



Dr. BMN College of Home Science (Autonomous)

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

UGC Status: College with Potential for Excellence

THE BMN BULLETIN



TABLE OF CONTENTS

Lot of interesting stuff to explore!

1. **Glimpses of the podcast**
2. **Student Body Office Bearers Election**
3. **Cultural Day**
4. **Tekzone 2022**
5. **Mehendi Competition**
6. **Debate Competition**
7. **Calligraphy Competition**
8. **Singing Event**
9. **Sheroes**

A MESSAGE FOR THE READERS

Hello BMNites,

We are thrilled to release the 5th Edition of the BMN Bulletin created by the English Association of Dr. BMN College of Home Science. Dive in and explore the innovative activities organised by BMNites. We have a collection of creative activities like Sheroes, calligraphy, singing tribute and a lot more conducted by our enthusiastic committees.

Happy Reading!

We would love to hear your feedback on this issue.
You can write to us at magazine@bmncollege.com



[Website](#)



[Facebook page](#)



[YouTube Channel](#)



[Instagram handle](#)



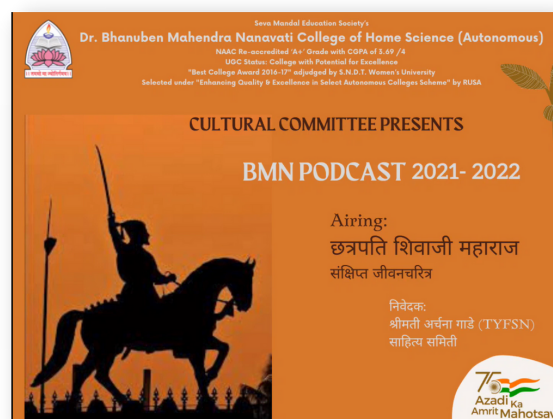
[Matunga, Mumbai, Maharashtra](#)

Podcast

The Podcast is an initiative by the Literary Committee under the Co-curricular Committee. The theme of the podcast is 'Azadi ka Amrit Mahotsav', wherein the speakers talk about social reformers of India. First podcast was recorded by Ms. Vrutti Jain from TYFSN who informs about the first female teacher of India, Savitribai Phule on 26th January, 2022.

Next, a podcast was aired on 14th February, 2022 on the life of Mother Teresa. This podcast was recorded by Ms. Tisha Desai from SYND.

On the occasion of Shiv Jayanti on 19th February, 2022 a podcast by Ms. Archana Gadhe from TYFSN was aired, in which she gave information about Shivaji Maharaj's life. This podcast was aired in Marathi language.



Next podcast aired on 8th March, 2022 and Ms. Kirti Konka from SYBCA along with Ms. Tanvi Jiwani from FY MSc CND indulged the listeners in a Women's Day special podcast which was recorded in Hindi. The most recent podcast aired on 13th March, 2022 in which our speaker Ms. Dhun Ahuja informed the listeners on the life of Dr. Babasaheb Ambedkar in English.

Initially, the committee planned to upload one podcast a week, but after receiving enthusiastic response from the students, podcasts are aired twice a week! All three languages namely English, Hindi and Marathi are included in the podcast. In the upcoming podcasts entries from junior college can also be expected.

Glimpse of a podcast



Hello listeners, welcome to BMN Podcast series 2021-2022. Mother Teresa once quoted, *"Love begins by taking care of the closest ones - the ones at home."* On today's podcast, we are going to hear how she dedicated her life for the poor and needy to spread love and kindness.

Mother Teresa devoted herself to the service of mankind and served God amongst the poorest of the poor, sick and the dying, for more than 50 years of her life. She was a moving 'angel of mercy' on the earth and known today all over the world. Born on August 26, 1910 in Skopje, which is now the capital of the Republic of Macedonia, she was christened, Agnes. Her father was a business man and her mother was a grocer. She had two siblings younger to her, a brother and a sister. She had lost her father at the age of 8.

She attended a convent run primary school and then state run secondary school. When she was 12 years old, she decided that she wanted to be a missionary and spread the love of Christ. She was just 18 years old when she decided to become a nun and in 1928 she set off for Ireland to join the Sisters of Loretto in Dublin. After a few months of training in Dublin, she was sent to India, and there she took the name sister Mary Teresa during her vows as a nun.

- Tisha Desai (SYND)



*Click on the poster
to hear the audio.*



Student Body Election



"With great power comes great responsibility"

- Stan Lee

Today's students who take active initiatives are tomorrow's leaders. On 16th November 2021, a message was released for Student Body nomination posts. On 5th March 2022 the felicitation of Office Bearers 2021-22 was held. The office bearers took an oath to honestly fulfill their responsibilities and being faithful to the institution. In the end of the session, a fun activity was conducted. Each student was given one coloured coin as a token of appreciation for participation. This gave the students a boost and inspiration to participate more.



- **President:** Ms. Dolly Jain (TYND)
Ms. Avantika Parab (TYBCA)
- **Secretary:** Ms. Vrutti Jain (TYFSN)
Ms. Sakshi Khandagale (TYBCA)
- **NSS Representatives:** Ms. Harshita Tiwari (SYND)
Ms. Mahalaxmi Peddi (SYBCA)
- **Cultural Representatives:** Ms. Sadaf Saiyed (TYBCA)
Ms. Anjali Gwari (TYRM)
- **Sports Representative:** Ms. Supriya Magar (TYFSN)
Ms. Akanksha Pandey (SYBCA)
- **Caste Representatives:** Ms. Manasi Magade (TYRM)
Ms. Namita Baikar (M.Sc. CND I)
Ms. Rima Kamble (SYBCA)
Ms. Kunika Vaydande (TYBCA)
- **Co-opted Members:** Ms. Merin Alexander (M.Sc. CND I)
Ms. Sneha Maurya (TYRM)
Ms. Tanvi Desai (TYBCA)
Ms. Poorva Sagavkar (SYJC)

Cultural day

Cultural celebrations foster respect and open-mindedness for other cultures. Celebrating our differences, as well as our common interests, helps unite and educate us. To understand other's perspectives, to broaden our own, and to fully experience and educate ourselves.

On 28th February, 2022 the Cultural Committee of our College celebrated Cultural Day. Every culture is beautiful and unique in its own way. Due to such diversity of Indian culture, some wore a Maharashtrian paithani while some adorned a Bengali look and so on. The college looked like a beautiful paradise where the students clicked pictures to cherish and made memories in the process.



SYND, 2022



SYFSN, 2022



MSc. CND Part 1



TEKZONE 2022

-Make it Happen



Celebrating Tech-India@75

Tekzone IT techfest is an exclusive IT fest organized - BY the students and FOR the students. The inauguration took place on the 26th February, 2022.

It aimed to connect students from different colleges across Mumbai pursuing a career in IT and related fields of computers. Tekzone provided students a platform to interact, exchange ideas and develop a competitive spirit by participating in various events. Influential personalities were invited as judges for the events. Tekzone is organized on a large scale and the students' efforts for managing the entire event surely called for a special mention. All the event details with the official brochure were released through the CL meet in online mode on the 20th February 2022 at 3 pm.

Mr. Sanjeev Jain (Chief Information Officer Global Integreon Managed Solution) was invited as the chief guest while the other judges of the events were as follows-

- IT Ripples: Ms. Sheetal Kirti Jain (Assistant Professor)
- Code Gulf: Ms. Subbulakshmi S. Yadava (Testing Engineering Senior Analyst)
- Digitally Artistic: Mr. Pranav Kamble (Sr. Illustrator)
- Webgators/Spin - A- Web: Mr. Viral Vora (CTRL F5 Co-Founder)
- Dance - Feet of Fire: Mr. Harsh Doshi (Choreographer) & Ms. Aarti Gupta (Choreographer)

Mehendi Competition



Keep Calm And put your Mehendi On!

The Cultural Committee of Dr. BMN College of Home Science decided to spread the fragrance and color of henna at the Mehendi competition organised on Tuesday, 22nd February 2022. The creativity of students was reflected in the beautiful intricate patterns. It was indeed difficult to judge as most of them had put their best 'hand' forward. Ultimately there were two winners and a consolation prize winner.

MEHENDI COMPETITION

ORGANIZED BY CULTURAL COMMITTEE

Congratulations To Winners



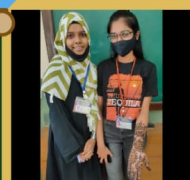
1st Prize

Ms. Fatima Chaudhary
(1st Year Fashion Designing)



2nd Prize

Ms. Anam Qureshi
(MSc CND II)



Consolation Prize

Ms. Afrin Shaikh
(TYBCA)



Debate Competition

The English Language Association in collaboration with the Cultural Committee of Dr. BMN College of Home Science conducted a lively debate competition on 'Brain Drain' for all SMES colleges. This debate competition was organised under the larger banner of Azadi Ka Amrit Mahotsav which is an initiative of the Government of India to celebrate and commemorate 75 years of progressive India and the glorious history of its people, culture and achievements. Azadi ka Amrit Mahotsav is an embodiment of all that is progressive about India's socio-cultural, political and economic identity. This initiative therefore inspired us to wonder why an estimated 17 million Indians live abroad, making India the largest source country for international migrants globally. The preliminary round was conducted on the 22nd February 2022 from 12pm-1pm at prangan nursery.

The well thought and chosen topic was "Overseas education opens up a variety of better career prospects". The judges were Ms. Simran Vijaya and Ms. Ashima Syal. The student moderator for the debate was Ms. Sakshi Mhatre (MSc. CND Part 1). Participants were divided into two teams and the team that supported the topic stood victorious. Out of a number of enormous participation, the judges picked 10 participants for the final round which was conducted on the 3rd of March where the topic was "Settling abroad is a more preferable option for the present generation" and this time again the supporting debaters emerged victorious. The judges were impressed by the amazing performance of all the participants and announced the following top three winners



Finalists



WINNERS:

1st. Dolly Jain TYND

2nd . Aafiya Fathima FYND

3rd. Ms. Kunika Sonkusare (SYFSN)

and Ms. Maryam (PG Counseling Psychology, Smt. MMP Shah)



Dr. Prof. Mala Pandurang (Principal,
Dr. BMN College of Home Science)
along with the esteemed judges of the
final round

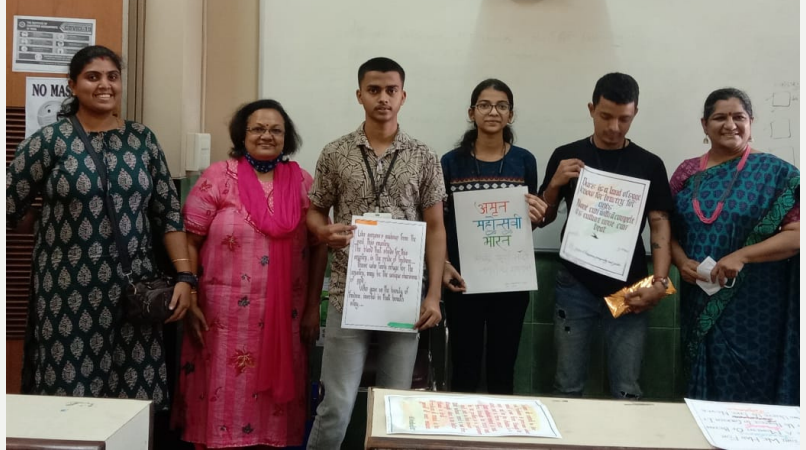
**“FREEDOM IS HAMMERED OUT
ON THE ANVIL OF DISCUSSION,
DISSENT, AND DEBATE”**

Calligraphy Competition



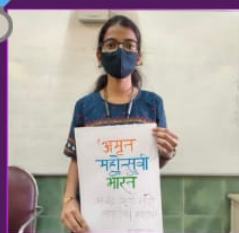
"Calligraphy is a kind of music not for the ears, but for the eyes"

A Calligraphy Competition was organized by the Cultural Committee on Wednesday, 2nd March 2022. Kalli- is a Greek root meaning "beautiful", in the case of calligraphy means artistic, stylized, and elegant. Calligraphy has existed in many cultures, including Indian, Persian, and Islamic cultures. It was open for all students. The participants were asked to write verse/quote on the theme "Azadi ka Amrit Mahotsav". They displayed their creativity on an A3 sized plain paper. There were total 13 participants, out of which **Sairaj Satpute, Aakanksha Rale and Yash Pawar** were the winners.



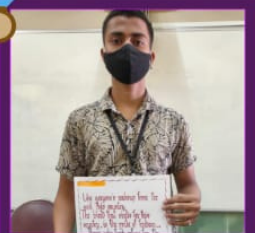
1st Prize

Mr. Sairaj Satpute
SY Applied Arts



2nd Prize

Ms. Aakanksha Rale
SYND



Consolation Prize

Mr. Yash Pawar
FY Applied Arts

Singing Event

Bharat Ratna Smt. Lata Mangeshkar was born on 28th September, 1929 in Indore. Popularly known as the 'Nightingale of India', she was one of the most versatile singers in the Indian film industry. The singing team of Dr.BMN. College of Home Science paid her a melodious tribute on the 5th of March in Visanji Ravji Auditorium after the student body oath ceremony. The students performed under the guidance of faculty members namely, Mrs. Monica Mhatre and Mrs. Mamta Khandekar Barve.

In a career spanning nearly eight decades, the prodigious singer has lent her voice to over 5,000 songs in over a thousand Hindi and 36 regional films. The lyrics of her popular song-
"Naam Gum Jayega".

It is impossible to forget such a magical voice. She will continue to live in everyone's heart as long as the existence of music remains.



A tribute to late Bharat Ratna Smt. Lata Mangeshkar

SHEROES

STRONGER BONES STRONGER BONDS

On the occasion of Women's Day, the Department of Food Science and Nutrition hosted an event titled "Sheroes - Stronger Bones Stronger Bonds" from 10 a.m. to 2 p.m. as part of its community outreach program to promote nutrition education. Students from TYFSN and TYND volunteered for the event.

Three activities were included in the event.

- 1) Pre. Cook. Eat - Calcium Rich-Snack recipe – Dazzling duo cooking competition
- 2) Wellness Assessment and
- 3) Awareness Sessions

There were 30 pairings who registered for Prep. Cook. Eat, including mother-daughter, sister-sister, and friend-friend pairs.

The competition drew 28 pairs out of a total of 30. In addition, the participants were told to do all of the snacks pre-preparation at home. The Calcifest Cooking Competition had 56 contestants in total. Ms. Sapna Kamdar, a practicing dietician & nutritionist and Mrs. Monika Mhatre were invited as judges to evaluate the Calcium-rich recipes. ADF Foods Limited sponsored 3 prizes for the Cooking Competition.



Anthropometric assessments of guests and staff were undertaken by TYFSN and TYND students, who measured height, weight, waist circumference, hip circumference, and grip strength. A total of 53 people attended and 34 members of the college staff members took part in the anthropometric study measurements.

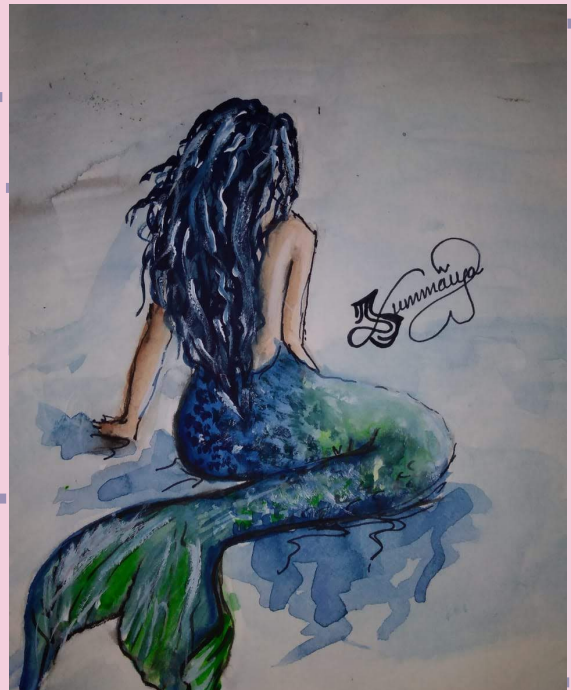
Due to the widespread deficiency of Calcium and Iron in Indian women, an awareness workshop on two important minerals was held. Using audio-visual aids, TYFSN students conducted calcium sessions and TYND girls conducted iron sessions. Following the awareness session, there was a quick recap quiz.



Students Artwork



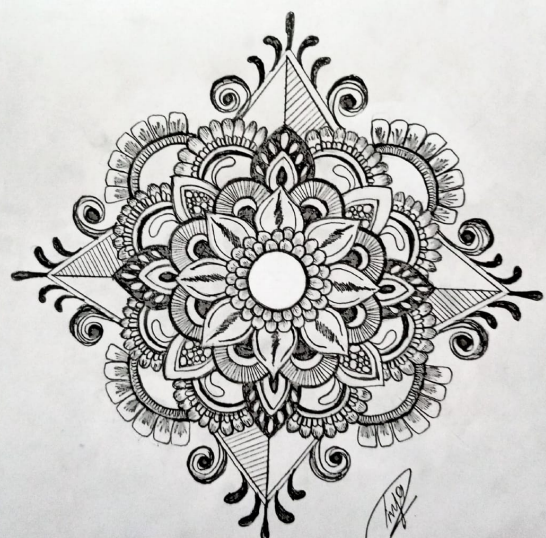
Pranali Sonawane
FYBCA



Summaiya Shaikh
SYND



Riddhi Anil Chavan
FYBCA



"Perfection consists not in doing extraordinary things, but in doing ordinary things in extraordinarily manner."

Divya Desmukh
FYND

CREATIVES

Seva Mandal Education Society's
Dr. Bhanuben Mahendra Nanavati College of Home Science (Autonomous)

NAAC Re-accredited 'A+' Grade with CGPA of 3.69 / 4
UGC Status: College with Potential for Excellence | "Best College Award 2016-17" adjudged by S.N.D.T. Women's University
Selected under "Enhancing Quality & Excellence in Select Autonomous Colleges Scheme" by RUSA

मराठी भाषा गौरव दिन

मराठी कवी

विष्णू वामन शिरवाडकर
(कुसुमाग्रज)

यांचा जन्मदिवस

२७ फेब्रुवारी २०२२



75
Azadi Ka
Amrit Mahotsav

Seva Mandal Education Society's
Dr. Bhanuben Mahendra Nanavati College of Home Science (Autonomous)

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

UGC Status: College with Potential for Excellence

"Best College Award 2016-17" adjudged by S.N.D.T. Women's University

Selected under "Enhancing Quality & Excellence in Select Autonomous Colleges Scheme" by RUSA

8th MARCH 2022

INTERNATIONAL

WOMEN'S DAY



SHE IS A DREAMER, SHE IS A BELIEVER, SHE IS A DOER, SHE IS AN
ACHIEVER, AND THAT SHE IS "YOU".

Seva Mandal Education Society's
Dr. Bhanuben Mahendra Nanavati College of Home Science (Autonomous)

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

UGC Status: College with Potential for Excellence

"Best College Award 2016-17" adjudged by S.N.D.T. Women's University

Selected under "Enhancing Quality & Excellence in Select Autonomous Colleges Scheme" by RUSA



7th April 2022

"To ensure good health: eat lightly, breathe deeply,
live moderately, cultivate cheerfulness, and
maintain an interest in life."

- William Londen

SEVA MANDAL EDUCATION SOCIETY'S
DR. BHANUBEN MAHENDRA NANAVATI COLLEGE OF HOME SCIENCE (AUTONOMOUS)

NAAC RE-ACCREDITED 'A+' GRADE WITH CGPA OF 3.69 / 4

UGC STATUS: COLLEGE WITH POTENTIAL FOR EXCELLENCE

"BEST COLLEGE AWARD 2016-17" ADJUDGED BY S.N.D.T. WOMEN'S UNIVERSITY

SELECTED UNDER "ENHANCING QUALITY & EXCELLENCE IN SELECT AUTONOMOUS COLLEGES SCHEME" BY RUSA

NO Smoking Day

9th March 2022



Quit Smoking Before It's Too Late

Editorial Team

THE BULLETIN IS CREATED BY THE MEMBERS OF
THE ENGLISH LANGUAGE ASSOCIATION

CHIEF EDITORS



Ms. Sakshi Mhatre
(M.Sc CND - Part I)
(President)



Ms. Kshitija Jadhav
(TYFSN)
(Secretary)

EDITORS



Ms. Aafiya Fatheema
(FYND)



Ms. Swaleha Patel
(TYFSN)

Ms. Nazrh Khan
(SYND)



Ms. Maryam Shaikh
(SYFSN)



Ms. Kunika Sonkusare
(SYFSN)



Ms. Madiha Sunasara
(SYFSN)

**Ms. Astha
Upadhyaya**
(M.Sc CND -Part I)



Ms. Kainat Siddiqui
(FYBCA)



FACULTY ADVISORY BOARD



Prof. Dr. Mala Pandurang
(Principal)



Ms. Huda Sayyed



Ms. Simran Vijan



Mrs. Salethmary A.