

**A REPORT OF  
THE SELF – FINANCED COURSES  
2022 - 2023**

## Certificate course in Home Science

A new beginning....

The College of Home Science Nirmala Niketan started a certificate course in Home Science in 2022 – 2023 as a Self-Financed program. This report encapsulates the journey, achievements, challenges, and the experience of the program, which was launched for a unique cohort of students in the aftermath of the COVID-19 pandemic.

The admission for the new course was started but being a new course only a few students applied for the course. With a to and fro and parents insistence the course did start up with Five Students. **Kudos to the Management and in particular Ms. Noella for having the courage and determination of shouldering the program throughout its entirety.**

Even with the small size of the class the course we started the course with a desire to fulfil a void in the lives of those who had registered. A parents and students orientation programme was organised, where Parents expressed their great appreciation to the management for having taken up the challenge to begin the course in spite of the low registration.

The course covered different subject like Personality Development, Home-making, Home gardening, Cookery- Food and Nutrition, Sewing-Textiles and clothing, Art and Craft, Home Decoration, Home Maintenance and Entrepreneurship - Setting up a small home scale business. The Course was a combination of theory and practical work making it meaningful and beneficial for the overall development of the students.

Other than the academic activities the students even took part in the cultural programme of Independence Day celebration. The students put up a dance performance with costumes representing different states. This event gave the students a platform to come up on the stage to perform which was a huge boost to their morale and confidence.

They were also taken on a one day industry visit where they visited the Ikea Mall. Here they were exposed to all the different field of Home Decoration, Home Maintenance, Textile and Cookery. Later they were also taken on a field trip to Alibaug where they could relate to the beautiful natural surroundings of the region. All and all it was a great experience for them as they learnt how to work with each other and maintain congenial behaviour.

The experience was not only overwhelming for the students but also for the parents and teachers. So here we share some of the experiences of the Parent and Teachers:

1. I have always believed teaching to be an act of service. A selfless one at that, but a serviceable profession nonetheless, and an equally crucial responsibility. Teachers are the fountainheads of human progress, they alone can make or break entire generations of future leaders and decision makers. With that being said, I have always understood and appreciated this responsibility that I willingly shouldered. After years of being stuck in the 9 to 5 corporate loop, teaching has been my second innings at doing something I truly love. Being a teacher at Nirmala Niketan, especially for their Home Science Certificate Course, has been a rewarding experience for me. It has allowed me to do things that actually matter. I taught Home Decoration and Personality Development, two subjects I believe to be crucial for day-to-day practical learning. Home Decoration helped students apply what they learnt in their homes, to make these spaces more aesthetically pleasing and functional by smartly utilising already existing objects. It taught them how to organise their spaces and manage their homes in perfect order. Personality Development was a path-breaking subject that made students gain a higher self-esteem, taught them the ideals of clear communication and imbibed in them integrative behavioural characteristics of discipline, mutual respect, punctuality, confidence and

problem-solving, among others. It moulded aspects of their ever-changing personalities to not only push them to be better citizens of society, but also give them a sense of accountability.

Beyond teaching these subjects, I have also managed to find a purpose by facilitating academic growth and extra-curricular development in my students. Being able to create a positive impact on their ever-curious minds has given me a sense of achievement as an educator. And so, in many ways, this hardened responsibility has also become a source of fulfilment and assurance in my abilities as an academician.

Besides being a teacher, I am also a parent to one of the students. This aided me in dualistically appreciating Nirmala Niketan as an institution and the efforts its staff puts for each and every student. Like angels sent to Earth from heaven, the teachers, nuns and non-teaching staff have committed themselves to the betterment of their students. Even though the Home Science certificate course had a small pool of students, the staff went above and beyond to provide an excellent learning atmosphere.

- Mamta Batwar Bhingarde

(Parent – Teacher)

2. The 'Certificate Course in Home Science' has been designed under the UGC recommendations for skill based courses. It was the first year of teaching since the new course was designed. My subject was \*Sewing - Textiles and clothing\*. The students were unusual. Five young, innocent girls just out of school eager to step into college to learn new things.

Started with fundamentals of clothing like basic hand stitches, seams, facings etc. Teaching to work on sewing machine was a big task. Slowly with extensive practice the girls started to sew on the machine with ease. It was time to teach them various steps of clothing construction. Drafting followed by cutting the fabric, stitching the cut fabric into final garment and finally the finishing touches like putting hooks, making patch work resulted in a beautiful garment. They stitched two such garments.

Embroidery is part of good homemaking. Taught them basic embroidery stitches. They created beautiful handkerchiefs with these stitches.

A workshop was held to teach Tie-n-dye and block printing. Various techniques were taught and they came up with beautiful tie -n-dyed articles.

Basic Macramé' knots were taught to them. Once they were familiar with the knots they created beautiful articles like a wall-hanging, bracelet, key-chains etc.

Two Semester examinations were held in the months of September and April. All the girls passed.

It was an enriching experience for me as a teacher. The joy on the children's faces and the confidence in their overall conduct after acquiring so many skills was evident towards the end!! The management extended immense support and the parent's co-operation was outstanding in most cases. I thank them both.

-Seema Raut

(Teacher)

3. Beautiful experience of our "Special Panch Pandav" from the Certificate Course in Home Science. It was a very good opportunity I received to facilitate the teaching of one topic for our special *Panch Pandav*. In the course of teaching them I could not only practice my learnings on Inclusive Education but also learn from them. They were a group of five motivated students and with the full support of their parents, the college inaugurated the Certificate Course in Home Science for them. As the course began, the group formed a bond. Their friendship was seen in how they related to one another. There would be constant quarrelling over small things but after that the desire to resolve matters was alive. They would talk to the teachers to resolve their problems but would patch up on their own. It was an amazing experience to see them grow bit by bit. From learning to travel on their own, to complete so many hand skill activities which they were doing for the first time and finding it difficult. They were able to cook and bake, stitch and paint,

learn about basic home maintenance, even gardening and many more skills. There was a joy on their face to be with people who could understand them and help them grow. It gave each of us teachers, a push to put in our best for them. A big salute to the parents who took equal efforts to support their child; a salute also to all the teachers for their patience and love in continuing to teach them. Hats off to Ms. Noella Dias, Manager, for her constant encouragement and dedication to make the course possible by coordinating the course the whole year through. Thanks also to Dr. Avari, Director - Self Finance, for her direction and Dr. Bakshi, In-charge Principal for her encouraging support.

-Vanitha D (Teacher)

4. Teaching is a vocation, a noble profession...it has to be done with a whole lot of love, patience and passion. My understanding of teaching is "When you teach, you learn more".

My experience at the "College of Home Science Nirmala Niketan" teaching the Certificate Course in Home Science was nothing short of an excitement filled year. It was filled with wonder, persistence, hard work, and enthusiasm from my students. They each had a different background and each brought their own ability and strategy to cope with the challenges they faced in the kitchen as well as outside it too. Working alongside each other I too learnt considerably, tasks which they thought were not even conceivable forget doable. When the students would see the fruits of their efforts... I would be overjoyed to see them conquer their challenges and push themselves harder to achieve a more positive and better outcome in everything. It was a pleasure to teach and a wonderful teaching - learning experience for me. It gave me immense joy teaching these students of any age group.

I feel my day is worthwhile with a comment like "Teacher, you really worked very hard to make me learn and made me perform to the best of my ability, thank you ". It was truly an amazing journey and a fulfilling experience.

Ms. Melania Netto  
(Teacher)

I would like to sum up by saying that the whole experience of working with these students was really overwhelming. We are happy that we were given this opportunity to work with them as we all truly believe that "Service to Mankind is service to God"

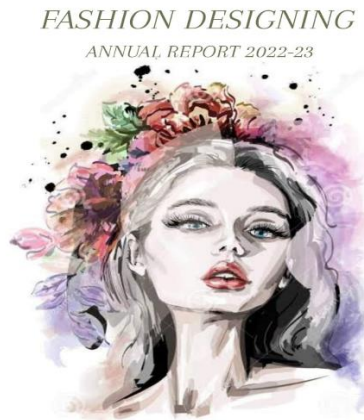
Dr. Yasmina Dordi Avari  
Director Self – Financed Courses

## Some Glimpses





## Department of Fashion Designing



Diploma



Advanced Diploma

Sr. No	Name of Student	Company	Designation
1	Samiya Chaiwala	Lavee Designs	Asst Designer
2	Asma Kantawala	SMG Designs LLP	Asst. Designer
3	Zoufa Khan	N.N.Exports	Asst Merchandiser
4	Lalhmingmuani	Bubber Couture	Jr.Designer
5	Samiksha Shah	Nayon Exports	Asst Designer
6	Shehnaz Khan	Bespokewala	Design Intern
7	Pankti Yagnik	Luxurian World Multinet Pvt Ltd	Intern Trainee





## INDUSTRIAL TRAINING PRESENTATION

### Social awareness project

As a part of our outreach we worked on the initiative of helping the underprivileged children and taught them simple handcrafted articles with the aim of income generation. Even though this was a very small initiative, we found ourselves in the middle of something so beautiful and full of love. Even the smallest of help can mean a lot to them. We went and taught them a few things...

**But in reality they taught us much more than we taught them!!**



**S.Y.F.D. orientation** - 22<sup>nd</sup> June '22: Dr. A. Bakshi, Ms. Noella Dias and Dr. Avari were present. The session commenced with a prayer. Dr. Bakshi welcomed the students. An orientation to the course was done by Dr. Avari and that to the college was done by Ms. Erica and Ms. Cheryl.



### **F.Y.F.D Orientation - 21<sup>st</sup> July '22**

The orientation of the 1<sup>st</sup> year students along with their parents was held in the hall. Rules and regulations with regard to submissions, attendance, study-tours, visits etc. Parents interacted and sorted their queries. They appreciated the session and expressed their gratitude to the clear perspective put forth by the department.



### **Fashion Styling**

The FY & SY student presented their theme based on Elements of Nature which included Fire, Earth, Air, Water, Space & Light. The students were mentioned in terms of viability of design, selection of fabrics, accessories, choreography & presentation.



## Educational Tour

An educational tour for the students of the FD students was organised to Jaipur & Ranthambore in Nov/Dec'22. was conducted from 18<sup>th</sup> – 25<sup>th</sup> November 2022 with a group of 20 students along with both the staff.

### At Ranthambore.

**A) Rajiv Gandhi Regional Museum:** There were village dioramas of the Bishnoi community and Rajasthan rural area. The various exhibits of textile interest were also seen.

**B) Dastkar Village** is a private not for profit NGO, working to support traditional Indian craftspeople, many of them women and village based. Students had hands on practical training on hand block-printing techniques.

**C)Ranthambore Fort:** Students using the architecture and craftsmanship picked up source of inspiration for their design.

**D) Tribal Women Craft Centre:** Students had a session on block printing techniques and each of them printed a scarf.

At Jaipur

**A) Bapu Bazaar:** It is a one stop destination for accessories to footwear, handlooms and artificial jewelry. We saw the beautiful Rajasthan traditions through its artefact's handlooms, accessories and artificial jewelry.

**B) Amer Fort:** It has a traditional Hindu and Rajputana style of architecture. It is aesthetically crafted out of marble and red sandstone. Using this as a source of inspiration, students created motifs and designs for their collection.

**C) Bagru:** has a tradition of block printing by hand on cotton fabric. Students were shown the traditional printing processes of bleaching, resist and colour printing and dyeing.

**D) Chokhi Dhani:** An ethnic village, where students visited to learn about their culture, traditions, and heritage. The displays show the vibrant culture, art, folklore and the traditions of Rajasthan.

**E) Jaipur Rugs:** It is one of India's largest manufacturers of hand knotted rugs. It manages production, export and sale of rugs from the weaver to customer. Students got to see the interesting MANCHAHA projects - merging designs and social impact. The weavers weave their rugs with a mix of personal stories and elements of their own culture and surroundings. Customers from all over the world can acquire a unique, exclusive product which embodies a new idea of luxury.

**F) Kagzi Handmade Paper Industries:** Students were taken to the factory which saw the making of paper and the steps involved. All the exquisite handmade paper were later converted to articles like gift boxes, different textures of paper, diaries, photo frames etc.

**G) Blue Pottery:** is a widely recognized traditional craft of Jaipur which is seen mainly in Jaipur and Sanganer. Beautiful eye-catching blue dye is used to colour the pottery. The students saw the entire processing of this art with its Turko-Persian origin.

**H) Nidhi Tholia Design Studio:** Started in 2006, her meticulous revival of heritage crafts and textiles, is paired with her uniquely vibrant colour palette. From intricate gota work and colorful bandhani to elaborate marodi and zardozi details, the label is known for creating beautiful couture and festive collections.

**I) Anokhi Museum:** Anokhi museum of hand printing was the initiative of Racheal Bracken and her husband Pritam Singh. Students saw the feasibility of using indigenous materials and the methods of skilled local craftsmen.

Students attended sessions enhancing their knowledge in textile heritage. They were shown the process of making wooden blocks. Industries included handloom weaving, manufacture of carpets, blankets, handmade paper. Jaipur famous arts and crafts

included the making of Jewellery, enamel, metalwork, as well as stone, marble, ivory carving.



## WINDOW DISPLAY

The 2<sup>nd</sup> year students put up a Creative Window Display on 13<sup>th</sup> December 2022. They worked in 2 groups. The chosen themes were: **The Vintage Flea & Pangaea**  
 The display worked on by the students included research, concept, colour palettes, sustainability, props, display, co-ordination etc. The display was inaugurated by Ms. Noella Dias and Dr. Yasmina Dordi Avari. This display was judged by Ms. Vibhuti Khedekar and Ms. Sanghamitra Navalgund. The display got a good response from the staff and the students.



**Workshops**

<p><b>1st July 2022</b></p>	<p><b>SY</b></p>	<p><b>Basic of Pencil Sketching</b>  <b>Shubhangi Vaidya (Online)</b></p>
<p><b>13th July 2022</b></p>	<p><b>SY</b></p>	<p>Visual Merchandising                  Ms. Rashoo Kame (Online)</p>

26th July 2022	FY + SY	Textured Layered Workshop: Ms. Pranjali Desai (Online)
29th July 2022	FY	Warli Painting : Ms. Kiran Raje (Fevicryl)
3rd August 2022	SY	Patent as Intellectual Property - Mr. Benedict Mascarenhas - Chairman /Mg Dir-Envis BE Solutions Pvt Ltd

### Fevicryl Workshops

11 <sup>th</sup> November 2022	8.15 – 10.15	Relief Art Work
16 <sup>th</sup> November 2022	8.15 – 10.15	3D Egyptian Art
30 <sup>th</sup> November 2022	8.15 – 10.15	Accessory and Jewelry Design
2 <sup>nd</sup> December 2022	8.15 – 10.15	Moroccan Ceramic Work
9 <sup>th</sup> December 2022	8.15 – 10.15	Meenakari Art
14 <sup>th</sup> December 2022	8.15 – 10.15	Enamel Work
16 <sup>th</sup> December 2022	8.15 – 10.15	Hungarian Painting
21 <sup>st</sup> December 2022	8.15 – 10.15	Clay Art Molding

### Field Visits

a) **Kala Ghoda Art Festival:** On 8<sup>th</sup> Feb'23 the students and staff visited the art festival. There were interesting workshops like Coffee Painting, Doodle Art and beautiful installations, together with dance and drama, Artkart and the Pottery Corner.

**b) Sassoon Art Festival:** Mumbai Urban Art Festival was organized by the Start India Foundation along with Asian Paints. There were Workshops, Exhibitions, Installations, etc. On display was the work of 60 + national and international artists. We got to experience urban art in its different aspects.



### **Women Entrepreneur’s Exhibition**

The Ladies wing of the IMC Chamber of Commerce & Industry organised the Women Entrepreneur’s Exhibition 2022. This was attended by both the FY and SY’s on 22nd August 2022 at Jio World Convention Centre, Bandra Kurla Complex. Amazing work done by amazing women all over India. Students got to see the different aspects of Fashion, Handloom Textiles, Handicrafts, Jewelry & many more innovative displays. The beautiful embroidered Textile murals, patolas, bandhini, Paithani etc were on display. The students interacted with designers - Ms. Meeta Mulchandani, Ms. Bela Sanghavi, Ms. Rebecca Dewan, Ms. Payal Singhal, Ms. Ritu Khedia. Students also saw the collections of Zamoraa the label, The Pink Mirror, Studio Moda India, Alankrit, Aura Kreations. They also saw the NGO’s that work on Causes that matters’; Ishanya Foundation, Ahura Support, Project 1000.

It was a good learning opportunity for students. The interactive sessions helped to broaden their perspective of the Fashion World. Students were able to learn about the different fabrics, embroideries, surface embellishments and also to see the creative displays.

### **Celestial soirees**

**We are women. We are fearless. We are powerful. We are boundless. We're unbeatable. We're divine. We're shimmering. We're shining. We are anything we want to be. We are celestial bodies.** The theme "celestial soirees" revolves around the idea of inclusivity. Every human body is different. We come in all sizes, all shapes and all colors and all states but What's inside these shallow limits is what defines who we truly are. The collection includes ready to wear cocktail sarees for every woman who celebrates her unique beautiful self.



## **AN ODE TO SUSTAINABLE FASHION**

“Waste isn't a waste until we waste it”

At its core, circular fashion offers a beautiful approach to produce creative as well as unique products and aims to replace "take - make - waste" Linear economic system with a regenerative one.

Reincarnation is the religious or philosophical belief that the soul or spirit, after biological death, begins a new life in a new body. Keeping this philosophy in mind, the clothes have been reincarnated to express the creativity and uniqueness.

The collection is mainly focused on zero waste and upcycling. The garments are made out of industry waste and old clothes to make it more fashionable and street style.

The thought process behind the collection is "rethink, repurpose and reconnect"

### **Training in Soft Skills**

A session on Soft Skills was held for SYFD students on 23<sup>rd</sup> Jan 2023 from 10 am-1 pm. It was conducted by Mr. Hugo D’Souza on:

1) Facing an Interview 2) Mock Interview 3) Writing a resume 4) Formal/Business Letter writing

Organised by Ms. Noella Dias, the session was interactive and students gained a lot from the session. Mr. Hugo is a versatile and talented person with 16 years of corporate experience.

### **Career guidance**

A Session was arranged at St Joseph High School, Agripada. One-to-one interaction was carried out with the students. Sarah Ansari - an ex-student conducted the session.





## **Research Diary**

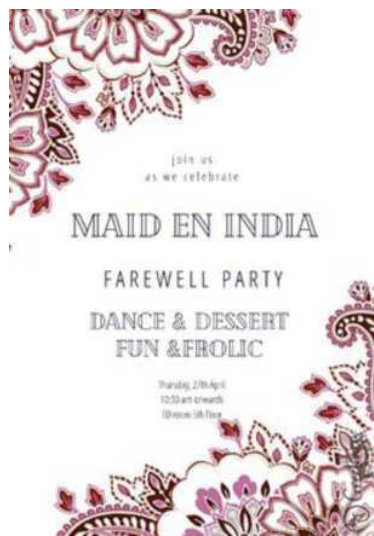
Students of SY documented their research based on the Study Tour to Jaipur and Ranthambore in a Research Diary which included:

- Fabric Board
- Design Development
- Motif Development
- Rough Sketches
- Final Design
- Cost Sheets
- Relevance with Client Profile





### Maid En India – farewell



**Department of Graphic Design and Visual Communication /Commercial Art**



**Their students and staff**



**International Indigenous day**



A Demonstration was held on Warli Art at the event organised by the College of Social Work, Nirmala Niketan which the students attended.

### **Kalaidescope**

Adiba Anserium of the Polytechnic won the 1<sup>st</sup> prize at the intercollegiate T Shirt painting Competition held at Sophia College.



### **SEMINAR**

A Visual Communication Seminar, **Climb K2** was held at Sophia Polytechnic. Eminent people from the field of Art, Advertising and Design shared their work and their experience too. Students of the SY and TY attended the 2 days seminar along with the staff.



### Internship presentations

T.Y.C.A. (2021-22) students had their **Internship Presentation** of the work done during their internship period. All the students attended the presentation and asked many questions regarding the work and the overall experience.



**Out-door sketching** session was organised for all the students.



**Outdoor Photography** session was organised for the students of the SYGD. Mr. Sujeet Gore, visiting faculty for photography guided the students on composition.





### Outdoor landscape Painting

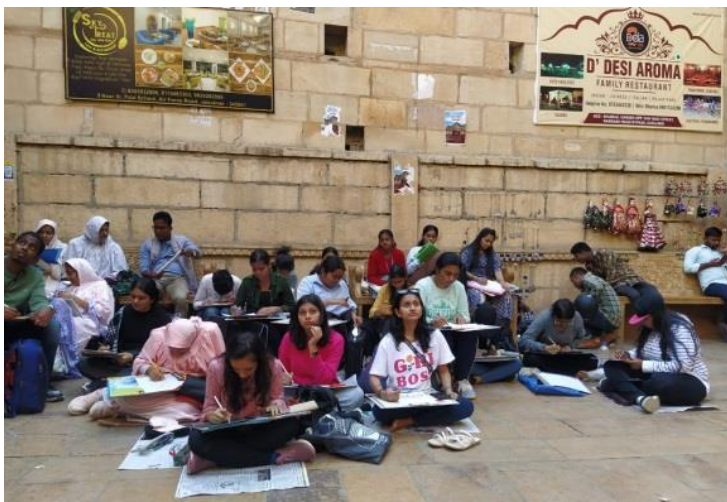
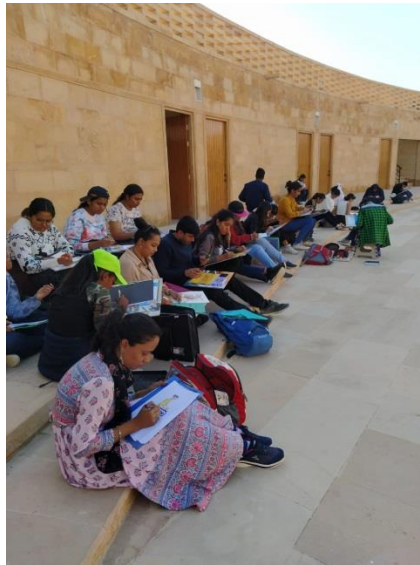
The students had gone on an outdoor landscape painting schedule to Kabutarkhana – near VT station. They used different media like water colours, acrylic colours and mixed media too.



### Outdoor landscape Painting



**Industrial Visit** - All the students and the staff went for an Industrial Visit (Study Tour) to Jodhpur, Jaisalmer and Sam (Rajasthan). They visited various locations at these places where they had the opportunity to do many sketches in pencil, pen, brush pen and landscape in water color, acrylic and mixed media. The students of the SYGD also captured some stunning images of the place, people, culture and street life.





The students went on a **site visit** to the Rizami Sandstone factory, Jaisalmer . They watched the artist carve on sandstone. Some of the students also tried their hand at carving.

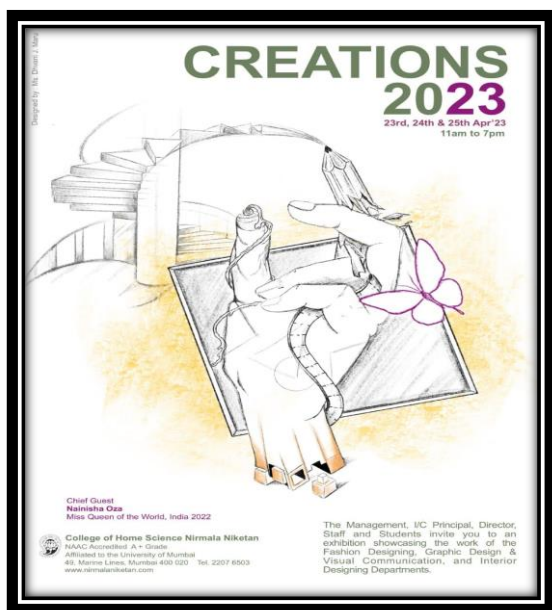




Besides the above the students visited the Bishnoi Village where they tried their hands at pottery and saw artisans working on block printing and weaving.



## CREATIONS 2023



# DEPARTMENT OF INTERIOR DESIGNING



This year they successfully completed the 45<sup>th</sup> year of serving excellence in Interior Design education. Indeed, after the dark clouds of pandemics passed away and we started with the bright new academic year of new hopes, excellence, opportunities, excellence and of course great Fun learning with re starting the offline studies.

The year sailed smooth with lots of great achievements, accomplishments, and enjoyments in learning of together. This was possible with the dedication of our great core team with the addition of one new alumnus teacher - Mrs. Prajakta Toraskar

We achieved our excellence in education every year with help of the Expert Eminent professionals sharing their valuable time to mentor our students help them with their excellence in the field by conducting the seminars and workshops specially designed for our students.

This year also we were lucky to have these Stalwarts to spare their time for mentoring us:-

Special Mentors this year:-

Mr. Manish Parekh. - Plumbing Standards and Technics

Mr. Girish Pillai - Electrical Standards and Technics

Ms. Sejal Shah - Speciality Residential Designing

Mr. Nilesh Kawa/ Parita Kawa -Designing High End Luxury Residential/Commercial spaces

## EVENTS THIS YEAR

### SEMINARS ATTENDED



## Students' Presentations



## Some of their work

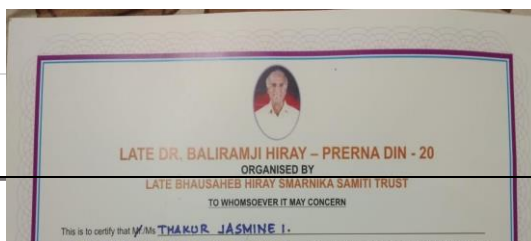


## INDEX FAIR VISIT

## ACE TECH FAIR – Amrish Mangle jury member

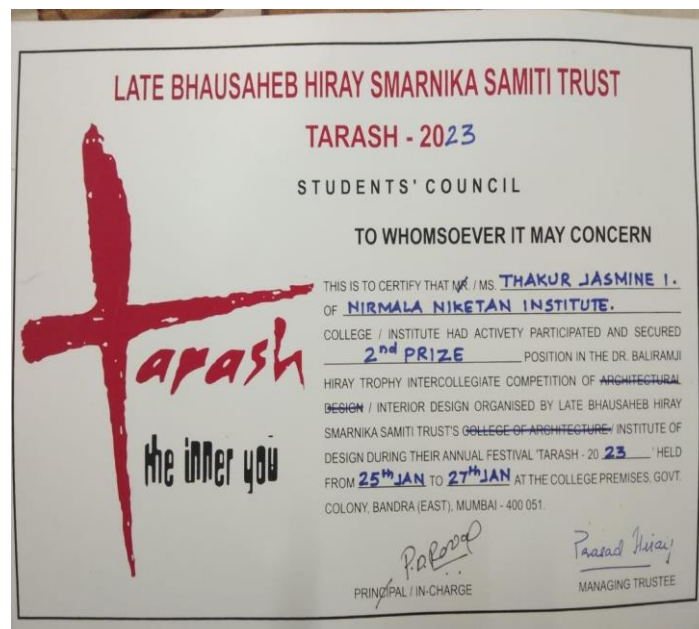


## PRERNA DIN



## TARASH 2023

Tarash 2023 was held on 26<sup>th</sup> January in Bahusaheb Hiray college of Architecture. Jasmine Thakur won the second prize.



## VISIT TO BADAMI, AIHOLE, PATTADAKAL, HAMPI & MYSORE

We after the long break due to pandemic, this year finally had our this year's study tour to 'KARNATAKA' BADAMI, AIHOLE, PATTADAKAL, HAMPI & MYSORE all excellent excursions spots for knowing and learning about our ancient art and architecture. The tour was par excellence, much advanced and taught us that it can even give today's techniques stiff competition. The tour was conducted from 16<sup>th</sup> to 23<sup>rd</sup> DEC.22. It was a journey worth taking since it was filled with work, study, sketching, observation, sharing, caring and enjoyment.



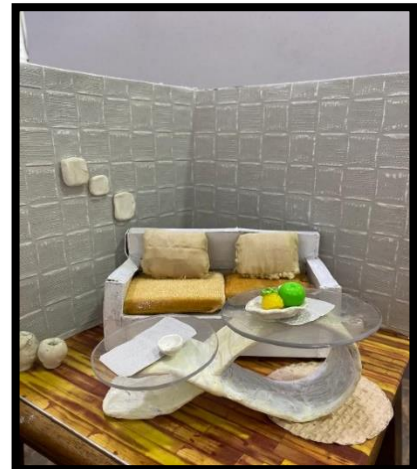


### **Creations 23**

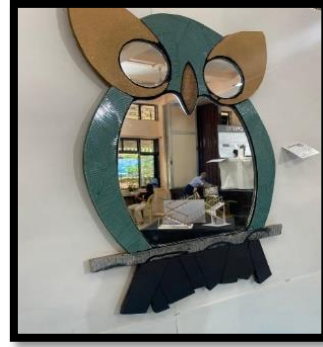
**The departments of Fashion Designing, Graphic Design & Visual Communication and Interior Designing displayed the work of the students at the Annual exhibition.**

**The Chief Guest to the event was Ms.Nainisha Oza - Ms. Queen of the World, 2022.**

It was held on 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> April showcasing the work of art, accessories, models, design and furniture created by our students. The exhibition aimed to highlight the talents and creativity of the students and provide them with an opportunity to showcase their work to the wider community.



### **Innovations**



## CHALLENGES

- Need a dedicated class for each year as students do not have space to work and our timings are not sufficient for solving quires, as we have to the leave the class to attend to the next group of students.
- Projectors screens need to be fixed permanently as they may fall off which can be a hazard for students sitting nearby.
- A Laptop is a necessary requirement per department to show the presentations, but we have to depend on students to bring their own laptops.
- A dedicated person for the computer lab, with computers installed with latest software required like AUTO CADD, SKETCHUP / VRAY, 3DS MAX and a high speed internet system.
- More advertisements and promotions for the courses are required to be done to reach more out to more students.
- To refurbish one floor and give it the appearance of a college teaching three programs in the Fine Arts. Some dedicated space for the students to display their work which in turn will serve as an advertisement in itself.

To device a method of ensuring that all assignments are submitted on time and avoid last minute, low quality submissions. However, this too requires dedicated space where they can work after class

### **GOALS:**

- We look forward to:
- Converting our courses into a degree courses.
- Having computerized classes for all the three years.
- A dedicated space for a work shop where students can get practical (hands on) experience.
- A material Lab to display products made by them for clients / companies.
- A Display gallery where students can showcase their work for others to see. This can be seen by the students of the other faculties which will be a real boost to their confidence.
- Facilitate us to invite more designers to showcase their work, who in turn can inspire our students to upscale the quality of the output of their work.

## Bidding A Warm Farewell

**NIRMALA NIKETAN INSTITUTE  
COLLEGE OF HOME SCIENCE NIRMALA NIKETAN**

**BIDS A WARM FAREWELL TO...**

		
<b>MRS NIRMALA DIAS 36 YEARS SERVICE</b>	<b>MISS ERICA LOBO 16 YEARS SERVICE</b>	<b>MRS. NIVEDITA 25 YEARS SERVICE</b>

We wish them the very Best in the Years ahead.