



NIRMALA NIKETAN INSTITUTE'S
**COLLEGE OF HOME SCIENCE,
NIRMALA NIKETAN**

Affiliated to the University of Mumbai
NAAC Accredited 'A+' Grade

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NN/CHSC/Go/ 22-23/4804

Dated: 07/10/22

**Agreement between College of Home Science Nirmala Niketan – Department of Foods,
Nutrition and Dietetics – and Veruschka Foundation**

The College of Home Science Nirmala Niketan (Further Referred to as CHSCNN) - Department of Foods, Nutrition and Dietetics (FND) of the is in receipt of an email from Ms. Shahana Tai, Faculty in Charge, Functional Learning, Veruschka Foundation (further referred to as VF) that works with empowering individuals with developmental disabilities to become contributing members of our society through the power of food.

In this regard, the College of Home Science Nirmala Niketan, Department of Foods, Nutrition and Dietetics, is collaborating with the Veruschka Foundation, for the purpose of supporting experiential learning in the area of Foods, Nutrition and Dietetics.

Background:

Veruschka Foundation was started in memory of Veruschka Dias, an affectionate, bubbly individual on the autistic spectrum. A foodie at heart, she was also adept at kitchen chores. VF empowers individuals with developmental disabilities to become contributing members of our society through the power of food. They offer a holistic approach using cookery as a medium to provide sustainable livelihood opportunities for their students and achieve independence at home, start/skill their own entrepreneurial journey or be placed in mainstream employment. VF is a not- for-profit section 8 company registered under 80G, 12AA and follows the guidelines prescribed by the registrar of companies.

VF would like to collaborate with CHSCNN on the occasion of World Mental Health Day on Monday, the 10th of October, 2022.

The curriculum for all VF's training programmes have components of food groups and nutrition. With a view to give students an experiential learning, VF proposes to have them engage in activities in a food lab of CHSCNN alongside students of CHSCNN.

The benefits of this collaboration:

Benefits for students of VF: An exposure into recipe design, preparation of nourishing recipes as well as their nutritive value.

These and similar recipes could be incorporated into daily life or considered for future entrepreneurial activities.

Benefits for students of CHSCNN:



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An opportunity to interact with persons with developmental challenges thus making a beginning to developing an expertise of managing diet and nutrition systems for such conditions

Neurological and developmental disabilities have not yet been strongly forayed into by Nutrition science practitioners. Such touch points will provide first-hand knowledge to help serve such individuals and communities.

Terms of Agreement:

Details of the collaboration

- Students: Students of the MSc 1 Foods, Nutrition and Dietetics – Semester 1 of the Department of foods, Nutrition and Dietetics of the academic year 2022-23 are participating in this activity
- Activity details:
- 11 students of MSc1 FND CHSCNN will formulate 6 recipes for nourishment and standardise it
- They will work with students of Veruschka Foundation to prepare these recipes in the lab using techniques of demonstration and explanation.
- Some pre preparation will be completed prior to the session to ensure timely completion of the activity
- The recipes along with nutritional information will be compiled into a flip book and shared with VF only for educational purposes for their students for one year.
- This exercise will be an add-on to the regular practical.
- 11 students of VF will participate in the activity and learn the recipes by observation and action. They will prepare the recipes alongside the students of CHSCNN.
- 5 faculty and 2 supporters will be present for this activity to supervise and assist the students from VF
- VF will share with CHSCNN a copy of informed consent from students of VF for this activity
- Location: The 4th floor laboratory
- Duration & Date: 10th of October, 2022 – from 1.15 -3.30 pm
- Cost: VF will be paying the actuals of the food cost incurred. The invoice will be shared post the activity.



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Other Details of the collaboration:

- Ms. Vibha Hasija and Ms. Aarti Khokane will jointly provide a report of the participation of the MSc 1 FND students in this Nutrition Education to each of the two parties:
 - The number of recipes and recipe details formulated.
 - The tips provided for retention and maximising the nutrient content of the meals.
 - Number of students involved and names of supervisor(s).
 - Expense statement with all required bills.
- The invoice with all bank details will be sent at the end of the exercise which can be honoured within 15 days of receipt.
- Student Benefit and Appreciation: On completion, the students of CHSCNN and VF will be given a Joint letter of appreciation from CHSCNN and VF on their letterhead.
- VF and CHSCNN will provide each other with a letter of acknowledgement and appreciation for this activity after its completion.
- Both parties have agreed to share this activity on various social media platforms giving due credit to the collaborating organisation and using social media tags and forwards for ensuring that the society recognises the efforts.

Both parties are pleased to collaborate with each other and thank each other for the support rendered.

Ms. Shahana Tai
Faculty in Charge
Functional Learning
Veruschka Foundation

Ms. Vibha Hasija
Head of Department
Foods, Nutrition and Dietetics

Dr. Anuradha J. Bakshi
I/C Principal