

The College practices the mandate of SNDTWU, “An enlightened woman is a source of infinite strength” and are empowering girl students through a well- planned and structured activities focusing on the holistic development and a learner centric pedagogy.

Enlightened women are the building blocks of a healthy nation. In this endeavor, the College takes pride in training women and society by being an integral part of the National initiative of ‘Eat Right India’ campaign - with a focus of creating a healthy, safe and sustainable environment. It has taken a lead role through its student led initiatives to promote healthy lifestyle and educate people at large.

The College strives to create awareness about inclusion of safe, nutritious and healthy food in the daily diet for various age groups. In this effort the college has initiated the following activities:

1. Masters students of Specialized Dietetics had conducted anthropometric measurements, diet survey and diet counseling for the non- teaching staff of the college. This initiative was welcomed, appreciated by the non-teaching staff and they implemented the suggestions given to them in their daily diet.
2. The college in collaboration with The Yoga Institute, Mumbai had encouraged the students to organize food festivals. Healthy and tasty recipes for lunch box were prepared and displayed in stalls with the nutritional information and approximately 1000 visitors from community were given an opportunity to sample the food. The recipes were printed in a booklet and distributed to all the visitors.
3. Intercollegiate competition was organized for the concept of “Aaj Se Thoda Kam’, where students prepared and displayed healthy recipes. The importance of good physical and mental health, right diet, choice of foods and sustainability in food were emphasized to the audience.
4. The concept of healthy eating needs to be initiated from the school. The college has partnered with FSSAI, Corporate partner of Pepsico and Schools. Nearly 60 schools were selected which include Government run BMC schools and Private schools. The students in groups pursued the activity as per the guidelines issued by collaborating agencies. The sessions were also adapted to different setup and infrastructure available in the halls / auditoriums or in combined classes or class to class session, with the help of AV and /or placards / skit. In all, 81, 000 students were given education across all schools in Mumbai.
5. Importance of proper nutrition for pregnant and lactating mothers to ensure a healthy offspring has been advocated by the students in their nutrition education programs in community and family enrichment centres.
6. Adolescent nutrition plays an important role in developing the future workforce. Screening for obesity and inclusion of healthy food practices through Knowledge, Attitude and Practice surveys have been advocated for high school and College students.
7. The College has pledged to create an “Eat right, Eat safe and Eat sustainable” campus.

The College encourages these activities to promote social and behavior changes in dietary patterns, nutrition and in choosing right foods.