



College of Home Science Nirmala Niketan

NAAC Re-Accredited “A+” Grade

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

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

- **Awareness about Consumer rights:** As part of Extension Education and Development an input session on “Food Adulteration and Fake Product” was organized on 22nd July 2022 in college of Home Science Nirmala Niketan. The resource person was Mr. Gajanan Patil from Jago Grahak Jago. Mr. Patil is a Consumer Activist conducting awareness campaign along with Food and Drug Administration India.

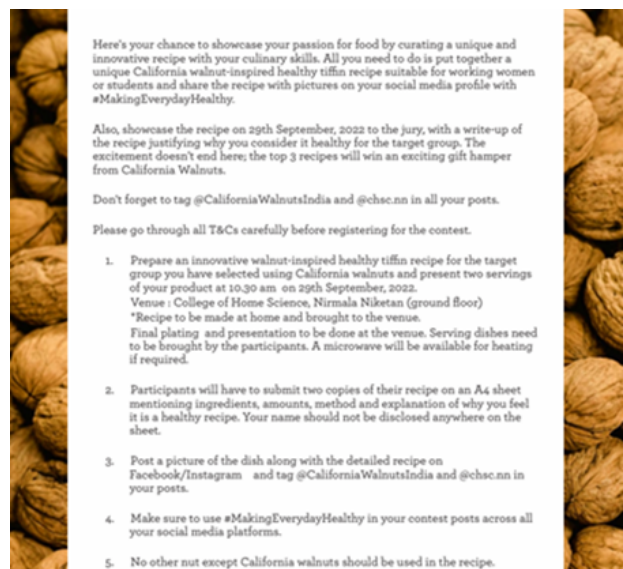


- **Importance of breastfeeding:** Sessions - “Step up in Support of Breastfeeding, Breastfeeding – Impact on Survival and prevention of NCDs”, “Techniques for effective Breastfeeding”,

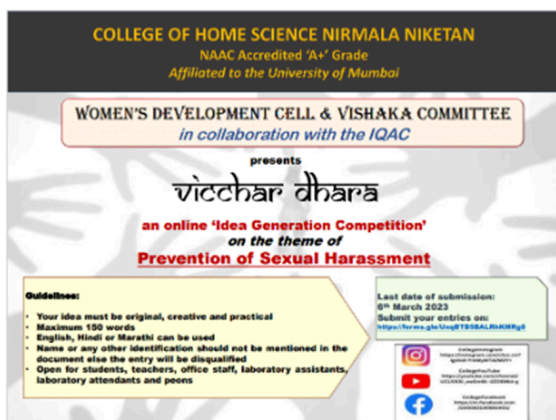
“Breastfeeding in sickness and health”, “Street play on the importance” - Department of Foods, Nutrition and Dietetics. (4-8-2022).



- **Importance of healthy eating:** This included a talk on Walnuts an excellent source of Plant based omega 3 by Ms. Naaznin Husein – Founder of Freedom Wellness. This was followed by a live recipe demonstration by Chef Nehal Karkera and the prize distribution of the winners of the Intercollegiate recipe contest (26/9/2022).



- **Prevention of sexual harassment:** ‘Vicchar Dhara’ – online idea generation competition, ‘Provoked’ movie screening - Women’s Development Cell, Vishaka committee, on International Women’s Day (8-3-2022).

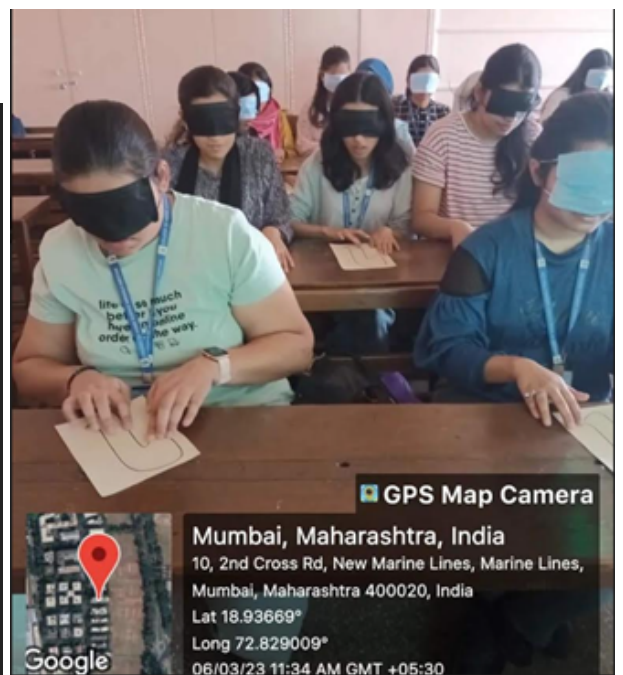


- **Importance of mental health on World Mental Health Day:** Workshop - Zentangle Session by Zainab Bhinderwala and a session by Dr Harish Shetty on “Mental health and well-being” was organised by the Department of Human Development on the occasion of World Mental Health Day (10-10-2022).





- **Sensitization towards people with visual disabilities:** Workshop - “Antarchakshu: The Inner Eye” was organised for students of the Department of Human Development on 6-3-2023.



- **Awareness and appreciation of traditional Indian crafts and artisans:** Traditional Textiles and Swadeshi Swag events organized across the year by Department of Textile and Fashion Technology.



- **Sensitization towards protection of endangered species and environment safety:** Nature club organized a Flamingo watching cum nature trail on 29th January 2023 to sensitize students with respect to protection of endangered species.

