

### **3.4.1 Extension activities are carried out in the neighbourhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the years.**

- **EXTENSION ACTIVITIES ARE CARRIED OUT IN THE NEIGHBOURHOOD COMMUNITY**

#### **A. Extension Activity-Field Work By T.Y. B.Sc. Students (2023-24)**

The practical for Sustainable Community Work (Semester V) and Sustainable Social Entrepreneurship (Semester VI) offered to the 31 T.Y. B.Sc. students of the specialization of Textile and Fashion Technology was truly unique and fulfilling. It was coordinated by Dr. Pratima Goyal, Dr. Neha Mulchandani, Ms. Vrinda Udiaver and Dr. Anjali Srivastava. The students shared their knowledge and skills with underprivileged girls and women at FEM Powerment, situated at Andheri West. The target group consisted of an average of 40 girls and women between the ages of 16 to 60 years. The beneficiaries who had the misfortune of limited access to formal education and skill development, made them prime targets for our programme, our aim being skill building in women to provide them a chance for self-reliance. The groups at the the center were very enthusiastic.

The sessions spanned from Saturday 30<sup>th</sup> September 2023 to Saturday 3<sup>rd</sup> February 2024. The products that were taught to the beneficiaries were those that could be made from pre and post-consumer textile waste. The idea behind this was sustainability both for the beneficiaries and the environment. The process flow was as follows: The students sought approval of textile waste based products from the subject teachers and on approval made these products along with detailed instructional pictures and short videos of the process. The criteria for the selection of the products was ease in accessing raw material, low cost of manufacturing and commercial viability. Once the products were made by the students, the same were taught to the target group in small manageable groups, so as to give personal attention to each beneficiary. Great attention was given to detail to ensure that the beneficiaries understand the nuances of making the product perfectly to ensure commercial viability.

In addition to teaching them these skills, our students also equipped them with the knowledge of sourcing raw material, costing, pricing, branding, packaging, labelling, photography using mobile phones and the most important soft skill of using social media as a platform for advertising and sale of their products. All this was taught to them through easy to understand graphical PowerPoint Presentations.

The various products taught to them were fabric-patch tea coasters, scissor holders, dainty hair bows, small potli bags, small circular handbags, saree storage pouches, etc.

For the students, this experience was transformative. They not only taught but also learned valuable life skills through their interactions with the women, gaining a deep sense of fulfilment from giving and receiving knowledge in return.

This extension work was more than just a practical; it was a way to empower a community while also providing the students with real-world skills and experiences that went far beyond the classroom.



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

## Fem Powerment, Andheri West



*Kausar*

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



# Attendance record

Sustainable Community Work  
TYBSc. (Home Science) Textile and Fashion Technology Semester V (2023-2024)  
VANDANA UBIKAVAR

Month: 30/3		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	AB	PR	TOT	
1	Anari Anam Mohd Shamim Zeenat	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	A
2	Bahara Sakina Jazer 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	A	
3	Boywala Urmasalema Mohammed Batul	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	
4	Devera 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	A	
5	Dhariwala Raheel Zaker Jumana Saad	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	
6	Ghaniwala Misha Rafiqe Sharmin	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	
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	A	
8	Kasmani Iqra Abdul Majid Raziyah	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	
9	Khan Arifa ShamaHuddin	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	
10	Khan Mantaaha Amin Sameena MC	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	
11	Khot Malisha Maroj Saageta	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	
12	Kolad Batul Fatima Ismail Hamida MC	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	
13	Maharwala Fatema Saifuddin Tasneem BA	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	
14	Makwana Isha Dhirajlal Bharu MC	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	
15	Mane Prema Nagrath 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	A	
16	Mani Darva Premal Trupti	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	
17	Patanwala Anantallah Shahbir 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	A	
18	Qureshi Adeeba Parveen Asad Ali Rubeeza	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	
19	Rathod Het Jitendra Manita	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	
20	Rukaiya Burhanuddin Rubida	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	

*Handwritten notes:*  
 17/10: Each told formulae (product complete & learn)  
 22/10: NFD work starts  
 27/10: Daily centre  
 28/10: Bag (small)  
 29/10: Draw string bag (small)  
 30/10: Bid lotion

TYBSc. (Home Science) Textile and Fashion Technology Semester V (2023-2024)

Month:		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	AB	PR	TOT	
21	Shaikh Ayesha Aziz Tahmeem	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	A
22	Shaikh Sadiyah Feroz Tabassum MC	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	A
23	Shaikh Simra Shahir Shama	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	A
24	Shaikh Zoya Mujood Sadqa Bano MC	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	A
25	Sharma Jaya Deepak Poonam	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	A
26	Shelar Sanika Balkrishna Sunita	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	A
27	Shetty Advika Satish Preethi	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	A
28	Tiwari Palak Sushil Suman	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	A
29	Ujjainwala Mariya Burhanuddin Alifiya	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	A
30	Zaidi Nashra Haseen Tehoon	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	A
31	Sahwa Dakir	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	A
32	Ayesha Yung	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	A
33	Saangama Hindeshia	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	A
34	Aina Waqar	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	A

*Handwritten notes:*  
 11 Sabina B  
 10 Fatima  
 14 Nargish  
 15  
 16



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

## **B. Activity for women's Day at the London Stock Exchange Group - Conducted as a part of the Entrepreneurial Skill Development (Pr)**

**Date: 6<sup>th</sup> March, 2024**

**Venue: London Stock Exchange Headquarters, Lower Parel**

The 'Entrepreneurial Skill Development' is a practical course at the [T.Y.B.Sc.](#) Level offered to students specializing in 'Foods, Nutritional & Dietetics'. This course aims at the development of Entrepreneurial skills to meet the growing demand of consumer requirements for food and nutrition based products and services. To create valuable products and services based on innovation, sustainability and market requirements.

In a remarkable turn of events, the venture undertaken as a part of the entrepreneurial activity 'Zenstational yoga' received an opportunity for organizing wellness workshops has transcended the boundaries of our college community and ventured into the corporate realm. Through strategic advertising efforts, particularly leveraging Instagram as a platform, we attracted the attention of none other than the London Stock Exchange Group (LSEG). This pivotal moment marks a significant milestone in our journey, as we have been commissioned to organize a yoga workshop for International Women's Day at the **London Stock Exchange Group corporate headquarters** in Lower Parel.

The advertising strategy focused on showcasing the unique and impactful nature of the wellness initiatives, highlighting the benefits of mindfulness, relaxation, and holistic well-being. Through visually attractive content and engaging captions, we effectively communicated the value proposition of our workshops to a wide audience, including corporate entities seeking to promote employee wellness and empowerment.

The decision-makers at LSEG were particularly impressed by the commitment to fostering a culture of wellness and inclusivity, especially in commemoration of International Women's Day. Recognizing the importance of supporting their female employees' physical and mental health, they reached out to us to organize a bespoke yoga workshop tailored to their needs and preferences.

This opportunity not only validates the effectiveness of our advertising efforts but also underscores the relevance and impact of our wellness initiatives in diverse settings. It serves as a testament to the power of entrepreneurship and innovation in driving positive change and creating meaningful connections between communities.



*K. K. K.*

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## **Details:**

Wellness services to our client 'London Stock Exchange Group' for a wellness program that included holistic health - Yoga & Nutrition.

Ms Chitra Bagadia (Co-Founder and Director Yogatainment Pvt. Ltd.) was our Yoga expert and Coach conducted the session for Women employees on 'Yoga for Women health covering specific yoga asanas for women' and our Nutrition expert Ms Fatima Kader ( Asst. Professor and Clinical Nutrition Consultant) conducted an interactive session on 'Nourish through Eating Right' for all the employees specifically guiding on good nutrition practices in day to day life that can go a long way in maintaining overall health.



*Kader*  
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Mumbai - 400 020.

**Guides:** Ms. Fatima Kader and Ms. Sanam Khan

## **The team members of Zensational Yoga -**

Ms. Hirak Shah  
Ms. Zeenat Sayyad  
Ms. Zoya Shaikh  
Ms. Anam Khan  
Ms. Vanshika Bachwani  
Ms. Laiba Siddiqui  
Ms. Simin Khan  
Ms. Ranjana Hadal - Certified Personal Trainer

**Concept:** Ms. Ayushi Parikh

Ms. Hirak Shah  
Ms. Madiha Khan  
Ms. Khushi Savla

Total Payment made by the client for the event: Rs. 11000/- + GST (18%) i.e Rs 12,980/-

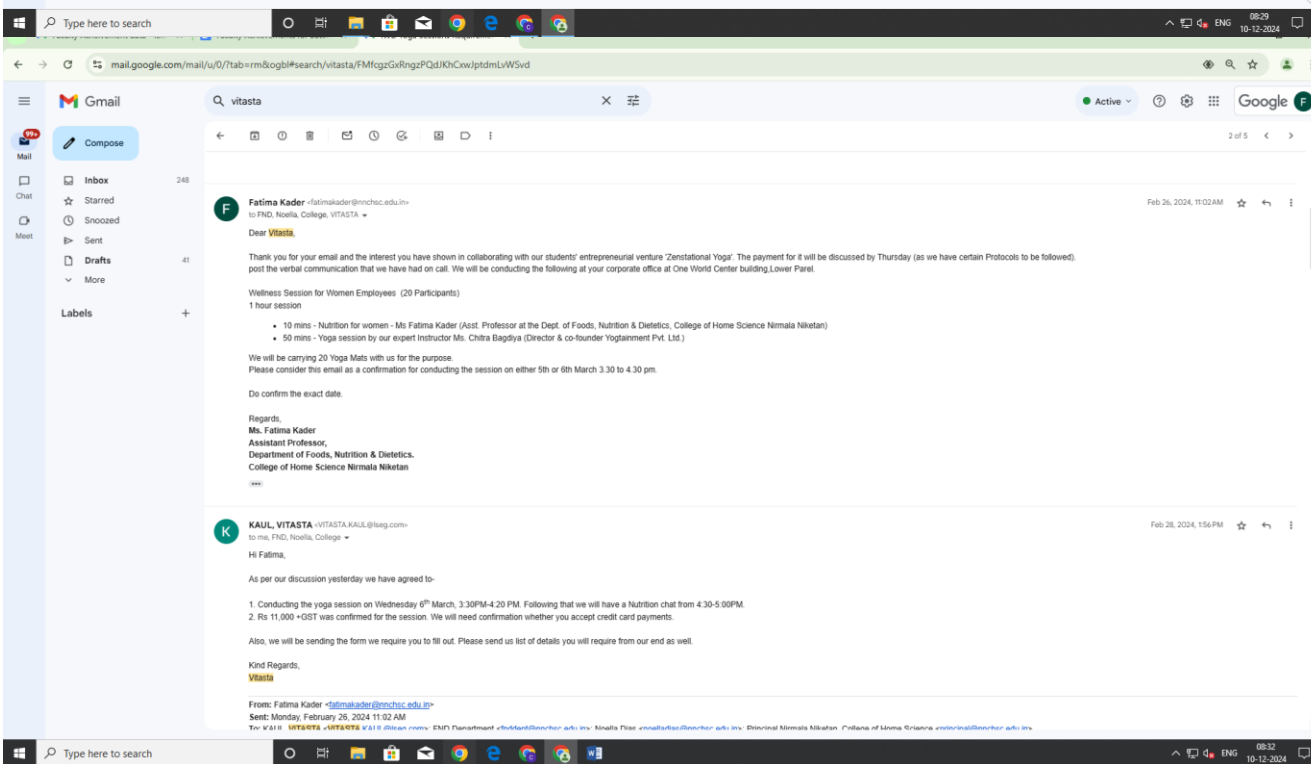
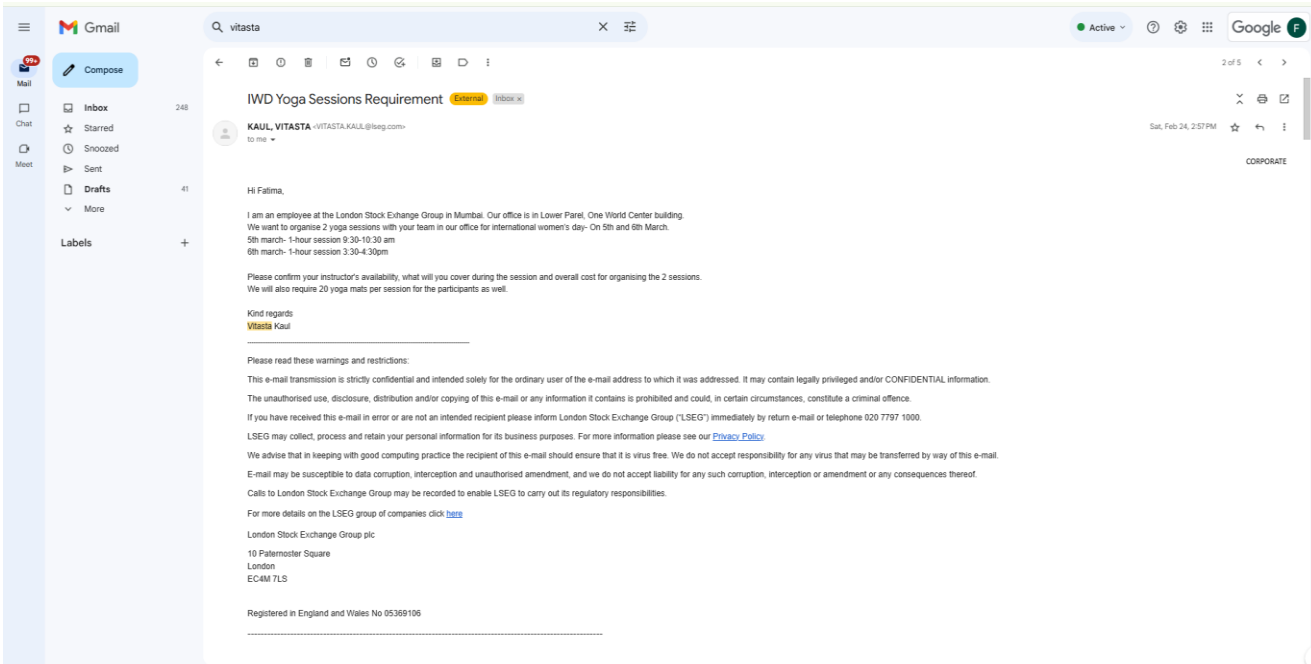
As the group collaborated with LSEG on this momentous occasion, we were excited about the prospect of extending their reach and making a meaningful impact on a larger scale. This experience reaffirms the belief in the transformative potential of wellness practices and motivates us to continue pushing boundaries and exploring new avenues for growth and engagement.

In conclusion, the journey from a college venture to corporate engagement exemplifies the transformative power of passion, perseverance, and purpose. Thus, gratitude was expressed for the opportunity to contribute to the well-being of others and celebrate our success in securing a significant corporate partnership that highlights the transformative impact of our wellness initiatives.

**Report written by:**

**Ms. Fatima Kader**

# Correspondence:



*Kaul*

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

Faculty Achievement data - fati... Faculty Achievements for auto... IWD Yoga Sessions Require...

mail.google.com/mail/u/0/?tab=rm&ogbi#search/VITASTA.KAUL%40seg.com/FMfcgzGxRngzPQdKKhCwJptdmLwW5vd

VITASTA.KAUL@seg.com

2 of 5

1. We confirm the above event conducted on 21 Feb 2024 (for 20 participants). Following that we will have a Nutrition talk and interactive session from 4:30-5:00 PM (which would include other staff in addition to the 20 participants at the same venue).  
 2. Rs 11,000 + GST is confirmed for the session. We will need confirmation whether you accept credit card payments.

Do confirm the exact date.

Regards,  
**Ms. Fatima Kader**  
 Assistant Professor,  
 Department of Foods, Nutrition & Dietetics,  
 College of Home Science Nirmala Niketan

\*\*\*

**KAUL, VITASTA** -vitasta.kaul@seg.com  
 to me, FND, Noella, College

Hi Fatima,

As per our discussion yesterday we have agreed to-

1. Conducting the yoga session on Wednesday 6<sup>th</sup> March, 3:30PM-4:20 PM. Following that we will have a Nutrition chat from 4:30-5:00PM.
2. Rs 11,000 + GST was confirmed for the session. We will need confirmation whether you accept credit card payments.

Also, we will be sending the form we require you to fill out. Please send us list of details you will require from our end as well.

Kind Regards,  
 Vitasta

From: Fatima Kader <fatimakader@nmchsc.edu.in>  
 Sent: Monday, February 26, 2024 11:02 AM  
 To: KAUL, VITASTA -vitasta.kaul@seg.com>; FND Department -fnddept@nmchsc.edu.in>; Noella Dias <noelladias@nmchsc.edu.in>; Principal Nirmala Niketan, College of Home Science -princial@nmchsc.edu.in>  
 Subject: Re: IWD Yoga Sessions Requirement

\*\*\* EXTERNAL EMAIL \*\*\*

\*\*\*

**Fatima Kader** -fatimakader@nmchsc.edu.in  
 to accounts, VITASTA, FND, Noella, College

Hi Vitasta,

Greetings of the day!

In continuation to our discussion and the above email.

1. We confirm of Conducting the yoga session on Wednesday 6<sup>th</sup> March, 3:30PM-4:20 PM (for 20 participants). Following that we will have a Nutrition talk and interactive session from 4:30-5:00 PM (which would include other staff in addition to the 20 participants at the same venue).
2. The payment for the above event conducted Rs 11,000 + GST (18%) i.e Rs 12,980/- is accepted and approved by our Management (Manager - Ms. Noella Dias).
3. Credit card payment is acceptable.
4. A format of a letter for consultancy is attached that needs to be filled as a requirement by the institute for the payment made.
5. A copy of the company Pan card and the GST no. detail will have to be attached to the above letter.
6. We will also need a separate Letter of acknowledgement on your official letterhead stating that - The students of T.Y. B.Sc. Foods, Nutrition & Dietetics (2023 - 2024 Batch) of College of Home Science Nirmala Niketan under the guidance of Ms. Fatima Kader and Ms. Sanam Khan organized a 'Wellness workshop' for the employees of your company on the occasion of 'International Women's Day'.
7. Please also find attached the account details and the GST no. (attached as certificate) of our institute for payment to be made.

For any other queries, kindly email or call.

Thank you,  
 We look forward to conducting the wellness camp at your organization.

Regards,  
**Ms. Fatima Kader**  
 Assistant Professor,  
 Department of Foods, Nutrition & Dietetics,  
 College of Home Science Nirmala Niketan

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3 Attachments - Scanned by Gmail

9851 10-12-2024

Faculty Achievement data - fati... Faculty Achievements for auto... IWD Yoga Sessions Require...

mail.google.com/mail/u/0/?tab=rm&ogbi#search/VITASTA.KAUL%40seg.com/FMfcgzGxRngzPQdKKhCwJptdmLwW5vd

VITASTA.KAUL@seg.com

2 of 5

Also, we will be sending the form we require you to fill out. Please send us list of details you will require from our end as well.

Kind Regards,  
 Vitasta

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 Sent: Monday, February 26, 2024 11:02 AM  
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 Subject: Re: IWD Yoga Sessions Requirement

\*\*\* EXTERNAL EMAIL \*\*\*

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 to accounts, VITASTA, FND, Noella, College

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For any other queries, kindly email or call.

Thank you,  
 We look forward to conducting the wellness camp at your organization.

Regards,  
**Ms. Fatima Kader**  
 Assistant Professor,  
 Department of Foods, Nutrition & Dietetics,  
 College of Home Science Nirmala Niketan

\*\*\*

3 Attachments - Scanned by Gmail

9851 10-12-2024



*Handwritten signature of the Principal*

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



A wellness program that included holistic health - Yoga & Nutrition



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



- **SENSITIZING STUDENTS TO SOCIAL ISSUES**

**A. Beach Cleaning Drive**

Colaba Koliwada Beach Cleaning Activity

- Name of the college: College Of Home Science Nirmala Niketan
- Affiliation: University Of Mumbai
- Name of The Event: Colaba Koliwada Beach Cleaning Activity
- Name Of The Department Organized: NSS Unit
- Level: Local
- Organizing Team: NSS of College Of Home Science Nirmala Niketan
- Day and Date: Saturday, 16th September, 2023
- Time: 8:00 am to 9:00 am
- Number of NSS Volunteers- 11
- Total Beneficiaries- 50
- About the Event (Event Flow, if available): We went to Colaba Koliwada beach for the beach cleanup where we were shown how people in the surrounding areas were not affected by the trash just outside their door nor the stench. We geared up with gloves and trash bags to clean up the dirt. As it was raining that day the rubbish and mud had become a heavy muck. We saw how wood, plastic and wrappers from the sea collected and piled up and how proper disposal of waste was not being done hence the pile up.
- Photographs of the event (at least 4-6)

**Colaba Koliwada Beach Cleaning Activity**



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

### Colaba Koliwada Beach Cleaning Activity

Date: 16th September, 2023

Sr. No.	Name of the student	Class	Signature
1.	Sarah D'souza	FYBSc	S. D'souza
2.	Vrisha Dusara	FYBSc	V. Dusara
3.	Mubarak Sawliwala	FYBSc	M. Sawliwala
4.	Taranum Abbasi	FYBSc	T. Abbasi
5.	Hardika Adaniya	FYBSc	H. Adaniya
6.	Parija Vaidya	FYBSc	P. Vaidya
7.	Vedashri Save	FYBSc	V. Save
8.	Asher D'silva	FYBSc	A. D'silva
9.	Manjushri Thorat	FYBSc	M. Thorat
10.	Sejal Kupekar	FYBSc	S. Kupekar
11.	Riya Mane	FYBSc	R. Mane

## B. RAKSHA BANDHAN

The Interfaith committee and National Service Scheme (NSS) of College of Home Science Nirmala Niketan jointly organized two sessions on Rakhis for RakshakS (A Rakhi collection Drive) on 22<sup>nd</sup> August 2023. More than 300 students enthusiastically eco-friendly, handmade and sustainable rakhi's alongwith a personalized message for the jawans.



## Raksha Bandhan at Ladakh Scout Regiment

The College of Home Science Nirmala Niketan felt immense joy and pride when Mr. AtmaramParab delivered the rakhis made by our staff and students to the soldiers of the Ladakh Scout Regiment in Leh-Ladakh on Raksha Bandhan. The soldiers were very appreciative of the rakhis and the heartfelt messages from our students, expressing their gratitude and happiness for the thoughtful gesture (Message from Atmaram Parab Sir).



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

## Raksha Bandhan at Ladakh Scout Regiment



### NIRMALA NIKETAN INSTITUTE'S COLLEGE OF HOME SCIENCE, NIRMALA NIKETAN

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

49, New Marine Lines, Churchgate, Mumbai - 400 020. ☎ 2207 6503 / 2200 7544  
Email: principal@nnchsc.edu.in / office@nnchsc.edu.in Web.: www.nirmalaniketan.com


Date: 24<sup>th</sup> August 2023

#### Agreement between College of Home Science Nirmala Niketan and Mr. Atmaram Parab, MD, Isha Tours


The Interfaith Committee and National Service Scheme (NSS) of College of Home Science Nirmala Niketan jointly organized a Rakhi Collection Drive named "Rakhis for Rakshaks" in August 2023 in the College.

The rakhis made by our staff and students have been handed over to Mr. Atmaram Parab, MD Isha Tours, who would be presenting them to Indo Tibet Border Police (ITBP), High Altitude Tibetan Border during the Raksha Bandhan Festival.

Both the parties are pleased to collaborate with each other and thank each other for the support rendered.

  
Mr. Atmaram Parab  
MD, Isha Tours



  
Dr. Anuradha J. Bakshi  
I/C Principal



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

- **HOLISTIC DEVELOPMENT**

- A. Disaster Management Workshop Nirmala Niketan College in collaboration with Civil Defence Training College Maharashtra Government Home Department**

- ❖ Name of the college: COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
- ❖ Affiliation: UNIVERSITY OF MUMBAI
- ❖ Name of The Event: DISASTER MANAGEMENT WORKSHOP
- ❖ Title of the program/s: DISASTER MANAGEMENT WORKSHOP
- ❖ Name of the Department organized: NSS UNIT IN COLLABORATION WITH CIVIL DEFENCE TRAINING COLLEGE MAHARASHTRA GOVERNMENT HOME DEPARTMENT
- ❖ Level: INTERCOLLEGIATE
- ❖ Organizing Team (Chairperson, Convenor, Co-Convenors and members)
- ❖ Name of the Collaborators (if any): CIVIL DEFENCE TRAINING COLLEGE MAHARASHTRA GOVERNMENT HOME DEPARTMENT AND NSS CELL OF UNIVERSITY OF MUMBAI
- ❖ Number of NSS Volunteers-80
- ❖ Total Beneficiaries- 250
- Day and Date: 4TH OCTOBER 2023
- Time: 9:30 AM TO 4:30 PM
- About the Event (Event Flow, if available): The welcoming of the guests was followed by the speech and welcome song sung by Prof. Dr. Vishaka Karnad, Amina Mahiskar and Taranum Abbasi. This was followed by the Disaster Management demo on cuddle method, 3 handed seat, 4 handed seat, etc. and a short tea break. Then there was a demo session on fire extinguishing and rappelling. This was followed by a certificate distribution ceremony and singing of the national anthem.
- Flyer of the Event:



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



# Disaster Management Workshop



24.	Hasti Gala	FYBSc	Hasti gala
25.	Zainab Bohra	FYBSc	Zainab B
26.	Srushti Patil	FYBSc	Srushti
27.	Taniksha Mohite	FYBSc	TANIKSHA
28.	Mariya Sanwala	FYBSc	(M)
29.	Sailee Navale	FYBSc	Sailee.
30.	Sejal Munimadgu	FYBSc	Sejal.
31.	Charvee Raut	FYBSc	C.R
32.	Harsha Rajpurohit	FYBSc	Harsha
33.	Chinmayee Panse	FYBSc	C.Panse
34.	Amisha Bane	SYBSc	A.Bane
35.	Tahoora Tole	SYBSc	Tahoora
36.	Zoya Majoriya	FYBSc	Zoya
37.	Priyanshi Modi	FYBSc	P.Modi
38.	Sanskruiti Gami	FYBSc	Sanskruiti
39.	Dristhi Mota	SYBSc	Dristhi
40.	Urvashi Lapasiya	FYBSc	U
41.	Aliza Siddiqui	SYBSc	A.Siddiqui
42.	Sarah Karwat	FYBSc	S.K
43.	Kesha Jhaveri	FYBSc	Keshaj.
44.	Cheryl Machado	FYBSc	Cheryl Machado
45.	Shivani Gupta	SYBSc	S. Gupta
46.	Misbah Batliwala	SYBSc	Misbah
47.	Khushi Pardeshi	FYBSc	Khushi
48.	Ilma Khan	FYBSc	Ilma
49.	Erum Khan	SYBSc	Erum
50.	Pankti Gala	FYBSc	Pankti

51.	Kashti Gala	FYBSc	Kashti
52.	Insha Khan	FYBSc	Insha
53.	Joaine D'costa	SYBSc	D'costa
54.	Malika Shaikh	SYBSc	M Shaikh
55.	Azka Madgaonwala	SYBSc	Azka Mad
56.	Tanya Qureshi	SYBSc	T. Qureshi
57.	Carine Machado	FYBSc	C. Machado
58.	Mahek Khan	FYBSc	Mahek
59.	Lydia Job	FYBSc	L.J.
60.	Tasneem Kanorwala	FYBSc	T. Kanorwala
61.	Omaima Khan	FYBSc	Khan Omaima
62.	Fatema Attarwala	SYBSc	F Attarwala
63.	Ritika Gaikwad	FYBSc	Ritika
64.	Bhoomi Gala	FYBSc	Bhoomi
65.	Janice D'mello	FYBSc	J.D.
66.	Richelle D'mello	FYBSc	Richelle
67.	Maryam Bhavnagarwala	FYBSc	MB
68.	Nilaksha Borhade	FYBSc	N. Borhade
69.	Zainab Challawala	FYBSc	ZC
70.	Jalshikha Dalvi	FYBSc	J. Dalvi
71.	Priti Dandge	SYBSc	P. Dandge
72.	Chinde Sulaim	SYBSc	C.S.
73.	Sanika Kamble	FYBSc	S. Kamble
74.	Aishah Khan	FYBSc	Aishah
75.	Saeed Dudwadkar	FYBSc	Saeed
76.	Vrisha Dusara	FYBSc	V. Dusara
77.	Zainab Bohra	FYBSc	Zainab B





78.	Khadija Kodia	FYBSc	KK.
79.	Shruti Pawar	FYBSc	Shruti
80.	Nadiya Shaikh	FYBSc	N. shaikh.

## B. Gratitude towards Water & Sanitation Workers on the occasion of Christmas

- ❖ Name Of The Activity / Event: BMC Workers Gratitude Party
- ❖ Name of the college: College Of Home Science, Nirmala Niketan
- ❖ Affiliation: University Of Mumbai
- ❖ Name of The Event: BMC Workers Gratitude Party
- ❖ Level: Local
- ❖ Name of the Committee Organizing: NSS Unit Of College Of Home Science, Nirmala Niketan
  - Day and Date: Thursday, 23<sup>rd</sup> November, 2023
  - Time: 11:00 a.m. to 1:00 p.m.

➤ Number of NSS Volunteers- 11

Total Beneficiaries- 50

- About the Event (Event Flow, if available): The BMC workers were greeted with a welcome song performed by Amina Mahiskar and Ritika Gaikwad. We were then addressed by our I/C Principal Prof. Dr. (Mrs.) Vishaka Karnad followed by carol singing by our teachers. The event was concluded by presenting the BMC workers with a token of appreciation each and a vote of thanks given by Riya Mane.



*V. Karnad*  
 INCHARGE PRINCIPAL  
 COLLEGE OF HOME SCIENCE  
 Nirmala Niketan,  
 48, New Marine Lines,  
 Mumbai - 400 028.



## Gratitude towards Water & Sanitation Workers on the occasion of Christmas




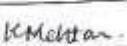



Presenting the BMC workers with a token of appreciation



*Y. Kulkarni*  
INCHARGE PRINCIPAL  
COLLEGE OF HIGHER SCIENCE  
Mumbai, Maharashtra,  
40, New Marine Lines,  
Mumbai - 400 020.

Gratitude Towards Water & Sanitation Workers on the occasion of Christmas

Date: 23rd November, 2023

Sr. No.	Name of the student	Class	Signature
1.	Sejal Kupekar	FYBSc	
2.	Ritika Gaikwad	FYBSc	
3.	Vaishnavi Kanekar	SYBSc	
4.	Amisha Bane	SYBSc	
5.	Amina Wasif Ahmed Mahiskar	FYBSc	
6.	Shivani Gupta	SYBSc	
7.	Kasaf Mehtar	FYBSc	
8.	Riya Mane	FYBSc	
9.	Kinjal Oza	SYBSc	
10.	Hardika Adaniya	FYBSc	
11.	Mariya Bohra	FYBSc	



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