



# Aparajita



VOL. XVI  
2019

S.P.T.M.  
COLLEGE OF ARTS & HOME SCIENCE



**Sheth Purshottamdas Thakurdas Mahila College of  
Arts & Home Science**

Managed by : Vanita Vishram, Surat.  
(Affiliated to Veer Narmad South Gujarat University, Surat)

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## Glorious Moments of the Year



Dr. Pradip K. Desai - Hon. Chairman, Vanita Vishram giving an award at the Prize Distribution Ceremony



Dr. B. R. Naik - Dean, Faculty of Science and Dr. P. K. Desai lighting the lamp at the Prize Distribution Ceremony



Classical Performance at the Annual Day Celebration



Lecture on "Sexual Harassment" An Overview by - Smt. Snehlata Bhatia



Students participating at the Ek Bharat Swasth Bharat Rally



Alumni Meet



Bansari Bantwa Winner of Extempore Competition at Bhagwan Mahavir College



Shivani Shah and Zainab Motiwala winners at INFERNO held at SDJ College





**Sheth Purshottamdas Thakurdas**

❧ VISION ❧

“संस्कृता स्त्री पराशक्तिः”

❧ MOTTO ❧

TO EMPOWER WOMEN WITH EQUAL OPPORTUNITY  
THROUGH EDUCATION

❧ MISSION STATEMENT ❧

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, 2018-19

Sr. No.	Name of the Member	Designation
1	Mr. Deepak Khambhati	President, Managing Council
2	Mr. Nitin Mangaldas	Hon. Secretary, Managing Council
3	Mr. Paresh Parekh	Hon. Treasurer, Managing Council
4	Dr. Pradip Desai	Chairman, SAC
5	Mr. Ashvin Mehta	Vice-Chairman, SAC
6	Mr. Haresh R. Mehta	Hon. Secretary, SAC (General Administration)
7	Dr. S. K. Mohanty	Hon. Secretary, SAC (Development & Planning)
8	Mr. Yatish Parekh	Hon. Treasurer, SAC
9	Mr. Kanubhai Shah	Trustee
10	Mr. Pravin Shah	Trustee
11	Mr. Nayan Bharatia	Trustee
12	Mr. Kriplani Desai	Trustee
13	Mr. Pravin Vora	Trustee
14	Dr. Jagruti Patel	Invitee Member
15	Dr. Rekha Mistry	Invitee Member
16	Dr. Parul Vadgama	Invitee Member
17	Dr. Pratibha Desai	Invitee Member
18	Mr. Piyush Patel	Invitee Member
19	Mrs. Sujata Desai	Invitee Member
20	Mr. Manoj Mistry	Invitee Member





या कुन्देन्दुतुषारहार धवला या शुभ्रवस्त्रावृता  
या वीणावरदण्डमण्डितकरा या श्वेतपद्मासना ।  
या ब्रह्माच्युतशंकरः प्रभुतीर्भी देवै सदा वन्दिता  
सा मां पातु सरस्वती भगवती निःशेष जाइयापहा ॥

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## From The Editor's Pen....

We are extremely proud and exuberant to announce that we are ready with the latest Volume of our College Annual Magazine - **APARAJITA - 2018-19** that will unravel and unfold the memorable moments of the academic year – 2018-2019.

The magazine will put the readers in awe of the number of meaningful and significant activities and programs that the college has been able to put together around the academic year. This annual publication features reports on the academic programs, events, initiatives and faculty as well as student achievements. The editors have tried their level best to reflect and uphold the vision of our college in each page of the magazine and aim at enlightening the readers about ideas and issues that matter. We are delighted by the response in terms of students and faculty contribution towards the magazine and take this opportunity to thank each and every person who have added value to this publication.

Lastly, we also extend our heartfelt thanks to our generous sponsors without whom it would have been

## Editorial Board



**Dr. Smita Bhatt**  
Vice Principal (Arts Faculty)  
Editor in Chief



**Smt. Ruchika Agarwal**  
Asst. Prof.  
(Hospitality Management Department)  
Editor



**Dr. Shashi Saini**  
Asst. Prof.  
(Human Development Department)  
Editor



**Dr. Navnit Chothani**  
Asst. Prof.  
(Chemistry Department)  
Editor



## From The Principal's Desk



“ज्ञान दीपेन संसार भयं नवितते”  
(अर्थ- ज्ञान के दीप से संसार का भय भाग जाता है)

Greetings to one and all!!

We at the Sheth P. T. Mahila College of Arts and Home Science strive to harness the individuality and uniqueness of each student so that they can be guided in the right direction and may excel in all their endeavours. In today's competitive world, it is our prime duty to prepare our students to take procedures in their stride and be able to face the world head on. This confidence prepares them for healthy competition and faces various challenges through education and also by training them in developing great human values and life skills.

This year the college conducted some worth remarkable developments in academic, co-curricular and extracurricular activities. There have been some big events and some great learning. Our faculty has participated in a number of National/International Conferences, Seminars and Workshops and our students have exhibited their talents on different platforms and have brought glory to the college and Vanita Vishram.

The three faculties of the college namely Arts, Home Science and Science inclusive of eleven departments; organized a number of departmental activities that motivated the students to learn and enhance managerial skills through their interactions with experts and specialists of the industry. These programs and events have benefitted the students and the college as a whole.

Sheth P. T. Mahila College of Arts and Home Science also believe in encouraging the creative, conceptual and spiritual growth of the faculty members and the students leading towards their holistic development. For us, being intelligent is not enough, thus we value Emotional Quotient more than the Intelligence Quotient. They should be able to display balanced emotions and mature attitude in every phase and situation of life.

In APARAJITA 2018-19 we give our readers a glimpse of all the achievements, learning and moments of pride that we have witnessed in the college during this year. And here, I make a promise to myself, my faculty members as well as my students that the coming academic year will be even more rewarding and full of opportunities for our growth and development.

Lastly, I wish that the education and opportunities provided by us may promote the students and empower them to be independent in life and not only aid them in building successful careers and entrepreneur skills but also make them a human of value.

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





## Glorious Moments of the Year



Bhartiya Sanskruti Award to Ms. Jitiya Ekta by Dr. S.K. Mohanty



Cultural Committee and Students at Annual Function



Ms. Ayushi Ankleshwaria Received Third Prize in College ka Tashanbaaz by Red FM



Participation in Kala Yatra at Yuvak Mahotsav, VNSGU



Poster Competition on Surgical Strike Day



Student Council at the Oath Taking Ceremony



Tree Plantation in the College Campus



Yoga and Pranayam Awareness Program by Gayatri Pariwar



Best Wishes...

Re-Accredited by NAAC with 'A' Grade

**VNSGU** | VEER NARMAD  
SOUTH GUJARAT  
UNIVERSITY, SURAT



*Dr. Shivendra Gupta*  
Vice Chancellor

MESSAGE

I am really gratified to note that Sheth P.T. Mahila College of Arts and Home Science publishes a yearly magazine. It is noteworthy that the college has already published 16 issues which implies the dedication and perseverance of both the faculty members and the students. The efforts taken to bring about innovative content is appreciable. It is remarkable that the college has provided a platform to many students for enhancing creative and expressive skills which in turn will be helpful in their overall growth. I wish Sheth P.T. Mahila College of Arts and Home Science a very big success in all their ventures. I also applaud the coordination and efforts of the team for bringing out this issue. I wish them all success.

Jay Hind !

No.VC/M/6135/2019  
Date: 09-04-2019

  
(Dr. Shivendra Gupta)  
Vice Chancellor

To,  
Dr. Khushman Dholawala  
I/C Principal,  
Sheth P. T. Mahila College of Arts & Home Science,  
Surat.



Best Wishes...

Re-Accredited by NAAC with 'A' Grade

**VNSGU** | VEER NARMAD  
SOUTH GUJARAT  
UNIVERSITY, SURAT



**Dr. Bhaskar M. Rawal**  
Pro-Vice-Chancellor

I am delighted to know that, Sheth P. T. Mahilla College of Arts and Home Science, Vanita Vishram, Athwalines, Surat is going to bring out its annual Magazine "Aparijita" for year 2018- 2019.

The institution under Vanita Vishram stewardship is doing substantially well and has earned a name for the quality of the education provided by the learned faculty. I am quite sanguine that magazine, besides showcasing the achievements of the students, it will validate the capability to create a responsible youth for the flourishing society. The publication of the magazine has assumed additional significance in terms of the new initiative and concerns for education system.

I am sure the current issue includes the achievements of the college in the all spheres of student's activity.

I send my best wishes to you, young writers and member of the editorial board.

  
(Dr. B.M. Rawal)  
Pro-Vice-Chancellor

No.PVC/ 6926 /2019,  
Date: 29/04/2019

To,  
Dr. Khushman Dholawala  
I/C Principal,  
Sheth P. T. Mahila College of Arts & Home Science,  
Surat.





## Best Wishes...

**“Education is not the learning of facts,  
but the training of the mind to think”**

**- Albert Einstein**

I am pleased to note that Sheth P. T. Mahila College of Arts and Home Science is bringing out the College Annual Magazine 'APARAJITA' Volume XVI – 2019. It is heartening to note that the College has maintained its tradition to publish its College Annual Magazine every year. Vanita Vishram after completing the 111 glorious years, is continuously moving forward and offering more and more additional courses and at the same time striving hard to maintain excellence in the quality of education imparted in various subjects.

Vanita Vishram is a unique Institution which imparts education from Nursery to Graduation along with PG Diploma programmes. It provides excellent opportunity for the growth and development of girl students for their better tomorrow and prepare them for socially responsible and emotionally balanced citizens. For the students to move forward purposefully in life, Vanita Vishram always focuses on its main objective of Empowerment of Women.

Sheth P.T. Mahila College of Arts and Home Science has always ventured to travel beyond the boundaries of books so as to inculcate leadership qualities and managerial skills in the students. The College Annual magazine 'APARAJITA' Volume XVI - 2019 reflects the notable achievements of the students in the fields of academics, extension activities and co-curricular activities.

I would like to congratulate the entire college fraternity and management for their relentless efforts to prepare the students to face the challenges in today's fast growing competitive world. The impressive progress of the newly opened Science Faculty is exemplary. Despite of all odds all the departments have come out with flying colours. Several B. Voc Courses are going to be introduced from the academic year 2019-20: Fashion Designing, Interior Designing and Event Management.

I offer my best wishes to all the students for their very bright and progressive future. I also extend my appreciation to the Principal and Staff for their painstaking efforts to compile the XVI Volume of APARAJITA - 2019.

**Dr. Pradip K. Desai**  
Chairman



## Best Wishes...

It gives me pleasure to know that Sheth P. T. Mahila College of Arts and Home Science, Surat is publishing its Annual College Magazine 'APARAJITA' Vol. XVI of 2018-2019.

The College Management- Vanita Vishram, is a name to reckon with, in the field of providing quality education and empowering women through skill development.

I believe that it is imperative to publish education related news and to spread knowledge without any barriers of any kind throughout the educational field and I am sure that 'APARAJITA' will provide such platform to the students' fraternity to inspire for their future commitment.

I congratulate the sincere efforts made by Vanita Vishram Management, I/C Principal, Editor in Chief along with Editorial Board members and all others connected thereof for the publication of 2018-2019 College Magazine 'APARAJITA' Volume XVI.

I wish publication of 'APARAJITA-2018-19' a grand success.

**Dr. B. R. Naik**  
Dean Faculty of Science  
Principal  
The Patidar Gin Science College,  
Bardoli



## *Recollections...*

Memorable 32 years

**Dr. Rupam H. Bhatt**

Associate Professor, Human Development Department

This College and Vanita Vishram is my “KARMA BHUMI”. “Work is Worship” is my belief and at the end of 32 years of journey, I feel proud to say that I have become a polished person from an inexperienced and naive individual in terms of understanding and withstanding the ups and downs of life. My true solace today is that I have always been honest and have never ever done any injustice towards my students, my colleagues, my work and my institution. I wish Vanita Vishram and my College a great success in future which it truly deserves. I may be retired but I don't feel tired. Here, I would suggest a few simple facts for “Self Development”....

The world is a great training school that provides us with a lot of opportunities and situations where we have to make choice and selectively decide where and when to give and when and how to take. The worldwide incidences and experiences are our training lessons which will polish and shape our personality. It is up to us to apply the gained experience and our practical knowledge for betterment of self, family and community. It is possible if we “MAKE HAY WHILE THE SUN SHINES”. Grab the opportunities that enhance our learning for healthy living and try to develop the ability to forget and detach from undesirable past events to move ahead towards constructive thinking and better adjustment. The key aspects for self and professional development is:

- to develop positive social skills and its appropriate and timely application in practical life situations.
- to focus on the present by adopting the useful practices that our experiences have developed in us.
- to avoid being affected by listening to gossips around us.
- to be able to analyse ourselves at the end of the day and pick up the positive things and shut out the negative things. This will make us feel more sure and more true to ourselves.
- to reduce emotional elements from our thoughts (avoid considering trials and difficulties as burden).
- to avoid random and haphazard thinking (day dreaming and unplanned random thinking).
- to be consistent in our thoughts, words and deeds.





## College Life: The Most Glorious Phase of One's Life



**Ms. Rhea Olpadwala**  
Alumna

One of the most interesting stages in life that provides a platform to bring out hidden qualities in you and enhance knowledge is the "College Life". Life at college is the time when the school days end and we enter into the new arena where new beginnings and opportunities are waiting for us. The journey during college life prepares us for all the future challenges.

My experience during college life has taught me one fundamental thing - life is unpredictable. It is a perfect blend of joy and hardships. You meet different people, you interact with them, and you learn about different cultures and grow as a person. You learn to sit through interesting lectures, you try to cope up with the surprisingly new syllabus and you have the opportunity to learn from some great research minds. I acknowledge all my teachers and administrative staff for providing us positive and healthy atmosphere.

The college is like a Santa Claus that keeps on giving us all the wonderful opportunities. There are also a lot of campus festivals and fun that let you exhibit your skills and talents. The life at college is a time when you can decide your career; it's a time of dreams and innumerable paths.

Talking about the college that is the "CAMPUS" where experiences transform into lifetime memories. Every nook and corner of my college is surrounded with nature whose value you will only realize once you graduate from this campus. I will always remember the early morning sports days, the canteen masti, chit-chatting, picnics or arguing about any random topic etc. So always remember that there will be moments that carry a lot of sentimental values and you can't help but miss those days later.....and all these things make you more emotional when you have to bid adieu to the institution. I am thankful to Principal and Vice Principal Madam for their motivation and support in my college life journey.

So, on one fine day when you see pictures of your college life and your friends, you will definitely land up smiling silently....that's the beauty of college life. It stays with you long after you have climbed the ladders of success and entangled into another phase of life.



## My Experiences at Sheth P.T. Mahila College



**Ms. Uma Raman**  
Alumna

College is the best time of your life. It is that part of your life that you are going to relive in your memories till you breathe. This stage of life gives you opportunities to explore. We all dive deep into the ocean of new beginning and possibilities. This golden period equips you for all the challenges you face in life and also creates a strong foundation of knowledge.

The three years that I spent here as a student has been the best period of my life. The various opportunities that were given here in the form of various events like History Fest, Seminars on Conflict Management and Communication Skills and the N.S.S. Special Camp and many other activities have provided me with the chance to exhibit my talent and develop myself as an individual. It has also helped me build my confidence.

The teachers here have always been very supportive and helpful. They always stood by us in times of need and always helped us. The discussions that took place during the lectures provided us with a deep understanding of the subject. All the memories of the time spent here beginning from the first day till the last day, the fun during lectures, the days we celebrated like Saree day, Traditional day etc. and all the endless and sometimes pointless discussions with friends will be cherished till the last breath.

At last, I would like to thank everyone - our In-charge Principal Dr. Khushman Ma'am, our Vice Principal Dr Smita Ma'am, all the academic and administrative members for providing us with great opportunities and for guiding us in everything we did. Thank you.



**Anshika Agarwal**  
Alumna

**“There is No Problem Which is Greater than the Strength of our Mind. Learn to Forgive and to Forget”**

"Never say that 'I am not going to do that' because most of the parts of life doesn't go as you have planned. Why am I saying that? Because I have been there. During my third year many people asked me: What am I planning to do further and I used to simply say that I am not going to do Masters but as said earlier it doesn't work that way. At present, I am studying in one of the most prominent colleges of Bengaluru and pursuing my Master's Degree in Psychology.

I went for a casual interview with no intention of getting an admission but apparently I was so good at that interview that I got admission. Definitely credits for this goes to SPTMC and my Professors for imparting such knowledge to us and believing in me.

So, basically we all have some plans for our lives but if they do not work out that way so don't be disappointed because destiny has much better for you which you are going to love just like me. This college has given me lots of fun memories and lessons which will stay with me forever and might help me in future to face hardships."



**Rashi Maheshwari**  
Alumna

### **College - A Journey**

**"Your Education is a Dress Rehearsal for a life that is yours to Lead." - Nora Ephron**

When I first joined college, I was quite apprehensive and didn't know what to expect. I thought that the three years would drag by slowly, how wrong I was! It was quite a journey and given a chance, I would do it again! College isn't just an educational institution, it's a society in itself. Along with academics, you learn important life skills, skills which will prove to be useful when you venture out into the real world. My experience in this college is quite a memorable one. I have always been a curious person, I looked forward to attending the lectures, and the teachers made the sessions even more interesting and interactive. It was a different setup from school, where we could voice our own individual opinions, discuss various points of views, and learn from each other. Lectures aside, college taught me a lot of other things. I made wonderful friends, people from different backgrounds and cultures with different perceptions of the world. Everyone bonded over canteen food, complained about the assignments (but still finished them begrudgingly), celebrated special occasions, and of course, worried about the attendance!

The college has been instrumental in enhancing my personality and soft skills. We organized fests and hosted events - we learned how to lead effectively, assign roles to each individual and work as a team. I am glad that I grabbed every opportunity - every competition I could participate in, every seminar I could attend, and every workshop I could participate in. Each time there was something to learn. These memories are very special, we shared our joys and sorrows, faced ups and downs together, and had "study sessions" where we would do everything except for studying. To all of you, I would suggest making the most of this time, these are the formative years of your life, grab every opportunity, participate in everything, take initiative, and be active. Most importantly, enjoy every minute of it and cherish this time of your life.





## Work on Yourself



**Ms. Rishika Bhatnagar**  
Alumna

In today's fast growing world, there is a constant urge in humans to do something, to make a difference. But what is this difference in its real sense? According to me, the difference is in the person and not in the job. Why do some people achieve so much while some still lag behind and fight their battles? Why do two students passing out from the same school get varied opportunities? The simple answer to that is Self Development.

Self Development is nothing but working on you. One may be a good dancer or an athlete, but what makes them unique is how much they work hard on polishing their skills, learning, putting things in perspective, practicing, and implementing. The difference between a leader and a follower is this self work. We live in a belief that we must have a good office, a good car, a lavish home. But in this we forget that the person representing the office is more important. If you are good, where you are would not matter. In this world of competition and constant pressure to do well, one needs to work on their own skills and potentials to achieve to a greater level.

Once you do it, you yourself would see the change in you. One becomes more confident, more prompt and shines out among the group. The question now comes is about how to develop these skills or how to develop yourself? There are various ways to it. One can join courses which suit their interest level and work on that. Attending seminars and lectures of people who have achieved a lot in their fields can make a huge difference. Another important and a very effective way is to READ. Reading motivational books, articles, stories, would give you clarity of thought. Meeting new people, sharing experiences, networking gives you a sense of the outer world. It's the world of technology and we have a solution to all our problems. Social media gives you an interface to so many inspirational speakers and podcasts which can be really helpful.

Lastly, there is this one thing which is a must to achieve all of the above and that is WORK. You can't just keep reading and not bring it in action. You may have read 100 books but you will be left behind if someone implements a single learning from reading 1 book. Learning just for the sake of learning is worthless. It has to be reflected in your personality, your behavior and your actions. If it does, there is no looking behind for you! The sky would then rise a little higher for you and success would follow! The choice is yours...



## **Courses Offered at the College**

### **1. Under Graduate Programme**

#### **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 Fashion 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 Programme (Self Finance – English Medium)**

- ◆ P.G. Diploma in Dietetics

### **3. Certificate Course**

- ◆ Learning Disability
- ◆ Counselling
- ◆ Interior Decoration
- ◆ Event Management

### **4. Introducing Bachelors in Vocation (B.Voc.)**

- ◆ Fashion Designing
- ◆ Interior Designing
- ◆ Event Management



## College Merit: 2017-2018

### Faculty of Arts

Sr. No	SPECIALIZATION	NAME OF THE STUDENT	PERCENTAGE OBTAINED
<b>T.Y.B.A.</b>			
1.	Gujarati	Rajput Juhiben Gajendrasingh	70.00%
2.	Hindi	Patra Ashwani Narayan	75.70%
3.	English	Sarvaiya Avanti Vinod	70.00%
4.	Psychology	Maheshwari Rashi Anil	74.30%
<b>S.Y.B.A.</b>			
1.	Gujarati	Shaikh Ammara Banu Mohammed Bilal	78.60%
2.	Hindi	Sethy Asha Dina Bandhu	68.00%
3.	English	Fatema Isani Rizwan	72.00%
4.	Psychology	Patel Jenny Khushroo	75.20%
<b>F.Y.B.A.</b>			
1.	Gujarati	Shiddiki Firdosh Khalil Ahmad Zadaru	71.40%
2.	Hindi	Singh Satyabhavana Santosh	65.00%
3.	English	R. Abhinaya	70.00%
4.	Psychology	Zainab Memon	70.70%

### Faculty of Home Science

Sr. No	SPECIALIZATION	NAME OF THE STUDENT	PERCENTAGE OBTAINED
<b>T.Y.B.Sc.</b>			
1.	General Home Science	Shaikh Aaliya	70.2%
2.	Human Development	Osarwala Zainab	79.1%
3.	Food science and nutrition	Mandhyani Shefali	79.3%
4.	Apparel Design	Paghiwala Sakina	80.0%
5.	Hospitality Management	Rajani Pooja	77.0%



## Faculty of Home Science



S.Y.B.Sc.			
1.	General Home Science	<b>Dhorajiwala Zeba</b>	<b>73.0%</b>
2.	Human Development	<b>Chunawala Alifiya</b>	<b>78.4%</b>
3.	Food Science & Nutrition	<b>Desai Niti</b>	<b>87.5%</b>
4.	Apparel Designing	<b>Shaikh Anisa</b>	<b>80.7%</b>
5.	Hospitality Management	<b>Gattani Harshita</b>	<b>80.7%</b>
		<b>Chhajar Deepshikha</b>	<b>75.2%</b>
F.Y.B.Sc.			
1.	General Home Science	<b>Mali Urja</b>	<b>73.0%</b>
2.	Human Development	<b>Luniya Trupti</b>	<b>83.9%</b>
3.	Food Science & Nutrition	<b>Chawla Mahek</b>	<b>86.1%</b>
4.	Apparel Designing	<b>Sirvi Lalita</b>	<b>77.3%</b>
5.	Hospitality Management	<b>Hussain Zainab</b>	<b>79.3%</b>
P.G. Diploma			
1.	Early Childhood Education	<b>Maksar Lamiya</b>	
2.	Dietetics	<b>Khadela Bhumika</b>	

## Faculty of Science

F.Y.B.Sc.			
1.	Microbiology	<b>Kagzi Nikhat</b>	<b>79.1%</b>
2.	Chemistry	<b>Maurya Chhaya</b>	<b>84.1%</b>

## Academic Staff Achievements - 2018-19



Dr. Padmashree Patel (Microbiology Department) completed M.Sc. in Microbiology from Acharyanagarjuna University

Dr. Alpesh Patel (Chemistry Department) cleared GSET (Chemistry)



Ms. Megha Gohil (Fashion Design Department) cleared UGC NET (Home Science)

Ms. Ria Nadkarni (Psychology Department) cleared GSET (Psychology) as well as UGC NET (Psychology)



Ms. Richa Thakkar (Food Science and Nutrition Department) cleared UGC NET (Home Science).





## Gujarati Department

## Faculty of Arts



**Dr. Mukesh Chauhan**  
Assistant Professor  
(M.A., L.L.B., NET,  
Ph.D)



**Dr. Vishwanath L. Patel**  
Assistant Professor  
(M.A, Ph.D)

### Departmental Activities

Date	Activity	Resource Person	Place	No. of Participants	Activity Details
20/08/2018	Veer Narmad Jayanti Week Celebration		Room No-36 SPTMC	30	Dialogue between students and teachers on "Veer Narmad life and writings".
21/08/2018	Kavya Pathan & Gadhya Pathan		Room No-36 SPTMC	25	Students participated in Kavya Pathan and Gadhya Pathan.
23/08/2018	Guest Lecture on "Drama -Mein Gan Devi no Galo"	Dr. Satish Vyas & Dr. Chiman Patel , Professor Gujarat University, Ahamadabad	Shiv Gauri Hall, Vanita Vishram	100	To edify the students about drama "Mein Gan devi No Galo" and the writer of drama interacted with the students followed by discussion.
24/08/2018	Debate Competition		Room No-36 SPTMC	12	Students participated with zeal and zest in Debate Competition on " Veer Narmad Jiwan".
25/08/2018	Sahitiyak Quiz		Central Hall, SPTMC	110	Quiz Competition was organized on "Veer Narmad Jiwan"
28/08/2018	Celebration of Meghani Janam Jayanti		Central Hall, SPTMC	120	Kavya gan, Kavya Pathan, Jiwan Parichay of Meghani Writings.
04/01/2019	Screening of Movie "Manvi ni Bhavai"		Central Hall, SPTMC	125	
12/01/2019	Guest Lecture on "Short Stories"	Shri Diwan Thakur, Ex-Teacher of Diwan Ballu Bhai School, Ahmadabad		110	



## Hindi Department

## Faculty of Arts



**Smt. Kala Bhabhor**  
Associate Professor  
(M.A., B.Ed)



**Dr. Arvind Vasava**  
Associate Professor  
(M.A, B.Ed, Ph.D)

### Departmental Activities

Date	Activity	Resource Person	Place	No. of Participants	Activity Details
27/07/2018	Guru Purnima Celebration		Room No-35, SPTMC	70	Students delivered speech on Importance of "Guru Purnima" Professors also gave Inspirational Speech.
13/08/2018	Desh Bhakti Geet		Room No-35, SPTMC	60	Competition was organized for students on Patriotic Songs. I Prize Winner – Ms. Mishra Pratibha (S.Y.B.A)
11/09/2018	Kavya Pathan		Room No-35, SPTMC	15	II Prize Winner - Ms. Thakur Surbhi- (S.Y.B.A) Kavya Pathan competition was conducted for students I Prize Winner - Ms. Sheikh Sadhiya (T.Y) II Prize Winner - Ms. Godekar Rupal (S.Y) III Prize Winner - Ms. Yadav Sushma
12/09/2018 14/09/2018	Book Review Sahityak Parichaya		Room No-35, SPTMC	25	Book Review Competition was organized for students. I Prize Winner - Ms. Sethi Asha (F.Y) II Prize Winner - Ms. Rajput Mamta (S.Y) III Prize Winner - Ms. Yadav Sushma (T.Y)
14/09/2018	Sahityak Parichaya		Room No-35, SPTMC	25	Competition was held for students. I Prize Winner - Ms. Sheikh Sadhiya (T.Y) II Prize Winner - Ms - Godekar Rupal (S.Y) III Prize Winner - Ms Yadav Sushma (T.Y)



## English Department

## Faculty of Arts



**Dr. Smita Bhatt**  
Associate Professor  
(M.A., Ph.D)



**Dr. (Capt.) Saroj Prajapati**  
Associate Professor  
(M.A., Ph.D)



**Dr. Imran Surti**  
Academic Coordinator  
(M.A., Ph.D)

## Research Publication And Paper Presentation

Name	Date	Title of the Paper	Presented at
Dr. Smita Bhatt	5 <sup>th</sup> May, 2019	Post Modernist Analysis of "Stopping by Woods on a Snowy Evening" by Robert Frost International Journal of Scientific Research, Vol.VIII, ISSN No:-22778179, Issue-5 <sup>th</sup> May 2019	
	3 <sup>rd</sup> May-June, 2019	Idealism and Realism in Girish Karnad's Play "Tuglaq at Variance" Online International Interdisciplinary Research Journal (Bi-Monthly), Vol.-IX, ISSN No. 2249-9598, Issue-3 <sup>rd</sup> May-June, 2019	
Dr. Saroj Prajapati	29 <sup>th</sup> -30 <sup>th</sup> March, 2019	Literary and Critical Study of the Great Indian Mythological Epic Mahabharata	Sharda University, Greater Noida
Dr. Imran Surti	29 <sup>th</sup> Dec. 2018	Managerial Communication Rubric	National Seminar on 'Theoretical and Empirical Developments in Social Sciences & Accountancy' organised by Vanita Vishram Women's College of Commerce, Surat
	Oct. Dec. 2018	Managerial Communication Rubric	AJANTA (International, Multi disciplinary, Quarterly, Peer Reviewed, Refereed, UGC Listed Journal, 2277-5730 Vol. 7 Issue 4 Impact Factor 5.5
	Nov. 2018	Partition as Trauma in Abdullah Hussein's The Weary Generations	IJELLH (Indexed, Peer Reviewed, Referred, UGC Approved Journal) 2321-7065 Vol. 6 Issue 11 Impact Factor 5.7
	11 Nov. 2018	Representation of Holocaust and Partition: A Study of Select Texts	Language in India (International, Monthly, Online, UGC Approved Journal) (Ph.D. Thesis) 1930-2940 Volume 18
	January 2019	From Victimizer to Saviour: Thomas Keneally's Schindler's List	Literary Insight (Refereed, International, UGC Approved Journal) 0975-6248 Vol. 10 Issue 1



Name	Date	Title of the Chapter	Book
	2018	Translated Two Short Stories into Gujarati Nirnay (Urdu) Mathano Koydo (Kashmiri)	Kathavividha (Translation of Indian Short Stories)(Eds.) Raman Soni & Himanshi Shelat (Publisher: Sahitya Akademi) ISBN: 978-93- 87567-07-8; Pg.: 50-54-64-68
	2018	Himanshi Shelat's Theme and Technique in the Novels of V.S. Naipaul: A Review	Himanshi Shelat Adhyayan Granth (Ed.) Sharifa Vijaliwala; ISBN: 978-93- 5108-919-3; Pg.: 377-389

**Dr. Smita Bhatt**

- Attended one day workshop on “Mendeley Presentation” hosted by Mendeley Advisor Chandrashekhar Vithal Machana on 4<sup>th</sup> April 2019

**Dr. (Capt.) Saroj Prajapati**

- Detailed for All India Vayusainik Camp at Jodhpur from 20<sup>th</sup> October to 5<sup>th</sup> November 2018.
- Attended a Training Program on "Disaster Risk Management jointly organised by Gujarat Institute of Disaster Management and NCC, Gujarat Directorate, at Gandhinagar from 2<sup>nd</sup> to 5<sup>th</sup> April 2019.

**Dr. Imran Surti**

- Two poems included in the collection 'Wingword Poetry Prize 2018' in the section 'Commendable Mentions' published by Delhi Poetry Slam.
- Participated in State Level Seminar on the topic “Ratilal 'Anil' No Janmshatabdi Samaroh” held on 23/02/2019 at Sheth P.T. Mahila College of Arts and Home Science, Surat
- Functioned as a Group Facilitator in a workshop on “Interpersonal Relationships at Workplace and Conflict Management” organized by Government Medical College, Surat on 05 April, 2019
- Invited as a Resource Person on the topic “Orientation of NAAC Process” by Sarvajanik College of Engineering & Technology, Surat on 04/08/2018
- Invited as a Resource Person on the topic “Phonetics” by Sheth P.T. Mahila College of Arts & Home Science, Surat on 11/08/2018

**Departmental Activities**

Date	Activity	Resource Person	No. of Participants	Activity Details
21/08/2018	Talent Hunt		20	Various competitions were organized for students like Sketch Making, Poetry Recitation, Vocal Instrumental, Dance, Mimicry and Mehendi etc. Students participated enthusiastically.
24/01/2019	Movie Screening		20	Movie Screening was organized for T.Y.B.A. Students “Tess of the d'Urbervilles,” “Emma”
12/02/2019	One day Workshop on Public Speaking and Interview Techniques	Ms. Meenakshi Bhatnagar, International Trainer and Motivator	45	Students were exposed to the technical skills in the area of Interview and Public Speaking. It also Provided platform to students for Group Discussion, Question/Answer sessions through presenting various situations.
15-16/02/2019	Workshop on Soft Skills and Personality Development	Col. Harindra Vyas	40	To enable the students to develop strong relationship based on Effective Interpersonal Communication Skills in English so that they become self-confident individuals by mastering Interpersonal Skills, Team Management and Negotiation Skills.





## Psychology Department

## Faculty of Arts



**Mr. Aditya Farsole**  
Assistant Professor  
(M.A., M.Sc.,  
UGC NET, SET)



**Ms. Ria Nadkarni**  
Teaching Assistant  
(M.A., UGC NET, GSET)

## Research Publication And Paper Presentation

Name	Date	Title of the Paper	Presented at
Mr. Aditya Farsole	6 <sup>th</sup> Oct, 2018	Paranormal Beliefs, Personality and Gender	National Seminar on Understanding Different Approaches Towards Achieving Well Being of The Society Department of Home Science, Smt J.P Shroff Arts College, Valsad, Gujarat
	2 <sup>nd</sup> March, 2019	Mahatma Gandhi's Principles of Non - Violence and its Psychological Implications.	5 <sup>th</sup> UGC sponsored one day inter – disciplinary International Conference on Mahatma at 150
	Date	Title of the Paper	Published in
	05 <sup>th</sup> Nov, 2018	A Comparative Study of Neuroticism and Paranormal Beliefs	UGC approved J.No. 40705, Impact Factor: 6.261 (ISSN No. 2348 – 7143) Peer Reviewed International E - Research Journal Special Issue on “Samiksha”
	2 <sup>nd</sup> March, 2019	Mahatma Gandhi's Principles of Non – Violence and its Psychological Implications	Vidyawarta Refereed Peer Revised Research Journal, ISSN No. 2319 -931, Impact Factor 6.021, Govt. Trademark 2611690
Name	Date	Title of the Paper	Presented at
Ms. Ria Nadkarni	2 <sup>nd</sup> March, 2019	Mahatma Gandhi's Principles of Non -Violence and its Psychological Implications.	5 <sup>th</sup> UGC sponsored one day inter – disciplinary International Conference on Mahatma at 150
	Date	Title of the Paper	Published in
	05 <sup>th</sup> Nov, 2018	A Comparative Study of Neuroticism and Paranormal Beliefs	UGC approved J.No. 40705, Impact Factor: 6.261 (ISSN No. 2348 - 7143) Peer Reviewed International E - Research Journal Special Issue on “Samiksha”
	2 <sup>nd</sup> March, 2019	Mahatma Gandhi's Principles of Non -Violence and its Psychological Implications.	Vidyawarta Refereed Peer Revised Research Journal, ISSN No. 2319 - 931, Impact Factor 6.021, Govt. Trademark 2611690
	March, 2019	A Comparative Study on Birth Order and Assertiveness	“Research Journey” Multi disciplinary International E – Research Journal. A Peer Refereed and Indexed Journal. Special Issue CLXIX (B). Impact Factor: 6.261 (ISSN No. 2348 – 7143)



## Other Achievements and Participation:

### Mr. Aditya Farsole

- Attended a One Day International Workshop on “Combining Mindfulness and CBT” held at Central Hall, Sheth P.T. Mahila College of Arts & Home Science on 6<sup>th</sup> January, 2019.
- Resource person for a workshop on 'INTERPERSONAL RELATIONSHIPS AND CONFLICT MANAGEMENT' organized by Department of Community Medicine, Government Medical College, Surat on 5<sup>th</sup> April, 2019.

### Ms. Ria Nadkarni

- Attended a One Day International Workshop on “Combining Mindfulness and CBT” held at Central Hall, Sheth P.T. Mahila College of Arts & Home Science on 6<sup>th</sup> January, 2019.
- Resource person for a workshop on: 'INTERPERSONAL RELATIONSHIPS AND CONFLICT MANAGEMENT' organized by Department of Community Medicine, Government Medical College, Surat on 5<sup>th</sup> April, 2019.

## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	Place	No. of Participants	Activity Details
1.	23/07/2018	One – Day Workshop on “Password to Myself”	Dr. Swati Sathaye, Dr. Harihara Prakash, Dr. Himani Trivedi and Dr. Sudipta Roy.	Central Hall, SPTMC	52	Physical features of each type of personality, their physical constitution, temperament were explained and discussed
2.	08/12/2018	Talk Show on “Adventure and Mental Health”	Mr. Narinder Singh (Everester), Dr. Sudipta Roy (Clinical and Child Psychologist), Ms. Krishna Thakur (Mountaineer), Dr. Murtuza Railwaywala (Psychologist and Mountaineer)	Central Hall, SPTMC	45	Everester (Mr. Narinder Singh), Mountaineers (Ms. Krishna Thakur and Dr. Murtuza Railwaywala) helped understand how adventure influences behaviour and mental health.
3.	06/01/2019	International One – Day Workshop on “Combining Mindfulness and CBT”	Dr. Daniel Mintie from Feeling Good Institute, California U.S.A., Dr. Sudipta Roy (Psychologist) and Dr. Dipti Joshi (Psychologist).	Central Hall, SPTMC	42	Participants were explained the science behind Mindfulness & CBT, and how CBT tools work well with mindfulness
4.	27/08/2018 to 01/09/2018	Brain Week	In house faculty - Asst. Prof. Aditya Farsole, Ms. Ria Nadkarni	Psychology Lab, SPTMC	28	'14 brain models were presented by 28 students of S.Y.B.A. Psychology over a period of three days. The basic survival functions such as breathing, moving, resting and feeding along with experiences of emotions were explained to the students of FY and TY Psychology.



## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	Place	No. of Participants	Activity Details
5.	26/12/2018	Debate : Operant Vs Classical Conditioning	In house faculty - Asst. Prof. Aditya Farsole, Ms. Ria Nadkarni	Room NO - 28 SPTMC	38	The debate lasted for more than an hour and ended with a conclusion that both the methods of learning have significant a role and importance in respective situations.
6.	19/01/2019	General Psychology Online Game	In house faculty - Asst. Prof. Aditya Farsole,	Room NO - 38 SPTMC	59	20 MCQs with four alternatives and one correct answer based on general psychology were asked. The result of these 59 players indicated a 75% accuracy which infers a high degree effectiveness of classroom teaching.
7.	24/01/2019	Movie Screening and Discussion: Split	In house faculty - Asst. Prof. Aditya Farsole, Ms. Ria Nadkarni	Psychology Lab,SPTMC	18	Movie screening: The movie SPLIT based on Dissociative Identity Disorder was screened and discussed.
8.	22/02/2019	Movie Screening and Discussion: Shutter Island	In house faculty - Asst. Prof. Aditya Farsole, Ms. Ria Nadkarni	Psychology Lab,SPTMC	18	Movie screening: The movie SHUTTER ISLAND based on Paranoid Schizophrenia was screened and discussed.
9.	22/02/2019	Industrial Visit to Sumul	Mr. Rawal, HRD SUMUL Dairy	SUMUL Dairy, Surat	13	13 students from TYBA were taken for an Industrial Visit at SUMUL Dairy, Surat and were shown the functioning of the Dairy. This visit was very important from the perspective of Industrial Psychology a subject in TYBA.
10.	26/03/2019	Experience Sharing Session by the TYBA for the FYBA & SYBA	TYBA Psychology Students	Psychology Lab,SPTMC	47	18 TYBA students oriented the FYBA & SYBA students regarding their experiences at the department of Psychology along with guiding them for their upcoming journey.
11.	08/08/2018	Debate : Indian Vs American Counselling	In house faculty - Ms. Ria Nadkarni	Psychology Lab,SPTMC	15	A debate was organized on Indian Vs American counselling and the pros and cons of the approaches were discussed later.
12.	21/08/2018	Debate : Free Will Vs Destiny	In house faculty - Ms. Ria Nadkarni	Psychology Lab,SPTMC	14	A debate was organized on Free Will Vs Destiny and the pros and cons of the belief systems were discussed later.



## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	Place	No. of Participants	Activity Details
13.	19/09/2018	Swachhta Abhiyaan	In house faculty - Aditya Farsole, Ms. Ria Nadkarni	Psychology Lab, SPTMC	17	Psychology Lab was cleaned and the Psychology Instruments were arranged.
14.	26/10/2018	Playing Subjects from Case Studies for Counsellor's Selection	Dr. S.K. Mohanty Dr. Imran Surti	Vanita Vishram Main Office	08	Students from TYBA & SYBA Played Subjects from Case Studies for Counsellor's Selection for the Help Center, Vanita Vishram. Their feedback was taken, analyzed and then the selection was made.
15.	09/10/2018	Round Table Discussion on Feminism and Psychology	In house faculty - Aditya Farsole, Ms. Ria Nadkarni	Psychology Lab, SPTMC	27	A Round Table Discussion on Feminism and Psychology was done where in the emphasis was on Female Gender and the changes in behaviour as a function of gender.
16.	25/01/2019	Work Environment: Presentations by TYBA students for Industrial Psychology	In house faculty - Aditya Farsole	Psychology Lab, SPTMC	16	Students of TYBA Psychology were made to explain the concepts of Work Environment and they were discussed in detail.

### A One Day International Workshop on “Combining Mindfulness and CBT”:

The workshop was conducted on 6th January, 2019 by the Department of Psychology of Sheth P.T. Mahila College in collaboration with Psylens Clinic. The resource person for this workshop was Dr. Daniel Mintie from Feeling Good Institute, U.S.A., Dr. Sudipta Roy (Psychologist) and Dr. Dipti Joshi (Psychologist). The main objectives of this workshop was to make participants understand the Science behind Mindfulness and CBT, to teach CBT tools that work well with mindfulness and teach simple mindfulness methods that can be practiced by anyone, anywhere. The workshop started with the introduction of the resource persons by a student from Psychology department. After which Dr. Daniel Mintie gave some brief information about CBT and taught a CBT exercise called “Cost and Benefits” which showed how effective using CBT everyday life is. Actually applying this method helped in clearing the concept of CBT for the audience. After the conclusion of the CBT session, there was the session on Mindfulness. A couple of Mindfulness activities helped the audience gain insight into this wonderful therapy and embrace it as a part of life. This workshop also highlighted the use of CBT and Mindfulness in building and strengthening interpersonal relationships. The entire workshop was very enlightening and gave the audience plenty of food for thought.





## Faculty of Arts



**Dr. Bharti Desai**  
Part Time Lecturer, History  
(M.A. Ph.D)



**Dr. Vidushi Choksi**  
Part Time Lecturer, History  
(M.A. Ph.D)

Name	Date	Topic	Participated at
Dr. Bharti Desai	8th -9th Sep. 2018	Participated in 2 day Seminar organised on "Itihas ki Bhartiya Drishti " by Akhil Bhartiya Gyan Sangam	Sardar Patel Vishwa Vidhyalay, Vallabh Vidhyalay
Name	Date	Topic	Participated at
Dr. Vidushi Choksi	23 Feb. 2019	Participated in One Day State Level Seminar on 'Ratilal Anil No Janmashatabdi Samaroh'	Sheth P.T. Mahila College of Arts and Home Science, Surat
	05 Apr. 2019	Participated as Group Facilitator in Workshop on 'Interpersonal Relationships at Work Place and Conflict Management'	Government Medical College, Surat
	8 Weeks Feb-April 2019	Online Course and FDP on 'Architectural Conservation and Historic Preservation'	SWAYAM-NPTEL
	Date	Title of the Paper	Published in
	11 Nov. 2018	Holocaust and Partition: A Celluloid Test for History (Ph.D. Thesis)	Language in India (International, Monthly, Online, UGC Approved Journal) ISSN No. 1930-2940 Vol.18

## Heritage Treasure Hunt

**Co-ordinator : Dr. Vidushi Choksi**



A Heritage Treasure Hunt was organised by The Institution of Civil Engineers and Architects (ICEA) and The Heritage Trust, Surat on 14th April, 2019, wherein Twenty eight students (fourteen teams) of our college participated. The teams were given cue cards which contained hints of important places (historical, religious, architectural) of Surat city. Each team had to identify ten places based on the clues given, reach there, take a selfie with the monument and send it on the given number of the competition. All the teams were given two hours to complete the task. They had to return within the stipulated time at the same spot from where they began. The students participated with great enthusiasm. After completing the monument spree, the winners were announced and a presentation regarding the rich heritage of our city was shown. Apart from winners, who received trophies, all the participants received participation certificate.



## લકિતબોધ અને જ્ઞાન-વૈરાગ્યના પદોમાં છલકાતું નરસિંહનું અદ્વૈત જ્ઞાન

- ડૉ.વિશ્વનાથ પટેલ

દર્શન: શબ્દનો અર્થ:-

'દર્શન' શબ્દના મૂળ દૃશ ધાતુમાં છે. તેનો અર્થ થાય છે 'જોવું' દર્શન એટલે જોવું તે તત્ત્વજ્ઞાનની એક પદ્ધતિ છે. સત્યને નિરખવાનોએ પુરૂષાર્થ છે. આ સત્યને સીધા અનુભવ દ્વારા, અનુમાનનાં આધારે કે આત્માનુભૂતિ દ્વારા સમજી શકાય છે. દર્શન એટલે તત્ત્વનો સાક્ષાત્કાર, આ અર્થ યોગીઓ અને તત્ત્વદષ્ટાઓની નૈસર્ગિક પ્રજ્ઞા પ્રતિ સંકેત કરે છે. દર્શન એટલે જોવાનું સાધન એ અર્થમાં વિવિધ દર્શનો એ સત્યને પામવાનાં વિવિધ માર્ગો છે." આ જોવું તે બે પ્રકારનું છે. કોઈપણ વસ્તુને દેશ, કાળ કે પરિસ્થિતિ વગેરે સંદર્ભો સાથે જ્યારે આપણે જોઈએ છીએ, ત્યારે તે સત્ય હોવા છતાં પણ વ્યવહારિક સત્ય છે. ઋષિ તેને સત્ય તો કહે છે, પરંતુ તે જ વસ્તુને કોઈ સંદર્ભ વિના, નિરપેક્ષ ભાવે જોવાથી તે જેવી દેખાય છે તેને ઋત કહેવાય છે.' ( ૨, ભારતીય દર્શન, ષડ્દર્શન) વ્યવહારિક સત્યનું દર્શન તો ઘણાં લોકો કરી શકે છે, પરંતુ પારમાર્થિક સત્યનું દર્શન બહુ થોડાં મનુષ્યો જ કરી શકે છે. ઉપનિષદ્ એક ઉક્તિ 'એક તત્ત્વ જેણે જાણવાથી આ બધું સારી રીતે જાણી શકાય છે.' (પૂ. ૨, ભારતીય દર્શન, ષડ્દર્શન) તે એ શાશ્વત અનંત સત્યને અનુલક્ષ છે એ 'જાણવું' એ જ્ઞાન એટલે બુદ્ધિ વડે એનો ખ્યાલ સ્વીકારવો યા તો સ્તકનાં અભ્યાસથી એની સત્-તા નો સ્વીકાર કરવો એવો અર્થ નથી થતો. આપણાં દર્શનોમાં 'જાણવું' યા ને જ્ઞાન, એટલે એકતા કરવી, તન્મય થઈ જવું, એક બનીને અનુભવવું, ચેતના દ્વારા એકતા કરવી, આર્વિભાવરૂપ આ જગતનું જ્ઞાન પણ થાય છે. સાંસારિક તથા પારમાર્થિક એમ બંને પ્રકારનાં સુખોને પ્રાપ્ત કરવાનો માર્ગ બતાવે તે દર્શન.' (પૂ. ૨, ૩ ભારતીય દર્શન, ષડ્દર્શન)

અદ્વૈત વેદાંત:-

વેદાંતની બધી જ શાખાઓ એક યા બીજી રીતે ઉપનિષદ્ ઉપર રચાયેલી છે. વેદાંતનું મહત્ત્વ વર્ણવતો એક જાણીતો શ્લોક છે. ' જેમ અરણ્યમાં સિંહની ગર્જના ન થાય ત્યાં લગી જ શિયાળવા ગર્જે છે, તેમ જ્યાં લગી મહાશક્તિશાળી વેદાંતની ગર્જના નથી થઈ ત્યાં લગી જ બીજા શાસ્ત્રો ગર્જે છે.' (પૂ. ૨૮૦ ભારતીય દર્શન, ષડ્દર્શન) આ વેદાંતમાં પૂર્વ મીમાંસા અને ઉત્તર મીમાંસા એમ બંનેનો સમાવેશ થાય છે. વં મીમાંસા કર્મકાંડનું નિરૂપણ કરે છે, જ્યારે ઉત્તર મીમાંસા જ્ઞાનકાંડનું નિરૂપણ કરે છે.

ઉપનિષદ્ ને પ્રમાણ સ્વરૂપ માનવાવાળા દર્શનને 'વેદાંત' કહેવામાં આવે છે. વેદ રાશિનો અંત એ સિદ્ધાંતોમાં સમાયેલો હોવાથી તે દર્શનને વેદાંત તરીકે ઓળખવામાં આવે છે. શંકરાચાર્યનાં દર્શનને 'અદ્વૈતવાદ તરીકે ઓળખાવ્યો છે. તેમણે ઉપનિષદોમાં જે એકતત્ત્વવાદ હતો તેને 'અદ્વૈતવાદ' નાં રૂપમાં ફેરવી નાખ્યો. તેઓ એક માત્ર બ્રહ્મને જ પરમ સત્તત્ત્વ માને છે, તેઓ માને છે કે બ્રહ્મ તો નિર્ગુણ, નિરાકાર છે તેને ભાવાત્મક શબ્દમાં બાંધી શકાય નહીં. બ્રહ્મ જ માત્ર પારમાર્થિક સત્ય છે. તેઓ બ્રહ્મ અને જીવની વ્યાખ્યા કરતાં કહે છે કે ' જેમ અગ્નિથી તેની ચિનગારીઓ અભિન્ન છે, તેમ બ્રહ્મથી જીવો અભિન્ન છે. જીવ એ બ્રહ્મ છે બીજું કશું નથી, વળી આત્મા તથા બ્રહ્મ બંને પણ વસ્તુતઃ એક જ છે. તે બન્ને તો માત્ર એક જ વસ્તુનાં જુદા જુદા નામ છે. બંને વચ્ચે અભેદ છે. (પૂ.૨૯૨ ભારતીય દર્શન, ષડ્દર્શન) પરમાત્મામાંથી છૂટો પડેલો એક અંશ એટલે આત્મા. જેમ મનુષ્ય જુના વસ્ત્રો ત્યાગી નવા વસ્ત્રો ધારણ કરે છે.તેમ આત્મા વૃદ્ધ શરીરને ત્યાગી નવા શરીરને ધારણ કરે છે,ત્યારે શરીરમાંથી મુક્ત થયેલો આત્મા પરમાત્મામાં વિલિન થઈ જાય છે,ને ફરી નવું શરીર ધારણ કરે છે. આમ આ પ્રક્રિયા નિરંતર ચાલતી રહે છે. આમ નરસિંહનાં પદોમાં અદ્વૈતજ્ઞાનની વાત પ્રગટે છે.

મધ્યકાલીન ગુજરાતી સાહિત્યમાં નરસિંહ પૂર્વેથી લકિતની ધારા અવિરતપણે વહેતી રહી છે. પ્રાગ નરસિંહયુગમાં લકિતની બે ધારાઓ દષ્ટિગોચર થાય છે,એક જૈન અને બીજી જૈનેતર. જૈનેતર ધારામાં સૌપ્રથમ



નરસિંહના પદોએ ગુજરાતી ભાષાને તેજસ્વી બનાવી છે, ને એટલે જ ઉમાશંકર જોશીએ નરસિંહને ગુજરાતી ભાષાના 'આદિકવિ' તરીકે ઓળખાવ્યા છે. ગુજરાતી સાહિત્યનો ઉદભવ ઈ.સ.ના અગિયારમા બારમાં સૈકામાં થયો હોવા છતાં નરસિંહની કૃતિઓમાં જ આપણને ગુજરાતી ભાષાનો પ્રથમ મુખ્ય અવાજ સાંપડ્યો છે. પરિણામે નરસિંહના આ પદોને તેમના 'ત્રીજાનેત્રની પ્રસાદી' રૂપ કાવ્યો તરીકે ઓળખવામાં આવ્યાં છે. તેમનાં આ કાવ્યોમાં અદ્વૈત જ્ઞાન છલોછલ ભર્યું છે. નરસિંહના પદો જ્ઞાનની જે ઊંચાઈ આંબે છે, તે એક ચમત્કારિક ઘટના છે.

નરસિંહના કાવ્યોમાં પ્રાદુર્ભૂત થતું તત્ત્વજ્ઞાન કોઈ તર્ક પરંપરા પર રચાયેલું નથી. આદિ કવિને સ્ફુરેલું એ આર્ષદર્શન છે. એટલે જ એમાં સરળતા, પ્રાસાદિકતા અને પ્રેરકતા દષ્ટિગોચર થાય છે. પોતાના દર્શનમાં પૂરી આત્મશ્રદ્ધા ધરાવનાર નરસિંહની કવિતામાં આત્મપ્રતિતિની ઉષ્મા અને આત્મશ્રદ્ધાનો રણકો સંભળાય છે. નરસિંહએ જે આત્મ તત્ત્વજ્ઞાન પીરસ્યું છે, તે અભ્યાસથી પ્રાપ્ત એવું નથી. તે ગીતા, ઉપનિષદ અને સંતો-ભક્તોની વાણીનો સ્પર્શ પામ્યું હોવા છતાં તેમાં પાન્ડિત્ય જણાતું નથી. તેમના તત્ત્વદર્શનમાં ઈશ્વરતત્ત્વ કે બ્રહ્મતત્ત્વનો વિચાર મધ્યવર્તી છે. 'અખિલ બ્રહ્માંડમાં એક તું શ્રી હરિ' એ ઉદગારો તેમના તત્ત્વદર્શનના પાયામાં છે. અને એટલે જ નરસિંહના વિશાળ જ્ઞાનને પ્રાપ્ત કરવા તેમના એક પદનો પરિચય પ્રાપ્ત રહીશું....

અખિલ બ્રહ્માંડમાં એક તું શ્રી હરિ

અખિલ બ્રહ્માંડમાં એક તું શ્રી હરિ, જુજવે રૂપ અનંત ભાસે,  
દેહમાં દેવ તું, તેજમાં તત્ત્વ તું, શૂન્યમાં શબ્દ થઈ વેદ વાસે.

પવન તું, પાણી તું, ભૂમિ તું, ભૂધરા, વૃક્ષ થઈ ફુલી રહ્યો આકાશે.  
વિવિધ રચના કરી, અનેક રસ લેવાને, શિવ પછી જીવ થયો એજ આશે. અખિલ.....

વેદ તો એમ વદે, શ્રુતિ-સ્મૃતિ શાખ દે, કનકકુંડળ વિશે ભેદ ન હોય,  
ઘાટ ઘડીયા પછી, નામરૂપ જૂજવાં, અંતે તો હેમનું હેમ હોય. અખિલ..

ગ્રંથ ગરબડ કરી, વાત ન કરી ખરી, જેહને જે ગમે તેને પૂજે,  
મન કર્મ વચનથી, આપ માની લહે, સત્ય છે એજ મન એમ સૂજે. અખિલ.....

વૃક્ષ માં બીજ તું, બીજમાં વૃક્ષ તું, જોઈ પટંતરો એજ પાસે,  
ભણે નરસૈયો જે, ભેદ જાણી જુઓ, પ્રીત કરું પ્રેમથી પ્રગટ થાશે. અખિલ.....

ઝુલણાં છંદમાં રચાયેલી ભક્તકવિ નરસિંહની પ્રસ્તુત રચનામાં નરસિંહનાં વેદાંત જ્ઞાનનો સુપેરે પરિચય સાંપડે છે. કવિ નરસિંહ ઈશ્વર તત્ત્વનો મહિમા કરતાં જણાવે છે, કે આખાં બ્રહ્માંડમાં ઈશ્વરતત્ત્વ વ્યાપ્ત છે. અને એટલે જ સૂર્યનાં કિરણો સર્વત્ર સમાન પથરાતા હોય છે. ઈશ્વરતત્ત્વ એક હોવા છતાં તેમાં વૈવિધ્યતા કેમ જણાય છે, તે સમજાવતાં નરસિંહ કહે છે, કે ઈશ્વર વિવિધ રૂપોમાં વિહાર કરે છે. અને તેના આ વિવિધ રૂપો જ આપણને ઈશ્વરતત્ત્વને પામવામાં બાધા ઉભી કરે છે. ઈશ્વરતત્ત્વને પામવું કાંઈ સહેલું નથી. ઈશ્વરના સત્ તત્ત્વ ને સહું કોઈ સરળતાથી પ્રાપ્ત નથી કરી શકતાં ઈશ્વરતો અનંત અને અગોચર છે. તેનો પાર પામી શકાતો નથી. જેવી રીતે પર્વતમાળાઓમાં એક પછી એક ગિરિમાળાઓ દેખાયા જ કરે છે, તેમ ઈશ્વરતત્ત્વ ને પામવા માટે માયાની અનેક ગિરિમાળાઓ પાર કરવી જ રહી.



વાસ્તવમાં જીવએ પરમેશ્વરનો જ અંશ છે. એટલે જ દેહમાં દેવ, તત્ત્વમાં રહેલું તેજ, ને શૂન્યમાં રહેલો શબ્દ કે વેદનો શબ્દ સર્વત્રમાં ઈશ્વર જ વ્યાપી વળ્યો છે.

તેજ, આકાશ, વાયુ, જળ અને પૃથ્વી આમ પાંચ તત્ત્વનું બનેલું આ જગત ઈશ્વર શક્તિનો જ સંકેત આપે છે. તેથી જ પવન, પાણી અને પૃથ્વી પર ઈશ્વર વ્યાપ્ત છે. ભૂમિ પણ તે જ છે અને ભૂમિને ધારણ કરનાર પણ તે જ છે. એટલે જ કવિએ ઈશ્વર માટે 'ભૂધર' શબ્દ પ્રયોજ્યો છે. ઈશ્વરે પોતાના રસ માટે વિવિધતા સર્જી છે, તે એક માંથી અનેકમાં રૂપાન્તરીત થઈ રસનો આનંદ પ્રાપ્ત કરે છે. તેથી જ નરસિંહ કહે છે સર્વત્ર અદ્વૈત જ છે, દ્વૈત કયાંય નથી. ઈશ્વરની ઈચ્છાથી જ આ સૃષ્ટિનો પ્રાદુર્ભાવ થયો. ઈશ્વરના રસમાં જ તેની લીલા સર્વત્ર વ્યાપેલી છે.

આત્મા અને સૃષ્ટિનો ઈશ્વર સાથે આવો વિશિષ્ટ સંબંધ છે. તેની વિગતે ચર્ચા વેદમાં થઈ છે. વેદ વચન(ઈશ્વરની વાણી) આ પરમ સત્યને પ્રગટ કરે છે. જેમ સુવર્ણ એક જ ધાતુ છે, પછી ભલે એના વિવિધ અલંકારો ધડવામાં આવે, તેમ બ્રહ્મરૂપ સુવર્ણ એક જ છે, પરંતુ માયાની આ સૃષ્ટિમાં આપણે ભ્રમિત થઈને તેનાં સાચા રૂપને પામી નથી શકતાં અને તેના આભાસરૂપ આકારોથી વિચલિત થઈ ભટકીએ છીએ. પરંતુ કવિ ઈશ્વરનાં વાસ્તવિક રૂપને બરાબર પામ્યાં છે, ને સત્યનો સાક્ષાત્કાર અનુભવે છે.

જુદા જુદા ધર્મગ્રંથોની જુદી જુદી વાતોથી ભ્રમિત થયેલા માનવીઓને કવિ સત્યનું દર્શન કરાવતાં કહે છે, ગ્રંથોની ગરબડથી જ વાદ વિવાદો ઊભા થયા છે. પરંતુ કવિને આવા વાદ વિવાદોમાં કોઈ રસ નથી. ગંથકારોની અટપટી વાણીથી ભ્રમિત થયેલાં ઉપાસકો ઈશ્વરનાં વિવિધ રૂપોની ઉપાસના તો કરે, પરંતુ ઈશ્વરનાં અખિલ તત્ત્વની સમજથી વંચિત રહે છે. તેઓ માત્ર એકાંગી સત્યને જ જૂએ છે, ને મનસા, વાચા, કર્મણા (મન, વચન અને કર્મ) થી સત્યને વળગી રહે છે. અને આ સંકુચિત સત્યને જ પરમ સત્ય માની બેસે છે. વાસ્તવમાં આ બધાં રૂપો પાછળ પરમ ઈશ્વર તત્ત્વની સમજ જ સાચી સમજ છે. નરસિંહ એકાંગી તત્ત્વને નહિ પણ અખિલાઈ ને સ્વીકારે છે.

વૃક્ષમાં બીજ છે તે ઈશ્વરતત્ત્વ છે અને બીજમાં વૃક્ષ છે તે પણ ઈશ્વર છે. એટલે જ આ જગતની ઉત્પત્તિ ઈશ્વરતત્ત્વ માંથી થઈ છે. માયાને કારણે જીવ અને શિવ સામ સામે છેડે દેખાય છે, પરંતુ વાસ્તવિક રીતે તો બંને વચ્ચે માત્ર માયાનો જ પડદો છે, એ પડદો હટે એટલે બંનેનું એક જ પ્રતીત થાય છે. આપણે આ માયાના પડદાને કારણે ઈશ્વરના સાચા સ્વરૂપને પામી નથી શકતાં. આપણે બૌદ્ધિક રીતે આ ભેદને સમજીએ છીએ, પરંતુ અહીં માત્ર બૌદ્ધિકતા કામ લાગે તેમ નથી, ને જો એવું હોત તો નરસિંહ આ ક્યારેય સમજ્યા ન હોત. ઈશ્વરની પ્રાપ્તિ માટે બુદ્ધિની સાથે પ્રેમભાવ અનિવાર્ય છે, કારણ કે ઈશ્વર તો પ્રેમને વશ હોય છે, તેની ઉપાસના જ તેનું દર્શન કરાવી શકે છે. માત્ર શુષ્ક જ્ઞાનથી ઈશ્વરને પામી શકાતો નથી. વૃંદાવનની ગોપીઓની અતૂટ ઝંખના જ ઈશ્વરને બંસીધર રૂપે પ્રગટ કરવાનું નિમિત્ત બને છે. એટલે જ નરસિંહ જીવનનાં સત્યોને સ્પષ્ટપણે સમજાવતાં 'કનકકુંડળ' -જેવા સાદા અને વ્યવહારુ દષ્ટાંતથી આપણને આધ્યાત્મનો સાક્ષાત્કાર કરાવે છે.

નરસિંહના આ પાંચ કડીના કાવ્યમાં જ્ઞાનની જે ઊંચાઈ દેખાય છે તે અદ્ભૂત છે, સાથે સાથે ગુજરાતી ભાષાની એક ચિરંજીવ કૃતિ બની છે. નરસિંહની ત્રીજા નેત્રની પ્રસાદીરૂપ આ રચના તેમની કવિત્વ શક્તિની ઉત્કૃષ્ટતા પ્રગટ કરવાની ક્ષમતા ધરાવે છે.

સંદર્ભો

૧. 'ભારતીય દર્શન'(ષડ્ દર્શનો) પ્રો.સી.વી.રાવળ

૨. 'આદિ કવિની આર્ષવાણી' સં. ઈશ્વરલાલ દવે

૩. ગુજરાતી સાહિત્યનો ઇતિહાસ ગ્રંથ:૨ ખંડ:૧ ગુજરાતી સાહિત્ય

પરિષદ, અમદાવાદ બી.આ.૨૦૦૩

૪. 'મધ્યકાલીન ગુજરાતી ભક્તિ કવિતા' ડો. જગદીશ શાહ પ્ર.આ. ૧૯૮૧





## Departmental Activities

### Gujarati



Narmad Janma Jayanti Celebration



Guest Lecture

### Hindi



### English



One Day Workshop on Public Speaking and Interview Techniques



Two Day Workshop on Personality and Soft Skill Development



Talent Hunt



Gandhi Nirman Divas was observed by Arts Faculty Students





## Departmental Activities

### Psychology



Brain Week Celebration



International Workshop on  
“Combining Mindfulness and CBT”



One – Day Workshop on “Password to myself”



Industrial Visit to Sumul

## Final Year Students



Department of Gujarati



Department of Hindi



Department of English



Department of Psychology





## Final Year Students



Department of General Home Science



Department of Human Development



Department of Food Science & Nutrition



Department of Apparel Design



Department of Hospitality Management



PG Diploma in Dietetics





## Departmental Activities

### General Home Science



Demonstrated Zentangle Art by  
Expet-Kinjal Shah



Entrepreneurial Exhibition Cum Sale,  
Vibgyor 2019



Floral Decoration



Workshop on "Entrepreneurial Skill Development

### Human Development



Janmashtami Celebration



Navratri Celebration



Story Telling Workshop



Workshop on Phonetics for TY B.Sc. Students -11<sup>th</sup> Aug. 2108



## General Home Science

## Faculty of Home Science



**Mrs. Purnima Pancholi**  
Associate Professor  
M.Sc. B. Ed.,  
PG Diploma in RM, M.Sc. C & SH



**Dr. Suhas Vaidya**  
Associate Professor  
M.Sc., Ph.D



**Mrs. Anuradha Shah**  
Associate Professor  
M.Sc., M.Phil



**Dr. Jyoti Godre**  
Associate Professor  
M.Sc., Ph.D



**Dr. Payal Jain**  
Assistant Professor  
M.Sc., Ph.D

## Staff Participation and Achievement

### Mrs. Purnima Pancholi

- Participated in One Day Workshop on “The Preparation of Teacher's Manual, Study Material and Test Bank” on 20<sup>th</sup> July 2018, Organised by the Department of Home Science, Smt. J.P. Shroff Arts College, Valsad.
- Attended “Spirituality in Researchers (SIR) Conference” and Meditation Retreat on “Rejuvenate, Innovate, Integrate” from 3<sup>rd</sup> to 7<sup>th</sup> August 2018, Organised by Brahma Kumari's Gyan Sarovar, Mt. Abu.

### Dr. Suhas Vaidya

- Appointed as an External Examiner in CBSE Board in Home Science subject for XI and XII Grade Examination

## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
1.	21/06/18	Orientation Programme	Dr. Suhas Vaidya, Mrs. Anuradha Shah, Dr. Jyoti Godre	30	Students were inclined to become more exam oriented and regular in attending the classes.
2.	21/07/2018	Book Review Competition Winners- 1 Vibhuti Thakur-TY 2. Ravina Prajapati-TY 2. Ravina Khambhati-TY 3. Zeba Dhorajiwala-TY	Judges- Dr. Suhas Vaidya Dr. Jaya Barevadiya	40	Students were encouraged to participate in Book Review to develop Reading Skills.



## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
3.	01/08/18	Bhartiya Sanskruti Pariksha Winners - (Home Science unit) 1.Sharma Simran 2.Shah Shivani 3.Rajput Rajnandini Winners- (Science Unit) 1.Sudhani Hemakshi 2.Bhingardia Vrushti 3.Rawal Krishna Winners- (Arts unit) 1.Jitiya Ekta 2.Shaikh Sazida 3.Mishra Krishna	Ms. Purnima Pancholi	150	The students were sensitized by Bharatiya Sanskruti Pariksha .
4	03/08/18	Meditation and Vipashana	Ms. Jyoti Patel, Ms. Kavita Patel	116	The program was held to create awareness about the advantages of Meditation and to improve concentration.
5.	25/08/18	Parent Teachers Meeting	Our Alumni- Ms. Kinjal Shah, Dr. K.J. Dholawala, Dr. Smita Bhatt, Dr. Imran Surti	90	Parents were addressed by the faculties of the department.
6.	24th and 25th Aug 2018	Workshop on "Entrepreneurial Skill Development	Ms. Kinjal Shah Ms. Chhaya Kansariwala from Fevicryl	35	Students learnt Acrylic art, Gond art, Zentangle art.
7.	27th and 28th Aug 2018	Rangoli Decorations Flower Arrangement	Ms. Kruti Joshi Ms. Krina Gandhi	170	Students learnt various styles of Flower Arrangement and Floor Decoration
8.	30/08/18	Quiz on Environmental Issues-organized by T.Y. B.Sc. (General Home Science) in collaboration with Nature Club Winners- 1.Sakina Shaikh 2.Patel Poonam 3.Ukani Zenab - FYBSc (Home Science)	Mrs. Purnima Pancholi	240	The students were sensitized on various Environmental Issues to support the mission of "Clean and Green India"
9.	2nd and 3rd January, 2019	Workshop on Self Grooming	Ms. Dinal Zaveri	60	Students learnt grooming skills and received entrepreneurial training
10.	18th and 24th January, 2019	Workshop on Fruits & Vegetable Carving & Floral Decoration	Mr. Balakrishna Arya and Dr. Alka Singh	80	The program aimed at skill development for entrepreneurship and professionalism





## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
11.	24th - 28th January, 2019-	Suman 2019- 16th National Horticulture Herbal Fair and Flower Show-Winner- Jadwani Bhoomi, S.Y. B.Sc. (General Home Science) student secured 1st position in Fresh Flower Decoration Competition	Mrs. Purnima Pancholi, Dr. Suhas Vaidya	43	Various competitions were held- fresh flower, medicinal plant, dry flower arrangement, bouquet/ gajra/ veni, toran, garland, salad decoration etc.
12.	30th January, 2019- 6th March, 2019	Peer Group Training	Mrs. Purnima Pancholi	12	Numerous activities were held under this peer group training such as quilling and card making, light box and envelopes making, Paper Craft, Photoframes, envelopes and origami, nail art and pencil case formation.
13.	18th and 19th February, 2019	Peer Group Training Dramatization on Consumer Issues	Mrs. Purnima Pancholi	50	Various issues were covered under this programme such as misleading advertisement, consumer protection, faulty weights and measures etc.
14.	11th March, 2019	Organization of Various Event	Dr. Suhas Vaidya	24	Birthday party, fashion show, workshop on professional grooming, Demonstration on Fruit parfaits
15.	12th March, 2019	Entrepreneurial Exhibition Cum Sale- VIBGYOR 2019	Chief Guest- Mrs. Rekhaben Khakhrawala, Ms. Kinjal Shah and Ms. Nina Rathore	180	The objective behind this programme was to develop entrepreneurial skills on professional basis.
16.	15th March, 2019	World Consumer Rights Day Celebration- Poster Competition 1. Shah Shivani 2. Jain Shivani & Desai Zeel 3. Chauhan Sonal	Mrs. Purnima Pancholi, Dr. Suhas Vaidya	15	To create awareness regarding Consumer protection and related issues

## Entrepreneurial Exhibition Cum Sale-Vibgyor 2019

**The Department of General Home Science** organized one day entrepreneurial exhibition cum sale “**VIBGYOR 2019**” on 12<sup>th</sup> March, 2019. The objective behind this programme was to develop entrepreneurial skills and to prepare students to present themselves effectively in today's competitive world on professional basis. The chief guest for this exhibition was Mrs. Rekhaben Khakhrawala, a renowned women entrepreneur of Surat and Ms. Kinjal Shah and Ms. Nina Rathore, Shining alumni of General Home Science Department and now successful entrepreneurs themselves were also present at the occasion. In this event, General Home-Science students of S.Y.B.Sc and T.Y. B.Sc. students prepared various articles such as paper craft, jewellery, stationery, gift items and food products for sale. More than 180 students participated with high enthusiasm. A large no. of students, staff, visitors, parents and alumni attended the event.

## Students Achievements

Name	Class	Organizer	Event	Activity	Level	Position
Jadvani Bhoomika	S.Y.BSc	Surat Municipal Corporation	National Horticulture Herbal Fair- Flower Show	Fresh Flower Decoration	State	First



## Human Development Department



**Dr. Rupam Bhatt**  
Associate Professor  
(M.Sc., Ph.D)



**Smt. Smriti Juneja**  
Assistant Professor  
(M.Sc., SET )



**Dr. Shashi Saini**  
Assistant Professor  
(M.Sc., M.Phil, Ph.D)  
U.G.C Post-Doctoral Fellow)

## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
1.	5-10/06/2018	Making of Short Film on Learning Difficulties "Koshish-Ek Nayi Raah"	-	10	To accord the students experience of fabricating teaching and learning aids, a short film was made, acted by TY students.
2.	13/06/2018	Orientation Programme	-	35	To orient the parents of newly admitted pre-school unit children about the functioning of pre-school.
3.	28/06/2018	Story Telling Workshop	Smt. Smriti Juneja	53	Students of S.Y and T.Y were incorporated to develop the skills of storytelling.
4.	31/07/2018	Workshop on "Resourceful Life and Building Self-Confidence"	Shri Dillip Koradia, NPL Coach & Trainer	22	T.Y students were taught the Essential Components of Personality Development and how it leads to a happy resourceful life
5.	11/08/18	Workshop on Phonetics	Dr. Imran Surti	53	To upskill the T.Y about phonic sounds to become more resourceful to work with pre-school students
6.	14/08/18	Independence Day Celebration at CD Lab	-	50	To expose the Tiny Tots of CD lab the concept of National Festivals, TY students presented a patriotic drama and dance.
7.	30/08/18	Janmastami Celebration at CD lab	-	22	To give the concept of Hindu festivals to pre-school unit students, TY trainee students organized Lord Krishna Puja.
8.	08/09/2018	Healthy Recipe Competition by Mothers of Pre-School Kids	-	8	To create the awareness about importance of nutrition and health among mothers of pre-school kids.
9.	11/09/18	Ganpati Celebration at CD lab	-	12	To make the pre-school unit student contingent with Hindu culture.
10	09/10/18	Navratri Celebration	-	12	To inculcate the value of Hindu rituals among pre-school unit kids, garba was organized by T.Y trainees.



## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
11.	06/12/2018	Disabled Week Celebration in Mahadev Trust	-	12	T.Y students conducted the activities and games for disabled children.
12.	20/12/2018	Sports Day Celebration at CD Lab	-	-	The tiny tots of pre-school learned to apprehend the importance of physical health & fitness.
13.	28/12/2018	Guest Lecture on "Child Sex Abuse"	Dr Salim Hirani & Dr. Latika Shah	40	Resource Team had conducted a Training of Trainers (TOT) for students volunteers to train them to conduct an awareness programmes on "Child Sex Abuse" in schools of Surat City.
14.	24/12/2018	Christmas Celebrations	-	60	To edify the pre-school unit students abreast with different festivals and culture.
15.	22/01/2019	Guest Lecture on "Entrepreneurship Development"	Ms. Gulzar Pattharwala & Ms. Salima Charaina	31	To give the students knowledge about prerequisites to become an entrepreneur like registration requirement, loan facilities, grants available, equipments and material needed, personnel recruitment etc.
16.	24/01/2019	Republic Day Celebration	-	32	To expose the Tiny Tots of CD lab the concept of National Festivals, TY students presented a Mime act and Dance on patriotic songs
17.	15/02/2019	Workshop on "Innovative Games	Smt. Rachna Dave & Smt. Heena Ben, Nutan Bal Shikshan Sangh, Baroda	50	Students were trained in skill oriented conventional games and effective story telling techniques.
18.	15/02/2019	Bal Mela	Smt. Rachna Dave & Smt. Heena Ben	34	Resource team along with the trainee students organized puppet show, storytelling session, and conventional games for 6-8 years of children in school.
19.	09/03/19	Exhibition on "Informal Teaching Methodologies"	-	44	To provide the students practical experience in preparing and implementing the informal methodology through display of teaching and learning material.

## Certificate Course in "Parenting Ki Pathshala"

Parenting for Peace (P4P) is a movement that aims at creating scientific awareness amongst teachers and parents about the upbringing of children to provide joyful childhood and maintain optimum mental health of children and adolescents. The mission of P4P is "Nurturing Loving and Joyful Childhood for a Peaceful Society". Many Academicians, Psychiatrist, Pediatricians, Psychologists and citizens from all walks of life joined as volunteers to achieve the P4P movement mission. The SPTMC has become an active partner in P4P Movement. "Parenting ki Pathshala" training program has been successfully conducted every Wednesday between 3.00-5.00 pm for 12 weeks at Central Hall, SPTMC. It is designed as Certificate Program for College S.Y and T.Y students. After getting the training the students will get the certificate and they can also become the trainer for the future training programs. The first Training of Trainers (TOT) was conducted on December 30, 2018. Mr. Venu Gopalan was the speaker. Total 50 participants attended the program. He addressed the importance of good Listening Skills to become a trainer and leader. He talked about various levels of listening. Total ten sessions have been conducted so far. Module of the training programme is:-

Session 1- Acceptance / Session 2-Balanced Parenting Styles / Session 3-Communication / Session 4-Discipline / Session 5-Electronic Media  
 Session 6-Food Habits/Nutrition / Session 7-Gender Roles / Session 8-Happy Parent Happy Child / Session 9-Irritable Parent or Child  
 Session 10-Just Talk About it - (Sexuality) / Session 11-Kids Should Deal with Success N Failure (Resilience) / Session 12-Lets Plan (Parents N Kids Session)



## Food Science and Nutrition



**Dr. K. J. Dholawala**

Associate Professor  
I/C Principal,  
M.Sc, Ph.D



**Mr. V. D. Joshi**

Associate Professor  
M.Sc



**Dr. V. N Solanki**

Associate Professor  
M.Sc, Ph.D



**Smt. Minakshi Tripathi**

Associate Professor  
M. Sc,  
Pursuing Ph.D



**Smt. Meena Raja**

Associate Professor  
M. Sc



**Smt. Roshni Vakilna**

Assistant Professor  
Clinical Dietetics,  
Pursuing Ph.D



**Dr. Shilpee Agrawal**

Assistant Professor  
P. G. Diploma in Dietetics  
Food Science and Nutrition

## Research Publication and Paper Presentation

Name	Date	Title of the Paper	Presented at
Dr. V. N. Solanki	22th-23th April, 2019	E-Poster on 'Food Habits of Institutionalized and Non-Institutionalized Elderly of Surat City	5 <sup>th</sup> International Conference on Food and Beverages at Osaka, Japan
Mrs. Minakshi A. Tripathi	19th-20th April, 2018	Dynamic of health care entrepreneurship in India. Published paper in peer reviewed & UGC recognized international Multi disciplinary quarterly research journal, Journal No. 40776. Vol-VII,oct-dec-2018.Impact factor-5.5	National Conference at Auro University, Organized by School Of Business.
		Functional Foods & Non Communicable Diseases.	National conference on emerging trends in hospitality, tourism & event sector held at school of Hospitality Management, AURO University, Surat.
		Decentralization of ICDS Supplementary Nutrition Program: Ensuring Timely & Quality Nutrition To All Beneficiaries- Odisha: case study	National conference on theoretical & empirical development in social science & Accountancy.
Mrs. Roshni Vakilna	March 2018	Understanding the knowledge, attitude & Practices of grass-root level workers of ICDS in Smart City	Published in National journal of community medicine,2018,9(3): 148-152
		Profile, Knowledge and Problems of Grass Root Workers and Service Delivery by them in ICDS Blocks: A Cross Sectional Study	Published in Indian Journal of Public, Health Research and Development Vol: 9, Issue:8 Print ISSN: 0976-0245 Online ISSN: 0976-5506; Pg.:11-15



## Other Achievements and Participation

### Dr. K. J. Dholawala

- Member of Board of Studies of Home Science, VNSGU
- Member of selection committee for Jr. Clerk Grant in Aid office administration Z. F. Wadia Women's College of and N. K. Jhota College of Commerce.
- Resource Person UGC-CPE grant sponsored One Day Workshop on “The Preparation of Teacher's Manual Study Material and Test Bank” Smt. J. P. Shroff Arts College, Valsad
- An expert member in the meeting of the selection committee for the post of Assistant Professor in “Food Science Nutrition” Faculty of Family and Community Science of M. S. University, Baroda.
- Two days brainstorming workshop of Joint Technical Review Committee-Commissioner of Health & Medical Services, Gandhinagar.
- Member of Joint Review Mission – JRM Surat district.
- Member of Joint Review Mission – JRM Surat Municipal Corporation.
- Board of Studies and Examination.
- One day workshop on “Mendeley Presentation” at Vanita Vishram Women's College of Commerce.

### Smt. Minakshi Tripathi

- Empanelled as Nutrition Expert for stepwise health survey & various intervention required at Gujarat State, Department of Women & Child Health.
- Invited as subject expert for conducting workshop on “Food-Nutrition, Safety & Quality Control” for Kitchen staff of Vanita Vishram hostel
- Invited as subject expert for conducting interview by VLCC, Surat.
- Invited as expert for workshop on NIPI (National Iron Plus initiative) at district level
- Have given lecture on Mahila Shakti Karan - “Nutrition During Childhood” at Gandhi Smruti Bhavan, Surat organized by SMC Health Department.
- Empanelled as nutrition expert for stepwise health survey & various intervention required by Gujarat Government Health Department, Gandhinagar.
- Have given lecture on “Importance of Adolescent Nutrition- Link with Lactation & Advantage of Breast Feeding.

### Dr. V. N. Solanki

- Attended a Golden Jubilee National Seminar on “Emerging Food for Healthier India” organized by Protein Foods & Nutrition Development Association of India (PFNDAI) in collaboration with IDA- Mumbai chapter on 5, 6 Oct'2018 in Mumbai.
- Invited as guest lecture on “Adolescent Nutrition” at Sir K.P. College Of commerce on 31-1-2019.

### Roshni Vakilna

- Attended CNE on Type I Diabetes organized by Indian Dietetic Association, Gujarat chapter at Tex palazzo, Surat.

### Dr. Shilpee Agrawal

- Attended one day workshop on “Type 1 Diabetes and Carbohydrate Counting” sponsored by Sun Pharma organized by Surat Nutrition Club- IDA Gujarat Chapter, Surat.





## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
1.	01/08/18 To 07/08/18	World Breast Feeding Week Awareness Campaign		1200	Peer group training was given to 15 colleges on “Advantages of Breast Feeding to Mother, Infant and Society”
2.	12/8/18	Anthropometric Measurements, Health & Nutritional Assessment of Preschool and Adolescent Girls of Preschool and Primary Section	T.Y.B.SC Students	1200	Anthropometric measurements, Health and Nutritional assessment of Preschool and adolescent girls of Preschool and Primary section of Vanita Vishram, Surat was conducted by T.Y. B.sc
3.	31/10/18	Seminar on Higher Education Abroad	Planet Education	80	Seminar on Higher Education Abroad by Planet Education, Surat
4.	10/1/19	Dietetics Day Celebration	Seth P.T. Mahila College of Arts & Home Science, Alumni Association of SPTMC and Surat Nutrition Club	135	“National Dietetics Day” to create awareness regarding diet & nutrition in India. Sheth P.T. Mahila College of Arts & Home Science, Alumni Association of SPTMC and Surat Nutrition Club organized a walkathon to create awareness regarding Anemia Free India.
5.	17/01/19	Seminar on Food Product Development-Research and Development	AGM, Sumul Dairy	TYBSc	-

## Dietetics Day Celebration

**ABOUT THE EVENT:** 10<sup>th</sup> January is marked as “National Dietetics Day” to create awareness regarding Diet and Nutrition in India. Sheth P.T. Mahila College of Arts and Home Science, Alumni Association of SPTMC and Surat Nutrition Club organized a walkathon to create awareness regarding Anemia Free India. The theme of this year's Dietetics Day is in line with Prime Minister Narendra Modi's vision of Anemia Mukh Bharat. Anemia is a silent epidemic impacting the physical growth of children, mental and work capacity of adults and the lives of future generations. All the population groups of India are affected by anemia and hence intensified efforts are needed to tackle this problem. The students of the department of Food Science and Nutrition and working dietitians of Surat walked along for Anemia Mukh Bharat on the Dietetics Day. The Surat Nutrition Club of Indian Dietetic Association, Gujarat Chapter urges the public to check the credentials of the dietitians before consulting.

**PARTICIPATION:** 135 students from F.Y., S.Y., T.Y. and P.G. Dietetics and Seven Faculty members from the dept. of FSN participated.

## Students Achievements:

Sr. No.	Name	Class	Organizer	Event	Activity	Level	Position
1.	Shah Shivani	FY. B.Sc	Surat Municipal Corporation	National Horticulture Herbal Fair- Flower Show	Salad Decoration	State	First
2.	Hida Usman	SY. B.Sc	Surat Municipal Corporation	National Horticulture Herbal Fair- Flower Show	Salad Decoration	State	Third
3.	Shah Shivani	FY. B.Sc	Auro University	National Budding Chef	Mocktail Competition	National	Third



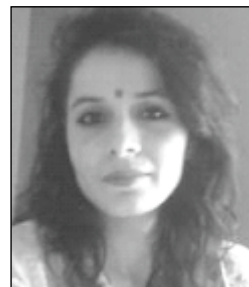
## Apparel Designing Department



**Smt. Archita Khaitan**  
Assistant Professor  
(M.Sc., SLET)



**Dr. Manjali Sharma**  
Assistant Professor  
(M.Sc., NET, Ph.D, Diploma in  
Management, Diploma in AMEIM)



**Smt. Megha Gohil**  
Assistant Professor  
(M.Sc., NET )

## Research Publication and Paper Presentation

Name	Date	Title of the Paper	Presented at
Dr. Manjali Sharma	10th-15th Sept, 2018	Development of Cotton: Wool Knitted Ladies Wear Garments on Khadi System and Evaluation of their Acceptability	National level Workshop cum conference entitled “ Traditional Harshil Craft of Uttar Pradesh ” Ministry of Culture, Government of India organized by Ministry of Culture, Government of India at Swami Vivekanand Subharti University, Merut
	6th Oct, 2018	Vocational Opportunities in Clothing & Textiles	National Seminar on Understanding Different Approaches Towards Achieving Well Being of The Society at Department of Home Science, Smt J.P Shroff Arts College, Valsad, Gujarat
	29th Dec, 2018	Women Entrepreneurship in Handloom and Handicraft Sector International Multidisciplinary Quarterly Research Journal Ajanta – ISSN 2277-5730- Impact Factor-5.5. Pg. 152-160, Vol. VII, Issue IV, Oct-Dec 2018, Part VI	National Conference on Theoretical And Empirical Developments In Social Sciences And Accountancy at Vanita Vishram Women's College of Commerce, Vanita Vishram, Surat
	29th Dec, 2018	Online shopping- Boom or Bane International Multidisciplinary Quarterly Research Journal Ajanta– ISSN 2277-5730- Impact Factor-5.5. Pg. 146-151, Vol. VII, Issue IV, Oct-Dec 2018, Part VI Impact Factor-5.5	National Conference on Theoretical And Empirical Developments In Social Sciences And Accountancy at Vanita Vishram Women's College of Commerce, Vanita Vishram, Surat
	4th and 5th January 2019	A Study on Silk for the Development of Colour Palette with Coconut Husk	National Conference on Community Health Enrichment through Home Science Education and Research Organized by Post Graduation Department of Home Science, Sardar Patel University, Vallabh Vidyanagar. Gujarat



## Other Achievements and Participation

### Mrs. Archita Khaitan:-

- Attended a Workshop cum Conference on 10<sup>th</sup>-15<sup>th</sup> Sept, 2018 organized by Ministry of Culture, Government of India at Swami Vivekanand Subharti University, Merut
- Attended a National Conference on “Religion and Karma” ICSSR, Government of India on 29<sup>th</sup> Sept, 2018 at Swami Vivekanand Subharti University, Merut

### Dr. Manjali Sharma:-

- Chaired a session at Workshop cum Conference on 10<sup>th</sup>-15<sup>th</sup> Sept, 2018 organized by Ministry of Culture, Government of India at Swami Vivekanand Subharti University, Merut
- Attended a National Conference on “Religion and Karma” ICSSR, Government of India on 29<sup>th</sup> Sept, 2018 at Swami Vivekanand Subharti University, Merut

### Ms. Megha Gohil:-

- Attended a Workshop cum Conference on 10<sup>th</sup>-15<sup>th</sup> Sept, 2018 organized by Ministry of Culture, Government of India at Swami Vivekanand Subharti University, Merut
- Attended a National Conference on “Religion and Karma” ICSSR, Government of India on 29<sup>th</sup> Sept, 2018 at Swami Vivekanand Subharti University, Merut
- Cleared UGC NET-2018

## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
1.	14/07/18	Industrial Visit- Banswara	-	19 students 2 faculty	Students gained knowledge about working of different garment manufacturing machineries and equipments.
2.	06/08/2018	Visit to Yarn Expo-18	-	25 students 2 faculty	Students gained knowledge about recent development in fibers, yarns and fabrics.
3.	20, 21/07/2018	Fevicryl Workshop	Mrs. Chaya Kansariwala	46	Students learnt basics of Coffee painting, Umbrella painting and Gond art.
4.	13, 14/08/2018	Fevicryl Workshop	Mrs. Chaya Kansariwala	23	Students learnt basics of Coffee painting and Mural art.
5.	14, 15/2/2019	Workshop on Creative Portfolio Making	Mr. Jayesh Wadia	27	Students learnt creative resume writing and Digital portfolio making
6.	25/1/2019	Guest Lecture Career as Wardrobe Stylist in Film Industry	Ms. Roshini Jhunjhunwala	65	Students gained knowledge about the work culture of wardrobe stylist in fashion industry.

### Fashion Show

**Shrizan – 2019 (Fashion Show)** was organized by Apparel Designing Department. 24 students of the AD department participated as designers and showcased their designing skills on ramp. 27 students from different departments of the college were selected as models and walked on the ramp wearing the designer garments.



## Hospitality Management Department



**Smt. Ruchika Agarwal**

Assistant Professor  
(M.Sc., NET, Diploma in  
Business Management)



**Dr. Vinita Mod**

Assistant Professor  
(M.Sc., NET, B.Ed, MBA,  
Ph.D)

## Research Publication and Paper Presentation

Name	Date	Title of the Paper	Presented at
Smt. Ruchika Agarwal	6th Oct, 2018	Understanding Customers Restaurant Purchasing Behavior	National Seminar on Understanding Different Approaches Towards Achieving Well at Being of The Society Department Of Home Science, Smt J.P Shroff Arts College, Valsad, Gujarat
	29th Dec, 2018	A Study of the Impact of Training on Retention of Gen Y in the Workforce International Multidisciplinary Quarterly Research Journal Ajanta. Pg. 108-114, Vol. VII, Issue IV, Oct-Dec 2018, Part VI Impact Factor-5.5	National Conference on Theoretical And Empirical Developments In Social Sciences And Accountancy at Vanita Vishram Women's College of Commerce, Vanita Vishram, Surat
	23rd and 24th Feb, 2019	A Review of the Impact of Training on Talent Retention in Hotels	International Conference on Management-Past, Present and Future Uka Tarsadia University, Bardoli
Dr. Vinita Dave	6th Oct, 2018	Understanding Customers Restaurant Purchasing Behavior	National Seminar on Understanding Different Approaches Towards Achieving Well Being of The Society at Department of Home Science, Smt J.P Shroff Arts College, Valsad, Gujarat
	29th Dec, 2018	Practicing E-Governance In Higher Education Institutions To Enhance The Quality Of Education International Multidisciplinary Quarterly Research Journal Ajanta. Pg. 70-78, Vol. VII, Issue IV, Oct-Dec 2018, Part VI Impact Factor-5.5	National Conference on Theoretical And Empirical Developments In Social Sciences And Accountancy at Vanita Vishram Women's College of Commerce, Vanita Vishram, Surat
	26th and 27th April, 2019	Digitalization of Tourism	10th International Conference on Transformation of Business Economy and Society in Digital Era at Faculty of Management, Pacific University, Udaipur



## Other Achievements and Participation

### Smt. Ruchika Agarwal

- Imparted training in a Workshop organised for Vanita Vishram Hostel Staff on the topic 'Food Nutrition, Safety and Quality Control, on 19<sup>th</sup> and 20<sup>th</sup> June 2018.
- Attended a Faculty Development Program on Mendeley, organised by Vanita Vishram Women's College of Commerce.

### Dr. Vinita Mod

- Attended One Day Workshop on “The Teachers Manual, Study Material And Test Bank” Organized By Department of Home Science, Smt. J. P. Shroff Arts College, Valsad on 20<sup>th</sup> July, 2018.
- Chaired a session at the National Conference on Hospitality, Tourism and Event Sectors (NCHTES 2018) on 28<sup>th</sup> December 2018, organized by School of Hospitality Management, Auro University, Surat.
- Attended a National Level Seminar on Vedic Cuisines on 22<sup>nd</sup> January, 2019 at Auro University, Surat.

## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
1.	26/07/18	Demonstration on Bakery Products.	Ms. Amita Joshi	30	Preparation of Tarts, pies and croissants was demonstrated
2.	24/08/18	Workshop on Grooming	-	12	Students learnt the art corporate grooming
3.	30/08/18	Workshop on Techniques of Cutting and Chopping	Ms. Amita Joshi	12	Students learnt the art of cutting vegetables and made salads out of it
4.	01/09/18	Salad Making Competition	-	43	Celebration of Nutrition Week
5.	09/09/18	Visit To Surat Airport	-	12	To show the working of an airport
6.	24,25/09/18	Training on First Aid And Bandages.	Faculty from Vanita Vishram Nursing College	30	To prepare the students in providing first aid
7.	17/12/18	Communication Games	-	80	As a part of ice breaking session for First Year Students
8.	02/01/19	Skit on Sanitation And Hygiene For Nursery Unit of Sptm College.	-	18	In order to inculcate the importance of Hygiene and Sanitation in young children
9.	05/01/19	New Year Celebration Event	-	8	To get hands on experience in event management. 400 girls participated in the event
10.	12/01/19	Peer Group Training	-	30	The Third Year students trained the Second Year students in different aspects of Hospitality Management after getting experience in internship
11.	18/01/19	Fruit and Vegetable Carving	Mr. Balakrishna Arya (Chef of Hotel Taj)	30	The students got a glimpse of the techniques of carving fruits and vegetables
12.	20-22/01/19	Participation in National Budding Chef	-	05	Students participated in Mocktail making, Vedic Cuisines
13.	24/01/19	Floral Decoration	Dr. Alka Singh (Associate Professor, Navsari Agricultural University)	30	The students learnt the techniques of floral decoration and its care





## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
14.	12/02/19	Event Organised And Managed For Jeevan Vasant-Senior Citizen Group	-	15	To give the students practical knowledge of event management for a group of 300 participants.

### New Year Celebration

On 5th of January 2019 New Year Party 'Rock N Roll' was organized by the Certificate in Event Management students and Hospitality Management students. The audience consisting of 450 girls danced to the reverberating beats of DJ Sagar. They enjoyed free tattoos and selfies at the photo booth. The audience also won many prizes in the games that were played and they also enjoyed lip smacking Chinese food. The event was a grand success as the students got the opportunity to plan and execute the event themselves under the guidance of the faculty.

### Short Term Courses

#### Interior Decoration

6 month Certificate Course in Interior Decoration is being successfully conducted under the department. The students are taught the different aspects of home styling and decoration and the application of principles and elements of design in the field. They are given training under the in-house faculties as well as the expertise of an architect. The students are also taken to working sites to get firsthand experience and the practical applicability of the concepts learnt in class. Our students are hired by interior designers as draftsman and junior designers.

#### Event Management

6 months Certificate Course in Event Management is also running under the department for over more than eight years. The students are given theoretical knowledge as well as on field experience to learn about the nitty gritty of event conceptualization, planning, development and the final execution and feedback. They are also given the opportunity to work with renowned event managers in which they get live practical experience of the entire process. Our students get hired by the event managers and also start their own event management business.





## A-Z of Travel Etiquette

**Mrs. Ruchika Agarwal**

(Assistant Professor, Hospitality Management Department)

Traveling to new destinations and soaking in its culture and heritage can be very rewarding. But sometimes people might make social blunders that may mar the entire experience and leave a bad taste for the parties involved. Thus I present some tips that can be followed during your travels to other countries, states or even another city, that will go a long way in making the journey not only pleasurable for you but also for others.

- A. Remember, you are an **Ambassador** of your city/state/country, and your conduct will create the impression of the place that you come from.
- B. A **Big smile** always works wonders in relieving stress experienced during travels and in the presence of strangers.
- C. Keeping your surrounding **Clean and hygienic is important**, avoid littering and contribute in conserving the nature.
- D. It is important to dress for comfort, but it is equally important to keep in mind the sentiments of the locals while dressing. Check before hand when in doubt and **Dress appropriately**.
- E. Basic **Etiquettes**, manners and behavior will go a long way in you being able to make friends.
- F. Do not **fuss over food**. Try to appreciate the local cuisines even if they do not suit your taste buds.
- G. Having a sense of **Gratitude** for the wonders of the world and beauty of nature is important.
- H. Hold on to your tickets, visas, passports and other documents in easy to reach pockets so that other passengers do not have to wait too long because of you.
- I. You are In charge of your children, do not allow them to run about and create commotion.
- J. **Jumping queues** at airports, amusement parks, theatres etc is not encouraged in any circumstances.
- K. Be **Kind and considerate** towards your fellow travelers and locals.
- L. **Learn** the local language. It always helps in making the stay smooth.
- M. Be **Mindful in taking selfies**. No matter how tempting it might be, not all countries and places encourage you to take selfies.
- N. Messing up the hotel room, chatting loudly at restaurants, listening to loud music on a public transport etc. is a complete **NO**.
- O. Avoid **Obstructing** aisles and passages with your baggage. Keep them out of the way to avoid any discomfort to the fellow traveler.
- P. No locals, fellow traveler, a historical monument or a museum must be **Photographed without permission**. No photography zones must be strictly adhered to.
- Q. Get your travel related **Queries** resolved at authorized points, for safety purpose.
- R. **Research and read** about the place you are traveling to, especially foreign destinations, this will keep you in check of the local rules and customs.
- S. Be a **Sustainable and responsible** traveler who does not disturb others in the vicinity, nor does ill treat the animals and also is sensitive towards the environment.
- T. Value yours as well as others **Time**. Being punctual and reaching on time whether at the station, in a meeting or at the breakfast buffet is a great virtue that adds to your credibility.
- U. **Use social media** with great responsibility. Criticizing the place or the locals must be avoided on the social platform.
- V. **Value the privacy** of fellow passengers and do not peep into their phones and laptops.
- W. Develop the art of **Waiting patiently for your turn**. It is totally unacceptable to push and jostle when standing in a queue.
- X. Don't forget to **Excuse yourself** when you unavoidably sneeze, burp or cough in a crowd.
- Y. Understand that the **You** are a very small part of the universe and there are other things more important than you.
- Z. And remember, "The only **Zen** you can find on the tops of mountains is the Zen you bring up there." Robert M. Pirsig





## Departmental Activities

### Food Science And Nutrition



Dietetics Day Celebration



Participation at National Budding Chef Competition



Guest lecture on Food Product Development



Students Exhibiting Food Products at Food Mech Asia 2019

### Apparel Designing



Srizan - Fashion Show at Annual day celebration



Visit to Banswara



Visit to Yarn Expo



Workshop by Fevicryl





### Hospitality Management



Floral Decoration Workshop



New Year Celebration



Techniques of Cutting and Chopping



Visit to Surat Airport

### Science Unit



Guest Lecturer on The Bohr's Correspondence Principle by Dr. Pruthul Desai



Visit to Sardar Vallabhbhai National Institute of Technology



Microbiology Students Visited Surat Raktadan Kendra



Poster Competition on Electron Microscopy





## Faculty of Science

### Chemistry Department



**Dr. Navnit J. Chothani**

Assistant Professor  
M.Sc., M.Phil., Ph.D



**Dr. Alpesh V. Patel**

Assistant Professor  
M.Sc., Ph.D SET



**Dr. Suchitra S. Savant**

Assistant Professor  
M.Sc., Ph.D



**Dr. Darshna A. Rana**

Assistant Professor  
M.Sc., Ph.D.



**Dr. Yogesh K. Kadam**

Assistant Professor  
M.Sc., Ph.D, Postdoc (France)

### Microbiology & Medical Technology Department



**Dr. Padmashree V. Patel**

Assistant Professor  
M.Sc., Ph.D, SET



**Ms. Swati Patel**

Assistant Professor  
M.Sc., NET (UGC)



**Dr. Pinakin Dhandhukia**

Assistant Professor  
M.Sc., M.Phil., Ph.D

### Physics Department



**Dr. Hardik K. Desai**

Assistant Professor  
M.Sc., M.Phil., Ph.D



**Dr. Sanjay J. Patel**

Assistant Professor  
M.Sc., Ph.D



## Research Publication

Name	Title of the Paper or Book
<b>Dr. Navnit J. Chothani</b>	Synthesis and Biological Evolution of 1,2,3-Oxadiazole Derivatives, Scholar Press, Editor Cristina Marcu, 2018, ISBN: 978-620-2-31901-0
<b>Dr. Alpesh V. Patel</b>	Removal of Cr(VI) from aqueous solutions using EDCC-MCM-41: isotherm, kinetics and thermodynamic evaluation, Journal of Dispersion Science and Technology, Accepted online, 2019. ISSN: 1532-2351
<b>Dr. Yogesh K. Kadam</b>	Salt-Induced Microstructural Transitions in Aqueous Dispersions of Ionic Liquids Based Surfactants, Chemistry Select, 3, 1-9, 2018. ISSN: 2365-6549
<b>Dr. Sanjay Pate</b>	REVIEW: Overview of enzyme based biosensors and their applications, Current Trends in Biotechnology and Pharmacy, 12 (1), 108-117, 2018. ISSN: 0973-8916 (Print), 2230-7303 (Online)
	Direct-coated copper nickel tin sulphide (Cu <sub>2</sub> NiSnS <sub>4</sub> ) thin films from molecular ink, Material Letters, 215, 118-120, 2018. ISSN: 0167-577X
<b>Dr. Pinakin Dhandhukia</b>	Computer Aided Drug Designing of Novel Inhibitors against pfAMA-1, Modern Approaches in Drug Designing, 1(4), 1-7, 2018, ISSN: 2576-9170

## Article Reviewed

Name	Title of the Article
<b>Dr. Hardik Desai</b>	Intelligent model for solar energy forecasting and its implementation for photovoltaic and thermal applications, Journal of Renewable and Sustainable Energy, 2018, ISSN: 1941-7012
<b>Dr. Sanjay Patel</b>	A global particle swarm optimization method for parameter extraction in ZnO/PCDTBT co-polymer based HSCs and the influence of processing temperature on the PV performance parameters, Journal of Applied Physics, 2018, ISSN: 0021-8979

## Conference, Workshop and Seminar

Name	Conference, Workshop and Seminar
<b>Dr. Padmashree V. Patel</b>	Presented a Paper Influence of biofertilizer inoculation on productivity of Rice at 5th National Asian PGPR Conference for Sustainable and Organic Agriculture organized by Indian Phytopathological Society (IPS) Indian Council of Agricultural Research (ICAR), Acharya NG Ranga Agricultural University, Guntur, AP
	Participated in Conference on Biological Tools for Sustainable Environment organized by Department of Biosciences, VNSGU, Surat.
<b>Dr. Navnit J. Chothani</b>	Participated in One Day Workshop for the awareness of MOOC's Course through SWAYAM Platform organized by Department of Chemistry, Veer Narmad South Gujarat University, Surat
<b>Mr. Alpesh V. Patel</b>	Presented a Paper on Microwave assisted extraction of silicon from BFA for the synthesis of MCM-41 and its application at organized by Department of Chemistry, Uka Tarsadia University, Bardoli and Indian Chemical Society-Kolkata
	Presented a Paper on Removal of Hexavalent Chromium from waste water using amino functionalized MCM-41 derived from BFA at UGC-SAP-DRS-II sponsored National Conference Sustainable Chemistry: Frontiers & Challenges organized by Department of Chemistry, VNSGU, Surat.



## Conference, Workshop and Seminar

Name	Conference, Workshop and Seminar
<b>Dr. Hardik K. Desai</b>	Presented a Paper on An extensive study of Pyrrole biomolecule through electron scattering at 22nd National conference on Atomic and Molecular Physics organized by Dept. of Physics, IIT Kanpur
<b>Ms. Swati M. Patel</b>	Presented a Paper on Aerobic Hydrocarbon Degrading Bacteria Isolated for Hydrocarbon Remediation at Conference on Biological Tools for Sustainable Environment organized by Department of Biosciences, VNSGU, Surat. Presented a Paper on Synthesis of newer Schiff base derivatives having Sydnone clubbed with Benzothiazole and its application as antimicrobial agents at UGC-SAP-DRS-II sponsored National Conference Sustainable Chemistry: Frontiers & Challenges organized by Department of Chemistry, VNSGU, Surat
<b>Dr. Pinakin Dhandhukia</b>	Presented a Paper on Algorithm mediated oral cancer detection: Bridging the gap between BPL people and health care scheme of Govt at Current Trends in Biological Science-III (CTBS-2019) organized by PG Department of Bioscience, Sardar Patel University, Vallabh Vidhyanagar.

## Other Achievements and Participation

### Dr. Padmashree Patel

- Completed M.Sc. in Microbiology from Acharyanagarjuna University

### Dr. Alpesh V. Patel

- Qualified the Gujarat State Eligibility Test in Chemical Science, 2018
- Awarded the Ph.D with entitled "Selective Performance of Mesoporous MCM-41 Based Sorbents Synthesized from Bagasse Fly Ash for Extrication of Heavy Metals" by Veer Narmad South Gujarat University in 2018

### Dr. Sanjay Patel

- Participated in Science Academies Refresher Course on "Elementary Quantum Mechanics and Spectroscopy" organized by Department of Applied Physics, SVNIT, Surat

## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
1.	04/09/2018	Field Visit	-	79	Visit to Surat Raktdan Kendra
2.	09/09/2018	Seminar	-	33	Seminar on Solar Energy Application in Domestic Life & Skill Enhancement & Employment ability
3.	16/12/2018	Event	Smt. Smriti Juneja	29	Social Cause event named Project Nirbhaya
4.	29/01/2019	Parixa pe Charcha	Mr. Alpesh V. Patel	133	Online telecast of the Discussion of Respected Prime minister with various institute students.
5.	04/02/2018	Orientation Program	Mr. Tejal Parekh	All Divisions	Orientation Program on Computer Courses offered by Vanita Vishram



## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
6.	06/02/2019	Tour to POLO Forest, Idar	-	51	2 Days tour cum adventure camp to POLO Forest Idar was organised, where students carried out the various activities like mountain tracking, forest visit and rapping
7.	06/02/2018	Orientation Program on Traffic Awareness and RTO Procedure	Rakesh H. Bardoliya & Jigisha R. Bardoliya	All Divisions	Orientation Program on Traffic Awareness and RTO procedure for the license by Mr. Rajesh Patel
8.	03/08/2018	Tree Plantation	-	All Divisions	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
9.	11/08/2018	Femicon2018	-	9	-
10.	30/08/2018	Janmashtmi & Ganesh Chaturthi	-	All Divisions	Janamashtmi, the birthday of Lord Krishana was celebrated with great devotion and enthusiasm
11.	11/09/2018	Elocution Competition	-	2	Intercollege Competition
12.	01/10/2018	Bhartiya Sanskruti Gyan Pariksha	-	46	It is a unique examination to assess student's knowledge about Indian Culture.
13.	02/10/2018	Gandhi Jayanti Celebration	-	All Divisions	As India remembers Mahatma Gandhi on his 149th birth anniversary.
14.	07/10/2018	Minaxi Lalit Science Award Test-2018	-	13	Science test for Under Graduate students
15.	30/10/2018	Rshtriya Ekta Divas	-	210	The Rashtriya Ekta Divas was celebrated by SPTMC to pay tribute to iron man of India Shri Sardar Vallabhbhai Patel on his birth Anniversary (31st October, 2018). About 210 students of science unit and Faculty members have participated in the celebration by taking Rashtriya Ekta Divas Pledge.
16.	05/01/2019	Guest Lecturer	Dr. Pruthul Desai, Principal, Sir P.T. Sarvajani College of Science	CP, CPM, CPMT	The Bohr's Correspondence Principle
17.	10/01/2019	Interclass Poster Competition	-	122	Poster Competition on Electron Microscopy
18.	20/01/2019	UGAM	-	45	Microbiology Association for Under Graduate Students





## Departmental Activities

Sr. No.	Date	Name of the Activities	Resource Persons	No. of Participants	Activity Details
19.	13/02/2019	Field Trip	-	24	Celebration of National Productivity Week theme by NPC "Circular Economy for Productivity & Sustainability" at SVNIT
20.	11/03/2019 to 14/04/2019	Industrial Visit to ONGC	-	CP	Industrial Visit to ONGC
21.	14/02/2019	Seminar	Dr. Jayesh Patel	122	Paranu'-Seminar on IVF
22.	15/02/2019	Awareness Program about GPSC and UPSC	Mr. Sahil and Mr. Akash	All Divisions	The L. K. Academy, Surat has given detail discussion on the various competitive examination for graduate students and its preparation methods
23.	20/03/2019	Health Check-up	-	295	Health Check-up for Thalassemia

## Co-Curricular and Extra Activities

### National Cadet Corps- NCC

The **National Cadet Corps** is Youth Wing of Armed Forces with its Headquarters at New Delhi, India. It is a voluntary organization which recruits cadets from high schools, colleges and universities all over India. The Cadets are given basic military training in small arms and parades. The officers and cadets have no liability for active military service once they complete their course.

**Motto:** Unity and Discipline

#### Aims:

The Aims of the NCC was laid out in 1988, NCC aims at developing discipline, character, brotherhood, the spirit of adventure and ideals of selfless service amongst young citizens. Not only these, it also aims to enlighten leadership qualities among the youth who will serve the Nation regardless of which career they choose. It also motivates the young to choose a career in armed forces.

**Coordinator: Capt. (Dr.) Saroj Prajapati**

#### ACTIVITIES:-

1. NCC orientation for F.Y.B.A & F.Y.B.Sc Students on 10<sup>th</sup> July 2018.
2. NCC Cadets participated in International Yoga day Celebration at Convention Hall, VNSGU.
3. Cadets observed "Kargil Vijay Divas" on 26<sup>th</sup> July.
4. Cadets Participated in Swachata Abhiyan Rally on 21<sup>st</sup> Nov 2018.
5. 2 Cadets participated in Swastha Bharat Cycling Rally on 22- 23 Nov 2018 from Surat to Bharuch.
6. Cadets participated in Drawing Competition 'On Save Water'. Cadets also expressed their views on the importance of water.
7. Cadets attended a program on Surgical Strike at VNSGU.
8. Cadets attended program at Indoor Stadium on Birth anniversary of Swami Vivekanand on 12 January 2019.
9. Second year students appeared for 'B' Certificate Examination.
10. Third year students appeared for 'C' Certificate Examination.



## NCC Camp



Sr. No:	Date	Name of The Camp	Name of the Students Participated	Class
1	May 2018	Ek Bharat Shreshtha Bharat (Sringar, J &K)	Kalathiya Shrusti	T.Y.B.Sc
2.			Purohit Pushti	S.Y.B.A
3.			Rana Kamini	S.Y.B.A
4.			Parmar Nisha	S.Y.B.A
5.			Sosa Harshika	S.Y.B.A
1	20th -30th June 2018	CATC (Rajpipla)	Kalathiya Shrusti G.	T.Y.B.Sc
2.			Patel Srushti T.	T.Y.B.Sc
3.			Patel Dhvani	T.Y.B.Sc
4.			Patel Bhavisha	S.Y.B.Sc
5.			Pardhi Dipali	S.Y.B.A
1	16th -25th July 2018	PRE TSC (Rajpipla)	Kalathiya Shrusti G.	T.Y.B.SC
2.			Patel Srushti T.	T.Y.B.SC
3.			Patel Bhavisha	S.Y.B.A
4.			Pardhi Dipali	S.Y.B.SC
5.			Nashikkar Rutwa	T.Y.B.A
1	5th – 13th Aug. 2018	IGC TSC (Thamna)	Kalathiya Shrusti G.	T.Y.B.SC
2.			Patel Srusti T.	T.Y.B.SC
3.			Pardhi Dipali	S.Y.B.SC
4.			Nashikkar Rutwa	T.Y.B.A
5.			Patel Bhavisha	S.Y.B.A
1	9th-18th Aug. 2018	CATC (Rajpipla)	Siddhapura Shivangi	T.Y.B.SC
2.			Sardar Simaranjeet	T.Y.B.SC
3.			Singh Hemlata	S.Y.B.SC
1	31 AUG-10 Sep. 2018	CATC (Rajpipla)	Harshika Sosa	S.Y.B.A
2.			Kamini Rana	S.Y.B.A
3.			Seema Rajpurohit	S.Y.B.A
4.			Nisha Parmar	S.Y.B.A
5.			Arti Jadav	S.Y.B.A
1	1-10th Sep. 2018	Flying Camp ( Baroda )	Bhutani Janki	T.Y.B.A
2.			Nashikkar Rutwa	T.Y.B.A
3.			Bhatt Disha	T.Y.B.A
4.			Deora Neha	S.Y.B.A
5.			Kalathiya Shrusti	T.Y.B.SC
6.			Patel Srushti	T.Y.B.SC
7.			Shiddhpura Shivangi	T.Y.B.SC
8.			Maurya Chhaya	S.Y.B.SC



Sr. No:	Date	Name of The Camp	Name of the Students Participated	Class
1	11th-20th Sep. 2018	CATC (Rajpipla)	Pushti Purohit	S.Y.B.A
2.			Puja Singh	S.Y.B.A
3.			Arti Singh	T.Y.B.A
4.			Bhavisha Chaudhari	T.Y.B.A
5.			Priyanka Solanki	T.Y.B.A
6.			Pooja Shirsath	S.Y.B.A
7.			Harshika Sosa	S.Y.B.A
8.			Kamini Rana	S.Y.B.A
9.			Arti Jadav	S.Y.B.A
10.			Nisha Parmar	S.Y.B.A
1	24th Sep.- 15th Oct. 2018	CATC (Rajpipla)	Pushti Purohit	S.Y.B.A
2.			Puja Singh	S.Y.B.A
1	24th Sep.- 3rd Oct. 2018	CATC (Rajpipla)	Shubhangi Wadekar	S.Y.B.A
2.			Sangita Swain	S.Y.B.A
3.			Kriti Gupta	S.Y.B.A
4.			Goswami Kashmira	T.Y.B.SC
5.			Sheikh Heena	T.Y.B.A
6.			Bhavin Sailor	S.Y.B.SC
7.			Jain Swati	S.Y.B.SC
8.			Saiyad Fatema	T.Y.B.SC
9.			Rathod Monika	T.Y.B.SC
10.			Ramani Parul	T.Y.B.SC
11.			Patil Swati	T.Y.B.A
12.			Butani Janki	T.Y.B.A
13.			Yadav Dipali	T.Y.B.A
14.			Bhatt Disha	T.Y.B.A
15.			Goud Pooja	S.Y.B.SC
16.			Deora Neha	T.Y.B.A
17.			Anita Choudhari	S.Y.B.SC
1	28th Oct.- 6th Nov. 2018	CATC (Rajpipla)	Maurya Chhaya	S.Y.B.SC
2.	22th-25th Jan. 2018	Forest Camp (Kutchh)	Parmar Nisha	S.Y.B.A
3.	25th-28th Mar. 2018	Adventure Camp (Diu)	Parmar Nisha Rana Kamini	S.Y.B.A S.Y.B.A



## Achievements of the Cadets

1. Shruti Kalathiya won Silver Medal in tug of war in National Camp at Srinagar
  - Stood 2<sup>nd</sup> in Singing (Silver)
  - Got Medal for Camp Senior
  - Got Bronze Medal for NIAP Presentation
  - Got Medal for Best Cadet in CATC
2. Pushti Purohit won Gold Medal in Individual Drill in CATC Rajpipla
  - Got Certificate for Nukkad Natak
3. Srushti Patel won Gold Medal in Volleyball in CATC, Rajpipla
4. Pardhi Dipali won Silver Medal in Drill Competition in CATC, Rajpipla
5. Patel Bhavisha won Gold Medal in Volleyball in CATC, Rajpipla
6. Sosa Harshika won Gold Medal in Piloting in CATC Camp in Rajpipla
7. Parmar Nisha won Following Medal in Ek Bharat Shreshtha Bharat Camp at Sri Nagar :-
  - Silver Medal in Group Song
  - Silver Medal in Tug of War
  - Silver Medal in NIAP
  - Gold Medal in Group Song CATC, Rajpipla
  - Gold Medal in Volley Ball at CATC, Rajpipla
8. Rana Kamini won Following Medal in EK Bharat Shreshtha Bharat Camp at Sri Nagar :-
  - Silver Medal in Group Dance
  - Gold Medal in Volley Ball
  - Gold Medal in Volley Ball at CATC, Rajpipla







## About NSS (National Service Scheme)

The National Service Scheme is an Indian government-sponsored public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year in 1969.

All the youth volunteers who opt to serve the nation through the NSS led community service wear the NSS badge with pride and a sense of responsibility towards helping needy.

### **The motto of National Service Scheme is NOT ME BUT YOU.**

An NSS volunteer who takes part in the community service programme would either be a college level or a senior secondary level student. Being an active member these student volunteers would have the exposure and experience to be the following:

- an accomplished social leader
- an efficient administrator
- a person who understands human nature

**NSS Programme Officers :  
Dr. Mukesh Chauhan, Smt. Meena Raja**

## Activities:

### **Tree Plantation**

To sensitize the students about this burning problem create an enthusiasm among them for the environmental protection, the plantation program was held on 3<sup>rd</sup> August 2018 in the college campus. 20 students of various classes participated in this program.

### **Lecture on Organ Donation**

On 7<sup>th</sup> August 2018, expert talk was organized in the College Central Hall in which 73 participants benefitted from the enlightening talk of specialist of different fields. Dr. Naresh Gabani discussed the importance of organ donation. He mentioned that how organs of a dead person can be helpful to many needy people. He mentioned that such activity not only give us a sense of satisfaction to the donor at the same time it feels the heart of acceptor with the gratitude towards the donor and help them to live healthy life.

The second session was chaired by Dr. Nikita Patel. She delivered a useful lecture on monsoon related eye problems. She highlighted the common eye problems like conjunctivitis, corneal ulcer, sty and dry eyes. She discussed the cause and treatment for the same.

Next speech was delivered by Dr. Bhupesh Chawada. He delivered an encouraging and motivational speech on blood, eye and other organ donation.

### **Femicon 18-19**

The event is organized every year by Surat Municipal Corporation and this year too it was organized on 7<sup>th</sup> August, 2018 in Gandhi Smruti Bhavan. 33 participants from the college were oriented about different topics on women's health, diseases, sanitation, personal hygiene, etc. Many doctors also imparted knowledge on health issues and prevention of the same.

### **Campus Cleaning**

Volunteers organized a college campus cleaning activity on 20<sup>th</sup> September, 2018. 36 enthusiastic participants cleaned various areas of our college campus like canteen, college lane etc..They took a pledge for maintaining cleanliness in college campus as well as our surroundings as an active citizen of our country.



### Group Discussion on Health Awareness

On 28<sup>th</sup> August 2018, 21 students participated in group discussion on the following topics:

“Health Awareness”

- A. Good health
- B. Personal health & hygiene
- C. Public health
- D. Importance of personal hygiene

### Celebration of 150<sup>th</sup> Birthday of Mahatma Gandhi

On 2<sup>nd</sup> October 2018, Gandhi Jayanti was celebrated in the presence of the college Principal and staff members. The following activities were undertaken in which the 85 students as well as the teachers enthusiastically participated.

- Prabhat Pheri
- Cleaning Campus Activity
- Prayers and Bhajans
- Poster Making Competition
- Quiz Competition

### Navratri Celebration and Prize Distribution

Students dressed in traditional attires danced to the reverberating beat of Garba and celebrated the colorful festival of Navratri on 10<sup>th</sup> October 2018. Around 150 students participated in the event held in the College Central Hall. Also the prize distribution was held for the competitions conducted earlier in the year.

### Clothes and Toys Distribution

On 2<sup>nd</sup> November 2018, 8 volunteers along with NSS coordinator Mrs. Meena Raja distributed clothes and toys to the needy in Majuragate and Adajan area of Surat.

### Nirbhaya Tribute

8 NSS volunteers participated in Nirbhaya Tribute held at JMD Banquet Hall on 2<sup>nd</sup> November 2018. Mr. Arya Borat and Mr. Vatsal Kapadia motivated the students to participate in the event.

### NSS Special Camp

NSS Special Camp was organized from 17<sup>th</sup> to 23<sup>rd</sup> December 2018, at Saroli Gam, Olpad with 34 participants. The Inauguration Ceremony was held in the presence of village authorities and the Principal of Saroli Primary School and Vice President of our college Dr. Smita Bhatt. Daily activities like Prabhat Pheri, Yoga, Campus Cleaning, Survey Work etc. was carried out by the volunteers. Guest Lectures, Health Checkup, Blood Donation, Recipe Competition, Footwear and Cloth distribution and many other social activities were arranged during the camp.

### NSS Week Celebration

NSS Week was celebrated from 12<sup>th</sup> to 17<sup>th</sup> January 2019. The following activities were conducted.

- **Rally & Swami Vivekanand Jayanti Celebration**  
Rally was conducted by NSS volunteers along with the impactful posters regarding safety measures taken during Uttrayan. Donation was collected from the college students so as to bring gifts for the old age home people. A donation of rupees 3000 was collected.
- **Old Age Home Visit**  
22 NSS volunteers visited an old age home. They played games and distributed cakes to them. The students spent quality time with the people at old age home.
- **Expert Lecture On Traffic Awareness**  
Expert lecture on traffic awareness was organized for college students on 17-01-19. Mr. Rakesh Badoliya – RTO, was invited to deliver a lecture on traffic awareness. He gave all the information about RTO exams both 2 wheelers and 4 wheelers. He also taught safety measures to be taken on the road while driving.

## SPORTS

Annual Sports Day was organised on 13th Feb. 2019

#### Ms.Aarti Kami (Boxing)

Khel Mahakubh State - Silver	All India University
Inter College - Gold	Senior National Participant
Senor State - Gold	West Zone - Silver

#### Ms.Tejshvini R. Hire

Won Third Prize in 800 Meter Run  
Khel Maha Kumbh



## Cultural Activities

### About

The importance of cultural activities in preparing students for real life and strengthening their personal skills cannot be questioned. Cultural activities assist students to develop themselves in a desired field and also improve skills such as organizational, presentation, leadership and interpersonal communication. The overwhelming participation of students in a range of cultural events is truly heartening.

### Members of Cultural Committee

- |                         |                        |
|-------------------------|------------------------|
| a) Dr. Imran A.K. Surti | e) Mr. Aditya Farsole  |
| b) Dr. Jyoti Godre      | f) Dr. Vidushi Choksi  |
| c) Mrs. Smriti Juneja   | g) Mr. Alpesh Patel    |
| d) Mrs. Roshni Vakilna  | h) Dr. Suchitra Sawant |

Date	Activities	Saptadhara
28/07/2018	Mehndi Competition	Kala Kaushalya Dhara
	Thali Decoration	
	Nail Art Competition	
	These Competition were organized on the occassion of Aluna Festival.	
14/08/2018	Alumni Meet – “Nostalgia – A Musical Evening”	Kala Kaushalya Dhara
	The Alumni Meet was organized which was attended by 250 alumnus. It marked the formation of Alumni Association of the college. Moreover, the gathered alumni were entertained through a musical evening performed by Octave Band. It was followed by dinner.	
01/09/2018	College Ke Tashanbaaz by Red F.M.	Kala Kaushalya Dhara
	70 students participated in the Talent Hunt organized by Red F.M. Various events like singing, dancing, acting were organized. The winner was Ms. Ayushi Ankleshwaria who represented college at City Level and won 3rd Prize.	
05/09/2018	Teacher's Day Celebration by F.Y. B.A. Students	-
	a) 25 Students of Arts Faculty organized Teacher's Day Celebration to express their love and respect for their beloved teachers. b) They performed a skit, group song, and quiz. Teacher's Day – A Day to Rejoice (Powered by Kiran Motors) - As part of CSR, the representatives of Kiran Motors organized a programme to felicitate the teachers on the occasion of Teacher's Day, which also included games and snacks.	
18/09/2018	Fresher's Day	-
	<ul style="list-style-type: none"> <li>The First Year Students were given a warm welcome by the college family. Everybody danced to the reverberating beats of the DJ and Miss Fresher's Contest was also held. The names of the winners are :</li> </ul> a) Ms. Aaisha Hasanfata b) Ms. Hetvi Pandya c) Ms. Dharuvi Patel	



Date	Activities	Saptadhara
28/12/2018 to 05/01/2019	Day's Celebration  A week-long day celebration was organized by the college for the students in which they celebrated days like 'Black and White Day', 'Green Day', 'Saree Day', 'Dress-up like a Film Star', 'Formal Day', 'Mismatch Day', 'Denim Day', 'Friendship Day'.	-
31/01/2019	Annual Function  The Annual Function of the college is a regular feature every year. It is celebrated every year with lots of pomp and grandeur. It provides the students a sort of diversion from studies and fills them with joy. Simultaneously, it gives them an opportunity to showcase their talents. This year the theme was "Samanvay – A Cascade of Folk and Fusion". Various folk dances were performed under this theme. The entire programme was stage-managed through Bhavai performance. It also included the detailed Annual Report of the college.	Kala Dhara Natya Dhara
08/02/2019 to 09/02/2019	Yuvak Mohatsav by VNSGU  Students participated in various competitions like Kala Yatra, Classical Dance, Group Dance, Group Song, Poetry Recitation, Mono-Acting and Short-Story Writing.	Kala Dhara Natya Dhara
09&10/01/2019	Inter-Collegiate Competitions  29 Students participated in various inter-collegiate competitions like debate, sketch-making, singing, classical dance, rangoli, poster-making, extempore, mehndi etc. organized by various colleges affiliated to VNSGU.	Kala Dhara Natya Dhara
09&10/01/2019	Inter-Collegiate Competitions  29 Students participated in various inter-collegiate competitions like debate, sketch-making, singing, classical dance, rangoli, poster-making, extempore, mehndi etc. organized by various colleges affiliated to VNSGU. a) Ms. Bansri Bantwa secured First Position in Extempore Competition organized by Bhagwan Mahavir College, Vesu. b) Ms. Shivani Shah and Ms. Zainab Motiwala secured First Position in Master Chef Competition organized by S.D.J. International College.	Kala Dhara Natya Dhara
14/03/2019	Prize Distribution-cum-Farewell Ceremony  Prize Distribution-cum-Farewell Ceremony was organized by the college in collaboration with its Alumni Association. Mrs. Aruna Thakkar, Invited Member, SAC – Vanita Vishram and the Senior Counsellor of Help Centre, Vanita Vishram was the Chief Guest. Dr. Bhavin Naik, Dean, Faculty of Science and the Principal of The Patidar Gin Science College was invited as the Guest of Honour. Students were felicitated for their outstanding achievements in academics, sports, NCC, NSS, cultural activities etc. at State, National and International Levels. Faculties were also felicitated for their academic achievements. It was followed by Farewell of T.Y. and P.G. Diploma in Dietetics Students.	Kala Dhara Natya Dhara





## Students Achievement

Name	Class	Organized by	Event	Activity	Level : State / National	Medal
Vandana Tailor	T.Y.B.A. Psychology	Kala Mahakumbh	Kala Mahakumbh	Bharatnatyam	State	Third
Bansari Bantwa	T.Y.B.A. Psychology	B. M. College	-	Extempore	Intercollegiate	First
Shivani Shah	F.Y. B.Sc. Food Science and Nutrition	S. D. Jain: Inferno	Master chef	Cooking	Intercollegiate	First
Zainab Motiwala	S.Y.B.Sc. Food Science and Nutrition	S. D. Jain: Inferno	Master chef	Cooking	Intercollegiate	First
Aayushi Ankleshwariya	F.Y.B.A. English	Red FM	College ke tashn bazz	Mono Acting	Intercollegiate	Third

## UDISHA

### About UDISHA (Universal Development of Income generating Skills through Higher Education Agencies):

UDISHA is a placement initiative introduced by the Office of Commissioner, Higher Education, Gujarat and is now implemented by Knowledge Consortium Gujarat.

#### The main objectives of UDISHA are:

1. Develop students' profile for the placement
2. Identify their interest and capabilities through Aptitude Tests.
3. Train them in Soft Skill, Functional English and ICT in accordance with the demands of the market.
4. Develop linkages with Job providers.
5. Make necessary arrangements for placement by organizing job fairs at State, District and College level
6. Bring uniformity in job placement efforts and procedures in all colleges across the state.
7. Take feedback from employers and Students who get employed.

#### Coordinators:

Smt Minakshi Tripathi, Dr. Suhas Vaidya, Dr. (Capt.) Saroj Prajapati





## Activities:

### **Career counselling by Planet Education**

On 20<sup>th</sup> October 2018, Ms. Mamta Jani and Ms. Dhawal from Planet Education were invited to guide the students on writing effective CV and to know about the various procedures for studying abroad and work permit like the Universities in Canada, USA, UK and Australia. 60 students were benefited from the program.

### **Career Counselling by Expert**

An expert lecture titled CAREER COUNSELLING on 8th Jan 2019. Three major topics named (1) How to face interviews, (2) Presenting yourself (3) Writing an effective CV were discussed at length. The resource person for this lecture was Shri Kamlesh Thakkar (JC) an eminent corporate trainer & an expert from the same field. More than 75 students of Ty BA and B.Sc participated in the programme and were benefited. The programme was very informal and motivating for the young crowd. The positive responses were also received from the students.

This event was organised taking into consideration the upcoming mega event of placement to be organized by Dept of Higher Education Govt of Gujarat for fresh graduates. Approximately 200 students of T.Y.BA and BSc have enrolled their names for the event.

### **Mega Placement organised by KCG and Higher Education Gujarat Government**

Students registered from GIA : 71

Coordinator: Mrs. Minakshi A Tripathi, Associate Professor

Total number of students appeared for interview from FSN & HD : 44

Industries present:

1. Atul Bakery- Food Science and Nutrition
2. LIC: Any Graduates
3. Fountainhead : Any graduate
4. ICICI : Any graduate
5. Figure and Fit: Food Science and Nutrition

### **Training and Awareness program on conservation of energy**

Ministry of oil gas and petroleum organised an awareness and training programme named "Saksham" on conservation of energy and best practices of its utilization on 12th February 2019 as a part energy conservation week.

Around 50 students were benefited. These students can further give training in community.

### **Awareness for Government Jobs and Competitive Examinations**

This informative program was organized by Employment and Training Department Govt. of Gujarat, Surat Employment Exchange on 7<sup>th</sup> March 2019 as a part of International Women's Day Celebration. Shri Vipin bhai Mangukhiya, Director of Employment Office Surat guided the students about various Government Jobs for the fresh graduates from any field. Information about Competitive Examinations and the resources available was also given.

250 students from Third Year were benefitted from the program.

### **Recruitment Drive for Leading Private Sector Banks**

On 14<sup>th</sup> March 2019, NIIT (Shri Manij Umrigar) visited the college and shared a link with Udisha team to be shared with the current and alumni students for the job opening in Private Sector Banks.



## The Nature Club

### About...

In order to bring awareness among the students regarding the different environmental problems which is of great concern to the better future and survival of mankind, the college has its own Nature Club. The club focusses on inculcating love and respect among the members for **nature** and thus work with a global perspective. The faculties and students are dedicated towards conserving, protecting and preserving nature in its purest form. In light of this, the Club organizes several activities, educational and informative sessions and eco-friendly tours.

**Coordinators: Mrs. Purnima Pancholi, Mrs. Kala Bhabhor**

## Activities

### Orientation Program

On 20<sup>th</sup> July 2018 the program was specially organized for the students to create awareness about the environment and the importance of saving nature. Various activities of nature club were discussed with the students.

### Tree Plantation Program

This programme was organized by Nature Club in collaboration with NSS unit of college on 4<sup>th</sup> August 2018 with an objective to make campus green and beautiful. Different species of plants were planted by the volunteers

### Poster Display-

Poster competition was organised on the topic 'Save Water' on 29<sup>th</sup> August 2018 with 91 participants. This activity was conducted in order to create awareness about the importance of water and make them realize the need to save water and not waste water. The students made many different posters.

**Judges** - Mrs. Purnima Pancholi and Mrs. Kalaben Bhabhor

### Winners.

- |                       |       |                   |       |
|-----------------------|-------|-------------------|-------|
| 1. Khambhati Jahanavi | SYBSc | 2. Chotani Manali | SYBSc |
| 3. Shaikh Safura      | SYBSc | 4. Shah Shely     | SYBSc |

### Environment Quiz-

The Quiz competition was organised by T.Y students on 31<sup>st</sup> August 2018 and 240 students of first year participated in it. The competition was divided into 4 rounds. 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 Gen Home Sc. & Nature Club conducted the quiz successfully.

**Judges** - Mrs. Purnima Pancholi and Mrs. Kalaben Bhabhor - Team of TYBSC General Home-Science

### Winners-

- |                        |                        |                       |
|------------------------|------------------------|-----------------------|
| 1. Sakina Shaikh-FYBSc | 2. Patel Poonam- FYBSc | 3. Ukani Zenab- FYBSc |
|------------------------|------------------------|-----------------------|

### Celebration of World Ozone Day-

On 16<sup>th</sup> September 2018, poster Making competition was organised for B.Sc & BA students on the topic 'Save Ozone' in which 75 students participated. Since Ozone Depletion has increased due to excess pollution, the causes and preventions were discussed in the posters made by the students. The girls were suggested to use public transport instead of private vehicles to reduce the rate of pollution.

**Judges** - Mrs. Purnima Pancholi and Mrs. Anuradha Shah

### Winners-

- |                        |                          |                       |
|------------------------|--------------------------|-----------------------|
| 1. Shah Shivani -FYBSc | 2. Shaikh Aameena- FYBSc | 3. Patel Bhumi- FYBSc |
|------------------------|--------------------------|-----------------------|

### Dramatization on Environmental Issues

On 18<sup>th</sup> and 19<sup>th</sup> February, 2019 approximately 50 F.Y.B.Sc. students participated in the program. Various issues were covered under this programme such as environmental pollution, role of individual in protection of our



## College Tours/Trips/Field Visit

### 1. Location: Nasik-Saputara

**Coordinators:** Mrs. Archita Khaitan, Mrs. Ruchika Agarwal

**Supporting Staff:** Mrs. Naina Patel

A joyful and memorable educational trip was organized from 6<sup>th</sup> February to 8<sup>th</sup> February, 2019 to Nasik and Saputara in which 47 students accompanied by college faculties and tour agent participated.

On the first day the students were taken on a tour to Sula Vineyards in Nasik where the guide led the students through the process of production, sorting, fermentation of grapes and also the final bottling of the wine.

Next stop was the Le Fromage Cheese Factory. Here the students were explained the process of making cheese and a variety of cheese namely Mozzarella, Chilli Gouda, Pepper Gouda, Gouda, Chives Feta, Cheddar and Feta were given to tasting. This visit was as a part of the curriculum for the Hospitality Management students.

Next day the students were taken to Paithani Saree weaving Unit at Yeola, Nashik. The weavers briefed them about the process of weaving and selection of motifs. The students and faculties pampered themselves with some shopping. At night DJ party was organized for the students where they grooved to the heart thumping beats of the music. This visit was as a part of the curriculum for the Apparel Design students.

The final destination was at Saputara where the students indulged in sight-seeing, shopping and boating. As it was the last day, everyone enjoyed at its peak. After lunch, we departed for Surat and arrived at 9:00 p.m. in the college premises.

The trip was a grand success and everyone dispersed with fond memories and a sincere hope that such educational trip should be organized time and again giving the students a chance to gain more and more knowledge.

### 2. Location: Polo Forest, Vijaynagar, Idar

**Coordinators:** Dr. Hardik Desai, Dr. Pinakin Dhandhukia and Dr. Yogesh Kadam

**Tour in Charge:** Dr. Hardik Desai, Dr. Pinakin Dhandhukia and Dr. Padmashree Patel

**Supporting Staff:** Mrs. Bharti Mahadik

A tour cum adventure camp to the Polo Forest Idar was organized by the Science Unit of the college from 6<sup>th</sup> to 7<sup>th</sup> February, 2019. In total 51 students, 3 faculty members and 1 supporting staff participated in the tour. The main aim of tour was to get students familiar with forest surrounding, cultivate their inclination towards nature, to inspire them for adventure activities and develop the spirit of cooperation and working in group.

**Brief Outlines of the activities conducted during tour:**

**Visit to Polo forest:** Forest sight-seeing, Dam visit, river bank, 'Ancient Jain Temple', 'Vishveshvaray Temple'

**Camp Sight:** Tent building, Campfire, Night Halt, Morning exercise etc.

**Adventure Activities:** Mountain Tracking of 'Idar Gadh' and 'Mangu Mountains', Mountain Rappelling

### 3. Location: Surat Fort, Surat

**Coordinator:** Dr. Vidushi Choksi

A Field Trip to the Surat Fort was organized for those Arts Faculty students who study History as their subordinate subject on 15<sup>th</sup> March, 2019. A group of 59 students went on a guided tour of the said monument constructed in the 16<sup>th</sup> century. Ms. Bhamini Mahida, the Museum Curator guided the students. The objective of this Field Trip was to make the students understand the impact of medieval and colonial rule on the rise and development of Surat city.





## NCC



NCC Day Celebration



Cycling Rally - Surat to Bharunch



Blood Donation Camp



Flying Camp Baroda

## NSS



College Campus Cleaning



Poster Making on "Mahatma Gandhi Jivan Ghadtar" & Rally



Footwear Donation to the School Children  
at Saroli Primary School



General Medical Check up & Thallasemia Health  
Check up Camp for our College Students





## Sports



Felicitation of the Chief Guest Smt. Rajul Mehta



Winners at the Annual Sports Day

## Cultural



Alumni Meet



Lamp Lighting at Annual Prize Distribution



46th Yuvak Mohotsav, VNSGU



Miss Freshers



Saree Day



South Indian Folk Dance at the Annual Function





## UDISHA



Mega Placement Fair by KCG and Higher Education of Gujarat



Program on Awareness of Government Jobs and Competitive Examination



Seminar on Career Counselling by Planet Education



Training Awareness on Conservation of Energy

## Nature Club



Celebration of World Ozone Day-Poster Competition



Dramatization on Environmental Issues



Dramatization on Various Consumer Issues



Environment Quiz-1



## Educational Tour



Visit to Sula Vineyard



Visit to Surat Fort



Polo Forest



Rappelling at Polo Forest

## Our Valued Sponsor



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Mail Id : bardoliya\_8107486@yahoo.com





## My Freedom

Freedom is not just any nation's independence; it also refers to freedom of those human beings who live in that very nation. Yes, we are a democratic country that aims at voicing out personal opinion. But is it acceptable if two power houses battle it out without any limitations, using the citizens just to call them themselves superior? But that is equal to ruining the dignity of the nation and its people!

Yes, my country preaches equality to the world as a girl children gets educated and work too but no one talks about issues like female infanticide and the many pending brutal rape cases of women, as young as a month old child!

Yes, we prevent the boy child from crying because it is simply not manly to cry. But no, we will not tell to keep his hands away from women because after all it was the mistake of the girl to wear those ill fated jeans and shirt.

Yes, I am an educated young woman who has dreams to climb the very ladder of success and claim her right. But no, her dreams aren't supposed to be more important than fulfilling the needs of her husband and kids.

Yes, I too can differentiate the rights and wrongs of life and have ideas to make things better. But no, I cannot voice out my opinion because "how will I know"? what is right and wrong for I am just a woman who tends to the needs of her family. "Freedom, we won in 1947, but my dear women, where is our freedom? The freedom that belongs to us rightly. We have the right to claim what is ours, irrespective of who denies it. Go claim it woman, claim what is rightly yours"!

Your freedom is your freedom. My freedom is your freedom. WE ARE ONE WOMAN as a whole.

**R. Abhinaya**  
SY BA (English)



The Dark Sky  
For You, I Crave  
Gives The Time Right  
To Spill Out The Thoughts Of Mine  
A Calm Shine, You Have  
You Made Some Of Them Cry  
With The Memories,  
No More In Light  
The Dark Colour Of Yours  
Have A Deep Glow  
You Have Calmness, Though  
You Raise Storms  
I Swear, I Know  
Still I Wish You Never Go  
Because I Choose You, The Dark Sky  
Over Rainbows

**Priyanka Soni**  
F.Y. B.Sc (F.S.N)

## Tiny Tot Smile

Cried! A loud! Cried! Cried!  
 Pain was big,  
 You born small,  
 Like a bud in a plant.  
 Pain shrinks like you  
 When you are on my hands.  
 Tiny legs hit my chest  
 To gain my attention.  
 Tiny hands clutch my finger  
 To hold me for life time.  
 Tiny eyes gave me look  
 To say "I'm all yours".  
 Tiny lips touch my cheeks  
 To express your love.  
 But your tiny tot smile  
 Gave me a life to live again  
 Just for you .....



**R. Abhinaya**  
 SY BA (English)

## Metamorphic Flower

Water drop is appetite  
 To see the next daylight

Night comes it sleeps  
 This time root goes keep

The progress of memory can't deny  
 Past was just a lie

Alone was you  
 Then the leaf was screw

Head got cut, tears in eye  
 Fallen flower, lots of cries

They broke its trust  
 For them it was angel dust

Asked they cut your head didn't you feel pain?  
 Replied the smile of the murderer is all I gain.



**Quazi Taqdis Jahan Q.**  
 TY BA (English)



## Insecure Men

What women want  
You don't know much.  
You try to discover,  
But you don't get enough.  
You are doing it all wrong.  
You think we want diamonds  
Yes we love diamonds  
But what we love more,  
Is respect and care.  
See you respect and care  
The stone ; not women ?  
So, it's better we buy  
Diamonds on our own.  
Ohh! you feel less empowered ?  
But we always had might  
To choose between stone and respect.  
And now we choose respect.  
“It is our right”  
So why do you feel less disempowered ?

**Ms. Rutwa Nashikkar**  
T.Y.B.A (English)

## And It Faded

Just As Mermaid From The Shade  
Just Because It Was A Masquerade  
Hiding Off Its Fakeness, Afraid  
Just As If Thrown A Grenade  
And All Disappeared, That Grey Lane  
Just As It Sat, The Yellow Big Shiny Train  
The Calm Blue Hue Didn't Left Any Trace  
Still Left Behind It's Grace  
And I'll Forever Embrace  
And Embrace And Embrace.



**Priyanka Soni**  
F.Y. B. Sc (F.S.N)



## Brave Soldier Of India

Brave are they despite the menace,  
The wars and rage with faith they face,  
Death is not a fear for them,  
For protecting motherland is their only aim.

Unsung heroes though some may be  
Their sacrifices cannot go vainly,  
Their great service and that they render,  
Is externally applauded throughout the ages.

In a world full of terror, their work is a source,  
That gives birth, at a homes, to a peaceful course;  
Allowing us to breathe the air of safety -  
Indifferent to hardship, they do their duty.

Had they not been what they are till now,  
Our great motherland would have been plunged down by war;  
Fierce battles would have ruined you and me,  
If shackled by war's treacherous bounds,,  
We would never be free.

And, thus, to God my prayer remains:  
"Thank you, Lord, for such courageous soldiers,  
Who protect our freedom with so much of risk;  
I only pray that triumph shall they,  
With valiance, hope and strength every day. "

For their martyrdom are lessons of patriotism for me,  
The devotion they display while swimming in the danger filled sea,  
Makes me believe of the great mettle,  
My countryman with which they battle.  
Indeed are they " THE BRAVE SOLDIERS OF INDIA. '

**Patel Hunainah Irfan**  
F. Y. B.Sc [FSN]







## \* શોધું છું \*

આકાશના વાદળોમાં પાણીની બુંદોને શોધું છું,  
 નદીમાં ખોવાયેલ પાણીની તરંગોને શોધું છું,  
 ભણતરમાં ડૂબેલા બાળકોના હાસ્યને શોધું છું,  
 વૃદ્ધ થયેલ માણસના દલિમાં એક બાળકને શોધું છું,  
 કામમાં વ્યસ્ત થયેલ જદિગીમાં વશિવાસની એક દોર ને શોધું છું,  
 ખાલી-ખમ જીવનમાં કોઈકનો પ્રેમ શોધું છું,  
 લીલાછમ બગીચામાં પક્ષીઓના કલરવ ને શોધું છું,  
 હજારો ખયાલોથી ભરેલાં આ નાનકડાં મગજમાં બાળપણની એ મીઠી યાદોને શોધું છું,  
 આજે ટેકનોલજીના જમાનામાં લાગણીને વ્યક્ત કરવા ઝાખા પડી ગયેલ એ શબ્દોને શોધું છું,  
 નફરત અને ગુસ્સાથી નરિદય બનેલા આ હૃદયમાં લાગણી માટે જગ્યા શોધું છું,  
 બસ જીવન તો એક કવિતા છે જેને હૃદયમાં કાગળ પર લખવા પ્રેમની એક કલમ શોધું છું...

## \* જરૂરી નથી \*

જરૂરી તો નથી ને દરેક વખતે જે ધારો તે જ થાય,  
 કદાચ આપણું ધારેલું ખોટું પણ હોય શકે.  
 જરૂરી તો નથી ને દર વખતે જીત જ મળે,  
 કદાચ હાર પણ કંઈક શીખવવા માટે જ થઈ હોય.  
 જરૂરી તો નથી ને તમે જ દર વખતે સાચા હોવ,  
 કદાચ આપણને જાણકારી ખોટી હોય.  
 જરૂરી તો નથી ને બધાજ તમને પ્રેમ કરતાં હોય,  
 કદાચ એમની નફરત પ્રત્યે પણ તમારા માટે કંઈક સારું હોય.  
 જરૂરી તો નથી ને પ્રેમ જ દુનિયા હોય,  
 કદાચ એ દુનિયાની એક કળી માં પ્રેમ હોય.  
 જરૂરી નથી બધી વ્યક્તિઓ ખરાબ જ હોય,  
 કદાચ એવી વ્યક્તિઓ ઓછી હોય જેને તમે સમજતા હોવ.  
 જરૂરી તો નથી ને જે વસ્તુ બધાથી થાય તે મારાથી પણ થવી જ જોઈએ,  
 કદાચ તમારામાં તેનાથી પણ કંઈક સારું કરવાની ક્ષમતા હોય.  
 જરૂરી તો નથી ને જે ઓછું બોલે તેને મનની વાત રજૂ કરતાં જ ન આવડતી હોય,  
 કદાચ તેમની ખામોશી જ બધું કહી જતી હોય.  
 કદાચ આ દુનિયામાં ઘણાં બધા દુઃખો છે,  
 જરૂરી નથી તે બધાને તને પોતાના બનાવી ને ફરો...

Ajmeri Kajal  
 FY.B.Sc. (AD)

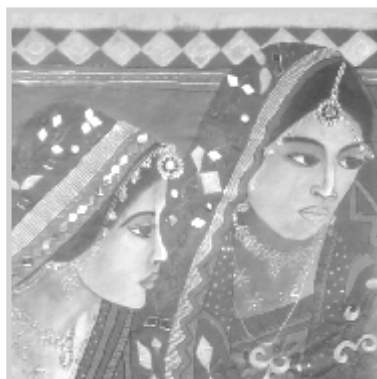
## Creative Corner



**Ravina Prajapati**  
Rangoli T.Y. B.Sc GHS



**Patel Shulka**  
FY B.Sc AD



**Ms. Megha Gohil**  
Faculty, Apparel  
Design Department



**Pooja Satasiya**  
SY B.Sc AD



## Do you know...

DEPARTMENT OF APPAREL DESIGN

### How to know your body shape ?

Measure the sizes of your bust, waist and hip. Depending on the size of each part (in inches) you can determine which shape your body is to find clothes that properly fit.



#### Dress an hourglass body

Use your waist as the focal point when dressing this means to wear snug clothes and accessories around the thinnest part of your waist. Directing attention here will make your curves stand out even more.



#### Dress an apple shape body

Follow your body line and keep details on the top and lower part of your body. With this body type, it is easy to wear shirts, blouses or dresses with slight V-necks without looking too fancy or over the top.



#### Dress a pear shape body

If you're a pear body - type, there are things you can do to make your hips and butt look slimmer, if you want to make their butts bigger balance your top with your bottom try to wear tops that accentuate your shoulders a bit more. Avoid pants or tights that narrow your legs.



#### Dress a rectangle body

Go for ruffles and frills to add texture, volume and femininity to your figure. For instance, a dress with a lot of embellishment at the bust will often give some "Weight" there that makes that area look a bit bigger

### Tips: How to dress everyday

\*Buy classic pieces \*Purchase a few accent articles of clothing \*Purchase clothes that you can mix and match \*Consider your figure when picking out your clothes \*Get rid of clothes that are worn or torn \*Consider your skin tone when buying clothes \*Hang your clothes and invest in an iron

By  
**Mrs. Archita Khaitan**  
**Dr. Manjali Sharma**  
**Ms. Megha Gohil**







## NEWS FLASH



**શ્રુત:** સુરતની વનિતા વિશ્વમ સંચાલિત શેઠ પી.ટી. કોલેજ ઓફ આર્ટસ એન્ડ હોમ સાયન્સ દ્વારા શિક્ષક દિનની ઉજવણી કોલેજના મધ્યસ્થ ખંડમાં કરવામાં આવી હતી. મૂળભૂત રીતે કોલેજની આર્ટસ વિભાગની વિદ્યાર્થીનીઓ દ્વારા આર્ટસ વિભાગની વિદ્યાર્થીનીઓ દ્વારા આર્ટસ વિભાગના શિક્ષકો અને આચાર્યના અભિવાદન હેતુસર આ કાર્યક્રમનું આયોજન કરવામાં આવ્યું હતું. ઉપરોક્ત કાર્યક્રમમાં આર્ટસ ફેકલ્ટીમાંથી લગભગ 30 જેટલી વિદ્યાર્થીનીઓએ માહિત્યિક તથા અનેક કલાકૃતિ રજૂ કરી કરી હતી. જેમાં ગીત, ડાન્સ અને ટાટક વગેરેનો સમાવેશ થાય છે. અત્રે ઉલ્લેખનીય છે કે, આજ રોજ ફિરદોશ દ્વારા સંસ્થાનું અને સંસ્થાના આચાર્યનું મોમેન્ટો આપી અભિવાદન



શહેરની કોલેજોમાં કે સેલેબ્રેશનની મોટામ શરૂ થઈ ચૂકી છે. વિદ્યાર્થીઓ હવે ફેબ્રુઆરી માસના અંત સુધી અવલવા ડેની ઉજવણી કરશે. જેમાં વનિતા વિશ્વમ મહિલા કોલેજમાં શનિવારે ડાન્સ પાર્ટી યોજાઈ હતી

### એક તરફ ચૂંટણીનો માહોલ, બીજી તરફ વિવિધ 'ડે'ની ઉજવણી, ફેશર પાર્ટીના આયોજનો



■ સુરતમાં એક તરફ વિવિધ કોલેજોમાં ચૂંટણીનો માહોલ જામ્યો છે, તો બીજી તરફ કોલેજોમાં ફેશર પાર્ટીની માંડીને વિવિધ 'ડે'ના આયોજનો પણ કરવામાં આવી રહ્યા છે. જેમાં અનુદાનગની પીટી મહિલા કોલેજમાં ગુરુ 'ડે'



### ગર્લ્સ પાર્ટી મુડ : ઇવેન્ટ મેનેજમેન્ટ સ્ટુડન્ટ્સે ડીજે પાર્ટી યોજી



### કુકિંગ વર્કશોપ: છાત્રાઓં કો એક્સપર્ટ ને બેકરી પ્રોડક્ટ કી દી જાનકારી



શેઠ પીટી મહિલા કોલેજ યનિતા વિશ્વમ કે હોસ્ટેલિટી વિભાગ કી છાત્રાઓં કો કુકિંગ એક્સપર્ટ અમિત જોશી ને બેકરી પ્રોડક્ટ પર માર્ગદર્શન દિયા. ઉન્હોને છાત્રોં કો ઈમિજ પ્રકાર કો પફ્ફ, ટર્ટ્સ જેસે કે એપ્પાઈ, પ્લમ ઝર્ડ, ચોકલેટ ટર્ટ આદિ બનાવ સિખાયા.



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