

## **Swatch Bharat Rally**

### **Report**

T.Y B.SC & ECE students of Human Development Department had organized a Swachta Abhiyan Rally on 30<sup>st</sup> January 2015. In the rally pre-school students were participated with great enthusiasm and they were made aware about the importance and need of hygiene & Sanitation. The rally was a part of National Swachta Awareness Abhiyan.

**Seminar on Procrastination & Anger Management {15-16}**

**Report**

### **Swachta Abhiyan Rally by Tiny-Tots of CD Lab**

#### **Report**

As a part of the National Awareness Campaign T.Y B.Sc (Human Development) & ECE students organized a Swachta Abhiyan Rally on 14<sup>th</sup> October 2016. In the rally pre-school students were participated with the zest and zeal and they were made aware about the importance and need of hygiene & Sanitation.



## Swachta Abhiyan

The college students lead by NSS volunteers participated in Swachta Abhiyan Rally on 22.12.16.



Swachchhata Abhiyan



## Swachta Abhiyan Rally by Tiny-Tots of CD Lab

### Report

As a part of the National Awareness Campaign T.Y B.Sc (Human Development) & ECE students organized a Swachta Abhiyan Rally on 14<sup>th</sup> October 2016. In the rally pre-school students were participated with the zest and zeal and they were made aware about the importance and need of hygiene & Sanitation.



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## Swachata Rally

## **BALA Project- Building as a Learning Aid**

Department of General Home Science, Sheth P.T. Mahila College of Arts and Home Science, managed by Vanita Vishram conducted training for T.Y.B.Sc. General Home Science students with the collaboration of BALA Project group organized by Kevaliya Education Foundation trust, Surat dated 11<sup>th</sup> and 13<sup>th</sup> February, 2018. The orientation programme was held on 8<sup>th</sup> February, 2018. This Bala group demonstrated their various pictures regarding art and craft and child basic knowledge and then our students prepared such paintings related to this in school. In this activity, n= 16 students were participated.













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The Human Development Department organized a Bal Mela on 5th and 6th 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.



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



Various activities at Bal Mela

## National Breast-Feeding Week (1<sup>st</sup> – 7<sup>th</sup> August, 2017)

National Breast-Feeding Week (1<sup>st</sup> – 7<sup>th</sup> August, 2017) was celebrated by department of Food Science and Nutrition in collaboration with SPACT (Surat Pediatric Association). Peer training was conducted by T.Y. B.Sc. FSN students regarding myths, facts and correct practices of breast feeding and its importance covering more than 1500 college students of 16 different colleges in Surat City.

Faculty Participation:

- Dr. Khushman Dholawala
- Shri. V.D. Joshi
- Dr. V. N. Solanki
- Mrs. Meenakshi Tripathi
- Ms. Roshni Vakilna
- Dr. Shilpee Agrawal







The students of Hospitality Management department Christmas this year by collecting donations in the form of cloths, toys, foot wear, books etc from all the 14 institutes of Vanita Vishram Campus and donating it to the needy people in Dang Village and also to a NGO. The collection was done from 26<sup>th</sup> to 29<sup>th</sup> December 2017.



Managed by Vanita Vishram

Sheth P. T. Mahila College of Arts and Home Science & Science Unit,  
Athwagate, Surat

Organizes

**'WE CARE'-the joy of giving**



You can be a Santa to someone this Christmas by donating used/unused items like clothes, footwear, books, toys, household items, non-perishable food, toiletries (unused etc. **ALL IN GOOD CONDITION**) to the deserving and needy.

Drop off point: Front Gate of Sheth P.T. Mahila College of Arts and Home Science & Science Unit, Vanita Vishram

Date & Time: 26<sup>th</sup> December to 29<sup>th</sup> December 2017 (11:00 am to 1:00 pm)

Event Organized by the Department of Hospitality Management

### **Health Checkup at CD Lab**

As part of the Child Development Lab activities, T.Y.B.Sc Human Development students had organized Health Checkup for mothers, grandmothers and students of CD lab on 4<sup>th</sup> July, 2017. A team of doctors had done the complete health checkup. The objective was to create the health awareness among the children and their parents and to make them acquainted with their own health status and measures were suggested to improve their health status.

## **Healthy Recipe Cooking Competition for mothers of pre-school children**

As a part of Nutrition Week Celebration, T.Y B.Sc Human Development students had organized a Healthy Recipe Competition for mothers of CD lab students on 24<sup>th</sup> July 2017. Ms. Minakshi Tripathi, Assistant Professor, SPTMC was the judge. The objective of this programme was to create the nutritional awareness among the mothers of tiny-tots. Mothers were asked to prepare the healthy dishes from home and judgment was made on the basis of nutritional component and plating of the dishes. Winners were felicitated and asked to share their recopies with other mother participants.

## **Inter-collegiate nutritious recipe**

Intercollegiate Nutritious recipe competition was organized by the P.G Diploma in Dietetics, Food Science and Nutrition Department of Sheth P. T. Mahila College of Arts & Home Science on 10<sup>th</sup> January, 2018. Every year, 10<sup>th</sup> January is celebrated as Dietetics Day with a theme. Theme for the year was “Ensuring Safe and Nutritious Food”. Total 74 students from 8 different colleges of Surat participated with zeal and enthusiasm. At the end of session Ms. Durva Joshi have delivered a speech on wise selection of healthy recipe & shared a thorough knowledge regarding colorful plate. The event not only provide a platform for the students to foster their activity and decision-making skills also helped them to explore their hidden talents and discover new areas of interest.

### **Panel of Judges:**

1. Mrs. Minakshi Tripathi
2. Mrs. Ruchika Agarwal
3. Dt. Durva Joshi

### **Winners:**

1st Prize: Ms. Khuman Bhumika (Dept. Micro; Ramkrishna College)

2nd Prize: Ms. Rangoonwala Rajvi (FSN Dept., SPTMC)

3rd Prize: Ms. Chaudasma Hiral (FSN Dept., SPTMC)

Consolation: Nair Yashashvi (P.T. Science College)

Mariya Krinal (FSN Dept. SPTMC)





**Workshop on "Counselling Skills"**

1. National Breast-Feeding Week (1<sup>st</sup> – 7<sup>th</sup> August, 2017) was celebrated by department of Food Science and Nutrition in collaboration with SPACT (Surat Pediatric Association). Peer training was conducted by T.Y. B.Sc. FSN students regarding myths, facts and correct practices of breast feeding and its importance covering more than 1500 college students of 16 different colleges in Surat City.

Faculty Participation:

- Dr. Khushman Dholawala
- Shri. V.D. Joshi
- Dr. V. N. Solanki
- Mrs. Meenakshi Tripathi
- Ms. Roshni Vakilna
- Dr. Shilpee Agrawal







2. Anthropometry Measurement for P. D. Vidhya Kunj School was organized in August 2017



## **National Nutrition Week (1st – 7th September, 2017)**

**Theme: “Optimal Infant & Young Child Feeding Practices: Better Child Health”**

### **Report**

National Nutrition Week is commemorated every year from 1<sup>st</sup> – 7<sup>th</sup> September. The main objective behind celebrating National Nutrition Week is to create awareness on the importance of Nutrition on health which has far reaching implications on development, productivity, economic growth and ultimately National Development. The one-week campaign involves training, workshops, nutritious recipe competition, an exhibition by the students of Home Science, nutrition lecture to Mothers, road shows and seminars.

The department of Food Science and Nutrition organized Nutritious recipes competition and poster making competition for the Home Science students. This upgraded the knowledge of students with recent advances in Child Health and.

## A FLASH MOB ON MENTAL HEALTH AWARENESS

India, as a country, has come a long way. But it is still fighting against many stigmas. One of these is the way people perceive mental health. To fight against the stigma of mental health, the department of Psychology of Sheth P. T. Mahila College of Arts & Home Science and Science Unit, organized an event on the same via Flash Mob, on 21st January, 2018, at VR, Surat.

The Flash Mob consisted of a dance performance by the students of the department of Psychology. The songs that were used in this dance performance depicted themes related to mental health. Through the dance performance, the students tried to show that whenever an individual goes through stress, crisis or confusion in his/her life, it may lead to depression and the feeling of helplessness and hopelessness, and thus, one should ask for help without any hesitation and get social support from the people around him/her, and should never give up! Each and every song helped in portraying the same, and helped the audience to get a better understanding of the theme of the event. The Flash Mob was then followed by a speech given by Mr. Aditya Farsole, Assistant Professor of Psychology, at the department of Psychology, which was addressed to the audience that gathered around in the mall during the Flash Mob. His speech 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. He concluded his speech by saying, "Let's all come together and fight against the stigma of mental health."



The tagline of the event was "It's okay, not to be okay!", with "Fight the stigma of mental illness" as the event's main objective along with spreading awareness about the same.

### **Tri Express Events**

The Hospitality Management Department organized 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.



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

The students of food science and nutrition visited the Civil Hospital for Nutrition Surveillance practical.



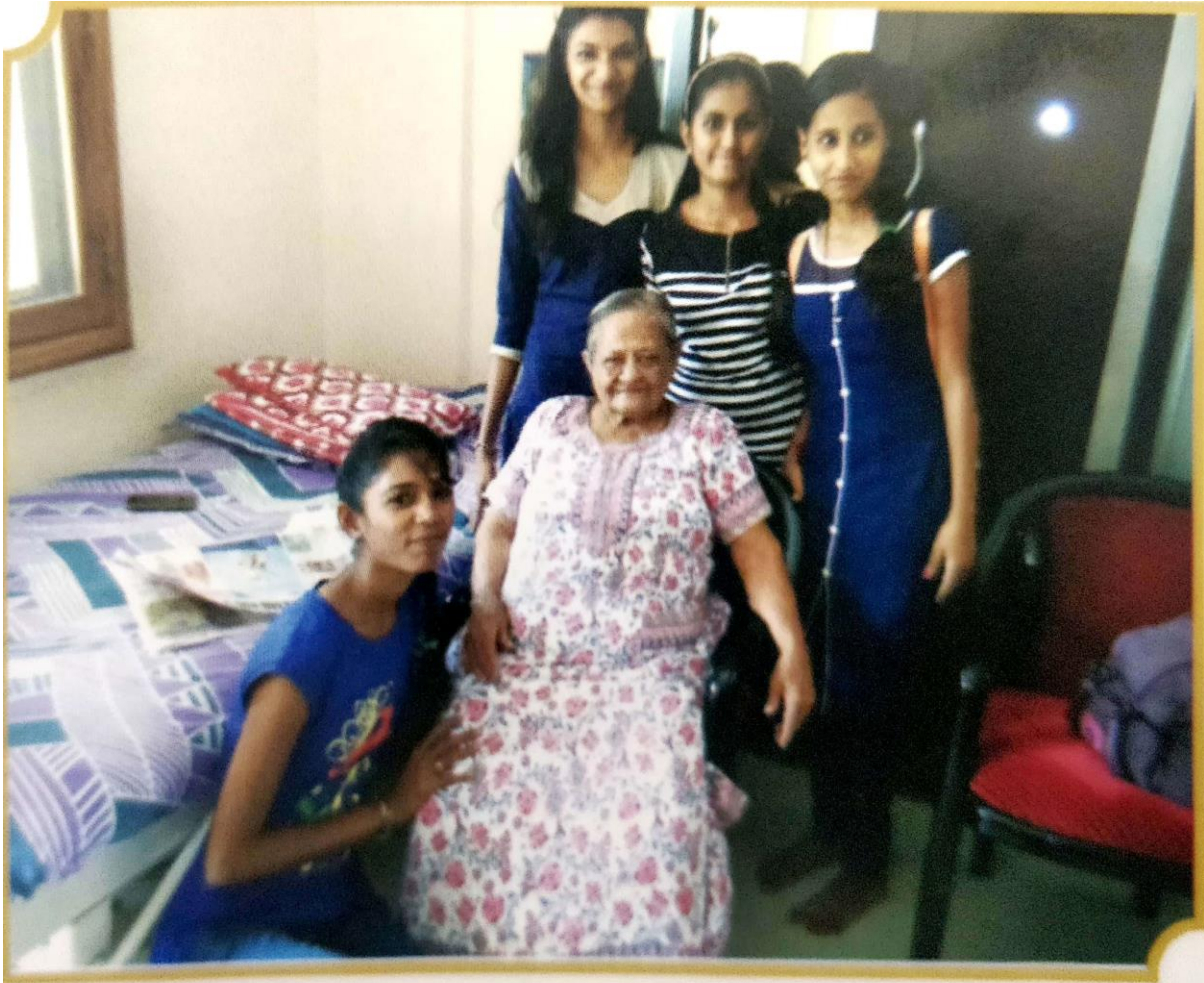
## **Visit to Mahadev Trust Rehabilitation Center**

T.Y B.Sc students of Human Development Department had visited Mahadev Educational & Rehabilitation Center, Surat from 1<sup>st</sup> -28<sup>th</sup> February2018. As a part of their Child Development Lab activities they had prepared various teaching and learning aids and conducted different learning activities for disabled children.





Students of Hindi Department visited the old age home on 3.10.17. The main objective behind the visit was to spend quality time with the elderly and look at life from their perspective.



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**Visit to Old Age Home**

**Anthropometric measurements, Health & Nutritional assessment of preschool and adolescent girls of preschool and primary section of Vanita Vishram, surat was conducted by T.Y. Bsc, on 12.08.18.**



### National Breast-Feeding Week (1<sup>st</sup> – 7<sup>th</sup> August, 2018)

National Breast-Feeding Week (1<sup>st</sup> – 7<sup>th</sup> August, 2018) was celebrated by department of Food Science and Nutrition in collaboration with SPACT (Surat Pediatric Association). According to WHO, every baby has right to get good nutrition. Thus, T.Y. B.Sc. FSN students conducted Peer training regarding benefits of exclusive breast feeding for 6 months and its correct practices of breast feeding covering more than 1500 college students of 12 different colleges in Surat City.

#### Faculty Participation:

- Dr. Khushman Dholawala
- Shri. V.D. Joshi
- Dr. V. N. Solanki
- Mrs. Meenakshi Tripathi
- Mrs. Meena Raja
- Ms. Roshni Vakilna
- Dr. Shilpee Agrawal
- Ms. Richa Thakkar
- Ms. Himani Kabrawala





## **DRAMATIZATION ON CONSUMER ISSUES**

The Department of General Home Science had organized a programme related to dramatization on various consumer problems dated 18<sup>th</sup> and 19<sup>th</sup> February, 2019 for F.Y.B.Sc. II Sem students. Approximate 50 students took participated in this programme. Various issues were covered under this programme such as misleading advertisement, consumer protection, faulty weights and measures, the issues related to plastic bags, the adulteration of perfumes. Students also performed a skit on not to use decorative packaging items etc. The objective behind holding this programme was to create awareness with respect to various consumer issues popular now a days.











**ENVIRONMENT QUIZ-- 30/08/2018, Organized by: T.Y.B.Sc. General Home Science--Target group: F.Y.BSc--No. of Students Participated-240**

Round -1 -MCQ's  
Round -2 -No option  
Round -3 -Chit  
Round -4 -Buzzer

The Quiz competition was organised by T.Y students and 240 students of F.Y. had participated in it. The competition was divided into 4 rounds. The No. of students decreased gradually as they were going in the next round. The eligible students were only allowed. The T.Y. students entertained the participants and encouraged them. In the final buzzer round, only 4 students were selected. At last, the results were announced and the event was indeed successful.

The objective behind this is to bring awareness and to sensitize them on various environmental issues and to support the mission of “ Clean & Green India” . The basic theme of the quiz was “Save Environment” and All the students of TY Bsc. Of General Home Science.& Nature club conducted the quiz successfully.

**Judges**—Mrs.Purnima Pancholi & Mrs. Kalaben Bhabhor

----Team of TYBSC General Home-Science

**Winners-**

1. SakinaShaikh-FYBSC
2. Patel Poonam-FYBSC
3. UkaniZenab-FYBSC





**Conducting Environmental Quiz Competition**



**Winners of Environmental Quiz Competition**



## **‘Adventure and Mental Health’**

Researchers found a strong link between adventure and mental health. It was found that adventure positively affected the mental health of individuals. Based on this concept, wilderness therapy was formulated and to understand this therapy, Department of Psychology organized a Talk show on “Adventure and Mental Health” in collaboration with SPARSH. It was conducted on 8<sup>th</sup> December 2018 in Central Hall of S.P.T.M. College. The resource persons for this talk show were:

- Mr. Narinder Singh (Everester)
- Dr. Sudipta Roy (Clinical and Child Psychologist)
- Ms. Krishna Thakur (Mountaineer)
- Dr. Murtuza Railwaywala (Psychologist and Mountaineer)



The objective of this talk show was to get first hand experiences of Everester (Mr. Narinder Singh) and Mountaineers (Ms. Krishna Thakur and Dr. Murtuza Railwaywala) and to understand how adventure influences behaviour and mental health.

It was also found that individuals of all ages can benefit from Adventure Therapy. Moreover, it is proven to be an effective tool for overcoming a wide range of mental health challenges.

One of the main focuses of the talk show was Wilderness therapy. It is an adventure based therapy for behaviour modification and interpersonal self improvement. The target audience of this talk show were First year, Second year and Third year Psychology students.

The program coordinators for the Talk Show were:

- Asst. Prof. Aditya Farsole
- Asst. Prof. Ria Nadkarni  
(Department of Psychology)

The Talk show was very interactive with a lot of communication between the resource persons and the audience. Videos on the experiences of the mountaineers were shown between sessions. At the end of the talk show, a question-answer session was held in which the students asked their personal questions which enhanced the overall knowledge of the students in regards to Mental Health and Wilderness Therapy.

## **REPORT ON SWACHCHATA ABHIYAN**

Swachh Bharat Abhiyan or Swachh Bharat Mission is a nation-wide campaign in India for the period 2014 to 2019 that aims to clean up the streets, roads and infrastructure of India's cities, towns, and rural areas. To show their support and spread awareness regarding the same, on 19<sup>th</sup> September 2018 the students of TYBA Psychology along with the faculty members organized a “Swachchata Abhiyan” for cleaning the Psychology laboratory. The students rearranged all the Psychological instruments properly and cleaned the Psychology lab. Through this campaign, students were made aware of the importance of cleanliness and the need to keep their home and surroundings clean, and were asked to spread awareness in their family and locality, too.





## Tree Plantation Drive

Planting more trees around the campus. Students and Staff undertook a tree plantation drive to coincide with the state initiative to increase the green cover in Vanita Vishram. The event was held on 3.08.18.



The department of Food Science and Nutrition along with Surat pediatric association have given peer group training on Advantage of Breast Feeding -to baby, mother and society.

Around 1200 students from various colleges were benefited. Total 15 colleges were covered.

Minakshi Anurag Tripathi  
Program coordinator



