

## LECTURE SERIES IN FUNDAMENTALS OF RESEARCH METHODS & STATISTICS 2023-2024

The Department of Foods, Nutrition and Dietetics conducts a lecture series in Fundamentals of Research Methods and Statistics for students of T.Y.B.Sc. Home Science- Foods, Nutrition and Dietetics every year.

The lecture series in Research Methods and Statistics was formulated to provide an opportunity to undergraduate students to develop basic research skills that will enable them to plan, conduct and present research studies especially those of community significance.

### Course Details:

- ❖ **Target group:** Students of T.Y.B.Sc. Home Science (Foods, Nutrition and Dietetics)
- ❖ **Course duration:** 15 hours
- ❖ **Mode:** Hybrid
- ❖ **Course fees:** Rs. 500/- + GST
- ❖ **Remuneration to resource persons:** Rs. 500/- per hour
- ❖ **Number of students:** 33
- ❖ **Course Coordinator:** Dr. Minelly Rodrigues
- ❖ **Details of sessions taken by resource persons:**

#### I. Dr. Neha Joshi

Session No.	Date	Time	No. of Hours	Topics Covered
1	05-08-2023	11:30am to 01:30pm	2	<ul style="list-style-type: none"> <li>• <b>Types of Research</b> Quantitative and Qualitative research methods</li> </ul>
2	07-08-2023	09:30am to 11:30am	2	<ul style="list-style-type: none"> <li>• <b>Introduction to steps in the research process</b></li> </ul>
3	22-08-2023	04:30pm to 06:30pm	2	<ul style="list-style-type: none"> <li>• <b>Research Ethics</b></li> <li>• <b>Sampling techniques</b> (Probability and Non Probability sampling)</li> </ul>
4	25-08-2023	04:30pm to 06:30pm	2	<ul style="list-style-type: none"> <li>• <b>Tools of data collection</b> (Observation method, Interview and Questionnaire)</li> </ul>

#### II. Dr. Veena Yardi

Session No.	Date	Time	No. of Hours	Topic covered
5	22-08-2023	11:45am to 12:45pm	1	<ul style="list-style-type: none"> <li>• <b>Significance of research in Foods, Nutrition and Dietetics</b></li> </ul>

### III. Ms. Kinjal Maru

Session No.	Date	Time	No. of Hours	Topics Covered
6	28-08-2023	11:30am to 02:30pm	3	<ul style="list-style-type: none"><li>• <b>Introduction to statistical analysis of research data</b></li></ul>
7	11-09-2023	11:30am to 02:30pm	3	<ul style="list-style-type: none"><li>• <b>Presentation of Data</b> Pictorial, Graphical and Tabular representation</li><li>• <b>Research communication</b> Report writing (parts of a research report) Poster presentations/ Oral presentation</li></ul>

- ❖ **Course evaluation:** Students appeared for a test based on Multiple choice questions so as to receive the course completion certificate. Certificates were presented to all 33 students of 2023-2024 batch for successfully completing their exam in this lecture series.



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# Details of students:

EXAM		
FUNDAMENTALS OF RESEARCH METHODS		
	N1	Signature with date
Sr. No.	Name of the Students	
1	Abuji Ahlam Shaiman Roshanara	— ABSENT —
2	Ansari Kaizeen Shahid Husain Farzana	<u>Ansari</u> 19/12/23
3	Bachwani Vanshika Suresh Jyoti	<u>Vanshika</u> 19/12/23
4	Bhabra Amandeep Kaur	<u>Bhabra</u> 19/12/23
5	Chavan Tanvi Padmakar Prerna	<u>Chavan</u> 19/12/23
6	Chowdhari Samiya Shehbaz	<u>Chowdhari</u> 19/12/2023
7	Dbritto Cheril Elias Philomina	<u>Dbritto</u> 19/12/2023
8	Dedhia Rajvi Korshi Jigna	<u>Dedhia</u> 19/12/23
9	Dhariwala Hawra Yusuf Munira	<u>Dhariwala</u> 19/12/23
10	D'Mello Natlyn Adelaide Marlin	<u>D'Mello</u> 19-12-23
11	Jain Bhoomi Nilesh Asha	<u>Jain</u> 19-12-23
12	Kazi Shifa Iqbal Zaitoon	<u>Shifa</u> 19/12/23
13	Khan Anam Khalil Rubina	<u>Khan</u> 19/12/23
14	Khan Madiha Talha Umar Hanifa	<u>Khan</u> 19/12/23
15	Khan Mariam Afaf Rafiqua Khanam	<u>Khan</u> 19/12/23
16	Khan Simin Hafizullah Shaheda	<u>Khan</u> 19/12/23
17	Khanrahim Sarrah Yusuf Jumana	<u>Khanrahim</u> 19/12/2023

appeared for exam on 27/12/24



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**EXAM**  
**FUNDAMENTALS OF RESEARCH METHODS**

	N2	Signature with date
Sr. No.	Name of the Students	
18	Moolla Safiya Ismail Hafiza	<i>Smolla</i> 19/12/23
19	Paramban Taniya Rajeevan Reji	<i>Paramban</i> 19/12/23
20	Parikh Aayushi Amrishi Trupti	<i>Aayushi</i> 19/12/23
21	Parmar Grishma Mukesh Kanchan	<i>Grishma</i> 19/12/23
22	Pevekar Kirti Shrikant Sanjana	<i>Pevekar</i> 19/12/23
23	Purkait Vishaka Sukumar Rina	<i>Purkait</i> 19/12/23
24	Savla Khushi Piyush Poonam	<i>Khushi</i> 19/12/23
25	Sayyad Zeenat Anwar Zarina	<i>Zeenat</i> 19/12/23
26	Shah Hirak Sandip Varsha	— ABSENT —
27	Shaikh Aneeqa Suhail Fauzia	<i>Aneeqa</i> 19/12/23
28	Shaikh Zoya Mohd Sagheer Shabana	<i>Zoya</i> 19/12/23
29	Siddiqui Laaiba Nizam Husna	<i>Laaiba</i> 19/12/23
30	Singh Mahima Virendra Priya	— ABSENT —
31	Soni Nafisa Murtuza Nishrin	<i>Nafisa</i> 19/12/23
32	Takulla Inshiya Shabbir Shirin	<i>Inshiya</i> 19/12/23
33	Vora Khushi Rajesh Preeti	<i>Khushi</i> 19/12/23
34	Yadav Menka Anil Singh Nirmala	<i>Menka</i> 19/12/23

Appeared for exam  
on 27/4/24  
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**Dr. Minelly Rodrigues**  
**Course Coordinator**  
**Department of Foods, Nutrition and Dietetics**

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**DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT**  
**COLLEGE OF HOME SCIENCE NIRMALA NIKETAN**  
(Affiliated to the University of Mumbai)  
**2023 - 2024**

**SOUL ALLIES – INFORMAL EVENT @ TYCRM HOSPITALITY**

<b>Name of the Event:</b>	Soul Allies
<b>Title of the Program:</b>	Student Led Activity – Informal Events organised by TYCRM Hospitality Elective
<b>Name of the organizing Department:</b>	Department of Community Resource Management
<b>Level (Local/State/Inter-collegiate/ National/International):</b>	Local
<b>Day and Date:</b>	27 <sup>th</sup> January 2024 Saturday
<b>Time</b>	2.00 – 5.30 pm
<b>Platform used (if online)</b>	Offline event
<b>Venue (Meeting Link, if Online)</b>	Marie de Cice Adelaide Hall, College of Home Science Nirmala Niketan Mumbai – 20
<b>Name of the Committee Organizing:</b>	TYCRM Hospitality Students under the guidance of Dr. Roopa Rao Associate Professor & Faculty-in-charge
<b>Organizing Team (Chairperson, Convenor, Co-Convenors and members)</b>	Kameswari Ushasree, Aqsa Khan, Charisma Thampy, Rashida Badri, Asmita B., Niyati Sanghavi, Krisha Chheda, Aafiyah Shaikh
<b>Invited by/ Requested by:</b>	Organized & conducted by Dr. Roopa Rao
<b>Name of the Collaborators (if any):</b>	None
<b>Resource person invited: Designation:</b>	Student Led Event (Informal Event)

<b>Affiliation: Organization:</b>	
<b>Beneficiaries/ Participants and number</b> <ul style="list-style-type: none"> <li>- <b>Guests / Dignitaries</b></li> <li>- <b>Management Representative/s</b></li> <li>- <b>Staff (In-House / Out-House)</b></li> <li>- <b>Students (In- House / Out- House)</b></li> <li>- <b>Any other</b></li> </ul>	17 Hospitality Elective students from the TYCRM (2024 – 25) batch <ul style="list-style-type: none"> <li>- 68 Guests attended the event (outsiders) @ Rs. 220/- per person</li> <li>- 3 faculty attended</li> <li>- 28 TYCRM students (Id and Hospitality elective)</li> </ul>
<b>About the Event (Event Flow, if available):</b>	<p>As part of the practical course "Events in the Hospitality Industry," eight TYCRM (Hospitality Elective) organized an informal event on Saturday, 27<sup>th</sup> January 2024 from 2.00 – 5.30 pm. Planning, organizing, and conducting this informal gathering was a learning opportunity demonstrating students' organizational capabilities, teamwork, and creativity.</p> <p>The pre-activities such as – brainstorming for the theme, and target audience, selecting the title, and name, creating the poster, and marketing the event started 5 months before. Several themes were discussed and debated. Once the target group (18 – 26 years) was decided the ideas flowed in amongst the group.</p> <p>The basics of event management especially in the hospitality industry were learnt practically through organising the event. The break-up of the collected amount as in 55% Food, 20% Décor, 10% workshops/activities/games, 15% gifts/takeaways/ souvenirs/surprise gifts helped in further planning the event flow.</p> <p><b>Event Flow on the Day:</b> The event followed a structured yet relaxed format, beginning with a warm welcome by the organizing students, setting a positive tone for all participants. The initial phase included introductory speeches where students shared insights into the purpose of the event, highlighting its relevance to their studies and future career aspirations in the hospitality industry. This was followed by a variety of interactive activities designed to engage participants, including games, live performances, and team-based tasks. Throughout the day, students took turns managing different roles, from coordinating activities to handling guest interactions, providing them with real-time exposure to the demands of hospitality roles.</p> <p><b>Skills and Experiences Gained:</b> Students gained hands-on experience in event planning, guest management, and teamwork. They demonstrated adaptability, particularly in handling unexpected situations that required quick thinking and a calm approach. Communication skills were essential, as they navigated interactions with both peers and guests,</p>

	<p>gaining confidence in their abilities to engage with diverse audiences. Moreover, time management was crucial in adhering to the schedule while ensuring that each segment of the event ran smoothly.</p> <p>Through this event, students developed a deeper understanding of the hospitality industry's dynamic nature, enhancing their leadership abilities, problem-solving skills, and capacity for effective collaboration. This experience stands as a practical foundation for their future roles in the industry.</p>
Accounts, if any	<p>Rs. 220 X 68 guests  Rs. 70 X 22 TYCRM students (only for food boxes)  Rs. 70 X 3 faculty (only for food boxes)</p>
Flyer of the Event	
Funds generated if any	None
Feedback or Suggestions for future	
Photographs of the event (at least 4-6)	





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**2023 – 2024**

**FORMAL EVENT @ TYCRM HOSPITALITY**

**UTKARSH – A STORY OF ENTREPRENUERIAL JOURNEY**

<b>Name of the Event:</b>	Utkarsh – A Story of Entrepreneurial Journey
<b>Title of the Program:</b>	Student Led Activity – Formal Events organized by TYCRM Hospitality Elective
<b>Name of the organizing Department:</b>	Department of Community Resource Management
<b>Level (Local/State/Inter-collegiate/ National/International):</b>	Local
<b>Day and Date:</b>	10 <sup>th</sup> February 2024 Saturday
<b>Time</b>	2.00 – 4.00 pm
<b>Platform used (if online)</b>	Offline event
<b>Venue (Meeting Link, if Online)</b>	Marie de Cice Adelaide Hall, College of Home Science Nirmala Niketan Mumbai – 20
<b>Name of the Committee Organizing:</b>	TYCRM Hospitality Students under the guidance of Dr. Roopa Rao Associate Professor & Faculty-in-charge
<b>Organizing Team (Chairperson, Convenor, Co-Convenors and members)</b>	Amithi Javalekar, Kameswari Ushasree,
<b>Invited by/ Requested by:</b>	Organized & conducted by Dr. Roopa Rao
<b>Name of the Collaborators (if any):</b>	None

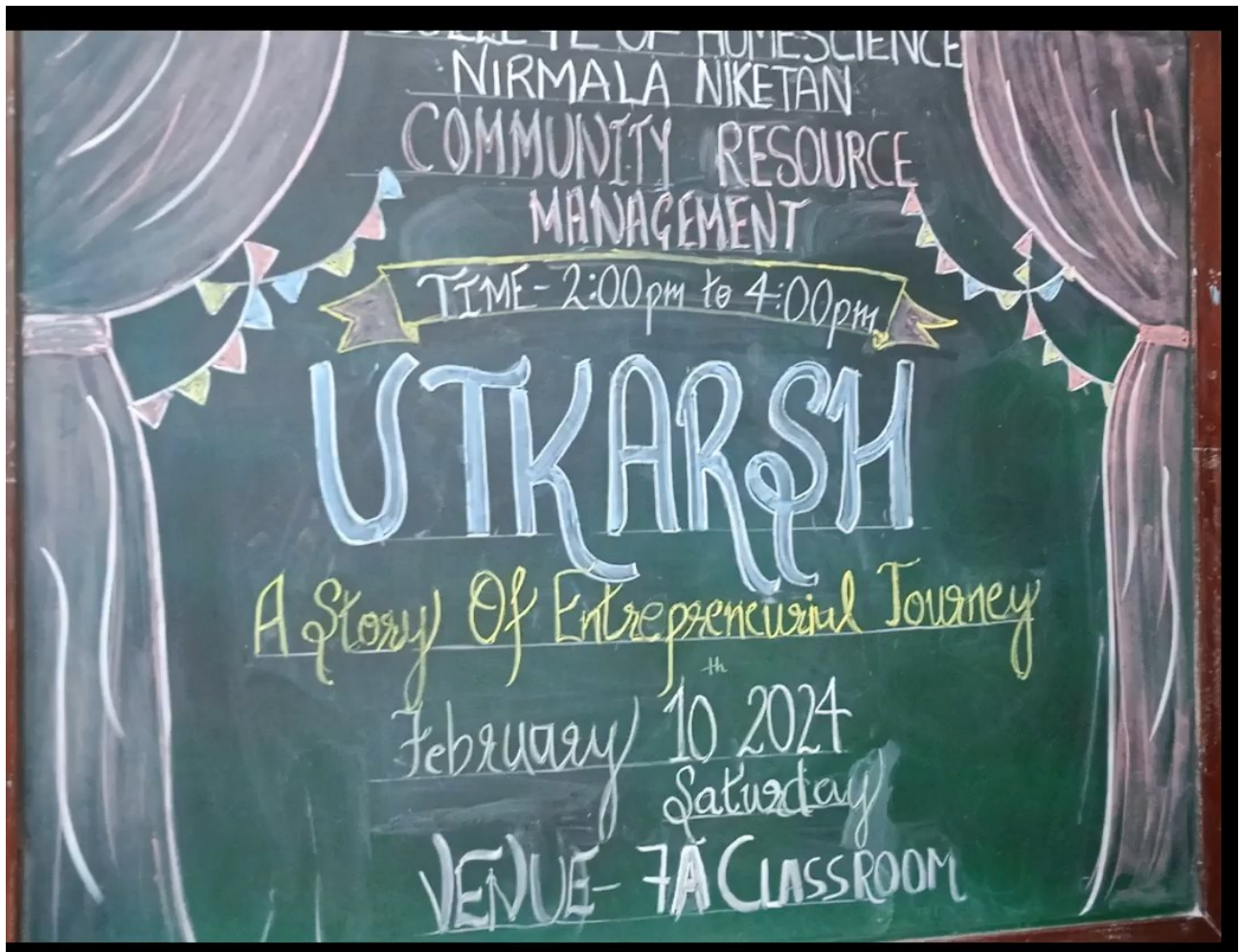
<b>Resource person invited:</b> <b>Designation:</b> <b>Affiliation:</b> <b>Organization:</b>	Ms. Kashyapi Nagrecha Ms. Riddhi Sheth Ms. Reema Kelekar
<b>Beneficiaries/ Participants and number</b> - Guests / Dignitaries - Management Representative/s - Staff (In-House / Out-House) - Students (In-House / Out-House) - Any other	17 Hospitality Elective students from the TYCRM (2024 – 25) batch - 3 invited alumnae - 4 faculty attended - 28 TYCRM students (ID and Hospitality elective) - 51 guests
<b>About the Event (Event Flow, if available):</b>	<p><b>Utkarsh – A Story of Entrepreneurial Journey - Alumnae Interaction Event</b></p> <p>The Department of Community Resource Management at the College of Home Science, Nirmala Niketan, under the aegis of IQAC and affiliated with the University of Mumbai, hosted <b>"Utkarsh – A Story of Entrepreneurial Journey"</b> on <b>February 10, 2024</b>. This student-led alumni interaction event is part of a broader initiative aimed at fostering learning through real-world experiences shared by alumni. The event highlighted inspiring journeys of entrepreneurial success and innovation, particularly for students aspiring to venture into entrepreneurial fields.</p> <p>"Utkarsh" was conceptualized by the <b>2021–2022 batch</b> as an extension of their commitment to nurturing a culture of learning through experience. The event stands alongside three other alumni-led initiatives, such as <b>"Aarohan – Aspiring to Inspire,"</b> which aim to engage students with distinguished alumni, creating a bridge between academic learning and industry realities.</p> <p><b>Speakers and Highlights:</b></p> <p>The event featured three accomplished alumni, who shared their unique entrepreneurial journeys, offering inspiration and practical insights:</p> <ol style="list-style-type: none"> <li>1. <b>Ms. Kashyapi Nagrecha</b> – A landscape designer and owner of a flourishing floriculture business, she detailed her journey of transforming passion into a sustainable enterprise.</li> <li>2. <b>Ms. Riddhi Sheth</b> – A sole distributor for MAPEI and an independent distributor for Enagic Indian Kangen Water Pvt. Ltd., she discussed her foray into distribution businesses and the challenges of scaling operations.</li> <li>3. <b>Ms. Reema Kelekar</b> – The proprietor of Solitaire Media Entertainment and Foodie Reema Quelear, and founder-partner of Sweet Tongue Foods LLP, shared her story of blending creativity and business acumen to achieve success in the food and media industries.</li> </ol>



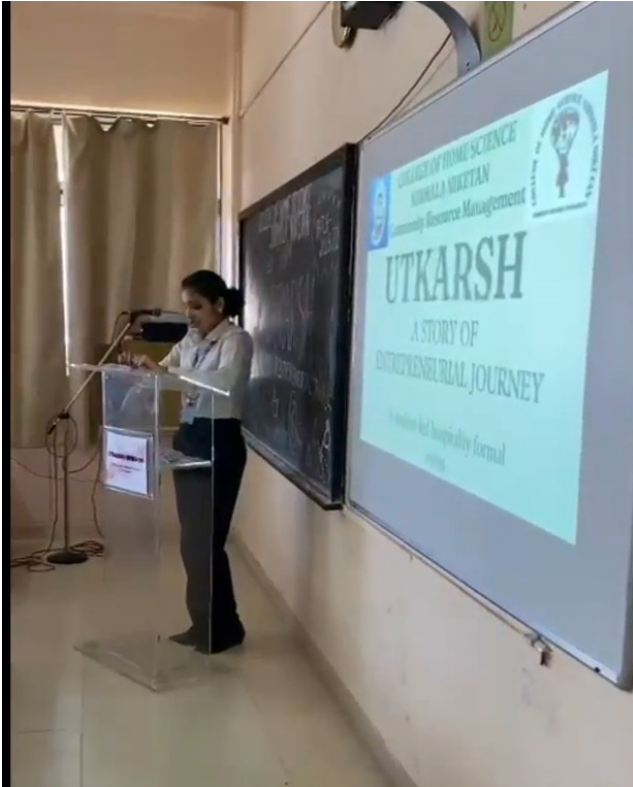
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	<p>The event was organized in the <b>7A Classroom</b>, with students taking the lead in managing logistics, coordinating with alumni, and moderating discussions. QR codes were integrated into the flyer for seamless registration, ensuring an inclusive and well-organized experience.</p> <p>"Utkarsh" provided students with a platform to:</p> <ul style="list-style-type: none"> <li>• Gain first-hand knowledge of entrepreneurial challenges and strategies.</li> <li>• Network with alumni, fostering mentorship and professional relationships.</li> <li>• Enhance skills in event management, communication, and teamwork.</li> </ul> <p>"Utkarsh – A Story of Entrepreneurial Journey" is a testament to the College of Home Science's dedication to holistic education. By integrating alumni experiences with student learning, the event has successfully laid a foundation for bridging academic theory and entrepreneurial practice. Events like these continue to inspire students to explore innovative career pathways, empowering them to become future leaders.</p>
<b>Funds generated if any</b>	None
<b>Flyer of the Event:</b>	





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**2023 - 2024**


**RETRO JHALAK – INFORMAL EVENT @ TYCRM HOSPITALITY**

<b>Name of the Event:</b>	Jhalak
<b>Title of the Program:</b>	Student Led Activity – Informal Events organised by TYCRM Hospitality Elective
<b>Name of the organizing Department:</b>	Department of Community Resource Management
<b>Level (Local/State/Inter-collegiate/ National/International):</b>	Local
<b>Day and Date:</b>	4 <sup>th</sup> November 2023 Saturday
<b>Time</b>	2.00 – 5.30 pm
<b>Platform used (if online)</b>	Offline event
<b>Venue (Meeting Link, if Online)</b>	Marie de Cice Adelaide Hall, College of Home Science Nirmala Niketan Mumbai – 20
<b>Name of the Committee Organizing:</b>	TYCRM Hospitality Students under the guidance of Dr. Roopa Rao Associate Professor & Faculty-in-charge
<b>Organizing Team (Chairperson, Convenor, Co-Convenors and members)</b>	Amithi Javlekar, Janhavi K., Avandhika Shaju, Shruti Sawant, Humaira Jasnak, Akansha Sharma, Dyuti Panwala, Sheetal Vishwas,
<b>Invited by/ Requested by:</b>	Organized & conducted by Dr. Roopa Rao
<b>Name of the Collaborators (if any):</b>	None
<b>Resource person invited: Designation:</b>	Student Led Event (Informal Event)



<b>Affiliation: Organization:</b>	
<b>Beneficiaries/ Participants and number</b> <ul style="list-style-type: none"> <li>- <b>Guests / Dignitaries</b></li> <li>- <b>Management Representative/s</b></li> <li>- <b>Staff (In-House / Out-House)</b></li> <li>- <b>Students (In- House / Out- House)</b></li> <li>- <b>Any other</b></li> </ul>	<p>17 Hospitality Elective students from the TYCRM (2024 – 25) batch</p> <ul style="list-style-type: none"> <li>- 71 Guests attended the event (outsiders) @ Rs. 220/- per person</li> <li>- 3 faculty attended</li> <li>- 28 TYCRM students (Id and Hospitality elective)</li> </ul>
<b>About the Event (Event Flow, if available):</b>	<p>As part of the practical course "Events in the Hospitality Industry," nine TYCRM (Hospitality Elective) organized an informal event on Saturday, 4<sup>th</sup> November 2023 from 2.00 – 5.30 pm. Planning, organizing, and conducting this informal gathering was a learning opportunity demonstrating students' organizational capabilities, teamwork, and creativity.</p> <p>The informal event organized by the final-year students as part of their hospitality industry coursework was an impressive showcase of their planning and teamwork skills. It provided a platform for students to apply their classroom knowledge in a real-world setting, demonstrating essential qualities for their future careers in hospitality. They also approached sponsors who paid for 20 women from the Family Welfare Centre to attend the event. This act changed the event for a social cause.</p> <p><b>Event Flow on the Day:</b> The event began with a lively welcome session, where students greeted guests and set a warm, inviting atmosphere. Following the introductions, students outlined the purpose of the gathering, emphasizing its role in applying their learning to a practical event setup. The day proceeded with a series of interactive sessions, including engaging icebreaker activities that fostered a sense of community among attendees. A variety of themed activities, games, and performances kept the momentum high, with students rotating through different roles—host, coordinator, and facilitator—enhancing their multitasking skills.</p> <p>The latter part of the event included a refreshment break where students showcased their service and food presentation abilities. The day concluded with an appreciation ceremony, where organizers and participants shared feedback, providing students with constructive insights into their planning and execution.</p> <p><b>Skills and Experiences Gained:</b> Throughout the event, students displayed strong organizational and interpersonal skills. The experience challenged them to manage time effectively, adapt quickly to changing situations, and maintain a positive attitude under pressure. Their roles in</p>



	<p>guest engagement and activity coordination strengthened their communication skills, fostering a deeper understanding of audience engagement in hospitality.</p> <p>Additionally, the event highlighted the importance of teamwork, as students collaborated to ensure the event ran smoothly. Their ability to handle real-time challenges, such as adjusting schedules or assisting guests with specific needs, demonstrated a level of professionalism and readiness for the demands of the hospitality industry. This hands-on experience was invaluable, reinforcing essential skills in event management, customer service, and collaborative problem-solving.</p>
<b>Accounts, if any</b>	<p>Rs. 220 X 71 guests</p> <p>Rs. 65 X 20 TYCRM students (only for food boxes)</p> <p>Rs. 65 X 3 faculty (only for food boxes)</p>
<b>Flyer of the Event</b>	
<b>Funds generated if any</b>	None
<b>Feedback or Suggestions for future</b>	
<b>Photographs of the event (at least 4-6)</b>	



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**FYBSC EVENT  
CULTURAL FARE  
24<sup>TH</sup> AND 25<sup>TH</sup> January 2024**

Department of Community Resource Management organized an event CULTURAL FARE to commemorate National Tourism Day (25<sup>th</sup> January).

It was two days programme (24<sup>th</sup> and 25<sup>th</sup> 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".





## F1 Group- Andhra Pradesh, Arunachal Pradesh, Bihar, Rajasthan (Mewar) (24<sup>th</sup> Jan 2024)

### CULTURAL FAIR .... ITHI [ ANDHRA PRADESH ]

-presented by F1 fybsc

**Mumbai January 24th :-**  
The cultural fair which was held by the CRM department of the college of home science nirmala niketan was a very fun and memorable event. A particular group was divided into small subgroups and was given a particular state/union territory to display at their stalls . We were given duration of 1 hour for preparation and then our fair had begun .




We were also happy to receive all the praise which we received for our hardwork . It was the first time for mostly each and everyone in our group to do such kind of activity

We had made various charts , art pieces relating to the rural culture . We had fun planning about the state (Andhra Pradesh) We came to know about a lot of interesting facts and we tried our best to present the beautiful and culturally rich state that we had gotten .




Also we would like to thank the CRM department for organising such a great event !!!!



### WE ARE THE NELLORE NOMADS COME EXPLORE WITH US!


Nellore is a city located on the banks of Penna River, in the Indian state of Andhra Pradesh. It is the fourth most populous city in the state.

#### Places To Visit in Nellore:

- 1) Ranganatha Temple:** Its known for its intricate architecture. The stone inscriptions are from late 100 BCE to 100 CE.
- 2) ISKCON Temple:** The International Society for Krishna Consciousness (ISKCON) has a presence in Nellore, and their temple is worth a visit for spiritual seekers.
- 3) Udayagiri Fort:** Also known as Dillani Kottai, it is a remnant of the regime of Travancore. The fort was used as a training ground for the king's army.
- 4) Pulicat Lake and Bird Sanctuary:** It is the 2nd largest brackish-water lake in India, is a haven for migratory birds.
- 5) Penchalakona:** A pilgrimage site known for the temple dedicated to Lord Narasimha, surrounded by scenic hills and waterfalls.
- 6) Mypadu Beach and Lighthouse:** Golden sands and gentle waves, this is a great place for a relaxing day by the sea.





#### Places for 1 Day Package:

- Ranganatha Temple
- ISKCON Temple
- Udayagiri Fort
- Pulicat Lake and Bird Sanctuary
- Penchalakona
- Mypadu Beach and Lighthouse

#### Additional Places for 2 Day Package

- Nelopattu Village
- Talakona Waterfalls
- Somasila Dam
- Venkatagiri Fort
- Nellore Tank
- Sri Mulasthaneswara Swamy Temple
- Sri Golingeswara Swamy Temple

#### WE OFFER

- Airline Ticketing and Reservations
- Itinerary Planning
- Hotel Reservations
- Tour Packages
- Travel Insurance



Andhra Pradesh situated in the southern part of India is the fifth largest state and was formed on 1st November 1956. It has longest coast line (972 km) amongst all states in India. The state is bounded by Tamil Nadu in the south, Karnataka and Maharashtra in west and Chhattisgarh and Odisha in the north.

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. They also learnt interesting facts about all the states and this improved their knowledge on India's diverse culture. The fair was truly a great experience for each and every one.

### **Arunachal Pradesh**



Arunachal Pradesh formerly known as North Eastern Frontier Agency (NEFA) is called as “The Land of Rising Sun”. The state is situated in the north-eastern part of India, bounded by China in the north, Assam and Nagaland in the south, Myanmar in the southeast and Bhutan in the west.

It was indeed a refreshing and a joyful experience seeing as it was like the state had come together under one roof. Students had fun displaying and learning about the historical significance, cultural, traditional and the tourist attractions of different states of India. Overall each one of them enjoyed the cultural fest and look forward for more interesting and fun experiences in the future.

## Bihar



Bihar is located in the eastern part of India and is bordered by Uttar Pradesh, Jharkhand, and West Bengal. The state has an area of 94,163 km<sup>2</sup> and a population of over 104 million people. Bihar is the third most populous state in India and has a population density of 110 people per square kilometer.

The cultural fest held at our college Nirmala Niketan 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. & even learn how enhance our socializing and communication skills. There's another benefit one can get by involving in fest is how to work in team, but overall it was an amazing and knowledgeable experience for the students.



## Rajasthan (Mewar)

The collage features several promotional materials for Rajasthan - Mewar. At the top, there are three brochures. The first, titled 'ABOUT OUR COMPANY', lists services like online ticketing, fare computations, and travel insurance. The second, 'GET IN TOUCH', provides contact information for Holiday Vista. The third, 'TOURIST SPOTS', highlights various locations in Mewar. Below these are more brochures and a central poster titled 'RAJASTHAN - MEWAR'. The poster includes a table with 'Tour Package' details, a list of 'WE OFFER' services, and contact information. To the right of the poster is another brochure titled 'ABOUT OUR COMPANY' and 'TOURIST SPOTS'. At the bottom, there are three photographs: a group of four women in traditional Indian attire standing behind a stall, a close-up of the stall display with various items, and a close-up of a poster titled 'F1 group'.

**ABOUT OUR COMPANY**

We offer excellent services, affordable prices, guaranteed security, private and custom tours every day.

**WE OFFER:**

- Online Ticketing and Reservations
- Fare Computations
- Itinerary Planning
- Hotel Reservations
- Airport Transfers
- Vacation Packages
- Tour Packages
- Travel Insurance

**GET IN TOUCH**

22, Patel Nagar Road, Ahmednagar, India. Pin-431001  
 Tel: 020-27462506  
 Email: holid@viva.com  
 Website: www.holidayviva.com

**TOURIST SPOTS:**

Chhatrapati Shivaji Maharaj Vastu Sangrahalaya  
 Chhatrapati Shivaji Maharaj Vastu Sangrahalaya  
 Chhatrapati Shivaji Maharaj Vastu Sangrahalaya

**RAJASTHAN - MEWAR**

**Tour Package:-**  
 2 Days/1 Night  
 Per Person - Rs. 8000

**WE OFFER:**

- Online Ticketing and Reservations
- Fare Computations
- Itinerary Planning
- Hotel Reservations
- Airport Transfers
- Vacation Packages
- Tour Packages
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 Chhatrapati Shivaji Maharaj Vastu Sangrahalaya

**F1 group**

Andhra Pradesh is located in the south eastern coast of India and is the eighth largest state in the country. The state is bordered by Chhattisgarh to the north, Odisha to the northeast, Telangana and Karnataka to the west, Tamil Nadu to the south, and the Bay of Bengal to the east. Its 974 km coastline is the second longest in the country



## F2 Group: Kerla, Mizoram , Uttarakhand , Goa (24<sup>th</sup> Jan 2024)

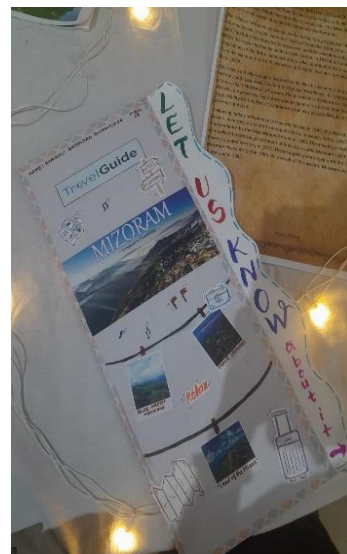
**Kerla:** Kerala state exhibition was a captivating experience, showcasing its rich culture through vibrant souvenirs, diverse culinary delights, traditional attire displays, and fascinating facts. Students enjoyed learning about states through different setups, models, charts or a varied form of presentation. They also got to have a great bond time with their fellow classmates in person. Group demonstrated effective collaboration, contributing diverse skills and ideas, they all managed to get whatever was available and tried to stretch our errand to get the best. Communication was clear, and tasks were distributed efficiently. Overall, a commendable effort with potential for such a great teamwork.



**Mizoram :** Mizoram (“Land of the Mizos”) was known as the Lushai Hills District of Assam before it was renamed the Mizo Hills District in 1954. In 1972 it became a centrally administered union territory under the name of Mizoram, and in 1987 it achieved statehood



Students have represented the Mizoram state through the concept of outline of the state. We displayed different points on the outline like, food, tourist attractions, culture & housing, dance, etc. with the help of colorful pictures and made it attractive by putting some doodles. Students enjoyed while finding the different names of the cuisines and places and pronouncing it. The fun part was the pronouncing certain dishes and places but it was bit interesting. They showcased different brochures with different contents. They developed in the exploring and creative abilities while showcasing the state with our brochures and other information. They learned how to handle the on the spot questioning and about the importance of unity in group work.



**Uttarakhand :** Uttarakhand is a state in North India. Its name, which means "northern land" or "section" or "northern part" in Sanskrit, is mentioned in early Hindu texts as the combined region of Kedarkhand and Manaskhand. In the Puranas, Uttarakhand was the ancient term for the central Indian Himalayas. In the cultural feast we represented the state of Uttarakhand. It was a great experience to represent the state. We personally got to know more about that state and it was really nice. It was



our first time to get a chance in collage event and I think we did it well. It was little difficult to give the all information about the state but we tried to give the best information from our side. It was nice to wear the clothes of that particular state.



**GOA :** It is located about 250 miles (400 km) south of Mumbai (Bombay). One of India's smallest states, it is bounded by the states of Maharashtra on the north and Karnataka on the east and south and by the Arabian Sea on the west. The capital is Panaji (Panjim), on the north-central coast of the mainland district. At the cultural fest, we showcased the state of Goa for the first time, organizing a



stall and participating in a college event for the first time as well. It was immensely enjoyable, and we gained valuable insights into managing tasks, effectively communicating about our stall, and the importance of teamwork.

Initially, we felt apprehensive about how our presentation of Goa would compare to others, but it exceeded our expectations. We found joy in our work, and receiving appreciation from teachers was the icing on the cake.



### F3 Group: Himachal Pradesh, Jharkhand, Karnataka

**Himachal Pradesh:** On 24th January 2024, a colorful and memorable cultural fest was organized in the college by fybsc students. The event was from 11.30 to 2.00 pm and it was held in the college auditorium. In this event, each group has to represent the state which has given by the college. There are many other group also representing different states. F3 group represented the Himachal Pradesh state by showcasing the food of Himachal Pradesh and their attires. They also have some brochures which had information about the Himachal Pradesh state. Guest were also invited and they were welcome by showering flower on them. Guest





were also invited and there were also some hidden judge. We prepare handmade souvenir like tibaten flags. Finally, It was amazing event. These type of event increase the knowledge and interest in the field of tourism and hospitality industry.

**Jharkhand:** Our group represented The State of Jharkhand, which lies in the northern part of India.

Through this cultural fair we learnt multiple skills like how to organize an event with limited resources and within a short period of time. How to manage money, time and resources. We also developed the skill of team work, management, temperament and making fair choices. We as a group arranged a stall where we displayed brochures of 5 unexplored cities and the capital of Jharkhand, Ranchi. We also displayed some famous cuisine and jewellery of the state. Charts giving information about the state, mostly spoken languages, folks, dresses, culture were also displayed. We also tried adding QR to our stall which visitors can scan and get a brief information about the cities we displayed and a gist of the Culture of Jharkhand and it also consists of few links that gives information about the food one can try while visiting Jharkhand and also the places one can be and a small guide to all the places. Faculty and students visited our stall and gave feedback on the information shared, display and other aspects of the fair presentation. Many liked the idea of QR code, as it was something new that people discovered which can be used for other purpose as well. Overall this fair taught us many skills and the feedbacks given helped us understand what was good and where we can make more improvements. We would like to thank The Principal of our college. Mrs. Vishakha for providing us with this opportunity and The HOD of CRM Department. Mrs. Sunata for guiding us throughout and Our Practical Faculty Mrs. Sakina for helping us through it all.

And all the other faculty for visiting our fair and giving us important inputs and feedbacks, also the non-teaching staff for helping us with other important aspects for this event to be successful.





## F4 Group: Maharashtra, Manipur, Haryana, Tamil Nadu (24th Jan 2024)

**Maharashtra:** Maharashtra is one of India's largest commercial and industrial centres, which has led to its being called the gateway of India. Maharashtra is also famous for its culture and beauty. The ancient cave paintings found at Ajanta and Ellora are UNESCO World Heritage sites and popular tourist destinations.

On 24th January 2024, the group of FyBSc. Students had cultural fest in hall. It was a colourful and memorable event. The event was whole day long and was held the auditorium. In this event, each group had a respective state to represent. One of the F4 group represented Maharashtra state by wearing attires, showcasing the famous food, they even had brochures which had various information about Maharashtras some cities. Guests were invited and treated well. The hospitality was up to point. At last, it was truly mesmerizing show as the team from various states represented. Everyone glued to the show till last.



**Manipur:** The name Manipur means “land of gems.” Its economy centres on agriculture and forestry, and trade and cottage industries also are important. The state capital is Imphal, located in the centre of the state. Area 8,621 square miles (22,327 square km). :

F4 group presented Manipur, A very Underrated state. We had put up stalls and we also dressed up with the attires of Manipur to represent our state. We showcased some display the charts on the different topics. We displayed the famous foods, places, language, attire, culture, tourist spots, festivals, sports, people, actors and etc. We had also displayed the picture of the chief minister of Manipur Mr. N. Biren Singh. We all made brochures on various attractions of the state to give the visitors an idea of the place. We interacted with the guests and also had a quiz session with them. We displayed coconuts to represent a local game known as yubi lakpi. It was truly a very fun and learning experience with enthusiasm which helped us learn about skills related to hospitality and tourism industry. We learnt about event planning then execution and as well as the communication skills. We enjoyed the event thoroughly.



### **Haryana:**

The students of FYBSC group F1234 has celebrated the cultural events on Wednesday, 24th January 2024. held at collage hall. The groups are divided into a sub-groups and has represented different States of India in the event. The event start at 11:30 till 2:30. In F4 group we we represented Haryana. and other groups in FY represent different states. We put the stalls and wore the Haryana attires to represent the Haryana state. We showcase some display the charts on the different topics. We showcase about the famous foods, places, language, attime, culture, tourist spots and it's festivals. We all made a brochures on Famous tourist spots to visit and about the speciality of place. The guests, teachers and other students. has visited the all stalls and enjoy the event. We interact with them all and represented our state Haryana and tell them about the specialities of states and what it is famous far



Everyone fully enjoyed the events and learnt something new about the different places. etc. We learn about something related to hospitality and communication skills in event. The visitor and the representers enjoy this joyful and beautiful events.



### Tamil Nadu:

On 24th February 2024, FYBSC students of Nirmala Niketan college had a vibrant and memorable cultural fest in the college hall. The event started at 11.30 and continued till 2.45 in the noon. Different states were allotted to each group by our ITHI teachers, which had to be represented by them. One of the F4 group got to represent Tamil Nadu. Their traditional attires, cultures, tradition and food were showcased. They had brochures which displayed information about various tourist places in Tamil Nadu. Teachers and some were invited as guests. The hospitality given to guest was good there was positive feedback. Altogether it was truly a mesmerizing show. It felt as if whole India was showcased in one place.





**Date : 24th January, 2024**  
**Day: Wednesday**  
**Venue: Marie Adelaide De Cice Hall ,**  
**New Marine Lines , Mumbai**  
**Topic : Cultural Fest (States of India )**

On 24th January , FYBSC students of Nirmala Niketan college of Home Science had a vibrant and memorable Cultural Fest conducted in the college hall. The event started at 11:30 am and continued till 2:45 pm.

Different states were allotted to each group by our ITHI teachers which had to be represented .One of the F4 group represented the state Tamil Nadu . Their traditional attires were worn by the students , different cultures , traditions and popular food were showcased . They had brochures which displayed information about various tourist places of Tamil Nadu . Teacher's were invited as guests .The hospitality provided by students was excellent and guests gave a positive feedback .

The students got to learn about different states of India under one roof . Altogether it was a mesmerizing event where each group represented the uniqueness of their respective state .

**25<sup>th</sup> January 2024**

**F5 Group: Madhya Pradesh, Sikkim, Andaman Nikobar, Uttar Pradesh**

**Madhya Pradesh**

World Tourism Day provides a platform to promote global tourism and raise awareness about its social, cultural, political, and economic impact. This report highlights the participation in World Tourism Day festivities by setting up a stall dedicated to showcasing the beauty and cultural richness of Madhya Pradesh.

The stall aimed to capture the essence of Madhya Pradesh, known for its diverse landscapes, historical monuments, and rich cultural heritage. A visually appealing display included vibrant images of iconic destinations such as Khajuraho, Gwalior Fort, and the lush landscapes of Kanha National Park. Traditional

handicrafts, textiles, and artifacts added a tactile element to engage visitors and convey the state's cultural wealth.

To create an immersive experience, the stall incorporated interactive activities. Visitors were invited to know about Madhya Pradesh's history, geography, and cultural nuances, fostering both education and engagement. Additionally, a virtual reality (VR) station provided an immersive tour of key attractions, giving attendees a taste of what the state has to offer.

A dedicated section offered samples of Madhya Pradesh's culinary delights. The stall served as a hub for promoting sustainable and responsible tourism, emphasizing the importance of preserving the state's natural and cultural treasures.



The participation in World Tourism Day through the Madhya Pradesh stall proved to be a resounding success. It not only celebrated the global spirit of tourism but also showcased the state's cultural richness, historical significance, and natural beauty. The interactive elements, cultural performances, and gastronomic delights combined to create a memorable experience, leaving a lasting positive impression on attendees and inspiring future travel to Madhya Pradesh.

## Sikkim



On 25th January 2024 College Of Home Science Nirmala Niketan had organised cultural fest on the occasion of World Tourism Day. In these fest the students of FYBSC represented different states of India.

One of the groups from F5 represented state SIKKIM. Sikkim is located in the Northeast part of India. To represent the state, we were dressed in saree having particularly white/off white colour having red border. Different kinds of showpieces, brochures and chart were kept to know more about the state. A beautiful shawl made from the yark yarn was kept. Famous delicacies of the state such as momos and thukpa were added to stall to represent the state.



Likewise different group of students represented different states of India representing its rich culture and heritage. Students and staff members visited this fest. Everyone enjoyed and got to know some hidden and beautiful places in India.



### Andaman Nikobar

On January 25th, 2024, Our College had a Fun Cultural Fair. We, the students of FY BSC, dressed up to represent different states. There were stalls in the hall with cool stuffs like cultural things, tasty foods, and interesting cultural charts like Maps and brochure. We wore special clothes to represent our state.

Everyone - parents, teachers, and judges - had a good time checking out our stalls. We also had a cool thali chart brochure. We all were dressed up in the local attire of Andaman and Nicobar provided every one with the information about their cool culture, food, festival and a pretty ornaments like shells and stones.



We shared about the many islands on the chart of Andaman and Nicobar's Map that one can visit with their family and friends.

### Uttar Pradesh

Students represented Uttar Pradesh on this special occasion by dressing as per their state. They had brochures, charts, booklets, charts thali with real food items or prints of the food items, games, etc. Many teachers, parents, other faculty members of the college and students visited the stalls. There were hidden judges allotted to judge the students throughout the program. Fair began at 11:00 am and ended by 2:30 pm with sweet memories and lots of fun and incredible experience.



### F6 Group: Assam, Gujarat, Odisha, Lakshadweep

**Assam:** We performed as the state Assam through the concept of the state. We displayed different points like, food, tourist attractions, culture & housing, dance, etc. with the help of colorful pictures and made it attractive Kazi Ranga national park and placed some silk fabric as it is famous over there. We enjoyed while finding the different names of the cuisines and places and pronouncing it. The fun part was the pronouncing certain dishes and places but it was bit interesting. We showcased different brochures with different contents. We developed while exploring and creative abilities while showcasing the state with our brochures and other information. We learned how to manage the event, team work and collaboration, problem solving, how to manage the limitations and time, keep attention with details and Budgeting and Financial Management. The Assam Cultural Fest served as a vibrant celebration of Assamese culture, fostering pride and appreciation among attendees. It provided a platform for cultural exchange and solidarity, reaffirming the importance of preserving and promoting Assam's rich cultural heritage. We extend our gratitude to all participants, organizers, and supporters for making this event a memorable success.





## Gujarat

Gujarat is located on the western coast of India and has the longest coastline of 1,600 km among all the states in the country. It is bounded by Pakistan to the northwest and by the Indian states of Rajasthan to the north, Madhya Pradesh to the east and Maharashtra to the southeast.

We got an opportunity to study and work on a beautiful state of India Gujarat. We got to learn a lot about this beautiful culture. We were happy and proud to represent Gujarat. We were group of 4 representing Gujarat. Arrivals of different teams begin the head of department some parents and teachers visited our stalls. We were happy to represent Gujarat.



**Odisha:** Odisha (formerly Orissa), an eastern Indian state on the Bay of Bengal, is known for its tribal cultures and its many ancient Hindu temples. The capital, Bhubaneswar, is home to hundreds of temples, notably the intricately-carved Muktesh Vara

Our team was assigned Odisha. A state with rich culture in food, tradition and language. The cultural fest was visited by the HODs of our college, students and parents. Its was an amazing experience as we learned a lot by this activity



### Lakshadweep:

“Lakshadweep, the group of 36 islands is known for its exotic and sun-kissed beaches and lush green landscape. The name Lakshadweep in Malayalam and Sanskrit means ‘a hundred thousand islands.’ this grand show commenced by the Arrival of various teams. The Head of Department and some parents visited our stalls.

We were divided in 4 groups. We were privileged to share information about Lakshadweep. Personally we got to learn more





about this precious Union Territory. We were happy and proud to promote Lakshadweep.



### **F7Group: Tripura, Telengana, Ladak, Chhattisgarh.**

**Tripura** State Display: A Glimpse into the Enchanting Charm of Northeast India.

Tripura is a hilly state in northeast India, bordered on 3 sides by Bangladesh, and home to a diverse mix of tribal cultures and religious groups. In the capital Agartala, the imposing Ujjayanta Palace is set among Mughal gardens, and Gedu Mia's Mosque has white marble domes and towers. South of the city, Neermahal summer palace sits in the middle of Lake Rudrasagar and blends Hindu and Islamic architectural styles

We the students of Fybsc, namely, Iqra Shaikh, Aatiqua Shaikh, Nadiya Shaikh and Abeer Shaikh, at the Tourism Day celebration at Nirmala Niketan College of home science showcased the captivating beauty and rich cultural heritage of Tripura, a hidden gem nestled in the northeastern part of India. The event aimed to educate and inspire students, parents and teachers about the tourism potential of this lesser-explored state while fostering a deeper appreciation for its unique offerings.

The Tripura State Display featured an array of immersive exhibits, informative presentations, and interactive activities designed to transport attendees on a virtual journey to this enchanting destination. From cultural to culinary delights, the event offered a comprehensive exploration of Tripura's diverse attractions.

**Cultural Showcase:** Visitors were welcomed in the traditional Tripura style conveying greetings in the state language of Tripura. There was a visual representation of the traditional Tripura costume provided.

The showcase of the mesmerising Heritage And Natural Splendours were done through pictures and brochures.

**Culinary Delights:** we offered a tantalizing array of Tripura's culinary specialties, ranging from savoury delicacies to sweet treats. Attendees indulged in tasting the mouthwatering dish called Chakhwi.



The Tripura State Display on Tourism Day was a resounding success, achieving its goal of promoting awareness and appreciation for Tripura's tourism potential. By showcasing the state's cultural richness, historical significance, natural beauty, and gastronomic delights, the event inspired students to explore Tripura as a destination worth discovering. As attendees left with newfound knowledge and enthusiasm, the event underscored the importance of tourism in fostering cultural exchange, promoting sustainable development, and creating memorable travel experiences.



### Telangana:

Telangana is a state in southern India. In the capital of Hyderabad, the Charminar is a 16th-century mosque with 4 arches supporting 4 towering minarets. The monument overlooks the city's long-running Laad Bazaar. Once the seat of the Qutb Shahi dynasty, the sprawling Golconda Fort is a former diamond-trading center. In the city of Warangal, the centuries-old Warangal Fort features carved stone towers and gateways

The cultural fest at college of Home Science Nirmala Niketan on January 24 and 25, 2024, in celebration of National Tourism Day, showcased the vibrant diversity of India through the participation of FYBSc students. Divided into groups representing different states, the event provided a rich tapestry of cultural experiences.

As representatives of Telangana, the team consisting of Diksha Singh, Lakshaami Shetty, Zaara Shaikh, and Sameeya Shaikh, displayed the essence of the state with enthusiasm. The hall was transformed into a kaleidoscope of Telangana's culture, featuring traditional outfits, a detailed map highlighting food, art, festivals, Tollywood, and tourist attractions.

The centrepiece included impressive 3D models of Char Minar, Statue of Equality, Golconda Fort, Hussain Sagar, and Ramoji Film City, drawing widespread admiration. The team's presentation also featured a variety of authentic Telangana dishes, including Hyderabad biryani and idli.

The tables were adorned with three brochures showcasing tourist places, famous restaurants, and the history of Telangana, each accompanied by enticing tour and travel packages. The focal point of their display was the striking 3D models and Bathukamma, garnering special appreciation.





Wearing the traditional Langavoni of Telangana, the team showcased the cultural richness through images of temples and established a fictional travel agency named "ZSLD." Lungi, saree, and gamcha added an authentic touch to their presentation, earning widespread praise.

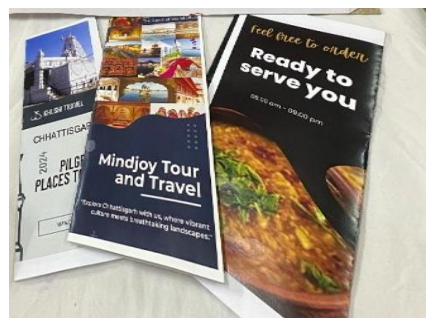
In summary, the Telangana representation at College of Home Science Nirmala Niketan's cultural fest was a resounding success, highlighting the diverse facets of the state's culture, history, and tourism offerings. The efforts of the team, through creative displays and interactive elements, contributed significantly to the overall success of the event.



### Chhattisgarh:

Chhattisgarh is a heavily forested state in central India known for its temples and waterfalls. Near the capital Raipur, the town of Sirpur on the Mahanadi River is home to the red-brick Lakshmana (Laxman) Temple, decorated with carvings from Indian mythology. In the south, the city of Jagdalpur hosts the Sanjay Market on Sundays, a bartering place for local tribes. The huge Chitrakoot Falls lie to the northwest

In the Chhattisgarh section, we trio consisting of Tambe Bushra, Khansa Sunesara, and Khushi Singh showcased the state's rich culture. Dressed in traditional attire, we transformed the college hall to reflect the essence of Chhattisgarh. As a representative of Chhattisgarh, we undertook the responsibility to showcase the rich cultural heritage of the state. To enhance the representation, We created a 3d Wildlife Sanctuary project on thermocol, highlighting the state's biodiversity, and crafted temples on cardboard, showcasing the



architectural marvels of Chhattisgarh. These visual displays aimed to provide a glimpse into the state's natural beauty and religious significance. Adding an element of fun, we organized a 'Spin the Wheel' game, engaging participants and offering an opportunity to win chocolates. The game not only entertained but also educated attendees about Chhattisgarh's cultural nuances and traditions. To disseminate information effectively, a comprehensive booklet detailing Chhattisgarh's history, traditions, and landmarks was made available. This booklet served as a handy guide for visitors to understand the cultural richness of the state. Our representation of Chhattisgarh wouldn't be complete without showcasing its culinary diversity. Various traditional foods from the state were displayed on our table, like Dubki kadi, Sabudana Khichdi, khurma and etc for allowing attendees to savor the authentic flavors of Chhattisgarhi cuisine. Furthermore, we presented three brochures, highlighting wildlife, waterfalls, food, and temples. Each brochure included tour and travel packages, enticing visitors to explore Chhattisgarh. The focal point of the Chhattisgarh section was the wildlife sanctuary project, garnering widespread appreciation for its creativity and attention to detail.

The effort and creativity displayed by the students were met with admiration and applause from both teachers and attendees. The fest successfully promoted cultural exchange and awareness, aligning with the spirit of National Tourism Day

The cultural fest at College of Home Science Nirmala Niketan provided a platform for students to celebrate and appreciate the diverse cultures within India. The Chhattisgarh representation successfully conveyed the state's unique identity through creative projects, interactive activities, and a gastronomic journey. The event not only fostered cultural exchange but also contributed to a memorable and enriching experience for all participants

**Ladak: The Land of High Passes:** Ladakh, a union territory of India, captivates with its stark and breathtaking landscapes nestled amidst the Himalayas. Renowned for its high-altitude desert, ancient monasteries, and vibrant culture, Ladakh stands as a testament to India's diverse terrain. The region's unique blend of Tibetan Buddhism and Ladakhi traditions adds an enchanting layer to its identity, making it a destination of both spiritual significance and natural splendor.

Welcoming everyone to our stall with the heartwarming Ladakhi greeting of "Julley," a word that carries the essence of both hello and goodbye. This simple yet profound salutation set the tone for an inclusive and culturally immersive experience, inviting visitors to explore Ladakh's beauty and charm within the confines of our enchanting display.

At our stall, we meticulously curated a 7-day Ladakh tour experience, offering brochures brimming with insights into the region's culture, influences, and lifestyle. The ambiance was adorned with an array of artifacts, including Thangka paintings, prayer wheels, monks, Buddha statues, wood-carved elephants, copperware, brass utensils, wind chimes, and charms. A visual feast of Ladakh's diversity unfolded as visitors explored our showcase. To enhance the immersive experience, we featured souvenirs such as Ladakh fridge magnets, jewelry, and crystals. Culinary delights took center stage with a display of Thukpa and Momos. A model barley crop proudly stood, representing the staple food of Ladakh.



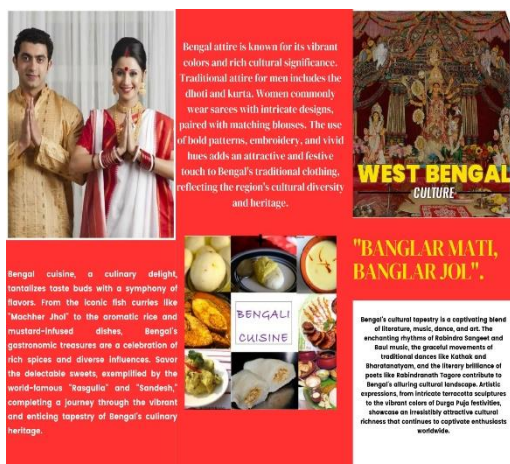
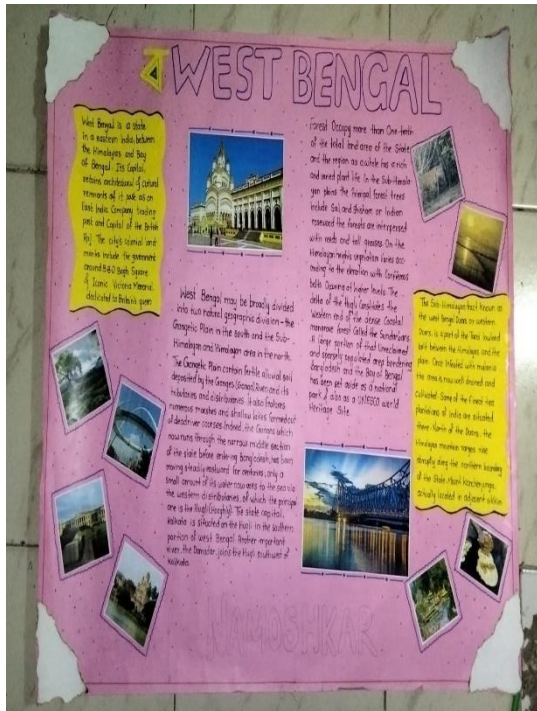


### F8-West Bengal, Jammu Kashmir, Punjab

**West Bengal:** With the tagline **“Experience Bengal – The Sweetest Part of India”**, the state focuses on preserving its wonderful tourist spots.

West Bengal is a state in eastern India, between the Himalayas and the Bay of Bengal. Its capital, Kolkata (formerly Calcutta), retains architectural and cultural remnants of its past as an East India Company trading post and capital of the British Raj.







## Feedback report

I 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 24<sup>th</sup> January and 25<sup>th</sup> 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.




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


**DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT**  
**COLLEGE OF HOME SCIENCE NIRMALA NIKETAN**  
(Affiliated to the University of Mumbai)  
**2023 - 2024**

**SOUL ALLIES – INFORMAL EVENT @ TYCRM HOSPITALITY**

<b>Name of the Event:</b>	Soul Allies
<b>Title of the Program:</b>	Student Led Activity – Informal Events organised by TYCRM Hospitality Elective
<b>Name of the organizing Department:</b>	Department of Community Resource Management
<b>Level (Local/State/Inter-collegiate/ National/International):</b>	Local
<b>Day and Date:</b>	27 <sup>th</sup> January 2024 Saturday
<b>Time</b>	2.00 – 5.30 pm
<b>Platform used (if online)</b>	Offline event
<b>Venue (Meeting Link, if Online)</b>	Marie de Cice Adelaide Hall, College of Home Science Nirmala Niketan Mumbai – 20
<b>Name of the Committee Organizing:</b>	TYCRM Hospitality Students under the guidance of Dr. Roopa Rao Associate Professor & Faculty-in-charge
<b>Organizing Team (Chairperson, Convenor, Co-Convenors and members)</b>	Kameswari Ushasree, Aqsa Khan, Charisma Thampy, Rashida Badri, Asmita B., Niyati Sanghavi, Krisha Chheda, Aafiyah Shaikh
<b>Invited by/ Requested by:</b>	Organized & conducted by Dr. Roopa Rao
<b>Name of the Collaborators (if any):</b>	None
<b>Resource person invited: Designation:</b>	Student Led Event (Informal Event)



<b>Affiliation: Organization:</b>	
<b>Beneficiaries/ Participants and number</b> <ul style="list-style-type: none"> <li>- <b>Guests / Dignitaries</b></li> <li>- <b>Management Representative/s</b></li> <li>- <b>Staff (In-House / Out-House)</b></li> <li>- <b>Students (In- House / Out- House)</b></li> <li>- <b>Any other</b></li> </ul>	17 Hospitality Elective students from the TYCRM (2024 – 25) batch <ul style="list-style-type: none"> <li>- 68 Guests attended the event (outsiders) @ Rs. 220/- per person</li> <li>- 3 faculty attended</li> <li>- 28 TYCRM students (Id and Hospitality elective)</li> </ul>
<b>About the Event (Event Flow, if available):</b>	<p>As part of the practical course "Events in the Hospitality Industry," eight TYCRM (Hospitality Elective) organized an informal event on Saturday, 27<sup>th</sup> January 2024 from 2.00 – 5.30 pm. Planning, organizing, and conducting this informal gathering was a learning opportunity demonstrating students' organizational capabilities, teamwork, and creativity.</p> <p>The pre-activities such as – brainstorming for the theme, and target audience, selecting the title, and name, creating the poster, and marketing the event started 5 months before. Several themes were discussed and debated. Once the target group (18 – 26 years) was decided the ideas flowed in amongst the group.</p> <p>The basics of event management especially in the hospitality industry were learnt practically through organising the event. The break-up of the collected amount as in 55% Food, 20% Décor, 10% workshops/activities/games, 15% gifts/takeaways/ souvenirs/surprise gifts helped in further planning the event flow.</p> <p><b>Event Flow on the Day:</b> The event followed a structured yet relaxed format, beginning with a warm welcome by the organizing students, setting a positive tone for all participants. The initial phase included introductory speeches where students shared insights into the purpose of the event, highlighting its relevance to their studies and future career aspirations in the hospitality industry. This was followed by a variety of interactive activities designed to engage participants, including games, live performances, and team-based tasks. Throughout the day, students took turns managing different roles, from coordinating activities to handling guest interactions, providing them with real-time exposure to the demands of hospitality roles.</p> <p><b>Skills and Experiences Gained:</b> Students gained hands-on experience in event planning, guest management, and teamwork. They demonstrated adaptability, particularly in handling unexpected situations that required quick thinking and a calm approach. Communication skills were essential, as they navigated interactions with both peers and guests,</p>

	<p>gaining confidence in their abilities to engage with diverse audiences. Moreover, time management was crucial in adhering to the schedule while ensuring that each segment of the event ran smoothly.</p> <p>Through this event, students developed a deeper understanding of the hospitality industry's dynamic nature, enhancing their leadership abilities, problem-solving skills, and capacity for effective collaboration. This experience stands as a practical foundation for their future roles in the industry.</p>
Accounts, if any	<p>Rs. 220 X 68 guests  Rs. 70 X 22 TYCRM students (only for food boxes)  Rs. 70 X 3 faculty (only for food boxes)</p>
Flyer of the Event	
Funds generated if any	None
Feedback or Suggestions for future	
Photographs of the event (at least 4-6)	





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## INSTITUTION'S INNOVATION COUNCIL

### ANNUAL REPORT

**Year: 2023-24**

The Institution's Innovation Council (IIC) focuses on creating an ecosystem to foster the culture of innovation and entrepreneurship development. The IIC motivates students to indulge into idea generation, design development process, prototyping and business model development. It also encourages and supports innovative students to take up their ideas and have their own start-ups and entrepreneurial ventures.

#### Staff members in the committee:

Name	Department	Position
Dr. Anjali Srivastava	Textile and Fashion Technology	President and ARIIA Coordinator
Ms. Fatima Kader	Foods, Nutrition and Dietetics	Convenor
Ms. Vrinda Udiaver	Textile and Fashion Technology	Start-up Activity Coordinator
Dr. Ritu Madhan	Textile and Fashion Technology	Innovation Activity Coordinator
Ms. Minelly Rodrigues	Foods, Nutrition and Dietetics	IPR Activity Coordinator
Mrs. Vibhuti Khedekar	Textile and Fashion Technology	Social Media Coordinator

#### Key Areas of Innovation and Entrepreneurship

- Foods & Nutrition
- Textile Fibres & Fabric
- Fashion Technology
- Technical Textiles
- Community Outreach
- Sports and Fitness
- Sustainable Development
- Women Empowerment
- Health and Wellness

#### Courses Offered at B.Sc & M.Sc Programmes related to:

- Marketing, Merchandising & Entrepreneurship
- Intellectual Property Rights
- Entrepreneurship
- Social Entrepreneurship
- Value Added Course in Entrepreneurship in Textile Crafts
- Design Thinking, Innovation & Start-ups



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<b>Incubation &amp; Innovation Facilities in Campus</b> <ul style="list-style-type: none"> <li>• Pre-incubation and incubation Centre</li> <li>• Library as a knowledge centre</li> <li>• ICT support</li> <li>• Technologically well-equipped laboratory</li> <li>• Innovation Cell</li> <li>• In-house mentors</li> <li>• Industry &amp; Consultants</li> </ul>	<b>Pre-Incubation Support</b> <ul style="list-style-type: none"> <li>• Awareness building sessions</li> <li>• Motivational Talks</li> <li>• Mentoring Support</li> <li>• Skill Development Workshops</li> <li>• Out-Reach programmes</li> <li>• Visits to various Centres</li> <li>• Market Opportunities &amp; Exhibitions</li> </ul>
<b>Participation in MIC Activities</b> <ul style="list-style-type: none"> <li>• Orientation Program</li> <li>• Online Sessions</li> <li>• Leadership Talks</li> <li>• IA Training</li> <li>• KAPILA</li> <li>• ARIIA</li> <li>• Zonal Meetings</li> <li>• Hackathon</li> </ul>	<b>Best Practices through IIC</b> <ul style="list-style-type: none"> <li>• Promoting entrepreneurial ventures</li> <li>• Innovative products and services development (POC)</li> <li>• Community Out-Reach</li> <li>• Social entrepreneurship</li> </ul>

## DETAIL REPORTS OF THE ACTIVITIES OF IIC

### 1. WORLD ENVIRONMENT DAY CELEBRATION

#### Tree Plantation and Seed Ball Making Workshop- Date: 19<sup>th</sup> August 2023

The Institution's Innovation Council (IIC) and NSS Unit of College of Home Science Nirmala Niketan celebrated World Environment Day by organizing a Tree Plantation activity and Seed ball making Workshop on 19<sup>th</sup> August 2023. Ms. Rashmi Joshi, Environment Consultant invited to conduct the workshop of seed ball Making. She has donated 100 saplings to the college which were later distributed among students and staff members. Many NSS Volunteers and other college students took part in this initiative.

Number of student participated 100

Number of teacher: 4

#### Flyer of the event



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Tree Plantation Drive, Seed Ball Making by Rashmi Maam, Oath taking  
Date: 19th August, 2023

Sr. No.	Name of the student	Class	Signature
1.	Abbasi Taranum	FYBSc	T. Abbasi
2.	Acharya Rakshita	FYBSc	Rakshita
3.	Adaniya Hardika	FYBSc	Hardika
4.	Bhavnagarwala Maryam	FYBSc	Maryam
5.	Bhoir Disha	FYBSc	Disha
6.	Bohari Ummulkiram	FYBSc	Ummul
7.	Bohra Mariya	FYBSc	Mariya
8.	Bohra Zainab	FYBSc	Zainab
9.	Borhade Nilaksha	FYBSc	N. Borhade
10.	Challawala Zainab	FYBSc	Zainab
11.	Dalvi Jalshikha	FYBSc	J. Dalvi
12.	Dmello Janice	FYBSc	Janice
13.	Dmello Richelle	FYBSc	Richelle
14.	Dsilva Asher	FYBSc	A. Dsilva
15.	Dsouza Sarah	FYBSc	Sarah
16.	Dudwadkar Sace	FYBSc	Sace
17.	Dusara Vrisha	FYBSc	V. Dusara
18.	Gaikwad Akansha	FYBSc	Akansha
19.	Gaikwad Ritika	FYBSc	Ritika
20.	Gala Bhoomi	FYBSc	Bhoomi
21.	Ishqui Zahra	FYBSc	Zahra
22.	Jhaveri Kesha	FYBSc	Kesha
23.	Job Lydia	FYBSc	L.J.



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24.	Kamble Sanika	FYBSc	S. Kamble
25.	Kanorwala Tasneem	FYBSc	T. Kanorwala
26.	Kapdawala Ummehani	FYBSc	U. Kapdawala
27.	Karwat Sarah	FYBSc	S. K.
28.	Khadija Kodia	FYBSc	K.K.
29.	Khan Aishah	FYBSc	Aishah K.
30.	Khan Fayeza	FYBSc	Fayeza Khan
31.	Mandavkar Aditi	FYBSc	Aditi M.
32.	Mane Riya	FYBSc	RM
33.	Khan Mahek	FYBSc	Mahek K.
34.	Majoriya Zoya	FYBSc	Zoya M.
35.	Kupekar Sejal	FYBSc	Sejal K.
36.	Lapasiya Urvashi	FYBSc	U. Lapasiya
37.	Lehry Ummehani	FYBSc	U. Lehry
38.	Mota Dristhi	SYBSc	Dristhi M.
39.	Siddiqui Aliza	SYBSc	Aliza S.
40.	Siddiqui Safura	SYBSc	S. S.
41.	Bane Amisha	SYBSc	A. Bane
42.	D'costa Joaine	SYBSc	J. D'costa
43.	Batliwala Misbah	SYBSc	Misbah B.
44.	Khan Erum	SYBSc	E. Khan
45.	Qureshi Tanya	SYBSc	T. Qureshi
46.	Gupta Shivani	SYBSc	S. Gupta
47.	Ram Anuradha	SYBSc	A. Ram
48.	Kanekar Vaishnavi	SYBSc	V. Kanekar
49.	Tole Tahoora	SYBSc	T. Tahoora

50.	Nadariya Khadija	SYBSc	K. Nadariya
51.	Oza Kinjal	SYBSc	K. Oza
52.	Zaidi Nashra	TYBSc	N. Zaidi



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## 2. **3<sup>rd</sup> Anniversary of NEP 2020 and Akhil Bhartiya Shiksha Samagam**

The Ministry of Education, Govt. of India has organized a mega event to celebrate the 3rd Anniversary of the National Education Policy (NEP) 2020 and the 2nd edition of the Akhil Bhartiya Shiksha Samagam from 29th to 30th July 2023, at Pragati Maidan, New Delhi. The mega exhibition event was inaugurated and addressed by the Hon'ble Prime Minister of India Shri Narendra Modi, and ministers from different ministries of the central and state governments, foreign embassies in India, and industry leaders made a visit to the program for both days and more than 3.00 lakhs visitors have visited the exhibition. More than 300+ stalls and pavilions were set up by various early-stage startups, edutech growth stage startups, innovators, and institutions and they demonstrated their contributions and breakthrough innovation achievements towards achieving the overall goal as envisioned under the National Education Policy 2020.

Faculty and students attended an online national level event organized by MIC's Innovation Cell on 29<sup>th</sup> and 30<sup>th</sup> July 2023.

(YouTube link - [https://www.youtube.com/watch?v=k\\_FuSq\\_ANmw&t=1051s](https://www.youtube.com/watch?v=k_FuSq_ANmw&t=1051s))



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2nd Akhil Bhartiya Shiksha Samagam, 2023 | IECC Convention Centre, Pragati Maidan, New Delhi





3. **SKILL ENHANCEMENT WORKSHOP FOR ENTREPRENEURSHIP DEVELOPMENT - HUNAAR KARYASHALA**

**Hands-On Workshop on Bag Making**

Organized by Department of Textile & Fashion Technology

In Collaboration with Entrepreneurship Incubation Cell, College of Home Science

Nirmala Niketan

Date and Time: 19<sup>th</sup> September 2023, 12 noon – 3pm

Venue: 3<sup>rd</sup> Floor & 5<sup>th</sup> Floor Clothing Lab, College of Home Science Nirmala Niketan

No. of Participants T.Y.B.Sc - 20

M.Sc I - 11

M.Sc II - 5

Event Flow Welcoming the Resource Person: Ms. Bilquis Dhrolwala – Illustrious Alumna

Hands-on Workshop by Ms. Bilquis Dhrolwala

Vote of Thanks

Faculty present:

- Dr. Pratima Goyal
- Dr. Vishaka Karnad
- Dr. Ritu Madhan
- Dr. Neha Mulchandani
- Ms. Vrinda Udiaver
- Dr. Anjali Srivastava

Organizing Team: Dr. Pratima Goyal and Dr. Ritu Madhan

The event was organized as a part of Hunaar Karyashala, series of Skill Enhancement Workshops organized in collaboration with the Entrepreneurship Incubation Cell on 19th September 2023. The event was organized under the guidance of Dr. Pratima Goyal and Dr. Ritu Madhan.

The Hands-on Workshop on Bag Making conducted by our illustrious Alumna, Ms. Bilquis Dhrolwala was organized for the students of T.Y.B.Sc, M.Sc I and M.Sc II of the Department. Prior to the workshop, the students were given the material list, so that they could have a hands-on experience. Ms. Bilquis Dhrolwala had carried a few samples of bags, like backpack, sling bag, pouches, gadget sleeves, etc. She demonstrated three basic styles, one each of pouch, lunch bag and sling bag to the students. The students were eager to make the prototypes for themselves and each group made one prototype of:

T.Y.B.Sc: Pouch

M.Sc I: Lunch bag

M.Sc II: Sling bag

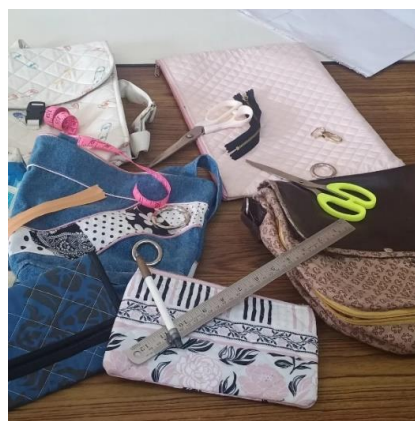
The students managed to complete sewing their prototypes within the stipulated timeframe and gained experience and learnt a new skill. It was a holistic experience for the students on



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## Photo evidence



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#### 4. EXPOSURE AND FIELD VISIT FOR PROBLEM IDENTIFICATION

**Collaborative organization: Bhakhar Foundation, Bhagat Singh Nagar, Goregaon**

Department of Textile and Fashion Technology, College of Home Science Nirmala Niketan under the aegis of Institution's Innovation Council had arranged a field visit to a slum area of Bhagat Singh Nagar, Goregaon, Mumbai with the help of Bhakhar Foundation on 21<sup>st</sup> October 2023. This visit was organized for the T.Y.B.Sc. students of the department under the subject of Sustainable Community Work. The aim of the visit was to identify real life problems faced by an underprivileged section of the society living in this slum area.

Bhakar Foundation is a non-profit organization engaged in working with unorganized laborers, children, women and other vulnerable groups in Mumbai. It was established in the year 2019 and playing an active role in addressing the issues of Domestic workers, Single mothers, Children, Naka Workers, Construction Workers, Transgenders, vulnerable communities, and other unorganized laborers. They are working in the areas of health, women and youth empowerment, child rights and child development, community development, disaster management, etc.

Under the women and youth development program they have extended help through women SHGs, leadership development program and capacity building program for the target group.

Their programs include Poshan Ahar, Community Children Sports House, The Pad Project, Counselling center, Women and youth development program, Covid-19 Relief work, Community Library, Sakhi Samvaad and Computer training center.

Other programs such as gender sensitization program, awareness training of ANM (Anganwadi Sevika) and health work, senior citizen group, conducting season and workshops on child rights and child sexual abuse, domestic violence act, etc. has also effectively made impact on people's lives.



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All of these programs are run through Bhakar Foundation Community Development Center at Bhagat Singh Nagar 2, Goregaon west. Through their small set-up they are trying to provide community service with the aim to make them self-reliant.

Students of the department got to know about the various initiatives of the Bhakhar Foundation. They have also visited Bhagat Singh Nagar area and interacted with slum women to understand their problems and identify their skill set so that they can design future strategy for community work.

We are thankful to Mr. Deepak and the entire team of Bhakhar Foundation to facilitate this visit.

This visit was possible with the support of Dr. Pratima Goyal, Head of the Department of Textile and Fashion Technology. Other department faculty accompanied the students including Mrs. Vrinda Udiaver, Dr. Anjali Srivastava and Dr. Neha Mulchandani.

The women of the community were eager to learn product development using waste fabrics. Some of them knew machine stitching. The students of the department were willing to work in collaboration with the women of the community to teach the skills of product development using waste fabrics which can be sold in the market and thereby help them to develop their own entrepreneurial ventures.

#### Photo evidence



*Deepak*

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Month: <u>Oct</u>		TYBSc. (Home Science) Textile and Fashion Technology - Semester V (2023-2024)																															Total No. of Working Days:		
S. No.	Name of the Student	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	AR	PR	TOT
1	Anam Anam Mubd Shamin Zeevat	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
2	Bahara Sakina Javer Nafisa	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
3	Boswala Umamalleswaru Mohammed Bhat	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
4	Deven Bhavika Prakashchand Rajeshwari	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
5	Dharwale Rabeet Zameer Juma	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
6	Ghazizawa Misba Hafique Sharmim	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
7	Kachwala Sakina Ibrahim Arwa	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
8	Kasmani Iqra Abdul Majid Razia	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
9	Khas Arif Shamsuddin	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
10	Khan Mastana Amin Saameen	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
11	Khot Malika Marzi Saameen	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
12	Kolad Band Fatima Ismail Humida	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
13	Mahowale Fatima Saifuddin Taseem	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
14	Mahwana Isha Dhirajlal Bhano	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
15	Math Prema Nagarth Pramila	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
16	Masi Darva Premal Trepri	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
17	Patelwala Anamulshi Shabir Sakina	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
18	Qureshi Adeela Parveen Anad Ali Raheem	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
19	Rachod Het Jitendra Manza	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
20	Rutakya Burhanuddin Rashida	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	

[illegible]



## 5. INTER COLLEGIATE COMPETITION ON INNOVATIVE PRODUCT DEVELOPMENT - KHADI UTSAV

The College of Home Science Nirmala Niketan along with IQAC and the Institution's Innovation Council in Collaboration with Udyog Bharti, Gondal organized "Khadi Utsav" A National Level competition on Innovation Product Development using Khadi fabric, to commemorate Gandhi Jayanti.

Khadi is a classic Indian fabric, often referred to as the "freedom fabric" due to its connection with the freedom struggle and the Swadeshi Movement. However, the popularity of Khadi waned with the introduction of synthetic fabrics, leading to a decline in its use and perceived value among consumers. Today, many young people are not fully aware of the significance of this traditional fabric and the principles it represents.

The purpose of conducting this competition was to create awareness about the Khadi fabric and also help students create innovative products which can show the diversity of the Khadi fabric.



**Flyer of the competition**

A total of Total 11 registered out of which 5 students submitted the product for the competition. The participants from various colleges in Mumbai sent their innovative products made out of Khadi fabric.

The participants made innovative products out of the Khadi fabric Students submitted a range of products eg- Garments, accessories, jewellery, stationary products, and home décor products etc. A concept note was submitted with each of the product explaining the details of the product.



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The judge of the competition was Mr. Kaven from Udyog Bharti, Gondal who has a vast experience in the field of Khadi.

### Details of the Participants and Winners

SR NO	NAME OF THE STUDENT	COLLEGE NAME	USE OF KHADI/RELEVANCE TO THE THEME (10)	CREATIVITY (10)	INNOVATION (10)	TOTAL	Prize
1	Shaikh Zoya	College of Home Science Nirmala Niketan	7	6	7	20	3rd
2	Pratibha Yadav	Laxmi Bai College, University Delhi	9	9	9	27	1 <sup>st</sup>
3	Gaurangi Rajapurkar	Dr. BMN College of Home Science	6	5	5	16	
4	Kashmira Moje	Dr. BMN College of Home Science	8	7	7	22	2 <sup>nd</sup>
5	Sanjana Upadhyay	JD Institute of Fashion Technology	7	6	6	19	



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### Innovative Khadi Products developed by students



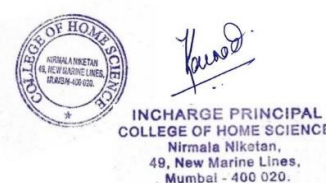
### Certificates

#### 6. Commemoration of National Education Day

In commemoration of National Education Day on 11<sup>th</sup> November, which marks the birth anniversary of Maulana Abul Kalam Azad, a visionary educationist and freedom fighter, an initiative was undertaken to organize a Skill Enhancement Campaign for the socially deprived community. With the theme "Each One, Teach One," the campaign aimed to promote the spirit of education, empowerment, and community upliftment.

The primary objective of the campaign was to provide skill enhancement opportunities to individuals from socially deprived backgrounds, thereby empowering them with the knowledge and expertise to improve their socio-economic status and contribute meaningfully to society.

Various skill enhancement activities including tailoring, textile craft and handicrafts skills were covered in this campaign which can be used by the beneficiary for entrepreneurship development. The students of the department of Textile and Fashion Technology interacted with socially deprived community by conducting interactive sessions with beneficiary and exchanged knowledge and experiences. The "Each One, Teach One" ethos was embraced, encouraging participants to share their skills and expertise with one another, fostering a collaborative learning environment.



## COLLEGE OF HOME SCIENCE NIRMALA NIKETAN

Affiliated to the University of Mumbai  
NAAC Accredited 'A+' Grade



Institution's Innovation Council, NSS Unit  
& IQAC of College of Home Science Nirmala Niketan  
Commemorates

### NATIONAL EDUCATION DAY

Birth Anniversary of Maulana Abul Kalam Azad  
On 11th November 2023

**Theme: 'Each One Teach One'**

Every individual has a right to education but not everyone is as fortunate as us. There are innumerable people around us who have not educated. Let us gear up as a student community to take up a lead role in sharing our knowledge and skills with the underprivileged sections of society.

Procedure to follow:

- Participant can teach any life skill or creative skill to one or more beneficiaries from an underprivileged section of society.
- Submit a short video (2 min) as proof and brief write up of your teaching to claim your certificate.

Interested participants can register and submit their entry at

<https://forms.gle/qocPkx5pwgFTXhXt9>

"Education imparted by heart can  
bring revolution in the society."  
- Maulana Abul Kalam Azad



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## 7. REGIONAL MEET- Date: 6<sup>th</sup> February 2024

**Venue:** Pillai HOC College of Engineering and Technology, Pillai HOC educational campus, Rasayani, Panvel

Ministry of Education's Innovation Cell and All India Council for Technical Education had organized Regional meeting of Innovation Ambassadors on 6<sup>th</sup> February 2024 at Pillai HOC College of Engineering and Technology, Panvel in which three faculty members including Dr. Anjali Srivastava, Dr. Minelly Rodrigues, Mrs. Fatima Kader and one student representative of our college Ms. Kamaksha Kadam participated and presented a poster of achievements of IIC of College of Home Science Nirmala Niketan.

The event commenced with an inaugural address by dignitaries from the Ministry of Education and Pillai POC College of Engineering and Technology, emphasizing the importance of innovation in education and its role in shaping the future.

Various keynote sessions were conducted by industry experts, academics, and successful entrepreneurs, providing insights into emerging trends, technologies, and opportunities in the field of innovation.

Panel discussions on topics such as "Innovation Ecosystem in Education" and "Building Sustainable Innovation Culture" stimulated engaging conversations and exchanged valuable perspectives.



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Participating institutions showcased their innovative projects and initiatives through poster presentations, live demonstrations, and prototype exhibitions, creating a vibrant atmosphere of creativity and inspiration.

Interactive workshops and hands-on activities were organized to equip attendees with practical skills and tools to foster innovation within their respective institutions.

The event also featured networking sessions, allowing participants to connect with peers, potential collaborators, and mentors, fostering a spirit of community and collaboration.

### Outcomes:

The event enhanced awareness and understanding of the importance of innovation in education among participants. Also facilitated knowledge sharing and exchange of best practices among educational institutions.

The regional meet strengthened collaboration and networking opportunities for future partnerships and joint initiatives. It has inspired and motivated students and faculty to pursue innovative ideas and projects, contributing to the overall growth and development of the education sector.

### Conclusion:

The Institution's Innovation Council Regional Meet at Pillai POC College of Engineering and Technology served as a catalyst for fostering innovation, collaboration, and excellence in education. By bringing together stakeholders from academia, industry, and government, the event succeeded in creating a conducive environment for nurturing creativity, driving positive change, and shaping the future of education.

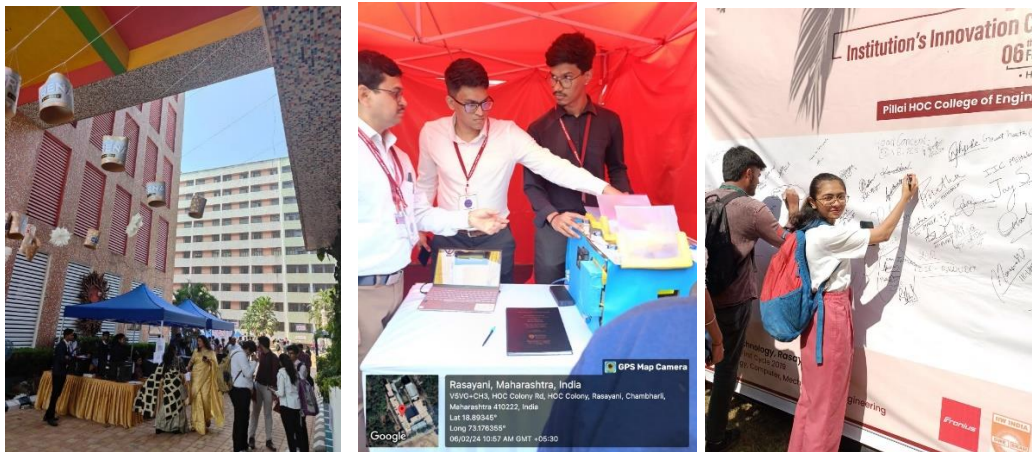
### Photo gallery



*K. K. K.*

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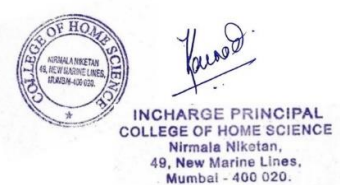




Standee presented at the regional meet



Certificate of participation



8. **COMMEMORATION OF NATIONAL SCIENCE DAY- By organizing an Intercollegiate**  
National Virtual Interdisciplinary Undergraduate Research Competition 2023-24

**Awareness and Action Research for Youth Awakening (AARYA)**

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

**Jury for the Competition**

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



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

**Beneficiaries/ Participants and number**

- **Staff (In-House / Out-House):** 20+
- **Students (In-House / Out-House):** 139

**About the Event**

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

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



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<b>AA24S15</b>	Superfoods available in urban and tribal areas and recommendation of diet based on consumption patterns
<b>AA23S16</b>	Realigning Glucose Tolerance Levels for Diabetes Management - A Need Assessment Survey Rooting to IKS
<b>AA23S17</b>	Beyond the pixels
<b>AA23S18</b>	Awareness and voting readiness among first-time voters
<b>AA23S19</b>	Thrifting & Renting: Decoding Business Dynamics in the Secondhand Retail Market
<b>AA23S20</b>	Library, A need in today's era?

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

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



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## Flyer of the Event:

**COLLEGE OF HOME SCIENCE NIRMALA NIKETAN**  
 Affiliated to the University of Mumbai  
 NAAC Reaccredited "A+" Grade  
 Under the aegis of the IQAC  
 Commemorates National Science Day by Organizing  
**AARYA**  
**Awareness and Action Research For Youth Awakening**  
 Virtual National Interdisciplinary Undergraduate Research Competition

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

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

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

Registration link: <https://forms.gle/tGdkQeiYHQcXH8YC>

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

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

**REGISTRATION FEES**

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

**GUIDELINES FOR PRESENTATION**

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

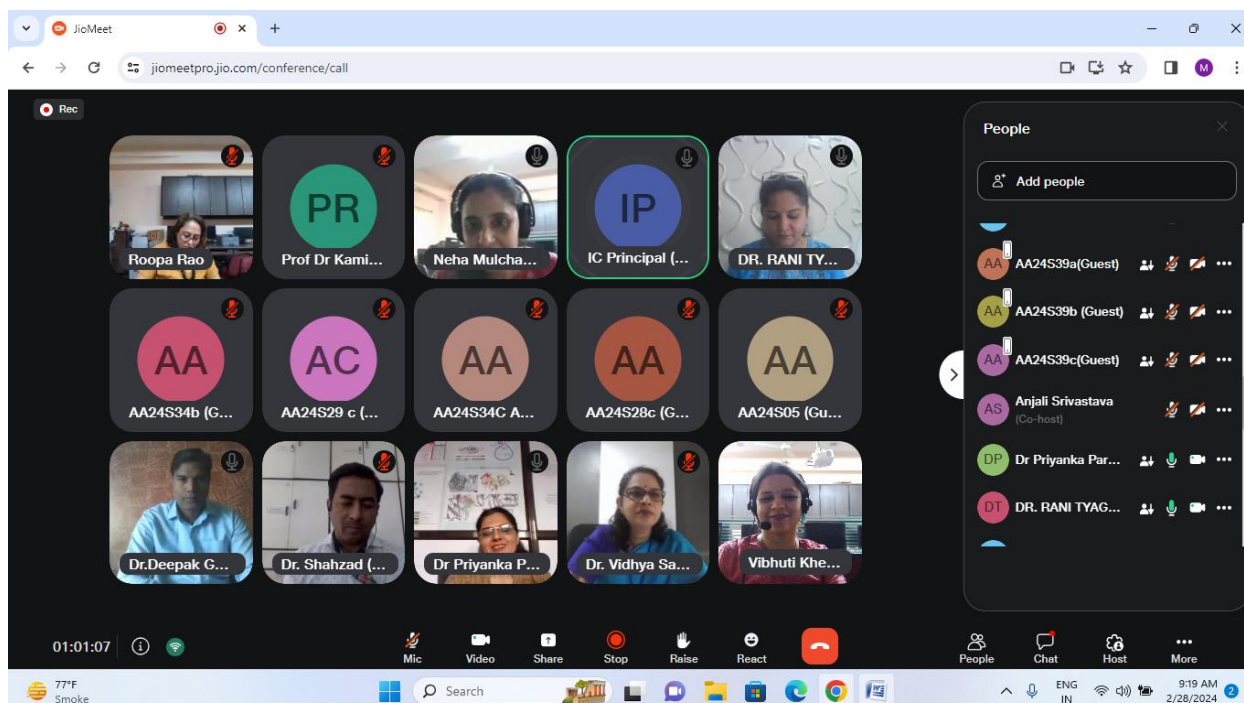
**RULES FOR PARTICIPATING IN AARYA**

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

Payments to be done in the following account  
**NIRMALA NIKETAN INSTITUTE**  
**CANARA BANK, NEW MARINE LINES**  
 Account No- 50232010004249  
 IFSC Code- CNRB0001389  
 Payment link: <https://forms.gle/omndRdQBYXyWbX>

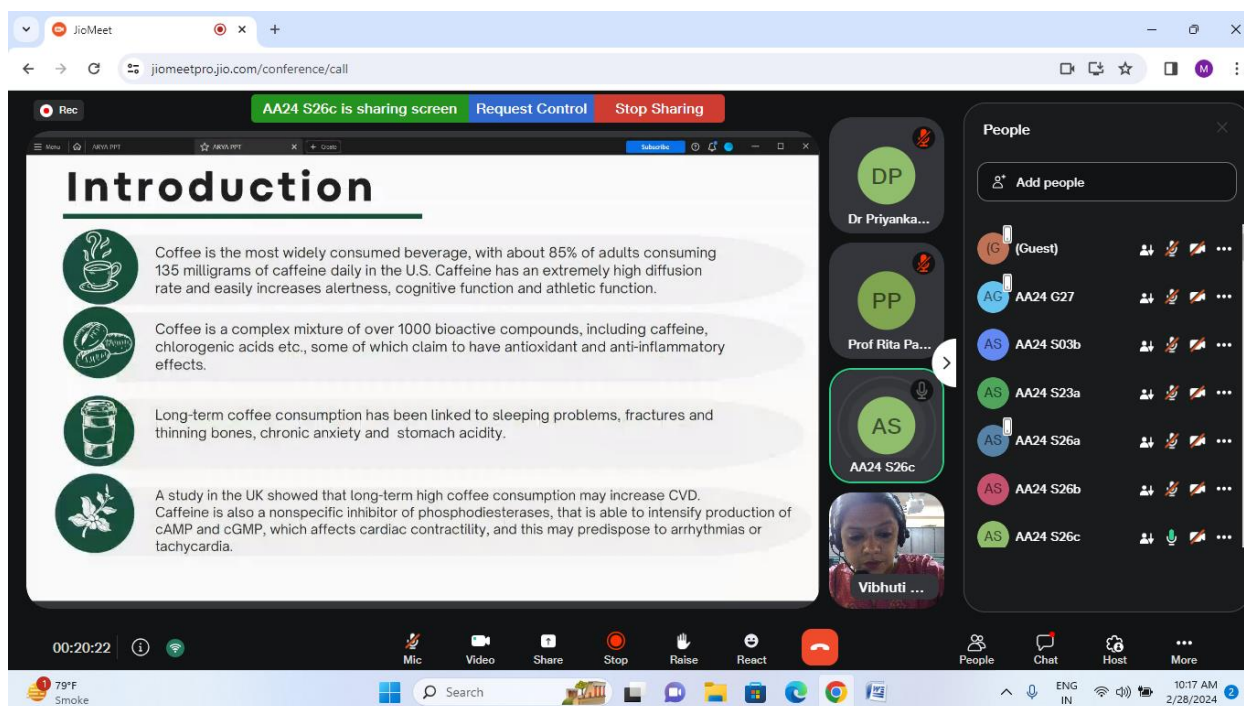
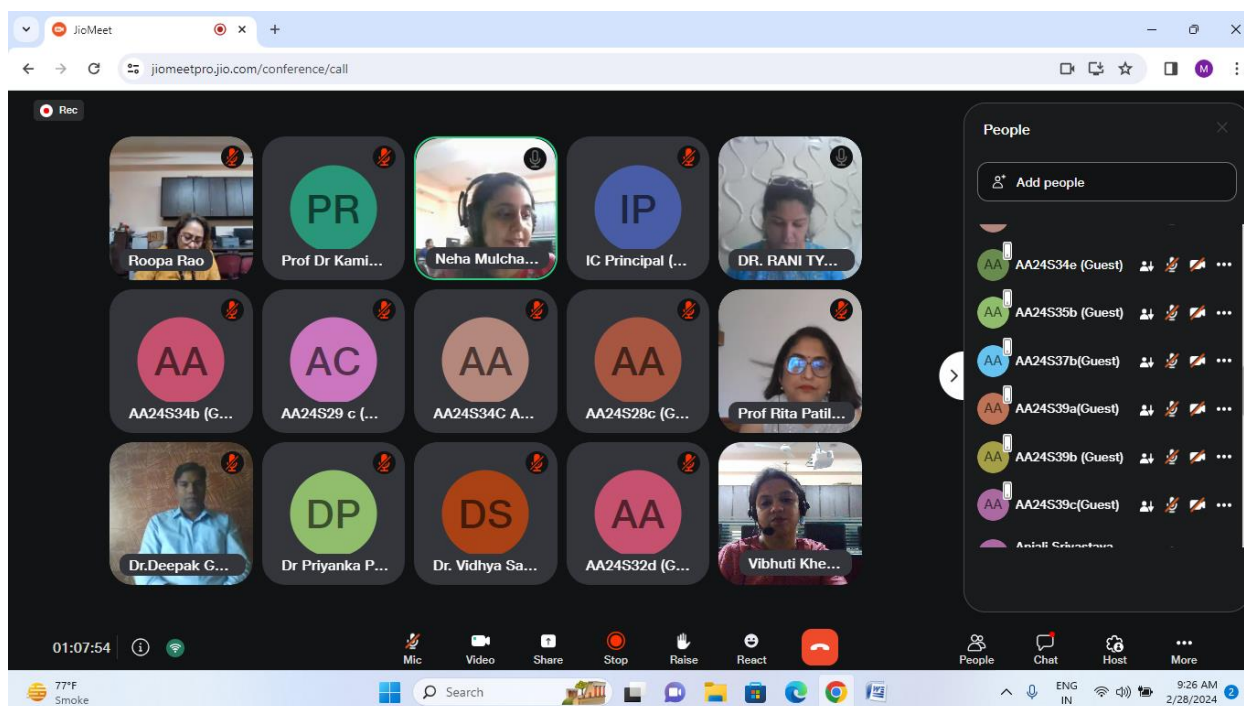
For further enquiry Email to: [aaryannchs@gmail.com](mailto:aaryannchs@gmail.com)

## Photographs of the event



*Handwritten signature of the Incharge Principal.*

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*K. S. Kulkarni*

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JioMeet

jiomeetprojio.com/conference/call

Rec AA24 S23a is sharing screen Request Control Stop Sharing

# Online Gaming For Gain Or Pain ?

Investing the Relationship Between  
Online Fantasy Gaming, Mental  
Health & Financial Stability

SLOT NO : AA24S23

01:08:25

80°F Smoke

Mic Video Share Stop Raise React

People

Add people

Participants (34/50)

- Mayur Jain (Meeting host)
- (G) (Guest)
- AA24 S23a (Co-host)
- AA24 S26c
- AA24 S32b
- AA24S 40b

Vibhuti ...

11:05 AM 2/28/2024

JioMeet

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Rec AA24S24 GUEST is sharing screen Request Control Stop Sharing

# OBJECTIVES

How age group plays a important role

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

01:16:27

80°F Smoke

Mic Video Share Stop Raise React

People

Add people

Participants (32/50)

- Mayur Jain (Meeting host)
- (G) (Guest)
- AA24 S23a
- AA24 S26c
- AA24 S32b
- AA24S 40b

Vibhuti ...

11:13 AM 2/28/2024



*K. S. Kulkarni*

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Rec AA24S25 b is sharing screen Request Control Stop Sharing

## INTRODUCTION

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



01:27:27

80°F Air: Severe

Mic Video Share Stop Raise React

People

Add people

RM Ritu Madhan

AG AA24S24 G...

AA24S25 b

Vibhuti ...

DS Dr. Vidhya Satis...

KR KAMINI REGE

KS KSS (Guest)

PP Prof Rita Patil (...)

RM Ritu Madhan (Co-host)

VK Vibhuti Khedek... (Co-host)

11:24 AM 2/28/2024

JioMeet

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Rec AA24S31b (Guest) is sharing scr... Request Control Stop Sharing

## AARYA 2024

Awareness and Action Research for Youth Awakening  
Intercollegiate Interdisciplinary Undergraduate Research Competition

Code no.: AA24S31

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

02:26:16

80°F Smoke

Mic Video Share Stop Raise React

People

Add people

AA AA24S28a ...

Prof Rita Pa...

AA AA24S31a ...

Vibhuti ...

MJ Mayur Jain (Meeting host)

AS AA24 S32b

A3 AA24S 39c

AA AA24S22a (Guest)

AA AA24S28a AA2...

AG AA24S30b Guest

12:22 PM 2/28/2024



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JioMeet

jiomeetprojio.com/conference/call

Rec AA24 S32b is sharing screen Request Control Stop Sharing

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

**PROJECT CODE: AA24S32**

People

Add people

Participants (34/50)

Dr Priyanka... DP

Prof Rita Pa... PP

AA24 S32b

Vibhuti ...

Mayur Jain (Meeting host)

AA24 S32b

AA24S28a AA2...

AA24S32a (Co-host)

AA24S32c (Guest)

AA24S32d (Guest)

02:37:48

Mic Video Share Stop Raise React

80°F Smoke

Search

ENG IN 12:34 PM 2/28/2024

JioMeet

jiomeetprojio.com/conference/call

Rec AA24S36a AA24S36a is sharing ... Request Control Stop Sharing

**FIREFIGHTER SAFETY- EVALUATING FATIGUE AND ENVIRONMENTAL IMPACT**

**AARYA**  
GROUP 2  
CATEGORY  
SOCIAL SCIENCE HUMANITIES AND ALLIED FIELD  
**CODE: AA24S36**

People

Add people

AA24 G27

AA24S 39c

AA24S 40b

AA24S22 AA24...

AA24S25 b

AA24S36a AA2... (Co-host)

AA24S37a AA2...

Dr Priyanka... DP

Prof Rita Pa... PP

AA24S36a ...

Vibhuti ...

03:51:37

Mic Video Share Stop Raise React

88°F Smoke

Search

ENG IN 1:48 PM 2/28/2024



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## Prize Winners

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

Awarded	Project Code	Title of the Project	Participating Students	Guide	Name of the College
1 <sup>st</sup> Prize	AA24S05	Screening and Isolation of Keratinase Producing Bacteria for Management of Poultry Waste and Use of its Hydrolysate for Soil Amendment.	Ms. Khan Ayesha Ms. Simran Rane Ms. Minjal Bhosle Ms. Maru Mahek Ms. Divya Kedare	Dr. Radhika Birmole	Wilson College
2 <sup>nd</sup> Prize	AA24S 15	Superfoods available in urban and tribal areas and recommendations of diet based on consumption patterns.	Ms. Steena Thomas Ms. Hinal Waghela Ms. Harshini Thakur Ms. Saliha Usmani Ms. Rajeshri S. S.	Dr. Anjali Srivastava	College of Home Science Nirmala Niketan
3 <sup>rd</sup> Prize	AA24S12	Investigating the effect of different breathing exercises on physiological parameters when performed before engaging in physical activity.	Mr. Animesh Soni Ms. Ishita Parkar Ms. Arshiya Sabeel Ms. Shresht Kapoor Ms. Aayasha Shaikh	Dr. Radhika Tendulkar	St. Xavier's College

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

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



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## ❖ Sample Certificate of winners and participants



## ❖ Feedback or Suggestions for future

Feedback session
Very well organized
It will be great if 2 students from each project are given access.
The concept of this competition is brilliant but it should be conducted offline as it would prevent technical glitches and we will have a better experience also we could have better communication with the judges and audience to present our research
It was great
Wonderful initiative! Thanks for the learning opportunity!
It was a great experience to participate in this competition and present our research! Thanks for giving us such an amazing opportunity!
Very well organised
Meeting should have happened on google meet it's more simple
It was overall a Great experience, got to learn a lot on different topics
Please make it offline
it was very well planned
It was a fun experience, got to learn a lot about everything and from other groups
I enjoyed a lot .
Interactive and well organised
It was a good experience and exposure. Thank you.



*Karnad*

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An offline presentation would have helped better in interacting with other groups and indulging in scientific conversations
Thank you for the best experience
It was really helpful and awesome
The competition was very good. I enjoyed my group's performance most. Thankyou very much for organising this.
Personally, I think it could have been a much more detailed and thorough discussion about the topic with the jury members. It rather felt like one sided conversation.
It was a great experience. Learnt a lot of new things.
Would have preferred an offline session as opposed to the online one.
Need more questions asked by the guest
I learnt more new things in this journey and memories with my group
Could have been more interesting if asked questions
It was a good experience

## 9. WORKSHOP ON DESIGN THINKING, CRITICAL THINKING AND INNOVATION DESIGN: Date: 12<sup>th</sup> February 2024

The workshop on “Design Thinking, Critical Thinking and Innovation Design” for the students of College of Home Science Nirmala Niketan was organized on 12<sup>th</sup> February 2024. It aimed to equip participants with the essential skills and methodologies to innovate and address challenges within the society. The workshop provided a platform for students to engage in practical exercises, discussions, and case studies to deepen their understanding of design thinking principles.

Workshop Objectives:

1. Introduce participants to the fundamentals of design thinking.
2. Explore problem-solving techniques.
3. Foster creativity and innovation among participants.
4. Encourage collaborative teamwork and communication skills.

The key areas covered in the workshop included:

1. Introduction to Design Thinking: The workshop commenced with an overview of design thinking principles, emphasizing empathy, ideation, prototyping, and testing. Participants were introduced to real-world examples of successful design thinking implementations.
2. Empathy and User-Centric Design: Through interactive exercises and role-playing activities, participants developed empathy for end-users and stakeholders. They learned to identify user needs, preferences, and pain points, crucial for designing solutions that resonate with target audiences.



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3. Problem Definition and Ideation: Participants engaged in brainstorming sessions to identify challenges prevalent in the society. Through divergent and convergent thinking techniques, they refined problem statements and generated innovative ideas to address them.

4. Prototyping and Iteration: Hands-on prototyping activities enabled participants to translate their ideas into tangible prototypes. They received guidance on selecting appropriate materials and techniques for prototyping. Feedback sessions encouraged iterative improvements to prototypes.

5. Testing and Feedback: Participants tested their prototypes through user feedback sessions and peer evaluations. They gained insights into refining their solutions based on feedback, ensuring alignment with user needs and preferences.

The workshop concluded with a reflection session where participants shared their key learnings and experiences. Participants expressed enthusiasm for applying design thinking methodologies in their academic and professional endeavours. The workshop successfully equipped students with valuable skills and mindsets essential for driving innovation and addressing complex challenges in the field.

We extend our gratitude to Ms. Supriya Waray, workshop facilitators, and guest speakers for their invaluable contributions. Special thanks to Mr. Sishil Mungekar, CEO, WEnpower for their support in organizing this workshop. Congratulations to Mrs. Vibhuti Khedekar for organising this valuable workshop.

#### **Photo evidence**



*Vibhuti Khedekar*

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### List of Student participants

Gala Pankti Kalpesh
Shaikh Aatiqua Abdul Qadir
Sapre Meeta Vikrant
Manek Vishakha Manish
Dedhia Khyati Anil
Savla Vrushmi Harshad
Shaikh Iqra Afsar
Devera Bhavika Prakashchand
Megha Kochar
Mubarakah Sawliwala



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## **10. FIELD/EXPOSURE VISIT TO INCUBATION UNIT-VISIT TO NATURAL DYEING INCUBATION CENTRE- Date: 6<sup>th</sup> March 2024**

The Department of Textile and Fashion Technology under the aegis of Institution's Innovation Council organized an educational field cum exposure visit to the Natural Dyeing Incubation Centre in Hyderabad. A group of 38 students, along with faculty members, attended the visit to gain first-hand knowledge about sustainable textile practices, particularly natural dyeing techniques.

- Participants and number
  - T.Y.B.Sc: 21 students
  - MSc I: 12 students
  - MSc II: 5 students
  - Staff: 4

**Objective of the Visit:** The primary goal of this visit was to expose students to the latest advancements in natural dyeing, understand the practical application of traditional dyeing techniques, and explore how sustainability can be integrated into the modern textile industry.

### **Key Highlights:**

#### **1. Introduction to Natural Dyeing:**

The visit began with a presentation by the centre's experts, who provided an overview of the history and significance of natural dyeing. They discussed various sources of natural dyes, such as plants, minerals, and insects, and their environmental benefits over synthetic dyes.

#### **2. Demonstration of Dye Extraction and Application:**

Students observed the extraction process of dyes from various natural sources, including indigo, madder root, and turmeric. The experts demonstrated how these dyes are applied to fabrics using traditional methods. The step-by-step demonstration allowed the students to understand the intricacies of maintaining color consistency and achieving desired hues.

#### **3. Tour of the Facility:**

The students were taken on a guided tour of the incubation centre's facility. They saw the various stages of the dyeing process, from raw material preparation to the final dye application. The centre's sustainable practices, such as water recycling and waste management, were also highlighted during the tour. The centre was working on the project of Ganpati Idol paint using natural dye extracts. They were using all advance equipment for dye extraction process. They exhibited all the products developed by the centre. The centre has developed eco-friendly Holi colours and they were selling it too.



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#### 4. Hands-On Experience:

The students had the opportunity to engage in a hands-on workshop where they painted Ganapati Idols using natural dyes. This practical session helped them better understand the challenges and skills involved in the natural dyeing process.

#### 5. Discussion on Sustainable Fashion:

A session was held to discuss the future of sustainable fashion, the role of natural dyes in reducing the environmental footprint of the textile industry, and the growing market demand for eco-friendly products. The students participated actively, asking questions about the commercial viability of natural dyeing and how these techniques can be scaled for modern production.

#### Conclusion:

The visit to the Natural Dyeing Incubation Centre provided a valuable learning experience for the students. They not only gained insight into sustainable dyeing practices but also understood the cultural and environmental significance of natural dyes. The hands-on workshop and interactions with industry experts were instrumental in inspiring the students to consider eco-friendly alternatives in their future careers in the textile industry.

This visit further strengthened the department's commitment to promoting sustainable practices in textile education and nurturing environmentally-conscious professionals.

This report summarizes an informative and enriching experience that broadened the students' understanding of natural dyeing techniques and their application in the modern textile industry.

#### Photo evidence



*K. S. Kulkarni*

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## 11. INTERNATIONAL WOMEN'S DAY CELEBRATION- TALK ON PREVENTION OF SEXUAL HARASSMENT – LAWS AND POLICIES

Date: 9<sup>th</sup> March 2024

Venue: Hybrid mode

Organized by: Women Development Cell (WDC) & Institution's Innovation Council (IIC), College of Home Science Nirmala Niketan

The Women Development Cell (WDC) in collaboration with the Institution's Innovation Council (IIC) of College of Home Science Nirmala Niketan organized a special event to celebrate International Women's Day on 9th March 2024. The event featured a talk by a prominent Advocate Ms. Tahseen Zaidi on the topic of "Prevention of Sexual Harassment: Laws and Policies". The event aimed to raise awareness about women's rights, educate participants on the legal framework surrounding sexual harassment, and promote a safe, inclusive environment for all.

### Objectives of the Event:

The primary objectives of the International Women's Day celebration were to:

- Educate students and staff on the legal provisions related to the prevention of sexual harassment.
- Raise awareness about women's rights and workplace safety.
- Encourage open dialogue on gender equality and safety in educational and professional spaces.
- Empower participants with knowledge about the policies that protect them from harassment.

### Program Highlights:

#### 1. Welcome Address:

The event commenced with a welcome address by the Principal of the institution Prof. Dr. Vishaka Karnad, who emphasized the importance of International Women's Day as an opportunity to reflect on the progress made in achieving gender equality and the challenges that still persist. The Principal commended the WDC and IIC for organizing the talk, which was timely and relevant for both students and staff.



*V. Karnad*

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## 2. Introduction of the Guest Speaker:

The guest speaker, Advocate Tahseen Zaidi, was introduced by the coordinator of the Women Development Cell Dr. Kamini Rege. Advocate Tahseen Zaidi is a renowned legal expert in gender issues, with extensive experience in handling cases related to workplace harassment, women's rights, and gender-based violence. Her work in advocating for gender justice and legal reforms has earned her widespread recognition.

## 3. Talk on Prevention of Sexual Harassment: Laws and Policies:

Advocate Tahseen Zaidi delivered an insightful and informative talk on the Prevention of Sexual Harassment (POSH) Act, 2013 and other relevant laws and policies. The talk covered key aspects such as:

- Definition of Sexual Harassment: Advocate Tahseen Zaidi explained what constitutes sexual harassment, highlighting both quid pro quo and hostile work environment forms of harassment.

- Legal Framework: She provided a detailed overview of the POSH Act, 2013, which mandates the prevention, prohibition, and redressal of sexual harassment at workplaces. She also discussed the role of Internal Complaints Committees (ICCs) in addressing complaints and ensuring justice.

- Rights of Women: The talk also covered the rights of women under various other laws, such as the Indian Penal Code (Section 354A related to sexual harassment), and emphasized how these laws provide protection and legal recourse.

- Reporting Mechanisms: Advocate Tahseen Zaidi explained the process of reporting harassment incidents, including the filing of complaints with the ICC or legal authorities, and the steps taken during investigations.

- Preventive Measures: She also spoke about preventive measures that institutions and organizations should implement, including awareness programs, sensitization workshops, and fostering a culture of respect and equality.

## 4. Interactive Q&A Session:

The talk was followed by an interactive Q&A session, where participants, including students, faculty, and administrative staff, posed questions related to workplace harassment, reporting mechanisms, and legal processes. Advocate Tahseen Zaidi provided practical advice on handling harassment situations and reassured participants of the support available through legal channels and institutional mechanisms.

## 5. Concluding Remarks:

The session concluded with a vote of thanks by Dr. Anjali Srivastava, IIC President, who acknowledged the insightful and empowering talk delivered by Advocate Tahseen Zaidi. The coordinator also urged the participants to spread awareness about their rights and the available legal protections, ensuring that everyone, particularly women, feels safe and respected in their personal and professional lives.

## Outcome of the Event:

The International Women's Day event was highly impactful, with over 150 participants attending the talk. The session not only raised awareness about the legal aspects of sexual



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harassment prevention but also fostered a sense of empowerment among participants. The event achieved the following outcomes:

- Increased understanding of the laws and policies protecting individuals from sexual harassment in educational institutions and workplaces.
- Enhanced awareness about the role and responsibilities of the Internal Complaints Committees (ICCs).
- Encouraged participants to advocate for gender equality and create safer environments for women.

### Conclusion:

The International Women's Day celebration, organized by the Women Development Cell and IIC, was a significant step toward creating a more informed and empowered campus community. The talk by Advocate Tahseen Zaidi helped demystify the laws and policies surrounding sexual harassment and encouraged proactive steps to prevent it. The event reinforced the institution's commitment to promoting gender equality and providing a safe, respectful environment for all.

### Flyer




**COLLEGE OF HOME SCIENCE NIRMALA NIKETAN**  
Affiliated to the University of Mumbai  
NAAC Accredited 'A+' Grade  
49, New Marine Lines, Mumbai-400020

Under the aegis of the IQAC  
Women's Development Cell and Vishaka Committee

Organizes an interactive session on


**The Prevention of Sexual  
Harassment: Laws and Policies  
(Online)**



in Celebration of

**INTERNATIONAL WOMEN'S DAY**

**Speaker: Adv. Tahseen Zaidi (B.com, L. L. M)  
City Civil Court and High Court.**



Day & Date : Saturday, 9th March 2024  
Time: 12.30pm - 1.30pm

Registration link:  
[https://docs.google.com/forms/d/e/1FAIpQLSdozA3L\\_RpIPxsoNSKjseHA3NO-4fkzjDSD3rBPKgpFxxJMh7A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdozA3L_RpIPxsoNSKjseHA3NO-4fkzjDSD3rBPKgpFxxJMh7A/viewform?usp=sf_link)

Join WhatsApp group: <https://chat.whatsapp.com/K7pYyISW9xQDFehhd7qob>

**Organizing Committee**

Prof. Dr. Kamini P. Rege Dr. Ritu Madhan Ms. Payal Maheswari Dr. Anjali Srivastava  
Ms. Vibhuti Khedekar Ms. Fatima Kader Ms. Prajakta Mhaprolkar Ms. Cheryl Machado  
Ms. Sujata Shigwan Mr. Vijay Almeida



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## Photo evidence



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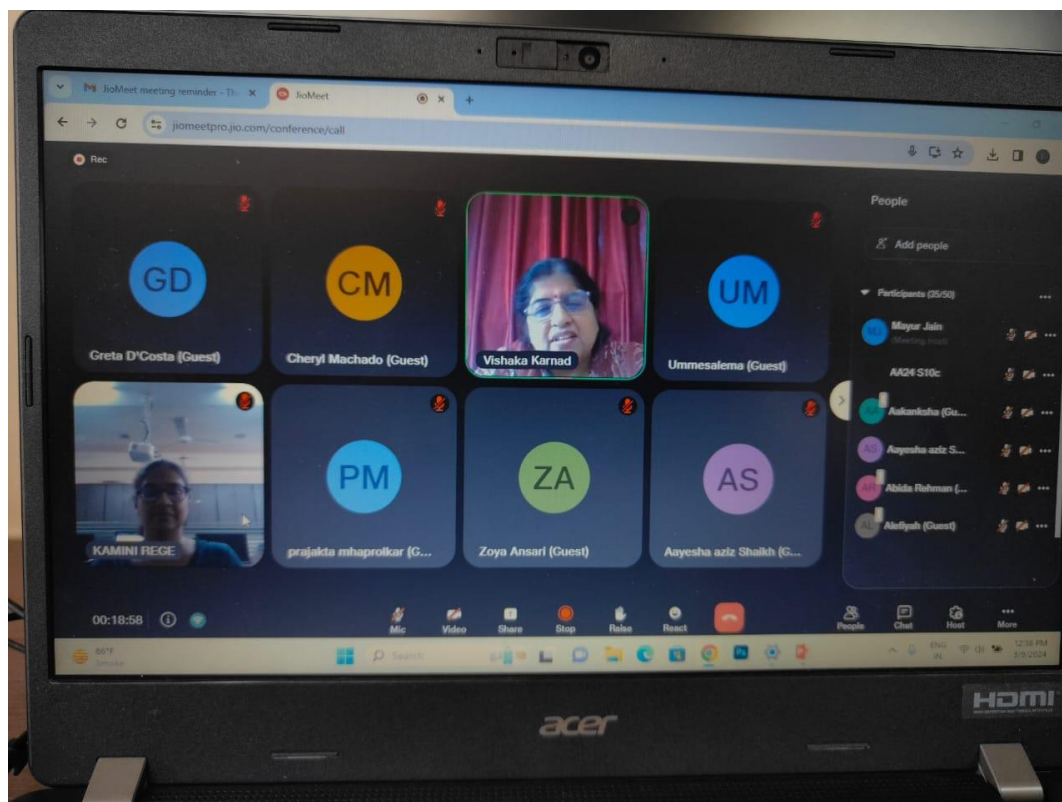
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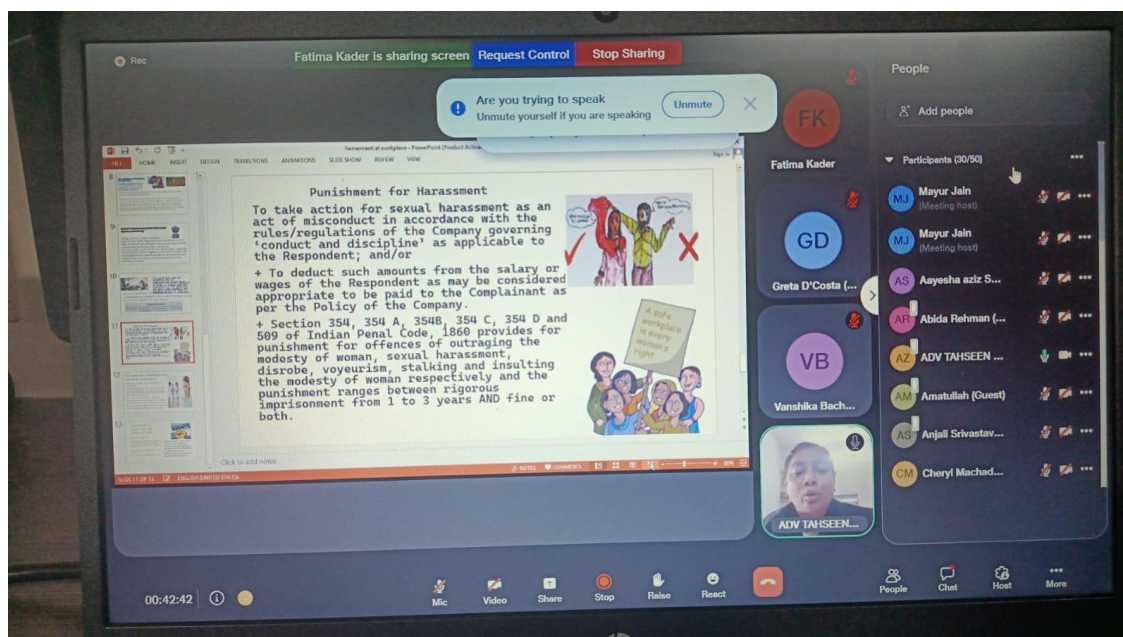
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## 12. ENTREPRENEURSHIP MELA - JAMBOREE HAAT

### Theme of Jamboree Haat: JASHN – THE JOY OF CELEBRATION

- 27<sup>th</sup> March 2024
- 10:15 am – 4 pm
- Back Garden Area, College of Home Science Nirmala Niketan
- No. of Participants
  - T.Y.B.Sc - 18
  - M.Sc I - 12
  - M.Sc II - 6
- Event Flow
  - Inauguration of Haat:
    - Prof. Dr. Vishaka Karnad In-Charge Principal
    - Dr. Yasmina Awari Director
    - Ms. Noella Dias Manager
    - Dr. Pratima Goyal Head, Department of Textile & Fashion Technology
  - Haat open for Sale at 10:15 am
  - Haat closing and accounts: 4:00 pm
- Organizing Team: Student led activity under the mentorship of Dr. Pratima Goyal, Dr. Ritu Madhan and Ms. Vibhuti Khedekar

The event was organized as a part of Jamboree Haat – Entrepreneurship Mela by the students on 27<sup>th</sup> March 2024. The event was organized under the guidance of Dr. Pratima Goyal, Dr. Ritu Madhan and Ms. Vibhuti Khedekar.



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Prior to the event, the students were divided into groups / teams for individual stalls. The students visited various wholesale markets in their individual groups and made a list of the products that would be sourced for the market. The students were provided with a format for the sourcing and costing of products, which is as follows:

**DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY  
COLLEGE OF HOME SCIENCE NIRMALA NIKETAN  
FORMAT FOR JAMBOREE HAAT 2023 - 24  
DATE: 27<sup>th</sup> March 2024  
JASHN – THE JOY OF CELEBRATION**

**INFORMATION OF GROUP**

Sr. No.	Name of the Brand	Class	Name and Mobile No. of the Group Leader	Names of other Group Members	Mobile Number of other Groups Members

**INFORMATION OF PRODUCT AND VENDOR**

Sr. No.	Name of the Product	Details of the Product	Quantity (No. of Pcs.)	Name, Address and Contact No. of the Vendor	Cost Price (Per Pec)	Selling Price (Per Pc)	Picture of the Product	Name of the Student Responsible

The students filled in the relevant details in the above format with the pictures of the products and the costing was approved by the faculty. The students sourced the products on returnable basis from different vendors. Some of the categories of sourced products were:

- Kurtis & Kurti sets
- T- Shirts, Tops & Legwear
- Fashion and oxidized jewellery
- Hair accessories
- Scarves, Dupattas, Stoles & Belts
- Stationary
- Home Décor & Home Essential Products

M.Sc II students took lead in taking responsibility for the media and publicity of the Haat like announcements, flyers, invites, etc. The M.Sc I and T.Y.B.Sc students managed the décor of the Haat.



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The arrangement of stalls and decorations were completed on the previous day. The decorations were extremely attractive with the theme of Jashn – The Joy of Celebration being reflected for the festivals of Holi, Easter, Eid and Gudi Padwa.



The inauguration of the Jamboree Haat was done by Prof. Dr. Vishaka Karnad, In-Charge Principal, Dr. Yasmina Awari Director, Ms. Noella Dias Manager and Dr. Pratima Goyal Head, Department of Textile & Fashion Technology along with the Department staff, Dr. Ritu Madhan, Dr. Neha Mulchandani & Ms. Vibhuti Khedekar. Immediately after the inauguration, the Haat was open for shopping to all. The college staff and students eagerly bought goods from the Haat and enjoyed the experience. Some parents / sibling and friends of our students also visited the Jamboree Haat and indulged themselves in the shopping experience. The students also took orders from staff and students and fulfilled them soon after the Haat.

The students gained experience and learnt entrepreneurial skills. It was a holistic experience for the students on product sourcing, event management, sale of products and profit making. The Haat ended at 4.00pm and the students were enriched with experience and motivated by the profits generated by them during the day.



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Inauguration of the Jamboree Haat



Students of the Department



Some stalls set-up by the students



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Some stalls set-up by the students

**List of Students Participants- TYBSc**

Sr. No.	Name of the Student
1	Ansari Anam Mohd Shamim Zeenat
2	Balsara Sakina Juzer Nafisa
3	Boxwala Ummesalema Mohammed Batul
4	Dabir Salwa
5	Devera Bhavika Prakashchand Rajeshwari
6	Dhariwala Raheel Zuzer Jumana
7	Ghaniwala Misba Rafique Sharmin
8	Kachwala Sakina Ibrahim Arwa
9	Khan Arifa Shamsuddin
10	Khan Mantasha Amin Sameena
11	Khot Malisha Manoj Snageeta
12	Kolad Batul Fatima Ismail Hamida
13	Mahuwawala Fatema Saifuddin Tasneem
14	Makwana Isha Dhirajlal Bhanu
15	Mane Prerna Nagnath Pramila
16	Muni Durva Premal Trupti
17	Patanwala Amatullah Shabbir Sakina
18	Rathod Het Jitendra Mamta
19	Rukaiya Burhanuddin Rashida
20	Shaikh Aayesha Aziz Tahmeen
21	Shaikh Ayesha Yusuf Shahnaj
22	Shaikh Sadiyah Feroz Tabassum
23	Shaikh Simra Shabir Shama
24	Shaikh Zoya Mqsood Sadqa Bano
25	Sharma Jaya Deepak Poonam
26	Shelar Sanika Balkrishna Sunita
27	Shetty Advika Satish Preethi
28	Tiwari Palak Sushil Suman
29	Ujjainwala Mariya Burhanuddin Alifiya
30	Zaidi Nashra Haseen Tehseen
31	Syed Asnauroj Amir Rubina
32	Shinde Sanjana Baban



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**List of Students Participants- MSc I Students**

Sr. No.	Name of the Student
1	Bhogle Megha Pandurang
2	Gatte Sudiksha Parmeshwar
3	Gupta Khushi Dilip
4	Kadam Kamaksha Pankaj
5	Lopes Esyia
6	Mistry Shreya Kamlesh Kavita
7	Nulwala Alefiyah Yusuf Arwa
8	Pandey Meemansha Shailesh
9	Patil Sanika Uday
10	Saifee Khadija Huzefa
11	Sapre Meeta Vikrant
12	Shelar Neha Atul

**List of Students Participants- MSc II Students**

Sr. No.	Name of the Student
1	Bharthwal Prachi Rajendrprasad
2	Dharod Maitri Ilesh
3	Jadhav Mansi Chandramani
4	Rangwala Sakina Azizali
5	Shah Niyati Alpesh
6	Shajapurwala Zehra Shabbirhusain Tasneem



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