

VOICE

The e-newsletter

S.M.PATEL COLLEGE OF HOME SCIENCE
(A CHARUTAR VIDYA MANDAL INSTITUTE)
NAAC REACCREDITED-B++
AFFILIATED WITH SARDAR PATEL UNIVERSITY
VALLABH VIDYANAGAR - GUJARAT

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PRINCIPAL
S.M.PATEL COLLEGE OF HOME SCIENCE

PRINCIPAL'S MESSAGE

S.M. Patel College of Home Science has a reputation for maintaining vibrancy by creating an environment where students can cultivate prosperity and unchanged enthusiasm. It is remarkable that keeping this legacy we have come out with our first edition of the e-Newsletter this year.

The last few months have been quite a challenge for all of us and we gave our best to win over this difficult situation. We are imparting higher education to young women in India, which is a very substantial, dynamic, and conscientious task. We all know that Women are a great human resource and the role of women in society is crucial for the development of a nation. To empower women is to increase their control over the decisions that affect their lives both within and outside the household. Through their empowerment, women gain a greater share of control over resources and it gives them the power of decision making in the home, community, society, and nation. I am extremely proud of being a woman and a principal of the girl's college.

Our students and faculty are engaged very well in institutional as well as the social domain. The remarkable talent and hard work of our students and faculty members have resulted in some amazing outcomes i.e. organizing events of International & National repute.

My best wishes to the team!

Dr. Bhavana Y Chauhan

**EDUCATION IS THE MANIFESTATION OF
THE PERFECTION ALREADY IN MAN.**

Swami Vivekananda



INTERNATIONAL WEBINAR

The Internal Quality Assurance Cell of the college successfully organized an International Webinar for creating awareness regarding the increasing elderly abuse globally. This webinar was in association with a guide, a social welfare organization working worldwide. The webinar was titled "Experience of the Elders is the Power of the Youth, Let us make a New India Together" wherein the focus was to make the middle and the young age citizens aware of the ill-treatment and exploitation the elders are made to go through. The Chief Guest of the Webinar was Dr. Vikram Singh, an Indian educationist, Retired IPS officer, Ex-DGP UP, Chancellor of Noida International University, the most highly decorated Police Officer In India, having recorded his name in the - Limca Book Of Records, 2014. Dr. S G Patel Hon. Secretary of Charutar Vidya Mandal graced the event as the Guest of Honor. The participation in the webinar was from the United States, Vietnam, Cambodia, Algeria, Srilanka, Bangladesh, and many states of India, wherein, a total of 760 registrations took place and more than 500 attended the webinar on the YouTube.

NATIONAL WEBINARS

KNOW YOUR HANDLOOM

Textiles and Clothing Department of S. M. Patel College of Home Science conducted a webinar through online and offline mode on "Know your Handloom" on Tuesday, 24th August 2021. Dr. Reena Bhatia, an assistant professor with the Clothing and Textiles Department and Assistant Director with the Institute of Fashion Technology, M.S. University of Baroda was invited as the resource person. Dr. Bhatia in her talk oriented the participants with the importance of handloom textiles in our national economy.

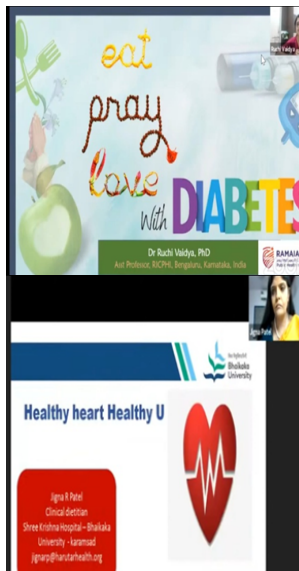
ECCE: A CAREER

On the 6th of September 2021, the webinar was organized by the HD Department on 'ECCE: A Career'. Dr. Mittal Barot was the convener. Dr. Jaimin Trivedi was the resource person (Director of My Day Dream School, V.V. Nagar).



CONVERGING TOWARDS HEALTHY WALK THROUGH RIGHT NUTRITION FOR PREVENTING DIABETES & HEART DISEASE

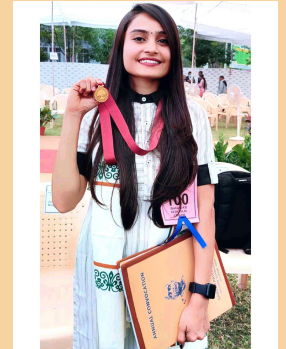
A webinar was organized by the Foods and Nutrition Department in collaboration with Rotary Anand Milkcity on 16th September 2021 as a part of Nutrition Month. As an expert Dr. Ruchi Vaidya Asst. Professor, Ramaiah Public Health Institute Bangalore spoke on Diet in Diabetes. Ms. Jigna Patel, Clinical Dietitian, Shree Krishna Hospital, Karamsad spoke on Diet and Cardiovascular health. The convener of the program was Shazia Sharma and Dr. Anil Gandhi. The program was moderated by Ms. Vijaya Agarwal.



CONGRATULATIONS



**RAMSHA PATHAN
TOPPED IN ALL
BRANCHES
&
F.N.DEPT.**



**BHAKTI LIMBANI
F.R.M.DEPT.**



**PRIYAL SHAH
T.C.DEPT.**



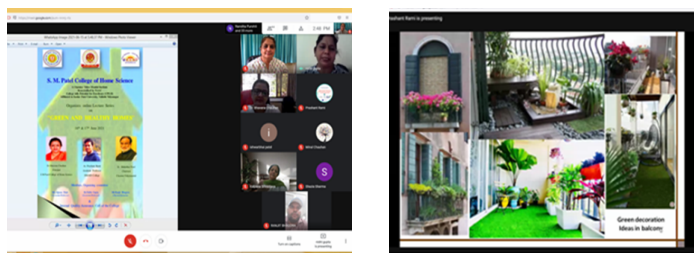
**SRASWATI PARMAR
H.D.DEPT.**

**CONGRATULATIONS
TO
OUR SCHOLARS 2020-21**

TALKS

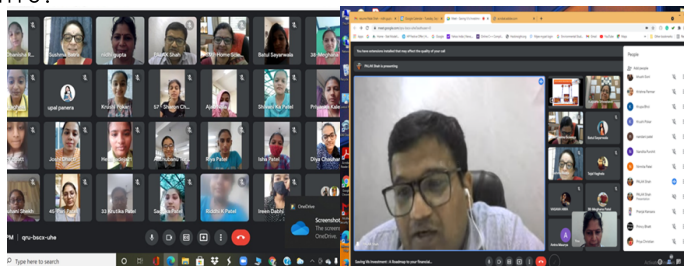
LANDSCAPING AND INDOOR PLANTS

A talk on "Landscaping and Indoor plants" was organized on 16-06-2021. Mr. Rami briefed participants about some important and commonly available indoor plants, their benefits. He also talked about the arrangement of these plants in the house and the science behind it. Dr. Nidhi Gupta anchored the whole event. The members of the organizing committee were Ms. Alpana Shah, Dr. Nidhi Gupta, Mr. Ranjit Bhagora.



SAVING V/S INVESTMENT: A ROADMAP TO YOUR FINANCIAL SECURITY

Mr. Palak Shah, a Financial Advisor was the expert of the talk on 14th September 2021. He talked about various modes of saving and investment and current trends in an investment like Shares, Mutual funds, Systematic Investment Plans, Equity, Bonds, etc. Mr. Palak also insisted the students to start practicing the current modes of secure investments like SIP and mutual funds in small amounts from their pocket money which can yield handsome amounts in their later life.



WORKSHOPS

PRE-PREPARATORY WORKSHOP ON LACTATION COUNSELLING

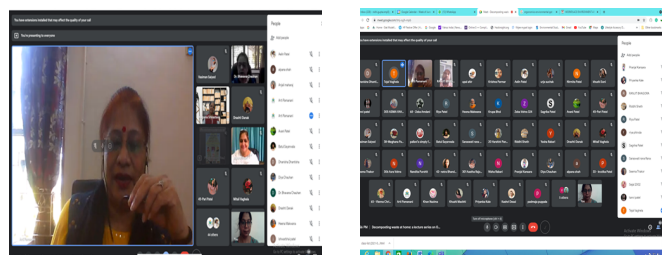
A workshop was organized with an aim of opening a new area to students for their future prospects. The speaker was Mrs. Yashika Bhavsar (Nutritionist and Lactation Professional). A case study was given at the very end of the workshop and the attendees needed to answer them respectively. In the end, a feedback form was filled out by everyone and the event ended around 4 p.m. The workshop was a huge success with 50 students of Foods and Nutrition and Human Development participating.

BONE AND JOINT HEALTH-PREVENTIVE CARE FOR OSTEOPOROSIS, OSTEOARTHRITIS, AND BACK PAIN

October 12 is observed as World Arthritis Day. In addition, World Osteoporosis Day (WOD) is celebrated globally on 20 October. In this regard, A National Webinar on "Bone and Joint health-Preventive care for osteoporosis, osteoarthritis and back pain" was organized by the Foods and Nutrition Department in collaboration with IDA, Gujarat Chapter on 12th October 2021, through virtual zoom platform and telecasted live on YouTube channel to celebrate World Arthritis Day and Osteoporosis Day together to focus on disorders including arthritis, back pain and osteoporosis, which includes awareness about prevention, disease management and treatment. Dr. Minal Chauhan was the convener.

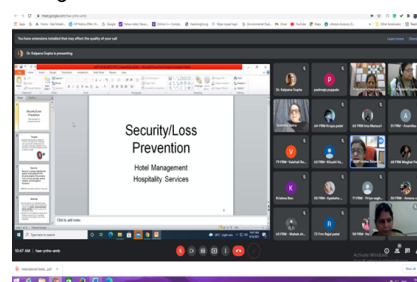
DECOMPOSING WASTE AT HOME

The college organized a talk on "Decomposing Waste at Home", on 24-06-2021. Dr. Arti Pamnani, an environmental engineer was invited as the resource person. Dr. Pamnani talked about the type and categories of household waste, emphasizing solid waste and food waste. She also suggested simple steps to convert the waste into manure and some tips for recycling and reusing the food waste.



SAFETY AND SECURITY IN HOTELS

The Family Resource Management department conducted a Guest Lecture by Dr. Kalpana Gupta, Assistant Professor CZPCBM College on "Safety and Security in Hotels" on 16th September 2021. The subject expert discussed with the students' different types of security systems used by the hotels for the security of the guest, staff, equipment, and the property. She talked about the attributes and role of security personnel in the hospitality industry. Dr. Kalpana also emphasized the preventive measures while dealing with the emergencies.



BODY COMPOSITION ANALYSIS

The Foods & Nutrition department organized a one-day workshop on 14 September 2021, in collaboration with In-body Academia on Body Composition analysis under the in-charge ship of Ms. Tanvi Makwana. The invitees for the workshop are Faculties, administrative staff, gym trainers, and students. Awareness talk was arranged and around 98 persons' body composition was checked.

DAYS CELEBRATION

TREE PLANTATION

Tree plantation was carried out under the Eco club of the Family Resource Management department while celebrating Environment Day on 5th June 2021. Planting trees is the best thing we can do for the environment in the present times. Trees are one of the greatest sources of oxygen on earth and absorb the excess of CO₂ in the air and release back oxygen. They also help in cleaning the air by absorbing various toxic elements from it. As the quality of air is falling significantly in various cities due to ever-increasing pollution tree plantation is the best activity followed every year by our college. The college not only plants the tree but makes sure to take care of it regularly.



INTERNATIONAL PLASTIC BAG FREE DAY

The department of Family Resource Management celebrated the "International Plastic Bag Free Day" on 3rd July 2021 by preparing a digital poster and posting it on various social media platforms like WhatsApp, Facebook for generating awareness to make the environment pollution free and requested the students to use jute/cloth bags instead of disposable plastic bags.

BALWADI DAY

A Drawing Competition was held by HD Department for the celebration of Balwadi Day on 14th September 2021. A Google form was prepared and sent to the parents of children from Anand Balwadi, Mogri, where parents uploaded the pictures of the drawing made by their children.



DIABETES CLUB

As a part of Diabetes club formation, the Foods and Nutrition Department of S.M.Patel College of Home Science invited entries for the following on 8th September 2021:

- Name of the club
- Logo
- Tagline

Students from S.Y. and T.Y. participated enthusiastically. From 23rd to 26th September 2021, a public poll was held for selecting the winners. 258 people participated in the poll. Shivangi Maurya from S.Y. B.Sc. got the highest votes in all three competitions

DIABETES DAY CELEBRATION

On 14th November 2021, The Diabetes Club celebrated 'World Diabetes Day'. Students from T.Y.B.Sc of S. M. Patel College of Home Science prepared some memes related to awareness on diabetes, under the guidance of Ms Vijaya Agarwal. There were total 12 memes prepared by 6 students. These memes were shared at an interval of 1 hour each to social media. Like Instagram, Facebook, WhatsApp, etc.

It was a small initiative taken by the Foods and Nutrition Department, of S. M. Patel College of Home Science to spread awareness among the society on Diabetes, in a unique way during the pandemic crisis.

Students: Urvashi Shah, Insiya Sadikot, Kairavi Gandharva, Khushi Patel, Vibhuti Mori, Spoorthy S.



'WORLD TOURISM DAY'

The World Tourism Day 27 September 2021, was celebrated by the Tourism Club of the Family Resource Management Department. A quiz contest on World Tourism was organized by the Club. A total of 30 teams took part in this World Tourism Quiz competition. The participants were from F.Y., S.Y., and T.Y. of all the departments in the college. The program was coordinated and organized by the teacher-in-charge of Tourism Club Ms. Kalpana Srivastava. The winners of the World Tourism Quiz contest were:

Esha Pandya and Nupur Patel T.Y. [F.N.] 1st Position
Nidhi Shah and Gayatri Dave F.Y. B.Sc. 2nd Position
Janaki Aadesara and Apeksha Mogera T.Y. [F.R.M] 3rd Position



DEEKSHARAMBHA

In the academic year 2021-22, the Internal Quality Assurance Cell of the S.M. Patel College of Home Science, scheduled a one-week offline Induction Program (20th -26th October 2021), for freshers in order to make them at ease and familiarize themselves with the institute. On the first day, Dr. Bhavna Chauhan gave an overview of the program. The program of one week was scheduled as:

1.20/10/2021

- An overview of the program
- Importance of Human Values for Students (BK Jagrutiben)

2.21/10/2021

Information of various committees of the college their aim and functions

3.22/10/2021

Personality Development through Gender Equality (Dr. Sulabha Natraj)

4.23/10/2021

Students Scholarship and Welfare schemes & Introduction of various Dharas and their activities

5.25/10/2021

Health Awareness Program through Homeopathy: A program promoted by the Ministry of Ayush

6.26/10/2021

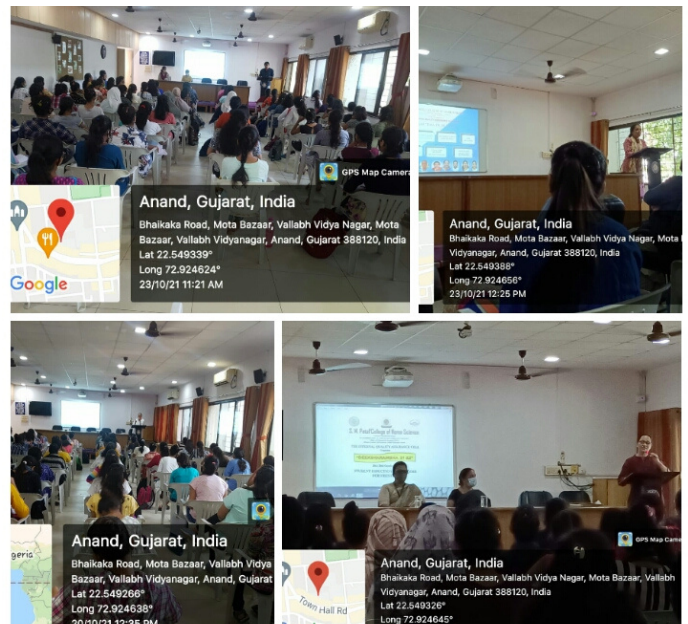
Familiarizing with College Library /Water Harvesting/ Waste Composting/ Incinerator in the campus

Altogether 100 students participated in this week-long induction program.

WORLD DISABILITY & HUMAN RIGHTS DAY



On the occasion of World Disability & Human Rights Day, the H D Department celebrated the day on 10th December 2021. by organizing a Slogan and Poster competition by Dr. Mittal Barot.



Newsletters are a great way to update everyone about the latest happenings in the institute. It is a material that absolutely anyone can pick up. From the student body to faculty members and others, who can spare some time off to read. Also, it taps a wide audience easily so long as it is available and within reach. Thus, we launched this e-newsletter VOICE.

Kalpana Srivastava
IQAC Coordinator