

### **7.3: INSTITUTIONAL DISTINCTIVENESS**

#### **7.3.1: Area of Distinctiveness: Women Empowerment**

##### **Additional Information**

##### **Examples of alumni employed in reputed organizations:**

##### **Ms. Punita Gandhi**

**Qualification:** Master's Degree with Specialization in Human Development

Ph.D. in Counseling Psychology from Indiana University with a specialization in Business/Consulting from IU's Kelley School of Business.

**Name of the organization and Position held at present:** Senior Consultant and Developer of Wisdom based Leadership, Senior Consultant, Leadership Alliance, St. Louis, Missouri, USA.



##### **Accomplishments:**

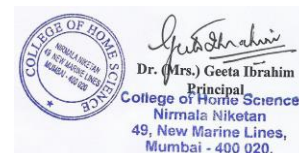
- Developing a leadership approach called Wisdom-Based Leadership to inspire executives, management, and organizations to strive towards progress and exemplary transformation
- Receiving the Alan Bell Ph.D. Award for Excellence in Counseling at Indiana University-Bloomington and the Most Promising Dissertation at the Academy of Management
- Working as Adjunct Faculty at IU and IUPUI, and as a psychologist in university counseling centers such as Duke University
- Licensed psychologist in the state of North Carolina.

##### **Ms. Madhavi Trivedi**

**Qualification:** M.Sc Foods, Nutrition and Dietetics (passed out in 1985)

##### **Name of the organization and Position held at present:**

Senior Associate Director- Nutrition and Scientific Affairs, Kellogg Emerging Markets (South East Asia, South Asia, South Africa, China, Middle East, North Africa, Turkey and Korea), Kellogg India Pvt Ltd





## Madhavi Trivedi



Madhavi Trivedi is a Senior Associate Director - Nutrition and Scientific Affairs - for Kellogg Emerging Markets and Korea. She holds a Master's Degree in Foods, Nutrition and Dietetics and has a rich experience of 34 years in the field of Foods, Nutrition and Dietetics and 22 years of experience in Healthcare Communication. She is an elected member of the Governing Board of PFNDAI, member of Indian Dietetic Association and Nutrition Society of India. She is active in many Food Industry initiatives, the recent being leading the development of Common Nutrition Criteria White Paper for Responsible Marketing to Children and Guided Daily Amount (GDA) document on Front-of-pack Labelling.

In her present role, she leads all Nutrition initiatives for Kellogg Emerging Markets (South East Asia, South Asia, South Africa, Middle East, North Africa and Turkey, China) and Korea including nutrition insight and communication, nutrition marketing, nutrition compliance, scientific research initiatives and inputs into innovation projects. One of key initiatives under her governance has been the 'India Breakfast Habits Study' - a research around the Breakfast Habits of Indians, which has translated into the 'Power of Breakfast' initiative to build awareness around the importance of breakfast amongst key stakeholders. As a part of Kellogg's Nutrition, she is instrumental in sharing insights, news, tools and education resources with key stakeholders. She also contributes to editorials in the health and wellness space and is a regular speaker at various scientific forums.

Prior to joining the company, she has been a Healthcare Communications Consultant with various Food and Pharma companies. She has been a Lecturer in Foods, Nutrition and Dietetics at Department of Foods and Nutrition, Nirmala Niketan for over a decade.

**Ms. Nadiya Merchant**

**Qualification:** Master's degree in Foods Nutrition and Dietetics (passed out in: 1996)

**Name of the organization and Position held at present:** Senior Manager - Nutrition at Kellogg India Private Ltd., Kellogg India Pvt Ltd

**Achievements:** Topped in MSc Foods Nutrition and Dietetics 1996

She has taught in the PG section of the department of Foods Nutrition and Dietetics of our college from 1996 to 2008.



**Dr. Manju Hundekar**

**Qualification:** Ph.D Textile and Fashion Technology (passed out in: 2006)

**Name of the organization and Position held at present:** Principal of School of Fashion Technology (SOFT), SNDT Pune.

She has done her Ph.D. on traditional textile craft of block printing "Ajraakh". She has written a book "Ajraakh: Impressions and Expressions".

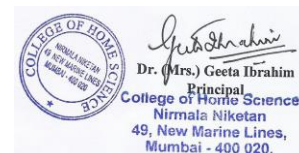


**Examples of alumni contributing towards upliftment of the society:**

**Ms. Chitra Pandhi**

**Qualification:** MSc. Human Development (Psychology) (passed out in: 2013), Yoga training from Ghantali Mitra Mandal (GMM), Thane, P.G. Diploma in Counselling Psychology from the Xaviers Institute of Counselling Psychology, Diploma Teachers Training in Yoga from Ghantali Mitra Mandal Thane

**Name of the organization and Position held at present:** QCI (level II) Certified Yoga Teacher



### **About Chitra Pandhi:**

Chitra is a QCI (level II) Certified Yoga Teacher, having completed her Yoga training from Ghantali Mitra Mandal (GMM), Thane. Practicing for the past fourteen years, she has been teaching Yoga professionally since five years. Her aim is to spread Yoga in its simplest form and inspire each one to take it up as a lifestyle.

She has done her Masters in Home Science (specializing in Human Development) from Nirmala Niketan College of Home Science, P.G.Diploma in Counselling Psychology from the Xaviers Institute of Counselling Psychology and a Diploma Teachers Training in Yoga from Ghantali Mitra Mandal Thane. She has also completed Prisoner's Yoga Training program under Josefin Wikstrom (RYT 500) as well as Pregnancy Yoga & Vinyasa Yoga training. She has also been awarded Gold Medal and scholarships by Mumbai University for her performance in the graduation year.

Having a background in Human Development and counselling allows her to teach Yoga to children with special needs (Autism, ADHD, etc.) and also specialize in working with kids adding fun and yogic games. She also conducts workshops for adolescents and students, teaching them chair yoga and simple meditation and stress buster tips.

She works as a personal trainer and has conducted workshops for, DCNS Pvt. Ltd., Godrej properties, Godrej Nature's Basket, HDFC Ergo, Ultratech Cement, Fedex, J P Morgan, Fermenta Biotech, Liberty Oil Mills, Marico, Eclerx, ABM Knowledgeware, Prop Tiger, IIT Bombay, patients of Thane Mental Hospital, Prisoners of Thane Central Jail, Maternity ward of Thane Civil Hospital, Sumeet Nagdev Dance Arts, Falcon Body Temple, BeauMonde Towers, Snehalaya, Garden Nursery Pre-school, Holy Cross Convent School, Nirmala Niketan College.

### **Ms. Zehra Noori**

**Qualification:** BSc Home Science with specialization in Textile and Fashion Technology (passed out in: 2014)

**Name of the organization and Position held at present:** Manufacturer and Exporter of Handicrafts, ZnSkills, provides craft skills to under privileged women



**ZnSkills**  
Importing Skills to the Impaired

ZnSkills is a Mumbai based organisation that came into existence in 2016, it was founded by an ambitious & young woman Zehra Noori who was determined to be self dependent. With passing time she felt the urge to contribute to women empowerment so she taught skills of crocheting and creating innovative products to underprivileged women, with this her desire to spread smiles grew strongly. In the last 2 years they have built up brands for baby photography including crochet clothing, props, toys & rattles. Keeping the exquisite nature in mind they fabricate organic products which has maintained credence among their clients. At ZnSkills they spread everlasting smiles with priceless memories.



Preserved for your baby  
[www.znskills.com](http://www.znskills.com)



Get Inspired



spark creativity

she says "Today I stand here as the youngest prop vendor with 3 years of eye popping experience & has catered clients all over India. I would like to take this opportunity to thank Nirmala Niketan College of Home Science for instilling creativity leadership & enthusiasm in me for taking up new challenges in life

**Examples of alumni who are entrepreneur:**

**Ms. Neha Karnani**

**Qualification:** Bachelor's degree in Textile and Fashion Technology (passed out in: 1981)

FMB from Welinkar Institute of Management- Apparel and Textiles (1986)

**Name of the organization and Position held at present:** Director of Cisons Exports Pvt Ltd.



They are manufactures of mens ladies kids garments both knit and woven. Supplying to many top brands all over the world and India

Their company is SA 8000:2001 Certified Organizations. They are one of the pioneers in Knitwear & Woven manufacturers in India with a rich and varied experience in the field with an excellent proven track record with a vision to be an exemplary manufacturer of Fashion Apparel. Their primary focus is to produce high quality merchandise catering to International Buyers.

Cisons offers an extensive range of apparel from both knitted and woven fabric for MEN, WOMEN and KIDS.

They have an In-House production capacity of 2 million pieces with the state of art sewing machines and have extremely well planned and segregated working area. They are presently successfully working with reputed clients with different orientation including Importers, Departmental Stores, Hyper Markets and Chain Stores, Wholesaler, Retailers all over Europe,USA,and Russia. They are also working with different Buying Agents with similar Clientele.

**Ms. Reema Kelekar**

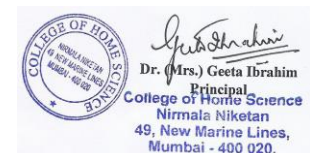
**Qualification:** Bachelor of Science (B.Sc.), Home Science with Community Resource Management (passed out in: 2011)

P.G. Dip Event Management

**Name of the organization and Position held at present:** Event Manager and Wedding Planner at Solitaire Media Entertainment.



Awards received: Wonder Chef Award by Chef Sanjeev Kapoor



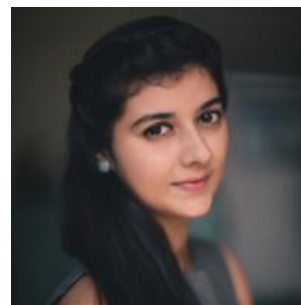
#### Running 4 Start Ups

- Solitaire Media Entertainment, Founder, Proprietor Since April 2014  
SME is an Event Management Company organizing workshops events and Customer engagement activities for leading corporates
- Sweet Tongue Foods LLP. [ Founder, Designated Partner], Since October 2015  
Sweet Tongue Foods LLP is a retail food and manufacturing enterprise.  
Brand Name: Blissful Bites Bistro & Patisserie, 1st Outlet opened in December 2015, 2nd in 2017 and 3rd in 2018 of which the first 2 are in a mall and the third is a poolside café.
- Foodie Reema Quelecar, Founder Since July 2013  
Culinary Shows and DIY Workshops being prime service to Corporates and MNCs.  
Restaurant Consultation, Food Styling and other Food Media Services.
- Saltbox Media LLP [Consultant], Since May 2015. Corporate Films Production and Social Media Marketing Start up from Mumbai.

#### **Ms. Mihira Khopkar**

**Qualification:** Master's degree in Sports Nutrition (passed out in: 2016)

**Name of the organization and Position held at present:** Sports and Clinical Nutritionist, Founder of MARK.



Mihira is a National Gold Medalist in Swimming. A career in sports led her to pursue her Masters in Sports Nutrition. She is the Founder of MARK- Dream, Believe, Achieve; A Sports & Therapeutic Nutrition Brand. Through MARK, Mihira works with athletes from different sporting disciplines, consults individuals with lifestyle related disorders as well as conducts nutrition awareness sessions. She also works as a Sports & Clinical Nutrition Consultant at various sporting organizations. She is actively involved in research as well as is a visiting faculty at many academic institutions in Mumbai.

#### **Honors-Awards**

- First rank in MSc Sports Nutrition
- Highest Marks in semester 1,2,3,4 across all departments
- First prize: Oral presentation-Experimental (Effects of 3 month dietary intervention and its correlation with nutritional and fitness profiles of 8-21y old competitive swimmers)

**Ms. Naaznin Husein**

**Qualification:** PG Diploma in Dietetics and Applied Nutrition (passed out in 1997)

**Name of the organization and Position held at present:** Director, Medical Nutritional Therapist, Yoga Instructor -"FREEDOM"- Beginning to a Healthy You.

President, Indian Dietetic Association-Mumbai Chapter and Founder, Director Freedom Wellness Management

*Awards received:* Innovation in Nutrition and Lifestyle



**Ms. Payal Kothari**

**Qualification:** Master's degree in Human Development (passed out in: 1999)

**Name of the organization and Position held at present:** Founder of A1 Classes: Learning Through Fun and Play, conducting Jolly Phonics, Handwriting Improvement, etc.

**Ms. Dhwani Vakharia**

**Qualification:** Master's Degree in Human Development (passed out in: 2017)

**Name of the organization and Position held at present:** Co-Founder of The Children's Lab: Activity Based Learning Program.

Lecturer- National Academy



**Ms. Manasvi Joshi**

**Qualification:** Master's Degree in Human Development (passed out in: 2017)

**Name of the organization and Position held at present:** Co-Founder of The Children's Lab: Activity Based Learning Program.

Lecturer- National Academy

