



Dr. BMN College of Home Science (Autonomous)

NAAC Re-accredited 'A+' Grade with CGPA 3.69/ 4

UGC Status: College with Potential for Excellence

BMN BULLETIN

Everything between Freshers and Farewell

In This Issue

Principal's Note

Vice Principal's Note

Introduction to College

Home Science Junction

Students' Achievements

Students' Corner

Art Gallery

BMN Bytes



[Website](#)



[Facebook page](#)



[YouTube Channel](#)



[Instagram handle](#)



Matunga, Mumbai,
Maharashtra



We have missed socializing in college this year, we have missed making friends like we did back when things were 'normal'. Hence, it is our attempt to make this Newsletter a platform for all our sisters who dare to extend their voices beyond the four walls of the classroom. We aim to create a newsletter of the students, for the students, and by the students.

Principal's Note

It gives me great pleasure to send a brief message for this inaugural newsletter produced exclusively by a student editorial team. I compliment the team for this exciting initiative despite constraints of the lockdown. COVID-19 has impacted each of us in multiple ways and has had its toll on our physical and mental well-being. However, it also brought out latent talents and made us manifest our ability to be creative as well as handle technology at the same time.



It also proved that even though we were physically distanced from one another at Dr. BMN, it did not keep us any less connected. As an institution, we rose to the occasion and not only kept the college going but also kept our spirits alive by a myriad of activities reported in this newsletter. I compliment all the teachers, non-teaching staff, and the students for their dedication and enthusiasm. Let me share a few lines by Lyn Ungar that went viral on social media: *“How do we become closer through becoming more distant? Know that our lives are in one another’s hands. Do not reach out your hands. Reach out your heart. Reach out your words. Reach out all the tendrils of compassion that move, invisibly, where we cannot touch.”*

Stay safe, stay healthy and stay connected!

With warmest regards

Prof. Dr. Mala Pandurang
Principal

Vice - Principal's Note

I have witnessed the growth of this institution and feel very privileged to be one of the senior faculty members today. This is my 32nd year in this college which now has proved its worth and is a brand on its own.

Our First NAAC re-accreditation process where I was one of the IQAC members was a great learning experience and we realized that documentation is very important which was lacking during those days. It was a disappointing experience as we landed with a B grade. The whole workout made us realize our lacuna in all the criteria of NAAC and we all set to make it right. That prompted the beginning of the growth of this college. Now I can proudly say my college has good documentation of all the departments, profiles, and events. This fetched us a better grade in the second cycle of NAAC.



The 2nd NAAC procedure in which we made it to an A-Grade made us realize that it is possible to achieve if we have a great team. And BMN proved itself. The third cycle fetched our college an even higher grade point which lifted our spirits to do even better.

The college also ventured into participating in quality initiatives and took part in competitions organized by NCQM - National Centre for Quality Management. This encouraged teachers to participate as we won prizes for the college. I myself won three such initiatives. Then came the National quality initiative DL Shah in which again our college made a mark. SNTD University initiated a prize for the best college, best teacher, and best non-teaching staff and BMN bagged all these three categories.

The college also started growing in terms of initiating various courses. 2005 saw PG Diploma in Sports Science and Fitness Nutrition followed by Early Childhood Care and Education. 2009 saw MSc in Clinical Nutrition and Dietetics and MSc in Travel and Tourism. BMN started being recognized as a brand. Today, I can proudly say that we get applications from all over India.

The institute's performance fetched the funding from RUSA and it was granted autonomous status, which means we can draft our own syllabus and make it more need-based and practical-based education for all. The college applied for a STRIDE grant which again got accepted. This proves that BMN will not stop bettering itself. All these initiatives amaze me when I think of the college that I had joined when there was a single building and today it stands tall with 3 buildings and with amazing infrastructural facilities.

I can go on and on but would like to end by wishing BMN and Seva Mandal Education Society many more laurels as I see it is in the safe hands of our principal Dr. Mala Pandurang who will leave no stone unturned to make it the most sought after college.

Will always be a proud BMNite.

Mrs. Anuradha Shekhar
Vice - Principal

Introduction to Our College



Living in the World of BMN



Dr. B.M.N. College of Home Science is NAAC re-accredited **A+ Grade** with a **CGPA of 3.69 out of 4**. The vision of our college is, "**Empowerment of women through quality in Education**".

As one enters the world of BMN, they come across surroundings decorated with dreamcatchers, attractive posters, and inspiring quotes. Room no. 305 is every student's favorite place. This is the place where most of us start our journey at BMN. We are made to dance our heart out at the Freshers' meet which starts our journey on an enthusiastic note. Our college strongly believes in creativity and as a result, each presentation is done in a creative way, be it a skit, story, mono act, or jingle.

The best part is that our teachers encourage and support each and every student to participate in Literary and Skill-based competitions, extracurricular activities like NSS, theatre, dance, etc. We are motivated to organize events and to put forth our ideas which enhances our creativity, teaches us leadership skills and teamwork.

Every year we have our prestigious Inter-Collegiate Fest - **Akanksha** which is held on a National Level. To improve and maintain our mental and physical health we also have sessions on life skills, personality development, yoga, and body workout.

Our college makes sure that every girl who joins Dr. B.M.N. College of Home Science steps out as a confident woman and her overall personality is shaped beautifully.

- Ms. Sakshi Mhatre (TYFSN)
Secretary (B.Sc Department)
Student Body (2020 - 2021)

International Alumna Led E-Conference

The International Alumna Led E-Conference on Recent Advances in the Field of Home Science sponsored by RUSA in association with the Home Science Association of India was successfully organized on 23rd and 24th January 2021.

Our institute always makes the effort to be connected with the Alumna and tries to engage them in diverse activities for the current students. The aim of this conference was to put forth a platform at the International level for sharing insights upon the recent advances in various disciplines of Home Science such as Food Science and Nutrition, Nutrition and Dietetics, Textile Science and Apparel Design, Resource Management (Hospitality), and Human Development.

The E-conference was the first in the history of Dr. BMN College of Home Science that brought together distinguished alumna on one dais, to have discussions on the current developments in their fields and create awareness about the unique opportunities available in the industry.

It also promoted the interaction of professionally successful alumna with the student community to enhance their skills and learning.

- Ms. Reena Poptani (MSC CND II)



Keynote Speakers

- *Dr. Madhu Kothari - (Batch - 1995) - Former - Head of Production, Little Mistress Group (Manufacturers of High Street Fashion), London, UK*
- *Ms. Smita Shetty - (Batch- 2005) State Vice President, Maharashtra Lifestyle & Fitness Council, Women's Indian Chamber of Commerce and Industry*
- *Ms. Neha Rameshkumar Gillon (Batch - 2008) - Founder & Chief Strategist, - The Idea Box Communications, Mumbai*
- *Dr. Tanuja Monesh Prem - (Batch 1996) Founder- Win Therapies, Education Matters*
- *Dr. Hemlata Jain - (Batch 2001) Educator/Curator/Designer/Revivalist and founder of Punarjeevana Trust*
- *Ms. Mugdha Pradhan - (Batch 1999) Founder, Thrive FNC*

Advisory committee

- *Prof. Dr. Mala Pandurang - Principal*
- *Mrs. Anuradha Shekhar - Vice principal*
- *Convener - Dr. Pradnya Ambre*

Members -

Mrs. Bijal Dedhia, Ms. Sonu Mishra, Ms. Deepti Saudagar, Ms. Tanvi Patwari, Ms. Ipsita Bandani, Ms. Anuradha Bhavar, Ms. Dafany Arumuga, Ms. Yamini Sabbani, Ms. Samrudhi Parkar.

A Novel Idea Book Club



A Novel Idea Book Club, also known as ANIBC is a student-led literary initiative at Dr. BMN College of Home Science. It is a platform for students of the college to explore this world and the imaginary, through words.

Reading is one of the best habits that can stay with you lifelong. It gives you an opportunity to escape without having to move. And this is the reason why ANIBC is a product of the pandemic; escaping the monotony of the lockdown through books, stories, and poems.

Our book club functions on an online platform where the student members and the faculty actively participate in sharing and reading literature for pleasure. An online bookshelf gives access to all readers to download and read books available on the shelf. What is a book club without any discussion? And so, on a particular day, students and teachers come together on an online video calling platform to share their ideas and express their experience on reading a particular story.

The book club had its first discussion in May 2020 and since then the club has read over twenty stories by various authors. The students have had the opportunity to express their views on various themes, plots, characters, and what it made them feel personally. Students have also received the opportunity to interact with various Guest Speakers who often join discussions as moderators who guide and help us to drive the discussion to an engaging and interactive one. Given more thought, the club has become a place where readers not just read but avidly discuss what they have read, which in turn has improved the confidence to speak up and has improved their vocabulary out of many other benefits.

ANIBC has also been conducting activities such as quizzes, paragraph writing contests, gratitude practices, etc. that are rewarded, and which keep the participants engaged and wanting more. As a book club, it is our aim to enhance and increase interest in reading in students as well as increase social interaction, which was largely missed in the lockdown. Hence, knowing that there is a circle of people back in college who share the same interests as you provide a different level of comfort.

For all the new students, and the ones to join our BMN family later in the future, we need you to know that you shall find a friend in books, and friends shall find you in the book club.

- Ms. Gauri Pillai, Founder, ANIBC (TYFSN)

Here is what some of our active participants have to say about ANIBC.

“Enjoyed a number of Saturday evenings being a part of a varied book and poem readings, enthusiastic discussion with diverse and refreshing viewpoints. Wishing many more such initiatives by the club”
Mrs. Kalpana Singh (Faculty)

“Every book club's discussion is always enriching and informative. It is lovely to hear all the opinions and get to know new perspectives. Amidst regular lectures and assignments, it is a boon to step into someone else's shoes and view the world with their eyes.”
Ms. Shikha Bajaj (MSc. CND II)

“I was a non-reader; books and I were in two different worlds. During this lockdown, I felt like reading something, but there wasn't any motivation. After I joined A Novel Idea Book Club, I found myself reading and not because I had to but because I had started to like it. Especially because after reading a story we meet and discuss it and it helps me to see the same story with 10 different views. It is helping me grow and expand my vision.”
Ms. Harshita Tiwari (FYND)

A Glance at the Sessions

Sr. No.	Date	Topic	Description
1	25/5/2020	Discussion on Gender Dynamics and Identity crisis in Amrita Pritam's Novel, Pinjar	Host: Miss Gauri Pillai (TYFSN) Moderator: Miss. Huda Sayed(M.A B.Ed) Panelist: Miss. Hetal Gami(SYBSc) and Miss. Reena Poptani (MSc CND)
2	1/6/2020	Discussion on the Relevance of Anne Frank's Diary as a symbol for Hope and Courage in the present lock-down	Host: Miss Gauri Pillai (TYFSN) Moderator: Miss. Huda Sayed(M.A B.Ed) Panelist: Miss. Faheela Sarang (TYND) and Miss. Dhvani Sonde (TYND)
3	13/6/2020	Discussion on the book Nagasaki, by Eric Faye	With Mrs. Vidya Premkumar (Asst. Prof. English, Mithibai College; Blogger at Reading time with Vidya)
4	7/7/2020	Poems by Robert Frost - An Open Discussion	With Dr. Prof. Mala Pandurang (Principal/ Prof. English, Dr. BMN College of Home Science)
5	14/7/2020	The Art of Reading Stories and Plots	With Dr. Sakshi Pai (Extended Essay Coordinator IBDP IGCSE, English teacher at JCBN Parel)
6	30/7/2020	Discussion on the book The Little Prince by Antoine De Saint- Exupery	With Miss. Lakshmi Krishnan (Host- Litnama Podcast; Freelance Writer and Content Consultant)
7	29/8/2020	Share Your Story - An Interactive Session with Members of the Book Club	Sharing personal experiences and stories for a general talk session
8	15/10/2020	Quiz on the occasion of the Birth Anniversary of Dr. APJ Abdul Kalam- Celebrated as Reading Inspiration Day	Winners 1st Place: Sailiza Machado (SYBCA) 2nd Place: Devangshi Haria (SYBSc) 3rd Place: Bushra Khan (SYBSc)
9	7/11/2020	Discussion on the book Doors by Chitra Banerjee Divakaruni	With Dr. Prof. Mala Pandurang (Principal/ Prof. English, Dr. BMN College of Home Science)
10	1/12/2020	28 Days of Gratitude Practise from the book The Magic by Rhonda Byrne	With Mrs. Kajal Thosani, Nutritionist and Entrepreneur (Alumni, Dr. BMN College of Home Science) Discussion Scheduled for 28/12/2020
11	28/12/2020	Open Discussion on The Gift of the Magi by O.Henry	With Dr. Prof. Mala Pandurang (Principal/ Prof. English, Dr. BMN College of Home Science)
12	13/2/2021	Open Discussion on the story The Adivasi Will Not Dance by Hansada Shekhar	With Dr. Kirti Nakhare, Asst. Prof. SIWS College
13	8/3/2021	Woke Women- Paragraph Writing Contest on topic : What does it mean to be a woman?	Winners 1st Place: Sadiya Darvesh (FYND) 2nd Place: Tulsi Panda (FYBCA 1) 3rd Place: Neha Kodam (TYND) Special Mention: Dhara Mavani (TYND)
14	27/3/2021	Open Discussion on the story Mrs. Sen from Interpreter of Maladies by	With Ms. Vanetta Rodrigues, Asst. Prof. Department of English, Maniben Nanavati Women's College

Book Club Committee:
Ms. Gauri Pillai (TYFSN)
Ms. Reena Poptani (MSc CND)
Ms. Sejal Hatiskar (SYBCA)
Ms. Aayushi Mandhana (SYBSc)
Ms. Sadiya Darvesh (FYND)
Ms. Kunika Sonkusare (FYBSc)

Online Book Club Discussions

DR.BMN COLLEGE'S
A NOVEL IDEA BOOK CLUB
presents

SHARE YOUR STORY!

Remember the last time you heard someone's story and thought
'This is what I wanted to hear today!' Your story will do that to
for someone else

Come, share your story with us!!

DISCUSSING YOUR STORY ON 29TH AUGUST
at 5pm



To join, the ANIBC
WhatsApp group,
Click here



To visit our
Instagram page,
Click here

Zoom Meeting 40-Minutes

Less than 1 minute | Upgrade to Pro

Speaker View

Reena Poptani

Gauri Pillai

Hetal

mpandu@bmncollege.c...

Huda

sakshi mhatre

Dhwani Sonde

Vidya Subramanian

Vinaya Vaishampayan

Mansi Tatiya

Name

Neha Patil

Milina Pereira

Zoom Group Chat

Congratulations for an excellent initiative

From Vinaya Vaishampayan to Everyone:
This is an excellent idea. Appreciate all the students who are a part of this. 🙌

From mpandu@bmncollege.com to Everyone:
next time make it a longer session.. as it gets more interesting as we warm up!

From Milina Pereira to Everyone:
can the woman be looked as the motherland who is now not one person but torn between religion since it's placed during partition

From Vidya Subramanian to Everyone:
Very good idea.extremely well done. looking out for more

From Milina Pereira to Everyone:
amazing job ppl

To: Everyone

Type message here...

Mute Stop Video Security Participants Chat Share Screen Pause/Stop Recording Reactions End

"WOKE" WOMEN CONTEST - Women's Day Winners

1

What does it mean to be a Woman?

Do you think a man would be asked the question, what does it mean to be a man? I am not opposed to this question, but I think every woman has her own battles, her own stories, and her own independence to be whoever she wants to be. Being a woman is being a human being and being a human being means you can be anything you want yourself to be. Being a woman means working in a world where the question "What does it mean to be a woman" is not asked. Being in world where you can wear your choice of clothes, walk around the streets where no creep is staring at you, where no restrictions are implied on you, where men are not believed to be on a higher post than woman, where a woman can pursue any career she is interested in, where she can choose her own life partner, where her education shouldn't be underestimated, where a woman who wants to ride a bike/ car is not frowned upon and many more instances to go.

Sadiya Darvesh, FYND

2

What does it mean to be a Woman?

Biology defines a woman as a person born with female reproductive organs. Our society defines womanhood as a role that they play centred around their reproductive anatomy. Ideas of womanhood are influenced by socioeconomic and sociopolitical environments and affect every woman differently. Almost all societies in the world have been patriarchal since the Industrial Revolution and that has changed women's role in society drastically. Even in the 21st century, society's definition of womanhood is very rigid. Nonetheless various feminist movements have taken place and have impacted society positively making it a better place for women. There's no monolithic or correct way to be a woman because every woman has different experiences and different issues. Being a woman is an experience that cannot be reduced to mere biological or social rules. One remarkable aspect of womanhood is that the current generation of women will always be resilient in a fight to make the world a better place for the future generation of girls. That resilience and power is what being a woman means to me.

Tulsi Panda, FYBCA 1

"WOKE"

A slang term that is easing into the mainstream, it denotes "attentiveness to important issues".

3

What does it mean to be a Woman?

An incredible and wonderful character who radiates and spreads infinite love and care through whole world and the one who holds whole world at emotional point of view can be described as a woman because it is a woman who gives birth to life and it is all because of the people who live in this world create such loving and trustworthy relations among all. Being a woman means having an ability of endurance, being powerful, active, loving, caring, inspiring, motivating, hard working, nurturing, self grounded, heroic and many more qualities that one cannot even imagine. Woman is a person who can share special connection and is the one who bonds us all together that extends beyond race, age, sexuality, political opinions and physicality. It is a word that is even though feminist but has beautiful and natural colours like a rainbow in itself and definitely brings a smile and positive emotion when uttered anywhere!!! So it is impossible to describe what it means to be a woman from the combination of any 26 letters.

Neha Kodam, TYND

What does it mean to be a Woman?

There's a beautiful verse from bible for woman which says, "She considers a field and buys it; with the fruit of her hands she plants a vineyard. She dresses herself with strength and makes her arms strong." A woman is more than a 'bindi' and 'saree'. Being a woman to me is a lot about strength, support and love. Being a woman means being powerful and assertive, yet kind at the same time. It means striving for our goals even in the face of adversity. Being a woman is being valuable member of society. We deserve to be accepted, heard, respected, and loved. To all the women reading this, you matter and you are more than what this conventional society thinks of you. Be brave, be strong and know your worth!

Dhara Mavani, TYND

Home Science Junction

WHEATGRASS – NATURE’S GIFT TO MANKIND

Health as a fundamental human right is also a worldwide social goal.

Wheatgrass is a food product that provides various health benefits. Wheatgrass (*Triticum aestivum*) belongs to the Poaceae family. It is a humble weed that is a powerhouse of nutrients and vitamins for the human body. Wheatgrass juice is the richest source of vitamins A, B, C, E, and K, 17 forms of amino acids, 30 enzymes, 70% chlorophyll in crude form, and 92 different minerals the human body uses and needs. One teaspoon of wheatgrass powder that is about 3g is equal to the nutritional value of about 40g of fresh wheatgrass.

Wheatgrass has antidiabetic, antihyperlipidemic, anti-aging, anti-inflammatory, anticancer, antioxidant, antimicrobial, anti-ulcer properties. Wheatgrass is beneficial in enhancing the actions of hormones, improves menstrual health, acts as a cleansing agent, cures blood-related problems, protects against oxidative stress, teeth, and gum-related disease, digestive disorders, ear disease, and hemoglobin deficiency. Wheatgrass minimizes fatigue, improves sleep, increases strength, naturally regulates blood pressure, supports weight loss, supports healthy skin, eyes, muscles, and joints, improves the function of our heart-lungs, heal skin sore, and improves mental function.

Wheatgrass juice obtained from 6-10 days old is recommended for a healthy life with 30 ml daily as a food supplement and 90 ml as a daily dosage for treatment. It should be consumed 30 mins or 60 mins prior to meals as it metabolizes without interfering with other foods and curbs hunger. Have at least a liter or more of water with juice to have its best benefits. So having wheatgrass in the morning or afternoon is a great time for a green energy boost.

Wheatgrass is known as complete nourishment. The extensive combination of vitamins and nutrients makes wheatgrass an exceptional choice to enhance our well-being. A wide range of benefits of wheatgrass has come to light. Thus, it should be made part of daily dietary intake in order to explore its maximum benefits.

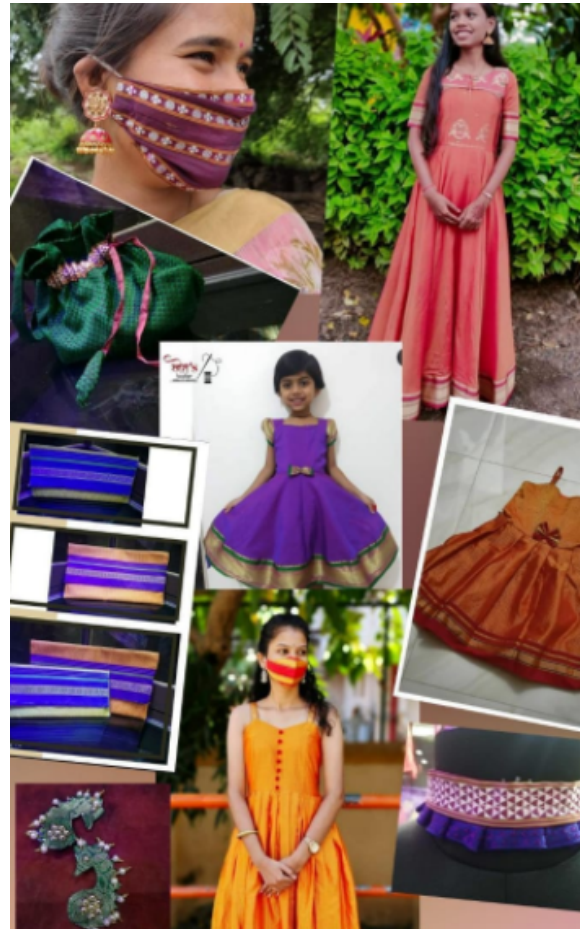
- Ms. Hiral Bhandari - TYND



Reuse, Reduce, Recycle - Applies to literally Everything.

Throughout my college days, it has been my attempt to create sustainable clothing for all. So, inspired by the idea of reusing fabric, I wanted to provide modern designs through the ethnicity of our traditional sarees. This made me able to design dresses, skirts masks, and even accessories like fabric jewelry from old sarees. With this attempt of mine, I want to inspire others to reuse fabric and reduce textile waste.

- Ms. Snehalata Belkar (TSAD 2020)



Didgeridoo

The didgeridoo was developed by Aboriginal people of northern Australia at least 1,500 years ago, and is now in use around the world, though still most strongly associated with Indigenous Australian music. This is basically a tribal instrument made from a wooden trunk. The longer the instrument, effective the sound will be.

It helps in relaxing and getting a good sleep. It also reduces snoring and obstructive sleep patterns. It is used for meditation purposes as well. This musical instrument is made up of PVC pipes of two different sizes and is connected with a pipe connector. Here, it has been painted with brown acrylic paint and to give it an Indian touch Warli painting has been employed.

- Ms. Jigna Sandeep Damani - PGD ECE



AKANKSHA 2020

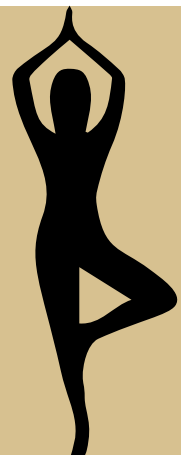
National Level Winners

PRIZE	COMPETITION	WINNER
3rd prize	Story writing (English)	Ms. Shikha Bajaj
Consolation	Essay writing (English)	Ms. Reena Poptani
2nd prize	Essay writing (Hindi)	Ms. Sonalika Gupta
2nd prize	Poem writing (English)	Ms. Sakshi Mhatre
1st prize	Yoga/Fitness Challenge	Ms. Niyati Jadhav
3rd prize	Yoga/Fitness Challenge	Ms. Venessa Almieda
1st prize	Rap	Ms. Shreya Raval
2nd prize	Instrumental	Ms. Mahima Kharat
3rd prize	Short film	Ms. Dhvani Purohit
1st prize	Vegetable carving	Ms. Aqsa Khan
1st prize	Safety mask making	Ms. Pratiksha Bendre
2nd prize	Safety mask making	Ms. Aakanksha Malkar
3rd prize	Painting	Ms. Sneha Bhojjaya
1st prize	Tattoo art	Ms. Hadiqa Dadan
3rd prize	TALENTO	Ms. Neha Vishwakarma

SPORTS DAY 2020

College Level Winners

NAME OF THE COMPETITION	NAME OF THE WINNERS	CLASS	PRIZE
ROUND 1: BASIC			
YOGA DEMONSTRATION	Ms. Niyati Jadhav	TYND	1st
	Ms. Ishwari Jadhav	SYJC	2nd
	Ms. Laxmi Rane	TYLLB	3rd
	Ms. Sneha Bhojappa	TYFSN	Consolation
ROUND 3: ADVANCE			
YOGA DEMONSTRATION	Ms. Alvina Sutar	FYBCA	1st
	Ms. Gayatri Sawant	TYND	2nd
	Ms. Sejal Bhanushali	TYND	3rd



NAME OF THE COMPETITION	NAME OF THE WINNERS	CLASS	PRIZE
ROUND 1: BASIC			
FITNESS COMPETITION	Ms. Mubashara Inamdar	FYBSc	1st
	Ms. Sneha Bhojayya	TYFSN	2nd
	Ms. Poorva Sagavkar	FYJC	3rd
	Ms. Shreya More	FYBSc	
ROUND 2: INTERMEDIATE			
FITNESS COMPETITION	Ms. Laxmi Rane	TYLLB	1st
	Ms. Sneha Bhojayya	TYFSN	2nd
	Ms. Kosha Parekh	MSc CND	3rd



NAME OF THE COMPETITION	NAME OF THE WINNERS	CLASS	PRIZE
ROUND 3 : ADVANCE			
FITNESS COMPETITION	Ms. Alvina Sutar	FYBCA	1st
POSTER COMPETITION	Ms. Vidhya Yadav	SY APPLIED ART	1st
	Ms. Komal Bhojayya	SYBSc	2nd
	Ms. Harshita Tiwari	FYND	3rd



Students' Achievements (October - December 2020)

- Ms. Hethaki Haria (MSc CND 2019 - 2020) under Mrs. Anuradha Shekhar's guidance presented her Research paper titled, *"Impact of Exercise on Body Composition and Nutritional Status of NCC girls"* at a virtual International conference, 'Recent challenges in Food Science and Technology and health', at IIFT Aurangabad on 10th December, 2020. The paper was also published in "Ajanta", an International multidisciplinary quarterly Research Journal, ISSN 2277-5730, Vol ix, Issue iv, October – December 2020.
- Ms. Komal Pandya (TYRM) won 1st prize in drawing/paint/doodle category competition organized by Cheerful Connect Organization on the occasion of World Disability Day on 3rd December 2020.
- Ms. Akshata Sandeep Haldankar (TYFSN) received Merit cum means scholarship from PFNDIAI and Rs. 20,000/- cash amount on 22nd December 2020.
- Ms. Mahima Jain and Ms. Purva Sawant were felicitated for standing first and second in B.Sc. [FSN] at AFSTI Mumbai chapter, organized by Dr. K.U Naram Awards Function on 18th December 2020.
- Theatre team actors, Ms. Siddhi Raut (TYHD), Ms. Riddhi Rassay (TYBCA) received 1st prize in अश्वमेघ महिला एकांकिका स्पर्धा held on 27th November 2020 by Ashwamegh Production, results announced in January 2021.

Staff Achievements

- Ms. Anuja Roy Chowdhury was selected as a yatri for the Digital Jagriti Yatra organized by Kasturi, Tata Chemicals Society for Rural Development (TCSRDI). She was also selected for the role of CEO for Biz Gyan Tree Business Pitch by the facilitators of the group.
- Ms. Sonu Mishra was selected as a developer to develop an OER (Open Educational Resources) at Open Education for a Better World (OE4BW) funded by UNESCO. A mentor will be allotted to guide the project and work on the idea.

Students' Corner

To the ones who hide their pain behind words

There are some days
When you want to disappear forever
When you find yourself scooting to the farthest part
of the room
Drowned in embarrassment-
When you want the whole world to know how you
feel
But your voice is nothing but a mere squeak
Can you feel the emotions rolling inside you?
Every heartbreak becomes a poem, and every bad
incident, your muse
You've romanticized your pain over the years to
such an extent
That you can't feel this pain anymore
You've grown to love yourself
And this absurd feeling.
You may seem coward to the rest,
But trust me,
When you write your horrors,
You don't escape them,
You relive them
Which makes you stronger than anyone.
There are some days
When you feel so low
That you literally have to write these words
Only to remind yourself
Of your own strength
To tell yourself, that no matter how rough life
could be,
You will sail past through the storm
To the other side of the shore
Far away from these noises and the bustling
On a land which doesn't claim you its own.

- Ms. Shikha Bajaj - MSc CND II



Let my talent fly

What does talent mean to you?
Do you have any talent?
Do you even know what a talent is?
What makes me different from you all
We the birds of the open sky,
In the cage with broken wings can't fly,
We the ones who used to fly,
Now have left with a golden ply,
We used to drink water from lakes dry,
Now have forgotten what means to try,
Even if we try,
We can't sing, but only cry,
What if I'm not a blue blood,
Will you not save me in a flood,
Why am I looked up with sly,
Give me a chance,
A chance to let my talent fly.

- Ms. Akanksha Pandey - FYBCA

मां ये सब कैसे कर लेती हो

थांबा है हाथ तुमने
जब भी लडखड़ाये कदम है।
आई जब भी मुसिबते हम पर
इन्ही हाथों से तुमने संभाला है।
इन हाथों से आशीर्वाद देकर
जीवन को और रंगीन बनाया है।
गुरु, माँ, साथी, पत्नी, बेटा का रूप
बड़ी प्यार से निभाया है।
बचपन जब भी रोये बड़े आसानी से हसाया है।
इस चारदीवारी मकान को
घर जैसा तुमने सवारा है।
हमारे दुःख, मन की बात झट से पहचान लेती हो।
और अपने मन की बात कि सी से कह नहीं पाती हो।
माँ तुम ये सब कैसे कर लेती हो...
“कुछ खा लेना, अपना ध्यान रखना, घर जल्दी आना..”
ये सब कह कर थकती नहीं हो।
कभी कोई तुम्हें कुछ कह दे तो अपनी गलती समझकर
कुछ कहती नहीं हो।
माँ तुम ये सब कैसे कर लेती हो...
बचपन में हर जिंदगी पूरी हो जाये इसी लिए रो पड़ते थे
आज हर आँसुछुपाते हैं कहि माँ ना देख ले।
माँ तुममें एक अलग सा जादु है।
भगवान ने उनके रूप में तुम्हें जो भेजा है।
संभालकर रखुंगी तुम्हें हमेशा
आखिर तुम्हीं ने इस जीवन को रंगीन बनाया है।।

- Ms. Rachna Sharma - PGDSSFN



आई

एका जीवाला नवं जन्म देते ती आई..
बाळ जन्माला आल की ते रडत असत..,
पण
त्या रडक्या बाळला रडताना बघुन पहि ल्यांदा खुलून
हस्ते ती आई..
बोट धरून आयुष्याच्या वाटेवर पाहि लं पाऊल
टाकायला शि कवते ती आई..
चुकी झाल्यावर कान पकडून ओरडणारी आई
बाबाच लक्ष नसेल की गपचुप गोड लाडूदेणारी ती
आई
आयुष्याच्या वाटेवर चालताना प्रत्येक वेळेस पाठीशी
खंबीरपणे ऊभी राहून ति च्या बाळा वर
लक्ष ठेवणारी ती असते आई..
कोणता ही स्वार्थ न ठेवणारी आणि प्रत्येकाच्या
आनंदात आनंदी राहणारी ती असते आई..
आई साठी काहीही लि हावं इतकी माझी कुवत नाही..
पण मला इतकंच कळत
आ म्हणजे आयुष्य आणि ई म्हणजे ईश्वर
आईच्या चरणा खाली मुलाचं आयुष्य दडल असत
आणि ईश्वर प्रत्येकाच्या घरात येऊ नाही शकत
म्हणून प्रत्येक घरात त्याने आई ला पाठवलं...

- Ms. Namrata Maske - SYBCA 2



The Perfect Body

What does it mean to have a perfect body?

Does it mean having an hourglass figure or fitting into a pretty tiny dress? Why does everyone expect us to adapt to a shape to look good and meet their expectations? From starving oneself for days to checking the weighing scale, does that give us a perfect body? It is important for us to understand that our body is not a toy to experiment with.

We should take care of it by feeding with energy, choosing a positive aura around us, adapting to a better lifestyle. Having a perfect body means having a properly functioning body system, organs, tissues, and each cell. It means we're able to breathe, eat, drink and survive daily. The stereotype of a particular size of a waist doesn't provide a personality and the confidence that you would want to own.

The void in yourself should be filled with Love. Self-love is the key to achieve that confidence in you. Body shaming has reached an extent where teenagers choose to skip their meals to look good for an Instagram picture. Until and unless we love ourselves we won't be able to erase the persona of the perfect body which exists today in this society. Our acne, tummy rolls, chaffing thighs, the color of the skin, or your scars does not define you as a human being. Let's accept and cherish our flaws and scars and be a better human being because *"God has created you and everything that He creates is so beautiful and pure."*

- Ms. Merin Mariam Alexander - TYND

जगावे पुन्हा नव्याने

विझले जरी आज मी
सगळे संपत नाही।
घेऊन येईन आशेची मशा ल
जगणे संपत नाही।
छाटले जरी पंख माझे
घेईन पुन्हा भरारी।
अडवले जरी आज कुणी
उसळून येईन नव्यांनी।
यशा त अडथळे आणा या हो ते अनेक
उत्सुक
घाबरुनी घरात बसणे हा माझा धर्म नाही।
करेन अनेक प्रयत्न ...अगदी शेवटच्या श्वा सा
पर्यंत
.....कारण जगणे संपत नाही।

- Ms. Shweta Watve - MSc CND II



Casual Magic

As I sat, sipping my hot cup of coffee at seven in the morning, attending lectures on zoom and making notes, a beam of sunlight came peeking through the blinds of my room and scattered on the floor. I smiled at the occurrence of my casual magic.

Casual magic is anything small throughout your day that either made you smile or brought a sense of happiness or simply made you appreciate life. Witnessing some dog playing or someone smiling at you, is casual magic. Helping someone or seeing some pretty flowers is casual magic. A bird humming to making some cookies is casual magic. When was the last time you moved your gaze away from your phone and appreciated the commute? When was the last time you smiled at someone you didn't know?

If I ask you to take a moment and write down 10 things you are grateful for, how much time will that take you? 10 minutes, 20 minutes, or maybe longer? And if I ask you to write down ten things you dislike or wanted to improve, how much time will that take you? 2 minutes, 5 minutes or maybe less? Why is it easier for us to point out the faults instead of appreciating the good? Why do we spend most of our lives whining about things we don't have rather than appreciating the things we do?

One day an office-going man was late to work, so he skipped breakfast and rushed past people. While impatiently waiting on the signal crosswalk, he noticed water dripping from a loose tap and then went ahead to close it tight. That small action noticed by a school-going girl brought a smile while she drove off. On her way, she saw an old man struggling with his cart. She got down and helped him with all the energy she had, he later thanked her. That small action noticed by a business lady, smiled and then strode off in her heels. On going forward, the lady then noticed a homeless guy sleeping on the sidewalk in the cold winter morning, shivering. She instantly went to the nearby shop and purchased a blanket. She then spread it on the homeless guy and the process continues.

Anything good you do forms ripples that continue to spread. Be that change, take the ripple forward. Be someone you would want to look at and smile. Be someone's casual magic.

- Ms. Samiyah Khan - PGDSSFN

Power of Thoughts

Albert Einstein said, "Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality."

What we think, we create. We radiate energy into the Universe with our every word, thought & feeling. When one says a low-frequency statement such as, 'I am stressed' or 'I am sad'. We actually start feeling anxiety or sadness. While statements like 'I am happy' or 'Everything is perfect' bring about positive emotions. If how we feel is in our control, then why not always include high energy words in our vocabulary?

Manifestation means what we focus on is what we bring into reality. Often related to the law of attraction. We can get what we want by the power of manifestation. For example, if one manifests happiness in life, then one also needs to be dedicated to accomplish that purpose. Our affirmations for life should be, 'I am abundant', 'I do my best', 'I am my best self.'

Steps to Manifestation:



- Be clear about what you are seeking. When you truly believe that you can have it, you will definitely have it.
- Visualize that you have achieved your goal. Focus on how you feel once you have gained it.
- Make an action plan of what you are actually going to do to achieve it in reality. Put all your energy, good intentions and make every effort to fulfill your dream.
- Be grateful. Gratitude is key. The more grateful you are for every little thing that you have in life, the more blessings will shower upon you.
- Let go of any negative self-talk or self-doubt that might stop you from reaching your aim.
- Be very conscious of your every thought & word. Because everything we put out into the Universe is the energy we get back.
- Be patient. Trust your actions & powers. Many a times we give up too soon, everything we want will happen but at the right time. Have faith that God's plans are much better than ours. Close your eyes, reflect upon your life, and you will realize that all that has happened till now was for the best.

“ As a reminder, quoting from Paulo Coelho's novel, *Alchemist*, "When you want something with all your heart, the entire universe conspires in helping you to achieve it." ”

- Ms. Reena Poptani - MSc CND II

Art Gallery...



The world is so much bigger than your brain, STOP living Inside your head. Free yourself from prison of your own mind.
Be yourself to free yourself.

Ms. Radhika Vora - Msc CND I



Education is very important irrespective of whether the child is a boy or a girl. Girl child education in India is the need of the hour. Educating the girl child must be a necessity for the overall development of the country. When girls are educated, their countries become stronger & more prosperous.

Ms. Radhika Vora - Msc CND I



Miles to carry water. This is a canvas oil painting about the meticulous rural India women, their simplicity & modesty, and the beauty of the rising sun to the earthy soil.

Ms. Sneha Bhojayya - TYFSN



Digital illustration of the Starry Night painting. The illustration is brimming with whirling clouds, shining stars, and a bright crescent moon, the village is painted with dark colours but the brightly lit windows creates a sense of comfort.

Ms. Sneha Bhojayya - TYFSN



"You do not just wake up and become the butterfly- growth is a process" - Rupie Kaur

Ms. Angelia Ann Alexander - TYND

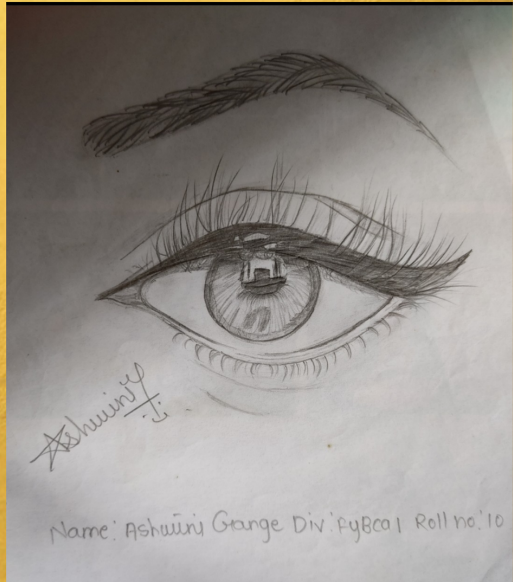


The monsoon season brings relief in form of pleasant rain after the scorching heat has taken its toll. In this lovely weather, one has a good excuse to prepare a hot cup of tea.

Chai in barish is an emotion!

Ms. Sanika Kale - FYBCA 1

Art Gallery...



Behind the most beautiful eyes, lay secrets deeper and darker than the mysterious sea.

Ms. Ashwini Gange - FYBCA 1



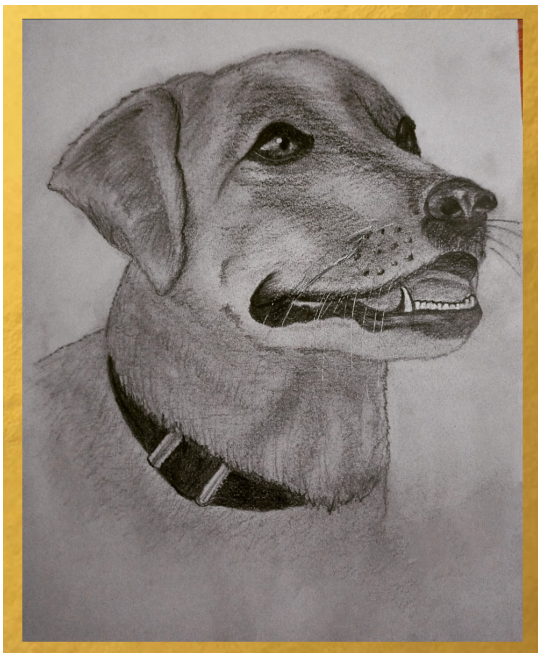
Beauty begins at the moment you desire to be yourself.

Ms. Sanskruti Zarkar - FYBCA 1



Bharatanatyam is known for its grace, purity, and sculpturesque poses. Lord Shiva is considered the God of this dance form and drawing mandalas soothes our mind and generates positive energy.

Ms. Kahanvi Pipalia - FYBCA 1



We can always trust our animal friends when we want someone to listen to our problems or worries. They give a warm smile which melts our heart & we realize that these problems in our life are actually nothing. We are so lucky to have our animal friends who are always there for us without any expectations. This is a tribute to them, to show the world how beautiful they really are!

Ms. Nimisha Vijayan - MSc CND I



"If the sight of the blue skies fills you with joy if a blade of grass springing up in the fields, has the power to move you, if the simple things of Nature have a message that you understand, rejoice, for your soul is alive."— Eleonora Duse

Ms. Angelia Ann Alexander - TYND



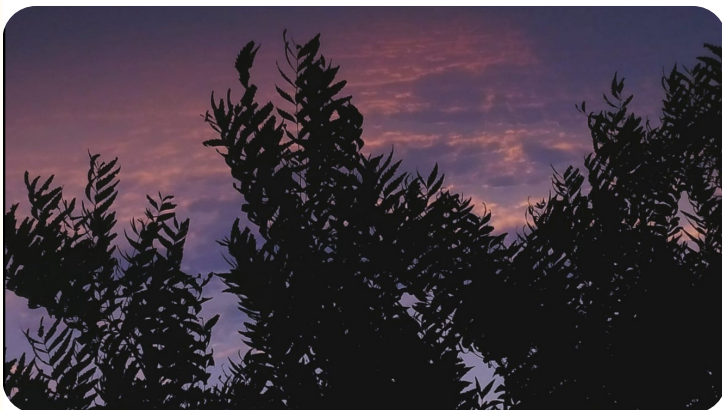
There is an eternal love between the water drop and the leaf. When you look at them, you can see that they both shine out of happiness.

Ms. Radhika Vora - Msc CND I



True joy of nature is when every drop of water shines like a pearl. For a water drop, the most beautiful house is a leaf; and for a man: The goodness! Let goodness be your home you permanently live in!

Ms. Radhika Vora - Msc CND I



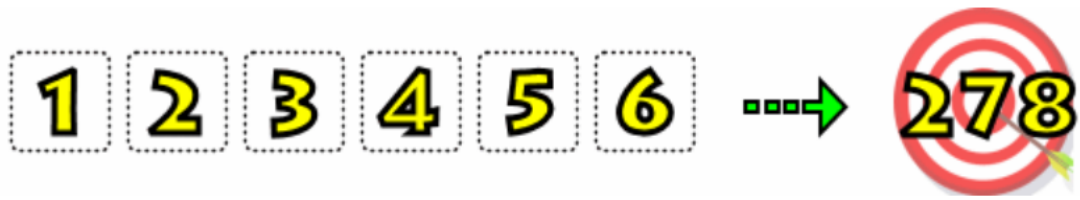
The Purple Sunset -
The beauty of nature is incomparable and lies in itself.

Ms. Komal Bhojayya - SYBSc



The Rainbow -
The beauty of nature through the colourful curved rainbow.

Ms. Komal Bhojayya - SYBSc



Using the numbers 1, 2, 3, 4, 5, and 6 (in any order), can you write a mathematical expression (e.g. $6*5*(4+3)/(2-1)$) with a result equal to 278?

You may use any of the four BASIC math operations (addition, subtraction, multiplication, division) as well as parenthesis. Some additional rules:

1. You are not required to use all six numbers.
2. You may **NOT** join numbers (e.g. 2, 6, 5 to make 265).
3. You may only use a number as many times as it appears above.

WELCOME TO SEM- I

By Gauri Pillai (TYFSN)



For contributing your
articles / poems / comic
strips / artwork /
photography for the
next edition of the
Newsletter,
Email us at:
magazine@bmncollege.com



ANSWER: $(1+(3+4*5)*6)*2$
(or any variation of this answer)

Afterword

Exactly a year ago many of us had left the college gates just like any other day. Did we know we won't be coming back to college for a whole year after that?

Dr. BMN College is not an institute. It's not just a place where we students are taught and teachers teach. Dr. BMN College is more like a family to many of us. Here, students and teachers collaborate. Something new, and different is seen each semester, which contributes to diverse scopes of what our college offers.

This Newsletter is an attempt for introducing the same in each individual associated with the college from its diverse faculty to the students.

We have missed socializing in college this year, we have missed making friends as we did back when things were 'normal'. Hence, it is our attempt to make this newsletter a platform for all our sisters who dare to take part beyond the four walls of the classroom.

Lockdown has taught us one thing for sure; that is - be ready for what may come. Try new things as participation never goes in vain. There lies an opportunity in the smallest things we do. In the lockdown, we didn't stop learning, we didn't stop exploring and we did not give up. And that is also the reason why BMN Bulletin seemed to be a need of the hour.

While working on this magazine, the team had so many ideas, and as each day passed, we became sure of what we were passing down to our sisters.

As an exclusive student-run newsletter, we aim to create a newsletter of the students, for the students, and by the students.

As another eventful semester has passed in Dr. BMN College of Home Science, we believe that all of us have evolved to our better selves, and we hope that the coming semester proves to be as eventful or more than the previous!

See you at the end of another Semester, BMNites!
We hope you enjoyed reading the Newsletter. Aloha!

- Ms. Gauri Pillai - TYFSN



Obituary

In Loving Memory

DR. ASHOK MEHTA

Chairman

SEVA MANDAL EDUCATION SOCIETY



*As is a tale, so is a life
Not how long it is, but
good it is, is what
matters.
(Seneca)*

Dr. Ashok Mehta was the Chairman of Seva Mandal Education Society, which is our parent body. He was a remarkable personality who worked dedicatedly with immense zeal towards the development of the colleges under the umbrella of SMES. His cheerful optimism and his levels of energy were an immense source of motivation. His incredible philanthropic attitude has been acknowledged not only in India but internationally. His guiding light will continue to show us the right path and he will live in our memories and our hearts forever.

Editorial Committee



*Ms. Reena Poptani -
MSc CND II*



*Ms. Gauri Pillai -
TYFSN*



*Ms. Sakshi Mhatre -
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*Ms. Sejal Hatiskar -
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