

IGNITED MIND BETTER TOMORROW

Pragati

2023-24



Charutar Vidya Mandal's
S. M. PATEL COLLEGE OF HOME SCIENCE
(An Autonomous Institution)

Affiliated with Sardar Patel University

Mota Bazaar, Vallabh Vidyanagar-388 120, Dist. Anand, Gujarat, INDIA | Ph. 8487030245
Email : smpcollege1971@gmail.com | Website : www.smphomescience.edu.in

PRAGATI: 2023-24

MENTORS

Er. Bhikhubhai Patel
Chairman, CVM

Dr. S. G. Patel, Hon. Secretary, CVM
Prin. R. C. Talati, Hon. Jt. Secretary, CVM

CHIEF EDITOR

Dr. Bhavana Chauhan
Principal

EDITORIAL BOARD

Dr. Tanvi Makwana
Ms. Vijaya Agarwal

MAGAZINE IN CHARGE

Dr. Tanvi Makwana

MAGAZINE SECRETARY

Ms. Fatemazehra Malek



Charutar Vidya Mandal's
S. M. PATEL COLLEGE OF HOME SCIENCE
NAAC RE-ACCREDITED 'B++' (CGPA 2.99) AISHE: C - 1198-2020
4 Stars by KGC (GSIRF) 2023
Affiliated with Sardar Patel University
Vallabh Vidyanagar - 388120
Phone: 02692-230245
Email: smpcollege@yahoo.in Web: www.smphomescience.edu.in

S.M.PATEL COLLEGE OF HOME SCIENCE

(MANAGED BY CHARUTAR VIDYA MANDAL)

NAAC ACCREDITED, 'B++' and GSIRF 4 STAR

YEAR : 2023 - 2024



1st Row Sitting in :- Shri. K.S.Panchal, Ms. Shazia Sharma, Dr. Nidhi Gupta, Dr. Bhavana Chauhan (Principal), Dr. Mittal Barot, Chair (L to R) Ms. Kalpana Srivastava, Ms. Trusha Lad, Shri. I.C.Patel

2nd Row Standing :- Ms. Bijal Ka.Patel, Ms. Nehal Patel, Ms. Sweta Patel, Mr. Vijay Machhi, Dr. Minal Chauhan, (L to R) Dr. Tanvi Makwana, Dr. Poonam Oza, Dr. Vandana Modi, Dr. Ekta Pandya, Dr. Harbinder Kaur, Ms. Alpa Sapariya, Ms. Khushi Gajjar

3rd Row Standing :- Mr. Narendra Vankar, Mr. Pinal Patel, Mr. Poonam Thakor, Mr. Bharat Parmar, Mr. Satish Thakor, (L to R) Mr. Pratik Harijan, Mr. Bhupendra Parmar

| Sr. no | Contents | Page no |
|---------------|---|----------------|
| 1 | Editorial | 5 |
| 2 | Message From the Chairman's desk | 6 |
| 3 | Message From the Hon. Secretary's desk | 7 |
| 4 | Message From the Hon. Jt. Secretary's desk | 8 |
| 5 | Message From the Principal's desk | 9 |
| 6 | Message from the General Secretary | 10 |
| 7 | Message from the Magazine Secretary | 11 |
| 8 | Profile of The College | 12 |
| 9 | Gold Medalists of Year 2022-23 | 14 |
| 10 | Our College Staff | 15 |
| 11 | List of Central Committee <ul style="list-style-type: none"> • Student Council In-charge • Various Cell In-charge • Class Representative | 16 |
| 12 | Department of Textiles and Clothing | 19 |
| 13 | Department of Family Resource Management | 21 |
| 14 | Department of Foods and Nutrition | 25 |
| 15 | Department of Human Development | 29 |
| 16 | Department of Chemistry | 31 |
| 17 | Activity Report by Vice President | 32 |
| 18 | Sapt Dhara Report :- <ul style="list-style-type: none"> • Gyan Dhara(AATMACHINTAN CLUB) • Sarjanatmak Abhivyakti Dhara (CREATIVE EXPRESSION CLUB) • Rang, Kala ane Kaushalya Dhara(FINE ARTS CLUB) • Naatya Dhara (THEATRE CLUB) • Geet Sangeet and Nrutya Dhara(MUSIC AND DANCE CLUB) • Yog Vyayam ane Khelkud Dhara(YOGA AND SPORTS CLUB) • Interclass, Intercollegiate and Annual Sports day report • Samudayik Seva Dhara-N.S.S (COMMUNITY SERVICE CLUB) | 36 |
| 19 | Placement Cell Report | 55 |
| 20 | Eco Club & Innovation club | 56 |
| 21 | NCC Report | 58 |
| 22 | Articles by Faculties and students | 60 |
| 23 | Newspaper cuttings | 72 |
| 24 | In charge faculties and student council photo | 73 |

EDITORIAL

**“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.” -
Malcolm X**

Dear S. M. Pians,

Greetings!

Good things remain good only because they are always scarce. I am glad to pen for this wonderful magazine – “*PRAGATI*” 2023-24.

Invested in the values based on community outreach, we at S. M. Patel College of Home Science, celebrate the achievements of our students, faculty and our beloved institution through *PRAGATI*.

This magazine is a product of the hard work of our faculty members and students and showcases that creativity rules the mindset of our upcoming generation. This is a reflection of the institution’s philosophy of holistic development of the students who are well equipped to adapt to the changing global scenario and take on its challenges.

PRAGATI is one of the best platforms for our students to present multifaceted personalities and innovative ideas. Our magazine is balanced collection of various college activities, departmental activities, co-curricular activities, academic achievement, placement progress etc. Our students have made a mark at the national levels also. I congratulate the students who have put in their creativity and hard work for this magazine and the faculty members who have pitched in extra hours to ultimately bring forth this magazine.

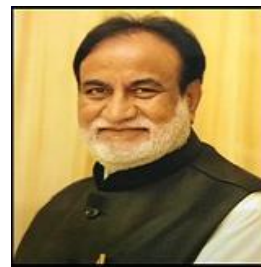
The role of a Magazine In charge and Editor is really important for the publication of the college magazine. As a Magazine In charge and Editor, I have tried my level best to include all the curricular and co-curricular activities of the year 2023-2024.

I am thankful From THE DESK OF THE EDITOR- to all CVM authorities, Principal, staff members and all students for helping me in bringing out this valuable magazine. I am also thankful to the Student in charge Ms. Fatema Malek and all central committee students for their efforts and contribution in the magazine.

Happy Reading...!

Dr. Tanvi Makwana
Magazine In charge and Editor

FROM HON. CHAIRMAN'S DESK



Er. Bhikhubhai B. Patel
CHAIRMAN



CHARUTAR VIDYA MANDAL
P B NO. 22, MOTA BAZAR, VALLABH VIDYANAGAR-388 120,
TA & DIST. ANAND, GUJARAT INDIA
PHONE (O) 02692-238400
Website: www.ecvm.net e-mail: cvmandal@hotmail.com

MESSAGE

In order to succeed, we must first believe that we can.

It's a matter of great pride to pen down the message for "Pragati" the annual college magazine of S. M. Patel College of Home Science.

Education is the basis of all progress. Its purpose is to inculcate humanitarian values, wisdom, compassion, courage and reliability in students. Academic excellence along with active participation in co-curricular activities complete the process of education and it gives me immense pleasure that this college is progressing in all its endeavours towards the overall development of the students. The seeds of an idea sown in 1971 have quickly grown into strong saplings. The college has marched forward to spread the light of education and pave the path of excellence for every student. It is heartening to see the achievements of the students and the college progress throughout the year.

I hope the college graduates will become leaders of their chosen fields and contribute positively towards the progress of our nation and of humanity at large. May the beacon of truth and knowledge show us the right path.

Warm Wishes

13th March, 2024


(Er. Bhikhubhai B. Patel)
Chairman
Charutar Vidya Mandal

(1) V. P. & R. P. T. P. SCIENCE COLLEGE, (2) BIRLA VISHVAKARMA MAHAVIDYALAYA (ENGINEERING COLLEGE), (3) B. J. VANIJYA MAHAVIDYALAYA, (4) NALINI-ARVIND & T.V. PATEL ARTS COLLEGE, (5) H. M. PATEL INSTITUTE OF ENGLISH TRAINING & RESEARCH, (6) RAMA MANUBHAI DESAI COLLEGE OF MUSIC & DANCE, (7) S. M. PATEL COLLEGE OF HOME SCIENCE, (8) ARVIND BHAI PATEL INSTITUTE OF ENVIRONMENTAL DESIGN & H. M. PATEL INSTITUTE OF INTERIOR DESIGN, (9) A. R. COLLEGE & G. H. PATEL INSTITUTE OF PHARMACY, (10) SOPHISTICATED INSTRUMENTATION CENTRE FOR APPLIED RESEARCH & TESTING, (11) B. & B. INSTITUTE OF TECHNOLOGY, (12) IPCOWALA-SANTRAM COLLEGE OF FINE ARTS, (13) CHIMANBHAI M. U. PATEL INDUSTRIAL TRAINING CENTRE, (14) SARDAR PATEL RENEWABLE ENERGY RESEARCH INSTITUTE (SPREI), (15) C.V.M. HIGHER SECONDARY EDUCATION COMPLEX-SCIENCE STREAM (R.P.T.P.), (16) C.V.M. HIGHER SECONDARY EDUCATION COMPLEX-GENERAL STREAM (T.V. PATEL), (17) C.V.M. HIGHER SECONDARY EDUCATION COMPLEX-VOCATIONAL STREAM (HOME SCIENCE), (18) B. PATEL ENGLISH SCHOOL (GIA), (19) I. B. PATEL ENGLISH SCHOOL (SFI), (20) G. J. SHARDA MANDIR, (21) M. U. PATEL TECHNICAL HIGH SCHOOL, (22) S. D. DESAI HIGH SCHOOL, (23) M. S. MISTRY PRIMARY SCHOOL, (24) V. & C. PATEL ENGLISH SCHOOL (CBSE), (25) SHARDABEN C. L. PATEL I.T.I. FOR WOMEN, (26) KANUBHAI PATEL I.T.I. FOR ENGINEERING TRADES, (27) N. V. PATEL COLLEGE OF PURE & APPLIED SCIENCES, (28) G. H. PATEL COLLEGE OF ENGINEERING & TECHNOLOGY, (29) SGME COLLEGE OF CVM UNIVERSITY CONSTITUENT COLLEGES, (30) INSTITUTE OF SCIENCE AND TECHNOLOGY FOR ADVANCED STUDIES & RESEARCH, (31) A. D. PATEL INSTITUTE OF TECHNOLOGY, (32) S. S. PATEL COLLEGE OF PHYSICAL EDUCATION, (33) C. Z. PATEL COLLEGE OF BUSINESS & MANAGEMENT, (34) INDUKAKA IPCOWALA COLLEGE OF PHARMACY, (35) ASHOK & RITA PATEL INSTITUTE OF INTEGRATED STUDY AND RESEARCH IN BIOTECHNOLOGY AND ALLIED SCIENCES, (36) G. J. PATEL INSTITUTE OF AYURVEDIC STUDIES AND RESEARCH, (37) S. G. PATEL AYURVEDA HOSPITAL & MATERNITY HOME, (38) WYMADE COLLEGE OF EDUCATION (ENGLISH MEDIUM), (39) H. M. PATEL CAREER DEVELOPMENT CENTRE, (40) CENTRE FOR STUDIES & RESEARCH ON LIFE & WORKS OF SARDAR VALLABHBHAI PATEL, (41) INSTITUTE OF LANGUAGE STUDIES & APPLIED SOCIAL SCIENCES, (42) MADHUBEN & BHANUBHAI PATEL INSTITUTE OF TECHNOLOGY, (43) SHANTABEN MANUBHAI PATEL SCHOOL OF STUDIES AND RESEARCH IN ARCHITECTURE AND INTERIOR DESIGN, (44) CVM IAS ACADEMY, (45) CVM COLLEGE OF FINE ARTS, (46) R. N. PATEL IPCOWALA SCHOOL OF LAW AND JUSTICE, (47) C. L. PATEL INSTITUTE OF STUDIES AND RESEARCH IN RENEWABLE ENERGY.

S.M. Patel College of Home Science-4-3

FROM THE HON. SECRETARY'S DESK



CHAIRMAN
HON SECRETARY

ER. BHIKHUBHAI B. PATEL
DR. SHANTIBHAI G. PATEL



CHARUTAR VIDYA MANDAL

P. B. NO. 22, MOTA BAZAR, VALLABH VIDYANAGAR-389 120,
TA & DIST. ANAND, GUJARAT, INDIA
PHONE (0) 92892-238400
Website: www.ecvm.net e-mail: cvmandal@hotmail.com

MESSAGE

Education plays an integral role in establishing this ideal of equality and liberty and making it a manifest reality. The S. M. Patel College of Home Science established in the year of 1971 has been one of the pioneering institute working to empower the girl students with the progressive vision.

Every year the College publishes annual magazine "PRAGATI-23" to highlight the college progress and development to acknowledge the past achievements and welcome the future in right direction.

I am happy to learn about the upcoming issue of college magazine for the academic year 2023-24. I appreciate and congratulate the efforts of editorial team, staff and achievements of students for their curricular and extracurricular activities.

My blessings for progressing more in future and maintain the team spirit.

13th March, 2024

(Signature)
(Dr. S. G. Patel) 13-03-24
Hon. Secretary
Charutar Vidya Mandal

(1) V. P. & R. P. T. P. SCIENCE COLLEGE, (2) BIRLA VISHWAKARMA MAHAVIDYALAYA (ENGINEERING COLLEGE), (3) B. J. VANIJYA MAHAVIDYALAYA, (4) NALINI-ARVIND & T. V. PATEL ARTS COLLEGE, (5) H. M. PATEL INSTITUTE OF ENGLISH TRAINING & RESEARCH, (6) RAMA MANUBHAI DESAI COLLEGE OF MUSIC & DANCE, (7) S. M. PATEL COLLEGE OF HOME SCIENCE, (8) ARVINDBHAI PATEL INSTITUTE OF ENVIRONMENTAL DESIGN & H. M. PATEL INSTITUTE OF INTERIOR DESIGN, (9) A. R. COLLEGE & G. H. PATEL INSTITUTE OF PHARMACY, (10) SOPHISTICATED INSTRUMENTATION CENTRE FOR APPLIED RESEARCH & TESTING, (11) B. & B. INSTITUTE OF TECHNOLOGY, (12) IPCOWALA-SANTRAM COLLEGE OF FINE ARTS, (13) CHIMANBHAI U. PATEL INDUSTRIAL TRAINING CENTRE, (14) SARDAR PATEL RENEWABLE ENERGY RESEARCH INSTITUTE (SPERI), (15) C. V. M. HIGHER SECONDARY EDUCATION COMPLEX-SCIENCE STREAM (R.P.T.), (16) C. V. M. HIGHER SECONDARY EDUCATION COMPLEX-GENERAL STREAM (T.V. PATEL), (17) C. V. M. HIGHER SECONDARY EDUCATION COMPLEX-VOCATIONAL STREAM (HOME SCIENCE), (18) I. B. PATEL ENGLISH SCHOOL (GIA), (19) I. B. PATEL ENGLISH SCHOOL (SFI), (20) G. J. SHARDA MANDIR, (21) M. U. PATEL TECHNICAL HIGH SCHOOL, (22) S. D. DESAI HIGH SCHOOL, (23) M. S. MISTRY PRIMARY SCHOOL, (24) V. & C. PATEL ENGLISH SCHOOL (CBSE), (25) SHARDABEN C. L. PATEL I.T.I. FOR WOMEN, (26) KANUBHAI M. PATEL I.T.I. FOR ENGINEERING TRADES, (27) N. V. PATEL COLLEGE OF PURE & APPLIED SCIENCES, (28) G. H. PATEL COLLEGE OF ENGINEERING & TECHNOLOGY, (29) SGME COLLEGE OF COMMERCE & MANAGEMENT, (30) INSTITUTE OF SCIENCE AND TECHNOLOGY FOR ADVANCED STUDIES & RESEARCH, (31) A. D. PATEL INSTITUTE OF TECHNOLOGY, (32) S. S. PATEL COLLEGE OF PHYSICAL EDUCATION, (33) C. Z. PATEL COLLEGE OF BUSINESS & MANAGEMENT, (34) INDIRAKA/IPCOWALA COLLEGE OF PHARMACY, (35) ASHOK & RITA PATEL INSTITUTE OF INTEGRATED STUDY AND RESEARCH IN BIOTECHNOLOGY AND ALLIED SCIENCES, (36) G. J. PATEL INSTITUTE OF AYURVEDIC STUDIES AND RESEARCH, (37) S. G. PATEL AYURVEDA HOSPITAL & MATERNITY HOME, (38) VARNMADE COLLEGE OF EDUCATION (ENGLISH MEDIUM), (39) H. M. PATEL CAREER DEVELOPMENT CENTRE, (40) CENTRE FOR STUDIES & RESEARCH ON LIFE & WORKS OF SARDAR VALLABHBHAI PATEL, (41) INSTITUTE OF LANGUAGE STUDIES & APPLIED SOCIAL SCIENCES, (42) MADHUBEN & BHANUBHAI PATEL INSTITUTE OF TECHNOLOGY, (43) SHANTABEN MANUBHAI PATEL SCHOOL OF STUDIES AND RESEARCH IN ARCHITECTURE AND INTERIOR DESIGN, (44) CVM IAS ACADEMY, (45) CVM COLLEGE OF FINE ARTS, (46) R. N. PATEL IPCOWALA SCHOOL OF LAW AND JUSTICE, (47) C. L. PATEL INSTITUTE OF STUDIES AND RESEARCH IN RENEWABLE ENERGY, (48) CVM NURSING COLLEGE, (49) CVM HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL, (50) RITA A. PATEL INSTITUTE OF PHYSIOTHERAPY.

FROM THE HON. JT. SECRETARY'S DESK**MESSAGE**

It gives me immense pleasure to pen this message for the magazine "Pragati" of S. M. Patel College of Home Science. I am very happy with the progress the college has made by imbuing in its students value based education synergized with modern teaching-learning methods to produce a well-informed and emotionally sound generation.

Education is not merely acquirement of facts but also of values which help us improve the different facets of mankind. It ensures that we leave the world a far better place than we found it. Let it be noted here that education differs from literacy. Our Mark-sheets and Degree Certificates reflect how much literate we are but our behavior and life-style reflect how much educated we are. Needless to say that there can be an educated person without being literate and there also can be a literate person without being educated. A pivotal role of education lies in shaping the personality of a child into a healthy mind and happy soul, who is not only equipped with the 21st century skills and aptitude required for the academic excellence but also helping them face the challenges of life in a balanced and harmonious way. As it has been stated by Nelson Mandela, "Education is the most powerful weapon which you can use to change the world. Everyone can rise above their circumstances and achieve success if they are dedicated and passionate about what they do". The system of education is supposed to work as a catalyst in making each child a balanced human being having his core strength embedded in the learning experiences.

I am positive that in times to come we will continue this journey with elevated enthusiasm and persistently provide a platform to the young generation of learners for their holistic development.

"We want that education by which character is formed, strength of mind is increased, the intellect is expanded and by which one can stand on one's own feet."

-Swami Vivekanand

(Ramesh Talati)
Hon. Jt. Secretary

Place: Vallabh Vidyanagar

FROM THE PRINCIPAL'S DESK



“The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education.” –Martin Luther King, Jr.

Education is about developing a person's cognitive, social, emotional, and physical abilities to prepare them to be responsible and engaged members of society. The college places a high focus on instilling basic values such as Courage, Compassion, Equality, and Integrity among the young students

S. M. Patel College of Home Science is a one-of-a-kind synthesis of traditional principles and a real sense vocational education. Together with their syllabus of study, the college encourages the students to acquire and assimilate discipline, ethics, tradition, and culture. This is done to prepare them not just intellectually, but also to become socially responsible citizens.

We are passionate about promoting humanitarian values and aspire to cultivate a community of empowered women's and lifelong learners, who embrace diversity and respect individual differences. Our college offers state-of-the-art facilities and resources that enable our students to learn and grow in a safe, supportive, and stimulating environment.

Recognizing the importance of striking a balance between academic achievement and personal growth is very important. We encourage our students to pursue their passion and interests through a range of extracurricular activities, including saptdhara activities and community service. These experiences help students develop important life skills, such as teamwork, leadership, and perseverance.

We are delighted to welcome all the parents and students of S. M. Patel College of Home Science. As a college community, we are committed to providing a safe, nurturing, and stimulating learning environment, where all students can thrive and reach their full potential.

As a principal of the college, I am proud of the commitment of the faculties and staff towards the holistic and vocational development of young minds.

Best wishes.

Dr. Bhavana Chauhan
Principal

MESSAGE FROM GENERAL SECRETARY

“A strong woman never gives up. She might need a day off or a good cry, but she always comes back stronger”

I Rutu Desai served as the General Secretary of the Student Council for the academic year 2023-2024.

As the General Secretary of our college, I am thrilled to share my message for our college magazine. I want to take a moment to express my heartfelt gratitude to the Principal, Vice President and all Staff members for giving me the opportunity to serve as General Secretary and for always supporting and guiding me in each and every situation. I was truly honored to be a part of this experience. Your belief in my abilities means a lot to me, and I tried to give my best effort to make the most of this opportunity. I learnt a lot and grown through this experience, and I am grateful for the trust and support you have shown in me. Being the general secretary of the college has been an amazing experience. It's a role that comes with a lot of responsibilities, but it's also incredibly rewarding. I had the opportunity to represent the student body and work closely with the college administration. It's been a privilege to be a part of decision-making processes and contribute to shaping the college experience for everyone. One of the most fulfilling aspects of the role is being able to serve as a bridge between the students and the faculty. I had the chance to voice the concerns and ideas of my fellow students, and work towards creating a positive and inclusive environment on campus. Organizing events and activities has also been a major part of my experience. From cultural festivals to sports tournaments, it's been exciting to bring the college community together and create memorable experiences for everyone. I did face some challenges along the way. One of the main challenges was balancing my responsibilities with academics. It required good time management and prioritization to ensure that I could fulfill my duties effectively without compromising my studies. But despite the challenges, I believe that every obstacle presented an opportunity for growth and learning. It taught me resilience, adaptability, and the importance of teamwork. Overall, the experience was incredibly rewarding, and the challenges I faced only made me stronger. If you're considering taking up a leadership role, I would encourage you to embrace the challenges and learn from them. It's a great opportunity for personal and professional growth.

“Real growth is when you start correcting yourself instead of blaming others”

“Tough time will come and go, learn to tolerate without being affected”

Rutu Chirag Desai
General Secretary

Message from the Magazine Secretary

Dear Readers,

“The power of waterfall is nothing but lot of drops working together” While handing over this beautiful piece of creation to all readers, my feelings are not different than what the above quote means. This task was not an easy one but everyone’s contribution and efforts made it possible. My heartfelt gratitude goes to each one of them.

So here you have “PRAGATI”, the long awaited magazine of S. M. Patel College of Home Science for the year 2023-24. This magazine gives an insight into the creativity and activities carried throughout the year. This magazine is a platform that exhibits the literary skills and innovative ideas of teachers and students.

“PRAGATI” presents the hard work and dedication of students and contributions of teachers.

I am grateful to Principal Dr. Bhavana Chauhan, Vice President Dr. Mittal Barot and Magazine In charge Dr. Tanvi Makwana for giving me such a wonderful opportunity. I will always be thankful to all teachers and my colleagues.

Some of the brightest minds in the country can be found on the last benches of classroom”

- Dr.A.P.J Abdul kalam

Ms. Fatemazehra Malek
Magazine Incharge.

PROFILE OF THE COLLEGE

S. M. Patel College of Home Science is the only women's college in Charutar area committed to the cause of women's empowerment through access to education through formal and non formal streams. This is due to the fact that this institution was shaped by the toil and sweat of towering personalities like late Shri Bhaikaka, late Shri Bhikhabhai, late Shri H. M. Patel and late Dr. C. L. Patel.

Home Science is an inter- disciplinary 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 and management. The focus is preparing young women for a profession and dealing with life situations. It also placed a vital role in increasing the capacity of the family and community for a better quality of life through the competences developed through this education.

AREAS OF SPECIALIZATION:

| | |
|--|---|
| 1. Department of Foods & Nutrition <ol style="list-style-type: none"> 1. The Diabetes Club 2. The Obesity Club 3. Mother and Child Club 4. The Geriatric Club | 2. Department of Family Resource Management <ol style="list-style-type: none"> 1. Tourism Club 2. The Creations Club 3. Consumer Club 4. Eco Club |
| 3. Department of Textiles & Clothing <ol style="list-style-type: none"> 1. Sustainable Fashion Club 2. Textile Heritage Club | 4. Department of Human Development <ol style="list-style-type: none"> 1. Human Values & Ethics Club 2. Early Childhood Care & Education 3. Youth Club |
| 5. Composite Home Science | 6. Basic Sciences |

OBJECTIVE:

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



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



To provide scientifically planned skill oriented courses relevant in present context. To continuously upgrade the curriculum that is globally valuable, locally relevant and responsive to upcoming challenges of the society.

To affiliate, synergize with communities, organizations, institutions at local, regional, National and International level. Empowering young girls to respond creatively with a sense of responsibility to the contemporary needs of the society. Capacity building of young girls to inculcate a sound philosophy for holistic living and maintain a sustainable career growth curve



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

2. To impart education (knowledge and skills) to the young women in Home Science and related areas.

3. To prepare students for various vocations & professions.

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

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 & extracurricular 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

GOLD MEDALISTS OF YEAR 2022-2023

| | | | |
|---|---|--|---|
|  |  |  |  |
| FOODS AND NUTRITION | FAMILY RESOURCE MANAGEMENT | HUMAN DEVELOPMENT | TEXTILE AND CLOTHING |
| SHARON CHRISTIAN GPA – 9.33 | AJAB NALA GPA – 8.67 | LEELA SOLANKI GPA – 8.67 | PRINA PATEL GPA – 9.33 |

OUR COLLEGE STAFF

Principal
Dr. Bhavana Chauhan

Foods & Nutrition

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

Family Resource Management

1. Dr Nidhi Gupta
2. Ms. Kalpana Srivastava
3. Dr. Ekta PAndya (AS)

Human Development

1. Dr. Mittal J. Barot
2. Vandana Modi (AS)

Textiles & Clothing

1. Dr. Poonam Oza (AS)
2. Dr. Harbinderkaur Gotre (AS)

Chemistry

1. Ms. Trusha Lad

Physical Training Instructor

1. Mr. Ranjit Bhagora

Librarian

1. Shri I. C. Patel

Administrative Staff

1. Shri. K. S. Panchal (S.Clerk)
2. Ms. Hiral Patel (Jr. Clerk)

“An investment in knowledge pays the best interest.” – **Benjamin Franklin**

STUDENT COUNCIL IN-CHARGES

| Sr. No | Portfolio | Faculty In charge | Student In charge | Major |
|--------|--|----------------------|-----------------------------------|-------------------|
| 01. | President | Dr. Bhavana Chauhan | -- | -- |
| 02. | Vice President | Dr. Mittal Barot | Rutu Desai (General Secretary) | TY FN |
| 03. | Gyan Dhara (Aatmachintan Club) | Mr. Ishwarbhai Patel | Shiny Gamit | TY TC |
| 04. | Sarjanatmak Abhivyakti Dhara (Creative Expression Club) | Dr. Tanvi Makwana | Heer Arora | TY FN |
| 05. | Rang, Kala And Kaushalya Dhara (Fine Arts Club) | Ms. Trusha Lad | Maitri Patel | TY TC |
| 06. | Naatya Dhara (Theatre Club) | Dr. Nidhi Gupta | Vruti Nakrani | TY FRM |
| 07. | Geet Sangeeta And Nrutya Dhara (Music And Dance Club) | Dr. Minal Chauhan | Dhruvi Jetani | TY FN |
| 08. | Yog Vyayam And Khelkud Dhara (Yoga And Sports Club) | Mr. Ranjit Bhagora | Gayatri Dave | TY FN |
| 09. | Samudayik Seva Dhara-N.S.S (Community Service Club) | Dr. Vandana Modi | Pooja Meda Reetu Suthar | TY HD & FY FRM |
| 10. | N.C.C | Dr. Poonam Oza | Tanvi Mahamuni | SY HD |
| 11. | Staff Secretary | Ms. Shazia Sharma | — | -- |
| 12. | Food & Nutrition | T.Y. B.Sc. | Vanshika Mevada | FN |
| 13. | Textile & Clothing | | Ankita Butola | TC |
| 14. | Family Resource Management | | Apeksha Shah | FRM |
| 15. | Human Development | | Neha Kurmi | HD |
| 16. | Foods & Nutrition | S.Y. B.Sc. | Honey Patel | FN |
| 17. | Textile & Clothing | | Shreya Ezhava | TC |
| 18. | Family Resource Management | | Varisha Khan | FRM |
| 19. | Human Development | | Mansvi Bharvad | HD |
| 20. | Foods & Nutrition | F.Y. B.Sc. | Shriya Shah | FN |
| 21. | Textile & Clothing | | Krupa Gajjar | TC |
| 22. | Family Resource Management | | Binal Panchal | FRM |
| 23. | Human Development | | Margi Patel | HD |

| |
|-------------------------|
| VARIOUS CELL IN-CHARGES |
|-------------------------|

| Sr. No | Portfolio | Faculty In charge | Student In charge | Major |
|--------|--|---|---|--------------|
| 01. | Internal Quality Assurance Cell (IQAC) | Ms. Kalpana Srivastava Ms. Vijaya Agarwal | Nidhi Shah Ozelle De Souza | TY FRM |
| 02. | Udisha & Placement | Ms. Vijaya Agarwal | Shrestha Gupta | TY FN |
| 03. | Magazine | Dr. Tanvi Makwana | Fatemazehra Malek | TY TC |
| 04. | Hostel | Dr. Tanvi Makwana | Riddhi Panchal | TY FN |
| 05. | College Website | Ms. Kalpana Srivastava | — | |
| 06. | Publicity | Mr. Ranjit Bhagora | Dimple Chandak | TY FRM |
| 07. | ICT Facility | Ms. Trusha Lad Mr. Vijay Machhi | Prachi Patel | SY FRM |
| 08. | Gymnasium | Mr. Ranjit Bhagora Mr. Kamlesh Panchal Ms. Vijaya Agarwal | Radha Vaghela | SY HD |
| 09. | Library | Mr. Ishwarbhai Patel Dr. Minal Chauhan | Krupa Suthar | TY FN |
| 10. | Alumni | Dr. Tanvi Makwana Dr. Mittal Barot | Priya Shah Maitheli Amin | TY and SY FN |
| 11. | Discipline | Mr. Ranjit Bhagora and All Staff | Radhika Vaghela Janki Parmar Iqra Shaikh Riddhi Macchi | TY HD |
| 12. | Receiving of Guest | Dr. Tanvi Makwana Dr. Poonam Oza | — | -- |
| 13. | Academic Calendar | Dr. Bhavana Chauhan Ms. Shazia Sharma | — | -- |
| 14. | Examination Calendar | Dr. Nidhi Gupta Ms. Shazia Sharma | — | -- |
| 15. | Timetable Committee | Dr. Nidhi Gupta Ms. Shazia Sharma Dr. Mittal Barot Dr. Poonam Oza | — | -- |
| 16. | Research Incharge | Dr. Nidhi Gupta | Krupa Patel | TY FRM |
| 17. | Innovation Club | Dr. Minal Chauhan Dr. Vandana Modi | Ashwini Dave Khushi Shastri | TY and SY FN |
| 18. | SSIP | Dr. Vandana Modi Dr. Minal Chauhan | Dhruvi Patel | TY TC |
| 19. | Green Audit | Ms. Shazia Sharma Ms. Trusha Lad | Ipisha Makwana | TY FRM |
| 20. | Women's Cell | Dr. Bhavana Chauhan Dr. Minal Chauhan Dr. Mittal Barot Ms. Hiral Patel Dean of Home Science | — | -- |

| | | | | |
|-----|----------------------------------|---|-----------------|--------|
| 21. | Anti-Ragging | Dr. Bhavana Chauhan Mr. Kamlesh Panchal Dr. Tanvi Makwana Registrar of S.P.University | — | -- |
| 22. | Internal Complain Cell | Dr. Bhavana Chauhan Ms. Kalpana Srivastava Ms. Shazia Sharma Ms. Asha Dalal | — | -- |
| 23. | Admission Committee | Dr. Nidhi Gupta Ms. Vijaya Agarwal Ms. Hiral Patel | — | -- |
| 24. | Nodal Officer | Ms. Shazia Sharma | Prachi Patel | TY FN |
| 25. | Prospectus and Leaflet Committee | Dr. Nidhi Gupta Dr. Minal Chauhan Dr. Mittal Barot | Kajal Seju | TY FRM |
| 26. | Major Selection Committee | Dr. Bhavana Chauhan Dr. Nidhi Gupta Ms. Shazia Sharma Dr. Mittal Barot | — | |
| 27. | Unnat Bharat Abhiyan | Ms. Trusha Lad | Kunjal Senghani | SY FN |

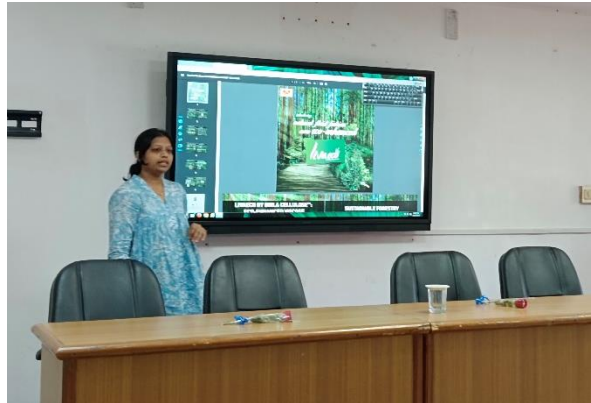
Literacy is not the end of education or even the beginning – **Mahatma Gandhi**

TEXTILES AND CLOTHING DEPARTMENT



Department In-charge:
Dr. Poonam Oza

| Sr.no Date | Name of the Activity / Topic | Resource person | Beneficiary and No. of Beneficiaries | Interclass/ Intercollege/ District/ Regional/state/ National *Achievement (Name of the Winner) |
|-------------------------------------|--|----------------------------|---|---|
| 1 08/08/2023 | National Handloom Day celebration Exhibition and Fashion show | NA | S.Y and T.Y. TC Students (28) | Interclass |
| 2 14/10/2023 | Guest lecture “Sustainable fiber in current Textile Industry” | Ms. Vaishali Kharate | S.Y and T.Y. TC Students (28) | Interclass |
| 3 22/08/2023 | Educational Visit Handloom Products exhibition | NA | S.Y and T.Y. TC Students (28) | Interclass |
| 4. 04/01/2024 | Workshop (NSS camp) Jewellery making | Dr. Poonam Oza | Sihol Village School Students (30) | Regional |
| 5 17/01/2023 to 18/01/2023 | Workshop Aqueous Embroidery and Accessory Making | Ms. Nisha Mohan | F.Y, S.Y and T.Y. TC Students (40) | Interclass |



FAMILY RESOURCE MANAGEMENT DEPARTMENT



Department Incharge:
Dr. Nidhi Gupta

| S. 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. 01/05/2023- 31/5/2023 | Summer Internship Hotel Management Training | Dept. Heads of Madhubhan Resort and Spa | T.Y. FRM 26 | This year we collaborated with one of the best hotel of Anand District Madhubhan Resort and Spa to train our students under the professional heads of various departments of hotel such as Foods and Beverages, Housekeeping, Front office and other Departments. The summer internship was for a month duration |
| 2. 21/07/23 | Seminar Professional Etiquette at Work Place | Mr. Chanchlesh Parihar (HR manager) Madhubhan Resort Dr. Nidhi Gupta | S.Y. (FRM) T.Y. (FN, FRM, TC, HD) 92 | Inter class Learnt about how to develop personality and body language at any work place. Also learnt punctuality and where and how to use word at right place at right time and how to apply in our professional as well as in personal growth. |
| 3. 24/08/23 | Income generating activity Resin art (key chain, coaster, fridge magnet) | Dr. Nidhi Gupta Ms. Mukti Mistry | SY FRM students 14 | Inter class To encourage them for small startup Resin key chains, coasters, fridge magnets were made by the students and sell to faculty and students. |
| 4. 07/08/23 | Visit Décor Trends by Carpet house | Mr. Saunak Soni Owner carpet house Dr. Nidhi Gupta Ms. Khushi Gajjar | S. Y and T.Y FRM students 35 | Inter class Student saw various furnishing materials like curtains, sofa cover, carpet & rugs, bedsheets, types of mattresses and also furniture i.e., types of sofas, chairs, tables. Trending furniture's even windows treatments etc. |
| 5. 14/09/23 | Income generating activities Resin art making and selling in millet mela | Dr. Nidhi Gupta Ms. Khushi Gajjar | SY FRM students 14 | Inter class To encourage them for small startup. |

| | | | | |
|----------------------------------|---|--|--|---|
| 6. 7/11/23 | Short term course Event Management | Mr. Ankur Gor Owner of “The Tulip Touch Event Management ” Dr. Nidhi Gupta Ms. Khushi Gajjar | SY and TY students of the college 35 | Inter class Students learnt how to manage events. The presentation covered many creative ideas of various events i.e. wedding, corporate conferences, inauguration ceremony and so on. Even throughout the visit, students interacted by taking photographs and posing questions, all of which Mr. Ankur Gor patiently addressed. It was a great exposure to students. |
| 7. 27/11/23 to 27/12/23 | Internship Madhubhan Resort and Spa, Hotel H, Desi Firangi, Hummingbird, prakashanKaksh interiors, Ansh Interiors, Harthvi events, Mayur Shah & Associates | Dr. Nidhi Gupta Ms. Khushi Gajjar | TY students 26 | Various hotels, event planners & interior designers This year we collaborated with various hotels of Anand District i.e. Madhubhan Resort and Spa, Hotel H, Desifirangi, Humming bird to train our students under their professional heads of various Departments of hotel such as Foods and Beverages, Housekeeping, Front office and other Departments. Even one event planner named Harthvi events and various interior designer firms in Anand ,Vadodara and Ahmedabad for a month long internship of our students. |
| 8. 15/12/23 | Consumer week celebration Consumer awareness through Role play | Dr. Nidhi Gupta Ms. Kiran Patel | Petlad school Students (180) CVM Higher Secondary School students (82) | Inter class Role play appreciation award to participants <ul style="list-style-type: none"> • Ms Prachi Patel • Ms Sejal Raval • Ms Vrushti Patel • Ms Vibhuti Patel • Ms Dhruvi Senghani |
| 9. 22 and 23/12/23 | Open House Exhibition cum sale | Dr. Nidhi Gupta Ms. KhushiGajjar | FY/SY FRM students Open Invites all over Anand | Inter class Income generating activities, calculating the cost price and selling price of the items prepared, presentation, selling and managing money |
| 10. 27/12/23 | Consumer week ‘CHETNA’ seminar Consumer awareness | Dr. Nidhi Gupta Ms. Kiran Patel | College students, Inner wheel club members, Grahak Jagrut NGO, and Parents of college students (120) | Inert class Generating consumer awareness’ on various consumer frauds in the market, how to complain and when to complaint and where to complaint. |

| | | | | |
|-------------------|--|--|---|--|
| 11. 29/12/23 | Consumer week Poster exhibition | Dr. Nidhi Gupta Ms. Kiran Patel | All College Students (80) | Inert class Develop consumer education by visual communication aid. |
| 12(A). 5/1/24 | Income generating activities to community Paper bag , book marks, gifting envelop making | Ms. Kalpana Srivastava | Sihol village NSS camp | Sihol Village Income generating activity for Paper bags , envelops, bookmarks etc |
| 12. (B) 5/1/24 | Consumer week Street Play | Ms. Kalpana Srivastava | Sihol Village NSS camp | Sihol Village To generate awareness about various quality marks through role play. |
| 13. 10/1/24 | Consumer awareness activity in collaboration with Inner wheel club Role Play | Dr. Nidhi Gupta Ms. Kiran Patel Ms. Khushi Gajjar | N.S. Patel Arts College students (89) | Inter college Generating consumer awareness' on various consumer frauds prevalent in the market |
| 14. 8/2/24 | Workshop Techniques of Printing : Calligraphy and Marble printing | Dr. Nidhi Gupta Ms. Mukti Mistry | CVM Higher secondary school 11 th std. (25) | Inter college Learned calligraphy and various patterns through marble printing |
| 15. 15/2/24 | Parents-Teacher Meeting Career Counseling Autonomous | Dr. Nidhi Gupta Ms. Kalpana Srivastava | TY and SY FRM students and their parents (40) | Inter class Discussion about further studies and future scope in T Y FRM |
| 16. 17/2/24 | Educational visit Visit to furnishing showroom | Ms. Khushi Gajjar | FRM (minor) (17) | Décor trends by carpet house Student saw various furnishing materials and their uses in various rooms. Trending materials and their cost. |
| 17. 22/02/24 | Competition Gift Wrapping | Dr. Nidhi Gupta Ms. Khushi Gajjar | F.Y/S.Y/T.Y FRM students (37) | Inter-class Winners Ist prize : Ms Ozelle Desouza TYFRM IInd prize: Ms Ishita Patel TYFRM III prize :Ms Krishna Mistry TYFRM Consolation :1.Ms Kajal Seju TYFRM 2.Ms Anjali Sahani FYFRM |

| | | | | |
|-----------------|--|--|-------------------------------------|--|
| 18. 15/03/24 | Consumer Seminar On "Fair & Responsible AI for Consumers" | ASI Mustakin S C Kapasiya Dr. Nidhi Gupta Ms. Kiran Patel | F.Y and T.Y FRM students (72) | Inter class Special guest Ms. Shivangi Shah, (Deputy Collector-Purvatha Vibhag), ASI Mustakin Sir, PSI Chaudry Sir (Cyber Crime branch, Anand) and Mr. S. C. Kapasiya (President Consumer Forum) graced the occasion. ASI Mustakin Sir threw light on cybercrime and use of AI in smart shopping and Kapasiya Sir elaborated on consumer rights. Students actively participated in the program and gained thorough knowledge on the same. |
|-----------------|--|--|-------------------------------------|--|



FOODS AND NUTRITION DEPARTMENT



Department Incharge:
Ms. Shazia Sharma

| Sr No & Date | Name of Activity/Topic | Resource person / Faculty Incharge | Beneficiaries |
|------------------|--|---|---------------------------------------|
| 1. 05/08/2023 | Nutrition Counseling For School Children Nutrition counseling on the topic "Importance of healthy eating habits" for 10 th standard school children(boys and girls) of V. C. Patel High School | Dr. Minal Chauhan Ms.Shazia Sharma Dr. Minal Chauhan(C) Dr. Tanvi Makwana Ms. Vijaya Agarwal Dr.Bhavana Chauhan | 100 students |
| 2. 07/08/2023 | As a part of world Breast Feeding Celebration 8 Third year students demonstrated recipes rich in lacto gouges and talked about Milk Bank At Anganwadi Training Centre, Shihol | Third year Foods and Nutrition students. Ms.Shazia Sharma (C) Dr.Bhavana Chauhan | 10 women of Anganwadi members |
| 3. 09/08/2023 | Jagruti Mahila Sangathon and Saffron Oil jointly organized Recipe competition | Shazia Sharma (C)and Tanvi Makwana Invited as Judge | 50 Members of Jagrut Mahila Sangathon |
| 4. 25/08/2023 | Interaction with school students 10 th , 11 th and 12 th std students of Shilli Village with talk and activities regarding nutritional awareness with T.Y.F.N Student | Dr. Tanvi Makwana(C) | 49 students |
| 5. 25/04/2023 | The department organized Body composition Analysis using BCA machine for the faculty and administrative staff of B&B Institute of Polytechnic. That was followed by the counseling session for the women staff | All the faculty members were part of the programme Ms.Shazia Sharma (C) Dr. Minal Chauhan(C) Dr. Tanvi Makwana Ms. Vijaya Agarwal Bijal ka Patel Dr.Bhavana Chauhan | 98 |
| 6. 04/09/2023 | The wellness Trilogy at B & B Institute of Technology- Individual Counseling of BCA results | Ms. Vijaya Agarwal(C) Dr.Bhavana Chauhan | 30 |

| | | | |
|--------------------|---|---|---|
| 7. 05/09/2023 | Lecture on Importance of millets at District Institute Of Education Valasan Science Fair and distribution of Pamphlet on Millets | Ms. Nupur Mehta Ms.Shazia Sharma(C) Dr.Bhavana Chauhan | 100 Teachers of different schools of Anand. |
| 8. 14/09/2023 | “Millet Mela” On the occasion of International year of Millets the department with the help F. Y. B. Sc (FN) showcased various recipes made from different millets and S.Y.F.N students explained the benefits of different millets. | Ms.Shazia Sharma(C) Dr. Minal Chauhan Dr. Tanvi Makwana Ms. Vijaya Agarwal Ms. Bijal Ka Patel Ms. Nupur Mehta (C) Dr.Bhavana Chauhan | Parents of First year and second year students, staff CVM colleges and students of Gojo Sharda Mandir |
| 9. 23/09/2023 | A talk on Nutrition Awareness for Children In association with Home for Boys By Dr.Bhavana Chauhan | Ms.Shazia Sharma Dr. Minal Chauhan (C) Dr. Tanvi Makwana Ms. Vijaya Agarwal Dr.Bhavana Chauhan | 20 students from Home for Boys |
| 10. 3/11/2023 | In collaboration with Tribhuvandas foundation and Welt Hungerhilfe, Germany the food and Nutrition department took part in Organic Fair –Ahaar Sanskruti and gave information on importance of Millets and distributed pamphlets prepared by the department on types of millets and its importance. | T.Y. FN 10students Ms.Shazia Sharma (C) Dr. Minal Chauhan Dr. Tanvi Makwana Ms. Vijaya Agarwal Dr.Bhavana Chauhan | General Public |
| 11. 19/20-01-24 | Open House –The Second year students of Foods and Nutrition department prepared Pickle and Upma mix and sold to the General Public under the able guidance of Dr. Tanvi Makwana. The Third year students conducted Body Composition Analysis for the local public. | Ms.Shazia Sharma (C) Dr. Minal Chauhan Dr. Tanvi Makwana (C) Ms. Vijaya Agarwal Dr.Bhavana Chauhan | General Public |
| 12. 2/1/2024 | NSS Camp Sinhol-Millet Recipe Demonstration to the local public. | Bijal Ka Patel | 60 to 70 students plus local public. |
| 13. 08/01/2024 | Consultation programme with Gram Vikas Trust, Bharuch to train Anganwadi workers and helpers of Ankleshwar and | Ms.Shazia Sharma (C) Dr. Tanvi Makwana Ms. Vijaya Agarwal | 60 Anganwadi workers and helpers |

| | | | |
|-------------------|---|--|--------------------------------|
| 09/01/2024 | Bharuch District in the field of Nutrition and Health and Hygiene. A two days training programme was organized in Ankleshwar attended by faculties of the department | Dr. Minal Chauhan Dr.Bhavana Chauhan | |
| 14. 15/02/2024 | Parents Teachers meet was organized for whole of TY where students and parents shared their Views | Dr. Minal Chauhan (C) Dr. Tanvi Makwana Ms. Vijaya Agarwal Dr.Bhavana Chauhan | All T.Y. students and parents. |
| 15. 18/03/24 | Alumni Activity –Invited Ms. Sakina Ezzy to give a talk on prospects for post-graduation and jobs after B.Sc. | Ms. Vijaya Agarwal(C) | T.Y.FN students. |





HUMAN DEVELOPEMENT DEPARTMENT



Department In-charge:
Dr. Mittal Barot

| Sr. No Date | Name of the Activity and Topic | Resource Person | Beneficiary and No. of Beneficiaries | Inter class/Inter college/District/Regional/State/National Achievement (Name of the Winner) |
|------------------|--|-------------------------------------|--------------------------------------|---|
| 1 16/09/2023 | Anganwadi visit (Kalyan Society, (Karamsad) | Prajapati Manjulaben Nilesbhbai | 30 | -- |
| 2 23/08/2023 | Visit of Jalarambapa Vishram Gruh, Old Age Home , Karamsad | | - 28 | -- |
| 3 28/08/2023 | Growth Chart workshop (H D Lab) | Disha Upadhyay | 50 | -- |
| 4 28/08/2023 | Guest Lecture H D Lab | Dr. Sheetal Patel | 28 | -- |
| 5 13/09/2023 | Visit of Anand Balwadi, PragyanTirth Mogri, | Ms. Pratibha Puranik | 28 | -- |
| 6 29/08/2023 | Raksha Bandhan Celebration, Zaverba Nursery School | Dr. Bhavana Chauhan | 45 | -- |
| 7 6/09/2023 | Janmashtami Celebtation, Zaverba Nursery School | Dr. Bhavana Chauhan | 45 | -- |
| 8 18/09/2023 | Ganesh Chaturthi Celebration, Zaverba Nursery School | Dr. Bhavana Chauhan | 45 | -- |
| 9 3/12/2024 | World Disable Day, Anand | Ms. Pratibha Puranik | 250 | -- |
| 10 14/09/2023 | Packed Millet Lunch for Preschool children, Zaverba Nursery School | Judges: Mrs. Nidhi ICDS coordinator | 11 | Inter College I. Margi Patel II. Riddhi Machhi III. Priyal Parmar |
| 11 8 to 10/ | Short Term Course, H D lab | Ms. Hiral Shah Ms. Dolly Mohey | 45 | -- |

| | | | | |
|------------------|--|--|----|---|
| 01/2024 | | Ms. Niyati Barot Mr. Hardik Makwana (ITC) Ms. Vijaya Agarwal | | |
| 12 6/02/2024 | Visit Neonatal care and Maternity Hospital, Karamsad | Dr. Dipen Patel | 28 | -- |
| 13 10/02/2024 | Visit Neonatal care and Maternity Hospital, Karamsad | Dr. Dipen Patel | 30 | -- |
| 14 23/02/2024 | Script writing Competition, H D Lab | Ms. Naina Parel (CVM Higher Secondary) Ms. Alpa Shapariya | 30 | Interclass I. Aesha Panchal II. Pinkey Vaghela III. Komal Parmar |



BASIC SCIENCE



Department Incharge:
Ms. Trusha Lad

| S. No. Date | Name of the activity/ Topic | Resource Person | Beneficiary/ No. of Beneficiary | Inter class/Inter college/District/Re gional/State/Natio nal |
|---------------------------|---|--------------------|---|---|
| 1. 22 & 23/ 12/2023 | Preparation of House hold products like Phenyl and Dish washing Liquid and sale it among people during Open House | Ms. Trusha Lad | 105 people of Anand – Vidyanagar | Regional |
| 2. 13/02/ 2024 | Income Generating Activities Demonstration of Phenyl, Liquid soap and Detergent powder | Ms. Trusha Lad | Higher Secondary School Students of Khambholaj Village | Regional |
| 3. | Explain about Basic Science course to various School Students during their visit of the college | Ms. Trusha Lad | School Students of Various villages | Regional |

VICE PRESIDENT REPORT OF ACTIVITIES (2023-2024)



Dr. Mittal Barot
Vice President

| Date | Type of Activity | Description |
|---------------------|---|--|
| 03/07/23 | Guru Purnima Mahotsav | Function was planned and organized by Central Committee under the guidance of Principal Dr. Bhavana Chauhan and Vice President Dr. Mittal Barot. General Secretary Ms. Rutu Desai welcomed all the teachers with kum kum tilak and chocolate. Program started with prayer followed by Lamp lightning, Fusion Dance, Speech on importance of Guru Purnima and the qualities of Guru, aashirvachan, storytelling and blessings to students. At last members of Central Committee gave flower and book to all the teachers. |
| 11/07/23 (Day 1) | Deeksharambh: Student Induction Programme | The primary objective of the programme was to introduce the new students and their parents to the college, its history, major departments, and faculty members. The event was graced by the presence of the college principal Dr. Bhavana Chauhan, Chief guest Shri Manishbhai Patel, and college staff, for the occasion. |
| 12/07/23 (Day 2) | Deeksharambh: Student Induction Programme | On 2 nd day various activities were conducted for overall development of students. |
| | Manage Change with Spirituality | Chief Guest BK Jagrutiben told students about the changes in life, where she made everyone understood by game that pressurized change is not permanent, she made session more interesting by telling stories and at last she gave lifetime memorable lessons to everyone through her talk. |
| | Yoga | Physical Instructor of college Mr. Ranjit Bhagora and Sports girls illustrated yoga, followed by all students. To make them understand how important it is to maintain physical and mental health. |
| | Art and Craft | Ms. Mukti Patel illustrated some wall hanging articles to students. Main aim of this session was to bring out creativity of students. |
| | Brain Storming Activities | Under the guidance of Vice President Dr. Mittal Barot, students actively participated for various games. It was very interesting, informative, and enjoyable day for students. |
| 13/07/23 (Day 3) | Deeksharambh: Student Induction Programme | On 3 rd day awareness sessions were held for students which will be helpful for them in day to day life. |
| | Awareness on women's safety and rights. | Guest lecturer Advocate Nitu Sharma informed about some of the section including section 354, section 501, section 375 and article 15 that involves crimes like physical abuse, domestic violence, any type of harassment. She informed students about levels of punishments according to crimes. She also spread awareness about POSCO Act and POSH Act. |

| | | |
|----------------------------|---|---|
| | Introduction of Sapt Dharas | All Sapt Dhara incharges introduced their dhara and informed about the activities held under each dhara. |
| 14/07/23 (Day 4) | Deeksharambh: Student Induction Programme | On 4 th day career related talk and visit was arranged for students. |
| | Talk on UPSC and competitive examination as a career option | Prof. Bhautik Patel motivated students to chase their dreams. He enlightened students about UPSC, GPSC examinations and other competitive exams. |
| | Visit to Sardar Patel memorial, Karamsad | Students explored Sardar Patel Memorial, in which they were displayed the challenges and struggles of Sardar Patel's life. Through this visit students were encouraged to face and overcome challenges of their own lives. |
| 15/07/23 (Day 5) | Deeksharambh: Student Induction Programme | On 5 th day students were taught human values along with Zumba. |
| | Zumba | The session was started by an energetic workout of Zumba, by Ms. Jalpa Shelat. Students of First year, and central committee members performed Zumba. |
| | Human Values | Chief Guest Mr. Ramesh Chandra Talati was present to give his guidance. A lecture was organized to spread awareness regarding human values. He gave an immense life lessons with short stories, and some incidents regarding his life. |
| | Exhibition | Cultural exhibition was held at Zaverba Balwadi. The Central Idea of the exhibition was to showcase the graceful Indian culture. Various tradition articles, handicraft items made by students were displayed. |
| 07/08/23 to 11/08/23 | Rang Kala Mahotsav | Under Rang Kala Mahotsav various dhara conducted many competitions like dance, singing, debate, elocution, etc. This was organized as pre youth festival for the selection of students for youth festival. |
| 11/08/23 | Anti-Ragging Day Celebration | To make students understand about the side effects of ragging Table No. 21 movie was shown to them. |
| 12/08/23 | International Youth Day Celebration | On the occasion of International Youth Day, Quiz on General Knowledge was organized. |
| 15/08/23 | Independence Day Celebration | Independence Day was celebrated by hosting flag followed by speech of Dr. Bhavana Chauhan (Principal S.M. Patel College of Home Science) and Ms. Asha Patel (Principal C.V.M. Higher Secondary Home Science), Singing, Dance, and Talvarbazi. |
| 22/08/23 | Guest Lecture on CCC course | Mr. Hardik Makwana from Information Technology Centre, Mogri. Gave information about CCC course and importance of CCC exam and certificate for job purpose. |
| 05/09/23 | Movie | On the occasion of teachers day with the aim that teachers should rest for one day movie show was planned. Uunchai movie was shown. |
| 05/09/23 | Movie | On the occasion of teachers day with the aim that students should respect teachers and cooperate with them. Hichki movie was shown to them. |

| | | |
|----------------------|--|---|
| 05/09/23 | Teacher's Day Celebration | Members of central committee became teachers and took classes of second year and third year students. Function was held at college auditorium, central committee members welcomed all the staff members. Program started with prayer followed by dance performance, singing, speech on importance of teachers day, poetry, riddles. Video made by central committee was shown to teachers. As a token of love, central committee gifted embroidery hoop to staff. |
| 20/09/23 to 22/09/23 | Youth Festival organized by Sardar Patel University. | Under the guidance of Principal Dr. Bhavana Chauhan, Vice President Dr. Mittal Barot and various dhara incharges, many students participated in various events of youth festival. |
| 04/10/23 | Personality Development Seminar | This seminar was organized by F.Y students to build their self confidence, to polish their skills, behavior, and knowledge. |
| 08/10/23 | Narayani Sangam | Students along with Vice President Dr. Mittal Barot and Dr. Minal Chauhan attended Narayani Sangam organized by Shri Madhav Seva Trust, Nadiad. |
| 11/10/23 | Sharad Utsav | On occasion of navratri celebration various guest were invited. Aarti of goddess Amba was performed by guests, principal, staff members and students. Followed by Garba. |
| 20/01/24 | Gujarat Gyan Guru Quiz Registration | Guidance was provided to students for registration of Gujarat Gyan Guru Quiz. |
| 20/01/24 | My Bharat Registration | Guidance was provided to students for registration on My Bharat Portal. |
| 20/01/24 | Story telling competition | Story telling competition was organized on the topic Incident from the life of Lord Shri Ram. |
| 26/01/24 | Republic Day Celebration | Republic Day was celebrated at Shastri Maidan organized by S.P University. |
| 05/02/24 to 10/02/24 | Days Celebration | Back to School Day, Twinning/Mismatch Day, Googles and Turban Day, Flower Day, Hollywood/Bollywood/ Retro Day and Saree Day was organized so that students can relive their school life, show their bond of friendship ,creativity and to connect with our tradition. |
| 08/02/24 | Downloading Narendra Modi Application | F.Y., S.Y. & T.Y. Students Downloaded the application in their mobile. |
| 14/02/24 | Vasant Panchami Celebration | On the occasion of Vasant Panchami, old idol was replaced by new idol of Goddess Saraswati. Aarti of Goddess Saraswati was performed by Principal, Staff Members and Students. On this day everyone wore yellow and white clothes. |
| 15/02/24 | Parent-Teacher Meet | Parent-Teacher meet was organized for S.Y and T.Y. so that parents can interact with teachers about the progress and achievement of their child and about career guidance and future. |
| 29/02/24 | Annual Day | Principal Dr. Bhavana Chauhan, Vice President Dr. Mittal Barot and whole staff with the help of General secretary Ms. Rutu Desai, Central Committee and students organized 53 rd Annual Day Celebration at B.V.M. Auditorium. Dr. Nilambari Dave (Vice Chancellor, Shaurashtra University, Rajkot) was chief guest. Other guests were Er. Bhikhubhai Patel, Shri. R. C. Talati, Retired staff members and Parents. Function |

| | | |
|----------|----------|---|
| | | started with introduction and floral welcome of guests followed by honoring achievers and gold medalist, yearly report of college given by Dr. Bhavana Chauhan, yearly activities report by Dr. Mittal Barot, Speech of chief guest Dr. Nilambari Dave and Er. Bhikhubhai Patel, Vote of thanks by Ms. Rutu Desai. Anchoring was done by Ms. Vijaya Agarwal. After that student gave dance performance. |
| 02/03/24 | Farewell | Under the guidance of Principal Dr. Bhavana Chauhan and Vice President Dr. Mittal Barot, Students of S.Y. B.Sc planned and organized farewell for T. Y. B.Sc Students. Teachers gave their blessings for future, students shared their experience, S.Y. students performed dance, singing of friendship songs and organized games for T.Y. B.Sc. |



- Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that. -**Martin Luther King Jr.**



GYAN DHARA



Faculty In charge
Shri I. C. Patel

Student In charge
Shiny Gamit

| Sr. no. Date | Name of the activity | Topic | Resource Person | No. of Beneficiary | Inter class/Inter college/District/Regional/State/National Achievement (Name of the Winner) |
|---------------|---------------------------------------|---------------------------|---|--------------------------|---|
| 1. 19/07/2023 | Gandhi Jayanti Celebration | Essay Writing Competition | Dr. Tanvi Makwana Mr. Ranjit Bhagora | 11 Students Participated | Inter Class 1 Poonam Chauhan -S.Y.TC - 08 2. Aamrin Diwan S.Y.FRM – 28 3. Bhakti Patel T.Y.Tc – 11 |
| 2. 12/01/2024 | Swami Vivekananda Jayanti Celebration | Poster Competition | Dr. Minal Chauhan | 06 Students Participated | Inter Class 1 Iqra Sheikh T.Y.HD – 19 2 Maitri Patel T.Y.Tc – 06 |



SARJANATMAK ABHIVYAKTI DHARA



Faculty Incharge:
Dr. Tanvi Makwana



Student Incharge:
Ms. Heer Arora

| Sr. No/ Date | Name of the activity and Topic | Resource person/ Judge | Beneficiaries and Number of participants | Winners |
|-----------------|---|--|---|---|
| 1. 19/07/23 | Elocution competition on Collaboration with NSS Topics:- 1) Education without stress and women 2) Climate change and environmental challenges and their solutions. | Mr. Ishwarbhai Patel Dr. Poonam Oza | 35 students present and 15 participants | 1 Shirin Dhoi 2. Varisha Khan 3. Krishna Mistry |
| 2. 26/07/23 | Inter college Elocution competition Organized by C.C Community Science Centre Topic:- How to safeguard the health and rights of women and girls | - | 1 student participated from S. M. Patel college of home science total 20 students participated from other colleges | Varisha Khan has participated |
| 3. 10/08/23 | Debate competition \\ Topics:- 1) Student Can Allow Mobile Phones In College 2) Computer Can Replace Teachers 3) Do We Need Patriotism Curriculum Our College | Dr. Charudutt Gurjar Ms. Vijaya Agarwal | F.Y, S.Y, T.Y Students present and 11 Teams participated | Team: 1:- Nidhi Shah and Krishna Mistry Team: 2 :- Shreshtha Gupta and Rutu Desai Individual: 1. Rutu Desai 2. Krishna Mistry 3. Nidhi Shah |

| | | | | |
|---------------------------|--|---|---|---|
| 4. 13/09/23 | Inter college Elocution competition Organized by P.G. department of Economics Topics:- Artificial Intelligence and contemporary education | - | 1 student participated S. M. Patel college of home science total 11 students participated from other colleges | Rashmika Rathod has participated |
| 5 12/01/24 | Inter college Elocution competition Organized by Nalini – Arvid and T.V Patel arts college Topics :- 1. Contribution of youth in making India world champion 2. Contribution of youth in making developed India 3. Swami Vivekananda and Nationalism 4. Revival of Dharma by Swami Vivekananda in India | - | 1 student participated S. M. Patel college of Home science | Ms. Rashmika Rathod has participated and got certificate of participation |
| 6 20/09/23 21/09/23 | Students participated in Intercollegiate Debate and elocution competition in Youth Festival of S.P. University | - | 3 student participated S. M. Patel college of Home science | Ms. Rutu Desai Ms. Nidhi Shah Ms. Varisha Khan |
| 7. 25/01/24 | Intercollegiate debate competition held in S. M Patel college of home science Topics: - In the opinion of house “The development of artificial intelligence will help humanity” | Dr Ankita R. Brahmhatt Dr. Purva Desai | From different colleges students participated in this intercollegiate competition total 8 teams had participated and 1 team from S.M. Patel college of home science also participated | Individually :- 1 – Satyam Kumar Jha 2 – Vansh Kamleshbhai Shah 3 – Mehul Sanjaybhai Savjani Team:- Ved patel Krupali Ruparel |
| 8. | Sardar Patel University quiz- “Prashnopanishad” | - | F.Y., S.Y. and T.Y. Students participated | Students got e-certificate |
| 9. 21-8-23 | Intercollegiate elocution competition held at H.M. Patel Institute of | - | 01 student participated S. M. Patel college | Ms. Krishna Mistry got certificate of participation |

| | | | | |
|-----------------|---|---|---|---|
| | English training and Research , V.V. Nagar | | of Home science | |
| 10. | Quiz on- Chandrayaan - 3 by Government of India, Ministry of Education, New Delhi | - | F.Y., S.Y. and T.Y. Students participated | Students got e-certificate |
| 11. 16/02/24 | Participation in Encuesta 7.0- The national Quizzing Carnival "Bollywood Quiz" | - | 03 student participated S. M. Patel college of Home science | Ms. Shrestha Gupta Ms. Gayatri Dave Ms. Nidhi Shah |
| 12. 24/02/24 | Poetry writing workshop and competition | - | 03 student participated S. M. Patel college of Home science | Ms. Gayatri Dave Ms. Nidhi Shah Ms. Rashmika Rathod has participated and got certificate of participation |



KALA KAUSHALYA DHARA



Faculty Incharge
Ms. Trusha K. Lad



Student Incharge
Maitri Patel

| Sr. No. Date | Name of the activity/Topic | Resource Person/ No. of Beneficiary | Achievement (Name of the Winner) | Inter class / Inter college / District / Regional/ State/ National |
|-----------------|---|---|--|---|
| 1) 13/07/23 | Orientation of Programme Introduce Dhara Activities to all F.Y. B. Sc. Students | Ms.Trusha Lad 80 students | - | - |
| 2) 19/07/23 | Drawing Competition 1. One India, Great India 2. Environmental Awareness 3. Unity in Diversity 4. Importance of Cleanliness | Dr.Mittal Barot and Ms. Kalpana Srivastava 12 students | 1. Shiny Gamit [TY TC] 2. Maitri Prajapati [SY FRM] 3. Maitri Patel [TY TC] | Inter Class |
| 3) 26/07/23 | On the Spot Poster Making Competition “Health Rights of Women” | Dr. Jyoti Shah 5 | 2 nd Rank - Vibhuti Patel (S. Y. FRM) | Inter Class |
| 4) 08/08/23 | Painting 1. Beauty of river 2. Voting awareness 3. Unity diversity | Mrs. Naina Sharma Mrs. Bhavika Patel 15 | 1. Maithili .H. Amin (SY FN) 2. Jeni .J. Patel (FYBSC) 3. Khushi .J. Shastri (SY FN) Vibhuti Patel (Consolation) | Inter Class |
| 5) 08/08/23 | Collage Making 1. Atmanirbhar Bharat 2. Save Environment Natural Disaster | Mrs. Naina Sharma Mrs. Bhavika Patel 4 | 1. Rashmika C Thakor (FYBSC) 2. Varisha T Khan (SY FRM) | Inter Class |
| 6) 09/08/23 | Rangoli Making 1. Celebration of 77th Independence Day 2. Statue of unity 3. Clean India | Dr. Mittal Barot Mrs. Bhavika Patel 9 | 1. Riddhi J Macchi (TY HD) 2. Binal R Panchal (FYBSC) 3. Bansari R Chitara Pinskey M Vaghela (TY HD) Consolation | Inter Class |

| | | | | |
|-----------------|---|---|---|---------------|
| 7) 09/08/23 | Clay Modelling 1. National leaders 2. Any Sculpture | Dr. Mittal Barot Mrs. Bhavika Patel 5 | 1. Ozelle Dsouza 2. Dharmi Patel | Inter Class |
| 8) 09/08/23 | Cartooning 1. Save Earth 2. Political/Popular figure 3. Contribution of our freedom fighter | Dr. Mittal Barot Mrs. Bhavika Patel 8 | 1. Shreya A Ezhava 2. Krupa T Gajjar 3. Sejal N Rawal | Inter Class |
| 9) 10/08/23 | Eco-friendly Rakhi Making 1. Festivals of India 2. National flag | Mrs. Megha Purohit Mrs. Trusha Lad 13 | 1. Anjali M Sohani 2. Binal R Panchal 3. Riddhi J Macchi Keya Patel Consolation | Inter Class |
| 10) 10/08/23 | Tattoo Making 1. Festivals of India 2. National flag | Mrs. Megha Purohit Mrs. Trusha Lad 8 | 1. Maithili H Amin 2. Krina M Prajapati 3. Riya D Gohel | Inter Class |
| 11) 12/08/23 | Poster making Competition “On the Theme of Say YES to life and No to Drugs” | Ms. Trusha Lad 4 | Participated | Inter College |
| 12) 24/8/23 | Poster making One Nation-One Earth-One family | Ms. Trusha Lad 1 | Participated | Inter College |
| 13) 25/08/23 | Rangoli Competition Vasuddhaiv Kutumbakm | Ms. Trusha Lad 1 | 3 rd Prize in Rongoli Shreya A. Ezhava | Inter College |
| 14) 11/10/23 | Arti Thali Decoration Competition “Navratri Celebration” | Ms. Trusha Lad 19 | 1. Riddhi J. Machhi 2. Misty S. Sheth 3. Maitri P. Patel | Inter class |
| 15) 12/12/23 | Drawing Competition 1.Landscape of a pond and 2.End of tree branch with 3-7 leaves | Ms. Trusha Lad 1 | Participated | Regional |
| 16) 18/01/24 | Rangoli Competition Ramotsav programme “Prabhu shri Ram na jivan prasango” | Ms. Trusha Lad 3 | Participated | University |
| 17) 19/01/24 | Poster Competition on Ramotsav programme “Prabhu shri Ram na jivan prasango” | Ms. Trusha Lad 1 | Participated | University |
| 18) 20/01/24 | Rangoli making “As a part of decoration of Ramotsav Programme | Ms. Trusha Lad 10 | S. Y. FN T. Y TC F. Y. B. Sc. | College |



Faculty Incharge
Dr. Nidhi Gupta

NATYA DHARA



Student Incharge
Ms. Vruti Patel

| S. No. Date | Name of the activity And Topic | Resource Person & No. of Beneficiary | Achievement (Name of the Winner) | Inter class/Inter college/District /Regional/State / National |
|---------------------------|--|--|---|---|
| 1. 08/08/2023 | Workshop <u>Samvad</u> | Mr. Kumar Bhoi and Ms. Helen Pinto SY/TY students -70 | Explained about acting and its importance followed by vocal exercises. Moreover to create story, to act in pairs on a theme, to stand on stage and get the audience's attention was also practiced. | Interclass |
| 2. 20 to 22 / 09/ 2023 | Participation in youth festival • Mimicry • Skit | NA Ms Deeya Talati S.Y -01 NA S Y students - 06 Ms. Prachi Patel Ms. Dharmi Patel Ms. Maitree Prajapati Ms. Aisha Solanki Ms. Deeya Talati Ms. Shrestha Gupta | | Inter-college |



GEET SANGEET NRUTYA DHARA



Faculty Incharge
Dr.Minal Chauhan



Student Incharge
Ms.Dhruvi Jetani

| Sr. No. | Date | Name of Activity And Topic | Resource Person and No.of Beneficiaries | Achievement (Name of the winner) | Interclass/Inter College/District/Regional/State/National |
|---------|-----------|---|--|---|---|
| 01. | 25-7-2023 | Sanskrit Shloka Gaan Competition | 13 Students | I-Himani Bhatt(SY FN) II-Dimple Chandak (TY FRM) III-Krishna Mistry (TY FRM) | Interclass |
| 02. | 3-8-23 | Sanskrit Shloka Gaan Competition organised by Sardar Patel University | Students from different College 02 (from Home Science College) | Himani Bhatt(SY FN) Dimple Chandak(TY FRM) | Inter College |
| 03 | 9-8-23 | Patriotic Song-solo Singing Competition and Group singing Competition | Judge: Ms. Neha Raval Dr.Mital Barot 156 Students | I-Kinjal Sargara(SY FN) II-Jaimini HARIjan(SY FN) III-Dimple Chandak(TY FRM) | Interclass |
| 04 | 12-8-23 | Solo Classical,Solo and Group dance | Judge:Dr. Yogesh Chauhan Ms. Jalpa Shelat 132 Students | Solo classical I-Ashwini Dave(TY FN) II-Shriya Shah(FY FN) Solo dance I-Shreya Ehzava (TY TC) II-Kinjal Sargara(SY FN) Group dance I-Honey Patel Sakshi Pateliya Vidhi Patel Vrushti Patel Aisha Rana | Interclass |

SY FN

| | | | | | |
|-----|-----------|---|--------------------------|--|------------------------------|
| | | | | II-Himani Bhatt Shivani Patel Tisha Jani Jaimini Harijan Bindiya Gohel Kunjal Senghani III. Dimple chandak TY FRM Krishna Mistry TY FRM | |
| 05. | 14-8-23 | Students participated in the Patriotic song and devotional song workshop organized by Shri Arvind Sadhana Kendra and S.P.university | 02 Students participated | Rutu Desai Dhruvi Jetani | Inter College |
| 06. | 20-9-2023 | Light vocal Solo singing | 01 Student participated | Riya Balvantrai Panchal | Inter College Youth festival |
| 07. | 20-9-2023 | Indian group song singing | 06 Student participated | Prachi Sunilkumar Patel Dimple Narayanbhai Chandak Krishna Narendrabhai Mistry Kinjal Chandubhai Sargara Jaimini Rajeshbhai Harijan Himani Kashyapbhai Bhatt | |
| 08. | 22-9-2023 | Folk dance Group dance | 08 Student participated | Shriya Sachin Shah Ashwini Mehulkumar Dave Jeni Jigneshbhai Patel Diya Nrupal Talati Naiya Sachinkumar Patel Dharmi Dineshbhai Patel Shreya Ajit Ezhava Priya Vikramkumar Shah Vidhi Mukeshbhai Vaghela Divya Charanbhai Rabari | |



“Before anything else, preparation is the key to success.” - **Alexander Graham Bell**

VYAYAM, YOGA AND KHELKOD DHARA



Faculty Incharge
Mr. Ranjit Bhagora



Student Incharge
Ms. Gayatri Dave

| Sr. No Date | Activity | Resource Person Beneficiary | No. of Beneficiary | Place | Achievement |
|----------------------------------|--|-----------------------------------|----------------------------|---|---|
| 1. 15/11/23 to 02/12/23 | 66 th National Shooting Championship Rifle And Pistol | Coach | 2 students Participated | National New Delhi | Aadhya Agrawal Gold & Silver Medal |
| 2. 20/11/23 to 25/11/23 | Chess | Pinkal Gamit Tejal Gamit | 2 students Participated | West Zone Inter- University HSNC University, Mumbai | Participated |
| 3. 22/12/23 to 26/12/23 | Kabbadi | Pinkal Gamit Tejal Gamit | 1 student Participated | West Zone Inter- University MCB University, M.P. | Participated |
| 4. 1/1/24 to 7/1/24 | Rifle And Pistol Shooting | Ritesh Vankar | 2 students Participated | West Zone Inter- University Kurukshetra University, Haryana | Participated |
| 5. 27/1/24 | Kho-Kho | Keyur Makwana | 2 students Participated | West Zone Inter- University APS University Rewa (M.P.) | Participated |

| | | | | | |
|--------------------------------|--|--------------------|--------------------------|---|---|
| 6. 24/07/23 | Inter College Yoga Competition Organized by Sardar Patel University | Mr.Ranjit Bhagora | 06 Students Participated | Inter College YUVI Sports complex, Bakrol | Participated |
| 7. 25/07/23 | Inter College Chess Tournament Organized by Sardar Patel University | Mr.Ranjit Bhagora | 06 Students Participated | Inter College YUVI Sports complex, Bakrol | Runner's Up Rutu Desai Nazninbanu Diwan Khushali Chavda Shriya Shah Rashmika Thakor |
| 8. 26/07/23 | Inter College Table Tennis Tournament Organized by Sardar Patel University | Mr.Ranjit Bhagora | 04 Students Participated | Inter College YUVI Sports complex, Bakrol | Fourth Position Khushali Chavda Nipa Suthar Gayatri Dave Radha Vaghela |
| 9. 31/07/23 | Inter College Badminton Tournament Organized by Sardar Patel University | Mr.Ranjit Bhagora | 05 Students Participated | Inter College YUVI Sports complex, Bakrol | Participated |
| 10. 08/08/23 | Inter College Basketball Tournament Organized by Sardar Patel University | Mr.Ranjit Bhagora | 11 Students Participated | Inter College YUVI Sports complex, Bakrol | Participated |
| 11. 17/08/23 | Inter College Volleyball Organized by Sardar Patel University | Mr.Ranjit Bhagora | 11 Students Participated | Inter College SPU Ground Bakrol | Participated |
| 12. 05/03/24 | Inter College Athletics Organized by Sardar Patel University | Mr.Ranjit Bhagora | 10 Students Participated | Inter College SPU Ground Bakrol | Participated |
| 13. 26/11/23 | 70 th Gujarat State Senior Kabbadi Tournament | Jayantibhai Parmar | 2 students Participated | State level Sports Complex,Nikol, Ahmedabad | Participated |
| 14. 28/12/23 To 31/12/23 | Gujarat League Tournament Organized by Gujarat Kabaddi Association | Vijay Gupta | 2 students Participated | State level SAG Sports Complex, Vadodara | Participated |
| 15. 17/01/24 | 49 th Gujarat State Junior Kabbadi Tournament | Vikram Surve | 2 students Participated | State level SAG Sports Complex, Vadodara | Participated |

| | | | | | |
|---|---|--------------------------------------|------------------------------------|---|---|
| 16. 23/01/24 | 49 th Junior National Kabbadi Championship | Jagganath Desle | 1 student Participated | National Level Sag Complex, Vadodara-Pre Camp | Participated |
| 17. 05/01/24 27/01/24 | Khelmahakumbh 2023-24 Kabaddi | Vijay Gupta | 2 students Participated | Taluka District Anand | Tanvi Mahamuni 2 nd -Taluka - 700/- Cash 3 rd - District - 1000/- Cash |
| 18. 12/01/24 01/02/24 24/02/24 | Khelmahakumbh 2023-24 Kho Kho | Mrugesh Shah | 1 student Participated | Taluka District Anand Vadodara Tapi | Radha Vaghela 1 st -Taluka- 1000/-Cash 1 st -District - 3000/- Cash 1 st - Zone Level State Tournament in April Month |
| 19. 15-06-23 To 20-06-23 | Yoga Training | | 85 Students Participated (Approx.) | Inter class Online & Auditorium | Participated |
| 20. 21-06-23 | International Yoga Day Celebration | Mr.Ranjit Bhagora | 120 Students Participated | Shastri Maidan V.V.Nagar | Participated |
| 21. 17/07/23 | Yoga Competition | Mr.Ranjit Bhagora Ms. Khyati Rana | 15 Student Participated | Inter class College Auditorium | Shivani Dave-1 st Seema Parmar-2 nd Neha Kurmi-3 rd |
| 22. 17/07/23 | Chess Competition | Mr.Ranjit Bhagora Mr. Joseph Soni | 10 Students Participated | Inter class Indoor Sports Room | Khushali Chavda-1 st Shriya Shah-2 nd Nazninbanu Diwan-3 rd |
| 23. 17/07/23 | Table Tennis Competition | Mr.Ranjit Bhagora | 12 Students Participated | Inter class Indoor Sports Room | Nipa Suthar-1 st Gayatri Dave-2 nd Khushali Chavda-3 rd |
| 24. 22/07/23 | Badminton Competition | Mr.Ranjit Bhagora | 35 Students Participated | Inter class H.M.Patel Badminton Hall, V.V.Nagar | Aliha Vahora-1 st Gayatri Dave-2 nd Vibhuti Patel-3 rd |

| | | | | | |
|-------------------------------|---|--|--|--|---|
| 25. 28/07/23 | Volleyball Competition | Mr.Ranjit Bhagora | 48 Students from 04 teams Participated | Inter class College Ground | FN-1 ST HD-2 ND FRM-3 RD |
| 26. 15/08/23 | Independence Day Celebration | All Staff | Students & Faculty Participated | S.M. Patel College of Home Science, V.V. Nagar | - |
| 27. 29/08/23 | Organized of Tug of War competition as a part of "National Sports Day Celebration | Mr.Ranjit Bhagora | 48 Students from 04 teams Participated | Inter class College Ground | FRM-1 ST FN-2 ND HD-3 RD |
| 28. 12/1/23 to 14/10/23 | Organized a Workshop on Self Defense | Mr.Chetan Fumakiya Mr.Ranjit Bhagora | 100 Students Participated | Inter class College Auditorium | - |
| 29. 03/02/24 | Sports Day | Mr.Ranjit Bhagora | 125 Students Participated | Inter class College Ground | - |
| 30. 10/02/24 | Overall General Championship (Department) | Mr.Ranjit Bhagora | 1 st – FN Department | Inter class College Ground Indoor Hall Auditorium | FN |
| 31. 05/03/24 06/03/24 | Athletics | Mr.Ranjit Bhagora | 10 students participated | Inter College Sardar Patel Ground, Bakrol | Radha Vaghela 100 mtr- 3rd Long jump- 1st |
| 32. 19/03/24 | Fitness Awareness Program | Mr.Ranjit Bhagora Ms. Minal Chauhan Ms. Mittal Barot | 120 students | Inter Class College Auditorium | - |





NATIONAL SERVICE SCHEME (NSS) DHARA



FACULTY IN CHARGE
DR. VANDANA MODI



STUDENT IN CHARGE
MS. POOJA MEDA
MS. REETU SUTHAR

| S. No. & Date | Name of the Activity Topic / Title | Resource Person No. of Beneficiaries | Achievement (Name of the winner) | Inter class/ Intercollege/ District/ Regional/ State/ National |
|-----------------|--|---|--|--|
| 1 14-07-2023 | Awareness Program Blood Donation and Thalassemia Check-up | Ms. Jayana Patel 210 | NA | NA |
| 2 19-07-2023 | Elocution Competition in collaboration With Sarjanatmak Abhivyakti dhara Unstressed education and female education Climate change and environmental challenges and its solution | Dr. Poonam Oza and Mr. Ishwarbhai Patel 19 | 1. Shirin Doi 2. Varisha Khan 3. Krishna Mistry | Interclass |
| 3 19-07-2023 | Essay-Writing Competition Opinion on NEP India's Gift to the world From community building to nation building A gift of value education in contemporary times | Dr. Tanvi Makwana and Mr Ranjit Bhagora 11 | 1st Poonam Chauhan 2 nd Amreen Diwan 3rd Bhakti Patel | Interclass |
| 4 19-07-2023 | Drawing Competition Ek Bharat- Shrestha Bharat Swachhta ka mahatva Bharatni Vividhtama Ekta | Dr. Mittal Barot and Ms. Kalpana Srivastava. 12 | NA | Interclass |
| 5 20-07-2023 | Seminar Glorious History of India | Dr. Manish Sharma 74 | NA | NA |
| 6 21-07-2023 | A Talk "Sustainable Innovation and Practices in Home Science" | Dr. Chintan Mahida 15 | NA | NA |
| 7 22-07-2023 | Panch Pran Women and Children, Tribal | Dr. Bhavana Chauhan Dr. Mittal Barot | NA | NA |

| | | | | |
|-------------------------------------|--|---|---|------------|
| | Empowerment, Water, Cultural Pride, Lifestyle for Environment (LIFE), Health and Wellness, Inclusive Development, Atmanirbhar Bharat and Unity | Dr. Vandana Modi 92 | | |
| 8 24-07-2023 | Slogan Competition Atmanirbhar Bharat | Ms. Trusha Lad and Dr. Tanvi Makwana 9 | 1 st Iqra shaikh 2nd Varisha Khan 3rd Pinkey vaghela | Interclass |
| 9 25-07-2023 | Camp Blood Donation | Mr. Manishbhai Patel Mr. Hemantbhai Vakil, Mr. Paresh Thakkar, Mr. Girishbhai, Mr. Gaganbhai, Mrs. Ashaben Patel 13 | NA | NA |
| 10 25-07-2023 & 09-08-2023 | Camp Thalassemia Check-up | Mr. Jayantibhai & supporting staffs 99 | NA | NA |
| 11 26-07-2023 | Tree Plantation Amrit Vatika | Mrs. Nita Jethwa Mrs. Tejal Thakkar Mrs. Jagritiben Mrs. Amiben, Mrs. Jyotiben, Mrs. Bhargavi 19 | NA | NA |
| 12 28-07-2023 | Inter-Class Volleyball Tournament | Dr. Bhavana Chauhan Mr. Ranjit Bhagora Dr. Vandana Modi 44 | 1 st - FN 2 nd - HD 3 rd - TC | Interclass |
| 13 10-08-2023 | Honouring DYSP and Police Officers Meri Mati- Mera Desh | DySP- Mr. J.N. Panchal Police Officers 10 | NA | NA |
| 14 11-08-2023 | A Talk Patriotism by Valorous Indians | Dr. Chintan Patel 107 | NA | NA |
| 15 21-08-2023 | A Seminar Road Safety | Mr. N. K. Solanki 74 | NA | NA |
| 16 29-08-2023 | National Sports Day Tug of War | Dr. Bhavana Chauhan Dr. Mittal Barot Mr. Ranjit Bhagora Dr. Vandana Modi 40 | 1- FRM 2- FN 3- HD 4- TC | Interclass |
| 17 04-09-2023 | Awareness Voter Id Registration | Dr. Vandana Modi 98 | NA | NA |

| | | | | |
|---------------------------------------|---|---|---|---------------|
| 18 21-09-2023 | Seminar Career Guidance | Avdhi Jha. Divya Haria Dr. Vandana Modi Dr. Poonam Oza 102 | NA | NA |
| 19 23-09-2023 | Seminar Stop Child Sexual Abuse POCSO Act 2012 | Ms. Rupali Fule and Ms. Paavni Sharma 93 | NA | NA |
| 20 24-09-2023 | Garba NSS Day Celebration | Dr. Vandana Modi 2 | NA | NA |
| 21 27-09-2023 | Cleaning Activity Swachhata Hi Sewa | Dr. Bhavana Chauhan Dr. Vandana Modi 29 | NA | NA |
| 22 09-10-2023 | Cleaning of campus Sharad-Utsav | Dr. Vandana Modi 42 | NA | NA |
| 23 26-10-2023 | One Day NSS camp Swachhata Hi Sewa | Dr. Nidhi Gupta Dr. Mittal Barot Dr. Vandana Modi 61 | NA NA | NA NA |
| 24 30-10-2023 | Pledge taking National Unity Day | Dr. Vandana Modi 45 | NA | NA |
| 25 30-10-2023 | Donation of Unused Items Joy of Giving | Dr. Bhavana Chauhan Dr. Vandana Modi 45 | NA | NA |
| 26 1-1-2024 to 7-01-2024 | NSS Annual Camp At Sihol Annual Camp | Dr. S.G. Patel (CA) Shri Alpeshkumar Bhatt Shri Vijaybhai Patel Shri Sohanbhai Patel Shri Amarsinh Zala Dr. Bhavana Chauhan Dr. Mittal Barot Mr. Kamleshbhai Panchal Dr. Vandana Modi 36 | NA | NA |
| 27 11-01-2024 and 12-01-2024 | Workshop Rastriya Yuva Diwas | Dr. Vandana Modi 4 | NA | NA |
| 28 13-01-2024 | Elocution Competition Gujarat Sanskritik at College Level | Dr. Ankita Dholariya 13 | 1 st Varisha Khan 2nd Rashmika Thakor 3 rd Fatemazehra Malek | Interclass |
| 29 24-01-2024 | Shri Arvind Darshan Adhyayan Shibir, Pondicherry | Adhyayan Shibir 02 | Prof. Param Pathak | Inter-College |

| | | | | |
|---------------------------------------|--|---|--|------------|
| | | | Dr. Vandana Modi | |
| 30 25-01-2024 | Matdan (Voting) | National Voter's Day | NA | NA |
| 31 07-02-2024 and 08-02-2024 | Environment Education Programme (EEP) 2023-24 Training Workshop Sustainable Lifestyle Practices (SLPs) at Aranya Udhyan under GEER Foundation, Gandhinagar | Mr. Mohammad Parmar, Mr. B.N. Patel 10 | NA | NA |
| 32 14-02-2024 | Campus Cleaning Swachhh Bharat | Dr. Vandana Modi 68 | NA | NA |
| 33 19-02-2024 | Training CPR and FIRST-AID | Ms. Bhavini Patel 52 | NA | NA |
| 34 21-02-2024 | Poster Competition International Mother Language Day | Dr. Bhavana Chauhan Dr. Vandana Modi 11 | 1st Varisha Khan 2 nd Arpita Machhi 3 rd Binal panchal | Interclass |



RESEARCH CELL REPORT

Name of the convener: Dr.Nidhi Gupta

Research cell committee member: Dr. Minal Chauhan, Dr.Tanvi Makwana, Dr.Mittal Barot,
Dr.Poonam Oza, Dr. Vandana Modi

| No. | Date | Name of the faculty | Description |
|-----|---------|--|--|
| 1 | 8/11/23 | Principal, convener and college staff. 47 participants from other college faculty and students. | <ul style="list-style-type: none"> “Scientific Proposal Writing Workshop” Resource Person: Pro. R. G. Kothari |
| 2 | 11/1/23 | Principal Convener College faculty. | <ul style="list-style-type: none"> Discussing the research proposals and the possibilities. Making the staff understand the format of KCG. |
| 3 | 12/1/23 | Principal Convener College faculty. | <ul style="list-style-type: none"> Discussing research proposals by the college staff. |
| 4 | 13/1/23 | Principal Convener College faculty. | <ul style="list-style-type: none"> Finalizing and submitting three research project proposals to KCG. |
| 5 | 18/1/23 | Three research proposals were submitted by the faculties. Dr. Nidhi Gupta Ms. Shazia Sharma Dr. Minal Chauhan | <ul style="list-style-type: none"> Major Research Project: Exploring the relationship between musculoskeletal symptoms and work-related risk factors among hotel employees by Minor Research Project: To study the effect of Nutritional Status on the work performance of Industrial workers of small and medium enterprises in GIDC area of Vittal Udyog Nagar Anand. Minor Research Project: Effect of Knowledge-based intervention on Bone Health among College Going Female Students of Vallabh Vidhyanagar. |



Activity report by Placement cell



Faculty Incharge
Ms. Vijaya Agarwal

| S. No and Date | Activity | Name of the Company / Institute/ Resource person | No. of beneficiary | Description |
|---|-------------------------------------|--|--------------------|--|
| 1. 18 th July 2023 | Campus Interview | ICDS | 27 Candidates | S.M Patel College of Home Science organized Campus Interview for past students. out of 27 candidates who appeared for the test, 10 were selected for the interview process, for 2 posts of BNM in Narmada District. |
| 2. 21 st August 2023 | Webinar | Dt.Shweta Nagar, Ms. Preeti Prajapati | 109 Students | Our objective to organize such type of webinar is to encourage our students about entrepreneurship and for start ups plans and help them to develop small enterprise. Dt.Shweta Nagar – Vitazia wellness in Ahmedabad is one of the leading business in the dieticians |
| 3. 27 th January 2024 | Future Scope For Nutrition Students | Ms.Bijal Kapatel | 43 Students | It is organized for Foods and Nutrition T.Y student. Ms.Bijal give information about different colleges for M.sc and about different competitive exams which can student give after pursuing B.sc in foods and nutrition. Discuss about different courses and job opportunity in future. |






INNOVATIONB CLUB AND SSIP REPORT



Faculty In charge
Ms. Trusha Lad

| Sr. No. & Date | Name of the Faculty | Description |
|------------------|---------------------|---|
| 1. 09/01/2024 | Ms. Trusha Lad | As per the circular of Gujarat government related to vibrant Gujarat 2024 5 P Campaign “PLEDGE” taking programme was organized. Under the able guidance of the Principal Madam Dr. Bhavana Chauhan the programme was arranged for F. Y. B.Sc. students. |
| 2. 11-02-2024 | Greenathon 2024 | As a part of environment awareness, tree plantation, water conservation, campaigns against plastic use Vidyanagar Nature Club has worked for many years. Two students of F. Y. B.Sc. had participated in Greenathon 2024 arranged by VNC. It included Greenathon, Marathon “RUN CHAROTAR FOR GREEN CHAROTAR” and cycling “Burn Fat Not Oil” |

| | | | |
|---|---|--|---|
|  |  |  |  |
| Faculty Coordinator Innovation club: Dr.Minal Chauhan | Student Incharge: Ms.Dhruvi Jetani | Faculty Coordinator SSIP: Dr.Vandana Modi | Student Incharge: Ms.Dhruvi Patel |

| Sr. No. Date | Name of the Resource Person | Description |
|-----------------------------------|--|--|
| 1. 21-07-2023 | Talk on "Sustainable Practices and Innovation in Home Science by Dr. Chintan A. Mahida, State Coordinator, Innovation Club, Higher Education, Gujarat. | <ul style="list-style-type: none"> • Importance of changing one's perspective to find solutions to the problems surrounding us. • Demonstrated various cutting-edge technologies such as QR codes, Augmented Reality (AR), Virtual Reality (VR), and Mixed Reality (MR) using live examples. • Highlighted the role of educators in shaping the mindset of the younger generation and inspiring them to become innovators. • Incorporated sustainable ideas into their teachings and instill a sense of responsibility towards the environment in their students. |
| 2. 25-08-2023 | Talk on "Innovation, Startup to Entrepreneurship in Home Science by Prof. Sunil Chaki, SSIP Coordinator S.P. University | <ul style="list-style-type: none"> • Guided students how to create massive jobs through startups, digital marketing, and university incubation facilities and how to attract venture capital. • A large number of students have ignited their minds with the above speech. |
| 3. 30-11-2023 | NA | Students were engaged and participated in the DIY Telescope kit activity containing mounting, focusing and magnification of telescope setting on 30th November 2023 as per the circular received by Innovation Club, Higher Education Department, Government of Gujarat. |
| 4. 25-10-2023 to 28-10-2023 | webinar series | College Students participated in the four-day webinar series on Innovation, Entrepreneurship, Digital Literacy and Climate change from 25th October to 28th October 2023 as per the circular received by Higher Education Department, Government of Gujarat. Thirty two students actively participated |
| 5. 15-09-2023 | NA | Thirty-five students along with the faculty incharges visited the exhibition, which showcased the projects prepared by the students of V.P. and RPTP Science College under the Innovation Club of this College on 15th September 2023. |
| 6. 17-02-2024 | NA | <ul style="list-style-type: none"> • Eight student members presented their projects on 17th February 2024, for "The Innovative Idea Competition" organised by Student Start-up and Innovation Policy(SSIP) - Navadhārā and Department of Chemistry, Sardar Patel University. • Team of students namely Ms.Shrestha Gupta and Ms.Rutu Desai as well as Ms.Faeza Saiyad won best innovative idea under top three category in Food and Agriculture Science category at Glimmering 2024 organised by SSIP-Navdhara, • Both students further got selected for the SSIP fund Proof of Concept (PoC)/ Prototype Support run. |

NATIONAL CADETS CORPS (NCC) REPORT



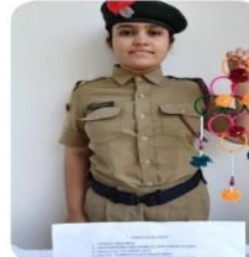
Faculty In charge
Dr. Poonam Oza



Student In charge
Ms. Tanvi Mahamuni

| Sr. No. Date | Name of the activity and Topic | Resource Person No. of Beneficiary | Achievement (Name of the Winner) |
|------------------------------------|--|------------------------------------|--------------------------------------|
| 1 25/07/ 2023 | Blood Donation Camp: | 03 | NA |
| 2 15/08/2023 | Independence Day Celebration (Har Gar Tiranga) | 06 | NA |
| 3. 16 /08/2023 to 25/08/2023 | CATC Camp | 06 | I st in drill competition |
| 4 20/08/2023 | Selection of First year Cadet | 12 | NA |
| 5 26/09/2023 | Product develop from waste SWATCH BHARAT DIWAS 2023 | 12 | NA |
| 6 9/09/ 2023 | Punit Sagar Abhiyan (Debate, essay writing, poster creation, and quizzes.) | 12 | NA |
| 7 09/12/2023 | Competition on Essay writing and Poster making (Role of Millets in Food Security , Millets as Sustainable Crops, Cultural Significance of Millets Posters) | 03 | NA |
| 8 8/01/2024 to 19/01/2024. | EBSB Camp | 01 | NA |
| 9 10/01/ 2024 | Poster Making Competition on Swacch Bharat Abhiyan | 06 | NA |





Articles**Give Yourself An Emotional Detox**

Are you in a habit of checking your phone or laptop every few minutes to read messages from different media sources? Do you evaluate the quality of information you consume? Do you listen, read and watch everything coming your way? Just as food nourishes the body, information nourishes the mind. Every piece of information we consume is a source of our thoughts. Today not just our phones but our mind is flooded with information. In the name of news and entertainment, we consume energies of violence, hatred, ridicule and manipulation. So our thoughts reflect shades of anger, fear and stress. We are what we read, watch and listen. To keep our thoughts pure and positive, we need to filter the information we are taking in. The next time we receive any message, let us reaffirm, I am on an emotional diet. The information I consume and share with others is pure, positive and powerful and fills me with happiness, harmony, kindness, sharing and caring. I delete negative messages without even going through them. I keep my mind and intellect positive and clean at all times.

The digital world has made it challenging for some of us to reconnect with the real world. With media flooding our gadgets, we are all going through a content overdose. Most messages focus on negative stories, give us negative opinion about people, things and the world, and heighten the negative levels in our minds. Sit back and check how you control your daily media intake. When you consume only positive information, your mind has raw material to create only positive thoughts and feelings. You will help yourself immensely by avoiding gossip, judgment and insult – all in the name of entertainment or being well-informed. With less distraction and more time, your days will be more productive and relaxed. So enjoy your time online but maintain an inner awareness all the time of what you consume.

Warm Regards,
Dr Bhavana Y Chauhan
Principal
Coutesy- Awakening With Brahma Kumaris

Artificial Intelligence (AI) in Education

In recent years, there has been a growing trend in higher education to incorporate modern technologies and practices in order to improve the overall educational experience. Learning management systems, gamification, video assisted learning, virtual and augmented reality, are some examples of how technology has improved student engagement and education planning. Artificial intelligence (AI) has the potential to revolutionize the way we think about education. From personalized learning algorithms to virtual and augmented reality, AI-powered tools and technologies are helping to enhance the learning experience for students in ways we never thought possible.

AI has the potential to provide a wide range of benefits for education. One of the most significant is the ability to personalize each student's learning experience. With AI, educators can analyze student performance and preferences data to create customized lesson plans and assessments that align with each student's unique strengths and weaknesses. Additionally, AI can automate administrative tasks such as grading, freeing up time for educators to focus on other important aspects of teaching.

AI-powered tools and technologies can also enhance the learning experience for students in a number of ways. For example, virtual and augmented reality can make learning more interactive and immersive, while chatbots and other AI-powered tools can provide 24/7 student support. Additionally, AI can be used to create personalized quizzes and games that help students to engage with the material in a fun and interactive way. Personalized learning is one of the most exciting potential benefits of AI in education. This can improve student experience and motivation, and ultimately lead to better academic outcomes. While AI has the potential to revolutionize the way we think about education, there are still many challenges and concerns that need to be addressed. It is important for researchers and developers to continue to explore the potential of AI in education and to work towards addressing the challenges and concerns that may appear as this kind of technology keeps improving and being implemented in the current education system.

Dr. Poonam Oza
Adhyapak Sahayak

GEOGRAPHICAL INDICATION

A geographical indication (GI) is a name or sign used on certain products which corresponds to a specific geographical location or origin (e.g., a town, region, or country). India, as a member of the World Trade Organization (WTO), enacted the Geographical Indications of Goods (Registration and Protection) Act, 1999 has come into force with effect from 15 September 2003. GIs have been defined under Article 22 (1) of the WTO Agreement on Trade-Related Aspects of Intellectual Property Rights (TRIPS) Agreement as: "Indications which identify a good as originating in the territory of a member, or a region or a locality in that territory, where a given quality, reputation or characteristic of the good is essentially attributable to its geographic origin."

The GI tag ensures that none other than those registered as authorized users (or at least those residing inside the geographic territory) are allowed to use the popular product name. Darjeeling tea became the first GI tagged product in India, in 2004–2005.

List of GI Tags of Gujarat

| Sr. No. | Geographical Indication | Type |
|---------|--------------------------------|-------------|
| 1 | Sankeda furniture | Handicraft |
| 2 | Agates of Cambay | Handicraft |
| 3 | Kutch embroidery | Handicraft |
| 4 | Tangaliya shawls | Handicraft |
| 5 | Surat zari craft | Handicraft |
| 6 | Kachchh shawls | Handicraft |
| 7 | Gir kesar mango | Agriculture |
| 8 | Bhalia wheat | Agriculture |
| 9 | Patan patola | Handicraft |
| 10 | Warli painting | Handicraft |
| 11 | Mata ni pachedi | Handicraft |
| 12 | Pethapur (blocks for printing) | Handicraft |
| 13 | Kuchchhi kharek | Agriculture |

Dr. Harbinder Kaur
Adhyapak Sahayak

Courage

Courage is the ability to face any dangerous or painful situation. Courage can be physical or moral. Physical courage is when one can face any physical pain. Moral courage is to do the right things in every situation. We have many examples of courageous people like freedom fighters and soldiers.

Courage comes from many things. Some people have courage in them and some people learn it. Confidence plays an important role. One can face a difficult situation when one is confident about one's skills. Courage helps to develop your personality. It helps to face the situations by being bold and wise. One should have both physical and moral courage.

Knowledge is also important because it helps to know how to deal with some situations. Some people train themselves with time to fight their fears. They do not run away and try to face those things which make them afraid. Moral courage comes from a strong will. A person always does the right thing if he knows that goodness is always rewarded.

Courage is good quality and it helps a person in many ways. It increases one's confidence and he can do things easily. Courage helps a person to experience many situations. This helps him to know about different places, people, things. It also helps a person to live a true life. He does the right thing and so he lives happily. Such people are always admired by everyone and he becomes an example for others. This makes the entire society good.

These are different kinds of courage: Physical Courage, Moral Courage, Spiritual Courage, Emotional Courage, Social Courage, and Intellectual Courage.

Courage is a quality which we all should learn. It is a quality which helps us to stand against any wrongdoings. We should remember that even our small contribution can change society.

Fatemazehra Malek
TY TC

None can destroy iron but its own rust can! Likewise none can destroy a person but its own mind-set -
Ratan Tata

Cyber Crime

Everybody thinks that only stealing someone's private data is Cyber Crime. But in defining terms we can say that 'Cyber Crime refers to the use of an electronic device (computer, laptop, etc.) for stealing someone's data or trying to harm them using a computer.

Besides, it is an illegal activity that involves a series of issues ranging from theft to using your system or IP address as a tool for committing a crime.

Types of Cyber Crime

Speaking in a broadway we can say that Cyber Crime are categorized into four major types. These are Financial, Privacy, Hacking, and Cyber Terrorism.

The financial crime they steal the money of user or account holders. Likewise, they also stole data of companies which can lead to financial crimes. Also, transactions are heavily risked because of them. Every year hackers stole lakhs and crores of rupees of businessmen and government.

Privacy crime includes stealing your private data which you do not want to share with the world. Moreover, due to it, the people suffer a lot and some even commit suicide because of their data's misuse. In, hacking they intentional deface a website to cause damage or loss to the public or owner. Apart from that, they destroy or make changes in the existing websites to diminish its value.

Modern-day terrorism has grown way beyond what it was 10-20 years ago. But cyber terrorism is not just related to terrorists or terrorist organizations. But to threat some person or property to the level of creating fear is also Cyber Terrorism.

Cyber Crime in India

Web world or cyberspace is a massive community of millions and billions of users and websites. Also, people access it for different uses like shopping, movies, music, video games, transactions, and e-commerce, etc.

Ways of stopping Cyber Crime

Cyber Crime is not something which we cannot deal with our self. Likewise, with little use of our common sense and logic, we can stop Cyber Crimes from happening.

To conclude, we can say that Cyber Crime is a dangerous offense to someone's privacy or any material. Also, we can avoid Cyber Crime by following some basic logical things and using our common sense. Above all, Cyber Crime is a violation of not only law but of human rights too.

Pooja Meda
TY HD

Cruelty To Animals

All laws of benevolence prohibit animal cruelty. In the event of livestock, no plea can justify cruelty, as bad creatures can do little to protect themselves. There are many types of cruelty to livestock. It is suffered primarily by those who have little knowledge of how the sensitive equilibrium of nature is to be maintained by different species. The Cruelty To Animals Essay is an insight into the cruelty that animals suffer and what solutions can be adopted

At the top of the list is a kind of government-sponsored cruelty that is evident from the sorry state of our zoos where animals are kept in cramped cages, some of which 'stink' so badly that you can't get the strength to look at the animals more closely. Behind the doors of the laboratory is the most horrifying instance of cruelty — young animals in the laboratory are being tortured in the name of studies and experimentation.

In cosmetics, 60,000 chemicals are used and often tested on rats, rabbits, guinea pigs, mice, and monkeys. To determine corneal irritation, corrosive chemicals are injected into the eyes. In order to determine tissue deterioration, animals are frozen in ice and put on hot plates. Every year, about ten million animals are murdered in experiments.

Other cases of worldwide reported cruelty include rare species such as Liver Ridley tortoises becoming enmeshed in the trawler's nets, leading in suffocation, or spinal tailed lizards Sold to create aphrodisiacs. In the presence of prospective clients, their necks are snapped.

The fins of the sharks are sliced and the bad animals flow back into the ocean to die a painful death. Frog legs are also cut, which are handled as a delicacy. Also, the juvenile chiru deer fur is used to make 'shawls' of exotic toosh. Despite hundreds of animals and birds being trapped and killed in the name of custom and tradition, despite the laws.

Wildlife Laws

There is legislation specified solely to save the rare and rapidly decreasing species. For example, the Constitution's Article 15A(G) aimed at protecting and improving the natural environment. The Wildlife Protection Act of 1972 is another comparable law.

But the anomaly is that there is not enough implementation of any of this legislation. Also, the Wildlife Protection Act, for example, was revised in 1991, but it could not stop India's exotic bird trade.

Obviously, regulations alone are unable to safeguard animals from extinction. It will only occur if we learn to love and acknowledge the sanctity of both human and animal life types.

Gayatri Dave
TY FN

Impact of Indian Cinema on youth

Indian cinema has influenced the youth of this country from generations. It was introduced in 1913 when the first movie "Raja Harishchandra" was made. Since then, Cinema has started making a major impact on the thinking and perspective of people about different things. It is scientifically proven that watching movies reduces stress, watching horror movies can burn our calories too.

You can find many movies that remind us about our culture and values and tells us the difference between wrong and right. Movies like "Baghban" and "Swades" are some of the examples that made an impact on me when I was a kid.

As the time is changing and the society is modernizing, Indian Cinema is evolving too, now it is giving us movies like "Padman", "Dangal", "Hindi Medium", "Article 15", etc, which are creating awareness and breaking negative stereotypes of the society. Positive thoughts like gender equality, social rights, etc, are spread through these movies.

Most of the Indian parents want their children to be an engineer or a doctor, but this stereotype is changing these days because of some movies like "3 idiots", "Mary Kom", etc. Some movies like "Zindagi Na Milegi Dobara" are influencing youth to concentrate on their career but at the same time live life to its fullest. Most of the Indian parents want their children to be an engineer or a doctor, but this stereotype is changing these days because of some movies like "3 idiots", "Mary Kom", etc. Some movies like "Zindagi Na Milegi Dobara" are influencing youth to concentrate on their career but at the same time live life to its fullest.

Crimes are being portrayed in movies these days and eve-teasing is also shown as a heroic act and some people take it in the wrong way because of which the number of crimes and harassment cases is increasing.

In some movies, women are being objectified by adding item songs and scenes which are demeaning to women where on the other hand, ironically, they are preaching gender sensitivity.

Nepotism in Indian cinema is also a big concern. Indian cinema runs on nepotism, because of which a lot of new talent is being wasted. Children of movie stars are getting easy exposures, movies, and money, and on the other side, struggling actors from middle and lower-class families have to face rejection.

This debate of current cinema versus old cinema is going on for a long time and will continue further, but the filmmakers should realize their responsibility and should be more careful about what to show and what not to show in their movies, instead of just concentrating on their own success.

Vruti Patel
TY FRM

The Sustainability in Textile Industry

Is the textile industry sustainable? Yes, it's possible. At the present time, it is the largest export-oriented industry in Bangladesh. We are working on how this sector will have a long-term impact on the country's economy. Textile industries are very harmful to the environment. Water and chemicals mixed with contaminated and various chemicals of washing, scouring, dyeing companies are constantly challenging us. For this reason, sustainability is very important in the textile sector. Sustainability is the sustainable development of textile companies that will meet current needs without harming the environment and will enable future generations to meet their own needs.

3 pillars of sustainability

The Environmental Pillar: The company places a lot of emphasis on environmental pillars such as reducing carbon footprints, packaging waste, water usage and their overall effect on the environment. Companies have found that have a useful impact on the planet can also have a positive financial impact. The five phases of environmental sustainability is the material, manufacturing, retail, consumption and disposal phase.

The Social Pillar: Social sustainability focuses on the support and approval of its employees, stakeholders and the community it operates in who can help businesses in a number of ways like raising internal morale and employee engagement, improving risk management, unlocking new markets etc.

The Economic Pillar: Economic sustainability is the practices that support long term economic growth without negatively affecting social, environmental and cultural aspects of the community. This pillar focuses on certain activities such as compliance, proper governance, risk management etc.

To sustain the textile sector in the near future, we must focus on sustainability in textile industry by improving resource productivity, co-efficiency, cost efficiency, customer satisfaction, brand reputation, environmental conditions etc and ensuring better health conditions of the wearers and the workers.

Ankita Butola
TY TC

Ancient Japanese Philosophy Ikigai

Ikigai is a Japanese philosophy that translates to “a reason for being” or “the joy of living.”

Ikigai has gained significant attention in recent years, as it is one of the key ingredients to a longer and more fulfilling life. In Okinawa, Japan, a “blue zone” with the highest concentration of people who get to be +100 years old (centenarians) practising Ikigai is a common theme that stands out.

Understanding the Four Fundamental Elements of Ikigai

Ikigai’s four fundamental elements provide a simple yet powerful framework and philosophy for self-discovery and personal growth.

Passion: What do you love? Mission: What does the world need? Vocation: What are you good at?

Profession: What can you be paid for?

The intersection of these elements, the Ikigai, creates a sense of purpose and meaning, guiding individuals towards a fulfilling life and work experience.

Identifying your Ikigai requires self-reflection and exploration.

Identifying Your Passions:

Assessing Your Skills and Strengths,

Uncovering What the World Needs,

Exploring New Horizons.

There is nothing magical about Ikigai, just some great and simple principles to live by. Individuals and organisations can align their actions and choices by exploring passions, skills, values, and the world’s needs. All boiled down, by discussing and embracing our Ikigai, we can unlock our true potential to create a life that resonates with our passions and contributes to a better world.

Sakina Ranapur
TY TC

Mental Illness

Mental health is the foundation for emotions, thinking, communication, learning, resilience, hope and self-esteem. Mental health is also key to relationships, personal and emotional well-being and contributing to community or society. Mental health is a component of overall well-being. It can influence and be influenced by physical health.

Many people who have a mental illness do not want to talk about it. But mental illness is nothing to be ashamed of! It is a medical condition, just like heart disease or diabetes. And mental health conditions are treatable. We are continually expanding our understanding of how the human brain works, and treatments are available to help people successfully manage mental health conditions.

Mental illness does not discriminate; it can affect anyone regardless of your age, gender, geography, income, social status, race, ethnicity, religion/spirituality, sexual orientation, background or other aspect of cultural identity. While mental illness can occur at any age, three-fourths of all mental illness begins by age 24.

Mental illnesses take many forms. Some are mild and only interfere in limited ways with daily life, such as some phobias (abnormal fears). Other mental health conditions are so severe that a person may need care in a hospital. Similar to other medical illnesses, the optimal ways to provide care depend on the illness and the severity of its impact.

Heer Arora
TY FN

Evolution of fashion industry

Introduction:

The rich cultural background, traditions, refinement, and vitality of Indian fashion are well-known. When Indians wear traditional clothing, these traits are expressed. It emphasizes the grace and subtlety that have endured for years. It has evolved over time, yet it is still more than just cozy, sophisticated, and beautiful. Indians are not immune to embracing Western and other trends as modernization sweeps the globe, but one thing is certain: no matter how far away they may dwell, Indians never lose touch with their roots.

Evolution of Indian Fashion

Ancient Times:

Stitched garments were not worn in early times such as in the Vedic era. People used to knot their clothing together instead of wearing complete outfits. Surprisingly, the idea of stitched clothes existed even before the Indus Valley Civilization; yet, stitched clothing did not emerge until the Islamic era. The dhoti and saree, therefore, are unstitched traditional Indian garments that are still worn today.

The era of 1980s and 1990s:

The 1980s and 1990s were marked by an increase in the number of fashion schools in India, as well as a widespread change in Indian clothing style. Also, it indicated a significant growth in the number of women entering the labor force. The emergence of certain sparkly and glittering outfits, leather and denim biker jackets and chiffon sarees in vivid shades with a fusion of Western and Indian fashion trends marked the beginning of Disco in the 1980s.

Full-sleeve salwar kameez, floral dresses, long skirts, denim, sunglasses, and dungarees all made their appearance in the 1990s. Indians are said to have absorbed more westernized fashion concepts in the decades following the 1990s, creating bold and trendy selections. Bollywood, the Indian film industry is, in fact, a significant driving force behind this. Indian fashion has a massive international market due to its appeal and large viewership.

Present Era:

The advent of the twenty-first century witnessed a steady and clear picture of the fashion sector in India. Jeans, pants, t-shirts, short dresses, and bold outfits and fashion became more global as women gained independence. This shift is far more noticeable in the way women wear sarees and blouses nowadays. Women favor sleeveless, puffed sleeve, halter-neck, and back-button blouses, over conventional blouse styles. Men now wear t-shirts, shirts, pants, jeans, shorts etc. Today's leading national brands include Van Heusen, Allen Solly, Raymond's, Louis Philippe, Arrow, Charagh Din, and so on. The branded clothing industry is expanding as a result of increased demand for denim. Many international denim labels, such as Seven Jeans, Pepe Jeans, Levi Lee, and others, have joined the Indian market. Branded clothing has made an important contribution to the development of the Indian fashion sector.

Conclusion:

Nowadays, Indian fashion designers such as Sabyasachi Mukerjee, Ritu Kumar, Manish Malhotra, Tarun Tahiliani, Rohit Bal, and others frequently appear at international fashion weeks.

In many ways, the arrival of fusion clothing has changed the Indian fashion industry. In the last few years, a mix of indo-western, modern, and vintage has been extremely popular. It has progressed to the point that top-tier fashion labels include the same feature in their collections. With the emergence of long maxis with collars, Palazzo Suits, crop-tops, Anarkali dresses ready-to-wear sarees, and tunics, fusion

wear is gaining huge appeal. On the other hand, indo-western shirts, spaghetti kurtas and lehengas, are attracting a lot of attention.

International designers and businesses have influenced India's fashion trend, as well as introducing the concept of corporate wearing. The corporate look has sustained to this day, with fusion wear adding a touch of modernization. The Indian fashion business has grown to the point where it is now on par with the worldwide fashion industry and is one of India's most popular revenue-generating enterprises.

To summaries, the Indian touch is everywhere; whether it is culture, religion, art or clothing, India has always had an impact on the world.

SHINY GAMIT
TY TC

- “Try not to become a man of success. Rather become a man of value.” - **Albert Einstein**

આપણુ વિદ્યાનગર.....

વલ્લભ વિદ્યાનગર ની સ્થાપના

ગ્રામિણ વિસ્તાર માં શિક્ષણ નો વ્યાપ વધારવા ના હેતુ થી આઝાદી ના ઉષાકાળે સોજીત્રા ના નામાંકિત ઈજનેર શ્રી ભાઈકાકા તેમજ કરમસદ ના જાણીતા શિક્ષણવિદ્ શ્રી ભીખાભાઈ ની જોડીએ આઝાદી ની ચળવળ ના પ્રથમ હરોળના નેતા સરદાર વલ્લભભાઈ પટેલ ના આશીર્વાદ થી કરી હતી. ૧૩ જાન્યુઆરી ૧૯૪૯ ના રોજ નગર નો પાયો ભારત ના પ્રથમ વડાપ્રધાન જવાહરલાલ નહેરુ ના વરદહસ્તે નાખવા માં આવ્યો. શરુઆતમાં ચારુતર વિધામંડળ તેમજ સરદાર પટેલ યુનિવર્સિટી ની સ્થાપના કરવામાં આવી.આમ નગર તેમજ યુનિવર્સિટી નું નામકરણ સરદાર વલ્લભભાઈ પટેલ ના નામ થી કરવામાં આવ્યું.

વિદ્યાનગર ની નગર રચના આજે પણ મન મોહી લે એવી છે. લીલાછમ વૃક્ષો ની વચ્ચે વિશાળ રસ્તા...વિવિધ કોલેજો અને છાત્રાલય ના વિશાળ સંકુલ નું નિર્માણ થયું. શહેર ની વચ્ચે વિદ્યાર્થીઓ માટે વિશાળ રમતગમત નુ મેદાન વિદ્યાનગર ની શાન છે. પ્રાથમિક શાળા થી માંડીને સાયન્સ, કોમર્સ, આર્ટ્સ ,ઈજનેરી ના વિવિધ ઉચ્ચ અભ્યાસ માટે ની કોલેજો નિર્માણ પામી.

સમગ્ર ગુજરાત તેમજ અન્ય રાજ્યોમાંથી હજારો વિદ્યાર્થીઓ ઉજ્જવળ કારકિર્દી બનાવવા ના સપના આંખો માં આંજી વિદ્યાનગર માં આવે છે અને આ રળિયામણુ નગર એ સપના પુરા કરે છે..

નગર ની હદમાં કોઈ ઉદ્યોગ કે સિનેમાઘરો ની મંજૂરી ન હોવાથી વિદ્યાનગર માં એક વિશિષ્ટ પ્રકારનું સાનુકૂળ વાતાવરણ સર્જાય છે જેમાં વિદ્યાર્થીઓ શાંતિ થી અભ્યાસ કરી કરી શકે છે. સમય જતા અનેક સુવિધાસભર છાત્રાલય ઉભા થતા ગયા. એક વિશાળ લાઈબ્રેરી જે વિદ્યાનગરના વિશ્વકર્મા ભાઈકાકા ને સમર્પિત છે જેનુ નામ ભાઈકાકા લાઈબ્રેરી છે.. વિદ્યાર્થીઓ માટે સ્વાદીષ્ટ અને પૌષ્ટિક ભોજન પુરુ પાડતા ખાનગી માલિકીના ભોજનાલયો ની એક અલગ જ ઓળખ છે.

એક જમાનામાં બહુ જુજ નાસ્તાગૃહો ધરાવતા આ નાનકડા શહેર માં આજે નાના મોટા રેસ્ટોરન્ટ ની ભરમાર છે. સમય ની સાથે વિદ્યાનગર અપડેટ થતુ રહ્યુ છે. લાખો વિદ્યાર્થીઓ વિદ્યાનગર માં અભ્યાસ કરી દેશ વિદેશમાં સ્થાયી થયા છે. અહીં અભ્યાસ કરી ને જતા વિદ્યાર્થીઓ ના હૃદય માં વિદ્યાનગર હંમેશા માટે અંકીત થઈ જાય છે. આજે પણ વિદ્યાનગર માં અભ્યાસ કરવા ની તક મળે એ ગૌરવ ની બાબત ગણાય છે

Dhruvi Jetani
TY FN

Peace

Peace is one of the important human values. It refers to silence or reconciliation. It means to live together in harmony. Without it, society can't progress. It is very necessary for the growth of society as well as a nation. Peace is similar to nonviolence. This article describes how it is important for the nation as well as society.

Peace is a human need. Maintaining peace of mind helps us to achieve goals in our life. Peace is the way for bringing growth and prosperity in life. If there is peace in every human's mind then this world will go on peacefully. Without peace, any kind of development is impossible. Peace is vital for the survival of human beings. According to Pandit Jawaharlal Nehru's words " peace is a precious commodity, necessary for any progress". Right from the beginning, we Indians are fond of peace. Whenever war happened in any country, we tried to solve problems through peace. Nowadays, It is not an easy task to maintain peace as new generation people believe in violence. As you know in our country multilingual and multi-religion people reside still we live together happily. But in another country, the condition is not favourable. In a European country, there is much bias between black men and white men. They are never treated equally. But in India, we provide equality to every people irrespective of caste, creed and religion.

In our country, Mahatma Gandhi was against violence and believed in peace only. He wanted to get independence with peace. He used to preach to the people if someone slaps you on one cheek then you should forward the other cheek to take another slap which means he was a very peace-loving human being. Besides, The Dalai Lama, Mother Teresa, and Saint Francis de Sales are known as peace idols. They tried to make this world understand that peace is the strength of mind. We can conquer this world through peace only. War always brings destruction in life. Nobody can be happy by violence. Oftentimes you would be felt that we could not do work due to a lack of peace. Peace is necessary not only for progress in life but for good health also. A peaceful mind can do good work. If you create a peaceful environment then only work will happen properly. Peace helps us in preventing violence.

Dhruvi Patel

TY TC

Traveling is Healing

Introduction of Travelling

Traveling is often described as a journey of exploration, a means of escaping the routine, and an opportunity to broaden one's horizons. Beyond its obvious appeal as a recreational pursuit, traveling has a profound healing effect on the mind, body, and soul. This article will delve into the therapeutic aspects of traveling, highlighting how it can be a transformative and rejuvenating experience for individuals seeking solace, self-discovery, and a break from the stresses of everyday life.

The Healing Power of Travel

In an era characterized by hectic schedules, constant connectivity, and mounting stress, the concept of healing through travel has gained remarkable traction. It's more than just a vacation; it's a therapeutic journey that can restore balance and vitality. Here are some of the profound ways in which traveling acts as a potent healing agent:

1. **Stress Relief:** The mere act of stepping away from the daily grind and immersing oneself in a new environment can work wonders for stress reduction. The absence of familiar pressures and responsibilities provides respite, allowing travelers to unwind and rejuvenate.
2. **Self-Discovery:** Traveling often puts individuals in situations where they must confront new challenges and adapt to unfamiliar surroundings. These experiences foster personal growth, self-confidence, and a deeper understanding of oneself.
3. **Cultural Immersion:** Engaging with different cultures and traditions opens the door to a world of learning and empathy. It broadens perspectives and encourages tolerance, promoting mental well-being.
4. **Nature's Therapy:** Nature has a remarkable ability to heal. Traveling to natural wonders such as pristine beaches, lush forests, or serene mountains provides a sensory overload of beauty and tranquility that can soothe the mind and soul.
5. **Social Connection:** Traveling allows people to connect with others from diverse backgrounds, creating a sense of community and belonging. Positive social interactions and shared experiences contribute to emotional well-being.
6. **Mindful Presence:** Traveling encourages individuals to be present in the moment, savoring each experience, and appreciating the beauty around them. This mindfulness can alleviate symptoms of anxiety and depression.

Conclusion

In a world where stress, anxiety, and burnout are increasingly prevalent, the healing power of travel cannot be underestimated. It offers an escape from the demands of daily life, promotes self-discovery, and provides an opportunity to connect with both the world and oneself. Whether it's a serene retreat in the mountains, an adventure in a bustling city, or an exploration of distant lands, traveling has the potential to be a transformative and restorative force for those seeking healing in their lives. So, next time you're feeling overwhelmed, consider embarking on a journey – you might just find the healing you need along the way.

Vanshika Mevada
TY FN

Discipline: An art of living.

Discipline is indeed an art of living. A person who wants to achieve something in life has to be disciplined. When a person tries to accomplish their goals, they face many hurdles and obstacles. These obstacles in your way to success are definitely going to appear but being a disciplined individual, discipline will help you to have a sense of self and will retain your self confidence even in the most difficult of times.

Discipline brings you closer to your goals, for example, if you are trying to learn a subject you have to set a definite time in order to master it. Disciplined individuals will give priority to learning the subject everyday, thus, resulting in consistency and then gradually achieving the goal.

Personally, I believe discipline makes a human more valuable, respected and elegant. Discipline in a person's personality makes them more humble yet let's then achieve the desired goals and success. I

think that a successful person is the one who has achieved their goals and are yet humble in nature. Discipline brings humbleness in character. Discipline makes the way for consistency and empathy in a person's life. It allows you to fulfill your duties and responsibilities as a societal individual and makes space for empathy in your heart.

Thus, Discipline brings humbleness, elegance, empathy, consistency, self confidence and helps you achieve what you want most out of your life.

Varisha Khan

SY FRM

The Power of Smile

I believe in the power of a smile. A smile can be a subtle twitch of the jaw muscles or a large grin with both rows of teeth showing much like a third-grader on picture day. Smiling is contagious. One of my goals every day is to smile, whether to myself or to someone else, even a complete stranger. I have a neighbor, an elderly Chinese woman, I have no clue as to what her name is, yet every day when I leave my house I see her on her morning walk and we smile to each other. I once was on the W-line bus on my way to campus and I smiled to a person sitting across from me. I later realized the person was in one of my classes and I introduced myself as the guy that smiled to her on the bus. This person and I have become the closest of friends. I recently had a friend pass away, Johnny Napier, and at his funeral his parents had put up his senior portrait from high school. This was no ordinary senior portrait from high school. This was no ordinary senior portrait, however; it was Johnny smiling with a set of joke teeth in his mouth. Johnny's parents knew it was the way Johnny would have wanted us to remember him because he had the power to bring a smile to the faces of his family and friends.

Smiling is what grounds me; it stabilizes and makes me feel more in control every day. It reminds me that, despite the fast pace of life, I must always remember to be happy and appreciate the little things in life. Smiling helps me overcome times of fear, anxiety and nervousness. Smiling helps me express to others my proudest moments. Smiling helps me convey love for others. Sometimes, when no words can be spoken, a smile is all that is needed to fill the air.

The smile Is a universal sign of happiness. I believe it is the ultimate connection between all humankind. No matter how big or small, if a smile is genuine it creates an ineffable feeling in the atmosphere. I believe in the power of a smile to make the saddest of circumstances a little better. I believe in the power of a smile to enrich the happiest experiences in life. I believe in the power of a smile to transcend all barriers between individuals and to create special moments in life.

Maitri Patel

TY TC

“I would rather entertain and hope that people learned something than educate people and hope they were entertained.” – **Walt Disney**

S.M.PATEL COLLEGE OF HOME SCIENCE

(MANAGED BY CHARUTAR VIDYA MANDAL)

NAAC ACCREDITED, 'B++' and GSIRF 4 STAR

CENTRAL COMMITTEE, YEAR : 2023 - 2024



- 1st Row Sitting :-** Ms. Shiny Gamit, Ms. Fatemazehra Malek, Ms. Heer Arora, Ms. Dhruvi Jetani, Ms. Vruti Patel, (L to R)
Ms. Rutu Desai, Ms. Gayatri Dave, Ms. Maitri Patel, Ms. Pooja Meda, Ms. Reetu Suthar, Ms. Priya Shah
- 2nd Row Sitting in :-** Shri I.C. Patel, Dr. Tanvi Makwana, Dr. Minal Chauhan, Dr. Nidhi Gupta, Dr. Bhavana Chauhan (Principal), Chair (L to R)
Dr. Mittal Barot, Ms. Kalpana Srivastava, Ms. Trusha Lad, Dr. Poonam Oza, Dr. Vandana Modi
- 3rd Row Standing :-** Ms. Vanshika Mevada, Ms. Maitheli Amin, Ms. Khushi Shastri, Ms. Honey Patel, Ms. Krupa Patel, Ms. Apeksha Shah, (L to R)
Ms. Shrestha Gupta, Ms. Shreya Ezhava, Ms. Riddhi Panchal, Ms. Ozelle Desouza, Ms. Nidhi Shah, Ms. Ipisha Makwana, Ms. Riddhi Machhi, Ms. Iqra Shaikh, Ms. Dhruvi Patel, Ms. Krupa Suthar
- 4th Row Standing :-** Ms. Varisha Khan, Ms. Shriya Shah, Ms. Margi Patel, Ms. Neha Kurmi, Ms. Prachi Patel, Ms. Mansvi Bharvad, (L to R)
Ms. Ankita Butola

