



College of Home Science Nirmala Niketan

NAAC Re-Accredited "A+" Grade

49, New Marine Lines, Mumbai -
400 020

Website www.nirmalaniketan.com

Email : office@nnchsc.edu.in

7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual

Best Practice - 1

1. Title of the Practice: FOSTERING HOLISTIC EDUCATION THROUGH STUDENT PARTICIPATION IN EXTRA-CURRICULAR ACTIVITIES AT DIFFERENT LEVELS



Anuradha J. Bakshi
Dr. Anuradha J. Bakshi
FC Principal

2. Objectives of the Practice:

- a) To render participation opportunities to students in sports, cultural and research events at intra- and inter-collegiate, university and state levels.
- b) To assist and facilitate students in enhancing their skills in sports, visual and performing arts and research education thereby fostering their holistic education.
- c) To address student concerns, inhibitions by ensuring comprehensive guidance towards successful participation in these events/competitions.

3. The Context:

Initiative: College aims to encourage participation in intra- and inter-collegiate, university and state levels sports, cultural events and research competitions with the belief that if comprehensive education is to be rendered, one has to go beyond the classroom education. First, the college sports and cultural committees appointed two sports and cultural committee student representatives respectively from each class from FYBSc to MSc levels. The committees planned several events, activities and competitions at college level. Committee staff and students informed and motivated all student stakeholders to enroll and participate. As and when college received invitations for sports, cultural, research competitions from other colleges, the information was shared with students. Students with

interest in sports, visual and performing arts, research were identified, auditioned and trained. College hired professionals who took sessions and polished their skills in these aspects. Several calculated steps were taken to address students' apprehensions, provide emotional support and motivation.

4. The Practice:

Implementation and Institutionalization: With regard to sports activities, first to set the sports temperament in college, initiatives like poster competition on "Holistic Health and performance in Sports", talk by Dr. Neeta Tatke, a renowned International level Mallakhamba player, were organized. Indoor Sports was organized on 19th, 20th and 21st January 2023. Various events that were conducted were Carom, Table Tennis, Badminton, Chess, Throw Ball and Dodge Ball. 300 students from all the sections participated in huge numbers. The outdoor athletic meet was organised at the University Sports Pavilion on 7th February 2023. Plethora of athletic events were held like 100, 200 and 400 meters running race, shot putt, javelin throw and festival events. Festival events such as tug of war saw the maximum participation with 16 teams registering for the same. The students also performed a March Past and a drill dance.

Apart from this, there were several participations in intercollegiate events like Kaleidoscope (Sophia College), Aether (Wilson College), Ole (Wilson College), Riwayat (Nirmala Niketan College of Social Work) UDAAN (DLLE- University of Mumbai) and Youth festival, organized by the University of Mumbai. Besides these participations, students were also motivated to audition for the annual cultural fest of the college - Nirmal Utsav Aagaaz. The hard work, countless hours of practice fructified on the three days of the fest.

Similarly, for research competitions, individual teachers guided their student groups to prepare for intra- and inter-collegiate and university level research conventions like AARYA (College of HomeScience Nirmala Niketan), Urjita (SMT.P.N.Doshi Women's College of Arts.), Avishkar (jointly organized by Department of Students' Development, University of Mumbai and College of Home Science Nirmala Niketan).

The college had also hosted/organized Workshop and Zonal round for Aavishkar, Elysium (Department of Life Long Learning and Extension -University of Mumbai), Shrijana (Gurunank Khalsa college of Arts, Science and Commerce) etc. Students sought opportunities wherein they could take part in these competitions at college, intercollege and university levels.



Anuradha J. Bakshi
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5. Evidence of Success:

Our college weighs success not only when students win prizes but also by the number of participants, **internalizing** the value of participation and holistic development in all students. Success was evident through the huge number of participation and the accolades that college

students bagged in several intra-, inter-collegiate and university level sports, cultural events and different research competitions.

Sports events: In indoor sports, 21 students won whereas there were 32 winners in different competitions in the annual athletic meet.

Cultural events: 45 students participated in 22 Youth festival events. Two prizes were won in elocution, cartooning, three prizes in Kaleidoscope (Sophia College), five runner-up prizes in Aether (Wilson College), one prize in Ole (Wilson College), two prizes in Riwayat (Nirmala Niketan College of Social Work).

Research competitions:

AARYA - Gold, Silver, Bronze medals were bagged by our college students.

Avishkar: Eight students were selected in zone 1 – Mumbai in Avishkar Research Convention on 15-12-2022. These projects were from undergraduate, postgraduate and doctorate levels. One student at PG Level was awarded 1st prize in category 1: Humanities, Languages and Fine Arts, one student (Ph.D. scholar) was awarded at PPG Level, one student got 1st prize for podium presentation in C4 category.

6. Problems Encountered and Resources Required:

Participation in so many events needed dedication, tolerance, time and stress management. Students did get tired, and felt nervous about of their efforts and performance. Teachers motivated, encouraged, counseled and thereby ensured that they did not feel emotionally bogged down, rather resilient, efficient and that they enjoyed the process.

Since college is vertically expansive, we did face space constraints during practice sessions. Thus the committees saw to the fair and staggered allocation of space such that all groups got ample space and time to practice.

Participating students missed a lot of classes since they were involved in rigorous training and practice sessions. After all the events were concluded, extra classes were set up after college hours to help them catch up on academic content that was missed. Teachers were available to them on an individual basis as and when they needed help in completing assignments in theory and practical subjects.



Anubha
Dr. Anuradha J. Bakshi
FC Principal

Best Practice – 2

1. Title of the Practice: AMRIT MAHOTSAV, GREEN INITIATIVES AND THE FABRIC OF UNITY

Objectives of the Practice:

- a) To pay homage to India's freedom movement and freedom fighters.
- b) To celebrate an epitome of all that is progressive about Indian Culture.
- c) To empower students to build social responsibility and temperament through college activities.
- d) To conserve and optimize the use of natural resources in order to save Mother Earth.
- e) Under fabric of unity, to unite different departments to collectively achieve mission vision goals of the college.

3. The Context:

Initiative: The core values of the college is building strong independent women with a deep sense of national loyalty and commitment to nation building. Students and staff actively got involved to celebrate Aazadi ka Amrit Mahotsav with new ideas of fulfilling the dream of good governance, and promote national and global peace and development.

The college stands for a socially and environmentally relevant education. It believes in valuing all components of the ecosystem, and taking conscious efforts to do least harm to the environment and consumers. This was instilled in the students through several activities thereby promoting ecological consciousness, and social responsibility in them.

Fabric of unity theme was selected to facilitate inter-departmental collaboration to enhance problem solving capabilities by bringing their unique knowledge and skills together. This diversity of perspectives allowed for a more comprehensive analysis in hand.



Anubhava
Dr. Anuradha J. Bakshi
FC Principal

4. The Practice:

Implementation and Institutionalization: Our curriculum is designed to instill ecological consciousness and sustainability in staff and students. College practises this in various ways such as collecting data and information through Google Forms, e-flyers, e-notices, organizing e-waste collection drives, discarding the same through proper channels, use of newspapers and brown paper for pattern drafting in textile laboratory, using fabric and paper shredders, spreading awareness through posters of Reduce, Reuse, Recycle around the college premises, appropriate dry and wet waste management. Tackling with environmental issues and challenges is a part of curriculum which broadens the minds of the students for green initiatives.

Students are facilitated to learn the skills to conserve, optimize the use of natural resources in order to save Mother Earth. For instance, students organized “Jamboree” - an annual fashion show with the theme of “Stay Sustain... Care for Mother Earth”. Students designed, stitched and exhibited their outfit made of old curtains, sarees, dupattas, bedsheets, etc. The NSS unit had many activities under the same theme such as tree-plantation drive, my energy, my responsibility, waste management and composting.

To promote the value of Azadi ka Amrit Mahotsav, the college conducted various programmes such as quiz, slogan writing competitions. The annual college fest was organized on the theme Spirit of India to commemorate 75 years of Independence where students, faculty members, support staff participated enthusiastically.

The Institution’s Innovative Council (IIC) of the college had organized a webinar for all students on Intellectual Property Rights (IPRs) in collaboration with Rajiv Gandhi National Institute of Intellectual Property Management, Nagpur under National Intellectual Property awareness Mission (NIPAM), Government of India under the banner of Azadi ka Amrit Mahotsav to commemorate the 75th anniversary of India’s Independence. College also celebrated Independence day with the theme HAR GHAR TIRANGA, the dress code for the students and staff was saffron/orange and white to show our solidarity.

Fabric of unity was declared as the theme of the year. The Magazine committee of the college presented UMOJA which means to strive for and maintain unity in the family, institution, community and nation. UMOJA was a poetry competition based on the theme of the magazine of the year Fabric of unity.



Dr. Azuradha J. Bakshi
FC Principal

5. Evidence of Success:

Internalization: There was a lot of positive feedback from students and other beneficiaries. Students reported feeling enlightened and satisfied by being a part of the Mahotsav and the green initiatives. The sessions also helped in upgradation of their skills by participation in various workshops, commemorating events and training programmes. The students also displayed a sound, quick ability to develop innovative ideas and sustainable products. Through these sessions, the knowledge and skills of the students were transferred to the beneficiaries. The beneficiary groups acquired knowledge and skills that empowered and strengthened their existing capacities towards better economic standard of living through social entrepreneurship. Inclusiveness was observed in variety of beneficiaries of these activities e.g. in-house students of different grades, outside of college - rural and urban, local groups, across various socio-economic strata and age-groups, gender equality. Making computer covers from waste fabrics from the textile department and making paper bags are examples of maximizing the use of natural resources. Celebrating the festival of amrit mahotsav created awareness about freedom fighters and the struggle that India faced to get independence. The various inter-departmental

activities motivated not only student but also faculty members to come together to achieve the goals of the college.

6. Problems Encountered and Resources Required:

The planning of activities was challenging as students could not meet in groups due to tight curricular schedules. The availability of desired resources with the beneficiaries was limited thus the students had to come up with other innovative options which actually gave the students the opportunity to make the best use of minimum available resources and maximize the potential use of existing resources.

Though the objective was to encourage socio-economic sustainability in the community, students themselves were facing a lot of physical, emotional stress. They were finding it emotionally overwhelming to extend their goodwill and resources for the underprivileged. The teachers understood this and were proactive to support them emotionally. They were made to understand the benefits of unconditional service for the underprivileged. Keeping this in mind, the teachers facilitated the students' preparation of these sessions with available resources and skills.



Azura
Dr. Azura J. Bakshi
FC Principal