

Supporting Document

3.4.3 & 3.4.4

**Number of extension and outreach Programmes
conducted by the institution**

**(Few Reports of the Field work/ Extension
activities conducted)**



Anuradha J. Bakshi
Dr. Anuradha J. Bakshi
IC Principal

Year 2022 – 2023

DEPARTMENT OF FOODS NUTRITION AND DIETETICS 2022-2023

a. Participation of MSc FND, FPP, SN and PGD students in the Ashramshala Project.

Dr. Beryl Nithya, Dr. Tasneem Ravat, Ms.Simran Khandagale conducted Extension programme under the **Ashramshala Project in Varavne, Pen**, on 6th and 8th February 2023 and on 23rd February 2023

b. Collaboration with Verushka Foundation:

On the occasion of **World Mental Health Day, 10th October 2022**, to create nutritional awareness, the FND Department organized an event on **Mindful Nourishment for children and youth with Autism and Down's Syndrome** in collaboration with **Verushka Foundation**. This group was enrolled with Verushka Foundation to learn culinary skills. The main goal was to educate them how to prepare nutritionally adequate foods. MSc1 FND students conducted the activity. The demonstrated recipes were converted into a flipbook.

c. Rural Camp To Vaijapur – A Great Learning Experience

The Department of Foods, Nutrition and Dietetics organised various extension activities during the academic year 2022-2023.

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 to women and children in the villages. Students of T.Y.B.Sc. conducted nutrition education sessions for people of **Adivasi Padas in and around Vaijapur (Aurangabad)** in collaboration with Nirmala Institute run by the DHM. Our students educated the school children about importance of breakfast and healthy eating practices. The students also performed skits and role plays on anaemia for the girls of 8th to 10th standard. They also used the mid-upper arm circumference tape to assess the prevalence of under nutrition in the schools. Overall it was a great learning experience for our students.

Dr. Sheetal Joshi with TYBSc (38 students) conducted an Extension programme in the field of Community Health Assessment and Nutrition for School children, mothers and teachers in schools in Vaijapur



Dr. Sheetal Joshi acted as a Consultant under the Bal Vikas Prakalpa Adhikari, Zilla Stariya Sakas Ahaar Puravtha Samiti for development of healthy economical recipes for Anganwadi children and ICDS Beneficiaries

बाल विकास प्रकल्प अधिकारी, तुंगा मोहिली मुंबई याच कार्यालय
 अलशमस अपार्टमेंट, को. ऑप. हौ. सौ. लि. प्लॉट क्र. 187, पहिला मजला, न्यु हॉल रोड,
 कार्तिका हायस्कूल समोर, कुर्ला (प) मुंबई - 400070.
 दूरध्वनी क्र. 022-25032505
 E Mail : cdpotunga@gmail.com

दिनांक:- 09/05/2022.

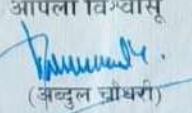
जा.क्र. :- बाविप्रअ तुंगा मोहिली/2022-23/ 150

प्रति,
 मा. प्राचार्य,
 निर्मला निकेतन गृहविज्ञान महाविद्यालय,
 विषय:- नविन पाककृती तसेच पाककृतीतील घटकांचे प्रमाण निश्चितीबाबत.
 संदर्भ :- 1. दिनांक -03.06.2021 रोजी संपन्न झालेल्या जिल्हास्तरीयसकस आहार पुरवठा समितीच्या बैठकीचे कार्यवृत्तांत.
 2. या कार्यालयाचे पत्र क्र. जाक्र/बाविप्रअ/तुंगा मोहिली/सप्र/20-21/3879 दि.30.09.2020.
 3. या कार्यालयाचे पत्र क्र. जाक्र/बाविप्रअ/तुंगा मोहिली/सप्र/20-21/148 दि.19.06.2021
 4. मा. आयुक्त, यांचे पत्र क्र. एवाविसेयो/का.2/आवपो/2021-22/आपु/1666 नवी मुंबई दि. 26/08/2022.

उपरोक्त संदर्भाय पत्रान्वये आपणांस कळविण्यात येते की, एकात्मिक बालविकास सेवा योजने अंतर्गत अंगणवाड्यांना गरम ताजा आहार पुरवठा करणेकरिता ऑनलाईन ई-निविदा प्रक्रिया राबविण्यात आलेली असून गरम ताजा आहारामध्ये समावेश करवयाच्या पाककृती मा. आयुक्त, एकात्मिक बाल विकास सेवा योजना यांचे स्तरावरून सुचविण्यात आलेल्या आहेत. तथापि स्थानिक स्तरावर यामध्ये गरजेनुसार बदल करण्याचे अधिकार जिल्हास्तरीय आहार पुरवठा समितीस देण्यात आलेले आहे.

याबाबत बैठकीमध्ये मा. आयुक्त, एकात्मिक बाल विकास सेवा योजना यांनी सुचविलेल्या आठवडाभराच्या पाककृतीमध्ये बदल करणेसंदर्भात घर्चा करण्यात येऊन शुक्रवारच्या मुरमुरा लाडू (नाष्टा) व गव्हाची लापशी (दुपारचे जेवण) या पाककृती ऐवजी सोयाबीन, शेंगदाणा व फुटाणे यासारख्या प्रथिनयुक्त धान्याचा समावेश करून नविन पाककृती वनविण्याबाबत समितीने निर्देश दिलेले आहेत. तरी याबाबत आपणांस विनंती करण्यात येतेकी सोयाबीन, शेंगदाणे, फुटाणे या धान्याचा वापर करून समितीस मुरमुरा लाडू (नाष्टा) व गव्हाची लापशी (दुपारचे जेवण) या ऐवजी नविन व 12 ते 15 ग्रॅमप्रथिनयुक्त आणि 500 किलो केलरीयुक्त पाककृतीचा नमुना रु. 8 इतक्या दरापेक्षा अधिक नसावा जेणेकरून केंद्रशासनाने ठरवून दिलेल्या दराचे पालन होईल तसेच महिला मंडळ/ महिला बचतगट / महिला संस्था यांना देखिल दराबाबत सोयीस्कर होईल. तसेच पुढील पाककृतीस किती प्रमाणात कच्चे अन्नधान्य उपयोगात आणावे लागेल याचे प्रमाण याबाबतची तपशिलावार माहिती उपलब्ध करून देण्यात यावी.

अ.क्र.	वार	नाष्टा	दुपारचे जेवण
१.	सोमवार	मुरमुरा लाडू	घरण भात (वरणासाठी तुरडाळ, मसुरडाळ व मूगडाळ यापैकी एक वापरणे बंधनकारक राहिल.
२.	मंगळवार	गुळ शेंगदाणा चिवकी	डाळ- (तुरडाळ, मसुरडाळ व मूगडाळ यापैकी एकतांदळाची खिचडी.
३.	बुधवार	राजगिरी चिवकी	मटकीची उसळ
४.	गुरुवार	Boiled soyabean पाककृती	पालक शिजवी / लापशी उपमा
५.	शुक्रवार	नाचणी लाडू	व्हेज पुलाव (शेंगदाणा व भाजीपाला आवश्यक)
६.	शनिवार	राजगिरी चिवकी	उपमा (शेंगदाणे व हिरवा वटाणा आवश्यक)

आपला विश्वासू

 (अब्दुल चौधरी)

बाल विकास प्रकल्प अधिकारी, तुंगा मोहिली, तथा सदस्य सचिव
 जिल्हास्तरीय सकस आहार पुरवठा समिती
 मुंबई उपनगर 66



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

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

49, New Marine Lines, Churchgate, Mumbai - 400 020. ☎ 2207 6503 / 2200 7544
Email: principal@nnchsc.edu.in / office@nnchsc.edu.in Web.: www.nirmalaniketan.com

NN/CHSC/22-23/GO/ 4385

Dated: 16th June 2022

To,
Mr. Abdul Choudhary
Bal Vikas Prakalpa Adhikari
Tunga Mohili,
Zilla Stariya Sakas Ahaar Puravtha Samiti
Mumbai District

Sub: Development of new recipes for Anganwadi beneficiaries (children) in Mumbai Suburban District

Dear Sir,

Further to your letter dated 9th May 2022 (BaViPraAd/2022-23) regarding supply of hot cooked meal to the ICDS Anganwadi beneficiaries and your request to calculate the Calories and Protein Content of the weekly menu as decided by the committee, please find below the calculated nutritive value of the recipes suggested by the committee.

Day	Snack/Lunch	Recipe	Calories	Proteins
Monday	Murmura Ladoo (60g)	Murmura – 20g Peanuts – 5 gm Dal – 10 gm Jaggery – 25 gm	67 26 34 <u>125</u> 252	1.6 1.2 2.3 <u>00</u> 5.1
	Dal/Rice Khichadi	Rice – 50 gm Dal – 20 gm Oil – 8 gm Mix Vegetable	166 68 100 <u>7.5</u> 342	4.1 4.6 00 <u>00</u> 8.7
Tuesday	Murmura Chivda	Murmura – 40 g Dal – 15gm Peanuts -5 gm	134 50 <u>26</u> 210	3.2 3.5 <u>2.2</u> 8.9
	Wheat Lapsi	Wheat Lapsi – 40 g Mug dal – 10 gm Jaggery – 30 gm Oil – 5 gm	134 34 120 <u>50</u> 338	3.2 2.3 00 <u>00</u> 5.5
	Rajgira Ladoo	Rajgira – 20 gm Peanuts – 10 gm	67 52	1.6 4.4



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Wednesday		Jaggery - 30 gm	120	00
			239	6.0
Thursday	Varan Bhat	Rice - 50 gm	166	4.1
		Dal - 20 gm	68	4.6
		Oil - 8 gm	100	00
		Mix Veg - 20 gm	7.5	00
			342	8.7
Thursday	Murmura Ladoo	Murmura - 20g	67	1.6
		Peanuts - 5 gm	26	1.2
Friday	Vegetable Pulav	Dal - 10 gm	34	2.3
		Jaggery - 25 gm	125	00
			252	5.1
		Rice - 50 gm	166	4.1
		Chana/Peas/Soya - 50 gm	100	6
Mix Veg - 20 gm	7.5	00		
Oil - 10 gm	100	00		
	374	10.1		
Friday	Rajgira Ladoo	Rajgira - 20 gm	67	1.6
		Peanuts - 10 gm	52	4.4
Saturday	Masoor Pulav	Jaggery - 30 gm	120	00
			239	6.0
		Chana Usal	Chana - 60 gm	200
	Oil - 8 gm	100	00	
		300	14	
Saturday	Murmura Chivda	Murmura - 40 g	134	3.2
		Dal - 15gm	50	3.5
Saturday	Masoor Pulav	Peanuts - 5 gm	26	2.2
			210	8.9
		Rice - 75 gm	250	6.25
	Masoor - 20 gm	67	4.6	
	Oil - 10 gm	100	00	
		417	10.8	


We hope that this is as per your requirement.

With Regards

Yours Sincerely,


Ms. Sheetal Joshi
Assistant Professor


Ms. Vibha Hasija
Head of Specialization


Dr. Anuradha J. Bakshi
I/C Principal

DEPARTMENT OF HUMAN DEVELOPMENT 2022-2023

- a. Extension tour to Vidhyadeep Community Centre, Bharuch, Gujarat: 2nd to 4th March 2023** Examples of activities that were conducted by TYBSc and MSc2 students for 150 beneficiaries (boarders and young teachers), Workshop on Building and Maintaining Friendships, Workshop on Communication Skills and Personal Etiquette, Workshop on Personal Hygiene and Cleanliness, Workshop on Enhancing Self-Esteem and Assertiveness, Cultural Exchange Programme.
- b. Online extension sessions conducted by TY BSc and MSc2 students with DHM centre beneficiaries, 2nd to 4th March 2023.**
- c. Yuva Parivartan, Kandivali:** Workshop on financial literacy & Workshop on Importance of Teamwork, Consistency and Coordination at Workplace conducted by conducted by TY BSc and MSc2 students, 3-4-2022. Beneficiaries: nursing programme youth.
- d. Extension workshops** conducted by TY BSc and MSc2 students at Dignity Foundation, Worli: Addressing conflict between family and friends; positive affirmations; Maintaining Self-esteem and Self-faith (SOC Perspective amid losses), 25th January 2023. e. Activities conducted by TY BSc and MSc2 students at Our Lady of Peity Old Age Home with the aim of fostering socioemotional and cognitive development of the elderly, 18th January 2023.

**Extension Activities conducted by Ms. Rhonda Divecha from the Department of
Human Development**

Sr. No.	Organization Place and date	Type of Activity	Target group	Beneficiaries
1	Vidhyadeep Community Centre, Bharuch, Gujarat, 2nd -4th March 2023	Extension, Educational, Out-Reach	Boarders and young teachers	Boarders (Adolescents and Young adults) and young teachers - Approx 60
2	Dignity Foundation NGO forthe Elderly, Byculla East, Mumbai - 4th and 18th Jan 2023	Socio-Emotional and RecreationalActivities	Elderly from surrounding community	Elderly - Approx 60
3	Our Lady of Piety Home for the Aged, Marine Lines - 27thJan 2023	Socio-Emotional and RecreationalActivities	Elderly from surrounding community	Elderly - Approx 20
4	Kripa Rehabilitation Foundation, Bandra - 8th February 2023	Socio-Emotional and RecreationalActivities	Reformed Addicts	Young and MiddleAged Adults - Approx 30
5	Umang Special School, VasaiWest 8th March 2023	Educational Activities	Special Children	Special Children - -Approx 20
6	Citizens for Animal Protection, Thane 8th March 2023	Observation and Interaction	Animal Activists	Animal Activists (Adult grp) - Approx 15



Vidhyadeep

Community College

Near GNFC Township,
P. O. Narmadanagar,
Bharuch - 392 015,
Gujarat (India)
Phone : (02642) 248868
E-mail : vidhyadeepb@gmail.com

4th March 2023

Dr. Anuradha J. Bakshi, Nirmala Niketan College of Home Science, Mumbai.

Greetings from Ms. Asha Macwan, Principal, Vidhyadeep Community College, Bharuch.

On behalf of the staff and students of Vidhyadeep Community College, I express my gratitude to you for sending Ms. Khyati Sampat and Ms. Rhonda Divecha the faculty with the group of 59 students.

Alone we can do so much little, together we can do so much. Your dedication and service is appreciated. Your staff and students have done their best to give the knowledge to the students of Vidhyadeep Community College, Bharuch.

Nirmala Niketan teachers and students have shared their precious time with our staff and students. The success of these two days have touched each of our students and has helped our students to be more creative.

The students of Nirmala Niketan were very enthusiasm and energetic to teach our students. Looking at this our students also involved themselves very actively. Our students were interested because the way of talking, communicating with them attracted our students to learn more. They have done a great thing in a very short time.

We are grateful for appreciating and encouraging our students and for that you deserve to be congratulated for your hard work, honesty and utmost dedication.

Your team has spent an **effective time** making sessions more meaningful which has made our students self confident. Our students have learnt to inculcate the values of teamwork and integrity.

Our students have learnt many skills like, communication skills and Personal etiquettes, Personal Hygiene and Cleanliness, Enhancing Self-Esteem and Assertiveness Skills, Building and maintaining friendships, Video making, Creative ECCE Teaching – Learning Strategies. They have also improved their teamwork and leadership qualities and group Dynamics and team building.

The different presentation methods used like role plays, drama, games etc were much effective, interesting, well appreciated and impressive.

The cultural exchange showcased by all the students was very interesting. All the students, the way they mingled was very appreciative. Interaction between the students was really good.

Ms. Khyati Sampat and Ms. Rhonda Divecha were the great support to the students. Their presence was very effective. Their love, concern and at the same time firmness helped students to be more effective.

We are so fortunate to have an innovator like you with us. With your hard work you have taken us to the top.



Extension Activities conducted by Ms. Khyati Sampat from the Department of Human Development

Sr. No.	Organization Place and date	Type of Activity	Target group	Beneficiaries
.	Our Lady of Piety Old Age home 18-1-2023	Activity session for Elderly with the goal of fostering socio-emotional and cognitive development	Elderly	Approx 20
2.	Dignity Foundation, Worli 25-1-2023	Session on Addressing conflict between family and friends and positive affirmation	Elderly	Approx 60
3.	Dignity Foundation, Worli 25-1-2023	Session on Maintaining Self-esteem and self-faith (SOC Perspective amid losses)	Elderly	Approx 60
4.	Vidhyadeep Community College – Bharuch & Nirmala Niketan Junior College of Home Science 2nd March 2023 to 4th March 2023	Workshop on Building and Maintaining Friendships	Adolescent girls	Approx 60
5.	Vidhyadeep Community College – Bharuch & Nirmala Niketan Junior College of Home Science 2nd March 2023 to 4th March 2023	Workshop on Communications Skills and Personal Etiquette	Adolescent girls	Approx 60
6.	Vidhyadeep Community College – Bharuch & Nirmala Niketan Junior College of Home Science 2nd March 2023 to 4 th March 2023	Workshop on Personal Hygiene and cleanliness	Adolescent girls	Approx 60

Dignity Foundation NGO for the Elderly, Byculla East, Mumbai - 4th and 18th Jan 2023



Vidhyadeep Community College –Bharuch & Nirmala Niketan Junior College of Home Science

2nd March 2023 to 4th March 2023



Staff & Students boarding from Borivali at 6:08 am

Sr. No.	Name	Student contact no.	Both Parents' contact nos.
1	Bhale Sukanya	9920429224	9920341499
2	Gandhi Riya ✓	8849294969	9375093111 8779131986
3	Mehta Moksha	8104023283	9323301381 9699851381
4	Mhatre Vaishnavi	8452063994	9833712446 9819779666
5	Moraes Tanisha	9987367938	9769576101 9322012354
6	Nandu Vrushti	9773670920	9819455100 9870423422
7	Narvekar Sharvari	8355946440	9594797961 7021120242
8	Parmar Deepeksha	9892765134	9892071774 9769043863
9	Shah Kinjal	7010055458	9323650310 9322505335
10	Anchan Shreya ✓	9702346352	9867078575 9664522380
11	Merchant Nausheen	9769456994	9820047775 8108700559
12	Savla Meha	8454927802	9172060250 9322080700
13	Sherin Elsa	7219658747	9766409117
14	Ms Rhonda Divecha	9821786401	
15	Ms Khyati Sampat	9833729710	

D6
14-19

D6
20-24+8

Student boarding from Daharu at 7:30am

1.	Khan Shaheen ✓	9112073783	9960413992 7507288603
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D6
26-31

Jain Food	
1.	Shah Kinjal
2.	Gondalia Jinagna

DEPARTMENT OF TEXTILE & FASHION TECHNOLOGY 2022-2023

The Art Of Giving: Report On Extension Work-

The practical for Sustainable Community Work (Semester V) and Sustainable Social Entrepreneurship (Semester VI) offered to the TYBSc students of the specialization of Textile and Fashion Technology is always a very rewarding and satisfying experience, as unlike in other subjects, where the students learn, here the students are the facilitators. They impart knowledge and skill sets to the underprivileged, in order to make them self-reliant, thus doing their bit in returning their privileges to the society.



The academic year 2022-23 however was very special as the target group at the Bhakar Foundation, an NGO situated at Bhagat Singh Colony 1 and 2, Goregaon West, catering to underprivileged girls and women between the ages of 16-60 years of age was an extremely enthusiastic group, and responded very well to

the training that was imparted to them.

A total of 8 sessions were held in Semester V starting from 13th August to 15th October 2022.



The products taught focused on sustainability, thus utility products like tea coasters, attractive fabric jewelry, made out of post-consumer fabric waste were taught.



Skills were also imparted keeping in mind the need of the market, and so 'torans' and latkans' made from waste yarn and pre-used bangles were taught just before the Ganpati festival, and lanterns and fabric pouches made from 'Khunn' fabric sourced from local temples was taught just before Diwali.



In order to improve market acceptability of products, the target group was also imparted training in surface enrichment techniques like stencil printing and embroidery.



Recognizing that skill building alone will not suffice to gain a place in the market, the knowledge of sourcing, costing, branding, packaging and marketing in addition to skill development was imparted during Semester VI.



A total of 10 sessions were held between 5th January and 8th April 2023. This semester the NGO had purchased sewing machines due to the enthusiasm and interest shown by the target group, so many different products that needed advanced sewing skills like bottle carriers, scissor holders, pouches

and bags were taught to the beneficiaries. Crochet and macramé skills which are artisanal methods of fabric manufacture were also imparted and hair scrunchies, bracelets and wall hangings were made using these techniques.



Each product taught during the earlier semester and during the ongoing semester were evaluated in terms of sourcing, costing, branding and packaging. Different marketing techniques, especially the use of social media was taught to the target group through simple presentation, videos and talks that were suited to their level of literacy.

Overall, the experience gained by the students was extremely enriching as they had gained life skills through their interaction with beneficiaries who hailed from a multitude of backgrounds. The students gave whole heartedly, and

received many fold through the experience.



COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
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DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY



Certificate of Participation

This is to certify that Ms. *Bharthwal Prachi*

Participated in "**HUNAR KARYASHALA – SKILL BUILDING WORKSHOP SERIES**" by

Mr. Lokesh Tardalkar on Photography

held on 8th September 2022,

Organized by

Institution's Innovation Council in collaboration with

Department of Textile & Fashion Technology's Entrepreneurship Incubation Cell & IQAC

Dr. Pratima Goyal

Head, Department of Textile & Fashion Technology

Dr. Anuradha J. Bakshi

I/C Principal

HUNAAR KARYASHALA

Skill Building Workshops

Department of Textile & Fashion Technology

College of Home Science Nirmala Niketan

Resource Person: Mr. Lokesh Tardalkar, SVKM's Usha Pravin Gandhi College

Title of the Workshop: Photography

8th September 2022

3 pm – 4 pm

Marie Adelaide De Cice Hall, College of Home Science Nirmala Niketan

No. of Participants

6 Staff attended the workshop – Dr. Goyal, Dr. Karnad, Dr. Madhan, Dr. Mulchandani, Ms. Udiaver & Ms. Khedekar

T.Y.B.Sc - 23

M.Sc I - 6

M.Sc II - 9

Event Flow

Introduction to the programme – Ms. Khedekar

Workshop – Mr. Lokesh Tardalkar

Experience sharing by students – Ms. Rahila, Ms. Simran & Ms. Bilquis

Vote of Thanks – Ms. Khedekar

Organizing Team: Dr. Pratima Goyal, Dr. Ritu Madhan and Ms. Vibhuti Khedekar

The event was organized as a part of Hunaar Karyashala – Skill Building Workshop Series for the students on 8th September 2022, 3 pm onwards. The workshop was attended by the students of T.Y.B.Sc, M.Sc I and M.Sc II of the department. Six staff from the department actively participated in the workshop, Dr. Goyal, Dr. Karnad, Dr. Madhan, Dr. Mulchandani, Ms. Udiaver & Ms. Khedekar. The workshop was organized by Dr. Ritu Madhan and Ms. Vibhuti Khedekar with the guidance of Dr. Pratima Goyal, Head, Department of Textile & Fashion Technology. Mr. Lokesh Tardalkar specializes in Wildlife Photographer and travels around jungle and wildlife hotspots. He is also a Photography educator at various institutes and a Co-founder of Travers India & Fotocaters.

The session started with an Introduction of the speaker by Ms. Vibhuti Khedekar. Mr. Lokesh Tardalkar started the session with discussions and interaction with the students. He explained the key concepts in photography, Aperture, Shutter Speed and ISO in an extremely simple manner. Mr. Lokesh explained to the students that photography can be done effectively even with the use of simple Android phone cameras also. He also conducted a small demonstration of photography with a group of students. Mr. Lokesh also shared some of the products that the students can buy to enhance their skills. The products were cost effective as well as long lasting and can be directly purchased from Amazon. He resolved all the queries of the students.

The students enjoyed the session and Ms. Simran (T.Y.B.Sc), Ms. Rahila (T.Y.B.Sc) and Ms. Bilquis (M.Sc II) shared their experience immediately after the workshop.



TYBSc

https://drive.google.com/drive/folders/1sQh-fLD66TcMejuqnqxOR4siho_jHdaO?usp=sharing

MSc I

https://drive.google.com/drive/folders/17CYRsT97lRN9CSRooa_kZocXDlwzFUyK?usp=sharing

MSc II

https://drive.google.com/drive/folders/1leZPjS3rFuGskbsKOMbAgW752Aj_gsyH?usp=sharing

Department ppt

<https://docs.google.com/presentation/d/1pGF1ICYjPBmmA8bN86qIUHNT6sCpfh4l/edit?usp=sharing&oid=105530265294129981283&rtpof=true&sd=true>

Product video

https://drive.google.com/file/d/1Kx67FVfjYUccUfj3aCB19V_4cmnth6lt/view?usp=sharing

<https://drive.google.com/file/d/1xMk4ArH63muX5TrncPUDP0jOMI-rEUpP/view?usp=sharing>

<https://drive.google.com/file/d/15L5X1gSC6Hvbc01cq-5ilclcnz1AxVtO/view?usp=sharing>



HUNAAR KARYASHALA

Skill Building Workshops

Department of Textile & Fashion Technology

College of Home Science Nirmala Niketan

Resource Person: **Ms. Rekha Jairath, Rachna Sansad**

Title of the Workshop: **Illustration Techniques for Textile and Fashion Designing**

- 8th September 2022
- 12 noon – 3 pm
- Marie Adelaide De Cice Hall, College of Home Science Nirmala Niketan
- No. of Participants
 - 7 Staff attended the workshop – Dr. Goyal, Dr. Karnad, Dr. Madhan, Dr. Mulchandani, Ms. Udiaver, Dr. Srivastava & Ms. Khedekar
 - T.Y.B.Sc - 23
 - M.Sc I - 6
 - M.Sc II - 9
- Event Flow
 - Introduction to the programme – Dr. Madhan
 - Welcome address – Dr. Goyal
 - Introduction of the Speaker – Dr. Madhan
 - Workshop – Ms. Rekha Jairath
 - Experience sharing by students – Ms. Sakina, Ms. Rashida & Ms. Shreya
 - Vote of Thanks – Ms. Khedekar
- Organizing Team: Dr. Pratima Goyal, Dr. Ritu Madhan and Ms. Vibhuti Khedekar



The event was organized as a part of Hunaar Karyashala – Skill Building Workshop Series for the students on 8th September 2022, 12 noon onwards. The workshop was attended by the students of T.Y.B.Sc, M.Sc I and M.Sc II of the department. Seven staff from the department actively participated in the workshop, Dr. Goyal, Dr. Karnad, Dr. Madhan, Dr. Mulchandani, Ms. Udiaver, Dr. Srivastava & Ms. Khedekar. The workshop was organized by Dr. Ritu Madhan and Ms. Vibhuti Khedekar with the guidance of Dr. Pratima Goyal, Head, Department of Textile & Fashion Technology. Ms. Rekha Jairath specializes in Fashion Illustration and is currently working with Rachana Sansad as a Faculty member for Illustration and Concept Development.

The session started with an Introduction by Dr. Ritu Madhan and a Welcome Address by Dr. Pratima Goyal. Ms. Rachana started the session with demonstrations on croqui making, rendering of croquis and fabric painting. Croqui rendering was well explained with Steadler pencils as well as blending with water. Various techniques of using strokes, stippling and shading were well covered in fabric painting. The demonstrations were conducted with small groups of students and all their queries were resolved by the resource person. The students were given enough time to practice the techniques taught by the resource person.

The students enjoyed the session and Ms. Shreya (T.Y.B.Sc), Ms. Sakina (M.Sc I) and Ms. Rashida (M.Sc II) shared their experience immediately after the workshop.

Ms. Vibhuti Khedekar proposed the vote of thanks.

FABDZN Intercollegiate Design Competition on Innovative Design held online on 10th February, 2023 organized by Department of Textile & Fashion Technology

Title of the Event: FABDZN Intercollegiate Design Competition on Innovative Design

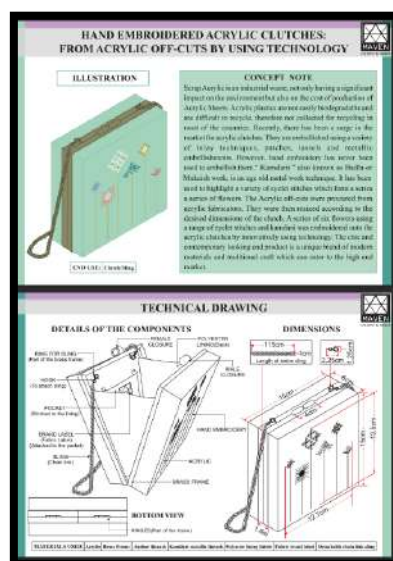
- **Date of the Event:** 10th February, 2023
- **Online submission of Designs and Briefs**
- No. of Participants who joined the WhatsApp Group: 100
<https://chat.whatsapp.com/DzKxtlvIdJ50KGCj4RezVC>
- Event Flow: Flyer in Circulation on 25th January 2023
- Deadline for online submission 10th February, 2023 extended date 25th February 2023.
- Results declared on 8th March, 2023.
- **WhatsApp group:** <https://chat.whatsapp.com/DzKxtlvIdJ50KGCj4RezVC>
- **Organizing team:** Dr. Pratima Goyal, Dr. Vishaka Karnad and Ms. Vibhuti Khedekar

Details of Participants on this Link:

https://docs.google.com/document/d/1ZuTJyr1CIwtze4yW6UtSiIXS7V2Bhtjc/edit?usp=drive_link&oid=101699371595294623658&rtpof=true&sd=true



Flyer & Certificate Sample Copy



FIRST PRIZE



SECOND PRIZE



DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

- a. **Rural Camp at Karasgaon:** Half of the TY CRM students went for a 3-day rural camp (17th to 19th October 2022) to Karasgaon, Gyan Jyoti Community College with two teachers, and conducted the following activities: Ice breaker games; Workshop on Professional Grooming, Sari Draping and Dressing in Formals; Skit on Facing Job Interviews; Workshop on Digital Marketing, Promotion and Packing; Stress Management and Yoga Session; Workshop on Jewellery Making using POP.
- b. **Rural Camp at Bharuch:** The other half of the TY CRM students went for a 3-day rural camp (24th to 26th February 2023) to Bharuch, Vidhyadeep Community College with two teachers, and conducted the following activities: Ice breaker games; Workshop on Gift Wrapping and Envelope Making; Tote Bag Making Workshop; Bangle Making Workshop; Self-Defence Workshop; Paper-bag Making Workshop; Quilling Earring Making Workshop; Workshop on Personal Grooming, Sari Draping and How to Face an Interview.
- c. **Each one, teach one project:** Each student taught language and number basic literacy to one housemaid who was illiterate.
- d. **Workshop and activities to commemorate International Consumer Day,** 15th March 2023, at Family Service Centre, Colaba and Cuffe Parade.

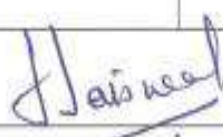
Link to Attendance:

[https://docs.google.com/spreadsheets/d/1KOEqRiKQu_kv6MZLFuGrmPjuo4b9iUpt/edit?usp=drive link&oid=108122732989702424277&rtpof=true&sd=true](https://docs.google.com/spreadsheets/d/1KOEqRiKQu_kv6MZLFuGrmPjuo4b9iUpt/edit?usp=drive_link&oid=108122732989702424277&rtpof=true&sd=true)

DLLE-udaan festival attendance "UDAAN – the flight of Extension"

28th January, 2023

Chandrabhan Sharma College of Arts, Science & Commerce Powai, Vihar Mumbai.

Students participating in Powada singing for UDAAN Festival:		
1	. Shruti Chavhan	Shruti Chavhan
2	. Amna Ansari	Amna Ansari
3	. Mrudula Kadam	Mrudula Kadam
4.	Umaima Khan	Umaima Khan
5	. Dikshita More	Dikshita More
6	. Khushi Chheda	Khushi Chheda
7	. Maahenoora Khan	Maahenoora Khan
8	. Anushka Rewale	Anushka Rewale
9	. Sabaparveen Shaikh	Sabaparveen Shaikh
10	. Melann Pinero	Melann Pinero
Students participating in Poster Competition for UDAAN Festival		
1	Shruti Chavhan	Shruti Chavhan
2	Amna Ansari	Amna Ansari
Students participating in Street Play Competition for UDAAN Festival:		
	Shailee Gandhi	Shailee Gandhi
	Sakina Bharmal	Sakina Bharmal
	Riddhi Chheda	Riddhi Chheda
	Batul Rangwala	Batul Rangwala
	Sanobar Malandkar	Sanobar Malandkar
	Ritika Srivastava	Ritika Srivastava
	Esha Yelve	Esha Yelve
	Shifa M. Isha Malde aryam	Shifa M. Isha Malde aryam
	Zahra Rampurawala	Zahra Rampurawala
	Melann Pinero	Melann Pinero
	Sabaparveen Shaikh	Sabaparveen Shaikh
	Umaima Khan	Umaima Khan
Faculty incharge Ms.Sunita Jaiswal		

Vidyadeep Community College: BHARUCH

24th, 25th, 26th, 27th February 2023

Department of Community Resource Management organized rural camp as part of Extension Activity to Vidyadeep community college Bharuch. This rural camp was conducted on 24th, 25th and 26th of February 2023 with the objective of giving hand on experience to the students to work in community

Vidhyadeep Community college is an innovative educational alternative that is rooted in the community, providing holistic education and eligibility for employment. Its vision is to become dignified, self-sustained personality and also to create sustainable communities through skill based education.

Their mission is to empower tribal women particularly through to organize skill entrepreneurship workshop. Also their moto is to inculcate values and enable women to be economically independent by providing vocational and life skills.



Activities were well planned in advance in coordination with the principal Sister Asha of Vidyadeep

Schedule of activities on 25th and 26th of March 2023

Day /date	Time	Activity
Day 1 – 25 th Feb 2023 Saturday	8.30 am – 10.30 am	Ice Breaker game 1) Hula loop game 2) Puzzle game
	11.00am-1.00 pm	Workshop on Gift wrapping and envelopes
	1.45 pm- 2.45 pm	Tote Bag making Workshop
	3.00 pm - 5.00 pm	Bangle making Workshop
Day 2 – 26 th Feb 2023 Sunday	7.30 am – 9.30 am	Self Defence workshop
	10.00 am – 11.00pm	Paper Bag making workshop
	11.00am – 1.00pm	Quilling earrings making workshop
	2.00 pm -4.30 pm	Personal grooming, Sari Draping and how to face an interview workshop
	4.30pm – 5.30 pm	Question Answer session Feed back Orientation to Vidyadeep college

Day 1

Ice Breaker Game – 8.30 am – 10.30 am

The Ice-breaker game held in Vidyadeep School in Bharuch on 1st day started at 8:30AM. Games rules were made in such a way that everyone got to play the game and got to know each other's personality.

1st game was 'hula hoop passing' this game was about building coordination amongst each other. There were about 100 girls, They were made to stand in circle .They were then provided with one HULAHOOP and that HULAHOOP was passed on amongst them, as the music played and as soon the music stopped the ring had to be passed over to the neighbour without touching each other . Person with HULAHOOP will leave the circle by telling name and hobby to others and passing of the ring continues.

Outcome: Coordination is the function of management which ensures that different departments and groups work in synchronization. Therefore, there is unity of action among the employees, groups, and departments. It also brings harmony in carrying out the different tasks and activities to achieve the organization's objectives efficiently.

There were 4 Winners for this game they were awarded with gifts.

2nd game was 'complete the puzzle' in which 2 groups of 10 people each won.

Groups were made of 15 girls and each one of you will get a piece of puzzle which contain a part of a picture of a famous and empowered women personality. You'll have to do is arrange the pieces according to the picture and once the picture is complete, if you know about the personality you have to come and talk about that.

By working in group this game taught to work in teams. Understanding and cooperation with each other was the motive. This leads to team work, which means helping each other and working together lead to more innovation and less workload. This also helped in building trust and excitement in creating new things. Different puzzle were of well-known personalities.

Mary Kom, Savitri Bai phule Smt. Indira Gandhi , Mother Teresa , Kalpana Chawla, Saina ,Lakshmi Bai , Lata Mangeshkar

Each group had to solve the puzzle and speak about the personalities.



Gift wrapping and envelopes making workshop

Date : 25/02/2023



On the day two of Bharuch rural camp we had done Envelopes making and gift wrapping . Mahenoor ,And Zahra these two were the lead of this workshop .They taught 2 different types of envelopes with decoration ..so that they can use this skill for their business or personal uses.

5th February 2023,

On 25th February 2023 a workshop was conducted about how to create a tote bag from an old or used t-shirt. The workshop started at 2:30 pm and till 4:30 pm. The workshop was led by Iram Khanam Khan, Mrudula Kadam, and Isha Patel. It was a creative session and everyone enjoyed the session. It was a great initiative to reduce plastic and make a creative and environmentally friendly bag.

In total there were 8 groups and each group had 11 on average people. Each group made 2 tote bags and they even added beautiful ideas to decorate the bag. The girls are very creative and



made mesmerizing bags.





Bangle making workshop

Vidhyadeep society, Bharuch, Gujarat.

25th February 2023.

On 25th of February in Vidhyadeep community society a workshop was held at 3.00 pm that was bangle making workshop. It is the college of girls and different creative workshop were held for them by the students of college of home science Nirmala Niketan of CRM department. And bangle making workshop was taken by Batul, Sakina, Saba and Asma. Rings from plastic bottle were given to each group. Each group had 10 girls and 2 volunteers to guide them. They were also given shimmers and stickers along with glue to decorate the bangles. Instructions were given and all the girls had to make the bangle according to given instruction and decorate it in any creative way. After they all showed their creative bangle they showed off their bangle and after that they were told the important of recycling and reusing plastic bottles in these creative ways. This event was windoff till 3.45 pm. It was fun and very informative for the girls.



Another workshop. That was gift wrapping done by Umaima and Hussaina. They thought three different types of gift wrapping that is square , rectangle and Cylindrical that how to wrap these types of shapes gifts...after that all the girls decorated their boxes with creative ideas.



SELF DEFENSE

Vidya deep community college, Bharuch , Gujrat.

26th February 2023



In vidyadeep college on 26th February 2023 a self defense workshop was held from 7:30 am to 9 am . The workshop was organize for the vidyadeep college students by the students of Nirmala niketan college of Home science (CRM). The workshop was lead by Hetanshee Panchal under the guidance of Miss Sunita Jaiswal and Miss Riddhi Raut . The workshop started with some basic warm up , futher continued by 3 basics punches , 3 basic blocks and 1 basic kick. After which some information about karate and self defense were provided and 4 self defense movements were demonstrated on subjects Shailee and Iram Asgar. And some students were called up to practice the movements. This workshop helped the students understand that how can one protect oneself in public and provided physical training.



Report on Quilling of EarringsThe Quilling of Earrings session was held in Vidyadeep vidyalaya.the session was held on 26th of February 2023 ,at 11:15 am .the session was about 1 and 1 ½ hour . Zara, Hussaina was lead of this session.For them Quilling of earing was something new, they find it enjoyable .they all made it happily. They divide paper strips for Quilling, earrings hooks, for decoration some pusles,diamonds .they are energetic and creative ,they all creatively make earrings,each members of group make individual earing even they help each other . here are the some glimpse of session.

they all made this beautiful and creative earrings



Personal grooming



The personal grooming session was planned so the student of the vidyasandeep community college can learn the importance of personal grooming, interview methods , importance of hygiene etc . The session was started after the lunch break at 1:45 pm on 26 February . The session was conducted by dhara , dipti , deepansha, and Nirbhava.

The session was started with the basic introduction of the Personal grooming By dhara . She introduced about the hospitality industry to the students with the help of the power point . What are the sectors in the hospitality industry . Then the short role play has conducted by to show to handle the interview .What are the job opportunities and what are the job they have to perform in the hospitality industry.

Then she explained about the uniform of the hospitality industry. Then hetanshee Was come as model and she come in her hospi industry but her saree was not proper . Then drapping of saree was done by Nirbhava . And laterally it was taken over the deepansha and then she explained about the every detail of the saree drapping . Then dhara has conducted a makeup session on hetanshee only . She start with the basic makeup and she explained every of the make up which was done in the hotel she used products which are affordable such as Lakme , etc . Then she attended the makeup session and explained about the the requirements of hotel industry .

After that the dipti has takeover the session . And explained about the personal hygiene, mental health , physical fitness etc .And the session was ended.

Students has given the very positive feedback back about the session . They really don't have any idea about the personal grooming in such detail. And there are students who don't have any idea about the products and all . But now they got a clear idea about the products and which types of products will be suitable for them



Report On Paper Bag Making

The paper bag making session held in vidyadeep school in Bharuch on 2 day started at 9:45 , the session's instructor started the session with good enthusiasm. The paper bag was made in such a way that it stays strong to hold things. It was very good . Everyone enjoyed the session and applauded. The session ended by 11:45 am in morning.



Gyan Jyoti Community College, Karasgaon, Patilpada 17th, 18th and 19th October 2022

A rural camp was organised by department of Community Resource Management College of Home Science Nirmala Niketan at Gyan Jyoti Community College for 3 days in kharasgaon as a part of student extension education along with Dr. Roopa Rao and Ms. Saniya Pai as their faculty and guide for the rural camp. Below is the Scheduled of the Activities on 17th, 18th and 19th October 2022: Kharasgaon community extension

Schedule			
Day	Date	Time	Activity
1	17th Oct 2022	12:08 pm- 1:20pm	Ice Breaker Games: Animal Sounds and Chinese Whisper
		2:20pm -5:00pm	Professional Grooming, Sari Draping/Formals dressing and Skit on Facing Interview
2	18th Oct 2022	9:30am- 11:20 am	Digital Marketing, Promotion and Packing Session
		11:30 am - 1:20 pm	Stress Management and Yoga session
		2:20 pm- 5:00pm	Jewellery Making of POP
3	19th Oct2022	9:30am to 10:00pm	Prize Distribution
		10:00am- 11:00am	Question and Answer session and Feedback Session

in Community students at the end one team was announced winners and also gift was given to those students. The second game was Chinese whisper in which they had tongue twisters which were told one student's ear and that student had to pass the sentence to the other and so on, the group which had the correct sentence as told would be the winner of the game. The last game was the Drawing game in which the students had to stand in one straight line and had given papers on which they had to draw a particular thing which we had told them and pass it on to the other person standing behind him, the first group/line to remove the exact drawing would be the winners. Students were divided in 7 groups and started with the game this game was designed to show them how to work in a team basically team building activity. The icebreaker session really helped to build good bond with the students. After Lunch break they started with the first session on Communication skills and grooming which is very important the session



started by asking few questions which made the session interactive. First what is Communication Skills? Followed by how do we communicate? and the different types of sources of communication. The elements which are used for a proper professional communication was explained. Also explained them why Grooming skills required in a professional life. How to dress for an interview, how to speak in an interview, what all things are needed in an interview was all portrayed in a skit form. Grooming skills for girls and for boys was separately explained. At the end of the session the girls and boys for whom the workshop was conducted also showed their own skills while grooming which made the session more wholesome.

After a long session small outing was planned at 17:00pm for students of Nirmala Niketan at beach during sunset time. They had a great time also enjoyed the photo session and returned to Community College around 19:30pm had their dinner and then enjoyed soft music, they also invited hostel girls enjoyed their folk musical and dance night and ended the day with a happy note.

On 18th October 2022, day two - first session at 9:30 am on Digital Marketing, Promotions and Packaging was conducted. It started with explaining what is marketing? How it can help in promoting and selling products in an attractive way to attract consumers this all was done with presenting a power point presentation which included pictorial descriptions and basic terms of marketing. Later, session was carried on with aesthetic packaging strategies of clothes which were exclusively handmade stoles, t-shirts and pouches also taught them importance of labelling and the way it should be done. The students elaborated on importance of fabric material information which includes dos and don'ts of fabric elements such as washing, ironing and temperature. The session was then followed by aesthetic box packaging of articles made from coconut shells and they were provided with empty white box to test their creativity skills and they were successful in showcasing them. They drew various warli arts and designs with the colour pens which were provided. They also designed labels and delivery packets through the student's guidance. The session ended beautifully with playing games to refresh their minds and thus, this session helps them to gain extraordinary knowledge about the new trends and strategies to advertise and promote their handmade product at around 11:00am.

Next session was on Stress Management which is one of the very important topics in this competitive world. They started the session by singing a very light Marathi song "He chaal turu turu" which was really nice to start with the students explained what is stress (Tanaav)?, different types of stress and how to cope with it, was explained by showing them short videos which was fascinating for all. The session was ended with Yoga session mainly comprised of meditation and pranayama to calm down the worries, thoughts, and stress. Everyone found this session to be useful for their mental health and well-being. Around 13:20pm all of them took a lunch break and then by 2:20 they started with their next session on jewellery making out of Pop. In total there were 60 students (49 girls and 11 boys) accordingly dividend them into 5

group along with three of our volunteers in each group. At the very first they individually started with how to knead a base dough (Which was taking two table spoons of lambhi powder and 1 table spoon of glue, knead it and then mix very little amount of cooking oil). All the volunteers helped the groups divided to knead the dough and taught them technique to mould it into different shapes. Also, they provided the students with fabric colours to paint different pendants and earrings out of Pop all the students did a great job. The students were so innovative they made braided chain out of yarns provided them for the pendants also they drawn different Warli designs on pendants. The session ended at 16:40pm.

On the third day i.e. on 19th October they started around 9:30am after the delicious breakfast the feedback session was started all the students were provided with the paper to write on it and also vote of thanks was given by the students of College of Home Science Nirmala Niketan to all the staff, Sister Clara also all the students were distributed with the gifts also some students were so much enthusiastic that they stood on their own to give the feedback about the sessions and how it will help them to grow in their lives. Some students also helped sisters to get acquaint with social media and how social accounts (i.e. Instagram, Facebook) can help them to grow. Over all the visit was successfully and full of memories



COMMUNITY EXTENSION ACTIVITY
CONSUMER AWARENESS ON FOOD ADULTERATION AND FAKE PRODUCTS.
VENUE COLABA AND CUFF PARADE
FAMILY SERVICE CENTRE

DATE- 15TH MARCH 2023

Timings-2.30 pm-5.00pm

Students of College of Home Science Nirmala Niketan Department of Community Resource Management planned and organized an awareness program on Food adulteration and fake products on the occasion of **World Consumer Right Day** on March 15th 2023.

World Consumer Rights Day is celebrated to raise global awareness about the rights and needs of consumers. It is also a day to demand that the rights of consumers are respected and protected. Six students, were divided into 2 groups. Dhara, Saba and Jyoti went to Colaba Family Service Centre and Ragini, Dikshita and Iram went to cuff parade to conduct the sessions.

The entire session was planned well in advance under the guidance of all the faculty members of the department. Digital posters were made for the session. Role plays on fake product and food adulteration, were prepared. The script was in Hindi. Demonstration on food



adulteration were planned. On 15th March, the session was conducted in 2 centres in Convent Street, Colaba and Cuff parade. Students were escorted to the 2 centres by the volunteers. There were approximately 40 ladies in each community centre.



Audience were told about, the theme for world Consumer Rights Day 2023 i.e. **“Empowering Consumers through Clean Energy Transitions”**.

All the ladies in both the centre appreciate and thanked the NN Team for making them aware on this topic. It was something that we use daily but was not aware about consumer rights. They also appreciated the role plays and demonstrations.



INFORMATIVE POSTERS -



Food Adulteration

By T.Y.B.S.C CRM Department

Introduction
Adulteration of food commonly defined as the addition or subtraction of any substance to or from food so that the natural composition and quality of food substance is affected

Quotes
Good nutrition will prevent 95% of all disease
Never compromise with the safety of your food just because it has a good taste

Example
The adulterants that are used in milk are water, chalk, caustic soda and skimmed milk. Red Chilli powder is adulterated with brick powder, salt powder or talc powder and artificial colour like sudan red.

Food Adulteration

WHAT IS FOOD ADULTERATION **EFFECTS IN THE HUMAN BODY** **HOW TO DETECT ADULTERANTS**

Fight Against Food Adulteration
KHAN IRAM KHANAM
MALIM IQRA

NATIONAL SERVICE SCHEME

NSS Unit of the college under the guidance of NSS PO Dr. Pratima Goyal, and NSS teachers, has been very active in extension activities. Activities were aligned and coordinated by the UoM and Maharashtra NSS Units. 50 FYBSc and SYBSc students choose to opt for NSS in our college and are mentored in developing leadership skills, social sensitivity and a strong service orientation.

<https://nirmalaniketan.com/wp-content/uploads/2024/04/NSS-Report-2022-23.pdf>

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

DLLE: Two departments are also doing extension activities through the Department of Lifelong Learning and Extension of the University of Mumbai (TFT Department & CRM Department).

a. TY CRM students took the SWS project—status of women in society: 42 students registered, and 39 students successfully completed 120 hours of community work aimed at women's empowerment.

In **Udaan, the Annual DLLE Fest**, CRM students participated in the street play, Powada singing, and poster-making competitions. Two students won the third prize for poster-making with participants from 21 colleges.

<https://nirmalaniketan.com/wp-content/uploads/2024/04/DLLE-Report-2022-23.pdf>

b. TY TFT students worked with persons with Intellectual Disability, teaching them textile arts and crafts.

<https://nirmalaniketan.com/wp-content/uploads/2024/10/dlle-final-report-2022-23.pdf>