



# Pragati

Charutar Vidya Mandal's  
**S.M.PATEL COLLEGE OF HOME SCIENCE**

**NAAC ACCREDITED 'A'**

Vallabh Vidyanagar - 388 120.

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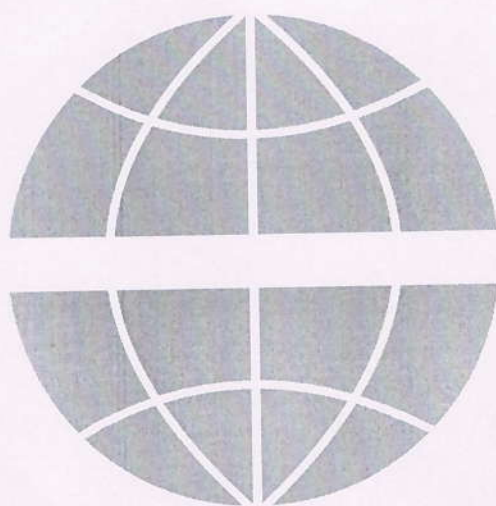
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- 1<sup>st</sup> Row (L to R): Shri I. R. Vahora, Dr. Sharda Joshi, Ms. Sushma Batra, Dr. Devika Thakker, Ms. Rekha Emanuel (Principal), Ms. Alpna Shah, Ms. Bhavana Chauhan, Dr. Nidhi Gupta, Mr. Yogesh Vadwala
- 2<sup>nd</sup> Row (L to R): Ms. Daxa Sharma, Ms. Mittal Barot, Ms. Trusha Lad, Ms. Kalpana Srivastava, Ms. Vijaya Agarwal, Ms. Padmaja Puppala, Ms. Minal Chauhan, Shri K. S. Panchal
- 3<sup>rd</sup> Row (L to R): Shri S. M. Vasava, Shri C. V. Parmar, Shri S. K. Malek



# Pragati 2014-15



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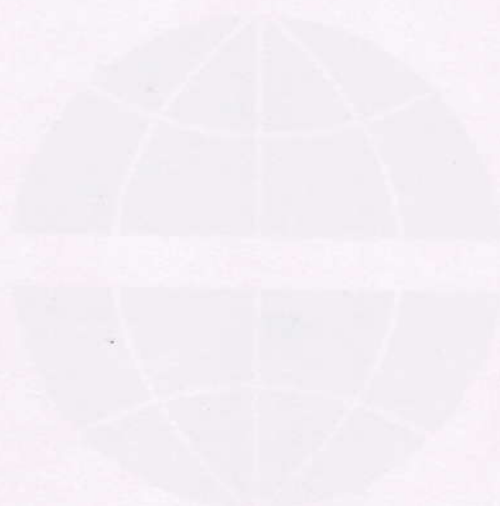
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Pragati 2014-15



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LAKSHMI COLLEGE OF HOME SCIENCE  
BANGALORE  
KARNATAKA  
INDIA



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## PROFILE OF THE COLLEGE

The S. M. Patel College of Home Science was established by Charutar Vidya Mandal in June 1971 under the able guidance of the then director Madam Tarabai. The donation towards the building of S.M.Patel college of Home Science came from Shri Manibhai Shivabhai Patel & brothers of Sojitra and the college is named after their father Shri S. M. Patel. Home Science is an interdisciplinary field dealing with the science and art of living. It is an integral knowledge which draws from pure, applied and social sciences as well as Technology & Management. The focus is preparing young women for a profession & dealing with life situations. It also plays a vital role in increasing the capacity of the family and community for a better quality of life through the competences developed by this education.

The subjects offered have the potentials for Personal development, Academic development and Commercial application. The syllabus combines theory, practical and field work with core foundation & specialization courses and ICT courses leading to social and economic empowerment of the young graduates.

## AREAS OF SPECIALIZATION :

- Family Resource Management – Focus – Interior design – Hospitality Management – Consumer Services, Ergonomics.
- Food & Nutrition – Focus – Dietetics, Human Nutrition, Community Nutrition, Institutional Food Service Management, Cuisine
- Human Development – Focus – Child welfare – Early Childhood education, differently abled children, Women's Issues, overviews of life span development.
- Textile & Clothing – Focus – Fashion designer, Textile Science. Commercial clothing & Fashion Marketing.
- First degree vocational Food Sciences & Quality Control – Focus – New Product Development, Sensory evaluation, entrepreneurship.

The logo of the college is an open book, which is Spreading the light of knowledge with a motto.

'Vidyaratana Mahadhanam'.

**VISION :** To promote education for young women of rural and urban populations.

**MISSION :** "Vidyaratnam Mahadhanam" being, the mission institute aims at professional development and personal enrichment of students along with positive self-concepts and confidence.

**GOAL :** • To prepare students for various vocations & professions.

- To develop self-confidence and personality of the students to face various life situations.



**OBJECTIVES :**

- To impart knowledge and develop professional skills in various areas of Home Science.
- To train them for various vocations and dealing with different life situations.
- To give practical experience by industrial linkages and placement.
- To develop potential and creativity among students and help in solving academic and personal problems.
- To educate students for identifying the needs of the disadvantaged group in the society and working for their development.

**SALIENT FEATURES OF THE INSTITUTION :**

- Choice based credit system divided in 2 semesters per year.
- Continuous & comprehensive assessment of theory & practical courses.
- Counselling – academic & personal.
- Parents involvement.
- Active learning methodology of teaching.
- Co-curricular & Extra curricular activities.
- Adhering to academic Calendar
- Faculty Appraised with latest knowledge of their field
- College library with internet facilities
- Placement cell & career & counselling cell.

**ASSETS OF THE INSTITUTION : FUNDED BY**

- Computer Lab with internet facility – C.V.M.
- English Language Lab (DELL) – State Government
- Cafeteria – U.G.C., C.V.M.
- Anganwadi Training Centre – State Government
- Add on Career oriented course
- Sports Nutrition – U.G.C.
- Fashion Design
- Interiors
- IGNOU Study Center (DFSM) – Central Government
- Zaverba Nursery & Day Care
- Separate computer labs for add on courses.
- LCD facility
- Gymnasium • ALM room.

## **Gold Medalist of Year 2014-15**

**Nilamben Prahladbhai Dave**  
**(Textile and Clothing Department)**  
**First in All Branches**

**Nidhi Jitendra Shah**  
**(Family Resource Management Department)**

**Farhinbahen Irfanbhai Vhora**  
**(Foods and Nutrition Department)**

**Hirva Ajaybhai Jani**  
**(Human Development Department)**



## OUR COLLEGE FAMILY

### **Principal :**

Prin. Rekha Emanuel

#### **Human Development**

1. Dr. Sharda Joshi
2. Dr. Mittal J. Barot

#### **Foods & Nutrition**

1. Ms. Bhavna Chauhan
2. Ms. Shazia Sharma
3. Ms. Vijya Agarwal
4. Ms. Tanvi Makwana
5. Ms. Minal Chauhan

#### **Chemistry**

1. Mr. Yogesh Vadwala
2. Ms. Trusha Lad

#### **English**

#### **Physical Instructor**

1. Mr. Ranjit Bhagora (AS)

#### **Administrative Staff**

1. Shri I. R. Vahora (H.Clerk)
2. Shri. K. S. Panchal (S.Clerk)
3. Shri H. J. Patel (J.Clerk) (S.F.)
4. Ms. Daxa Sharma (Lab.-Assi.)

#### **Textiles & Clothing**

1. Ms. Alpana Shah

#### **Family Resource MGT**

1. Dr. Devika Thakkar
2. Ms. Sushma Batra
3. Dr. Nidhi Gupta
4. Ms. Kalpana Shrivastava
5. Ms. Padmaja Puppala

#### **Biology**

#### **Extension Education**

#### **Librarian**

1. Shri I. C. Patel

1. Shri C. F. Vagghela (Peon)
2. Shri R. D. Prajapati (Peon)
3. Shri S. M. Vasava (Peon)
4. Shri S. K. Malek (Chowkidar)
5. Shri C. V. Parmar (Lab-Peon)

### LIST OF CENTRAL COMMITTEE 2014-2015

No	Portfolio President	Teacher In charge	Student Representative
1	President	Ms. Rekha Emanuel	-
2	Vice President	Ms. Alpana Shah	
3	General Secretary	-	Ms. Mirani Trivedi
4	Gyan Dhara	Dr. Devika Thakker	Ms. Harshida Patel
5	Geet, Sangeet, NrityaDhara	Mr. Yogesh wadwala	Ms. Afrin Bhilakiya
6	Sarjanatmak Abhivyakti Dhara	Ms. Kalpana Srivastava	Ms. Amrin Vohra
7	Kala KaushalyaDhara	Ms. Minal Chauchan	Ms. Damini Rathod
8	Natya Dhara	Ms. Mittal Barot	Ms. Tejal Chavda
9	KhelKudDhara	Mr. Ranjeet Bhagora	Ms. Hiral Thakar
10	Samajik Seva Dhara (NSS)	Ms. Trusha Lad Ms. Tanvi Makwana	Ms. Chetana Machi
11	NCC	Ms. Padmaja Puppala	Ms. Payal Parmar
12	Magazine	Dr. Nidhi Gupta	Ms. Riya Patel
13	Hostel	Ms. Sazia Sharma	Ms. Hiral Devatka
14	Discipline & Surrounding	-	Ms. Meena Baria Ms. Komal Katodia Ms. Damini Solanki Ms. Heli Patel
15	Canteen	-	Ms. Bhavna Solanki
16	Publicity	Ms. Sushma Batra Mr. Ranjeet Bhagora	Ms. Anjali Patel
17	Library	Ms. Alpna Shah Dr. Nidhi Gupta	Ms. Urvashi Mall
18	Landscaping & Gardening	<b>All Plants</b> Ms. Minal Chauchan Ms. Trusha Lad <b>Front</b> Ms. Tanvi Makwana <b>HD &amp; Nearly</b> Ms. Mittal Barot	Ms. Madhavi Savani



## **Activities Carried Out Under the Various Departments 2014-15**

### **DEPARTMENT OF TEXTILE AND CLOTHING**

S.No	Date	Activity	Topic	Beneficiaries
1	1/1/2014	Demonstration	"Handicrafts of India- Chikankari and Kashmir Embroideries"	S.Y.B.sc (Textile and Clothing students) App.16 Students
2	11/1/2014	Parent-Teacher meet	Departmental profile and their word performance	S.Y.B.sc , T.Y. B. sc& add-on fashion design students (app40 students)
3	17/1/2014 18/1/2014	Workshop	"Design development- Concept & Content"	33 Students (S.Y. & T.Y T.c.students)
4	24,25 & 26 <sup>th</sup> Feb 2014	Educational trip	Traditional textiles of Gujarat visit to Bhuj, Bhujodi, Mandvi, and Mundra	26 Students
5	23/7/2014	Educational trip	Visit to "Akshar Creation" Traditional sarees of India.	16 Students
6	19/8/2014	Presentation cum Discussion	Tie & Dye textile of India	59 Students
7	30/9/2014	Exhibition	Display of garments of Adolescents, teenagers & adults. ( Design & Constructed by S.Y.B.sc & T.Y.B.sc Students)	Own college students and people (visitors) from Anand, V.V.Nagar & Ahmedabab.
8	22/1/2015	Fashion Show/Valkal 2014	Evening Gowns & Contemporary outfits of T.Y.B.Sc& S .Y. B,Sc students.	
9	26/2/2015	Visit to Exhibition	To understand the embroideries of different states of India.	47 students of S.Y. B.Sc (TC)
10	1/4/2015	Exhibition cum sale	Display of garments & articles- "Add on Course" certificate course in fashion design	Students and Visitors from Anand, V.V.Nagar and adjoining localities.ss

## DEPARTMENT OF HUMAN DEVELOPMENT

S.N	DATE	TYPE ACTIVITY	PLACE	BENEFICIARIS	FACULTY INVONED
1	07-7-14	Organized a workshop on paper craft Resource Person- Momenabanu	H.D. Lab	23 T.Y.Students	Ms. Paresha Patel
2	24-7-14	Organized a lecture on Growth Monitoring Resource Person- Parulben	Rom No 211	130	Dr. Mittal Barot
3	6-8-14 ✓	Organized a lecture on 'Reproductive Health of Women'	Auditorium	130	Prin. Rekha Emanuel Dr. Mittal Barot (c) Ms. Paresha Patel Dr. Sharda Joshi
4	9-8-14	Poster Competition on Progressive growth of women	H.D. Lab	29	Dr. Mittal Barot
5	2-9-14 to 6-9-14 ✓	Organized a workshop on soft toy making: Resource person Ms.Nitu Vagela	H.D. Lab	49 S.Y Students	Dr. Sharda Joshi Dr. Mittal Barot
6	26-12-2014 ✓	Educational Tour /trip  Badhir Vidhyalaya, Hindu Anath Ashram, Balkanji Bari, Children Observation Home	Nadiad	22T.Y Students	Dr. Mittal Barot
7	2-1-2015 ✓	One Day Workshop on Skill Development	H.D. Lab	44 S.Y &T.Y.Students	Dr. Sharda Joshi and Dr. Mittal Barot
8	7-1-2015 ✓	Guest lecture on Team Building & Leadership Qualities.	Auditorium	44 S.Y &T.Y.Students	Dr Sharda Joshi and Dr. Mittal Barot



## DEPARMENT OF HUMAN DEVELOPMENT

### ZAUERBA NURSERY SCHOOL

S.N	DATE	TYPE ACTIVITY	PLACE	BENEFICIARIES	FACULTY INVONED
1	15-3-14	Celebration of holi	Nursery campus	10 children	Ms. Nileswari Ms.paresa patel Dr. Mittal Barot T.y students
2	14-8-14	Celebration of Republic day	Nursery School	8 children	Ms. Nileswari Ms.paresa patel T.y students
3	19-8-14	Celebration of Raksha Bandhan	Nursery School	14 children	Ms. Nileswari Dr.Sarda joshi T.y students
4	28-8-14	Celebration of janmastmi	Nursery School	8 children	Ms. Nileswari Dr.Sarda joshi
5	30-8-14	On ganeshutsav children wel taken ganeshmandap for prey	Bhaikaka statue	14 children	Ms. Nileswari Kokilaben Diptiben
6	1-10-14	Celebration of navratri festival	Nursery School	14 children	Ms. Nileswari All Staff of Balwadi S.Y student
7	9-10-14 16	Field trip to a saibaba temple & khodiyarmata temple	anand	14 children	Ms. Nileswari Kokilaben Diptiben
8	<del>20</del> -10-14	Celebration of Diwali	Nursery campus	14 children	Ms. Nileswari
9	24-10-14 2	Celebration of Chirstmas	Nursery School	10children	Pr.Rekha Emanuel Ms. Nileswari Dr.Sarda joshi Dr . Mittal barot S.y students
10	8-10-14	Sports day 1-frog race 2-bag race 3-land birds 4-garlanding	Nursery campus	10children	Ms. Nileswari Dr . Mittal Barot
11	9-1-15	Story – competition	Nursery School	8 children	Ms. Nileswari Dr . Mittal Barot
12	13-1-15	Celebration of Makarsakranti kite flying	Trrace of college frilding	10 children	Ms. Nileswari All Staff & all students
13	5-3-15	Balwadi Holi celebration	Holi Celebration Balwadi	15 children S.Y. & T.Y.	Dr.Sardajoshi Dr . Mittal Barot Kokilaben Pauloniben

## Department of Foods & Nutrition

Sr.no	Date	Activity	Place	Beneficiary
1	10/01/2014	Indian Dietetic Day celebration Talk on New Approaches to Deal With Diabetes Mellitus Under IDA Chapter Anand Club And distribution of leaflets.	S.M.Patel College of Home science. VallabhVidyanagar	Faculty and students of S.Y.F.N. and T.Y.F.N and FSQC
2	1/03/2014	Parents teachers meeting	S.M.Patel College of Home science. VallabhVidyanagar	All students
3	24/25/26/02/2014	Educational trip to Adani oil Factory	Mundra Kutch	T.Y. and S.Y.FN and FSQC students
4	11/03/2014	Workshop on "Culinary skills"	S.M.Patel College of Home science. Vallabh Vidyanagar	T.Y.FN Students
5	2/06/2014	Exhibition (Charts & Posters on Mother & Child care)	S.M.Patel College of Home science. Vallabh Vidyanagar	College staff & students. ICDS workers.(AWTC)
6	4-08-2014	<ul style="list-style-type: none"> <li>Lecture on Mother's Milk: A boon to an Infant.</li> <li>Workshop on Breastfeeding and Malnutrition</li> <li>Data collection and discussion on KAP of mothers visiting Anganwadies, In collaboration with Community Science center.S.P.University.</li> </ul>	Anganwadi Training center. VallabhVidyanagar	ICDS workers and TY(FN & FSQC)students
7	05-08-2014	<ul style="list-style-type: none"> <li>Workshop in collaboration with DDO Anand, under CPE, Extension scheme</li> <li>Lecture on Mother's Milk: a Boon to an Infant. By:Bhavana Chauhan</li> <li>Workshop on, Mother's milk -A step towards Eradication of Malnutrition</li> </ul>	S.M.Patel College of Home science. VallabhVidyanagar	ICDS workers and TY(FN & FSQC) students



8	06-06-2014	Open House	S.M.Patel College of Home science. VallabhVidyanagar	Parents ,students &faculty, from (CVM higher sec, HSc)
9	06-06-2014	Parents Teachers meeting	S.M.Patel College of Home science. VallabhVidyanagar	Parents and TY (FN FSQC)Students
10	01/09/2014	<ul style="list-style-type: none"> <li>• Demonstration of Recipe's for different diseases</li> <li>• Demonstration to detect Adulteration in common foods using household methods.</li> <li>• BMI checkup camp</li> </ul>	K.V.K Arnaj	Farmers
11	01-09/2014	Talks by faculties on Importance of Nutrition Under IDA Chapter Anand Club.	Various schools & Colleges at Anand &VallabhVidyanagar	Students of schools & Colleges
12	05/09/2014	<ul style="list-style-type: none"> <li>• Publication of Booklet 'Satvik Ahar &amp; Poshan' in collobration with chh Gaam Patidarsamaj &amp;Jalaram Trust Dharmaj,</li> <li>• Demonstration of recipe`s for Menopausal women</li> <li>• Talk on 'Nutrition during Menopause'. By:Bhavana Chauhan</li> </ul>	Dharmaj	Women of Dharmaj village
13	29/09/2014	Group Discussion on Latest trends of Diet in Cardiovascular Diseases by T.Y. B.Sc Students.	Foods and Nutrition Department, in collaboration with IDA Anand Club	Students of T.Y. B.Sc. Foods and Nutrition Department.
14	11/12/2014	<ul style="list-style-type: none"> <li>• Developing kitchen garden at primary school</li> <li>• Demonstration of adulteration in foods used in day-to-day life.</li> </ul>	Devrajpora	Teachers and school children's
15	18/12/2014	<ul style="list-style-type: none"> <li>• Consultancy on detection of</li> </ul>	S.M.Patel College of Home science	school children & Community

		Adulterants in common foods to Sri Sri Ravishankar Vidya Mandir for Science Fare.		
16	19/12/2014	<ul style="list-style-type: none"> <li>Consultancy to Akashganga Foods on Product formulation &amp; process parameters in developing ethnic foods &amp; khakhara.</li> </ul>	S.M.Patel College of Home science	Akashganga Foods
17	29/12/2014	<ul style="list-style-type: none"> <li>Demonstration on detection of Adulteration in day-to-day foods at Aashi village in collaboration with Community Science Centre, VallbhVidyanagar</li> </ul>	Aashi village	Village people & college students.
18	8/1/2015	<ul style="list-style-type: none"> <li>Demonstration on detection of Adulteration in day-to-day foods at Dehmi village in collaboration with Community Science Centre, VallbhVidyanagar</li> </ul>	Dehmi village	Village people & college students.
19	20/1/2015	Nutritional Assessment of Higher Secondary Students of Home Science Stream.	Foods and Nutrition Department, in collaboration with IDA Anand Club	Students of T.Y. B.Sc. Foods and Nutrition Department.
20	31/1/2015	<ul style="list-style-type: none"> <li>"CNE on oils for Heart Health"</li> </ul>	S.M.Patel College of Home science	IDA members, Dietitians & Medical practitioners and students.
21	31/1/2015	<ul style="list-style-type: none"> <li>AGM of IDA Gujarat chapter</li> </ul>	S.M.Patel College of Home science	Life members of IDA.
22	February (Proposed)	<ul style="list-style-type: none"> <li>We will organize a talk on Sports Nutrition &amp; Wellness by, Dr. Nayanjeet Chaudhary</li> </ul>	S.M.Patel College of Home science	College Students & Students of Add on Course in Sports Nutrition.



23	February (Proposed)	• Farewell for Final Year Students	S.M.Patel College of Home science	T.Y. FN & FSQC Students
24	February (Proposed)	• Educational Tour	Khatraj Cheese Plant, Mother Dairy &Kankaria Ahmedabad.	T.Y. FN & FSQC Students
25	27 <sup>th</sup> March 2015	• Workshop on, Salad decoration & Sauces	S.M.Patel College of Home science	T.Y. FN & FSQC Students
26	12 <sup>th</sup> March 2015	• Workshop in Bakery Products	Bakery School, Anand Agricultural University	T.Y. FN & FSQC Students

### DEPARTMENT OF FAMILY RESOURCE MANAGEMENT

Sr. No.	Date	Type of Activity	Place	Beneficiaries	Faculty Involved
1	27-06-2014	Demonstration on use of Ergo Master and Enthropometric kit by Dr. Nidhi Bansal	Interiors Lab	T.Y. FRM Students	Dr.Nidhi
2	23,24-07-14	Workshop on Flower Arrangement	Art and design lab	S.Y.students	Dr.Devika Ms. Kalpana
3	26-07-2014	Competition on Napkin fold and Menu Card	Art and design lab	All Students	Dr.Devika Ms. Kalpana
4	28-07-2014	Workshop on YOU and YOUR Kitchen	Auditorium	Housewives	Ms.Sushma Dr.Nidhi Ms.Padmaja
5	28-07-2014	Parents Meeting	Auditorium	Parents of S.Y. FRM and T.Y.FRM Students	Dr.Devika Ms.Sushma Dr.Nidhi Mrs.Kalpana Ms.Padmaja
6	14-09-2014	Workshop on Application of Colour in Different medias and Use of Potter's Wheel	Art and design lab	Students of interiors	Dr.Devika
7	15-09-2014	Workshop on Textiles:Fibre to Fabric by Ms. Dolly Mohite	Interiors Lab	Students of interiors	Dr.Devika Ms.Sushma
8	20-09-2014	Workshop on Screen Printing by Sameerbhai Patel	Art and design lab	Students of interiors	Dr.Devika Ms.Sushma

Consumer Week Celebration					
9	23-12-2014	Competition on best out of waste was organised by CVM Hr. Sec. Edn. Complex where in how to become an effective seller for the goods was discussed.	Art and Design Lab	Students of CVM School and S.Y. FRM and T.Y.FRM Students	Dr.Devika
10	27-12-2014	Poster Competition on Consumer Education	Art and Design Lab	All Students	Dr.Devika Ms.Sushma Mrs.Kalpana
11	29-12-2014	Talk by Dr. Sanjay Sinha from Law College, Anand on	Auditorium	and S.Y. FRM and T.Y.FRM Students	Dr.Devika Ms.Sushma Mrs.Kalpana
12	31-12-2014	Radio Talk on Consumer rights	Community Radio Centre	Community	Dr.Devika Ms.Sushma
13	10-01-2014	Site Visit of Residential and Commercial Buildings.		Students of interiors	Dr.Devika Ms.Sushma
14	9-03-2015	Workshop on how to face interview	Interiors Lab	T.Y. Students	Dr.Nidhi Mrs.Kalpana
15	15-03-2015	Workshop on preparing various types of curtains to enhance the room.	Art and Design Lab	Students of interiors & S.Y. Students	Dr.Devika
16	19-03-2015	Workshop on Best out of Waste	Art and Design Lab	S.Y. Students	Dr.Devika Ms.Sushma



### College Extra-Curricular Activities

No	Day & Date	Activity	Topic	Beneficiaries
<b>1</b>	<b>GyanSaptahUtsav (1<sup>st</sup> Sept- 6<sup>th</sup>Sapt 2014)</b>			
	1 <sup>st</sup> Sept 2014	College cleaning	-	College premises all students & NSS volunteers
	5 <sup>th</sup> Sept 2014	Teacher's day celebration	Experiences of teachers shared & one minute games played	Third year students & faculties.
<b>2</b>	<b>Women Empowerment programme ( 4/8/2014 to 9/8/2014)</b>			
	4/8/2014	"Chalo college Abhiyaan"	Orientation programme for F.Y.B.Sc Students	First Year students & T.Y. students
	5/8/2014	Workshop	"Breast milk & its importance"	Aanganwadi workers
		Tree plantation	-	College students
	8/8/2014	Women's education Day	Dr. KetkiSheth delivered lecture on "Women empowerment through entrepreneurship skills"	T.Y. B.Sc students
<b>3</b>	<b>Independent Day Celebration</b>			
	15/8/2014	68 <sup>th</sup> Independent Day Celebration with flag hoisting, cultural programme& plantation of medical and ornamental plants.	-	All students & faculties
<b>4</b>	<b>Swachh Bharat Abhiyaan ( 25/9/2014 to 2/10/2014)</b>			
	27/9/2014	Talk on "Cleanliness drive" by collector Anand, Municipal Bureau president V.V.Nagar & Charutar Vidya Mandal Joint secretary.	-	Students & local invites.
	2/10/2014	Cleaning camp at library & laboratories of college	-	NSS & NCC volunteers & faculties

5	10/1/2015	Kite Flying Festival	-	All students & faculties.
6	22/1/2015	Annual day celebration	-	All students & faculties
7	27/1/2015 to 29/1/2015	Udaan 2014-2015 students participated in table debate, mime, mimicry, group songs, solo songs, creative dance, classical dance etc.	-	-
8	30/1/2015	Drawing competition on Mahatma Gandhi & Cleanliness ( a state level event)	-	22 participants
9	5/2/2015	"Volcano 2015" Clay modeling	-	02 students participated
10	6/2/2015	"Volcano 2015" Rangoli competition	-	03 students participated
11	8/2/2015	The voice- public speaking contest by Rotary club Round Town	-	01 students participated
12	10/3/2015	Women's Day celebration in collaboration inner wheel club, Anand	1. Who am i? 2. Salute your journey as women on earth 3. Give your thanks	T.Y. B.Sc students
13	25/3/2015	Prize Distribution ceremony 2 <sup>nd</sup> & 3 <sup>rd</sup> prize holders by Ms. Manish Soni	-	All college students & faculties



### Activities Carried Out Under Sapt-dharas

#### SARJANATMAK ABHIVYAKTI DHARA

Faculty in charge: Ms.Kalpna Srivastava

Student in charge: Ms. Amrin Vhora

No	Date	Type of Activity	Place	Beneficiary	FacultyInvolved
1	31/7/2014	Inter Class Elocution Competition	S.M.Patel College of Home Science	The college. Ms.Vijaya Sharma <b>I Prize by Ms.Shazia Sharma</b> Ms.MiraniTrivedi (T.Y. F&N) <b>II Prize by</b> Ms.HastiDavda (T.Y.FSQC) <b>III Prize</b> Ms.Neelam Mori (S.Y.F&N)	Judges: The college. Ms.Vijaya Sharma
2	2/9/2014	Inter College Debate Competition <b>Topic: "The Virtual World Making Us Indifferent &amp; Insensitive To The Real World"</b>	S.M.Patel College of Home Science	Students of the host college & participating colleges. <b>Rotating Shield winner- Team of ILSASS College</b> Ms. Mansa Srivatsa & Ms.PrunaSomani <b>I Prize -</b> Ms. MiraniTrivedi of S.M.Patel College of Home Science <b>II Prize -</b> Ms.MansaSrivatsa of ILSASS College <b>III Prize -</b> Mr.Samprit Shah of B.V.M.Engg. College.	Judges: Dr. DiptiChauhan Dr. Bhanu Patel
3	27/1/2015 to 29/1/2015	Debate : <b>" Today's Education System is incapable for Human Development"</b>	Inter Collegiate Youth Fest 2014-2015	Ms. MiraniTrivedi of T.Y.(F.N.) Ms.Akansha Gupta of F.Y.B.Sc.(HOME)	Ms. KalpanaSrivastava
4	27/1/2015 to 29/1/2015	Extempore	Inter Collegiate Youth Fest 2014-2015	-	Ms. KalpanaSrivastava

## Kalakaushalya Dhara

**Teacher In-charge:** Ms. Minal Chauhan  
**Student In-charge:** Ms. Damini Rathod

Date	Type of Activity	Place	Beneficiaries
12/7/14	Mehandi Competition	S. M. Patel College of Home Science	24 students
17/12/14	Workshop on Basic handicraft certificate course 'O' Level	S. M. Patel College of Home Science	37 students
<b>Intercollegiate Youth Festival: UDAAN 2015</b>			
27/1/15	On the spot painting	Anand Arts College	01
27/1/15	Clay Modeling	Town Hall, Anana-V.V.Nagar	01
27/1/15	Cartooning	Anand Arts College	01
28/1/15	Collage Making	Anand Arts College	01
28/1/15	Poster Making	Anand Arts College	01
28/1/15	Rangoli	Anand Arts College	01
30/1/15	State level drawing competition , Govt. of Gujarat on "Mahatma Gandhi &Safai"	S. M. Patel College of Home Science	24 students

## SAMUDAYIK SEWA DHARA-NCC

**Faculty In- charge:** Ms. Padmaja Puppala  
**Student In-Charge:** Ms. Payal Parmar

No	Type of Activity	Place	Beneficiaries	Faculty Involved
1	Orientation programme about NCC objective, aims & activities and 83 cadets were enrolled.	S. M. Patel College of Home Science	F.Y. & S.Y. B.Sc. Students	Ms. PadmajaPuppala
2	Conducted 40 parade ( throughout the year)	S. M. Patel College of Home Science	NCC cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
3	Conducted classes on National Integration Ecology & Environment unity &Diversity, Drill & weapon training, leadership training, Disaster management, social service, health & hygiene, self defense, posture training etc.	S. M. Patel College of Home Science	NCC cadets	Ms. PadmajaPuppala
4	SwachataAbhiyan	S. M. Patel College of Home Science		Ms. PadmajaPuppala
5	Combined Annual training programme in Drill, firing, piloting, Quarter Guard & cultural activities	Thamna	30 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
6	Combined Annual training camp &Thalsainik camp- Drill, firing, piloting, Quarter Guard & cultural	Godhra	04 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC



	activities			
7	National Integration camp- Drill, Quiz debate, games & cultural programme	Dhuvana	04 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
8	National Integration camp- Event organizing, cultural programmes	Hyderabad	02 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
9	National Integration camp- Event organizing, weapon training, cultural programmes.	Odisha	05 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
10	National Integration camp- cultural programmes, Quarter Guard	Bihar	03 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
11	Thalsainik camp- Drill, Quarter Guard, weapon training & cultural activities etc.	Rampura	03 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
12	Thalsainik camp	Rampura	01 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
13	Thalsainik camp	Vadthal	01 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
14	Combined Annual training camp (same as CATC above)	Thamna	20 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
15	Nilgiri Trekking camp	Nilgiri Tamil Nadu	02 cadets	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC
16	Yoga camp to celebrate International Yoga day on 21 <sup>st</sup> June 2015	Mogri	All cadetss	Ms. PadmajaPuppala& 4, Guj. Girls Bt NCC

## NSS ACTIVITIES

Faculty In charge: Ms. Trusha Lad and Ms. Tanvi Makvana

Student In-Charge: Ms. Chetna Machi

Sr. No.	Date	Activity	Details
1	09/07/2014	NSS Orientation Programme	The F.Y. B.Sc. Students were informed about the objectives of NSS Programme and various activities carried out under it.
2	12/07/2014	Thalassemia awareness Programme	A documentary film on Thalassemia was shown to the students of F.Y. B.Sc. to increase awareness among them about this genetic deficiency.
3	21/07/2014	Thalassemia Check-up Camp	A Thalassemia Check- up camp for the students of the college was organized with the help of Indian Red Cross Society, Ahmedabad.
4	25/07/2014	Guest Lecture was arranged for F.Y. B.Sc. Students	A motivational talk was arranged on the topic of "Positive Attitude" by Mr. Harshadbhai Patel.
5	1/08/2014	-Awareness and Eye checkup programme -Counseling of Thalassemia Minor students	A talk on Eye awareness and eye checkup Camp were arranged by Ms. Neeta Jethava, Jethava Eye Hospital, Anand. Counseling of the students was done by the members of Indian Red cross Society, Ahmedabad.
6	14/08/2014	Cleaning Camp	Cleaning Camp was organized in the College Campus.
7	15/08/2014	Independence day celebration	Tree plantation programme was arranged. Kitchen Garden is developed by the students in the college.
7	25 <sup>th</sup> -27 <sup>th</sup> August, 2014	District level Workshop on 'Leadership'	Five girls participated in the District level Workshop on 'Leadership' organized by NSS Unit of S. P. University, V. V. Nagar.
8	31 <sup>st</sup> Aug.-3 <sup>rd</sup> September, 2014	State level NSS Camp	Sejal Dhami, a student of S. Y. B.Sc. was selected for the Camp organized by M. S. University, Baroda.
9	5 <sup>th</sup> Sep. -11 <sup>th</sup> September, 2014	NSS Mega Camp-2014 at Ladnun	Divya Shah, a student of S. Y. B.Sc. was selected for the NSS Mega Camp-2014 at Ladnun organized by Ministry of Youth Affairs & Sports, Government of India.



10	9 <sup>th</sup> sep. to 18 <sup>th</sup> sep. 2014	Summer Adventure Camp at Dharmshala (Himachal Pradesh)	Kirtika Malhotra, a student of S. Y. B.Sc. was selected for the Summer Adventure Camp-2014 at Dharmshala (Himachal Pradesh) organized by Ministry of Youth Affairs & Sports, Government of India.
11	8/09/2014	International Literacy Day celebration	Live telecast was shown to the students and arranged poster competition.
12	25 <sup>th</sup> Sept.- 2 <sup>nd</sup> Oct. 2014	Celebration of clean India week	Following programmes were arranged: 1) College Campus cleaning Programme 2) Seminar on 'Cleaning' in which the Collector of Anand was present as a president. 3) Slogan making on 'Sanitation and Hygiene' by the students. 4) College classrooms, library, laboratories office were also cleaned and students participated in community cleanliness programme.
13	1/10/2014	Jandhanyojna programme	Opened bank accounts of the people of Devrajpur village in SBI bank Karamsad.
14	7 <sup>th</sup> Dec.-13 <sup>th</sup> Dec. 2014	Annual NSS Camp	The NSS Camp was organized at Devrajpur village, Karamsad.
15	9/01/2015	Rangoli Competition	A Rangoli Competition was arranged on "AIDS awareness"
17	6 <sup>th</sup> Feb.-11 <sup>th</sup> February, 2015	Programmes at Anganwadi's of Bakrol village.	Our NSS Volunteers did different activities for the Anganwadi children, Mothers and adolescent girls. They did programmes like food adulteration, Recipe demonstration, role plays on Sanitation and Hygiene, Importance of Nutrition etc.
16	07/02/2015	Blood donation awareness programme	A lecture was arranged by Upendrabhai Bhoi from Indian Red Cross Society, Anand for the students.
17	14/02/2015	Blood donation camp	Blood donation camp was organized with the help of Indian Red Cross Society, Anand and 15 Units blood was collected.
18	03/03/2015	Celebration of Vidyanagar day	Cleaning Camp and college decoration was done by the students.
19	10/03/2015	Women's Day Celebration	As a part of women's day celebration the NSS unit of S. M. Patel College of Home Science along with Rotary club and Ineer



		magazine of the college so all students can take the benefit.			
3	30 <sup>th</sup> July '14	A lecture on WOMEN THROUGH DECADE by the motivation of Principal Rekha Emanuel. Dr. Parul Tina Madam was invited for the same. She described in detail the qualities of women through decades by quoting examples of SULOCHANA, RUKHMANI, RAVTI, SITA and DRAUPADI who are having qualities of mathematics, sociology, and of practical life. Women are having positive qualities since ancient time but it needs motivation to bring out hidden qualities. She motivated students to bring out their qualities through her enlightening speech.			
4	13 <sup>th</sup> August '14	GyanDhara organized a program on The Art of Living for F.Y students. The details of programs <ul style="list-style-type: none"> <li>- How mind can be controlled through very simple yet profound, pranayama, breathing techniques and meditation.</li> <li>- Demonstration and practice of one pranayama and one Meditation.</li> <li>- Motivational stories and incidence.</li> <li>- Questions and Answers.</li> </ul>	Auditorium	F.Y students	
5	2 <sup>nd</sup> January '15	GyanDhara organized poetry compilation completion on for college students under two given topics (1) Swachhata Abhiyan (2) Tree and Life	Art and Design lab.	S.Y and T.Y students	
6	11 <sup>th</sup> February '15	Organized lecture by JMTC on various venues the girls can explore for professional growth apart from Home science. by JMTC (JASHKAMAL MILCENT MANAGEMENT TRAINING CENTER).			
7	28 <sup>th</sup> February	Speech on "Garbh Sanskar" "Real happiness of life, good health and thoughts. by Mr. Ashis Dave santarammadir	Auditorium	All the students of college	



			<p>wheel club organized a seminar on 10th March, 2015.</p> <p>In this programme three eminent women enlighten the young students on the topics enlisted below.</p> <ol style="list-style-type: none"> <li>(1) Ms. ArundhatiChafeker: Co-operate trainer talked on "Who am I"?</li> <li>(2) Dr. ArchanaDholakiya: Counselling Dental Surgeon talked about "Salute your journey as women on earth".</li> <li>(3) Ms. ArtiVyas: Consultant freelance writer, IAS trainer discussed on the topic of "Give your thanks".</li> </ol> <p>The lecture was followed by a question answer session in which the students participated enthusiastically.</p>
20	March-April	Collection of footwear	The NSS Incharges motivate the Students to collect old footwear to benefit the poor in the summer.

## GYANDHARA

**Faculty In charge:**Dr. DevikaThakker  
**Student In-Charge:** Ms. Harshida Patel

S.N	Date	Type of activity	Place	Beneficiary	Faculty Involved
1	16 <sup>th</sup> july'14	<p>Integrative talk on stress management by MansiMirchandani was organized in which she talked about qualities required to successes in life. Like concentration, confidence, talent, attitude, time management etc. through different games.</p> <p>He also discussed on 'Rajas', 'Tamas' and 'Satva' fector of food required for inner peace of mind.</p> <p>He also talked on importance of Yoga and Meditation in life. The team also talked on emotional garbage and ways to clean it to be improve decision making power.</p>	Auditorium	S.Y and T.Y students	In charge: MsDevikaThakkar
2	24 <sup>th</sup> july'14	<p>Meeting was planned with students to motivate them to refer Swami Vivekananda corner in S.M. Patel college of home science's library and write short article in their own language, which was displayed on wall</p>	Auditorium	GyanDhara students	

## KHELKUD DHARA REPORT

Faculty In charge: Mr. Ranjeet Bhagora

Student In-Charge: Ms. Hiral Thakkar

### (A) INTER COLLEGE EVENT ORGANIZED

Sr.No	Date	Activity	Place	Student Beneficiary
1	20-09-14	Inter College Chess(Men/Women) Competition Organized by S.M.Patel College of Home Science(Group of Progressive Sports Festival)	S.M.Patel College of Home Science V.V.Nagar	20 Team (Men/Women) are participated, in which ARIBA College, New V.V.Nagar secured first position and ISTAR College, V.V.Nagar stood second.

### (B) INTER COLLEGE LEVEL EVENTS PARTICIPATION

Sr. no	Date	Activity	Place	Student Beneficiary
1	20-09-2014	Group of Progressive Inter College <b>Chess</b> Tournament Organized by S.M.Patel College of Home Science, V.V.Nagar	S.M.Patel College of Home Science V.V.Nagar	06 Students Participated
2	23-09-2014 To 24-09-2014	Group of Progressive Inter College <b>Badminton</b> Tournament Organized by S.S.Patel College of Physical Education, V.V.Nagar	H.M.Patel Badminton Hall, V.V.Nagar	04 Students Participated
3	25-09-2014 To 26-09-2014	Group of Progressive Inter College <b>Table Tennis</b> Tournament Organized by ARIBA College, New V.V.Nagar	ARIBA College, New V.V.Nagar	04 Students Participated
4	18-01-2015 To 19-01-2015	Group of Progressive Inter College <b>Hand Ball</b> Tournament Organized by NVPAS, V.V.Nagar	Shastri Maidan, V.V.Nagar	12 Students Participated



5	23-01-2015 To 24-01-2015	Group of Progressive Inter College <b>Basket ball</b> Tournament Organized by M.B.Patel Science College, Anand	M.B.Patel Science College, Anand	Champion
6	31-01-2015 To 01-02-2015	Group of Progressive Inter College <b>Kabaddi</b> Tournament Organized by BJVM College, V.V. Nagar	Shastri Maidan, V.V. Nagar	Champion
7	01-02-2015	Group of Progressive Inter College <b>Volley ball</b> Tournament Organized by V.P.&R.P.T. Science College, V.V. Nagar	Shastri Maidan, V.V. Nagar	12 Students Participated
8	02-02-2015 To 03-02-2015	Group of Progressive Inter College <b>Athletics</b> Tournament Organized by Group of Progressive Colleges	Shastri Maidan, V.V. Nagar	12 Students Participated Secure third position in 4X100 meter relay and third position in 800 meter running
9	14-02-2015 To 15-02-2015	Group of Progressive Inter College <b>Kho Kho</b> Tournament Organized by V.P.&R.P.T. Science College, V.V. Nagar	Shastri Maidan, V.V. Nagar	12 Students Participated

**(C) INTER CLASS LEVEL EVENTS PARTICIPATION**

Sr.No	Date	Activity	Place	Student Beneficiary
1	04-07-2014	Chess	S.M.Patel College of Home Science, V.V. Nagar	18 Students Participated
2	12-07-2014	Carrom	S.M.Patel College of Home	48 Students Participated

			Science,V.V.Nagar	
3	12-07-2014	Table Tennis	S.M.PatelCollege of Home Science,V.V.Nagar	08 Students Participated
4	08-08-2014	Badminton	H.M.Patel Badminton Hall,V.V.Nagar	42 Students Participated
5	08-01-2015	Kabaddi	S.M.PatelCollege of Home Science,V.V.Nagar	6 Team Participated

**(D) KHEL MAHAKUMBH PARTICIPATION**

Sr.No	Date	Activity	Place	Student Beneficiary
1	10-10-2014	Athletics	St Xavier's High School,Gamdi(Anand)	03 Students Participated
2	08-10-2014	Foot ball	H.M.PatelEnglishMediumSchool,Dharmaj (Anand)	16 Students Participated Secured Third Place
3	09-10-2014	Badminton	H.M.Patel Badminton Hall, V.V.Nagar	04 Students Participated
4	05-10-2014	Chess	V &CPatelEnglishMediumSchool,V.V.Nagar	03 Students Participated
5	04-10-2014	Yoga	V &CPatelEnglishMediumSchool,V.V.Nagar	03 Students Participated



### 44<sup>th</sup> ANNUAL SPORTS DAY-2014-15 FINAL RESULT

SR.	EVENT	POSITION	NAME OF STUDENTS	ROLL NO	CLASS
1	100 MTR.	I	SUHANI B SIHORA	313	T.Y.FSQC
		II	HELI H PRAJAPATI	33	F.Y.BSC
		III	MANISHA J MALAKIYA	126	S.Y. FN
2	200 MTR.	I	MANISHA J MALAKIYA	126	S.Y. FN
		II	HELI H PRAJAPATI	33	F.Y.BSC
		III	MANISHA M RATHOD	127	S.Y.FN
3	400 MTR.	I	MANISHA J MALAKIYA	126	S.Y. FN
		II	RIYA M PATEL	63	T.Y. FRM
		III	JAINA A MISTRI	59	S.Y.HD
4	SHORT PUT	I	KOMAL M MACHHI	82	T.Y.FN
		II	RUNI H PATEL	310	S.Y.FSQC
		III	SARITA K PATEL	64	T.Y.FRM
5	DISCUSS THROW	I	KOMAL M MACHHI	82	T.Y.FN
		II	SARITA K PATEL	64	T.Y.FRM
		III	VARSHA M BHABHOR	83	S.Y.HD
6	JAVELIN THROW	I	KOMAL M MACHHI	82	T.Y.FN
		II	MANISHA J MALAKIYA	126	S.Y.FN
		III	SAMIM M CHAUHAN	87	F.Y.BSC
7	HIGH JUMP	I	HELI H PRAJAPATI	33	F.Y.BSC
		II	PALAK A PATEL	136	S.Y.FN
		III	SAMIM M CHAUHAN	87	F.Y.BSC

8	LONG JUMP	I	HELI H PRAJAPATI	33	F.Y.BSC
		II	MANISHA J MALAKIYA	126	S.Y.FN
		III	JAINA A MISTRI	59	S.Y.HD
9	LEMON SPOON RACE	I	BHAVIKA D PATEL	04	S.Y.TC
		II	SNEHA Y PATEL	41	S.Y.TC
		III	DIVYA S PATEL	89	S.Y.FRM
10	THREE LEGS RACE	I	HELI H PRAJAPATI	33	F.Y.BSC
			VARSHA R PARMAR	108	
		II	SWAPNILA S PARMAR	67	T.Y.FRM
			RIYA M PATEL	63	
		III	ZAINAB I EZZY	111	F.Y.BSC
			NEHA A CHAVDA	64	
11	SACK RACE	I	HELI H PRAJAPATI	33	F.Y.BSC
		II	PAYAL M PARMAR	11	T.Y.TC
		III	BHUMIKA B KHAVASH	20	F.Y.BSC
12	SKIPPING RACE	I	MADHAVI P SAVANI	84	T.Y.FN
		II	PAYAL M PARMAR	11	T.Y.TC
		III	JAINA A MISTRI	59	S.Y.HD
13	4 X 100 MTR. RELAY	I	FRM		
		II	FSQC		
		III	HD		



## GEET, SANGEET & NRUTYA DHARA

Faculty In- charge: Mr. Yogesh Vadwala

Student In- Charge: Ms. Afrin Bilakiya

No	Date	Type of Activity	Beneficiaries
1		Inter class solo song & solo dance competition	
2	15 <sup>th</sup> August 2015	Zansiki Rani (Group Dance)	
3	22 <sup>nd</sup> Jan'15	Annual day <ul style="list-style-type: none"> <li>• Anamika Musical Dance Play by MiraniTrevedi</li> <li>• Prayer</li> <li>• Talent Evening</li> <li>- Group Dance</li> <li>- Fashion Show</li> </ul>	F.Y., S.y. & T.Y. B.Sc Students. S.Y. & T.Y. TC Students
4		<b>UDAN 2015</b>	
		<ul style="list-style-type: none"> <li>• Falk Dance</li> <li>• Light Vocal (Solo)</li> <li>• Group song (Median)</li> <li>• Classical Dance (2<sup>nd</sup> Position)</li> <li>• Creative Dance (Solo)</li> <li>• Creative Dance (Group)</li> </ul>	

## NATYA DHARA ACTIVITIES

**Faculty In charge-** Dr. Mittal Barot  
**Student In charge -**Ms. Tejalchavda

SN.	Date	Types of Activity	Place	Beneficiaries	Faculty Involved
1.	9/9/2014	Skit competition Child Rights	V.C. Patel School	F.Y Student Six Participant	Dr. Mittal Barot
2.	29/9/2014	C.D Show Mime- Nag Daman Skit- Mobile phone	College Aoditorium	F.Y & T.Y Students 110	Dr. Mittal Barot
3.	24/12/2014	Mimicry Competition	College Aoditorium	F.Y, S.Y,T.Y Students Six Participant	Dr. Mittal Barot MsTanviMakwana Ms Dolly Mohe
4.	6/1/2015	C.D Show Mime - Krishnalila, Mahabharat, Bagatshin, SankarBagvan, Gandhiji, VishnuBhagavan,	HD Lab	T.Y&S.Y Students 49	Dr. mittalBarot
5.	27 to 29 /1/2015	Mimicry	UDAN	One Participant	Dr. Mittal Barot
6.	27 to 29 /1/2015	Mine	UDAN	Six Participant	Dr. Mittal Barot
7.	27 to 29 /1/2015	Skit	UDAN	Six Participant	Dr. Mittal Barot
8	27 to 29 /1/2015	Mono Acting	UDAN	One Participant	Dr.MittalBarot



# ANGANWADI WORKERS' TRAINING

S. M. PATEL COLLEGE OF HOME SCIENCE

VALLABH VIDHAYA NAGAR

## Annual Report of Training Center(2014-15)

(From 01/04/2014 to 12/1/2015)

The A.W.T.C. Started on 2<sup>nd</sup> April 1983. It is recognized (approved) by the Ministry of Education and Social welfare both at the State and Central level, New Delhi (Approved No.4-10/82 TE-AT).New approved no. ICDS-TRN-2006-GOI-22-B dated 13-6-2006

### Training Center Conducted following Training:

- Anganwadi Worker Induction Course
- Anganwadi Worker Job Course
- Anganwadi Worker Refresher Course
- Anganwadi Worker Re-Refresher Course
- Helper Orientation Course
- Helper Refresher Course
- Helper Re- Refresher Course

Batch Detailed: (From 01/04/2014 to 12/1/2015)

### **No. of Trainees trained by us: (Regular Batch)**

Course Name	No. of Batches	No. of Trainees
Job Course	01	26
AWW Refresher	14	560
Helper Orientation	01	44
Helper Refresher	13	642
<b>Total</b>	<b>29</b>	<b>1272</b>

### **Field visit**

As a part of training the all workers/Helpers visit the Anganwadi of specified village of specified Talukas of Anand District. The day before field visit the all trainees given detail information about the work they have to do in field. The trainees were divided into 1:5 as a group.

### **Activities to be done by trainees:**

- Pre-school activities during Anganwadi timing like prayer, storytelling, rhymes, etc.
- weight of 0 to 3 years children from the area and plotting in to growth chart
- Every trainee has to do survey of any 3 houses from the area given
- Every trainee has to do Home visit for beneficiaries of any 3 homes from the area given.
- Infant child home
- Sick child home
- Malnourished child home



**FIELD VISIT FROM 1-4-2014 TO 12-1-2015**

Sr. No.	Training course	Course Duration	Field place		No. of Angan-wadis visited	No. of students
			TALUKO	VILLAGE		
1	Job Course	15-4-14 to 16-5-14	ANAND	SARSA	6	26
2	Worker Refresher	18-6-14 to 24-6-14	UMRETH	VANSOL	6	40
3	Helper Orientation	25-6-14 TO 2-7-14	PETLAD	PADGOL, MEHLAV	11	44
4	Worker Refresher	3-7-14 to 9-7-14	ANAND	KUNJRAV	7	40
5	Worker Refresher	10-7-14 to 16-7-14	ANAND	NAPA TADPAD, SURKUVA, DHUNDHAKUVA	8	40
6	Worker Refresher	17-7-14 to 23-7-14	ANAND	ANAND	8	40
7	Worker Refresher	24-7-14 to 30-7-14	ANAND	RASNOL, BEDWA	8	40
8	Worker Refresher	31-7-14 to 6-8-14	ANAND	UMRETH	8	40
9	Worker Refresher	7-8-14 to 13-8-14	ANAND	KALAMSAR	7	40
10	Worker Refresher	14-8-14 to 20-8-14	ANAND	GAAMDI	8	40
11	Helper Refresher	21-8-14 to 25-8-14	ANAND	VIDYANAGAR	9	50
12	Helper Refresher	26-8-14 to 30-8-14	ANAND	BAKROL,JOD	8	49
13	Helper Refresher	1-9-14 to 5-9-14	ANAND	DABHOU, MAGHROL	8	49
14	Helper Refresher	6-9-14 to 10-9-14	ANAND	GANA, MOGRI	7	50
15	Helper Refresher	11-9-14 to 15-9-14	ANAND	CHIKHODRA	8	50
16	Helper Refresher	16-9-14 to 20-9-14	ANAND	BHADLAN	8	49
17	Helper Refresher	7-10-14 to 11-10-14	ANAND	KARAMSAD	7	48
18	Worker Refresher	13-10-14 to 19-10-14	ANAND	CHIKHODRA	8	40
19	Helper Refresher	27-10-14 to 31-10-14	ANAND	VALASAN	7	49
20	Worker Refresher	1-11-14 to 7-11-14	ANAND	SURELI, BECHRI	8	40
21	Helper Refresher	10-11-14 to 14-11-14	ANAND	VIDYANAGAR	9	49
22	Worker Refresher	15-11-14 to 21-11-14	ANAND	GAANA, MOGRI	7	40

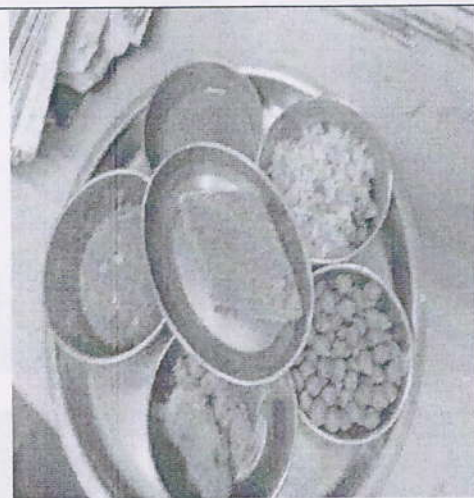
23	Helper Refresher	24-11-14 to 28-11-14	ANAND	SAMARKHA	8	50
24	Helper Refresher	1-12-14 to 5-12-14	ANAND	BHALEJ	8	50
25	Worker Refresher	6-12-14 to 12-12-14	ANAND	KARAMSAD	8	40
26	Helper Refresher	15-12-14 TO 19-12-14	ANAND	BANDHNI	8	49
27	Worker Refresher	22-12-14 TO 28-12-14	ANAND	TARAPUR	8	40
28	Helper Refresher	1-1-15 TO 5-1-15	ANAND	KANKAPURA	8	50
29	Worker Refresher	6-1-15 TO 12-1-15	ANAND	ADAAS	8	40
				TOTAL	227	1272



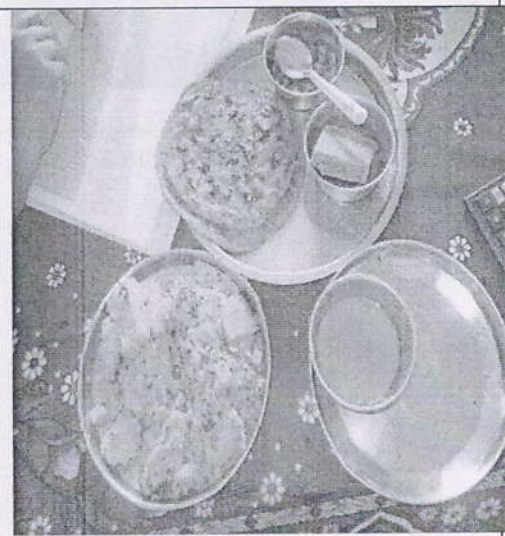
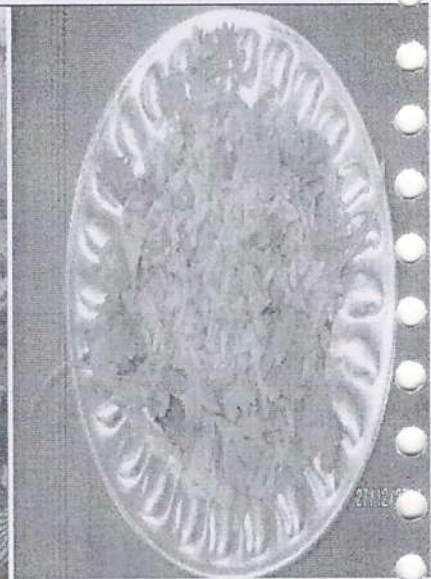
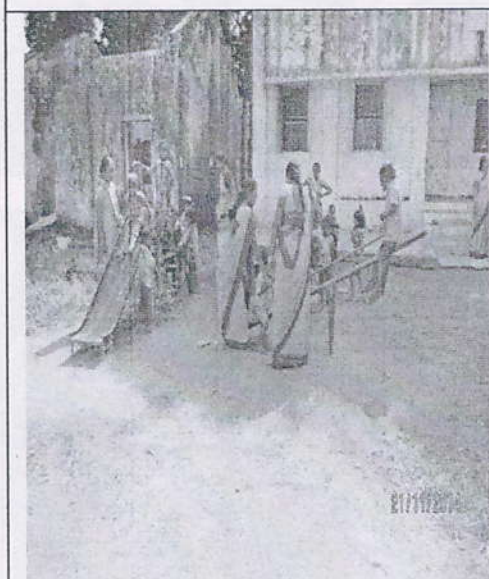
### TRAINING TAKEN BY INSTRUCTORS DURING THE YEAR

Day	Date	Activities	Place	Beneficiary	Faculty involved
Skill Training for ICDS functionaries on social and behavior change communication (SBCC)	9 <sup>th</sup> to 11 <sup>th</sup> April 2014	Training on social and behavior change communication (SBCC)	NIPCCD, New Delhi	Instructor of Different Sate of AWTC	Parul A. Parmar
Skill training on new MIS and use of MCP CARD	19 <sup>th</sup> to 21 <sup>st</sup> August 2014	Training on new MIS and use of MCP CARD	NIPCCD, New Delhi	Instructor of Different Sate of AWTC	Parul A. Parmar
Skill training for ICDS functionaries on SBCC	23 <sup>rd</sup> to 25 <sup>th</sup> July 2014	Training for ICDS functionaries on SBCC	NIPCCD, Indore	Instructor of Different Sate of AWTC	Urvashi K. Parmar
ICDS on strengthening and restructuring	24 <sup>th</sup> to 26 <sup>th</sup> September 2014	Training for ICDS on strengthening and restructuring	NIPCCD, Indore	Instructor of Different Sate of AWTC	Urvashi K. Parmar
State level Training of Trainers (TOT)	22 <sup>nd</sup> to 24 <sup>th</sup> December 2014	State level Training of Trainers (TOT) on Nutrition interventions and programmes	AWTC, Valsad	Instructors, DPC or coordinators of Different Sate of AWTC	Disha A. Thakkar

TRAINING TAKEN BY INSTRUCTORS DURING THE YEAR









## **ACTION SHAPES YOUR PERSONALITY**

Development of human personality depends upon "action". There is no physical, mental, social & spiritual development without "action". Here, "action" means work which keeps a person always active in life.

One of the most fundamental needs of human life is work. Human being craves for activity. A balance between rest and work results in proper development of personality. Russell said that 'hard work is like an instrument with which one can chisel his personality'.

Work is a source of happiness. The well accomplished work gives joy and happiness which other things can hardly give. Doing it every day the best work stamps the personality.

Work is neither a curse nor a drudgery but a fun for whom who loves work. It is the privilege out of intelligence, which leads to perfection and growth of culture & civilization. Work gives enjoyment, happiness and exercise to body, consequently, one can live healthy & longer life.

If you want to shape your good future, you must work hard. If you put your mind, heart soul & character together into your work. The outcomes will help in shaping your personality.

Chance, coincidence, fate and destiny are the "doctrines of the fools". Your own action only determines your worth as a human being.  
Here are few suggestion:

**Work when you work:** your work suffers because you gossip we have spiteful gossipers who waste time & look upon work as somebody else's job.

**Complain less:** your work suffers because you spend much time in complaining and too little in accomplishing the task for which you are being paid. As a good worker recognize your duty and maintains balance between work and salary. You succeed in life and nurture life for betterment.

**Complete the work:** there should always be a goal before you to complete one task at a time and then undertake another one. It gives you pleasure of completion & satisfaction.

**Use self-push:** Do not look for "crutches" Self reliance is a wonderful means of achievement. We all have an instinctive desire to rise above our weakness. All we need is a "self-push".

Fear less, hope more,  
Eat less, chew more,  
Talk less, say more,  
Hate less, love more,  
Idle less, work more.

And have a lark in your heart.

Let's get up, leave idleness, be active and become ready for "ACTION" work is privilege, do not squander it.

**Dr. Sharda Joshi**  
Department of Human Development



## **DON'T LITTER IT MAKES THE WORLD BITTER**

Have you ever thought about what your society would look like without litter? If no, it may take a while to find out. In the recent period increasing waste is a human impact on the environment and is a serious environmental issue in many countries. Litter can exist in the environment for long periods of time before degrading and be transported large distances into the world's oceans. Litter can affect quality of life. Inappropriately managed waste can attract rodents and insects, which can harbour gastrointestinal parasites, yellow fever, worms, the plague and other conditions for humans, and exposure to hazardous wastes, particularly when they are burned, can cause various other diseases including cancers.

The amount of litter that ends up spoiling the beauty of the natural environment is not surprising considering the amount of waste we produce. Glass bottles, plastic packaging, tin cans, newspaper, cardboard, and other types of garbage wreckage can be seen in urban and rural landscapes everywhere. One person throwing something on the ground may not think much of it, however, when that waste finds other waste, they begin to build up and make big piles of litter. I am sure people never realize that if they litter, their waste would end up in the destructive garbage patch. To make matters worse, littering has become very common on roads, gardens, college campus, railway stations, bus stations, neighbourhoods, and rivers etc. As an individual we lack Individual Social Responsibility (ISR). At home everyone is very conscious about cleanliness, but we don't pay same attention while we are out in the society. Do you know the why? Because, the main problem is the individual attitude towards public cleanliness. Many of us feel pleasure in throwing garbage from running cars/trains. On so many stuffs it is written "dispose off properly," but how many of us do that?

Awareness at individual level is very important. Cleanliness and controlling waste is not somebody's or anybody's job but it's everybody's responsibility to make their society and environment clean. Awareness can be created by talking and practicing about it. We must talk to our children, students, colleagues, neighbors, friends and relatives. It is easy to point when someone is littering public space; but who will take corrective measures? Therefore, by doing it yourself you show the importance of cleanliness. We need a revolution within ourselves.

**Kalpana Srivastava**  
*Associate Professor*  
*Dept. of Family Resource Management*



## **Social Issues Discussed in the Short Stories**

Among all the stories that we have read, there lie social issues presented to the reader either directly or sub textually. These social issues either are the center of the entire story or are weaved into the background of characters. Each issue may be common to more than one story and though the issue may be the same but they are all presented to the reader in a different perspective and light. Not only do I want to discuss what these issues are but also how they have been portrayed, discussed, and how much they affect the storyline. There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom. – AnaisNin.e

One of the first Social Issues found common among stories is “Women Empowerment and their place and role in Society”. This topic is vast and contains several subtopics and branches of its own but is the most frequent occurring “main issue” among most. The role played by a woman in society and in a family is very crucial. It represents in many cases a story of judgment, exploited hopelessness, harshness of life, poverty and in many also of love, hope, selflessness, progress, individuality, self actualization and freedom. One very important factor is that according to national data collection agencies, there is a serious underestimation of women as workers. In stories such as “SrimathiUdyogini”, the author clearly brings out the indifference faced by a woman when it comes to her contribution of workload, not only in the office but also at home. The story particularly point out the difference between working men and women, their lives at home and their family dynamics. As in the story and many times in reality, the male population remains unaware of the fact that women do most of the work and are not recognized for it. Even though she may work as much as the husband for monetary employment basis, she is still the only one working in the house.

This male dominance is widespread and foolish as we can only imagine what would happen in a situation where absolutely all women stand up and say “You know what? I think I’m taking a holiday.” Though such a case may be next to impossible but the scenario would definitely help in getting the male population as well as the patriarchal society to realize the importance of managing a family, a home, workload from the office, the kitchen, kids and all the other duties that are by an unspoken rule “assigned to women”. Not only are these chores pinned on her, additionally they also get a bonus of carrying the duty of “upholding the family name”. The common phrase heard way too much in our society- “What would the neighbors say?” or “What would everyone think?”. Though the western society are in a way progressing and coming to a situation where men do help with the house chores and kids, this “radical” improvement is so far rarely accepted in our society.

Another main factor would be the freedom enjoyed by the male population, both as adults and while growing up. The restrictions forced on a girl child are sometimes seen as necessary, sometimes known to be ridiculous but that is what the Society “deems appropriate”. The very interesting part about this is the dynamics of the situation when parents, children and Society become the main entity. The parents may be or may think are progressive in giving freedom to their girl child at home but the Society does not give her a free run, she has to fight for it. In many cases, the child turns away from the “freedom” due to this judgment in the hands of the Society and added peer pressure. The feelings of being different, being singled out and left alone, are very important factors emotionally to a growing and maturing child. In many cases, this tangle of suppressed frustration and confusion lead to depression and could be one of the



main reasons our society faces an increasing suicide count. The clash not only hampers the child but also the family as a whole.

So many gods,so many creeds so many paths that wind & wind, while just the art of being kind, Is all this sad world needs-Ella wheeler wilcox

Another issue I'm about to discuss is more of an observation than anything. As probably shown through the quote above, women often have been seen and rightfully known to be more thoughtful, sensitive, kind, generous and on the whole a better agent of change and awareness. This is probably true to almost all societies. The fact that women are the ones oppressed and in many cases ostracized due to any action not considered "appropriate" plays a major role in the humbling and also being aware of the existence of other views and perspectives. Also being the one who raises the children, mothers are entrusted with bringing up the next generation with values and this is a very heavy task. Every mother would love it for her children to be strong, independent and loved yet also broad minded, generous and fair, and tries her best to instill these values and the sense of distinguishing right and wrong. What also is not generally mentioned is what could be called the "Blame Chain". If a child commits an act that has been publicly viewed and considered inappropriate, the Society first criticizes the parents. The parents when they hear this, either through the child or through the gossip of others are disappointed in the child. What is usually not mentioned by most people to avoid tainting the "family name" more is the fact that immediately after the society blames the parents, the father blames the mother. Whether the man is a drunkard or gambler, abuser or drug addict is never a main factor. It all boils down to the faults of the woman. This is generally followed by a guilt trip on her part and wondering how and where she went wrong in raising her children. It's not what you call me, but what I answer to – African proverb Another aspect brought out aptly in the story "The Female Swan" is the duality of every situation. The woman is quite close to the "aspiring" swans' position. In cases where she is the only financial provider of the family she has taken over what is supposedly the "man's job". Any aspiration of standing on their own feet in order to have a better life is, as in the story, acknowledged by few, laughed at by most of the men who consider her to be a woman and thus inferior and also to be a traitor by the other women who embrace the rule of the Society(here men). The aspiration to grow and consider themselves equal to everyone else is what is the hardest achieving as holding on to. In order to change and attempt it, women need to accept that nothing can make one inferior to others more than themselves. They need to accept and embrace the fact that women are NOT helpless, inferior, replicable, objects, toys, weak, foolish or the most important – Alone. They will have to become aware of the fact that there is a parallel world which is theirs. There exists another way of viewing life and creation. The minute they as a whole majority realize, accept, embrace and act on this they automatically will bring down the notion of being inferior. Religious influences are one of the most important in such cases. A religion can in both ways free your mind and soul and make you think further or may brainwash you to becoming a puppet. What needs to be realized is that even though one may follow a religion, they do not have to be slaves to it. For example, if the bible states that women were created from man and so are inferior, they need to realize that those who wrote the bible were men. They need to allow themselves to question everything and allow themselves to come to their decision without any external bias. It would then be a major change in women empowerment. There are millions of such views and arguments and situations discussed in this area and I have attempted to focus on what I think are the most influencing factors when it comes to a woman's place and role in society. They are absolutely arguable and subject to a generalization. There are some cases which do not go according to examples and clichés that I have talked about, but they are few. With this I conclude that such literary

work helps women in realizing the difference between being inferior, & being called inferior, This society is quick & ruthless in judging & also in forgetting. A major change in society generally occurs during a crisis point & these are rare & individual events. Thus education & awareness campaigns are best way to get people to think & try to bring about a change to make a clean society.

**PadmajaPuppala**  
*Family Resource Management*



## Dealing with Stress During College

Whether you're facing final exams, managing a long distance relationship or just struggling to stay on top of a pile of homework, college can be a stressful time. Don't succumb to anxiety - follow these simple tips for dealing with stress during college.

### **Conquer Your Stress**

College students face a host of stressors. University-level homework may be more challenging (and plentiful!) than anything you've ever faced before, and final exams can bring a whole new meaning to the term 'crunch time.'

The difficulties also don't typically end with academics. Romance and social lives can be as much a source of anxiety as they are of fun, and many students struggle to stay on top of the newfound freedoms of living away from home, from cooking to laundry to managing a budget.

In response to these challenges, some students fall behind on homework, stop attending class or worse - they turn to dangerous coping mechanisms like drugs or alcohol. Don't let this happen to you! Here are some ideas for managing your college life and keeping your stress levels under control.

### **Set time for:**

**School Work.** This will probably your biggest source of stress. School work may not be your favorite thing to do, but is a must-do in order to graduate from college! For every hour of lecture per week (equivalent to one unit), you should set aside 2-3 hours to study outside of classroom (Calpoly.edu). While studying, eliminate distractions so that you can stay focused. Pick a place that you are comfortable being at, whether it's in the library, a coffee shop, or the student lounge. If studying for 2-3 hours per unit is not realistic for you, try to schedule yourself with a combination of some less challenging courses with difficult ones in the same quarter/semester. This will allow you to avoid feeling overloaded. Of course, if you enjoy a particular subject, studying for it won't feel like an obligation. So, pick classes that interest you!

**Social Activities.** Juggling between your social niches and school work can be a challenge, but spending all you effort only on school work could be draining. Make use of the college environment to

find a work-life balance. Being in college is the best time and setting for you to build life-long relationships, as well as expand your social and professional networks. Use social platforms such as Facebook, Twitter, Google Plus, and Tumblr. Join social groups and professional groups; attend activities and have fun at the same time. This will allow you to relax and see things in the real world. Don't forget to network for success! Manage a professional profile on LinkedIn and collect contacts. It's never too early to expand the horizon of unlimited possibilities. More importantly, learn work-life balance.

**Sleep.** Most college students make the same mistake -- we sacrifice sleep for everything else. When our body is weak, it induces stress leading to small mistakes, simply because we are too exhausted to make good decisions or function on a regular basis. Resting is part of life. 1/3 of our lifetime is meant to be sleeping. Don't forget to restore your energy by scheduling 6-8 hours of sleep for most nights. Take care of yourself.

**Yourself.** You may not know how important it is to spend time for yourself just yet. There are so many distractions that you can't reject, such as the dinner party last night, the sorority gathering tonight, and the college dance that you have been longing to go to with your roommates. Yes, you have been sick and coughing for 2 weeks but you feel like it's getting better. Finals are not for another week so you can study for them after the weekend. Being young and energetic is awesome; you can use it to the max...until two days before finals. You can't cram 4 subjects worth of notes from the past 10 weeks into a tired brain, and stress can take over. It is just so easy to get carried away by all that's happening. Try to plan at least an afternoon each week for yourself to rest, work out, lounge, ride a bike, read, lay by the beach... anything for yourself. Unwind. Just so you can have space to be creative and think about bigger and better things.

Most importantly, learn to be good at time management and organization; it will make your life easier. Time to bust out the calendar on your smart phone to mark the time and dates of every plan that you have! It will be your best friend.

**Set goals that are:**

**Realistic.** When you try to reach too many challenging goals at once, it can cause anxiety and even a feeling of helplessness when you encounter obstacles. Goals can vary depending on situations. How



about we start with what you need to work on; set goals that are challenging yet attainable. For example, if you failed a class last quarter, you know exactly what we need to do this quarter -- pass all classes; otherwise, academic probation! So how do you do this? The goals for this quarter can be: attend classes, set XX hours to study every week, check in with professors and TAs every few weeks about our progress and ask questions. Making small steps to succeed can help reduce your fear of failing.

**Your dream.** You might feel lost at times because you can't visualize your future. Your dream might be succeeding in college and getting a job, or it might be to own your own business. At the end of the day, what you should know is what's most important to you and prioritize it. Having a dream can help you reduce anxiety while making choices, especially when you know you're chasing after an ultimate goal.

**Minal Chauhan**  
*Foods and Nutrition*

## **Women Entrepreneurs in India and** **Qualities of Entrepreneurs**

An entrepreneur is a person who starts an enterprise. Women entrepreneur, as a person who have shown enterprise, having an eye for opportunity willingness to take risk, commercial prospective, and through their enterprising knowledge, skills, initiative and innovativeness generate employments for others and create wealth, have a set a new trend in the country in the efforts directed at entrepreneurship development in varied walks of life, in particular in industry, service and business in small and medium enterprise (SME) sector. It was the industrial policy resolution of 1978 which recognized women entrepreneurs as a special group, needing assistance and support, as sequel to the declaration of international decade for women between 1976 and 1985, and the International conference of women Entrepreneurs held at New Delhi in 1984.

The year 2000 was declared as the Year of Empowerment of women in India. Case studies on role models of great women entrepreneurs will be of great help in popularising their belief, experiences, and drawing lessons from the case studies. Mentoring prospective entrepreneurs by panel of experienced industrialists or consultants for few initial years will give great encouragement and rich dividends to women entrepreneurs. .

Few successful women Entrepreneurs in India

1. Akhila Srinivasan, Managing Director, Shriram Investments Ltd.
2. Preetha Reddy, Managing Director, Apollo Hospitals
3. Rajshree Pathy, Chairman, Rajshree Sugars and Chemicals Ltd
4. Lalita D Gupte, Joint Managing Director, ICICI Bank
5. Naina Lal Kidwai, Deputy CEO, HSBC
6. Ekta Kapoor, Creative Director, Balaji Telefilms
7. Jyoti Naik, President, Lijjat Papad
8. Ravina Raj Kohli, Media Personality and ex-President, STAR News
9. Priya Paul, Chairman, Apeejay Park Hotels
10. Shahnaz Hussain, CEO, Shahnaz Herbals
11. Sharan Apparao, Proprietor, Apparao Galleries



- 12.ChandaKocchar, Executive Director, ICICI Bank
- 13.KiranMazumdar-Shaw, Chairman and Managing Director, Biocon
- 14.Ritu Kumar, Fashion Designer
- 15.Ritu Nanda, CEO, Escolife
- 16.Simone Tata, Chairman, Trent Ltd
- 17.Ranjana Kumar, Chairman, NABARD
- 18.RenukaRamnath, CEO, ICICI Ventures
- 19.SulajjaFirodiaMotwani, Joint MD, Kinetic Engineering
- 20.ZiaMody, Senior Partner, AZB & Partners
- 21.TarjaniVakil, former Chairman and Managing Director, EXIM Bank

**Qualities of effective women Entrepreneur:**

- 1.Women are ambitious
- 2.Confident
- 3.Learning attitude
- 4.Cost conscious view towards business
- 5.Cooperation attitude
- 6.Balance work life and home life
- 7.Understand the responsibility in society
- 8.Planning and budgeting
- 9.Resourceful
- 10.Innovative thinking
- 11.Risk taking
- 12.Effective decision making skills
- 13.Good leadership skills
- 14.Determination

15. Commitment in work
16. Facing the changes
17. Rapport building power
18. Positive attitude
19. Patience
20. Ability to motivate others
21. Effective communication skills
22. Effective managerial skills
23. Goal oriented
24. Motivating others
25. Effective Mentor and coach to subordinates
26. Profit earning capacity

**Minal Chauhan**  
*Foods and Nutrition*



## **KNOWN YOURSELF**

'Know yourself' was the message given by Socrates. Knowing about oneself is primary requirement of all kinds of learning. This would require learning about

- Physical body
- Health and hygiene
- Internal environment i.e. issues related to emotional intelligence ,etc.
- Mood
- Emotions
- Temperament,etc.
- Physical activities
- Time Management

### **The woman who saw with her hands**

At the age of one, Helen Keller was struck by an illness that left her permanently blind and deaf. For the next several years she was, in her words, "Wild and unruly," expressing herself violently.

Then, when she was six years old, a teacher named Anne Sullivan entered her life. Using the sense of touch as the link between their two worlds, the new teacher tried again and again, by spelling words into her pupil's hand, to make Helen grasp the connection between words and the things they stand for. The breakthrough came with the word water. As water from a spout gushed over one hand, Anne Sullivan spelled, "water" into the other. "I stood still, my whole attention fixed upon the motions of her fingers," Helen recalled. "Suddenly I felt a three of returning thought; and somehow the mystery of language was revealed to me."

From that day on, Helen "saw" the world in a new way. Her sense of touch became a kind of vision: "sometimes it seems as if the very substance of my flesh were so many eyes looking out. It is not for me to say whether we see best with the hand or eye. I only know that the world I see with my fingers is alive, ruddy, and satisfying."

She discovered ingenious ways to enjoy sights and sounds: "Occasionally, if I am very fortunate, I place my hand gently on a small tree and feel happy quiver of a bird in full song." And with touch she could "detect laughter", sorrow, and many other emotions. I know my friends from the feel of their faces."

Helen Keller felt that the silence and darkness in which she lived had actually opened a door to a world of sensations that more "fortunate" people never perceive: "with my three trusty guides, touch, smell, and taste, I make many excursions into the borderland of experience which is in sight of the city of light."

## **Bilingualism – learning two languages: Bilingual Children**

### **Define:**

Bilingualism is having some ability to use two or more languages. Across the globe, the majority of the population is either bilingual or multilingual.

According to the national center for education statistics, more than one in five school-age children (21%) speak a language other than English at home. That number of bilingual speakers is projected to increase in the coming years.

Children who are learning to speak two languages follow patterns of learning. The sound of the first language can influence how children learn to use a second language. It is easier to learn sounds and words when the languages you are learning are similar. Over time the more difficult sounds and words will be learned.

If a child has a speech or language problem, it will show up in both languages. However, these problems are not caused by learning two languages. If you know a child who is learning a second language and you have concerns about speech and language development.

### **Advantages of Being Bilingual:**

Researchers say that there are advantages to being a bilingual.

- Being able to learn new words easily.
- Playing rhyming games with words like “cat and hat.”
- Breaking down words by sounds such as C-A-T for cat.
- Being able to use information in new ways.
- Putting words into categories.
- Coming up with solutions to problems.
- Good listening skills.
- Connecting with others.

### **Benefits of Bilingualism:**

- Bilingual children are better able to focus their attention on relevant information and ignore distractions.
- Bilingual individuals have been shown to be more creative and better at planning and solving complex problems than monolinguals.
- The effects of aging on the brain are diminished among bilingual adults.
- In one study, the onset of dementia was delayed by four years in bilingual compared to monolinguals with dementia.
- Bilingual individuals have greater access to people and resources.

The cognitive advantages of bilingualism (e.g. with attention, problem solving, etc.) seem to be related to an individual's proficiency in his languages. This means that a person will benefit more from his bilingualism (cognitively). If he is more proficient in his languages.

**The facts:** what we know about bilingualism our world is becoming increasingly multiannual consider some of the following statistics:



**In Canada:**

- 11.9% of the population speak a language other than English or French at home. In Toronto 31% of the population speaks a language other than English and French at home.

**In the United States:**

- 21% of school-age children (bet ages 5-17) speak a language other than English at home. This number is projected to increase in the coming years.

**Worldwide, it is estimated that ....**

- There are more second language speakers of English than native speakers.
- There are as many bilingual children as there are monolingual children.

These trends mean that many children one being raised as bilinguals. Sometimes bilingualism is a necessity, as a child's parents may not be flent in the majority (dominant) language spoke in the community. Therefore the child learn one language at home and another at school. But sometimes bilingualism is a choice, and parents may wish to expose their child to another language, even if they do not speak a second language themselves. This could be due to the many benefits of being bilingual.

**Dr. Mittal Barot**  
*Human Development*

# LIVE LIFE TODAY

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I may never see tomorrow  
There is no written guarantee  
And things that happened yesterday  
Now belongs to the history.  
I cannot predict the future  
I cannot change the past,  
I have just the present moment  
I must treat it as my last.  
I must use the moment wisely  
For it soon will pass away  
And be lost to me forever  
As a part of yesterday.  
The unkind things I do today  
Will never be undone  
Any work that I fail to win  
May never again be won.  
I may not have another chance  
On bended hence to pray and  
I thank them with humble heart  
for giving me this today.

**MS. MiraniTrivedi  
(T.Y.FSQC) GS**



## WHEN YOU ARE IN 12<sup>TH</sup>

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Memory of my mind  
Got totally scanned  
And on uploading my mind got hanged

Shakespear's rising sun  
And frost's beautiful sky  
All got washed  
Because of grammar's dye  
Newton's 3<sup>rd</sup> law of motion  
Got true in my actions  
Efforts I did  
Got equal and opposite reaction

The division of my luck  
Are in fractions  
The angel of my thoughts  
Has no direction

My mind is roaming in  
The world of chemistry  
How I'll get through is a real mystry...

**MS. MiraniTrivedi  
(T.Y.FSQC) GS**

## Classroom as Garden and Teacher as Gardener

Garden represents a classroom. In a garden there are flowers with different kinds of colours, size and fragrances which indicates classroom situation. In classes we find that all the students do not have same kind of the nature. We can find some students with smiling faces, some are confuse, some are angry and some are studious etc. There use to be gardener in a garden who is giving water to those flowers. That gardener is representing a teacher. In gardener's hand we can see a sprinkler and he is using it to spread water to the flowers (Students). He is not using pipe, it shows that pipe only useful for forceful watering and force never help in education, and it provides water (nourishment) to the root of the flower/plan. But sprinkler works like a rain it provides water (nourishment) from top to bottom and it is not having force but it is delightful. In the same way teacher is not giving force of knowledge but he is giving knowledge to the students in pleasant and delightful manner.

Two symbols can be used for gardener; one is of lightening bulb and second is exclamation mark. Lightening bulb indicates that teacher got some idea for students and he is applying it on students. Exclamation mark indicates surprise. Teacher is surprised when he sees the result of his idea that he applied on students.

Gardener always use trolley, full of tools of gardening, where as teacher comes with books, new ideas for educating students and many more things that useful for students' learning. Teacher uses some books which are used to provide knowledge to the students and also for their development. Gardener also uses scissor that cutes the branches of the plants that goes out of the boundary and gives proper shape to that plant. Which indicates that teacher's job is not only to providing knowledge to the students but also of managing the class and giving proper direction, guidance and molding students to give them good shape. Teachers' job is to channelize the students to the right direction, so that in future they can serve the society.

Gardener uses tools like manure, trowel, pitchfork, rake and many more. Manure indicates that as manure in useful for better development of the plant in the same way co-curricular activities are also important for the development of the students. Trowel, pitchfork and rake are useful for gardening in the same way other sources of teaching to students, apart from books, are also useful for the better development of the students. It is the matter of inspiration that people have to take for teaching and learning. World and nature is full of these kinds of inspiration, through which people can relate their profession. People just have to use insight to know, comprehend and use it.

**Riyapatel**  
(T.Y. FRM)



## CLEAN SOCIETY

We always love to be in a society that is clean and green.

Society means the people in which we live we want that place neat and clean. We all are advocates for neat and clean society, pollution free environment; but how many of us do actually make an effort for that? None of us would prefer to live in dirty surrounding; it's true that civic agencies are responsible for taking care of our society but it's also important that we must realize our responsibilities to our society and environment and play our role too.

Living in the society; being a part of the environment, we too have a moral responsibility to contribute to the environment. Think the society is your own house and then start clean. Ask yourself will you throw any garbage in your house anywhere or in a dustbin.

For e.g.: When a couple of guest visit your home especially kids, definitely the house get mismanaged. The question is do we walk away blaming the guest and leave the house as it is; or we do get irritated, but clean the house and get it back into shape. Same should be our attitude and responsibility for our towards society, city and environment as well.

Here are some tricks, tips or ways which will help us in keeping our society clean.

### **1) Be the change that you want to see in others.**

We always complain and do find same reasons to blame someone that he/she has not done this work properly. We always try to find the fault about the things and processes that have been taken care of. Most of the time we our self don't follow them.

The first thing that is needed to be done is to change ourselves into the person we want others to be. Why wait for others to do the right things, take initiative and lead the way.

### **2) Don't litter**

Please do not litter in your society and roads. Use dustbin, it will help in keeping the society clean. To make the society clean the consult with society members, and other authorities and if possible do or organize an awareness camp.

### **3) Do not dispose the garbage in open area**

Use dustbin or the means of dumping the garbage or waste material. People even in urban areas are seen throwing the waste on road or around the park areas. Because of throwing the waste everywhere the public place is being dirty. So, by organizing the awareness camp you can help them in understanding the importance of using dustbin.

#### 4) Plant trees

You should plant trees in your society or you can also adopt any tree and take care of it. Trees will help in controlling the pollution at least a little bit. Having lots of tree in your society will help you have fresh air for you and your family members, because of planting the trees there will be balanced rainfall, and with beautiful green society you will inspire others to follow the track and save the city and environment.

#### 5) Proper storage of water

Water is the most important part of life. Excess or deficit both of water not only makes us cry, but can lead to severe damages as well. Proper storage of water can help us combat many problems. We should try to store rain water; with proper arrangements and help of society member we can utilize them for future usage. Water logging around the society. If not managed leads to mosquitoes, breeding which can cause various diseases like dengue, malaria, chickengunia, etc.

#### 6) Be real eco-friendly

Don't just talk about eco-friendly concepts and principles, abide by them. Use herbals colors in holi ; avoid using crackers on diwali ; do not dump-waste (worn out electrical gadget, equipments,etc) or plastic waste; avoid using vehicles for short distances, instead walk or use a bicycle; do not over charge your mobile batteries, charge only the battery drains out.

These are some of the points to keep the society clean, green and pollution free.

If we keep the society clean then slowly the environment and the whole world would be clean and because of clean environment there would be no pollution and because of that there will be proper seasonal cycle can be seen and because of seeing people cleaning the environment, society the small kids learn the good things and because of that there mind and body are being cleaned.

By doing clean mind, clean body, clean society, clean environment one day the whole world would be clean and green.

For making the dream true of clean and green India we have to take first step towards to clean. There is one proverb that

*'A clean heart won't let your mouth speak dirty.*

*Purify the heart and mind and cleanse your whole world'.*

**Dulari. M.Dave.**  
*F.Y.B.Sc*



## માં

મા તું કેમ સ્વાર્થી નથી હોતી  
મા તને અમે દરેક દુઃખની પળમાંજ કેમ  
વધારે યાદ કરીએ છે.  
મા તું અમારા સુખમાં કેમ ભાગ નથી પડાવતી  
મા અમે તને છોડીને દુર જતા રહીએ છે.  
છતાં તું અમને તારાથી દુર કેમ નથી કરતી  
મા આ સ્વાર્થી દુનિયામાં તું કેમ અમને નિસ્વાર્થ  
ભાવે પ્રેમ કરે છે.  
મા તું બધા દુઃખો વેઠીને અમને આ દુનિયામાં લાવે છે  
તો પણ તું કેમ અભિમાન નથી કરતી.  
મા માફ કરજે અમને આ પાપી માથું તારા પવિત્ર  
ચરણોમાં જુકાવીએ છે.  
મા તને કોટી કોટી વંદન ધન્ય છે અમે કે અમને  
તારા કોબેથી જન્મ મળીયો.  
મા ધન્ય છે એ ભગવાન કે એણે અમને  
તારા જેવી મા આપી છે.

-નિલમ બી. મોરી

## સ્કૂલના એ દિવસો

સ્કૂલના એ દિવસો બહુ યાદ આવે છે.  
મિત્રો સાથેના ઝગડા અને મસ્તી બહુ યાદ આવે છે  
કેમ્પસ, રમતોને મધ્યાન ભોજનની એ ભીડ  
તેમાં પણ કલાસરૂમ બહુ યાદ આવે છે.  
સમજાય તો સમજવાનું નહિતો ચોપડીઓમાં કાર્ટુન  
દોરવાના એ શિક્ષકો પણ બહુ યાદ આવે છે.  
ઝડપટ જતાને જગ્યા માટે ઝગડતા એ  
પ્રાર્થના ખંડ પણ બહુ યાદ આવે છે.  
વરસાદમાં ઊભું રહેવું ને, કિચડમાં રમતાં-રમતાં  
ઘરે જવું એ મમ્મીનો ગુસ્સો, પણ બહુ યાદ આવે છે  
એ બાળપણના દિવસો બહુ યાદ આવે છે.

## સંબંધમાં રહી ગઈ છે બસ જરૂરિયાત

જે સંબંધ હતા નિસ્વાર્થભાવે તેમાં કેમ છે.  
આજે સ્વાર્થ....  
જ્યારે બાંધિયો સંબંધ ભારે કોઈ આશા  
ન હતી કોઈ અપેક્ષા ન હતી  
હવે બસ રહી ગઈ છે એક જરૂરિયાત.....  
જે સંબંધ હતો દુનિયા માટે ઉદાહરણ  
તેમાં કેમ આજે પડી ગઈ છે તિરાડ  
હવે બસ રહી ગઈ છે એક જરૂરિયાત.....  
જ્યારે જરૂરત હતી એક બીજાની ત્યારે  
સાથ આપ્યો ભરપૂર પણ  
હવે બસ રહી ગઈ છે એક જરૂરિયાત.....  
જ્યારે દુનિયાએ તરછોડી બે માંથી એકને  
ત્યારે બીજાએ પૂરી દુનિયાની દુઃખી આપી  
પણ હવે બસ રહી ગઈ છે એક જરૂરિયાત.....  
શાયદ આજ છે સાચા સંબંધની રજૂઆત  
બસ હવે રહી ગઈ છે એક જરૂરિયાત.....

નિલમ બી. મોરી

## સ્વચ્છતા

મન થકી મન ને સ્વચ્છ બનાવે,  
સ્વચ્છ મન થકી સ્વચ્છ ચીત બનાવો,  
તન તંદુરસ્તી માટે ગામની ગંદકી હટાવો  
સાહેબનું અદ્ભૂત છે સૃષ્ટિ સર્જન,  
ગમે ત્યાં કચરો ફેકી કરું વિસર્જન !  
સ્વચ્છ મન, તન, ચિત વળી મારું ગામ,  
પ્રયત્ન મારો ભારત બને સ્વચ્છતાનું ધામ

## કોઈ'ક ને જ મળે

માણસ જન્મે ને મૃત્યુ પામે પણ  
'સજજનતાનું' બિરુદ કોઈ'કને જ મળે...  
યુવાન અને વૃદ્ધ થાય બધા, પણ  
'ડિદાદિલી'નું બિરુદ કોઈ'કને જ મળે  
મજૂરી કરે કે નોકરી પણ  
'વફાદારા'નું બિરુદ કોઈ'કને જ મળે  
આ જીવનરૂપી દરિયામાં  
ડુબકીતો બધા મારે પણ  
'બહાદુરી'નું બિરુદ કોઈ'ક ને જ મળે  
હસતા અને રમતા  
એક પલ જો જીવી લો જાંદગી તો  
'ખુમારી'નું બિરુદ કોઈ'કને જ મળે....  
- Kama Jam (S.Y. B.Sc-F.N)

## મા-બાપની રાની બેટીયા

યે બેટીયા તો બાબુલ કી રાનીયા હો.  
મીઠી-મીઠી પ્યારી યે કહાનીયા હો.  
યે ચીચી કે યે કુડીયા રબ જાને કે યે કુડીયા  
કોન જામના કિનારે લે જાનીયા હે.  
યે બેટીયા તો બાબુલ કી રાનીયા હે.  
યે લડકી યા તો માં કી રાનીયા હે.(૨)  
મીઠી મીઠી પ્યારી પ્યારી યે કહાનીયા હે.  
ઈન કા રામ હે રખવાલા ઈનકા બચપન ભોલા ભાલા  
ભોલી ભાલી સી ઉનકી જવાનીયા હે  
યે લડકીયા તો માં ઓ કી.....  
સબકે દિલ કે સારે ઘરકી યે રાની હે ....(૨)  
યે ચીડીયા એત દિન સે ઉડ જાનીયા હે.  
કોઈ ઈનકા હાથ ન છોડે કોઈ ઈન કા દિલ ન તોડે  
યે તો સચ્ચે રબદિ યા મહેર બાનિયા હે  
યે બેટિયા તો બાબુલ કી રાનીયા હે.  
મીઠી-મીઠી પ્યારી-પ્યારી યે કહાનીયા હે

Margi Shah (F.Y. B.Sc.)

## જીવનમાં ઉતારો

સત્ય છોડવું નહીં, સુખમાં છકી જવું નહીં  
કર્જ કરવું નહીં, ક્રોધ કદી કરવો નહીં  
અંધશ્રદ્ધા રાખવી નહીં, ઉધાર લેવું નહીં  
પાપ કરવું નહીં, આપઘાત કરવો નહીં  
અપેક્ષા રાખવી નહીં, ઊજાગરા કરવા નહીં  
જુગાર રમવું નહીં, જરૂર વગર બોલવું નહીં  
દુઃખથી કરવું નહીં, જરૂર લાગે તેવું બોલવું નહીં  
વધુ મિત્રો કરવા નહીં, વૃદ્ધોની આશા તોડવી નહીં  
ઈશ્વર ભજન છોડવું નહીં, અનીતિનું કમાવવું નહીં  
લોભ કરવો નહીં, ખરાબ પુસ્તકો વાંચવા નહીં  
નીતિ છોડવી નહીં, ખરાબ કાર્યો કરવા નહીં  
નિંદા કોઈની કરવી નહીં, પરમાટી ખાવી નહીં  
સેવા કાર્યમાં પાછું પડવું નહીં, અસંતોષ માનવો નહીં  
માતા પિતાને દુભાવવા નહીં, ખરાબ દૃષ્યો જોવા નહીં  
ખરાબ કર્મો કરવા નહીં, લેવાની આશા રાખવી નહીં

Aarti (TY-FRM)

## મેરા આના-જાના

“ મેરી મોલી મુલો કો અપરાધ ના સમજો  
મેરા આના-જાના જગમેં  
બન જાતા હૈ ગાના રોના”  
મેરી સાંસો કે સ્વર સે  
ભર જાતા જગ કા લોના  
દિલ કી ધીમી ધડકન કો ઉત્પાત ના સમજો।  
તુમને માંડો ગીત સુરીલે  
મૈને કહ દી દામ કહાની  
નિત -નુતન હૈ માંગ તુમ્હારી  
મેરે શાશ્વત સ્વર કી વ્યર્થ વિવાદ ના સમજો।  
દો પલ હિલ-મિલકર અપનો સે  
કોન કહ પાયા મન કી દાસ્તા?  
અપની પરવશતા પર બોલો  
કિસકા કંઠ નહિ ભર આયા!  
મેરે ગીલે ગીતો કો અપવાદ ના સમજો!

Kama Jam (S.Y. B.Sc. F.N.)



## આત્મવિશ્વાસ

એક બીઝનેસમેન ઘણો દેવામાં ડૂબી ગયો અને બહાર આવવાનો કોઈ રસ્તો મળતો નહોતો. જે લોકો તેમને કેડીટ આપતા હતા તે લોકો એ કેડીટ આપવાનું બંધ કરી દીધું હતું અને સપ્લાયરો એ કડક ઉઘરાણી ચાલુ કરી દીધી હતી. લેણિયાતોની રોજ રોજની ઉઘરાણીથી કંટાળીને તે એક દિવસ બગીચામાં એક બેન્ચ પર બેઠો હતો અને વિચારતો હતો કે કઈ વસ્તુથી પોતે દેવાળિયો થતા બચે અને પોતાની કંપનીને ફડચામાં જતી રોકે

અચાનક એક વૃદ્ધ આદમી તેની સામે દ્રશ્યમાન થયો

“ હું જોઈ શકું છું કે તું ખૂબ જ ચિંતામાં ડૂબેલો છે.” વૃદ્ધ માણસે કહ્યું

બીઝનેસમેનની આપવીતી સાંભળીને વૃદ્ધ માણસે કહ્યું “હું તને મદદ કરી શકું છું.”

તેમને તે બીઝનેસમેનનું નામ પૂછ્યું અને એક ચેક લખી આપ્યો અને બીઝનેસમેનના હાથમાં આપતા કહ્યું: “આ ચેક રાખ, અને બરાબર આજ થી એત વર્ષ પથી અહીં જ મને મળજે અને ત્યારે તું આ કરમ મને પાછી આપી શકે છે.” આમ કહીને વૃદ્ધ માણસ જતો રહ્યો.

બિઝનેસમેન તે ચેક જોયો, તે ચેક \$ ૫૦૦૦૦નો હતો અને સાઈન કરેલી હતી John D. Rockefeller (કે જે દુનિયાનો સૌથી ધનાઢ્ય ગણાતા વ્યક્તિઓમાંનો એક હતો) ના નામે બિઝનેસમેન ને વિચાર્યું કે હું મારી બધી નાણાકીય ચિંતાનો એત મિનિટમાં સફાયો કરી શકું તેમ છું.

પરંતુ તે બિઝનેસમેનને તેમ ના કરતા તેણે તે ચેક ને વટાવ્યા વગર કોઈ સલામત જગ્યાએ મૂકી રાખવાનો વિચાર કર્યો તે જાણતો હતો કે આ ચેકની મદદથી તે ગમે ત્યારે તેની કંપનીનો ફડચામાં જતી બચાવી શકે એમ છે. નવાજ આત્મવિશ્વાસ સાથે તે વધારે સારી બીઝનેસ ડિઝ વધારે મુદતની પેમેન્ટ ટર્મ્સથી કરવા લાગ્યો. અને થોડા મોટા સોદા પડ્યા. અને થોડાજ મહીનાઓમાં તે દેવામાંથી બહાર આવી ગયો અને તેની કંપની નફો કરતી થઈ.

એક વર્ષ પછી નક્કી કરેલા સમયે તે જ બગીચામાં સાચવી રાખેલા ચેક સાથે આવી પહોંચ્યો અને તે જ બેન્ચ પર જઈને બેઠો.

થોડા સમયમાં વૃદ્ધ માણસ પણ ત્યાં આવી પહોંચ્યા. પરંતુ જ્યાં એ બીઝનેસમેન તેમને ચેક પાછો આપી અને પોતાની સફળતાની વાર્તા સંભળાવે તે પહેલા જ એક નર્સ દોડતી આવી અને વૃદ્ધ માણસને પકડી લીધા. નર્સ બીઝનેસમેનને કહ્યું. “આ વડીલે તમને હોરાન તો નથી કર્યા ને ? thanks god! તેઓ મળી ગયા. તેઓ માનસિક બીમાર છે. અને ઘરમાંથી ભાગી જાય છે. અને લોકોને કહેતા ફરે છે કે તેઓ John D. Rockefeller છે.” આટલું કહીને નર્સ તે વૃદ્ધ ને ત્યાંથી લઈ ગઈ પરંતુ આ સાંભળીને પેલા બીઝનેસમેનનું માથું ફરી ગયું તે અવાક થઈ ગયો છેલ્લા એક વર્ષમાં તેણે જે જોખમી બીઝનેસ ડીલો કરી, જોખમી નિર્ણયો લીધા તે ફળ એ જ વિચારે કંઈ પણ થાય તો તેની પાલે \$ ૫૦૦૦૦ નો ચેક છે. પછી તેને વિચાર આવ્યો કે હકીકત મા એ રકમ તેમની પાસે ન હતી જે રકમથી તેની જીંદગી બદલાઈ ગઈ તે ફક્ત તેનો નવે આત્મવિશ્વાસ જ હતો કે જેથી તેને જે જોઈતું હતું તે મેળવવાની શક્તિ મળી.

નિકિતા



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