



# College of Home Science Nirmala Niketan

## NAAC Re-Accredited “A+” Grade

49, New Marine Lines, Mumbai - 400 020

Website: [www.nirmalaniketan.com](http://www.nirmalaniketan.com)

Email : [office@nnchsc.edu.in](mailto:office@nnchsc.edu.in)

### 7.1.1 Measures initiated by the Institution for the promotion of gender equity during the year.

1. Women’s Development Cell, Vishaka committee organized “**Vicchar Dhara**” an idea generation competition on the theme of prevention of sexual harassment on International Women’s Day.

Eleven entries were received from the students and were scrutinized by three jury members and the prizes were announced. The prize winners are as follows:

1st Prize: Ms. Zikra Syed Joseph Babu

2nd Prize: Ms. Mishri Modi

3rd Prize: Ms. Aditi Anand Mogaveera

Dr. Ritu Madhan and Ms. Jacqueline Colaco (Women’s Development Cell) jointly organized and conducted the activity. Certificates were presented to the prize winning students and the participants of the competition.

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

**WOMEN'S DEVELOPMENT CELL & VISHAKA COMMITTEE**  
in collaboration with the IQAC

presents

**vicchar dhara**

**an online 'Idea Generation Competition'**  
on the theme of  
**Prevention of Sexual Harassment**

**Outlines:**

- Your idea must be original, creative and practical
- Maximum 150 words
- English, Hindi or Marathi can be used
- Name or any other identification should not be mentioned in the document else the entry will be disqualified
- Open for students, teachers, office staff, laboratory assistants, laboratory attendants and peons

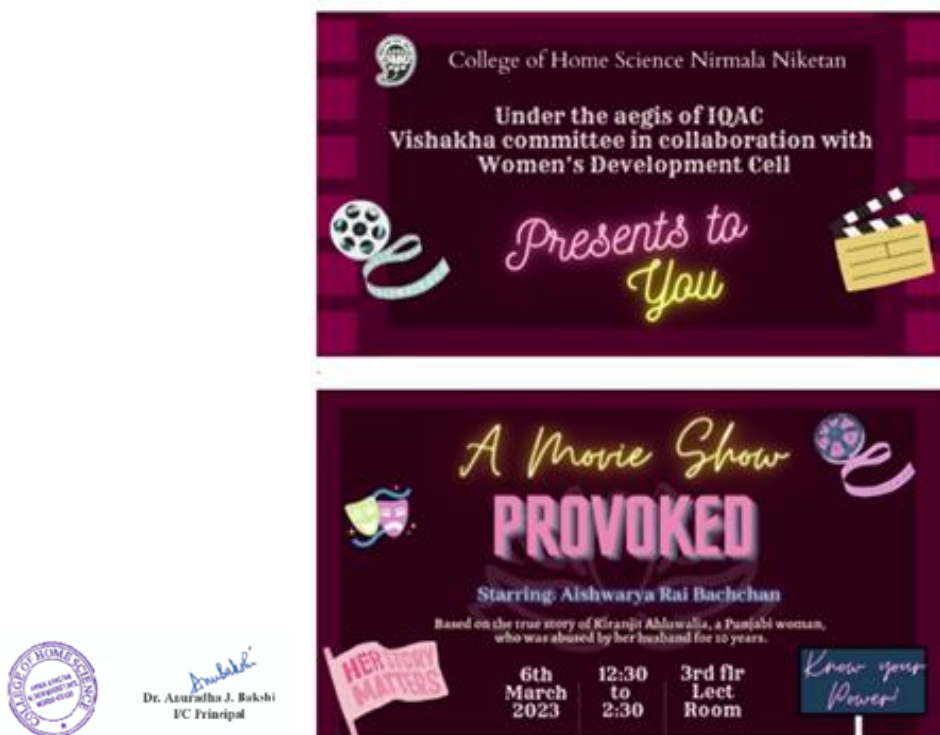
Last date of submission:  
6<sup>th</sup> March 2023  
Submit your entries on:  
<https://forms.gle/Usq4T8S8ALNKH8gt>

Instagram: [https://www.instagram.com/collegeofhome\\_sciencenirmalaniketan](https://www.instagram.com/collegeofhome_sciencenirmalaniketan)  
Facebook: [https://www.facebook.com/collegeofhome\\_sciencenirmalaniketan](https://www.facebook.com/collegeofhome_sciencenirmalaniketan)



*Dr. Anuradha J. Bakshi*  
Dr. Anuradha J. Bakshi  
VC Principal

2. Vishaka Committee also jointly organized a **movie screening** of the movie **“Provoked”** on the theme of Sexual abuse in collaboration with the Women’s Development Cell on 8 th March 2023. Thirty eight students attended the movie screening, after which key concepts of abuse were discussed with the students. Ms. Payal Maheshwari and Ms. Vibhuti Khedekar jointly organized and conducted the activity.



No cases of sexual abuse were reported in the academic year 2022 – 23.

3. **Poster making (UDAAN Festival):** Poster making competition under UDAAN festival was organized by University of Mumbai. Two participants were allowed to participate for each poster from each college. The topic chosen was ‘Women Empowerment.’ 21 colleges participated in the poster making competition across Mumbai. Two students of College of Home Science Nirmala Niketan - Ms.Shruti Chavan and Ms Amna Khan won 3<sup>rd</sup> place among 21 colleges! It was a great experience and students were honoured that they got a chance to participate in the UDAAN festival.



## **LIST OF THE SPECIFIC FACILITIES PROVIDED FOR WOMEN IN TERMS OF:**

- **SAFETY AND SECURITY**
- **COUNSELING**
- **COMMON ROOMS**

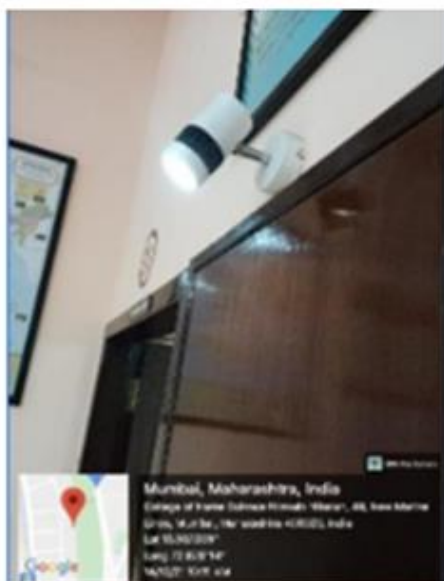
**1. Safety and Security** - Safety and security of all the students, teachers, non-teaching staff and the visitors to the college is always the first priority. To ensure a safe campus and a secured environment the college has embarked upon the following initiatives:

### **General safety measures:**

- College provides CCTV coverage in the premises which ensures 24 hours surveillance.
- A Security Personnel is appointed on the campus round the clock.
- Identity cards for staff and students are made compulsory for security purposes. It is mandatory for the outsiders to sign in the visitors muster which is placed at the reception before entering the college premises.
- For the girl's hostel, a full-time warden is appointed.
- The college has committees to monitor and address safety, security and social issues like Anti-ragging Committee, Prevention of Sexual Harassment Committee, Internal Complaint Committee (ICC) and College Grievance Redressal Cell. The Grievance box is placed at the ground floor and third floor reception area which is regularly monitored by the committee members.
- A safety device (Automatic Rescue Device) for safe landing of the lifts in the event of power failure is installed in both the elevators.
- The college organizes awareness seminars/special talks on a regular basis in order to endorse social values such as gender equality, gender sensitivity and address social issues such as women's safety, legal rights of women, dowry, women's health, and cybercrime and cybersecurity.
- Napi Vend (Sanitary pad dispenser) and Napi Burn (sanitary pad incinerator) are installed in all the washrooms for women students.
- Health Aid Facilities: The college has first-aid kits at several strategic places, like laboratories and on the 3<sup>rd</sup> floor at the Reception Counter. In case of any major health issue or medical emergency, facilities of Bombay Hospital are used.
- Fire Safety Equipments: Fire extinguishers are installed on every floor in the college and in the hostel. Regular maintenance is ensured and the non-teaching staff is trained to use the extinguisher in case of emergency.
- All the electrical switch boards, air-conditioners, fans and tube-lights are serviced regularly.



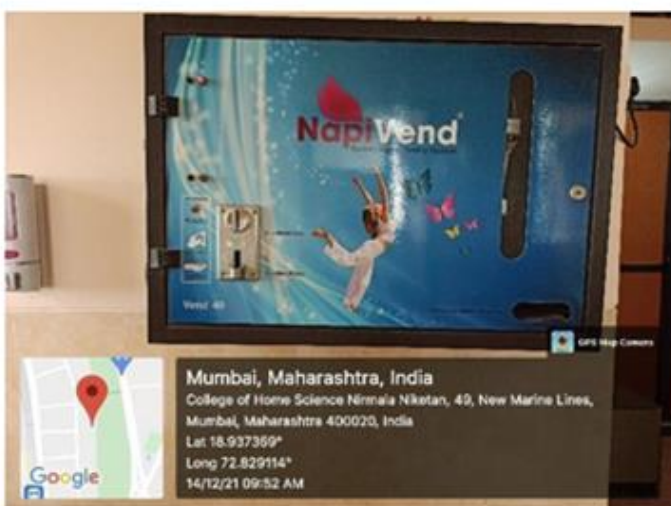
*Anuradha J. Bakshi*  
Dr. Anuradha J. Bakshi  
I/C Principal



**CCTV Camera for Surveillance**



**License for working of the Lift**



**Sanitary pad- dispenser**

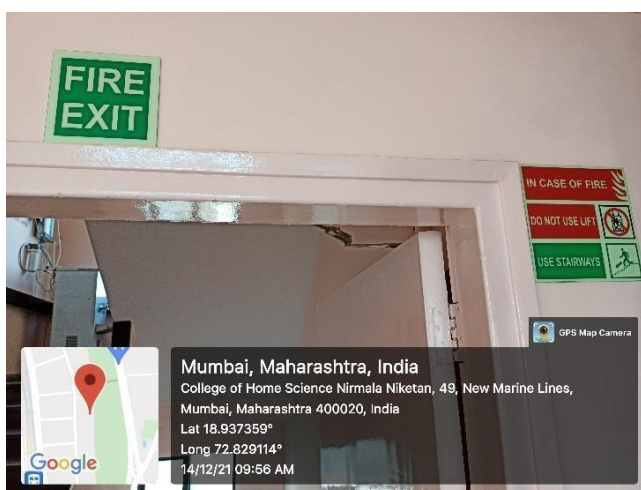
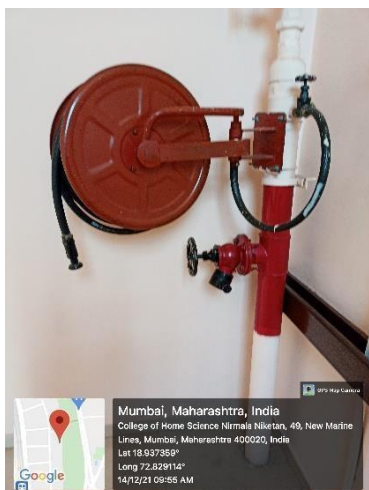


**Incinerator**

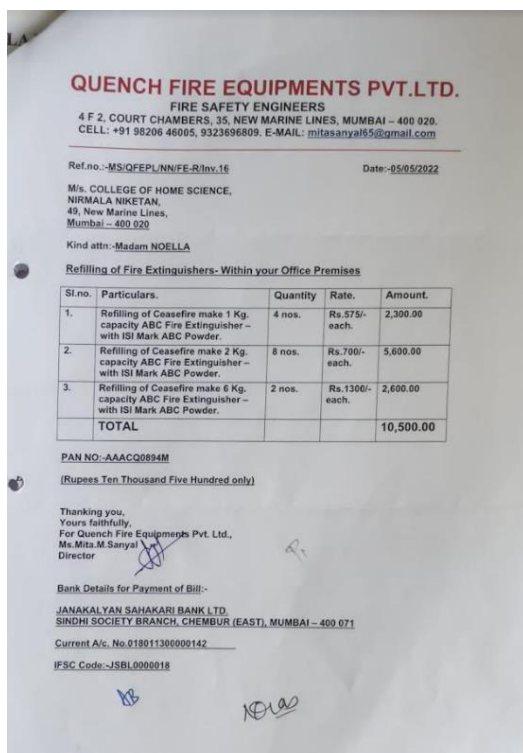


*Anubhavi*  
 Dr. Anuradha J. Bakshi  
 I/C Principal

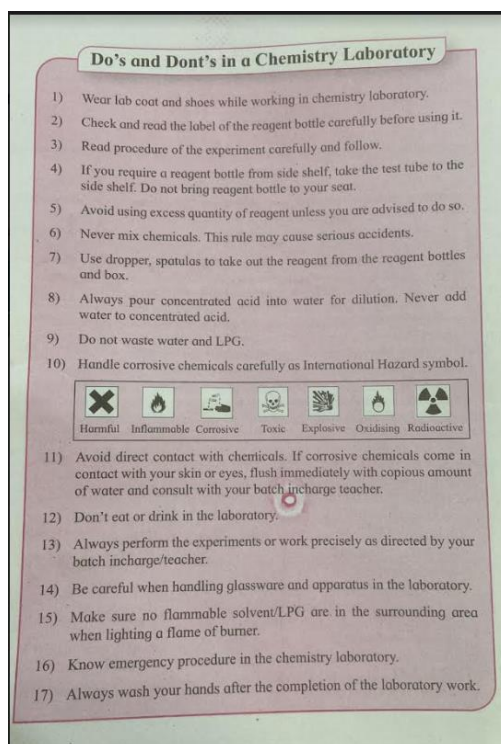




**Fire extinguisher and instructions for fire safety**



**Bill of refilling of fire extinguishers**



**Safety Instructions followed in Chemistry lab**



## 2. Counselling –

- Many students have been coming with several concerns regarding interpersonal difficulties, academics, coping with family related issues, financial constraints, etc. The college is concerned with nurturing a healthy environment for the students, both physically and mentally. The Counselling Centre established in 1992, deals with a holistic approach towards assisting the students to face the problems and cope with the situation.
- Through individual sessions or group activity, the students are provided an opportunity to enhance their self- awareness and thereby realize their fullest potential. The students are also helped to cope with their personal problems through introspection and change of attitude towards self and others. Opportunities were provided to enhance their self-awareness about their strengths, skills and thereby realize their fullest potential.
- In addition, various life coping skills like stress management, relaxation and goal- setting are also focused on. To successfully accomplish all the above, the college has a trained counselor, who conducts individual and group counseling sessions and deals with these issues through counselling, talks, workshops and psychological testing facilities. These inputs definitely help in shaping the students and facilitate them to accomplish their goals and ambitions.
- Click here for Counseling Summary Report: <https://nirmalaniketan.com/wp-content/uploads/2024/10/7.1.1-College-Counseling-Summary-Report-2022-2023.pdf>



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

*Mentoring programme:*

- In addition to counseling, the college has also extended socio-emotional support to students through mentoring programme. Every group of 20 students is assigned with a mentor teacher who helps them to resolve their issues at various levels with confidentiality, respect and empathy. Group and individual online mentoring sessions have been conducted. This process also aids in strengthening the teacher-student relationship and teaching and learning process.

Mentors F.Y.B.Sc. 2022-2023 (SEM I & SEM II)						
1	A	B	C	D	E	F
2	Class/Group	Groupwise Mentor	Day/Date	Time of the Session	Number of Mentees Present (Save your attendance sheet in your official drive)	Topic Dealt
3						Mentoring Technique Used
4	FY55c/F6	Dr Ritu Madhan	26th Nov 2021	10:30 - 11:30am	16	Introductory session: Students were explained about mentoring. They had been asked earlier to email information about themselves, their family and any challenges that they faced. This information was used to discuss how common challenges could be dealt with. Students were also asked to share what skills and talents they had with the whole group.
5						Collected information via email. Discussion
6						

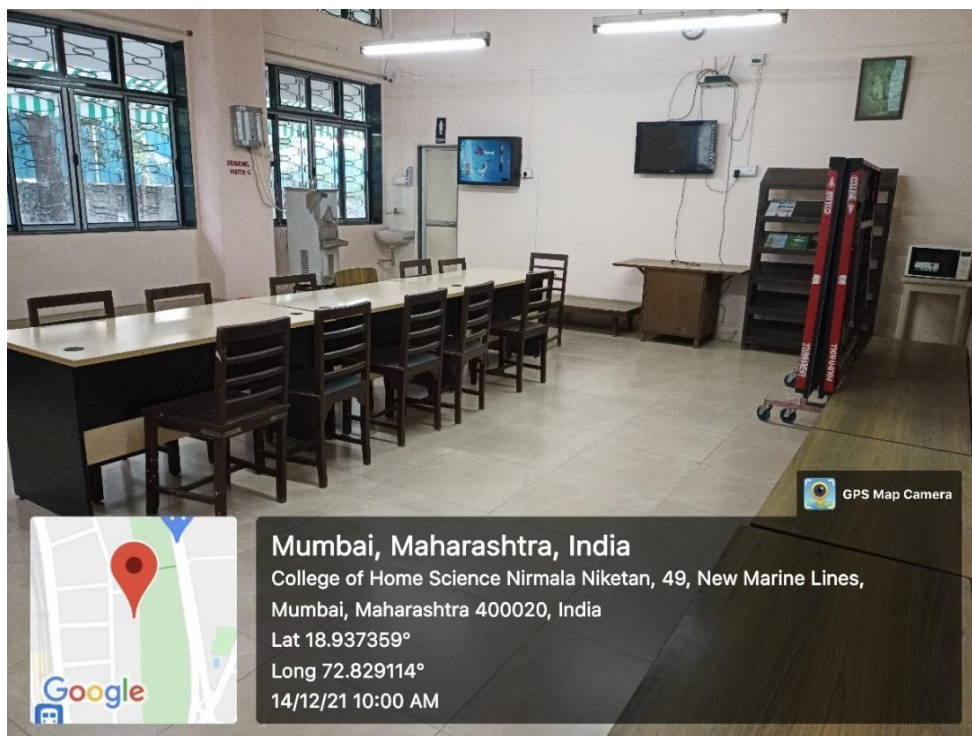
**Sample report of one mentoring session taken**



*Dr. Anuradha J. Bokshi*  
 Dr. Anuradha J. Bokshi  
 FC Principal

### 3. Common Room –

- The college provides a common room for the students which has facilities like tables, chairs, mirror, washroom, water cooler, microwave oven and a television. For their recreational purpose, we have indoor sports equipment like carrom board and chess board.
- For staff, there are separate staff rooms and washrooms for females and males.



**Common room with tables, chairs, mirror, washroom, water cooler, microwave oven and television**



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