



College of Home Science Nirmala Niketan
NAAC A+ Grade Reaccredited
Affiliated to the University of Mumbai

EXPRESSIONS

Annual Magazine

2022 - 2023



Junior College
Foods, Nutrition & Dietetics
Food Processing & Preservation
Sports Nutrition
Human Development
Textile & Fashion Technology
Community Resource Management
Graphic Design & Visual Communication
Fashion Designing
Interior Designing

*Fabric
of
Unity*



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PRAYER

Fabric of Unity

Multiple groups, forms and beings.
Why ask, who is in and who is out?
Let us be united, as hewn by One.
We are cut of the same Cloth,
Stitched by the same Tailor.

Varied colours, shapes and sizes.
Why suppose and oppose, like and unlike?
Love all hate none, our Creator is One.
We are cut of the same Cloth,
Stitched by the same Tailor.

Unsettling differences, fingers a-pointing.
Why play the blame game, avenge 'n revenge?
Come together in harmony, join hands in prayer.
We are cut of the same Cloth,
Stitched by the same Tailor.

A song has different notes.
A picture, a composition of varied elements.
A garden, assorted flowers, shrubs 'n trees.
A story, multiple characters.
A body, various organs.
Diverse constituents make up a whole,
Celebrate the spectrum,
Seeing One in All, and All in One.
We are cut of the same Cloth,
Stitched by the same Tailor.

Professor Dr. Anuradha J. Bakshi
I/C Principal

**MANAGEMENT: NIRMALA NIKETAN INSTITUTE
(2022-2023)**

President: Ms Philomena Sequeira

Vice President: Ms Sabeena Gonsalves

Secretary: Ms Noella Dias (also Manager in the college)

Treasurer: Ms Greta Lopes

Members: Dr Lidwin Dias, Ms Roshni Alphanso, Ms Erica Lobo, Ms Sunita Machado, Ms Mary Colaco

**STAFF
(2022-2023)**

I/C Principal: Prof Dr Anuradha J Bakshi

TEACHING STAFF

JUNIOR COLLEGE

Junior College Staff: 9

- ❖ Coordinator (Junior College): Mr Shridhar Talekar

DEGREE PROGRAMMES

Heads of the Departments:

- ❖ Foods, Nutrition and Dietetics: Ms Vibha Hasija
- ❖ Human Development: Prof Dr Anuradha J Bakshi
- ❖ Textile and Fashion Technology: Dr Pratima Goyal
- ❖ Community Resource Management: Ms Sunita Jaiswal

IQAC Coordinator: Ms Jacqueline Colaco

F.Y. B.Sc. Coordinator: Ms Khyati Sampat

S.Y. B.Sc. Coordinator: Dr Roopa Rao

Professors: 3

Associate Professors: 5

Assistant Professors: 12

Visiting Faculty: 22

Librarian: 1

CERTIFICATE AND DIPLOMA PROGRAMMES (SELF-FINANCED)

Director: Dr Yasmina Avari

Heads of the Design Departments (Vocational):

- ❖ Fashion Designing: Ms Blossom Alvares
- ❖ Graphic Design and Visual Communication: Ms Shibani Samant
- ❖ Interior Designing: Mr Amrish Mangale

Coordinator (Postgraduate Self-Financed Programmes): Dr Beryl Nithya

Assistant Professors: 2

Instructors: 9

Visiting Faculty: 28

NON-TEACHING STAFF

AIDED SECTION

Administrative & Accounts Staff: 3

Laboratory Assistants: 3

Laboratory Attendants & Peons: 13

SELF-FINANCED SECTION

Administrative, Accounts, IT & Gymnasium Staff: 10

Laboratory Attendants & Peons: 5

Other Staff: 4

ABOUT THE COLLEGE

Vision of the College

The college aims at the **total development** of Indian Women, by providing learning opportunities to empower them with **knowledge, skills and attitudes**, to face personal and professional challenges with confidence, inculcating **values** of respect, commitment and concern for the service of others, thereby enabling them to **make a positive contribution to the society** in the 21st century.

Goals of the College

The college aims at the development of Indian Women through an education that is...

> LIFE – ORIENTED

> CAREER – ORIENTED

> COMMUNITY- ORIENTED

Mission of the College

- To work dedicatedly towards women's empowerment through socially-relevant, holistic, interdisciplinary education.
- To sensitize students to the needs of others, especially of those less advantaged, and foster a service orientation.
- To respect egalitarian justice, use participatory governance, and build capacity among students and staff.
- To continually innovate and deliver a curriculum that is globally valuable, locally relevant, and responsive to changing times and needs.
- To forge and enhance linkages with communities and organisations at multiple levels (e.g., local, regional, national, and international).
- To contribute to the national and international knowledge base in Home Science and allied fields.

The College of Home Science Nirmala Niketan completed 67 years in the year 2022-2023. The first foundation stone was laid by Ms. Colette Galby in the year 1955 with the mission of providing quality education. College of Home Science Nirmala Niketan is a grant-in-aid Christian Minority Institution, affiliated to the University of Mumbai, managed by a Society, registered under the Society's Registration Act 1860 and Public Trust Act 1950 whose members belong to the Congregation of the Daughters of the Heart of Mary in India. This Society is managed by a Governing Body whose Ex-Officio Chairperson is the Provincial of the Daughters of the Heart of Mary in the Northern Province of India. The College holds the distinction of being the stand alone College in the University of Mumbai that offers education in the subject of Home Science.

Over the years, the College has widened its presence and excellence in terms of education and community outreach. With the aim at the total development of Indian Women, the College goal is development through education which is life-oriented, career-oriented and community-oriented. Values of respect, honesty, service to society, respect for all religions are woven into the fabric of our curriculum. Our motto "Kindle the Lamp of Light with thy Life" is put into practice by one and all.

The College has been instrumental in upgrading the physical infrastructure and curriculum to make learning more meaningful for the 21st century. It's a matter of pride and delight that the college has secured A+ Grade from the National Assessment and Accreditation Council (NAAC) by securing a CGPA of 3.33.

The College was started with a certificate course in Home Science in 1955. The permanent affiliation of B.Sc. (Home Science) programme to the University of Mumbai was obtained in 1969 and two Master's programmes were introduced in 1972. Junior College started in 1976. Currently, the College has B.Sc. (Home Science) programmes in the following four specialisations :

- (a) Foods, Nutrition and Dietetics;
- (b) Human Development;
- (c) Textile and Fashion Technology; and
- (d) Community Resource Management

The M.Sc. (Home Science) and Ph.D. (Home Science) are offered in five specialisations: Branch IA: Foods, Nutrition and Dietetics (aided); Branch IB: Food Processing and Preservation (self-financed) and Branch IC: Sports Nutrition (self-financed); Branch II: Human Development (aided) and Branch III: Textile and Fashion Technology (aided). The College also offers multiple self financed diploma and certificate programmes for value addition. In 2012, the College introduced the semester-based credit and grading system under the directives of University of Mumbai and subsequently for higher levels on the basis of yearly progression. At the Junior College and B.Sc. levels, the College is only for women, whilst other programmes are open to both men and women. The College serves Christian students in particular and also other students, irrespective of their religion.



MESSAGE FROM THE PRESIDENT

FABRIC OF UNITY

We thank the Almighty God for the gift of a country so diverse in its natural beauty, cultures, ethnicity, as well as in its people. The people of India proudly describe their country as having unity within diversity. We Indians have framed our minds to always look at inclusiveness, accepting each and everybody and living together in harmony.

This *Fabric of Unity* has helped us to maintain ourselves as a leading Home Science College in Mumbai, with diverse curricula of Foods, Nutrition and Dietetics; Human Development; Textile and Fashion Technology; and Community Resource Management. Additionally, there are design courses like Fashion Designing, Graphic Design and Visual Communication, and Interior Designing, which enhance the capacity of students in the area of art and design. The incorporation of new programmes/courses and the enhancement of current programmes/courses have attracted and retained students and faculty from diverse economic, social, ethnic, religious and caste backgrounds, creating a conjoint to engage, interact and learn with and from each other. The supplementary training in technology, skills, social engagement, and core human values has prepared students to take on the labour and consumer market with creativity and confidence. The internships and interactions with industries, NGOs, and government organizations have honed their skills and competencies. Our effort has always been and still remains to nurture the *Fabric of Unity* by empowering our students to actively participate in Nation building with commitment, passion and a determination to excel and make the name of our Institute and therefore our country proud.



The Nirmala Niketan Institute ran two institutions that is College of Home Science and Polytechnic on the same campus. It was a long-awaited dream of our founders/trustees to run under one umbrella as one entity. It was difficult and many challenges were faced. But with a great collaborative effort in 2020-2021 of Ms Nina Dias (Director, Nirmala Niketan Polytechnic), Dr Ela Dedhia (In-charge Principal, College of Home Science), Dr Geeta Ibrahim (Principal, College of Home Science), Ms Noella Dias (Manager of the College of Home Science and Secretary of the Trust) and Polytechnic staff, the earlier Polytechnic programmes were revised and self-financed Certificate, Diploma and Advanced Diploma programmes received recognition from the University of Mumbai in 2021-2022. The Management remembers all those who helped along the way with deep gratitude and appreciation in our hearts.

My best wishes to all the staff and students to foster unity and harmony in the College – both on and off the premises. As the famous quote by Martin Luther King Jr. says, "We may have all come on different ships, but we are in the same boat now." We have our differences – different religions, practices of faith, different languages, different opinions, cultures and traditions – but it's our differences that make us special and unique. It is time to strive towards an even stronger unity and live in harmony and peace. Unity in diversity means that we come together and work for a common goal. Mahatma Gandhi fought the freedom battle with *ahimsa* (non-violence). Today if we want to foster unity we need to cultivate the habit of non-violence in our communication, cutting down the criticism and fostering brotherhood and sisterhood. We need to weave our threads together in order to become completely unified, to use the needle of education, critical thinking, creativity, and religious tolerance, and be inspired to dream to make a complete *Fabric of Unity*.

Ms Philomena Sequeira
President, Nirmala Niketan Institute

MESSAGE FROM THE I/C PRINCIPAL

Emerging into the Light: The Year 2022-2023

“I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars.” – Og Mandino

This has been a year in which the COVID-19 pandemic could finally be put into the past, and uninterruptedly, we could have a year fully offline. We could never have imagined that we would live through a pandemic in our lifetime which would alter everything that until then we had taken for granted. The pandemic came with untold hardships that for some included grievous losses. At the same time, the circumstances of the pandemic had forced us to forge new sets of skills. Especially for those of us in education, examples include skills to do with online, blended and hybrid teaching-learning. The time away from the “madding crowd” (Thomas Hardy) may perhaps have centred us (or not).



Therefore, 2022-2023 has been a year in which healing from the pandemic-related distresses has remained an important focal point. It has been a year of renewal and a year of new hopes. We did not just come back to the same normal, we came back with pronounced needs for healing, and also with new strengths and skills. Moreover, students and staff who had become accustomed to largely online transactions have traversed newly available freedoms and made peace with the restrictions that accompany these freedoms. In other words, the freedoms and restrictions of online classes have had to be traded for the quite different (and welcome) liberties and restrictions of offline life.

Our theme this year has been *Fabric of Unity*, based on Azadi ka Amrit Mahotsav, 75 years of Independence. This theme has resonated throughout the year in the events that have been planned and conducted. However, this theme has a most special significance for us. The academic year, 2022-2023, is the first year of the College of Home Science Nirmala Niketan as an integrated unit after a long hiatus: The new certificate, diploma and advanced diploma programmes in Graphic Designing and Visual Communication (GDVC), Fashion Designing (FD), and Interior Designing (ID) for which we had obtained University approval the previous year, were launched this year. What a joy to once again be One Family, from Junior College to PhD. At the senior college level, the original four departments (Foods, Nutrition and Dietetics [FND], Human Development [HD], Textile and Fashion Technology [TFT], and Community Resource Management [CRM]), therefore, have been supplemented this year by three outstanding vocational/applied skills departments, namely, GDVC, FD, and ID, with all of these new programmes also being affiliated to the University of Mumbai. What a spectrum of new opportunities and new strengths! Of course, no doubt, this has also posed new challenges, which too have been negotiated with the spirit of cohesiveness energised by a shared vision.

The year 2022-2023 has included a series of **Firsts** for us:

- First year of the new Certificate and Diploma programmes in affiliated mode: Graphic Design and Visual Communication, Fashion Designing, and Interior Designing.
- First year of four add-on Diploma courses of the Departments of Human Development and Textile and Fashion Technology conducted in affiliated mode.

- We conducted an Aavishkar Workshop (a preliminary activity of the 17th Aavishkar Research Convention) on behalf of the University of Mumbai for the first time, in July 2022.
- For the first time, we hosted and organised the Zone 1 *Aavishkar* Research Convention in collaboration with the University of Mumbai, in December 2022. This 17th Aavishkar Research Convention covered colleges in the Mumbai Zone I (Colaba to Mahim, CSMT to Matunga, and CSMT to Wadala). As many as 179 research projects were presented, with presenting students numbering 431. Special appreciation to our ID Department which made the presentation infrastructure possible in the university budget provided.
- For the first time, we conducted the NEET examination on behalf of NTA, in May 2023.
- We participated in the University of Mumbai Youth Festival for the first time: 45 students participated in 22 different events of UoM's 55th Youth Festival.

Special achievements this year have included:

- Strategic planning was reignited. Dr. John Peter Anthony, from Loyola College Chennai (ranked 3rd best college in India by NIRF that year), conducted a three-day Faculty Development Workshop on Strategic Planning in June 2022.
- Junior College: Approval was obtained for the new subject of Child Development for the 11th standard in September 2022 (retrospective from 2020-2021) and for the 12th standard in February 2023 (retrospective from 2021-2022).
- We won the Zone 1 Championship at the 17th Aavishkar Research Convention organised by the Department of Students' Development, University of Mumbai.
- Our intercollegiate interdisciplinary undergraduate research competition, AARYA (Awareness and Action Research for Youth Awakening), for FY and SY undergraduate students this year was international! Dr. Anagha Vaidya Soocheta, Sr. Lecturer and Researcher, University of Mauritius, was our keynote speaker.
- A Fitness Boot Camp was conducted for 1000+ naval staff officers, sailors, and trainees at INS HAMLTA, a naval base located at Marve, Malad West, Mumbai, by the students of the Postgraduate Diploma in Dietetics and Applied Nutrition in July 2022.
- Three new Professors! Dr. Bakshi, Dr. Karnad and Dr. Rege successfully completed their career advancement and became full Professors in March 2023.
- One more teacher with a PhD! We congratulate Dr. Sheetal Joshi!
- Congratulations to our faculty members, Prof. Vishaka Karnad and Ms. Vibha Hasija, for completing 25 years of service!

Other highlights of 2022-2023 include:

- In contrast to the delays experienced during the COVID-19 years, all programmes commenced in time this academic year and therefore examinations also were largely on schedule.
- UG and PG degree students of each department have presented research papers and posters at scientific competitions and conferences (other than the 17th Aavishkar Research Convention). Many prizes have been won by these students.
- Teachers continue to be recognised for their expertise by the university, regional, national and even international bodies.
- All Degree Departments have publications to their credit in 2022-2023.

- This academic year, we greatly increased the number of *intercollegiate* events and competitions. Some examples include: A product design Khadi Utsav Intercollegiate Competition was organised in October 2022. An Inter-collegiate Carol Singing Competition was organised in December 2022. AAGAZ, the annual cultural fest of the college, had a dedicated day in February 2023 for intercollegiate events with six competitions and a most spirited joyous participation from students of multiple colleges.
- World Mental Health Day was celebrated by two departments in particular. The Human Development Department organised three activities, with two of the three activities open to those outside the college: a Zentangle workshop, an interactive session with eminent psychiatrist Dr. Harish Shetty, and a mental health themed intercollegiate poster competition. The FND Department organized an event on Mindful Nourishment for children and youth with Autism and Down's Syndrome in collaboration with Verushka Foundation.
- International Consumer Day, World Breastfeeding Week, and Nutrition Month.
- We are keeping abreast of the changing times and latest trends in education! For example, a talk was arranged on the topic "Application of Artificial Intelligence in the field of Textile and Fashion Industry" for Textile and Fashion Technology students. Also, 40 PG students successfully completed a MOOC, with five students from the college topping their respective MOOC.
- We have formalised several new collaborations and MoUs.
- Extension activities continued to be our strength. FY and SY degree students had the opportunity to work through the NSS wing of the college. All Degree Department senior level students (TY/MSc) conducted extension activities at rural/tribal centres. The FND Department students participated in the Ashramshala project in rural/tribal areas. HD students also conducted extension activities at youth centres and old age homes in Mumbai. Moreover, HD students conducted online extension sessions as well, expanding their outreach to other parts of India (a skill learnt during the pandemic years). CRM students had a special project of Each One Teach One. Through the Department of Lifelong Learning and Extension (DLLE) of the University of Mumbai, TFT students worked with persons with Intellectual Disability, teaching them textile arts and crafts, while the CRM students engaged in community work aimed at women's empowerment.
- The Sports Committee noted the highest sports participation ever in the college in their *Kridangan* indoor and outdoor sports activities.
- The college has been a busy hub with activities to commemorate not just the Independence Day/Republic Day/Gandhi Jayanthi and festivals, but also wide-ranging days of significance such as the National Handloom Day, National Sports Day, Marathi Rajbhasha Divas, World Mental Health Day, International Yoga Day, Internat

Gratitude

Deepest gratitude is expressed to God, the Nirmala Niketan Management, University of Mumbai, the IQAC and other committees, and each stakeholder—students, teachers, administrative and accounts staff, laboratory attendants and peons, alumni, parents, employers, local/state/national organisations in which students have been placed for internships and fieldwork, and resource persons—for their contributions throughout the 2022-2023 academic year.

We are especially deeply thankful for the services rendered by Ms. Zahida Taqi, Junior College teacher, who retired in February 2023, after a career spanning 31 years. We are also extremely grateful to Mr. Ashok Pardesi, laboratory attendant, who retired in June 2022 after serving the college dedicatedly for 43 years. Our heartfelt gratitude is also extended to Mr. Johnny Fernandes, laboratory attendant, who retired in February 2022 with a service span of 41 years. Among our staff appointed by the Management, we are so very thankful for the outstanding service of 36 years of Ms. Nirmala Dias, and the diligence and dedication of Ms. Nivedita Ullal who left us after completing 25 years of service. We also wish Ms. Erica Lobo, who devotedly served the college for 16 years (and is part of our Management), the very best for her new assignment.

We look forward to continuing to fulfil our college vision and mission, individually and collectively in 2023-2024. May we continue to find joy and meaning in each activity small and big, strengthen the Light within, and nurture the Light in others.

Prof. Dr. Anuradha J. Bakshi
I/C Principal

STAFF EDITORIAL

This year was marked by a sense of togetherness and a desire to come back to action in college. The numerous events and activities throughout the year added to the excitement and energy on campus. It was truly a year of growth, learning, and making the most of the opportunities available. Students and faculty from Junior, Degree and Self-Financed section alike came together to ensure that the college community remained engaged and connected.

During the year, our journey reflected unity and collaborative success. All the sections of the college worked as a closed knit team, faced the challenges and celebrated small victories along the way. The magazine showcases our achievements and successes. The achievements of our students are truly inspiring, and they motivate us to work harder towards the betterment of our society and the nation as a whole. Also, the articles and write-ups in the magazine showcase the ultimate dedication of our students towards their goals and their passion for learning. The creative expressions highlight students thoughts on unity and teamwork.

As we also celebrate 75 years of independence, we hope that the future of our country will be shaped by students like them, who are ready to take on the challenges of life with a positive attitude and a never-give-up spirit. We hope that our students will continue to make us proud and inspire many others with their achievements.

“Coming together is a beginning; keeping together is progress; working together is success.” – Edward Everett Hale

As we move forward, let this principle guide us in our academic pursuits. Unity and collaborative efforts are not just values but they define way of life and contribute to a community to progress in the coming years.



Dr Neha Mulchandani
Convenor
Magazine Committee

STUDENT EDITORIAL

“Unity to be real must stand the severest strain without breaking.”

-Mahatma Gandhi

Our immensely beautiful country INDIA – a multi-dimensional space for varied personalities to co-exist in a manner that is awe-inspiring! It's a beautiful feeling in itself to be surrounded by the many fascinating cultures, traditions, religions, languages, etc. Our dear country is definitely the most unique and extraordinary country in the world. We are a part of this multidimensionality and it's a part of us. We breathe in it, we live in it. We survive through all the odds and evens together. UNITY in its most unique way lives through us. Just as the rainbow shines through a dark, rainy day, bringing in the new transformed version of the rays of sunshine, we too with our diversely coloured personas, sparkle our way through life and make this world a happy place to be in. Unity is a strong word, a word of tremendous importance, especially for us as humans and as Indians. It has been proven to



be true since long ago now, that united we do stand and divided we do fall. Yet, in today's era we see the true meaning behind *unity* fading away. It's disheartening but we can overcome this together. Learning to accept every person as an individual human being holding their own sets of beliefs becomes the key. We all are unique specimens of individuality that can't be replicated, nor can be a hundred percent alike. We are all the one and only version of ourselves. It's the most spectacular thing if you ask me. Hence, unity strives with this acceptance along with equality of every living being. Did you not see a flight of birds flying together for miles and miles together? After having flown for thousands of kilometres away, they reach their destination not alone, but with the strength of being a group held together in unison. They are an amazing example portraying unity. It's heart-warming to witness this, and that's exactly how we should be. Every living being has its own importance on this planet. We just sometimes fail to identify it, but that doesn't mean that they're one to neglect. We shall always strive to seek ways for helping one another, working together and never pulling one another down. For every kind gesture shared, will definitely get reciprocated. It's never a loss. Sometimes you can help others without costing yourself a single penny. Just smiling is in itself a free therapy that instantly lights up the mood of not only ours but also of others. So, what are we waiting for? Life is too short to be scared, angry or distressed. Building a world, a life, held mighty, staunch and beautiful with the power of unity, is the air we got to breathe. Let's continue to live this life in the most winsome way, with unity in every breath of ours.

Ms Zikra Syed Joseph Babu
T.Y. B.Sc. (Foods, Nutrition and Dietetics)

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: Dr Neha Mulchandani**

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HIGHLIGHTS OF THE JUNIOR COLLEGE AND DEGREE COLLEGE

JUNIOR COLLEGE

The Junior College reopened on 13th June 2022 with a new zeal and enthusiasm shown not only by the students but also the teachers. The curriculum at Junior College consists of a unique combination of arts and science subjects that includes the six subjects namely English, Hindi, Biology, Chemistry, Child Development and Psychology. In the academic year 2022-2023 there were nine permanent teaching staff: Ms Zahida Taqi (Biology; retired on 28th February 2023), Ms Farahnaaz Syed (Chemistry), Mr Shridhar Talekar (Supervisor of Junior College and teaches Chemistry), Ms Roopa Rao (Chemistry), Ms Vijayalakshmi Mannadiar (Biology), Ms Sheetal Nogueira (Biology), Mr Amol Surte (English), Mr Shankar Pandey (Hindi), and Ms Dipika Surve (Psychology). Ms Vanitha D'Souza joined the Junior College as a temporary teacher to teach the Child Development subject.

The student excitement soared with the orientation programme which was followed by the commencement of regular classes on June 15th, 2022. An important School Committee meeting was held on the 7th July setting the tone for upcoming activities. The staff meeting, led by the In-Charge Principal Dr Anuradha J. Bakshi, was held on 8th and 22nd July to make sure the academic term goes on smoothly. The orientation programmes for F.Y.J.C. students and their parents were organised separately on 27th August 2022. The momentum continued with another School Committee meeting on 28th September. As the academic year progressed, the Junior College conducted the HSC Board practical examinations on 13th and 14th February 2023. The most crucial time, that is, the HSC Board examinations took place from 21st February to 17th March 2023. Acknowledging the responsibilities carried out by our faculty, Ms Sheetal Nogueira was appointed as the Chief Conductor, with Mr Shridhar Talekar as Deputy Conductor, and Ms Dipika Surve as a runner.

This academic year was full of a series of events and activities for students; it was a journey of growth, collaboration, and academic excellence at our Junior College.

Competitions and other activities:

Students actively engaged themselves in a variety of competitions, including inter-collegiate Carol Singing during Christmas, Floral Rangoli (Athapookalam) on the occasion of Onam, Poster Making and Singing during Hindi Diwas, and Elocution. These events were organised by different committees such as the Inter-faith Committee, Cultural Committee, and Magazine Committee, showcasing the diverse talents of students throughout the academic year.

The S.Y.J.C. students organised a lively celebration for Teacher's Day on 5th September. The Fresher's Party and Social event was also held for F.Y.J.C. students on 17th September. On the 18th October, on the occasion of Diwali, the students decorated the first floor and ground floor lobby with floral rangolis and diya rangolis. The class representatives also decorated the classroom and the blackboard. Valedictory programme was organised for academic year 2019-2020 and 2020-2021 for Junior College on 24th January, 2023. F.Y.J.C. students participated in a drawing competition organised by Anjuman Islam School on 25th January. Mr Amol Surte accompanied the students as the teacher in-charge. Students appeared for preliminary round of Fit India quiz competition. Two students from F.Y.J.C. and two students from S.Y.J.C. appeared for the quiz. "Mental wellness with Greens" session in collaboration with the Biology Dept. of Junior College was organised for S.Y.J.C. students. Various programmes were conducted throughout the year to celebrate the days like Republic day, Independence Day, Marathi Bhasha Diwas and some important festivals.

Visits to other Schools for a Talk and Webinars on Careers in Home Science:

In order to reach out to the 10th std. students to inform them about the career opportunities in the domain of Home Science, all the teachers of the Junior College Department visited various schools in the Mumbai sub-urban region such as Our Lady of Dolours, Marine Lines; St. Joseph high School, Agripada; Colaba Municipal School, Baretto High School, Chira Bazar; Holy Horizon English School, Kalyan (E); J.B. Vacha School, Dadar; The Marol Education Society High School, Andheri. Similarly, where the personal visits to schools were not possible due to some reasons, webinars were conducted for S.S.C. students on 'The Career Opportunities in the Home Science'.

Social Service Activity:

On 19th October Junior College students visited Chuim village, Khar Danda. The students visited the center and saw the various social work activities which are run by the community center. They collected money for the Christmas party for the center. Some students took eatables for the children of the center. These visits made them realize their social responsibility.

Activities during the Aazadi Ka Amrit Mahotsav:

Students participated in a variety of activities during the Aazadi Ka Amrit Mahotsav, commemorating India's achievement of completing 75 years of Independence in August 2022. Events included the Har Ghar Tiranga celebration, a Poster Making competition on the theme "Know Your Flag and the Unsung Heroes," a Slogan Writing competition themed "Tiranga Meri Jaan," and the Tiranga Rang Mahotsav, where students dressed in National flag colors from 11th August to 13th August, concluding with Traditional Day celebrations. Additionally, an online competition titled "My Tiranga Moment" took place on 15th August, where students captured pictures with the Tiranga. The Junior College staff held a flag hoisting programme, and the entire college sang the National Anthem on 17th August as part of the Azadi Ka Amrit Mohatsav campaign.

Faculty Development Programmes:

Staff attended programmes to update their knowledge and skills on different topics such as 'Bio Diversity of Western Ghats: Medicinal Potentials and Strategies for Conservation' attended by Ms Vijayalakshmi Mannadiar, 'Problem of Addiction in School children' and 'Managing Behavior Problems of School Students in Changing Socio-Educational environment' attended by Mrs Farahnaaz Syed, 'World Suicide Prevention Day Programme' was attended by Mr Shankar Pandey and Ms Dipika Surve. Ms Farhanaaz M. Syed successfully completed an online in-service training for Selection Grade organised by SCERT Pune. Mr Amol Surte successfully completed an online in-service training in association with the Dept. of Education of Maharashtra for senior scale organised by SCERT Pune. Ms Farhanaaz M. Syed attended a meeting at Kirti College, Dadar, regarding HSC Board examination organised by Mumbai Divisional Board on 3rd October. Mr Amol Surte presented a research paper on the topic 'Ageism' at an international conference at Vaze College, Mulund on 10th January, 2023.

**Compiled by Ms Dipika Surve and Mr Amol Surte,
Assistant Teachers, Junior College**

F.Y. B.Sc. DEGREE COLLEGE

F.Y. B.Sc. Programme in Home Science this year started on 20th August 2022 with the orientation programme for students. It was delightful to see the vigour and enthusiasm with which they participated in the programme. In the same week, induction activities were organised for the students which included sessions by the management representative to orient them comprehensively about college vision, mission, and values that they should uphold. Some sessions were organised by college counsellor Ms Sabita Pereira, followed by college tour, library orientation, etc. The total number of students enrolled in F.Y. B.Sc. this year was 160.

F.Y. B.Sc. students took part in several activities and events that were organised round the year, like the much-awaited Freshers Party, a talk on 'Coastal Clean-up', indoor sports, e-poster competition on the theme of 'Holistic Health and Performance in Sports', a talk on 'Stories that Coach' on National Sports Day, Intercollegiate Recipe Contest on the theme of 'Innovative Healthy Tiffin Meals', e-poster/slogan writing competition on the occasion of World Mental Health Day, elocution competition, Carol singing competition... the list is exhaustive!

Further, F.Y. B.Sc. students attended and participated in the Annual Sports Day, a day that was filled with sportswoman spirit, claps, cheers, sweat and adrenaline gush! Another highlight was their participation in Nirmal Utsav event - Aagaaz 2023! It was thrilling to see so many F.Y. B.Sc. students enthusiastically attending practice sessions for their stage performances, be it dance, drama or fashion show! The spree of co-curricular and extra-curricular events ended in the month of March, after which the students geared up to take their year-end examinations.



**Ms Khyati Sampat,
F.Y. B.Sc. Coordinator**

S. Y. B.SC. DEGREE COLLEGE

This year, the S.Y. B.Sc. class made notable achievements, showcasing their dedication and active involvement in various college committees.

Orientation Programme:

The S.Y. B.Sc. orientation programme for the academic year took place on the 18th of June, 2022. The purpose of this orientation was to acquaint the incoming students with various aspects of the college, including its vision, goals, committees, facilities, academic regulations, and scholarship opportunities. Dr Roopa Rao, the coordinator, extended a warm welcome to the students, setting a positive tone for the programme. The programme continued with a prayer led by Sr. Noella, the college's manager, fostering a spiritual and serene atmosphere. Prof Dr Anuradha J Bakshi, the In-Charge Principal, delivered a motivating message to the students, emphasizing the importance of education and their role in shaping their future. The S.Y. B.Sc. coordinator provided insights into the college's history, profile of their academic year and its overarching vision and goals. This segment aimed to instill a sense of pride and belonging among the students. The programme included a segment dedicated to explaining the rules, regulations, and code of conduct expected of the students. This was crucial in maintaining discipline and ethical standards among students. To help students make informed academic choices, details about the subjects offered in Semester III and IV of the S.Y. B.Sc. programme were provided. This aimed to guide students in selecting their courses effectively. Financial support plays a vital role in students' education. Information regarding scholarships available and the application process was presented by the Convenor of the Scholarship Committee and examination related information was presented by Examination Committee Convenor. The programme concluded with a vote of thanks, expressing gratitude to all participants and attendees. The students were encouraged to ask any queries or seek clarification on the information presented during the session. The programme was a comprehensive and informative event that successfully provided the incoming students with a solid foundation of knowledge about the college, its expectations, academic offerings, and scholarship opportunities. It was an essential step in helping the students transition smoothly into their second year of undergraduate studies, ensuring that they are well-prepared to excel in their academic journey at the college.

Active Participation in College Committees:

One of the highlights of the S.Y. B.Sc. class this year has been their active participation in multiple college committees. The students have been serving as class representatives in various committees, demonstrating their commitment to the welfare and progress of our college community. The S.Y. B.Sc. class representatives have not only attended committee meetings but have also actively contributed their ideas, insights and efforts to enhance the functioning of these committees. Their dedication and proactive approach have played a pivotal role in the success achieved by these committees throughout the academic year. The achievements of the S.Y.B.Sc. actively participated and contributed to the success of college committees underscore their commitment to the betterment of our institution. Their dedication and collaborative spirit have not only benefitted their fellow students but have also contributed to the overall improvement of our college's academic and administrative processes.

**Dr Roopa Rao,
S.Y. B.Sc. Coordinator**

DEPARTMENT OF FOODS, NUTRITION AND DIETETICS

Excellence manifests when we walk every step with diligence and efforts, making friends with challenges and using hurdles as stepping stones to success.

The Department of Foods, Nutrition and Dietetics is a sprawling one with the aided and the self-financed sections. We run apart from the T.Y. BSc. in Foods, Nutrition and Dietetics, three post graduate Masters programmes – Foods, Nutrition and Dietetics, Food Processing and Preservation, Sports Nutrition and a P.G Diploma in Dietetics and Applied Nutrition and with a doctoral programme – with a total of 168 students. The value added course on Nutrition and Exercise for Fitness had an enrollment of 44 students.

The aided section worked with five full time teachers - Ms Vibha Hasija: HoD, Ms Jacqueline Colaco, Ms Fatima Kader, Dr Sheetal Joshi and Dr Minelly Rodrigues and Ms Shalmalee Potdar who was with us for a leave vacancy post. The Self-financed section had as faculty - Dr Yasmina Avari (Director of Self-Financed Courses), Dr Beryl Nithya (Coordinator of Self-Financed Courses), Dr Tasneem Ravat and Ms Simran Khandagale.

Departmental Activities:

- **World Breastfeeding Week Activities:** World Breastfeeding Week celebration, “Step up in Support of Breastfeeding” was organised in the form of a workshop on the 4th of September, 2022. This collaboration was with Nourish 1000 Days.
- **Nutrition Month Activities:** There were two major events organised to commemorate the National Nutrition Month



a. Perna – Rise Inspired

Perna–Rise Inspired is the signature programme of the Department where every year an illustrious experienced alumna is felicitated with a Scroll of Honour and an oration in her name

This year the programme was held on the 26th of September, 2022 and Ms Ana Sinha – Recipe Formulation and Innovation Head, Nestle India was felicitated.

She shared her journey and nuggets of wisdom to our current students and alumnae and stunned the audience with the revelation as being the creator of legendary brand Maggie Masala Mix.

This event was followed by a Panel Discussion on the theme in collaboration with Indian Dietetic Association, Mumbai Chapter, in commemoration of the National Nutrition Month. This event culminated with the award ceremony of the Research awards – Utkarsh, Gyan Rachna and Nirmal Seva.



- b. A Nutrition Workshop, Live Recipe Demonstration by Chef Nehal Karkera and Intercollegiate Recipe Competition in collaboration with California Walnuts Commission and IQAC, Department of Foods, Nutrition and Dietetics, Institution's Innovation Cell and the Women's Development Cell of the College was held on the 29th of September, 2022.
- **Faculty Development Seminar:**
Statistical Analysis of Data in Research, a successful SPSS training program for faculty development, enhancing participants' data analysis skills and fostering a research-oriented mindset was conducted by resource person Dr Neha Joshi on 10th & 11th October.
 - **Student Development Activities:**
 - a. Bridge Course: The Bridge course that aimed to bridge the gap in students' understanding in the fields of Basic Nutrition and Food Science, as well as Basic Meal Planning was conducted for 44 students. This course coordinated by Dr Tasneem Rawat had a blend of online and offline sessions.
 - b. Value Added Courses:
The Value-Added Certificate Course 'Nutrition and Exercise for Fitness' affiliated to University of Mumbai was held in the blended mode and had 44 students completing this course.
 - c. Lecture Series:
 - i. Introduction to Physiology: The Department organised an online lecture series of 15 hours on Physiology for the benefit of the students of T.Y. B.Sc. (Foods, Nutrition and Dietetics) and MSc II (Foods, Nutrition and Dietetics). It was coordinated by Ms Sheetal Joshi.
 - ii. Research Methods and Statistics: A lecture series in Research Methods and Statistics was organized for students of T.Y. B.Sc. Home Science (Foods, Nutrition and Dietetics). It comprised 15 sessions and was coordinated by Dr Minelly Rodrigues.
 - iii. A Continued Nutrition Education (CNE) was organised in collaboration with ASNFS (Association of Sports Nutritionists and Fitness Scientists) on 18th March 2023. The beneficiaries were the students of MSc Sports Nutrition from College of Home Science and of other colleges offering subjects of sports nutrition.
 - iv. Training in Microbiological Techniques: A series of practical training sessions on microbiological techniques was organised for the students of M.Sc. II FPP by the college in order to demonstrate basic techniques required for microbiology experiments. This session helped the students gain basic information which helped them get direction to work on microbiology experiments for their dissertation.
 - v. Training in Anthropometrical, Fitness and Body Composition Analysis of Navy Personnel: Ms Naaznin Husein, Nutrition Advisor -INS HAML A (Joint Services Training Institute) approached the College to have a Fitness Booth Camp conducted for 1000 plus Naval Staff Officers, Sailors, and Trainees at INS HAML A, a Naval Base located at Marve, Malad West, Mumbai. 35 students of the M.Sc. Sports Nutrition and PG Diploma in Dietetics and Applied Nutrition participated and was held from 18th July 2022 to 29th July 2022.
 - vi. Project JEET: To enable students obtain the expertise to conduct an Action Research Project in the area of Football, Project JEET was initiated. This consisted of two parts – The first to conduct a lecture series on Optimum Nutrition for Footballers. The syllabus was developed for this in collaboration with our Alumna Ms Romaisa Khan. Students were evaluated on a continuous basis and at the end of the lecture series. For the second part of the project, 15 of the best performing students were selected to conduct an Action Research Group Project for their thesis. This was conducted in collaboration with Kenkre Football Academy. The students were placed in charge of the players and they conducted assessments and educational programmes.

- vii. Nutrikhoj 2022-2023: A research proposal competition 'Nutrikhoj', coordinated by Dr Minelly Rodrigues, was conducted by the Department of Foods, Nutrition and Dietetics for students of T.Y. B.Sc.
- viii. Experiential learning–Study Tour: The T.Y. B.Sc. and M.Sc. 2 FND students went to Hyderabad for the study tour in the last week of December 2022 and the students of M.Sc.1 FND, M.Sc.1 and 2 of FPP and SN as well as the PG Diploma students were taken to various industries in Pune for an experiential experience from 13th to 15th of March 2022.
- xi. Rural Camps were organised to learn about serving the community and to understand the real life scenarios in the underprivileged and rural communities. T.Y.B.Sc.'s visited Nirmala Niketan Institute run community center in Vaijapur and the post graduate students visited various ashramshalas in the district of Pen in Maharashtra.

- **Collaborative Events:**

- i. Collaboration with recipients of the Davis Peace Project from the University of Reed UK: The Department collaborated with Ms Anoushka Goenka and Mr Eshan Tatthe from Reed University, Portland, USA. The students of T.Y. B.Sc. FND were involved with this project. They formulated low cost, nutrient rich recipes using locally available ingredients.
- ii. Collaboration with Indian Institute of Technology Bombay: 20 students of the P.G. Diploma in Dietetics and Applied Nutrition were involved in a collaborative special project with the Indian Institute of Technology Bombay. This project which studied the Glycaemic Index of Jaggery involved the students in data collection for the project and they received certificates for the work completed.
- iii. Paushticon Conference (Theme- Ensuring Sustainability in Food and Nutrition) was organised by the Nutrition Society of India (NSI), Mumbai Chapter in collaboration with College of Home Science, Nirmala Niketan, Mumbai MGM, School of Biomedical Sciences, MGMIHS, Navi Mumbai Lifeness Science Institute, Mumbai on the 27th and 28th January, 2023. The department staff was actively involved in the organisation of this e-conference. This was attended by MSc students. Students also presented their research work in the poster category.
- iv. TANTRA 2.0 – Cortisol Stories: Cortisol Stories- Multipronged Stress Reduction from Research to Application. A half day Seminar and a workshop on Guided Garbha was held in collaboration with IAPEN Mumbai Chapter on March 25th, 2023. This well received event discussed various aspects of the impact of high cortisol on health and multi-pronged strategies to manage them. The Guided Garbha workshop was engaging and enjoyable with many learning touch points.
- v. Verushka Foundation: On the occasion of World Mental Health day to create nutritional awareness our college organised an event on Mindful Nourishment for children, adolescents and youth with Autism and Down syndrome in collaboration with Verushka Foundation on October 10th 2022. This group was enrolled with Verushka Foundation to learn culinary skills. The main goal was to educate them how to prepare nutritionally adequate foods. The demonstrated recipes were converted into a flipbook:

https://www.canva.com/design/DAFOR87QWqk/hgtpRFs9OxOAwvl7LIGnXg/view?utm_content=DAFOR87QWqk&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

The students of the department excelled in participation, leadership and victories in the academic year. At the college level they have won prizes in intercollegiate events – co and extracurricular and participated in Aavishkar research convention, had paper presentations in National conferences and have won a total of 25 prizes in intercollegiate events.

The teachers received recognition as chairpersons, judges, consultants of projects and have presented and published papers in national and international conferences. Dr Sheetal Joshi, our staff member was awarded her doctoral degree under the guidance of Dr Veena Yardi.

*It is every step that crosses the long trek, it is every step that completes the long climb.
Success is always the sum of small actions taken and it reflected in the last academic year.*



Study Tour to Hyderabad

**Ms Vibha Hasija,
Head, Department of Foods, Nutrition and Dietetics**

DEPARTMENT OF HUMAN DEVELOPMENT

Finally, we were out of the throes of the COVID-19 pandemic, and the new academic year 2022-2023 started out and remained fully offline through the year. What a relief! Simultaneously, what massive readjustments for students who had been largely online for two years in a row and whose experience of college life had been mostly restricted to Microsoft Teams or Zoom. Coming to college every day, sitting in a classroom, engaging with multiple assignments, all seemed a very different world, especially to our T.Y. B.Sc. students. We had to reconstruct the normal and all department teachers worked towards this. As the Department Head, I myself had so many sessions to bolster the spirits of students and to negotiate together how to best manage the college work-scape. Overall, the students worked through their worries and stress, cherished the joys of learning in college, and across the two terms pitched in their best, supported by department teachers and the college counsellor. At the FY/SY levels, our young(er) staff, Ms Khyati Sampat, Ms Brenda Fernando, and Ms Vanitha D'Souza played a much-needed supportive role as mentors of young students transitioning into a fully offline mode in education.

Off-campus curricular activities included T.Y. HD students' preschool placement at Children's Academy Malad (under the guidance of Ms Rhonda Divecha) and Children's Academy Kandivili (under the guidance of Ms Payal Maheshwari) for one day a week for the first term, along with M.Sc. 2 student supervisors. M.Sc. 2 students completed internships in agencies/organisations such as the Somaiya School, Therapeutic Dwelling, Institute of Exceptional Children, SpEd@home - Every child enabled, LogIqids (an educational and learning app for children), and Mukangan Schools, under the mentorship of Dr Bakshi. Dr Rege placed MSc1 students for their Early Childhood Education Practicum in St. John Universal School and the Somaiya School. Under Dr Rege's guidance, M.Sc. 1 students in the second term visited and/or completed brief internships in numerous HD-related agencies and organisations (e.g., Dignity Foundation, Ashadaan, Sakhya Women's Guidance Cell, YUVA, Kripa Foundation, Majlis Manch, Bombay Foundation of Deaf Women, and Adhata Trust).

Student extension and outreach activities are integral to the department and college vision and therefore are embedded in the curriculum as well as augmented by co-curricular activities. In the second term, T.Y. and M.Sc. 2 HD students conducted multiple extension activities at the Vidhyadeep Community Centre, Bharuch, Gujarat, and also with the students of the Nirmala Niketan Junior College of Home Science, under the guidance of Ms Rhonda Divecha and Ms Khyati Sampat. These included workshops with adolescent girls on enhancing self-esteem and assertiveness, building and maintaining friendships, communication skills, personal etiquette, and personal hygiene and cleanliness. Activity sessions were conducted for the elderly in old age homes in Mumbai with the goal of fostering socioemotional and cognitive development; other sessions conducted in old age homes addressed conflict between family and friends, the use of positive affirmations, and maintaining self-esteem and self-faith. Workshops were conducted with nursing programme students on the importance of teamwork and financial literacy through the Yuva Parivartan Centre in Mumbai. Educational and recreational activities were also conducted at Kripa Foundation, Bandra, and at Umang Special School, Vasai.

Student and staff development activities organised by the department included three activities to celebrate the World Mental Health Day on 10th October 2023. Ms Payal Maheshwari took the leadership to organise a Zentangle workshop for the department students and staff, conducted by our alumna Ms Zainab Bhinderwala. In the afternoon, Ms Maheshwari organised a very insightful session (open to outsiders as well) on “Mental Health and Well-being”, with an eminent speaker, psychiatrist Dr Harish Shetty. Four colleges also participated in the intercollegiate poster competition on mental health and well-being, which was our third activity to celebrate the World Mental Health Day.

Dr Bakshi organised an inspirational interactive session in January 2023 for all department students with our illustrious alumna, Dr Toral Sanghvi, who is the Vice President of Community Services at The Village, an outstanding non-profit organisation in USA. The Fantastic Fest (HD Mela), organised by Ms Rhonda Divecha and department staff and students in February 2023, was a fantastic success with NNCHSC students and outsiders. Our Chief Guest, Prof. Dr Vini Sebastian, the young children who visited, the college youth participants, the adult participants, all wholeheartedly partook of the educational, psychospiritual, fun and games, craft, photobooth, and eatery stalls that decked the hall, the stage, and the backyard of the college. Ms Rhonda Divecha organized a Sensitivity Building Workshop in March 2023 for department T.Y. students called "ANTARCHAKSHU: THE INNER EYE", conducted by Dr Sam Taraporevala and Prof. Krishna Warriar from the St. Xavier's Resource Centre for the Visually Challenged. M.Sc. 2 students, under the guidance of Dr Bakshi, organised several Alternative Therapies Workshops, on topics such as Sujok Therapy and Reflexology, Acupressure and Chakra Healing, Reiki Healing, Arts Based Therapy, Music Therapy and Hypnosis, and got an opportunity to interact with practitioners from these fields.

Department T.Y. and M.Sc. students (and accompanying staff members) had very many opportunities for extra-mural learning through their study tour in Gujarat in March 2023. Ms Payal and Dr Rege were the teachers in charge of the study tour, and along with the students and Ecstasy Tours had planned and executed a multi-city educational tour with visits to internationally and nationally reputed organisations such as: Gijubhai Badheka's the Dakshinamurti Balmandir and PNR Society for Relief and Rehabilitation of the Disabled in Bhavnagar; Amul Dairy in Anand; the Department of Human Development and Family Studies, Faculty of Family and Community Sciences, Maharaja Sayajirao University of Baroda in Vadodara; and Sri Aurobindo Society's Auronivas, Lakshya Trust, and Balbhavan Society also in Vadodara.

Excellence in Socially Relevant Research is an ongoing best practice of the department (and of course the college too). Department teachers scaffold student research projects right from S.Y. B.Sc. through PhD levels. At the S.Y. B.Sc. level, Ms Sampat mentored a group of students on the research topic "Level of Awareness about Human Papillomavirus (HPV) and HPV Vaccine among Indians" and Ms Fernando guided a project entitled "Legal Awareness about Senior Citizens' Rights among the Elderly and their Significant Others". At the T.Y. HD level, Dr Bakshi's students completed research projects on topics such as "Use of Assistive Technologies by People with Disabilities: A Multi-informant Study" (student leaders: Ms Kinjal Shah & Ms Juveria Khan), and "Pandemic and Post Pandemic Challenges and Opportunities in the Informal Work Sector" (student leader: Ms Shumaila Khan). Dr Rege guided T.Y. HD students who completed research projects on topics such as "Knowledge and Awareness regarding Andropause in Males (40-60 years) among the Selected Professions (Bank employees, Teachers, Police)" (student leader: Ms Samruddhi Suralka), and "Menstrual Hygiene Management: Recommendations by Gynaecologists, Special Educators and Practices Implemented by Mothers of Trainable Mentally Challenged Girls (13 - 19 years)" (student leader: Ms Janvi Chheda). M.Sc. 1 student topics included "Remote, Office or Hybrid? Employees' Post-Pandemic Work Experiences and Preferences" (student leader: Ms Batul Ghadiali; guide: Dr Bakshi), "Opportunities in Higher Education and Employment for People with Special Needs" (student leader: Ms Misbah Khan; guide: Ms Maheshwari), and "Awareness and Perception of Bank Employees regarding Sexual Harassment at Workplace" (student leader: Ms Jerusha Cabral; guide: Dr Rege). M.Sc. 2 dissertation topics covered areas such as "Indian Students Studying Abroad: Benefits, Challenges, Coping, and Well-being" (student: Ms Riya Author; guide: Dr Bakshi); "Parental Monitoring of their Children's (7-to-12 Years of Age) Usage of Hand-held Devices" (student: Ms Shaheen Khan; guide: Ms Divecha); "Relationship between Levels of Emotional Intelligence, Stress and Job Satisfaction among Nurses Working in Private Hospitals in Mumbai" (student: Ms Sherin Samuel; guide: Ms Maheshwari); and

“Couples' Practice of Gratitude and Relationship to Wellbeing” (student: Ms Jinagna Gondolia; guide: Ms Sampat).

Department teachers supported and partnered students in making scientific paper and poster presentations of their research projects in various competitions. Eighteen such presentations were made at an online international level in India. Thus, at a hybrid international conference organised by Aligarh Muslim University on “Mental Health and Covid-19: Challenges and Future Prospects” in November 2022, examples of T.Y. HD students' online research presentations included “Back to School after the Pandemic: School Children's Perspective of What they Like Most and Like Least about Being Back in School” (student leader: Ms Mansi Palande; guide: Dr Bakshi), and “Needs and Expectations of Primary Caregivers Working with Children with Cancer” (student leader: Ms Rashida Ghadiyali, guide Dr Rege). Five research presentations were made by Dr Rege's students at the national level this year. For example, a T.Y. HD research group (student leader: Ms Alefiya Ratlamwala) presented a poster on “Breaking the Vicious Cycle of Domestic Violence against Women: Perception of Selected Professionals (Doctors, Advocates, Police, Counsellors & Married Women)” at the SRIJNA National Level Poster Presentation 2023 organised by Guru Nanak Khalsa College of Arts, Science & Commerce, Mumbai, to commemorate National Science Day. As many as 23 presentations were made by HD students across UG, PG and PPG levels for the 17th Aavishkar Research Convention organised by the Department of Students' Development, University of Mumbai.

HD students were appreciated for their scientific presentations by external jury members at various forums and we are proud to have received multiple awards and mentions. Ms Jinagna Gondolia and team's (M.Sc. 2 students; guide: Dr Bakshi) presentation on “Use of Online Counselling during the Covid-19 Pandemic: Perspectives of Counsellors” was judged to be the best paper in Technical Session 8 of the hybrid international conference on “Mental Health and Covid-19: Challenges and Future Prospects”, organised by Aligarh Muslim University in November 2022. Likewise, Ms Jennifer James's presentation (M.Sc. 1 student; guide: Dr Rege) on “Perimenopausal Stage: Perception of Husbands and Wives” was judged as the best paper at the hybrid international conference on “Role of Counselling in Dealing with Mental Health Issues”, organised by Aligarh Muslim University in September 2022. Ms Jennifer James (guide: Dr Rege) also got the third prize at the SRIJNA National Level Poster Presentation Competition 2023 organised by Guru Nanak Khalsa College of Arts, Science and Commerce, Mumbai in February 2023, for her poster entitled, “Recommendations to Support the Wife During Perimenopause: A Husband's Guide”; and Ms Rashida Ghadiyali (T.Y. B.Sc. student; guide: Dr Rege) got the Consolation Prize at the same competition for her poster on “Exploring the Challenges and Support Needs of Primary Caregivers Caring for Children (Birth to 12 Years) with Cancer”. S.Y. B.Sc. students guided by Ms Fernando got a third prize for their research on “Legal Awareness about Senior Citizens' Rights among the Elderly and their Significant Others” presented at AARYA International Interdisciplinary Undergraduate Research Competition organized by the College of Home Science Nirmala Niketan on 28th February 2023.

Dr Bakshi, Dr Rege, and Ms Brenda Fernando have publications to their credit. Dr Bakshi and Ms Fernando published a research paper on the pivotal roles of geography and gender in the careers of young adults in villages. Dr Rege published a research paper on online education and another on caregiving for the elderly during the COVID-19 pandemic with ex-students, Ms Binal Dedhiya and Ms Nidhi Khimavat.

This academic year, we launched the One Year Diploma Course in Indian Sign Language, for which we had received approval and affiliation from the University of Mumbai in the previous academic year. Ms Rhonda Divecha coordinated the ISL value-added course, and 28 students enrolled and completed this diploma course.

Our teachers are dedicated lifelong learners. All of us participated in the three-day faculty development programme in the college on strategic planning in late June 2022, conducted by Dr John Peter Anthony from Loyola College (ranked the third best college in India by NIRF), Chennai. Dr Rege completed a short-term course in designing and developing online courses, and Ms Khyati Sampat completed an interdisciplinary online refresher course in life sciences. Ms Payal Maheshwari attended several international and national online seminars and workshops on disability such as “Autism from the Inside”, “Peer Support, Disability, and Mental Health”, and “Disability and Hindi Cinema”. Our department teachers are much sought-after resource persons and are happy to share their knowledge and skills with varied target groups outside the college as well. Examples include the following: Dr Bakshi was the keynote speaker for a national seminar on “Integrative Therapy, Innovations & Best Practices in Counselling” organised by the Goa College of Home Science (Goa University) and the Government of Goa, Directorate of Higher Education, in March 2023. Dr Rege conducted a workshop on “Assessment in Foundational Years”, organised by the Early Childhood Association along with the Indian Principals Network for pre-primary school teachers pan India, in January 2023. Ms Rhonda Divecha conducted a workshop in May 2023 on “Self Esteem Assessment & Rational Emotive Behaviour Therapy (REBT)” for the brothers of the Congregation of the Blessed Sacrament (SSS), as part of their psychospiritual integration training. Ms Fernando was invited as a resource person by Dr B.M.N. College of Home Science to talk on “Perspectives for Early Childhood Care and Education” in August 2022.

Dr Anuradha J. Bakshi and Dr Kamini P. Rege concluded their Stage 4 to Stage 5 career advancement and were promoted to full Professors on 10th March 2023. This was a landmark achievement of the department. Dr Rege's student, Ms Alannah Fernandes, successfully defended her doctoral thesis and completed her PhD in July 2022. Department teachers are chairpersons and members of Boards of Studies. Thus, for example, Prof. Bakshi is the Chairperson, Board of Studies for Human Development and Family Studies, Faculty of Family and Community Sciences, Maharaja Sayajirao University of Baroda, Gujarat; and, Ms Sampat is Member, Board of Studies at Department of Human Development, SVT College of Home Science (Autonomous), SNDT Women's University, Juhu. Department teachers are editors and reviewers for international, indexed scientific journals. For example, Prof. Bakshi is an Advisory Board Member of the *International Journal for Educational and Vocational Guidance*, published by Springer; Ms Sampat is a reviewer for the *British Journal of Guidance and Counselling*. Continuing with international recognition, it is important to note that Ms Fernando is the Chair of Administration, Global Student Psychology Committee, APA, Division 52. Department teachers are members of academic and professional organisations. Again, for example, Dr Rege is the Founder Member and Joint Secretary National Committee - India ECA (Early Childhood Association) and APER (Association for Primary Education and Research). Ms Maheshwari is a member of various prestigious academic organisations such as the International Association of Special Education and the Australasian Human Development Association.

We are enormously thankful for the 2022-2023 academic year and are glad to have bid farewell to the COVID-19 pandemic, which in the previous two academic years had grown to dystopian proportions. We are grateful to every person and group that partnered and participated with us this year and wish them well. In 2023-2024, we have NEP-2020 curricular plans in particular, as also our continuing goals of student and staff well-being and development, and service and contribution. We keenly look forward to the next academic year with a renewed sense of purpose and prayer. March on, march on. *Ham ho rahein hain kaamyab.*



With our resource person for World Mental Health Day: eminent psychiatrist, Dr Harish Shetty.



TY students staging an interactive puppet show for young students at a school.

Prof Dr Anuradha J Bakshi
Head, Department of Human Development

DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY

The Department is very proactive and stays updated with the latest trends. It aimed at keeping the students informed and engaged by organising various activities related to the field such as webinars, lectures, workshops and competitions. The orientation for T.Y. B.Sc. and M.Sc. II students was held on 20th June 2022 and for M.Sc. I students on 12th of August 2022. It commenced with a positive start through a prayer and covered essential topics including Courses and Subjects, Regulations, Activities, Events, Internships, Career prospects, Alumni insights, and concluding remarks to inspire and guide the students in their academic pursuits. To further inspire and provide students with insights into their future prospects, the "Stories of Achievers" event was organised by Dr Neha Mulchandani and Ms Sanghmitra Navalgund under the guidance of Dr Pratima Goyal on 16th July 2022, where two alumni Ms Aashita Jain, Buyer, Category Management, Accessorize London and Ms Nidhi Sonchhatra, Founder and Owner, Shripati collection (rental garments firm). shared their career journey. This event aimed to offer students valuable perspectives and experiences from successful alumnae to help them better understand the potential career paths and opportunities ahead.



One of the standout features of the department was Swadeshi Swag (weekly celebration of one Indian traditional art and craft) which began from 27th June 2022 for the entire year. Innovative concept of “Swadeshi Swag” - a student led activity involved wearing different traditional textiles and natural fabrics on every Monday as a means of making students appreciate the rich culture of traditional textile art, craft and fabrics in India. The students were mentored by Dr Pratima Goyal, Dr Neha Mulchandani and Dr Anjali Srivastava. The Department commemorated National Handloom Day on 8th August 2022 by organising a talk on 'Timeless Saga- Story of Heritage Weave- Patola' by Sanghvi. The event was planned by Ms Vrinda Udiaver and Ms Sanghmitra Navalgund under the guidance of Dr Pratima Goyal in two parts. The first part was an inter-collegiate design competition. The participants had to illustrate one garment design using any traditional handloom textile. The second part of the event was a talk on the journey of Patola by Smt. Belaa Sanghvi – Director – Navnidhi Design Pvt. Ltd. It was a very enriching experience.



A workshop on Novel Methods of Value Addition was organised by Prof Dr Vishaka Karnad, Dr Ritu Madhan and Ms Vibhuti Khedekar under the guidance of Dr Pratima Goyal as part of Vastrakala for students on September 21, 2022, in collaboration with IQAC and The Society of Dyers and Colorists (SDC EC) The resource person for the workshop was Ms Suvarnareha Jadhav who is an artist and



educator in Textiles, Coloring, and Visual Arts. The key concepts of dyeing using natural dyes, and various novel printing methods were presented through a PowerPoint presentation and demonstration was done with various resist printing techniques using Mehendi, Fevicol, as well as discussing the eco-printing method.

Workshops for skill development were organised as a part of "Hunaar Karyashala" by Dr Ritu Madhan and Ms Vibhuti Khedekar under the guidance of Dr Pratima Goyal on 8th and 12th September 2022. A Photography workshop by Mr Lokesh Tardalkar, Wildlife Photographer, educator and a Co-founder



of 'Travers India and Fotocater' highlighted key concepts in photography, Aperture, Shutter Speed and ISO in an extremely simple manner. Another workshop on 'Illustration Techniques for Textile and Fashion Designing' by Ms Rekha Jairath, faculty at Rachana Sansad demonstrated on croqui making, rendering of croquis and fabric painting. A market and entrepreneurial skill development project 'Jamboree Haat-Navratri Bazaar', a student led activity, was organised under the mentorship by Dr Pratima Goyal, Dr Ritu Madhan and Ms Vibhuti Khedekar on 22nd September 2022 where experiential learning is enhanced through the skills of sourcing and also entrepreneurship. On 10th February, 2023 Inter-collegiate Design Competition on 'Innovative Design' was organised by Prof Dr Vishaka Karnad and Ms Vibhuti Khedekar under the guidance of Dr Pratima Goyal. Ms. G. M. Bhavya (Designing Student) and Ms. Priyadarshini (Mentor) from Kumaraguru College of Technology won 2nd prize and Ms. Meherr Kaur Sawhney from JD Institute of Fashion Technology won 1st prize. The Department organised an industrial visit to Bikaner and Jodhpur from 12th to 18th March 2023. 46 students and two teachers of the department, Dr Pratima Goyal and Ms Vibhuti Khedekar planned, organised and accompanied the students for the industrial visit. The objective of this tour was to help students to gain first-hand experience regarding the functioning and production process of various crafts centers in Rajasthan. The students visited various craft centers where Panja Durrie, Usta Art, Lac Bangle making, miniature art and Mojari making were made. Students also visited a fabric dyeing and printing factory Zydex located at Jodhpur where they came to know about the manufacturing process for block printed and screen printed fabrics. Another Jamboree Haat -Market and Entrepreneurial skill development activity, with a theme "Action Replay" a student led activity was organised by the department. Faculty Dr Pratima Goyal, Dr Ritu Madhan and Ms Vibhuti Khedekar mentored the students.



The department organised '3rd Noemia D'Souza Endowment Chair (NDEC)-2023' and '3rd Noemia D'Souza Merit Award (NDMA)-2023' on 13th February 2023 in an online mode. The organizing team included Dr Pratima Goyal, Prof Dr Vishaka Karnad, Dr Ritu Madhan, Ms Vrinda Udiaver and Dr Anjali Srivastava. The speaker for session I was Mr Purnesh Jagad, HOD, Fashion Design Dept. and Assistant Professor for School of Design, Sanjay



Ghodawat University. He delivered an informative session on the topic “Application of Artificial Intelligence in the field of Textile and Fashion Industry”. The speaker for session II was Mr Siddharth Gupta, Business Unit Manager-Specialty Fiber and Yarns, Barmat Intelligent Materials. He spoke on the topic “Flame Retardant Textiles”. Three students were presented with the certificate of merit under the scheme of “Noemia D'souza Merit Award (NDMA). Ms Sameeksha Patil - Securing the highest mark in M.Sc. II examinations; Ms Apurva Raut- Securing the highest marks in M.Sc. I examinations; Ms Megha Bhogle- Securing the highest marks in T.Y. B.Sc. examinations. The Department organised its Annual Fashion Show 'Jamboree 2023 Elysian.....Beautiful and Creative Self' on 11th March 2023. The students of the Department of Textile and Fashion Technology and the participants of the Intercollegiate Fashion Show presented their scintillating collections. Jamboree 2023 was in line with the Institute's continuous care for everyone, making sure each one is valued and beautiful. This event gave a creative platform for the young minds to think beyond and showcase their talents. The Jury included: Mr Manmohan Singh-Chief Marketing Officer, Birla, Cellulose/ Grasim Industries- Aditya Birla; Mr V. R. Sai Ganesh-COO, Textile Division, Zydex Industries; Mr Chatur Singh Khalsa - Founder, Zen Asia Foundation; Ms Sheetal Gala - Chief Executive Officer, Unique Events and Arts; Ms Dipti Furia - Category Head, Trend Ltd., Division of Tata Enterprise. The department raised a fund of Rs 109000/ through sponsorship.

The department also participated in 'HGH India 2022', held on December 12, 2022, at the Bombay Exhibition Centre in Mumbai. Students exhibited an array of products, which had been developed as a part of their curriculum. The department encourages earn while you learn. Dr Pratima Goyal was instrumental in getting students volunteership at HGH India 2022 where they got a good stipend. The Department is constantly engaged in facilitating research activities. T.Y. B.Sc. and M.Sc. students presented research papers at various competitions and conferences. Ms Sakina Rangwala and Ms Zehra Shajanpurwala M.Sc I (Guide: Dr Pratima Goyal) presented poster on "Social Sustainability" at 9th International Conference at School of Fashion Technology- Pune Powered by SNDT Women's

University and won 1st Prize. Ms Srushti Patil, M.Sc II (Guide: Dr Ritu Madhan) presented paper on Bag-o-Mat: Eco-Friendly Convertible Lunch Bags and won 1st Prize at National Research Competition. She also participated in ANVESHAN, Annual Intercollege Student Research Poster making Competition on Banana Fibers: Eco-Friendly Convertible Lunch Bags and won 2nd Prize (Guide: Dr Ritu Madhan). Ms Zuha Shaikh presented paper on 'Plastic Wrap Waste for Sustainable Footwear' in Aavishkar State Inter-University Research Convention 2023 and was awarded 1st Prize (Guide: Dr Neha Mulchandani). This year department, collaborated with Bhakar Foundation for extension activities. The extension activities were coordinated by Dr Pratima Goyal, Ms Vrinda Udiaver, Dr Anjali Srivastava, Ms Sanghmitra Navalgund. The department faculty expanded their knowledge by participating in Faculty Development Programmes (FDP's). Dr Pratima Goyal, Prof Dr Vishaka Karnad, Dr Ritu Madhan, Dr Anjali Srivastava and Ms Vibhuti Khedekar participated in FDP's. Additionally, staff contributed to the academic field by delivering presentations and publishing research papers. Dr Pratima Goyal, Prof Dr Vishaka Karnad, Dr Ritu Madhan, Dr Neha Mulchandani published research papers in international and national journals and books. Teachers served as invited resource persons and as editors. Dr Neha Mulchandani co-edited a book. Dr Pratima Goyal (FDP and Guest Lecture), Prof Dr Vishaka Karnad (FDP), Dr Neha Mulchandani (Webinar) and Ms Vibhuti Khedekar (Panelist for discussion) were invited as speakers. Dr Pratima Goyal and Ms Vibhuti Khedekar was invited as jury for competitions and fashion shows. Teachers, Dr Pratima Goyal, Prof Dr Vishaka Karnad and Ms Vrinda Udiaver served as BOS members of educational institutes in Mumbai and outside. Dr Pratima Goyal was appointed as subject expert for assessment for upgradation of one candidate from JRF to SRF. Dr Pratima Goyal served as a paper setter and examiner for examination and Ph.D. viva voce in different universities in Mumbai and outside. Staff, Prof Dr Vishaka Karnad and Ms Vrinda Udiaver were also appointed as Deputy Centre Superintendent for NTA NEET Exam. Dr Anjali Srivastava and Ms Vibhuti Khedekar were appointed as Invigilator for NTA NEET 2023. Dr Pratima Goyal was appointed as Honorary Treasurer for the SDC EC and Prof Dr Vishaka Karnad as the Honorary Secretary for the SDC EC. Prof Dr Vishaka Karnad was appointed as Vice Chairman of Textiles Special Interest Group. Ms Vibhuti Khedekar was appointed as a Team Manager of the University of Mumbai for the 36th West Zone Inter University Youth Festival and also was part of organising team for competition/conference at Mumbai University.

The T.Y. B.Sc., M.Sc. I and II students of the department also enrolled for DLLE Programme under the guidance of Dr Pratima Goyal. Students also participated in 'Udaan: The Flight of Extension' an annual extension festival. Ms Kamaksha Kadam (Guide: Dr Pratima Goyal) won Consolation prize in Creative Writing Competition in extension work at UoM - Department of Lifelong Learning and Extension.

The Department offered Add-on certificate course on 'Entrepreneurship in Textile Crafts' (Coordinators: Dr Pratima Goyal and Prof Dr Vishaka Karnad), Add-on certificate course on 'Visual Merchandising' (Coordinators: Dr Pratima Goyal and Dr Ritu Madhan), Add on Diploma Course in the CAD CAM and Computer Technologies in Apparel Industry for T.Y. B.Sc. (Coordinators: Dr Pratima Goyal and Ms Vrinda Udiaver), Add-on Online and Offline Diploma Course in CAD, CAM and Computer Technologies in the Textile and Apparel Industry – Intermediate and Advanced for M.Sc. 1 and 2 (Coordinators: Dr Pratima Goyal and Prof Dr Vishaka Karnad), Personal Add-on Online and Offline Diploma Course in Personal Styling Grooming and Fitness (Dr Pratima Goyal and Ms Vibhuti Khedekar). Two new courses Add-on certificate courses on 'Design thinking, innovation and startups' and 'Technological skills in 21st century' were also offered by the Department from this year. Under the guidance of Dr Pratima Goyal, M.Sc. students completed internships at various organisations to name them all- Truckers London Clothing Company, Rutu Collection, Avon Lace house, De elite, ATZ Traders and Traders and Truckers London Clothing Company.

**Dr Pratima Goyal - Head, Department of Textile and Fashion Technology and
Dr Neha Mulchandani - Faculty, Textile and Fashion Technology**

DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

Department of Community Resource Management, being an inter-disciplinary field, focuses at improving quality of life of the family as a unit as well as the community at large. Multiple perspectives of the diversified focus areas help broaden the career scope of the specialization



In the academic year of 2022-2023, department consisted of two permanent staff Ms Sunita Jaiswal (HoD) and Dr Roopa Rao with three visiting faculty Ms Sakina Chhatrivala, Ms Saniya Pai and Ms Riddhi Raut.

All the courses offered by the department aim at developing professional skills such as leadership, problem-solving and team dynamics as well as essential value-added skills. The department encourages independent study and under-graduate research projects in current advances in relevant fields. It offers one month internship programme where students gain valuable experience and accomplishments that enhance their résumés creating an added advantage.

The department undertakes outreach programmes, consultancy, organises conferences, seminars, workshops and other training activities in the pertinent fields. It works in close collaboration with various industries, consumer organisations, academic and research institutions.

Department offers Certificate course in Workstation Design and Applied Ergonomics for which 19 T.Y.CRM students got enrolled. The department organised workshops for Junior College 12th standard students on 'Orientation to Careers in Community Resource Management' in online mode.



The Department began the academic year with parents' orientation programme on 20th June 2022. 43 parents attended the orientation programme with lots of queries. It was an interactive session.

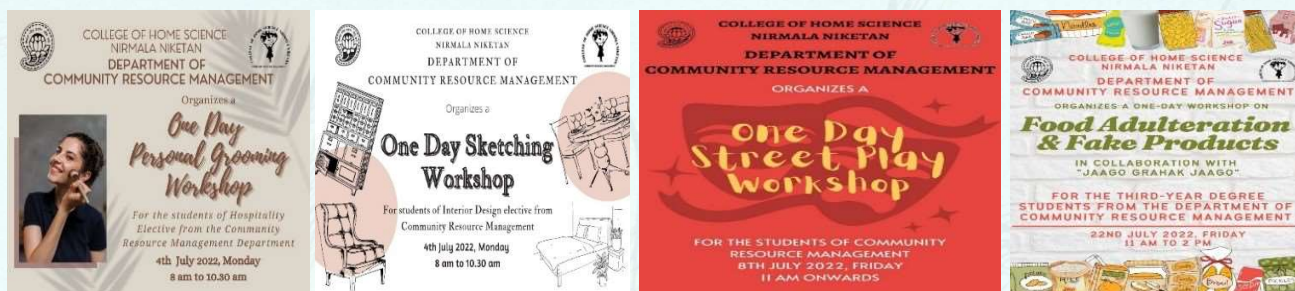
The **World Breast Feeding Week** was commemorated on 4th August 2022 at College of Home Science Nirmala Niketan. 12 CRM students performed street play as a part of awareness programme. The topic covered was “Importance of Breast Feeding”.

The **World Consumer Right Day** was commemorated on March 15th 2023. This awareness programme was organised as part of extension activity at Colaba and Cuffe parade community centres of Family Welfare Services. Students made posters and performed role plays to create awareness on fake products and food adulteration.



Every year on 25th January, **National Tourism Day** is celebrated across the country. To mark the celebration, department organised an Inter-Collegiate poster making competition. The themes for the competition were: Rethinking Tourism, Rural and Community Tourism and Sustainable Tourism. Judges for the competition were Dr Roopa Rao (Faculty), Prof Dr Vishaka Karnad (Faculty), and Ms Shibani Samant (Faculty).

Student enrichment workshops were organised on “Personal Grooming Skills for the Hospitality Industry” for the students of Hospitality Elective, “Sketching workshop” for the students opting Interior Design elective, “Techniques of performing Street Play for Extension Activities” and “Food Adulteration and Fake product workshop” to create awareness in the community.



Student achievements: Students achievements has always been a proud moment for the students who put their every ounce of sweat to reach their goals. The proudest moment for the department and college, keeping the legacy of achievements continued was by winning the “Avishkar intercollegiate level” and then projects even reached state level. “Srijna”, a National Level Research Poster Competition held by Khalsa College of Research and Development where 2nd prize trophy was won and Elysium Poster Competition where 2nd prize was won. Overall championship was won by the CRM Department in Sports. 3rd prize at Ms NN Award. Students also won 3rd prize at poster competition at intercollegiate UDAAN Fest organised by the Department of Life Long Learning and Extension, University of Mumbai.

Extension and Field work activities are the core values of our department. Under the guidance of Ms Sunita Jaiswal and Dr Roopa Rao, students went for the **rural camps** to **Kharasgaon** (17th, 18th and 19th October 2022) and to **Bharuch** (24th, 25th and 26th February 2023). The workshops conducted were Professional Grooming, Sari Draping/Formals dressing and Skit on Facing Interview, Digital Marketing, Promotion and Packing Session, Stress Management and Yoga session, Jewellery Making of POP, and Quilling, Gift wrapping and Envelope making, Tote Bag making, Bangle making, Self Defence workshop, Personal grooming. Students unable to join the rural camp conducted **Each One Teach One** activity where students took initiative to teach new learnings to one person who is not well educated with few basic study.



Department of Life Long Learning and Extension: 42 students of the 2022-2023 batch registered for DLLE Programme. The entire project undertaken was accomplished under the guidance of two student leaders Ms Deepansha Darji and Ms Hetanshee Panchal with teacher coordinator Ms Sunita Jaiswal. 39 out of 42 students successfully participated in the annual extension activities and were awarded completion certificate.

Industrial visit - The department organised an Industrial visit as a part of our Value Added Course “Workstation Design and Applied Ergonomics” to Jaipur from 6th March 23 to 12th March 2023. 20 students joined for the industrial trip accompanied by Dr Roopa Rao and Ms Sunita Jaiswal. The students performed an ergonomic analysis of each and every industry visited with the help of ergonomic data collection tools such as workplace environment checklist, RULA, CMDQ, 3M, 5S and others. The industries visited were Podar Shoes, Kagzi Paper, Jaipur Rugs, HNS Coaches and Omega Electronics.

The hotel front office and housekeeping elective students completed a mandatory 4-week **internship training in hotels/tour operations and event management industry**. Students began their training on 15th May 2023 and completed on 17th June 2023. The students were trained at the following organizations: The Wishing Factory, Novotel Mumbai Juhu, Hotel Holiday Inn, Parsi Dairy Farm, Westin Marriott, Trident (at Nariman point), Celebrations Events Pvt. Ltd., The Park (at Navi Mumbai), St. Regis Mumbai.

Student Led Event: The Department planned, organised an event led by F.Y. B.Sc. students as part of their practical skills in the Hospitality Industry. The event aimed at promoting entrepreneurship, inspiring innovation and creating networking among students for their future endeavors. The themes of the event emphasized the importance of innovation and were finalised by the students which gave them an opportunity to explore their ideas and thoughts. The entire event was judged and top three rankers were awarded the cash prize that was earned as the profit of the event.



Annual CRM Market was organised - Mini Market on 15th September 2022 and EUPHORIA- CRM's VERY OWN MARKET on 13th and 14th 2023 of February. The main objective of the event was about the journey of implementing bookish knowledge at developing skills through experiences. The hotel front office and housekeeping elective students as part of their practical events organised **Scary Skelebration** and “**Borahae Mumbai**”.

OCLD/OCER: Dr Roopa Rao motivated, guided 19 students from Hotel Front Office and Housekeeping elective (T. Y. B.Sc. CRM) to apply for OCLD/OCER on 6th October 2022. 6 students were selected for Oberoi Central Employment Register (OCER) for a job as Operations Assistant.

Research is an asset of our department. At the F.Y. B.Sc. level Ms Jaiswal mentored a group of students (Amatullah B, Alefiyah D, Drishti M, Aqsa H.) on the research topic “Creating awareness amongst the youth with respect to PCOS”. At the S.Y. B.Sc. level Dr Roopa Rao guided group of students (Amithi J., Aqsa, K., Ayesha, B., and Humera, J.) on the research topic “Better Late than Never –Challenges of Reaching on Time!” and Ms Saniya Pai mentored group of students on the research topic “Study the importance of integrating Ergonomics in Preventing and Maintaining of Chronic Pain in Mumbai City and Suburbs” for AARYA International Interdisciplinary Undergraduate Research Competition. At the T.Y.B.Sc. Value added Course students enthusiastically participated in Intercollegiate Research Conventions for paper and poster presentation competition under the guidance of Dr Roopa Rao. The academic year 2022-23 went on very peacefully with enthusiastic group of students who not only excelled in academics but also in extracurricular activities. The department wishes them all the very best in their future endeavors.

Ms Sunita Jaiswal,
Head, Department of Community Resource Management



**HIGHLIGHTS OF THE
SELF-FINANCED DESIGN
PROGRAMMES
(CERTIFICATE AND DIPLOMA)**

FASHION DESIGNING

The students of the Fashion Design Department have put together their creative talents and share their involvement in activities held during the year.

Social Awareness

As part of our outreach the department worked on the initiative of helping the under privileged children and taught them simple handcrafted articles with the aim of income generation.



Window Display

The 2nd year students put up a Creative Window Display. The chosen themes were: “The Vintage Flea” and “Pangaea”.

The display worked by the students included research, concept, colour palettes, sustainability, props, display, coordination etc. The display was inaugurated by Ms Noella Dias and Dr Yasmina Avari. This display was judged by Ms Vibhuti Khedekar and Ms Sanghamitra Navalgund. The display got a good response from the staff and the students.



Fashion Styling

The students presented their theme based on elements of nature which included fire, earth, air, water, space and light. They presented their collections in terms of viability of design, selection of fabrics, accessories, choreography and presentation.



Study Tour

An educational tour for the students was organised to Jaipur and Ranthambore in Nov/Dec'22. They visited the Dastkar village, Tribal Women Craft Centre, Bagru, Jaipur Rugs, Blue Pottery Industries, Kagzi Handmade Paper Industry, Chokhi Dhani, Anokhi Musuem.



Nirmal Utsav

Aagaaz 2023 – the annual cultural festival was held on 11th Jan, 1st and 2nd February 2023. Students participated in the various events, showing their creative talent. This three day fun packed celebration with the in-house and inter-collegiate events and the cultural programme was enjoyed by all. Students participated in Mehendi Heritage Paint and Pout, Fashion ka Jalwa, dance workshop and the DJ Party and also put-up stalls.

The students put up a show based on the Saree Saga- METAVERSE – A virtual world where there is infinite creative freedom on the main event which was held on 2nd February 2023. It is this aspect of the digital gaming world that is the inspiration behind this collection that showcases brand new aspect of the traditional Indian sari. Dramatic drapes, fantastically coordinated pre-stitched seamless six yards which undergoes a transition merging the material world with digital realm .



Creations 2023

This year's theme reflects the “rebellious” spirit of the time and the renewed interest in creative experimentation following the coronavirus pandemic. Audacious, witty and inclusive of all, “VIVA DIVA” welcomes anyone and everyone with the same vivacious, rebellious spirit.

The designs at their core were powerful and empowering. The silhouettes were animated that encouraged experimentation and self-expression without restraint; an electrifying, boundaryless creation that is manifestly 'out there' and is a stand-out statement. There was a sense of fantasy and glamour. The collection on display included designer garments and accessories along with miniature clothing for dolls and interesting garment installations, all which have been crafted through all stages from concept to product by the students themselves. The Chief Guest was Ms Nainisha Oza, Miss Queen of the World, India 2022.



Garment Installation

Surrealism and Beyond



Thread of Life



Women Entrepreneur's Exhibition 2022

The Ladies wing of the IMC Chamber of Commerce and Industry organised the Women Entrepreneur's Exhibition 2022, at Jio World Convention Centre, Bandra Kurla Complex. Students got to see the different aspects of Fashion, Handloom Textiles, Handicrafts, Jewellery and many more innovative displays. The beautiful embroidered textile murals, patolas, bandhninis, Paithanis etc were on display. The students interacted with the designers – Ms Meeta Mulchandani, Ms Bela Sanghavi, Ms Rebecca Dewan, Ms Payal Singhal, Ms Ritu Khedia. Students also saw the collections of Zamoraa the label, The Pink Mirror, Studio Moda India, Alankrit, Aura Kreation. They also saw the NGO's that work on Causes that matters'; Ishanya Foundation, Ahura Support, Project 1000. The interactive sessions helped to broaden their perspective of the Fashion World . Students were able to learn about the different fabrics, embroideries, surface embellishments and also to see the creative displays.



Vastrakala

Promoting Traditional Textiles of India. The S.Y. FD students participated in the design competition to commemorate the National Handloom Day on 8th August 2022. The event was graced by Ms Bela Sanghvi, Director – Navanidhi Design Pvt Ltd. Aliya Ansari won the 3rd Prize in the Design Competition. Jil Doshi won a prize in the Quiz Round.



Collections put up by the students at JAMBOREE

Two collections were presented.

Celestial Soirees

The theme “celestial soirees” revolved around the idea of inclusivity. The collection included ready to wear cocktail sarees for every woman who celebrates her unique beautiful self.

Rebirth, Rejuvenation and Reincarnation – An Ode To Sustainable Fashion

The collection mainly focused on zero waste and upcycling. The garments were made out of industrial waste and old clothes to make it more fashionable and street style. The thought process behind the collection was “rethink, repurpose and reconnect and reuse”.



DRAPING

Innovative Styles of Drapes were done by the S.Y. students



**Ms Blossom Alvares,
Programme Coordinator**

GRAPHIC DESIGN AND VISUAL COMMUNICATION

This year was packed with various events and activities for students, marking a journey of growth, teamwork and academic success.

Outdoor Session – Sketching and Landscape Drawing: The students made some rapid sketches using pencil, pen and color pencils of places near Regal Theatre, Colaba and Asiatic Library, Horniman Circle. Students tried media like – water color, acrylic color and mixed media too at the session scheduled to Kabutar Khana (near CSMT Railway station).



Outdoor session – Photography: Outdoor Photography session was organised for the students of the S.Y.GD to CSMT Railway station and the area nearby. Mr Sujeet Gore, visiting faculty for photography guided the students on composition, light and how to capture an image with a story. The landscape of Bandra village was a complete contrast to their previous visit to CSMT station. Students captured beautiful wall arts and the locals too.



Industrial Visit (Study Tour): All the students and the staff went for an industrial visit to Jodhpur, Jaisalmer and Sam (Rajasthan). They visited various locations at these places where they had the opportunity to do many sketches with pencil, pen, brush pen and landscape in water color, acrylic and mixed media. The students of the S.Y.GD also captured some stunning images of the places, people, culture and street life. The students went on a **site visit** to the Rizami Sandstone factory, Jaisalmer. They watched the artist carve on sandstone. Some of the students also tried their hand at carving. Besides this, the students visited the Bishnoi Village where they tried their hands at pottery and saw artisans working on block printing and weaving.





Seminars, Visits and Presentations: A demonstration was held on Warli Art at the event organised by the College of Social Work, Nirmala Niketan to celebrate International Indigenous People's Day. The work done by our student Durvesh Mirgule (F.Y.GD) was appreciated and also presented to the Chief Guest.

A Visual Communication Seminar, Climb K2 was held at Sophia Polytechnic. Eminent people from the field of Art, Advertising and Design shared their work and their experience too. Students of the S.Y. and T.Y. attended the two days seminar along with the staff.



Renowned Calligrapher Mr Vinod Mahabale conducted a **demonstration workshop on Calligraphy**. He used various tools to create some amazing calligraphy compositions. Besides the available set of Calligraphy tools he also made use of unusual elements like – toothbrush, ice cream sticks, syringes, pieces of sponge, etc. After the demonstration the students also tried their hand at using the tools under his guidance.



Final year students (2021-22) had their **Internship Presentation** of the work done during their internship period. All the students attended the presentation and asked many questions regarding the work and the overall experience.

The students and staff visited the **Mumbai Urban Art Festival 22-23** supported by Asian Paints. The students witnessed exciting new murals, immersive installations, wall art, etc. The event was held at various locations in Mumbai. The students and staff visited the one held at Sassoon Dock and hence was also referred to as the **Sassoon Dock Art Project**.



Competitions (Inter-collegiate and -collegiate)



Khushi Mavani got the 1st Prize in slogan writing during the **Breast Feeding Week**

To commemorate **75 years of India's Independence**, events were organised all through the week. Students participated in the 'Poster Design and Slogan Writing Competition'. Poster Design Competition – Theme - Know your Flag/ Unsung Heroes. Prizes were by Mr Prasad Parab and Ms Dhvani Maru.



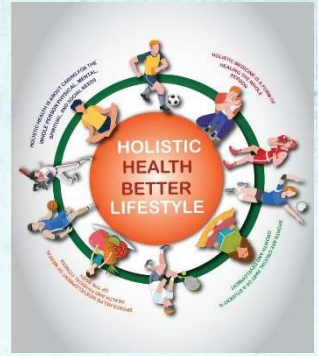
Slogan writing **Competition** prize winners - Ms Avni Gala, Ms Shravani Jadhav and Ms Zainab Kapadia.

*Tiranga meri jaan,
Jise fadakta dekh badhta hai humara abhiman,
yaad dilata hain woh har ek jism aur jaan,
Jisne aapni jaan pe khelkar badhayi humari shaan.*



Kaleidoscope – Adiba Ansari won the 1st prize in the Inter-collegiate T Shirt Painting Competition' held at Sophia College.

- To commemorate National **Sports Day** (29th August) the Sports Committee in collaboration with Association of Sports Nutrition and Fitness Science (ASNFS) organised an inter-collegiate E-Poster Competition. The theme for the competition was Holistic Health and Performance in Sports. Ms Shravani Jadhav student of S.Y. GD won the 1st prize



Social Awareness



Nationwide Coastal Cleanup Day (Swachh Sagar Surakshit Sagar) was held on 17th September at Macchimar Beach, Colaba. The students and staff of our department along with the NSS unit of the college had participated.

Celebrations

Students paid a tribute to the country and all those who strived hard for India's Independence at the **Independence Day Celebration**. They displayed their skills in the forms of performing dances, singing, acting, etc. Ms Disha Duggar (T.Y. GD) took part in singing.



Sports Day

The Sports Committee organised **KRIDANGAN 23** which included The Annual Athletic meet and Indoor Games. The students participated for the various events organised on that day.



Aagaaz - Nirmal Utsav

A dance workshop was conducted by a student from our Department-Mr Prasad Parab during Aagaaz. On 1st February inter-collegiate competitions were organised and one of the judges at Hunar Hunt was Ms Jagruti B. Rathod. Nirmal Ustav was held at Birla Matoshree Auditorium on 2nd February, 2023. Besides singing, dancing and acting they also had the Mr NN and Ms NN. Prasad Parab was crowned Mr NN.





Creations 23



The departments of Fashion Design, Graphic Design and Visual Communication and Interior Designing displayed the work of the students at the Annual exhibition. The Chief Guest to the event was Ms Nainisha Oza - Ms Queen of the World, 2022. The work was appreciated by people from the industry, family and by the alumnae too.

**Ms Shibani Samant,
Programme Coordinator**

HIGHLIGHTS OF SELF - FINANCED DESIGN PROGRAMMES

INTERIOR DESIGNING

This year, the department successfully completed 45th year of serving the excellence in Interior Design education. Indeed after the dark clouds of pandemic disappeared, we started with the bright new academic year of new hopes, excellence, opportunities and of course great fun in learning by resuming the offline studies. The year sailed smoothly with lots of great achievements, accomplishments, and enjoyments in learning together. This was possible due to the dedication of our great core team Mr Amrish Mangle (HoD), Ms Kashmira Dastoor (Sr. Lecturer), Mr Atul Lohar (Sr. Lecturer), Ms Prajakta Toraskar (Jr. Lecturer). Along with the expert guidance of our elite visiting faculty: Mr Prasanna Pandit (Sr Lecturer), Mr Prayag Nandgaonkar (Sr Lecturer), Mr Abdeali Kachwala (Jr Lecturer) and Mr Abdeali Kachwala (Jr Lecturer).

We achieve our excellence in education every year with the help of the expert and eminent professionals sharing their valuable expertise to mentor our students help them excel in the field by conducting the seminars and workshops specially designed for our students. This year also we were lucky to have these Stalwarts to spare their time for mentoring our students. Special Mentors this year: Mr Manish Parekh for Plumbing Standards and Technics, Mr Girish Pillai for Electrical Standards and Techniques, Ms Sejal Shah for Speciality Residential Designing and Mr Nilesh Kawa/ Parita Kawa for Designing High end Luxury Residential/Commercial spaces.

EVENTS THIS YEAR

- **Teachers Training Workshop**

The department's team attended a successful and very informative seminar organised by the College



- **Seminars Attended**



- **Index Fair Visit**



- **Ace Tech Fair**



Our faculty member Mr Amrish was selected as one of the Jury members.

- **Industrial and field visit to Great White, the electrical fittings and accessories manufacturing company**



- **The eminent designers and stalwarts giving the presentation and Talk displaying their successful projects (Mr Nilesh Parita Kava and Ms Sejal Shah)**



- **Learning is fun with the practical site visit and study ... a visit to study the structures ornamentation and arches at a world heritage site C.S.M.T Railway station and D.N Road Precinct .**



- **Kridangan 2023 College of Home Science Nirmala Niketan**

Participants from Interior Design Department were 15 to 20 in number from Certificate Course, 8 to 10 from Diploma Course and 7 from Advanced Diploma Course in Annual Sports Day of college. 'KRIDANGAN'.



Torch Bearer For Being State Level Kho-Kho Player – Chirag Jain (President)



Mansur Pardawala – Athlete of the Year Winner 2023

- **AGAAZ 2023**

The annual cultural programme of College of Home Science Nirmala Niketan was held gorgeously in the college premises. Students from Interior Design department enthusiastically participated in all events and even won in many of the events organised.



The winners in Inter-collegiate events from our ID department are as follows: Mariya Shah and Sakshi Singh; Jainam Haria and Mariya Siddique. Both the groups won in “Aaj Ka Kya Scene Hai” event. Our students graciously participated in Mr and Ms NN: Nilesh Rajpurohit and Chirag Jain. Chirag Jain won the position of 1st runner up in Mr NN.

• **Inter-collegiate Event and Competitions**

- Prerna Din is organised on 16th December every year to celebrate the birth anniversary of Dr Baliramji Hiray, who is the founder of the Trust, Late Bahusaheb Hiray Smaranika Samiti. Students exhibit the work they documented while on their study tours on this day and the college also holds the Dr Baliram Hiray memorial series, where prominent lecturers are invited to interact with the students and teachers
- Tarash is the annual college fest held in the month of January. It includes a wide gamut of events like cultural programmes, inter and intra college design competitions, photography competition, seminars, on the spots etc. It provides a platform to the students for displaying their talents.



Ms Jasmine Thakur from Advanced Diploma won in both the competitions which gave a great fame and pride to our college amongst all 10 participating colleges.

• **Various Days Celebrated in the College (Part of Nirmal Utasv:College Annual Day)**

20th January: Traditional Day, 21st January: Twin Day: 24th January, Tricolor Day: 31st January :Bollywood Day



• **Study Tour**

After the long break due to pandemic, this year the department had this year's study tour to 'Karnataka' from 16th December to 23rd December. Badami, Aihole, Pattadakal, Hampi and Mysore served as an excellent excursions to know our ancient art and architecture, much advanced that it can even give a current techniques shy. It was a journey worth taking since it was filled with work, study, sketching, observation, sharing, caring and enjoyment. Students studied the art and ornamentation details of the monuments and also sketched, as a part of the study in the excursion.





• **Annual exhibition “CREATIONS'23”**
 “We Exist to Create Great Things”

With this yearning thought, Self-Finance section organised 'CREATIONS 2023'. It was held on 23rd, 24th and 25th April showcasing the work of art, accessories, models, design and furniture's created by our students. The exhibition aimed to highlight the talents and creativity of the students and provide them with an opportunity to showcase their work to the wider community. The exhibition received a positive response from visitors, who praised the quality and variety of the work on display. Our Chief Guest was Miss Queen World India 2022, Nainisha Oza who is a lawyer and has achieved great success at such a young age. Various architects and professional interior designers came for the jury. Mr Vinay Desai, Mr Shantilal Thakkar, Ms Sejal Shah were there for the jury panel who judged the students work and selected the winners.

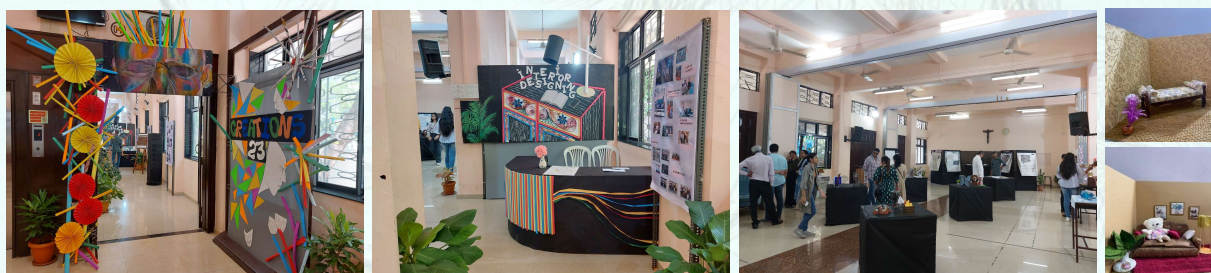


AR SHANTILAL THAKKAR

AR VINAY DESAI

ID SEJAL SHAH

Many visitors expressed admiration for talent demonstrated by the students. Several visitors also commented on the professional presentation of the exhibition. The jury judged the work and selected the best work out of all the displayed.





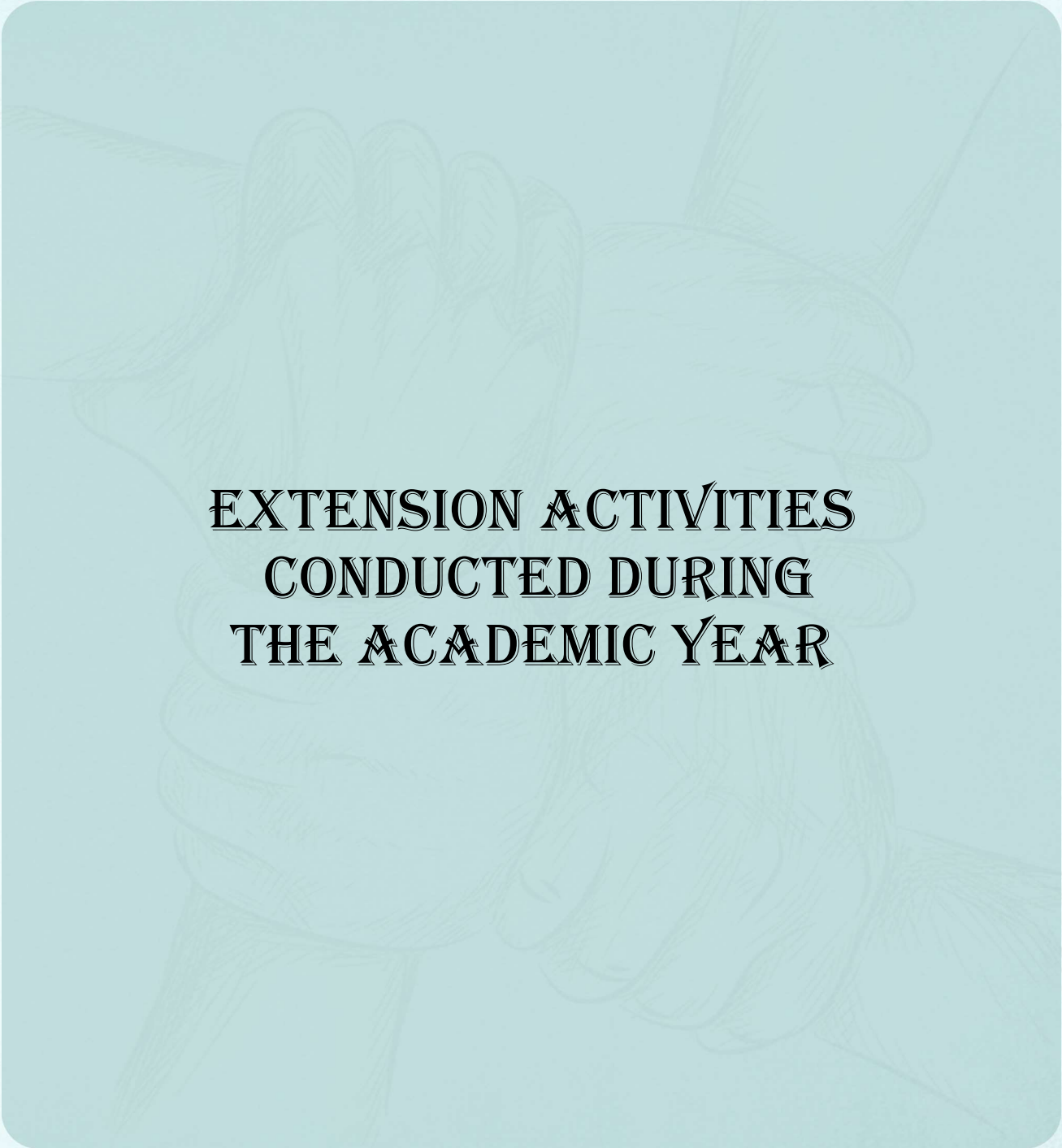
- Farewell to Ashok Sir and John Fernandes Sir**
 The Department staff and students bade a farewell to the most dedicated supporting staff who have taken care of the Department and college as their home and family.



- FAREWELL**



**Mr Amrish Mangle,
 Programme Coordinator**



**EXTENSION ACTIVITIES
CONDUCTED DURING
THE ACADEMIC YEAR**

EXTENSION ACTIVITIES OF THE DEPARTMENT OF FOODS, NUTRITION AND DIETETICS

RURAL CAMP TO VAIJAPUR – A GREAT LEARNING EXPERIENCE



The students of T.Y. B.Sc. had gone for a rural visit to Vaijapur, Aurangabad from 20th to 22nd February 2023. Total 35 students were accompanied by two teachers: Dr Sheetal Joshi and Ms Fizza Shaikh. The nuns and children living in the boarding school welcomed us with warm smiles. Few of us played games with them and some of us learned how to converse in Marathi. Dinner was prepared by the girls for us. It was a hearty meal. The next day began with a bonfire and yoga guided by Ms Apeksha Pawar. We had our breakfast and left for villages to provide nutrition education. Three teams of 10-12 students were made and each team went to one village and interacted with the students and women of the village. The three villages were Loni, Khandala and Janefhal. We performed a street play for the students on the topic 'Healthy and Unhealthy Foods and the Importance of Breast-Feeding for Women'. Each team did a recipe demonstration to the women with the view of inculcating the practice of eating sprouted pulses and vegetables among them. We also took the MUAC measurements of more than 150 students in the villages. The students then showcased their different talents of singing, dance acting, etc. The women welcomed us in the traditional way with flowers and vermilion powder. It was a different experience for us to see how each one of the women and students had a desire to learn something new. Few of them had left their work on the farms and had come to listen to what we had to offer. We then went to a local villager's house for lunch where they welcomed us

with flowers, the traditional vermilion powder. They were very happy to see that we were enjoying the meal prepared by them. We interacted with a few ladies and they informed us that the Nirmala Niketan Institute had been helping them with their daily livelihood. Many of them had wheat farms, and chicken and cows as their livestock. Many of them had adopted the method of kitchen gardening where they grew vegetables in their own gardens. After the visit to villages, we then proceeded to a rain harvesting spot. Marathwada is known as a drought prone area but these villagers together had adopted the method of rain water harvesting and there were crops grown in that area. It was surprising to see how there was a small lake filled with water and irrigation was also taking place in a drought prone area. We then went to our dormitory and rested well. We were given an orientation by Sr. Nancy who explained about what the institution does and caters to the young children in the village. She also explained the work that they do in other villages and how they have created various schemes for the betterment of men, women, youth and children. None of us felt like an outsider there. And that's what each of us has taken back from this visit: 'To be grateful and appreciate the little things we have in life.' It was a beautiful experience for all of us which would be cherished as this was the last trip where we would all be together. We wish we could have a few more days to spend time in the villages and learn lot more about them. We left the next day morning and reached our homes with happy memories and a lot of learning!

**Ms Janice Jockey Devassy, Ms Bushra Ayyub Gandhi
(T.Y. B.Sc. Foods, Nutrition and Dietetics) and Dr Sheetal Joshi (Faculty)**

MY EXPERIENCE AT A RURAL CAMP!



Recently, I got an opportunity to go for a rural camp at Pen, Maharashtra at Shaskiya Madhyamik Ashram Shala, Varvane. It was a great experience in terms of teaching young minds (from 1st to 8th std.) about various topics such as personal hygiene, menstrual hygiene, microgreen plantation, healthy recipes made from microgreens, balanced diet, environment cleanliness, etc. Various activities were performed for their easy learning such as action games, drawings, memory games, posters, etc.

Upon entering the class, they were greeted with namaste and eyes full of excitement. These children understood only the Marathi language and I was terrible at speaking Marathi. Eventually they in a way understood what I wanted to convey. Indeed, love has no language! The activities played brought a smile to their faces which made my day. Being away from their parents and staying at a hostel yet being cheerful and thankful for whatever bare minimum they have is what is instilled in each one of them. These kids were full of energy to learn new things. They were shy initially but after opening up, the noise they made, and the fun they had reminded me of my childhood. On the second day, when we reached school, all the children were so thrilled to see us back and so was I. They were shouting and waving back at us. I was very excited too, to teach them, it triggered my fun teacher side. After visiting their kitchen and dining hall, I got to know about their simple food habits. They got their plates and after eating even washed them. I never felt that they ever complained about where they came from or about their situation. They were happy about it.

That visit was a fruitful experience wherein I understood that I loved being around the children, teaching them, and learning from them. It also taught me about how a system works at the rural level and the actions taken for their overall development.

In return these kids taught me unknowingly the valuable life lessons to be thankful, selfless, humble and to cherish the little things we have and sharing the happiness with others.

Ms Sneha Gupta
(M.Sc. II Food Processing and Preservation)

My rural camp experience at Shaskiya Madhyamik Ashram Shala, Varvane, Pen which took place between 6/02/2023 and 08/02/2023 was an educational opportunity to explore the rural lifestyle and natural environment, to learn about the local culture, to build leadership, teamwork skills and social skills through group activities and challenges. We had a fun experience interacting with the students and being around them. Our team efforts to plan these activities not only helped the student, however, we also learned how to provide a lesson in the native language and how to make the principles clear to the audience using simple terminology. We gained experience in the field through the kitchen gardening exercise and we also got to experience the excitement of seed-planting with the kids. These experiences were valuable for us as they helped us to expand our horizons and gain a deeper appreciation for nature, while also building important life skills. The interaction with the kitchen staff made us aware of the history of the school and local area, their sustainable ways and techniques to manage the kitchen and the challenges faced by the school. This gave us a glimpse into the amenities offered and the daily operations of the government school kitchen. Overall, the rural camp experience was a valuable opportunity to learn about the world outside of the city and to develop a deeper appreciation for nature and rural life.

Ms Vidula Karhadkar
(M.Sc. II Food Processing and Preservation)

EXTENSION ACTIVITIES OF THE DEPARTMENT OF HUMAN DEVELOPMENT THE BHARUCH EXTENSION TRIP

Vidhyadeep Community College: Unity amongst the Community

After the new normal, who would have thought that we could get equally great opportunities to learn on the field as we used to get before the pandemic!

The College of Home Science Nirmala Niketan, Department of Human Development organized a two-day extension trip to Vidhyadeep Community College, Bharuch. The extension trip was part of our curriculum where department staff, Ms Rhonda Divecha and Ms Khyati Sampat took the lead to plan, organise, and execute the trip with 42 T.Y. B.Sc. and 9 M.Sc. I and 8 M.Sc. II students.

To make the process smoother both our teachers had divided T.Y. B.Sc. students into groups and each of these groups were allotted under the M.Sc. II HD students. There were four groups, each group included two M.Sc.-II students and around 12 T.Y. B.Sc. students. M.Sc.II students had to supervise, facilitate the T.Y. B.Sc. students to work on the workshop topic received.

The four workshops held by T.Y. B.Sc. students under the supervision of their M.Sc. supervisors were:

- 1) Communication Skills and Personal Etiquette;
- 2) Personal Hygiene and Cleanliness;
- 3) Enhancing Self-Esteem and Assertiveness Skills; and
- 4) Creating and Maintaining Friendships.

The students from M.Sc.I had two topics to conduct their workshops: Creative Teaching-Learning Strategies in ECCE and Video Making.

The students prepared the teaching aids, worksheets, etc., that would be required by them during the conduction of the workshop. The teachers provided their valuable feedback to polish the plan so that it can be presented to the beneficiaries there in the best way possible.

On 2nd March, we left Mumbai and reached Vidhyadeep Community college around 12 noon and after a hearty meal we all started with our workshop sessions with the students there. Students of Vidhyadeep College were also divided in batches so that it was easier for each group to have the interactive learning experience of each other's groups.

The objective of the 'Communication skills and Personal Etiquette' workshop was to make the students understand the basics of communication and the various skills required for communication. And also to make students understand the basic personal etiquettes through activity, its importance in different settings and its application in different situations.

To help students understand about self-esteem and assertive behaviour was the main objective of the 'Enhancing Self-esteem and Assertiveness skills' workshop. So this workshop helped them to differentiate between assertive aggressive and non-assertive behaviour, levels of assertiveness and how they can be practiced through situations. This workshop also helped in making them aware about how to increase self-esteem and to identify what are the sources to increase self-esteem.

The 'Personal Hygiene and Cleanliness' workshop's aim was to introduce the basic words related to menstrual hygiene, tips / strategies that could be helpful during periods, importance of cleanliness exercising, and the process to maintain cleanliness.

The workshop on 'Building and Maintaining friendship' focused to help students know the importance of friendship, skills that are required to build and maintain the friendship over a period of time such as trust during challenging times, knowing likes and dislikes of friends, supporting

EXTENSION ACTIVITIES OF THE DEPARTMENT OF HUMAN DEVELOPMENT

and helping each other, and how to resolve conflicts in an effective way between friends.

The M.Sc.I's workshop on 'Creative Teaching Aids strategies for ECCE', had the objective to teach them about different cost-effective teaching aids like puppets, diorama, flash cards, object talk, picture talk, concept cards in various concepts like alphabets, stories, etc.

The workshop on 'Basic Video Making and Editing Strategies' was done to clarify the basics of video making and editing using different apps and software's across devices. They used different interfaces of apps/software's across devices such as: MS PowerPoint (Windows - PC), Inshot (mobile phone), and VN Video Maker (mobile phone). For each batch, M.Sc I introduced themselves and built rapport before proceeding with the sessions, gauging their prior knowledge with regard to video making and editing. They then, one by one, showed them a sample video made using one of the apps and then a demonstration as to how it was made. At the end, as they were well versed with MS PowerPoint, asked them to create a video out of their previously made PPTs. It was an interactive and fun session, as deemed from the responses throughout all the sessions and across batches.

All of these workshops were conducted with various batches on both of the days i.e. 2nd March, 2023 (Noon till Evening) and on 3rd March 2023 (Morning till Evening). After each session there was a feedback session so that we improved ourselves and our workshop each time that we executed it.

On the evening of 2nd March, 2023 we were informed that we will have a Cultural Exchange Programme the next day, so from the late afternoon of 3rd March 2023 all of us, including the students of Vidhyadeep college were working on our beautiful event which was an end to our 2-

day journey, the Cultural Exchange Programme. The programme was totally student- led, in which both the College's students taught each other about their respective cultures via dance, song, and role play. The students of Vidhyadeep college taught Nirmala Niketan's students their cultural dance i.e. Adivasi dance while students of Nirmala Niketan taught Vidhyadeep college girls dance of different cultures, funny role plays on how some Hindi songs were made, etc. This programme was the best way to end our extension trip. The programme was culturally enriched, we learned so much about each other's culture whilst having fun, it also helped us connect with them, understand each other's values and culture.

On the morning of 4th March, 2023 all of us were content and with all these learning experience we had to leave for our journey back to Mumbai but before doing so we showed our gratitude to the sisters via Thank You card in which students expressed their feedback as to how grateful each one of us were to have been accommodated in such a pleasant, calm environment of Vidhyadeep college with all the necessary requirements.

The Department of Human Development had made it a point to emphasize that what we learn is what we apply in reality, to grow in humanity, respect each other's belief, empower, understand each other and flourish lives.

We all are grateful to the College of Home Science Nirmala Niketan, Department of Human Development for the opportunity where we were able to live in a pleasant lifestyle with different communities which made us reflect that though we all are from different cultures, communities but there we could clearly see the differences yet accepting those and learned to always maintain the **"Unity Amongst Community!"**



Enhancing Self-Esteem and Assertiveness Skills



Enhancing Self-Esteem and Assertiveness Skills Communication Skills and Personal Etiquette



Building and maintaining friendship workshop



Video making session



Creative teaching learning strategies session



Cultural exchange program



Group photo of Students of Nirmala Niketan College and



Group photo Nirmala Niketan students



The Thank You Card with Appreciative Feedback

Feedback from **Sr. Laveena Fernandes** from the **Bharuch Community**:

“Dear Rhonda, I was really impressed with the students. They didn't waste a minute. They really gave of their time and talent. The get-together was so good. Our girls mixed so well with them. Yours and Khyati's presence was very motivating. Keep up the good job. All the best. Really proud.”

**Ms Shaheen Khan and Ms Shreya Anchan
(M.Sc. II Human Development)**

EXTENSION ACTIVITIES OF THE DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY

The Art of Giving

The practical for Sustainable Community Work (Semester V) and Sustainable Social Entrepreneurship (Semester VI) offered to the T.Y. B.Sc. students of the specialization of Textile and Fashion Technology is always a very rewarding and satisfying experience, as unlike in other subjects, where the students learn, here the students are the facilitators. They impart knowledge and skill sets to the underprivileged, in order to make them self-reliant, thus doing their bit in returning their privileges to the society.

The academic year however was very special as the target group at the Bhakar Foundation, an NGO situated at Bhagat Singh Colony 1 and 2, Goregaon West, catering to underprivileged girls and women between the ages of 16 - 60 years of age was an extremely enthusiastic group, and responded very well to the training that was imparted to them.

A total of eight sessions were held in Semester V starting from 13th August to 15th October 2022. The products taught focused on sustainability, thus utility products like tea coasters, attractive fabric jewelry, made out of post-consumer fabric waste were taught.



Skills were also imparted keeping in mind the need of the market, and so 'torans' and 'latkans' made from waste yarn and pre-used bangles were taught just before the Ganpati festival, and lanterns and fabric pouches made from 'Khunn' fabric sourced from local temples was taught just before Diwali.

In order to improve market acceptability of products, the target group was also imparted training in surface enrichment techniques like stencil printing and embroidery.

Recognizing that skill building alone will not suffice to gain a place in the market, the knowledge of sourcing, costing, branding, packaging and marketing in addition to skill development was imparted during Semester VI.

A total of ten sessions were held between 5th January and 8th April 2023. This semester, the NGO had purchased sewing machines due to the enthusiasm and interest shown by the target group, so, many different products that needed advanced sewing skills like bottle carriers, scissor holders, pouches and bags were taught to the beneficiaries. Crochet and macramé skills which are artisanal methods of fabric manufacture were also imparted and hair scrunchies, bracelets and wall hangings were made using these techniques. Each product taught during the earlier semester and during the ongoing semester was evaluated in terms of sourcing, costing, branding and packaging. Different marketing techniques, especially the use of social media was taught to the target group through simple presentation, videos and talks that were suited to their level of literacy.

Overall, the experience gained by the students was extremely enriching as they had gained life skills through their interaction with beneficiaries who hailed from a multitude of backgrounds. The students gave whole heartedly, and received many fold through the experience.

**Ms Vrinda Udiaver, Faculty, and
Dr Pratima Goyal, Head, Department of Textile & Fashion Technology**

EXTENSION ACTIVITIES OF THE DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

Udaan – The Flight of Extension



The students of the department took part in the well-recognized fest of Udaan organized by the Department of Lifelong Learning and Extension, University of Mumbai on the 28th of January, 2023.

The students grabbed the opportunity and took part in all three competitions held by the fest: The Street-play, the Powada-singing as well as the Poster Making Competition under the guidance of their mentor Ms Sunita Jaiswal (Head of Department). The students practised, dedicated time and energy with a view to give it their best and to make their college proud. The students that performed in all the various competitions, performed it with great courage and confidence, starting with the students that performed the Street-play; they delivered the play as they spoke loudly and brought to light all the problems faced by a 'Bhartiya Naari' and how these issues get ignored and the same will and should not be tolerated anymore. The intention behind the play was quite apparent and well received by the audience. Moving forward the Powada singing girls geared up with their instruments and costumes and performed with all their entire heart and soul. The Poster Making girls participated with one view in their mind-to portray/communicate the challenges that women come up against; and how we must promote other women and lift each other up.

As the matter of experience, the students were more than grateful to be able to represent their college at such a high level; they were even more grateful to bring to their college pride as the girls won 3rd place in the Poster-Making Competition. For the purpose of concluding; in the words of APJ Abdul Kalam: “Empowerment leads to development of a good family, good society and ultimately, a good nation.”



**Ms Melann Crystalline Pinero (T.Y. B.Sc. student) &
Ms Sunita Jaiswal (HoD), Department of Community Resource Management**

EXTENSION ACTIVITIES OF THE DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

Rural Camp to Bharuch and Karajgaon



T.Y.C.R.M. students of batch 2022-23 were taken to Karajgaon located near Palghar in Maharashtra on 17th-19th of October 2022. Karajgaon basically had Warli tribal people as their residents, hence it can also be called Warli Village. At first, the beneficiaries (young girls) were very shy and awkward but after we conducted so many activities, they began to consider as one of them. We conducted activities like icebreakers, games, workshops like Jewellery Making, Stress Management, Grooming and Communicative Skills for Interviews, Digital Marketing and Packaging, Folding, Yoga, etc. It was a two way learning process. We taught them all of this and they taught us Warli painting and making of Coconut artefact. We took all extra but useful items we could find in our houses for them. They were really excited and happy to see so much stuff. The students were accompanied by Dr Roopa Rao and Ms Saniya Pai. They took us to a nearby village tour and to the beach as well. We had loads and loads of fun. One of our favourite memories include tribal Warli dance with Kharasgaon girls. It was an amazing thing! One of my favourite memories for sure is that they danced with us, taught us how to dance. They were so loving that they fed us their food. It was difficult for us to say them goodbye.

The students had the opportunity to learn about sustainable practices, experience rural life, and gel well with their fellow college students. Such visits can help build bridges between urban and rural communities and promote understanding and empathy and enrich their lives.

**Ms Bhavika Bajaj
(T.Y. B.Sc. student), Department of
Community Resource Management**

A rural camp was organised by the Department of Community Resource Management College of Home Science Nirmala Niketan to Vidhyadeep Community College at Bharuch 24th, 25th and 26th of February 2023. 20 students of T.Y.C.R.M. along with Ms Sunita Jaiswal (HoD) and Ms Riddhi Raut went to Vidhyadeep Community College, Bharuch to conduct various extension activities. Activities conducted at Bharuch were: Ice Breaker games, Workshops on Gift wrapping and envelope making, Tote Bag and Bangle making, Quilling earrings, Self-Defence workshop, Personal Grooming, Sari Draping and How to Face an Interview were conducted.

**Ms Dhara Doshi (T.Y. B.Sc. student) &
Ms Sunita Jaiswal (HoD), Department of
Community Resource Management**



Student feedback by Ms Dhara Doshi (T.Y. B.Sc. Community Resource Management)- “Honestly, it was an amazing learning experience. I enjoyed visiting this rural camp. I did not only taught them but also learnt many things from them. I have learned to appreciate what I have. I have learned the moral that little things can also make us happy and cheerful. I have started to respect my parents more, for what they had done for me. I thank God for giving me so many things and opportunities that others may not have. It was a great give-and-take learning experience. I understood the importance of family and parents. Thank you for organizing this beautiful and memorable rural camp”.



VALUE-ADDED COURSES CONDUCTED DURING THE ACADEMIC YEAR

VALUE ADDED COURSE IN NUTRITION EXERCISE AND FITNESS

The Value-Added Certificate Course in 'Nutrition Exercise and Fitness' was conducted by the Department of Foods, Nutrition and Dietetics. This is one of a kind courses for anyone who would like to hone their knowledge and skills in the field of nutrition for fitness.

This course is a pinnacle of research and evidence – based curriculum as well as applied knowledge. The integration of value-added courses focuses on leveraging the aptitude and pioneering capabilities of the budding professionals to meet the needs of the contemporary dynamic business environment thus making the student more confident in the industry. Students not only gained scientific knowledge but also developed the requisite skills in the nutrition and fitness industry.

The value-added programmes supplement student's knowledge and augments their preparedness to meet the challenges of professional life. These programmes enable the students to acquire a holistic perspective and thus have better understanding of the present day industry challenges and also facilitate the students to gain and develop innovative and creative skills through a wide array of course offerings.

Dr R. Beryl Nithya coordinated the course for the year 2022-23. The Value-Added Course lectures were scheduled along with their graduation lectures. This year the course was conducted in the hybrid mode; the practical sessions were held offline and the theory sessions were held online. Expert faculty in the field offered a multimodal learning experience to the students. The faculty team had Ms Kraney Shah, Ms Niti Dhulla, Ms Farida Gohil, Mr. Nikhil Palani and Mr. Tejas Rajaputhran on it.

The course was conducted from February 2023 – June 2023, forty-four students enrolled for the course. The subjects included in the course were two theory papers, viz-
1. Exercise and Holistic Health, 2. Nutrition for fitness
and one Practical paper – Assessment of Fitness.

A project was assigned to the students, they had to work in groups. They had to select one type of supplements essential for fitness. They had to conduct a literature review on the selected supplements. Furthermore, they had to explain the mechanism of action of the supplements, effectiveness, usage, dosage and timings of intake.

The project also required them to conduct an online survey and enlist various brands of the supplements their price, types and available forms in the market. Based on the report submitted they had also made a presentation on the project. The awards for the best project and highest marks toppers 1 and 2, course completion certificates, and mark sheets were announced and distributed on the Valedictory day.

**Dr R. Beryl Nithya,
Coordinator of Self-Financed P.G. Courses**

ONE YEAR DIPLOMA COURSE IN ORIENTATION TO INDIAN SIGN LANGUAGE

The Value – Added Course, Orientation Course in Sign Language, was started in the college in 2013. This year it was conducted as a One Year Diploma Course in ‘Orientation to Indian Sign Language’ with affiliation to the University of Mumbai.

Every year the admissions to the course have been increasing. Therefore, this year there were 28 students enrolled. There were S.Y. B.Sc., T.Y. B.Sc. (HD) students and two outsiders registered this year. The teacher was Mr. Jayesh Sureja. The sessions every year are especially enjoyable as the teaching is done in practical ways, including games and storytelling too. The classes progressed from 20th August 2022 to 2nd May 2023, completing the required number of hours and ended with the final examination. Certificates were presented to all successful candidates at the Convocation of Value-Added Courses.

**Ms Rhonda Divecha,
Coordinator**

ADD-ON CERTIFICATE COURSE IN ENTREPRENEURSHIP IN TEXTILE CRAFTS

This course is conducted by the Department of Textile and Fashion Technology. The objectives of the course are to acquire skills of designing and developing products through techniques of surface ornamentation and enable students to enter and sustain themselves in the rising competition. This course is recognized by the University of Mumbai. The course was coordinated by Dr Pratima Goyal and Prof Dr Vishaka Karnad. The instructors for the sessions included Ms Disha Goshar, Ms Fatima Cochinwala, Ms Hiral Mamania and Ms Samira Sheikh. The course included theory subjects of Financial Management, Taxation and Duties, Marketing Exports and Imports and Entrepreneurship and the practical subjects of Fabric Embellishment and Construction. The course was conducted online and the subjects were interestingly taught through MS powerpoint presentation and videos with guided discussions. Nine students had enrolled and have successfully completed the course.

Student's Feedback: Ms Steena Thomas F.Y. B.Sc. "Crochet is something I really admire as a craft and it is what prompted me to try the course. The course was really informative and interesting. It is a great course for someone wanting to learn different fabric construction and fabric embellishment techniques such as crochet, macramé, gold work, embroidery, etc. It was really interesting to use what we learned to make products that could be sold. The course also helps one understand different aspects of entrepreneurship such as marketing, budgeting, etc. It is without doubt that the course is a lifelong learning which can be applied to all facets of one's life! "

**Dr Pratima Goyal and Prof Dr Vishaka Karnad,
Coordinators**

ADD-ON CERTIFICATE COURSE IN VISUAL MERCHANDISING

This Add-on Course is being conducted by the Department of Textile and Fashion Technology and was coordinated by Dr Pratima Goyal and Dr Ritu Madhan in the academic year 2022 – 23. Total six students were registered for the course from F.Y.B.Sc, S.Y.B.Sc and M.Sc I (TFT) . The course commenced in the first week of February 2023 and 24 sessions were conducted till 1st April 2023. The course was conducted through an online mode and the course content (study material, notes, PPTs) were shared with the students through Google Classroom. The sessions were conducted by: Principles of Design: Ms Dishaa Zatakia; Consumer Buying Behaviour: Ms Nidhi Soni; Fashion: Ms Amita Gaikwad; Marketing and Merchandising: Ms Fatema Cochinwala. The students submitted an assignment for every subject. The final examinations were held from 3rd April to 6th April 2023. All the students completed the course successfully.

**Dr Pratima Goyal and
Dr Ritu Madhan, Coordinators**

ONE YEAR ADD-ON DIPLOMA COURSE IN CAD-CAM AND COMPUTER TECHNOLOGIES IN THE APPAREL INDUSTRY

This course is recognized by the University of Mumbai and is conducted by the Department of Textile and Fashion Technology. It was coordinated by Dr Pratima Goyal and Ms Vrinda Udiaver.

Thirty seven T.Y. B.Sc. students from Textile and Fashion Technology (TFT) and one M.Sc. I TFT student (as a bridge course) enrolled for the course (Total of 38 students). It is a mandatory requirement for the Bachelor's degree programme. Theory and practicals were taught by Mr Sameer Panchamatia and supervised by Dr Pratima Goyal and Ms Vrinda Udiaver.

The Semester I classes commenced from 21st September 2022 and ended on 18th January 2023. Semester I Examination was held on 30th January, 2023. Semester II classes were conducted from 8th February, 2023 to 5th April, 2023.

Thorough training on using CorelDraw Version 15 and Richpeace Designing and Pattern Making Software was imparted during the sessions. Tools of CorelDraw were used to create for making different shapes of necklines, print repeats, embroidery motifs, croquis rendering, garment rendering pattern creation and designing stationery (related to branding). Richpeace Software was used for drafting of patterns and creation of styles using different types of collars, sleeves, pleats, etc. Layout efficiency, optimised fabric utilization and introduction to Photoshop were well covered in the classes. Students worked on different assignments based on aforementioned topics.

Student Feedback: Ms Alefiyah Nulwala T.Y. B.Sc. “We got to learn many computer designing skills with softwares such as CorelDraw, Richpeace. We learnt about repeats and use of various tools, formatting business cards, envelops, look-book development for purposes of branding, complete drafting of garments. Sameer Sir taught very well with great explanation. Regular feedback on assignments and advice on modifying and improvising the designs was great learning for us. Overall it was very good with fun-learning of essential industry based skills.”

**Dr Pratima Goyal and Ms Vrinda Udiaver,
Coordinators**

ADD-ON ONLINE AND OFFLINE DIPLOMA COURSE IN CAD, CAM AND COMPUTER TECHNOLOGIES IN THE TEXTILE AND APPAREL INDUSTRY - INTERMEDIATE

This course is a mandatory requirement for the Master's degree programme in Textile and Fashion Technology. Seven students of M.Sc. I Branch III, Textile and Fashion Technology, enrolled for the programme.

Semester I commenced on 14th September 2022 to 28th January 2023. Semester II commenced on 11th February 2023 to 1st April 2023.

Skills on using Photoshop tools including vector/raster, creating repeats, croquis rendering, garment rendering, colour variation, layouts, website design and animation using Adobe Photoshop and Corel Draw, Video editing, transitions, voice over multi-track editing, etc. were well covered in the class and students worked on assignments related to the mentioned topics.

Student Feedback: Ms Zehra Shahjapurwala M.Sc. I “CAD CAM course was very helpful for learning novel techniques. The practical taught us all the essential features required which are trending in the industry. It was very interesting. The explanation was very clear and easy to understand. It was a very interactive course. We were able to clear our doubts while learning the new techniques. We learnt software like CorelDraw, Rich Peace, Adobe Illustrator, Adobe Photoshop, and Movie Maker. Assignments were given after completing every topic that helped us to revise and understand the concept.”

**Dr Pratima Goyal and
Prof Dr Vishaka Karnad, Coordinators**

ADD-ON ONLINE AND OFFLINE DIPLOMA COURSE IN CAD, CAM AND COMPUTER TECHNOLOGIES IN THE TEXTILE AND APPAREL INDUSTRY- ADVANCED

This course is a mandatory requirement for the fulfilment of the Master's degree programme in Textile and Fashion Technology. Nine M.Sc. II TFT students enrolled for this programme.

Semester I commenced on 14th September 2022 to 28th January 2023. Semester II commenced on 9th February 2023 to 8th April 2023. Training on using Adobe Photoshop tools for 3D Image creating, meta data panel, introduction to 3D and digital platform, Colour software, Online software for colours, Online Advertising and Marketing, Web page coding, Website and portfolio designing, Design user interface, image optimization, creating a domain and publishing a website were well-covered and assignments were given based on these skills taught. This soft-skill based training programme was intensive including both theory and practical that were effectively taught by Mr Sameer Panchamatia and supervised by Dr Pratima Goyal and Prof Dr Vishaka Karnad.

Student Feedback: Ms Apurva Raut M.Sc. II “The CAD CAM sessions were really valuable. During the course, we gained expertise in various design software applications, including CorelDRAW, Adobe Photoshop, and Adobe Illustrator, all of which are widely utilized in the design industry. Additionally, we received instruction on Richpeace software, where we learnt how to create drafts and how the grading process can be easily done. The course also included website development, enabling us to create our own portfolios and website. Overall the CAD CAM course was highly informative and enriching.”

**Dr Pratima Goyal and Prof Dr Vishaka Karnad,
Coordinators**

ADD-ON ONLINE AND OFFLINE DIPLOMA COURSE IN PERSONAL STYLING GROOMING AND FITNESS

The Department of Textile and Fashion Technology conducted an Add-On Online and Offline Diploma Course in Personal Styling Grooming and Fitness affiliated to the University of Mumbai. 21 students registered for the course from F.Y.B.Sc, S.Y.B.Sc and T.Y.B.Sc. The course commenced in the second week of February 2023 and the classes were conducted till 7th April 2023. The sessions were conducted on the following topics: Introduction of the Course by Debarati Roy, Image Projection by Shaifali Singh, Body Types for Different Personalities by Ms Rianna Gorawal, Make-Up and Personal Shopping by Ms Shveta Wadhavkar, and Creative yoga by Mr Gaurav Kumar.

The students submitted assignments for every subject. The final examination were held from 29th April and 1st May 2023. All the students performed well during the presentations and were successful in completing the course.



Online Sessions Conducted by Shaifali Singh



Online Sessions Conducted by Ms Shveta Wadhavkar



Online Sessions Conducted by Ms Rianna Gorawal



Online Sessions Conducted by Ms Debarati Roy



Offline Sessions on Styling



Offline Sessions on Creative Yoga by Mr. Gaurav Kumar



Offline Sessions on Body Types



Offline Sessions on Makeup and Grooming



Personal Shopping experience at Zara and Westside

**Dr Pratima Goyal and
Ms Vibhuti Khedekar,
Coordinators**

ONE YEAR ADD-ON COURSE IN WORKSTATION DESIGN AND APPLIED ERGONOMICS

The one year Add-on Course in Workstation Design and Applied Ergonomics for the academic year 2022-23 was successfully conducted by the Community Resource Management specialization. This one-year certificate course aimed to provide a comprehensive understanding of workplace ergonomics and its practical applications. The major achievements and highlights of the course:

Course Structure: The schedule of the course was in alignment with the regular time-table of the lectures of the graduation course so that students could attend all the lectures of both the courses.

Expert Coordination: Dr Roopa Rao coordinated the course and organized field visits and industrial visits to facilitate practical learning. Inviting industry experts for guest lectures and facilitating internships and industrial visits to expose students to real-world applications of ergonomics have been key to the success of the students of the add-on course.

Career Opportunities: Graduates of the course can grab to various job opportunities in domain of occupation health and safety, such as Ergonomics Consultants, Ergonomics Specialists, Occupational Health and Safety Officers, Researchers, or Educators.

Research Projects: Students conducted research projects in different areas related to ergonomics, including studies on occupational health in the BPO sector, musculoskeletal disorders among bartenders, psychosocial and musculoskeletal risks faced by food delivery personnel, occupational hazards in hotel housekeeping, and work-related challenges among fishermen.

Recognition: The students presented their research at multiple inter-collegiate and university-level competitions and an international conference as well. They received several "Best Research Prize" awards at various state level and national level research competitions.

Industrial Visit: An industrial visit to Jaipur provided students with practical insights into the application of ergonomics in various industries. The visit included trips to Jaipur Rugs, HNS Coach Factory, Podar Shoe Factory, Kagzi Handmade Papers, and Omega Electronics and Scientific Instrumentation, along with visits to local attractions.

Awards and Certificates: The valedictory ceremony recognizes the Best Project, Highest Marks achievers, and students with 100% attendance. The Best Project Award went to the research project on occupational health in the BPO sector.

The Value-Added Course in Workstation Design and Applied Ergonomics has empowered students with knowledge and practical skills, and despite challenges, the college has plans to enhance the course further to provide an enriching educational experience. Dr Roopa Rao served as the coordinator for this successful course since its inception in June 2010.

**Dr Roopa Rao,
Coordinator**

CERTIFICATE COURSE IN HOME SCIENCE

A new beginning....

The College of Home Science Nirmala Niketan started a certificate course in Home Science in 2022 – 2023 as a Self-Financed programme. This report encapsulates the journey, achievements, challenges, and the experience of the programme, which was launched for a unique cohort of students in the aftermath of the COVID-19 pandemic.

It being a new programme, only a few students applied for it. With a to and fro, and parents' insistence, the certificate programme did start up with five very young students who had completed their 10th standard. Kudos to the Management and in particular to Ms Noella for having the courage and determination of shouldering the programme throughout its entirety successfully.

Even with the small size of the class the aim of the course was to fulfil a void in the lives of those who had registered. A parents' and students' orientation programme was organised, where parents expressed their great appreciation to the management for having taken up the challenge to begin the course.

The course covered different subjects like Personality Development, Home-making, Home gardening, Cookery- Food and Nutrition, Sewing-Textiles and clothing, Art and Craft, Home Decoration, Home Maintenance and Entrepreneurship - Setting up a small home scale business. The Course was a combination of theory and practical work making it meaningful and beneficial for the overall development of the students.

Other than the academic activities the students even took part in the cultural programme of Independence Day celebration. The students put up a dance performance with costumes representing different states. This event gave the students a platform to come up on the stage to perform which gave a huge boost to their morale and confidence.

They were also taken on a one day industrial visit where they visited the Ikea Mall. Here they were exposed to all the different fields of Home Decoration, Home Maintenance, Textile and Cookery. Later they were also taken on a field trip to Alibaug where they could enjoy the beautiful natural surroundings of the region. All in all it was a great experience for them as they learnt how to work with each other and maintain good inter-personal behaviour.

The experience was not only overwhelming for the students but also for the parents and teachers. So here we share some of the experiences of the parents and teachers:

1. "I have always believed that teaching is an act of service. A selfless serviceable profession, and an equally crucial responsibility. Teachers lay the foundations of the human progress, they alone can make or break entire generations of future leaders and decision makers. Having said that, I have always understood and appreciated this responsibility that I willingly shouldered. After years of being stuck in the 9 to 5 corporate loop, teaching has been my second innings at doing something I truly love. Being a teacher at Nirmala Niketan, especially for their Home Science Certificate Course, has been a rewarding experience for me. It has allowed me to do things that actually matter. I taught Home Decoration and Personality Development, two subjects. I believe to be crucial for day-to-day

practical learning. Home Decoration helped students apply what they learnt in their homes, to make these spaces more aesthetically pleasing and functional by smartly utilising already existing objects. It taught them how to organise their spaces and manage their homes in perfect order. Personality Development was a path-breaking subject that made students gain a higher self-esteem, taught them the ideals of clear communication and imbibed in them integrative behavioural characteristics of discipline, mutual respect, punctuality, confidence and problem-solving, among others. It moulded aspects of their ever-changing personalities to not only push them to be better citizens of society, but also give them a sense of accountability.

Beyond teaching these subjects, I have also managed to find a purpose by facilitating academic growth and extra-curricular development among my students. Being able to create a positive impact on their ever curious minds has given me a sense of achievement as an educator. And so, in many ways, this difficult responsibility has also become a source of fulfillment and assurance in my abilities as an academician.

Besides being a teacher, I am also a parent to one of the students. This aided me in dualistically appreciating Nirmala Niketan as an institution and the efforts its staff puts for each and every student. Like angels sent on to the Earth from heavens, the teachers, nuns and non-teaching staff have committed themselves to the betterment of their students. Even though the Home Science Certificate Course had a small pool of students, the staff went above and beyond to provide an excellent learning atmosphere”.

**Ms Mamta Batwar Bhingarde
(Parent – Teacher)**

2. “The 'Certificate Course in Home Science' has been designed under the UGC recommendations for skill based courses. It was the first year of teaching since the new course was designed. My subject was 'Sewing - Textiles and clothing'. The students were unusual; five young, innocent girls just out of school eager to step into college to learn new things.

I started with fundamentals of clothing like basic hand stitches, seams, facings etc. Teaching to work on sewing machine was a big task. Slowly, with intensive practice, the girls started to sew on the machine with ease. It was time to teach them various steps of clothing construction. Drafting followed by cutting the fabric, stitching the cut fabric into final garment and finally the finishing touches like putting hooks, making patch work resulted in a beautiful garment. They stitched two such garments each.

Embroidery is part of good dress-making. Taught them basic embroidery stitches. They created beautiful handkerchiefs with these stitches.

A workshop was held to teach Tie-n-dye and block printing. Various techniques were taught and they came up with beautiful tied-n-dyed articles.

Basic Macramé' knots were taught to them. Once they were familiar with the knots they created beautiful articles like a wall-hanging, bracelet, key-chains etc.

Two Semester examinations were held in the months of September and April. All the girls passed. It was an enriching experience for me as a teacher. The joy on the children's faces and the confidence in their overall conduct after acquiring so many skills was evident towards the end!! The management extended immense support and the parents' co-operation was outstanding in most cases. I thank them both”.

**Ms Seema Raut
(Teacher)**

3. “Beautiful experience of our "Special Panch Pandav" from the Certificate Course in Home Science. It was a very good opportunity I received to facilitate the teaching of one topic for our special Panch Pandav. In the course of teaching them I could not only practice my learnings on Inclusive Education but also learn from them. They were a group of five motivated students and with the full support of their parents, the college inaugurated the Certificate Course in Home Science for them. As the course began, the group formed a bond. Their friendship was seen in how they related to one another. There would be constant quarrelling over small things but after that the desire to resolve matters was alive. They would talk to the teachers to resolve their problems but would solve them on their own. It was an amazing experience to see them grow bit by bit. From learning to travel on their own, to complete so many hand skill activities which they were doing for the first time and finding it difficult. They were able to cook and bake, stitch and paint, learn about basic home maintenance, even gardening and many more skills. There was a joy on their face to be with people who could understand them and help them grow. It gave each of us teachers, a push to put in our best for them. A big salute to the parents who took equal efforts to support their child; a salute also to all the teachers for their patience and love in continuing to teach them. Hats off to Ms Noella Dias, Manager, for her constant encouragement and dedication to make the course possible by coordinating the course the whole year through. Thanks also to Dr Avari, Director - Self Finance, for her direction and Dr Bakshi, In-charge Principal for her encouraging support”.

**Ms Vanitha D’Souza
(Teacher)**

4. “Teaching is a noble profession...it has to be done with a whole lot of love, patience and passion. My understanding of teaching is "When you teach, you learn more”.

My experience at the "College of Home Science Nirmala Niketan" of teaching the Certificate Course in Home Science was nothing short of an excitement throughout the year. It was filled with wonder, persistence, hard work, and enthusiasm for my students. They each had a different background and each brought their own ability and strategy to cope the challenges that they faced in the kitchen as well as outside it too. Working alongside each other, I too, learnt considerably, tasks which they thought were not even conceivable forget doable .When the students would see the fruits of their efforts... I would be overjoyed to see them conquer their challenges and push themselves harder to achieve a more positive and better outcome in everything. It was a pleasure to teach and it was a wonderful teaching - learning experience for me .It gave me immense joy teaching these students of any age group.

I feel my day is worthwhile with a comment like "Teacher, you really worked very hard to make me learn and made me perform to the best of my ability, thank you ". It was truly an amazing journey and a fulfilling experience”.

**Ms Melania Netto
(Teacher)**

I would like to sum up by saying that the whole experience of working with these students was really overwhelming. I am happy that we were given this opportunity to work with them as I truly believe that “Service to Mankind is service to God”

**Dr Yasmina Dordi Avari,
Director Self – Financed Courses**



PROGRAMMES AND EVENTS

LA FIESTA A MASQUE A-FAIR

Towards the end of Nutrition Month on 30th September 2023, at Marie Adelaide De Cice Hall of the college, students of T.Y. B.Sc. (Foods, Nutrition and Dietetics) organised “LA FIESTA”, a collaborative event between Food Fiction and the Spice Girls. It was powered by ANI FARMS and co-powered by SMOKEY DOUGH, along with eight sponsors. Though entry was free for college students and staff, outsiders were charged a nominal fee. Ms Ruchi Jakhmola and Ms Megha Dakalia guided the team of 50 students and divided them into 8 departments namely: Live Cooking Department, Offline Cooking Department/ Round Table Service Department, Cooking Management Department, Setup Department, Hospitality Department, Marketing Department, Management Department and Finance Department. The Offline Cooking Department offered round table service and food stalls whereas the live cooking team offered live food counters for students, teachers and other college staff as well as for outsiders. A delicious and nutritious menu was offered, at the live food counter, Italian canapés and deconstructed dabeli as snacks, masala chaas and classic cold coffee as a beverage and date walnut mousse as a dessert. At the round table, guests were served Guava Punch (welcome drink) followed by nachos with cheesy sauce and hummus with veggies (appetizers) and Schezwan Noodles (main course). In the end, golden globe was served as the dessert. The guests enjoyed their meal with a piece of accompanying live music played by the students themselves. It was not without the marketing department's strategic marketing that the event got a great response. They put on posters and banners in the college, instagram stories and posts on social media to reach out to the larger population. The setup department not only decorated the hall and round table elegantly but also organised fun games like the dart game, blow the balloon and what's in the box, for the visitors to have fun. Along with the food and game stalls, there were stalls of sponsors also. Soothing music was played for the visitors to vibe on the tune and enjoy the visit. Towards the end of the event, there was a DJ as well, a cherry on top. Though the event was organised in a short span, it was with the guidance of Ms Ruchi Jakhmola and Ms Megha Dakalia and with the support of teaching, and non-teaching staff, college, sponsors and with our team efforts that contributed towards the success of the event.



Ms Niyati Nandu
(T.Y. B.Sc. Foods, Nutrition and Dietetics)

INDUSTRIAL VISIT TO PUNE



An industrial visit was organised to several different industries from 13th March to 15th March 2023, where the students from M.Sc. I Foods, Nutrition and Dietetics and M.Sc. I and M.Sc. II Food Processing and Preservation got great practical exposure of how things work in different organisations and industries. Ms Jacqueline Colaco and Dr Minelly Rodrigues accompanied the students. The tour started on day 1 to ICAR-National Research Centre for Grapes at Manjri Farm, Pune where technical officer, Mr B.B Khade introduced the students to how things work in the organisation. He showed the vineyards where several different varieties of grapes are grown. The organisation also made wine, but not for commercial purposes. The four different types of grapes were shown to the students. Thereafter, the students were taken to show their fermentation unit. After our visit to ICAR, we made our way to Agrozee fresh foods pvt ltd, founded by Mr Mahesh Londhe. We arrived at their location in Uruli. We began our visit by watching a video about the startup, which highlighted their mission to incorporate more millets into our diets. Mr Mahesh then showcased a variety of products made primarily from millets, such as ragi ladoo, energy bars, different flours, and cookies. We even had the opportunity to taste

samples of their ragi ladoo. On Day 2, we visited Chitale Bandhu Industry. We were welcomed by our college alumna Ms Madhura Patankar, who works in the quality assurance department of Chitale Bandhu. A documentary consisting of the history, owners, production unit and products of Chitale Bandhu was shown. Then an overview of bakarwadi production from the viewing gallery was given. After this, we visited a Katraj Dairy based in Pune that manufactures milk and milk products, icecreams, tak (buttermilk), flavored milk, ghee and more. We were first shown a documentary followed by a visit to the shed which generates steam for milk processing. We were then given a tour of the entire facility, which included pasteurization, homogenization and packaging units with the barcoding machines as well as equipment to make ghee. On day 3, we visited, Venky's Foods (Poultry Processing plant), Lonavla. The unit manager, took us step-by-step through the entire processing, from slaughter of the chickens to the completed product. After Venky's visit, we went to "Rupam Food Manufacturers Pvt Ltd" in Lonavala. It was also our last stop of the day as well as our IV. They manufacture and sell a variety of brittles. The company's business head Mrs Aditi Gupta, led us through the brittle-making procedure. There, we had the chance to watch the coconut chikkis being processed in person. These entire three days were full of fun, enjoyment. We all had an amazing experience. We were exposed to new learnings, be it related to unity with each and every person we met and also to new environment, experiments and new ideas. This was a wonderful time all together, which we all will cherish as sweet memories. We are all very grateful to our college for organising such a wonderful industrial visit.

**Students of
M.Sc. I and II Food Processing and Preservation**

A TOUR TO REMEMBER (2023)



An educational tour of the Department of Human Development for the academic year 2022-23 was conducted between the 13th to 18th of March 2023, with visits to the cities of Bhavnagar and Vadodara in Gujarat. The tour was organised by our teachers Prof Dr Kamini Rege and Ms Payal Maheshwari. The tour began from Bandra on 13th March, reaching Bhavnagar early morning the next day. We started off the day with a visit to the PNR Society for Relief and Rehabilitation of the Disabled, an umbrella institute including schools, intervention centres, research centres, etc. working for children with disabilities (cerebral palsy, mental retardation, multiple disabilities, autism spectrum disorder, and vision impairment, hearing impairment etc.).

We headed towards the Dakshinamoorthy Bal Mandir - the famous school founded by the pioneer of early childhood education in India; Gijubhai Badheka. It is a phenomenal school, following the principles of early childhood care and education given by Gijubhai himself, Montessori, etc. The quality of care provided to the children alongside the age and developmentally appropriate education was something we had only seen in theory so far; hence witnessing this in person made it all the more illuminating for us about childhood education in India.

We were in awe and amazement and its charisma was not getting over, yet we had to leave for Vadodara and so we did. We reached the city by evening; checked in and enjoyed a lovely dinner. The following day, we visited the Lakshmi Vilas (Palace built by the Maharaja Sayajirao Gaekwad III in 1980). Though not a part of the "educational"

aspect of the tour, it still gave us a broad context about Maharaja Sayajirao and his jurisdiction in olden Baroda and the impact it has had on education and lifestyle in current Vadodara. After an eye-opening tour by the guide in the palace, we left for our next stop on the map: Lakshya Trust.

Lakshya Trust is a non-profit organisation working for the welfare of (and awareness surrounding) Transgender community, specifically and LGBTQIA+ community in general. We learned that they work in tandem with multiple other agencies as well as the government to provide medical and otherwise intervention for the community. They graciously opened our eyes to their truths and realities and helped bust myths for us so that we could, stepping forward, be more empathetic towards them and help others as well. In the evening, we went to Navabazaar, Mangal market and Baroda Prints for some shopping and even visited the Sayajibaug garden for some sightseeing. On 17th March, we visited to the Maharaja Sayajirao University of Baroda; the highlight of which for us, was the Chetan Balwadi preschool. Similar to Dakshinamurthy Bal Mandir, they too follow the principles of Montessori and Gijubhai to provide optimal care and education to the children. We explored the Balwadi, observed their classrooms, materials, environment, etc. We also had a look at the HDFS Department of MSUB, where we finally got to meet the teachers of our teachers! After lunch at the hotel, we visited the Bal Bhavan Society working for the holistic betterment of children, including children with disabilities. From fine arts to music to dance to sports to disability intervention, you name it they provided it - and the best of it too. Once again, after this visit we went for shopping and dinner. This concluded our educational tour, and we left for Mumbai that same night, reaching home in the morning of 18th March 2023.

Ms Batul Ghadiali
(M.Sc. I Human Development)

FUN-TASTIC FEST: EVENT OF THE DEPARTMENT OF HUMAN DEVELOPMENT

The staff and students of the Department of Human Development organised a unique mela named 'FUN-TASTIC FEST' on Wednesday, 15th February, 2023. The Staff In-Charge of this event was Ms Rhonda Divecha. The preparation for this Mela began very much in advance, with student groups being divided along with designated teacher supervisors. Planning for the events began from deciding which stalls to include,



brainstorming ideas to make the event creative, financial planning, marketing the event, etc. The students along with their teachers finally decided about different sections and committees that would be the part of the Fest.

A team of students along with Ms Rhonda Divecha were named the Publicity and Sponsorship Committee and was responsible for making flyers, getting sponsorships, outsiders' stalls, promoting and advertising the event among people and organisations working with children. The Food Stalls Committee was supervised by Ms Khyati Sampat. The Games Stalls Committee was led by Ms Brenda Fernando; the Photo Booth by Ms Gulnaaz Engineer, the Back-To-School Expo, by Prof Dr Kamini Rege and Ms Payal Maheshwari, the Affirmation and Angel's Corner was guided by Prof Dr Anuradha J Bakshi and Ms Gulnaaz Engineer; and Thrift Store by Ms Vanitha D'Souza.

On the day of the Mela, the students as well as the teachers with great energy and enthusiasm welcomed the Chief Guest Dr Vini Sebastian, In-charge Principal of St. Xavier's Institute of Education to inaugurate the 'Fun-Tastic Fest'. The Chief Guest escorted by our honorable In-charge Principal, Prof Dr Anuradha J Bakshi, visited all the stalls and they enjoyed themselves. The students also placed themselves near the college entry gate to take care of the registration of the visitors from outside the college. It was pleasing to see how the students and the teachers alike, were immersed in the running of the event.

The Food Stalls provided relishing items like chaats, drinks, pastries, etc. while the Game Stalls were filled with enthusiastic visitors eager to play games like Match and Cheers, Dhan ka Santulan, Stack Attack, Drop the ball, Pipette Cards and Shift karo Kangan. The Back-to-School Expo took the visitors on a ride to their childhood memories with teaching aids, science experiments, and other different memories of the school, as well as a Zumba Section. Thrift store sold different items that were collected, creatively recycled and made new again. The Affirmation and Angel's Corner shared messages from the power above, and touched the hearts of those who visited there. A beautifully designed photo booth brought out the “fun and masti” in the visitors, to experiment with poses and click photos with different props.

Other than the above sections put up by the department students, the Publicity and Sponsorship Team brought in a variety of stalls sponsored by outsiders as well as in-house students from other departments and levels of the college. These stalls sold creatively made jewellery, handmade articles, household products, etc. Special mention has to be made about the group of Home Schoolers and their parents who put up a stall selling the handwork of these young entrepreneurs who ranged from 5 to 15 years.

The department students and the teachers continued with the same energy and enthusiasm from 9 am till 3:30 pm. This event exposed the students as well as visitors, to different experiences that will remain rooted in their hearts and minds as a sweet memory. Each student had their roles and responsibilities with regard to their own stalls, yet we all worked together to make this event a successful one.

Ms Meha Savla
(M.Sc. II Human Development)



A TRIP TO RAJASTHAN

The trip that we waited for so long!

Waiting for industrial visit was another level excitement.

Teachers had been planning it out for months and one fine day we got the tickets and the itinerary in our hands.

We couldn't wait!

We left for Bikaner on March 12th 2023.

We got a chance to see the rich heritage of Rajasthan. The Karnimata Temple, Junagarh Fort, Mehrangarh Fort, a heritage filled with art and architecture. A magnificent piece of Rajasthan's heritage, the Umaid Bhavan Palace, surrounded with superior interiors, armours, portraits of the king and royal clothing.

We also learnt about a lot of other things, We got the opportunity to visit the National Handloom Bikaner where we learnt about mojri making and handicrafts made of camel

wool. It is the centre of Miniature paintings, Oh! How intricately the work was done, how the beautiful colors were made and the importance of each. A national award winning artist, who makes beautiful frames, a durri weaving centre, and a lac bangles making place. It was truly amazing to see the hardwork that goes behind the beautiful products.

How could we not visit the sand dunes?

Ah! The last day. We got the good chance to go to see a dabu printing artisan, durri weaving and pottery. We learnt so much from each of them and of course we shopped so much! We paid a visit to the amazing Shri Ganesham Exports. A place filled with beauty! Range of fabrics made from different techniques. A truly beautiful experience. We ended the trip by visiting the dyeing and printing factory. It was time to say goodbye! Thus, our 4 days stay was over and we boarded our train and reached home.



It was a memorable trip full of joy and adventure. We shall never forget these days.



Ms Zaineb Zohair
(T.Y. B.Sc. Textile and Fashion Technology)

SEASONS OF FASHION - JAMBOREE FASHION SHOW

The run up to Jamboree Fashion Show is a feeling of ecstasy.

It is an intercollegiate, annual fashion show by the Department of Textiles and Fashion Technology. Jamboree Fashion Show displays garments designed and stitched by the students themselves.

When I arrived at Nirmala Niketan College, there were, the extraordinary, glamorous fashionistas, dancing around in high heels. I joined them in that very expectant atmosphere. The show started well on time. And students from T.Y. B.Sc. were the first ones on the ramp. There was this real buzz in the air as one after another the collections came up. A mixture of traditional and modern, ranging from simple formals to bridals, colours from simple as neutrals to as bright as Diwali. From garments for women to men to even kids, it was so delightful to see them all.

I personally liked the Splash of Zellij collection. Dresses made from a variety of exquisite fabrics, silk and satin cotton with patterned skirts and hairstyles that showcased a bohemian look. Then there was a collection, Afternoon in Paris, where I really loved this one dress that was a mixture of bold colours, with a floral circular skirt and a free jacket, very much like the Paris feels, Yes!



Bridals are always extravagant!

A complete collection of both the bride and the groom, by our very own students pursuing Masters.

The clothes were made with movement in mind and came to life as each one walked down the ramp so gracefully!

What a beautiful time it was! Kudos to all the talented designers and to the organisers for a brilliant show!

Ms Zainab Zohair
(T.Y. B.Sc. Textile and Fashion Technology)

EDUCATIONAL VISIT TO CHOR BAZAR

Mumbai's Chor Bazaar is one of the most famous places for shopping. It is located in South Mumbai. As soon as I reached there, I saw a huge range of shops along the corner. There was a large range of antiques, Victorian furniture, from vintage to fashion and electronics. A wide range of these goods were available. There I saw shopaholics rummaging for goods at throwaway prices.

Most shop owners understand the whims and fancies of the shoppers; therefore, if you are good at bargaining, then this might be the right place to be. Chor Bazaar is also considered as one of the busiest places in this city. In most of the shops I saw copper plated bathtub and very uniquely styled almirahs, huge timber doors carved with small structures. And all those carpenters and workers were polishing them so they could resell them.

I looked around and found myself surrounded by beautiful Islamic architectural buildings. Most of the lanes there are crammed with vendors selling all sorts of goods at very fluid prices.

Ms Mariya Siddiqui
(S.Y. Interior Designing)

JAMBOREE HAAT-THE NN FLEA MARKET



Here comes the most awaited event of the year, the “Jamboree HAAT”. It was on for two days, the first day was on 22nd September 2022, while the second day was on 25th January 2023. All of us were very excited to have this experience of participating in it.

During the first Jamboree HAAT, we all were curious as well as excited as it was our first time. We first started with making teams and then sourcing out for the products that we will have at our stalls. We met many new people during sourcing, made new contacts with the sellers and saw many new creative products. We found all the desired products at affordable prices and also did costing of the product. Finally after all of this, the day arrived. We all were happily decorating the hall and our own stalls to make it look more attractive. We were ready with the logo, the flyer, the packaging and a lot of enthusiasm. As the day passed, more and more customers were coming. They were equally excited to see our products and buy them. We learnt marketing skills and also handling different things form packaging to maintaining the finance. What an amazing day it was! The second Jamboree HAAT was very similar to the first. But, for this we had experience of handling the stall. We also had a few contacts to source things from. We made a few new contacts as well. This experience added a lot to our knowledge. We thoroughly enjoyed the whole experience.

Ms Shreya Mistry
(T.Y. B.Sc. Textile and Fashion Technology)

The moment Jamboree Haat is announced the entire T.F.T. department gears up for sourcing and shopping. There are different themes decided for Jamboree Haat every year. The theme for this year was “Action Replay”. We decorated the hall according to the theme and the entire TFT department dressed up in retro style. There was also a Photo Booth set up for clicking retro style pictures.

Jamboree Haat is a great opportunity to understand sourcing, pricing, branding and marketing. For sourcing the right products, my team and I did a small research on hot selling products. Since the Jamboree HAAT was put up in the college, our target groups were college students and the staff members. Products were priced at minimum range, making it easy on pockets for students. Each year we have a different experience of selling products.

Jamboree Haat boosted my experience in sourcing, communicating with vendors, finding the right place for sourcing, bargaining, exploring different places for sourcing and much more.

We received feedback and helpful tips from our teachers. At the end of the day, all the efforts put in were worthy and fruitful and it was a wonderful experience.

Ms Sakina Rangwala
(M.Sc. I Textile and Fashion Technology)

AN UNGORFETTABLE TRIP TO JAIPUR

On 6th March, we boarded the train from Bombay Central to Jaipur. We reached Savai Madhavpur on 7th March from where the journey began and our first destination was Ranthambore for the Tiger Safari.

The next day, we explored the Amber Fort where we learned about its history. In the afternoon, we visited the City Palace, where we visited different museums in the palace. We saw the clothes and other precious things that belonged to the royal family. After the City Palace we visited the Jantar Mantar. The guide there explained to us how the kings in the olden times calculated the time and direction. Our next visit was to Baapu Bazaar for shopping where we all had fun shopping chappals, sarees, and various other things famous in Jaipur.



The next day we visited a Carpet manufacturing unit, where rugs and the carpets were handmade by the artisans. As the ergonomics students, we had to address the artisans on their posture and workstation etc. The next industries which we visited were Poddar Shoes, an industry who manufactured shoes, chappals etc. and The HNS Coaches, who manufactured the buses and coaches. There too we had to address the workers working in the factory, understand the workers' postures and workstations. A DJ party was organized for us in hotel same day. The next day, we visited Omega where they manufactured instruments required for Physics and Chemistry. After this visit we headed to Kagzi Industry which was the manufacturer of handmade paper. We left for Jaipur station with lots of memories of the trip. This Industrial visit was a good learning experience along with enjoyment. We are thankful to our Principal and teachers for giving us the opportunity to visit Jaipur and also thankful to our tour guides for guiding us throughout the trip.

Ms Esha Yelve
(T.Y. B.Sc. Community Resource Management)

BORAHAE MUMBAI : CRM'S INFORMAL EVENT

The Borahae Mumbai is about an informal event organised by Hospitality students of CRM Department. Borahae in Korean language means to love someone so Borahae Mumbai.

The theme of this event was K-Pop vs Indi – pop. The guests were divided into two groups the one who supports the Indian pop and another one from Korean pop.

The event included the different games, workshops, dance, food etc...The guests were in the age group of 18 to 45. From this event we learnt the importance of team work, co-ordination, quick decision making strategy while being at the day of event. We also learnt from this event how to focus on budget and how to reduce the cost of everything to get the maximum profit from the event.

Our teamwork led to a successful event. That's why it is correctly said...Team work and unity are the strengths of an organization or a team.



Ms Dipti Kahar
(T.Y. B.Sc. Community Resource Management)

SCARY SKELEBRATION WITH A TINGE OF LOVE EVENT



Students of T.Y. B.Sc. from the Department of Community Resource Management organized an event Scary Skelebration on 11th of February 2023 with the theme of horror and a tinge of love as Valentine's day was around the corner. This event needed a lot of planning and which was done by girls from the group of hospitality electives under that guidance of Dr Roopa Rao. Event manager, financier and comperes were selected among the girls of this group. The event consisted of games, workshops, show, food and drink, a DJ and other fun activities. Girls from the college along with their friends, both boys and girls from the age group of 18 to 26 were invited for the event. The event saw a crowd of 60 to 70 people. The comperes Hetanshee Panchal and Iram Asgar kick started the event with a short introduction of the event, college and themselves and got the crowd's attention. Once the guests were in the party mood the ice breaker game with hula hoops was played. Dhara Doshi and Iram Asgar conducted it and got the event to start off with a lot of interaction and fun. After the ice breaker, the dance workshop was announced. Before the workshop could begin, Zainab Patanwala and Riddhi Chheda performed their spooky but beautiful dance moves for the audience, which were really enjoyable. After the performance they taught some jolly steps to the audiences and everyone with great enthusiasm danced to their tune. After this, Zainab Patanwala and Iram Khan conducted another game called Burst the balloons. The balloons were tied on the ankle of the participants and they had to burst the balloons of the other person while protecting their own. This game was so much fun with 4 winners being declared for this game. After this game a short 15 min break was announced. Instructions were given for the lucky draw coupon and 2 stalls

that were selling imitation jewellery and sweet confectionery. Food was yummy, pizza, chocolate as a dessert and Appy Fizz made all the hunger vanish and the guests returned more energetic for the remaining time of the event. After the break a dare game was played which consisted of people from the audience who had to show case their talents and was conducted by the comperes Hetanshee Panchal and Iram Asgar along with Sanobar Malandkar. First the flippers showed their moves from the crowd and they were very skilful, then a dancer, a singer showcasing and last but not the least there was a mimicry artist. The brilliant audience was cheering the participants. The last event was musical chairs played with a twist where participants had to play in pairs and have a seat for your partner besides you. Iram Khan and Ragini Yadav explained the rules. After this enjoyment the DJ played some wonderful music and the crowd went crazy on the floor. The audience and the organizers had a great time dancing. At the end the prizes were given to the various winners, distributed by Ms Iram Asgar and Ms Riddhi Chheda. The chits for the 2 lucky draw winners were picked up by the HoD of Department of Community Resources Management, Mrs Sunita Jaiswal. People from the audience shared their feedback for the event held. A vote of thanks to the department, college, guests and the organizers was given by the event manager Iram Khan. All the guests were given gifts as a token of appreciation. It was a great teamwork and a lot of sincere contribution from the students went in to make the event an enjoyable one.

**Ms Hetanshee Panchal
(T.Y. B.Sc. Community Resource Management)**

EDUCATIONAL VISIT TO OSHIWARA FURNITURE MARKET

24th Jan, 2023.

It is said that "If you're new to this city, this place should be on speed dial".

Oshiwara furniture market is one of the famous markets with a wide range of unique, beautiful, new and vintage furniture. From large Almirahs to cupboards, beds, cabinets, tables and what not, this market is like an endless gold mine that we'd like to keep digging. The entire stretch of the market has shops lined up with the shopkeepers enticing you with their antique teak pieces displayed nicely outside. You'll find pretty much everything here.

I saw a carpenter who was filling the crack with saw dust and putting fevicol over it and when it's dried he polished it and boom its good as it was before. The key to shopping here is – bargain, bargain and bargain incessantly. You can basically get anything between INR 500 to up to INR 10,000. They also make new furniture here so if you're in the mood for something brand new you can get it done here.

Ms Mariya Siddiqui
(S.Y. Interior Designing)

NIRMALA NIKETAN INSTITUTE DAY 8TH DECEMBER 2022

JOURNEYING TOGETHER FOR A BETTER TOMORROW



TEACHING AND NON-TEACHING STAFF PICNIC 2022-2023

To Rajhans Resort and Manas Resort





HIGHLIGHTS OF COMMITTEES

INTERNAL QUALITY ASSURANCE CELL (IQAC)

This summary captures the initiatives taken by the IQAC in 2022-23, highlighting its efforts to improve teaching, research, student development, and infrastructure.

Curriculum Design & Implementation

- The college is affiliated with the University of Mumbai, and curriculum delivery followed the university-approved syllabus.
- Holistic student development was emphasized through academic calendars, timetables, and faculty workload management.
- Orientation programs were conducted for undergraduate and postgraduate students.
- Faculty updated their knowledge through research, faculty development programs, and participated in University bodies (BOS).
- Experiential learning was encouraged through internships, projects, and student-led activities.
- Continuous Internal Evaluation (CIE) was implemented through theory and practical exams.
- The curriculum promoted core human values, professional ethics, and community engagement through various activities.

Teaching-Learning Process

- Slow and advanced learners were identified through observation and assessments.
- Special coaching, peer mentoring, and bilingual teaching were provided for slow learners.
- Advanced learners were encouraged to enrol in MOOC courses and organize seminars and events to enhance their leadership skills.
- Classrooms were ICT-enabled, with projectors, smart classrooms, and tools like MS Office, YouTube, and Google Classroom.
- Continuous assessment and evaluation were done through internal exams and viva-voce, with transparent communication on assessment criteria.

Research, Innovation and Entrepreneurial skill development

- Innovation and entrepreneurship were actively promoted through workshops, webinars, and student-led activities.
- Collaborations with the Ministry of Education's Innovation Council facilitated various initiatives.
- Faculty and students participated in research activities, which led to several awards in applied research.
- The College won the overall championship trophy – (First Rank for Zone 1 Mumbai 1) for the 17th Aavishkar Intercollegiate Research Convention.
- The College hosted the AARYA–the Intercollegiate Research competition for Interdisciplinary work conducted by the undergraduate students.

Community Engagement & Extension

- Programs such as commemoration of the National Nutrition Month, health awareness drives, and rural camps were organized.
- Extension activities were conducted in urban and rural setups which focused on nutrition, health education, self-care, healthy interpersonal relationships and entrepreneurial skill development etc, particularly for marginalized groups.
- Collaborations with the University of Mumbai, Department of Lifelong Learning and National Service Scheme facilitated impactful community engagement.

Student Support & Development

- Students participated in statutory and non-statutory committees like IQAC and Student Council.
- Workshops and seminars were conducted to enhance students' personal and professional growth.
- Entrepreneurial ventures, such as food stalls, Jamboree Haat, and CRM Market, were organized with active student participation.
- Alumni contributed to student development by conducting workshops, seminars, and serving as examiners.

Governance & Leadership

- The college leadership practiced participatory governance, with input from the Principal, IQAC, HoDs, teaching and non-teaching staff, students and management members.
- Entrepreneurship, sustainability, and innovation were key focus areas.
- Governance was decentralized, focusing on curriculum development and academic excellence.
- The college strengthened collaborations with industry and alumni for internships and job placements.

Infrastructure & Resource Management

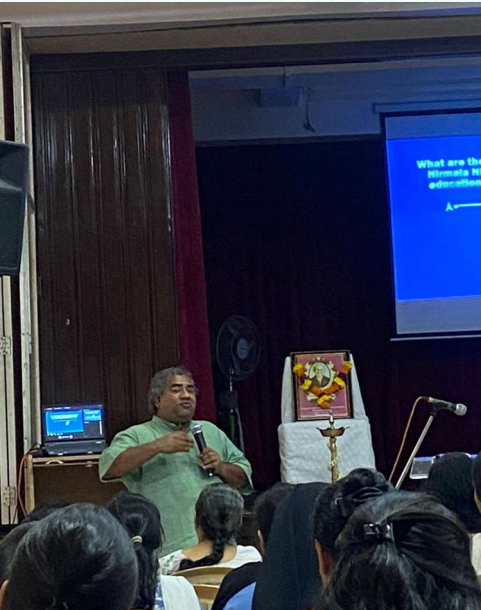
- Online systems were implemented for admissions, fee collection, and exam procedures.
- Infrastructure was upgraded with RUSA grants, enhancing labs, classrooms, and other facilities.
- Additional resources, including books, equipment, and technology, were procured to improve the learning environment.

Capacity Building

- Faculty and students were provided with training programs to enhance skills in line with the NEP and emerging trends.
- MOUs were signed with organizations to support research, internships, and experiential learning opportunities.

3-DAY FACULTY DEVELOPMENT PROGRAMME ON “STRATEGIC PLANNING”

by
Dr John Peter Anthony from Loyola College, Chennai
on 28/6/2022, 29/6/2022 and 30/6/2022



STUDENTS' COUNCIL AND SIP

The statutory committee of the Student Council (SC) comprised the following faculty members: Ms Rhonda Divecha-Convenor, Dr Neha Mulchandani, Ms Vrinda Udiaver and Dr Minelly Rodrigues. There were also 38 students in the group which included CRs and ACRs.

There were several Events/Activities organised by the Student Council during this academic year:

1. The 'Facility Tours of the College' were conducted this year, for all class groups on account of two years due to pandemic and consequently online classes. The tours were conducted by all the SC staff and began from 22nd June onwards, till all F.Y. B.Sc. groups entered college.
2. The Student Council arranged the 'Live Telecast of the AKHIL BHARATIYA SHIKSHA SAMAGAM' held at Varanasi, U.P., where the Hon'ble Prime Minister of India, Shri Narendra Modi delivered the Inaugural Address on the 7th of July 2022. Ms Rhonda Divecha took charge of this event and sent the report to University of Mumbai on 8th July 2023.
3. 'Traffic Awareness Quiz', an initiative for 'Road Safety and Traffic Rules Awareness' was organised for students and staff.
4. The Indian National Flag is a symbol of national pride for the entire nation. To honour our flag, the Government of India initiated a campaign "Har Ghar Tiranga" from 11th August to 17th August. The SC conducted a series of "Har Ghar Tiranga" contests/events to invoke the feeling of patriotism in the hearts of students from 11th of August to 15th August: a Poster Making Competition, a Slogan Writing Competition, and "My Tiranga Moment" an Online Selfie Competition. Ms Rhonda Divecha took charge of this event.
5. The Student Council of the College of Home Science celebrated the '75th year of India's Independence' in a grand manner. Ms Vrinda Udiaver took charge of this event. The commemoration was held on the 12th of August in the Marie Adelaide de Cice Hall.

The enthusiastic student members of the Student Council had got together to create a festive look by decorating the hall in tri-colour streamers and balloons. The college was indeed blessed to have Colonel Kaizad Bhaya (Veretan) a Kargil War hero to grace our programme. His speech was followed by an entertainment programme that was a good amalgamation of three group songs, three dances, three poem recitation, one speech and a small costume show. The entertainment programme

was followed by the playing of the Har Ghar Tiranga song, that saw the staff and the students unfurl the tri-colour with great energy. In order to understand the method of folding the flag after the unfurling, the flag rules were shared with all, so that all could uphold the sanctity of the flag. The event was a great success that was enjoyed by all the spectators and set the ball rolling for an enthusiastic celebration of the 75th Independence Day.



6. For 'Teacher's Day', the student members of student council of college under the guidance of Dr Neha Mulchandani, made personalized cards and artistic bookmarks. The handmade greetings were then given as a token of gratitude to all the teachers of the College by all the student members.

7. A Farewell Card was made for Mr Ashok Pardeshi on 31st July 2022 by the students, under the guidance of Ms Rhonda Divecha.

8. The Student Council arranged for the live telecast of the KASHI TAMIL SANGAMAM held at Varanasi, U.P., by the Hon'ble Prime Minister of India, Shri Narendra Modi on Saturday, the 19th of November, 2022. PM Modi inaugurated 'Kashi Tamil Sangamam' - a month-long programme being organised in Varanasi, Uttar Pradesh. Throwing light on the connection between Kashi and Tamil Nadu, the Prime Minister said that on one hand, Kashi is the cultural capital of India whereas Tamil Nadu and Tamil culture is the centre of India's antiquity and pride.

9. Christmas is the time of joyful and loving, sharing and receiving. There are also opportunities to be generous towards those who are employed and work for our benefit. One such opportunity is to felicitate our Class IV Employees, the Lab Assistants and Peons, that often respectfully are referred to as Sir, Aunty or Uncle. As done every year, this year too, students voluntary collected Christmas collection and presented it to them in envelopes during the Christmas Celebration

10. The Student Council organised the celebration of the 74th Republic Day in the college on 24th January 2023. The Chief Guest for the function was Commodore Sanjay D'Cunha, VSM, Indian Navy. After his speech, a cultural programme was put up by the students.

All in all, it was a successful year as the SC organised a plethora of interesting events.



**Ms Rhonda Divecha,
Convener**

INSTITUTION'S INNOVATION COUNCIL (IIC)

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

Staff Members in the committee comprised Dr Anjali Srivastava (President and ARIIA Coordinator), Ms Fatima Kader (Convenor), Ms Vrinda Udiaver (Start-up Activity Coordinator), Dr Ritu Madhan (Innovation Activity Coordinator), Dr Minelly Rodrigues (IPR Activity Coordinator), Ms Vibhuti Khedekar (Social Media Coordinator).

Activities organized during this academic year

- The World Environment Day was celebrated by organizing tree plantation activity and seed collection drive. This activity was organized on 23rd June 2022 in collaboration with NSS Unit of College and an Environment Consultant Ms Rashmi Joshi.



Sapling donated by Ms Rashmi Joshi for tree plantation

- An online session on “Out of the Box Thinking for Problem Solving” was organized by the Ministry of Education's Innovation Cell (MIC) on 28th June 2022 which was attended by students and faculty members of the college.
- Ministry of Education's Innovation Cell and All India Council for Technical Education had organized Regional meeting of Innovation Ambassadors on 1st August 2022 at Symbiosis International University, Pune in which four faculty members including Dr Anjali Srivastava, Dr Minelly Rodrigues, Ms Vibhuti Khedekar and Dr Ritu Madhan participated and presented a poster of achievements of IIC of College of Home Science Nirmala Niketan.
- A workshop on “Intellectual Property Rights (IPR) and Patents and Design Filing” was organized on 10th August 2022 in collaboration with Rajiv Gandhi National Institute of Intellectual Property Management, Nagpur.

- A seminar “*Disha- The Way Forward*” with a theme “Creation of Intellectual Property in the Field of Home Science” was organized by the Department of Foods, Nutrition and Dietetics under the aegis of IIC on 3rd and 6th August 2022.
- *Azadi ka Amritmahotsav* was celebrated by organizing a Slogan Writing Competition on theme “Women Empowerment: An Ongoing Agenda” in collaboration with Women Development Cell (WDC). Entries were open for all students, teaching and non-teaching staff. Submission date of slogan was 25th August 2022.
- Ministry of Education's Innovation Cell (MIC) organized an online telecast of Launch of 5G services by Prime Minister of India on 1st October 2022. This event was shown to the students in their classrooms using YouTube link provided by MIC.
- On occasion of Gandhi Jayati an intercollegiate competition “Innovative Product Development using Khadi fabric” was organized on 2nd October 2022. Submission date for designs was 12th November 2022.
- National Education Day was celebrated on 11th November 2022 to commemorate the Birth Anniversary of Maulana Abul Kalam Azad. IIC has taken up an initiative of 'Each One Teach One’ to teach underprivileged section of the society.
- Orientation Session of the Institutions' Innovation Council (IIC 5.0) for the academic year 2022-23 was organized online on 11th January 2023 by the Ministry of Education's Innovation Cell (MIC) and attended by IIC council members.
- Commemoration of National Science Day on 28th February 2023 was combined with Awareness and Action Research for Youth Awakening (AARYA) research competition. This year an International Interdisciplinary Undergraduate Research Competition was organized in collaboration with AARYA committee.
- Innovation and Entrepreneurship Outreach Program in Community was organized in collaboration with an NGO on 25th March 2023. The college participated in the Atal Ranking of Institutions on Innovation Achievements (ARIIA) which has been renamed this year as "NIRF-Innovation".



Poster presentation at International University, Pune



Certificate received from NIRF

**Dr Anjali Srivastava,
President of IIC**

STUDENT RESEARCH COMPETITION COMMITTEE

To inculcate research aptitude, interest, innovative ideas, observation, evaluation, thought provoking process and contribution to new knowledge, the committee encourages every year to participate in Aavishkar research convention and other research competitions.

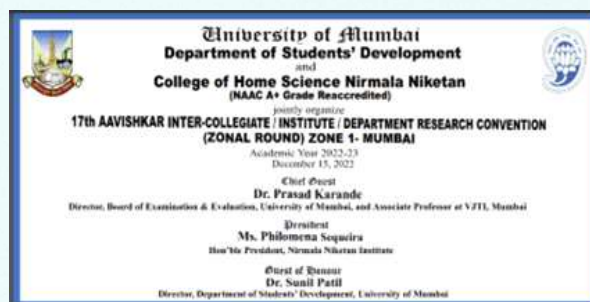
The staff members in the committee comprised: Prof Dr Kamini Rege - Convenor; Dr Roopa Rao, Dr Neha Mulchandani and Ms Vibhuti Khedekar (Student Coordinator).

Workshop for Zone 1(Mumbai I) 17th Inter-collegiate/Institute/Department Avishkar Research Convention on 22nd July 2022

It was indeed a year of celebration for college, as for the first time, the college got an opportunity to jointly organise workshop for 17th Inter-collegiate/Institute/Department Avishkar Research Convention along with Department of Student Development, University of Mumbai. Dr Sunil Patil (Director of DSD), Dr Minakshi Gurav (OSD), Ms Vrushali Kanneri (District Coordinator) and Dr Roopa Rao (District Co-Coordinator) were the University officials from DSD present during the workshop. The resource person for the workshop were Dr Meenakshi Gurav, Dr Sasikumar Menon and Dr Sunita Shailajan. The college was felicitated for organising the workshop on 26th December 2022. Prof Dr Kamini Rege and Ms Vibhuti Khedekar received the certificate on behalf of College of Home Science Nirmala Niketan.

Zonal round Zone 1 (Mumbai I) 17th Inter-collegiate/Institute/Department Avishkar Research Convention on 15th December 2022

The college for the first time also got an opportunity to jointly organise (Zonal round) for Zone 1 for 17th Inter-collegiate/ Institute/Department Avishkar Research Convention along with Department of student development, University of Mumbai. The chief guest for the Inaugural Ceremony was Dr Prasad Karande (Director, Board of Examination and Evaluation,



University of Mumbai, and Associate Professor at VJTI, Mumbai) and Dr Sunil Patil (Director, Department of Students' Development, University of Mumbai) was guest of honour. The other university officials present were Dr Minakshi Gurav (OSD), Mrs Vrushali Kanneri (District Coordinator) and Dr Roopa Rao (District Co-Coordinator). The College was felicitated for organising the zonal round on 26th December 2022. Prof Dr Kamini Rege and Ms Vibhuti Khedekar received the certificate on behalf of College of Home Science Nirmala Niketan.

17th Aavishkar Research Convention

The 17th Aavishkar Research Convention commenced from 15th December 2022. 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 College were 113 and the number of research proposals across all categories were 48. Out of 48 projects, nine projects were selected for the final inter-zonal round. These 9 projects presented their projects at Satish Pradhan Dnyanasadhana College, Thane on 26th December 2022 along with winners at the inter-zonal rounds from all 11 University of Mumbai Aavishkar zones. Results of the 17th Inter-Zonal Aavishkar Research Convention 2022 – 2023 were declared on the same

day. Three research projects were selected to participate at the 15th Aavishkar Maharashtra State Inter-University Aavishkar Research Convention 2022 – 23 from 12th – 15th January 2023 at Savitribai Phule Pune University, Ganeshkhind, Pune. Ms Zuha Shaikh (Textile and Fashion Technology) participant at the PG Level, C1 category; Guide – Dr Neha Mulchandani was awarded 1st prize for her podium presentation at State Inter-University Aavishkar Research Convention 2022 – 23.

Research competitions (Other Institutes)

Students also presented poster/paper at various International/National/Local conferences and won several prizes. The College also received overall trophy for Research at National Level SRIJNA 2023- a National Level Poster Presentation Competition on 25th February 2023 organized by Guru Nanak Institute of Research Development with Research Committee, G. N. Khalsa College.



Overall trophy for research at National Level to College of Home Science Nirmala Niketan

Workshop for Zone 1(Mumbai D) 17th Inter-collegiate/Institute/ Department Avishkar Research Convention, 22 July 2022



**Zonal Round (Zone 1) for 17th Inter-collegiate/
Institute/Department Avishkar Research Convention,
15th December 2022**



**Felicitation for the Avishkar Convention Overall
Championship of 2020-21 and 2021-22 by Respected
Honourable VC Prof Pednekar on 5th September 2022**



17th Inter-collegiate/Institute/Department Avishkar Research Convention Felicitation for conducting workshop and Zonal Round (Zone 1)



Ms Tulsiyan won the 1st prize for Category 4 PPG under the guidance of Dr Ela Dedhia at interzonal level

Teacher coordinator receiving the certificates

Awareness and Action Research for Youth Awakening (AARYA)

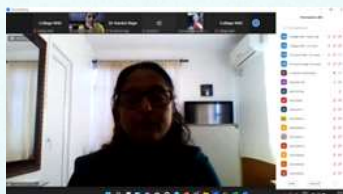
Awareness and Action Research for Youth Awakening (AARYA) Intercollegiate International Interdisciplinary Undergraduate Research Competition is an initiative of College of Home Science Nirmala Niketan to promote research at the undergraduate level. This is a platform for the students to explore their research skills at an early stage of their education.

Every year, the students of the F.Y. B.Sc. and S.Y. B.Sc. show tremendous interest in conducting a research study and this year too, they were enthusiastic about participating in this research competition organised by College of Home Science Nirmala Niketan. Hence the students were motivated to select interdisciplinary topics for their research study.

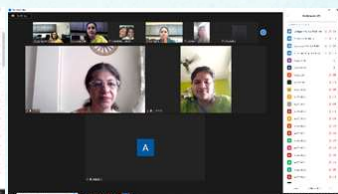
The competition was held on 28th February 2023 and was organised by Student research committee along with IIC. The event began with the keynote speakers address Dr (Ms) Anagha Vaidya Soocheta, Sr. Lecturer and Researcher, University of Mauritius who explained the importance of research. The presentation was held in an online mode. The jury of the competition included Dr Madhavi Nighoskar (Vice Principal, Prahladrai Dalmia Lions College of Commerce and Economics); Dr Armaiti Shukla (Head of Department, Department of Textiles and Apparel Designing, Sir Vithaldas Thackersey College of Home Science SNDT Womens University) and Dr Naina Salve (Assistant Professor, Alkesh Dinesh Mody Institute for Financial and Management Studies). The students participated with great enthusiasm and 18 research projects were registered for the competition. It was a well-planned and organised event, which received a lot of positive feedback from both students and guides.



Welcome Address by Prof Dr Anuradha J Bakshi, In-charge Principal



Welcome Address by Keynote Speaker Dr (Mrs) Anagha Vaidya Soocheta, Sr. Lecturer and Researcher, University of Mauritius



Feedback Session by Jury members

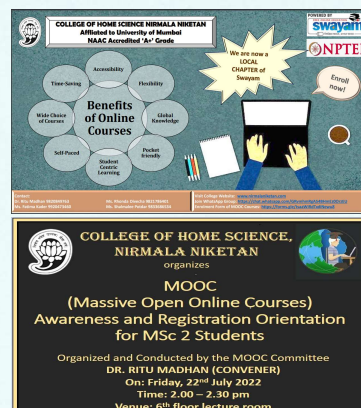
Dr Neha Mulchandani, Member

MOOC COMMITTEE

The academic year started with a series of orientations for the students and 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 23rd July 2022, where all the doubts and concerns of the students were clarified.

Staff Members in the committee comprised Dr Ritu Madhan (Convener), Ms Rhonda Divecha and Ms Fatima Kader. Fifty six students enrolled for various courses during the academic year of which forty students successfully completed the course. Five students from the college topped the courses they had enrolled for.

Name of the Student	Class	Department	Topped the Course in
Vidula Vinay Karhadkar	M.Sc. II	Foods, Nutrition and Dietetics	Product and Brand Management
Merlyn Dennis Mascarenhas	M.Sc. II	Food Processing and Preservation	Dairy and Food Process and Products Technology
Ayesha Khan	M.Sc. II	Foods, Nutrition and Dietetics	Basics of health promotion and education intervention
Asna Armar	M.Sc. II	Food Processing and Preservation	Design, Technology and Innovation
Zainab Kagalwala	M.Sc. II	Food Processing and Preservation	Product and Brand Management



A flyer of the 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.

**Dr Ritu Madhan,
Convener**

SCHOLARSHIP COMMITTEE

The Scholarship orientation was given to all the levels of the students regarding the various scholarships available at college level, government level and those available to students through various religious trusts as well as through various company scholarships. Regular announcements and messages were sent to remind students to apply for scholarship and keep them abreast of the dates for application. Below are the details of the various types of scholarships availed by the students:

College level need-based scholarship

Applications were invited for college level scholarships, and these applicants were then interviewed to know out more about their need. A total of 14 students received the scholarships and an amount of Rs. 77,000/- was availed by the students. The students were paid from the interest earned from fixed deposits for scholarships that were instituted by individuals and trusts through the years and also an additional amount collected through a special donation drive initiated by the Scholarship Committee for the year 2020-21 due to the pandemic.

Government scholarships:

A total number of 28 students applied for Government scholarship at the national and state level

- National level scholarship:
 - Three student applied and received scholarship under category of religious minority
- State level scholarships: A total of twenty five have applied for the scholarships.
 - Six students applied for the Government of India Post Matric Scholarship under the Social Justice and Special Assistance Department
 - One student applied for the Post Matric Scholarship Scheme under Tribal Development Department
 - Seven student applied for scholarship through OBC, SEBC, VJNT and SBC Welfare Department
 - Eleven students from open category applied for the Rajashri Chhatrapati Shahu Maharaj Shikshan Shulk Shishyavutti under the Directorate of Higher Education.

Ms Vrinda Udiaver, Convener

EMPLOYMENT PLACEMENT CELL

The Employment Placement Cell (EPC) at the College of Home Science, Nirmala Niketan, focused on comprehensive career development in the academic year 2022-2023. The aim was to equip students with skills and knowledge beyond job placements.

Staff members in the committee comprised Dr Roopa Rao (Convenor), Dr Neha Mulchandani, Ms Rhonda Divecha, Dr Tasneem Rawat and Ms Kashmira Dastoor. Major highlights included:

1. Skill Development Workshops:

- **Resume Writing Workshop:** Conducted on February 9th, 2023, this workshop aimed to improve students' resume-writing skills. It benefited a hundred and seventy-six students from various undergraduate and postgraduate programs in Foods, Nutrition and Dietetics, Textile and Fashion Technology, Human Development, Community Resource Management, and more.
- **Interview Facing Skills Workshop:** Held on February 28th, 2023, this workshop, conducted by Mr Hugo D'Souza, focused on interview preparation. It was attended by 102 students from different programs, including T.Y. B.Sc., M.Sc. II, and P.G. Diploma classes.
- **Classroom to Cubicle Workshop:** This workshop, led by senior learning and development trainer Mr Dilip Pinto, covered various aspects of transitioning from academics to the corporate world. It benefited 179 students from T.Y. B.Sc., M.Sc. II, and P.G. Diploma classes.

2. Campus Recruitment Drive:

- The 'Campus Recruitment Drive 2023' spanned three days and involved more than 95 students participating. Over 50 students received job offers from 13 companies, including positions in Human Resource (HR), content research, nutritionist roles, academic coordination, sales, and more.

- The drive involved companies from diverse sectors, indicating a wide range of job opportunities for students.

Studying Abroad Opportunities:

The session cum workshop on June 25th, 2022, featured Ms Ella Davis, Student Recruitment Manager at the University of Arts London. She introduced students to various postgraduate study programmes in London. This session primarily targeted postgraduate programmes in fields like fine arts, interior and fashion designing, photography, media screening, graphics, fashion business, and fashion branding.

Ms Ella Davis highlighted the six colleges under the University of Arts London and the various programs they offer. This session provided valuable information to students considering studying abroad.

Industry-Academia Collaboration:

While the committee vision is industry-academia collaboration as a future plan, it can be assumed that the workshops and campus recruitment drive already involved collaboration with industry experts and professionals who shared their insights and conducted sessions.

The OCER/OCLD (Oberoi Central Employment Register and Oberoi Centre of Learning and Development) recruitment process demonstrated collaboration with the hotel industry, allowing 19 students to apply for various positions in The Oberoi Group.

Future plans include further strengthening these collaborations, inviting more industry experts for guest lectures, internships, and industry projects, offering practical exposure to students, and aligning curriculum and skill development initiatives with industry requirements. These detailed insights provide a better understanding of how the EPC's initiatives directly benefited students and how they aim to continue enhancing students' employability through various programmes and collaborations in the future.

**Dr Roopa Rao,
Convenor**

INTERFAITH COMMITTEE

The Interfaith Committee comprised the following members: Ms Vibhuti Khedekar (Convenor), Ms Rhonda Divecha, Dr Anjali Srivastava, Ms Sheetal Fernandes and Ms Aashiyaan Amrelia. Riya Gandhi (T.Y. B.Sc. HD), elected as Student Convenor, Palak Shah (T.Y. B.Sc. FND), as Secretary and Mansi Palande (T.Y. B.Sc. HD) as Treasurer. Following events were organized by the committee during the year:

Raksha Bandhan

Interfaith Committee and National Service Scheme (NSS) jointly organized two sessions on Rakhi for Rakshak (A Rakhi making Session) on 28th July 2022 and A Salute to our armed forces on 3rd August 2022. More than 200 students enthusiastically made handmade Rakhi's along with a personalized message for the jawans.



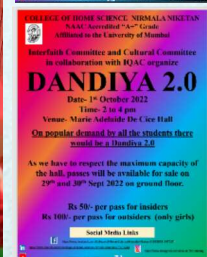
Veermata Mrs Anuradha Gore
Mother of Martyr Capt. Vinayak
Gore

The rakhis made by our staff and students were handed over to Mr Atmaram Parab, MD Isha Tours who presented them to Mi Ladakh Scout Regiment, Ladakh during the Raksha Bandhan Festival.

Raksha Bandhan at
Ladakh Scout Regiment

Dandiya

The Interfaith Committee and Cultural committee in collaboration with IQAC organized two Dandiya namely Dandiya and Dandiya 2.0 on 29th September 2022 and 1st October 2022 respectively to celebrate the festival of Navratri. DJ Tejas was invited for the same and it was a grand celebration with more than 500 students (250 per day) participating on each of the days



Khadi Utsav

The Interfaith Committee in Collaboration with IQAC and the Institution's Innovation Council organized “Khadi Utsav” an Intercollegiate competition on Innovation Product Development using Khadi fabric, to commemorate Gandhi Jayanti. A total of 9 participants registered for the competition and 7 participants from various colleges in Mumbai sent their innovative products made out of Khadi fabric.



Judge- Dr Ela Dedhia

Details of Winners

Name of the Student	Name of the College	Prize
Ms Charisma Thampy	College of Home Science Nirmala Niketan	1 st Prize
Ms Janice Devassy	College of Home Science Nirmala Niketan	2 nd Prize
Ms Fatema Mahuwala	College of Home Science Nirmala Niketan	3 rd Prize
Ms Afifa Shaikh	SVT College of Home Science	3 rd Prize
Ms Kamil Afifa Mohd. Hamid	Dr BMN College of Home Science	Consolation

Carol Singing Inter-collegiate Competition

The committee organized a Carol singing competition in collaboration with the Cultural Committee. The competition was held on the 22nd of December, 2022.



The winners of the competition were:

- 1) College of Home Science Nirmala Niketan- 1st Prize
- 2) College of Home Science Nirmala Niketan- 2nd Prize
- 3) Wilson College- 3rd Prize

Diwali Celebration



The students of the Interfaith Committee had a pre-Diwali celebration where they decorated the college reception area with a beautiful Rangoli and diyas. The staff of the college also celebrated by lighting the diyas.

Christmas Celebration

The Interfaith committee organized the Christmas program to celebrate the festival of Christmas.



**Prof Dr Vishaka Karnad
delivering a
Christmas message**

**Carol Singing by
Members of the
DHM Management**

Students from Junior College, Degree College, and Self-Financed courses actively participated in the celebration. The students performed carols, skits, and dances.



**Ms Vibhuti Khedekar,
Convener**

NATIONAL SERVICE SCHEME

The Committee comprised the following members Programme Officer- Dr Pratima Goyal, NSS Supervisor- Dr Anjali Srivastava, Dr Sheetal Joshi and Ms Vibhuti Khedekar. The team had 100 student volunteers headed by NSS student leader- Ms Fariha Shaikh.

NSS unit of college conducted various activities as per the guidelines provided by the NSS Cell of University of Mumbai. The activities fall under these categories;

1. Activities organized by the University of Mumbai:

- **Har Ghar Tiranga Rally-** Har Ghar Tiranga' was a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India's independence. The idea behind the initiative was to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag. The event was organised by Bharatiya Vidya Bhavan Sabhagrah on 09th August 2022. The NSS volunteers from various colleges participated in this rally.



- **Vishwa Marathi Samelan 2023** was organised by the Government of Maharashtra on 6th January, 2023 at Dome SVP Stadium, National Sports Club of India, Worli. Guests / dignitaries included Mr Nitin Gadkari, Mr Uday Samant, Mr Deepak Vasant Kesarkar.

2. Activities organised by the College

- **NSS Orientation** was organised on 20th July 2022. Dr Pratima Goyal, Programme Officer of NSS unit provided an insight to the aims and objectives of NSS. Introduction of NSS teacher members, leaders and a brief description of various types of activities conducted by NSS covered by her during the session.
- **75 Years of India's Independence** was commemorated by organising a cultural programme on 12th August 2022. The guest of honour of the day was Colonel Kaizad Bhaya. Total 127 students participated in the session from which 15 students were NSS volunteers. Cultural programme included patriotic dance, singing, poem narration and national anthem.



- **Mata Surakshit Tar Har Ghar Surakshit** was organised in collaboration with Women’s Development Cell and Diet Counselling Cell on 15th November 2022. The event was based on the importance of nutrition in our life. Health checkup and fitness tests were done for the students and staff members.
- **Street Play on Cyber Shiksha for Cyber Suraksha** - Organised by South Region, Cyber Police Station in the college premises on 3rd December 2022.



Mata Surakshit Tar Har Ghar Surakshit



Street Play

- **Commemoration of 150th Birth Anniversary of Swami Vivekananda** - on 13th January 2023 by remembering his teachings and celebrate his birth anniversary by having a poster competition. All students were asked to submit a poster digital/ handmade on the topic “Quotes of Swami Vivekananda” or “Teachings of the life of Swami Vivekananda”.

3. Area Based Project-1

- HIV/AIDS awareness training workshop organised by the Red Ribbon Club of MDACS (Mumbai District of Aids Control Society). A total number of 12 NSS volunteers attended this event. The volunteers were trained how to spread awareness about HIV/AIDS amongst their peer community which can turn into a benefit for the society, followed by RRC leaders were appointed from college.



- Coastal Cleanup Drive to celebrate International Coastal Cleanup Day. An induction programme was organised in collaboration with My Green Society and Indian Coast Guard for the NSS Volunteers from all over Mumbai on 4th August, 2022 at Meera Watumull Auditorium, R. D. National College, Bandra (W). “International Coastal Cleanup Day” is celebrated on third Saturday of September. On 17th September, 2022, a mega cleanliness campaign was organised under the aegis of “Azadi ka Amrit Mahotsav”.



- The NSS Unit had organised an awareness session for International Coastal Cleanup Day. The speaker for the day was Coastal Guard Officers. Total 150 students participated in the session from which 15 students were NSS volunteers. The session was organized by GO GREEN SOCIETY with collaboration in IQAC and NSS UNIT.



- We Speak Too, By Sanitation Workers on 24th September 2022. This event comprised of discussion with the sanitation workers about their condition and challenges. Also the sanitary workers were interviewed by various journalists.
- Session on Cyber Security: Cyber safe Mumbai on 27th September 2022



- World Aids Day 2022 Poster Making Competition on 3rd December, 2022
- Thanksgiving Ceremony for BMC Workers on 23rd December, 2022. The main objective of the event was to show them gratitude on the behalf of all of the college.
- Road Safety program at NCPA Nariman point on 11th January 2023.



4. Area Based Project-2

- Blood Donation Camp in Collaboration with Nair Hospital Blood Bank on 1st July 2022 at CSMT station. Number of NSS Volunteers involved 12.
- International Yoga Day was commemorated by organising a Yoga session on 21st June 2022. Total 127 students participated in the session from which 15 students were NSS volunteers. Various yoga postures like Vrukshasana, Padahastasana were introduced to the students by the Yoga practitioners.



- All Religion Prayer and Get-Together organised with a theme 'Celebrating Interfaith Partnership Beyond Caste, Class, Creed and gender Prejudice: Creating awareness for a better tomorrow' on 30th January 2023. This event was jointly organised by Daughters of SL Paul Bandra (W), Bandra Hindu Association, National Service Scheme Unit, R.D and S.H National College and S.W.A Science College Bandra (W). Total 5 NSS volunteers participated in the event.
- Beach cleaning on 17th September 2022



- Vishwa Marathi Samelan 2023 organized by Government of Maharashtra on 6th January 2023. Mr Nitin Gadkari, Mr Uday Samant and Mr Deepak Vasant Kesarkar were invited dignitaries. Total 16 NSS volunteers of our college attended this event.



**Dr Pratima Goyal,
Programme Officer**

CULTURAL COMMITTEE

This year 2022-2023, was a year of coming back from the lockdown and restart our journey back in the offline mode, from virtual to live mode of showcasing our talents and abilities. The year began with the formation of cultural committee, after many years some of the staff became the part of the committee again. We were excited to be together again. The staff included, Ms Payal Maheshwari- Convenor, Ms Vibha Hasija, Dr Ritu Madan, Ms Vibhuti Khedekar from Degree College, the self-financed diploma section was represented by Mr Amrish Mangle and from the Junior College section, Ms Zahida Taqi and Mr Shanker Pandey.

The students then joined the brigade and the cultural committee got the energy, the vibrant and refreshing vibes of the student's added the needed life to the team. The student core committee was represented by Ms Janice Devassy (T.Y. B.Sc. FND) - General Secretary, Ms Janvi Chedda (T.Y. B.Sc. HD), Secretary, Ms Ayesha Mirza (S.Y. B.Sc.) - Treasurer and Mr Prasad (T.Y. GDVC) - the Creative Head of the team.

This year started with a bang with large number of students participating in the Youth festival, organised by the University of Mumbai. Forty-five students participated in 22 different events under the leadership of Ms Vibhuti Khedekar. The college won prizes in two events Elocution (Ayesha Shamsi won consolation prize in the Zonal round) and cartooning, (Advika Shetty got selected for the Zonal round). This set the ball rolling and we continued with our participation in the intercollegiate fests of many other colleges, to name a few Kaleidoscope (Sophia College), Enigma (Poddar College), Aether (Wilson), Riwayat (Nirmala Niketan College of Social Work) and more.

Following students won prizes in different intercollegiate events:

Hinal Waghela	Ink Your Tale	Kaleidoscope (Sophia)	2 nd Prize
Khadija Jawadwala	The Ultimate Cook Off	Kaleidoscope (Sophia)	1 st Prize
Advika Shetty	Down The Memory Lane	Kaleidoscope (Sophia)	2 nd Prize
Misbah Khan	Shaam Shandar	Aether (Wilson)	2 nd Runner up
Mahima Shukla	Shaam Shandar	Aether (Wilson)	2 nd Runner up
Bhairvi Naik	Shaam Shandar	Aether (Wilson)	2 nd Runner up
Jerusha Cabral	Shaam Shandar	Aether (Wilson)	2 nd Runner up
Batul Ghadyali	Shaam Shandar	Aether (Wilson)	2 nd Runner up
Angela Varghase	Wandered Knots	Ole (Wilson College)	1 st Prize
Abigail Fernandes	Solo singing	Nirmala Niketan College of Social Work	2 nd Prize
Avantika Shaju	Classical Solo dance	Nirmala Niketan College of Social Work	3 rd Prize

This year the cultural committee hosted the first intercollegiate event Carol Singing Competition on 22nd December 2022. In total 9 teams participated from 4 colleges (including Wilson College, Xaviers College of Education, College of Social work Nirmala Niketan and College of Home Science Nirmala Niketan).

Then came the much awaited event the Annual Fest of the college - Nirmal Utsav. The staff and students of the committee were completely committed to make this event as the most memorable event and so they put their shoes on, wore the thinking cap and started with the brain storming sessions to chalk out,

how and what of the programme. After 3 years of Nirmal Utsav being in virtual mode, students were extremely excited about hosting the program in live mode.

The theme of this year was **AAGAAZ** which is an Urdu term which means '**A new beginning**', and being the 75th year of our Independence, **Desi Touch** resonated in all our events. Post Covid, the committee wanted to bring new segments to the Nirmal Utsav. A three day fest was planned which included in-house (11th January 2023) and intercollegiate events (1st February, 2023) and the Grand Finale of the event (2nd February 2023) in the form of cultural programme at the Birla Matoshree Auditorium, Churchgate. Another new segment added to Nirmal Utsav was hosting of Mr NN.

4th January, 2023: The unveiling of the Banner

The first event of the fest started with a big bang which was the unveiling of the banner. It was a short gathering of students, teaching and non-teaching staff, where the banner of our fest was rolled down from the 3rd floor of the college, announcing the beginning of our fest!

A logo and an Instagram page were created for Nirmal Utsav- Aagaaz 2023. https://instagram.com/aagaaz_2023?igshid=YmMyMTA2M2Y

11th January, 2023: In-house events

The list of in-house events was released shortly which was held on the 11th of January, 2023. There were multiple stalls which were put up by in house students and few outsiders. There was a dance workshop and a DJ party organized.

List of events held

- Nine competitions: Copy Kar Le Re Baba; Daya Pata Lagao; Host Bana dost; Mile Sur Hume Tumhare; Mehendi Heritage; Nail It; Behind the Scenes; Fashion ka Jalwa ; Paint and Pout
- Dance workshop by Mr Prasad Parab (Creative head of the committee)
- DJ party

More than 100 participants participated in different events. All events were judged by the in house teachers. The DJ party was held in the evening. The DJ for the evening was DJ Tejaz. The hall was full with students and teachers. Overall it was a fun day. This was the end of our first day of the fest.

20th January, 2023- 31st January, 2023: Nirmal Utsav Days were celebrated

Traditional Day on 20th January; Twin Day on 21st January; Tricolour Day on 24th January; Bollywood Day on 31st January.

31st January DJ party was organised on popular demands.

1st February, 2023: Intercollegiate events

For the first time, intercollegiate events were held in Nirmal Utsav. There were six competitions organized. They were:

- Hunar hunt; Aaj ka Scene Kya Hai; Chitt Meri Patt Teri; Chitrakala-E- ishq; Just shoot; Product Wahi Soch Nayi

Students from **5 colleges** participated for different events. We had various stalls set up by in house students and few outsiders.

Names of colleges who participated on 1st February, 2023:

1. KC College
2. Nagindas Khandwala College
3. College of Social Work, Nirmala Niketan
4. Bombay College of Pharmacy
5. BK Birla College

2nd February, 2023: Grand Finale

Intense practice and rehearsals were done for this day. The college was absolutely in a festive mode and all students of cultural committee and the participants of different events had just one aim in mind “to give their best”. Each detail was beautifully looked into by the staff and students of the organizing team.

2nd of February, 2023, the final day of the event, at the **Birla Matoshree Auditorium**, was the day of culmination of our hard work as a team. Each staff of the committee gave more than 100% to this event.

The Chief Guest for the day was **Mr Bhaskar Das (accomplished and awarded expert advertising professional and a certified speaker of reputed B schools)**, **Guests of Honor were Mr Savio John Pereira (Hair Stylist) and Ms Pam Pereira (Alumna JC)**.

Wide variety of events were planned which included medley of songs, a tribute to Lata Mangeshkar, Dance Drama on Spirit of India, marking the 75th independence of India Comedy skit, Folk dances representing all four sides of the country, North, South, East and West, Fashion shows by various departments (Fashion Design and Textile and Fashion Technology), performances by the teaching and non-teaching staff, and the CC dance.

The final round of Ms And Mr NN pageant for the year 2023 was also the part of the programme. Ms NN for the year 2023 was Ms Khushi Savla (T.Y. B.Sc. FND) and Mr NN was Mr Prasad Parab (T.Y. GDVC).

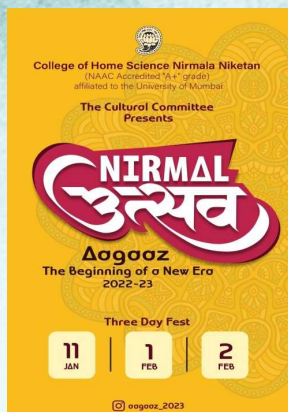
The cultural committee team of teachers and students worked diligently to make this year's Aagaaz a memorable event. The volunteers and the participants and their mentors worked unconditionally and gave their best. It has been a truly memorable Aagaaz 2023. My sincere thanks to Graphic Designing students and staff who worked behind the scenes and took care of all minute details to showcase the event in the most beautiful and memorable way.

I proudly conclude that this year's Nirmal Utsav AAGAAZ 23 has had many new beginnings:

1. For the first time in NN history more than 175 participants performed on the Stage.
2. For the first time in NN history we hosted Mr NN pageant.
3. For the first time, almost all events had mix of participants irrespective of the section or the class they were studying in.
4. For the first time, in many events the teachers participated along with the students as a participant.

One of the major reason along with the dedication, commitment and hard work of the team for the success of cultural committee events has been the dedicated efforts of our student treasurer Ms Ayesha Mirza. With her positive, proactive and never dying spirits the committee collected Rs. 1,61,810/.

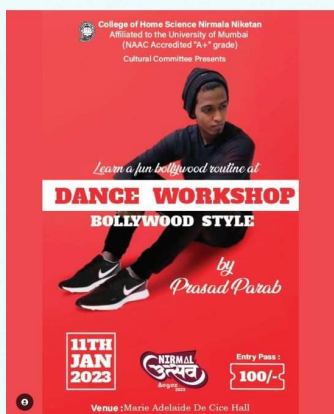
With this level of josh and spirits of all who have been a part of the committee as members or participants, I am sure Cultural committee is going to reach newer and newer heights in coming years. Overall, the Cultural committee has been a combination of hard-work, dedication and commitment of the students and faculty. May this be the beginning of the many Nirmal Utsav's to come. The benchmark has been set very high for coming years.



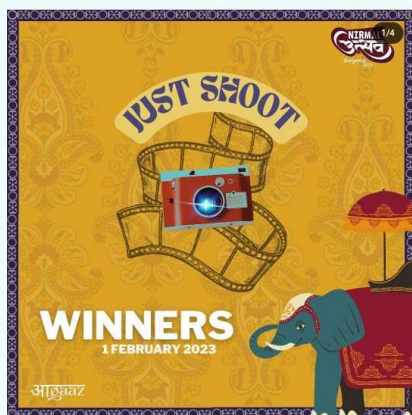
Banner Unveiled on 4th Jan 2023



Instagram Page



GLIMPSE OF 11th Jan 2023 – 1st Day of AAGAAZ 2023



GLIMPSE OF 1st Feb 2023 – 2nd Day of AAGAAZ 2023



Prayer Dance



Teaching Staff



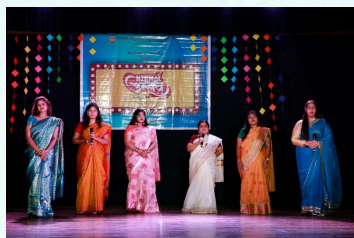
Rajasthani Dance



Spirit of India



Non-Teaching Staff



Tribute to Lata Mangeshkar



Comedy Skit



Ms And Mr NN Winners



Rejoicing Moment: Cultural Committee

Icing on the cake was that our event got featured in the Gujarati Mid-day times.

'Nirmal Utsav' celebrated at Mumbai's Nirmala Niketan College: Students showcase their talents

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The college annual festival 'Nirmal Utsav' was grandly organized by Nirmala Niketan College of Home Science, located in New Marine Lines and affiliated to Mumbai University. The fest provided an opportunity to students to showcase their dynamic talent in terms of literary arts, performing arts, fine arts etc.

Updated on: 06 February, 2023 12:31 IST | Mumbai | Gujarati Mid-day Online Correspondent



Image Courtesy: Prof. Vibha Hasija

**Ms Payal Maheshwari,
Convener**

Nirmal Utsav 'AAGAAZ 2023'



SPORTS COMMITTEE

This year the Sports Committee was represented by the following staff members; Dr Sheetal Joshi – Convenor, Ms Vrinda Udiaver, Ms Sanghmitra Navalgund, Ms Dipika Surve and Ms Jagruti Rathod.

The elections of the Sports Committee were held on 18th August 2022. The Sports Committee student members represented the F.Y. B.Sc, S.Y. B.Sc, T.Y. B.Sc, M.Sc and all the Self-Finance courses. The teacher members conducted the elections for the office bearers. All the student members elected six members to be the bearers for the following posts: President – Chirag Jain (T.Y. ID), Vice President – Ms Riddhi Gohil (T.Y. GDVC), Captain – Ms Rabab Shat (S.Y.ID), Vice-Captain – Husena Rangoonwala (T.Y. HD), Secretary – Ms Samrudhhi Suralkar (T.Y. B.Sc.), Treasurer – Ms Anushka Rewale (T.Y. B.Sc.).

The first activity of the Sports Committee was commemoration of the National Sports Day on 29th August 2022. The theme was “Stories that Coach”. Dr Neeta Tatke a renowned International level Mallakhamb player was invited to speak on the “Journey of a Mallakhamb Player”. Dr Tatke spoke about the struggles that she faced and the hard work she had to put in to achieve the best in Mallakhamb. Her talk was very impactful and motivated students. The programme was attended by a total of 174 students.



A poster competition on “Holistic Health and performance in Sports” was also organised for students. A total of 12 students participated in the same.

The Annual Sports Meet for 2022-23 was held in January and February 2023. The Indoor Sports were organised on 19th, 20th and 21st January 2023. The various events that were conducted were Carrom, Table Tennis, Badminton, Chess, Throw Ball and Dodge Ball. Students from all the sections participated in huge numbers this year. The total participation of students for Indoor Sports was 300 students which was the highest ever participation seen before. This event served as a morale booster to conduct the outdoor athletic meet at the University Sports Pavilion which was held on 7th February 2023.



After a hiatus of 2 years due to the pandemic, the members of the Sports Committee as well as the participants were very enthusiastic to organize the Annual Sports Day. The day began with unfurling of the college flag and the various students representing National level Sports - Chirag Jain, Anushka Rewale, Samrudhhi Suralkar lit the torch. This activity was done for the first time this year. The students also performed a March Past and a drill dance. 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 16 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.

**Dr Sheetal Joshi,
Convenor**

LIBRARY COMMITTEE

The college library is the gateway to knowledge. Focusing on the significant role of the library, our college Library has been growing steadily over the years. At present, it has a rich collection of 14821 books, 391 CDs, The library subscribes to over 36 journals, periodicals (8 E-journals), and six newspapers. It has a spacious and airy reading hall, accommodating 70 students at a time.

Collection Development: Some books are added to the library collection every year. This year, we have purchased 121 books and subscribed to 6 new Journals for the college library.

Library Software – Islim (Cloud-based): The library purchased an upgraded slim version of Islim, cloud-based software, in 2022.

Library Facilities: Book Bank, Reference Service, Circulation, Documentation, Photocopying, Bibliography, Inter-Library Loan, Current Awareness Service, Internet surfing, Online Public Access Catalogue, etc.

Library Activities: Book exhibition, Celebration of Marathi Bhasha Diwas, Book Donation Drive, Pick a book and take away, Vachan Prerana Diwas.

Library Orientation programme: Every year, orientation is conducted for newly admitted students in July.

MOU with BPCA's College of Physical Education : College library entered into academic collaboration on 13th May 2022 with B.P.C.A's College of Physical Education, Wadala



Library OPAC QR Code: The library has a QR Code for library OPAC.

Ms Prajakta Mhaprolkar,
Librarian

SOCIAL MEDIA AND WEBSITE MANAGEMENT COMMITTEE

The Committee comprised of the following members Prof Dr Vishaka Karnad (Convenor), Ms Sanghmitra Navalgund and Mr Sanjay Chandalia. The Committee of Social Media and Website Management Committee (SMWM) was newly formed this year for the purpose of augmenting visibility on social media and to coordinate the creation and development of the new College Website. The following are the links to the College Website and Social Media Handles. Students, faculty and well-wishers were requested to like/follow and share the links far and wide.

- College Website : <https://nirmalaniketan.com/>
- LinkedIn : <https://www.linkedin.com/in/college-of-home-science-nirmala-niketan-497a91244>
- Instagram : <https://www.instagram.com/chsc.nn?r=nametag>
- Facebook : <https://www.facebook.com/College-of-Home-Science-Nirmala-Niketan-110138191747057/>
- Twitter : <https://twitter.com/HmScNN?t=vvexwLhIkTMOOrdH6CQdL3A&s=08>
- YouTube : https://youtube.com/channel/UCU0K5I_wxGm6k-2ZOEMbt-g



The committee closely worked under the guidance of Prof Dr Anuradha J Bakshi I/C Principal, on strategic plans to enhance the aesthetics and functions of the College website and Social Media platform. The tasks were executed in coordination with Ms Thelma. Mr Mayur, Mr Khilin, Ms Aishwarya and Ms Komal of Onfees were actively involved in the creation and development of the College Website. Mr Fauzan frequently assisted in uploading content on the College Website. We are grateful for each contribution made towards making it successful

Prof Dr Vishaka Karnad,
Convenor

MARATHI BHASHA DIVAS COMMITTEE

Participation of Students in the “Chhatrapati Shahu Maharaja- Essay Competition on the Topic Samajkrantikarak Rajashri Shahu Maharaj

Eleven students participated in the essay writing competition organised by Chhatrapati Shahu Maharaj Research, Training and Human Development Institute (SARTHI), Pune on 14th October 2022.

Marathi Bhasha Savrdhan Pandharwada

“Marathi Bhasha Sanvardhan Pandharwada” is celebrated from 1 to 15 January every year to preserve the glory of the Marathi language and for the conservation of the Marathi language all over Maharashtra. The college organised various events and competitions both in online and offline mode to commemorate and celebrate the Marathi Language. Students from both Maharashtra and non-Maharashtrian cultures enthusiastically participated in the same.

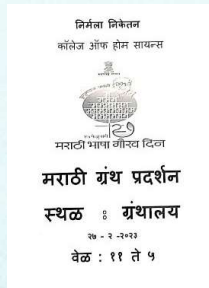


The details of the winners are as follows: -

Winners of Hand Writing Competition सुंदर हस्ताक्षर स्पर्धा			
Sr No	Name Of The Student	Class Of The Student	Details Of The Prize Won
1	Ms Vaishnavi Kanekar	F.Y.B.Sc.	First Prize
2	Ms Nafisa Soni	S.Y.B.Sc.	Second Prize
3	Ms Kirti Pevekar	S.Y.B.Sc.	Second Prize
4	Ms Khushi Nimani	S.Y.B.Sc.	Third Prize
5	Ms Tanvi Chavan	S.Y.B.Sc.	Third Prize
6	Ms Sonali Modak	S.Y.B.Sc.	Consolation
Winner of Reel Making Competition रील बनविणे स्पर्धा			
1.	Ms Sakshi Zinjad	S.Y.B.Sc.	First Prize
Winner of Essay Writing Competition मराठी निबंध स्पर्धा			
1.	Ms Mansi Palande	T.Y. B.Sc. HD	First Prize
Winner of Poster Making Competition पोस्टर बनवणे स्पर्धा			
1.	Mr Atharva Sanas	F.Y.GDVC	First Prize

मराठी पुस्तकांचे प्रदर्शन (लायब्ररी मध्ये)

Exhibition of Marathi Literature Books Displayed in the Library



मराठी चित्रपट प्रदर्शन -दहावी फ

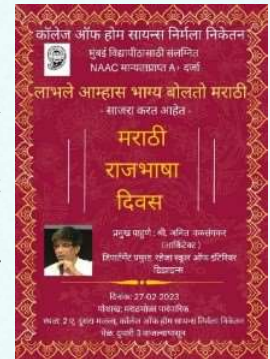
Screening of nationally and internationally appreciated and famous movie DAHAVI PHA

A total of 40 students watched the movie named Dahavai Pha.



Marathi Bhasha Divas Celebration

The college celebrated 'Marathi Bhasha Divas (Marathi Language Day) on Saturday 27th February 2023. Ms Vibhuti Khedekar hosted the programme. The Chief Guest for the programme was Mr Amit Valsangkar, Head of the Department B.Voc (Interior Design) L.S. Raheja School of Architecture. Dr Anuradha J Bakshi, In-charge Principal delivered the welcome address. Ms Cheryl Machado, Member of the Nirmala Niketan Institute also gave her best wishes to all for the programme.



The staff and students enthusiastically dressed up in traditional Maharashtrian attire to commemorate and actively participated in the program. The guests and the dignitaries relished the special Maharashtrian refreshments. 75 students and 15 staff attended the program



Ms Vibhuti Khedekar,
Convener

NATURE CLUB

Flamingo Watching Cum Nature Trail

The Nature Club of college organised a 'Flamingo Watching' activity at Thane Creek on the 29th January 2023 in collaboration with The Tern Travellers. Five students and two staff members participated in the activity.



Trek To Raireshwar: Nature Trail Cum Trek

The Nature Club of college in collaboration with Trekophy, organised the much awaited and tremendously in demand Nature Trail cum trek of the year on 4th and 5th February 2023, to Raireshwar, Bhor, Pune. In all fifty students and four staff participated in the trek.



**Ms Vibhuti Khedekar,
Convenor**

VISHAKHA COMMITTEE

The Vishakha Committee comprised of the following 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 organised Vicchar Dhara, an idea generation competition for the prevention of sexual abuse in collaboration with the Women's Development Cell under the aegis of the IQAC of the College. Eleven entries were received from the students and were scrutinized by three jury members and the prizes were announced. The prize winners are as follows:

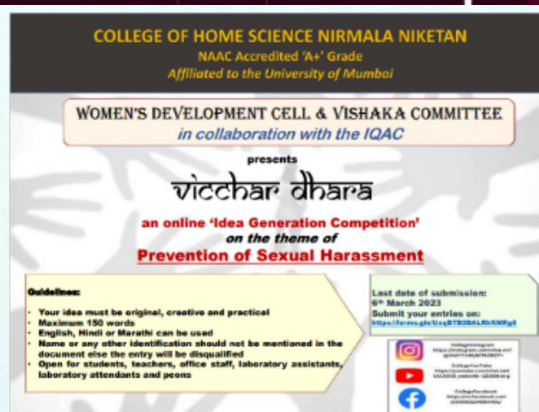
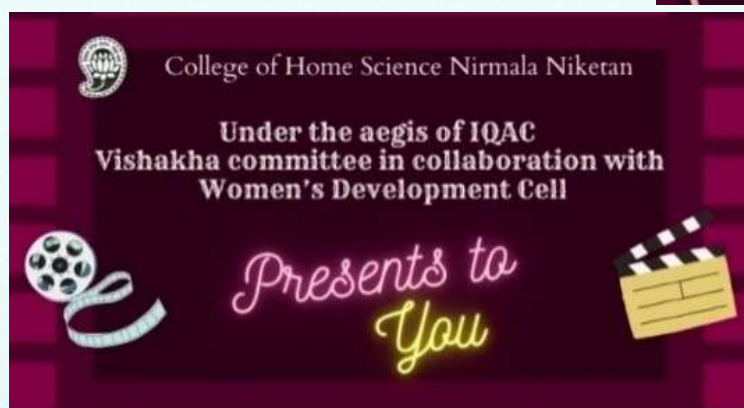
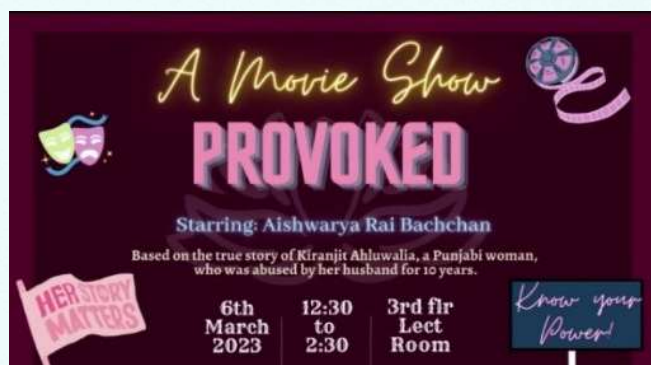
1st Prize: Ms Zikra Syed Joseph Babu

2nd Prize: Ms Mishri Modi

3rd Prize: Ms Aditi Anand Mogaveera

Dr Ritu Madhan and Ms Jacqueline Colaco (Women's Development Cell) jointly organised and conducted the activity. Certificates were presented to the prize winning students and the participants of the competition.

Vishakha Committee also jointly organised a movie screening, “Provoked” on the theme of Sexual abuse in collaboration with the Women's Development Cell on 8th March 2023. Thirty eight students attended the movie screening, after which key concepts of abuse were discussed with the students. Ms Payal Maheshwari and Ms Vibhuti Khedekar jointly organised and conducted the activity.



Dr Ritu Madhan,
Programme Officer, Vishakha Committee

MAGAZINE COMMITTEE

The Magazine Committee comprised of the following members Dr Neha Mulchandani (Convenor), Dr Minelly Rodrigues, Mr Amol Surte, Ms Shibani Samant and Ms Fatima Kader.

The Magazine committee was working simultaneously for the year 2021-22 and 2022-23 College Magazine. For College Magazine 2021-22 with the theme “Caring for Mother Earth: Caring for our Home”, the data was being collected, compiled and edited (reports, students creative expressions etc.). Along with this, the Degree, Self-Financed Diploma and College of Home Science came together as one entity this year and also because the country was celebrating Azadi ka Amrit Mahotsav, on the account of 75 years of Independence, the College decided on the theme “Fabric of Unity” for this year, which therefore is the theme for this year’s college magazine as well. The committee organised following two activities for the year.

Elocution Competition in collaboration with Cultural committee held on 9th January 2023

The competition was led by Mr Amol Surte from Junior College. The competition began in the presence of Prof Dr Anuradha J Bakshi I/C Principal, Dr Yasmina Avari, director of Self-Financed Courses, Ms Noella Dias (Manager of the College). Ms Roopa Rao from Junior College and Ms Sagarika Chattopadhyay, Assistant English teacher, retired from KC College were invited to judge the competition. Total twenty one students participated from College. The topics of the competition were “You are the architect of your life”, “Fabric of Unity” and “Science and Spirituality”.



Following students were awarded trophies and merit certificates

1st Prize: Ms Palak Amrishi Sanghvi, S.Y. B.Sc.

2nd Prize: Ms Aqsa Sajjad Hajwani, F.Y. B.Sc.

3rd Prize: Ms Anjali Vatwani, M.Sc. FPP I

Consolation: Ms Afreen Shaikh (F.Y. JC) and Ms Ashna Ansari Mohd. Aslam (F.Y. JC)

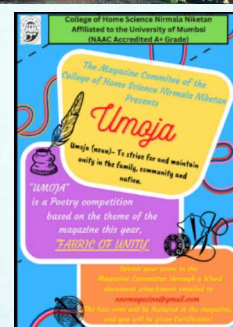


Umoja (To strive for and maintain unity in the family, community and nation) Poetry writing Competition

The committee also organized poetry writing competition where students were given few words such as unity, justice, threads etc. for including in their composition. Following students were awarded the merit certificates

1st Prize: Maniar Sidra Mohamed Hussain

2nd Prize: Zikra Syed Joseph Babu



College Magazine 2021-22 was planned for release during DDC for the batch 2021-22. The magazine 2021-22 was released on 5th August 2023. The link of the magazine on the College website is <https://nirmalaniketan.com/wp-content/uploads/2023/08/Expressions-2021-22.pdf>

**Dr Neha Mulchandani,
Convenor**



**NOTEWORTHY
ACHIEVEMENTS BY THE FACULTY**

CELEBRATING EXCELLENCE

**Prof (Dr) Anuradha Bakshi, Prof (Dr) Vishaka Karnad, and Prof (Dr) Kamini Rege
successfully completed their career advancement and
became full Professors in March 2023**

and

Dr Ritu Madhan became Associate Professor



Professor (Dr) Anuradha Bakshi



Professor (Dr) Vishaka Karnad



Professor (Dr) Kamini Rege



**Associate Professor
Dr Ritu Madhan**

CONGRATULATIONS
TEACHING STAFF (DEGREE COLLEGE)



MS VIBHA HASIJA
ASSISTANT PROFESSOR
July 1997-July 2022



PROF DR VISHAKA KARNAD
PROFESSOR
November 1997-November 2022

Congratulations
Ms Vibha Hasija and Dr Vishaka Karnad
on completing 25 years of dedicated service in
NN family as Degree College Faculty

CELEBRATING 25 YEARS OF SERVICE

Time...you elusive traveller, one blink and you are out of sight
How soon you take your flight
I am left with only gratitude for you
You have gifted me 25 years of light

Yes, my time here in Nirmala Niketan has been just that
A gift of light
I remember coming here as a 15 year old starry eyed student seeking admission and here I am so
many years later heading the department. The circle of life
It's the climb that is life!

Life...I learn this from you
The more we give, the more comes back renewed
It's the steps we climb every minute, every day
That takes us to the peaks

Life has brought me full circle, and I am humbled by the journey. This institution has been my
second home, nurturing me, guiding me, and helping me grow into the person I am today.

I am grateful for:
The invaluable lessons learned from esteemed colleagues, who have become lifelong mentors and
friends.

The opportunities to explore, experiment, and innovate in the realm of Foods, Nutrition, and
Dietetics.

The chance to shape young minds and watch them blossom into compassionate professionals.
The unwavering support and trust placed in me, allowing me to take on leadership roles.

Through trials and triumphs, Nirmala Niketan has been my rock. This college has taught me that
growth happens by doing, and that becoming a better version of oneself requires embracing
challenges.

As I look back, I realize that the true wealth of these 25 years lies not in achievements, but in the
relationships forged, the lives touched, and the love shared.

To my beloved Nirmala Niketan, I promise to continue giving back, supporting, and uplifting this
institution that has given me so much.

Thank you, dear Nirmala Niketan, for being my guiding light.

My name in every brick,
I am a pillar in the beauty of NN,
A bond that can never be severed away,
A part of being, here will always stay

With deepest gratitude and affection,

Ms Vibha Hasija
Assistant Professor
Head, Department of Foods, Nutrition and Dietetics

CELEBRATING 25 YEARS OF SERVICE

Nirmala Niketan

It's my place of love, purity and devotion

It's my place that makes an instant bond

Fills the heart for many persons

A deep emotion.

To choose,

Remembering my early days

As a young girl had many plans

And I had many ways

For my creative and talented self

To choose,

Waiting in admission lines

For a degree in Home Science

Affiliated to University of Mumbai

It had to be my place to picture through an open eye.

To choose was my fortune

Dreamt of climbing the sand dune.

To choose,

A path that led to so many more

Each sphere of knowledge opened a new door

To choose,

It became my warm home

Teachers teaching science for life

And the very art of living

To make me strong for any strife

More than just giving

To make a home, a career and a community

To shape the life of mine and others around me

To choose

It is Home Science with the world your home

Surrounding you

Encompassing the whole of you

It's not about cooking and sewing merely

It's an art and science of life and the world around you

It makes you

Your intellect being empowered

Your talents being flowered

Bloom and grow she says

Twenty-five years of teaching
Silver Anniversary she says
Not mere years
A place where teaching and learning
Go beyond education
Trains to perfection
Bringing a sense of intense jubilation
Gratitude I owe to all my teachers
Pride and Happiness I share with all my students
To choose
Amongst fields of equivalence
Can be a difficult choice
Cut the noise
Stay focused
You choose
Home Science
Be it Foods, Nutrition and Dietetics
Be it Human Development
Be it Textile and Fashion Technology
Be it Community Resource Management
Take cognizance
Whatever the field
It's finally about excellence
Through hard work and practice
The horizon is that very fine line
Finally, it's a meeting point
Make your own sunshine
Reach for that star
It's a place not too far for all

चमक उठते हैं, आज तेरी ही बदौलत
जख्मों ने तेरे तराश के
आज हमें हीरा बना दिया है.

Prof Dr Vishaka Karnad
Faculty, Department of Textile and Fashion Technology

STAFF ACHIEVEMENTS

Chairpersons / Jury / Expert / Invited speakers at Seminars / Conferences / Workshops

PROF DR ANURADHA J BAKSHI DR PRATIMA GOYAL MS VIBHA HASIJA PROF DR VISHAKA KARNAD PROF DR KAMINI REGE DR RITU MADHAN	DR ROOPA RAO DR NEHA MULCHANDANI MS KASHMIRA DASTOOR MR AMRISH MANGLE MR ATUL LOHAR MS AASHIYAAN AMRELIA
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Presentations at International level

PROF DR ANURADHA J BAKSHI DR PRATIMA GOYAL PROF DR KAMINI REGE DR ROOPA RAO	DR NEHA MULCHANDANI MS VIBHUTI KHEDEKAR DR TASNEEM RAV AT MR AMOL SURTE
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Presentations at National level

PROF DR ANURADHA J BAKSHI MS VIBHA HASIJA PROF DR VISHAKA KARNAD PROF DR KAMINI REGE	DR RITU MADHAN DR ROOPA RAO MS SANGHMITRA NAVALGUND DR TASNEEM RAV AT
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Publications at International Level

PROF DR ANURADHA J BAKSHI MS VIBHA HASIJA PROF DR VISHAKA KARNAD	DR ROOPA RAO DR NEHA MULCHANDANI MS PRAJAKTA MHAPRODKAR
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Publications at National Level

PROF DR ANURADHA J BAKSHI MS RHONDA DIVECHA MS VIBHA HASIJA PROF DR VISHAKA KARNAD DR RITU MADHAN	DR ROOPA RAO DR NEHA MULCHANDANI MS SHEETAL JOSHI MS PRAJAKTA MHAPRODKAR
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Editor / Reviewer of Journal/Book

PROF DR ANURADHA J BAKSHI DR PRATIMA GOYAL MS RHONDA DIVECHA PROF DR VISHAKA KARNAD	MS PAYAL MAHESHWARI PROF DR KAMINI REGE DR NEHA MULCHANDANI MS KHYATI SAMPAT
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Members of Board of Studies

PROF DR ANURADHA J BAKSHI DR PRATIMA GOYAL MS SUNITA JAISWAL MS RHONDA DIVECHA PROF DR VISHAKA KARNAD DR RITU MADHAN	DR ROOPA RAO MS FATIMA KADER MS KHYATI SAMPAT DR MINELLY RODRIGUES
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ADDITIONAL REMARKABLE ACHIEVEMENTS

Prof Dr Anuradha Bakshi

- Chairperson, Board of Studies for Human Development and Family Studies, Faculty of Family and Community Sciences, Maharaja Sayajirao University of Baroda, Gujarat
- Chairperson, Board of Studies for Human Development, SNDT University
- Consulting Editor, British Journal of Guidance & Counselling (BJGC), a Scopus journal, published by Routledge, Taylor & Francis
- Advisory Board Member, International Journal for Educational and Vocational Guidance, published by Springer
- Chairperson, Ethics Committee, Mukangan Education Trust

Dr Roopa Rao

- Appointed as the AAVISHKAR Co-coordinator for 17th Inter-Collegiate Avishkar Research Convention 2022 - 2023 for Zone – I (Mumbai – I) (Colaba to Mahim, CSMT to Matunga, and CSMT to Wadala), University of Mumbai.”
- Dr Roopa Rao was appointed as the Team Manager to lead the prestigious University of Mumbai team at the 17th Inter-University Aavishkar Maharashtra State Research Convention 2022 – 2023 organised by Rajya Bhavan, Maharashtra at Savitribai Phule Pune University (SPPU), Pune from 12th – 15th January 2023
- Dr Roopa Rao was Felicitated by Dr Digambar Tukaram Shirke, Vice-Chancellor (In-charge) and other university dignitaries at Management Council Room, Fort Campus on 21st March 2023 for successfully leading (as a Team Manager) and mentoring the University team of participants at the Anveshan National Level Students' Research Convention 2022 – 2023 organised by All India Universities (AIU), New Delhi at Ganpat University (GUNI), Mehasana, Gujarat State from 15th –16th March 2023.

Ms Prajakta Mhaprolkar

- Selected as Joint Secretary for the Maharashtra University and College Librarians Association (MUCLA) from the Mumbai University Council in 2023.

Ms Vibhuti Khedekar

- Appointed as a Team Manager of the University of Mumbai for the 36th West Zone Inter University Youth Festival 2022-2023 held at Ganpat University, Gujarat from 8th to 14th February 2023

Dr Sheetal Joshi

- Completed her Ph.D. on “Association of Lifestyle Disorder with Nutritional Status among the Transgender/Hijra population living in and around Mumbai” in May 2023.



TOPPERS AND ACHIEVERS

STUDENT AWARDS AND ACHIEVEMENTS

Achievers of the year 2022-2023

TOPPER IN HSC BOARD EXAMINATION

VAIDYA PARIJA RAJESH

TOPPER AT T.Y. B.Sc. LEVEL ACROSS ALL DEPARTMENTS

SAIFEE KHADIJA (Textile and Fashion Technology)

TOPPER AT M.Sc. LEVEL ACROSS ALL DEPARTMENTS

MASCARENHAS MERLYN (Food Processing and Preservation)

JUNIOR COLLEGE

CLASS	STUDENT	RANK
F.Y.J.C.	Shah Velika Nirav	First
	Pashte Teertha Rajesh	Second
	Vikam Harshie Kinjal Fakhi Zunera Shoaib Ahmed	Third
S.Y.J.C.	Vaidya Parija Rajesh	First
	Lohani Dimple Shankar	Second
	Gala Kashti Hemant	Third

DEGREE COLLEGE

CLASS	STUDENT	SEMESTER
F.Y.B.Sc.	Jain Darshana	Sem I
	Thomas Steena	Sem II
S.Y.B.Sc.	Mangipudi Kameshwari	Sem III
	Mangipudi Kameshwari	Sem IV

FOODS, NUTRITION AND DIETETICS (AIDED)

CLASS	STUDENT	SEMESTER
T.Y. B.Sc.	Shah Palak	Sem V
	Shah Palak	Sem VI
M.Sc. I and M.Sc. II	Ujjainwala Sakina	Sem I
	Ujjainwala Sakina	Sem II
	Gala Pankti	Sem III
	Gala Pankti	Sem IV

HUMAN DEVELOPMENT (AIDED)

CLASS	STUDENT	SEMESTER
T.Y. B.Sc.	Midhat Fatema	Sem V
	Midhat Fatema	Sem VI
M.Sc. I and M.Sc. II	Ghadiali Batul	Sem I
	Ghadiali Batul	Sem II
	Khan Shaheen Savla Meha	Sem III
	Khan Shaheen	Sem IV

TEXTILE AND FASHION TECHNOLOGY (AIDED)

CLASS	STUDENT	SEMESTER
T.Y. B.Sc.	Saifee Khadija	Sem V
	Saifee Khadija	Sem VI
M.Sc. I and M.Sc. II	Rangwala Sakina	Sem I
	Rangwala Sakina	Sem II
	Royal Riddhi	Sem III
	Shaikh Zuha	Sem IV

COMMUNITY RESOURCE MANAGEMENT (AIDED)

CLASS	STUDENT	SEMESTER
T.Y. B.Sc.	D' silva Annivea	Sem V
	Chavan Shruti	Sem VI

FOOD PROCESSING AND PRESERVATION (SELF-FINANCED)

CLASS	STUDENT	SEMESTER
M.Sc. I and M.Sc. II	Sakpal Shruti	Sem I
	Sakpal Shruti	Sem II
	Mascarenhas Merlyn	Sem III
	Kagalwala Zainab	Sem IV

SPORTS NUTRITION (SELF-FINANCED)

CLASS	STUDENT	SEMESTER
M.Sc. I and M.Sc. II	Kothari Sakshi	Sem I
	Suvarna Roma	Sem II
	V Sivaranjini Varathrajan	Sem III
	V Sivaranjini Varathrajan	Sem IV

FASHION DESIGNING (SELF FINANCED)

CLASS	STUDENT	SEMESTER
Certificate	Niyati Prashant Mehta	Sem I
	Niyati Prashant Mehta	Sem II
Diploma	Charmy Kiran Dattani	Sem I
	Charmy Kiran Dattani	Sem II
Advance Diploma	Jainam Hariya	Sem I
	Jainam Hariya	Sem II

GRAPHIC DESIGNING AND VISUAL COMMUNICATION (SELF-FINANCED)

CLASS	STUDENT	SEMESTER
Certificate	Rangwala Khadija	Sem I
	Rangwala Khadija	Sem II
Diploma	Hemdev Kashish	Sem I
	Hemdev Kashish	Sem II
Advance Diploma	Maru Dhvani	Sem I
	Maru Dhvani	Sem II

INTERIOR DESIGNING (SELF-FINANCED)

CLASS	STUDENT	SEMESTER
Certificate	Niyati Prashant Mehta	Sem I
	Niyati Prashant Mehta	Sem II
Diploma	Charmy Kiran Dattani	Sem I
	Charmy Kiran Dattani	Sem II
Advance Diploma	Jainam Hariya	Sem I
	Jainam Hariya	Sem II

·“The world is a fabric and all of its people are the threads that weave it together.”

- Anonymous

AWARDS AT 17th AVISHKAR RESEARCH CONVENTION

Out of 48 projects, following 9 projects were selected for the final round 17th Avishkar: Intercollegiate/Institute/Department research convention

Projects selected for the final round

Sr. No.	Category	Level	Name of Participants	Title of research proposal	Name of guide
1.	Commerce, Management and Law	UG	Khan Iram Khanam, Batul Rangwala Taiyab, Kadam Mrudula	Clean Sweep - Occupational Hazards among Hotel Housekeepers!	Dr Roopa Rao
2.	Commerce, Management and Law	UG	Zainab Patanwala, Melann Pinero Crystalline, Yelve Esha Vinod, Rampurawala Zahra	Sea - the Unseen Challenges of the Fishermen	Dr Roopa Rao
3.	Medicine and pharmacy	UG	Chheda Janvi Pankaj, Ashwini Parab Prita, Ansari Fatima, Mhatre Vaishnav Prashant Shilpa	Menstrual Hygiene Management Among Mentally Challenged Teens: Practices And Suggestions	Prof Dr Kamini Rege
4.	Humanities, Languages and Fine Arts	PG	James Jennifer Robinson	Husband's guide to peri-menopause: Recommendations for supporting their wife	Prof Dr Kamini Rege
5.	Commerce, Management and Law	PG	Patil Shrushti	Design and Development of Convertible Lunch Bag Made Up Of Banana Fibers	Dr Ritu Madhan.
6.	Agriculture and Animal Husbandry	PG	Rayal Riddhi	Ecogreen Stain remover	Dr Pratima Goyal
7.	Medicine and pharmacy	PG	Gala Pankti Sanjay	Critical evaluation of the Poshan Shakti Nirman scheme in one selected school – Solution Based Approach	Ms Vibha Hasija

8.	Pure Sciences	PPG	Ayesha Kherani	Effect of Curcumin-Piperine Supplementation on Pain and Physical Functioning in patients with Early Knee Osteoarthritis: OSTEOPUR-PIN TRIAL	Dr Geeta Ibrahim.
9.	Agriculture and Animal Husbandry	PPG	Anju Tulsian	Development of Encapsulates with Herbal combinations for Functional Finishes on Home Textiles	Dr Ela Dedhia

These 9 projects presented their projects at the inter-zonal round held at Satish Pradhan Dnyanasadhana College, Thane on 26th December 2022 along with Winners at the inter-zonal rounds from all 11 University of Mumbai Aavishkar zones. Ms Anju Tulsian-Ph.D. scholar, TFT participant at the PPG Level, C4 category; Guide – Dr Ela Dedhia was awarded 1st prize for her podium presentation.

Result of the Inter-Zonal Aavishkar Research Convention 2022 – 2023

Sr. No.	Category	Level	Rank	Name of Participants	Title of research proposal	Name of guide
1.	Agriculture and Animal Husbandry	PPG	FIRST	Anju Tulsian	Development of Encapsulates with Herbal combinations for Functional Finishes on Home Textiles	Dr Ela Dedhia

3 Research Projects were selected to participate at the 15th Aavishkar Maharashtra State Inter-University Aavishkar Research Convention 2022 – 23 from 12th – 15th January 2023 at Savitribai Phule Pune University, Ganeshkhind, Pune

1. Ms Anju Tulsian – Ph.D. scholar, TFT participant at the PPG Level, C4 category; Guide – Dr Ela Dedhia
2. Ms Zuha Shaikh – M.Sc. - II TFT participant at the PG Level, C1 category; Guide – Dr Neha Mulchandani.
3. Ms Zainab Patanwala – T. Y. B. Sc. CRM participant at the UG Level, C2 category; Guide - Dr Roopa Rao.

Ms Zuha Shaikh, TFT participant at the PG Level, C1 category; Guide – Dr Neha Mulchandani was awarded 1st prize for her podium presentation at State Inter-University Aavishkar Research Convention 2022 – 23.

**Result of the Maharashtra State Inter-University Aavishkar Research
Convention 2022 – 23**

Sr. No.	Category	Level	Rank	Name of Participants	Title of research proposal	Name of guide
1.	Humanities, Languages and Fine Arts	PG	FIRST	Zuha Shaikh	Plastic Wrap Waste for Sustainable Footwear	Dr Neha Mulchandani

The 15th Aavishkar Maharashtra State Level Research Convention 2023



**AWARDS AT AWARENESS AND ACTION RESEARCH FOR YOUTH
AWAKENING (AARYA)**

Topic	Rank	Name of Participants	Name of the guide
Ethical Fashion Consumption: Is it an Integral Part of the Consumers?	FIRST	Fatema Saifuddin Mahuwawala Advika Satish Shetty Megan Maria Monteiro Taniya Rajeevan Paramban Pavitri Joseph Chelladurai	Dr Neha Mulchandani
Modern Technology in Education- A Boon or a Bane	SECOND	Laiba Siddiqui Vrunda Patel Aatmaja Oza Eshika Wagh	Ms Vibhuti Khedekar
Legal Awareness about Senior Citizens' Rights among the Elderly and their Significant Others	THIRD	Palak Sanghvi Zeenat Sayyad Khushi Piyush Savla Vishaka Sukumar Purkait Kirti Shrikant Pevekar	Ms Brenda J Fernando

SHINING BRIGHT, LIKE A STAR



Experience of a Gold Medallist at the 15th Maharashtra Inter State University Aavishkar Research Convention 2023, in the category of Humanities, Languages and Fine Arts at PG level.

I was selected as a wild card entry where I got a great opportunity to represent my College, College of Home Science Nirmala Niketan and the University of Mumbai. I bagged a gold medal at the 15th Maharashtra Inter-State University Aavishkar Research Convention 2023, in the category of Humanities, Languages and Fine Arts at PG level.

It was held from 12th-15th January 2023, at Savitribai Phule University, Pune. My research topic was 'Plastic Wrap Waste for Sustainable Footwear' under the guidance of Dr Neha Mulchandani. At that event over 636 participants from 22 universities in Maharashtra presented their projects. It was an astonishing experience to represent our college and compete with so many students and universities. There, I learned many new things. And, I definitely made many wonderful friends and beautiful memories with them. We were felicitated by Hon. Vice Chancellor of Mumbai University Dr D.T. Shirke. Mumbai University secured the overall championship award and 19 individual trophies. The whole event was covered in multiple newspapers with our names which was like a 'dream come true' experience for me.

I also got a chance to exhibit my project at Raj Bhavan, Mumbai. My research project was selected along with other 26 projects from all over Maharashtra by all the members of different Universities and Raj Bhavan. It was a golden opportunity to represent

my College and University again at Raj Bhavan, such a great platform on the remarkable day of 26th January 2023. It was a surreal experience and a proud moment to present my project to Hon. C.M. of Maharashtra Shri Eknath Shinde and Hon. Governor of Maharashtra Bhagat Singh Koshyari Sir, Chairperson of State Women's Commission Ms Rupali Chakankar, M.P. Mr Rahul Shewale, Diplomats from various countries, Chief Secretary Manu Kumar Shrivastava, senior government officers of the Armed Forces, Administration and Police, Singer Udit Narayan Sir and many more such Dignitaries and Industrialists. They appreciated my work and many of them showed their interest in working with me in the near future.

It was truly a blessed moment given to me by the grace of the Almighty. And I can't thank enough my guide, Dr Neha Mulchandani for her guidance, encouragement and great support. Deep gratitude to Dr Sunil Patil and Dr Minakshi Gurav and the mentors of Mumbai University, specially Dr Roopa Rao and Dr Manish Deshmukh for selecting me and for all the guidance, knowledge and support throughout. I would also like to thank my In-charge Principal Prof Dr Anuradha J Bakshi and HOD Dr Pratima Goyal and all the teachers for their support and blessings. I would also like to thank my family and my classmates, special thanks to my best friends Ms Riddhi Rayal and Ms Serena Pereira and all friends for all the motivation and support.



Felicited by Hon. V.C
Dr D. T. Shirke

With my guide
Dr Neha Mulchandani

Pictures at Raj Bhavan



**Ms Zuha Fatima Mohd Aamir Shaikh
(M.Sc. II Textile and Fashion Technology)**

AWARDS IN SPORTS EVENTS AND ACTIVITIES

COLLEGE INDOOR GAMES

S.No.	Name of the Event	Names of Winners
1.	Table Tennis - Singles (Girls)	Gold –Roma Suvarna (M.Sc. I – SN) Silver –Hanshu Jain (F.YJC)
2.	Table Tennis - Singles (Boys)	Gold –Joshua Almeida (ID) Silver – Vedant Patil (M.Sc. II – SN)
3.	Badminton – Singles(Girls)	Gold – Megan Braganza (JC), Mrunmayee Dalvi (T.Y. B.Sc. FND), Harshita Solanki (FYFD) Silver – Babita Chhetri, Enola Gonsalves (M.Sc. – FPP) Bronze –Harshita Solanki (FYFD)
4.	Badminton – Singles (Boys)	Gold – Prasad Parab (T.Y.GDVC) Silver – Rohan Sharma (S.Y.ID) Bronze – Chirag Jain (T.Y.ID)
5.	Carrom Singles	Gold – Vedant Patil (M.Sc. II – SN) Silver – Aroba Shaikh (S.Y. B.Sc.)
6.	Carrom Doubles	Gold –Sara Burud (FY JC)and Shruti Gupta (FY JC) Silver – Navya Mistry (T.Y. B.Sc TFT) and Anushka Rewale (T.Y. B.Sc. CRM)
7.	Chess	Gold – Tanvi Gala (M.Sc. FND) Silver – Mansur Pardawala (ID)

ANNUAL ATHLETIC MEET – 7th February 2023

Best Athlete (Female) –Anushka Rewale (T.Y. BSc. CRM)

Best Athlete (Male) – Mansur Pardawala (F.Y.ID)

S.No	Name of the Event	Names of Winners
1.	Javelin Throw (Girls) Javelin Throw (Boys)	Gold – Charvee Raut (S.Y.JC) Silver – Nafiza Ezzi (T.Y. B.Sc.) Bronze – Aatmaja Oza (S.Y. B.Sc.) Gold – Prasad Parab (T.Y.GDVC) Silver – Murtuza Jaorawala (F.Y.ID) Bronze – Prem Pathar (F.Y.ID)
2.	Shot Put (Girls) Shot Put (Boys)	Gold – Arya Motaghare (M.Sc. I – SN) Silver – Zikra Syed (T.Y. B.Sc. FND) Bronze – Nafisa Ezzi (T.Y. B.Sc. FND) Gold – Zarhaan Khambata (M.Sc. I – SN) Silver – Prasad Parab (T.Y.GDVC) Bronze – Jainam Haria (T.Y.ID)
3.	200 mts Running (Girls) 200 mts Running (Boys)	Gold – Kinjal Oza (F.Y. B.Sc.) Silver – Zainab Kapadia (F.Y.GDVC) Bronze – Anushka Rewale (T.Y.B.Sc CRM) Gold – Mansur Pardawala (F.Y.ID) Silver – Rohan Sharma (S.Y.ID) Bronze – Vedant Patil (M.Sc I – SN)

4.	400 mts Running (Girls) 400 mts Running (Boys)	Gold – Anushka Rewale (T.Y. B.Sc.) Silver – Mubarka Suterwala (F.Y.ID) Bronze – Zainab Kapadia (F.Y.GDVC) Gold – Mansur Pardawala (F.Y.ID) Silver – Rohan Sharma (S.Y.ID) Bronze – Murtuza Neralwala (F.Y.ID) Murtuza Jaorawala (F.Y.ID)
5.	Long Jump	Gold – Aatmaja Oza (S.Y. B.Sc.) Silver – Anushka Rewale (T.Y. B.Sc.) Bronze – Mubarka Suterwala (F.Y.ID) Arya Motaghare (M.Sc. I – SN) Gold – Chirag Jain (T.Y.ID) Silver – Mansur Pardawala (F.Y.ID) Bronze – Rohan Sharma (S.Y.ID)

DOCTORAL AWARDS (Ph.D. Home Science)

Name of Scholars	Title of Thesis	Guide
Dr Alaanah Fernandes	Assessment of the Nature and Extent of Recreational Activities for The Elderly Residing in Old Age Homes	Prof Dr Kamini Rege
Dr Sheetal Joshi	Association of Lifestyle Disorders With Nutritional Status Among Transgender Population (Male To Female) Living in Around Mumbai City	Dr Veena Yardi

“Unity is not uniformity. It is the combination of differences held together by a common vision.” - Anonymous

STUDENT AWARDS IN VARIOUS COMPETITIONS AND RESEARCH ACTIVITIES

Foods, Nutrition and Dietetics

Every year the Department confers various awards to deserving students based on the research done at the T.Y. or M.Sc. level. There are three awards that are presented.

Utkarsh Awards: sponsored by the Indian Dietetic Association, Mumbai Chapter for Excellence in Research in Foods, Nutrition and Dietetics. Since awards for 2019-2020, 2020- 2021, 2021-2022 were distributed together as the Prize distribution could not be conducted because of the COVID-19 pandemic. The awards were distributed at the Prerna - Rise Inspired event conducted on 26th September 2022.

Utkarsha Awards (2019 -20)		
Nikita Kanchan	M.Sc. 2 FPP	1 st Prize
Geeta Premani	M.Sc. 2 FND	2 nd Prize
Mubasshira Mazhar	M.Sc. 2 FPP	3 rd Prize
Arshiya Kadri	M.Sc. 2 FND	3 rd Prize
Utkarsha Awards (2020 -21, 2021-22)		
Sakina Tabha	M.Sc. 2 FND	1 st Prize
Salma Khokhar	M.Sc. 2 FND	2 nd Prize
Pushpa Pal	M.Sc. 2 FND	3 rd Prize

Nirmal Seva Puraskar Awards- The Nirmal Seva Puraskar was instituted by the Department for the research project with the greatest impact on the community. The Awards were distributed at the Prerna - Rise Inspired event conducted on 26th September 2022.

Gyan Rachna Awards- The IDA Mumbai Chapter Award for Generation of Creative Edutainment and Infotainment Resources in Foods, Nutrition and Dietetics for students of T.Y. B.Sc. Home Science (Foods, Nutrition and Dietetics).

Prizes for Gyan Rachana 2019-2020, 2020-2021 and 2021-2022 were awarded to students during Prerna- Rise Inspired event held on 26th September 2022.

Nirmal Seva Puraskar Awards (2019-20, 2021-22)	
Arshiya Kadri	1 st Prize
Charmaine Dunn	2 nd Prize
Olivia Crasto (2019-20)	2 nd Prize
Briana Rodrigues	3 rd Prize

Gyan Rachna Awards (2019-20)	
Mitali Savla	1 st Prize
Gargi Shah	2 nd Prize
Gautami Avalur	3 rd Prize
Gyan Rachna Awards (2020-21)	
Uneza Fakhi	1 st Prize
Vidula Karhadkar	2 nd Prize
Sarah Vazir Ali Kalinawala	3 rd Prize
Gyan Rachna Awards (2021-22)	
Khadija Mohammed Ali	1 st Prize
Radhika Mishra	2 nd Prize
Aashna Mehta	3 rd Prize

Nutrikhoj Awards 2021-2022

The prizes were awarded during the Prerna-Rise Inspired Event held on 26th September 2022.

Name of Student	Study Title	Guide's Name	Prize
Sarrah Dohadwala, Vidhi Gala, Zainab Hinglawala, Sumaya Kadge, Vidhi Karia	Gut Stories	Ms Vibha Hasija	1 st Prize
Khadija Ali, Shareena D'Silva, Nirali Gala, Enola Gonsalves, Shreya Tamse	Fibre Bomb	Dr Tasneem Ravat	2 nd Prize
Sneha Nair, Maryam Patrawala, Dipti Shah, Azra Shaikh, Fiza Shaikh	Changes in Snacking Behaviour during Online Classes among College Students	Ms Jacqueline Colaco	3 rd Prize

Human Development

- Awarded BEST PAPER IN TECHNICAL SESSION to Ms Shreya Anchan, Ms Jinagna Gondalia, Ms Shaheen Khan and Ms. Sakina Peer (M.Sc. 2 HD) for presenting research titled “Use of Online Counselling During The COVID-19 Pandemic: Perspectives of Counsellors” guided by Prof Dr Anuradha J Bakshi at an International Conference on “Mental Health and COVID-19: Challenges And Future Prospects” on 25th November 2022 organised by Aligarh Muslim University.
- Awarded THIRD (BEST PAPER) PRIZE PG Category to Jennifer James M.Sc.I-HD for presenting her Research titled Recommendations For Supporting The Wife During Perimenopause: A guide for Husband's Guided by Prof Dr Kamini Rege in SRIJNA 2023-at the National Level Poster Presentation Competition SRIJNA – Nurturing Creativity and Innovation organized by Guru Nanak Institute of Research & Development (GNIRD) and Research Committee of Shiromani Gurudwara Parbandhak Committee's Guru Nanak Khalsa College of Arts, Science, and Commerce (Autonomous), Mumbai -19 on 25th February 2023.
- Awarded CONSOLATION PRIZE to Ms. Rashida Ghadiyali (T.Y. HD) for Poster Presentation on occasion of National Science Day for research titled “Exploring the Challenges and Support Needs of Primary Caregivers Caring for Children (Birth to 12 Years) with Cancer” guided by Prof Dr Kamini Rege at National level Poster competition Organised by Guru Nanak Khalsa College of Arts, Science and Commerce.
- BEST PAPER AWARD to Jennifer James M.Sc.I-HD for presenting research titled Perimenopausal Stage: Perception Of Husbands' And Wives Guided by Prof Dr Kamini Rege in International conference Role of Counselling in Dealing with Mental Health Issues on 23-24 September, 2022 Zoom Meeting (Online) sponsored by Aligarh Muslim University, Aligarh (U.P.) INDIA



Textile and Fashion Technology

- Awarded FIRST (BEST PAPER) PRIZE PG category Ms Srushti Patil, M.Sc. II, TFT (Bag-o-mat: Eco-Friendly Convertible Lunch Bags) Guided by Dr Ritu Madhan Participated in SRIJNA 2023- at the National Level Poster Presentation Competition SRIJNA – Nurturing Creativity and Innovation organized by Guru Nanak Institute of Research & Development (GNIRD) and Research Committee of Shiromani Gurudwara Parbandhak Committee's Guru Nanak Khalsa College of Arts, Science, and Commerce (Autonomous) on 25th February 2023.



- Awarded FIRST PRIZE Ms. Sakina Rangwala and Ms. Zehra Shajanpurwala M.Sc. I, TFT Poster Presentation at 9th International Conference on "Social Sustainability" through Perspective and practices to enhance lifestyle quotient School of Fashion Technology- Pune Powered by SNDT Women's University, on 1st -2nd December 2022
- Awarded SECOND PRIZE Ms Srushti Patil, M.Sc. II, TFT (Bag-o-mat: Eco-Friendly Convertible Lunch Bags) Guided by Dr Ritu Madhan in Anveshan 2023- a Poster Presentation Competition on 3rd April 2023 organized by Smt Maniben Nanawati Women's College

- Awards: Jamboree Annual fashion Show

Best Garment at T.Y.B.Sc.	Ms Madiha Ansari (Masala Box), Ms Kamaksha Kadam (Afternoon in Paris), Ms Shreya Mistry (Splash of Zellij), Ms Madiha Siddiqui (Moda Elegance)
Best Collection T.Y. B.Sc.	Splash of Zellij
Best Women's Wear Garment at M.Sc. I	Ms Zehra Shajapurwala
Best Men's Wear Garment at M.Sc. I	Ms Maitri Dharod
Best Collection M.Sc. I Menswear	Brown Munde Men's wear- Indian Traditional Wear
Best Women's Wear at M.Sc. II	Ms Riddhi Rayal (Enchanted Fairy Lores)
Best Draped Garment M.Sc. II	Ms Apeksha Bole (Revamped Renaissance)
Best Sustainable Garment at M.Sc. II	Ms Rashida Vohra and Ms Riddhi Rayal (Revivere)
Best Men's Wear Garment at M.Sc. II	Ms Bilquis Dhrolwala (Rajwadi Tales)
Best Collection M.Sc. II Menswear	Rajwadi Tales Indian Traditional Attire in Knitted Fabric
Best Accessorized Garment at M.Sc. I	Ms Sakina Rangwala and Ms Niyati Shah (AccessorEyez)
Best Styled Garment by M.Sc. II	Ms Zuha Shaikh (Brides of India)
3 rd Prize for the Best Garment Collection Intercollegiate Competition	Nirmala Niketan Self Financed Certificate Diploma Programme in Fashion Design (Rebirth And Rejuvenate)
2 nd Prize For Best Garment Collection Intercollegiate Competition	M.Sc. II Textile and Fashion Technology Department (Enchanted Fairy Lores)
1 st Prize For Best Garment Collection Intercollegiate Competition	SASMIRA (Charismatic Kutch)

Community Resource Management

- Awarded **SECOND (BEST PAPER) PRIZE** in the Undergraduate Level Competition to Melann Pinero and Zainab Patanwala for their research presentation titled 'Wave of Survival - Challenges faced by Fishermen' Guide Dr Roopa Rao in SRIJNA 2023 at the National Level Poster Presentation Competition SRIJNA – Nurturing Creativity and Innovation organized by Guru Nanak Institute of Research & Development (GNIRD) and Research Committee of Shiromani Gurudwara Parbandhak Committee's Guru Nanak Khalsa College of Arts, Science, and Commerce (Autonomous) on 25th February 2023 
- Awarded **THIRD (BEST PAPER) PRIZE** in the Undergraduate Level Competition to Sanobar Malandkar for presenting her group research titled 'Occupational Health of Bartenders' Guide Dr Roopa Rao at the National Level Poster Presentation Competition SRIJNA – Nurturing Creativity and Innovation organized by Guru Nanak Institute of Research & Development (GNIRD) and Research Committee of Shiromani Gurudwara Parbandhak Committee's Guru Nanak Khalsa College of Arts, Science, and Commerce (Autonomous) on 25th February 2023.  
- Awarded **SECOND (BEST PAPER) PRIZE** to Shruti Chavan, Falguni Parmar, Deepansha Darji and Khushi Chheda from CRM Department for presenting her group research poster titled "Sleep-Wake-Work: Struggle of the BPO Employee." Guide Dr Roopa Rao at the National Level Poster Presentation Competition Elysium Research Convention (Elysium “Vande Bharatam” – A tribute to India's Culture and Diversity) organized by MKLM's B. L. Amlani College of Commerce and Economics, and N. R. Nathwani College of Arts in collaboration with Unit of DLLE, University of Mumbai on 12th March 2023 at MKLM's B. L. Amlani College of Commerce and Economics, Vile Parle (West).

AWARDS IN VALUE ADDED COURSES

VALUE ADDED COURSE IN NUTRITION EXERCISE AND FITNESS

- Ms Palak Shah (T.Y. B.Sc. FND) - **1st Highest Marks**
- Ms Fakhi Uneza (T.Y. B.Sc. FND) and Ms Shaikh Aaliya (T.Y. B.Sc. FND) - **2nd Highest Marks**
- Ms Marathe Sanika (T.Y. B.Sc. FND) and Ms Nandu Neyati (T.Y. B.Sc. FND) - **3rd Highest Marks**

ONE YEAR DIPLOMA COURSE IN ORIENTATION TO INDIAN SIGN LANGUAGE

- Ms Palak Sanghavi (S.Y. B.Sc.) - **1st Highest Marks**
- Ms Palak Tiwari (S.Y. B.Sc.) - **2nd Highest Marks**
- Ms Mahima Singh (S.Y. B.Sc.) - **3rd Highest Marks**

ADD-ON CERTIFICATE COURSE IN ENTREPRENEURSHIP IN TEXTILE CRAFTS

- Ms Thomas Steena (F.Y. B.Sc.) - **Highest Marks and Best Project**

ADD-ON CERTIFICATE COURSE IN VISUAL MERCHANDISING

- Ms Savla Vrushmi Harshad (F.Y. B.Sc.) - **Highest Marks**
- Ms Shelar Sanika Balkrishna and Ms Miranda Zenia (F.Y. B.Sc.) - **Best Project**
- Ms Shelar Sanika Balkrishna (S.Y. B.Sc.) and Ms Savla Vrushmi Harshad (F.Y. B.Sc.) - **100% Attendance**

ONE YEAR ADD-ON DIPLOMA COURSE IN CAD-CAM AND COMPUTER TECHNOLOGIES IN THE APPAREL INDUSTRY

- Ms Khadija Saifee (T.Y. B.Sc. TFT) - **Highest Marks**

ADD-ON ONLINE AND OFFLINE DIPLOMA COURSE IN CAD-CAM AND COMPUTER TECHNOLOGIES IN THE APPAREL INDUSTRY- INTERMEDIATE

- Ms Prachi Barthwal (T.Y. B.Sc. M.Sc. I) - **Highest Marks**

ADD-ON ONLINE AND OFFLINE DIPLOMA COURSE IN CAD-CAM AND COMPUTER TECHNOLOGIES IN THE APPAREL INDUSTRY- INTERMEDIATE

- Ms Riddhi Rayal (T.Y. B.Sc. M.Sc. II) - **Highest Marks**

ADD-ON ONLINE AND OFFLINE DIPLOMA COURSE IN PERSONAL STYLING GROOMING AND FITNESS

- Ms Sani Lopes (F.Y. B.Sc.) and Ms Rahila Khatri (T.Y. B.Sc.) - **Overall Toppers**
- Ms Zenia Miranda (F.Y. B.Sc.), Ms Sanvi Rawool (F.Y. B.Sc.) and Ms Shreya Mistry (T.Y. B.Sc.) - **Best Project**

VALUE ADDED COURSE IN WORKSTATION DESIGN AND APPLIED ERGONOMICS

- Ms Chavan Shruti - **1st Highest Marks**
- Ms Chheda Khushi - **2nd Highest Marks**
- Ms Pinero Melann - **3rd Highest Marks**
- Ms Darji Deepansha - **Highest Marks (WD)**
- Rangwala Batul - **Highest Marks (AE)**
- Chheda Khushi - **Highest Marks (Prac)**
- Chavan Shruti, Parmar Falguni, Chheda Khushi, and Darji Deepansha - **Best Project** “Assessment of Occupational Health (Ergonomic, Physical, Shift Work and Circadian Rhythm) Among Employees in the BPO Sector”

SCHOLARSHIPS

Principal's Scholarship for toppers at the graduation level (Semester V and VI) toppers at the post Graduate level (Semester I, II, III and IV)

Topper of FND T.Y.B.Sc. Semester V and VI	Shah Palak
Topper of HD T.Y.B.Sc. Semester V and VI	Midhat Fatema
Topper of TFT T.Y.B.Sc. Semester V and VI	Saifee Khadija
Topper of CRM T.Y.B.Sc. Semester V and VI	Chavan Shruti
Topper of FND M.Sc. Semester I + II + III + IV	Gala Pankti
Topper of FPP M.Sc. Semester I + II + III + IV	Mascarenhas Merlyn
Topper of SN M.Sc. Semester I + II + III + IV	Mehta Hitaksi
Topper of HD M.Sc. Semester I + II + III + IV	Khan Shaheen
Topper of TFT M.Sc. Semester I + II + III + IV	Shaikh Zuha

Merit Based Scholarships:

Ms Deepti Patwardhan Award for securing highest marks in SY B.Sc. practical in Nutritional Meal Planning Sem III	Parmar Grishma
Ms Deepti Patwardhan Award for securing highest marks in S.Y. B.Sc. practical in Pattern Making, Garment Construction and Styling for Women's Wear Sem III	Savla Khushi
Ms Deepti Patwardhan Award for securing highest marks in S.Y. B.Sc. practical in Nutritional Meal Planning Sem IV	Bhabhra Amandeep Kaur
Ms Deepti Patwardhan Award for securing highest marks in S.Y. B.Sc. practical in Pattern Making, Garment Construction and Styling for Women's Wear Sem IV	Soni Nafisa
Nirmala Niketan Institute Thresiamma Joseph Memorial Prize: Rs. 501/- to T.Y. B.Sc. student desirous of doing MSc in FND but unable to afford the fee or all-round best student of FND (regular in studies, hardworking, polite, readiness to render any service, readily participates in college extracurricular activities)	Gandhi Bushra
Principal C. Galby Scholarship for highest marks in third Year Textile and Fashion Technology and currently pursuing M.Sc. I in the Department of Textile and Fashion Technology in the College of Home Science, Nirmala Niketan	Saifee Khadija
Ms Noemia D'Souza Scholarship of Rs. 1500/- to T.Y. B.Sc. TFT student who gets highest marks in MSc I to support her research in M.Sc. II	Rangwala Sakina
Smt. Makaben Premji Vora Scholarship for securing highest marks in the field/extension work in T.Y. BSc	Midhat Fatema
Award instituted by teachers of CRM department for student getting highest marks in the practical of Aesthetic in Design at the F.Y. B.Sc. level (Sem I).	Shah Krisha
Award instituted by teachers of CRM department for student getting highest marks in the theory of Introduction to Tourism and Hospitality Industry at the F.Y. B.Sc. level (Sem II).	Waghela Hinal

Award instituted by teachers of the CRM department for student getting highest marks in Elective of Residential Interiors in T.Y. B.Sc. Sem V.	Khan Ummaima
Award instituted by teachers of the CRM department for student getting highest in Elective of Hotel Front Office Operations in T.Y. B.Sc. Sem V	Doshi Dhara
Award instituted by teachers of the CRM department for student getting highest in Elective of Kitchen Planning in T.Y. B.Sc. Sem VI	Khan Ummaima
Award instituted by teachers of CRM department for student getting highest in Elective of Housekeeping Operations in T.Y. B.Sc. Sem VI.	D'Silva Annivea
Dr Pratima Goyal's Prize for scoring highest marks in practical's at T.Y. B.Sc. Semester V – Textile and Fashion Technology	Mistry Shreya
Dr Pratima Goyal's Prize for scoring highest marks in practical's at T.Y. B.Sc. Semester VI – Textile and Fashion Technology	Kadam Kamaksha
Dr Pratima Goyal's Prize for scoring highest marks in practical's at M.Sc. Semester I – Textile and Fashion Technology	Shajapurwala Zehra
Dr Pratima Goyal's Prize for scoring highest marks in practical's at M.Sc. Semester II – Textiles and Fashion Technology.	Rangwala Sakina
Dr Pratima Goyal's Prize for scoring highest marks in practical's at M.Sc. Semester III – Textiles and Fashion Technology.	Royal Riddhi Raut Apurva
Dr Pratima Goyal's Prize for scoring highest marks in practical's at M.Sc. Semester IV – Textiles and Fashion Technology.	Royal Riddhi

“Unity is strength; when there is teamwork and collaboration, wonderful things can be achieved.” – Mattie Stepanek



STUDENTS' EXPERIENCES

NUMINOUS FIRGUN

Razzle Dazzle World of Research - Aarya

My experience with AARYA was definitely a roller coaster to describe at best. There were times that it was so stressful that I wanted to give up, not just me, but everybody in the group. But we were equally determined to get done with it and do our best at it. In the beginning when it was time to pick a topic, we had so many different ideas that were under consideration, every person of the group contributing to one topic that they knew the best, but finally it came to something we all "knew" about, I say like that because... We didn't have too much of an idea of the topic to an extent where we'd understand where to start the research. 'Ethical Fashion Consumption' was something we had discussed very briefly. We had to read up a tonne on it, a lot of our own misconceptions were cleared, and we then had a clear path we knew what we wanted to walk on. A really bumpy path! It was endless days of staying back, no matter how long of a day we had. Having online meetings to discuss it, constantly being after our mentor to help us with things. Our mentor, Dr Neha Mulchandani was persistent from the very beginning, pushing us when we slowed down, guiding us all the way. Be it any problem she would help us. We actually felt the stress in the last couple of weeks before the day of the competition. The entire group was continuously worried about getting the work done, searching for brands to interview. We had a few successful encounters and some disappointments. At this point of time it was just working harder and pushing each other to get the work done... and we did it on time. The day of the competition... It was a day of mixed feelings, I'd say. We were all so nervous yet excited that the day had finally dawned and we'd been able to show everybody our work. We were really happy that our presentation went on smoothly without any hiccups, and we were satisfied that there were not many questions from the judges. That was one major thing we were worried about, but we were well versed with our work so we didn't really mind whatever came our way. Our win was a surprise to us, we had never thought that we'd have our names against the first prize. In the end, it really felt like our hard work of months together had paid us off. The entire event was carried out very well by the college, and everybody who participated did an amazing job at their research. All in all this was an amazing experience. My advice to students who plan to participate in the future is that you should never let the stress and demotivation get to you. Push through it, and in the end the result will always be worth it. Winning or not, you should be happy with what you've put out there.

Ms Megan Monteiro
(S.Y.B.Sc.)

MY DELIGHT OF WORKING IN SPORTS COMMITTEE

First of all, I would like to thank my team members and teachers for giving me the position of Vice President in the Sports Committee. After almost 2 years of attending college online, it was an amazing experience to attend college offline and enjoy all the events happening. I always liked to participate in sports activities conducted by the college, therefore I was glad to be a part of such an amazing committee. My main role in Sports Committee was working with all the designing part- the logo, flyers, Instagram posts, banners, videos etc. I with the help of my friends did the designing work. It was a nice experience to organise and lead all the sports events. Sports day was a great success and this could not have happened without the support of our teachers guiding us and my whole sports committee who was there handling the event. There was active participation by the students which made the sports day a memorable one.

Ms Gohil Riddhi
(Graphic Design and Visual Communication)

"MISS NN 2023" THE JOURNEY, THE EXPERIENCE, THE FEELINGS!!

"Miss NN 2023 is Khushi Savla", announced by Ms Vibha Ma'am. These words have been engraved in my heart forever. Every time I recall that moment, I can hear the name exactly as she announced emphatically.

Today, when I want to express my feelings for this honour, I am speechless. I felt like my dream came true. Yes! I remembered my 10th standard farewell; I walked on stage as a sweet and studious girl wishing to win that school crown but I couldn't. That thing was somewhere buried in my heart. Later last year when I was the Assistant Secretary of the Cultural committee. I witnessed the beauty of this feeling, when a friend of mine was honoured as Miss NN ... Honestly, looking at her I hoped to see myself wearing that crown.

This time I remember when I was filling my form for the competition in the evening, I had a conversation with mom saying (મમ્મી, આ વક્તે મોટી ટ્રોફી આવશે ધરમાં). For the talent round - that experience of thinking out of the box and bringing my culture in front of everyone was surreal. I made my costume for that performance on my own in a day and with only 3-4 practices and finally performing the next day. Being the first one to perform on the stage was amazing! I was nervous but happy that I could do this in just one day. Results were out on 24th January. I remember we were in College and we received the message about the list of participants qualified for the final ramp round. From top to bottom I searched for my name and found the last one as Khushi Savla and I had all kinds of emotions being mixed – I was thrilled, happy, shocked and excited. My best friend, my biggest supporter Niyati, she asserted a statement that "*Khushi, you have to win the crown*". All this gave me a lot of motivation and I had made up my mind that - Miss NN 2023 has to be Ms Khushi Savla. We had almost a week to get onto the ramp. That entire week was no less than the week of exams, similar amount of stress, nervousness, worries were there. As the theme for Aagaz Miss and Mr NN was to depict our own culture. We had to wear our costumes which represent our culture for the final day. So being from the Jain (Gujarati) community I decided to wear Ghagara-chola with a different drape and Kundan jewelry complementing the final look.

Finally the day arrived, it was 2nd February 2023 – 'Aagaaz 2023' at Birla Matushri. Everyone around was so enthusiastic, excited and also nervous for the performances. As the participants of Miss / Mr NN 2023 walked on the ramp, the crowd was really happy to see us. I walked on the ramp (the stage). I felt like I was on cloud nine. Ohh yeah! How could I miss this - AAGAAZ - marks the new beginning, We had Miss NN 2023 and Mr NN 2023 together as one beauty pageant for the first time in the history of the College. So, when Chirag and I walked on the ramp and everybody in the crowd just stood up cheering loudly, that moment was simply a dream turn into reality. Lastly in the question answer round, I answered my question stating my true thoughts. I definitely prioritize service because it's always said, "Do your work, and don't worry about the result" ("कर्म करते जाओ, फल की चिंता मत करो".) and won all the hearts that evening. I was confident enough with my answer and the results just proved it. That moment I felt like all my hardships just paid off. The value in which I believe and respect most i.e. whatever you do good or bad, comes back to you anyways and that evening made me realize again yes it's true. As sir crowned me, I was extremely proud of myself. Yess! You did it Khushi! You did it! All I could hear around was my name and I was immensely filled with love and joy and tears of joy welled up in my eyes. I said thank you for believing in me. All the congratulations showered on me as I walked off.

"In that hall, none of us had network, so after an hour I was able to go out and make a video call to my mom. My God! she was flabbergasted completely. Her reaction was absolutely priceless to me. She and I both were in tears, when I told her that I won 'Miss NN 2023' title. My mom congratulated and told me that I deserved that. I felt the same there. My Dad looked at me with the crown and the trophy

and he said that they were proud of me and I was so happy to hear that from him. My brother congratulated me with joy and this was the moment it felt काश मेरा कॉलेज इतना दूर नहीं होता (nallasopara - churchgate).

Well, the day turned out to be the most precious day of my life. I'll never forget this moment. It's such a sweet feeling that in the last year (T.Y.F.N.D.) I will be leaving my footprints in the heart of the college with this tag of Miss NN 2023- Khushi Savla.

2nd February 2023 is that precious jewel in my neck piece.

Last but not least, I want to say I am highly obliged and grateful to everyone who did trust me. Thank you so much for always being by my side.

Message for future Miss and Mr NN -Be you, Be Human. Have a healthy competition and give your best!!!

Ms Khushi Ramesh Savla
(The winner of Miss NN 2023) (T.Y. B.Sc. Foods, Nutrition and Dietetics)

A SUNRISE AT NIRMALA NIKETAN

My journey of higher education at College of Home Science Nirmala Niketan College, starting right from junior college up to bachelor's degree has been an incredible journey of growing, discovering myself and making countless memorable experiences. It's an excellent institute in Mumbai that provides education to women in such a way that it makes them independent so they can equally participate in all aspects of life. It helps women and girls contribute to and have a greater influence in bringing about change in our society.

The college environment makes every student feel safe and secure and helps them reach their potential. There's very good infrastructure with fully equipped laboratories and adequate classrooms.

The teachers here nurture you, give personal attention to each student and they don't just prepare you for semester end exams but also for life. That's what makes this college more special.

For someone like me who was a reserved person back in school, this college provided me a safe space to express myself and I came to realise that I was good with leadership roles. The undergraduate programme also provides lots of opportunities through fieldwork, research projects, campus interviews, etc. to help you apply your knowledge in a real world setting. When I look back, I feel grateful for every little push the teachers provided, for every opportunity that helped me grow, for all the challenges that made me resilient and for every achievement that made me proud. Nirmala Niketan College ushered in a new dawn in my life.

Ms Midhatfatema Shelia,
Alumna (2018-2023)

NATIONAL SOCIAL SERVICE CAMP REVIEW



My experience in N.S.S. camp was really amazing and thrilling and inexplicable. We had the best teachers around us to help us always. A big thank you to all the teachers Dr Pratima Goyal, Dr Sheetal Joshi and Ms Vibhuti Khedekar.

We started the day with the yoga class and with a lot of positive energy. Later throughout the day, we engaged in various activities. The different activities left great impact on us. The experiences will be remembered by us, throughout our life. I really love doing social work and the camp has boosted my confidence. I had never stayed away from my parents for a long duration but staying with my friends and teachers feels like I have made a new family. We used to work together, enjoy together, it was a wonderful and loving experience for me to be a part of this camp and spend some more time with my friends and teachers.

Different activities such as Amdana activity taught me not to waste water and food. The school made me understand how hard it was for a teacher to be interactive in class. The dam built by us separated two sides of the village. We have left our foot prints in that village.

We also learned from the people there, how to be functional, straight forward and how to make different oils. Sister Clairta taught us rules for women.

My experience is unforgettable. I have made a lot of memories and after all these experiences, I will surely miss these days and time that we have spent together. I will make sure to take part in activities and camp in the future.

Ms Safura Siddiqui
(F.Y. B.Sc.)

Memories are cherished, fun was immense, experiences were carved and love that we all created, was wonderful.

Those seven days from 22nd March to 28th March were amazing wherein we did things we never thought of before. But, at the end of the day we were happy that we were able to do something for the society. Built that dam, dug a Pit, taught at school, visited the village, did street plays, visited the farms and did many more things. We got to learn about the villagers, their culture, lifestyle, problems faced by them and their common issues. We conducted a short programme for the members of the Panchayat. Planned sessions were conducted with the students of Gyan Jyoti Community College on different topics keeping their interests in mind.

It was a give and take of knowledge, they taught us their traditional dance named Tarpa. We got to learn so much from them. The camp brought us close to the environment, friends, and many other underprivileged people. An event that we will indeed cherish lifelong.



Ms Azka Zehra Madgaonwala
(F.Y. B.Sc.)

SPORTS COMMITTEE! AN ENRICHING EXPERIENCE

I, Master Chirag Jain, a student of the third year Interior Design Department was really blank when I was being elected as a president of the Sports Committee for the year 2022-23. Even though I had performed this duty earlier in my School and Junior College days wherein I was the leader of the Sports Department but as there were no sports activities carried in the last two years because of the pandemic, I wanted the students to take more and more participation with enthusiasm in the College Sports Committee duties. To be honest I really feel our annual sports festival– KRIDANGAN 2022-23 was a great success and we have surely raised the bar for the upcoming batches of the College which couldn't have been possible without the Committee staff and students. Committee staff and students had worked really very hard for the events planning and execution. But one thing for sure is that we all Committee members had a great time working with each other. We used to wait till 6 to 8 pm in the college itself working for the Kridangan, used to dance, sing, masti, play games etc. Had a lot of quarrels too but that's ok. Kridangan consisted of dance drill, march-past, Committee member's dance etc. and which felt like it was a cultural event even though it was our sports fest. This year we had more than 300 participants for the indoor sports and about 120 participants for the outdoor sports which made the job for the sports committee really difficult but hats off to the committee the ultimate combination of the staffs experience and students young JOSH because of which Kridangan was a great success with such a massive participation. The energy shown during the games was very high and I was the referee for the dodge ball event and trust me I had never seen such outstanding performance by the girl athletes. The power and energy of the girl participants was much higher than counterparts in all the events. The best thing was the events where staff were playing full of energy and power and seeing them so much enjoying, made us realise that we committee had done something really good. I am very glad to say that even after the event was done, we all committee members are still in touch with each other, spend time together, keep on meeting each other, help each other with their work. This thing I want to say, is that working with each other has made us so much emotionally attached to each other, the words cannot fulfil our bonding. To be honest, I have received a lot of appreciation for Kridangan but I know I am not the only one because of which Kridangan has now become a brand in the college. The real heroes of Kridangan are all sports committee Staff and Members, Principal, Director and all the well-wishers and supporters and I would like to dedicate the success of Kridangan to them. I am sure that we have made some good contribution being a part of the sports committee in the college. We have done a great job this year. We all should proudly flex that we are the member of the Sports committee in the college. I am currently in T.Y.I.D., so this is my last year but I would like to see the Nirmala Niketan sports fest raising the bar higher and would surely come back next year as a participant in the sports events as an alumnus. The sweet memories will last life-long.



Mr Chirag Jain
(T.Y. Interior Designing)

A SEMINAR THAT I HOSTED

On February 16, 2023, I got the golden opportunity to host a half-day seminar for the Society of Dyers and Colorists (SDC EC) under the guidance of Dr Pratima Goyal. I was one of them along with Riddhi Rayal, Zuha Fatima Shaikh and Serena Pereira, who hosted the entire seminar. The seminar was conducted at Hotel Sarovar Residency, Tarapur MIDC, Boisar, on the topic "Innovation in Water and Energy Management. The panel discussion and sessions on topics like "Innovation on Water and Waste



Energy Management" were led by many dynamic and versatile personalities like the moderator, Mr Umasankar Mahapatra from Pulcra Chemicals, who introduced the topic and explained the importance and need for the discussion, and other panellists like Mr Swapneshu Baser (Deven Supercriticals), who presented their research and inventions. Mr Vignesh Amalraj (Technology and Innovation) discussed audits and the necessity of certification to follow sustainable methods of consuming water and energy. Mr Uday Khadilkar (Grasim Industries, Ltd.) presented their sustainable fibers, "Birla Cellulose," and their other innovations and products that were made from recycling methods, which is an inspiration to many. Mr Abhishek Raybole (Achroma India Pvt. Ltd.) discussed the important step towards sustainability that is to be considered mainly, i.e., creating a sustainable product line followed by forming a system that is completely sustainable. The technical session on "Liva Spunshades Eco-Enhanced" by Mr Rajesh Relekar was very innovative and enriching. They presented simple but effective suggestions on how to save water and energy efficiently, which is the need of the hour.

The seminar was sponsored by companies like Aditya Birla (Grasim), Liva, Amogh, and OETI, and was also felicitated by the SDC EC. It was such an honor to meet the presidents and vice presidents of many textile companies.

Ms Serena Francis Pereira
(M.Sc. II Textile and Fashion Technology)

HGH - OUR GOLDEN OPPORTUNITY



The HGH exhibition was an exceptional experience for me and my fellow college students as we had the opportunity to gain hands-on learning in marketing and step outside of the traditional lecture setting. We were honoured to meet and engage with some of the most successful business professionals in the industry, who provided us with a valuable and unique learning experience.

The volunteers were split into five different categories, each with their own responsibilities and learning opportunities. These categories included kids' home, world of sleep, walls and windows, smart kitchen, and trends. Each category was unique, offering a diverse set of challenges and experiences that allowed the volunteers to develop a range of skills, from problem-solving to teamwork, and to gain valuable insights into the latest trends and innovations in the industry.

The guidance of our mentors, Mr Madhur Jain and Aliza ma'am were invaluable. They helped us navigate through the exhibition, providing us with essential insights and advice and inspiring us with their expertise and passion for the field.

Along with this, we also had the opportunity to set up our own departmental stall at the exhibition. We all were filled with immense pride and joy to have got an opportunity to display our handmade products at such a big platform. The response we got was very positive and the feedback only helped us to get at it better.

I am deeply grateful to our teachers and our dearest HoD, Dr Pratima Goyal for giving us the opportunity to participate in the HGH exhibition. The exposure we gained will be of great benefit to us, as we continue our studies and pursue our careers. The skills and knowledge we acquired will serve us well in the future, making the HGH exhibition an unforgettable and remarkable experience.

The comprehensive and well-rounded experience the volunteers received was due to the effective organisation and management of these categories, ensuring that the volunteers will reap the benefits of their participation in the HGH exhibition for years to come. I would like to get such opportunities in the future.



**Ms Nupur Mehra
(T.Y. Textile and Fashion Technology)**

MY ACCOMPLISHMENT BAGGING THE FIRST PRIZE IN ELOCUTION COMPETITION

Elocution competition isn't just a word for me, it is a feeling. I have always participated in elocution competitions and debates during my school days. Speaking in public, raising your voice for the right was never a task for me. I represented my College at 55th Inter-Collegiate/Institute/Department Youth Festival organised by University of Mumbai. I got a chance to represent Zone 1 level, where I again proved myself.

It was just an amazing feeling to represent for my college. I would like to thank my parents for always supporting me and my teachers who believed in me, especially to Prof Dr Anuradha J Bakshi who has always been encouraging us.

India: The Global Source of Power

What is luck? Out of 195 countries in the world, being privileged to be an Indian is luck.

I am a proud Indian.

Yes! My nation, my India – the global source of power.

Independence ushered in the dreams of not just an individual, but also economic, social and political freedom for all the citizens of India. India's independence was in itself a turning point in its political, social and economic history. The country was hopelessly poor as a result of steady deindustrialization by Britain. India took baby steps to become one of the largest democracies in the world, overcoming a plethora of challenges to earn global recognition. India has come a long way since its independence, leaving behind a series of landmarks that define its journey from the agony of the partition to a strong, powerful and developing nation. It has built a modern economy, remained a democracy, lifted millions out of poverty, has become a space and nuclear power and developed a robust foreign policy.

Keeping in mind, 50 years ago we had zero industry, 12% literacy rate and almost negligible exports (of the finished goods variety), and always on the verge of a famine without even having self-sufficiency in food. We ran a controlled almost socialistic economy where phones were instruments only for the rich and even then it took (as recently as 1990) over a year or so to get an instrument.

Let's discuss about the change in India

Right to vote: With the enforcement date of the Constitution of India i.e. from 26th January 1950, the Constitution of India gave every Indian adult the right to vote and other fundamental rights and duties.

Nationalisation of Railway Network: Railways network was nationalised in 1951 and was initially divided into three zones. Indian Railways is now one of the world's largest railway networks comprising 119,630 km of tracks and 7,216 stations.

First Asian Games: India hosted the first-ever Asian Games in the year 1951 in New Delhi.

Growth of the Agriculture Sector: Since the late 1950s, the progress in agriculture has been somewhat steady. The sector grew at about 1% per annum in the first half of the 20th century. During the post-Independence era, the growth rate nudged about 2.6 percent per annum. Expansion of farming areas and the introduction of high-yielding varieties of crops were the major factors of growth in agricultural production.

First general elections: India took a democratic leap by conducting its first general elections in 1951, with Congress registering a thumping victory by winning 364 of the 489 seats. Jawaharlal Nehru became India's first prime minister.

Progress in Education Sector: Pulling itself out from the shackles of widespread illiteracy, India has managed to bring its education system at par with the global standard. The number of schools witnessed a dramatic increase during the post-independence era. The Parliament made elementary education a fundamental right for children in the age group of 6-14 years by passing the 86th amendment to the Constitution in 2002. At independence, India's literacy rate was a paltry 12.2 % which increased to 74.04% as per the 2011 census.

Achievements in the Field of Healthcare: A decrease in death rates is considered one of the major achievements that came India's way in this domain. India is now among the biggest economies of the world. In its 72 years of independence, India has several achievements to its credit. There's still a long way to go for India, though.

Before I conclude I would like to dedicate a few lines for my nation:

Ours is a land of sages,
Known for bravery for ages.
None can with it compete,
Its culture none can beat.
Whatever caste or religion,
All live here in unison.
With rivers, sweet fountains,
It's a land of high mountains.
Its green forests are pretty,
And are a source of prosperity.
Let's for it work hard,
For its safety, be on guard.

**Ms Ayesha Shamshi
(T.Y. B.Sc. Human Development)**

JOURNEY OF AAGAAZ

"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful" (Mother Teresa)

What an honour and privilege it had been for me to have served as the General Secretary of the Cultural Committee! In this academic year, the three day grand fest of the annual day called, the Nirmal Utsav, of College of Home Science Nirmala Niketan, had the theme 'Aagaaz – a New Beginning' that truly depicted a new beginning for everyone as it was the first year of celebration of annual day of College after COVID-19 pandemic. The participants of 'Aagaaz' put up such high quality, spectacular show that I think that the bar has been raised higher for many more Nirmal Utsav's to come.

I want to thank our convenor, Ms. Payal Maheshwari and my co-committee members: Ms. Janvi Chheda, Ms. Ayesha Mirza and Ms. Prasad Parab without whom this event would have been impossible.

Working as the General Secretary of the Cultural Committee was definitely a life changing experience for me. I joined this College as a student but now I feel that I am a part of a bigger family which is the Cultural Committee. It's wonderful to see how the Cultural Committee brings together people from different sections and departments of the college and creates something which is spectacular and mind-blowing!

Teachers are the backbone of this College. I would like to share my personal experience being in this College. The two years at Junior College were the best years for me. While other colleges focus only on the academics, I had a different experience here. The teachers did not only focus on the theory but most importantly on what's important in life; on the values and principles. I am this person today because of this strong foundation. I have so many teachers to thank and I owe my success to them.

Finally, I thank you all for choosing me as the General Secretary of our college! It has been an amazing ride. Thank you for believing in me! Nirmal Utsav - Aagaaz 2023 was an absolutely mind-blowing event. I hope that in the future, we have many more participations. The Cultural Committee is more than Nirmal Utsav and intercollegiate events. It's a feeling, a sense of pride and joy. And I am grateful for all the experiences I have got in this College because of the Cultural Committee. Thank you!

I have a short message for the students:

If there comes an opportunity, well... take it because it won't come back, you earn your respect be it anything, the king, queen or the jack. Teachers are there when you need them, they are for you after all,

The Cultural Committee is the important Committee in the college. This is Nirmala Niketan College, it showers pure and unconditional love on all of us and we share it with the outer world wherever we go.

By saying a few lines straight from my heart I conclude...

परन्तु शुरुआत तो अब है,
यहीं तो आगाज की आग है, यहीं तो आगाज है!

Thank you so much!

Ms Janice Jockey Devassy
(T.Y. B.Sc. Foods, Nutrition and Dietetics)
General Secretary of Cultural Committee

MY FIRST YEAR IN THE DEGREE COLLEGE

College of Home Science Nirmala Niketan, is as prestigious as its name. When I first entered the college, I was nervous yet excited about my journey ahead. But from the first day it was as energetic and full of motivation as it is till today when I am sharing this experience. Yes! The teachers here are so supportive that I get inspired in every lecture. I have my friends here who are always by my side. No lecture or day is now complete without them. I gained a lot of knowledge here for which I am really grateful. I hope this journey brings all of us great knowledge and happiness and success.

Ms Neha Mir
(F.Y. B.Sc.)

MY FIRST YEAR IN THE DEGREE COLLEGE

I am Ms Mariya Morbiwala, currently studying in F.Y. B.Sc. Home Science in the academic year 2022-2023. Choosing between Arts and Science was one of the very difficult situations for me after having passed the 10th. Std. Board Exams. Home Science at that time was the best choice and when it comes to choosing Home Science, there is no better college than College of Home Science Nirmala Niketan. Even though these two years were online, the experience was really good. There were many online competitions and workshops and celebrations held which helped building confidence in me. The teachers were very friendly and supportive all the time and then came the enrolment in Degree College. Everybody scared me by saying the college will be very difficult, there will be no one supporting you nor looking after you. Teachers would be very strict. But when I entered the College, the scenario was completely opposite from the very first day. College did not feel new at all to me. The teachers have been so very friendly and supportive. They do not just focus on the academics but also our overall development too. I can really ask any doubt without fear and hesitation. It was a new knowing for me that teachers in College could be friendly and supportive too and they did remember our names. The teachers teach really very well and the explanation done during the practical is also very understandable. Even though the subjects are new the teachers make it very easy to understand. The In-charge Principal is also very friendly and supportive towards all the students and staff. The support-staff of our college are also very friendly. Different co-curricular activities and competitions held periodically help us in boosting our confidence and self-worth. The overall experience till now has really been amazing and I am sure that the experience ahead will be amazing too.

Ms Mariya Morbiwala
(F.Y. B.Sc.)



STUDENTS' ACADEMIC WRITING

NETTLE FIBRE – CHANGING THE PERSPECTIVE OF FASHION?

Today in 21st century, high end fashion brands are deeply concerned about biodegradable and sustainable properties of their products. Is nettle fibre one of the solutions?



Nettle fabric also known as Nordic Silk, is used by popular fashion brands to make their amazing and mesmerising products and outfits. Such as, Emma Roberts wore vintage

prive at Oscars in LA, Billy Porter at 73rd Tony Awards and the teenage singer Belly Eilish in upcycle Burberry outfit. The best part about these outfits was, they had biodegradable and sustainable properties. The outfits were made from nettle, horseradish and Alpaca fleece.

Nettle fibre is extracted from stinging plant, abundantly found in Garhwal region of Uttarakhand and in the Himalayas. It is most breathable natural fibre. Its core fibre structure is different from other natural fibres. Nettle is soft, wrinkle resistant, and it shines dimly. The highest tensile strength of nettle is 59 mpa with weight fraction of 30%. Nettle plants can be also used for rennet to make cheese, as fodder for livestock, to make tea and beer.

Nettle fibre is biodegradable and 100% sustainable. The bark of nettle plants is collected and kept for drying for 2 to 3 days, it is then left in river for 7 to 10 days, this process is a retting process. Followed by boiling of barks, cleaning with water and separation of fibres. At the end carding is completed and spun yarn is produced then hand spun yarn goes onto handloom for weaving. Nettle yarn can be colourful. The beautiful shawl is made of Nettle fibre.



Ms Kamaksha Kadam
(T.Y. B.Sc. Textile and Fashion Technology)

THE LUGRA – AN EAST INDIAN SAREE DRAPE



The Luga; a ten yard saree, has been worn by women of the East Indian community for decades. East-Indians are natives of Mumbai who belong to the Roman Catholic faith. This community's culture, traditional rituals and clothings were largely influenced by the Maharashtrians, the British and the Portuguese.

The fabric and design is quite similar to the nauvari saree. Though the number of people wearing it on a daily basis have decreased, it is still worn by older women daily and by all age groups for festivities, weddings and more.

The number of vendors selling these pieces which sometimes have detailed embroidery work on them have largely reduced but its fame and need in the community haven't. A few noteworthy points about this saree are: married and unmarried women wear the coloured Luga such as pink whereas widowed women opt for a blue, purple or grey Luga.

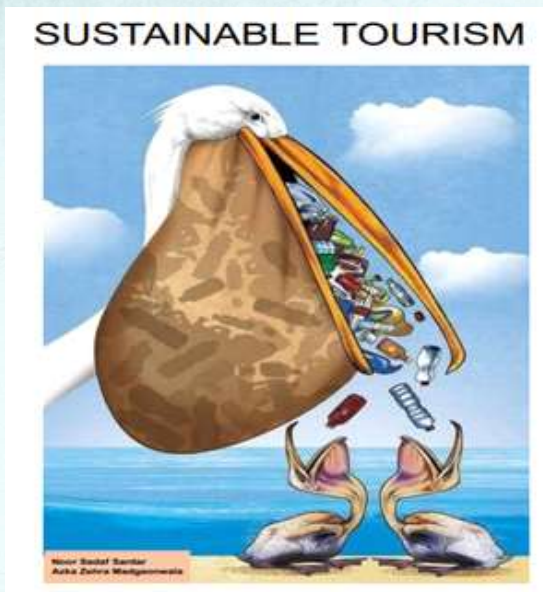
In the past few decades other colour varieties have emerged. Each Luga has a characteristic red and gold border as shown in the picture. The borders were also known as sarpanch kos (snake shedded skin) kombrichay pai (hen feet). Daily wear Lugras have less gold work woven in it. Such a draping technique is something done with extreme patience and skill, a skill that takes years of practice to perfect. The Luga is worn with 13 pleats in the front, and 5 pleats are dropped for a kaashtha, and the padhar (pallu) is tucked into the right, taken over the left shoulder. The same material of 6.5 yards is worn as a regular saree as well. In an attempt to modernise the Luga, it is now used to stitch dresses, T shirts, kurtas and other outfits that could be worn for any occasion.

A Luga is such a piece of fabric that is never thrown out. Once a Luga is worn out, it is cut into pieces for new born babies to be swaddled in. The rest of the cloth along with other leftover cotton/silk pieces is sewn into a goddari (quilt). Such a quilt is cherished in all households, one that lasts more than a lifetime.

Ms Enola Gonsalves
(T.Y. B.Sc. Foods, Nutrition and Dietetics)

" THINK BEFORE YOU LITTER": SUSTAINABLE TOURISM

So to start with I would like to say " THINK BEFORE YOU LITTER"



This is all we need to do before we even think of littering the place. The causes and its effects are innumerable and we are so careless about it that we do not even think that this is the nature who is nurturing us and if we do not take care of it, somewhere in the future we would be at loss.

Now a days, human behaviour has changed from being SELFLESS to SELFISH and this is leading to the devastation of our MOTHER EARTH.

This poster (Second prize winner in the competition) depicts that we need to stop throwing garbage, trash, and all unwanted disposals in the bin and not in the environment. If we do so it's not only the nature's loss but also by the end of the day the loss of we HUMANS too.

The portrait is trying to portray that the garbage being disposed in the sea is taken up by the marine life, eaten and also fed to their young ones which is depleting the environment and can also lead to the death and extinction of these lives over the years if this is not STOPPED. We all have a strong need to come together and make it better so...

LET'S MAKE THE EARTH A BETTER PLACE TO LIVE.

Ms Azka Zehra Madgaonwala
(F.Y. B.Sc.)



CREATIVE EXPRESSIONS (FABRIC OF UNITY)

This section contains a collection of creative pieces, including poems, essays, and various other write-ups and drawings centred around the theme "Fabric of Unity."

FABRIC OF UNITY

We Indians have a rich history,
Not in one, not in two,
But in various aspects, various disciplines,
All reaping beautiful stories.

From ancient life, to the modern era,
The growth has been immense, yet every journey, such a thriller!

We, the citizens of our ever flourishing country India,
Scattered across with our own beliefs and culture,
Are nothing but different threads,
Woven oh so beautifully together!

Diversified colours, textures and structure,
We are such threads, who tangle amongst each other,
In a way, only to portray,
“Unity” and “Valor”!

We are assorted weaves coming together,
Resulting in creations of marvellous fabrics.
Isn't this something more than just basic?!
Something, something like magic!?

So let's continue to embrace this love in our hearts,
And keep the faith in one another always alive!
Because we are, in the end, but threads,
Weaved beautifully together, by and for each other!

Ms Zikra Syed Joseph Babu
(T.Y. B.Sc. Foods, Nutrition and Dietetics)

STAND STRONG IN UNITY

Unity a boon or a blessing I just can't decide...
It is just like a good friend always beside.
You might not find it out in the word but inside.
It will never let you tear apart and divide.
At times you may feel lost, but it's always there to guide.
It connects emotions world-wide.

Ms Kashish Hemdev
(S.Y. Graphic Designing and Visual Communication)

UNITY

Till when are these issues going to last?
Till when are we going to dwell by the morals of the past?
Till when are we going to ignore this big pit dug in the middle of the road?
Till when are we going to just sit back and watch this unfold?
Somewhere religion is prioritized,
Somewhere it's caste taking the lead,
Somewhere it's the social status,
Then somewhere it's the sector or the creed,
The age, the gender, the disability or the sexual orientation don't seem to be lacking far behind,
Since these are also one of the few factors that have dug a hole in the human mind,
So, I once again pose this question...
How long are we going to ignore this phase?
For let me remind you all,
That we all are also a part of this human race,
Though we don't discriminate, but we do neglect,
Though we don't support, but choosing to keep mum is also not correct,
We are a strong nation of different values, different cultures,
But discrimination in the society isn't something that we should nurture,
For it should be forbidden and pushed out of the core,
But it won't be possible, if all of us don't cumulatively come up to the shore,
For it's always the strength and the power that matters,
For the unity is always the bounded factor,
We all know despite what we say, we couldn't seem to deny it,
It seems as if 'united we stand, divided we fall' just seems to play on repeat,
To you and me, we both agree, that unity is the only way
That could make the discrimination accept its own defeat,
And then the caste, creed, sector, race, age, gender identity,
All useless notions will fall behind if there's a stronger sense of unity,
Let's make it loud and clear; that we're all an equal and integral part of this human race.

Ms Jinagna Gondalia
(M.Sc. II Human Development)

UNITY

From young to old,
Understanding is something beyond.
Root of the family,
The History of Gold,
Faith and love have nourished us,
To blossom and be bold,
This Thread of love has United the family,
Where our Weaves are entangled,
Like yin and yang.

Ms Zehra Shajapurwala
(M.Sc. I Textile and Fashion Technology)

THE THREADS OF LOVE WE WEAVE

The threads of love we weave
The jar of hate we see.
Cut the wrong
Don't cut the cord.
As stress-free it feels
As painful it is.
The threads of love we weave;
Freeze the love.
Unfreeze your hate.
Hold the hands
But
Don't hold back.
The threads of love we weave;
Family, Enemy or maybe Frenemy
Every love becomes a
Love story
and
Every hate becomes a
Mystery
Turning the story into History.
The threads of love we weave.

Ms Zainab Patanwala
(T.Y. B.Sc. Community Resource Management)

FRATERNITY OF FABRICS

Just like yin and yang,
Go together,
Fabrics and Yarns go hand in hand.
No matter what race,
Nationality, caste and creed,
We belong to,
Fabrics unite us,
A trend started in the west,
Reaches the east like the speed of light in
vacuum,
Fabrics unite us in unity,
Despite the countries being at war,
Just like colours have meaning,
Fabrics mean identity,
In the land of dreams,
For some it's comfort,
For some it's beauty,
For some it's latibule,
To hide your flaws with Fabrics,

Maybe it's just seraphic,
You feel euphoric,
Or it's just it's continuity of the design,
Allowing you to live in the state of amnesia.

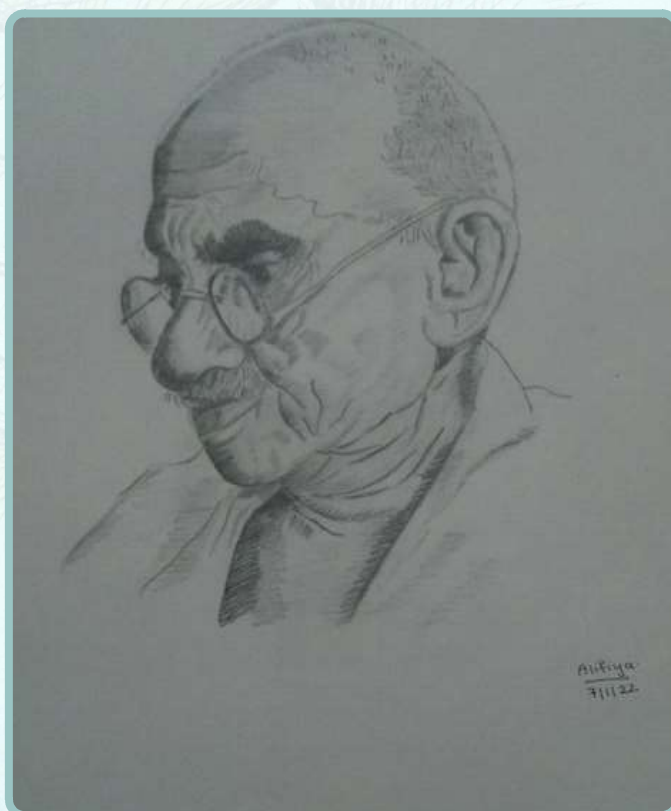
Ms Pavitri Joseph Chelladurai
(S.Y. B.Sc.)



Aurobindo Ghosh, Indian Philosopher, Yogi, Poet, and Indian Nationalist.
Charcoal Painting (Colour powder) by **Ms Alifiya Raniwala (F.Y. B.Sc.)**



Subhash Chandra Bose, Indian Freedom Fighter
Charcoal Painting (Black & White) by **Alfiya Raniwala (F.Y. B.Sc.)**



Mahatma Gandhi, The Father of our Nation
Pencil Shading by **Ms Alfiya Raniwala (F.Y. B.Sc.)**

UNITY OF FABRIC

To understand the Unity of Fabric,
to understand the Unity of Fabric,
You have to understand the Love and Faith in it,
You can relate the beauty of Weaving,
From Weft and Warp to Equality and Liberty.
The strength these Threads hold,
Will make you believe in Unity as a whole.

Vitality and uniformity the threads hold,
Vitality and uniformity the threads hold,
Can make a Fabric and then a Garment,
The blends and patterns the Fabric give,
Tell us the Ying and Yang of the Cloth.
The strength these different fabrics hold,
Will make you believe in unity as a whole.

Ms Vishakha M. Manek
(F.Y. B.Sc.)

TOGETHER WE STAND STRONG

From sowing the seeds
To the blossom plant
Together we stand strong

From natural fibres
To finished yarn
Together we stand strong

From cutting fabric To stitch gown
Together we stand strong

From waves of difficulties
To applause evening
Together we stand strong

From Pashmina of Kashmir
To Kasavu of Kerala
Together we stand strong

We the fabric We the textile
Together we stand strong
We the family share great bond

Ms Zehra Shajapurwala
(M.Sc. I Textile and Fashion Technology)

UNITY

What is unity? It can be defined as a we feeling; feeling of togetherness. It means staying united in all situation. When we are united then we can face any challenges and achieve our goals. We know that a single stick usually breaks with a small force, but group of them tied together is harder or almost impossible to break. This simple example applies as well to human relationships, bond and efforts. Unity represents togetherness. Therefore, it is standing together for every thick and thin matter but still many people do not understand the importance of staying in unity. They keep fighting over things. Unity is the state of being united in a group of any social differences between the participants. People become selfless when they work in groups. Unity teaches us to respect each other's' choice, likes, dislikes and sentiments and still be together. We can enjoy the taste of success only if we are united. A family is called a family only when all the members of the family live together. The people in unity suffer less stress as they solve the problems together. The strength of unity puts a great impact on the development of the nation. We know that where there is unity there is strength. When we work together we are encouraged to work hard and are able to accomplish greater goals which might not be possible alone, when there are many people involved we can reach to the success easily as we can fight each and every mission planned. Indian national movement for freedom is the best example of unity.

Ms Avni Gala
(T.Y. Graphic Designing and Visual Communication)

UNITED BY CLOTHES

Navy blue suits for wedding
Black suits for funeral
Same clothes
Different occasions

From yarn to fibre to fabric
Going from one stage to another
Just like our lives
Twisting, stretching, spinning
Creating something amazing

White coats for doctors
Black coats for lawyers
Same clothes
Different occupations

Fabrics having a life
of their own
Protecting one from falling
Shielding another from raining
Helping someone for walking

Brown uniforms for police
White uniforms for pilot
Same clothes
Different responsibility

Ms Rashida Nooruddin Mandasaurwla
(F.Y. B.Sc.)

FABRIC OF UNITY

Where the knot ties,
And the hearts come closer
It looks good unless the thread isn't weaker
Threads unlike the weaker ones,
Which break into pieces and pieces
Is there a value of fabric if it isn't well-knitted?

A perfect fabric we all admire,
Smooth and strong enough to bear any load
with a smile
Love is magic that creates and adds life to
lives!
Ying- yang's often called,
Because every other day isn't as blessed as
thought!

Keeping ourselves in their shoes,
Won't you believe it did wonders for their soul!
Don't you think we all are yarns of the same
fabric?

Dancing together can create magic!
Each one of us is unique in our shape, colour
and size

Then why is there so much bias?
Don't you think together we can make a
masterpiece!

As each one of us brings our special piece!
Save each other,

Save each other's colour, shape and size
As our uniqueness makes us Stand bright!
Go forth and chase your dreams,
For the future that needs the beam...

Ms Khan Fashtana Amin
(T.Y. B.Sc. Foods, Nutrition and Dietetics)

FABRIC OF UNITY

Clothes are something that we use to protect ourselves, cover us, give us confidence and give us a sense of pride. Clothes are what define you. What you wear depends on who you are. Your clothes tell you a lot about yourself. Different types of clothes tell us about different cultures, traditions, expressions, sometimes different stories as well. Different countries have different types of attire. As we know, India is a land of cultural heritage. Different states have different cultural attire. For example - Maharashtra has Nauvari saree, Gujarat and Rajasthan have Gaghra Choli, Punjab has Salwar Kameez, Kashmir has Pheran/phiran, most of the states in India have the attire of saree for females and dhoti kurta for the males. As said that unity is strength, though there are so many different cultures in India we are united as one nation. United by the fabric our flag. Our national flag consists of the colours, orange representing strength and courage, white as peace and green as fertility and growth. The blue chakra represents hard work. If we unite all the colours, we form a nation which is very strong in itself. Our national flag unites all the Indians as one. No discrimination with regards to gender, caste, creed, age or race, just united as one strong nation that we all are proud of.

Ms Mariya Morbiwala
(F.Y. B.Sc.)

FABRIC OF UNITY

The cloth you see there on the table
Neatly spread over
Embossed delicately with the bright threads
And looks like a royal shred
Is the one coming back from the 1970's
Woven with blessings by my grandmother?
Turn around and there you see those wall pieces
Hundreds of shades of green and ochre bought together into a tie
And shaped them finely to match the liking of all
Fitting perfectly with the interior of the house,
Is the one coming from the 1990's
Gifted with sheer love and care by my mother?
And then here, look at this warm sweater I have worn
Giving the most modern vibes with its choice of colour and pattern,
Selectively picked pastel shade threads woven into a turtle neck woollen top
Is it the most recent weave in the house,
Knitted with all the faith in the roots of the family, by me?
Threads have kept our history alive,
By knitting our family tight,
With the beads of understanding, colours of love and knots that keep us united.

Ms Dhvinal Shah
(M.Sc. I Food Processing and Preservation)

FABRIC OF UNITY

Happy to see our flag stands tall,
Seeing our country prosper gives pride to us all,
Together all its problems we solve,
A sense of brotherhood comes in us all,
For united we stand, divided we fall.

We talk about our loving country where science meets spirituality. Where we all live with love and harmony irrespective of any diversity among us. The country which has it all from the high mountain of the Himalayas to the deep Indian ocean, from arid regions of Thar desert to the wettest place in the world Mawsynram. Yes! I am talking about our motherland India.

India considered as the golden bird was caged by the British. Her people faced severe crises and many decided to risk their lives for its freedom. And now in the year 2022 it celebrated its 76th independence. It celebrated the spirit of *Atmanirbhar Bharat* this year. '*Azadi ka Amrit Mahotsav*' means 'Elixir of energy of independence.'

We, Indians are always indebted to our freedom fighters for risking their lives and giving us the freedom for which we are forever thankful to them and we would strive our level best to take India to higher levels of glory. We love our country and our fellow brothers and sisters of India. Our national flag is our fabric of unity.

India is a unique land of vibrant colours, breath taking landscapes and rich history. India is unlike any other country. From the writhing streets of Mumbai to idyllic shores of Andaman islands, this remarkable country offers a diverse feast for the senses.

Indians have through their hard work and intelligence represented India in various international competitions and brought various trophies and amazing titles for it. Indian culture is one of the most ancient cultures present in the world. The Indian cultural diversity is what makes India unique and beautiful.

Ms Kristin Assao
(F.Y. J.C.)

FABRIC OF UNITY

Unity is the situation where people are in agreement and are working together. What I understand when it comes to fabric of unity based on our Indian flag is that our flag is a symbol which keeps us Indians together whatever be our religion whether we are Hindus, Muslims, Christians etc. we all come together as one when we celebrate Independence Day. We can say that when our flag is high up in the sky we are flying with it but when it has fallen down to the ground it shows how careless we are because we do not respect our own flag, our own country. If the people who fought for our freedom weren't united, we probably would not have got independence. Hence, let us learn that if our flag tears we cannot mend it back together, the same way if we as Indians separate it will be nearly impossible for us to be united again and if we show the world that we have disintegrated, it will be easy for them to capture us, to rule over us again. Hence today let us understand, we are Indians first before any religion, let us all be united through one fabric – Our Indian Flag.

Ms Charisma Thampy
(S.Y. B.Sc.)

UNRAVELLED

Tiny molecules in the soil, making it fertile enough for plants to grow. The little raindrops falling together to pour rain. A colony of ants carrying their prey to their anthill. Every animal walking and hunting in a pack, troop, team. The best coordination at the construction site. Doctors and nurses conducting surgeries in the operation theatre.

What are we alone? Alone isn't bad but unity is what contains beauty. The strength that 'together' holds is what 'alone' wouldn't.

Techno savvies and those who feel that one needs justice, they raise their voices because alone the victim wouldn't find the courage or the strength to stand up for themselves. In the same vein fought our freedom fighters against the British government to free their motherland because Indians were made their slaves and victim was the land, they lived in. The courage that they showed is reflected by our Tri-colour when it waves majestically. As every thread, that is woven, accounts for the strength and beauty of the fabric, similarly every Indian is responsible for the unity of the nation. India's unity has its perfume of variety in its freedom, courage, equality and integrity. Ignited by its patriotism are the people of this land. Here, the tri-colour waves high up in the skies. When the national anthem is played, we see all the people standing with pride in their minds and solemnity in their eyes, bonded by brotherhood. There is every thread, with saffron, white, green and a chakra in the Tri-colour that watches all the people from above. All religions united because a land cannot discriminate because at the end all their hearts say "Jai Hind".

Ms Saniaa Mahimi
(F.Y. B.Sc.)

UNITY IN STONES



Ms Shreya Gandhi
(S.Y. B.Sc.)

FABRIC OF UNITY

Fabrics of India are a breed of their own.

Some exquisite, some breath-taking.

While Maharashtra boasts of its royal 'Paithani',

Gujarat dyes its prided 'Bandhani',

Flowers bloom on the 'Phulkari' fabrics of Punjab,

The sun shines brightly on the 'Shisha' fabrics of Rajasthan,

The paddy fields are painted with Goans in 'Kunbi' sarees,

Onam has Kerala looking regal in 'Kasavu' sarees,

Haryana raises the 'panja' in their intricately woven 'Panja Durries'.

Madhya Pradesh seems to dance like 'woven air' in their 'Chanderi' sarees,

And the world marvels on the craftsmanship on 'Kalamkari' from Andhra Pradesh.

Meghalaya proudly weaves her eco-friendly 'Eri Silk'.

Bihar weaves the shining 'Bhagalpuri silks',

Chattisgarh carefully drapes her 'Kosa silks',

Karnataka adorns its 'Mysore Silks',

As Tamil Nadu royally flaunts her expensive 'Kanjeevaram silks' and

The women of Mizoram walk in the rare 'Puans'.

Though varied our fabrics are,

We are all one,

For clothed are we by our 'Tiranga'.

The only fabric we need for our identification,

The fabric of our unity!

Ms Steena Thomas
(F.Y. B.Sc.)

THE YIN AND THE YANG...



As above, so below,
As within, so without,
As the universe, so the soul,
As all that unite,
Thou get whole....

Ms. Navya Mistry
(T.Y. B.S.c. Textile and Fashion Technology)

UNITY AND HUMAN DEVELOPMENT

Be United/ Stand United/ Work in Unity/ Be happy within unity



Unity is where people stand together and grow together. It has power to hold every individual together which may lead them to build something powerful. "Every brick stands together in unity to build a beautiful house".

Similarly, every human has a strong belief in unity, where they learn to respect others' opinions, they learn to trust each other, they learn to walk together, they learn to stand by the other human being, learn to rise together, they learn to motivate others and the cycle keeps going on and on.

Just like the roots, branches, leaves and flowers grow together into a beautiful plant or tree, unity and human development has a beautiful connection. Unity brings peace, harmony, strength, belief, bonding, understanding, and empathy among the people. Such positive aspects hold importance in today's time, to be a better human being. If an individual learns to walk in unity, and have empathy for one another then we can flourish and excel in life.

Experience on the Journey in Human Development

It has been a journey of development within me, the change has been bringing amazing experiences throughout. The stream of Human Development brings about a stepwise development of an individual in a very realistic manner, where a student does not only learn about theories, or literature but also the process of how to keep growing in her life, how to accept things coming in her way, how to have empathy towards others, and most importantly learn to communicate, and the understanding that is developed within every individual. Also, it prepares you to be independent in the world where you are all set to flourish, and be a beautiful human being. The journey teaches you to keep adding on to your learnings throughout your life. The field has a unique way of building every individual and enables one to appreciate the unique and wonderful qualities one has, the journey also teaches one to respect emotions, learn communication, accept flaws, learn and improve, have hands-on experiences, makes one independent, practice gratitude throughout on daily basis, all such positive aspects are very much helpful for an individual to keep growing. The biggest connection you build in this journey is with yourself. Lastly, I would write a few words which describe human development beautifully, "while human development has no boundaries, it can support and benefit people worldwide".

**Ms Riya Author
(M.Sc. II Human Development)**

FABRIC OF UNITY

We all live in a world full of people with different opinions, different personalities, views, abilities, talents, but we all are bound together with each other. We all cross paths with each other, meet each other and then at some moment of time leave each other with memories or learnings just like fabric, how every warp meets a weft and then beautifully leaves for another journey at another intersection and only with those beautiful single threads are the yarns made. We all are like that fabric different and diverse in nature but together with unity we stand and a beautiful fabric which showcases different colours and patterns is formed. Let us cherish the diversity we have, let us try and understand how beautiful nature is and how beautiful every human is and how beautiful the world is with all these different colours.

**Ms Maniar Sidra Mohamed Hussain
(T.Y. B.Sc. Foods, Nutrition and Dietetics)**



Bhagat Singh,
Indian revolutionary freedom fighter
(Pencil Shading) by
Ms Alifiya Raniwala (F.Y. B.Sc.)

UNITED WE STAND



"Strength is always with unity" is a popular phrase and it is true to its every word. When we are united then we can overcome any challenge and accomplish any goal. The development of our society and country depends on this spirit.

India was not an independent country till 1947. British had come to India as traders but ruled for 200 years. It was just because of a lack of mutual unity among the people of the country when the Indians realized that their freedom from the British was must then they united and fought against the British. Their unity brought independence to India. This proves that when we work together then we can be successful.

People of different religions, customs, cultures and traditions live here in India. They have their different festivals, fashion and lifestyles. Despite all this diversity, India remains one nation.

**Ms Shaikh Sadaf Imtiyaz Ahmed
(S.Y. B.Sc.)**



**Art by Ms. Sakshi Jain
(F.Y. Interior Designing)**

UNITY IN DIVERSITY WITHOUT ANY DISPARITY

We, the flowing river of love
Willingly constructed dam of anger
Keeping unity untouched
Discrimination we accepted.

In this world being purely rich
Sown seeds of enmity making it poor
In the volcano of self and Selfishness
Lost closed ones being self-witness.

Castes and religions are layers of differences
We aiming for equality and similarities
Be it is the people of Ram or Rahim who got
caught
Our so called favouritism made them fought.

On the bed of moon whitish
Broken world will cry muddy,
Or under shade of love of trees
Will smile and sleep worry free?

Do in this rainbowy world scanty
More colours will paint it large?
Or in the volcano of anger and jealousy
Hatred will be flushed out ruining the legacy?

Let me question you all
Do this world of people holistic
Will be diced into smaller pieces?
Or let me tell you all
Let's stand out as a "unity in diversity"
Grow flowers of love without any disparity!

Ms Khushi Ramesh Savla
(T.Y. B.Sc. Foods, Nutrition and Dietetics)

UNITY

I think Unity lies in the little things.
Not in the revolutionary acts,
But in the gatherings of lunch boxes
Where diversity is in culture
And food brings in more taste.

It lies in the art and craft
Where Punjabi suits
Are adored by little Muslim girls
And sold by Marwadi business men.

It's embedded in the weddings
Bits and pieces of cultural
ceremonies get shared
And brings laughter and memories.

It's engraved in the music
Qawali is sung by Hindu men
And Sitar is played by the Muslim
The carols are on the
children's tip of the tongue.

It's in our knowledge
Where Gandhi's heart freed us
And Kalaam's mind elevated us.

It's in all of us,
We celebrate our differences,
And enjoy one another's
art to the fullest.
That is the joy of life.
That is what unites us.

Ms Adiba Ansari
(T.Y. Graphic Designing and
Visual Communication)

UNITY IS STRENGTH

“Unity is the strongest force a country can ever have!”

We all must have heard about the story of an old man and his three sons, where the old man asks his sons to break the sticks singly and then as a bundle. We all know that the value we get from that story is unity. Unity is the core factor for the success of any minor or major event. It is because of the unity in our armed forces that we are breathing in a safe air. So, in a nutshell we can say that be it a classroom or battlefield, unity is one of the essentials.

What is the real meaning of unity or being unified? Unity is not just limited to being together, but it means to stay united amidst diversities, respecting each others thoughts and perspectives, to work or to think as a whole. Being born in India, unity has always been an anchored part of our society. We are knitted together with the fibres of love for each other and it has been a part of our culture since ages. In olden days, if someone faced any issue then it was not just an individual problem but everyone's problem who surrounded that person, be it kin member or non-kin member. Our history is an ideal example to understand the unity that our India showcases. Thousands of reforms brought in India back then or the independence that our India gained were utterly the outcome of the unity that people had at that time to fight the dictatorship of British. Our India is renowned for its unity in diversity, where people live with their own original identity but yet are called as “Indians”. All this was on a national level but even in our day-to-day life unity is equally significant. For instance, working in teams means each of the team members has to be united and have a common ideology to work on. Even if any one of the team members is not working in unity, then it creates imbalance in the work process. Even if you work up to your full potential as an individual in a team, the results won't be visible unless your team works as a whole. So, hence to run our lives smoothly we need to have unity.

Till now we talked about how unity has helped us for our betterment. But in today's cut-throat competition are we really united enough to combat the obstacles that India or we all are facing? The answer is no. Because somewhere in the course of time we all have become self-centred and have overlooked the wholesome unity of our nation. This has led to tearing out of the fabric of unity in which our India was weaved. We often come across the cases of regionalism, communalism, linguism, casteism, religionism and what not. All these things are the nemesis of unified India and it is creating a demarcation of discrimination. Our India is a secular country which tries to prevent all these issues but somehow it is not enough. Even after being in the 21st century, there are differentiations made on the grounds of religion, caste, race, etc. So, can we say that India is moving ahead by moving backward? Even hearing about a war between countries is not very uncommon. Thousands of lives are sacrificed for their nation, thousands of mother lose their children, thousands of women become widow, tens of thousands of children lose their parents. For what? For the countries which didn't try to come on a common ground and think of a common solution?

So, now it is high time that we all open our eyes and shut down our own greed and ego. Let us walk on the path of an unified country and show them what miracle our unity can do!

Thank you...!

Ms Palak Sanghvi
(S.Y. B.Sc.)

COLOUR THERAPY

Just like a beam of white light passes through droplet of water when it rains, it reflects all the seven colours which are violet, indigo, blue, green, yellow, orange and red, which then unite to form a magnificent pattern of a rainbow which symbolises, hope and promise. They are the prize of weathering



of storm. Similarly, when all the fibres unite and form a yarn and then gradually a fabric, it results in a magnificent piece of cloth just like a rainbow. Hence, proving that the prize of unity is a beautiful fabric which makes every person shine when they wear it!

Ms Shruti Chavan
(T.Y. B.Sc. Community Resource Management)

SACRIFICE BORE VICTORY

As the threads of fabric
Hold together strength
The bonds of diversity
Has bonded us together

In 1857 the first war
of Independence
Till 1947 the day of Independence
Our fabric has been tough as ever

Cried tears of blood,
We held on so strong
And finally, the day came
Where the pain was gone

Tears of joy, empathy in heart
Your sacrifice bound us all
To all the freedom fighters
You are the heroes of our hearts and minds
And our nation!

Ms Kristin Assao
(F.Y. J.C.)

THE COMPASSIONATE HEART OF INDIA

A pure smile that follows after I look at the Indian Flag

The National Anthem that gives me goosebumps all over my body

Tears in my eyes as I remember our martyrs and freedom fighters

It is a proud heart that beats for India.

India celebrated its 75th Independence Day with grandeur and pride this year which filled the heart of every Indian with great enthusiasm. It was an exciting day for all of us as we all came together and held our flags high. We, the people of India, practice different faiths and religions, speak different languages, follow various traditions, live in different climates and conditions, live unique lifestyles and have so many more differences, but we all treasure each other and are proud of the fact that we all are Indians. We, as the people of India, always stand by each other and celebrate our happiness together. Our hearts are as soft as feathers towards India as we believe she is our mother, who has provided us a beautiful land to live and survive. We are also as strong as iron when it comes to defending the dignity of our country. This immense love for India is well known among everyone because we find pride in praising our country. Our patriotism unites and strengthens us.

Any festival, art, dance, music, sports, etc. are all celebrated throughout the country regardless of the state it has originated from. It is in the heart of an Indian to show love towards our culture, heritage and the people who make India proud. We all dream to be the pride of India. We look up to so many people that have brought glory to our country and they inspire us. We cannot forget these names like Rakesh Sharma, Neeraj Chopra, Kalpana Chawla, Mary Kom, Savitribai Phule, A.P.J Abdul Kalam and many more.

India has faced many odds for the last few years successfully with our determination and unity. It reminded us of the pains and struggles our freedom fighters would have faced during the fight for our Independence. It brings tears in our eyes instantly once we think about all of the sacrifices that were made in order to bring freedom to our country and let us live a comfortable life that we enjoy now. They fought with a strong sense of patriotism and true love for the country, their determination towards their goal, and the immense love that they had for their motherland. As citizens of India, we must respect the country and make sure that we educate our younger generations to respect our land and strive to create harmony among each other

Our country went through bad times in 2020 due to Covid 19 pandemic. A series of unfortunate events that took place had left us feeling anxious and sad. During these times, India came together and overcame it by helping one another. Doctors and nurses of India were like heroes to us, who saved and protected so many souls of India. We maintained social distancing, wore masks and followed the protocols, as a result, we are now in a much safer environment and things have started going back to where they had begun. There were many NGO's and other organizations that helped the citizens by providing food to hospitals, providing masks and sanitizers to houses and much more. These difficult times made us learn that our country is united and can overcome any unfortunate situation. We also helped the refugees of other countries and Indian citizens living in other countries to come back safely to India, which warmed our hearts.

We have helped many countries in the past when they were facing troubles, for example, when Nepal faced a really disastrous earthquake in the year 2015, during which, our country helped them financially and also send support to rescue the citizens of Nepal along with providing food and water to everyone. It was a relief to see India's tender heart helping its neighbouring country. India have never failed to show its overflowing compassion towards everyone and has always been a peaceful country. India's hospitality towards tourists and foreigners has always been of high quality, which has created a realistic and sweet image of us in their minds. This is also a reason why foreigners enjoy our festivals and cultures internationally.

The beauty of our country lies in the people that reside here. It is a proud feeling to be an Indian. We must all follow the virtues that India has always followed and respect them. As I think about India, I can feel the music, the beautiful tourist places, the smiling faces of the people, traditional clothes, cuisine, our history, all of these coming to my mind. I wish this spark in our eyes as we remember our nationality will remain forever. I am eager to witness the India of my dreams in the future.

**Ms Hinal Waghela
(F.Y. B.Sc.)**

LIFE AS A FABRIC

A fabric is woven with love,
Threads going under and above,
With every thread interlacing with the other,
Progressing further to meet another.

Yarns of different colours are woven together,
And different patterns are then gathered,
To make one fabric from many yarns,
A fabric with numerous charms.

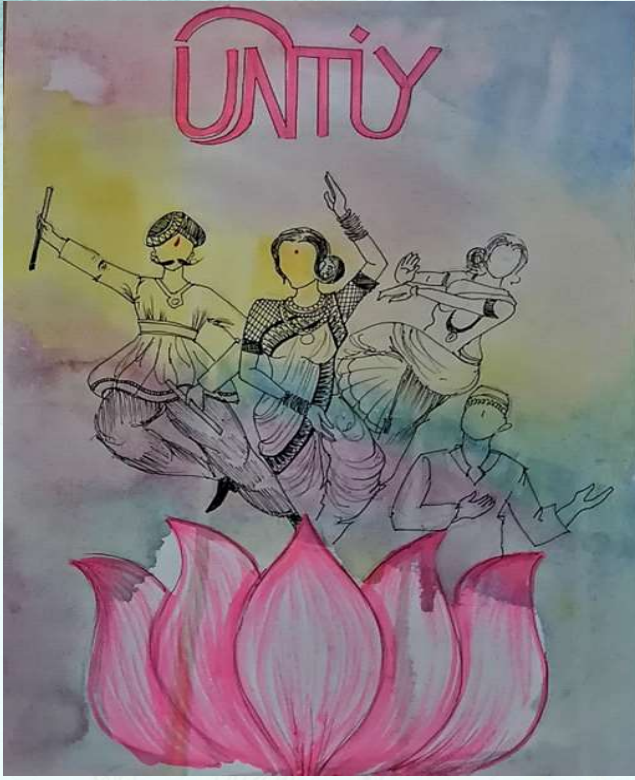
Just like the fabric our lives are intertwined,
The weave of the fabric always reminds,
That staying together makes you strong exclusively,
And that's the power of unity.

Everyone in this world is different,
Having different opinions and talent,
Hence these differences make us unique,
And never ever let us be weak.

A perfect example of perfectly imperfect,
Success and achievements then reflect,
The bells of our happiness are then rang,
Life is full of yin and yang.

Hence, just like the fabric we should be strong,
Success is when we all come along,
The journey of life will then be beautiful,
Just like the yarns, so colourful.

**Ms Maniar Sidra Mohamed Hussain
(T.Y. B.Sc. Foods, Nutrition and Dietetics)**



Art by Mr Atharv Sanas (F.Y. Graphic Designing and Visual Communication)

एकता में विविधता की भावना पनपती है।

खादी होगी सादी होगी।
 रोटी चाहे आधी होगी।।
 सुख से खाएंगे मिलकर।
 ना कोई झंझट बाजी होगी।।
 जुल्म सितम और मक्कारी का।
 दूर दूर तक नाम न होगा।।
 चोर गिरहकट बेईमानों का।
 खुलेआम सम्मान न होगा।।

फूल खिलेंगे अब, हो चाहे कांटे जितने भी।
 हम साथ ही चलेंगे, हो रुकावट चाहे कितनी भी।।
 पूजा स्थल पर कभी भी, नफरत का व्यापार न होगा।
 घूस, दलाली और कमीशन, इनका पारावार न होगा।।
 हर घर में दीप जलेगा, कभी कहीं अंधियारा न होगा।

जो भी हो, पर सत्य कभी, चौराहे पर नीलाम न होगा।
 सड़कों, गलियों में हिंसा का, कोई तांडव नृत्य न होगा।।

फूल खिलेंगे अब, हो चाहे कांटे जितने भी।
 हम साथ ही चलेंगे, हो रुकावट चाहे कितनी भी।।
 नेता जी और भगत सिंह सा, फिर धरा सपूत जन्मेंगी।
 फिर कोई बाला, लक्ष्मीबाई जैसी वीरांगना बनेंगी।।
 गांधीजी के उन सपनों से, भारत अभिनव देश बनेगा।
 जय जवान जय किसान का, नारा चारों ओर लगेगा।।
 भारत अखिल विश्व का, अगुआ बन पूजित होगा।
 फूल खिलेंगे अब, हो चाहे कांटे जितने भी।
 हम साथ ही चलेंगे, हो रुकावट चाहे कितनी भी।

Ms Bushra Tambe
 (S.Y.J.C.)

एकजुटीने भारत घडवूया

एकतेची वाट धरूनी नवा भारत घडवू या
चला गड्यांनो एक होउनी नवे पर्व बनवू या.
सगळे मिळुनी एकजुटीने भारत जागा करू या.
अज्ञानाच्या पथावरी दीप ज्ञानाचा उजळूव या.
असाक्षरता मिटवण्याचा एकजुटीने प्रयत्न करू या.
भेदभाव विसरुनी नाते समरसतेचे निर्माण करू या.
जात, धर्म, पंथ विसरुनि भारत जागा करू या.
मने जुळावी दुभंगलेली घरटे आता एक करू या.
मनामनातील किल्मिष काढून एकोप्याने राहू या.
एक मुखाने भारताचे वैभव गान गाऊ या.

**Mrs Prajakta Pradeep Mhaprolkar,
Librarian**

विविधतेत एकता

आपल्या देशात अनेक जाती, धर्म आणि पंथांचे लोक राहातात. आपल्याकडे एकुण पंधरा भाषांना अधिकृत मान्यता मिळालेली आहे. त्याशिवाय गावोगावच्या बोली किती असतील ह्याला काही गणतीच नाही. धर्माबद्दल बोलायचं तर प्रामुख्याने हिंदू, मुसलमान, शिख, ख्रिश्चन, पारशी, जैन आणि बौद्ध ह्या धर्मांचे लोक ह्या आपल्या भारत देशाचे रहिवासी आहेत. वेगवेगळ्या जाती-धर्म आणि पंथात असलेल्या सलोख्यामुळेच आपण आज एक राष्ट्र म्हणून एकजुटीने उभे आहोत. ह्या विविधतेतील एकतेचा मूळ स्त्रोत आहे आपल्या भारताची सांस्कृतिक पार्श्वभूमी. 'जगा आणि जगू द्या, हेच आपले' ब्रीदवाक्य आहे. आपल्या राष्ट्रीय सद्भावनेचे ते प्रतिक आहे. सर्व धर्मपंथांचे लोक इथे मिळून मिसळून वागतात हे देशाच्या प्रगतीसाठीही आवश्यक आहे. 'विश्वचि माझे घर' ही आपली सर्वसमावेशक वृत्ती आहे. आपल्याला एक राष्ट्र म्हणून प्रगती करायची असेल तर ही विविधतेतील एकता आपण जपली पाहिजे. त्यासाठी समाजातील सर्व विचारवंतांनी पुढे आले पाहिजे. सरकारनेही

**Ms Apeksha Pawar
(T.Y. B.Sc. Foods, Nutrition and Dietetics)**



CREATIVE EXPRESSIONS (SPECTRUM OF IDEAS)

**The section features other miscellaneous creative write-ups
and artwork on a range of different themes.**

SEEKING HAPPINESS IN LITTLE THINGS: AN ART

“Smile, is priceless. It is a therapy. It brings peace. It is the kindest thing one can give.”

–Zikra Syed

Ah, didn't reading that quotation make you smile too? If not, then do it now. Because you are a joy in yourself; you are precious; so smile, smile so that the warmth it holds spreads to your heart and your soul. It costs nothing, yet you gain everything. Isn't it a beautiful thing? Doesn't smiling spark a joy within you?

Have you ever noticed the birds rising sometimes before sunrise and going silently to sleep right after sunset? They keep chirping continuously at both these times of the day, whereas for the latter part of the day, probably arguing for their favourite spot on the tree to perch on and sleep. Interesting, isn't it? And if you haven't noticed this, you should. Just watching them maintain their routine like this brings a smile to the face. Do you think it is because of this behaviour of theirs, or because you learnt/observed something new about them? Well, the correct answer will probably be both, if you think it through well. You shall find joy just because of this. Something totally unrelated to you, yet, you will feel that happy feeling within you.

Walking down the road, all exhausted from work or college, on a summer day, and a sudden cool breeze hits you, how would you feel then? Refreshed? Pleasant? Happy? Won't you smile unknowingly feeling somewhat relieved? Saying, “Ah! That felt good.” And you'd close your eyes and get that urge to feel it all over again. Isn't it? That's a form of joy too.

You're out running grocery errands, and notice an old couple shopping for groceries. You walk past them when your eyes meet theirs and they give you a smile. Or let's say, you decide to share a smile with them yourself first. How would that feel, when they smile back at you? Wouldn't that bring you happiness? Wouldn't that bring them happiness? It would. It surely would.

It's your day off, and you're out at a pet friendly park, where you see people playing around with their dogs-n-cats. You see the sparkly eyes of those dear ones running around their owners merrily wagging their tails, the cats just loafing in their owner's laps while asking for more pats etc. You notice yourself smiling then. Why's that? Joy? Fun? Love? Happiness? It's all that you see in those people and their pets. You feel it too. Rushing towards yourself. It makes you merry too! You feel happy again.

“Ugh, what a horrible day!”, you say, while returning back home. You're tired, sleepy, exhausted in every possible way and feel sad all over. You ring the doorbell and your mom receives you with a smile and asks you about your day. There are two things you could do in this situation. Enter all gloomy inside and start complaining to her about all the events that went wrong that spoiled your day, or you could smile back at her and say, “The day was tough, but I survived”. Do you realize where you'd feel better and where you'll feel even worse? Yes, it isn't easy. You may say it's easier said than done, but holding out the rose in between a bouquet filled with thorns would still bring you happiness, won't it? Even if you prick yourself in the process. You'd still feel happy looking at the rose. That's the same with this case. You know everything went crashing that day, and you feel terribly upset, yet, the moment you see your mom smiling at you ever so warmly with nothing but pure love, you feel joy taking over. You feel merry from within. And the moment you focus on her smile and tender voice, you'd feel your worries washing away. You'll feel like it's okay. That it's just a bad day, not a bad life. And you'll get back up again.

Incidents like these, and so many more, where majority of the things go haywire sometimes. But let me tell you a secret, no matter how bad your day was, there will most definitely be a ray of sunshine within. You may have missed out on it, may have just brushed past against it, but it happened. It did. It was a moment of joy. You just need to spot it! There's always a moment of good, and it could never be a 100% bad. You just need to seek it, focus on it. Let not the negative take over you because I know you are capable of so much more than you think.

Let's manifest on achieving this skill, this art of finding good in everything we see or go through. Let's grab on the joy and let the sorrow slide. Life would get a lot better if we did. Yes, a lot better.

Ms Zikra Syed Joseph Babu
(T.Y. B.Sc. Foods, Nutrition and Dietetics)

WHO LOST WHOM?

Li'l hands
Holdin' the pants,
and
Trying to speak 'Hold on'
But how can a month old baby speak?
Shivering hands,
Feeble legs,
Frail sight
How can she stop her cry?
Heavy heart
Needs to be calm,
Broken soul
Needs to stand strong
How can she survive without her soul?
Smiling face with a
Teary eyes,
Heavy heart but a
Strong soul
Final battle needs to be fought.
Isn't the answer clear?
of
Who lost whom?
A child lost his father
A mother lost her son
A wife lost her husband
And
Bharat Mata lost a soldier.

Ms Zainab Patanwala
(T.Y. B. Sc. Community Resource Management)

LIFE IS BUT A DREAM

Each time you have a dream you never know
what it means
You see an open road, but never know which
way to go
And each time you fall in love, it's clearly not
enough
Familiar path, different lanes
It's always too much or too little; never enough
Always wanting something you can't have
Nothing new and nothing feels right
So close your eyes, after all life is but a dream

Ms Khaula Maknojia
(F.Y.J.C.)

'NEVER GIVE UP'

Nothing you achieve is easy. Without hard work achieving a goal is not possible. Working hard could be a key but never giving up in the process is the matter of high spirits. Ants are best example. When ants climb a wall, it doesn't reach its goal in first try. Ant falls again and again and climb again and again, until it reaches its goal. Ants never give up and that's the quality we should learn from them. We know many personalities who are well known in their fields because of their hard work such as Thomas Edison, a very well-known scientist. Thomas Edison is the inventor of the first electric bulb. In one of his interviews, he was asked how many times he had failed before he successfully invented electric bulb he said, he hadn't failed; he had made 999 unsuccessful attempts. He said he had learned from his every mistake. Edison not only worked hard but also he never gave up. What could have happened if he had given up? If giving up were an option, he would discard it. Our every decision is creating future. We never know what we could be if we give up midway. Hard work is a part of journey in every field. If you halt in between, you would never know how beautiful the destination will be.

Hard work can bring some magical results such an example is J.K. Rowling. She is the author of the magical, fantastic and the most loved Harry Potter book series. People see her success and fame but they skip the part before she was popular. She wrote this book with all her efforts and passion. She took six years to complete her first book but when it came to publish, she was rejected 12 times as the story was out of the box and too fantastic for that time. Publishers thought that the book wouldn't do well but today it is one of the best series loved by everyone.

We create our own future and if we want it to shine, we need to put efforts. What we give, we get. Let's be like the ants; climb, fall, learn, change and climb again. Future can be as bright as we want and if we are not putting our efforts, we are depriving ourselves of beautiful future. We never know what our future is but if we put in hard work and never give up on our goals, we can always expect some beautiful outputs.

Ms Kamaksha Kadam
(T.Y. B.Sc. Textile and Fashion Technology)

HAPPY WOMEN'S DAY

To all the movers, the makers, the hustlers,
To the ones who stand strong, and when needed sacrifice for all,
To the ones who build home, give birth, raise babies,
To the ones who work, who struggle, who fly high and reach their goal,
To the ones who refuse to give in to any difficulty.
For all the strong women paving the way to this generation and more...
Wish you all a very Happy Women's Day...
You all just need to know that you are doing great.

Ms Mariya Siddiqui
(S.Y. Interior Designing)

WELCOME TO SOCIETY

In this poem the poet rebukes the hypocrisy found in society. It is a place where one faces many troubles. There is less freedom but more restrictions. One is not supposed to cross their limits. One should be unique to be loved by all. It's not easy to survive here because people first try to put you down and then pretend that how much they care for you.

We hope you enjoy your stay;
As long as you colour within the lines
You sure will be okay.

Welcome to society
The place where you are free to love
Oh! But be careful, don't do it too much
We don't like that stuff

Welcome to society
You have to be unique to be liked
But if you are too different
You are not doing it right

Welcome to society
Where people take their own lives
We don't take the blame for it
We do hand them the knives

Welcome to society
I hope you will survive;
We bog you down and then we say
We care for your life.

**Ms Khaula Maknojia
(F.Y.J.C.)**

THAT BEAUTIFUL LIFE

Life is multifarious.
For some life is love,
For some life is sport,
For some life is dramatic,
For some life is joy.
Life is a blessing,
Life is a dressing.
Ups and downs, lows and highs
This is what the life is like.

Sweetheart
It's that very life
That chokes our breath
But still we breathe,
Life makes us cry
But still, we smile
Life hurls us down
But still, we rise
This is what the life is like.

Live the Life
The way you like
Have this life
Don't end this life
Life is a blessing, life is a dressing
Ups and downs
Lows and highs
This is what the life is like.
Sweetheart,
It's that beautiful life.

**Ms Zainab Patanwala
(T.Y. B.Sc. Community Resource Management)**

"YOU ARE THE ARCHITECT OF YOUR OWN LIFE"

(Following is the speech delivered at Inter-Class Elocution Competition held at Nirmala Niketan College on 9th January 2023.)

I often see people making commitment like, “NO PLACE FOR NEGATIVITY. ONLY POSITIVE VIBES.” Why? What will you do when you encounter negativity in your life? You won't sit back and ask for positivity. Instead of making statements like this, make commitment like “No matter what, I will be courageous to tackle the negative situation, embrace the positive side and get back up strong enough that I won't break again”. This particular thinking made me choose this topic so that I can convey my thoughts and shed some light on it.

Let me state a quote here, “You are behind the steering wheel of your life. There are no limitations to what you can do, have or be. Except the limitations you place on yourself by your own thinking – Brain Tracy” This quote is amazing, isn't it? It tells us that we should not let our thoughts pull us back and not even a single person that determines our destiny. The hands on the steering wheel states that only and only a decision is the one that can change our life. A single decision either makes or breaks the entire enterprise and that decision is solely ours.

Another example that I would like all of us here to relate to is the one where a poor person thinks it's his destiny to never grow and be rich. A rich person is always told that his success is due to the bundle of currency running in his/her family, but that too can change. A single decision of a poor person can lead him to be the world's most successful person like we have CEO of Sun Pharmaceuticals- Mr. Dilip Shanghvi. He rose from a pharmaceutical drug distributor to the CEO of the leading Pharmaceutical brand. A single decision can change the route of your destination. A single decision can make or break your life.

But just one thing does not give your life its course. Sometimes you have to stretch far, go to lengths to make things happen according to you, for your best. How you think, create actions and your actions create results.

We are not God. We are human beings. We tend to make mistakes. If we don't make mistakes, we don't learn. If we won't learn, we won't be able to put our thoughts into actions. All these are the foundation of which your life is built on. And as an architect of your life, you need to take these points into consideration.

With this, I would like to end my speech here and I hope that you will become one of the best Architect of your life.

**Ms Aqsa Sajjad
(F.Y. B.Sc.)**

"YOU ARE THE ARCHITECT OF YOUR OWN LIFE"

(Following is the speech delivered at Inter-Class Elocution Competition held at Nirmala Niketan College on 9th January 2023.)

'The best years of life are the ones when you start taking responsibilities of your own problems and not blame them on your mom, god or the prime minister for that instance.'

Well! We all strongly believe that unless one uncertain day you decide to go see a palmist or go get your stars checked. Now no offence to the palmist, but if I pay 200 bucks to just know that the lines of my miseries are all clear? Well, I would ask for refund because only I know what curve balls I face on daily basis.

I would like to mention an analogue from the book subtle art of not giving a damn by Mark Manson, imagine you are held at a gun point to run for 30 miles or the person holding the gun would kill your family that's sad right? Now imagine you bought an expensive nice running gear to walk exact 30 miles in a marathon and your family is there to cheer you. One of the milestones right?

Exact 30 miles. Exact group of people whom you want to make proud. Exact legs with equal amount of pain. So, when you choose it the experience is all glorious no matter how many hardships you face but if it is against your will you feel most miserable or the unluckiest person of the planet. The point is when we choose our problems we feel empowered. But when it's against our will we feel victimized or else say it's all destined. See this destiny business is very common among us students, the moment you score less, its destiny, teacher asked us questions out of syllabus. Hey!! Buddy studying makes you score marks.

See, the wheel of your life is right in your hands if you see a stone just steer the wheel. Now I am not saying you'd be successful every time drifting away from the stone. Some days you'll dash, on the worst days you'll get caught by the cops. But you still have the wheel of your life in your hand. Put it on reverse gear and accelerate.

There are going to be circumstances where you create possibilities for your every action which I think is really helpful because you stay prepared mentally if something goes wrong. Remember curveballs, the reason they are called curveballs because you don't know what and from which direction they will come and hit you. You see, this is life you're not supposed to hide from it. You are here for a ride filled with experience. Now it depends on the person whether you choose to deal it with your intelligence or indulgence or be a cry-baby and start the blame game on God and Destiny.

To conclude I want to share a story before joining my Masters course here in Mumbai my mother always told me if its written in your destiny you will reach where you want to be. I didn't say anything at that very moment but before coming here, today at the stage I called her and said mom I'm where I wanted to be exactly because of me it was not my destiny.

Ms Anjali Vatwani
(M.Sc. I Food Processing and Preservation)

YOU ARE THE ARCHITECT OF YOUR LIFE

Following is the speech delivered at Inter-Class Elocution Competition held at Nirmala Niketan College on 9th January 2023.

What kind of life is it, if you are depending on others decisions? Where are your rights, thoughts and dreams?

As the sun shines bright in the whole universe, similarly we should stand on our decision and work on our goal to fulfil our dream. Life is like a coin, where a win and a loss are two sides whatever the result it maybe, we should never lose hope and trust in ourself. You should respect yourself then only other's will respect you. Therefore, self-respect is very important, worrying about what others will think is a waste of time. As said by Bernard Baruch "Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." It is a deep meaningful slogan that speaks of our rights. "Be your own inspiration" makes believe in yourself and motivate you to move ahead towards your goal.

Let me give you an example. At the time when British ruled India, there was no one who could defeat them. On the other hand the Father of our nation, Mahatma Gandhiji made his own decision and he didn't hesitated about his statement. He was brave who gave us freedom. Similarly, P.V. Sindhu, the Indian badminton player. The society norm was against women to participate in sports. But she was not worried about others thoughts and confidently moved ahead towards her goal.

Therefore my view on this topic is we should plan to achieve our goal, design and take full ownership of the result we want to produce.

A good architect of life is the one who is creative, has good leadership qualities and is a hard working.

**Ms Afreen Shaikh
(F.Y.JC)**



Horses symbolise courage, strength and freedom. They are the embodiment of loyalty and heroism. This is my attempt at encapsulating and portraying horse as the majestic creature that it is.

**Ms Zaineb Kapadia
(T.Y. Graphic Designing and Visual Communication)**

SCIENCE AND SPIRITUALITY

(Following is the speech delivered by the winner of the first place at Inter-Class Elocution Competition held at Nirmala Niketan College on 9th January 2023.)

I would like to start my speech by stating a quote by Carl Sagan, an American cosmologist, “The notion that science and spirituality are somehow mutually exclusive does a disservice to both”. We might have heard multiple times that science and spirituality are on the opposite poles of a magnet. But is it really the truth?

So now first understand what science and spirituality individually is. Former one deals with the physics and later one deals with the spirit. One deals with the overt aspects and other one deal with covert aspects of the world. One is knowledge and the other is wisdom. While science can offer practical tools and knowledge for living, spirituality can offer meaning. They are complementary to each other. Sri Sri Ravi Shankar has very precisely described both the concepts as “Understanding matter is 'science' and understanding 'who am I' is spirituality.” The power of science and technology has brought us to the point of unprecedented benefits like communication, travel, medicine, etc. Spirituality, generally speaking, is responsible for the ethical behaviour and internal growth of individuals, as well as for the responsibility of the planet's resources.

Some of the greatest scientists, when questioned about their discoveries, pointed to spiritual inspiration or a divine power as the force behind their findings. Albert Einstein once said, “I assert that the cosmic religious experience is the strongest and the noblest driving force behind scientific research.” So, one might wonder why did a superefficient scientist considered spirituality as the driving force behind his every research? Isn't it very contrasting that a scientist believing in something that science doesn't believes in?

In real life, science and spirituality make a great partnership. If those engaged in science spend some time in the silence of their own selves, inspiration will come and lead them to the answers for which they seek. Similarly, if those interested in spirituality apply the scientific law of testing hypotheses in the laboratory of their own body and soul, they will find the results. Real progress or success or peace or Moksha or development or civilization or reformation is possible when science and spirituality go hand in hand or see eye to eye.

Science without spirituality seeks to work mainly in human interest and gives birth to technologies of comfort and convenience. On the other hand, spirituality without science is also incomplete. Such spirituality gives birth to institutionalised religions infected with dogmas, blind faith and fundamentalism.

Gandhiji, being a man of peace believed in the right co-ordination or combination of the two. He rarely visited temples but he always believed in service to man is service to God. But at the same time, he opposed the craze for machinery which throws thousands on the open streets to die of starvation. So, this is where he tried to say that the world has been facing problems due to imbalance of science and spirituality.

Science without spirituality has ill-served the Earth, and spirituality without science has degenerated into dogmatic exclusivity. We need both of them. I would like to end my speech here by giving all of us to ponder upon something and introspect ourselves. When a rich mixture of science and spirituality is available to us, why should we think in terms of 'either/or' ? Why not include 'both/and'? Why not celebrate the unity of physics and metaphysics? Information and transformation? Because the holy synthesis of the two brings peace, success and holistic approach.

Ms Palak Sanghavi
(S.Y. B.Sc.)



Artwork by Ms Simran Malandkar
(T.Y. B.Sc. Textile and Fashion Technology)

A FRIEND



A friend is someone who
Smiles when you smile,
Laughs when you laugh, but holds your
Hand when you cry.
A friend is someone who listens
When you speak, understands when
You are quiet and guides you on your way.
A true friend is someone
Who thinks that you are
A good egg even though they know
You are slightly cracked.

Ms Prachi Barthwal
(M.Sc. I Textile and Fashion Technology)

HAPPINESS

Happiness and sadness are part and parcel of life.
Nothing lasts too long.
One has to be determined, optimistic and patient
To get back to the state of happiness.

A feeling of calmness
That I know won't last long.
That I know will end soon.

But I can finally stop.
See the colour in the horizon.
See the light at the end of the tunnel.

It's a slow process of healing.
Falling and trying, but I will continue.
I know one day I will recover.

But I need to keep going
To get back to this feeling of calmness.
To get back to this feeling of happiness.

Ms. Khaula Maknojia
(F.Y.J.C.)

JUST ONCE...

Just once is a way of livin'.
Just once we live,
Just once we leave.

Just once is an imagination that runs wild.
Just once is what we always have on mind,
Like?

Just once wanna spend penny without earnin'
Just once wanna spend night without worryin'.

Just once wanna ride horse like Merida
Just once wanna have powers like Elsa.
Just once wanna fight like Mulan
Just once wanna be saved like Aurora.
Just once wanna be loved like Bella.

Just once wanna fly like a bird in the sky.

Ms Zainab Patanwala
(T.Y. B.Sc. Community Resource Management)

LIGHT THE WORLD

Moment full of sparkling lights,
Happy faces, new songs,
Hopeful notions, good cuisine,
And eyes waiting to see through all the difficulties
we faced this year,

2022 was a year full of burning crisps,
With spoon full of agony and grimace dips,

With shattered hearts and stressed mind,
But with a soul that is very kind,

From everyday getting gloomed
To know the worth and bloom,

We climbed the steps up till now,
With not hope but a belief within and a vow,

Getting things on pace,
And giving up the non-existing race,

Let's grow more,
Let's bloom more,

Fighting insecurities and lies within,
Coping up the self-abhor which was seen,

Surpassing it with self-love and care,
Shaping yourself with audacity and no compare,

So buckle up and cherish the moment.
With loads of love and strength, let's fight this
ailment.

Ms Mariya Siddiqui
(S.Y. Interior Designing)

A WORLD WITHOUT RELIGION

Everything in this world has
An optimistic and pessimistic side.
But is it true for everything?
No...not for religion.
Though a religion
Enlightens the path of peace,
For some
It's a cause of conflict.

A world
Without religion
Is a world
Without trauma and conflict.
Because dear

A world with religion
Is fighting for
Dreams, love and passion
Forbidden due to a religion
Not everyone gets
Everything here.
Who gets everything gets
Prohibited due to religion.

A world without religion
Is a world
Without good deeds.

Because religion preaches
Ethics of life.
We believe in a
Concept of hell
And heaven.

My dear,
God is the creator.
He created the world.

But we created religions
Which preach us to make
The world a place without
Any conflicts -- a Heaven.

'Cause dear,
All the religions do
Believe in the concept of
God but in different ways.

Dear,
Won't a world be wondrous,
If we trail de règle path
of religion?

'Cause,
An ethical life is
Better than
Perennial rivalry.
This is our world with and without Religion.

Ms Zainab Patanwala
(T.Y. B.Sc. Community Resource Management)

MONEY

Money is God.
Money is devil.
Money is the root cause of all the evil.

Money binds you.
Money makes you free
Yet money doesn't grow on any tree.

Money makes you happy.
Money makes you sad.
Money makes you good.
Money makes you bad.

Money gives you health.
Money makes you sick.
Money is slow to come
But runs too quick.

Money makes you a star
Money makes you notorious.
A world without money would be hilarious.

Money gives you satisfaction.
Yet money creates greed.
As you have many to feed.

Money is easy to spend
But hard to earn.
So you don't put everything at stake and see it burn.

**Mr Amol Surte Faculty,
Junior College**

A POEM ON SELF-LOVE ...

Dear Self

Dear self

Did I cast you away into the deep end
Pushed by the world's judgement and expectations ?
Did I bury you under the weight of comparisons ?
Did I judge the healing parts unfairly and too soon
And shove them in anger under the rocks by that desolate beach ?

Dear self

Did I forget to hold your hand when you were wounded ?
Did I push those different parts deep into you
And drown the unconforming bits in barren valleys ?
Did I stuff your rule bending courage into bottles and set them on fire
And let you remain broken on accusation's carpet ?

Dear self

I have changed now
Let us weave the delicate in us into lace
And forge the steel in us too
When our nemesis wants to tear apart our lace
Let us show the strength crocheted within

Dear self

I now understand
Together we cross self-doubts lined ravines
That together is what we are meant to be
Arm in arm, friends and team
We are our village and our chariot

Dear self

I accept us whole
We are both light and dark and rises and falls
We are both warts and the wonderful
Together we rise after we fall
A welded alloy in life's hearth

Dear self

My temple and my shrine; my wings and my spine
We are the oyster and the pearl
The cliffs and the ravines
I love you inside out
From the scars to the soul

**Ms Vibha Hasija,
HoD (Foods, Nutrition and Dietetics)**

नई क्रांति

अभी ना शांति मार्च चाहिए।
ना हिंसा मार्च चाहिए।।
इन्हें सुधारने के लिए ।
अब तो सिर्फ मार्च चाहिए।।
अब न कोई मुँह छिपाएगा।
दुनिया को इनका दानव रूप दिखाएगा।।
अब न कोई सीता बनेगी।
अब तो इनकी लंका लगेगी।।
अब ना किसी को राम चाहिए।
अब तो इनको सुधार के लिए।
महाभारत का नया नाम चाहिए।।
अब ना कोई चुप रहेगा।
अपने सम्मान के लिए शोर मचाएगा।।
अब नए जग का निर्माण होगा।
उसमें सब का सम्मान होगा।।
अब ना कोई नारी जलेंगी।
नए जहाँ का नया आयाम होगा।।
सम्मान के लिए नई क्रांति का आह्वान होगा।

Ms Bushra Tambe
(S.Y.J.C)

विश्व प्रार्थना

हे ईश्वरा,
सर्वाना चांगली बुद्धी दे ,
आरोग्य दे ,
सर्वाना सुखात , आनंदात ,
ऐश्वर्यात ठेव ,
सर्वचे भालं कर , कल्याण कर,
रक्षण कर ,
आणि तुझे गोड नाम
मुखात अखंड राहू दे .

Ms Shravani Jadhav
(F.Y. B.Sc.)

मराठी भाषा दिनाच्या हार्दिक शुभेच्छा

मराठी भाषा
ही आमची मातृभाषा आहे.
हे आम्ही आमचं भाग्य समजतो
लाभले आम्हास भाग्य बोलतो मराठी !
जहालो खरेच धन्य ऐकतो मराठी !
धर्म, पंथ, जात एक जाणतो मराठी !
एवढ्या जगात माय मानतो मराठी !

Ms Shravani Jadhav
(F.Y.B.Sc.)

राजनीति

इस देश को मैं क्या कहूँ, हर चीज़ जाति हो गई।
मजहब से लेकर मौत तक, सब पर राजनीति हो गई।।
वोटबैंक करते करते, देश की शान फीकी हो गई।
मंडी का हो दौर या तेजी का, यहाँ रोज़ी रोटी खो गई।।
बॉर्डर पर जवानों की, मिट्टी मिट्टी हो गई।
वहीं दूर गांव में बैठी, माँ की कोख सूनी हो गई।।
बेटियों की चीखें भी, प्रदूषित हवा में खो गई।
न जाने भारत माँ की, आत्मा कब सो गयी।।
दरिंदों की आंखें जब, हर घर घर हो गयी।
लड़कियाँ हवस का शिकार, ना जाने कब से हो गई।
पीढ़ियाँ सास और बहू में, नफरत का बीज बो गई।
कितनी बहए आंख मूँद, दहेज की सेज पर सो गई।।
मुद्दे की हर बात, मजहब की बातों में खो गई।
आधुनिक समय नहीं, ये सदी मजबे-दौर हो गई।।
इस देश को मैं क्या कहूँ, हर चीज़ जाति हो गई।
मजहब से लेकर मौत तक, सब पर राजनीति हो गई।।

Ms Bushra Tambe
(S.Y.J.C.)

जश्रे आजादी

पूछो मत यह तुम मुझसे की, क्या करे इस आजादी का।
इस आजादी को हासिल करने में, खून बहा है आबादी का ॥
महाराणा प्रताप जैसे वीर थे यहाँ, जिन्होंने अकबर को हराया था।
शिवाजी महाराज ने अपने हुनर से, मुगलों को सबक सिखाया था ॥
कैसे रानी वेलु ने अपने दम पर, पहली पहली जंग लड़ाई थी।
कैसे झाँसी की रानी ने देखो, अंग्रेजों को धूल चटाई थी ॥
चढ़ गए सूली पर भगत सिंह, हँसते- हँसते देश के लिए दे दी जान।
नेताजी ने खुद को न्योछावर कर, देश का रख लिया सम्मान ॥
कहती है यह कवियत्री आपसे, उस बहे खून पर तुम गर्व करो।
जश्रे आजादी मनाओ ऐसे धूम-धाम से, इसे जहान का सबसे बड़ा पर्व करो ॥

Ms Disha Duggar
(T.Y. Graphic Designing and
Visual Communication)



FARE THEE WELL

FELICITATION OF STAFF WHO RETIRED AND LEFT DURING THE ACADEMIC YEAR

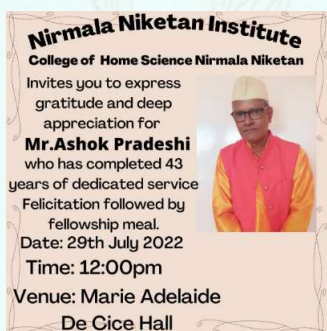
TEACHING STAFF (JUNIOR COLLEGE)

- Ms Zahida Taqi (31 years of service) retired on 28/2/2023

NON-TEACHING AIDED & SELF-FINANCED STAFF (DEGREE COLLEGE)

- Mr Ashok Pardeshi (43 years of service) retired on 31/7/2022
- Mr John Fernandes (41 years of service) retired on 28/2/2023
- Ms Nirmala Dias (36 years of service) retired on 30/04/2023
- Ms Nivedita Ullal (25 years of service) left on 30/04/2023
- Ms Erica Lobo (16 years of service) left on 15/05/2023

FELICITATION FOR SUCCESSFULLY COMPLETING 43 YEARS OF DEDICATED SERVICE (MR ASHOK PARDESHI)



FELICITATION FOR SUCCESSFULLY COMPLETING 31 YEARS OF DEDICATED SERVICE (MS ZAHIDA TAQI) AND 41 YEARS OF DEDICATED SERVICE (MR JOHN FERNANDES)

Nirmala Niketan institute
College of Home Science Nirmala Niketan
Invites you to express deep gratitude and appreciation



Mr. John Fernandes
who has completed 41
years of dedicated service.



Mrs. Zahida Taqi
Who has completed 31
years of dedicated
service.

Felicitations followed by fellowship meal
Saturday 25th February 2023
12.00 noon
Venue: Marie Adelaide De Cice Hall



BEST WISHES

मेरे प्रिय अशोकजी

मेरे, हमारे, हम सब के, प्रिय अशोक जी हमारे बीच में 31 जुलाई 2022 को सेवामुक्ति हो गये। अशोक जी स्वभाव के शान्त पुरुष है। इन्होंने अपने कार्यकाल में सिर्फ अपने काम पर ध्यान दिया। किसी के लेन देन का कोई मतलब नहीं रखते थे। शिक्षा का ज्ञान न होकर भी दिमागी ज्ञान खूब है। रसोईया का काम अच्छी तरह जानते है। खाना बनाने की बहुत रुची है। किसी भी मंजिल पर काम किया। वहाँ की हर बात को ध्यान में रखा। भगवान उन्हें सलामत रखे यह हमारी प्रभु से प्रार्थना है।

**Mr Rajpal Balmiki
(Laboratory Attendant)**

Au revoir Zahida: Reflections on a Peoples' Person

In every organisation, there are individuals who leave an indelible mark on both the workplace and the hearts of their colleagues. Hence, I wish to express our affection and gratitude to one such extraordinary individual Ms Zahida Taqi. As she begins a new chapter in life, it is my privilege to reflect upon her remarkable career and lasting impact she has had on our Junior college department.

Zahida has given 31 years of dedicated service to our institution. It was evident that she possessed a unique blend of talent, determination and a strong work ethic. She consistently exhibited a deep commitment to her work.



Ms Zahida Taqi

Zahida touched the lives of countless students as a mentor and source of inspiration. Her willingness to share knowledge and experience nurtured the talents of many students, fostering growth and shaping their career paths. As we bid farewell to Zahida, it is impossible not to reminisce about our shared memories and express our gratitude for her friendship, guidance and the inspiration she provided us.

As she embarks on a well – deserved retirement, we celebrate her exceptional career, unwavering dedication and lasting impact she has made. We extend our heartfelt gratitude and wish Zahida a retirement filled with joy, contentment and continued success in all future endeavors.

**Ms Farhanaaz Syed,
Faculty, Junior College**

आदरणीय श्री. जॉन फर्नांडिस,

"मी, श्री. उत्तम पवार. माझा सहकारी मित्र जॉन फर्नांडिस हा सेवानिवृत्त झाला आहे. त्याच्याबद्दल सांगायचं असं आहे की, जॉन हा माझा चांगला मित्र आणि सहकारी होता. आम्ही जवळजवळ 30 ते 35 वर्षांपासून निर्मला निकेतन - कॉलेज ऑफ होम सायन्समध्ये, एकत्र काम करतो होतो. त्यांचा स्वभाव शांत आणि वृत्ती मनमिळावू होती. त्यांनी खूप वर्षे सहव्यासाठी मजल्यावर काम केलं. त्यांनी आपल्या महाविद्यालयामध्ये - विद्यार्थिनीं सोबत व टीचिंग स्टाफ सोबत नेहमी प्रेमाचं आणि सहकाराचे नाते ठेवले. माझ्याकडून त्यांना पुढील आयुष्यासाठी खूप खूप सुभेच्छा!"



**नमस्कार
श्री. उत्तम पवार, कर्मचारी.**

(Non-teaching Nirmala Niketan Self-Financed Unit)

FELICITATION FOR SUCCESSFULLY COMPLETING 36 YEARS OF DEDICATED SERVICE (MS NIRMALA DIAS), 25 YEARS OF DEDICATED SERVICE (MS NIVEDITA ULLAL) AND 16 YEARS OF DEDICATED SERVICE (MS ERICA LOBO)



BEST WISHES



Ms Nirmala Dias
(Receptionist, Nirmala Niketan Polytechnic Unit)

I have known Ms Nirmala Dias from 2010. She has a motherly instinct and has cared for students through her interaction with them at the reception counter, in the library and at various events of the College. Nirmala has deep devotion to Mother Mary and is grateful to God for all the blessings in her life. She is responsible and accountable in maintaining day to day receipts from students. She is a master in providing railway concession, information on the college and rules of the college. She has been faithful to the ethos of the college. Even when she had a heart attack, she was more interested in handing over the cash to me. In the hospital, she kept mentioning where the files are and the refund cases. The Nirmala Niketan Institute is deeply grateful to have a wonderful staff like her. We wish a happy retirement life and good health of mind and body.

Ms Cheryl Machado,
Office staff and Management member



Ms Nivedita Ullal
(Librarian, Nirmala Niketan Polytechnic Unit)

Working alongside Ms Nivedita Bindurkar, a remarkable colleague and good friend over the past 16 years, was an absolute delight. Nivedita's contribution to the library department was nothing short of outstanding. She was a dedicated, hardworking, and efficient co-worker who could always be relied upon to solve problems. Her helpfulness to students in finding the right books in the library was commendable and she was always willing to lend a hand to both students and staff who sought her assistance on library-related issues.

Ms Prajakta Mhaprolkar,
Librarian



Ms Erica Lobo
(Accountant, Nirmala Niketan Polytechnic Unit)

Erica Ma'am.
The meaning of her name is powerful or ruler. You always see her smiling, She has depth of knowledge but on face she is always calm with simplicity and politeness. Erica Ma'am is always ready to help others, she will never say no to anybody. Loving, caring, religious and helpful. She gels up with others very easily, be it students, parents, teachers, management with everyone her behavior is like in family . She is dedicated to her job.

Mr Sunil D'Mello,
Accounts Office Staff

DEAR ERICA....

ALL I WANT TO SAY IS “THANK YOU”

“Thankfulness is the beginning of gratitude,

Gratitude is the completion of thankfulness.

Thankfulness may consist merely of words,

Gratitude is shown in acts” —Henrik Frederic Amiel.

Indeed, this is a wonderful opportunity to express my gratitude to an enigma called Erica. Why so??

E – Efficient, Energetic, Empathetic

R– Radiant, Reachable, Readiness

I – Integrity, Innovative, Inspiring

C – Calm, Compassionate, Creative. Cooperative

A – Affable, Active, Accommodating and Affectionate

Need I say more? Indeed I should.

I have worked closely with Erica for about 6 years, since I was a part of the Nirmala Niketan Polytechnic. At this juncture all I can say is “THANK YOU”

DEAR ERICA....

Thank you for being the most thoughtful colleague I could ask for. Your support and words of wisdom meant a lot to me. It made sailing through a working day a lot easier on any given day. As they say, two heads are better than one, you complemented my work in so many ways. You have stood by me whenever I needed sound advice or a helping hand.

Your eye for detail and that ear for giving a patient hearing in any situation remains inspiring. It will not be an overstatement to say You brought positivity in all its true sense. It has been a great learning experience with you. Your domain knowledge and expertise in accounting remain stupendous. So, a heartfelt thank you.

Your support and commitment to work created a positive environment that remains an inspiration for others including me. You might have been part of any team; your energy remained truly infectious. The incredible work ethic and organizational skills that you brought surely created a positive influence. You inspired your co-workers in every way. I take this opportunity to thank you for being a complete team player.

You gave me immense support as a colleague. You were a go to individual on whom anyone could truly bank on for getting a job done. You will remain an inspiration for others. Thank you for being an amazing colleague.

The professional attitude and approach towards your work continues to inspire me every day. There is so much to learn from you. There have been times when you have stepped out of your way to help and support both staff and students. I want to let you know that your efforts have not gone unnoticed. Thank you for being the great person you are.

On the personal front, I have experienced your strong connection with the Almighty, being instrumental in conducting prayer sessions, and from your sharing of the work you did in your parish community. Your command in the English language often made you write excellent scripts and not forgetting the creative compering you did. Your sincerity and hard-working nature, has always been encouraging, so thank you.

I cannot but mention how caring you have been, reaching out to those in need, your empathy for the students, your concern for the staff, your caretaking skills with the elderly at your own home and in the community, has left an endearing impression. Thank you for the love and care.

In the words, of Faust,

“As with all commandments, gratitude is a description of a successful mode of living. The thankful heart opens our eyes to a multitude of blessings that continually surround us.”

You dear Erica, have been one of the many blessings in my life .

Thank you.

**Ms Nina Dias,
Former Director of Polytechnic Section**



CONDOLENCES

CONDOLENCES

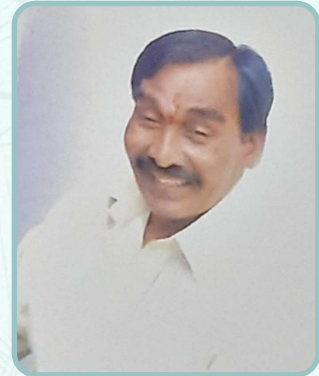
Our Deepest Condolences



MS ISABELLA PAUCHONT
Retired as Head Clerk

Our beloved colleague and friend, Ms Isabella Pauchond, left for her heavenly abode on 20th April 2023. Everyone who knew her remembers her exceptional intellect and competence as well as deep compassion, warmth, caring nature and generosity. Prayers of peace for the departed soul.

Our Deepest Condolences



MR SHIVRAM MAINGADE
Retired as Library Attendant

Our very dear respected co-worker, Mr Shivram Maingade, left for his heavenly abode on 6th December 2022. Prayers of peace for Mr Shivram. Indeed, Shivram was a most sincere, competent, calm, kind and caring person, whom all of us loved working with.



CLASS PICTURES

**You form the basic element that makes up this
Institute.**

While you play multiple roles in your life,

**We will fondly remember your best performance in the
role of you being yourself.**

**We have seen you emerge into a person ready to face
challenges that await you in various forms.**

**Your thoughts, words and actions are unique and so
individualized that we can proudly boast about the
diversity with which you will embark on this journey
called life and yet may we not stop to say that yes you
are an Nnite!**

**May you hold the values high of humanity, love and
service.**

**And then we will see you grow, from you being the
basic element of this Institute, to you laying the
building blocks of other Institutes yourself.**

**Ms Fatima Kader,
Faculty**

T.Y. B.SC. FOODS NUTRITION AND DIETETICS

(Batch 2022-2023)



T.Y. B.SC. HUMAN DEVELOPMENT

(Batch 2022-2023)



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(Batch 2022-2023)



T.Y. B.SC. COMMUNITY RESOURCE MANAGEMENT

(Batch 2022-2023)



M.SC. II FOODS, NUTRITION AND DIETETICS

(Batch 2022-2023)



M.SC. II HUMAN DEVELOPMENT

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M.SC. II TEXTILE AND FASHION TECHNOLOGY

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P.G. DIPLOMA IN DIETETICS AND APPLIED NUTRITION

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ADVANCED DIPLOMA IN FASHION DESIGNING

(Batch 2022-2023)



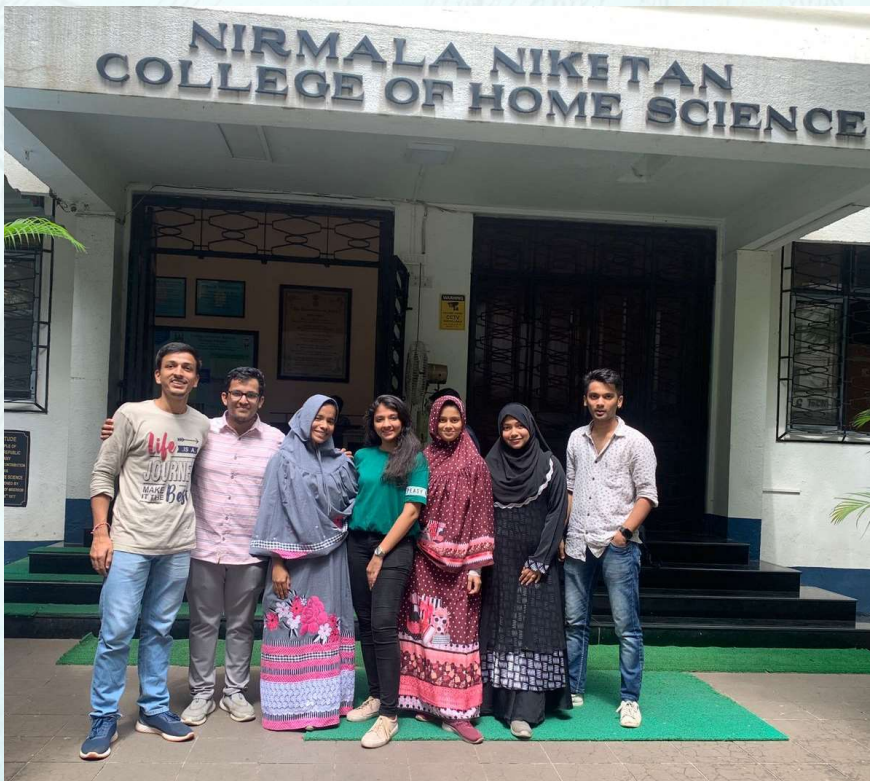
ADVANCED DIPLOMA IN GRAPHIC DESIGNING AND VISUAL COMMUNICATION

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