

PRAGATI 2020-21



S. M. Patel College of Home Science
(A Charutar Vidya Mandal Institute)
Vallabh Vidyanagar-388 120.

PRAGATI 2020-21

MENTORS

BHIKHUBHAI PATEL
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Charutar Vidyamandal

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Honorary Secretary
Charutar Vidyamandal

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FROM THE HON. SECRETARY'S DESK



I am happy to state that S.M. Patel College of Home science is celebrating its Golden Jubilee during the year 2020-21. This college being a pioneer in women's education the principle and her colleagues have helped the girls in forging their own path.

The institution has transverse a glorious journey during the course of fifty years with numerous landmark achievements in the field of academics, cultural activities and sports.

In the times of pandemic where the world stood suspended with all walks of life including education. The college took up the challenge of online teaching to deliver best of education to its student. The hurdles were many, however the college has worked to conduct online curricular and co-curricular activities. To encourage and motivate them to deal with stress and at the same time inculcate values by the way of creating thinking which is reflected in the college magazine.

Wishing the students and staff a safe and healthy future.

Dr. S. G. Patel
Hon. Secretary,
Charutar Vidya Mandal

FROM THE HONORARY JR. SECRETARY'S DESK



શૈક્ષણિક સંસ્થાઓની ત્રિવિધ જવાબદારી છે, શિક્ષણ આપવું, સાહિત્ય પ્રકાશિત કરવું અને સંશોધનની દિશામાં કંઈક નક્કર કરી બતાવવું. આ દિશામાં આપની સંસ્થા કાર્યરત છે, તે જાણી આનંદ થયો. પ્રતિવર્ષ આપના તરફથી સામયિક પ્રગટ થાય છે, તે આપના કાર્ય અને શૈલિનું સરવૈયું બને છે. વિદ્યાર્થીઓની અને અધ્યાપક મિત્રો તથા સંસ્થાના કાર્યશીલ આચાર્યની આવડત અને પ્રતિભાનું દર્શન કરાવે છે.

આ પ્રકારનું અરીસારૂપ સામયિક પ્રગટ કરવું એ અભિનંદનને પાત્ર છે. કોરોના મહામારીના સમયમાં પણ ઓનલાઈન અને ત્યારબાદ વર્તમાન ઓફ લાઈન શૈક્ષણિક, શિક્ષણ પૂરક અને શિક્ષણોત્તર પ્રવૃત્તિઓ કરીને વાતાવરણને સતત જીવંત અને ધબકતું રાખો છો, તે માટે આચાર્ય ડૉ. ભાવના ચૌહાણ અને તેમની ઉત્સાહી અધ્યાપિકા-અધ્યાપકો અને કાર્યાલય ટીમને ધન્યવાદ આપું છું અને આ પ્રસંગે હું ગૌરવનો અનુભવ કરું છું.

બીજી વિશેષ નોંધનીય સફળ શિક્ષણની વાત કરું તો NAAC દ્વારા જે મૂલ્યાંકન થયું તેમાં આપની સંસ્થાએ ૨.૯૯ પોઈન્ટ મેળવ્યા, તે આપ સર્વેની કાર્યદક્ષતા અને કાર્યનિષ્ઠાનું પરિણામ છે, માત્ર ૦.૦૨ પોઈન્ટ માટે ૩.૧ ગ્રેડનું લક્ષ્યાંક ચૂકી ગયા, એનો થોડો અફસોસ તો હોય જ, પણ આગામી મૂલ્યાંકનમાં એ પણ હાંસલ થઈ જશે. એની ખાત્રી છે.

KCG દ્વારા થયેલ ગુજરાત સ્ટેટ ઈન્સ્ટીટ્યુશનલ રેટીંગમાં પણ આપની કોલેજે સમગ્ર ગુજરાતમાં નંબર મેળવ્યો તે ગૌરવશાળી પ્રાપ્તિ ગણાય.

શિક્ષણસંસ્થાઓ પ્રવાહિત હોય છે. નદીની જેમ એ વહ્યા કરે છે, તેમ નિરંતર કંઈને કંઈ નવીન થયા કરે, આગળ વધ્યા કરો, નવી નવી સફળતાઓ મેળવ્યા કરો, જેથી આપની કોલેજ અને ચારુતર વિદ્યામંડળનું નામ ઉજળું ને ઉજળું થતું રહે એવી શુભેચ્છા પાઠવું છું.

Even if you are on the right track you will get run over if you just sit there.

William Rogers
(American Stage and Film Actor)

(રમેશ તલાટી)
માનદ્ સહમંત્રી

FROM THE PRINCIPAL'S DESK



“While educating the minds of our youth, we must not forget to educate their heart”

– Dalai Lama

S M Patel College of Home Science started its journey in the year 1971 with the aim of providing education to the neighbouring village girls and empowering them so that they can be financially independent, socially conscious, morally upright and emotionally balanced. College is an amalgamation of competent teachers, state of the art infrastructure and an experienced and efficient Management, safe and supportive environment for its students to provide a perfect balance of academics, sports, social and artistic opportunities, converting every individual into a self-reliant and independent citizen. Our institute provides a combination of scholastic and co-scholastic activities.

Genuine concern of our institution is to ensure students emotional growth along with intellectual excellence. This empowers them to develop their self-esteem, self-awareness and self-confidence. Our student population is multi-cultural and multi linguistic, hence we teach students, the importance of tolerance and respect for each other's language and culture. Discipline, values and integrity are the foundation of this Institution. Our vision is to ignite the thinking power of our girls and produce conscientious, confident citizens of India who will go out into the world and make us proud.

I can foresee that every student who has entered this college with its motto “Ignited Minds Better tomorrow” will certainly go out as responsible citizens with human values. And this will help us to achieve our vision: “Empowering young girls through quality education to meet current and emerging challenges in global perspective for the development of the self and society.”

Come on, let's give our best and make this Institution a modern temple of learning through our diligence, devotion and dedication. Wishing you all best wishes for a very bright and happy future.

Dr Bhavana Y Chauhan

Principal

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GENERAL SECRETARY



"Whoever follows a path in the pursuit of knowledge, Allah will make a path to Jannah easy for Him -Prophet Muhammad"

My name is Ramsha Firozkhan and I served as the general secretary of the student council for the academic year 2020-21. This college has been always the most pretentious and amicable place in my life which not only inspired me to study but have also framed me entirely by enriching my talent, skills and dedication towards my work. I have found always something special in every staff member who inspired me so strong and taught me to perform many tasks at a time. I have adopted many skills and wonderful knowledge through experience from this place. I am now clearly able to evaluate myself from all those things I learnt since day one in this college when I had broken confidence and many hesitations and now have completely transformed my thoughts, the way of positively dealing with struggles and combating my hardships. Everyone in oneself is a leader, who leads their destination and I have learnt many things which helped me to become a better leader, by maintaining harmony with every team member of the council. I have learnt being empathetic, optimistic and positive against every problem and tried to fixing the breakdown, learnt to appreciate, the concept of stability, trusting others, ethics, passion to lead the success of every event we performed. Despite of this COVID attacks to our lives, we all have worked as a team on different platforms and have gained experience of working with distinct technologies in especially during the times when we all had grief, pain, sorrow, health issues, stress, overcoming all, we have performed our duties and had tried to achieve the goals of each task at utmost extent. I truly believe, this place is influenced by Women with substance since years. A perfect example of learning by sharing and serving the society especially by providing girls a chance as opportunity to frame their carrier ahead and leaving us with a finished touch for competitive world. The best part is that I have experienced by being a girl with full of passion, courage and dedication this platform had provided me one of the biggest opportunities to get education and building my carrier in exchange of very nominal pay. My Heart is full of gratitude to the Almighty, my parent's support, and to my department teachers for guiding me till date and I will try my level best to support every girl beside me by bringing positive change by educating them. As this college brought change in me. This would be best way of returning my gurudakshina to my teachers

Ramsha Pathan

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FROM INCHARGE



Dear Readers,

We all know that the outbreak of Covid-19 had forced many countries to enforce lock down that brought everything to stand still including teaching and learning process. Human beings were fighting together facing lockdown battling depression of losing loved ones, we have together as a human kind. In all this devastating scenario the educational status suffered most due to pandemic. One of the major impact this pandemic brought in global education is, It led to sudden shift of education from classroom to online mode. The system of Online learning changed pattern of Studying with certain positive and Negative Impacts. The Primary Challenge was to continue the teaching /learning process when students faculties & staff could no longer be present on the campuses. This accelerated adoption of digital technologies to education. There's a collection of the activities conducted for our girls some of them are online and some are offline by which even in that situation we could follow our 'Ignited Mind better tomorrow' Hope you all will appreciate our efforts.

Shazia Sharma

PROFILE OF THE COLLEGE

The S. M. Patel College of Home Science was established by Charutar Vidya Mandal in June 1971 under the able guidance of the then Director Madam B Tarabai. The donation towards the building of S. M. Patel college of Home Science came from Shri Manibhai Shivabhai Patel & his brothers of Sojitra and the college is named after their father.

Shri S. M. Patel. college of Home Science is an interdisciplinary field dealing with the science and art of living. It is an integral knowledge which draws from pure, applied and social sciences as well as technology & management. The focus is preparing young women for a profession & dealing with life situations. It also plays a vital role in increasing the capacity of the family and community for a better quality of life through the competences developed by this education.

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

AREAS OF SPECIALIZATION:

- **Family Resource Management** – Interior design – Hospitality Management – Consumer Services, Ergonomics.
- **Foods & Nutrition** – Dietetics, Human Nutrition, Community Nutrition, Institutional Food Service Management, Cuisine, Entrepreneurship
- **Human Development** – Child welfare, Pre-school management, Early Childhood Education, differently abled children, Women's Issues, Overviews of life span development.
- **Textile & Clothing** – Fashion designer, Textile Science, Commercial clothing & Fashion Marketing.
- **Food Science & Quality Control** – New Food Product Development, Sensory evaluation, entrepreneurship, On the job training.
- **M.Sc. IGNOU** -Dietetics and Food Service Management - The logo of the college is an open book, which is Spreading the light of knowledge with a motto. 'Vidyaratana Mahadhanam'

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.

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- To affiliate, synergize with communities, organizations, institutions at local, regional, national and international levels.
- 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 neighbourhood networking.
- To sensitize the students in identifying the needs of less advantaged / deprived group in the society and make 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 (CBCS) divided in 2 semesters per year.
- Continuous & comprehensive assessment of theory & practical courses.
- Counselling-Academic & Personal
- Parents' involvement
- Active Learning Methodology of teaching
- Co-curricular & extracurricular activities
- Adhering to academic calendar
- Faculty Appraised with latest knowledge of their field
- College library with internet facilities & RFID 17
- Placement cell and Career & Counselling Cell
- Internal Quality Assurance Cell - IQAC
- Alumni Association
- Educational & Industrial visits

Assets of the Institution

1. CPE-Phase-II, UGC offered 1.20 crore grant
2. Computer lab with internet facility
3. SCOPE
4. ICDS-Anganwadi Training Centre

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5. IGNOU Study Centre M.Sc. (Dietetics and Food Service Management)
6. Zaverba Day Care & Play Group
7. Career oriented certificate courses (Add on Courses) -Sports Nutrition, Interiors, Fashion Design
8. ICT Class rooms and labs
9. 24x7 Wi-Fi campus
10. College website
11. Specialized Laboratories for Add on courses
12. Auditorium with advance ICT facilities
13. Holistic learning environment & Green Campus
14. Cafeteria
15. Parking Zone
16. Ladies room (LR)
17. Gymnasium
18. ALM room
19. RFID Library and INFLIBNET
20. Rain Water Harvesting
21. Administrative wing with advanced technology
22. Prospective courses -Post Graduate in FRM -Post Graduate in FN -Diploma in ECCE Management

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COLLEGE STAFF

PRINCIPAL

Dr. Bhavana Chauhan

FOODS AND NUTRITION	FAMILY RESOURCE MANAGEMENT
1. Ms. Shazia Sharma	1. Ms. Sushma Batra
2. Ms. Minal Chauhan	2. Ms. Kalpana Shrivastav
3. Ms. Vijaya Agrawal	3. Dr. Nidhi Gupta
4. Ms. Tanvi Makwana	4. Dr. Padmaja Puppala
HUMAN DEVELOPMENT	TEXTILES & CLOTHING
1. Dr. Mittal J. Barot	1. Ms. Alpana Shah
LIBRARIAN	CHEMISTRY
1. Shri I. C. Patel	1. Ms. Trusha Lad

PHYSICAL TRAINING INSTRUCTOR
1. Mr. Ranjit Bhagora
ADMINISTRATIVE STAFF
1. Shri I. R. Vohra [H. Clerk]
2. Shri K. S. Panchal [S. Clerk]
3. Ms. Daxa Sharma [Lab Asst]
4. Ms. Hiral Patel [Jr. Clerk]

CENTRAL COMMITTEE

NAME OF THE DHARA	OFFICER INCHARGE
President	Dr. Bhavana Chauhan
Vice President	Dr. Ranjit Bhagora
Kala Kaushalya Dhara	Ms. Sushma Batra
Sarjanatmak Abhivyakti Dhara	Ms. Alpana Shah
Geet Sangeet Nrutya Dhara	Dr. Mittal Barot
Natya Dhara	Ms. Tanvi Makwana
Samudayik Sewa Dhara (NSS) And Unnat Bharat Abhiyan	Dr. Nidhi Gupta Ms. Trusha Lad
Gyan Dhara	Mr. Ishwarbhai Patel
NCC	Dr. Padmaja Puppala
Khel Kood Dhara	Ms. Ranjit Bhagora
IQAC	Ms. Kalpana Srivastav Ms. Vijaya Agarwal

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FACULTY INCHARGES

IQAC	Ms. Kalpana Srivastav Ms. Vijaya Agarwal
Placement Cell	Ms. Vijaya Agarwal
Magazine	Ms. Shazia Sharma
Hostel	Ms. Shazia Sharma
College Website	Ms. Kalpana Srivastava
Publicity	Ms. Ranjit Bhagora Ms. Shazia Sharma
ICT Facility	Ms. Trusha Lad Mr. Ranjit Bhagora
Gym	Mr. Ranjit Bhagora Mr. Kamlesh Panchal Ms. Vijaya Agarwal
Library	Ms. Minal Chauhan Mr. Ishwarbhai Patel

STUDENT COUNCIL MEMBERS

NAME OF THE DHARA	OFFICER INCHARGE
General Secretary	Ramsha Pathan
Kala Kaushalya Dhara	Bhagwati Limbani
Sarjanatmak Abhivyakti Dhara	Priyal Shah
Geet Sangeet Nrutya Dhara	Milauni Parmar
Natya Dhara	Isha Patel
Samudayik Sewa Dhara (NSS) And Unnat Bharat Abhiyan	Archi Chanchawat
Gyan Dhara	Samrin Shaikh
NCC	Sejal Soni
Khel Kood Dhara	Khushboo Goswami

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CLASS REPRESENTATIVE

T Y B.Sc.FRM	Vidhi Sodhatar
T Y B.Sc.FN	Khushali Parekh
T Y B.Sc.FSQC	Dhanishta Gosrani
T Y B.Sc.HD	Uma Saroj
T Y B.Sc.TC	Sonal Bharwad

OTHER IN CHARGES

IQAC	Mansi Chauhan Kaushiki Tripathi
Placement Cell	Yashvi Hindocha
Magazine	Miloni Vasava
Hostel	Paridhi Joshi
College Website	Dhwani Bhavsar
Publicity	Dharmishta Bhutia
ICT Facility	Nidhi Patel
Gym	Manisha Mishra
Discipline	Rashmita Rathod Shivanee Suthar Zeel Surti Sarasvati Parmar Sonal Parmar Anjali Patel
Library	Shruti Patel

TEXTILES AND CLOTHING DEPARTMENT CO-CURRICULAR ACTIVITY REPORTS
ACADEMIC YEAR 2020-21

1. Student Start-up and innovation policy along with the department of Textiles and clothing conducted an online webinar on “Entrepreneurship”, on 2nd July 2020. Mr. Nilkanthbhai Patel, Coordinator, Centre for Entrepreneurship Development, Anand centre, Govt. of Gujarat was invited as an expert. Approximately 45 third year BSc from Textile and Clothing and F.S.Q.C major subjects participated in the webinar. Mr. Nilkanth Patel briefed students with various schemes, training facilities and financial assistance from government of Gujarat provided to women entrepreneurs aged between 18 to 45 years of age. He also insisted students to join one day orientation programme organized by government of Gujarat for the same. The event was organised by Ms. Alpana Shah, associate professor. Later on, Ms. Nishtha Dave, T.Y.B.Sc., Textiles and clothing underwent 15 days online training for the same, her proposal was selected for assistance but due to her selection in Postgraduate programme at M.S. University, Vadodara she was unable to carry it forward.
2. Textiles and Clothing department organized a webinar on “Production system in textile industries- Home Textiles” on 24th Sep 2020. Ms. Sumi Haldar, production officer, WELSPUN industries Ltd., Anjar and alumni of the college was invited as speaker. Ms. Sumi oriented students with the manufacturing processes, types and quality inspection and testing of home textile industries. She also imparted knowledge on surgical masks and PPE kits production at WELSPUN industries. At the end students interacted with resource person on various scopes of Textiles and clothing graduates in home textile industries and the skills required for the same. Approximately, 45 students of T.Y.B.Sc. and S.Y. B.Sc. Textiles and clothing major attended the webinar.
3. Students and 01 faculty of Textiles and Clothing department and principal of the institute appeared for online Quiz competition on the topic “Nation's pride- khadi' organized by Department of Fashion Designing, Women's Study Centre, St. Teresa's College Ernakulam, on 2nd Oct.2020.
4. Textile and Clothing Department of S.M.Patel College of Home Science, arranged offline talk in the college on the topic "Role of Designers, Challenges and Opportunities" on Monday, 01-03-2021. The talk was delivered by Ms. Mukti Patel, Fashion designer at Anand and alumni. The aim of the talk was to make students aware with challenges and

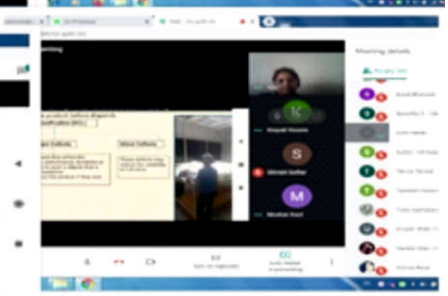
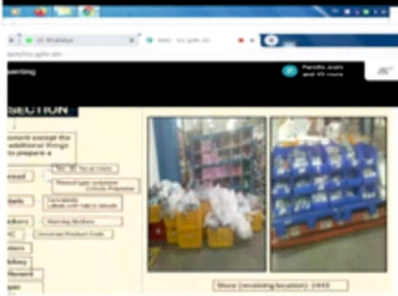
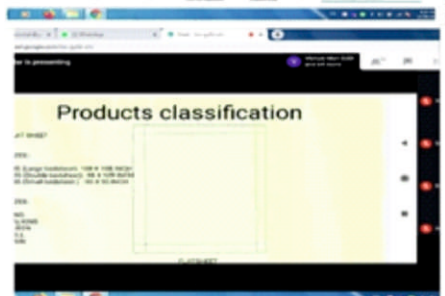
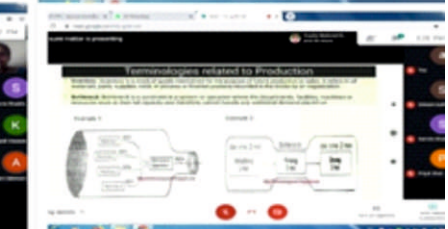
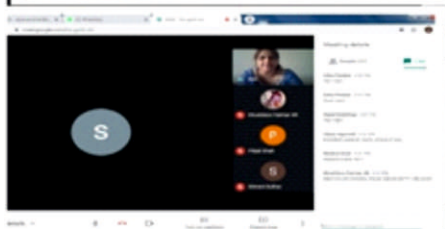
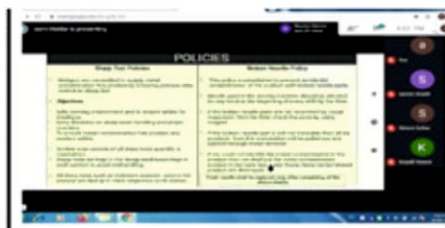
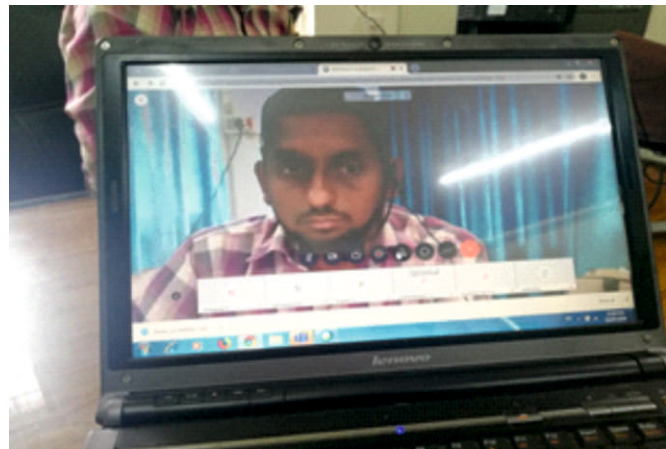
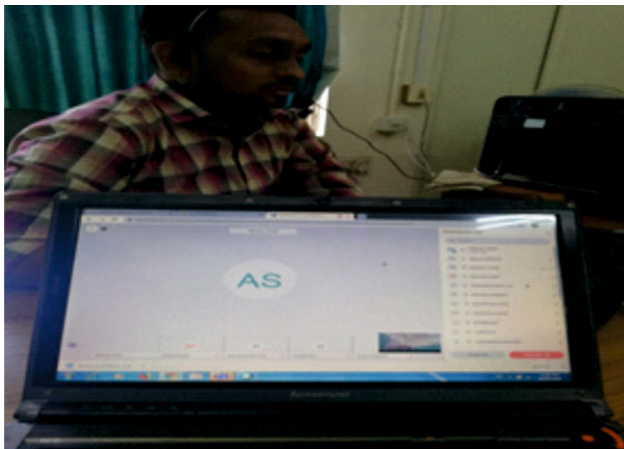
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Opportunities faced by fashion design students on entering the professional field. She made students know the common difficulties and ways to overcome them in the field of fashion design. And she also shared how she started her Venture and now her crossing the ladder of success day by day. At the end student conveyed their gratitude to the resource person. Approximately 20 third year students took part in the event. Talk was executed by Ms. Alpana Shah, Associate professor and IQAC team.

5. The S.M.Patel College of Home Science invited parents of third year students for Online 'Parent Meet' on Sunday, 09th May 2021. Parents were oriented with inhouse activities carried out by the institute in the academic year 2020-21 and various fields of higher progression, entrepreneurships and job opportunities on the completion of undergraduate programme in Home Science with specific major subjects.



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EXPERT TALK BY ALUMNI SUMI HALDAR ON 24TH SEP. 2020

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HUMAN DEVELOPMENT DEPARTMENT 2020-21

Name of the department In charge: Dr. Mittal Barot

Sr. No	Date	Name of the activity	Topic	Resource Person	Beneficiary	No. of Beneficiary	Interclass/ Inter college/ District/ Regional/ State/ National	Achievement (Name of the Winner)
1.	08/08/2020	Lecture organize	Developing thinking skills and Project based activities for preschool children	Ms. Pratibha Puranik, Anand Bal wadi, Mitra Rehabilitation Centre, Anupam Mission, Mogri.	S.Y.B. Sc and T.Y.B.Sc. HD students	48	NIL	NIL
2.	18/09/2020	Bal wadi Day Celebration	Story-telling, Rhymes recitation Techniques Food safety	Dr.Bhavana Chauhan Dr.Mittal Barot	Bal wadi Parents	25	NIL	NIL
3.	24/09/2020	Webinar	Activity based learning and use of mass media for preschool children	Ms. Shivangi Trivedi, Dao Army Pre-Primary School-Dinjan, Assam	S.Y.B.Sc.	115	NIL	NIL
4.	14/11/2020	Community Outreach Programme Children's Day Celebration	Books and Toys distribution	HD students	HD students	47	NIL	NIL

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FOODS AND NUTRITION DEPARTMENT Co-curricular activities Reports Academic year 2020-21

On 26TH of May 2020 during COVID 19 outbreak a national webinar was organized in collaboration with IDA- Gujarat Chapter and Alumni Association. The topic of the webinar was "Health of the Elderly during Covid-19" The resource person of the webinar was Dr Komal Chauhan, Professor, department of Food and Nutrition, Faculty of Family and Community Sciences, M.S. University and Dr Samir Patel Professor, Faculty of Psychology, Sardar Patel University. The coordinator for the webinar was Dr. Bhavana Chauhan and Moderator Ms. Shazia Sharma. Total number of beneficiaries were 98.



One day state level webinar dated on 4th June 2020 was conducted on the topic "Postering Wellness During COVID 19 Outbreak Through Yoga and Healthy Dietary Practices". The resource person was Dr. Neeraj Silawat, Professor, Faculty of Physical Education and Sports Science. The other speaker was Dr. Bhavana Chauhan, Principal S.M. Patel College of Home science. Total number of beneficiaries were 511.

ONE DAY WEBINAR ON
FOSTERING WELLNESS DURING COVID-19 OUTBREAK
THROUGH YOGA AND HEALTHY DIETARY PRACTICES

4th JUNE 2020
10:30AM TO 12:00NOON

DR. MIRAJ SILAWAT
PROFESSOR,
FACULTY OF PHYSICAL EDUCATION &
SPORT SCIENCE, GUJARAT
VIDYARTH, SAGRA

DR. BHAVANA CHAUHAN
PRINCIPAL,
S. M. PATEL COLLEGE OF HOMESCIENCE,
VALLABH VIDYANAGAR

PROGRAMME	TIMING
WELCOME BY MR. RANJIT BHAGORA	5- MIN
SPEECH BY DR. BHAVANA CHAUHAN	30- MIN
QUESTION ANSWER SESSION	10- MIN
SPEECH BY DR. MIRAJ SILAWAT	30- MIN
QUESTION ANSWER SESSION	10- MIN
NOTE BY PRINCIPAL OF PATEL VIDYAR SAGRA	5- MIN

REGISTRATION LINK :-
<https://forms.gle/vuSHatVSnPk51Le8>

ORGANISED BY
S. M. PATEL COLLEGE OF HOME SCIENCE
NAAC ACCREDITED 'B' GRADE
(MANAGED BY CHARUTAR VIDYA MANDAL)
IN COLLABORATION WITH IQAC

CO-ORDINATOR
MR. RANJIT BHAGORA
PHYSICAL INSTRUCTOR
S. M. PATEL COLLEGE OF HOME SCIENCE

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National webinar was organized on “Nutrition in Sports” dated on 25th June. The resource persons were Dt Nimisha Shah, Divya Physiotherapy Clinic Ahmedabad, and Dr Ronak Kothari, Physiotherapist, Sports Authority, Nadiad, Beneficiaries were students, dietitians and faculties. Total number of participants was 218.

International Breastfeeding Week is celebrated every year from 1-7 August. On August 8th 2020, on this day virtual talk was organized for the second-year students on the topic “Importance of Galactagogues for Lactation”. The resource person for the same was Dr. Hetal Patel Gynecologist from Nadiad.

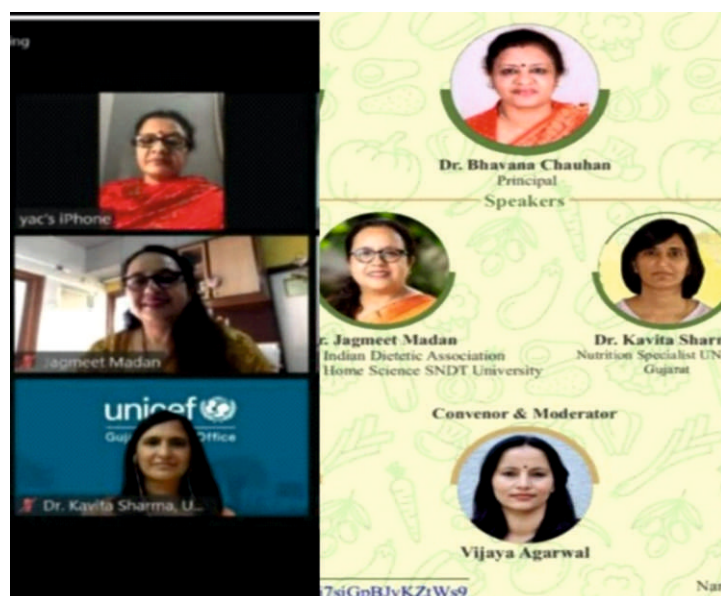
Quiz Competition was organized for S.Y.B. Sc Students on 8th August, as a part of International Breast-feeding week celebration and the topic was Galactagogues.

NATIONAL NUTRITION month is celebrated every year in September so to celebrate this year various activities were carried out in collaboration with Indian Dietetic Association and NetProFan Gujarat Chapter -students of FN and FSQC participated in national level competition Chart, poster, jingle and videos were made topic given was FOOD SAFETY AND FOOD HYGIENE on 10th September 2020.

Jingle competition was conducted on the topic “EAT RIGHT AND MALNUTRITION” Video making was conducted on 11th September topic was “**FOOD SAFETY AND FOOD HYGIENE**” all the entries were sent to NetProFan Gujarat chapter.

The convener for same were Ms. Tanvi Makwana and Ms. Minal Chauhan.

A National Level Webinar on **REFRAMING STEPS TO CURB MALNUTRITION** Was organized in collaboration with Indian dietetic Association Gujarat Chapter dated on 29th September 2020. Resource persons for the talk were Dr Jagmeet Madan, President of Indian Dietetic Association, Principal SVT Home science, SNDT university and Dr Kavita Sharma Nutrition specialist UNICEF, Gujarat. Total number of attendees were 1247 including dietitians, students and faculties. The Convener and Moderator of the Programme was Ms. Vijaya Agarwal.



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To promote use of microgreens and herbs in Covid-19 the department organized with all the second year and third year Foods and Nutrition and FSQC students to plant one herb or any other vegetable or medicinal plant at home and sent their photos. More than 100 students took part in the activity. The convener of the Programme was Ms. Vijaya Agarwal.

A Webinar on 17th October 2020. In collaboration with NetProFan was organized and the topic was Being Sense -itive while eating. The resource person for the talk Dr Dipti Gulati, Head of Programmes at Global Alliance for Improved Nutrition (GAIN) in India and Miss Rima Rao (Associate Professor, Sadguru College Rajkot). topic for this programme **“HEALTH BENEFITS OF MICROGREENS”**. Total number of participants were 740 faculty students. health professionals and professionals from FSSAI. The convener of the Programme was Ms. Vijaya Agarwal and Moderator Ms. Shazia Sharma.

VIRTUAL TRAINING PROGRAMME for students that was organized on 16th January 2021 in association with **IDA GUJARAT CHAPTER AND YAARI QUALITECH** where students attended virtual training and in the end, evaluation was done by the experts and certificates were given. Total number of participants were around 75 students both from Department of Food and Nutrition, Food Science and Quality Control.

For the third year T.Y.B. Sc FN and FSQC students an expert talk in the field of medical nutrition therapy was kept and the speaker was Ms. Jigna Patel, Clinical dietitian Shri Krishna Hospital, Karamsad. Attended by around 70 students. The Topic was diet and Cancer. The convenor of the Programme was Ms. Shazia Sharma.



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POSHAN Abhiyaan (National Nutrition Mission) is India's flagship programme, llin March 2018 to improve the nutritional status of children up to 6years, adolescent girls, pregnant women and lactating mothers to achieve specific targets for reduction in low-birth-weight babies, stunting growth, Under nutrition and prevalence of anemia over next three years.



POSHAN Abhiyaan is not a programme but a Jan Andolan and Bhagidaari, meaning" People's Movement". This programme incorporates inclusive participation of public representatives of local bodies, government departments of the state, social organizations and the public and private sector at large.

The Foods and Nutrition Department of S M Patel College of Home Science in Community Nutrition Subject under Mrs. Vijaya Agarwal organized a drive of growing micro greens. All 153 students participated in the initiative with quite enthusiasm. The objective of the initiative was to inculcate the value of growing greens and its importance in nutrition. The students grew fenugreek, coriander, wheat, jowar, and alike. Later on, the students used the micro greens in making various recipes at home.

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DEPARTMENT OF FAMILY RESOURCE MANAGEMENT

EXTRA-CURRICULAR ACTIVITIES

1. Poster Competition

The National level inter-collegiate online Poster Competition was organized by the Family resource management of the department to make the students aware about the current situations and their perception about the same on '**Living with COVID-19 Pandemic**'. 106 students from all over India participated enthusiastically in this event. The activity was initiated on 25/06/2020 and took almost 15 days to declare the results of the poster competition.

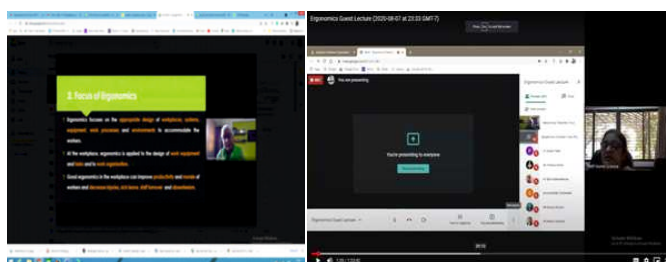


2. Guest lecture

A **guest lecture** was organized on 07/08/2020 for the final year students of the Department on "**Ergonomics: its relevance in today's context**". Manjit Chauhan Associate Professor in PG department of SNDT women's University was invited for the same. 27 students along with four faculty members attended the lecture which included various modes of analysing energy expenditure and importance of posture in day today life.

3. Consumer week celebrations 24th -30th Dec'2020-21

(a) Webinar on 'New Consumer Act 2019'



Department of Family Resource Management celebrate Consumer Week every year in the college in order to create awareness and enlighten the students as well as community,

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regarding consumer rights, responsibilities and various laws related to consumer. Every Year 24th December is observed as National Consumer Day with a specific theme in India. On this day the Consumer Protection Act, 1986 had received the assent of the president. The department had organized a webinar on **23rd Dec'2020**, on '**New Consumer Act 2019**'. The webinar was conducted in collaboration with an NGO 'JAGRUT GRAHAK' of Vadodara. Mr. P.V. Moorjani, Managing Trustee of the NGO, was the expert for the webinar. He talked about Consumer Protection Act 1986 and modifications made in the law in the year 2019. Mr. Moorjani explained the benefits of the law with number of examples. All second-year students and the faculties took active participation.

વિધાનગર હોમ સાયન્સ કોલેજમાં ગ્રાહક સુરક્ષા ધારા વિષયે વેબિનાર

ગાંધી, તા. ૨૩ માર્ચનાર વિધાનગર સંચાલિત એમ.એમ. પટેલ કોલેજ ઓફ હોમ સાયન્સના કોમ્પ્યુટર રૂમમાં ડિજિટલ રીમોટ વેબિનાર આયોજિત થઈ હતી. કાર્યકર્તા IQAC ના સંયુક્ત ઉપક્રમે રાષ્ટ્રીય ગ્રાહક કિલ્લડા નિર્મિત નવા ગ્રાહક સુરક્ષા પારા-૨૦૧૯ અને તેની અસર વિષયે વેબિનાર યોજવામાં આવ્યો હતો. વેબિનારમાં નિમ્ણોત્તરીકે શ્રી. ડૉ. મુરજાની (મેનેજિંગ ટ્રસ્ટી, જાગૃત ગ્રાહકો) વડોદરા અને નવા પાટણમાં આવરી લેવાતા મુદ્દાઓ ઉઠાવવામાં આવ્યાં હતાં. કાર્યકર્તાને આભાર ડૉ. ભાવના ચૌહાણના માર્ગદર્શન હેઠળ કલ્પના શ્રીવાસ્તવ અને એક.આર. એમ. રિષિદેવેન્દ્ર પ્રભાકરે દ્વારા કરવામાં આવ્યું હતું.

(b) Radio talk and role plays

A radio talk was arranged on consumer awareness and education by the faculty of FRM of our college on **28th, Dec. 2020**. On **29th, Dec. 2020**, few role plays were aired on community radio performed by the FRM students on various Consumer issues for the local community.

WEEKLY PROGRAM SCHEDULE Radio Frequency 90.4 FM

Date	1	26/12/2020 (શીબર)
Anchor	1	શબીર
Key Words	-	અમુતવાડી - ૬ કીલો - વીસાલીએ અમુતવાર
	-	ડિલિવરી ફ્રી અમુત
	-	કોરોના વાયરસ જીવાત નિયંત્રણ
	-	ગુજરાતી લીપી

Date	1	30/12/2020 (નંદી)
Anchor	1	દેવિલી રૂપા
Key Words	-	"ગ્રાહક સુરક્ષા - અધિકાર - જવાબદારી - કોરોનાની અસર અસિમિલ" જેવા વિષય પર જન જાગૃતિ અર્થે આયોજિત

Date	1	30/12/2020 (વૃષભ)
Anchor	1	વૃષભી પરમાર
Key Words	-	અમુતવાડી - કોરોના વાયરસ - કોરોના વાયરસ
	-	કોરોના વાયરસ નિયંત્રણ - કોરોના
	-	"અમુતવાડી કોરોના વાયરસ નિયંત્રણ" જેવા વિષય પર જન જાગૃતિ અર્થે આયોજિત
	-	"અમુતવાડી કોરોના વાયરસ નિયંત્રણ" જેવા વિષય પર જન જાગૃતિ અર્થે આયોજિત
	-	"અમુતવાડી કોરોના વાયરસ નિયંત્રણ" જેવા વિષય પર જન જાગૃતિ અર્થે આયોજિત
	-	"અમુતવાડી કોરોના વાયરસ નિયંત્રણ" જેવા વિષય પર જન જાગૃતિ અર્થે આયોજિત
	-	"અમુતવાડી કોરોના વાયરસ નિયંત્રણ" જેવા વિષય પર જન જાગૃતિ અર્થે આયોજિત

4. Research seminar for final year students

A research seminar was organized for the final year students to make them acquainted with the basics of ergonomics on **11th, Feb. 2021**. The key note speaker for the programme was Dr. Ramesh Kothari Ex, Vice Chancellor Shree Vir Narmada University Gujarat. He discussed about research by giving very simple examples to our students.



5. Guest lecture on Entrepreneurial Skills

A guest lecture was arranged by FRM department to acquire entrepreneurial skills, particularly in accounting for T.Y.B.Sc, FRM students on **9th April, 2021** and **17th April, 2021**.

The lecture was taken by a learned Assistant Professor, Dr. Paresh Kumar U. Mordhara, from BJVM Commerce College, V.V.Nagar. Our students were immensely benefited through his lecture as few of them are planning entrepreneurial start-ups.



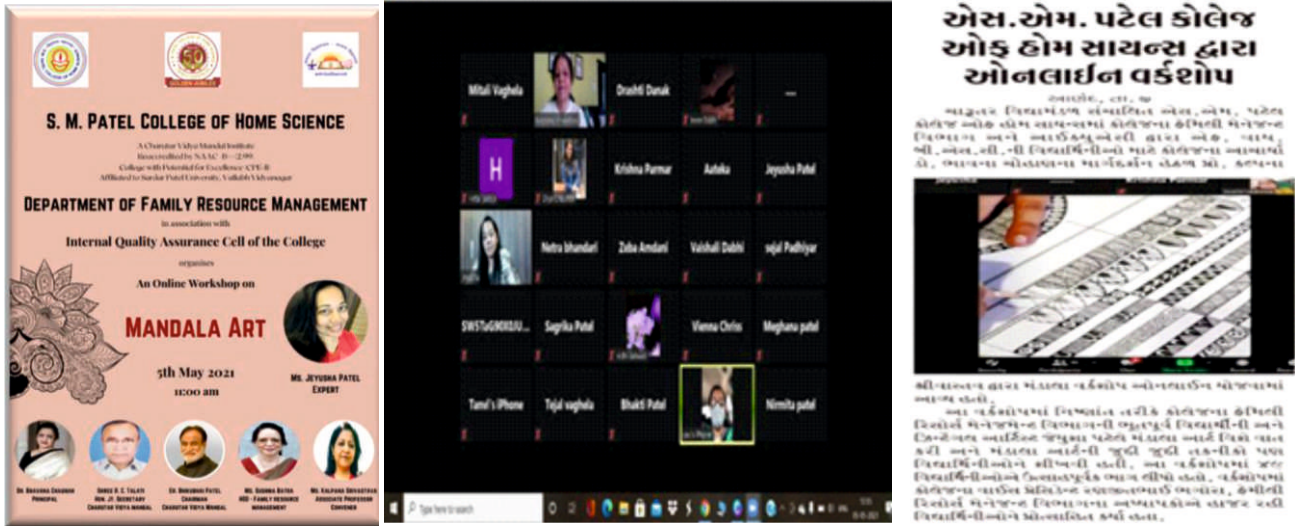
6. Mandala Workshop

Department of Family Resource Management had organized an online workshop for the first-year students, on **05th May, 2021**. The aim of the workshop was to introduce the students with the art of **MANDALA** and its application on various accessories.

An alumna of the Family Resource Management Department, Mrs. Jeyusha Patel, an Artist of Zen tangle Mandala Art, was invited as an expert. Mrs. Patel had explained the

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purpose and techniques of making Mandala Art. She had shown the steps of making this art and students followed her step by step, learning by doing was perfect for this activity. Though it was online still, students were able to make track of the steps and prepared beautiful Mandala drawing. Forty-nine students joined the workshop and they were very ecstatic and excited for learning this art.



7. Parent-Teacher Meeting

An online Parent-Teacher Meeting was organized on for the final year students as it was a pandemic year so lot of anxiety of parents related to their wards were cleared and assured of the full cooperation from the faculty. 22 students along with their parents join the online meeting. The faculty members also discussed the job scopes in their respective field of interest.



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Our Star Achievers



BHAGWATI LIMBANI



RAMSHA PATHAN



PRIYAL SHAH



SARSWATI PARMAR

Sapt dhara



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”, wherein, the overall development of student's intakes place. Skills like leadership, team building, interpersonal communication skills, conflict resolution, 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: -

1. Gyan Dhara
2. Sarjanatmak Abhivyaakti Dhara
3. Rang, Kala ane Kaushalya Dhara
4. Naatya Dhara
5. Geet Sangeeta ane Nrutya Dhara
6. Yog Vyayam ane Khelkud Dhara
7. Samudayik Seva Dhar

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GYAN DHARA

In charge: I. C. Patel

Student In charge: Shamrin Shaikh (T.Y. FN)

SR. NO.	DATE	EVENT	TOPIC	KEY NOTE SPEAKER	PARTICIPATED
1.	15-10-2020	Guest Lecture	Celebrate Word Student Day: Important of Extra Co Curriculum Activities in Our Career.	Dr. Y.L.Jethva Assistant Professor, Swarnim Gujarat Sports University,Gandhinagar.	More than 80 participated
2.	29-10-2020	Guest Lecture	Celebrate Sardar Patel Jayanti: Sardar Patel's Contribution in Women Empowerment.	Dr.Ashok Trivedi Assistant Professor, Arts & Commerce College,Savli.	More than 75 participated

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SARJANATMAK ABHIVYAKTI DHARA

Faculty Incharge: Ms. Alpana Shah

Student Secretary: Ms. Priyal Shah

DAY & DATE	ACTIVITY	PARTICIPANTS	TOPIC	PLACE/DESTINATION
10-10-2020	National Essay writing competition organized by Heartfulness organizations.	12 students participated.	"Poverty is not just a lack of money."	Submitted through online mode.
23-02-2021	Intercollege Quiz competition.	F.Y.B.Sc.3students participated. 1. Ms. Diya Chauhan 2. Ms. Harshini Panchal 3. Ms. Drashti Danak	"Bollywood Quiz."	ILSASS College and students appeared on online mode from S.M Patel College of Home Science.
Wednesday 09-01-2019	Intercollege Debate Competition.	14 teams from various colleges of Anand and Vallabh Vidyanagar. 1st prize-GunjanVerma (ILSASS) 2nd prize-DivyaMahaskar (S. M Patel college of Home Science) 3rd prize-Mr.Shivang Thakkar(SEMCOM) & 3rd prize-Riddhi Patel(MBICT) *RotatingShield,2018-19 won byILSASS College	"In the opinion of house, College attendance should not be made compulsory."	S. M Patel College of Home Science (Auditorium).

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KALA KAUSHALYA DHARA

S. M. Patel College of Home Science has organized online competitions on various fine arts activities such as collage, poster making, cartoon, rangoli and clay modelling under Kala Kaushalya Dhara from 29th September to 12th October 2020 in which the students participated enthusiastically.

Under the able guidance of Dr. Bhavana Chauhan, the competition was organized by Sushma Batra, in-charge of Kala Kaushalya Dhara. Ms. Alpana Shah, Dr. Nidhi Gupta, Ms. Kalpana Srivastava, Ms. Trusha Lad as well as Dr. Mittal Barot. extended their services to become a judge for the above competitions. Samarin M. Shaikh in collage making. Drishti Danak in Poster Making, Vienna J Chris in Rangoli, S. Spoorthy in Cartooning and Priyal Shah in clay modelling won the first position.



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GEET SANGEET NRITYA DHARA 2020-21

Name of the convener: Dr. Mittal Barot

Name of the student in charge: Milauni D. Parmar

Sr. No.	Date	Name of the activity	Topic	Resource Person	Beneficiary	No. of Beneficiary	Inter class/Inter college/ District/ Regional/ State/ National	Achievement (Name of the Winner)
1.	07/11/2020	Solo song competition	-	Dr.Yogesh Chauhan Dr.Bhavana Chauhan	College students	15	Inter class	Vrushali Shah
2.	03/01/2021	Dance Competition	-	Ms.Vijaya Agrawal	College students	12	Inter class	Prachi Parekh

VYAYAM, YOGA & KHELKOD DHARA REPORT -2020-21

In charge: Ranjit Bhagora

Student Incharge: Khushbu Goswami (T.Y.F.N)

Sr. No.	Date	Name of the activity	Topic	Resource Person	Beneficiary	No. of Beneficiary	Inter class/Inter college/ District/ Regional/ State/ National	Achievement (Name of the Winner)
1.	07/11/2020	Solo song competition	-	Dr.Yogesh Chauhan Dr.Bhavana Chauhan	College students	15	Inter class	Vrushali Shah
2.	03/01/2021	Dance Competition	-	Ms.Vijaya Agrawal	College students	12	Inter class	Prachi Parekh

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VYAYAM, YOGA & KHELKOD DHARA REPORT -2020-21

In charge: Ranjit Bhagora

Student Incharge: Khushbu Goswami (T.Y.F.N)

Sr. No	DATE	EVENT	TOPIC	NO.	KEY NOTE SPEAKER	PARTICIPATED
1.	04/06/2020	National Webinar	Fostering Wellness During Covid-19 Outbreak Through Yoga and Healthy Dietary Practices	1.	Dr.Bhavana Chauhan Principal, S.M.Patel College of Home Science.	More than 500 Participated
				2.	Dr.Niraj Silawat Professor, Faculty of Physical Education & Sports, Science, Gujarat VidyapithSadara, Gandhinagar.	
2.	19/06/2020 to 21/06/2020	Workshop	Celebrates International Day of Yoga: Three Days Yoga Workshop	1.	Dr.Yogendra Chauhan Sports Director, Kalupur College, Ahemdabad.	More than 400 Participated
				2.	Dr.Kailasgiri Goswami I/C-Principal Bapunagar College, Ahemdabad.	
				3.	Dr. Minal Panchal Reviver Owner Yoga Expert, Ahemdabad.	
3.	15/08/2020		Celebrate Independence Day	1.	Dr.Bhavana Chauhan Principal.	All Staff
4.	29/08/2020		Celebrate National Sports Day	1.	Mr.Ranjit Bhagora	More than 100 Participated
5.	03-10-2020	Workshop	Yoga: Seven Secret of Happiness	1.	Dipika Bhakta Yoga Expert, Anand	All Staff
6.	12/10/2020 to 14/10/2020	Workshop	Workshop on Self Defence	1.	Mr.Chetan Fumakiya & Team (Pratibha Academy, Anand)	More than 100 Participated
7.	12/01/2021	Celebrate National Youth Day	The Ideal of Youth: Swami Vivekananda	1.	Ranjit Bhagora	More than 100 Participated

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SAMUDAYIK SEVA DHARA (NSS) 2020-2021

Name of the convener: 1) Dr. Nidhi Gupta

2) Ms. Trusha Lad

Name of the student in charge: Archi Chanchawate

Sr. No.	Date	Name of the activity	Topic	Resource Person	Beneficiary	No. of Beneficiary	Inter class/ Inter college/ District/ Regional/ State/ National	Achievement (Name of the Winner)
1	08/09/20	Inter-College poster Competition ' SPRING BOARD '	For celebration of ' INTERNATIONAL LITERACY DAY ' a poster competition was organized by the NSS unit on the topic – ' Importance of Education in Life and Society '	Ms. Sushma Batra, faculty of the college	Students from various colleges of Vidyanagar	16	Inter-college	I. Sarita Naradala II. Vienna Chriss III. Rashmi Gupta
2	16/09/20	Campus Ambassador 2020-21	Details of the selected students as per the circular of the university were provided.	—	Students of the college	02	Inter-class	NA
3	16/09/20	Webinar on ' Awareness on National Education Policy '	Ministry of Education has organized a webinar for spreading awareness about the new National Education Policy.	Education minister	NSS Students (F.Y and S. Y. B. Sc.)	80	—	NA
4	07/10/20	Pledge taking against COVID-19	Pledge taking ceremony was organized in the college premises with college staff members by following all the COVID-19 protocol	Ms Trusha Lad	staff members	30		NA

5	09/10/20	'Joy of giving' Activity	As a celebration of Seva Shapath week, unused or spare items like bed sheets, T-shirts, shoes, crockery were given to the supporting staff.	College Faculty	supporting staff of our college	10		NA
6	26/11/20	Essay writing competition on 'Constitution of India'	For celebrating the day on which our constitution was formed an essay writing competition was organized.	1. Dr. Sanjay Sinha, (Anand Law college) 2. Mrs. Arpita Parmar (Institute of Business study, Anand)	Students of the college	10	Inter class	I. Esha Pandya II. Harshini Panchal III. Khushi Soni
7	25/01/21	Voter's pledge National Voter's Day celebration	The pledge was taken as per the circular received from the government by final year students.	Dr. Nidhi Gupta	Students of the college	40		NA
8	06/02/21	Webinar on ' Sadak Suraksha Jeevan Raksha '	A webinar was organized by the NSS Program officers of the college on 'Sadak Suraksha Jeevan Raksha' the speaker invited was Asst.R.T. O Anand, Nimisha Panchal.	Asst.R.T. O Anand, Nimisha Panchal	F.Y& S.Y Students of the college	85		NA
9	11/02/21	Workshop on ' Road Accidents and Road Safety '	A workshop was organized by CVM university in collaboration with BJVM college.	—	NSS volunteers	10		NA

10	19/02/21	Thalassemia Awareness Programme	A documentary film given by the Indian Red Cross Society; Ahmedabad was shown to the students followed by discussion.	Dr. Nidhi Gupta & Ms Trusha Lad	FY students	60		NA
11	24/02/21	Webinar on 'Electoral Literacy and Awareness'	A webinar was organized by the NSS cell of SPU on 'Electoral Literacy and Awareness'.	SH. Mahesh Joshi, Secretary State election commission, Gujarat	Teachers	02		NA
12	26/02/21	Bookmark making	On the occasion of Swami Vivekanand Jayanti, students made bookmarks on the thoughts of Swami Vivekanand.	NSS Program Officers of the College	Students of the college	36	Inter class	I. Diya Patel II. Vienna Chriss III. Esha Pandya
13	01/03/21 03/03/21	Cleaning camp on Vidhyanagar Day	A cleaning camp was organized within the college campus followed by decoration- Rangoli and lighting.	Dr. Nidhi Gupta & Ms Trusha Lad	FY students	68		NA
14	05/03/21	Poster competition on 'Anti-tobacco day'	On the occasion of Anti-Tobacco Day, a poster competition was arranged by the NSS unit sponsored by Bakrol PHC. They also distributed sanitizing kits to all the participants and gifts to the winners.	Dr. Meera Barot (PHC Bakrol)	Students of the college	24	Inter class	I. Meghna Patel II. Vienna Chriss III. Khushi Machhi

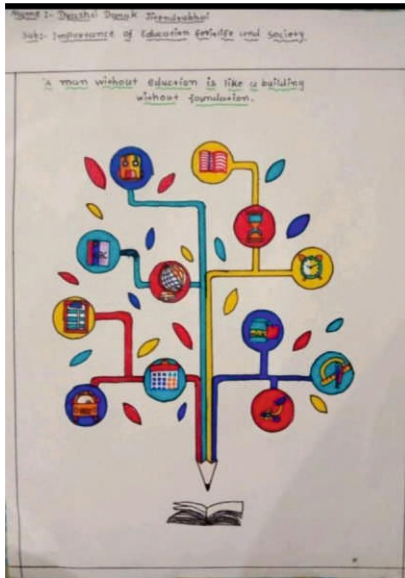
15	08/03/21	Women's day celebration	A guest lecture was arranged by The NSS unit with Women cell department of the college on ‘नारीशक्तिकरण: बदलतीतस्वीरे’ . Invited guest was Ms. Aganeshwari Adhiya, Deputy Registrar CVM.	Mrs. Aganeshwari Adhiya, Deputy Registrar of CVM University	Students of the college and their parents	96		
16	23/03/21	Talk on the occasion of ‘Azadi no Amrut Mahotsav’	A live talk was organized by NSS-CVM on the topic ‘Gandhiji ni Ananya Bhumika’	Faculty of Humanities Department	Students of the college	25		
17	24/03/21	Webinar on ‘Boost your Immunity System with Foods’	Poshan pakhwada celebration was done by organizing a webinar with the guest speaker, Ms.Minal Chauhan.	Ms. Minal Chauhan	F. Y. Students	63		
18	27/03/21	Webinar on ‘भारतीयमहिलाओअनेबालकोमाकुपोषणनीसमस्याओ’	As a part of Poshan Pakhwada celebration, a webinar was organized by NSS – CVM.	Ms. Minal Chauhan	Students of the college	50	Inter-College	
19	05/05/21	Webinar on ‘Vaccination Awareness for COVID-19’	A webinar was organized by the NSS unit. The guest speaker was Dr. Rajesh Patel, Medical officer, Panchayat Hospital, Vidyanagar.	Dr. Rajesh Patel, Mo of Vidyanagar Panchayat Hospital	Teachers of various colleges	56		NA
20	15/05/21	Vaccination Awareness	Prepared a small video clip		Students of the college	10		NA

PRAGATI 2020-21

NSS-RegularActivities-2020-21

Inter-College poster Competition 'SPRINGBOARD'

For celebration of 'INTERNATIONAL LITERACY DAY' a poster competition was organized by the NSS unit on the topic- 'Importance of Education in Life and Society'

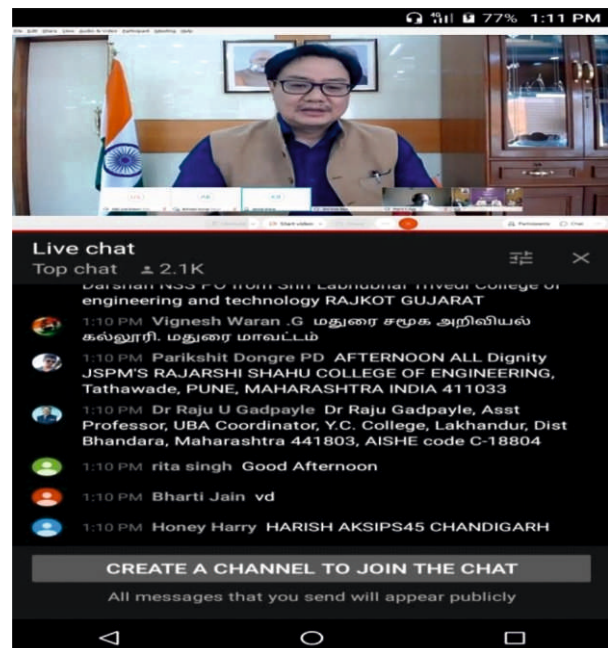


Campus Ambassador 2020-21

Details of the students the circular of the university were provided.

Webinar on 'Awareness on National Education Policy'

Ministry of Education has organized a webinar for spreading awareness about the new National Education Policy





એસ.એમ.પટેલ કોલેજ ઓફ હોમ સાયન્સમાં કોવિડ-૧૯ નિયંત્રણ માટે શપથવિધિ યોજાઈ



વિદ્યાનગર, તા. ૧૮
ચાણેર વિદ્યામંડળ
સંચાલિત એસ. એમ. પટેલ
કોલેજ ઓફ હોમ સાયન્સના
એન. એસ. એસ. યુનિટ
દ્વારા સરકારના પરીપત્ર પ્રમાણે
તા. ૮ ઓક્ટોબરના રોજ
કોવિડ-૧૯ના નિયંત્રણ માટે
કોલેજના પ્રિન્સીપાલ ડૉ.
ભાવના ચૌહાણ, ઉપપ્રમુખ ડૉ.
યાજ્ઞેશ્વર વડવાલા તથા સર્વ
ટીચર્સ તથા નોન ટીચર્સ
સ્ટાફે કોવિડ-૧૯ના
સવરામમતીના દરેક સ્ટેપને
અનુસરવાના શપથ લીધા હતા.
સમગ્ર કાર્યક્રમનું સંચાલન
એન.એસ.એસ. પ્રો. ઓક્સિસર્સ
ડૉ. નિધી ગુપ્તા તથા શ્રીમતી
તૃષા લાડ દ્વારા કરવામાં
આવ્યું હતું.



S.M. Patel College of Home Science
A Character Value Based Institute
NAAC Accredited B++ 2.95 (GRS 4 Stars)
College With Potential for Excellence (CPE II)
among all college of Gujarat
Human Development Department
in association with
Internal Quality Assurance Cell of the College

CHILDREN'S DAY CELEBRATION: COMMUNITY OUT REACH PROGRAM
14TH NOVEMBER 2020

Dr. Bhavna Chaudhary Principal College of Home Science	Dr. Bishakh Patel Chairman Charter Value Education	Mrs. Ranesh Tuli Hon Joint Secretary Charter Value Education	Dr. Pooja Patel Joint Secretary Charter Value Education



એસ.એમ.પટેલ કોલેજ હોમ સાયન્સમાં જોય ઓફ ગીવીંગ વીકની ઉજવણી



આણંદ, તા.૧૨
ચાણેર વિદ્યામંડળ
સંચાલિત એસ.એમ.પટેલ
કોલેજ ઓફ હોમ સાયન્સમાં
૮ ઓક્ટોબર-૨૦૨૦ ના રોજ
જોય ઓફ ગીવીંગ વીકની
આજવણી કરવામાં આવી
હતી. કોલેજના સ્ટાફ દ્વારા
પોતાના ઘરે રહેલ બિન
વપરાયેલ વસ્તુઓને એકઠી કરી
કોલેજના પ્રિન્સીપાલ ડૉ.
ભાવના ચૌહાણ તથા અન્ય
સ્ટાફના હસ્તે સર્પોટિંગ સ્ટાફને
તે શ્રીજ વસ્તુઓ આપવામાં
આવી હતી. આ સમગ્ર
કાર્યક્રમને પ્રિન્સીપાલ તથા
ટીચર્સ સ્ટાફે બીરદાવ્યો હતો.
અને પછીના વર્ષમાં પણ આ
પ્રવૃત્તિને ચાલુ રાખવાનું નક્કી
કરવામાં આવ્યું હતું.



PRAGATI 2020-21

Essay writing competition on 'Constitution of India'

For celebrating the day on which our constitution was formed an essay writing competition was organized



Meghana Patel

S.M.Patel college of home science

Fy Bsc

Roll no . 38

૨ મંગળવાર, તા. ૮-૧૨-૨૦૨૦

એસ.એમ. પટેલ કોલેજ ઓફ હોમ સાયન્સમાં 'બંધારણ દિવસની' ઉજવણી

આજરોજ વિદ્યાર્થીઓએ સાયન્સમાં એસ.એમ. પટેલ કોલેજ ઓફ હોમ સાયન્સના આચાર્ય ડૉ. ભાવના ચૌહાણના માર્ગદર્શન હેઠળ એન.એસ.યુનિટ દ્વારા 'બંધારણ દિવસ' ઉજવણીના અનુસંધાનમાં 'ભારતનું બંધારણ' વિષય ઉપર વિવિધ સ્પર્ધા રાખવામાં આવી હતી. જેમાં કોલેજની વિદ્યાર્થીનીઓએ ભાગ લઈ અંગ્રેજી અને ગુજરાતી ભાષામાં નિબંધ મોકલાવ્યા હતા. સ્પર્ધામાં મુલ્યાંકન માટે ડૉ. સંજય સિન્હા (આઈઆઈ ટી કોલેજ) તથા અપીતા પરમાર, (ઈન્સ્ટિટ્યુટ ઓફ ડિઝાઇન સ્ટડીઝ, આઈઆઈ ટી) ની સહયોગ મળ્યો હતો. કાર્યક્રમનું આયોજન કોલેજના એન.એસ.એસ.પ્રો. અંકિતેશ ડૉ.નિધિ ભુમા અને તુષાર લાડ દ્વારા કરવામાં આવ્યું હતું. સ્પર્ધામાં પ્રથમ ક્રમે ઈશા પંડ્યા, દ્વિતીય ક્રમે હર્ષિની પંચાલ તથા તૃતીય ક્રમે ખુશી સોની આવ્યા હતા.

ભારતનું બંધારણ

- ભારતનું બંધારણ એ ભારતનો સર્વોચ્ચ કાયદો છે. આ દસ્તાવેજમાં મૂળભૂત રાજકીય સંહિતા, માળખું, કાર્યવાહી, સત્તાઓ અને સરકારી સંસ્થાઓની ફરજોને નિર્ધારિત માળખું મૂકવામાં આવ્યું છે અને મૂળભૂત અધિકાર, નિર્દેશિક સિદ્ધાંતો અને નાગરિકોની ફરજો નક્કી કરી છે.
- ભારતની પરિવર્તન એ આખી દુનિયાની લાંબી અને લાંબી લેખની રચનાઓ છે. પરિવર્તન એ રાષ્ટ્રની લોકશાહી અને ધર્મનિર્પેક્ષ રચના રચનાત્મક અને દેશની દરેક સંસ્થા ભારતની બંધારણ અનુક્રમણિકા છે.
- લોકશાહી પદ્ધતિમાં દેશનો સર્વોચ્ચ કાયદો બંધારણ છે. બંધારણ શબ્દનો ફ્રેન્ચ મૂળ છે જેનો ઉપયોગ સામાન્ય રીતે

નયા પડકાર

એસ. એમ. પટેલ કોલેજ ઓફ હોમ સાયન્સમાં બંધારણ દિવસની ઉજવણી

આજરોજ, તા. ૮ મંગળવાર, વિદ્યાર્થીઓએ સાયન્સમાં એસ.એમ. પટેલ કોલેજ ઓફ હોમ સાયન્સના આચાર્ય ડૉ. ભાવના ચૌહાણના માર્ગદર્શન હેઠળ એન.એસ.યુનિટ દ્વારા 'બંધારણ દિવસ' ઉજવણીના અનુસંધાનમાં 'ભારતનું બંધારણ' વિષય ઉપર વિવિધ સ્પર્ધા રાખવામાં આવી હતી. જેમાં કોલેજની વિદ્યાર્થીનીઓએ ભાગ લઈ અંગ્રેજી અને ગુજરાતી ભાષામાં નિબંધ મોકલાવ્યા હતા. સ્પર્ધામાં મુલ્યાંકન માટે ડૉ. સંજય સિન્હા (આઈઆઈ ટી કોલેજ) તથા અપીતા પરમાર, (ઈન્સ્ટિટ્યુટ ઓફ ડિઝાઇન સ્ટડીઝ, આઈઆઈ ટી) ની સહયોગ મળ્યો હતો. કાર્યક્રમનું આયોજન કોલેજના એન.એસ.એસ.પ્રો. અંકિતેશ ડૉ.નિધિ ભુમા અને તુષાર લાડ દ્વારા કરવામાં આવ્યું હતું. સ્પર્ધામાં પ્રથમ ક્રમે ઈશા પંડ્યા, દ્વિતીય ક્રમે હર્ષિની પંચાલ તથા તૃતીય ક્રમે ખુશી સોની આવ્યા હતા.

The Constitution of India

The Constitution of India is the major law in India. The constitution is the framework for political principles, procedures, powers of government officials, etc. It is also the longest constitution in the world with 448 articles, 22 parts, 12 schedules and 115 amendments.

The constitution was made on 26th November 1949, and was the center of law in 26 January 1950. India celebrates 26 January as 'Republic Day'.

India had to face many problems after the independence. In this time, rehabilitating the refugees who migrated from Pakistan, merger of the princely states, maintenance of law and order were challenges. Sardar Patel successfully achieved the merger of the princely states and provinces the Union of India. Even the challenge of framing a constitution in order to enable govern the country was also fulfilled.

The Constituent Assembly, which came into existence on 11th December, 1946 and 145 meetings and framed a draft constitution. During these discussions the various laws proposed by the British Government in 1901, 1919 and 1933, the British parliamentary system, the American Bill of Rights, the Social Directive policies of Ireland were studied and some parts of those were written in the constitution.

Finally, the Indian constitution was approved on 26th November, 1949 and came into effect on 26th January, 1950. This day (Jan-26th) is celebrated as the 'Republic Day' in India.

PRAGATI 2020-21

Voter's pledge: National Voter's day celebration

The pledge was taken as per the circular received from the government by final year students

**SARDAR PATEL UNIVERSITY**
VALLABH VIDYANAGAR &
NATIONAL SERVICE SCHEME(NSS) CELL



Webinar on
Electoral Literacy and Awareness

CLICK HERE: meet.google.com/jux-zyfz-ess


SH. MAHESH JOSHI
SECRETARY, STATE ELECTION
COMMISSION, GUJARAT
KEYNOTE SPEAKER


PROF. (DR.) SHIRISH KULKARNI
VICE-CHANCELLOR
PATRON

DR. JYOTI TIWARI
I/C REGISTRAR

DR. JAGRUTI SUVERA
NSS COORDINATOR

INTRODUCTION → **DR. YOGESH C. JOSHI**
DIRECTOR AND PROFESSOR-GHPIBM
MEMBER, STATE ELECTORAL LITERACY COMMITTEE

24th FEB 2021, 3 PM

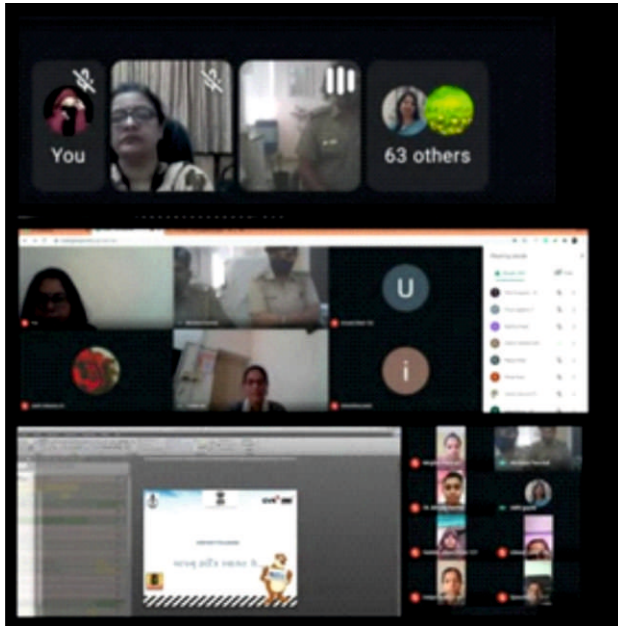




PRAGATI 2020-21

Webinar on 'Sadak Suraksha Jeevan Raksha'

A webinar was organized by the NSS programme officers of the college on 'Sadak Suraksha Jeevan Raksha' the speaker invited was Asst. R.T.O Anand, Nimisha Panchal.



Workshop on 'Road Accidents and Road Safety'

A workshop was organized by CVM University in collaboration with BJVM college



PRAGATI 2020-21

Thalassemia awareness programme.

A documentary film given by the Indian Red Cross Society, Ahmedabad was shown to the Students followed by discussion.



Bookmark making Competition

On the occasion of Swami Vivekanand Jayanti, students were made bookmarks on the thoughts of Swami Vivekanand



PRAGATI 2020-21

Cleaning camp on Vidyanagar Day

A cleaning camp was organized within the college campus followed by decoration-Rangoli and lighting.

એસ.એમ.પટેલ કોલેજ ઓફ હોમ સાયન્સમાં વિદ્યાનગર દિવસની ઉજવણી



જાણક, ડા. પ

સાથે સાથે વિદ્યાનગર દિવસની ઉજવણી કરવામાં આવી છે તેની જાણકારી વિદ્યાર્થીનીઓને આપવામાં આવી હતી. કોલેજના ઉપપ્રમુખ રણજીત ભગોરાએ પણ વિદ્યાર્થીનીઓને આ રીતે જ બીજા પ્રવૃત્તિઓમાં પણ કિસ્સાલપૂર્વક ભાગ લઈ પ્રોત્સાહિત આપ્યું હતું.

જેમાં કોલેજની પ્રથમ વર્ષની વિદ્યાર્થીનીઓને કોલેજ કેમ્પસની સ્વચ્છતા કરી હતી તથા પ્રિન્સિપાલ દ્વારા શા માટે

વિદ્યાનગર દિવસની ઉજવણી કરવામાં આવી છે તેની જાણકારી વિદ્યાર્થીનીઓને આપવામાં આવી હતી. કોલેજના ઉપપ્રમુખ રણજીત ભગોરાએ પણ વિદ્યાર્થીનીઓને આ રીતે જ બીજા પ્રવૃત્તિઓમાં પણ કિસ્સાલપૂર્વક ભાગ લઈ પ્રોત્સાહિત આપ્યું હતું.

કાર્યક્રમમાં કોલેજના નોન ટીચિંગ સ્ટાફ તથા સ્ટુડન્ટ સ્વચ્છતા પાલક સહયોગ રાંધકારી હતો. કાર્યક્રમનું સંચાલન એન.એલ.એસ.એસ.ઓફિસર ડી. વિધિ તુષા તથા તુષા દ્વારા કરવામાં આવ્યું હતું.



PRAGATI 2020-21

Poster competition on 'Anti - tobacco day'

On the occasion of Anti-Tobacco day a poster competition was arranged by the NSS unit sponsored by Bakrol PHC.

They also distributed sanitizing kits to all the participants and gifts to the winners.

એસ.એમ.પટેલ કોલેજ ઓફ હોમ સાયન્સમાં એન્ટી ટોબેકો દિનની ઉજવણી



આજંટ, તા. ૧૦
આંતર વિદ્યાર્મક સંસ્થાલિત એસ.એમ.પટેલ કોલેજ ઓફ હોમ સાયન્સમાં 'એન્ટી ટોબેકો દિનની' ઉજવણીના અનુસંધાનમાં આચાર્ય ડૉ. ભાવના ચૌહાણના માર્ગદર્શન હેઠળ એન.એસ.એસ. યુનિટ તથા આકરોલ પીએચસી કેન્દ્રની ટીમના સંયુક્ત કમે પોસ્ટર સ્પર્ધા આયોજીત કરવામાં આવી હતી, જેમાં કોલેજની

પ્રથમ વર્ષની ૨૪ વિદ્યાર્મિકોએ ભાગ લીધો હતો તથા આકરોલ પીએચસી કેન્દ્રના મેડિકલ ઓફિસર ડૉ. મીરા દ્વારા એન્ટી ટોબેકો દિન વિષયે વિદ્યાર્મિકોને જાણકારી આપી હતી.

મુલ્યાંકન માટે કોલેજના કેમિસ્ટ્રી રિસોર્સ મેનેજમેન્ટ વિભાગના સુખ્યા બજાનો સહયોગ સાંપડ્યો હતો. વિજેતા વિદ્યાર્મિકોને પીએચસી

કેન્દ્રની ટીમ દ્વારા ગિફ્ટ તથા તમામ ભાગ લેનાર વિદ્યાર્મિકોને સેનિટાઈઝર કીટ આપવામાં આવી હતી.

કાર્યક્રમમાં કોલેજના ઉપપ્રમુખ રણજીત ભગોરા, કોલેજની સ્ટુડન્ટ કમિટીના સભ્યો ઉપસ્થિત રહ્યા હતાં. કાર્યક્રમનું સંચાલન એન.એસ.એસ. પ્રોગ્રામ ઓફિસર ડૉ. નિધિ ગુપ્તા તથા તૃષા લાડ દ્વારા કરવામાં આવ્યું હતું.



PRAGATI 2020-21

Women's day celebration

A guest lecture was arranged by The NSS unit with Women cell department of the college on 'નારીશક્તિકરણ:બદલતીતસ્વીરે'. Invited guest was Ms. Aagneshwari Adhiya, Deputy Registrar CVM

૧૬-૩-૨૦૨૧ સચવાઈ ગુજરાતી

એસ.એમ.પટેલ કોલેજ ઓફ સાયન્સમાં આંતરરાષ્ટ્રીય મહિલા દિનની ઉજવણી



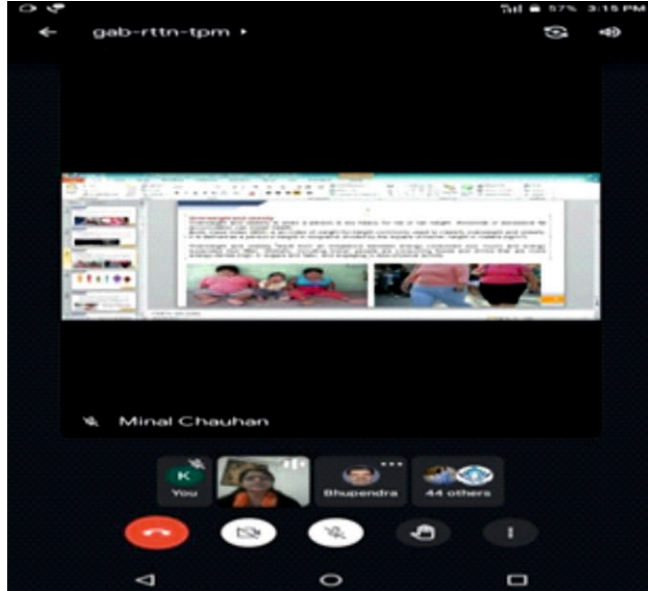
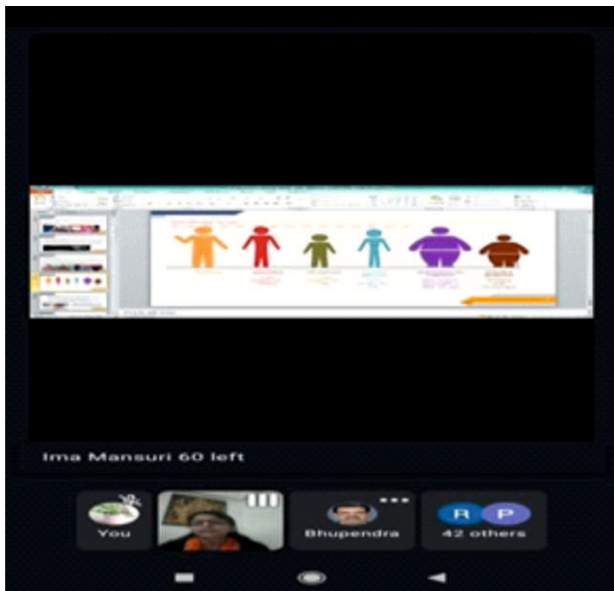
આજંઠ, તા. ૧૫ આંતર રાષ્ટ્રીય મહિલા સંબંધિત એસ.એમ.પટેલ કોલેજ ઓફ સાયન્સમાં મહિલા સેલ, એન.એસ.એસ. એકમ અને આઈ.કમ્યુ. એ.સી. દ્વારા આંતરરાષ્ટ્રીય મહિલા દિનની ઉજવણી અંતર્ગત 'મહિલા સશક્તિકરણ બદલતી તસ્વીરે' વિષયે અંતિમ વર્ષની છાત્રાઓ માટે વ્યાખ્યાન યોજવામાં આવ્યું હતું. નિષ્ણાંત તરીકે સી.વી.એમ. યુનિવર્સિટીના ડેપ્યુટી રજિસ્ટ્રાર અગ્નેશ્વરી અધિયાને આમંત્રણ આપાયું હતું. કાર્યક્રમની શરૂઆતે પ્રાર્થના બાદ ડો.બાવના મોહાણે મહિલા સશક્તિકરણમાં ગૃહ વેશાગિકની ભૂમિકા વિશે પોતાના મંતવ્યો રજૂ કર્યા હતા. વિદ્યાર્થીઓને વક્તા પટેલની અગ્નેશ્વરી અધિયાએ મહિલા સશક્તિકરણ અને મહિલાઓની બદલાતી છબી વિશે સરળ ભાષામાં ઉદાહરણસહ સમજ આપી હતી.



PRAGATI 2020-21

Webinar on 'Boost your Immunity System with Foods'

Poshan pakhwada celebration was done by organizing a webinar with the guest speaker,
Ms. Minal Chauhan



Webinar on 'Vaccination Awareness for COVID-19

A webinar was organized by the NSS unit. The guest speaker was Dr. Rajesh Patel, Medical officer, Panchayat Hospital, Vidyanagar.



PRAGATI 2020-21

Placement cell

NAME OF THE DHARA: Placement Cell and Udisha

Sr. No.	Date	Name of the activity	Topic	Company and Resource Person	Beneficiary	No. of Beneficiary	Interclass/ Intercollege / District/ Regional/ State/ National	Achievement (Name of the Winner)
1.	15 th November 2021	Campus interview	Campus Interview	Ms. Sugandha Singhal, WELLNESS SUTRA, BANGALORE	Students of Third year Foods and Nutrition and Food Science and Quality Control	40 students	Class Event for a National Company	Ms Yashvi Hindocha was selected for Internship from 1st December, 2020 to 30th May, 2021
2.	3 rd April 2021	Placement Fair by Education Department, Government of Gujarat	Campus Interview	WEALTH RAIN (OPC) PVT. Ltd	Students of Third year Foods and Nutrition and Food Science and Quality Control	18 students	Class Event for a National Company	NIL
3.		Paramount Academy	Campus Interview	Mr Dipesh Yadav	Students of Third year Foods and Nutrition and Food Science and Quality Control	6	Class event	Ms Hetvi Yagnik Ms Insiya Sadikot

Ayurvedic kadha

Kadha is a traditional Indian drink, often consumed as a chai or tea and is considered to be effective against cough and cold and seasonal flu. Made with Indian herbs and spices, very Common Ingredients added in a kadha are black pepper, cloves, ginger, honey and basil leaves (tulsi). Kadha is a natural immunity booster and is said to be the best remedy against fever and sore throat also has anti-viral properties and is effective against cough and cold too. It is also known for increasing immunity and fights against infections. It also has anti-inflammatory and antiseptic properties, which soothes the throat and prevents coughing. As it is loaded with antioxidants it is excellent for detox your body. The presence of basil makes it an effective healing drink that reduces mucus in the body. Turmeric, ginger, black pepper acts as an antioxidant to keep you clean and healthy. The mix that goes into making the Ayurvedic Kadha consists of numerous water-soluble herbs. When mixed with water, the herbs infiltrate the entire mixture. The decoction can easily be absorbed by the intestines and hence make it a very effective supplement. As per research, drinking one cup of kadha daily helps in reaping its maximum benefits, also ensure that you do not over consume this drink, as that may cause some side effects. Vata - People who have vata body type should have the kadha in the evening and consume it lukewarm. Pitta - People with pitta body type should consume the kadha early morning or evening and not during the afternoon.

KHUSHALI PAREKH

T.Y.F.N.

ONLINE LEARNING

The COVID-19 has forced the world to engage in the universal use of virtual learning. Online learning is an umbrella term which covers all types of learning through distance mode. Basically, it is away from our traditional classrooms. Many educational innovations have occurred to make the universal adoption of e- learning a possibility. Also, we all had face so many challenges like poor internet connectivity, lack of gadgets, so many confusions about how to use. But the beautiful thing is we all find creative solutions to deal with all the challenges. As every problem has solution. As with challenges there are so many benefits of e-learning. Such as increased flexibility of time, learning and teaching can occur at times that are more convenient and productive for both students and teachers. Increased flexibility of location, information sharing- it become easy to share any information at any time and receivers can read it on their convenient time. However, the best part of online learning is it develops digital literacy skills that are increasingly required in contemporary society and workplace environments. online learning brings so many innovative methods for both learning and teaching.

Online learning really helps us to sharpen our skills and grow more in our career. However, the world is constantly changing, and one of the best ways to keep up is to continually invest in our education. Online learning provides an amazing opportunity to learn in any way.

ISHA PATEL

T.Y.F.N.

GREEN AND HEALTHY HOMES

Environmental issues and ecological imbalance in nature has resulted in the devastation of various natural resources that has ultimately posed risk to mankind and nature. Our planet earth is suffering from numerous problems like pollution, deforestation, global warming, climatic changes and much more. Therefore, it is crucial to devise some solutions to combat such problems and make the environment green and clean to survive happily. According to a survey more than 20% of the emerging consumers in India are keen on sustainable or eco-friendly homes. Today developers try to ensure that appropriate climatic responses and sustainability play a vital role in façade treatments, material selection and interior finishes.

There has been a growing amalgamation of green design and healthy living from that constitutes the foundation of green apartments. And yes, the green homes require the convergence of various specialized fields like health care, environment sustainability, and hospitality to integrate insights on planning from the conception of these homes. The life of the residents increases many folds in terms of quality and its impact on his/her life, once lot of factors related to green homes are integrated into residential planning. Going green **reduces air pollution and environmental toxins** that could affect our body's immune system that fights infections, and that could expose us to diseases and fatal illnesses. Another advantage of going green is that it helps decrease the number of pollutants released to the environment.

In other words, we can say that we should go green to help nature flourish and prosper.

So here are some ways which can help us go green and increase the green cover on the earth

Reducing food waste:

Food waste is one of the world's biggest sources of carbon emissions. It's also an issue that demands a wide range of responses, including individual, collective, and global.

We should stop using plastic:

Plastic is one of the major contributors to environmental pollution so it is important that we should stop using plastic and switch to wooden based material in our homes. Also, we must use jute or paper bags instead of plastic ones to reduce our plastic footprint on nature.

Buy less:

Start by buying less food and shopping more frequently, if possible. If your schedule doesn't permit that, you can prevent food waste by choosing fruits and veggies that freeze well. Chop most of your produce haul when you get home and freeze it. Added bonus: this also cuts down on meal prep time.

Recycle and reuse:

We can always recycle and reuse products to reduce waste and decrease pollution levels in the environment such as old and discarded items can be used for décor and other purposes in the homes and offices.

Save water:

We should conserve water by switching off taps, using a bucket of water for bathing

instead of showers. Rainwater harvesting and watershed management are some of the other ways to conserve water.

Planting and saving trees:

By using reusable items instead of using toilet papers and disposable towels, printing on both sides of the page, using hand dryers instead of paper napkins, we can contribute to saving a tree. Also, we must plant some green plants and trees around our houses to increase the green cover on the land.

Conserve energy:

We must save electricity and use alternative sources of energy such as solar energy, wind energy and tidal energy to reduce the usage of non-renewable sources that take a lot.

Plant-rich diets:

Eating a plant-based (or mostly plant-based) is one of the most impactful actions you can take as an individual, and it's also an approach that has huge potential if the masses follow suit.

Other aspects which need to be considered include sustainability measures like.....

Use of high star efficiency appliances:

A higher star rating means more and more efficient appliance, which means a lower electricity bill every month.

Waste segregation facilities at residence:

Waste segregation refers to the separation of dry and wet garbage, which paves the way for other concepts of waste management like composting, recycling and incineration. Its end goal is to reduce waste from landfills and eventually, prevent land, water and air pollution.

Urban/terrace gardening:

Terrace farming refers to growing vegetables and fruits in empty spaces of home. As urban areas are decreasing in size every day, the only viable place that one can grow own vegetables is terraces and balcony. A balcony can yield sufficient green leaves and a few vegetables while a terrace can fulfil vegetable requirements of a family of four at least 50%. All it takes is some planning and imagination to utilize the available area and resources efficiently and effectively.

Use of locally sourced materials in interiors:

Ancient knowledge, traditional techniques, lateral thinking and creativity should drive designers' choices.

if we hope to slow the climate crisis, we have to remake our world, when it comes to something as enormous and complex as climate change, it can be difficult to know where to focus so that we give of time to regenerate.

Thus, these are some of the ways to go green and make our earth look greener and cleaner. If the government and people should come together and take the above steps, we can achieve success in making this earth a healthy and safe place to live in.

Dr. Nidhi Gupta

Associate Professor

S.M. Patel College of Home Science

JOURNALING

Kaushiki Tripathi

When you were a teenager, you might have kept a diary hidden under your mattress. It was a place to confess your struggles and fears with at judgement or punishment. It likely felt good to get all of those thoughts & feeling out of your head and down on paper.

You may have stopped using a diary once you reached adulthood. But the concept and its benefits still apply Now its called JOURNALING.

JOURNALING is simply writing down your thoughts & feeling to understand them more clearly.

One of the ways to deal with any over whelming emotion is to find a healthy way to express yourself

Journaling can help

- Manage Anxiety
- Manage Stress
- Cope with depression journaling help control your symptoms and improve your mood by.
- Helping you priotize problems, tears & concerns.
- Tracking any symptom day by day so that you can recognize triggers and learn ways to better control them.
- Providing an opportunity for positive sell talk and identifying negative thoughts & behaviors.

How to Journal

- Try to write everyday.
- Make it easy keep a pin and paper handy at all lines
- Write or draw whatever feels right your journal doesn't need to follow any certain structure. Its your own private place to discuss and create whatever you want to express your feelings. het the ideas & flow freely.
- Use your journal as you see it keeping a journal helps you to create order when your world feels like its in chaos Its a time when you de-stress hook toward to you Journaling.

NATURE

Nature The word nature is a commonly used word.

This word is used in a variety of contexts. Perhaps the most important reference is the multiple species of plants, animals, wildlife, and all that the earth contains from topography such as mountains, valleys, beaches, and seas, And forests. The beauty of nature the nature of man is characterized by its beauty resulting mainly from the wonderful diversity of living organisms that exist in various parts of the earth, as well as the unique terrain of mountains, water, plateaus and forests. Each of these features is distinguished by a special beauty that distinguishes it from other terrain, and this great diversity gave people wide spaces to seek calm, tranquillity, and tranquillity.

Man by nature is a creature eager to taste beauty, and there is nothing more beautiful than nature. The manifestations of the beauty of nature for the beauty of nature are many manifestations. Wherever a person turns his face he will inevitably find a manifestation of these appearances.

Perhaps the most striking of these is the unique diversity in the colours around us, which created a wonderful natural painting. Other manifestations include variations in sizes, shapes, even among the creatures of the same species. On the other hand, one of the greatest manifestations of nature's beauty is the beautiful smells of certain creatures, such as flowers, flowers, and certain kinds of fruits, especially citrus, which is accompanied by seasons and certain times; like the smell of the earth after the rain. The beauty of nature around us the beauty of nature around us is one of the greatest blessings of God on us. This beauty allows us to choose places and many destinations for the sake of rest, recreation and the best of times. The beauty of nature has always been the first inspiration for artists and creators around the world, this is evidenced by the vast number of works of art, poetry and music that have attracted people around the world, and which revolve around the beauty and charm of nature.

The beauty of nature is an important source of income for many countries of the world, natural places are a tourist attraction that helps countries to improve their economic level, and thus emerged many of the areas that are famous for their natural beauty unspeakable, the most prominent of these areas: the Amazon River, The Dead Sea, the Jeita Grotto, Mount Teppel, the Puerto Princesa River, the Iguazu Falls, and others. A global competition to select the seven natural wonders has been held, and perhaps the most notable achievement of this list is the global spotlight on some areas that have not been so popular, thus contributing to a greater number of visitors than ever before.

Zeel Joshi (TY BSc FSQC)

