

# Aparajita

VOL. XV

2018



Sheth Purshotamdas Thakur Das Mahila College of  
Arts & Home Science and Science Unit

**Managed by : Vanita Vishram, Surat.**





## GLORIOUS MOMENTS OF THE YEAR



Ms. Mitsu Chavda undertook All India Bike Ride to create awareness about Paraplegic soldiers. In photo with Hon. President of India Shri Ramnath Kovind



Ms. Ankita Dhaka represented Gujarat at RDC. In photo with Shri Arvind Kejriwal



National Conference on 'Family Empowerment-A Path Towards Better Life' was Organized by the Human Development and Library Department



Lighting the Lamp at the National Conference by the Chief Guest Dr. Eric Miller, the Chairman SAC Dr. Pradip K. Desai and Hon. Secretary Shri Haresh R. Mehta



Intercollegiate Women's Badminton Tournament - Winners with Shri David Paul, Director of Physical Education, VNSGU



Kami Arti secured 3rd place in National Boxing Championship



Ms. Riddhi Pankhdiwala secured 2nd position in Classical Dance at VNSGU 45th Yuvak Mahotsav



Inception of Science Unit



**Sir Purshotamdas Thakurdas**

ॐ VISION ॐ

“संकतां पीपराशिः”

ॐ MOTTO ॐ

TO EMPOWER WOMEN WITH EQUAL OPPORTUNITY  
THROUGH EDUCATION

ॐ MISSION STATEMENT ॐ

TO EMPOWER GIRL STUDENTS BY IMPARTING QUALITY  
EDUCATION AND PROVIDING RELEVANT  
ALTERNATIVES IN HIGHER EDUCATION IN CONDUCIVE  
ENVIRONMENT WITH THE AIM TO TRAIN THEM TO BE SELF-  
SUFFICIENT AND RESPONSIBLE CITIZENS OF THE  
PROGRESSIVE NATION



## VANITA VISHRAM, SURAT

### Details of Surat Administrative Committee Members, 2017-18

Sr. No.	Name of the Member	Profession / Designation
1.	Dr. Pradip K. Desai Chairman - SAC	Company Director
2.	Mr. Ashvin Mehta Vice - Chairman – SAC	Professional Director, Kalpataru Group of Companies, Mumbai
3.	Mr. Haresh R. Mehta Hon. Secretary - SAC General Administration	Sharvi Plast Proprietor
4.	Dr. S. K. Mohanty Hon. Secretary – SAC Planning & Development	Consultant – Public Health & Health Care Management
5.	Mr. Yatish C. Parekh Hon. Treasurer – SAC	Gunvant Shah & Co. (Proprietor)
6.	Mr. Kanubhai O. Shah	(Retd.) K.O. Shah & Associates (Engineers & Developers)
7.	Mr. Pravin C. Shah	(Retd.) City Engineer & Technical Advisor
8.	Mr. Nayan N. Bharatia	Business
9.	Mr. Kriplani Desai	C.V. Avdhut Chemicals (Owner)
10.	Mr. Pravin T. Vora	Business (Textile Printing)
11.	Ms. Geeta Shroff (Invitee Member)	President - Apmrutyu Nivaran Sahay – NGO; Founder Trustee- I, U & We Foundation
12.	Dr. Urmila R. Nanavati (Invitee Member)	Retired Principal B.Ed. College
13.	Dr. Jagruti K. Patel (Invitee Member)	Principal V.T. Choksi Sarvajanic Law College, Surat
14.	Mrs. Rekha N. Mistry (Invitee Member) V.N.S.G.U., Surat	Assistant Professor Department of M.S.W.
15.	Dr. Parul Vadgama (Invitee Member)	Pulmonologist
16.	Dr. Manisha M. Panwala (Invitee Member)	Professor, Department of G.H.Bhakta Management Academy (DBIM), Veer Narmad South Gujarat University, Surat
17.	Mrs. Aruna H. Thakkar (Invitee Member)	Social Worker
18.	Mr. Nimish Choksi (Invitee Member)	Architect Nimish Choksi & Co., Surat
19.	Dr. Pratibha Desai (Invitee Member)	Former Director - Shree Ramkrishna Institute of Computer Education & Applied Sciences
20.	Mr. Piyush Patel (Invitee Member)	Founder & CMD Shilpraj Developers





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## FROM THE EDITOR'S DESK....

It is worth mentioning the journey of 'Vanita Vishram' completing its 111 glorious years towards the path of facilitating quality education to women which started in the year 1907. At present it provides education from 'Natkhat Nest' for Kids and Nursery to Graduation as well as PG Diploma Programs. Under the umbrella of 'Vanita Vishram' the Sheth P. T. Mahila College of Arts & Home Science and Science Unit is a highly reputed Women's College in entire South Gujarat region. To fulfil the objectives through its Vision and Mission statement the College is publishing Volume XV of Annual Magazine 'APARAJITA'.

It is a moment of great pride for us to recognize the Crystal Anniversary of our College Annual Magazine 'APARAJITA' as it completes fifteen splendid years. It is a manifestation of the academic achievements as well as copious activities and programs under Extension and Co-curricular activities which in itself glorifies its past in the overall development of the students. The College has remarkably well equipped laboratories and availability of Multimedia facilities in classrooms in the Faculty of Arts, Faculty of Home Science and Science Unit, which enable the students to gain moral values and social responsibilities in general and to accomplish quality education and achieve academic excellence in particular.

'APARAJITA' is a bunch of Messages of Best Wishes from the dignitaries, admiration from our Alumni, Articles, Poems, etc. that manifest the grandeur of the college magazine. At this juncture of Publication of College Annual Magazine Volume XV of 'APARAJITA' I take this opportunity to convey my gratitude and thankfulness to Vanita Vishram Management and I/C Principal for their continuous support and guidance and to Academic and Administrative Staff who contributed in all way to make this publication possible.

I would also like to be grateful to all the members of the Editorial Board for their relentless endeavours at every stage of publication of 'APARAJITA' Vol. XV 2018. To imbibe the spirit of APARAJITA in the words of Robert Frost, I illustrate the following lines.....

**“Two roads diverged in a wood, and I –  
I took the one less travelled by,  
And that has made all the difference”.**

**Robert Frost**

**- Dr. Smita Bhatt**  
Editor in Chief

## EDITORIAL BOARD

Dr. Smita Bhatt  
Smt. Ruchika Agarwal  
Shri Aditya Farsole  
Smt. Hiral Trivedi  
Dr. Navnit Chothani



## FROM THE PRINCIPAL'S DESK



“The beautiful thing about learning is that no one can take it away from you.”

As our college enters the 45<sup>th</sup> year of its establishment, it gives me immense pleasure to pen down a few words as prologue to the College Magazine 'APARAJITA'. I also take the opportunity to congratulate the editorial board, students and all those who contributed towards composing this annual magazine.

The Sapphire stone is the symbolism of accomplishing 45 remarkable years, and it is said that this stone can bring 'Fulfilment of Dreams'. This gives me great hope and reassurance that the college will be moving ahead and achieving its goals and mission of empowering women through education, as it has been successfully doing in the past decades.

When I talk about 'Empowering Women through Education', I mean it in a much broader context than just providing quality education, it also means the acquisition of knowledge and skills, building character and human values, increasing employability of young

talents and developing leaders of tomorrow. I am proud to add that our college student Ms. Ankita Dhaka, an NCC Cadet represented Gujarat for Republic Day Camp at New Delhi.

The year 2017 has been significant to our college as it has added yet another feather in its cap and achieved a major milestone by establishing the Science Unit encompassing the Chemistry and Microbiology Departments. This is a great achievement for us. I am glad to note here that there will be further expansion during the coming academic year. We even hosted grand events like the Inter-Collegiate Women's Badminton Tournament and the National Level Conference on 'Family Empowerment –A Path towards Better Life'.

The magazine highlights the various activities undertaken by the departments and committees in order to achieve the congregate goal of the institute. It also provides a platform to the students as well as the faculty to showcase their creativity and achievements.

I conclude by saying that the measures initiated by the Honourable Management, steps taken by college administration, the willing contribution of the teaching and non-teaching staff and overwhelming response and enthusiastic participation of my dear students in the college endeavours have been a driving force all through. As we continue our journey towards excellence in 2018, it is my hope and desire that we can make this college a temple of learning through our diligence, devotion and dedication.

Wishing you all the best!

**-Dr. Khushman Dholawala**  
I/C Principal

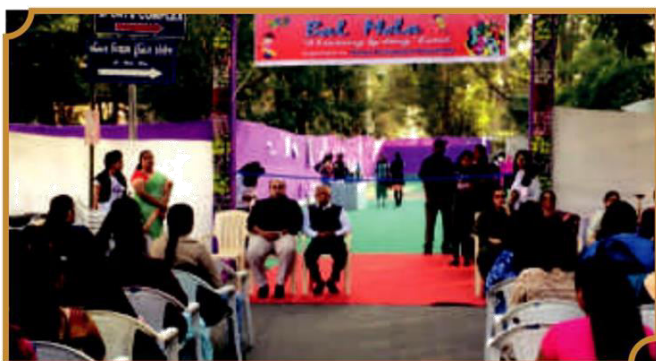




## GLIMPSES OF COLLEGE ACTIVITIES



Senior Students Welcoming Freshers



Inauguration of Bal Mela by Chief Guest  
Dr. (Mrs.) Sanjukta Shiva Kumar



Students Performing in Annual Function



Sports Day Celebration



BK Dakshadidi Addressing the Gathering :  
Prize Distribution Ceremony



BK Mittaldidi felicitated by Dr. S. K. Mohanty



BK Dakshadidi giving Trophy to NCC Cadet



**BEST WISHES...**



**Vijay Rupani**

Chief Minister, Gujarat State

apro/Jm/2018/04/16/rgk

Dt. 16/04/2018

**MESSAGE**

***"Educate a girl and she will change the world."***

Education is an essential part of a living being, whether it's a boy or a girl. Education helps an individual to be smarter, to learn new things and to know about the fact of the world. It plays one of the most important roles in women Empowerment. It is the first step to give women the power to choose the way life she wants to lead.

I welcome the publication of the **Aparajita-Sheth P. T. Mahila College of Arts and home Science, Annual Magazine Vol. XV**, for the academic year **2017-18**. I extend my best wishes to the students and the faculty who have worked passionately and actively in all activities of the college, throughout the year.

I convey my best wishes for the **Magazine 2017-18**.



**(Vijay Rupani)**

To,  
**Dr. (Smt) Khushmanben Dholawala, I/C Principal,**  
Sheth P. T. Mahila College of arts & Home Science,  
Vanita Vishram, Athwagate, Surat-395001.  
Email: office.sptmc@gmail.com





**BEST WISHES...**



ક્રમાંક: મ.શિ. વૈ.સં./ ૨૦૧૮

મંત્રી,  
શિક્ષણ, (પ્રાથમિક, માધ્યમિક, પોઠ), ઉચ્ચ અને ટેકનિકલ શિક્ષણ,  
કાયદો અને ન્યાયતંત્ર, વૈધાનિક અને સંસદીય બાબતો,  
ગૌસંવર્ધન, નાગરિક ઉદ્યમ,  
ગુજરાત રાજ્ય, સ્વર્ણમ સંકુલ-૧, બીજો માળ,  
સચિવાલય, ગાંધીનગર

તા. ૨૧/૪/૨૦૧૮

### શુભેચ્છા સંદેશ

શેઠ પી.ટી. મહિલા કોલેજ ઓફ આર્ટસ એન્ડ હોમ સાયન્સ દ્વારા એન્યુઅલ મેગેઝીન  
અપરાજિતા પ્રકાશિત થઈ રહેલ છે, જે જાણી આનંદની લાગણી અનુભવું છું.

'શિક્ષણ એ મનુષ્યજીવનના વિકાસની પ્રણાલી છે અને શાળા અને કોલેજ એ શિક્ષણ  
મંદિર છે' જ્યાં શિક્ષણ, શિસ્ત અને સંસ્કારનું જતન થાય છે. સંસ્થાઓ શિક્ષણ થકી  
વિદ્યાર્થીઓનું અને સ્ટાફનું ઘડતર કરે છે. આધુનિક યુગમાં ગુણવત્તાયુક્ત શિક્ષણ હોવું એ આજના  
સમયની માંગ છે. સરકાર, સમાજ અને સંસ્થાઓ પ્રતિબદ્ધ બને અને તે માટે વ્યક્તિનાં ઘડતરનું  
કામ સૌ સાથે મળી કરવું જરૂરી છે. કોલેજ દ્વારા પ્રકાશિત થઈ રહેલ મેગેઝીનમાં કોલેજની  
ઉપલબ્ધીઓની વિગતો અને મેળવેલ સિધ્ધીઓની વિગતો પ્રકાશિત હશે જે સૌને ખૂબ જ ઉપયોગી  
થશે. પ્રકાશિત થઈ રહેલ 'અપરાજિતા' મેગેઝીન માટે મારી હાર્દિક શુભેચ્છા પાઠવું છું.

  
(ભૂપેન્દ્રસિંહ ચુડાસમા)

પ્રતિ,  
ડૉ. ખુશમાન ધોલાવાલા  
ઈન્ચાર્જ પ્રિન્સીપાલ,  
શેઠ પી.ટી. મહિલા કોલેજ ઓફ આર્ટસ એન્ડ હોમ સાયન્સ,  
વનિતા વિશ્રામ, અઠવાગેટ,  
સુરત.

કાર્યાલય ફોન : ૦૭૯-૨૩૨૫૦૧૧૬ થી ૨૩૨૫૦૧૧૮, ૨૩૨૩૮૦૭૬, ૨૩૨૪૩૩૮૮ (ફેક્સ) ૨૩૨૫૦૧૨૦  
નિવાસસ્થાન : બંગલ નં. ૧૦, માન.મંત્રીશ્રી નિવાસસ્થાન સંકુલ, ફોન (રહેઠાણ) ૦૭૯-૨૩૨૫૮૬૦ ૨૩૨૫૮૫૮૮, ૨૩૨૨૨૬૧૭  
E-mail: min-education@gujarat.gov.in





## **BEST WISHES...**

**" Education is the most powerful weapon  
which you can use to change the world. "**

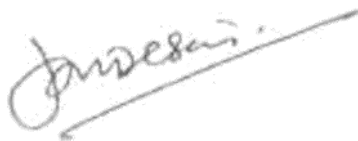
**- Nelson Mandela**

As the Chairman of the Surat Administrative Committee (SAC), I feel so proud to have witnessed 45 glorious years completed by Sheth P.T. Mahila College of Arts & Home Science. The academic year 2017 has been very special for us, since we started with the Faculty of Science.

I would like to take this opportunity to congratulate the entire Management of Vanita Vishram, which is the oldest institute in South Gujarat region for imparting education to the women from Nursery to Graduation and PG Diploma.

The achievements and development of the Sheth P. T. Mahila College of Arts & Home Science and Science Unit is a result of the team work shown by the Academic and the Administrative staff members. I extend my appreciation and wish them all the very best for the future ventures.

Lastly, I would like to give my best wishes and love to all the students who invariably help us achieve all our dreams and extend my appreciation to the 15<sup>th</sup> Volume of College's Annual Magazine - *APARAJITA*-2018.



**(Dr. Pradip K. Desai)**  
**Honorable Chairman**  
**SAC-Vanita Vishram**



### **BEST WISHES...**

**"Feminism isn't about making women strong. Women are already strong. It is about changing the way the world perceives that strength."**

**- G.D. Anderson**

It gives me immense pleasure to write for the XV Volume of APARAJITA-2018. The Sheth P.T. Mahila College of Arts & Home Science completed 45 glorious years since its establishment in 1972. Managed by Vanita Vishram, Surat, our college is a premier institute that has always supported the cause of Women Empowerment through education and skill development.

The academic excellence achieved by the college is because of the collective efforts of all the staff members and the students, along with the strong support by the Management of Vanita Vishram.

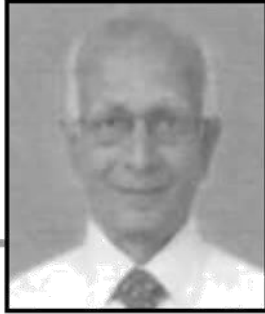
In the year 2017, the Faculty of Science was successfully started by the college and I congratulate everyone involved in adding this yet another feather in the cap of our parent institute.

In tandem with the 21<sup>st</sup> century technological advancement Vanita Vishram is keeping itself abreast with the inclusion of technology in education. In higher education institutions, modernization of infrastructure is achieved through adding multimedia facilities in classroom, LAN connectivity for the entire college campus, digitization of library with multiple browsing terminals and access to e-books and journals, both national and inter-national.

With the onset of academic year 2018-19, we are on the verge of having many skill based value added courses at college level. I heartily congratulate all the staff members and the students for their perseverance and would request them to keep up the good work. As time progresses it will, in turn will give us an opportunity to strengthen ourselves.

I wish all the very best to the college for the publication of APARAJITA-2018, Vol. XV and their future endeavors as well.

**(Shri Ashvin Mehta)**  
**Honorable Vice-Chairman**  
**SAC-Vanita Vishram**



### ***BEST WISHES...***

Vanita Vishram, as an academic institution, caters to the academic needs of more than 12,000 girl students through its 14 constituent institutions. The sole objective of Vanita Vishram is the "Empowerment of Women through Education". The empowerment and autonomy of women and the improvement of their political, social, economic and health status is a highly important end in itself. In addition, it is essential for the achievement of sustainable development.

Education is one of the most important means of empowering women with the knowledge, skills and self-confidence necessary to participate fully in the development process.

I am glad to know that Sheth P. T. Mahila College of Arts & Home Science and Science Unit managed by Vanita Vishram is doing its best in order to realize the said objective of its parent institution. Apart from academics, it grooms girl students in showcasing their talent, skills and creativity as well as shaping their personalities through co-curricular, extra-curricular and sports activities round the year.

It is heartening to know that the college is on the verge of publishing its annual magazine named APARAJITA for the academic year 2017-2018. The College Magazine provides a wonderful forum which can aptly be used for recording events, fond memories, achievements and creative writing. I am sure that this Magazine will be informative and resourceful.

On this occasion, I convey my best wishes to I/C Principal, Academic, Administrative staff and the students of the college for their endeavors.

**(Shri Haresh Mehta)**  
**Hon. Secretary**  
**SAC-Vanita Vishram**





### ***BEST WISHES...***

“Vanita Vishram” and “Women Empowerment” are synonymous. Vanita Vishram in its 111 years long existence has created its distinct identity as a Women's Empowerment institution. It is fervently devoted to its sole objective of empowering women through quality education, and skill development in order to make them employable and economically independent. Empowerment of women is the process by which women gain power and control over their own lives and acquire the ability to make strategic choices. Women's empowerment has five components:

1. Women's sense of self-worth
2. Women's right to have and to determine choices
3. Women's right to have access to opportunities and resources
4. Women's right to have power to control their own lives, both within and outside the home
5. Women's ability to influence the direction of social change to create a more just social and economic orders, nationally and internationally.

Since its inception, Sheth P.T. Mahila College of Arts & Home Science and Science unit has strived hard to achieve excellence in academics, curricular and co-curricular activities. This fact reflects the collective efforts of the principal, the staff members and the students of the college.

It gives me great pleasure to learn that SPTMC is going to launch its Annual Magazine entitled APARAJITA. This gives me an opportunity to congratulate the entire team of SPTMC for their consistent efforts. The Annual Magazine of the college provides a platform to both teachers and students for intellectual deliberations and displaying creative imagination on one hand, and on the other it chronicles the fun-filled activities and the glorious achievements of the college.

My blessings and good wishes will always be with SPTMC.

**(Dr. S.K. Mohanty)**

**Hon. Secretary (Development & Planning)  
SAC-Vanita Vishram**



### **BEST WISHES...**



NCC GROUP HEADQUARTERS  
MS UNIVERSITY CAMPUS  
FATEHGANJ  
VADODARA - 390 002

It gives me great pleasure to convey my best wishes to Sheth P T Mahila College of Arts & Home Science, Surat on the occasion of release of the Annual College Magazine "APARAJITA".

The College has successfully empowered the girl students throughout its existence thereby successfully implementing its Motto, "To Empower Women With Equal Opportunity Through Education".

Since, its inception in 1972, Sheth P T Mahila College of Arts & Home Science has played a vital role in shaping the future of our young girls by imparting quality education in various fields through constant innovations and improvements. The various spheres of activities other than academics run by the college have proved to be vital in cultivating and developing pleasing personality, comradeship, courage, grit, team work and character among the Girls who are the foundation as well as future of the nation. The College has moulded and nurtured the budding girls by preparing them mentally, physically and attitudinally to cope with challenges of Professional & Social life through activities like NCC, NSS, Sports, Clubs & Cells, Tour & Visits to name a few.

I wish the Sheth P T Mahila College of Arts & Home Science all success in its endeavours for the present and in the future.

Jai Hind

Place : Vadodara

Date : 04 May 2018

  
(Harindra Vyas)  
Col



## *Recollections...*

### EXPERIENCES OF THE ALUMNI

**Ms. Siddhi Shah**

(Psychology, Batch 2013)

My journey at Sheth P. T. Mahila College turned out to be a blessed surprise. I appeared my 12<sup>th</sup> grade with Science stream and was qualified to join medicine field but I always wanted to explore the unexplored and my zest to acquire knowledge of such subject made me to pursue Psychology. My friend, who was pursuing English Literature and living in my neighbourhood initiated for my admission for the program of B.A. Psychology in the year 2013 when SPTMC was affiliated with S.N.D.T. Women's University, Mumbai.

In the three years of my graduation, Rojo Sir was a faculty member under whose guidance I learnt a lot. Psychology itself was an interesting subject but because of him only, the foundation and my academic knowledge is still so concrete and strong. With the emphasis on text based knowledge he initiated to celebrate "PsychFest", the Psychology Department activity to bring awareness about the practical aspects of this field.

Apart from academics, SPTMC encouraged students to participate in SNDT - Yuva Mahotsav, which was an Art and Literature festival of the University. I am so glad that I participated twice in it and performed my best and secured the First Position and made college proud twice. I got an opportunity to represent our college at Tejaswini Contest - a hunt for Miss University.

The milestone of my graduation year is my Academic Visit at Gujarat Forensic Sciences University, Gandhinagar. During the visit I made up my mind to pursue Post Graduation from Asia's First Forensic University and I started preparing for it and very soon I will be completing my M.Sc. Forensic Psychology, GFSU.

The three years of B.A. Psychology played a significant part in what I am today. I am grateful to our I/C Principal Dr. Khushman Ma'am for giving me ample opportunities to enhance my skills. I heartily thank our Vice Principal of the Faculty of Arts Dr. Smita Ma'am for her guidance and support. I am so fortunate to be an alumni of SPTMC.

Herewith at the end, I would share my belief that if you are determined to make your distinct journey, keep walking towards it and one day you will reach your dream destination.





**Ms. Surbhi Kabra**  
(Dietetics, Batch 2017)

**“There is a time and place for you to become the perfect version of yourself and that place is called college”**

This college is where I entered as an ordinary student Surbhi Kabra but the journey was like a roller coaster ride for me with so many ups and downs along with unimaginable experiences and everlasting memories. However, when I left the college I wasn't an ordinary student but Wings of professionalism were added and I felt proud to be referred as a Dietician Surbhi Kabra. This journey from a Student to a professional wouldn't have been possible without the immense support of my college and teachers who were a constant source of motivation for me.

SPTMC gave me a wonderful platform to upgrade myself day by day. The college did not limit us to academics only, we had theoretical and practical knowledge with lots of seminars, workshops and with those recreational trips to places like Goa, Imagica were a bundle of joy to the journey. It showed me a goal in life, teachers guided me through the way to reach the goal and now I stand with all round personality to lead an independent life. Wherever I am today, is because of the wonderful college, supportive teachers and super-awesome friends. Indeed it was my second home and I am glad that I was and shall always be a part of SPTMC.



**Zahira Virani - (2009 - 2010) Salima Charania (2013 - 2014) and Gulzar Pattherwala (2015-2016)** completed PG Diploma in Early Childhood Education and opened a Preschool at Unn with the name 'Learning Curve Preschool'. The school was established in the year 2016 with the vision of imparting quality education which is a right of every child. They also funded education for many poor children.

**The students sent their best wishes as follows:**

“Our work was recognised by Shri Nareshbhai the Corporator of Unn ward, Surat and gave us the best Preschool award in Unn and acknowledged the work done by the three Directors Ms.Zahira Virani, Ms. Salima Charania and Ms. Gulzar Pattherwala.

We are grateful to our faculty members and college for preparing us so well that today we could achieve this success. “Thank You”



## **COURSES OFFERED AT THE COLLEGE**

### **1. Under Graduate Programmes (Eligibility XII Pass)**

#### **Bachelor of Arts**

##### **Grant-In-Aid**

- B.A. in Gujarati
- B.A. in Hindi
- B.A. in English
- B.A. in Psychology (Self Finance - English Medium)

#### **Bachelor of Home Science (English and Gujarati Medium)**

##### **Grant-In-Aid**

- B.Sc. in General Home Science
- B.Sc. in Human Development
- B.Sc. in Food Science and Nutrition
- B.Sc. in Apparel Designing (Self Finance)
- B.Sc. in Hospitality Management (Self Finance)

#### **Bachelor in Science (Self Finance - English Medium)**

- B.Sc. in Chemistry
- B.Sc. in Microbiology

### **2. Post Graduate Diploma Programmes (Self Finance – English Medium)**

- P.G. Diploma in Dietetics
- P.G. Diploma in Early Childhood Education

### **3. Certificate Course**

- Learning Disability
- Counselling
- Interior Decoration
- Event Management





## Quick Look of the Year

### Inception of the Science Unit

Under the aegis of Vanita Vishram Management, one more feather has been added from the academic year 2017-18 with the establishment of two specializations under the faculty of Science and these are B.Sc.- Chemistry and B.Sc.- Microbiology in the college affiliated to Veer Narmad South Gujarat University, Surat.

#### Department of Chemistry

The Department of Chemistry constitutes a centre for academic excellence. The department imparts education and focuses upon basic and scientific problems. One of our key missions is to generate human resource of unmatched quality. We provide broad-based under-graduate program with the aim of producing chemists with good professional competence. The Department has adequately equipped laboratories and instruments required to carry out modern era chemical experiments. The students are provided a comprehensive subject learning like Inorganic, Organic, Physical, Analytical, Industrial, Environmental and Practical Exposure.

The Department of Physics is engaged in teaching the frontier areas of experimental and theoretical sciences namely Quantum Mechanics, Modern Physics, Electromagnetic, Classical Physics, and Electronics. The Department of Physics always tries to help students in enhancing their knowledge for personal as well as academic prospects. The Physics Laboratory has a set of experiments mainly in the areas of Mechanics, Optics, Wave and Sound, Electricity and Magnetism. All the instruments are known and developed with modern technology.

#### Department of Microbiology

Microbiology is a field with vast scope for the future of the students. To the aspiring students, it provides the opportunities of the higher studies in the field of Microbiology as well as in allied areas like Biotechnology, Environment Science, Bioscience, Dairy and Food Microbiology etc. Continuous advancement in the field of Science, Technology and involvement of Microbiology in many fields like Diagnostics, Pharmaceuticals, Dairy, Medicine, Clinical Research, Agriculture, Biotechnology, Nano technology and Environment Science *etc* provides the students with immense scope for the development and placement in different areas as per their interests. A microbiologist can be a researcher, an academician, technologist, supervisor, laboratory technician and also a scientific writer based on qualification, experience and interest.

To prepare the best students for achieving success as professionals in their future, the college provides all the required facilities like library, well organized and fully furnished laboratory with all the necessary instruments, equipments and projector with learned and qualified teaching staff. Microbiology laboratory is facilitated with the latest binocular microscopes and laminar air flow system in addition to instruments like autoclave, incubator, hot air oven, PH meter, colony counter, colorimeter, spectrophotometer, water bath, centrifuge etc. The laboratory is also equipped with Dark Field and Phase Contrast Microscopes.

#### National Conference on 'Family Empowerment-A Path towards Better Life'

The Department of Human Development & Library organized a two days National Conference on "Family Empowerment - A Path towards Better Life" on 20<sup>th</sup> & 21<sup>st</sup> February, 2018. Family is the basic social unit to provide support, motivation and acceptance to an individual that enables to achieve



goals, develop healthy social relations and adjustment to self and society. To achieve goals and professional success in any field or areas, one needs confidence, stress free living, security, solace and peace in day to day life. This Conference on “Family Empowerment” was planned with the sole objective to create awareness among youngsters about family issues and interrelation within the family as well as society to integrate practical concerns of adjustment through highlighting the ways to overcome stress, dilemmas and issues of foundation period (early years) and transition period (the adolescence). Different speakers delivered lectures on issues and challenges of Family Empowerment, Healthy Spousal Relationship and Parenting: From reel life to real life, Health and Well-Being. In this Conference, participants presented research papers on different sub themes of “Family Empowerment”.

### **Global Village (AIESEC)**

AIESEC, in collaboration with the college organized the “Global Village Event” on 9<sup>th</sup> August, 2017 in the Shivgauri Hall of Vanita Vishram campus. The sole objective behind organizing “Global Village” was not merely to bring out cultural exchange for ensuring cultural harmony, but also to expose native students to a global culture and make them feel truly a world citizen.

This vision of going global brought fifteen people from different social, political, historical, cultural and economic backgrounds from seven different countries under one roof. The College hosted an event in which nearly, twenty colleges of the Surat city were invited to be a part of this cultural celebration. Approximately, 200-250 students participated in this event which showcased the cultures of countries like Afghanistan, Bangladesh, Botswana, China, Egypt, Ethiopia etc. AIESEC, SPTMC also hosted one of the interns named Ms. Mayar Hamza from Egypt, who stayed for a month and involved herself in various activities and academics of the college.

The whole intent behind organizing the said programme was to offer a space, a public forum to interact, share and connect students to the visiting internationals, and thereby expand their horizons of knowledge and understanding. The event received comprehensive coverage from local media, newspapers, news channels and social networking sites. The entire team of AIESEC, SPTMC collaborated with AIESEC, Surat in order to make this event successful.







Science Unit- Laboratory



National Conference on Family Empowerment :  
"Path Towards Better Life "



Dr. Sapna Sharma, Spiritual Counselor in a session on  
"Parenting from Reel Life to Real Life" at the National Conference



Students at the Global Village



Shri Sanath Reliya addressing the students at the  
Inauguration of Tri Express Events



Expert talk on "Prevention of Mal Nutrition"  
by Dr. Abel Albino



Dr. Abel Albino with the Faculty Members





**Kids enjoying at various stalls "Learn with Fun" in Bal Mela**



**Various activities at Bal Mela**



**Inauguration ceremony - Innovision- 2018  
by Hon. Sec. Shri Haresh Mehta**



**Innovision (Exhibition Cum Sale) in full swing**



**Students Performing at the "History Fest"**



**"Mental Health Awareness" Programme at VR  
Mall through Flash Mob**



**Workshop on "Conflict Management"**



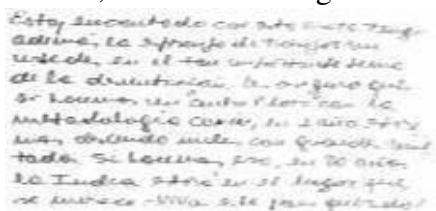
**Students at the Workshop on "Conflict Management"**



## Expert Talk on "Prevention of Malnutrition"

### Dr. Abel Albino

Dr. Abel Albino, nominated for Nobel Prize and honoured by the name of Mother Teresa of Calcutta, visited the college to deliver a talk on 'Prevention of Malnutrition'.



Best Wishes Conveyed in Spanish

"I am thrilled after visiting your college and I hope that we will work together on this important issue of 'MALNUTRITION'. I assure you that if we make 'Pilot Conin Center' with the Conin Methodology in a year, we will be able to open thousands of them and shall produce great results. If we do this then India will place itself at a position that it truly deserves. Hurray, for this dear country!"

Best Wishes translated in English

### Tri-Express Events

The Hospitality Management Department organised Inter School Competition on 23<sup>rd</sup> - 24<sup>th</sup> August 2017. The three main events Foodie Fix (Cooking Competition), Quizzical (Quiz Competition) and Explore (Treasure Hunt) were held. Shree Sanath Reliya (Vice President, SHARA) inaugurated the event in the presence of Vanita Vishram Management, Faculty members and the Students. Students from ten schools enthusiastically participated in the events and performed to the best of their abilities.

### Bal Mela

The Human Development Department organized a Bal Mela on 5<sup>th</sup> and 6<sup>th</sup> January 2018, highlighting the concept of Multiple Intelligence. The activities catered to Naturalistic Intelligence, Mathematical Intelligence, Linguistic Intelligence, Bodily Kinaesthetic Intelligence etc. The special attractions were two dramas on "Good Touch Bad Touch" and "Good Habits". Children of various schools of Surat attended and enjoyed the events. It was inaugurated by Chief Guest Dr. (Mrs.) Sanjukta Shiva Kumar, Principal of Delhi Public School Tapi.

### Innovision

#### *A Unique Exhibition cum Sale that Provides a Platform to Budding Entrepreneurs*

Department of General Home Science, organized two days Exhibition cum Sale "Innovation- 2018" on 14<sup>th</sup> and 15<sup>th</sup> March, 2018. The timings of this event were 10 A.M. to 4 P.M. for both the days. In this event approximate 140 students participated with high enthusiasm. This Exhibition was also organized as a part of Prime Minister Scheme of enhancing Women Empowerment and through this event; **World Consumer Day** was also celebrated with great success. The main objective behind organizing this Exhibition cum Sale was to enhance Entrepreneurial Skills and Women Empowerment amongst the students, which seemed to be attained at some level. Various corners were arranged in this exhibition like creative craft, art and craft, jewellery, paper craft, wall hanging and food corners etc. Our students earned great profit by this event and learnt how to work in team with spirit and how they can become a successful entrepreneur in future.

### History Fest

The Faculty of Arts organized "History Fest" on the theme "Footprints from the Stone Age" on 30<sup>th</sup> August, 2017. The Fest was organized with an objective to make students understand the significance of History in life and to draw similarities between the Primitive Age and the Modern Age. The ten students from renowned schools of Surat visited the Fest. The students of History performed a skit which depicted the life and times of the Primitive Man.

After the completion of the skit, the school students visited the Exhibition-stalls, which effectively depicted the connection between Stone Age and Modern Age. The visiting students gathered important information and interacted with the History Fest Volunteers who explained them about the various facets of the Stone Age in detail.



## Flash Mob on Mental Health Awareness

India, as a country, has come a long way. Yet it has been dealing with many stigmas, one being the way people perceive mental health and to fight the stigma associated with mental health, the Department of Psychology, organized an event, A Flash Mob on Mental Health Awareness, on 21st January, 2018, at VR Mall, Surat.

The Flash Mob consisted of a dance performance by the fifty students from the Department of Psychology. The performance symbolized the status of Mental Health and how social support along with proper intervention may help its improvement. Through the dance performance the journey of an individual going through stress, crisis, confusion, leading to depression and the feeling of helplessness and hopelessness followed by seeking help and social support, was depicted. The Flash Mob was followed by a sensitizing message given by Asst. Prof. Aditya Farsole (Psychology) who addressed the audience that gathered around in the mall and focused on the stigma attached to mental health in India, and how people are hesitant to ask for help when it comes to mental health. The speech was concluded with an appeal **"Let's all come together and fight against the stigma of Mental Health and It's okay, not to be okay!"**

## Conflict Management

Conflict refers to some form of friction or discord arising within a group when the beliefs or actions of one or more members of the group are either resisted by or unacceptable to one or more members of another group. With the booming population and limited resources, the number of conflicts is more likely to increase, thus, making "Conflict Management" a necessity.

With an aim to educate students and develop "Conflict Management" as a life-enhancing skill, the Departments of English and Psychology organized a workshop on "Conflict management" on 7<sup>th</sup> February, 2018 in the Conference hall. The workshop was conducted by Dr. S. K. Mohanty, the Hon. Secretary (Development & Planning), Vanita Vishram.

In the first session, Dr. Mohanty gave a holistic overview, along with a conceptual understanding of conflict. A detailed explanation of the different theories of conflict and its relevance was also given. This workshop was designed to provide the participants.

- A holistic overview and conceptual understanding of Conflict
  - Generic definition and various theories of Conflict and its relevance
  - Learning / Knowledge and skill to...
- 
- Identify the Areas of 'Conflict'
  - Identify the 'Stakeholders'
  - Explore Potential Conflict-Resolution / Prevention Strategies

In the second session, nearly fifty students were divided into five groups. Each group was given a different case study. The groups gave presentation on their respective case studies, discussing the type of conflict, the area of 'conflict of interest', the stakeholders, and the means through which the conflict could be solved. Also, each group was assigned with a coordinator, who facilitated students. The second session was then followed by a feedback session where some of the students shared their experience and gave feedback on the workshop.



## College Merit: 2016-2017

### Faculty of Arts

Sr. No	SPECIALIZATION	NAME OF THE STUDENT	PERCENTAGE OBTAINED
<b>T.Y.B.A.</b>			
1	Gujarati	Parmar Chaitalbaen S. (Bhikhubhai Award for securing the highest marks in Faculty of Arts)	65.00%
2	Hindi	Bhati Shaheen N.	64.00%
3	English	Iyenger Harini B. (Kanchandevi Award for securing the highest marks in English Department)	63.42%
<b>S.Y.B.A.</b>			
1	Gujarati	Chauhan Kinjalben S.	70.00%
2	Hindi	Patra Ashwini Narayan	66.40%
3	English	Mahuwala Alefiyah A.	71.40%
4	Psychology	Channiwala Insiya J.	74.30%
<b>F.Y.B.A.</b>			
1	Gujarati	Shaikh Ammarabanu M.	79.30%
2	Hindi	Tiwari Prachi A.	64.30%
3	English	Isani Fatima R.	77.90%
4	Psychology	Kachwala Fatema	70.70%







## College Merit: 2016-2017

### Faculty of Home Science

Sr. No	SPECIALIZATION	NAME OF THE STUDENT	PERCENTAGE OBTAINED
<b>T.Y.B.Sc.</b>			
1	Human Ecology & Consumer Services	Khan Humera A.	67.2%
2	Human Development	Gandhi Falak J. <b>(Bhikhubhai Award for securing the highest marks in Faculty of Home Science)</b>	74.1%
3	Food Science & Nutrition	Lahar Minakshi N. <b>(Bhavnaben Desai Award for securing highest marks in Food Science and Nutrition Department)</b>	72.5%
4	Apparel Designing	Mandapwala Rukhaiya T.	69.7%
5	Hospitality Management	Desai Devanshi A.	70.0%
<b>S.Y.B.Sc.</b>			
1	General Home Science	Saiyed Lazeena A.	69.8%
2	Human Development	Osarwala Zainab S.	80.9%
3	Food Science & Nutrition	Patel Karishma N.	82.7%
4	Apparel Designing	Jangir Jyoti V.	87.5%
5	Hospitality Management	Bhawalkar Mahima	82.3%
<b>F.Y.B.Sc.</b>			
1	General Home Science	Chawala Nafisa M.	79.1%
2	Human Development	Moaiyadi Fatema M.	74.5%
3	Food Science & Nutrition	Agrawal Ritika S.	86.1%
4	Apparel Designing	Shaikh Afrin I.	78.6%
5	Hospitality Management	Daginawala Sakina	73.0%
<b>P. G. Diploma</b>			
1	Early Childhood Education	Lacewala Zainab	
2	Dietetics	Kabra Surbhi <b>(Bhikhubhai Award for securing the highest marks in Faculty of Home Science)</b>	



## So Many Words We Speak...

**Meghna Zala**

B.A English

Alumni - 2017

So many words we speak, but how many words do we really know? How do we really define something that is not a fact? Do we really mean them or for just the sake of saying, we use them. Well, take some time think what you ought to say and what you actually say.

**Freedom** – Freedom is what every person on this earth wants. But life fails to give that freedom to us and even if we think that death bestows that freedom on us, I argue do you exist to be free then? Mary Shelley states that 'man is free yet in chains everywhere', it's all about sacrificing our freedom for the sake of other's freedom and if everyone does that, then we are leading towards a free world.

**Faith** – Faith is the rarest of things in Human Character because like every other creature, human adapts to his surroundings. The faith that is existing now is mainly based on ignorance and fear and thus may shift to something else with the change in circumstances. This adds an element of hypocrisy in human nature. Humans can never be believers as they are ought to be seekers.

**Prayer** – Have you ever done prayer? If yes then you did something which is not possible. Prayer is not done, it just happens. You never pray intentionally, the purest of prayers are done involuntarily. Sometime you might have prayed for someone very dear to you when he/she was suffering or was in problem. Did someone tell you to pray? Obviously not, the prayer at that moment came instantly from your heart and it just happened. It is unintentional, selfless and the purest of feelings you can talk of.

**Pleasure** – When I thanked someone who helped me, I received a fantastic reply which demanded deep thought on my notion of pleasure. The person replied – 'My Pleasure'. We've been using this in our day to day language and communication but if given a consideration of thought I really feel how beautiful this notion is, where you find pleasure in someone else's joy. We as humans seek pleasure in everything around us and that is what has made us rule the living world. But I truly believe that the kind of pleasure you demand is the kind of existence you receive in this world. If you are working to get an inner pleasure of being, you are definitely going to live even after your death.

**Silence** - A very famous quote says- A person is good translator if he can translate somebody's silence. Silence is devoid of sound but is capable of creating a peak of tantrum in your thought process. Silence has been a mother of most beautiful poetries in the world. It has been a partner for most igniting ideas of inventions. Silence is the announcement of revolution. It has turned and shaped history. It is that nothing for which pens from the time immemorial have been dancing to mingle in its unique completeness.

What to do you think these words represent? Or do they hold a different meaning in your personal language. Maybe this is a rant on the duality of communication, but won't these little words always keep evolving to a newer identity?



## Academic Staff Achievements



Dr. Bharti Desai completed her Ph.D in “Political and Cultural History of Idar State –A Study (From 1901 to 1948 A.D)” from Pacific University.



Dr. Imran Surti completed his Ph.D in “Representation of Holocaust and Partition: A Study of Select Texts” from VNSGU, Surat.



Dr. Vidushi Choksi completed her Ph.D in “Holocaust and Partition: A Celluloid Test for History” from Pacific University.



Smt. Minakshi Tripathi, Associate Professor –Food Science and Nutrition, cleared the State Eligibility Test (Home Science).



Dr. Padmashree Patel, Assistant Professor- Microbiology, cleared the State Eligibility Test (Life Sciences).

## Bid Adieu...



The College *Pariwar* bade farewell and conveyed its Best Wishes to Shri Rojo Shalom George, Assistant Professor-Psychology Department, as he moved ahead in his academic career by pursuing M.Phil (Clinical Psychology) from the prestigious National Institute of Mental Health and Neurosciences NIMHANS, Bangalore.



Shri Bhenkabhai Mohanbhai Patel joined the institute on 01/06/1987 as a Peon. He was promoted to the position of a Junior Clerk on 04/10/2012. After a fulfilling service he retired on 14/06/2018. On behalf of the College *Pariwar* we wish him a happy and healthy retired life.



## ACADEMIC ACHIEVEMENTS

### FACULTY OF ARTS

#### (DEPARTMENT OF GUJARATI)

##### Dr. Mukesh Chauhan

Date	Seminar/Workshop/Conference/Research Publication
15 <sup>th</sup> & 16 <sup>th</sup> Apr. '17	Attended a National Seminar on Ambedkarite Literature and Marginalized Society, Ahmedabad
13 <sup>th</sup> Jul. '17	Attended Femicon 17 Conference, VNSGU, Surat
7 <sup>th</sup> to 11 <sup>th</sup> Sept. '17	Facilitator at a Development Workshop NSS VNSGU, Surat
24 <sup>th</sup> Mar. '18	Attended National Seminar on 'Search of Drama', VNSGU, Surat

##### Dr. Vishwanath Patel

Date	Seminar/Workshop/Conference/Research Publication
23 <sup>rd</sup> Mar. '18	Delivered a review lecture on 'Indian Culture in Vadamna Novel' organized by Akhil Bharatiya Sahitya Parishad and Sheth P.T. Mahila college of Arts & Home Science and Science Unit, Surat
24 <sup>th</sup> Mar. '18	Attended National Seminar on 'Search of Drama', VNSGU, Surat

#### (DEPARTMENT OF HINDI)

##### Dr. Arvind Vasava

Date	Seminar/Workshop/Conference/Research Publication
10 <sup>th</sup> & 11 <sup>th</sup> Mar. '18	Presented a Research Paper on 'Bhartiya Saahitya mein Aadiwasi Samaj' at a Two day International Seminar: Bhartiya Aadiwasi Saahitya at M.T.B. Arts College, Surat.

#### (DEPARTMENT OF ENGLISH)

##### Dr. Smita Bhatt

Date	Seminar/Workshop/Conference/Research Publication
2018	Member of Board of Studies in English at VNSGU, Surat
07 <sup>th</sup> Feb. '18	Participated in a One day Workshop on Conflict Management, at Sheth P.T. Mahila College of Arts & Home Science and Science Unit.
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Chaired a Session on 'Parenting-From Reel to Real Life' and also Presented a Research Paper on "A study on Practices for Woman Empowerment and the Policy Framework thereof in India" at a two day National Conference on "Family Empowerment -A Path Towards Better Life" organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN: 978-93-82037-74-3.
March, 2018	Paper published on "A Study on Work Life Balance of Women Employees in Higher Education Academics" in International Journal of Creative Research Thoughts (IJCRT) {ISSN: 2320-2882}, Vol. 6, Issue 1, March, 2018 as First Author.
Apr. '18	Member of the Book Review Committee for a Book "Live Better Life through Family Empowerment" published by Prism Books (India) Jaipur ISBN: 978-93-82037-74-3.



**Capt. Dr. Saroj Prajapati**

Date	Seminar/Workshop/Conference
30 <sup>th</sup> Sept. to 13 <sup>th</sup> Oct. '17	Detailed for IG(RDC) at Ahmedabad.
14 <sup>th</sup> & 15 <sup>th</sup> Oct. '17	Attended Narmada Sailing Camp.
25 <sup>th</sup> Aug. '17	Awarded the "The Best NCC Female Officer" by ADG Maj. Gen. Subhash Sharan
16 <sup>th</sup> June, '17	Attended NCC Training Program.
20 <sup>th</sup> to 29 <sup>th</sup> Dec. '17	Attended Pre RDC, Ahmedabad.

**Dr. Imran Surti**

Date	Seminar/Workshop/Conference
Jul. Oct. '17	Qualified NPTEL online Certification Exam based on Soft Skills.
15 <sup>th</sup> to 16 <sup>th</sup> Sept. '17	Published a Research Paper Titled "Holocaust as History": Thomasn Kenerally's Schindler's List" at Arts in Literature, Culture and History (National Seminar), Department of Gujarati, VNSGU, Surat.
16 <sup>th</sup> Dec. '17	Attended a Workshop on "Motivational Traning (MI) & Parners for Change Outcome Management System (PCOMS)"
2017-18	Ph.D in "Representation of Holocaust and Partition: A Study of Select Texts" from VNSGU, Surat.

**(DEPARTMENT OF PSYCHOLOGY)**

**Shri Harendra Parmar**

Date	Seminar/Workshop/Conference
27 <sup>th</sup> Jul.'17	Delivered Guest Lecture on "Team Building" at the Department of Psychology, The Maharaja Sayajirao University of Baroda, Vadodara.
21 <sup>st</sup> & 22 <sup>nd</sup> Sept.'17	Attended International Faculty Development Programme Phase – 1, HRDC, Anand.
16 <sup>th</sup> Dec. '17	Participated in a one day Training Workshop on Motivational Interviewing (MI) and Partners for Change Outcome Management System (PCOMS) conducted by Psy Lens in collaboration with Sheth P. T. Mahila College of Arts, Home Science and Science Unit and Western Texas A&M University.
08 <sup>th</sup> Jan. '18	Visit to Garda College, Navsari for Training of the Psychology Practical.
18 <sup>th</sup> to 20 <sup>th</sup> Jan. '18	Organized and co-ordinated a three days Workshop on "Basic Acting and Script Writing".
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Presented a Paper on "Attitude Towards Women Empowerment " at a two day National Conference on "Family Empowerment -A Path Towards Better Life" Organized by Human development Department and Library, Sheth P.T. Mahila college of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN: 978-93-82037-74-3
06 <sup>th</sup> Mar. '18	Attended an International Faculty Development Programme, Phase – 2at HRDC, VNSGU, Surat.
Apr. 2018	Published a Paper on "Attitude Towards Women Empowerment" in Book entitled "Live Better Life through Family Empowerment" ISBN 978-93-82037-74-3





### Shri Aditya Farsole

Date	Seminar/Workshop/Conference
10 <sup>th</sup> Sept. '17	Attended a One Day Suicide Prevention Program organized by an NGO 'SOCH' at VNSGU, Surat.
18 <sup>th</sup> &19 <sup>th</sup> Sept. '18	Attended an International Faculty Development Program, Phase -1 at HRDC, Anand, Gujarat.
16 <sup>th</sup> Dec. '17	Full day Training in Motivational Interviewing (MI) and Partners for Change Outcome Management System (PCOMS) organized by "West Texas A & M University in Collaboration with Psy Lens and Sheth P. T. Mahila College of Arts and Home Science & Science Unit, Surat.
08 <sup>th</sup> Jan. '18	Visit to Psychology Laboratory at Garda College, Navsari for Training in Psychology Practicals.
07 <sup>th</sup> Feb. '18	Participated in a One day Workshop on Conflict Management, at Conference Hall, Sheth P.T. Mahila College of Arts & Home Science and Science Unit.
20 <sup>th</sup> Feb. '18	Attended a workshop on 'Using Story-telling for Teaching and Learning' by Dr. Eric Milller, Director of The World Story-telling Institute.
20 <sup>th</sup> &21 <sup>st</sup> Feb. '18	Attended a two day National Conference on "Family Empowerment -A Path Towards Better Life" Organized by Human development Department and Library, Sheth P.T. Mahila college of Arts & Home Science and Science Unit, Vanita Vishram, Surat.
06 <sup>th</sup> Mar. '18	Attended an International Faculty Development Programme, Phase -2 at HRDC, VNSGU, Surat.
15 <sup>th</sup> Mar. '18	Participated a College Branding and Promotional activity at Karimabad Jamatkhana, Surat, on the occasion of Women`s Day Celebration.
24 <sup>th</sup> Mar. '18	Published a Paper on "Psychological Analysis of 'Mahatma Gandhi on his path to Self-Actualization in South Africa' taken from Richard Attenborough`s Biographical Film Gandhi (1982)" in UGC Sponsored One Day Interdisciplinary International Conference:- Beyond Boundaries : Gandhian Vision in the age of Globalization by Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya and Gandhi Study Centre – New Arts, Commerce and Science College, Wardha.

### Dr. Bharti Desai (History)

Date	Seminar/Workshop/Conference/Publication
2017-18	Ph.D in "Political and Cultural History of Idar State –A Study (From 1901 to 1948 A.D)" from Pacific University.

### Dr. Jaya Barevadiya (Librarian)

Date	Seminar/Workshop/Conference/Publication
12 <sup>th</sup> Aug. '17	Presented a Review Paper on "Library Space Management: A Step Towards Digital Library" for "Re-imagining Today's Librarianship" at Adani Institute of Infrastructure, Ahmedabad ISBN 978-93-86578-11-2 pp 175-177



Date	Seminar/Workshop/Conference/Publication
14 <sup>th</sup> &15 <sup>th</sup> Oct. '17	Presented a Review Paper on “Valuable Contribution of Gandhiji in Development of Literature” at International Conference on The Journey of Indian Languages: Perspectives on Culture and Society held at Dr. Baba Sahib Ambedkar Open University, Ahmedabad.
18 <sup>th</sup> Nov. '17	Presented a Review Paper on “Innovative Ways to Help the Hands for Differently Abled Users of Library” at HSLA National Conference on “Advancement and challenges Health Science Librarianship: Need of Transformation of Medical & Allied Sciences Librarianship in Digital Era” held at Pandit Dindayal Upadhyay Medical College, Rajkot (Gujarat). pp. 31-39 ISBN:978-81-934810-1-1
25 <sup>th</sup> &26 <sup>th</sup> Feb.'18	Presented a Review Paper on “ <i>Ajana Yuvak na paya na ghadatar mate vanchan tev thakee jaruriat: vanchan tev vikasavava mahiti pratyayan technology ek uttam sadhan</i> ” at 34 <sup>th</sup> Library Seminar of Gujarat Granthalay Seva Sangh, Ahmedabad held at Ambaji Dist. Banashkantha. pp. 31-39 ISBN: 978-81-934810-1-1.
23 <sup>rd</sup> Apr.'17	Attended National Conference on “Transforming Libraries into Digital Era- A Journey from Librarian to Cybrarian” organized by C.U. Shah University, Surendranagar and ADINET, Ahmedabad.
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Presented a Review Paper on “Books are Best Friends of Teenagers” at a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN: 978-93-82037-74-3.
Apr. '18	Edited a book “Live Better Life through Family Empowerment” published by Prism books (India) Jaipur ISBN: 978-93-82037-74-3.



## FINAL YEAR STUDENTS



Department of Gujarati



Department of Hindi



Department of English



Department of Psychology

## PRE-SCHOOL UNIT



Senior Kindergarten



Junior Kindergarten





## FINAL YEAR STUDENTS



**Department of General Home Science**



**Department of Human Development**



**Department of Food Science and Nutrition  
(Gujarati Medium)**



**Department of Food Science and Nutrition  
(English Medium)**



**Department of Apparel Designing**



**Department of Hospitality Management**



**P.G. Diploma in Dietetics**



**P.G. Diploma in Early Childhood Education**



## FACULTY OF HOME SCIENCE

(DEPARTMENT OF GENERAL HOME SCIENCE)

**Smt. Purnima Pancholi**

Date	Seminar/Workshop/Conference
20 <sup>th</sup> &21 <sup>st</sup> Feb. '18	Presented a Paper on “Ignite Youth through Spirituality and Value Education” at a two day National Conference on “Family Empowerment - A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.

**Dr. Suhas Vaidya**

Date	Seminar/Workshop/Conference
20 <sup>th</sup> &21 <sup>st</sup> Feb. '18	Presented a Paper on “Inculcating Human Values in Children and Youth” at a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.

**Smt. Anuradha Shah**

Date	Seminar/Workshop/Conference
25 <sup>th</sup> Sept. '17	Presented a Paper on “Risk Management in Entrepreneurship Management” at UGC Sponsored National Seminar, Vishanagar, Gujarat.

**Dr. Jyoti Godre**

Date	Seminar/Workshop/Conference
20 <sup>th</sup> &21 <sup>st</sup> Feb. '18	Presented a Paper on “Boutique Entrepreneurship – An Element of Family Empowerment - Study ” at a two day National Conference on “Family Empowerment - A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.

**Dr. Payal Jain**

Date	Seminar/Workshop/Conference
20 <sup>th</sup> &21 <sup>st</sup> Feb. '18	Presented a Paper on “Conceptual Review on Smart Nutrition Tips for Managing Stress in Working Women” at a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.
29 <sup>th</sup> to 31 <sup>st</sup> Mar. '18	Presented a Paper on “Assessment of Nutritional Status of Elderly in India” at International Conference on Microbial, Plant and Animal Genome, Organized by Mody University of Science & Technology, Lakshmangarh, Sikar, Rajasthan.





**(DEPARTMENT OF HUMAN DEVELOPMENT)**

**Dr. Rupam Bhatt**

Date	Seminar/Workshop/Conference
16 <sup>th</sup> Dec. '17	Full Day Training in Motivational Interviewing (MI) and Partners for Change Outcome Management System (PCOMS) organized by “West Texas A & M University in Collaboration with Psy Lens and Sheth P.T. Mahila College of Arts and Home Science & Science Unit, Surat.
20 <sup>th</sup> &21 <sup>st</sup> Feb. '18	Presented a Paper on “A Study On Parenting Style and Stress among Adolescence” at a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat ISBN:978-93-82037-74-3.
Apr. '18	Edited a book “Live Better Life through Family Empowerment” published by Prism books (India) Jaipur ISBN:978-93-82037-74-3.

**Smt. Smriti Juneja**

Date	Seminar/Workshop/Conference
9 <sup>th</sup> to 15 <sup>th</sup> Jul. '17	Attended Faculty Development Programme on 'Wellbeing and Happiness' at Banasthali University, Rajasthan.
16 <sup>th</sup> Dec. '17	Full day Training in Motivational Interviewing (MI) and Partners for Change Outcome Management System (PCOMS) organized by “West Texas A & M University in Collaboration with Psy Lens and Sheth P.T. Mahila College of Arts and Home Science & Science Unit, Surat.
20 <sup>th</sup> &21 <sup>st</sup> Feb. '18	Participated at a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat.

**Smt. Hiral Trivedi**

Date	Seminar/Workshop/Conference
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Presented paper on “Comparative Studies on Emotional Intelligence In Boys and Girls” at a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.
16 <sup>th</sup> Dec. '17	Full day Training in Motivational Interviewing (MI) and Partners for Change Outcome Management System (PCOMS) organized by “West Texas A & M University in Collaboration with Psy Lens and Sheth P.T. Mahila College of Arts and Home Science & Science Unit, Surat.



**Dr. Shashi Saini**

<b>Date</b>	<b>Seminar/Workshop/Conference</b>
Jun.'17	Published a Research Paper on “Single Women in Society: Perception, Problems and Challenges” in Research Journal of Philosophy & Social Sciences, Vol.43 No.1, June 2017, ISSN: 0048-7325
9 <sup>th</sup> to 15 <sup>th</sup> Jul. '17	Attended Seven Days Faculty Development Programme on “Well-Being & Happiness” organized by Faculty of Home Science Banasthali Vidhyapith, Rajasthan, Sponsored by Ministry of Human Resource Development
Jul. '17	Guided 3 Projects to students of Diploma of Nutrition & Health Education (DNHE) of IGNOU, Surat.
16 <sup>th</sup> Dec. '17	Full day Training in Motivational Interviewing (MI) and Partners for Change Outcome Management System (PCOMS) organized by “West Texas A & M University in Collaboration with Psy Lens and Sheth P.T. Mahila College of Arts and Home Science & Science Unit, Surat.
Dec.'17	Became a Member of the Editorial Board Cum Review Committee of Research Journal of Philosophy & Social Sciences, A Peer Reviewed & Referred International Journal, ISSN 0048-7325, Impact Factor 4.0012
5 <sup>th</sup> & 6 <sup>th</sup> Jan. '17	Organized a Local Level Event “Bal Mela” for Young Children, ECE Trainees and Educators
16 <sup>th</sup> Jan.'18	Delivered an Expert lecture on “ Empowering Self-Identity in Adolescence” in Agarwal Vidhya Mandir College, Vesu, Surat
20 <sup>th</sup> & 21 <sup>st</sup> Feb.'18	Organized National Conference on “Family Empowerment- A Path Towards Better Life”.
20 <sup>th</sup> & 21 <sup>st</sup> Feb.'18	Paper entitled “ Social Media: Paramount Repercussion on Self-Esteem & Well-Being of Adolescents” presented in National Conference on “Family Empowerment- A Path Towards Better Life” organized by Department of Human Development & Library, SPTMC, Surat. ISBN:978-93-82037-74-3.

**(DEPARTMENT OF FOOD SCIENCE AND NUTRITION )**

**Dr. Khushman Dholawala**

<b>Date</b>	<b>Seminar/Workshop/Conference</b>
20-21 Feb 2018	Organized National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat.
13 <sup>th</sup> April, 2018	Delivered Lecture on “Nutrition During Pregnancy and Lactation” under Community Awareness Program at Umiya Grahani Talim Shivir.
2017-18	Member of Board of Studies Home Science, VNSGU, Surat.



### Shri. Virendra Joshi

Date	Seminar/Workshop/Conference
15th Sept. '17	Participated in National level Symposium on “ Research Project: Proposal and Grants” organized by Shree Ramkrishna Institute of Computer Education & Applied Science, Surat.
20 <sup>th</sup> &21 <sup>st</sup> Dec. '17	Participated in NAAC sponsored National Conference on Quality Assurance in Higher Education: with Special Reference to New Methodology of NAAC Assessment, organized by Smt. J.P. Shroff Arts College, Valsad, Gujarat.

### Smt. Meena Raja

Date	Seminar/Workshop/Conference
13 <sup>rd</sup> Jul. '17	Attended workshop on Femicom associated with VNSGU, Surat and SMC.
7 <sup>th</sup> to 11 <sup>th</sup> Sep. '17	Attended Facilitator Development Workshop organized by NSS, VNSGU, Surat and collaboration with British Council India and Rajiv Gandhi National Institute of Youth Development.
22 <sup>nd</sup> to 24 <sup>th</sup> Sep. '17	Represented NSS team of VNSGU, Surat as a team manager for State National Service, NSS award 2016-17 at Kachchh University, Bhuj.
16 <sup>th</sup> &17 <sup>th</sup> Mar. '17	Participated in UNICEF Supported State Level Workshop on 'Strengthening the Curriculum of Home Science Colleges Across Gujarat in Public Health Nutrition' Organized by Department of Food & Nutrition, MSU, Baroda

### Smt. Minakshi Tripathi

Date	Seminar/Workshop/Conference
27 <sup>th</sup> Aug. '17	Qualified Gujarat SET, 2017 conducted by M.S. University of Baroda.
2017-18	Received Certificate of Appreciation from Ministry of Finance Government of India, Central Board of Direct Taxes.
21 <sup>st</sup> to 25 <sup>th</sup> Dec. '17	Participated in Workshop on “Advancement in Wireless and Optical Communication” organized by SVNIT, Surat.
2017	P.G. recognition from VNSG University, Surat in 2017.
2017	Empanelled as a Trainer for Finishing School, KCG and Department of Higher Education of Gujarat Initiative.
2017	Empanelled as a Trainer for Global Academic Carrier Counsellor, KCG and Department of Higher Education of Gujarat Initiative.
Oct. '17	Participated and successfully completed one week Workshop on “Optical and Wireless Communication” at SVNIT, Surat.
17 <sup>th</sup> Dec. '17	Delivered a lecture on “Diet for Obese Youth” at TIFEC, as a subject expert at a Seminar on Scientific Obesity Management organized by Shree Ram Krishna College of Microbiology & International Association of Lions club, Surat
16 <sup>th</sup> Jan. '18	Invited as expert for seminar on “Sustainable Development through- Breast Feeding” by Agarwal Samaj Education Trust College at Surat.
2018	Paper published in International Journal on " Nutrition Harmony", was selected from seminar on World Interfaith Harmony Week Celebration. ISSN2455-3085, International Journal of Multidisciplinary.



Date	Seminar/Workshop/Conference
22 <sup>nd</sup> Jan. '18	Attended National Symposium on 'Vedic Cuisines' organized by Auro University, Surat.
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Presented a paper on “Understanding Nutrition, Depression and Mental illness- Cause for Suicide” at a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.

**Smt. Roshni Vakilna**

Date	Seminar/Workshop/Conference
Jun. '17	Painting –Oil on Canvas on “Conception of Mother Nature” selected as a cover page of a book titled “Chaperone’ compiled by Simran Sharma.
7 <sup>th</sup> Aug. '17	Invited as a Speaker for Breast Feeding Promotion among Youth on the theme 'Sustainable Development through- Breast feeding' organized by Surat Municipal Corporation.
22 <sup>nd</sup> to 23 <sup>rd</sup> Sept. '17	Participated in a Workshop on “Unsupervised Learning, Associative Mining and Distance Matrix” at H.B.M. Academy.
Mar. '18	Paper titled “Understanding the Knowledge, Attitude and Practices of Grass root Level Workers of ICDS in Surat City, Gujarat, Western India” published in March issue of National Journal of Community Medicine.

**Dr. Shilpee Agarwal**

Date	Seminar/Workshop/Conference
9 <sup>th</sup> to 15 <sup>th</sup> Jul. '17	Attended Faculty Development Programme on 'Wellbeing and Happiness' at Banasthali University, Rajasthan.
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Presented paper on 'Adolescent Girls- Eating Attitudes and Body Apprehensions- A Review' a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.

**(DEPARTMENT OF APPAREL DESIGNING)**

**Smt. Archita Khaitan**

Date	Seminar/Workshop/Conference
9 <sup>th</sup> to 15 <sup>th</sup> Jul. '17	Attended Faculty Development Programme on 'Wellbeing and Happiness' at Banasthali University, Rajasthan.
25 <sup>th</sup> Sept. to 23 <sup>rd</sup> Nov. '17	Attended a Course on Adobe Photoshop, organized by Vanita Vishram Management.
29 <sup>th</sup> Jan. '18	Technical Jury of Fashion Show at IGFD, Vanita Vishram, Surat.



### Smt. Nila Patel

Date	Seminar/Workshop/Conference
25 <sup>th</sup> Sept. to 23 <sup>rd</sup> Nov. '17	Attended a Course on Adobe Photoshop , organized by Vanita Vishram Management.
1 <sup>st</sup> Jun. '17- till date	Act as visiting faculty of Art & Craft at Gopipura Mahila Udhyog.
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Presented a Paper on “ Role of Indian Handicraft in Family Empowerment” at a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.
1 <sup>st</sup> Jul. '17- till date	Visiting Faculty at IGFD, Vanita Vishram.

### Dr. Manjali Sharma

Date	Seminar/Workshop/Conference
24 <sup>th</sup> to 29 <sup>th</sup> Jul. '17	Attended National Level Faculty Development Programme on 'Basic Understanding of Research Methodology & Data Analytical Tools' at Guru Kashi University, Bhatinda.
29 <sup>th</sup> Jan. '18	Technical Jury of Fashion Show at IGFD
31 <sup>st</sup> Jan. '18	Judged Fashion Show Swayamsiddha organized by IGFD
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Presented a Paper on “Role of Handloom Sector on Family Empowerment” & “Role of Textile & Fashion of Women Empowerment” at a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.
29 <sup>th</sup> -31 <sup>st</sup> Mar. '18	Presented a Paper on Nanotoxicology in Textiles at International Conference on Microbial Plant and Animal Genome organized by Mody University of Science and Technology, Lakshmangarh, Sikar, Rajasthan.

### Ms. Unnati Jhadav

Date	Seminar/Workshop/Conference
1 <sup>st</sup> to 3 <sup>rd</sup> Feb. '18	National Conference HSAI - on “ Family and Community Science – Catalyst for Sustainable Development Goals” - At Udaipur
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Presented a Paper at the two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat.
31 <sup>st</sup> Jan. '18	Judged Fashion Show Swayamsiddha organized by IGFD, Vanita Vishram, Surat.
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Presented paper on “ Role of Textile & Fashion of Women Empowerment” & “ Role of Handloom sector on Family Empowerment” at a two day National Conference on “Family Empowerment -A Path Towards Better Life” Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.





## (DEPARTMENT OF HOSPITALITY MANAGEMENT)

**Smt. Ruchika Agarwal**

Date	Seminar/Workshop/Conference
16 <sup>th</sup> Dec. '17	Full day Training in Motivational Interviewing (MI) and Partners for Change Outcome Management System (PCOMS) organized by "West Texas A & M University in Collaboration with Psy Lens and Sheth P.T. Mahila College of Arts and Home Science & Science Unit, Surat.
22 <sup>nd</sup> Jan. '18	Attended National Symposium on 'Vedic Cuisines' organized by Auro University, Surat.
	Presented Paper on "Role of Family Empowerment as an Agent for Enhancing Youth Resilience" a two day National Conference on "Family Empowerment -A Path Towards 20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18 Better Life" Organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN:978-93-82037-74-3.
5 <sup>th</sup> to 9 <sup>th</sup> Mar.'18	Conducted Training Program for the Front Office Executives at Venus Hospital, Ashaktashram, Surat.

**Dr. Vinita Dave**

Date	Seminar/Workshop/Conference
	Presented a Research Paper on, " E-Governance and Ease of Administration in Educational Institutions", in the International Conference on, "Efficient Implementation of Digital India and Cashless Transactions", at Janardan Rai Nagar, Rajasthan Vidyapeeth Deemed University, Udaipur, Rajasthan. 30 <sup>th</sup> & 31 <sup>st</sup> Oct. '17
19 <sup>th</sup> & 20 <sup>th</sup> Jan. '18	Participated and Presented two Research Papers on: A) Green Tourism-need for Sustainable Development in the Tourism Industry. B) Practicing E-Governance in Higher Education Institutions to Enhance Quality of Education. In the International Conference on, "Mapping Global Changes in Business, Economy, Society and Culture, at Faculty of Management Studies, Pacific University, Udaipur, Rajasthan.
20 <sup>th</sup> & 21 <sup>st</sup> Feb. '18	Chaired a Technical Session and presented a paper on "Role of Education in Woman and Family Empowerment : Issues and Impact" a two day National Conference on "Family Empowerment -A Path Towards Better Life" organized by Human Development Department and Library, Sheth P.T. Mahila College of Arts & Home Science and Science Unit, Vanita Vishram, Surat. ISBN: 978-93-82037-74-3.

## FACULTY OF SCIENCE

### (DEPARTMENT OF MICROBIOLOGY)

**Dr. Padmshree Patel**

Date	Seminar/Workshop/Conference
15 <sup>th</sup> Sept. '17	Participated in National level Symposium on " Research Project: Proposal and Grants" organized by Shree Ramkrishna Institute of Computer Education & Applied Science, Surat.



## (DEPARTMENT OF CHEMISTRY)

Dr. Navnit J. Chothani

Date	Seminar/Workshop/Conference
20 <sup>th</sup> &21 <sup>st</sup> Dec. '17	Participated in NAAC sponsored National Conference on Quality Assurance in Higher Education: with Special Reference to New Methodology of NAAC Assessment, organized by Smt. J.P. Shroff Arts College, Valsad, Gujarat.
23 <sup>rd</sup> to 25 <sup>th</sup> Dec. '17	Presented a Paper on "Effect of Terminal Substituent on Mesomorphic Properties of 6-n-Alkoxy-2-Naphthoic acid" in 54 <sup>th</sup> Annual National Convention of Chemists-2017 Jointly organized by Department of Chemistry, Uka Tarsadia University, Bardoli (Gujarat-India) and Indian Chemical Society-Kolkata.

## HUMOR IN THE VEIN

**"A day without laughter is a day wasted."**

A very well known quote by **Charlie Chaplin**, an English Comic actor, who made us laugh through his silent Comedy. Okay, how many times you laugh in your entire day? According to one study, the average four-year-old child laughs three hundred times a day while the average adult laugh about fifteen times a day. Why is this so? Comedian Steve Martin repeatedly laughs for five minutes in front of the mirror every morning to get his creative juices flowing and to set his day on a high note- Try, It Works. Daily laughter has been shown to elevate our moods, promote creativity and give us more energy.

### Laughter as a Stress Reliever:

Chuckling is a fabulous approach to diminish stress in our lives and can help you to adapt and survive. Giggling gives a full-scale workout to our muscles and unleashes a surge of anxiety busting endorphins. Since our bodies cannot recognize genuine and fake chuckling, anything that makes you sinker will have a positive effect. You should not be upbeat or have a comical inclination to profit by a decent chuckle. William James, the father of Modern Psychology observed, 'We don't laugh because we are happy, we are happy because we laugh'.

### The Benefits of Laughter:

Life and Laughter are the two wheel of the same cycle. If a man does not have balanced laugh in his life then life becomes drab and dreary. We need to have contact ratio of life and laughter so we can have the best life. Laughter affects our body and spiritual mind equally. It is the necessary for the life as well as for the soul. It inspires the person to do a task. Giggling make you feel great. Furthermore, the positive sentiments that you get when you are alone it stays with you even after the giggling goes down. Laughter helps you keep a positive, idealistic viewpoint through troublesome circumstances and fortune. Laughter is your claim, an essential piece of life.

If once started laughing on own self, the man's success will be in his hand.

**Jain Sadhana**

F. Y. B. Sc.- (Microbiology)

## ART



**Rashi Maheshwari**  
TYBA (Psychology)

What is art?

Is it a talent very few possess?  
Is it a canvas of thought process?  
Is it the colour or the shape or the texture?  
Is it the way of soul surrender?

I'll tell you what it is!

Art is magic

Sometimes tragic,

Art is melody

Soothing remedy.

Art is feeling, conveying, depicting,

Art is sharing, making, believing.

Art is the nature in all its glory

So next time someone asks us, what is art?

Art is the human – brutal and gory.

Art is what you see and touch

Art is what you feel and hear

Art is as simple as it can be

Art is complex in ways you see

Art is nothing but an extension of us

A glimpse into the hidden corners of us.

Art is expression in all its forms

You'd be surprised to know it's a norm

Art is anywhere

Art is everywhere

Art is the art of identifying art

If you get this you are an art!

Art is us. We are the art.



## DEPARTMENTAL ACTIVITIES

### DEPARTMENT OF GUJARATI

Date	Activities	Dhara
7 <sup>th</sup> Jul. '17	Celebration of Gurupurnima	Sarjanatmak Abhivyakti Dhara
9 <sup>th</sup> Aug.'17	Elocution Competition	Sarjanatmak Abhivyakti Dhara
24 <sup>th</sup> Aug. '17	Celebration of 184 <sup>th</sup> Narmad Jayanti	Sarjanatmak Abhivyakti Dhara
4 <sup>th</sup> Aug. '17 to 11 <sup>th</sup> Aug. '17	Unit wise Questionnaire	Sarjanatmak Abhivyakti Dhara
23 <sup>rd</sup> Mar. '18	Session on Indian Culture in Gujarati Literature	Gyan Dhara

### DEPARTMENT OF HINDI

Date	Activity	Dhara
3 <sup>rd</sup> week of July	Movie Screening of the film 'Malapati Munj' for the TYBA students.	Gyan Dhara
7 <sup>th</sup> Jul. '17	Celebration of Gurupurnima	Gyan Dhara
9 <sup>th</sup> Aug. '17	Debate Competition	Gyan Dhara
24 <sup>th</sup> Aug. '17	Celebration of 184 <sup>th</sup> Narmad Jayanti	Gyan Dhara
6 <sup>th</sup> Sept. '17	Kaavya-Pathan Competition.	Kala Kaushalya Dhara
7 <sup>th</sup> Sept. '17	Sahitik Parichay	Gyan Dhara
8 <sup>th</sup> Sept. '17	Book Review	Gyan Dhara
3 <sup>rd</sup> Oct. '17	Visit to Old-Age Home	Samuday Seva Dhara
4 <sup>th</sup> Aug. '17 to 11 <sup>th</sup> Nov. '17	Unit wise Questionnaire	Sarjanatmak Abhivyakti Dhara
23 <sup>rd</sup> Mar. '18	Session on Indian Culture in Gujarati Literature.	Gyan Dhara

### DEPARTMENT OF ENGLISH

Date	Activities	Dhara
5 <sup>th</sup> Oct. '17	Organized a Seminar on "Communication through Experiential Learning"	Sarjanatmak Abhivyakti Dhara
6 <sup>th</sup> Oct. '17	Organized an Event "Meet the Author- Savi Sharma"	Gyan Dhara
18 <sup>th</sup> Jan.'18 to 20 <sup>th</sup> Jan. '18	Organized a three days Workshop on "Basic Acting and Script Writing"	Natya Dhara
7 <sup>th</sup> Feb. '18	One day Workshop on "Conflict Management"	



Date	Activities	Dhara
7 <sup>th</sup> Feb. '18	Screened a movie titled – 'Wide Sargasso Sea'	Gyan Dhara
	Screened a movie titled – 'The Birthday Party'	Gyan Dhara
	Screened a movie titled – 'Guide'	Gyan Dhara
	Screened a movie titled – 'Emma'	Gyan Dhara
4 <sup>th</sup> Jul. '17	Lecture on Sexual Harassment for SYBA and TYBA.	Gyan Dhara
11 <sup>th</sup> Aug. '17	Debate on: 'Should there be Dress Code in the College?' FYBA.	Sarjanatmak Abhivyakti Dhara
12 <sup>th</sup> Aug. '17	Movie Review on – Karsandas, Pay and Use, Sultan, Akira, Mary Kom, Fault In Our Stars, Diversion, Three Idiots, Bajrangi Bhaijaan, Thai Jushe	Sarjanatmak Abhivyakti Dhara

#### DEPARTMENT OF PSYCHOLOGY

Date	Activities	Dhara
22 <sup>nd</sup> Jul. '17	Movie Screening on Psychopathology named 'Split'.	Gyan Dhara
Aug. '17	Internship Programme (1 month)	Gyan Dhara
10 <sup>th</sup> Sept. '17	Suicide Prevention Programme at M.T.B. College, Surat.	Gyan Dhara
10 <sup>th</sup> Oct. '17	Screened a Movie 'Inside Out' as a part of 'Mental Health Day Celebration'.	Gyan Dhara
9 <sup>th</sup> Nov. '17	Field Visit to 'Shree Nandan School', Chandani Chowk, Surat	Gyan Dhara
16 <sup>th</sup> Dec. '17	Organized a Full day Training Program on “Motivational Interviewing (MI) and Partners for Change Outcome Management System (PCOMS)” in collaboration with Human Development Department.	Gyan Dhara
21 <sup>st</sup> Dec. '17	Of Secret Santa(s), Stockings, Sentiments and Shenanigans-Guest Lecture by Shri Rojo Shalom George on “My Experience at NIMHANS: Career Opportunities and Scope in Psychology	Sarjanatmak Abhivyakti Dhara/Gyan Dhara
28 <sup>th</sup> Dec. '17	Movie Screening “Front of the Class” A movie based on Tourette's Syndrome.	Gyan Dhara
18 <sup>th</sup> Jan. '18 to 20 <sup>th</sup> Jan. '18	Three days' Workshop on “Basic Acting and Script Writing” in collaboration with English Department.	Natya Dhara
21 <sup>th</sup> Jan. '18	Flash Mob regarding “Mental Health Awareness” at VR Mall, Surat.	Samuday Seva Dhara/ Geet Sangeet Dhara
7 <sup>th</sup> Feb. '18	One day Workshop on “Conflict Management” in collaboration with English Department.	Gyan Dhara

## DEPARTMENTAL ACTIVITIES

### GUJARATI



Celebration of 184<sup>th</sup> Narmad Jayanti



Elocution Competition

### HINDI



Kavya Pathan-Celebration of Hindi Diwas



Sahityak Parichay



Visit to Old Age Home





## ENGLISH



**Dr. Mohanty at the Seminar on “ Communication through Experiential Learning”**



**"Meet the Author"- Ms. Savi Sharma**



**Workshop on Basic Acting and Script Writing**

## PSYCHOLOGY



**Movie Screening 'Front of the Class'**



**Workshop on "Counselling Skills"**



**Visit to Shree Nandan School**



**Of Secret Santa(s), Stockings, Sentiments and Shenanigans**

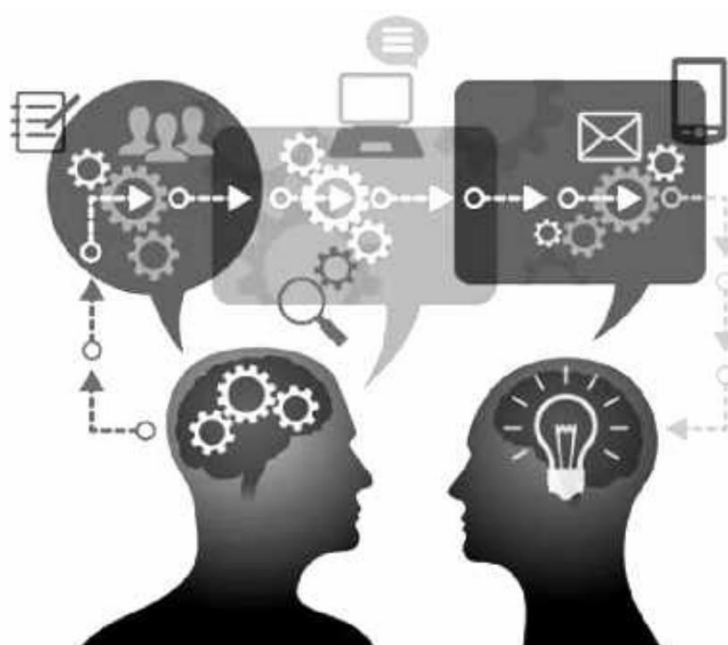
## EDUCATION SYSTEM AND LEADERSHIP:



**Nandini Sanadhya**

F.Y.B.A. (English)

The era we are born in, a weapon you can always rely on is your knowledge. Looking forward to the future, the empire builders we can visualize are the current budding brains. More they are fed with information and knowledge, better our future looks. How do we confirm the happening of the same? Answer which always pops up is the education they receive. The institution we are connected to, our education system is the only way we can ensure the availability of quality learning. But in today's time how do we blindly give away ourselves when we clearly understand how adulterated every single aspect of this system is? Education system has the power to change the world upside down and it is completely on the people who run this as to how do we utilize the same. No matter what the situation may be, almost every child is connected to this system directly. Now we need to realize what power it possesses. Every child is different and this is the real beauty we can ever witness; how much are we promoting that? very less to be fair! Bookish knowledge is important but not enough. It needs to be taken care of if a child is capable enough to handle a group of people under him/her or if he has satisfactory oratory skills and if not, sorry, years of learning wasn't enough. And this is not a rare scene we face, every other child has a fear of being in spotlight, and this fear is real! What can we do to change this? A little change to be honest, but very hard to carry out I guess: Put your heart into the job you are doing! That is it. Every director, principal, teacher and what so ever role you are playing, if you try to be more innovative, disciplined and little more into it, things will change. Yes, we do expect the same from students. Thing is not about being educated, what good do we do when all we are doing is, producing workers for others. We need more leaders and why am I saying this is because, a leader creates more leaders! We have everything, all we need to do is, shuffle things up and put in more dedication. A world full of leaders is a place worth living!





## DEPARTMENTAL ACTIVITIES

### DEPARTMENT OF GENERAL HOME SCIENCE

Date	Activities	Dhara
30 <sup>th</sup> Jun. '17	Showcasing talent of Amature Designer	Rang Kala Kaushal dhara
6 <sup>th</sup> Jul. '17	Parents Teacher Meeting	Gyan dhara
11 <sup>th</sup> and 12 <sup>th</sup> Jul. '17	Know your Books	Gyan dhara
2 <sup>nd</sup> Aug.'17.	Educational visit to Agricultural University, Navsari	Gyan dhara
27 <sup>th</sup> Sept.'17	Demonstration on "Napkin Folding"	Sarjanatmak Abhivyakti dhara
3 <sup>rd</sup> Oct.'17	Demonstration on Table Setting and Salad Carving	Sarjanatmak Abhivyakti dhara
6 <sup>th</sup> Oct.'17	Rangoli Decoration and Flower Arrangement	Rang Kala Kaushal dhara
16 <sup>nd</sup> and 17 <sup>th</sup> Jan. '18	Two days workshop on "Revival of Madhubani Art"	Rang Kala Kaushal dhara, Sarjanatmak Abhivyakti dhara
31 <sup>st</sup> Jan. '18 18 <sup>th</sup> Jan. '18 19 <sup>th</sup> Jan.'18	Peer group training- (Quilling) Peer group training- (Bubble Painting) Peer group training- (Thread stitching on paper)	Gyan dhara, Sarjanatmak Abhivyakti dhara
8 <sup>th</sup> Feb.'18. 11 <sup>th</sup> and 13 <sup>th</sup> Feb.'18	Orientation Programme- BALA Project BALA Project workshop- Building as a learning Aid- organized by Kaivalya Education Foundation Trust	Gyandhara, Sarjanatmak Abhivyakti dhara, Seva Samudayik Dhara
20 <sup>th</sup> and 21 <sup>st</sup> Feb.'18	Art and Craft Workshop	Rang Kala Kaushal dhara, Sarjanatmak Abhivyakti dhara
5 <sup>th</sup> -20 <sup>th</sup> Mar. '18	Front Office Training conducted by Tourism Corporation of Gujarat Limited for S.Y.B.Sc.	Gyan dhara
14 <sup>th</sup> and 15 <sup>th</sup> Mar.'18	World Consumer Day Celebration- Exhibition Cum Sale "Innovision 2018"	Rang Kala Kaushal dhara, Sarjanatmak Abhivyakti dhara

### DEPARTMENT OF HUMAN DEVELOPMENT & P. G DIPLOMA IN EARLY CHILDHOOD EDUCATION

Date	Activities	Dhara
16 <sup>th</sup> Jun. '17	Pre-School Parent Orientation Programme.	Gyan Dhara
24 <sup>th</sup> Jun. '17	International Yoga Day Celebration at CD Lab.	Khel-Kud Dhara
1 <sup>st</sup> Jul. '17	Workshop on Teaching Methodology for SY & TY B.Sc Students by Departmental Staff.	Gyan Dhara
4 <sup>th</sup> Jul. '17	Health Check-up for Children, Mothers and Grand Mothers of HD Pre-School.	Seva Samudaya Dhara
4 <sup>th</sup> Aug. '17	Rakshabandan Celebration by Children at HD Preschool Unit.	Kala Kaushlya Dhara



Date	Activities	Dhara
7 <sup>th</sup> Aug. '17	Pre-School Parent Orientation Programme.	Gyan Dhara
24 <sup>th</sup> Jun. '17	Healthy Recipe Cooking Competition for Mothers of Pre-School Children as part of Nutritional Awareness.	Kala Kaushlya Dhara
11 <sup>th</sup> Aug. '17	Janmashtami Celebration and Special Games and Sports for Little Angels and Dramatization by TY BSc Trainees.	Kala Kaushlya Natya Dhara
20 <sup>th</sup> Aug	Story Telling event for Vanita Vishram School Children by TY BSc HD Students at a Shivgauri Hall, Vanita Vishram.	Gyan Dhara Natya Dhara
25 <sup>th</sup> -30 <sup>th</sup> Aug. '17	Ganpati Celebration at Child Development lab.	Kala Kaushlya Dhara
4 <sup>th</sup> Sept. '17	Teacher's day Celebration in Nursery through Parental Involvement- Parents Conducted Activities for Children in Preschool Unit.	Gyan Dhara
9 <sup>th</sup> Sept. '17	Performance by Tiny –Tots of CD Lab in Fresher's Day. To enhance their qualities encouraged the most confident and timid child for participation	Kala Kaushlya Dhara
29 <sup>th</sup> Sept. '17	"Garba" Celebration by Pre-School Unit Children and Staff.	Kala Kaushalya Dhara
03 <sup>rd</sup> & 04 <sup>th</sup> Oct. '17	Swachata Abhiyan Rally by Tiny-Tots of CD Lab –Gandhi Jayati.	Seva Samudaya Dhara
16 <sup>th</sup> Dec. '17	Organized a one day Workshop on "Becoming an Effective Counsellor" in collaboration with Psylens Center, Surat. Dr. Keyoor Joshi, Professor of Psychology from West Texas A& M University, United States was the facilitator.	Gyan Dhara
5 <sup>th</sup> -6 <sup>th</sup> Jan. '18	"Bal Mela"- A Professional Event for Local Level Pre-and Primary Children, ECE Educators and Trainees	Seva Samudaya Dhara Gyan Dhara Kala kaushalya Dhara Natya Dhara
1 <sup>st</sup> to 28 <sup>th</sup> Feb. '18	Educational Exposure of TY BSc HD and Students- Visit to Mahadev Trust (for Disabled Children).	Gyan Dhara
20 <sup>th</sup> &21 <sup>st</sup> Feb. '18	Organised a Two Days National Conference on "Family Empowerment- A Path Towards Better Life" in Collaboration with Library. Six special Lectures were delivered by eminent speakers from the various States of India and participants across the country presented their research papers in respective sessions.	Gyan Dhara
21 <sup>st</sup> Feb. '18	Conducted a One Day Workshop on Story Telling for TY & SY BScHD Students. Facilitator was Dr. Eric Miller (Director, World Story Telling Institute, Chennai).	Gyan Dhara



#### DEPARTMENT OF FOOD SCIENCE NUTRITION AND P.G DIPLOMA IN DIETETICS

Date	Activity	Dhara
1 <sup>st</sup> -7 <sup>th</sup> Aug.'17	Breast Feeding Week Celebration	Gyan Dhara
Aug. '17	Anthropometry Measurement for P.D Vidhya Kunj School	Seva Samudaya Dhara
1 <sup>st</sup> -7 <sup>th</sup> Sept.'17	Nutrition Week Celebration	Gyan Dhara
6 <sup>th</sup> to 8 <sup>th</sup> Sept. '17	Organized 3 days Workshop on Bakery in collaboration with AIBTM, New Delhi.	Kala Kaushal Dhara
Oct. '17	Visit to Civil Hospital by TYBSc FSN students for Nutrition Surveillance.	Seva Samudaya Dhara
10 <sup>th</sup> Jan. '17	Inter Collegiate Nutritious Recipe Making Competition at SPTM College and Free Diet Counselling Camps for Health & Nutrition Awareness at Joggers Park and SVNIT, Surat were organized as a part of National Dietetics Day.	Kala Kaushal Dhara/ Seva Samuday Dhara
11 <sup>th</sup> Jan. '17	CNE on “Comprehensive Diabetes Care” for all the Professional Dietitians was organized and sponsored by Sun Pharma.	Gyan Dhara

#### DEPARTMENT OF APPAREL DESIGNING

Date	Activity	Dhara
17 <sup>th</sup> Aug. '17	Conducted a one day workshop on 'Creative Portfolio Making' by Mr. Jayesh Wadia ( H.O.D in Fashion & Interior Designing, INIFD)	Gyan Dhara
29 <sup>th</sup> Aug. '17	Organized a one day Workshop on Creative Dyeing Techniques by SASMIRA, Mumbai.	Gyan Dhara
30 <sup>th</sup> Aug. '17	Organized one day Seminar on Trend Forecasting by SASMIRA, Mumbai.	Gyan Dhara
9 <sup>th</sup> Jan.'18	Conducted a one day Workshop on Creative Portfolio Making by Mr. Jayesh Wadia ( H.O.D in Fashion & Interior Designing, INIFD).	Gyan Dhara
12 <sup>th</sup> Feb. '18	Peer Group Training was conducted by Third Year Students on Sewing Machine	Gyan Dhara
23 <sup>rd</sup> Apr. '18	Organized a one day Workshop on Fashion Styling by our alumnae Shweta Bawa (Fashion Stylist with Star Plus)	Gyan Dhara



## DEPARTMENTAL ACTIVITIES

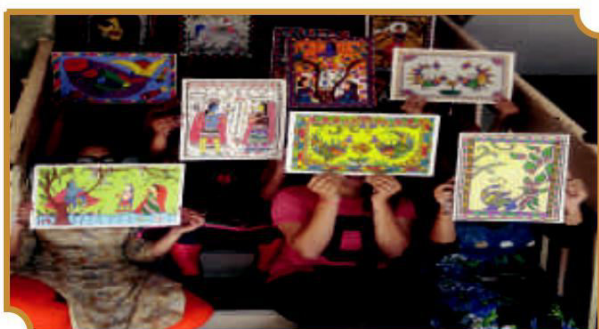
### GENERAL HOME SCIENCE



Academic Co-ordinator- Dr. Imran Surti addressing the Parents and Students during PTM- 2017-18



Banana Fibre Processing and Production Unit



Creative Expression of Madhubani Art



Salad Decoration and Carving

### HUMAN DEVELOPMENT



Bal Mela Theme - "Multiple Intelligence"



Visit to Old Age Home



Voluntary Participation at Special Olympics for Special Children



Workshop on "Motivational Interviewing and PCOMS"





## DEPARTMENTAL ACTIVITIES

### FOOD SCIENCE AND NUTRITION



Breast Feeding Promotional Activity



CNE on Comprehensive Diabetes Care



Nutrition Week Celebration



Recipe Competition

### APPAREL DESIGNING



Creative Dyeing Workshop



Creative Portfolio Making



Fashion Styling



Peer Group Training



## TALENTS AND ACHIEVEMENTS



**Breath Taking Performance in Annual Function**



**Student receiving trophy from Dr. Khushman Dholawala**



**Faculties and Volunteers of college Annual Function**



**Shri Haresh Mehta Addressing the Farewell and Prize Distribution Ceremony**



**Students' Performance of Farewell and Prize Distribution Ceremony**



**Tiny Tots Performance at Annual Function**





## DEPARTMENTAL ACTIVITIES

### HOSPITALITY MANAGEMENT



Participation at National Budding  
Chef Competiton



Tri Express Events



Vegetable and Fruit Carving by Chef Shashikant Rathod



Workshop on Cutting and Chopping

### SCIENCE UNIT



Inter Collegiate Competitions under Micro-Bio-Technika 2K18 and UGAM



Poster Preperation on Swami Vivekanand Jayanti





## DEPARTMENT OF HOSPITALITY MANAGEMENT

Date	Activity	Dhara
27 <sup>th</sup> Jun.'17	Demonstration on 'Cakes and Brownies' by Chef Khushbu Jain.	Kala Kaushalya Dhara
21 <sup>st</sup> Jul. 17	Demonstration on 'Chocolate Making' by Chef Dimple	Kala Kaushalya Dhara
8 <sup>th</sup> Aug. 17	Workshop on 'Basic Cutting and Chopping of Vegetables and Fruits' by Chef Hanoz Messman.	Kala Kaushalya Dhara
23 <sup>rd</sup> -24 <sup>th</sup> Aug. 17	Inter-School Competition 'Tri-Express Events' including Cooking Competition(Foodie Fix), Quiz Competition (Quizzicals) and Treasure Hunt (Explore).	Kala Kaushalya Dhara/ Gyan Dhara
26 <sup>th</sup> -29 <sup>th</sup> Dec. 18	Christmas Celebration- 'We Care- The Joy of Giving' Collection and Donation of Useful Items to the Needy.	Seva Samuday Dhara
20 <sup>th</sup> -22 <sup>nd</sup> Jan. '18	Participation at the National Budding Chef Competition held at Auro University, Surat.	Kala Kaushalya Dhara
5 <sup>th</sup> to 20 <sup>th</sup> Mar.'18	Front Office Training conducted by Tourism Corporation of Gujarat Limited.	Gyan Dhara
20 <sup>th</sup> to 21 <sup>st</sup> Mar. '18	Workshop on 'Bakery and Confectionary' by Ms. Amita Joshi	Gyan Dhara/ Kala Kaushalya Dhara

## SCIENCE UNIT

Date	Activity	Dhara
11 <sup>th</sup> Feb. '18	Students participated in Inter Collegiate Competitions under Micro-Bio-Technika: 2K18 and UGAM at Department of Biotechnology, Veer Narmad South Gujarat University, Surat.	Gyan Dhara
14 <sup>th</sup> Feb. '18	Students participated in Inter-College Power Point Presentation competition in Physics organized by Department of Physics, Sir. P. T. Sarvajani College of Science, Surat	Gyan Dhara







ડો. જયા બારવડ યા, એસો. ડો. જસર (કોલેજ લાયરયન),  
વેકશનમા ંવાયં વાલાયક થોડા ંરણાદાયી અદ તુ ંતકો : (નાની) વાત

બાળકોનેવેકશનમા ંનવરાશની પળોમા ંસમય

કાઢ

ને વાયં વા લાયક કટલાક ંતકો હોય છે  
વનનેબહતર બનાવેછે.આ ંતકોમા ંએટલી શા ત છેક એ તમારા ંવચારોનેતેમજ વન (યેની તમાર  
\*ટ+નેયો સ બદલી નાખેછે.  
ભારત તરફથી કાયમ બેટ સેલર રહતા ંતક "સ યના ંયોગો" નો ૧૪ ભારતીય ભાષાઓમા ંઅને  
૩૦ મા ંઆપણા રા

િવ ની ભાષામા ંઅઠવાઢ થયો છે. ંપતાએ પોતાના વનમા ંકરલા ંયોગો અને  
િવશેનીકથા છે. તેમા ંતેમના બાળપણ, જામ, બાળિવવાહ થી માડં  
નેનાગ

મેળવેલા અઠલવોઢ ંસયા હ  
ધીની ં  
ં ંઢનાઓ વણવી છે( ં.સ. ૧૮૬૯ થી ૧૯૨૦ દર યાન.)  
િનભય આ"મ ંનર ંણનો નનોઢ છે.િનખાસસતા સાથેસયની ખેવના પણ છે.તેમા ંસયંમ અનેિવવેક ંળવી  
પોતાની ં ં  
સાર

ક નરસી ઉપમ બા  
આ"મકથાઓમા ંતે ંમોખરુ થાન છે. મા ંતેમની એક પણ વાત પાવી નથી તેથીજ તો "સ યના ંયોગો"  
વાયં ક ને ંરણા રુ  
પાડ

અથવા આઝાદ ના વ ન ંટા સયશોધ ંની કથા કહવાય છે. છે. ંનરા ભમાની  
આ"મશોધકની આ ંિવ વની અનોખી આ"મ કથા છે.  
રો ડાબન લ ખત ંતક નો હ દ મા ંઅઠવાઢ 'રહય ' નામથી થયો. આ ંતક ' આકષણના  
િનયમ પર આઘાડરત મા  
છે. ંસમ ંછેક તમેકોઇપણ ંયાએકયાયં પણ હોય, વતમાનમા ંતમાર  
પર^ થિત ભલેગમેતેવી હોય પરં ંજો આ આકષણના ંનયમનો ંવ થત ઉપયોગ કરતા ંતમનેઆવડ  
તો

તમે વનમા ંકોઇપણ વ ં ંયેય ંિસ કર શકશો . દમાગની શા ત ંિવશે  
બ ંિવ તારથી આ  
હ દ મા  
ંસકારા

ંતમા સમ વે ંછે. બી ં ંતક" મક ત છેક મા ં

વનનેકવી રતેિનયંણ કર શકાય, ંિવચારોની શા ત અને વનમા ં ખીઢ થવાના ઉપાયો તેમા ંસમ ંરા પોતાના  
વેલા

છે. નેપોલીયન હલ લખત      ટુતક " પણ આ" ટુજ એક ટુતક છે નો હ દ મા ંઅઠવાદુ      'સોયએ ઓર અમીર  
 ૫૦૦ કરતા પણ વ  
 બનીયે. તેમા ંસતત ૨૦ વષ      ધીડુ ટુસફળ      ય તઓના વન િવશેની૧૩      ડયુ  
 ટુતકમા ંિવ લેષણ કરવામા  
 આદતો ંઅુ      ંઆવેલ છે.  
 (મેરા ચીઝ કસનેહટાયા) ડા. પેસર જો સન લેખત      ટુ  
 વન ઉપયોગી ાન આમા      છે. વનમા ં  
 પરવતન લાવીનેકવા મહાન પરણામો મેળવી શકાય છેઆમ,      સમ      વેછે.  
 ભાવકાર      ટુતક ટુ  
 અિત લોગો ક      સાત આદતે) આ ની      ટલી નકલો વેચાય  
 છે.તેમા ં વનમા ંઆ આદતો ઉતારવામા ંઆવેતો ચો      સ      વન (ચેયની દ ટ બદલાય      ય છે. વનમા ં  
 ા  
 આવતી કઠ નાઇયો કવી રતેહલ કરવી તેઆ ટુતક      રા      ણી શકાય છે.  
 ડાલકોનગી-લાખત      આ      ટુતકનો અઠવાદુ      ટુ      હ દ મા ં  
 લોકયવહાર -પ્રભાવશાળ      ય તફવ ક કલા નામથી થયો છે.આ ટુતક ૧૯૩૬ થી બેટ સેલર બની ગડ ટુછે.  
 નવા સપના, નવા િવચારો અનેનવી મહ વાકા  
 ંંા િવશેઆ      ટુતક ંેરણા આપે છે.      વનમા ંજલદથી,  
 આસાનીથી કવી રતેનવા દો તો બનાવવા, આપણી લોકિ      યતા કવી રતેવધારવી, સારા વકતા અનેસફળ  
 ય ત કંઈ રતેબનાય તેઆ ટુતક આપણનેશીખવાડ છે.  
 હ દ મા ંઅઠવાદુ આજ નામથી છે- રોબોટ કયોસાક- સમ      વેછે. " ઘાયં િના બળદ વી જ'દગીથી  
 કવી રતેબચી શકાય અનેઆથક વત  
 ંંતા કવી રતેમેળવી શકાય- આ" ટુતકમા ંલેખક તેમના નાનપણથી જ પોતાના ગર બ િપતા ઘાયં િના બળદની મ  
 લગાતાર કામ કર છે. છતા ંધનવાન નથી બનતા જયાર  
 પોતાના િમ      ના ધનવાન િપતાનેસપંિત અનેસફળતા કવી રતે ા ત કરવી તે ટુ ાન હોય છે      વાત આ  
 ટુતક ારા જણાવેછેમતલબ ક ઉપરના બધા જ ટુતકો જ એક ય ત,      ટુ      ટુ કરવા  
 ઉપયોગી છે.      ંેરણાદાયી છે.



## HABITS OF HAPPY PEOPLE

**Mr. Harendra Parmar**

Assistant Professor  
Department of Psychology, SPTMC

“What makes us happy?” Is it Money or Marriage? Is it Age or Sex? Is it Weather or Life Style? Is it Education or Intelligence? Whatever it may be but different researches suggest that none of the above makes us happy. Then what makes us happy? Rather in other words... What is Happiness? It is very crucial but an interesting question. Many people have tried to give many answers, but none is able to define happiness.

Happiness is an individual experience. One event may be happiness evoking for one person but may not be the same for the other. In given situation the person's perception defines the happiness. But it is also depends on so many other factors. One of the researches done by Prof. Sonja Lyubomirsky states that 50 per cent of our happiness is constant and governed genetically. Remaining 50 per cent defines our happiness. Out of which 10 per cent defines by our life circumstances like marriage, child birth and other events. The remaining 40 per cent is one where we can change and increase the level of our happiness. This 40 per cent includes intentional activities, activities that we do in our day to day life. These seven activities are 7 Habits of Happy People.

### **Habit 1: Expressing Gratitude:**

Happy people do not feel shame to acknowledge others. They always have regard for helping them as well as themselves too for helping others. But most of the time we do not appreciate ourselves. Just think that if someone says 'thanks' to us, we will either say 'it's ok' or 'it was my duty' but none of time we will acknowledge ourselves by self-appreciation. So the key to be happy is to say “Thank you” to all those who are helping you as well as yourself for helping others.

### **Habit 2: Cultivating Optimism:**

Happy people do have optimistic approach of life. But unlike other people they do not live in optimistic fallacy (i.e., too much positive approach about anything). They do have positive way to look everything so that they come out from the sorrow easily.

### **Habit 3: Avoiding Over-thinking and Social Comparison:**

It is very important to stop over-thinking as over-thinking leads unnecessary trouble in the life. Those events that has not occurred or never going to occur in the life, if we think about them a lot then we will unnecessarily feel trouble.

On the other hand, people knowingly or unknowingly compare themselves with others. 'The other person is better than me' this approach make the people feel unhappy. Happy people avoid over-thinking and social comparison and make their life happy.

### **Habit 4: Practicing Acts of Kindness:**

Happy people are kind too. They generally avoid violence and live in peaceful life. They respect others and do not criticize them. They do not harm others both physically as well as mentally and think of others' growth. Happy people have empathetic approach and they can understand others' feelings.



### **Habit 5: Learning to Forgive:**

Although it is difficult, it is important to forgive others. It might be very painful to forgive who have done something wrong or negative to us. But when we forgive others we also leave those pains that are associated with those events or people. We feel relaxed as if a large block is removed from the mind. Forgiveness is very important in life as it gives us mental peace and allows us to live stress-free life.

### **Habit 6: Nurturing Social Relationship:**

Social relation, here, doesn't mean to have long list of followers in social networking sites. Social relationship means having family, good friends, neighbours and other associate people with whom we are having interaction. Having large friend circle doesn't mean to have key to become happy. Good friends those who care are keys to have happiness in life. The more the strong relationship, the more the person will be happy.

### **Habit 7: Developing Strategies for Coping:**

It is not that the happy people do not feel sad or they do not have pessimistic approach, happy people do have every negative emotion but they can come out from this very easily. They can cope easily from negative emotions and can live life better. Happy people have positive perception towards life. They find positivity from each life event and live better and stress-free life.

So find out from above which is the best that suit to you to become Happy.





## Have you ever wondered why Chemistry is so important?

We all are made of chemicals and everything around us is made of chemicals. Everything we hear, see, smell, taste, and touch involves chemistry and chemicals (matter). Many of the changes we observe in the world around are caused by chemical reactions. Chemistry is not limited to beakers and laboratories. It is all around us, and the better we know chemistry, the better we know our world.

- **Sky is blue** - An object is coloured because of the light that it reflects. The white light from the sun contains all the wavelengths, but when it impacts on an object some of its wavelengths are absorbed and some reflected. The colour of the sky can be explained considering phenomena named Rayleigh scattering that consists on the scattering of light by particles much smaller than its wavelength. This effect is especially strong when light passes through gases.
- **How Sunscreen Works?**- Sunscreen combines organic and inorganic chemicals to filter the light from the sun so that less of it reaches the deeper layers of your skin. The reflective particles in sunscreen usually consist of zinc oxide or titanium oxide.
- **The chemistry of love** - Chemistry is at the bottom of every step in a relationship. When we fall in love, our brain suffers some changes and also certain chemical compounds are released. Love is driven by these hormones: oxytocin, vasopressin, endorphins.
- **Coffee keeps us awake** - Coffee keeps us awake because of the presence of a chemical called adenosine, in your brain. It binds to certain receptors and slows the nerve cell activity when sleep is signaled.
- **Vegetables are coloured** - Many vegetables and fruits are strongly coloured because they contain a special kind of chemical compound named carotenoids. These compounds have an area called chromophore, which absorbs and gives off particular wavelengths of light, generating the colour that we then perceive.
- **How soap cleans?** - Soap is formed by molecules with a 'head' which likes water (hydrophilic) and a long chain that hates it (hydrophobic). Then when soap is added to the water, the long hydrophobic chains of its molecules join the oil particles, while the hydrophilic heads go into the water. An emulsion of oil in water is then formed, this means that the oil particles become suspended in the water and are liberated from the cloth. With the rinsing, the emulsion is taken away.
- **We cry while cutting onions** - Onions make you cry due to the presence of sulfur in the cells which break after the onions are cut. This sulfur gets mixed with moisture and thus irritates your eyes.

Source: <https://in.pinterest.com>

Edited by: Magazine Committee





## LIBRARY ACTIVITIES

Students are encouraged to read books and make optimum use of the library, in order to enhance their reading, learning, comprehending and analysing skills. The college library organizes various programs like Book Review, Book Exhibition etc.

The details of these activities are as under:

Sr. No:	Date	Activities
1.	24 <sup>th</sup> to 26 <sup>th</sup> Jul. '17	Journals were displayed and the details were provided to the Food Science and Nutrition Students of TYBSc.
2.	20 <sup>th</sup> to 22 <sup>nd</sup> Jul. '17	Students of TYBSc General Home Science were informed about their subject related books.
3.	23 <sup>rd</sup> Aug. '17	A Book Review Programme was organized in collaboration with General Home Science Department. The Panel of Judges were Dr. Jaya Barevadia and Prof. Anuradha Shah. Following students were the winners. 1. Bhumi Limbachiya 2. Ritu Kevadia. 3. Puja Kevat.
4.	28 <sup>th</sup> Aug. '17	Book Review Programme for TY FSN was held in collaboration with library. Dr. Khushaman Dholawala and Dr. Jaya Barevadia and guided the students on How to Review Books. The Winner were Awarded with Certificate and Books. 1. Himani Soni. 2. Dhara Tarasariya 3. Karishma Patel
5.	2017-18	The students who are the members of Book Bank were provided 6 to 8 books for the period of one year on nominal charges.
6.	2017-18	The Library worked in collaboration with the Department of Human Development and successfully arranged A National Conference on "Family Empowerment-A path towards better life"
7.	2017-18	All the papers received during the National Conference were Reviewed, Compiled and Published as a Book entitled "Live Better Life through Family Empowerment" with ISBN:978-93-82037-74-3.
8.	14 <sup>th</sup> Sept. '17	Hindi Book Review Programme





## EXTRA AND CO-CURRICULAR ACTIVITIES

### National Cadet Corps- NCC

#### Aims:

- To develop qualities of character, courage, comradeship, discipline, leadership, secular outlook, spirit of adventure and sportsmanship and the ideals of selfless service among the youth to make them constructive citizens.
- To build up human resource of organized, trained and motivated youth, to provide leadership in all lifestyles including the Armed Forces and be always available for the service to the nation.
- To create suitable environment to motivate the youth to take up a career in the Armed Forces.

#### Achievements of the NCC Cadets:

Sr. No:	Name of the Cadet	Achievements
1.	Ms. Mitsu Chawda (S.Y B.A.)	Received Award of Excellence in the field of motivating youth to join Indian Armed Force, started her journey on 26 <sup>th</sup> November, 2017 from Surat.
2.	CDT Ankita Dhakha (T. Y. B. Sc.)	Represented Gujarat At RDC, Delhi. Won Silver Medal In Group Dance and NIAP Presentation NIC Kerela.
3.	SUO Bhumika Nimbark (T.Y.B.A.)	Won Gold Medal In NIC, Ahmedabad.
4.	JUO Avantika Dave (S.Y. B.A.)	Awarded as "Best Senior in NIC, Punjab.
5.	CDT Shrushti Kalathaya (S. Y. B. Sc.)	Got Medal for Active Participation in NIC, Delhi.

#### NCC Activities

Sr. No:	Date	Activities	Participation of Cadets
1.	21 <sup>st</sup> Jun. '17	Safai Abhiyan	35 Cadets
2.	4 <sup>th</sup> Jul. '17 to 18 <sup>th</sup> Jul. '17	Orientation Program	F.Y.B.A and F.Y.B.SC
3.	14 <sup>th</sup> Jul. '17	Traffic Awareness, Anti-Tobacco Rally	34 Cadets
4.	25 <sup>th</sup> Jul. '17	Convocation Ceremony of NCC "C" Certificate Exam	60 Cadets
5.	17 <sup>th</sup> Jun. '17 to 6 <sup>th</sup> Jul. '17	Pre Thal Sainik Camp 1 - Rajpipla	3 Cadets
6.	13 <sup>th</sup> Jun. '17 to 22 <sup>th</sup> Jun. '17	Pre Thal Sainik Camp 2 - Rajpipla	3 Cadets
7.	25 <sup>th</sup> Jul. '17 to 10 <sup>th</sup> Aug. '17	Pre Thal Sainik Camp 3 - Rajpipla	3 Cadets



Sr. No:	Date	Activities	Participation of Cadets
8.	1 <sup>st</sup> Sept. '17 to 12 <sup>th</sup> Sept. '17	NIC Camp (Kerela)	1 Cadets
9.	10 <sup>th</sup> Aug. '17 to 21 <sup>st</sup> Aug. '17	NIC Camp (Ahmedabad)	1 Cadets
10.	1 <sup>st</sup> Sept. '17 to 10 Sept. '17	Pre RDC – I, Rajpipla	7 Cadets
	11 <sup>th</sup> Sept. '17 to 20 Sept. '17	Pre RDC - II & CATC, Rajpipla	7 Cadets
	25 <sup>th</sup> Sept. '17 to 3 <sup>rd</sup> Oct. '17	Pre RDC – III, Rajpipla	4 Cadets
11.	11 <sup>th</sup> Sept. '17 to 20 <sup>th</sup> Sept. '17	CATC- Rajpipla	14 Cadets
12.	25 <sup>th</sup> Oct. '17 to 5 <sup>th</sup> Nov. '17	NIC - Delhi	2 Cadets
13.	29 <sup>th</sup> Dec. '17 to 31 <sup>st</sup> Jan. '18	RDC - Delhi	1 Cadets
14.	8 <sup>th</sup> Jan. '18 to 24 <sup>th</sup> Jan. '18	NIC - Punjab	2 Cadets
15.	13 <sup>th</sup> Jan. '18	National Youth Day Celebration & Rally	25 Cadets
16.	10 <sup>th</sup> Feb. '18 to 11 <sup>th</sup> Feb. '18	NCC – “B” Certificate Exam	NCC Second Year Cadets
17.	18 <sup>th</sup> Dec. '18	NCC – “C” Certificate Exam	NCC Third Year Cadets



**Nimbark Bhumika of T.Y.B.A. (English)  
Stood 4th in 'C' Certificate (Army Wing  
Baroda Group)**



## MY NCC AND REPUBLIC DAY CAMP EXPERIENCE

CDT Ankita Dhaka (TYBSc)

Joining the National Cadet Corps (NCC) was an impulsive decision for me. I had heard a lot about NCC throughout my life but never paid much attention to it. So when the registrations were going on in my college, I decided to take the Enrolment form. I took time to make decision as I was unsure. I wasn't sure if I'd be able to handle the physical exertion that would come along, after being a cadet. In a spur of the moment I made a decision and finally enrolled myself, a decision I will never regret. It changed my life. The first thing I did when I received my uniform was to put it on and looked at myself in the mirror. Little did I know its value then. Now, I'm happy to say that in the period of just over two and half years, I'm honored with **RDC 2018 blazer forming the part of Gujarat Directorate's NCC**

**RDC contingent representing NCC Group Baroda and in turn 6 Gujarat Girls Bn as well as my college Sheth P.T. Mahila College of Arts and Home Science, Surat.**

The Republic Day Camp(RDC) is something that every cadet, strives for and it is a matter of great honor and pride. It isn't about the destination, the RDC or the shiny gold badge on your chest, it's about the journey. The journey of ten camps ultimately defines you as an individual. The feeling of being a cadet, a wing under the Indian Army manifests itself at its best in the RDC. Training alongside the Military Personnel for a month, eating, sleeping, living the army lifestyle gives you an insight of how life could be in the army. It helps to shape you as a person, and build strength and courage. I always dreamt of joining the army so being in NCC was like living a dream for me. I think the most memorable moment of NCC for me was the practice for the 26th January Republic Day parade at Rajpath and Prime Minister's rally which was organized at Army parade Ground after the Republic Day parade. It cannot be described by mere words, words would only undermine its true value. The Army Parade Ground is a long stretch to march, but when you look around and see the para-commandos and the cavalry and contingents of the best armed forces, when the rhythmic beating of drums sync with your pounding heart, the melodious tunes of "Kadam Kadam Badhaye Jaa" and "Vande Mataram" warming your soul in the cold Delhi winter, with the patriotic crowd's ever looming presence, never do you realize the cold Delhi winter.

All that a cadet does in NCC, trains you physically, mentally, emotionally for the challenges in life. It makes you stand out, be a class apart. The rigor of the training disciplines you, and makes you not only a strong individual but a gentleman/lady by heart. You learn how to live with people from various backgrounds, cultures, and social status and at the same time, you learn to be there for each other, evoking the feeling of oneness and fraternity. It helps us showcase our talent, get rid of all our inhibitions, let go of everything that's been holding us back and at the same time makes us all uniform, united and a strong force to reckon with. It's the true representation of our country, unity in diversity. It defines who you are.

There was a point of time in my life where I gave up and I didn't have any hope, but there is always a silver lining to a dark cloud. Look at me today, I wore the NCC Directorate Gujarat's tracksuit, the Indian Army fatigues and even saluted the Indian flag at the RDC parade ground. Life is always full of obstacles, but one may overcome them. So don't let anything or anyone ever bring you down.

At this juncture, it will be prudent to mention the immense faith shown in my abilities and training imparted by the entire NCC training fraternity of Gujarat especially all Officers and PI staff of 6 Guj Girls Bn NCC Surat and our beloved Associated NCC Officer Capt. ( Dr. ) Saroj Prajapati. I also express my gratitude towards continued support given by our respected Principal Dr Khushman Dholawala as without her support I could not have achieved balance between my academics and NCC activities.

I hope my experience serves as inspiration for many other bright young cadets out there.  
Jai Hind!



## NATIONAL SERVICE SCHEME -NSS

The aims and objectives of NSS of invoke the urban and rural youth in understanding their roles and responsibilities within the communities they live in lieu of the motto “Not Me but You” and develop leaders for a better tomorrow. The motto reiterates the welfare of the individual is ultimately dependent on the welfare of his/her fellow beings and society.

Date	Activities
31 <sup>st</sup> Jul. '17	Oath Taken By Students For NSS Service By First Year NSS Volunteers.
6 <sup>th</sup> Aug. '17	Cleanliness Activity in College Campus, Parking, Canteen <i>etc.</i>
18 <sup>th</sup> Aug. '17	Attended Femicom Workshop in-associated with VNSGU, Surat and supported by SMC.
21 <sup>st</sup> Aug. '17	Participated in International Yoga Day Celebration at VNSGU, Surat
7 <sup>th</sup> Sept. '17	Tree Plantation Program
5 <sup>th</sup> Oct. '17	Poster Making Competition on Cleanliness Awareness Winners of Competition 1.Motiwalla Zainab, Hunani Aaliya, Anshika Singh 2.Nisha Choradiya 3. Riddhi
10 <sup>th</sup> Oct. '17	Essay Writing Competition on Life style of Mahatama Gandhi Winners of Competition 1.Aaliya Hunani 2. Motiwalla Zainab
28 <sup>th</sup> Dec. '18 to 3 <sup>rd</sup> Jan. '18	NSS Annual Training Camp at Saroli Village Olpad, Surat.
5 <sup>th</sup> Jan. '18	Donation Program of Clothes, Food, Toys <i>etc</i> to Poor People.
12 <sup>th</sup> Jan. '18	Rally on National Youth Day with Slogans of Swami Vivekanand.
13 <sup>th</sup> Jan. '18	Elocution Competition on Living Style of Swami Vivekananda Winners of Competition 1.Tulsi Bharedwa 2.Mair Somiya and Monika Verma 3.Lodhiya Jignasha
16 <sup>th</sup> Jan. '18	Poster Making Competition on Slogans of Swami Vivekanand Winners of Competition 1.Patel Bhakti 2.Oza Tariya and Harkhani Snehal 3.Ramshawala Riya & Mayor Somiya
17 <sup>th</sup> Jan. '18	Essay Writing Competition on Importance of National Social Service Winners of Competition 1.Aaliya Hunani 2.Motiwalla Zainab 3.Anshika Singh and Hiral Patel
18 <sup>th</sup> Jan. '18	Poster Making Competition on HIV/AIDS Awareness among Youth Winners of Competition 1.Motiwalla Zainab 2.Thakkar Mansi 3.Gosai Meera
25 <sup>th</sup> Jan. '18	Oath Taking for Voting on National Voters Day.



## NATIONAL CADET CORPS- NCC



Ankita Dhaka in Republic Day Camp



SUO Avantika Dave Receiving the Best Cadet Prize



Mitsu Chavda with Smt. Smriti Irani during her All India Bike Ride to create awareness for Paraplegic Soldiers



NIC Camp- Bhumika Nimbark

## NATIONAL SERVICE SCHEME - NSS



International Yoga Day



Rally on the Occasion of Swami Vivekanand Jayanti







## ANNUAL SPORTS DAY



Students as Winners



Academic Staff as Winners



Administrative Staff as Winners

## CULTURAL EVENTS



Guests lighting the lamp -  
Prize Distribution Ceremony



Mesmerizing Performance - Annual Function



Students Awarded for Academic Excellence



Students displaying their acting skills at the Annual  
Function Skit on "Save India from Corruption"



## SPORTS

### Dr. D. N. Chakraborty

Physical Education is an integral part of the College activities. Various games and sports are conducted under the guidance of experienced Physical Education teachers. The main objective of the department is to focus not only on the physical but also the mental health of the students, as a “sound mind in a sound body” is a truism for all times.

Date	Activities
20 <sup>th</sup> Jun. '17	Yoga Practice in Conference Hall For International Yoga Day Celebration.
21 <sup>st</sup> Jun. '17	Celebration of International Yoga Day in front of Sports Complex.
30 <sup>th</sup> Jul. '17	Students Participated in District Yoga and Secured the Following Position
	1. Mangukiya Jemina - 1 <sup>st</sup> Position
	2. Virani Vishva - 4 <sup>th</sup> Position
	3. Dalal Devangi - 5 <sup>th</sup> Position
18 <sup>th</sup> Aug. '17	Participated in Inter Collegiate Swimming at P.R.B College, Bardoli.
	1. Vishwakarma Dipmala (T.Y.B. A.)
28 <sup>th</sup> Aug. '17	Indian Yoga Federation State Level Participated and got following places :
	1. Mangukiya Jemina - 2 <sup>nd</sup> Position
	2. Virani Vishva - 3 <sup>rd</sup> Position
1 <sup>st</sup> Sept. '17	Inter Collegiate Taekwondo Tournament was held at S.D. Jain College and Deshmukh Gourik SY BA Students Participated and secured 1 <sup>st</sup> Position in 62Kg Category.
7 <sup>th</sup> Sept. '17 to 11 <sup>th</sup> Sept. '17	National Yoga Competition (open) : Held at Chattisgarh, Raipur and secured the following Place :
	1. Mangukiya Jemina - got 2 <sup>nd</sup> Position (Individual)
	2. Italiya Prachi - Participated
	3. Virani Vishva - Participated
13 <sup>th</sup> Sept. '17	Inter Collegiate Yoga by VNSGU at S.D.Jain International College, Vesu and Secure Following Place :
	1. Mangukiya Jemina - 2 <sup>nd</sup> Position (Individual)
	2. Italiya Prachi - Participated
	3. Virani Vishva - Participated
	4. Thosani Prachi - Participated
	5. Zaveri Vrushali - Participated
	6. Kosani Prachi - Participated



Date	Activities
16 <sup>th</sup> Sept. '17 to 27 <sup>th</sup> Sept. '17	University Yoga Coaching Camp was held at K.P. Commerce College and our students participated. Mangukiya Jemina was selected for all India Yoga Competition, held at Bhubneshwar, Odisha.
1 <sup>st</sup> Oct. '17 to 2 <sup>nd</sup> Oct. '17	Virani Vishva Participated in State level Yoga at Baroda .
1 <sup>st</sup> Oct. '17 to 4 <sup>th</sup> Oct. '17	Mangukiya Jemina of T. Y.B. Sc. Participated in all India Yoga at Bhubneshwar, Odisha.
4 <sup>th</sup> Oct. '17	Organised Inter Class Badminton Competition. Winners and runners up were awarded with certificates and trophies.
2 <sup>nd</sup> Nov. '17	Selection for Boxing Inter Versing was held at VN SGU and Kami Arti was selected for the event to be held at Chandigarh from 23 <sup>rd</sup> Nov. 2017.
26 <sup>th</sup> Nov. '17	Sakina Sensei Ali Participated in open National Karate Championship and secured 1st Position.
13 <sup>th</sup> Dec. '17	Kami Arti Participated in National open Boxing and Secured 2 <sup>nd</sup> Position. She received Trophy and Certificate.
17 <sup>th</sup> Dec. '17 to 23 <sup>rd</sup> Dec. '17	Dr. D. N. Chakraborty accompanied as a Team Manager with the West Zone Badminton Women Team of VN SGU and owned Runnerup trophy.
23 <sup>rd</sup> Feb. '18	Annual Sports Day was celebrated. Students participated enthusiastically in various individual and team events, like Race, Discus throw, Shotput, Long Jump etc. Special Events Musical Chair and Fast Walking were held for Staff Members. All the winners were awarded with Certificates and Trophies.

## THE GOLDEN PERIOD

The smile was real and tears fake,  
 Cheers to the drawings that we couldn't make.  
 Pencils, eraser and covered books,  
 All the happy, sad and angry looks.  
 The attitude that was so carefree,  
 Failed attempts at climbing the tree.  
 'Ice and water' and 'Hide and seek',  
 The water bottles that leaked.  
 Learning tables was a task,  
 And you didn't wear a mask.  
 Mumma's lap and Papa's hand,  
 She didn't give me a friendship band!  
 When summer meant ice-gola and first  
 rain meant dance,  
 Oh, adulthood, why is it my chance?

**By: Vrushali Jhaveri**  
 F.Y.BSc (FSN)



## CULTURAL ACTIVITIES

The Cultural Committee of the college is an avenue through which the students are able to highlight their talents and display an array of innovative and unique ideas in various art forms like Dance, Drawing, Singing, Rangoli etc. The committee encourages the development of students in areas apart from academics.

Date	Activities
17 <sup>th</sup> to 19 <sup>th</sup> Jun.'17	3 days Orientation Programme for the Fresher students.
28 <sup>th</sup> Jul.'17	65 students from S.Y and T.Y. B. Sc Participated in the Workshop organized by SCOPA (Sarvajanik College of Performing Arts).
8 <sup>th</sup> Aug.'17	13 students participated in the Audition for Radio City Super Singer Competition held at Shivgauri Hall, Vanita Vishram.
19 <sup>th</sup> Aug.'17	Talent Hunt Programme was organized for the First Year Students. With the aim to discern the talent among the first year student different competitions were organized like Rangoli Making, Poetry Recitation, Poster Making, Best Out of Waste, Essay Writing/Short Story Writing, Aarti Decoration, Singing, Dance (Classical/ Contemporary), Mehendi, Saree Draping and Hair Styling and Nail Art. Students participated with zeal and zest and winners were felicitated
9 <sup>th</sup> Sep.'17	<p>Fresher's Day Celebration. "Fresher Party" in any college is an event which every student eagerly awaits from the time of their admissions. The day was filled with excitement, joy, music, enthusiasm, laughter and happiness. To choose the Ms. Fresher. Ramp Walk was organized on the theme of Indian Attire, Red Carpet and Miss Match. Every participant was dressed dashing and were leaving fire on the ramp. Then ten students were shortlisted for Ms. Fresher title out of 50. They gave their introduction. After stiff competition finally 6 candidates were shortlisted for second round. Judges questioned the participants on various topics.</p> <p>Ms. Bansari from B.A won the title as Ms. Fresher.  Ms. Nandani from B.A was the First Runner up  Ms. Pal Trivedi from B.Sc was the Second Runner up.  The event winded up by DJ dance performances.</p>
2 <sup>nd</sup> to 10 <sup>th</sup> Jan.'18	Days Celebration. Day's celebration has always been very excited segment of college life for all the students. So college also allows students to celebrate days for a week every year in which students become creative to show different themes. It included Kurta and Turban Day, Suit & Saree Day, Back to School Days, Group/Twin Day, Denim Day, No Vehicle Day, Chocolate Day, Sunglasses Day, Full Attendance Day, No Mobile Day, No Plastic Day, Professional Day/Formal Day. This celebration gives students memorable moments which they cherish lifetime.





Date	Activities
27 <sup>th</sup> to 28 <sup>th</sup> Jan.'18	Students participated in Youth Festival held at Veer Narmad South Gujarat University, in different events like Classical Dance, Handicraft, Poetry Recitation and Painting Competitions. Ms. Riddhi Pankhdiwala secured the Second Position in Classical Dance.
1 <sup>st</sup> Feb.'18	Annual Day Celebration.College Annual Day is a part and parcel of College Co-curricular Activities. It is celebrated every year with lot of pomp and grandeur. It provides the students a sort of diversion from the studies and fills them with cheers. This year the theme was Social Issues. Under the theme various issues were addressed through the Dances and Drama performances like Corruption in Education, Blue Whale, Doping, Euphoria, Child Labour, Marital Rape, Superstitions, Acid Attack, Domestic Violence, Alcoholism and Crises of Adolescence and Flash Mob. The show was grand success and everybody in the audience enjoyed it.
16 <sup>th</sup> Mar. '18	Prize Distribution and Farewell Programme. Divine Sister B.K Dakshaben and Mital Didi from Brahmakumari were the Guest of Honour. Students were felicitated for their outstanding achievements in Academics and their representation in Sports, NCC and Cultural events at the State, National and International Level. Faculties were also felicitated for their outstanding achievements. It was followed by Farewell given to T. Y B.A. and T.Y.B.Sc. students.



**Rashi Maheshwari**  
TYBA (Psychology)

### Déjà vu

In that moment  
When she looked up at him  
His shadow  
Casting a contrast  
Of dark and light  
On her smile  
Like a veil lifted,  
Memories flooded -  
Of sunny afternoons  
At the sapphire pond  
Barefoot with a runaway heart  
Of late night musings

The strum of guitar  
Of seashells and waves  
The scent of the sea Of  
rainy days Dancing in  
the deep. Beholding her  
smile "Déjà vu", he  
whispered  
The rusted corners of his heart  
Awakened with the familiar memory  
A fluttering sensation  
Traced back  
To the origin of love.



## ા- ધ ધાનીવ ચેપીસાતા ંમાનવ વનની રહ ય ગભકથા

ળૂ અસિમયા ભાષાના

ભારતીય <sup>વનપીઠ</sup> ડુડુ િતૃ ' િછ મ તા'ના ંલેખકા ડૉ .ઇ દ રા ગો વામી ં  
લેખકા છે.ડઝનેક નવલકથાઓ અનેહરક વાતાઓ તેમની પાસેથી મળ છે.એ રતેજોઈએ તો ડૉ. ઇમદ@રા  
ગો વામી અસિમયા ભાષાના ંસમથ સક છે.  
અસમના વહાટુમા ંઆવેલા જગ િસ( શ  
કતપીઠકામાયા”-દવીના ંમ

દરની ઐતહાસિક ઘટનાઓને લેખકાએ બ\_\_\_\_\_બ્ની રૂકર છે.

આપણી ાચીના કવદ તી માણેભગવાન િશવના ં થમ પની 'સતી' દ-રાજની ુી હતી. દ-રાજના ંદરબારમા ંપિત પર લાગેલા લાઇનનેસહન ન કર શકવાનેકારણેય ંડમા ં ંદ- પોતાનો વ આપી દ છે. ોધિત થયેલા િશવ 'સતી'ના ં તૃદહનેલઇ તા ડવ કરવા ંલા યા આખા હમાડના ંસહંારને રોકવા બધા ંદવો ભેગા ંમળ િવ નુેિવનિંત કર છે.પરણામેિવ ુપોતાના દશુ-નયથી સતીના શર રના

કફૂ-ૂAકડાકર નાખેછે. - થાન ઉપર સતીના શર રના કડાૂ પડ ા ંતેથાન શ કતપીઠ તર ક ણીતા થયા અસમના કામા યમા ંદવી સતીનો યોનીભાગ પડ ો, તેથી આ શ તપીઠનેિવશેષમહ વ સાપંડA.ંુ

ઉપરોક્ત ાચીન કવદ તીથી ઠિસુ થયેલી શ તપીઠમા ંઈ.સ.૧૯૨૧-૧૯૩૨ ના ં સમયગાળામા ંબનેલી ઘટનાઓનેઐતહાસિક સદંભ/ સહત વતં પેરૂકરવા ંકામુ લેખકાએ ક ુછે. ૧૯૨૧ પછ નો સમય એટલે ેજ શાસનનો ભાવીકાલ અને૧૯૩૨ નો સમય એટલેગાધંીિવચારધારાના સભંળાતા પડધમનો કાળ. આબદલાતા કાલનો અવાજ જટાધાર , ડરથી ાઉન, અનેિવિવધ ે ેઅઘયાસ

કરતા િવધાથDઓ જંતો

ારા ુ સભંળાય છે.

આમેય ઐતહાસિક કાળમા ંકામ

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દશ (Gદશ) તં-મ ં,?

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Dામા ંલોકો ગળાબૂ હોય

તં-મ ં, T-ટોના ંચિસતુ વ યા ંજ બળ હોય છે, યા ં ધ છે. 'િછઘમ-તા'-નવલકથામા ં ાની સાથે ધ Dા બળપણે ય ત થઈ છે.નવલકથામા ંબે પા ો અઘયતં મહ વના છે. એક સંયાસી જટાધાર અને ેજ ોી 'ડરથી ાઉન' જટાધાર પડછંદ અને તૂ બાધંો ધરાવેછે.આમ તો બનારસ હ ુ-િવઘિવધાલયનો ઈતહાસ િવષયનો િવધાથD. સયાસ મજ લઇ સાધના કર તં-મ ં િવધા ા ત કર રહ યમય વન વતો આ"યા મક સંયાસી છે.તો કચારક તાિં ક ો પણ ભાસેછે. કામા યાપીઠ, ભ/માયલ, નીલાયલ અને y "ુની આસપાસ વસતા ગર બ લોકો જટાધાર નેદવ

ૂત માનેછે.

"લેડથી આવેલી ગોર મેમ 'ડરથી ાઉન' -હનર ાઉનની પની છે.પરં ુપિતના અઘય ોી સાથેના દહક સબંધંોથી kત થયેલી 'ડરથી' આ શા તપીઠમા ંઆવી વસેછે. દખાવે દંડુ અનેઆકષક

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ેજ (ના ંઅહંકારનેતોડે સ ં િતનાૂ

િમ યા-ભમાન સામેપડકાર ફક ભારતીય સં િતનૃેવીકાર છે.

ભયંકર ગર બીમા ંસબડતાલં ોકોને ામક મા યતાઓ અને ર ઢજડતામા ંવ ુનેવ ુધસડ જતા ં

તાિં કોના મોહરા

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બની

પબુલ માટ પોતા ંસવુ વ યોછાવર કરતાંદખાય છે.એક તરફ તાિં કોબુ\_\_\_\_\_લાથા

તરફ વલણ તો

જટાધાર D ંબુ\_\_\_\_\_લાથા િવરોધી અઠલયાન ંસુય 'ડરથી'નેપશ ય છે.  
પરણામેતેજટાધાર ના બ\_\_\_\_\_લાથા િવરોધી અઠલયાનમા ંજોડાય છે. સમ  
જનસમાજ જટાધાર અનેડરથીના સબંધોની યચા કર છે. બ\_\_\_\_\_ે વ  
ચેના સબંધોમા ંરહ ય ગોરંભા ંરહુ છે...પરં ુલેખકાનો ઉદશ જટાધાર -ડરથીના સબંધોનેકથામા ં  
િવકસાવવાનો નથી; લેખકાએ આ બ\_\_\_\_\_ેવ  
ચેના સબંધોનેકા યા'મપ આપી સમેટ લીધો છે.નવલકથાના ક @મા ંતો ધ Dધામા ં વતા ંમ

ુયો ારા અપાતા 'પ બુ લ 'અનેએથી પણ વૂ અપાતા 'નરબ લ'ની





ઘટનાનો ચતાર અપાયો છે.

કથારંભેજ હોડ માથંી નીચેઉતરતી એક િ એક ાઢ માણસ નેકાઈંક પમા ં  
આવા ૂએ

છે.એક ાઢ માણસ હોડ તમાથંી નીચેઉતાય

...તેબલ \_\_\_\_\_ુલ

પુ હતો. તેણેપોતાના ગળામા ંગાયનેબાધંવા

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ંદોરુ

હૂવાથી તેકશો જવાબ નહોતો આપતો. મા ગાયની મ ભાભં રતો  
હતો. કદાચ તે ાયિ ત માટ દાન માગં વા આ"યો હતો. તેનેજોયા પછ કોઈનેસમજવામા ંવાર નહોતી

સાચી ક િવેચીત્ત્વ કર છે.સાચેબા સાચ  
ંદિયોબાન નાચાન ંવાર છે િવેચન િવેચીત્ત્વ માન ંમે

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ખાવા ંઅનુએ રતેપોતાના પાપો ંયિ ત કરવા ંનુ કર ,ંુપરં ુ ંગૌહુયા તેણે ફી- ઝીનેકર

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ઘટનાનેકારણેઆ"

?ંુ એ કોઈ નહો ંુ ફા

ંબુ

છે? અથવા કાઈ \_\_\_\_\_ંુ(G.૩૨,૩૩)

અહ થી નવલકથામા ં ધ

ધાના ઓળ ઉતરતા દખાય છે. કથામા ંથોડા આગળ વધીએ યા ં વૂ

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થતી નરબલની ંઅઠસધંાનુ સધાય છે. હોડમાથંી ઉતરલી િનો ુ એક દડ રમી રો છે. પછ  
ખબર પડ ક એ દડો નહ ડૃ ુપામેલ માણસની ખોપર છે.તે િ ભયભીત થાય ય છેતેથી જટાધાર તેને  
આ"ાસન આપેછેઅનેકા લકા રાણમાુ ંનારબલીના િનયમોની પ ટતા કર  
છે.

યા ંયા ંરખડતી માનવ ખોપર ઓ પરવેશની

ભયકંરતા

યૂવી ય છે. માનવ ધ ડધાની

તીિત થયા િવના રહતી નથી.

નવલકથામા ંરનધર અનેિવિધબાલા પણ મહ વના પા ો છે. રનધર મનમોહન ૂરનો  
માનિસક રતેબીમાર થયેલો ુ છે. નેજટાધાર પોતાની મ

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તથી ઠઠક કય છે. પરણામેએ કથાના

આરંભથી ત ધીુ જટાધાર નો ભ/ત બની રહ છે. રનધર ંબ—લાથાની  
ભયકંરતા દિશ તથતી રહ છે. તેની સાથેજોડાયે ંબીુ ંબ છેવિધબાલા. રઢ^ુત ધ ધાં  
િસ હદદનીદ-કર છે.રનધર અનેિવિધબાલા બનંએકબી માટ ંબીુ લાગણી ધરાવેછે.અહ પણ લેખકાએ  
ણય સવંદેદનાનેિવકસવા દ-  
ંનથી,ુ પરંુ જૂ સમ યાનેક @મા ંરાખીનેકથાનક આગળ ચલા ંબુે.  
િવિધબાલા વેદનાની િૂત પછે. રઢજડતા અને ધ Dા માટ િપતા સામેિવ ંહ કર શક તેમ નથી. જ'ર પડ  
બનેછે. િપતા િસ હદદેિવિધબાલાના લન  
તો પોતાનો ાણ યાગી શક તેમ છેઅનેકથાતંએ# ંજ એક  
પરણત અને ંહ વચના ય ત સાથેન કર પાડાની બ—લ ચડાવા માટ કામા યા મ

ંદરમા ંઆ"યા છે. પાડાનેબ\_\_\_\_\_લ માટ લાવવામા ંઆ"યો છેએ પાડા  
સાથેિવિધબાલા બાળપણમા ંરમી છે.એ જ પાડાનો પોતાના  
લન માટ બ\_\_\_\_\_લ દવાના િવચાર મા થી િવિધબાલા કંપી ઉઠ છે. કથામા  
ંપાડાની માનો યથા ંુ િત&બબ િવિધબાલાના માનસમા ંબરાબર ઝીલા ંછુે.

બ\_\_\_\_\_લ માટ લાવેલો પાડો અચાનક રા ે મુ થઈ ય છે. હરો  
વષની બ\_\_\_\_\_લાથા સામેઆવેલા  
િવ નથી િસ હદદમાં ોધની વાળા ભભકતી દખાય છે.અહ િસ હદદની ધ ધાબળ પણે ગટ થાય છે.  
આ નવલકથામા  
ંકામ

પ \_\_\_\_\_ દશ, એની પરંપરાઓ, ધા, ધ ધા, અઠાની જનસમાજ, ગર બી,  
\_\_\_\_\_ ંકં કપના  
બ \_\_\_\_\_

રતેથાય છે. રંગીુ બની ગટડ છે.

બની રાત- દવસ નાયતા તાિં કો ધ ધામા ંગળાબૂ છે. સતત લોહથી ખરડાયેલી રહતી મંદરની  
િૂમ,  
પિવ& વધ થળ ઉપર પબુલના ઢગલેઢગલા ંઆખા વાતાવરણનેભયજનક બનાવી દ છે. ંર ક-  
ારક તો ના ઘોડા (તાિં ંરા બ\_\_\_\_\_લ માટ લવાયેલ પનુેપોતાના  
માતા કો) દાતં વડ કાપી નાખવાની  
ઘટનાઓમા ંભાિવકોના ંવાડા ઉભા કર દ છે.આવા અનેક ૃWયો આપણને દિશક પરવેશમા  
ંખેચી ય છે.

ણ  
બ\_\_\_\_\_લા  
થા બધં  
કરાવા

જટાધાર અનેદરથી ં ંઅઠભયાનુ ઉપાડ છે મા ંજનમત લેવા  
િત માટ આશીવા દ પ ઠર  
ય છેઅને તમા ંસફળતા પણ મળેછે.આ અઠભયાન સમ માનવ છે.



આ પુત્રીના બ\_\_\_\_\_લ સાથેમાનવીય સંવેદનોનો પણ

બ\_\_\_\_\_લ લેવાય છેએટલેજ વિધીબાલા વી

વતી પાડાનેબચાવવા પોતાનો બ\_\_\_\_\_લ આપી દ છે.

અનેબ\_\_\_\_\_લાથાના બ\_\_\_\_\_હાકારમા ંડરથી ાઉન

બ\_\_\_\_\_લદાન આપી દ છે.

આ નવલકથાના ક @મા ંબ\_\_\_\_\_લાથા બધં કરાવવાની ઘટના ક @

થાનેછે. તેમ છતા ંકથામા ં

લેખકાએ કા ચામકતા અનેરોમાયં કતા ઊભી કર છે.ભયાનક રસની સાથે ગંારરસ ંઅનો  
ંસિંમુ

ણ કુ છે. 'ડરથી ાઉન'-ના સદયના વણનો અનેખાસ તો જટાધાર અનેડરથી ાઉન વ  
યેના રહ યગભ સબંધો ંવણુન િવશેષપણઆ" ંછુે. “જટાધાર ફર થી ઊભો થયો  
અનેમાટ

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ના વાસણમા ંમ



દરા લઈ ફર એકવાર પી ગયો... શર રની ચમક તથા મહક ડરથીના ંનકસીદાર નાક તથા તા  
કપાયેલા માસંના ંકડા વા હોઠ ધીં ં ઉતારવા લાગી. ગળાની કોમળ ચામડ પરથી થઈનેપસાર  
થઈનેપચંમહાત્મી બનેલા શર રની ચમક હવેડરથીના ંભર રુ તનોની પાસેઅટક ગઈ... રાતના  
ધકારના વ

ો ચીરને ંક ડતુ થઈગયા હતા. સફદ માસંના બે ંકડાઓ, બેલહરાતી લહરો ...!!! અનેછલકાઈ  
ઊઠયો હતો ધકારનો

ગભ.” (G.૫55,56) આવા ઘણા ંઉદાહરણનો નવલકથામા ંસાપંડાએ.

ખરા અથમા ંકહ એ તો 'િછિદ્ધમ-તા' નવલકથામા ંઅનેક શ

તાઓથી ભર રુ નવલકથા છે.

લેખકા ડો .ઇ દ રા ગો વામીએ ડા અઠયાસ પછ ત ંનર ં કયા પછ આ નવલકથા લખવાનો પરમ કય છે.એ  
વાતમા ંકોઈ બેમત ન હોઈ શક. અઠવાદકુ ડો. કનેયાલાલ ભ/ પણ ડા મનોમથંન પછ  
આ ંતિનોૃ ભાવા વાદુ કય છે. અનેઆ ભાવા વાદુ દર યાન તેઓ ંછ મ તામચી બની ગયા હોય તેમ  
જણાય છે...

નવલકથામા ંનિ પાયેલ સગં ની ંતિહાસિકતા અનેતેની સાથેજોડાયેલી કપનામા ંસકની  
ંનથી. એક

ચી સકતા ંદશુ નથયા ંવના રહ એક સગં નેતેમણેકલામક રતેરૂકય છે.વાતાવરણ,  
પરવેશ કથામા ંસતત વતં ભાસેછે. જગિવ યાત કામા યા શ તપીઠ અનેયા ંવહતી મદમ-ત y “ુ  
ુ ંુ ંુ સામા જક, ધામિ ક,

ૂતિહાસિક અને ં

િતકૃ પરવેશ ંનિ પણ ંુદય પશ ર ંછે.

ડો.િવાનાથ પટલ .

(ગજરાતી ંવભાગ)



## THE NATURE CLUB



This Club is formed to conserve nature's heritage by education direct conservation efforts through the medium of Trekking, Workshops and Discussions on Crucial Environmental Issues and Concerns.

Date	Event
10 <sup>th</sup> Jan. '18	Guest lecture on Bird Rescue during Kite Festive Season delivered by Mr. Tejas Patel, Nature Club, Surat.
5 <sup>th</sup> Feb. '18	Identification of various Trees of Vanita Vishram Campus by an Expert- Dr. Meenubhai Parabiya



Lecture delivered by Mr. Tejas Patel on Bird Rescue



Discussion regarding identification of various aspects of trees



Students and teachers attending the guest lecture on bird rescue during Kite Festive Season



Students with expert exploring Nature



## OUR ALUMNI ... FACULTY OF ARTS

### HINDI

No.	Name of the Student	At Present ....	Year of Passing
01.	DaxaVasava	Teacher at Government School, Sagbara	2015 - 2016
02.	Kalpana Valavi	Teacher at Government School, Himmatnagar	2015 - 2016
03.	Chandrika Vasav	Teacher at Government School, Puna Gam	2015 - 2016
04.	Deepa Vasava	Teacher at Government School, Dadiapada	2015 - 2016
05.	Kalavati Valavi	Bank of Baroda, Sagbara	2015 - 2016

### DEPARTMENT OF ENGLISH

No.	Name of the Student	At Present ....	Year of Passing
01.	Anwesha Mohanty	Instructional Designer at Deloitte USI, Hyderabad	2015 - 2016
02.	Kelin George Chittu	Copy Writer at UNI Brand Solutions, Surat	2015 - 2016
03.	Safiya Begum Pirzada	An Assistant Producer at Network 18 (CNBC Bajar)	2015 - 2016
04.	Nidhi Parmar	A Journalist in Dainik Bhasker, Surat	2015 - 2016
05.	Ravina Mehta	Teacher in St. Thomas School, Surat	2015 - 2016
06.	Fatema Channiwala	Teacher in Madresa Taiyebia English Primary School, Surat	2015 - 2016
07.	Shreya Mokaria	Teacher in Kindergarden School, Kandiwali, Mumbai	2015 - 2016
08.	Sakina Thanawala	Completed Masters from Christ University, Banglore & Working as an Editor in Prosperous Company, Pune	2016 - 2017
09.	Anjali Gupta	Completed Masters in English	2016 - 2017
10.	Zainab Nalwala	Completed Masters in English	2016 - 2017
11.	Debatri Bhattacharjee	Completed Masters in English	2016 - 2017



No.	Name of the Student	At Present ....	Year of Passing
12.	Juveriyah Quazi	Completed Masters in English & B.Ed	2014 - 2015
13.	Shah Radha	As an Assistant Accountant at N. H. Point Fashion, Surat	2016 - 2017
14.	Anila Adassery	Pusuing Masters at St. Zaviuors College, Ahmedabad	2016 - 2017
15.	Pooja Sharma	Content Writer, Digital Door, Surat	2016 - 2017
16.	Pragati Tripathi	Pursuing Masters in Mass Communications at VNSGU, Surat	2016 - 2017
17.	Quazi Taqdis	Pursuing Masters in English at VNSGU, Surat	2016 - 2017
18.	Doola Zahra	Pursuing B. Ed at SNDT Women's University, Mumbai	2016 - 2017
19.	Pansy Nadwani	An assistant Teacher at Shri C. C. Shah Experimental School, Surat	2016 - 2017
20.	Devatri Bhattacharjee	Sports Teacher at L. P. Savani School, Surat	2016 - 2017

### PSYCHOLOGY

No.	Name of the Student	At Present ....	Year of Passing
01.	Khushbu Tak	Senior School Counsellor at Zenith School, Vadodara	2013 - 2014
02.	Pinky Shukla	Admin HR & Part time Counsellor in Avalon World School, Vadodara	2013 - 2014
03.	Kruti Patel	Graduating Senior at Washington College, USA/ Psychology with Thesis and Internship Track.	2014 - 2015
04.	Mahek Pathan	Head, Forensic Psychology at Turning Point De-addiction Centre, also as a Free Lancer Psychologist at Ekoverk, Surat.	2014 - 2015
05.	Tasneem Pahadwala	Pursuing Forensic Psychology at Gujarat Forensic Sciences University, Gandhinagar	2015 - 2016
06.	Siddhi Shah	Pursuing Forensic Psychology at Gujarat Forensic Sciences University, Gandhinagar	2015 - 2016
07.	Inshiya Khokhawala	Persuing M A in Psychology at SNDT Women's University, Pune	2015 - 2016

### FACULTY OF HOME SCIENCE GENERAL HOME SCIENCE

No.	Name of the Student	At Present ....	Year of Passing
01.	Janki lacewala	Entrepreneur	2012-13
02.	Komal Sajitala	Entrepreneur	2012-13
03.	Toral Trivedi	Vanita Vishram School as a Librarian	2013-14



No.	Name of the Student	At Present ....	Year of Passing
04.	Farida Chunawala	As a teacher in Online training	2014-15
05.	Sadiyabano Mansuliya	Entrepreneur	2014-15
06.	Jigisha Prajapati	As a Guardian Trainer in Kevaliya Foundation Educational Trust	2015-16
07.	Dhruti Ramoliya	As a Trainner in NJ Consultancy	2015-16
08.	Agniti Mashruwala	As a Trainner in NJ Consultancy	2015-16

#### HUMAN DEVELOPMENT, EARLY CHILDHOOD EDUCATION & LEARNING DISABILITY

No.	Name of the Student	At Present ...	Year of Passing
01.	Himani Choksi	As a Principal in Milestone School	2012-13
02.	Janki	As a Resource Teacher in DPS School	2012-13
03.	Prarthna Railwaywala	Opened own Centre “Sparsh “	2013-14
04.	Jahnvi Devnani	Opened own learning Center- Zack- the Educational Café	2013-14
05.	Salima Charania	Opened Own Preschool at Unn – Learning Curve Preschool (Director)	2013-14
06.	Megha Jariwala	As a Remedial Educator in Zack- the Educational Café	2014-15
07.	Archna Deshmukh	Opened own Learning Center – Divine Angls - Centre for Learning Disability	2014-15
08.	Dr. Rupa Shah	As a Physio-therapist and Remedial Educator in Masoom children's Hospital	2014-15
09.	Aifa Shaikh	Tapti Valley international School as a special educator	2015-16
10.	Sulekha Chhabra	National Training Consultancy as a trainer	2015-16
11.	Gulzar Pattherwala	Opened own preschool at Unn – Learning Curve Preschool (Director)	2015-16
12.	Shikha Anand	Opened own preschool - Neo - Newtons Preschool (Managing Director)	2015-16
13.	Mehreen Malik	As a Mother Teacher in Pre Primary Section in Shanti Asiatic School	2016-17
14.	Vibhuti	As a Preschool teacher in Fountain Head School	





### FOOD SCIENCE AND NUTRITION

No.	Name of the Student	At Present ...	Year of Passing
01.	Suman Tripathi	Worked at VLCC	2011-12
02.	Richa Thakkar	As a Lecturer in ShethP.T.Mahila college of Arts & Home Science, VanitaVishram	2013-14
03.	HimaniKabrawala	As a Lecturer in ShethP.T.Mahila college of Arts & Home Science, VanitaVishram	2014-15

### APPAREL DESIGNING

No.	Name of the Student	At Present ...	Year of Passing
01.	Nivya Kinkhabwala	Faculty at IGFD VanitaVishram	2015-16
02.	Pooja Patel	Faculty at IGFD VanitaVishram	2015-16
03.	Shikha Danech a	Faculty at IGFD VanitaVishram	2015-16
04.	Namrata Dawda	As Fashion Designer & Merchandiser in Deemart Ethnic	2016-17
05.	Jaya Maheshwari	As a Assistant Fashion Designer in SRI fashion	2016-17
06.	Unnati Parikh	As a fabric designer in Keona Fashion	2016-17
07.	Twinkle Ankoliya	As a fashion merchandiser in Decathlon	2017-18

### HOSPITALITY MANAGEMENT

No.	Name of the Student	At Present ...	Year of Passing
01.	Karishma Roy	As a Channel Sale head National & International in Child Safety India	2012-13
02.	Priyanka Pandav	Opened own centre "RadheDhokla" total 10 branches	2013-14
03.	Bhumika Patel	As Administrator in College Canteen	2013-14
04.	Maitri Ruwala	As a Travel Executive in Skyline Holidays	2013-14
05.	Sidhhi Parmar	As a manager (Business) in Rupal Spa and Salon	2014-15
06.	Jesal Kansara	Art and Craft Décor (Business)	2014-15
07.	Khushboo Rangoonwala	As a Receptionist in PrathamEndocare Clinic	2014-15
08.	Priya Patel	Red Roof Motel Florida USA as front desk and house keeping	2015-16
09.	RekhaSinghi	As a VISA & AIR ticketing executive in Exotic tours	2015-16
10.	Devanshi Desai	Working as Independent Animated Advertise Maker	2016-17



### ALUMNI AT OUR COLLEGE

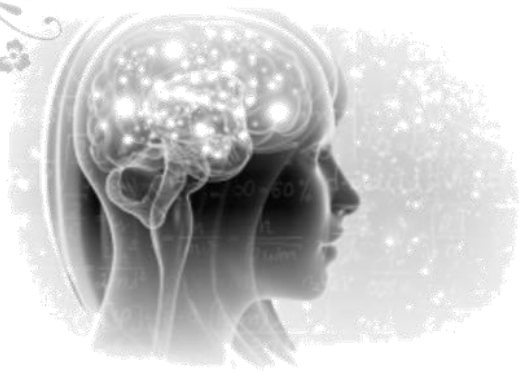
No.	Name of the Student	At Present ...	Year of Passing
01.	Bela Trivedi	Sheth P.T. Mahila college of Arts & Home Science, Vanita Vishram as a Lab Assistant	1986-87
02.	Smriti Juneja	As an Assistant Professor in Sheth P.T. Mahila College of Arts & Home Science, Vanita Vishram	1988-89
05.	Roshni Vakilna	As an Assistant Professor in Sheth P.T. Mahila college of Arts & Home Science, Vanita Vishram	2007-08

## Maa

A lady with fine long hair,  
 Who's getting younger year by year.  
 Mesmerising me with her love,  
 Inspiring me through her hard work.  
 Smiling at my tantrums I throw,  
 Advising me whenever I feel sorrow.  
 It's a mystery how she understands me without saying a word'  
 And the magic tricks to make me laugh, she's got.  
 She's so cool, she's so smart,  
 She's the one who's in my heart.  
 As she says I'm her little king,  
 And she's my smile.  
 She's my Maa,  
 & I love her forever and ever.

Nirali Rajeshbhai Parekh  
 F.Y.B.Sc.(Chemistry)





**Muskan Tahalramani**  
T.Y.B.A. - Psychology

Personality is “Set in plaster” by age 30.

Opposites attract and make better partners

People with Schizophrenia Have Multiple Personalities

You’ll need to stay in psychotherapy for  
many years or even the rest of your life.

Low Self-esteem is a Major Cause of  
Psychological Problems

Some People Are Left - Brained,  
Others Are Right Brained

Most People Use Only 10% of Their Brain Power

Talking to Family Members or Friends is  
Just as Effective as Going to a Psychologist

Hypnosis is a Unique “Trance” State  
Differing in Kind from Wakefulness

**It’s Okay, Not to be Okay !**

## NEWS FLASH

**પી.ટી.મહિલા કોલેજમાં બાળમેળો યોજાયો**

ચંનિતા વિશ્વમ સંચાલિત સેઠ પી.ટી. મહિલા કોલેજ ખાતે આઈસ એન્ડ સાયન્સ એન્ડ ક્રીકેટ ડિપાર્ટમેન્ટ દ્વારા બાળમેળોનું આયોજન કરવામાં આવ્યું હતું.

**મેન્ટલ હેલ્થ અવેરનેસ પર ફેશ મોડ કાર્યક્રમ**

સુરત : ચંનિતા વિશ્વમ સંચાલિત સેઠ પી.ટી. મહિલા કોલેજ ખાતે આઈસ એન્ડ સાયન્સ એન્ડ ક્રીકેટ ડિપાર્ટમેન્ટ દ્વારા રવિવારે મેન્ટલ હેલ્થ અવેરનેસ પર ફેશ મોડ કાર્યક્રમનું આયોજન કર્યું હતું.

**city ભાસ્કર**

આ મિલિયન રૂપિયાનો ટાઈટલથી પીડાયા છે

ફાઇન આર્ટ ડિસાલે : 1 વર્ષની મહેનત 12 X 12ના કેનાસમાં સચવાશે..!

સુરતની શાંતિબેદિયા સ્ટુડન્ટ્સ સેલેબ્રેટ પોસ્ટિંગના અવસરે

સુરત : સુરતની શાંતિબેદિયા સ્ટુડન્ટ્સ સેલેબ્રેટ પોસ્ટિંગના અવસરે આ મિલિયન રૂપિયાનો ટાઈટલથી પીડાયા છે. ફાઇન આર્ટ ડિસાલે : 1 વર્ષની મહેનત 12 X 12ના કેનાસમાં સચવાશે..! સુરતની શાંતિબેદિયા સ્ટુડન્ટ્સ સેલેબ્રેટ પોસ્ટિંગના અવસરે

**ગલ્સ ટ્રેડિશનલ સાડી પહેરી કોલેજ પર આવી અને કર્યું સેલ્ફી કેનું સેલિબ્રેશન..!**

સેઠ પી.ટી. મહિલા કોલેજ ખાતે ગલ્સ ટ્રેડિશનલ સાડી પહેરી કોલેજ પર આવી અને કર્યું સેલ્ફી કેનું સેલિબ્રેશન..!

**“સાહિત્યમાં ભારતીયતા” પર પરિચય**

સુરત : “સાહિત્યમાં ભારતીયતા” પર પરિચય આપનાર સેઠ પી.ટી. મહિલા કોલેજ ખાતે આઈસ એન્ડ સાયન્સ એન્ડ ક્રીકેટ ડિપાર્ટમેન્ટ દ્વારા આયોજન કરવામાં આવ્યું હતું.

**સેઠ પીટી મહિલા કોલેજ ઑફ આર્ટ્સ એન્ડ સાયન્સ કે બાલ મેલે મેં જમા હુએ 3 સે 8 વર્ષ કે બચ્ચે**

**ફિલ્મ ફેસ્ટ**

ચંનિતા વિશ્વમ સંચાલિત સેઠ પીટી મહિલા કોલેજ ઑફ આર્ટ્સ એન્ડ સાયન્સ કે બાલ મેલે મેં જમા હુએ 3 સે 8 વર્ષ કે બચ્ચે. ચંનિતા વિશ્વમ સંચાલિત સેઠ પીટી મહિલા કોલેજ ઑફ આર્ટ્સ એન્ડ સાયન્સ કે બાલ મેલે મેં જમા હુએ 3 સે 8 વર્ષ કે બચ્ચે.

**લખાણ સારું કરવા ડ્રાફ્ટીંગ અને રી-ડ્રાફ્ટીંગ જરૂરી છે**

સેઠ પી.ટી.મહિલા કોલેજમાં ‘મીટ થી ઓથર’ ઈવેન્ટ યોજાઈ, જેમાં સર્વિશ માર્ગદર્શિકાનીઓ સાથે વાત કરી

સેઠ પી.ટી.મહિલા કોલેજમાં ‘મીટ થી ઓથર’ ઈવેન્ટ યોજાઈ, જેમાં સર્વિશ માર્ગદર્શિકાનીઓ સાથે વાત કરી.

**સ્ટુડન્ટ્સે બનાવ્યા ચીઝ ઓરિયો કેક, કોર્ન કબાબ**

સુરતની શાંતિબેદિયા સ્ટુડન્ટ્સ સેલેબ્રેટ પોસ્ટિંગના અવસરે આ મિલિયન રૂપિયાનો ટાઈટલથી પીડાયા છે. ફાઇન આર્ટ ડિસાલે : 1 વર્ષની મહેનત 12 X 12ના કેનાસમાં સચવાશે..! સુરતની શાંતિબેદિયા સ્ટુડન્ટ્સ સેલેબ્રેટ પોસ્ટિંગના અવસરે

एनसीसी डे पर एनसीसी कैडेट्स ने शैठ पीठ महिला कॉलेज में किया 20 यूनिट रक्तदान



**सिटी रिपोर्टर** चर्चिता विश्राम संचालित शेट पीटी महिला क्लिज ऑफ आर्ट्स एंव होम साइड व साइड यूनित मुक्त में एन सीसी 6 गुजरात गल्स बटालियन सोमवार को एनसीसी- डे के अवसर पर वृन्ड डोनेशन कैम्प का आयोजन किया गया। इस कैम्प में चर्चिता विश्राम ट्रस्ट एकेडमिक कोऑर्डिनेटर डॉक्टर इम्मान मुर्ती सहित एनसीसी कैडेट्स द्वारा 20 यूनित का रक्तदान किया गया।

## હિસ્ટ્રી ફેસ્ટમાં પ્રાચીન-અર્વાચીન એક જ પ્લેટફોર્મ પર!



શેઠ શ્રી ડી. મણિલાલ કોલેજ ઓફ આર્ટ્સ એન્ડ સાયન્સ એન્ડ સાયન્સ યુનિટમાં 'હિસ્ટરી કેર' નું આયોજન થયું હતું, જેમાં પ્રાચીન અને અર્વાચીન કલા, કોશલ્ય, ઇનિલાસતરી રજૂઆત કરી હતી. આ કેન્દ્રમાં માર્ચરની ૧૦ સ્થલો શોધાયેલી હતી.

**સિદ્ધિ ACTIVITY**  
7 દેશોએ ગ્લોબલ વિલેજમાં ફૂડ અને રિવાજો વિશેની વાત કરી હતી  
થાઇલેન્ડમાં શોક પાળવા 1  
વર્ષ કાળા કપડાં પહેરાય છે

સુભાષચિત્રાઈએ જિવનના દરેકની સંસ્કૃતિ વિશે જાણકારી મેળવી હતે એ માટે AILETA સુનારે ખુબજન સાથે વર્તનકે વિશાળ મનો-ઓ વર્ષભર દુરા-ર વિનમ્રતા આપવાનું કરવાનું હતું, જેના કારણે તેઓ પીન, પાણીન, કાચન, ઈલેક્ટ્રીસિટી, આશ્વાનિજનન, આવાદેશ અને આવાસવગરના રહેવારે લોકોને સહાયતા કરી હતી.

**गोसावती रुड, २२.५ किलोमीटर ग्रीनफील्ड, अन्तर्गतस्थानीय मार्ग पर एक नवी ओ गरीबों के घरों में से ५ हैं**



၁၅၁၈၈ (၆-၄၈) ဟူ၍ နိဒါန်း ပါရှိသော စာအုပ်တစ်အုပ်၊

સાથે જોડાયેલા છે. આથી જ આ બંને સંસ્થાઓએ એકબીજાની સાથે સહકારી કાર્યકરોની સહાયતા માટે સંકલ્પ લીધો છે. આ બંને સંસ્થાઓએ એકબીજાની સાથે સહકારી કાર્યકરોની સહાયતા માટે સંકલ્પ લીધો છે.

[illegible][illegible]

## -CITY PLU

**सोटी सार**  
रॉड मल्लिक पीसी कॉलेज के छात्रावासों के छात्रों ने अगतिविधि किया और भी अधिक

[illegible]

એક્સપીરિયન્સીઅલ ડર્નિંગ' પર સેમિનાર યોજાયો

એક વ્યક્તિ દિવસમાં 93 % સમય વર્ગીકરણ કરે છે

[illegible][illegible]

## कॉनफ्लिक्ट्स मैनेजमेंट पर हुई कार्यशाला

Emily Smith

[illegible][illegible]

## परफॉर्मिंग आर्ट्स पर हुई वर्कशॉप



### Study benefits

[illegible]





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Sheth Purshotamdas Thakur Das Mahila College of Arts  
& Home Science and Science Unit







# Sheth Purshotamdas Thakur Das Mahila College of Arts & Home Science and Science Unit

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