

Year 2019-20



Pragati

Ignited Mind Better Tomorrow



Charutar Vidya Mandal's

S.M.PATEL COLLEGE OF HOME SCIENCE

NAAC RE-ACCREDITED • CPE- PHASE-II

Vallabh Vidyanagar - 388 120.

Phone : 02692-230245

Email : smpcollege@yahoo.in Website : www.smphomescience.edu.in,

S. M. PATEL COLLEGE OF HOME SCIENCE

MANAGED BY CHARUTAR VIDYA MANDAL
NAAC REACCREDITED
YEAR : 2019-2020



1st row (left to right):

Shri I.R. Vahora, Ms. Trusha Lad, Ms. Kalpana Srivastava, Ms. Sushma Batra, Ms. Tanvi Makwana, Dr. Bhavana Chauhan (Principal), Ms. Alpna Shah, Ms. Shazia Sharma, Dr. Mittal Barot, Dr. Yogesh Vadwala, Ms. Priyanka Patel, Ms. Nehal Patel, Ms. Sweta Patel, Ms. Hiral Patel, Ms. Bijal Ka. Patel, Ms. Daxa Sharma, Shri K.S. Panchal, Ms. Minal Chauhan, Dr. Padmaja Puppala, Ms. Vijaya Agarwal, Mr. Ranjit Bhagora, Mr. Vijay Machhi, Shri J.C. Patel.

2nd row (left to right):

3rd row (left to right):

Ms. Komal Patel, Ms. Diptiben Makwana, Ms. Kokilaben Patelia, Mr. Pinal Patel, Mr. Bhupendra Parmar, Mr. Bharat Parmar, Mr. Pratik Harijan, Mr. Poonam Thakor, Mr. Satish Thakor, Mr. Narendra Vankar.



Pragati 2019-20

MENTORS

Er. Bhikhubhai Patel,
Chairman, CVM

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

CHIEF EDITOR

Dr. Bhavana Chauhan
Principal

EDITORIAL BOARD

Ms. Shazia Sharma
Ms. Vijaya Agarwal

MAGAZINE IN CHARGE

Dr. Yogesh Vadwala

MAGAZINE SECRETARY

Ms. Bansari Patel



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Contents

Editorial...	03	Sapt Dhara Report	43
From the Chairman's desk	04	• Gyan Dhara	44
Message from Vice-President	05	• Sarjanatmak Abhivyakti Dhara	46
From the Hon. Secretary's desk	06	• Rang, Kala ane Kaushalya Dhara	49
From the Hon. Jt. Secretary's desk	07	• Naatyaa Dhara	53
From the Hon. Jt. Secretary's desk	08	• Geet Sangeeta ane Nrutya Dhara	54
From the Hon. Jt. Secretary's desk	09	• Yog Vyayam ane Khelkud Dhara	56
From the Hon. Jt. Secretary's desk	10	48th Annual Sports Day Reports	60
From the Principal's desk	11	• Samudayik Seva Dhara	61
From the Vice-President's desk	12	NCC (Year: 2018-19)	61
Message from the General Secretary	13	NSS Regular Activity-2019-20	66
From the Magazine Secretary	14	NSS Special Camp Report	73
Profile of The College	15	Report of Zaverba Nursery School	77
Gold Medalist of Year 2018-19	18	Alumni Speaks	79
Our College Staff	19	Placement Cell Report	83
List of Central Committee	20	Stress Management	85
Faculty incharge of other Committees	20	The chemistry of cleaning agents	88
Student Council Members	22	Spirituality and Stress Relief: Make the connection	90
Class Representatives	23	Healthy living	92
Department of Textiles and Clothing	24	“Learning begins for beginners’ best and to make better tomorrow”	95
Department of Human Development	26	Thoughts of Mind	97
Foods and Nutrition Department	29	The Internet: A Great Invention	97
Family Resource Management Department	32	Motivation to Studies	98
NAAC Report	35	Importance of sports	99
Activity Report by VP	38		



Editorial...



The land of Charutar 'Sardar Bhoomi' is also blessed with the only girls' college of Home Science, 'S. M. Patel College of Home Science' a Charutar Vidya Mandal institute started in 1971, affiliated to Sardar Patel University.

The college since its inception has been striving hard to provide quality education for the girls at an affordable fee structure. The college, today, is an educational edifice of excellence with its most talented and experienced staff.

I am glad to note that many of the teachers and the students have evinced interest in the magazine by contributing creatively and interesting article. The items not only mirror the creative talents of the contributors but also their analytical thinking. I congratulate to the team Home Science for carrying out various activities, extracurricular as well as co-curricular in the year 2019-20

I express my deep sense of gratitude to the Principal, Dr. Bhavana Chauhan for her constant encouragement and giving me an opportunity to bring out the magazine. I am also thankful to my colleagues and Magazine Secretary for their co-operation

Dr. Yogesh Vadwala
Magazine in charge

From the Chairman's desk



Er. Bhikubhai B. Patel
CHAIRMAN



CHARUTAR VIDYA MANDAL

P. B. NO. 22 VALLABH VIDYANAGAR-388 120 GUJARAT, INDIA
GRAM : CHARUTAR, PHONE : (O) 02692-238400, Fax : 236493
Website : www.ecvm.net e-mail : cvmandal@hotmail.com

MESSAGE

Nurturing creatively and inspiring modernization are two of the key elements of a successful education, and a college magazine is a perfect combination of both. It harnesses the creative energies of the academic community, & imagination in the most brilliant way possible.

Hence, I am delighted to know that S.M. Patel College of Home Science's annual college magazine "PRAGATI" for the year 2019-20 is ready for publication.

I wish the team a huge success.

28th August, 2020


(Bhikubhai B. Patel)
Chairman



Pragati

Message from Vice-President



MANISHBHAI S. PATEL
VICE-PRESIDENT



CHARUTAR VIDYA MANDAL

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MESSAGE

Providing equal opportunities in girl's education is one of the good fundamental obligation we owe to our society S.M.Patel College of Home Science an all girls' college has completed one more year successfully. It implies in me a sense of pride as I pen down this message for yet another issue of their annual college magazine "Pragati".

I congratulate the editorial team for their hard work and dedication

Wishing the best to the team

28th August, 2020

Manish S. Patel
Vice - President

From the Hon. Secretary's desk



Chairman
Hon. Secretary

Er. Bhikhubhai B. Patel
Dr. Shantibhai G. Patel



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MESSAGE

Another colourful year with many laurels and accolades have created history in the journey of S. M. Patel College of Home Science, where all girls students have proven their mettle time and again with sense at pride.

I congratulate each and every student and staff for their constant hard work.

Wishing you all a very bright future.

27th August, 2020


(S.G. Patel)
Hon. Secretary



Pragati

From the Hon. Jt. Secretary's desk



Chairman Er. Bhikhubhai B. Patel
Hon. Secretary Dr. Shantibhai G. Patel



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MESSAGE

A mirror of the work carried out in the last year be it curricular, co-curricular or extra-curricular activities, the students of S.M.Patel College of Home Science have always excelled their tasks.

I congratulate the entire team for their extra ordinary work carried out to put up another issue of "Pragati" the annual college magazine

Wishing you success ahead.

27th August, 2020


(B.P. Patel)
Hon. Jt. Secretary

From the Hon. Jt. Secretary's desk



Chairman
Hon. Secretary

Er. Bhikhubhai B. Patel
Dr. Shantibhai G. Patel



CHARUTAR VIDYA MANDAL

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MESSAGE

The S.M.Patel College of Home Science has been steadfastly growing every year since last 49 years, the development of the college has been tremendous with a score B++ grade in NAAC (2.99 CGPA), CPE phase- II, AAA grade by KCG, Three star in GSIRF and 99th rank in India today magazine at National level and much more.

I look forward for a tremendous 50th year celebrations. The college magazine is a mirror of the growth an institute achieves. I congratulate team Home Science for their yet another issue of annual magazine "Pragati".

Wishing you success

27th August, 2020



(Ramesh Talati)
Hon. Jt. Secretary



Pragati

From the Hon. Jt. Secretary's desk



Chairman : Er. Bhikhubhai B. Patel
Hon. Secretary : Dr. Shantibhai G. Patel



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MESSAGE

'Pragati' in itself is growth and S.M.Patel College of Home Science has been strongly standing like a pillar of strength for women's education.

I congratulate the college for their continuous and steady hard work and with the team the very best for their 50th year ahead.

Success always...

1st September, 2020

(Mehul D. Patel)
Hon. Jt. Secretary

From the Hon. Jt. Secretary's desk



Chairman : Er. Bhikhubhai B. Patel
Hon. Secretary : Dr. Shantibhai G. Patel



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MESSAGE

The college magazine is a reflection of all the activities carried out during the year be it co-curricular or extra-curricular. Publishing a magazine in itself a huge task. I congratulate team Home Science for their contribution to the society at large and wish them a huge success ahead.

Good luck !

27th August, 2020



(Vishal H. Patel)
Hon. Jt. Secretary



From the Principal's desk



The S. M. Patel College of Home Science is working under the umbrella of Charutar Vidya Mandal, affiliated to Sardar Patel University in the lush green campus of Vallabh Vidyanagar.

Today we are living in a fast changing complex society, which presents before us challenges as well as opportunities. In this context it all depends on every individual how one responds to the situation with the right mindset. I remember the words of Benjamin Disraeli, "Nurture your mind with great thoughts, for you will never go any higher than you think." Indeed, we need better education for girls to have better thoughts, to be better human beings, to build a better society. I firmly believe that every human being endowed with various talents and skills is a precious gift of God. I am very pleased to bring to your notice that S. M. Patel College of Home Science is one of those Women Colleges which provide ample opportunities along with a value and skill based wholesome quality education to nurture the inner potentials of every girl child who comes over here with their own dreams.

Our students have developed spark in oneself through process as inspired by the motto "Ignited Minds Better Tomorrow" and have illumined the name of the Alma Mater. The students come here with a great hope and vision and achieve their dreams. The aim of the college always has been to bring out the best in the students and make them better citizens. The activities done throughout the academic year is projected in this magazine which proves that the college always tries to impart in the students the academic excellence, a sense of duty, discipline and above all moral and humanitarian values which are a need of the time. No parents want their child to become a negative character in the society and hence with the cooperation of the parents and guardians we can form our students and help them attain the excellence.

The purpose of publishing this magazine is to exhibit the writing skills of our students as well as staff. I congratulate the magazine in charge for putting in so much efforts for the same. I foresee a better future of my students in this institution and with the cooperation of the Management along with the parents we can take our students to a great new height. Best wishes to our staff and students for their future endeavor.

Dr. Bhavana Y Chauhan
Principal

Message from the Vice-President



"The single biggest way to impact an organization is to focus on leadership development. There is almost no limit to the potential of an organization that recruits good people, raises them up as leaders and continually develops them." - John Maxwell

My name is Tanvi Makwana and I served as Vice President of the Student Council for the academic year 2019 – 2020.

The purpose of the student council is to give students an opportunity to develop leadership by organizing and carrying out school activities and service projects. In addition to planning events that contribute to school spirit and community welfare, the student council is the voice of the student body.

Students from diverse cultural backgrounds often came out last year with innovative and progressive proposals and plans, but nothing much then happened. I believe implementation matters more than simply vision, and whereas the latter occurs just in minds, the former one can only happen with effort.

We have managed to learn a lot even from apparently tough and harsh situations such as the end of year exams. We have understood how to set priorities and how to manage our study time effectively. But most of all we have learned that difficulties in life come and go, but that we have the opportunity to be in a school in which we are monitored and helped.

Having quite a packed-schedule like year as it was and NAAC Accreditation cycle in the same year to top it, we managed to complete a lot of activities in the year. There were others planned too but due to lack of time and the pandemic Covid-19 it stays unaccomplished. Kudos to the students and their efforts.

All the best to the future Council for their venture!

Regards,

Tanvi Makwana

Vice - President
Student Council 2019 – 2020.



From the General Secretary



"Go the extra mile, it's never crowded"

My name is Simran Kumawat and I served as the General Secretary of the Student Council for the academic year 2019–2020.

I express my heartfelt thanks and gratitude to the institution and teachers for providing me with such wonderful opportunities and chance to improve upon areas of personal development and to contribute every bit I got the chance for giving in something for my college and its betterment all the year round.

I feel extremely elated to write this message today only to see how the journey has turned out to be and have a flashback of all the activities and days spent in the college.

An effective leader needs to have effective speaking and communication skills. Student leaders need to take time to develop and polish speaking skills. Listening is an essential part of communication and a good leader knows how to listen well when communicating with others.

Working with the team of students, the Council, has taught a lot about types of people and how everyone is different having different sorts of potential and talents in them. It is important to see their areas of interests in order to build a fully armed and well-formed team.

Life often gives hard times, but I believe in "When life gives you lemons, make a lemonade" and to face them with a smile. This year has been like a roller coaster, but we have gotten through it. So, let's be happy about this!

By the end of time on the council, I cherish every instance and experience as I say, "I didn't do this for myself, I did this for them" and this is what satisfaction feels like!

Regards always,

Simran Kumawat
General Secretary

From the Magazine Secretary



I Ms. Bansari Patel of magazine secretary 'Pragati'. It gives me fruitful opportunity.

I as a student should focus on my sustainable development and personal growth, so I should have such a place or platform, where I can enhance equivalent quality.

S. M. Patel Collage of Home Science has played pivotal role for my life goals and gave me such opportunities, where I proved my abilities for own self and acquired skills like leadership, effective communication, teamwork, responsibility, creativity, management etc.

I am grateful to principal of the collage Dr. Bhavana Chauhan and magazine in charge Dr. Yogesh Vadwala to give me opportunity as a magazine secretary, I am also thankful to the vice president Ms. Tanvi Makwana, all the faculty members and students for their constant support.

Ms. Bansari Patel
Magazine Secretary



Profile of The College

The S. M. Patel College of Home Science was established by Charutar Vidya Mandal in June 1971 under the able guidance of the then Director Madam B Tarabai. The donation towards the building of S.M.Patel college of Home Science came from Shri Manibhai Shivabhai Patel & his brothers of Sojitra and the college is named after their father.

Shri S. M. Patel. Home Science is an interdisciplinary field dealing with the science and art of living. It is an integral knowledge which draws from pure, applied and social sciences as well as technology & management. The focus is preparing young women for a profession & dealing with life situations. It also plays a vital role in increasing the capacity of the family and community for a better quality of life through the competences developed by this education.

The subjects offered have the potentials for Personal development, Academic development and Commercial application. The syllabus combines theory, practical and field work with core foundation & specialization courses and ICT courses leading to social and economic empowerment of the young female graduates.

AREAS OF SPECIALIZATION :

- **Family Resource Management** – Interior design – Hospitality Management – Consumer Services, Ergonomics.
- **Foods & Nutrition** – Dietetics, Human Nutrition, Community Nutrition, Institutional Food Service Management, Cuisine, Entrepreneurship
- **Human Development** – Child welfare, Pre school management, Early Childhood Education, Differently abled children, Women's Issues, Overviews of life span development.
- **Textile & Clothing** – Fashion designer, Textile Science, Commercial clothing & Fashion Marketing.
- **Food Science & Quality Control** – New Food Product Development, Sensory evaluation, entrepreneurship, On the job training.
- **M.Sc. IGNOU** -Dietetics and Food Service Management - The logo of the college is an open book, which is Spreading the light of knowledge with a motto. 'Vidyaratana Mahadhanam'.

VISION

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

MISSION

- To provide scientifically planned skill oriented courses relevant in present context.
- To continuously upgrade the curriculum that is globally valuable, locally relevant and responsive to upcoming challenges of the society.
- To affiliate, synergize with communities, organizations, institutions at local, regional, national and international levels.
- Empowering young girls to respond creatively with a sense of responsibility to the contemporary needs of the society.
- Capacity building of young girls to inculcate a sound philosophy for holistic living and maintain a sustainable career growth curve.

OBJECTIVES

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

Salient Features of the Institution

- Choice Based Credit System (CBCS) divided in 2 semesters per year.
- Continuous & comprehensive assessment of theory & practical courses.
- Counseling-Academic & Personal
- Parents' involvement
- Active Learning Methodology of teaching
- Co-curricular & extra curricular activities
- Adhering to academic calendar
- Faculty Appraised with latest knowledge of their field
- College library with internet facilities & RFID



- Placement cell and Career & Counselling Cell
- Internal Quality Assurance Cell - IQAC
- Alumni Association
- Educational & Industrial visits

Assets of the Institution

1. CPE-Phase-II, UGC offered 1.20 crore grant
2. Computer lab with internet facility
3. SCOPE
4. ICDS-Anganwadi Training Centre
5. IGNOU Study Centre M.Sc. (Dietetics and Food Service Management)
6. Zaverba Day Care & Play Group
7. Career oriented certificate courses (Add on Courses)
-Sports Nutrition, Interiors, Fashion Design
8. ICT Class rooms and labs
9. 24x7 Wi-Fi campus
10. College website
11. Specialized Laboratories for Add on courses
12. Auditorium with advance ICT facilities
13. Holistic learning environment & Green Campus
14. Cafeteria
15. Parking Zone
16. Ladies room (LR)
17. Gymnasium
18. ALM room
19. RFID Library and INFLIBNET
20. Rain Water Harvesting
21. Administrative wing with advanced technology
22. Prospective courses
 - Post Graduate in FRM
 - Post Graduate in FN
 - Diploma in ECCE Management

Gold Medalist of Year 2018-19



Shruti Patel

GPA 9.54

TY B.Sc. (Foods and Nutrition)



Sahebabanu Shaikh

GPA 8.63

TY B.Sc. (Textiles and Clothing)



Krishna Patel

GPA 8.62

TY B.Sc. (Foods and Nutrition)



Krishna Polar

GPA 8.59

TY B.Sc. (Human Development)



Sonal Patel

GPA 8.21

TY B.Sc. (Family Resource Management)



Simran Kumawat

GPA 9.58

SY B.Sc. (Food Science and Quality Control)



Ramsha Pathan

GPA 9.96

FY B.Sc. (Home Science)



Our College Staff

Principal **Dr. Bhavana Chauhan**

Foods & Nutrition

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

Human Development

1. Dr. Mittal J. Barot

Librarian

1. Shri I. C. Patel

Physical Training Instructor

1. Mr. Ranjit Bhagora

Family Resource Management

1. Ms. Sushma Batra
2. Dr. Nidhi Gupta
3. Ms. Kalpana Shrivastava
4. Dr. Padmaja Puppala (PT)

Textiles & Clothing

1. Ms. Alpana Shah

Chemistry

1. Dr. Yogesh Vadwala
2. Ms. Trusha Lad

Administrative Staff

1. Shri I. R. Vahora (H.Clerk)
2. Shri. K. S. Panchal (S.Clerk)
3. Ms. Daxa Sharma (Lab.-Asth.)
4. Ms. Hiral Patel (Jr. Clerk)

List of Central Committee

Name of the Dhara / Portfolio	Officer In-charge of Dhara / Portfolio
President	Dr. Bhavana Chauhan
Vice President	Ms. Tanvi Makwana
Kala Kaushalya Dhara	Ms. Alpana Shah
Sarjanatmak Abhivyakti Dhara	Ms. Kalpana Srivastava
Geet Sangeet Nritya Dhara	Ms. Trusha Lad
Gyan Dhara	Ms. Vijaya Agarwal
Natya Dhara	Ms. Vijaya Agarwal
Khel Kud Dhara (Sports)	Mr. Ranjeet Bhagora
Samudayik Seva Dhara (NSS)	Dr. Mittal Barot
	Ms. Minal Chauhan
National Cadet Corps (NCC)	Dr. Padmaja Puppala

Faculty Incharge of Other Committee

Portfolio	In-Charge
IQAC	Ms. Sushma Batra Dr. Nidhi Gupta
Career and Placement & UDISHA	Ms. Vijaya Agarwal
Magazine and Nodal Officer	Dr. Yogesh Vadwala
Staff Secretary, Hostel	Ms. Shazia Sharma
Alumni Association	Ms. Tanvi Makwana
College website	Ms. Kalpana Srivastava



Portfolio	In-Charge
Publicity	Mr. Ranjit Bhagora
ICT Facility	Ms. Trusha Lad Mr. Ranjit Bhagora
BISEG	Mr. Ranjit Bhagora
Funds for financially poor students Committee	Dr. Bhavana Chauhan Dr. Yogesh Vadwala
Green Club, (Wi-Fi)	Ms. Trusha Lad
Gymnasium Committee	Mr. Ranjit Bhagora Mr. Kamlesh Panchal Ms. Vijaya Agarwal
Time Table Committee	Ms. Alpana Shah Dr. Mittal Barot Dr. Nidhi Gupta Ms. Shazia Sharma
Exam Committee	Ms. Alpana Shah Dr. Yogesh Vadwala
Library Committee	Ms. Minal Chauhan Mr. Ishwarbhai Patel
Committee for Receiving Guests	Ms. Sushma Batra Ms. Tanvi Makwana
Grievance Redressal Committee	Dr. Bhavana Chauhan Ms. Tanvi Makwana
Women's Cell	Dr. Bhavana Chauhan Ms. Alpana Shah Ms. Sushma Batra Ms. Minal Chauhan
Academic Calendar Planning Committee	Dr. Bhavana Chauhan Ms. Alpana Shah
Research	Dr. Nidhi Gupta
Green Audit Committee	Shazia Sharma Dr. Padmaja Puppala

Portfolio	In-Charge
Anti Ragging Committee	Dr. Bhavana Chauhan (Chairman) Dr. Yogesh Vadwala Dr. Nidhi Gupta Ms. Shazia Sharma Mr. Tushar Majmudar (Registrar, SPU)
Women Cell	Dr. Bhavana Chauhan Ms. Alpana Shah Ms. Sushma Batra Ms. Minal Chauhan Dr. Ketaki Sheth
Internal Complaint cell	Ms. Alpana Shah Ms. Kalpana Srivastava Ms. Asha Dalal

Student Council Members

No.	Dhara and Committee	Student In-charge
1	General Secretary	Ms. Simran Kumawat
2	Geet Sangeet Nritya Dhara	Ms. Mansi Brahmhatt
3	Natya Dhara	Ms. Himani Doshi
4	Gyan Dhara	Ms. Truhi Shah
5	Sarjanatmak Abhivyakti Dhara	Ms. Divya Mhaskar
6	Kala Kaushalya Dhara	Ms Maitri Shah
7	Samudayik Seva Dhara	Ms. Archi Chanchawate Ms. Aditi Vaviya
8	NCC	Ms. Khushbu Goswami
9	Khel Kud Dhara	Ms. Neha Parmar
10	Magazine	Ms. Bansari Patel
11	Hostel	Ms. Sakina Bharmal
12	Discipline Squad	Ms. Vidhi Shah Ms. Pooja Kalavadiya Ms. Jagruti Parmar Ms. Ashiyana Pathan Ms. Nancy Patel Ms. Namrata Macwan



Class Representatives		
13	T Y B.Sc. (FRM)	Ms. Zarana Raval
14	T Y B.Sc. (FN)	Ms. Rutvi Patel
15	T Y B.Sc. (FSQC)	Ms. Tanya Singh
16	T Y B.Sc. (HD)	Ms. Sejal Bharwad
17	T Y B.Sc. (TC)	Ms. Nishtha Dave
18	S Y B.Sc. (FRM)	Ms. Bhagvati Limbani
19	S Y B.Sc. (FN)	Ms. Ramsha Pathan
20	S Y B.Sc. (FSQC)	Ms. Miloni Vasa
21	S Y B.Sc. (HD)	Ms. Radhika Bhoi
22	S Y B.Sc. (TC)	Ms. Sonal Bharwad
23	F Y B.Sc. (General)	Ms. Esha Pandya
24	F Y B.Sc. (FSQC)	Ms. Meshwa Patel
Class Representatives in Certificate Course		
25	Sports Nutrition	Ms. Nidhi Patel
26	Interior Designing	Ms. Vidhi Sodhatar
27	Fashion Designing	Ms. Darshana Soni
Other In charges		
28	Green Club	Ms. Dayana Patel
29	Career and Placement & UDISHA	Ms. Yashasvi Brahmhatt
30	Computer and ICT Facility	Ms. Neha Parmar
31	Alumni Association	Ms. Zalak Patel
32	Publicity	Ms. Rinkal Bharwad
33	IQAC	Ms. Ilma Vahora
34	Gymnasium	Ms. Manisha Mishra
35	ICT	Ms. Milauni Parmar

Textiles and Clothing

Department incharge: Ms. Alpana Shah



Textile and clothing is an undergraduate textile management course. Duration the study of its students acquires the knowledge about fibre science and suitable wet processes in fabric and garment manufacturing and knowledge on different dyeing and printing method suitable for different fibre fabrics. The course deals with creativity towards fashion & textile design. They can run their own business as well as they have developed links with the fashion, garment and textile industry and provide trained man power in each of these areas. They can have job as CAD assistants, who have to cut sample according to specification of the designer & CAM designers sample cutting assistant, pattern makers & markers to see that the designs visualized can be converted to a real dress. Skills in fiber & fabric testing are imparted.





Textiles and Clothing

Sr. no.	Name of Faculty	Date	Activity/Topic	Organizing Agency or Institute	Beneficiaries
1	Ms. Alpana Shah Ms. Daxa Sharma	08/07/2019	Work shop -Mirror Work and Velvet Work, Expert – Shri M.G. Barot	S.M.P. College of Home Science.	T.Y.TC Students – 25
2	Ms. Alpana Shah Ms. Daxa Sharma	22/11/2019	Talk on Opportunities and Counselling for higher studies, Expert talk-By Dr. Madhu Sharan	Room No. 011, S.M.P. College of Home Science.	T.Y.TC Students – 27
3	Ms. Alpana Shah Ms. Megha Purohit Ms. Shobhana Parmar	30/12/2019	Visit to Exhibition-Traditional Indian Embroideries.	National Hand loom and Handicrafts fair. Anand	S.Y.B.Sc.TC 23 students
4	Ms. Alpana Shah Ms. Daxa Sharma	07/01/2020	Sewing parameters Expert Talk- By Ms. Poonam Oza	Fashion design studio, S.M.P. College of Home Science.	T.Y.TC &S.Y. T.C. Students – 50
5	Ms. Alpana Shah	28/01/2020	Extension activity-- Jewellery making by using waste denim and other knitted fabric and lamasa clay	Women and girls of Jol Village.	Village women & Seven T.Y.TC Students
6	Ms. Alpana Shah Dr. Yogesh Vadvala Ms. Daxa Sharma Ms. Megha Purohit Ms. Shobhana Parmar	12/02/2020	Parents Teacher Meet	S.M.P. College of Home Science.	T.Y.TC Students – 24 And Parents-10

Human Development

Department incharge: Dr. Mittal Barot



Graduates of the Human Development program find career as active, dynamic, and versatile human service professionals. This department offers training of special interest to those considering admission to graduate or professional schools and careers in medicine, law, education, counselling, clinical psychology, public health, public policy, public administration, or social work.





Human Development

SR. NO.	Date	Activities	Place	Beneficiaries
1.	08-07-19	Workshop on “Skill based Embroidery.” By Mr. M. G. Barot	H.D.Lab	T.Y.H.D. Student 27
2.	14/9/19	Balwadi day Celebration	College Auditorium	Balwadi Parents T.Y. and S.Y. Students. =65
3.	14/9/19	Guest Lecture organized on Nutrition for Children Myths and facts” by Ms. Shazia Sharma	College Auditorium	Balwadi Parents T.Y. and S.Y. Students. =65
4.	14/9/19	Recipe competition packed lunch for Nursery School Children Resource Person Ms. Minal Chauhan Ms. Tanvi Makwana	Balwadi	Parents
5.	14/9/19	Exhibition on Educational Play Material for Children	Balwadi	Nursery School Parents
6.	18/9/19	Community Outreach Programme prepare a Paper bag and Distribution in vendors and shopkeepers	V.V.Nagar	Vendors and shopkeepers =30
7.	1/8/2019	Attended seminar on the Topic of The Social Awareness of Prevention of Teenage Pregnancy and Its Consequences.	NVPAS Auditorium	Dr.Mittal Barot T.Y.Students Sejal Bharwad Rinkal Bharwad Manisha Algotar Minaxee Chauhan Krupali Dhandhukiya(06)

SR. NO.	Date	Activities	Place	Beneficiaries
8.	15/10/19	Workshop on Growth Monitoring by Ms. Mittal Vaghela (Aaganwadi center)	F.Y.Class	F.Y.Students 140
9.	20/12/19	Workshop on “Origami”	Zol	6 th , 7 th and 8 th standard School Children=45
10	11/02/2020	Guest Lecture organized on “Establishment of NGO and Management” by Vikrambhai Jograna Madhuvan Foundation	H.D.Lab	S.Y.Students T.Y.Students 37
11	27/02/2020	Slogan Competition on “Child Rights”	H.D.Lab	T.Y.Students 25
12		Educational Visit: Blind School	Nana Bazar V.V.Nagar	S.Y.Students T.Y.Students 37





Foods and Nutrition

Department incharge: Ms. Shazia Sharma



The Food and Nutrition Department holds seminars, workshops, lectures by eminent nutritionists from time to time to widen the horizon of the students. The department is actively engaged in community-based programmes for imparting nutrition and health message to the rural area.



Foods and Nutrition

Sr. no	Date	Activities	Venue	Beneficiary
1	1 st to 7 th August 2019	Display and exhibition of posters by Ms. Vijaya Agarwal	S.M.Patel college of home science	College students (S.Y.)
2	1 st August 2019	Participation in seminar by TYFN and FSQC students organised by IPCOWALA Pharmacy College, New V.V.Nagar –convenor Ms. Shazia Sharma	“The social Awareness of Prevention of Teenage Pregnancy and its consequences:A Healthy women healthy Nation” NVPatel Auditorium	College students
3	2 nd August 2019	Treasure hunt organised TYFSQC Students and Faculty Incharge Ms. Shazia Sharma	S.M.Patel college of home Science	College students
4	3 rd August 2019	Lecture by Dr. Shailaja Mhaskar Vapi-(Stake holder(Parent))	On Breast Feeding at S.M Patel Collage of home Science	T.Y. FN. & FSQC
5	6 th August 2019	Preparation of Nutribar by Ms. Minal Chauhan	Distribution of Nurtribar Using lactogouges at Sangodpura anganwadi centre in collabrations with Rotary Milk City Anand	T.Y. FN
6	6 th August 2019	Expert talk Ms.Minal Chauhan	On physiology of milk and physiological factors affecting milk secretion at S.M.Patel college of Homescience Anganwadi centre in collaboration with AWTC	Anganwadi worker
7	1 st to 7 th September 2019	Display of Chart and Posters	S.M.Patel college of home science	F.Y.,S.Y. and T.Y.B.Sc students
8	1 st September 2019	Interaction of Alumni	with F.Y.B.Sc and F.N. Students	Students F.Y.B.Sc and F.N. Students



Sr. no	Date	Activities	Venue	Beneficiary
9	31 st August 2019	Inter School Recipe competition by Ms. Vijaya Agarwal	Was organised in collaboration with Nestle India on 'Healthy breakfast'	Students of other 40 schools of Anand city 104 students plus 14 teachers
10	2 nd Septmber 2019	Final round of Recipe competition Ms. Vijaya Agarwal	S. M. Patel College of Home Science	45 students of other schools
11	2 nd September 2019	Workshop for Balwadi Teachers' Ms.Tanvi Makwana	S. M. Patel College of Home Science	Balwadi teachers
12	18/9/2019	Workshop In body Academia Convenor- Shazia Sharma	Body Mass Index	T.Y Food and Nutrition Studnts and FSQC students
13	19,20/9/19	FSMS Training Convenor Ms. Vijaya Agarwal	FSMS: Auditing system and Process at S.M.Patel College Of home Science	T.Y Food and Nutrition Studnts and FSQC students
14	24/9/2019	Rally by Food and Nutrition department as a part of Poshan Mass	Vallabh Vidyanagar –Mota baaar	All college students
15	10 th January	Indian Dietitic Day talk by Ms.Jigna Patel	S.M.Patel College of home science.	T.Y B,sc (FN&FSQC)
16	Feb 2019	Workshop on "Cakes and Bakes"	MS.Geetanjali Chettri Ahmed	TY(FN)
17	29 th Sep. 2019	Certification programme by In body academio in collaberation with Diacon with Body composition Analysis in Metabolic Syndrome	Hyati Regency Ahmedabad	17 Students TY, SY B.Sc. FN & 3 Faculties
18	20-21 Dec. 2019	52 Annual National Conference of Indian dietitic Association	Ahmedabad	3 Faculties and 16 students of TY FN FSQC took part

Family Resource Management

Department incharge: Ms. Sushma Batra



The Family Resource Management department is suitable for those who have good communication and interpersonal skills, human nature, soft temperament and are analytical in thoughts. They can also go for social work programs being undertaken by various NGOs. Degree program prepares students for future managing community resources to meet the needs of changing populations by offering courses in human development, consumer economics and family relations.





Family Resource Management

Sr. No.	Date	Type of Activity	Place	No. /Beneficiaries
1	17/07/2019	Introduction of 'Earn while Learn Scheme' to students by Bhamini Amin, Asst. Manager sales, Mabhubhan Resort and Spa	Art and Design Lab	S.Y. B.Sc. and T.Y. FRM Students (47)
2	14/08/2019	Short documentary films on environment	Auditorium	F.Y. Students (125)
3	23-24/08/2019	Earn while you learn	Madhubhan Resort and Spa	10 students from T.Y. FRM students
4	31/08/2019	Napkin fold and Menu card making Competition	Art and Design Lab	9 Students
5	17-18/09/2019	Short Term Course on "SRUJAN"	Art and Design Lab	47 Students
6	18/10/2019	Visit to Kitchen vendors	Anand	T.Y. FRM (14) students
7	24/12/2019	Seminar in Anganwadi Training Centre to create consumer awareness	AWTC V.V. Nagar	34 anganwadi workers
8	27/12/2019	Quiz to know the consumer awareness among students	Room No. 209	F. Y. Students (65)
9	28/12/2019	Presented role plays on problems faced by consumers in their daily life	Auditorium	S.Y. Students (80)
10	29/12/2019	Alumni meet	Auditorium	FRM Students (09 students)
11	09-10/01/2020	Workshop on 3-D model making by Ms Ruma Singh (SMAID)	Art and Design Lab	T.Y. FRM (15) students
12	27/01/2020	Workshop on paper craft (NSS camp,)	Jol Village	35 Girls of
13	5/02/2020	Lecture by Dhavalbhai for Participation in Greenathon	Room No. 209	S.Y. and T.Y. Students(160)
14	07/02/2020	Visit to SMAID to see exhibition and building material museum	New Vallabh Vidyanagar	T.Y. FRM (15) students

Sr. No.	Date	Type of Activity	Place	No. /Beneficiaries
15	09/02/2020	Participation in Greenathon organised by Vidyanagar Nature Club	Shastri Maidan V.V. Nagar	15 Students
16	12/02/2020	Parent teacher Meet	Auditorium	Parents of T.Y. Students

International Visit from HYOG University, Japan



NAAC



**A Step ahead for Quality Enhancement:
NAAC Peer Team Visit**

The National Assessment and Accreditation Council (NAAC) is an autonomous organisation that assesses and accredits higher education Institutions (HEIs) in India with all objective of helping them to work continuously to improve the quality of education. NAAC accreditation determines the quality of the institute in terms of education, infrastructure, research, teaching & learning etc. The assessment process consisted of three stages Self Study report, Student Satisfaction Survey and Peer Team Report.

We the S.M. Patel College of Home Science had applied for the 3rd Cycle of Accreditation through NAAC and for that detailed analysis of five years (2014-2019) seven criteria's were distributed among the faculty members. To achieve the goal of quality enhancement various meetings were conducted by IQAC Coordinators with teaching and non-teaching staff to act as a catalyst in completing various parameters specified by NAAC.

The process of Assessment and Accreditation was initiated by submitting the IIQA on 17th July 2019 followed by submission of SSR on 30th August 2019. After passing two stages success fully, the NAAC peer team visit of the college was scheduled on 10-11th January 2020 to assess the performance of the institution for the 3rd cycle. Everybody was prepared full of enthusiasm and confidence along with a pinch of performance anxiety. The team consisted of three members namely Prof. Arvind Kumar Dixit, Vice Chancellor, Ambedkar University (Chairperson), Prof. Asna Urooj, Member coordinator from University of Mysore and Prof. Asha Menon, Member, Principal SPN Doshi Women's College Mumbai and Dr. Chander Kanta Kantaraoo as the observer from SRM University, Sonipat.

We met the peer team members on 9th January evening to finalize their schedule with their consent and check their convenience with respect to IT facilities.

On 10th Jan 2020 the team reached the college premises sharp at 8:30 a.m. and everyone was waiting outside for the peer team members to welcome them.

All the four members were introduced to our SMP family by the Principal

Dr. Bhavana Chauhan and escorted by the NCC cadets to the Principal's room. The Principal Dr. Bhavana Chauhan and IQAC coordinator Dr. Nidhi Gupta gave their presentations related to the vision, mission and objectives of the college and the activities taken up in the last 5 years to fulfil the purpose under various portfolios with the help of central committee of the college.



The team was escorted by the IQAC coordinator of the college to visit the various departments of the college, the infrastructure facilities, library and laboratory facilities, latest equipment's, projects undertaken, books published etc.

They had lunch with our management bodies to discuss the problems and challenges faced by the institution and suggested few policy changes which can better the performance of our college for a wholistic approach.

The peer team met IQAC cell members, the alumni, parents and students to analyse their perception with respect to the faculties and college followed by a cultural programme organized by our students.

The observer inspected all the relevant documents, office documents, accounts and other details.

The team appreciated the efforts put up by the Principal of the college to enhance the infrastructure facilities under CPE funds and expressed their satisfaction about the performance of the college. They also suggested a few necessary steps for improvement for future development of the Institution. The Peer team visit ended with the handing over of the report on the given seven criterions to the Principal.

Ms. Sushma Batra
Dr. Nidhi Gupta
IQAC Coordinators





Tanvi Makwana
Vice President

Activity Report by VP



Simran Kumawat
General Secretary





Date	Activity	Topic	Description
16/7/19	Gurupurnima Celebration	--	Teachers were felicitated with bouquets and handkerchief, sweets and tilak on forehead.
17/7/19	Selection of students Committee		This took place in the college library.
19/7/19	Committee declaration		Students were designated on various posts in the Student council 2019-20
4-6 th /7/19	Student orientation programme		Introduction to college campus by a visual tour and subjects was done.
27/7/19	Movie Screening	Super 30	A total of 305 students went for the movie and enjoyed a lot.
8/8/19	Committee meeting	Introductory session	Students were made aware of the council duties and effective, unbiased use of the status.
14/8/19	Rakhi celebration	--	It was celebrated by council students by tying rakhi on peons' wrists.
14/08/19	Vyasan Mukti drive		The supporting staff and other related persons of the college were made aware upon the ill-effects of tobacco and alcohol abuse.
15/8/19	Independence Day celebration	--	Our pride, our National Flag was hoisted by Principal and General Secretary of school and college together.
21/8/19	NGO event	Pasti Ki Pathshala	After a talk by the founder, Mr. Vikram, collected pasti from students was donated to them.
30/8/19	Talk show	Positive attitude & personality development	A talk by Mr. Gadhavi and Mr. Mansuri took place for F.Y. Students.
31/8/19	Inter-Committee competition	Gift article & Card making	An inter-committee competition was held for council members.
1/9/19	Committee meeting	College welfare	Meeting covered various topics.
2/9/19	Tablet registration	--	Forms were filled by the interested students and submitted, then online registration was done.
5/9/19	Workshop	Time management & Fight with yourself	Members of JCI honoured teachers and then 2 of the speakers, carried forward the session.

Date	Activity	Topic	Description
5/9/19	Teacher's day celebration	--	Teachers were presented with greeting cards and gift articles as token of gratitude. Prepared by students. Games were played and one by one upon a unique introduction guessing games for them, our faculties were felicitated with flowers.
25/9/19 – 27/9/19	Inter-Collegiate Youth festival	Cultural, Literary, Fine arts	Under the Sardar Patel University's inter-collegiate Youth Festival, various activities were held by it and our college participated in it with zeal and fervor. We secured ranks in poster making and debate competitions.
2/10/19	Cleanliness Drive	Promoting the Swachhta Abhiyaan	Council members took to clean the college campus in the honour of Mahatma Gandhi.
15/10/19	Sharad Poornima Celebration	“Sharad Utsav”	An event full of fun and frolic was celebrated in the college. All the girls enjoyed it a lot.
07/01/20	Incinerators demonstration	-	Operating the installed incinerators in the college was demonstrated batch-wise to all the students by the Class Representatives.
	Constitution day celebration	-	
26/01/20	Republic day		Republic was proudly celebrated in the Shastri ground with all other institutes
01/02/20-08/02/20	Days Celebration fest	MYRIAD DREAMS	S.M. Patel college of Home Science witnessed a Day celebration Fest- “MYRIAD DREAMS” held in the first week of February 2020. As the name suggests myriad gives the idea of uncountable happiness and great dreams for oneself, this is where various themed days were celebrated for and by the students with zeal and fervor.
12/2/20-16/2/20	AMUL VOLCANO	26 th Volcano	College participated in various categories like personality contest, Rangoli making, poster making, short film making, antakshari.
02/03/20	Talent evening	SMP's Got Talent	The girls showcased their talents in form of dances and performances which was enjoyed by all.



Date	Activity	Topic	Description
02/03/20	Annual day	Incredible India	<p>The annual day was started when the invitees and guest of honour Ms. Naina Patel arrived. It was graced with presence by Er. Mr. Bhikhubhai Patel and secretaries of CVM. It was followed by Prize distribution ceremony.</p> <p>Dr. Bhavana Chauhan, Principal of the college presented the annual report and Vice President Ms. Tanvi Makwana presented the Saptdhara report. The program ended with Vote of thanks by the General Secretary, Ms. Simran Kumawat.</p>
12/02/20	Parent – Teacher Interaction	-	<p>Dr Bhavana Chauhan introduced them to all the faculty and other staff members and led to a virtual tour of college campus and gave insights of the inside of college buildings. She explained the courses and the teaching in every departments being run in the college. There was a segment where a few parents were asked to share their views and also some of our students shared their feelings on studying in the college. The program ended with vote of thanks by General Secretary, Ms. Simran Kumawat.</p> <p>Parents were made to fill feedback forms so as to make way for improvements in the college.</p>
10/02/20	Awareness Program on PCOS	-	Gynecologists from Akanksha Hospital took over the awareness program and informed girls about the importance of getting a regular check-up and cleared their doubts about the topic.
Date	Activity	Topic	Description
06/ 03/ 2020	Tablet Distribution drive	-	NaMo Tablets provided by the government were distributed by the VP and GS on 6 th of March. This took a long time, a total of 109 students registered for the same.

03/03/20	Farewell 2020	Adieu Seniors	The farewell function was conducted by the students of second year on the day after annual day. It was a short and sweet program consisting of dance performances, speeches by teachers, speech by a Student, memories showcasing in the form of presentation and dance party and snacks. There was a photo booth set up for taking photographs.
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- Traditional day – saree or suits or kurtas
- Group/ theme day- any theme like same costume, goggles for groups, same coloured dresses or same pattern of clothes or face painting or same hairstyles.
- Signature day- students will bring white handkerchiefs or wear plain white tshirts for signatures.
- Halloween day – girls can dress up in different costumes and can dress up like ghosts and dolls or other Halloween characters
- Retro day – we will get a chance to remember the old golden days for our grandparents and to relive their times with retro themed dresses.
- Go green day – no use of plastics and vehicle less or pooling of vehicles by same area students. Green clothes can be worn and a slogan competition can be held.
- Bollywood /cinema day – students will get a chance to enact and dress up like their favourite actor and actresses.



SAPT-DHARA



Knowledge Consortium of Gujarat,

The Government of Gujarat has taken an excellent initiative by introducing the “Sapt Dhara” concept in colleges where in, the extra-curricular activities are carried out by students under the mentorship of assigned faculty members.

The concept of Sapt Dhara is “For the students, by the students and of the students”, where in, the over all development of students intakes place. Skills like leadership, team building, interpersonal communication skills, conflict resolvment, anger management, managerial skills and various aspects bloom while they participate in the whole process.

The Student central committee works under the vice president. Overall the team is under the principal’s mentorship.

The Sapt Dharas are as follows: -

1. Gyan Dhara
2. Sarjanatmak Abhivyaakti Dhara
3. Rang, Kala ane Kaushalya Dhara
4. Naatya Dhara
5. Geet Sangeeta ane Nrutya Dhara
6. Yog Vyayam ane Khelkud Dhara
7. Samudayik Seva Dhara



Gyan Dhara





Gyan Dhara

Ms Truhi

Student Incharge

Ms. Vijaya Agarwal

Teacher Incharge

Sr No.	Date	Activity	Topic and Place	Beneficiaries	Awarded
1	5/7/19	Discourse by P P wami Narayan Charandasji	Like skills for dolescents Auditorium, S M Patel College of Home Science	F Y B Sc Students-130	
2	28/7/19	Essay writing competition	Ram Krishna Mission Memorial Vadodara Topic: "Activities of Ramkrishna Math And Ramkrishna Mission, in light of service" "Transformation of Narendranath to Swami Vivekanand" "Harmony of Religious and Swami Vivekanand speech at world Religious Parliament in Chicago"	30 Students Participated	Tejal Macchi of T.Y FN secured consolation prize at state level in this competition
2	27/8/19	Elocution Competition	Hiraba Mahila Mandal	7 students participated	
3	5/9/19	Essay writing Competition	All love is expansion, all selfishness is contraction Shri Ram Chandra Mission, Heartfullness essay event	20 students participated	
4	11/1/20	Youth day Celebration	Swami Vivekanand Birth Anniversary celebration – Book reading activity	34 students participated	
5	23/1/20	Movie screening	"Bose-The forgotten Hero" Netaji Subhashchandra Bose Birth Anniversary celebration	65 students participated	
6	29/1/20	Creative bulletin board making competition	"Gandhi's Work" On the occasion of Shahid din- Death anniversary of Mahatma Gandhi	159 students participated	

Sarjanatmak Abhivyakhti Dhara





Sarjanatmak Abhivyakti Dhara

Ms. Divya Mahaskar
Student Incharge

Ms. Kalpana Srivastava
Teacher Incharge

Sr. No.	Date	Event	Topic	Organizer	Student participant	Winners
1	6/8/19	Creative Writing	The Most Memorable Day Of Your Life	Sarjanatmak Abhivyakti Dhara-SMP	51	1 st Ms. Shivangi Dubey - TY (FSQC) 2 nd Ms. Nehal R. Patel - FY 3 rd Ms. Khushbu G. Parmar - FY <u>Consolation Prize</u> Ms. Kajal S. Patel - TY FN Ms. Yashasvi Brahmabhatt - TY (FSQC)
2.	3/9/19	Inter Class Elocution Competition	Role of Women In Education	Sarjanatmak Abhivyakti Dhara-SMP	11	1 st Ms. Zhahira Palsaniya - FY 2 nd Ms. Miloni Vasa - SY (FSQC)
3.	25/9/19	Elocution Competition in Youth Festival of S.P. University	“India Is Developed Country And Not A Developing Country Now?”	Youth Fest of S.P. University	01	-
4.	26/9/19	Debate Competition Youth Fest of S.P. University	“Indian Economy Is Strong”	Youth Fest of S.P. University	02	Team SMP Secured 3 rd Position in the Youth fest

5.	12/10/19	Inter Collegiate Debate Competition	“Is the abrogation of article 370 the only solution of Kashmir issue?”	N.S.Patel Arts College, Anand.	02	Team SMP won the rotating Shield Ms. Ramsha Pathan stood 2nd and Ms. Zahira Palsaniya stood 3rd individually.
6.	28/2/20	Inter Collegiate Debate Competition	“Face to Face Interaction with Professors is more Effective than Online Sessions & Lecturers	Sarjanatmak Abhivvyakti Dhara- SMP		Winner Trophy- Ms. Gunjan Varma Ms. Hrishika Sesodiya (ILSSAS) 1 st Ms. Gunjan Varma (ILSSAS) 2 nd Mr. Bhruugu Dave (GCET)



Rang, Kala ane Kaushalya Dhara



Rang, Kala ane Kaushalya Dhara

Miss Maitri Shah
Student Incharge

Ms. Alpana Shah
Teacher Incharge

Sr. No.	Date	Event/ Activity	Topic	Organizer / Place	Name or Number of participant	Name of winner
1.	16/7/19	Poster competition	Gender equality and sustainable development	N. H. Patel B. Ed College, Anand	1. Dhruvi H. Patel. 2. Himani H. Doshi	Ist Dhruvi H. Patel (T. Y.B.Sc., FSQC) IInd Himani H. Doshi (T. Y.B.Sc., TC)
2.	17/7/19	Mehendi competition		S. M. Patel College of Home Science	27	Ist Juhi Patel (308) (T. Y.B.Sc., FSQC) IInd Sujan Diwan (34) (S. Y.B.Sc.) IIIrd Janvi Macwan (S. Y.B.Sc.) IVth Maitri Shah (16) (T. Y.B.Sc., TC)
3.	18/7/19	Hairstyle competition		S. M. Patel College of Home Science	11	Ist Dhruvi Patel (304) (T. Y.B.Sc., FSQC) IInd Bansari Patel (73) (T. Y.B.Sc., FN)
4.	23/8/19	1. On the spot painting	1. Drug Addiction 2. Say No To Plastic	S. M. Patel College of Home Science	03	
		2. Poster competition	1. Against child labour 2. Technology addiction		09	



Sr. No.	Date	Event/ Activity	Topic	Organizer / Place	Name or Number of participant	Name of winner
4.	23/8/19	3.Rangoli competition	1. Festivals of India 2. Cleanliness	S. M. Patel College of Home Science	06	
		4. Cartooning	1.Indian politicians 2.Corruption		04	
5.	2/9/19	Pen stand making competition		S. M. Patel College of Home Science	08	Ist Sudhi Patel (108) (F.Y.B.Sc. FSQC) IInd Jil Suthar (137) (F.Y.B.Sc. FSQC)
6.	25/9/19	On the spot painting	1.Women empowerment 2. No plastic 3. Forest	Youth Festival Sardar Patel University	Drasti H. Patel (14) (T. Y.B.Sc., TC)	
		Poster making	1.Save water for future 2. Traffic 3. Indian army		Dhruvi H. Patel (T. Y.B.Sc., FSQC)	IIIrd Dhruvi H. Patel (304) (T.Y.B.Sc., FSQC)
		Cartooning	1.Gender equality 2. Race of Prime Minister 3. Climate change		Himani H. Doshi (4) (T. Y.B.Sc., TC)	
		Spot photography			Dulari S. Adesara (S. Y.B.Sc.)	
7.	26/9/19	Rangoli competition	1.Traditional cloth 2. Morning sky 3. Flowers	Youth Festival, Sardar Patel University	Vidhi J Patel (F.Y.B.Sc.)	
		Clay modelling	1.Mother and child 2. Sweet home		Jil Suthar (137) (F.Y.B.Sc. FSQC)	

Sr. No.	Date	Event/ Activity	Topic	Organizer / Place	Name of participant	Name of winner
8.	28/9/19	Painting competition	Tourism	C. Z. Patel College of Business & Management	Dhruvi Patel (T. Y.B.Sc., FSQC)	I st Dhruvi Patel (304) (T. Y.B.Sc., FSQC)
		Rangoli			Himani Doshi (T. Y.B.Sc., TC) Vidhi Patel (F.Y.B.Sc.) Dipali Rathod (F.Y.B.Sc.)	III rd Vidhi J. Patel (F.Y.B.Sc.)
9.	15/10/19	Aarti Thaali competition		S. M. Patel College of Home Science	05	I st Bhagvati Limbani (41) (S.Y.B.Sc., FN)
10.	13/2/20	Rangoli competition	1.Diwali celebration 2.Uttrayan celebration 3.Independence day celebrations	VOLCANO, Rotary Club of Anand	01 team (3 member) i)Vidhi J Patel (F.Y.B.Sc.) ii)Dipali Rathod (F.Y.B.Sc.) iii)Anamika Patel (F.Y.B.Sc.)	
		Poster making competition	1.To keep our surrounding clean 2.Save environment 3.Save wild animal		01 team (2 member) i)Maitri Shah (T. Y.B.Sc., TC) ii)Himani Patel (T. Y.B.Sc., TC)	
11.	15/2/20	On the spot painting	Love rural	VOLCANO, Rotary club of Anand	01 team (2 member) Dhruvi Patel (T. Y.B.Sc., FSQC) Drashti Patel (T. Y.B.Sc., TC)	

Naatya Dhara

Ms. Mansi Brahmhatt
Student Incharge

Ms. Vijaya Agarwal
Teacher Incharge



Sr No.	Date	Activity	Topic and Place	Beneficiaries
1	3/8/19	Workshop	“Face Off” workshop on Acting Skills S M Patel College of Home Science Expert Mr Pradip	30 students of F Y BSc, SY BSc, and T Y B Sc Home Science
2	5/9/19	Short film	Savitribai Phule the first lady teacher	6 students participated
3	26/9/19	Skit	“Kumbhkaran” University Youth Festival, S P University	6 students participated
4	15/2/19	Short film screening	“Then and Now” Short film making competition in VOLCANO	6 students participated

Geet Sangeeta ane Nrutya Dhara





Geet Sangeeta ane Nrutya Dhara

Ms. Mansi Brahmhatt
Student Incharge

Ms. Trusha Lad
Teacher Incharge

Sr. No	Date	Event	Topic	Organizer	Student Participant	Winners
1	1-8-19	Idol of Gujarat-2019, Singing competition	Audition	Sayaji Music Entertainment	06	Two students were Selected up to fourth round.
2	23-8-19	Patriotic Song Competition		S. M. Patel College of Home Science	5 entries in Solo and 9 entries in Group song	In solo song: I - Vrushali Shah II- Ramsha Pathan III-Priti Prajapati In Group Song: I-Ramsha & group II- Krupa & group III- Tejal Machhi & group
3	25-9-19 To 27-9-19	Youth festival		S. P. University, V. V. Nagar	17 participants participated in various events of youth festival	
		1. Classical Vocal solo 2. Light vocal solo 3. Group song Indian 4. Western Vocal Solo 5. Folk Dance Indian			01 01 06 01 10	
4	14-2-20	Antakshari		Rotary Club Anand Round Town, Amul Volcano	Two Students	

Yog Vyayam ane Khelkud Dhara





Yog Vyayam ane Khelkud Dhara

Ms. Neha Parmar
Student Incharge

Mr.Ranjit Bhagora
Teacher Incharge

(A) INTER UNIVERSITY LEVEL PARTICIPATION					
Sr. No	Date	Activity	Place	Beneficiary	Faculty
1	07-10-19 to 11-10-19	All India Inter Uni. Cross Country	Visakhapatnam (Andra Pradesh)	Pateliya Indira- S.Y.HD	Mr.Keyur Makwana Government College, Kathlal
2.	17-11-19 to 22-11-19	Inter Uni. Kho Kho	Akola (Maharashtra)	Parmar Manisha – S.Y.FN Pateliya Indira- S.Y.HD Goswami Khushbu- S.Y.FRM	Mr. Pradeep Vasava BJVM College, V.V.Nagar
3.	04-12-19 to 07-12-19	Inter Uni.Cross Kabaddi	Amravati (Maharashtra)	Jatapara Asmita – S.Y.FN Mishra Manisha – S.Y.FN	Mr Ranjit Bhagora S.M.Patel college of Home Science
(B) INTER COLLEGE EVENTS					
Sr. No	Date	Activity	Place	Student Beneficiary	Faculty
1	22-07-19	Inter College Table Tennis Tournament Organized by Sardar Patel University	YUVI Sports complex,Bakrol	06 Students Participated	Mr.Ranjit Bhagora
2	29-07-19	Inter College Badminton Tournament Organized by Sardar Patel University	YUVI Sports complex,Bakrol	04 Students Participated	Mr.Ranjit Bhagora
3	26-08 19	Inter College Volleyball Tournament Organized by Sardar Patel University	YUVI Sports complex,Bakrol	10 Students Participated	Mr.Ranjit Bhagora

4	03-09-19	Inter College Basketball Tournament Organized by Sardar Patel University	YUVI Sports complex,bakrol	10 Students Participated	Mr.Ranjit Bhagora
5	07-09-19	Inter College Cross Country Organized by Sardar Patel University	YUVI Sports complex,Bakrol	04 Students Participated (Third Position)	Mr.Ranjit Bhagora
6	11-10-19	Inter College Chess Tournament Organized by Sardar Patel University	YUVI Sports complex,Bakrol	05 Students Participated (Fourth Position)	Mr.Ranjit Bhagora
7	13-10-19	Inter College Kho Kho Tournament Organized by Sardar Patel University	Sardar Patel Maidan,Bakrol	12 Students Participated. (Runner's Up)	Mr.Ranjit Bhagora
8	15-10-19	Inter College Kabaddi Tournament Organized by Sardar Patel University	Sardar Patel Maidan,Bakrol	10 Students Participated	Mr.Ranjit Bhagora
9.	23-01-20 & 24-01-20	Inter College Athletics Meet Organized by Sardar Patel University	Sardar Patel Maidan,Bakrol	10 Students Participated Silver Medal in 800 meter race	Mr.Ranjit Bhagora

(C) INTER CLASS ACTIVITY

Sr. no	Date	Activity	Place	Student Beneficiary	Faculty
1	18-06-19 to 20-06-19	Yoga Training	College Ground & Auditorium	325 Student Participated (Approx)	All Staff
2	21-06-16	International Yoga Day Celebration	Shastri Maidan V.V.Nagar	150 Student Participated	All Staff



3	23-07-16	Inter Class Chess Competition	S.M.Patel College of Home Science, V.V.Nagar	08 Students Participated	Mr.Ranjit Bhagora
4	30-07-16	Inter Class Table Tennis Competition	S.M.Patel College of Home Science, V.V.Nagar	10 Students Participated	Mr.Ranjit Bhagora
5	04-01-17	Inter Class Badminton Competition	H.M.Patel Badminton Hall, V.V.Nagar	53 Students Participated	Mr.Ranjit Bhagora
6	29-08-19	Fit India Movment & Self Defence Workshop	College Library & College Open Stage Area	53 Students Participated	Mr.Ranjit Bhagora Mr.Chetan Fumakiya (Pratibha Academy-Vallabh Vidyanagar)
7	30-01-20	Annual Sports Day	Shastri Maidan V.V.Nagar	365 students Participated	All Staff

(D) INTER CVM (MONSOON SPORTS FESTIVAL) PARTICIPATED

Sr. No	Date	Activity	Place	Student Beneficiary	Faculty
1	16-07-19	Table Tennis	ARIBAS College, New V.V.Nagar	04 Students Participated	Mr.Ranjit Bhagora
2	20-07-19	Chess	V.P.&R.P.T.P Science College	06 Students Participated	Mr.Ranjit Bhagora
3	25-07-19	Badminton	H.M.Patel Badminton Hall	04 Students Participated	Mr.Ranjit Bhagora
4.	23-12-19	Volleyball	Shastri Ground,CVM	12 Students Participated	Mr.Ranjit Bhagora
5.	27-12-19	Kabaddi	Shastri Ground,CVM	10 Students Participated	Mr.Ranjit Bhagora
6.	18-02-20 & 19-02-20	Athletics	Shastri Ground,CVM	Runner's Up 11 Students Participated	Mr.Ranjit Bhagora

48th Annual Sports Day Reports

Annual Sports Day is an important event in every student's life. 49th ANNUAL SPORTS DAY of the college was held at Shastri Maidan, V.V.Nagar on 30-01-2020 As usual a great deal of planning, practicing and hard work had gone into organizing this event filled day...

The day started with the unfurling of the college flag and the march past of the athletes belonging to all the classes taught in the college. The sports day began enthusiastically with a welcome speech by our beloved Principal Dr. Bhavana Chauhan. As a Physical Instructor Mr. Ranjit Bhagora welcomed chief guest, Mr. Rajeshbhai Patel. The sport secretary of our college Ms. Neha Parmar welcomed Vice President Ms. Tanvi Makwana. It was followed by various events lined up for the day.

A big tent was put up for spectators our chief guest Mr. Rajeshbhai Patel, Chairman Board of Sports & Welfare, Sardar Patel University, declared the meet open. Then various events followed. The one day sports meet involved the enthusiastic 330 students of S. M. Patel College of Home Science. The first event was a hundred meter race. It drew a large number of participants. There were three heats. Then started long and high jumps. Simultaneously there were other actions like the Javelin and the Discus throw. The members of the staff who acted as judges were seen moving to and fro along- with coaches and ex- sportsmen of the college. The events which evoked the greatest interest were the 400 meter race by girls. In the events, a few new records of the college were established. In two cases, the students improved upon their own previous records. The dope read out the achievements of the college in sports during the year read by our Vice President Ms. Tanvi Makwana. The chief guest gave away prizes to the winners. He highlighted the importance of sports in life and hinted at India's dismal performance at the Olympics. He promised all help to the college in the matter of sports.

The college G.S. then thanked him and other guests. The chief guest declared the sports meet closed and it was over. The National Anthem sung at the end, left each one of us with the spirit of Nationality, integrity and harmony.

Samudayik Seva Dhara

NCC (Year: 2018-19)



NCC (Year: 2018-19)

UO Rutvi Dave & Ms. Khushbu

Student Incharge

Dr. Padmaja Puppala

Teacher Incharge

The orientation programme for the first year students, the D to D students and Higher Secondary students was conducted on 6th July, 2019. 54 cadets were enrolled in the year and 40 parades were conducted on Wednesday mornings.

Under the parades the cadets practice Foot drill, Drill with Arms, Ceremonial drill, Weapon Training and self defence. Other than the physical training the cadets attended some sessions on Indian History and culture, Religion and Customs of India, Unity in Diversity, Famous leaders of India and contribution of youth in National building under National Integration. The cadets also underwent training in developing leadership qualities, Disaster management, Social service, Health and hygiene, Posture training and Environment and Ecology.

The NCC cadets of the college in collaboration with 4 Gujarat Girls BN, Anand conducted several activities in the present year. Under Swachhta Abhiyan, the cadets participated in poster making, quiz and group songs. They also pledged an oath to keep the college campus and surroundings clean and green.

A tree plantation drive at Santram School in Karamsad as well as in the college campus was organized, where the NCC cadets engaged actively along with the staff.

The cadets also participated in International Yoga Day in Shastri Maidan, where they performed several yoga asanas as per the Government instructions, followed by a lecture on importance of yoga in day to day life.

This year a Rank Ceremony was organized in the college auditorium, where 9 cadets from group were awarded different Ranks by the NCC unit, College and Higher Secondary Principals and Vice-President of the student council. The cadets felt extremely happy and proud of their achievement.

Two cadets from the college were selected by the Gujarat Girls Battalion for piloting the Chief Guests on Ghandi Jayanthi held at V.P.Science College.

11 cadets of the college attended Kargil Vijay Diwas conducted by the NCC unit.

A special guidance session was given to our cadets by the Ambassador of 4 Guj. Girls Bn. Lajja Goswami and Co.

The selected cadets participated in adventure activities like trekking and cycle expedition.



A rally on clean environment, green environment was organized under Swacch Bharat campaign followed by cleaning public areas near Sashtri Maidan to emphasize the importance of cleanliness.

A walk for Unity was conducted by the by the Karmasad Nagarpalika under State Government on Sardar Jayanti Day and our Cadets participated in the walk from Karamsad to Sardar Patel Musium. Our cadets also participated in Gandhi Jayanthi celebrations where they sang group songs, a play and attended in a speech delivered by Commanding Officer, Col. Rajesh Yadav.

Every year, the 4th Sunday of November is celebrated as NCC day and our cadets participated in the celebrations.

This year 14 Cadets are appearing for B Certificate exam and 8 Cadets are appearing for C Certificate exam. Sgt. Sohini Chauhan is selected as the best cadet in the college for the present year, LCPL. Hitasha Patel is selected as an All Rounder and LCPL. Sweta Panchasara is selected as Regular Cadet of the year.

Cadets attended several camps like, Republic Day camps, Thal Sainik Camps, Army Attachment Camps, West Zone shooting Camp, Combined Annual Training Camps. The details of the camps are given in a tabulated form.

In the first RDC camp one cadet was awarded for best flag area.

The details of the camps were given in a tabulated form:

SN	Date	Activity	Topic & Place	Beneficiaries	Awards
1	6/7/19	Orientation	Benefits to the Nation and the Cadets- College	All F.Y, Higher Secondary and D to D	-
2	13/7/19	Poster Competition	Swacchata Pakhwada- College	All NCC cadets	-
3	13/7/19	Quiz	Swacchata Pakhwada- College	All NCC Cadets	
4	13/7/19	Group Song	Swacchata Pakhwada- College	All NCC Cadets	-
5	13/7/19	Oath taking	Swacchata Pakhwada- College	All NCC Cadets	
6	3/8/19	Tree plantation	Santram School –Karamsad.	27 Cadets	-

7	12/8/19	Tree plantation	College campus.	25 Cadets	-
8	21/6/19	International Yoga Day	Sashtri Maidan	All Cadets	-
9	23/8/19	Rank Ceremony	College	All Cadets	1.Under Officer- Ruthvi Dave 2.SGT- Sohini Chauhan 3. SGT- Ekta Joshi 4. CPL- Rachana Raval 5. CPL- Jeel Suthar 6. LCPL-Hitasha Patel 7.LCPL- Sweta Panchasara 8.LCPL-Anjali Prajapathi 9. LCPL- Rashmika.
10	15 th -24 th 9/19	Republic Day Parade camp-1	Thamnna	8 cadets	5 Cadets selected for second RDC camp, One was awarded for Flag Area
11	13 – 22 /9/2019	Combined Annual Training Camp	Khambhat	10 Cadets	
12	16 -26 /7/19	Army Attachment Camp	Ahmedabad	2 Cadets	
13 & 14	15 -24 /10/19 6 -15 /11/19	Republic Day Parade camp-2 Republic Day Parade camp-3	Thamna Thamna	5 Cadets 5 Cadets	3 Cadets selected for 4 th RDC camp
15	16 - 25 /11/19	Pre-1 IGC (RDC -4)	Ahmedabad	3 Cadets	2 Cadets selected for 5 th RDC camp
16	30 -9 /12/19	Pre- 2 IGC (RDC-5)	Ahmedabad	2 Cadets	Both the Cadets selected for 5 th RDC camp



17	15 -25 /12/20	Pre-3 IGC (RDC-6)	Ahmedabad	2 Cadets	
17	2 /10/19	Piloting for Guests on Gandhi Jayanthi	V.P.Science College	2 cadets All attended	2 cadets selected
18	26 /7/19	Kargil Vijay Diwas	Sashtri Maidan	11 Cadets	
19	11 -21/6/19	Pre- IGSC Camp	Kathal	3 Cadets	
20	25 -28/6/19	IGSC	Vadodara	2 Cadets	
21	25/6- 4/7/19	CATC	Rajpipla	2 Cadets	
22	8 -18/7/19	West Zone Shooting	Rajpipla	1 Cadet	
23	1 -10/8/19	Pre IGC-TSC	Thamna	1 Cadet	
24	12 to 22/8/19	IGC-TSC	Thamna	1 Cadet	
25	9/10/19	Guidance to our Cadets by Brand Ambassadors' of 4 th Guj. Girls BN- Lajja Goswami and co.	4 Guj.Girls BN, Anand	4 Cadets	
26	2 to 12 /11/19	CATC	Mogri	6 Cadets	
27	11 th -12/1/20	Diu Water Sports Camp	Diu	1 Cadet selected	
28		Ek Bharat Shasatra Bharat		1 Cadet	
29	20 -2/2/20	Basic Skiing Course	Pahalgam	1 Cadet	
30	26 /12- End of Jan, 20	RDC, 2020	Delhi	2 Cadets	





NSS Regular Activity-2019-20

NSS Programme Officers

Mrs. Minal Chauhan • Dr. Mittal Barot

NSS Student Incharge

Archi Chanchawate • Aditi Vaviya

Sr. No.	Date	Activity	Description	Beneficiaries
1.	2/08/2019	Talk on 'SAVE TREES, SAVE ENVIRONMENT'	A guest talk was arranged for the students by the NSS unit on "Save Trees, Save Environment". Mr. Dhaval Patel VNC club was invited to address the students on the topic. He enlightened them on the topic from its role in the nature to its importance to us as human beings. He later on distributed batches which stated on it as स्वच्छग्रह के सिपाही	135 students.
2.	1/08/2019 To 5/08/2019	Observance of 'SWACHHTA PAKHWADA'	<p>As per the circular of government, the NSS Unit carried out the following activities as a part of it:</p> <ul style="list-style-type: none">• 1/08/2019 Seminar on Swachhta Shapat on Swachhta• 2/08/2019 Talk on 'Save tree, Save environment'• 3/08/2019 Tree plantation with collaboration of VNC club• 5/08/2019 Cleaning of the campus• 7/08/2019 Campaign on "Open Defaecation Free"• 9/08/2019 Cleaning of the adopted village.• 12/08/2019 Old age home cleaning.• 13/08/2019 Statue cleaning.• 14/08/2019 Rally on Swachhta.• 15/08/2019 Independence day celebration. <p>The report is attached below at the end of this report.</p>	Students as well as the village people were benefited by this activity.

3.	7/08/2019 To 8/08/2019	Workshop on DISASTER RISK MANAGEMENT	<p>NSS programme officer Dr.Mittal Barot and both the NSS Student incharges Archi Chanchawate and Aditi Vaviya attended a 2-day state level workshop on Orientation to Disaster Risk Management organised by NSS, Charutar Vidhyamandal and Gujarat Institute for Disaster Management (GIDM) Gandhinagar.</p> <p>The first day of workshop was in NVPAS Auditorium. We had interactions with the director of GIDM Mr.Taneja Sir and even the collector of Anand Mr.Rana about the next few days weather forecast of Anand with the steps taken by them for it.</p> <p>We had 3 sessions that day with different speakers two were from GIDM and the last one was of Col. Ravinder Singh.</p> <p>The second day of workshop started by the visit to Vidhyapith in Ahmedabad and then we were taken to GIDM Gandhinagar there we had 3 sessions first by Fighter PuneetChadda then the second one by Dr.Ravi and the last session was on psychology by Dr.Pooja Pushkarna from Apollo hospital.</p>	NSS Programme officers and the student incharges and they later on educated other students of the college.
4.	1/08/2019	Cleaning of the campus	The NSS Unit along with the other central committee members cleaned the campus from the gardens to classrooms to toilets. Along with the help of teachers and working faculty the students and the incharges did the cleaning.	Students and other college faculty members 250
5.	2/08/2019 To 3/08/2019	Welfare activity	<ul style="list-style-type: none"> • Cleaning of an old age home at Lambhvel The NSS unit along with central committee students of the college did a welfare activity at Lambhvel . An old age home was cleaned by the students and even they had an interaction with the aged people there. • Cleaning of a statue The NSS unit and the central committee members cleaned up a statue of Mahatma Gandhi at Shastri ground. 	<p>22 Students</p> <p>17 Students</p>



6.	5/08/2019	73 rd Independence day celebration	73 rd Independence day was celebrated at SM Patel College of Home Science with NSS Unit and all the other students and faculties.	45 Students and faculty members
7.	2/09/2019	Awareness talk on Thalassemia and Sickle cell	An awareness talk for F.Y. students by Mr. Bhupendra, Indian Red Cross Society Anand, was arranged by the NSS unit to spread a word among the students about this genetic deficiency.	145 students
8.	3/09/2019	Thalassemia check-up camp	Thalassemia check-up camp was organized by the NSS unit with the help of Indian Red Cross Society Anand in the college. Students were sponsored by Lions Club Anand.	145 students
9.	7/09/2019	Blood donation camp	Blood donation camp was organized by the NSS unit with the help of Indian Red Cross Society Anand. 28 blood units were collected.	28 blood units
10.		Tree plantation	Tree plantation camp was organized and 50 samplings were sowed in the campus.	50 Students
11.	1/09/2019 To 30/9/2019	Celebrating 'POSHAN MAAH'	<p>The following activities were carried out in this POSHAN MAAH:</p> <ul style="list-style-type: none"> • Health Awareness programme – Talk by Ms. Minal Chauhan to Aged people of a community from Nadiad district. • Talk on 'Health Recipes for Infants' by Ms. Tanvi Makwana to Anganwadi workers of Anand district. <hr/> <p>Rally on 'Eat Right Movement' with some collaboration with Foods & Nutrition Department.</p> <ul style="list-style-type: none"> • Talk by Ms. Shazia Sharma on 'Nutrition for Pre-schoolers'. • Recipe competition in Balwadi in collaboration with Human Development Department. 	Students 350, AWW and Community people.

12.	24/09/2019	50 th NSS day celebration	<p>As a part of NSS day celebration following some activities were organized:</p> <ul style="list-style-type: none"> • Rally on 'Eat right Movement' in collaboration with Foods & Nutrition Department. • Kadha Vitran Programme was organized in the college campus for the students. 	200 students
13	11/09/2019 To 27/09/2019	Plastic waste free campaign	<p>A circular was received from the government on 'Plastic waste free campaign' as a part of it the following activities were organized by the NSS unit:</p> <ul style="list-style-type: none"> • Paper bag distribution Students made paper bags and that were distributed to the vendors and shop owners around the college campus. • Essay writing competition An essay writing competition was organized on ' in collaboration with Sarjanatamak Abhivyakti Dhara 	Whole College
			<ul style="list-style-type: none"> • Slogan writing competiton in collaboration with NCC dhara a slogan writing competition was organized on the same 	
14.	02/10/2019	150 th Mahatma Gandhi Jayanti	On the occasion of 150 th Jayanti of Mahatma Gandhi the NSS unit organized a cleaning camp in the college campus in which faculty members also joined in to clean the campus along with students.	150 students and faculty members
15.	26/11/2019	Constitutional day	NSS Programme officer Dr. Mittal Barot addressed the students on how constitution was made and came into effect and also told about Dr. Ambedkar and then read the constitution aloud.	100 students
16.	24/01/2020 to 30/01/2020	Annual NSS camp	Annual NSS camp was organized at Jol village near Vadtal. Various activities were carried out during the camp. Volunteers devoted themselves in all the activities and also learned from it.	30 students



17.	22/02/2020	Matrubhasa day celebration	On the occasion of Matrubhasa divas the NSS Unit organized a display of books of different mother tongue in the library of the college.	Students as well as staff
18.	2/03/2020	Cleaning campaign	The NSS Unit along with the other central committee members cleaned the campus from the gardens to classrooms to toilets Along with the help of teachers and working faculty the students and the incharges did the cleaning.	100 students
19.		During Lockdown period due to the COVID-19 Pandemic	<ul style="list-style-type: none">13/04/2020 Recommendation of downloading the Government app AAROGYA SETU to fight against corona to all the students and staff members.14/04/2020 IGOT registration by all students. Mask making and distribution by NSS volunteers in their areas.20/04/2020 Awareness video – DO's and DON'ts to be followed during the pandemic with some basic nutritional tips was made by the NSS volunteers. Video song was made by the NSS volunteers – 'EK CHOTI SI KOSHISH' to keep the flame of hope burning in the hearts of the citizens. Posters were made by NSS volunteers during this lockdown for spreading the word of awareness of COVID-19.1/05/2020 On the mark of GUJARAT STHAPNA DIWAS following 2 activities were organized : POEM WRITING and POSTER MAKING from home.	

			<ul style="list-style-type: none"> 08/05/2020 <p>As per GIDM and CVM Guidelines a webinar was held on the topic- COVID-19: ROLE OF YOUTH AND VOLUNTEERS. Students along with staff members attended the webinar.</p> <p>Handmade cloth mask were made and distribution was done by NSS programme officers and volunteers to the vendors, shop keepers and other workers within Karamsad, Vidhyanagar and Anand.</p> <p>Webinar was organised by the NSS unit on the mark of MENSTRUAL HYGEINE DAY for women, with collaboration with JCI Anand. NSS programme officers Ms. Minal Chauhan and Dr. Mittal Barot with Dr. Dhaval, dentist organised a webinar on the topic 'MENSTRUAL AND REPRODUCTIVE HEALTH' in which women related different diseases and problems during menstruation and puberty were discussed.</p>	
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NSS Special Camp Report

Samudayak Seva Dhara NSS of S.M.Patel College of Home Science organized a special camp in the village of Jol near Vadtal from 24/01/2020 to 30/01/2020. Special camping is an integral part of National Service Scheme. It has special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with community. It also imparts a variety of values in the volunteers and they learn from it.

The camp was planned to focus on core areas such as life skills, education, self employment, healthy life and cleanliness. Combating the present situation of the community through education and providing the volunteers to play their roles in better development of the village which not only help in creating durable community assets in rural and slum areas but also result in improvement of weaker sections of the community.

The volunteers participated enthusiastically in the camp under the vigilance and guidance of NSS Programme officers, Ms. Minal Chauhan and Dr. Mittal Barot and Principal of the college, Dr. Bhavana Chauhan.

NSS special camp report is as follows:

Day	Date	Title of event	Brief description
1.	24/1/20 Friday	Arrangement of the residential place, door to door campaign and preparation of inaugural function. Awareness rally	<ul style="list-style-type: none">On reaching all students arranged the area and cleaned it, then later on they were divided into several different committees.NSS programme officers gave a brief outline of various activities to be organized for the next 7 days.Door to door campaign was done by the survey committee and they inquired about various issues from cleaning to health related issues.Other committees did the preparation for the inaugural function.NSS Volunteers along with NSS programme officers carried a rally into the streets of the village carrying plaque cards and posters and raising slogans to create awareness on Swachhta and to inculcate in them the importance of cleanliness.

Day	Date	Title of event	Brief description
2.	25/1/20 Saturday	Inaugural ceremony. 'Vanche Gujarat' display. Cleaning in street. Street play.	<ul style="list-style-type: none"> • Special camp was inaugurated by Vice president CVM, Shri. Manishbhai Patel gave an encouraging speech for NSS volunteers and Principal Dr. Bhavana Chauhan addressed the gathering. • The sarpanch of the village Mr. Jagdish Parmar was our Chief guest, he also motivated the volunteers to put in efforts to work for the betterment of the village. • A section of books was displayed to promote the idea of 'VANCHE GUJARAT' with the help of the librarian of the college. • After the inauguration the NSS volunteers cleaned up the street to spread awareness and importance of cleanliness and hygiene among the villagers and to spread a word about Swachh Bharat mission. • Street play on two themes – DRUG ABUSE and PADHEGA INDIA TOH BADHEGA INDIA were demonstrated by the students to empower as well as create awareness among the villagers and weaker sections of society.
Day	Date	Title of event	Brief description
3.	26/1/20 Sunday	Republic day celebration Eye checkup camp Tri colour recipe competition No plastic campaign	<ul style="list-style-type: none"> • Republic day was celebrated in the school located in the village. Students of the school performed cultural programs. At the end of the function volunteers distributed chocolates to the children of the school and donated books to the school. • Free Eye check up camp was organized in the village with Jethva eye hospital, Anand. Prescription with necessary instructions was given. • On the occasion of Republic day, tricolor recipe competition was organized for the women of the village, was judged by the NSS programme officers Ms. Minal Chauhan and Dr. Mittal Barot and prizes were given to the winners. • NSS volunteers along with NSS programme officers Ms. Minal Chauhan and Dr. Mittal Barot under the Government order 'SAY NO TO PLASTIC' carried a rally and collected plastic waste from the streets of the village and educated the village people about the ban of single use plastic.



Day	Date	Title of event	Brief description
4.	27/1/20 Monday	Fire brigade demonstration drill Craft making Informative talk Awareness rally	<ul style="list-style-type: none">• Fire brigade demonstration drill was arranged with Fire brigade Anand, at the center of the village to educate and spread awareness among the villagers and guide them how to exhaust fire during emergency.• Ms. Sushma Batra and Ms. Nidhi Gupta and group of students demonstrated paper craft to students of the school and even taught them best of waste making items.• Dr.Mittal Barot had a talk with the students of the school regarding adolescent problems and also demonstrated origami to them with her group.• Under the 'Eat Right Movement' NSS programme officers along with volunteers carried out a rally with plaque cards in the village to educate people about the importance of eating the right food and staying healthy.
5.	28/1/20 Tuesday	Health related activity Self-employment activity Healthy recipe demonstration	<ul style="list-style-type: none">• Mr. Ranjit Bhagora taught yoga for different types of diseases to the villagers and educated them on the importance of exercise and meditation for good health.• Ms.Alpana Shah and group demonstrated how to make jewelry out of old clothes.• Ms. Shazia Sharma, Ms.Vijiya Agarwal, Ms Minal Chauhan and group demonstrated healthy recipes to the women of the village. They also taught them the importance of proper nourishment of body for good health.
6.	29/1/20 Wednesday	Valedictory ceremony	<ul style="list-style-type: none">• Dr Bhavana Chauhan formally welcomed the gathering, appreciated the efforts of students and NSS programme officers to make the camp a great success. Shri. Khodabhai, Hon.Jt Secretary of CVM and Ms. Jagruti Nonacademic forum co-coordinator SPU, encouraged and congratulated NSS team and college for successfully conducting the camp and urged volunteers to involve themselves towards social service. Ms. Minal Chauhan conducted the valedictory speech and Dr.Mittal Barot proposed vote of thanks. NSS volunteers shared their experiences in the camp.

Day	Date	Title of event	Brief description
7.	30/1/20 Thursday	Cleanliness drive	<ul style="list-style-type: none"> The seventh day was the closing day of the camp. NSS Volunteers took actively participated in the Swachhta abhiyan by performing cleanliness at various areas of the village. By inviting people to participate in the drive, the Swachhta Abhiyan has turned into a National Movement. A sense of responsibility has been evoked among the people through the Clean India Movement.

Every night cultural programmes were also organized to make students interact with the people and among themselves to increase their communication and help them grow. Throughout the entire camp the villagers supported the entire NSS unit for all activities and also helped with required facilities. At every morning and evening an intensive door to door campaign was done in the leadership of NSS program officers to inform people about daily activities. The students residing in the camp have not only done their casework but they helped daily in cooking the food, done all cleaning by themselves. The main motive of this camp was to strengthen ones personality through social service. How to take out maximum output from minimum resources is the key. Leaving our comfort zone and working in the area of village made all of us realize that the society is in need of young people. Students have learnt a lot through this camp.

Report of Zaverba Nursery School



Sr. No.	Date	Activity	Topic & Place	Name of Faculty No. of Students
1	10-7-19	Tree Plantation	Zaverba Nursery School	Dr. Bhavana Chauhan Dr. Mittal Barot Mrs. Priyanka Patel (13 Students)
2	18-7-19	Celebration of Gurupurnima	Zaverba Nursery School	Dr. Mittal Barot Mrs. Priyanka Patel (13 Students)
3	13-8-19	Celebration of Independence day	Zaverba Nursery School	Dr. Bhavana Chauhan Dr. Mittal Barot Mrs. Priyanka Patel (13 Students)
4	13-8-19	Celebration of Rakshabandhan	Zaverba Nursery School	Dr. Bhavana Chauhan Dr. Mittal Barot Mrs. Priyanka Patel (13 Students)
5	22-8-19	Celebration of Janmashtmi	Zaverba Nursery School	Dr. Bhavana Chauhan Dr. Mittal Barot Mrs. Priyanka Patel (15 Students)

Sr. No.	Date	Activity	Topic & Place	Name of Faculty No. of Students
6	4-9-19	Celebration of Ganesh Utsav	Field Trip (Place Near Escon Temple) Star Group	Dr. Mittal Barot Mrs. Priyanka Patel (15 Students) & Human development Department SY Girls
7	5-9-19	Celebration of Teacher's day	Zaverba Nursery School	Mrs. Alpna Shah Dr. Mittal Barot Mrs. Priyanka Patel (15 Students)
8	14-9-19	Balwadi day Celebration	Auditorium	Dr. Bhavna Chauhan Dr. Mittal Barot Mrs. Shazia Sharma (Guest Faculty) Mrs. Tanvi Makwana Mrs. Priyanka Patel (15 Students with Parents)
9	5-10-19	Celebration of Navratri	Zaverba Nursery School	Dr. Bhavna Chauhan Dr. Mittal Barot Mrs. Priyanka Patel (15 Students) & Human development Department TY Girls
10	18-10-19	Celebration of Diwali	Zaverba Nursery School	Dr. Bhavna Chauhan Dr. Mittal Barot Mrs. Priyanka Patel (15 Students)
11	21-12-19	Celebration of Christmas	Zaverba Nursery School	Mrs. Alpna Shah Dr. Mittal Barot Mrs. Tanvi Makvana Mrs. Priyanka Patel (15 Students) & Human development Department SY Girls
12	17-01-20	Kite Festival	Zaverba Nursery School	Dr. Mittal Barot Mrs. Priyanka Patel (15 Students)
13	24-01-20	Celebration of Republic day	Zaverba Nursery School	Dr. Mittal Barot Mrs. Priyanka Patel (15 Students)
13	10-02-20 to 15-02-20	Colours Week	Zaverba Nursery School	Dr. Mittal Barot Mrs. Priyanka Patel (15 Students)
14	07-03-20	Celebration of Holi	Zaverba Nursery School	Dr. Mittal Barot Mrs. Priyanka Patel (15 Students)



Alumni Speaks

My college days are unforgettable and in fact those days are the happiest and fruitful days in my life. Being part of S.M.Patel , I felt blessed. It is a place of knowledge and bliss. It has provided me a wonderful environment and opportunity to learn and grow myself. The wide range of activities for students are organized in the college to enhance the skills of the students for their bright future ahead. During my college days I got immense support from the department of Family Resource Management Teachers of S. M. Patel College. I still remember, what to do next in my career, I always have discussion on it with Kalpana Ma'am, Nidhi Ma'am & Sushma Ma'am. Their guidance taught me a lot and motivated me to do what you want to do in your life without any fear and independently. I got best and lovable friends from this college who are there for me in my critical situation when I am in need of family. It was very precious and golden phase of my life. I would like to heartily thank all the teachers and other administrative staff in our college who are still there and who are formerly working as well, for helping the students to adjust in every situation and showing them the path in which they can walk and achieve growth in life ahead. The ambience of the college has always been so positive and encourages to learn. I have got infinite love & support from my teachers at every step.



Sneha Jaiswal

“Start where you are, Use what you have, Do what you can”

Three years of college life made me write this quote. I feel proud to be a part this college; it gave me a platform to excel on my strengths and to work upon my weaknesses.

Just like a bird cannot fly without wings, similarly a student cannot fulfill her goals without the support and guidance of his/her respected teachers. Along with the academic part, FRM staff members were always there to guide and support on every aspect as well, such as personality development, communication skill, and sportsman spirit, moral and corporate ethics.



Although it has been 11 years since I passed out, the college still feels the same

..... the college campus I miss terribly today, growing up is to the toughest part and the tougher part is to leave the enclosed walls. Today while I look back to the golden days, I am suddenly reminded of the grand entrance to the heaven i.e. College. Let me tell you college canteen's chai and samosa used to top the list and that Saturday special dish. I remember how we used to beat the shit of the birthday girl to give us a treat.

How on days, we used to run to the sickbay by making an excuse of stomach ache to avoid the scolding of our unfinished homework. I was one of the them too so don't feel left out.

Have I mentioned the corridor gossips? Or eating tiffin in between the ongoing class?

But I miss spending my free time in the library with tones of refreshing books and my art work from bunking classes to the college terrace on our farewell day and promising that "we will stay connected" but see somewhere between the lines we all grew up.

I am highly thankful for everything passed on to me as I graduated and feel proud to be a part of Alumni. I really wish to visit the college again and do all weird things to make the memories of my joyous phase keep alive.

Continuous support of our Family Resource Management teachers and other staff members was always with us unconditionally. My best wishes will always be with the college and respected teachers.

Regards

Dharti Gajjar

Batch 2009

Owner of Shimmer Drawer

(Decorative and Creative Art Work)

Also Working As Purchase Assistant in

FluidTech Systems



I pursued my graduation from S. M. Patel College of Home Science. Little did I know about the subjects of Home Science before my graduation, often assumed as a course that helps with some vocational courses. After joining the studies, I realized there's a Science behind our daily life. The courses offered here have a complete 'Holistic Approach' with the subjects that are worth learning. The best part is the curriculum that makes you learn through "Real life based



application". To be precise we don't just learn professional skills here, you also learn how to improvise on personal front. Describing about the environment of the college, the faculties are very supportive and approachable. I have seen them putting tremendous efforts in imparting the knowledge to the students in the best way they can. The college is a boon for the students who come from restricted background.

I pursued my Degree of Bachelor from the Department of Human Development. The Faculties of department have acted as bridge for us to connect with various organizations that are working for Human Welfare. Through the internship and block placements, we get to work on platforms by applying our knowledge and skills into practice. We were constantly guided by the faculties for the areas where we had scope of improvement. Hence lastly I would like to mention that this college has been one of the main pillars in building and shaping my career.

Aditi Pasaya

Assistant Professor,



Finding the right path to success at the right time is really very important and for that I enrolled myself for B.Sc. in Food Science and Quality Control (FSQC) in S. M. Patel College of Home Science.

I am the alumni of first batch of FSQC. The course I studied was very well designed and through this, the knowledge given by teachers and many learned visiting faculties helped me to develop new insights in the field of food science and nutrition.

Apart from academic activities, the co curricular activities helped me to gain self confidence. It is only because of hard work and dedication of all the teachers of college, especially FN department, I have reached where I am today. I am fortunate that even after completion of my studies, I have got several opportunities to work with and be associated with my alma mater.

I wish that S. M. Patel College of Home Science achieve great and successful milestones in future as it does always.

Dr. Viraj Roghelia

Assistant Professor,

Post Graduate Department of Home Science,

Sardar Patel University,

Vallabh Vidyanagar



My dream started from 'Home Science College'. Here I would like share my golden memories with you, I consider myself extremely fortunate to have been a part of an institute like this. It has given me a lot of exposure and there is so much that I learnt through my classes and teachers, workshops and seminars. The value added courses offered by our college have helped me in my career. The college has made me what am today and the fact that I hold highest at it prestigious

film is all because of the grooming that I got at 'Home Science College'. The experience overall has been awesome. A special thanks to S. M. Patel Home Science College for giving us opportunities for all-round development and confidence to face the challenging market with full impact.

The most memorable aspect of S. M. Patel College is, at first our professors believed in me more than I believe in myself and helped me to build the self-confidence and pushed me to pursue a degree and got within MC a new interest in a whole new field.

I really appreciate even my teachers for their support and inspiring me in changing my life in the field of academics, The friends I made at the college remains strong today and a testament to Home Science College is nurturing culture.

- Adarsh Girls ITI Napa April-2004 to July-2009 served a Teacher in Department Cutting & Sewing.
- Adarsh Girls ITT Napa 2009 to 2011 served a Teacher in Department Fashion Technology.
- B & B Institute of Technology (currently continue) Fashion Designing Teacher (Induction Programme for Vocational Instructor under CDTP Scheme).
- Rotary Club Anand Round Town Anand 11/12/2018 to till date Garment Making Teacher.

I am very proud and grateful that I was a part of S. M. Patel Home Science College.

Jagruti U.Gajjar



Placement Cell Report

Ms Yasashvi Bhrambhatt

Student Incharge

Ms. Vijaya Agarwal

Placement Cell and Udhisha Incharge

Sr No.	Date	Activity	Topic and Place	Beneficiaries
1	19/6/20	“Vyakt”itva A personality development Workshop	Knowing yourself Dr Charudutt Gurjar Associate Professor and Dean English Department V P and R P T P Science	154 students of T Y B Sc (Home) participated
2	20/6/19	“Vyakt”itva A personality development Workshop	Resume Writing and Interview skills Dr Shamsha Emanuel Director Asanjo Educational Services	154 students of T Y B Sc (Home) participated
3	21/6/19	“Vyakt”itva A personality development Workshop	Soft skills and Employability Dr Raju Rathod Associate Professor MBA Department	154 students of T Y B Sc (Home) participated
4	27/7/19	Seminar	“Avenues of Home Science in Hospitality Management” by Margee Shimilkar of Panache Academy Vadodara	
5	4/9/19	Seminar	“Career Counselling”Dark Horse Academy	197 students participated
6	19//9/19 & 20/9/19	Workshop	Training on “International Auditing System and Process-FSMS” By Ms Namrata Dayal. In collaboration with Foods and Nutrition Department & Onecert International Pvt. Ltd.	36 students and 2 faculties participated

Sr No.	Date	Activity	Topic and Place	Beneficiaries
7	2/1/20	“Vyakt”itva 2.0 Workshop	Interpersonal Behavior and Communication Skills by Dhyey Academy (Mr Alpesh)	139 students participated
8	15/2/20	Placement Fair	Mega Placement Fair by Government of Gujarat under KCG	154 registered 30 students participated



Stress Management



Stress, in everyday terms, is a feeling that people have when they are overloaded and struggling to cope with demands. These demands can be related to finances, work, relationships, and other situations, but anything that poses a real or perceived challenge or threat to a person's well-being can cause stress. Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. It is a normal part of life. You can experience stress from your environment, your body, and your thoughts

Why do we stress?

At the most basic level, stress is our body's response to pressures from a situation or life event. When we encounter stress, our body is stimulated to produce stress hormones that trigger a 'flight or fight' response and activate our immune system. This response helps us to respond quickly to dangerous situations.

Sustained or chronic stress, in particular, leads to elevated hormones such as cortisol, the "stress hormone," and reduced serotonin and other neurotransmitters in the brain, including dopamine, which has been linked to depression.

What causes low serotonin?

Genetic factors, faulty metabolism, and digestive issues can impair absorption and breakdown of our food which reduces our ability to build serotonin. Poor Diet, Hormone changes cause low levels of serotonin and neurotransmitter imbalances. Lack of sunlight contributes to low serotonin levels.

Here are some tips to help you keep stress at bay.

1. Take slow, deep breaths. Or try other breathing exercises for relaxation
2. Keep a positive attitude.
3. Accept that there are events that you cannot control.
4. Be assertive instead of aggressive.
5. Learn and practice relaxation techniques; try meditation, yoga, dancing, etc for stress management.
6. Listen to soothing music
7. Exercise regularly.
8. Soak in a warm bath
9. Eat healthy, well-balanced meals.

When you are stressed you may experience many different feelings, including anxiety, fear, anger, sadness, or frustration. These feelings can sometimes feed on each other and produce physical symptoms, making you feel even worse. For some people, stressful life events can contribute to symptoms of depression like:

- Depression or anxiety.
- Anger, irritability, or restlessness.
- Feeling overwhelmed, unmotivated, or unfocused.
- Trouble sleeping or sleeping too much.
- Racing thoughts or constant worry.
- Problems with your memory or concentration.
- Making bad decisions.

Physical symptoms of stress include:

- Low energy.
- Headaches.
- Upset stomach, including diarrhea, constipation, and nausea.
- Aches, pains, and tense muscles.



- Chest pain and rapid heartbeat.
- Insomnia.
- Frequent colds and infections.
- Loss of sexual desire and/or ability.

What does extreme stress do to the body?

Ongoing, chronic stress, however, can cause or exacerbate many serious health problems, including: Mental health problems, such as depression, anxiety, and personality disorders. Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythms, heart attacks, and stroke.

10 Simple Ways You Can Stop Yourself From Over thinking

1. Awareness is the beginning of change.
2. Don't think of what can go wrong, but what can go right.
3. Distract yourself into happiness.
4. Put things into perspective.
5. Stop waiting for perfection.
6. Change your view of fear.
7. Put a timer to work.
8. Realize you can't predict the future.

Scientifically Proven Ways to Be Incredibly Happy

1. Exercise: 7 Minutes Could Be Enough.
2. Sleep More: You'll Be Less Sensitive to Negative Emotions.
3. Spend More Time With Friends/Family: Money Can't Buy You Happiness.
4. Get Outside More
5. Help Others
6. Practice Smiling: Reduce Pain, Improve Mood, And Think Better.

ALWAYS LOOK ON THE BRIGHT SIDE

Dr. Bhavana Y Chauhan
Principal

Source: mentalhealth.org.uk

The chemistry of cleaning agents



There are hundreds of specialty cleaners on the market that claim to fight stains, blast mildew, and get tough on grime. But how do these chemical cleaners work ?

In many environments, like hospitals, schools, and even homes, these chemical cleaners are essential to remove harmful bacteria, mold removal and reduce the spread of infection. Chemical cleaners can also be used for aesthetic appeal—to keep a surface clean and free from dust and dirt. Cleaning products are made with a number of potent chemicals designed to eradicate contaminants, such as bathroom and tile cleaners, stain removers, all-purpose cleaners and glass cleaners,

While every cleaning product has its purpose, they each contain different chemical ingredients. Before you use any cleaner in your home or business, it's important to read labels carefully. Most over-the-counter cleaners are made with toxic ingredients and should be kept out of reach of children. Some chemical cleaners can irritate the eyes and skin upon contact; these products may release volatile organic compounds that pollute indoor and outdoor environments in the form of smog.

Commercially-sold cleaning agents may containing following chemicals.



Strong alkali	Designed to destroy harmful microbes and dissolve proteins; examples include drain cleaners, oven cleaners, and lye. Strong alkali products are corrosive and must be handled with care as they can burn and irritate the skin and lungs.
Heavy-duty alkali	These products contain sodium carbonate, a corrosive degreaser used to remove fatty buildup from pans, burners, and drains. Sodium carbonate can be found in powdered detergents and washing soda.
Mild alkali	These products contain sodium bicarbonate, also called baking soda. Mild alkali products can be used for gentle cleaning as they are not corrosive; these products are safer to use around children and pets but still must be handled with care.
Strong acid	Used to clean sinks, bathtubs, and toilets to remove soap scum, toilet bowl rings, and hard water deposits. Strong acid products are highly corrosive and may contain phosphoric and hydrochloric acids.
Mild acid	Cleaners made with acetic, citric, hydroxy acetic, and gluconic acids, used to remove hard water stains, rust, and tarnish in sinks and showers. Mild acid cleaning products are safer to use around children and pets when made with citrus or acetic acids but still must be handled with care.
Solvent	Used to dissolve oil and grease with ingredients like mineral spirits, denatured alcohols, and acetones. Solvent cleaners may come in the form of stain removers, rug cleaners, and all-purpose cleaning products, all of which are highly flammable.
Soaps/ detergents	Used to emulsify grease and fat when found in laundry soap and dishwashing detergent. These products are safer to use around children and pets but still must be handled with care.

For this reason, it is critical to read cleaning product labels carefully before purchasing and using chemical cleaners in the home.

Dr. Yogesh Vadwala

Image Source: Google Images

Spirituality and Stress Relief: Make the connection

Some stress relief tools are very tangible: exercising more, eating healthy foods and talking with friends. A less tangible — but no less useful — way to find stress relief is through spirituality.

What is spirituality?

Spirituality has many definitions, but at its core spirituality helps to give your life context. It's not necessarily connected to a specific belief system or even religious worship. Instead, it arises from your connection with yourself and with others, the development of your personal value system, and your search for meaning in life.

For many, spirituality takes the form of religious observance, prayer, meditation or a belief in a higher power. For others, it can be found in nature, music, art or a secular community. Spirituality is different for everyone.

How can spirituality help with stress relief?

Spirituality has many benefits for stress relief and overall mental health. It can help you:

- **Feel a sense of purpose.** Cultivating your spirituality may help uncover what's most meaningful in your life. By clarifying what's most important, you can focus less on the unimportant things and eliminate stress.
- **Connect to the world.** The more you feel you have a purpose in the world, the less solitary you may feel — even when you're alone. This can lead to a valuable inner peace during difficult times.
- **Release control.** When you feel part of a greater whole, you may realize that you aren't responsible for everything that happens in life. You can share the burden of tough times as well as the joys of life's blessings with those around you.
- **Expand your support network.** Whether you find spirituality in a church, mosque or synagogue, in your family, or in nature walks with a friend, this sharing of spiritual expression can help build relationships.
- **Lead a healthier life.** People who consider themselves spiritual may be better able to cope with stress and may experience health benefits.

Discovering your spirituality

Uncovering your spirituality may take some self-discovery. Here are some questions to ask yourself to discover what experiences and values define you:

- What are your important relationships?
- What do you value most in your life?



- What people give you a sense of community?
- What inspires you and gives you hope?
- What brings you joy?
- What are your proudest achievements?

The answers to such questions can help you identify the most important people and experiences in your life.

Cultivating your spirituality

Spirituality also involves getting in touch with your inner self. A key component is self-reflection. Try these tips:

- Try prayer, meditation, mindfulness and relaxation techniques to help focus your thoughts and find peace of mind.
- Keep a journal to help you express your feelings and record your progress.
- Seek out a trusted adviser or friend who can help you discover what's important to you in life. Others may have insights that you haven't yet discovered.
- Read inspirational stories or essays to help you evaluate different philosophies of life.
- Talk to others whose spiritual lives you admire. Ask questions to learn how they found their way to a fulfilling spiritual life.

Nurturing your relationships

Spirituality is also nurtured by your relationships with others. Realizing this, it's essential to foster relationships with the people who are important to you. This can lead to a deepened sense of your place in life and in the greater good.

- Make relationships with friends and family a priority. Give more than you receive.
- See the good in people and in yourself. Accept others as they are, without judgment.
- Contribute to your community by volunteering.

Pursuing a spiritual life

Staying connected to your inner spirit and the lives of those around you can enhance your quality of life, both mentally and physically. Your personal concept of spirituality may change with your age and life experiences, but it always forms the basis of your well-being, helps you cope with stressors large and small, and affirms your purpose in life.



Minal Chauhan

Assistant Professor

Source: mayoclinic.org

Healthy living

Good health habits can allow you to avoid illness and improve your quality of life. The following steps will help you feel better and live better.

- Get regular exercise and control your weight.
- Don't smoke.
- Do NOT drink a lot of alcohol. Avoid alcohol completely if you have a history of alcoholism.
- Use the medicines your health care provider gives you as directed.
- Eat a balanced and healthy diet.
- Take care of your teeth.
- Manage high blood pressure.
- Follow good safety practices.



EXERCISE

Exercise is a key factor in staying healthy. Exercise strengthens the bones, heart, and lungs, tones muscles, improves vitality, relieves depression, and helps you sleep better.

Talk to your provider before starting an exercise program if you have health conditions such as obesity, high blood pressure, or diabetes. This can help ensure that your exercise is safe and that you get the most out of it.

SMOKING

Cigarette smoking is the main preventable cause of death in the United States. One out of every 5 deaths each year is either directly or indirectly caused by smoking.

Secondhand cigarette smoke exposure can cause lung cancer in nonsmokers. Secondhand smoke is also linked to heart disease.

It is never too late to quit smoking. Talk to your provider or nurse about medicines and programs that can help you quit.

ALCOHOL USE

Drinking alcohol changes many brain functions. Emotions, thinking, and judgment are first to be affected. Continued drinking will affect motor control, causing slurred speech, slower reactions, and poor balance. Having a higher amount of body fat and drinking on an empty stomach will speed up the effects of alcohol.



Alcoholism can lead to diseases including:

- Diseases of the liver and pancreas
- Cancer and other diseases of the esophagus and digestive tract
- Heart muscle damage
- Brain damage
- Do NOT drink alcohol when you are pregnant. Alcohol can cause serious harm to the unborn baby and lead to fetal alcohol syndrome.

Parents should talk to their children about the dangerous effects of alcohol. Talk to your provider if you or someone close to you has a problem with alcohol. Many people whose lives have been affected by alcohol get benefit from taking part in an alcohol support group.

DRUG AND MEDICINE USE

Drugs and medicines affect people in different ways. Always tell your provider about all the drugs you are taking. This includes over-the-counter medicines and vitamins.

- Drug interactions can be dangerous.
- Older people need to be very careful about interactions when they are taking many medicines.
- All of your providers should know all the medicines you are taking. Carry the list with you when you go for checkups and treatments.
- Avoid drinking alcohol while taking medicines. This can cause serious problems. The combination of alcohol and tranquilizers or painkillers can be deadly.

Pregnant women should not take any drug or medicine without talking to the provider. This includes over-the-counter medicines. The unborn baby is even more sensitive to the harm from drugs in the first 3 months. Tell your provider if you have been taking any drugs just before becoming pregnant.

Always take medicines as prescribed. Taking any drug in a way other than prescribed or taking too much can cause serious health problems. It is considered drug abuse. Abuse and addiction are not just associated with illegal “street” drugs.

Legal drugs such as laxatives, painkillers, nasal sprays, diet pills, and cough medicines can also be misused.

Addiction is defined as continuing to use a substance even though you are experiencing problems related to the use. Simply needing a drug (like a painkiller or antidepressant) and taking it as prescribed is not addiction.

DEALING WITH STRESS

Stress is normal. It can be a great motivator and help in some cases. But too much stress can cause health problems such as trouble sleeping, stomach upset, anxiety, and mood changes.

- Learn to recognize the things most likely to cause stress in your life.
- You may not be able to avoid all stress but knowing the source can help you feel in control.
- The more control you feel you have over your life, the less damaging the stress in your life will be.

OBESITY

Obesity is a serious health concern. Excess body fat can overwork the heart, bones, and muscles. It can also increase your risk for developing high blood pressure, stroke, varicose veins, breast cancer, and gallbladder disease.

Obesity can be caused by eating too much and eating unhealthy foods. Lack of exercise also plays a part. Family history may be a risk for some people as well.

DIET

Having a balanced diet is important to being in good health.

- Choose foods that are low in saturated and trans fat, and low in cholesterol.
- Limit your intake of sugar, salt (sodium), and alcohol.
- Eat more fiber, which can be found in fruits, vegetables, beans, whole grain products, and nuts.

TOOTH CARE

Good dental care can help you keep your teeth and gums healthy for a lifetime. It is important for children to begin good dental habits when they are young. For proper dental hygiene:

- Brush your teeth twice a day and floss at least once daily.
- Use fluoride toothpaste.
- Get regular dental checkups.
- Limit sugar intake.
- Use a toothbrush with soft bristles. Replace your toothbrush when bristles get bent.
- Have your dentist show you the proper ways to brush and floss.

Krupa Bhatt
T.Y. F.N.

Source: medlineplus.gov

“Learning begins for beginners’ best and to make better tomorrow”



In the learning process the most active learners are kindergartens, they draw on direct physical and social experiences to construct their own understandings of the world around them. Yet, in many kindergarten classrooms play and experiential learning have been replaced by teacher-directed academic, learning directed specifically toward the acquisition of literacy skills in general and phonics instruction in particular. Here I would like to share one of my experiences which I had planned to focus and develop young learners' skills like: Vocabulary, communication, Social Emotional, through experiential learning. There were different types of experiential learning activities among them I prefer dramatic play, the script with short sentences was written according to the theme by me (mentor) and distributed the roles among the students (mentee). Different themes were planned to develop life skills, through this type of activity and keeping in mind to give chance to every student to perform, I trained the students how to deliver the speech while playing the role with action. During Play time students were playing indoor and outdoor games with many play equipments. Furthermore, while using the same toys I had arranged the equipments as per the act situation, for instance, Home entrance, kitchen and garden area. Looking to the classroom with changed setup all students felt stimulated and showed excitement towards new learning task and the students those who are going to performing the task were very enthusiastic. After this activity I had observed the students those who didn't participate they showed

their readiness towards doing act and waited for their chance to perform. In this theme, I tried to cover the development such as gratitude, vocabulary, interpersonal skills, logical thinking. The kindergarten lesson should plan in the integrated subject which was designed to open a study of living things. After the activity task I wanted to investigate their learning outcome, so to provoke the children I asked basic questions like, “Who opened the door?” “What she said to the Guest?”, “Whom they called for help/ what is the reason? then invited them to explore the basic physical attributes of life.

However, self-determination and discovery of interest through exploratory activity (play) also encourages the essential development of a sense of self as a powerful and effective agent in the learning process for all children. As an educationist, providing opportunities for children will develop to broaden and deepen their behavioral knowledge by providing a variety of firsthand experiences. Thus, I also believe in what is said by Bruner, “Manipulation of the physical world and imaginative play in the social context of the classroom establish the critical and intuitive faculties upon which future literacy learning is founded.”(Bruner,1963). Without this cornerstone our children are in danger of upbringing without understanding what they are interested in and seeking to others to guide them.

Ms. Shefaly Mahajan

(M.Sc. Human Development)

KG. Facilitator V. and C. Patel English School





Thoughts of Mind

Your mind thinks Thoughts and the pictures are broadcast back as your life experience. You not only create your life with your thoughts, but your thoughts add powerfully to the creation of the world. If you thought that you were insignificant and had no power in this world, think again. Your mind is actually shaping the world around you.

So, your thoughts can create your life, so think about what you want, think always positive in any situation, concentrate on your thoughts what are you thinking about!...



Bansari Patel

T.Y. F.N.

Magazine Secretary

The Internet: A Great Invention



The Internet has changed the way we live. It started as some thing that we could access only through a computer, but now a days it is every where, and I love it! One of the cool things about the world wide web is that you can look up anything you want and find out the answer straight away. Isn't that fantastic? For example, imagine you are arguing with your friends about how to do something. Easy solution: go online and find the answer! However, the greatest thing about the Internet is how you can learn on soft things very cheaply or even for free! Infact, my favorite website is www.udemy.com, where people register to teach and learn about different things: music, website design, making apps, history, etc. So I totally recommend it to everyone! in conclusion, the Internet has a lot of great things. For me, the best are finding in formation and learning online. What about you? What are your favorite things about it.

Bhagvati Limbani

S.Y.F.R.M.

Motivation to Studies



Motivation is a very strong tool we can use to get further in life and to achieve our dreams and goals. Setting goals for ourselves is something that I consider to be very important, I believe in always pushing myself further and further in life, not only physically but mentally as well. We all have different things or tools we can use to motivate us towards our end goals. In order for us to stay motivated we have to have a goal and be driven towards achieving that goal.

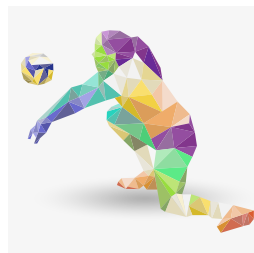
For me, self-motivation is empowering. Finding something that I enjoy and love to do and setting the final goal of achieving it. My main goal that I have set right now is to work towards finishing my degree. My motivation behind this is to be able to get a better job in future.

Zalak Patel

T.Y.FN

Importance of sports

Sport is generally recognised as system of activities which are based in physical athleticism or physical dexterity, with the largest major competitions such as the Olympic Games admitting only sports meeting this definition, and other organisations such as the Council of Europe using definitions precluding activities without a physical element from classification as sports. However, a number of competitive, but non-physical, activities claim recognition as mind sports. The International Olympic Committee (through ARISF) recognises both chess and bridge as bona fide sports, and SportAccord, the international sports federation association, recognises five non-physical sports: bridge, chess, draughts (checkers), Go and xiang qi, and limits the number of mind games which can be admitted as sports



Khushbu Goswami

S.Y. FRM.

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MANAGED BY CHARUTAR VIDYA MANDAL

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