



IMPRESSIONS

2024-2025

**EMBRACING THE FUTURE:
TECHNOLOGY AND EDUCATION
BEYOND HORIZONS**

**SIR VITHALDAS THACKERSEY COLLEGE
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)

HIGHLIGHTS OF THE ACADEMIC YEAR 2024-25



International Conference on Precision Nutrition organised by the Department of Postgraduate Programs and Research from 5th to 7th December 2024



Endowment Lecture on Education through Contextual and Experiential Learning by Ms. Gitanjali Angmo, Founder, Himalayan Institute of Alternatives, Ladakh on 31st January, 2025



**66th Annual Day
held on
13th December 2024**



**3rd Annual Graduation Ceremony
held on 7th March, 2025**



The Magazine Committee unveiled the college magazine 'Impressions 2024 - 25', centered around the theme of 'Echoes of the Mind' on 7th March, 2025

WORDS OF WISDOM BY THE PRINCIPAL

It gives me immense pleasure to present this edition of our College Magazine "Impressions", thoughtfully curated around the theme "Embracing the Future: Technology and Education Beyond Horizons". In this edition, explore the intersection of technology and education, highlighting innovative approaches and cutting-edge tools.

In an era defined by rapid digital transformation, education stands at the forefront of change, continually reconstructed by innovation, creativity, and technological advancements. Technology is no longer a mere support system but now it has become an integral part of the teaching-learning process in all the education institutions.



It is redefining how knowledge is accessed, delivered, shared and applied. Use of Technology fosters critical thinking, collaboration, and lifelong learning which are the skills essential to succeed in an increasingly interconnected world in the 21st century. Technology must complement, not replace, the human values of empathy, integrity, and responsibility that define true education.

Our institution has always embraced progress while remaining rooted in strong academic and ethical values. By integrating technology into education, we empower our students to explore beyond the boundaries of traditional learning, connect with global perspectives, and innovate with confidence. As educators, our role is to foster a culture of curiosity, creativity, and critical thinking – skills that will enable our graduates to thrive in a future that's being shaped by technology.

Dear readers, go through the inspiring write-ups from our students and faculty. The articles, poems, artwork, and reflections showcased here, highlight how technology can be harnessed to inspire learning, solve real-world problems, and shape a brighter future.

I congratulate the editorial team for their dedication and commend all contributors for their thoughtful participation. May this edition motivate our academic community to continue embracing technological advancements with wisdom, purpose, and a spirit of innovation.

With best wishes for continued learning and excellence!

A handwritten signature in black ink, which appears to read "M. Bhalerao". The signature is written in a cursive style and is positioned above a horizontal line.

Ms. Manjiri Bhalerao
Principal (Additional Charge),
Sir Vithaldas Thackersey College of Home Science
(Empowered Autonomous Status)
S.N.D.T. Women's University, Juhu campus, Santacruz (West)
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MENTOR VOICES: PATHWAY TOWARDS THE MAGAZINE

Dear readers,

Greetings from the Editorial Team!

In the last five years, the education field shifted towards digital and technological integration, skill-based learning, and holistic development, largely accelerated by the pandemic and major policies like India's NEP 2020.

Technology in education transforms learning by making it personalized, accessible, and engaging through tools like virtual classrooms Artificial Intelligence (AI), impacting student's outcomes, and preparing them with vital digital skills.

With immense joy, we, the team of the Magazine Committee, present to you Impressions 2024 – 25 with the theme “Embracing the Future: Technology and Education Beyond Horizons”.

This theme is a profound exploration into the scope of learning – as it has gone through a major transformation because of technology's sophisticated integration into the texture of education, especially AI for assignments, projects, research papers and other submissions.

In this edition each page is a canvas painted with the remarkable contribution by our students, thoughtfully designed and skillfully edited by our very own student editors.

It is a result of the incredible efforts and creativity of our Student Editors, Ms. Sarvesha Sawant from T.Y.B.Sc Department of Food, Nutrition and Dietetics and Ms. Antara Nair from F.Y.B.Sc Department of Human Development for bringing this magazine into a meaningful reality.

To every reader, who has supported us this year with encouragement, feedback and shared enthusiasm – thank you.

Your belief turns every issue into a conversation worth having.

Happy Reading!



Ms. Sangeeta Chhowala
Chairperson
Magazine Committee



Dr. Prakash Navgire
Co-Chairperson
Magazine Committee

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~ COVER STORY ~

Embracing the Future: Technology and Education Beyond Horizons

From slates and white pencil sticks to iPads and stylus pencils, we, the students, have come a long way. From handwriting our holiday homework to uploading typed documents online, our education has come a long way. What was taught to us through books and pages has now become a wholesome experience for school-going children, much easier for them to learn and understand. Meanwhile, the teachers who were once portrayed as knowledge givers are now facilitators, mentors, counsellors, and lifelong learners themselves.

Today's education is not only about the way of teaching and grasping knowledge, but about preparing the new generation for a changing, evolving world. In the age defined by technology, modern education is undergoing one of the most profound transformations in its history. By introducing AV aids, digital learning, AI powered learning experiences, today's classrooms are shifting from the traditions exam-driven systems to a more personalised, dynamic, and skill-focused learning. Modern education is beyond memorising formulas and rewriting assignments. It is about hands on experiences for students, developing critical thinking, creativity, problem solving, and evolving empathy, resilience, humanity, and global awareness in the minds of young learners.

That being said, today's education is not only about technology. Mental health, emotional stability, environmental awareness, cultural understanding, and critical topics like social taboos and myths are being dived into, thus developing a child not only digitally, but principally too.

So, has the education system evolved the right way with a global incorporation of technology?

Or does modern learning lack the essence of what raised the millennials up?

By Student Editors,



Ms. Sarvesha Sawant
T.Y.B.Sc
Food, Nutrition
& Dietetics



Ms. Antara Nair
F.Y.B.Sc
Human
Development



UNVEILED OPINIONS Of The Students



BTS OF TODAY'S EDUCATION JOURNEY

*Chaar Taraf Gyaan bat raha hai. Jahaan se mile lapet lo - Rancho
(3 Idiots, 2009)*

The Future of Education Isn't a Degree... It's a Skillset

These are my personal views, offered to encourage reflection and dialogue. Here's a look at the real game-changing shift happening in education — no sugarcoating, no fluff.

Let's get real for a second. Education today is sold like it's a treasure hunt, 99% in Boards, Bachelor's, chase that MBA... and land a good job. But deep down, how many of us actually love what we studied? How many of us are just rushing to tick boxes, doing the bare minimum, and clocking in for the paycheck... just to survive?

Way back in the day, India's Gurukul system taught the real essence of learning, you learned by doing, directly from a Guru, mastering skills you actually needed in life. No meaningless grades, no chasing scopes or societal pressure to "study science or arts."

That's the purest form of education, and honestly, we need that mindset back.

Fast forward to today, and the game has completely changed. The tools we have now are unlike anything before. Remember when we used to spend hours in libraries or scroll through Brainly for that tricky answer? Those days are gone. Now, AI like ChatGPT sits in your pocket, ready to give you answers faster than you can say "assignment due tomorrow." You want to know how Boeing designs its wings? Boom — answer served, and you're not even an aircraft engineer.

It's a no-brainer for students. Why struggle when you can just copy-paste assignments from AI by typing a simple prompt? That's exactly why many institutions are banning it. But instead of treating AI as the enemy, the smarter move is to evolve education itself. Assignments designed to require students to use AI — not as a shortcut, but as a tool to analyze, create, and solve real problems. Because true evolution isn't in avoiding technology, it's in utilising it to create and solve solutions that drive personal growth, innovation, and even national progress.

AI is like your research buddy — it finds the pieces, but you decide how to put them together. It's not about dumping questions and becoming lazy. You're still in control of the strategy, the choices, and the vision.

And the learning doesn't stop there. Thanks to easy access to technology, students today can turn ideas into real MVPs or prototypes faster than ever. Combined with fellowships and funding programs like Thiel Fellowship, WTFund in India, and others, this allows students to test, iterate, and learn from real-world experiments . Why does this matter? Because building your idea into a real business, even if it fails, teaches lessons no classroom ever could. You learn: Jugaad & Creativity, Communication Skills – from negotiating with the supplier bhaiya to (someday, fingers crossed!) pitching to SoftBank investors, Hustle & Adaptability, Decision-Making, Strategy, Financial Awareness, Leadership & Teamwork. Real-world problems don't have textbook answers; This is where real education happens. Building your first MVP, failing, experimenting, learning to pivot and bounce back, beats memorizing theories you'll forget next week.

The world is changing, and your education must too. Build, think, create, fail, learn, and grow. Because the future isn't written in a certificate... it's written in your action.

And let's be clear — this isn't about ditching colleges or degrees. Those still matter. What we need to leave behind are rigid rules, outdated mindsets, and structures that trap learning in theory, instead of pushing us to solve actual problems and build real solutions.

Heads up - ChatGPT gave me a hand in writing this, and AI detectors would confirm that. But the ideas, opinions, and perspectives are all mine. The takeaway? Tech is the future. Tech accelerates, but you navigate. Tech opens doors, but you choose which ones to walk through.



*Ms. Akangkshya Gogoi
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CHATGPT– A BOON OR A BANE?

ChatGPT– A Boon or a Bane?

Since the COVID-19 lockdown era, we have seen a significant shift towards the implementation of technology in education systems worldwide. It started with online classes and Google Classroom, and evolved into the current technologies we see all around us, namely ChatGPT. The OpenAI engine that is made to be a conversational artificial intelligence, has become the forefront of technology as well as education today.

In this day and age, ChatGPT is everywhere. It is being used for conversation, for work-related purposes, and most commonly, for education. Students all over the world are using ChatGPT to do their work for them, be it assignments, essays, presentations, or anything else. Some even use artificial intelligence for their notes. From the toughest of assignments to the smallest of doubts, ChatGPT is approached more than the teachers in the institutes.

This phenomenon now begs the question—is ChatGPT a blessing for the students, or a curse that is affecting them negatively? Both arguments have their merit, and many tend to fall on the side of the AI being a boon to the youth.

The argument of ChatGPT being a boon is quite simple—it makes things easier, quicker, and more efficient. The students do not need to waste their time researching and scouring the web for obscure articles when they can just ask ChatGPT to do it for them. The students do not need to put in time and effort into small, ‘insignificant’ assignments when ChatGPT can generate a five-hundred words essay in less than ten seconds. Overall, the side of the AI being a boon argues that the technology has made things more efficient and less time-consuming.

On the other hand, the argument that states that ChatGPT has become a bane, a curse for the students, has its own plethora of reasons that cannot be denied. The reasoning begins with the psychological damage done by hyper-reliance of the students on artificial intelligence tools and bots—it makes them less intelligent, less capable of critical thinking, and hinders creativity. A person who has all of their work done by artificial intelligence, be it assignments or essays, misses out on the opportunity to learn new things through manual research and, hence, narrows their field of knowledge. The use of artificial intelligence for every little thing hinders one’s capability to think for themselves, to form ideas of their own, and has the greatest impact on their creative mind.



With both sides having their pros and cons, it becomes more than a little difficult to take one side, though it is evident that the use of ChatGPT does more harm than good. Not only on the person using it, but also on the environment. The servers of ChatGPT specifically have a great impact—a negative one—on the oceans of our planet and contribute to global warming. The ‘boon’ perspective shows less and less merit when taking into account these factors, but it is also evident that these reasonings are not sufficient enough to cause the cessation of the use of ChatGPT and artificial intelligence as a whole.

In a world that is hurtling itself towards technological advancements in every field and industry, where the future we thought was so far away seems to be right at our doorstep, it becomes increasingly important to use our minds and think for ourselves. Are the tools we are creating and using truly an advancement that does more good than harm? What will be the impact of these tools on our future, on our planet?

To provoke such thoughts, to put our minds to work, to allow ourselves to think for our own selves—would a future led by artificial intelligence allow the space for that?

Ms. Anabia A. Khan

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GLOBALISATION AND HOW IT AFFECTS INCLUSIVE EDUCATION

Any and all advancements made in technology affect teaching and learning methods in one way or another. Let's take a look at the potential future of education as it integrates with advancing technological advancements.

With the technological innovations and advancements made in education, we will start to see the benefits of other countries' teaching and learning methods reflected in our own country. There will be an increasing interconnectedness and exchange of knowledge and resources, fostering a more integrated global learning environment that will prepare students for an interdependent world. Institutions will be able to leverage various digital tools, including online classes, e-books, and collaborative programs, to reduce the costs associated with developing educational technology locally.

Globalization fosters international collaboration among academic institutions, which gives them new ways to earn revenue through online classes, sharing resource material, conducting intercollegiate research studies, etc. It also increases the quality of education by enhancing access to resources.

The integration of technology in education will help children acquire essential skills such as digital literacy and technological proficiency.

As a result, students are better equipped to positively contribute effectively to a more competitive workforce. Students will have the option to choose any method of learning, subjects, vocational opportunities, and their preferred path to reach their occupational goals. They will be exposed to and aware of multiple cultures, which will broaden their understanding of the world geographically as well as socially.

However, as with everything, there are certain disadvantages to globalisation in education. These educational advancements would only apply to those who have access to technology, leaving those with no access to such tech further away from the opportunity to receive an education. The rise of digital programmes from institutions might lead to prioritizing cash over coaching, resulting in student loans with little to no increase in knowledge. Concerning culture, there might be a tendency to follow a standardized set of ideas, which could hamper the expression of cultural identities.

Thus, strategic and thoughtful decision-making needs to take place when integrating technology with education.

*Ms. Antara Nair
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Department of Human Development



LEARNING 2.0

THE PROS AND CONS OF TECHNOLOGY

The Future of Education would really be a remarkable one with technological assets that makes education much easier, but also takes away the pure essence of learning. The future holds unknown; some say that there would be screens instead of books, while others predict that all teachers would be replaced by AI-enabled robots. It seems completely unbelievable now, but so was the use of ChatGPT in previous years. A completely new learning system where one might gain their entire education right from their homes with the help of technologies like Virtual Reality (VR) seems like a possibility or maybe it might just make the learning experience a new and interactive process.

In the future, we might find the whole online education system more upgraded and only one existing. Can you imagine? A world of education where the teacher would be teaching students only through the screens? Although it has its perks, such as students all over the world can be given education. The costs of admission in an offline premises would be cut down immediately hence providing a larger literacy rate. AI, if used wisely, is such a boon! Creating assignments, solving problems, making notes and papers, and many more such things. The future really does look promising with all these high-tech gadgets.

But there are two sides to a coin; if there is good, there also would be bad. While digital learning can be geographically and economically beneficial to many students, it also has some cons, like the realistic presence of teachers and students in a classroom. Although it might incorporate many digital tools which provide a better understanding, students might lose their attention during an online class. Also, both students and teachers could be distracted in their homely environments. There's a hindrance in practical learning.

Hence, while technology has its pros in future education, there are also quite a few cons. So while the future is definitely promising regarding education, it's going to be very different and new to all of us, and new doesn't only mean difficult but also might bring great learning opportunities to all of us.

Ms. Arunima Pal
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EDUCATION 2050: WILL CLASSROOMS EVEN EXIST?

When we think of classrooms, the image that often comes to mind is a blackboard, rows of desks, and a teacher guiding students face-to-face. But as we step into an era shaped by artificial intelligence, virtual reality, and digital learning platforms, one question becomes increasingly relevant: by 2050, will traditional classrooms even exist? We're already witnessing the shift. The pandemic years gave us a glimpse into the future. Overnight, classes shifted from chalkboards to screens, and Zoom links became the new classroom doors. Even as schools reopened, the idea of hybrid learning—part online, part offline—remained. This showed us that education is no longer tied to a physical space, but to accessibility and adaptability. Technology as the new classroom. By 2050, education may look less like a building and more like an ecosystem. Imagine:

AI tutors that track each student's strengths and weaknesses, offering tailor-made lessons. Virtual Reality (VR) classrooms where history students walk through ancient civilizations instead of just reading about them. Global learning networks where a student in India collaborates with peers in Canada or Japan in real time.

In this world, the “classroom” could be as portable as a headset or as vast as the internet itself. But education is not just about information—it's about interaction. The classroom is also where friendships form, debates happen, and teamwork develops. By 2050, even if walls disappear, the essence of learning together must remain. Technology can simulate environments, but it cannot fully replace the emotional and social growth that comes from human presence. The future of education promises many advantages: inclusivity, flexibility, and personalized learning. Yet it also poses challenges:

Digital divide—Will all students have equal access to advanced technology? Teacher's role—How do we balance AI's efficiency with a teacher's empathy and guidance? Mental health—What happens when screens replace real human contact for too long?

So, Will Classrooms Exist in 2050? Perhaps not in the same way we know them today. The rigid, one-size-fits-all classroom may dissolve into a flexible, technology-driven space. But in some form—whether physical or virtual—classrooms will continue to exist, because education is not just about acquiring knowledge. It is about learning together. The future classroom may not always have four walls, but it will always need connection, curiosity, and community.



Ms. Ifra Batul Parkar

S. Y. B. Sc

Department of Interior Design, and Resource Management.

DIGITAL CLASSROOMS – THE FUTURE OF EDUCATION IN INDIA

Education has always been the backbone of our society, but the way we learn is constantly evolving. A few years ago, the idea of attending classes through a screen seemed far-fetched, but today, digital classrooms are becoming a reality across India. From animated videos that make a tough science concept easier to understand to virtual quizzes, technology is slowly transforming the traditional blackboard setup.

The pandemic played a big role in pushing schools and colleges to go online. While it was a tough time, it also showed us how powerful technology can be when used in the right way. A student in a small village can now access the same quality of education as someone studying in a big city. With a simple tablet or smartphone, lessons, doubt-solving sessions, and even career guidance can be just a click away.

Of course, there are challenges. Many rural schools still struggle with poor internet connectivity and a lack of resources. Teachers also need training to adapt to these new tools. But the good news is that both the government and private organizations are working to make digital learning more accessible through smart classroom projects and affordable devices.

Digital classrooms aren't here to replace teachers; they are here to support them. With a blend of technology and personal interaction, we can create classrooms where students don't just memorize facts, but truly understand and enjoy learning.

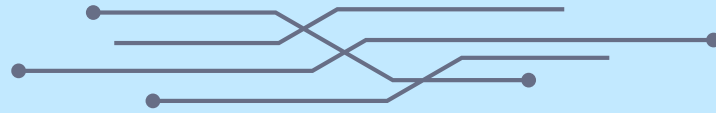
Ms. Kaavya Jhaveri

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THE DISADVANTAGES OF INTEGRATING TECHNOLOGY WITH EDUCATION



Technology has become an inseparable part of modern education. From smart boards to online classrooms, digital tools have transformed how teachers teach and how students learn. While technology undoubtedly brings opportunities for innovation, accessibility, and flexibility, it is equally important to recognize its disadvantages.

1. Increased Distractions: One of the major drawbacks of technology in education is the ease with which students can get distracted. With laptops, tablets, or smartphones, learners may be tempted to browse social media, play games, or watch videos instead of paying attention to lessons. This reduces focus and hampers effective learning.

2. Reduced Social Interaction: Technology-driven classrooms often limit face-to-face communication. Online classes, digital assignments, and virtual discussions reduce opportunities for students to interact in person with peers and teachers. Over time, this can affect the development of interpersonal skills, teamwork, and emotional intelligence.

3. Dependency and Lack of Critical Thinking: Excessive dependence on technology can weaken problem-solving skills. Students may rely on search engines or AI tools for instant answers instead of engaging in deep thinking or research. This can limit creativity and reduce the ability to analyze, evaluate, and solve problems independently.

4. Digital Divide and Inequality: Not all students have equal access to devices, high-speed internet, or advanced digital tools. This creates a 'digital divide' where some learners benefit from technology-rich education while others are left behind due to financial or infrastructural limitations. Such inequalities can widen the education gap.

5. Health Concerns: Long hours of screen exposure can lead to several health issues, including eye strain, headaches, poor posture, and sleep disturbances. Moreover, reduced physical activity caused by online learning may contribute to lifestyle-related health problems.

6. Technical Issues and Reliability: Dependence on technology can be risky because technical glitches, connectivity problems, or system failures can disrupt learning. A power cut or poor internet connection during online exams or lectures may cause frustration and loss of valuable learning time.

While technology has revolutionized education, it is not free from disadvantages. Distractions, dependency, health issues, inequality, and high costs are significant challenges that cannot be ignored. Instead of complete reliance, technology should be used as a supportive tool rather than a replacement for traditional teaching methods. Striking a balance between human interaction and digital learning is the key to ensuring a more effective and inclusive educational experience.



Ms. Aarya Gharat

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FUN FACTS!

- **THERE ARE APPROX. 3.5 BILLION GOOGLE SEARCHES PER DAY.**
- **OVER 90% OF THE WORLD'S CURRENCY IS DIGITAL.**
- **THE AVERAGE COMPUTER USER BLINKS JUST 7 TIMES A MINUTE.**
- **OVER 500 HOURS OF YOUTUBE ARE UPLOADED EVERY MINUTE.**
- **THE FIRST PHOTO TOOK 8 HOURS TO EXPOSE.**

STITCH MEETS SCREEN, BLENDED LEARNING IN FASHION WITH TECHNOLOGY

Fashion has been around since the start of time, ever evolving and metamorphosing from a myriad of ideas/concepts. Arising out of early age traditional craft to incorporate new world technology, carrying years of skills and craftsmanship to a different platform. The concept of needle to pixel has been widely used and embodied by many upcoming and leading brands/labels in the fashion industry. This gave birth to a completely unseen, imaginative side of fashion, leveraging technology to its full potential. While the new technological innovations enter, it certainly doesn't eliminate the established methods of stitching, merely acting as a stepping stone and extension rather than a replacement. Going beyond the traditional ways of learning in classrooms, technology aids fashion to expand in 3D. With AR/VR, digital prototyping, and virtual collaboration, we allow our preconceived notion about innovation to be open to new pathways of learning.

AR/VR continues to have an immense impact in the fashion industry, allowing students to wield and grasp early in the stage to elevate themselves with knowledge that lies in the absolute core.

Unlike the standard methods of sewing, innovations like these go above it all. Growing demand for digital fluency and AI design, fashion expands its domain through e-commerce. An abundant amount of brands and tech startups integrate into blended learning. Brands nowadays allow students to have real-time industry briefs, where they are exposed with both stitched prototypes and 3D simulations, mirroring the way professional studios now work. While tech startups allow students to have early access to digital software like CLO3D, or even AI powered softwares. Evidently, the future will undeniably foster a coexisting environment of physical and digital education.



Ms. Medhya Bagwe
T.Y.B.Sc
Department of Textile and Fashion Design

THE JOURNEY OF TIME

Time goes by, memories fade, people change, and fame dies. What remains then? What stays?

Time is the only constant they say. When one thing ends, the other begins. When sorrow peaks, the times of joy await their existence.

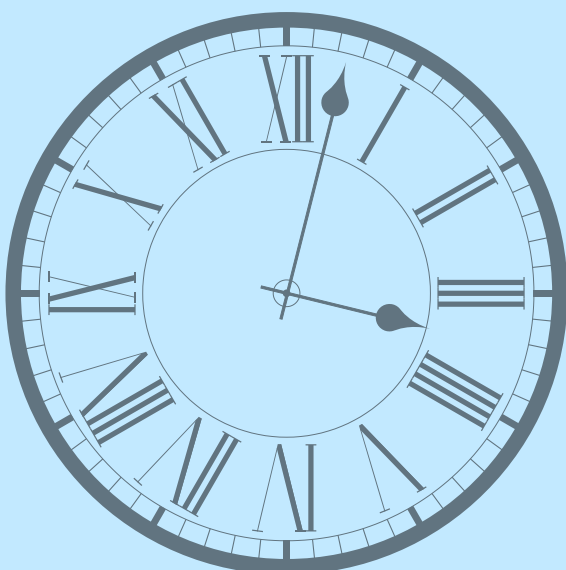
Memories last, they say. Therapies make us forget things about that one person we got overly attached to, only to get our hearts thrashed and crushed. And oh how we always want to go back to the past and live a few moments with those who've departed, just to make a bunch of memories with them.

People change? Their love remains, or their hatred does, their names remain, or their karma does. But what are people without the love they hold? What are people without their doings? What are people, without their bonds and connections and attachments, their feelings and emotions, smiles and cries?

Fame. It is us normal people who provide fame to a personality. Be it an animal or a film star or a politician or a crashed car. Fame, curated from experiences and duties. Fame, moulded by beliefs and trusts. Fame, that lingers on a character all along.

All of it remains. All of it stays.

What changes is our perspective, our beliefs and our answers to the same age old questions. What changes is the amount of pressure we use to hold on to the other person's hand, the amount of glint our eyes behold when we smile at someone, the amount of ache our heart bears when the tears roll down our cheeks, finding their way towards the ground where all of us equally stand.



*Ms. Sarvesha Sawant
T.Y.B.Sc*

Department of Food, Nutrition and Dietetics

A STORY OF MY SUPER-PARENTS

This is a story about a mother who fought and protected her unborn child.

This is a story about me, a combination of a mother's bravery and love for her unborn baby girl.

The story starts when my mom found out about being pregnant with me.

My father's side of the family was against having a girl as they bring "responsibilities" and were a burden on the family. My father used to stay in a different city for his work and my mother stayed at my grandma's house in a joint family.

She was visiting the hospital for a regular checkup when she saw this poster on the wall.

It said:—

"Maa, mujhe mat maaro...

Mujhe jeena hai,

mujhe bhi is duniya me aana hai.

Mujhe bhi ladko ki tarah padhna hai,

mujhe bhi kuch banna hai.

Mujhe bhi aapko gaarv karvana hai,

mujhe bhi aapko gale se lagana hai.

Mujhe bhi is duniya me aana hai."

She had an intuition that it's a girl and that day she made up her mind to bring her in this world. After returning home, my chaachi (aunt) told my grandmother that "I think it's a girl" as she overheard the doctor. Everyone started questioning my mother and she told them, "Kisne kaha ladki hai? Doctor ne bataya hai ladka hai!"

Still they tried many ways to cause an accident in order to kill me. My mother fought bravely and brought me in this world. After I was born, the doctor was talking to my mother in the delivery room. He asked her if she has any children before me? So she replied with "Ek ladka hai" (I have one boy).

The nurse present there was south Indian and only understood "ladka" and announced it to my family. My mother's family were thrilled and my aunt distributed sweets in her office. After a while, the misunderstanding was cleared. My aunt again distributed sweets in her office.

My father's family, on the other hand, was very upset with my birth. My grandma started crying and kept saying, "Mere bete ke ladki ho gai, gareeb hai, isko kaise bada karega?" My father always adored and loved me. He stood up for me with my mother and raised me in a safe environment.

Here I am now, building a future for myself because of their support.

Ms. Mannsi Gadra

F.Y.BSc

Department of Food, Nutrition and Dietetics

VISIT TO PANHALEKAJI CAVES, DAPOLI, MAHARASHTRA: FORGOTTEN TREASURES OF ROCK-CUT ARCHITECTURE

India's architectural heritage is vast and varied, with rock-cut caves forming a significant part of its ancient legacy. While sites like Ajanta and Ellora enjoy global recognition, many lesser-known cave complexes remain hidden in obscurity. One such site is the Panhalekaji Caves, located in the lush landscape of Dapoli Taluka, Ratnagiri district, Maharashtra. These caves, carved into basalt cliffs along the Kotjai River, represent a rich tapestry of religious, cultural, and artistic evolution spanning centuries. Despite their historical importance, they suffer from neglect and lack of infrastructure, urgently calling for conservation and development.

The Panhalekaji Caves are situated approximately 160 kilometers south of Mumbai, nestled in the Western Ghats near the village of Panhalekaji. The caves lie on the banks of the Thorli-Dhakti Kotjai River, surrounded by dense vegetation and rolling hills. This serene setting adds to the mystique of the site, making it a potential haven for heritage tourism. However, the remote location and poor road connectivity have kept it off the radar for most travellers and scholars.



Historical Significance:

The cave complex comprises 29–30 rock-cut caves, believed to have been excavated between the 3rd century CE and the 11th century CE. The earliest caves were created by the Hinayana Buddhist sect, characterised by simple stupas and chaityas (prayer halls) intended for meditation and monastic life. These early structures reflect the austere spiritual practices of the time, with minimal ornamentation and an emphasis on inner contemplation.

As centuries passed, the site evolved under the influence of Vajrayana Buddhism, which introduced more elaborate carvings and tantric

During the 10th–11th centuries, the region came under the rule of the Silahara dynasty, who introduced Hindu iconography into the cave complex. This period saw the addition of sculptures and reliefs depicting Lord Shiva, Ganesha. The coexistence of Buddhist and Hindu elements within the same complex is a testament to India's syncretic cultural history.



Architectural Features:

The Panhalekaji Caves showcase a variety of architectural styles, ranging from simple monastic cells to intricately carved shrines. Key features include Chaityas and Viharas, Early Buddhist prayer halls and residential quarters, Stupas, dome-shaped structures symbolizing enlightenment.

Sculptural Panels: Depictions of deities, mythological scenes, and floral motifs.

Rock-cut Pillars and Arches: Structural elements that reflect evolving engineering techniques.



Current Condition:

Despite its historical and architectural significance, the Panhalekaji Caves are in a state of neglect. Several factors contribute to their deterioration weathering and erosion continuous exposure to rain and humidity has eroded many carvings and inscriptions. Vegetation overgrowth, roots, and moss have infiltrated the stone surfaces, causing structural damage.

Water Seepage, poor drainage have led to water accumulation in some caves, weakening the rock.lack of maintenance there is no regular conservation effort or monitoring by archaeological authorities. Minimal Infrastructure: the site lacks basic amenities such as restrooms, signage, guided tours, and safety measures.



Need for Conservation:

The Panhalekaji Caves are a living archive of India's religious and artistic evolution, and their preservation is crucial for future generations. Conservation efforts should include regular maintenance, clearing vegetation, improving drainage, and protecting inscriptions. Government bodies such as the Archaeological Survey of India (ASI) and Maharashtra Tourism Development Corporation (MTDC) must prioritise Panhalekaji in their heritage conservation plans. At the end of this article, I would like to mention that the Panhalekaji Caves at Dapoli are a hidden gem of Indian rock-cut architecture, embodying centuries of religious harmony and artistic excellence. Their current state of neglect is a reminder of the need to protect lesser-known heritage sites. Through conservation, research, and tourism development, Panhalekaji can be transformed into a vibrant cultural landmark, enriching both local communities and the broader narrative of India's architectural legacy.

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

CHASING DREAMS IN HONG KONG: MY FIRST SOLO ADVENTURE



Ever since I was a kid, Hong Kong has been this magical place I'd always heard about. My family travels there often for work, and I grew up listening to their stories, imagining myself walking through those very streets one day. This April, just before my 18th birthday, that dream finally came true. And here's the best part –it was my first ever solo trip! Flying alone for the very first time was equal parts terrifying and thrilling. I'll never forget that moment when the plane took off, my heart was pounding, my playlist was on, and I kept thinking, "Wow, I'm really doing this!" That solo flight was a mix of nerves, excitement, and pure freedom. It was the perfect start to what turned out to be the most unforgettable nine days of my life. I stayed with my brother and his wife in their cozy apartment, which gave me a sense of comfort amidst all the newness. Over the next few days, I explored the city in every possible way by road, bus, metro, ferry, and on foot. Hong Kong completely stole my heart. The city is a perfect mix of sleek skyscrapers, bustling streets, and peaceful patches of greenery. It's so clean and well-organized, yet so full of life and culture. By the end of my trip, it genuinely felt like home. At one point, I even caught myself thinking, "I could totally live here." Some of my favorite experiences were at The Peak, where I stood high above the city, looking at the dazzling skyline that seemed straight out of a postcard. Lantau Island was another highlight – visiting the Big Buddha was serene and grounding, a beautiful contrast to the city's buzzing energy. I also wandered through vibrant neighborhoods like Kowloon, Mong Kok, and Tsim Sha Tsui, sampling mouthwatering street food, shopping at chaotic yet charming night markets, and just soaking in the city vibe. One evening, I even ended up dancing with strangers at a local event! But the moment that truly defined this trip was the Coldplay concert, the reason I had planned this journey in the first place. For two years, I'd been dreaming of singing along to my favorite songs with thousands of people, and when it finally happened, it felt unreal. When they played Yellow, the entire arena lit up with golden lights, and it felt like the world paused for a second. During A Sky Full of Stars, confetti rained down, the crowd sang in unison, and I felt this overwhelming rush of joy and gratitude. It wasn't just a concert, it was magic!

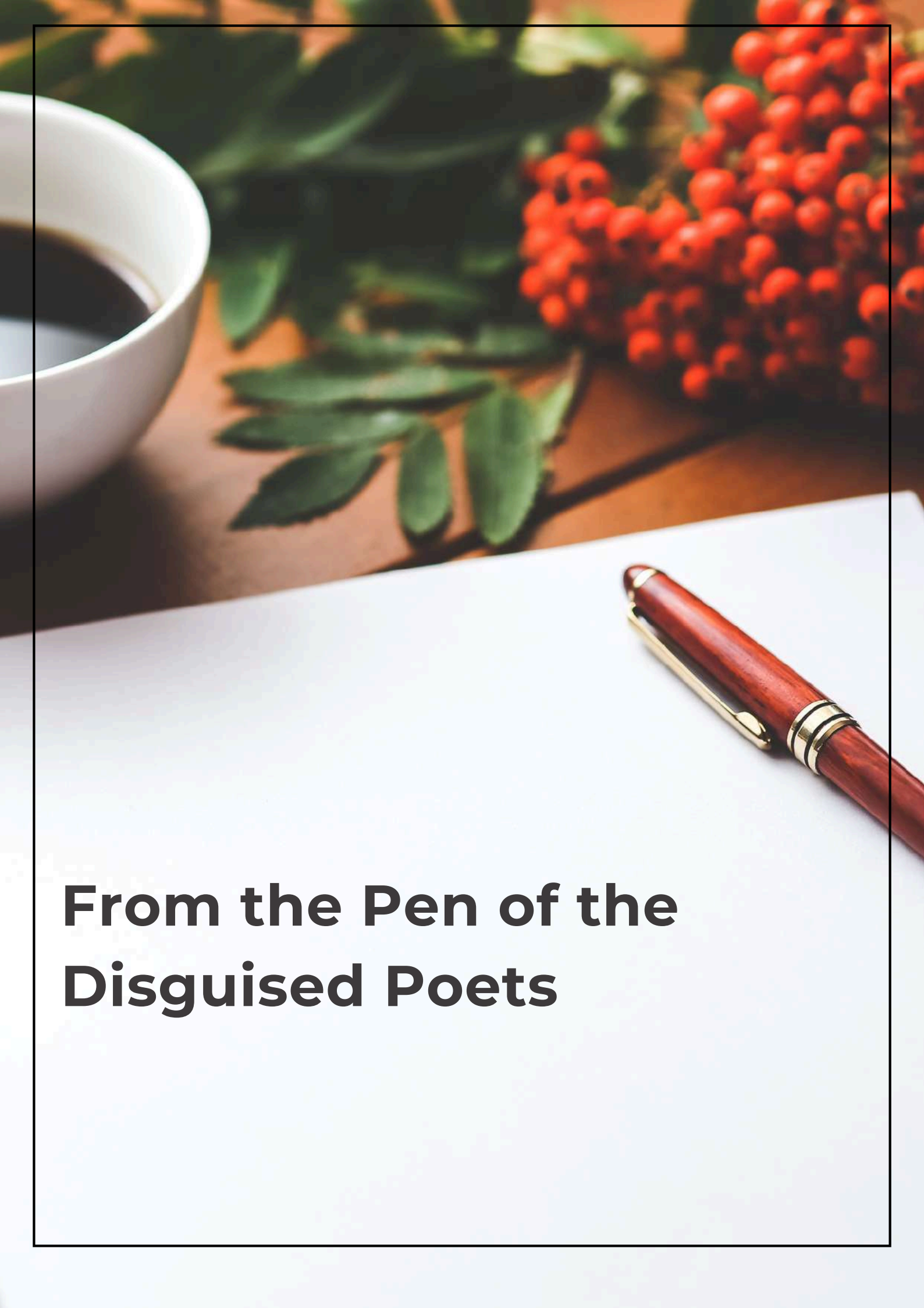
This trip was about so much more than sightseeing. It was about self-discovery. I learned how to navigate an unfamiliar city, figure things out on my own, and trust myself completely. It was a love letter to my inner child, the little me who always dreamt of this exact adventure. As I boarded my flight back home, I couldn't stop smiling. I had fulfilled a childhood dream, made my inner child proud, and fallen deeply in love with a city that now feels like a second home. I left with memories, lessons, and a heart full of hope to travel even more in the future. Hong Kong didn't just give me an unforgettable trip; it gave me the confidence to chase every dream that lies ahead.



Ms. Kaavya Jhaveri

F.Y.B.Sc

Department of Food, Nutrition and Dietetics.



From the Pen of the Disguised Poets

CHATGPT:

STUDENTS KA NAYA BESTFRIEND

ChatGPT aajkal bana sabka yaar hai
Homework projects sab karta taiyaar hai
Kyu na kitna bhhi bakvaas sa doubt ho
Toh bhi aache se jvaab deta ha
Class mein teacher bole Write an essay
Student bole ChatGPT jaldi se karde
Notes ho ya summary, everything voh deta hai quick,
Yeh AI dost hai bilkul super slick.
Raat ke 2 baje jab sab sote,
Students ChatGPT se hi rote hote.
Exam hai kal yaar, help kar zara
ChatGPT bole, "Chill bro, main hoon na
Confusion ko karta clear hai
Fear ko convert kare cheer mai
Smart bhi hai, sweet bhi hai,
Bacchon ka bestfriend bhi hai.
Isliye sab bolte with full excitement
ChatGPT is not just an app
It's a Student's Life-Saver Moment



Ms. Dhvani Malkan

T.Y.B.Sc

Department of Food, Nutrition and Dietetics.

नये कल की सच्चाई

कागज़ की खामोशी में लिखे जाते थे सपने,
गाड़ियों की रफ़्तार से तेज़ दौड़ते थे अपने मन के घोड़े।
गलियाँ पूछती थीं रास्ते,
और वक्त पूछता था इंतज़ार का मतलब।
किताबों में दबी रहती थी दुनिया,
गलतियों में छिपे होते थे सीखने के मोती।
इंसान धीमा था—
पर दिल की धड़कनें बिल्कुल असली थीं।

अब जवाब हवा से भी तेज़ निकलते हैं,
स्क्रीन आँख झपकते ही दुनिया बदल देती है।
रास्ते खुद बताते हैं कि किधर मुड़ना है,
और काम बिना हाथ उठाए पूरे हो जाते हैं।
गलतियाँ कम हुई हैं,
पर जज़्बातों का शोर भी थोड़ा मंद पड़ा है।
इंसान तेज़ हो गया—
पर दिल की थकन कभी-कभी पीछे छूट जाती है।

एक तरफ़ है सुविधा का उजाला,
दूसरी तरफ़ है खुद के खोने का साया।
AI न बेहतर है, न बुरा—
बस एक आईना है
जो हमें दिखाता है कि
हम कितना आगे आ चुके हैं...
और कितना पीछे छोड़ आए हैं।

Ms. Shallu Pandey

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How times have changed

The classroom looks the same, but learning feels
different now.
Questions are answered quickly, yet understanding
feels slow.

Screens speak faster than teachers, assignments come
back perfect,
but the effort behind them is missing.

Students ask machines before they ask themselves,
before they raise a nervous hand.

AI never gets tired, never grows impatient,
but it also never notices the child who has quietly
stopped trying.

It helps us learn, yes but it cannot stay after class,
cannot see doubt in tired eyes, cannot say I believe in
you.

Education was never just answers.
It was meant to be human.

Ms. Richa Jagtap

S.Y.B.Sc

Department of Human Development



TECHNO LIFE

I woke up late, my phone screamed loud,
An alarm more loyal than any crowd.
Before I brushed, before I prayed,
I checked my phone — good habits delayed!

Mom says, "Talk to people, dear!"
I text her "OK" sitting near.
Dad reads news on a shiny screen,
Paper newspapers? Rarely seen.

Friends sit together, silent and still,
Each scrolling reels with professional skill.
Someone laughs — no one knows why,
Turns phone around, we all reply: "Nice."

Food, shopping, stress, sleep and mood,
All tracked by apps — very rude!
Technology grows day by day, Changing life in its own smart way.

Yet between the codes and endless screens,
I wonder what offline really means.
So I unplug sometimes, just to
see—

Am I controlling tech, or is it controlling me?

Ms. Rutuja Arvind Ghatkar

S.Y.B.Sc

Department of Textiles and Fashion Designing

UMAR KE MOD PAR

Ek choti si kavita - bade sapno ke naam

Umar ke us mod par hu,
jaha mehendi kisi ke haatho me hai
aur kisi ke paas naukri ka appointment letter.

Magar mere haatho me hai ek khaali kagaz,
jisme likhne hai mujhe mere sapne, apne aksharo se.

Kisi ne kaha - "zimmedaria sab kuch hoti hai,
par mai kehti hu sapne bhi toh hote hai."

Mai ab bhi us raaste par hu jaha har kadam par sawaal hote hai,
Lekin mere jawaab mere iraado se bade hote hai.

Khushnaseeb hai vo jo sapne jeete hai, Jinhe dunia nhi dil ki awaaz chalati hai.
Mai unhi me se hu jise har mushkil ke baad bhi, apne aasman se pyaar hai.

Ms. Aastha Pal

F.Y.B.Sc

Department of Food, Nutrition and Dietetics

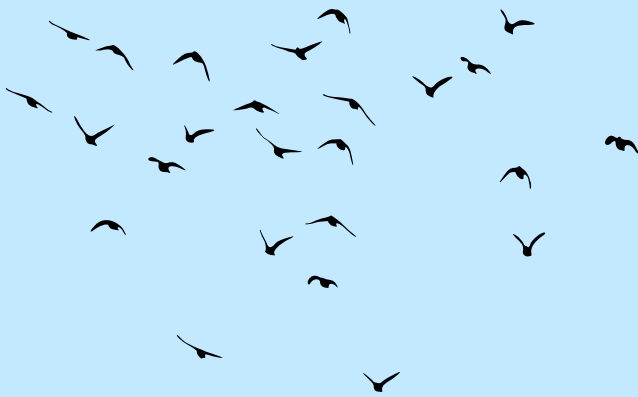
HOPE

Hope is our only scope,
Clinging to life with the strength of a rope.
It's not always fight or flight,
Sometimes it's faith that leads to light.
So hold on tight, don't lose your way,
A brighter dawn is on its way.



FREEDOM

Freedom is our sacred right,
A spark that fills our hearts with pride.
Right or wrong, the choice is ours,
Not bound by others, nor their powers.



*Ms. Ahilya Holankar
F.Y.B.Sc
Department of Food, Nutrition and Dietetics.*

THE QUIET RETURN TO MYSELF

I've started breathing easier lately
not because the past vanished
but because it no longer owns my pulse.

I look back and see the storms I survived
storms I never deserved,
yet weathered anyway
and there's a quiet pride in that.

I love the way I love now
not desperate, not hollow,
but steady, gentle, unwavering.

I love the softness I give myself
and the grace I offer you
even when your heart is still learning
how to open without trembling.

You're growing
slowly, beautifully, painfully
at a pace that belongs only to you.

And I won't rush you,
not when the seed is finally learning
it was always meant to bloom.
One day, love won't frighten you.
One day it will feel like breathing
natural, effortless, inevitable.



**Until then-
believe this:
something better is already on its way.
And when it arrives,
happiness won't knock
it will spill into you
like sunlight through an open window.**

**And you will glow
Not because someone saved you
but because you finally allowed yourself
to be found...**

*Ms. Reeva shaikh
F.Y.B.Sc
Department of Food, Nutrition and Dietetics*

SAPNO KA SHEHER : MUMBAI!

Yeh mumbai sheher hai

Par ise 'sapno ka sheher' kaha jata hain. The city of dreams! Lekin kyu?
Kyun ki yeh sabko apne andar basa leta hain. Berozgar ko rozgari de deta hain.
Aur jiske pass zyada paisa na ho toh usse chai aur vadapav ke sahare jeena seekha deta hain.

Lekin kitni ajeeb baat hai na har 5 minute ek local aati hain, magar tab bhi bhari hui hoti hain.
Subaha 6 baje jao ya raat ko 10 baje tab bhi wohi bheed reheti hain.

Yaha log apne sapne se pehle Mumbai ki locals ke peeche bhagte hai,
Agar roz ke time pe jo train pakadte hain woh voh chhoot jaye
toh phatt se 'aare yaar!' keh kar dusri train mein chadh jaate hain.
Lekin yeh 2 shabad mein kitni cheeze chhupi hain baas wohi insaan yeh baat jaanta hain.

Kyunki college mein hai toh teacher ki daant khaani hain,
Agar job hai toh boss toh ab sunane wala hain,
Agar khud ka hi business hai toh tension ki koi baat nahi hain.
Lekin ek baat hain jo sabke dimaag mein mandaraati hain,
'Ki din ki shuruat kharabh hui hain',
Baaki ka pura din achha jaaye, baas yahi khwaaish hoti hain.

Ek insaan yaha kitni bhi mehnat kar le, Mumbai sapne toh sabke poore karta hain.
Kisi ke 2 saal mein toh kisi ke 20 saal baad lekin sapne toh sabke poore hote hain.

Yeh Mumbai sheher hain dost!
Yaha hazaaron log aate hain aur hazaaron log jaate hain.
Lekin sapne unhi ke poore hote hain jo use dekhne ki khwaaish rakhte hain.

Lekin pata hai Mumbai ke liye samandar hamesha special rahega.
Kyu ki jab koi insaan akela samandar ke paas jake baithta hain,
tab bhi woh apne aap ko wahaa akela nahi paata hain.

Kyunki samandar use keheta hain ki
'ruko mat, chalte raho, ekdam meri lehro ki tarha. Kabhi dheere toh kabhi tez.
Lekin ruko mat, bas chalte raho.'
Kyu ki agar ruk jaoge, toh shayad peechhe chhoot jaoge.

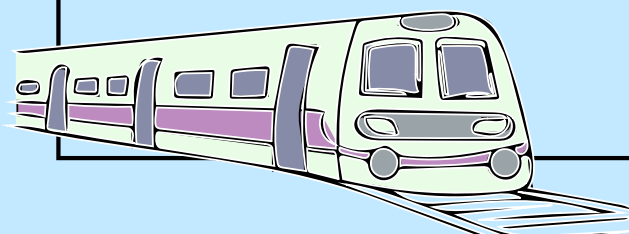
Kyuki iss Mumbai sheher mein har din kisi ko apna pehela pyaar milta hai
toh kisi ko apni peheli job milti hai.

Kisi ko apne sapne poore karne ke liye ek udaan deta hai
toh wahi kisi ke 10 sapne poore karke 100 naye dikhata bhi hai
Because Mumbai, is not a city, but an experience...

Ms. Dhvani Malkan

T.Y.B.Sc

Department of Food, Nutrition and Dietetics.



CHAAND KI KAHAANI

Adhyapak ne ek saval kiya,
Bachpan mein kya karna pasand tha?
Kya koi cheeze ya koi jagaha ? Jo tumhe dekhna bohut zyada pasand tha?
Toh maine haath uthate hue kaha,

Jab mai choti thi tab gaon jaane ki jaldi hoti thi.
Puri raat baith ke Chand ko dekhti rahu, bas yahi khwahish hoti thi.

Ab dekho ho sakta hai agar mahila hain toh Chand ko dekh ke vrat jaldi se todna hain.
Vaigyaniko ko Chand pe kya hain? Jald se jald khojna hain.
Agar koi premi hain toh shayad,
shayad Chand ko dekh ke pehle pyaar ka izhaar karna hain.

Lakin mujhe toh Chand ko dekh ke sirf sukoon hi milta hain.
Jab raat ko neend nahi aati tab Chand ko dekh kar poore din ki kahaani yaad aati hain.
Bas Chand ko dekh ke yahi sochti hun ki aane wala samay kaisa hoga?
Kya sach mein badlegi qismat meri? Kya sach mein aisa hoga?

Chand ne kaha yaar insaan tu kitna pareshan hain!
Mujhe toh dekh mai kabhi chota kabhi bada kabhi adha kabhi poora hun,
Phir bhi kisi se kabhi koi shikayat nahi karta hun!

Woh yeh keheta,
Mera bhi ek din aata hai jaha mai kisi ko nahi dikhta hun.
Toh kya iska matlab main logon ke dimaag se nikal jata hun? Nahi na!
Toh agar kabhi raaton ko neend jalakar
Dil aur Jaan sab lagakar 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 Chand mujse sirf ek hi cheez keh raha hain,
Dost yaad rakhna,
Zindagi kabhi afsos ke lamhein toh kabhi sukoon ke pal degi.
Iss waqt ki Zindagi ko jee bhar ke jee lo
Kyu ki kuch hi der mai waqt sab badal dega.

Tumhari kahaani mein bhi aisa kuch tha na?
Socho zara, Mujhe pata hain,
Mujhe pata hain ki tumhari soch ki gehraai mein kitna paani haim.
Yeh kissa mera hain, magar isme tumhari bhi kahaani hain!

Ms. Dhvani Malkan

T.Y.B.Sc

Department of Food, Nutrition and Dietetics.

MY JOURNEY WITH YUVA MAHOTSAV

My journey with Yuva Mahotsav began in 2022, and honestly, it has been one of the most rewarding chapters of my life.

That very first year, when the event was held in Pune, I won a gold medal — and somewhere in that moment, something in me knew that this stage was going to become special.

In 2023, the event had two rounds: the regional and the finale. I ended up winning a silver medal in both, and that continued to fuel my drive. Then came 2024, a single-round format, and I was fortunate enough to win gold again. And this year, 2025, I won silver at the regional level and gold at the finale — a perfect way to conclude my final year of participation.

Yuva Mahotsav has always been more than just a competition for me. It has been a space that motivated me, pushed me, and allowed me to truly grow. Coming from Goa, I used to write and perform poetry, but the platform I received here — thanks to SVT — opened an entirely new world for me. I've participated in many events over the years and have been fortunate to receive awards at quite a few of them too, but Yuva Mahotsav remained closest to my heart. It consistently encouraged me, appreciated my work, and helped me sharpen my writing and performance skills.

I often describe my journey with a small metaphor: in Goa, I was like a plant growing comfortably under shade — protected, loved, but not fully exposed to the vastness beyond. When I moved to a new city, it felt like stepping into open sunlight for the first time. That space, that sky, that freedom... that's when the real growth began. And Yuva Mahotsav was a huge part of that transformation.

Every time I walked onto that stage, my only thought was “perform well.” I never performed with the intention to win, and maybe that's what kept my passion pure. The love from the audience, the generous feedback, and the constant encouragement from my teachers— all of that became my real motivation year after year.

This year marks my last participation, and looking back, the entire experience feels nothing but wonderful. Yuva Mahotsav will forever remain close to my heart — a stage that felt like home, a journey that shaped me, and a memory I will carry with immense gratitude.

*Ms. Khushi Bandodekar
S.Y.M.Sc (Specialized Dietetics)
Department of Post Graduate Programs and Research*

*Ms. Khushi Bandodekar won the Gold Medal at
Yuva Mahotsav 2024- 25 for her poem, Eternal Flame*

ETERNAL FLAME

In this poetry, I identify myself as an eternal flame—symbolizing a strong, nurturing woman with profound wisdom and resilience(toughness). By drawing connections to inspiring historical figures, I highlight the powerful essence of womanhood.

I am a woman whose character is similar to an eternal flame that goes on

**I'm the dawn of comfort, the moon's gentle light,
A mother who guards through every long night.**

**I'm the sister who listens, a friend in your care,
The strength in your silence, the hope in despair.**

**I'm the guide, the teacher, the wisdom you seek,
The courage that stands when you're broken and weak.**

**I'm the dreamer, the doer, the heart of the home,
A warrior of love, wherever I roam.**

**I was India's first woman teacher, Savitribai Phule,
Stating "Awake, arise and educate,"
Smashing traditions that resembled foot shackles— what I only desired was to
liberate.**

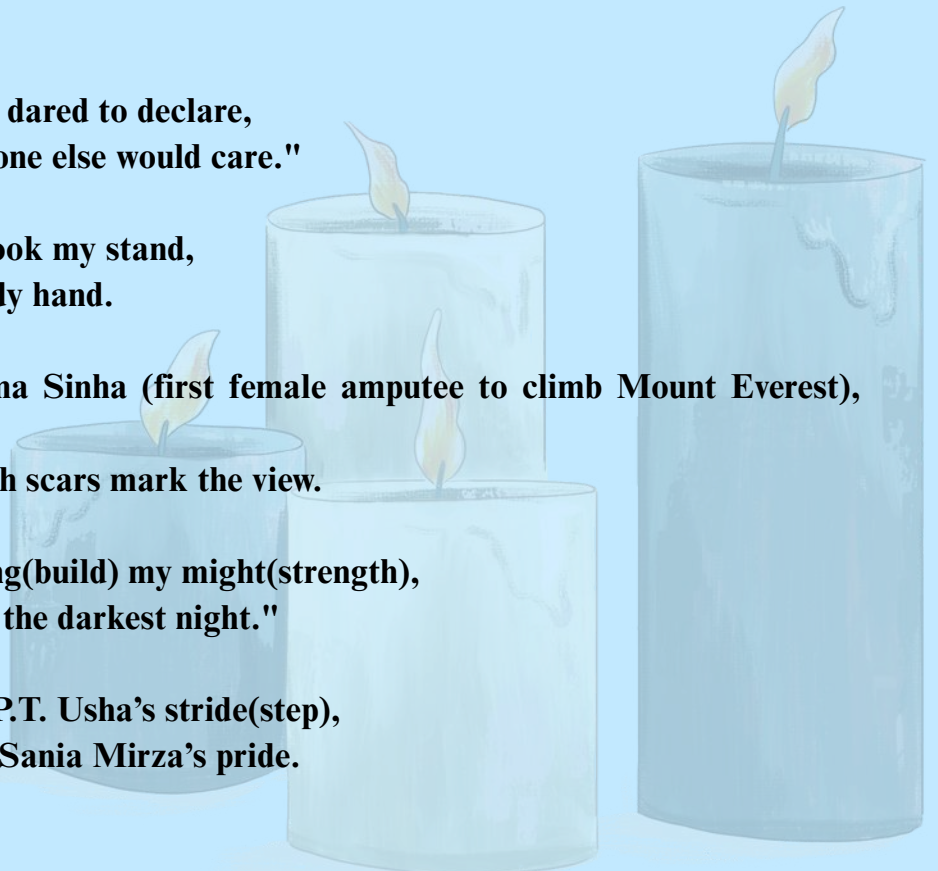
**I am Anandi Bai Joshi, who dared to declare,
"I'll be the doctor when no one else would care."**

**In a world that doubted, I took my stand,
To heal the sick with a steady hand.**

**It was my voice, as Arunima Sinha (first female amputee to climb Mount Everest),
strong and true:
"Time heals the pain, though scars mark the view.**

**Each scar tells a tale, forging(build) my might(strength),
Building my throne through the darkest night."**

**I can run with the speed of P.T. Usha's stride(step),
And conquer the court with Sania Mirza's pride.**



**I can unravel(solve) numbers with Shakuntala Devi's might,
And soar(fly) through the cosmos like Kalpana Chawla's flight.**

**You say my fertility hits your priority list,
Then why does my sexuality defame you?
And why not the same dignity persist?**

**I am neither brittle nor fragile, and of course not a fancy showpiece.
I'm surely not a 24/7 handy Robo stating "Yes, sir! Always at service."**

**If I can be Radha, bestowing love on those who honor my might,
I can also be Kali, ruthless and bold, slaying demons in sight.**

**I nurture your roots, but cross me, beware—
I'll rise like a fire, fierce in my glare.**

**The keeper of peace, but not to be tamed (control),
I am the storm, the disaster, the turmoil when my spirit's defamed.**

**From birth to beyond, in joy and in strife (conflict),
I am a woman, the eternal flame in everyone's life**

*Ms. Khushi Bandodekar
S.Y.M.Sc (Specialized Dietetics)
Department of Post Graduate Programs and Research*



*Ms. Khushi Bandodekar won the Silver Medal at
Yuva Mahotsav 2025 - 26 Regional Level and Gold
Medal at Finale for her poem, Beyond The Sky*

BEYOND THE SKY

This poetry describes India's journey into space, celebrating the visionaries and their missions who made the impossible possible.

**They said we were just dreamers, too poor to touch the stars. (2)
Yet we stitched rockets with sweat and hope,
And sent prayers riding beyond Mars.**

**They mocked our dreams and questioned our will (2)
But from each setback, we rose stronger and still.**

**From Aryabhata's numbers to rockets that reached new highs, (2)
We measured time and conquered the skies.**

**We were born of Sarabhai's vision,
The thinker, the builder, the guide of ignition. (2)
Who turned huts into labs, dust into flame,
And carved on the cosmos — India's name.**

**Dr. Kalam, launched Rohini (satellite) that lit up the sky, (2)
Giving India's young dreams the wings to fly.
From Pokhran's fire to the People's President,
He made our tomorrow bold and resilient.**

**When Rakesh Sharma ventured beyond the skies,
India reflected bright in his eyes.
When asked how our homeland appeared from afar, (2)
He declared, "Saare Jahan Se Achha"—Hindustan, our eternal star.**

**Through Kalpana's courage and Sunita's long stay,
Our daughters showed the stars India's way.
The pioneers, the dreamers, the fearless who bloom, (2)
We've had mothers of Mars and daughters of the Moon.**

**Then came Mangalyaan, our marvel in the sky,
At half the cost, it dared to fly.
Red sand of Mars felt India's bright flame, (2)
When tiranga's spirit rooted our name.**

**With Chandrayaan-2, we stumbled, we tried,
But even in failure, we walked with pride.
A nation stood strong with heads held high,
For every fall teaches us how to fly.**

**At last the earth erupted with a nation's roar, (2)
As Chandrayaan-3 touched the lunar floor.**

**They doubted our strength, belittled our hands,
Denied us help and dismissed our plans.
Yet out of the ashes, we built our flame, (2)
And forced the world to know our name.**

**We are Bharat — the spark, the spirit that galaxies know, (2)
No boundary, no barrier can dim our glow.
From wisdom of sages to the vision in our eye,
India's glory, echoes beyond the sky. (2)**

*Ms. Khushi Bandodekar
S.Y.M.Sc (Specialized Dietetics)
Department of Post Graduate Programs and Research*



Fashion's Future Draft

Technology in Fashion



Ms. Nidhi Patil
S.Y.B.Sc TFD



Ms. Shrushti Nisar
S.Y.B.Sc TFD



Ms. Bhavana Dhavale
S.Y.B.Sc TFD



Ms. Vedanksha Patil
S.Y.B.Sc TFD

*"The students from
S.Y.B.Sc. Textiles &
Fashion Designing
curated garments
based on Cyberpunk
theme."*



Ms. Ekna Khan
S.Y.B.Sc TFD

Fashion's Future Draft

Technology in Fashion



Ms. Sanchita Dherange
S.Y.B.Sc TFD



Ms. Sidra Khan
S.Y.B.Sc TFD



Ms. Sanchita Dherange
S.Y.B.Sc TFD



Ms. Aaliya Momin
S.Y.B.Sc TFD

*"The students from
S.Y.B.Sc. Textiles &
Fashion Designing
curated garments
based on Cyberpunk
theme."*



Ms. Vedanksha Patil
S.Y.B.Sc TFD

A top-down view of fresh ingredients including a lemon, parsley, tomatoes, garlic, and red peppers on a white surface. The ingredients are arranged in a scattered pattern. A yellow semi-transparent box is overlaid on the center of the image, containing the text "Creation of our Student-Chefs".

Creation of our Student-Chefs

Multi Millet Bhel



2 servings

INGREDIENTS

Jowar (soaked overnight)- 15g

Bajra (soaked overnight) - 15g

Ragi (soaked overnight) - 15g

Groundnuts(roasted) - 15g

Onion- 50g

Tomato -50g

Cucumber-50g

Potato(boiled) - 50g

Green Chutney- 1Tbsp

Sweet Tamrind Chutney- 2Tbsp

Red chilli powder- 1tsp

Roasted Cumin Powder- 1½tsp

Chaat Masala - 2tsp

Black salt- 1tsp

Salt to taste

For Garnishing:

Fresh coriander leaves - 10g

Curd- 2Tbsp



Method

1. Pressure cook the overnight soaked millets together. For 5-6 whistles.
2. Chop all the vegetables into fine cubes equally.
3. Put all the ingredients in a big bowl and mix well.
4. Serve in a bowl and garnish with fresh chopped coriander and curd.


Ms. Rishita Bagarka

T.Y.B.Sc

Department of Food, Nutrition and Dietetics.

Fuel Your Body, Feed Your Soul

Pizza Dhokla

 2 servings

INGREDIENTS

For the Dhokla:

- 1 cup RICE
- 1/4 cup urad dal
- 1/4 tsp Fenugreek seeds
- 1/4 tsp Poha
- 2 Tbsp cup yogurt
- 1/4 cup water[adjust consistency should be semi-solid]
- 1/2 tsp Eno fruit salt (or baking soda)
- 1 tsp ginger-green chili paste
- 2 Tbsp Spinach (CHOPPED)
- 1/2 tsp Sugar
- Salt as per taste

SAUCE :

Pizza sauce (optional) / Homemade sauce

- 1/2 cup Tomato pure
- 1/2 tsp minced garlic
- 1 Tbsp onion
- 1/2 tsp basil leaves
- 1/2 tsp chilli powder
- 1/4 tsp sugar
- 1 Tbsp Oil
- A pinch of salt
- Cheese sauce**
- 20g paneer
- 1/2 cube cheese [optional]
- 1 Tbsp Milk
- Pinch of salt



TOPPINGS

- (Vegetables of choice)
- 2 Tbsp Onions
- 2 Tbsp chopped bell peppers (red, yellow ,green)
- 1 Tbsp cup sliced olives (optional)
- 2 Tbsp corn
- 1/4 cup grated Cheese
- 1 Tbsp Butter
- Oregano and chili flakes for seasoning

METHOD

PREPARATION OF BATTER:

1. In a mixing bowl, wash and soak urad dal , rice, poha and fenugreek seeds and soak for 3-4 hrs .
2. Grind the soaked ingredients to the semi-fine texture using enough water to keep consistency thick. Add curd , ginger garlic paste , spinach and all the other ingredients mentioned above .
3. Just before steaming, add Eno to the batter and mix gently. The batter will become frothy.

PREPARE THE STEAMER:

1. Pour water into a steamer and bring it to a boil. Grease a round plate or dhokla stand.
2. Steam the Dhokla:
3. Pour the batter into the greased plate and spread it evenly.
4. Steam for about 15-20 minutes .

PREPERATION OF SAUCE :

1. Take oil, add tomato puree into it and all the other ingredients . Mix well . let it cook completely and then let it cool .
2. Add toppings
3. Saute all the vegetables with butter add salt and oregano ,chilli flakes if needed (optional)

ASSEMBLE:

1. Once the dhokla is cooked, remove it from the steamer. Spread pizza sauce evenly on top, add all the veggies on it and sprinkle some grated cheese over it .
2. Melt the Cheese:
3. You can place the dhokla back in the steamer for a few minutes or use an oven/microwave to melt the cheese.(optional)

SERVE:

1. Cut into slices or circles sprinkle with oregano and chili flakes, and serve hot.
2. Enjoy your delicious pizza dhokla!

Palak Bhesania

T.Y.B.Sc

Department of Food, Nutrition and Dietetics.

Fuel Your Body, Feed Your Soul

Kharvas

2 servings

Kharvas is a traditional Indian sweet dish, primarily popular in Maharashtra and parts of Karnataka. It is made from the colostrum milk of a cow or buffalo, which is the first milk produced after giving birth. This milk is rich in nutrients and has a unique texture, making it ideal for preparing soft, pudding-like desserts.

INGREDIENTS

Milk(Chik)-200ml
Regular milk-100ml
Jaggery-4tbsp
Nutmeg powder-1/2tsp

METHOD

1. Mix all the ingredients thoroughly.
 2. Sieve the mix prepared
 3. Transfer into a flat dish or a flat bottom dish
 4. Put it in the pressure cooker for 1 whistle / 10-15 min
 5. Remove and let it cool completely and then slice
- And Enjoy!!



NUTRITION

- Kharvas contains good quality protein as it contains an animal source of protein.
- It is rich in Calcium and Riboflavin.
- Jaggery contributes to the calories
- Kharvas contains colostrum which has antibodies which help in building of the immune system
- Calories - 438 kcal
- Protein - 10.2 g
- Carbohydrates - 75.8 g
- Calcium - 392 mg
- Iron - 1.8 mg

*Ms. Aahana Ingale
T.Y.B.Sc*

Department of Food, Nutrition and Dietetics.

Fuel Your Body, Feed Your Soul

Dryfruit Stuffed Dates

2 servings

Dryfruit stuffed dates are a healthy and energy-boosting snack made by filling dates with almonds, pistachios, and walnuts. They're rich in nutrients, providing natural sweetness, healthy fats, and essential vitamins, making them perfect for a quick, nutritious treat.

INGREDIENTS

- 4 dates

For the stuffing -

- 1/4 cup of finely chopped nuts of choice (pistachios, almonds , cashews)
- 25gm Jaggery
- 1/4tsp cardamom powder

METHOD

1. Make a jaggery water mixture for combining of the nuts.
2. In a mixing bowl , combine the chopped nuts , jaggery water mixture (should be slightly warm), cardamom powder .
3. Slit the dates in half forming a boat like shaped space in the center of each date .
4. Stuff each date with a bit of the .
5. Serve right away or store in airtight container.



NUTRITION

1. A nutrient dense moderate calorie snack.
2. Dates are a good source of energy and iron.
3. The other dry fruits are rich in protein and minerals like potassium, magnesium, calcium.
4. Calories:578 kcal,Protein:7.5 g,Fat:18g, Carbohydrates:106 g,Calcium:163mg, Iron:4.6 mg

*Ms. Sia Bubna
T. Y. B. Sc*

Department of Food, Nutrition and Dietetics.



**DEPARTMENT AND
COMMITTEE REPORTS**

DEPARTMENT OF FOOD, NUTRITION & DIETETICS

The Department of Food, Nutrition and Dietetics organized the following activities in the Year 2024 -2025

- **International Yoga Day** was hosted by the Food Nutrition and Dietetics Department of SVT College of Home Science (Empowered Autonomous Status) with a guest Lecture on the Importance of Yoga in women's health, in collaboration with the Institute of Yoga, Santacruz, on 25th June 2024
- A Seminar on '**Violation of the IMS Act**' was organised as a part of World Breastfeeding Week on 8th August 2024 by the Department of Food, Nutrition and Dietetics, Sir Vitthaladas Thackersey College of Home Science (Empowered Autonomous Status), SNDTWU, Juhu, in collaboration with Nourish 1000 days. An intra-collegiate poster making, reel and galatagogue recipe competition related to breastfeeding was also organised for S.Y.B.Sc students.



NUTRITION MONTH CELEBRATIONS from 3rd to 26th September 2024

- A **Nutrition Awareness Programme** was organised as a part of Rashtriya Poshan Mah celebrations by the Department of Food, Nutrition and Dietetics, Sir Vitthaladas Thackersey College of Home Science (Empowered Autonomous Status), SNDTWU, Juhu, in collaboration with ASSOCHAM, Food Tech Pathshala, Amway and Health Foods and Dietary Supplements Association (HADSA).



- As a part of this program, a conference was organized on the topic: **Food Safety and Security: Nutritious Diets for Everyone** on 3rd September 2024. Four intercollegiate competitions: Poster making, Recipe making, Reel making, and Quiz Competition.

- A Seminar was also organized on **Expert Insights in Enteral Nutrition, Feeding Practices, and Importance of Disease-Specific Nutrition Formulas in Critically ill Patients** on 26th of September 2024
- Intra-college Competitions: Recipe Display Competition, Power Talk, and Best Stall Competition were held.



Community Outreach Program

- The students of the Food Nutrition and Dietetics Department conducted various skill based activities and performed growth monitoring and creative arts for the students and locals, both in the rural and urban set up. They conducted sessions on eating a well balanced diet, sustainable dietary practices and also conducted an in - depth anthropometry and diet recall survey of the students and non teaching staff members. Students also developed visual aids and recipe books for the community.
- **Activity 1:** Nutrition education program for lactating women in collaboration with SNEHA NGO.



- **Activity 2:** Nutrition education program for children in Malwani, Mumbai in collaboration with SNEHA NGO.
- **Activity 3:** Nutrition education program at Juhu in collaboration with NSS Cell SNDTWU.



- **Activity 4:** Nutrition education program at churchgate for nonteaching staff at Churchgate.



SEMINARS AND WORKSHOPS ORGANIZED

- A seminar was organized by the FND department on the topic '**Embrace the Global Education on your Fingertips by cracking IELTS, TOEFL, GRE, GMAT & PTE**' in collaboration with Edwise Overseas Education Consultants on 27th June 2024.
- T.Y.B.Sc students attended a workshop on Dietary Assessment Methods by Dr. Apurva Agashe as part of the Techniques of Nutritional Assessment Practical course on 29th August 2024

- Workshop organized on Sports Nutrition and Fitness Management - Sports Specific Supplementation for T.Y.B.Sc Students conducted in the month of 21st March 2025.



- T.Y.B.Sc students attended a workshop on Growth monitoring by Dr. Neha Sanwalka as part of Maternal and Child Nutrition Practical course on 1st March 2025.

FIELD VISITS

- F.Y.B.Sc Students visited the Motas Chips, Food Industry as part of their Food Science and Processing Practicals. The visit was on 24th March 2025.



- T.Y.B.Sc as part of their practical course Maternal and Child Nutrition Practicals visited Lokmanya Tilak Municipal General Hospital and Medical College Antenatal ward and breast milk bank on 26th March 2025.

- T.Y.B.Sc students visited the Flight Kitchen at Ambassador's Sky Chef Andheri E Mumbai as part of Global Cuisines and Nutrition on Saturday 8th March 2025.



- T.Y.B.Sc students visited the Enviro Care Lab to give students practical insights into quality control labs, food industry technology operations in a production environment as part of their Food Preservation Practicals. The visit was on 11th March 2025.

STUDENT ACHIEVEMENTS

Following are the Winners of Yuva Mahotsav 2024 -25

FOLK DANCE - 1ST PRIZE

Akshita Jeevranjan (TYFND)
Purnashree Gujran (TYFND)
Khushi Chaoudhary (TYFND)
Bhavya Sharma (SYFND)
Manu Singh (FYFND)
Tejasvi Salkar (TYFND)
Aishwarya Kadu (SY IDR)
Chhaya Shetty (SY IDR)



MUSIC : WESTERN GROUP -3rd prize

Sarah Dias (TY FND)
Anushka Royge (SY FND)
Bhavya Sharma (SY FND)
Chirminim Phungshok (SY FND)
Chonrehor Phungshok (SY FND)

MIME - 2nd Prize

Mrunmayee Surve (TY FND)
Akshita Jeevranjan (TY FND)
Purnashree Gujran (TY FND)
Khushi Chaudhary (TY FND)

SOLO WESTERN - 3rd prize

Sarah Dias (TY FND)

SKIT - 3rd prize

Akshita Jeevranjan (TY FND)
Purnashree Gujran (TY FND)
Mrunmayee Surve (TY FND)
Sakshi Bodhake (TY FND)
Joyeeta Majumdar (SY FND)

STREET PLAY - 2nd Prize

Mrunmayee Surve (TY FND)
Sakshi Bodhake (TY FND)
Dhwani Malkan (SY FND)
Joyeeta Majumdar (SY FND)
Sailee Pednekar (SY FND)

Following are the Winners of Rashtriya Poshan Mah Celebration from 3rd September to 26th September 2024

Winners of the Recipe Making Competition

1st Prize – Ms Het Gala – SK Somaiya College
1st Runner up – Ms Stuti Srivastava – MGM School of Biomedical Sciences

Winners of the Reel Making Competition

1st Prize – Ms Zoya Shaikh - College of Home Science, Nirmala Niketan
1st Runner up – Ms Hirak Shah - College of Home Science, Nirmala Niketan

Winners of the Poster Competition

1st Prize – Ms Sharmin Yadgiri – SVT College of Home Science
1st Runner up – Ms Aaliya Shaikh – College of Home Science, Nirmala Niketan

Winners of the Quiz Competition

1st Prize – Ms Shourya Kakodkar – Sanjay Ghodawat University
1st Runner up – Ms Sakina Ghoghai – College of Home Science, Nirmala Niketan

Winners of the Recipe Competition

1st Prize – Sara Nazim Sakarkute
2nd Prize – Saanjh Israni
3rd Prize – Azra Rizwan

Winners of the Best Recipe Booklet

Aahana Ingale
Aaliya Dongarkar
Sia Bubna
Rishita Bagarka
Palak Bhesania
Chaitali Chawla

Winners of the Poster Competition

Savani Ambekar
Adiba Ansari
Bhumi Chavan
Diya Singh
Chandni Ghindwani
Hasti Gindra

Winners of the Best Food Stall

1st prize

Subhi Yadav
Aasiya Shaikh
Humeira Shaikh

2nd prize

Rishita Bagarka
Palak Bhesania
Humera Shaikh
Bhumi Chavan
Chandni Ghindwani
Diya Singh

Winners of the Best Game Stall

NUTRI HOUSIE

Saniya Multani
Arshiya Motorwala
Hayaam Merchant

Winners of the Best Calendar

Saanjh Israni
Viveca Abigail Mendes
Khan Ravish Kashaf
Saima Khan
Ayesha Khan
Krupa Kalunge



Ms. Unaiza Shaikh (S.Y.M.Sc in Specialized Dietetics) and Ms Khushi Dagaliya (S.Y.M.Sc in Specialized Dietetics)) won the K. U. Naram Award AFSTI on 16th October 2024.

- S.Y.B.Sc FND Student Dhvani Malkan won the 2nd Prize for story telling competition at Janki Devi College held on 3rd March 2025.

STAFF ACHIEVEMENTS:

Faculty invited as a guest speaker

- Ms Roshni Dange was invited as a resource person at Goregaon (E), HpK Agro , Annual conference to deliver a talk on the topic Importance of Nutrition and impact of modern food processing tech on food quality on 23rd February 2025.
- She also completed the Phd Coursework Workshop on Research Methodology in January 2025.

PHD Registration

- Ms Zainab Patharia registered for PhD at SVT PhD Cell in June 2025.

DEPARTMENT OF HUMAN DEVELOPMENT

The Department of Human Development organized the following activities in the Year 2024 -2025

Mental Health Day Celebration

- The Department of Human Development, in collaboration with the Inner Wheel Club, Mumbai Mid-West, organized a workshop on '**Expressive Arts and Their Benefits for Mental Health**' on October 11th, 2024, on World Mental Health Day.
- The workshop featured two separate sessions, led by professionals specializing in expressive arts, with a focus on promoting mental well-being through creative therapeutic practices.



Khel Utsav- Planet Protectors

- The Department organized a unique and innovative event, **Khel Utsav**, to educate children about the critical issue of climate change through engaging games and activities on 15th December 2024. The event aimed to raise awareness among young minds, fostering a sense of responsibility towards protecting the environment.



3rd Sudhir Krishnaraj Thackersey Endowment Talk- Education through Contextual and Experiential Learning

- The 3rd Sudhir Krishnaraj Thackersey Endowment Talk was organized on the topic '**Education through Contextual and Experiential Learning**', which was delivered by Ms. Gitanjali Angmo, founder, Himalayan Institute of Alternatives, Ladakh (HIAL), on 31st January.

Ms. Angmo was felicitated for her outstanding contribution in the field of education, and she emphasized on the importance of holistic education, sustainability, and innovative solutions for improving the quality of education in India.



Authors Speak

- The Department of Human Development in collaboration with The Library Committee organised **Author Speaks**, an engaging talk given by Ms. Aarti Shah, ICF Trainer and Parent Coach on 21st February 2025. This event was aimed at helping the students understand the process of writing a book and knowing the aspects of effective parenting practices.



Role Play On Mental Health in Workplace at Yuva Parivartan, Bandra

- Yuva Parivartan, Bandra organized an event as a part of Mental Health Week, on 9th October 2024 where the T.Y.B.Sc students of the were invited to collaborate.
- The students performed a role play under the theme “**It’s Time to Prioritise Mental Health in the Workplace**” intending to raise awareness about workplace mental health and the significant impact of work-related stress on overall well-being and. They attended a talk given by Dr. Ruksheda Syeda, President of the Bombay Psychiatric Society on ‘**Emerging mental health concerns of the 21st century**’.



Workshops For Experiential Learning for Children

- The S.Y.B.Sc students conceptualized and conducted four life skills workshops for children between 6 to 12 years at the FACE Centre between January 2025 to March 2025. The topics of the workshops were- Teamwork and Decision Making, Reducing Aggressive Behaviour, Learning Assertive Communication



Recreational & Educational Activities At Lokmanya Seva Sangh, Vile Parle

- S.Y.B.Sc students of the Department of Human Development conducted educational and recreational activities for children at Lokmanya Seva Sangh, Vile Parle.
- Topics such as the importance of healthy food, moral values and understanding emotions were taught to children through innovative games and stories.



Sensitization Program on Awareness of Rights of Children With Special Needs



- First year students executed a **Sensitization Program on Awareness of Rights of Children with Special Needs** at St. Lawrence School, Juhu & Mary Immaculate School, Kalina. With the use of role plays and discussions, students of these schools were sensitized about concerns of individuals with disabilities and what role they can play in helping them attain their rights.



Relationship Building Sessions with the Elderly

- Relationship building with elderly was taken up as an initiative by the third year students. They visited St. Anthony's Home, Bandra and Jeevan Asha Old Age Home, Andheri to conduct an entertainment program for the elderly residents. The program aimed to bring joy to the elderly through interactive games, creative tasks, and music.



- **Ms. Zaynab Kandia (TYBSc)** assisted in planning and conducting an **Awareness Program on Schizophrenia** and promoting empathy, education, and empowerment on the occasion of World Schizophrenia Day, at Arogya Nidhi Psychiatry Unit of Bharatiya Arogya Nidhi Hospital on 24th May 2025.



FIELD VISITS AND EDUCATIONAL TRIPS **Ikigai Global Prep School, Dadar**

- The SYBSc students visited Ikigai Global Prep School to observe how a preschool operates on 31st July 2024. They understood the importance of thoughtful interior design and diverse teaching methods in improving early childhood education through the observations and interactions at Ikigai Global Prep School.



PAWsitive Pet Therapy, Dadar

- On September 20, 2024, a visit to the Dog-Assisted Therapy Centre - Pawsitive Future provided valuable insights into the therapeutic role of trained dogs in healthcare. The demonstration provided a tangible example of the real-life impact of therapy dogs, showcasing their unique contribution to patient care.



KES International School, Kandivali

- The students of HD Department visited KES International School on 10th October 2024,
- The students learnt about the impact of a thoughtfully designed environment to create a cozy, fun, and engaging atmosphere for the preschoolers to stimulate the children's imagination and learning.



MMC Exhibition on Teaching Aids, Colaba

- The SYBSc students visited **Mumbai Mobile Creche's exhibit of Teaching Aids** on 29th January 2025 to gain practical ideas on how to make teaching aids more interactive, engaging, and cost-effective.
- By integrating creativity with education, the event inspired the students to think beyond conventional methods and explore innovative ways to make learning fun and effective for young children.



- A visit to Kamala Dharsee Narsee Shruti School for the Deaf, a specialized institution catering to education and development of deaf children for the FYBSc students was organized on 11th February 2025.
- The purpose of the visit was to understand the learning environment, teaching methods, challenges faced by students and teachers, and the overall impact of special education on children with hearing impairments.



Society for Education of The Challenged (SEC) Day School, Khar

- The visit to SEC Day School on 18th March 2025 was an insightful and meaningful experience, offering a deeper understanding of how inclusive education can empower children with disabilities.



Smt. Kumudben Dwarkadas Industrial Home for Blind, Vile Parle



- On March 20, 2025, FYBSc students visited the Smt. Kumudben Dwarkadas Vora Industrial Home for Blind Women in Vile Parle West, Mumbai. They learned how the institute plays a crucial role in transforming the lives of visually impaired women by fostering confidence, inclusion, and self-reliance. Through structured training and strong community participation, it continues to make a meaningful impact.

ADAPT, Bandra

- The FYBSc. students visited ADAPT, a school for disabled and spastic children on 25th March 2025. The students learned about how the school was built, why it was built, and what were the hardships faced by the institute in order to establish this school along with the ways in which the school is trying to bring inclusivity in the education system.



GUEST LECTURES ORGANIZED

- **Importance of Breastfeeding by Ms. Mansi Shah, in collaboration with Inner Wheel Club of Mumbai Midwest**



- A session on breastfeeding awareness and its promotion was conducted by Ms. Mansi Shah in collaboration with Inner Wheel Club of Mumbai Mid-West on 6th August 2024, covering a range of crucial topics regarding the importance of breastfeeding for both the mother and the baby.

- **Prevention of Human Trafficking- Crimes Against Women & Children by Prakruthi Trust**

- A guest lecture was organised on 'Crimes Against Women and Children' on 13th July 2024 from Prakruthi Trust who initiated the Young India Unchained (YIU) Club for college students.



WORKSHOPS ORGANIZED

Mind & Body Connection for Wellbeing by Shaolin Warrior Monk Academy, Juhu



- The Department organized a workshop on 18th February 2025 to provide students with insights into Shaolin martial arts, Buddhist philosophy, and self discipline techniques, conducted by Harsh Verma, the founder of Shaolin Temple Martial Arts Academy

Bloom's Taxonomy by Ms. Shalini Bhalla

- Ms. Shalini Bhalla conducted a workshop on Bloom's Taxonomy on 28th February 2025 where the students gained a deeper understanding of Bloom's Taxonomy and its application in academic pursuits.



Developing Study Skills by Ms. Kreena Gala (Alumni)



- A workshop on Developing Effective Study Skills was conducted by Ms. Kreena Gala on 8th March 2025 to help the students understand better ways to study and manage stress.

DEPARTMENT OF MEDIA COMMUNICATION & DEVELOPMENT

The Department of Media Communication and Development organized the following activities in the Year 2024 -2025

MEET AND GREET

- The Department of Media Communication and Development organised a “Meet and Greet” event on 20th December 2024 to welcome new students and create a friendly atmosphere. The S.Y.B.Sc and T.Y.B.Sc students hosted the informal program, which encouraged warm and cheerful interaction among all participants.
- A total of 23 students and 5 teachers took part, making the event lively and memorable.



TRAILBLAZING WOMEN – PIONEERS IN THEIR FIELD

- The Department celebrated Women’s Day with the event “Trailblazing Women – Pioneers in Their Field” on 10th March 2025. The objective was to inspire students by interacting with women entrepreneurs and learning about their success journeys.
- The program included presentations and discussions, featuring Ms. Dories Rao and other guest speakers. Students were motivated by the stories of determination and achievement, gaining valuable insights into the entrepreneurial spirit.



WORLD POPULATION DAY

- World Population Day was celebrated on 11th July 2024 with poster displays across the college.
- The aim was to sensitize students about global population issues and encourage awareness. The initiative received good response and high appreciation from students and faculty.



BASANT PANCHAMI CELEBRATION – HINDI UTSAV

- The Department celebrated Basant Panchami with a Hindi Utsav organised by Ms. Rajeshree Chaurasia on 28th January 2025.
- The program included discourses, songs, and a quiz related to Basant Panchami. Students participated wholeheartedly and gained an understanding of the cultural ethos of India and the meaning behind the celebration.



BHARAT SHRESHTHA BHARAT – LIVE BROADCAST EVENT

- The students of MCD Department participated in the live broadcast event of ZEE News at ITC Central Hotel on 28th September 2024. Faculty member Dr. Rohit Pawar accompanied the students. The event provided valuable exposure to live media coverage and national discussions.

CAREER COUNSELING SESSION

- A Career Counseling session was held on 4th October 2024 to make students aware of career opportunities in Digital Marketing, TV, and Acting. Presentations and discussions were conducted by Ms. Saniya Saiyed and other experts. Students gained insights into jobs in content design and TV acting.



VISIT TO SOUNDIDEAZ STUDIO

- Students visited SOUNDIDEAZ Studio under the guidance of Mr. Amruth Mahajan on 22nd March 2025.
- They learned about the functioning of a sound studio and explored the latest equipment. The visit was highly informative and practical.



CANON PHOTOGRAPHY EVENT

- Canon organised a photography workshop showcasing its latest cameras on 16th January 2025.
- The event was arranged with the support of Mr. Soumik Kaur. Students gained hands-on experience in photography techniques and equipment handling.

JEWELLERY EVENT VISIT

- T.Y.B.Sc students attended a Jewellery Event at St. Regis Hotel, Mumbai, arranged by Ms. Sabeena on 27th July 2024. Students learned how professional events are organised and managed.



VISIT TO NCPA

- Students of MCD Department visited the National Centre for the Performing Arts (NCPA) with Dr. Rohit Pawar and Ms. Anam Shaik on 30th September 2024,. They learned about theatre design, acoustics, and the importance of performance spaces. The visit enhanced their understanding of different types of theatres and their cultural significance.

DEPARTMENT OF **RESOURCE MANAGEMENT**

The Department of Resource Management organized the following activities in the Year 2024 -2025

GUEST LECTURES ORGANIZED

- Session conducted on '**Byzantine Architecture**' by Dr. Radha Sinha
- Demonstration on '**Security Devices**' was taken by Mr. Rahat Raza on 26th August 2024.
- '**Safety Practices in Daily Living**' session was conducted by Mr. Avinash Karmarkar on 17th October 2024.
- A presentation on '**Safety and Security System**' was delivered by Mr. Dharmesh Taylor on 10th October 2024.
- A session on '**Interior Design and Art Sets of Advertising Agencies**' by Ms. Pooja Vekaria on 6th January 2025
- '**Classic Wedding Concepts and Set Design**' session was conducted by Ms. Saima Khan on 11th January 2025.
- A demonstration cum lecture on '**Non-verbal Cues for Effective Communication**' was conducted by Ms. Rajani Nair on 22nd January 2025.
- Dr. Khushboo Shrimali oriented the students about '**Wardrobe Management**' on 8th January 2025.
- A session on '**Climate Based Architecture of India**' for staff members by Dr. Radha Sinha on 9th April 2025.

SEMINAR AND WORKSHOP ORGANISED

- 2 Days National Workshop on '**Design Thinking & Innovation**' was organised by PG Department of Resource Management in collaboration with SVT College of Home Science ,Department of Resource Management and Department of Textile and Fashion Design under PM USHA Initiative MERU, on February 27-28,2025 .Seven teachers and students participated in this workshop.



FACULTY PARTICIPATION IN WORKSHOPS

- Ms Chetna Raje attended 5 Days Virtual FDP on Management Development Programme (MDP) on ‘Mastering Research Methodology with AI’ organised by Inspira Research Association (IRA) ,Jaipur ,Rajasthan and Khandesh College Education Society’s College of Engineering & Management ,Jalgaon,Maharashtra from November 27 to December 1, 2024.
- Dr.Hemani Malhotra attended 5 Days Virtual FDP on “Outcome Based Education” organised by Mangalmay Institute of Management and Technology ,Greater Noida,Uttar Pradesh from May 20 to May 25, 2025.
- Ar. Uday B.Govalkar attended 5days Offline FDP on “ Iconography in Indian Architecture “ organised by MIT School of Architecture (MITSOA) ,MITADT University ,Loni,Pune ,Funded by IKS division of Ministry of Education ,Govt.Of India from October 15 to October 19,2024.

FIELD VISITS OF STUDENTS & TEACHING STAFF:

- **Educational visit** was organized for TYBSc students to Rajasthan from 9th February to 14th February 2025 Mr. Sunil Mestry, Ar. Sharmishtha Devarkar and Ms. Pratibha Parmekar accompanied the students. 30 students participated in the tour and visited important places like Museum, Forts etc. Students had a new learning experience.



- T.Y.B.Sc IDRМ Students visited **Industrial site Mayur Laminates** at DN Nagar, Andheri West on 24th July, 2024.
- T.Y.B.Sc HTM Students visited **Chhatrapati Shivaji Maharaj Vastu Sangralaya** on 27th July, 2024.
- T.Y.B.Sc HTM visited **Mani Bhavan, Gamdevi, Mumbai and ISKCON Temple** on 2nd October, 2024.
- T.Y.B.Sc IDRМ Students visited the **Industrial site on Security Systems** on 26th August, 2024.
- T.Y.B.Sc IDRМ Students visited **ISEE - The E & E Exhibition Show** on 6th December, 2024.
- T.Y.B.Sc IDRМ students visited **Laxmi Industrial Estate** for understanding of Modular Kitchen on 7th January, 2025.
- S.Y.B.Sc and T.Y.B.Sc IDRМ students visited an under construction site at Andheri on 7th April, 2025.
- S.Y.B.Sc and T.Y.B.Sc IDRМ visited **IKEA** at Turbhe on 12th January, 2025.
- T.Y.B.Sc HTM students visited the **Bar Lounge** at Santacruz on 18th January, 2025.
- S.Y.B.Sc IDRМ students visited an **Exhibition D’Arch** at NESCO, Goregaon on 7th April, 2025.

EVENT AND WORKSHOP ORGANISED:

RAKSHA BANDHAN CELEBRATION

- Raksha Bandhan event was organised on 21st August 2024. The event had several small engagements like Bracelet Making and Reel Making Competition. Games like Rakhi Making from Colored Rice & Rakhi Untying Challenge were conducted.

JANMASTHAMI CELEBRATION

- Janmasthanmi Celebrations were organised on 26th August 2024. Festivities were followed by an exciting Treasure Hunt Contest. The ceremonial puja of Lord Krishna was performed, followed by a soulful rendition of a Palna Geet sung and an inspiring tale highlighting Lord Krishna's bravery was narrated. A joyful Raas ceremony was performed. An interactive quiz on Krishna Janmashtami was conducted, with a creative pot designing contest. Two engaging games were organized: Makhan Chor Game & Blindfold Pot Game. This culminated with Prize distribution.

WORKSHOPS ORGANIZED:

PHAD PAINTING AND MINIATURE PAINTING

- Phad Painting and Miniature Painting Workshops as a part of Traditional Indian Art component of Global Interior Architecture held on – 20th and 22nd August 2024 for T.Y.B.Sc IDRМ students by inviting renowned Paramparik Karigars - Shri Prakash Joshi and Shri Kailash Chand Kumawat



PHAD Painting workshop



Miniature Painting Workshop

Fevicryl Arts and Crafts

- Workshop by Pidilite Industries – Fevicryl Arts and Crafts for F.Y.B.Sc students on February 2025



World Tourism Day

- World Tourism Day organised by the T.Y.B.Sc HTM students on October 1, 2024.
- Five international food stalls were planned showcasing culinary delights from around the world. Game stalls were kept offering engaging and educational activities with interactive games focusing on facts, knowledge, and cultural trivia related to India and other countries. Cultural Competition titled "Incredible India: A Journey Through Tradition" wherein student pairs represented different Indian states through attire, performance, and cultural presentations.



PARTICIPATION IN AAVISHKAR - RESEARCH EVENT

- Ms. Nikshita Kamat T.Y.B.Sc HTM and Ms. Jamshed Shaikh T.Y.B.Sc IDRМ participated in AAVISHKAR - Maharashtra State Inter University Research Convention in Lonere, Raigad with innovations of Upscaled products on 18th December 2024 Research event.
- They were selected for the Semi-final event.



Ms. Nikshita Kamat and Ms. Jamshed Shaikh - selected for the semi finals

ANNUAL EXHIBITION 'NIRMITI'

- Department of Resource Management had organized the Annual Exhibition "NIRMITI 2025" on 17 th & 18 th March 2025, Theme - Masquerade It was inaugurated by Senior Architect Ar. Pranav Adurkar and Ar. Vikas Dilawari graced the event.
- The event had a special mention in Mid-Day. The students of F.Y.B.SC, S.Y.B.Sc and T.Y.B.Sc IDRМ displayed their work and creative products.
- The Hospitality and Tourism Management students, catered to the visitors with food and entertainment, as a part of courses like Food Production and Event Management.
- The F.Y.B.Sc & S.Y.B.Sc IDRМ students created various display articles and photographs.



STUDENTS PARTICIPATION IN COMPETITION:

- T.Y.B.Sc IDRМ students Ms.Tasneem Kanchwala and Ms.Parthavi participated in Annual Exhibition ‘Tarash 2025 ‘ January 2025 at L.B.Hiray College of Architecture ,Department of Interior Design ,Bandra and guided by Ar Sharmishtha Dewarkar & Ar.Uday B.Govalkar . Both the students received Certificate of Participation.
- T.Y.B.Sc IDRМ students Ms.Vasha Vishvakarma and Ms.Khushi Kahar participated in ‘ON THE SPOT ‘Intercollegiate Interior Space Design Competition at Annual Exhibition ‘Tarash 2025 ‘December, 2025 at L.B.Hiray College of Architecture , Department of Interior Design ,Bandra and guided by Ar.Uday B.Govalkar . Both the students received Certificate of Participation.

COMMUNITY OUTREACH PROGRAMME/EXTENSION ACTIVITIES:

NSS ACTIVITY

- S.Y.B.Sc HTM and IDRМ students conducted various activities and interactive educational fun activities with school children at the Government School of Khambale, Vangaon, Dahanu for NSS residential camp on 24st January 2025, with 2 teachers and 30 students.



PUPPET MAKING AND STORY TELLING ACTIVITY FOR ARUSHI SCHOOL

- As an activity of Social intervention, the Department collaborated with ARUSHI School for activities like preparing display material for school corridors, puppet making with story telling, fabric painting for children & parents in the month of February 2025.



CAREER GUIDANCE FOR FOR TYBSC STUDENTS

- Mrs. Chetna Raje organised a ‘‘Career Guidance and Campus Placement’’ for T.Y.B.Sc -IDRM students on 18th March 2025 Mr. Amit Solanki from DY Home, our alumni Ms. Tanash Shah from Tanash Shah Designs, Ms. Gauri Kadam from Unique Space Design and Ms. Indu Gupta, Proprietor - Frontman Automation participated in the Campus placement. They were invited to share their experience and knowledge about the practical expectations and career opportunities after graduation.



CAMPUS PLACEMENT INTERVIEW

- Campus placement for T.Y.B.Sc IDRМ students was conducted on 18th March 2025.
- Five Interior Design firms participated in this process.
- 9 out of 41 students were selected for placement.



PAPER PRESENTATIONS BY STAFF:

- Mrs. Chetna RajE presented a paper on “**Way-finding Design and Security Concerns – Case Study of Malls in Mumbai**” at the Global Education Conference FutureEd (4th International summit on Multidisciplinary Research and Experiential Learning) organised by IBERD collaboration with Saint Louise University, Spain from 19th to 21st June, 2024.
- Ar Uday Govalkar presented a paper (ONLINE) titled “**Importance of Interior Industry visits in the field of Interior Designing** ,at One Day National conference on “Women Entrepreneurship: Through Competency Based Education” organised by CNCVCW,Kolhapur,held on 5th March 2025.

PUBLICATIONS BY STAFF:

- Ar.Uday Govalkar published a paper on ‘Role of Teachers in NEP 2020: The Concept of Blended Learning Mode’,organised by Late. Chhabutai Dahate Women's College of Education ,Ansing,One Day Multidisciplinary Conference held on 22nd March 2025 at Ansing,Maharashtra in Peer reviewed journal GOEIRJ.
- Dr. Hemani Malhotra,Dr.Prachi Patel and Dr Anuradha Ramesh published a paper on “A Study of Health Related Quality of Life among Female College Students in Mumbai published in International Journal International Journal for Reserach in Applied Science & Engineering Technology , in July 2024.
- Dr. Hemani Malhotra,Dr.Prachi Patel and Dr Anuradha Ramesh published a paper on “Study on the Consumption of Macronutrients and its association with Health Related Quality of Life in Female College Students age 17-21 years, in International Journal of Scientific Research,in July 2024.

RESEARCH PROJECT

Dr. Hemani Malhotra completed the following CSR Research Project from June 2024 to May 2025.

- Eco – Education Hub - Funded by Capricon Realty
- Rainwater Harvesting System-Funded by Capricon Realty
- Resource Efficient Kitchen Garden-Funded by Capricon Realty
- Green Building Certification-Funded by Capricon Realty
- Health card for Students-Funded by Capricon Realty
- Infrastructure Upgradation of Science Laboratory and Administrative Block-Funded by Shri Sudhir Thackersey Trust.



Eco Hub

DEPARTMENT OF TEXTILES & FASHION DESIGNING

The Department of Textiles and Fashion Designing organized the following activities in the Year 2024 -2025

FIELD VISITS

- T.Y.B.Sc students visited **WOOL RESEARCH ASSOCIATION (WRA)**, testing lab at Thane, on 13th March 2025.



- S.Y.B.Sc students visited **Fibers and Yarns Annual Exhibition**, at Jio World, Bandra Kurla Complex, on 25th January 2025.



- F.Y.B.Sc students visited **CSMVS- The museum** at Kala Ghoda on 20th February 2025.



- F.Y.B.Sc students visited **Paramparik Karigar Exhibition – Traditional Textiles of India**, at Valecha Hall- Kamala Raheja College of Architecture & Environmental studies, Vidyanidhi on 18th January 2025.

EVENTS

- Textiles and Fashion Designing Stall Display at **HGH Exhibition NESCO Centre** at Bombay Exhibition Centre put up by T.Y.B.Sc and S.Y.B.Sc students from 5th July 2024 to 7th July 2024.





- **Extension Activity on Embroidery** with Mangalwadi women community by Textiles and Fashion Designing Department on 19th February 2024.

- Invited Mangalwadi Community Incharge and Women Worker for - Annual Exhibition 'Kalash' 2025.



WORKSHOPS ORGANISED



- **Career Guidance Workshop** on Resume Writing by expert Mr. Mukul Sarang
- **Study Abroad session** by experts Ms. Kadambari Joshi & Ms. Rudrakshi Chande from Scholar's Higher Education on 5th March 2025

- Conducted workshop on **Fabric Painting – Techniques & Innovations**, for S.Y.B.Sc students on 8th March 2025



- Organised Workshop on **Pattachitra Workshop** for S.Y.B.Sc students on 28th August 2024
- Organised Workshop on **Miniature Painting Workshop** for T.Y.B.Sc students on 29th August 2024



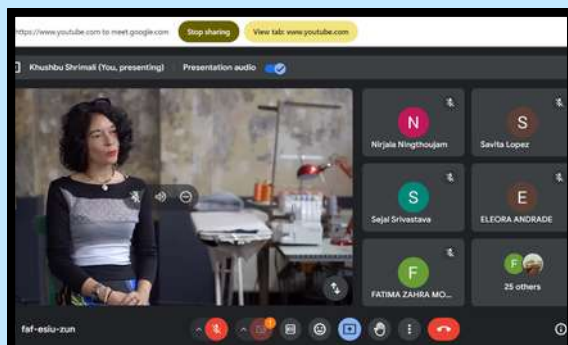
- Session on **Artistic Embroidery Session** supporting Sustainability & Eco-consciousness was arranged for Textiles and Fashion Designing Students on 21st February 2025 and 22nd February 2025

- Guest lecture on **‘Importance of Handloom Textiles’** by Mrs. Radha Raja in collaboration with Paramparik Karigar on 7th August 2025.



- Plastic Waste Collection Drive was organized by the Textiles and Fashion Designing department from 9th October 2024 to 15th October 2025.

- Fashion Show themed **“Floral Fantasy”** for T.Y.B.Sc. students in collaboration with Indian Psychiatric Society at JW MARRIOTT SAHAR on 19th October 2024.



- Documentary Screening of **“The True Cost”** on the occasion of “International Fashion Day” on 9th July 2024 in online mode for T.Y.B.Sc Students.

PAPER PRESENTATION & PUBLICATION BY STUDENTS AND STAFF

- Ms. Hannah Merchant & Ms. Elina Pereira presented a paper titled “Step into sustainability : Avant Garde Footwear” for a Research Competition at S.N.D.T Women’s University, on 18th December 2024 and at DBATU University, on January 13-14, 2025.
- Ms. Hannah Merchant & Ms. Elina Pereira presented a paper titled “Study on utilization of PET bottles in sustainable footwear production” for a National level Research Competition at DY Patil University, on January 25, 2025.
- Ms. Sanika Sule, Ms. Hirannya Shikhare & Ms. Snehal Dalabhanjan, presented a Paper titled “ A study on temple flowers as a sustainable pathway to eco-printing “, for a National level Research Competition at DBATU University , on January 13-14 , 2025 and at DY Patil University , on January 25, 2025.
- Dr. Armaiti Shukla and Ms. Shruti Sawant published the paper titled “Consumer Acceptance of Sanji Art in Fashion” in The Indian Journal of Home Science, 1st January 2025, Volume No-37, Issue 1.
- Dr. Armaiti Shukla, Ms. Ekta Gupta & Ms. Anam Ansari published the paper titled “AI Personal Styling: Redefining Fashion with Smart, Adaptive and Trend- Forward Choices”, International Journal of All Research Education and Scientific Methods (IJARESM), Volume 13, Issue 4, April-2025, Pg No 186-193.
- Dr. Armaiti Shukla & Ms. Fatema Khokhawala, published a paper titled “The Impact of Makeup Application on Well being of Women Aged 18-30”, International Journal of All Research Education and Scientific Methods (IJARESM), Volume 13, Issue 4, April-2025, Pg No 42-48.
- Dr. Armaiti Shukla, Dweep Kharde & Ananya Chodankar, published paper titled “Impact of Changing Rooms on Consumer Behaviour and Their Purchase Decisions”, International Journal of All Research Education and Scientific Methods (IJARESM), Volume 13, Issue 4, April-2025, Pg no 213-221.
- Dr. Armaiti Shukla, Ms. Elina Pereira & Ms. Nirjala Nighthoujam, published paper titled “The Intersection of Fashion and Mental Well-Being on Instagram ”, International Journal of All Research Education and Scientific Methods (IJARESM), Volume 13, Issue 4, April-2025, Pg no 1076-1084.
- Dr. Armaiti Shukla & Ms. Farahfatema Jivana, published a paper titled “Impact of duality in design elements on consumer preferences.”, INTERNATIONAL JOURNAL OF NOVEL RESEARCH AND DEVELOPMENT, Volume 1,0 Issue 11, April-2025, Pg no a 189- a193.

- Dr. Armaiti Shukla, Ms. Hirannya Shikhrame & Ms. Sanika Sule, published a paper titled “Awareness Of Tantra And Yantraart In Meditation”, International Journal of Creative Research Thoughts (IJCRT), Volume 13, Issue 4, April-2025, Pg no c496-c503.
- Dr. Armaiti Shukla & Ms. Jaswandi Paranjape, published a paper titled “Innovative Fusion of Mandala Art with Five Traditional Indian Art Forms - Saura, Kalamkari, Phad, Madhubani, and Gond Art”, International Journal of All Research Education and Scientific Methods (IJARESM), Volume 13, Issue 4, April-2025, Pg no 90-95.
- Dr. Armaiti Shukla & Ms. Zahra Mandsaurwala, published a paper titled “Creation of Versatile Garments using Modular Fashion”, International Journal of All Research Education and Scientific Methods (IJARESM), Volume 13, Issue 4, April-2025, Pg no 245-253.
- Dr. Anju Tulshyan, Ms. Soha Shaikh, Ms. Assiya Sayed & Ms. Alisha Khan published a paper titled “ Wearable Peace: The Connection Between Beads, Pearls And Spiritual Enlightenment”, International Journal of Creative Research Thoughts (IJCRT), Volume 13, Issue 4, April-2025, Pg no d800-807.
- Dr. Anju Tulshyan & Ms. Aasha Solanki published a paper titled “ To Design and develop Stylish and Comforting Accessories for Cats”, International Journal of Humanities Social Science and Management (IJHSSM), Volume 5, Issue 2, March-April2025, Pg no 697-701.
- Dr. Anju Tulshyan & Ms. Nashra, published a paper titled “ To Explore The Indian And International Market For Cat Apparel And Accessories”, International Journal of Creative Research Thoughts (IJCRT), Volume 13, Issue 4, April-2025, Volume 5, Issue 2, March- April 2025, Pg no e-241 -e250.

STAFF ACHIEVEMENTS

- Dr Armaiti Shukla, Dr Anju Tulshyan, Dr. Khusboo Shrimali & Ms. Savita Lopez, successfully completed the Two day National workshop on Design thinking and Innovation” on 27th February 2025 to 27th February 2025 organised by PG Department of Resource Management in collaboration with SVT College of Home Science (Empowered Autonomous Status), S.N.D.T Women’s University, under PM USHA initiative MERU.
- Dr. Khusboo Shrimali successfully completed a 5 day Faculty Development Program on Advanced Draping Techniques , organised by the Department of Textile Science and Apparel Design, S.N.D.T Women’s University, Mumbai, from 20th January 2025 to 25th January 2025.

PRIZES AND AWARDS

- Ms. Uzma Siddiqui, Ms. Afifa Shaikh & Ms. Fatima Momin, Participated in the national level Research competition -Ideathon organised WISE SNTD Women’s University & were selected as Top 10 for the final round.

DEPARTMENT OF POST GRADUATE PROGRAMS AND RESEARCH

The Department of Post Graduate Programs and Research organized the following activities in the Year 2024 -2025

M.Sc. Specialized Dietetics and M. Sc. Exercise Science and Sports Nutrition:

WORKSHOPS AND ACTIVITIES

INTERNATIONAL CONFERENCE ON PRECISION NUTRITION

- The 17th Congress of International Society of Nutrigenetics and Nutrigenomics was conducted in December 2024. The technical tracks and themes include Impact of Nutritional deficiencies in lifespan, translation of Nutrigenetics and precision nutrition to clinical practice, “Omics” approach and social determinants in precision nutrition and integrating traditional knowledge systems insights into personalized Nutrition counselling.



International Conference on Precision Nutrition organised by the Department of Postgraduate Programs and Research

- The program, SVT Urban Harvest Mela was conducted to raise awareness about the importance of sustainable farming practices to minimize environmental impact and promote biodiversity.
- The event showcased the importance of using local ingredients and sustainable practices and continuing to support environment friendly initiatives in our communities.



SVT Urban Harvest Mela to raise awareness about sustainable farming practices

- A cooking series was conducted by the postgraduate students utilizing organic vegetables grown in the SVT kitchen garden.
- A Seminar on ‘Power of Persistence: Clinical Nutrition in Critical Care Settings and Career Growth in Dietetics’ was conducted .
- A session on Ketogenic Diet Therapies was conducted as a part of the PAN-India Ketogenic Diet Conference organized in October 2024 at SRCC Children’s Hospital, Mumbai
- A Workshop on Diabetes and Hypertension: Comprehensive Management Through Nutrition was conducted for the non-teaching staff.



- Students of M. Sc. Specialized Dietetics organized a workshop titled “Power of Food Labels – Enhancing Consumer Awareness” was conducted for non-teaching adult staff.
- A workshop on “Gut Health and Wellness” was designed to raise awareness about the crucial role the gut plays in overall health.

- A workshop on Mindful Eating for a Busy Lifestyle & Lifestyle was conducted to promote awareness about mindful eating and its role in preventing lifestyle diseases
- The students of MSc in Exercise Science and Sports Nutrition organized an impactful workshop titled "Recent Trends in Sports Nutrition and Movement Science" on 15th January 2025. The event included Expert-led keynote session, Case study-based lectures, Interactive panel discussion and interaction with attendees



- An educational field trip was conducted at Sports Authority of India, Mumbai for first year students of Exercise Science and Sports Nutrition.

- The students from MSc Exercise Science and Sports Nutrition, visited the manufacturing unit of Nutra Supplements at Kasurdi, Pune.



STUDENTS ACHIEVEMENTS

- Bushra Qureshi and Sidra Nagori secured the second position, earning a cash prize of ₹30,000. The agenda remained the same — spreading awareness among children and caregivers on malnutrition and nutrition education
- Ms. Arpita Tibrewala & Ms. Hazra Younus, students of SYMSD won the 1st Prize in Fuel the Future National level competition with a cash prize of ₹25,000, organised by Pepsico in August 2024.
- Students of MSc in Specialized Dietetics, Purva Pawar was awarded the Winner of Poster Competition at the Narmada Kidney Foundation. Ms Khushi Patel was the Winner of Slogan Competition, Chinmayee Lavate as the Runner up for Poster Competition and Preksha Shah received the Runner up award for Slogan Competition at the event.
- K.U. Naram Award winners for securing their first and second position were felicitated on 14th October 2024. Ms. Anoushka Karkera and Ms.Rashi Maloo from Diabetes and Cardiac Nutrition specialization, Ms.Pushpa Choudhary and Ms.Srushti Suryawanshi from Pediatric Nutrition specialization, Ms. Hijab Fatima and Ms.Twinkle Panchal from Renal Nutrition specialization received their awards for Masters in Specialized Dietetics. Ms. Isha Khedekar and Ms. Riddhi Kenia received their awards for securing first and second position in Masters in Exercise Science and Sports Nutrition
- Ms. Arpita Tibrewala & Ms. Hazra Younus, students of SYMSD won the 1st Prize in Fuel the Future National level competition with a cash prize of ₹25,000, organised by Pepsico in August 2024.



M. DESIGN (FASHION DESIGN)

Industrial Projects and Visits:

- Students visited artisans of Bead work (Moti Bharat), Lippan Art work, Reverse Applique work from Kutch region, Gujarat and Warli painting from Maharashtra for the documentation for Craft Design Development from August 2024 to September 2024



Moti Bharat- Bead Work



Reverse Applique Work



Lippan Work



Warli Painting

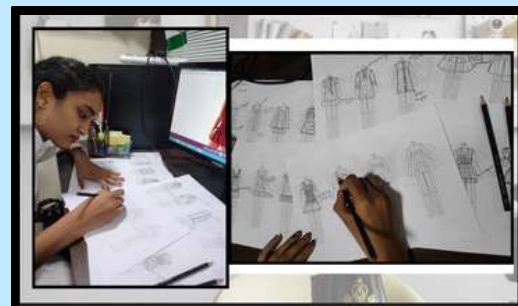
- Students visited an organization named “Intertek”, leading Total Quality Assurance provider to industries worldwide, offering services such as product testing, inspection, and certification on 18th February 2025.
- Students went on **Internship** and Hands-on training with designers and companies like **Texport syndicate, Intertek and Taj Embroidery Unit.**
- Industry project for three months was completed by students in organisations like- Texport, Mahudi Designers, **KAIN, Deepika Arora Fashions, Milaya Embroideries, Pivot Apparels and VYOUM by Ritu Sekksaria**



Project with Deepika Arora Fashions



Project at Milaayaa Embroideries



Project with KAIN

Exhibitions Organised:

KALASH 2025

- Students and Faculty of M. Design (Fashion Design) organised an Exhibition called Kalash 2025 from March 17th -18th, 2025 showcasing the creativity of students in the field of design.



- A session on Fabric Testing and Quality Management standards was organised on 21st January 2025. The resource person Ms. Himali Pimpale, a fabric analyst and merchandiser deliberated on the importance of different quality assurance measures

WORKSHOPS AND ACTIVITIES:

- The students and Faculty of M. Design (Fashion Design) celebrated **National Handloom Day** on 7th August 2024. A display of posters depicting the handloom of each Indian state and weaves of the handloom was organised in the Foyer of the College.



- The Department of M.Design (Fashion Design) and SVT IIC EIP cell at Sir Vithaldas Thackersey College of Home Science (Autonomous) organized an expert session as part of the Utkarsh Lecture series, on 8th February, 2025.
- The session featured Ms. Vaishnavi Agrawal, CEO of Style Yard and Co-founder and Managing Partner of Navisha Marketing & Media LLP. Ms. Agrawal also shared her personal experiences of building a startup, highlighting the challenges and opportunities that come with entrepreneurship.
- A session on “**Faux Calligraphy**” was conducted on 22nd February 2025. The resource person Ms. Brinelle Rodriguez demonstrated the style of writing for various fashion related calligraphy writing used by brands



- Ms. Deepika Arora gave the students an insight about industry requirements as a designer and highlighted the importance of market research for trends in the industry. The session was organised on November 24th, 2024

- Dr. Suman Mundkur had judged the adaptive clothing designs of students addressed the students to include the functionality aspects of designs along with aesthetics in designing clothes for persons with different disabilities on 26th November 2024.



ACHIEVEMENTS:

- Ms. Sandaleen Chauhan was awarded the Gold Medal for Academic Year 2024-2025
- Ms. Sania Rebello was awarded the Third prize in the “Students design competition”. She was a Finalist and presented her research paper on Moti Bharat, organised in Green Fashion India celebrations by MKSSS School of Fashion Technology, Pune. She was awarded the prize on 8th March 2025.
- Dr. Vaishali Menon published her article titled, “ Handloom and Sustainable Traditions of India” in the compendium by the Ministry of Textiles, Sustainability in the Handloom Traditions of India, 2024.
- Ms. Hitishi Ghoei, alumna of M.Design (Fashion Design), has been awarded the ‘Emerging Leader Award 2024’ by Ompax Lifestyle Pvt. Ltd. on 2nd July 2024.



- Students of M.Design (Fashion Design) under the guidance of faculty mentors participated in the fashion show and display in the 55th Annual Conference ACIPSWZB 2024, on 20th October 2024.
- The students designed their garments based on the theme and walked the ramp.



- Dr. Manjula Jagatramka of Vaitarna , organization promoting the cause of craft artisans and in the textile industry reiterated the importance of traditional crafts and appreciated the students' work in designing new products using the craft.

- Ms. Divya Chaudhari presented her research poster in the Aavishkar competition on December 17th, 2024.

M.SC. ENTREPRENEURSHIP MANAGEMENT AND BUSINESS DEVELOPMENT ACHIEVEMENTS:

- Ms. Bhavna Solanki was awarded the Merit Certificate for the program in the annual convocation
- Ms. Aakanksha Bapat had prototyped and expanded the flavours of ice cream in her start up venture - Ice cream Queen.
- Ms. Shumaila Sayyed piloted her venture - “Diet Fusion” on the completion of her program



- Ms. Aaditi Gharat and Ms. Khyati Jangid were finalists in the entrepreneur competition organized by Association of Food Science Technologists of India at the 30th Indian Convention of Food Scientists & Technologists 2024 on 21st December 2024.



WORKSHOPS AND ACTIVITIES:

- Ms. Aakanksha Bapat set up her stall for “Eka Utsav”, on October 14th, 2024 in the college campus.



- Ms. Khyati Jangid participated in the workshop titled “Unleash Innovari” held on January 18th, 2025 in SNDT Women;s University, Juhu.
- An internal hackathon SVT SIH 2024 was conducted for shortlisting the ideas for participating in the national Smart India Hackathon competition.
- A workshop was conducted for the students to understand the need for protecting the intellectual property rights on 15th July 2024. The expert Dr. Ankita Jain conducted an awareness session about the different IP related terms and terminology like trademark, geotag, copyright etc.

- An inspiring session on National StartupDay on 16th January 2025 with Simran Seth, founder of SS Bakes, who shared her incredible entrepreneurial journey with our students. An interactive panel discussion with Ms. Simran Seth and Ms. Aakanksha Bapat, a student entrepreneur, was held to engage students in an enriching conversation on the challenges and rewards of starting a business. Their perspectives and experiences offered invaluable guidance to those looking to venture into entrepreneurship.



FACULTY ACHIEVEMENTS

- Dr Nisha Bellare received certificate of achievement for completion of a consultancy based extension activity, conducted by the Department of Postgraduate Programs and Research in collaboration with Pepsico and MAMTA HIMC NGO to spread awareness on malnutrition in underprivileged children, aligned with the objectives of POSHAN Abhiyaan. The project was undertaken as part of the national-level social impact campaign ‘Fuel the Future’, aligned with the Quaker ‘Bowl of Growth’ program
- Dr Panchali Moitra presented paper on Genomics in Sports Nutrition, ‘**Potential to Improve Performance**’ at the 17th Congress of Nutrigenetics and Nutrigenomics, Mumbai
- Dr Nisha Bellare presented paper on Personalized Nutrition for Obesity Prevention and Management at the 17th Congress of Nutrigenetics and Nutrigenomics , Mumbai
- Dr Anuradha Ramesh presented paper on Precision Medicine- **Opportunities for Food Industry** at the 17th Congress of Nutrigenetics and Nutrigenomics , Mumbai
- The faculty published 15 research papers in peer reviewed journals
- The department launched an online certificate course in Gender Mainstreaming for Health and Nutrition in collaboration with Engender Health.
- Dr Moitra, Dr Ramesh and Dr Bellare designed and implemented a 2 credit online course in Systems Approach to Health
- Dr Panchali Moitra received travel grant to be an expert resource person at GASTRODIET 2025 conference in Kuala Lumpur, Malaysia
- Dr Panchali Moitra presented paper at Annual Conference of IFPRI at Kathmandu, Nepal

COMMITTEE REPORT

CULTURAL & CO-CURRICULAR COMMITTEE

The Department of Cultural and Co-Curricular Committee organized the following activities in the Year 2024 -2025

- The Cultural and Co-Curricular Committee of Sir Vithaldas Thackersey College of Home Science remains a vibrant platform fostering creativity, leadership, and teamwork among students. The academic year 2024–2025 was marked by an array of cultural events, university-level competitions, and student achievements that reflected the college's commitment to holistic education and artistic excellence.

LEADERSHIP CAMP

- The year commenced with remarkable participation by our student leader, Ms. Mrunmayee Surve, who attended the SNDT University Leadership Camp at Panvel from 1st to 3rd August 2024 and was recognized as one of the Best Promising Leaders among 43 participants. Faculty and students also attended the YUVA Workshop on 6th and 7th August 2024 at the Churchgate Campus.

Throughout June to August, the committee focused on establishing cultural clubs and initiating auditions for Dance, Theatre, and Music. These clubs became hubs for artistic expression and skill development for the students.

UNIVERSITY-LEVEL RECOGNITION AT REGIONAL LEVEL AND STATE LEVEL

- Our students showcased outstanding performances at the SNDT Yuva Mahotsav 2024 held at MMP Shah College, Matunga, on 20th September 2024.



Gold Medal –

- **Folk Dance:** Bhavya Sharma (S.Y.B.Sc FND), Manu Singh (F.Y.B.Sc TFD), Purnashree Gujaran (T.Y.B.Sc FND), Tejasvi Salkar (T.Y.B.Sc TFD), Akshita Jeevarajan (T.Y.B.Sc FND), Aishwarya Kadu (S.Y.B.Sc IDRM), Chhaya Shetty (S.Y.B.Sc IDRM), and Khushi Chaudhary (T.Y.B.Sc FND).
- **English Poetry:** Khushi Bandothkar (F.Y.M.Sc Specialized Dietetics)

Consolation Prize –

- **Hindi Elocution:** Dhvani Malkan (S.Y.B.Sc FND)
- SVT students represented SNDT Women's University (state level) at Indradhanush 2024 held at Akole Government College and emerged victorious. Our talented students Manu Singh (FY TFD), Purnashree Gujaran (TY FND), and Aishwarya Kadu (SY IDRM) brought laurels to the college.



UNIVERSITY-LEVEL RECOGNITION AT ZONAL LEVEL AND NATIONAL LEVEL

- SNDT Women's University, with SVT students as part of the contingent, achieved remarkable success at the 38th West Zone UniFest "Satrang 2025" held at Ganpat University, Gujarat.



- The SNTDWU team, with three SVT students Ms. Manu Singh, Ms. Purnashree Gujaran, and Ms. Akshita Jeevarajan represented the university and won Gold Medal for Folk Dance at the AIU National Youth Festival held at Amity University, Noida.



FRESHER'S PARTY

- The Fresher's Party for the new batch of FY students at the Purple Penguin Hotel, Andheri was held on 5th October 2024. The event served as a welcoming platform, encouraging new students to engage actively in college life.
- Ms. Hayat Khan was crowned "Miss Fresher 2024" and Ms. Sara Farooqui was declared runner-up.



Ms. Hayat Khan -
Ms. Fresher 2024 -25



Ms. Sara Farooqui -
Runner Up 2024 -25

66TH ANNUAL DAY

- The 66th Annual College Day was celebrated on 13th December, 2024.
- It was a grand affair that highlighted both academic and cultural excellence.
- The event was graced by the presence of Pro Vice Chancellor, Dr. Ruby Ojha
- The day began with formal proceedings, followed by a vibrant cultural programme featuring dance, music, theatre, and singing performances by students, faculty, and staff. The event concluded with an energetic DJ session, reflecting the joyous spirit of the SVT community.

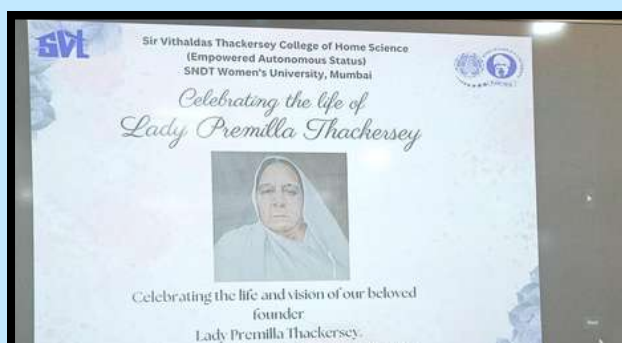


- During the Annual Day, Miss SVT Pageant was held. Ms. Sarah Shaikh won the coveted title and Ms. Zaynab Kanadia was made runner-up.



FOUNDER'S DAY

- The Founders' Day Celebration held on 9th January 2024 paid tribute to Lady Premilla Thackersey, the visionary founder of our institution. The programme included devotional performances, bhajans, and musical renditions that reflected gratitude and reverence for her legacy.
- The year 2024–2025 was one of artistic brilliance, teamwork, and national-level recognition for the Cultural and Co-Curricular Committee. Through its diverse initiatives and student participation, the committee has continued to uphold the ethos of **“Education through Culture and Creativity.”** The achievements of our students stand as a testament to their talent, perseverance, and the unwavering support of faculty mentors.



CULTURAL AND CO - CURRICULAR CLUB (CC CLUB) ACTIVITIES:

The CC Club organized the following workshops for the students of S.Y.B.Sc in the Year 2024 -2025 as a part of Summative Assessment:

- “Story Studio: where words come alive “Workshop on Storytelling and reading on 30th August 2024, by Dr Savita Chauhan, Faculty of English, Smt. P. N. Doshi Women’s College, Ghatkopar



- **Speak up! Effective Communication and Presentation Skills** on 20th Sep 2024 by Ms Palak Bheda, Faculty of Voice modulation, SVT College of H.Sc, for F.Y.B.Sc and S.Y.B.Sc students on 20th September 2024.
- Cultural Heritage awareness through Indian classical Art forms on 27th Sep 2024 by Ms. Rajshree Shirke, Founder, Director , Lasya Akademi for Dance , Music and Theatre



- Workshop organised on ‘**Appreciation of Indian Music**’ by Ms. Sayli Mainkar for CC students on 12th March 2025.



COMMITTEE REPORT

SPORTS COMMITTEE

The Sports Committee organized the following activities in the Year 2024 -2025

STUDENT INDUCTION PROGRAM

- Student Induction report: The SIP Sports Orientation was conducted on 8th July 2024 in an online mode for 120 First-Year students. The session was led by Ms. Neha Shinde from the Department of Physical Education and Sports and coordinated by Ms. Sangeeta Chhowala.
- The orientation introduced students to the various sports activities and events organized at the college and university level, along with highlights of the previous year's achievements. The session aimed to motivate students to participate in sports and create awareness about the importance of fitness.
- Students actively engaged in the discussion and gained useful insights into the sports programmes. Many expressed enthusiasm and willingness to participate in upcoming college sports activities.

ADVENTURE CAMP

- A two-day adventure camp was organized on 7th and 8th January 2025 at Bhonsala Institute of Adventure Sports, Anjaneri, Nashik by the Department of Physical Education and Sports under the coordination of Ms. Neha Shinde. A total of 5 students participated.
- The camp aimed to promote outdoor learning, fitness, teamwork, and leadership skills.
- Day 1 included an introductory session, a scenic trek at Anjaneri, followed by rope activities such as rock climbing, rappelling, and valley crossing. The day concluded with a bonfire and group bonding activities.
- Day 2 began with morning yoga, followed by kayaking under expert supervision. The camp ended with reflection, certificate distribution, and group photos.
- Overall, the camp provided participants with a thrilling, confidence-building, and enriching experience, helping them develop discipline, courage, and team spirit.



INTERNATIONAL YOGA DAY

- International Yoga Day was celebrated on 21st June 2024 at the Swasthya Center, organized by the Department of Physical Education and Sports. Around 70 students participated in the mass yoga demonstration, which included stretching, warm-up exercises, asanas, and meditation under guided instructions.
- Additionally, SNDTWU's Department of Physical Education conducted a separate yoga session in the Foyer, attended by 50 students and 2 teachers, led by Ms. Neha Shinde and Dr. Anju Tulshayan.
- The event aimed to promote awareness about the benefits of yoga and encourage physical and mental well-being. Participants enthusiastically performed Suryanamaskar, asanas, and meditation, gaining improved flexibility, concentration, and relaxation.



MONSOON TREK

- The Monsoon Trek was conducted on 9th August 2024 at Matheran, organized by the Department of Physical Education and Sports. A total of 33 students participated, accompanied by Dr. Rohit Pawar. The trek began with an introductory and safety briefing at Neral station, followed by guidance from trek in-charge Mr. Gaurish Shetty.
- Students trekked approximately 12 km, exploring various viewpoints in Matheran while following all safety instructions. The activity aimed to enhance physical fitness, adaptability, teamwork, and mental strength.
- Participants enjoyed the trek thoroughly, experiencing nature, reducing stress, and improving overall well-being.



INTRA - CAMPUS COMPETITION

- The Intra-Campus Competition 2024–25 was held on 14th February 2025 at the SNTD Women's University Ground, Juhu, organized by the Sports Committee under the guidance of Ms. Neha Shinde. A total of 60 students participated in the event.
- The competition featured Box Cricket, Rope Skipping, and Tug of War.
- Participation in Ashwamedh: The students of Sir Vithaldas Thackersey College of Home Science participated in the Maharashtra State Inter-University Badminton Championship, Ashwamedh 2024–25, held at Gondwana University, Chandrapur, from 17–23 February 2025. Two students, Ms. Aarya Akerkar (TY FND) and Ms. Urmi Churi (SY HTM), represented the university as part of a five-member badminton team. The team underwent internal trials and rigorous training under the guidance of experienced coaches.



SR. INTER COLLEGE COMPETITION

- Students of Sir Vithaldas Thackersey College of Home Science actively participated in multiple inter-college and state-level sports competitions during the academic year 2024–25. These events included the Sr. Inter-College Tournaments held at UMIT College (Juhu), SNTD Arts & Commerce College (Pune), C.B. Shah Mahila Mahavidyalaya (Sangli).
- Across these tournaments, students competed in a wide range of sports such as Chess, Yoga, Badminton, Table Tennis, Taekwondo, Kho-Kho, Road Race, Volleyball, Tug of War, and Athletics. Notable performances included securing the 2nd position in the Badminton Overall Category at UMIT and a Silver medal in Discus Throw at the Sangli meet.



SELF-DEFENCE CAMP

- A 3-month Self-Defense Training Program was conducted from 3rd January to 8th March 2025 for students of Sir Vithaldas Thackersey College of Home Science. The course aimed to equip participants with essential safety techniques, awareness skills, and physical conditioning. A total of 12 students attended regular sessions held at the SNTD Women's University Foyer under the guidance of certified instructor Mr. Shrikant Pawar.
- The program concluded with a demonstration on 12th March 2025, where students showcased techniques through practical drills and situational enactments.



SELECTION TRAILS

- Attending selection trails for different competitions: Students of Sir Vithaldas Thackersey College of Home Science were selected to represent the college in various sports including Rifle Shooting, Football, and other inter-collegiate disciplines for the academic year 2024–25. The selections were conducted through internal trials and performance assessments held by the Sports Committee. Selected students underwent structured training sessions to prepare for upcoming university-level and inter-college tournaments.

WEST ZONE COMPETITION

- The competitions took place during December 2025 and January 2025, with events held across locations in Rajasthan and Punjab. The activity was coordinated by Ms. Neha Shinde from the Sports Committee. A total of 3 students participated in these prestigious Inter-University competitions.
- Sports and Achievements: Students competed in Rifle Shooting and Kho-Kho.
- Rifle Shooting: The team comprised 2 skilled participants, including Ms. Sayli Lalit of FY ESSN. They competed in the 10m air rifle and air pistol events.
- Kho-Kho: The Kho-Kho team, which included Ms. Siddhi Bhor of FY ESSN and Ms. Snehankita Sonawane of FT TFD , showcased outstanding teamwork and advanced to the Qualifiers round.



ANNUAL SPORTS DAY

- The Annual Sports Day was successfully held on 13th January 2025, coordinated by Ms. Neha Shinde from the Sports Committee. The events took place from 7:00 am to 3:00 pm. The competitions were held outdoors, primarily at the SNTD Women's University ground, Juhu.
- **Athletics:** This event had the highest turnout with 100 student participants. It included various track and field events such as sprints (100m, 200m, 400m, 800m, 1500m), relay races, Shot Put, Discus throw, and Tug of war.
- **Badminton:** The Intra-College Badminton tournament saw 25 participants competing in the women's doubles category. The competition was held at the Campus ground.
- **Basketball:** The Intra-College Basketball Competition saw 15 students participate. It was conducted in a knockout format, with matches played in a 20-minute format with four quarters per game.
- **Volleyball:** There were 10 student participants in the Intra-College Volleyball Competition. The matches followed a knockout format, played in a set point format where the first team to score 11 points won the set.
- **Football:** The Intra-College Football Competition involved 10 students. The competition followed a knockout format with each match played in two halves of 10 minutes each.
- The events successfully promoted physical fitness, fostered a sense of unity, and encouraged teamwork and healthy competition among students.
- The competition brought together the college community and showcased the athletic skills and talent of the participants.
- Winners were awarded medals and certificates by the Principal, Ms. Manjiri Bhalerao, and other senior staff members during the prize distribution ceremony.



Prize Distribution Ceremony

COMMITTEE REPORT

NATIONAL SERVICE SCHEME

The Department of National Service Scheme organized the following activities in the Year 2024 -2025

GUEST LECTURE ON THE IMPORTANCE OF YOGA FOR WOMEN'S HEALTH

- NSS Committee in collaboration with Department of Food, Nutrition, and Dietetics organised a guest lecture on the 'Importance of Yoga for Women's Health' by Ms Manju Khatri and Ms. Neha Anurag on 25th June 2024.
- Students practised various forms of yoga, including Hatha, Ashtanga, Iyengar, and Kundalini Yoga. A total of 63 students and 2 teachers participated. The session enhanced awareness about physical, emotional, and mental well-being.



INTERNATIONAL YOGA DAY CELEBRATION

- International Yoga Day was celebrated as per the directive of the Government of India under the ministry of AYUSH all over India with the motto 'Yoga for One earth, One Health' on 21st June 2025.
- A group of 10 students under the leadership of NSS Chairperson, Dr. Anju Tulshyan actively participated in the workshop, representing SVT college, SNTDT WU at National Park.



INDEPENDENCE DAY PHOTO BOOTH ACTIVITY

- A themed photo booth titled 'Har Ghar Tiranga' was installed on 15th August 2024 in the college foyer. About 100 students engaged with the booth, capturing photographs to celebrate national pride and spreading patriotic spirit across campus.

AWARENESS SESSION ON ORGAN DONATION

- An awareness session on organ donation was conducted by Ophthalmologist Dr Rohit Modi on 28th September 2024. He addressed myths, explained the organ donation process, and highlighted its life-saving potential.
- FYBSc and SYBSc students from the Department of Textiles and Fashion Designing attended the interactive session, which also included insights on plant-based diets and the felicitation of Poster Making Competition winners.

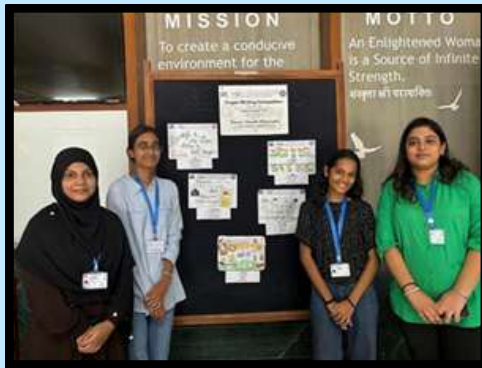


Awareness Session on the MyBharat Portal

- An awareness programme on the MyBharat Portal (Internship & Leadership) was held on 27th September 2024. Students watched informative videos and engaged in discussions on challenges and opportunities available through the portal. 75 students were sensitised about registering to access internships and leadership programmes.

State-Level Selection for Pre-Republic Day Camp

- Ms. Eleora Andrade, T.Y.B.Sc student, was selected for the Pre-Republic Day Camp at state - level. She cleared multiple rounds such as fitness tests, a 1000m race, March-past, cultural evaluation, and an interview to qualify for the State-Level Pre-Republic Day Camp on 13th September 2024. From 25th–29th September, she attended sessions on parade practice, cultural programmes, interviews, and a Swachhata Hi Seva Rally, culminating in a valedictory ceremony.



Slogan Writing Competition on Gandhian Philosophy

- The English Department organised a **Slogan Writing Competition** on 28th September 2024, coordinated by Ms Sangeeta Chhowala.
- 75 F.Y.B.Sc students created meaningful slogans based on Gandhian values, expressed creatively through drawings and messages. The event encouraged reflection on Gandhian ethics and their contemporary relevance.

Awareness Programme on Street Children

- The NSS Committee conducted an awareness programme by resource person Mr Vikrant Lokhande, coordinated by Ms Shilpa Sawalakhe on 2nd September 2024. 40 students attended the session, which focused on the challenges faced by street children and the impact of addiction. A real-life de-addiction experience provided deeper insight into social realities.



Khadi Day Celebration

- A Khadi Day Celebration was held on 1st October 2024, coordinated by Ms Shveta Bhardwaj. 50 students participated in a quiz on Gandhiji's life and were encouraged to wear Khadi. The activity celebrated Gandhian principles and promoted the significance of traditional hand-spun fabric.

BEACH CLEANING DRIVE AT JUHU CHOWPATTY

- The NSS Committee organised a Beach Cleaning Drive at Juhu Chowpatty, guided by Ar. Uday Govalkar and Ms Shilpa Sawalakhe on 2nd October 2024.
- 90 students participated, collecting plastic waste and discussing its environmental impact.



Swachhata Hi Seva Rally

- A Swachhata Hi Seva Rally was conducted on 1st October 2024 at the SNDT Churchgate campus. Coordinated by Dr Sulakshana Mane and Prof. (Dr.) Sachin Vaidya, 20 FY B.Sc D students participated, spreading awareness about cleanliness among the community.

Swachhata Pledge

- The NSS Unit led a Swachhata Pledge ceremony in the college foyer on 1st October 2024. Principal Ms Manjiri Bhalerao, NSS Director Dr Sulakshana Mane, and NSS Chairperson Dr Anju Tulshyan addressed the gathering. 80 students and 9 teachers pledged commitment to cleanliness and civic responsibility.



Campus Cleaning Drive

- A Campus Cleaning Drive took place on 1st October 2024 at the Juhu campus, coordinated by Dr Anju Tulshyan, supervised by Ms Savita Lopez, and Dr Rohit Pawar.
- 75 students worked in groups to clean various campus areas, reinforcing the importance of hygiene and environmental care.

- **ALL-WOMEN NATIONAL INTEGRATION CAMP**
- Five NSS volunteers, accompanied by Dr Vanita Sable, participated in the All-Women National Integration Camp held from 3rd–9th January 2025 in Jammu.
- Activities included sports, debates, painting, cultural programmes, entrepreneurship sessions, self-defence training, and a visit to Mansar Lake. The Maharashtra contingent won 1st Prize in Poetry and 2nd Prize in Dodgeball, receiving recognition from dignitaries.



NATIONAL LEVEL SELECTION FOR VIKSHIT BHARAT YOUNG LEADERS



- NSS volunteer, Ms. Yogini Kudtarkar F.Y.B.Sc FND represented Maharashtra and S.N.D.T Women's University and participated in various cultural and competitive events at Vikshit Bharat Young Leaders Dialogue during the National Youth Festival 2025, scheduled from 9th–13th January 2025 in Delhi.

NSS RESIDENTIAL CAMP

- The NSS Committee conducted a residential camp at Tribal School in Chinchani, Vangaon from 22nd January to 25th January 2025 focusing on English Language Skill and Entrepreneurship Skill Development

English Language Skill Development Activity

- As a part of this activity, the English Department prepared teaching tools for Spoken English (worksheets) to conduct '**English Language Skill Development**' sessions from July to September 2024.
- 75 F.Y. B.Sc students designed simple and effective teaching aids under the guidance of Ms Sangeeta Chhowala, Head Department of English. The activity strengthened teamwork, communication, empathy, and social awareness.
- NSS volunteers visited the Government Tribal Residential School, Khambale, to conduct Speaking English sessions for standards 5–8 under the guidance of Ms Sangeeta Chhowala and coordination of Dr Anju Tulshyan on 22nd, 23rd, 24th and 25th January 2025.
- Students used worksheets titled "Introduction", "My Friend", "My School", etc to help students to improve their vocabulary, sentence construction and enhance communication skills.
- Each NSS Volunteer mentored four students making active and enthusiastic participation of all, enabling each learner to confidently present themselves.
- A proper feedback was obtained in the local language documenting their positive and satisfying learning experience.



ENTREPRENEURSHIP SKILL DEVELOPEMNT ACTIVITY

Following activities were conducted under the Entrepnurship Skill Development:

- **Candle - making workshop**

As a part of this activity, a candle-making workshop was held on 22nd January 2025.

75 participants learned candle-making techniques, including wax types, fragrance blending, colouring, and decoration. The hands-on session promoted creativity and entrepreneurial thinking.



- **Session on Upcycling and Sustainable Practices**

At the Butterfly Garden, students attended an informative session on upcycling, recycling, and sustainable practices.

They gained insights into the environmental impact of waste, pollution, and how mindful habits contribute to resource conservation and ecological balance.



- **Self-Defence and Rifle Shooting Session**

A Self-Defence and Rifle Shooting session was held at Vanrai Farm House, conducted by expert trainer Mr Nitin Mhatre on 23rd January 2025.

Students learned practical defence techniques, assessed risk scenarios, and practised basic rifle shooting skills. The session enhanced confidence, alertness, and decision-making ability.

- **Session on Warli Painting**

A Warli Painting session conducted by Mr. Sanjay Parhad introduced students to the cultural heritage, motifs, and symbolism of Warli art.

Through demonstrations and hands-on practice, students gained an appreciation for indigenous art traditions.



- **Workshop on Honey Bee Box Keeping (Apiculture)**

The NSS Committee organised a workshop on apiculture at Vanrai Farmhouse and Butterfly Garden, conducted by Mr Deepak Patil and assisted by Mr Rahul Gurade on 23rd January 2025.

Students observed hive structures, learned about bee behaviour, and tasted natural honey varieties. The session fostered awareness of biodiversity and ecological balance.

Residential Special Camp – Valedictory Function

- The Valedictory Function was held on 25th January 2025, beginning with the University Song and NSS Song. Principal Ms Manjiri Bhalerao addressed the gathering, followed by a presentation of the Camp Report by Dr Anju Tulshyan. Students and staff shared their experiences, and certificates were awarded to the NSS Student Core Committee.



Participation in Marathi Day Celebration

- NSS students participated in the Marathi Day Celebration at the Gateway of India, along with over 1000 participants on 27th February 2025.
- Representing the college, Mr Rohit Pawar took part in activities celebrating the richness of Marathi literature, culture, and heritage. The event inspired pride and respect for the Marathi language.

COMMITTEE REPORT

STUDENT WELFARE COMMITTEE

The Department of Student Welfare Committee organized the following activities in the Year 2024 -2025

GUEST LECTURES ORGANIZED

- ‘Embrace the Global Education on Your Fingertips’ by Mr Kets, Manager- Edwise overseas education consultants on June 27, 2024



- Session on ‘Indian Classical Dance Form - Bharatnatyam’ by Mrs Divya Dave, MPA Bharatanatyam, organised on July 4, 2024



- ‘Experiencing well being and professional relationships’ by Ms. Vidhi Shah, Regional Head, Learning Curve Chain of Preschool Programs, Pune July 11, 2024

- Street Play on **Anti Human Trafficking Day** in collaboration with Prakruti NGO’s initiative on Young India Unchained July 30, 2024



- C.B. Shah Mahila Mahavidyalaya, Sangli (15-17 October, 2024)



- SNTD Arts and Commerce College, Pune campus (23-25 September, 2024)

- Workshop on Self Defense by Mr. Sanjay, an ex-army officer and Ms. Kimaya Kamble, the representative of Young India Unchained team, Prakruti NGO on August, 31, 2024



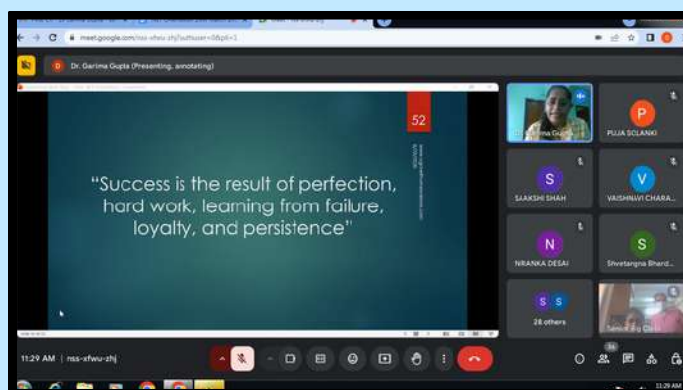
- Orientation to Mahadbt Portal by Mr. Avinash Malkar on October 15, 2024

- Guidance Program for civil services by Mr. Mangesh Borker from Sambodhi, February 10, 2025



- YUVA Mahotsav at MMP Shah College, Matunga

- Session on NET & SET Competitive exam orientation (Online), Dr. Garima Gupta, Assistant Prof Extension Education, Government college for Women, Thiruvananthapuram on March 29, 2025



Student Induction Program was organized by Student Welfare Committee

- The Student Induction Programme (SIP) was organized by Sir Vithaldas Thackersey College of Home Science (Empowered Autonomous Institute) to welcome new students and provide them with a comprehensive understanding of the institution.

Day 1: General Orientation - The program began on 6th July 2024, and familiarized students with the campus, academic policies, and support services, fostering a smooth transition into university life.

Day 2: Department Orientation - The SIP on 8th July 2024, was designed to give new students an in-depth understanding and knowledge regarding their respective departments and introducing the various committees present in the college which they can be a part of.

The day's schedule included department orientations and orientations to various committees such as, Student Welfare Committee, the NSS Program, Examination Department, Cultural and Co-Curriculum Committee, Magazine Committee, and the Library Department.

- The college also organised a sports awareness session to introduce students to various sports activities conducted at the college and university level.



Day 3: Session on 'Significance of Audio Visual in contemporary life'



- A guest lecture was conducted by Mr. Meghatihi Kabeer and Ms. Kanchi Parikh to educate students about the importance of audio-visual content and its scripting on 9th July, 2024.
- Another session on **Let us talk A journey of self- discovery and empowerment** lead by Dr. Priti Vyas, to spread awareness among first-year students about reproductive health and hygiene.

Day 4: Session on ‘Cyber-crime dangers and its Preventions’ by Mr. Sachin Dedia

- The fourth day, Wednesday, 10th July 2024, focused on Cyber Security and raised awareness about online safety, data protection, and the significance of cybersecurity in the digital age.
- Another session on ‘Facilities for Optimizing Academic Achievements’ was conducted by Ms. Archana Jain to provide information to students about the mentor system, counselor facilities, and other important aspects of college life.



- A session on **Introduction to SVT technology solutions & Processes** by Mr. Viren Shah on 10th July 2024. The Student Induction Program aimed to provide orientation to students about the technical support available under SIP.

Day 5: Experiencing well being and professional relationships

- The session was conducted by Ms. Vidhi Shah, Regional Head, The Learning Curve , a chain of preschools across India.
- Students from the first year, along with Dr. Bhamini Mehta, participated in a comprehensive seminar on Experiencing well being and professional relationships in SVT College organized by The Learning Curve.
- Session on **Soft Skills An impetus in shaping personality** by Ms Ashima Syal, to equip students with essential soft skills to enhance their personality and employability.



-ALUMNI SPEAK-

Between Then & All That I Am Now

*An Open Letter to Sir Vithaldas College of Home Science,
SNDT Women's University
– Zaynab Kanadia, Batch of 2025*



Dear SVT,

I don't know how to begin thanking a place that didn't just educate me, but quietly, steadily, and lovingly *changed me*. When I first walked into your corridors as a student of Human Development, specialising in Developmental Counselling, I had no idea that I was also walking into the making of a newer, braver version of myself.

Somewhere between lectures, emotions, deadlines, and growth, you brought out a side in me I didn't even know existed.

You trusted me, with responsibility, with leadership, with space to grow. I served as the Senior Student Editor for all three years of my Bachelor's, working across designing, editing, proofreading, and content coordination. In my very first year, when the senior editor was unavailable, I stepped in, not knowing that this one decision would shape the next three years of my life. What began with nervous hands and self-doubt slowly turned into confidence, ownership, and pride. You taught me how to handle pressure, how to lead quietly, and how to show up even on hard days.

And here's my favourite flex, SVT — in three full years of college, I was never once in the audience for Annual Day.

First year: part of the Student Council, shooting content, running around backstage, living on adrenaline.

Second year: co-hosting the Annual Function, holding the mic and my nerves together.

Final year: stepping onto the stage for Miss SVT, and walking away as the Runner-Up.

Different roles, same lesson, you always kept pushing me forward, never letting me stay small.

I would be incomplete without thanking the Chairperson of the Magazine Committee, Ms. Sangeeta Chowwala, my teacher, mentor, guide, and a safe space. Ma'am, you didn't just guide me through edits and deadlines, you helped me through life. From career doubts to emotional breakdowns, from stress to strength, you stood by me in ways I will always carry with me. Knowing I could walk into your cabin and leave feeling lighter is a gift I will cherish forever.

And then there are the people. SVT gave me friends who feel like family, the kind who will answer your call even in the middle of the night without question. Those bonds, that safety, that "I've always got you" energy, that's rare, and I found it here.

My Human Development Department pushed me to think deeper, to feel more, to question perspectives, and to grow emotionally and intellectually. It trained my mind, softened my heart, and prepared me for the world beyond textbooks. Looking back, I can clearly see how this space nurtured the psychologist-in-progress that I am today.

Somewhere along the way, between all the learning and unlearning, you also placed a quiet crown on my head. I graduated as the Gold Medalist for the highest rank in Human Development. A milestone I carry with immense gratitude, because behind that medal lives every late night, every doubt I overcame, and every teacher who believed I could.

Today, as I pursue my Master's in Psychology, I carry pieces of you with me, your lessons, your courage, your belief in me. You didn't just shape my resume, SVT. You shaped my voice, my confidence, and my sense of self.

Thank you for trusting me when I was unsure of myself. Thank you for the stages, the deadlines, the breakdowns, the breakthroughs. Thank you for the mentors, the friendships, the late nights, and the lifetime bonds.

No matter how far I go, how many roles I step into, or how many milestones I cross, a part of my heart will always remain with you.

With love, pride, and endless gratitude,

**Ms. Zaynab Kanadia,
Department of Human Development
Batch of 2025.**

EXCELLENCE IN ACADEMICS REWARDS SUCCESS

TOPPERS OF ACADEMIC YEAR 2024-2025

Sr. No	Name of the Student	Grade	Name of the Prize received
1.	Ms. Kanadia Zaynab (DC)	84.50 % Grade - O	Late Kum. Pushpa Dheerajlal Desai Prize for securing first position at T.Y.B.Sc. examination for all majors
2.	Ms. Siddiqi Ayesha (ECCE)	84.20 % Grade - O	CD. Memorial prize for securing second position at T.Y.B.Sc. examination for all majors.
3.	Ms. Kamat Nikshipa (HTM)	82.00 % Grade - O	Dr. Chitra Joshi prize for overall topper in Resource Management Department
4.	Ms. Kamat Nikshipa (HTM)	82.00 % Grade - O	Ensa Steel Industries Ltd. Prize for securing highest marks in 'Hospitality & Tourism Management' major at T.Y.B.Sc.
5.	Ms. Kanchwala Tasneem (IDRM)	78.00 % Grade - A+	Jocy Engineering and Construction Company prize for securing highest marks in 'Interior Design & Resource Management' major T.Y.B.Sc.
6.	Ms. Shaikh Maryam (FND)	81.00 % Grade - O	Rasnarani Shirin k Mankar prize for securing overall highest marks at T.Y.B.Sc. in Food Nutrition & Dietetics.
7.	Ms. Singh Nikita (FND)	79.29% Grade - A+	Ms. Subhash Sharma prize for securing highest marks in 'Food Nutrition & Dietetics' (Honors) major at T.Y.B.Sc.
8.	Ms. Shaikh Maryam (FND)	81.00 % Grade - O	Smt. Devayani Bai Kacheshwar Kurulkar prize for securing highest marks in 'Food Nutrition & Dietetics' (Regular) major at T.Y.B.Sc.
9.	Ms. Siddiqi Ayesha (ECCE)	84.20 % Grade - O	Ms. Saraswati Albanno Muller prize for securing highest marks in 'Early Childhood Care & Education' at T.Y.B.Sc.
10.	Ms. Kanadia Zaynab (DC)	84.50 % Grade - O	Mr. Jagdish Mistry prize for securing highest marks in 'Developmental Counseling' major at T.Y.B.Sc.
11.	Ms. Kanadia Zaynab (DC)	84.50 % Grade - O	Smt. Suhasini Paivaidya prize for securing first position in Department of Human Development at T.Y.B.Sc.

Sr. No	Name of the Student	Grade	Name of the Prize received
12.	Ms. Mandsaurwala Zahra (TFD)	82.36 % Grade - O	Mr. Jagdish Mistry prize for securing highest marks in 'Textiles & Fashion Designing' major at T.Y.B.Sc.
13.	Ms. Mandsaurwala Zahra (TFD)	82.36 % Grade - O	Late Mr. Janakraj Khanna prize for securing highest marks in 'Textiles & Fashion Designing' (Honors) major at T.Y.B.Sc.
14.	Ms. Kapadia Uzma (TFD)	80.50 % Grade - O	Late Mrs. Jayaben Laxmidas Daftary memorial prize for securing highest marks in 'Textiles & Fashion Designing' (Regular) major at T.Y.B.Sc.
15.	Ms. Kurup Kalyani (MCD)	70.60% Grade - A	For topping 'securing highest marks in 'Media Communication & Development' major at T.Y.B.Sc.
16.	Ms. Mahyavanshi Eshita (MCD)	70.10 % Grade - A	Late Shri Vinodari V. Shah prize for securing Second highest marks in 'Media Communication & Development' at T.Y.B.Sc.
17.	Ms. Dhasade Minakshi (MCD)	68 Marks Grade - B+	Col. Prakash Photography Scholarship for securing highest marks in the subject 'Fundamentals of Photography' at F.Y.B.Sc.
18.	1) Ms. Bakkar Safa 2) Ms. Nagda Palak (FND)	83 Marks Grade - A+ 83 Marks Grade - A+	Late Umeshrao Savarkoor Memorial prize for the most proficient student of English at F.Y.B.Sc.
19.	1) Ms. Bakkar Safa 2) Ms. Nagda Palak (FND)	83 Marks Grade - A+ 83Marks Grade- A+	Ms. Zarin Sanjana prize for the most proficient student of English at F.Y.B.Sc.

FUTURISTIC WORDS: BY GEN Z, FOR GEN Z

Glow Up: A makeover or transformation from bad to good.

Cancel Culture: Is a form of shaming the actions or opinions of a public figure, company or organization

Stan: It's a combination of "stalker" and "fan."
If you stan someone, it means you're obsessed, but not in a creepy way

W: It simply means "win."

L: Is the opposite of a W—meaning a loss rather than a win

Cheugy: Something that is cheugy is not at all trendy

Simp: Someone who does way too much for the person they have a crush on

Sus: Short for "suspicious," sus typically means something is not as expected, or shady

Rizz: Charisma; ability to attract others

Yeet: To throw with force/excitement

Delulu: Delusional in a funny or playful way

Sigma: Independent, self-reliant, doesn't follow the crowd

Mewing: A face-shaping posture technique (tongue to the roof of the mouth)

Roman Empire: Mostly used in the sentence "_____ is my Roman Empire" to refer to things someone thinks about often

Eunoia: beautiful thinking; a well mind

Stellaviva: (living star) the belief that each person holds the potential to shine and inspire, much like a star in the vast sky

Amino flore: (to bloom from within) growing from self - belief, blooming even without external validation

Volonte: the will or determination to achieve something, even when its difficult or challenging.

ARTWORK BY STUDENTS

Anandibai Joshi:

The first Indian woman doctor of Western medicine



Ms. Samapti Gayen
F.Y.B.Sc

Department of Food, Nutrition and Dietetics.



Ms. Varnika Surve

T.Y.B.Sc, (Interior Designing)

Department of Resource Management



Ms. Insha Qureshi

T.Y.B.Sc, (Interior Designing)

Department of Resource Management

THROUGH THE LENS OF STUDENTS



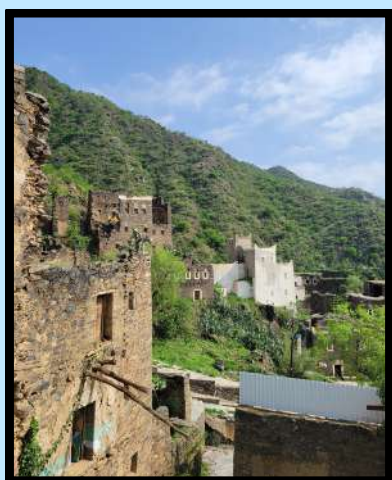
'A Sound Sleep'

**Ms. Sarvesha Sawant
T.Y..B.Sc**

Department of Food, Nutrition and Dietetics.



'Silhouettes of Calmness'



'The Quiet Life'

**Ms. Areebah Ansari
F.Y.B.Sc**

Department of Human Development



'A Tale of Two Bridges'

**Ms. Ayman Ansari
F.Y.B.Sc**

Department of Human Development



'An Artist's Hands'

**Ms. Antara Nair
F.Y.B.Sc**

Department of Human Development



'Pearl - Coloured Sky'

ACHIEVEMENTS OF STUDENTS



Ms. Eleora Andrade, T.Y.B.Sc student, was selected for the Pre-Republic Day Camp at state - level.



Ms. Nikshita Kamat T.Y.B.Sc Hospitality and Tourism Management Ms. Jamshed Shaikh T.Y.B.Sc Interior Design and Resource participated in AAVISHKAR - Research Event with innovations of Upscaled products on 18th December 2024



Ms. Yogini Kudtarkar F.Y.B.Sc Food, Nutrition and Dietetics was selected at National Level for Vikshit Bharat Young Leaders Dialogue from 9th – 13th January 2025 at Delhi



Ms. Aaliya Dongarkar S.Y Food, Nutrition and Dietetics won Athlete of the Year 2024 - 25



Ms. Manu Singh, F.Y.B.Sc TFD, Ms. Purnashree Gujuran T.Y.B.Sc FND, and Ms. Akshita Jeevarajan T.Y.B.Sc FND represented the university and won Gold Medal for Folk Dance at the AIU National Youth Festival held at Amity University, Noida.



The students of SVT College of Home Science secured Second Place in Folk Dance at the 38th West Zone UniFest "Satrang 2025"



The students of SVT College of Home Science represented SNTD Women's University at the Indradhanush 2024 held at Akole Government College

SALIENT ACTIVITIES OF THE DEPARTMENTS AND COMMITTEES



The Department of Food, Nutrition and Dietetics organised 'Nutrition Month' as a part of Rashtriya Poshan Mah celebrations from 3rd to 26th September 2024



The Department of Human Development organized 'Khel Utsav - Planet Protectors' on 15th December, 2024



The Department of Media Communication and Development celebrated Women's Day - Trailblazing Women: Pioneers in Their Field' on 10th March 2025



The Department of Resource Management organized an Annual Exhibition 'Nirmitti' on 17th & 18th March 2025



The Department of Textile and Fashion Designing organized an Annual Exhibition - 'Kalash' on 17th & 18th March 2025



The Sports Committee organized Annual Sports Day on 13th January 2025



The 66th Annual College Day was celebrated on 13th December, 2024.



The NSS Committee conducted a residential camp at Tribal School in Chinchani, Vangaon from 22nd January to 25th January 2025