

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

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

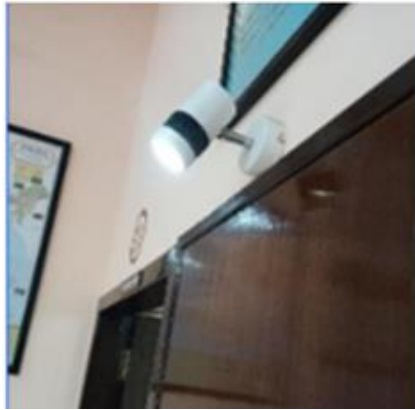
**1. Safety and Security** - Safety and security of all the students, teachers, non-teaching staff and the visitors to the college is always the first priority. To ensure a safe campus and a secured environment the college has embarked upon the following initiatives:

### **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*  
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I/C Principal



**CCTV Surveillance**



**Lift License**



**Sanitary Pad Dispenser**



**Sanitary Pad Incinerator**



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



**Fire extinguisher and instructions for fire safety**

**QUENCH FIRE EQUIPMENTS PVT.LTD.**  
**FIRE SAFETY ENGINEERS**  
 4 F 2, COURT CHAMBERS, 35, NEW MARINE LINES, MUMBAI - 400 020.  
 CELL: +91 98206 46005, 9323696809. E-MAIL: mitasanyal5@gmail.com

Ref.no.-MS/QEPL/NVFE-R/Inv.16 Date:-05/05/2022

M/s. COLLEGE OF HOME SCIENCE,  
 NIRMALA NIKETAN,  
 49, New Marine Lines,  
 Mumbai - 400 020

Kind attn:-Madam NOELLA

**Refilling of Fire Extinguishers- Within your Office Premises**

Sl.no.	Particulars.	Quantity	Rate.	Amount.
1.	Refilling of Ceasefire make 1 Kg. capacity ABC Fire Extinguisher - with ISI Mark ABC Powder.	4 nos.	Rs.575/- each.	2,300.00
2.	Refilling of Ceasefire make 2 Kg. capacity ABC Fire Extinguisher - with ISI Mark ABC Powder.	8 nos.	Rs.700/- each.	5,600.00
3.	Refilling of Ceasefire make 6 Kg. capacity ABC Fire Extinguisher - with ISI Mark ABC Powder.	2 nos.	Rs.1300/- each.	2,600.00
<b>TOTAL</b>				<b>10,500.00</b>

PAN NO:-AAACQ0894M  
 (Rupees Ten Thousand Five Hundred only)

Thanking you,  
 Yours faithfully,  
 For Quench Fire Equipments Pvt. Ltd.,  
 Ms.Mita.M.Sanyal  
 Director

Bank Details for Payment of Bill:-  
 JANAKALYAN SAHAKARI BANK LTD.  
 SINDHI SOCIETY BRANCH, CHEMBUR (EAST), MUMBAI - 400 071  
 Current A/c. No.018011300000142  
 IFSC Code:-JSBL0000018

**Bill of refilling of fire extinguishers**

**Do's and Dont's in a Chemistry Laboratory**

- 1) Wear lab coat and shoes while working in chemistry laboratory.
- 2) Check and read the label of the reagent bottle carefully before using it.
- 3) Read procedure of the experiment carefully and follow.
- 4) If you require a reagent bottle from side shelf, take the test tube to the side shelf. Do not bring reagent bottle to your seat.
- 5) Avoid using excess quantity of reagent unless you are advised to do so.
- 6) Never mix chemicals. This rule may cause serious accidents.
- 7) Use dropper, spatulas to take out the reagent from the reagent bottles and box.
- 8) Always pour concentrated acid into water for dilution. Never add water to concentrated acid.
- 9) Do not waste water and LPG.
- 10) Handle corrosive chemicals carefully as International Hazard symbol.

Harmful	Inflammable	Corrosive	Toxic	Explosive	Oxidising	Radioactive

- 11) Avoid direct contact with chemicals. If corrosive chemicals come in contact with your skin or eyes, flush immediately with copious amount of water and consult with your batch incharge teacher.
- 12) Don't eat or drink in the laboratory.
- 13) Always perform the experiments or work precisely as directed by your batch incharge/teacher.
- 14) Be careful when handling glassware and apparatus in the laboratory.
- 15) Make sure no flammable solvent/LPG are in the surrounding area when lighting a flame of burner.
- 16) Know emergency procedure in the chemistry laboratory.
- 17) Always wash your hands after the completion of the laboratory work.

**Safety Instructions followed in Chemistry lab**



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

## 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/College-Counseling-Summary-Report-2022-2023.pdf>



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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**



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 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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