



## PRAYER

### Reaching Out to You

You are my Sun and My Moon  
It is Your Light in which I shine  
Your Warmth in which I bask  
With every breath I take  
Let me reach out to You

You are my World, my Universe  
It is Your Song that I sing  
Your Love I send and receive  
In each moment of my life  
Let me delight and revel in You

You are my Centre of Gravity  
It is Your Presence that anchors me  
Your Guidance that is supreme  
In every thought, feeling and action  
Let me Surrender unto You

You are the Cosmos, the Totality  
It is Your Integrity holding me together  
Your Compassion connecting me to others  
In each and every circumstance  
Let me adore and celebrate You

You are my Alpha and Omega  
It is Your Wisdom that I seek  
Your Mercy that I heal  
With every cell of my body  
Let me serve You and Only You

**Prof Dr Anuradha J Bakshi**  
**Former I/C Principal**

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## STAFF EDITORIAL

**"Shoot for the moon. Even if you miss, you'll land among the stars." – Norman Vincent Peale**

Dreams are the seeds of achievement, and the Indian scientists behind Chandrayaan-3 proved this by transforming their dreams into a historic reality. In 2023, India etched its name in golden letters in space exploration by becoming the first nation to successfully land on the Moon's southern pole. This remarkable feat wasn't just about technology or science; it was a testament to the power of vision, patience, perseverance, and the unyielding spirit of innovation. This achievement ignited a spark of inspiration for generations. It showcased that with determination and teamwork, boundaries could be pushed, and the impossible could become possible.



The journey to the Moon was not without challenges. Scientists faced numerous hurdles, from technical failures to resource constraints. Yet, they persevered, learning from every setback and emerging stronger with each attempt. Their resilience is a lesson for all of us: success is rarely a straight road, but a winding path of persistence and learning.

This mission showed the power of thinking big. It teaches us that to achieve greatness, one must aspire beyond limits, set ambitious goals, and then work tirelessly to turn those dreams into reality. Whether in science, education, or personal growth, this philosophy holds true: consistent efforts and unwavering dedication are the stepping stones to success.

Let Chandrayaan-3's story remind us to aim high, embrace challenges and never give up. In every aspect of life, the key lies in believing in ourselves and persevering through trials. After all, as Dr A.P.J. Abdul Kalam said, "You cannot change your future, but you can change your habits, and surely your habits will change your future."

Let us take inspiration from our scientists who dared to dream big and achieved the extraordinary. Their journey to the Moon is not just a milestone in India's space history but also a guiding star for anyone striving to reach new heights.

**Dr Neha Mulchandani**  
**Convenor**  
**Magazine Committee**

## STUDENT EDITORIAL

India has brought the phrase 'Reaching for the stars and the moon' to reality by landing on the moon and making all Indians proud! The hardwork of the scientists and the ambition to achieve their goal, got them amazing results that held our head high and the entire world to applauded us. In 2023 itself, India reached heights of achievements in many fields that included gold medals in Olympics, a great performance in World Cup 2023, the fastest 5G network, advancements in artificial intelligence and other technologies, launching Aditya -L1, and many more!



We all have goals that we wish to achieve. Whether it is academics, career, health or to reach ultimate happiness and satisfaction, all of us have desires that mean a lot to us and may even become the purpose of our life. These are the stars that we wish to touch in the vast sky. Even though these goals may be difficult to attain and seem out of reach, the deep passion and ambition in our heart, never lets us lose our dream.

Since my childhood, I have always dreamed big and have imagined myself to be happy, peaceful and fulfilled in the future. I want to be a valuable part of the society and actively help the community develop. The quote, 'Nothing is Impossible' is dear to my heart and I strongly believe that if we have the will to achieve something, we will always find a way to work hard towards it.

I too have a wish to reach the moon and the stars. I wish to achieve those goals and therefore I try to work towards it, step by step, capturing one star at a time and enjoying the journey. It is an adventure, where we face many setbacks as well, but these setbacks, only make us stronger and the fruit of our labour more satisfying! We grow as we move along the path and learn from the mistakes we have made in the past. We gain experiences on each passing day and we cherish the memories of our previous achievements.

Just like the saying, 'The sky is the only limit', we should believe in ourselves and shoot for the stars and give our all for everything we aspire to achieve.

**'Follow your dreams and let your passion guide your heart  
Tell your tale and inspire others through your talents and art  
Let yourself shine brightly among the countless souls  
Keep marching ahead towards your challenging goals  
Believe in yourself and you can even reach the stars'**

**Ms Hinal Waghela  
S.Y. B.Sc.**

## MAGAZINE COMMITTEE TEAM

<b>I/C Principal</b>	<b>: Professor Dr Anuradha J Bakshi (retired w.e.f 30-11-2023)</b>
	<b>: Professor Dr Vishaka Karnad (appointed w.e.f 1-12-2023)</b>
<b>Convenor</b>	<b>: Dr Neha Mulchandani</b>

### MEMBERS

#### STAFF EDITING TEAM

- : Ms Khyati Sampat
- : Dr Minelly Rodrigues
- : Mr Amol Surte
- : Ms Jagruti B Rathod

#### STUDENT EDITING TEAM

##### Design Team and Main Editors

- : Ms Janhvi Thosani, SY GDVC
- : Ms Hinal Waghela, TY B.Sc. FND
- : Ms Zikra Babu,  
(PGD Dietetics & Applied Nutrition)

##### Sub-editors

- : Ms Harshini Thakur, TY B.Sc. FND
- : Ms Amatullah Badami, TY B.Sc. FND
- : Ms Lydia Job, FY B.Sc.
- : Ms Bushra Tambe, FY B.Sc.
- : Ms Vishaka Purkait, TY B.Sc. FND
- : Ms Pavitri Chelladurai, TY B.Sc. HD
- : Ms Megan Monteiro, TY B.Sc. HD
- : Ms Fatema Mahuwawala, TY B.Sc. TFT
- : Ms Jaya Sharma, TY B.Sc. TFT
- : Ms Shaikh Aafiya, TY B.Sc. CRM
- : Ms Mahika Sawant, M.Sc. II FND
- : Ms Haley Chheda, M.Sc. I HD
- : Ms Mahima Shukla, M.Sc. II HD
- : Ms Kamaksha Kadam, M.Sc. I TFT
- : Ms Zehra Shajapurwala, M.Sc. II TFT
- : Ms Kashish Hemdev, TY GDVC
- : Ms Mariya Siddiqui, TY ID
- : Ms Saadia Memon, FY FD
- : Ms Syed Joovairya, SY FD

## MESSAGE FROM THE PRESIDENT

### Chandrayaan: Reaching for the Stars and the Moon

My dear Faculty members and students,  
It is with great joy and pride that I extend my heartfelt greetings to all of you through this edition of our magazine. Our theme, "*Chandrayaan: Reaching for the Stars and the Moon,*" serves as a powerful reminder of humanity's indomitable spirit of exploration and perseverance.



India's Chandrayaan mission stands as a testament to the strength of scientific innovation and determination. The journey of Chandrayaan, from the conception of an ambitious dream to the successful landing on the moon, mirrors the essence of striving for excellence despite challenges. It reminds us that no frontier is too distant when guided by dedication, courage, and collective effort.

Just as Chandrayaan has broadened our understanding of the universe, may this theme inspire us to reach for our own "stars" — our goals, aspirations, and ideals. In our educational journeys and personal growth, let us remain steadfast in our pursuit of knowledge and wisdom. Each obstacle we face is an opportunity to learn, adapt, and emerge stronger.

As members of a vibrant and forward-thinking institution, we are all called to contribute our unique talents for the greater good. May we nurture curiosity, celebrate innovation, and foster collaboration in all our endeavours.

Let this year be marked by a spirit of boundless exploration — not just of the cosmos, but of our inner potential and the opportunities around us.

I extend my best wishes to the editorial team and contributors for their dedication in bringing this magazine to life. May its pages ignite our imagination and inspire us to continue reaching for our own stars and moons.

With warm regards,

**Ms. Philomena Sequeira**  
**President, Nirmala Niketan Institute**

## MESSAGE FROM THE I/C PRINCIPAL

Dear Students, Faculty and Staff, Parents of Students, Alumni, and Employers of our Students, our Well-Wishers and all our Stakeholders,

We, as a college, are looking forward to some phenomenal changes and transformations with the National Education Policy introduced in the education system, greater collaborations, sustainable innovations and collective initiatives for community development and societal welfare. We are envisioning greater success and aiming for higher levels of excellence. This we can do only through you my dear friends! We focus on personal and professional growth, to ignite the spirit of an entrepreneur, to inculcate values of respect for people and belongings, worthy for ethical research and to contribute to the underprivileged for a sustainable economy. In this fast-changing world of business and education scenario with NEP, we will have challenges and opportunities that collide. It is important for us to stand out as a strong player with innovation and strategic thinking collectively for execution, as one big adaptable and agile team. With our human forces, with cutting-edge tools and mindsets, we go ahead with integrating technology to streamline operations, boosting visibility and social reach, setting up a research and entrepreneurial ecosystem by providing frameworks with guidance, and support from authorities, seniors, experts and alumni. Transformative leaders help shape the future of businesses in this ever-evolving landscape of education. Change is necessary for growth as our own lives demonstrate transformation. Effective change is based on God's Word, along with self-will or self-improvement efforts. The world outside should be able to look at us and notice a prominent type of difference for the alternate route that we take as a result of our walk on God's will. The Word of God is above whatever temporary obstacles we would be experiencing. We are triumphant over all obstacles because the power of God to change circumstances operates within us. So here's more power to:



Revolutionising Leadership

Expanding Horizons

Advocacy for Success

Strengthening Scope by Embedding Strengths in Our Culture

Working our Creative Minds together: A New Venture

2023-2024 leads us to a New Chapter of Aspirations

Expressing Gratitude to all who Impact our Lives and Looking Forward to Collective Action

**Prof. Vishaka Karnad**

**I/C Principal**

**On Behalf of the IQAC and College Management**

## CELEBRATING ON 11<sup>TH</sup> JANUARY 2024

### “100<sup>th</sup> BIRTH ANNIVERSARY OF FOUNDER PRINCIPAL MS COLETTE GALBY”

We are honored to celebrate the 100<sup>th</sup> birth anniversary of our esteemed Founder Principal, Miss Colette Galby. Her vision, dedication, and leadership have shaped the foundation of our institution, and we are forever grateful for the legacy she has left behind. Today, we celebrate her remarkable life and the profound impact she made on all of us.



Born in 1924, she has left behind a lasting legacy —our College of Home Science Nirmala Niketan. She started the college with a certificate course in Home Science in 1955, followed by a B.Sc. degree programme in 1969, affiliated to the University of Bombay which is now known as the University of Mumbai.

Ms Galby overcame her fears to come to India, especially to Mumbai, with a mission to empower young women in a newly independent country. As the Founder Principal, she laid the foundation for the college, based on values of hope, integrity, service, and excellence.

Her efforts have positively impacted the lives of countless young women, and this will continue for years to come. Let us be inspired by her example of kindness, courage, selflessness, and professionalism. Let us keep the lamp of loving service that she lit in our hearts and in the core values of our college burning bright and strong, and let each of our own actions today and in the morrows to come, continue to realise Ms Galby’s vision.



# 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 68 years in the year 2023-2024. 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 21<sup>st</sup> 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.

## **MANAGEMENT: NIRMALA NIKETAN INSTITUTE**

**(2023-2024)**

**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**

**(2023-2024)**

**I/C Principal:** Prof Dr Anuradha J Bakshi (retired w.e.f 30-11-2023)

: Prof Dr Vishaka Karnad (appointed w.e.f 1-12-2023)

### **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: Ms Rhonda Divecha
  - ❖ Textile and Fashion Technology: Dr Pratima Goyal
  - ❖ Community Resource Management: Ms Sunita Jaiswal
- IQAC Coordinator: Dr Pratima Goyal  
F.Y. B.Sc. Coordinator: Ms Khyati Sampat  
S.Y. B.Sc. Coordinator: Dr Minelly Rodrigues

Professors: 3

Associate Professors: 6

Assistant Professors: 11

Visiting Faculty: 36

Librarian: 1

### **CERTIFICATE AND DIPLOMA PROGRAMMES (SELF-FINANCED)**

Director: Dr Yasmina Dordi Avari

Programme Coordinators (Vocational):

- ❖ Fashion Designing: Ms Blossom Alvares
  - ❖ Graphic Design and Visual Communication: Ms Shibani Samant till August 2023  
Ms Jagruti B Rathod w.e.f from August 2023
  - ❖ Interior Designing: Ms Kashmira Dastoor
- Assistant Professors: 3  
Instructors: 9  
Visiting Faculty: 7

### **NON-TEACHING STAFF**

#### **AIDED SECTION**

Administrative & Accounts Staff: 3

Laboratory Assistants: 3

Laboratory Attendants & Peons: 11

#### **SELF-FINANCED SECTION**

Administrative, Accounts, IT & Gymnasium Staff: 9

Laboratory Attendants & Peons: 5, Other Staff: 4

# Highlights of the Junior College and Degree College

## JUNIOR COLLEGE

The Junior College reopened on 15<sup>th</sup> June 2023 for the new academic year 2023-2024. The curriculum at Junior College consists of a unique combination of subjects of arts and science streams; that includes six subjects such as English, Hindi, Biology, Chemistry, Child Development, and Psychology. In the academic year 2023-2024, there had been eight permanent teaching staff viz. 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 Deepika Surve (Psychology). Ms Virginia Dias and Ms Vanitha D'souza were temporary teachers and shared the workload for the Child Development subject. The theory and practical examinations were conducted periodically to assess the academic progress of the students.

The S.Y.J.C. classes commenced on the 15<sup>th</sup> of June 2023. The Parent Orientation Programme and Students Orientation Programme were held for S.Y.J.C. students. The admission procedure for F.Y.J.C. started in June. The Orientation Programmes for F.Y.J.C. students and their parents were organised separately on 1<sup>st</sup> August. FYJC lectures commenced on 2<sup>nd</sup> August.

The School Committee meetings were held twice in the year. HSC Board Practical and Oral examinations were conducted in February 2024. HSC Board theory examinations were conducted by the Junior College from 21<sup>st</sup> February to 19<sup>th</sup> March 2024. Mr Shridhar Talekar worked as the Chief Conductor; Ms Farahnaaz Syed as the Deputy Conductor; and Ms Roopa Rao, Ms Sheetal N., Mr Shankar Pandey as runners for the HSC Board Exam March 2024. Ms Roopa and Ms Vijayalakshmi Mannadiar were appointed as the Moderators of the HSC Board Exam in Chemistry and Biology subject respectively. All science teachers from the Junior College went as the external examiner for science practical HSC Board exam to different junior colleges in the vicinity. Independence Day, Republic day and Maharashtra Day were commemorated like every year. Institute Day was celebrated at St Pius College, Social work Extension centre Goregaon on 8<sup>th</sup> December 2024. Annual Sports Day was organised on 6<sup>th</sup> February 2024 at University Ground, Marine Lines. 'Nirmal Utsav' - College Annual day was organised at Birla Matoshree Hall, Churchgate on 8<sup>th</sup> February 2024.

Valedictory function for the academic year 2021-2022 was held on 22<sup>nd</sup> July 2023. NILP exam for one learner was conducted in college on 17<sup>th</sup> March. 'Majhi Shaala Sundar Shala' data was entered successfully on the portal. All aided junior college teachers of our college attended training regarding election duties in April at different schools and colleges in Mumbai and they had election duties on 19<sup>th</sup> and 20<sup>th</sup> May 2024. FYJC students' promotion meeting was held on 10<sup>th</sup> April. 2024 FYJC results were distributed on 27<sup>th</sup> April 2024. Junior college teachers paid visits to different schools and churches in the Mumbai suburban areas to distribute flyers among the SSC students in order to inform them about the courses offered by our college.

### **Other Activities:**

S.Y.J.C students were taken to watch a movie “Oppenheimer” at Metro cinema.

F.Y.J.C and S.Y.J.C students celebrated Friendship Day.

The national flag was made available and sold to staff and students by Mr Praladh Salunke, a representative of the New Marine Lines Post office on the eve of Independence Day.

The Interfaith Committee and NSS jointly organised “Rakhis for Rakshaks”- A Rakhi Collection Drive. These rakhis were sent to the Jawans of our country along with a covering letter on 20<sup>th</sup> August 2023.

F.Y.J.C Students had a session with College Counsellor Ms Sabita Pereira on ‘Study Habits and Time Management’.

Sessions on carom coaching were conducted by Mr Vedant Patil (M.Sc I student) for DSO registered students from 4<sup>th</sup> to 6<sup>th</sup> September 2023.

On the occasion of the International Yoga Day a session was conducted by Ms Kiara Jeswani, a Wellness Coach and the Founder of VRRISH on 21<sup>st</sup> June 2023.

A Poetry writing Competition was conducted to celebrate Hindi Divas. It was organised by Cultural Committee in association with the Magazine Committee for students.

Indoor sports were organised in October and December 2023.

### **Exposure to Students in District-Level Sports:**

Three S.Y.J.C and eight F.Y.J.C students participated in district-level sports this year.

### **Faculty Development Programmes:**

- Ms Farhanaaz Syed attended two webinars: one on ‘Transform Your Teaching with Time Saving Tools’ organised by Kahoot Academy and the other named ‘Poisonous Tales’ conducted by author Hilary Hammett on ‘Common Poisons Mentioned in Literature and Movies’ organised by Chemistry World Webinars.
- Ms Dipika Surve attended the NILP training programme at Convent of Jesus and Mary school, Fort on 6<sup>th</sup> December.
- Ms Farhanaaz Syed attended ICRTC's organised Summit on “Revisiting Discipline in School Children” on 7<sup>th</sup> December 2023.
- Mr Amol Surte attended an online meeting on ‘Train the Trainer Programme’ organised by MPSP and SCERT on 12<sup>th</sup> January 2024.
- Mr Amol Surte attended a meeting regarding NEP 2020 at the Mumbai University Convocation Hall Fort campus, Mumbai.
- Ms Dipika successfully completed a 40-hour online training programme on ‘Career Guidance Assessments and Career Counseling Techniques and Methods’ in accordance with the NEP 2020 in February 2024.

- Mr Shankar Pandey attended a three-day residential training camp at Khopoli regarding NEP 2020 organised by SCERT in coordination with Yak Education Trust from the 14<sup>th</sup> of February to the 16<sup>th</sup> of February 2024.
- All the teachers of the junior college and other teachers from other junior colleges and schools in the vicinity attended a three days training programme named ‘Shikshak Kshamtha Vriddhi Prashikshan’ regarding NEP 2020 organised by SCERT at our college from 4<sup>th</sup> March to 6<sup>th</sup> March 2024. Ms Farah Syed and Ms Vijayalakshmi Mannadiar hosted the programme and a total of 148 schools and junior college teachers from A B ward attended the programme.
- Mr Shridhar Talelar attended the NILP exam, meeting at Joseph High School, Umarghadi on 13<sup>th</sup> March 2024.

### **New India Literacy Programme Examination:**

The NILP is an initiative of the Government of India to eradicate illiteracy from the country. As per the notice received from the government an examination was conducted in the college on 18th March for one middle-aged outsider lady. Mr Shankar Pandey was appointed as an invigilator for the examination.

### **Faculty Achievements:**

- Ms Farhanaaz Syed was awarded a certificate for performance in the International Teaching Professionals Olympiad 2022 conducted by the Centre for Teacher Accreditation (CENTA), New Delhi 2<sup>nd</sup> of September.



\* Mr Shankar Pandey completed 12 years of service at Nirmala Niketan College and successfully completed an online training course of three weeks organised by the Education Department’s SCERT, Pune, and got the Senior Scale Grade from 7<sup>th</sup> July 2023 to September 2023.

In-charge Principal Prof Dr Vishakha Karnad addressing the trainees at the three days’ training programme ‘Shikshak Kshamtha Vriddhi Prashikshan’ regarding NEP 2020 organised by SCERT at our college from 4<sup>th</sup> March to 6<sup>th</sup> March 2024.

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

## F.Y. B.Sc. DEGREE COLLEGE

The first year of the B.Sc. programme in Home Science this year started on 10<sup>th</sup> July 2023 with the orientation programme. It was a very fruitful programme wherein the students participated in engaging interactions around the different courses they were about to study in the year. Soon after this, induction activities were organised for the students which included sessions by the management representative to orient them comprehensively about the college vision, mission, and values that they should uphold. Some sessions were organised by a college counselor, followed by a college tour, library orientation, etc. The total number of students enrolled in F.Y. B.Sc. this year was 166.

F.Y. B.Sc. students took part in several activities and events that were organised round the year, like the much-awaited Freshers Party, Tree Plantation and Seed Ball Making Workshop, Government of India initiated 'Meri Maati Mera Desh' campaign, national addresses by Honourable Prime Minister – Shri Narendra Modi like Viksit Bharat @2047 - Voice of Youth; PM USHA MERU Digital Launch, Amrut Bharat Station Scheme event, National Voter's Day celebration, World Mental Health Day talk, talk on Leveraging Youth to Strengthen US - India Partnership jointly organised by University of Mumbai and U.S. Consulate General, Mumbai, nature trail cum trek to Rohida, Vichitrachud, celebration of National Tourism Day... the list is endless!

The highlight was when along with Ms Vibhuti Khedekar, F.Y. B.Sc. students got the opportunity to welcome Ms Smriti Irani, Hon. Minister of Women and Child Development and Minority Affairs, Government of India for the auspicious Bhoomi Poojan ceremony for the construction of Avesta - Pahlavi Studies at University of Mumbai, Kalina campus.

Further, F.Y. B.Sc. students attended and participated in the Annual Sports Day Kridaangan-2024, a day that was filled with loud cheers, grit, and laughter with the sporty side of each never seen before! Another highlight was their participation in the Nirmal Utsav event - Iridiana 2024! 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 concluded in the month of March, after which the students geared up to take their year-end exams.



FY B.Sc. Celebrating National Tourism Day

**Ms Khyati Sampat**  
**F.Y. B.Sc. Co-ordinator**

## S. Y. B.Sc. DEGREE COLLEGE

The academic year for the S.Y.B.Sc. began on 24<sup>th</sup> June 2023 with an orientation session. Dr Minelly Rodrigues, the S.Y.B.Sc. Coordinator welcomed the students. The session began with a short prayer, followed by a detailed briefing on the institute's rules and regulations.

Next, the students were given an overview of the subjects offered in Semester III and Semester

IV. The orientation also covered the various committees and cells functioning within the college. Prof Dr Anuradha J Bakshi, the In-Charge Principal, then addressed the students, offering her guidance and encouraging them for the upcoming academic year.

Classes officially commenced on 26th June 2023, with students eagerly engaging in their studies. The Class Representatives (CRs) and Assistant Class Representatives (ACRs) for both S.Y.B.Sc. batches—S123 and S456—were elected. In addition, student leaders were appointed for individual groups.

Throughout the year, students actively participated in college activities, enrolling in various committees and volunteering for events. Some students also joined the National Service Scheme (NSS), contributing to community development projects. On 9<sup>th</sup> September 2023, the S.Y.B.Sc. students took the initiative to welcome the incoming F.Y.B.Sc. Home Science students with a Fresher's Party, fostering a sense of friendship and unity among the students.

Various sessions were held for the students during the academic year to support and enhance the students' ongoing growth and learning.

Sr. No.	Topic	Date	Resource Person	Collaborating Organisation
1.	Ethos of the Institute	24-06-2023	Ms Cheryl Machado	Nirmala Niketan Institute-Daughters of the Heart of Mary (DHM)
2.	Gas Safety	23-08-2023	Ms Rashida Amir	Bharat Gas & Department of Community Resource Management
3.	Financial Literacy	03-11-2024	Mr Prafull Pawar	Consumer Guidance Society of India (CGSI) & Department of Community Resource Management
4.	Honoring our body with Good Lifestyle, Nutrition and Health	03-11-2023	Ms Vibha Hasija	Department of Foods, Nutrition and Dietetics
5.	Secret to Happiness	04-11-2023	Ms Rhonda Divecha	Department of Human Development
6.	Professional Grooming	04-11-2023	Dr Vishaka Karnad	Department of Textile and Fashion Technology
7.	Enhancing Communication Skills	08-11-2023	Fr Leon Cruz	Don Bosco Youth Services

The college counsellor, Ms Sabita Pereira, conducted counseling sessions throughout the academic year, addressing key topics relevant to students, such as personal development, stress management, and conflict resolution. In addition, mentors were assigned to various student groups to provide personalized guidance. Remedial coaching sessions were also held for students reappearing in Semester III and Semester IV exams, offering additional support in their learning journey.

Throughout the year, students enrolled in and successfully completed several add-on certificate and diploma courses offered by different departments of the college. Beyond academics, students were actively involved in numerous college events as well as intercollegiate competitions. Notably, they participated in the 56th Youth Festival organised by the Department of Student Development (DSD), University of Mumbai. They also showcased their research skills by participating in the AARYA Intercollegiate Interdisciplinary Research Competition organised by the college.

An orientation for the four specializations offered at the T.Y.B.Sc. Home Science was held on 22<sup>nd</sup> April 2024. During this session, the Heads of Departments provided insights into the curriculum, potential future study paths, and career opportunities in the respective fields.

To conclude the academic year, a farewell party was organised by the students on 30th April 2024, for the outgoing students of T.Y.B.Sc. Home Science.

Overall, it was an enriching academic year that offered a well-rounded experience, blending academics with extracurricular activities, all aimed at fostering continuous growth and development of the students.

**Dr Minelly Rodrigues**  
**S.Y. B.Sc. Coordinator**

## **DEPARTMENT OF FOODS, NUTRITION AND DIETETICS**

"Excellence is the gradual result of always striving to do better." – Pat Riley for the Department of Foods, Nutrition, and Dietetics at the College of Home Science, Nirmala Niketan, This year marked a celebration of excellence, innovative research, and holistic development in the academic community, with a series of events, achievements, and initiatives that reflect commitment to promoting sustainable nutrition practices and empowering students.

### **Signature Department Events:**

#### **Signature Event 2: Millet for Sustainability, Health, and Wellness**

On October 6, 2023, the department hosted a National Seminar on Millet for Sustainability, Health, and Wellness to celebrate the Golden Jubilee, National Nutrition Month, World Food Day, and the International Year of Millets. The seminar aimed to highlight the transformative potential of millets in relation to sustainability, health, and business opportunities while fostering awareness about the nutritional and cultural significance of millets.

The seminar, sponsored by Kellogg India Private Limited was organised in collaboration with leading organisations such as Nutrition Society of India (NSI) – Mumbai Chapter, Protein Foods and Nutrition Development Association of India (PFNDAI), Indian Dietetic Association (IDA) – Mumbai Chapter, Health Foods and Dietary Supplements Association (HADSA), Network of Professionals in Food and Nutrition (NetProFAN), Association of Sports Nutritionists and Fitness Sciences (ASNFS), Association of Food Scientists and Technologists of India (AFSTi) – Mumbai Chapter and the Chamber of Advancement of Small and Medium Businesses (CASMB).



#### *Key highlights*

- **Inaugural Address:** Delivered by **Ms Pritee Chaudhary**, Regional Director (West) of FSSAI, who emphasized the post-2023 relevance of millets in daily life.
- **Millets Mela:** A vibrant exhibition inaugurated by Ms Chaudhary, promoting millet-based products from small businesses, students, and industry leaders like **HADSA** and **Kellogg India Pvt. Ltd.**
- **The Sheila Isaac Memorial Oration:**
  - Instituted to honor **Ms Sheila Isaac**, the department's first Head and a pioneer in nutrition education.
  - Delivered by **Dr Dayakar Rao**, Principal Scientist at the Indian Institute of Millets Research (IIMR), the oration discussed the development of Nutrihub (with 400+ millet-based products) and the journey to declaring the **International Year of Millets**.
  - **Dr Rao** was felicitated with the inaugural **Sheila Isaac Memorial Oration Award**, recognizing his ground breaking contributions to millet research.
  - **Technical Sessions comprised of modules of Millet Processing and Entrepreneurship, Millets in Health and Disease Management - A panel discussion and Millets in Sports Nutrition.**

#### **Signature Event 2: Prerna – Rise Inspired**

On **March 22, 2024**, the department hosted its annual flagship event, **Prerna – Rise Inspired**, in a hybrid format. The event, held to celebrate **50 years of excellence**, aimed to honor distinguished alumni, encourage students, and provide a platform for discussions on the future of nutrition as a profession.

Prerna, meaning "inspiration," was instituted to recognize the contributions of alumni who have excelled in the fields of Foods, Nutrition, and Dietetics. The event brought together experts, alumni, students, and faculty to celebrate the department's illustrious journey and envision its future.

- **Chief Honoree: Dr Malati Ranganath**, an academician, nutritionist, and former faculty member (1979-1992), was felicitated with a **Scroll of Honor**. A heartfelt video tribute captured the presentation of her token of appreciation during a visit to Bangalore.
- **Keynote Speaker: Ms Naaznin Husein**, Chief Nutritionist of the Indian Navy and Founder of Freedom Lifestyle & Wellness, delivered an inspiring talk on "Creating a Limitless Dynamic Practice", motivating students and professionals alike to expand their boundaries in the field.

- Panel Discussion: Organised by the Indian Dietetic Association (IDA), Mumbai Chapter, the session on "The Future Scope of Careers in Nutrition" was moderated by Ms Shradha Vijan (LEC IDA, Sr Dietitian, Bombay Hospital). Panelists included: Ms Nadiya Merchant (Kellogg India Pvt. Ltd.), Dr Pooja Singhania (Founder, Nourish 1000 Days), Ms Delnaaz Chanduwadia (Chief Dietitian, Jaslok Hospital), Ms Nidhi Gandhi (Research Analyst, Reliance Foundation Hospital) and Ms Kejal Juthani (Private Practitioner).
  - Awards Presented: Nirmal Seva Puraskar, Utkarsh, Gyan Rachna, and Nutrikhoj Research Competition awards celebrated student excellence.
- The event concluded with refreshments sponsored by Tru Healthy, showcasing the strong industry support for the department's initiatives.

### **Faculty Contributions and Highlights:**

- Ms Vibha Hasija, presented on the Gut-Brain Axis at the International Clinical Nutrition Conference (ICNC 2024) from February 8-11, 2024, in Mumbai. She also served as a co-chairperson in a panel discussion at the Vishwa Swasthyam 2024 conference on January 5-6, 2024.
- Kader Fatima Aziz and Dias Vincia Mingel, published in the Scholarly Research Journal for Interdisciplinary Studies, on Nutritional Status Based on Anthropometric Measurements of Adult Katkaris: A Low-Income Adivasi Group Residing in Vasai Palghar District.
- Dr Tasneem Ravat and Ms.Vinitha published in the International Journal of Multidisciplinary Educational Research on Development and Evaluation of Fermented Water Kefir Beverage
- Dr Sheetal Joshi obtained the Breastfeeding and Infant Feeding Counseling Certification from February 12-18, 2024, by the Breastfeeding Promotion Network of India
- Dr Minelly Rodrigues was actively involved in academic committees, including the Board of Studies at Goa University and Dr BMN College of Home Science.

### **Student Development Initiatives**

*"Success doesn't come from what you do occasionally, but what you do consistently." Marie Forleo*

The department emphasized holistic student development through interactive courses, hands-on training, and extension activities.

- Value-Added Courses:
  - Lecture Series on Research Methods and Statistics (August 5 to September 11, 2023): 33 students successfully completed this 15-hour course, coordinated by Dr Minelly Rodrigues.
  - Bridge Course in Physiology (September 12 to October 16, 2023): Designed for T.Y.B.Sc. and M.Sc. students, this course enhanced understanding of human physiology and its relationship with nutrition, with 36 students completing it under the guidance of Dr Sheetal Joshi.
- Workshops and Events:
  - Millets for Sustainability and Wellness: Held on October 6, 2023, this workshop explored the role of millets in sustainable food systems and health.
  - Enabling Breastfeeding: Making a Difference to Working Parents: Organised on August 9, 2023, this seminar, in collaboration with Nourish 1000 Days, brought together students and professionals to discuss public health strategies.
  - The VIN Talks – Vision and Inspiration in Nutrition - An interaction was by Dr Tasneem Ravat, for represent students with successful young alumna on Saturday, 26th August 2024.

- Extension Activities: From January 23-25, 2024, T.Y.B.Sc. students participated in a rural camp at Kolad, conducting nutrition education sessions for 150 women and children from Adivasi communities under the supervision of Dr Sheetal Joshi and Dr Neha Joshi.

### Research and Innovation

*"Research is creating new knowledge." - Neil Armstrong*

The department's research portfolio is as diverse as it is impactful, addressing critical health and nutrition issues.

- Noteworthy Projects: Development of ready-to-cook soup mixes for kidney stone prevention creation of millet-based snacks and fortified products for undernourished populations and assessment of burnout among doctors and its association with nutritional status
- Aavishkar Research Convention 2023-24: Students presented 18 innovative projects, including micronutrient-fortified tomato popsicles and a mindfulness-based health tracker app.
- Collaborative Project with Ritebite for sensory evaluation to be used for product development.

### Student Achievements

*"The future belongs to those who believe in the beauty of their dreams" - Eleanor Roosevelt*

The department celebrates the outstanding achievements of its students, who excelled academically, creatively, and in extracurricular activities.

- Prizes Won:
  - 40 Awards Secured:
    - Apeksha Pawar (MSc I SN) won gold, silver, and bronze medals in relay, dodgeball, and 100-meter races during the intra-college Sports Day on February 6, 2024.
    - Aileen Bhatporia (MSc II FPP) won 1st prize in the "Eat Right Millet Mela Photography Competition" on October 22, 2023.
- Leadership Roles:
  - Students participated in panel discussions, including the Student-Led Panel Discussion at ICT Mumbai on June 7, 2024.

### Internships and Practical Training

*"Tell me, and I forget. Teach me, and I remember. Involve me, and I learn." - Benjamin Franklin*

The department facilitated internships at prestigious hospitals, clinics, and research centers, ensuring students gained hands-on experience.

- Internship Details:
  - Students interned at institutions like Kokilaben Dhirubhai Ambani Hospital, S.L. Raheja Hospital, and Denmarc Clinic between May and June 2024.

### Nutrition and Health Assessments

- Anthropometric Kits: For evaluating body composition and nutritional status in individuals and communities.

These acquisitions have significantly strengthened the department's capabilities in food analysis and research.

The Department of Foods, Nutrition, and Dietetics looks ahead to new opportunities for growth and impact. Plans for the coming year include:

- Expanding value-added courses in emerging fields like nutrigenomics.
- Strengthening collaborations with industry leaders for internships and research.
- Enhancing student outreach through national-level competitions and conferences.



**Baking Workshop with Ms Sanam Khan**



**Industrial Visit by students of T.Y.B.Sc.**

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

## **DEPARTMENT OF HUMAN DEVELOPMENT**

This academic year, we had five permanent staff members, Prof. Dr Anuradha J Bakshi, Ms Rhonda Divecha, Ms Payal Maheshwari, Prof. Dr Kamini Prakash Rege, and Ms Khyati Sampat. Prof. Dr Anuradha J Bakshi was also the I/C Principal who retired on Nov 30<sup>th</sup> 2023.

Additionally, there were 3 CHB teachers, Ms Virginia Dias, Ms Vanitha D'Souza and Ms Sunaina Sharma who joined from 1st Dec. 2023.

With regard to the numbers of students, there were 30 T.Y.B.Sc. students, 12 M.Sc. Part I and 12 M.Sc. Part II students, 4 Ph.D. students and 25 students registered for the Value Added Course of our department, the Online Diploma Course in ISL (Indian Sign Language).

The research calibre of the department was evident in the number of research projects presented this year at Avishkar Intercollegiate and Zonal Level (December 2023); Avishkar State Level (January 2024); Avishkar National Level (February 2024); JIGNYASA 2024, the Research Meet organised by SIES College (March 2024); Awareness and Action Research for Youth Awakening (AARYA) (February 2024) and at SRIJANA 2023-24 organised by Guru Nanak Khalsa College (February 2024), guided by Ms Payal Maheshwari; Prof Dr Kamini Prakash Rege; Ms Khyati Sampat, Ms Virginia Dias and Ms Vanitha D'Souza.

Besides this, Ms Payal Maheshwari and Prof. Dr Kamini Rege had one International Publication each and Ms Vanitha D'Souza presented her research paper at an International Conference. All the staff members were also Keynote speakers & Session Chairs, Experts and Resource Persons at numerous International/ National Level Conferences and Seminars.

With regard to Practical/ Field Work/ Internships, the T.Y.B.Sc. and M.Sc. II students were placed in the Preschool Sections of Children's Academy, Malad and Children's Academy, Kandivali for their first term placements, while in the 2<sup>nd</sup> Term, these Practical/ Field Work centres were in different organisations, welfare centres with beneficiaries across the lifespan. The M.Sc. I students were placed in St John Universal School, Goregaon for their ECCE Practical in both their semesters.

Following were the activities of the department for 2023-24:

1) **Class Orientations** (M.Sc. II - 28<sup>th</sup> June; T.Y.B.Sc & M.Sc. I - 5<sup>th</sup> July) that oriented students towards their roles and responsibilities to both students and staff and different courses that they would take up.

2) **Online Diploma Course in ISL (Indian Sign Language)** started this year on 17<sup>th</sup> August 2023 (conducted offline from 2013) where there are 25 participants of different age-groups, from different parts of India (Mumbai, Thane, Kolhapur, Goa) who learnt to communicate with the deaf through Sign Language. This built communication and sensitivity towards those who are differently abled.

3) **World Mental Health Day Programme - 10<sup>th</sup> October 2023** with two sessions by our Alumna Ms Aathira Nair (on Arts Based Therapy) and our former HoD Dr Nirmala Almeida ( on Mental Health of Youth in Today's World), the outcome of which was building awareness in our students in applying what they learnt to their own mental health.



World Mental Health Day Programme



Faculty along with alumni of the department

4) **Parent Orientation and Alumni Interaction - 14<sup>th</sup> October 2023** where parents were made aware of their own and their child/wards roles and responsibilities in the college as well as about departmental events and trips due to happen and their possible support. This was also a platform for parents to become aware of the scope of Human Development in India and abroad and the Alumni to keep strong the linkages they have with their Alma Mater.

5) **M.Sc. I Extension Trip to Kharasgaon - 1<sup>st</sup> and 2<sup>nd</sup> Dec 2023** to build awareness and sensitivity in students and to learn about the cultural lifestyle of those living in smaller towns and villages.

6) **18th Aavishkar Competition** in December 2023 and January 2024 (HD M.Sc. I and II participated and won) where participants gained a stronger base in research work and built confidence in the presenting of that research.

7) **T.Y.B.Sc & M.Sc. II Extension Trip to Bharuch - 15<sup>th</sup> to 17<sup>th</sup> February 2024** to build awareness and sensitivity in students and to learn about the cultural lifestyle of those living in smaller towns and villages.

8) **ANTARCHAKSHU Workshop** by **The Xavier's Resource Centre for the Visually Challenged (XRCVC)** on 22<sup>nd</sup> February 2024 for students to build communication and sensitivity towards those who are differently abled, here specifically the blind and other visually impaired.



Antarchakshu Workshop

9) **Educational Tour to Amritsar/ Chandigarh** - 1st to 7th March 2024 to visit and get acquainted with centers and agencies related to Human Development in North India, specifically Amritsar and Chandigarh this academic year.



Educational Tour to Amritsar/ Chandigarh

10) **The HD Mela 'FUN-TASTIC FEST'**, on 23<sup>rd</sup> March 2024, was a major event to build the skills of organizing in our students, with only minimal guidance from teachers. Its primary aim was to spread awareness about the various domains of human development while offering a range of engaging and enjoyable activities that brought together students, faculty, and the local community.



All in HD Mela, it was a fruitful year for the

**Ms Rhonda Divecha**  
**Head, Department of Human Development**

**ALUMNAE OF DEPARTMENT OF HUMAN DEVELOPMENT  
SPEAK ON THE GOLDEN JUBILEE YEAR OF THE  
DEPARTMENT**

*“Celebrating 50 beautiful years of dedication, loyalty, hard work and  
inspiration”*

Reflecting on my seven-year journey at Nirmala Niketan, I find it challenging to sum up this profound experience in one paragraph, but I'll try my best. As a Human Development student, this institution, my second home, has shaped my life in countless ways. Coming from a very small place in Virar to the heart of Mumbai with so many dreams, I learned invaluable life lessons here at this institution.

The Department of Human Development provided a comprehensive education in ECCE, special education, social psychology, research, counselling, and various other courses, including life skills such as communication and ethics. Pursuing a specialization in this course helped me understand life stages and my individual growth. Studying human development offers numerous benefits, such as understanding your own life experiences, assisting others to navigate their challenges, comprehending the relationship between society and individual growth, leading more effectively, and supporting the physical and mental health of others. A degree in human development can lead to a wide range of careers. Though some days were overwhelming as a student, the unwavering support of the staff and the rich education I received here have earned me immense respect in the professional world. Today, I work as a curriculum developer in a renowned school of Mumbai, and previously I served as a special educator, mental health professional, and trainer, conducting many impactful sessions and workshops for various target groups. I have consistently received positive feedback for my knowledge, quality education, and the institution I come from. I am immensely grateful for the mentors who guided me, the experiences that nurtured me, and the community that embraced me. As I look back with gratitude and forward with hope, I share a poem to express my heartfelt appreciation:

*To Nirmala Niketan, my second home,  
A place where my heart and dreams did roam.  
Seven years of laughter, tears, and cheer,  
Achievements and failures, all lessons dear.*

*Mentors, guiding stars, with wisdom's light,  
Guided me from day one till convocation's sight.  
Through their care, I've grown and soared,  
Their pride in me, a feeling I adored.*

*Nurtured by this college's loving embrace,  
I stand tall today, a product of this place.  
Forever grateful for the memories I hold,  
In their blessings, my future unfolds.  
With deep gratitude, I'll stay in touch,  
Their guidance and love, I value so much.  
Nirmala Niketan, my second home divine,  
You've shaped me into who I'm destined to shine.*

**Ms Binal Dedhiya  
Masters of Human Development,  
Home Science Batch of 2021-22**

Reflecting on my education journey in the Human Development department, the learning environment provided a good balance between structured lessons and independent exploration. This allowed us, as students, to dive deep into topics we were interested in while also learning from different perspectives. A key part of this journey the influence of both professors and friends—who challenged my thinking and encouraged curiosity. Through field work and research projects, I not only improved my academic skills but also developed problem-solving abilities, critical thinking, and learned how to apply knowledge to real-world situations. As the journey continued, working through different subjects, group projects, and even failures, every experience helped me grow both personally and professionally.

**Ms Jennifer James**  
**Masters of Human Development, Home Science**  
**Batch of 2023-24**

## DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY

The department has been proactive in staying updated with the latest trends. It aims at keeping the students informed and engaged by organizing various activities such as webinars, lectures, workshops, and competitions. The orientation for T.Y. B.Sc. was held on 5<sup>th</sup> July 2023, M.Sc. I on 8<sup>th</sup> July 2023 and for M.Sc. II on 26<sup>th</sup> June 2023. It commenced on a positive note 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.

The department kick started the activities by participating in HGH India 2023 from 4<sup>th</sup> - 7<sup>th</sup> July 2023, at the Bombay Exhibition Centre in Mumbai with the array of products, which had been developed as a part of their curriculum, were exhibited. The department was approached by HGH committee to give best students as volunteers for trend forecast at the HGH trade fair. Students got an opportunity to exhibit their work to buyers from all over the world. This opportunity not only gave them the chance to earn while they learn, but they also received a stipend for their efforts.

As part of the ongoing efforts to foster creativity and provide hands-on learning experiences for students, a series of skill



Lipan Art by Ms Ramya Nair

enhancement workshops were organised on 5<sup>th</sup> August and 7<sup>th</sup> August 2023, focusing on various aspects of art and creativity. These workshops aimed at providing students with valuable insights and practical skills in fields like Creative Styling and Photography by Ms Jinal Heffa (our alumni), Lipan Art by Ms Ramya Nair (sister of one of the faculty), Beaded Jewelry Making by Ms Fatema Mahuawala (our student) and Resin art expert Ms Lopa Dharod (parent of our student).

As part of an initiative to raise awareness and promote appreciation for India's rich textile heritage, a workshop on Sensitization to Traditional Indian Handlooms and Artisans was organised on 11<sup>th</sup> August 2023. This session aimed to educate students about the

importance of traditional handloom practices, the skilled artisans who preserve these crafts, and the significance of handwoven textiles in Indian culture.

The workshop was led by Mr Ramesh Mangria, a recognized Bhujodi Weaver and expert in traditional Indian weaving techniques. Mr Mangria is known for his expertise in Bhujodi weaving, a craft that originated from the Kutch region of Gujarat. The session provided students with a unique opportunity to learn from one of the masters of this art form, who shared invaluable insights into the craftsmanship, history, and challenges faced by artisans.

In an effort to cultivate practical skills and ignite creativity amongst students, Hunar Karyashala Interactive Workshop on Bag Making was organised as part of a broader initiative to connect craftsmanship with entrepreneurship. It was a highly enriching experience for all participants. It provided students with a rare opportunity to learn from a seasoned expert like Ms Bilquis Dhrolwala (our alumni), who not only shared her craftsmanship skills but also inspired students to think creatively and take it up as an entrepreneurial venture. The workshop reinforced the idea that a simple craft, such as bag making, can be turned into a profitable business while promoting sustainability and personal expression.

To encourage students in the process of sustainability in design thinking in the field of textiles and apparel production, a session was organised on Sustainable Design Thinking on 10th July 2023. Ms Kavyashree Mruthyunjaya Swamy: Researcher, Teacher, Natural dye enthusiast was the resource person of the session from University of Georgia (USA).

A motivational talk by a successful alumni in the textile and fashion industry was organised for students on 2nd September 2023, 'Story of Achievers' event to provide them with insights, inspiration, and guidance on pursuing their career endeavours in the dynamic world of textile and fashion technology. The invited alumni of the Department included Ms Khyati Shah, Merchandiser, Sai Baba Garments; Ms Laveen Jain, Textile Merchandiser, Shraddha



Ms Tejashree Gaikwad and Ms Khyati Shah along with faculty

Creation Pvt. Ltd. and Ms Tejashree Gaikwad, Lifestyle Journalist, Hindustan Times (Digital) & Owner of StyleBoutique. The guest speakers, shared their journey, experiences and valuable lessons learned along the path to success. The Department also organised a Parent-Teacher Interaction on 2nd September 2023. The event aimed to strengthen the collaboration between the faculty and parents, fostering a supportive environment for students' holistic growth and academic excellence. One of the standout features of the department was Swadeshi Swag (weekly celebration of one Indian traditional art of craft) which began from 5<sup>th</sup> August 2023 for the entire year. The innovative concept of "Swadeshi Swag"—a student led activity involving wearing different traditional textiles and natural fabrics every Monday as a means of making students appreciate the rich culture of traditional textile crafts and fabrics in India. The students were mentored by Dr Pratima Goyal, Dr Neha Mulchandani and Ms Vibhuti Khedekar.



Mr Vignesh Amalraj and Mr Marc Sindler – TESTEX , Zurich, Switzerland along with faculty

A Technical Seminar in Collaboration with SDC EC on 7<sup>th</sup> October 2023 was organised for the students so that they could understand the industry requirements of standardization and how certification helps in the overall growth of textile business. The event was divided into two sessions. Session 1: Understand Sustainability Management in Textiles and Apparel was conducted by Mr Marc Sindler. Mr Marc Sindler is the Group CMO – TESTEX , Zurich, Switzerland.

Session 2: How to meet the ever-changing Compliance Requirements of International Brands and Retailers by Mr Vignesh Amalraj – Country Manager – OETI (Member of TESTEX, Zurich, Switzerland). The session created awareness about the various compliance requirements for the international market.

Jamboree Haat, Navratri Bazaar as a Market and Entrepreneurship skill development was organised under the mentorship by Dr Pratima Goyal, Dr Ritu Madhan and Ms Vibhuti Khedekar on 13<sup>th</sup> October 2023 and 27<sup>th</sup> March 2024 among students. The primary aim of this was to help students learn essential entrepreneurial skills by engaging in practical market activities. Students gained hands-on experience in sourcing, pricing, branding, packaging etc. while setting up and managing a market stall.

On 10<sup>th</sup> February, 2024 Inter-collegiate Design Competition on ‘Traditional Art /Craft’ was organised by Dr Pratima Goyal and Dr Neha Mulchandani. 17<sup>th</sup> students from different institutes participated in the competition. Students from various colleges participated in a creative event that blended contemporary design with traditional art forms and craftsmanship. The aim of the competition was to explore, celebrate, and preserve cultural heritage through modern design sensibilities.

A talk by Mr Ajay Srivastava, Entrepreneur, Founder and Creator of Gingerblu was organised by the department in association with IIC and EIC on career guidance and advocating sustainability in Textiles and Apparel sector.

This year once again the department, collaborated with Bhakar Foundation, Goregaon and FEM Powerment, Andheri for extension activities. The extension activities were coordinated by Dr Pratima Goyal, Dr Neha Mulchandani, Ms Vrinda Udiaver and Dr Anjali Srivastava. Students were sensitised to the lesser privileged in the society and they reached out to them and learnt to communicate to them through teaching skill based activities that would help the women/beneficiaries to learn and earn and become self-sufficient.

The Department organised an industrial visit from 2<sup>nd</sup> to 8<sup>th</sup> March 2024 to Hyderabad. 38 students and four teachers of the department, Dr Pratima Goyal, Ms Vrinda Udiaver, Dr Anjali Srivastava and Ms Sanghmitra Navalgund planned, organised, accompanied and executed the industrial visit which aimed to provide students with practical insights into industry practices, operations, and innovations.

The annual rural extension activity was conducted at Gyanjyoti Community College, Karajgoan for M.Sc II and at Saphale, Maharashtra for M.Sc. I on 29<sup>th</sup> and 30<sup>th</sup> January 2024. It proved to be a rich and immersive experience. On the other hand, the TY B.Sc. students got a chance to teach entrepreneurial skills to beneficiaries from the Gyan Jyoti Community College, Kharajgaon, accompanied by Sr. Clera and Sr. Surekha of the centre.

The Department organised its Annual Fashion Show AVEENYAKRUTI on 27<sup>th</sup> April 2024. The students of the department and the participants of the Intercollegiate Fashion Show presented their scintillating collections. This event gave an open creative platform for the young minds to think beyond and showcase their talents. The Jury included: Mr Sandeep Singh, Manager, Chacha Lifestyle and Vice Chairman SDC EC; Ms Kanika Bawa, Founder & Design Director, Kanika Bawa Design; Ms Mili Gada, Managing Director, Kahani - Juhu.; Ms Neha Sanghvi, Brand Owner, De-Elite Fashion Studio and Ms Vishu Jain, Designer V-Empyreal.

This year, the department secured sponsorships for the event from Vrijesh Corporation (Mr Vrijesh Agrawal donated for need based scholarship of the students majoring in the field of Textile and Fashion Technology); Rossari Biotech- (Mr Edward Menezes and Mr Sunil Chari donated towards staff development); Real Life Business, (Mr Sahil Siddiqui and Mr Krishna sponsored the goodie bags for our jury members, mentors, eminent guests and winners of the show).

The department faculty expanded their knowledge by participating in Faculty Development Programmes (FDP's). Dr Pratima Goyal, Prof Dr Vishaka Karnad, Dr Neha Mulchandani, Dr Anjali Srivastava, Ms Sanghmitra Navalgund 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, Dr Vishaka Karnad, Dr Ritu Madhan, Ms Vibhuti Khedekar published research papers in international and national journals and books. All staff presented research papers in international and national conferences. Teachers served as invited resource persons, reviewers and editors. Staff were invited as jury for competitions and fashion shows. Dr Pratima Goyal was awarded as outstanding contributor to the quality of the Journal of Visual and Performing Arts ShodhKosh: Journal of Visual and Performing Arts ,5th August 2023, Publisher: ShodhKosh, International. Dr Vishaka Karnad was awarded Title of MLE Master of Leaders Excellence by Harvard Square on 1<sup>st</sup> April 2024. Ms Vibhuti Khedekar was appointed as a Team Manager of the University of Mumbai for the 37<sup>th</sup> West Zone Inter University Youth Festival 2023 -2024 held at Rashtrasant Tukadoji Maharaj Nagpur University Nagpur from 22<sup>nd</sup> to 26<sup>th</sup> January 2024. Dr Neha Mulchandani was recognized as PhD guide by the University of Mumbai, from March 31<sup>st</sup> 2023. Staff was also actively involved in academic committees, including the Board of Studies at various colleges.

The T.Y. B.Sc., M.Sc. I and M.Sc. II students of the department were also enrolled for the DLLE Programme under the guidance of Dr Pratima Goyal.

The Department offered

- Add-on Diploma Course in the CAD CAM and Computer Technologies Apparel Industry for T.Y. B.Sc. (Coordinators: Dr Pratima Goyal and Dr Anjali Srivastava).

- Add-on Online & Offline Diploma Courses in CAD, CAM and Computer Technologies in the Textile and Apparel Industry – Intermediate and Advanced (Coordinators: Dr Pratima Goyal and Dr Anjali Srivastava) for M.Sc. I and II
- Entrepreneurship in Textile Crafts, a value added course (Coordinators: Dr Pratima Goyal and Dr Ritu Madhan);
- Add on online and offline certificate course on Design Thinking and Innovation (Coordinators: Dr Pratima Goyal and Ms Vibhuti Khedekar) and
- Add on online and offline Diploma course in Personal styling, grooming and fitness (Coordinators: Dr Pratima Goyal and Ms Vibhuti Khedekar)

Under the guidance of Dr Pratima Goyal, M.Sc. students completed internships at various organisations – Archroma India Pvt. Ltd., Wool Research Association in Thane, Maharashtra, KIAN-M exports pvt. Ltd, ATZ Traders and M.K. Enterprises.

It was a very fruitful and enriching year both for the students and the faculty members.

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

## **DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT**

Department of Community Resource Management being an inter-disciplinary field, it focuses at improving quality of life of the family as a unit as well as community at large. Multiple perspectives of the diverse focus areas help broaden the career scope for students specializing in this field. 31 students were admitted at T.Y.B.Sc. The department also offered elective courses, this year 14 students chose the Interior Design elective and 17 students opted for the Hospitality elective.

There are two permanent full-time faculties Ms Sunita Jaiswal (Associate Professor, HoD), Dr Roopa Rao (Associate Professor) and 4 CHB Staff: Ms Sakina Chhatriwala, Ms Riddhi Raut, Ms Sanam Khan and Ms Sneha Mankikar.

All courses offered by the Department aimed at developing professional skills such as leadership, problem-solving and team dynamics as well as essential value-added skills. The Department encouraged independent study and under-graduate research projects in current advances in relevant fields, offered 1 – month internship programme wherein students gain valuable experience and accomplishments that enhance their resume creating an added advantage.

This year, the Department undertook outreach programmes, consultancy, organised conferences, seminars, workshops and other training activities in the pertinent fields. It worked in close collaboration with various industries, consumer organisations, academic and research institutions. The department also organised various workshops for Junior college as part of career programme to the 12<sup>th</sup> standard students.

Department offered Certificate course in Workstation Design and Applied Ergonomics for which all 31 T.Y.B.Sc CRM students got enrolled.

### **Staff Development Programme:**

Ms Sunita Jaiswal and Dr Roopa Rao attended various staff development programmes such as:

- National webinar on occasion of “World Population Day” organised by Rajiv Gandhi College of Arts, Commerce and Science, NSS and DLLE Unit in coordination with IQAC, on 11<sup>th</sup> July 2023 in on-line mode.
- 1<sup>st</sup> and 2<sup>nd</sup> term Training Programme, organised by DLLE Unit, University of Mumbai at Jhunjhunwala College Ghatkopar on 2<sup>nd</sup> August 2023 and Saturday, 02<sup>nd</sup> December, 2023.
- “Role of Faculty in the Implementation of NEP 2020” organised by the FDP Committee, Tilak Education Society's S. K. College of Science and Commerce & SIES(Nerul) College of Arts, Science, and Commerce.
- 1 day FDP on NEP 2020 An Emerging Pedagogical Narrative in Higher Education organised by College of Home Science Nirmala Niketan University of Mumbai in collaboration with DLLE University of Mumbai. Speaker Fr (Dr) Paul Pudussery Head, Department of Education (Rtd) Assam on Monday 7th August 23.

### **Staff and Student Achievements:**

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

Various extension programmes were conducted throughout.

**The world Breast Feeding week was commemorated on 2<sup>nd</sup> August 2023** in Colaba and Cuffe Parade, 12 students shared important information about breastfeeding through posters and street plays in the community on the streets

**Series of Workshops on Entrepreneurial skills were conducted at Chuim Nirmala Niwas** as part of extension activities. Sessions were conducted on Fridge magnets, Jewellery and key chain made of clay, envelopes with quilling, book marks, bottle art, etc.

**Awareness programme on Environment and Consumers at Chuim Nirmala Niwas** on 18<sup>th</sup> August 2023. The primary aim of this session was to raise awareness about crucial environmental challenges and promote sustainable practices among participants. Students covered a range of topics that addressed environmental concerns such as pollution, climate change, etc.

**Awareness programme on Financial Literacy in collaboration with Consumer Guidance Society of India on 3<sup>rd</sup> November 2023.** The session taught many aspects as well as components of finance. It also helped in understanding the benefits of saving money and making investment.

**As part of Rural extension programme department conducted various activities at Bharuch Vidhyadeep Community College** (29<sup>th</sup> Feb, 1st and 2<sup>nd</sup> March 2024). Activities conducted were Self Defence First aid & Types of Bandages, Candle making Clay jewellery, Scrunches making, Personal grooming workshop and Zumba dance (recreational activity).



Student Exchange Programme with Gyan Jyoti community College, Kharasgaon

**Kharasgaon Student Exchange Programme 18<sup>th</sup> March 2024:** Students, Staff and Management of Gyan Jyoti Community College visited College of Home Science Nirmala Niketan where students of Community Resource Management welcomed them, oriented them about the department, courses offered and the career opportunities. The workshop on pouch making organised by the Department was a successful and enriching experience for all involved.

### **Department of Life Long Learning and Extension - UDAAN FEST 2023-24**

Every year Department of Lifelong Learning and Extension (DLLE) University of Mumbai organises intercollegiate festival. This year the Udaan Fest, was held on 12th February 2024 organised by K.E.S. (B.K. Shroff College, Kandivali West). Twenty colleges across Mumbai City participated in this event. It was a remarkable event that showcased the talent and commitment of young individuals towards pressing social issues. Under the mentorship of Ms Sunita Jaiswal, 20 enthusiastic students participated in various segments of the festival, each aimed at spreading awareness and invoking thought on critical topics such as food conservation and social evils. The various events organised were Street Play, Poster Making competition, Powada singing, Creative Writing and Elocution. The students of Community Resource Management participated in all the events.

**Hotel Internship** 17 Hotel Front Office & Housekeeping students interned at 4 star/5 star hotels (Hotel Raddison-Andheri, The Park, Navi Mumbai, Hotel Sahara Star, The Oberoi, Nariman Point, Trident-Mumbai). All 17 students had to face formal interview panel at the hotels before being selected for their internship placement.



Hotel Front Office & Housekeeping students

### **Student Led Events**

Student organised annual CRM Market with the theme “Alice in Wonderland on 15<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup> February 2023.

**Formal Events: As part of Hospitality electives students organised “Aarohan – Aspiring to Achieve in different fields:** Management & Ergonomics: 23<sup>rd</sup> March 2024, Hospitality & Related Careers: 16<sup>th</sup> March 2024, Interior Design & Related Careers: 9<sup>th</sup> March 2024 and Utkarsh – A Story of Entrepreneurial Journey: 10<sup>th</sup> February 2024.

**Informal Events: As part of Hospitality electives students organised:** Retro Jhalak on 4<sup>th</sup> November 2023 and Soul Allies –on 27<sup>th</sup> January 2024

**F.Y.B.Sc EVENT-** Cultural Fare was organized on 24<sup>th</sup> and 25<sup>th</sup> January 2024, to commemorate National Tourism Day. As part of their practical skills for the hospitality and tourism industry.



### Recognition Received by the Staff Members

#### **Ms Sunita Jaiswal**

- Appointed on the Board of Studies (Ad hoc) member by University of Mumbai Home Science for undergraduate courses for the academic year 2023-24.
- Invited as a judge by Department of Food Nutrition and Dietetics for Recipe competition Millets Master Chef held on the occasion of National Seminar on Millets for Sustainability, health and Wellness at College of Home Science Nirmala Niketan.
- Invited to judge the window display. Organised by Department of Fashion Designing, College of Home Science Nirmala Niketan Department of Fashion Designing (Self Finance).

#### **Dr Roopa Rao**

- Appointed to the Board of Studies (Ad hoc) member by Ramnarain Jhunjhunwala College of Arts, Science, and Commerce (Autonomous) for undergraduate courses in Interior Design and Fashion Design for the academic year 2022 – 2023.
- Joint Secretary, IBERD (International Board of Education, Research and Development)
- Felicitated by Dr Ravindra Kulkarni, Vice-Chancellor, Dr Bhambre (Pro-VC) and Dr Baliram Gaikwad (Registrar) at Fort Campus on 18<sup>th</sup> March 2024 for successfully mentoring (as an Expert) the University team of participants at the International Anveshan Research Convention 2024 organised by All Indian Universities (AIU).
- Expert - University of Mumbai at 16th Aavishkar Maharashtra State Research Convention 2023 – 2024.
- District Co-coordinator, Avishkar – University of Mumbai.
- Member, Committee for Revision of Rules and Regulations for the Conduct of Aavishkar Inter-Collegiate / Institute / Department Research Convention, University of Mumbai.

**Ms Sunita Jaiswal**  
**Head, Department of Community Resource Management**

## HIGHLIGHTS OF SELF - FINANCED DESIGN PROGRAMMES FASHION DESIGNING

Each of us is a unique thread woven into a beautiful fabric of our collective consciousness – Jaeda DeWalt

The **Academic Year 2023-24**, began with an **Orientation Programme** for the students. An interactive session of the students and their parents, orienting them to the requirements of the department was held.



Ms Noella Dias, Manager, NNI welcomed the parents with a Prayer service invoking the Blessings of the Almighty. This was followed by an address by the I/C Principal Dr Prof. Anuradha Bakshi.

With a holistic development of a **Social Outreach**, the students of the Advance Diploma in fashion designing interacted and taught the students of St Anthony's Home, who were in the age group 10-12 and 13-15 years. They taught them various creative crafts. The aim of this project is to help the children to prepare items and sell them at various self-help stalls which helps in income generation.



### **Student's Feedback:**

**Nashrah Ansari:** Volunteering for a Children's NGO was a deeply rewarding and eye-opening experience for me. I had the privilege of working with a local organisation that focused on providing support to underprivileged children.

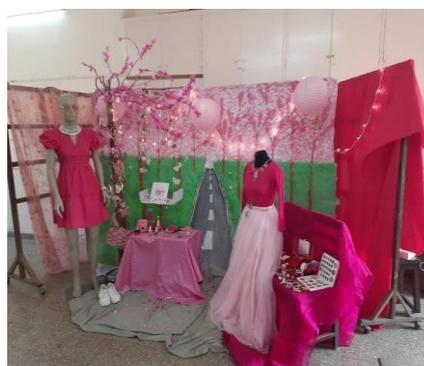
**Sarika Gupta:** One of the most memorable aspects of my experience was the opportunity to build relationships with the children. Many of them came from challenging backgrounds, facing poverty, neglect, or abuse. Initially, it was tough to break the ice, but over time, we developed trust and rapport, and taught them basic skills and articles which they enjoyed making.

**Joovairya Syed:** Volunteering with the NGO was a team effort. Working alongside with other dedicated volunteers and staff members was inspiring. We supported each other and shared ideas to make a more significant impact on the children's lives.



Social Outreach Programme with St Anthony's Home

The students of the Advance Diploma Fashion Designing along with the Diploma in Fashion Designing students put up a creative **Window Display**. It was an excellent opportunity for the students to research and understand the principles of marketing involved in using window displays as an important medium of sales. This display was inaugurated by Ms Noella Dias, Prof Dr Vishaka Karnad and Dr Yasmina Avari.



Creative Window Display

Our students along with the staff and I/C Principal Prof. Dr Vishaka Karnad attended the **Saree Walkathon** at MMRDA grounds, BKC. The event was flagged off by Mr Piyush Goyal, Minister of Textiles. It emphasized and encouraged women to wear a saree, as well as be self-reliant. A display of traditional sarees was put up, which was followed by an interactive session.



Saree Walkathon

Students participated in **Nirmal Utsav** and put up a mesmerizing performance. Inspired by great well-known painters and their impressive colour palettes, the students presented their collection in trendy styles 'Couture Strokes' - Vibrant and Vivacious.

**Creations 2024**, held in February was based on 'The Re-awakening' which draws its mood from the Met Gala theme for the year 2024.



Study Tour to Hyderabad

The **Study Tour** was organised to Hyderabad and Pochampally. A group of 27 students and two staff went on the trip from 26<sup>th</sup> October-1<sup>st</sup> November. We visited the Weavers Service Centre, Malkha, Aadyam Hand wovens, Pochampally and interacted with a few Fashion Designer/Studios like Ohana designs, 6E Design Studio and Joita Sen.



Study Tour to Hyderabad

**Visits** were organised through the year: National Garment Fair, Paramparik Karigar, Women's Entrepreneurs Exhibition, Swadeshi Haat, Sutr Santiti, Design one, Kala Ghoda art festival.



Visit to National Garment Fair



Visit to Sutr Santiti

**Ms Blossom Alvares**  
**Programme Coordinator**

## GRAPHIC DESIGN AND VISUAL COMMUNICATION

This year was full of events and activities for students, focusing on growth, teamwork, and academic success.

### **Outdoor Photography:**

Visit to Chor Bazaar Colaba and Churchgate was organised for the students to capture the essence of the place, use of natural light and shadow and how to capture an image with a story.

### **Outdoor Sketching**

The Sassoon Library and Rajabhai Tower were sketched, and scape done in water color and mixed media like pencil colors/ crayons/ pens.

### PrintMaking

Students learnt how to design, draw, cut and carve the screen and print it too using ink on different coloured papers.

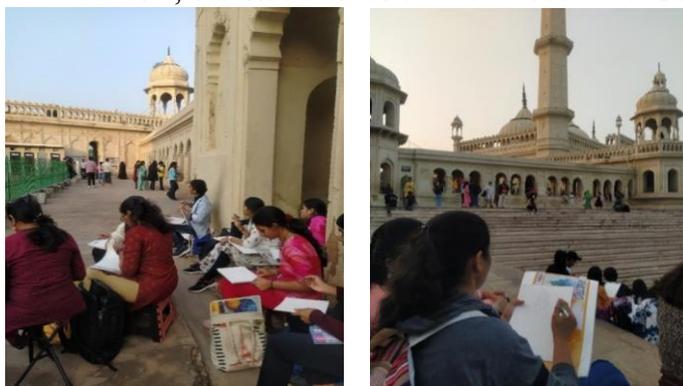


Print Making

### Industrial Visit (Study Tour)

All the students and the staff went for an Industrial Visit (Study Tour) to Lucknow Varanasi (Uttar Pradesh) in the month of December 2023. They visited various locations at these places where they had the opportunity to do many sketches in pencil, pen, brush pen and landscape in water color, acrylic and mixed media. The students of the S.Y.G.D also captured some stunning images of the place, people, culture, and street life.

In Lucknow, the students visited **“Sheroes”** – a Café run by acid victim survivors. They



interacted with the survivors and heard about their experiences, their struggles, and their never-wavering desire to live a normal life. The group left the café with a heavy heart listening to their experiences but also thankful and grateful for the life we have. This visit taught us to ‘fight back no matter what’.



Sketching and landscapes at the location



Visit to Sheroes – a Café run by acid victim survivors

**Ms Jagruti B Rathod**  
**Programme Coordinator**

## INTERIOR DESIGNING

Interior Designing is a course that complements the vision and values of the college. The department offers a Certificate course in Interior Designing on completion of the 1<sup>st</sup> year, Diploma in Interior Designing on completion of the 2<sup>nd</sup> year, and Advance Diploma in Interior Designing on completion of the 3<sup>rd</sup> year.

### **Programme Philosophy: Vision of the course**

- To demonstrate clear educational and professional goals and objectives.
- To develop creative designers able to formulate, propose, and carry out design solutions relevant to the needs of people and the environment.
- To address the goals of the interior design profession in its broadest definition to provide a basis for the future professional contribution of its diploma holders.

### **Objectives of the course**

- Encourage innovative and creative approaches to design problem-solving and show evidence of such approaches in the work and attitude of the students.
- Have as broad cultural background as possible within the framework of the particular institution.
- Maximize potentials appropriate to the institution location and resources.

The teaching faculty includes Mr Amrish Mangle (HoD), Ms Kashmira Dastoor (Sr. Lecturer), Mr Atul Lohar (Sr. Lecturer), Ms Prajakta Toraskar (Jr. Lecturer) and Ms Anisha Cutinho (Jr. Lecturer) along with visiting faculty: Mr Manish Parekh for Plumbing, Ms Sejal Shah for Residential Designing and Mr Nilesh Kenkere for (Commercial Design).

Course contents:

### **First Year: Certificate course in Interior Designing**

#### **A) Basic Design** subject

- An assignment on the topic of 2D – 3D was given to students where a 3d object was selected & a 2d picture was drawn around it to give a look of full 3d wall.
- Physiological effect of color as an assignment where every student was given a particular color and had to show its effect in Architecture, Interiors, Dress Code, Food, Nature, and Art.
- 3D model of free hand lines drawn by students.
  
- Different concepts of design were given to each student and they were asked to implement them in their project
- A new rendering medium called Pro-markers was introduced and assignments were taken.

#### **B) Indian Art**

- Every student was given an individual household item and an individual Indian art topic and they had to decorate that item using their Indian art topic. Everyone made beautiful Indian art pieces out of it. It was very informative and interesting, all the students showed their creativity in it.
- Model- Students made models such TVunits,console tables, dining tables, beds etc.furniture which are used in the house. Students made them with the help of concrete,cardboard, glass foam, etc. It was fun and exciting as everyone made the model for the first time, and it was a great experience.
- Students went on a Heritage walk from CSMT - Fountain.

- Soft skills were included in the theory and topics were given for write-up in the Journal.
- Creativity assignments on Indian art patterns and proportions.

### **Second Year: Diploma in Interior Designing (First and Second Year)**

- Designing of a 5BHK was completed in the first term.
- Designing a social space design Project.
- Designing the corporate project of the office in 2<sup>nd</sup> Semester.
- Visit to readymade furniture factory where students saw all the manufacturing processes.
- Different Concepts were given to each student to make a study of it and present it later
- Students attended many exhibitions and seminars.
- New rendering medium called Pro-markers was introduced and assignments were taken in first term
- Soft skills were included in the theory and topics were given for write-ups in Journal.
- The accessories theme this year was surrealism.

### **Third Year: Advanced Diploma in Interior Designing**

- Salon and spa was taken in the first term.
- Pub design was taken as a second term project
- Students attended Foaid and Ice seminars.
- Participated and won in national level and intercollegiate Competition.
- Different Concepts were given to each student they were asked to make an assignment of it. They had to study it and present it as PPT in the second term.
- A soft skills session was organised by the college which has helped the students.

### **Society Interiors - Product**

Society Interiors is a national-level competition held by the Magazine Society Interiors and Design. The students participated in Product Designing. Ms Rabab Shahd and Mr Rohan Sharma won the Special Recommendation Prize for designing their installation cum light product.

### **Taraash**

Taraash was an on-the-spot competition held by Late Dr Baliramji Hiray College in Bandra. Three students from the department were selected to participate in the competition. Mr Rohan Sharma from the third year won the first prize and Ms Maryam Vohra won the third prize.

### **Taraash – Portfolio Display**

Taraash also held a portfolio display in which two students from the third year Ms Sakina Kheriwala and Ms Ramla Shaikh participated. Both of them displayed their third-year design portfolio. Ms Sakina won the third prize in this participation.

### **Other Activities and Participation**

- **Orientation Day** where newly admitted students were addressed by the Director, HoD, and Faculties about their department like Assignments, Rules and Regulations, General Behavior, etc.
- **Celebrated Days** in college twin day, traditional day, and movie character day.
- A short tour of 7 days to Indore Mandu. Visited temples, Palace and Church, hotel study and sketching of the palaces visited.

- **Sports Day** where indoor tournaments and athletic meets were held. Our department won a lot of prizes.
- **Cultural** Celebrated 15<sup>th</sup> of August an Annual day where students display their talent in different ways like drama, dance, singing, and storytelling.
- **Market Survey seminar** by the students Every year at the beginning of the course second year and third year students do the market survey. As their vacation homework, they were assigned certain topics according to which they had to do the survey and gather information. Assignments like market surveys are conducted to increase the practical knowledge of the students to make them understand how in reality materials function and how the design market works. These kinds of assignments help students and increase their knowledge and experience in certain aspects. Students presented it in front of the jury Mr Nilesh Ghrat, the first-year students were the audience.
- **Farewell Party** attended by all the third-year students organised by second-year students and faculty members. The director and Principal addressed the students and bid them farewell.

#### ▪ **CREATIONS**

Creations 2024 had its opening ceremony on 16<sup>th</sup> February. Ar. Ravi Shankar and Mr Lalit Hira were the chief guests.

#### **CREATIONS – JURY**

The jury was held on the 15<sup>th</sup> of February. Ar. Pranav Bhatt and Ar. Vinit Desai was a respected Jury members.

#### ▪ **Heritage Walk**

The Heritage Walk started off from CSMT railway station to Fort where students spotted several kinds of arches and a brief on types of arches was given. Arches spotted were built on a very huge scale such as ribs, semicircular tilted arches, ogge, Tudor, two-point arches, etc. were observed. Also observed were columns that were beautifully carved. Gothic and Roman columns were spotted at the fort and students went on the street to explore more arches. Other arches like florentine, relieving arch, and multifoil were observed. The Heritage Walk activity turned out to be very informative for each one got to know about different types of arches.

#### ▪ **Ice Exhibition**

The Ice Exhibition aimed to discuss how to evolve in design and what other creative ideas could be embedded in interiors. Their aim was also to lead us into design used in the interior world. Various stalls where types of veneers, acrylic sheets, profile handles, shutter finishes, hinges, sinks, and different sanitary items were displayed. The event showcased different products and architectural designs. The exhibition was very informative as students got to know about the pros and cons of the materials.

#### ▪ **Exhibitions Attended**

In the field of designing, it is really important for a professional to remain updated regularly on what's the trending material and which company is producing what, and what new design is trending. The following exhibition was attended by students such as FOAID, ICE, and ACE.

**Mr Amrish Mangle**  
**Programme Coordinator**

## EXTENSION ACTIVITIES

### Jeevandhara Institute, Kolad

From 23<sup>rd</sup> January to 25<sup>th</sup> January 2024, a group of 22 students from T.Y.B.Sc. visited Kolad, Raigad, to conduct various extension activities in collaboration with the Jeevandhara Institute of Social Service for approx. 100 beneficiaries (Women and Children).

On the first day, the students were given a comprehensive description of the institution, its achievements, and future goals. The Jeevandhara Institute works towards education and community health of the surrounding underprivileged villages. Students presented a Puppet Show highlighting the ill effects of anemia, under-nutrition the concept of and “My Plate”. Students demonstrated two low-cost recipes – Moong Salad and Ragi Ladoos. This cultural exchange and collaborative efforts strengthened the bond and provided us with a deeper understanding of community engagement.

On 2<sup>nd</sup> day, students were divided into 3 groups who were scheduled to go to 3 different villages that is Koladwadi, Garbatwadi, Devkhane. Students presented skits and puppet shows related to topics on balanced diets, anemia, and undernutrition. Students also collected data about the lifestyle and dietary habits of different households in the villages. Students also learned a lot about the challenging situations and the daily struggles faced by rural communities concerning water shortages, toilets, and other infrastructure-related problems. Students visited Zilla Parishad schools as well and conducted various fun-based learning activities with the students.

One group visited Garbat, a village nestled in the heart of Raigad Kolad. With a population of 500 residents and a total of 95 houses, Garbat presented a snapshot of rural life in Raigad. Led by Ms Shraddha Gujar, a dedicated social worker, and her team member from a neighboring tribal village, our visit aimed to understand the socio-economic dynamics, and nutritional and health challenges faced by the villagers.

Students also witnessed the implementation of the "Har Ghar Nal Jal Yojna" water tank project that showcased government initiatives for infrastructure development, albeit with concerns regarding adequacy for the entire village's needs. Students also encountered instances of elderly residents living in solitary conditions, facing food insecurity with meager provisions of 35 kg of rice annually.



Extension Programme at Jeevandhara Institute, Kolad

### SNEHA Foundation, Dharavi

Some of the students from TYBSC FND went to SNEHA Foundation, Dharavi on 30th January and 2nd February 2024. The students went to Dharavi and conducted various health education activities with women and children. Concepts of health, hygiene and nutrition were explained using puppet show and skits.



Extension Programme at SNEHA Foundation, Dharavi

**Dr. Sheetal Joshi**  
Faculty

### **VIDHYADEEP COMMUNITY COLLEGE, BHARUCH**

On 15<sup>th</sup> and 16<sup>th</sup> February 2024 TYBSC students Human Development conducted the sessions for the students of Vidhyadeep community college Bharuch. The activities aimed to provide students with valuable insights and skills in various areas such as Ethical Decision-Making, Leadership Skills, Interpersonal Boundaries, Mindfulness, and Public Speaking. Planning and coordination of the trip involved both professors and students, ensuring an enriching experience for all participants. The department collaborated to plan and conduct activities tailored to the chosen topics. This included the development of sessions, gathering necessary materials such as income-generating products and teaching aids, and organizing logistics for the trip. The sessions were conducted in rotation, covering the designated topics. The students exhibited high levels of receptiveness and engagement throughout the sessions. The level of interaction among the participant was commendable. They asked questions, shared experiences, and contributed to discussions, creating an enriching learning environment.

The Extension trip to Bharuch proved to be an amazing experience for both students and faculty of the department. Through the well-planned sessions and activities, students gained valuable insights and skills in various areas pertinent to their academic and personal development. The enthusiastic participation and engagement of the students further enhanced the success of the trip.



**Ms Megan Monteiro**  
(T.Y. B.Sc. Human Development)

Gnanajyoti Community College, Karajgaon, Dahanu

M.Sc. I Human Development conducted two days' workshop on the 1st and 2nd of December 2023, at Gnanajyoti Community College, Karajgaon, Umargam.

Workshop 1: Teacher training- "Panchaadi, Teaching Aids and Use of Technology" and Workshop 2: Youth " Self-awareness, Self-esteem, Emotional awareness, Family dynamics, Puberty changes and Use of Technology" at the above mentioned college, for the Anganwadi teachers and youth residing under the guidance of Prof Dr Kamini Rege. A month before conducting the workshop All the 12 students were divided into two groups with 6 members each, for planning the workshop. The first group was responsible for the teacher training workshop and the second group planned a workshop for the youth on various topics to enhance their awareness about self. The whole class gathered and took up the various roles. In all the activities planned, students made sure to make it multilingual by adding English, Hindi and Marathi.

Upon reaching the center, Sister Claire and Sister Gracie gave the group a warm welcome and made the group familiar and comfortable with the area. As it was a two day programme, residing arrangements for the trainees and the teacher were made in their community hostel.

### **Workshop 1: Teacher training - "Panchaadi, Teaching Aids and Use of Technology"**

The teachers from different anganwadis started gathering and the workshop was held with 24 teachers. After a small introduction with each other, the students introduced and explained the concept of lesson planning, Panchaadi, and the five steps - ADITHI, BODH, ABHYAS, PRAYOG and PRASAR and its importance to the teachers with engaging activities. Continuing with the workshop, the teachers were divided into 5 groups for best out of waste activity. These groups rotated on 6 different stations where teaching aids from different materials were displayed for various activities and then the teachers made one teaching aid at each station.

After this the teachers took the initiative to recite some rhymes that are sung in the anganwadi centres in Hindi and Marathi along with the students. The last part of the workshop was about introducing technology and giving hands on experience as to how to use computers and make interesting teaching aids on PowerPoint presentations. The teachers were taken to the computer lab. The teachers were divided in 5 small groups guided by M.Sc. trainee in each group for better understanding. The workshop ended with appreciation and feedback from the teachers. They were happy to learn new concepts and participate in activities. Some educational books were also donated to the teachers.

Later, in the evening they all went out in the village to explore their surroundings. Students gained a good insight about the lifestyle of the villagers, their homes, schools, and agriculture and leisure activities. The students also gained knowledge about the different medicinal plants and the flora and fauna found there. Students returned before sunset at the centre with snacks, plucked fruits and lots of fun.

In the late evening, all the students, hostel girls and other members gathered on the ground. The hostel girls performed a wonderful dance related to agriculture and so did the college students on Navratri festival. The girls taught the students, flowers making art with different leaves. The art form was very unique and beautiful. The students lost track of time while making flowers and bouquets out of those leaves together with only the torchlight available. Everyone was so engaged in coming up with their own unique flowers and having fun. After a long productive day, everyone had dinner and the students prepared for the next day.

## **Workshop 2, Youth-“Self-awareness, Self-esteem, Emotional awareness, Family dynamics, Puberty changes and Use of Technology”**

M.Sc. I trainees started with the workshop by warmly welcoming the participants. The participants were youth of age around 16 to 22 years. There were 30 participants. The focus of the workshop was youth being aware about themselves. The workshop started by dividing the group into six smaller groups and naming them with six colours, and the games /activities were conducted in the same groups. The concepts of self-awareness, self-esteem, emotional awareness, and its importance were explained to them with a lot of fun and energetic games / activities. Here participants showed a lot of energy by skillfully engaging in those games and activities.

Two interesting skits were performed by the students to teach participants about their own bodily changes and to increase awareness about the same. The second skit was about how to effectively manage all different relationships in life. Participants enjoyed the skit and responded well about their learnings through it. Lastly, a discussion was conducted among the groups about technology, its advantages, disadvantages, appropriate and authentic content to be seen with regard to different situations. The participants came up with appropriate arguments for the respective situations and these points were discussed with all. The workshop was concluded by thanking the participants and taking their feedback on the session. Participants gave their honest feedback to the group, regarding the knowledge they gained from the workshop. Participants enjoyed the workshop because it was full of activities. They were happy to clarify the myths regarding menstruation. They gained a sense of self satisfaction, confidence and resilience after the workshop. The participants asked for such fun-filled workshops to be conducted more frequently for them so they can get a platform regularly to participate, try, learn and enjoy with each other.



Teacher Training Workshop



Teacher Training Workshop

**Ms Haley Chheda and Ms Rukaiyah Karachiwala  
M.Sc. I Human Development**

### **Bhakar Foundation, Goregaon (West) and FEM Powerment, Andheri (West)**

The practical for Sustainable Community Work (Semester V) and Sustainable Social Entrepreneurship (Semester VI) offered to the 31 T.Y.B.Sc. students of the specialization of Textile and Fashion Technology was truly unique and fulfilling. It was coordinated by Dr Pratima Goyal, Dr Neha Mulchandani, Ms Vrinda Udiaver and Dr Anjali Srivastava. The students shared their knowledge and skills with underprivileged girls and women at Bhakar Foundation (2 centres) at Goregaon West and FEM Powerment, situated at Andheri West. The target group consisted of an average of 40 girls and women between the ages of 16 to 60 years. The beneficiaries who had the misfortune of limited access to formal education and skill development, made them prime targets for our programme, our aim being skill

building in women to provide them a chance for self-reliance. The groups at the three centres were very enthusiastic.

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

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

The various products taught to them were fabric-patch tea coasters, scissor holders, dainty hair bows, small potli bags, small circular handbags, saree storage pouches, etc. For the students, this experience was transformative. They not only taught but also learned valuable life skills through their interactions with the women, gaining a deep sense of fulfilment from giving and receiving knowledge in return. This extension work was more than just a practical; it was a way to empower a community while also providing the students with real-world skills and experiences that went far beyond the classroom.

### **Bhakar Foundation, Goregaon (West)**



Dr Pratima Goyal, Dr Neha Mulchandani Ms Vrinda Udiaver and students

### **Sakhaya community centre, Saphale, Palghar**

In an increasingly fast-paced world, acts of kindness often go unnoticed, yet they hold the power to uplift spirits and strengthen community ties. The sessions we conducted were more than just teaching textile skills; they became an exchange of stories, smiles, and shared hope. My recent extension trip, where we had the opportunity to share knowledge and skills with the underprivileged community in Saphale, Maharashtra, has left a lasting impression on me, filling our heart with joy and love in ways we could never have imagined. The M.Sc. I students from Department of Textile and Fashion Technology, under the guidance of Dr Pratima Goyal, Dr Neha Mulchandani and Ms Vibhuti Khedekar, organised a two-day

extension work at Saphale. We were divided into two groups as there were two villages Naroda and Umarpada where the extension activity had to be conducted.

Firstly, an introduction to the planned sessions was shared to the beneficiaries. Then, the first session began which was on tie-dye. Different tying techniques on a cotton dupatta

were taught and then the dyeing process. The second session was on stencil printing. The beneficiaries were taught the process of making stencils and then printing on T-shirts using those stencils. The third session was on envelope making and printing. They were taught various techniques such as rose printing with plastic bags, eco printing with leaves and flowers, and thread art. The beneficiaries were happy to see their creative work. The most anticipated moment was the reveal of the dyed dupattas. The participants eagerly awaited the outcome, and the dupattas turned out to be beautiful, with colours of yellow and rose pink. The positive energy was contagious, and it inspired us to go above and beyond in helping them explore their creativity and skills.

On the second day, we demonstrated the block printing process on pillow covers and dyed dupattas. The next session was then on making of fabric jewellery and the last session was on tassel making. The pillow covers were block printed with various combinations of blocks by them in different colors. The tassels made by them were stitched in dupatta which was printed and dyed earlier. At the end of the extension programme, the products were exhibited at the two centres. The second day of the programme ended successfully, with amazing and positive feedback.

Looking back at the experience, the happiness we felt wasn't just from what we shared, but from what I got in return: a sense of fulfillment, purpose, and connection. Let us carry this spirit forward, reminding ourselves and others that even the smallest act of kindness can make a significant impact in our lives and the lives of those around us. Together, we can

cultivate a brighter, more compassionate world. It creates a ripple of positivity that we hope continues to spread throughout our community.



**Ms Megha Bhogle and Ms Kamaksha Kadam  
(M.Sc. I Textile and Fashion Technology)**

### **GYANJYOTI COMMUNITY COLLEGE, KARAJGOAN, DAHANU**

The annual extension Activity on 16<sup>th</sup> and 17<sup>th</sup> January 2024 conducted at Gyanjyoti Community College, Karajgoan proved to be a rich and immersive experience. Upon arrival, the centre in-charge, Sister Clara introduced the beneficiaries to the teachers and MSc



II students of Department of Textile and Fashion Technology. After a good breakfast, an ice breaking session commenced, where the students interacted with the beneficiaries (31 students) and played interactive games. The skill-sharing followed this session where the beneficiaries were provided insights into the diverse range of garments available in the market.

Following this introductory session, the beneficiaries were taught the drafting process for a kaftan kurta. Students took turns to explain the drafting, placement and the stitching procedures under the guidance of the two teachers. The language of instruction was in their local Marathi to facilitate better understanding. Each step in drafting was complete with visual aids by drawing the draft on the board. It was encouraging to see the beneficiaries follow along eagerly and quickly. This session was followed by the drafting of the palazzo pant that the students swiftly grasped. After lunch, both the kaftan kurtas and palazzo pant drafts were completed, and the students then started the stitching of the kaftan by late afternoon and completed the process in a couple of hours. The evening was spent again in interacting with the beneficiaries. Dinner was followed by a cultural exchange programme, where the beneficiaries and students sang and danced.

The next day started early as the students had to leave for Mumbai. After a brief revision of the sewing process, it was heartening to see the excellent stitching and finishing skills of the beneficiaries coupled with great speed and precision. The beneficiaries completed the pant in the first half of the day after which a small display was held to showcase their work.

The rural extension trip not only enriched beneficiaries with practical skills, but also imparted invaluable lessons in communication, adaptability, and gratitude in our students. It served as a poignant reminder of the transformative power of education and the joy of shared learning experiences.

**Dr Pratima Goyal,  
Ms Vrinda Udiaver, Faculty and students**

### **GYANJYOTI COMMUNITY COLLEGE, KARAJGAON, DAHANU**

The students from the Gyan Jyoti Community College, Kharajgaon, accompanied by Ms. Clara and Ms Surekha of the centre had come to visit the college, to learn entrepreneurial skills from the students of our department which can be used by them for making commercially viable products.



The activities to be conducted with the beneficiaries were discussed with the T.Y.B.Sc. students much in advance with Dr Pratima Goyal, Dr Ritu Madhan and Ms Sanghmitra Navalgund. The activities included Tie-Dye, Stencil Printing & Block printing. The activity started with an introduction of the session by Dr Ritu Madhan and the beneficiaries and students were divided into groups for an efficient teaching – learning environment. The students of T.Y.B.Sc explained all the processes to the beneficiaries and



guided them effectively to make the sample. The beneficiaries were delighted to learn the three techniques as it was a hands-on power packed session and they could take the samples with them along with the learning and beautiful memories. Sr Clara and Sr Surekha were updated on the sourcing of materials for bigger products for future use. The session ended with a vote of thanks by Ms Sanika Shelar of T.Y.B.Sc and one of the beneficiaries, each expressing gratitude for their learnings.

**Dr Ritu Madhan, Faculty and students**

### **COMMUNITY RESOURCE MANAGEMENT STUDENTS COLLABORATION WITH DEPARTMENT OF LIFELONG LEARNING AND EXTENSION (DLLE)**

The students of Community Resource Management and Department of Lifelong Learning and Extension (DLLE unit) University of Mumbai in collaboration conducted various activities. 29 out of 31 students successfully completed the project and assignments (120 Hrs.) to avail the benefit of 10 grace marks offered by Department of Lifelong learning and Extension University of Mumbai.

Ms Sunita Jaiswal DLLE, College Coordinator with 2 student leaders Ms Avandhika Shaju and Ms Shruti Sawant took the initiative to lead the programme smoothly and successfully.

Two training programmes were conducted by the DLLE unit for all DLLE Coordinators and student leaders to orient them regarding the projects, the benefit of collaboration with the DLLE unit, and most important to make the students aware of the importance of extension and community activities.

The faculty member Ms Sunita Jaiswal and student leaders Ms Avandhika Shaju and Ms Shruti Sawant attended the first training programme, which was organised on 2<sup>nd</sup> August 2022 at Ramniranjan Jhunjhunwala College, at Ghatkopar. The second training programme was organised at Marathi Bhasha Bhavan, University of Mumbai, Vidyanagari Campus, Kalina, Santacruz, Mumbai. This orientation programme emphasized on “Election Literacy Programme”.

The project undertaken by the students this year was Consumer Guidance (CG). Under this programme, students completed a programme on entrepreneurship skills through rural camp to Bharuch. It was an offline 3 days activity. Various awareness programmes in different areas of Mumbai city such as Khar Dhanda, Colaba, and Cuffe parade slums were conducted such as Consumer Rights, Consumer and Gas Safety, Market Malpractices such as Food Adulteration and Fake products, Workshop on Financial Literacy and the Importance of Breast Feeding to S.Y.B.Sc. students. These programmes were conducted through posters, Flashcards, demonstrations, and Street Plays. Students of the department also participated in the Intercollegiate UDAAN Festival which was hosted by BK Shroff College of Arts Kandivali, Mumbai. Students participated in Street Play, Poster making competition, and Powada competition creative writing competition. Ms Aafiyah Shaikh bagged the Third Prize in creative writing competition.



**Ms. Sunita Jaiswal, Faculty and Students  
Vidhyadeep Community College, Bharuch**

The students of Community Resource Management organized rural camp on 29<sup>th</sup> February, 1<sup>st</sup> and 2<sup>nd</sup> March 2024. The objective was to establish a connection with the rural community in Bharuch and gain insights into their specific needs. The camp started with a series of ice breaker games which taught them about necessary alertness (Ek Machli Chapaak), promote listening and following instructions (Head, Shoulder, Knees and Toes), setting a friendly and comfortable atmosphere. On the second day of the camp, a series of learning workshops were conducted aimed at equipping individuals with new skills and promoting self-care. The workshops included self-defence training, particularly focusing on empowering women to ensure their safety. Additionally, participants had the opportunity to learn the art of making clay jewellery, which could serve as both a recreational activity and a potential source of income. Furthermore, sessions conducted were on creating hair scrunches (women accessories), grooming and job skills, candle-making, and crafting canvas pouches. These workshops aimed to enhance participants' creativity, self-confidence, and entrepreneurial spirit. In addition to the workshops, students also conducted an assessment of the existing infrastructure in the nearby villages. This evaluation aimed to identify areas that required improvement, such as access to clean water, electricity, and well-maintained roads.

The community extension camp concluded on a high note with a fun Zumba workshop, ensuring the participants left with not only new skills but also a memorable experience of joy and camaraderie. The fruitful day ended by the distribution of chocolates to all the girls and special gifts to the winners of various activities, adding a sweet end to the camp.

In conclusion, the collaborative effort between Vidhyadeep College Bharuch and the Department has proven to be a valuable initiative. By addressing challenges and promoting skill development, the camp not only narrowed the gap between urban and rural populations but also laid the foundation for sustainable growth. The positive impact of all the workshops conducted emphasized the importance of practical learning experiences in creating lasting impressions and fostering meaningful connections between diverse communities.

This extension programme not only equipped the participants with new skills but also played a significant role in enhancing their confidence and interpersonal relationships. Such initiatives are pivotal in empowering the youth, especially in rural settings, paving the way for their holistic development.

The day concluded with expressions of gratitude towards the organisers for providing the opportunity to contribute to society and delivering exceptional hospitality.

The extension programme was a resounding success, with both the participants and organisers thoroughly enjoying the diverse workshops. Skills in scrunchies making, canvas pouch creation, clay art, and jewelry making were imparted, enhancing the entrepreneurial spirit of the attendees. The camp not only provided valuable knowledge but also fostered a sense of community and shared learning.



**Session on Self-Defence**



**Candle Making**



**Scrunchies Making**

## **Nirmala Niwas Community Centre, Chuim, Khardanda**

Chuim Community Centre, Nirmala Niwas, Chuim Village Road, Khar-Danda works for the upliftment of the underprivileged class of women. To facilitate this objective of the institute, the Department of community resource management took the initiative and collaborated with the center and conducted on 18<sup>th</sup> August, 25<sup>th</sup> August, 1<sup>st</sup> September and 8<sup>th</sup> September 2023, 4 sessions on various awareness programmes and enhanced entrepreneurial skills. Following were the sessions conducted:



### **Session 1:**

- Product Making: Fridge magnets, jewellery and key chains made of clay
- Awareness programme environment and consumers

### **Session 2:**

- Product Making: Envelope making with quilling and bookmarks
- Consumer awareness programme on malpractices in the market

### **Session 3:**

- Product Making: Bottle art
- Simple Healthy Nutritious recipes for school tiffin's

### **Session 4:**

- Product Making: Best out of waste.
- Demonstration to detect adulterants in food

## **Family Service Centre (FSC) - Colaba and Cuffe Parade**

For the World Breastfeeding Week Celebration 1<sup>st</sup> – 7<sup>th</sup> August 2023, the students of the community resource management Department made sure to reach out to the community and spread awareness about why feeding breast milk is necessary. With rigorous 15 days of planning, 12 Community Resource Management students worked on the script of Street play and Posters. They went to two different centers at Colaba and Cuff Parade escorted by 2 volunteers who further guided them in the community, the first community center visited was in Colaba and the second center was in Cuff Parade. The responses were amazing, the mothers were actively interacting, they gave us positive feedback on both the poster presentation as well as the Nukad Natak. Students also conducted street plays outside the center which also was a success.



**Ms. Sunita Jaiswal, Faculty and Students**

## **VALUE ADDED COURSES**

**(AFFILIATED TO THE UNIVERSITY OF MUMBAI)**

### **ONLINE ONE YEAR DIPLOMA COURSE INDIAN SIGN LANGUAGE**

The Value – added course, Orientation Course in Sign Language was started in this college since 2013, and this year we conducted it as an online One Year Diploma Course in Indian Sign Language. Every year the batch is supposed to consist of a small number of students as it is a highly interactive course, but more than that are always interested in joining. This year there were therefore 25 students enrolled. There were a few S.Y.B.Sc., M.Sc. (HD) students and several outsiders registered this year, from different parts of India, besides Mumbai and Thane, like Goa, Kolhapur, Pune and Kerala. 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 August 2023 to May 2024, twice a week in the evenings, completing the

required hours, culminating with an examination at the end. The toppers of the course were Ms Maitri Tembe (1<sup>st</sup>), Ms Carolyn Cardoso, Ms Simran Lokesh Dubey and Ms Velany Selza Fernandes (2<sup>nd</sup>) and Ms Denise Jyoti Stephen (3<sup>rd</sup>). Diplomas were presented to all successful candidates, and Merit Certificates to the Toppers.

**Ms Rhonda Divecha,**  
**Coordinator**

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

The rapidly evolving apparel industry increasingly relies on advanced technologies to enhance design, production, and efficiency. In response to this trend, the Department of Textile and Fashion Technology designed an Add-On Diploma Course in CAD-CAM and Computer Technologies in the Textile and Apparel Industry. This course aimed to equip participants with essential skills and knowledge necessary for utilizing computer-aided design and manufacturing applications and technologies in fashion and textile production. The Department of Textile and Fashion Technology is offering an Add-On Diploma Course in CAD-CAM and Computer Technologies in the Apparel Industry at a basic level for T.Y.B.Sc. students, Add-On Online & Offline Diploma Course in CAD-CAM and Computer Technologies in the Textile and Apparel Industry- Intermediate level for M.Sc. I students and Add-On Online and Offline Diploma Course in CAD-CAM and Computer Technologies in the Textile and Apparel Industry - Advanced level for M.Sc. II students of the department. Each of these courses are of one year duration and are approved by the University of Mumbai. The classes were taught by Mr Charuhas Jadhav.

The primary objective of the course is to provide a comprehensive understanding of CAD and CAM technologies in apparel design and production. It aims to develop practical skills. The course comprised of a blend of theoretical lectures, hands-on practicals, design projects, and portfolio development. The curriculum included an overview of various tools and their applications in fashion design, hands-on training in industry-standard software like

Adobe Illustrator, CorelDRAW, Richpeace, etc., for creating and modifying garment patterns using softwares and understanding the principles of pattern grading and marker making, as well as developing designs for printed, woven and embroidered fabrics.

This course is compulsory for all the students of the department. For outside students getting admission in M. Sc. I, they have to complete Basic level course along with Intermediate level. Participants successfully gained proficiency in various CAD/CAM software tools and techniques, enhanced understanding of the CAD-CAM workflow in apparel production and practical experience in creating digital patterns and portfolio development.

The Add-On Diploma Course in CAD-CAM and Computer Technologies in the Apparel Industry effectively met its objectives in providing students with important skills to navigate the technological landscape of the fashion industry. The course reinforced the Department of Textile and Fashion Technology's commitment to advancing education and professional development in this dynamic field. Number of students at T.Y.B.Sc. – 32; Number of students at M.Sc. I – 12; Number of students at M.Sc. II – 6.

**Dr Pratima Goyal and Dr Anjali Srivastava,  
Coordinators**

### **ADD-ON ONLINE AND OFFLINE CERTIFICATE COURSE IN DESIGN THINKING, INNOVATION AND START-UPS**

The Department of Textile and Fashion Technology conducted an Add-On Online and Offline Certificate Course in Design Thinking, Innovation and Start-ups affiliated to the University of Mumbai. The course was coordinated by Dr Pratima Goyal and Ms Vibhuti Khedekar in the academic year 2023 – 24. 11 students registered for the course from F.Y.B.Sc., S.Y.B.Sc., T.Y.B.Sc. and M.Sc. I out of which 10 successfully completed the course. The course commenced on 10<sup>th</sup> October 2023 and 30 hours of classes were conducted till 29<sup>th</sup> February 2024. The course was conducted in online and offline mode and the course content (study material, notes, PPTs) were shared with the students through Google drive. The sessions for the modules on Incubation and Opportunity Identification; Innovation and Start-ups and Project/Practical were conducted by Ms Supriya Waray from EnPower.

This course is compulsory for all the students of the department. For outside students getting admission in M. Sc. I, they have to complete Basic level course along with Intermediate level. Participants successfully gained proficiency in various CAD/CAM software tools and techniques, enhanced understanding of the CAD-CAM workflow in apparel production and practical experience in creating digital patterns and portfolio development.

### **PROJECT PRESENTATION**



Project Name- **ख़ालिश: Unfold the Legacy**

By Ms Dedhia Khyati Anil, Ms Savla Vrushmi Harshad and Ms Manek Vishakha Manish



Project Presentation

Project Name- Feebway

By Ms Gala Pankti Kalpesh, Ms Megha Kochar and Ms Devera Bhavika



Project Presentation

Project Name- THE HOME CAFÉ

By Ms Mubarakah Sawliwala, Ms Shaikh Aatiqula Abdul Qadir and Ms Shaikh Iqra Afsar

### Project Presentation

Project Name- THE HOME CAFÉ

By Ms Mubarakah Sawliwala, Ms Shaikh Aatiqula Abdul Qadir and Ms Shaikh Iqra Afsar  
The final exams were held from 25<sup>th</sup> February and 29<sup>th</sup> February 2024. All the students performed well during the presentations were successful. The toppers of the course were:

### Overall Toppers

- 1<sup>st</sup> Rank- Ms Dedhia Khyati Anil (S.Y.B.Sc.) Ms Savla Vrushmi Harshad (S.Y.B.Sc.)
- 2<sup>nd</sup> Rank- Ms Manek Vishakha Manish (S.Y.B.Sc.)
- 3<sup>rd</sup> Rank- Ms Mubarakah Sawliwala (S.Y.B.Sc.)

### Best Projects

- **Most Impactful Project- The Home Café**  
By Ms Mubarakah Sawliwala, Ms Shaikh Aatiqula Abdul Qadir & Ms Shaikh Iqra Afsar
- **Most Sustainable Project- Feebway**  
By Ms Gala Pankti Kalpesh, Ms Megha Kochar & Ms Devera Bhavika
- **Most Implementable Project- खर्चा: Unfold The Legacy**



By Ms Dedhia Khyati Anil, Ms Savla Vrushmi Harshad & Ms Manek Vishakha Manish

**Dr.Pratima Goyal and  
Ms Vibhuti Khedekar  
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. The course was coordinated by Dr Pratima Goyal and Ms Vibhuti Khedekar in the academic year 2023 – 24. 22 students registered for the course from F.Y.B.Sc., S.Y.B.Sc., T.Y.B.Sc. and M.Sc. I. The course commenced on 10<sup>th</sup> September 2023 and 60 hours of classes were conducted till 29<sup>th</sup> February 2024. The course was conducted in online and offline mode and the course content (study material, notes, PPTs) were shared with the students through Google Drive. The sessions were conducted by Ms Shaifali Singh for Module I - Image Projection; Ms Rianna Gorawal for Module II–Body Types for Different Personalities; Ms Shveta Wadhavkar for Module III – Make-Up and Personal Shopping and Mr Gaurav Kumar for Module IV- Fitness – Creative yoga.

The students submitted an assignment for every subject which was marked by the respective faculty out of 40 marks. The final exams carried a weightage of 60 marks and the final exams were held from 25<sup>th</sup> February and 29<sup>th</sup> February 2024. All the students performed well during the presentations and exams and were successful through them. The toppers of the course are:

- Overall Toppers- Ms Dusara Vrisha Harshad (F.Y.B.Sc.) Ms Roopali Gupta and Ms Shaikh Falak Nirrehman
- Best project work- Ms Adaniya Hardika Atul (F.Y.B.Sc.), Ms Jhaveri Kesha Ketan (F.Y.B.Sc.) and Ms Gupta Khushi Dilip (M.Sc. I)



Offline Sessions on  
Body Types



Personal Shopping  
experience at Zara and  
Westside



Offline Sessions  
on Makeup and Grooming

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

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

The One-Year Add-on Certificate Course in Workstation Design and Applied Ergonomics, introduced in the academic year 2010-11, continues to offer students a profound understanding of workplace ergonomics, emphasizing its application in various sectors.

This course is part of the Community Resource Management specialization and combines both theoretical knowledge and practical skills, equipping students to address real-world ergonomic challenges across diverse work environments. Under the able coordination of Dr Roopa Rao, the programme seamlessly blends academic rigour with hands-on experience, including field visits and workshops led by industry experts.

The course is structured to accommodate the busy schedules of students, allowing them to pursue it alongside their regular graduation studies. By completing this course, students enhance their professional prospects, acquiring skills in ergonomic workspace design, safety improvements, and promoting overall well-being in occupational settings.

Graduates of the course have access to a wide range of career opportunities, including roles as ergonomics consultants, specialists, occupational health and safety officers, or educators. They are well-prepared to assess and optimize workplace environments, ensuring the safety and health of employees while fostering a culture of wellness.

In 2023-2024, the course attracted 29 students from the T.Y.B.Sc. CRM (Community Resource Management) programme. Several subject matter experts, including Ms Ashwini Gaikwad, Ms Sakina Chhatrivala, and Ms Sneha Chamola-Mankikar, were enlisted to teach the theoretical components of the course. Under the guidance of Dr Roopa Rao, students undertook in-depth research projects, addressing critical topics in ergonomics.

### **Research Projects:**

Students conducted a variety of research projects that showcased their academic prowess and interest in practical ergonomic applications. These projects included:

1. Creating a Safe and Healthy Learning Environment: A Study on Ergonomic Safety in Preschools.
2. Occupational Health and Well-Being of Junior College Teachers.
3. Ergonomic Evaluation of Breastfeeding Positions and Maternal Health: A Study on Lactating Mothers.
4. Optimizing Firefighter Safety in PPE Ergonomics and Rehabilitation Facilities.
5. Prevalence and Classification of Work-Related Musculoskeletal Disorders among Physiotherapists.
6. Enhancing Charging Infrastructure for Two-Wheeler EV Users in Mumbai.
7. Evaluating Ergonomic Fit: A Comparative Study of Students' Anthropometric Measurements and Furniture Dimensions in the School Computer Lab.

These projects were not only academically enriching but also practically relevant, providing insights into the ergonomics field's real-world applications.

### **Academic Achievements and Competitions:**

The academic year was marked by students' active participation in various research competitions at the local, university, and national levels. A remarkable 30 papers were presented by 26 students, earning several prestigious awards and cash prizes. Highlights of their achievements include:

**Ergo Quest 2024:** The team led by Ms Shaikh Aafiya won the 1st prize for their research on firefighter safety, receiving certificates and a cash prize of Rs. 3000.

The team studying musculoskeletal disorders among physiotherapists won 2nd prize, along with Rs. 2000.

The study on Occupational Health of Physiotherapists was awarded the 3rd prize, with a cash prize of Rs. 2000.

The breastfeeding ergonomics study was awarded a consolation prize.

- Youth-Centric Convention 2024: The team presenting innovative practices at the College of Home Science, Nirmala Niketan, won 1st prize at the national-level competition in Goa.
- JIGYASA 2024: The team studying musculoskeletal wellness in Mumbai's physiotherapists was recognized as the 1st Best Research at this prestigious competition.
- SRIJNA 2024: The project on firefighter safety took 1st prize at the national-level poster competition hosted by Guru Nanak Khalsa College.
- The study on musculoskeletal disorders in teachers won a special prize for "Best Sustainable Science Project."
- AARYA 2024: A study evaluating furniture ergonomics was awarded 3rd prize at this national interdisciplinary undergraduate research competition.

In addition to these accolades, students were selected to present their research at the 18th Aavishkar Inter-Collegiate Research Convention (Zonal Round), a prestigious event organised by the University of Mumbai. Their work was well-received, and teams were chosen to advance to the final round of the competition.

### **Industrial Visits:**

A six-day industrial visit to Bengaluru and Mysuru was organised for the students from 18th to 23rd February 2024. This visit aimed to provide practical insights into the application of ergonomics in various industries. The itinerary included visits to ISRO, Nandini Dairy, Coca-Cola, and the Karakushala Artisan Village, where students conducted ergonomic assessments and hazard analyses. They applied OWAS and CMDQ methodologies to understand musculoskeletal discomfort experienced by employees in these industries.

These visits were not only academically enriching but also provided students with real-world exposure to industrial operations and the role of ergonomics in enhancing workplace safety and efficiency. The students also enjoyed cultural and recreational activities, including a visit to the Vrindavan Garden in Mysuru and other local attractions.

### **Student Achievements:**

The year culminated in the highly anticipated awards ceremony, where students were recognized for their academic excellence and research contributions. The **Best Project Award** went to the team studying the "Occupational Health & Well-Being of Junior College Teachers."

The top scorers for the course were:

**1<sup>st</sup> Topper:** Mangipudi Kameswari Ushasree.

**2<sup>nd</sup> Topper:** Shaikh Aafiya Mohd Anwar Fatima.

**3<sup>rd</sup> Topper:** Charisma Thampy.

Students who maintained perfect attendance throughout the course were awarded certificates of appreciation as well. The Add-on Certificate Course in Workstation Design and Applied Ergonomics has empowered students with the knowledge and skills needed to excel in the field of Occupational Health and Safety. The course's blend of theory, practical application, and research opportunities has prepared students to make significant

contributions to their chosen professions. With their achievements in academic competitions and hands-on industry experience, these students are well-equipped to address the challenges of modern workplace ergonomics.

**Dr Roopa Rao,  
Coordinator**

## **PROGRAMMES AND EVENTS**

### **JUNIOR COLLEGE**

#### **DISTRICT LEVEL SPORTS EVENTS**

***“Sport has the power to change the world.” -Nelson Mandela***

Mumbai District Sports Office (DSO), is a Government body responsible for promoting and organising sports activities at district level for schools and junior college students (From under-14 yrs to under- 19 yrs girls and boys) within the Mumbai district

With the support and motivation of Management and In charge Principal Dr Anuradha J Bakshi, the Junior College Department was registered on the DSO portal in the academic year 2023-2024. The registration was completed by Ms Dipika Surve, a junior college faculty and sports committee member. After registration, all the participating students’

primary data was uploaded on the portal and their player ID was generated as per their choice of game.

Junior college students, both from F.Y.J.C and S.Y.J.C, got an opportunity to take part in various sports events organised by DSO at District level. They participated in Carrom, Chess, Yoga, Artistic yoga, Mallakhamb (rope and pole), Swimming, Badminton (Single and doubles) and Running race. Ms Dipika Surve accompanied participants for all the sports events and co-ordinated with the District Sports office for each sports event.

- **District Level Carrom Competition**

The District Level Carrom Competition was scheduled on 6<sup>th</sup> September for under 19 girls and 7<sup>th</sup> September for under 17 girls category at Bharat Ratna Rajiv Gandhi Sports stadium. Ms Shruti Gupta and Ms Sara Barud played in the U-19 yrs category (S.Y.J.C) and Ms Jiya Parikh, Ms Insiya Maimoon, Ms Arwa Sathalia and Ms Batul Golwala played in the U-17 yrs girls category (F.Y.J.C).

From 4<sup>th</sup> September to 6<sup>th</sup> September the participating students were provided with Carrom coaching in the college. The coach was Mr Vedant Patil (M.Sc. I student). From among total 315 participants in the competition, Ms Jiya Parikh was among the eight shortlisted players, for the fourth round, which itself was a great achievement.



**Coaching session by Mr Vedant Patil Rajiv Gandhi Sports Stadium**

- **District Level Traditional Yoga and Artistic Yoga Competition**

The District Level Traditional Yoga and Artistic Yoga Competition was scheduled on 11<sup>th</sup> September at Bharat Ratna Rajiv Gandhi Sports stadium. Ms Kyra Lobo (S.Y.J.C) participated in U-19 District Level Traditional Yoga and Artistic Yoga. She won the district Artistic Yoga competition and was promoted to Divisional level Artistic Yoga competition. This competition was scheduled on 20<sup>th</sup> October at Changu Kana Thakur Junior College Panvel.



(F.Y.J.C) participated in Districtlevel U-17 Traditional Yogasana Competition.

### District Level Swimming Competition



The District level Swimming Competition was held on 14<sup>th</sup> and 15<sup>th</sup> September at Bharat Ratna Rajiv Gandhi Sports stadium. Ms Jiya Parikh, an F.Y.J.C student participated in 50m Breast Stroke, 50m Freestyle and 50m BackStroke Swimming Competition. She won the third position in 50m Breaststroke event.

### District Level Rope and Pole Mallakhamb Competition

The District Level Rope and Pole Mallakhamb competition was held on 18<sup>th</sup> September at Samarth Vyayam Mandir, Shivaji Park, Dadar. Ms Rajnandani Pandey, an F.Y.J.C student participated in U-17 Rope and Pole Mallakhamb.



- **District Level Badminton Singles and Doubles Competition**

The District level Badminton Single and Double competition was held on 3<sup>rd</sup> October at Bharat Ratna Rajiv Gandhi Sports stadium. Five students of F.Y.J.C Tanvi Deshmukh, Batul Golwala, Lavanya patil, Anshu Pasad and Umemma Chittalwala, played in the U-17 yrs girls category.



**Badminton Doubles**

## **District Level Athletics Competition**

The District level Athletics Competition was held on 17<sup>th</sup> and 18<sup>th</sup> October at Priyadarshini Sports Ground. Two students of F.Y.J.C Anuja Pawar and Ayesha Shaikh participated in 100 m and 200 m running race events. Their determination and commitment to pushing physical limits and striving for best was truly commendable.



## **CELEBRATION OF THE GOLDEN JUBILEE OF THE DEPARTMENT OF FOODS, NUTRITION AND DIETETICS**

### **MILLETS FOR SUSTAINABILITY HEALTH AND WELLNESS**

College of Home Science Nirmala Niketan, organised a National Seminar on Millets for Sustainability, Health and Wellness on 6<sup>th</sup> October in commemoration of the completion of the Golden Jubilee of the Foods, Nutrition and Dietetics Department (1972-2023), National Nutrition month and the World Food Day with the vision to focus on the deliberations that will advance health in a sustainable manner. Several workshops and seminars were conducted to promote awareness and understanding of millets, where multiple experts and nutritionists shared insights on the nutritional benefits of millets and their role in maintaining a balanced diet.

The seminar kick started with the first segment - Advances in Processing and Entrepreneurship in Millets, wherein our resource persons gave us their insights on the processing of millets, its nutritional benefits, consumer behaviour with regards to the millet market and some inspirational startup anecdotes.

Post this, we had the Inaugural session where Prof Dr Anuradha J Bakshi, I/C principal addressed the audience and gave us a glimpse on the far reaching benefits of millets, followed by a succinct address pertaining to sustainability and future objectives by our Chief guest Ms Pritee Chaudhary, Regional Director (West), FSSAI, she also launched Nirmal Prayas, an Initiative to transform the quality of small food businesses conducted by the students of Nirmala Niketan and supported by FSSAI.

The event had a Millets Mela that showcased a variety of millet based food items by various food businesses, the live millets based snack stalls were enjoyed by all. Dr Dayakar Rao, Principal Scientist, Indian Institute of Millets Research delivered the First Sheila Isaac Memorial Oration Lecture on Millets, Sustainability and Wellness, he enlightened us on the practicalities of Millet processing, its benefits, the unexplored area around millets and his research experience.

The 2<sup>nd</sup> segment of the event was a panel discussion amongst a panel of Clinical Dietitians on the use of Millets in Disease Management, they shared their difficulties faced in the incorporation of millets in a patient's diet, acceptability of millets by patients and the existent knowledge gap regarding the nutritional aspect of millets.

The seminar proceeded further with the next session on 'Millets in Sports Nutrition'. The association partner was Association of Sports Nutritionist and Fitness Sciences(ASNFS).

The moderator was Ms Fatima Kader, Assistant Professor, College of Home Science

Nirmala Niketan. Dr Meena Godhia, Former Associate Professor, SVT College of Home Science, Vice President ASNFS and Ms Pallavi Sawant Patwardhan Corporate and Performance Nutritionist, ASNFS were the esteemed speakers. The speakers highlighted how millets have gained popularity in sports nutrition due to their high protein, fibre and mineral content; the game changing effects of millets in sports nutrition and the incredible benefits of millets for athletes. The speakers also shared a few amazing pre and post workout recipes.

The seminar was concluded with the prize distribution to the winners of the intercollegiate competition namely MILLETS MASTERCHEF- An Innovative Recipe Competition, THE MILLETS INNOVATOR'S CHALLENGE- Cultivating Ideas for a Sustainable Future MILLETS MUNCHIES-A Packed Lunch Recipe Competition, organised by College of Home Science Nirmala Niketan. Lastly vote thanks was given by Ms Arti Khokane, Visiting Faculty.

*Let millets be our legacy to the future generations - a legacy of health, sustainability, and wisdom'*

Alongside this, several exciting intercollegiate competitions were conducted to raise awareness and motivate students where their culinary innovations were appreciated. Students from various colleges came up with several novel millet based Snacks, Munchies and Recipes.

The seminar was supported by the FSSAI. The collaborators were Kellogg India Pvt. Ltd, Network of Professionals of Food and Nutrition (NetProFAN), Protein Foods and Nutrition Development Association of India (PFNDAI), Nutrition Society of India (NSI), Mumbai Chapter, Association of Food Scientists and Technologists India (AFSTI), Mumbai Chapter, Indian Dietetic Association (IDA), Mumbai Chapter, Association of Sports Nutritionist and Fitness Sciences (ASNFS), Mumbai Chapter, Health Foods and Dietary Supplements Association (HADSA), Chamber of Advancement of Small and Medium Businesses.

The 50<sup>th</sup> Golden Jubilee Celebration and the Millet Mela event had several positive outcomes which included increased awareness about millets and its significance in a healthy diet among the general public. The college continued its tradition of promoting education and empowering students. It not only celebrated the institution's remarkable journey and promoted healthy eating but also facilitated networking and collaborations among academics, experts, and food enthusiasts. This event served as a testament to the college's commitment to education and societal well-being.



**Millet Mela-Variety of Millet based Products**



**Panel Discussion**

**Ms Dorothy Ankitha Martin and Ms Subhangi Dey  
(M.Sc. I – Food Processing and Preservation) and Ms Niyati Nandu  
(T.Y.B.Sc. Foods, Nutrition and Dietetics)**

## PRERNA RISE INSPIRED

The Prerna – Rise Inspired was a remarkable event to honour our esteemed alumnae as well as providing a platform for celebrating their achievements and inspiring the young budding nutritionists.

It was organised on 22<sup>nd</sup> March 2024 in collaboration with the Indian Dietetics Association (IDA) Mumbai chapter and 'True Healthy' as the industry partner. Throughout the event, alumni had the opportunity to interact with students, sharing their remarkable achievements and providing inspiration.

The event commenced with a warm welcome address by our esteemed Director of Self-Financed Courses, Dr Yasmina Avari who not only set the tone for the day but also encouraged the audience for active participation.

Following the welcome address, Head of Department of Foods, Nutrition and Dietetics, Ms Vibha Hasija introduced the event to the audience, highlighting its significance and purpose. Prerna Rise, established in 2019, is a tribute to the outstanding contributions of alumni in the field of Foods, Nutrition and Dietetics.

Two distinguished alumni, Ms Ana Sinha and Ms Gowrpriya were previously honoured for their outstanding contributions.

This year, we proudly presented the award to Dr Malati Ranganath recognizing her contributions in the field.

Due to her inability to travel to Mumbai, Ms Ranganath was previously presented with the award on March 7<sup>th</sup>, 2024, in Bangalore. A video screening of the felicitation ceremony in Bangalore was displayed, where she was presented with the scroll of honour and draped with a shawl as a symbol of respect and appreciation. She also gave a message to the students addressing the importance of managing anaemia and non-communicable diseases (NCDs), while also advocating for proper eating practices for children.



Following Ms Malati Ranganath's segment, Ms Nazneen Hussain took the stage to deliver a dynamic presentation, emphasizing the theme of limitless nutrition practices. In her presentation, she highlighted the three essential attributes for students: adaptability, flexibility, and innovation to achieve success. She also gave various strategies like developing a niche, building a strong network etc. to achieve success. She provided insights into key roles of the dietitians within the field, sharing diverse opportunities available to dietitians across various sectors. Her presentation served as a guiding light for aspiring students, encouraging them to broaden their horizons and approach their careers with an open mind, ultimately empowering them to reach great heights in the field of Foods, Nutrition and Dietetics. After which Ms Vibha Hasija and Dr Yasmina Avari felicitated her for her contributions. Proceeding forward, Ms Protity Dey then introduced Dr Zamurrud

Patel, a prominent Nutritionist at the Narmada Kidney Foundation. Dr Patel is recognized for her pioneering work with Ketoanalogues and her dedicated efforts to help renal patients. She shared valuable insights about the work related to IDA (Iron Deficiency Anemia).

Next was a Panel Discussion on Multifaceted Dietetics: Opportunities and Possibilities.

Ms Shraddha VijjaiDie was the moderator for the panel discussion. The panelists included: Ms Nadiya Merchant, Director at Kelloggs; Ms Delnaaz Chanduwadia, Chief Dietitian at Jaslok Hospital; Dr Pooja Singhania, Founder of “Nourish 1000 Days” and Ms Nidhi Kaur Gandhi, Analyst at HN



Reliance Hospital. The discussion revolved around the qualities required for dietitians working in multispecialty hospitals, stressing on: Passion for the subject, empathy and understanding of patient feelings, Thirst for knowledge, Attention to detail, knowledge of

supplements, Communication skills including confidence, clarity, convincing abilities, and polite expression of views, Importance of hospital internships was highlighted, emphasizing the responsibility to learn and grow during this phase, tips were shared for those aspiring to work in private setups, underscoring the seriousness of internships and the necessity of networking, The role of a nutritionist in creating a niche in the food industry was discussed, focusing on providing input on product ingredients, formulation for maximum patient benefit, compliance with regulations, involvement in committees, and staying updated with nutritional and consumer trends. Dr Singhania shared the journey of establishing “Nourish 1000 Days” and highlighted the importance of research in developing guidelines for nutrition.

Panelists’ Takeaway Messages:

- Each panelist shared a key takeaway message:
- Never give up.
- Empathy is crucial for driving change.
- Be a problem solver and bring forth solutions
- Stay updated with trends and research in the field.

After the discussion, Ms Fatima Nevrekar felicitated all the panelists for their valuable contributions. Ms. Fatima Kader then presented awards for various competitions including Nirmal Seva Awards, Gyan Rachna Awards, Utkarsh Awards, and NutriKhoj Awards. The event concluded with a heartfelt vote of thanks delivered by Dr Minelly Rodrigues, expressing gratitude to all participants, panelists, moderators, and attendees for their participation and valuable insights. This event was a comprehensive platform for discussions on various facets of dietetics, opportunities in the field, and the important role of nutritionists and dietitians in healthcare and the food industry.

**Ms Naziya Khan**  
**(M.Sc. I Foods, Nutrition and Dietetics)**

## THE DEPARTMENT OF HUMAN DEVELOPMENT

### FUN-TASTIC HD MELA

28<sup>th</sup> March 2024 was an eventful day! The Fun-tastic Mela was a highlight for all of the students. From planning to execution, it was a well-coordinated effort by both students and professors.

The success of the HD Mela was no accident. It was the result of careful planning and execution. Students and professors worked together tirelessly to ensure that every detail was taken care of, from setting up stalls to arranging activities. Their dedication and teamwork were evident in the smooth running of the event, and that's something that everybody was grateful for.

What set the HD Mela apart was its focus on combining fun with learning. The activities and games offered a unique opportunity for everyone to not only have a great time but also gain valuable knowledge. Whether it was the educational games or the music and movement activity everyone walked away with something new.

The Mela served as a gathering point for our departmental community. It brought together students, professors, and their families, creating a vibrant atmosphere filled with laughter and joy. The presence of young children like Ms Aanya and Little Parth added to the excitement and showed a sense of togetherness within our department.

Which celebration is ever complete without food? The food played a significant role in enhancing the Mela experience. The variety of dishes available catered to diverse tastes, ranging from classic street food to more exotic options like Italian pasta and chocolate milkshakes. The food stalls were bustling with activity, adding to the festive ambiance of the event.

Whether it was sitting at the food stalls or at the game stalls everybody had a blast while also doing their work the atmosphere was just bustling with excitement, so it was difficult to be just seated in one place and actually even think of being bored.

The true spirit of the HD department shone through at the Mela. All the students went above and beyond their duties, eagerly taking on tasks like dancing, running stalls, and entertaining guests. Their enthusiasm and energy were infectious, creating a lively atmosphere that encapsulated the essence of our department.



The HD Mela was a resounding success thanks to the collective effort of both students and professors. It was a perfect blend of fun, learning, and community engagement, leaving a lasting impression on everyone involved. As we reflect on the event, it is clear that it was more than just a celebration—it was a testament to the spirit and unity of our department.

**Ms Megan Monteiro**  
**(M.Sc. II Human Development)**

## STUDY TOUR TO CHANDIGARH-AMRITSAR

The educational journey of students of the Department of Human Development began on 1st March 2024. The train journey to Amritsar was filled with anticipation and excitement. We played games like antakshari and cards on the train journey and also made good acquaintances with the people traveling with us, giving them the full HD experience. As night fell, we settled in for an overnight journey that we knew would continue way into the next day, it wasn't as tiring because of the excitement brewing inside us.

We arrived in Amritsar the next evening, and were greeted by the bustling energy of the city. After reaching the hotel, we checked in and prepared for the evening. Dinner served at the hotel was amazing and delicious, and we spent the night resting, ready for the adventures of the rest of the trip ahead.

The next day started with a visit to Bhavan's Aashray - The Companion of Life, where we conducted a recreational programme for the elderly and children there. It was such a delight to see their participation and enthusiasm in the activities planned by us. There wasn't ever a dull moment during the entire programme, in fact, they too conducted a game with us,

which really put our minds to work. The children there too, had an amazing time dancing and playing the games organised by us. The department's energy really flowed through the entire programme. Like any good host, they did not leave us "Khali pet". We were served a delicious snack.

We then proceeded to the historic Jallianwala Bagh, a poignant reminder of India's struggle for independence. After an early lunch, we headed to the Attari Border for the mesmerizing "Flag off Ceremony" and witnessed the night view of the illuminated Golden Temple. Dinner options included the Holy Langar or the hotel, and some of us managed to squeeze in some shopping before retiring for the night.

After breakfast, we checked out early and embarked on our journey to Chandigarh. En route, we stopped for lunch at a Dhaba where we got to enjoy the finest food, indulging ourselves in the tasty lassi that I think nobody will ever forget. Upon arrival in Chandigarh, we visited Safe Hands Rehabilitation Society (SHRS), where we learned about their commendable work. Later in the evening we visited the rose garden and spent a little time enjoying nature and the water fountains in the garden.

We visited Yuvsatta and Sankalp, two NGOs working towards social welfare and empowerment. Sankalp was a small school or rather a kindergarten run by a lady for the rural settlement around them. We met cute children studying over there and they sang some rhymes also for us. After lunch at the hotel, we marveled at the artistic brilliance of Rock Garden before visiting Mehar Foundation, a center for drug de-addiction and rehabilitation. We got to know of the life struggles and how the individuals there are recovering from their addiction. The different easy in which the foundation itself is helping the people there recover from their addiction. The day concluded with a lively DJ dance party, leaving us with lasting memories of Chandigarh.

After breakfast, we checked out and proceeded to Chandigarh Railway Station to board the Paschim Express back to Mumbai. The train journey was spent reminiscing about the experiences we had gathered over the past few days. I would say, this would be one of the

trips branded into my core memories. The fun enjoyment and learning that we had during this trip surpassed any experience I've had in my life, and having my classmates along really upped the entire experience. On 7<sup>th</sup> March, 2024, we dispersed with happy memories of an enriching and educational tour to Amritsar and Chandigarh.



**Ms Megan Monteiro**  
**(M.Sc. II Human Development)**

## **DEPARTMENT OF TEXTILE & FASHION TECHNOLOGY**

### **JAMBOREE 2024- AVEENYAKRUTI**

The Department of Textile & Fashion Technology organised its Annual Fashion Show Jamboree 2024 AVEENYAKRUTI on 27th April 2024. The students of the Department of Textile and Fashion Technology and the participants of the Intercollegiate Fashion Show presented their scintillating collections.



Jamboree 2024 was a student-led activity which offers a platform to celebrate the innovative spirit and dedication of the students and provide students to present their work to peers, faculty, and industry professionals and also foster collaboration and networking within the fashion community.

For over four decades, the College of Home Science Nirmala Niketan has served as a guiding light for women throughout the country, empowering them through education and exemplifying the highest standards of achievement. As Jamboree 2024 unfolded, it honored the college's enduring commitment to excellence and the core values that have shaped its legacy.

The theme for Jamboree 2024 was "AVEENYAKRUTI," which symbolizes newness, innovation, skill, and style. The designers were entrusted with the task of creating apparel and accessories for those facing challenges, drawing inspiration from our rich heritage, crafts, weaves, and textiles. They embraced sustainable practices by recycling and upcycling, while adhering to the principles of reduction and reuse. We were pleased to have several eminent personalities as our guests of honour to grace the Jamboree 2024 in person and in spirit including Ms Shirley- Member of NNI, Ms Noella (College Manager), the esteemed Jury, the Sponsors and Faculty from various Fashion Institutes.

The programme began with the act of watering the tree sapling which symbolizes the desire to preserve and attitude towards preserving and protecting the environment and the hope and the passion of all the designers, both from our Institute and other institutes that were present for the programme.

The Jury included: Mr Sandeep Singh (Manager- Chacha Lifestyle and Vice chairman SDC EC); Ms Kanika Bawa (Founder & Design Director - Kanika Bawa Design); Ms Mili Gada (Managing Director - Kahani Juhu); Ms Neha Sanghvi (Brand Owner- De-Elite Fashion Studio) and Ms Vishi Jain (Designer V-Empyreal).

The College is grateful to the partners and benefactors who supported Jamboree 2024. Silver Sponsor- Vrijesh Corporation (Mr Vrijesh Agrawal Donated for need based scholarship of the students majoring in the field of Textile and Fashion Technology); Rossari Biotech- (Mr Edward Menezes and Mr Sunil Chari for the donations towards staff

development); Real Life Business- (Mr Sahil Siddiqui and Mr Krishna) for sponsoring the goodie bags for our jury members, mentors, eminent guests and winners of the show; Dr. Ela Dedhia and The Society of Dyers and Colourists Education Charity (For Trophies) and Sponsor ZN Skills – Ms Zehra Noori (For Trophies). The college is also grateful to the following people who supported Jamboree 2024 : Light and Sound - Mr Milind Kate and LED Screen Photography and Videography - Hetal Studios.



**Dr Pratima Goyal interacting with the Jury and the audience**

VEENYAKRITI featured an array of stunning collections, including the Inter-collegiate Fashion Competition with vibrant and dynamic designs



**Collection 1. Festive Allure featuring Kurtis and Plazzos-  
S.Y.B.Sc.**



Collection 2. Glitz and Glam- MSC 1



Collection 3. Evening Elegance-  
Ethnic Women's wear M.Sc. 2 Gowns



Collection 4. Trendy Tiny tots-  
Shirts & Shorts Frocks- F.Y.B.Sc.



Collection 5. Petals and Promises-  
Draping by M.Sc. II



Collection 6. The Taste of Tradition-  
Men's wear- Indian Traditional Wear M.Sc.I



Collection 7. Latest from Landfills-  
M.Sc. II Sustainability Garment Collection



8. Ethereal Dreams- Accessory- M.Sc. I



Special Collection presented by  
Mr Naresh Khengar Sir



Collection 9. Feathers of Opulence,  
Cross Cultural Fusion Balanced Bliss- Skirts,



Collection 10. Jaipuri Saanj Sasmira  
Intercollegiate- GarmentCollection  
Dresses- T.Y.B.SC



Collection 11. Nawaabs- Men's Wear- M.Sc. II



Collection 12. Bharat Ki Dulhania  
- Brides of India- M.Sc. II

The Fashion Show was a wonderful blend of creativity, commercial viability and technical excellence by the students and a creative display from the participating students who presented their collections at the Finals of the Intercollegiate Fashion Competition Jamboree 2024. The most attractive feature of the evening was the message of inclusivity of all sizes and sustainability that has been driven home loud and clear by all the designers of the day.



Teacher Mentors of the Department of Textile and Fashion Technology along with the Jury With heartfelt vote of thanks, the compere of the event Ms Vibhuti Khedekar closed the curtains on Jamboree 2024. The audience was content and went back greatly inspired. The parents of students and faculty were proud to watch their wards walk the ramp with the beautiful garments and wonderful creations. Looking forward to Jamboree 2025.

**Ms Vibhuti Khedekar, Faculty and Dr Pratima Goyal  
Head, Department of Textile and Fashion Technology**

## EDUCATIONAL TOUR HYDERABAD - TELANGANA

The Department of Textile and Fashion Technology organised a 7 days educational tour from 2nd March to 9th March 2024 for T.Y.B.Sc. and M.Sc. I & II students to Hyderabad, Telangana.



First day we visited some of the well-known scenic spots! Lumbini Garden and Hussain Sagar Lake, both were beautiful places to explore. The tranquil beauty of the location created an unforgettable experience.

On 4th March, the first visit was made to the Rural tourism complex, Bhoodan Pochampally, Telangana, where the students experienced the display of the process of Pochampally Ikat fabric weaving and its history. From Bhoodan Pochampally we visited Kalaa Punarvi Handlooms which was owned and managed by Mr Saini Bharat.



He is a national and state award winner and a brand Ambassador of Pochampally. The students witnessed the entire process of IKAT dyeing, setting up of looms and the weaving process of the Pochampally sarees. Students also witnessed the excellent award winning work of Shri Saini Bharat.

In the evening we went to Charminar and explored the Lad Bazar. On 5th March, in the morning we went to Navadurga Apparel Export. Mr Shubham and Mr Rishabh Agarval gave a tour of their manufacturing Unit. They manufacture trousers, shirts, ethnic wear made from cotton and linen. The students saw the entire manufacturing process of men's wear including pattern making, plotting, fabric cutting, stitching, trims attachment to the packaging.

Next, we visited another facility of Navadurga Apparel Export, which housed their machine embroidery unit. The sophisticated, high-end computerized machines were truly a visual delight.

We departed from the unit with a wealth of new information. After lunch we moved to the next industry, a non-woven industry C K fabrics. The director of the unit was Mr Sai Krishna. The industry tour provided valuable insights into the production of non-woven fabric and the testing processes for different end uses.

On 6th March, the tour started with a visit to the Natural Dye Processing and Incubation center. Dr. Deepika Soma introduced the work carried out at the center. They make biodegradable paints, Holi powder and textile paint using natural material like Sapan wood which gives pink, ratanjot gives black, katachu

and bhringraj gives black, annatto seeds gives reddish color, pomegranate rind and Harda gives Yellow. Total 18 shades are developed by them using these materials and limestone is used to create white color base.

In the afternoon we visited the Weaver service center. The Weavers' Service Centre (WSC) in Hyderabad is linked with the National Centre for Textile Designs. The WSC helps weavers in a number of ways, including: Market support, Problem-solving, Training and Preservation. Students saw various processes of design development, preparatory process, weaving and printing (especially block printing using natural colours). We also visited their studio which displayed different types of Ikat designed textile material.

In the evening, we visited several historical museums like Chowmahalla Palace and Salarjung Museum. Chowmahalla Palace houses beautiful artifacts, chandeliers, crockery like cups of different shapes, plates, forks, knives, egg holders; jewellery boxes, mirrors, dresses, footwear, accessories and many more. The beautiful display of the periodic costume was worth watching. The displays in the museum depict the origin and evolution of Hyderabad, achievements and valuable contribution of the Nizams towards the development of the state, and the social lifestyle of the royal family.

Then we went to Salar Jung Museum to see the most breathtaking sculptures, paintings, accessories and much more. The Salar Jung Museum is an art museum. It is one of the notable National Museums of India. It has a collection of sculptures, paintings, carvings, textiles, manuscripts, ceramics, metallic artefacts, carpets, clocks, and furniture from various parts of the world. It is one of the largest museums in the world. The main attraction was the double statue, Veiled Rebecca statue which took 30 years to make. Another beautiful master piece was the old clock. Visit to the palace and museum were a very enriching experience.

Later in the evening, we visited Shilparamam for a unique-exhibition cum shopping experience. This place had many things to offer from traditional paintings, dress materials, pearls, accessories, kalamkari dress materials, pattachitra paintings, pashmina shawls and much more.

On 7<sup>th</sup> **March**, we went to **Ramoji Film City**. **Ramoji Film City** is an integrated film studio facility, spread over 674 hectares.

Ramoji park did not only have the sets and various shows, it also had some of the parks including, Eco park – housing beautiful butterfly and birds park too.

On 8<sup>th</sup> **March**, we began our journey back home carrying with us a wealth of experiences, new found knowledge, and wonderful memories with great learning's of sharing, caring, team spirit, time management, adjustment accommodation, discipline and leadership qualities amongst students.

**Ms Sanghmitra Navalgund, Faculty and  
Dr Pratima Goyal, Head, Department of Textile and Fashion Technology**

## DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

### *Alice in Wonderland – Market*

The Department of Community Resource Management successfully orchestrated an enchanting Market under the whimsical theme of “Alice in Wonderland” from February 15th to 17<sup>th</sup> February 2024. The garden area of Nirmala Niketan was transformed into a wonderland that brought to life the beloved characters and fantastical elements of the classic tale.



#### **Attractions and Highlights:**

**Food Stalls:** The culinary journey at the CRM Market was nothing short of magical, with each stall creatively adopting the Alice in Wonderland theme. Attendees savored a variety of dishes, ingeniously named and crafted to resonate with characters and elements from the story. From “Cheshire Cat’s Cheesy Delights” to “Mad Hatter’s Tea Party Treats,” the food offerings were not only a feast for the palate but also for the eyes.

**Accessories:** The market featured an array of stalls that showcased an exquisite collection of accessories inspired by Alice in Wonderland. Attendees had the opportunity to adorn themselves with jewelry, headbands, and attire that echoed the eccentricity and charm of the story’s characters. These stalls were a hit, attracting a considerable number of visitors, eager to take a piece of Wonderland home.

**Atmosphere and Décor:** The Garden Area was meticulously decorated to capture the essence of Wonderland. Vibrant colors, whimsical decorations, and thematic installations set the stage for an immersive experience. Key attractions included the Mock Turtle’s pond, the Queen of Hearts’ croquet ground, creating numerous photo opportunities for guests.

**Character Portrayal:** The highlight of the CRM Market was undoubtedly the students and volunteers dressed as characters from Alice in Wonderland. Their detailed costumes and spirited performances brought the story to life, engaging attendees in conversation and activities related to their characters. From Alice to the White Rabbit, the Mad Hatter to the Queen of Hearts, each character added a unique charm to the event, making it memorable for all.

**Management Team:** The CRM market established a Market Management Team of 5 individuals, overseen by the Head of Department, Ms Sunita Jaiswal. The team consisted of Ms Kameswari, Ms Janhavi, Ms Sakina, Ms Tahira and Ms Charisma, who were primarily involved in marketing activities. Their tasks included gathering menus and trade items lists from various stalls, creating brochures, flyers, and organizing promotional campaigns to attract customers. Their main focus was on marketing strategies prior to the commencement of the market. During the 3-day market event, four of the girls from the

team were assigned as cashiers at two different counters. Their role was to collect coupons from customers at different stalls and maintain a record of items sold at each stall. The

payment process was made convenient for customers by offering both cash and UPI modes of payment. Simultaneously, other members of the management team went around the college campus to gather orders from the staff. The team ensured that all arrangements were in place, the market was aesthetically decorated, and the specific requirements of individual stalls were noted down and provided to them by the marketing team. At the conclusion of each day, the team conducted an accounting of sales from individual stalls, tallied the earnings, and prepared transaction sheets. This meticulous approach ensured that all financial transactions were accurately recorded and accounted for. The collaborative efforts of the Market Management Team, under the guidance of Ms Sunita Jaiswal, played a crucial role in the smooth functioning of the market. Their dedication and hard work not only contributed to the success of the market but also showcased their efficiency in managing various aspects of the event.

**Ms Sunita Jaiswal**  
**Head, Department of Community Resource Management**

## **FOSTERING KNOWLEDGE AND SKILLS: A GLIMPSE OF AAROHAN**

The Department of Community Resource Management organised a series of impactful events in March 2024. These thoughtfully curated sessions were designed to provide students with industry insights, practical knowledge, and a platform for holistic development.

### **Guest Lecture on Resource and Facility Management (9<sup>th</sup> March 2024)**

The month began with a compelling guest lecture on Resource and Facility Management. The objective for these sessions were to strengthen students' skills in event management, communication, and network.

- Tulsi Barshikar spoke passionately about her journey in oils and charcoal art, crediting NN for instilling confidence and resilience, inspiring students to embrace challenges and pursue creative ambitions.
- Anvi Desai, an expert in interior design, highlighted the significance of precision and technical skills in the industry, urging students to prioritize attention to detail and excellence.
- Urvashi Jain shared her transition from interior and graphic design to mandala art, showcasing the potential for diversifying creative careers and encouraging students to explore self-expression beyond conventional paths.
- Hemangi Vira, a junior designer at ADL Group, emphasized the importance of adaptability and teamwork in professional design projects, offering valuable advice to aspiring designers.
- Fatema Motiwala, a postgraduate student in Landscape Architecture, inspired students to prioritize sustainability and ecological responsibility in design, promoting harmony between built and natural environments.

The session offered practical insights, technical guidance, and motivational stories, creating a platform for students to connect with their alumnae role models and gain inspiration for their own career paths.

### **Student-Led Workshop on Home Organisation and Ergonomics (16<sup>th</sup> March 2024)**

Creativity and practicality took center stage during the workshop conducted by T.Y.CRM students specializing in Hospitality and Interior Design. This hands-on event demonstrated how ergonomic principles could enhance home spaces by ensuring safety, comfort, and functionality. Students presented models and layouts that showcased innovative ways to optimize resource utilization and living spaces.

Objective was to inspire students to diverse career journeys, hospitality, and providing a networking platform for students to connect with successful alumnae. The invited resource persons were Ms Tilothama Curpad, Ms Nikita Vora and Ms Mallika Mali.

The workshop emphasized the practical application of theoretical concepts, with faculty guidance ensuring an enriching learning experience. It proved to be a creative outlet for students, inspiring them to think beyond the classroom.

### **Aarohan: Aspire to Achieve (23<sup>rd</sup> March 2024)**

Under the theme “Management and Ergonomics,” Aarohan was a student-led alumnae interaction event that brought together accomplished professionals to share their expertise. Four distinguished alumnae captivated the audience with their inspiring career journeys:

- **Ms Dhanashree Gurav** highlighted her expertise in market research and strategic client solutions.
- **Ms Nidhi Mehta** shared her experience in building strong client relationships for organisational growth. **Ms Rajashree Maity** discussed the significance of workplace ergonomics and employee well-being.
- **Ms Mugdha Ayare**, joining virtually, emphasized workplace safety and her role at Siemens, London.

The event fostered networking, improved students’ communication skills, and offered an invaluable glimpse into career paths in management and ergonomics.

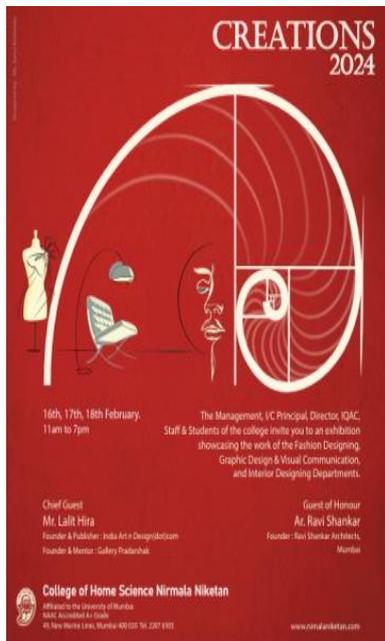
### ***‘A Month of Growth and Inspiration’***

March 2024 was a transformative month for students, as these events bridged the gap between academia and industry. From enhancing presentation and event management skills to gaining insights into diverse fields, participants emerged more confident and well-prepared for future challenges.

Through a perfect blend of lectures, workshops, and alumnae interactions, the Department of Community Resource Management reaffirmed its commitment to nurturing leaders and innovators of tomorrow.

**Dr Roopa Rao, Faculty  
Department of Community Resource Management**

**FASHION DESIGNING, AND GRAPHIC DESIGN &  
VISUAL COMMUNICATION INTERIOR DESIGNING  
CREATIONS 2024**



**Creations 2024**, held in February was based on ‘The Re-awakening’ which draws its mood from the Met Gala theme for the year 2024. The collections presented by the students explored notions of rebirth and renewal, using nature as a visual metaphor. The garments as well as the accessories were hand crafted by the students. In light of the current environmental need, the designs also highlighted the importance of sustainability in the fashion industry.



The work of all the students was displayed at the exhibition. From basics of Art and Design to Press Ads, Hoardings, Magazine Ads, Instagram Posts, Packaging, Branding, UI ( App design- Prototype), Advertising Campaigns, etc. were showcased.

The judges were Ms Kshitija Katare ( General Manager- Edba Academy- a venture of EDBA Softwares LLP) and Ms Norma Rodricks (Founder Norma Rodricks and also an Alumni of our Department). The work was appreciated by the judges and visitors from the industry too.



Creations 2024 had its opening ceremony on 16<sup>th</sup> February. Ar Ravi Shankar and Mr Lalit Hira were the chief guests. The theme for the exhibition this year was Indian arts. The main door design had stone carvings design and an Indian toran for the décor . The reception area featured a royal elephant with gold accessories. There was an Indian themed photobooth designed with masks of the traditional Indian cultures. The students also designed various furniture pieces into random items such as a ghost, a venom etc .



The jury was held on the 15<sup>th</sup> of February. Ar Pranav Bhatt and Ar Vinit Desai were the Respected Jury members.



## PRIZE WINNERS

### Certificate course

1. Ms Siddra Qazzi
2. Mr Umang
3. Mr Neil D'souza
4. Ms Sanika
5. Ms Amna Sheikh

### Diploma course

1. Ms Zainab
2. Ms Mariyam
3. Ms Alifia
4. Ms Niyati
5. Mr Mansoor
6. Ms Mubaraka

### Advance Diploma

1. Mr Rohan Sharma
2. Ms Charmi Dattani
3. Ms Ramla Sheikh
4. Ms Sakshi Singh
5. Ms Sakina Kheriwala

## NON-TEACHING STAFF Development Program

13<sup>th</sup> and 14<sup>th</sup> JANUARY 2024

### ALIBAUG



**DEGREE DISTRIBUTION CEREMONY FOR STUDENTS  
GRADUATED in SUMMER SESSION 2022 held on 5<sup>th</sup> August 2023**

**Ms Philomena Sequeira, President Nirmala Niketan Institute  
Chief Guest: Fr. (Dr) Paul Pudusery CSC  
Head, Department of Education (Rtd.)  
Assam Don Bosco University and Director, Department of Teacher Education,  
Holy Cross College, Agartala**



**DEGREE DISTRIBUTION CEREMONY FOR STUDENTS  
GRADUATED in 2022-2023 held on 29<sup>th</sup> April 2024**

**Ms Philomena Sequeira, President Nirmala Niketan Institute**

**Chief Guest: Fr (Dr) Keith D' Souza SJ,**



# CERTIFICATE DISTRIBUTION CEREMONY FOR THE VALUE ADDED COURSE YEAR 2022-2023 held on 29<sup>th</sup> APRIL 2024

Chief Guest: Mayur Kalbag Best Selling Author and International Leadership Coach



# HIGHLIGHTS OF COMMITTEES

## INTERNAL QUALITY ASSURANCE CELL (IQAC)

The Internal Quality Assurance Cell (IQAC) at the College of Home Science, Nirmala Niketan, continues to uphold its commitment to fostering academic excellence and institutional quality. This year, significant strides were made in curriculum development, faculty and staff support, and infrastructure enhancements, all in alignment with the National Education Policy (NEP) 2020. The institution emphasized inclusivity, professional growth, and student-centered initiatives, ensuring a robust academic environment.

### **Objectives and Focus Areas**

Key objectives for the academic year included:

- Aligning curricula with NEP 2020 principles for undergraduate and postgraduate programs.
- Implementing robust systems for feedback and performance appraisal for teaching staff.
- Strengthening infrastructure through RUSA-funded upgrades.
- Supporting professional growth and well-being for teaching and non-teaching staff.
- Enhancing student engagement and success through programs and resources.
- Sensitising students to lesser privileged sections of society in rural/tribal and urban setting through extension work by conducting awareness and training workshops.
- Training and encouraging students to imbibe skills of entrepreneurship.

### **Curricular Development and Innovation**

#### **NEP-Aligned Curriculum Revision**

The academic year marked the integration of NEP 2020 principles into curriculum design.

- Undergraduate Curriculum: Flexibility with multiple exit options and multidisciplinary approaches.
- Skill-based modules with experiential learning components like internships and research.
- Postgraduate Curriculum: Revised M.Sc. syllabi to incorporate advanced research, technology, and industry demands.
- Focus on employability, entrepreneurship, and vocational learning.

#### **Regular Curricular Upgradation**

- Stakeholder feedback from students, alumni, employers, and faculty was integral to the curriculum revision process.
- Feedback led to the acquisition of modern laboratory equipment and library resources, enhancing the learning experience.

## Teaching-Learning Process Enhancements

### Feedback and Mentorship Systems

- **Teacher Assessment Questionnaire (TAQ):** Annual TAQ responses from students evaluated teaching effectiveness, subject knowledge, and engagement.
- **Informal Feedback:** Teachers conducted verbal and written feedback sessions each semester.
- **Performance Mapping:** Data on pass percentages and learner profiles informed strategies for academic support.
- **Mentorship Programs:** Senior faculty mentored junior staff to uphold institutional standards and foster professional growth.

### Performance Appraisal System

#### Teaching Staff Evaluation

- **Self-Appraisal PBAS Forms:** Faculty members annually completed PBAS forms based on UGC guidelines.
- HoDs and the Principal reviewed forms, providing constructive feedback.
- PBAS metrics allowed faculty to monitor their progress, focusing on research, publications, and teaching effectiveness.
- **Teacher Assessment Questionnaire (TAQ):** Students assessed subject teachers annually.
- Feedback was analyzed to guide improvements in teaching methodologies.
- **Mentorship and Role Modeling:** Junior faculty received guidance from senior faculty and HoDs to uphold professional standards.
- **Career Advancement Scheme (CAS):** Promotions were facilitated under CAS guidelines, incorporating PBAS and student feedback.

#### Support for Teaching and Non-Teaching Staff

- **Professional Development:** Staff were supported in attending workshops, conferences, and professional courses.
- Leaves were granted for Orientation Programs, Refresher Courses, and FDPs.
- **Personal Support:** Flexi-timings and leaves for health, family, and maternity needs.
- Medicines and health tonics were distributed free to non-teaching staff.
- **Operational Efficiency:** Movement registers, cash advances, and participation in disaster management for enhanced safety and administrative functionality.

### Infrastructure Modernization

#### RUSA-Funded Enhancements

- **Laboratory Upgrades:** Need-based equipment and digital tools were installed to meet academic standards.
- **Library Enrichment:** The library was equipped with new textbooks, reference materials, and e-resources.

**Administrative Reforms:** ERP systems for online admissions, fee collection, and course enrolment reduced operational burdens.

## **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 and won several awards for the research projects presented.
- The College won the overall championship trophy – (First Rank for Zone 1 Mumbai 1) for the 16th Aavishkar State-Level Intercollegiate Research Convention and the 18th Aavishkar Inter-University Research Competition Zonal Round.
- The College hosted the AARYA the Intercollegiate Research Competition for Interdisciplinary work conducted by the undergraduate students.
- Students won prizes in Entrepreneurial Start-up Competitions.

## **Student-Centric Initiatives**

### **Academic and Extracurricular Engagement**

- Students excelled in intercollegiate events, cultural programs, and national sports competitions.
- Leadership and disaster management workshops prepared students for real-world challenges.

### **Student Support Programmes**

- Mentorship programs identified and supported advanced and slow learners.
- Remedial coaching was conducted for weak students.
- Bridge course was organised for students from non-home science background taking admission in Master's programme.
- The Diet Counseling Unit provided health guidance through workshops.

### **Community Outreach**

Workshops on skill development, promoting education and empowerment were organised at in the Nirmala Niwas Chium Community Centre, SNEHA Foundation, Dharavi, Vidhyadeep community college, Bharuch, Gnanajyoti Community College, Karajgaon, Dahanu, Bhakar Foundation, Goregaon (West), FEM Foundation, Andheri (West) Sakhaya community centre, Saphale, Palghar, Bhakar Foundation, Fempowerment, Kharajgaon, Bharuch, Saphale under the Department of Lifelong Learning and Extension (DLLE) of the University of Mumbai.

Activities were planned and organised under National Service Scheme (NSS) creating awareness through campaigns and drives such as cleanliness drive, beach cleaning, blood donation camp, HIV and Aids, Seed ball making, tree plantation, etc.

Student placements at prestigious organisations like Oberoi and Trident Hotels showcased the institution's emphasis on career readiness.

### **Achievements and Milestones**

Implementation of NEP- 2020 aligned curricula.

- Completion of major infrastructure upgrades through RUSA funding.

- Faculty - Ph.D. Guide Recognition and Placements under Career Advancement Scheme (CAS).
- On-the-job training and internship programmes-enriched students' knowledge and experience.
- Enhanced participation and recognition in research competitions.
- Expansion in community outreach programmes through fieldwork and extension.

### Future Directions

The institution plans to:

- Fully implement the NEP 2020-aligned curriculum in the upcoming academic year as per the University directives.
- Strengthen systems for feedback and performance mapping.
- Expand opportunities for faculty and student research and innovation.
- Enhance outreach initiatives to address societal challenges and foster inclusivity.

**Dr Pratima Goyal**  
**IQAC Coordinator**

## STUDENTS' COUNCIL AND SIP

The staff comprising the statutory committee of the Student Council (SC) are Ms Rhonda Divecha - Convenor; Ms Jagruti Rathod; Dr Neha Mulchandani; Ms Vrinda Udiaver; and Dr Minelly Rodrigues. The student group of CRs and ACRs for this year were 54 in number.

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

**Facility Tours of the College** were conducted this year for new FY groups as part of the Student Induction Programme (SIP) to be made aware of college facilities and their locations. The tours were conducted by all the SC staff and began from June onwards, till all FY groups entered college.

The Student Council of the College of Home Science celebrated the **76<sup>th</sup> year of India's Independence** on the 14<sup>th</sup> of August 2023 to promote a feeling of patriotism in staff and students. We were indeed blessed to have Mr Robert Clements the world renowned newspaper columnist to grace our programme. His speech was followed by the entertainment programme that was a good amalgamation of group songs, dances, and student speeches. The event was beautifully compered by SC members Ms.Aatiqua and Parija of F.Y.B.Sc.



For the Teacher's Day Celebration on 5<sup>th</sup> September 2023, to enhance gratitude for teachers in students, a fellowship meal was organised with activities to promote camaraderie among teachers.

The **Freshers' Parties** were held separately for First year students of the UG section, PG Section and Diploma Section on 6<sup>th</sup>, 9<sup>th</sup> and 18<sup>th</sup> September 2023, respectively in order to facilitate socialization among new students.

A **Workshop on Constitutional Values** (by Mr Sandesh and Team for College of Social Work, Nirmala Niketan) was organised on 18<sup>th</sup> December 2023 in collaboration with the NSS, to promote in the students, an understanding of the values upheld by our Constitution. The event started by an ice breaking activity followed by an interactive session about the Preamble of the Indian Constitution; about democracy, what it is and why it is important; about secularism, and equity.

The **Elections and Appointment of the Executive Council** of the Student's Council were held on 21<sup>st</sup> December 2023, to divide responsibilities and build and promote further leadership skills in the class representatives. Below are the Members of this Executive Council:

S.No	Post	Names	Class
1	President of Student Council	Amithi Javalekar	T.Y.B.Sc. CRM
2	Secretary of Student Council	Khushi Vedant	M.Sc. I SN
3	Treasurer of Student Council	Aatiqa Shaikh	F.Y.B.Sc.
4	Reservation Representative 1	Manasi Chavan	M.Sc. I SN
5	Reservation Representative 2	Sarika Gupta	S.Y.FD
6	Minority Representative	Steena Thomas	S.Y.B.Sc.
7	Male Student representative	Atharva Sanas	S.Y.GDVC
8	Representative of NSS	Azka Zehra Madgaonwala	S.Y.B.Sc.
9	Representative of the Sports Committee	Roma Suvarna	M.Sc. II SN
10	Representative of Cultural Committee	Fatema Pardhawala	F.Y.FD

The **Felicitation of Class 4 Employees at the Christmas Celebration** - Christmas is the time of joyful and loving sharing and receiving. As done every year, this year too, in the preceding weeks before Christmas, a collection was made from each class group in the college and this was presented to these support staff by the Student Council Representatives, during the Christmas Celebration on 22<sup>nd</sup> December 2023.

The **Republic Day Celebration** - The Student Council organised the celebration of the 75th Republic Day in the college on 25<sup>th</sup> January 2024. The programme commenced with the National Anthem. The I/C Principal's message was read out to the gathering as she was out at a conference. The Chief Guest for the function was Mr Vinod Noronha. In his speech, he highlighted the importance of the Constitution and urged students to be proud citizens of the country through their dedication and hard work. After this, a brief cultural programme was then put up by the students.



Faculty and Students with Chief Guest Mr Vinod Noronha

The SC **set up of the Achievers' Board** on 29<sup>th</sup> January 2023 by the artistic efforts of the GDVC department students, in order to encourage and compliment those of our students and staff who have attained great heights in different fields, be it academic, sports, etc.

**Leveraging Youth to Strengthen US-India Partnership** - On 20<sup>th</sup> February, 2024, at Cowasjee Jehangir Convocation Hall, University of Mumbai, there was a gathering of policy makers, various dignitaries and students from our college and various other colleges within the University. This event was organised by the University of Mumbai in collaboration with the US Consulate, Mumbai. Representatives from the University of Mumbai expressed gratitude, setting the tone for insightful discussions.



At Cowasjee Jehangir Convocation Hall, University of Mumbai

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

**Ms Rhonda Divecha,  
Convenor**

## 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), Ms Minelly Rodrigues (IPR Activity Coordinator), Ms Vibhuti Khedekar (Social Media Coordinator).

## ACTIVITIES OF IIC

**Celebration of World Environment Day:** The Institution's Innovation Council (IIC) and NSS Unit of College celebrated World Environment Day by organizing a Tree Plantation Activity and Seed Ball Making Workshop on 5<sup>th</sup> June 2023. Ms Rashmi Joshi, Environment Consultant invited to conduct the workshop of Seed Ball Making. She donated 100 saplings to the college which were later distributed among students and staff members. Many NSS volunteers and other college students took part in this initiative.

Tree plantation / Seed Ball Making workshop



**3<sup>rd</sup> Anniversary of NEP 2020 and Akhil Bhartiya Shiksha Samagam:** Faculty and students attended an online national level event organised by MIC's Innovation Cell on 29<sup>th</sup> and 30<sup>th</sup> July 2023.

**Skill Enhancement Workshop for Entrepreneurship Development - Hunaar Karyashala: Hands-on Workshop on Bag Making** organised by Department of Textile and Fashion Technology in Collaboration with Entrepreneurship Incubation Cell on 19<sup>th</sup> September 2023.



Skill Enhancement Workshop with expert Ms BilquisDhrolwala

**Exposure and Field Visit for Problem Identification:** A field visit to a slum area of Bhagat Singh Nagar, Goregaon, Mumbai with the help of Bhakhar Foundation was organised on 21<sup>st</sup> October 2023. This visit was organised for the T.Y.B.Sc. students of the department under the subject of Sustainable Community Work. The aim of the visit was to identify real life problems faced by an underprivileged section of the society living in this slum area.

**Khadi Utsav-** An intercollegiate competition was organised to commemorate Gandhi Jayanti by developing innovative product using Khadi fabric. It was organised by IIC and Interfaith Committee in collaboration with Udhyog Bharti, Gondal.

**Commemoration of National Education Day:** To commemorate National Education Day 11<sup>th</sup> November 2023, an initiative was undertaken to organise a Skill Enhancement Campaign for the socially deprived community. With the theme "Each One, Teach One," the campaign aimed to promote the spirit of education, empowerment, and community upliftment.

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

**AARYA Research Competition on National Science Day:** An Intercollegiate National Virtual Interdisciplinary Undergraduate Research Competition Awareness and Action Research for Youth Awakening (AARYA) was organised on National Science Day on 28<sup>th</sup> February 2023. A total number of 139 students and more than 20 faculty members attended and 39 research projects were presented in this competition.

**Workshop on Design Thinking, Critical Thinking and Innovation Design Date:** The workshop on "Design Thinking, Critical Thinking and Innovation Design" for the students of the College was organised on 12<sup>th</sup> February 2024. It aimed to equip participants with the essential skills and methodologies to innovate and address challenges within the society.

**Visit to Natural Dyeing Incubation Centre:** An educational field cum exposure visit to the Natural Dyeing Incubation Centre in Hyderabad was organised on 6<sup>th</sup> March 2024. A group of 50 students, along with faculty members, attended the visit to gain first-hand knowledge about sustainable textile practices, particularly natural dyeing techniques.

**Celebration of International Women's Day:** An interactive session with the theme "The Prevention of Sexual Harassment: Laws and Policies" was organised to celebrate International Women's Day on 9<sup>th</sup> March 2024. It was organised in collaboration with Vishaka Committee and Cell for Prevention of Sexual Harassment.

**Entrepreneurship Mela - Jamboree Haat:** The entrepreneurship Incubation Cell of Department of Textile and Fashion Technology organised an Entrepreneurship Mela - Jamboree Haat with the theme Jashn – The Joy of Celebration on 27<sup>th</sup> March 2024. Students put up their stalls to get an experience of entrepreneurship development.

**Dr Anjali Srivastava,  
President of IIC**

## STUDENT RESEARCH COMPETITION COMMITTEE

Staff Members in the committee comprised Dr Kamini Rege (Convenor), Dr Roopa Rao, Dr Neha Mulchandani and Ms Vibhuti Khedekar (Student Coordinator).

### 18<sup>th</sup> Aavishkar Research Convention

The Avishkar Research Convention is designed by Department of Student's Development, University of Mumbai, with the intention to develop a research culture and scientific culture among the students, scholars and teachers from undergraduate to doctoral level in the State of Maharashtra.

The 18<sup>th</sup> Aavishkar Research Convention commenced from 9<sup>th</sup> December 2023. The selection was in the form of poster and podium presentation for Zonal and final round. The total number of students that participated for the Zonal Round from College were 125 and the number of research proposals across all categories were 47. Out of 47 projects, 11 projects were selected for the final round 18<sup>th</sup> Aavishkar: Intercollegiate/Institute/Department research convention. These 11 projects presented their projects at the inter-zonal round from 17<sup>th</sup> December to 25<sup>th</sup> December 2023. Out of 11 projects, three projects won prizes at the final interzonal round.

1. Ms Trupti Dhoka -Ph.D. scholar, 'TFT' participant at the PPG Level, C4 category; Guide – Prof. Dr Vishaka Karnad was awarded 1<sup>st</sup> prize and Gold medal for her final podium presentation.
2. Ms Prachi Barthwal M.Sc. II 'TFT', 'TFT' participant at the PG Level, C2 category; Guide – Dr Ritu Madhan was awarded 2nd prize and Silver medal for her final podium presentation.
3. Ms Jennifer James M.Sc. II HD, 'TFT' participant at the PG Level, C1 category; Guide – Dr Kamini Rege was awarded 3rd prize medal and Bronze for her final podium presentation.

These three project teams also represented UoM for Aavishkar: Maharashtra state Inter-University Research Convention. At the 16<sup>th</sup> Maharashtra state Inter-University Research Convention 2023-2024 Ms Trupti Dhoka-Ph.D. scholar Guide Prof. Dr Vishaka Karnad was awarded first prize and Gold medal at University level and Ms Prachi Barthwal TFT participant at the PG Level Guide – Dr Ritu Madhan was awarded 2<sup>nd</sup> prize and Silver medal.

### 6<sup>th</sup> AARYA Interdisciplinary Undergraduate Research Competition held in Virtual Mode at the National Level on 28<sup>th</sup> February 2024

COLLEGE OF HOME SCIENCE NIRMALA NIKETAN  
Affiliated to the University of Mumbai  
NAAC Reaccredited 'A+' Grade  
Under the Aegis of the IQAC  
Organizes

**AARYA**  
Awareness and Action Research For Youth Awakening  
Virtual National Interdisciplinary Undergraduate Research Competition

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

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

**IMPORTANT DATES**

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

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

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

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

Awareness and Action Research for Youth Awakening (AARYA) Intercollegiate 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. This year, the competition was opened to include third-year students as well. The students were motivated to select interdisciplinary topics for their research study.

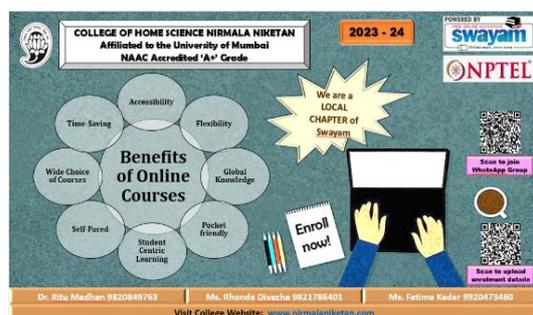


The competition was held on 28<sup>th</sup> February 2024 and was organised by Student research committee along with IIC. The jury of the competition included Dr Rita S Patil, Professor, Head, Dept. of Food and Nutrition and Vice Principal of Maniben Nanavati Womens College; Dr Rani Tyagi, Vice-Principal of HR College of Commerce

and Economics and Associate Professor in the Department of Environmental Studies; Mr Shahzad Ateeque Ahmed, Assistant Professor in Physics at the esteemed Maharashtra College of Arts, Science, and Commerce in Mumbai; Dr Priyanka Pareek, Assistant professor in the department of Clinical Nutrition at MGM School of Biomedical sciences, which is a constituent unit of Mahatma Gandhi Missions Institute of Health Sciences, Navi Mumbai; Dr Deepak S. Gaikwad, Assistant Professor for Physics at KTSP Mandal's KMC College Khopoli, Raigad and Dr Vidhya Satish, Director of SIES Institute of Comprehensive Education, Sion , Mumbai and Nerul Navi Mumbai. The students participated with great enthusiasm and 40 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.

**Dr Neha Mulchandani,  
Member of the committee**

## MOOC COMMITTEE



Staff Members in the committee comprised Dr Ritu Madhan (Convenor), Ms Rhonda Divecha and Ms Fatima Kader.

The academic year started with a series of orientations for the students at all levels; F.Y.B.Sc., S.Y.B.Sc., T.Y.B.Sc. and M.Sc. I. A separate orientation was planned for the students of M.Sc II of all the branches on 24<sup>th</sup>

July 2023, where all the doubts and concerns of the students were clarified.

More than sixty students enrolled for various courses during the academic year of which forty students successfully completed the course. Students enrolled for various courses like: Basics of Health Promotion and Education Intervention, Consumer Psychology, Dairy and Food Process & Products Technology, Design, Technology and Innovation, Digital Forensics, Developing soft skills and personality, Emotional Intelligence, Fitness Management, Food Laws and Standards, Graphics and Animation Development, Product and Brand Management, Psychology of language, Organic farming for sustainable agricultural and Introduction in Basics of Health Promotion and education intervention.

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,  
Convenor**

## **SCHOLARSHIP COMMITTEE**

The new academic year began by the orienting students from the F.Y.B.Sc. to M.Sc. levels about the various scholarships available at the National, State, University and College level. Students were also informed about other religious, private trust and 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. 5 students received the scholarships and an amount of Rs. 27,000/- 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 of 17 students applied for Government scholarship at the national and state level

- National level scholarship:
- 1 student applied and received scholarship under category of religious minority
- State level scholarships: A total of 15 have applied for the scholarships.
- 2 students have applied for the Government of India Post Matric Scholarship under the Social Justice and Special Assistance Department
- 4 students have applied for scholarship through OBC, SEBC, VJNT & SBC Welfare Department
- 9 students from open category have applied the Rajashri Chhatrapati Shahu Maharaj Shikshan Shulk Shishyavutti under the Directorate of Higher Education.

### **Private scholarships:**

- 2 students availed private scholarships, one each from Bhumi NGO and India Bulls Foundation.

**Ms Vrinda Udiaver**  
**Convenor**

## **EMPLOYMENT PLACEMENT CELL**

The Employment Placement Cell (EPC) at the College of Home Science, Nirmala Niketan, is dedicated to providing comprehensive career development and employability support for students. The EPC's primary goal is to bridge the gap between academia and the professional world, equipping students with the skills and competencies necessary for success in their chosen careers. In the academic year 2023-24, the EPC expanded its role beyond job placements, adopting a holistic approach to student career development.

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:

**Key Focus Areas:** The EPC's initiatives focused on three main areas: skill development, recruitment/placement, and study abroad opportunities. Activities were designed to address the varied aspirations of students, providing them with platforms to enhance professional skills, engage with industry leaders, and explore global educational opportunities.

**Skill Development Initiatives:** The EPC conducted a series of workshops aimed at sharpening students' skills for the job market. These included:

1. **Resume Writing Workshop (February 26, 2024):** Led by career coach Adrian Rosario, this workshop provided 135 students from various departments with insights into creating effective resumes. Key areas included resume formatting, tailored content for specific jobs, and showcasing relevant skills and achievements.
2. **Interview Facing Skills Workshop (March 11, 2024):** Also conducted by Adrian Rosario, this session prepared 95 students for job interviews, focusing on pre-interview preparation, body language, and handling common interview questions. Mock interviews allowed students to practice and receive feedback, boosting their confidence in real-life scenarios.

**Recruitment and Placement Activities:** In October 2022, fifteen students from the T.Y. B.Sc. CRM programme's Hotel Front Office & Housekeeping elective applied for positions through the Oberoi Central Employment Register (OCER) and the Oberoi Centre of Learning and Development (OCLD). After undergoing a five-stage selection process, seven students advanced, and six were eventually selected for roles with The Oberoi Group. Notable placements included positions as Front Office Associates, HR Associates, and Sales Associates, showcasing the effectiveness of the programme.

**Campus Recruitment Drive 2024:** The highlight of the year was the Campus Recruitment Drive held between March 30 and April 4, 2024, with an additional day on May 1. Fifteen companies from various sectors participated, providing 76 students with job opportunities. Preparatory sessions, including resume-building and mock interviews, ensured students were well-prepared. Companies like Zee Learn, K11 School of Fitness Sciences, and Novus Life Sciences Pvt Ltd participated, leading to a significant increase in job offers compared to previous years.

**Study Abroad Opportunities:** The EPC also organised sessions on studying abroad, including an Education Fair held on September 3, 2023, in Mumbai. Ten students from the CRM department attended, gaining insights into admission processes, scholarships, and cultural aspects of studying abroad. This initiative opened doors for students interested in pursuing higher education overseas.

**Challenges and Future Directions:** The EPC faced challenges in adapting to the evolving demands of the job market, particularly in emerging industries. To address this, the EPC plans to introduce digital skills training in areas like data analysis and digital marketing. The EPC will also work to expand its industry collaborations, internship opportunities, and study abroad support, ensuring students continue to thrive in a rapidly changing world.

With these initiatives, the EPC has had a highly successful year, supporting students in their professional growth and ensuring they are prepared for the demands of the modern workforce.



**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. Ms Palak Tiwari (T.Y.B.Sc. TFI), elected as Student Convenor, Ms Laaiba Siddiqui (T.Y.B.Sc. FND), as Secretary and Mr Atharv Sanas (S.Y.GDVC) as Treasurer. Following events were organised by the committee during the year:

### RAKSHA BANDHAN

The Interfaith committee and National Service Scheme (NSS) of College jointly organised two sessions on Rakhis for Rakshaks (A Rakhi collection Drive) on 22<sup>nd</sup> August 2023. More than 300 students participated enthusiastically and made eco-friendly, handmade and sustainable rakhi's along with a personalized message for the jawans. The College felt immense joy and pride when Mr Atmaram Parab delivered the rakhis made by our staff



and students to the soldiers of the Ladakh Scout Regiment in Leh-Ladakh on Raksha Bandhan. The soldiers were very appreciative of the rakhis and the heartfelt messages from our students, expressing their gratitude and happiness for the thoughtful gesture.



**Raksha Bandhan at Ladakh Scout Regiment**

## **SHANTI AUR AMAN KE LIYE BADHTE KADAM**

College of Home Science Nirmala Niketan and College of Social Work Nirmala Niketan, Sophia College in collaboration with Samanvaya organised “Shanti Aur Aman Ke Liye Badhte Kadam” an intercollegiate event and Panel discussion on Ethnic and Communal Conflicts in India and Peace Initiatives on 29th August 2023.



## **INTERFAITH GATHERING TO CELEBRATE UNITY IN DIVERSITY**

The students of Interfaith committee attended an Interfaith Gathering to Celebrate Unity in Diversity organised by College of Social Work Nirmala Niketan held at Spiritual Assembly of the Bahai's of Mumbai on 30<sup>th</sup> August 2023.

## **ONAM CELEBRATION- RANGOLI COMPETITION**

The Interfaith Committee organised a Rangoli Competition to celebrate the auspicious festival of Onam on Tuesday 29th August. Participants of college were from various sections of Junior college, Degree College, self-financed courses and diploma courses. Total number of participants- 21

The judges invited for the competition were Prof Dr Vishaka Karnad, Department of Textile and Fashion Technology and Ms Shivani Sawant, Assistant Professor in Graphic Design Department. They evaluated the Rangolis made by the participants based on the criteria of Colour combination, creativity,

presentation and overall impact. List of prize winners as follows: Ms Pari Rohit Pithadia won 1<sup>st</sup> Prize, Ms Husaina Juzer Balsara won 2<sup>nd</sup> prize and Ms Khadija Soni and Ms. Rakshita Bhaskar Acharya won 3<sup>rd</sup> prize.

## KHADI UTSAV

The Interfaith Committee along with IQAC and the Institution's Innovation Council in Collaboration with Udyog Bharti, Gondal organised "Khadi Utsav" on 2<sup>nd</sup> October 2023, a National Level competition on Innovation Product Development using Khadi fabric, to commemorate Gandhi Jayanti. The purpose of conducting this competition was to create awareness about the Khadi fabric and also help students create innovative products which can show the diversity of the Khadi fabric. A total of 11 students registered out of which 5 students submitted the product for the competition. The participants made innovative products out of the Khadi fabric. The judge of the competition was Mr Kaven from Udyog Bharti, Gondal who has a vast experience in the field of Khadi. Ms Pratibha Yadav (Laxmi Bai College, University Delhi) won 1<sup>st</sup> Prize, Ms Kashmira Moje (Dr BMN College of Home Science) won 2<sup>nd</sup> prize and Ms Shaikh Zoya (College of Home Science Nirmala Niketan) won 3<sup>rd</sup> prize.



## DANDIYA

The Interfaith committee and Cultural committee in collaboration with IQAC organised Dandiya on 6<sup>th</sup> November 2023 to celebrate the festival of Navratri. DJ Tejas was invited for the same and it was a grand celebration. Around 50 students participated.



## MEHENDI COMPETITION AND DIYA DECORATION COMPETITION

On the auspicious festival of Diwali, the committee organised a Mehendi Competition and Diya Decoration competition on 8<sup>th</sup> November 2023. 18 students participated for Mehendi Competition. Each participant demonstrated their creativity and proficiency in applying Mehendi, reflecting both traditional and contemporary designs. Ms Farhanaaz Syed, Assistant Teacher at Junior College judged the Mehendi competition. Ms Miloni Shah T.Y.B.Sc. CRM won 1<sup>st</sup> Prize, Ms Tanya Chand Qureshi S.Y.B.Sc. won 2<sup>nd</sup> prize and Ms Khadija Praveen S.Y.FD won 3<sup>rd</sup> prize.

The Interfaith Committee organised a Diya Decoration Competition to celebrate the spirit of Diwali. This event aimed to engage students in a creative activity that honors traditional festival customs and highlights the artistic talents within our college community. The event saw enthusiastic participation, with a wide range of artistic and innovative designs. Ms Jagruti Rathod,



Lecturer and coordinator of the Interior Design Department judged the competition. Total Participants for Diya Decoration Competition were 11. Mr Atharv Sanas S.Y.GD won 1<sup>st</sup> Prize, Ms Alfeen Raien F.Y.FD won 2<sup>nd</sup> prize and Ms Shaikh Sadaf Intiyaz Ahmed T.Y.B.Sc CRM won 3<sup>rd</sup> prize.



**Diya Decoration Competition**

## **DIWALI DHAMMAL- DIWALI PARTY**



The Interfaith Committee of College of Home Science Nirmala Niketan organised a “DIWALI DHAMMAL” A Diwali Party for all Staff (teaching and non-teaching) to celebrate the festival of lights on 9<sup>th</sup> November 2023.

The party featured a range of cultural performances, including dance Performances performed by staff members, live music performances, including festive songs and instrumental pieces, adding to the celebratory mood. Various fun games and interactive activities were organised to engage staff members and encourage participation.

The highlight of the event was when each staff member (teaching and non-teaching) lit diyas at the entrance of the college which created a sense of unity and celebration among the staff, reflecting the spirit of Diwali.



### CAROL SINGING INTERCOLLEGIATE COMPETITION

The College of Home Science Nirmala Niketan organised a Carol singing competition. This event was organised by the Cultural Committee and Interfaith Committee. The competition was held on the 21st of December, 2023. The judge for the event was: Ms Rena. Overall, 3 colleges participated in the competition.

All teams put up an excellent performance. Everyone in the hall was mesmerized with the lovely tunes of the carols and the Christmas spirit brightened! The programme ended by a melodious carol which was sung by all students and staff.

### CHRISTMAS CELEBRATION

Christmas is a very special festival celebrated at the College. The Interfaith committee of the College of Home Science Nirmala Niketan organised the Christmas programme to celebrate the festival of Christmas.





A special surprise was planned for all where the Santa Claus distributed chocolates to all. 100 students attended the programme. The audience thoroughly enjoyed the programme.

**Ms Vibhuti Khedekar**  
**Convenor**

## **NATIONAL SERVICE SCHEME**

Programme Officer- Dr Pratima Goyal, NSS Supervisor- Dr Anjali Srivastava, Dr Sheetal Joshi and Ms Vibhuti Khedekar. Number of Volunteers in the College Unit- 87  
NSS Leader- Ms Nashra Zaidi

The NSS unit of College of Home Science Nirmala Niketan conducted various activities as per the guidelines provided by the NSS Cell of University of Mumbai. The activities fall under these categories-

1. Activities organised by the University
2. Activities organised by the College
3. Area Based Project



### **ACTIVITIES ORGANISED BY THE UNIVERSITY:**

**1. MDACS One Day Peer Educator Training Workshop:** The University of Mumbai's NSS Cell hosted a one-day MDACS Peer Educator Training on HIV/AIDS prevention, featuring expert talks on AIDS history, awareness campaigns, testing, and stigma. Dr Umesh Ghuge, ex-NSS volunteer and Deputy Director of MDACS, also addressed students, enhancing their understanding of the topic.

- 2. Youth Manifesto, Lala Lajpat Rai College:** Focused on the youth's role in shaping the nation, inspired by leaders like Lala Lajpat Rai and Bhagat Singh. Discussions on issues like floods, health, and development encouraged students to voice concerns and seek solutions.
- 3. Shanti aur Aman ke liye Badhte Kadam, Sophia College:** Discussed civic democracy, minority rights, and social justice, highlighting the struggles of ethnic groups. Volunteers learned about constitutional protections for minorities and tribals.
- 4. Shri Amit Shah University Convocation Hall:** Shri Amit Shah inspired students with the values of Laxmanrao Inamdar, emphasizing youth involvement in nation-building. The event aimed to motivate students by sharing Inamdar's life and contributions.
- 5. Swachhata Campaign, Kalina Campus:** Students participated in a cleanliness drive under Swachh Bharat Abhiyan, featuring recycling demos and discussions on environmental responsibility. They were also given the chance to clean their surroundings, emphasizing the importance of a clean society.
- 6. Bhajan Sandhya Gandhi Jayanti, Gateway of India:** A musical tribute with bhajans honoring Mahatma Gandhi's principles of non-violence and simplicity. Students reflected on Gandhi's contributions to India's freedom struggle, with dignitaries guiding them on his path of righteousness.
- 7. Disaster Management Workshop, Nirmala Niketan College:** In collaboration with the Civil Defence Training College, this workshop trained students in disaster management, showcasing techniques like fire safety, rescue methods (e.g., cuddle method, 3/4-handed seat), and fire extinguishing demos.
- 8. Street Play Workshop, Ruia Autonomous College:** A workshop focused on using street play to raise awareness of social issues, encouraging creativity and fostering social responsibility through performance art.
- 9. Organ Donation Awareness:** An online session led by medical professionals to dispel myths about organ donation, with insights from Dr Meenakshi Pande on the importance of donors in India. Students also learned how to register as organ donors.
- 10. Meri Maati Mera Desh Campaign:** As part of India's Amrit Mahotsav, students participated in a selfie activity with soil to honor freedom martyrs, fostering national pride and respect for India's history. The campaign saw widespread participation across the country.
- 11. MoU Signing at Convocation Hall:** The University of Mumbai signed an MoU with international institutions, enhancing academic partnerships and enabling student exchange programmes, offering opportunities for both local and foreign students.
- 12. Amrit Kalash Yatra, Lala Lajpat Rai College:** Students participated in a rally carrying the Amrit Kalash to honor freedom fighters, promoting patriotism. The Kalash from College of Home Science Nirmala Niketan was sent to New Delhi, with each college chanting a unique slogan.

**13. Guinness Record Convocation Hall, Meri Maati Mera Desh:** India set a Guinness World Record for the most selfies with soil under the 'Meri Mati Mera Desh' campaign, with over 10 lakh selfies. The record was celebrated at an event attended by Maharashtra's CM and Deputy CM.

**14. Oration Skills Session, University of Mumbai:** Nitin Arekar, renowned writer, led a session on improving public speaking, focusing on confidence, voice modulation, and presentation skills, encouraging students to seize opportunities to speak and engage effectively.

**15. Viksit Bharat Talk:** PM Modi emphasized Amrit Kaal and India's development, encouraging students to shape the nation's future, with inspiration from Nirmala Niketan's values of motivation and strength.

**16. Mumbai University Convocation:** Graduates celebrated their achievements; Mr Fadnavis dedicated his honorary doctorate to Maharashtra and thanked Japan for supporting infrastructure projects.

**17. National Voters Day:** Jai Hind College hosted an event with Marathi stars to promote voting awareness. Students learned the importance of voting, voter ID eligibility, and civic responsibility.

**18. Mumbai University Convocation:** Students welcomed and felicitated guests, gaining insights from speeches on various important topics.

**19. Sankalp Fest, Lala Lajpat Rai College:** Focused on HIV/AIDS awareness through performances; Nirmala Niketan students won accolades for their creative efforts.

**20. Andhashradha Nirmulan Workshop, MD College:** Encouraged rational thinking and informed decisions in relationships to combat superstitions.

**21. US-India Partnership Event:** Discussed bilateral cooperation, education, and climate change, highlighting strengthened ties between the two nations.

**22. Railway Station Renovation, Hindu Gymkhana:** Students contributed to infrastructure development and learned about India's railway redevelopment projects.

**23. Aashayein Fest, Hinduja College:** Promoted social causes through performances and rallies, boosting awareness, confidence, and healthy competition.

**24. International Women's Day, Sophia College:** Empowered students through speeches, self-defense training, mental health workshops, and an interactive session with the Nirbhaya Squad.

**25. Anveshan, Kalina Campus:** A cultural and educational event celebrating student talent and innovation, featuring performances and guest felicitation.

## Activities organised by the College:

**Fit India Movement (Yoga Day):** On June 21, 2023, students learned mind-body balance through yoga and breathing exercises led by wellness coach Ms Kiara Jeswani, who emphasized regular yoga practice for fitness.

- Youth Festival:** The College hosted an intercollegiate festival competition on 12th August 2023 with competitions like rangoli, sculpting, and painting, celebrating students' creativity. The event saw participation from multiple colleges and celebrated achievements like Chandrayaan 3.
- Independence Day Commemoration:** 77<sup>th</sup> Independence Day of India was celebrated on 15<sup>th</sup> August, 2023. The students performed various acts like patriotic dances, songs, etc. The programme instilled a sense of patriotism among the college students and staff. It was held to pay tribute to our freedom fighters who fought for our independence.
- NSS Orientation:** The NSS Unit of the College of Home Science Nirmala Niketan organised an orientation programme on 19<sup>th</sup> August 2023 wherein the Programme Officer, Dr. Pratima Goyal introduced students to upcoming activities like stem cell donation, tree planting, and waste management. The event emphasized social responsibility and future projects. The students were made aware of the importance of the NSS unit and why they should take part in activities with enthusiasm.
- Rakhis for Rakshaks:** The NSS volunteers made Rakhis on 22 August 2023 for soldiers stationed at the border to express gratitude for their service. The event fostered patriotism and respect for the sacrifices of armed forces personnel.
- Onam Festival Rangoli Competition:** To celebrate Onam festival a Rangoli making competition was organised in collaboration with Interfaith Committee on 29<sup>th</sup> August, 2023. The participants made eco-friendly flower Rangolis, demonstrating creativity while promoting environmental consciousness.
- Talk by Income Tax Officer:** A talk on Financial Management was organised on 30<sup>th</sup> August 2023. Students were educated on tax laws, including TDS and tax returns, helping them understand financial management and government policies.
- Celebrating Faith Diversity:** On 30th August 2023, an event emphasized faith unity and mutual respect, teaching students the importance of creating an inclusive environment that values diversity and strengthens bonds within families and communities.
- ...
- World Contraception Day Session:** On 26th September 2023, an interactive session by doctors highlighted contraceptive options and the importance of protection for health and safety, encouraging openness and eliminating stigma around the topic.

9. **Self-Defense Training:** A workshop on 3rd October 2023 taught students rescue methods, CPR, and life-saving techniques like the cuddle method, piggyback, and firefighter rescue, boosting their confidence through practice.
10. **Amrit Kalash Ceremony:** On 27th October 2023, students participated in a patriotic event where an Amrit Kalash filled with soil represented Mumbai in New Delhi, honoring freedom fighters and India's independence.
11. **Mehendi and Diya Decoration Competition:** Held on 8th November 2023, the competition celebrated Indian traditions, encouraging students to showcase their creativity and cultural pride, with NSS students assisting in organisation.
12. **Collection Drive:** On 22nd-23rd December 2023, NSS volunteers collected clothes and books for underprivileged communities, demonstrating kindness and teamwork, while planning for their special camp.
13. **Christmas Party:** On 23rd December 2023, a joyous celebration featured singing, dancing, and poems, fostering unity and faith diversity, with active participation from students and staff.
14. **Zengroove Fitness Event:** Held on 4th January 2024, this event featured Mandala therapy, Yoga, and Zumba to promote creativity, mindfulness, and physical well-being, helping students relieve stress and encouraging them to practice these activities at home.
15. **Discussion for Special Camp:** Students held a meeting to finalize their itinerary, activities, skits, and donations for the annual Special Camp.
16. **Nirmal Utsav & Ms Colette Galby's Centenary Celebration:** The college celebrated its founder's centenary and inaugurated the Nirmal Utsav. The theme and banner were revealed, creating excitement among students. NSS volunteers celebrated the event at their Special Camp destination.
17. **Kridangan (Indoor Activities):** From 11th-13th January 2024, NSS volunteers participated in organizing indoor sports events like kho-kho, badminton, chess, and table tennis, boosting students' sports skills and confidence.
18. **Swami Vivekananda Poster Competition:** On 12th January 2024, students celebrated National Youth Day by making posters on Swami Vivekananda's teachings, learning about his life and how his ideas inspire youth to promote leadership and progress.
19. **Stem Cell Donor Registration Drive:** On 19th January 2024, the NSS Unit, in collaboration with Marrow Donor Registry India, registered 108 students as stem cell donors to support cancer patients, involving a three-step registration process.

- 20. ISRO Chandrayaan Live Telecast:** Students celebrated national pride on 23rd August 2024 by watching Chandrayaan-3's successful Moon landing, marking India as the fourth country to achieve a soft lunar landing.
- 21. Ek Bharat Shreshtha Bharat (Odisha):** A cultural fest representing Odisha showcased its traditions, food, attire, and tourist spots. Students developed event planning, hospitality, and communication skills through interactive games, quizzes, and brochures.
- 22. National Tourism Day Poster Competition:** Held to promote tourism and sustainability, students crafted posters on the theme "Sustainable Journey, Timeless Memories." Participants showcased creativity and received certificates.
- 23. Martyr's Day Commemoration:** On 30th January 2024, students honored Mahatma Gandhi and freedom fighters, reflecting on their sacrifices and the value of non-violence and gratitude.
- 24. Iridiana Fest:** Organised on 31st January (In-house) and 1st February 2024 (Outhouse), the fest included competitions, cultural performances, and stalls. Students and teachers actively participated, with NSS volunteers supporting the event and earning accolades.
- 25. Kridangan Sports Day:** Held on 6th February 2024, the event included athletic activities like relay races, long jump, and javelin throw. It fostered teamwork and fitness, ending with a prize distribution and cultural performances.
- 26. Utkarsh Event:** Organised on 10th February 2024, this event featured alumni Ms Kashyapi Nagrecha, Ms Reema Kelekar, and Ms Riddhi Sheth, who shared their professional journeys and insights into career paths. The session included an interactive Q&A and concluded with a vote of thanks. Participants received e-certificates in appreciation.
- 27. Utkantha Fest:** Held on 16th February 2024 at Sonopant Dandekar College, Palghar, the event saw participation from students across Mumbai. Activities like a treasure hunt encouraged students to step out of their comfort zones. It was an interactive and fun-filled experience for all.
- 28. Baking Workshop:** Conducted on 24th February 2024 in the college kitchen, students were taught baking basics and cake decoration techniques. Each participant baked and decorated two cakes, which they proudly took home. The workshop was enjoyable and left students with a valuable new skill.
- 29. Health Camp:** Organised on 26th February 2024, the camp aimed to promote health awareness. Parameters like BMI, blood pressure, and lung capacity were checked. Dietitians provided dietary advice. NSS volunteers facilitated the camp while getting their health checked as well.

- 30. Bhumi Pujan Ceremony:** The event marked the foundation of the Centre for Avesta-Pahlavi Studies, honoring Zoroastrian heritage. Dignitaries like Smriti Irani ji and Sri Devendra Fadnavis ji attended. NSS volunteers had the privilege of welcoming guests and learning about the legacy of Parsi culture.
- 31. Aarohan (Interior Design Workshop):** Alumni experts shared insights on interior design careers, colleges, earning potential, and showcased projects, helping students explore the field and make informed career decisions.
- 32. Prevention of Sexual Harassment Workshop:** Held on March 9, 2024, Advocate Tehseen Zaidi educated students on anti-harassment strategies, workplace safety, and the Vishaka Committee's role in supporting victims, promoting a respectful and secure environment.

### Area Based Project 1

- 1. Har Ghar Tiranga:** Part of Azadi Ka Amrit Mahotsav, this campaign promoted patriotism through flag hoisting, performances, and flag etiquette. Students and teachers celebrated, fostering pride and responsibility for the national flag.
- 2. Colaba Koliwada Beach Cleaning:** Students cleaned the beach, tackling wet, muddy waste like wood, plastic, and wrappers. They learned the importance of proper waste disposal, environmental cleanliness, and gained respect for sanitation workers.
- 3. HIV/AIDS Awareness Session:** Students learned about HIV/AIDS causes, symptoms, diagnosis, and treatment, breaking myths and misconceptions. They also created Canva posters to spread awareness, making the session interactive and educational.
- 4. HIV/AIDS Poster Making Competition:** Students used Canva to design impactful posters promoting HIV/AIDS prevention and destigmatization. The competition spread awareness and emphasized respect for individuals living with HIV/AIDS.
- 5. Session on Constitutional Values:** Students learned about gender justice, democracy, secularism, voting rights, and the Constitution. The session included interactive activities, songs, and a summary of the Preamble.
- 6. Gratitude to Water & Sanitation Workers:** A Christmas celebration honored BMC workers with carols and tokens of appreciation, recognizing their vital role in maintaining a clean and healthy environment.
- 7. Chuim Community Centre Visit:** Students explored efforts to support underprivileged children through education, nutrition, and healthcare. They interacted with the kids, gaining gratitude and life lessons.
- 8. National Voter Awareness Campaign:** A four-day drive in collaboration with the Election Commission helped students and locals register to vote, emphasizing the importance of participation in democracy.

## Area Based Project 2

**1. Tree Plantation Drive & Seed Ball Making:** Led by environment expert Ms Rashmi Joshi, students learned to make seed balls and received oxygen-producing plant saplings. They took an oath to protect the environment and plant more trees.

**2. Red Run Marathon, MDACS Wadala:** Organised to raise HIV/AIDS awareness, students ran 4km and received prizes, medals, and refreshments. Doctors and police ensured safety, making it a rewarding experience.

**3. Raktdaan Amrit Smarnotsav, Dadar:** A mega blood donation drive aimed at youth participation for societal betterment. Volunteers encouraged donations, with some eligible participants contributing, making it a fulfilling day.

**4. Cleanliness Drive (Swachhata Hi Seva):** Students cleaned communities, created awareness posters, and collaborated with sanitation workers, learning the importance of hygiene and waste management for health and safety.

**5. Vigilance Awareness Week:** An online session with ADCP Sanjiv Bhole emphasized anti-corruption laws, vigilance awareness, and the importance of truthfulness to maintain government integrity.

**6. Marathi Rajbhasha Divas:** Celebrated with traditional attire, the event featured speeches, cultural performances, and a Marathi book exhibition. Journalist Ganesh Achwal shared insights and radio techniques, making it an engaging experience. NSS Special Camp  
Date: 11<sup>th</sup> - 17<sup>th</sup> January 2024 Venue of the camp: Gyan Jyoti Community College, Kharajgaon, Maharashtra Accompanying staff members: Dr Pratima Goyal, Ms Vibhuti Khedekar, Dr Anjali Srivastava and Dr Sheetal Joshi

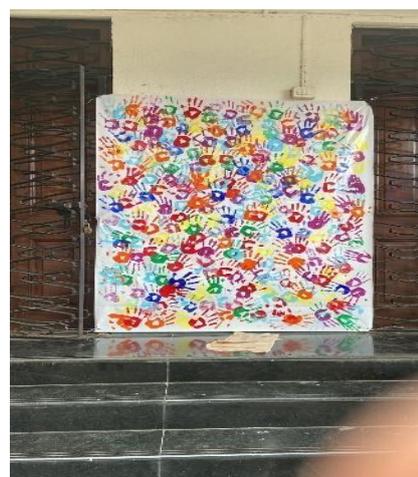
Number NSS Volunteers attended the camp: 18



**Dr Pratima Goyal  
Programme Officer**

## CULTURAL COMMITTEE

This year was a year of coming up with new ideas of showcasing our talents and abilities and carrying forward the spirits of last year and maintaining the excellence. With the experience of last year, we all had grown and so the work started immediately as the new students joined the college. The staff committee comprised: Ms Vibha Hasija, Dr Ritu Madhan, Ms Vibhuti Khedekar from Degree College, the self-finance diploma section was represented by Mr Amrish Mangle and Ms Farah and Mr Shanker Pandey were from the Junior College section.



Cultural Committee representatives from each class formed the team and the flow of energy began. With the vibrant and refreshing vibes of the student's the journey of 2023-2024 began. The student core committee was represented by Ms Ayesha Mirza (T.Y.B.Sc. HD), the General Secretary, Ms Charisma Thampy (T.Y.B.Sc. CRM), the Secretary, Ms Sakina S.Y. FD), the Treasurer and Mr Durvesh Mrigule (S.Y. GDVC), the Creative Head of the team.

This year a new feather was added in the cap of the college and the cultural committee as we hosted the Zone 1 Literary and Fine art events of 56<sup>th</sup> Inter-Collegiate / Institute / Department Youth Festival in collaboration with the Department of Students Development, University of Mumbai on 12<sup>th</sup> August 2023. Ms Vibhuti Khedekar, the teacher coordinator for this event took the lead along with all the other staff and students of the committee. In all 7 fine art events and 3 Literary art competitions were held. More than 350 students from 28 colleges of the Zone 1 section participated in the different events. We were given the tag of best host of the event by the coordinators. This event filled the team of students and teachers with infinite energy to move ahead. Our Folk-dance team won 2<sup>nd</sup> prize at Zonal level while Ms Dhvinal Shah won Gold Medal in Story writing event, first ever Gold won by college in youth festival.

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), Yuva Tarang (Karamveer Bhaurao Patil College, Thane), Thakur College (Tarangan), Brouhaha (Sydnem College) and more.

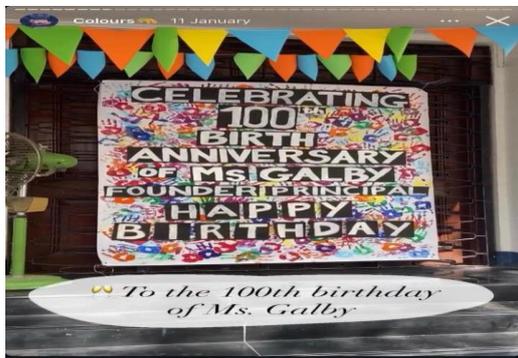


The Cultural Committee organised two fun events for everyone to participate "Dandia Utsav" on 6<sup>th</sup> November 2024 and Diwali Dhamaka on 9<sup>th</sup> November 2024 followed by Carol Singing Competition, an Intercollegiate event on 21<sup>st</sup> December 2023 in collaboration with Interfaith Committee.

We then started gearing up for our annual fest NIRMAL UTSAV. This year was special as we decided to commemorate the 100 years of Ms Galby, our very dear founder Principal. The committee's staff and students were dedicated to making this event truly unforgettable. They rolled up their sleeves, put on their creative hats, and began brainstorming to plan the details and structure of the programme. The students were super thrilled to be in charge of this event. We were committed to come together and celebrate the richness and diversity of our college community by bringing out the diverse talents, passions, and the vibrant spirit that defines our college's cultural richness.

Following the remarkable success of last year's cultural fest, AAGAAZ, this year's theme celebrated the vibrant spirit of the college: IRIDIANA 2024, symbolizing a rainbow—a band of colors. We began the festivities by capturing the colors of the rainbow through the handprints of all college stakeholders on a canvas, representing our unity. This design served as the backdrop for our posts, ensuring that the rainbow theme was reflected in all our events throughout the three days of the fest. The celebrations officially began with the unveiling of the IRIDIANA 24 banner on January 11, 2024, the 100th Birth Anniversary of our beloved Founder Principal, Ms Collette Galby. The three-day fest included in-house events (31<sup>st</sup> January 2024), intercollegiate competitions (1<sup>st</sup> February 2024), and a grand cultural programme finale at the Birla Matoshree Auditorium in Churchgate on February 8<sup>th</sup> 2024.

### HAND PRINTS ON THE CANVAS



Celebrations of 100<sup>th</sup> Anniversary Begin



Banner Unveiled



Festive Mood In College



Nirmal Utsav - Iridiana 2024 Open



**Khojo to Jane – Informal Event**



**Rangotsav – Fine Arts**



**Groove with Props – Performing Art**



**Dance workshop – Prasad Parab**



**Fine Arts – Talk me Through**



**Publication Patchwork**



**Tote Ally Mandala**



**Performing Art – Copy Karle Baba**



**Antakshari**

Rigorous practice and rehearsals of so many days led finally to the concluding day of the event at Birla Matoshree Auditorium, showcasing the fruits of our collective effort. Every committee staff member went above and beyond, giving their all to ensure the event's success.

A diverse array of events were put up, featuring a medley of English songs, tribute to the timeless divas through their songs, a dance drama titled "Naye Bharat ka Chehra" in

alignment with Amritkal ka Mahotsav, a comedy skit, folk dances from Rajasthan and Punjab, fashion shows by various departments (FD and TFI), and performances by both teaching and non-teaching staff, along with a CC dance.

A special performance titled “Remembering Ms Collette Galby” honored the 100<sup>th</sup> birth anniversary of our founder Principal. Prior to the skit, Ms Philomena Sequira, President of Nirmala Niketan Institute, unveiled a photo of Ms Galby alongside other management members. Ms Philomena Sequira lighted a lamp in front of her photo, this was followed by a heartfelt performance depicting her life journey, directed by Mr Hugo D’Souza and performed by our college students.

As always, the final round of the Ms and Mr NN pageant was a highly anticipated highlight of the cultural show. Five contestants for Miss NN and two contestants for Mr NN took to the stage. The judges posed thought-provoking questions, and the participants showcased their responses. After evaluating their performances throughout all rounds, the coveted title of Ms NN 2024 was awarded to the talented Ms Meghna Bhogle from M.Sc. I TFI, while the title of Mr NN was bestowed upon Mr Atharv Sanas from SY Graphic Designing.

The day concluded with the CC team celebrating the successful completion of Iridiana 2024, marking a truly unforgettable evening. This event highlighted camaraderie and teamwork, uniting participants from all departments to showcase their skills and passion. Once again, collaboration triumphed. The hard work and dedication of the organizing committee, volunteers, and participants transformed this event into a beautiful and memorable experience.

**Ms Payal Maheshwari,  
Convenor**

### **SPORTS COMMITTEE**

This year the Sports Committee was represented, Dr Sheetal Joshi – Convenor, Ms Vrinda Udaiver, Ms Sanghamitra Navalgund, Ms Dipika Surve and Ms Jagruti Rathod.

The elections of the Sports Committee were held on 6<sup>th</sup> September 2023. 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 – Het Rathod (T.Y. B.Sc. TFI), Vice President – Ms Apeksha Pawar (M.Sc. Sports Nutrition), Captain – Mr Vedant Patil (M.Sc. FND), Vice Captain – Mr Sairaj Kadam (S.Y.ID), Secretary – Ms Adeen Sayyed (T.Y. B.Sc. HD) and Treasurer – Ms Zoya Shaikh (T.Y.B.Sc. CRM).

The Sports Committee began its activities with the celebration of the International Yoga Day on 21<sup>st</sup> June 2023. This year the Yoga workshop was conducted by Ms Kiara Jeswani – Wellness Coach. The session was well enjoyed by the staff and students.

The Annual Indoor Sports Meet for the year 2023-24 was held in two stages this year. The first event of the Indoor Games – Chess and Carom were held on 3<sup>rd</sup> October 2023. Students from all the sections participated in huge numbers this year. The second session of the Indoor Sports was held on 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> January 2024. In this session the activities were Badminton, Table Tennis and Dodge Ball. The total participation of students for Indoor Sports was approximately 250 students.

The Annual Sports was held at the University Sports Pavilion 6<sup>th</sup> February 2024.

The day began with unfurling of the College flag and the various students representing National level Sports – Apeksha Pawar, Renuka Bhirangi, Jiya Parikh, Vedant Patil, lit the torch. The Torch Run and lighting the flame was initiated from the year 2022-23 and was carried on very enthusiastically this year too.

The various athletic events that were held were 100, 200 and 400 meters running race, shot putt and javelin throw. Festival events such as tug of war saw the maximum participation with 14 teams registered for the same. Teaching and non-teaching staff had a three-legged race, which was enjoyed by them.

The day ended with the Prize Distribution ceremony. Ms Roma Suvarna (M.Sc.) was declared Best Athlete (Female) and Mr Mansur Pardawala (SYID) was declared Best Athlete (Male).

**Dr Sheetal Joshi**  
**Convenor**

## **LIBRARY COMMITTEE**

In colleges, the library occupies a prominent position and it is an important and integral part of the teaching programme. It is not merely a depository of books, but an active instrument in the production of original thinking. College library extends opportunities for self-education to the deserving and enthusiastic students without any distinction. Currently the college library has a rich collection of **14873 books and 395 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:** Many books are added to the library collection every year. This year, the library purchased 52 books.

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

**Library Facilities:** Among others, some facilities offered by the library are as follows: Book Bank, Reference Service, Circulation, Documentation, photocopying, Bibliography, Inter-Library Loan, Current Awareness Service, Internet surfing, Online Public Access Catalogue, etc.

**Library Activities:** Many activities were organised like Book exhibition, Celebration of Marathi Bhasha Diwas, Book Donation Drive, Pick a book and take away, Vachan prerana Diwas.

**Library Orientation programme:** Every year, the college library orientation is conducted for new student batches in July.

**MOU:** College of Home Science Nirmala Niketan entered into academic collaboration with B.P.C.A's College of Physical Education, Wadala and H.R. College, Churchgate.

**JGate:** In year 2023, the library purchased J-Gate Database which is have so many journals related with Home science subjects.

**Library OPAC QRCode:** The library has a QR Code for library OPAC which students can scan and avail the search facility from anywhere outside of college.



**Ms Prajakta Mhaprolkar,  
Librarian**

### **SOCIAL MEDIA AND WEBSITE MANAGEMENT COMMITTEE**

The Committee comprised of the following members Dr Vishaka Karnad (Convenor till 30th November 2023) and Ms Sanghmitra Navalgund Convenor from 1st December 2023 to present.

The Committee of Social Media and Website Management Committee (SMWM) continued posting fresh updates on activities and events of departments and committees for the purpose of augmenting visibility on social media and coordinated further development of the College Website.

Being the second year for this committee, all the handles for this year were managed by the faculty assisted in sharing department and committee activity related flyers and photos from time to time.

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. Boosting of posts were done to maximise reach of the social posts.

- 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  
Check out College of Home Science Nirmala Niketan (@HmScNN):  
<https://twitter.com/HmScNN?t=vvexwLhkJTMOrdH6CQdL3A&s=08>
- YouTube  
[https://youtube.com/channel/UCU0K5I\\_wxGm6k-2ZOEMbt-g](https://youtube.com/channel/UCU0K5I_wxGm6k-2ZOEMbt-g)

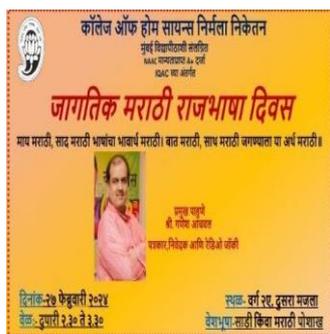
## College Website-Creation and Development

Reports and information on the tabs and sub-tabs were being reviewed, refreshed and renewed and documents were uploaded on the website regularly. Search options, Site visitors and Chatbot are active. Suggestions from faculty were invited for the enhancement of the website and as and when the suggestions were received, the changes have been incorporated.

The committee was closely working under the guidance of Dr Anuradha J. Bakshi I/C Principal until 30<sup>th</sup> November 2023 and Prof. Dr Vishaka Karnad I/C Principal w.e.f. 1<sup>st</sup> December 2023-2024 on strategic plans to enhance the aesthetics and functions of the College website and Social Media platforms. The tasks were executed in coordination with Ms Thelma. Mr Mayur, Ms Aishwarya and Ms Komal of Onfees were actively involved. Mr Fauzan and Mr Pratap frequently assisted in uploading content on the College Website. We are grateful for each contribution made towards making it successful.

**Prof Dr Vishaka Karnad, I/C Principal  
and Ms Sanghmitra Navalgund, Convenor**

## MARATHI BHASHA DIVAS COMMITTEE



The College of Home Science Nirmala Niketan celebrated Marathi Bhasha Divas (Marathi Language Day) on Saturday 27<sup>th</sup> February 2024. The programme commenced with compere Ms Vibhuti Khedekar the host of the programme and Convenor of Marathi Bhasha Divas committee, who began by welcoming all the dignitaries, guests, faculty members, and students. The chief guest for the programme was Mr Ganesh Achwal, Journalist, compere and Radio Jockey at All in India Radio.

The lighting of the lamp was performed by the chief guest, accompanied by other dignitaries and a few parents of the students who attended the programme.

Any programme is incomplete without the active participation of our students. Students of F.Y.B.Sc, S.Y.B.Sc, and T.Y.B.Sc (both Maharashtrian and Non-Maharashtrian) enthusiastically performed various songs, and dances. They narrated beautiful poems, and speeches.

While interacting with students and staff he shared many anecdotes related to his experience being a journalist as well as a Radio Jockey at All India Radio. He was overwhelmed by seeing the performances of all staff and students who celebrated the Marathi Bhasha Divas and also congratulated each one of them for keeping the Marathi culture and tradition alive.

The staff and students enthusiastically dressed up in traditional Maharashtrian attire to commemorate and actively participated in the programme. The guests and the dignitaries relished the special Maharashtrian refreshments. 40 students and 08 staff attended the programme.



निर्मला निकेतन  
कॉलेज ऑफ होम सायन्स

मराठी भाषा गौरव दिन  
मराठी ग्रंथ प्रदर्शन  
स्थळ : ग्रंथालय



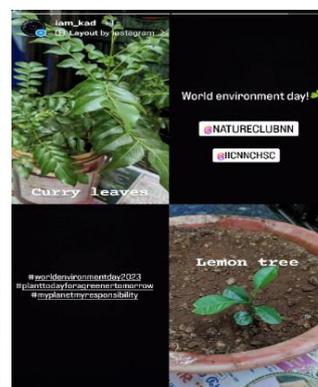
An Exhibition of Marathi Literature books was displayed in the library.

### THE NATURE CLUB WORLD ENVIRONMENT DAY

The Nature Club in collaboration with NSS Unit and Institution's Innovation Council organised an online activity "Plant Today for a Greener Tomorrow" to commemorate the World Environment Day on 5<sup>th</sup> June 2023.

The activity was planned to create awareness about

environmental issues and the importance of sustainability and also to encourage community involvement in environmental conservation efforts.



### TREE PLANTATION AND SEED BALL MAKING WORKSHOP



The Nature Club in collaboration with NSS Unit organised a workshop on "Tree Plantation and Seed Ball Making" on 19<sup>th</sup> August 2023.

The workshop was conducted by environment expert and environment consultant Ms Rashmi Joshi.



The aim of the workshop was to encourage students to plant trees and contribute to local reforestation efforts fostering a sense of responsibility towards environmental conservation within the community and to promote Seed Ball Making so as to educate participants on the benefits and techniques of creating seed balls for easy planting.

The Tree Plantation and Seed Ball Making event was a meaningful and impactful initiative that contributed to local reforestation efforts and environmental education. The enthusiastic participation and positive outcomes demonstrate a strong community commitment to sustainable practices. We look forward to continuing such efforts and expanding our environmental outreach.

### MERI MAATI MERA DESH

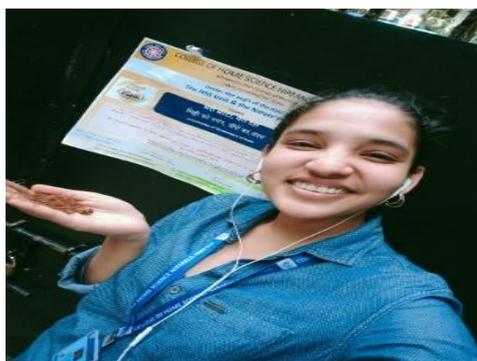


The Nature Club in collaboration with NSS Unit organised a campaign named “Meri Mati Mera Desh” on the occasion of India’s Amrit Mahotsav to pay homage to the martyrs who sacrificed their lives

for freedom.

The objective of the campaign was to instil a sense of pride in our natural heritage and encourage actions that contribute to the well-being of our nation.

Amrit Kalash is a significant campaign that falls under India's broader "Azadi Ka Amrit Mahotsav" celebrations, marking 75 years of India’s independence. The initiative is designed to promote environmental sustainability, heritage conservation, and community engagement through a range of activities. The Amrit Kalash was later carried by the students of the college and was handed over to the the district group who later carried it to Delhi.



## "SWACHHATA HI SEVA" (CLEANLINESS IS SERVICE) CAMPAIGN

The Nature Club of College of Home Science Nirmala Niketan in collaboration with NSS Unit organised an event named "Swachhata Hi Seva". The "Swachhata Hi Seva" (Cleanliness is Service) campaign is an initiative by the Government of India aimed at promoting cleanliness and sanitation across the country. It aligns with the broader Swachh Bharat Mission (Clean India Mission), which is focused on improving public health and environmental conditions through enhanced sanitation and cleanliness practices. The students were actively involved in cleaning their vicinity and neighbourhood areas.



## TREK TO ROHIDA- VICHITRAGADH: NATURE TRAIL CUM TREK

The Nature Club of College of Home Science Nirmala Niketan in collaboration with Trekophy, organised the much-awaited and tremendously in-demand Nature Trail cum trek of the year on 24<sup>th</sup> and 25<sup>th</sup> February 2024, to Rohida, Vichitragadh. In all 36 students and 4 staff participated in the trek.



This trek was organised to explore the historical significance Rohida Vichitragadh and natural beauty of the fort while promoting teamwork and physical fitness.

The students got an opportunity to experience and appreciate the natural landscapes and scenic views. This nature trek also helped to foster team spirit and collaboration among participants.

**Ms Vibhuti Khedekar**  
Convenor

## DIET COUNSELING CELL

The Diet Counselling Cell 2023-24 comprised of the following staff members-Dr Sheetal Joshi, Convenor, Ms Vibha Hasija, Ms Fatima Kader and Ms Ranjana Hadal.

The activities of DCC began in June with celebration of the 9<sup>th</sup> International Yoga Day - **“Yoga for Humanity – Peace Within”** by the students and staff of the College on 21<sup>st</sup> June 2022. A total of 54 students and staff participated in this activity. The programme was conducted in joint collaboration of the NSS Unit, the Diet Counselling Cell and the Sports Committee. The programme began with a brief introduction and welcome by I/C Principal Prof Dr Anuradha J Bakshi who mentioned about the importance of yoga for mental peace and its importance for humanity.

The resource person for this programme was Ms Kiara Jeswani, Wellness Coach, Founder – Vrrish. The session began with a prayer for internal peace and Ms Kiara then taught various asanas. The session ended with meditation and various types of Pranayams

The participants enjoyed the session. After completion Dr Pratima Goyal, Programme Officer NSS proposed a vote of thanks and has also urged the attendees to incorporate Yoga into their day to day lives and not just only for one day.



This year the DCC organised a session “The Power of Options” to commemorate the World Contraception Day on 26<sup>th</sup> September 2023 in collaboration with Mumbai Obstetric and Gynaecological Society. The main aim of this programme was to bring awareness amongst our students about the various types of contraceptives available for effective family planning. The sessions were taken by Dr Kedar

Ganla and Dr Rana Khan Choudhary both Consulting Obstetricians and Gynecologists. They explained the advantages and disadvantages of the contraceptives that can be used by women. The programme was appreciated by the students as they got plenty of information about use of safe contraceptives.



The committee jointly organised a Poster Making Competition on the theme of Strategies for the Prevention of Sexual Harassment, in collaboration with the Women’s Development Cell under the aegis of the IQAC of the College. Several entries were received from the students and were scrutinized by jury members and the best entry was announced. Ms Malika Shaikh received the prize.

Dr Ritu Madhan and Dr Kamini Rege (Women’s Development Cell) jointly organised and conducted the activity. Certificates were presented to the prize winning student.

Vishaka Committee also jointly organised an online session on “The Prevention of Sexual Harassment: Laws and Policies” as a celebration to mark the occasion of International Women’s Day under the aegis of IQAC of the college, in collaboration with the Women’s Development Cell on 9<sup>th</sup> March 2024. The session was conducted by Adv Tahseen Zaidi, a prominent lawyer at the City Civil Court and High Court. The resource person highlighted the various Laws and Policies that are in place to help women deal with the sexual harassment in different situations. More than 100 students and several staff of the college attended the session, after which doubts of the students were also clarified by the resource person.



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

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

Organizes an interactive session on

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

in Celebration of

**INTERNATIONAL WOMEN'S DAY**

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

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

**Registration link:**  
[https://docs.google.com/forms/d/e/1FAIpQLSdozA3L\\_RpIPxsoNSKJscHAaNO-4f6zIDSd2cBPKgpFxdMh7A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdozA3L_RpIPxsoNSKJscHAaNO-4f6zIDSd2cBPKgpFxdMh7A/viewform?usp=sf_link)

**Join WhatsApp group:** <https://chat.whatsapp.com/K7pYyISW9xQDFchhd7qob>

**Organizing Committee**

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

**Dr Ritu Madhan**  
**Vishaka Committee**

## DEPARTMENT OF LIFELONG LEARNING AND EXTENSION

### TEXTILE AND FASHION TECHNOLOGY



The DLLE seeks to facilitate the sensitization of students to socio- cultural realities. 48 students of the Department of Textile and Fashion Technology (T.Y.B.Sc. , M.Sc. I and M.Sc. II) of 2023-24 batch registered for the DLLE programme.

The project was undertaken and accomplished under the guidance of 6 student leaders ( from each level) with Teacher Co-ordinator Dr. Pratima Goyal. Different activities and seminars were conducted to accomplish 120 hours to attain 10 university grace marks.



**6th July 2023- HGH EXHIBITION**  
HGH stands for Home Gifts Houseware. It is a trade show that takes place in India - held at NESCO center - Goregaon (Mumbai). Students of T.Y.B.Sc, M.Sc. I & M.Sc. II worked for three days at HGH exhibition held in India for national and international buyers from 6th July to 8th July 2023. Students also got the opportunity to showcase their creative products. They acquired skills in visual merchandising and communication.



**5th - 19th August 2023 - HUNNARKARYASHALA**

In this event, various experts like Ms Jinal Heffa, Ms Ramya, Ms Fatema ahuwawala, Ms Lopa Dharod & Ms Bilquis Dhrolwala conducted skill based workshops where they taught various skills to the students, to help the students enhance their abilities. Skills such as photography, Lippan art, bracelet making, resin art and bag making was taught.

13th October 2023 –

**JAMBOREE HAAT**

Jamboree Haat is one of the most awaited events of the TFT department as students put up stalls where they sell beautiful items. It is an enriching experience as students learn different skills such as sourcing of products, understanding the importance of branding, costing & marketing. They also learn the art of convincing customers to purchase their products.

It inculcates Entrepreneurial skills amongst the students. The theme for this year was Navratri Bazaar as Navratri festival was round the corner. The activities enhanced the skills of students which will further help them in entrepreneurial ventures.

## INDUSTRIAL VISIT TO HYDERABAD

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

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

The educational visit was an opportunity for students to see different weaving processes, manufacturing of non-wovens, natural dyeing & its processing, architectural designs etc.



### 1. BHOODAN POCHAMPALLY WEAVING CENTRE

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



### 2. NATURAL DYEING INCUBATION CENTRE

Students learnt how dyes are prepared from natural ingredients such as acacia, turmeric, tamarind. From natural ingredients - natural dyes, textile paints, plant products, biodegradable paints and ecological holy powder are prepared. Students got the opportunity to use the gun spray method to apply paint to Lord Ganesha. The students saw different types of looms, different traditional Indian Sarees, and saw the process of block printing.

### 3. WEAVERS SERVICE CENTRE



### 4. NAVDURGA APPAREL EXPORT

Xpressions which is founded by Shubham and Rishabh Agrawal are manufacturers of readymade shirts, trousers and ethnic wear. Students saw various processes such as pattern making & plotting, cutting of layers of fabrics together, sewing of plackets and pockets, In their another unit, the students saw first hand how machine embroidery designs are made and done on multiheaded computerized embroidery machines.

### 5. C.K. FABRICS

Students witnessed manufacturing of non-woven fabrics which are used for medical gowns, diapers, rice bags etc. Students visited their textile lab where different tests on non-woven fabrics were conducted such as water repellency, tearing strength test etc

Students also visited Char Minar, Chowmahalla Palace for its architectural beauty and Ramoji Film City to learn about movie making.

## EXTENSION WORK

The extension work activity took place on 16th January 2024, at Kharajgaon.

The extension work was planned and organised by Dr. Goyal. The students were guided and mentored by Dr. Goyal & Ms. Vrinda Udiaver. It was a day and night trip and they aimed at extending their assistance in imparting skills.

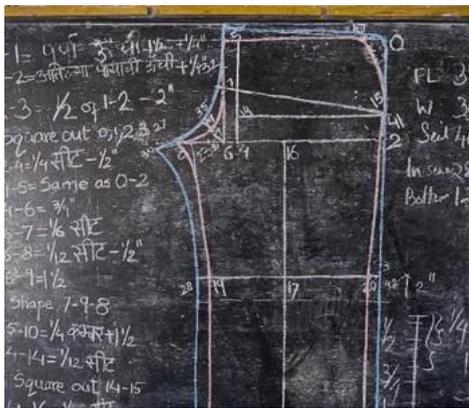
30 beneficiaries had created drafts and completed garments with enthusiasm before time.



Participants exhibited a keen interest and enthusiasm towards learning the intricacies of Kaftan, Palazzo, and Pants making. The participants showcased a diverse range of skill levels, from beginners to experienced artisans, allowing for a dynamic learning environment. Participants demonstrated adaptability and eagerness to learn new techniques and incorporate them into their craft. The extension work fostered community engagement and collaboration, with participants exchanging ideas and supporting each other's learning. The initiative contributed to the preservation and promotion of traditional attire, enriching the cultural heritage of the region.

Participants acquired enhanced skills in Kaftan, Palazzo, and Pants making, empowering them to pursue livelihood opportunities and entrepreneurial ventures. The training instilled a sense of confidence and empowerment among participants, enabling them to leverage their newfound skills for socio-economic upliftment. By imparting vocational skills, the initiative contributes to sustainable development by fostering self-reliance and economic independence within the community. Follow-up sessions and ongoing support mechanisms will be established to ensure the sustainability and scalability of the project, fostering long-term impact and growth.

The visit to Kharajgaon for extension work proved to be a fruitful endeavour, fostering skill development, community engagement. Through collaborative efforts and continued support, we aspire to further empower individuals and communities, contributing to their socio-economic well-being and cultural vitality.



They conducted interactive training sessions focusing on the craftsmanship and techniques involved in creating Kaftan, Palazzo, and Pants. Practical Demonstrations were provided to illustrate various stitching methods, pattern-making, and fabric selection. Participants were encouraged to engage in hands-on practice under supervision to refine their skills and gain confidence. Tailored assistance was provided to participants based on their skill levels and specific learning needs. Open discussions were facilitated to address queries and clarify doubts regarding the techniques and processes involved.



## EXTENSION WORK

The extension work activity took place on 30th January 2024, at Saphale.

The extension work was planned and organised by Dr Goyal. The students of MSc I were guided and mentored by Dr Neha Mulchandani and Ms Vibhuti Khedekar.

The participants were very excited to learn new things. It was a day and night trip and they aimed at extending their assistance in imparting skills.

Students began rapport building with beneficiaries followed by an introduction of tie and dye. They started with tying of fabric using different materials like thread , clips , rubber band , beads etc.

Then they prepared the dyeing solution/ bath. Samples after first color dyeing were kept for drying. The next day, the students did their second tying of the sample and kept it for dyeing. After the completion of all other activities they opened their dyed samples. They were very happy with the beautiful effects that they created.

Students then taught them stencil printing on T-shirts. They enjoyed this activity the most. From removing of paint to carefully dipping the sponge in it to dabbing it was a good learning experience. The students also taught them envelope making and decorating

with thread art , bag flower and eco printing.

Participants exhibited a keen interest and enthusiasm towards learning thread art & stencil printing eagerness to learn new techniques and incorporate them into their craft.

The students taught them jewelry making from scrap fabrics and how these scraps can be converted into something valuable and saleable. They also taught the beneficiaries block printing using pigments and binders on pillow cases and stoles & how each of these techniques could be done and worked on different items and materials. Lastly they also taught them how to make fabric tassels and yarn tassels. After the completion of all activities they

held a little exhibition with Sister Natty and team. The participants were delighted to learn these new things and appreciated each moment with us. Participants acquired enhanced skills in Kaftan, Palazzo, and Pants making, empowering them to pursue livelihood opportunities and entrepreneurial ventures. The visit to Saphale for extension work proved to be a fruitful endeavor, fostering skill development, community engagement.



## EXTENSION WORK

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

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

Around 40 tribal beneficiaries from Kharajgaon village were trained by the T.Y.B.Sc. students.

Each T.Y.B.Sc. student interacted positively with 2-3 beneficiaries for training. Various techniques were taught as follows



### 1) TIE – DYE

Students began rapport building with beneficiaries followed by an introduction of tie and dye techniques on fabrics was done. The different tying effects were taught to create beautiful effects followed by the use of different dyes (natural and synthetic) was explained to the beneficiaries.

After the quick explanation, every beneficiary chose one technique, tied their fabric and put their samples for dyeing in the dye bath. After an hour, they removed their samples, washed and opened it to see the beautiful effects of tie and dye. The joy of learning was obvious on their face.



### 2) STENCIL PRINTING

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

While the samples were dyeing, the students first taught the beneficiaries to make a stencil using thick paper or OHP sheets. Later, the students taught how paint is applied onto the stencil to get the desired design. The beneficiaries enjoyed this activity a lot.



### 3) BLOCK PRINTING

Ms Navalgund explained the heart of block printing, the carving on the blocks and making of the pigments. She also demonstrated how pigments are prepared with binders and showed

how to achieve a neat block printed sample. The students taught various layouts for developing beautiful block printed samples.

The beneficiaries were very excited about this activity as it allowed them to be creative with the different blocks that were available. The beneficiaries were excited and satisfied with different techniques that to enhance their creative abilities & implement them on products that they would develop in future.

The extension work enabled the beneficiaries to learn new skills and incorporate them in their crafts. The students were happy as they could contribute a little towards fostering self reliance & economic independence among the community.

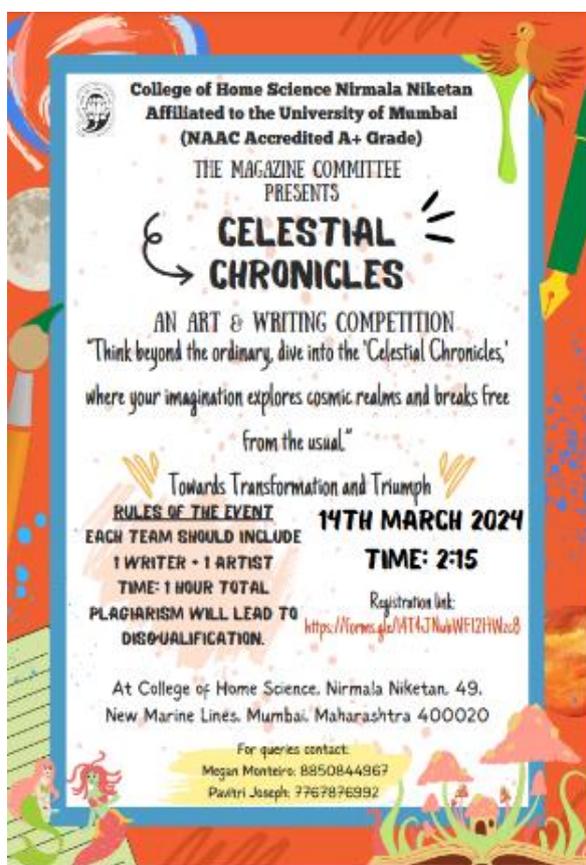
**Dr Pratima Goyal**  
DLLECoordinator

## MAGAZINE COMMITTEE

The Magazine Committee comprised of the following members Dr Neha Mulchandani (Convenor), Dr Minelly Rodrigues, Ms Khyati Sampat, Mr Amol Surte and Ms Jagruti Rathod. The College Magazine 2023-24 theme decided was “ Chandrayaan: Reaching for the Stars and the Moon”.

The committee organised following two activities for the year 2023-2024

1. Poetry writing competition on the occasion of Hindi Diwas on 14 September 2023. 15-20 students (Inhouse) Junior college, Degree and Self-Financed section students participated in the competition.
2. Celestial Chronicles, An Art and Writing competition on 14 March 2024. 10 (Inhouse) students participated in the competition.



**Dr Neha Mulchandani**  
Convenor

**STUDENTS' ACHIEVEMENTS**  
**STUDENT'S AWARDS AND ACHIEVEMENTS**

**TOPPER IN HSC BOARD EXAMINATION**  
VIKRAM HARSHIE KINJAL  
**TOPPER AT T.Y. B.S c. LEVEL ACROSS ALL DEPARTMENTS**  
KAMESHWARI MANGIPUDI (CRM)  
**TOPPER AT M.Sc. LEVEL ACROSS ALL DEPARTMENTS**  
ANJALI VATWANI (FPP)

**JUNIOR COLLEGE**

CLASS	STUDENT	RANK
F.Y.J.C.	Sayed Nazneen	First
	Pawar Vidya	Second
	Gada Palak	Third
S.Y.J.C.	Vikram Kinjal	First
	Shah Velika	Second
	Gala Mansi	Third

**DEGREE COLLEGE**

CLASS	STUDENT	SEMESTER
F.Y. B.Sc.	Mehtar Kasaf	Sem I
	Lohani Dimple	Sem II
S.Y. B.Sc.	Jain Darshana	Sem III
	Momin Tasmiya	Sem IV

**FOODS, NUTRITION AND DIETETICS (FND)**

CLASS	STUDENT	SEMESTER
T.Y.B.Sc.	Khan Anam	Sem V
	Khan Anam	Sem VI
M.Sc. I and M.Sc. II	Shaikh Aaliya	Sem I
	Shaikh Aaliya	Sem II
	Mahika Sawant	Sem III
	Rodrigues Cybel	Sem IV

**HUMAN DEVELOPMENT (HD)**

CLASS	STUDENT	SEMESTER
T.Y.B.Sc.	Bootwala Arwa	Sem V
	Bootwala Arwa	Sem VI
M.Sc. I and M.Sc. II	Midhatfatema Shelia	Sem I
	Midhatfatema Shelia	Sem II
	Khan Misbah	Sem III
	Ghadiali Batul	Sem IV

**TEXTILE AND FASHION TECHNOLOGY (TFT)**

<b>CLASS</b>	<b>STUDENT</b>	<b>SEMESTER</b>
T.Y.B.Sc.	Advika Shetty	Sem V
	Fatema Mahuawala	Sem VI
M.Sc. I and M.Sc. II	Megha Bhogle	Sem I
	Shreya Mistry	Sem II
	Sakina Rangwala	Sem III
	Maitri Dharod	Sem IV

**COMMUNITY RESOURCE MANAGEMENT (CRM)**

<b>CLASS</b>	<b>STUDENT</b>	<b>SEMESTER</b>
T.Y.B.Sc.	Kameshwari Mangipudi	Sem V
	Kameshwari Mangipudi Charisma Thampy	Sem VI

**FOOD PROCESSING AND PRESERVATION (FPP)**

<b>CLASS</b>	<b>STUDENT</b>	<b>SEMESTER</b>
M.Sc. I and M.Sc. II	Dorothy Ankitha	Sem I
	Dorothy Ankitha	Sem II
	Anjali Vatwani	Sem III
	Anjali Vatwani	Sem IV

**SPORTS NUTRITION (SN)**

<b>CLASS</b>	<b>STUDENT</b>	<b>SEMESTER</b>
M.Sc. I and M.Sc. II	Apeksha Pawar	Sem I
	Apeksha Pawar	Sem II
	Khambata Zarhaan	Sem III
	Kapadia Muskaan	Sem IV

### FASHION DESIGNING (FD)

CLASS	STUDENT	SEMESTER
Certificate	Siddra Qazzi	Sem I
	Saniya	Sem II
Diploma	Niyati Mehta	Sem I and II
Advance Diploma	Rohan Sharma	Sem I
	Rohan Sharma	Sem II

CLASS	STUDENT	SEMESTER
Diploma	Zoya Shaikh	Sem I
	Tazeen Selia	Sem II
Advance Diploma	Sarika Gupta	Sem I and II

### GRAPHIC DESIGNING AND VISUAL COMMUNICATION (GDVC)

### INTERIOR DESIGNING (ID)

CLASS	STUDENT	SEMESTER
Certificate	Trusha Singh	Sem I and II
Diploma	Batul Batliwala	Sem I and II
Advance Diploma	Kashish Hemdev	Sem I and II

### AWARDS AT 18<sup>th</sup> AVISHKAR RESEARCH CONVENTION

Out of 47 projects, following 11 projects were selected for the final round 18<sup>th</sup> Avishkar: Intercollegiate/Institute/Department research convention:

#### Projects selected for the final interzonal round

Sr. No.	Category	Level	Name of Participants	Title of research proposal	Name of guide
1.	Commerce, Management and Law	UG	Aafiya Shaikh, Shaikh Aruba, Menezes Tahira, Sanghvi Niyati	Optimizing Firefighter Safety: PPE Ergonomics and Rehabilitation Facilities	Dr Roopa Rao.
2.	Humanities, Languages and Fine Arts	PG	Govilkar Vaibhavi, Talkar Sakshi, Mani Pranali, Patil Avani, Patil Sejal	Dietary Fads: Navigating the Maze of Trendy Eating Patterns and Their Effects on Health	MsFatima evreker
3.	Humanities, Languages and Fine Arts	UG	Kamaksha Kadam Gupta Kushi	Embracing the classics: Revitalisation of traditional costumes in theaters	Ms Sanghmitra Navalgund
4.	Humanities, Languages and Fine Arts	PG	James Jennifer Robinson	Assisting Your Spouse During Perimenopause: A Guide for Husbands	Dr.Kamini Rege
5.	Pure Sciences	PG	Manjiri Pimpalgaonkar	Coming of Age: Youths' Primary Goals Whilst	Prof Dr Anuradha Bakshi

				Transitioning into Adulthood	
6.	Commerce, Management and Law	PG	Prachi Barthwal	Waste to wishlist : Fabricating bricks using post-consumer waste	Dr.Ritu Madhan
7.	Commerce, Management and Law	PG	Zehra Shajapurwala	Textile Waste For Decorative Garden/wall Tiles	Dr.Neha Mulchandani
8	Engineering and Technology	PG	Anjali Watwani, Bhatporia Aileen, Ginoya Charmi	QR Codes on Food Products: Unveiling Consumer's Acceptance	Dr.Tasneem Rawat
9	Medicine and Pharmacy		Meeta Sapre, Khadija Saifee	Waste to Wellness : Low Cost Reusable Sanitary Napkins	Dr.Ritu Madhan
10.	Pure Sciences	PPG	Anuja Kulkarni	Innovative Sustainable Approach - Recycling Textile Digital Printing Reactive ink waste on Linen fabric with Cold Pad Batch Dyeing	Dr.Ela Dedhia
11.	Agriculture and Animal Husbandry	PPG	Trupti Dhoka	Recycling of Textile Industrial Waste Fibers into Sustainable Agrotextiles	Prof Dr Vishaka Karnad

These 11 projects presented their projects at the inter-zonal round. Following three projects won prizes at interzonal round.

1. Ms Trupti Dhoka -Ph.D. scholar, TFT participant at the PPG Level, C4 category; Guide – Prof. Dr Vishaka Karnad was awarded 1st prize and Gold medal for her final podium presentation.
2. Ms Prachi Barthwal M.Sc. II TFT, TFT participant at the PG Level, C2 category; Guide – Dr Ritu Madhan was awarded 2nd prize and Silver medal for her final podium presentation.
3. Ms Jennifer James M.Sc. II HD, TFT participant at the PG Level, C1 category; Guide – Dr Kamini Rege was awarded 3rd prize medal and Bronze for her final podium presentation.

#### Result of the Inter-Zonal Aavishkar Research Convention 2023-2024

Sr. No.	Category	Level	Rank	Name of Participants	Title of research proposal	Name of guide
1.	Agriculture and Animal Husbandry	PPG	1 <sup>st</sup> and Gold medal	Trupti Dhoka	Recycling of Textile Industrial Waste Fibers into Sustainable Agrotextiles	Prof Dr Vishaka Karnad
2.	Commerce, Management and Law	PG	2 <sup>nd</sup> and Silver medal	Prachi Barthwal	Waste to wishlist : Fabricating bricks using post-consumer waste	Dr Ritu Madhan
3.	Humanities, Languages and Fine Arts	PG	3 <sup>rd</sup> and Bronze medal	James Jennifer Robinson	Assisting Your Spouse During Perimenopause: A Guide for Husbands	Prof Dr Kamini Rege

These three project teams also represented UoM for Aavishkar: Maharashtra state Inter-University Research Convention, at the 16th Maharashtra state Inter-University Research Convention 2023-2024.

**Result of the Maharashtra 16<sup>th</sup> State Inter-University Aavishkar Research  
Convention 2023-24**

Sr. No.	Category	Level	Rank	Name of Participants	Title of research proposal	Name of guide
1.	Agriculture and Animal Husbandry	PPG	1 <sup>st</sup> and Gold medal	Trupti Dhoka	Recycling of Textile Industrial Waste Fibers into Sustainable Agrotextiles	Prof Dr Vishaka Karnad
2.	Commerce, Management and Law	PG	2 <sup>nd</sup> and Silver medal	Prachi Barthwal	Waste to wishlist : Fabricating bricks using post-consumer waste	Dr Ritu Madhan



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

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

Awarded	Title of the Project	Participating Students	Guide	Name of the College
1 <sup>st</sup> Prize	Screening and Isolation of Keratinase Producing Bacteria for Management of Poultry Waste and Use of its Hydrolysate for Soil Amendment.	Ms Khan Ayesha Ms Simran Rane Ms Minjal Bhosle Ms Maru Mahek Ms Divya Kedare	Dr Radhika Birmole	Wilson College
2 <sup>nd</sup> Prize	Superfoods available in urban and tribal areas and recommendations of diet based on consumption patterns.	Ms Steena Thomas Ms Hinal Waghela Ms Harshini Thakur Ms Saliha Usmani Ms Rajeshri S. S.	Dr Anjali Srivastava	College of Home Science Nirmala Niketan

3 <sup>rd</sup> Prize	Investigating the effect of different breathing exercises on physiological parameters when performed before engaging in physical activity.	Mr Animesh Soni Ms Ishita Parkar Ms Arshiya Sabeel Ms Shresht Kapoor Ms Aayesha Shaikh	Dr Radhika Tendulkar	St. Xavier's College
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**Category - II: Social Science, Humanities, and Allied Fields**

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

**AWARDS AT 56TH INTER-COLLEGIATE / INSTITUTE / DEPARTMENT YOUTH FESTIVAL**

Sr No	Name of the Student	Class	Event Name	Details of The Prize Won
1	MS MILONI SHAH	T.Y. B.SC. CRM	MEHENDI	2 <sup>ND</sup> PRIZE AT ZONAL LEVEL BRONZE MEDAL AT FINAL LEVEL
2	MS STEENA THOMAS	S.Y. B.SC.	COLLAGE	3 <sup>RD</sup> PRIZE AT ZONAL LEVEL CONSOLATION PRIZE AT FINAL LEVEL
3	MS ADVIKA SHETTY	TY B.SC. TFT	CARTOONING	3 <sup>RD</sup> PRIZE AT ZONAL LEVEL
4	MS DHVINAL SHAH	M.SC. II FPP	STORY TELLING ENGLISH/HINDI	3 <sup>RD</sup> PRIZE AT ZONAL LEVEL
5	MS PALAK SANGHVI	TY B.SC. HD	ELOCUTION ENGLISH	CONSOLATION PRIZE AT ZONAL LEVEL
6	MS PALAK SANGHVI & MS ANJALI WATVANI	TY B.SC. HD & M.SC. II FPP	DEBATE ENGLISH/HINDI	CONSOLATION PRIZE AT ZONAL LEVEL
7	MS DHVINAL SHAH	M.SC. II FPP	STORY WRITING ENGLISH/HINDI	GOLD MEDAL AT FINALS

8	MS ARYA GAWANKAR	FY B.SC.	FOLK DANCE	2 <sup>ND</sup> PRIZE AT ZONAL LEVEL
	MSSADIYA KHAN (PARTICIPATED IN ZONALS)	SY B.SC.		
	MS RUI THAKUR	SY B.SC.		
	MSVRUNDA RAMESH PATEL	SY B.SC.		
	MS HET RATHOD	TY B.SC. TFT		
	MSAAYESHA AZIZ SHAIKH	TY B.SC. TFT		
	MSAPEKSHA PAWAR	M.SC. I SN		
	MSSANIKA KAMBLE (PARTICIPATED IN FINALS)	M.SC. I SN		
	MSNAVITA GUJJA	M.SC. I FPP		
	MSSHREYA KAMLESH MISTRY	M.SC. I TFT		
	MSSANIKA PATIL	M.SC. I TFT		



**Ms Dhvinal Shah for Storytelling**



**Mehendi by Ms Miloni Shah**



**Collage by Ms Steena Thomas**

### AWARDS AT INTERCOLLEGIATE CULTURAL FESTS OF MANY OTHER COLLEGES

Name of the Student	Event Name	Organised By	Details of The Prize Won
Atharva Sanas	Poster Making	SEATOWN- Lala Lajpat Rai College college	3 <sup>rd</sup> Prize
Miloni	Mehndi	SEATOWN- Lala Lajpat Rai College college	1 <sup>st</sup> prize
Kashaf Mehtar	Mehndi	SEATOWN- Lala Lajpat Rai College college	3 <sup>rd</sup> Prize
Bushra Shaikh	Storytelling	SEATOWN- Lala Lajpat Rai College college	Consolation Prize
Mariya Bhora	Shayri	SEATOWN- Lala Lajpat Rai College college	1 <sup>st</sup> Prize
Miloni Shah	Bridal Make up	Karamveer Bhaurao Patil College, Thane	Consolation Prize
Miloni Shah	Mehndi (Yuva Tarang)	Karamveer Bhaurao Patil College, Thane	2 <sup>nd</sup> Prize

Aishwarya Agarwal	Dance Competition (Tidal Sway)	Sydenem College of Management	1 <sup>st</sup> Prize
Kasaf Mehtar	Mehndi	Tarangan (Thakur College, Kandivili)	2 <sup>nd</sup> Prize
Zainab Kapadia	Kaleidoscope Festival 2023 'Tints of You' – an event in the Fine Arts	Sophia College	3 <sup>rd</sup> Prize



Ms Aishwarya Agrawal of F.Y.B.Sc. won the first prize in solo dance competition "Tidal Sway" organised by Sydenham College of Management Studies, 24th February 2024.



Sea Town Fest 2023-34 – an Inter Collegiate poster designing competition held by Lala Lajpatrai College. Atharv Sanas won the 3<sup>rd</sup> prize in that category.

## ANNUAL ATHLETIC MEET BY CHSCNN SPORTS COMMITTEE

6<sup>th</sup> February 2024

**Best Athlete (Female) –Roma Suvarna (M.Sc. SN)**

**Best Athlete (Male) – Mansur Pardawala (SYID)**

S.No	Name of the Event	Names of Winners
1.	Javelin Throw (Girls)	<b>Gold</b> – Charvee Raut (FY B.Sc.) <b>Silver</b> – Tanvi Deshmukh (FYJC) <b>Bronze</b> – Jyoti Pal (SYFD)
	Javelin Throw (Boys)	<b>Gold</b> – Rohan Sharma (TYID) <b>Silver</b> – Atharva Sanas (SYGDVC) <b>Bronze</b> – Vedant Patil (M.Sc. I FND)

2.	Shot Put (Girls)  Shot Put (Boys)	<b>Gold</b> – Ayesha Mirza (TYB.Sc. HD) <b>Silver</b> – Enola Gonsalves (M.Sc. II FPP) <b>Bronze</b> – Arya Motaghare (M.Sc. II SN) <b>Gold</b> – Mansur Pardawala (SYID) <b>Silver</b> – Vedant Patil (M.Sc. I FND) <b>Bronze</b> – Abdul Mansuri (SY ID)
3.	100 mts Running (Girls)  100 mts Running (Boys)	<b>Gold</b> – Roma Suvarna (M.Sc. II SN) <b>Silver</b> – Zainab Kapadia (SYGDVC) <b>Bronze</b> – Renuka Bhirangi (M.Sc. II SN) <b>Gold</b> – Mansur Pardawala (SYID) <b>Silver</b> – Viraj Waghmare (GDVC) <b>Bronze</b> – Vedant Patil (M.Sc. I – FND)
4.	200 mts Running (Girls)  200 mts Running (Boys)	<b>Gold</b> – Kinjal Oza (SYB.Sc.) <b>Silver</b> – Rakshita Acharya (FYB.Sc.) <b>Bronze</b> – Kanisha Narsale (FYID) <b>Gold</b> – Mansur Pardawala (SYID) <b>Silver</b> – Durvesh Mirgule (SYGDVC) <b>Bronze</b> – Vedant Patil (M.Sc. I – FND)
5.	400 mts Running (Girls)  400 mts Running (Boys)	<b>Gold</b> – Zainab Kapadia (GDVC) <b>Silver</b> – Kayra Lobo (SYJC) <b>Bronze</b> – Taniya Paramban (TYB.Sc.) <b>Gold</b> – Rohan Sharma (SYID) <b>Silver</b> – Durvesh Mirgule (SYGDVC) <b>Bronze</b> – Viraj Waghmare (GDVC)
6.	Long Jump (Girls)  Long Jump (Boys)	<b>Gold</b> – Roma Suvarna (M.Sc. SN) <b>Silver</b> – Arya Motaghare (M.Sc. II – SN) <b>Bronze</b> – Sienna D'Souza (M.Sc. II – SN) <b>Gold</b> – Mansur Pardawala (SYID) <b>Silver</b> – Vedant Patil (M.Sc. I FND) <b>Bronze</b> – Sairaj Kadam (SYID)

### AWARDS WON AT INTERCOLLEGIATE SPORTS EVENTS

Sr. no	Name of the winner	Name of the event	Prizes won
1.	Diksha Kapoor (M.Sc. SN I)	Calisthenics competition	2 <sup>nd</sup> in strength queen (intermediate) 1 <sup>st</sup> in heaviest chin up 1 <sup>st</sup> in heaviest dip 1 <sup>st</sup> in heaviest squat
2.	Jiya Parikh (F.Y.J.C)	MIG inter club swimming gala 2024.	50 M Breast stroke - Bronze Medal 100 M Freestyle Relay - Gold Medal 100 M Medley Relay - Silver Medal
3.	Jiya Parikh (F.Y.J.C)	GMAAA Annual Inter School / Junior College Swimming Meet 2023.	100 mtr Breast Stroke - Bronze medal

4.	Jiya Parikh (F.Y.J.C)	District level swimming competition.	U-17 girls 50 m Breast stroke- 3rd position
5.	Jiya Parikh (F.Y.J.C)	Khar Gymkhana Open Inter club Swimming Gala 2024.	100 M Breast Stroke - Silver Medal 100 M Free Style - Bronze Medal 4x50 M Medley Relay - Silver Medal 4x50 M Freestyle Relay -Bronze Medal
6.	Kyraa Lobo (S.Y.J.C)	Regional level Artistic yoga competition organised by Mumbai City District Sports Office at Bharat Ratna Rajeev Gandhi sports stadium.	Won the District level Artistic Yoga (U-19) Competition.



Ms Diksha Kapoor won various prizes in the Calisthenics competition securing 2nd position in strength queen (intermediate), 1st in heaviest chinup, 1st in heaviest dip and 1st in heaviest squat.

Ms Jiya Parikh won a gold medal in 100m Freestyle Relay, a silver medal in 100m Medley Relay and a bronze medal in 50m Breaststroke in the MIG inter club swimming gala 2024. Representing her club (PM Hindu Bath).

## DOCTORAL AWARDS (Ph.D. Home Science)

### STUDENT AWARDS IN VARIOUS COMPETITIONS AND RESEARCH

Name of Scholars	Title of Thesis	Guide
Dr Hitha Parshva Bhankharia	Association Between Glycemic Index And Glycemic Load With Nutrient Intake In Urban Indian Diabetic Population	Dr Geeta Ibrahim
Dr Vinaya Vaishampayan	Assessment of Nutritional Status of Geriatrics Residing in Mumbai under Different Familial Conditions	Dr Veena Yardi
Dr Anju Tulshyan	A Study on Application of Herbal Functional Finishes For Home Textiles	Dr Ela Dedhia

### 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)**

opper of FND T.Y.B.Sc. Semester V and VI	Anam Khan
Topper of HD T.Y.B.Sc. Semester V and VI	Bootwala Arwa
Topper of TFT T.Y.B.Sc. Semester V and VI	Fatema Mahuawala
Topper of CRM T.Y.B.Sc. Semester V and VI	Kameshwari Mangipudi
Topper of FND M.Sc. Semester I + II + III + IV	Sakina Ujjainwala
Topper of FPP M.Sc. Semester I + II + III + IV	Anjali Vatwani
Topper of SN M.Sc. Semester I + II + III + IV	Khambata Zarhaan
Topper of HD M.Sc. Semester I + II + III + IV	Ghadiali Batul
Topper of TFT M.Sc. Semester I + II + III + IV	Sakina Rangwala
Topper of Post Graduate Diploma in Dietetics and Applied Nutrition	Bohari Sakina

### Merit Based Scholarships:

Ms Deepti Patwardhan Award for securing highest marks in SY B.Sc. practical in Nutritional Meal Planning Sem III	Khan Ramsha
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	Shaheena Ansari
Ms Deepti Patwardhan Award for securing highest marks in S.Y. B.Sc. practical in Nutritional Meal Planning Sem IV	Thakur Harshini
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	Momin Tasmiya
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)	Khan Anam
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	Fatema Mahuawala
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	Megha Bhogle
Smt. Makaben Premji Vora Scholarship for securing highest marks in the field/extension work in T.Y. BSc	Sanika Shelar
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).	Vaidya Parija
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).	Lohani Dimple
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.	Razia Sadaf
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	Kameshwari Mangipudi
Award instituted by teachers of the CRM department for student getting highest in Elective of Kitchen Planning in T.Y. B.Sc. Sem VI	Sadaf Razia Khatoon
Award instituted by teachers of CRM department for student getting highest in Elective of Housekeeping Operations in T.Y. B.Sc. Sem VI.	Kameshwari Mangipudi
Dr Pratima Goyal's Prize for scoring highest marks in practical's at T.Y. B.Sc. Semester V – Textile and Fashion Technology	Sakina Balsara

Dr Pratima Goyal's Prize for scoring highest marks in practical's at T.Y. B.Sc. Semester VI – Textile and Fashion Technology	Sakina Balsara
Dr Pratima Goyal's Prize for scoring highest marks in practical's at M.Sc. Semester I – Textile and Fashion Technology	Kamaksha Kadam
Dr Pratima Goyal's Prize for scoring highest marks in practical's at M.Sc. Semester II – Textiles and Fashion Technology.	Shreya Mistry
Dr Pratima Goyal's Prize for scoring highest marks in practical's at M.Sc. Semester III – Textiles and Fashion Technology.	Maitri Dharod
Dr Pratima Goyal's Prize for scoring highest marks in practical's at M.Sc. Semester IV – Textiles and Fashion Technology.	Maitri Dharod
Saffola Prize for Overall performance in PG Diploma in Dietetics and Applied Nutrition	Bohari Sakina

## STUDENTS' EXPERIENCES

### “STATE LEVEL AAVISHKAR 2024 SUCCESS: A PERSONAL JOURNEY UNVEILED”

The journey of AAVISHKAR 2024 started when my guide Prof Dr Vishaka Karnad insisted on getting registered in the PPG category. It was her motivation and encouragement and a “push” I started with my embarking journey of curiosity and inquiry. I found myself immersed in the fascinating world of research. Little did I know that this exploration would lead me to the pinnacle of success- winning a State-Level research competition AAVISHKAR 2024. In this article I share my personal experience from initial triumphant moment to clinching victory in a highly competitive arena.



Winning the final round and qualifying for State level competition



Poster presentation at State Level AAVISHKAR 2024 at MUHS, Nashik

Undertaking a research project of state level calibre required meticulous planning and an unwavering commitment to the pursuit of knowledge. The process was a rollercoaster of highs and lows, with each set back serving as a valuable lesson and an opportunity for improvement.

Behind every successful research endeavour is a mentor who provides guidance, expertise and invaluable support. My journey was no exception. Collaborating with experienced mentors, I benefitted from their wisdom, constructive feedback and encouragement. Their mentorship not

only refined the trajectory of my research but also played a crucial role in preparing me for the intense competition that awaited at the state level.

As the competition day approached, a mix of excitement and nervous energy filled the state level research competition brought together some of the brightest minds, each armed with their innovative projects and discoveries. The atmosphere was charged with intellectual fervour, creating an environment where ideas collided and knowledge flourished.

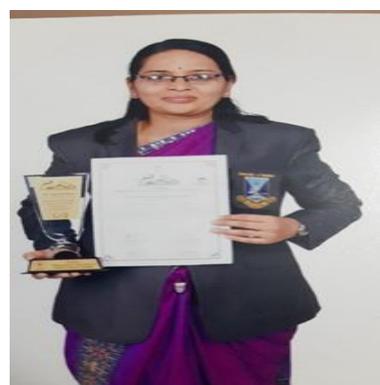
The State level competition took place at MUHS, Nashik. While presenting my work in front of the judges a feeling of nervousness was there. The competition required clarity, precision and the ability to articulate the significance of my work. Facing a panel of esteemed judges at every point of the competition I answered all the questions, defended my methodology and showcased the real-world implication of my research. It was a moment of truth, where months of hardwork converged into a single presentation.

After winning a state level research competition i.e. AAVISHKAR 2024 which was not just a personal achievement but was a validation of countless hours invested in pursuing knowledge, the collaborative effort with mentors and the resilience to overcome challenges along the way.

Therefore, my experience of winning a state level research competition is a testament to the transformative power of curiosity, dedication and mentorship. I conclude that the pursuit of knowledge is a dynamic and rewarding endeavour and that with passion and perseverance, one can turn curiosity into triumph.



After Winning State Level  
AAVISHKAR 2024 with my guide Prof  
Dr Vishaka Karnad



Ms Trupti Dhoka  
Assistant Professor and  
Ph.D. scholar, Textiles and  
Fashion Technology

## TRANSITION FROM A REGULAR COLLEGE UNIT VOLUNTEER TO A UNIVERSITY REPRESENTATIVE IN SRD NSS

*Every work has got to pass through hundreds of difficulties before succeeding, those that persevere will see the light, sooner or later.*

- *Swami Vivekananda*

I was a hard core parade and defence fan and as someone who has followed doing RSP and inter school band competitions. Since school days, my mom and dad have always supported confidence in co-curricular activities. I believe and dreamt of always making the most of my skills and experiences. In the initial days of my degree college, I heard about how NSS provides a platform for Republic Day parade to NSS volunteers, to embark mark in society and tribute to the nation. First year



being online, it was difficult to mould in with teachers, but after resuming to college in campus, it became easy. During July 2022, in one of the sessions conducted by NSS team, Ms Vibhuti ma'am introduced and briefed about NSS special camp and how memorable and eventful it is, attracted me towards this NSS programme. Along with my fellow classmates Sheetal, Shruti, Zainab, we met Dr Pratima Goyal ma'am, programme officer who guided us with open arms and welcomed me on this journey. She had a conversation with each volunteer on why they enrolled and I told her about my love for parade and she gave me an opportunity to represent college at district selection.

That day was filled with training, physical session, and interviews with district co-ordinator Kranti ma'am leading me to University selection where I saw for the first time, how big Mumbai University was, so many girls came for selection. We were 80 best girls from several districts. We met OSD Sushil Shinde Sir and we were inspected by team of the University. To my fortunate

luck, I got in the team comprising of 28 women. The ratio of women was high as this year 2024 being the Nari Shakti year, only women were to march on the Kartvya Path, New Delhi. At Solapur selection camp during September, we saw representatives from the entire Maharashtra state. Out of 300 best girls from all over Maharashtra, 70 girls were shortlisted pre national republic day camp in which I was also the chosen one. The training took place at Vijayawada, Andhra Pradesh at KL University, where we spent 10 days from 1st to 10th November. I feel very grateful to my professors of college allowing and supporting me to pursue my dreams, I gave my best in these days. Participating, helped me push my limits by performing cultural dances, improve my stamina, gain confidence through educational sessions on corruption and law in India, and become a more aware citizen and understand and interact with other west-zone state culture, food and language. I feel gratitude to be selected in 40 girls from Maharashtra to perform at Shivaji Park Dadar Maharashtra, I've learned to dream and not give up in life as my



potential is limit less, and I have walked that extra mile with other students and volunteers. The SRD camp at Kalina campus under OSD Sushil Shinde sir was an experience of lifetime. Here to always learning and experiences of ups and downs in life to polish us as a gem. The college NSS unit has always made me learn through public speaking, extension activities on Saturdays, blood donation and cleanliness drive volunteership. Use difficult situations to flourish, not as excuses.

**Ms Zaidi Nashra**  
**Mumbai University representative at SRD -2024**



**NSS Leader, (T.Y.B.Sc. Textile and Fashion Technology)**



## **IF YOU CAN DREAM IT, YOU CAN DO IT!**

I am Megha Bhogle, a creative and ambitious 22 years old, studying in M.Sc. I (Textiles and Fashion Technology). I love the spirit of pageants as it helps you to grow in every aspect of personality, development and professionalism, be a talent, knowledge, stage presence,



confidence, and most importantly to embrace yourself! Heart full of excitement and eyes with tears; being Miss NN 2023-24 has given me hope to achieve my worthy end goals, it is a responsibility to lead by an example and leave behind an inspirational legacy. I thank everyone who believed in me and supported me throughout this journey. I hope to continue to make you all proud!

Yours,

MISS NN 2023-24

**Ms Megha Bhogle**

**M.Sc. I (Textile and Fashion Technology)**

## **SHAPING POST-CONSUMER TEXTILE WASTE: A JOURNEY FROM RESEARCH TO AAVISHKAR VICTORY**

Participating in the Aavishkar State Level Research Competition proved to be a truly enriching journey for me. The competition not only served as a platform to showcase my skills but also nurtured a strong sense of camaraderie among participants.

The journey helped me in pushing my boundaries, and gaining insights from the varied perspectives of fellow participants. It not only broadened my horizons but also allowed me to witness the vast diversity and depth of research across different disciplines. The continuous support and guidance throughout this research further amplified its impact on my journey of growth and learning. I extend my deep gratitude to College of Home Science Nirmala Niketan, Department of Textile and Fashion Technology, Mumbai University, My guide Dr Ritu Madhan, Co-guide Ms Vibhuti Khedekar, and the University Mentors Dr Roopa Rao, Dr Manish Deshmukh, Hema ma'am, Minakshi ma'am and the list goes on as their steadfast support played a crucial role in making this experience both memorable and rewarding, contributing significantly to my personal and academic growth.

**Ms Prachi Barthwal**

**(M.Sc. II Textile and Fashion Technology)**

## **EXPLORING HYDERABAD'S TAPESTRY: A JOURNEY THROUGH SILK AND CULTURE**

From March 2nd to March 8th, 2024, 36 eager students along with 4 passionate teachers embarked on an industrial visit to Hyderabad, known as the silk city of India. The group, comprising 18 T.Y .B.Sc., 13 M.Sc. I, and 5 M.Sc. II students, had a remarkable journey exploring the cultural and industrial landscape of the city.

One of the highlights was the visit to the Rural Tourism Complex Bhoodan Pochampally, where we immersed in the rich history and cultural significance of Pochampally. Witnessing the meticulous process of making Pochampally from fiber to fabric provided us with a profound understanding of this traditional art form.

The itinerary also included a visit to a manufacturing unit for shirts and trousers, where we observed the intricate processes of fabric layering, pattern making, cutting, sewing, and final garment ironing. Another fascinating stop was the non-woven fabric manufacturing unit, where the group witnessed the meticulous production process.

We also had the opportunity to witness the making of natural dyes and pigments at the Natural Dye Processing and Incubation Centre. A visit to the Weavers Service Centre under the Ministry of Textile exposed us to different looms and the tie-dye and printing processes.

In addition to the industrial visits, we explored some of Hyderabad's iconic tourist attractions, including Hussain Sagar, the vibrant markets surrounding Charminar, and Chowmahalla Palace, where they marveled at the architecture and artifacts used by the Nizams of Hyderabad. The visit also included stops at the Salar Jung Art Museum, Shilparamam Crafts Village, and the grandeur of Ramoji Film City, offering us a holistic experience of Hyderabad's rich tapestry of culture and industry.



**Ms Fatema Mahuawala**  
(T.Y.B.Sc. Textile and Fashion Technology)

**CREATIVE EXPRESSIONS**  
**(REACHING FOR THE STARS AND THE MOON)**

All my childhood I would gaze,  
At the moon and stars in amaze.  
My dream was to fly and grab one star,  
Little did I know that it was too far.  
But when I grew, with each new day,  
I got to know my star is not away.

To have my sparkling star and moon,  
Became my passion which I wanted soon.  
Working each day helps one achieve,  
Only with belief can one perceive.  
Determination is the key to reach great heights,  
For all those who aim high in life full of delight.

**Ms Sakina Ghoghai**  
**(M.Sc. I Foods, Nutrition and Dietetics)**

**UNDER THE STARS**

Dreams soar as the night peaks,  
A love for ideas that brightly speaks.  
Being passionate, to reach so high,  
To touch the moon and stars in the sky.  
Under the starry night's embrace,  
Eyes shine with an ambitious grace.  
Heart brushes the moon's soft glaze,  
Setting the soul ablaze.  
In the quiet stillness of dawn's trance,  
Dreams weave a tale of passionate dance.  
Yearning to be a part of celestial essence,  
A star that shines with ethereal presence.  
Guided by constellations align,  
Taking their patterns as destined signs.  
In the realm where dreams align,  
A journey, both rare and divine.  
Bright, like the moon's glow,  
An elegant boon, a celestial show.  
Sparkling like the distant star,  
Soothing, as fine tunes of guitar.  
Hope within, facing the dazzling sea of stars,  
In the light, revealing dreams to touch them.  
Once more, reaching out to the moon and star,  
Witness dreams fly in the fantasy car.

**Ms Parija Vaidya**  
**(F.Y.B.Sc.)**

## SPIRALS OF DESTINY

The galaxy has invited us  
In the destiny of earth to last forever.  
Under the brilliance of the moon  
Throughout our life and ever.

The sunlight is showered on our souls  
For the gloomy days to shine bright.  
An ecstasy radiant on faces  
By wishing for the shooting star tonight.

The star dust in our heart  
Is sprinkled around in pleasure.  
We are a luminous persona like nebula  
We are a treasure.

Infinite constellations leading our paths  
Towards a serene universe ahead.  
At least we're under the same sky  
Rejoicing in our bond, once we cared.

The beauty of the night sky  
Is owned by the dark-n-bright pattern.  
Just as the cosmos of the universe  
Illuminate us like the Saturn.

**Ms Saba Khan  
(S.Y. J.C)**

## SPIRALS OF DESTINY



**Ms Saba Khan(S.Y. J.C)**

## FANTASY TO REALITY

The endeavour which I made,  
Drifted from me somewhere,  
In between the space.  
Grief rolled down my eyes,  
And, I said it is the beginning of tiring phase,

I'll be more sedulous this time.  
Achieving it is now my biggest dream,  
So, I rolled up my sleeves  
Because hustling was only the stream.  
To attain the legendary win,  
The glimpse of hope shined,  
And accomplishment of fantasy was seen.  
Tear of joy rolled down my cheeks,  
And I said it is our inauguration of pleasant days,  
As I succeeded in it this time.

**Ms Alfiya Shaikh  
(F.Y.B.Sc.)**

### **SHATTERING SUNLIGHT**

Shattering sunlight, shards all around,  
In fractured beams, stories found.  
A prism of hope, a fleeting sight,  
In scattered sunlight,  
Beauty takes flight.  
Each splintered ray,  
A whispered tale,  
In scattered beams,  
Dreams prevail.

**Ms Iqra Shaikh  
(F.Y.B.Sc.)**

### **REACHING TO THE MOON**

In the world of dark,  
Be the light of truth.  
In the path of thorns,  
Be the snowy roof.

Watch around through the eye of heart,  
Touch the pain by the subtle art.  
Be the East and sometimes West,  
A cheerful rise and happy rest.

Reaching to the moon,  
Through the array of stars.  
Catching on the happiness,  
While wailing with the scars.

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

## FOREST OF STARS

Beneath the moon's soft glow, a forest of stars  
A canopy of diamonds, a celestial sight  
Painting the darkness with shimmering light  
Under the celestial embrace, where dreams become,  
Each gleaming light, a story to write.

**Ms UmmeSalema Boxwala**  
(T.Y.B.Sc. Textile and Fashion Technology)

## TO THE MOON AND BEYOND

A giant leap of humanity,  
Is a matter of pride for our country.  
The imprint of our nation on the moon  
Is worth a celebration of Perseverance, Persistence and Passion,  
Cumulated by a team of excellence,  
A step on the moon was a boon,  
Needed to annihilate the gloom.

A dream- a desire, an imagination- fueling the fire of passion,  
A longing and bubbling for success,  
Determination and dedication embodied like a rocket,  
To put Chandrayaan in its orbit  
Chandrayaan is a symbol of hope and success,  
Will always be in the the vision I see of human race.  
As I look at the moon,  
My eyes won't glisten anymore,  
As broken dreams can be turned,  
Into success stories full of stars.

After the moon I will reach stars  
Each step raising the bars  
In it I see my dream,  
Shades of it, purple, blue and green.

**Ms Khadija Kodia**  
(F.Y.B.Sc.)

## MOON DUST MEMORIES

Celestial cheese, once whole in the sky.  
Drips with a tear, a mournful goodbye.  
Craters, once etched, now blurry and slick.  
A ghostly luminescence, making us sick.

Tides that it coaxed with a slivery hand.  
Now rise in rebellion, chaotic and grand.

Lovers who whispered beneath its soft gleam,  
Chaotic to see a molten nightmare, a shattered dream.

What is the moon-sometimes dim, sometimes bright?  
Or a cosmic balance-shrouded in night?  
The poets who praised it, then verses fall at feet,  
As the moon, once a muse, tune to weeping and flat.

A Celestial tear drop, a sorrowful sigh,  
Yet, a celestial cheese, once whole in the sky.

**Ms Bushra Tambe**  
**(F.Y.B.Sc.)**

### **GALAXY IN THE EYES AND FOREST OF STARS.**

When we consider how our minds never stop thinking, it's like picturing a galaxy filled with stars that stretch endlessly. Just as the galaxy has no edges, our thoughts too can roam without limits, exploring all sorts of new ideas and options. In our minds ideas sparkle like stars-some faint and distant, others bright and close by. Each thought makes our inner world richer-painting a huge picture of imagination and creativity. Our thoughts can whisk us away to distant lands or help us understand our emotions better. Like stars above, our thoughts keep moving, always searching for new things, and always expanding the horizons of our minds.

**"WE ARE ALL STARS IN THE GALAXY, NO ONE'S GREATER THAN THE OTHER"**

**-Scatman Crothers.**

Just as the stars occupy the galaxy, our thoughts fill up our minds, relentlessly. Like explorers, our thoughts journey through our minds, discovering new ideas and feelings. Each thought is like a step on a path, helping us understand ourselves better. Just as the galaxy has many stars, our minds have many thoughts, always growing and reaching out, guiding us through the endless expanse of our inner world.

**"I HAD ALWAYS SEEN MYSELF AS A STAR, I WANTED TO BE A GALAXY"**

**-Twyla Tharp.**

Our thoughts are like stars in the galaxy, shining brightly in our minds. Each thought is like a star, with its own brightness and importance. When we share our thoughts with others, it's like adding more stars to the galaxy, making it even more beautiful and bright. Just as stars light up the night sky, our thoughts can light up someone else's day by sharing ideas, giving encouragement or offering a listening ear. So, by sharing our thoughts, we not only help ourselves understand better, but we also make the world a brighter and more connected place, just like a galaxy filled with stars.

**"WE MUST REMEMBER THAT THE SUN IS A STAR, BUT NOT ALL STARS ARE THE SUN"**

**-Munia Khan.**

**Ms Rafia Matiyat**  
**(F.Y.B.Sc.)**

## BEYOND BOUNDARIES



Mr Atharv Sanas (S.Y. Graphic Designing And Visual Communication)

## STARRY NIGHT

The sky at the night.  
Becomes a new world,  
To the people's eye.

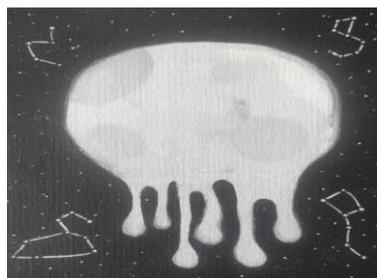
The sky without stars would be as black as the black hole,  
With infinite expanse,  
But with some sparks of the stars,  
It looks like the beautiful glitters in the air.

The moon gets round as a ball sometimes,  
Stars appear when the sun sets,  
The sun melts like the ice,  
Then we see stars rise.

Billions of tiny bright little lights,  
Appear like glitter in the sky,  
Sparky stars studded in the sky,  
Have light as slashy as diamond bright,  
They seem so close but are so far.  
And then I sit alone,  
Talking to the moon.

Ms Sarah Karwat  
(F.Y.B.Sc.)

## THE MELTING MOON AND THE STARS AROUND



Ms Mahek Khan(F.Y.B.Sc.)

## MOON

Strolling in the garden at night,  
Walking under the moon.  
Watching it glow,  
Clouds gathering after soon.

In the dark night,  
It's the moon that makes it bright.  
When every light is off,  
It makes a wonderful sight.

Circling around the earth,  
Making it a more liveable place.  
Doesn't matter what happens,  
It always keeps its grace.

Just like every one's life,  
Even the moon has scars.  
But it still feels good,  
Just like we do.

My most favourite sight is when,  
I look at the moon from under a tree.  
The winds touching me,  
Making me feel free.

I want to reach for the stars,  
And touch the moon.  
And forget the wounds and scars,  
With your blessing and boon.

**Ms Hawrah Shajapurwala  
(F.Y.JC)**

## STAR STUDED



**Ms Advika Shetty  
(T.Y. B.Sc. Textile and Fashion Technology)**

## GALAXY IN THE EYES

In the silent embrace of night's deep keep,  
Passion tree within her heart does reap,  
Eyes brim with dreams, with hope entwined,  
Yet society binds her dreams, confined.

In the stillness of night's embrace,  
Passion's tales weave with grace.  
Her smile radiates a triumphant glory,  
Yet her tearful eyes reveal a different story.

Like the celestial gleam in the sky's vast glow,  
Unspoken words within her soul do grow.  
She sets aside her dreams for her family's sake,  
Yet her heart harbors remorse, like a valley's ache.

Beneath the silver lantern's gleam,  
She finds her dreams, a boundless stream.  
Through starlit skies, she freely flies,  
Exploring worlds with wide-open eyes.

In the depths of her gaze, magic resides,  
Starry wonders twinkle, where dreams coincide.  
Yet, her endless dreams fade as time flies,  
Just like the galaxy within her eyes.

**Ms Parija Vaidya**  
(F.Y. B.Sc.)

## MILKYWAY



**Ms Mubarak Sawliwala**  
(F.Y. B.Sc.)

## **KALPANA KALAHASTI : A WOMAN BORN FOR MOON MISSIONS**

A distinguished Indian scientist and an Electronics and Telecommunication engineer, was born in Chennai, Tamil Nadu, in 1974. Her journey in the realm of space exploration began after graduating in Electronics and Telecommunication Engineering from Madras University.

In the year 2000, Kalpana embarked on a remarkable career at the Indian Space Research Organisation (ISRO), contributing significantly to various satellite projects. Her early years were marked by pivotal roles in the successful launches of communication and remote-sensing satellites, showcasing her expertise in the satellite technology.

Kalpana's dedication and proficiency led her to the forefront high-resolution Earth images. Her relentless efforts culminated in her involvement in the historical Chandrayaan-2 mission, a significant milestone for ISRO, where she played a crucial role.

Recognizing her outstanding contributions, Kalpana Kalahasti was appointed as the Associate Project Director of the Chandrayaan-3 mission in 2019. In this role, she demonstrated her prowess by designing and optimizing lunar lander systems, showcasing her commitment to advancing India's space exploration endeavours.

**Ms Aafiya Shaikh and Ms Humaira Jasnak  
(T.Y.B.Sc. Community Resource Management)**

## **CHANDRAYAAN'S HOPEFUL FLIGHT**

In a dance with the moon so bright,  
Chandrayaan soared, a hopeful flight.  
Dreams and secrets, night unfolds,  
Orbiter, Vikram, Pragyan holds.

Orbiter maps, Vikram lands,  
Pragyan explores, in lunar sands.  
Hopeful whispers, in the night,  
Chandrayaan, a lunar delight.

Vikram's try, a hopeful tune,  
Moon's mysteries under the monsoon.  
Pragyan's dreams, a bit delayed,  
Chandrayaan, hope portrayed.

**Ms Khadija Jawadwala  
(T.Y.B.Sc. Community Resource Management)**

## REACHING FOR THE STARS AND THE MOON

“See Baba, Chandrayaan landed successfully on the moon!” I still remember Baba’s happy tears rolling down his face and telling me, “Aashu, this success has become possible only because of the hard work and dedication of the scientists. And I know that you are going to make me a proud man like that someday.” However, I was not happy with Baba’s unrealistic expectations of me. I replied frustrated, “But Baba, these scientists are so intelligent and I cannot even top my class. It’s silly of you to assume that I would be able to do something that big.” Baba calmly replied to my vent, “You don’t need to top a class to be able to achieve something. And I am also not telling you to be a scientist to be successful. You can achieve success in any field and with any rank in your class, as long as you have the right amount of dedication for it. You just have to try and reach for the stars and the moon, and no one can take away the success that you rightfully deserve.” These words of Baba have stuck with me for the past 15 years. As I step into the Operating room to perform my first solo surgery, a thought comes to my mind that a 16-year-old Aasha would never have imagined that this would be a day in her life.

When I got an internship in this hospital, my first instinct was to go and tell Baba who always guided me towards the stars and the moon. But cancer reached him faster than I could. Today, I can hear his voice exclaiming, “See, I told you!” I smile at that thought and enter the room to save a life!

**Ms Vishaka Purkait**  
(T.Y.B.Sc. Foods, Nutrition and Dietetics)

रख कर चाँद पर कदम  
रख कर चाँद पर कदम  
आज हमने इतिहास बनाया है  
और जिसको शक था हमारी काबिलियत पर  
आज हमने उनको गवाह बनाया है  
अंतरिक्ष में है अब चंद्रयान  
खूब बुलंदी पर है अब हिंदुस्तान  
हारने पर भी हिम्मत ना हारकर इसरो ने ये साबित किया  
के बाजी हार जाने से आप दुनिया नहीं हारते  
अगर कोशिश जारी हो तो आप उसे फिर भी हासिल करते हैं...  
इस मौके पर मैंने सभी अभिमानी भारतवासियों के लिए कुछ लिखा है-  
कुछ वक्त पहले लोगों ने कहा था तुम से ना हो पाएगा  
पर दिल ने कहा अगर ठान लिया है तो गर्जेगा  
लाख कहने सुनने के लिए मेरी कोशिश जारी है  
फिर एक दिन खुदा ने कहा चल अब तेरी बारी है  
उस दिन सारा जहां तो आसमान था  
लेकिन सिर्फ एक हिंदुस्तान ही तो चांद पर था ।

**Ms Mehtar Kasaf**  
(F.Y.B.Sc.)

चाँद पे जा पहुंचा चंद्रयान  
चाँद पे जा पहुंचा चंद्रयान  
कठिन सफर था लेकिन देखो, कर डाला आसान  
चाँद पे जा पहुंचा चंद्रयान  
सारे जहां में भारत का होने लगा गुणगान  
चाँद पे जा पहुंचा चंद्रयान  
नाज़ है हमको इसरो पर जिसने ये कर दिखलाया  
मेरे तिरंगे को चांद की धरती पर लहराया  
शान बढ़ाई भारत की  
भारत को किया बलवान  
चाँद पे जा पहुंचा चंद्रयान

**Ms Insha Umar Khan**  
(F.Y. B.Sc.)

## चंद्रयान

चाँद ने अपनी चाँदनी क्या दिखायी,  
धरती ने कहा, "मेरा गहना है तू"।  
क्या उसने तुझको मुझपे सजाया है,  
कोहिनूर जैसा बनाया है यू।  
ए चाँद, तेरी तारीफें तो बहुत सुनी हैं,  
देश-विदेश ने तुझको परखा है यू।  
चंद्रयान जो आया है तुझपे,  
जुगनू जैसा चमक उठा है तू।

भारत ने बोला, "इस गहने को परखते हैं,"  
चंद्रयान ने भी कहा, "हम सब मिलके इसको देखते हैं।"  
ISRO ने जो भेजा चंद्रयान को,  
क्या नजर उसने ये दिखलाया है।  
भारत ने जो कर दिया, वो कहा कोई कर पाया है।

चंद्रयान की दक्षिणी ध्रुव की तलाश में,  
चाँद भी शरमाया है।  
इसी खोज में भारत तो पहले दर्जे पे आया है,  
हमने तो हक से ये कमाया है, चंद्रमा, तुझे तो हमने दिल में समाया है।

भारतवासियों ने बस इसी बात पे गर्व महसूस किया है,  
भारत को तो धरती पे बसाया है,  
और ISRO ने हमें चाँद पे पहुँचाया है।

**Ms Insiya Shabbir Takulla**  
(T.Y.B.Sc. Foods, Nutrition and Dietetics)

## **CREATIVE EXPRESSIONS (SPECTRUM OF IDEAS)**

### **AN ODE TO ORGAN DONATION**

There was a story of someone  
Who wished to live like everyone.  
He could have lived like everyone  
Only if a kidney would be given by someone.  
A person who donates the kidney  
Would make a difference not just to that one person  
but to so many attached to him.  
The wonderful thing in this story  
Is that the donor of that one kidney  
Could easily live like so many  
How wonderful it would be to know  
That by donating an organ, lives we touch and grow.

**Ms Sakina Ghoghai**  
**(M.Sc. I Foods, Nutrition and Dietetics)**  
**3rd Prize in Poetry writing competition on the topic "An Ode to Organ  
Donation" organised by Narmada Kidney Foundation.**

### **ORGAN DONATION: A SELFLESS ACT OF GENEROSITY**

Life, a journey, both bright and dark,  
For some it's easy, for some it's hard.  
Some are blessed with health and goal,  
While for some, the story remains untold.  
Yet in so much distress and despair,  
There's a tiny silver line of hope.  
So be the shining star you are,  
And share and care with others who don't.  
Through the act of generosity,  
Be the reason for someone's prosperity.  
Donate your organs and see the magic,  
Save the person from the deadly tragic.  
For the ones who have a courageous heart,

You can mark a new start.  
There's still a ray of hope for some,

In the darkest night, a glimmer has come.  
Gift hope and life that's meant to be,  
For the brighter tomorrows that we see.  
Joyous rebirth and transforming lives,  
As donated organs still survive.

**Ms Aaliya Salim Shaikh**  
**(M.Sc. I Foods, Nutrition and Dietetics)**  
**1st Prize in Poetry writing competition on the topic "An Ode to Organ Donation"**  
**organised by Narmada Kidney Foundation**



**Mr Atharv Sanas**  
**(S.Y. Graphic Designing and Visual Communication)**  
**1<sup>st</sup> Prize in Intra Collegiate Diya Decoration Competition**

**RANGOTSAV COMPETITION**  
**(Graphic Designing and Visual Communication)**



**1st Prize : Atharv Sanas**



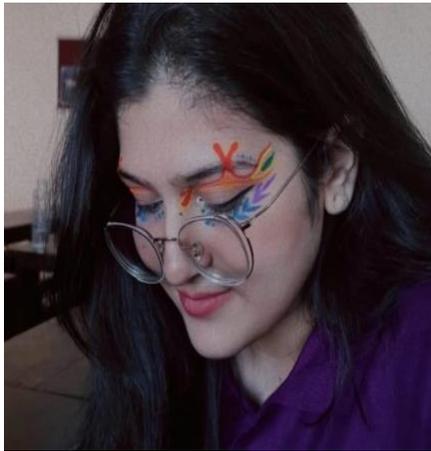
**2nd Prize : Shravani Jadhav**



**3rd Prize : Kashish Hemdev**



**Mr Atharv Sanas**  
**(S.Y. Graphic Designing and Visual Communication)**  
**2nd Prize in Ink and Pixels**



**Ms Trusha Singh**  
**(Graphic Designing and Visual Communication)**  
**3rd Prize in Prism Palette**



## एक हज़ारों में मेरी बहना है

बचपन से लेकर आज तक,  
हमेशा रही मेरी रक्षक।  
कभी न आने दिया आँसू,  
कभी न जाने दी आँखों से चमक।

जब अकेली और घबराई हुई होती,  
तब माँ का अवतार लेती।  
और इस नन्हीसी मासूम जान को,  
अंधकार से रोशनी की ओर ले जाती।

चूक करने पर डाँटती भी,  
सही मार्ग पर चलने का पथ दिखाती भी।  
भयावह गणित जब समझ न आती,  
तो गुरु सदृश कठिन को आसान बनाती।

आपत्ति कोई भी हो,  
बस एक बार उसे बताओ।  
आव देखा न ताव अपना काम छोड़कर,  
अंक में भरकर झटपट हल निकालेगी।

जब बात हो खेल कूद की,  
थी तो वह बड़ी नटखट।  
मैं जितने भी चॉकलेट जिधर भी छिपाती,  
उसकी गरुड़ जैसी आँखें उन्हें ढूँढ ही निकाल लेती।

बड़ी होने के कारण,  
क्रीड़ा में अक्सर वह ही जीता करती,

और मैं आग बबूला हो जाती।  
मेरे रूठने पर,  
वह ही मुझे मनाने आती,  
और मिश्री-सी बातें करती।  
हँसी-मज़ाक, हास-परिहास,  
लड़ाई-झगड़ा, मार-पीट,  
यह तो भाई-बहन के रिश्ते की जड़ें होती हैं।  
लेकिन इनके साथ ही,  
उन्हें उल्लू बनाना और अपनी उँगलियों पर नचाना खूब मज़ेदार होता है।  
जब बहन साथ रहती थी तो घर बगीचे जैसा खिल-खिलाता और महकता था,  
अब वह दूर चली गई है तो घर के फूल मुझनि लगे हैं।  
अब हम बड़े हो रहे हैं,  
और अपनी-अपनी मंजिल की तरफ बढ़ रहे हैं।  
हालाँकि हमारे बीच शहरों के फासले आ गए हैं,  
परंतु हमारे दिल हमेशा एक हैं।  
क्योंकि फूलों का तारों का, सबका कहना है  
एक हज़ारों में मेरी बहना है  
सारी उमर, हमें संग रहना है।

Ms Hardika Adaniya  
(F.Y. B.Sc.)

## तुम...

तुम वही हो जिसे मांगा था मैंने,  
तुम वही हो जिसे चाहा था मैंने,  
तुम वही हो जिसे सपनों में देखा था मैंने,  
तुम वही हो जिसका हाथ हमेशा से थामा था मैंने,  
बहुत समय लगा दिया तुमने आने में,  
बहुत समय लगा दिया तुमने मुझे जानने में,  
खैर ..अब आ गए हो तो अब जुदा होना नहीं,  
बड़े परिश्रम के बाद मिले हो तुम अब कहीं खोना नहीं,  
सच कहती हूं मुझसे ज्यादा प्यार तुम्हें कोई कर नहीं सकता,  
सच मानो तुम्हारे अलावा मुझे कोई और नहीं दिखता,  
यूं ही नहीं कहती कि मैंने तुम्हें अपना माना है,  
दिलों जान से मैंने सिर्फ तुम्हें और तुम ही को चाहा है,  
अब इतनी देरी से आए हो तो खामियाज़ा तो भुगतना होगा,  
डरो नहीं! मेरी जान..अब हमेशा मेरे साथ तुम्हें रहना होगा!  
यह ज़िद नहीं मेरी, यह प्यार है मेरा,  
और अगर तुम्हें मुझसे प्यार नहीं तो इंकार कर देना ,  
धोखा देकर दिल ना तोड़ना मेरा,  
कह दिया गर तुमने, तो चली जाऊंगी,  
मैंने तो प्यार किया है तुझसे मैं तो उसे निभाऊंगी।  
तू खुश है इसी में खुशी है मेरी,  
ये याद रखना कि मैं अब भी हूं तेरी।

Ms Mahima Shukla  
(M.Sc. II Human Development)

### HONOURING OUR ESTEEMED STAFF: A TRIBUTE TO THEIR SERVICE

#### TEACHING STAFF (DEGREE COLLEGE)

- Ms Jaqueline Colaco, Associate Professor (retired under VRS on 01.08.2023)
- Dr Anuradha J Bakshi, Professor and In-charge Principal (retired on 30.11.2023)

#### NON TEACHING STAFF (DEGREE COLLEGE)

- Mr Rajpal Balmiki, Laboratory Attendant (retired on 31.07.2023)

#### TEACHING STAFF (DIPLOMA SECTION)

- Ms Shibani Samant (retired on 30.08.2023)
- Mr Sanjay Chandaliya (Left/discontinued his service in college w.e.f 30.08.2023)

## FELICITATION FOR SUCCESSFULLY COMPLETING 40 YEARS OF DEDICATED SERVICE (Mr Rajpal Balmiki)



### श्री राजपाल राम मनोगत

मी गेल्या दहा वर्षांपासून श्री राजपाल रामस्वरूप वाल्मिकी (मामा) यांच्या बरोबर काम केले आहे. ते स्वभावाने अत्यंत प्रेमळ व मनमिळावू असे होते. तसेच ते हजरजावाबी सुद्धा होते. त्यांनी कुठल्याही कामाला कधीच नकार दिला. नाही. त्यांनी सर्व कामे अत्यंत तपत्रतेने केली. राजपाल हे नेहमी हसत-खेळत राहणारे व दुसऱ्यांनाही हसविणारे असे व्यक्तिमत्व होते. मी त्यांना त्यांच्या सेवानिवृत्तिच्या शुभेच्छा देतो व देवाला प्रार्थना करतो की ते सदा खुश व निरोगी राहोत. धन्यवाद!

सुनिल साबणे

## FELICITATION FOR SUCCESSFULLY COMPLETING 35 YEARS OF DEDICATED SERVICE (Ms Jacqueline Colaco)





## TO JACQUELINE COLACO – A TRIBUTE ON HER RETIREMENT

Jacqueline...Leaves a legacy. 35 years of contribution is a tall one  
I think of mountains and deep seas and vast skies and all things Jacqueline, the college and the department, we will miss your superpowers.  
Your superpower of your brain running a checklist of all the pros and cons of everything in lightening speed and arriving at a pragmatic conclusion.  
Your superpower of effortlessly somehow being familiar with the rules and ways of doing things in the best manner possible.  
Your superpower of ensuring everything is done well and done correctly.  
Your superpower of being a teacher par excellence, with a treasure of knowledge and wisdom teaching students to think and correct themselves.  
Your superpower of being fearless and taking a stand for what you believe, speaking for what you think is correct, fearless and with courage.  
Your superpower of always presenting an alternative point of view that we have missed - realistic and pragmatic...the twins that balance us.  
Your superpower of a sharp sense of humour that walks with reality and sometimes along the borders of the naughty...all thoroughly enjoyable.

Jacqueline, You are a coconut! and the masala dabba and the pot of delectable soup simmering to perfection!  
And a delicious fish curry with rice, the perfectly set caramel custard and the fearless crackle of a til brittle done right!

Jacqueline, You stun us and all your students with your charisma and style and integrity and thirst for quality.

*We can see the brilliance you hold  
from all the suns you have conquered  
and swallowed whole  
A lioness in the forest  
who wishes to touch the moon  
We can see the depths you hold  
A deep-sea diver  
You hold your breath till you find the oyster  
and coax him to gift you a majestic pearl*

*We can see the heights  
that you touch  
A mountain eagle  
A firestorm  
You soar  
one ladder at a time  
with kindness on your right  
and diamonds in your mind*

May the Goddess bless you with an abundance of love, joy and prosperity.

We will miss you  
Can't think of that table by the window side that will not have you there  
Of our events  
Of our meetings

We will miss you

We wish you everything that you want and deserve.  
We know you have worked very hard, for this institution and selflessly dedicated yourself to it.  
NN is greatly benefited from your efforts.

**Yes you did it your way and what a way!**

Now is the time for you to relax and be at ease and enjoy life fully and be with family and friends  
and books and food. We wish you relaxation and service and joy and purpose

We love you, this unique being that you are!  
And yes..the chaiwala sends his regards!!!

**Ms Vibha Hasija (HOD)  
Head of Department Food Nutrition and Dietetics**

**FELICITATION FOR SUCCESSFULLY COMPLETING 28 YEARS OF DEDICATED SERVICE (Ms Shibani Samant) AND 10 YEARS OF DEDICATED SERVICE (Mr Sanjay Chandaliya)**



Thank you ma'am for teaching and guiding me and hundreds like me. For helping us live our dream. We will be indebted to you forever. Now as you retire after 28 glorious years of teaching, we wish you the very best. Stay happy, healthy and travel a lot. Lots of love,  
**Jagruiti B. Rathod (1996-97 batch)**

**FELICITATION FOR SUCCESSFULLY COMPLETING 27 YEARS OF DEDICATED SERVICE (Prof Dr Anuradha Bakshi)**





*We usually say that parting is a sweet sorrow, but when it comes to someone we're sure to stay in touch with, then we're happy for that person. I'm so happy for you Anu, for this new phase in your life... the adventures you'll have, and the additional time you'll have for yourself and your family. The only sorrow is that I, along with our department and college will definitely feel a void, as you've been with us for the last 28 years since 1996.*

*But let's not forget the word "sweet" in that sweet sorrow... it's the memories of the wonderful moments we have spent over the years that stand uppermost in my mind.*

*You have always been motivating especially when anyone, staff or students faced a challenge. You always encouraged them, stood by them and inspired them to continue to move on. You always expected excellence and that is a legacy you will be leaving us with. You have always been so meticulous in your tasks and you have sown these seeds of eliciting perfection in all those who you have worked with. Some words synonymous with you are: Research, Statistics, Prayer, Spirituality, Affirmations, Excellence... and as these words are used by us regularly on a daily basis, rest assured that you will always be remembered here.*

*Wishing you all the best that life has to offer.*

*Love Always,*

# FACULTY ACHIEVEMENTS

## CELEBRATING EXCELLENCE

Dr Roopa Rao became Associate Professor in 2023-2024  
Dr Roopa Rao, Dr Neha Mulchandani and Dr Minelly Rodrigues  
recognized as PhD guides by the University of Mumbai, from  
March 31<sup>st</sup> 2023.



**Dr Roopa Rao**  
Associate Professor



**Dr Neha Mulchandani**  
Assistant Professor



**Dr Minelly Rodrigues**  
Assistant Professor

## CELEBRATING 25 YEARS OF SERVICE



**MS PAYAL  
MAHESHWARI**  
Associate Professor  
June 1998 – June 2023

Congratulations to  
MS PAYAL MAHESHWARI  
on completing 25 years of dedicated service in  
NN family as a Degree College Faculty



**MR SUNIL LOPES**  
Laboratory Assistant  
January 1998

नमस्कार,

मी, श्री सुनील सायमन लोपेस आपणास सांगु इछीनो की मला कॉलेज ऑफ होम सायन्स, निर्मला निकेतन येते कर्तव्य करीत असताना २५ वर्ष पूर्ण झाली आहे. माजी प्राचार्या कु अनोनेट अरावजी मॅडम यांनी माझ्यावर जो विश्वासाला त्याबद्दल मी त्यांचा अत्यंत ऋणी आहे. तसेच माझ्या सर्व सहकारी टीचींग व नॉन टीचींग यांचा मला लाभलेल्या स्नेह व मार्गदर्शना बदल खुप खुप आभार. मी प्रभु येशु चरणी प्रार्थना करतो की असेच सर्वांशी माझे सलोख्याचे नाते कायम रहावे.

सुनिल सायमन लोपेस  
प्रयोगशाळा सहायक

**Congratulations to  
MR SUNIL LOPES  
on completing 25 years of dedicated service in  
NN family as a Degree Non-Teaching Staff**

**STAFF ACHEIVEMENTS**  
**CHAIRPERSONS / JURY / EXPERT / INVITED SPEAKERS AT**  
**SEMINARS / CONFERENCES / WORKSHOPS**

PROF DR ANURADHA BAKSHI	DR RITU MADHAN
DR PRATIMA GOYAL	DR ROOPA RAO
MS VIBHA HASIJA	MS VIBHUTI KHEDEKAR
MS RHONDA DIVECHA	MS FATIMA KADER
PROF DR VISHAKA KARNAD	MS KHYATI SAMPAT
PROF DR KAMINI REGE	

**PRESENTATIONS AT INTERNATIONAL LEVEL**

PROF DR ANURADHA BAKSHI	DR NEHA MULCHANDANI
DR PRATIMA GOYAL	MS SANGHAMITRA NAVALGUND
PROF DR KAMINI REGE	MS VIBHUTI KHEDEKAR
DR RITU MADHAN	DR SHEETAL JOSHI
DR ROOPA RAO	

**PRESENTATIONS AT NATIONAL LEVEL**

PROF DR ANURADHA BAKSHI	DR RITU MADHAN
DR PRATIMA GOYAL	DR ROOPA RAO
MS VIBHA HASIJA	DR NEHA MULCHANDANI
PROF DR VISHAKA KARNAD	MS SANGHAMITRA NAVALGUND
PROF DR KAMINI REGE	

**PUBLICATIONS AT INTERNATIONAL LEVEL**

PROF DR ANURADHA BAKSHI	DR ROOPA RAO
PROF DR VISHAKA KARNAD	MS VIBHUTI KHEDEKAR
PROF DR KAMINI REGE	MS FATIMA KADER
DR RITU MADHAN	MS PAYAL MAHESHWARI
	DR TASNEEM RAVAT

**PUBLICATIONS AT NATIONAL LEVEL**

PROF DR ANURADHA BAKSHI	DR ROOPA RAO
MS RHONDA DIVECHA	DR TASNEEM RAVAT
PROF DR VISHAKA KARNAD	

**EDITOR / REVIEWER OF JOURNAL/BOOK**

PROF DR ANURADHA BAKSHI	DR RITU MADHAN
DR PRATIMA GOYAL	DR NEHA MULCHANDANI
PROF DR VISHAKA KARNAD	MS KHYATI SAMPAT
MS PAYAL MAHESHWARI	

**MEMBERS OF BOARD OF STUDIES**

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

## 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 (until end of August 2023).
- Consulting Editor, British Journal of Guidance & Counselling (BJGC), a Scopus journal, published by Routledge, Taylor & Francis 5.
- Advisory Board Member, International Journal for Educational and Vocational Guidance, published by Springer.
- Chairperson, Ethics Committee, Muktangan Education Trust.

### DR PRATIMA GOYAL

- Awarded as outstanding contributor to the quality of the Journal of Visual and Performing Arts ShodhKosh: Journal of Visual and Performing Arts, 5th August 2023, Publisher: ShodhKosh, International.

### PROF DR VISHAKA KARNAD

- Title of MLE Master of Leaders Excellence MLE by Harvard Square on 1st April 2024.
- Chairperson Adhoc Board of Studies in Home Science University of Mumbai Research Recognition Committee University of Mumbai.
- Vice Chairman Textile Special Interest Group the Textile Institute.

### MS VIBHA HASIJA

- Received copyright for Nutrition Education Board Game For Pediatric Cancer Patients. Copyright number - L144682/2024.

### DR ROOPA RAO

- Appointed as a District co-coordinator for the 18th Inter-Collegiate Avishkar Research Convention 2023 – 2024 for Zone – I (Mumbai – I) (Colaba to Mahim, CSMT to Matunga and CSMT to Wadala) for the academic year 2023 – 2024.

### MS VIBHUTI KHEDEKAR

- Appointed as a Team Manager of the University of Mumbai for the 37th West Zone Inter University Youth Festival 2023 -2024 held at Rashtrasant Tukadoji Maharaj Nagpur University Nagpur from 22nd to 26th January 2024.

## CONDOLENCES

### *Our Deepest Condolences*



Our beloved colleague and friend, **Ms Reshma Chatur**, Attendant 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.

## CONDOLENCES



### *Our Deepest Condolences*

Our very dear respected coworker, Ms Gool Bhujwala (20/10/1935-26/2/2024) left for her heavenly abode on 28<sup>th</sup> February 2024. Prayers of peace for Ms Gool Bhujwala.

**Ms Gool Bhujwala**  
**Senior Ex- Polytechnic Staff**

## STAFF PHOTOGRAPHS



**STAFF OF JUNIOR COLLEGE  
COLLEGE**



**STAFF OF DEGREE  
COLLEGE**



**ADMINISTRATIVE STAFF**



**NON-TEACHING STAFF**

# CLASS PHOTOGRAPHS

**T.Y.B.Sc. FOODS, NUTRITION AND DIETETICS  
(Batch 2023-2024)**



**T.Y.B.Sc. HUMAN DEVELOPMENT  
(Batch 2023-2024)**



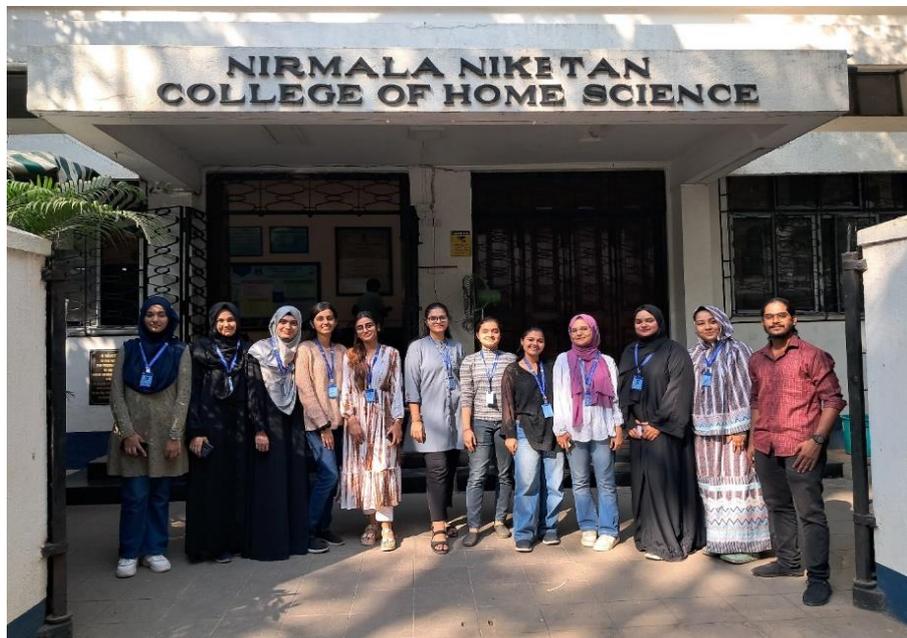
**T.Y.B.Sc. TEXTILE AND FASHION TECHNOLOGY  
(Batch 2023-2024)**



**T.Y.B.Sc. COMMUNITY RESOURCE MANAGEMENT  
(Batch 2023-2024)**



**M.Sc. I FOODS, NUTRITION AND DIETETICS  
(Batch 2023-2024)**



**M.Sc. I HUMAN DEVELOPMENT  
(Batch 2023-2024)**



**M.Sc. I TEXTILE AND FASHION TECHNOLOGY  
(Batch 2023-2024)**



**M.Sc. I FOOD PROCESSING AND PRESERVATION  
(Batch 2023-2024)**



**M.Sc. I SPORTS NUTRITION  
(Batch 2023-2024)**



**M.Sc. II FOODS, NUTRITION AND DIETETICS  
(Batch 2023-2024)**



**M.Sc. II HUMAN DEVELOPMENT  
(Batch 2023-2024)**



**M.Sc. II TEXTILE AND FASHION TECHNOLOGY  
(Batch 2023-2024)**



**M.Sc. II FOOD PROCESSING AND PRESERVATION  
(Batch 2023-2024)**



**M.Sc. II SPORTS NUTRITION  
(Batch 2023-2024)**



**P.G. DIPLOMA IN DIETETICS AND APPLIED NUTRITION  
(Batch 2023-2024)**



**ADVANCED DIPLOMA IN FASHION DESIGNING  
(Batch 2023-2024)**



**ADVANCED DIPLOMA IN GRAPHIC DESIGNING AND VISUAL  
COMMUNICATION**  
(Batch 2023-2024)



**ADVANCED DIPLOMA IN INTERIOR DESIGNING**  
(Batch 2023-2024)





## College of Home Science Nirmala Niketan

NAAC Accredited A+

Affiliated to University of Mumbai

Managed by the Nirmala Niketan Institute,

comprising members of the congregation- Daughters of the Heart Of Mary

### Contact Information

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Email Id: office@nnchsc.edu.in



[www.nirmalaniketan.com](http://www.nirmalaniketan.com)

