

Ignited Mind Better Tomorrow



Pragati

Year 2021-22



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

Website : www.smphomescience.edu.in, Email : smpcollege2006@yahoo.co.in

Pragati 2021-22

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Prin. R. C. Talati

Jt. Secretary, CVM

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Dr. Bhavana Chauhan

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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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A periodical which is published once in a year show cases the activities of students in the field of extra curricular & co-curricular activities.

It's a reflection of literary educational & sports activity along with community work and a projection of important days. Covid 19 affected the education system as during first phase we all had to go online and during second phase with half services off line half online with restrictions on movement and meeting people the college try to conduct activities to give the students whole some experience. This magazine captures the efforts of faculty and student which helped them gain knowledge through webinars and offline activities.

I hope through this magazine you can see the hard work of faculty and students.

Regards,

*Shazia Sharma
Magazine Incharge*

From the Principal's desk



A dear vision backed by definite plan gives one a tremendous feeling of confidence to personal power.

Bn'an Tracy

It gives me immense pleasure to have with you this edition of college magazine.

Though hit by pandemic the college pivoted to seamless digital & offline teaching. The academic mic & co-curricular goals were not compromised. The value we hold ensure quality education for

holistic development for all students to nurture them into creative thinkers of tomorrow. I congratulate the editors of the magazine for giving a collection of activities of students activities and showcase their achievements.

Dr. Bhavana Chauhan



From the Vice-President's desk

'शरीरमाद्यं खलु धर्मसाधनम्', अर्थात् तंदुरस्त शरीरમાં તંદુરસ્ત મનનો વાસ રહેલો છે.

કોલેજમાં ચાલતી ઇત્તરપ્રવૃત્તિ જેના થકી વિદ્યાર્થી પોતાની એક અલગ ઓળખ ઉભી કરે છે. પોતાનામાં રહેલી શક્તિને એ જુદી જુદી પ્રવૃત્તિમાં ભાગ લઈ બહાર લાવવાનો પ્રયત્ન કરે છે અને એની એ કળાને ઓળખીને એ રાહ પર આગળ વધારવામાં જે સાચુ માર્ગદર્શન આપે છે એ છે તેમના સાચા ગુરુજનો.

ઉચ્ચશિક્ષા એટલે વિદ્યાર્થીના જીવનમાં આગળ વધવા માટેનું એક પગથિયું કે જેના થકી એ પોતાના ભવિષ્યનું નિર્માણ કરે છે અને એ ભવિષ્ય માટે પોતે મહેનત કરે છે. વિદ્યાર્થીના સર્વાંગી વિકાસમાં જો કોઈ મહત્વનો ભાગ તેના ઉચ્ચશિક્ષા દરમિયાન હોય તો તે છે મહાવિદ્યાલયમાં ચાલતી અભ્યાસ સિવાયની પ્રવૃત્તિઓ જેના થકી એ ગણુ બધુ શીખે છે જેમ કે સાથે મળીને કામ કરવુ, એક લીડર તરીકે કેવી રીતે કામ કરાવવુ, કાર્યક્રમનુ સંચાલન કરવુ, પોતાનામાં પડી રહેલી શક્તિને ઓળખી આત્મવિશ્વાસ કેળવવો વગેરે. ઉચ્ચશિક્ષામાં જુદી જુદી પ્રવૃત્તિમાં વિદ્યાર્થીને ભાગ લેવા માટે પ્રોત્સાહીત કરવાનો મુખ્ય ઉદ્દેશ્ય એ હોય છે કે જ્યારે એ પોતાની જિંદગીમાં ક્યારેય પણ નાસીપાસ ના થાય અને પરિસ્થિતી સાથે સાનુકુળ થઈ પોતાના જીવનમાં આગળ વધી શકે. જેવી રીતે સિક્કાની બે બાજુ હોય છે તેવી જ રીતે ઉચ્ચશિક્ષામાં બે બાજુ છે એક વિદ્યાર્થીનું યોગ્ય ભણતર અને એક છે વિદ્યાર્થીનું યોગ્ય ઘડતર અને તેના માટે કોલેજ હર હમેશ ખડે પગ રહી વિદ્યાર્થીના આ બન્ને પાસાને મજબુત કરવાના પ્રયાસો કરે છે. સમગ્ર વર્ષ દરમિયાન કોલેજમાં ચાલતી ઇત્તરપ્રવૃત્તિનું યોગ્ય આયોજન થાય અને વધારેમાં વધારે વિદ્યાર્થીઓ ભાગ લઈ શકે જેના માટે એક વિદ્યાર્થી મધ્યસ્થ સમિતીની રચના કરવામાં આવે છે જેમા વિદ્યાર્થી મધ્યસ્થ સમિતીના ઉપપ્રમુખના માર્ગદર્શન હેઠળ વિદ્યાર્થીની ટીમ દ્વારા તેનુ યોગ્ય સંચાલન કરવામાં આવે છે. “સપ્તધારા” હેઠળ ચાલતી પ્રવૃત્તિઓ વિદ્યાર્થીઓને પોતાની સુસુપ્ત શક્તિને બહાર લાવવાનુ એક પ્લેટફોર્મ પુરુ પાડે છે. સમગ્ર વર્ષ દરમિયાન અમારી ટીમ દ્વારા વધારેમાં વધારે પ્રવૃત્તિમાં વિદ્યાર્થી ભાગ લે અને આગળ વધે એવા પ્રયાસ કરેલ છે. જેના માટે મને મારી આ વર્ષની વિદ્યાર્થી મધ્યસ્થ સમિતી પર ગર્વ છે અને હુ તેમનો આભારી છુ. નવા વર્ષની ટીમને સારું કાર્ય કરવા માટે મારી શુભેચ્છાઓ. આ વર્ષ દરમિયાન મારામાં વિશ્વાસ દાખવી કોલેજના પ્રિન્સિપાલ દ્વારા આ જવાબદારી મને સોંપવામાં આવી જેના માટે હુ તેમનો આભારી છુ.

“વંદે માતરમ, ભારત માતા કી જય, જય જય ગરવી ગુજરાત”

રણજીત ભગોરા

ઉપપ્રમુખ

વિદ્યાર્થી મધ્યસ્થ સમિતી - 2021-2022

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. 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.
- 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 neighborhood 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.
- Counseling-Academic & Personal
- Parents' involvement
- Active Learning Methodology of teaching
- Co-curricular & extra curricular activities

- Adhering to academic calendar
- Faculty Appraised with latest knowledge of their field
- College library with internet facilities & RFID
- 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
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

Our College Family

**Principal
Dr. Bhavana Chauhan**

Foods & Nutrition

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

Human Development

1. Dr. Mittal J. 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 Shrivastava
4. Dr. Padmaja Puppala (PT)

Textiles & Clothing

1. Ms. Alpana Shah

Chemistry

1. Ms. Trusha Lad

Administrative Staff

1. Shri K.S. Panchal (S. Clerk)
2. Ms. Daxa Sharma (Lab – Astd.)
3. Ms. Hiral Patel (Jr. Clerk)

List of Central Committee

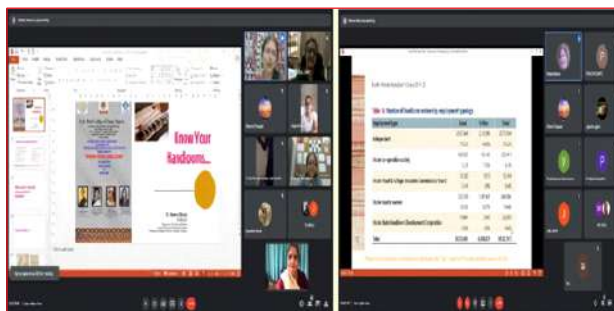
Name of the Dhara/ Portfolio	Officer In-charge of Dhara / Portfolio	Student
President	Dr. Bhavana Chauhan	
Vice President	Mr. Ranjit Bhagora	Amena Chharchhodawala
Kala Kaushalya Dhara	Ms. Sushma Batra	Spoorthy Selvakumar
Sarjanatmak Abhivyakti Dhara	Mr. Ranjit Bhagora	Sandhya Prajapati
Geet Sangeet Nritya Dhara	Dr. Mittal Barot	Zahira Palsaniya
Gyan Dhara	Mr. Ishwarbhai Patel	Sanjana Patel
Natya Dhara	Ms. Tanvi Makwana	Khushi Rathod
Khel Kud Dhara(Sports)	Mr. Ranjit Bhagora	Riya Patel
Samudayik Seva Dhara (NSS)	Dr. Nidhi Gupta Ms. Trusha Lad	Aditi Vaviya
National Cadet Corps (NCC)	Dr. Padmaja Puppala	

Faculty Incharge of Other Committee

Portfolio	In- charge	Student
IQAC	Ms. Kalpana Srivastava Ms. Vijaya Agarwala	Vibhuti Mori
Career and placement & UDISHA	Ms. Vijaya Agarwala	Urvashi Shah
Magazine & Nodal Officer	Ms. Shazia Sharma	Priya shah Ashwini Dave
Hostel	Ms. Shazia Sharma	Urvashi Shah
Alumni Association	Ms. Tanvi Makwana	Varisha Pathan
College website	Ms. Kalpana Srivastava	Insiya Sadikot
Publicity	Ms. Shazia Sharma Mr. Ranjit Bhagora	Ashlina Christy
ICT Facility	Ms. Trusha Lad Mr. Ranjit Bhagora	Rajvi Shah
GYM	Mr. Ranjit Bhagora Mr. Kamlesh Panchal MS. Vijaya Agarwala	Kairavi Gandharva
Library Committee	Ms. Minal Chauhan Mr. Ishwarbhai Patel	Saiyogi Panchal
Discipline	Dr. Padmaja Puppala	Krupa Patel, Vanita Makwana, Hanee Patel Naisargi Dodiya, Zeel Patel Yashvi Yadav
CR - Food & Nutrition	T.Y.BSC	Esha Pandya
CR- Textile & Clothing	T.Y. BSC	Priti Prajapati
CR- Family Resource Management	T.Y.BSC	Sneha Vahora
CR- Human Development	T.Y.BSC	Bhagyashree Wani
CR- FSQC	T.Y.BSC	Sakshi Patel
CR- Food & Nutrition	S.Y.BSC	Khushi Soni
CR- Textile & Clothing	S.Y.BSC	Shuhani Shaikh
CR- Family Resource Management	S.Y.BSC	Vieena Chris
CR- Human Development	S.Y.BSC	Leela Solanki
CR- F.Y.BSC	F.Y.BSC	Rutu Desai

Department of Textiles and Clothing

1. Webinar on “KNOW YOUR HANDLOOM”: Textiles and clothing department of S.M. Patel college of Home Science conducted a webinar through online and offline mode on “Know your Handloom” on Tuesday, 24th August 2021.



Dr. Reena Bhatia, assistant professor with clothing and textiles department and assistant director with Institute of Fashion Technology was invited as resource person. Dr. Bhatia in her talk oriented the participants with the importance of handloom textiles in our national economy, the fibers and yarns used, the uniqueness of handloom products. The speaker emphasized the amount of rural folk, participation in manufacture of handlooms. Later on, she talked about central government initiatives like local to vocal, *Ek Bharat Shrestha Bharat*, my handloom portal etc. She also discussed role of textile and clothing graduates in upliftment of artisans involved with handloom and handicrafts.

2. Exhibition visit: Second and Third year (42) students of Textiles and Clothing Department visited Exhibition on "National Handloom and Handicrafts", at Anand on January 6, 2022, Students were taught about various Indian traditional textiles and



embroideries such as the Kashmir shawl, the Single Ikkat of Orissa, and Chikankari, among others. Students were also taught about Indian handloom weaving products

3. Visit in Readymade Garment Manufacturing Unit: Textiles and Clothing Department students visited the "Mimansha industry (Rhino)" in VitthalUdhyognagar. On January 6, 2022, Students learned about the Readymade Garment Production line, which also included different sewing

machines, cutting machines, grading, marking, how else to stitch, as well as the selling department of respective unit. Ms. Rashmi Kothari advises our students on their choices available for higher education, especially after graduating from T.Y.B.Sc.



Textiles and Clothing Major Students. A total of 42 students discussed the opportunities in the textile and clothing fields. Also, discuss about how students can get internship opportunities and what obstacles they confront. Ms. Rashmi Kothari responded all of our questions meticulously and suggested students about how to start their possess business or seek their first job.

4. Guest Lecture: A guest lecture on the topic "Accessories Designing for Cubic Desk" was organised by the Textiles and Clothing Department for students to create products for office accessories on Friday, March 4, 2022. During the lecture,



Ms. Alpana Shah, a subject expert, instructed the students on how to organise a personal workplace, make things look appealing, and conduct business. She also emphasised the importance of the textile and clothing students who took part. This lecture and competition drew a total of 19 students from the first year, as well as TC Major Students from the second and third years.

5. Competition on “Accessories Designing for Cubicle Desk”: The Textiles and Clothing Department organised a competition for students to enhance handson experience with Cubicle Desk product development and business opportunities. Nineteen students participated and



prepared various products for the workplace using textile fabrics. Ms. Kalpana Srivastava and Ms. Dolly Mohey were invited as judges for the evaluation of the products.

6. Parent-Teacher Meeting: On March 23, 2022, a parent-teacher meeting was scheduled to discuss their academic performance of the students. Parents of second and third year students were invited to the S. M. Patel College of Home Science. Parents were informed about the institute's in-house activities during the academic year 2021-22, as well as various fields of higher progression, entrepreneurship, and job opportunities upon completion of an undergraduate programme in Home Science with specific major subjects.



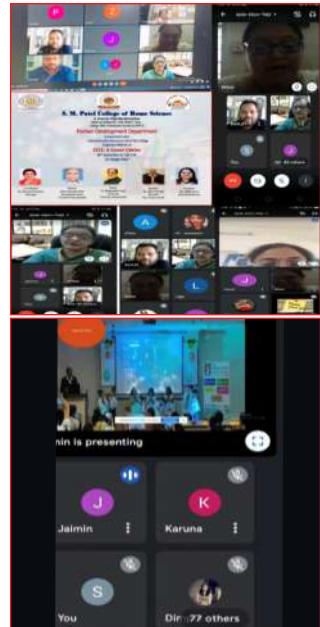
Department of Human Development

Exhibition (09 & 10/08/2021)

Exhibition was organized to display the Montessori materials for children. The Principal, Dr. Bhavana Chauhan had inaugurated the exhibition. The exhibition was organized and held under the guidance of Dr. Mittal Barot. The college students and staff visited the exhibition



Webinar on “ECCE: A Career Option” 06/09/2021: A Webinar was organized under the umbrella of Human Development Department. Dr. Mittal Barot had organized the webinar on “ECCE: A career option”. The Principal, Dr. Bhavana Chauhan felicitated the speaker, Dr. Jaimin Trivedi. He is the Director of “My Day Dream School”, Vallabh Vidyanagar. Dr. Mittal Barot was introduced to the speaker. Dr. Jaimin Patel emphasized about Early Childhood Care and Education, children's holistic development in early years, future job scopes and New Education Policy-2020. He also focused on current scenario of ECCE franchises, parents' involvement, qualitative time spend with their children for all round development. 80 students participated from F.Y., S.Y. & T.Y. B.Sc. in this webinar.



ZaverbaBalwadi Day celebrated Drawing Competition -14/09/2021: Balwadi day was celebrated by the Department of Human Development. The event was held under the guidance of Dr. Mittal Barot. Dr. Mittal Barot prepared a Google form and sent to the parents. Parents filled up the form and attached a free hand drawing picture prepared by his/her ward. 40 students from Anand Balwadi, Mogri participated very enthusiastically.



Slogan Competition-10/12/2021: Slogan competition was organized by Dr. Mittal Barot on the occasion of World Disability Day. 34 students from S.Y. and T.Y. HD have participated in



that competition. Mr. Kalpana Srivastava from FRM Department and Mr. Tanvi Makwana from FN Department were invited as judges in which 3 were winners and one consolation winner was also declared.

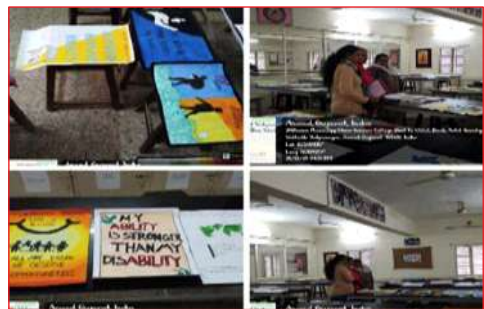
Poster competition-10/12/21

A poster competition was organized by Mittal Barot on the occasion of World Human Rights Day. 36 students of S.Y. and TY HD participated in it. Mr. Kalpana Srivastava and Ms. Tanvi Makwana from FN Department invited as judges. And decisions were made by the judges. In which 3 winners and one consolation winners were also declared.

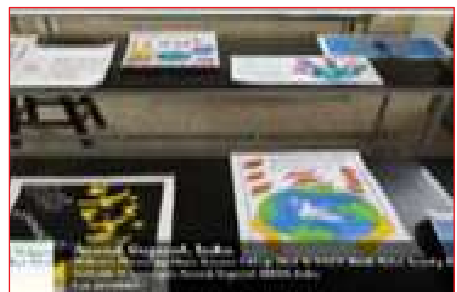


Educational Visit - 27/12/2021

One day educational visit to Mitra Rehabilitation Centre was organized by Dr. Mittal Barot, Human Development under Department of Home Science on 27th December 2021. S.Y. and T.Y. HD students had attended. The Director, Suverna Kadam and the Principal, Pratibha Puaranik guided those students. Students visited different places such as

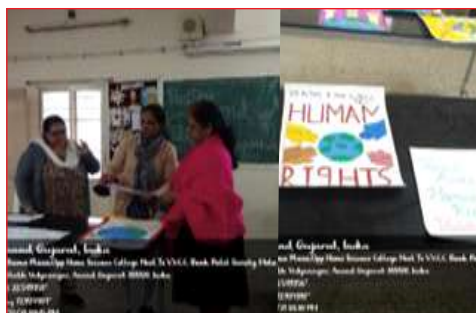


Therapy room including different therapies and Individualized Education Program room for mentally challenged children. This is where education is given to mentally challenged children. Students also visited vocational training workshop.



Parents Meeting

The Principal, Dr. Bhavana Chauhan met parents regarding the importance of each specialization of Home Science and Dr. Mittal Barot presented Power-point presentation on job scope with S.Y. and T.Y. B.Sc. students and provided feedback form to those parents.



Book Giving Day 14-02-2022

Every year on 14th February, International Book Giving Day strives to reach one goal. This goal is to get books into the hands of as many children as possible. Books were given to students on the day of Book Giving Day and under the guidance of Dr. Mittal Barot T.Y. students went to the community to provide books to children belong to rural areas.





FOOD AND NUTRITION DEPARTMENT

The department of Foods and Nutrition has organised various activities for the wellbeing of students, faculties, non-teaching staff and community. As a part of International mother's milk week celebration a state level awareness programme was organised on “Empowering women through Human milk Bank” for the Mukhya sevika, Health workers and students. Dr. Molina Patel was invited as a resource person. Ms. Tejal Goswami, PO, ICDS motivated healthworker and Anganwadi worker. Around 169 people took part for the same. The convenor of the programme was Dr. Minal Chauhan.



Mrs. Vijaya Agarwal has organised “Pre-Preparatory Workshop on Lactation Counselling” with an aim of opening a new area to students for their future prospects. The speaker was Mrs. Yashika Bhavsar (Nutritionist and Lactation Professional). There were total five sessions held at the workshop. There was a question answer session at the end of each session. A case study was given at the very end of the workshop and the attendees needed to answer the respectively. In the end a feedback form was filled by everyone and the event ended around 4 p.m. The workshop was a huge success with 50 students of Foods and Nutrition and Human Development participating.

A Competition for the formation of Obesity club- Name, logo and Tag line was conducted for the students under the leadership of Ms. Vijaya Agarwal on 8th September, 2021. Students actively participated for the same.

The department has organised a one day workshop in collaboration with In body Academia on body composition analysis under the in-charge ship of Ms. Tanvi Makwana. The invitees for the workshop are Faculties, administrative staff, gym trainers and students. Awareness talk on Importance of Bio-Impedance Analysis



in comparison to BMI by Ms Ankita Ghag, Clinical Dietitian and NLP trainer, In body Academia, Bombay. Ms.Jigna Patel, Clinical Dietitian S R K hospital, Karamsad spoke on Malnutrition and its consequences. A talk on “Obesity” by Dr. Bhavana Chauhan, Principal, S.M.Patel College of Home Science. Around 98 participants were benefited by Body Composition Analysis

On the spot Quiz competition was conducted in which Ms. Esha Pandya got the first prize and Mr. Pinal Patel received appreciation award for having normal body composition.

A Competition for the formation of Diabetes club- Name, logo and Tag line was conducted for the students under the leadership of Ms. Vijaya Agarwal on 17th September, 2022. Total 07 students actively participated for the same.

Name : PEACE-LOVE-CURE

Tagline: YOU ARE GREATER THAN YOUR HIGHS AND LOWS

Logo:

An essay competition was organised in Collaboration with NetProFan on 8th October 2021 in which 11 students of Third year B.Sc took part. The competition was Judged by Ms. Amita Tamber Registered dietitian Surat and Ms. Esha Pandya, Ms. Saiyogi Panchal, Ms. Insiya Sadikot got the prize. The convener of the programme was Ms. Shazia Sharma.

AVlog competition was organised in collaboration with Ahani India On foods to fight Climate change in which Ms.Tulsi Joshi got first Prize.

To create awareness on heart disease, a poster making competition was organised on the Theme : *Dil se Dil Tak* for T Y Students and S Y students of the college under the Incharge ship of Ms. Vijaya Agarwal. Total 7 Students participated the same.





A National level webinar was organised by Foods and Nutrition department in collaboration with Rotary Anand Milkcity on 16th September 2021 as a part of Nutrition month celebration in which Dr. Ruchi Vaidya Asst. Professor Ramaiah Public Health Institute Bangalore spoke on Diet in Diabetes and the second speaker was Ms. Jigna Patel Clinical Dietitian, Shree Krishna Hospital Karamsad who spoke on Diet and



cardiovascular Health. The convenor of the programme was Shazia Sharma and Dr Anil Gandhi, the whole programme was moderated by Ms. Vijaya Agarwal Under the guidance of Dr Bhavana Chauhan. Total participants were over 300.



As a part of nutrition week celebration Foods and Nutrition department in collaboration with NSS unit organised a recipe competition on Indigenous foods on 9th September 2021 in collaboration with NetProFan Gujarat Chapter in which 10 students took part and recipes using pumpkin, drumstick, bitter gourd, star fruit were prepared. The Judge for the competition was Dr. Minal Chauhan.

Ms Tejal Vaghela, Diya Chauhan, Krushi Pokar were awarded cash prize sponsored by NSS Unit. And certificates were provided by NetProFan. Dr. Minal Chauhan took a lecture on the importance of Indigenous food for better health for our third year B.Sc Students. The whole programme was conducted under the guidance of Ms. Shazia Sharma, Dr. Nidhi Gupta and Ms. Trusha Lad., Ms. Bijal Ka Patel.

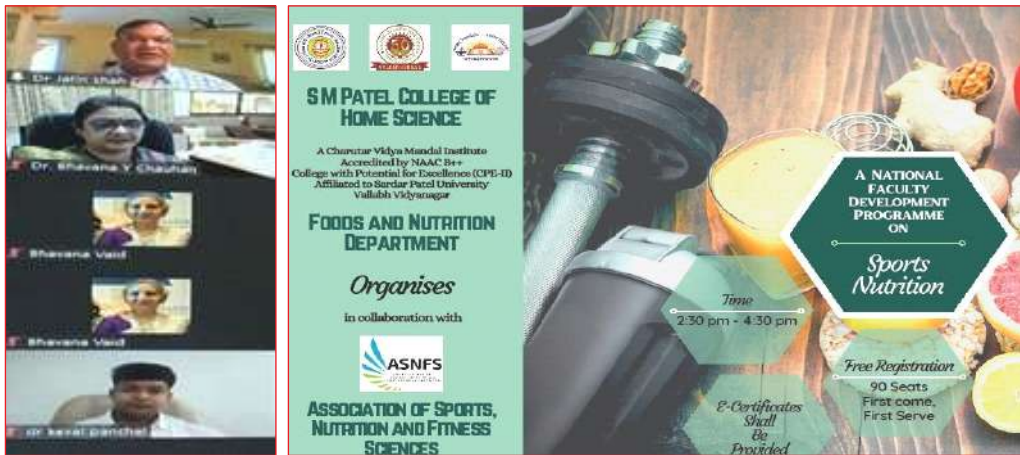


October 12 is observed as World Arthritis Day. In addition, World Osteoporosis Day (WOD) is celebrated globally on 20 October. In this regard A National Webinar on “ Bone and Joint health-Preventive care for osteoporosis, osteoarthritis and back pain” was organized by the Foods and Nutrition Department in collaboration with IDA, Gujarat Chapter on 12 th October 2021, from 2.00 pm to 5.00 pm through virtual zoom platform and telecasted live on youtube channel to celebrate World Arthritis Day and Osteoporosis Day together to focus on disorders including arthritis, back pain and osteoporosis, which includes awareness about prevention, disease management and treatment.



Participants actively participated by raising questions after each session, and resource persons answered those questions. Total 232 participants registered for the same. The webinar was conducted by the webinar convener Dr. Minal Chauhan. The department celebrated World Diabetes Day in which Memes were prepared to spread awareness for the community under the leadership of Ms. Vijaya Agarwal. 06 students took part for the same. A chart making competition on “Diabetes” was organised for third year B.Sc students on 13 th January 2022. 56 students actively participated for the same.

A Six Day National Level Faculty Development Program on “Sports Nutrition” In collaboration with Association of Sports, Nutrition and Fitness Sciences (ASNFS), Mumbai was organised. Faculty for the session were Dr. Meena Godhia, Vice president of ASNFS, former Associate Professor, Food Nutrition and Dietetics, Sir VT College of Home Science, Mumbai. Gave a lecture on Basic concept of Sports, Exercise and Energy System.





Dr. Rupali Sen Gupta, Assist. Professor course coordinator P. G. Diploma in sports Nutrition, BMN College of Home Science, Mumbai delivered a talk on Macronutrients and Exercise. Dr. Subhadra Mandalika, Sr. Vice President, Associate Professor, College of Home Science, Nirmala Niketan spoke on Micronutrients and Exercise. Ms. Susmita Jyotsi,

Regional Director, Sports Authority of India, Mumbai spoke on Water and Electrolyte strategies use of sports drink. Dr. Geetanjali Bhide, Secretary ASNFS, Sports Nutritionist-Army Rowing Node, Founder Nutritionist, sports institute, Curador Sports and Rehabilitation, Mumbai spoke on Nutrition Assessment of Athlets, Nutrition Challenges observed in different sports and Nutritional ergogenic aids. 58 people from all walks of life participated for the same.

All the activities were conducted under the guidance of Principal Dr. Bhavana Chauhan and the headship of Ms. Shazia Sharma, I/c Head Foods and Nutrition Department.

Family Resource Management Department

1. Tree Plantation was done under Eco club of Family resource management department while celebrating environment day on 5th June 2021. Planting trees is the best thing we can do to the environment in the present times. Trees are one of the greatest sources of oxygen on earth and absorb the excess of CO₂ in the air and release back oxygen. They also help in cleaning the air by absorbing various toxic elements from it. As the quality of air is falling significantly in various cities due to ever-increasing pollution tree plantation is the best activity followed every year by our college. The college not only plants the tree but makes sure to take care of it regularly.

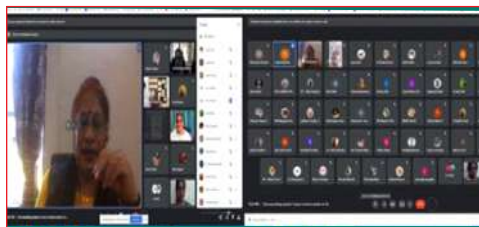


2. A talk on “Landscaping and Indoor Plants” was organized on 16-06-2021 from 2.30pm to 4.15pm. The lecture series started with prayer, followed by introduction of the speaker Mr. Prashant Rami and principal Dr. Bhavana Chauhan. Ms. Alpana Shah oriented participants with the objectives of the lecture series and our Indian culture and the indoor and outdoor plants. Dr. Bhavana Chauhan talked about the importance and role of the indoor and outdoor plants in human life, they being physical and mental healers, stress reducers, air purifier etc. Later on Mr. Rami briefed participants about some

important and commonly available indoor plants, their benefits. He also talked about the arrangement of these plants in house and the science behind it. Dr. Nidhi Gupta anchored the whole event. The members of the organizing committee were Ms. Alpana Shah, Dr. Nidhi Gupta, Mr. Ranjit Bhagora.



3. S.M.Patel college of Home Science organized a talk on “Decomposing Waste at Home”, on 24-06-2021 from 11.45 to 1.00pm. Dr. Arti Pamnani, an environmental engineer and professor with B and B polytechnic was invited as resource person. Dr. Nidhi Gupta introduced the speaker to the participants, followed by orientation of aim of selecting the above said topic by Ms. Alpana Shah. Dr. Bhavana Chauhan informed participants about the household waste generation, its type and small tips to reduce waste generation in home. Dr. Pamnani talked about the type and categories of household waste, emphasizing the solid waste and food waste. Later on, she suggested simple steps to convert the waste into manure and some tips of recycling and reusing the food waste. Mr. Ranjit Bhagora delivered vote of thanks at the end of talk. The members of the organizing committee were Ms. Alpana Shah, Dr. Nidhi Gupta, Mr. Ranjit Bhagora. The event was organized in collaboration with IQAC coordinators Ms. Kalpana Srivastava and Ms. Vijaya Agarwal.



4. The department of Family Resource Management celebrates the “International Plastic Bag Free Day” on 3rd July 2021 by preparing a digital poster and posting on various social media platforms like WhatsApp, Facebook for generating awareness to make the environment pollution free and requested the students to use jute/cloth bags instead of disposable plastic bags.



5. A guest lecture by Mr. Palak Shah, Financial advisor in Step up investments was organized on Saving V/S Investment: A Roadmap to Your Financial Security on 14th September 2021. He talked about various modes of saving and investment and current trends in investment like Shares, Mutual funds, Systematic Investment Plans, Equity, Bonds etc. Mr. Palak also insisted the students to start practicing the current modes of secure investments like SIP's and mutual funds in small amount from their pocket money which can yield handsome amount in their later life.



6. The department has conducted a **Guest Lecture** by Dr. Kalpana Gupta, Assistant Professor CZPCBM College on “Safety and Security in Hotels” on 16th September 2021. The subject expert discussed with the students' different type of security system used by the hotels for the security of the guest, staff, equipment and the property. She talked about the attributes and role of a security personnel in the hospitality industry. Dr. Kalpana also emphasized the preventive measures while dealing with the emergencies



7. The World Tourism Day 27 September 2021, was celebrated in the Family Resource Management Department of S M Patel College of Home Science. On this occasion, a quiz contest on World Tourism was organized by the Tourism Club of the department. A total of 30 teams took part in this World Tourism Quiz competition, from which five teams reached the last round. The participants were from F.Y., S.Y. and T.Y. of all the departments the college. The first two rounds were of written quiz and elimination rounds. The final round consisted of three different rounds: General Round, Rapid Fire Round and Buzzer Round. In the final round the quiz questions were about pictures of famous monuments / dances / beaches etc. from different countries and states of the world. In the final round there was a tie between two teams so the tiebreaker quiz, which was an audio clip. was asked to decide the winners.

The program was coordinated and organized by the teacher in-charge of Tourism Club Ms. Kalpana Srivastava with the cooperation of department teachers. In the final round the presence of the principal of the college Dr Bhavana Chauhan, teachers and many students in the audience motivated the participants. The winners of the World Tourism Quiz contest were:

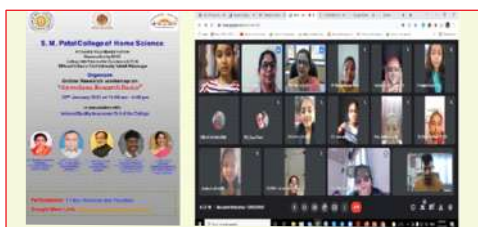
- Esha Pandya and Nupur Patel T.Y. [F.N. 1st Position
- Nidhi Shah and Gayatri Dave F.Y. 2nd Position
- JanakiAadesara and ApekshaMogera T.Y. [F.R.M] 3rd Position



8. Consumer Week Celebration: the consumer week was celebrated in dept from 24 Dec - 30th Dec 2021. Number of activities Digital poster making competition., Best out of waste competition., Folder/leaflet making competition., Quiz, Dumb charades game based on consumer rights and responsibilities like were carried out by staff and students of the department to disseminate information about being a wise consumer.



9. Research Seminar: ANVESHANA: A research workshop was organized by the Research committee of the S. M. Patel College of Home Science (a CVM institute) “Anveshana: Research Basics” for final year students of our college. The subject expert for the research workshop was Dr. H. M Vinaya Kumar, Assistant Professor in B. A. College Agriculture, a renowned researcher from Anand Agricultural University, Anand. The research workshop was a innovative effort to make students understand the complications of research by giving them simple examples from day today life relevant to Home Science. The present workshop was organized by Dr. Nidhi Gupta (convener of the research committee) under the able guidance of principal Dr. Bhavana Chauhan on 25th January 2022. 97 students of third year enthusiastically participated in the workshop by working in group on different research topics.



10. The CREATIVE EXPRESSION CLUB of the Family Resource Management Department had organised a competition of 'FRESH FLOWER ARRANGEMENT' on 05/01/2022. There were 29 teams who had registered for the competition but 22 teams actually participated in the competition. The participants were from all majors of F.Y. / S.Y and T.Y. B.Sc. (Home Science). Students were asked to bring their own flowering material for the competition. The department had provided them with different types of vases. Each team was given the specific space according to their code number. The participants were given 1.5 hrs. for the competition. The students were quite excited and enthusiastic as arranging flowers is a kind of an art where one can show their creativity. The competition was organized by the club in charge Ms. Kalpana Srivastava. The judges for the competition were Ms. Sushma Batra and Ms. Daxa Sharma. Principal Dr. Bhavana Chauhan and other teachers of the department motivated and appreciated the participants. The winners were:

Aditi Vaviya & Vidhi Patel	T.Y. (FSQC)	1 st Position
Malvi Patel & Mansi Pandya	T.Y. (FRM)	2 nd Position
Dimple Chandak & Krishna Mistry	F.Y.	3 rd Position
Nidhi B Shah & Gayatri Dave	F.Y.	Consolation Prize
Vaishnvi Rabari & Anjali Vyas	T.Y. (FRM)	Consolation Prize



11. The CREATIVE EXPRESSION CLUB of the Family Resource Management Department had organised a workshop on Resin art Second year and third year students of the department and students of interior design certificate course. 45 students actively worked in groups and learn the art by Ms. Hiral Shah a resin artist by profession. Various articles like wall clock, pendants , key chain were made by the students.



12. Parent-teacher meeting: On March 23, 22, A parent-teacher meeting was held at the Family Resource Management Department at S.M. Patel College of Home Science Vallabh Vidyanagar to discuss job opportunities in FRM with the parents of second- and third-year students. The meeting was organized by Dr. Nidhi Gupta and Ms. Kalpana Srivastava under the guidance of principal of the college Dr. Bhavana Chauhan. It was enthusiastically attended by 58 parents. There was a great interaction between teacher and parents for their ward's development where they discussed both strengths and areas of improvement. The Ex-in charge of the Department Dr. Devika Thakkar was guest speaker where she discussed in length about becoming entrepreneurs in various fields. The progress report was shown to the guardians and their suggestions were recorded.



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:

- **Gyan Dhara**
- **Sarjanatmak Abhivyakti Dhara**
- **Rang, Kala & Kaushalya Dhara**
- **Naatya Dhara**
- **Geet Sangeeta & Nrutya Dhara**
- **Yog Vyayam & Khel Kud Dhara**
- **Samudayik Seva Dhara**

GYAN DHARA

Sr. No	Date	Event	Topic	Key Note Speaker	Participated
1	04-10-2021	Guest Lecture	Celebrate:- “ Mahatma Gandhi Jayanti” Talk on Gandhi's Thoughts on Women's Advancement	Dr. MotiDevu Assistant Professor Gujarat Vidyapeeth, Sadra	More than 80 Students & Staff Participated
2	28-10-2021	Visit	Celebrate:- Sardar Patel Jayanti	Visited Sardar Patel Memorial, Karamsad	More than 100 Students & Staff Participated
3	30-11-2021	Essay Writing Competition			More than 20 Students Participated
4	25-02-2021				More than 45 Students

KALA KAUSHALYA DHARA

Rakhi Making Competition

Rakhi Making Competition was organized on 13 August, 2021, by Dr. MinalChauhan, the faculty incharge of Kala KaushalyaDhara. 9 students participated enthusiastically and prepared creative and colorful rakhis. Ms. Alpana Shah and Ms. Tanvi Makwana were invited as judges. Ms. NaisargiDodiya from T.Y. (F.N.) successfully bagged the first prize, Ms. VibhutiMori from T.Y (F.N.) won the second prize and Ms. ZeelJoshi from T.Y. (FSQC) got the third prize. The Principal, Dr. Bhavana Chauhan and the Vice President, Mr. Ranjit Bhagora supported and motivated the students with their presence. The competition was concluded by a group photography session and the rakhis were displayed on the notice board.



Nail Art Competition



A Nail Art Competition was organized on 06 October, 2021, under the guidance of Dr. MinalChauhan, the faculty incharge of Kala KaushalyaDhara. Students participated eagerly and exhibited their creativity. There were 7 participants and they were given one and a half hour to complete their nail art. Ms. Alpana Shah and Ms. Sushma Batra were

invited as judges. Ms. ManishaMajhee from F.Y. bagged the first prize and Ms. Disha Goswami from S.Y. (T.C.) got the second prize. The Principal, Dr. Bhavana Chauhan and the Vice President, Mr. Ranjit Bhagora supported and motivated the students with their presence. After a group photography session with the faculty members and the students, the competition was concluded by cheering for its success.

Aarti Thaali Decoration Competition

On the occasion of Navratri Celebration, on 14 October, 2021, Aarti Thaali Decoration Competition was organized under the guidance of Dr. MinalChauhan, the faculty incharge of Kala KaushalyaDhara. The thaali was to be decorated and brought from home itself. 7 participants brought their decorated thaalis which were then displayed in front of Goddess Durga. Ms.Dolly Mohe and Ms.Daxa Sharma were invited as judges. Ms. TejalVaghela from S.Y. secured first prize and Ms. Janvi Patel from F.Y. got the second prize. The competition was concluded by congratulating the participants and giving few tips for decorating aarti thaali.



Raas Garba Competition

On the occasion of Navratri Celebration, on 14 October, 2021, Raas Garba Competition was organized under the guidance of Dr. Minal Chauhan, the faculty incharge of Kala Kaushalya Dhara. Dolly Ma'am and Daxa Ma'am were invited as judges. The evaluation was done for "Best Action" and "Best Costume".

Ms. Megha Tadvi from S.Y. (HD) bagged the overall first prize. Ms. Krishna Mistry from F.Y. got first prize and Ms. Bansree Patel from F.Y. got second prize for "Best Action".

Ms. Heer Arora from F.Y. got first prize and Ms. Riya Pitroda from S.Y. (TC) got second prize for "Best Costume".

The competition was concluded by congratulating the winners and appreciating all the students who took part in the Navratri celebration.



GEET SANGEET NRUTYA DHARA

Sr. No	Date	Name of the activity	Topic	Resource person	Beneficiary	No. of beneficiary	Inter class/inter college/district/regional / state/	Achievement (name of the winner)
1	07/11/2020	Patriotic song competition	NA	Ms. Sushma Batra Ms. Vijaya Agarawal	College students	15	college	First Second
2	29/03/2022	Dance Competition	NA	Ms. Sushma Batra Ms. Vijaya Agarawal	College students	12	college	First – Prachi M. Parekh Second - Riddhi Pad sala

Dhara Incharge: Dr. Mittal Barot

Student Incharge : Palsaniya Zahira

Under Geet Sangeet Nrutya Dhara several shows, talent hunts and competitions were held all over the year this programs were to enhance the hidden talents and hobbies of the students so that there are chances for them to flourish in future. Programs like dance shows, singing competition, patriotic song competition, farewell for the T.Y. students . Guidance was given by Dhara Incharge for their betterment and our principal Dr. Bhavana Chauhan appreciated all the students and acknowledged their hard work for future prospect. Overall all the activities were healthful and for betterment of the students.

Dance Competition

Date: 18/08/2021

A dance competition was held on 18 of August 2021 in the college premises of S.M. Patel College in auditorium under the Dhara- GEET SANGEET NURTYA DHARA and NSS under the association with internal quality assurance cell of college. Where a large no. of participants were gathered for participating whole heartedly in the competition. The students were motivated and given confidence by the presence of their friends and colleagues in audience all the participants were very excited to perform on the stage.

The participants were guided and channelized by Dhara Incharge Dr. Mittal Barot and our respected judges Ms.Sushma Batra and Ms. Vijaya Agrawal who were very friendly and helpful towards our participants who were nervous to perform on the stage for first time. The competition was organised very well and it completed in righteous way by the acknowledgement of our beloved Principal of college Dr. Bhavna Chauhan mam who is always very happy and cheerful towards any competition for the participants and winner both. The competition was a great success and everyone enjoyed it.



Patriotic Song Competition

A competition was held in the college premises of a S.M. Patel College of home science the date of 18th August 2021. This competition was fairly organised under the supervision of Dhara incharge Dr. Mittal Barot under GEET- SANGEET NUTRYA DHARA. All the participants were called in auditorium for the competition and the covid guidelines were purely took taken care of . Many

students had participated whole heartedly and the competition was judged by our college staff Ms. Shusma Batra and Ms. Vijya Agrawal.

All the students were very impressively motivated by dharaincharge and the presence of their friends in the audience gave them a boost of confidence for performing on stage, all the girls were highly appreciated by our judges for their content filled attempt in participating and performing on stage. All the time audience gave them a confidence boost for more energy. Even our Principal Dr.Bhavna Chauhan acknowledged all the participants for their hardwork and dedication. The patriotic song competition was a successful event , completed with a good cheer and heartily goodbye for a great future ahead.



Talent Hunt Show

Date : 29/03/2022

A talent show was held in the college premises of the S.M. Patel College of Home Science the date of 29th march 2022 . this talent show was fairly organised under the supervision of our dhara incharge Dr. Mittal Barot under the GEET-SNGEET NUTRYA DHARA and NSS in association with internal quality assurance cell of college. All the participants were called to be present at the garden of college after the ceremonies of farewell of T.Y. many students from S.Y. and F.Y. had participated in this show to bid farewell to the T.Y. class.

All the students were very highly motivated by our dhara incharge mam and the presence of their friends in the audience gave them the boost of confidence for

performing on the stage, all girls were highly appreciated by the jury and even our Principal Dr. Bhavna Chauhan acknowledged all the participants for their hardwork and dedication. The talent show hunt was a successful program , completed with a good cheer and heartily goodbye for a great future ahead.

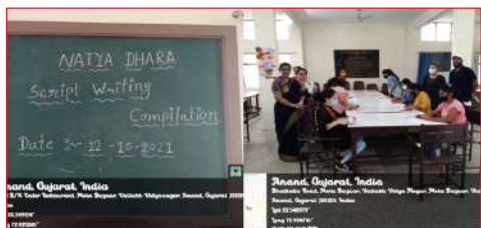


NATYA DHARA

1. Script writing competition:

A script writing competition was organized by the Natyadhara of S.M. Patel College of Home Science on the Date 12-10-2021. The topic for the competition was, 1) Religion based influence of social media on the mind of youth and 2) topic nature as nurturer and 3) topic any current issues.

The competition was held in online and offline mode. 10 students participated in this competition. Dr. Mital Barot and Tanvi Makwana were the judges of the competition. In which three students were declared winners. Principal Dr. Bhavna Chauhan encouraged all the participating students and the winning students.



1. Mimicry competition:

The competition was organized by Natyadhara of the S.M. Patel College of Home Science on 20-12-2021. Six girls participated in the competition. The competition was conducted as per the rules. The competition was organized for FY,SY,TY students. One student declared as a winner among the participant.

2. Mono acting:

A mono acting competition was organized by Natyadhara of the S.M. Patel College of Home Science. 5 students participated in it. A monologue is a short and solo play in which only one person plays a single character or multiple characters. One student was declared as a winner.

KHEL KUD DHARA

Sr. No	Date	Activity	Place	Beneficiary	Faculty
1	09/12/2021	Inter- Uni Basketball	SPU Ground Bakrol	Patel Riya P. – T.Y.F.N.	Dr. Bharat M Patel
2	12/12/2021	Inter – Uni Kabaddi	SPU Ground Bakrol	Aashubanu Turkey – S.Y. T.C.	Ankit Patel
3	02/03/2022	Inter – Uni Khokho	SPU. Ground Bakrol	Patel Riya – T.Y. F.N. BharavadDaxa – S.Y. H.D.	Keyur Makwana

(B) INTER COLLEGE EVENTS

Sr. No	Date	Activity	Place	Student-Beneficiary	Faculty
1	15/09/2021	Inter- College Chess Tournament Organized by SPU	YUVI Sports complex, Bakrol	06 students participated	Mr. Ranjit Bhagora
2	16/09/2021	Inter- College Badminton Tournament Organized by SPU		04students participated	Mr. Ranjit Bhagora
3	28/09/2021	Inter- College Cross Country Tournament Organized by SPU		10 students participated	Mr. Ranjit Bhagora
4	12/10/2021	Inter- College Kho-Kho Tournament Organized by SPU		10 students participated	Mr. Ranjit Bhagora

Sr. No	Date	Activity	Place	Student-Beneficiary	Faculty
5	07/12/2021	Inter- College Basketball Tournament Organized by SPU	YUVI Sports complex, Bakrol	12 students participated	Mr. Ranjit Bhagora
6	07/12/2021	Inter- College Kabaddi Tournament Organized by SPU	YUVI Sports complex, Bakrol	10 students participated	Mr. Ranjit Bhagora
7	08/02/2021	Inter- College Athletics Meet Tournament Organized by SPU	YUVI Sports complex, Bakrol	10 students participated	Mr. Ranjit Bhagora

(C) INTER CLASS ACTIVITY

Sr.No	Date	Activity	Place	Student Beneficiary	Faculty
1	18/09/2021 To 20/06/2021	Yoga Training	College Ground & Auditorium	325 Student Participated (Approx)	All Staff
2	21/06/2021	International Yoga Day Celebration	Shastri Maidan V.V.Nagar	150 Student Participated	All Staff
3	09/09/2021	Inter Class Chess Competition	S.M.Patel College Of Homescienc	1stSpoorthy S. 2nd Priyanka Kale S.Y.	Mr. Ranjit Bhagora
4	09/09/2021	Inter Class Carrom Competition	S.M.Patel College Of Homescienc e, V.V.Nagar	1stVarisha Pathan T.Y.F.N. 2ndTasneemDeserwala T.Y.F.N.	Mr. Ranjit Bhagora
5	10/09/2021	Inter Class Badminton Competition	H.M.Patel Badminton Hall,	1stVidhiDalwadi S.Y. 2ndPranjalkansara S.Y.F.N.	Mr. Ranjit Bhagora

Sr.No	Date	Activity	Place	Student Beneficiary	Faculty
6	10/09/2021	Inter Class Skipping Competition	S.M.Patel College Of Homescienc	1stYashviYadav T.Y.F.N. 2nd Aarti	Mr. Ranjit Bhagora
7	20/09/2021	Inter Class Cross-Country Competition	Shastri Maidan V.V.Nagar	1st Kinjal Chauhan T.Y.HD 2nd Anjali Sakariya S.Y.HD	Mr. Ranjit Bhagora
8	12/01/2021	Annual Sports Day	Shastri Maidan V.V.Nagar	300 Students	All Staff

Sr. No	Event	Position	Name of Students
1	100 MTR	I. II. III.	Riya Patel – T.Y. F.N. Vibhuti .V. Mori – T.Y.F.N. Kinjal Chauhan – T.Y.HD
2	200 MTR	I. II. III.	Riya Patel – T.Y.F.N. RashmikaSenva – T.Y.HD Shivangi Maurya – S.Y.TC
3	SHOT PUT	I. II. III.	ZeelJoshi– T.Y.FSQC Riddhi Patel – T.Y.F.N. Shivangi Maurya
4	DISCUSS THROW	I. II. III.	SeemaThakor – S.Y.F.N. MansiPandeya – T.Y.FRM ZeelJoshi – T.Y.FSQC
5	LONG JUMP	I. II. III.	VibhutiMori – T.Y.FN Aarti Muniya – T.Y.HD Ashubanu Turkey – S.Y.TC
6	4X 100 MTR RELAY	I. II. III.	Riya, Vibhuti, Urvashi, Arpita – FN Kinjal, Aarti, Anjali, Daxa – HD Aashubanu, Sarita, Shivangi - TC

NSS (National Service Scheme)

1.Environment day celebration (5-6-2021)

Tree Plantation Programme was done to celebrate environment day on 5th June, 2021 at the college Campus. 30 (Thirty) staff members (teaching and non teaching) participated enthusiastically in the plantation activity. Students could not participate in this activity due to Covid pandemic but they were requested to do plantation in their home garden or pot and send their pictures.



2.Patriotic Song-Dance competition (15-8-2021)

Dance competition on patriotic songs was organized for celebrating Independence Day in the college campus. 65 students participated in the solo and group dance competition. CVM higher secondary students also participated in the event.



3.Organ Donation Awareness Programme (17-09-2021)

On our Prime minister's birthday Organ donation awareness program was organized with staff and students by our NSS program officers told the students and staff members the procedure for donating their organs and the pledge was taken to donate their organs. 147 students and 30 staff members took the pledge to donate their organs to the needy patients.



4. PoshanPakhwara celebration (29-9-2021)

The NSS unit of college in collaboration with Department of Foods and Nutrition celebrated the Poshan Pakhwara by organizing various activities.

(a) Distribution of fruits to the primary school children and made them aware about the importance of fruits for a healthy body. 35 NSS volunteers participated in the activity of fruit distribution.



(b) A Recipe competition was organized for the students to prepare recipes based on indigenous foods (traditional). No. of students actively participated in the recipe competition and prepared recipes with great enthusiasm.



(c) A lecture by Dr. Minal Chauhan was organized to impart knowledge to the S.Y. B.Sc students for promoting regional/indigenous foods. 42 students participated in the event.



5. Youth Leadership Programme:

On 13-14th October, 2021 Youth Leadership program was organized by the NSS unit of Sardar Patel University. Two girls from our college participated in the same where they were involved in clean India project and number of group activities were carried out with the aim to enhance their confidence and leadership qualities.



6.Azadi Amrut Mohotsav (1st to 31st October, 2021):

The NSS unit of S. M. Patel College of Home Science has celebrated Azadi Amrut Mohotsav in the month of October by organizing three activities:

- (a) Cleaning Camp
- (b) Joy of Giving program

© Sardar Patel Jayanti (28-10-2021)



(a) Under the Azadi Amrut Mohotsav Cleaning Camp was organized and 80 students of F.Y.B.Sc Home Science cleaned the campus under the supervision of the NSS program officers Dr. Nidhi Gupta and Ms Trusha Lad followed by a lecture by Dr. Bhavana Chauhan on “Importance of cleanliness and hygiene in day to day life”.



(b) The NSS unit of the college also celebrated Joy of giving activity on 28. where in the staff and students were ask 15 days in advance to contribute generously the household items and clothes which were not used by them and still laying idle at their home to share it with the supporting staff of the college. We got overwhelming response this time and not only teaching staff but also the students contributed in a large number many unused clothes. Our NSS volunteers packed the contribution into gift packs and were given to our supporting staff with lots of affection.



(c) Sardar Patel Jayanti (28-10-2021) : A visit to the sardar memorial was organized in collaboration with Gyandhara for the FY BSc students where they were shown a movie based on the life of Sardar Vallabhbhai Patel and his contribution in India's struggle for freedom. 72 students of First year were taken to the sardar memorial by arranging a bus accompanied by five teachers. Altogether it was a memorable experience for the students.



7. Consumer Day celebration (24-30 Dec.-2021)

Consumer week Celebration in collaboration with FRM dept of the college were carried out by staff and 113 students of F.Y, S.Y. & T.Y to disseminate information about being a wise consumer. Number of activities like Digital poster making competition., Best out of waste competition, Folder/leaflet making competition, Quiz, Dumb charades game based on consumer rights and responsibilities like were carried out by staff and students of the department



8. Thalassemia Awareness Programme (28-2-2022)

Thalassemia Awareness program was organized for first year students to make them aware about importance of thalassemia testing. 65 students participated in the awareness program. A documentary film made by Red Cross Society on the causes, effects and testing procedure was shown to the students and discussed with them.



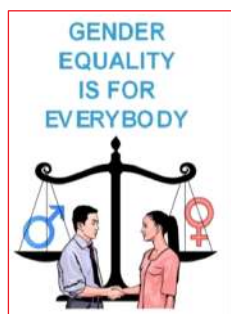
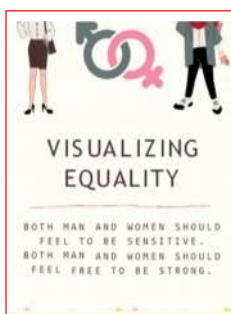
9. Vidyanagar day celebration (03-03-2022)

A day before Vidyanagar Day Cleaning camp was organized in the campus involving 72 NSS volunteers of first year under the guidance of the program officers followed by Rangoli making at the entrance and lighting decoration for the Vidyanagar Day. As the CVM has organized a blood donation camp on 3rd of March, 2022 our volunteers also went for blood donation in the camp.



10. Digital Poster making Competition (08-03-2022)

A week before the celebration of international Women's Day digital poster making competition was announced on the topic "Gender Equality". 17 students from F.Y, S. Y and T.Y. participated by sending their digital posters on International Women's Day which were displayed on the college notice board.



11. Thalassemia Checkup Camp (17-03-2022)

A checkup camp for Thalassemia minor was organized by the NSS unit of the college by collaborating with Indian Red Cross Society. 50 students gave their samples for checkup. They were also counselled for thalassemia screening and prevention.



VP Activity

DATE	ACTIVITY	TOPIC	DESCRIPTION
9-14/8/21	Days Celebration	--	Different days were celebrated in the College.
13/8/21	Rakhi Making Competition	--	Students participated enthusiastically and prepared creative and colorful Rakhis.
15/8/21	Independence Day celebration	--	Our pride, our National Flag was hoisted by Principal of the college.
1/9/21	Committee meeting	Introductory session	Students were made aware of the council duties and effective, unbiased use of the status.

DATE	ACTIVITY	TOPIC	DESCRIPTION
4/9/19	Committee meeting	College welfare	Meeting covered various topics.
6/9/19	Teacher's day celebration	--	Teachers were presented with gift articles as token of gratitude. Dance program was arranged for them, our faculties were felicitated with flowers.
14/10/21	Navratri Celebration	Ratri Before Navratri	Garba program was held. Aarti of Goddess Durga was done.
26/10/21	Republic day	--	Republic was proudly celebrated in the Shastri ground with all other institutes
1/1/22	New year Celebration	No class only Dance	Students celebrated new year with full of joy and danced in the class and lobby of the college.
28th February - 5th march 2022	Days celebration	--	Again day's celebration was organized specially for the first year students.

DATE	ACTIVITY	TOPIC	DESCRIPTION
23/03/22	Parent – Teacher Interaction		<p>Dr Bhavana Chauhan introduced them to the entire faculty and other staff members and led to a virtual tour of college campus and gave insights of the inside of college buildings. She explained the courses and the teaching in every departments being run in the college. There was a segment where a few parents were asked to share their views and also some of our students shared their feelings on studying in the college. The program ended with vote of thanks by General Secretary, Ms. AmenaChharchhoda.</p> <p>Parents were made to fill feedback forms so as to make way for improvements in the college.</p>
26/3/22	Farewell party	--	<p>The farewell function was conducted by the students of second year. It was a short and sweet program consisting of dance performances, speeches by teachers, speech by a Student, memories showcasing in the form of presentation and dance party and snacks.</p>

DATE	ACTIVITY	TOPIC	DESCRIPTION
29/03/2022	Annual day	--	The annual day was started when the invitees and guest of honor Mrs. BeenaVyas arrived. It was graced with the presence of Shree. Ramesh Talati Sir. It was followed by the Prize distribution ceremony. Dr. Bhavana Chauhan, Principal of the college presented the annual report and Vice President Mr. Ranjit Bhagora Presented the Saptdhara report. The program ended with Vote of Thanks by the General Secretary, Ms. AmenaChharchhoda
29/03/2022	Talent evening	SMP's Got Talent	The girls showcased their talents in form of dances and performances which was enjoyed by all.

IMPORTANCE OF NUTRITION

The Development of human health is dependent mainly on nutrition. Improved nutrition boosts the immune system, makes pregnancies safer, increases mental alertness, and lowers the risk of chronic diseases such as diabetes, cardiovascular disease, etc.

A nutritious diet leads to a healthy pregnancy, lowers the risk of developing chronic diseases, and helps maintain a healthy body weight.

For the body to function properly, grow appropriately, and keep healthy, one must consume enough macro nutrients (proteins, carbs, fats, and water) and micro nutrients (vitamins and minerals).

As we have noticed, processed, sweet, fatty and salted foods drain the body and cannot function properly.

TIME MANAGEMENT

Time management refers to managing time effectively so that right time is allocated to the right activity. Time Management plays a very important role not only in organizations but also in our personal lives.

Time management plays a pivotal role in ones personal as well as professional life. Time management refers to making the best possible use of available time.

Managing time well enables an individual to do the right thing at the right time. Time management makes an individual punctual and disciplined. Effective time management boosts an individual's morale and makes him confident.

Better time management helps in better planning and eventually better forecasting. Time management enables an individual to prioritize tasks and activities at workplace.

FASHION DESIGN

Fashion Design is the art of application of design and aesthetics or natural beauty to clothing and accessories. Fashion design is influenced by cultural and social latitudes and has varied over time and price. Fashion design is defined by the creators of new footwear, clothing and accessories. Fashion designing involves a set of skills that range from market research and creativity to sketching and fabric selection. The fashion designers guide the process from inception to production. Modern fashion design is divided into two basic categories: haute couture and ready-to-wear. The haute couture collection is dedicated to certain customers and is custom sized to fit these customers exactly. In order to qualify

as a haute couture house, a designer has to be part of the Syndical Chamber for Haute Couture and show a new collection twice a year presenting a minimum of 35 different outfits each time. Ready-to-wear collections are standard sized, not custom made, so they are more suitable for large production runs. They are also split into two categories: designer/createur and confection collections. Designer collections have a higher quality and finish as well as an unique design. They often represent a certain philosophy and are created to make a statement rather than for sale. Both ready-to-wear and haute-couture collections are presented on international catwalks.

EARLY CHILDHOOD DEVELOPMENT

The Aflatot curriculum is for young children who have not yet entered primary school, usually between three to six years old. It provides an early childhood education programme that lays the foundation for social and financial literacy. The programme builds on the evidence in early childhood education that such early investments provide children with advantages that are amplified and reinforced over time.

Early childhood is the most critical time for positive intervention. Children's development during this stage is strongly affected by their environment, and that effect continues to exert a strong influence on the rest of their lives. It is of the utmost importance that educational and life skills programmes such as Aflatot also begin at this early stage.

Children gather the building blocks of social and financial literacy even before they get to primary school. Much of what they know about planning, budgeting, saving, spending and using resources is based on their daily routine. Even before monetary concepts are learned, simple concepts such as making full use of available resources, i.e. 'finishing one's food' or 'buying only necessities', are some of the daily realities that young children are exposed to that already relate to financial education.

Preschool children are also developing time preferences, when they understand that there are times when it is better to wait for something rather than to have it now. Children as young as three years of age are exposed to the social values of giving and sharing, not just with gifts or tangible materials, but also with interaction with others. Other important life skills that are embedded in Aflatot include taking turns, making decisions, and setting goals.



Charutar Vidya Mandal's

S.M.PATEL COLLEGE OF HOME SCIENCE

NAAC ACCREDITED 'A' • CPE- PHASE-II

Vallabh Vidyanagar - 388 120.

Phone : 02692-230245, Fax : 02692-230245

Website : www.smphomescience.edu.in, Email : smpcollege2006@yahoo.co.in