

7.1.2

**THE INSTITUTION HAS FACILITIES
AND INITIATIVES FOR**

2018-19

MANIBEN NANAVATI WOMEN'S COLLEGE

YEAR: 2018-19

NAME OF THE ACTIVITY: Ongoing Manure making activity

DD/MM/YY: 11.08.2018

No. of participants: 30

Event Details: Manure making ongoing activity since last year was also carried forward and on 11th August, 2018. 30 NSS volunteers collected the manure from the basket and spread it in the garden area of the college premises.

MANIBEN NANAVATI WOMEN'S COLLEGE

NSS Unit

YEAR: 2018-19

NAME OF THE ACTIVITY: Campus cleaning

DD/MM/YY: 12.08. 2018

No. of Participants: 30

Event Details: Campus cleaning activity was carried out in the premises on 12th August, 2018 by 30 volunteer's plastic bottles, garden waste from the premises and disposed of in the bins.

MANIBEN NANAVATI WOMEN'S COLLEGE

NSS Unit

YEAR: 2018-19

NAME OF THE ACTIVITY: Ongoing Waste Paper Management Project

DD/MM/YY: 14.08.2018

No. of Participants:43

Event Details: Waste Paper Management ongoing project was also carried forward by volunteers who collected waste paper from college canteen, classrooms, library, examination room, staffroom and students and disposed it in the separate waste paper bin made by them.

2020-21



Shree Chandulal Nanavati Women's
Institute and Girls High School

MANIBEN NANAVATI WOMEN'S COLLEGE, MUMBAI

(Best College 2018-2019)

(Affiliated to SNDT Women's University, Mumbai)

Project Clean Campus, Green Campus

Installation of Piped Composed Pit

Under

A Green Waste Management Initiative

Chief Guest: Mr. Vishwa Mothe,

(Assistant Commissioner) K/W ward

Project Mentor: Mr. Subhajit Mukherjee,

Founder and Director of Mission Green Mumbai.

Project Mentor: Mr. Dhiraj Bangar ,

Assistant Engineer (SWM)K/W ward,

Bombay Municipal Corporation

MANIBEN NANAVATI WOMEN'S COLLEGE

PTA COMMITTEE

YEAR: 2020-21

NAME OF THE ACTIVITY: Project Clean Campus, Green Campus

DD/MM/YY: March 2020

Event Details : A Collaborative Initiative of the Managing Committee , PTA , Alumni Association , IQAC, Teaching & Non -Teaching Staff, Students , Ex-Teachers , Bombay Municipal Corporation (BMC) and the NGO Mission Green Mumbai

The Project was launched in March 2020 under which the concept of Piped Compost Pit and Water Harvesting from water stations on the 3 floors of the campus was introduced . The formal function for the installation of the Piped Compost Pit was organized on Saturday , 13th March 2021 at 12:00 PM on the college campus. The programme was divided into two parts. The first part involved formal opening of the Piped Compost in the canteen area. The second part of it was a formal function in the Sports room. Mr. Dhiraj Bangar, Assistant Engineer , K WARD, BMC formally opened the Pit. The formal function began with the National Anthem followed by the opening remarks from Principal, Dr Rajshree Trivedi. The project Objectives were shared by Dr Rita Patil, the Supervisor of the College. Smt. Himadri Nanavati, Chairperson, Managing Committee of Maniben Nanavati Women's College was also present on campus to grace the occasion and delivered her best wishes . The inaugural speech was delivered by Mr. Dhiraj Bangar from the Bombay Municipal Corporation who shared his insights on the simple ways to manage wet waste. The concept note given by Mr. Subhajit Mukherjee, Founder and Director of Mission Green Mumbai. The program ended with a Vote of Thanks delivered by Dr Rekha Kaklotar, Incharge of the PTA committee.

MANIBEN NANAVATI WOMEN'S COLLEGE

NSS Unit

ACTIVITY REPORT

YEAR: 2020-21

NAME OF THE ACTIVITY: Spit Free India Movement

DD/MM/YY: 19th October 2020 **TARGET GROUP:** 950 Indian Citizens

NAME OF FACULTY: Dr Swati Partani

NO OF STUDENTS: one

SPEAKER/RESOURCE PERSON (WITH DESIGNATION): Nil

VENUE: Online **TIME:** 24th April-December, 2020

OBJECTIVES:

1. To make citizens aware to stop spitting in public places
2. To stop the spread of Covid-19 as well as reducing the usage of chewing tobacco.

METHODOLOGY: Participative

OVERVIEW: One student and faculty were chosen from NSS UNIT of Maniben Nanavati Women's College to become part of the drive "Spit Free India Movement" organized by Sambandh Health Foundation and Pledge for life- Tobacco free Youth. They were given one online link to spread awareness on social media. From that link 950 citizens from the country took the pledge for not spitting in public places. They filled a small questionnaire which made them think about the after effects of spitting. Later e- certificates were released to all the citizens on completion of question form.

OUTCOME: Country citizens got awareness about the after effects of spitting. They took an oath not to spit in public places.



Maniben Nanavati Women's College Best College 208-19

Dept. of Food Nutrition Organises Online
Workshop on

How to Make Your Kitchen Garden ?

Ms. Aditi Khanduri

DATE: 15th September 2021

TIME: 3:30 to 5 pm

ZOOM – Join Zoom Meeting

[https://us06web.zoom.us/j/86511215666?](https://us06web.zoom.us/j/86511215666?pwd=u6IDL9W2JmORYk2GT3ZHAcSZcPuJWp.1)

[pwd=u6IDL9W2JmORYk2GT3ZHAcSZcPuJWp.1](https://us06web.zoom.us/j/86511215666?pwd=u6IDL9W2JmORYk2GT3ZHAcSZcPuJWp.1)

Meeting ID: 865 1121 5666

Passcode: 907817



MANIBEN NANAVATI WOMEN'S COLLEGE

FOOD & NUTRITION

ACTIVITY REPORT

YEAR: 2020-21

NAME OF THE ACTIVITY: HOW TO MAKE YOUR KITCHEN GARDEN?

DATE: 15th September 2021

TIME: 3:30 to 5 pm

NO. OF PARTICIPANTS: 210 participants

NAME OF EXPERT: Ms. Aditi Khanduri

DESIGNATION OF EXPERT: Dietician

TOPIC: How to make your Kitchen Garden?

REPORT: The opening of the event was done by Dr Rita Patil following which Ms. Zamurrud Patel invited Ms. Aditi Khanduri to start a session on how to make your kitchen garden?

Dr Rita Patil introduced Ms. Aditi by speaking about her profession where she is a lactation consultant, diabetic Educator and has her own diet consultation clinic. She is passionate about nutrition and food along with her passion for kitchen garden.

Ms. Aditi Khanduri started with her session with- Things to keep in mind before starting a garden and why a kitchen garden is effective. A few points that she covered were: Easier to get home from farm to home, Pesticides and chemicals, Kids get excited and wish to try the food, fresh water used, Sunlight, the kinds of pots and use of drip systems.

What kind of soil to use? Was the next subject of her presentation. In Maharashtra we use brown soil however every soil has its own benefits, said Ms Aditi.

A few more things to keep in mind were that fertilizer is very important because there is no direct connection to ground. Don't over water the plant. Pests will be there no matter what. Keep your soil softened. Nudge the soil at regular intervals for aeration.

Next, she gave an outline of Where to start a kitchen garden?

Self-use and community grounds were the 2 kinds and she urged everyone to first start small, get a hang of it and then expand it further.

Later she went on to speak about Which vegetables to grow?

Okra, fennel seeds, chilly, pulses, soya, lemon, tomato, Tulsi, methi, kasuri methi were a few to name out of the lot. Growing from seeds and steam propagation could also be done with these vegetables and leaves: palak, lemon grass, curry leaves, ginger, potato, sweet potato.

Later ma'am showed us her own kitchen garden harvests such as Brinjal, methi, basil, okra, lauki, palak, shallots, red Amaranth, cabbage and fennel seeds.

A few important points that ma'am mentioned were that the garden is always messy; it won't be as pretty as you want. It takes time. Patience is key with a kitchen garden. Look for sustainable options such as equipment.

Then she went to investments. Start with minimal investment only. Composting makes everything more successful.

After speaking about how much money should be put into the kitchen, ma'am showed us her garden and what she has grown and harvested. With rice water excess veggie waste bio enzymes etc. She also showed those that aren't growing well.

She motivated us a lot. She started answering questions from the audience as well. Questions about snails and other pesticides. She said that Haldi powder is a way to remove them. She also suggested when to add compost etc.

Ma'am spoke about garlic and how long it takes to grow, which is nearly 9 months. In addition, she spoke about how rice water can also be used as a compost. Tea powder and coffee powder are acid fertilizers. Tomatoes use this. Smaller pieces of veggies for composting better the harvest. She spoke about basil leaves and curry leaves that bring in butterflies.

The session came to an end where Ms. Shama Chavan gave the official vote of thanks along with the feedback form. The speaker was also thrilled to have been called on for a wonderful talk and the audience was excited to kickstart their kitchen garden soon

2021-2022



Estd.: 1972

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MANIBEN NANAVATI WOMEN'S COLLEGE
website: mnwc.edu.in



Environment Activity on Tree plantation

NSS cell organises Talk on Tree Plantation



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 Zoom Video

JULY 1, 2021 | 10:00 AM

MANIBEN NANAVATI WOMEN'S COLLEGE

PTA

YEAR: 2021-22

NAME OF THE ACTIVITY: Environment Activity on Tree plantation

DD/MM/YY: 1st July

TOPIC: Talk on Tree plantation

OBJECTIVES:

1. To establish green society for India to be a healthy world
2. To create awareness about tree plantation

The Session Was Conducted by Mr. Subhajit Mukherjee Founder of Mission green Mumbai. He explained the importance of Tree plantation. 55 Students attended this session.

He discussed following things with students:

1. Trees improve air quality by producing oxygen. They also store carbon, offsetting Harmful by-products of fossil-fuel burning.
2. They moderate the effects of sun and wind, and they clean the air by trapping dust, pollen and other pollutants.
3. Plantation in the right places around buildings, trees can significantly reduce air-conditioning costs. This means less Freon, an inflammable and odorless chemical Emitted from air conditioners. It is considered to have damaging effects on the ozone layer.
4. Trees increase property value.
5. Trees generate jobs and contribute raw materials for buildings, newspapers, books, etc.

The session was concluded with a vote of thanks.

2022-23



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MANIBEN NANAVATI WOMEN'S COLLEGE

VALLABHBHAI ROAD, VILEPARLE WEST, MUMBAI-400056

Awarded Best College 2018-2019

AFFILIATED TO S.N.D.T WOMEN'S University

**NSS Cell Organises a workshop
on
"How to Make Pad?"**



7th Jan 2023



2.00 to 5.00



**Room-
4.2**

SANITARY PAD MAKING WORKSHOP.

NSS SPECIAL CAMP ACTIVITY:

2022-2023

NAME OF THE ACTIVITY: Sanitary Pad Making Workshop.

DD/MM/YY: 07/01/2023

TARGET GROUP: NSS Group & Community

women NAME OF FACULTY: Dr Swati Partani, Prerna Ramteke & Dr. Shefali Jain

NO OF STUDENTS: 74

NO OF COMMUNITY

WOMEN: 42

**SPEAKER/RESOURCE PERSON (WITH DESIGNATION): Ms. Rajasi K. Diwakar
(Menstrual Educator)**

VENUE: SHED, Community Hall- Saphale TIME: 2:00pm – 5:00pm.

OBJECTIVES:

To increase awareness about menstrual hygiene

To make and use eco-friendly and high-quality cloth sanitary pads.

METHODOLOGY: Experiential

OVERVIEW: Ms. Rajasi instructed about usage of cloth pads and how it is eco-friendly compared to our regular pads. She taught the NSS Volunteers as well as the Women from the community how to make the cloth pad step by step. She also spread awareness about the importance of menstrual Hygiene

OUTCOME: The session was a success in spreading awareness about menstrual hygiene and helped developing skills on making eco- friendly sanitary napkins with help of cloth and encouraged on speaking about menstruation openly.



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MANIBEN NANAVATI WOMEN'S COLLEGE

VALLABHBHAI ROAD, VILEPARLE WEST, MUMBAI-400056

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PROJECT YANTRA IN COLLABORATION WITH

NSS and

5 R-CYCLE FOUNDATION

14TH FEBRUARY 2023 TO 31ST MARCH 2023

E-WASTE



MANIBEN NANAVATI WOMEN'S COLLEGE:

NSS UNIT

PROJECT YANTRA IN COLLABORATION WITH 5 R-CYCLE FOUNDATION

14TH FEBRUARY 2023 TO 31ST MARCH 2023

TARGET GROUP: All Students

NAME OF FACULTY: Dr. Cicilia Chettiar & Dr. Shefali Jain

SPEAKER/ RESOURCE PERSON: 5RCYCLE Foundation

DURATION: 14th Feb 2023 - 31st March 2023

OBJECTIVES To create awareness regarding collection of E-waste.

METHODOLOGY : Participative, Experiential & Problem Solving

OVERVIEW:

1. Provide detailed explanation of what constitutes E-waste through the respective WhatsApp Group.
2. Identifying a clearly and easily accessible space with appropriate E-waste Collection bags.
3. A qualified NGO working in the field was contacted to dispose of the E-Waste collected from us.
4. Approximately 30 kgs of E-waste was collected.

REWARDS: None planned

OUTCOME: Interested students, teachers and community members also participated in the drive.



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MANIBEN NANAVATI WOMEN'S COLLEGE

website: mnwc.edu.in

Maniben Nanavati women's college
Vallabhbai road, vileparle west,
mumbai-400056 ✨

AFFILIATED TO S.N.D.T WOMEN'S University

"Being Different is

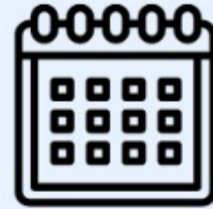
✨ **Beautiful"**

(World Disability Day)

Divyangjan Cell – An IQAC
Initiative in Collaboration with
Department of Child
Development



10am
onwards



22
Dec
2022



MANIBEN NANAVATI WOMEN'S COLLEGE

DEPT OF CHILD DEVELOPMENT

ACTIVITY REPORT

YEAR: 2022-2023

NAME OF THE ACTIVITY: “Being Different is Beautiful” (World Disability Day)

DD/MM/YY: 22/12/22

GROUP: TY BA CD students

NAME OF FACULTY: Dr. Swati Partani {Head of Child development department}

Ms. Shirin Ahmed Ali Plasterwala {Head of Divyangjan Cell}

Ms. Shaheen Khan {Co-Incharge of Divyangjan Cell}

Divyangjan Cell – An IQAC Initiative in Collaboration with Department of Child Development

NO OF STUDENTS: 72 students

VENUE: Maniben Nanavati Women’s College

TIME: 10am onwards

OBJECTIVES:

1. To celebrate World Disability Day.
2. To understand the types of disability
3. To create awareness about disabled people around us.
4. To understand the challenges faced by the disabled people through skit.

METHODOLOGY: Skit

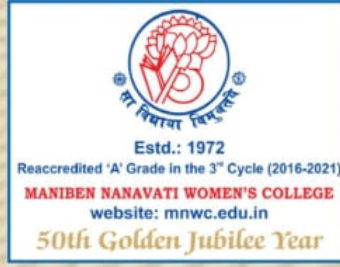
OVERVIEW: Divyangjan Cell- An IQAC Initiative in collaboration with the Department of Child Development celebrated World Disability Day on 22nd December 2022 at Maniben Nanavati Women’s College. The event began at 10am in the backyard with a warm welcome of college students followed by a brief introduction given by the narrator. A short skit was performed by CD students where the students portrayed challenges faced by visually challenged, auditory challenged, orthopedically challenged and learning disabled people. The play depicted a lot of eye-opening questions and awareness among the students and teachers. In the end the

pledge was taken by everyone “Having Disability is not a problem. Having a bad mentality is a problem”. Let’s Change our mentality and stand together beside them. Later chocolates were given to the audience and bookmarks were distributed to the principal ma’am, teachers and to office staff to spread awareness about World Disability Day.

OUTCOME: Through the skit students understood that there are different types of disability that exist. Disability is not only physically handicapped but it is also about visual, audio and learning disability which is often neglected by people. In today’s world learning disability is often ignored and not recognized. Students also got to know the life and challenges of disabled people face in society and how as individuals they can support them to live a better life.

KITCHEN GARDEN

The Department has a small kitchen garden at the entrance of the Food Laboratory. It is managed by the students and the lab attendant Ms. Vandana Keni. The kitchen garden has different herbs like curry leaves, mint leaves, basil leaves, green chilies, pineapple etc. The students who have practical class water the plants and take care of them. They also use these herbs in their daily practical as per the need. The main objective to start this was to create awareness among students about how they can grow their own food in the laboratory and use it in their daily cooking. They can do the same at their home where small space is utilized and plants can be grown.



**Shree Chandulal Nanavati Women's Institute
and Girls High School's
(Since 1947)**

**Maniben Nanavati Women's College
(Best College 2018-19)
Affiliated to SNDT Women's University, Mumbai**

**Tapiben Chhaganlal Lalji Valia Junior College
Dr. Bhanuben Nanavati Career Development Centre**

**UGC Sponsored
Gandhian Studies Centre
In collaboration with
IQAC &
Department of Foundation Course**



(28/02/1905 to 05/04/2000)

**Fondly Remembers
Smt. Maniben Chandulal
Nanavati
(Our Dear MANI BA)
On her 119th Birth Anniversary**

**By organising
Let's Re-make and Re-use
(A Workshop on Making Paper Bags ,
Followed by
Free Distribution to Vendors)**

All are invited



Tuesday, 28th February, 2023

8.00 am onwards



Venue: Seminar hall 4.2



MANIBEN NANAVATI WOMEN'S COLLEGE

**UGC SPONSORED GANDHIAN STUDIES CENTRE IN COLLABORATION WITH
IQAC & DEPARTMENTS OF FOUNDATION COURSE**

ACTIVITY REPORT

YEAR: 2022-23

NAME OF THE ACTIVITY: Celebrating 119th Birth Anniversary of Maniben Nanavati (Maniba)- Let's Re- make and Re-use

DD/MM/YY: 28th February, 2023

TEACHER IN CHARGE: Dr. Rita Chandarana

NO OF PARTICIPANTS: 56

SPEAKER/RESOURCE PERSON (WITH DESIGNATION): Ms. Anusha Nanavati, Maniba's grand daughter

VENUE: Seminar Hall (4.2)

TIME: 8:00-10:00 am

OBJECTIVE:

- 1 To celebrate the 119th Birth Anniversary of Maniba.
- 2 To create awareness and to enhance the students skills on creating paper bags.

OVERVIEW:

The program first began by Ms. Geeta Varun, HOD, Department of Gujarati introducing our guest speaker. The special guest invited for this event was Maniba's granddaughter Ms. Anusha Nanavati. The session was followed with the lighting of diyas was done by Prof. Rita Patil, Vice Principal of MNWC, Ms. Twinkle Sanghvi, IQAC Coordinator and Ms. Anusha Nanavati. It was followed by a speech on Maniba's life shared by Prof. Rita Patil. Furthermore, Ms. Anusha Nanavati articulated and shared the life of her grandmother Mani Ba. She shared her views on the simplicity of life Maniba had lived. This session ended with the Vote of Thanks given by Dr. Rita Chandarana in which she thanked our guest Ms. Anusha Nanavati and all the dignitaries present for their great efforts in making the event a grand success.

The next session was held for the students attending the workshop on making paper bags. The students were guided by Dr. Swati Partani, HOD, Department of Child Development regarding the paper making bags activity. In addition, Dr. Swati Partani gave specific instructions and guidance in terms of how to properly fold the borders of the bags in order to prepare strong paper bags. Each student prepared two paper bags showcasing their artistic skills like placing beautiful and colorful paper flowers on the bags. Dr. Swati Partani further selected paper bags which were well prepared.

Total 2876 bags made by the students of First Year from all streams. The bags made by the students were successfully distributed to the vendors in Vile Parle by Dr. Ravindra Katyayan, Ms Jennifer Almeida with the help of students from first year.

OUTCOME:

The students were inspired by the life of Maniba. They were well equipped with the knowledge to prepare paper bags. They understood the significance of paper bags.



Estd.: 1972

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MANIBEN NANAVATI WOMEN'S COLLEGE

VALLABHBHAI ROAD, VILEPARLE WEST, MUMBAI-400056

Awarded Best College 2018-2019

Department of Sociology organises

**Project Chaitanya: Cloth Bag making
Activity**

Under Environment Initiative

20-29 August 2022



DEPARTMENT OF SOCIOLOGY

ACTIVITY REPORT FORMAT

YEAR: 2022-23

NAME OF THE ACTIVITY: Project Chaitanya: Cloth Bag making Activity

DD/MM/YY: 20-29 August 2022

TARGET GROUP: TYBA

NAME OF THE FACULTY: Dr. Twinkle Sanghavi

NO OF STUDENTS: 15

SPEAKER/ RESOURCE PERSON: Dr. Twinkle Sanghavi

VENUE: Classroom

TIME: During class

OBJECTIVES:

- To create awareness on preserving environment using cloth bags
- To motivate students to make cloth bags and use them
- To spread awareness to use cloth bags by distributing cloth bags in the community and promote ban of plastic bags

METHODOLOGY: Participatory Method

OVERVIEW: Students were given an orientation on the process of cloth bag making right from measurements, cutting material and stitching of bags. They were involved in choosing a design to make different size and patterned bags.

OUTCOME: Each student collected 5-7 bags and distributed them in the community as well as college.