# IMPRESSIONS

2022 - 2023

Back To Roots

"Grounded in Fradition,

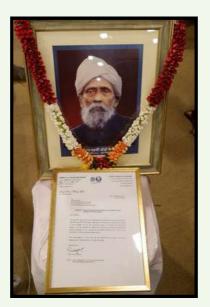
Soaring into the Future."

# OF HOME SCIENCE (EMPOWERED AUTONOMOUS STATUS)

SNDT WOMEN'S UNIVERSITY, MUMBAI
NAAC RE-ACCREDITED WITH GRADE - A
UGC HONOR: COLLEGE WITH POTENTIAL OF EXCELLENCE
CPE PHASE III (2015 - 2020)
AWARDED RUSA 2 - INFRASTRUCTURE GRANT (2018 - 2021)

# Significant Milestone of the year 2023

Sir Vithaldas Thackersey College of Home Science was awarded the 'Empowered Autonomous Status' by S.N.D.T Women's University Mumbai w.e.f from 30th June 2023.





Received letter of 'Empowered Autonomous Status'
by the hands of

Hon. Vice Chancellor Prof. Ujwala Chakradeo

# PRINCIPAL'S INSIGHTS: A BEACON OF INSPIRATION

It's my proud privilege to release SVT Impressions - 2022 -23 with a relevant theme of "Back to Roots". At the outset a big shout to all SVTites for a landmark milestone achieved by SVT in 2023 – the honor of "Empowered Autonomous Status" granted by SNDT Women's University, Mumbai.

SVT Impressions is a reflection of the academic year by different stake holders of the institution especially students and faculty, in different formats with a focus on the background theme.



The challenges of present times include climate change, nutrition transition leading to rise in non-communicable diseases, changing value systems and priorities of the young adults ... all giving us a loud and clear mandate of the need to know more about our roots, culture, tradition and introspect all spheres of life in that backdrop. We realize that a lot needs to be done.

The Institution made an effort this year to engage with the young adults to strengthen the sensitization towards sustainability in food through organizing a mega national event on "Mission Millets -2023" during the International Year of Millet. A book worked by SVT Students and Faculty on "Majestic Millet Recipes of the West" which was endorsed by National FSSAI, Ministry of Health and Family Welfare, Govt of India and released at a National Event on Eat Right Mela organized by FSSAI western region branch, Mumbai was a proud moment for the institution. SVT team worked towards getting the honor of "Eat Right Campus" by FSSAI for SVT and SNDTWU Juhu Campus, Mumbai. Sustainability in fashion, sensitization of school going children of Mumbai towards the climate change through a series of competitions and knowledge dissemination on International Water Day by celebrating "There is NO Planet B" were the other highlights. The present issue also has very well composed narratives, poems, hand sketches and candid photographs by our talented graduates of SVT! The nature trail to Kargil Hills is interesting and informative

I congratulate the Senior Student Editors and their team of Associate Editors for an excellent compilation of this edition of Impressions. A word of appreciation to all faculty mentors who guided the students at each step.

We all look forward to reading SVT Impressions 2022-23! *Regards and God Bless*.

Dr. Jagmeet Madan Principal, Professor

Director, SVT Research, Consultancy and Collaboration Centre (SVTRCC)
Sir Vithaldas Thackersey College of Home Science
(Empowered Autonomous),

SNDTWU, Mumbai.

# VICE PRINCIPAL'S WISDOM: LEADING WITH PURPOSE

Dear Readers,

Welcome to Impressions 2022 -23, the College magazine! This annual publication is our literary legacy that brands SVT College as a thriving hub of inspiration. The contributions by the students and staff resonate the vibrant spirit and passion of our campus community. This magazine serves as a gateway to new perspectives, a canvas for the infinite imagination of artists, and amirror reflecting the brilliance of our academic scholars.



The cover story and art work very well depict the theme 'Back to the Roots'. The prominent presence of articles on Millets is apt as the year 2023 was 'International Year of Millets'. There are informative articles on topics such as Microplastics, Sustainable Fashion and Go Green. The themes for poems range from expression, imagination to inspiration. The articles, poems, and artwork are evidence to the medley of talents.

Write-ups about the activities of every department are a collage of innovation, exploration, and the persistent pursuit of knowledge. The reading will be inspiring, and revitalizing.

Heartfelt gratitude to everyone who has played a part in putting together this edition. Sincere appreciation to the contributors who have painted vivid landscapes with their words. The artwork has shaped the kaleidoscope with the untamed imagination of the creative mind.

Warm Regards,

Ms. Manjiri Bhalerao Vice Principal

Whelen

Sir Vithaldas Thackersey College of Home Science (Empowered Autonomous), SNDTWU, Mumbai.

# MENTOR VOICES: GUIDING LIGHTS OF THE COMMITTEE

Dear Readers,

In the bustling corridors of academia, where the pursuit of knowledge often propels us forward into uncharted territories, there comes a moment when we must pause, reflect, and turn our gaze backward. This edition of Impressions is dedicated to the timeless theme of "Back to Roots," a profound exploration into the essence of our identity, the cradle of our traditions, and the sustenance of our cultural tapestry. May it inspire conversations, ignite curiosity, and serve as a reminder that, in our relentless pursuit of knowledge, we must also nourish the roots that sustain us.

Sir Vithaldas Thackersey College of Home Science, with its Empowered Autonomous Status, stands at the intersection of modernity and tradition, embodying a commitment to excellence while cherishing the wisdom ingrained in our heritage.

Our journey back to roots is not merely a nostalgic excursion; rather, it is an introspective quest to understand the rich legacy that shapes us. From culinary traditions to textile arts, from familial bonds to sustainable living practices, each aspect of our heritage has a story to tell, a lesson to impart. In the midst of our academic pursuits, let us not forget the wealth of knowledge embedded in the cultural soil from which we spring.

In an age of globalization, where boundaries blur and the world becomes a closely-knit community, the recognition of our roots becomes a source of strength, fostering a unique identity that sets us apart. Let us celebrate the diversity within our college community, recognizing that the roots we share are intertwined, forming a network of support and understanding.

Each page is a canvas painted with the remarkable work of our students, thoughtfully designed and skillfully edited by our very own student team.

The Senior Editors of the committee - Ms. Zaynab Kanadia, Ms. Sara Sakarkute, Ms. Reha Jain, Ms. Vaishnavy Dev have always kept a welcoming attitude towards their Associate Editors and have played an important role in training their team and shaping the magazine.

The Associate Editors - Ms. Sarvesha Sawant, Ms. Saara Khan, Ms. Farafatema Jiwana, Ms. Medhya Bagwe and Ms. Chandni Gindhwani, have done an impeccable job in learning and implementing their ideas and shaping a book of talents into our college magazine. It's the job of the entire team that today this committee is able to appreciate the talent and hardwork of many enthusiastic students and staff of the institute.

Let this edition of Impressions serve as a guide, encouraging every student to delve into their roots, to rediscover the beauty of their cultural inheritance, and to integrate these invaluable lessons into their academic and personal pursuits. - *Happy Reading!* 



Ms. Sangeeta Chhowala Chairperson Magazine Committee



Dr. Prakash Navgire Co-Chairperson Magazine Committee

# VOICES UNVEILED: STUDENT EDITORIAL

"Rooted Resilience: Nurturing Our Growth at SVT"

Dear Readers,

As we unveil the pages of this year's annual magazine, "Impressions," the essence of our journey is beautifully encapsulated in the theme, "Back to Roots." It's not merely a nostalgic stroll down memory lane but a deliberate, conscious return to the very foundation that grounds us — our roots.

Our college, now standing tall with Empowered Autonomous Status, mirrors the growth, resilience, and unwavering commitment of each student and faculty member. In this edition, we invite you to embark on a poignant exploration of our shared narrative, where every triumph, challenge, and cherished moment reverberates with the spirit of our alma mater.

The magazine unfolds as a tapestry, interweaving stories of self-discovery, academic prowess, and the unique tapestry of diversity that defines our college community. Through the lens of "Back to Roots," we illuminate the transformative power of reconnecting with our cultural, academic, and personal origins.

Within these pages, you'll find narratives that echo the laughter in the hallways, the late-night study sessions, and the shared triumphs in academic and extracurricular pursuits. It's a celebration of the indomitable spirit that binds us together—a spirit that draws strength from our roots, allowing us to weather the storms and bask in the sunshine of success.

As we navigate the present and shape our futures, let this magazine serve as a testament to the values instilled in us by Sir Vithaldas Thackersey College of Home Science. Our journey is a continuous dialogue between tradition and progress, heritage and innovation. The articles, reflections, and visual splendors captured here are not just a record but a living testimony to our commitment to excellence.

May "Impressions" be more than just a magazine; may it be a catalyst for inspiration, reflection, and gratitude. Here's to our shared journey, our collective resilience, and the boundless possibilities that lie ahead.

Explore the heart and soul of our college through these pages, where the voices of students shine brightly. This is our story, told by us, for you.

Enjoy flipping through the pages of our magazine and embracing the stories within - Happy reading!

Zaynab Kanadia Senior Student Editor S.Y.B.Sc Human Development

# STUDENT EDITORIAL BOARD



# **SENIOR EDITORS**



Zaynab Kanadia S.Y.B.Sc Human Development



Sara Sakarkute S.Y.B.Sc Food, Nutrition & Dietetics



Reha Jain S.Y.B.Sc Food, Nutrition & Dietetics



Vaishnavy Dev S.Y.B.Sc Food, Nutrition & Dietetics

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F.Y.B.Sc
Textiles &
Fashion Designing



Chandni Ghindwani F.Y.B.Sc Food, Nutrition & Dietetics



Farafatema Jivana S.Y.B.Sc Textiles & Fashion Designing



Sarvesha Sawant F.Y.B.Sc Food, Nutrition & Dietetics



Medhya Bagwe F.Y.B.Sc Textiles & Fashion Designing



# **COVER STORY**

From a tiny crib to a casket, we all travel. Through mumma's laps or papa's shoulders, a swing in the children's park and the table of our high-school canteen, the office desk while at a 9-to-5 job, and a stone bench in the old-age garden, the journey keeps on going.

All along this path, we keep wondering, "What is the essence of this journey?" We live like a free leaf flying in the open air after it is detached from the branch till it reaches the ground and embraces the soil, always returning to its roots. We lament like the water forming dark clouds in the sky and laugh like the raindrops showering on the ocean, always coming back to its roots. Following the same cycle for eternity to remain and be akin to the ones who came before us. The veins running through this vessel of a body equate to the roots of nature, heritage, culture, and values, flowing abundantly from the start, creating and binding the old, nurturing ways.

Staying in touch with our roots doesn't necessarily mean living in the past but instead navigating through it. If one were to ever annihilate the tree's roots, inevitably the foundation would crumble down. Our values, culture, and origins cement between our bare bones and being. For instance, remember how grandma woke us up every morning by the whistle of her cooker of dal-chawal whereas now we hear the phone's alarms, remember how dad used to wake up early in the morning to drop us at school whereas now we catch a local transportation packed to its neck to college, remember how maa had a little rose garden outside the porch whereas now a car and a bike stand there. This is it, this is the essence of life, going back and embracing our roots. Forming the everlasting cycle and tracing the old sacred ways to fall back into the arms of our ancestors.

We as humans have the tendencies to follow patterns laid down by our ancestors to achieve greatness but without knowing the elements to put them together, one can only aim and work from the surface. One can only bloom, flourish, grow, and succeed by bridging the gap. Establishment of a particular structure can only manifest itself through creation, our roots form a trail which can be manifested through us, only if the birth of recognition is allowed.

# Highlight of the year:

# 'MISSION MILLET: WE MAINSTREAMING MILLETS FOR A SMART, SUSTAINABLE TOMORROW'

ON 24TH FEBRUARY & 25TH FEBRUARY, 2023



Sir Vithaldas Thackersey College of Home Science (Autonomous) organized a mega event 'Mission Millet: Mainstreaming Millets for a smart, sustainable tomorrow' on 24th & 25th February 2023.

**'2023'** - A recognition of being an **International Year of Millets** has got us to realize the importance and existence of millets once again in this era.

The guests of the event were Hon Prof. Dr. Ruby Ojha, Ms. Pritee Chaudhary, Dr. Sandhya Purecha, Dr. Raj Bhandari, Lt. Col. Updesh Kumar.

The need of an hour is to recognise our home crops - millets and their various benefits. The event focused and streamlined the following:

- Build awareness and accelerate mainstreaming millets for nutrition, improved livelihoods and ecological benefits
- Discuss challenges and solutions for making
- millets accessible to the masses so as to ensure nutritional as well as food security.
- Facilitate discussions for business opportunities in innovation of millets.
- Spread awareness about the innovative ways of inclusion of millets into mainstream and functional diets.
- Collate structured feedback to enhance
- research inputs and policy through the research paper presentation and
- experiences shared during the conference.

The inaugural address on 'Millets Innovation in Food Processing and Agricultural Practices' was delivered by **Dr. Dayakar Rao**, Principal Scientist at ICAR-Indian Institute of Millets Research and CEO of NutriHub.

The keynote address, enriching the audience with insights into millets, was presented by, **Padma Shri Dr. Khadar Valli**, a distinguished Food and Nutrition Expert widely recognized as **India's Millet Man.** His expertise, knowledge, and practices resonated with all attendees who attentively listened during the session.



Padma Shri Dr. Khadar Valli

#### **Keynote address by the speakers:**

- Dr. Dayakar Rao on millet innovation in food processing.
- Lt. Col. Updesh Kumar emphasized the youth's role in promoting a healthy lifestyle.
- Mr. Makarand Parturkar discussed the Awareness and Acceptability of Millets across India.
- **Dr. Renuka** addressed 'ANEMIA MUKT BHARAT' and provided iron-rich millets through female farmers.
- Dr. J.P Devaraj highlighted the historical significance of millets in Asia and Africa.
- Ms. Sasirekha discussed millets' nutritional benefits, emphasizing their role in bone health and haemoglobin improvement.





Speakers addressing the audience

#### **Interactive Sessions:**

- Agatha Betsy facilitated an interactive session on millets and advised a healthier lifestyle.
- Ms. Naaznin Husein engaged in an interactive session, sharing insights on millets and their benefits.

Abiding by the aim and focus of the mega event, various activities like Recipe-making and Essay writing competition were organised and stalls were put up to display different types of millets and products made out of it.

Experiential Centres were organised by all departments:

#### • Department of Resource Management:

The experiential centre of the Department of Resource Management different types of millets and their products. They mentioned the climatic conditions and locations throughout India favorable for the growth of the types of millets.



Display of Millets



Display of Millet-based products

#### • Department of Human Developement:

The experiential centre the Department of Human Development focused on interactive gaming sessions that were millet based like hop-scotch and four corners.



Millet-based games

### • Department of Textiles and Fashion Designing:

The experiential centre for the Department of Textiles and Fashion Designing displayed a diverse variety of clothing made by the students using millets and their crops like jowar, bajra, ragi etc.



Garments by using millets



Posters exhibiting uses of millets in the textile industry.

### • Department of Media, Development and Development:

The experiential centre of the Department of Media, Communications and Development screened millet-based documentary named 'Down to earth'





Screening of Millet-based documentary

### • Department of Food, Nutrition & Dietetics:

The experiential centre of the Department of Food, Nutrition and Dietetics had a variety of different activities and games related to millets.



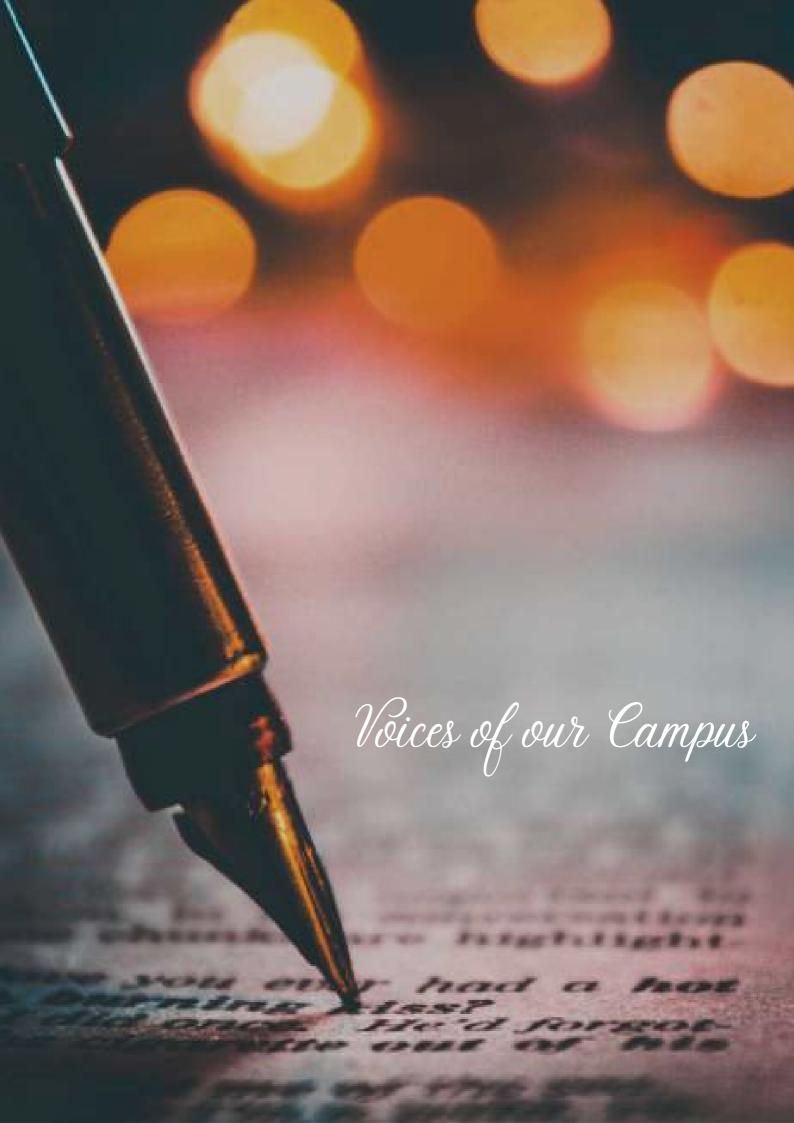
Display of various millets



Games to identify millets by using senses

• Participants and academecians from various universities across India presented posters and papers covering millets and their benefits. In all, there were 19 poster presentations and 7 paper presentations.

Mission Millets Awareness Programme concluded with valuable insights into millet's revival and its potential to address rising anemia and malnutrition. The speakers and panelists were thanked for skillfully spreading awareness and promoting the health benefits of millets among the young minds and the audience.







The term "foodie" is often associated with indulging in junk food, fast food, or unhealthy snacks. However, this might not necessarily be the case. Being a foodie implies that to have a passion for food, enjoy different cuisines, flavors, and dishes, and appreciate the art and science of cooking. I being one myself am also passionately pursuing my degree in Food Nutrition and Dietetics, where I'm being trained and qualified to advise people on their dietary needs, nutrition, and health. In fact, being a dietician only enhances my foodie experience, but also allows me to make informed and conscious choices about what to eat, how to eat, and when to eat. As a dietician and a foodie, I've learned that you can always have healthier options and still enjoy the culinary delights that the world has to offer.

One of the benefits of being a dietician and a foodie is that I can always have healthier options for any food craving and enjoy the food that I love. In fact, being a dietician actually enhances my foodie experience, as I get to learn more about the nutrient values of food items and turn them into amazing recipes. I'm more aware of what goes into my body and how it affects my health. I am able to make informed choices about the ingredients, portion sizes, and cooking methods of my meals. Additionally I have the understanding of balancing my diet by including a variety of food groups, such as fruits, vegetables, grains, protein, and dairy. Being a conscious eater does not mean that I have to give up my favorite foods, but rather that I can enjoy them in moderation and with some adjustments.

Being a dietician does not prevent me from eating out or trying new foods. I can still enjoy a panipuri or a pizza at a café, as long as I am smart about my choices. I can always opt for a thin crust pizza and I don't need to restrict myself from indulging in a pani-puri as long I'm having a half plate once in a while, instead of a full plate every day. I proclaim to choose water, lemonade, or fresh juice, instead of soda, alcohol, or sugary drinks as I know the long term consequences. Being a smart foodie helps me to have fun and also take care of my body.

If a person is craving for a burger, instead of going for a greasy and fatty one, they can opt for a lean meat patty, whole wheat bun, fresh lettuce, tomates onion, and low-fat cheese. This way, one can still enjoy the taste and texture of a burger, but with less calories, fat, sodium, and more protein, fiber, vitamins, etc. Basically making my soul as well as body happy. Similarly, if I'm craving for a dessert, instead of reaching for a sugary and processed one, I can make a homemade one with natural sweeteners, fruits, nuts, and dark chocolate.

As a baker as well as a home chef pursuing Dietetics, I still enjoy baking cakes, cookies, brownies, and other desserts, as long as I am mindful of the calories, fat, sugar, and salt content. I can easily use natural sweeteners, such as fruits, dates, or maple syrup, to reduce the amount of refined sugar in my baked goods making them a healthier alternative. I can undeniably add nuts, seeds, oats, or bran to increase the fiber and protein content of my desserts. I can experiment with different ingredients, try out new recipes, and create dishes that are not only delicious but also nutritious. It's an exciting journey that allows me to explore the world of food while also taking care of my health. Being a happy baker helps me satisfy my sweet tooth and along with providing some health benefits.

One of the most important aspects of being a conscious eater is understanding portion sizes. It's not just about what I eat, but also how much I eat. Portion control is a necessary aspect of being a conscious eater as well as enjoying food. It's about finding the balance between satisfying the taste buds and nourishing the body. Portion size is a vital factor in maintaining a healthy weight and preventing overeating. As a dietician, I know how to measure and estimate the appropriate amount of food for my body type, activity level, and goals. As a foodie, I can use this knowledge to enjoy a variety of foods without feeling guilty or deprived. Moreover, as a dietician, I know how to read and interpret the nutrition labels and the ingredients list of the food. As a foodie, I can use this knowledge to avoid or limit the foods that contain artificial colors, flavors, preservatives, trans fats, or added sugars. This way, I can still enjoy the natural and authentic flavors of the food, but without exposing myself to harmful chemicals or substances.

As a Foodie Dietician, I can turn any food item into an amazing recipe with the knowledge of nutrient values, making my food much more nutritional along with enjoying all the delicacies. As a dietician, I have a deep understanding of the nutrient values and the health benefits of different foods. Moreover as a foodie, I have a creative and adventurous spirit to experiment with different combinations, spices, and methods of cooking. Together, it gives me the capability of creating delicious and nutritious meals that are balanced, colorful, and satisfying food that is both good for the body and the soul.

It's like having the best of both worlds - I get to enjoy delicious food while also ensuring that my body gets the nutrients it needs.

Being a dietician does not stop me from being a foodie. In fact, it just makes me a better foodie, with healthy food choices, portion control, and ingredient awareness.

Being a foodie does not mean that one has to compromise on one's health or diet. In fact, it can make one a better dietician, with the perfect blend of passion for food, a curiosity for new cuisines, and an appreciation for the art and science of cooking. It is the best of both worlds and can make you a happier and healthier person and expand your knowledge and palate.

Being a dietician and a foodie is not a contradiction, but a complement. It is a way of living that celebrates food, health, and happiness.

So, here's to the foodie dietician - enjoying food, one healthy bite at a time!



Sara Sakarkute S.Y.B.Sc

Department of Food, Nutrition and Dietetics



# FOLLOWING OLD TRADITIONS TO AVOID MICROPLASTICS IN FOOD



We have forgotten the fundamentals of our culture, its customs, and its origins as a result of technological advancements and cultural influence from the West. Whether we are aware of it or not, every day we ingest microplastics, which have a myriad of negative effects on our health.

Microplastics are basically pieces of plastic, any kind of plastic, that can seriously harm your health.

Have you ever wondered why our ancestors lived longer?

The ways our ancestors used to store food in the past helped to keep our nutrition and the freshness of the food. Foods that were cooked and prepared freshly helped to preserve more amount of nutrients in the food.

• Did you know that the main way to consume microplastics is by drinking water?

Nearly all bottled water brands have been confirmed to contain microplastic particles. In the past, people kept water in mud or clay pots, which naturally cooled the water. Drinking water from clay pots is a popular option for hydration due to its large and well-established health advantages. The natural cooling qualities of earthenware pots contribute to the preservation of the water's pleasant temperature. Did you ever wonder why water bottle companies put expiring dates on water? We all know that water doesn't expire then what is the need?

It is simply because of its plastic packaging, these plastic particles slowly leach into the water and can cause many health problems. One should not use those bottles after it has crossed its expiring date. Stainless steel or copper bottles can be used in place of plastic ones. By sipping from its water bottle, one can consume more copper. This way may be helpful for people having mineral deficiency especially copper.

- Meal preparation and storage for a week has grown popular these days. Meals are prepared once
  and stored for a week. They frequently store their food in plastic containers and reheat it in the
  microwave, which increases the amount of microplastic that enters our regular diet and may
  eventually lead to cancer due to radioactives and micro-waves.
- While using Teflon coated pans caused many health problems, cooking meals on ironvessels from the past allowed iron particles to enter the food and prevented iron deficiencies Teflon is not the cause of the cancer risk associated with Teflon cookware. It has to do with perfluorooctanoic acid (PFOA), a synthetic chemical which is produced by humans and utilized in the Teflon production process.

Therefore it is said, It's not about what you consume, its also about how you consume it and in what do you eat in.

• These days, fruits and vegetables are frequently delivered to us already sliced, packaged, or prepeled and wrapped in plastic. Thesevegetables are cooked and eaten eventually absorb the Polymers. Over time, plastic particles will eventually come off of all plastic objects. Therefore, before consuming the meal, we should be cautious about how it is prepared. In olden days vegetables were sold fresh without being wrapped in plastics. Hence it is important to adhere to customs from the past can really benefit our health reducing our intake of microplastics.





Reha Jain S.Y.B.Sc



# "BURIED WITHIN THE BARE EARTH"



Growing, blooming, wilting, an eternal cycle we all are familiar with. The seasonal change strips us of the leaves as the trees whisper alongside the wind yet the only element that deems itself perpetual are the roots, our values, origins, and beliefs, cementing between our bones and the core of our being. As time passes, we become a reflection of them, only perceived by a fragment of our external leaves. The values and beliefs we carry become more evidently subsistent in everyone's existence. To connect to our roots, one must eradicate the desire to find inspiration from the future instead must obtain it by tracing back to its origin. In the society we live today, we often find ourselves lured by unattainable longings simultaneously ignoring the secure fundamental structure which was already laid down transforming us to not only bloom but develop and aspire. Humans are a species of habitat similar to the trees grounded into the bare earth, following the mundane pattern yet blind to the ground.

The entanglement of the roots further strengthens and binds us with our heritage and gains a sense of warmth unaffected by any challenges brought up. Flourishing can only materialize when our attention is solely devoted to adopting heritage as a source of wisdom and empowerment while allowing life to shape with intention and pride. Roots are the past, present and future which holds power for every individual to express without any limitations. Considering how progressively the world has started to become globalized, we must take steps towards recognizing the singularity of the culture. Staying in touch with our roots doesn't necessarily mean living in the past but instead navigating through it. If one were to ever annihilate the tree's roots, inevitably the foundation would crumble down.

For instance, in order to withstand storms and strong wind, the tabonuco trees would not only have their roots dug underground but also have roots intertwine with those of other tabonuco trees creating an underground network with other trees to provide nutrition and perenniality. How can a being grow, prosper, blossom, gain acceptance with their tradition, culture and ancestry without indulging into the roots.

Medhya Bagwe
F.Y.B.Sc
Department of Textiles & Fashion Designing





# SUSTAINABLE FASHION



The way one follows fashion can be changed for a better future.

Fashion brings colour, style & identity into the world, giving the people a sense of joy to wear something that makes us feel confident, comfortable & loved. It is the armour to survive the reality of everyday routine life. Which is why fashion is one of the largest industries in the world.

It isn't bad to be a follower of fashion but the way one uses it can be changed for the better. You can use methods like Buy Less and Buy Better, take care of your clothes, buying clothes from Eco-mined brands.

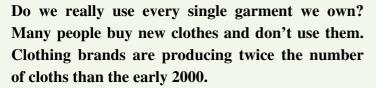


People are constantly buying new clothes. New trends keep coming & going. A new collection is seen every season Fast fashion, ready-to-wear are being made in tonnes & millions every year.



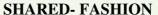
**DONATING** 

We can donate our clothes to various NGOs, Orphanages, Social services and old age homes where people who need them can get access to them. This will give them joy and happiness getting new clothes. We ourselves feel a sense of compassion and happy giving others joy.



About 93 million tonnes of clothes go to land fills & are burned every year, which churns out CO2, greenhouse gases, etc. According to World Wide Fund for Nature 20.000 liters of water is used to make only 1 kilo of cotton. Polyester can shred 70.000 microplastic fibers with every wash ends up

in the ocean, then in the fish via in our food.



Buying less clothes and sharing them with our sibling/ relative/ friends is another way to reduce the increase in production of a garment.



It is the best way to wear a new outfit without having to spend. There are online website like "sharemybag" where one can borrow & return clothes for a minimal sum.

#### **UPCYCLED CLOTHES**

Upcycled fashion is where we can use unwanted clothes & textile to make new garments. We can remake it by doing patchwork, painting on garment, transforming garment into new clothes or by embroidering on them, DIY YouTube video give interesting ideas on how to create upcycled clothes.





#### **FABRIC TO FABRIC**

Here old garments are shred into fibers, turned into yarns and later new fabric. H&M uses this method.

#### SUSTAINABLE FASHION

This method is used by Stella McCartney in her new project called "Stella McCartney cares green". Where viscose rayon is taken from sustainable forest to make new garment. (to obtain viscose rayon about 150 million trees are cut per year.



#### PLASTIC TO FABRIC

1 t-shirt of fabric can be made with 8 plastic bottles. The plastic is melted then made into yarns, then turned into fibers. 70 shirts per role-560 plastic bottles. This method is used by sand cloud. The industry is aware of the enormous garbage that is a burden to the society. Thus, making fashion more sustainable to pave the way for a more environmentally friendly and socially conscious future. We ourselves can work towards sustainability by buying less clothes but buying better clothes that will last a longer period of time.

#### **THRIFTING**

The new-second-hand-fashion. Where people buy garments from thrifted stores, garage sale, flea market or online website. It is where clothes are rejected by brands, preowned, recycled or upcycled are sold. We can buy clothes from thrifted stores or sell garments at various online websites as thrifted clothes (example. Depop, Instagram, etc.) The fashion industry itself is using new & innovative methods to reduce environmental pollution.

Elina Pereira S.Y.B.Sc

Department of Textiles & Fashion Designing

'Deciding what to wear is a
daily personality test –
a subtle mix of comfort, style,
and the laundry cycle.'





I know I'm 19, and this is just the beginning of 'life'. But aren't those past 19 years no contribution to what makes me ME? Yes, like all "grown ups" right now, I wish to go back to being a little kid too. But is childhood and being a kid all about the age?

I'd happily smile across my face when I see a giant-wheel in the summer fair of our town,

Jump in excitement when someone brings me a cute fluffy soft-toy,

Stare with glitter in my eyes at the arrangements of candies and toffies and lollipops in a fancy sweet shop, Run my tongue over my lips with a 'hihihi' in my head while looking at a delicious-seeming dish, Look with awe at the magician performing magic tricks with his four-legged friends at a circus, Pull the corner of my lips down infront of mumma so I can go dance in the heavy rain outside, Ask stupid questions like 'How does the mansion automatically catch fire in Om Shanti Om?' Wish for a 'balloon and confetti' type birthday celebration with loads of gift-wrapped presents, Hope for the boring guests to open their wallet and pull out a 500 wali note while they're leaving, Smile with joy when my grandparents come over because mumma and papa will now have to listen to their parents, Look for a rainbow in the sky after a shower of rain with hope-filled eyes, Cry over a lost pencil or a torn sock or worse, a new one,

Laugh out loud on a joke I never understand, just because others around me are laughing,

Wear heels and hold mumma's fancy handbag to walk with style, trying to feel the vibe that girls in the movies do, Get a dupatta over my head and act like a newly married shy girl, talking softly to her in-laws, Run over to a swing in the park, sit on it and swing like the most happiest person in the world.

There are many things that resemble 'childhood', but aren't those things synonymous to 'fun' and 'joy' even if you're not a child? Is childhood really limited to a certain age? I don't need to be a child to do all these things!

Do you?



Sarvesha Sawant F.Y.B.Sc Department of Food, Nutrition and Dietetics

# **GO GREEN - THINK GREEN - BREATHE CLEAN!**

World Environment Day is celebrated on June 5th every year to address the environmental problems the world is facing at present and spread awareness about the need to protect our environment. Every small baby steps would matter on our environmental risk.

As we all know how important it is to save and to protect our mother earth from all kinds of pollutions and other harmful activities. It is the need of the hour. Large portion of the environment is degrading due to pollutions and huge percentage of CO2 emittence into the atmosphere. So the biggest challenge is to save the earth from all sorts of unhealthy and harmful activities that take place in every field and to bring down the carbon footprints. To achieve this, one should adopt the following methods:

- 1. Recycle the waste materials.
- 2. Reduce the amount of use.
- 3. Love towards Nature.
- 4. Go Green!
- 5. Save Water.
- 6. Reuse the materials.

Due to the scarcity of natural resources various environment activists appeal to save these natural resources. Individual efforts are the first initiative to save the environment.

Go Green, Save the Earth!

Ar. Uday B.Govalkar
Assistant Professor,
Department of Resource Management





# STEPS TO KARGIL DISTRICT



The Union Territory of Ladakh comprises of two districts: Leh and Kargil. Kargil District headquarter is at Kargil Town [8,779 feet above sea level]. There is no civil airport in Kargil District. Tourists have to travel by road from Srinagar or Leh airport to reach Kargil Town. The third road has opened from Manali [Himachal Pradesh]; however, adventurous tourists can enjoy the same. Kargil District is rich in natural beauty and human heritage sites; I hereby share a few.

- 1. Holy Lake has Buddha idol near the middle; it is located in Zanskar Valley which is mainly populated with people belonging to Buddhist faith.
- 2. An Imambada is located in Trespone village, Suru Valley. Sunni Muslims form nearly 100% of Suru Valley.
- 3. Reflection of mountain into water is mesmerizing! The photograph was shot while travelling from Rangdum to Trespone.
- 4. Zangla Palace is an abandoned old palace in ruins. It is near Padum village of Zanskar Valley.
- 5. Zongkhul Monastery lies in Stod Valley 30 km North West of Padum.
- 6. Beautiful flowers grow in the wild at high altitude during summer.
- 7. Hunderman is an abandoned village near LOC [Line Of Control] with Pakistan. The village has been converted into an open museum.
- 8. Munshi Aziz Bhat Museum [located in Kargil Town] exhibits relics of the silk route. The silk route fell into disuse after partition of our country.
- 9. Shergol Monastery is a cave monastery known for its unique location in the mountain.
- 10. Buddha statue at Kartse Village in Suru Valley is one of such three Buddha statues in Ladakh.
- 11. Drang-Drung Glacier is unique as lies besides a motorable road while travelling from Rangdum to Padum.
- 12. Penzi La is the highest point [14,000 feet above sea level] on Kargil Padum road.
- 13. Government had built a shelter cum observation point near Statso or Langtso Lake on Kargil Padum road.
- 14. Kargil War Memorial and Museum is located at Drass Village near Kargil Town.
- 15. Crossing river over pedestrian suspension bridge is a unique experience.

Dr. Sachin Vaidya Librarian



Reflection of mountain into water



Drang Drung Glacier

# **BACK TO MY ROOTS**

I was back where I started after a year of mind-blowing experiences, traveling from the northern continent to the southern hemisphere. My delightful voyage was greeted with a painted sky and a beaming sun. Nature shined through my window, and towns appeared miniature through the white dust of the clouds rising, with the patterns emerging, and the turquoise stream laid in leisurely loops among the emerald, monstrous forest. From a steady flight to firm ground, I arrived at the airport. Suddenly, my nervous system sparked anxiousness throughout my body. And as I stepped down from the airplane, the wind of Mumbai recognized me!

Shortly, I boarded an available taxi, and the driver's kind smile increased my comfort level. As the taxi started, the red overcast sky and trees swayed with the humming winds, creating an enchanted scene. It was visually pleasing to scroll along the fragile glass and witness the sun sleep, with a touch of darkness pervading over when the street lights switched on, turning the road orange in color. Here, everything except the season has changed.

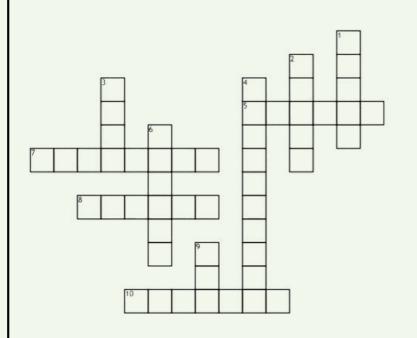
While the roads became more familiar, vivid memories took me back to when I was 15, with a similar view of being stuck in a gridlock of cars, the hustling and busy surroundings, and those long waits for the green light. Oh, my goodness, how quickly time has passed!

The butterflies began to tickle my tummy as I reached closer to my destination. After departing the taxi, the same decade-old buildings were patrolled by dogs, few people drove along that little street, ladies gossiped and laughed beside their buildings, and exhausted individuals returned home in the hope of rest. Soon, I walked up to the elevator to finally reach somewhere where my heart is always a child seeking affection from everyone in my "Sweet Home"!

Across: 5. Take a

Adeity Kumbhargaonkar S.Y.B.Sc Department of Food, Nutrition & Dietetics

before a test to relax.



7. Using	can help reinforce concepts.
	estions you know first.
	se to keep track of assignment, te
and project due dates	?
Down:	
1. Note-taking is inef	fective if you don't clearly
2. You should get ple	nty of before a test.
3.You should	pages if you are looking
for a general idea.	
4	words to make note take faster.
6. Read	_ if you are looking for details.
9. Take time out to ha	avewhen studying for a
test	



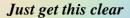
## **PAINT YOUR OWN SKY!**

When the autumn of life shed the leaves of delight, permitting the shadow of darkness to slip in, It literally offers an occasion to refine the spark that dwells deep within.

Everything would seem settled if observed from the shore, One could barely notice the disaster dwelling in one's core.

Do not allow yourself to droop, the sun is on its way Hold the vision to notice the dawn of a new day.

The inflowing tide would mold you to a remarkable bay Trust the process, because things would be okay.



The sky may be cloudy but the sky is never the clouds,

Grant your optimism to wear heavy boots and speak out loud.

So beneath the canvas of time, gather the courage to craft your own art, Each day a masterpiece, a work of the heart.

In this grand celebration, for your dreams to reach so high With colors of passion, paint your own sky.

Khushi Bandodkar T.Y.B.Sc Department of Food, Nutrition & Dietetics



# **CELESTIAL BONDS**

The universe wove a person from constellations, Filled with stardust that sparkles in the dusky skies.

Every day I see you,
There is a feeling of cheerfulness.
As you care for my soul and heart,
As well as understand my abstract art.

You are a person,
Who loves nature as I do,
Also, you make me stand out in this rival crew.

You follow me everywhere like a shadow, But only seen in the mirrors. Every day shows me that I glow, And making myself love to grow!

Adeity Kumbhargaonkar S.Y.B.Sc Department of Food, Nutrition & Dietetics

## I'LL NEVER LOSE MY IMAGINATION

Such lethal, destructive, wild and savage weapon we inherently wield,

yet my heart still aches for it,

to fill the emptiness inside,

create something so deeply,

I let it absolutely consume me, devour me,

thus far i dont reckon, I'll be able to remove or eradicate it from the depths of me,

for that would be a mockery of my entire existence.

Medhya Bagwe F.Y.B.Sc

Department of Textile & Fashion Designing

## REALITY

It was the harsh chills of the freezing night,

Pulling her to the realm, depriving her of the warmth provided by sorrows.

Her eyes dried and devoid of moist,

Proving its innocence through the crinkles beside sooty long lashes.

She was surrounded with no one in sight,

The felt sated though empty from inside,

The void in her heart disturbed her the most.

She felt the comfort of the clouds supporting her soul like a motherly embrace.

As she soared above, she saw her tortured body, beaten by poverty.

The only lights were from the rich and sophisticated stars,

All trying to fight for the brightest position to shine at her feet.



Lamiya Tinwala T.Y.B.Sc

Department of Human Developement

# FLOWERS ARE SOMETHING FOREIGN (INBRED)

I weep like I'm old,

I feel like I've seen it all.

It's time I should become friends with the sky,

These voices that keep intensifying each day and night.

Brings me to my knees sometimes,

My friends are those walls that have no ears.

I'm the air that's not clear,

Intoxicating is my presence for them.

I'm the doll that was made by the doll maker,

In hopes to be loved but only ended up being hated.

What a shame,

It's the knife to the chest each day.

So now I keep my heart gated.



Aakansha Gupta S.Y.B.Sc

Department of Textiles & Fashion Designing

# **WHIMSICAL DREAMS:**

## A PORTRAIT OF BEAUTY AND INNOCENCE

When the war is over, the butterflies will still be beautiful," her favorite author would write.

And she would smile every time she read it.

She... she was adorable with two little ponytails.

Huh! More like small coconut trees on her tiny head.

Her eyes, beautiful... they carried her dreams as big as the sun or the moon.

Oh! Her smile... it had the perfect curve and the power to bring the dead to life.

She was pretty in her own way; her beauty undefined. She ran behind squirrels and butterflies.

And watched the sparrows fly. She used to feed the dogs in the hope that their barking would stop.

She looked at her dad with the thought of a superhero, the one that protects in need, the one that cares in grief. And she gazed at her mom... she thought of her as a fairy, the most beautiful one that made the world pretty.

But she hoped she had an elder brother, the one who stupidly fights, because he would have been there for her for the rest of her life. Also, she dreamt of a boy, handsome, tall, dusky, his hair curly, and eyes blue... the ones she can stare into.

Imagined herself in a white gown and maybe someday with a son too. She counted the stars and talked to the moon. She would smell the flowers and dance in the sun too.

She was careless or maybe carefree. She was innocent and a little crazy.

She would sleep at night counting the sheep, with no fears...with no screams.

She would wake up to the morning sun, to find the world as pretty as it could be!

Mrunmayee Surve

S.Y.B.Sc

Department of Food, Nutrition & Dietetics

# **SOLITUDE BY THE SHORE**

Leaving the pain on the shoreline, And brightened up the day with sunshine. Running barefoot through sand, Having a day which is unplanned.

The clear, turquoise water touches my feet, Enjoying with waves as they meet. Gradually, water becomes flat as a bed, I lie on it like the dead.

A fish passes from the side which is red, "PLEASE EXCUSE ME," she said.
Watching the sky with the white clouds move across, Silence is there all around.

Sitting lonely on the beach,
Where everyone can reach.
Enjoying all alone, As the baked sand is blown.
Just clicking photos with palm trees,
As there is no one to join me.



Adeity Kumbhargaonkar S.Y.B.Sc Department of Food, Nutrition & Dietetics

## ZINDAGI

Zindagi main kabhi problems ko bulaate nahi.

Lekin tab bhi bin bulaye mehmaan ki tarah aa hi jaati hai.

Kitni bhi suljha lo, tab bhi kuch sulajhni reh hi jaati hai.

Zindagi ka sach hai ki.

Ham bacche kitna bhi padhle, chaahe topper ho backbencher,

Exam ke ek din pehle zindagi sabko hi rulati hai.

Yeh zindagi hai janaab,

Kabhi pyaar mein dhoka karvati hain, toh kabhi kisi ka roka karvati hai.

Kabhi khushi se naachne pe majboor karti hai, toh kabhi gham mein rula deti hai.

Aur yahi zindagi ka usool hai, zindagi sach se waakif karvaati hai,

Aur har cheez se kuch sikha jaati hai.

Zindagi ka safar hai, yeh kaisa safar hai?

Koi milta hai toh koi bichad jata hai, kuch log dil mein bas jaate hai.

Aur kuch yaadon mai hi reh jaate hai.

Ham aksar jinhe dil dete hai wahi hamara dil todte hai, lekin tab bhi hum uss insaan se bichadne ke baad bhi uske hi gham mai ghum ho jaate hain.

Unse hi phirse rishta jodne mein vyast ho jaate hain.

Jo sahi mein aapse pyaar karte hai,

Unhe toh hum bhool hi jaate hai.

Isliye Lata Mangeshkar ji ne bhi kaha tha,

Ki mubarak tumhe ke tum kisi ke noor ban gaye, kisi ke itne paas ho ki sabse durr ho gaye.

Aur jab koi insaan hamse bichadta hai, tab dil ek hi sawaal puchta hai,

Ki kuch pal ki khushi dekar Zindagi rulati kyu hai?

Jo lakeeron mein nahi hote qismat unse milati kyu hai?

Lekin mujhe hamesha khayaal aata hai ki,

Logo ne hamare zamaane bhar ki baatein toh keh di.

Lekin jo baate kehni chahiye thi voh toh reh hi gayi.

Ki zindagi badalne ke liye ladhna padta hai,

Aur aasan karne ke liye samajhna padta hai.

Har mushkil se guzar jaana seekho,

Gham hazaar milenge,

Tum muskuraana seekho.

Dhwani Malkan F.Y.B.Sc

Department of Food, Nutrition & Dietetics

Adulting is just a series of googling how to do things you thought you'd learn automatically.

# WE'LL ILLUMINATE THIS WORLD, YOU AND I

In the night's velvet sky a crescent smile floats, commencing a narrative conversation sharing anecdotes.

#### IT SAYS

Be like the moon, a gentle guiding light, Inspiring others, even in the darkest possible night. Even when your own light may be far from full and bright, You can still choose to light up someone else's plight.

#### IT ASSERTS

Silence the inner turmoil and the ongoing mind fight,

For even the moon doesn't apologize for being different every night.

Giving rebirth to the overshadowed inner eternal drive,

Just embrace your uniqueness in this journey called life.

#### **IT DECLARES**

There's no comparison

Just like the sun shimmers bright in the day's embrace,
The moon turns up in the night's tranquil space.

Both at their desired time, radiate with grace,
So shall you, for that just set your own pace.

#### IT STATES

Your imperfections are beautiful, just like the moon's craters, Each scar having a unique tale and subsequent lesson to cater I know you want to be the sun to conquer the utmost power, But why not be the moon to shine on someone's darkest hour?

#### IT APPRECIATES

Just as you, Indians, ventured to the lunar crest,
With science and ambition, Chandrayaan mission leveled up to its best.
Similarly, dear humans, in your hearts, let love bloom and grow,
Embrace the gentleness the moon offers, and allow the same compassion to flow.

### IT SAYS

Looking at the moon's grace even the ocean holds up a mirror, Reflecting its phenomenal charm far and near.

So, in this life journey of ever-changing scheme,
Give your best, to seek your deepest dream,
Touched by your efforts, possibly even the universe shall find.
A similar mirror to your success, brilliantly aligned.

#### **FINALLY**

Just as the the moon gracefully adapt to each festival's night, You too shall bend and sway with flexibility and delight, For like the moon in the vast, pitch dark sky, We'll illuminate this world, you and I.





Khushi Bandodkar T.Y.B.Sc

Department of Food, Nutrition & Dietetics

# वेदना

रोजच्याच मनावर होणाऱ्या बलात्काराचं काय गं आई, अगं ये विसर आता. किती दिवस बघत बसणार आहेस, त्याच त्या youtube वरील तुझ्यावर झालेल्या अत्याचाराचा मीडियाने केलेला पसारा... पोरी, वर्ष झालीत त्या घटनेला...किती दिवस हे गोड गाल खारट करशील....?

आई आठवतंय का तुला, आज कोणती तारीख आहे ते? आई मी माझा birthday विसरीन कदाचीत पण ही तारीख मुळीच नाही आई.... आई, मी तुझ्यासमोर सुद्धा कपडे चेंज करायला लाजायची आठवते का तुला ? त्या रात्री झालेल्या प्रकारानंतर मिडियाने मला संपूर्ण जगासमोर नग्न केले ग......

आज २८ वर्षाची आहे मी..... बाबांना बघतेय मी, गेल्या दोन वर्षापासून माझ्या लग्नासाठी नातेवाईकांच्या घराच्या येरझाऱ्या मारताना पण काही उपयोग नाही, त्यांचा एकही मुलगा तयार होत नाहीये लग्नासाठी का तर माझा बलात्कार झाला म्हणूनच ना.....? का तर बलात्काराची बातमी होते म्हणून....?

हिच ती हजारो-लाखोची जनता ना गं जी माझ्यासाठी मेणबत्या घेऊन बलात्काराचा निषेध नोंदवत माझ्यासाठी रस्त्यावर उतरली होती हिच ती जनता ना का जिने मोर्चे काढले होते आई, याच जनतेपैकी एक पण तरुण हातात मेणबत्तीच्या जागी वरमाळा घेऊन माझ्यासाठी चौरंगावर उभा नं व्हावा हि केवढी शोकांतिका......

आई, शरीरावर एकदाच बलात्कार झाला ग पण याच जनतेकडून रोजच मनावर बलात्कार होतोय, त्याच काय ग आई आणि तू म्हणतेय विसर....

माझ्या मते आजही स्त्री वर बलात्कार होतोय, कधी थांबणार हे सगळं, कधी स्त्री स्वतंत्र होईल , कधी बदलेल लोकांची मानसिकता? काही पुरुषांची मानसिकता बघा ना मुलगी झाली तर नकोच.....

तिला एक तर कचऱ्याच्या पेटीत फेकून देतात, किंवा जन्माला यायच्या अगोदरच मारून टाकतात.

जेवढ लिहिलं तेवढ कमीच आहे. म्हणून विचार बदला.

Sailee Pednekar
F.Y.B.Sc
Department of Food, Nutrition & Dietetics

# CHAAND

Adhyapak ne ek sawaal kiya 'Bachpan mein kya karna pasand tha? Kya koi cheeze ya koi jagha? Jo tumhe dekhna bohot zyada pasand tha?' Toh maine haath uthate hue kaha,

Jab main chhoti thi

Toh gaon jaane ki jaldi hoti thi.

Puri raat baith ke Chaand ko dekhti rahu, Bas yahi khwahish hoti thi.

Ab dekho ho sakta hai agar mahila hai toh Chand ko dekh ke vrat jaldi se todna hain, Vaigyaniko ko chaand pe kya hai jald se jald khojna hain.

Agar koi premi hai toh shayad, shayad

Chaand ko dekh ke pehle pyaar ka izhaar karna hain,

Lekin mujhe toh Chaand ko dekh ke sirf sukoon hi milta hain. Jab raat ko neend nahi aati, Toh Chaand ko dekh kar poore din ki kahaani yaad aati.

Bas Chaand ko dekh ke yahi sochti hun ki aane wala samay kaisa hoga? Kya sach mein badlegi qismat meri, Kya sach mein aisa hoga?

Chaand ne kaha yaar insaan tu kitna pareshan hain! Mujhe toh dekh mai kabhi chhota kabhi bada kabhi aadha kabhi poora hun, phir bhi kisi se kabhi koi shikayat nahi karta hun.

Woh yeh keheta,

Mera bhi ek din aata hai jaha main kisi ko nahi dikhta hun, Toh kya iska matlab main logo ke dimaag se nikal jata hu? Nahi na!

Toh agar kabhi

Raaton ko neend jalaakar, Dil aur Jaan sab lagaakar jab chamakta nahi Qismat ka koi sitara,

Toh khud ko yaad dilana ki kami tum mein nahi hai bas waqt tumhara nahi hain. (aisa lagta hai ki chaand mujhse sirf ek hi cheeze keh raha hai)

Dost yaad rakhna

Zindagi kabhi afsos ke lamhein toh kabhi sukoon ke pal degi. Iss waqt ki zindagi ko jee bhar ke jee lo,

Kyunki kuch hi der mein waqt sab badal dega.

Tumhari kahani mein bhi aisa kuch tha na, socho zara.

Mujhe pata hain,

Muje pata hai ki tumhari soch ki geherai mein kitna paani hain.

Yeh kissa mera hai magar isme tumhari bhi kahani hain.

Dhwani Malkan F.Y.B.Sc Department of Food, Nutrition & Dietetics

## FOREST OF BEWILDERING BEAUTY

The astonishing and bewitching beauty that she holds within isn't gone,

but just suppressed,

All her days, she remains depressed.

They say it will only get better,

but it just feels like never,

For her, poetries, rain, coffee, doodles, and music are the answer, Something so admirable about it yet sad, for it's like cancer.

It's the loneliness she likes in the moon and the bitterness in coffee, which describes her soul and life,

The pen in her hands feels like a knife.

It'll cut her deep but bring her peace,

Somehow it feels like a simple kiss.







# THE WORDS OF THE WIND

And on a random day, at a random street, The sun shone bright while I looked at my feet, Scorching in the heat, soul dancing on the beat, Of a song unsung by the horns of the fleet. Cats meowing around, dogs woofing high, I keep walking ahead as a kid waves 'bye'! Oh so enthusiastic, but a tired soul at 5 would just return with a smile, symbolising a lie. 'Oh cheer up, you!' says the gust of the air, Am I daydreaming? Who did I just hear? 'Yes you! Gloomy girl!' It said to me, And ran relays around, singing a 'wheeee' Ah! It tickled my ear and I giggled and I dared, To fill in the gloom with a colourful flare of amazement and awe that the wind just caused, Speaking words, as if a magic spell was cast, To lighten up my day with the laughter I tossed onto an old lady who otherwise seemed lost. And we walked together, laughing boredom out loud, Adding life to the grey with a fluffy little cloud. Careless of the world, shared memories aloud, A teen and an oldie, tired feet walking proud.

Sarvesha Sawant
F.Y.B.Sc
Department of Food, Nutrition & Dietetics

## **WOMEN EMPOWERMENT**

Pata hai hamare bharat desh ko toh azadi mil chuki hain,

lekin tab bhi hamare desh mein kuch mahilao ko abhi azadi nahi mili.

Kisi ko apne sapne poore karne ki azadi, toh kisi ko ghar se nikalne ki azadi, kyu ki aaj bhi,

'Justice for women' ke naare rasto par zor zor se goonjte hain, lekin jab madad karne ki baari aati hai toh vahi insaan muh mod lete hai.

Media ke peeche baith kar taraha taraha ki baate banti hain, jab puchte hai yeh kyu hua, toh society hume hi doshi kehti hai.

Kyunki inhe tumhare chote kapdo se dikkat hai bohot badi,

Ab inhe kon samjhaye jaise baaki bachi ladkiya suit salwaar mein safe khadi!

Kisi ne majboori mein apne kapde tyaage, toh kisi ne apne sapne.

Ek mahila apno ke sapne poore karte karte itni vyast ho jaati hai,

ki apne aur apno ke sapno mai pharakh hi bhul jaati hai.

Apne baache aur pati ke sapno ko toh aage badhati hai,

Lekin phir apne hi sapno ko kyu peeche chod aati hai?

Toh mujhe logo se kehna hai ki aaj nari ki aavaaz buland hai,

Unka haq, unka adhikar sab unko vaapis dilaye, chalo milkar, inhe jeetayein.

Naari shakti ko samjho, unhe ujwal bhavishya ka rasta dikhao,

Unke sapno ko pankh do, Unhe azadi ka ehsaas dilao.

Roke na koi use, uski raahein hai voh khud banati,

Sapno ki uchaiyo pe usne nayi manzil hamesha hai paayi.

Ghar mein voh hain, kaam mein voh hai,

Har kshetra mai toh vahi hai rajkumari.

Himmat se ladti, sangaarsh se dhakti hai,

Nari Shakti hi hai jo sabko prerit karti hai!



Dhwani Malkan F.Y.B.Sc

Department of Food, Nutrition & Dietetics

## **GIRLHOOD**

Untamed rage lurks behind my flesh, and to define oneself with it, Is akin to setting the live soul on fire with the truth.

The bruised nail scars on my palm, Cutting through the multitude layers of my skin.

Lustful eyes penetrating the soul, Their hunger-filled eyes feasting, Maybe they saw glimpses of god within me, Or maybe I was just a girl.





Medhya Bagwe F.Y.B.Sc Department of Textile & Fashion Designing

# **AKELI HU, ADHURI NAHI**

# the future is FEMALE

#### TO ALL THE YOUNG LADIES!

We are often bombarded with this super confusing idea of a dream house, That abandons us of your self-made identity, leaving behind a title of someone's petty spouse If that is so then kindly make a note,

"Ghunghat Pehan Sakti Hoon toh Miss Universe ka Taj bhi." Aur uske liye toh mujhe ghar chhodhna bhi jaroori nahi" Akeli Hoon, Adhuri Nahi.

#### **DEAR SOCIETY!**

If my fertility hits your priority list,

Why does my sexuality defame you and why does not the same dignity persist?

"Mano ek Aurat Ki Pehchan bas sab ki parchhayi bankar rehne mein ho,

Hausla Jutakar lead banne mein nahi"

Par ab bas!

'She the people' ka yeh zamana hai.

Dhol Nagade Se badhkar buland yeh awaaz hai,

Toh Kya Hua agar Ghar basana Meri priority Nahi.

Akeli Hoon, Adhuri Nahi.

#### **DEAR RELATIVES!**

The invite card for my wedding will surely knock your house door,
When it will be for the right reason i.e love, compatibility, respect and nothing more.
Toh maa papa say wedding dates ab pucho nahi,
believe or not settling down for me is never to settle down.

Kyun ki mein Akeli Hoon, Adhuri Nahi.

I am neither brittle nor fragile and of course not your fancy showpiece,

I'm surely not a 24\*7 handy robot stating "Yes sir! Always at Service."

Lekin agar Khuli Aankh Se Khwaab Dekhna Galat Nahi,

To unhe pura karne se mai kyun daru?

Apni Kahani me big shot banne ke liye kisi Mr. ka Intezaar mai kyun Karu?

Toh kya hua society mere views se raazi nahi

Haan Main Akeli Hoon, Magar Adhuri Nahi.

Khushi Bandodkar T.Y.B.Sc

Department of Food, Nutrition & Dietetics

I am something that multiples when shared but diminishes when kept to oneself. What am I?

Ans: Happiness





# भारतीय संस्कृति की झलक

बात जो बतानी है, हजार वर्ष परुानी है। विलुप्त हो रही ये संस्कृति जो आर्यावर्त (भारत) की कहानी है।

भारतीय संस्कृति से रूबरू कराना है। एक बार फिर सभ्यता का बीज दिलों में उगाना है। क्यों भूल रहे तुम महान वीरों के बलिदान को? क्यों नष्ट कर रहे वेदों के ज्ञान को? वेदों के ज्ञान को लाना है। भारतीय संस्कृति को बचाना है।



जैसे नमस्कार करना भारतीय होने का प्रमाण है, अतिथि का स्वागत यहाँ की पहचान है। रिषियों के तप से ये धरती बनी महान। जहाँ रामायण द्वारा मिला धर्म का ज्ञान। अथवा महाभारत ने जन्म दिया कर्म एवं गीता का ज्ञान।

स्त्रियों का सम्मान करना, यह आर्यावर्त के पुरुषों का गहना है। साड़ी, काजल, शर्म, यह स्त्रियों का गहना है। इस प्यारी संस्कृति को बचाना है। आर्यावर्त में संस्कृत की बोली को एक बार लाना है।

> भाईचारा जहाँ की शान हो, हर धर्म को मिलता जहाँ पूरा सम्मान हो, वह देख गुलामी से आज़ाद कैसे न होता? जहाँ हर धर्म ने मिलकर दिया एकता का प्रमाण न हो।

सभ्यता की सीढ़ी पर चढ़ाना है। आनेवाली पीढ़ी को इन सब बातों से अवगत कराना है। ताकि भारत का हो पूरे विश्व में नाम। हर घर में गूँजे संस्कृति का सम्मान।

> अनेक लिपियों का ज्ञान है। चित्रकला भी बेमिसाल है। काव्य, संगीत और कवियों का भंडार। वही मेरा भारत देश महान। वही मेरा भारत देश महान।

Shallu Pandey
F.Y.B.Sc
Department of Food, Nutrition & Dietetics





#### SALIENT ACHIEVEMENTS

OF

#### DR. JAGMEET MADAN

#### In the Academic Year 2022-2023

Principal of Sir Vithaldas Thackersey College of Home Science Empowered Autonomous S.N.D.T Women's University

#### **International Projects:**

- 'Effects of Almond Consumption on Quality of Sleep in Adults:

   A Randomized Controlled Trial', Almond Board of California
   Research Grant, Co-Principal Investigator; 2022-2024 Ongoing.
- 'Effect of Almond Supplementation on Mild to Moderate Acne Vulgaris in community living population in India', Almond Board of California Research Grant, Co-Principal Investigator; 2022-2024 Ongoing.



#### **International Paper Presentation and Invited Speaker:**

- Invited Speaker 8th Asian Congress of Dietetics, ACD 2022, held in Yokohma, Japan, August 19-21, 2022. Title of the talk Use of Information Communication and Technology, Artificial Intelligence by Nutritionists of 21st Century- An Indian Perspective.
- Delivered a Poster Presentation in 8th Asian Congress of Dietetics, ACD 2022, held in Yokohma, Japan, August 19-21, 2022. Title of the paper: Total carbohydrate, fibre and free sugar intake and it's association with blood glucose and insulin levels in adolescents (16-20 years) and young adults (21-25 years) in Mumbai, India.
- Poster Presentation in **22nd International Congress of Nutrition (22nd IUNS-ICN) held in Tokyo, Japan,** December 6th to 12th, 2022. Title of the paper: **Hyperinsulinemia An Early marker to detect risk of metabolic dysfunction and prediabetes in adolescents and young adults in India.**

#### **National Conference – Invited Speaker:**

- Invited speaker in the 10th Ahuja Bajaj Symposium on Recent Concepts in Diabetes and Nutrition on 20th November, 2022, New Delhi. Title of the talk: Ultra Processed Foods and their Health effects.
- Expert faculty in the National Conference on "Mission Millets Mainstreaming Millets for a Smart and Sustainable Tommorrow on February 24th, 25th 2023.
- Attended Training in National conference (online) on NEP 2020 **Simplified: Pathways to EdTech Implementation** in collaboration with Central Institute of Education Technology (CIET), NCERT, New Delhi.
- Attended Training on NEP organized by Maharashtra Department of Higher and Technical Education on 11th March, 2022.

#### **Faculty Development Program (one week):**

• Leadership Development Program - Building Academic Leaders for 21st Century Higher Education – 14th April to 20th April 2022 organized by Guru Angad Dev Teaching Learning Centre under the Pandit Madan Mohan Malviya National Mission on Teachers and Teaching (PMMMNMTT) of Ministry of Education, SGTB Khalsa College, University of Delhi.

#### **Individual Achievements:**

- 'Elected as a Principal (Open Category) as a Senate Member under Section 28(2)(0) of the Maharashtra Public Universities Act, 2016.
- Nominated as an **Expert Committee Member of Front of Pack Labelling (FOPL), FSSAI**, Ministry of Health and Family Welfare, Government of India.
- Letter of appreciation from Honorable Vice Chancellor for contribution as chairperson Hospitality Committee (Food Arrangements) during the NAAC Peer Team visit April 17-19, 2023.
- Nominated as an SNDTWU **representative for the G20; W20 inception meeting** on 27-28th February 2023 in Aurangabad.
- Hosted a National Conference as a part of W20 on behalf of SNDTWU on Mission.
- Millets: Mainstreaming Millets for a Smart and Sustainable Tomorrow on February 24th, 25th 2023.
- Nominated as a **Member of the Executive Body of Trust** as per Section 18(1) of the SNDT Women's University Act, 1949.

#### **Publications:**

- Hyperinsulinemia: an early biomarker of metabolic dysfunction; Rama vaidya, Sharvari desai, Panchali Moitra, Shery Salis, Jagmeet Madan et al (2023); Front. Clin. Diabetes Healthc. 02 May 2023, Sec. Diabetes, Lifestyle and Metabolic Syndrome; Volume 4 2023.
- Medical Nutrition Therapy for Management of COVID 19 for Adults Compiled Guidelines by the Indian Dietetic Association (2019-2022); Jagmeet Madan et al (2022); The Indian Practitioner, volume 75, no, July 2022.
- A stepwise Approach to Prescribe Dietary Advice for Management in Postpartum and Midlife Women; Anita Malhotra, Aditi Verma, Divjyot Kaur, Piyush Ranjan, Jagmeet Madan etal (2022); The Journal of Obstetrics and Gynecology of India 03/2022; 72(4).
- Adiposity, Blood Glucose and Insulin Levels in Adolescents and Young Adults in Mumbai City; Association with Consumption of Milk and Milk Products; Aditi Goyal, Shobha Udipi, Rama Vaidya, Sharvari Desai, Jagmeet Madan et al (2022), International Journal of Science and Health Care Research; Vol7, Issue 3; July-September- 2022.
- Knowledge, attitudes, and practices of adolescents and young adults (16-25 years) regarding dairy consumption in Mumbai city: A KAP study regarding dairy consumption Aditi Goyal, Shobha A Udipi , Rama Vaidya , Anushree Mehta , Jagmeet Madan , Ashok DB Vaidya (2022); International Journal of Food and Nutritional Sciences.
- Jagmeet Madan (2022); Proceedings of the Research Society for the study of Diabetes in India (RSSDI) 2022, Title Relevance of Carbohydrate Counting in Indian Context.
- Damle G, Rajole-Patil S, Madan J, Moitra P. P06-018-23 Development and Standardization of Modified Low FODMAP Regional Recipes of India. Curr Dev Nutr. 2023;7:100855. doi:10.1016/J.CDNUT.2023.100855
- Pal SM; MadanJ. Association of eating habits, sleep quality and perceived stress with emotional eating behaviour among Indian adults: A cross-sectional study. Int J Food Sci Nutr. 2022;8(1):47-55.

- Moitra P, Madan J. Socioeconomic, intrapersonal and food environmental correlates of unhealthy snack consumption in school-going adolescents in Mumbai. BMC Public Health. 2022;22(1). doi:10.1186/s12889-022-13449-6.
- Harshita Anavkar, Dr Jagmeet Madan, Dr Anuradha Ramesh, Zamurrud Patel, Dr Bharat Shah (2023); Assessment of Nutrient Intake and its Association with Protein Energy Wasting in Hemodialysis Patients; International Journal of Science and Healthcare Research Vol. 8; Issue: 2; April-June 2023.
- Pushpa Choudhary ,Jagmeet Madan ,Anuradha Ramesh( 2023 ); Standardization and sensory evaluation of pearl millet and finger millet recipes using food to food fortification for children aged 10-15 years from different socioeconomic strata in Mumbai ; International Journal of Research and Analytical Reviews (IJRAR) June 2023, Volume 10, Issue 2 www.ijrar.org (E-ISSN 2348-1269, P-ISSN 2349-5138).
- Manasi Gawade, Jagmeet Madan, Anuradha Ramesh (2023); Evaluation of Quality of life, Nutritional Attitude and Food Behaviour of women with Polycystic Ovary Syndrome (18-30 years) in Mumbai (2023); International Journal of Research and Analytical Reviews (IJRAR); May 2023, Volume 10, Issue 2 www.ijrar.org (E-ISSN 2348-1269, P-ISSN 2349-5138).
- Shanti Nadar, Jagmeet Madan, Rajeshree Shinde (2023); Assessment of knowledge, Attitude and Practice (KAP) of millet usage among low and high socioeconomic status households in mumbai city, Maharashtra; Vol 10, Issue 2 www.ijrar.org (E-ISSN 2348-1269, P- ISSN 2349-5138).

#### DEPARTMENT OF

# FOOD, NUTRITION & DIETETICS

#### **Events Organised:**

#### **Yoga Sessions:**

• Students and staff participated in rejuvenating yoga sessions with Ms. Manju Khatri, from the The Yoga Institute, Santacruz from May 26th to June 2nd, 2022, fostering holistic well-being.

#### **International Yoga Day:**

• In collaboration with The Yoga Institute, Santacruz, the 7th International Day of Yoga on June 21st, 2022 was organised to strengthen our commitment to promoting physical and mental health for a resilient community.

#### **Nutrition Awareness Programme:**

• Sir Vithaldas Thackersey College of Home collaboration with Health Foods and Dietary Association (HADSA), organized a Nutrition Awareness Programme as part of Rashtriya Poshan Maah celebrations on September 21, 2022. A seminar was conducted featuring speakers Ms. Shilpa John and Dr. Madhuri Nigudkar. The event included the distribution of winners' certificates, enhancing the significance of the SVT-HADSA collaboration and contributing to Rashtriya Poshan Maah celebrations. This initiative, which included two inter-collegiate competitions, aimed to promote holistic nutritional during the Rashtriya Poshan Maah celebrations education and awareness.

the 3rd prize.



Dr. Jagmeet Madan adressing the students

The program featured two exciting intercollegiate competitions and a seminar focused on Holistic Health for Mother and Child. In the Intercollegiate Recipe Competition, "Healthy Finger Food Tiffin Recipes for Children" Bushra Qureshi won the 1st prize, Sharvari Ambardekar and Prachi Pandya jointly secured the 2nd prize, and **Jigna Kothari** claimed the 3rd prize.



Simultaneously, the Intercollegiate Slogan Competition, themed "Padhai Ke Liye Poshan," awarded Tanvi Shah and Rasika Vaishnav the 1st prize, with Khushi Jariwala and Khushi Chhabra sharing the 2nd prize. Fashtana Khan and Bushra Gandhi clinched



Display of some winning recipes



'Padhai ke liye Poshan' competition

#### **Nutrtion Awareness Activity:**

• Sir Vithaldas Thackersey College of Home Science, in partnership with **PFNDAI**, hosted a dynamic Nutrition awareness activity On October 1, 2022. This event precedes a noteworthy Conclave on November 29, 2022, titled "Moving From SILOS to Integrated Nutrition." The conclave aims to inaugurate foundation and advanced courses, fostering collaboration between industry and academia. Geared towards TYBSc and MSc students, this initiative offers a platform for knowledge exchange and collaborative growth in the nutrition field.

#### **Breastfeeding Week:**

BREASTFEEDING IS A

- Sir Vithaldas Thackersey College of Home Science observed Breastfeeding Week with a hands-on workshop titled "Nutritionists Step Up for Breastfeeding." Organized in collaboration with Nourish 1000 days on August 1, 2022. The workshop aimed to enhance breastfeeding skills and underscored the vital role of nutritionists in promoting maternal and child health during the first 1000 days.
- **Dr. Pooja Singhania** highlighted breastfeeding's history and significance, sharing NFHS 5 data. **Ms. Shilpi Malhotra** demonstrated various breastfeeding positions, dispelling myths, emphasizing a calm environment. **Dr. Taru Jindal** addressed FAQs, stressing colostrum, milk banks, and breastfeeding benefits till age 2. Interactive Q&A engaged students throughout the session.



"Nutritionists Step Up for Breastfeeding" hands-on workshop



Dr. Taru Jindal addressed about breastfeeding benefits



Students displayed awareness posters and chats during 'World Breastfeeding Week''

During World Breastfeeding Week, students showcased awareness posters and charts in the college foyer, emphasizing key topics such as the significance of breastfeeding, colostrum, and the 10 successful steps for effective breastfeeding.

Ms. Divya Khatri, a TYBSc student wrote and recited a poem on breastfeeding titled "Breastfeeding is a Blessing".

#### **Community Outreach Programme:**

• Sir Vithaldas Thackersey College of Home Science (Autonomous) collaborated with SNEHA NGO for community outreach on 12th and 19th Sept 2022 in Malvani, Malad, as part of **National Nutrition Month**. Students conducted talks, games, live recipe demos, educational skits, and showcased videos on making healthy, low-cost recipes to educate mothers on health and nutrition.



Collaboration with SNEHA NGO for community outreach

#### **Guest Lectures:**

• Exploring Hospital Menu Planning: Addressing Challenges, Food Tasting, and ICT Implementation By Ms. Priyanka Lulla, Dietitian at Sir H.N Reliance Foundation Hospital, on 26th July 2022, organized for SYBSc Honors students.



Students conducting talks and encouraging healthy life choices

- "Exploring 'Costing in Hospital Food Service" by Dr. Anuradha Ramesh, Assistant Professor in the Department of Resource Management at SVT College of Home Science (Autonomous) for SYBSc Honors students on 26th September 2022.
- **Dr. Almeda** delivered a guest lecture on the **Psychology of Eating** for TYBSc students on 10th September 2022.
- Seminar in collaboration with EDWISE International on "Future Career and Opportunities Across the Globe" (Career Guidance Activity) Edwise Overseas Education Consultants on 24th November 2022.

#### **Student & Staff Achievements:**

- Ms, Yuktika Bawa (S.Y.B.Sc) won in poster contest in World Breastfeeding Week organised by NetProFaN & IAPEN INDIA ASSOCIATION.
- Ms. Radhika Kadam, Ms. Roshni Gindwani, Ms. Zahra Itarsiwala, Ms. Srushti Gosavi, Ms. Samruddhi Dashputre, Ms. Shubhangi Daware achieved the 1st Runner up position and won Rs 75,000/- in 'Student App Innovation'- FOODZANIA at Smart India Hackathon 2022 Bhopal on 26th August 2022.
- Ms. Shazia FYBSc student, won 1st prize in recipe competition organised by Dr. BMN College of Home Science, Matunga on 22nd September 2022.
- Ms. Kriti Shetty, SYBSc student won dance and theater competition for the West Zonal Inter University Youth Festival Competition.
- Ms. Saliha Chaudhary, won Logo Designing competition in March 2023.

#### **Sports:**

- **Ms. Manu Singh** FYBSc student, won the 7th place in a marathon organized by SNDTWU during Azadi Ka Amrut Mohotsav, 14th August, 2022.
- Ms. Snehal Kadam TYBSc student won the 32nd Maharashtra State Senior Men and Women Taekwondo Championship at Pune from 12th to 14th December, 2022.

#### **Faculty Achievements:**

• Ms. Shilpa Saira John successfully completed the course "Health Research Fundamentals" by ICMR - National Institute of Epidemiology, Chennai and Indian Institute of Technology Madras (IIT Madras) with a consolidated score of 89% via National Programme on Technologically Enhanced Learning and All India Council for Technical Education [NPTEL - AICTE (Swayam)] on 26th March 2023.

**Ms. Roshni Dange** successfully completed a faculty development program on Research design and manuscript preparation by Weschool Mumbai from 25th to 29th July, 2022.

#### **Paper presentation:**

• Ms. Roshni Dange presented a paper on Strategies to Support Students Progression in the National conference organised by Sir Vithaldas Thackeray College of Home Science (Autonomous), SNDT Women's University, Juhu on 15th January, 2022.

#### **Poster Presentations:**

- Ms. Girija Damle presented a poster on Effect of Frequency of Follow-up at Nutrition OPD on Treatment Outcomes in Patients with Esophageal Cancer at IAPEN ICNC 2023, Chennai.
- Ms Priyal Gala presented a poster on Effect of Therapeutic Nutrition Follow up on Post-treatment Weight in Head and Neck Cancer Patients at IAPEN ICNC 2023, Chennai.

#### **Publications:**

- Ms. Girija Damle and Ms. Priyal Gala published a review paper on Role of Nutrition in Pediatric Patients with Respiratory Failure in Indian Journal of Respiratory Care.
- Dr. Sulakshana Mane published a review paper on Feasibility of Iron and Zinc fortification in Jaggery Powder, ISSN PRINT 2319-1775 e-ISSN 2320-7876, www.ijfans.org, Volume.11, Issue13, Nov 2022.
- Dr. Sulakshana Mane published a review paper on Impact of ICT tools in teaching learning and evaluation for 21st Century in the International Journal Of Advance And Applied Research, Vol.4 No.26 July-Aug 2023.

#### Dr. Rekha Battalwar:

- A Comparative Study On Nutritional Status And Dietary Intake Among Pregnant Women Consuming Vegetarian Or Non-Vegetarian Diet In Mumbai City P.No. 975-982 Chaudhary Rukhsar; International Journal of Research and Analytical Reviews; E-ISSN 348-1269, P- ISSN 2349-5138 June 2022, Volume 9, Issue 2.
- Dietary Intake And Consumption Of High Fat, Sugar And Salt Foods (Hfss) Amongst Adolescents (10-18 Years) In Mumbai Metropolitan Region P.No. i682-691 Rubina Naru; Journal of Emerging Technologies and Innovative Research (JETIR), ISSN-2349-5162 June 2022, Volume 9, Issue 6.
- Assessment Of The Psychological Health, Quality Of Life (Qol) In Pre-Covid-19, During Covid-19
   And Post Covid-19 Patients And Its Association With The Dietary Patterns Of Indians Aged 18-49
   Years P.No. 69-78 Saima Ansari; International Journal of Current Science (IJCSPUB) ISSN: 2250-1770 Volume 12, Issue 2 June 2022.
- Assessment Of The Comparative Analysis Of The Ayurvedic Medicine And Pathya Aahar With Allopathic Medicine In Type 2 Diabetes Mellitus Individuals: A Cross-Sectional Comparative Study P.No. 1039-1053 Shamika Girkar; International Journal of Novel Research and Development(IJNRD) ISSN: 2456-4184 Volume 7, Issue 6 June 2022.
- Assessment of dietary patterns and sleep quality in middle-aged Gujarati community P.No. 131-136 Hiral Patel; International Journal for Research Trends and Innovation (IJRTI) ISSN: 2456-3315 Volume 7, Issue 7, June 2022.
- A Study on Impact of Social Isolation on Psychological Health, Physical Health and Dietary Pattern in Geriatric Population P.No. 60-70 Rasika Yerunkar; International Journal of Novel Research and Development (IJNRD) ISSN: 2456-4184 Volume 7, Issue 7 July 2022.
- Knowledge, Attitude And Practice Of Ayurveda Dietary Principles Among Ayurveda Graduates In Mumbai City: A Cross-Sectional Study P.No. 365-377 Ms. Riya Mishra; International Journal
- of Novel Research and Development (IJNRD) ISSN: 2456-4184 Volume 7, Issue 7 July 2022.
- A Comparative Study On Assessment Of Effect Of High Fat, Salt And Sugar (Hfss) Foods Consumption On Agni Among Middle Aged (40-59 Years) And Older Adults (60-70 Years) P.No. 17-27 Riya Jain; North Asian International Research Journal of Pharmaceutical Medical Sciences ISSN: 2456-8287 Vol. 6, Issue-7 July-2022.
- A cross-sectional study on the **Association of High fat, salt and sugar foods on Agni among Adolescents and Young adults** P.No. 770-779 Manasi Kajrolkar; International Journal for Research Trends and Innovation ISSN: 2456 3315 Volume 7 Issue 7, July-2022.

- A Study On Assessment Of Effect Of Samyoga Viruddha Ahara Consumption On Metabolic Syndrome In 35 50 Year Old Men And Women Of Mumbai P.No. 966-976 Ms. Ruqaiyah Kanchwala International Journal of Advanced Research (IJAR) ISSN 2320-5407 10(06), July 2022.
- The Effect Of Prakriti, Dietary And Lifestyle Habits On The Health Status Of Individuals Aged 18-60 Years A Cross Sectional Comparative Study P.No. 715-731 Sneha Kurapati; International Journal of Novel Research and Development (IJNRD) ISSN: 2456-4184 Volume 7, Issue 7, July 2022.
- A Comparative Observational Study of Patya Apatya Ahar Vihar in Obese Polycystic Ovary Syndrome (PCOS) Women of Age 18-45 Years Following Ayurvedic Treatment P.No. 1545-1553 Ms. Dimple Sanghavi: International Journal of All Research Education and Scientific Methods (IJARESM) ISSN: 2455-6211 Volume 10, Issue 7, July-2022.
- A study on **Knowledge, Attitude and Practices of Nutrition education in athletes** P.No. 24-28 **Huda M Iqbal Qureshi; International Journal of Physiology, Nutrition and Physical Education** ISSN: 2456-0057 2022; 7(2), July 2022.
- Formulation; development of spirulina enriched, high protein, high fibre and low glycaemic index protein bars P.No. 52-61 Simran Seth; International Journal of Food Science and Nutrition ISSN: 2455-4898 Volume 7, Issue 3, 2022.
- A study of the effect of **Desh viruddh ahar on acne in men and women in Mumbai and Surat** P.No. 19511-19520 **Mahek Chawla, International Journal of Advanced Research in Science, Engineering and Technology** ISSN: 2350-0328 Vol. 9, Issue 7, July 2022.
- Assessment of pathya and apathya status among 30–70-year-old individuals diagnosed with hypertension: a cross sectional study P.No. 971-981 Ms. Maitri Pokar; International Journal of Novel Research and Development (IJNRD) ISSN: 2456-4184 Volume 7, Issue 8 August 2022.
- A Study On Nutritional Supplements And Quality Of Life Pre Covid, During Covid And Post Covid In Adults Aged 50-80 Years In Mumbai City. P.No. 629-636 Ms. Aesha Mehta; International Journal of Novel Research and Development (IJNRD) ISSN: 2456-4184 Volume 7, Issue 9 September 2022.

#### DFPARTMENT OF

## **HUMAN DEVELOPMENT**

#### **Field Visits:**

• Ms. Anushri Soni organized a visit to Aquamax Rehab & Wellness on 20th August 2022, 27th August 2022 & 3rd September 2022 in three batches under the subject Introduction to Therapeutic Recreation.



Students of TYBSc at Rehab Centre

#### **Guest Lecture & Workshops Organised:**

- Guest lecture by Ms. Jinal Patel on 'Use of Arts Based Therapy: Strategies for Effective Planning' for TYBSc Students on 24th September 2022.
- Students of TYBSc Early Childhood Care & Education, organized activities under the subject working with Infants and toddlers at Lokmanya Seva Sangh Tilak Mandir in September 2022.





Ms. Jinal Patel educating on the Uses of Art Bases Therapy Students of TYBSc - ECCE working with infants

- Workshop organized by students of TYBSc Early Childhood Care & Education on **Rights of special** children at SVT College of Home Science on October 1, 2022.
- "Khel Utsav" based on the theme 'Agriculture' A Community Outreach Program for children between the ages of 6 - 12 years, organized by the Department of Human Development in collaboration with the Family & Child Enrichment Centre, (FACE) on 18th December, 2022.



Workshop on Rights of Special Children



Khel Utsav

#### **Collaborations:**

• The Department collaborated with The Desouza Foundation to conduct a Seminar on 'Suicide Prevention,' by **Dr. Avinash Desouza** on 30th October 2022.



Seminar of Dementia Awareness



Seminar on Suicide Prevention

• The Department collaborated with ARDSI Alzheimers and Related Disorders Society of India Mumbai Chapter for organizing a Seminar by Ms. Vidya Shenoy on Dementia Awareness on World **Alzheimer's Day -** 30th October 2022.

• A Guest lecture by Ms. Samreen Khan was conducted for SYBSc students on the topic 'Important Strategies for Providing Life Skills Education for Youth' on 14th of January 2023, organized by Ms. Anushri Soni.

#### **Staff Achievements:**

- Ms. Archana Jain was invited as resource person by Mumbai Mobile Crèches (MMC), to train the trainees involved with MMC for the year long Bal Palika training programme on skills and values in life.
- Ms. Archana Jain conducted a workshop on Planning Learning Corners Through the NEP Lens at Sir Vithaldas Thackersey College of Home Science on February 11, 2023.
- She served as the Chairperson for the International Conference on Reimagining and Reshaping Early Childhood Care and Education in the New Normal, receiving a certificate for her role from June 2 to June 4, 2022.



Training programme on skills and values in life



Ms. Archana Jain at the International Conference

- Ms. Archana Jain, addressed the critical issue of bullying in a seminar titled Bullying Get Sensitized and Ensure Wellbeing for All at Gundecha Education Academy on August 1, 2022.
- Ms. Archana Jain, conducted a session on Self-Awareness and Counselling, for Mumbai Mobile Creche at Sir Vithaldas Thackersey College of Home Science on October 20, 2022.
- Dr. Bhamini Mehta participated in a workshop on Planning Learning Corners Through the NEP Lens, organized by SVT and AECED at Sir Vithaldas Thackersey College of Home Science on February 11, 2023.
- Dr. Bhamini Mehta conducted a session on Children's Portfolio Online on April 12, 2023.
- Dr. Bhamini Mehta, along with Ms. Archana Jain and Ms. Anushri Soni, facilitated a teacher training workshop on Portfolios: An Intervention to Enable Effective Assessment by Early Childhood Educators on April 29, 2023.
- Ms. Mausam Alwe engaged in a National Level Online RCI-CRE Programme on October 13, 2022, focusing on ECCE: Implications for Children with Disabilities.

#### **Paper Presentations:**

- Dr. Bhamini Mehta, along with co-authors Ms. Archana Jain and Ms. Anushri Soni, published a paper titled Portfolios: An Intervention to Enable Effective Assessments by Early Childhood Educators. The paper, peer-reviewed and accepted, was published in the CIKITUSI Journal for Multidisciplinary Research.
- Dr. Bhamini Mehta and Ms. Dhartee Patel presented a paper titled Holistic Development: Use of Portfolios as a Conducive Tool in ECCE for Reshaping the Child's Profile at a national-level event held on June 2-4, 2022. The presentation focused on the use of portfolios as a holistic tool in Early Childhood Care and Education (ECCE) to reshape a child's profile.
- Dr. Bhamini Mehta, along with co-author Ms. Shweta Kolge, presented a paper on Assessment Problems Faced by Preschool Teachers: Perceptions and Experiences at a national-level event held on June 2-4, 2022. The presentation discussed the perceptions and experiences of preschool teachers regarding assessment challenges in Early Childhood Care and Education (ECCE).

#### **DEPARTMENT OF**

## **TEXTILES & FASHION DESIGNING**

#### **Guest Lectures:**

- Weaver **Mr. Mulchand Shravanekar** gave a lecture on National Handloom Day on Design and Motif Development in Maheshwari Sarees for T.Y.B.Sc and S.Y.B.Sc students on 5 August 2022.
- Mrs. Milan Desai gave a lecture on Importance of Traditional Textiles on 16th September 2022.
- Sir Vithaldas Thackersey College of Home Science (Autonomous) was honored to host **Ms. Maria Grazia Chiuri from Christian Dior and her team** on March 31, 2023, for an insightful interaction on women empowerment and education. Following a discussion with **Emmanuelle Favre, SVP Human Resources of Christian Dior Couture House,** the students gained valuable insights into the extraordinary design process.



Students with Ms. Maria Grazia Chiuri



Teachers with Ms. Maria Grazia Chiuri & her team

• The "First Sudhir Krishnaraj Thackersey Endowment Lecture" was organized on the occasion of SVT Founder's Day on 09th January 2023, the guest speakers, Dr. Priyadarshini Karve, the Managing Director of Samuchit Enviro Tech spoke on "Coping with Climate Change", and Dr. Nicole van der Elst Desai, Founder of VDE Consultancy, Council & Chair Sustainability Steering Committee, shared her views and knowledge on "Sustainability Explored: The many aspects of impact flow" and How Fast Fashion is Destroying the World.



Dr. Jagmeet Madan welcoming Dr. Priyadarshini Karve

• Dr. Madhu Rammoorthy, Director AKIRO Protech, was invited to speak on **Use of High-Performance Textiles in Defence Applications** on 27th March 2023.

#### **Field Visits:**

- Visit to The Clothing Manufacturers Association of India (CMAI) at Bombay Exhibition Centre was organised for the students of T.Y.B.Sc on 1st February 2023.
- A Display was organized by the students of TYBSc & SYBSc at HGH Exhibition NESCO Centre at Bombay Exhibition Centre from 13th to 16th December 2022.



Students & Teachers at HGH Exhibition

#### **Workshops/Events Organised:**

- A Career Guidance Workshop was organised for the students by Ms. Tejashree Gaikwad Journalist of Lok Satta, Dr Anuradha Ramesh Coordinator of M. Design and Ms Namita Bansal Entrepreneur.
- An Entrepreneurship workshop was held for the students of T.Y.B.Sc by Ms. Krutika Shah, Product designer cum Entrepreneur.
- A Tie and Dye Extension activity was conducted on 10th March 2023.

#### **Paper Presentation & Publications:**

- Mrs. Anju Tulshyan & Dr. Ela Dedhia presented a paper on **Analysis of Herbal Extracts for Imparting of Functional Finishes on Textiles** HSAI 34th Biennial conference of Home Science Association of India, at Kerala, from 15th-17th December 2022.
- Mrs. Anju Tulshyan & Dr. Ela Dedhia presented a paper on **Development of Encapsulates with Herbal Combinations for Functional Finishes in Home Textiles,** at 17th Aavishkar Intercollegiate Research Convention, December 26th, 2022.
- Dr Khushboo Shrimali & Dr Rohit Pawar presented a paper on The necessity & Importance of Photography in the academic discourse of Fashion Design, at SNDT College of Education, Pune & Indian Council of Social Science Research, (ICSSR) New Delhi, October 10-12 2022.
- Ms. Anju Tulshyan & Dr. Ela Dedhia, presented a paper on Analysis of Herbal Extracts for Imparting of Functional Finishes on Textiles.
- Ms. Anju Tulshyan & Ms. Huda Kazi, Ms. Anjushah Ghadge and Ms.Brinal Mankar presented a paper on The Telltale of Indelible Painting, International Journal of Novel Research and Development in May 2022.
- Ms. Anju Tulshyan & Kashmik Nair presented a paper on Scope Of Khadi in fashion Industry, International Research Journal of Engineering and Technology in November 2022.
- Ms. Anju Tulshyan & Kashish Nair presented a paper on Difference in shopping behaviour, International Research Journal of Engineering and Technology in December 2022.
- Ms.Anju Tulshyan & Dr.Ela Dedhia presented a paper on Exploratory Data Analysis on Consumer
   Acceptance Post Covid 19 Pandemic for Herbal Antimicrobial Sheets in International Journal of
   Novel Research and Development in March 2023.

#### **Staff Achievements:**

- Ms. Anju Tulshyan won 1st Best Paper Award at Avishkar Zonal Research Convention on 26th December 2022.
- Dr Khushboo Shrimali won 3rd Best Research Paper Presentation at Three-Day National Conference on 'National Education Policy 2020 for Skilled and Digital India' on 10-12 October 2022 for paper titled 'The Necessity and Importance of Photography in the Academic Discourse of Fashion Design'.

# DEPARTMENT OF RESOURCE MANAGEMENT

#### **Guest lectures organized:**

• Ms. Gulnar Siddique organised a guest lecture on "Project Management." By the resource person, Ms. Tanvir Siddiqui, Business Manager at Livspace for T.Y.B.Sc-IDRM students in March 2023, drawing a total of 24 students to participate in the insightful session.

#### **Seminar/Workshop Organised:**

- A series of workshops were conducted in collaboration with **Pidilite** as part of the restructured curriculum for FYBSc students in February 2023. **Ms. Shilpa Mhatre** served as the Resource Person for these sessions.
- Mr. Sunil Mistry organized a Pottery workshop for T.Y.B.Sc-IDRM students at Panvel in March 2023,
- **Ms. Delnaz Umrigar** facilitated a communication workshop in collaboration with **Kuoni Academy**, on November 21st, 22nd, and 23rd, 2022.

#### **Poster Presentation:**

• **Ar. Uday Govalkar** actively took part in the National Level Online Poster Making Competition, centered around the theme **"Only One Earth."** This event was organized by the PG Department of Resource Management at SNDTWU, Juhu, on June 5, 2023.

#### **Faculty Participation in workshops:**

- Dr. Hemani Malhotra participated in an online expert session titled "Ergonomics in Industries," organized by the PG Department of Family Resource Management at SNDTWU, Juhu, Mumbai on August 22, 2022, The session featured Dr. Anindya Ganguli, Chairman of the Ergonomics Sectional Committee PGD-15 at the Bureau of Indian Standards (BIS) and former President of the Indian Society of Ergonomics, as the resource person.
- Dr. Hemani Malhotra attended regional meet of Institutions' Innovation Council MoE's Innovation Cell at Symbiosis International University, Pune on August 01, 2022.
- **Ar. Uday Govalkar,** attended and participated in a one-week offline full-time National Level Faculty Development Workshop on "**Relevance of Bhartiya Knowledge System**" organized by Bhartiya Gyan, Sanskrit & Yog Kendra, Juhu, SNDTWU, Mumbai, held from January 30 to February 4, 2023.
- Ar. Uday Govalkar participated in a one-day workshop on "Prevention of Sexual Harassment (POSH)," organized by RCWS & SNDT Law School on November 17, 2023, at the SNDT Women's University, Juhu.
- Ar. Uday Govalkar participated in the 2-day National Conference "NEP-2020 Simplified: Pathway to Ed Tech Implementation" held online on June 25-26, 2022. The event was organized by the Dept of Educational Technology in collaboration with CIET, NCERT, New Delhi.

#### Field visits of Students & Teaching Staff:

- **Dr. Hemani Malhotra** and **Ms. Gulnar Siddique** organized field visits for TYIDRM students at Jaquar showroom and Hardware on June 6, 2022.
- Ms. Gulnar Siddique organized a field visit for TYIDRM students at Laxmi Industrial Estate, Andheri, on July 7, 2022.
- Ms. Delnaz Umrigar and Ms. Sharada Bhat organized a museum trip for HTM students at Chhatrapati Shivaji Vastu Sanghralaya on August 6, 2022.

- **Ms. Sharada Bhat** along with the India Tourism office conducted a Heritage walk at Mani Bhavan and Colaba with HTM & IDRM students for Gandhi Jayanti on October 2, 2022.
- Mr. Sunil Mistry along with S.Y.B.Sc-IDRM & T.Y.B.Sc-IDRM students visited FOAID Interior and architectural exhibition at BKC, Bandra in October 2022.
- Mr. Sunil Mistry along with T.Y.B.Sc-IDRM students visited ICE 2022 Interior and architectural exhibition at BKC, Bandra.
- Dr. Hemani Malhotra, Mr. K K Sharmugdas (Shibu Sir), and Ms. Gulnar Siddique mentored TYBSc-IDRM students in presenting SET/Models at the "HGH India 2023" exhibition at NESCO Center in December 2022. They also coordinated a college publicity stall in collaboration with the Department of Textiles and Apparel Design.



Model presented at HGH INDIA 2023 exhibition at NESCO Center

 An educational visit for T.Y.B.Sc students to Hyderabad took place from February 5th to 10th, 2023, led by Ms. Sharada Bhat and Ms. Parul Vats. With 20 participants, the students explored key landmarks including Charminar, Ramoji Film City, Salarjung Museum, and Golconda Fort, gaining valuable new learning experiences.



Students and teachers in Hyderabad for an educational visit

• Ms. Manjiri Bhalerao and Ms. Sharda Bhat organized a one-day visit to Emerald Hotel in Juhu for S.Y.B.Sc and T.Y.B.Sc HTM students on March 24th, 2023.

#### **Exhibition Organised:**

• The Department of Resource Management hosted the Annual Exhibition "NIRMITI 2023" with a carnival theme on March 17th and 18th, 2023. Inaugurated by Ms. Tanya Raoul Thackersey, the event showcased creative work by F.Y.B.Sc, S.Y.B.Sc, and T.Y.B.Sc - IDRM & HTM students provided food and entertainment, incorporating courses like Food Production and Event Management. Additionally, F.Y.B.Sc & S.Y.B.Sc IDRM students crafted an illusionary Photo Booth in line with the overall theme.





Students and teachers with the Principal and Vice Principal during NIRMITI - 2023

- The Department of Resource Management's teaching faculties collaborated with T.Y.B.Sc students to establish an Experiential Zone during the two-day **Mission Millets Event** on February 24-25, 2023, organized by SVT College of Home Science. The zone showcased diverse posters, books, banners, and millet products.
- Ms. Sharada Bhat arranged a 3 day internship for a few selected HTM students for the annual OTM (Outbound Travel Mart) exhibition from 2nd to 4th February, 2023.



Students and teachers at the Mission Millets event



Students at the internship for OTM

#### **Students participation in competitions:**

- Ms. Delnaz arranged for students to participate in the Sanskriti festival in Garware University.
- TYBSc-IDRM students, **Ms. Sakshi Jawade** and **Ms. Nausheen Siddique**, participated in the Annual Exhibition 'Tarash 2023' on January 27, 2023, at L.B. Hirray College of Architecture, Department of Interior Design, Bandra. They were guided by **Ar. Sharmishtha Dewarkar**, **Mr. K.K. Shanmugdas** (**Shibu Sir**), and **Ar. Uday B. Govaikar**. Both students received Certificates of Participation.
- SYBSc IDRM students, **Ms. Jyothika Shirola** and **Snehal Kale**, participated in the "**On the spot**" Intercollegiate Interior Space Design Competition at the Annual Exhibition 'Tarash 2023' on December 18, 2022, at L.B. Hirray College of Architecture, Department of Interior Design, Bandra. They were guided by **Ar. Uday B. Govalkar** and received Certificates of Participation.

#### **Community outreach programme/extension activities:**

The Department of Resource Management students, led by Dr. Hemani Malhotra, Ms. Sharda Bhat, and Ms. Parul Vats, organized a wallet-making activity at The Government School in Khambale, Vangao, Maharashtra on January 31, 2023. The event was inspected by Dr. Prabhu Tendulkar, the Dean of the program, along with other teachers.



Students of government school showcasing the products of the wallet-making activity

# **Career Guidance for TYBSc students: IDRM:**

• Ms. Hemani Malhotra, Ar. Uday Govalkar, and Ar. Sharmishtha Dewarkar organized a "Career Guidance" session for T.Y.B.Sc - IDRM students on 18th March 2023. It aimed to provide insights into practical experiences and career opportunities post-graduation. The department facilitated a Career Counselling session to prepare students for the challenges and stages in the outer world of design. Renowned architects and interior designers, including Ar. Rajesh Sutaria, Ar. Kiran Sutaria, and Ar. Sharmila Telang from Mumbai, shared valuable guidance with students, leaving them happy and fortunate for the insights gained.

#### HTM:

- Career Guidance Programme, organized by **Ms. Delnaz Umrigar** & **Ms. Sharada Bhat** for S.Y. & T.Y.B.Sc HTM students on 8th December 2022 at Kuoni Academy. **Dr. Sonia Bharwani** was the Resource Person.
- Career Guidance Session, conducted by Ms. Sharada Bhat & Ms. Delnaz Umrigar for .F.Y.BSc, S.Y.B.Sc & T.Y.B.Sc HTM students on 13th January 2023 at Riya Academy. Mr. Manoj Samuel and Ms. Mansi Nanoti were the Resource Person.
- A session on career guidance was organized by **Ms. Sharada Bhat** for SYBSc & TYBSc HTM students on 20th March 2023 at Interglobe Galileo. **Ms. Pauline** served as the Resource Person.

#### **Research paper presentations:**

- Ar. Uday Govalkar presented a paper titled "Typical Indian Rural Houses: An Approach Towards Sustainability" during the RUSA Sponsored One Day Interdisciplinary International Conference on Basic Sciences for Sustainable Development, organized by Patkar College of Arts and Science, University of Mumbai, Goregaon on June 26, 2022.
- Ar. Uday Govalkar presented a paper titled "Pollution Transport Model for Organic Pollution (BOD) in Bhima River" during the One Day National Conference on Sustainable Development. The conference was hosted by Mithibai College of Arts, Commerce, and Science at the University of Mumbai, Vileparle on January 25, 2023.

#### **Research Publications:**

• **Dr. Hemani Malhotra** published a paper titled – **Occupational Health Problems among Domestic Waste Collectors** in an UGC – CARE approved Journal No: 49023 (18) – International Journal of Creative Research Thoughts (An International Open Access, Peer Reviewed, Refereed Journal with Impact Factor 7.97).

#### Other Activities besides Teaching and Research:

- Dr. Hemani Malhotra was awarded Ph.D Degree on the thesis titled Study of Sweepers in Residential Building: An Ergonomic Intervention.
- **Dr. Hemani Malhotra** guided Masters students of University Department of Resource Management, SNDTWU, Juhu, Mumbai.
- **Dr. Hemani Malhotra** was invited as an External Referee for M.H.Sc Dissertation Viva Voce of Masters students of University Department of Resource Management, SNDTWU, Juhu, Mumbai.
- **Dr. Hemani Malhotra** was invited as an External Examiner for internship presentation of second year Masters students of University Department of Resource Management, SNDTWU, Juhu, Mumbai.
- **Ar. Uday Govalkar** was invited as a Jury for ACETECH GRAND STAND JURY, ACETECH 2022, International Exhibition on Architectural and Interior building Materials in November 2022.
- **Ar. Uday Govalkar** was appointed by SNDTWU as a Expert panel member of the Local Inquiry Committee to Chitrai Arts, Commerce and Science Mahila Vidyalaya -Nagad, Taluka -Kannad District Aurangabad, Maharashtra on July 26-28, 2022.
- **Ar. Uday Govalkar** was appointed as Chairperson for paper setter at Nirmala Niketan College of Home Science, Churchgate, Mumbai University for Final examination 2022-23 and External Examiner to conduct Practical Examination for Final Year Interior Designing students.
- **Ar. Uday Govalkar** was appointed as External Examiner Juror for SYBVoc. practical examination, by Rachana Sansad Academy of Architecture University of Mumbai, final examination, on May 10, 2023.

#### **DEPARTMENT OF**

## MEDIA COMMUNICATION & DEVELOPMENT

#### **Seminars and Workshops Organized:**

- Seminar Guidance Program in Media on 24th March 2023 at a National level. **Ms. Gaiteri Makheja** and **Ms. Tripti Lahiri** were invited as guests. This seminar was organized by **Dr. Rohit Pawar.**
- To shed light on more about the festivities and celebration on **Vasant Panchami**, a seminar was organized on 11th February 2023 which was conducted in-house by the department. **Ms. Sandesa Bhavsar**, **Meenakshi Kamath**, **Bhavya Kotian** were the guests. **Dr. Sandesa Bhavsar** organized this seminar.
- On the occasion of **World Photography Day**, 19 August 2022, the department organized a competition and exhibition on a college level. **Mr. Prathik Panchamia**, **Ms. Manjeri Bhalero**, **Ms. Vipra Banerjee**, **Ms. Bhavya Kotian** were the guests. 50 students participated along with 3 teachers.
- Ms. Vipra Banerjee participated as a speaker for the Plenery Session 6 - Millets, Climate Change and Sustainability, in "Mission Millet" Mainstreaming Millets for a Smart Sustainable Tomorrow, from 24th and 25th of February 2023.



Guest addressing the audience during Mission Millets

#### Field visits and Educational tours:

- A field visit to **Hunar Haat** (**Art and Culture Exhibition**), organised by Ministry of Minority Affairs, in BKC Bandra, was visited by Dr. Rohit Pawar. The objective of this field trip was to explore and admire the Rural Art and Culture.
- A educational visit to **Whistling Woods International Film City** was attended by **Dr. Rohit Pawar** along with F.Y.B.Sc, S.Y.B.Sc and T.Y.B.Sc students
- A visit to **North Bombay Durga Puja Event** at Hotel Tulip Star was organized under supervision of Ms. Vipra Banerjee and Dr. Rohit Pawar along with 10 students, to learn and know more about the Culture of Durga Puja.



Dr. Rohit Pawar at Hunar Haat



Students at the North Bombay Durga Puja Event

- **Dr. Rohit Pawar** visited **IFTDA Event at ISKON**, Juhu for guidance about Films and Directions, to give educational inputs to students.
- A field visit to **Exhibition at Khadi Gram**, Udyog Kendra in Andheri, was conducted and Mrs. Vipra Banerjee and Dr. Rohit Pawar attended along with 8 students to know more about small scale enterprises.
- NCPA screening of film 'One week and a day' in NCPA Mumbai a educational tour was conducted which was attended by Dr. Rohit Pawar to learn about International Award Winning Films
- A visit to **Broadcast India Exhibition at BKC**, Bombay Exhibition Centre was attended by Dr. Rohit Pawar to know about the latest Broadcasting technology in Communication.
- A field visit to **Mumbai Urban Art Festival in Sassoon Docks** was organized to explore the Art and Installation of Mumbai for F.Y.B.Sc and S.Y.B.Sc students.

#### **Extension Activities:**

• **Documentary Screening and Discussion** for Mission Millets was organised by the department for 60 students from Dedhale School, to know about the health benefits of Millets and it's uses.

#### **Teachers training:**

- **Dr. Rohit Pawar** participated and completed the programme **Ethics and Values in Higher Education** from 13th June 2022 to 17th June 2022, at Asia Plateau, Panchgani. The programme was organized at Maharashtra State Faculty Development Academy, Pune in collaboration with Initiatives of Change-India.
- **Dr. Rohit Pawar** attended a 1 day workshop of **NEP textbook of Balbharti**, Pune on 13th January 2023.

#### **Papers Presented:**

- Dr. Rohit Pawar and co-author Dr. Khushbu Shirmali presented a paper on 'Importance of Photography in Fashion Design' on 11th October 2022 at SNDT College of Education, Pune. They received the 3rd position award for Best Paper Presentation.
- Dr. Rohit Pawar published a paper on 'Use of Bicycles for Sustainable Life in Mumbai' on 20th June 2022 in Saraswati, The Research Journal, SBES College of Arts and Commerce, Aurangabad, Maharashtra.
- **Dr. Rohit Pawar** presented a paper in the National Seminar on **Challenges and Future Prospects in Online Submission of SSR** on 30th April 2022 at Dayanand Arya Kanya Mahavidyalay, Nagpur.
- Ms. Vipra Banerjee presented a paper on **Media and truth of Bharatiya Mahila at International Conference on "Bharatiya Women, A true perspective"** from 25th to 26th November 2022.

#### **Book publications:**

• Dr. Rohit Pawar along with Co-author Ar. Uday Golwalkar, editors Dr. Panchali M, Dr. Bhamini M, Dr. Sachin V, under Manas publishers, wrote a book on, 'Shaping Institutional Ecosystem for Internal Quality Management' on the topic Photography and Architecture and Equipments used in producing Audio-Visual content. The book was published in February 2022.

#### **Seminars attended by Faculty:**

- Ms. Vipra Banerjee attended '7 day Yoga Training Programme' organised by Sir Vithaldas Thackersey College of Home Science (Autonomous) in collaboration with 'The Yoga Institute' in Santacruz from 26th May 2022 to 2nd June 2022.
- Dr. Rohit Pawar attended a webinar about 'Analysing News' organized by Google in collaboration with IIT, Powai on 16th March 2023

#### **Alumni Activites:**

 A special screening of a film - Mother Teresa and Me was organised for the Alumni on 9th May 2023.





Students at the screening of Mother Teresa and Me

# ALUMNI ASSOCIATION 2022 -23



# **Events organised by the Alumni Association:** Holly Bolly:

• Sir Vithaldas Thackersey College of Home Science Alumni Association conducted an annual meet for the Alumni on the 18th of June 2022 from 2pm to 4pm at SNDT Juhu Campus. 143 Alumni registered for the event. The highlight of the program was a beautiful rendition by The Staircase Band who sang popular Hindi and English songs.



The Staircase Band performing at the Alumni Association

# NOSTALGIC SUNDOWNER FLAGET FOR GOLDRICH STREAM FLAGET FOR GOLDRICH FLAGET FO

Dr. Jagmeet Madan beautifully weaving a symphony with her soulful voice

#### Play and Felicitation:

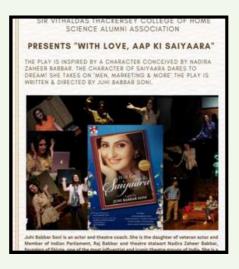
- Sir Vithaldas Thackersey College of Home Science Alumni Association conducted an annual meet for the Alumni on the 23rd March 2023 from 2pm to 5pm at SNDT Juhu Campus. 150 Alumni registered for the event.
- The highlight of the program was a play "Aap ki Saiyaara" by Ms. Juhi Babbar and her team.
- Illustrious alumni from each department were felicitated.



Ms. Juhi Babbar's play - Aap Ki Saiyaara



Ms. Juhi Babbar felicitating our alumni



# DEPARTMENT OF POST GRADUATE PROGRAMS AND RESEARCH ACTIVITIES

#### **Faculty Activities:**

- Dr. Panchali Moitra Presented paper, "Diet and Activity Related factors of Depression and Anxiety Symptoms in Adults with Diabetes during COVID-19" in the International Level conference organized in Annual Meeting of American Society for Nutrition on June 14th -16th, 2022 in virtual mode.
- Dr. Panchali Moitra Presented paper, "Applying the Health belief Model to plan and implement a nutrition behavior change intervention in school children" in the International Level conference organized by Agriculture, Nutrition and Health Academy Week on June 28th -30th, 2022 in virtual mode.
- Dr. Panchali Moitra Presented paper, "Association of chronotype with body composition, eating habits and physical activity levels in women with PCOS" in the national Level conference organized by Nutrition Society of India on 22-23 December, 2022 at National Institute of Nutrition, Hyderabad.
- Dr. Panchali Moitra Presented poster, "Knowledge and attitudes to nutrigenomics and willingness to adopt personalized nutrition" in the national Level conference organized by Nutrition Society of India on 22-23 December, 2022 at National Institute of Nutrition, Hyderabad.
- Dr. Panchali Moitra Presented paper, "Mapping Indian Knowledge Systems to Mainstream Curriculum: A Critical Appraisal of Challenges and opportunities" in the National Seminar on implementation of NEP in Higher Education on Jan- 17-18, 2023 at St Teresa's College, Ernakulum in a hybrid mode.
- **Dr Panchali Moitra** completed the certificate program in **Social Behavioural Research and Ethics** conducted by Purdue University, USA under CITI Program.
- Dr Panchali Moitra completed Professional education course on NAFLD/ NASH and Obesity offered by World Obesity Federation in May 2023.
- Dr. Nisha Bellare and students completed the industry supported consultancy project, Safe and Nutritious Foods, a School campaign for creating awareness for safe and nutritious food in school children.
- Dr. Nisha Bellare was awarded the Star of education program by Pepsico in the Safe and Nutritious Food Project.
- Dr. Anuradha Ramesh, Dr. Panchali Moitra and Dr. Nisha Bellare completed the Advanced Certificate Workshop in New Food Product Development organised by ITCFSAN from December 14-17, 2023.
- Dr. Anuradha Ramesh and Dr. Nisha Bellare attended the Onconutrition Updates- IAPEN, India chapter in Tata Memorial Hospital.
- Dr. Anuradha Ramesh attended online the 6th International Diabetes Experts Consortium on August 5th to 7th, 2022.

#### **International Conference: Mission Millets: Mainstreaming Millets 2023:**

It was organised as part of **International Year of Millets 2023**. The Conference had a series of sessions, competitions, street play, poster and paper presentation and exhibition of products of millets. **Dr Panchali Moitra** (Organising Secretary), **Dr Anuradha Ramesh and Dr Nisha Bellare** (Scientific Committee) were involved in the conduct of the conference.

#### **Students Achievements:**

- Ms. Sakshi Pal was awarded the Gold Medal for the program of M.Sc. Specialized Dietetics in the year 2023.
- Ms. Sakshi Rajole, Ms. Girija Damle, Dr. Panchali Moitra and Dr. Jagmeet Madan published a paper titled, "Determination of FODMAP Contents of Traditional Indian Regional Recipes," in Current Developments in Nutrition, , Vol. 6, Issue Supplement\_1 in June, 2022.
- Ms. Janhavi Klagi, Ms. Shriya Shah, Dr. Jagmeet Madan and Dr. Panchali Moitra published a paper titled, "Diet and Activity Related Factors of Depression and Anxiety Symptoms in Adults With Diabetes During COVID-19: An Online Survey in India", in Current Developments in Nutrition, , Vol. 6, Issue Supplement 1 in June, 2022.
- Ms. Tanvi Kini won 2nd Prize in the Cooking Competition held at Dr. BMN College of Home Science at World Health Day celebration organised by Nutrition Society of Inia Mumbai Chapter.
- Ms. Deane Tata & Ms. Nikita Shivalkar won a consolation prize in the video making competition organised by Narmada Kidney Foundation on March 9th, 2023.
- Ms. Siddhi Rai won the First prize in a National Intercollegiate Poster Competition organised by FSSAI with National Institute of Nutrition on September 27th, 2022.
- Ms. Salwa Shaikh and Ms. Vrutee Faria won the First prize in a National Intercollegiate Quiz Competition organised by FSSAI with National Institute of Nutrition on September 27th, 2022.
- Vini Chawla and Ms. Heena Kapadia won the prize as SNF Ambassadors from Pepsico for Safe and Nutritious Project 2022.

#### **Workshops and Activities:**

- Faculty and students of Masters programs Green Team had organised a series of workshops on "Growing Microgreens" for Administrative and support staff of College from January to February 2023.
- Faculty and students organised an online seminar on "Gut to Womb: Recent Updates in Gut Health for Maternal and Child Health Communication for Behaviour Change" on 22nd September 2022.
- A Poster making activity on "Impact of Nutrition in Lifestyle Disorders" was conducted on 22nd September, 2022.
- A workshop on "Sports Supplements" was organised by the students of Master's program in Exercise Science and sports Nutrition on 2nd December, 2022.
- **SVT Eat Right Campus Initiative** for SNDT Women's University in association with FSSAI, Western Region was inaugurated on September 21st, 2022. This initiative is to certify the campus as Safe and hygiene for Food.
- A three day workshop series was organised on **Sports Nutrition and Fitness- Nuts and Bolts** from 25th January, 2023.
- A national conclave was conducted on 'Moving from Silos to Integrated Nutrition in collaboration with One Health, New Delhi on 29th November, 2022.
- National level event was organised on the occasion of the **World Food Day** in collaboration with **Food Future Foundation** on 17th October,2022.
- A series of activities were conducted by the department to celebrate the **National Nutrition Month-Poshan Maah** September, 2022. A seminar on the Recent Advances and controversies in Sports Nutrition' was conducted on 27th September, 2022.

#### M. Design (Fashion Design)

#### **Student Achievements:**

- **Ms. Tanvi Dhuri** was awarded the **Gold Medal** for the program of M. Design (Fashion Design) in the year 2023.
- Ms. Tanvi Dhuri won the Best Dissertation Award for her Thesis and Ms. Sapna Singh won the Best Innovation Award.
- Ms. Aneesha Nair was selected to present in State Level Inter University Avishkar competition held in Pune.
- Samiksha Kakde and Dr. Sabita Baruah had published a paper on Pipli Craft: From Transcendental to Global in Textile Value Chain in June 2022.
- Ms. Falguni Chavan won the first prize in the dance competition in the College Festival Splash.
- Ms. Babita Nilesh Joshi won First prize in cake decoration competition in the College Festival Splash.

#### **Industrial Projects and Visits:**

- Students visited Toda embroidery artisans, Triveni Sangam from Brindavan, Bagru and Daboo printing artisans, Gota Patti and Zardosi artisans, Maheshwari sarees artisans, Kashmir Rupakam-Silver art from artisans and Ganjifa art artisans for the documentation for **Craft Design Development** from July 2022 to September 2022.
- Students went on a visit to **Swadeshi Haat** to meet artisans of various arts, crafts and Weavers of traditional Indian designs in the month of July 2022.
- Students visited **Wool Research Association and SS Bags Manufacturing Unit** and learnt the manufacturing and production process in the month of August 2022.
- Students went on **Internship and Hands on training** and for **Industry Projects** in companies like Creative Handicrafts, Fashion styling with Sukanya, Bombay Textiles Research Association, Paid Internship at Shakti Exim in Jaipur, Milaaya Embroideries, Arvind Mills, Amodaya Garments at Indore.

#### **Exhibitions Organised:**

- Students and Faculty of M. Design (Fashion Design) along with Department of Textiles and Fashion Designing had organised an **Exhibition called Kalash** 2023 from March 17-18th, 2023 and showcased all the creativity of students in the field of design.
- Students had organised Competition Vogue Expression a competition on fashion Illustration.
- An alumnus talk on "Role of Fashion Merchandiser" by Ms. Namrata Patil, Merchandiser, Creative Handicrafts was organised on 18h March, 2023.
- A workshop on Gond Art was organised on 18th March, 2023. The workshop was open to students and faculty and was conducted by Ms. Renuka Mayekar, Alumnus of the Department of M. Design (Fashion Design) come.
- A competition called **Kagaz Creations** was organised on 17th March, 2023 where students created garment designs with paper.
- Visit by Christian Dior Team: Interaction with Ms. Maria Grazia Chiuri, Women's Creative Director, Christian Dior Couture was organised in collaboration with SNDT Women's University Textiles Department and SVT Department of Textiles and Fashion Designing and M. Design (Fashion Design) on March 30th, 2023. The team visited the display of textiles and Fashion showcased by students.

#### **Workshops and Activities:**

- 1.The students and Faculty of M. Design (Fashion Design) celebrated **National Handloom Day** on 8th August, 2022. A display of posters depicting the handloom of each Indian state and weaves of the handloom was organised in the Foyer of the College.
- 2.A workshop on **fashion maker machines** was organised on 17th August, 2022.
- 3.Students celebrated **World Khadi Day** on October 2nd, 2022 and made social media reels to create awareness on sustainable fashion.
- 4.Ms. Falguni Chavan was selected for the final round of Miss SVT Masters.
- 5.Students attended **two days workshop** on Design thinking, Business plan and Intellectual Property Rights organized by **WISE SNDTWU and PG Departments of Home Science** in February 2023.
- 6.The students presented posters at "Mission Millets Conclave" organised in the college and showcased the use of Millets in Textile and Fashion Industry in the month of February 2023.

#### M.Sc. Entrepreneurship Management and Business Development Students Achievements:

- Ms. Huma Shaikh and Dr. Anuradha Ramesh presented a paper titled, 'Sustainability: A study on Knowledge, Attitude and Practice among consumers about Veganism and Vegan Foods', in the 4th International Conference on Innovation, Technology and Sustainability: Shaping the Future of Business and Society at Principal L.N.Welingkars College Of Management and Research, Mumbai on March 16-17, 2023.
- Ms. Bhavana Solanki and Dr. Anuradha Ramesh presented a paper titled, 'Perceptions about
  Usage of Digital Teaching Aids among Early Childhood Educators', in the 4th International
  Conference on Innovation, Technology and Sustainability: Shaping the Future of Business and
  Society at Principal L.N.Welingkars College Of Management and Research, Mumbai on March 1617, 2023.
- The papers have been published in the Proceedings of the **4th International Conference on Innovation, Technology and Sustainability**: Shaping the Future of Business and Society.
- Ms. Bhavana Solanki and Ms. Huma Shaikh presented Posters in the Inter University Avishkar Research Competition at Savitribhai Phule University Pune in January 2023.
- Ms. Sharmin Batliwala and Ms. Bhavana Solanki presented poster on Mission Millets Conference organised by SVT College of Home Science (Autonomous), SNDT Women's University, Mumbai.

#### **Workshops and Activities:**

• Student led workshop on Role of Entrepreneurship as a Career was organised on January 2023. The experts were **Dr. Eram Rao and Ms. Smita Vyas** who highlighted the importance on entrepreneurship as a career choice.

A session on **Ideation and Start up** as conducted in March 2023 and **Expert Dr. Rashida Vapiwala**, an entrepreneur discussed different ideation processes and its significance in start up **Mr. Nilesh Lele** was the expert resource person on a session for students organised on topic "**Start up and Finance**" in March 2023.

















#### **COMMITTEE REPORT**

# **NATIONAL SERVICE SCHEME**

The NSS committee organised the following activities in the year 2022-23:

#### **Online Yoga Training Programme:**

The NSS committee had organized a 'Seven days Yoga Training program' on online mode as per the guidelines of UGC conducting programs for International day for Yoga from 26th May to 2nd June, 2023.

The faculty at Sir Vithaldas Thackersey College of Home Science Yoga trainer **Ms. Manju Khatr**i explained the proper techniques for performing Surya Namaskar and elucidated the benefits of each asana.

#### **Yoga Day celebration:**

The National Service Scheme (NSS) Unit in collaboration with S.N.D.T. Women's University celebrated The International Day of Yoga on 21st June, 2022.



Students and teachers at Yoga Day celebrations



Students being addressed for the Yoga Day

#### Thalassemia and Anemia Detection campaign:

The National Service Scheme (NSS) Unit in collaboration with S.N.D.T. Women's University and Rotary Club, organized a **Thalassemia and Anemia detection campaign** for all T.Y (Third Year) students across departments. By **Rotarian Mr. Pankaj Tanna** on 27th June, 2022.

#### Har Ghar Tiranga Campaign:

National Service Scheme (NSS) Unit had organized a **Har Ghar Tiranga** campaign to celebrate **75 years** of **Azadi ka Amrit Mahotsav** on 14th to 17th August, 2022.

#### **Rashtrageet Samuhagan:**

The National Service Scheme (NSS) Unit organized a **Rashtrageet Samuhagan** as part of the **Azadika Amrut Mahotsav**, involving students under the age of 75. The highlight of the event was the collective singing of the Rashtriya Geet. Various competitions were also organised on the theme Azadi Ka Amrit Mahotsav on 14th to 17th August, 2022.



Students singing the Rashtriya Geet



Rashtrageet Samuhagan

#### Pre Republic day Camp

#### 28th to 30th September, 2022.

The National Service Scheme organized a **Pre-Republic Day Parade State-Level Selection Championship** at Shivaji University, Kolhapur from 28th to 30th September, 2022.







Participants at the camp

Pre-Republic Day Parade

Students being addressed at the camp

#### **Plastic Collection Drive:**

The National Service Scheme (NSS) Unit in collaboration with S.N.D.T. Women's University organized a **Plastic Collection Drive** at SVT College from 14th to 17th November, 2022. The event aimed to raise awareness about the importance of cleaning up plastic waste in our surroundings.

# Project on learning digital geography for sustainability by using Qfield App:

The session was conducted by the Food, Nutrition, and Dietetics Department on 22nd December, 2022, the focus of the **session was on introducing an app**, explaining its functionality, and providing insights on how it can contribute to enhancing our surroundings and making them cleaner and better.



Non teaching staff practicing plastic collection

#### **Cyber Safety Campaign:**

A Cyber Safety Awareness Program, presented by the **Cyber Crime Branch** Mumbai in collaboration with **Quick Foundation** on 15th December, 2022.

#### Participation in Intercollege competition at PVDT College on Women's Day Celebration:

On International Women's Day, S.N.D.T. Women's University organized a National Service Scheme (NSS) event at PVDT College of Education on 8th March, 2023. **Inter-College Competition** featuring activities were also conducted.

#### Marathi Bhashadi Diwas:

National Service Scheme (NSS) conducted an event on **Marathi Bhasha Diwas** at Sir Vithaldas Thackersey College of Home Science on 3rd March, 2023.



#### Students dressed as Maharashtrians on Marathi Bhasha Diwas

# The National Service Scheme (NSS) organised a workshop **focusing on climate action**, for SY students of all departments. The event took place in Kharghar at Yuvakendra Sector on 17th September, 2022.



**Maha Youth for Climate Action Workshop** 



Students and teachers at Kharghar raising awarness about climate action

#### **National Integration Camp at Gujarat:**

Four students were selected to represent SNDT University, Maharashtra, at the National Integration Camp in Anand District, Gujarat, as part of Team Maharashtra. The camp, organized for seven days from February 9 to February 16, 2023. Dr. Sulakshana Mane served as the program coordinator accompanying the team during the camp in Anand District, Gujarat.



Students and faculty members heading to the camp

#### **Day 1:**

The camp commenced with an inauguration ceremony. With Each state giving a glimpse of their culture.

#### **Day 2:**

Physical activity and yoga sessions were arranged for day 2, Along with an amazing session about Wildlife by Advocate Manish Bhatiya.



Inaugration ceremony

#### **Day 3:**

Prabhat Pheri along with warm-up exercises and a yoga session incorporating chanting mantras were the highlights of the morning. A practical session on First Aid by Smt. Manisha from the Red Cross Society was conducted. Various competitions with theme G20 & Y20. were organised.



Students participating in the yoga sessions

#### **Day 4:**

A documentary was shown, depicting the hardships and contributions of individuals in the freedom struggle. volunteers were taken to Sardar Patel Nivas, where they participated in **shramdaan** by cleaning the environment.



Certificate distribution ceremony

#### **Day 5:**

A session on **Gender Equality** conducted by **Ishwar Sir**.

#### **Day 6:**

An excursion to the **Statue of Unity** took place.

#### **Day 7:**

Prize and certificate distribution ceremony was the main event for the last day. Team Maharashtra received the 2nd prize in the Rangoli Competition.

#### **Superstitious Belief Workshop:**

The National Service Scheme (NSS) committee conducted a **Superstitious Workshop**.

#### **Self Defence:**

The National Service Scheme (NSS) organized a **special camp** for S.Y.B.Sc students at Chinchani Vangaon, Palghar District at Mahavir Nagar Ashram from January 27th to February 1st, 2023.

The camp included **Rifle Shooting sessions** gaining practical experience in shooting by a martial artist Mr. Anil Karve.

#### Naturopathy:

The National Service Scheme (NSS) organized a camp for the S.Y.B.Sc students of the Food, Nutrition, and Dietetics Department to Chinchani, Dahanu. The event took place at the Ashram School of Khambale from January 27th to 29th, 2023. **A Naturopathy session** was conducted with Mr. Suresh Uday.

#### Yoga and Meditation:

National Service Scheme (NSS) organised a camp for the SY students of the Food, Nutrition, and Dietetics Department in Chinchani, Dahanu. The event took place at the Ashram School of Khambale from January 27th to 29th, 2023. A yoga and meditation session was conducted by Sulakshana Ma'am showcasing various breathing exercises such as Anulom-Vilom, Bhramari Pranayam, and Ujjayi.

#### Menstruation and hygiene:

The National Service Scheme (NSS) conducted a camp for the 2nd-year students of the Food, Nutrition, and Dietetics Department in Chinchani, Dahanu. The event took place at the Ashram School of Khambale from January 27th to 29th, 2023.

The CACR team (Citizens Association for Child Rights) trained all NSS volunteers on how to educate schoolgirls about the menstrual process and hygiene.



Student addressing and raising awareness about menstruation and hygiene



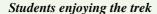
Students of Ashram school

#### **COMMITTEE REPORT**

## **SPORTS COMMITTEE**

- International Yoga Day with NSS (May-June 2022): Ms. Manju Khatri initiated online Yoga Training starting from May 4th until June 21st. Approximately 300 students and teaching/non-teaching staff actively participated in the International Yoga Day event on June 21st.
- SIP Sports Orientation and Yoga Activity (July 16, 2022): Introduced various sports activities at both college and university levels to students, emphasizing the importance of yoga and meditation techniques in daily life.
- Trekking Camp (July 21, 2022): Organized by the Department of Physical Education, SNDTWU, the trekking camp took 22 students and 2 teachers successfully to Garbett Plateau in Matheran.
- Zaara Sheth (FY FND) MSDA Athletic Competition (July 30-31, 2022): Secured a silver medal in the 800 meters category at the district level competition in Mumbai.
- **Minithon Race** (**August 14, 2022**): Ms. Manu Singh achieved the 6th position in the Minithon race organized by SNDTWU at SVT College.
- SNDT Leadership Training Camp for Sports Leaders (August 2-4, 2022): Held at Kushtarog Nivaran Samiti Shantivan, Nere-Panvel, where Ms. Vidhi Shah (T.Y.FND) received the Best Participant Award.
- Intercollegiate Games at Kolhapur (October 7-11, 2022): Seventeen students and two coaches participated in intercollegiate games (Volleyball, Basketball, and Athletics) organized by SNDTWU in Kolhapur.
- Inter-College Chess and Fencing Event (December 11, 2022): Organized by SNDT Women's University at Churchgate Campus. Notable achievements include 4th place in Senior Chess (Individual), 3rd place in Fencing Foil Tournament, 2nd place in Fencing Epee Tournament, and 2nd place in Chess Championship.
- Annual Sports Week (March 20-24, 2022): The college conducted a series of sports events including Basketball, Football, 100 meters, relay, as well as indoor sports activities like Chess, Carrom, and Scrabble.







Ms. Zaara Sheth scoring the 2nd place.

#### **COMMITTEE REPORT**

## **CULTURAL & CO-CURRICULAR COMMITTEE**

#### Fresher's Party:

The Student Council warmly welcomed First-Year Students at the Fresher's Party on August 12, 2022, held at Angrezi Dhaba in Bandra, Mumbai. The theme, 'Newbies Noon,' set the tone. Ms. Mahek Dadia won Miss Freshers 2022, Ms. Elina Pereira was the 'Miss Fresher's Runner-Up,' and Ms. Prachi Kothavle earned the title of 'Ms. Freshers (Self-Finance Program)'.





Ms. Mahek Dadia

Miss Fresher's 2022: Miss Fresher's Runner-Up 2022: Ms. Elina Pereira

#### **Alumni Meet & Convocation Ceremony:**

Our college hosted the Alumni Meet & Convocation Ceremony for its students at SNDT Women's University, Juhu, Mumbai, on June 17, 2022. The event, graced by the presence of our University Vice Chancellor, was a joyous celebration of academic achievements and a reunion of alumni.

#### **Student Induction Programme:**

The Student Council, in collaboration with the Sports Committee, organized various sessions for freshmen from July 14 to 16, 2022. The sessions included introductions to Yoga, sports, and the Student Welfare Committee. There were **orientations** about scholarships, ICC, anti-aging, student grievances, NSS, Cultural and Cocurricular Committee, ice-breaker/senior student interaction, interaction with alumni, magazine committee, literary events, library, and cultural activities.

#### Founder's Day:

Our college's Founders' Day, a significant occasion, is celebrated on January 9th, marking the birth anniversary of Lady Premlila Thackersy. On January 9, 2023; the day was commemorated with a studentfriendly initiative aimed at benefiting our students. The "First Sudhir Krishnaraj Thackersey Endowment Lecture," organized by the Department of Textile & Fashion Designing at Sir Vithaldas Thackersey College of Home Science (Autonomous), S.N.D.T. Women's University, Juhu, Mumbai, took place at the J. H. Centre for Educational Technology (Mini Auditorium), in collaboration with the Cultural and Co-Curricular Committee. This event was part of the 'Sudhir Krishnaraj Thackersey Endowment Fund, orchestrated by Mr. Sudhir Thackersey, with the objective of providing a platform for students to enhance their knowledge of sustainability. Others had the opportunity to attend the live streaming of the session.





The "First Sudhir Krishnaraj Thackersey Endowment Lecture," on Founders Day

#### **Independence Day:**

The University celebrated the 75th Independence Day on August 15, 2022, attended by the council, faculty, and students. As part of the Azadi Ka Amrut Mahotsav program, flag hoisting spanned from August 13 to 15, 2023, with participation from the Cultural and Cocurricular Committee.

On August 5, 2022, the Azadi Ka Amrit Mahotsav poster-making competition took place. Additionally, an essay competition on Women Empowerment was organised. The winners were:

Ms. Shifa Kumpariya and Ms. Adeitiy Kumbhargaonkar from F.Y.B.Sc - Food, Nutrition & Dietetics. In a solo dance competition at SNDT Women's University, Churchgate on August 10, 2022, from our college, Ms. Sonali Narkar (S.Y.B.Sc - Textiles & Fashion Designing) and Ms. Kriti Shetty (S.Y.B.Sc - Food, Nutrition & Dietetics) emerged as winners.

#### There is No Planet B:

The IQAC and Cultural & Co-curricular Committee at SVT College of Home Science annually organize the event "There is no Planet B," featuring seminars and competitions centered around the theme. On December 2, 2022, a seminar titled "There is no Planet B: Let's Keep it Clean" was held in collaboration with the Maharashtra Pollution Control Board (MPCB) to mark National Pollution Control Day. The objectives included sensitizing Generation Z about depleting natural resources, raising awareness about pollution-related disasters, and encouraging youth participation in resource conservation.

Competitions, such as Poster Making, Jingle Making, Rap Making, and Essay Writing, were conducted in Hindi, Marathi, and English, attracting participation from numerous schools and junior colleges. The event witnessed around 350 enthusiastic participants, contributing to increased environmental awareness among the younger generation. Prizes were awarded to the participants.





Competitions inviting various schools and junior colleges on the topic 'There is no Planet B'

#### Teacher's Day:

On September 5, 2022, Teacher's Day was celebrated at our college, honoring both teaching and non-teaching staff who play pivotal roles in the functioning of the institution and the well-being of the students. The Student Council took the initiative to organize a delightful program dedicated to expressing gratitude and appreciation for the hard work and dedication of the teachers and support staff.

#### Yuva Mahotsav:

Yuva Mahotsav, the vibrant youth festival of SNDT Women's University, showcases student talent across music, dance, literature, theatre, and fine arts at various levels – university, zonal, and interuniversity. Our college students actively participated in several events and were recognized with prizes. Notably, the Yuva Mahotsav orientation cum workshop on August 5, 2022, attended by Ms. Shilpa Sawalakhe and five students, Ms. Saee Phadnis, Ms. Juvairiya Surty, Ms. Manjiri Hazare, Ms. Ayesha Shahid, Ms. Isha Ingle, and Ms. Aastha Sarwaiya, marked a significant involvement.

#### Winners of Yuva Mahotsav (Churchgate Campus - 22nd & 23rd September):

#### **Mime: 1st position**

Bushra Gehlot (F.Y.B.Sc - Food, Nutrition & Dietetics)
Siliha Gharami (S.Y.B.Sc - Textiles & Fashion Designing)
Riddhi Acharya (T.Y.B.Sc - Food, Nutrition & Dietetics)
Manu Singh (F.Y.B.Sc - Food, Nutrition & Dietetics)
Akshita Jeevarajan (F.Y.B.Sc - Food, Nutrition & Dietetics)
Aditi Chaudhary (T.Y.B.Sc - Food, Nutrition & Dietetics)

#### **Dance - Folk Dance: 2nd position**

Tejasvi Salkar (F.Y.B.Sc - Textiles & Fashion Designing)
Sejal Mahadik (F.Y.B.Sc - Textiles & Fashion Designing)
Dweep Kharde (F.Y.B.Sc - Textiles & Fashion Designing)
Nirjala Ninghthoujam (F.Y.B.Sc - Textiles & Fashion Designing)
Sushmita Kunwar (S.Y.B.Sc - Textiles & Fashion Designing)
Krity Shetty (S.Y.B.Sc - Food, Nutrition & Dietetics)
Khushi Chaudhary (F.Y.B.Sc - Food, Nutrition & Dietetics)
Aarti Gupta (F.Y.B.Sc - Food, Nutrition & Dietetics)
Purnashree Gujaran (F.Y.B.Sc - Food, Nutrition & Dietetics)
Akshita Jeevarajan (F.Y.B.Sc - Food, Nutrition & Dietetics)

#### Theatre - Street play: 2nd position

Mrunmayee Surve (F.Y.B.Sc - Food, Nutrition & Dietetics)
Riddhi Acharya (T.Y.B.Sc - Food, Nutrition & Dietetics)
Aditi Chaudhary (T.Y.B.Sc - Food, Nutrition & Dietetics)
Bushra Gehlot (F.Y.B.Sc - Food, Nutrition & Dietetics)
Mariam Gehlot (F.Y.B.Sc - Textiles & Fashion Designing)
Faiza Fatima (F.Y.B.Sc - Food, Nutrition & Dietetics)
Manu Singh (F.Y.B.Sc - Food, Nutrition & Dietetics)
Sneha Singh (T.Y.B.Sc - Food, Nutrition & Dietetics)

#### **Skit: Consolation Prize**

Mrunmayee Surve (F.Y.B.Sc - Food, Nutrition & Dietetics)
Bushra Gehlot (F.Y.B.Sc - Food, Nutrition & Dietetics)
Mariam Gehlot (F.Y.B.Sc - Textiles & Fashion Designing)
Manu Singh (F.Y.B.Sc - Food, Nutrition & Dietetics)
Isha Ingle (T.Y.B.Sc - Mass Communication & Extension)
Sneha Singh (T.Y.B.Sc - Food, Nutrition & Dietetics)



1st position in Mime



2nd position in Folk Dance



2nd position in Street Play - Theatre



Consolation prize in Skit

#### Winners of Yuva Mahotsav (Pune Campus - 30th September & 1st October):

#### **Poetry: 1st position (tied)**

Khushi Bandodkar (S.Y.B.Sc Food, Nutrition & Dietetics) Lamiya Tinwala (S.Y.B.Sc Human Development)

#### **Elocution: 2nd position**

Afaf Kazi (F.Y.B.Sc - Food, Nutrition & Dietetics)

#### Western Solo: 3rd position (tied)

Sarah Dias (F.Y.B.Sc - Food, Nutrition & Dietetics) Mahek Dadia (F.Y.B.Sc - Food, Nutrition & Dietetics)



Ms. Khushi Bandodkar



Ms. Lamiya Tinwala

#### Western Group Song: 3rd Position

Sarah Dias (F.Y.B.Sc - Food, Nutrition & Dietetics)

Gabrielle Dpenha (F.Y.B.Sc - Food, Nutrition & Dietetics)

Aarya Kamble (F.Y.B.Sc - Food, Nutrition & Dietetics)

Mahek Dadia (F.Y.B.Sc - Food, Nutrition & Dietetics)

Neha Bhat (T.Y.B.Sc - Textiles & Fashion Designing)

Sita Joshi (F.Y.B.Sc - Human Development)

**Light Vocal – Consolation** 

Sita Joshi (F.Y.B.Sc - Human Development)

#### **Indian Group Song – Consolation**

Sita Joshi (F.Y.B.Sc - Human Development)

Saikriti Jain (F.Y.B.Sc - Human Development)

Neha Bhat (T.Y.B.Sc - Textiles & Fashion Designing)

Sarah Dias (F.Y.B.Sc - Food, Nutrition & Dietetics)

Mahek Dadia (F.Y.B.Sc - Food, Nutrition & Dietetics)

Gabrielle Dpenha (F.Y.B.Sc - Food, Nutrition & Dietetics)





The SNDT Women's University team secured the 'Overall Runner-up Trophy' at the 36th West Zone Youth Festival, SATRANGA, held at Ganpat University, Mehsana, Gujarat, from February 10th to 14th, 2023. The event witnessed the participation of 38 universities from Maharashtra, Gujarat, and Goa.

Secured Gold for Mime & Skit, and Silver for Folk Dance.

**Sushmita Kunwar (Mime & Folk Dance)** 

Kriti Shetty (Skit & Folk Dance)

Manu Singh (Mime)

#### SVT students who have represented SNDTWU National Youth Festival held at Bangalore:

Ms. Kriti Shetty (S.Y.B.Sc - Food, Nutrition & Dietetics)

Ms. Sushmita Kunwar (S.Y.B.Sc - Textiles & Fashion Designing)

Ms. Manu Singh (F.Y.B.Sc - Food, Nutrition & Dietetics)

# Students who participated in INDRADHANUSH - Maharashtra State Level Interuniversity Cultural Competitions held on November 5th to 9th, 2022 at Mahatma Phule Krishi Vidyapeeth, Ahemadnagar:

Ms. Kriti Shetty participated in Dance and Skit.

Ms. Sarah Dias participated in Western Group Singing.

Ms. Tejasvi Salkar participated in Mime.

Ms. Sushmita Kunwar participated in Dance and Mime.

**Ms. Kriti Shetty & Ms. Sushmita Kunwar** participated in Folk Dance for Association of Indian University (AIU), New Delhi at "Lovely Professional University", Punjab from 6th to 8th April '2023, International Youth Festival – One world 2022-23.

#### Inter-Collegiate Festival Winners:

**Khushi Bandodkar** achieved the **2nd position** in the Poetry Competition at the **'Vaayu'** Inter-college fest held at Narsee Monjee Institute of Management Studies. Additionally, she secured the **3rd position** in the Poetry Competition at the **'Kshitij'** Inter-college fest organized by Mithibai College of Arts, Commerce & Science.

Reha Jain, Mahek Dadia and Amala Rane successfully advanced to the final round of the Triple Threat competition at the 'Umang' inter-college fest held at NM College.

Kriti Shetty, Sushmita Kunwar, Nandani Zanwar, Namrata Ahuja, Manjiri Hazare, Manjari Mittal, Kashish Bafna, Aastha Bhanushali, Mou Dutta, Nidhi Karia, Anam Ansari, Khushi Shah, Purnashree, successfully advanced to the final round of the Hungama Ho Gayaa competition at the 'Umang' intercollege fest held at NM College.

Sarah Dias, Sita Joshi, Saikriti Jain, Zaara Sheth successfully advanced to the final round of the Synchronised Synthesis competition at the 'Umang' inter-college fest held at NM College.

#### **Intra-college Event:**

The Student Council organised yet another significant event, 'SPLASH,' a vibrant two-day intra-collegiate festival held on the 24th and 25th of November. Themed "Bollywood Bash," the festival featured an array of meticulously planned events, encompassing competitions to engage and enthuse participants.



#### The students who won prizes this year are:

#### Tu Kheech Meri Photo - Photography Competition

1st position: Namya Sinha 2nd position: Stuti Rathi

#### Mehendi Lagaa Ke Rakhna - Mehendi Competition

1st position: Vini Sethia 2nd position: Lamiya Tinwala 3rd position: Zeba Thim

#### Pipe your way - Cake Decoration Competition

1st position: Sara Sakarkute

#### Tu Tu Mein Mein - Debate Competition

1st position: Ayesha Shahid

#### **Naach Basanti - Solo Dance Competition**

1st position: Shruti Chavan 2nd position: Kashish Bafna 3rd position: Namrata Ahuja

#### Gaata Rahe Mera Dil - Solo Singing Competition

1st position: Sita Joshi 2nd position: Sarah Dias

1st position: Amena Dharwada

2nd position: Ranjana

#### **Andaaz Apna Apna - Painting Competition**

1st position: Uzma Siddiqui 2nd position: Saakshi Shah

#### **Nach Baliye - Group Dance Competition**

1st position: Juhi Ahuja, Reena Bare, Snehal Dhalabhanjan, Hirranya Shikarame, Mariam Gehlot, Harsha Bhangale, Vanshika Bhalerao, Nirjala Ninthoujam, Uzma Kapadia, Sejal Mahadik, Tejasvi Salkar, Mitali Morwale.

2nd Position: Kashish Bafna, Nidhi Karia

#### Feel Karo, Reel Karo - Reel Making Competition

1st position: Khushi Bandodkar

#### Sajnaa Hai Mujhe - Make-up Competition

1st position: Mariam Gehlot 2nd position: Zoya Shaikh

#### Just Nail it! - Nail Art Competition

1st position: Ruchi Bhekre

#### Arz Kiya Hai - Poetry/Shayri Competition

1st position: Amena Dharwada 2nd position: Khushi Bandodkar 3rd position: Juvairiya Khatri

#### Clue Ko Dhundna Mushkil Hi Nahi, (Word) Size Matters - Creative Writing Competition Namumkin Hai - Treasure Hunt

Heena Sayed, Niranka Desai, Shifa Kazi, Jiya Ahilani, Alfiya Khan, Sumaiya Merchant,

Lamiya Tinwala

#### **College Days - Week full of Dress-up:**

**College Days Celebration**: A Week of Dress-up from December 19th to 24th, 2022. Students enthusiastically embraced themed dress-up days, including Pyjama Day, Twinning Day, Dress as a Meme, Traditional Day, Hoodie/Sweatshirt Day, and culminating with a festive Christmas Day celebration."

#### **College Annual Day:**

The 64th Annual Day Celebration of the college (both Junior and Senior College) featured a diverse range of programs. The first half commenced with an academic review by the College Principal, including the presentation of merit awards for outstanding achievements in academics. The event was graced by the presence of **Vice Chancellor Dr. Ujwala Chakradeo**, who delivered the presidential address.



Vice Chancellor - Dr. Ujjwala Chakradeo



Ms. Vidya Shenoy

The chief guest for the occasion was **Mrs. Vidya Shenoy**, an Integrative Therapist and Dementia Care specialist, as well as the Founder of Smriti Vishwam: Universe of Memory. Mrs. Shenoy shared her inspirational words with our students.

Merit awards were distributed to recognize the academic excellence

Merit awards were distributed to recognize the academic excellence of students from the previous academic year. The ceremony also included the felicitation of **faculty members who attained Ph.D. degrees,** along with a **special recognition for those who were retiring.** The **Student Council** received accolades for their outstanding performance and contributions.

The cultural segment of the event showcased selective performances by students, as well as programs featuring both teaching and non-teaching staff members. **The 64th Annual Day Celebration** served as a platform to honor achievements, inspire students, and acknowledge the collective efforts of the college community.



Student Council Felicitation

#### **Miss SVT Contest:**

Miss SVT contest took place on 13th December, 2022. The winner of Miss SVT (Undergraduate) was **Ms. Ayesha Shahid,** a student of T.Y.B.Sc from the Department of Resource Management & Miss SVT Runner Up was **Ms. Sarah Dias,** a student of F.Y.B.Sc. from the Department of Food, Nutrition and Dietetics. Miss SVT (Master/Self Finance Program) was **Ms. Vini Chawla** 



Miss. SVT - Ms. Ayesha Shahid



Miss. SVT Runner-up - Ms. Sarah Dias

#### **COMMITTEE REPORT**

### STUDENT WELFARE COMMITTEE

#### **Admission duties:**

A help desk for F.Y.B.Sc. students was set up at the college in the month of May-June,2022. The students were also remunerated for their efforts under the Earn and Learn program of the college.

# The state of the s

Teachers clearing the queries of parents and students at the help desk

#### **Workshops for Students' Development:**

• There were **informative workshops** and talks organized for the students as per the requirements realized by the committee in the contemporary context.

- A Future Workspace Skills Program (Employbility Skills Training) Course "5 day livelihood sessions"; was organized in collaboration with THE AMERICAN INDIA FOUNDATION TRUST and the students were given certificates from National Skill Development Corporation (NSDC), India. The training was scheduled for 5 days (September 10 to 15, 2022).
- Session on 'Aspirations, positive approach and success' by Dr. Harish Shetty, Psychiatrist, on July 16, 2022 as part of the Student Induction Program, organised as per the UGC guidelines.
- Session on Soft Skills for the T.Y.B.Sc FND students on February 10, 2023 by Ms. Sangita Wasudeo, NLP certified trainer and coach. Orientation to group insurance to all students was conducted online on September 27, 2022.

#### **Career orientation Programmes:**

• The main objective is to help students **build a career graph** for themselves in accordance with their interests and abilities.

Financial support - Fee payment in installments

This year too, the students' request to pay fees in two installments was accepted by the college management and they were provided with the facility, when asked.

#### **Student Scholarships:**

- The students register on the **AAPLE SARKAR MAHA DBT Portal**, an official government website;https;/mahadbtmahait.gov.in. The students eligible for specific scholarships apply online for various types of scholarships and freeships offered by Govt.of Maharashtra.
- Mr. Avinash Malkar oriented students about the online government portal and the process of application on November 17, 2022. Eligible students were supported to register and apply for the same on the portal.

- Applications for institutional scholarships announced on December 5, 2022.
- MCX CSR scholarship for deserving students- The application was sent in the year 2019-20 however the college received the scholarship amount in the year 2022-23. 22 students received the scholarship and the amount was Rs. 4,87,817.
- Unit trust of India (SUUTI) endowment Fellowship- applications of 10 students were sent, grant is awaited.
- The institutional scholarship, student aid fund was also disbursed.
- Scholarship from **New Work Center for Women** was also received by the SY students and Thackersey grant was also received.

#### **Parents-Teacher Meeting:**

Parent Teacher Meeting (PTM) was held on September 17, 2022 and February 4, 2023 for all the departments. The parents were appraised about the attendance and performance of the students in the exam.

#### **Student Mentoring and Counselling:**

The college has a strong mentoring system. A mentor is allotted to student batches of maximum 25 students. The mentor meets their individual batches on a regular basis and orients them to the college functioning, facilities available and support services.

The mentors also have regular meetings with the batches to discuss grievances. These are resolved by the mentors by discussing the same with the head of the department. Only in cases where it is difficult to resolve the same at the departmental level, it is then taken to higher authorities.

An MOU was signed between the **Family and Child Enrichment Center (FACE)** of the college and Anubhuti Psychological Consultancy Services, to provide counselling, career testing and guidance, personality and clinical testing and developmental/psycho education services to students.

### MERITORIOUS STUDENTS OF 2022-2023

- Ms. Bhat Neha Ramakrishna Smita from the department of Textiles & Fashion Designing (Honors), recieved "Late Kum. Pushpa Dheerajlal Desai Prize' for securing first position at T.Y.B.Sc. examination for all majors CD. And Late Mr. Janakraj Khanna prize, Mr. Jagdish Mistry prize, Late Mrs. Jayaben Laxmidas Daftary memorial prize for securing highest marks in 'Textiles & Apparel Designing major at T.Y.B.Sc.
- Ms. Chitale Niharika Dinesh Anuja from the department of Resource Management recieved Memorial prize for securing second position at T.Y.B.Sc. examination for all majors, Dr. Chitra Joshi prize for overall topper in Department of Resource Management, Ensa Steel Industries Ltd. Prize for securing highest marks in 'Hospitality & Tourism Management major at T.Y.B.Sc.
- Ms. Shahid Ayesha Mohammed Nikhat from the department of Interior Designing and Resource Management received Jocy Enginering and Construction Company prize for securing highest marks in 'Interior Design & Resource Management major T.Y.B.Sc.
- Ms. Belekar Kalpita Dhondu Akanksha recieved Ms. Subhash Sharma Prize for securing highest marks in 'Food Nutrition & Dietetics' (Honors) major at T.Y.B.Sc and Rasnarani Shirin K Mankar Prize for securing overall highest marks at T.Y.B.Sc. in Food Nutrition & Dietetics.
- Ms. Kapoor Juhi Ravinder Rashmi recieved Smt. Devayani Bai Kacheshwar Kurulkar prize for securing highest marks in 'Food Nutrition & Dietetics' (Regular) major at T.Y.B.Sc.
- Ms. Ansari Aasiyah Suhail Ahmed Farida Banu from the department of Human Development, specialization of Early Childhood Care & Education recieved Ms. Saraswati Albanno Muller prize for securing highest marks in 'Early Childhood Care & Education' at T.Y.B.Sc. & Smt. Suhasini Paivaidya prize for securing first position in Department of Human Development at T.Y.B.Sc.
- Ms. Shaikh Sanya Afroz Fatima from the department of Human Development, specialization of Developmental Counselling received Mr. Jagdish Mistry prize for securing highest marks in 'Developmental Counseling' major at T.Y.B.Sc.
- Ms. Gosar Niyati Sanjay Minal from the department of Mass Communication and Extension recieved Late Shri Vinodari V. Shah prize for securing highest marks in 'Mass Communication & Extension' at T.Y.B.Sc. (Honors)
- Ms. Hirani Rutvi Amit Priya from the department of Mass Communication and Extension recieved Late Dr. Laxmikant Gupte prize for the topper in the subject 'Entrepreneurship Development' of the Mass Communication & Extension Department.
- Ms. Kurup Kalyani Sreekumar Anila from the department of Mass Communication and Extension recieved Col. Prakash Photography Scholarship for securing highest marks in the subject 'Digital Photography' at F.Y.B.Sc.
- Ms. Shaikh Saniya Fatima Rashid Razia from the department of Food Nutrition & Dietetics recieved Late Umeshrao Savarkoor Memorial Prize for the most proficient student of English at F.Y.B.Sc.
- Ms. Taufique Iqra Imran Reshma from the from the department of Food Nutrition & Dietetics recieved Ms. Zarin Sanjana Prize for the most proficient student of English at F.Y.B.Sc.
- Ms. Hanjra Hargun Kaur Harindersingh Hanjra Satnam from the department of Resource Management recieved Bajaj Household Equipment Prize of securing highest marks in the subject 'Entrepreneurship Management' at S.Y.B.Sc.



### **Chocolate Ragi Tart**

Ms. Sara Sakarkute participated and secured the third position in Millet based Recipe Making Competition (Category-Sweet) organised during 'Mission Millet: Mainstreaming Millets for a Smart Sustainable Tomorrow' held at Sir Vithaldas Thackersey College of Home Science (Autonomous) in collaboration with Food Safety And Standards Authority of India (FSSAI).

#### **INGREDIENTS:**

- 70g ragi flour
- 50g wheat flour
- 30ml oil
- 250ml milk
- 20gm jaggery
- 10gm honey
- 30gm butter
- 10gm cocoa powder
- 50gm jowar
- 30gm sugar
- 75gm dark couverture chocolate
- 40ml fresh low fat cream



#### **RECIPE:**

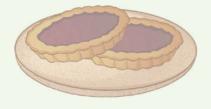
#### Ragi tart base:

- Mix together ragi flour (50gm), whole wheat flour, jaggery (grinded), oil & milk (50ml) knead the mixture into a dough.
- Form a thin sheet and bake at 180 °C for 14-17 mins. Let it cool completely.
- Once cooled grind it and add the melted butter the mixture should have wet sand like consistency.
- Place the mixture in a tart mold, press it down and refrigerate for an hour.

#### Ragi pudding for filling:

- Take 200ml milk in a saucepan, add the cocoa powder, ragi flour and honey.
- Stir on low heat until thickened let the mixture cool evenly and layer it on the tart mold.
- Chocolate Ganache for topping simply melt chocolate and cream together once refrigerated can be piped on to the tarts as desired.

Enjoy a healthy yet delicious tart with the goodness and benefits of millets like ragi & jowar.





The tarts can be adorned with jowar caramel popcorn for an added nutritiously delightful element.

Sara Sakarkute S.Y.B.Sc Department of Food, Nutrition and Dietetics

### **Ragi Brownies**

Time: 2 & 1/2 hr

#### **INGREDIENTS:**

- 150 gm dark chocolate
- 120 gm unsalted butter
- 1 cup jaggery powder
- 3 eggs
- 1\2 cup ragi flour
- 2 tbsp cocoa powder
- A pinch of salt
- 1 tsp vanilla essence







#### **RECIPE:**

Line an 8 inch square baking pan with parchment paper.

In a bowl melt the chocolate and butter in a microwave. Then add the jaggery powder and mix well until dissolved.

Whisk in the eggs one at a time along with the vanilla essence.

Place a sieve over the bowl and sift the dry ingredients which includes ragi flour, cocoa powder and salt mix until the batter is smooth.

Stir in a handful of you're favorite nuts.

Scrape the sides and mix.

Transfer the batter into the prepared baking pan. Spread everything evenly.

Preheat the oven at 180°c.

Bake at 180°c for 25-30 minutes.

Once ready, let it cool and Enjoy!



Millets are a rich source of fiber, protein and key vitamins & minerals and are proven to have the potential of protecting cardiovascular health and in preventing the onset of diabetes.

Misbah Punjabi S.Y.B.Sc

Department of Food, Nutrition and Dietetics

## Paan Truffles with Gulkand Centers

#### **INGREDIENTS:**

- Betel leaves
- Gulkand
- Shredded coconut
- Almonds
- Cardamon powder
- Fennel seeds
- Condensed milk



#### **RECIPE:**

- Toast almonds and anise seeds in a microwave safe bowl or stove over medium heat.
- Pulse into powder, add salt, gulkand, and rose essence, and roll into balls.
- In a microwave safe bowl, combine condensed milk, shredded coconut, cardamom powder, food coloring, and salt.
- Microwave on high for 1 minute, stirring and microwave until thickened. Cut betel leaves into chiffonade and mix with condensed milk.
- Divide into 12 parts.
- Flatten one part, cover with gulkand, roll in coconut, and set aside. Refrigerate, chill, and serve with vanilla ice cream and rose syrup.



#### **NUTRITIONAL VALUE OF THIS RECIPE:**

Betel leaves are very good source of Vitamin A, Calcium, Vitamin C and Iron. Gulkand is a preserve of rose petals and is rich in dietary fibers and low in fat. Also the recipe contains almonds, fennel seeds and coconut which are also very good source of iron and calcium.

66

Paan is an Indian after-dinner treat that consists of a betel leaf filled with gulkand, betel nuts and many other ingredients according to ones choice and is served folded into a triangle. This recipe is basically a paan with a twist, it is made by filling betel leaves mixed with condensed milk and cardamom powder with a mixture of gulkand, shredded coconut and ground almond and fennel seeds covered with dried shredded coconut.

Shifa Ansari S.Y.B.Sc Department of Food, Nutrition and Dietetics

# Jowar Ravioli with Ragi Bread & Salad

Ms. Mahek Dadia participated and secured the first position in Millet based Recipe Making Competition (Category-Savory) organised during 'Mission Millet: Mainstreaming Millets for a Smart Sustainable Tomorrow' held at Sir Vithaldas Thackersey College of Home Science (Autonomous) in collaboration with Food Safety And Standards Authority of India (FSSAI).



#### **INGREDIENTS:**

- 60g Jowar
- 30g Wheat flour
- 60g Ragi
- 10g All purpose flour
- Vegetables (spinach, beetroot, broccoli, baby corn, lettuce, cherry tomato)
- 100g Paneer
- 20g Cream
- 300ml Milk
- 100g Curd
- 10ml Oil
- 25g Butter



#### **RECIPE:**

#### JOWAR RAVIOLI

- In a large mixing bowl, combine the jowar, wheat flour and salt. Add the water and olive oil and mix until a dough forms.
- Turn the dough out onto a lightly floured surface and knead for 5-10 minutes, or until the dough is smooth and elastic.
- In a separate bowl, mix the spinach, basil, paneer, cream, oregano and chili flakes, salt, and black pepper until well combined and blend it into a paste.
- Flatten the dough with your hands or a rolling pin until it's thin enough.
- Lay one sheet of pasta dough on a lightly floured surface and use a teaspoon to drop dollops of filling onto the sheet, leaving about an inch of space between each dollop.
- Lay a second sheet of pasta dough over the top of the first, pressing down gently around each dollop of filling to remove any air pockets and seal the ravioli
- Use a pasta cutter or knife to cut the ravioli into squares or circles, then transfer them to a baking sheet lined with parchment paper.
- Bring a large pot of salted water to a boil and add the ravioli, cooking for 2-3 minutes or until they float to the surface.

- In a medium-sized saucepan, melt the butter over medium heat.
- Add the grated beetroot to the saucepan and sauté for 5-7 minutes, or until the beetroot is tender and slightly caramelized.
- Add the flour to the saucepan and stir well to combine. Cook for 1-2 minutes, stirring constantly.
- Slowly pour in the milk, whisking constantly to prevent lumps from forming.
- Bring the mixture to a simmer and cook for 10-12 minutes, or until the sauce has thickened and coat the back of a spoon.
- Add the salt and black pepper to the saucepan and stir well to combine.
- Remove the saucepan from the heat and let the sauce cool for a few minutes.
- Transfer the sauce to a blender and blend until smooth. 16. Return the sauce to the saucepan and heat over low heat until warmed through.
- Add the ravioli to the sauce and cook it for 5-7 minutes.
- Serve it with basil on top.

#### **RAGI BREAD:**

- Mix 50 grams curd and 50 ml milk and add the ragi flour to the mixture.
- Add Eno and salt to this mixture.
- Bake the mixture at 180-degree Celsius preheated oven for 20 minutes.





#### **SALAD:**

- Boil broccoli and baby corn and strain them.
- Add it to a bowl with chopped lettuce and season with salt and pepper.

Mahek Dadia S.Y.B.Sc Department of Food, Nutrition & Dietetics



WORD SEARCH

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### **Dates and Oats Cake**

Time: 1 & 1/2 hr

#### **INGREDIENTS:**

- 1/2 cup dates
- 1 + 1/4 cup hot milk
- 1 banana
- 1/2 tsp vanilla
- 1/4 cup ghee
- 1/2 tsp vanilla extract
- 1/2 cup wheat flour
- 1/2 cup oat flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 2 tbsp cocoa powder
- 2 tbsp water
- Handful of roughly chopped almonds and walnuts
- 2 tbsp chocolate chunks



A HEALTHY
DESSERT FOR
A HEALTHIER YOU

#### **RECIPE:**

#### **Instructions:**

- In a medium, microwavable bowl, add the milk and dates and warm them until the dates become soft then blend them in a mixer along with the banana, vanilla essence and ghee until smooth.
- Sift the dry ingredients which includes wheat flour, oat flour, baking powder, baking soda and cocoa powder and mix until the batter is smooth.
- Stir in a handful of you're favourite nuts.
- Preheat the oven at 180°C.
- Bake at 180°C for 30-35 minutes. Check for doneness and until cooked through.
- Decorate with chopped toasted nuts or melted chocolate.
- Enjoy straight away!



Sara Sakarkute S.Y.B.Sc Department of Food, Nutrition and Dietetics



### Brushstrokes of brilliance





### THREADS OF ELEGANCE: A CANVAS OF FASHION ILLUSTRATIONS





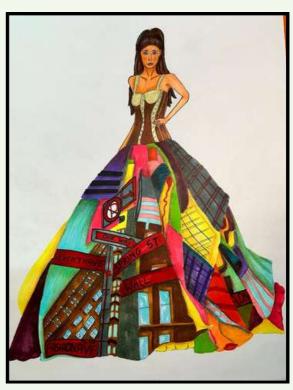
Aaesha Solanki S.Y.B.Sc Department Of Textiles & Fasion Designing



Sanika Sule S.Y.B.Sc Department Of Textile & Fashion Designing



Sanika Sule S.Y.B.Sc Department Of Textile & Fashion Designing



Saara Khan F.Y.B.Sc Department of Textile & Fashion Designing

# WHEN LOVE AND SKILL WORK TOGETHER, EXPECT A MASTERPIECE!

Outstanding original canvases painted by the students.



Maryam Shaikh S.Y.B.Sc Department of Food, Nutrition and Dietetics



Zaara Sheth S.Y.B.Sc Department of Food, Nutrition and Dietetics



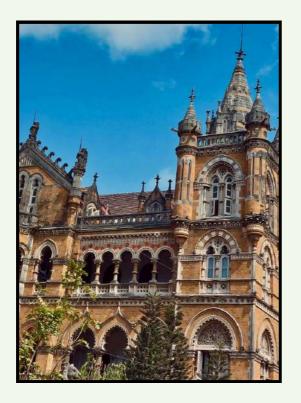
Maryam Shaikh S.Y.B.Sc Department of Food, Nutrition and Dietetics



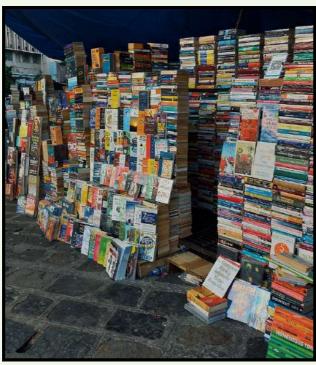
Maryam Shaikh S.Y.B.Sc Department of Food, Nutrition and Dietetics



# FRAMES OF JUST: A PICTORIAL JOURNEY THROUGH THE CITY OF DREAMS







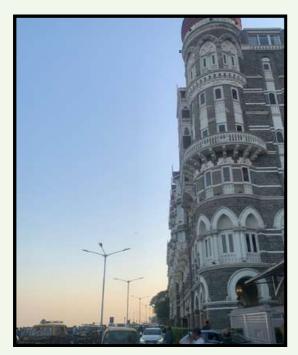


Zaynab Kanadia S.Y.B.Sc Department of Human Development



# "AND I THINK TO MYSELF, WHAT A WONDERFUL WORLD"





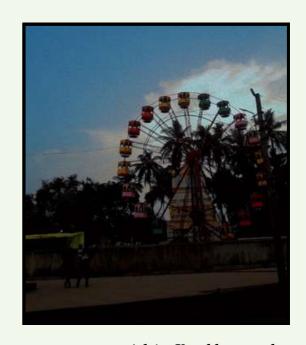
Aaesha Solanki S.Y.B.Sc Department of Textile & Fashion Designing



Adeity Kumbhargaonkar S.Y.B.Sc Department of Food, Nutrition and Dietetics



Farafatema Jivana S.Y.B.Sc Department of Textile & Fashion Designing



Adeity Kumbhargaonkar S.Y.B.Sc Department of Food, Nutrition and Dietetics





# "GOLDEN HORIZONS: CAPTURING THE RADIANCE OF SUNSETS"



Saara Khan F.Y.B.Sc Department of Textile & Fashion Designing



Aayat Batliwala S.Y.B.Sc Department of Food, Nutrition & Dietetics



Maseerah Khan S.Y.B.Sc Department of Food, Nutrition and Dietetics



Zaara Sheth
S.Y.B.Sc
Department of Food, Nutrition & Dietetics



Ayman Palasra S.Y.B.Sc Department of Food, Nutrition & Dietetics



"A tantalizing journey through the visual poetry of desserts, each click revealing the intricate textures that elevate indulgence to an art form"









Sara Sakarkute
S.Y.B.Sc
Department of Food, Nutrition and Dietetics





### **CULINARY CHRONICLES**

"Savor the visual feast and indulge your senses in this delectable sweet symphony, capturing the artistry of confectionery delights"







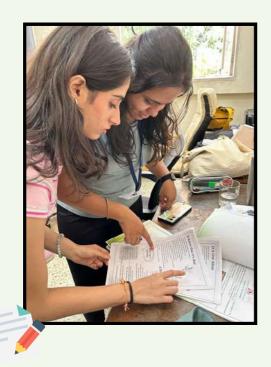


Sara Sakarkute
S.Y.B.Sc
Department of Food, Nutrition and Dietetics



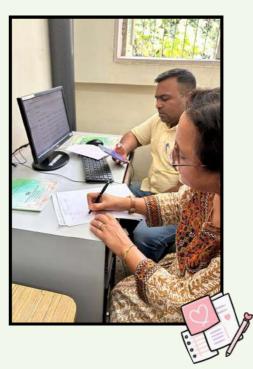
## Work In Progress











IMPRESSIONS - loading...



### GLIMPSES OF THE ACADEMIC YEAR 2022-2023



• A vibrant two-day intra-collegiate festival, **SPLASH,'** held on the 24th and 25th of November. Themed "Bollywood Bash," the festival featured an array of meticulously planned events, encompassing diverse competitions to engage and enthuse participants.

• The **64th Annual Day Celebration,** held on December 13, 2022, served as a significant platform to honor achievements, inspire students, and acknowledge the collective efforts of the college community.



Figure 1

"Khel Utsav" based on the theme
 'Agriculture' - A Community Outreach
 Program for children between the ages of 6 12 years, organized by the Department of
 Human Development in collaboration with the
 Family & Child Enrichment Centre,
 (FACE) on 18th December, 2022.

• The Magazine Committee unveiled the college magazine, 'Impressions 2021-2022,' centered around the theme of 'Azadi Ka Amrit Mahotsav' to commemorate India's 75th Independence Day. The magazine was officially launched on the occasion of 'Founder's Day' on January 9, 2023.





• Sir Vithaldas Thackersey College of Home Science (Autonomous) organized a mega event: "Mission Millet" Mainstreaming Millets for a Smart Sustainable Tomorrow, on 24th and 25th February 2023.



## SIR VITHALDAS THACKERSEY COLLEGE OF HOME SCIENCE (EMPOWERED AUTONOMOUS STATUS) S.N.D.T WOMEN'S UNIVERSITY, MUMBAI



BEST COLLEGE AWARD
OF SNDTWU, MUMBAI 202I
AWARD OF "A" GRADE IN FOURTH
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ACADEMIC YEAR 2023 - 2024

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- A regular bachelor's degree after 3years (6 semesters) program of study in the chosen fields of study.
- A diploma after 2 years (4 semesters) of study in the chosen fields of study.
- A certificate after completing I year (2 semesters) of study in the chosen fields of study.

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- M.Sc. Specialized Dietetics: 2 year program (Four Semesters)
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- M Design Fashion Design: 2 year program (Four Semesters)
- M.Sc. Entrepreneurship Management & Business Development: 2 year program (Four Semesters)
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