

**AARYA**  
**Awareness and Action Research for Youth Awakening**  
**(AARYA) Intercollegiate National Virtual Interdisciplinary**  
**Undergraduate Research Competition 2023-24**

- ❖ **Name of the college:** College of Home Science Nirmala Niketan
- ❖ **Affiliation:** University of Mumbai
- ❖ **Name of The Event:** 6<sup>th</sup> AARYA Interdisciplinary Undergraduate Research Competition held in Virtual Mode at the National Level on 28th February 2024
- ❖ **Name of the Department organized:** College of Home Science Nirmala Niketan
- ❖ **Level: Local, State, Intercollegiate, National, International:** National level
- ❖ **Name of the Committee Organizing:** Student Research Competition Committee and Institute Innovation Council
- ❖ **Organizing Team:**
  - **Convenor:** Dr. Kamini Rege (Student Research Competition Committee)
  - **Members:** Dr. Roopa Rao, Dr. Neha Mulchandani, Mrs. Vibhuti Khedekar, Dr Sheetal Joshi, Dr Tasneem Rawat and Mr Amrish Mangle
- ❖ **Name of the Collaborators (if any):** IIC – NNCHSc (Institute’s Innovation Cell; College of Home Science Nirmala Niketan)
  - **Convenor:** Dr. Anjali Srivastava (IIC Committee)
  - **Members:** Dr. Ritu Madhan, Dr. Minelly Rodrigues, Mrs. Fatima Kader, Mrs Vrinda Udiaver, Mrs. Vibhuti Khedekar
- ❖ **Resource person/s and their designation and organization employed**

**Keynote Speaker for the Event-**

**Jury for the Competition**

- ❖ Dr. Rita S. Patil is Professor, Head, Dept of Food and Nutrition and Vice Principal of Maniben Nanavati Womens College.
- ❖ Dr. Rani Tyagi our esteemed judge. She is Vice-Principal of HR College of Commerce and Economics and Associate Professor in the Department of Environmental Studies.
- ❖ Dr. Shahzad Ateeque Ahmed, Assistant Professor in Physics at the esteemed Maharashtra College of Arts, Science, and Commerce in Mumbai.
- ❖ Dr Priyanka Pareek, Assistant professor in the department of Clinical Nutrition at MGM School of Biomedical sciences, which is a constituent unit of Mahatma Gandhi Missions Institute of Health Sciences, Navi Mumbai.
- ❖ Dr. Deepak S. Gaikwad, Assistant Professor for Physics at KTSP Mandal’s KMC College Khopoli, Raigad.
- ❖ DrVidhya Satish is the Director of SIES Institute of Comprehensive Education,

Sion , Mumbai and Nerul Navi Mumbai.

- ❖ **Day and Date:** 28th February 2024; Wednesday
- ❖ **Time:** 9 am to 4.30 pm
- ❖ **Platform used (if online):** Jiomeet
- ❖ **Venue (Meeting Link, if Online):**  
<https://us06web.zoom.us/j/83097746952?pwd=NGoySzV6dHFyaWtMQ1VaamNmbkFHZz09>

- ❖ **Beneficiaries/ Participants and number**
  - **Guests / Dignitaries:** 139
  - **Staff (In-House / Out-House):** 20+
  - **Students (In-House / Out-House):** 139
  - **Any other**
- ❖ **About the Event (Event Flow, if available)**

**GROUP 1 CATEGORY -  
SCIENCE, ALLIED SCIENCE, COMMERCE, MANAGEMENT**

CODE No.	PROJECT TITLE
AA24S01	Use of violet pigment as bio-ink obtained from Chromobacterium violaceum K2PVR22 isolated from waterfall soil.
AA24S02	Exploring the dynamic of tourism and hospitality: a comprehension study
AA24S03	Sustainable approach for soil amendment using chin hydrolysate obtained by microbial management of chin rich waste.
AA24S04	Bacteriological assessment of Street vended Ice-based Beverages: Evaluating fecal contamination and its association with food safety.
AA24S05	Screening and Isolation of Keratinase Producing Bacteria for Management of Poultry Waste and Use of it's Hydrolysate for Soil Amendment.
AA24S06	Fecal contamination of the Mumbai Coastline: A public health concern!
AA24S07	Title: Antibacterial effect of commercial Tulsi extract (Ocimum tenuiflorum) and honey against Staphylococcus aureus as a remedy against skin infection.
AA24S08	Sustainable urban mobility: enhancing electric vehicle charging infrastructure for 2-wheeler users in Mumbai
AA24S09	Phool Gobi patta masala mix
AA24S10	Consumer Journey in Omnichannel Retail
AA24S11	Amaranth Masala Mix
AA24S12	Investigating the effect of different breathing exercises on physiological parameters when performed before engaging in physical activity
AA24S13	Isolation and characterization of a halotolerant phosphate-solubilising microorganism from coastal waters of Mumbai.
AA24S14	A Preliminary Assessment of the Effects of Lead on the Development of the Chick Embryo.
AA24S15	Superfoods available in urban and tribal areas and recommendation of diet based on consumption patterns

AA23S16	Realigning Glucose Tolerance Levels for Diabetes Management - A Need Assessment Survey Rooting to IKS
AA23S17	Beyond the pixels
AA23S18	Awareness and voting readiness among first-time voters
AA23S19	Thrifting & Renting: Decoding Business Dynamics in the Secondhand Retail Market
AA23S20	Library, A need in today's era?

**GROUP 2 CATEGORY -  
SOCIAL SCIENCE, HUMANITIES AND ALLIED FIELD**

CODE No.	PROJECT TITLE
AA24S21	Living and Living Alone: a study of sociopolitical & psychological impact of living alone in urban setups
AA24S22	Evaluating furniture for the bloomers
AA24S23	Online gaming for gain or pain
AA24S24	People's preference of ott over theatre
AA24S25	Perspective Shift: Unleashing Awareness on Ethical Canine Choices
AA24S26	Assessment of impact of different coffee regimes on physiological parameters of a heterogeneous population
AA24S27	The Awareness and Perceptions of Participants about
AA24S28	Males' knowledge and perception towards menstruation
AA24S29	Sex education
AA24S30	Understanding the perception of middle-aged man about midlife crisis
AA24S31	Second Thoughts on the Third Gender: Special Focus on Hijras
AA24S32	Understanding the perception of participants about the relationship shared by cancer patients and their siblings & its impact on family
AA24S33	Career Switch in Adulthood - Reasons, Process and Perceived Benefits
AA24S34	Newly Married Individuals' Experience: Perceived Positives and Stressors
AA24S35	Enhancing Breastfeeding well being An ergonomic investigation into postural Health
AA24S36	Enhancing firefighter safety - evaluating fatigue and environmental impact
AA24S37	Career Switch in Adulthood - Challenges, Impact and Coping Strategies
AA24S38	Mental health of college students post covid-19
AA24S39	Unraveling the complexities faced by junior college teachers due to nep 2020

**Accounts, if any:**

❖ **Funds generated if any (to be updated for this year):**

<b>Summary of Account Statement @ AARYA 2022</b>	
Gross receipt	₹ 24,500.00
Less: GST 18%	₹ 3,738.00
<b>Net Receipt</b>	<b>₹ 20,762.00</b>
Dr. Swati Partani - Competition Judge (Payment)	₹ 1,000.00

Ravi General Store	₹ 2,400.00
<b>Net Balance</b>	<b>₹ 17,362.00</b>

❖ **Flyer of the Event:**

**COLLEGE OF HOME SCIENCE NIRMALA NIKETAN**  
 Affiliated to the University of Mumbai  
 NAAC Reaccredited "A+" Grade  
 Under the Aegis of the IQAC  
 Organizes

**AARYA**

**Awareness and Action Research For Youth Awakening**  
*Virtual National Interdisciplinary Undergraduate Research Competition*

**THEME** **INNOVATION, IDEAS AND RESEARCH  
 TRANSFORMING LIFE**

**Day and Date- Wednesday, 28<sup>th</sup> February 2024**

IMPORTANT DATES	
Registration and abstract submission	10 <sup>th</sup> February 2024
Acceptance of Abstracts	15 <sup>th</sup> February 2024
Payment of registration fees	20 <sup>th</sup> February 2024

**ELIGIBILITY**  
 Any Bonafide Undergraduate student of any discipline can apply.  
 Work must be done in **group** (maximum 5 students) or individually by the student/s.

Registration link: <https://forms.gle/tGdkQeiYHQcXH8YC9>

**Winning research group/student will receive an e-certificate and cash prizes**  
 First Prize-Rs.5000/-  
 Second Prize-Rs.3000/-  
 Third Prize-Rs.2000/-  
 All students will receive a participation e-certificate

## REGISTRATION FEES

Registration fees for students from College of Home Science Nirmala Niketan	Rs 500/- per project
Registration fees for students from other colleges	Rs 1000/- per project
Registration fees for Guide or Co-guide	Rs 250/- per project
Registration fees for delegate/attendee	Rs 250/- per person

## GUIDELINES FOR PRESENTATION

- The presenting team will have to prepare a PowerPoint presentation comprising of 10-12 slides.
- Students should be ready with the back up of the power point presentation incase of any technical glitch.
- The first slide should have the title along with the presentation code displayed. Project code will be provided to you by the organizers via email.
- **Identity of the guides or the students or the college should not be revealed anywhere in the presentation.**
- The presenters will be allocated 7 min for their presentation and 3 min for questions and answers with the audience.
- A spot decision may be taken for second round.

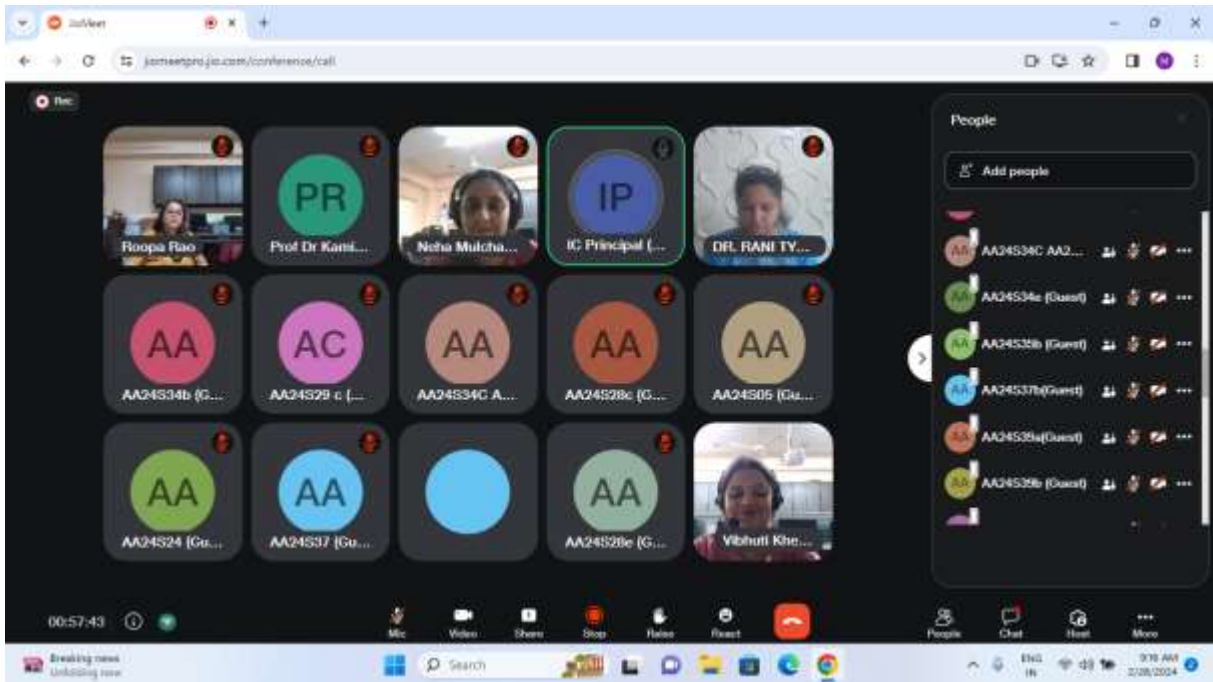
## RULES FOR PARTICIPATING IN AARYA

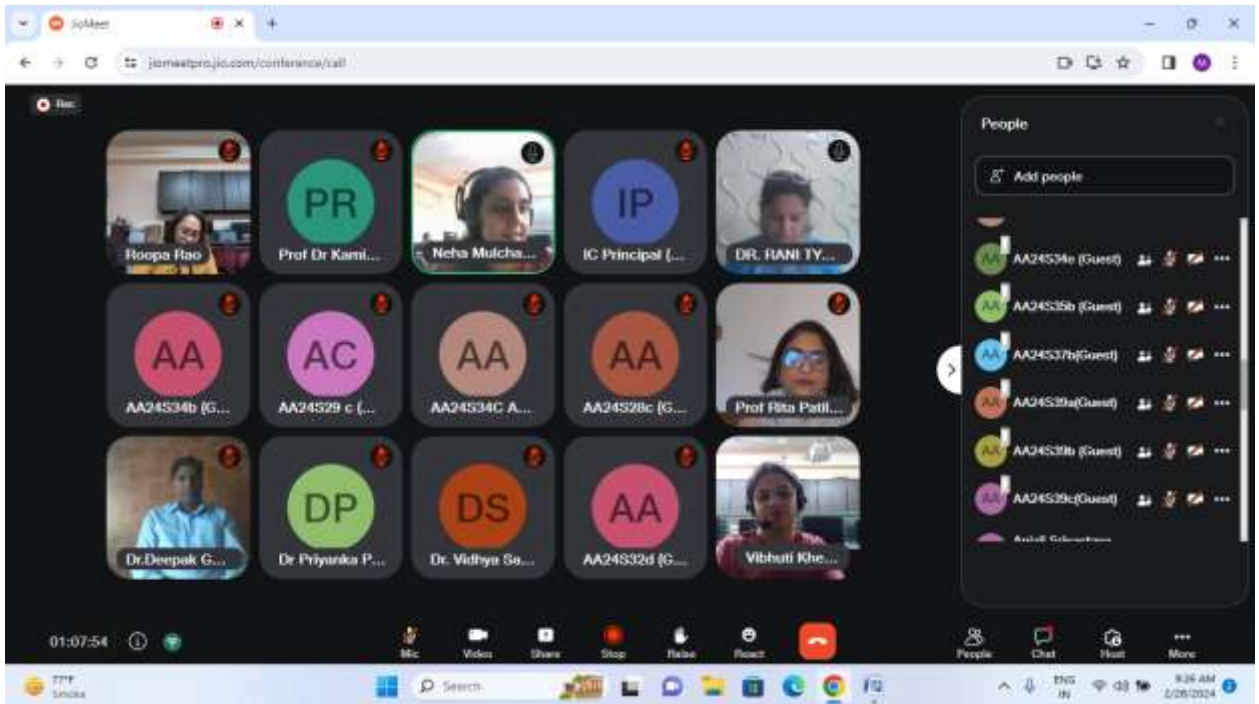
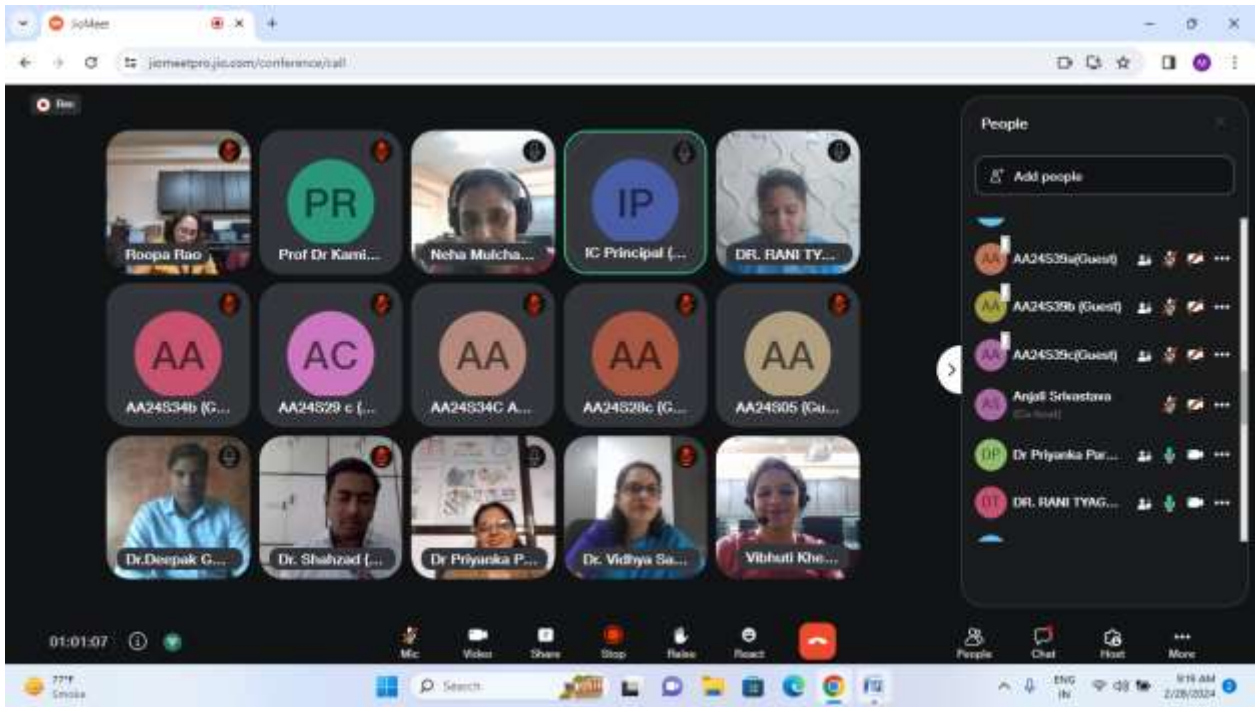
- Student should have a valid identity card of the College / Recognized Institute / Department from where he / she is pursuing his / her degree.
- Students can present their research project in a group not exceeding five students (only two students will be allowed to present on the final day of the competition).
- Student can present their research project work in English or Hindi language.
- Ethical guidelines for research must be adhered to by students and their mentor.
- Registration fees to be paid after receiving the acceptance.

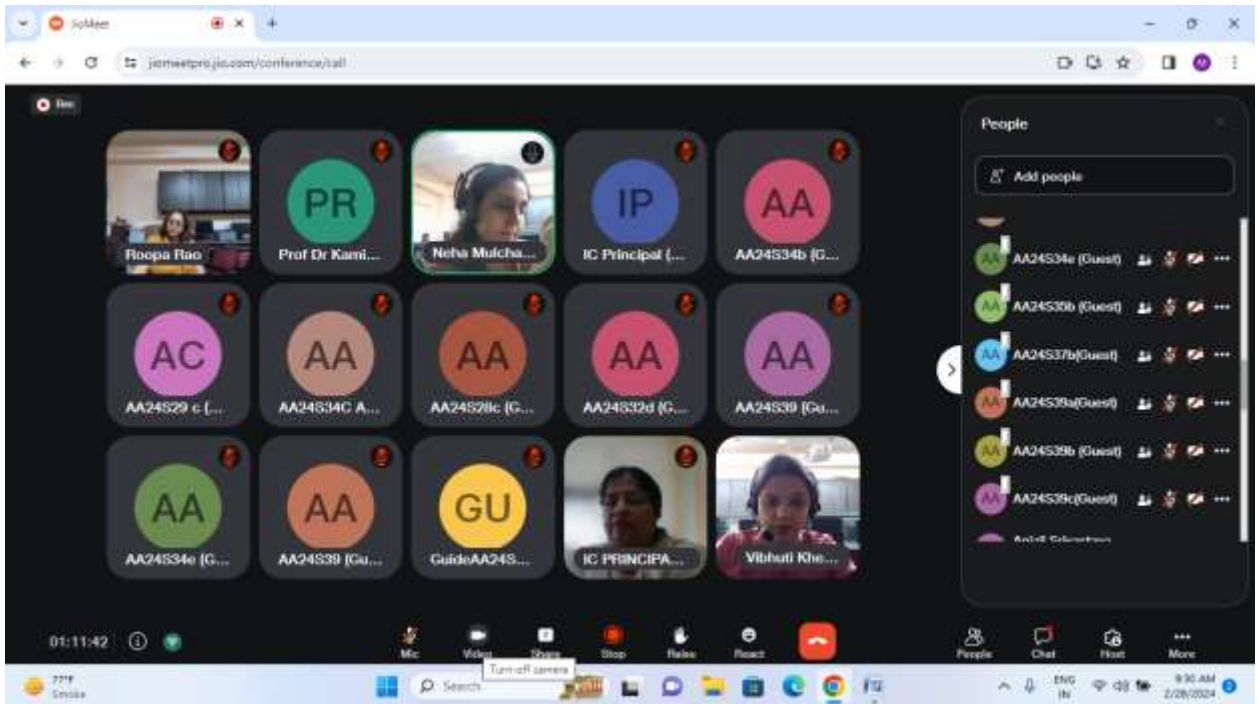
Payments to be done in the following account  
NIRMALA NIKETAN INSTITUTE  
CANARA BANK, NEW MARINE LINES  
Account No- 50352010004249  
IFSC Code- CNRB0001389  
Payment link: <https://forms.gle/1nmmk8dQJFYVXyR0j>

For further enquiry Email to: [aaryannchs@gmail.com](mailto:aaryannchs@gmail.com)

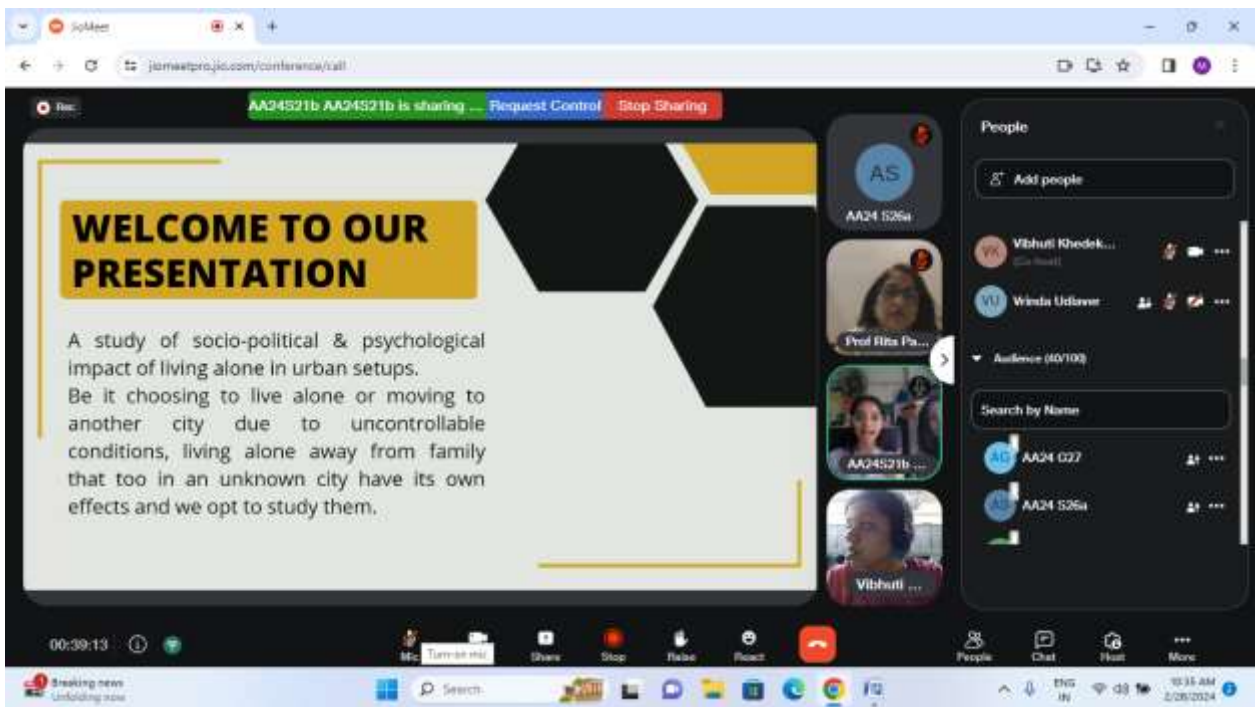
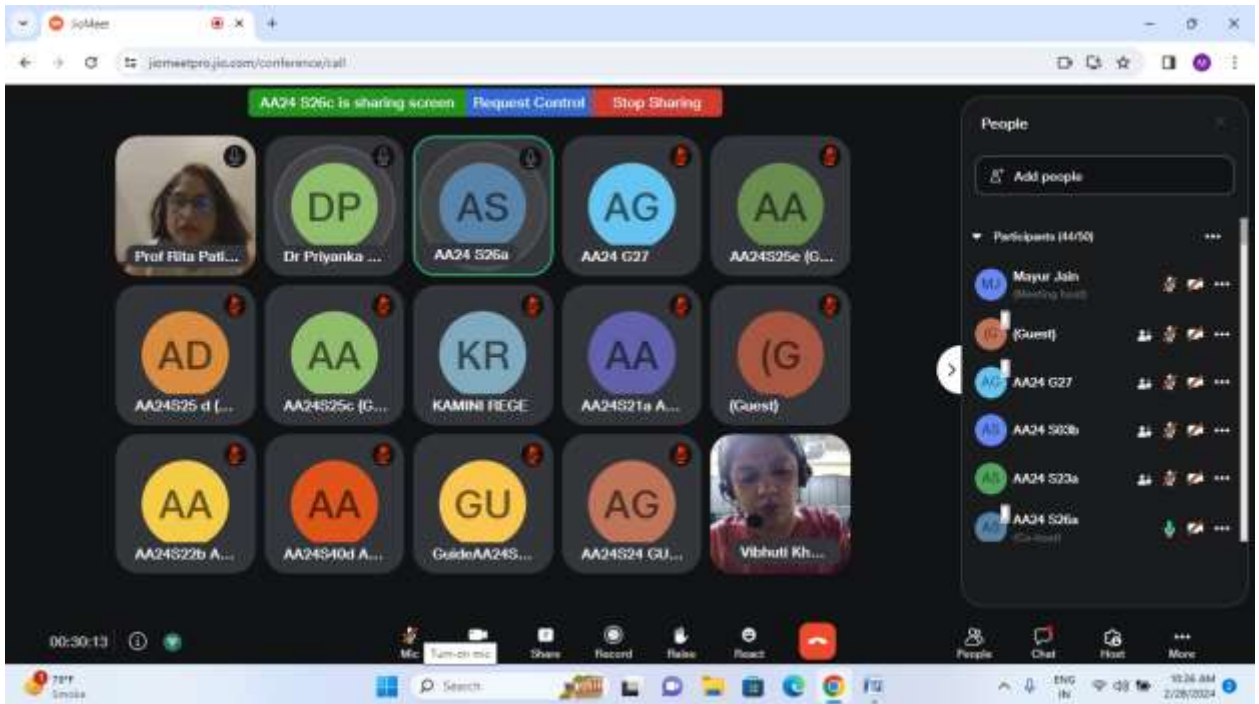
❖ Photographs of the event (at least 4-6)

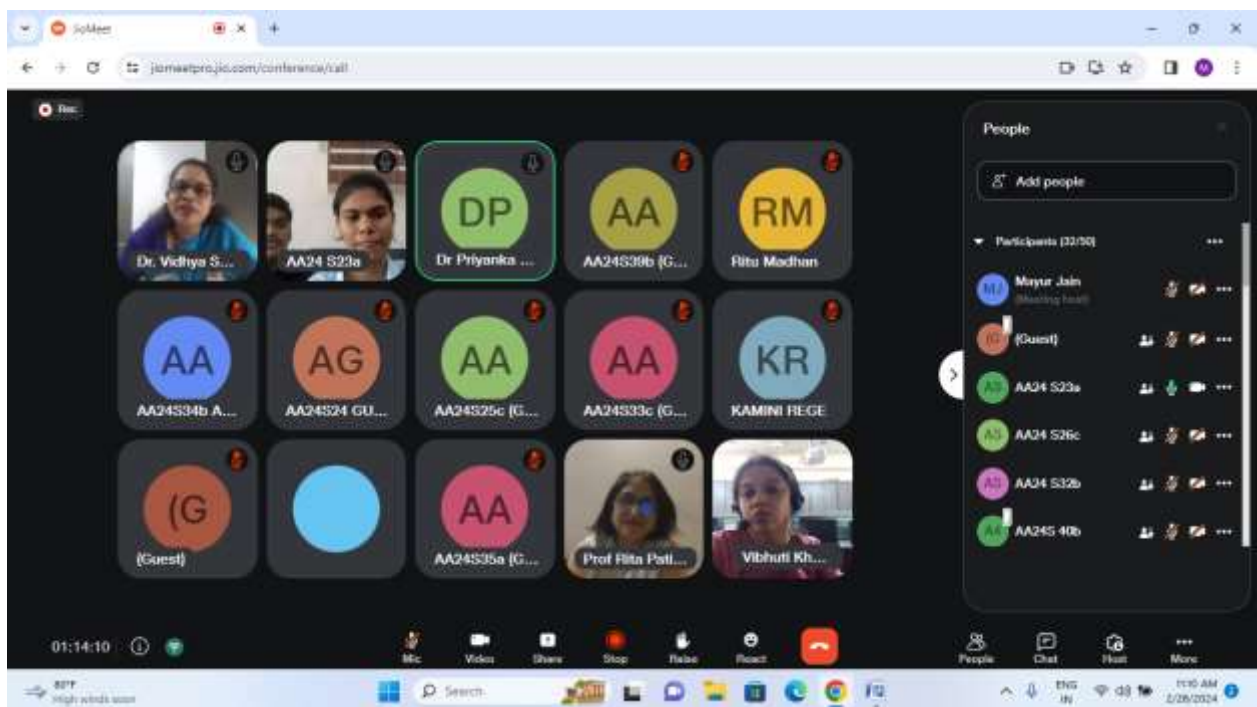












Zoom Meeting | AA24524 GUEST is sharing screen | Request Control | Stop Sharing

# OBJECTIVES

How age group plays a important role

- To understand the psychological and physical influences on people for preferring one media over the other.
- To find if pricing affects people's decision on choosing ott
- To predict the future trend in the movie and entertainment sector in India.
  - To understand the impact of Ott platform on theatres
- Comparison between the exposure of movies released in theatres and ott

01:16:27


807 Shree

Windows Taskbar: Search, File Explorer, Edge, Zoom, etc. | 11:13 AM 2/28/2024

Zoom Meeting | AA24525 is sharing screen | Request Control | Stop Sharing

# INTRODUCTION

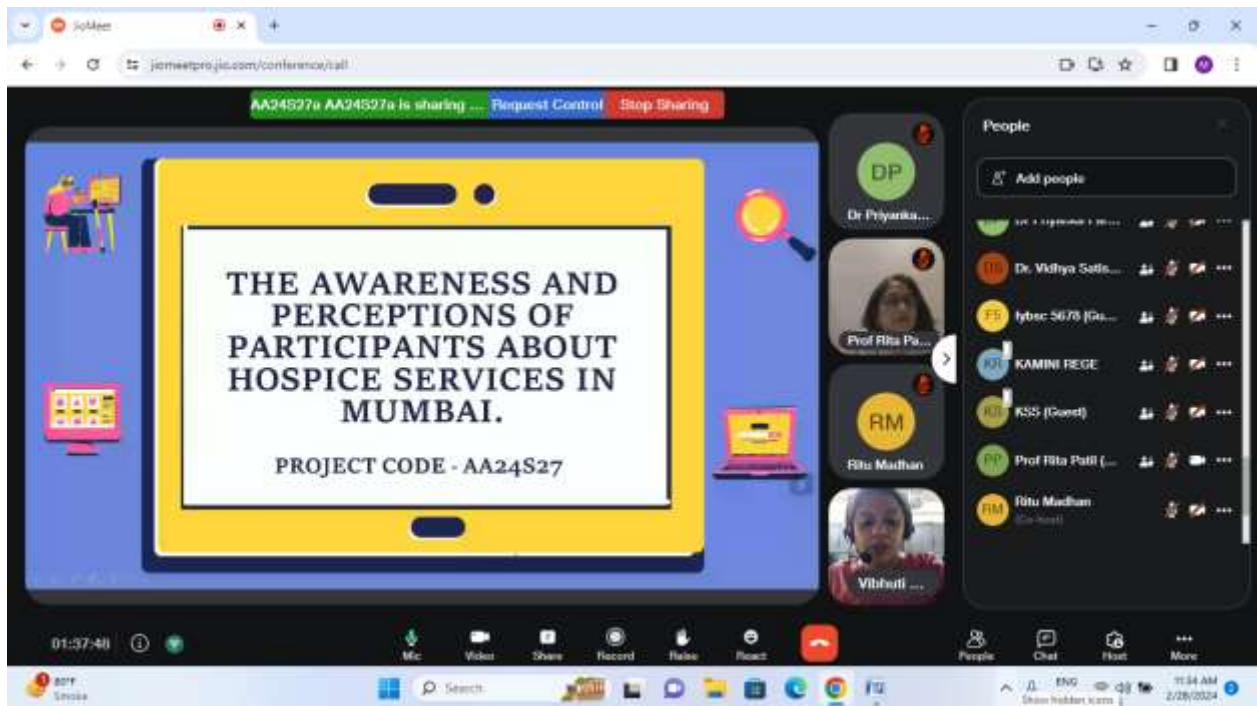
- Exploring the **ethical** dimensions of pet ownership, highlighting the pivotal choice between **rescuing stray dogs** and contributing to unethical breeding .
- This research seeks to uncover the far-reaching implications of our decisions, advocating for a shift toward responsible and compassionate pet **adoption**, fostering the well-being of animals and nurturing the ethical fabric of our communities.

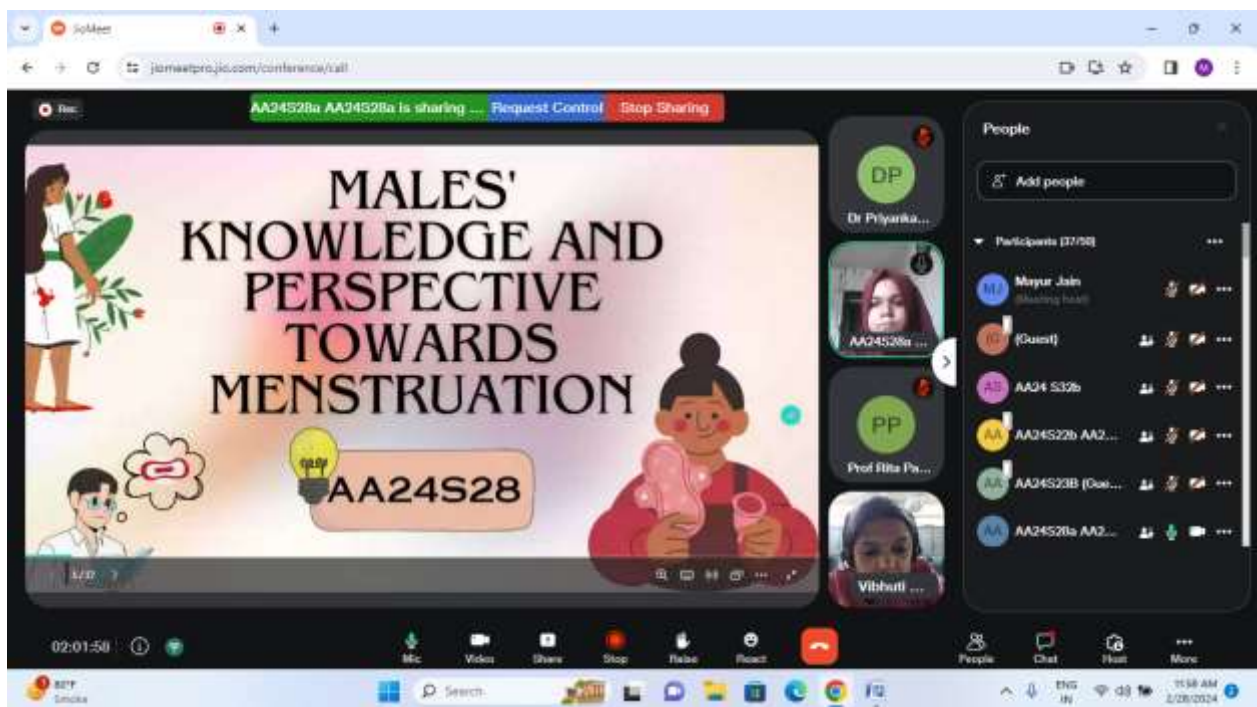
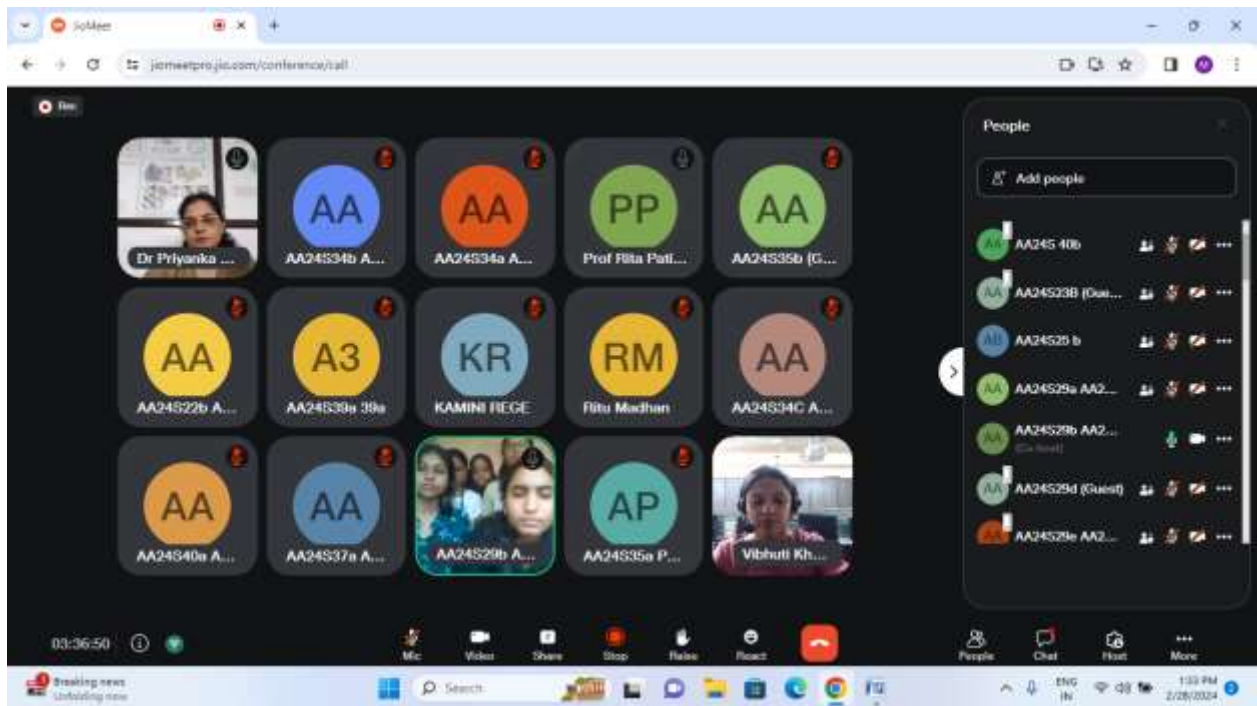


01:27:27

807 Anu Savana

Windows Taskbar: Search, File Explorer, Edge, Zoom, etc. | 11:24 AM 2/28/2024





Zoom Meeting | AA24528a AA24528a is sharing ... | Request Control | Stop Sharing

Methodology

The aim of the study was to Explore menstruation knowledge and perceptions among males (13-25) and Formulate strategies for awareness and promote an informed, empathetic society.

**AIM OF THE STUDY**

**SAMPLING SIZE** 100 males

**SAMPLING TECHNIQUE** Purposive/Judgmental sampling technique

**INCLUSION CRITERIA** Age (13-25), diverse educational backgrounds.

**EXCLUSION CRITERIA** Residing outside Mumbai

**ANALYSIS** Used a self-constructed structured, open-ended questionnaire for qualitative data. Analyzed data through theme extraction and computed frequencies.

02:05:37

People

Add people

Participants (17/18)

Dr Priyanka...

AA24528a ...

Prof Rita Pa...

AA24528a ...

Mayur Jain (Sharing Screen)

(Guest)

AA24 G27

AA24 S32b

AA24522 AA24...

AA24522b AA2...

02/28/2024

Zoom Meeting | jamaetprojico.com/conferenow/call |

02:10:15

People

Add people

Participants (22/22)

Mayur Jain (Sharing Screen)

(Guest)

AA24 G27

AA24 S32b

AA24528a AA2...

AA24528b AA2...

Dr Priyanka ...

AA24528a A...

AA24528b A...

Prof Rita Pat...

KAMINI BEGE

(G)

RM

Ritu Madhan

Dr. Vidhya S...

AA24534b A...

AA24533b A...

AA

AA24535a (G...

AA24533c (G...

AA24540a A...

AA24533a A...

Vibhuti Kh...

02/28/2024

Zoom Meeting: AAS2430a AA24530b is sharing ... Request Control Stop Sharing

## UNDERSTANDING THE PERCEPTION OF MIDDLE AGED MEN ABOUT MIDLIFE CRISIS

Project Code - AA24830

02:12:26

Zoom Meeting Controls: Mic, Video, Share, Stop, Raise Hand, Mute, People, Chat, Pin, More

Windows Taskbar: Search, ENG IN, 12:08 PM 2/28/2024

People Panel: Add people, Participants (14/50): Dr. Priyanka..., Mayor Jain, [Guest], AA24 G27, AA24 S32b, AA24522b AA2..., AA24522b AA2...

Zoom Meeting: AAS2430a AA24530b is sharing ... Request Control Stop Sharing

## 2.METHOD

**Sample size** → 100 male participants

**Convenience sampling** → **Sampling technique** → snowball sampling

**Inclusion criteria** → Men 40-55 years  
Different Backgrounds Acquainted to English

**Exclusion criteria** → Medical condition Men with special needs  
Substance abuse Therapy

Measurement tool- Self-constructed

**Research design** → Exploratory

**Plan Analysis**  
Qualitative  
Quantitative

**Operational Definitions**  
Midlife  
Midlife crisis

02:17:06

Zoom Meeting Controls: Mic, Video, Share, Stop, Raise Hand, Mute, People, Chat, Pin, More

Windows Taskbar: Search, ENG IN, 12:18 PM 2/28/2024

People Panel: Add people, Prof Rita Patil (...), Ritu Madhan (...), Vibhuti Khedek (...), Windo Ufaveer (...), Audience (21/100), Search by Name, AA24522b AA2...

Zoom Meeting | AA24531b (Guest) is sharing scr... | Request Control | Stop Sharing

**AARYA 2024**  
 Awareness and Action Research for Youth Awakening:  
 Intercollegiate Interdisciplinary Undergraduate Research Competition

Code no.: AA24531

**SECOND THOUGHTS ON THE THIRD GENDER:  
 SPECIAL FOCUS ON HIJRAS**

02:26:16

People

- AA24528a ...
- Prof Rina Pa...
- AA24531a ...
- Vibhuti ...

Participants (10/50)

- Mayur Jain (Sharing Screen)
- AA24 532b
- AA245 39c
- AA24522a (Guest)
- AA24528a AA2...
- AA24531b Guest

027 Smika

Zoom Meeting | AA24531b (Guest) is sharing scr... | Request Control | Stop Sharing

**Silver lining**

Aishwarya Rumpama Pradhan:  
IAS officer

Gauri Sawant:  
Social Activist

Joyita Mondal:  
Judge

Prithika Yashni:  
Sub inspector

Sathyasri Sharmila:  
Lawyer

02:34:34

People

- AA24528a ...
- Prof Rina Pa...
- AA24531b ...
- Vibhuti ...

Participants (10/50)

- Mayur Jain (Sharing Screen)
- AA24 532b
- AA245 39c
- AA24528a AA2...
- AA24531a AA2... (Guest)
- AA24531b (Guest)

027 Smika



AA24 S32b is sharing screen Request Control Stop Sharing

**UNDERSTANDING THE PERCEPTION OF PARTICIPANTS ABOUT THE RELATIONSHIP SHARED BY CANCER PATIENTS AND THEIR SIBLINGS & ITS IMPACT ON FAMILY**

PROJECT CODE: AA24S32

02:37:48

People

- Dr Priyanka...
- Prof Rita Pa...
- AA24 S32b
- Vibhuti ...

Participants (14/18)

- Mayur Jain (Sharing Screen)
- AA24 S32b
- AA24S28a AA2...
- AA24S32a (Co-Host)
- AA24S32c (Guest)
- AA24S32d (Guest)

02:37:48

827 Smoaks

Search

ENG IN 12:34 PM 2/28/2024

AA24 S32b is sharing screen Request Control Stop Sharing

**REVIEW OF LITERATURE**

Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells.

**Types**  
According to the body location (for eg. digestive, eye, neurological).

**FACTORS AFFECTING**

- Coping Skills
- Psychological support and Education
- Environment And Quality of Life
- Socio Cultural
- Family And Peer Support

**MYTHS & FACTS**  
To raise awareness among participants and others about cancer.

- Only Women Get Breast Cancer
- Siblings automatically understand the sick child's suffering without spending time with them.

**CHALLENGES**

- Challenges Faced by Siblings of Children with Cancer.
- Emotional Distress and Impact on Siblings.

02:38:30

People

- Dr Priyanka...
- Prof Rita Pa...
- AA24 S32b
- Vibhuti ...

Participants (14/18)

- Mayur Jain (Sharing Screen)
- AA24 S32b
- AA24S28a AA2...
- AA24S32a (Co-Host)
- AA24S32c (Guest)
- AA24S32d (Guest)

02:38:30

827 Smoaks

Search

ENG IN 12:35 PM 2/28/2024

Zoom Meeting: AA24533a AA24533a is sharing ... Request Control Stop Sharing

Zoom Meeting: AA24533a AA24533a is sharing ... Request Control Stop Sharing

CODE NO: AA24533

### Career Switch In Adulthood: Reasons, Process and Perceived Benefits

02:46:58

827 Air Severe

Search

12:43 PM 2/28/2024

Zoom Meeting: AA24534a AA24534a is sharing ... Request Control Stop Sharing

Zoom Meeting: AA24534a AA24534a is sharing ... Request Control Stop Sharing

Newly married Individual's Experience: Perceived Positives and Stressors of Marriage.

PROJECT CODE: AA24534

02:50:56

827 Smoke

Search

12:55 PM 2/28/2024



AA24537a AA24537a is sharing ... Request Control Stop Sharing

**Career Switch in Adulthood: Challenges, Impact and Coping Strategies**

PROJECT CODE: AA24537

04:04:42

People

- DP Dr Priyanka...
- PP Prof Rita Pa...
- AA AA24537a ...

04:04:42

887 Smoika

AA24539c is sharing screen Request Control Stop Sharing

AWARNESS AND ACTION RESEARCH FOR YOUTH AWAKENING  
Virtual National Interdisciplinary Undergraduate Research Competition,  
AARYA

Category- Social science,  
Humanities and Allied Filed

**UNRAVELLING THE COMPLEXITIES FACED BY JUNIOR COLLEGE TEACHERS DUE TO NEP 2020**

Code: AA24539

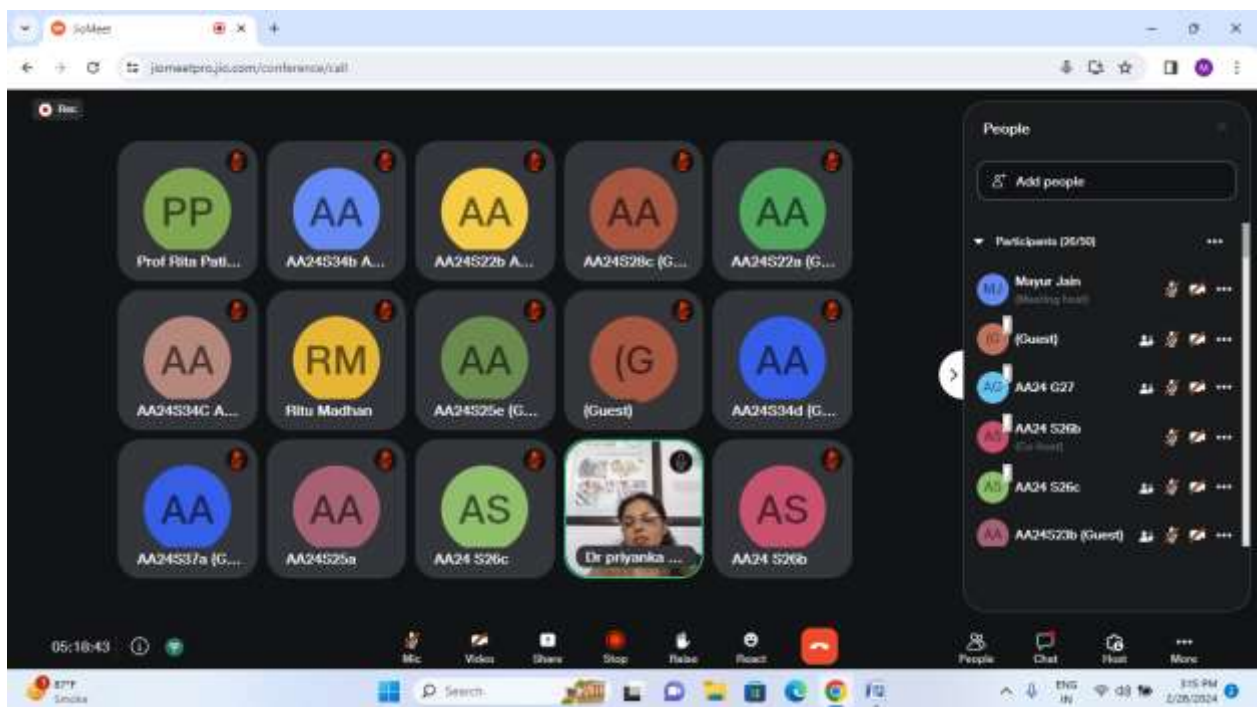
04:28:59

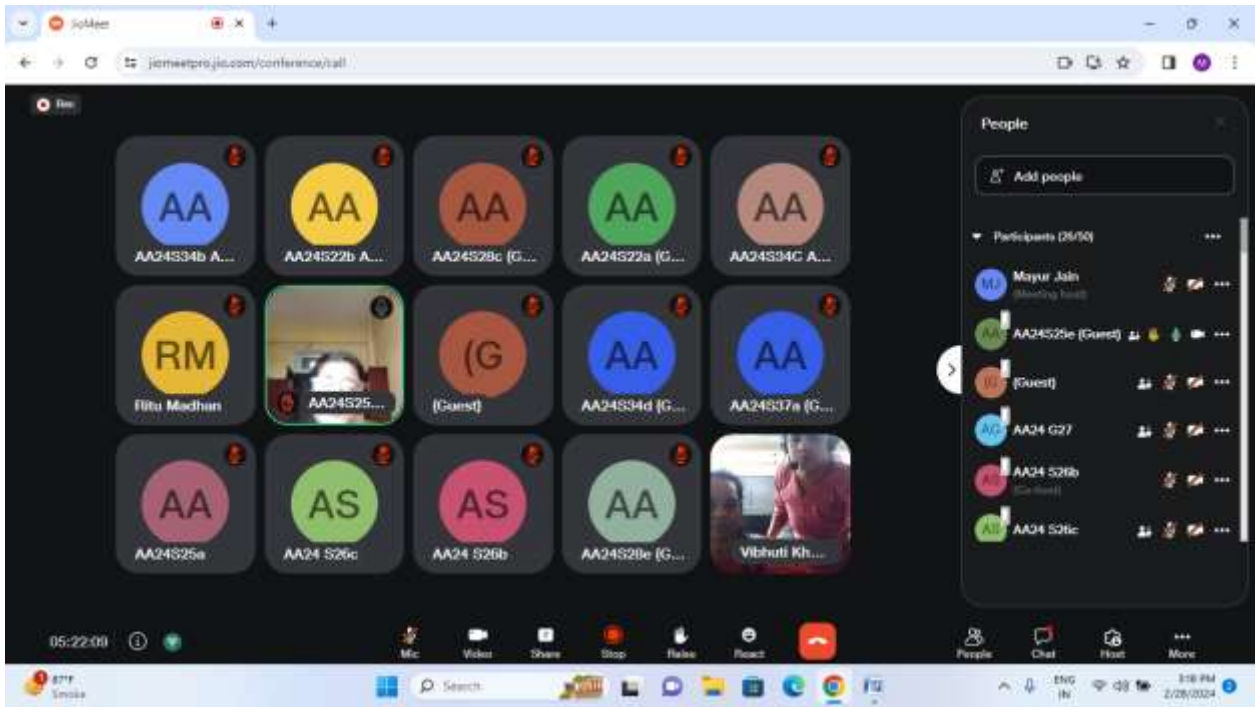
People

- DP Dr Priyanka...
- PP Prof Rita Pa...
- A3 AA24539c ...

04:28:59

887 Smoika





## Prize Winners

### Category - I: Science, Allied Science, Commerce, and Management

<b>Awarded</b>	<b>Project Code</b>	<b>Title of the Project</b>	<b>Participating Students</b>	<b>Guide</b>	<b>Name of the College</b>
1 <sup>st</sup> Prize	AA24S05	Screening and Isolation of Keratinase Producing Bacteria for Management of Poultry Waste and Use of its Hydrolysate for Soil Amendment.	Ms. Khan Ayesha Ms. Simran Rane Ms. Minjal Bhosle Ms. Maru Mahek Ms. Divya Kedare	Dr. Radhika Birmole	Wilson College
2 <sup>nd</sup> Prize	AA24S15	Superfoods available in urban and tribal areas and recommendations of diet based on consumption patterns.	Ms. Steena Thomas Ms. Hinal Waghela Ms. Harshini Thakur Ms. Saliha Usmani Ms. Rajeshri S. S.	Dr. Anjali Srivastava	College of Home Science Nirmala Niketan
3 <sup>rd</sup> Prize	AA24S12	Investigating the effect of different breathing exercises on physiological parameters when performed before engaging in physical activity.	Mr. Animesh Soni Ms. Ishita Parkar Ms. Arshiya Sabeel Ms. Shresht Kapoor Ms. Aayesha Shaikh	Dr. Radhika Tendulkar	St. Xavier's College

❖ **Feedback or Suggestions for future**

<b>Feedback session</b>
NA
No
No comments
Very well organized
It will be great if 2 students from each project are given access.
The concept of this competition is brilliant but it should be conducted offline as it would prevent technical glitches and we will have a better experience also we could have better communication with the judges and audience to present our research
Na
It was great
Nothing
Wonderful initiative! Thanks for the learning opportunity!
No.
It was a great experience to participate in this competition and present our research! Thanks for giving us such an amazing opportunity!
Very well organised
Meeting should have happened on google meet it's more simple
It was overall a Great experience, got to learn a lot on different topics
Na.
Please make it offline
Nil
it was very well planned
It was a fun experience, got to learn a lot about everything and from other groups
Nothing
I enjoyed a lot .
Interactive and well organised
Nothing
It was a good experience and exposure. Thank you.
An offline presentation would have helped better in interacting with other groups and indulging in scientific conversations
Thank you for the best experience
It was really helpful and awesome
The competition was very good. I enjoyed my group's performance most. Thankyou very much for organising this.
Personally, I think it could have been a much more detailed and thorough discussion about the topic with the jury members. It rather felt like one sided conversation.
It was a great experience. Learnt alot of new things.
Would have preferred an offline session as opposed to the online one.
Need more questions asked by the guest
I learnt more new things in this journey and memories with my group
Could have been more interesting if asked questions
It was a good experience



## Prize Winners

### Category - II: Social Science, Humanities, and Allied Fields

Awarded	Project Code	Title of the Project	Participating Students	Guide	Name of the College
1 <sup>st</sup> Prize	AA24S27	The Awareness and Perceptions of Participants about Hospic Services in Mumbai.	Ms. Palak Sanghavi Ms. Liza Petkar Ms. Eshika Wagh Ms. Shradha Kamble Ms. Karuna Chanchlani	Ms. Virginia Dias	College of Home Science Nirmala Niketan
2 <sup>nd</sup> Prize	AA24S34	Newly Married Individuals' Experience: Perceived Positives and Stressors.	Ms. Megan M. Ms. Arwa Bootwala Ms. Rukaiya K. Ms. Sweta Ghoshal	Ms. Khyati Sampat	College of Home Science Nirmala Niketan
3 <sup>rd</sup> Prize	AA24S22	Evaluating furniture for the Bloomers	Ms. Arwa Alisger Ms. Sakina M. Ms. Dyuti Panwala Ms. Kritika Ratnakar	Dr. Roopa Rao	College of Home Science Nirmala Niketan



*Kausar*

INCHARGE PRINCIPAL  
COLLEGE OF HOME SCIENCE  
Nirmala Niketan,  
49, New Marine Lines,  
Mumbai - 400 020.