



College of Home Science Nirmala Niketan

NAAC Re-Accredited “A+” Grade



49, New Marine Lines, Mumbai - 400 020 Website:

www.nirmalaniketan.com Email:

office@nchsc.edu.in

7.1.11 Institution celebrates / organizes national and international commemorative days, events and festivals

Summary Table:

Sr. No.	Name of the Festival/Event	Date	Brief Description
1.	7 th International Yoga Day	21/6/2022	A session was conducted on “Yoga for Humanity” 127 students participated in this session.
2.	Raksha Bandhan - Rakhi for Rakshak	28/7/2022	More than 200 students enthusiastically made handmade Rakhi’s along with a personalized message for the jawans.
3.	International Breastfeeding Week   Dr. Anuradha J. Bakshi IC Principal	4/8/2022	Class of TY and MSc FND, FPP, SN – 156 students participated. Sessions - “Step up in Support of Breastfeeding, Breastfeeding – Impact on Survival and prevention of NCDs”; “Techniques for effective Breastfeeding”, “Breastfeeding in sickness and health”, “Street play on its importance.
4.	National Handloom Day	8/8/2022	Vastrakala, Timeless Saga- Story of Heritage Weave-Patola and Inter-Collegiate Design Competition.

			47 students participated in this event.
5.	Independence Day celebration	12/8/2022	Celebration of 76 years of Azadi Ka Amrit Mahotsav. About 120 students participated in the celebration.
6.	National Library Day	12 to 20 August 2022	Book Donation Drive was organised
7.	National Sports Day 	29/8/2022	Talk on “Stories that Coach” by Dr. Neeta Tatke a renowned International level Mallakhamb player and Intercollegiate E-Poster competition on the theme “Holistic Health and performance in Sports” 174 students participated in the talk, 12 students had participated in the competition
8.	International Coastal Cleanup Day	17/9/2022	About 30 student volunteers participated in the beach cleaning drive called ‘Swachh Sagar, Surakshit Sagar’. This was jointly organised by NSS Cell, University of Mumbai, Indian Coast Guard and My Green Society.
9.	Navratri	29/9/2022 1/10/2022	Garba and dandiya evening was organized on both days. About 250 students participated on each day
10.	Gandhi Jayanti	Entries accepted till 12/11/2022	7 participants sent entries. Participants had to make innovative khadi fabric products.
11.	Institute Day	8/12/2024	All staff attended the programme. An Orientation to NEP 2020 and its Possible Implications was organised.

12.	Christmas	23/12/2022	About 150 students participated. Students performed carols, skits, and dances.
13.	Republic Day	24/1/2023	74 th Republic Day celebration - Chief guest Commodore Sanjay D'Cunha, officer of the Indian Navy was the guest speaker. About 120 students participated in the celebration.
14.	National Tourism Day	25/1/2023	An inter-collegiate poster competition was organised on - Rethinking tourism, rural and community tourism, sustainable tourism. About 20 students had participated in the competition
15.	Marathi Bhasha Divas	27/2/2023	75 students and 15 staff attended the programme.
16.	International Women's Day	8/3/2023	'Vicchar Dhara' – online idea generation competition 11 students participated. 'Provoked' movie screening - Women's Development Cell, Vishaka committee, on International Women's Day 12 students participated.



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

Events were organized to celebrate National and International commemorative days, events and festivals:

- **7th International Yoga Day - session on “Yoga for Humanity” (21-6-2022).**

The NSS Unit of, College of Home Science Nirmala Niketan had organized a yoga session on (INTERNATIONAL YOGA DAY). The Yoga practitioners of the day was BHAVIKA BAJAJ

and JANICE DEVASSY. Total 127 students participated in the session from which 15 students were nss volunteers. Various yoga postures like Vrukshasana, Padahastasana were introduced to the students, overall it was a very helpful and informative session.



- **Raksha Bandhan:** Rakhi for Rakshak (Rakhi making session) for Jawans (28-7-2022).

A Rakhi making session for Indian Army Jawans on 28/7/2022: More than 200 students enthusiastically made handmade Rakhi's along with a personalized message for the jawans. The rakhis made by our staff and students were handed over to Mr. Atmaram Parab, MD, Isha Tours who presented them to Mi Ladakh Scout Regiment, Ladakh during the Raksha Bandhan Festival.



Dr. Ataralha J. Bakshi
Dr. Ataralha J. Bakshi
I/C Principal



Raksha Bandhan at Ladakh Scout Regiment


- **International Breastfeeding week** - “Step up in Support of Breastfeeding, Breastfeeding – Impact on Survival and prevention of NCDs”; “Techniques for effective Breastfeeding”, “Breastfeeding in sickness and health”, “Street play on its importance was organised on 4/8/2022.



Dr. Anuradha J. Bakshi
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- **National Handloom Day -Vastrakala, Timeless Saga- Story of Heritage Weave-Patola and Inter-Collegiate Design Competition (8-8-2022)**


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DEPARTMENT OF TEXTILE & FASHION TECHNOLOGY




Organizes
Vastrakala
 (Promoting Traditional Textiles of India)
Timeless Saga
Story of the Heritage Weave – Patola
 to commemorate the National Handloom Day

8th August 2022
 2:00 pm onwards
 Marie Adelaide De Cicc Hall
 College of Home Science Nirmala Niketan


Organizing Committee



Ms. Vrinda Chatterjee
Assistant Professor



Dr. Pratima Goyal
HOD



Ms. Sanghmitra Navalgaonkar
Assistant Professor

Social Media Links

<https://www.nirnalaniketan.com/>
https://youtube.com/channel/UC2e2i5fomMeT3V3Y2Y05_BHs
https://instagram.com/ftr_department?utm_medium=copy_link
<https://www.facebook.com/profile.php?id=100011996192408>


Registration link: <https://forms.gle/v1E9ivciEoaG7mvc9>



- **Independence Day celebration -76 years of Azadi Ka Amrit Mahotsav (12-8-2022)**

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The Student Council
 requests your presence
 as we commemorate
75 years of India's Independence



Guest of Honour
Colonel Kaizad Bhaya (Veteran)
Kargil War Hero

Day and date: Friday, 12th August 2022
 Time: 2:00pm-3:30pm
 Venue: Marie Adelaide de Cicc Hall

Kindly be seated in the hall by 1:45pm


Anubh
 Dr. Anuradha J. Bakshi
 FC Principal

- **National Library Day:** “Book Donation Drive” (12 to 20 August 2022).

College of Home Science Nirmala Niketan
LIBRARY
Celebrates National Library Day
On 12th August 2022
JOY OF GIVING
BOOK DONATION DRIVE
Donate old/ new books and encourage reading and sharing
12th August to 20th August 3, 2022
Know how to donate

How to donate?

Faculty /staff/ students can donate old/used/new books that are in good condition:

- Textbooks
- Children's books (textbooks/other books)
- Literature books
- Books of any other genre

In any language and for any level

The donated books shall be either

- Added to our library collection or
- Shared with the nearby school/colleges or
- Shared with any needy students/readers

We assure you that books will reach the needy

You may please drop off your books at our library on the 4th floor (10 a.m. to 4 p.m.)

Contact:

Mrs. Prajakta Mhaprolkar, Librarian 865265201
Mrs. Nivedita Bindurkar, Assistant Librarian, 8655722198
Mr. Sunil Sabane, support staff, 9222842605

- **National Sports Day** - A talk was arranged in commemoration of the National Sports Day on 29th August 2022. The theme was “Stories that Coach”. Dr. Neeta Tatke a renowned International level Mallakhamb player was invited to speak on the “Journey of a Mallakhamb Player” Dr. Tatke spoke about the struggles that she faced and the hard work she had to put in to achieve the best in Mallakhamb. Her talk was very impactful and motivated the students. The programme was attended by a total of 174 students An intercollegiate E-Poster competition on the theme ‘Holistic Health and performance in Sports’ was also organized in which 12 students had participated.



Amalika
Dr. Anuradha J. Bakshi
VC Priripat



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The Sports Committee of College of Home Science Nirmala Niketan
in collaboration with
Association of Sports Nutrition and Fitness Science (ASNFS)
is organizing an Intercollegiate E-Poster Competition on the theme
"Holistic Health and Performance in Sports"
to commemorate the
National Sports Day 29th August 2022

Last date of submission: 27th August 2022



Guidelines for E-Poster

- Mention your name, class, and Roll no. in the email text. Do not mention these details on the poster.
- Mentioning your name or revealing your identity on the poster would result in disqualification.
- Only original Ideas and work will qualify for the competition.
- The E- poster should be submitted as a PDF (dimensions on the PowerPoint slide can be 10 X 15 inches).

Last Date of Submission: The E-poster should be emailed to sportscommittee@nnchsc.edu.in latest by 6 pm on 27th August, 2022


Judging & Announcement of Winners: 29th August, 2022



- Four NSS volunteers participated in the beach cleaning drive called 'Swachh Sagar, Surakshit Sagar' on the occasion of **International Coastal Cleanup Day (17-9-2022)**. This was jointly organised by NSS Cell, University of Mumbai, Indian Coast Guard and My Green Society.



- **Navratri** - Interfaith and Cultural Committee organized dandiya evening (29-9-2022 and 1-10-2022).



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Interfaith Committee and Cultural Committee
in collaboration with IQAC organize

DANDIYA 2.0


Date- 1st October 2022
Time- 2 to 4 pm
Venue- Marie Adelaide De Cice Hall

On popular demand by all the students there would be a Dandiya 2.0

As we have to respect the maximum capacity of the hall, passes will be available for sale on 29th and 30th Sept 2022 on ground floor.

Rs 50/- per pass for insiders
Rs 100/- per pass for outsiders (only girls)

Social Media Links



Dr. Anuradha J. Bakshi
I/C Principal

- **Gandhi Jayanti** -Inter-collegiate competition to commemorate Gandhi Jayanti (17-10-2023)
The College of Home Science Nirmala Niketan in Collaboration with IQAC and the Institution's
AQAR – 2022-2023: Criterion VII

Innovation Council organized “Khadi Utsav” - an Intercollegiate competition on Innovation Product Development using Khadi fabric, to commemorate Gandhi Jayanti. A total of 9 participants registered for the competition and 7 participants from various colleges in Mumbai sent their innovative products made out of Khadi fabric.

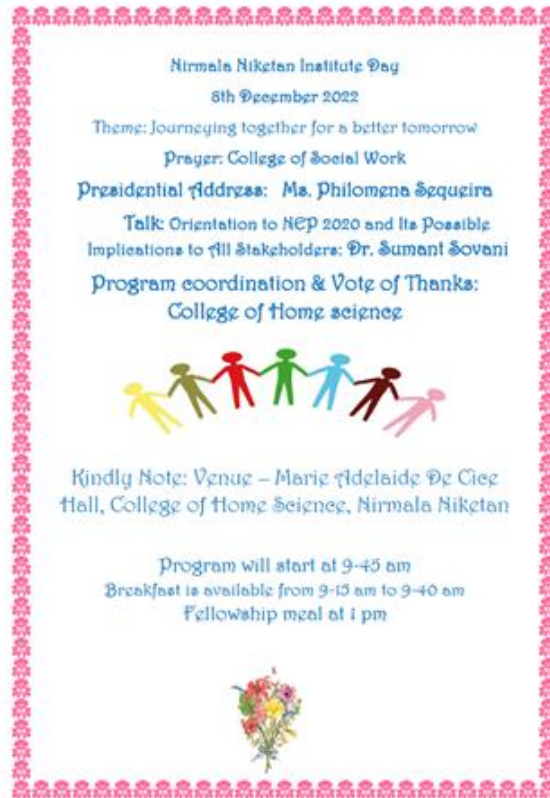


Judge- Dr. Ela Dedhia
Former Head of the Dept Textile
and Fashion Technology,
College of Home Science
Nirmala Niketan



Dr. Ela Dedhia
Dr. Anuradha J. Bakshi
I/C Principal

- **Institute Day** - Orientation to NEP 2020 and its Possible Implications. (8-12-2022)

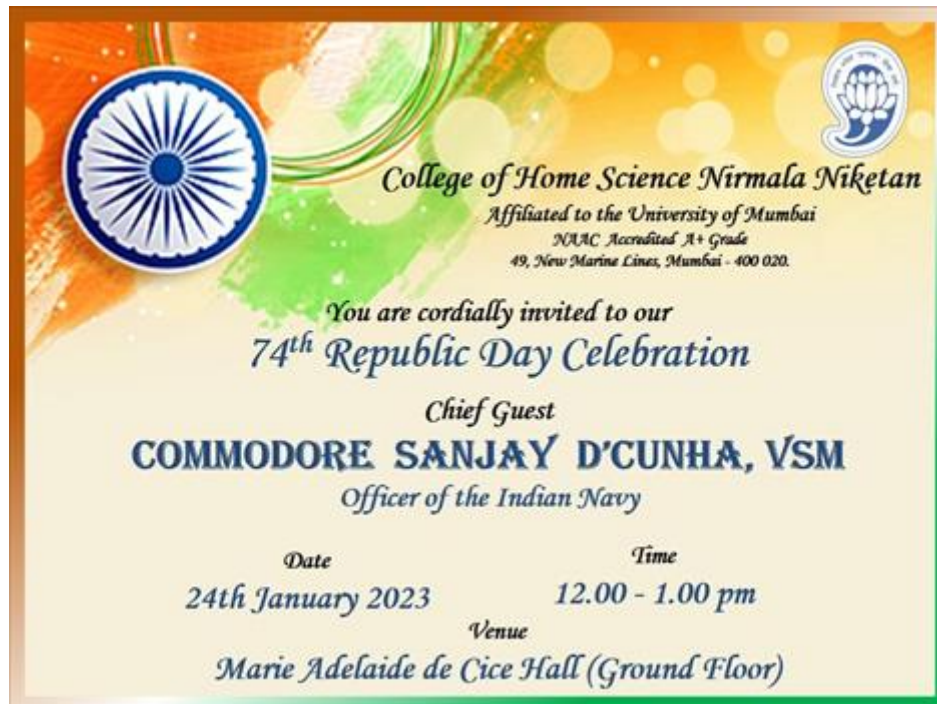


- **Christmas** celebration by Interfaith Committee for students and staff (23-12-2022).



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

- **Republic Day** celebration - Chief guest Commodore Sanjay D'Cunha, officer of the Indian Navy (24-1-2023)



- **National Tourism Day** - An inter-collegiate poster competition on - Rethinking tourism, rural and community tourism, sustainable tourism. (25-1-2023)



- **Marathi Bhasha Divas** (27th Feb 2023) an interactive session was organised to commemorate the day. The chief guest for the program was Mr. Amit Valsangkar, Head of the Department B.Voc

(Interior Design) L.S. Raheja School of Architecture. Staff and some students were in the traditional Paithani and Maharashtrian attire.



- **International Women’s Day -‘Vicchar Dhara’** – online idea generation competition and ‘Provoked’ movie screening (8-3-2023).

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

presents
वित्चार धारा
an online 'Idea Generation Competition'
on the theme of
Prevention of Sexual Harassment

Guidelines:

- 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 poons

Last date of submission:
6th March 2023
Submit your entries on:
<https://forms.gle/UmQYTB8ALRkKMyg>

College Instagram: <https://www.instagram.com/collegeshome.nirmalniketan/>
College Facebook: <https://www.facebook.com/collegeshome.nirmalniketan/>
College YouTube: https://www.youtube.com/channel/UCVAVG_ujw4w8-233284w-g

College of Home Science Nirmala Niketan

Under the aegis of IQAC
Vishakha committee in collaboration with
Women's Development Cell

Presents to
You

A Movie Show

PROVOKED

Starring: Aishwarya Rai Bachchan

Based on the true story of Kiranji Abhrawalia, a Punjabi woman,
who was abused by her husband for 10 years.

HER RIGHTS MATTERS

6th March 2023 | 12:30 to 2:30 | 3rd flr Lect Room

Know your Power!



Anubhavi
Dr. Anuradha J. Bakshi
I/C Principal