजण,  
एक दिवस ...

**Ms. Mrudula Kadam**  
(S.Y.B.Sc.)



## वसुंधरेला वाचवा जीवन आनंदी बनवा.

पृथ्वी आणि पृथ्वीवरील संसाधनांमुळे त्यावर जीवन शक्य होते. जर आपण या संसाधनांशिवाय आपल्या जीवनाची कल्पना केली तर ते शक्य होणार नाही. सूर्यप्रकाश, हवा, वनस्पती आणि पाण्याशिवाय जीवन कार्य करू शकत नाही. तथापि, जर आपण आता पृथ्वीचे रक्षण केले नाही तर हे लवकरच आपले वास्तव होईल. पृथ्वी आपल्याला पुरवत असलेली संसाधने मर्यादित आहेत. ते आशीर्वाद आहेत जे आपण मोजत नाही. मानव स्वार्थी बनला आहे आणि पृथ्वीवरील संसाधनांचा वेगाने वापर करत आहे. आपल्या जीवनाचे रक्षण करण्यासाठी आपण त्यांचे संरक्षण करणे आवश्यक आहे. हे असे आहे कारण मनुष्य आणि सर्व सजीव त्यांच्या अस्तित्वासाठी पृथ्वीवर अवलंबून आहेत.

सर्व मानवी क्रियाकलाप इतर जीवांच्या जीवनावर परिणाम करत असल्याने, मानवाने केवळ पृथ्वी आणि तिच्या संसाधनांचे संरक्षण करण्यासाठी पावले उचलणे आवश्यक आहे. थोडासा प्रयत्न प्रत्येकाच्या हातून पुढे जाईल. प्रत्येक क्रियेत फरक पडेल. उदाहरणार्थ, एका माणसाने बाटलीबंद पाणी पिणे बंद करण्याचा निर्णय घेतला तर हजारो प्लास्टिक वापरण्यापासून वाचवले जाऊ शकते. पृथ्वी वाचवा जीवन वाचवा ही आज काळाची निकडीची गरज झाली आहे. पृथ्वी वाचवण्यासाठी प्रत्येकजण छोटी पावले उचलू शकतो. आपण पाण्याचा अपव्यय करू नये आणि प्लास्टिकचा वापर टाळावा. शिवाय, आपण अधिकाधिक झाडे लावली पाहिजेत आणि लोकांना पर्यावरण प्रदूषित करू नये यासाठी प्रोत्साहित केले पाहिजे. पृथ्वीला वाचवणे म्हणजे जीवन वाचवणे होय.

**Ms. Apeksha Pawar**  
(S.Y.B.Sc.)

## पर्यावरण असते आई

झाडाची सावली असते आई सारखी  
सगळ्यांना सामावून घेणारी  
आयुष्यभर गारवा देणारी

निसर्ग असतो आईसारखा  
मन प्रसन्न करणारा  
जीवन समृद्ध करणारा

झरा असतो आई च्या मायेसारखा  
नितळ खळखळत वाहणारा  
ओलाव्याने मन मोहून टाकणारा

पर्यावरण असते आईसारखे  
वेळो वेळी काळजी घेणार  
कारूया त्याचा आदर सत्कार  
हेच वरदान ठरणार

सूर्य असते आईसारखा  
योग्य दिशा दाखविणारा  
जीवनात प्रकाश आणणारा

**Ms. Prajakta Mhaprolkar**  
(Faculty)





**MEMOIRS AND  
PHOTOGRAPHS**



CONGRATULATIONS  
TEACHING STAFF (DEGREE COLLEGE)

CELEBRATING  
**25**  
YEARS



**DR. ANURADHA J. BAKSHI**  
I/C PRINCIPAL AND  
ASSOCIATE PROFESSOR  
November 1996-November 2021



**MRS. RHONDA DIVECHA**  
ASSISTANT PROFESSOR  
February 1997-February 2022

*Congratulations Dr. Anuradha J. Bakshi and  
Ms Rhonda Divecha on completing 25 years of dedicated  
service in N.N family as Degree College Faculty*





CONGRATULATIONS  
NON TEACHING STAFF (DEGREE COLLEGE)

CELEBRATING  
**25**  
YEARS



**MRS. SUJATA SHIGWAN**  
June 1996-June 2021



**MR. DHIRAJ BHOSALE**  
June 1996-June 2021

*Congratulations Mrs. Sujata Shigwan and  
Mr. Dhiraj Bhosale on completing 25 years of dedicated  
service in NN family as Degree College  
Non-Teaching staff.*



## FELICITATION OF STAFF WHO RETIRED DURING THE PANDEMIC

Teaching and Non-Teaching staff retired during pandemic times were felicitated on 30<sup>th</sup> September 2021

### TEACHING STAFF (DEGREE COLLEGE)

- Dr. Veena Yardi, Associate Professor, Department of Foods, Nutrition and Dietetics Retired on 30-06-2019
- Dr. Ela Dedhia, Associate Professor, Department of Textile and Fashion Technology Retired on 31-03-2021
- Dr. Anuradha Mitra, Associate Professor, Department of Foods, Nutrition and Dietetics Retired on 30-6-2021
- Dr. Geeta Ibrahim, Former Principal & Associate Professor, Department of Foods, Nutrition and Dietetics Retired on 30-09-2021

### NON TEACHING STAFF (DEGREE COLLEGE)

- Ms. Molly Jose (Lab Assistant ) Retired on 28-02-2020



**FELICITATION OF TEACHING STAFF (DEGREE COLLEGE)  
WHO RETIRED DURING THE YEAR 2021-2022**

Prof. Dr. Subhadra Mandalika retired on 30/4/2022

**Felicitation**



*Congratulations  
Prof. Dr. Subhadra Mandalika  
on achieving this significant milestone.*



## FAREWELL TO OUR STALWARTS

**Dear Dr. Veena Yardi, Dr. Anuradha Mitra, Dr. Geeta Ibrahim and Dr. Subhadra Mandalika**

Your departure from the Department is a painful reminder that excellent things have an end. You all have been an inspiration to all of us in the Department. Saying thank you would not be enough for the knowledge, skills and the values that you have incorporated in us. The Department will be greatly indebted to the selfless service that you have put in for its progress year after year.

I wish each one of you the very best of life. May all three of you have a great, enjoyable second inning. Farewell ...Adieu!!

**From Foods Nutrition And Dietetics Department**

**Dear Dr. Geeta Ibrahim**

I was a young girl all of 16 years old, a student of the F.Y.J.C. in this college, working in the Chemistry Lab and I hear the most musical and joyous laughter resounding from the teacher's cabin.

I turn around and spot a gorgeous woman in a saree, beautiful hair, twinkling eyes full of laughter and a charismatic energy around her. I remember asking my stunned self...is she a teacher!? Afterall...I had only experienced teachers who were the serious kind and here I see a blazing ball of light.

Well, that sums up what Dr. Geeta Ibrahim is - a most magnificent personality, a wonderful, sensitive teacher, a joy to be around and an understanding leader.

One special thing about her is that she gives autonomy as a teacher and leader. This gives space for the mentee and colleague to come up with new ideas and set the pace of work, bloom with independence and confidence. At the same time she also sets standards that need to be achieved and ensures that the tasks are completed. A woman who believes in multitasking, in networking and innovation, in getting things done today rather than tomorrow and in pushing boundaries, I have always found her to be receptive to all my new ideas and thoughts. The college has made huge strides in being known in the academic space as well as has multiple achievements in her tenure as Principal.

Both beloved to students, colleagues and the fraternity, she leads and inspires in her gentle yet decisive way.

I consider myself fortunate to have worked with her.  
So, I say this...

Dr. Geeta Ibrahim

I can see the warmth you hold  
from all the suns you have conquered  
and swallowed whole

A Gazelle in the forest  
who wishes to touch the moon



I can see the depths you hold  
A deep-sea diver  
You slow your breath till you find the oyster  
and coax him to gift you a majestic pearl

I can see the heights  
that you touch  
A mountain eagle  
A firestorm  
You soar  
one ladder at a time  
with kindness on your right  
and diamonds in your mind

May the Goddess bless you with an abundance of love, joy and prosperity.

Love always

**Ms. Vibha Hasija**  
**(Faculty)**

**Dear Dr. Anuradha Mitra**

When I think of Dr. Mitra the images of gentle care, intense perseverance and Goddess wisdom come to my mind. Having been her student for many years, worked in the department as her newly inducted junior and then on for 23 years, I can say that she is a superlative teacher, the best colleague to work with and a wonderful Head to work under. I have sat in her classes wanting to become a teacher and teach in the same mesmerising way as her, laced with humour and wisdom and knowledge. I have lived as her colleague and learnt how to be sensitive to students, teach with love and inspire them. I have been amazed by her magic in creating the tastiest, most nutritious recipes - I call it Ms. Mitra's Magic. I have been touched several times with her passion for community service. Most importantly, she has been a friend to me through two decades and continues to be dearest Such women, such leaders and teachers are truly rare to come by and I consider myself lucky to have had a chance to experience her in myriad ways.

Dr. Mitra...you are a story that stays and shines.  
So I want to tell you this...

When a ray of light came by your window  
Last night at the crack of dawn  
She learnt from the stars on your pillows  
that light resides in us all along

So she came back and whispered  
The secret she learnt from you  
It is the climb, it is the sweat  
the effort, the heart, the smiles in sunsets



That changes the path, mends the tears  
That shows the way with gentle care  
That touches every beating heart  
With the power of love, friendship and care

Blaze away Ms. Mitra.  
Thank you for being you  
Stay Blessed always  
Love always

**Ms. Vibha Hasija  
(Faculty)**

**Dear Prof. Dr. Subhadra Mandalika,**

A person from whom you can learn just by observing and listening. I have seen her calm and serene, when all the time her mind works at a determined pace, sure and strong. She always has her plans in place and she climbs, one step at a time, her sights set on the mountain crest. And Oh yes...she always gets there.

She has inspired me often, just like she has inspired her students and mentees and our fraternity in general on how to cover widths as well as depths, how to stay traditional whilst embracing and embodying all that is novel and new and unique.

Absolutely meticulous in her work, completely responsible and supremely dedicated, she can lead and be part of the team magnificently as evidenced by her work in the College... specially in RUSA work and as the Chapter President of Nutrition Society of India where she blazed her trail to bring NSI, Mumbai Chapter to its pinnacle.

I know there is a girl in Subhadra too, a girl who loves to dress up, who loves music and dance and celebrations, who is delighted at art in all its forms and has a sharp sense of humour. I have been bewitched by her absolutely true and on point comments on life delivered in her characteristic style.

Subhadra, my life has been graced by your presence and I am forever grateful for it.  
May you be as resplendent and radiant as ever.

So I say,  
Dear Subhadra

May the Goddess keep you in her image  
Wisdom, Strength, Resilience and Beauty

May she shower you with her innumerable gifts

You pair  
Flowers in your hair  
with sharpness of the intellect

Radiant sarees that pleat with  
a platinum laced spirit



Delicate ornate jewellery with the elegance of your persona  
Freshness of your smile with the  
Claypot of your creative mind

The gentle and the serene  
blend with  
Satin and Iron

And you walk  
A proud lioness in the forest of your making

May you continue to inspire!

May the Goddess bless you with

Angel's pearls and the cascade of light  
The allure of Rubies  
and a Sapphire heart  
May rivers of hope touch your sands  
and may your life make a difference grand

**Ms. Vibha Hasija**  
**(Faculty)**

**Dear Dr. Ela Dedhia,**

It was my proud pleasure and privilege to be your student, your research scholar and your colleague.

What a journey Dr. Dedhia! you will always be remembered for your knowledge of Textile, your sharp grasping of issues and resolution of the same in a simplified manner. You will be remembered as a great leader who was always supportive. I feel fortunate and privileged to have worked with you! Thank you for everything. I am sure you are enjoying your second innings with your family and grandchildren. Wishing you good health and happiness always. Take Care.

**Dr. Pratima Goyal**  
**HOD**

**Dear Dr. Ela Manoj Dedhia**

A name that sounds and resounds  
Vibrance, Energy and Perseverance.

The name that must feature all across the world for the inspiration and motivation,  
That she emanates from herself to her students, colleagues and friends.  
Knowledge and skill is what she trains us to acquire, Not a minute to be spent but only invested to meet  
her determination that she lends.  
She believes time and tide waits for none,  
True, she says but it can't be done without fervour and fun.

Philanthropist is what one calls her,  
Leader is what one thinks of her,  
Guide and mentor she is,  
To lead a simple life with full determination  
Is what she really is.



Goal setting is what one can learn from her,  
Fame and networking on different fronts make her,  
Prosperous are the fields that she treads on,  
Jainism is what she preaches and practices on.  
Finally it is work and love for a cause.  
Reforming education with syllabus revision,  
Planning extension with prime NGO division.  
Blending technology and crafts through documentation.  
Realizing the dreams that we envision.  
Is what her heart says can be done only with precision.  
Putting down things in words and sketching bright futures gives her pleasures.  
Ardent fans and their adoration goes beyond measures.

Enthusiasm, Love and Admiration is ELA

**Dr. Vishaka Karnad  
(Faculty)**

### **Tribute to a mentor- Dr. Ela Dedhia**

There is a woman,  
who lives in the present.  
She values every moment and cherishes every minute.

She aspires high and makes her aspiration true.  
She holds her wings strong and tight,  
Like a phoenix in the sky.

Humanity and compassion are her dogma.  
She has touched many hearts in her journey.  
She has discovered Lotus from the mud.

Transformed many lives through her light,  
Like a sunshine helped them to blossom like a beautiful flower.  
Yet calm and composed like night Jasmine.

She is thorough in her knowledge.  
There is no place for compromise.  
Passion is the key to success that's what she has demonstrated.

There is no turning back once committed.  
She will not leave any stone unturned.  
Like a Pandora box she has embracing many surprises.

Praying her showers of blessings will continue to refresh many lives.  
She will continue to show a bright path in the darkness like a lighthouse.

I am blessed to have a mentor like you.  
You lived a simple yet meaningful life, which is filled with heavenly wisdom.  
I am praying and praying with all gratitude for a healthy and great life ahead for you.

**Dr. Anjali Srivastava  
(Faculty)**





**Dear Dr. Veena Yardi**

I have found Veena Yardi to be an ambassador of goodness. She is the fresh breeze that flows through the open windows on March mornings.

She is both like the naughtiest child in the group as well as the gentle leader. She gets everyone energised just by being there, a ray of positive light.

Like soft cotton blended with the richness of silk, the wholesome khichdi paired with a delectable dessert and like the banyan tree hybridised with the sweetest smelling roses, Veena Yardi teaches from her heart and soul and imprints her teachings, values and principles effortlessly in the minds of her students.

I have learnt so much from her - her commitment to her work and any activity that she takes up, her dedication and determination to see it through, her passion for teaching and the field of nutrition and her spirit of service, compassion, kindness and beautiful sense of humour.

Ms. Yardi often underplays her achievements of stellar contributions through her doctorate, of her work in the community spaces, of her work in the NGOs she has been instrumental in birthing and her standing in the fraternity. Dr. Veena Yardi, you inspired us then and you continue to inspire us now.

She is a light filled blessing who wants all to win, who wants life to be fun and celebration to stand in attendance every moment.

You are awesome Dr. Veena Yardi and so I say these words..

Stay this Stunning

For the world needs this young spirit  
a bridge to cross from the bland to the energised

A soft carpet made of fun

That's your gift to us

Stay this Loving

For the world needs a warm embrace

A spear that sees goodness in all

A cradle that picks the good from every pond

and gifts it back to us in a basket of love

That's your magic to us

Stay this Beautiful

For the world needs to believe in niceness

Athena on a stallion leading us to sunrise

A road to the impossible paved in belief

That's your gift to us

Dear Ms. Veena Yardi

Live your magic in full

Joyous

Vibrant

Sunlit

May the Goddess always stay on your side

Love always

**Ms. Vibha Hasija  
(Faculty)**



## FAREWELL MESSAGE



**Mrs Nina Dias**  
Former Director of  
the Polytechnic

Mrs Nina Dias took over as (Director of the Polytechnic) in 2016. She has been an amazing Director; very understanding, dynamic and progressive in her vision for the Polytechnic. She was an energetic and enthusiastic Director, who made tremendous changes in the functioning of the Polytechnic. Her commitment and dedication to her work, her deep involvement in every activity of the college earned her the reputation of being a dependable leader. Another quality was her attention to detail, her meticulousness and organised approach endured us all. Under her dynamic leadership she took care of students and guided them often.

Our gratitude to you for everything you have done for the growth and betterment of the Polytechnic. You have been an inspiration to all of us and a mentor too, always striving for the Best for our students.

We have spent many wonderful years together and have learnt so much from you. Your organisational skills, inspiring words and thoughts will always stay with us. You have been a great teacher, a wonderful guide and understanding friend.

Happy Farewell dear Mrs Nina Dias. Thank you for the good memories that we share together. Life is about cherishing the past, facing the present and moving ahead towards new Milestones.

As we bid Adieu, we wish you all success, good health, happiness and joy.

Of course, Goodbyes are not forever....Goodbyes are not the end... they simply mean.. We will Miss you.. Au revoir

**Blossom Alvares,**  
Faculty

## FAREWELL MESSAGE



**Ms. Sonia Jadhav**  
(Teacher at Junior College)

We bid farewell to Ms. Sonia Jadhav in the beginning of this academic year 2021-2022. Ms. Sonia Jadhav was a Sociology teacher who was appointed on 17<sup>th</sup> June 2019 in the Junior College. She was a good teacher and will be missed.

**Mr. Amol Surte**  
(Faculty)



## MANAGEMENT APPOINTED STAFF RETIRED DURING THE YEAR 2021-2022



**Mr. JAYANAND PADWALKAR**

*Congratulations  
Mr. Jayanand Padwalkar  
on your years of service*

## BEST WISHES

To staff who left College administrative office during the Academic Year 2021-22



**Mrs. Sonal D'souza  
(Adminstrative Staff)**

Ms. Sonal Dsouza worked as admin staff for 6 years. She joined this college as a bright young girl full of energy and life and moved on to start a new journey as a mother. She was an energetic and competent colleague. Her cheerful and helping nature made work environment in general office easy in stressful situations. Sonal was a patient and understanding person and could do any task entrusted to her to perfection. We miss her especially during our lunch breaks and all our get-together's. Our prayers and wishes for all her future endeavors.

**Ms. Sujata Shigwan**





**Mr. Pankaj Baleed  
(Administrative Staff)**

Pankaj worked with us for a very short period of time. He was very techno savvy, efficient, sincere and hardworking person and always obliging. He will be a great asset to any organization he joins. He left for better prospects and I wish him well in whatever he aspires to do

**By. Ms. Sujata Shigwan**



**Ms. Riana Lobo  
(Administrative Staff)**

R is for Responsible, Respectful

I is for Ignite the fire in you to explore the world

A is for Availability for any work asked of her

N is for neighbourly, friendly to all acquaintances

A is for Approachable to all students and staff

I worked collaboratively at Nirmala Niketan Polytechnic for three and a half years with her. I have had the opportunity to observe her interpersonal style. She is a pleasant person who believes in positive motivation. The staff and students have always been satisfied with her work. I would describe her as a dedicated and enthusiastic individual who has a great penchant for meeting deadlines, working beyond the call of duty if need arises. Her desk is left clean for the next day. She has never said no to any work entrusted to her.

She is polite, well mannered with good communication skills, respectful, well dressed. She is extremely caring and understanding. She generally mixes well with her other colleagues. She took an active part in the activities of the interfaith committee of the college. From her personal sharings, I learnt that she has great organizing abilities. She arranged everything for her parents silver jubilee celebration single handedly. All in all having Riana as a colleague at work is an asset. I was happy to learn that she was leaving us to join Qatar Airways as cabin crew and will be shifting her residence to Qatar. Her leaving us has left a great void in the Polytechnic Department. I truly miss her. I wish her all the best in her future endeavours.

**By. Ms. Erica Lobo**



## CONDOLENCES

### *Our Deepest Condolences*



**RAMPRAKASH. M. BALMIKI**  
Retired as Laboratory staff

#### **स्वर्गीय श्री राम प्रकाश जी,**

हमारे, हम सबके प्रिय, श्री राम प्रकाश जी ने हमारी कॉलेज में तकरीबन ३५ व ३६ वर्ष संस्था की सेवा की और २००४ में सेवा मुक्त हो गए। ३० अक्टूबर २०२२ में श्री राम प्रकाश जी का स्वर्गवास हो गया। मिस गैल्बी के कार्यकाल में मुझे (राजपाल) रामअवतार, सौराज, महेश पाल, रामदास वी., संतोषी, सुल्तान सिंह, खुशी पाल और प्यारेलाल जैसे कितने लोगों को यहां निर्मला निकेतन में काम पर लगाया था। हम सब को काम पर लगाने में स्वर्गीय मिस जाहिरा पवानी का सहयोग था।।

**धन्यवाद**  
**राजपाल रा. बाल्मीकि**



# T.Y. B.SC. FOODS NUTRITION AND DIETETICS

(Batch 2021-2022)

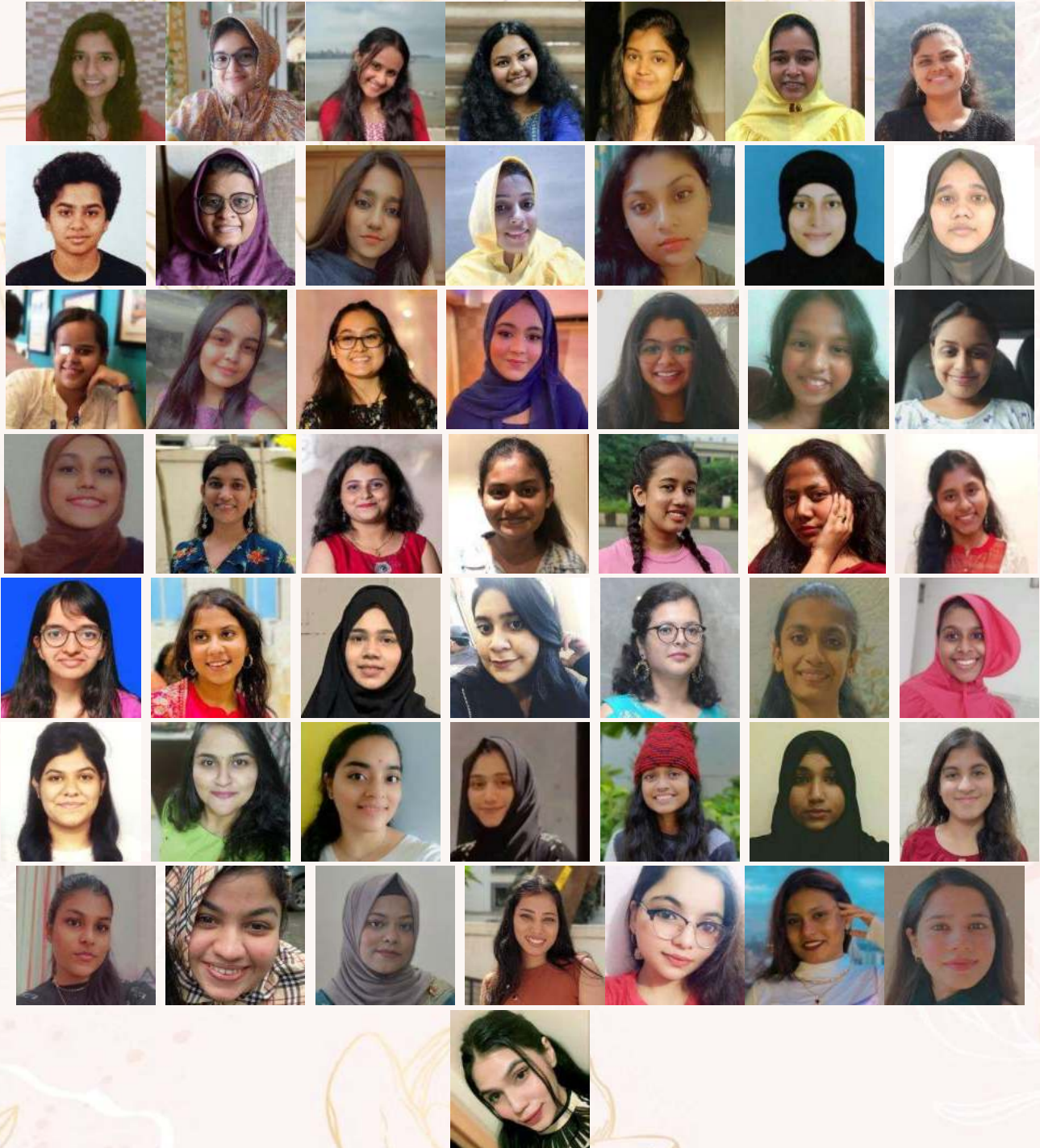


*Go confidently in the direction of your  
dreams, live the life you  
have imagined.  
-Thoreau-*



# T.Y. B.SC. HUMAN DEVELOPMENT

(Batch 2021-2022)



# T.Y. B.SC. TEXTILE AND FASHION TECHNOLOGY

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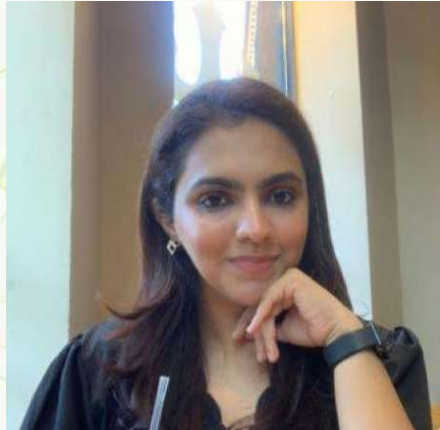
**M.SC. II FOODS NUTRITION AND DIETETICS**

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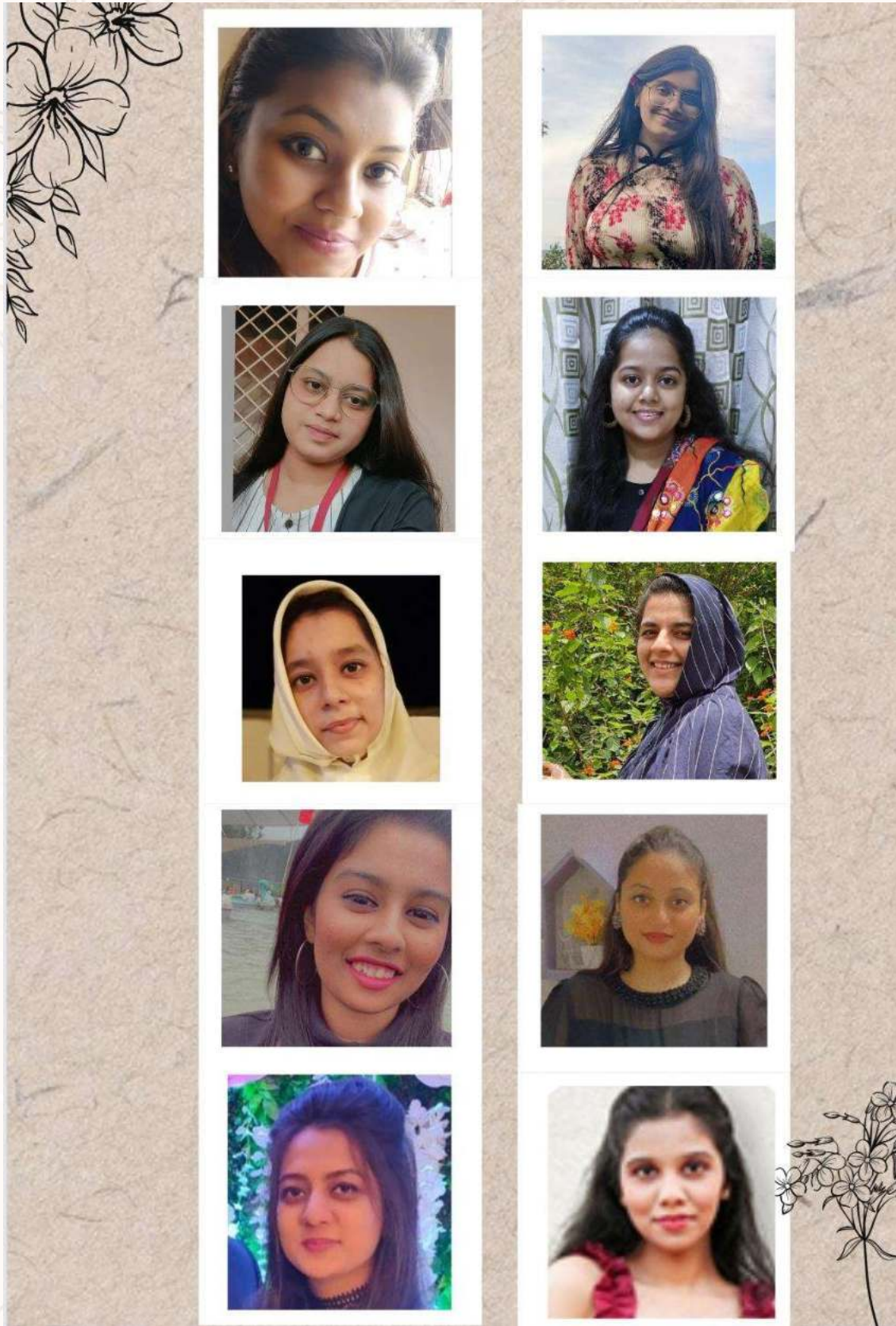
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## M.SC. II SPORTS NUTRITION

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(Batch 2021-2022)



## P.G. DIPLOMA IN DIETETICS AND APPLIED NUTRITION

(Batch 2021-2022)

### P.G. DIPLOMA 2021-2022



**DEAR STUDENTS,**

“We hope your dreams take you...

To the corners of your smiles,

To the highest of your hopes,

To the windows of your opportunities,

And to the most special places

Your heart has ever known.”

Wishing you all a journey of success and happiness in the new voyage of your life.

May you be showered with abundant opportunities to do what your heart desires. Good Luck!



## ADMINISTRATIVE AND NON TEACHING STAFF

(2021-2022)





**PICTURES OF INDOOR SPORTS ACTIVITIES (2021-22)**

**CARROM**



**BADMINTON**



**TABLE TENNIS**



**CHESS**



**GAMES**



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**COLLEGE OF HOME SCIENCE NIRMALA NIKETAN**

49, New Marine Lines , Mumbai - 400 020 . Tel No. : 022-22076503 / 22007544

info@nirmalaniketan.com / www.nirmalaniketan.com