

1.3.1 Institution integrates cross cutting issues relevant to Gender, Environment and Sustainability, Human Values and Professional Ethics into the Curriculum

Interfaith Committee Report 2016-17

Fourteen NSS volunteers along with Ms Fatima Kader and Ms Sheetal Joshi had participated in the NSS special camp at Gyan Jyoti Community Centre, Umbergaon, Karazgaon from 21st November to 8th November 2016 during the Diwali break. The activities conducted at the special camp were nutritional recipe demonstration, talks on health and hygiene, Swachh Bharat Abhiyan rally, Street play on "Say no to alcohol", vegetable and finger painting activities at balwadi, teaching some poems and rhymes with some games to children at balwadi, sessions on soft skills- communication, gardening and beautification of garden at the centre as a part of Shramdan, compost demonstration, session on diya painting, interactive session with the villagers. Ms. Philomena Wale, Director of the Centre guided us throughout the special camp.

NSS has received special appreciation from the Election Commission office, various NGOs and GOs for their contribution in community work. The NSS unit was successful in involving students in the task of national service and was also instrumental in developing among themselves a sense of social and civic responsibility.

Ms Fatima Kader
 NSS Programme Office

HARMONISING FAITHS: REPORT OF THE INTERFAITH COMMITTEE

Some of the wars and conflicts of the past and present were fought over land and resources, but many have been over religious differences. In this past century, a global interfaith movement has been growing helping to raise consciousness about the need for tolerance and understanding between different cultures and religions. -- Robert Alan Silverstein

The Interfaith Committee endeavours through its activities to bring about an understanding of different cultures and religions in our student body. The events organized this year are given below:

1. Parsi Cooking Competition

It was felt by many members in the Interfaith Committee that since the last few years, the Parsis and their festivals had not been celebrated in college, probably due to the miniscule number of students from the community. Hence, this year, to commemorate Parsi New Year, a Cooking competition of Parsi dishes was organized on 8 August 2016. It was open to students of the Junior and Degree College. FYJC, FY B.Sc., SY B.Sc and TY B.Sc students of all departments participated. What was heartening to note was that while there was not a single student from the Parsi community, the participation and variety of dishes prepared were commendable. The participants reported that they thoroughly enjoyed researching and preparing the traditional Parsi food.



2. Talk on "Communal Violence - Problems and Solutions"

This talk was organized on 9th August, 2016. Dr. Sanjeevani Jain and her team from Lok Raj Sangathan jointly conducted the interactive session with the SYB.Sc. students. They focused on the prime causes of communal violence, going back in history to the legacy of the British and encouraging the students to realize that we should be empowered by education and not fall prey to policies of divide and rule.

3. Posters on the occasion of Ganesh Utsav and Eid

Since Ganesh Chaturthi and Eid were close to each other, the Committee decided to increase awareness and dispel misconceptions about these festivals. Posters were prepared by the student members of the



Interfaith Committee and displayed in the college lobby. Ms. Sanam Khan and Ms. Neha Mulchandani checked the matter on the posters and guided the students.



4. Buddy game and the Christmas Programme

The month of December is synonymous with Christmas and the spirit of caring and sharing. Students were encouraged to participate in the Buddy Game - give positive messages and small token gifts to a secret buddy throughout the month. The surprise secret buddy was revealed on the 23rd of December. A small gift was also exchanged.

The last week before Christmas saw the setting up of a crib and decoration of the Christmas tree in the foyer of the college. Thought provoking messages on the values that Christmas embodies, like caring, sharing, concern for others, etc. were put up near the crib. Students were encouraged to write out good deeds that they had done on cutouts of candles, stars and other Christmas symbols and then hang them on the tree and add to the decorations. The college students did appreciate the messages put up.

On the 23rd of December, 2016 a Christmas programme was organized by the students and staff of the Interfaith Committee. The programme was organized for final year students of all sections of the college - Junior College, Degree College and Polytechnic. The competes welcomed everyone and after a short introduction, Mrs. Blossom Alvares (HoD, Diploma in Fashion Designing), in a much appreciated speech, shared her thoughts about Christmas. It was then followed by a play with theme "What Christmas Means to Me" performed by the TY B.Sc. students of the Community Resource Management Department. The message projected by the play was that Christmas meant more than just a holiday or gifts and good food - it was a celebration of the birth of Christ! The students of M.Sc (Human Development) then ensured that everyone got into the festive spirit of Christmas through the beautiful carols that they sang. This was followed by an entertaining dance by the FY Interior Designing students...a fitting link to the felicitation programme for our support staff.

Like always, the committee consisted of students and staff of different faiths and all programmes saw them work together fairly amicably. Despite the fact that the committee consciously reduced the number of events planned this year because of the number of other activities organized in the college, it may be said that the Interfaith Committee did manage to encourage students to reflect on religious events other than their own and to get an insight into communal harmony!

Ms. Jacqueline Colaco
 Convenor, Interfaith Committee

Women's Development Cell Report 2016-17



Students were regularly informed about the various scholarships available and were encouraged to apply for the same. Most of the families fall into the creamy layer of society, and a very few students applied.

Different scholarships applied for (available) are as follows:

- For minority and SC/ OBC/ NT/ VNT for government of India post matric scholarship schemes- 9 applicants.
- For GOI post matric scholarship- Social welfare department of Maharashtra (SC/ OBC/ NT/ VNT)- 6 applicants.
- 2 students had applied for a scholarship sponsored by the association of non- government colleges, Mumbai, for the needy and deserving students.
- Merit based scholarship from different sponsors were awarded to the toppers of various classes and university gold medalists (Total 60) at the convocation ceremony
- Need based scholarship
 - 13 students applied for it. All of them were interviewed and given a sum of Rs. 1,560/- each
 - Class IV employees; self or ward- Rs. 2,700/-
 - Scholarship offered by Lady Meherbai D. Tata education Trust to pursue higher education abroad.

Also student conveners and members of various college committees were given letters of appreciation at the convocation ceremony.

Library Awards were given to encourage and inculcate reading habits amongst students.

Dr. Pratima Goyal
 Convenor

WOMEN'S DEVELOPMENT CELL REPORT

The Women's Development Cell of the college organized several workshops/talks for the benefit of the students of different levels.

There was a talk on "Public transport & Safety for Women" by Prof Avkash Jhadav on 31st August, 2016 for the SYBSc students. Then a workshop on Self Defense was held by Ms. Sangeeta Harjani and Ms. Hafana Shaikh (YWCA members) on 28th November 2016, also for the SYBSc students.

Furthermore, the FYBSc and SYBSc students participated in an intercollegiate debate organized by WYCA on "Relevance of Reservation Policy" at Vastak College, Goregaon, on 23rd January 2017.

Finally, a "Motivational talk for the youth of today" was conducted by Mr. V.V. Luvini Narayana, Additional Director General of Police in Mumbai, Maharashtra, on 11th February 2017 for the TYBSc and MSc students.

Dr. Pratima Goyal
 Convenor

INTERNAL COMPLAINTS COMMITTEE REPORT

The Internal Complaints Committee (Prevention, Prohibition and Redressal of Complaints against Sexual Harassment of Women at the Work Place and Anti-Ragging), is a sub-committee of the Women's Development Cell of the College of Home Science, Nirmala Niketan. The talks organized by the ICC were:

- A talk on "Sexual Harassment at the Work place & its Implications" by Dr. Kranti Jejurkar on 8th February 2017 was held for the Teaching, Non-Teaching and Class IV employees.

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Diet Counselling Center report 2016-17



THE HEALTH VOYAGE WITHIN:
 REPORT OF THE DIET COUNSELING CENTER

"The doctors of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition." - Thomas Edison

The Diet Counseling Center this year had an array of health promotion and disease preventing activities to improve the quality of life of students and staff.

A new Gym instructor, Ms. Samidha was appointed this academic year. The month celebrating Nutrition Week in September was when most of the center's activities were conducted.

On 2nd September, a talk on PCOS by Dr. Sushma Bhansali, Gynecologist, Navi Mumbai (the mother of a student) was conducted for all students of the college, in collaboration with Dept of FND for the students of the Nutrition Department. A bone mineral density camp in collaboration with Glenmark and the Department of Food, Nutrition and Dietetics as well as Body Composition Analysis was organized for out teaching, non-teaching and support staff on the 3rd of September. On this day for the benefit of about 90 students, asthma detection and Lung Function Tests were conducted, again in collaboration with Glenmark and the NSS unit. 17th September hosted Sunaina (Sue) Deepak (RD, USA), in collaboration with the department of Foods, Nutrition and dietetics, she spoke on the topic "Dietary influences on Biochemical Indices in Hemodialysis and their management" and gave practical and relevant inputs for students and faculty. A talk on Cancers among women with 3 Films conducted by Cancer Aid Society of India was organized on October 16th for our students.

In the 2nd term, the center had organized thalassemia and anemia detection camp along with Body composition analysis and diet counseling as a major activity on February 17th. In the first week of December, the AIDS awareness week celebrations were held with AIDS awareness session, a display of awareness posters in the college and use and wearing of red Ribbons to express solidarity with AIDS victims. The money generated through the sale of ribbons was donated to Social Work College to be used for their project on HIV positive children.

The Diet Counseling Center urges to use the facilities of the center to better their Nutrition and health as well as take advantage of Vigour, our NN gym which is very well equipped with the latest equipment as well as an experienced gym trainer-all at a very nominal rate.

"It is health that is the true wealth and not pieces of gold and silver" - Mahatma Gandhi

So dear reader, let us always remember that to satisfy our wanderlust, good nutrition and health is a must.

Dr. Veena Rao
 Convenor, Diet Counselling Cent

