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ACTIVITIES OF THE SOCIAL SERVICE COMMITTEE

Eye Check Up Camp

The student volunteers along with the faculty members of the Social Service Committee of the college, organised a free eye check up camp on 22.4.2014 from 12-2.30 pm. for people from economically backward classes.

Dr.Navin Gupta, an eye specialist checked the patients. Around 130 persons including hawkers, vendors, scavengers, support staff from our college, college of social work and class IV employees of nearby offices benefitted from the camp.

Some were diagnosed with minor problems and were given free medication. 15 persons were prescribed spectacles that were sponsored by a donor who wishes to be undisclosed. All of them were given the spectacles on the 30th of April. Six patients required cataract surgery. The lions club has agreed to sponsor the same and the matter is in process.

The eye check up camp was a huge success!!!

Thalassemia Awareness Session

An awareness session on Thalassemia was held on 25th April 2014 from 9:00- 11:00am. An eminent expert Dr. Dhanunjaya Sarnath, a molecular oncologist and professor at College of Science , NMIMS was the speaker of the day. She explained to the audience about the types, causes, consequences of Thalassemia and also the need for prevention of the disease. She explained the genetic abnormalities and the prevalence of this disease in India.

Around 50 students eagerly listened to the talk. The students understood the seriousness of the disease and were ready to enlighten others about the same, thus helping to reduce the prevalence of this disease in India.

This event was organized in collaboration with Parents' Association Thalassemia Unit Trust (PATUT)..

Blood Donation Camp

A blood donation camp had been organized on 26th April 2014 from 9:00am to 1:00pm at the Nirmala Niketan college. This event was sponsored by Parents' Association Thalassemia Unit

Trust (PATUT). The donors included students, teachers, support staff and outsiders. A total of 30 donors were registered.

The donors were first screened for hemoglobin, infections, blood pressure and body weight.

Post donation the donors were taken care of and were provided with lemonade and bananas. They were given certificates by the Sarla blood bank. It was assured that a donor card will be provided to the donors.

The event was a success thanks to the ever active social service committee members.

STUDENT DEVELOPMENT PROGRAMS

Foods, Nutrition And Dietetics

Visits Organised:

Community Oriented

- 6 TYBSc students conducted a programme on Healthy Eating Habits for children of sex workers and their mothers at YMCA centre at Kamathipura.
- TYB.Sc students as part of Community Nutrition practicals visited ICDS centres at Dharavi to understand the working of ICDS programme, and conducted Nutrition education programme for children attending the Anganwadis.

Visits to different Laboratories/Industries

- T.Y.B.Sc. students visited Nutraceutical laboratory of Khalsa College for a demonstration of newer analytical methods in Food analysis.
- M.Sc (I) FND students visited Department of Biochemistry, K.J. Somaiya College, St. Xavier's College for demonstration Of Newer Laboratory Techniques.
- 2-day Industrial visit to Pune was organized, where 52 students of T.Y.B.Sc, M.Sc (I), FND, M.Sc (I) FPP along with 6 staff members.
- Visited GO Cheese, Katraj Dairy, Mordes Chocolates, Venkys Nutrition and Kamdhenu pickles. The technological advancement in the area of Food Science, Processing, Preservation was an enriching Experience.
- M.Sc (I) students accompanied by Dr Yardi visited the Electron Beam Irradiation plant of BARC at Khargar.
- M.Sc (I) FND students being members of AFST(I) Mumbai Chapter visited COCA-COLA plant at Wada, Thane. The visit was organized by Dr Kondekar, the faculty accompanied the students.
- M.Sc (I) FND students accompanied by Dr Yardi visited the NutraHelix factory at Nerul to get an exposure to newer techniques in dehydration, preservation and processing.

Seminars/Talks/other programs organized for the students

- The department commemorated 1st birth anniversary of our Founder Principal Late Ms. Colette Galby, by holding a beautiful memorial service on 11.1.14, followed by talks by 2 experts (Alumna); Ms. Madhavi Trivedi on Importance of Academic Institute and Industry Partnership and Ms. Aalia Kara on Importance of Zumba dance in maintaining Fitness. The function was well attended by 38 alumni, M.Sc students and staff.
- M.Sc. I students attended ½ day seminar on Radiation Processing of Foods organized by AFST, BARC.

Extra Curricular

As part of the FSM practicals, TY students had put up canteens during February, this gave them training in entrepreneurial skills.

Human Development

TY BSc students visited the toy and book libraries for Children's Literature Practical

TYBSc: Exceptional Children Practical

- Students were divided in a group of 6-7 and they had to go and visit an organization related to a disability. Several institutes were visited by them like
 - Happy home for blind
 - National association for Blind,
 - Spastic society
 - Smt Kamla Mehta School for Blind
 - Mulund Rotary school for Deaf
 - JJ hospital, Sion hospital, Bhatia Hospital department of speech therapy
 - Nair Hospital, Mental Health department
- A visit was organized to Ali Yavar Jung Hospital for hearing Impaired. The students got a chance to see the lessons conducted with children who have had cochlear implant. They also visited the education department, the speech therapy department as well as audiometry and auditory learning department.

TYBSc: ASHDA Practical

In ASHDA practical, the students had more visits as compared to the first term. Best efforts were made to give students an exposure to the working and administration of various Human Development Agencies. The students were fortunate to have an orientation on the services offered and the working of that agency by one of the persons in-charge. The list of agencies/organizations that the students visited is as follows:

- Don Bosco Youth Services
- Prafula Counseling Centre
- Arya Vidya Mandir
- Door Step School
- Harmony Interactive Centre for the Elderly (run by Ambani Group)
- Dignity Foundation
- TIFR Child Care Centre

TYBSc: DAP-IV Practical & MSc 2: Supervision Practical

In the Second Term, the focus of the T.Y.B.Sc. DAP IV Practical and M.Sc. II Supervision Practical Curriculum is on working with varied target groups in diverse Human Development agencies. The students were thus engaged in the following activities:

Students	Activity	Venue	Task
TYBSc	Experiencing visit and Conducting Recreational activities for the Elderly	All Saints Home for the Aged	Participating, Planning, Conducting and Evaluating
MSc II			Supervising T.Y.BScs
TYBSc	Talk by Resource Person, Ms.Gayatri Joshi, Behavioural Trainer on her experiences in conducting Soft Skills	College	Participating
MSc II			Organising and participating

	Workshops for Corporates.		
TYBSc	Visit to an NGO	ADAPT (formerly, Spastic Society of India, Colaba)	Participating
MSc II			Organising and participating
TYBSc	Visit to a Human Development – related business corporation	Comet Toys	Participating
MSc II			Organising and participating
TYBSc	Experiencing visit and Conducting Soft Skill Workshop for Teacher Trainees	Muktangan	Participating, Planning, Conducting and Evaluating
MSc II			Supervising TYBScs

The TYBSc group visited Comet Media Foundation at Fort on 18th January, 2014. Comet makes available developmentally appropriate toys and books for children of varied age groups, at reasonable price so that families from lower socio-economic background too can afford. Next, the group visited Door Step School at Cuffe Parade on 12th February 2014. Here they were exposed to an amazingly noble cause and effort by this NGO to reach to the less privileged children and imparting developmentally appropriate learning. Amidst all this, the TYBSc students were engaged in planning for the workshop on ‘Raising Self Esteem’ for the age group of 30+ years. The students then executed this workshop with about 33 trainee teachers of Muktangan at Sayani Road School, Dadar on 22nd February, 2014. The workshop was hugely appreciated and the students too had a sense of contentment.

MSc1: ECCE Practicum

Students were placed in Children’s Academy, Kandivili for the ECCE practicum. Students conducted lessons for preschool children.

MSc 2: Supervision Practical

MSc students were engaged in closely supervising the planning done by TYBSc for the workshop on ‘Raising Self Esteem’ for the age group of 30+ years. The MSc supervisors also saw their mock sessions and gave their inputs to the TYBSc students. The TYBSc students then executed this workshop with about 33 trainee teachers of Muktangan at Sayani Road School, Dadar on 22nd February, 2014. The MSc students too had an opportunity to conduct an activity in the workshop, which was a fulfilling experience for them. This was followed by the evaluation meeting.

Goa Study Tour

For the first time, HD TY BSc students were also taken on a department study tour (as they made repeated requests through the year).

Forty-three students participated in an action-packed study tour to Goa (6th to 9th March, 2014) this included all T.Y. B.Sc. students, 16 M.Sc. students ,and one doctoral student.

Visits included:

- A special school (Gujarati Samaj Seva)
- A Waldorf school (KAL)
- A homeschooling couple (Coelhos)
- School buildings constructed out of waste material by internationally acclaimed modern Indian architect: Mr. Gerard da Cunha

- A children's library serving under-resourced schools and communities (Bookworm)
- A disability rights group (DRAG)
- A child and family guidance clinic (SETHU)
- An old age home (Divine Providence)
- A butterfly eco conservatory
- A spice farm
- Houses of Goa Museum and Big Foot Museum
- Cultural visits: Old Goa Church, Shanta Durga Temple, Mangeshi Temple, a boat cruise, two beaches, and a couple of market places.

Textile And Fashion Technology

Date	Session/Workshop	Class
2 nd January 2014	Seminar on Sports Textiles organized by Nirmala Niketan and Wool Research Association at NN	T.Y.B.Sc. & M.Sc. I & II
4 th January 2014	Visit to Wool Research Association	
28 th January 2014	Seminar in collaboration with SDC “Color Event” Meeting with Stakeholders	FY BSc, SY BSC, T.Y.B.Sc. & M.Sc. I & II,
28 th January 2014	Jamboree 2014 (Fashion show)	
6 th & 7 th Feb 2014	Consortium of Green Fashion	TYBSc & MSc I (15)

Seminars:

Sports Textiles, organized jointly with Wool Research Association:

A half day seminar on Sports textiles was organized jointly in association with Wool Research Association, Thane on 2nd January 2014, in the college premises. The speakers for the seminar included Dr. Mrinal Choudhari, the Deputy Director WRA, Ms. Amrita from Kusumgar Corporates, Mr. Mayur Basuk, Mr. Amit Sengupta, and Mr. Shishir Tyagi all scientists from WRA. The faculty of the specialization was present along with the students of the T.Y.B.Sc., M.Sc. I & II. Dr. Mrinal Choudhari gave a talk on “A Review on Technical Textiles”. She briefed about the various aspects of this topic and covered the meaning of technical textiles along with their twelve categories, viz. Agrotech, Buildtech, Clothtech, Geotech, Homotech, Indutech, Meditech, Mobiltech, Oekotech, Packtech, Protech and Sportech.

Ms. Amrita from Kusumgar Corporates informed the contribution of her organization in the field of technical textiles and stressed upon the fact that her company was the pioneer of the technical textiles in India. Mr. Amit Sengupta spoke on “Sportech – Needs, Challenges & Prospects”. He highlighted the basic requirements that are necessary for a textile to be included as a sportech. These are namely Comfort, Smart Functionality, Light Weight and Safety Features. He explained that textiles are used as Sportech in three separate categories, viz. Sportswear, Sports goods and Sport accessories. Mr. Mayur Basuk gave an “Overview of Indian Sporting Goods & Equipment

Industry”. He highlighted the little known facts about the industry and told that the Indian Sports Goods Industry is among the largest sports goods manufacturers in Asia after China and Japan. It is one of the largest producers of footballs

Color Event organized jointly with Society of Dyers & Colorists:

A half day seminar on Color Event was jointly organized with the Society of Dyers and Colorists on the 28th January 2014 in the college premises. The seminar was attended by more than 200 participants including students (F.Y.B.Sc., S.Y.B.Sc., T.Y.B.Sc. and M.Sc. I and II), Alumni of the college, parents of our students, members from industry, SDC Members, Faculty and students of other Institutions such as B. D. Somani, NIFT, SASMIRA etc. The event was sponsored completely by the Society of Dyers and Colorists for which the expenses towards snacks and printing was Rs. 10,000. The Seminar began with lighting of lamp by dignitaries Dr. S. Kamat –Vice President Industrial products and solutions, KITL; Mr. U. Nimkar, President SDC EC; Mr. Y. Gaikwad, CEO SDC EC; Dr. Akshata Bajpeyee, Member of SDC; Ms. P. Khan, Administrator of the college; Principal Dr. P. Machado and Dr. E. Dedhia, Head of Specialization. Dr. Dedhia welcomed the guests and gave an introduction about the college and specialization. A brief of SDC was given by Dr. Akshata Bajpeyee, Member of SDC.

The talks were presented by well known personalities from the Textile Industry. Dr. Kamat spoke on “Advances in Pigment Printing and Ink jet Printing” and showed samples of digitally printed fabrics. Mr. Gaikwad shared information on “Color”. Dr. Kamat enlightened us about the new development- the Dyestone Colorants made by Matsui International. This was followed by explaining the drawbacks of the various types of binders available in the market. He highlighted the importance of pigment printing and said that in spite of all the draw-backs pigment printing occupies a very dominant role in printing because of the versatility of the process, coupled with the advantage of ease in application and low water consumption.

In next session on inkjet printing he explained the difference between digital and ink jet printing. He explained the process of ink jet printing, certain technical terms and essential elements of this method. Dr. Kamat highlighted problems that could be encountered during the process. He concluded the advantages and disadvantages of this process. He urged the young designers to explore its application on all kinds of textiles and assured that though it is a tool for designers to create new possibilities, it cannot fully replace the existing traditional printing techniques.

Visits:

Wool Research Association:

A one-day visit was organized on 4th, January 2014 for staff and students of TY B.Sc., M.Sc. part I and M.Sc. part II to WRA, Thane. Ms. Mrinal Chaudhary, Deputy Director, Textile Design & Color Dept., WRA extended a warm welcome to all students and staff.

There was a brief presentation about WRA, major activities, functions and research projects of WRA delivered by Ms. Mrinal followed by visit to different departments of WRA. The students were divided into 4 separate groups and each group was accompanied by staff and a WRA research scientist. All groups visited WRA testing laboratories like Chemical mechanical processing unit, eco analysis lab, textile designing lab, textile technology lab, textile testing lab and recently constructed sports textiles lab. The visit to WRA gave students and staff opportunity to understand and observe the latest testing equipments/ machineries functioning and their testing

procedures including those for technical textiles. The overall visit was enriching and informative. The visit was well organized with the lunch and tea organized by WRA. Students of the specialization expressed their gratitude to the organizers.

Extension Work:

T.Y.B.Sc: Extension work in collaboration with Sneha foundation

The extension work was organized for the T.Y B.Sc. students from 11th January 2014 to 22nd January 2014 with the help of Sneha foundation. The aim of the extension work was to instill values of sharing and helping the underprivileged society. The students visited the centre (Sneha foundation, Dharavi) on Saturdays from 2.00 to 4.30 pm. The ladies were very happy to see the students and also took interest in talking to them. The number of ladies ranged from around 10 to 16 in numbers over the 3 Saturdays. Various products taught were tray cover, puppets, hangings made of cloth, paper bags and embellishing them using different embroidery stitches. The overall experience was learning and enriching. Also, students were involved in making and developing products out of waste fabric available in college which is planned to be given away in charity. It was also a time for interactive bonding between students and faculty. It has been an enriching learning experience for all involved.

- 11th Jan 2014 – Introductory visit to the centre with students
- 25th Jan 2014 – Making of paper bags
- 1st Feb 2014 – Embellishment techniques on paper bags
- 8th Feb 2014 – Embroidery stitches
- 15th Feb 2014 – Traycover and Puppets
- 22nd Feb 2014 – Hanging made of cloth

Community Resource Management

- **Hotel Internship:** As a part of the coursework the students of Hotel Front Office and Housekeeping Elective have to undergo a 3-week industry placement program. These are temporary positions within hotels that allow the students to gain practical experience by working alongside professionals. They also get the opportunity to apply the knowledge and skills learned through classroom learning in real-life situations. This hands-on experience allows them to make more informed decisions about the career path they will opt for following the graduation program.

The students were trained through various teaching learning methods such as role plays, case studies, powerpoint presentations, videos from the industry, newspaper article discussion to equip them professionally for the industry. They were asked to shortlist three five/four-star properties and contact the human resource managers to seek opportunity for an interview. Before the interview the students were asked to research the hotel thoroughly and be aware of their key markets and current trends so that they could face the interview knowledgeably. The specialization is very proud of its students and their achievement in acquiring internship program at the following prominent hotels in Mumbai city:

1. Trident, The Oberoi Group, Nariman Point, Mumbai
2. The Lalit, Sahar Airport Road, Mumbai
3. Hotel InterContinental, Churchgate, Mumbai
4. The Orchid – Five star ecotel Hotel
5. Meluha – The Fern An ecotel Hotel, Powai, Mumbai
6. ITC Grand Maratha, Parel, Mumbai

7. Ramada Plaza Palm Groove, Juhu, Mumbai

- **Workshop:** Work shop on “Consumer Rights and Telecommunication” was organized in collaboration with Consumer Guidance Society of India on 3rd Feb 2014. 162 students participated. Dr. Kamath, secretary of C.G.S.I gave an introductory lecture on Rights of consumer, more emphasis was laid on “Consumer is a King”. The session ended with interaction between the members of Air tell and Loop Mobile.
- **CRM Market** A CRM Market ‘Spring dale’ was organized by the students of TYCRM on 31st of January and 1st of February 2013. The theme for the market was “Colours”. Since the subject Marketing Management and Entrepreneurship does not have a practical hence the annual CRM Market. Market was a practical application of concepts learned by the students in the subject. The students were involved in planning for the market from September 2013. The students were divided into 9 groups and each group had a trading and a food stall. With the inflation in the market from the planning stage to execution stage, the students got a chance to work under unforeseen circumstances. A sense of cost- conscious was developed by the students and they learned measures to increase profit by reducing cost of the product and not increasing it. Market made a total profit of Rs. 22, 540/-. It was a great achievement for the Specialization as the Profit was more than the amount of Rs. 15, 940/- which was the profit of the previous year’s CRM market.
- A Guest Lecture on ‘Accounting and Bookkeeping’ was organized for the students of TYCRM on 28th of February from 2:30 to 5:30 pm, 2014. The resource person invited was Ms. Shahana Khan, a Lecturer from Patuck College of Commerce.
- **OCLD/OCER:** The management training programs at Oberoi Centre of Learning and Development (OCLD) is ranked as among the best in Asia and a benchmark for international excellence within the hotel industry. This year ten students from of the Hotel Front Office and Housekeeping Elective were keen to join the OCLD/OCER program. After two full days of rigorous interviews, panel discussions & group discussions four students were offered placements through the OCER program.
- **Model Making:** Model Making Workshop for the students of TYCRM, Interior Design Elective has been planned after final exams in the month of April 2014. The resource person for the workshop is Professor Sunil Mestry, Professional Model Maker from Heerey College of Architecture

Extension activities:

DATE	ACTIVITY	PLACE
Udaan festival 20 th Jan 2014	Udaan Festival’ is organized by Department of Lifelong Learning and Extension, University of Mumbai. The theme of this festival is to show social activity by street play and poster competition. Students are given projects in their extension learning and they can do street play on any topic related to their project. In the Udaan festival 19 Colleges participated with their project under Department of Lifelong Learning and Extension. Under Department of Lifelong Learning and Extension our college participated in ‘Udaan Festival’	Malad Saraf College of Management

	on 20 th January, 2014 which was held at Malad Saraf college of Management. CRM students had participated in Street Play and Poster Making Competition.	
Lifelong Learning	<p>The Department of Lifelong Learning and Extension [DLLE] (known earlier as Department of Adult and Continuing Education and Extension) established on October 12, in the Year 1978 and has been recognized as a statutory Department of the University of Mumbai since 1994 to promote a meaningful and sustained rapport between the Universities and the community. Constant experimentation has enabled the DLLE to fine-tune the use of Project Work as an academic tool for the evaluation of Extension Work. The students are placed in different work situations including</p> <ul style="list-style-type: none"> • CGSI, REAP, ICDS, Medical shops, Offices, Private clinics, Schools, Remedial schools. etc. <p>26 students, enrolled for extension program(DLLE), completed their 150 hrs of internship work in the above mentioned areas</p>	

Students Achievements

Human Development

- Doctoral degree awarded to Rachel Valles.
- Media coverage of Namrata Madholkar's (M.Sc. II) dissertation on homosexuality.

ACTIVITY REPORT OF THE SELF FINANCING COURSES

Activity report of M.Sc. (Home Science) Part I & II – Food Processing and Preservation

- **10th January, 2014- 1st National Dietetics Day Celebration**

The 1st National Dietetics Day was celebrated at the college on 10th of January, 2014. Several activities were planned by the Diet Counseling Cell of our college. 'On the spot essay writing competition' was arranged as well. Around 39 students from PG Dietetics, FYBSc, MSc FPP (Sem I), MSc FND (Sem I) and TYBSc participated in the competition. Students were asked to express their thoughts using their creative writing skills in a 1000 word essay on the topic 'The future of dietetics/ fitness/ food industry in the next fifty years!'

- **5-6th January, 2014- Industrial Visit to Pune**

The students of Semester II visited **Gowardhan Cheese Factory** in Pune where they were shown the process of milking, cheese making, packaging and preparation of various gourmet cheese varieties. Next the students visited the **Morde Chocolate Factory**. They were shown processing of coffee beans and making of cooking chocolate. They also got firsthand experience to the application of HACCP principles within a processing plant.

On day 2, they headed to **Katraj Dairy in Pune**, which is a government facility, providing milk to most parts of Pune and also sending milk and milk products to the adjoining districts. In second half, they visited the state of the art **Venkys Nutrition Plant** located near Baner in Pune.

Students were shown production of various supplements, quality control procedures and packaging of different forms of nutritional supplements. The visit concluded with a visit to **Kamdhenu Pickles** which is a small scale industry. The students described this trip as the best industrial trip of their life.

Activity report of M.Sc. (Home Science) Part I & II– Sports Nutrition

- **January, 2014 Avishkar Intercollegiate Research Convention, Mumbai University**

Ms. Pooja Bhojani and Ms. Pooja Thacker from M.Sc. Sports Nutrition Part II participated in the Intercollegiate Research Convention. Ms. Pooja Thacker cleared the round one and was selected for the round two.

- **31st January, 2014- Mumbai University Yoga Competition**

Ms. Shubhada Yeole participated in the intercollegiate yoga competition arranged by Mumbai University. She presented 2 shudhikriyas, 4 compulsory asanas and 3 optional asanas.

- **27th February and 13th March, 2014- Visit to Cricket Club of India, Churchgate**

The students of MSc Sports Nutrition Part I and II visited the Cricket Club of India located at Churchgate. The students had an opportunity to observe training of beginners and elite level athletes for squash, tennis, swimming, cricket, badminton and gymnastics. They also spoke to Coaches about the routine of an athlete, the nutritional advice available to the athletes and their training regimes during and after a competition.

Activity report of Post Graduate Diploma in Dietetics and Applied Nutrition

- **10th January, 2014- 1st National Dietetics Day Celebration**

The 1st National Dietetics Day was celebrated at the college on 10th of January, 2014. Several activities were planned by the Diet Counseling Cell of our college. Students of PG Dietetics and Applied Nutrition class arranged for a fun assessment activity called ‘Know your numbers’, where in 62 students participated.

The assessment included calculation of Body Mass Index (BMI), Total body fat %, Total body water %, Muscle Mass, Bone Mass, BMR, Body Metabolic Age and visceral fat %. The PG Dietetics and Applied Nutrition students then counseled the participating students about how to improve their numbers or body composition. It was a great learning experience for the PG Dietetics students. Miss Linette of F.Y.B.Sc., Miss Ashwini from TYFND and Miss. Kruti from M.Sc. were awarded the ‘healthy students of the year’ certificate.

‘On the spot essay writing competition’ was arranged as well. Around 39 students from PG Dietetics, FYBSc, MSc FPP (Sem I), MSc FND (Sem I) and TYBSc participated in the competition. Students were asked to express their thoughts using their creative writing skills in a 1000 word essay on the topic ‘The future of dietetics/ fitness/ food industry in the next fifty years!’ The winning entry will be published in the college magazine.

- **13th-14th February, 2014- Rural Camp. Yusuf Mehrauli Centre, Panvel**

A rural trip was organized by the Nirmala Niketan college of Home Science for the PG Dietetics and Applied Nutrition, for 2 days at Yusuf Mehrauli centre, Panvel. Mrs. Sheetal Joshi accompanied the students. The students arranged an interactive educational program for the village kids. The students performed a skit which highlighted the importance of breakfast and presented posters that stressed on healthy eating. The age group addressed was 7-13 years. Following the 2-stage performance were a few question answer rounds. Every student with a correct answer was awarded a stationary kits and chocolates. A few games too, were organized in relation to what they learnt from the skits.

- **1st March and 15th March, 2014- Hospital Visit to BYL Nair Hospital, Mumbai Central and Jupiter Hospital, Thane**

The students visited BYL Nair Hospital wherein they were shown Food Service Management, Ward Mana

The students visited BYL Nair Hospital wherein they were shown Food Service Management, Ward Management and OPD Patient Management in a government hospital. The students also observed how Ryle's tube feeds are prepared, the administration of feeds via RT and JT. They also visited surgery, endocrine and nephrology wards.

At Jupiter Hospital the students again were shown Food Service Management, Ward Management and OPD Patient Management in a private hospital. They were also shown the staff canteen managed by an outsourced firm. They were shown the software used to prepare diet sheets and diet orders in the diet department of the hospital.

VOTER EDUCATION

An Awareness Session on 'Voter Education' was held at the College of Home Science, Nirmala Niketan on the 2nd of April 2014, in association with Action for good Governance and Networking in India (AGNI).

The need for the session was felt as most of the students would be exercising their vote for the first time. This session was conducted by Mr. Sharad Kumar, AGNI Trustee and Editor of *Mumbai Meri Jaan*. The information was imparted through an attractive power point presentation.

This included the new recommendation issued by the Honourable Supreme Court NOTA (None of the above) button on the EVM for the welfare of voters, which empowers and enables them to disapprove of all the candidates in the electoral fray. Information was also given on The Election Watch Reporter (EWR) which is an interesting software application available on all Android cell phones and helps citizens to send complaints about violations of Electoral code or over expenditure during campaigns as well as any illegal activity related to polling. This software includes the facility of uploading photographs along the location indicator and sending it to the National Election Watch (NEW) who manages this application and then forwards it to Officials of the Election Commission of India keeping the senders identity hidden. Mr. Kumar also informed us about the recent ruling of the Honourable Supreme Court to bar candidates with criminal records that has also proven to be a shot in the arm for voters. He also spoke on the Association of Democratic Reform (ADR), that makes it mandatory for all candidates to file affidavits regarding their educational qualifications, assets and criminal records if any. This is then recorded in a format that is easy to refer to for voters before they cast their ballot. The session ended with doubts of the students being clarified.

It was truly an enlightening session and will definitely prepare each of us to vote with more deliberation, so that we get the representatives we need and deserve- those who can really serve the nation and her people and make India a country where each and every citizen is important.

ELECTION WATCH DUTY

The College of Home Science was privileged to collaborate with the Collector and the District Election Officer in conducting the recent Elections to the Lok Sabha 2014.

17 Teaching Staff, 4 Non-Teaching Staff and 7 Support Staff were deputed for 3 days of Intensive Training prior to the Election Day.

Teaching Staff were appointed as Presiding Officer, Assistant Presiding Officer or Polling Officer while Non-Teaching and Support Staff were entrusted with clerical duties.

All were required to be present in their respective polling stations from the previous evening and were expected to remain there after the polling till the ballot boxes were collected from their booths. Accordingly they reported for duty on 23.4.14 by 6p.m. Some of the Staff were on duty till the early hours of 25.4.14 since the ballot boxes had not yet been removed.

It was a strenuous and laborious task but the entire Staff was proud to be part of this mammoth election process and carried out their responsibilities enthusiastically and patriotically thus enfleshing our Core Value of contributing to Nation building.

SPECIALIZATION'S SPECIALS

- **Dance Therapy Workshop & Alumnae Meeting**

The HD department staff and students, the Principal, the Administrator, Junior College Teachers, and the HD Alumnae enthusiastically participated in the Dance Therapy Workshop conducted by the acclaimed Dr Guha and his team on February 5, 2014. Inviting active participation from all present, Dr. Guha gracefully demonstrated various forms of dance as a powerful de-stressor. He also encouraged participants to fearless creativity in artistic self-expression.

An interactive session then followed with the 20 Alumnae who participated in this workshop. Dr. Anuradha Bakshi and Dr. Nirmala Almeida informed the Alumnae about the upcoming NAAC Peer Team Visit and the NAAC Re-accreditation process. Their role as Alumnae during and beyond the visit was discussed and the Alumnae readily suggested ways of staying connected with their Alma Mater and with each other.

- **Elders' Day Out**

The HD MSc I students, in collaboration with the Social Service Committee of the college, organized the "Elders' Day Out" event on Sunday, the 23rd of February, 2014. This was a recreational event in which sixty Elders from three old age homes participated namely, Salvation Army (Byculla) Shepherd's Home for Widows (Byculla) and All Saints Home (Dockyard).

Students helped to transport the Elders to and from the College and ensured that each one was well looked after. . They were welcomed with handmade badges that had statements like "I am special", "I am awesome". Then followed games like Housie, quizzes like "How much do you know your city", Identify the film from the dialogue", " sing a song of the actor shown". This lively session enabled the Elders to interact with the students and with those from other Institutions thus everyone made many new friends.

A sumptuous lunch followed but all too soon it was time to return. A pouch was given to each Elder as a parting gift. Flowers and Chocolates were given as prizes to those who gave right answers in the games and quizzes.

- **Jamboree 2014**

The Fashion Show initiated this academic year named ‘**Jamboree 2014**’, showcased the efforts of students from the First Year to the Post Graduate level under the mentorship of staff members of the T.F.T Specialization. The shows were choreographed by the students themselves. The M.Sc. II students coordinated the Fashion Shows. Jamboree was co-hosted by staff members

Each collection was enthusiastically cheered by all those present in the audience. Some of the collections presented were:

- F.Y.B.Sc. – smocked frocks, bush-shirt & shorts and bags
- S.Y.B.Sc. – Kurtis and Churidars
- T.Y.B.Sc – One piece dresses, Skirts and Shirts
- M.Sc. I – Anarkali, Designer Choli and Party wear (gowns)
- M.Sc II – Knitted Casual wear, Draped Beach wear, Indo-Western Party Wear (Westernized Chaniya Cholis retaining traditionality)

An interaction of the industry experts, academicians as well as parents and alumnae.

This event was an amalgamation of information, entertainment, and nostalgia, and a lot of hard work and enthusiasm of the students and teachers of the specialization. The fashion show of the specialization was initiated with the objective of giving students a platform to showcase their creative talent with self confidence and pride as well as to give their efforts greater visibility amongst industry, other institutions, parents and alumni.

- **“I LEAD” – A Call For Future Entrepreneurs**

This was the vision with which this seminar was initiated by F.N.D M.Sc II students along with the Women’s Development Cell. It was an event that changed the mindsets of the students.

The main goal of this event was to co-create knowledge and expertise that would feed joint learning, innovative practices and evidence-based policy making for successful entrepreneurship promotion and inclusive growth.

To enable students understand the entire process of setting up a business venture, able and experienced Alumni entrepreneurs from various fields of Home Science explained the legal and financial operational aspects of business.

This event helped to sow the seed of out-of-the-box thinking and innovation in the minds of our upcoming professionals who will be the entrepreneurs of tomorrow.

The total involvement of the M.Sc. II students in the planning and execution of this inspiring event provided them with a rich learning experience in event management.

VALEDICTORY PROGRAMME OF VALUE-ADDED COURSES

The Valedictory programme of our Six Value Added Courses was held on April 9th, 2014. The Chief Guest for the occasion was Dr. J.S.Pai, Executive Director of Protein Foods and Nutrition Development Association of India (PFNDAI). Dr. Gracy Fernandes, Management Representative and Dr. Malathi Sivaraman, Director, Research Centre were also present. There was a double celebration : felicitation of those who successfully completed the Value Added Courses and felicitation of the toppers of various courses in the Junior and Degree Colleges.

The Coordinators of the short term Value Added Courses, M.S.Bhatte (Nutrition for Exercise & Fitness), Dr. N. Almeida (Creative Parenting), Ms. R. Divecha (Orientation Course in Indian Sign Language), Dr.R. Madan (Visual Merchandising), Ms. N. Mulchandani (Entrepreneurship in Textile Crafts) and Ms. R. Rao, Sr.College (Workstation Design & Applied Ergonomics), gave a brief idea about each course.

Prizes were announced for the students of each of the Value Added Courses who secured the first position and the student/s with the best project work, after which all the highest performers in the various courses in the Junior and Degree Colleges were felicitated. The certificates were given by Dr. Pai and Dr. Gracy Fernandes.

The Chief Guest, in his address, praised the varied accomplishments of the College of Home Science, Nirmala Niketan and encouraged the students to work towards ever-higher goals.

A fitting end to this event was the National Anthem which was not just sung but signed by students of the sign language course.

PUBLICATION OF CALORIE COUNTER BY RESEARCH CENTRE

With the increase of lifestyle diseases it is imperative to understand how to monitor our dietary energy intakes so that we maintain a healthy body weight. The 4th edition of Calorie Counter is designed to equip the reader with precisely this knowledge that will help make informed healthier food choices.

Calorie Counter gives the Caloric value of common Indian food preparations. There are three sections to this book: the first introduces the concepts of balanced diet, food groups and recommended dietary allowances (RDA), the second provides the caloric values in tabular form of some common recipes while the third provides the detailed recipe for each item listed in the previous section of the book.

The College is proud of this unique publication from our Research Centre which was officially released at the Valedictory function on March 9, 2014 in the presence of Dr.Malathi Sivaramakrishnan, Director, Research Centre.

CALORIE COUNTER is presently the only publication of its kind in India.

ACTIVITIES FOR NON- TEACHING STAFF

Overnight Picnic:

On Saturday March 8, 2014 at 7 a.m. the non-teaching Staff joyfully boarded the bus bound for Khandala to enjoy an overnight stay in the green environment of St. Mary's Villa.

All were in holiday mood as we sang, exchanged jokes and ate a delicious breakfast while travelling. By 11 a.m. the group arrived and after depositing our overnight bags we began to explore the surroundings to Bushi Dam and then to Tiger Point. An evening of fun and relaxation followed till all turned in for a good night's rest.

The next morning there was a visit to the Home for the Blind and then to the Wax Museum which is home to wax statues of various Indian and International celebrities. After lunch there was a shopping spree at the world famous Lonavala Market and then the bus took us homeward.

We reached Mumbai at 6.00p.m. tired but with happy fun-filled memories of joyous bonding with one another

STAFF ACHIEVEMENTS AND AWARDS

Staff Achievements

Dr Veena Yardi received 100% Travel Grant from UGC for attending International Conference in USA.

Dr Kamini Rege awarded grade “A” at the “Refresher Course - Interdisciplinary” in the area of Social Sciences with the theme of “Between the Silk Route and the Spice Route: India's Interface with Neighbouring Civilizations from History to Present” organized by the Academic Staff College at University of Mumbai – Maharashtra from 17th February to 8th March 2014

- Recognized by the University of Mumbai as a Ph.D. guide in Home Science.

Ms. Payal Maheshwari has availed the UGC Minor Research Project Grant for research on “Emotional Intelligence (EI) of Parents of Children with Intellectual Disability and its Relationship with the Level of Stress in Parents and their Quality of Life (QOL).” The financial assistance availed is of Rs 70000 and is for a period of two years. The principal investigator is Ms Payal Maheshwari; the co-investigator is Ms. Khyati Sampat.

Dr. Vishaka Karnad successfully completed Refresher Course in “Aligning Information Communication Technology with Education in Basic Sciences” at the Academic Staff College University of Mumbai Kalina from 27th January, 2014 to 15th February 2014.

Dr Geeta Ibrahim has been conferred Visiting Scientist designation by Haffkine Research Institute, and Visiting Faculty at Institute of Science, and ICT.

A book on Functional Foods & Nutrition written by **Dr Subbulakshmi, Dr Subhadra Mandalika** was released on 18.1.14 at IFCON, Mysore

Mrs Anuradha Mitra:

Invited as Consultant to the stakeholders Consultation meet organized by World Vision India under My City Initiative.

Ms J. Colaco: Invited by TISS to conduct sessions for children of sex workers.

Ms V. Hasija: Invited as BOS member and Expert on syllabus revision panel for M.Sc course in Nutraceuticals, University of Mumbai.

Dr S. Mandalika:

Judge for Research competition at PN Doshi College, SNTD Women's University, Mumbai
Resource person at Sophia College to deliver a talk on Traditional Food Ingredients
Internal expert at PhD interviews in the college on
Referee for research project proposals of Board of Research in Nuclear Sciences-DAE

Dr. E. Dedhia

- Advisory Board Member of Consortium of Green Fashion founded by DyStar & SOFT. Invited for the International event as Jury for the National Level Oral Paper presentations by Faculty and Students of Colleges. Invited to Judge the student competition on 'Judging textures'. Attended Advisory Board Meeting on 6th February 2014.

The Staff have also conducted various sessions, presented papers at various national conferences and published Papers, Chapters and Books pertaining to their specializations.