

## BEST PRACTICES OF COLLEGE OF HOME SCIENCE, NIRMALA NIKETAN

### Best Practice - 1

#### 1. Title of the Practice: **RESEARCH CULTURE IN THE COLLEGE**

#### 2. Objectives of the Practice

- To increase the number of faculty undertaking minor/major research projects
- To increase encourage teachers to publish papers in peer reviewed UGC recognised journals and in International journals of repute.
- To encourage staff and students to participate in University/Intercollegiate/ Inter-University Level Research Competitions.

#### 3. The Context

The college ensures that high quality research is produced by supporting the staff and students in several ways:

- Substantial weightage is given to research in the M.Sc. program, though M.Sc. is by papers.
- M.Sc. (II) students are motivated to publish their papers along with their guides.
- Staff are motivated to apply for research grants from different funding agencies.
- The research journal of the college, Research Reach is now registered with International Centre for ISSN, Paris and has been assigned International Standard Serial Number (ISSN): ISSN 0974-617X.

#### 4. The Practice

There have been several initiatives taken up in the college for sensitizing and promoting a research climate:

- Topics generally selected for M.Sc Dissertations and Ph.D. are related to problems existing in community and which make an impact in solving societal issues or helping in framing policies at Government / NGO levels. Examples are:
  - FND - Development of antioxidant rich flour for Pediatric Cancer Patients; Assessment of Nutritional status of primary school children aged 5-10 years in the city of Mumbai; Assessment of nutritional status of women in the police force (21-50) from South Mumbai Region.
  - TFT- Products from Clothing Waste; Waste Management in the Apparel Industry: Exploring the Potential of Khadi with Yarn Blending Fabric Manufacturing and Processing for Product Development.
- The college initiated and designed AARYA (Awareness and Action Research for Youth Awakening) an Intercollegiate Interdisciplinary Undergraduate Research Competition, this year, to showcase outstanding research at the undergraduate level conducted by students (FYBSc and SYBSc students). Some noteworthy topics (some of them interdisciplinary) worked on by students were:
  - 'Stress Management and Dietary Guidelines for Parents of Children with Autism: Expert Opinions': the main objectives of this endeavour were to inculcate interest for research and scientific study, sensitizing the students towards needs of children with special needs and the challenges that parents go through thereby enkindling values of compassion and unconditional service.
  - Mindfulness in Working Women
  - Consumption of fast foods among College students: A study in Mumbai
  - CRM students aimed to answer critical occupational health problems of the unreached sector of

the society, namely, Ganesh Murtikaars (Ganapathi Idol Makers), Sugarcane Juice Vendors, E-Commerce Delivery Boys, Hospital Wardboys, Employees of Small Scale Industries

- Collaborations with industry/NGOs/educational institutions for master's and doctoral research.
- Teachers being encouraged and invited as peer reviewers and editors for national and international journals.
- Students participate in research conventions, competitions like Avishkar and AARYA, Urjita, UDAAN, etc.
- There are Research Collaborations with different organizations. Some examples are:
  - The Promise Foundation (NGO), Bangalore, India; Aga Khan Education Services India (AKESI), Gujarat; Don Bosco Rural Youth Services, Ahmednagar, Maharashtra by Ms. Jahnvee Joshi (doctoral student) & Dr. Anuradha J. Bakshi (guide)
  - NGO Muktangan Schools & BMC Schools by Ms. Kiran Parab Angane (doctoral student) & Dr. Anuradha J. Bakshi (guide)
  - Fire fighting Stations for research on the EI, stress and Job satisfaction of Fire fighters, Special Schools for children with Learning Disability, Maharashtra Dyslexic Association by Ms. Payal Maheshwari.
  - BARC, Tasneem Ravat (doctoral student) & Dr. Veena Yardi (guide)
  - South Mumbai Zone Police, Shalmalee Potdar (Master's student) & Dr. Veena Yardi (guide)
  - Paraplegic Foundation, Rukaiya Madraswala (Master's student) & Dr. Veena Yardi (guide)

#### 5. Evidence of Success

When students and staff were encouraged to participate in various seminars, conferences and workshops, this enhanced their knowledge and updated them with current industry standards and also inculcates a sense of confidence. The outcome of all the above, is visible in the following:

- The number of faculty who have undertaken minor research projects has increased from the past years.
- The number of teachers who have attended conferences, presented papers at conferences and published research papers, has also increased. Almost all teachers are now presenting papers at International conferences and publishing papers in International journals of repute.
- The number of research awards that the staff and students of the college have won bears testimony to the research excellence in the college.

#### 6. Problems Encountered and Resources Required

No unsurmountable problems have been recorded anywhere regarding this practice.

Some issues like the financial crunch of conducting research have been handled by applying for grants (Of course those funds do come, though much later)

### Best Practice - 2

1. **Title of the Practice: TEACHING – LEARNING METHODS PROMOTING SKILL-BASED EDUCATION, EXTENSION ACTIVITIES AND ENTREPRENEURSHIP.**

2. **Objectives of the Practice**

The objectives of using teaching – learning methods that promote skill-based education, extension activities and entrepreneurship, are as follows:

- To respect the learner as an active participant as opposed to a passive recipient.
- To encourage cooperative learning.
- To empower our women students to build self-confidence.
- To enable students to extend their knowledge into the community, both urban and rural.
- To relate the taught and learned knowledge to their experiences in Mumbai; tribal-rural areas outside Mumbai; and other parts of India.
- To support students in thinking out of the box, with innovative ideas that encourage problem-solving, skill development and entrepreneurship.

### **3. The Context**

- The Institution stands for a socially relevant education that awakens the students' sense of social responsibility to reach out and share their knowledge and skills with more vulnerable sections of society.
- The vision of the college focuses on inculcating values of respect, commitment and concern for the service of others, thereby enabling students to make a positive contribution to the society in the 21st century, through their extension services and entrepreneurial ideas.

### **4. The Practice**

The Innovative Processes adopted by the institution in Teaching and Learning promote Skill-Based Education, Extension Activities and Entrepreneurship in the following ways :

- Experiments and demonstrations; Simulation techniques; PowerPoint presentations ; Using Movies, documentaries and videos; Mind Maps which help students to picturize the information and facilitates clear understanding and quick review – These provide the know-how as a theoretical basis for the Skill-Based Education.
- Visits to old-age homes, orphanages, homes for the destitute women; Rural camps, community projects and industrial visits, study tour with detailed report presentations – These provide opportunities for Extension Activities
- Role-plays, street plays, skits, puppet shows, songs, dumb charades, games, short stories; Collaborations with programmes, such as the University of Mumbai, Department of Lifelong Learning and Extension to transfer learning experiences from the classrooms to the community - These provide the skills to conduct Extension Activities.
- Internship programmes at Food and Textile industries, hospitals, export and manufacturing units, hospitals, research laboratories, hotels, schools and community centres/organizations; Conducting market surveys, conducting projects and working on assignments; Encouraging students to participate in workshops and seminars; Conducting sessions/activities based on problem -solving techniques; Lectures and workshops by resource people and experts of national and international repute; Organization of exhibitions, displays, seminars and conferences; Visits to exhibitions, field visits to industries, hotels, hospitals and laboratories - These provide the skills necessary for Entrepreneurship.

Furthermore, Extension Activities emerge from the College Motto of service to community (manifest in the

vision, mission, goals and emblem) and are conducted along with students through:

- (a) NSS, (b)DLLE, (c) DHM (Daughters of the Heart of Mary) Centres in rural and tribal areas, (d) linkages with GOs, NGOs, schools, hospitals in Mumbai and outside Mumbai, and (e) commemoration of events with an extension component.

## 5. Evidence of Success

Creative, student-centred, participatory teaching-learning methods are used at all levels and for a range of subjects right from FYBSc level to the Master's level. Evidence of success of using this creative teaching methodology:

- Students have earned while they have learned as the Department students successfully participated and finished many projects with various designers and industries/institutes like German Stola, Deal Denim, Kanika Bava, etc.
- The students are exposed to the latest developments in the field and requirements of the industry.
- UG Students volunteered for internship in industries/organisation
- The Arts-Based Therapy One-Year Diploma course was this year offered in modular format. Subsequently students completed a supervised practicum in an agency wherein they conducted a pretest-posttest action research project with beneficiaries from at-risk populations. Students successfully used ABT techniques and documented the benefits for the beneficiaries.
- Students were instrumental in training few students from Kharasgaon, Maharashtra. These Kharasgaon students were given further training which will be beneficial for them in their tailoring units.
- Students have got a lot of exposure to conduct activities and develop soft skills, communication skills and leadership qualities by organizing various activities like seminars, talks, conferences, workshops of the Departments.

## 6. Problems Encountered and Resources Required

Any problems encountered mainly in using ICT, gets handled immediately

A grievance redressal cell in the college encourages, among other things, the expression of concerns related to the teaching learning process and resolution of the same by the management / principal/relevant staff.

**Additional Website Links:** <https://www.nirmalaniketan.com/research-extension/aavishkar.aspx>

<https://www.nirmalaniketan.com/research-extension/aarya.aspx>

<https://www.nirmalaniketan.com/documents/default.aspx?f=naac/pdf/aqr-2017--2018-1.pdf> (pages 24, 27)