

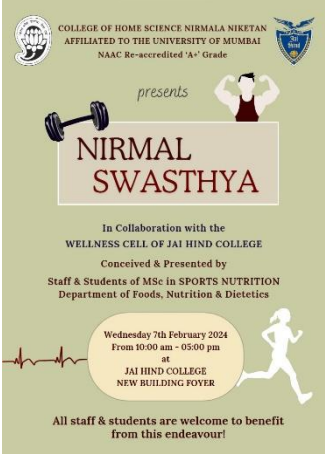

Report of Activities conducted with Jaihind College as part of MoU in 2023-2024

Three activities were conducted with Jaihind as part of the MoU

1. Nirmal Swasthya Fitness Mela

Name of the College:	College of Home Science, Nirmala Niketan
Affiliation:	University of Mumbai
Name of the Event:	NIRMAL SWASTHYA "FITNESS MELA"
Title of the Program/s:	Fitness Camp
Name of the Department Organized:	M.Sc. II Sports Nutrition
Level (Local/ State/ Intercollegiate/ National/ International):	Local
Invited by/ Requested by:	College of Home Science, Nirmala Niketan
Name of the Collaborators (if any):	Wellness Cell of Jai Hind College
Resource person/s and their designation and organization employed:	-
Day and Date:	07 February 2024, Wednesday
Time:	10.00 am - 4.00 pm
Platform used (if online):	-
Venue (Meeting Link, if online):	Jai Hind College
Beneficiaries/ Participants and number:	
• Guests/ Dignitaries:	
• Management Representative/s:	Ms.Ruchi Jain and Dr. Yasmina Avari
• Staff (In-house/ Out-house):	2
• Students (Inhouse/Outhouse):	10
• Any other:	
About the Event (Event flow, if available):	<p>The event encompassed a range of activities that included physical fitness tests to diet counselling, providing participants to holistic approach to wellness. The event was meticulously organised to provide participants with a comprehensive understanding of their physical fitness levels and to equip them with the necessary tools to embark on a journey towards improved health and vitality.</p> <p>The fitness mela comprised of a diverse range of activities tailored to cater the holistic wellness of participants. The following activities were featured:</p> <ol style="list-style-type: none"> 1. BIA 2. Height 3. Waist to hip ratio 4. Hand grip test





	<p>5. Few fitness tests (pushups, squats, flexibility and balance)</p> <p>6. Diet counselling</p>
<p>Accounts, if any:</p>	
<p>Flyer of the Event:</p>	
<p>Funds generated if any:</p>	<p>-</p>
<p>Feedback or suggestions for future link:</p>	
<p>Photographs of the event (at least 4-6)</p>	

	  
Sample of the certificate if any:	-

2. Faculty of College of Home Science Nirmala Niketan, Dr. Tasneem Ravat as Guest Lecturer in Jaihind for TYBSc students
A lecture on Basics of Diet planning was conducted which gave an overview of Macronutrient recommendation, Exchange list and menu planning for health.

3. Faculty of Jaihind as guide for Thesis for MSc in Food Processing and Preservation.





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

PHONE : 2204 0258
2204 1005
FAX No. : 2201 9504



DEPARTMENT OF MICROBIOLOGY

JAI HIND COLLEGE
BASANTSING INSTITUTE OF SCIENCE
&
J. T. LALVANI COLLEGE OF COMMERCE
23 - 24, BACKBAY RECLAMATION,
"A" ROAD
MUMBAI - 400 020.

Ref. - JH /

Date _____

To,
Dr. Tasneem Ravat,
Assistant Professor,
Department of Food, Nutrition and Dietetics,
Nirmala Niketan College of Home Sciences,
Churchgate, Mumbai-20

September 1, 2023

Subject: Invitation as a Resource Person for the session on 'Diet Planning'

Dear Madam,

The Department of Microbiology at Jai Hind College is organizing a session on 'Diet Planning' for our students of Microbiology at Jai Hind College. On behalf of the department, I am pleased to invite you as a resource person to conduct lecture on 6th September, 2023 from 10.00 am- 12.00 noon. Your expertise will benefit our students.

Thank You.

Yours Sincerely,

Mrs. Roonal P. Kataria
Head, Department of Microbiology



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

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NN/CIISC/23-24/GO/6355

6th October 2023

To:
Ms. Roopal Kataria
Assistant professor in Microbiology,
Jai Hind College, Churchgate,
Mumbai 400020

Dear Ms. Roopal Kataria,

Greetings from the College of Home Science Nirmala Niketan!

We are happy to appoint you as a guide for the dissertation of our student, **Ms. Siddiqui Aqsa Ashfaq** studying in *M.Sc. II Home Science Branch I B Food Processing and Preservation* for the academic year 2023 - 24. We wish to inform you that students are allotted one day for doing dissertation work in Semesters III & IV. They are expected to meet their guide/co-guide on one of these two days every week or as per the requirement. The dissertation work will be done offline, so we kindly request you encourage students to meet you directly for any of the research work.

Please find details of work to be completed in each of the two semesters:

Semester III

The Title Page; Table of Contents; Chapter I (Introduction; Review of Literature; Aims, Objectives & Hypotheses), Chapter II (Methods), Appendices with tools; and Reference list, should be submitted by the first week of November. Please submit the evaluation reports and marks for the dissertation in the second week of November.

Semester III Practical Examination (Dissertation Viva) will be held in the third week of November 2022.

Semester IV

The entire dissertation with the main focus on Chapter III - Results and Chapter IV - Discussion (including Limitations and Recommendations), Summary and Conclusion, should be submitted by March 2024. Please submit the evaluation reports and marks for the dissertation by April 2024.

Semester IV Practical Examination (Dissertation Viva) will be held in April 2024.

We encourage the students' work to be presented / published in conferences/ journals with due acknowledgement to the College of Home Science Nirmala Niketan. The student will be the first author, followed by the guide's and co-guide's names.


We appreciate your support in helping our students achieve academic success.

Thank you,

Yours truly,


Dr. Anuradha J. Bakshi
I/C Principal




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AREA BASED PROJECT 2

1. Tree Plantation Drive, Seed Ball Making by Rashmi Mam, Oath taking

Name of the college: Nirmala Niketan College of Home Science

❖ Affiliation: Mumbai University

❖ Name of the Event: Tree Plantation Drive & Seed Ball Making Session & Oath for The Environment

❖ Name of The Department Organized: NSS Unit of College of Home Science

➤ Day and Date: Saturday, 19th August 2023

➤ Time: 1:30 Pm To 2:30 Pm

➤ Venue: Marie Adelaide De Cice Hall, Nirmala Niketan College of Home Science, Churchgate

➤ Speaker: 1. Dr. Pratima Goyal

2. Dr. Anjali Srivastava

3. Mrs. Vibhuti Khedekar

4. Dr. Sheetal Joshi.

5. Ms. Rashmi Joshi

➤ Number of NSS volunteers- 52



Total number of participants: 100

➤ About the Event: We started the event with an introduction of NSS, its aims and objectives. We took an oath as NSS volunteers and decided to go the extra mile and were introduced to all the teachers who are a part of NSS in our college. They told us about the benefit of joining NSS, that it gives us a taste of the real world, which only being in a classroom can never teach you. Our Guest of honor Ms. Rashmi is not only a plant enthusiast but also a kind generous person who donated 100 indoor plant saplings for all our volunteers. The plants brought were high oxygen producing plants that improve the quality of the air in the house. She also taught us seed ball making. She told us when we eat any fruit, the seeds should be placed in water for a while so that any residue comes off. We then have to completely dry the seed for a few days. After doing this we should take some mud and compost/natural manure and make a dough consistency. Place 1 seed in a little mud ball, close it and keep it dry for a while. The purpose of this is it protects the seed and increase the shelf life of the seed when planted. It also provides the seed with nutrients.

➤ Flyer of the Event:







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

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

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

50.	Nadariya Khadija	SYBSc	<i>Kim</i>
51.	Oza Kinjal	SYBSc	<i>Kjoza.</i>
52.	Zaidi Nashra	TYBSc	<i>Nashra</i>



Kurod

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