

Ignited Mind Better Tomorrow

Pragati

Year 2018-19



Charutar Vidya Mandal's

S.M.PATEL COLLEGE OF HOME SCIENCE

NAAC RE-ACCREDITED 'A' • CPE- PHASE-II

Vallabh Vidyanagar - 388 120.

Phone : 02692-230245, Fax : 02692-230245

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S. M. PATEL COLLEGE OF HOME SCIENCE

MANAGED BY CHARUTAR VIDYA MANDAL
NAAC ACCREDITED 'A'
YEAR : 2018-2019



1st Row (Left to right)

Dr. Yogesh Vadwala, Dr. Nidhi Gupta, Ms. Shazia Sharma, Ms. Alpna Shah, Dr. Bhavana Chauhan, Ms. Shushma Batra, Dr. Sharda Joshi, Ms. Kalpana Shrivastava, Mr. Ishakh Vahora

2nd Row (Left to Right)

Ms. Tanvi Makwana, Dr. Mittal Barot, Ms. Minal Chauhan, Ms. Daxa Sharma, Ms. Trusha Lad, Dr. Padmaja Puppala, Ms. Vijaya Agarwal, Mr. Kamlesh Panchal, Mr. Ishwarbhai Patel, Mr. Ranjit Bhagora

Pragati 2018-19

MENTORS

Er. Bhikhubhai Patel, Chairman, CVM

Dr. S. G. Patel, Secretary, CVM

Prin. R. C. Talati, Jt. Secretary, CVM

CHIEF EDITOR

Dr. Bhavana Chauhan

Principal

EDITORIAL BOARD

Ms. Alpana Shah

Ms. Vijaya Agarwal

MAGAZINE IN CHARGE

Dr. Yogesh Vadwala

MAGAZINE SECRETARY

Ms. Krishna Vyas



Charutar Vidya Mandal's

S.M.PATEL COLLEGE OF HOME SCIENCE

Re - Accredited "A" Grade by NAAC and "AAA" Grade by KCG

Four-star rating by GSIRF (Gujarat State Institutional Ranking Framework)

Recognized By UGC As College With Potential For Excellence (CPE Phase - II)

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Editorial...



The land of Charutar 'Sardar Bhoomi' is also blessed with the only girls' college of Home Science, 'S. M. Patel College of Home Science' a Charutar Vidya Mandal institute started in 1971, affiliated to Sardar Patel University.

College is accredited with the 'A' Grade by National Assessment and Accreditation Council (NAAC) and recognized as a 'College with Potential for Excellence' by the UGC. The college since its inception has been striving hard to provide quality education for the girls at an affordable fee structure. The college, today, is an educational edifice of excellence with its most talented and experienced staff.

I am glad to note that many of the teachers and the students have evinced interest in the magazine by contributing creative and interesting article. The items not only mirror the creative talents of the contributors but also their analytical thinking. I congratulate to the team Home Science for carrying out various activities, extracurricular as well as co-curricular in the year 2018-2019.

I express my deep sense of gratitude to the Principal, Dr. Bhavana Chauhan for her constant encouragement and giving me an opportunity to bring out the magazine. I am also thankful to our colleagues for their cooperation.

*Dr. Yogesh Vadwala
Magazine in charge*

Message from CEO of KCG



Knowledge Consortium of Gujarat

Department of Education, Government of Gujarat

"Women Empowerment" women with education, employment, decision making, and better health in view of an equal and just society. Women Empowerment is a process to make the women financially independent, educated and progressive, enjoying a good social status.

Women since ages have been struggling to be socially and professionally recognized as equivalent to men. There are many incidents in a woman's personal and professional life, where her abilities are undermined against that of a man's; having an adverse effect on her over all personality and hampering her growth.

S. M. Patel College of home science, Vallabh Vidyanagar is helping our society in strengthening women by educating them with aspects of better life with education and better sense of living with quality & equality, college is publishing annual magazine "PRAGATI" to showcase strength and achievement of the college. It's a great initiative by them.

We appreciate the noble efforts & dedications of trustees, principal, teaching staff, non-teaching staff and girls students. We wish all the very best for future contribution towards growth of nation by empowering women all over.

Regards

K. B. Upadhyay
Chief Executive officer, KCG
Former Director Higher Education,
Gujarat state

To,
Principal
S. M. Patel College of home science
A Charutar Vidyalay Mandal Institute
Vallabh Vidyanagar

Pragna Puram, Opp. PRL, Near L D College of Engineering, Ahmedabad-380 015.

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From the Chairman's desk



Er. Bhikubhai B. Patel
CHAIRMAN



CHARUTAR VIDYA MANDAL

P. B. NO. 22 VALLABH VIDYANAGAR-388 120 GUJARAT INDIA
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MESSAGE

I see it only fitting that such a burgeoning institution, such as the S.M. Patel College of Home Science, has a magazine named 'Pragati'.

Progress is the result of combined effort given by students, teachers and staff. Needless to say that hard work pays off because everyone of the college already knows this and has applied it marvelously in the year of 2018-19

I would like to convey my heartiest wish for the magazine.

3rd April, 2019

B Patel
(Bhikubhai B. Patel)
Chairman

Message from Vice-President



MANISHBHAI S. PATEL
VICE-PRESIDENT



CHARUTAR VIDYA MANDAL

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MESSAGE

I am very happy to acknowledge that S. M. Patel College of Home science for regularly Publishing annual magazine 'Pragati'.

Immense appreciation to the team Home Science for carrying out various activities, extracurricular as well as co-curricular in the year 2018-19. An official document "Pragati" in the form of college magazine showcases the efforts put in by the students and staff.

Hearty congratulations to all who has contributed in chapping up this magazine through one the year.

Wishing the best to the team "Home Science".

3rd April, 2019


(Manish S. Patel)
Vice - President

From the Hon. Secretary's desk



Chairman : Er. Bhikhubhai B. Patel
Hon. Secretary : Dr. Shantibhai G. Patel



CHARUTAR VIDYA MANDAL

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MESSAGE

Women today are the shapers of tomorrows. Home Science is one such applied science field which serves the purpose of uplifting the women and in turn society at large. The college has worked tremendously in the year 2018-19 in inculcating the values and imbibing the skills.

Wishing the students and the staff for a bright future.

28th March, 2019


(S. G. Patel)
28.3.2019
Hon. Secretary

From the Hon. Jt. Secretary's desk



Chairman : Er. Bhikhubhai B. Patel
Hon. Secretary : Dr. Shantibhai G. Patel



CHARUTAR VIDYA MANDAL

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MESSAGE

Congratulations are in order to the entire S.M.Patel College of Home Science, for heaving carried out the curricular, co-curricular and extracurricular activities in such an amazing manner in the year 2018-19.

These efforts have indeed led to the college experiencing 'Pragati'. Keep up the great work.

I wish you best of everything that you work hard for young girls and groom them for their future.

The very best of wishes to college family.

3rd April, 2019


(B.P.Patel)
Hon.Jt.Secretary

From the Hon. Jt. Secretary's desk



CHAIRMAN : ER. BHIKHUBHAI B. PATEL
HON. SECRETARY : DR. SHANTIBHAI G. PATEL



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MESSAGE

It is a matter of great pleasure for me to write this message on the girls' college of Home Science of this beautiful land of 'CHARUTAR' publishing the Annual College Magazine 'PRAGATI'. Active, dynamic and energetic principal Dr. Bhavana Chauhan, her enthusiastic and smart team of professors and non teaching staff putting tireless efforts to improve the quality of the college in all related segments.

The team work makes the impossible possible. Quality is never an accident. It is always the result of high intention, sincere efforts intelligent direction and skilful execution. As a result of these qualities the college has obtained 'A' grade by NAAC as well as 'A' grade by AAA (KCG). Besides their achievements college has been chosen for College with Potential for Excellence-phase II.

Annual College Magazine holds a mirror of the college and its students reflecting the academic, didactic, co-curricular and extra-curricular activities and creative genius of the students

I am confident that students and staff would use this platform to share their articles and creative writing.

I congratulate Dr. Bhavana Chauhan and her teaching and non teaching team and express my best wishes for the brilliant issue of their college magazine 'PRAGATI'.

3rd April, 2019


(Ramesh Talati)
Hon. Jt. Secretary

From the Principal's desk



It gives me immense pleasure to pen a few words as prologue to our in-house, Annual magazine 'PRAGATI' exclusively meant for churning out the latent writing talent which bears immense potentiality of sharpening your communication skills as part of your over all personality development, forming a bridge between flowing thoughts and artistic magnification. The magazine also highlights the educational, cultural and sports activities of the Institute.

Empowerment of girl students for their all round development through education is our cherished motto. Today education means much more than merely acquiring knowledge. It is acquisition of knowledge and skills, building character and improving employability of our young talent, the future leadership. We have inherited a strong foundation to march ahead and achieve the within mentioned education objectives for a stronger and brighter India. Measures initiated by our Charutar Vidyamandal Management, steps taken by the college administration, the willing contribution of the teaching and non-teaching staff and over whelming response and enthusiastic participation of my dear students in the college activities in the recent past all vouch for this. When all the constituents come together and work in unison, the expected results are bound to flow.

I am proud of being the Principal of such a wonderful institution dedicated to the causes of Women Empowerment and better India. Come on let's give our best and make this institution a modern temple of learning through our diligence, devotion and dedication.

I congratulate all the contributors and the editorial board for bringing out such a beautiful magazine. Wishing you all the best!!!

Dr. Bhavana Chauhan
Principal



From the Vice-President's desk

Hello SMC Pites

What a remarkable year it was 2018-19 !

From academic to co-curricular and extending to extra-curricular activities, the results have been exemplary!

From a team of 38 students under the umbrella of 15 Faculty members, the oeuvre was noteworthy!

More than 150 programmes in an academic schedule of 180 days along with studies is not a plain sailing endeavor.

"Aspire not to live forever in the flesh, but rather in the words of those starting afresh!"

The Bard, Shakespeare, himself in his sonnet etched that words survive the tests of time. The "Grey hounds" shall, too, survive this test through your words. Our team "Grey Hounds" literally had a synergy in every mission we were assigned. We had players who made the team a great one.

Your leadership would be seen as an epitome for the GenNext!

The energy you exuded every moment, the balance you created amongst the team and with the teachers and students is remarkable. Your execution of assigned duties has portrayed a responsible citizen in you!

Let us keep the spirits high as we exit to welcome a new team, with new hopes, new ideas and new leadership!

Cheers to all!

*Vijaya Agarwal
Vice-President
2018-19*

Profile of The College

S.M.Patel College of Home Science, is an grant-in aid women's college affiliated to Sardar Patel University. The College 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. The college has easy access to transportation facility through government buses, Vallabh Vidyanagar and Anand railway stations and private transportation services.

S.M.Patel College of Home Science is Re-Accredited 'A' grade by 'NAAC', UGC and AAA, KCG. It has been awarded College with Potential for Excellence, Phase-II by UGC. In India Today Ranking 2018 and 2019 College is recognized amongst the best 100 Science Colleges of India. It was also awarded 4 stars by Gujarat State Institute Ranking Framework (GSIRF).

Home Science is an interdisciplinary field dealing with the Science and Art of living. It is an interweaving of pure, applied and social sciences with technology and management. It is a women's college extending professional and personal empowerment to the graduates. It develops inversed competence for better quality of life of the family and the society at large.

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
- Foods & Nutrition – Focus – Dietetics, Human Nutrition, Community Nutrition, Institutional Food Service Management, Cuisine
- Human Development – Focus – Child Welfare, Early Childhood Education, Differently Able Children, Women's Issues, Overviews of Life Span Development
- Textile & Clothing – Focus – Fashion and Textile Design, Fiber and Fabric



Science, Textile Testing and Quality Control, Commercial Clothing & Fashion Marketing,

- First degree Vocational Food Science & Quality Control – Focus – New Product Development, Sensory Evaluation, Entrepreneurship.

VISION:

Empowering young girls through quality education to meet current and emerging challenges in global perspective for the development of the self and society.

MISSION:

- To provide scientifically planned skill oriented courses relevant in present context.
- To continuously upgrade the curriculum that is globally valuable, locally relevant and responsive to upcoming challenges of the society.
- To affiliate, synergize with communities, organizations, institutions at local, regional, National and International level.
- Empowering young girls to respond creatively with a sense of responsibility to the contemporary needs of the society.
- Capacity building of young girls to inculcate a sound philosophy for holistic living and maintain a sustainable career growth curve.

OBJECTIVES

- To give practical experience by industrial linkages and community neighborhood networking.
- To sensitize the students in identifying the needs of less advantaged/deprived group in the society and made a positive contribution to the society.
- To identify and nurture the innovative entrepreneurial abilities of young girls for lifelong socio-economic value addition.
- To develop potential and creativity among students and help them in solving academic and personal problems.

SALIENT FEATURES OF THE INSTITUTION

- Choice Based Credit System
- Continuous and comprehensive evaluation of theory & practical courses.
- Counseling -Academic & Personal.
- Parent's involvement in IQAC, Alumni network

- Co-curricular activities like field trips, expert talks, community outreach programmes etc.
- Extracurricular activities/Saptdhara activities as gyan dhara, kalakaushlya dhara, sarjanatmak abhivyakti dhara, natya dhara, geet sangeet and nritya dhara, khel kud dhara, samudaayik seva dhara (N.C.C and N.S.S.)
- Adhering to Academic Calendar
- English and Gujarati as language of instructions
- Active Placement Cell involving training and internship
- Wi-Fi Campus
- Green Campus
- Campus with CCTV installation
- Active student council as saptdhara committee, discipline committee, canteen committee, library committee etc.

ASSETS OF THE INSTITUTION :

- Computer Labs with internet facility and subject specific softwares
- Digital Language Lab
- Cafeteria
- Anganwadi Training Centre under ICDS
- Career oriented Certificate courses like...Sports Nutrition, Fashion Design & Interiors
- IGNOU Study Center (M.Sc.,DFSM)-a distance learning programme
- Zaverba Play Group & Day Care
- Smart Classrooms/ICT enabled classrooms
- Well Equipped laboratories
- Women's room
- Washrooms with modern facilities
- Library with internet and RFID system
- Indoor sports room
- Physically challenged friendly facilities
- Infirmary
- Counseling room
- College Auditorium equipped with latest technology



**THE GEMS OF OUR COLLEGE,
ON CLOUD NINE.....**



Deval Jalu
(F.R.M.)



Jinal Prajapati
(T.C.)



Rita Raval
(H.D.)



Dhvani Patel
(F.N.)



Krishna Patel
(F.S.Q.C)

TOPPERS



Dhwani Patel
(T. Y. FN) : 2017-18



Shruti Patel
(S. Y. FSQC) : 2017-18



Simran Kumavat
(F. Y. FSQC) : 2017-18

Our College Family

Principal
Dr. Bhavana Chauhan

Foods & Nutrition

1. Ms. Shazia Sharma
2. Ms. Vijaya Agarwal
3. Ms. Minal Chauhan
4. Ms. Tanvi Makwana

Human Development

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

Librarian

1. Mr. I. C. Patel

Physical Training Instructor

1. Mr. Ranjit Bhagora

Family Resource MGT

1. Ms. Sushma Batra
2. Dr. Nidhi Gupta
3. Ms. Kalpana Srivastava
4. Dr. Padmaja Puppala

Textiles & Clothing

1. Ms. Alpana Shah

Chemistry

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

Administrative Staff

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



OTHER COMMITTEE IN CHARGE FACULTY FOR THE YEAR 2018-19

Portfolio	Name of the faculty member
IQAC	Ms Shusma Batra, Dr Nidhi Gupta
College website	Ms Kalpana Srivastava
Grievance Redressal Cell	Dr Bhavana Chauhan, Ms Vijaya Agarwal
Women's Cell	Dr Bhavana Chauhan, Ms Alpana Shah Ms Sushma Batra, Ms Shazia Sharma
Alumni Association Committee	Ms Tanvi Makwana
Research Committee	Dr Nidhi Gupta, Dr Yogesh Vadwala Ms Kalpana Srivastava, Ms Vijaya Agarwal
Time Table Committee	Ms Alpana Shah, Dr Sharda Joshi Dr Nidhi Gupta, Ms Shazia Sharma
Career and Placement	Ms. Vijaya Agarwal
Udisha	Ms Shazia Sharma
BISAG	Mr Ranjit Bhagora
Magazine	Mr Yogesh Vadawala
Staff Secretary	Ms Shazia Sharma
Hostel	Ms Shazia Sharma
Publicity	Mr Ranjit Bhagora
ICT Facility	Ms Trusha lad, Mr Ranjit Bhagora
Landscape Committee	Ms Kalpana Srivastava
Funds for financially poor students committee	Dr Bhavana Chauhan, Dr.Yogesh Vadwala
Gymnasium Committee	Mr Ranjit Bhagora, Mr Kamlesh Panchal Ms Vijaya Agarwal
Test Time Table Committee	Ms Alpana Shah, Dr Yogesh Vadwala
Library Committee	Ms Minal Chauhan, Mr Ishwarbhai patel
Committee for Receiving Guests	Dr Sharda Joshi, Ms Tanvi Makwana
Academic Calendar Planning Committee	Dr Bhavana Chauhan, Ms Alpana Shah
Computer	Ms Trusha Lad

STUDENT CENTRAL COMMITTEE 2018-19

SN	COMMITTEE	NAME OF THE STUDENT	CLASS
1	General Secretary	Ms. Shruti Patel	TY FSQC
2	Geet Sangeet Nritya Dhara	Ms. Payal Meghani	TY FSQC
3	Natya Dhara	Ms. Riya Patel	TY TC
4	Gyan Dhara	Ms. Sonali Patel	TY FRM
5	Sarjanatmak Abhivyakti Dhara	Ms. Ayushi Yadav	TY FSQC
6	Kala Kaushalya Dhara	Ms. Krishna Patel	TY FN
7	Samudayik Seva Dhara -NSS	Ms. Isha Patel	FY General
8	Samudayik Seva Dhara -NCC	Ms. Muskaan Shah	TY FRM
9	Vyayam Yoga and Khelkood Dhara	Ms. Dipika Rathod	TY FN
10	Magazine	Ms. Krishna Vyas	TY FSQC
11	Hostel	Ms. Dipali Dhagat	TY FN
12	Discipline Squad	Ms. Mansi Patel	TY FSQC
		Ms. Khushi Bhatt	TY FSQC
		Ms. Prexa Patel	TY FRM
		Ms. Nidhi Rabari	TY HD
13	Class Representative TY FRM	Ms. Monika Patel	TY FRM
14	Class Representative TY FN	Ms. Uzmah Vhora	TY FN
15	Class Representative TY FSQC	Ms. Anita Patel	TY FSQC
16	Class Representative TY HD	Ms. Sehzin Vahora	TY HD
17	Class Representative TY TC	Ms. Hinal Mavani	TY TC
18	Class Representative SY FRM	Ms. Zarna Raval	SY FRM
19	Class Representative SY FN	Ms. Mansi Brahmbhatt	SY FN
20	Class Representative SY FSQC	Ms. Simran Kumawat	SY FSQC
21	Class Representative SY HD	Ms. Sejal Bharvad	SY HD
22	Class Representative SY TC	Ms. Nishtha Dave	SY TC
23	Class Representative FY General	Ms. Sonal Bharwad	FY General
24	Class Representative FY FSQC	Ms. Archi Chanchawate	FY FSQC



SN	COMMITTEE	NAME OF THE STUDENT	CLASS
25	Sports Nutrition CR	Ms. Anchal Prajapati	SY FN
26	Interior Designing CR	Ms. Ilma Vahora	SY FRM
27	Landscape	Ms. Minal Solanki	SY FRM
28	Career and Placement	Ms. Shivangi Dubey	SY FSQC
29	Computer and ICT Facility	Ms. Neha Parmar	SY HD
30	Alumni Association	Ms. Zalak Patel	SY FSQC
31	College Website	Ms. Bansari Patel	SY FN
32	Publicity and Library	Ms. Dhruvi Shah	TY FSQC
33	IQAC	Ms. Roshani Patel	SY FRM
34	Gymnasium	Ms. Hetvi Yagnik	FY FSQC
35	Udisha	Ms. Yashasvi Brahmabhatt	SY FSQC

CENTRAL COMMITTEE IN CHARGE FACULTY FOR THE YEAR 2018-19

Name of Dhara	Officer in charge of Dhara
President	Dr. Bhavana Chauhan
Vice President	Ms. Vijaya Agarwal
Geet Sangeet Nritya Dhara	Dr. Sharda Joshi
Natya Dhara	Tanvi Makwana
Gyan Dhara	Ms Kalpana Srivastava
Sarjanatmak Abhiviyakti Dhara	Ms Alpana Shah
Kala Kaushalya Dhara	Ms. Trusha Lad
Samudayik Seva Dhara - NSS	Dr. Mittal Barot Ms Minal Chauhan
Samudayik Seva Dhara - NCC	Ms. Padmaja Puppala
Vyayam, Yoga and Khelkood Dhara	Mr. Ranjit Bhagora

Department of Textiles and Clothing

Textile and clothing is an undergraduate textile management course. Duration the study of its students acquires the knowledge about fibre science and suitable wet processes in fabric and garment manufacturing and knowledge on different dyeing and printing method suitable for different fibre fabrics. The course deals with creativity towards fashion & textile design. They can run their own business as well as they have developed links with the fashion, garment and textile industry and provide trained man power in each of these areas. They can have job as CAD assistants, who have to cut sample according to specification of the designer & CAM designers sample cutting assistant, pattern makers & markers to see that the designs visualized can be converted to a real dress. Skills in fiber & fabric testing are imparted.



- Exhibitions and workshops on traditional crafts and textiles are organized to provide information related to course of study.
- Parents meeting was organized to discuss the future prospective and placement careers of the out going batch.
- Students were exposed to first hand experience of their field through industrial visits.

Sr. No.	Name of faculty	Activity/Topics	Date	Organizing Agency or institute	Beneficiaries
1	Ms. Alpana Shah Ms. Daxa Sharma	Work shop - Mirror Work and Velvet Work, Expert – Shri M.G. Barot	26/06/18	S.M.P. College Of Home Science.	T.Y.TC Students – 22
2	Ms. Alpana Shah Ms. Komal Vaghela	Extension Activity- Stain removable and Jewelry Making from fabric.	19/12/18	NSS Camp At Jol Village.	Village women & 12 T.Y.TC Students
3	Ms. Alpana Shah Dr. Yogesh Vadvala Ms. Daxa Sharma Ms. Komal Vaghela Ms. Megha Purohit	Educational Visit –Cum- Work Shop Discharge and Block Printing	02/01/19	Kishan Block Printers, Undel, Khambhat	S.Y.,T.Y. and FDM TC 47 Students
4	Ms. Alpana Shah Ms. Daxa Sharma Ms. Komal Vaghela	Work Shop - Developing a Portfolio, resource person- Ms. Divya Shah	30/01/19	S.M.P. College Of Home Science	S.Y.,T.Y. TC 46 Students
5	Ms. Alpana Shah Ms. Komal Vaghela Ms. Megha Purohit	Visit to Exhibition- Traditional Indian Embroideries.	31/01/19	National Hand loom and Handicrafts, Anand	S.Y.B.Sc.TC major 25 students

Department of Human Development

Graduates of the Human Development program find career as active, dynamic, and versatile human service professionals. This department offers training of special interest to those considering admission to graduate or professional schools and careers in medicine, law, education, counselling, clinical psychology, public health, public policy, public administration, or social work.



- On 12th January, 2019 was celebrated 'Food festival' was celebrated in college and skill development program was also organized.
- On 15th January, 2019 visit to PHC, Bakrol & Doll House was arranged.



S. No	Name of Faculty	Topics /Activity	Date	Organizing Agency/Institute	Beneficiary
1.	Dr.Sharda Joshi Dr.Mittal Barot	Skill learning workshop on demonstration of mirror work (Abhla) and velvet work	26/6/18	Dept of Human Development	T.Y.Students 29
2.	Dr.Sharda Joshi Dr.Mittal Barot	Celebrated World breastfeeding day on 1 st	1/8/18	F.N. and H.D. Department	T.Y.Students 29 FN 50
3.	Dr.Sharda Joshi Dr.Mittal Barot	Educational visit of Doll House in Bhramjyot, Anupam mission	07/08/18	Dept of Human Development	T.Y.Students 26
4.	Dr.Sharda Joshi Dr.Mittal Barot	Educational visit of Doll House in Bhramjyot, Anupam Mission	08/08/18	Dept of Human Development	S.Y.Student s 29
5.	Dr.Sharda Joshi Dr.Mittal Barot	Balwadi Day celebration Talk by Darshna Shah, (Psychologist) Anand "on Parental guidance for young Children".	14/9/18	Dept of Human Development	Balwadi Parents T.Y.Students 26
6.	Dr.Mittal Barot Dr.Sharda Joshi	Competition for parents on Snacks making for young children	14/9/18	Dept of Human Development	Balwadi Parents
7.	Dr.Sharda Joshi Dr.Mittal Barot	Celebrated Children's day(India) distribution of old clothes among poor people of construction area	14/11/19	Dept of Human Development	Community people 23
8.	Dr.Sharda Joshi Dr.Sharda Joshi	World handicapped day on 3 rd December :Poster Competition on Special need children	3/12/19	Dept of Human Development	S.Y. and T.Y.Students 29

S. No	Name of Faculty	Topics /Activity	Date	Organizing Agency/Institute	Beneficiary
9.	Dr.Sharda Joshi Dr.Mittal Barot	Slogan making competition(area of Human Development)	4/1/19	Dept of Human Development	T.Y.Students 26
10	Dr.Sharda Joshi Dr.Mittal Barot	Educational visit. Tribhuvandas Foundation, Tapovan and Child helpline center and Joyland for handicapped Children	8/1/19	Dept of Human Development	T.Y.Students 26
11	Dr.Mittal Barot Dr.Sharda Joshi	Educational visit Children home for boys,Samaj suraksha khatu, V.V.Nagar	17/1/19	Dept of Human Development	T.Y.Students 26
12	Dr.Sharda Joshi Dr.Mittal Barot	Food festival for T.Y. H.D.students	19/1/19	Dept of Human Development	T.Y.Students 26
13	Dr.Sharda Joshi	Cleaning in Lab and surroundings area of HD Lab	25/1/19	Dept of Human Development	S.Y.Students 29
14	Dr.Mittal Barot Dr.Sharda Joshi	Cleaning in Lab and surroundings area of HD Lab	25/1/19	Dept of Human Development	S.Y.Students 29
15	Dr.Mittal Barot Dr.Sharda Joshi	Educational visit and Lecture by Dr.Rajesh Patel on Vaccination and healthy life Bakrol, PHC Center	28/1/19	Dept of Human Development	S.Y.Students 29
16	Dr.Sharda Joshi Dr.Mittal Barot	Organized Guest lecture on Children With Special Needs by Deelip Sharma Department of Psychology, Special Education S.P.U.	19/2/19	Dept of Human Development	S.Y.Students 29 T.Y.Students 26
17	Dr.Sharda Joshi Dr.Mittal Barot	Talk on Financial management in entrepreneur. Guest: Professor Rajubhai Rathod	25/2/19	F.R.M.Dept.	T.Y.HD, FRM,S.Y.F.S Q.C. Students

FOOD AND NUTRITION DEPARTMENT

The Food and Nutrition Department holds seminars, workshops, lectures by eminent nutritionists from time to time to widen the horizon of the students. The department is actively engaged in community-based programmes for imparting nutrition and health message to the rural area. The student gets knowledge of food science, nutritional biochemistry, diet therapy as well as food processing.



- From 1st - 7th August 2018," INTERNATIONAL MOTHER'S MILK WEEK" was held at S. M. Patel College of Home Science. All third-year student of Foods and Nutrition were imparted knowledge on roll of breast feeding in growth and development of a child.
- On 1st - 7th September-2018," NATIONAL NUTRITION WEEK" was celebrated. As a part of celebration skit, role play were conducted by final year students in Sunav.
- On 10th January -2019," INDIAN DIETETICS DAY" was celebrated. A well known dietician Navnidhi Vyas from Sterling Hospital, Baroda threw light on 'Role of Clinical Dietitian in Recent Times'.

Sr. No.	Activities	Date	Topic	Beneficiaries	Incharge faculty	
1	Breast Feeding Week 1 to 7 August 2018					
	Breast Feeding Week	1/8 to 7/8/18	Display and exhibition of posters	College students (S.Y.)	Ms. Vijaya Agarwal	
		1 /8/18	Lecture by Dr. Trushar Parikh on Breast Feeding	T.Y. FN. & FSQC & HD	Ms. Minal Chauhan	Ms.Vijaya Agarwal
		4 /8/18	Growth monitoring By Parul Parmar	S.Y. B.Sc.	Ms. Vijaya Agarwal	Ms.Minal Chauhan
		1/8 to 7/8/18	Article in news paper "Maa no duddh badak na ghadtar no payo' In Charotar no Awaz news paper	Local public	Ms.Minal Chauhan	
2	National Nutrition Week 1 to 7 September 2018					
	National Nutrition Week	1/9/18	<ul style="list-style-type: none"> Display of Chart And Posters Banner and Theme display Nutrition Alphabets 	F.Y.,S.Y. and T.Y.B.Sc students	Ms. Shazia Sharma	Tanvi Makwana
		1/9/18	<ul style="list-style-type: none"> Recipe competition for Alumini Topic : Packed lunch for working women Interaction of Alumni with T.Y.B.Sc F.N. Students 	T.Y.B.Sc Students	Ms. Tanvi Makwana	
		1/9/18 10/8/18	<ul style="list-style-type: none"> Talk on "Sustainable development goals" by Ms. Tanvi Makwana. Lecture by Ms.Minal Chauhan on physiology of Milk secretion and importance of mothers milk 	Anganwadi workers of Ghatak : 3	Ms. Tanvi Makwana Ms.Minal Chauhan	

Sr. No.	Activities	Date	Topic	Beneficiaries	Incharge faculty	
		1/9/18 10/8/18	<ul style="list-style-type: none"> • Skit performance by S.Y. F.N. Students On "Women empowerment". • Demonstration of Nutri -packed lunch recipes by S.Y. F.N.Students 		Ms.Tanvi Makwana	
		25/9/18	<ul style="list-style-type: none"> • Talk on importance of breakfast by Ms. Tanvi Makwana • Demonstration of Nutri -packed lunch recipes by T.Y. F.N. Students • Skit on Junk Food by T.Y.B.Sc FSQC Students 	Students and Parents of English medium School, Sunav	Ms.Shazia Sharma	
		20/11/18	<ul style="list-style-type: none"> • FSSAI –Eat right movement Talk by Ms. Tanvi Makwana on Food Habits & health Distribution of leaflets on diet in different diseases Ms Minal Chauhan were part of rally 	General Public of Nadiad	Ms.Shazia Sharma	Minal Chauhan Tanvi Makwana Vijaya Agarwal Dr.Bhavana Chauhan
3	Days					
		9/1/19	Indian Dietetic day Lecture by Dietitian Ms.Navnidhi Vyas Sterling Hospital Baroda on 'Role of Clinical dietitian in recent times'	TYB.Sc Students	Ms. Shazia Sharma	Ms.Minal Chauhan Ms.Tanvi Makwana Ms.Vijaya Agarwal Dr.Bhavana Chauhan

Sr. No.	Activities	Date	Topic	Beneficiaries	Incharge faculty	
		20/10/18	World Osteoporosis day lecture on "Management of Osteoporosis through diet"	Men and women of Nadiad City	Ms.Minal Chauhan	
4	Certificate Coures	16 to 18/ 4/19	"Basic cookery" By Harshmeet Singh Entrepreneur	SYFSQC students	Tanvi Makwana Vijaya Agarwal	
5	P.T.M	January 2019	Parents teachers meeting	T.Y. B.Sc. Students	Shazia Sharma	Ms.Minal chauhan Ms.Tanvi Makwana Ms.Vijaya Agarwal Dr.Bhavan a Chauhan
6	Educational trip	10/1/19	Visit to Asian Foods and Sunfeast factory	T.Y.B.Sc. FN and FSQC Students	Minal Chauhan Shazia Sharma	Ms.Vijaya Agarwal
7	Awareness programme in Community	January 2019	Demonstration of Pickle at Jhol Village in Annual NSS Camp	Community	Tanvi Makwana	Shazia Sharma
8	Workshop	20/8/18	Workshop on osteoporosis prevention & awareness on Drumstick leaves & Ragi incorporated recipes to Anganwadi workers	Anganwadi workers	Ms.Minal Chauhan	

Sr. No.	Activities	Date	Topic	Beneficiaries	Incharge faculty	
9	Continuous Nutrition Education	16/12/18	State level CNE on Importance of Nutrition in Clinical Care in collaboration with IDA Gujarat Chapter	Students and Dietitians of Gujarat	Shazia Sharma	Ms.Minal chauhan Ms.Tanvi Makwana Ms.Vijaya Agarwal Dr.Bhavana Chauhan
10	Lecture and demonstration of diet Cal Software	22/2/19	Lecture by Ms.Gurdeep kaur dietitian AIIMS Delhi on Kidney diseases and demonstration of Diet Cal software	Students and dietitians of Anand	Tanvi Makwana	
11	MOU with Rotary Anand Milk City		Development of Nutritious snackbar Lecture on Nutrition for Pregnant women	Pregnant and lactating women of Sangodpura Anganwadi	Ms.Minal Chauhan Ms.Vijaya Agarwal	Ms.Shazia Sharma Ms.Minal Chauhan Ms.Tanvi Makwana Dr.Bhavana Chauhan

Family Resource Management Department

The Family Resource Management department is suitable for those who have good communication and interpersonal skills, human nature, soft temperament and are analytical in thoughts. They can also go for social work programs being undertaken by various NGOs. Degree program prepares students for future managing community resources to meet the needs of changing populations by offering courses in human development, consumer economics and family relations.



- “CONSUMER WEEK” was celebrated in college, according to celebration Family Resources Management department arranged activities like Rangoli on consumer awareness and spread awareness by skit play.
- On 10th January -2019, the department arranged a Visit at Prakriti Resort, Vadodara.



Sr. No	Name of Faculty	Topics /Activity	Date	Organizing Agency/Institute	Beneficiary
1	Dr. Nidhi Gupta	Guest Lecture by Dhaval Patel VNC on BEAT PLASTICS	02/07/18	Vidyanagar Nature Club	F.Y.B.Sc. Students
2	Ms. Sushma Batra	Workshop on Digital banking Operations and Applications By Branch manager BOI Jigar Joshi	31/08 18	Bank of Baroda	Students with ATM cards
3	Ms. Sushma Batra Dr.Nidhi Gupta Ms. Kalpana Srivastava	Field visit to Clay Art	1/09/18	S M Patel College of Home Science	S.Y.FRM, T.Y.FRM and Interior Students
4	Dr. Nidhi Gupta	Guest lecture on Introduction to Ergonomics By Dr. Suman Singh	06/09/18	S M Patel College of Home Science	S.Y. FRM and T.Y.FRM students
5	Dr. Nidhi Gupta	Field visit to Modular Kitchen Vendors	27/09/18	S M Patel College of Home Science	T.Y. FRM students
6	Ms. Sushma Batra Ms. Kalpana Srivastava	Exhibition 'Abhivruti'	08/10/18	FRM department, S M Patel College of Home Science	Interiors and T.Y. FRM students
7	Ms. Sushma Batra	Workshop on Mural making decorating pottery	11-13/10/18	S M Patel College of Home Science	Interior students
8	All faculties	Introduced Earn while you learn activity by Asst. Manager Ms. Bhamini Amin, Madhubhan Resort and Spa	27/10/18	S M Patel College of Home Science in collaboration with Madhubhan Resort and Spa, Vallabh Vidyanagar	S.Y. and T.Y.FRM students

Sr. No	Name of Faculty	Topics /Activity	Date	Organizing Agency/Institute	Beneficiary
9	Dr. Nidhi Gupta	Workshop on 3 D Model Making by Mr. Ravi Patel SMAID College New Vallabh Vidyanagar	17- 18/12/18	SMAID College New Vallabh Vidyanagar	T.Y. FRM students
10	Dr. Nidhi Gupta	Visit to see the exhibition of Building material	19/12/18	SMAID College New Vallabh Vidyanagar	T.Y.FRM students
Consumer Week Celebration (24 th Dec. to 30 th Dec.)					
11	All Faculties	Participated in programme on consumer awareness in collaboration with Grahak Suraksha Mandal Talk by S.C. Kapasia (president, Grahak Suraksha Mandal and Deputy Collector	24/12/17	Grahak Suraksha Mandal and Jagnath Gurukul	S.Y. and T.Y.FRM students
12	Ms. Kalpana Srivastava	Rangoli Competition	26/12/18	S M Patel College of Home Science	All students
13	Ms. Sushma Batra	Dum Sharades on Consumer Awareness	27/12/18	S M Patel College of Home Science	S.Y. students
14	Dr. Nidhi Gupta	Guest Lecture on 'Consumer Education' By Dr. Urvashi Mishra Department of Community and Family Science M.S. University Vadodara	28/12/18	S M Patel College of Home Science	F.Y. B.Sc. students



Sr. No	Name of Faculty	Topics /Activity	Date	Organizing Agency/Institute	Beneficiary
15	Dr. Padmaja Puppala	Elocution Competition Topic: Consumer is the king in today's market	29/12/18	S M Patel College of Home Science	All Students
16	Ms. Sushma Batra Dr. Nidhi Gupta Ms. Kalpana Srivastava	Educational Tour to Prakruti Resort and Hotel Lord Revival Inn	10/01/19	FRM Department in collaboration with Prakruti Resort and Hotel Lord Revival Inn	S.Y. and T.Y.FRM students
17	Dr. Nidhi Gupta Ms. Kalpana Srivastava	Sanshodhanmah Workshop on Developing Research Culture	22/01/19	S M Patel College of Home Science	T.Y.FRM students
18	Ms. Sushma Batra Dr. Nidhi Gupta Dr. Padmaja Puppala	Workshop on Assessing Physiological Workload	04/02/19	S M Patel College of Home Science	T.Y.FRM & Interiors and sport nutrition students
19	Ms. Kalpana Srivastava	Workshop on Flower Arrangement in collaboration with Inner Wheel Club	09/02/19	Art and Design lab	Community and students
20		Visit to an exhibition of models sketches and drawings Akruti organized by SMAID	08/02/19	Exhibition Hall of Museum, S.P. University	S.Y. and T.Y.FRM students

Sr. No	Name of Faculty	Topics /Activity	Date	Organizing Agency/Institute	Beneficiary
21	Ms. Kalpana Srivastava	Field visit to Kailash Nursery	19/02/19	Anand	S.Y. FRM students
22	Dr. Padmaja Puppala	Community outreach programmes Demonstration of income generating activities Role plays on consumer education		Trikam Saheb Mandir community Nana Bazar	Community
23	Dr. Nidhi Gupta Dr. Padmaja Puppala	Guest Lecture on Managing Finance for small Scale Industry By Dr. Raju Rathod Professor P.G. Department of Business Studies	25/02/19	Auditorium	T.Y.FRM, T.Y.HD and S.Y. FSQC students



Activities and Competitions of 2018-2019

Activities Conducted by the Vice President: **Ms.Vijaya Agarwal**

Date	Nature of Activity	Title of the Activity	Details of Resource Persons	Brief Report of the Activity
8/7/18	Awareness on Environment Protection	Environment awareness and protection programme	Mr. Dhaval Patel, Managing Trusty of Vidyanagar Nature Club	An environment awareness and protection programme in collaboration with Vidyanagar Nature Club. The main emphasis of the programme was laid on to reduce the use of plastic.
10/7/18	Orientation Programme	"Abhisanskaran"	Ms. Komal Vyas, Deputy Suprintendent of Police of Anand, Chairman of Charutar Vidya Mandal Er. Bhikhubhai Patel	Orientation of students and motivated the students to do best through out the year. Introduced all the Department and teachers of the college with the help of presentations the students were made familiar with the infrastructure of the college.
10/7/18	Sapth Dhara Orientation	Introducing the Saptdhara committee of the college.	Dr. Bhavana Chauhan Principal of S. M. Patel College of Home Science & All Dhara Incharges	All the dhara incharges of respective dharas were explained in detail. The activities that are organized under each dharas were explained in detail. The programme was successful to motivate the students to participate in all the activities.
20/7/18	Freedom Fighter Mangal Pandey Celebration	Birth Anniversary of Martyr Mangal Pandey	Mr Dharmendra Pathak National Religion Promoter	'Rastrakatha' programme was conducted by the Vice President of Cultural co-ordinator. Students of the college actively participated in this event and made the event a grand success.

Date	Nature of Activity	Title of the Activity	Details of Resource Persons	Brief Report of the Activity
26/7/18	Population Day Celebration		Ms. Tanvi Makwana	Speech on the various health policies of government and to discuss various issues faced by the country due to increase in population to reach out to underserved communities with the message on family planning.
27/7/18	Guru Purnima Celebration		Ms. Vijaya Agarwal	A special assembly was conducted, marked by giving a rose to all the teachers and staff as a token of their reverence and gratitude for showing the students the right path throughout the year. The teachers of the college share their feeling by encouraging the students to do good. The celebration was truly significant in making each staff member feel special for their role in ensuring the all round development and well being of the students.
1/8/18	Central Committee Declaration		Dr. Bhavana Chauhan Ms. Vijaya Agarwal	Introduced whole staff, teachers and guest faculty of the college and all the saptdhara incharges and other portfolio incharges to the students of the colleges.
1/8/18	Leadership Workshop	"Lead from the front"	Ms. Vijaya Agarwal, National Trainer	The aim of the workshop was to acquire the skills and the knowledge to solve different concerns of students, representing students and their grievances to the administration, balancing time between studies and leadership, how to address students in case of any issues arising



Date	Nature of Activity	Title of the Activity	Details of Resource Persons	Brief Report of the Activity
15/8/18	Independence Day Celebration	Celebrated 72nd Independence Day		The national anthem echoed in the entire campus. The celebration was followed further with cultural program. Few students of college set their pitch for the celebration which enthralled the audience the audience with the patriotic song they sang. At last but not the least the students were distributed sweets.
4/9/18	Greeting Card Competition			The theme was based on "Teacher's Day". All the students of the college participated in a large amount of number with great enthusiasm. The cards they made showed their love and gratitude towards the teachers. A blend of remarkable creativity and imagination was displayed by children enthusiastically.
5/9/2018	Teacher's Day Celebration	"Guru Achharya Namah"	Mr. Bhavesh Patel, Kulpati of Charutar Vidya Mandal	The whole celebration was divided into two parts: formal event and informal event. All the students gave the staff and teachers a handmade flower and a card that was handmade by students in Greeting Card Competition. They also entertained teachers by arranging fun games for them. They indicated that, teachers play a vital role in making their pupil accountable citizens of tomorrow and wonderful human beings. They are the cornerstone of students' future and there's nothing worth enough to gratify them for their selfless service and commitment.

Date	Nature of Activity	Title of the Activity	Details of Resource Persons	Brief Report of the Activity
12/9/18	Inter Class Photography Competition	"Snap Shot"		The very purpose of photography competition was to identify the best photographer and to provide them opportunity to participate in a photography workshop. It was as creative event in which the participants got to capture photos of their choices' theme and submit the photographs
12/9/18	Ganpati Display	"Gaurisuta"		The main purpose of the event was to provide the students a platform where they can show their creativity and talent. The participants made Ganpati from environment friendly things. Innovative hands and imaginative minds came together in a creative burst of energy. Mind- blowing, beyond expectation, fantabulous ideas were demonstrated by students
22/9/18	Workshop on Road Safety	Traffic Awareness Camp	Honda	The students were briefed about various traffic rules that should be followed in order to maintain safety on roads. They were encouraged to follow the rules because even the slightest of mistakes on road, made lead to fatal accidents. The students were told to wear safety equipments like helmet, knee pad and elbow pad while cycling and driving two wheel vehicles.
3/10/18 to 4/10/18	Youth Fest			An inter college cultural competition conducted by the Sardar Patel University for the colleges affiliated to Gujarat University. It promotes culture among students in fields such as Dance, Theatre, Music, Fine Arts and Literary events.

Date	Nature of Activity	Title of the Activity	Details of Resource Persons	Brief Report of the Activity
8/10/18	Navratri Celebration	Ratri Before Navratri Celebration	<ul style="list-style-type: none"> · Er. Bhikhubhai Patel Chiarman of CVM · Dr. S. G. Patel Secretary of CVM · Mr. B. P. Patel · Mr. Mehulbhai Patel Joint Secretaries of CVM · Ms. Vinodiniben Patel 	The event was well attended by the enthusiastic students, teachers and staff members in traditional grooming. All the students of the college cherished the celebration with a vibrant dancing style of Garba and Dandiya Raas.
19/12/18	Talk on Red Revolution	A Workshop on Red Revolution	Dr. Amisha Mehta from Vapi	2 hours of workshop in collaboration with Rotary Anand Milk City (RAM) and Inner Wheel Club Anand on Red Revolution. The workshop was aimed to know the choices of supplies a student makes for the menstrual days. The purpose was to convince students to switch the Synthetic or cotton sanitary pads to cloth sanitary pad.
21/12/18	Tree Plantation Programme			The main aim of this drive was to spread and creat awareness to protect the environment from degrading. The teachers selected the empty place in Jod to plant saplings in a well organised way. In order to restore the eco-balance of the afforestation drive was taken with all seriousness.
22/12/18	Enrollment Drive Programme	Adhishthapan	All the Department Faculties	The purpose of this innovative drive is to improve the enrollment of girls in the college in the upcoming academic year. R.P.T.P. High School (Sci. Stream), T.V.Patel High School (Arts & Commerce Stream) Girls. were invited to the college and were oriental.

Date	Nature of Activity	Title of the Activity	Details of Resource Persons	Brief Report of the Activity
29/12/18	Inaguration function	Inaguration of Auditorium	Mr. Manish Patel Vice President of Charutar Vidya Mandal	The newly refurbished Auditorium was inaugurated.
29/12/18	A workshop	Etiquettes and Grooming for Supportive Staff	Ms. Vijaya Agarwal, National Trainer	The workshop was held under two sessions etiquettes and personal grooming. In Etiquettes session, the participants learnt how to interact and converse socially, topics to avoid, effective introductions, greetings, body language and posture. Personal grooming session impressed upon them the importance of personal hygiene, body/skin, and eliminate wrong habits like smoking and understanding the correct way of dressing.
02/1/19	Tablet distribution	Distribution of NAMO e-TAB to the FY Students		Under the scheme NAMO e-TAB which stands for New Avenues of Modern Education Through Tablets. The tablets were given at a token rate of Rs. 1,000 a piece under Digital India project. 98 students registered & received the tables.
26/1/19	Republic Day Celebration	70 th Republic Day	Dr. Bhavana Chauhan	The ceremony commenced with the unfurling of the National Flag by Dr. Bhavana Chauhan, Principal of the college. This was accompanied by the rendition of the National Anthem.
08/2/19	Enrollment Drive Programme	'Adhisthaapan'		The 12th grade girls of C. V. M. Higher Secondary Vocational Stream Home Science. The purpose of this innovative drive was to improve the enrollment of girls in the college in the upcoming academic year.

Date	Nature of Activity	Title of the Activity	Details of Resource Persons	Brief Report of the Activity
19/02/19	Tablet Distribution	Distribution of Deworming Tablet		Spread awareness about maintaining personal hygiene in the account of National De-worming Day. De-worming tablets (T. Albendazole, 400 mg) were given to students, teachers, supportive staff and non-teaching staff.
21/2/19 to 28/2/19	Febrero Fiestas	Different days celebration		Days' celebration has always been very exciting segment of college life for all students. And so S. M. Patel College of Home Science also celebrated days 'Febrero Fiestas'.
23/02/19	Interactive Session on Gender Sensitization	A talk on Gender Sensitization	Ms. Madhuri Ravishankar, Principal of Vasantiben and Chandubhai Patel English School	The purpose of the talk was to create awareness about gender issues and working towards and to create an enabling environment of gender justice where men and women can work together with a sense of personal security and dignity. Gender sensitization is a practice of changing behaviour and installing empathy into the views that are hold by the teachers and parents.
28/02/19	Annual Day	ANNUAL DAY CELEBRATION 'ORNATE-48'	<ul style="list-style-type: none"> Mr. K. B. Upadhyay Er. Bhikhubhai Patel, Chairman of CVM Dr. S. G. Patel, Honorary Secretary of CVM 	Annual curricular and cocurricular report were presented by Dr. Bhavana Chauhan, Principal of the college highlighting the achievements of the institute, students and faculty member during the academic year 2018-2019. Later Saptdhara Activity Report was presented by Ms. Vijaya Agarwal, Vice President of students council. On the basis of academic performances medals were awarded to the meritorious students for their commendable performance during the academic year 2017-2018. The students were awarded for the outstanding achievements in the curricular and co-curricular.

Date	Nature of Activity	Title of the Activity	Details of Resource Persons	Brief Report of the Activity
28/02/19	Talent Evening	Talenteen 'O'		'Great ability develops and reveals itself increasingly with every new assignment.' The students have an ocean of hidden talent amongst them and it was displayed. The main purpose behind organizing these events was to nurture the intrinsic qualities of students and remove the fear of stage among them, which helps in personality development too.
01/03/19	Prize Distribution		<ul style="list-style-type: none"> · Mr. Kamlesh Shah · Mr. Bharwad 	It was a pride day for the students. It gave them chance to show their worth. The successful students in various fields such as Sports, Education, Cultural Programs were honored in function
01/03/19	Parents' Teacher Meeting		All the Department Faculty Members	One to one interaction between parents and teacher handling classes and mentors was done. Discussions were focused on student's specific strength and weakness in individual subjects, their discipline in classes, and their future career and goals. Feedback Forms from the parents were collected. Also parents expressed their happiness for having their ward studying in the esteemed college.
08/03/19	Women's Day Celebration		Mr. Gadhvi, Principal of Nalini Arts College Mr. Himachal Bhutak 'MODE'	Mr. Gadhvi conducted a highly interactive and enjoyable session. He shared few facts in the talk about the monumental contributions of females to the society. Also Mr. Himachal Bhutak of MODE paid tribute to the indomitable spirit of womens' across the globe. He addressed that there should be a balance between career and family. He also addressed young females should know their right to defend themselves and be careful against crimes.



SAPT DHARA REPORT

Knowledge Consortium of Gujarat,

The Government of Gujarat has taken an excellent initiative by introducing the “Sapt Dhara” concept in colleges where in, the extra-curricular activities are carried out by students under the mentorship of assigned faculty members.

The concept of Sapt Dhara is “For the students, by the students and of the students”, where in, the over all development of students intakes place. Skills like leadership, team building, interpersonal communication skills, conflict resolvment, anger management, managerial skills and various aspects bloom while they participate in the whole process.

The Student central committee works under the vice president. Overall the team is under the principal's mentorship.

The Sapt Dharas are as follows: -

- **KALA KAUSHALYA DHARA**
- **GYAN DHARA**
- **SARJANATMAK ABHIVYAKTI DHARA**
- **NATYA DHARA**
- **VYAYAM, YOGA AND KHELKOD DHARA**
- **SAMUDAYIK SEVA DHARA- NCC**
- **SAMUDAYIK SEVA DHARA- NSS**

KALA KAUSHALYA DHARA

Ms. Trusha Lad



KALA KAUSHALYA DHARA

Sr. No	Date	Event	Topic	Organizer	Student Participant	Winners
1.	11/07/18	Inter college poster competition	Population explosion & family planning	Community Science Centre and N. H. Patel College of Education	01	3 rd Ms. Shruti Roy
2.	05/08/18	(1) Rally (2) Poster Making Competition	No Plastic	Rotary Club Anand Round Town, Inner Wheel Club, Anand	1. Minal Solanki (SY FRM) 2. Kajal Dave (SY FN)	
3.	09/08/18	Poster	1) No Plastic 2) Save Environment 3) National Integration	S. M. Patel College of Home Science	20	1 st Maitry Shah (SY TC) 2 nd Dhruvi Patel (SY FSQC) 3 rd Himani Doshi (SY FN) Consolation: Kajal Dave
4.	10/08/18	Painting	1) Indradhanush /Vibgyour 2) Natural Disaster	S. M. Patel College of Home Science	8	1 st Krisha R. Goswami (FY B. Sc.) 2 nd Arwa Khanrahimwala (SY TC) 3 rd Bhumi Chavda (FY FSQC)
5.	11/08/18	Best out of waste		S. M. Patel College of Home Science	6	1 st Farhin Vahora 2 nd Hetvi Patel (SY TC) Consolation: Shivani Patel
6.	11/08/18	Collage Making	1) Computer and Human being 2) Save Earth 3) Festival of India	S. M. Patel College of Home Science	12	1 st Maitry B. Shah (SY TC) 2 nd Nancy N. Patel 3 rd Roshani D. Patel

Sr. No	Date	Event	Topic	Organizer	Student Participant	Winners
7	13/08/18	Cartooning	1) Digital India 2) Rainy Day 3) Political/popular figure	S. M. Patel College of Home Science	8	1 st Arwa K. Khanrahimwala (SY TC) 2 nd Indiraben B. Pateliya (FY B. Sc.)
8	13/08/18	Tattoo Making		S. M. Patel College of Home Science	9	1 st Shivani R. Patel (TY TC) 2 nd Mansi P. Chauhan (FY B.Sc.)
9	14/08/18	Clay Modeling	1) Lord Ganesha 2) National Leader	S. M. Patel College of Home Science	14	1 st Shivani R. Patel (TY TC) 2 nd Zankhana N. Mali 3 rd Shivani H. Suthar Consolation : Mayuri M Prajapati (TY FRM)
10	14/08/18	Rangoli	1) National Integration 2) Clean India 3) Traditional	S. M. Patel College of Home Science	19	1 st Avani Sharma (SY FSQC) Ushmita Chawra Juhi Chawla Tanvi Parmar 2 nd Bhumi Chavda (FY FSQC) 3 rd Manali Raut (TY TC) Megha Nikumb Jinal Mehta Consolation: Kajal Panchal (TY TC) Hinal Mavani
11	5/09/18	Inter College Poster Competition	1) Teacher is a Multitasker	Waymade college of Education, Bakrol	1. Maitry Shah 2. Shruti Shah (SY TC)	3 rd Maitry Shah

Sr. No	Date	Event	Topic	Organizer	Student Participant	Winners
12	27/09/18	Poster	1) Incredible India	C. Z. Patel College of Business and Management	1. Maitry Shah 2. Krisha Goswami	
13	08/10/18	Arti Thali Decoration		S. M. Patel College of Home Science	10	1 st Nancy N. Patel 2 nd Dishu B. Dave 3 rd Milauni D Parmar (FY B. Sc.)
		Matki Decoration		S. M. Patel College of Home Science	12	1 st Priya P. Patel 2 nd Krishna Patel (TY FN) 3 rd Milauni D. Parmar
14	03/10/18	Painting Poster	1) My Dream 2) Visit of Musium 3) Library 1) Voting Awareness 2) Yoga 3) Traffic Awareness	Youth Festival Sardar Patel University	Krisha Goswami Maitri Shah	
15	04/10/18	Collage Rangoli	1) Sea Shore 2) Festival	Youth Festival Sardar Patel University	Avani Sharma (SY FSQC) Bhumi Chavda	
16	05/10/18	Spot Photography	1) Window 2) Water	Youth Festival Sardar Patel University	Dulari Adesara (FY B.Sc.)	
17	13/02/18	Best out of waste		Waymade college of Education, Bakrol	Shivani Patel (TY TC)	

GYAN DHARA

Ms. Kalpana Srivastava

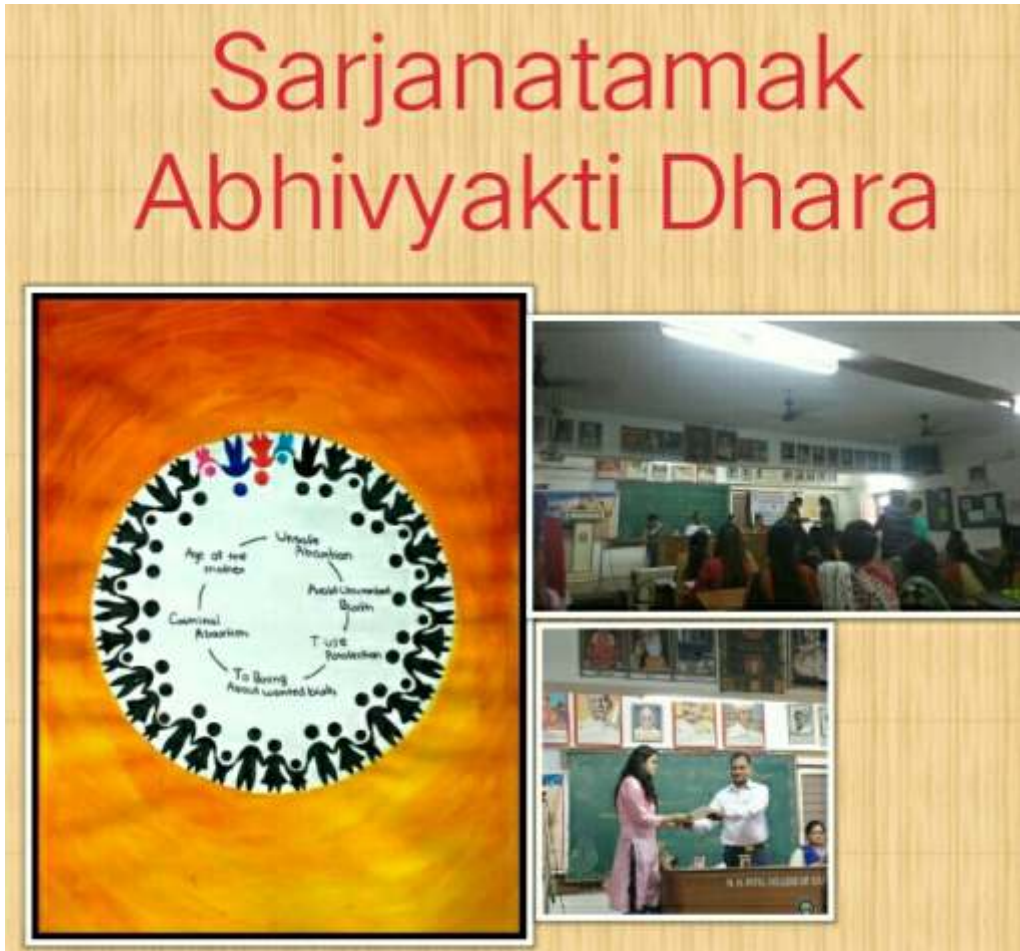


GYAN DHARA

S. No	Topics /Activity	Date	Organizing Agency/Institute	Beneficiary students
1.	All India Level Essay Competition on "A mind all logic is like a knife all blade. It makes the hand bleed that uses it." - Rabindranath Tagore	12/07/18	Ram Chandra Mission, Anand Branch, India	53 students of FY, SY & TY B.Sc.(Home) One student got 3 rd rank at State level and five got rank at District level.
2.	An essay writing competition on "My Ideal National Leader: Who & Why?"	06/09/18	PG Dept. of Economics, Sardar Patel University	One student of TY B.Sc. participated in the competition.
3.	A State level essay competition "National Integration & Communal Harmony".	24/09/18	Knowledge Consortium Of Gujarat (KCG)	16 students of FY, SY & TY B.Sc. (Home) participated and 3 students got 1 st , 2 nd & 3 rd position.
4.	"EDUFESTA" participated in GK & Bollywood quiz	18/01/19	ILSSAS College, V.V.Nagar	14 students of FY, SY & TY B.Sc.(Home) participated.
5.	Arbindo Annual Shibir, Pondicherry	12/01/19	Sardar Patel University, V.V.Nagar	2 students of SY (FN) were selected & attended the Shibir.

SARJANATMAK ABHIVYAKTI DHARA

Ms. Alpana Shah



SARJANATMAK ABHIVYAKTI DHARA

DAY & DATE	ACTIVITY	PARTICIPANTS	TOPIC	PLACE/DESTINATION
11/07/2018	Inter College Debate competition organized by C. C Patel Community Science Centre and N.H. Patel college of Education	Yashshvi Brahmbhatt secured 1st prize; 02 students participated	"Family Planning is an effective solution to Control Over Population."	N. H Patel College of Education , Bhalej Road, Anand
10/08/2018	Interclass Elocution Competition	I prize-Yashshvi Brahmbhatt II prize-Simran Kumavat III prize-Divya Mahaskar ; 18 participants	"In the opinion of house, Bottled water should be banned."	S.M Patel College Of Home Science
21/08/2018	Workshop	60 participants and Central Committees	"Blog Writing" Resource person Mr. Rahul Jataniya	S.M Patel College Of Home Science
05/09/2018	Inter College Elocution Competition	02 students	"Teacher as a torch Bearer in global world	WAYMADE College of Education, Vallabh Vidyanagar
08/09/2018	Talk organized by CVM non academic forum	13 students	"Becoming an Author"	N.V .Patel Auditorium
22/12/2018	Competition	21 Central Committee students I prize- Shruti Patel II prize-Krishna Vyas II prize-Riya Patel	Writing "Sweet Memories"	S.M Patel College Of Home College



DAY & DATE	ACTIVITY	PARTICIPANTS	TOPIC	PLACE/DESTINATION
09/01/2019	Intercollege Debate Competition	<p>14 teams from various colleges of Anand and Vallabh Vidyanagar</p> <p>1st prize-Gunjan Verma (ILSASS)</p> <p>2nd prize-Divya Mahaskar (S. M Patel college of Home Science)</p> <p>3rd prize-Mr.Shivang Thakkar (SEMCOM) AND</p> <p>3rd prize-Riddhi Patel(MBICT)</p> <p>*Rotating Shield,2018-19 won by ILSASS College</p>	<p>"In the opinion of the house, College attendance should not be made compulsory."</p>	S. M Patel College of Home Science (Auditorium)

NATYA DHARA
Ms. Tanvi Makwana



S. M. Patel College of Home Science
Natya Dhara
Skit Competition, 14th August 2018



**NATYA DHARA**

S. No.	Topic/Activity	Date	Organizing Agency/Institute	Beneficiary Students
1	Collection of students names for Natya dhara & club	28/07/18	S.M. Patel college of Home science	F.Y, S.Y, and T.Y.B.Sc.
2	Introductory meeting with Natyadhara club participants	04/08/18		F.Y, S.Y, and T.Y.B.Sc.
3	Script writing competition	09/08/18		F.Y, S.Y, and T.Y.B.Sc.
4	Skit competition	14/08/18		F.Y, S.Y, and T.Y.B.Sc.
5	Ad-enactment under Natya dhara club	11/08/18		F.Y, S.Y, and T.Y.B.Sc.
6	C.D shows on: padi- patode bhat	25/08/18		F.Y.B.Sc.
7	Mono acting under Natya dhara club	01/09/18		F.Y, S.Y, and T.Y.B.Sc.
8	C.D shows on : Jamin	08/09/18		S.Y.B.Sc.
9	Mimicry under Natya dhara club	15/09/18		F.Y, S.Y, and T.Y.B.Sc.
10	C.D shows on Chitralkha	22/09/18		T.Y.B.Sc.
11	C.D shows on Effect of mobile	29/09/18		F.Y, S.Y, and T.Y.B.Sc.
12	Skit competition : Consolation Prize	04/09/18	Nature club, V. V. Nagar	T.Y. B.Sc.
13	Participation in Youth festival : Skit, Mime and Mimicry competition		S. P. University V. V. Nagar	F.Y, S.Y, and T.Y.B.Sc.
14	Participation in competitions	31/07/18	WOMEN CELL	F.Y, S.Y, and T.Y.B.Sc.
15	Short film on “ Women and nature world” : won third prize	04/09/18		F.Y, S.Y, and T.Y.B.Sc.
16	Best logo competition	31/08/18		F.Y, S.Y, and T.Y.B.Sc.

VYAYAM, YOGA AND KHELKOD DHARA

Mr. Ranjit Bhagora



VYAYAM, YOGA AND KHELKOOD DHARA

(A) INTER UNIVERSITY LEVEL PARTICIPATION

Sr. No	Date	Activity	Place	Student Beneficiary	Faculty
1	06-11-18 to 09-11-18	Kabaddi	SRTM University Nanded, Maharashtra	Asmita Jatapara (F.Y.Bsc)	Coach/ Manager: Mr.Pradip Vasava (BJVM College,V.V.Nagar)
2	17-11-18 to 22-11-18	Kho Kho	KBCN Maharashtra University, Jalgaon	Manisha Parmar (F.Y.Bsc)	Coach: Mr.Ranjit Bhagora (S.M.Patel College of Home Science, V.V.Nagar) Manager: Mr.Devshi Zapadiya (Anand Arts College)

(B) INTER COLLEGE EVENTS

Sr. no	Date	Activity	Place	Student Beneficiary	Faculty
1	04-07-18 To 06-07-18	Inter College Badminton Tournament Organized by Sardar Patel University	YUVI Sports complex, Bakrol	04 Students Participated (Quarter Final)	Mr.Ranjit Bhagora
2	10-07-18	Inter College Cross Country Tournament Organized by Sardar Patel University	Sardar Patel Maidan, Bakrol	05 Students Participated	Mr.Ranjit Bhagora
3	16-07-18 To 17-07-18	Inter College Basketball Tournament Organized by Sardar Patel University	YUVI Sports complex, Bakrol	10 Students Participated	Mr.Ranjit Bhagora
4	25-07-18	Inter College Chess Tournament Organized by Sardar Patel University	YUVI Sports complex, Bakrol	06 Students Participated	Mr.Ranjit Bhagora
5	01-08- 18	Inter College Table Tennis Tournament Organized by Sardar Patel University	YUVI Sports complex, Bakrol	04 Students Participated (Quarter Final)	Mr.Ranjit Bhagora
6	07-08-18 To 09-08-18	Inter College Volleyball Tournament Organized by Sardar Patel University	YUVI Sports complex, Bakrol	12 Students Participated	Mr.Ranjit Bhagora

Sr. no	Date	Activity	Place	Student Beneficiary	Faculty
7	17-9-18 To 20-9-18	Inter College Kho Kho Tournament Organized by Sardar Patel University	Sardar Patel Maidan, Bakrol	Third Place 12 Students Participated	Mr.Ranjit Bhagora
8	24-9-18 To 26-9-18	Inter College Kabaddi Tournament Organized by Sardar Patel University	Sardar Patel Maidan, Bakrol	12 Students Participated	Mr.Ranjit Bhagora
9	22-1-19 To 23-1-19	Inter College Athletic Tournament Organized by Sardar Patel University	Sardar Patel Maidan, Bakrol	09 Students Participated	Mr.Ranjit Bhagora

(C) INTER CLASS ACTIVITY

Sr. No	Date	Activity	Place	Student Beneficiary	Faculty
1	17-6-18 to 20-6-18	Yoga Training Workshop (Students & Staff)	College Auditorium & College Ground	325 Student Participated	All Staff & Art of Living team ,Anand
2	21-6-18	International Yoga Day Celebration	Shastri Maidan V.V.Nagar	285 Student Participated	All Staff Members
3	30-6-18	Inter Class Cross Country	Shastri Maidan V.V.Nagar	09 Students Participated	Mr.Ranjit Bhagora Mr.Pradip Vasava (PTI,BJVM & Students)
4	26-6-18	Inter Class Badminton Competition	H.M.Patel Badminton Hall, V.V.Nagar	35 Students Participated	Mr.Ranjit Bhagora Mr.Pradip Vasava (PTI,BJVM & Students)
5	13-7-18	Inter Class Table Tennis Competition	College, Indoor Sports Hall	07 Students Participated	Mr.Ranjit Bhagora
6	14-7-18	Inter Class Chess Competition	College, Indoor Sports Hall	08 Students Participated	Mr.Ranjit Bhagora
7	12-7-18	Inter Class Carom Competition	College, Indoor Sports Hall	37 Students Participated	Mr.Ranjit Bhagora
8	29-8-18	Advance Self Defense Workshop	College Auditorium & College Ground	130 Student Participated	1.Mr.Chetan Fumakiya Pratibha Academy, Anand & Team
9	12-1-19	Annual Sports Day	Shastri Maidan V.V.Nagar	330 Students Participated	All Staff Members



48th Annual Sports Day Report

INDIVIDUAL CHAMPION:

MANISHA V. PARMAR –F. Y. BSc. (TOTAL POINTS-15)

SR.	EVENT	POSITION	NAME OF STUDENTS	ROLL NO	CLASS
1	100 MTR.	I	BHAGWATI K. LIMBANI	18	F.Y.BSC
		II	DIPIKA N. RATHOD	84	T.Y.BSC (FN)
		III	INDIRA B. PATELIYA	38	F.Y.BSC
2	200 MTR.	I	MANISHA V. PARMAR	61	F.Y.BSC
		II	INDIRA B. PATELIYA	38	F.Y.BSC
		III	DIPIKA N. RATHOD	84	T.Y.BSC (FN)
3	400 MTR.	I	MANISHA V. PARMAR	61	F.Y.BSC
		II	ASMITA J. JATAPARA	10	F.Y.BSC
		III	MOTIBA M. CHAUHAN	91	S.Y.BSC (FN)
4	SHORT PUT	I	VRUSHALI SHAH	120	F.Y.BSC
		II	SAMRIN SHAIKH	102	F.Y.BSC
		III	MAYURI BHARWAD	132	F.Y.BSC
5	DISCUSS THROW	I	MAYURI BHARWAD	132	F.Y.BSC
		II	RAMSHA PATHAN	99	F.Y.BSC
		III	KRISHNA MOVADIYA	51	S.Y.BSC
6	JAVELIN THROW	I	MANASVI DAVE	120	F.Y.BSC
		II	VRUSHALI SHAH		F.Y.BSC
		III	JANKI PATEL		S.Y.BSC

SR.	EVENT	POSITION	NAME OF STUDENTS	ROLL NO	CLASS
7	HIGH JUMP	I	MANISHA V. PARMAR	61	F.Y.BSC
		II	INDIRA B. PATELIYA	38	F.Y.BSC
		III	MAYURI BHARWAD	132	F.Y.BSC
8	LONG JUMP	I	KHUSHBU GOSWAMI	48	.Y.BSC
		II	DHRUVI PATEL	304	S.Y.BSC (FSQC)
		III	MAYURI BHARWAD	132	F.Y.BSC
9	LEMON SPOON RACE	I	SIDDHI D.VAGHELA	109	S.Y.BSC (FN)
		II	BANSARI S.PATEL	73	S.Y.BSC (FN)
		III	RAMSHA PATHAN	99	F.Y.BSC
10	THREE LEGS RACE	I	MANISHA PARMAR JHANVI PANCHAL	61 44	F.Y.BSC
		II	DIPIKA RATHOD MOTIBA CHAUHAN	84 84	T.Y.BSC (FN)
		III	BINAL CHAUHAN NILAM JHALA	61 74	T.Y.BSC (FN)
11	SACK RACE	I	HETVI J.PATEL	04	T.Y.BSC (TC)
		II	HINAL A.MAWANI	15	T.Y.BSC (TC)
		III	CHANDANI R.PATEL	01	T.Y.BSC (TC)
12	SKIPPING RACE	I	SIDDHI S.SUTHAR	76	T.Y.BSC (FN)
		II	AASHIYA A.PATHAN	25	S.Y.BSC (HD)
		III	INDIRA B.PATELIYA	38	F.Y.BSC

SAMUDAYIK SEVA DHARA- NCC

Dr. Padmaja Puppala

NCC stands for the National Cadets Corps which is the Indian Military Cadet; Under graduate students can join NCC as volunteers. Once enrolled, NCC is compulsory for six semesters. NCC cadets have to attend 35 periods of regular training and participate in social service activities every year. On completion of one camp within four semesters cadets should pass 'B' and 'C' certification.



- NCC activities which is needed for NCC training which are tree plantation, skit performance, Swachh abhiyan too.
- Training is given to NCC students on daily basis, and regularity, active participation, leadership qualities increase in this training period.
- Students undergo theory and practical training.

The total students enrolled for the year were 54. Regular parades (40) were conducted on Saturdays from 7.30 am to 10.30 am.

Details of the camps:

S.No	Name of Faculty	Topics /Activity	Date	Organizing Agency/Institute	Beneficiary
1	Ms. Padmaja Puppala	Orientation Programme	06-08-18	4 Guj Girls Batallion, NCC	First year students.
2	Ms. Padmaja Puppala	40 Regular Parades	Mon.	4 Guj Girls Batallion, NCC	NCCcadets
3	Ms. Padmaja Puppala	Swacchata Abhiyan, Cleaning of roads (College to Vinubhai Circle)	27-9-18	NCC , S.M.Patel College of Home Science	
3	Ms. Padmaja Puppala	Awareness rally to commemorate surgical strike by the Indian Army	28-9-19	4 Guj Girls Batallion, NCC	V.V.Nagar Community
4	Ms. Padmaja Puppala	Interaction with local community and explained the role of Indian Army in our day to day lives by the students.	28-9-19	NCC , S.M.Patel College of Home Science	Mota Bazar Community
5	Ms. Padmaja sPuppala	A mime on Importance of saving trees for green environment	29-9-18	NCC , S.M.Patel College of Home Science	Students of CVM Higher Secondary
6	Ms. Padmaja Puppala	Rally on Clean environment, Green Environment under Swacch Bharat Campain	1-10- 18	NCC , S.M.Patel College of Home Science	Community & students
7	Ms. Padmaja Puppala	Cleaning camp at ISCON triangle park.	2-10-18	NCC , S.M.Patel College of Home Science	Community

S.No	Name of Faculty	Topics /Activity	Date	Organizing Agency/Institute	Beneficiary
8	Ms. Padmaja Puppala	Tree plantation	3-10-18	NCC , S.M.Patel College of Home Science	Jalaram old age Home, Karamsad.
9	Ms. Padmaja Puppala	Street play on Swacchata Abhiyan	4-10-18	NCC , S.M.Patel College of Home Science	Mota Bazar community
10	Ms. Padmaja Puppala	Panel Discussion on alternative choices instead for polythene and Air & Noise pollution	5-10-18	NCC , S.M.Patel College of Home Science	NCC Cadets
11	Ms. Padmaja Puppala	Camps conducted during the year • Thal Sainik Camp (Thamna) • Combined Annual Training Camp (Khambhat) • Combined Annual Training Camp (Khambhat) • Combined Annual Training Camp (Thamna) • IGC-RDC Camp (Ahmedabad) • Ek Bharat Shreshtha Bharat Camp (Srinagar)	2 to 11 July, 18 3 to 12 Sep, 2018 13 to 22 Sep, 2018 17 to 26 Dec, 2018 3 to 12 Oct, 2018 2 to 13 May, 2018	4 Guj Girls Batallion, NCC	3 NCC Cadets 2 Cadets 30 Cadets 4 Cadets 1 Cadet 2 Cadets

SAMUDAYIK SEVA DHARA- NSS

Dr. Mittal Barot • Ms. Minal Chauhan





Special Camp Report (2018–19)

Under the leadership of Ms Minal Chauhan and Dr Mittal Barot (NSS programme incharges) annual NSS camp was organised at Jol village located near Vadatal in Anand taluka from 17/12/2018 to 23/12/2018. The camp was organised under the guidance of Principal, Dr Bhavana Chauhan.

While a lot of good work is being done under NSS, there is potential to do much more. The NSS volunteers are young Indians and they represent the most dynamic and vibrant section of the Society. These are exciting times in India. The Government of India, under the dynamic leadership of Prime Minister, Shri Narendra Modi has embarked on the mission of building a united, strong and modern India – “*Ek Bharat, Shreshtha Bharat*”, following the principle of “*Sabka Saath, Sabka Vikas*”.

A camp conducted by National Service Scheme has tremendous effect to the youth as it gives many opportunities to students for teamwork, to know about the community and experience sharing.

The NSS students stay in the village for some days and render their services to the village. The services are cleaning of road, community places, creating awareness about the hygienic conditions, skill based activities, self-employment and create awareness about the literacy in the village. The main benefit is that they get adjusted to the village environment. These community outreach educational activities are carried out through street shows and dramas.

A week long plan for the special camp was fixed out which is as follow:

Day 1	17/12/18	Arrangement of the residential place, Meeting with Villagers and preparation of inauguration ceremony.	<ul style="list-style-type: none">• Travel to the camp site –Jol from the college.• Separation of different teams for efficient camp activities along with cleaning of the camp site.• Brief information was provided by the NSS programme officers for the seven days activities which were going to be held at Jol village from 17/12/2018 to 23/12/2018.• To identify problems for the village residence survey committee went door to door.• Below points were kept in focus:<ul style="list-style-type: none">✓ Skills,✓ Education,✓ Self-employment,✓ Healthy life✓ Cleanliness• Rally was organized in the village regarding awareness for the above 5 points.• Preparation of inaugural and contacted honourable villagers for inaugural function.
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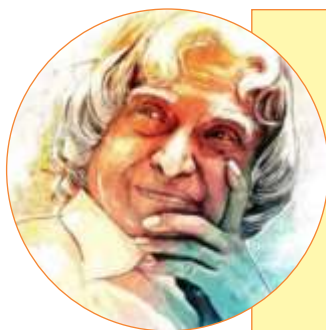
Day 1	17/12/18	Arrangement of the residential place, Meeting with Villagers and preparation of inauguration ceremony.	<ul style="list-style-type: none"> Just after everyone settled down, a meeting was called for with the village representatives to build the rapport. People showed good response in return. Whatever difficulties we were facing, they were standing beside us to help us in all the odds. They provided us the beds for sleeping, water for use and drinking.
Day 2	18/12/18	Inauguration Ceremony Career opportunity workshop	<ul style="list-style-type: none"> The camp was started on 18th December 2018 with a formal inauguration programme. The ceremony started with worship of Goddess Saraswati Vandana. Ms Minal Chauhan, NSS Programme Officer, formally welcomed the dignitaries and briefed out the activities to be carried out in the camp. Dr Bhavana Chauhan, inspired the students to sincerely carry out all the activities of NSS Camp and live harmoniously in the special camp. Dr S.G. Patel, Hon. Secretary of CVM motivated the students to be an integral and contributive part of the society and to achieve the motto of NSS and also wished camp all the success. Dr Mittal Barot, proposed vote of thanks. Skill based and career opportunity workshop on beauty care was organised in collaboration with All Gujarat Women's organization "Shakti Manch" and Inner wheel Club, Anand for better development of the women during the whole camp period. This workshop emphasised upon the right usage of beauty products with the right application techniques from basics. On the first day of workshop homemade face pack, dandruff pack and dulhan makeup was demonstrated.
Day 3	19/12/18	Career opportunity workshop Visit and Expert Talk	<ul style="list-style-type: none"> Women of village interested in learning the art of draping a saree in different style. Different 10 types of saree wrapping were taught which can help them to look gorgeous and sensuous. Visited the place of smashan to see the area for tree plantation. Dr Mittal Barot delivered motivational talk on Adolescent guidance and counselling to the young students of school.

Day 3	19/12/18	<p>Street play</p> <p>Skill based workshop</p> <p>Craft making</p>	<ul style="list-style-type: none"> Ms Minal Chauhan delivered an awareness talk regarding local foods for healthy bone for perimenopausal period. Street plays on important issues like Swachh Bharat Abhiyan were enacted by the NSS volunteers. Workshop on artistic jewellery making from fabrics was conducted by Ms Alpana Shah and group. They were educated how the ornaments can be made and also be used for their living. Rural women were taught different stain removal techniques from fabrics. Afternoon another workshop was conducted by Ms Sushma Batra and Kalpana Srivastava and group in which students were taught to make best out of waste and flower making from colourful papers. Information regarding different products made out of waste was given and explained how they can earn from these products.
Day 4	20/12/18	<p>Career opportunity workshop</p> <p>Self-defence training programme</p> <p>Social awareness by Role play to literate girl child</p> <p>Cleanliness drive</p>	<ul style="list-style-type: none"> Women learned various types of hair cutting techniques from the expert. Also many style and steps of garba were taught. Mr Ranjit Bhagora displayed self-defence skills to build self confidence in the adolescence so that they can contribute meaningfully to their own development, shape their own destiny and capacity enhancement through such training. Two effective role plays on "save Environment" and "Beti Bachao, Beti Padhao" were conducted in the centre of village. All the villagers who attended the plays were influenced and got the awareness about one's own consumer habits and their environmental effect as well as the importance for educating girls in the society. The volunteers enthusiastically performed the play. Many first-year volunteers were given the opportunity to perform in front of a huge mass for the first time.

Day 4	20/12/18	Cultural Program	<ul style="list-style-type: none"> · Cleanliness drive was also carried out in the Smashan bhumi. The thrill and josh of our volunteers and the motto to do service with the tagline “not we but you” flew through the epicenter of jol village with the help of village authorities. · Ekadasi was celebrated by the students and the local people by singing bhajans to worship Lord Vishnu.
Day 6	22/12/18	<p>Valedictory programme</p> <p>Career opportunity workshop</p> <p>Food Preservation techniques</p> <p>Cultural Program</p>	<ul style="list-style-type: none"> · The valedictory programme of the camp was held on 22nd December 2018. Dr Bhavana Chauhan formally welcomed the gathering, appreciated the efforts of students and NSS programme officers to make the camp a great success. Principal and Programme officers handed over 6 big dustbins donated by NSS unit of the college to the village authorities. Shri Khodabhai, Hon. Jt Secretary of CVM encouraged and congratulated NSS team and college for successfully conducting the camp and urged volunteers to involve themselves towards social service. Dr Mittal Barot conducted the valedictory speech and Ms Minal Chauhan proposed vote of thanks. NSS volunteers shared their experiences in the camp. · Later prizes were distributed by the chief guest to the winners and participants of the one minute game competitions, GK competitions held for the students of the school. Also certificates were distributed to the participant of beauty care skill based workshop. · Warm clothes were donated to all the school children of jod by Ms Alpana Shah, faculty of the college. · Different varieties and flavoured chocolate making techniques were taught to the participants · Making of tangy and spicy pickle from mix vegetables demonstrated by Ms Tanvi Makwana and Ms Shazia Sharma. · At evening volunteers organized a cultural programme and bonfire.

Day 7	23/12/18	cleanliness drive	<ul style="list-style-type: none"> The seventh day was the closing day of the camp. NSS Volunteers took actively participated in the Swatchta abhiyan by performing cleanliness at various areas of the village. By inviting people to participate in the drive, the Swachhta Abhiyan has turned into a National Movement. A sense of responsibility has been evoked among the people through the Clean India Movement. A rally was carried out in the village spreading the message of 'keep your surroundings clean' and Beti Bachao Beti Padhao along with ply card. During the rally, students raised slogans such as "Swachh Bharat Sundar Bharat." and took the street of Jol village towards awareness.
		Swachtta Rally	

At every morning and evening an intensive door to door contact was done in the leadership of NSS program officers to inform people about daily activities. The students residing in the camp have not only done their casework but they helped daily in cooking the food, done all cleaning by themselves. The main motive of this camp was to strengthen one's personality through social service. How to take out maximum output from minimum resources is the key. Leaving our comfort zone and working in the area of village made all of us realize that the society is in need of young people. Students have learnt a lot through this camp. During one week annual camp participants inculcated personality traits as independency, leadership and decision making.



Thinking is Progress.

Non- Thinking is Stagnation of The Individual, Organisation and The Country.

Thinking Leads to Action. Knowledge Without Action is Useless and Irrelevant.

Knowledge with Action, Converts Adversity into Success.

- Dr. A. P. J. Abdul Kalam

Regular Activity Report 2018-19



- “Swachhata Abhiyan Programme” was organised by NSS team in support of 'clean India' on 7th October, 2018.
- NSS volunteers performed skit on “Save tree” & “Swachhata abhiyan” on 7th October, 2018.
- “Tree Plantation Programme” was held on 23rd January, 2019 in order to spread awareness for the clean and green environment. Around 20 trees were planted by the students and faculty of the college in the campus.
- Rally on “Organ donation” was organized by college and 40 students participated.

Note: All the below NSS activities were carried out as per the direction of non-academic forum of CVM as well as circulars from Gujarat Government.

Sr.No	Topics/Activity	Date	Description
1	Cleaning of campus terrace	08/6/18	Under the “Clean Campus Green Campus” drive of CVM cleaning of college terrace done by level III members
2	Yoga day celebration	21/6/18	International yoga day was celebrated to emphasize on the importance of physical and mental well-being. Students, faculties and staff members were participated which is guided by institution' own physical instructor Mr. Ranjit Bhagora.
3	International Day against Drug Abuse and Illicit Trafficking	29/6/18	Celebration of International Day against Drug Abuse and Illicit Trafficking was done to spread awareness by different activities like street play slide show , rally on “Anti-Drug March” was successful by active participation of NSS Volunteers.
4	NSS Orientation program	13/7/18	The main objective is to acquaint the new volunteers to NSS and also to prepare new set of activities. The orientation gave an idea about the motto and the symbol of NSS. It is attended by 200 students and all the central committee members.
5	Campus Ambassador	20/7/18	Two NSS Volunteer were selected from the college for Campus Ambassador for district election as per the circular from Government
6	Thalassemia awareness talk	25/7/18	NSS programme officers delivered lecture on thalassemia awareness and genetic deficiency.
7	Thalassemia check-up camp	26/7/18	For FY B.sc students to make them aware of the Thalassemia, the thalassemia checkup camp was organized for college students with the help of Indian red Cross society. Blood samples from 109 were collected and clinical reports with necessary suggestion for further examination of the case to the beneficiaries

Sr.No	Topics/Activity	Date	Description
8	Rally on stop plastic pollution	5/8/18	Holding pycards that carried a green messages and rising slogans all along , the team of NSS took part in the rally to Convey the message not to use plastic material in any form that cause irrevocable damage to the environment .
9	Rally on traffic awareness	7/8/18	The main aim was creating awareness among the people about the traffic awareness and the measures are to be taken to avoid road accidents.
10	Cleaning camp	10/8/18	The cleanliness drive was conducted by volunteers across the surroundings of the college campus under “Swachh Bharat, Swasth Bharat Mission”.
11	Amul “Walkathon 2018” walk for organ donation	11/8/18	Youth wing of the Rajyoga education and Brahma Kumaris organized a non-fundraising “walkathon”, for the awareness of bringing dignity. Total 50 NSS volunteers have actively participated.
12	Celebration of world organ donation week	13/8/18	Organ donation day is observed every year on 13 th August. Due to lack of awareness, there are myths and fears in people's mind about organ donation. The main aim of this day to motivate people to pledged to donate organs after death and to spread awareness about the importance of organ donation.
13	Awareness talk on importance of organ donation	13/8/18	The awareness talk on organ donation with the theme “Share life, Save life” which is delivered by principal Dr. Bhavana Chauhan . She briefed about the basis of organ donation. NSS programme officers students about what organs which can donate alive and what after death which helps other to live a better life.
14	Poster competition on independence day	14/8/18	To mark the importance and value of independence in one's life, poster competition on “Independence Day” was planned . The no of participants were 50.
15	Independence day celebration	15/8/18	The independence day was celebrated to pay tribute to the freedom fighters by hoisting the flag, patriotic song as well as dance by the students.

Sr.No	Topics/Activity	Date	Description
16	Enrollment of teachers and students under SSG 2018	28/8/18	This is our opportunity to provide our feedback to government on key sanitation related parameters. The Ministry of drinking water and sanitation (MWDS) intends to under take “Swachh Survekshan Grameen 2018” to provide national ranking of all the district of India on the basis of sanitation parameters. All the students and staff members downloaded the app. and enrolled for the same.
17	Awareness talk on Blood Donation & Thalassemia	31/8/18	Dr Isha Desai created awareness about thalassemia disease among the students and convinced them to donate blood which is only life line and ray of hope for survival of patient suffering from this diseases.
18	One day orientation program of NSS by SPU	20/9/18	NSS Programme Officers attended one day orientation programme on “National Service Scheme” conducted by S.P. University.
19	NSS Day Celebration	24/9/18	NSS was formally launched on 24 th September 1969, the birth centenary year of the father of the nation. Therefore 24 th September is celebrated every year as NSS Day. All NSS volunteers celebrated by performing skit and talk on the role of NSS for the society.
20	Tree plantation	25/9/18	About 80 volunteers participated during these activities. 50 saplings were planted including medicinal plants.
21	Role play on cleanliness and save environment	1/10/18	Students presented the role play to spread the awareness about the cleanliness and to save mother nature by role play to encourage the community to understand their surroundings and become environmental friendly.
22	Swachhata Abhiyan	2/10/18	On the occasion of birth anniversary of Mahatma Gandhi, swachhata abhiyan was arranged on 2 nd Oct.in the college campus. About 200 NSS students and staff have participated to clean the college campus.
23	Essay writing competition	17/10/18	The essay writing competition was held to recall Sardar Patel's contribution to unification of India.

Sr.No	Topics/Activity	Date	Description
24	Ekta yatra	31/10/18	The state government launched the Ekta Yatra to mark the completion of the statue of unity project and rally was held by NSS volunteer on Sardar Patel's birth anniversary
25	National Integration Camp	25/11/18 to 1/12/18	One student attended National Integration Camp (NIC) to aware of different culture in all the states of India which is sponsored by Gujarat State-NSS cell ,Department of Higher Education.
26	NSS Annual Camp	17/12/18 to 23/12/18	It is an integral part of National Service Scheme. It has special appeal to the youth as it provides unique opportunities to the students for group living and constant interaction with the community for one week.
27	Karuna Abhiyan	11/01/19	To save the lives of birds from kite string injuries, our students voluntarily joined with Karana Abhiyan drive collaborated with District Animal welfare society of Anand.
28	Donation Drive on Uttarayan Day	14/01/19	Cereals like bajra and wheat was donated by NSS Voluteers and staff at 'Gaushala' Karamsad.
29	Mock Youth Parliament	21/01/19	03 volunteers participated in "Mock Youth Parliament- voice of new Indian" furthermore all these 03 students were selected for district youth parliament to put forth their views on various issues concerning the country.
30	Matrubhasa Divas celebration	21/02/19	It was aimed to highlighting the need to impart among the students the communication skills and proficiency in mother tongue.NSS programme officers encouraged every students of F.Y.B.Sc to say few sentences of their own language.
31	Cleaning Camp	27/02/19	To make campus free of plastic and other wastes. NSS Volunteers were allocated with a particular area to clean up the campus surroundings. All the First year NSS Volunteers were engaged with this programme.



Anganwadi Workers' Training Center

Annual Report (2018-19)

The Anganwadi Workers Training Center Started on 2nd 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 Details: (From 01/04/2018 to 31/3/2019)

(Regular Batch)

Trainees allotted from Anand, Dahod and Gandhinagar District of Gujarat

No. of Trainees trained by us:

Course Name	No. of Batches	No. of Trainees
Supervisor Training (ECCE) DLMTS	01	25
Job Course	06	203
AWW Refresher	06	238
Helper Orientation	05	246
Helper Refresher	08	388
Total	26	1100

Commissionerate, Women and Child Development,
ICDS, Gandhinagar Organized

Helper Rasoi Training

District	Batch	Trainees trained
Anand, Dahod	24	516
Total	24	516

Commissionerate, Women and Child Development,
ICDS, Gandhinagar Organized

Infant Young Child Feeding (IYCF) Training to Anganwadi Workers

District	Batch	Trainees trained
Panchmahal	26	779
Mahisagar	24	707
Total	47	1486

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

Training taken by Instructors during the year 2018-19

Sr. No.	Name	Date and duration	Organized by	Subject	Training programme
1	Parul A Parmar	16-7-18 TO 20-7-18	Valsad	ALL	Refresher Training
2	Urvashi K Parmar	16-7-18 TO 20-7-18	Valsad	ALL	Refresher Training
3	Urvashi K Parmar	30-07-18 TO 01-08-18	SUGHAD	IYCF	શશિ અને નાના બાળકોની ખોરાકપૂરથાની તાલીમ (TOT)
4	Disha A. Thakkar	30-07-18 TO 01-08-18	SUGHAD	IYCF	શશિ અને નાના બાળકોની ખોરાકપૂરથાની તાલીમ (TOT)

Report of Zaverba Nursery School

Sr. No.	Name of Faculty	Topic / Activity	Date	Organizing Agency/ Institute	Beneficiary
1	Dr. Sharda Joshi Mrs. Priyanka Patel	Celebrations of Independence Day	13-8-18	Zaverba Nursery School	20 - Children 5 - Staff Member
2	Dr. Sharda Joshi Dr. Mittal Barot Mrs. Priyanka Patel	Celebration of Rakshabandhan	24-8-18	Zaverba Nursery School	18 - Children 5 - Staff Member
3	Dr. Sharda Joshi Dr. Mittal Barot Mrs. Priyanka Patel	Rakhi Making Competition	25-8-18	Zaverba Nursery School	18 - Children 5 - Staff Member
4	Dr. Sharda Joshi Dr. Mittal Barot Mrs. Priyanka Patel	Celebration of Janmashtmi	2-9-18	Zaverba Nursery School	19 - Children 5 - Staff Member
5	Dr. Bhavana Chauhan Dr. Sharda Joshi Dr. Mittal Barot Mrs. Priyanka Patel	Celebration of Balwadi Day	14-9-18	Department of Human Development Zaverba Nursery School	20 - Children 40 - Parents 5 - Staff Member
6	Dr. Sharda Joshi Dr. Mittal Barot Mrs. Priyanka Patel	Recipe Competition	14-9-18	Zaverba Nursery School	20 - Children 40 - Parents 5 - Staff Member
7	Dr. Bhavana Chauhan Dr. Sharda Joshi Dr. Mittal Barot Mrs. Priyanka Patel	Fancy Dress Competition	14-9-18	Zaverba Nursery School	20 - Children 40 - Parents 5 - Staff Member
8	Dr. Bhavana Chauhan Dr. Sharda Joshi Dr. Mittal Barot Mrs. Priyanka Patel	Celebration of Navratri	8-10-18	Zaverba Nursery School	16 - Children 40 - Students 5 - Staff Member
9	Dr. Sharda Joshi Mrs. Priyanka Patel	Celebration of Diwali	2-11-18	Zaverba Nursery School	15 - Children 5 - Staff Member

Sr. No.	Name of Faculty	Topic / Activity	Date	Organizing Agency/ Institute	Beneficiary
10	Dr. Sharda Joshi Dr. Mittal Barot Mrs. Priyanka Patel	Celebration of Christmas	24-12-18	Zaverba Nursery School	20 - Children 20 - Students 5 - Staff Member
11	Dr. Sharda Joshi Mrs. Priyanka Patel	Fruits Day Celebration	8-1-19	Zaverba Nursery School	20 - Children 5 - Staff Member
12	Dr. Sharda Joshi Mrs. Priyanka Patel	Games & Sports Day	10-1-19	Zaverba Nursery School	20 - Children 5 - Staff Member
13	Dr. Sharda Joshi Mrs. Priyanka Patel	Kite Festival	11-1-19	Zaverba Nursery School	20 - Children 10- Students 5 - Staff Member
14	Dr. Sharda Joshi Mrs. Priyanka Patel	Celebrations of Colours Day	11-2-19	Zaverba Nursery School	18 - Children 5 - Staff Member

ROLE OF WOMEN IN HOME SCIENCE

All over the world, the movement for empowering the women's status has always been emphasized, education is most significant instrument for this social change. Education should have value, i.e. the purpose of must to rationalize attitude as well as to impart knowledge & skills. Education for women's development should include education self-reliance, personal development, social development, social integration. Home science education is the perfect means for achieving above through equilibrium between professional and personal life.

Home science is the only discipline which trains women for two important goals in life;

1. Caring for home and family
2. Shaping up a bright career

Home science education provides complete and equal access to and control over factors contributing such empowerment, particularly, health, education, information, life-long learning for self-development, vocational skills, employment and income earning opportunities, technical services, common resources, credit, technology, market, mass-media, women rights etc.

Home science education has proved that women power on the outside world of work. Home science education has released women along with being home maker, she can be a teacher, researcher, entrepreneur and administrator. Thus, it utilizes and proves the woman's potentials in every field of life.

ALUMNI



Nehal Patel

It is my pride and privilege that I got an opportunity to express my gratitude towards my college. I am very proud to talk about my college and my experience there, with my professors.

Whatever I have learned there, is helping me in my practical life, specially dealing with my own kids. My professor Dr. Sharda Joshi madam has been my guide throughout my college times. I am still in touch with her and she still guide me. I have learned many other things in my college times. That I could not imagine to learn anywhere else.

It feels so great when I got appreciation from my family members doing household work with use of skills that I learn in home science. when I was told that home science is a combination of science and arts, I was not able to understand but now I understand what exactly in means in practical life. I hope all girls will learn and grow from college experience and get benefits of learned professors as I am doing. I have been and will be indebted to my college and particularly to my dearest Dr. Sharda Madam.

With all my best gratitude.

One of the most interesting stages in life that gives you an opportunity to explore is the college phase. My College days are unforgettable and in fact those days are the happiest and fruitful days of my life. I proudly feel that I have spent to the fullest those precious moments of my college. My experience in “S. M. Patel College of Home Science” was just amazing. It was a perfect blend of joys and hardships. I met different people, interacted with them, and learn about their cultures and grown as a person. I got infinite love and lessons from my respected teachers, who made me “Work Hard” for the way to success. Miss those days of my college. The entire faculty and other members of the institution are very cooperative. I have got loads of love and support from my teachers and colleagues as an undergraduate student and also as a research scholar and it made my 6 years most memorable period of my life. College made me the person who I am today... Bold & Confident...!! It's the time when you decide your career and if you get the right guidance with the teachers like my mentor; you can shine and make your own niche. So friends do the best you can and made your teachers and college proud of you.



Dr. Komal Patel

Block co-ordinator
ICDS , Borsad



Jaimini Raval

In the world of specialization, the education I received at S. M. Patel College of Home Science, prepared me for the career I am in today. Looking back the professors were also great mentors in my career development. I was flabbergasted by the support that was extended to me, which was not only there when I was a student but was also there when I taught at the college as visiting faculty and got published, the synergy they created in the college classrooms opened the door to a myriad of possibilities. The skill sets I received at SMP created a clear path in my professional development. Theory and practical knowledge that I received at SMP was a great first step and helped lay the foundation of my career. I feel fortunate to work as the MHHC WIC Director in my new hometown of New York. USA I am grateful for all the support I received as a student of Home Science, A Charutar Vidya Mandal Institute, Vallabh Vidyanagar, Gujrat.

MHHC WIC Director(NY, USA)

I feel honored to get an opportunity to write about my alma mater S.M.PATEL Home Science College. I would like profusely thank my institute in shaping me into what I am today. A young girl was mentored in this college to grow into a successful, dynamic person with varied interests. I have been natured into confidently stepping into the various roles of a daughter, wife, mother and above all a sensitive member of the society. Especially my choice of Family Resource Management has taught me 3 fundamental aspects of life - values, goals and decision making. I am highly indebted to my teachers and extremely proud of my college which has transformed me and numerous other fellow students into what we're today. I wish nothing but the absolute best for everyone who is part of the institution- keep shining!



Bhargavi Pujara
(U.K.)



K. Ramzeupeule
(Christina)

I am fortunate to be a student of SMP during 2017-18 Interestingly, I learn theory and technical practical which I never expected.

After my graduation of textile and clothing (Home Science); I have got immense knowledge through my lectures. Now as I have got theory and technical knowledge to my community area, state of the best of my capacity which god gifted for me. I respected my S. M. P. college and my lecturers who teaches me without any hesitation and knowledge. Now, By the grace of god of your heartfelt teaching to us. I have got fashion designer cum central co-ordinator of CLBRC at Jalaplie peren District, Nagaland. Further, I always remain grateful to my lectures who teaches me without any boundary of knowledge.

I want further knowledge information from my college authority future to come.

Training and Placement Cell

Incharges : Ms. Shazia Sharma, Ms. Vijaya Agarwal

The Training & Placement (T&P) Cell at Home Science is the vital link between students & prospective employers to facilitate training and placement of students as they begin their career after Home Science.

We work relentlessly to ensure job placements for our students and provide them with top career opportunities.

The T&P arranges campus interviews and provides platform for aptitude and communication skill development programs and different seminars which help students develop leadership, interview skill, and communication skills and also prepares them for aptitude test. We also organize industrial visits for students, training seminars, conferences and expert lectures to prepare them for opportunities that await them. As we know that our former president Dr. A. P. J. Abdul Kalam has rightly said, “You have to dream before your dreams can come true” and Swami Vivekananda has said that “Fill the brain with high thoughts, highest ideals, place them day and night before you and out of that will come great work”.



Our high-quality education and efforts of the T&P Cell help our students dream big and stay committed to realize them. With great pleasure and honor, we invite and stay committed to realize them. With great pleasure and honor, we invite industries and corporate houses on our campus so that our students take advantage of them as well as all other T&P activities.

INDUSTRIAL VISITS

The industrial visit focuses on preparing the students to learn about the day-to-day workings of a particular industry and understand its operational issues. industrial visit bridges the gap between theoretical training and practical learning in a real-life environment. This helps to keep students abreast with the current practices followed by organizations and acquire traits that the industry demands of them. Industry visits help enhance interpersonal skills and communication techniques. Students get to know the particle limitations posed by real-life situation also get chance to interact with variety of industry experts. Industrial visit gives lots of deep information which is help for understanding about technology.



The visit to UTSAV FOOD PRODUCT PVT.LTD. & ASIAN FOOD INDUSTRY, Nadiad on 24TH JANUARY,2019 was organized by Food and Nutrition department.



The visit to UNDEL VILLEG KHAMBHAT TEXTILE INDUSTRY, Khambhat on ,2nd January 2019 was organized by Textile and Clothing department. Along with faculty members there were 50 students who visited the industry.



The visit to LORD REVIVAL RESORT and Vadodara squares centre, Vadodara on,10th January, 2019 was organized by family resource management. Along with faculty members there were 35 students who benefitted.



The visit to the DOL HOUSE AND BALLWADI OF ANNAND & BAL SURAKSHA KENDRA, Gandhinagar, on 12th January, 2019 was organized by human development. Along with faculty members there were 25 students who benefitted.



Menstrual Hygiene Management

Sanitation and hygiene are key issues for women, consistent with their need for privacy, dignity and self-respect. When it comes to menstruation, despite the fact that though this being a healthy biological process, the issue of menstruation is approached with hesitance and misinformation because of deeply-rooted cultural taboos.

Menstrual Hygiene Management (MHM) is defined as 'Women and adolescent girls using a clean menstrual management material to absorb or collect blood that can be changed in privacy as often as necessary for the duration of the menstruation period, using soap and water for washing the body as required.

Here are a few important reasons why it is important to maintain good hygiene during periods:

Reduced Risk of Urinary Tract Infections: Using damp and dirty menstrual clothes or using a sanitary napkin for longer than 4 hours can act as a perfect environment for growth and multiplication of harmful bacteria and yeasts.

The menstrual cycle, which is counted from the first day of one period to the first day of the next, isn't the same for every woman. Menstrual flow might occur every 21 to 35 days and last two to seven days. For the first few years after menstruation begins, long cycles are common.

Healthy and happy periods with hygiene tips:

1. Change your sanitary napkin every 4-6 hours
2. Wash yourself properly
3. Don't use soaps or vagina hygiene products
4. Discard the sanitary napkin properly (Use incinerator if you have the facility at your college of home)
5. Stick to one method of sanitation

How do you maintain good hygiene down there?

1. Keep the vagina clean and dry. Cotton is breathable, making it an ideal fabric selection for underwear.
2. Don't douche. Your vagina knows how to take care of itself.
3. Eat right. Maintaining a healthy diet can do your body and your vagina good.
4. Use fresh towels.
5. Practice safe sex.
6. Stay clean.

Maintaining feminine hygiene is important to your overall health because in addition to preventing odours, itching, and discomfort, practicing feminine hygiene can also prevent bacterial infections from occurring. In some cases, bacterial infections may lead to sterility, disease, cancer, and other health problems.

If you suffer from period pains or are prone to leaking when sleeping, try these positions.

1. In a foetal Position. This is the best sleeping position when you have your periods.
2. On Your Side.
3. Eat Light.
4. Use Heat To Relieve Period Pains.
5. Try Herbal Home Remedies.
6. Work Out.
7. Get Comfortable.

How can you avoid menstrual cramps?

1. Lie down with a heating pad on your tummy or lower back.
2. Take a warm bath.
3. Ask your doctor or parents about over-the-counter pain relievers. They can usually alleviate a lot of pain.
4. Give yourself a little massage where it hurts.
5. You're probably not in the mood to move- relax, take rest.
6. Take over-the-counter pain medicine like cyclopam, ibuprofen (Advil), acetaminophen (Tylenol)
7. Exercise.

If you have cramps at night, these actions may provide relief:

1. Stretch and massage. Stretch the cramped muscle and gently rub it to help it relax. For a calf cramp, put your weight on your cramped leg and bend your knee slightly.
2. Apply heat or cold. Use a warm towel or heating pad on tense or tight muscles.

Extreme tiredness may be an underlying medical condition. Heavy menstrual bleeding often causes women to feel tired, which is normal due to the decrease



in oestrogen levels which occurs around this point in your cycle. The important point to make is that you should never ignore extreme menstrual fatigue.

If you're looking to adjust your diet and stock on foods that help with cramps, make sure to have plenty of:

"Food sources containing calcium include dairy, canned fish with edible bones (sardines, anchovies, pink salmon), dark, leafy veggies, nuts and seeds and fortified tofu."

Yoghurt with banana is a good combination of potassium, calcium and magnesium to help with muscle cramps.

- Bananas. (Bananas are great for menstrual cramps)
- Lemons.
- Oranges.
- Watermelon.
- Broccoli.
- Kale.
- Water.

Happy menstruation

Dr. Bhavana Chauhan

Health and Herbs

Healthy herbs nutrition facts

Healthy herbs have long been held a holistic place in our wellbeing. Prized since ancient times, and today, depend upon them more than ever to purify our body, mind, and soul!

Of course, we all use herbal parts in our daily lives, one way or the other, whether for their pleasant flavor, for their healing power, or in lovely recipes. Herbal benefits are many; be it for spiritual reasons or to spice up your taste buds, or as a home remedy for ailments like cold, or a sore throat; herbs can be handy for each one's need!

Although, the herbs been in use in our diet since antiquity, only recently they have taken the center-stage of nutrition scientific world for their potential health benefiting and detoxification properties. Herbs and spice, indeed, extend their flavor rather than substance to the food we eat.

Why add herbs in our diet? Health benefits of herbs:

- Herbs contain unique antioxidants, essential oils, vitamins, phytosterols and many other plants derived nutrient substances, which help equip our body to fight against germs, toxins and to boost immunity level. Herbs are, in fact, medicines in smaller dosages.
- Essential oils in herbs have been found to have an anti-inflammatory function by inhibiting the enzyme *cyclooxygenase* (COX), which mediates inflammatory cascade reaction inside the human body. The enzyme-inhibiting effect of essential oils in herbs makes it a valuable remedy for symptomatic relief in individuals with inflammatory health problems such as rheumatoid arthritis, osteoarthritis, and inflammatory bowel conditions like ulcerative colitis.
- Many novel compounds in the healthy herbs have been found to reduce blood sugar levels in people with diabetes.
- Controlled-epidemiological studies have shown that certain compounds in garlic like those that thiosulfates (*allicin*) can bring significant reduction in total cholesterol and blood pressure, and thereby, helps cut down coronary artery disease and stroke risk.
- Curcumin, together with other antioxidants in the turmeric, has been found to have anti-amyloid and anti-inflammatory properties. Thus, it is thought to be effective in preventing or at least delaying the onset of *Alzheimer's disease*.
- The volatile oils, vitamins, and antioxidants in the herbs have cytotoxicity action against prostate, pancreatic, colon, endometrial cancer cells.
- The chemical compounds in the herbs have been found to be anti-spasmodic, carminative, diaphoretic, analgesic, aphrodisiac, deodorant, digestive, antiseptic, lipolytic (fat burning and weight loss action), stimulant and stomachic effects when taken in a proper dosage.

Culinary herbs

Herbs are a great addition to food. It is not just because they add distinctive flavor and spicy taste to the food, but also contain many anti-microbial substances that help keep our food protected from these agents. Usually, chefs smear herb and spice mixture in small amounts over the raw foods, fish, and meat to marinate.

Here are some serving tips:

- Fresh herb leaves are being used in the preparation of soups and green sauces.
- Chopped, fresh herb leaves can impart richness to the vegetable as well as fruit salads.
- Along with other spicy items, selective healthy herbs are being used to enhance the flavor and taste of vegetable, chicken, fish and lean meat dishes.
- Some herbs and plant parts like mint, and ginger are increasingly being used to flavor juices and refreshing drinks.

Herbs carry unique anti-oxidants, essential-oils, vitamins, phyto-sterols and many other plants derived nutrient substances, which help equip our body to fight against germs, toxins and to boost immunity level. Herbs are, in fact, natural medicines in smaller dosages.

Healthy spices nutrition facts

Spices not only just excite your taste buds but are composed of an impressive list of phytonutrients, essential oils, antioxidants, minerals and vitamins that are essential for overall wellness. Spices have been an integral part of our food for centuries, and today, even become more relevant for us in the medicine. Thanks to the Arab and European explorers whose contributions in broadcasting them from their place of origin to the rest of the world. Moreover, today; their popularity widened, usage reached almost all the households on the earth

Spices can be categorized botanically according to their source of plant part as follows:

- Leaves of aromatic plants: Examples include bay leaf, rosemary, thyme, etc.
- Fruits or seeds: Examples include fennel, nutmeg, coriander, fenugreek, mustard, and black pepper, etc.
- Roots or bulbs: Examples include garlic, galangal, turmeric, ginger, etc.
- Bark: Cinnamon, Cassia, etc.

Why to include spices in our diet?

- Spices contain an impressive list of plant-derived chemical compounds that are known to have disease preventing and health promoting properties. They have been in use since ancient times for their anti-inflammatory, carminative, anti-flatulent properties.
- The components in the spices have been found to have an anti-clotting function (prevent clogging of platelets in the blood vessels) and thus help to ease blood flow, preventing stroke episode, and coronary artery disease.
- The active principles in the spices may help in smooth digestion through augmenting intestinal tract motility and the digestion power by stimulating excessive secretion of gastrointestinal enzymes in the gut.
- Throat gargling with tepid thyme water can help relieve sore throats and bronchitis symptoms. Thyme is also being used as an antiseptic mouthwash in the treatment of caries and gingivitis.
- Decoction of certain healthy spices is used for the treatment of colds, influenza, mild fevers, indigestion, stomach upset, and painful menstruation.
- Spices employed in traditional medicines as anti-helminths (to treat worm infestation in the gut).
- Certain essential volatile oils in spices (cloves, peppers, etc.) may work as a rubefacient (soothes skin around the site of application) through increasing the local blood

circulation. They are being applied as a popular home remedy for arthritis and sore muscles and used either as a poultice or in hot baths.

- Spice essential oils are being used in the aromatherapy as well as deodorants in the perfume industry.
- Spices contain a good amount of minerals like potassium, manganese, iron, and magnesium. Potassium is an important component of cell and body fluids that helps in controlling heart rate and blood pressure. The human body uses manganese as a co-factor for the antioxidant enzyme, superoxide dismutase.

Culinary uses of spices

Spices can be aromatic or pungent in flavor; and peppery or slightly bitter to taste. To keep their fragrance and flavor intact, they added to the recipes at the final moment since prolonged cooking results in evaporation of much of their essential oils.

- Since ancient times, spices are being employed in the preparation of soups, barbecue sauces, pickling and as a main ingredient in a variety of curry powders.
- Spices, along with some seasonal herbs, are being used to enhance the flavor and taste of vegetable, chicken, fish and meat dishes.
- Some healthy spices like cloves, cardamom, coriander...etc., are also being used in flavored drinks.

Spices chiefly compose of essential-oils, phytochemicals, anti-oxidants, vitamins, and phyto-sterols. They should be consumed in minute quantities in the diet. Medicinally, spices employed as a home remedy to improve digestion, to get relief from arthritic pain and sore muscles, and as poultice or in hot baths.

10 Healthy Herbs and How to Use Them

Fresh herbs not only add flavor without calories, they may also serve up health benefits as healing foods. "Herbal medicine has been used as kitchen medicine for thousands of years, and while our body's response to these natural treatments has not changed, we now have more global choices than ever," says Steven Chasens, an herbalist and acupuncture physician at Coral Gables Acupuncture in Florida. "There is no substitute for competent medical care and routine checkups. However, to avoid disease and live strong, a good [diet](#) and sensible eating is critical." A basic knowledge of how food and herbs can help what ails you is key to your sensible eating plan, Chasens explains. Here are 10 healing herbs to add to your recipe rotation.

Parsley is high in antioxidants, vitamins A and C, and the chemical apigenin, which may help inhibit the growth of cancer cells several studies have found. It also has been shown to have heart-healthy effects, reducing high blood pressure. A quick way to put this healing herb in your diet is as a chopped garnish, but it can also play a starring role and add great flavor to dishes like this recipe for [chicken creole](#), which cooks up in just minutes.

Ginger for Gastrointestinal Health

Ginger appears to be effective for treating gastrointestinal disturbances, especially in relieving diarrhea or nausea caused by morning sickness during pregnancy and nausea and vomiting after surgery or after cancer patients' chemotherapy treatment. A powerful anti-inflammatory, ginger has also been shown to reduce joint pain. In foods, ginger doesn't have to be reserved for sushi — consider adding this healing food to your dessert, such as this recipe for [berry ginger shortcakes](#).



Cinnamon for Stable Blood Sugar

Cinnamon twig appears to have some antibiotic and anti-inflammatory properties. This healing food may also help treat gastrointestinal disturbances, including diarrhea and indigestion. Cinnamon seems to have antioxidant effects as well. Glassman says that cinnamon is excellent for controlling blood sugar levels and has been shown to lower bad cholesterol levels in people with type 2 diabetes. Jazzing up carrots is as simple as adding cinnamon, like with this [apple-glazed baby carrots](#) recipe.

Garlic for Cancer Protection

Garlic is most well-known for the healing herb's potential anti-cancer effects, Glassman says, as well as its ability to slow other diseases, including hypertension and even the common cold. One of the most commonplace healing herbs, garlic is a great flavor enhancer in stews and soups, such as this quick-and-easy Asian pork soup.

Chives for Cancer Protection

That tasty green garnish on your baked potato is rich in vitamins A and C, known for their antioxidant effects. The healing herb has also been shown to reduce the risk for gastric cancer. Sprinkling chives on salads and pasta is great, but cooking with chives is equally as delicious. Check out this recipe for blue cheese and chive potato salad to add more of it to your diet.

Coriander for Bad Cholesterol

"Coriander may aid in lowering 'bad' cholesterol and increasing 'good' cholesterol," Glassman says. "It can also help lower blood sugar levels as well." This healing food also appears to have anti-bacterial and anti-fungal properties. Coriander is a staple in many cuisines, from Indian to Thai. For a light dinner or lunch option, add this healing herb to roasted vegetables or a nourishing stew

Bay Leaves for Sinus Relief

There's a reason why bay leaves are in so many cold-soothing stews. "Bay leaves contain an oil with the active ingredient cineole, which eases discomfort caused by sinusitis," says Rovenia Brock, PhD, a nutrition expert and author. "Studies show that inhaling the essential oil can reduce inflammation and fluid buildup in the sinuses." In addition, bay leaves may play a role in preventing heart disease, treating arthritis, and supporting the immune system. Bay leaves are a great type of herb for adding flavor to stews, soups, and sauces. Using bay leaves in a [basic pot roast recipe](#) spices up the dish. Just remember to remove them before serving; they generally should not be eaten whole.

Graviola is a rainforest essential tonic herb known to be a potent antibacterial, antimicrobial, antiparasitic, antitumoral, anticancer powerhouse.

Annonaceous acetogenins are only found in the Annonaceae family (to which graviola belongs). These chemicals in general have been documented with antitumorous, antiparasitic, insecticidal, and antimicrobial activities.

Many studies have recently determined that these acetogenins are superb inhibitors of enzyme processes that are found only in the membranes of cancerous tumor cells. This is why they are toxic to cancer cells but have no toxicity to healthy cells.

Turmeric is an anti-inflammatory and vitamin C tonic root. It is a great daily remedy to keep inflammation at bay by alkalizing and soothing the digestive system and the liver. It is this masterful herbal tonic for joints, muscles, soft tissue, and skin generates strength and elasticity and is a fantastic anti-aging root.

Tulsi is part of Anima Mundi's Cerebrum Tincture: [Organic Cerebrum Herbal Brain Tonic Tincture](#) *A therapeutic and deeply nourishing brain formula that stimulates the growth and rejuvenation of nerve tissue in the brain and body. The healing herbs in this formula bring circulation to brain tissue, enhances clarity, regulates hypothalamic response, and boosts pituitary function. It naturally uplifts the body, acting as a mild energizer enhancing clarity and memory*

Spirulina (Anthrospira platensis)

Known as the world's highest source of complete protein (around 65% by weight), spirulina, or blue-green algae, provides a vast array of trace elements and macrominerals. Blue-green algae is a [wild-grown superfood tonic](#) that also contains plenty of phytonutrients and enzymes.

Spirulina is also part of Anima Mundi's [Viridem Elixir](#).

In the ancient science of Ayurveda, herbs are viewed as the spiritual essence – the Kundalini – of plants. Plants and herbs carry in their cells the wisdom of cosmic intelligence, and the healing vibrations of nature. Since ancient times, humans and plants have had a very spiritual connection – plants capture solar energy and convert it into nutrients that humans can digest. Plants do this by transforming sunlight into chlorophyll, which can then be assimilated by the human body.

Ayurveda has the oldest, most developed herbal system in the world – it has been in continuous use for at least 5,000 years. The ancient Vedic seers in India compiled and classified the medicinal and healing properties of hundreds of herbs into an herbal healing system that can be accessed and utilized by anyone in our contemporary lives.

Each and every herb in Ayurvedic herbology has a multitude of benefits – for the mind, body, and spirit. Herbs can be used internally or externally (through the skin) – or even used as aromatherapy. From weight loss to beautiful skin to overall vitality, herbs can transform your health in so many ways! Here are some highlights of some of the Top 10 herbs in Ayurveda and easy ways to incorporate them into your routine.

1. Ajwain – WEIGHT LOSS

Ajwain is a strong digestive and nerve stimulant. It functions as a weight loss herb by drawing out deep-seated toxins from the body. Ajwain also heals painful joints – it is an excellent herb to address Vata issues. Ajwain can be taken as a tea to assist with weight loss: simply boil 1 tsp of ajwain seeds in 16 ounces of water.

2. Ashwagandha – VITALITY

One of the best anti-aging herbs, Ashwagandha enhances vitality. This herb is crucial for people suffering from too much stress, or who are overworked. Take 1/2 teaspoon cooked in milk (sweeten with 1 tsp of raw honey). Note that Ayurvedic herbs are fat soluble, and are able to go deeper into the tissues and cells when taken with a healthy fat (such as ghee, butter, or raw whole milk).

3. Brahmi – BRAIN TONIC

Brahmi is the #1 tonic for the brain and nervous system. Its leaves even look like the brain! Brahmi also balances the left and right hemispheres of the brain, and decalcifies the pineal gland. It is tridoshic, but is especially beneficial for balancing high Pitta conditions. Brahmi removes toxins and blockages from the nervous system. It helps with depression, enhances intelligence and improves memory and concentration. Brahmi enhances the overall cellular



wisdom in the body. It also happens to be great for hair growth! Take Brahmi every morning to rejuvenate the body-mind. Ways to take it: boil in water (as a tea), boil it in milk, or make Brahmi ghee. It can also be used as a medicated oil for the hair, and the nutrients will seep into the brain cells via the crown chakra.

4. Cardamom – TRANQUILIZER

Cardamom is a natural tranquilizer, bringing clarity and joy to the heart and mind. It neutralizes the acidity of coffee and caffeine – it also neutralizes the mucus-forming properties in milk. Cardamom removes excess Kapha from stomach and lungs. Add the pods or powder to coffee as you are brewing it, or boil cardamom in warm milk before bed.

5. Cumin – ASSIMILATION

Cumin enhances the digestive system and metabolism. It helps the body with nutrient absorption. Cumin can be especially useful for new moms after giving birth, as it cleanses the reproductive organs and improves milk secretion. Use cumin while cooking to assist in the assimilation of micronutrients.

7. Manjistha – PURIFYING

Manjistha is probably the best blood purifying herb in Ayurvedic medicine. It is anti-inflammatory and clears acne. Manjistha cleans the blood and liver, lowering pitta disorders in the skin, and clearing acne. It cools and detoxifies the blood, and cleanses and regulates liver and kidney functions. Take this herb in capsule form (2 capsules in the morning, and 2 capsules at night) if you are suffering from any Pitta skin disorders. Or, take it with warm milk before bed.

8. Neem – DETOX

Neem is one of the most powerful blood purifiers and detoxifiers in Ayurvedic herbology. Best for skin diseases, wound healing, and skin damage (especially from sun, neem is useful for all Pitta disorders (such as skin and eyes). It is also useful for joint and muscle pain. Use neem on the skin in a medicated oil.

9. Shatavari – FEMALE VITALITY

Shatavari is the #1 Ayurvedic rejuvenative for women (as Ashwagandha is for men). Shatavari even translates to “she who possesses a thousand husbands!” It nourishes and cleanses the blood and the female reproductive organs. Shatavari is readily available in pill and powder form, or it can be taken in ghee or cooked in milk, which is the preferred form (all Ayurvedic herbs are best assimilated into the body's cells when taken with a fat).

10. Turmeric – THE SPICE OF LIFE

Turmeric purifies the blood and the channels of the body. It improves the skin's complexion, bringing circulation and nutrition to the skin. Turmeric is anti-inflammatory and is a perfect remedy to treat acne-prone skin. Turmeric balances all the doshas, but it balances Pitta the most because of its blood-cleansing and liver-cleansing properties. Try to incorporate turmeric into your daily life in literally any way you can. Ideally use 1 tsp per day in some form: whether in capsule form, on the skin, or in the diet. Throw some in as you are sautéing veggies in coconut oil to throw over quinoa. Boil some turmeric in goat milk with honey before bed. If you consume turmeric on a regular basis, you will notice your health improve in a multitude of areas.

-Tanvi Makwana

જીવનનો આનંદ: શારીરિક યોગ્યતા અને સ્વાસ્થ્ય

તંદુરસ્ત જીવન જીવવા માટે સૌથી મહત્વ ની બાબત છે વ્યક્તિ નું સ્વાસ્થ્ય સારુ હોવું જોઈએ. દરેક વ્યક્તિ જયારે બાળપણ થી લઈ યુવાવસ્થા સુધી જો પોતાના દૈનિક જીવનકાર્ય માં શારીરિક યોગ્યતા ને સ્થાન આપેલ હશે તો તેમની વધતી ઉંમરે પણ તેને જાળવી રાખવાની તેનામાં ક્ષમતા જોવા મળશે. અને તેમાંથી તેઓ વધતી ઉંમરે પણ નિરોગી જીવન જીવી શકશે. ઘણા સંશોધકો માને છે કે શારીરિક પ્રવૃત્તિ એ રાષ્ટ્રીય આરોગ્ય નો પ્રશ્ન છે, જે માંદગી અને રોગો નું જોખમ ઘટાડી શકે છે. કોઈપણ પ્રકાર ની શારીરિક પ્રવૃત્તિ અથવા કસરત નિયમિત રીતે કરવામાં આવે તો તે શક્તિ અને નિયમિતતા વધારી શકે છે, સહનશક્તિ નો વિકાસ કરી શકે છે, વજન ને કાબુ માં રાખે છે, હાડકા નો જથ્થો વધારી શકે છે અને સ્વઆદરભાવ વધારી શકે છે. તેમજ દબાણ, ચિંતા, ઉદાસીનતા, અને લોહી ના ઊંચા દબાણ નું જોખમ ઘટાડી શકે છે.

શારીરિક પ્રવૃત્તિ અને કસરત ને જીવન નુ એક અવિભાજ્ય અંગ બનાવો. તેનાથી જીવનને આનંદ, ઉત્સાહ આપનાર અને માણી શકાય તેવું બનાવવું જોઈએ. જેના માટે ઘણા રસ્તા છે. જેમ કે આપણા દરેકનાં શોખ અલગ-અલગ છે તેવી જ રીતે આપણા દરેકના પોતાના સ્વાસ્થ્ય જાળવવા નાં રસ્તા પણ અલગ અલગ હોય છે. જેમ કે ચાલવું, દોડવું, શારીરિક કસરતો, ધ્યાન, યોગ, આસાન, જીમ્નેશ્યમ, જુદી જુદી રમતો રમવી, મનોરંજનાત્મક પ્રવૃત્તિ કરવી જેવી અલગ અલગ પ્રવૃત્તિ ઓ દ્વારા આપણે પોતે સ્વસ્થ રહી શકીએ છે. પરંતુ તેના માટે સૌથી મહત્વ ની બાબત છે કે આપણે મોબાઇલ અને કોમ્પ્યુટર ની દુનિયા માંથી બહાર આવી આ પ્રવૃત્તિઓ ને પોતાના જીવન નો એક ભાગ બનાવી રોજે રોજ જો આ વ્યાયામ ની જુદી જુદી પ્રવૃત્તિ કરવામાં આવે તો ચોક્કસપણે આપણે જાતે શારીરિક અને માનસિક રીતે સ્વસ્થ બની શકીશું અને તંદુરસ્ત જીવન જીવી શકીશું.

વર્તમાન પરિસ્થિતિ ને ધ્યાન માં રાખતા સ્વાસ્થ્ય જાળવવું એ દરેક માટે એક પાયાની જરૂરિયાત બની ગઈ છે. જેને આપણે અવગણી રહ્યા છે. જેનું સ્થાન આજે મોબાઇલ, ટેલિવિઝન, કોમ્પ્યુટર, વિડિયોગેમ જેવી પ્રવૃત્તિ એ લઈ લીધું છે. જેના કારણે આજે નાના બાળક થી લઈને યુવાન ને સ્વાસ્થ્ય ની તકલીફો થવા લાગી છે. જો આવું જ ચાલ્યા કરશે અને આજ રીતે જો જાંદગી જીવવામાં આવશે તો ખુબજ નાની ઉંમર માં વ્યક્તિ શારીરિક અને માનસિક અસ્વાસ્થ્ય નો શિકાર બનતો જશે. જેના માટે આપણા રોજિંદા કાર્યો માં પોતાના સ્વાસ્થ્ય માટે સમય ફાળવવો પડશે. જેમાં આપણે પોતે પોતાની મનગમતી પ્રવૃત્તિ કરી શકીએ અને પોતે ખુશ છે તેનો અનુભવ કરી શકીએ તો ઘણેખરે અંશે આવનારી તકલીફો ને આપણે આસાની થી પડકારી શકીશું. એટલે જ આપણી દૈનિકર્યા માં રમત ગમત ની પ્રવૃત્તિ ને સ્થાન આપવું જ પડશે. અને તોજ આપણે શારીરિક અને માનસિક રીતે મજબુત બની શકીશું. આજ ના સમય માં આપણે એક-બીજા નાં એટલા બધા પ્રતિસ્પર્ધી બની ગયા છે કે આપણે પોતાનું સવાસ્થ્ય જાળવવા નુ ભુલી ગયા છે. જેના પરિણામે આપણી શારીરિક અને માનસિક તકલીફો વધવા લાગી છે જેની અસર આપણા સ્વાસ્થ્ય પર પડે છે અને આપણુ સ્વાસ્થ્ય નબળુ પડવા લાગે છે. એટલા માટે આજથી જ આપણે આ કાર્ય ની શરૂઆત કરીએ કે પોતાના સ્વાસ્થ્ય માટે પોતાના જીવન માં શારીરિક સ્વાસ્થ્ય ને લગતી પ્રવૃત્તિ કરીશું. જેના થકી જીવન માં ખુશ રહી શકીએ અને શારીરિક કમજોરી, માનસિક તણાવ, થાક જેવી તકલીફો માંથી બચી શકીએ અને એક સ્વાસ્થ્યભર્યું જીવન આનંદમય રીતે જીવી શકીએ.

રણજીત ડી ભગોરા

આસિસ્ટન્ટ ડાયરેક્ટર ઓફ ફિઝીકલ એજ્યુકેશન

STATUS@ 50

સફર “I Love you” થી “Yes, you do love me” સુધીની...

પ્રવર્તમાન દિવસોમાં જ્યારે સર્વત્ર વેલેન્ટાઈન ડે અને પ્રેમની ઉજવણીનો જે માહોલ ઉભો થયેલ છે, તેમાંથી સ્વાભાવિક રીતે કોઈજ બાકાત રહી શકે તેમ નથી. Cupid (પ્રેમનો ગ્રીક દેવ)ના બાણથી ઘવાયેલા તમામ અને પોતાની જિંદગીની પચાસીએ પહોંચેલાઓની અહીં વાત કરવી છે. સદીઓથી વણઉકેલ્યો પ્રશ્ન કે પ્રેમ શું છે?, તેનો સ્થૂળ અને સુક્ષ્મ અર્થ શું? ના અનેક અર્થઘટનો સાહિત્યમાં થયેલા છે. લગભગ દરેક વ્યક્તિ પોતાની તરુણાવસ્થા કે યુવાનીમાં આ લાગણી મહેસુસ કરે છે, અને તેને અભિવ્યક્ત કરી શકવાની, સ્વીકાર કે અસ્વીકાર થવાની અનેક શક્યતાઓ જે તે વ્યક્તિના નસીબ પર આધારિત જોવા મળે છે. દરેક વ્યક્તિ માટે પ્રેમની વ્યાખ્યા એ એક અંગત અહેસાસની બાબત છે. પ્રેમ કોઈ સમજાવવાની કે લોજીકના ચોકઢામાં બેસાડવાની બાબત ક્યારેય ના હોઈ શકે. તેના કોઈ સમીકરણો ના હોઈ શકે. તે દેશ, કાળ, ઉમર, સમય અને સર્વ દુનવચી બાબતોથી પર હોય છે. યુવાનીના જોશમાં આ અહેસાસ થતાની સાથે “I LOVE YOU” કહેવાની અને કોઈક આપણને ક્યારે “I LOVE YOU” કહે તે સાંભળવાની મીઠી ક્ષણોની પ્રતીક્ષા રહેતી હોય છે. ૧૯૮૦ના દસકાની વાત કરીએ તો તે સમયે આ એક વાક્ય કહી શકવા માટે યુવાનો અને યુવતિઓ અરીસા સામે ઉભા રહીને કેટલી વખત તો રીડર્સલ કરતા અને આ એક વાક્ય બોલ્યા પછી સામેથી સંભવિત કેટલી પ્રતિક્રિયાઓ આવશે તેના વિચારોમાં જ અનેક રાત્રો પસાર થતી હતી. અલબત્ત આજે સોશયલ મીડિયા અને ટેકનોલોજીએ એ કામ એટલું બધું સરળ બનાવી દીધું છે કે તેનો સમગ્ર charm પણ મરી પરવાર્યો છે. અને એ યુવાનીના દિવસોમાં ઉદ્ભવેલ પ્રેમની લાગણી પણ વીતી રહેલા સમય સાથે પોતાના નવા આયામો સાથે વ્યક્તિના વ્યક્તિત્વનો એક અભિન્ન ભાગ બનીને સતત સાથે રહે છે. પ્રેમની આ લાગણીમાં ભીંજાયેલા રહીને વ્યક્તિ જ્યારે જિંદગીના મધ્યાંતરે પહોંચે છે ત્યારે મને લાગે છે કે આ આખી બાબતને એક વાર “Review” પણ કરવી જોઈએ. જિંદગીમાં ક્યારેક વિરામ લઈને ભૂતકાળના મનોવ્યાપારોને ચકાસીને જોવાથી, મુલવવાથી પોતાની જ જિંદગીના અનેક નવા અર્થ અને પરિમાણો નજર સમક્ષ આવતા હોય છે, પણ કમનસીબે બહુ ઓછા લોકો આ કરી શકે છે, અથવા આ કરવા માટે સમય ફાળવી શકે છે. તો આજે અહીં આ જ રીતે એક નાનકડો વિરામ લઈને પ્રિયતમ કે પ્રેયસીના પ્રેમના મનોવ્યાપારને મુલવી જોઈએ. હા, જ્યારે મુલવવાની બાબત આવે છે તો તે તાર્કિક તો રહેવી જ જોઈએ. “Psychoanalysis may lead you to the darkest zones of your personality but then the path taken to reach them should be logical”. તો સૌ પ્રથમ તો વિચારબીજ એવા “I LOVE YOU” ને જ મૂલવીએ. બહુ બારીકાઈ અને સુક્ષ્મતાથી શબ્દાર્થ કાઢીએ તો શું પ્રેમ એ કઈક કરવાની વસ્તુ છે ખરી? ના, પ્રેમ કરી શકાતો નથી. ઘણા આ બાબત સાથે અસંમત થશે જ. You can never Love a person, you can simply feel the sense of love for that person. એટલેકે તમે કોઈકના માટે પ્રેમની લાગણી અનુભવી શકો છો, તમને એ ગમી શકે છે, પણ પ્રેમને એક ક્રિયા તરીકે એટલે કે I eat an apple... કે I sell bananas... ની જેમ એક ક્રિયા તરીકે નથી કરી શકાતી. પ્રેમ કરવો કે પ્રેમનો અહેસાસ થવો એ એક લાંબા સમયની પ્રક્રિયા છે, અને ક્ષણિક ઘટના કે ક્રિયા નથી જ. એટલે “I LOVE YOU” વાક્યમાં રહેલ કર્તૃત્વ ભાવનો હું સાદર અસ્વીકાર કરું છું. “સિફ અહેસાસ હૈ યહ રૂહ સે મહેસુસ કરો” ની જેમ પ્રેમની લાગણી અનુભવવાની બાબત છે. જો વ્યાકરણની રીતે સમજવું હોય તો જેમ અંગ્રેજીમાં “I took birth ondate” નથી કહેવાતું પણ “I was born ondate. કહેવાય છે, તે જ રીતે “I LOVE YOU” નો શાબ્દિક રીતે કોઈજ તાર્કિક પાયો મને નથી દેખાતો. જગતમાં કદાચ અત્યાર સુધી સૌથી

વધુ લોકો દ્વારા સૌથી વધુ વખત બોલાયેલા આ વાક્યની શાબ્દિક અર્થસભરતાને પડકાર ફેંકતી વખતે હું હરગીજ એવું નથી કહેતો કે પ્રેમ નામની કોઈ બાબત નથી, પણ એટલું જ કહી શકાય કે કોઈકના માટે થયેલી એક જબરદસ્ત લાગણીનો એ અહેસાસ છે.

ઘણા પતિ / પત્નીઓને જાહેર કાર્યક્રમોમાં એવું પૂછવામાં આવે છે કે તમે તમારા જીવનસાથીને છેલ્લે ક્યારે “I LOVE YOU” કીધું હતું, અને કદાચ તેના પર થી તેમની જીવન શૈલી અને તેમના વચ્ચેની પ્રેમની પ્રગાઢતાનું મૂલ્યાંકન કરાતું હશે. હું એવું માનું છું કે જો છેલા દસ વર્ષોમાં કોઈ વ્યક્તિએ તેના જીવનસાથીને એક પણ વાર “I LOVE YOU” ના કીધું હોવા છતાં તેણે કદાચ આ દસ વર્ષોની પ્રત્યેક પળ પોતાની પ્રેયસી કે પ્રિયતમને ચાહેલ હોઈ શકે છે, અને કદાચ બહુ જ યંત્રવત રીતે ધ્રુવ પંક્તિની જેમ અથવા ખમણ પર કોથમીર ભભરાવતા હોય તેમ વારંવાર સહજતા થી “I LOVE YOU” બોલનાર પાત્રમાં પ્રેમની લાગણી સંપૂર્ણપણે મરી પરવારી પણ હોઈ શકે છે. મોટા ભાગે “I LOVE YOU” ને પ્રેમની અધિકૃત અભિવ્યક્તિ માનવામાં આવે છે, પણ મિત્રો, હું આ બાબતને જરાક જુદી રીતે મુકવા માંગુ છું. પ્રેમ એ માત્ર ઉપરોક્ત બોલાયેલા વાક્યમાં નથી હોતો, પ્રેમ એ રોજબરોજના જીવનમાં સાથે જીવતા જીવતા એક બીજાની કાળજીમાં દર્શાવવાની બાબત છે. પોતાની બચતમાંથી ઘરે પાછા આવતી વખતે પત્ની માટે સિનેમાની બે ટીકીટ લઈને આવતો પતિ, કે પતિની રાહ જોઈને દરવાજે ઉભી રહેલી પત્ની, જીવનની નાની મોટી વિટંબણાઓમાં ખભે ખભો મિલાવીને એક બીજા સાથે ઉભા રહેવાની તૈયારીમાં પ્રેમ જોઈ શકાય છે. કોઈકના માટેનો પ્રેમ મહેસુસ કરવો હોય તો જે-તે વ્યક્તિની નાની મોટી તમામ ક્રિયાઓમાં તે જોઈ શકાય છે. બંને પક્ષે આ બાબતને સમજવાની તૈયારી હોવી જોઈએ અને તેને મહેસુસ કરવાની હૃદયમાં ભીનાશ પણ હોવી જોઈએ. જીવનના પચાસ વર્ષો સુધી પોતાના જીવનસાથીની તમામ ઉણપોને સ્વીકારીને તેના માટે સતત ચાહતની લાગણી જાળવી રાખનાર તમામ દંપતીઓને સાદર નમસ્કાર કરવાનું મન થાય એ સ્વાભાવિક બાબત છે.

એટલે કે જો “I LOVE YOU” ને આ નવા આયામથી મૂલવીએ તો એવું સ્પષ્ટ જણાય છે કે પ્રેમની સફળતા એ કરી બતાવવામાં નથી જ પરંતુ સામા વ્યક્તિને તેનો અહેસાસ કરાવવામાં છે. એટલે કે જીવનના પચાસમે વર્ષે એ સમજાય છે કે પ્રેમની પ્રતીતિ કરાવવા માટે “I LOVE YOU” વાક્ય માત્ર પુરતું નથી. તેના માટે ડગલે ને પગલે જીવનસાથીને ખુશ રાખવાની દ્રઢ જીદ અને પ્રયત્નો પણ હોવા જ જોઈએ. “I LOVE YOU” એ વાક્ય તો એક ફોન ડાયલ કરવા જેવી બાબત છે! માત્ર ડાયલ કરવાથી શું વળે? ડાયલ કરવાથી ફોન જોડાવાની કોઈ ગેરંટી નથી મળતી. તો પછી જગતની આ સૌથી મુલ્યવાન એવી પ્રેમની લાગણીની પ્રતીતિ

“I LOVE YOU” થી કદી ના થઈ શકે પણ તે ત્યારે જ સાકાર થઈ શકે જ્યારે જીવનસાથી તમને સામેથી એમ કહે કે “Oh you do love me a lot” ! એટલે કે પ્રેમના સ્વીકારની, કે પ્રેમને મહેસુસ કરી શકાવાની સફળતામાં પ્રેમની સફળતા રહેલ છે. મધ્યાંતર પછીની જિંદગીમાં પતિને જ્યારે અર્ધી રાતે ભજ્યા ખાવાનું મન થાય અને પત્ની ઊંઘમાંથી ઉઠીને સ્પેશલ ભજ્યા તાત્કાલિક બનાવી આપે અને તે જોઈને પતિ કહે કે યાર, you do love me lot ત્યારે સમજવું કે જિંદગી જીતાઈ ગઈ છે.

તો જીવનની પચાસીએ પહોંચ્યા પછી આ વાંચ્યા પછી “I LOVE YOU” કહેતા રહેવું કે પછી “Oh you do love me a lot” સાંભળવા મળે તેવું કરવું તે લેખક સુજ્ઞ વાચકવર્ગની શુદ્ધ બુદ્ધિ પર છોડી દે છે. Happy Valentine day!

-Prin. S. N. Iyer



I am extremely happy and profoundly privileged to be the general secretary of this college. The college is dedicated for the overall development. Besides the academic development, other aspects such as communication skills, leadership qualities; self-discipline are being focused. It is a matter of an immense pleasure that we as a student of this college are attaining excellence in the field of academic, cultural and sports which can be seen by the number of university merit position that is 81st rank in all over India's science college by India Today Group. The ambience of this college is just right for the informal and formal learning teaching process to be effective and rewarding. S.M. Patel college of home science lay stress on imparting quality education to the students for their all-round development in order to cater to the needs of the society. The main aim is to serve the students of different economic and educational backgrounds in the society being a student of this college is indeed a privileged to me and for others as well.

Shruti Patel
(G.S.)

HAPPINESS IN LITTLE THINGS...

We get so worried about being happy, that we end up missing out on happiness altogether.

Stop waiting for that magical moment of pure bliss and start enjoying whatever little fragments of happiness you can find. It is the rainy nights spent curled under the blanket with a good book. It is the talks and the time spent with your family. It is the feeling you get in your stomach when you have laughed so hard. It is licking cookie dough off your fingers. It is the solo dance parties in your room at 3 am. It's the little moments. That's what life is all about. Create happiness if you can't find it.

It is those little things and sweet memories in life which stay. Don't run for the materialistic things but experience the real bliss.

Find your purpose, explore people and their stories, explore a little more of this world and a little more about your own self...

After all Life is what you make it!

-Simran Kumavat
S.Y.(F.S.Q.C.)

S.M.P. COLLEGE

3 વર્ષ 30 વર્ષનો મળ્યો છે મને વેગ,
એ અમારી એસ એમ પી કોલેજ.
હસતા રમતા જીવન ઘડતર બન્યું છે મારું તે જ,
એ અમારી એસ એમ પી કોલેજ એસ.એસ.
F.S.Q.C, F.N, T.C એવા વિકલ્પોની વણઝાર, જીવન
ઘડતર કરતા અમારા જીવનમાં લાવી બહાર.
ગુરુ ગણ સર્વે અમારા છે જ્ઞાનનો ભંડાર,
મન મૂકીને આપ્યો છે અમને જ્ઞાનનો ઉપહાર.
સરસ્વતી ની સપ્તધારાઓ સતત કરે તરબોળ,
જ્ઞાનકુંડમાં ડૂબકી લગાવી થયા જ્ઞાન વિભેર.
જ્ઞાન-વિજ્ઞાન કલા કૌશલ્ય નો છે એ રત્નાકર,
વીણીને રત્નો થઈશું અમે જીવનમાં ઉજાગર.
કહે ” કિષ્ના” કરશું રોશન જગમા તારું નામ,
એ છે અમારી એસએમપી કોલેજ.

Krishna Vyas

(Magazine In charge)

T.Y.(B.Sc.) (F.S.Q.C)

Importance of Home Science Education



The concept of Home Science is based on the enthusiastic aspiration to improve the well being of the community through every home. This can be achieved through the systematic arrangement of resources. Home Science can take an important role in developing good individuality and a good sense of personality in a person. Through modern scientific knowledge, an individual's potentialities can be utilized to the maximum.

The modern concept of Home Science is to bring up homes where peace, prosperity and progress succeed. One factor which has influenced the concept of Home Science is the awakening of women's issues. The philosophy of Home Science is to provide equal opportunities for both sexes, to achieve best familial and professional lives. The imbalance between the roles of man and woman can be avoided thus. Along with material and economical achievements, physical, spiritual and moral aspects of family living have to be promoted. This is one of the fundamental principles of Home Science education. The home implants moral values of honesty, truthfulness, dependability and objectivity in a person.

The study of Home Science helps each individual lead a more satisfying personal, family and community life because of the knowledge, understanding, skills and appreciation of cultural and spiritual values a student acquires through Home Science education.

Unlike other subjects, Home Science is a practical science one applies in everyday life. As a practical subject it offers maximum opportunity to express one's ability to take up things and develop leadership qualities.

Home Science education develops qualities needed for responsible citizenship. Home Science Education helps student to recognize the importance of food in healthy living, teaches how to prepare food by retaining its nutrients and the importance of balanced diet. It also enables one to sort out family problems and find out solutions for them. Home Science education helps one to start self employment and become a wage earner at younger age. The curriculum empowers to take intelligent decisions concerning the use of materials and resources. The student becomes efficient to nurture and take care of the young, to foster their healthy growth and development. Moreover one gain technical knowledge and information from various branches of Home Science for both personal and professional use.

Yogesh Vadwala
Associate Professor

Health Benefits of Curry Leaves



Powerhouse of nutrition

Curry leaves are packed with nutrition. They contain Vitamin A, Vitamin B, Vitamin C, Vitamin E, antioxidants and amino acids. They are also rich in carbohydrates, phosphorous, iron, magnesium, copper, fiber, minerals, amino acids and flavonoids. Research shows that alkaloids found in curry leaves possess antioxidant properties.

Controls cholesterol levels

An increased level of cholesterol is a common health issue these days and needless to say, it is worrying for people experiencing it. The antioxidants from curry leaves control the LDL (bad cholesterol) levels, which in turn help in increasing HDL (good cholesterol) which is beneficial for maintaining good heart health.

Beneficial for hair

Healthy hair health begins with healthy roots and strong roots prevent issues like hair fall. Curry leaves contain amino acids which help strengthen roots and follicles hence preventing hair loss. They also make for wonderful hair packs. Combine some curry leaves, neem leaves and yogurt and massage on the scalp. This will not only moisturize the scalp but will also nourish it. Curry leaves are a good source of proteins and beta-carotene, both of which prevent hair loss and thinning.

Beneficial for skin

Good health reflects on the face. Apart from benefits, which stem from consumption of curry leaves, these wonderful green leaves also make for wonderful face packs. Grind some curry leaves and mix them with other homemade face packs/ masks and apply gently on the face. Not only will they help in achieving a good glow but will also help in fighting acne. Their antioxidant nature helps in keeping infections at bay which enhances health of the skin.

As per the findings of research, curry leaves are conducive in controlling diabetes. They affect the insulin activity of the body and reduce the blood sugar level. Curry leaves contain agents that slow down the rate of starch-to-glucose breakdown. This helps control the amount of glucose entering the bloodstream.

Fights Infections

Researches studies have shown that curry leaves possess incredibly high levels of anti – bacterial and antioxidant properties. The anti-fungal and anti-protozoa elements are further efficient in treating common skin infections like acne and fungal infections.

Aids better digestion

Curry leaves stimulate a digestive enzyme which helps break down food. Apart from indigestion, curry leaves also take care of stomach ulcers which occur due to excessive acid secretion in stomach, diarrhea and other similar problems. They also prevent deposition of fat in various parts of the body. Curry leaves are also considered to possess mild laxative properties. Hence their usage is also recommended as a cure for gastrointestinal issues in Ayurveda.

Trusha Lad

Associate Professor

YOUR THOUGHTS CREATE YOUR WORLD: LAW OF ATTRACTION



Basically, it is all about energy. Everything in the universe is made of energy. It may be very dense energy (objects) or lighter finer energy (emotions) but it is all energy.

There is a teaching called the Law of Attraction (which you may have heard of if you have seen or read *The Secret*) which governs the way energy moves in our universe. Basically the Law of Attraction is a natural law that manages energy. It is based on the idea that "like attracts like".

Energy that is positive draws to it more energy that is positive. Energy that is negative attracts more energy that is negative.

So, here is where the thoughts come in. When you think a thought in your mind, you then experience a matching emotion in your body. For example, if you think a negative thought such as "I am ugly" you will most likely feel a negative emotion. It may feel like depression, sadness, fear, anger etc. That e-motion is energy in motion. When you are thinking that negative thought, you are sending out a negative energy from your body. Then the law of attraction will draw more

things to you that match that energy or feeling you are giving off. You may attract more negative thoughts, or experiences that make you feel even worse or people who may not treat you the way you deserve.

But at the end of the day, the negative emotion or energy you are sending out is attracting more negative people, places, events, things, circumstances in to your life.

However, if you are thinking a positive thought such as "I love how I look today" then you are probably be going to be feeling pretty good about yourself. You will be feeling a positive e-motion such as happiness, self-love, joy or confidence. You are now thinking a thought that is sending out a positive energy in to the world. Now, the law of attraction will start to draw more things of a matching positive energy to you. You may find that people are nicer to you, or you get some compliments that make you feel good, or you attract some circumstance or event in to your life that makes you feel even happier.

You see, the worse you feel, the worse it gets. But the better you feel, the better it gets! Positive thoughts create positive circumstances and attract positive people. Negative thoughts create negative circumstances and attract negative people.

So pay attention to what you are thinking because your thoughts are creating your world! Your thoughts and the emotion or energy they create in you, are determining what you are attracting in to you life. Pay attention to how you feel! Think things, say things and do things that make you feel good. If you are giving off a positive emotion you are going to be drawing more good feeling things to you.

So, enjoy experimenting with this, and see if it works for you!

Minal Chauhan

Assistant Professor

Foods and Nutrition Department

Natural dyes



Natural dyes are obtained from natural sources. Most are of plant origin and extracted from roots, wood, bark, berries, lichens, leaves, flowers, nuts, and seeds. Others come from insects, shellfish, and mineral compounds. Natural dyes were the only source of color for textiles, leather, basketry, and other materials until synthetic dyes were developed in the latter half of the nineteenth century.

There are two types of natural dyes. Adjective or additive dyes such as madder must use a mordant (a chemical that fixes a dye) to bond with fibers. These are the most common type and have been used for at least 2,000 years. Substantive dyes bond with a fiber without the use of a mordant or they contain tannin, a natural mordant. Examples of substantive dyes include safflower, cochineal, and black walnut.

Mordants are chemical compounds that combine with the fiber and the dye forming a chemical bridge between the two. Madder, cochineal, and other commercially important natural dyes are poly-chromic, meaning that they yield different colors with different mordants. Common mordants are weak organic acids, such as acetic or tannic acid, and metal salts including aluminum ammonium or potassium sulfate, ferrous sulfate, and copper sulfate. Usually, the textile to be dyed is dipped in a mordant solution before dyeing (pre-mordanting). Other options include adding the mordant to the dyebath or treating with another mordant after dyeing to shift the color.

Natural dyes are used in small quantities by artists and craftspeople. Some commercial use of natural dyes is a response to concerns about synthetic dyes and environmental pollution. Natural dyes are a renewable resource and contribute to rural economic development. However, in most commercial applications, natural dyes do not compete with synthetic dyes that are available in more colors, more uniform in composition facilitating color matching, and of known ratings to fading agents. Contrary to common assumptions, some natural dyes have excellent fastness to light, Wash, water, and perspiration. Commercially available natural dye extracts facilitate color matching and make the dyeing process less involved.

Yogesh Vadwala

Associate Professor



You should only compete with one person: yourself

It's easy to compare yourself against other people especially as they flood our screens with images. But when you compete against other people, you judge yourself based on their values and metrics. The problem with this is even if you win, you only do something that's important to them, not you.

Life is a competition, but it's not a race against anyone else. Rather, the real journey is only against yourself and unrealized potential. “If you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

“It's not about the competition. It's about competing with yourself. That's why when I play video games, I like playing racing games instead of fighting games. Fighting games are won by beating someone else down. Racing is a matter of figuring out your technique and driving as fast as you can – and that's how my life has been this year.”

Rather than competing against the next person, you can chase your future self.

The most important part of competing against yourself is the ability to set your own values and metrics. You choose the goals that fit you best, and what you really want to compete on — and what you don't.

And, yeah, [sometimes you lose](#). You might do worse than you did before. Some days, it's just enough not to take a step backward. And others, when you least expect it, you bound forward.

Either way, when you compete with yourself, you won't be lured into other people's competition and their values. Move forward but only evaluate yourself based on meaningful things. Smile, nod, and then forget it when other people try to entice you into competing. Only you can decide what really matters to you.

Minal Chauhan

Assistant Professor

Foods and Nutrition Department



जस जाते
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કિમનાં પ્રમુખપદે
તેઓએ આ
માટે આશીર્વાચન

પના ચૌદાસદ્વારા
વખાપીય માહિતી
ઈતર પ્રવૃત્તિઓ
જાણકારી આપી

[illegible]

**એસ.એમ.પટેલ કોલેજ ઓફ હોમ સાયન્સમાં
સેલ્ફ ડિફેન્સ પર વર્કશોપ**

આણંદ, તા. ૧

ચાતુર રાજીવરામ દળ સચાલક
એસ. એમ. પટેલ કોલેજ ઓફ લીમ
સાવલ મુકામે નેચનલ સ્પોર્ટ્સ ડે ની
ઉપલક્ષીમાં ભાગવું કોલેજના ડિસિપ્લિન
ડી. ભાવના ચૌહાણ અને ચાલુ વર્ષના
વિદ્યાર્થી મજ્જતસ સમિતિના ઉપમુખ
વિજય અગ્રવાલના માર્ગદર્શન હેઠળ
વ્યાયામ, યોગ અને ખેલક્રીડાના એક
સેક્ટર ક્રિકેટ વર્કશોપનું આયોજન કરવામાં
આવ્યું હતું.

કુમદ્રીયા અને કુણાલા કક્કર દ્વારા વિદ્યાર્થીનીઓને સ્વચ્છતાવ જાગૃતતા વિશે માહિતગાર કર્યા હતા. તેમજ આપત પરિસ્થિતિમાં બીજાનાથી કેવી રીતે પોતાને



પેન, ચાવી, હેર પિન, બેઠ વગેરે જેવી વસ્તુઓ શોધ્ય ઉપયોગ કરી કેવી રીતે પોતાને બચાવી શકાય તેની પ્રેક્ષિકા કરાવી વિદ્યાર્થીનીઓને માર્ગદર્શન આપ્યું હતું.

૧૬ હોમસાયન્સનો
ઉજવાયો



સિદ્ધાન્ત સિદ્ધાન્ત, સિદ્ધાન્ત સિદ્ધાન્ત
સિદ્ધાન્ત સિદ્ધાન્ત, સિદ્ધાન્ત સિદ્ધાન્ત
સિદ્ધાન્ત સિદ્ધાન્ત, સિદ્ધાન્ત સિદ્ધાન્ત
સિદ્ધાન્ત સિદ્ધાન્ત, સિદ્ધાન્ત સિદ્ધાન્ત

પરિચ	આગળ પીઠાણું વિષયપીઠાણે
વિગ્રહ	સ્થાન સમયસ્થાન આગળ પાછા
પ્રવેશ	કાલે પાછોઆગળ પીઠાણું

એન્ડ	અને કુલેશન નીચે મુજબ
મેન્ડ	મહામાને સાથે અભિયાન
પોઃ	માર્ગ પાર્કિંગ પ્રોસીદુરના વિ.
દલી,	વિષયના અભિયાન, પ્રત્યેક-વા
મેન્ડ,	અભિયાન સંબંધી વિ. શ્રુતિ પૂરા
મો,	સેવ્ય સ્પોન્ટેન સેવ્ય વિષયના
દસ્તુ	તાલિ અને એન્ટ્રાઇ પ્રક્રિયાની
(ડી.)	ફીચરને આપે હશે.



એન્જેલસેએન્જેલસર્સ દ્વારા નદીનાદ ખાતે આયોજિત સ્વસ્થ ખાતર પાત્રા કાર્યક્રમમાં ચારુત વિદ્યાર્મણ સંચાલિત એલ. એમ. પટેલ કોલેજ ઓફ હોમસાયન્સના આહાર અને પોષણ વિભાગે ખેડારને કાષી આપ્યો હતો. જેમાં ક્રમમ દિવસે સ્વાસ્થ્યકરોના આયમન વખતે તેમના અભિમાન સમયે મિત્ર. મિત્રા ચોહાણ તથા વિદ્યાર્મણીઓ ઉપસ્થિત રહ્યા હતા. કાર્યક્રમના બીજા દિવસે દિપકમંત્રના હેડ મિત્ર. ક્રાજિયા સુમર્મને લોકેસ્ટર્સ વિતરણ કરી રાંચો સંચાલિત આહાર કોષ્ટકની માહિતી આપી હતી. તથા મિત્ર. તત્ત્વી મહાપાત્રાએ આહાર અને સ્વાસ્થ્ય વિષય પર વ્યાખ્યાન આપ્યું હતું. સમગ્ર કાર્યક્રમનું આયોજન કોલેજના પ્રિન્સિપાલ ડૉ. ભાવના ચોહાણના માર્ગદર્શન હેઠળ તથા નદીનાદ સ્થિત કોલેજના એડ્યુકમની અને ડાયરેક્ટરન મિત્ર. તોરવ પટેલના સહયોગથી કરવામાં આવ્યું હતું.

એસ.એમ.પટેલ કોલેજમાં "પરીક્ષા પે યર્યા" કાર્યક્રમનું આયોજન



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આણ, તા. ૦૨

આજેના સમાચારમાં સંખ્યાસિત
એસ.એમ.પટેલ કોલેજ ઓફ
સોસાયલનાર્સ કોલેજના માર્ગદર્શક ડૉ.
ભાસ્કર મોહાપાત્રા ધ્યાનકર્ષક રીતે
“પરીણ એ વધાર્” કાર્યક્રમ અંતર્ગત
વરણાશન-નરેન્દ્ર મોડીના જ્ઞાન પ્રસ્થાન
કાર્યક્રમને ઓકર નરેન્દ્ર મોડીની સીએએ

સાંભળ્યા હતાં તેમજ ગુપ્ત ડિઝિટલ
માધ્યમીકરણ દ્વારા લાગુ કરવામાં
આવું હતું. જેમાં પરીજ્ઞાને લાગુ વિવિધ
પ્રશ્નોનું સી રીતે વિનાયક કવો, પરીણ
પ્રથમ, સી રીતે એવું એવું ૧૨૪૭ કરવાના
ઉપાયો અને ઉજ્જવળ કરારીકો માટે પરીણ
હતાં ઉપાયો ગોળાના વિવિધ પ્રશ્નો પર
પરીણ કરવામાં આવી હતાં.

ક દ્વારા વિશ્વયોગ
મ શિબિર યોજાઈ



પાલિત એસ. એમ. પટેલ કોલેજ દિવસ નિમિત્તે ત્રણ દિવસીય પી. જેમાં કોલેજના સમગ્ર સ્ટાફ હાજર પૂર્વક ભાગ લીધો હતો. આ વિગના તાલીમાર્થીઓ દ્વારા વો. ખુશ કેવી રીતે રહી શકાય છે આપવામાં આવી હતી.

એસ.એમ.પટેલ કોલેજ ખાતે સંશોધન પર એક દિવસીય કાર્યશાળા



આર્થિક. વા. ૦૨

એસ. એમ. પટેલ હોમસાયન્સ કોલેજ
દ્વારા ૨૨ જાન્યુઆરી ૨૦૧૯ ના રોજ
પ્રોત્સાહિત કર્યું હતું.

સંશોધન સંબંધિત એક દિવસિય કાર્યશ્રેણી
 'સંશોધનમ્' યોજવામાં આવી હતી. આ
 કાર્ય શ્રાણીમાં અંતિમ વર્ષના
 વિદ્યાર્થીનીઓને સંશોધનના વિવિધ
 ખ્યાલોની પરિચિત કરાવવામાં આવ્યું હતું.
 એક દિવસ દરમિયાન નાના સંશોધન
 એ. એમ. વિનાયક કુમાર, આસ્તિન
 પ્રોફેસર આશાદેશ કુશિ વિદ્યાલય હાજર
 રહ્યા હતા. વિવિધ પ્રવૃત્તિઓ દ્વારા બહુ
 સરળ રીતે તેમને સંશોધન વિશે સંમર્જીત
 આગીતી હતી.

**એસ.એમ.પટેલ કોલેજ
ઓફ હોમ સાયન્સમાં
વિવિધ સ્પર્ધાઓ યોજાઈ**



આણંદ, તા. ૦૭

સાધારણ વિદ્યાર્થીઓના સંચાલિત એસ.એમ.પબ્લિક કોલેજ ઓફ હોમ સાયન્સ, વલ્લભ વિદ્યાનગર ખાતે કોલેજના પ્રિન્સિપાલ ડૉ. ભાવનગરીએ જણાવવા માર્ગદર્શન કેમકે તાજેતરના વર્ષમાં સ્પર્ધાઓ જેમ કે પોસ્ટર મેકિંગ, પેઈન્ટિંગ, કોલેજ, હાઈ-ગે, બેસ્ટ આઉટ ઓફ વેસ્ટ, કોમ્પોઝિટ, રંગોલી વગેરેના આયોજન કરવામાં આવ્યું હતું. તેમાં વિદ્યાર્થી-નીઓએ ઉત્સાહભરે ભાગ લીધો હતો. સમગ્ર સ્પર્ધાઓમાં આયોજન ભાગ લેવાથી દ્વારા ઈન્ફ્રા-જેઈન્ટ મિસ્ટ્રીસ લાડા તથા સ્ટુડન્ટ ઈન્ફ્રા-જેઈ કૃ. કિષ્ના પટેલ દ્વારા કરવામાં આવ્યું હતું.

એસ.એમ.પટેલ કોલેજ ખાતે
ઇલેક્ટ્રીશન પ્રતિયોગિતા

આચંદ્ર, ટા. ૬
ચાણતર વિધાનમંડળ સંચાલિત
એસ. એમ. પટેલ કોલેજ ઓફ
હોમસાયન્સના વિધાનરત્ન સ્નેહ સ્મરણ
સંચાલનમાં પદ્મવતી જયરામ કમ્પેક્સ
ચોથવામાં આયોજી. કમ્પેક્સનો મુખ્ય હેતુ
પ્રાચીનકાળના ઉપાયોના વિકાસમાં હતો.
કમ્પેક્સના નિષ્ણાતકો સિધાનતર સ્નેહ
સ્મરણ સેમિનાર પ્રસિદ્ધિ સ્થળ પ્રેરે જોઈ
અને સેમિનાર પરીણામમાં પ્રાચીનકાળ કો

ડીને મુકામ કરાકશે, અને કોમાં કોઈ
પ્રાચીનકાળના મુદ્દાઓ ઉઠાવા થાય છે.
તેની સ્પર્ધા કરી અને સમગ્ર આયો. કોલેજના
સ્નેહ સેમિનારમાં પદ્મવતી સ્નેહ સેમિનાર
મુખ્ય પ્રાચીનકાળના ઉપાયોના મુદ્દા મુદ્દા
કરવાની. સેમિનાર પ્રસિદ્ધિ કોલેજમાં.
આ કમ્પેક્સમાં સંચાલન આચાર્ય છે.
આવના ચોલકાના માગદર્શન હેઠળ
Environment co-ordinator
છે. નિર્ણય કરા કરવામાં આવ્યું



<p> સાથી, ડ. જી. જી. સુરેશ્વર સિંઘરાવળ સંપાદક, સાહ્યક સંપાદક ડૉક્ટર મણી રાજ સાહ્યક, વાચક વિભાગના અધ્યક્ષ સર્વોચ્ચ સ્તરીયકોષ પદ્ય કોષ "પુસ્તક મંજીર" અનુસૂચિ પાસેથી સાહ્યક સંપાદક સુરેશ્વર સિંઘરાવળ સાહ્યક સંપાદક સુરેશ્વર સિંઘરાવળ </p>	<p> સર્વોચ્ચ સ્તરીયકોષ પદ્ય કોષ સાહ્યક સંપાદક સુરેશ્વર સિંઘરાવળ સાહ્યક સંપાદક સુરેશ્વર સિંઘરાવળ સાહ્યક સંપાદક સુરેશ્વર સિંઘરાવળ સાહ્યક સંપાદક સુરેશ્વર સિંઘરાવળ સાહ્યક સંપાદક સુરેશ્વર સિંઘરાવળ </p>
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એત.એમ. વરેલ કોલેજ ઓફ ફોલો સાયન્સમાં સ્ટાફ અને વિદ્યાર્થીઓની સેન્ટ્રલ કમિટી 'ગૃહર કરવામાં' સમી રી. વેબે ક્રિસ્ટિયાન ઓ. બેનગર સી હાલ સ્ટાફની ઓળખણ અને એમના - કોલેજાટોને જાણ કરવામાં સમી રી. સમગ્ર રાજ્ય અને પેટકોલોજીમાં બેબે જ ઉનાવે વિદ્યાર્થીઓને રાજ્ય વિદ્યાર્થીઓને રાજ્ય ઓટા હાવે સમી સર્વકમને જાણ કરવામાં સમી. વિદ્યાર્થીઓમાં કોલેજની વખતર સેક્ટરેટી ટરીકે કુટિ પેટલેને વિદ્યાર્થીઓમાં સમી રાજ્ય ઓટા હાવે સમી. પ્રેસિડેન્ટ ટરીકે કુટિ પેટલેને સમગ્ર રાજ્યમાં સમી રાજ્ય ઓટા હાવે સમી.

આદ્ય અને પોષણ વિભાગ દ્વારા
આંગણવાડીની બહેનો માટે
જાગૃતિ કાર્યક્રમ

[illegible]

હ્યુમન ડેવલોપમેન્ટ ડિપાર્ટમેન્ટે સીધેસ શૈક્ષણિક મુલાકાત

[illegible]

એસ.એમ.પટેલ
કોલેજ ઓફ હોમ
સાયન્સ

ચાક્રર વિચારમંડળ સંપ્રસારિ
એલ.એમ. કોટક કોલેજ બોર્ડ હોસ્ટેલ
સાપ્તમશ્વર કોલેજ ટ્રિનિટીપાલ
ડો. ભાગ્યશા ચૌહાણના માર્ગ દર્શન
કેટલાક સ્વતંત્ર પર્યવેશી (જિવણી)
કરવામાં આવી જેમાં સ્ત્રીકે તેમજ
વિદ્યાર્થીનીઓ એ બેસનાર પૂર્વક
ભાગ લેવા લાગે. આ પ્રકારે વિવિધ
સાંસ્કૃતિક કાર્યક્રમોનું આયોજન
કરવામાં આવ્યું હતું.



शनिवार, ता. २३-६-२०१८

એસ.એમ. પટેલ કોલેજ ઓફ હોમસાયન્સ, વિધાનગર

[illegible]

**એસ.એમ.પટેલ કોલેજ
ઓફ હોમ સાયન્સમાં
વિવિધ સ્પર્ધાઓ યોજાય**



આણંદ, તા. ૦૪
આસરત વિદ્યામંડળ સંચાલિત એસ.એમ.પટેલ કોલેજ ઓફ હોમ સાયન્સ, વડવાળ વિદ્યાનગર ખાતે કોલેજના પ્રિન્સિપાલ ડૉ. બાવના ચૌહાણના આગેવાની હેઠળ તાજેતરનાં વિવિધ સ્પર્ધાઓ જેમ કે પોસ્ટમેટીક, પેઈન્ટીંગ, કોલેજ, હાર્ડનીંગ, બેસેટ આદિ ઓળખેલા, હલે પોલીટી, રંગોલી વગેરેનું આયોજન કરવામાં આવ્યું હતું. જેમાં વિદ્યાર્થી-નીઓએ ઉત્સાહભરે અભિનય કર્યો હતો. સમગ્ર સ્પર્ધાઓમાં આયોજન કલા કોષ્ટક દ્વારા ઈન્ચાર્જ મિસ તુલના તથા સ્ટુડન્ટ ઈન્ચાર્જ કૃ. કિષ્ણા પટેલ દ્વારા કરવામાં આવ્યું હતું.

હોમસાયન્સ કોલેજમાં અરગોનોમીક્સ પર વર્કશોપ

[illegible]

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