



Nirmala Niketan Institute's
College of Home Science Nirmala Niketan
NAAC Accredited A+ Affiliated to the University of Mumbai

The College of Home Science Nirmala Niketan is a Christian Minority Grant-in Aid College that is affiliated to the University of Mumbai and is NAAC Accredited A+ Grade institution. It is a beneficiary of RUSA 2 Component 9 Infrastructural Grant. It is composed of the Junior College, Degree College that offers UG PG and Doctoral Programmes under the aided section and Self-Financed Programmes of PG courses, Certificate, Diploma and Advanced Diploma Courses.

Foreword:

The theme of our College this year 2023-2024 is “Transformation and Triumph for Shaping the Future”. We, as a college, are looking forward to some phenomenal changes and transformations with the NEP introduced in the education system, greater collaborations, sustainable innovations and collective initiatives for community development and societal welfare. We are envisioning greater success and aiming for higher levels of excellence. We focus on development of our college with personal and professional growth, to ignite the spirit of an entrepreneur, to inculcate values of respect for people and belongings, worthy for ethical research and to contribute to the underprivileged for a sustainable economy.

In this fast-changing world of business and education scenario with NEP, we were faced challenges and opportunities colliding and aligning. It is important for us to stand out as a strong player with innovation and strategic thinking collectively for execution, as one big adaptable and agile team. With our human forces, with cutting-edge tools and mindsets, we go ahead with integrating technology to streamline operations, boosting visibility and social reach, setting up a research and entrepreneurial ecosystem by providing frameworks with guidance, and support from authorities, seniors, experts and alumni. Transformative leaders help shape the future of businesses in this ever-evolving landscape of education. Change is necessary for growth as our own lives demonstrate transformation.

JUNIOR COLLEGE

Faculty Members: Mr. Shridhar Talekar, Ms. Farah Syed, Ms. Vijayalakshmi Mannadiar, Ms. Roopa Rao, Ms. Sheetal Nogueira, Mr. Amol Surte, Mr. Shankar Pandey, Ms. Dipika Surve

Student Enrolment:


Academic Year	FYJC	SYJC
2023-2024	71	100
2024-2025	62	73



**NIRMALA NIKETAN
COLLEGE OF HOME SCIENCE**
AFFILIATED TO THE UNIVERSITY OF MUMBAI
NAAC ACCREDITED A+ GRADE

Congratulates


**RANK HOLDERS AT HSC
EXAMINATION 2023-2024**



VIKAM HARSHIE KINJAL
88.67%

SHAH VELIKA NIRAV
87.67%

GALA MANSI YOGESH
86.67%



**NIRMALA NIKETAN
COLLEGE OF HOME SCIENCE**
AFFILIATED TO THE UNIVERSITY OF MUMBAI
NAAC ACCREDITED A+ GRADE

Congratulates

**SUBJECT TOPPERS AT HSC
EXAMINATION 2023-2024**

English Marks: 92 SHAH VELIKA NIRAV	Hindi Marks: 92 SHAH VELIKA NIRAV	Chemistry Marks: 83 FAUZIA SHAIKH
Biology Marks: 96 VIKAM HARSHIE KINJAL	Child development Marks: 98 VIKAM HARSHIE KINJAL GALA MANSI YOGESH TEERTHA PASHTE KRISTIN ASSAO SUMERA GAZIYANI	Psychology Marks: 95 ZUNERA FAKHI ZAINAB KHAN

DEGREE COLLEGE

There are four departments dealing with the specialised fields of Home Science namely Foods Nutrition and Dietetics, Human Development, Textile and Fashion Technology and Community Resource Management.

DEPARTMENT OF FOODS NUTRITION AND DIETETICS

Faculty (Full-time Permanent)	Designation
Ms. Vibha Hasija Ms. Fatima Kader	Assistant Professor Assistant Professor
Dr. Sheetal Joshi	Assistant Professor
Dr. Minelly Rodrigues	Assistant Professor
Total No. of Permanent Faculty	04

Faculty on CHB	Designation
Ms. Aarti Khokane, Ms. Rashi Billimoria, Ms. Merlyn Mascarenhas, Mr. Zaid Khan, Dr. Neha Joshi, Dr. Veena Yardi, Ms. Sanam Khan, Ms. Michelle Britto, Ms. Ayesha Khan, Ms. Alefiya Morkas, Ms. Chandni Chopra, Mr. Tejas Rajaputhran, Mr. Shubhankar Wadke, Ms. Vineeta Sakpal, Ms. Ruchi Jakhmola, Ms. Kinjal Maru	Assistant Professors (CHB)
Total No. of CHB	16
Ms Ayesha Kherani	JRF
Total No.	01

Courses	Number of Students
T.Y.B.Sc.	34
M.Sc. Part I	12
M.Sc. Part II	12
Ph.D.	06
Lecture series in Physiology for 15 hours started from 12th Sept 2023 to 16th Oct 2023. Lectures taken by Dr. Silloo Patel.	This course helps students of TYBSc and MSc understand the physiological processes of the humans and its relationship with human nutrition.
Bridge Course	30

- Syllabus Revision of MSc Sem I and II in accordance with NEP
- Lecture Series for TYBSc on Basics in Physiology and Research Methods
- Bridge Course: To support the students from other backgrounds to advance easily with the Master's Programme
- Anubhav: Presentations of Internship work to the evaluators and junior classes
- Special training for Research Methodology for MSc 2 students to support them in Dissertation.

Significant Events of the FND Department:

August 2023

- Celebration of World Breastfeeding Week in collaboration with Nourish 1000 Days
- Workshop by Lactation Management Expert - Dr. Pooja Singhania

October 2023

- National Conference on Millets, Sustainability, Health and Wellness
- Commemoration of National Nutrition Month and World Food Day and the Golden Jubilee of the Department In Collaboration with NSI, IDA, AFST, FSSAI -Industry Partner - Kellogg's India
- Institution of the First Sheila Isaac Oration Award
- Speaker – The Eminent Dr. Dayakar Rao from the Indian Institute of Millet Research

February 2024

- Collaboration with Natural Rite Bite
- Conduction of Sensory Evaluation of their products and provision of a detailed analytical report.
- Involvement of Ty, MSc 1 & 2 FND and FPP students

March 2024

- Prerna - Rise Inspired - Felicitation of Dr. Malati Ranganath
- Talk by Ms. Naaznin Hussein on - Dietetics - The Way Forward
- Panel Discussion on Trends in Nutrition
- Award Distribution Ceremony of Nirmal Seva, Utkarsh and Gyan Rachna Awards

Student Development Programmes (FND)

- VIN Talks - August 2023
- Vision and Inspiration in Nutrition
- Talks from Alumni of all branches of FND – On The way forward
- Anubhav - Experiential Learning March 2024
- Through Peer teaching by MSc 2 FPP for the MSc 2 FND on Microbiological techniques
- Through Study Tour of the Department to Bangalore - Mysore with 95 students
- Through Rural Camp for TYBSc students, MSc FPP, SN and PG students
- HACCP and FOSTAC Certification Programmes conducted for MSc 2 FND and FPP

Student – Led Initiatives

September 2023 Nutrition Month

- MSc 1 FND conducted Nutrition Education Programme for Junior College Students
- MSc 1 SN and MSc 2 FND conducted Nirmal Swasthya
- A Health, Nutrition Awareness and Fitness camp for students, staff and guests

January 2024

- MSc 1 FND conducted Zen Groove - A Multidisciplinary and Holistic Approach to Health and Fitness

March 2024

- Nirmal Swasthya
- MSc 1 and 2 SN conducted a Fitness Camp cum Sports Nutrition Awareness in Jaihind College

Ongoing Programme

- Nirmal Prayas - Quality Transformation Initiative of Small Food Business MSc FPP

ACHIEVEMENTS – AWARDS & PRIZES

- **Over 70 students have won prizes in various intercollegiate competitions**

Special Mention

- 18th Aavishkar Research Convention Topic: Dietary Fads: Navigating the Maze of Trendy Eating Patterns and Their Effect on Health Level:

Reached till Zonal Round

- Ms. Fatima Nevrekar guided MSc 2 FPP Students
- AFCST competition on Food Waste and Food Loss
 - Winners: First Prize
 - Anjali Vatwani, MSc 2 FPP, Guide Dr. Tasneem Ravat
- Dr. Sheetal Joshi awarded her Doctoral Degree
- Dr. Tasneem Ravat with her Doctoral Guide Dr. Veena Yardi authored a book *Tai, Mala asa kai hot aahe?* Published by Nirmaya Foundation
- Ms. Vibha Hasija and her mentee received copyright on the Board Game developed for Nutrition Education on Nutropenic Diet for Pediatric Cancer Patients

DEPARTMENT OF HUMAN DEVELOPMENT

Staff Members of the Department of Human Development:

Permanent Teachers	Designation
Prof. Dr. Anuradha J. Bakshi	Professor (I/C Principal till Nov 30, 2023)
Ms. Rhonda Divecha	Assistant Professor (HOD)
Ms. Payal Maheshwari	Associate Professor
Prof. Dr. Kamini Prakash Rege	Professor
Ms. Khyati Sampat	Assistant Professor
Total No.	5
CHB Teachers	Designation
Ms. Dias Virginia Joseph	Assistant Professor
Ms. Vanitha D'Souza	Assistant Professor
Ms. Sunaina Sharma	Assistant Professor (from 1 st Dec. 2023)
Total No.	3

NUMBER OF STUDENTS IN HD DEPARTMENT :

Courses	Number of Students
T.Y.B.Sc.	30
M.Sc. Part I	12
M.Sc. Part II	12
Ph.D.	4
VALUE ADDED COURSE Online Diploma Course in ISL (Indian Sign Language)	25

NUMBER OF HD RESEARCH PROJECTS

Category	Number	Guides
DOCTORAL	4	Prof. Dr. Kamini Prakash Rege
MASTERS PART II	11	Prof. Dr. Anuradha J. Bakshi; Ms. Rhonda Divecha; Ms. Payal Maheshwari; Prof. Dr. Kamini Prakash Rege; Ms. Khyati Sampat
MASTERS PART I	12	Ms. Payal Maheshwari; Prof. Dr. Kamini Prakash Rege; and Ms. Khyati Sampat
AVISHKAAR Intercollegiate and Zonal Level (December 2023)	6	Ms. Payal Maheshwari; Prof. Dr. Kamini Prakash Rege
AVISHKAAR State Level (January 2024)	1	Prof. Dr. Kamini Prakash Rege (Student - Jennifer James)
AVISHKAAR National Level (February 2024)	1	Prof. Dr. Kamini Prakash Rege (Student - Jennifer James)
JIGNYASA 2024: Research Meet organized by SIES College (March 2024)	1	Prof. Dr. Kamini Prakash Rege (Student - Jennifer James)

Awareness and Action Research for Youth Awakening (AARYA) (February 2024)	8	Ms. Khyati Sampat, Ms. Virginia Dias, Ms. Vanitha D'Souza
SRIJANA 2023-24 organized by Guru Nanak Khalsa College (February 2024)	2	Ms. Virginia Dias

PUBLICATIONS AND PRESENTATIONS OF HD STAFF

Publication / Presentation	International/ National	Number	Name of Staff Member
Publication	International	1	Prof. Dr. Kamini Rege
Publication	International	1	Ms. Payal Maheshwari
Presentation	International	1	Vanitha D'Souza & Dr. Roopa Rao

PRIZES AND AWARDS RECEIVED:BY HD STUDENTS

Sr. No.	Names of the student Level/Class	Prize	Staff who guided/ responsible	Details of the Prize/Award
1	Jennifer James, Abigail Fernandes, Jerusha Cabral Post graduate	Second Prize + Merit Certificate	Prof. Dr. Kamini Prakash Rege	“Challenges and Strategies Perceived by Bank Employees at the workplace regarding Sexual Harassment” , paper presentation at National level Intercollegiate Research Paper Presentation on “Exploring Modern Global Business Practices” 14/08/23 from 11am onwards Malad Kandivali Education Society's NAGINDAS KHANDWALA COLLEGE

2	Jennifer James Post graduate	Third Rank+ Bronze Medal+ Merit Certificate	Prof. Dr. Kamini Prakash Rege	“Assisting Your Spouse During Perimenopause: A Guide for Husbands” Qualified for Maharashtra State Inter-University Research Convention held at DLLE Audio Visual Hall, Second Floor, Vidyapeeth Vidyarthi Bhavan, ‘B’ Road Churchgate, Mumbai 8:30 onwards Aavishkar Inter-Collegiate/ Institute/ Department Research Convention; University of Mumbai 22/12/23
3	Jennifer James Post graduate	First Position Merit Certificate & Participation Certificate & A Trophy	Prof. Dr. Kamini Prakash Rege	“Sexual Harassment At Workplace: Perception Of Bank Employees” JIGNYASA 2024: A Research Meet organized by SIES College of Arts, Science and Commerce (Autonomous), Mumbai on 13th March 2024.
4	Ms Megan Monterio Ms Zainab Rajkotwala Ms Sweta Ghoshal Ms Arwa Bootwala Ms Rukaiya Kantawala Under-Graduate (TYBSc)	National Level – 2nd Prize	Ms. Khyati Sampat	Award /Prize- Won the 2nd Prize & Cash Prize of Rs 3000/- Name of the Research Competition - AARYA (Awareness & Action Research for Youth Awakening” Undergraduate Research Competition held in Virtual Mode at the National Level Category - Social Science, Humanities, and Allied Fields Date of Competition - 28th February 2024 Organized by - College of Home Science, Nirmala Niketan Research Topic: Newly Married Individuals' Experience: Perceived Positives and Stressors

5	Palak Sanghavi Liza Petkar Eshika Wagh Karuna Chanchlani Shradha Kamble Under Graduates (Third Year Students)	National Level - 1st Prize	Ms. Virginia J. Dias	Award /Prize- Won the 1st Prize & Cash Prize of Rs 5000/- Name of the Research Competition - AARYA (Awareness & Action Research for Youth Awakening” Undergraduate Research Competition held in Virtual Mode at the National Level Category - Social Science, Humanities, and Allied Fields Date of Competition - 28th February 2024 Organized by - College of Home Science, Nirmala Niketan Research Topic - The Awareness and Perceptions of Participants about Hospice Services in Mumbai
---	---	-------------------------------	-------------------------	--

FIELD WORK/PRACTICAL/INTERNSHIPS

Student Class Group (1 st Term)	Name of Organization	Beneficiaries	Name of Staff Member In- Charge
TYBSc & MSc 2	Children’s Academy, Malad	Preschool Children	Ms. Rhonda Divecha
TYBSc & MSc 2	Children’s Academy, Kandivali	Preschool Children	Ms. Payal Maheshwari
MSc 1	St John Universal School, Goregaon	Preschool Children	Prof. Dr. Kamini Rege

- In the 2nd Term, these FIELD WORK PRACTICAL/INTERNSHIP centres were in different organizations, welfare centres with beneficiaries across the lifespan, for the TYBSc & MSc 2 students.

HD DEPARTMENT ACTIVITIES

EVENT/ACTIVITY	DATES
CLASS ORIENTATIONS MSc 2 TY & MSc 1	28 th June 2023 5 th July 2023
Online Diploma Course in ISL (Indian Sign Language)	Commencement Date 17 th August 2023 25 participants of different age-groups, from different parts of India
World Mental Health Day Programme	10 th October 2023
Parent Orientation & Alumni Interaction	14 th October 2023

HD DEPARTMENT ACTIVITIES

EVENT/ACTIVITY	DATES
ANTARCHAKSHU Workshop The Xavier's Resource Centre for the Visually Challenged (XRCVC)	22nd February 2024
Educational Tour to Amritsar/Chandigarh	1st to 7th March 2024
HD Mela : FUN-TASTIC FEST	23rd March 2024
MSc 1 Extension Trip to Kharasgaon	1st & 2nd Dec 2023
TY & MSc 2 Extension Trip to Bharuch	15th to 17th February 2024

EQUIPMENT & MATERIALS PURCHASED

Sr. No.	Particulars of Instrument	Name of the Vendor
1	Educational Toys	Enark Tech Private Limited
2	Glove Puppets	Nishit Enterprise
3	Educational Toys	Desi Toys & Games
4	Educational Toys	Craft Deals
5	Educational Toys	NB Traders
6	Educational Books	Crossword Book Store
7	Educational Books	Amar Chitra Katha
8	Educational Books	Tulika Publishers

DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY

STAFF PROFILE

FULL TIME	
1. Dr. Pratima Goyal	Associate Professor & Head of Department
2. Prof. Dr. Vishaka Karnad	Professor & I/C Principal (1/12/2023 - 29/9/2024)
3. Dr. Ritu Madhan	Associate Professor
4. Dr. Neha Mulchandani	Assistant Professor
5. Ms. Vrinda Udiaver	Assistant Professor
6. Dr. Anjali Srivastava	Assistant Professor
7. Ms. Sanghmitra Navalgund	Assistant Professor
8. Ms. Vibhuti Khedekar	Assistant Professor
CHB	
9. Ms. Purva Bansode	CHB
10. Ms. Amita Gaikwad	CHB
Total No. of Staff Appointed	10

NUMBER OF STUDENTS

Programmes/Courses	Number of Students
T.Y.B.Sc.	31
M.Sc. Part I	12
M.Sc. Part II	06
Ph.D.	07
VALUE ADDED COURSES	
• Entrepreneurship in Textile Crafts	06
• Design Thinking, Innovation And Start-ups	10
• Personal Styling Grooming And Fitness	22
• CAD CAM and Computer Technologies in the Textile and Apparel Industry-Basic	31
• CAD CAM and Computer Technologies in the Textile and Apparel Industry-Intermediate	12
• CAD CAM and Computer Technologies in the Textile and Apparel Industry-Advanced	06

ADD-ON ONLINE AND OFFLINE CERTIFICATE COURSE IN DESIGN

THINKING, INNOVATION AND START-UPS

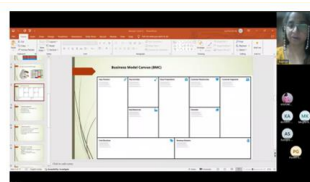
- The course commenced on 10th October 2023 and 30 hours of classes were conducted till 29th February 2024.
- 10 students successfully completed the course
- Course Coordinator- Dr. Pratima Goyal and Mrs. Vibhuti Khedekar
-



Online Sessions on
Incubation and
Opportunity
Identification



Online Sessions on
Innovation and Start-ups



Online Sessions on
Project/Practical



Online Sessions
Interaction with
students for
Project/Practical



Project Presentation

Project Name- **उत्सव**: Unfold the Legacy
By Ms. Dedhia Khyati Anil, Ms. Savla Vrushmani
Harshad & Ms. Manek Vishakha Manish



Project Presentation

Project Name- Feebway
By Ms. Gala Pankti Kalpesh, Ms. Megha
Kochar & Ms. Devera Bhavika



Project Presentation

Project Name- THE HOME CAFE
By Ms. Mubarakah Sawliwala, Ms. Shaikh Aatiqua
Abdul Qadir & Ms. Shaikh Iqra Afsar



ADD-ON ONLINE AND OFFLINE DIPLOMA COURSE IN PERSONAL STYLING

GROOMING AND FITNESS

- The course commenced on 10th September 2023 and 60 hours of classes were conducted till 29th February 2024.
- Overall Toppers- Ms. Dusara Vrisha Harshad (F.Y.BSc) Ms. Roopali Gupta and Ms. Shaikh Falak Nirrehman
- Best project work- Ms. Adaniya Hardika Atul (F.Y.BSc), Ms. Jhaveri Kesha Ketan (F.Y.BSc) and Ms. Gupta Khushi Dilip (M.Sc I)



Online Sessions Conducted by Ms. Shaifali Singh



Online Sessions Conducted by Ms. Shveta Wadhavkar



Online Sessions Conducted by Ms. Rianna Gorewal



Online Sessions Conducted by Mr. Gaurav Kumar



Offline Sessions on Creative Yoga by



Offline Sessions on Styling



Offline Sessions on Body Types



Personal Shopping experience at Zara and Westside



Offline Sessions on Makeup and Grooming



TFT DEPARTMENT ACTIVITIES 2023-2024

M.Sc. II Orientation	26th June 2023
International Exhibition of Home Décor, Gifts and Housewares HGH-2023	4-7th July 2024
T.Y.B.Sc. Orientation	5th July 2023
M.Sc. I Orientation	8th July 2023
Session on Sustainable Design Thinking , International speaker Ms. Kavyashree Mrathyunjaya Swamy	10th July 2023
Skill enhancement workshops Jamboree Hunar Karyashaala	7th August 2023
Session 1: Beaded jewellery , Expert: Ms. Fatema Saifuddin Mahuawala Session 2: Resin art Expert: Ms. Lopa Dharod	
Commemoration of National Handloom Day and Vastrakala , Expert: Mr. Ramesh Mangria, recognized Bhujodi Weaver	11th August 2023
Hunar Karyashaala interactive workshop on bag making Expert: Ms. Bilquis Dhrolwala, Entrepreneur and alumni of TFT	19th August 2023
Story of Achievers - Speakers: Ms. Khyati Shah, Merchandiser, Sai Baba Garments; Ms. Laveen Jain, Textile Merchandiser, Shraddha Creation Pvt. Ltd.; Ms. Tejashree Gaikwad, Lifestyle Journalist, Hindustan Times (Digital) & Owner of Styleसे Boutique	2nd September 2023
Parent teacher meeting	2nd September 2023

<p>Technical seminar in collaboration with SDC-EC</p> <p>Session 1: Understanding Sustainability Management in Textile and Apparel</p> <p>Speaker: Mr. Marc Sindler Group CMO- TESTE, Zurich</p> <p>Session 2: How to meet the ever changing compliance requirement of international brand and retailers.</p> <p>Speaker; Mr. Vighnesh Amalraj, Country Manager- OETI (Member of TESTEX, Zurich)</p>	7th October 2023
<p>Jamboree Haat “Navratri Bazaar” (Market and Entrepreneurship development)</p>	13th October 2023

TFT DEPARTMENT ACTIVITIES 2023-2024

Inter collegiate competitions (online submission of entries)	5th - 9th December 2023
Talk by Mr. Ajay Shrivastava, Entrepreneur, Founder and Creator of Gingerblu	21st December 2023
Industrial Visit to Andhra Pradesh	2nd -8th March 2024
Rural extension MSc II at Gyanjyoti Community College, Karajgaon	17th -18th January 2024
Rural extension MSc I Sankhya NGO Virar	29th -30th January 2024
Extension TYBSc for tribal girls from Kharajgaon at college	18th March 2024
Jamboree Haat “Jashn- The joy of celebration” (Market and Entrepreneurship development)	27th March 2024
Motivation talk with workshop for NET and SET	30th March 2024
Jamboree Fashion Show	27th April 2024
Industry Internship	5th May - 17th June 2024
NDMA and NDEC Seminar	31st July 2024

TFT STAFF PROFILE & ACHIEVEMENTS

- Eight Staff: 1 Professor, 2 Associate Professors, 5 Assistant Professors, 3 Staff pursuing Ph.D., 4 Staff recognized Ph.D. Guides & 8 Staff recognized M.Sc. Guides
- Member of Board of Studies (University of Mumbai and other Universities)
- Member of Editorial Boards of National and International Journals

- Faculty holding prestigious positions with various National and International Organizations/Universities/Institutes
- Faculty invited as resource persons/examiners/panelists/guests speakers with various organizations/Universities/Institutes/industry
- Published and presented papers in various conferences and peer reviewed journal at international, national, state and local level
- Faculties and students have received many awards for various presentation and activities at international, national, state and local level
- Faculty have participated in Refresher Programs (Dr. Anjali Srivastava, Ms. Sanghmitra Navalgund, Ms. Vibhuti Khedekar) and Faculty Development Programmes (all faculty members)
- Framed Undergraduate (FYBSc Sem I and II) and Postgraduate (MSc Sem I and II) Syllabus as per the NEP-2020 and University guidelines
- Ongoing University approved 3 Add-on Diploma and 5 Add-on Certificate Courses
- Well-equipped laboratories with advanced equipment with new equipment- 3 Juki machines, 1 projection microscope, 1 water-bath with 12 tumblers
- Prestigious alumni contributing in various ways - sessions, talks, workshops
- Placement of students for internships and jobs
- Student progression - TYBSc to MSc 11 students
- New student enrollment for PhD- 6

AWARDS AND PRIZES

- Ms Trupti Dhoka & Dr. Vishaka Karnad 1st Prize PPG Category, Aavishkar Research Convention Nashik January 2024
- Ms. Prachi Barthwal, Dr. Ritu Madhan & Ms. Vibhuti Khedekar 2nd prize PG category, Aavishkar Research Convention Nashik January 2024
- Ms. Niyati Shah 1st Prize for poster making on IKS held at Dr. BMN College, January 2024
- Ms. Sakina Rangwala & Dr. Pratima Goyal 1st Prize
- Ms. Nashra Zaidi, NSS volunteer selected and represented state for State Republic Day Parade 26th January 2024.
- Ms. Sanika Patil, Ms. Shreya Mistry, Ms.Het Rathod and Ms. Ayesha Shaikh Qualified the Zonal round of 56th Youth Festival in Folk Dance Competition held in August 2023.

- Ms. Advika Shetty 3rd Prize in Cartooning at Zonal Round of 56th Youth Festival held in August 2023.
- Ms. Het Rathod and Ms. Ayesha Shaikh 2nd Prize at Entrepreneurship Exhibition held at Lala Lajpat Rai College held in March 2024
- Ms. Megha Bhogle won the Miss NN and Ms. Meemansha Pandey won the 2nd runner up for Ms. NN held in February 2024.

DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

STUDENT & STAFF PROFILE

- No.of students admitted at TYBSc level – 31

Electives offered:

- Residential Interior Design - 14 students
- Front office and Housekeeping Management - 17 students

STAFF IN THE DEPARTMENT

(2 permanent full-time faculty, 4-CHB)

- Mrs. Sunita Jaiswal- Associate Professor (HOD)
- Dr. Roopa Rao - Associate Professor

CHB Staff

- Mrs. Sakina Chhatriwala
- Ms. Riddhi Raut
- Ms. Sanam Khan
- Mrs. Sneha Mankikar

NUMBER OF STUDENTS

Programmes/Courses	Number of Students
T.Y.B.Sc.	31
Ph.D.	03
VALUE ADDED COURSE: Workstation Design and Applied Ergonomics	29

RECOGNITION RECEIVED CRM STAFF MEMBERS

Mrs. Sunita Jaiswal

- Appointed on the Board of Studies (Ad hoc) member by University of Mumbai Home Science for undergraduate courses for the academic year 2023-2024
- Invited as a judge by Department of Food Nutrition and Dietetics for Recipe competition Millets Master Chef held on the occasion of National Seminar on Millets for Sustainability, health and Wellness at College of Home Science Nirmala Niketan

- Invited to judge the window display. organised by Department of Fashion Designing. College of Home Science Nirmala Niketan Department of Fashion Designing (Self Finance)

Dr. Roopa Rao

- Appointed to the Board of Studies (Adhoc) member by Ramnarain Jhunjhunwala College of Arts, Science, and Commerce (Autonomous) for undergraduate courses in Interior Design and Fashion Design .
- Joint Secretary, IBERD (International Board of Education, Research and Development)
- Felicitated by Dr. Ravindra Kulkarni, Vice-Chancellor, Dr. Bhambre (Pro-VC) and Dr. Baliram Gaikwad (Registrar) for successfully mentoring the University team at the International Anveshan Research Convention 2024 organized by All Indian Universities (AIU)
- District Co-coordinator, Aavishkar – University of Mumbai
- Department has collaborations with Media and Entertainment companies,
- Research Institutes, Hotel Industry, Academic Institutions,
- Government and Non-Government Organizations

Name of Faculty	Number of Publications Including Indexing & Impact Factor								Total
	Books	Chapters in books	Research Paper	Research Poster	Abstract	Podium/ Oral Presentation	Magazines	Newspaper articles	
Mrs. Sunita Jaiswal	-	01	-	-	-	-	-	-	01
Dr. Roopa Rao	02	07	08	17	02	18	-	08	62
Total	02	08	08	17	02	18	0	08	63

- Ms. S. Jaiswal and Dr. R. Rao have attended National Webinars, Faculty Development Program on NEP-2020 , DLLE Training Programmes

STAFF AND STUDENT ACHIEVEMENTS:

- Student under the guidance of Faculty have presented more than 40 papers at State, National and International Seminars/conferences and have won nearly 15 awards in all.

COMMUNITY EXTENSION:

- Bharuch Vidyadeep Community college (29th February, 1st and 2nd March 2024)
- Nirmala Niwas, Chumim Community Centre (18th & 25th, August, 1st & 8th September 2024)
- Family Service Centre (FSC) - Colaba and Cuff parade 2nd August 2023
- Collaboration with Jago Grahak Jago, Consumer Guidance Society of India to conduct consumer awareness program
- Kharasgaon student exchange programme 18th March 2024
- 12 years of Collaboration with Department of Lifelong Learning and Extension (DLLE) – University of Mumbai-Project undertaken Consumer Guidance (CG)

DEPARTMENT OF LIFELONG LEARNING AND EXTENTION (DLLE) UDAAN

FEST 2023-24

- This year the Udaan Fest, was held on 12th February 2024 organized by K.E.S. (B.K. Shroff College, Kandivali West).
- Twenty colleges across Mumbai City participated in this event.
- TFT & CRM students had participated in
- Street Play- Theme (Save Food)
- Poster Making Competition
- Powada Singing
- Elocution
- Creative Writing

HOTEL INTERNSHIPS

- 4 star/5 star hotels for the internship placement for 17 Hotel Front Office & Housekeeping students.
- The Internship Period was during Summer break.
- All 17 students had to face formal interview panel at the hotels before being selected for their internship placement.
- The final placement included: Hotel Radisson – Andheri, The Park, Navi Mumbai, Hotel Sahara Star, The Oberoi, Nariman Point, Trident- Mumbai

COMMITTEE ACTIVITY REPORTS

RUSA Beneficiary of RUSA 2.0 Component 9.0-Infrastructural Grant

Funds Release:

- Funds 1st instalment released of 1 crore on 9/8/19
- 2nd Instalment of 50 Lakhs on 28/2/23
- RUSA team inspection took place on 11th July 2024

The team was very appreciative of the work accomplished and gave some suggestions. Based on the report of inspection team the last instalment of 50 Lakhs was released on 31/7/24. Most of the work would be accomplished by September 24, latest by 15th October 2024.

New Facilities under RUSA

- Hospitality Lab: Construction is on and equipment's being purchased
- Solar Panel: New panel being added to increase the electricity watts; Terrace waterproofing being done again below the earlier Solar Panels.
- Cafeteria: Construction is on and furniture and equipment's being purchased
- Exam cell space: Lap tops purchased; Tables being repaired (work going on); Chairs being purchased
- Smart Classrooms: Audio Systems changed for 2nd and 6th floor smart classroom
- MOOC Room: Room being furnished to make it appropriate for recording.

Renovation and Up-gradation of Facilities under RUSA

- Renovation of labs: Upgraded wiring for new and Existing equipment, Drainage facilities, Washbasin repairs; 2nd floor lab flooring changed
- Renovation of toilets: Repairs of drainage system; Disability friendly toilet made on the 2nd Floor
- Conference rooms: Complete room renovated with new Audio-video system, electrical fittings, AC installed, Cupboards, flooring, ceiling and painting.
- Auditorium: half of the wall tiling; Audio Video system changed; AC installed; Portable Ramp purchased

Renovation and Up-gradation of Facilities under RUSA

- Sports and fitness facilities (purchase of Cosco Elliptical Cross Trainer with Electromagnetic Resistance System, Sports upright bike FU_50, Digital weighing Scale and Recumbent Exercise cycle
- Library: Subscription of online journal portal J-Gate; Barcode Scanning Machine and Printer and stationary.

- Upgradation of Classrooms: Doors of selected classrooms being changed, Exam desks are being made; Audio systems of 12 classrooms being changed or new installation being done; in 4 lab come classrooms projector and screens are being installed, Fans of classrooms are being changed.

New Equipment under RUSA

- Lab equipments: Remaining Lab equipment's purchased, Psychological tests, Dolorometer and Customized TFT equipment.
- Laptops and Printers : Printers in the staffroom/office space for all printing work related to teaching and learning, Laptops purchased for Principal office, MOOC room, for official work like taking to RUSA office or any other college related work, for PG students to work, Printers in the cybercafé for students to take print outs.

Work To Be Accomplished For Complete Utilization Of Rusa Funds

- Construction of new lab (Food Service Management Lab) and Cafeteria ;
- Up-gradation of classrooms (Furniture and audio video system), Remaining upgradation of smart classroom;
- Completion of remaining work in Lab renovation and toilet renovation;
- Library - Furniture work and purchase of equipment - Bar code printer and scanner);
- Purchase of Some remaining sports equipment, and Purchase of remaining Laptops);
- Purchase of anti-plagiarism software
- Expenditure in excess of the sanctioned RUSA budget will be borne by the College Management

RESEARCH UNIT

Name of the Project :

कॉलेज ऑफ होम सायन्स निर्मला निकेतन ह्यांचे मारफत किचन गार्डन माध्यमातून भाज्यांची लागवड करुन आदिवासी मुलामुलीचं पोषण पातळी वाढवणे

Project Commenced in December 2023

No. of schools : 8 schools

Project's Aim:

- Development of Kitchen Garden and to use the produce in the daily
- Nutrition and Cleanliness awareness camps and anthropometry recording.
- Awareness of health and hygiene and compare the nutritional progress of students.

II Development of Kitchen Garden and to use the produce in the daily

From 2022 to 2024 land preparedness, cultivation and harvest

- Recces done to select appropriate plots for development.
- Land cleaning work done
- Land preparation for cultivation
- Four schools, chafewadi, savarsai, bhalewadi, and varvane were fully made ready for cultivation.
- In 2024 , harvests recorded and produce added to the daily meals in the respective ashramshallas.
- Vegetables for eg. Leafy vegetable like green and red maat, palak, moola, kakadi, methi, tandulsa, allu , bhendi, gavar, chawli, doodhi, pumkin, padwal, shirali, suran etc have been harvested and the process is continued.
- May 2024 onwards the remaining four schools [i.e Pinglas, Varsai, Pathrej, Sanegaon] plots have been cleaned and prepared for sowing, cultivated and will be harvested shortly.
- Vegetables eg. Leafy vegetable like green and red maat, palak, moola, kakadi, methi, tandulsa, allu , bhendi, gavar, chawli, doodhi, pumkin, padwal, shirali, suran etc have been sowed in June 2024.

III Nutrition and Cleanliness awareness camps

- Students of Nutrition from Nirmala Niketan college visited each school in 2023 and 2024 to educate children about
 1. Importance of healthy food habits
 2. Nutritional values of indigenous vegetables ‘

3. Cleanliness awareness
4. Anthropometry recording

III] Awareness of health and hygiene and compare the nutritional progress of students.

- Students of Nutrition from Nirmala Niketan college and Sophia college visited each school in 2023 and 2024 to spread awareness regarding nutrition using gamification as their main tool.

Pen	Karjat
Savarsai ashramshala	Bhalivadi ashramshala (all-girls school)
Warvane ashramshala	Pinghlas ashramshala
Varsai ashramshala	Pathrej ashramshala
	Chafewadi ashramshala
	Sanegaon ashramshala



Bhalewadi plot initial state

After cleaning and preparing



Savarsai palakharvests.

Varvane harvests....

Chafewadi raan bhajya prashikshan



Pinghlas anthropometry



Sanegaon nutrition games

ERP

- Onfees Vendor Significant work done with setting of website and ERP systems for admissions, timetables, online attendance.
- Preparation of new ID Cards
- Online Admission forms generation and data management
- Entrance Examination
- Group and specialization allocation
- Online Attendance systems
- Marksheet and result summary reports
- Online weblink management for seminars

INSTITUTION'S INNOVATION COUNCIL 2023-24

Faculty Member	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

Sr. No.	Activities	Dates
1	Celebration of World Environment Day Tree Plantation	5 th June 2023
2	3 rd Anniversary of NEP 2020 and Akhil Bhartiya Shiksha Samagam	29 th & 30 th July 2023
3	My Story - Motivational Session by Successful Entrepreneur/Start-up Founder	2 nd September 2023
4	Exposure and field visit for problem identification	28 th October 2023
5	Session on Problem Solving and Ideation Workshop	7 th October 2023
6	Celebration of National Education Day	11 th November 2023
7	Khadi Utsav- National Level Competition commemorating Gandhi Jayanti in collaboration with Udyog Bharti	Submission date 25 th October 2023
8	Organizing Innovation & Entrepreneurship Outreach Program in Schools/Community	20th February 2024
9	Workshop on Entrepreneurship Skill, Attitude and Behaviour Development	21st December 2023
10	IIC Regional Meet	6th February 2024
11	Celebration of National Science Day - AARYA Research Competition	28th February 2024
12	Workshop on Prototype/Process Design and Development	16th March 2024
13	Field/Exposure Visit to Incubation Unit - Visit to Natural Dyeing Incubation Centre	6th March 2024
14	International Women's Day	9th March 2024



DLLE 2023-24

Department of Textile and Fashion Technology



- **Objective:** Seeks to facilitate the sensitization of students towards sociocultural realities
- **Registered students:** 48
- **Teacher Coordinator:** Dr. Pratima Goyal
- **Projects enrolled in:** 2 projects - Survey of Women's Status (SWS) and Industry Oriented Project (IOP).

Day	Activity	Skills inculcated
5 th , 6 th , 7 th July 2023, Goregaon, Mumbai.	Home Gifts Houseware (HGH) Exhibition	Communication Visual merchandising
2 nd August 2023, Ramniranjan Jhunjhunwala College of Arts, Science and Commerce, Ghatkopar	University level Training Programme organized by the Department of Life-long Learning & Extension, University of Mumbai	Overview of DLLE and its objectives

5 th 9 th and 19 th August 2023 College of Home Science Nirmala Niketan	Hunnar Karyashala	Upskilling Entrepreneurship
8th August 2023 Organized by the Department of DLLE and IQAC, College of Home Science Nirmala Niketan	Crafting a Research Design	Developing of research acumen
25th August 2023 World Trade Centre, Mumbai 11th August 2023, Department of TFT, College of Home Science Nirmala Niketan 2nd September 2023 7th October 2023 In Collaboration with SDC - EC 13th October 2023	Paramparik Karigar Exhibition Breathtaking Bhujodi Story of Achievers Technical Seminar Jamboree Haat	Sensitization towards traditional Indian art and artisans Knowledge of Bhujodi, and sensitization towards artisans Journey of ex-students and inspiration to excel Recent developments in textile industry Importance of sustainable development Developing skills of marketing, sourcing, bargaining, team spirit, event management, communications and entrepreneurship

19th December 2023 College of Home Science Nirmala Niketan	Session on Constitutional Values	Knowledge of our constitution, spirit of democracy, secularism and equity
21st December 2023 College of Home Science Nirmala Niketan	A talk by Mr. Ajay Srivastav	Women empowerment Sustainability Career guidance
18th November 2023 National Gallery of Modern Art, Mumbai	Sutra Santati 2023	Traditional textiles of India
4th January 2024 ICT, Mumbai	Sustainability Challenges of Textile Industry - Way forward: 3R (Reduce, Reuse & Recycle) - An Innovative Technology for Manufacturing of New Sustainable Acrylic fiber	Recent developments in textile industry Importance of sustainable development
5th January 2024	Explore Professional Career Opportunities in Today's Textile Industry	Latest development in the textile and apparel industry Career guidance
2nd March to 9th March 2024	Industrial visit: Hyderabad	Latest development in the textile and apparel industry Traditional arts and crafts, leadership, team work, discipline
15th 16th and 18th March 2024 Kharajgaon and Mumbai	Extension activity	Community service, leadership, teamwork, communication



2023 - 2024

Department of Lifelong Learning & Extension

TEXTILE & FASHION TECHNOLOGY

The DLLE seeks to facilitate the sensitization of students to socio-cultural realities.

48 students of the 2023-24 batch registered for DLLE programme. The project was undertaken and accomplished under the guidance of 6 student leaders (2 from each level) with Teacher Coordinator Dr. Pratima Goyal. Different activities and seminars were conducted to accomplish 120 hours to attain 10 grace marks.



6th JULY - HGH EXHIBITION



HGH stands for Home Gifts Houseware. It is a trade show that takes in India - center located at Goregaon (Mumbai).

Students of TYBSc, MSc I & MSc II worked for three days at HGH exhibition in India from 6th July onwards. They acquired skills in visual merchandising and communication.

5th to 19th AUGUST - HUNNARKARYASHALA

In this event, various experts like Ms. Bilquis Dhrolwala, Ms. Lopa Dharod, Ms. Jinal Heffa and Ms. Fatema Mahuwawala conducted skill based workshops where they taught their skills to the students, helping the students enhance their own abilities.

Skills such as Lippan art, bracelet making, bag making, resit art and fashion photography was taught.



13th OCTOBER - JAMBOREE HAAT

Jamboree Haat is one of the most awaited event of the department as students put up stalls showcasing a variety of items to be purchased. It is an enriching experience as students learn different skills such as procuring of items, understanding the importance of branding, costing & marketing. They also learn the art of convincing customers to purchase their items. The theme for this year was Navratri Bazaar as Navratri festival was round the corner.

Department of Lifelong Learning & Extension

TEXTILE & FASHION TECHNOLOGY

The industrial visit to Hyderabad took place between 3rd March to 9th March 2024.

34 students from the department visited various textile units in Hyderabad. The faculty that accompanied the students were Dr. Pratima Goyal, Dr. Anjali Srivastava, Ms. Sanghmitra Navalgund and Ms. Vrinda Udiaver.

The educational visit was an opportunity for students to see different weaving processes, manufacturing of non wovens, etc.



DLLE TFT

DLE TFT

BHOODAN POCHAMPALLY WEAVING CENTER



Students witnessed weaving of a Pochampally saree on a pit loom. They also saw various other looms and spinning wheels. We also watched a video on history of Ikat and Pochampally. They saw beautifully woven Telia Rumals. Later, they went to Punarvi handlooms headed by Shri Saini Bharat who is the youngest national award winner for promoting Pochampally. He is the brand ambassador of Pochampally. He works with weavers aged 18-80 years. Afterwards, they saw how a saree is woven from yarn to fabric. The yarns are dyed multiple times hence the tying is done accurately so that there is no mistake during weaving of the saree.

NATURAL DYEING INCUBATION CENTER & WEAVERS SERVICE CENTER

Students learnt how dyes are prepared from natural ingredients such as acacia, turmeric, tamarind. From natural ingredients natural dyes, textile paints, plant products, biodegradable paints and Ecological holy powder are prepared.

Students got the opportunity to use the gun spray method to apply paint to Lord Ganesha.

Next the students visited WSC where they saw different types of looms, different traditional Indian Sarees, and saw the process of block printing.



NAVDURGA APPAREL EXPORT & C.K. FABRICS

Xpressions which is founded by Shubham and Rishabh Agrawal are manufacturers of readymade shirts trousers and ethnic wear. Students saw various processes such as pattern plotting, sewing of plackets and pockets, cutting of tons of fabrics together. In their next unit, the students saw first hand how machine embroidery is done.

In the next unit at C.K Fabrics, students saw about non wovens and its manufacturing. for eg. medical gowns, diapers, rice bags etc. Students were also taken to the lab where they were shown water repellency and tearing strength test.

The extension work activity took place on 18th March 2024, at College of Homescience Nirmala Niketan.

The extension work was planned and organized by Dr. Goyal. The students were guided and mentored by Dr. Ritu Madhan and Ms. Sanghmitra Navalgund.

Around 40 beneficiaries from Kharajgaon were trained by the TYBsc students.

Each T.Y. B.Sc. student interacted positively with 2-3 beneficiaries for training.



TIE - DYE



The session started around 1:45 pm where a little introduction was given about tie dye. The different dyes used - natural & synthetic, the dyeing process and different tying techniques to get beautiful effects.

After the quick explanation, every beneficiary chose one technique and tied their fabric and had put their samples for dyeing in the dye bath. After an hour, they removed their samples, washed and opened it to see the desired effects.

STENCIL PRINTING

Stencil printing is a technique that involves applying ink or paint through a stencil onto a surface.

While the samples were dyeing, the students first taught the beneficiaries how a stencil can be made from paper and OHP sheets. Later, the students taught how paint is applied onto the stencil to get the required design. The beneficiaries enjoyed this activity alot.



BLOCK PRINTING

The last activity for the day was block printing. Ms. Navalgund explained the art of block printing, the carving on the blocks and making of the pigments. She also demonstrated how pigments are prepared with binders and showed how to achieve a neat block printed sample.

The beneficiaries were very excited about this activity as it allowed them to be creative with the different blocks that were available.

All the beneficiaries were really satisfied with their designs. The day ended with a vote of thanks by Sanika (student of TYBsc).

NATIONAL SERVICE SCHEME (NSS) 2023-2024

Committee Members: Dr. Pratima Goyal (Coordinator), Dr. Anjali Srivastava, Ms. Vibhuti Khedekar, Dr. Sheetal Joshi

- Fit India Movement (Yoga Day): International Yoga Day 21st June 2023
- Youth Festival: helped in hosting Intercollegiate competitions, 12th August, 2023
- Commemoration Independence Day – 14th August 2023
- NSS Orientation: 19th August 2023
- Rakhis for Rakshaks: 22nd August 2023
- ISRO Chandrayaan Live Telecast: 23rd August 2023
- Onam Festival Rangoli Competition: 29th August, 2023
- Talk by Income Tax Officer: 30th August 2023
- Celebrating Faith Diversity: 30th August 2023
- World Contraception Day Session: 26th September 2023
- Self-Defense Training: 3rd October 2023
- Amrit Kalash Ceremony: 27th October 2023
- Mehendi and Diya Decoration Competition: 8th November 2023
- Collection drive for the underprivileged: 22nd and 23rd December 2023
- Christmas Party: 23rd December 2023 ZENGROOVE: 4th January 2024
- Inauguration Of the Nirmal Utsav and Celebration of Ms Colette Galby's centenary: 11th January 2024
- Indoor Kridangan: 13th January 2024
- Stem cell donor registration: 19th January 2024
- Ek Bharat Shreshth Bharat (ODISHA): 24th January 2024
- Commemoration of Gandhi Martyr Day: 30th January 2024
- Iridiana fest: 31st January 2024 (Inhouse) & 1st February 2024 (Outhouse)
- Kridangan-Sports Day: 6th February 2024
- UTKARSH: 10th February 2024
- Baking Workshop: 24th February 2024
- Health Camp: 26th February 2024
- National Tourism Day Poster Making Competition: 25th January 2024
- Swami Vivekananda Ji Poster Making Competition: 12th January 2024
- Utkantha Fest: 16th February 2024
- Bhumi Pujan Ceremony for the Center for Avastha Pahlavi Studies: 5th March 2024

- Prevention of Sexual Harassment Workshop: 9th March 2024
- Aarohan: 9th March 2024
- **87 NSS volunteers 18 students attended One week Special camp at Kharasgaon**

VISHAKHA COMMITTEE

Committee Members: Dr. Ritu Madhan (Convenor), Ms. Payal Maheshwari, Ms. Vibhuti Khedekar, Ms. Cheryl Machado, Mr. Vijay Almeida

- As per the guidelines of the Vishakha Committee, names of the committee members with their contact details (Email ID and Mobile Numbers) were prominently displayed in all classrooms, Common Room, and on Notice Boards near the lift and on every floor.
- Dr. Ritu Madhan updated the entry level students of the role of the committee and means to approach the committee members in case of any grievances during the respective orientation sessions.
- The committee jointly organized a Poster Making Competition on the theme of Strategies for the Prevention of Sexual Harassment, in collaboration with the Women’s Development Cell under the aegis of the IQAC of the College. Several entries were received from the students and were scrutinized by jury members and the best entry was announced. The student receiving the prize is Ms. Malika Shaikh.
- Dr. Ritu Madhan and Dr. Kamini Rege (Women’s Development Cell) jointly organized and conducted the activity. Certificates were presented to the prize winning student.
- Vishaka Committee also jointly organized an online session on “The Prevention of Sexual Harassment: Laws and Policies” as a celebrated to mark the occasion of International Women’s Day under the aegis of IQAC of the college, in collaboration with the Women’s Development Cell on 9th March 2024. The session was conducted by Adv Tahseen Zaidi, a prominent lawyer at the City Civil Court and High Court. The resource person highlighted the various Laws and Policies that are in place to help women deal with the sexual harassment in different situations. More than 100 students and several staff of the college attended the session, after which doubts of the students were also clarified by the resource person.

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN

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

Vishaka Committee & Women's Development Cell Under the Aegis of IQAC

presents

A Poster Making Competition on the theme of Strategies on Prevention of Sexual Harassment

Guidelines:

- Your idea must be original, creative and practical
- Poster can be made physically or on any app
- English, Hindi or Marathi can be used
- Physical copy of the poster has to be submitted
- Name and contact information should be mentioned on the reverse side of the poster
- Open for students, teachers, office staff, laboratory assistants, laboratory attendants and peons

Last date of submission:
5th March 2024

Submit your entries to:

- Dr. Ritu Madhan /
- Ms. Vibhuti Khedekar



CollegeInstagram
<https://instagram.com/chsc.nn?igshid=YmMyMTA2M2Y=>



CollegeYouTube
https://youtube.com/channel/UCU0K5L_wxGm6k-2ZOEMbt-g



CollegeFacebook
<https://m.facebook.com/100083134580401/>



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-4fkzjDSD3rBPKgpFxJMh7A/viewform?usp=sf_link

Join WhatsApp group: <https://chat.whatsapp.com/K7pYiSW9xQDFfchhd7qob>

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

SPORTS COMMITTEE REPORT 2023-24

- Dr. Sheetal Joshi – Convenor, Ms. Vrinda Udiaver, Ms. Sanghmitra Navalgund, Ms. Dipike Surve, Ms. Jagruti Rathod
- Elections of the Sports Committee held on 6th September 2023.
 - 1. President – Het Rathod (T.Y. B.Sc. TFT)
 - 2. Vice President – Ms. Apeksha Pawar (M.Sc. Sports Nutrition)
 - 3. Captain – Mr. Vedant Patil (M.Sc. FND)
 - 4. Vice Captain – Mr. Sairaj Kadam (SYID)
 - 5. Secretary – Ms. Adeen Sayyed (T.Y. B.Sc. HD)
 - 6. Treasurer – Ms. Zoya Shaikh (T.Y.B.Sc. CRM)
- Celebration of the International Yoga Day on 21st June 2023. This year the Yoga workshop was conducted by Ms. Kiara Jeswani – Wellness Coach. The session was well enjoyed by the staff and students.
- **ANNUAL INDOOR SPORTS MEET** Indoor Games – Chess and Carom were held on 3rd October 2023. Students from all the sections participated in huge numbers this year. The second session of the Indoor Sports was held on 11th, 12th and 13th January 2024. In this session the activities were Badminton, Table Tennis and Dodge Ball. The total participation of students for Indoor Sports was approximately 250 students.



Annual Sports University Sports Pavilion 6th February 2024

- The day began with unfurling of the College flag and the various students representing National level Sports Apeksha Pawar, Renuka Bhirangi, Jiya Parikh, Vedant Patil, lit the torch.

- The Torch Run and lighting the flame was initiated from the year 2022-23 and was carried on very enthusiastically this year too.
- The various athletic events that were held were 100, 200 and 400 meters running race, shot putt and javelin throw. Festival events such as tug of war saw the maximum participation with 14 teams registered for the same.
- Teaching and non-teaching staff had a three-legged race, which was enjoyed by them.
- The day ended with the Prize Distribution ceremony.



ANNUAL ATHLETIC MEET 6th February 2024

- Best Athlete (Female) – Ms. Roma Suvarna (MSc SN)
- Best Athlete (Male) – Mansur Pardawala (SYID)

S.No.	Name of the Event	Names of Winners
1.	Javelin Throw (Girls) Javelin Throw (Boys)	Gold – Charvee Raut (FYBSc) Silver – Tanvi Deshmukh (FYJC) Bronze – Jyoti Pal (SYFD) Gold – Rohan Sharma (TYID) Silver – Atharva Sanas (SYGDVC) Bronze – Vedant Patil (MSc I FND)
2.	Shot Put (Girls) Shot Put (Boys)	Gold – Ayesha Mirza (TYBSc HD) Silver – Enola Gonsalves (MSc II FPP) Bronze – Arya Motaghare (MSc II SN) Gold – Mansur Pardawala (SYID) Silver – Vedant Patil(MSc I FND) Bronze – Abdul Mansuri(Dip ID)
3.	100 mts Running (Girls) 100 mts Running (Boys)	Gold – Roma Suvarna (MSc II SN) Silver – Zainab Kapadia (SYGDVC) Bronze – Renuka Bhirangi (MSc II SN) Gold – Mansur Pardawala (SYID) Silver – Viraj Waghmare (GDVC) Bronze – Vedant Patil (MSc I – FND)
	200 mts Running (Girls) 200 mts Running (Boys)	Gold – Kinjal Oza (SYBSc) Silver – Rakshita Acharya (FYBSc) Bronze – Kanisha Narsale(FYID) Gold – Mansur Pardawala (SYID) Silver – Durvesh Mirgule (SYGDVC) Bronze – Vedant Patil (MSc I– FND)

4.	400 mts Running (Girls) 400 mts Running (Boys)	Gold – Zainab Kapadia (GDVC) Silver – Kayra Lobo (SYJC) Bronze – Taniya Paramban (TYBSc) Gold – Rohan Sharma (SYID) Silver – Durvesh Mirgule (SYGDVC) Bronze – Viraj Waghmare(GDVC)
5.	Long Jump (Girls) Long Jump (Boys)	Gold – Roma Suvarna (MSc SN) Silver – Arya Motaghare (MSc II – SN) Bronze – Sienna D’Souza (MSc II – SN) Gold – Mansur Pardawala (SYID) Silver – Vedant Patil (MSc I FND) Bronze – Sairaj Kadam (SYID)

DIET COUNSELLING CELL - 2023-24

- **Committee Members:** Dr. Sheetal Joshi – Convenor, Ms. Vibha Hasija, Ms. Fatima Kader, Ms. Ranjana Hadal.
- The activities of DCC began in June with celebration of the **9th International Yoga Day - “Yoga for Humanity – Peace Within”** by the students and staff of the College of Home Science, Nirmala Niketan on 21st June 2023
- Total of 54 students and staff participated in this activity.
- Resource person Mrs. Kiara Jeswani, Wellness Coach, Founder – Vrrish.
- Session on with a prayer for internal peace and various asanas, Meditation and various types of Pranayam.



WORLD CONTRACEPTION DAY 26TH SEPTEMBER 2023

- Session “The Power of Options” to commemorate the World Contraception Day on 26th September 2023 in collaboration with Mumbai Obstetric and Gynaecological Society.
- Aim: To bring awareness amongst our students about the various types of contraceptives available for effective family planning.
- Resource Persons: Dr. Kedar Ganla and Dr. Rana Khan Choudhary Consulting Obstetricians and Gynecologists.
- Awareness on advantages and disadvantages of the contraceptives that can be used by women.



STEM CELL DONATION

- A Stem Cell Donor Registry Programme was organized in collaboration with Marrow Donor Registry on 19th January 2023.
- We were able to register 108 probable donors during this activity. Dr. Praveen the in-charge was extremely happy with the response.
- Dr. Praveen oriented each class with in depth knowledge about why Stem Cell donation is an important social cause that may help young cancer patients.



MOOC COMMITTEE

Committee Members: Dr. Ritu Madhan (Convenor), Ms. Rhonda Divecha, Ms. Fatima Kader

- The academic year started with a series of orientations for the students at all levels; F.Y.B.Sc, S.Y.B.Sc, T.Y.B.Sc and M.Sc I. A separate orientation was planned for the students of M.Sc II of all the branches on 24th July 2023, where all the doubts and concerns of the students were clarified.
- **Sixty students** enrolled for various courses during the academic year of which **forty students successfully completed the courses**. Students enrolled for various courses like:
 - Basics of Health Promotion and Education Intervention
 - Consumer Psychology
 - Dairy and Food Process & Products Technology
 - Design, Technology and Innovation
 - Digital Forensics
 - Developing soft skills and personality
 - Emotional Intelligence
 - Fitness Management
 - Food Laws and Standards
 - Graphics and Animation Development
 - Product and Brand Management
 - Psychology of language
 - Organic farming for sustainable agricultural
 - Introduction in Basics of Health Promotion and education intervention
- Information on MOOC Courses was displayed in every classroom along with a separate WhatsApp group to facilitate smooth conduct of courses for the students who had enrolled for the same

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
 Affiliated to the University of Mumbai
 NAAC Accredited 'A+' Grade

2023 - 24

POWERED BY swayam

NPTEL

We are a LOCAL CHAPTER of Swayam

Enroll now!

Scan to join WhatsApp Group

Scan to upload enrolment details

Dr. Ritu Madhan 9820849763 | Ms. Rhonda Divecha 9821786401 | Ms. Fatima Kader 9920473460

Visit College Website: www.nirmalaniketan.com

EMPLOYMENT PLACEMENT CELL (EPC)

- EPC Members: Dr. Roopa Rao (Convener), Ms. Rhonda Divecha, Dr. Neha Mulchandani, Dr. Tasneem Rawat.
- Committed to offering comprehensive career development support and ensuring successful employability outcomes for our students.
- Primary objective of empowering students to transition effectively from academia to the workforce, EPC continuously strives to bridge the gap between education and the professional world by enhancing students' skills, competencies, and employability
- Resume Writing Workshop February 26, 2024
- Interview Facing Skills Workshop March 11, 2024

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
 Affiliated to the University of Mumbai NAAC accredited 'A+' grade
 Under the Aegis of the IQAC

EMPLOYMENT PLACEMENT CELL
 IN COLLABORATION WITH INFINITY CONSULTANCY SERVICES
 ORGANISE A WORKSHOP ON

INTERVIEW FACING SKILLS
 Learn to face an interview confidently, with

Mr. Adrian Rosario,
 Trainer and HR Faculty,
 Infinity Consultancy Services

Monday, 11th March 2024
 12:00 pm to 2:00 pm
 Venue: Marie Adelaide De Cice

Organising Committee of Employment Placement Cell

Dr. Roopa Rao Convener | Ms. Rhonda Divecha | Dr. Neha Mulchandani | Dr. Tasneem Rawat | Ms. Kashmira Dastoor

For registration click here:
<https://forms.gle/dVatsP6gxAe5k4gi8>

EMPLOYMENT PLACEMENT CELL
COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
 NAAC accredited 'A+' grade
 Affiliated to the University of Mumbai

In collaboration with
 Infinity Consultancy Services
 Organising a workshop on

RESUME WRITING
 - Build a resume that stands out

Mr. Adrian Rosario,
 Trainer and HR Faculty,
 Infinity Consultancy Services

Thursday, 9th February 2023
 2:00 pm – 4:00 pm
 Venue: Marie Adelaide De Cice Hall

Organizing Committee - Employment Placement Cell

Dr. Roopa Rao Convener | Ms. Rhonda Divecha | Dr. Neha Mulchandani | Dr. Tasneem Rawat | Ms. Kashmira Dastoor

For Registration click here:
<https://forms.gle/25K3mR4HDE5eF25>

E-certificates will be issued after submission of the feedbackform

PLACEMENT ACTIVITIES & CAMPUS RECRUITMENT DRIVE

- **October 6, 2022** fifteen students from the T.Y. B.Sc. CRM program's Hotel Front Office & Housekeeping elective to apply for opportunities through the Oberoi Central Employment Register (OCER) and the Oberoi Centre of Learning and Development (OCLD)
- Primary Objective: Exploring Employment Opportunities
- The highlight of the EPC's activities this academic year was the Campus Recruitment Drive 2024, which took place over five days between March 30th and April 4th, 2024, with an additional day on May 1st, 2024. The recruitment drive aimed to create a platform where students could interact with potential employers and secure job offers.
- A total of **15 companies**, representing diverse sectors including multinational corporations, startups, and local businesses, participated in the recruitment drive. **76 students** actively participated in the recruitment process. Before the recruitment drive, the EPC conducted preparatory sessions to ensure students were well-prepared for the recruitment process.
- These sessions focused on resume building, interview preparation, and mock interviews, which enabled students to refine their skills and approach the recruitment drive with confidence.
- Companies that participated in the recruitment drive included K11 School of Fitness Sciences, Zee Learn, Novus Life Sciences Pvt Ltd, Lifeness Science Institute, The Oberoi Hotels, and others.
- The recruitment drive witnessed a significant increase in the number of job offers compared to the previous academic year, reflecting the effectiveness of the EPC's efforts in enhancing students' employability. The success of the drive can be attributed to the meticulous planning and skill development initiatives that had been conducted throughout the year.

STUDY ABROAD OPPORTUNITIES

- In addition to supporting students in securing local job placements, the EPC also organized sessions focused on providing information about study abroad opportunities. The objective was to help students broaden their horizons and explore options for pursuing higher education in foreign countries.
- Education Fair organized by Envision India on September 3, 2023, at Novotel, Mumbai.

- Ten students from the Community Resource Management (CRM) department participated in this fair, which aimed to provide comprehensive guidance on studying abroad.
- The fair featured representatives from universities in countries such as the UK, USA, Australia, Canada, Germany, Singapore, and Switzerland.
- During the event, students were able to:
 - Interact with representatives from leading international universities.
 - Gain insights into the admission processes, scholarships, and financial aid options available for international students.
 - Learn about specific requirements and procedures for applying to graduate programs, including documentation, language proficiency exams, and visa procedures.
 - Attend informative sessions about the cost of living, accommodation options, and cultural aspects of studying in foreign countries. This initiative proved to be a valuable resource for students who were considering further education abroad, as it provided them with critical information and opened doors to new opportunities.
- Several students expressed interest in pursuing higher education overseas, and the EPC continues to support their aspirations by providing guidance on application processes and connecting them with alumni who have pursued education abroad.

**AARYA Awareness and Action Research for Youth Awakening (AARYA)
Intercollegiate National Virtual Interdisciplinary Undergraduate Research
Competition 2023-24
Category - I: Science, Allied Science, Commerce, and Management**

Awarded	Title of the Project	Participating Students	Guide	Name of the College
1st Prize	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
2nd Prize	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
3rd Prize	Investigating the effect of different breathing exercises on physiological parameters when performed before	Mr. Animesh Soni Ms. Ishita Parkar Ms. Arshiya Sabeel Ms. Shresht Kapoor Ms. Aayesha Shaikh	Dr. Radhika Tendulkar	St. Xavier's College

	engaging in physical activity.			
--	--------------------------------	--	--	--

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

Awarded	Title of the Project	Participating Students	Guide	Name of the College
1st Prize	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
2nd Prize	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
3rd Prize	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

AAVISHKAR RESEARCH CONVENTION

- The Avishkar Research Convention is designed by Department of Student's Development, University of Mumbai, with the intention to develop a research culture and scientific culture among the students, scholars and teachers from undergraduate to doctoral level in the State of Maharashtra.
 - The 18th Aavishkar Research Convention commenced from 9th December 2023. The selection was in the form of poster and podium presentation for Zonal and Final Round.
 - The total number of students that participated for the Zonal Round from Colleges were 125 and the number of research proposals across all categories were 47.
 - Zonal rounds on 9th December at Lala Lajpat Rai College of Commerce and Economics and on 16th December 2023 at International Students Hall, Vidyapeeth Vidyarthi Bhavan.
 - Out of **47 projects, 11 projects were selected for the final round 18th Aavishkar:** Intercollegiate/Institute/Department research convention. These 11 projects presented their projects at the inter-zonal round from 17th December to 25th December 2023.
 - Out of 11 projects, **three projects won prizes** at the final interzonal round.
1. **Ms. Trupti Dhoka** -Ph.D. scholar, TFT participant at the PPG Level, C4 category; Guide – **Prof. Dr. Vishaka Karnad** was awarded 1st prize and Gold medal for her final podium presentation.
 2. **Ms. Prachi Barthwal** M.Sc. II TFT, TFT participant at the PG Level, C2 category; Guide – **Dr. Ritu Madhan** was awarded 2nd prize and Silver medal for her final podium presentation.
 3. **Ms. Jennifer James** M.Sc. II HD , TFT participant at the PG Level, C1 category; Guide – **Prof. Dr. Kamini Rege** was awarded 3rd prize medal and Bronze for her final podium presentation.

SCHOLARSHIP COMMITTEE 2023-24

Government Scholarships

Department offering Scholarship	Name of Scheme	No. of Beneficiaries
National level scholarship Ministry of Minority Affairs	Post Matric Scholarships Scheme for Minorities	1
State level scholarships VJNT, OBC, SC Welfare Department	Post Matric Scholarship to OBC students	4
Social Justice and Special Assistance Department	Government of India Post Matric Scholarship	2
Directorate of Higher Education	Rajarshi Chhatrapati Shahu Maharaj Shikshan Shulkh Shishyavrutti Scheme	9
Total		16

College level need-based and Private Trust/ Corporate Scholarships

Name of scholarship	No. of beneficiaries
College level need-based	5
Bhumi NGO	1
India Bulls Foundation	1
Total	7

Total number of scholarship beneficiaries 23

CIVIL SERVICE & OTHER COMPETITIVE EXAMINATION COMMITTEE 2023-34

- Guidance session for NET, SET, SLET Exams conducted by Mr. Sukrut Bhaskar of SSB Academy for Central and State Government Exams on Saturday, 30th March 2024 for the TYBSc, MSc I and II students.
- Successfully conducted the NTA NEET exam on Sunday, 7th May 2024. A group of 35 personnel rendered their services to ensure smooth conduction.

CULTURAL COMMITTEE 2023-2024 Iridiana

56th Youth Festival

- Hosted the Literary and Fine art events of 56th Youth Festival in collaboration with University of Mumbai on 12th Aug 2023, first time in the history of college. Last year was the first time that we participated in the University Youth Festival.

Highlights:

- We won several prizes in different events, and highlight was first time we won the Gold Medal in Story writing Competition – Ms Dhvinal Shah, FPP

Inter-Collegiate Participation

- Participation in Fests of several colleges, Sophia, NM college, Lala Lajpat Rai, Nirmala Niketan Social work, P N Doshi women's college, SNTD Ghatkopar, Thakur College and Many more, R A Podar College and more
- Won more than 15 prizes

Other Events

- Dandia Dance
- Diwali Mela
- Intercollegiate Carol Singing

Iridiana 2024 – 3 Days College Fest

- Students painted the canvas with their handprints in colors of rainbow
- That became the backdrop of all our posters, brochures and all displays.
- Banner revealing on the Day of Ms Galby's Birthday as we Celebrated 100 years of Ms. Galby, our Founder Principal.

Iridiana 2024 – Day 1- Inhouse Competitions

- Inhouse Competitions was held on 31st Jan 2024
- 3 events – Performing art, Literary art and Fine arts. In each 3 competitions were organized. Students participated in huge numbers
- Workshops were organized like Dance workshop. It was a day full of fun and Festivities

Iridiana 2024 – Day 2 Intercollegiate Competition

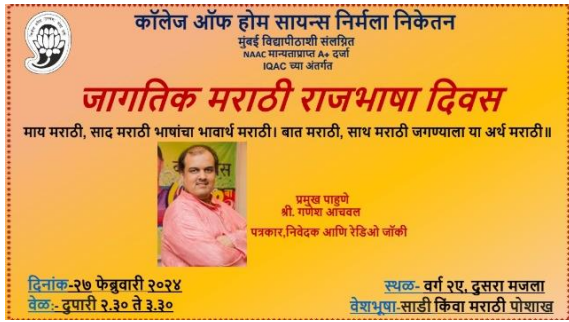
- Intercollegiate Competitions was held on 1st feb 2024
- 3 events – Performing art, Literary art and Fine arts. In each 3 competitions were organized. Students participated in huge numbers
- 8 colleges participated – It was a huge Success

Iridiana 2024 – Day 3 Nirmal Utsav

- Nirmal Utsav –the Cultural event was on 8th Feb 2024
- The show had everything, folk dances, tribute to retro divas, comedy skit, performances by teaching and non-teaching staff as well as the class IV employees, Fashion shows, Miss and Mr. NN, Naye Bharat ki pehchaan, and a special section on Ms. Galby, unveiling of her photo, a skit on her life.
- In the real sense it was Iridiana – The Rainbow

MARATHI BHASHA DIVAS CELEBRATION

- The chief guest for the program was Mr. Ganesh Achwal, Journalist, compere and Radio Jockey at All in India Radio.
- The College of Home Science Nirmala Niketan celebrated ‘Marathi Bhasha Divas (Marathi Language Day)’ on Saturday 27th February 2024 from 3.00 pm onwards. This day is celebrated by Marathi-speaking people in the state to honour the rich history and literature associated with it. After Kusumagraj passed away in 1999, the government began commemorating “Marathi Rajbhasha Gaurav Din.” 40 students and 08 staff attended the program.



INTERFAITH COMMITTEE 2023-2024

SHANTI AUR AMAN KE LIYE BADHTE KADAM

- Held at Sophia College on 29th August 2023

RAKHIS FOR RAKSHAKS

- Raksha Bandhan at Ladakh Scout Regiment- 300 students sent rakhis and personal message to our Jawans

INTERFAITH GATHERING TO CELEBRATE UNITY IN DIVERSITY

- Organized by College of Social Work Nirmala Niketan held at Spiritual Assembly of the Baha'i's of Mumbai on 30th August 2023



ONAM CELEBRATION- RANGOLI COMPETITION



“Khadi Utsav”- A National Level Competition on Innovative Product Development using Khadi Fabric to Commemorate Gandhi Jayanti

Organized by the **Interfaith Committee along with IQAC & Institution’s Innovation Council (IIC)in Collaboration with Udyog Bharti-Gondal on 2nd October 2023**

Total number of participants- 21

Prize winners:

1st Prize: Pari Rohit Pithadia

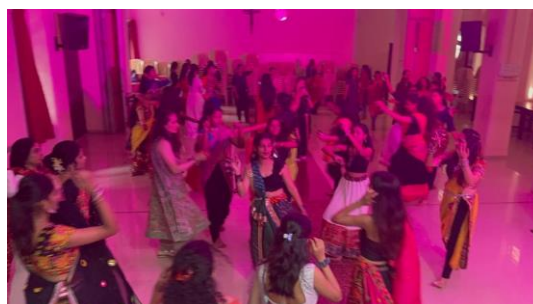
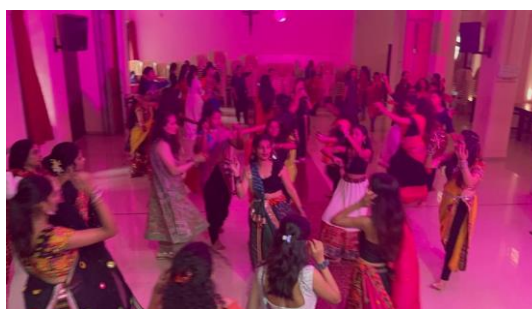
2nd prize: Husaina Juzer Balsara

3rd prize: 1) Khadija Soni

2) Rakshita Bhaskar Acharya

SR NO	NAME OF THE STUDENT	COLLEGE NAME	Prize
1	Shaikh Zoya	College of Home Science Nirmala Niketan	3 rd
2	Pratibha Yadav	LaxmiBai College, University Delhi	1 st
3	Gaurangi Rajapurkar	Dr. BMN College of Home Science	--
4	Kashmira Moje	Dr. BMN College of Home Science	2 nd
5	Sanjana Upadhyay	JD Institute of Fashion Technology	--

DANDIYA



MEHENDI COMPETITION AND DIYA DECORATION COMPETITION



SR NO	NAME OF THE STUDENT	CLASS	PRIZE
1	Ms.Miloni Shah	T.Y.BSc CRM	First Prize
2	Ms.TanyaChand Qureshi	S.Y.BSc	Second Prize
3	Ms.KhadijaPraveen	S.Y.FD	Third Prize

SR NO	NAME OF THE STUDENT	CLASS	PRIZE
1	Mr.Atharv Sanas	S.Y.GD	First Prize
2	Ms.Alfeen Raien	F.Y.FD	Second Prize
3	Ms.Shaikh Sadaf Imtiyaz Ahmed	T.Y.B.ScCRM	Third Prize

DIWALI DHAMMAL- DIWALI PARTY FOR ALL STAFF



CAROL SINGING INTERCOLLEGIATE



CHRISTMAS CELEBRATION

MAGAZINE COMMITTEE 2023-2024

1. Poetry writing competition on the occasion of Hindi Diwas 14 September 2023, Participants: (Inhouse) Junior college, Degree and Self-Financed section students 15-20 students
2. Celestial Chronicles, An art and Writing competition In person on 14 March 2024, Inhouse Participants 10 students
3. Compilation and Editing of Magazine 2022-23: The magazine is not released yet as awaiting few important sections (Principal's Prof. Dr. Anuradha J. Bakshi's message, HD Dept report and IQAC report)
4. Ongoing data collection and compilation for Magazine 2023-24



NATURE CLUB ACTIVITIES 2023-2024

WORLD ENVIRONMENT DAY- 5th June 2023

Students and staff planted one sapling in their neighbourhood and post a video/photo on their social media handles and send a screenshot of the same to the organising team via google link.

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
Affiliated to the University of Mumbai
NAAC Accredited "A+" Grade
Under the aegis of IQAC
NATURE CLUB
along with
INSTITUTION'S INNOVATION COUNCIL & NATIONAL SERVICE SCHEME (NSS) UNIT
Commemorates World Environment Day 2023

"PLANT TODAY FOR A GREENER TOMORROW"

Plant at least one sapling in your neighborhood and post a video/photo on your social media account and tag the social media handles mentioned below.
Make sure you nurture the plant in the future.

Put a screenshot of the same in the Google link given.
Registration Link: <https://forms.gle/Xgu4CTRzroQV6anq8> **Date:** 5th June 2023

Use the following hashtags:
#worldenvironmentday2023
#planttodayforgreentomorrow
#myplanetmyresponsibility

Tag the Instagram and Facebook handles mentioned below
<https://www.facebook.com/iicnchsc/> https://instagram.com/iicnchsc?utm_medium=copy_link <https://instagram.com/natureclubnir?igshid=MjRlODRlNWFlZA==>



TREE PLANTATION AND SEED BALL MAKING WORKSHOP- 19th August 2023

The Tree Plantation and Seed Ball Making event was a meaningful and impactful initiative that contributed to local reforestation efforts and environmental education.

The enthusiastic participation and positive outcomes demonstrate a strong community commitment to sustainable practices.



COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
Affiliated to the University of Mumbai
NAAC Accredited 'A+' Grade

Under the aegis of the IQAC
The NSS Unit in Collaboration with Nature's Club

Organizes

Tree Plantation and Seed Ball Making Workshop
Meri Mati Mera Desh Abhiyan, an initiative of Government of India

Day & Date: Saturday, 19th August 2023
Time: 11.00 am onwards
Venue: Marie Adelaide De Cicé Hall

We are thankful to Ms. Rashmi Joshi for sponsoring the saplings for Tree Plantation.

Expert: Ms. Rashmi Joshi
'Environment Consultant'

Organizing team:
Dr. Pratima Goyal, NSS Programme Officer
Dr. Anjali Srivastava, NSS Supervisor
Mrs. Vibhuti Khedekar, NSS Supervisor
Dr. Sheetal Joshi, NSS Supervisor

<https://www.nirmalaniketan.com/>
<https://www.facebook.com/HmScNN>
Email: nss20222023@gmail.com
<https://www.instagram.com/chsc.nir?n=nametag>



MERI MAATI MERA DESH

Participants expressed high levels of engagement and enthusiasm, by clicking a selfie with the soil- Meri Mati and later uploading on the drive shared by the organisers. The Meri Mati was later collected in an Amrit Kalash.

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
Affiliated to the University of Mumbai
NAAC Accredited 'A+' Grade

Under the aegis of the IQAC
The NSS Unit & the Nature's Club

Organize
मेरी माटी, मेरा देश
मिट्टी को नमन, वीरों का वंदन
an initiative of Government of India

On the occasion of India's Amritmahotsav let's participate in the "Meri Mati, Mera Desh" campaign to pay homage to the martyrs who sacrificed their lives for freedom.

To participate in this campaign, take a selfie/photo with soil in one hand and post it on the given link.

<https://selfiewithmerimaati.in/photoupload/>

Mrs. Vibhuti Khedekar
NSS Supervisor

Dr. Pratima Goyal
NSS Programme Officer

Dr. Anjali Srivastava
NSS Supervisor

Dr. Sheetal Joshi
NSS Supervisor

<https://www.nirmalaniketan.com/>
<https://www.facebook.com/tmSCNN>

Email: nss20222023@gmail.com
<https://www.instagram.com/chs.nnrmnrmctag>



"SWACHHATA HI SEVA" (CLEANLINESS IS SERVICE) CAMPAIGN



TREK TO ROHIDA- VICHITRAGADH: NATURE TRAIL CUM TREK- 24th and 25th February 2024

The Nature Club of College of Home Science, Nirmala Niketan
Under the Aegis of IQAC



The Nature Club of the College of Home Science, Nirmala Niketan is organising a one day nature trail cum trek to Rohida Fort (Vichitragadh).

Date : 24 & 25th February, 2024

Height : 4505ft Grade : Easy

Meeting Point : Nirmala Niketan College

Meeting Time : 23hrs 30min

End Point : Nirmala Niketan College

End Time : 20hrs,30min approx



About Fort : Rohida fort / Vichitragadh Fort is a fort located 10 km from Bhore, Pune district, of Maharashtra. This fort is an important fort in Pune district. This fort was built during Yadava period. According to the inscription on the third gate, Mohammed Adil Shah of Bijapur had repaired this fort on May 1656. Rohida was among the 23 forts Shivaji handed over to Mughals during the Treaty of Purandhar (1665). On 24 June 1670, this fort was again captured by Shivaji. Kanhoji Jedhe had patronage over the entire Bhore state and half of the Rohida Fort along with some patches of land. The Mughals captured the fort later on. This fort was under the control of Pansachiv of Bhore State, until Indian independence.

Participation fee : 1550/- per participant
(Includes College to College Non AC Special Bus, Break fast, Chulivarche Veg Lunch , evening tea Expertise charges)

For Booking and Info :
Vibhuti Khedekar Mam : 99204 96884

Take Nothing but Pictures. Leave Nothing but Footprints



The trek to Rohida Vichitragadh was a successful and enriching experience, blending adventure with historical exploration. The breathtaking views, combined with the fort's historical significance, made it a memorable journey for all involved. We look forward to future treks that continue to blend exploration, learning, and teamwork.

COUNSELING FOR STUDENTS

- On an average had 3-4 students coming for counseling on daily basis related to stress (family, Friends, relationships, financial constraints, time management, self expectations etc.
- Few were seen worried about their Attendance ,assignments, internships, Interaction with new peers, new syllabus, social life, placement, and extracurricular activities, the average student nowadays have to be really multitasking like some had issues like melancholy, stress, anxiety as well as unhealthy bond with their families, roommates, and friends. ,some travelling from a far of place to college, part time working to pay their education expenses etc. Have their hands full. It can be daunting. And this is where counseling was something which was like a life support helping to navigate at

times when everything seems .It appears as an invisible act or help, but surely creates beautiful dents to lead a healthy, normal, peaceful life.

- The student does not have to go through trauma or a huge life event
 1. Individual one to one session was a great support to students before stress became habit and benefits could be seen in them managing academic pressure. Improved relationship, deal with anxiety, stress, depression and improve in academic performance.
 2. Were able to develop resilience and understand themselves, their values, have a unique perspective on life developments. (Physical, emotional spiritual, mental)
 3. Able to Set goals, problem-solving skills were acquired (valuable skill).Increased capacity to control challenging emotion regulation, reduced anxiety levels, elevated mood ,increased confidence and self-esteem, better sleep ,enhanced interpersonal and communication abilities. Class session on topics like Time management, stress management, Relationships, Self-esteem, Self-actualization, Peer pressure, Self-discovery, Goal setting, Team work, Communication skills, Inclusivity, How to cope with competitive world, were conducted across various departments taking into suggestions and inputs from the Principal, HODs and respective designated Coordinators.
- The above class sessions were conducted keeping in mind about students who are shy, introvert, from different socio economic status, background, reserved, hesitant, diffident, timid....so in away feel connected and feel free to approach the college (Prof, teachers, friends, Counselor)

OTHER PROGRAMMES AND EVENTS

- Orientation Programmes students parents engaging alumni Class, Course and MOOC
- Fresher's and Farewell Party to Students of 2023-2024
- Value Added Certificate Distribution Programme for the batch of 2022-2023 29th April 2024 Chief Guest Mr. Mayur Kalbag
- Degree Distribution Ceremony for the batch of 2022-2023 on 29th April 2024 Chief Guest Dr. Fr. Keith D'Souza SJ
- Alumni Association Meet on 20th April 2024
- 3-Day Teacher Training Sessions on NEP 2020 conducted by the Education Department in collaboration with the Junior College
- One-Day FDP on NEP 2020: An Emerging Pedagogical Narrative in Higher Education* conducted by Fr. (Dr.) Paul Puduserry CSC organized by the IQAC of the College of Home Science Nirmala Niketan on 7th August 2023 in collaboration with the *Department of Lifelong Learning and Extension, University of Mumbai. And One –Day Workshop Crafting a Research Proposal by Fr. (Dr.) Paul Puduserry CSC on 8th August 2023.
- Visit of students from Kharasgaon Community College to our College on 18th and 19th March 2024
- Movie Screenings, Reel making, Diya Decoration and Rangoli Competitions, Health and Self-Defense, Disaster Management Workshops, Student Canteens and Markets run by TYBSc and MSc students
- Participation in workshops, seminars and conferences: e.g. Humaira Jasnak & Tahira Ticlo won 1st prize at Visionary Youth for Viksit Bharat: Ideas, Innovations, and Institutes and Enablers . Theme Trailblazers under Prof. Dr. Vishaka Karnad and Dr. Roopa Rao's mentorship, at the Conference in Goa organised by Pilar Pilgrim Centre, Pilar-Goa on 22nd and 23rd March 2024. Participation coordinated by Ms. Noella who accompanying the students in Goa. Congratulations also to Aishwarya Greta and Shalki for participating in Sparklers Theme at the same conference. On 20th January 2024, for FYJC students we had faculty from Department of Business Insurance, Sydenham College who oriented them on NEP 2020 under the order of Higher Education Department and Dr. Homi Bhabha State University Mumbai. Disaster Management and Fire safety workshops.
- Farewell for retiring faculty and fellowship meals.
- Industrial visits, Educational tours and Rural Camps

- UG & PG Research Projects AARYA AAVISHKAR SRIJEN etc., Tribal Ashramshala Projects
- AQAR 2022-2023 Submission is pending with closure of
- NIRF Online Submission 1st February 2024
- Commemoration of Days Maharashtra Din 1st May 2024, National Handloom Day 7th August 2023, National Education Day 11th November 2023, Saree Walkathon 2023 at BKC, Independence Day, Christmas Programmes (21st to 23rd December 2023), Republic Day 25th January 2024 CG Mr. Vinod Noronha, Joy giving Book donation drive 16th-21st October 2023.

---Annual Report 2023-2024 presented by Prof. Dr. Vishaka Karnad (I/C Principal 1st December 2023 to September 2024) at the Annual Governing Body Meeting of the Nirmala Niketan Institute held on 18th September 2024.



A handwritten signature in blue ink, appearing to read "Karnad".

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