

7.1.14

The institution plans and organizes appropriate activities to increase consciousness about national identities and symbols; Fundamental Duties and Rights of Indian citizens and other constitutional obligations

Reports of the Events

2014-15

Cultural Programme, games and discussion on balanced diet conducted for children suffering with cancer at St. Jude India Care Centre, in February 2015, by TYBSc (FND) students.

Marathi Diwas Celebrations on 27th of February : An essay competition was organized to celebrate and highlight the importance of Marathi language. Students and Support staff enthusiastically participated in the same.



Independence Day: In keeping with the traditions of the college of instilling and promoting values of patriotism, and national integration the Student Council organized various activities on the 13th and 14th of August. The Indian flag colors were the dress code for both the days. A cultural program was organized on the 14th of August.



Teachers Day: The entire student council participated in preparation of cards to wish all the teachers of the college. The teachers enjoyed a carnival organized by the student council.

Selling of Indian Flags: On the occasion of Independence Day, the Social Service committee, in collaboration with Hytech foundation, was involved in selling of flags that were made by people who are mentally challenged. Two thousand flags were sold. Students took the initiative of selling flags in the college, in their residential complex and to their friends outside



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college. All flags were sold and a good amount was collected.

Elders' Day Out: The MSc I students of the Human Development branch, in collaboration with the Social Service Committee of the college, organized the "Elder's Day Out" event on the 26th of April, 2015 (Sunday); a recreational event in which the elderly from 2 institutions: Manav Sewa Sangh, Matunga; and Shepherd's Widows Home, Mumbai Central) were invited to be a part of the event. Sixty-five elderly were a part of this event. The program was conducted in the college hall and began by 10:00 a.m. It included games like one minute games, quizzes like, "Identify the film from the dialogue", "sing a song of the actor shown" etc; songs, dance, elders performances, interaction with the elderly followed by lunch. The best part of the event was the performances by the elderly. Three elderly performed, one performed on the song "Jeenayahamarnayahan" with costumes, another one performed on "Lungi dance" wearing a lungi and the third one sang song. Right from booking the hall for that day, to sponsorship, catering, transport, decoration, performances, games and more importantly contacting institutions for the elderly to be a part of this event, everything was taken care of by the students under the guidance and supervision of Ms. Payal Maheshwari. Ms. Anjali Srivastava was present on the day and helped in carrying out the event smoothly. The elderly were welcomed and tea and biscuits were served. The program followed, and then lunch and the event ended with each elderly being given a parting gift. The highlight of this event was that the total expenses were taken care of by the collection made from the college girl's donations. One of the students of FYBSc, Ms. Bhakti Joshi's father sponsored the food, while each MSc girl voluntarily donated Rs 1000/-. The Principal, Dr. Geeta Ibrahim sponsored the tea and biscuits. Ms Nina Dias and Ms. Sanam Khan sponsored the prizes for the games and tokens to those elderly who performed. Ms. Patsy Khan and DrGeeta Ibrahim's presence made the event more special. MrDinkar and MrVinayak, support staff, were present on the day and helped us to carry on the program smoothly. In all it was an overwhelming experience for all.

In the college there is a continuous effort to develop awareness and to sensitize students towards gender equality. The Women's Development Cell had organized a programme "Dealing with Offences against Women" by Dr. Ubale and Ms. Sangeeta Harjani, held on 17th December, 2014. Dr. Ubale with her vast experience in the medical field, with UNICEF and her work in gender sensitization and sex education, very aptly addressed the students of the SYBSc. After showing a documentary film on, sexual harassment in Mumbai, she had an interactive session with the students, dealing with causes, effects of sexual harassment and preventive measures to be taken. She also highlighted the trauma these victims



had to undergo in these circumstances and presented some solutions when affected by such circumstances. The students were rapt with attention as she encouraged them to speak up fearlessly and to take prompt action.

The Women's Development Cell had also organized a talk on "Self - Defense" by Dr. Seema Rao , held on 3rd February 2015 , held at the College of Social Work, Nirmala Niketan.

"If you don't like being a doormat then get off the floor." - Anon

This saying was amicably demonstrated by Dr. Seema Rao, the only woman commando till date. The TY students benefitted from the talk given by this dynamic woman. She explained that as a



woman she should not be living in fear specially when faced with situations like eve teasing and molestation. Practical measures were explained and demonstrated to combat such situations. She also presented the trailer of a movie "Hatha payi". To encourage students she also distributed tickets for the same movie so that they could view the first show. 90 students benefitted from this wonderful experience.

2015-16

Celebration of International Breast Feeding Week by the Department of Community Resource Management. This year's theme was "Breastfeeding and Work, Let's make it work!" Activities conducted were Slogan writing competition on 1st August and Street play, Skit, Flash card presentation & Puppet show on 3rd August 2015.



Marathi Bhasha Diwas: On the occasion of Marathi Bhasha Diwas the college Librarian organized a two-day book exhibition in the library on 26th and 27th February 2016 where different categories of Marathi books were displayed in the library e.g. Marathi novels, Marathi biographies, historical books, Marathi reference books and Dr. Baba Saheb Ambedkar's books.

Independence Week

A workshop by CHINMAYANAND group was conducted for FYBSc students on "PATRIOTISM" on the 12th August 2015 from 1.30-3.30 pm.

Independence Day Program was in collaboration with Polytechnic and Junior College. Degree College participated in group singing and Dr Ela Dedhia addressed the gathering.

Teachers Day Celebration 5th September 2015

Teacher's day program was a tribute to DR KALAM with a PPT and a few anecdotes. The Executive Council in collaboration with the Interfaith Committee and Student Council presented handmade gifts made by the degree college students to the degree and junior college teaching and non-teaching staff as a token of appreciation.

Indian Constitution Day 26th November 2015

The students of the Executive Council held a short programme consisting of a description about the importance of this day and in order to spread awareness about the Indian Constitution, a few salient features were highlighted to enlighten the students followed by the reading of the preamble on the public address; and the national anthem. A poster making competition based on the theme of patriotism was then announced for the students where the best poster would be given a prize by the staff and the Executive Council.

2016-17

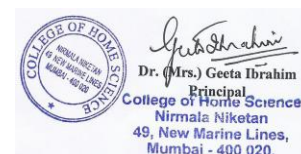
Independence Day Celebration

Independence Day, when the dawn had given us all Indians the freedom from British and today we have completed a long journey of 70 years from British Rule. Though 15 August is Independence Day, 13 August was celebrated as Independence Day in Nirmala Niketan, College of Home Science. The Student Council had organized a small programme on this occasion. The programme began in the morning where the staff and the students were welcomed with patriotic songs. The programme's host was Ms. Sakina Merchant from TFT department. She took us



through a lovely experience of freedom struggle. Ms. Sonam Pandey from S.Y.BSc through her mesmerizing voice took us to the experience of the Indian Army by singing 'Ae Mere Vatan Ke Logo'. After that a small video clipping of 'Mile Sur Mera Tumhara' was shown which had sand art which took us through different states, their languages, religions in India which showed and spread the message of Unity in Diversity. Mrs. Anuradha Mitra, Head of FND department enlightened all the audience with her feelings related to freedom, Independence Day and women empowerment. She shared a small anecdote from her life which focused the importance of women education.

Voter's awareness and Voter's registration was conducted in the college by the NSS, which included an Informative Session on Voter's registration by Mr Satyavan Mestry and Mr Mohite Election Officers, MCGM was conducted for NSS volunteers. Two Voter's Awareness Rally was organized one from Girgaum Chowpatty to Nariman Point on 10th October, 2016 and another rally from CST to Mantralaya on 1st February, 2017. Registration of voters 16th September to 14th October, 2016 was conducted in College in total 92 forms were received and



submitted to Collector's Office C.S.T. Voter's Awareness Survey in College and residential area was carried out from 13th February to 18th February, 2017.

Swach Bharat Abhiyan is a compulsory project to be implemented by the NSS. The activities conducted were as follows: Old Books and Newspaper were collected from 25th September to 4th October in college and it was handed over to an organization MESCO. This activity was organized so as to reduce the built up of old scrap and redirect it towards proper recycling machinery also the fund generated from the scrap collected would be used towards education, ration and medical expenses of those who cannot afford. Beautification of Grant Road station on 6th and 7th October was organized by "Mumbai First" the main coordinator was Mr. Kunal Shah and the coordinator of Grant Road Station was Mr. Harshal Karvat. The paints were provided by "JOTUN", 14 sections of the fence were painted. The closing ceremony was held at 'Bhaidas Auditorium', Juhu on 22nd October, 2016. 'Phenk Mat Mumbai' Certification of Trainers was organized by 'Confederation of Indian Industries' on 10th and 20th February in college on the importance of cleanliness and development of skills for a trainer who would be training school children about cleanliness. Street Play on Swach Bharat was conducted in area Near College on 24th February, 2017. Hygiene and Sanitation Practice Posters were put up in college washrooms in December, 2016. "Organic Kitchen Gardening Workshop" was organized by NSS Unit on 23rd February, 2017 in college by Ms. Devanshi Gala (TYFND). Post the 'Terry Fox Run' volunteers helped in making sure that the stadium was clean and participants did not litter at the Brabourne Stadium (Especially packages of refreshments) keeping in with the spirit of "Swach Bharat Abhiyan".

Road Safety Awareness Games were organized by the NSS, on 9th February, 2017, at the College Foyer. Various games were organized for students and staff of the college in association with united Way of Mumbai who had set up a kiosk. Two team of students had also participated in the inter-collegiate competition on the Theme of Road safety on 15th February at MD College Parel organized by United Way of Mumbai. Street play and awareness Campaign on Road Safety was conducted between 9th to 24th February near College and near Malad station (West).

Vachan Prerana Diwas – The Birth Anniversary of India's former President, Dr. A. P. J. Kalam on. 15th October 2016 was celebrated as Vachan Prerna Diwas by the College of home science , Nirmala Niketan Library. Library displayed all the Dr Kalam books in library. Students and staff enjoyed this event.

Celebration of International Breast Feeding Week was done by the Department of Community Resource Management in collaboration with ICDS. This year's theme Breastfeeding: A Key to Sustainable Development ".Activities conducted: Puppet show. Role Play , Street play, Flash card at ICDS Centres Malad and Kandivali

Marathi Bhasha Divas: 27th February was celebrated as Marathi Bhasha Divas in Maharashtra. On this occasion TY(CRM) students organized a Programme for the anganwadi sevikas of ICDS Centre at Chincholi Bunder: Malad. The students of Department along with Prof Sunita Jaiswal dressed up in the traditional Maharashtrian saris conducted the programme. All the anganwadi sevikas and the parents of the anganwadi children gathered together and the function began. In the beginning one of the students named Ms Jayashree Urankar sang a traditional Marathi song.

Games were planned for the ladies. In one game, the ladies were to complete the phrases: the student would read out half the line of the Marathi phrases and the ladies were expected to complete the remaining phrase. It was fun playing this game and surprising too as the ladies knew the answers very well. The second game was even more fun, wherein the student would give an idiom and the ladies were supposed to explain its meaning through its use in a sentence. This game actually made us realize that the ladies had knowledge and if given a chance had the ability to progress.

Then the ladies were given a chance to sing songs or poems. The programme then came to an end and we thanked the parents as well as the Anganwadi Sevikas for their presence. Snacks and sweets were distributed to them and ended the programme with national anthem.



2017-18

Sweet Dish Cooking Competition

On the 1st of September, 2017, on the occasion of "Eid", was a "Sweet dish Cooking Competition" under the guidance of Ms. Minelly Rodrigues, Ms. Neha Mulchandani & Ms. Sanam Khan. The judges for the competition were Ms. Fatema Kader & Ms. Cheryl Machado. The winners were: 1st Prize- Fatema Tambawala from S.Y. B.Sc, 2nd Prize – Shivani Kate from F.Y. B.Sc and 3rd Prize: Anam Shaikh from



F.Y.B.Sc.

The Student Council organized '**Independence Day**' event on 14th August, in the college hall. There was a wonderful line up of events in which students from across the degree college participated, after which Dr.Veena Yardi, gave an inspirational speech. The program was concluded with the official introduction of the Executive Council student and staff members.



On the 4th of September, a small '**Teacher's Day**' Celebration was organized where students of all the levels of the degree college made various handmade presents for the teachers by recycling items available at home. Presents such as pen-holder, diaries, dream catchers, photo frames, bookmarks, small storage items etc were made.

The 3rd **International Day of Yoga** was observed in our college on 21st June, 2017. Students under the guidance of the staff of Diet Counselling Centre and NSS unit performed various activities. Ms. Niti Dhulla student of TYBSC (Foods, Nutrition & Dietetics) conducted a session on guided meditation on the Public Addressal system which reached the entire college (approximately 1000 members of college including students and staff). The guided meditation included a talk on the history of evolution of yoga in India and globally, followed with a 5-minute meditation.

The afternoon session was dedicated towards 'Yoga Practice'. A session of one hour was planned which took place in the College Hall. Our Alumnus Ms.Chitra Pandhi, a trained and certified yoga practitioner conducted the session. The participants were 45 students, which included 8 NSS volunteers, as well as 27 teaching and non-teaching staff. It was ensured that the entire support staff of different age groups were a part of this session. Ms. Chitra enthralled and immersed us into the entire session of yoga which included asanas which could be performed in our day to day lives. One highlight was the Chair yoga which could be performed sitting on the chair in few easy steps.

The session was a beginning to the new practitioners of yoga and a reinforcement to the existing practitioners to include yoga as a



Criterion VII: Institutional Values and Best Practices

lifestyle.

2018-19

Ambedkar Jayanti Celebrations under KalpaVriksh Lecture Series 1

KalpaVriksh - Birthing Action from Ideas, a lecture series on ideas of influential personalities was instituted by College of Home Science, Nirmala Niketan, to expose students to varied valuable thought processes to learn from.

The first of the series was held in college hall on 12th April, 2019, on the eve of Ambedkar Jayanti, in commemoration of the values of Dr. Babasaheb Ambedkar, the architect of the Indian Constitution. The guest speaker was Mr. Sachin Bansode, the Mumbai President of the Republican Bahujan Vidhyarthi Parishad. He spoke eloquently on "Dr. Ambedkar - A visionary and Leader", providing the audience into glimpses of Dr. Ambedkar's life values.

Voters' Pledge Taking Ceremony

On Friday, 12th April 2019, different stakeholders of College of Home Science Nirmala Niketan, took the Voters' Pledge in the Marie Adelaide De Cicé College Hall towards solemnly voting in the Lok Sabha Elections 2019 to be held in Mumbai on Monday, 29th April, 2019.

First, a short motivational video on voting awareness was shown which was well received by all. This was followed by the pictorial mention of Ms Sumitra Raiji who, yesterday i.e. on 11th April 2019 by voting in Lok Sabha Election 2019, became Sikkim's oldest lady at age 107 to come out and vote. She was on a wheelchair when she reached the polling station at Kamrang Secondary School in South Sikkim's Poklok Kamrangand.

Next, the Voters' Pledge was taken by all present for the pledge as recited by Ms Khyati Sampat, one of the teaching staff of the college. It was heartening to see teaching, non-teaching, support staff and students to unanimously take the pledge.

