

**Community Resource Management
Academic Year 2023 – 24**

Name Of the Department: **Community Resource Management**

Number of Permanent Teachers: **2 (No. of positions: 3; NOC not yet granted against the resignation of Ms. Sanam Khan)**
Mrs Sunita Jaiswal, Associate Professor (Head of the Department)
Dr. Roopa Rao, Associate Professor

Number of CHB Faculty: **4**
Mrs. Sakina Chhatriwala (CHB)
Ms. Riddhi Raut (CHB)
Ms. Sanam Khan (CHB)
Ms. Sneha Mankikar (CHB)

Number of Students: T.Y. BSc – 31
Ph.D. – 3

Value Added Course:

✓ **Workstation Design and Applied Ergonomics: 29**

✓ **Cultural and Heritage Management: Nil**



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

Electives:**Residential Interior Design – 14****Front office and Housekeeping Management – 17****FACULTY ACTIVITIES & ACHIEVEMENTS****1. Participation In Orientation Programmes, Refresher Courses Etc.:**

Dr. Roopa Rao			
S. No.	Programme	Duration	Organised by

2. Number of Major and Minor Research Projects (Sanctioned and Completed with Names of Funding Agencies):

- Major Research Projects: Nil
- Interdisciplinary Research Projects: Nil
- Projects sponsored by UGC: Nil
- Projects Sponsored by the University/College: Nil
- International Projects: Nil

S. No	Name of the investigator	Title	Sanctioning agency/ organization /institute	Duration	Grant sanctioned	Grant received
1.						

3. Research Collaborations: Dept/Individual

Industries	Media/ Entertainment Companies	Research Institutes/ Centres	Hotels/ Hospitals	Academic Institutes	Government/Se mi-Govt	Government/ NGOs/ Support Groups
Solitaire Media Entertainment	✓					
Celebrations	✓					
The Oberoi, Nariman Point			✓			
Trident, Mumbai			✓			
Shobiz Experiential Communications Pvt. Ltd.	✓					
Hotel Radisson, Andheri			✓			
The Park, Navi Mumbai			✓			
K-11 Education Pvt. Ltd.				✓		
Sofitel Mumbai BKC			✓			
Hotel Sahara Star			✓			

Byculla Fire Station (Mumbai Headquarters)					✓	
Project Mumbai				✓		✓
S.V.T. College of Home Science, Juhu, Mumbai – 49				✓		
St. Andrew’s College of Arts, Science & Commerce, Bandra				✓		
SIES College				✓		
Ramnarain Jhunjhunwala College of Arts, Science & Commerce, Ghatkopar				✓		
College of Social Work Nirmala Niketan				✓		
Ramanand Arya DAV College, Bhandup				✓		
Lala Lajpatrai College of Commerce & Economics				✓		
D. G. Ruparel College of Arts, Science & Commerce, Matunga				✓		
HSNC University, Mumbai				✓		
Dept of RM & CS, College of Community & Applied Sciences, MPUAT Udaipur				✓		
Department of Life Long Learning and Extension				✓		
Family Service Centre						✓
Chuim centre (Nirmala Niwas)						✓
Consumer Guidance Society of India						✓

Bharuch- Vidhya deep Community Centre									✓
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4. Number of Publications Including Indexing & Impact Factor:

Name of Faculty	No. of Publications (Full articles)								Total
	a. Books	b. Chapters in books	c. Research Paper	d. Research Poster	e. Abstract	f. Podium/ Oral Presentation	g. Magazines	h. Newspaper articles	
Mrs. Sunita Jaiswal	-	01	-	-	-	-	-	-	01
Dr. Roopa Rao	02	07	08	17	02	18	-	08	62
Total	02	08	08	17	02	18	0	08	63

a. PUBLICATIONS (DETAILS) - BOOKS

S. No	Name of the Book	Authors/s	Year of publication	No. of pages	ISBN	Name of the publisher/URL
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Dr. Roopa Rao						
1.	HABITATS: Holistic Approaches to Building, Interiors And Technical Systems	Dr. Roopa R. Rao, Dr. Suman Singh, Dr. Sapna Dinesh	2024	450	Paperback ISBN: 978-81-968974-6-8 E-ISBN: 978-81-968974-4-4	Noble Science Press (NSP) International Publishing, Delhi. http://noblesciencepress.org/book/habitats-holistic-approaches-to-building-interiors-and-technical-systems http://noblesciencepress.org/chapters/habitats-holistic-approaches-to-building-interiors-and-technical-systems https://doi.org/10.52458/9788196897444.nsp2024.eb
2.	Resource Management (RM: ASSET) Advancements & Strategies for Education and Transformation	Dr. Suman Singh, Dr. Sapna Dinesh, Dr. Roopa R. Rao	2024	511	9788119105403 (Hardbound)	Satish Serial Publishing House (SSPH), Delhi. https://www.satishserial.com/book/9788119105403/resource-management-rmasset-advancements-strategies-for-education-and-transformation

b. PUBLICATIONS (DETAILS) - BOOK CHAPTERS

S. No	Name of the Chapter and other details	Authors/s	Title/Name of the Book	Name of editor/s	Page Nos	ISBN	Name of the publisher /URL
Mrs. Sunita Jaiswal							

1.	Chapter – 8 Windows and Window Treatments https://doi.org/10.52458/9788196897444.nsp2024.eb.ch-08	Mrs. Sunita Jaiswal	HABITATS: Holistic Approaches to Building, Interiors And Technical Systems	Dr. Roopa R. Rao, Dr. Suman Singh, Dr. Sapna Dinesh	136 - 146	Paperback ISBN: 978-81-968974-6-8 E-ISBN: 978-81-968974-4-4	Noble Science Press (NSP) International Publishing, Delhi.
Dr. Roopa Rao							
2.	Chapter – 2 Review of Literature for Interior Designing Research	Dr. Roopa R. Rao	Essentials Of Research Methodology in Interior Designing	Prof. Maneesha Shukul, Dr. sarjoo Patel, Dr. Vashima V., and Dr. Khyati Trivedi	23 - 37	Hardcover 298 pages ASIN : B0CVL854W X	Authorspress (11 February 2024); Q-2A, Hauz Khas Enclave, New Delhi - 110 016
3.	Chapter - 4 Structural and Non-Structural Components https://doi.org/10.52458/9788196897444.nsp2024.eb.ch-04	Ar. Uday Govalkar Dr. Roopa Rao	HABITATS: Holistic Approaches to Building, Interiors And Technical Systems	Dr. Roopa R. Rao, Dr. Suman Singh, Dr. Sapna Dinesh	64 - 75	Paperback ISBN: 978-81-968974-6-8 E-ISBN: 978-81-968974-4-4	Noble Science Press (NSP) International Publishing, Delhi.
4.	Chapter - 7 Door and Door Types	Dr. Roopa Rao Dr Suman Singh	HABITATS: Holistic Approaches to Building,	Dr. Roopa R. Rao, Dr. Suman Singh,	123 - 135	Paperback ISBN: 978-81-968974-6-8	Noble Science Press (NSP) International

	https://doi.org/10.52458/9788196897444.nsp2024.eb.ch-07		Interiors And Technical Systems	Dr. Sapna Dinesh		E-ISBN: 978-81-968974-4-4	Publishing, Delhi.
5.	Chapter – 15 Energy Efficiency, Water Conservation and Waste Management https://doi.org/10.52458/9788196897444.nsp2024.eb.ch-15	Ar. Uday Govalkar Dr. Roopa Rao	HABITATS: Holistic Approaches to Building, Interiors And Technical Systems	Dr. Roopa R. Rao, Dr. Suman Singh, Dr. Sapna Dinesh	256 - 269	Paperback ISBN: 978-81-968974-6-8 E-ISBN: 978-81-968974-4-4	Noble Science Press (NSP) International Publishing, Delhi.
6.	Chapter – 4 Energy Management https://www.satishserial.com/book/9788119105403/resource-management-rmasset-advancements-strategies-for-education-and-transformation	Dr. Archana Bhatnagar Dr Roopa Rao	Resource Management (RM: ASSET) Advancements & Strategies for Education and Transformation	Dr. Suman Singh, Dr. Sapna Dinesh, Dr. Roopa R. Rao	101 - 122	9788119105403 (Hardbound)	Satish Serial Publishing House (SSPH), Delhi.
7.	Chapter – 5 Human Resource Management https://www.satishserial.com/book/9788119105403/resource-management-rmasset-advancements-strategies-for-education-and-transformation	Dr. Roopa Rao	Resource Management (RM: ASSET) Advancements & Strategies for Education and Transformation	Dr. Suman Singh, Dr. Sapna Dinesh, Dr. Roopa R. Rao	123 - 194	9788119105403 (Hardbound)	Satish Serial Publishing House (SSPH), Delhi.

8.	Chapter – 7 Consumer Awareness and Education in India https://www.satishserial.com/book/9788119105403/resource-management-rmasset-advancements-strategies-for-education-and-transformation	Dr. Roopa Rao	Resource Management (RM: ASSET) Advancements & Strategies for Education and Transformation	Dr. Suman Singh, Dr. Sapna Dinesh, Dr. Roopa R. Rao	265 - 324	9788119105403 (Hardbound)	Satish Serial Publishing House (SSPH), Delhi.
9.	Chapter – 13 Exploring Contemporary Research and Trends in Resource Management https://www.satishserial.com/book/9788119105403/resource-management-rmasset-advancements-strategies-for-education-and-transformation	Dr. Roopa Rao Dr. Suman Singh	Resource Management (RM: ASSET) Advancements & Strategies for Education and Transformation	Dr. Suman Singh, Dr. Sapna Dinesh, Dr. Roopa R. Rao	491 - 511	9788119105403 (Hardbound)	Satish Serial Publishing House (SSPH), Delhi.

c. PUBLICATIONS (DETAILS) RESEARCH PAPER

International Level

Paper /Article in Journal Publication							
S. No.	Name of the author name/names	Year of publication	Title of the journal	Title of The Paper	Vol (issue), page nos.	ISBN/ISSN	Impact factor/H-index

Dr. Roopa Rao							
1	Nupur S., and Roopa R.	2023	International Journal of Multidisciplinary Educational Research (IJMER); Peer Reviewed Journal and UGC approved Journal: Serial No: 41602(2017), Registered in Publons Group (Web of Science) and Scopus Review ID: A2B96D3ACF3FEA2A.	“Awareness About Protective Devices among Basketball Players (Aged 20 – 30 Years).” Available at http://s3-ap-southeast-1.amazonaws.com/ijmer/pdf/volume12/volume12-issue6(3)/14.pdf	Volume 12, Issue 6(3), July 2023. pp. 82 – 86. DOI: http://ijmer.in.doi./2023/12.06.54	ISSN: 2277-7881.	Impact Factor 8.017 (2023)
2	Melann, P., and Roopa R.	2023	International Journal of Multidisciplinary Educational Research (IJMER) Peer Reviewed Journal and UGC approved Journal: Serial No: 41602(2017), registered in Publons Group (Web of Science) and Scopus Review ID: A2B96D3ACF3FEA2A.	“Occupational Hazards Among Fishermen in Mumbai.” Available at http://s3-ap-southeast-1.amazonaws.com/ijmer/pdf/volume12/volume12-issue6(2)/7.pdf	Volume 12, Issue 6(2), July 2023. pp. 32 - 38. DOI: http://ijmer.in.doi./2023/12.06.27 .	ISSN: 2277-7881.	Impact Factor 8.017 (2023),
3	Khushi, C. and Roopa, R.	2023	International Journal for Innovative Research in Multidisciplinary Field (IJIRMF).	“Mapping Work- Related Musculoskeletal Discomfort (WRMSDs) Among Employees of The BPO Sector	Volume 9, Issue 6, June 2023.	ISSN: 2455-0620.	Impact Factor 6.719.

			Peer-Reviewed Journal and valid as per UGC Gazette regulations. UGC approved Journal: Serial No: 47793,	Using A Body Map.” Available at INTERNATIONAL JOURNAL FOR INNOVATIVE RESEARCH IN MULTIDISCIPLINARY FIELD ISSN: 2455-0620 Volume - 6, Issue - x, xxxx – 2020 Monthly, Peer-Reviewed, Refereed, Indexed Journal with IC Value: 86.87 Impact Factor: 6.497 Publication Date: 00/00/2020	pp. 211 - 217. DOIs: 10.2015/IJIR MF/2022080 19		
4	Falguni, K. P., and Roopa Rao	2023	International Journal of Research and Analytical Reviews (IJRAR). Peer-Reviewed Journal. UGC Approved Journal Number By UGC 43602 UGC Approval Details UGC Approved Journal No: 43602(19) http://ijrar.org/ijrar%20ugc%20approval.pdf http://ijrar.org/ijrar%20ugc%20approval.pdf	“Assessment of Workplace Environment of BPO Employees.” Available at: https://www.ijrar.org/papers/IJRAR23B4010.pdf	Volume 10, Issue 2, June-2023. pp. 06 -10.	E-ISSN 2348-1269 P- ISSN 2349-5138.	Impact Factor: 7.17

5	Amna, K., and Roopa Rao	2023	International Journal of All Research Education and Scientific Methods (IJARESM). Peer-Reviewed Journal and valid as per UGC Gazette regulations.	Effect of Noise on the Occupational Health of Bartenders. Available at: http://www.ijaresm.com/uploaded_files/document file/Amna_KJyqK.pdf	Volume 11, Issue 6, June-2023. pp. 834 – 837.	ISSN: 2455-6211.	Impact Factor: 8.536
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6	Zainab, P., and Roopa Rao	2023	International Journal of All Research Education and Scientific Methods (IJARESM). Peer-Reviewed Journal and valid as per UGC Gazette regulations.	Work-Induced Morbidity of Skin Injuries among Fishermen. Available at: https://www.ijaresm.com/uploaded_files/document_file/Zainab_PeBxX.pdf	Volume 11, Issue 6, June-2023. pp. 1068-1073.	ISSN: 2455-6211.	Impact Factor: 8.536
7	Zahra H. R., Roopa Rao	2023	International Journal of Creative Research Thoughts (IJCRT). Peer-Reviewed Journal UGC approved Journal: Serial No: 49023(18).	Musculoskeletal Disorders and Self-Reported Discomfort Among Fishermen in Mumbai Koliwadas. Available at: https://www.ijcrt.org/papers/IJCRT2306396.pdf	Volume 11, Issue 6, July 2023. pp. d595 - d599	ISSN: 2320-2882.	Impact Factor 7.97.
8	Roopa Rao, Iram Asgar Khan	2023	International Journal of Creative Research Thoughts (IJCRT). Peer-Reviewed Journal UGC approved Journal: Serial No: 49023(18).	Work Stress and Coping Mechanism Among Food Delivery Boys: Unraveling Health Concerns in the Industry. Available at: https://www.ijcrt.org/papers/IJCRT2306368.pdf	Volume 11, Issue 6, July 2023. pp. d316-d322.	ISSN: 2320-2882.	Impact Factor 7.97.

d. RESEARCH POSTER PRESENTATION

S. No.	Title of the Poster	Name/s of the author	Title of the Conference/ Competition	Theme/Sub-theme	Level of Conference/ Competition	Date & Venue	Organising Institute/ Organisation
Dr. Roopa Rao							
1.	Musculoskeletal Wellness Among Mumbai's Physiotherapists	Avandhika Shaju, Shruti, Sawant, and Dr. Roopa Rao (Guide)	JIGNYASA-2024	Humanities and Languages	National	13th March 2024 Mini-Auditorium, SIES College of ASC (Autonomous), Sion (W), Mumbai	SIES College of Arts, Science & Commerce (Autonomous) Sion (West), Mumbai - 22
2.	Exploring MSDs in Junior College Teachers	Humaira Jasnak, Amithi Javalekar, and Dr. Roopa Rao (Guide)	SRIJNA - 5 th National Level Poster Presentation Competition	Sustainable Future (Sub-theme)	National	28 th February 2024 G. N. Khalsa College (Autonomous), Matunga East, Mumbai – 19	Guru Nanak Institute of Research & Development (GNIRD), Guru Nanak Khalsa College, Matunga
3.	Maternal Comfort and Posture During Breastfeeding: An Ergonomic Approach	Sadaf Shaikh, Akansha Sharma, Miloni Shah, Sakshi Zinjad, and Dr. Roopa Rao (Guide)		Sustainable Future (Sub-theme)	National		
4.	Powering Tomorrow: Enhancing Mumbai's EV Infrastructure for Greener Journeys	Rashida Badri, Krisha Chheda, Asmita Birwatkar, Khadija Jawadwala, and Dr. Roopa Rao (Guide)		Sustainable Future (Sub theme)			

5.	Powering Up: Assessing Awareness of Charging Infrastructure among 2-Wheeler EV users	Rashida Badri, Krisha Chheda, Asmita Birwatkar, Khadija Jawadwala, and Dr. Roopa Rao (Guide)	Elysium 2024	Ek Bharat Shreshtha Bharat		4th February 2024 B.L. Amlani College Of Commerce And Economics M.R. Nathwani College Of Arts.	Department Of Life Long Learning and Extension (DLLE) University of Mumbai in collaboration with B.L. Amlani College Of Commerce And Economics M.R. Nathwani College Of Arts
6.	Environmental Awareness, Attitudes and Pro-Environmental Behaviours of Undergraduate students and their perceptions about EVS Curriculum	Larissa Rodrigues, and Dr. Roopa Rao	35th Biennial Conference of Home Science Association of India (HSAI) College of Community Science, CAU, Tura, Meghalaya on Multidisciplinary Approaches in Home and Community Sciences for	Creative Extension Approaches (CEA)	National	17th - 19th January 2024	Home Science Association of India (HSAI) in collaboration with College of Post-Graduate Studies in Agricultural Sciences, Umiam, Ri-Bhoi District, Meghalaya-793103

			Sustainable Development				
7.	Entrepreneurships and Socio-Economic Realities of the Warli Community Women	Vanita D'souza and Dr. Roopa Rao (Guide)	RUSA Sponsored International Conference on Reconnecting With Roots: Indian Knowledge Systems For The 21st Century	Bridging Gap between Urban and Rural Stakeholders	International	12 th and 13 th January 2024 Online Presentation	RUSA Sponsored Dr. BMN College of Home Science (Autonomous), Matunga, Mumbai – 19.
8.	Optimizing Firefighter safety in PPE, ergonomics, and rehabilitation Facilities	Shaikh Aafiya, Sanghvi Niyati, Tahira Ticlo, Shaikh Aruba, and Dr. Roopa Rao (Guide)	18 th Aavishkar: Inter-Zonal (Final Round)	Inter Zonal (Final) Round Category 2 – Commerce, Management & Law Level 1: UG	University	17 th December 2023 Vinayak Ganesh Vaze College of Arts, Science & commerce, Mulund Mumbai - 81	Department of Students' Development, University of Mumbai
9.	Assessment of Young Indian School-Children (8 – 9 Years) for Sports Talent Identification	Roma Suvarna, and Dr. Roopa Rao (Guide)	18 th Aavishkar: Inter-Zonal (Final Round)	Zone 1: Mumbai Category - 1: Humanities, Languages, & Fine Arts Level 2: PG	University	16 th Dec 2023 at DLLE Audio Visual Hall, Second Floor, Vidyepeeth Vidyarthi Bhavan, 'B' Road, Churchgate, Mumbai	Department Of Students' Development, University of Mumbai

10.	Nutritional Assessment, Hydration Status, Body Composition of Kabaddi Players, and its impact on Performance.	Rutika Sawant, and Dr. Roopa Rao (Guide)	18 th Aavishkar: Inter-Zonal (Final Round)	Inter Zonal (Final) Round Category 2 – Commerce, Management & Law Level 2: PG	University	17 th December 2023 Vinayak Ganesh Vaze College of Arts, Science & commerce, Mulund Mumbai - 81	Department of Students' Development, University of Mumbai
11.	Ensuring Safety For Early Learners- Designing Ergonomic Preschool Environment.	Kameshwari Ushashree Mangipudi, Charisma Thampy, Aqsa Khan, Vidhi Gada, and Dr. Roopa Rao (Guide)	18 th Aavishkar: Inter-Collegiate / Institute / Department Research Convention (Selection Round)	Zone 1: Mumbai Category 2 – Commerce, Management & Law Level 1: UG	University	16 th Dec 2023 at DLLE Audio Visual Hall, Second Floor, Vidypeeth Vidyarthi Bhavan, 'B' Road, Churchgate, Mumbai	Department Of Students' Development, University of Mumbai
12.	Assessing NEP Awareness, Challenges, And Impact Junior College Teachers	Amithi Javalekar, Humaira Jasnak, Amatullah Filewala, Janhavi Kamerkar, Iqra Kasmani, and Dr. Roopa Rao (Guide)		Zone 1: Mumbai Category - 1: Humanities, Languages, & Fine Arts Level 1: UG			
13.	Ergonomic Strategies for Alleviating Postural	Miloni Shah, Sakshi Zinjad, Sadaf Shaikh, Akansha Sharma,		Zone 1: Mumbai			

	Discomfort During Breastfeeding	and Dr. Roopa Rao (Guide)		Category - 6: Medicine & Pharmacy Level 1: UG			
14.	Optimizing Firefighter safety in PPE, ergonomics and rehabilitation Facilities	Shaikh Aafiya, Sanghvi Niyati, Tahira Ticlo, Shaikh Aruba, and Dr. Roopa Rao (Guide)		Zone 1: Mumbai Category 2 – Commerce, Management & Law Level 1: UG	University	16 th Dec 2023 at DLLE Audio Visual Hall, Second Floor, Vidypeeth Vidyarthi Bhavan, ‘B’ Road, Churchgate, Mumbai	Department Of Students’ Development, University of Mumbai
15.	Analysis on Prevalence and Classification of Work-related Musculoskeletal Disorders among Physiotherapists.	Avandhika Shaju, Sheetal Vishwas, Shruti Sawant, Zeenat Siddiqui, and Dr. Roopa Rao (Guide)	Zone 1: Mumbai Category - 6: Medicine & Pharmacy Level 1: UG				
16.	Enhancing electric vehicle charging infrastructure for 2-wheeler EV users in Mumbai	Asmita Birwatkar, Khadija Jawadwala, Krisha Chheda, Rashida Badri, and Dr. Roopa Rao (Guide)	Zone 1: Mumbai Category - 5: Engineering & Tech Level 1: UG				
17.	Furniture for thought: Assessing	Dyuti Panwala, Kritika Ratnakar, Arwa Aliasger,	Zone 1: Mumbai				

	Anthropometric Compatibility	Sakina Mandasaurwala, Dr. Roopa Rao (Guide)		Category 2 – Commerce, Management & Law Level 1: UG			
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e. ORAL/PODIUM PRESENTATIONS

S. No.	Title of the Paper Presented	Name/s of the author	Title of the Conference/ Competition	Theme/Sub-theme	Level of Conference/ Competition	Date & Venue	Organising Institute/ Organisation
Dr. Roopa Rao							
1.	Creating a Safe and Healthy Learning Environment: A Study on Ergonomic Safety in Preschools	Aqsa Khan, Charisma Thampy, Kameshwari Ushashree Mangipudi, Vidhi Gada, and Dr. Roopa Rao (Guide)	ErgoQuest 2024 - An Intra - class Research Competition	Intra-class Research Competition	Local	22 nd April 2024	Dept. of Community Resource Management, College of Home Science Nirmala Niketan, Mumbai – 20
2.	Occupational Health and Well-Being of Junior College Teachers	Amatullah Filewala, Janhavi Kamerkar, Iqra Kasmani, Amithi Javalekar, Humaira Jasnak, and Dr. Roopa Rao (Guide)	ErgoQuest 2024 - An Intra - class Research Competition	Intra-class Research Competition	Local	Mumbai – 20	

3.	Ergonomic Evaluation of Breastfeeding Positions and Maternal Health: A Comprehensive Study on Lactating Mothers	Akansha Sharma, Miloni Shah, Sakshi Zinjad, Sadaf Shaikh, and Dr. Roopa Rao (Guide)	ErgoQuest 2024 - An Intra - class Research Competition	Intra-class Research Competition	Local	22 nd April 2024	Dept. of Community Resource Management, College of Home Science Nirmala Niketan, Mumbai - 20
4.	Optimizing Firefighter safety in PPE Ergonomics and Rehabilitation Facilities	Shaikh Aafiya, Tahira Ticlo, Shaikh Aruba, Sanghvi Niyati, and Dr. Roopa Rao (Guide)					
5.	Analysis of Prevalence and Classification of Work-Related Musculoskeletal Disorders among Physiotherapists.	Avandhika Shaju, Sheetal Vishwas, Shruti Sawant, Zeenat Siddiqui, and Dr. Roopa Rao (Guide)					
6.	Enhancing Charging Infrastructure for 2-Wheeler EV Users in Mumbai	Asmita Birwatkar, Khadija Jawadwala, Krisha Chheda, Rashida Badri, and Dr. Roopa Rao (Guide)					

7.	Evaluating Ergonomic Fit – A Comparative Study of Students Anthropometric Measurements and Furniture Dimensions in the School Computer Lab	Dyuti Panwala, Kritika Ratnakar, Arwa Aliasger, Sakina Mandasurwala, and Dr. Roopa Rao (Guide)					
8.	Innovative Ideas/ Practices at the College of Home Science Nirmala Niketan, Mumbai.	Humaira Jasnak, Tahira Ticlo, Prof. Vishaka Karnad, and Dr. Roopa Rao.	A Youth-Centric Convention on the theme Visionary Youth For Viksit Bharat: - Ideas, Innovations And Institutions As Enablers	Institutional Environment for Ideation and Innovation	National	22 nd & 23 rd March 2024 Pilar Pilgrim Centre, Pilar-Goa, India, 403203	Carmel College of Arts, Science and Commerce for Women Nuvem - Goa 403 601 in collaboration with Xaverian Educational Society Fr. Agnel College of Arts & Commerce Pilar - Goa 403 203
9.	Investigating the Impact of Ergonomics on Occupational Health in Women Physiotherapists	Avandhika Shaju, Sheetal Vishwas, Shruti Sawant, Zeenat Siddiqui, and Dr. Roopa Rao (Guide)	URJITA Inter-Collegiate Undergraduate Research Competition 2023 - 2024	Breaking Barriers: Women's Journey from the past, present and future	State	3 rd February 2024 Smt. P. N. Doshi Women's College Auditorium at 4th floor	Smt. P. N. Doshi Women's College (Affiliated to SNDT Women's University, Mumbai), Ghatkopar
10.	Empowering Minds, Shaping Futures	Humaira Jasnak, Amatullah					

	Unveiling The Work-Related Challenges Of Women Educators	Filewala, Janhavi Kamerkar, Amithi Javalekar, and Dr. Roopa Rao (Guide)					
11.	Unraveling The Complexities Faced By Junior College Teachers Due To NEP 2020	Amatullah Filewala, Janhavi Kamerkar, Iqra Kasmani, Amithi Javalekar, Humaira Jasnak, and Dr. Roopa Rao (Guide)	AARYA (Awareness and Action Research For Youth Awakening) 2023 – 2024 Virtual National Interdisciplinary Undergraduate Research Competition	Innovation, Ideas and Research Transforming Life	National National	28 th February 2024 National Level (Online) Competition	College Of Home Science Nirmala Niketan, Mumbai – 20
12.	Building Blocks Of Safety: Protecting Children In Preschool Environments	Aqsa Khan, Vidhi Gada, Kameshwari Ushashree Mangipudi, Charisma Thampy, and Dr. Roopa Rao (Guide)	AARYA (Awareness and Action Research For Youth Awakening) 2023 – 2024 Virtual National				
13.	Firefighter safety : Evaluating fatigue and environmental impact	Sanghvi Niyati, Shaikh Aruba, Shaikh Aafiya, Tahira Ticlo, and Dr. Roopa Rao (Guide)				28 th February 2024	
14.	Sustainable urban mobility: Enhancing electric vehicle charging	Rashida Badri, Krisha Chheda, Asmita Birwatkar, Khadija Jawadwala,	Interdisciplinary Undergraduate Research Competition	Innovation, Ideas and Research	National	National Level (Online) Competition	College Of Home Science Nirmala Niketan, Mumbai - 20

	infrastructure for 2-wheeler users in Mumbai	and Dr. Roopa Rao (Guide)		Transforming Life			
15.	Breastfeeding Positions and Musculoskeletal Health: A Comprehensive Ergonomic Study	Akansha Sharma, Miloni Shah, Sakshi Zinjad, Sadaf Shaikh, and Dr. Roopa Rao (Guide)					
16.	Evaluating Furniture For The Bloomers	Arwa Aliasger, Sakina Mandasurwala, Dyuti Panwala, Kritika Ratnakar, and Dr. Roopa Rao (Guide)					
17.	Exploring the impact of mobile device usage on posture and musculoskeletal health in school going children	Sneha Mankikar, and Dr. Roopa Rao	35th Biennial Conference of Home Science Association of India (HSAI) College of Community Science, CAU, Tura, Meghalaya on Multidisciplinary Approaches in Home and Community Sciences for Sustainable Development	Sustainable Resource management	National	17th - 19th January 2024	Home Science Association of India (HSAI) in collaboration with College of Post-Graduate Studies in Agricultural Sciences, Umiam, Ri-Bhoi District, Meghalaya-793103

18.	Assessing Work-Related Musculoskeletal Discomfort Among Nursing Professionals – A Comprehensive Study in Indian Healthcare Settings	Dr. Roopa Rao , and Dr. Geeta Ibrahim	Bharat-Nepal Friendship Summit 2023	Globalisation & Socio-Economic Development	International	26 th – 30 th Oct 2023 Kathmandu, Nepal	Global Leaders Foundation (GLF), New Delhi
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f. PUBLICATIONS (DETAILS) – ABSTRACT

Paper /Article in Journal Publication							
S. No.	Name/s of the author	Title of the Conference/ Journal	Title of The Paper	Title of the Book	Theme/Sub-theme	Page Nos.	Published by
Dr. Roopa Rao							
1	Sneha Mankikar and Roopa Rao	35 th Biennial Conference of Home Science Association of India (HSAI) College of Community Science, CAU, Tura, Meghalaya	Exploring the impact of mobile device usage on posture and musculoskeletal health in school going children (Code: SRM -01)	Book of Abstracts	Theme – II: Sustainable Resource Management	49	Central Agricultural University (Imphal), Manipur Home Science Association of India, Tura Chapter
2	Larissa Rodrigues and Roopa Rao	35 th Biennial Conference of Home Science Association of India (HSAI) College of	Environmental Awareness, Attitudes and Pro-Environmental Behaviours of Undergraduate students and their perceptions about	Book of Abstracts	Theme – V: Creative Extension Approaches	137	

		Community Science, CAU, Tura, Meghalaya	EVS Curriculum (Code: CEA – 01)				
3	Vanita D'souza and Roopa Rao		Entrepreneurship and Socio Economic Realities among the Warli Community Women. (Code: IKSBMN 05)				

g. PUBLICATIONS (DETAILS) – NEWSPAPER ARTICLES

S. No	Name of the Newspaper	Date & year of publication	Title of the article	Link
1.	Loksatta Page 4 Mumbai Edition	14 th March 2024	Antar rashtriya Anveshan Sanshodhan Mahostavaat Mumbai Vidyapeethaas Suvarna Padak	https://epaper.loksatta.com/Mumbai-Sahadainik-marathi-epaper?eid=8&edate=14/03/2024&pgid=116306&device=desktop&view=3
2.	Maharashtra Time, Mumbai Edition Page 18	6 th February 2024	Sanshodhanaatun Samaaj badalacha Vasa	https://epaper.timesgroup.com/maharashtratimes/maharashtra-times/mumbai
3.	Maharashtra Time, Mumbai Edition Page 17	5 th February	Aavishkar madhye Navinyapurna Prakalp Saadar	https://epaper.timesgroup.com/maharashtratimes/maharashtra-times/mumbai
4.	Navbharat Times Mumbai Plus Edition Page 4	18 th January 2024	Mumbai University bana Lagaataar Panchvi baar Champion	

5.	Maharashtra Times Page 6 Mumbai Edition	18 th January 2024	Sanshodhan Spardheth Mumbai Vidhyapeeth Awwal	https://epaper.timesgroup.com/maharashtratimes/maharashtra-times/mumbai
6.	Sakaal Mumbai Today page 1	18 th January 2024	Aavishkar Sanshodhan Spardheth Mumbai Vidhyapeeth Awwal	https://epaper.esakal.com/smartepaper/UI/?edi=Mumbai&dt=10/04/2024
7.	Navrashtra Page 2 (Mumbai Plus Edition)	1 st January 2024	AntarVidyapeethiyan Sanshodhan Mahostav: Vidyarthayni Patakavle ek suvarna, doon Raupya padhke - Mumbai Vidhyapeethanchi Darjedaar Kaamgiri.	https://epaper.navarashtra.com/article-01-january-2024-mumbai-edition-mumbai-plus/2-6/
8.	Navbharat	31 st December 2023	Jeete ek swarnaaur do Rajat Padak MU ke Chhatron ka Beheatar Pradarshan	https://epaper.enavabharat.com/article-31-december-2023-mumbai-plus-edition-navabharat-msu/4-1/

5. SEMINAR, CONFERENCES, WORKSHOPS – PARTICIPATED/ATTENDED, ORGANIZED/CONDUCTED AND PRESENTED RESEARCH PAPER

a. International Level

Seminar Conference Attended

S. No.	Name of the Seminars/ Conferences	Name of the person / Organization conducted	Theme of the conference	Organized by	Place & Date	Sponsoring Agency
Dr. Roopa Rao						
1.						
2.	Writing for Top-Tier Journals Learn How to Impress the Editors and Increase Your Chances	Workshop by International Conference on Arts & Humanities (ICOAH) 2024	“Envisioning Futures: Diverse Perspectives, Global Narratives”	Speaker: Prof. Dr Piotr Siuda, Associate Professor Faculty of Cultural Studies Kazimierz Wielki University, Poland	9 th April 2024 from 3.00 – 4.30 pm Online Zoom Portal	ICOAH
3.	RSI Webinar Series: Recognizing and Preventing Repetitive Strain Injuries at Work – Week 4 Knowledge@OHCOW: Products & Tools for Workers & Workplaces	Speakers: Melissa Statham (Ergonomist - OHCOW Windsor), Dwayne Fuchs (Ergonomist - OHCOW Thunder Bay). Speaker: Trevor Schell, Ergonomist - OHCOW Sudbury Speakers: Daryl Stephenson (Ergonomist	Part 1: OHCOW’s Ergonomic Tools, APPs and Calculators. Part 2: Revised and Updated Office Ergo Calculator, Anthropometric Calculator, Keyboard Short Cut Tutorial,	OHCOW (Occupational Health Clinics for Ontario Workers Inc.) https://www.ohcow.on.ca/posts/rsi-day-webinar-series-2024-2/	29 th February 2024 From IST 8.30 – 11.30 pm Webinar on Webex	OHCOW (Occupational Health Clinics for Ontario Workers Inc.)

		- OHCOW Hamilton), Andrew Flanagan (Ergonomist - OHCOW Sarnia), David Mijatovic (Ergonomist - OHCOW Toronto).	and Cold Stress Calculator. Part 3: Introducing JobAssess, a New Job Demands Analysis Tool			
4.	RSI Webinar Series: Recognizing and Preventing Repetitive Strain Injuries at Work – Week 3 Cost/Benefit: Understanding Financial & Psychosocial Harm	Speaker: Rick Goggins (Ergonomist Washington State Department of Labor and Industries). Speaker: Jacklyn Kurt (CRE MSD University of Waterloo). Speaker: John Oudyk (Occupational Hygienist OHCOW Hamilton).	Part 1: Ergonomics Intervention Cost-Benefit Calculator Part 2: Ontario's Cost Calculator and Related Resources Part 3: Measuring Workplace Stress Among RSI Day Participants – 6 years later.	OHCOW (Occupational Health Clinics for Ontario Workers Inc.) https://www.ohcow.on.ca/posts/rsi-day-webinar-series-2024-2/	22 nd February 2024 From IST 8.30 – 11.30 pm Webinar on Webex	OHCOW (Occupational Health Clinics for Ontario Workers Inc.)
5.	RSI Webinar Series: Recognizing and Preventing Repetitive Strain Injuries at Work – Week 2	Speakers: Pravesh Jugnundan (Physician - OHCOW Toronto), Trevor Schell (Ergonomist - OHCOW – Sudbury).	Part 1: Plantar Fasciitis	OHCOW (Occupational Health Clinics for Ontario Workers Inc.) https://www.ohcow.on.ca/posts/rsi-day-webinar-series-2024-2/	15th February 2024 From IST 8.30 – 11.30 pm Webinar on Webex	OHCOW (Occupational Health Clinics for Ontario Workers Inc.)

	Clinical Lessons on Key Musculoskeletal Disorders	<p>Speaker: Xinming Li (Sherry Li), (Assistant Professor, Department of Mechanical Engineering, University of Alberta).</p> <p>Speakers: Daryl Stephenson (Ergonomist - OHCOW – Hamilton), Michael Pysklywec (Physician, OHCOW – Hamilton).</p>	<p>Part 2: Improved and Systematic Physical Demand Analysis in the Workplace.</p> <p>Part 3: Epicondylitis</p>			
6.	<p>RSI Webinar Series: Recognizing and Preventing Repetitive Strain Injuries at Work – Week 1</p> <p>Focus on Workers: 25 year History & Opioid Harm Reduction</p>	<p>Speaker: Ms. Catherine Fenech (RSI Day Founder)..</p> <p>Speaker: Carmine Tiano (Director of Occupational Services Building & Construction Trades Council of Ontario).</p> <p>Speaker: Jeavana Sritharan (Occupational Cancer Research Centre (OCRC), Nancy Carnide (Institute for Work and Health (IWH)).</p>	<p>Part 1: The History of RSI Day</p> <p>Part 2: Chronic Musculoskeletal Pain and Opioid Misuse.</p> <p>Part 3: Opioid-related harms among Ontario workers</p>	<p>OHCOW (Occupational Health Clinics for Ontario Workers Inc.)</p> <p>https://www.ohcow.on.ca/posts/rsi-day-webinar-series-2024-2/</p>	<p>8th February 2024 From IST 8.30 – 11.30 pm Webinar on Webex</p>	<p>OHCOW (Occupational Health Clinics for Ontario Workers Inc.)</p>

7.	RUSA Sponsored International Conference on Reconnecting With Roots: Indian Knowledge Systems For The 21st Century	Seva Mandal Education Society's Dr. Bhanuben Mahendra Nanavati College of Home Science (Autonomous), Matunga, Mumbai -19	Reconnecting With Roots: Indian Knowledge Systems for The 21st Century	Seva Mandal Education Society's Dr. Bhanuben Mahendra Nanavati College of Home Science (Autonomous), Matunga, Mumbai -19	12 th – 13 th January 2024 Dr. Bhanuben Mahendra Nanavati College of Home Science (Autonomous), Matunga, Mumbai - 19	RUSA
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b. National Level

Seminar Conference Attended						
S. No.	Name of the Seminars/ Conferences	Name of the person / Organization conducted	Theme of the conference	Organized by	Place & Date	Sponsoring Agency
Dr. Roopa Rao						
1.	35 th Biennial Conference of Home Science Association of India (HSAI) College of Community	College of Post-Graduate Studies in Agricultural Sciences, Umiam, Ri-Bhoi District, Meghalaya-793103	Multidisciplinary Approaches in Home and Community Sciences for Sustainable Development	Home Science Association of India (HSAI) and College of Community Science, CAU, Tura, Meghalaya	17 th – 19 th January 2024. College of Post-Graduate Studies in Agricultural Sciences, Umiam, Ri-Bhoi District, Meghalaya-793103	---

	Science, CAU, Tura, Meghalaya					
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c. State/Local Level

Seminar Conference Attended						
S. No.	Name of the Seminars/ Conferences	Name of the person / Organization conducted	Theme of the conference	Organized by	Place & Date	Sponsoring Agency
Ms.Sunita Jaiswal						
1.	Best Practices and institutional Distinctiveness	All India Association for Christian Education (AIACHE) New Delhi And St.Joseph's College (Autonomous) ,Tiruchirappalli	Best Practices and institutional Distinctiveness	All India Association for Christian Education (AIACHE) New Delhi And St.Joseph's College (Autonomous) ,Tiruchirappalli	4 th to 7 th March 2024 Zoom platform	
2.	National Energy Conservation Day, 2023 "Career Opportunities for Young Professionals in the Clean Energy Sector"	The Climate Project Foundation under the Green Campus Program	"Career Opportunities for Young Professionals in the Clean Energy Sector"	The Climate Project Foundation under the Green Campus Program	Zoom Platform 14th December, 2023	The climate Reality Project India & South Asia

SEMINAR, CONFERENCES, WORKSHOPS – ORGANIZED/CONDUCTED

a. International Level

Seminars, Workshops and Conferences Conducted/Organized							
S. No	Name of the Seminars/ Conferences	Name of the person / Organization conducted	Theme of the conference	Organized By	Role In Organizing	Place & Date	Sponsoring Agency
Dr. Roopa Rao							
1.	Anveshan International Research Convention 2023 - 24	Association of Indian Universities, New Delhi	Research Competition	University of Mumbai under the Aegis of association of Indian Universities, New Delhi	Podium Presentation Committee	11 th and 12 th March 2024	-

b. National/State Level

Seminars, Workshops and Conferences Conducted/Organized							
S. No.	Name of the Seminars/ Conferences	Name of the person / Organization conducted	Theme of the conference	Organized By	Role In Organizing	Place & Date	Sponsoring Agency
Dr. Roopa Rao							
1.	Dil Ka Mamala: Safeguarding your Cardiovascular Health	Mr. Ramesh Tripathi, Chairman, Global Leaders Foundation	Health-Related Webinar Series	Global Leaders Foundation, New Delhi	Organising Member – Core Committee	2 nd March 2024 6.00 – 8.00 pm	-

	Speaker: Dr. Shekhar Ambardekar, Cardiologist S. L. Raheja Hospital, Mumbai						
2.	Diabetes Demystified: Navigating the Path to wellness. Invited Speakers – Dr. Ami Sanghvi, Diabetologist, Mumbai, and Ms. Sheryl Salis, Registered Dietitian, Nurture Health Foundation, Mumbai	Mr. Ramesh Tripathi, Chairman, Global Leaders Foundation	Health-Related Webinar Series	Global Leaders Foundation, New Delhi	Organising Member – Core Committee	25 th February 2024 6.00 – 8.00 pm	-

c. University Level

Seminars, Workshops and Conferences Conducted/Organized							
S. No	Name of the Seminars/ Conferences	Name of the person / Organization conducted	Theme of the conference	Organized By	Role In Organizing	Place & Date	Sponsoring Agency
Dr. Roopa Rao							
1.							

2.	Final Podium Round for Category 1: Humanities, Languages and Fine Arts 18th Aavishkar: Inter-Collegiate / Institute / Department Research Convention Academic Year: 2023-24. Circular-Avs-Final-Schedule-23-24.pdf (unimumbaidsd.com)	Department of Students' Development, University of Mumbai conducted at DLLE Audio Visual Hall, Second Floor, Vidypeeth Vidyarthi Bhavan, 'B' Road, Churchgate, Mumbai	Final Podium Round for Category 1: Humanities, Languages and Fine Arts	Department of Students' Development, University of Mumbai	District Co-coordinator (Zone – 1)	22 nd December 2023	
3.	Final Poster Round for Category 3: Pure Sciences and Category 4: Agriculture & Animal Husbandry 18th Aavishkar: Inter-Collegiate / Institute / Department Research Convention Academic Year: 2023-24.	Department of Students' Development, University of Mumbai conducted at Vinayak Ganesh Vaze College of Arts, Science and Commerce, Mulund, Mumbai	Final Poster Round for Category 3: Pure Sciences and Category 4: Agriculture & Animal Husbandry	Department of Students' Development, University of Mumbai	District Co-coordinator (Zone – 1)	18 th December 2023	
4.	Final Poster Round for Category 1: Humanities, Languages and Fine Arts and Category 2:	Department of Students' Development, University of Mumbai conducted at Vinayak Ganesh Vaze College of	Final Poster Round for Category 1: Humanities, Languages and	Department of Students' Development, University of Mumbai	District Co-coordinator (Zone – 1)	17 th December 2023	

	Commerce, Management, & Law 18th Aavishkar: Inter-Collegiate / Institute / Department Research Convention Academic Year: 2023-24.	Arts, Science and Commerce, Mulund, Mumbai	Fine Arts and Category 2: Commerce, Management, & Law				
5.	Additional Round - 18th Aavishkar: Inter-Collegiate / Institute / Department Research Convention Academic Year: 2023-24. Circular-Avs-Zonal-Schedule-23-24.pdf (unimumbaidsd.com)	Department of Students' Development, University of Mumbai conducted at International Students' Hall, First Floor, Vidyepeeth Vidyarthi Bhavan, 'B' Road, Churchgate, Mumbai	Additional Round for Zone I, Zone II, Zone III, Zone IV, Zone V, Zone VI, Zone VII, Zone X, Zone XI and Zone XII	Department of Students' Development, University of Mumbai	District Co-coordinator (Zone - 1)	16 th December 2023	
6.	Zonal (Zone 1: Mumbai - 1) Round 18th Aavishkar: Inter-Collegiate / Institute / Department Research Convention Academic Year: 2023-24. Circular-Avs-Zonal-Schedule-23-24.pdf (unimumbaidsd.com)	Department of Students' Development, University of Mumbai conducted at Lala Lajpat Rai College of Commerce and Economics, Mahalaxmi, Mumbai - 34	Zonal (Zone - 1 : Mumbai -1) Round Research Convention	Department of Students' Development, University of Mumbai	District Co-coordinator (Zone - 1)	9 th December 2023	

7.	Workshop for Zone – I, Mumbai – I: 18 th Inter-Collegiate/Institute/Department Avishkar Research Convention. Circular-Avs-Revised-Schedule-23-24.pdf (unimumbaidsd.com)	Department of Students' Development, University of Mumbai conducted at D. G. Ruparel College of Arts, Science and Commerce, Matunga, Mumbai – 16.	Research Convention	Department of Students' Development, University of Mumbai	- District Co-coordinator (Zone – 1)	18 th July 2023	---
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d. Local/College Level

Seminars, Workshops and Conferences Conducted/Organized							
S. No	Name of the Seminars/ Conferences	Name of the person / Organization conducted	Theme of the conference	Organized By	Role In Organizing	Place & Date	Sponsoring Agency
Ms.Sunita Jaiswal							
1	Session organised in collaboration with BHARAT GAS –Gas Safety for SYBSc students	Ms Sunita Jaiswal CRM Dept. in collaboration with students of SYBSc	Gas Safety	Department of Community Resource Management	Extension coordinator and Organiser	College of Home Science Nirmala Niketan 6 th floor classroom.	Bharat Gas SERVICE Centre

						23 rd Aug 2023	
2	1 day FDP on- NEP-2020- An Emerging Pedagogical Narrative in Higher Education. Speaker Fr (Dr)Paul Pudussery Head, Dept of Education (Rtd) Asam	College of HomeScience Nirmala Niketan	An Emerging Pedagogical Narrative in Higher Education Staff development programme	College of HomeScience Nirmala Niketan	Involvement in the FDP prog. As part of registration committee. Member of the organising committee and participated	7 th Aug 2023 Monday 8 am – 2,30pm	The workshop was organised in collaboration with DLLE University of Mumbai
3	1 day Student development Program. In the workshop conducted on Crafting Research Design Speaker Fr (Dr)Paul Pudussery Head, Dept of Education (Rtd) Asam also a social researcher.	College of HomeScience Nirmala Niketan	workshop conducted on Crafting Research Design Student development programme	College of HomeScience Nirmala Niketan	In the organising team	8 th Aug 2023 Tuesday 8 am – 3.30pm	The workshop was organised in collaboration with DLLE University of Mumbai
4	Workshop on –Food Adulteration and Fake product .Resource Person –	Coordinated with Mr Gajanan Patil .JAGO GRAHAK JAGO.	Student development programme	Coordination Organizing	Teacher coordinator and Organiser	12 th Aug 23 Saturday 11am - 1.30pm	

5	56 th Youth Festival 23-24- Helped in organising Rangoli competition for the 56 th Youth Festival 23-24	University of Mumbai	Student development programme	Coordination Organizing	In the organising team for Rangoli competition	12 th Aug Entire day	University of Mumbai
Dr. Roopa Rao							
1.	ERGOQUEST	Dr. Roopa Rao, Mrs. Sunita Jaiswal	Intra-department Research Competition	VAC Course , Dept of Community resource Management	- Teacher coordinator and Organiser	22nd April 2024.	https://drive.google.com/file/d/1ljry-JAQTiSMqpHEjV-JAISbqYy5yhMS/view?usp=drive_link
2.	Aarohan Management & Ergo Careers –	Students of Hospitality Management Elective Speakers: Ms. Rajashree Maity Ms. Nidhi Mehta Ms. Dhanashree Gurav Ms. Mugdha Ayare	Interaction with Illustrious Alumni	Student-led Event Students of Hospitality Management Elective Dept of CRM, NNCHSc	- Faculty in-charge - Mentor/ Guide - Facilitator	16 th March 2024 7A Classroom 2.00 – 4.00 pm	https://drive.google.com/file/d/1L82M7kpgluJ3EndGoT5GDZ_8Ihm1VpO5/view?usp=drive_link https://docs.google.com/presentation

							n/d/1YV8nr-g3muY58IGlr05yINewMiV2FmQu/edit?usp=drive_link&oid=115744854788439531078&rtpof=true&sd=true
3.	Aarohan – Hospitality, tourism and Events	Students of Hospitality Management Elective Speakers: Ms. Mallika Mali Ms. Tilothama Curpad Ms. Nikita Shah	Interaction with Illustrious Alumni	Student-led Event Students of Hospitality Management Elective Dept of CRM, NNCHSc	- Faculty in-charge - Mentor/ Guide - Facilitator	9 th March 2024 Classroom Marie De Cice Adelaide Hall 2.00 – 4.00 pm	https://drive.google.com/file/d/1On54cVsKuUNpJ3Mb4NjbQDzXwzIcY9IY/view?usp=drive_link https://drive.google.com/file/d/16bqNBCHD6QzyNR9C6J1wlrA_Qj4KRj/view?usp=drive_link

							https://drive.google.com/file/d/11JnD1hWBN1j9xoJS5Weu4JH7GEAGhdHN/view?usp=drive_link
4.	Aarohan – Aspiring to Achieve Design and Design Related Careers	Students of Hospitality Management Elective Speakers: Ms. Ambica Agarwal Ms. Himangi Vira Ms. Fatema Motiwala Ms. Anvi Desai Ms. Urvashi Jain	Interaction with Illustrious Alumni	Student-led Event Students of Hospitality Management Elective Dept of CRM, NNCHSc	- Faculty in-charge - Mentor/ Guide - Facilitator	9 th March 2024 Classroom Marie De Cice Adelaide Hall 2.00 – 4.00 pm	https://docs.google.com/presentation/d/1228QqhKrQEz3IpprR8ildeRLSP0K_A/edit?usp=drive_link&oid=115744854788439531078&rtpof=true&sd=true

5.	AARYA (Awareness and Action Research for Youth Awakening) – National Intercollegiate Interdisciplinary Undergraduate Research Competition 2023 – 2024	College of Home Science Nirmala Niketan, Mumbai - 20			<ul style="list-style-type: none"> - Organising Committee Member - Moderator for Group 2 presentations/ Parallel Session 		
6.	Utkarsh – A Entrepreneurial Story	Students of Hospitality Management Elective Speakers: Ms. Kashyapi Thakker Ms. Reema Kelekar Ms. Riddhi Sheth	Interaction with Illustrious Alumni	Student-led Event Students of Hospitality Management Elective Dept of CRM, NNCHSc	<ul style="list-style-type: none"> - Faculty in-charge - Mentor/ Guide - Facilitator 	10th February 2024 Classroom 7A 2.00 – 4.00 pm	https://drive.google.com/file/d/1OhDI_RMzSaxb5lNzVfuI4zCxA_2VTrlS/view?usp=drive_link
7.	Soul Allies	Students of Hospitality Elective, Department of Community Resource Management, College of Home Science Nirmala Niketan, Mumbai – 20	Student-led Event for the Hospitality Industry	Student-led Event Students of Hospitality Management Elective Dept of CRM, NNCHSc	<ul style="list-style-type: none"> - Faculty in-charge - Mentor/ Guide - Facilitator 	27 th January 2024 Marie de Cice Adelaide Hall 2.00 – 5.30 pm	(Report) https://drive.google.com/file/d/1QlhFfFZ6cQfmqONtIXmx_a8HBO-RKhbTd/view?usp=drive_link

							(Video) https://drive.google.com/file/d/1jkPr_gwcFXWpv-b2o49FiY-DtjvT_aO6G/view?usp=drive_link
8.	Jhalak (Retro Event)	Students of Hospitality Elective, Department of Community Resource Management, College of Home Science Nirmala Niketan, Mumbai – 20	Student-led Event for the Hospitality Industry	Student-led Event Students of Hospitality Management Elective Dept of CRM, NNCHSc	- Faculty in-charge - Mentor/ Guide - Facilitator	4 th November 2023 Marie de Cice Adelaide Hall 2.00 – 5.30 pm	(Report) https://drive.google.com/file/d/1auD5xQI3CtE6hLeUZpjI5Rn-K7O4wjv/view?usp=drive_link https://drive.google.com/file/d/1LQ_AwsiqTBodJUoSrgdUZ4ord52PKsWx_/view?usp=drive_link

							https://docs.google.com/presentation/d/1reJAUQGLMte5zujDp11XiZmplDTd3agt/edit?usp=drive_link&oid=115744854788439531078&rtopof=true&sd=true
9.	“Personal Grooming (Hair style) Skills for the Hospitality Industry”	Dr. Roopa Rao in collaboration with Ms. Miloni Shah.	Student Development Program	Planning Coordination Organizing Conducted	Teacher coordinator and Organiser	20 ^h July 2023	
10.	“Personal Grooming (Make-up) Skills for the Hospitality Industry”	Dr. Roopa Rao in collaboration with Ms. Miloni Shah.	Student Development Program	Planning Coordination Organizing Conducted	Teacher coordinator and Organiser	19 ^h July 2023	---
11.	“Orientation to careers in Home Science”	Dr. Roopa Rao in collaboration with Mr. Sridhar Talekar, Supervisor, Nirmala	Advertising and Promotional Activity	Planning Coordination Organizing Conducted	Teacher coordinator and Organiser	16 th July 2023	---

		Niketan Junior College, Mumbai – 20					
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6. PRESENTED RESEARCH PAPER IN SEMINAR, CONFERENCES, WORKSHOPS

a. International Level

Paper presented in Seminars, Conferences							
S. No.	Name of the author name/ names	Title of the Paper	Name of the Conference/ Seminar	Theme of the conference	Organized by	Place and Date	Sponsoring Agency Any other
Dr. Roopa Rao							
1.	Vanitha D'Souza and Roopa Rao (Poster Presentation)	Entrepreneurship and Socio-Economic Realities among the Warli Community Women	RUSA Sponsored International Conference on Reconnecting With Roots: Indian Knowledge Systems For The 21st Century	Reconnecting With Roots: Indian Knowledge Systems for The 21st Century	Seva Mandal Education Society's Dr. Bhanuben Mahendra Nanavati College of Home Science (Autonomous), Matunga, Mumbai -19	12 th – 13 th January 2024 Dr. Bhanuben Mahendra Nanavati College of Home Science (Autonomous), Matunga, Mumbai -19	RUSA

2.	Roopa Rao, Geeta Ibrahim (Oral Presentation)	Assessing Work-Related Musculoskeletal Discomfort Among Nursing Professionals: A Comprehensive Study in Indian Healthcare Settings	Bharat-Nepal Friendship Summit 2023	Globalisation and Socio-economic Development	Global Leaders Foundation (GLF)	Kathmandu, Nepal. 26 th – 30 th Oct 2023	Asian Leaders Group, Kathmandu Model College,
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b. National Level

Paper presented in Seminars, Conferences							
S. No.	Name of the author name/ names	Title of the Paper	Name of the Conference/ Seminar	Theme of the conference	Organized by	Place and Date	Sponsoring Agency Any other
Mrs Sunita Jaiswal							
1	Parija Vaidya Sakshi Satpute Shraddha Vhatkar Mubaraka Sawliwala Mariya Sanwala	“Pawspective Shift: Unleashing Awareness on Ethical Canine Choices.”	AARYA (Awareness and Action Research For Youth Awakening) 2023 – 2024 Virtual Interdisciplinary	(Virtual) National Interdisciplinary Undergraduate Level Research Competition	College Of Home Science Nirmala Niketan, Mumbai – 20 Under the aegis of IQAC, and Institution’s Innovation Council	28 th February 2024 College Of Home Science Nirmala Niketan, Mumbai – 20	

			y Undergraduate Level Research Competition				
Dr. Roopa Rao							
1.	Humaira, J., Roopa Rao	Innovative Ideas/ Practices at the College of Home Science Nirmala Niketan, Mumbai.	A Youth-Centric Convention on the theme Visionary Youth For Viksit Bharat: - Ideas, Innovations And Institutions As Enablers on 22 nd and 23 rd March 2024	Visionary Youth For Viksit Bharat: - Ideas, Innovations, And Institutions As Enablers	Carmel College of Arts, Science, and Commerce for Women Nuvem - Goa 403 601 in collaboration with Xaverian Educational Society Fr. Agnel College of Arts & Commerce Pilar - Goa 403 203	Carmel College of Arts, Science and Commerce for Women Nuvem - Goa 403 601 22 nd and 23 rd March 2024	-
2.	Aruba Shaikh, and Roopa Rao	Momos Junction – Diving into the world of Diverse Momos.	Inventure 2024 – Entrepreneurial Event	Podium presentation of Entrepreneurial ideas (Entrepreneurial Event)	Skill Development Research & Incubation of Entrepreneurship (SRIJEN), Lala Lajpatrai College of Commerce & Economics, Mumbai	Lala Lajpatrai College of Commerce & Economics, Mumbai 14 th March 2024	“Consolation Prize for Best Innovative Idea”

3.	Avandhika Shaju, and Roopa Rao	Musculoskeletal Wellness Among Mumbai's Physiotherapists	JIGNYASA-2024	National Level Research Poster Presentation	SIES College of Arts, Science & Commerce (Autonomous) Sion (West), Mumbai – 22	On 13 th March 2024 SIES College of Arts, Science & Commerce (Autonomous) Sion (West), Mumbai – 22	
4.	Humaira Jasnak, and Roopa Rao	Exploring MSDs in Junior College Teachers	SRIJNA - 5 th National Level Poster Presentation Competition	National Level Research Poster Presentation	Guru Nanak Institute of Research & Development (GNIRD), Guru Nanak Khalsa College, Matunga East, Mumbai – 19	28 th February 2024 Guru Nanak Khalsa College, Matunga East, Mumbai – 19	
5.	Sadaf Shaikh, and Roopa Rao	Maternal Comfort and Posture During Breastfeeding: An Ergonomic Approach	SRIJNA - 5 th National Level Poster Presentation Competition	National Level Research Poster Presentation	Guru Nanak Institute of Research & Development (GNIRD), Guru Nanak Khalsa College, Matunga East, Mumbai – 19	28 th February 2024 Guru Nanak Khalsa College, Matunga East, Mumbai – 19	
6.	Krishna Chheda, and Roopa Rao	Powering Tomorrow: Enhancing Mumbai's	SRIJNA - 5 th National Level Poster	National Level Research Poster Presentation	Guru Nanak Institute of Research &	28 th February 2024	

		EV Infrastructure for Greener Journeys	Presentation Competition		Development (GNIRD), Guru Nanak Khalsa College, Matunga East, Mumbai – 19	Guru Nanak Khalsa College, Matunga East, Mumbai – 19	
7.	Aafiya Shaikh, and Roopa Rao	Evaluating Firefighter Safety: Innovation in PPE, Ergonomics and Rehabilitation Facilities.	SRIJNA - 5 th National Level Poster Presentation Competition	National Level Research Poster Presentation	Guru Nanak Institute of Research & Development (GNIRD), Guru Nanak Khalsa College, Matunga East, Mumbai – 19	28 th February 2024 Guru Nanak Khalsa College, Matunga East, Mumbai – 19	
8.	Amatullah Filewala, and Roopa Rao	Unravelling The Complexities Faced By Junior College Teachers Due To NEP 2020	AARYA (Awareness and Action Research For Youth Awakening) 2023 – 2024 Virtual Interdisciplinary Undergraduate Level Research Competition	(Virtual) National Interdisciplinary Undergraduate Level Research Competition	College Of Home Science Nirmala Niketan, Mumbai – 20 Under the aegis of IQAC, and Institution's Innovation Council	28 th February 2024 College Of Home Science Nirmala Niketan, Mumbai – 20	
9.	Aqsa Khan, and Roopa Rao	Building Blocks Of Safety: Protecting Children In Preschool Environments	AARYA (Awareness and Action Research For Youth Awakening)	(Virtual) National Interdisciplinary Undergraduate	College Of Home Science Nirmala Niketan, Mumbai – 20	28 th February 2024 College Of Home Science	

			2023 – 2024 Virtual Interdisciplinary Undergraduate Level Research Competition	Level Research Competition	Under the aegis of IQAC, and Institution’s Innovation Council	Nirmala Niketan, Mumbai – 20	
10.	Sanghvi Niyati, and Roopa Rao	Firefighter safety: Evaluating fatigue and environmental impact	AARYA (Awareness and Action Research For Youth Awakening) 2023 – 2024 Virtual Interdisciplinary Undergraduate Level Research Competition	(Virtual) National Interdisciplinary Undergraduate Level Research Competition	College Of Home Science Nirmala Niketan, Mumbai – 20 Under the aegis of IQAC, and Institution’s Innovation Council	28 th February 2024 College Of Home Science Nirmala Niketan, Mumbai – 20	
11.	Rashida Badri, and Roopa Rao	Sustainable urban mobility: Enhancing electric vehicle charging infrastructure for 2-wheeler users in Mumbai	AARYA (Awareness and Action Research For Youth Awakening) 2023 – 2024 Virtual Interdisciplinary Undergraduate Level Research Competition	(Virtual) National Interdisciplinary Undergraduate Level Research Competition	College Of Home Science Nirmala Niketan, Mumbai – 20 Under the aegis of IQAC, and Institution’s Innovation Council	28 th February 2024 College Of Home Science Nirmala Niketan, Mumbai – 20	

12.	Akansha Sharma, and Roopa Rao	Breastfeeding Positions and Musculoskeletal Health: A Comprehensive Ergonomic Study	AARYA (Awareness and Action Research For Youth Awakening) 2023 – 2024 Virtual Interdisciplinary Undergraduate Level Research Competition	(Virtual) National Interdisciplinary Undergraduate Level Research Competition	College Of Home Science Nirmala Niketan, Mumbai – 20 Under the aegis of IQAC, and Institution’s Innovation Council	28 th February 2024 College Of Home Science Nirmala Niketan, Mumbai – 20	
13.	Arwa Aliasger, and Roopa Rao c	Evaluating Furniture For The Bloomers	AARYA (Awareness and Action Research For Youth Awakening) 2023 – 2024 Virtual Interdisciplinary Undergraduate Level Research Competition	(Virtual) National Interdisciplinary Undergraduate Level Research Competition	College Of Home Science Nirmala Niketan, Mumbai – 20 Under the aegis of IQAC, and Institution’s Innovation Council	28 th February 2024 College Of Home Science Nirmala Niketan, Mumbai – 20	
14.	Rashida, B., Krisha, S., and Roopa, R.	Powering Up: Assessing Awareness of Charging Infrastructure among 2-wheeler EV users	Elysium 2024 “Ek Bharat Shreshtha Bharat’ (Celebrating Unity in Diversity)	Ek Bharat Shrestha Bharat – Celebrating Unity in Diversity	MKLM’s B. L. Amlani College of Commerce and Economics and M. R. Nathwani College of Arts in collaboration with Department of Life	4 th February 2024	

			Research Convention – Poster Presentation on 4 th February 2024		Long Learning and Extension (DLLE), University of Mumbai		
15.	Humaira, J., Amithi, J., Janhavi, K., Amatullah, F., and Roopa Rao	Empowering Minds, Shaping Futures: Unveiling the Work-Related Challenges of Women Educators	URJITA 2024 - Intercollegiate Undergraduate Student's Research Competition	Breaking Barriers: Women's Journey from the past, present and future	S. P. N. Doshi Women's College of Art, Ghatkopar (W), Mumbai – 86 (Affiliated to SNDT University)	3 rd February 2024	
16.	Avandhika, S., Shruti, S., Zeenat, S., Sheetal, V., and Roopa Rao	Investigating the Impact of Ergonomics on Occupational Health in Women Physiotherapists	URJITA 2024 - Intercollegiate Undergraduate Student's Research Competition	Breaking Barriers: Women's Journey from the past, present and future	S. P. N. Doshi Women's College of Art, Ghatkopar (W), Mumbai – 86 (Affiliated to SNDT University)	3 rd February 2024	
17.	Sneha Mankikar and Roopa Rao (Oral Presentation) Theme –II: Sustainable Resource Management	Exploring the impact of mobile device usage on posture and musculoskeletal health in school-going children	35 th Biennial Conference of Home Science Association of India (HSAI) College of Community Science, CAU, Tura,	Multidisciplinary Approaches in Home and Community Sciences for Sustainable Development	Home Science Association of India (HSAI) College of Community Science, CAU, Tura, Meghalaya	17th-19th January 2024 College of Post-Graduate Studies in Agricultural Sciences, Umiam, Ri-Bhoi	

18.	Larissa Rodrigues and Roopa Rao (Poster Presentation) Theme V – Creative Extension Approaches (CEA)	Environmental Awareness, Attitudes and Pro-Environmental Behaviours of Undergraduate students and their perceptions about EVS Curriculum	Meghalaya on Multidisciplinary Approaches in Home and Community Sciences for Sustainable Development		College of Post-Graduate Studies in Agricultural Sciences, Umiam, Ri-Bhoi District, Meghalaya-793103	District, Meghalaya-793103	
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State/University/Local Level

Paper presented in Seminars, Conferences							
Sr No.	Name of the author name/ names	Title of the Paper	Name of the Conference/ Seminar	Theme of the conference	Organized by	Place and Date	Sponsoring Agency Any other
Dr. Roopa Rao							
1.	Aafiyah, S., Aruba, S., Niyati, S., Tahira, T., and Roopa, R.	Optimizing Firefighter Safety: PPE Ergonomics and Rehabilitation Facilities	18 th Aavishkar Inter-Collegiate/ Institute/ Department Research Convention. Category 2: Commerce, Management & Law; Level 1: UG.	Final (Inter-zonal) Poster Round University Level Research Convention	Department of Students' Development, University of Mumbai	Vinayak Ganesh Vaze College of Arts, Science and Commerce, Mulund, Mumbai 17 th December 2023	
2.	Aafiyah, S., Aruba, S., Niyati, S., Tahira, T., and Roopa, R.	Optimizing Firefighter Safety: PPE Ergonomics and Rehabilitation Facilities	18 th Aavishkar Inter-Collegiate/ Institute/ Department Research Convention. Category 2: Commerce, Management & Law; Level 1: UG.	Selection (Zone – 1; Mumbai - 1) Round University Level Research Convention	Department of Students' Development, University of Mumbai	International Students' Hall, First Floor, Vidyapeeth Vidyarthi Bhavan, 'B' Road, Churchgate, Mumbai - 20 16 th December 2023	
3.	Kameshwari, Aqsa, K., Charisma, T., Vidhi, G., and Roopa, R.	Ensuring Safety for Early Learners: Designing Ergonomic	18 th Aavishkar Inter-Collegiate/ Institute/ Department Research Convention.	Selection (Zone – 1; Mumbai - 1) Round University Level	Department of Students' Development, University of Mumbai		

		Preschool Environments	Category 5: Engineering and Technology; Level 1: UG.	Research Convention			
4.	Amithi, J., Humaira, J., Iqra, K., Janhavi, K., Amatullah, F., and Roopa Rao	Assessing NEP Awareness, Challenges, And Impact Junior College Teachers	18 th Aavishkar Inter-Collegiate/ Institute/ Department Research Convention. Category 1: Humanities, Languages, and Fine Arts; Level 1: UG.	Selection (Zone – 1; Mumbai - 1) Round University Level Research Convention	Department of Students' Development, University of Mumbai	International Students' Hall, First Floor, Vidyapeeth Vidyarthi Bhavan, 'B' Road, Churchgate, Mumbai - 20	16 th December 2023
5.	Miloni, S., Sakshi, Z., Akanksha, S., Sadaf, S., and Roopa Rao	Ergonomic Strategies for Alleviating Postural Discomfort During Breastfeeding	18 th Aavishkar Inter-Collegiate/ Institute/ Department Research Convention. Category 1: Humanities, Languages, and Fine Arts; Level 1: UG.	Selection (Zone – 1; Mumbai - 1) Round University Level Research Convention	Department of Students' Development, University of Mumbai		
6.	Avandhika, S., Zeenat, S., Shruti, S., Sheetal, V., and Roopa Rao	Prevalence and Classification of Work-Related Musculoskeletal Disorders Among Physiotherapists	18 th Aavishkar Inter-Collegiate/ Institute/ Department Research Convention. Category 6: Humanities,	Selection (Zone – 1; Mumbai - 1) Round University Level Research Convention	Department of Students' Development, University of Mumbai		

			Medicine, and Pharmacy; Level 1: UG.				
7.	Khadija, J., Krisha, C., Rashida, B., Asmita, B., and Roopa Rao	Sustainable Urban Mobility: Enhancing Electric Vehicle Charging Infrastructure For 2-Wheeler Users	18 th Aavishkar Inter-Collegiate/ Institute/ Department Research Convention. Category 5: Engineering and Technology; Level 1: UG.	Selection (Zone – 1; Mumbai - 1) Round University Level Research Convention	Department of Students' Development, University of Mumbai		
8.	Dyuti, P., Kritika, R., Sakina, M., Arwa, C., and Roopa Rao	Furniture for Thought: Assessing Anthropometric Compatibility	18 th Aavishkar Inter-Collegiate/ Institute/ Department Research Convention. Category 2: Commerce, Management & Law; Level 1: UG.	Selection (Zone – 1; Mumbai - 1) Round University Level Research Convention	Department of Students' Development, University of Mumbai	International Students' Hall, First Floor, Vidyapeeth Vidyarthi Bhavan, 'B' Road, Churchgate, Mumbai - 20	
9.	Roma, S., and Roopa Rao	Evaluating the Physical fitness, Body composition and Nutritional intake of 8-9-year-olds for Sports Training and Development	18 th Aavishkar Inter-Collegiate/ Institute/ Department Research Convention. Category 2: Commerce, Management & Law; Level 1: PG.	Selection (Zone – 1; Mumbai - 1) Round University Level Research Convention	Department of Students' Development, University of Mumbai	16 th December 2023	

10.	Rutika, S., and Roopa Rao	Nutritional Assessment and its impact on the performance of Mumbai based Kabaddi Players	18 th Aavishkar Inter-Collegiate/ Institute/ Department Research Convention. Category 3: Pure Sciences; Level 1: PG.	Selection (Zone – 1; Mumbai - 1) Round University Level Research Convention	Department of Students' Development, University of Mumbai		
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7. INVITED AS CHIEF GUEST, PANELIST, AND SPEAKER

Invited as Chief Guest, Panelist, and Speaker						
S. No.	Name of the Organization	Details of the event	Invited as	Place and Date	Topic of the talk/speaker/ panel discussion	Collaboration /Sponsoring Agency
Ms.Sunita Jaiswal						
1	College of Home Science Nirmala Niketan Department of Food Nutrition and Dietetics	Recipe competition Millets Master Chef held on the occasion of National Seminar on Millets for Sustainability, health and Wellness	Judge for recipe competition	College of Home Science Nirmala Niketan 6 th of October 2023	Judging the recipe competition	
2	College of Home Science Nirmala Niketan Department of Fashion Designing (Self Finance)	Invited to judge the window display .organised by Department of Fashion Designing.	Judge for window display competition	Tuesday 12 th December 2024	Judge for window display competition	

Dr. Roopa Rao						
1.	Department of Students' Development, University of Mumbai and Anandibai Pradhan Science College, Nagothane, Raigad	Summer Workshops on Aavishkar: Inter-Collegiate/ Institute/ Department Research Convention: 2024-25	Expert/Resource Person	10 th May 2024 Anandibai Pradhan Science College, Nagothane, Raigad	Summer Workshops on Aavishkar: Inter-Collegiate/ Institute/ Department Research Convention: 2024-25	
2.	Department of Students' Development, University of Mumbai and Sonopant Dandekar Arts, V.S. Apte Commerce and M.H. Mehta Science College, Palghar	Summer Workshops on Aavishkar: Inter-Collegiate/ Institute/ Department Research Convention: 2024-25		1 st May 2024 Sonopant Dandekar Arts, V.S. Apte Commerce and M.H. Mehta Science College, Palghar	Summer Workshops on Aavishkar: Inter-Collegiate/ Institute/ Department Research Convention: 2024-25	
3.	Department of Students' Development, University of Mumbai and DBJ College, Chiplun	Summer Workshops on Aavishkar: Inter-Collegiate/ Institute/ Department Research Convention: 2024-25		28th April 2024 DBJ College, Chiplun	Summer Workshops on Aavishkar: Inter-Collegiate/ Institute/ Department Research Convention: 2024-25	
4.	Department of Students'	Summer Workshops on Aavishkar: Inter-		27 th April 2024	Summer Workshops on Aavishkar: Inter-	

	Development, University of Mumbai and Kankavli College, Kankavali, District Sindhudurg	Collegiate/ Institute/ Department Research Convention: 2024-25		Kankavli College, Kankavali, District Sindhudurg	Collegiate/ Institute/ Department Research Convention: 2024-25	
5.	Anveshan 2023 – 24 International Student Research Convention from 11 th – 12 th March 2024	Mentor for University Contingent at the Anveshan 2023 – 24 International Student Research Convention	Mentor for University Contingent at the Anveshan 2023 – 24 International Student Research Convention	11 th – 12 th March 2024 Association of Indian Universities, New Delhi, and Department of Students' Development, University of Mumbai	Mentor for University Contingent at the Anveshan 2023 – 24 International Student Research Convention	
6.	Hansraj Jivandas College of Education, Khar (west), Mumbai -52.	Posture Mindfulness & Digital Well-being	Resource Person/Expert	30 th March 2024 Hansraj Jivandas College of Education, Khar (west), Mumbai - 52.	For Pre-service & Inservice Educators from different schools in Mumbai, Parents & Other caregivers of Pre-schoolers & Foundation Level	
7.	Lifeness Science Institute, B. K. Birla College (Empowered Autonomous), Kalyan (W).	CV Writing & Interview Facing Skills	Resource Person/Expert	21 st March 2024 Online mode Lifeness Science Institute, Nagindas Khandwala College,	Placement Skills For T.Y.B.Sc. and M.Sc. - II students studying Integrative Nutrition & Dietetics	

				Malad (west), Mumbai – 64.		
8.	International Journal of Advances in Medicine and Medical Research (JAMMR).	Ms_JAMMR_114833 (Dimensioning of the Work Environment and Prevalence of Pain in University Staff	Reviewer	14 th – 19 th March 2024	Online Reviewing of Research Papers Submitted for Publication	
9.	Lifeness Science Institute, Nagindas Khandwala College, Malad (west), Mumbai – 64.	CV Writing & Interview Facing Skills	Resource Person/Expert	4 th March 2024 Offline mode Lifeness Science Institute, Nagindas Khandwala College, Malad (west), Mumbai – 64.	Placement Skills For T.Y.B.Sc. and M.Sc. - II students studying Integrative Nutrition & Dietetics	
10.	College of Social Work (Autonomous), Nirmala Niketan Institute, Mumbai – 20	Research and Term Paper	Resource Person/Expert	29 th February 2024 College of Social Work (Autonomous), Nirmala Niketan Institute, Mumbai – 20	Preparation of Research and Term Paper for MSW-II-year students	
11.	Department of Community Resource Management College of Home Science Nirmala	Poster Making Competition to celebrate National Tourism Day. Theme:	Judge Poster Competition to celebrate National Tourism Day.	25 th January 2024 College of Home Science Nirmala Niketan, Mumbai - 20	Poster Competition to celebrate National Tourism Day. Theme: Sustainable Journey: Timeless Memories	

	Niketan, Mumbai - 20	Sustainable Journey: Timeless Memories				
12.	International Journal of Occupational Safety and Ergonomics (JOSE).	JOSE-2022-0480 (: Impact of Ergonomics Practices on Commercial Banks' Employee Performance in Nepal: Evidence from Structural Equation Modeling)	Reviewer	16 th - 22 nd January 2024	Online Reviewing of Research Papers Submitted for Publication	
13.	Department of Students' Development, University of Mumbai	16 th Aavishkar Maharashtra State Inter-University Research Convention 2023 – 24	Expert for University Contingent at the 16 th Aavishkar Maharashtra State Inter-University Research Convention 2023 – 24	11 th – 15 th January 2024 Maharashtra University of Health Sciences, Nashik, Maharashtra – 422004	16 th Aavishkar Maharashtra State Inter-University Research Convention 2023 – 24 hosted by Maharashtra University of Health Sciences, Nashik	
14.	Department of Students' Development, University of Mumbai	Zone – X: All Engineering Colleges/Institutes in all Districts affiliated/conducted by the University of Mumbai: 18 th Zonal	Judge for C1 Category (Humanities, Fine Arts & Languages) Level 1 - UG	15 th Dec 2023 From 9.00 am – 5.30 pm at Vivekanand Education Society's Institute of Technology, Chembur, Mumbai - 74	Zone – X: All Engineering Colleges/Institutes in all Districts affiliated/conducted by the University of Mumbai: 18 th Zonal	---

		Aavishkar Research Convention 2023			Aavishkar Research Convention 2023	
15.	Nirmala Niketan College of Home Science, Marine Lines, Mumbai – 20	Aavishkar 2023 – 24 Rules and Regulations	District Co-coordinator	11.00 – 12.30 pm 2 nd Dec 2023	To initiate students to participate in the 16 th Maharashtra State Aavishkar Research Convention 2023 - 2024.	---
16.	HSNC University, Mumbai at K. C. College, Churchgate, Mumbai -20.	Induction for Participation of students of HSNC University at Aavishkar 2023 – 24	Motivational Speaker	12.30 – 2.30 pm 29 th Nov 2023 K. C. College, Churchgate, Mumbai -20.	Induction for Participation of students of HSNC University at Aavishkar 2023 – 24	
17.	Ramnarain Ruia Autonomous College, Matunga, Mumbai -19	Aavishkar Intra-collegiate Round Poster Presentation	Judge	11.30 am – 4.00 pm 6 th Nov 2023 Ramnarain Ruia Autonomous College, Matunga, Mumbai -19	Intra-Collegiate Research Poster Presentation	-
18.	Department of Resource Management & Consumer Science College of Community and Applied Sciences	World Bank Funded Project NAHEP - IDP Event Management - A viable domain of Entrepreneurship from September 15 th – 19 th 2023	Expert /Speaker	18 th Sept 2023 College of Community and Applied Sciences Maharana Pratap University of Agriculture &	Event Marketing	World Bank Funded Project NAHEP - IDP

	Maharana Pratap University of Agriculture & Technology, Udaipur, Rajasthan State			Technology, Udaipur, Rajasthan State		
19.	Ramanand Arya D.A.V. College (Autonomous), Bhandup (E), Mumbai – 42	Intra-collegiate Research Competitions	Expert	Ramanand Arya D.A.V. College of Science and Commerce (Autonomous), Bhandup (east), Mumbai – 42 12.00 – 5.00 pm 12 th Sept 2023	19 Research Posters were presented. They were judged and expert advice was provided and the students were mentored for participating at Aavishkar 2024.	-
20.	St. Andrew's College of Arts, Science & Commerce, Bandra (west), Mumbai - 50	Intra-collegiate Research Competitions	Judge	St. Andrew's College of Arts, Science & Commerce, Bandra 9.30 am – 2.00 pm 4 th Sept 2023	Research Competitions – 28 oral presentations were judged and the winning projects were mentored for participating at Aavishkar 2024.	---
21.	Ramnarain Jhunjunwala College of Arts, Science &	Board of Studies (Ad hoc) meeting	BoS (Ad hoc) member for B.Sc. Interior Design and	Board Room, Ramnarain Jhunjunwala College of Arts, Science &	Discuss and Finalise the curriculum framework with NEP guidelines for both courses – ID and FD	---

	Commerce, Ghatkopar (West)		Fashion Design course	Commerce, Ghatkopar (West) on 21 st August 2023		
22.	Zone – II 56 th Inter- collegiate/ Institute/ Department Youth Festival 2023 – 24 (Zonal Round)	(Zone – II Round) - Elocution - Debate	Judge for Literary Events (Debate and Elocution)	Chandrabhan Sharma College, Powai 9.00 am – 6.00 pm 12 th August 2023	Judge for the Elocution and Debate Competitions	Department of Students Development. University of Mumbai

8. EXAMINATION WORK

Examiner/Chairperson/Moderator at University/Other Colleges					
S. No.	University/ Department (Name of staff)	Invited /designated as	Level/class	Title of the Paper/viva	Place and Date
Mrs. Sunita Jaiswal					
1.	University of Mumbai	Senior Paper Setter and Examiner	19066 / / B.Sc. (Home Science) Branch-IV: Community Resource Management: Letter No.: T2022-23/66609	Consumer Behaviour and Marketing Management	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
2.	University of Mumbai	Senior Paper Setter and Examiner	19073 / / B.Sc. (Home Science) Branch-IV: Community Resource Management: Letter No.: T2022-23/66614	Extension Education and Development	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)

3.	University of Mumbai	Paper Setter and Examiner	19062 / / B.Sc. (Home Science) Branch-IV: Community Resource Management: Letter No.: T2022-23/66612	Human Resource Management	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
4.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V Exam CBSGS	Community Extension (Field work- Pr)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20
5.	University of Mumbai	Senior Paper Setter and Examiner	13732 // B.Sc. (Home Science) Branch-IV: Community Resource Management: Sem VI Letter No.: T2022-23/66632	Entrepreneurship Development	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
6.	University of Mumbai	Senior Paper Setter and Examiner	13724 / / B.Sc. (Home Science) Branch-IV : Community Resource Management Letter No.: T2022-23/66633	Environmental Issues and Challenges	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
7.	University of Mumbai	Senior Paper Setter and Examiner	13746 / / B.Sc. (Home Science) Branch-IV: Community Resource Management: Letter No.: T2022-23/66637	Brand and Retail Management	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
8.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem VI Exam CBSGS	Extension and Marketing Management (Pr)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20
9.	University of Mumbai	Senior Paper Setter and Examiner	14038 / / M.Sc. (Home Science) Branch IC - Sports Nutrition – Entrepreneurship	Sports Nutrition - Entrepreneurship	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)

			Letter No.: T2022-23/67048		
10.	University of Mumbai	Senior Paper Setter and Examiner	14047 / / M.Sc. (Home Science) Branch IB - Food Processing & Preservation- Letter No.: T2023-24/81190	Entrepreneurship in Food Industries	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
11.	University of Mumbai	Senior Paper Setter and Examiner	M.Sc. (Home Science) Branch IB - Food Processing & Preservation-	Consumer Buying Behaviour and Market Research (Pr)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20
Dr. Roopa Rao					
1.	University of Mumbai	Senior Paper Setter and Examiner	M.Sc. (Home Science) Br.- I C: Sports Nutrition Sem II Exam CBSGS. Letter No.: T2023-24/71826	Ergonomics	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
2.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem VI Exam CBSGS Letter No.: T2023-24/71327	Workplace Safety & TQM (Th)	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
3.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem VI Exam CBSGS Letter No.: T2023-24/71325	Hotel Housekeeping (Th)	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
4.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem VI Exam CBSGS Letter No.: T2023-24/83821	Hotel Housekeeping Operations (Pr)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20

5.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem VI Exam CBSGS Letter No.: T2023-24/83823	Events for the Hospitality Industry (Pr)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20
6.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem VI Exam CBSGS Letter No.: T2023-24/83824	Ergonomics Investigation and Analysis – II (Pr)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20
7.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V Exam CBSGS (ATKT)	Hotel Front Office (Th)	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
8.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V Exam CBSGS (ATKT)	Human Performance at Env't. Extremes (Th)	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
9.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V Exam CBSGS (ATKT)	Human Resource Management (Th)	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
10.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V Exam CBSGS (ATKT)	Consumer Behaviour and Marketing Management (Th)	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
11.	S. V. T. College of Home Science (Autonomous)	Co-Paper Setter and Examiner	S.Y.B.H.Sc. Resource Management (Sem IV)	Product Designing and Development (Th)	S. V. T. College of Home Science

					(Autonomous), Juhu Campus Mumbai - 49
12.	S. V. T. College of Home Science (Autonomous)	Co-Paper Setter and Examiner	S.Y.B.H.Sc. Resource Management (Sem IV) Letter Ref. No. Exam/	Technology in Hospitality Industry (Th)	S. V. T. College of Home Science (Autonomous), Juhu Campus Mumbai - 49
13.	S. V. T. College of Home Science (Autonomous)	Co-Paper Setter and Examiner	S.Y.B.H.Sc. Resource Management (Sem IV)	Front Office Management (Th)	S. V. T. College of Home Science (Autonomous), Juhu Campus Mumbai - 49
14.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V Exam CBSGS Letter No.: T2023-24/74129	Human Performance at Env. Extremes (Th)	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
15.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V Exam CBSGS Letter No.: T2023-24/74130	Human Resource Management (Th)	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
16.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V Exam CBSGS Letter No.:	Hotel Front Office (Th)	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
17.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V Exam CBSGS	Ergonomics Investigation and Analysis – I (Pr)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20

18.	University of Mumbai	Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V Exam CBSGS Letter No.: T2023-24/74127	Consumer Behaviour and Marketing Management (Th)	Pariksha Bhavan, University of Mumbai, Kalina, Santacruz (E)
19.	University of Mumbai	Senior Paper Setter and Examiner	B.Sc. (Home Science) Br.- IV: CRM Sem V CBSGS Letter No.: T2023-24/74128	Hotel Front Office Operations (Pr)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20
20.	S. V. T. College of Home Science (Autonomous)	Co-Paper Setter and Examiner	T.Y.B.H.Sc. Resource Management (Sem III) Letter Ref. No. Exam/48	Ergonomics	S. V. T. College of Home Science (Autonomous), Juhu Campus Mumbai - 49
21.	S. V. T. College of Home Science (Autonomous)	Co-Paper Setter and Examiner	T.Y.B.H.Sc. Resource Management (Sem V) Letter Ref. No. Exam/ 48	Disaster Management	S. V. T. College of Home Science (Autonomous), Juhu Campus Mumbai - 49
22.	S. V. T. College of Home Science (Autonomous)	Co-Paper Setter and Examiner	S.Y.B.H.Sc. Resource Management (Sem III) Letter Ref. No. Exam/ 48	Housekeeping and Facility Management	S. V. T. College of Home Science (Autonomous), Juhu Campus Mumbai - 49

Examiner Within College					
S. No.	University/ Department (Name of staff)	Invited /designated as	Level / class	Title of the Paper/viva	Place and Date
Mrs. Sunita Jaiswal					
1.	College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)	Paper Setter and Examiner	F. Y. B.Sc. (Home Science) CBSGS Sem II	Introduction to Tourism and Hospitality Industry (Th)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20
2.	College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)	Paper Setter and Examiner	F. Y. B.Sc. (Home Science) CBSGS Sem II	Skills in Tourism and Hospitality Industry (PR)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20
3.	College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)	Paper Setter and Examiner	F. Y. B.Sc. (Home Science) CBSGS Sem I	Aesthetics in Design (PR)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20
4.	College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)	Paper Setter and Examiner	F. Y. B.Sc. (Home Science) CBSGS Sem I	Aesthetics in Interiors (PR)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20

Dr. Roopa Rao					
1.	College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)	Paper Setter and Moderator	S. Y. B.Sc. (Home Science) CBSGS Sem IV	Introduction to Ergonomics (Th)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20
2.	College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)	Paper Setter and Moderator	S. Y. B.Sc. (Home Science) CBSGS Sem III	Principles of Resource Management (Th)	College of Home Science Nirmala Niketan, New Marine lines, Mumbai - 20

9. EXTENSION ACTIVITIES/ Industrial Visit:

➤ Department of Life Long Learning and Extension

A successful 11th year of collaboration between the Department of Community Resource Management College of Home Science Nirmala Niketan and Department of Lifelong Learning and Extension (DLLE unit) University of Mumbai. This academic year 29 out of 31 CRM students successfully completed the project and assignments (120 Hrs.) to avail the benefit of 10 grace marks offered by Department of Lifelong learning and Extension University of Mumbai.

Ms Sunita Jaiswal DLLE College Coordinator with 2 student leaders Ms Avandhika Shaju and Ms Shruti Sawant took initiative to lead the programme smoothly and successfully. Under their guidance the students of Community Resource Management were able to successfully complete the different projects, community activities, rural camp, awareness programmes and also participated in UDAAN intercollegiate festival to fulfil 120 hrs. and get the benefit of 10 grace marks.

2 training programs were conducted by DLLE unit for all DLLE Coordinators and student leaders to orient them regarding the projects, benefit of collaboration with DLLE unit and most important to make the students aware of importance of extension and community activities.

The faculty member Ms Sunita Jaiswal and student leaders Ms Avandhika Shaju and Ms Shruti Sawant attended the First training program, which was organised on 2nd August 2022 at Ramniranjan Jhunjhunwala College at Ghatkopar. The duration of the training program was 10 am to 2.00pm

The second training program was organised at Marathi Bhasha Bhavan, University of Mumbai, Vidyanagari Campus, Kalina, Santacruz, Mumbai. This orientation program emphasized on “Election Literacy Program”.

The project undertaken by the students this year was Consumer guidance (CG). Under this programme students completed programme on entrepreneurship skills through Rural Camp to Bharuch. It was an offline 3 days’ activity. Various awareness programmes in different communities of Mumbai city such as Khar Dhanda, Colaba, cuff parade slums were conducted such as Consumer Rights, Consumer and Gas safety, Market malpractices such as Food Adulteration and Fake products, Workshop on Financial Literacy to SYBSc students, Importance of Breast feeding. Students of Community Resource Management These programmes were conducted through posters, Flashcards, demonstrations and Street Plays.

Students also participated in Intercollegiate UDAAN Festival which was hosted by BK Shroff College of Arts Kandivali, Mumbai. Students participated in Street Play, Poster making competition and Powada competition creative writing competition. Ms Aafiyah Shaikh bagged Third price in creative writing competition. Towards the end all the reports and annexures were duly submitted on time through on-line mode.

➤ **Department Of Lifelong Learning And Extension (Dlle) Udaan Fest 2023-24**

Every year Department of Lifelong Learning and Extension (DLLE) University of Mumbai organizes intercollegiate festival. This year the Udaan Fest, was held on 12th February 2024 organized by K.E.S. (B.K. Shroff College, Kandivali West). Twenty colleges across Mumbai City participated in this event. It was a remarkable event that showcased the talent and commitment of young individuals towards pressing social issues. Under the mentorship of Ms Sunita Jaiswal Mam, 20 enthusiastic students participated in various segments of the festival, each aimed at spreading awareness and invoking thought on critical topics such as food conservation and social evils. The various events organized were Street Play, Poster Making competition, Powada singing, Creative Writing and Elocution .The students of Community Resource Management participated in all the events.

Street Play: Save Food; the street play segment saw the participation of 15 talented individuals who took to the stage with a powerful performance centred on the theme of saving food. Their act was not only informative but also deeply moving, effectively highlighting the importance of food conservation in today’s world.

Powada Singing: Miss Janhvi led the Powada singing segment, captivating the audience with her performance that shed light on social evil practices. Powada is a traditional Marathi form of singing that narrates historical events in an inspirational manner. Through her performance, Janhvi brought attention to the pressing need to fight against social evils that still plague our society.

Elocution: Save Food – Miss Kameshwari spearheaded the elocution segment, eloquently speaking on the theme of saving food. Her speech was insightful, drawing attention to the global issue of food wastage and the steps individuals can take to mitigate this problem. Her persuasive words inspired many to think more consciously about their food consumption habits.

Creative Writing -The creative writing competition saw Miss Aafiya winning 2nd place with her compelling piece on the theme of saving food. Her work stood out for its creativity and the impactful message it conveyed, emphasizing the critical need for food conservation in both local and global contexts.

Poster Making - In the poster making segment, two participants, including Miss Tahira and Miss Amatullah, used their artistic skills to create visually striking posters that communicated the importance of the themes addressed at the fest. Their artwork served as a powerful visual reminder of the fest’s core messages, drawing in the audience with its creativity and clarity.

The Udaan Fest was a successful event that not only showcased the diverse talents of its participants but also served as a platform for raising awareness about important social issues. Through street plays, singing, elocution, creative writing, and poster making, the participants effectively communicated the urgent need to save food and fight against social evils. Their efforts were a testament to the power of youth engagement in addressing and spreading awareness about societal challenges.

Student Achievements:

Students of Community Resource Management from College of Home Science Nirmala Niketan showcased remarkable talents and skills across various DLLE competitions organised by different colleges.

- Ms Miloni Shah demonstrated exceptional artistry and precision in the Mehendi competition held at Lalalajpat Rai College, earning the **2nd prize**. Her intricate designs and deft application stood out, showcasing her talent and dedication.
- Ms Krisha Chheda, Ms Rashida Badri and Ms Asmita Birwatkar excelled in research, securing **consolation prizes**. Their commitment to academic excellence and rigorous investigation is commendable, reflecting positively on our institution.
- Ms Shruti Sawant participated in the video making competition, demonstrating creativity and technical prowess. Her participation underscores our students' engagement in diverse fields of expression.
- Ms Aroba Shaikh participated in the fireless cooking competition and **secured 2nd position**, showcasing culinary skills and innovation. Her participation contributes to the vibrant cultural exchange and learning experiences at such events.
- Ms Sadaf Shaikh participated in the sketching competition, showcasing artistic flair and creativity. While not winning a prize, her participation highlights the diverse talents nurtured within our student community.

Overall, these achievements underscore the diverse talents and skills our students possess. Their participation and success in various competitions at DLLE (department of life long extension) reflect not only their individual dedication and talent but also the supportive environment and encouragement provided by our college.

➤ **Community Extension Camp to Bharuch: (29th Feb, 1st and 2nd March 2024)**

A community extension programme was organised by department of Community Resource Management College of Home Science Nirmala Niketan at **Vidhya deep Community** college at Bharuch (29th Feb, 1st and 2nd March 2024) as a part of student extension education programme.

The rural camp organized in Bharuch at Vidhyadeep College was a remarkable event designed to empower and educate young girls through a series of workshops. Conducted by the enthusiastic students of the College of Home Science, Nirmala Niketan, Department of Community Resource Management the camp spanned over a few days filled with learning, creativity, and physical activities. The initiative aimed at fostering new skills, confidence, and a sense of community among the participants.

Aim of the extension Camp: To train and empower young girls of Adivasi community with various entrepreneurial skills and help them become self-sufficient financially.

Objective is to establish a connection with the rural community in Bharuch and gain insights into their specific needs.

Activities/workshops

	Date	Pre breakfast	Pre-lunch	Post lunch	Pre-dinner
This	29-2-2024				Ice Breaker games
	1- 3- 2024	Self defence	Orientation First aid & Types of Bandages Candle making Clay jewellery	Scrunches making Stationary pouch Personal grooming workshop	Zumba dance (recreational Activity)
	2-3-2024	Return journey			

community extension programme not only equipped the participants with new skills but also played a significant role in enhancing their confidence and interpersonal relationships. Such initiatives are pivotal in empowering the youth, especially in rural settings, paving the way for their holistic development.

The day concluded with expressions of gratitude towards the organizers for providing the opportunity to contribute to society and delivering exceptional hospitality.

The extension program was a resounding success, with both the participants and organizers thoroughly enjoying the diverse workshops. Skills in scrunches making, canvas pouch creation, clay art, and jewellery making were imparted, enhancing the entrepreneurial spirit of the attendees. The camp not only provided valuable knowledge but also fostered a sense of community and shared learning.

➤ **Chuim Community Extension Activities (Nirmala Niwas)**

Chuim Community Centre, Nirmala Niwas, Chuim Village Road, Khar- Danda works for the upliftment of underpreveledge class of women .Their main goal is empowering of the marginalized urban slum dwellers. The main objectives of this centre is encouraging self - reliance through self- help groups, awareness programs, Helping people become responsible creative agents of social change and enhancing quality life through their own participation. Promote community health through preventive measures and welfare child –care service.

To facilitate these objective of the institute College of Home Science Nirmala Niketan Department of Community Resource Management took initiative and collaborated with the centre and conducted 4 sessions on various awareness programs and enhance Entrepreneurial skills.

Following were the sessions conducted:

Session 1: 18th August 23rd – Friday

- Product Making: Fridge Magnets. Jewellery and key chains made of Clay
- Awareness programme on Environment and Consumers

Key Takeaways of this session was -

- The importance of safeguarding natural resources for future generations.
- The urgent need to address pollution to protect ecosystems and public health.
- The global impact of climate change and the role of individuals in mitigating its effects.

- The link between environmental health and overall well-being.

Session 2: August 25th–Friday.

- Product Making: Envelope making with quilling and bookmarks
- Consumer Awareness programme on Malpractices in Market

Key Takeaways of session 2 were:

- Consumers have the right to demand safe and quality products and services.
- Being an informed consumer involves reading labels, understanding warranties, and researching products before purchasing.
- If faced with a consumer issue, individuals can file complaints with relevant authorities for resolution.

Session 3: September 1st –Friday:

- Product Making: Bottle Art
- Simple Healthy Nutritious recipes for school tiffin's

Key Takeaways of session 3 were:

- Participants learnt the concept of designing and its application.
- Importance of nutrition in their regular diet.
- Innovative ideas of making low cost and easy recipes.

Session 4: September 8st –Friday

- Product Making: Best out of waste.
- Demonstration to detect adulterants in food

Key Takeaways of session 4 were:

- Participants now knew that they should not be buying unpacked products.
- They now knew what food adulteration is and how harmful it is to their health.
- They learnt the simple techniques to detect adulterants in food item especially masala.

➤ **Community Extension Program: Family Service Centre (FSC) - colaba and cuff parade**

Family Service Centre (FSC), is a non- profit, secular and unbiased organization; small seed of which was sown in 1955 by a group of women with a philanthropic perspective to assist women and children in difficult situations. FSC was given a professional approach by their Founder Director, Dr (Ms) Armaity Desai in 1961 by bringing it under the aegis of College of Social Work, Nirmala Niketan. Today it has blossomed into a full-grown tree

which is committed to provide support and empowerment to the underprivileged sections of society. Their mission is to empower the family, the core unit of society, by creating an enabling and supportive environment, providing counselling and developing positive Human values. They are the recipient of Ahilyadevi Holkar Award for recognition of their contribution and achievements in the field of Women & Child Development. Ms Sheetal Rebello, is Deputy Director, Family Service Centre, working with FSC for 13 years

Students from the Community Resource Management Department, wanted to make sure that the community understands why breastfeeding is important. Students visited two different centres on 2nd August 2023 in Colaba and Cuff Parade, guided by two volunteers. Students presented their posters and the street play called Nukad Natak. The street play was performed not only in the centre hall but also outside the centres, and that turned out to be a super hit. It was a great experience, and student were happy with their efforts and thus resonated with the community. Sharing important info about breastfeeding through posters and Fun Street plays felt like a success for all of our students.

➤ **Workshop On Gas Safety 2023 IN Collaboration with Bharat gas - August 23, 2023**

Bharat Gas, as a major distributor in both residential and commercial sectors, plays a crucial role in facilitating the Direct Benefit Transfer of LPG. This initiative aims to provide subsidies directly to the bank accounts of eligible LPG consumers, ensuring transparency and efficiency in the distribution process. With its extensive network and infrastructure, Bharat Gas has been instrumental in implementing this program and ensuring that the benefits reach the intended beneficiaries.

On January 24, 1976, Bharat Refineries Limited, a 100% public sector enterprise, made a significant acquisition by acquiring Burmah Shell's interests in India. This acquisition included a large refinery and a nationwide marketing organization, which further strengthened Bharat Gas's position in the market. With this expansion, Bharat Gas was able to enhance its production capacity and improve its distribution network, ensuring a steady supply of LPG to its customers across the country.

In addition to its distribution activities, Bharat Gas has also been actively involved in promoting consumer safety. One such initiative was the Gas Safety workshop conducted at the College of Home Science Nirmala Niketan on August 23, 2023. This workshop was organized in collaboration with Bharat Gas and aimed to educate SY BSc students about the importance of gas safety and the measures they can take to prevent accidents.

During the workshop, Ms Rashida Amir, a representative from Bharat Gas, introduced the first safety gas pipe and highlighted the partnership between Bharat Gas and the Colaba Gas Service Centre. The session covered various topics related to gas safety, including preventing gas leaks and explosions, consumer rights, gas cylinder information, online payment methods, accident prevention, regulator safety, and delivery inspection. The workshop was designed to be interactive and informative, with a quiz held at the end to engage both students and teachers. Prizes were awarded to those who answered the questions correctly, further incentivizing participation and learning.

➤ **Kharasgaon student exchange programme - 18th March 2024**

Students, staff and Management of Gnanajyoti Community College visited College of Home Science Nirmala Niketan where students of Community Resource Management welcomed them, oriented them about the department, courses offered and the career opportunities. The workshop on pouch making organized by the Department of Community Resource Management at Nirmala Nike tan's College of Home Science was a successful and enriching experience for all involved. The collaboration between the CRM students and the visiting students from Kharasgaon allowed for a fruitful

exchange of knowledge and skills. The hands-on activity of creating pouches using canvas cuttings and paints not only showcased the students' artistic talents but also taught them important aspects of costing, pricing, and marketing.

The workshop not only provided a creative outlet for the students but also introduced them to potential career paths in community resource management. By the end of the session, the students from Kharasgaon expressed their gratitude for the opportunity and left with newfound skills and knowledge. The workshop served as a valuable learning experience for all participants, highlighting the importance of practical, hands-on activities in education. The Department of Community Resource Management at Nirmala Niketan's College of Home Science continues to provide such opportunities for students to enhance their skills and explore potential career paths in the field.

➤ **Workshop on “Food Adulteration” and Fake Products- August 12th 2023**

Consumer Awareness Program on “Food Adulteration and Fake Products” was conducted on August 12th 2023. Resource person was Mr. Gajanan Patil from Jago Grahak Jago also worked for Consumer Guidance Society of India since 30 years. He has delivered lectures on the critical issue of food adulteration, its causes, consequences, and possible solutions. This session was attended by TY CRM students and faculty member.

The session addressing “Food Adulteration and Fake Products” had a dual focus: providing knowledge and hands-on experience to raise awareness about the critical issue of food adulteration. The primary objective was to highlight the escalating concern surrounding food adulteration and suggest practical measures to alleviate its adverse effects on public health and safety.

Food adulteration, the act of introducing substandard, harmful, or less expensive substances into food items, jeopardizes their quality and safety. This unethical practice not only poses severe health risks but also undermines the integrity of the entire food industry. The trainer delved into the Causes of Food Adulteration, citing economic gain as a significant factor—adulterants are often cheaper, boosting manufacturers' profits. Weak enforcement of food safety regulations, supply chain complexities, and consumer demand for lower prices were also identified as contributors. To combat food adulteration, the session stressed the importance of regular testing of food products to identify adulterants and punish offenders. Additionally, consumer education plays a pivotal role in raising awareness about the dangers of consuming adulterated food and encouraging informed choices.

Consuming adulterated food can lead to various health risks such as food poisoning, allergies, organ damage due to chemical contaminants, and long-term health effects from the consumption of inferior quality or nutritionally deficiency food.

He also gave an in-depth information regarding The weight block, the weighing scale, the measuring tape electronic measuring scale which should have government sign and also about their expiry dates. The attendees were given hands-on experience on how to check fake products through certain experiments. The first experiment was on tea crumbs where he soaked the paper in water and then sprinkled the tea crumbs on soaked paper, as soon as the adulterated tea crumbs were sprinkled on wet paper it released the colour on paper the original one didn't release any colour which showed the difference between fake and the original one. Same way the other experiment we did was with an haldi powder where he mixed haldi powder in water and as soon as he added few drops of lime it changed its color to red - a signs of adulterated masala, and so he experimented with other food materials which made us realize how harmful it is and we use it in daily life so how should we actually be safe by those products.

In conclusion, the session underscored that food adulteration is a pressing issue with far-reaching consequences for health and well-being. Collaborative efforts among governments, regulatory bodies, food manufacturers, and consumers are crucial to prevent and eliminate food adulteration. Strict

regulations, robust testing procedures, and enhanced consumer awareness are essential pillars to ensure the production and consumption of safe, nutritious, and unadulterated food products.

The highly interactive nature of the session encouraged attendees to ask questions and actively participate in discussions, fostering a dynamic learning environment. Participants gained valuable skills and knowledge applicable to their daily lives, empowering them to make informed choices and contribute to a safer food ecosystem.

10. PARTICIPATION, PRIZES, AND AWARDS RECEIVED:

a. AWARDS/PRIZES RECEIVED BY STAFF

b. AWARDS/PRIZES RECEIVED BY STUDENTS

Dr. Roopa Rao

- Roopa Rao, Shaikh Aafiya, Tahira Ticlo, Shaikh Aruba, and Sanghvi Niyati. (2024). Presented a poster titled " Optimizing Firefighter Safety in PPE Ergonomics and Rehabilitation Facilities," at ErgoQuest 2024 - An Intra - class Research Competition, organized by the Department of Community Resource Management, College of Home Science Nirmala Niketan on 22nd April 2024 from 9.00 – 5.00 pm.
 - This oral presentation was awarded the 1st Best paper/presentation.
 - The group received a cash prize of Rs. 3000/- and winning certificates.

- Roopa Rao, Avandhika Shaju, Sheetal Vishwas, Shruti Sawant, and Zeenat Siddiqui. (2024). Presented a poster titled "Analysis of Prevalence And Classification of Work-Related Musculoskeletal Disorders among Physiotherapists," at ErgoQuest 2024 - An Intra - class Research Competition, organized by the Department of Community Resource Management, College of Home Science Nirmala Niketan on 22nd April 2024 from 9.00 – 5.00 pm.
 - This oral presentation was awarded the 2nd Best paper/presentation.
 - The group received a cash prize of Rs. 2000/- and winning certificates.

- Roopa Rao, Aqsa Khan, Charisma Thampy, Kameshwari Ushashree Mangipudi, and Vidhi Gada (2024). Presented a poster titled " Creating a Safe And Healthy Learning Environment: A Study on Ergonomic Safety In Preschools," at ErgoQuest 2024 - An Intra - class Research Competition, organized by the Department of Community Resource Management, College of Home Science Nirmala Niketan on 22nd April 2024 from 9.00 – 5.00 pm.
 - This oral presentation was awarded the 3rd Best paper/presentation.

- The group received a cash prize of Rs. 1500/- and winning certificates.
- Roopa Rao, Akansha Sharma, Miloni Shah, Sakshi Zinjad, and Sadaf Shaikh (2024). Presented a poster titled " Ergonomic Evaluation of Breastfeeding Positions and Maternal Health: A Comprehensive Study on Lactating Mothers," at ErgoQuest 2024 - An Intra - class Research Competition, organized by the Department of Community Resource Management, College of Home Science Nirmala Niketan on 22nd April 2024 from 9.00 – 5.00 pm.
 - This oral presentation was awarded the Consolation prize for Best Paper/presentation.
 - The group received winning certificates.
- Humaira, J., Tahira, T., Roopa, R., and Vishaka, K. (2024). Presented a research paper titled "Innovative Ideas/Practices at the College of Home Science Nirmala Niketan, Mumbai." at the National Level Conference "A Youth Centric Convention on the Theme Visionary Youth for Viksit Bharat – Idea, Innovations and Institutions as enablers," on 22nd - 23rd March 2024 organised by Carmel College of Arts, Science, and Commerce for Women Nuvem - Goa 403 601 in collaboration with Xaverian Educational Society Fr. Agnel College of Arts & Commerce Pilar - Goa 403 203
 - This paper was judged first Best Presentation in Trailblazers theme
- Roopa Rao, Avandhika Shaju (2024). Presented a poster titled "Musculoskeletal Wellness Among Mumbai’s Physiotherapists" at JIGNYASA-2024, a national-level conference focusing on Humanities and Languages, held on 13th March 2024 at SIES College of Arts, Science and Commerce (Autonomous), Sion (W), Mumbai.
 - This poster was judged first Best Presentation.
- Roopa Rao, Humaira Jasnak. (2024). Presented a poster titled "Exploring MSDs in Junior College Teachers" at the 5th National-Level Poster Presentation Competition SRIJNA, focusing on Sustainable Future, held on 28th February 2024 at Guru Nanak Khalsa College, Matunga East, Mumbai.
 - Won Best Sustainable Science Project in UG, PG and PPG
- Roopa Rao, Aafiya Shaikh (2024). Presented a poster titled " Evaluating Firefighter safety: Innovation in PPE, Ergonomics and Rehabilitation Facilities," at the 5th National-Level Poster Presentation Competition SRIJNA, focusing on Sustainable Future, held on 28th February 2024 at Guru Nanak Khalsa College, Matunga East, Mumbai.
 - This presentation was awarded the 1st Best Paper Presentation.

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- Humaira Jasnak, and Roopa Rao. (2024). Presented a paper titled “Empowering Minds, Shaping Futures Unveiling The Work-Related Challenges Of Women Educators,” at URJITA Inter-Collegiate Undergraduate Research Competition 2023-2024, under the theme Breaking Barriers: Women’s Journey from the Past, Present, and Future, held on 3rd February 2024 at Smt. P. N. Doshi Women's College, Ghatkopar.
 - This paper was awarded the 3rd Best Research paper presented among 16 colleges from 3 universities. They were awarded certificates and a cash prize of Rs. 1500/-
 - Sneha Mankikar and Dr. Roopa Rao (2024). Presented a paper titled "Exploring the Impact of Mobile Device Usage on Posture and Musculoskeletal Health in School-Going Children" at the 35th Biennial Conference of Home Science Association of India (HSAI), held from 17th to 19th January 2024 at the College of Community Science, CAU, Tura, Meghalaya.
 - This oral presentation was judged first Best Presentation.
 - Roopa Rao and Larissa Rodrigues (2024). Presented a poster titled "Environmental Awareness, Attitudes and Pro-Environmental Behaviours of Undergraduate Students and Their Perceptions about EVS Curriculum" at the 35th Biennial Conference of the Home Science Association of India (HSAI), focusing on Creative Extension Approaches, held from 17th - 19th January 2024 at College of Community Science, CAU, Tura, Meghalaya.
 - This poster was judged first Best Presentation.
 - Roopa Rao, Shaikh Aafiya (2023). Presented a poster titled "Optimizing Firefighter Safety in PPE, Ergonomics, and Rehabilitation Facilities" at the 18th Aavishkar: Inter-Collegiate/Institute/Department Research Convention (Selection Round), under the Category 2 – Commerce, Management & Law, Level 1: UG, held on 16th December 2023 at DLLE Audio Visual Hall, Vidyapeeth Vidyarthi Bhavan, Churchgate, Mumbai.
 - This poster was among the best three selected for PowerPoint Presentation on the same day, organized on a virtual platform.
 - Qualified further to participate in the Final round scheduled for 17th December 2023 and was awarded the third prize.

11. PARTICIPATION

Dr. Roopa Rao

- Roopa Rao, Shaikh Aafiya, Tahira Ticlo, Shaikh Aruba, and Sanghvi Niyati. (2024). Presented a poster titled " Optimizing Firefighter Safety in PPE Ergonomics and Rehabilitation Facilities,” at ErgoQuest 2024 - An Intra - class Research Competition, organized by the Department of Community Resource Management, College of Home Science Nirmala Niketan on 22nd April 2024 from 9.00 – 5.00 pm. This oral presentation was awarded the 1st Best paper/presentation. The group received a cash prize of Rs. 3000/- and winning certificates.
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Competition, organized by the Department of Community Resource Management, College of Home Science Nirmala Niketan on 22nd April 2024 from 9.00 – 5.00 pm. This oral presentation was awarded the 2nd Best paper/presentation. The group received a cash prize of Rs. 2000/- and winning certificates.

- Roopa Rao, Aqsa Khan, Charisma Thampy, Kameshwari Ushashree Mangipudi, and Vidhi Gada (2024). Presented a poster titled " Creating a Safe And Healthy Learning Environment: A Study on Ergonomic Safety In Preschools," at ErgoQuest 2024 - An Intra - class Research Competition, organized by the Department of Community Resource Management, College of Home Science Nirmala Niketan on 22nd April 2024 from 9.00 – 5.00 pm. This oral presentation was awarded the 3rd Best paper/presentation. The group received a cash prize of Rs. 1500/- and winning certificates.
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- Roopa Rao, Amatullah Filewala, Janhavi Kamerkar, Iqra Kasmani, Amithi Javalekar, and Humaira Jasnak. (2024). Presented a poster titled " Occupational Health And Well-Being Of Junior College Teachers: A Comprehensive Study," at ErgoQuest 2024 - An Intra - class Research Competition, organized by the Department of Community Resource Management, College of Home Science Nirmala Niketan on 22nd April 2024 from 9.00 – 5.00 pm.
- Roopa Rao, Asmita Birwatkar, Khadija Jawadwala, Krisha Chheda, and Rashida Badri. (2024). Presented a poster titled " Charging Infrastructure For 2-Wheeler Evs In Mumbai: User Perspectives And Challenges," at ErgoQuest 2024 - An Intra - class Research Competition, organized by the Department of Community Resource Management, College of Home Science Nirmala Niketan on 22nd April 2024 from 9.00 – 5.00 pm.
- Roopa Rao, Arwa Aliasger, Dyuti Panwala, Kritika Ratnakar, and Sakina Mandasurwala. (2024). Presented a poster titled " Evaluating Ergonomic Fit – A Comparative Study Of Students Anthropometric Measurements And Furniture Dimensions In The School Computer Lab," at ErgoQuest 2024 - An Intra - class Research Competition, organized by the Department of Community Resource Management, College of Home Science Nirmala Niketan on 22nd April 2024 from 9.00 – 5.00 pm.
- Humaira, J., Tahira, T., Roopa, R., and Vishaka, K. (2024). Presented a research paper titled "Innovative Ideas/Practices at the College of Home Science Nirmala Niketan, Mumbai." at the National Level Conference "A Youth Centric Convention on the Theme Visionary Youth for Viksit

Bharat – Idea, Innovations and Institutions as Enablers,” on 22nd - 23rd March 2024 organised by Carmel College of Arts, Science, and Commerce for Women Nuvem - Goa 403 601 in collaboration with Xaverian Educational Society Fr. Agnel College of Arts & Commerce Pilar - Goa 403 203

- Roopa Rao, Avandhika Shaju (2024). Presented a poster titled "Musculoskeletal Wellness Among Mumbai’s Physiotherapists" at JIGNYASA-2024, a national-level conference focusing on Humanities and Languages, held on 13th March 2024 at SIES College of Arts, Science and Commerce (Autonomous), Sion (W), Mumbai. This poster was judged first Best Presentation.
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- Roopa Rao, Aafiya Shaikh (2024). Presented a poster titled " Evaluating Firefighter safety: Innovation in PPE, Ergonomics and Rehabilitation Facilities,” at the 5th National-Level Poster Presentation Competition SRIJNA, focusing on Sustainable Future, held on 28th February 2024 at Guru Nanak Khalsa College, Matunga East, Mumbai. This presentation was awarded the 1st Best Paper Presentation.
- Roopa Rao, Sadaf Shaikh. (2024). Presented a poster titled "Maternal Comfort and Posture During Breastfeeding: An Ergonomic Approach" at the 5th National-Level Poster Presentation Competition SRIJNA, focusing on Sustainable Future, held on 28th February 2024 at Guru Nanak Khalsa College, Matunga East, Mumbai.
- Roopa Rao, Rashida Badri (2024). Presented a poster titled "Powering Tomorrow: Enhancing Mumbai's EV Infrastructure for Greener Journeys" at the 5th National-Level Poster Presentation Competition SRIJNA, focusing on Sustainable Future, held on 28th February 2024 at Guru Nanak Khalsa College, Matunga East, Mumbai.
- Humaira Jasnak, and Roopa Rao. (2024). Presented a paper titled "Empowering Minds, Shaping Futures: Unveiling The Work-Related Challenges Of Women Educators" at AARYA (Awareness and Action Research For Youth Awakening) 2023-2024 Virtual National Interdisciplinary Undergraduate Research Competition, held online on 28th February 2024.
- Amatullah Filewala, and Roopa Rao (2024). Presented a paper titled "Unraveling The Complexities Faced By Junior College Teachers Due To NEP 2020" at AARYA (Awareness and Action Research For Youth Awakening) 2023-2024 Virtual National Interdisciplinary Undergraduate Research Competition, held online on 28th February 2024.

- Aqsa Khan, and Roopa Rao. (2024). “Building Blocks Of Safety: Protecting Children In Preschool Environments,” at AARYA (Awareness and Action Research For Youth Awakening) 2023-2024 Virtual National Interdisciplinary Undergraduate Research Competition, held online on 28th February 2024.
- Sanghvi Niyati, and Roopa Rao. (2024). “Firefighter safety: Evaluating fatigue and environmental impact,” at AARYA (Awareness and Action Research For Youth Awakening) 2023-2024 Virtual National Interdisciplinary Undergraduate Research Competition, held online on 28th February 2024.
- Rashida Badri, and Roopa Rao. (2024). “Sustainable urban mobility: Enhancing electric vehicle charging infrastructure for 2-wheeler users in Mumbai,” at AARYA (Awareness and Action Research For Youth Awakening) 2023-2024 Virtual National Interdisciplinary Undergraduate Research Competition, held online on 28th February 2024.
- Akansha Sharma, and Roopa Rao. (2024). “Breastfeeding Positions and Musculoskeletal Health: A Comprehensive Ergonomic Study,” at AARYA (Awareness and Action Research For Youth Awakening) 2023-2024 Virtual National Interdisciplinary Undergraduate Research Competition, held online on 28th February 2024.
- Arwa Aliasger, and Roopa Rao. (2024). “Evaluating Furniture For The Bloomers,” at AARYA (Awareness and Action Research For Youth Awakening) 2023-2024 Virtual National Interdisciplinary Undergraduate Research Competition, held online on 28th February 2024.
- Roopa Rao, Krisha Chheda (2024). Presented a poster titled "Powering Up: Assessing Awareness of Charging Infrastructure among 2-Wheeler EV Users" at Elysium 2024, under the theme Ek Bharat Shreshtha Bharat, held on 4th February 2024 at B.L. Amlani College Of Commerce And Economics M.R. Nathwani College Of Arts in collaboration with the Department Of Life Long Learning and Extension (DLLE), University of Mumbai.
- Avandhika Shaju, and Roopa Rao. (2024). Presented a paper titled "Investigating the Impact of Ergonomics on Occupational Health in Women Physiotherapists" at URJITA Inter-Collegiate Undergraduate Research Competition 2023-2024, under the theme Breaking Barriers: Women’s Journey from the Past, Present, and Future, held on 3rd February 2024 at Smt. P. N. Doshi Women's College, Ghatkopar.
- Humaira Jasnak, and Roopa Rao. (2024). Presented a paper titled “Empowering Minds, Shaping Futures Unveiling The Work-Related Challenges Of Women Educators,” at URJITA Inter-Collegiate Undergraduate Research Competition 2023-2024, under the theme Breaking Barriers: Women’s Journey from the Past, Present, and Future, held on 3rd February 2024 at Smt. P. N. Doshi Women's College, Ghatkopar. This paper

was awarded the 3rd Best Research paper presented among 16 colleges from 3 universities. They were awarded certificates and a cash prize of Rs. 1500/-

- Roopa Rao and Sneha Mankikar. (2024). Presented a paper titled "Exploring the Impact of Mobile Device Usage on Posture and Musculoskeletal Health in School-Going Children" at the 35th Biennial Conference of Home Science Association of India (HSAI), held from 17th to 19th January 2024 at College of Community Science, CAU, Tura, Meghalaya. This oral presentation was judged first Best Presentation.
- Roopa Rao and Larissa Rodrigues (2024). Presented a poster titled "Environmental Awareness, Attitudes and Pro-Environmental Behaviours of Undergraduate Students and Their Perceptions about EVS Curriculum" at the 35th Biennial Conference of the Home Science Association of India (HSAI), focusing on Creative Extension Approaches, held from 17th - 19th January 2024 at College of Community Science, CAU, Tura, Meghalaya. This poster was judged first Best Presentation.
- Roopa Rao and Vanita D'souza (2024). Presented a poster titled "Entrepreneurship and Socio-Economic Realities of the Warli Community Women" at the RUSA Sponsored International Conference on Reconnecting With Roots: Indian Knowledge Systems For The 21st Century, held online on 12th and 13th January 2024, organized by Dr. BMN College of Home Science (Autonomous), Matunga, Mumbai.
- Roopa Rao, Shaikh Aafiya (2023). Presented a poster titled "Optimizing Firefighter Safety in PPE, Ergonomics, and Rehabilitation Facilities" at the 18th Aavishkar: Inter-Zonal (Final Round), under the Category 2 – Commerce, Management & Law, Level 1: UG, held on 17th December 2023 at Vinayak Ganesh Vaze College of Arts, Science & Commerce, Mulund, Mumbai.
- Roopa Rao and Roma Suvarna (2023). Presented a poster titled "Assessment of Young Indian School-Children (8–9 Years) for Sports Talent Identification" at the 18th Aavishkar: Inter-Zonal (Final Round), under the Category - 1: Humanities, Languages, & Fine Arts, Level 2: PG, held on 16th December 2023 at DLLE Audio Visual Hall, Vidypeeth Vidyarthi Bhavan, Churchgate, Mumbai.
- Roopa Rao and Rutika Sawant (2023). Presented a poster titled "Nutritional Assessment, Hydration Status, Body Composition of Kabaddi Players, and its Impact on Performance" at the 18th Aavishkar: Inter-Zonal (Final Round), under the Category 2 – Commerce, Management & Law, Level 2: PG, held on 17th December 2023 at Vinayak Ganesh Vaze College of Arts, Science & Commerce, Mulund, Mumbai.
- Roopa Rao, Kameshwari Ushashree Mangipudi, (2023). Presented a poster titled "Ensuring Safety for Early Learners: Designing Ergonomic Preschool Environment" at the 18th Aavishkar: Inter-Collegiate/Institute/Department Research Convention (Selection Round), under the Category 2 – Commerce, Management & Law, Level 1: UG, held on 16th December 2023 at DLLE Audio Visual Hall, Vidypeeth Vidyarthi Bhavan, Churchgate, Mumbai.

- Roopa Rao, Amithi Javalekar (2023). Presented a poster titled "Assessing NEP Awareness, Challenges, and Impact among Junior College Teachers" at the 18th Aavishkar: Inter-Zonal (Final Round), under the Category - 1: Humanities, Languages, & Fine Arts, Level 1: UG, in Mumbai.
- Roopa Rao, Miloni Shah (2023). Presented a poster titled "Ergonomic Strategies for Alleviating Postural Discomfort During Breastfeeding" at the 18th Aavishkar: Inter-Zonal (Final Round), under the Category - 6: Medicine & Pharmacy, Level 1: UG, in Mumbai.
- Roopa Rao, Shaikh Aafiya (2023). Presented a poster titled "Optimizing Firefighter Safety in PPE, Ergonomics, and Rehabilitation Facilities" at the 18th Aavishkar: Inter-Collegiate/Institute/Department Research Convention (Selection Round), under the Category 2 – Commerce, Management & Law, Level 1: UG, held on 16th December 2023 at DLLE Audio Visual Hall, Vidyapeeth Vidyarthi Bhavan, Churchgate, Mumbai. This poster was among the best three selected for PowerPoint Presentation on the same day, organized on a virtual platform. Qualified further to participate in the Final round scheduled for 17th December 2023 and was awarded the third prize.
- Roopa Rao, Avandhika Shaju (2023). Presented a poster titled "Analysis on Prevalence and Classification of Work-related Musculoskeletal Disorders among Physiotherapists" at the 18th Aavishkar: Inter-Zonal (Final Round), under the Category - 6: Medicine & Pharmacy, Level 1: UG, in Mumbai held on 16th December 2023 at DLLE Audio Visual Hall, Vidyapeeth Vidyarthi Bhavan, Churchgate, Mumbai.

12. RECOGNITION RECEIVED BY THE STAFF MEMBERS: (Members of academic and/or research bodies, editors of the journal, Invited speakers/ Experts/ Resource persons at seminars & conferences or competitions, etc.)

S. No.	Details of the recognition
Mrs. Sunita Jaiswal	
1.	Board of Studies - Appointed on the Board of Studies (Adhoc) member by University of Mumbai Home Science for undergraduate courses for the academic year 2023-24
2.	- Invited as a judge by Department of Food Nutrition and Dietetics for Recipe competition Millets Master Chef held on the occasion of National Seminar on Millets for Sustainability, health and Wellness at College of Home Science Nirmala Niketan
3.	- Invited to judge the window display .organised by Department of Fashion Designing. College of Home Science Nirmala Niketan Department of Fashion Designing (Self Finance)
Dr. Roopa Rao	
1.	Board of Studies ● Appointed to the Board of Studies (Adhoc) member by Ramnarain Jhunjhunwala College of Arts, Science, and Commerce (Autonomous) for undergraduate courses in Interior Design and Fashion Design for the academic year 2022 – 2023. The BoS meeting was held on the following dates: - 17 th April 2023 from 2.30 – 6.00 pm. - 21 st Aug 2023 from 3.00 – 5.00 pm.
2.	Joint Secretary, IBERD (International Board of Education, Research and Development) (<u>Home International Board for Educational, Research, and Development (iberd.org)</u>)
3.	Felicitated by Dr. Ravindra Kulkarni, Vice-Chancellor, Dr. Bhambre (Pro-VC) and Dr. Baliram Gaikwad (Registrar) at Fort Campus on 18 th March 2024 for successfully mentoring (as an Expert) the University team of participants at the International

	Anveshan Research Convention 2024 organized by All Indian Universities (AIU) on 11 th – 12 th March 2024 at Management Council Board Room, Fort Campus, University of Mumbai.
4.	<p>Mentor - University of Mumbai at Anveshan International Inter-University Student Research Convention 2023 – 2024</p> <ul style="list-style-type: none"> Appointed as an Expert to mentor the University Contingent at the Anveshan 2023 – 24 International Student Research Convention jointly organized by Association of Indian Universities, New Delhi, and the Department of Students' Development, University of Mumbai from 11th – 12th March 2024
5.	<p>Felicitated by Dr. Ravindra Kulkarni, Vice-Chancellor, Dr. Bhambre (Pro-VC) and Dr. Baliram Gaikwad (Registrar) at Cowasji Jehangir Convocation Hall, Fort Campus on 16th Jan 2024 for successfully mentoring (as an Expert) the University team of participants at the 16th Aavishkar Maharashtra State Research Convention 2023 – 2024 organized by the Maharashtra University of Health Sciences (MUHS), Nashik from 12^h – 15th January 2024.</p>
6.	<p>Expert - University of Mumbai at 16th Aavishkar Maharashtra State Research Convention 2023 – 2024</p> <ul style="list-style-type: none"> Appointed as an Expert to mentor Category 1: Humanities, Fine Arts, and Languages participants at the 16th Aavishkar Maharashtra State Research Convention 2023 – 2024 organized by the Maharashtra University of Health Sciences (MUHS), Nashik from 12^h – 15th January 2024.
7.	<p>District Co-coordinator, Avishkar – University of Mumbai</p> <ul style="list-style-type: none"> Appointed as a District co-coordinator for the 18th Inter-Collegiate Avishkar Research Convention 2023 – 2024 for Zone – I (Mumbai – I) (Colaba to Mahim, CSMT to Matunga and CSMT to Wadala) for the academic year 2023 – 2024.
8.	<p>Member, Committee for Revision of Rules and Regulations for the Conduct of Aavishkar Inter-Collegiate / Institute / Department Research Convention, University of Mumbai</p> <ul style="list-style-type: none"> Appointed as the “Member, Committee for Revision of Rules and Regulations for the Conduct of Aavishkar Inter-Collegiate / Institute / Department Research Convention, University of Mumbai.” https://unimumbaidsd.com/docs/Circular-AVS-22-23-Revised-Rules.pdf

9.	<p>Research Guide for M.Sc.-2 Students</p> <ul style="list-style-type: none"> Appointed as a Guide for MSc in Sports Nutrition Course by the Department of Foods, Nutrition, and Dietetics, College of Home Science – Nirmala Niketan, Mumbai, for the Self-Financing Master’s program, affiliated to the University of Mumbai; as per letter Ref. No. NN/CHSC/23-24/GO6361 dated 6th October 2023. - 2 students – Ms. Rutika Sawant, and Ms. Roma Suvarna.
10.	<p>Cordinator – One Year Add-on Certificate Course “Workstaion Design and Applied Ergonomics”</p> <ul style="list-style-type: none"> Successfully coordinated the 14th batch of the course, 7 research projects were guided/mentored by self. 29 research papers presented and several awards and cash prizes were received for these presentations.
11.	<p>ErgoQuest – An Intra-Class Research Competition</p> <ul style="list-style-type: none"> Launched, planned, organized, and coordinated the first research competition aimed to provide a platform for students to showcase their research endeavours more dynamically and engagingly. 3 cash prizes of a total of Rs. 6000/- was awarded to three Best Research Presentations.

13. CONTRIBUTION TO ACADEMIC AND ADMINISTRATIVE ACTIVITIES WITHIN COLLEGE

a. MEMBERS OF COLLEGE ADMINISTRATIVE COMMITTEES

S. No.	Name of the committee	Designation
Mrs. Sunita Jaiswal		
1.	NAAC-Criterion VII Best Practices	Convener
2.	Department of Community Resource Management	HOD
3.	T.Y.B.Sc CRM Community Services (Extension Activities)	Coordinator
4.	Department of Life Long Learning and Extension. University of Mumbai	Extension Coordinator
5.	F. Y. B.Sc. Practical (Aesthetics in Design)	Practical Coordinator
6.	F. Y. B.Sc. Practical (Skills for the Hospitality Industry)	Practical Coordinator
7.	Internal Quality Assurance Cell (IQAC)	Member
8.	College Grievance Redressal Committee	Chairperson
9.	Cell for Prevention of caste-Based Discrimination and committee for SC/ST, Minority Cell, OBC Cell (Statutory)	Member
10.	Right To Information (RTI) Cell	Public Information Officer
11.	National Innovation & Start-Up Policy – Ministry of Education (NISP)	Member
12.	Purchase Committee	Member

13.	Unfair Means Inquiry committee (UMIC)	Convenor
14.	Examination committee	Member
15.	Feedback Committee	Member
16.	Admission committee	Member
17.	Attendance committee	Member
18.	Timetable committee	Member
Dr. Roopa Rao		
1.	Employment Placement Cell	Convenor
2.	Value-Added Course "Workstation Design and Applied Ergonomics"	Coordinator
3.	College Development Committee (CDC)	Elected Member
4.	College Management Committee (CMC)	Senior Teacher of the Department
5.	F. Y. B.Sc. Practical (Aesthetics in Design)	Practical Coordinator
6.	F. Y. B.Sc. Practical (Skills for the Hospitality Industry)	Practical Coordinator
7.	NAAC Criterion – III	Convenor

8.	Internal Complaints Cell (ICC): Anti-Ragging Cell	Member
9.	Grants Committee (MRP, Other grants, RUSA)	Member
10.	Student Research Competition Committee	Member
11.	Admission Committee	Member

b. ACADEMIC CONTRIBUTION

S. No.	Title of the activity	Details	Date
Mrs. Sunita Jaiswal			
1.	Member of Admission (2023-2024)	<ul style="list-style-type: none"> - Verification of admission forms at the F.Y.B.Sc level. - Mentoring students in the selection of choice forms at the specialization level. 	June 2023 onwards
2.	Orientation to specialization	SY to TY orientation programme Represented CRM subjects and career options.	24 th June 2023 Saturday 11 am onwards
3.	Orientation	Presented CRM department in the webinar on Careers in home science organised by Jr College of Home Science Nirmala Niketan. The audience were 9 th and 10 th standard students.	8 th July 2023 Saturday 11 am onwards
4.	Degree Distribution Ceremony	In the organising team for Degree Distribution Ceremony for the year 21-22 batch .Involved in for registration.	5 th August 2023 11.00am onwards

5.	Organizing team for FDP NEP-2020- An Emerging Pedagogical Narrative in Higher Education.	Involvement in the FDP programme. As part of registration committee. FDP on- NEP-2020- An Emerging Pedagogical Narrative in Higher Education. Speaker Fr (Dr) Paul Pudussery Head, Dept. of Education (Rtd) Assam also a social researcher.	7 TH August 2023 Monday 8.30 am – 2.30 am
6.	In the organising team of 1 day Student development Program.	In the workshop conducted on Crafting Research Design Speaker Fr (Dr) Paul Pudussery Head, Dept. of Education (Rtd) Assam also a social researcher. The workshop was organised in collaboration with DLLE University of Mumbai	8 th August 2023 Tuesday 8.30 am – 3.30 pm
7.	Verification of CAS Files	As an IQAC Member was involved in verification of CAS files (Career Advancement Scheme) of the staff members undergoing promotion.	Throughout the year as and when required
8.	Formation of NEP syllabus undergraduate level (semester 1 and semester II) And MSc CRM (semester 1 and semester II)	As per the directives of University of Mumbai the entire department got actively involved in the formation of new syllabus under NEP format	January 2024 onwards.
Dr. Roopa Rao			
1.	Admission to T.Y.B.Sc. (2024 – 2025)	Helped students (drop students who wish to take admission to TY 2024 - 2025) throughout the day.... - ATKT marks - Helped FY students (drop a sem or year) who wished to take admission to S. Y. B. Sc. (2023-24). - Helped FY students (drop a sem or year) who wished to take admission to S. Y. B. Sc. (2024-25).	10 th June – September 2023

2.	Orientation to Specialisation	Planned, coordinated, and conducted Orientation to Specialisation Selection Process and Introduction to the four Departments from 2.30 – 5.00 pm <ul style="list-style-type: none"> - 198 participants had logged in. - All 145 students with their parents attended the online orientation. - The Google form link for specialization selection was given to students on 18th July at 12.00 midnight 	17 th July 2023
3.	Formation of NEP syllabus undergraduate level (semester 1 and semester II) And MSc CRM (semester 1 and semester II)	As per the directives of University of Mumbai the entire department got actively involved in the formation of new syllabus under NEP format	January 2024 onwards.

14. GUIDANCE RENDERED TO RESEARCH SCHOLAR

S. No.	Name of the student	Title of the research project	Level	University
Mrs. Sunita Jaiswal				
1	Parija Vaidya, Mubarakasawliwala, Mariya Sanwala, Shradha Vhatkar, and Sakshi Satpute	PAWSPECTIVE SHIFT: Unleashing Awareness on Ethical Canine Choices	F.Y.B.Sc	College Level
Dr. Roopa Rao				
1.	Sneha Chamola	Ergonomic Study On Postural Habits Of School-Going Children.	Ph. D.	University of Mumbai

2.	Vanitha D'souza	Entrepreneurial Endeavours And Women's Empowerment In Tribal Context: A Study Of Tribal Women From Rural Maharashtra	Ph. D.	University of Mumbai
3.	Larissa Rodrigues	The Development Of A Practical Model Of Environmental Education To Promote Environmental Action/Behaviour Change For Undergraduate Students.	Ph. D.	University of Mumbai
4.	Sawant Rutika	Nutritional Assessment and its Impact on the Performance of Mumbai-Based Kabaddi Players.	M. Sc. (Sports Nutrition)	University of Mumbai
5.	Roma Suvarna	Assessment Of Young Indian Schoolchildren (8 – 9 Years) For Sports Talent Identification.	M. Sc. (Sports Nutrition)	University of Mumbai
6.	Kameswari Ushasree, Charisma Thampy, Aqsa Khan, Vidhi Gada.	Creating A Safe And Healthy Learning Environment: A Study On Ergonomic Safety In Preschools	T. Y. CRM	University of Mumbai
7.	Humaira Jasnak, Amithi Jawalekar, Janhavi Kamerkar, Amatullah Filwala, Iqra Kasbekar.	Occupational Health And Well-Being Of Junior College Teachers In Mumbai District: A Comprehensive Study	T. Y. CRM	University of Mumbai
8.	Miloni Shah, Akanksha Sharma, Sakshi Zinjad, Sadaf Shaikh.	Ergonomic Evaluation Of Breastfeeding Positions And Maternal Health: A Comprehensive Study On Lactating Mothers	T. Y. CRM	University of Mumbai

9.	Aafiya Shaikh, Tahira Ticlo, Niyati Sanghvi, Aruba Shaikh.	Firefighter Health And Safety: Investigating Age, Environment, MSDs, And Injury Vulnerability	T. Y. CRM	University of Mumbai
10.	Avandhika Shaju, Shruti Sawant, Zeenat Siddiqui, Sheetal Vishwas.	Improving Work-Related Health Of Physiotherapists: A Focus On MSDs And Injury Prevention	T. Y. CRM	University of Mumbai
11.	Krishna Shah, Rashida Badri, Khadija Jawadwala, Asmita Birwatkar.	Charging Infrastructure For 2-Wheeler EVs In Mumbai: User Perspectives And Challenges	T. Y. CRM	University of Mumbai
12.	Dyuti Panwala, Kritika Ratnkr, Arwa Chawniwala, Sakina Mandasaurwala.	Evaluating Ergonomic Fit – A Comparative Study Of Students Anthropometric Measurements And Furniture Dimensions In The School Computer Lab	T. Y. CRM	University of Mumbai

15. STAFF DEVELOPMENT ACTIVITIES ATTENDED:

S. No.	Title of the activity	Details	Date
Ms.Sunita Jaiswal			
2	National webinar on occasion of “World Population Day”	Organised by Rajiv Gandhi college of Arts, commerce and Science, NSS and DLLE Unit in coordination with IQAC.	11 TH JULY 2023 Online mode 4.00-6.00 pm

3	1 day FDP on- NEP-2020- An Emerging Pedagogical Narrative in Higher Education.	The workshop was organised by College of Home Science Nirmala Niketan University of Mumbai in collaboration with DLLE University of Mumbai. Speaker Fr (Dr)Paul Pudussery Head, Department of Education (Rtd) Assam	Monday 7 th August 23 8.30 -2.30pm
4	1 st term Training Programme	1 ST Term training program was organized by DLLE Unit, University of Mumbai at Jhunjhunwala college Ghatkopar	Wednesday 2 nd August 2023 10 – 2.00pm
5	2 nd term Training Programme	2 nd Term training program was organized by DLLE Unit at Marathi Bhasha Bhavan, University of Mumbai, Vidyanagri Campus, Kalina, Santacruz (East), Mumbai- 400098 on	Saturday, 02 nd December, 2023 at 10.00 a.m. to 2.00 p.m.
Dr. Roopa Rao			
1.	“Role of Faculty in the Implementation of NEP 2020”	Organized by the FDP Committee, Tilak Education Society's S. K. College of Science and Commerce & SIES(Nerul) College of Arts, Science, and Commerce.	Online (MS Teams) 3 rd April 2023 from 3.00 – 6.00 pm
2.	“Procuring Research Grants and Related Schemes of the Rajiv Gandhi Science and Technology Commission (RGSTC), Government of Maharashtra”	Invited Speakers - Dr. Narendra Shah, DR. Sapna, and Dr. Vrushaali Kulkarni Rajiv Gandhi Science and Technology Commission (RGSTC), Government of Maharashtra	22 nd September 2022 from 2.30 – 3.30 pm organized by College of Home Science Nirmala Niketan, Mumbai – 20
3.	1 day FDP on- NEP-2020- An Emerging Pedagogical	The workshop was organised by College of Home Science Nirmala Niketan University of Mumbai in collaboration with DLLE University of Mumbai.	7th August 23 Monday 8.30 -2.30pm

	Narrative in Higher Education.	Speaker Fr (Dr)Paul Pudussery Head, Dept of Education (Rtd) Assam	
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16. E. MOU/COLLABORATION WITH GO/NGO/ACADEMIC /RESEARCH BODIES:

----- NIL -----

17. VALUE-ADDED COURSES OF THE DEPARTMENT:

Name of the course	Coordinator of the course	Number of students	Duration		Funds generated
			Commenced	Accomplished	
Workstation Design and Ergonomics Applied	Dr. Roopa Rao	29	July 2023	Yes	1,00800/-
CADD					

18. **FUNDS GENERATED IN SEMESTER I and II:**

Type of the Activity	Beneficiaries	Date	Funds generated
VAC			
TY Hospi event			
FY event			
CRM Market			
Mini market			

19. ANY OTHER INFORMATION IN BRIEF:

Dr. Roopa Rao

1. **Member – Committee for Revision of Rules and Regulations for the Conduct of Aavishkar Inter-Collegiate / Institute / Department Research Convention w.e.f. A. Y. 2022 – 2023.** (<https://unimumbaidsd.com/docs/Circular-AVS-22-23-Revised-Rules.pdf>)

2. OCLD/OCER:

On **6th October 2022**, under the motivation and guidance of **Dr. Roopa Rao**, 15 students from the **Hotel Front Office & Housekeeping elective** (T.Y. B.Sc. CRM) were being encouraged to apply for recruitment through the **Oberoi Central Employment Register (OCER)** and the **Oberoi Centre of Learning and Development (OCLD)**. These prestigious programs offer career opportunities with The Oberoi Group, one of the most renowned hotel chains in India.

The OCER recruitment process, conducted annually at The Oberoi, Mumbai, focuses on hiring for positions like Operations Assistant in various departments, including Food and Beverage Service, Front Office Operations, Housekeeping Operations, Kitchen Operations, and Sales. Similarly, the OCLD, established in 1966, offers a two-year postgraduate management program in Guest Service, Housekeeping, Kitchen Management, and Sales. OCLD is considered one of Asia's premier management training programs, setting a benchmark for excellence within the hotel industry.

Out of the 15 students who applied this year, the selection process involved five rigorous stages:

- Stage 1: A Recruitment Presentation followed by a Q&A session.
- Stage 2: A Self-Introduction and Extempore Round.
- Stage 3: This included two parts: a Personal Interview with HR and an Operations Executive, along with an Online Aptitude Test.
- Stage 4: A Trade Test for kitchen candidates and a Psychometric Test for others.
- Stage 5: The final Quarter-Final Interviews.

Following this process, seven students successfully progressed to the **Online Psychometric Test**, conducted by SHL through **AMCAT**. The test evaluated candidates' logical abilities and was followed by a **virtual panel interview** via **MS Teams**. The selected students were also invited for in-person interviews with the **General Manager** at **The Trident Hotel**, Nariman Point, on **13th and 14th October 2023**.

The following students were eventually selected for **OCER**:

- **Ms. Kameswari Ushasree** – Front Office Associate
- **Ms. Amithi Jawalekar** – Front Office Associate
- **Ms. Charisma Thampy** – HR Associate (Learning & Training)
- **Ms. Aafiya Shaikh** – HR Associate (Learning & Training)
- **Ms. Akanksha Sharma** – HR Associate
- **Ms. Rashida Badri** – Sales Associate

The success of these students highlighted their dedication and the excellent preparation they received, further showcasing the high standard of education and career readiness instilled through the Community Resource Management program. The experience was not only a testament to their hard work but also a valuable opportunity to step into the world of luxury hospitality.

➤ **One-day Internships**

The TY CRM students had the opportunity to gain hands-on work experience in handling various events. The details are as follows:

1. **Phoolon Ki Holi** - The “Phoolon Ki Holi” event, organized by **Solitaire Entertainment Media** at the **Nexus Select Malls Corporate Office**, was conducted on **22nd March 2024**. The event was an exciting and enriching experience for the students, as they were participating in a one-day internship under the guidance of Ms. Reema Kelekar, a seasoned event manager. Six students, Dyuti, Niyati, Amithi, Janhavi, Asmita, and Avandhika, were selected for this opportunity, where they had the chance to actively contribute to a professional event and gain hands-on experience in the event management field. The event tasks were being divided among the interns to ensure smooth execution and effective learning. The first group of interns was assigned to assist with Mixology and Cocktails, where they had the responsibility of preparing and serving various cocktails and mocktails throughout the event. They were being trained to maintain the bar area, ensuring that it remained well-stocked and clean. This task not only provided them with practical knowledge of beverage preparation but also sharpening their customer service skills, as they were directly interacting with attendees.

Simultaneously, the second group of interns was tasked with handling Videos, Photos, and Social Media for the event. They were capturing moments through photography and videography, ensuring that the highlights of the event were well-documented. Additionally, they were managing the company’s social media accounts, posting updates, engaging with online audiences, and creating content to promote the event. This experience helped them understand the critical role of digital engagement in event management, allowing them to hone their skills in content creation and social media marketing.

The event offered a learning-rich environment, where the interns were able to experience both the creative and operational aspects of event management. Under Ms. Reema Kelekar’s expert guidance, they were developing valuable skills in teamwork, time management, and attention to detail, all while participating in the execution of a large-scale corporate event. By the end of the day, the interns had not only contributed to the success of the “Phoolon Ki Holi” event but also gained practical experience that would greatly benefit their future careers. The feedback from the company was positive, acknowledging the interns' enthusiasm, professionalism, and willingness to learn, making the entire experience highly rewarding and enriching for all involved.

2. A one-day internship was conducted on **January 13, 2024**, at **Lodha Crown, Thane**, under the organization of **Solitaire Entertainment Media**. The event was an art-based activity where four hospitality students—Asmita, Akansha, Avandhika, and Shruti—were participating. The opportunity to intern was provided under the expert guidance of Ms. Reema, who was overseeing the entire event. This experience was a valuable and enriching one, offering the students a firsthand look into the intricacies of event management. The event focused on kite decoration with children, an interactive and creative activity that required meticulous organization and attention to detail. The students had dressed

professionally in formal attire and were well-groomed for the occasion. The event started promptly at 3:00 p.m. and continued until 5:30 p.m., during which time the interns had the responsibility of assisting the children, aged between 7 to 14 years, with decorating their kites.

Under Ms. Reema's guidance, the students were provided with all necessary materials, including kites, decorative items, and glue. A detailed briefing on the steps and procedures to follow was given to ensure the smooth running of the activity. Each intern was assigned specific tasks, including distributing materials to the children and helping them with the decoration process. As the children arrived, the students were actively involved in guiding them through the kite decoration process, assisting them with their creative designs. The interaction with the children proved to be both enjoyable and educational for the interns, allowing them to practice their people-handling skills and effective communication. The ability to work in a real-world setting with young participants sharpens their patience, attentiveness, and teamwork.

This internship was an invaluable opportunity for the students, helping them understand the importance of timeliness, as events had to run on a strict schedule. Through hands-on experience, they were learning the essentials of time management, as well as how to ensure that everything was completed in an organized and timely manner. By the end of the event, the students had gained a better understanding of how an event is planned and executed. Their teamwork, communication, and organizational skills have been enhanced significantly. The experience with Ms. Reema and the Solitaire Entertainment team was both rewarding and educational, providing the students with insights into event management that would benefit them in future endeavours.

- 3. One-Day Internship At Lodha Park - On January 12, 2024**, a unique opportunity was bestowed upon the students of the Community Resource Management department, as they were participating in a one-day internship at **Lodha Park**, orchestrated by Solitaire Entertainment Media Company. This exclusive event was guided by the founder and ex-student, Ms. Reema Kalekar. The setting for the event had been the luxurious ballroom of the Lodha building at Lower Parel, where a captivating terrarium workshop was being organized in collaboration with the Lodha Group. Recognizing the need for assistance, Ms. Reema had been seeking volunteers, and eight girls from the Hospitality electives of the Community Resource Management batch 2023-24 were being enlisted for this enriching experience. The participants included Niyati Sanghvi, Amithi Javalekar, Krisha Chheda, Humaira Jasnak, Rashida Badri, Janhavi Kamerkar, Dyuti A. Panwala, and Kameswari. Their journey had commenced at 11:50 a.m., as the group was being prepared to embark on a local train to Lower Parel. After navigating a few directional challenges, they arrived at Lodha Park by 1:30 p.m. Upon contacting Ms. Reema, they were directed to the venue, where they had begun unloading and transporting terrarium materials for the workshop.

Under Ms. Reema's guidance, they had proceeded to the ballroom, where event preparations were being made. Following refreshments, a detailed briefing on the event was provided. Tasks were being divided, with some students engrossed in filling glass bowls with cocoa peat, while others had meticulously set up tables and created the desired ambiance for the workshop. By 4:30 p.m., the guests had started arriving, enjoying snacks with their families. The host, Ms. Zeal, had warmly welcomed everyone and had shared insights into the significance of the Lodha family. Shortly thereafter, Ms. Reema began the terrarium workshop, explaining the concept and guiding participants through the creative process. The students had been actively involved in assembling glass terrariums for the families, placing spider plants and adorning them with small toys and mushrooms. These terrariums were elegantly wrapped in golden and silver cloth bags, ready to be taken home by the guests.

Afterward, the attendees were escorted to an outdoor auditorium, where they had enjoyed a mesmerizing musical jugalbandi featuring a beatboxer and a flute player. As the event was concluding, the students were assisting in the cleanup and packing of materials. They had also crafted extra terrariums for latecomers. The day concluded by 7:30 p.m., with heartfelt gratitude being extended to Ms. Reema for this valuable and enriching experience.

4. **Lodha Wellness Monsoon Brunch Event Report** : The one-day internship program, held on **August 5th, 2023** in **Thane, Maharashtra**, was an enriching experience for the five girls who were selected to participate. The event was organized under the guidance of Ms. Reema, a celebrity event manager and an alumna of the Nirmala Niketan College of Home Science. Ms. Reema, a graduate of the Community Resource Management department, was managing four companies at the time and had reached out to Dr. Roopa Rao for student volunteers. Consequently, five girls from the hospitality elective were chosen to assist. By 9:45 a.m., the students had arrived at the Club House, Lodha Amara on Kolshet Road, dressed in formal attire, including blazers and closed shoes, with their hair styled in professional buns and subtle makeup as instructed. Upon arrival, they were seated in the hall and briefed about their tasks. Shortly after, Mr. Prasad, Ms. Reema's assistant, provided instructions to unpack carton boxes containing vases and begin filling them with organic soil. While two students filled the vases, the others assisted at the setup tables. Time was of the essence, and the girls were quickly arranging tablecloths and placing the filled vases. They were also given an insight into the importance of back-end operations at hospitality events. After the initial setup was completed, the team was briefed about the event's main activity—creating terrariums. The session was designed to help guests make personalized terrariums, symbolizing a reconnection with nature and an opportunity to refresh and rejuvenate.

Following the briefing, the students learned how to make a terrarium, which included placing a root plant inside a vase, adding decorative items like bug stickers, mushrooms, and small toys, and finally spraying the plant with water. The completed terrarium was then wrapped in a net bag for aesthetic appeal and functionality. As guests arrived, the students worked alongside Ms. Reema's team, helping with supplies, coordinating tools, and ensuring the guests enjoyed the experience. The students learned to maintain professionalism—smiling, being patient, quick, and observant of the guests' needs—while working efficiently to meet the time constraints. Over three sessions, the girls demonstrated excellent coordination, constantly resetting the tables and ensuring a smooth experience for all attendees. At the end of the event, the students assisted in cleaning up and were even allowed to create their terrariums. Positive feedback was received on their professionalism, appearance, and enthusiasm throughout the event. Ms. Reema, an alumna of the department, took the time to share her journey, emphasizing how the course had prepared her for success in the industry. The students left with certificates and a wealth of practical knowledge, grateful for the opportunity to learn and grow in such a dynamic environment

➤ **Student-Led Events:**

Formal Events:

1. **Aarohan – Aspiring to Achieve – Management & Ergonomics: 23rd March 2024 (Link to Video: https://drive.google.com/file/d/1L82M7kpgluJ3EndGoT5GDZ_8Ihm1VpO5/view?usp=drive_link)**

2. **Aarohan – Aspiring to Achieve – Hospitality & Related Careers: 16th March 2024 (Li to Video: [https://drive.google.com/file/d/11JnD1hWBN1j9xoJS5Weu4JH7GEAGhdHN/view?usp=drive link](https://drive.google.com/file/d/11JnD1hWBN1j9xoJS5Weu4JH7GEAGhdHN/view?usp=drive_link))**
3. **Aarohan – Aspiring to Achieve – Interior Design & Related Careers: 9th March 2024 (Link to Video: [https://docs.google.com/presentation/d/1228Oq_hKrQEz3IpprR8ildeRLSP0K_A-/edit?usp=drive link&oid=115744854788439531078&rtpof=true&sd=true](https://docs.google.com/presentation/d/1228Oq_hKrQEz3IpprR8ildeRLSP0K_A-/edit?usp=drive_link&oid=115744854788439531078&rtpof=true&sd=true))**
4. **Utkarsh – A Story of Entrepreneurial Journey: 10th February 2024 (Link to Video: [https://drive.google.com/file/d/1OhDI_RMzSaxb5lNzVfuI4zCxA_2VTrlS/view?usp=drive link](https://drive.google.com/file/d/1OhDI_RMzSaxb5lNzVfuI4zCxA_2VTrlS/view?usp=drive_link))**

Informal Events:

5. **27th January 2024 – Soul Allies (Link to Report: [https://drive.google.com/file/d/1QlhFffZ6cQfmqONtIXmxa8HB0-RKhbTd/view?usp=drive link](https://drive.google.com/file/d/1QlhFffZ6cQfmqONtIXmxa8HB0-RKhbTd/view?usp=drive_link))**
6. **4th November 2023 – Retro Jhalak (Link to Report: [https://drive.google.com/file/d/1auD5xQI3CtE6hLeUZpjl_5Rn-K7O4wjv/view?usp=drive link](https://drive.google.com/file/d/1auD5xQI3CtE6hLeUZpjl_5Rn-K7O4wjv/view?usp=drive_link))**

➤ **Grooming Session for the Hospitality Industry - Hair Styles and Makeup**

1. **On Monday, July 24th, 2023**, we had the privilege of attending an insightful session on "Grooming for the Hospitality Industry - Hair Styles for Work," led by Ms. Miloni Shah, Founder and Owner of Corel Salon, Navi Mumbai. The session was organized to educate students on the significance of professional grooming in the hospitality sector, a key industry that demands a polished and presentable appearance. Ms. Miloni Shah, with her vast experience in the beauty industry, emphasized the importance of maintaining a professional yet stylish look, particularly in the hospitality sector, where first impressions are vital. She guided the attendees through various work-appropriate hairstyles, demonstrating how to strike a balance between comfort and sophistication. Whether it's managing long hair in an elegant updo or styling short hair for a neat and refined appearance, Ms. Miloni provided practical tips that attendees can apply in their future careers. The focus was on creating hairstyles that are easy to maintain yet professional enough for a fast-paced, guest-facing environment. The session was interactive, with participants eagerly asking questions and sharing their challenges when it comes to maintaining a professional look during long work shifts. Ms. Miloni patiently addressed all concerns, offering valuable advice on how to ensure one's hairstyle remains fresh and presentable throughout the day. She also shared insights into the latest trends in professional grooming, blending them with classic styles to ensure timeless appeal.

2. The second part of the session took place on **Wednesday, July 26th, 2023**, and was focused on Makeup. Held at the College of Home Science, Nirmala Niketan, this grooming session, organized by Dr. Roopa Ma'am, was specifically designed for students pursuing hospitality as their elective. Ms. Miloni, a professional makeup artist, guided the participants through essential makeup techniques tailored to the demands of the hospitality industry. Ms. Miloni stressed the importance of keeping makeup simple yet elegant. In a sector where employees often work long hours in customer-facing roles, it's crucial to use the right products that can endure long shifts while maintaining a fresh look. She demonstrated basic makeup techniques that enhance one's natural features without appearing overdone, a key skill for anyone working in hospitality. During the session, Ms. Miloni shared recommendations on the best makeup products and brands suited for different skin tones and textures. She highlighted the importance of choosing products that are long-lasting, lightweight, and suitable for professional environments. To make the session even more practical, she demonstrated a full makeup routine on one of the attendees, walking everyone through the step-by-step process. Throughout the 1 hour and 30-minute session, the participants were highly engaged, asking questions, and seeking personalized advice. Ms. Miloni's approachable style and in-depth knowledge made the session not only informative but also highly motivating. By the end of the session, one of the participants expressed heartfelt gratitude on behalf of the group, thanking Ms. Miloni for her generosity in sharing her expertise. These sessions were invaluable in providing students with practical, real-world knowledge about grooming in the hospitality industry. The importance of looking polished, confident, and approachable in professional settings was emphasized throughout both the hair and makeup sessions. The skills and insights gained will undoubtedly help attendees present themselves effectively in their future careers, reinforcing the idea that grooming is an essential component of professionalism in the hospitality industry.

➤ **Election Duty:**

Dr. Roopa Rao was appointed as the First Polling Officer, for the General (Loksabha) Election 2024 to the House of People of Maharashtra State for the 30-Mumbai South – Central constituency. As per Ref. Letter No. ECI/PN?23/2024 dated 23.03.2024, Kramankh 22.

Mrs Sunita Jaiswal worked as First Polling Officers for the Lok Sabha Election Commission and attended the various training sessions organized by Election Commission of India

➤ **FYBSC EVENT - CULTURAL FARE -24TH AND 25TH January 2024**

Department of Community Resource Management organized an event CULTURAL FARE to commemorate National Tourism Day (25th January). It was two days programme (24th and 25th Jan 2024) where students of F.Y.B. Sc depicted the various cultures of different states of India under the guidance of Faculty of Department of Community Resource Management, as part of their practicum "Skills in Hospitality Industry".

The culture fair was indeed a very new and unique experience for the students. From the planning to the execution, students learnt something new every step of the way. Organizing an event for the first time also enhanced their teamwork and leadership skills. Students also learnt interesting facts about

all the states and this improved their knowledge on India's diverse culture it was a perfect blend of joy and knowledge as students got to know about many states about their culture and traditions, famous foods, dressing styles etc. Students even learnt how to enhance their socializing and communication skills.

Feedback report: Ms Cheryl Machado visited Cultural Fare Tour of various states showcased by F. Y.B.Sc students under the guidance of Faculty members of Department of Community Resource Management on 24th January and 25th January 2024. The students have taken lot of trouble to showcase the various States and Union Territories of India. They have depicted the culture, traditional food, local costumes, tourist places and the feel of that place. Most of the students were dressed up in their respective state attire. The entire exhibition was vibrant, colourful and full of diversity. We are really proud of our Indian culture and these students have researched and studied the state which was allotted to them.

➤ **TYCRM MARKET-Theme of the event “ALICE IN WONDERLAND”- 15th, 16th and 17th February 2023**

Students of Department of Community Resource Management successfully orchestrates an enchanting CRM market under the whimsical theme of ‘Alice in Wonderland ‘from 15th Feb-to 17th Feb 2023The garden area of the college was transformed into a wonderland that brought to life the beloved characters and fantastical elements of the classic tale.

Attractions and Highlights:

Food Stalls: The culinary journey was nothing short of magical, with each stall creatively adopted the Alice in wonderland theme. Attendees savoured a variety of dishes, ingeniously named and crafted to resonate with characters and elements from the story. From “Cheshire cat’s Cheesy Delights” to “Mad Hatter’s Tea Party Treats.” The food offerings were not only a feast for the plates but also the eyes.

Accessories: The market featured an array of stalls that showcased an exquisite collections of accessories inspired by Alice in wonderland. Attendees had the opportunity to adorn themselves with jewellery, headbands and attire that echoed the eccentricity and charm of the story’s characters. These stalls attracted considerable number of visitors, eager to take a piece of wonderland home.

Atmosphere and Décor: The garden area was meticulously decorated to capture the essence of Wonderland. Vibrant colours, whimsical decorations and thematic installations set the stage for an immersive experience. Key attractions included th Mock Turtle’s pond, the Queen of Hearts ‘croquet ground, creating numerous photo opportunities for guests.

Character Portrayal: The highlight of the CRM Market was undoubtedly the students and volunteers dressed as character from Alice in Wonderland. Their detailed costumes and spirited performances brought the story to life, engaging attendees in conversation and activities related to their characters. From Alice to the White Rabbit, THE Mad Hatter to the Queen of Hearts, each character added a unique charm to the event, making it memorable for all.

Management Team: The team comprised of five student members who worked diligently towards achieving success in the market and constantly guided by the department faculty members. Their task included gathering menus and trade items lists from various stalls, creating brochures, flyers, and organising promotional campaigns to attract customers. Their main focus was on marketing strategies prior to the commencement of the market. During the 3- day market event, the girls from the team were assigned as cashiers at two different counters. The

payment process was made convenient for customers by offering both cash and g pay modes of payments. Everything was well planned .This meticulous approach ensured that all financial transactions were accurately recorded and accounted for. The collaborative efforts of the Market Management Team under the guidance of Ms .Sunita Jaiswal played a crucial role in the smooth functioning of the market Their dedication and hard work not only contributed to the successes of the market but also showcased their efficiency in managing aspects of the event.

Stalls: In all 12 stalls were put up, monitored by two students .Each stall consisted of Food items and items for trade.

Stall 1: Stall character- Dinah the cat; Food items- Kitty Cat Canapés’, Red Sauce Pasta, Peach Apricot Mojito

Trade items: Key chains with cartoon characters, diaries

Stall 2: Stall character – Hoppy Bunny: Food items – Chicken and vegetable momos, Butter Dosa, Masala Dosa and Idli

Trade items – Purses and Bags

Stall 3: Stall character- Alice: Food Items- Alice chocolate Strawberry Dream, Wonderland Pops, and Alice Tea time Treats, Alice Forever Rose Pops

Trade items- Crocheted Key chains, Bracelets adorned with rings, vibrant roses, and elegant earrings.

Stall 4: Stall character – A portal to the Mad Hatter’s Tea Party: Food Items-Hatter’s curd Circle (Dahi Wada)

Stall 5: Stall character- Twiddle Twins. Food Items-Pani puri and Dahi sev puri

Trade items – Hand painted tote bags, Book marks and Phone Covers.

Stall 6: Stall character-White Queen. Food Items- Chinese Bhel, Cheese Nachos, pizza bites

Trade items-Hand painted pouches

Stall 7: Stall character-Hungry Caterpillar. Food Items – Chicken shawarma and Veg Frankie, Paneer Frankie

Trade items-Mason jar, Fancy straws

Stall 8: Stall character-Dodo Stall. Food Items; Missal Pav, Pav Bhaji

Trade items: Hair clips, rings, bracelets

Stall 9: Stall character – Queen of Hearts. Food Items: Hot chocolate, Samosa chaat, Mushroom cream toast, veggie toast,

Trade items: Lucknowi Kurtis

Stall 10: Stall character – Eaglet .Food Items. French fries, Jalapeno Bites, Russian cutlets

Trade items: Perfumes, bracelets and accessories

Stall 11: Stall character – Dinah’s Cozy Corner. Food Items: Chinese bhel

Trade items-Handmade cards

Stall 12: Stall character- Curious Oysters. Food Items: Cold coffee, khakhra chaat

The event attracted a significant crowd, including students, faculty and staff all of whom offered a positive feedback .Attendees appreciated the opportunity to explore and support student initiatives while enjoying the vibrant atmosphere of the market. Overall the event was a resounding success, offering valuable experiences for students and fostering a sense of community within the college

FUNDS FOR THE PURCHASE OF EQUIPMENT FOR THE YEAR 2023-2024

Total Funds Available in amount= Rs 69,800

i. **Challenges faced:**

There are several challenges that the department faces as we don't have a laboratory or designated classrooms or staffroom for our staff. The department is also unable to offer master's and Ph.D. programs, unlike other departments in the college. These challenges are mainly due to:

1. **Lack of infrastructure:** Without laboratories or designated classrooms, the department may face limitations in delivering practical or hands-on learning experiences to students. This can impact the quality of education and the ability to provide adequate training in the subject matter.
2. **Limited resources:** Without dedicated facilities, the department may face challenges in accessing resources such as equipment, materials, and technology needed for teaching and research. This can hinder the department's ability to conduct experiments, demonstrations, or research activities, and can limit the scope of academic projects and assignments for students.
3. **Reduced research opportunities:** The absence of a master's or Ph.D. program can limit the opportunities for faculty and students to engage in research activities. This can impact the department's ability to attract and retain faculty with research interests, and may also result in reduced funding opportunities for research projects.
4. **Difficulty in attracting talent:** The absence of designated staffrooms or other facilities for faculty can make it challenging to attract and retain qualified faculty members. Lack of proper amenities for faculty can negatively impact morale and job satisfaction, which may affect overall departmental performance.
5. **Limited academic offerings:** The inability to offer master's and Ph.D. programs may limit the department's ability to attract students who are interested in pursuing advanced degrees in the field. This can result in reduced enrollment and limited opportunities for students to pursue higher education and specialization.
6. **Reduced competitiveness:** Compared to other departments in the college that have better infrastructure and academic offerings, the department may face challenges in maintaining competitiveness and attracting students. This can impact the department's overall reputation and stand within the college and the academic community.
7. **Operational inefficiencies:** Without designated facilities, the department may face challenges in managing administrative and operational tasks, such as scheduling classes, managing resources, and providing adequate support to faculty and students. This can result in additional workload and may impact the overall efficiency of departmental operations.
8. **Difficulty in meeting accreditation requirements:** Depending on the field of study, certain accreditation requirements may mandate the availability of specific facilities or programs. The absence of laboratories, classrooms, or advanced academic offerings may make it challenging for the department to meet such requirements, which can impact the department's accreditation status.

In conclusion, the challenges faced by the department can impact the quality of education, research opportunities, faculty retention, student enrollment, operational efficiencies, and the accreditation status of the department. Addressing these challenges may require strategic planning, resource allocation, and collaboration with other departments or institutions to ensure adequate facilities, resources, and academic offerings for the department and its students.

- ii. **Future plans for 2024 - 2025:** Some of these plans could include:
1. **Infrastructure development:** The department may explore options to secure funding or resources to develop dedicated laboratories, classrooms, or staffrooms. This could involve seeking grants, donations, or partnerships with external organizations to build or renovate facilities that are specifically tailored to the needs of the department.
 2. **Collaborations with other departments or institutions:** The department may collaborate with other departments or institutions within or outside the college to access shared facilities or resources. This could involve leveraging partnerships or interdisciplinary collaborations to access laboratories, classrooms, or staffrooms that are available in other departments or institutions.
 3. **Resource allocation and optimization:** The department may work on optimizing the utilization of existing resources, such as classrooms or common spaces, to create makeshift laboratories or designated areas for faculty and staff. This may require strategic planning and coordination to make the most efficient use of available resources.
 4. **Innovative teaching methodologies:** In the absence of dedicated laboratories or classrooms, the department may explore innovative teaching methodologies that do not rely heavily on physical facilities. This could include leveraging technology, simulations, virtual labs, or field-based learning to deliver practical or hands-on learning experiences to students.
 5. **Development of alternative research opportunities:** The department may seek alternative avenues for research opportunities, such as collaborations with industry partners, government agencies, or other academic institutions. This could involve identifying research projects or initiatives that do not necessarily require a dedicated laboratory or advanced facilities, but can still contribute to the field of study.
 6. **Development of specialized programs:** The department may consider developing specialized programs, certificates, or short-term courses that can cater to the needs of students who are interested in advanced education or specialization, despite the lack of masters or Ph.D. programs. This could involve designing unique programs that align with the strengths and expertise of the department's faculty.
 7. **Faculty development and retention:** The department may focus on faculty development and retention strategies to attract and retain qualified faculty members despite the limitations in facilities or academic offerings. This could include providing opportunities for professional development, research support, and recognition for faculty members who contribute to the department's growth and success.
 8. **Advocacy and fundraising efforts:** The department may engage in advocacy efforts to raise awareness about its challenges and seek support from college administration, alumni, or other stakeholders. This could involve fundraising campaigns, alumni engagement initiatives, or advocacy for additional resources or funding to improve the department's infrastructure and academic offerings.

Overall, the possible plans for a college department without laboratories or designated classrooms or staffroom for staff, and without masters and Ph.D. programs, may involve a combination of infrastructure development, resource optimization, collaborations, innovative teaching methodologies, alternative research opportunities, specialized programs, faculty development, and advocacy efforts to overcome the challenges and ensure quality education and research opportunities for its students and faculty.



