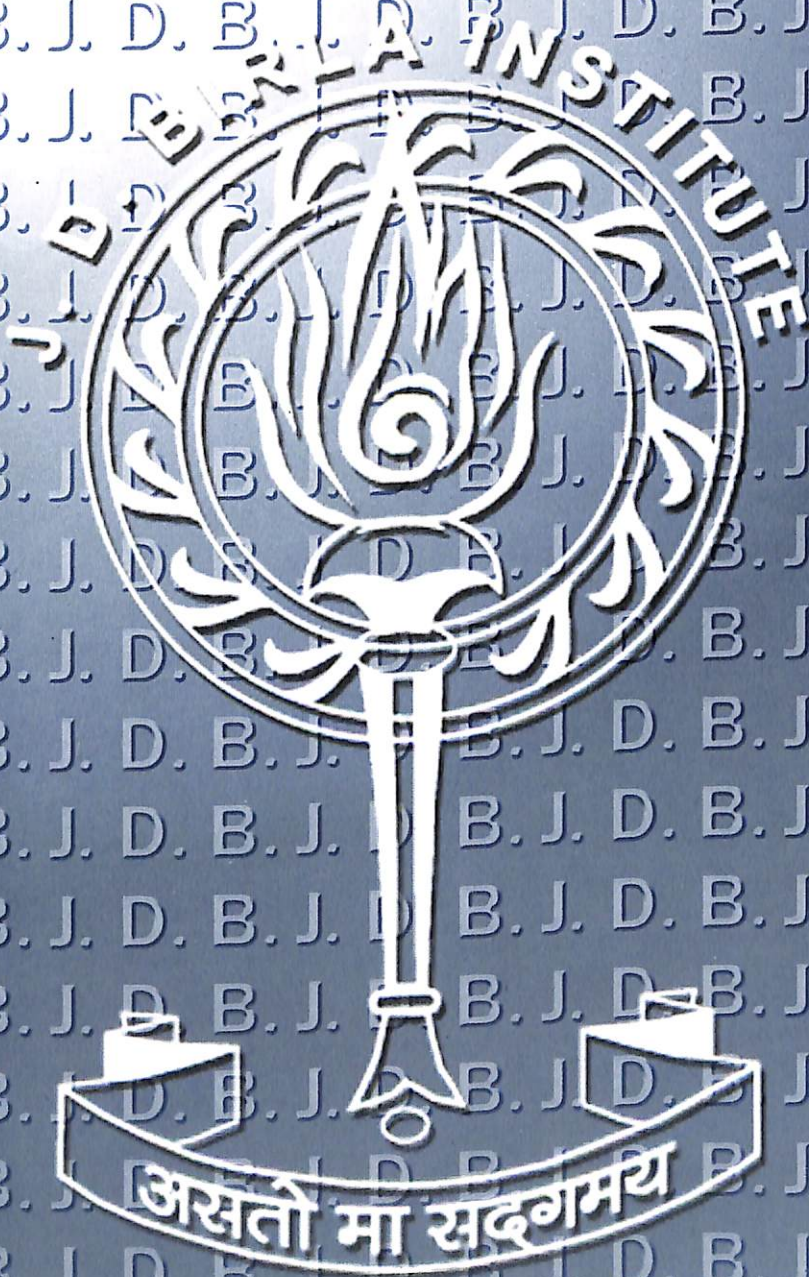


JDB Times

2006 - 2008



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Destiny is not a matter of chance. It is a matter of choice.



Students, like indispensable drops of water in an ocean, are the most important of elements in the existence of our institute; they are the forerunners of the future. Moulding them into good human beings by imparting them good values and giving them the skills to survive independently is our sole objective. Education is a companion which no future can depress, no crime can destroy, no enemy can alienate and no nepotism can enslave.

To cater to the needs of the changing generation, is no mean feat. Thus, we at JDBI, strive to bring about a structured change in the classroom by overhauling the more conventional system of teaching and creating an atmosphere of 'knowledge exchange'. Transparency is the key word used to deal with every aspect of the activities of the institute. There is active involvement of the students in the daily running of JDBI, today, making them more independent and capable of facing challenges and making decisions.

The greatest profession of women is, and probably will continue to be, that of homemaker, yet her world should not be limited to that one relationship. Today's woman is open minded, inquiring and alert, she looks behind rumor and tradition to find the facts, she is informed about the world around her and is acquainted with its history and literature. It is the duty of institutions like ours to prepare the woman for varied occupations and professions in the interest of the society as a whole.

Dr. (Ms.) Deepali Singhee
Principal
2008

Editorial

Another chapter and a chapter thereafter, another year and a year thereafter in the history of JDBI, and the third and the fourth edition of JDBI Times! Looking back, one saw quite a few changes in the institute. 2006 saw Principal Dr. J. Sengupta retiring after 20 years at the helm of the institute and Dr. Deepali Singhee being ushered to hold the reins of the future. A complete new floor has been added to the institute building, with eight new classrooms with the scope of accommodating more students and a whole new 250 capacity seater audio-visual-auditorium has come with it. The annual sports was held at Rabindra Sarabor Stadium after an interval of 40 years in 2007 and continued in 2008 too. Thanks to the talents of our budding student scriptwriters, dramatists, dancers and singers, our annual show of 2006-2007 was a huge success and so was the annual show of 2008.

On the literary front, JDBI hosted three important seminars in 2007, and another seminar on the environment in 2008, which saw eminent scholars, industrialists and professionals from all walks of life as guest speakers. Lectures and workshops from professionals, who are experts in their fields were also held in the main campus to break the monotony of studies and give the students a perspective beyond the classroom.

The major outdoor activities included educational trips as well as pleasure trips and both students' and teachers' picnics in both the years.

To sum up, it has been a pretty interesting and eventful two year stint and we hope to glide through the coming years with equal enthusiasm and eagerness.

Nandita Das

Dr. (Mrs.) Nandita Das
Faculty, Dept. of Home Science
Editor

J. D. Birla Institute

J D Birla Institute began its formal career forty-five years ago, satisfying a much-needed demand for scientific training in home making for girls. After its establishment in 1962, the ensuing 44 years have seen the institute make pioneering strides in the field of education. Imparting quality and holistic education to its students has always been its guiding mission; growth and development its foci. While the initial years saw consistent achievements in Home Science Education, the year 1997 saw the establishment of its Department of Commerce. In 2002, the Department of Business Administration was founded when the Institute was rechristened as 'Smt. J D Birla Institute'. The name has been further modified simply to 'J D Birla Institute'. Today, it is a leading institute in Kolkata, geared to meet the emerging needs and challenges of a contemporary society through proficiency and training in Science, Arts and Humanities, all blended together to improve the general quality of life.

The present curricula and syllabi of all the three departments are revised and updated time to time in accordance with the guidelines laid down by the UGC (University Grants Commission), keeping the modern trends and innovations in view. This offers ample opportunity to the students to assess their abilities, aptitudes and interests and introduces them to the world of jobs and careers.

The Institute also has an academic council, which aids the principal in taking decisions on all academic issues and is formed of faculty representing each section of specialization. The institute has also formed Internal Quality Advisory Council (IQAC) following National Assessment and Accreditation Council's (NAAC) proposal for quality enhancement of the institute.

J D Birla Institute has professionally qualified, experienced and dedicated faculty drawn from various streams of education, who contribute to the institute's academic excellence.

The main campus of J D Birla Institute has undergone a major change. Due to a huge demand, the Commerce Department has been sanctioned an additional 75 seats by the affiliating university. Several short-term Home Science courses have been added to the college activities. A new era has begun in J D Birla Institute and we hope to focus on our students' well being and progress towards excellence step by step, year after year.

The Transformed Face of JDBI

Enter the gates of JDBI and you get the strange feeling that there is something new & improved in the Institute. All because our college has grown by another floor! The 3rd floor was duly inaugurated with a ritualistic 'griha-pravesh puja', with scores of students and staff in attendance.

The first step to the 3rd floor ..careful! ..the new tiles! From the selection of the tiles to the washroom fittings to the new chairs for the students, and the latest, the window blinds.

After a year of dust and ground one saw, you see the familiar and new face of the good old JDBI again with a garden on its way and potted plants, added to that a new canteen and ... Surprise Surprise! An Elevator! This machine is a boon for all the students who are running late for classes and need to reach the top floor in a jiffy!

JDBI is changing and it is all only for the good. Not only has the college campus acquired an architecturally improvised look, but it has also been fitted with most of the modern necessities, which include fire protection installed at every floor.

JDBI is now a campus which supports hundreds of students' careers everyday and also takes care of the students' needs and comfort. If only we could have air-conditioned classrooms, or is that still a distant dream!

~ 'Food & Nutrition' Section, Department of Home Science
Shreya Dutta, Student, Final B.Sc. (2008)



Smt. J.D. Birla Institute (past)



J.D. Birla Institute (present)

Current PROJECTS

Street Food Project (Phase – III)

Sponsoring Body : World Bank and Ministry of Health and Family Welfare (MOHFW)

Duration : 3 years (2005-2008)

Principal Investigator : Mrs. Lilu Mancha, Sr. Lecturer (Sl. Grade) in Food & Nutrition, Department of Home Science

Co-Investigator : Mrs. Komal Sharma, Sr. Lecturer (Sl. Grade) in Resource Management, Department of Home Science

Project Summary : Street food is very popular with the generation next. But, at the same time the issue of hygiene cannot be ignored and an initiative is being taken to improve the quality of street food. The Ministry of Health and Family Welfare (MOHFW), Government of India has implemented a Capacity Building Project on Food Safety and Hygiene with assistance from the World Bank.

In the first phase of this project, a survey was carried out by the Institute on the street food providers, food handlers and consumers, to create a comprehensive database, which will serve as an input to the government to formulate strategies in these areas.

The second phase of the project, aimed at increasing awareness about food hygiene, unit hygiene and personal hygiene along with environmental hygiene and nutrition and health practices among street food vendors. This was conducted in two locations (Tangra and Camac Street & Theater Road) of the city with a group of 25 vendors from each earmarked area. Predata collection and interventions for both the groups are over.

In the third phase of the project, follow up activities with trainees of the Phase – II is being carried out. Along with this activity two more new locations are being organised for training new hawkers.

The awareness programme on food unit personal hygiene and environmental hygiene together with nutrition and health practices among street food vendors were covered through interventions programmes as below:

- 1 : Motivation and orientation
- 2 : Food borne illnesses and their prevention
Food spoilage and safe food handling practices
- 3 : Procurement and storage of food ingredients

- 4 : Pre-processing of food and safe handling of food
- 5 : Use of left over food and safe use of ice/water for washing, cooking and drinking
- 6 : Conservation of nutrients
- 7 : Food adulterants and intoxications
- 8 : Value addition and quality aspects of street food
- 9 : Keeping yourself and your workers healthy
- 10 : Personal grooming and adoption of good habits
- 11 : Basic requirements of a mobile street food unit/ food kiosk
- 12 : Care and maintenance of work unit and accessories
- 13 : Environmental Hygiene
- 14 : Product specific intervention [jhal muri & tea stall]
- 15 : Product specific intervention [phuchka & kachori sabji]

Both the groups were enthusiastic and they interacted a lot during the intervention programme.



*Intervention Carried out on Personal Hygiene
Venue: J. D. Birla Institute*



*Intervention carried out on Procurement of Food
Venue: Tangra*



Street Food Vendor
Location: Lord Sinha Road
Stall: Jhal Muri



Street Food Vendor
Location: Camac Street
Stall: Phuchka

Street food maybe a runaway success and although if we don't admit, the quality of food is an area of concern that needs to be seriously looked into.

To Standardize a constructed scale for life satisfaction of elderly parents of NRI children.

Sponsoring Body : United Grants Commission (UGC)

Duration : 2 years (2007-2009)

Principal Investigator : Dr. Soma Dasgupta, Sr. Lecturer in Economics & Statistics, Departement of Home Science

Project Summary : Life satisfaction is a multi-dimensional concept and it is closely related to the quality of life. It is a topic of major interest in recent years that cannot be clearly defined and there still exists a lot of controversy about its evaluation and measurement (Lau, 1988). Tests to assess the state of mind of the elderly have been developed and used all over the world. Each test satisfies the needs of a particular segment of the worldwide population. Indian Psychologists, believing that varying conditions affect the mind in varying ways, have also constructed several test that are specially suitable to the local environment.

An earlier project developed a battery of tests that are specific to three factors, namely, 'Life Satisfaction', 'Elderly Parents in India' and their 'Adult offsprings, who are stationed outside India'. This project aims to evaluate the validity and reliability of this scale and thereby to raise the applicability of the scale. Later separate percentile norms for the scale would also be calculated. This study would not only help to build / prepare a robust scale that will help deeper understanding of the problems afflicting the concerned people, but also point out methods of rectifying the ills. Currently the project has completed its first year and the utilization certificate has been sent to the UGC.



Dr. Dasgupta at work

An eco-friendly approach for the treatment of Industrial effluents.

Sponsoring Body : United Grants Commission (UGC)

Duration : 2 years (2007-2009)

Principal Investigator : Dr. Banani De, Lecturer in Chemistry, Departement of Home Science

Project Summary : With improved life style of the world population in general, an unprecedented growth in industrialization, especially in the field of agricultural fertilizers, herbicides, pesticides, dyes, plastics, pharmaceutical products, textiles, etc. has taken place. However, in a country like India, it provided self-sufficiency although it led to massive environmental pollution. The manufacture of products mentioned above, is associated with co-production of several by-products and intermediates which are potentially harmful due to their toxic, carcinogenic and recalcitrant properties. The disposal of these harmful waste products causes pollution of soil, water and the environment and is today a matter of global concern.

The present project seeks to employ microorganisms that have the capability to utilize alternative sources of carbon for energy and add them to the industrial effluents and sewage. The microorganisms are expected to exploit the environmental pollutants and use them as their selective source of carbon and thereby bring about an effective technique for biodegradation of the wastes. Currently, the project has completed its first year and the utilization certificate has been sent to the UGC.

Impact Of Trade Liberalizations of Forest Product: A Case study of India.

Sponsoring Body : United Grants Commission (UGC)

Duration : 2 years (2006 – 2008)

Principal Investigator: Mrs. Gargi Mitra, Ex-Lecturer in Economics & Statistics, Departement of Commerce

The data shows that there has been a significant increase in import of forest products between 1985-2005 whereas the export has not increased by a large extent. The main reason for this is the huge upsurge in demand for forest product (Processed and Unprocessed) in the domestic market, which is being met with increased production and import.

Thus, as per the trade data of export import of forest product in India (1985-2005), trade liberalization in the forest product sector in India has led to a huge increase in imports. But exports have not increased significantly. Hence the cause of deforestation in India cannot be attributed to the opening up of the forest product sector in the international market. The paper aimed to explore the reason for this disparity

Currently this project has been discontinued.



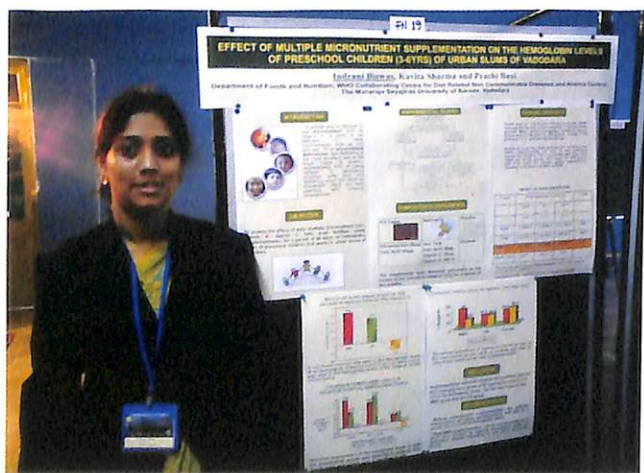
Dr. Banani De at work

Faculty Proud

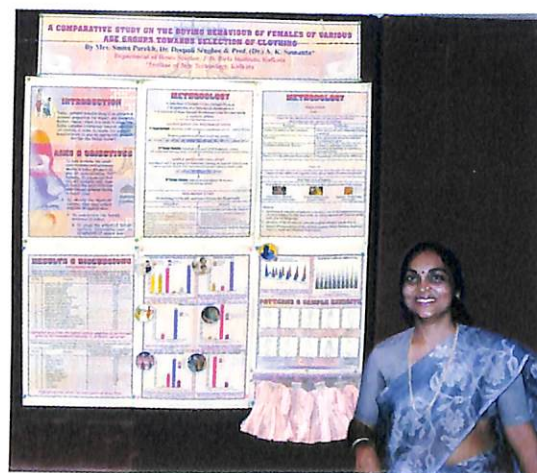
Mrs. Smita Parekh along with Dr. Deepali Singhee and Ms. Indrani Biswas bagged Best Research Poster awards in their respective areas of specializations at the 27th Biennial Conference of the Home Science Association of India held at Jabalpur (Madhya Pradesh) in December 2007.

Name of the Faculty Member	Area of Specialization	Research Topic for Poster Presentation
Mrs. Smita Parekh & Dr. (Ms.) Deepali Singhee*	Textiles & Clothing	A comparative study on the buying behaviour of females of various age groups towards selection of clothing
Ms. Indrani Biswas	Food & Nutrition	Effect of multiple micronutrient supplementation on the hemoglobin levels of pre-school children.

* Dr. Singhee was the Co-author.



Prize Winning Poster by Ms. Indrani Biswas, Faculty Dept. of Home Science



Prize Winning Poster by Mrs. Smita Parekh, Faculty Dept. of Home Science

SEMINARS, WORKSHOPS & LECTURES

Necessity and Scope of Collaborative Research in the Field of Higher Education

The Departments of Home Science and Commerce of J. D. Birla Institute organized a seminar on "Necessity and Scope of Collaborative Research in the Field of Higher Education" at the Sattelite Campus in association with UGC on 23rd February, 2007.

The objective of this seminar was to provide knowledge on the following :-

- The needs, benefits, and challenges of working in multiple arenas, namely the university, industry, government, schools, and community organizations,
- Present a range of collaborative research approaches, requirements, assumptions, and implementation practices,
- Provide examples of collaborative research projects in a variety



Prof. (Dr.) M. Varghese, Senior Advisor NAAC delivering the Inaugural Address



Speakers at the Technical Session

of companies, colleges, communities and industries.

The seminar focused on the following areas: Necessity/Objectives of Research Collaboration, Scope of Research Collaboration, International Research Collaboration, and Areas of Research Collaboration. Prof. Mariamma Varghese, Senior Advisor, NAAC was the chief guest at the Seminar Mr. Alok Mukerjea, Chairman

Flakt India, Cosul General Sweden delivered the keynote address and Prof. S. M. Chatterjee Advisor, West Bengal State Council of Technical Education, delivered the Inaugural Address Participants included students, academicians and administrators of various Universities and colleges.

Necessity and Scope of Industry – Institute linkage in the field of Commerce Education

The Department of Commerce of J. D. Birla Institute Organized a seminar on "Necessity and Scope of Industry Institute Linkage in the Field of Commerce Education" on 24th of February, 2007.

The objective of this seminar was to enlighten the participants about the collaboration especially in the field of commerce education by inviting eminent researchers and senior corporate personnel as resource persons.

The objective of this seminar was to provide knowledge about the following

- Current Status of Industry Institute Linkage in the field of Commerce Education.
- Scope of Industry Institute Linkage and the role of industrial Associations.



Prof. Kondap Narsi Monjee, Mumbai at the Seminar



Speakers at the Technical Session

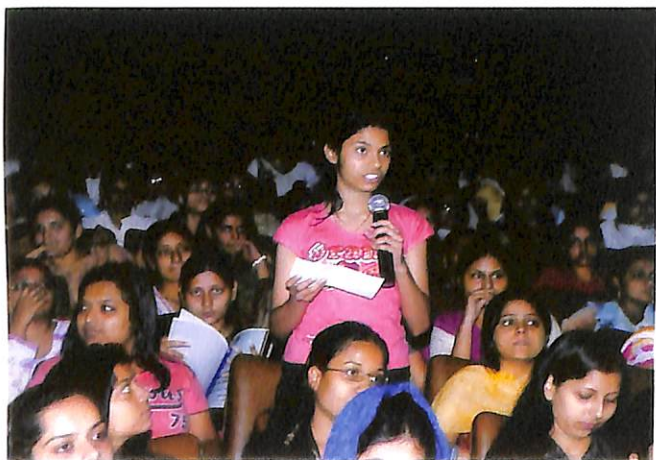
- Ways and means of increasing Industry Institute Linkage. Mr. Sanjay Budhia, Director, Patton was the Chief Guest Prof. Mariamma Varghese, Senior Advisor, NAAC delivered the Keynote address.

SEMINAR 2007- Emerging Issues to Empower Women

On the 5th of October, 2007, a seminar on 'Emerging Issues to Empower Women' was held at the Kalamandir auditorium with Prof. Nirmala Banerjee, an eminent economist and activist as the chief guest. It saw speakers like Prof. Ratnabali Chatterjee, the ex-professor of Islamic history and ex-director of women studies, Calcutta University who spoke about women's conditions and the oppressive role of society. Ms. Krishna Banerjee, ex-director CCRC, spoke about 'Women's Health with special reference to the PNMT Act'. Prof. Bula Bhadra, Head, Department of Sociology, Calcutta University spoke on 'Women and Technology'. She emphasized the role of the society in utilizing the women work power in the name of technological developments and thereby harnessing them instead of emancipating them. The final speaker of the session was Ms. Rukmini Sen, Lecturer, NUJS who spoke on sexual harassment at work place and also discussed the Harassment Bill with respect to the Vishakha Guidelines.



The Inaugural Session



Students Interacting with the Speakers

A panel discussion on 'Emerging Issues to Empower Women' was held on 6th of October, 2007 at the college auditorium. The discussion saw eminent speakers like Ms. Bharati Mutsuddi who spoke on 'Women in Politics' while Ms. Swati Bhattacharya, Assistant Editor of Ananda Bazar Patrika was very focused with her views on 'Women in Media'. 'Women in Cinema' was brilliantly lectured by Ms. Soma A. Chatterjee, visiting lecturer in Globsyn College of Management and St Xaviers College. Professor Ishita Mukherjee, Director of Women Studies, Calcutta University spoke on 'Women in Education'. Dr. Mallika Sengupta the famous Bengali author



The Panel discussion in the College Auditorium

and head of sociology, Kasiswari College discussed 'Women in Literature'. Finally the eminent theater personality, Ms. Bijoy Lakshmi Burman spoke on 'Women in Theatre'. The entire session was finally summed up by the moderator for the discussion, Ms. Ruchira Goswami, activist and lecturer, NUJS. The panel discussion ended with a screening of 'Kaaree', a film produced by the Ministry of Women and Child Welfare.



Full House at the Panel discussion

Seminar 2008- Environmental Issues: Achieving a Sustainable Future

On the 15th of March, 2008, a seminar on 'Environmental Issues: Achieving a Sustainable Future' was held at the Vidya Mandir auditorium. The chief guest of the seminar, Mr. Debal Roy, Member Secretary, West Bengal Pollution Control Board highlighted the Kyoto Convention of 1992 and described the degradation of the environment as manifested through Global Warming. This was followed by a short clipping of the movie, 'An Inconvenient Truth', which brought home the crisis as narrated by ex-US Vice President, an Environmentalist and a Nobel Prize winner, Al Gore. Other eminent speakers were Prof. Pronobes Sanyal who delivered the keynote address on **Global Warming**, Dr. Suman Mukerjee, Director, J. D. Birla Institute, Mr. Pradeep Chopra, who expertly presented his ideas on the **Green Buildings** in Kolkata and India, Mr. T. K. Ghatak, who introduced the **role of GIS in West Bengal Municipality**, Mr. Achinta Chattopaphyay, who explained the role and effect of **Green House Gases**, such as CO₂, CH₄ etc. in enhancing Global Warming. Dr. S. Ghosh, stressed on the importance of **Biodiversity** and its role in preservation of environment and Dr. S. Santra, vociferously called for the **Preservation of Wetlands**.

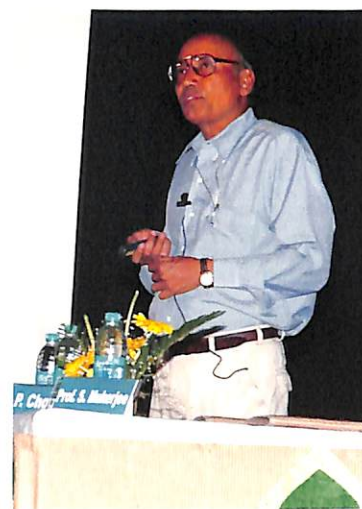


Welcome Address by the Principal in the Inaugural Session

The post-lunch session was carried forward by Mr. N. Nawn, who talked about **Environmental Laws** in India and Dr. Siddharta Dutta, Pro-Vice Chancellor, Jadavpur University, who stressed the role of gases and pollutants in increasing the temperature of the world.



The Chief Guest lighting the Lamp



Prof. Pronobes Sanyal on Global Warming

Technical Session-II was chaired by Prof. Sujoy Basu, who mentioned the various assessment reports carried on climate change. Among the speakers were Prof. D. K. Sinha, ex-Vice Chancellor, Visva Bharati University, who deliberated on **Disaster Management**, Dr. Subhendu Bose from Ernst & Young, who shared his experience regarding **Energy Audits** and Mr. Surojit Basu from Price Water House Coopers, who detailed the concept of **Carbon Trading** in the world.

The seminar made an immense impact on the students as seen from the interactive session.



Speakers at Technical Session 1

Workshop on Cancer Awareness

A workshop on Cancer Awareness was held on the 7th of March, 2008 at the J D Birla Institute auditorium for the final year and M.Sc students from the Departments of Home Science and Commerce. The first lecture on 'Female Cancers' was delivered by Prof. A.P. Majumdar, Dean Department of Oncology, AMRI, Kolkata, who clarified that female cancer not only includes breast, ovaries, uterus and cervix but also any other kind of cancer like those in the stomach, colon, lung, liver, pancreas, etc. Professor Majumdar specifically stressed the need for early detection and said that cancer was curable; however, for all kinds of cancer, treatment and surveillance is of utmost importance.

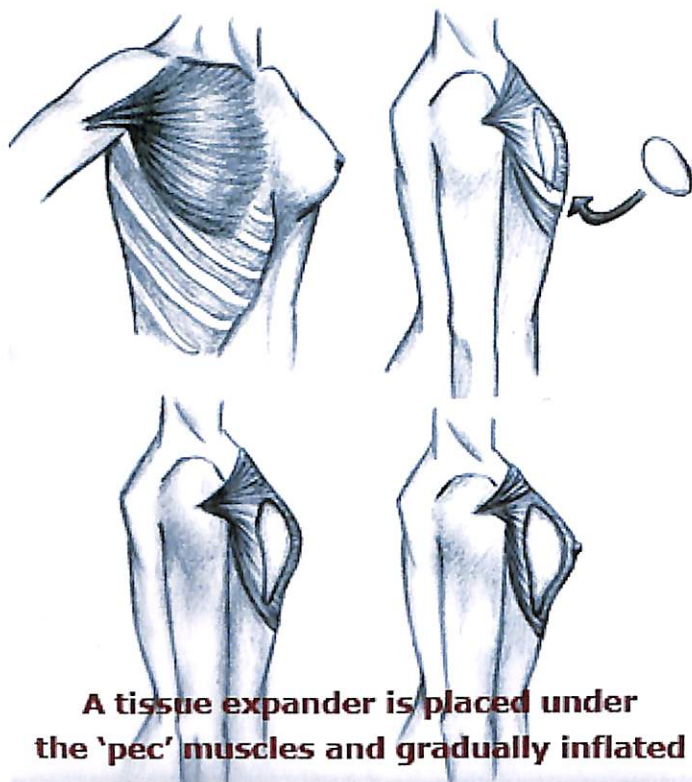
Dr. Arundhati Chakraborty, Consultant Oncologist, Apollo Gleneagles, Kolkata deliberated on 'Breast Cancer Awareness and Precaution' using a slide show. She highlighted that Cancer can be detected early and there are various modalities of treatment and the survival rate is high. She stressed that smoking, consumption of alcohol, overweight, exposure to occupational hazards for those working in the dye and asbestos factories, intake of fatty foods, late marriage and genetic reasons are the major cause of cancer. Symptoms may range from lumps in the breast, pain, nipple



Prof. A. P. Majumdar & Dr. Arundhati Chakraborty clarifying facts about Cancer



Bijoya Mukherjee from an NGO Hitaishini, emphasizing social support network



A tissue expander is placed under the 'pec' muscles and gradually inflated

A breast implant after Mastectomy

discharge, swelling or skin tethering in the breast. Like Professor Majumdar, she too stressed on a diet rich in fresh fruits and vegetables.

Cancer, she said does not kill the patient overnight like heart attack. It is a disease, which is progressive. Dr. Chakraborty concluded by saying that cancer is not just an organ-based disease, but has social, cultural and spiritual ramifications. One should come early and get cured early.

In the interactive session there was an overwhelming response and the doctors answered all the questions very clearly.

After the lectures, a short workshop was conducted by a cancer support group, **Hitaishini**, who help the cancer patients by counseling them about coping with the after surgery complications and providing them with different aids. Hitaishini has been founded by women, who themselves are breast cancer survivors. Stressing on the emotional and psychological impact of this disease the team discussed the various trauma that a patient goes through during the illness..

All girls of the college were given handouts with instructions on self examination of breasts to identify symptoms if any. The handouts were sponsored by the NSS group of our college.

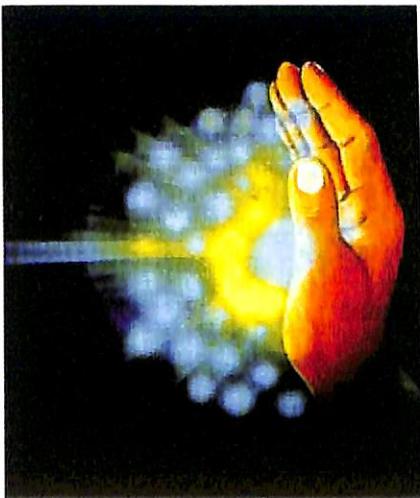
Workshop on Pranic Healing

A workshop on 'Pranic Healing' was organized on 26th February 2008 at the Auditorium of the main campus for the 1st Year students of the Department of Commerce. The lecture was delivered by Mrs. Durga Banka, who is a member of the Yog Vidya Pranic Healing



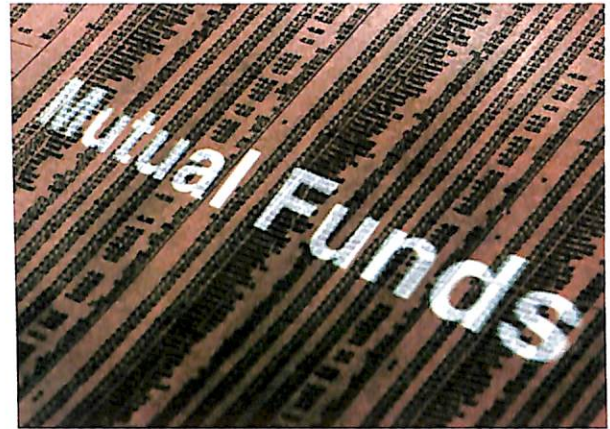
Various Chakras of our body provide the vital force of life

Foundation of West Bengal and has a 10-year experience in this art. In her lecture she spoke on how to enhance the positive forces within ourselves and eliminate the negative forces. In this context, she mentioned the different 'chakras' in our body, each controlling certain specific emotions and energy sources. She also explained how through mental exercises it is possible to divert energy from a lower 'chakra' to a higher one. The students paid rapt attention to her and keenly followed the different exercises that were demonstrated to them.



The power to heal lies within our hands

Lecture on Mutual Funds



Risk Reducer and Money Generator

A lecture on an important current issue 'Stock Market: A Bird's Eye View with Special Emphasis on Mutual Funds' was organized on 14th February 2008 at the Auditorium of the main campus for the 2nd & 3rd Year students of the Department of Commerce. The lecture was delivered by Mr. Sumit Roy, an MBA from IISWBM, Kolkata. The lecture was quite informative and students' participation in the interactive session was quite good.



How does mutual fund work?

Lecture on Holistic Approach to Environmental Issues

JD. Birla Institute, Kolkata, 3rd April: A seminar on "Holistic Approach to Environment Issues" was delivered by Prof. Dr. Anando Dev Mukhopadhaya, Emeritus Prof. and Director of School of Oceanographic Studies, Jadavpur University and Ex-Vice Chancellor, Vishwa Bharati University.

The students developed a better perspective towards environment, which covered both the physical components and ethics and morality towards the internal environment. The environmental problems cannot be aided only through books but by getting a practical view by making a visit to slum areas. This will help in keeping a check on the rising economic problems, lack of food and nutrition and the spread of various diseases. Some of the major environmental issues are scarcity of natural resources, air pollution, deforestation, improper ways of disposing waste, loss of biodiversity, global warming and increasing population.



Student interacting with the Prof. Anando Dev Mukhopadhaya

Prof. Mukherjee enlightened us with a global perspective, that more than 80% of the natural resources are being utilized by the northern countries like Japan and America leaving only 20% for the southern developing countries. Hence, compared to the developing countries these developed countries need to shoulder a greater responsibility of protecting the nature.

The seminar was concluded with the words 'earth is our mother, love it and protect it because without it our existence is void'. Now is the right time to take the necessary remedial measures as the environmental issues are increasing at an alarming rate.

~ Department of Commerce

Harshita Banka

Student, 1st year, B.Com. (2008)

Lecture on Right to Information Act, 2005

Mr. Nandan Ray, secretary, West Bengal Information Commission is an authority on the Right To Information Act. Through his lecture on 4.04.08, he enlightened us on the basic tenets of the Act. He pointed out that every Indian citizen has a right to seek and get information. Information refers to any recorded matter held by a public authority. This Act was basically enacted to promote transparency and accountability in public affairs. He spelt out the exact procedure through which a person can get information from a public authority and also mentioned the cases, which are exempt from this Act. Most importantly, he gave us the assurance that WBSIC is always there to help us in this regard.

He presented his discourse in simple, easy to understand terms which made the lecture enjoyable. Queries on this Act were put across to him which were answered satisfactorily.

Work shop on Motivation

Understanding the importance and need of a cohesive team to successfully run any organization and the importance of achievement motivation for self-growth, the Human Development Section of the Department of Home Science organized a workshop on 'Team Building & Achievement Motivation' on 25th March 2008 at the College auditorium. 32 faculty members from both the departments of Home Science and Commerce participated in the workshop. The main aim was to create a de-stressing environment and a more or less informal setup where group participation could be encouraged.



This is our team

COLLAGEN And Its Multi Uses

Collagen means glue producer (*Kolla* is Greek for glue). It is derived from boiling the skin and sinews of horses and other animals to obtain glue. It was used by Egyptians about 4000 years ago.

Collagen is the main protein of connective tissue in animals and the most abundant protein in mammals, making up about 25% of the total protein content. The skin consists of about 75% collagen. It has great tensile strength and is the main component of cartilage, ligaments, tendons, bones and teeth. Along with soft keratin it is responsible for skin strength and elasticity and its degradation leads to wrinkles which accompany ageing.

Types: Purified Collagen obtained from cow skin are Zyderm and Zylplast; human collagen brands include Deralogen, Cyreten, Costodeine and Cosmo-last.

Genetic Diseases

Collagen diseases commonly arise from genetic defects that can lead to:

- **Osteogenesis Imperfecta:** 'Butte Bone Disease' which results from poor quality or quantity of collagen.
- **Ehlers-Danlos Syndrome:** Group of rare genetic disorder affecting humans and domestic animals caused by a defect in collagen synthesis.
- **Alport Syndrome:** A genetic condition characterized by the progressive loss of kidney function and hearing.

Uses

When collagen is injected into our skin it plumps the skin, reduces fine lines and wrinkles, improves skin's elasticity and is even said to reduce cellulite. Tiny quantities of collagen are injected under the line through very fine needles, boosting the skin's natural collagen. The effects can be maintained by small top-up collagen injections two or three times a year. The needle cost about \$ 368. Apart from cosmetic surgery, it is also used as certain skin substitutes for burns patients. It is used also in making of musical instruments such as fine Violin and Guitar

Collagen Replacement Therapy

Collagen replacement therapy is a safe non-surgical procedure that softens lines and wrinkles of the face. It can be used on frown lines, smokers lines, worry lines, crow's feet, nasolabial furrows and oral commissure (lines at the corner of mouth), cheek depressions, redefining lip border and other facial scars.

Side Effects

There are side effects from the treatment. If a vein is accidentally blocked it can lead to a permanent scar. It may cause a number of bacterial infections.

~ 'Food & Nutrition Section'

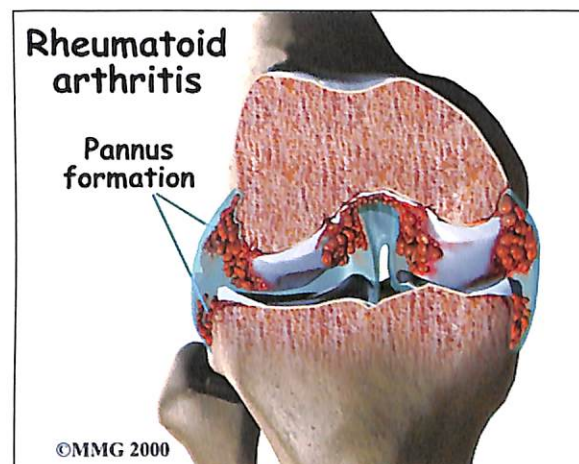
Snigdha Agarwal, Student Final B.Sc. (2007)

RHEUMATOID ARTHRITIS – 'Joint Crosstalk?'

Rheumatoid Arthritis (R.A.) is a disease that affects the whole person. It affects their sense of well being, their work, their family life and their community life. It affects every thing that they do.

Rheumatoid arthritis is an auto-immune disease that can cause chronic inflammation of the joints and other areas of the body, and it can affect persons of all ages. Rheumatoid arthritis is characterized by periods of disease flares and remissions, where multiple joints are usually, but not always, affected in a symmetrical pattern. In chronic cases it can cause permanent joint destruction and deformity. Its cause is not yet known nor is there a known cure for Rheumatoid arthritis.

The 'rheumatoid factor' is an antibody that can be found in 80% of patients with rheumatoid arthritis.



Synovial fluid inflammation in RA leads to Pannus tissue formation that invade and destroy cartilage/ bone

The treatment of rheumatoid arthritis optimally involves a combination of patient education, rest and exercises, joint protection, medications and occasionally surgery.

Early treatment of rheumatoid arthritis results in better outcome. There is no scientific evidence that any specific food or nutrient helps or harms people with rheumatoid arthritis. Some claim that



A typical presentation of RA in hands (Black Arrowhead are decreased joint space, White Arrowhead show bony erosion & White Arrow show joint deformation)

food from night shade family (tomato, green pepper, eggplant) can exacerbate arthritis. Few studies point out that vegetarian diet is helpful and high total calorie diet co-relates with worse symptoms.

Studies have found improvement in R.A. symptoms when primrose seed oil and cold water fish oil has been administered to patients. Eating fish might prevent the disease but it is not effective once the disease process has started. Olive oils may even have some benefits. In some patients specific foods have shown to exacerbate the symptoms, but excluding these foods in general have not shown long term positive results

~ 'Food & Nutrition' Section, Department of Home Science
Sadhana Biniyani
Student, Final B.Sc. (2007)

- Chocolate Is, Let's Face It, Far More Reliable Than Men
- Man Cannot Live On Chocolate Alone; But A Woman Sure Can.
- A Little Too Much Chocolate Is Just About Right.
- I Could Give Up Chocolate But I'm Not A Quitter.
- And Above All... Think Chocolate!
- Seven Days Without Chocolate Makes One Weak.
- So Much Chocolate. So Little Time!
- Do Not Disturb: Chocolate Fantasy In Progress.
- Save Earth. It's The Only Planet With Chocolate

CACAO – 'Food For Gods'



The source of chocolates, the seeds of cacao tree, has figured prominently in different cultures like prehistoric Central America, Mayan and Aztec civilization. The chocolate tree 'Theobroma cacao' evolved in the tropical rain forests of South America's Amazon region. Chocolate was not only used in various drinks and porridges but was also used as cash in Mesoamerica. Later due to spelling error by the Englishmen, 'cacao' came to be known as 'cocoa'.

Nutrients

The nutrients present in a chocolate mainly include carbohydrate and fat. It has moderate amounts of calcium and protein. Magnesium is present in small amount. Chocolate is a rich source of energy.

Types of Chocolates

Chocolate is of various types depending on the amount of cocoa solids used.

- a) Unsweetened chocolate
- b) Dark chocolate
- c) Milk chocolate
- d) Semisweet chocolate
- e) Bittersweet chocolate
- f) Covertures
- g) White chocolate
- h) Compound Chocolate



Making of Chocolates

Effects of Chocolate

Chocolate has effects on the brain because of secretion of Serotonin on its consumption. This releases the stress and gives the feeling of relaxation and pleasure. On the other hand, research studies have show that chocolate consumption reduces the risk of LDL cholesterol in the body. Chocolate consumption has been proven to fight cough and acne problems as well.

Commercial Uses

Chocolate is used on a large scale in the food and bakery industry. It is also used for decoration purposes and nowadays chocolate is also used for massages as it imparts a smooth and soft texture to the body and at the same time gives a better complexion.

~ 'Composite Home Science Section', Department of Home Science
Nivedita Surana, Student, Final B.Sc. (2007)

Effect of Papain in HUMAN BODY

Introduction

Papain is the principal and most active enzyme in the mature green papaya. It is a nonspecific, cysteine endopeptidase isolated from



A Slit Papaya

papaya latex. Papain possesses a very powerful digestive action superior to pepsin and pancreatin. It breaks down meat fibers, thereby rendering nutrients available to the digestive process. Thus, papain is essential in the diet of meat eaters as well as vegetarians.

This enzyme is of vital importance for those with enzyme deficiency problems as well as for those with low hydrochloric acid output in the stomach because, the pepsin produced in the stomach required for protein digestion is activated only in an acid medium. This requires an optimum output of hydrochloric acid which is insufficient in most people. Due to the powerful proteolytic action of papain, a more active digestant than pepsin, the major digestive problem of most people will be helped by the daily ingestion of mature green Papaya powder.

Several studies on cancer patients have revealed that oral enzyme supplements containing papain has helped to relieve side-effects of treatments such as mouth sores and difficulty in swallowing. Chemicals in papain may increase immune system function and they may also promote the release of natural chemicals that attack tumor cells. Its ability to break down proteins is used to remove dead tissue from burns, help skin injuries heal, remove warts, and treat ringworm.

A year-long observational study on more than 400 women, revealed that women who ate papaya at least once a week were less likely to have chronic infections with Human Papilloma Virus (HPV), a common sexually transmitted disease. An injectable form of chymopapain, an enzyme closely related to papain, has been used to treat herniated ('slipped') discs in the spine.



Carica papaya (Papaya)

Side Effects of Papain

Eating the raw sap of papaya fruits may cause irritation, pain or sores in the mouth, esophagus, stomach, or intestines. Due to its ability to digest proteins, papain may also damage skin or mucous membranes, especially if tissue is already damaged by ulcers or other injuries. Inflammation or irritation of the mouth, esophagus, stomach, or intestines could result from taking papain orally. Skin may blister or itch intensively, when papain is applied topically.

Commercial uses of Papain

- Papain is included in meat tenderizer.
- Papain or related enzymes from papaya are also included in chewing gum, soaps, toothpastes, and contact lens cleaners.
- In the cosmetics industry, it is used as a softener in hand and face creams and as a conditioner in shampoo.

Nutritional Profile of Papain

Nutrient	Amount	DV (daily value) (%)	Nutrient Density	World's Healthiest Foods Rating
Vitamin C	187.87 mg	313.1	475	excellent
Folate	115.52 mcg	28.9	44	very good
Potassium	781.28 mg	22.3	34	very good
Dietary fiber	5.47 g	21.9	33	good
Vitamin A	863.36 IU	17.3	26	good
Vitamin E	3.40 mg	17.0	26	good
Vitamin K	7.90 mcg	9.9	15	good

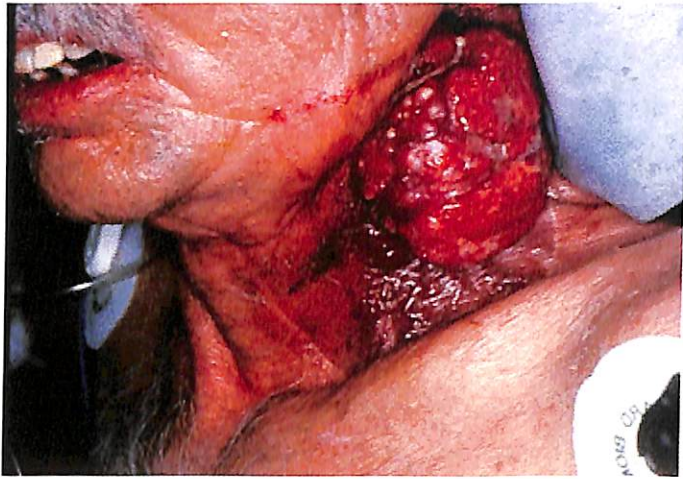
*[http://.Papain supplement enzyme health and nutrition products.htm](http://.Papain%20supplement%20enzyme%20health%20and%20nutrition%20products.htm)

A Few Quick Serving Ideas

1. Mix diced papaya, cilantro, jalapeno peppers and ginger together to make a unique salsa that goes great with shrimp, scallops and halibut.
2. Sprinkle papaya with fresh lime juice and enjoy as it is.
3. Slice a small papaya lengthwise and fill with fruit salad.
4. In a blender, combine papaya, strawberries and yogurt for a cold soup treat.

~ 'P.G. Diploma in Dietetics & Applied Nutrition' Section,
Department of Home Science
Nitu Agarwal, Student (2007)

Smoking and its Harmful Effects



Throat affected by Cigarettes

The cigarette, a paper-wrapped roll of delicately cut tobacco, has been smoked by humans for centuries. The inhalation and exhalation of fumes of burning plant material was first introduced by the Aztecs, natives of America.

The World Health Organization has named tobacco as one of the greatest public health threats of the 21st century. Nationally, one in five of all deaths are related to tobacco use. Every 8 seconds, a human life is lost to tobacco use somewhere in the world. That translates to about 5 million deaths each year, and this death rate is expected to rise to 10 million by the year 2030. On an average, men who smoke cut their lives short by 13.2 years, and female smokers lose 14.5 years.

Cigarette is a deadly cocktail of chemicals. Smokers inhale about 4000 chemicals from cigarette smoke. Many of these compounds are chemically active and trigger profound and damaging changes in the body. There are over 60 known cancer-causing chemicals in tobacco smoke.

- Nicotine is the main constituent of a cigarette, which is used as insecticides as well.
- Hydrogen cyanide, one of the toxic byproducts present in cigarette smoke, was used as a genocidal chemical agent during World War II.
- Carbon monoxide is found in car exhaust fumes, and Arsenic is found in rat poisons, which are again toxic byproducts present in cigarette smoke.
- Tar, used in construction of roads is another ingredient present in cigarette.

- It also contains dangerous metals including arsenic, cadmium and lead.

It has been estimated that trillions of filters, filled with toxic chemicals from tobacco smoke, make their way into our environment as discarded waste yearly. A cigarette filter can take between 18 months and 10 years to decompose. These filters are made of very thin fibers of a plastic called cellulose acetate.

Harmful Effects of Smoking on Body Organs

Lungs: A 20-a-day smoker inhales 210g (a full cup) of tar in one year. When tar is inhaled it coats your lungs and may cause cancer, chronic obstructive pulmonary disease, pneumonia, asthma and damage of the air sacs (alveoli).

Heart: Smoking causes hardening of arteries, reduces elasticity of arteries, raises blood pressure, cause stickier blood which carry less oxygen, ultimately leading to heart attack and stroke.

Hair: Smoking makes your hair smell bad. Also the elements found in smoking can curb the growth of your hair and it can even dry it out, losing its shine and luster.

Eyes: Smoking is a major factor contributing to the early development of age-related macular degeneration, a condition occurring in the back of the eyes resulting in blindness. Smokers have two to three times the risk of developing cataract. Cataracts are again a leading cause of blindness worldwide.



Healthy lungs of a non-smoker



Sooted lungs of a smoker

Teeth: As is said, 'smile and the world will smile with you'. Do you think that the same old adage will apply to people who heavily smoke? Well smoking leads to nicotine stains on teeth, yellows the teeth, initiates gum disease, triggers accumulation of bacteria on teeth, and ultimately tooth loss.

Skin: It leads to premature wrinkling of the skin, as it damages the collagen, a protein that keeps skin tight and reduces elasticity of skin, thus skin becomes more vulnerable to skin diseases and allergies.

Male Body: Reduce blood flow and cause erectile dysfunction, damages blood vessels of the penis and cause impotence. Damage sperm, reduce sperm motility and decrease fertility.

Female Body: Increases risk of infertility. Beginning to smoke as a teenager increases a woman's risk of early menopause three times. Menstrual problems such as abnormal bleeding, amenorrhea (absence of periods), and vaginal discharges/ infections are common complaints among women who smoke.

Pregnancy: Smoking during pregnancy causes health problem for both mother and babies, such as premature birth, low-birth weight infants, which is the leading cause of infant death, stillbirth, delivery by caesarean section, infection of the mother's uterus, high blood pressure of the mother, and reduction in oxygen and nutrients to the unborn child.

Cancer: Smoking causes cancer of the lungs, oral cavity, pharynx, larynx, esophagus, bladder, stomach, cervix, kidney, pancreas, and breast.

However, smokers usually ignore these facts and trade health risk for other qualities such as enjoyment and satisfied addictions. These smokers often think of the benefits of smoking rather than downsides. But smoking is the leading preventable cause of death and disease, costing us too many lives, too much of money, and too many tears. Hence we must continue to drive down tobacco use, and prevent our youth from taking up this dangerous habit.

World No Tobacco Day an annual event on **May 31st**, focuses global attention on the health hazards of tobacco use. The goals of World No Tobacco Day are to raise awareness about the dangers of tobacco use, encourage people not to use tobacco, motivate users to quit and encourage countries to implement comprehensive tobacco control programme.



Hence we should join hands together to ensure that not only one day is a 'no tobacco day', let us try and make everyday a 'NO TOBACCO DAY'.

It is no wonder that George Bernard Shaw once said, 'Cigarette is a roll of paper that has fire at one end and a fool at the other'.

~ 'Food & Nutrition' Section, Department of Home Science
Sana Khan, Student, Final B.Sc. (2008)

Fight AIDS and Not PEOPLE WITH AIDS

(An awareness programme conducted at the SOS village, Kolkata)

AIDS

- A:** **Acquired** because it is a condition one must acquire or get infected with, not something transmitted through the genes.
- I:** **Immune** because it affects the body's immune system, the part of the body which usually works to fight off germs such as bacteria and viruses.
- D:** **Deficiency** because it makes the immune system deficient.
- S:** **Syndrome** because someone with AIDS may experience a wide range of different diseases and opportunistic infections.

HIV

- H:** **Human** because this virus can only infect human beings.
- I:** **Immune** because the effect of the virus is to create a deficiency, a failure to work properly, within the body's immune system.
- V:** **Virus** because this organism is a virus, which is incapable of reproducing by itself.

The colour RED is associated with AIDS. It is such because it is the colour of passion, a colour of love, the colour of blood. RED represents anger and is a sign of warning to be alert and not ignore one of the biggest problems.

Myths (M) & Realty (R) regarding HIV/AIDS

- M:** HIV or AIDS can be cured.
- R:** Till date there is no cure for HIV or AIDS, and there are no vaccines to prevent HIV infection.
- M:** One cannot be infected with HIV simply by breathing the air around HIV infected person or by hugging or holding hands or kissing an HIV infected person.
- R:** HIV cannot be transmitted through toilet seats, door knob handles or through touching, hugging, holding hands, kissing, and/or sharing eating utensils with the infected person.
- M:** One cannot get HIV if one uses birth control methods like diaphragms, cervical caps, sponges, spermicidal, Depo-Provera, Norplant or the PILL.
- R:** The birth control methods do not prevent the transmission of Sexually Transmitted Diseases (STD) such as HIV. They only aim to prevent pregnancy.

- M:** One cannot have more than one sexually transmitted disease at a time.
- R:** A person can be infected with more than one STD. A person with untreated STD may also be 6-10 times more likely to acquire infections during sex.
- M:** One is not at risk for HIV / AIDS if one has only oral sex.
- R:** One can get HIV even by having oral sex with a man or a woman.
- M:** One would know if one's loved one had HIV.
- R:** A person with HIV may not show any symptoms for up to 10 years.
- M:** Getting tested for HIV is pointless.
- R:** Knowing if you are HIV positive will allow you to seek treatment that can help you stay healthy longer and enable you not to pass on the virus to someone else.

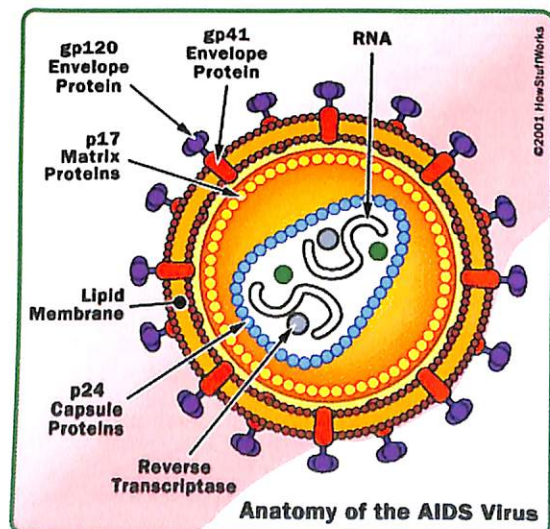
Effect of HIV/AIDS

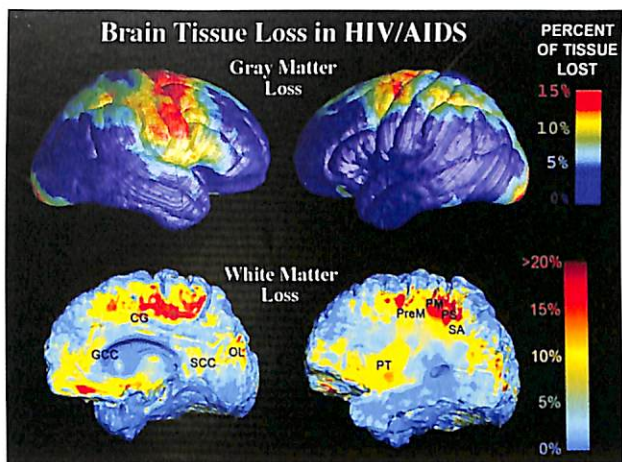
AIDS is not just a health problem: it is a societal problem with social, cultural and emotional dimensions. It threatens the basic social institutions at the individual, family and community levels. AIDS attacks people in their economic and socially most productive year. HIV infected people initially face emotional trauma and later on social isolation. In some cases stress leads to serious psychological problems including severe anxiety and depression.

Symptoms

Major Symptoms

- Loss of 10% to 20% in body weight.
- Chronic diarrhoea for more than a month.
- Prolonged fever.





Brain tissue loss in HIV/AIDS

Minor Symptoms

- Disturbing and persistent cough lasting more than a month.
- Severely itching skin diseases.
- Swollen glands.

Various Ways of Disease Transmission

- Receiving infections through unsterilized syringes.
- Receiving untested blood from unknown donors and transfusion of infected blood and blood products.
- Having many sexual partners or a sexual partner who is infected.
- AIDS can also spread from mother to child during pregnancy or delivery or after delivery. A woman who is HIV + ve should avoid pregnancy.

Diagnosis of the Disease

ELISA TEST : It means Enzyme Linked Immuno Assay. Once HIV enters the body, its immune system creates antibody and a few cells to fight (macrophages) the virus. This antibody is determined through ELISA.

WESTERN BLOT TEST: ELISA Test reports should be confirmed by WESTERN BLOT Method.

These tests can be done in the places mentioned below in Kolkata

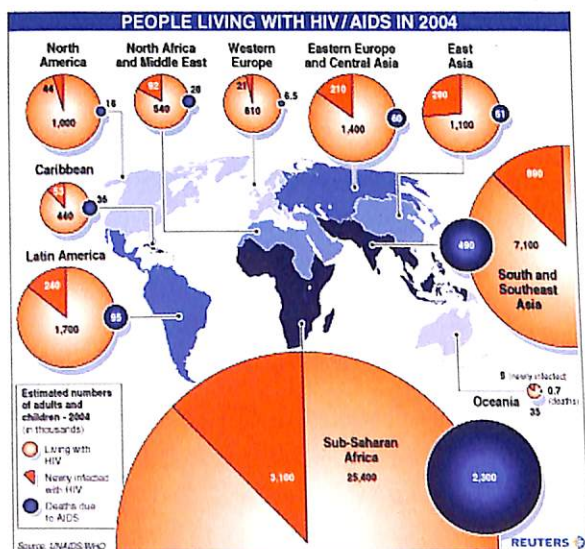
- Department of Virology, School of Tropical Medicine at Kolkata.
- Cholera Institute (NICED) at Belehata.
- Voluntary Counseling and Testing Centre (VCTCS).

Treatment

There is no real cure for AIDS. There are certain medicines that have been developed which can control the virus and this greatly decreases the possibility of symptoms to occur. The drug treatment needs to go on through out the patient's life and may lead to some side effects.

Counselling should be provided not only to the patients but also the relatives and friends of the AIDS patients to help them overcome depression and provide them strategies for care and treatment.

~ 'Human Development' Section, Department of Home Science
Ruchira Agarwal & Payal Shah, Students, Final B.Sc. (2007)



People living with HIV/AIDS in the World

What factors make women more vulnerable to HIV infection?

A combination of biological, social, cultural and economic factors contribute to women's increased vulnerability. In particular, gender inequalities prevent women from asserting power over their own lives and controlling the circumstances that increase their vulnerability to infection. Women are also physiologically more susceptible to becoming infected with HIV than men during vaginal intercourse. Additionally, the presence of a sexually transmitted disease greatly increases the likelihood of acquiring or transmitting HIV infection. For women, the most common symptoms of exposure to the HIV virus are frequent or severe vaginal infections, abnormal PAP smears, or pelvic infections (PID) that are difficult to treat, genital ulcers, genital warts, and severe mucosal herpes infections.

PURE ZARI Is An Asset And Means Ready Money

Zari threads have been used in the form of embellishment since time immemorial. In India, zari threads have been used extensively in the brocaded silk and cotton fabrics, particularly the saris. These fabrics are a status symbol among the Indians and are also used for various rituals.



Woven Brocade Sari (Venkatgiri)

Saris with Pure Gold Zari Work

Making of Zari thread and weaving cloth from them reached its peak during the Mughal times. In India, it is a cottage industry and the Zari work has got distinct position because of its historical importance and export earnings. The principal centres of Zari-product manufacturers in India are Surat, Varanasi, Kanchipuram,



Woven Brocade Sari (Kenjeevaram)

Agra, Lucknow, Bareilly and Delhi. It is mainly exported to U.S.A, U.K, Australia, Middle East, UAE, Indonesia, Malaysia, etc. The Zari golden threads are also imported from Japan and Taiwan.

Zari is used in the fabric either in the form of embroidery or is woven into the fabric. The Zari fabrics are used to make saris,



Zari used in Zardosi Embroidery

dupattas, lehngas, dress materials, ornamental footwear, evening bags, non-textile products (Silver & Aluminium foils).

Zari threads can belong to the following three categories:

1. **Real Zari:** The inside core of pure Zari is made up of extremely fine degummed twisted mulberry silk threads over which is wound silver lametta (thin foils) and electroplated in pure gold solution. Sometimes ductile metals like gold and silver may be drawn into fine filaments to be used directly as Zari.
2. **Tested Zari:** They are of three types:
 - a. **Imitation / Half Fine / Powder Sari:** This consists of thin copper filament electroplated with pure silver wound on pure silk or cotton threads. This is then finished with lacquer.
 - b. **Pittal (Brass) Zari:** This consists of thin copper coils electroplated with brass wound on dyed cotton threads. This is then finished with lacquer.
 - c. **Plastic Zari / Powder Zari:** They either consist of rayon core over which copper wire plated with silver is wound or polyvinyl chloride or polyester or polyethylene films laminated with aluminum. These Zari threads may be finished with chemicals to imitate the real Zari threads and / or finished with different pigments used to impart different colours. They are marketed under different trade names like Rexor, Lurex, etc.

A Typical Analysis of Commercial Zari

Tested Zari is manufactured by sandwiching a layer of metal (usually aluminum foil) between two extremely thin layers of clean polyester film called Mylar using an adhesive. If gold or any other color is required, colored pigments can be added to the adhesive, or the foil may be printed with these colored pigments before being laminated. In yet another more economical method, aluminum vapors are made to condense on very fine polyester filaments (12 to 25 microns thick) in a vacuum evaporation chamber. The metallized polyester

Content	Percent Composition			
	Zari Type			
	Real (Golden Colour)	Silver Plated (Silver Colour)	Powder (Golden Colour, but Silver after Definishing)	Brass (Golden Colour)
Thread	Silk	Cotton	Cotton	Cotton
Gold	0.5	—	—	—
Silver	34.8	0.8	1.1	—
Copper	2.4	54.9	52.4	67.5
Zink	—	—	—	0.5
Cellulosic	62.3	44.3	44.7	32.0
Chemical Finish	—	—	0.8	—

film is then coated with lacquer followed by cutting them into fine threads (0.35 mm thick) by a micro slit. They are finally wound onto a rayon core.

Tested Zari looks very similar to the real Zari; the latter is more expensive than the former. In case of imitation Zari, artificial gold color powder is superimposed to get the luster and brilliance of gold. This does not last long, and turns black in a short time with usage. To call this a gold lace is a misnomer. They are cheaper and cater to the poorer section where quality is no criteria except cost. It is therefore very important to identify Zari in order to get the money's worth. The knowledge of the amount of metal present in a given sample provides a stamp of authenticity and assurance of quality.

Categories of Zari	1 Mare			
	Total Weight	Silk	Silver	Gold
Pure Gold Zari	250 gms	6.75 – 7 tolas	13.25 – 14 tolas	7 gms of gold
Half Fine Zari	233 gms	60 – 70 gms	Copper	5 gms of gold

Real gold lace saris are always costly because of the presence of gold and silver; this fact is not known to many. The womenfolk, when the sari becomes old, usually get them exchanged for stainless steel utensils. These street hawkers fully know the value of the gold lace and generally offer not even 30% of the value. The value of the pure gold lace, whether new or old, is more or less the same. Therefore, one must accumulate these old Zari borders and on burning them, one would get the silver mixed with gold. Silver and gold can be separated by refining with nitric acid. In this way one can be sure to recover 70-80% more than from the deceitful hawkers. Thus, pure Zari is always an asset because it contains silver and gold, which means ready money.

The type of zari can be identified by the selective detection of



Real Zari

metal(s) present in them. Spot-Test procedure developed by ATIRA is extremely simple and rapid and proves useful in identifying Zari types.

Spot Analysis of Zari

1. Immerse the specimen in acetone to remove the chemical finish, if any.
2. Moisten the test surface (of Zari) with a drop of dilute (1:1) nitric acid.
3. Keep a strip filter paper treated with a solution of sodium diethyl dithio carbamate after moistening with a drop of cyclohexane on the test surface

Development of intense yellow brown colour spot on the filter paper indicates the presence of copper; and hence it is an imitation Zari sample. Absence of any spot on the filter paper indicates the absence of copper in the sample and hence the sample is that of pure Zari (gold and silver metals are present).

~ 'Textile & Clothing Section', Department of Home Science
Richa Hisaria, Student, Final B.Sc. (2007)

SCI - FI TEXTILES: Smart & Intelligent Textile

In the past two decades, there has been a dramatic change world over regarding the application of textiles. Developments in the field of man-made fibres has given tremendous boost to the development of engineered fabrics and garments that offer new functions through engineered fabrics and garments.

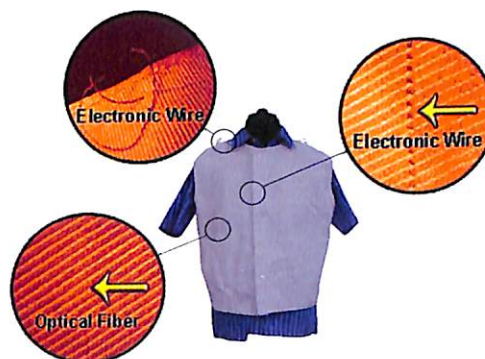
A smart textile can be defined as a textile material, that can sense the external environmental conditions and react intelligently to it without changing their aesthetic properties. A passive intelligent textiles is one that can only sense the external stimuli; while an active intelligent textile can sense as well as react to the stimuli apart from sensing the change. Very intelligent textiles are those that sense, react and adapt to the environmental conditions.

The various types and application of Active Intelligent Textiles include the following:

1. **Shape Memory Textiles:** They are those textiles that can revert back to the previous shape from a changed one that may have resulted due to the action of heat, i.e they are stable at two or more different temperatures. Hence, they protect the wearer from cold or heat. Thus, they could be used as flame retardant fabrics
2. **Chameleonic Textiles:** These textiles are capable of quickly changing their colour, hue, depth of shade or optical transparency, reversibly, according to the environmental conditions. They find application in military wear.
3. **Photo-luminescent Textiles:** Luminiscence is the emission of Light in the absence of heat. Textile Materials can exhibit this phenamenon and find applications in fashion industry, back lighting for electronic devices and in dental surgery.
4. **Heat Storage Textiles:** These textiles can absorb, redistribute and release heat by phase change of low melting point substances according to the change of circumambient temperature. They are used for thermal insulation effect in sports, jackets, shoes, boots and heat protected gloves.
5. **Thermo Regulated Textiles:** These textiles are made from fibres having conductive graphite particles that can regulate / change the resistance of the fibre to conduct electricity as required. Thus, these textiles can keep the temperature stable and provide heat to the wearer while maintaining a desired temperature

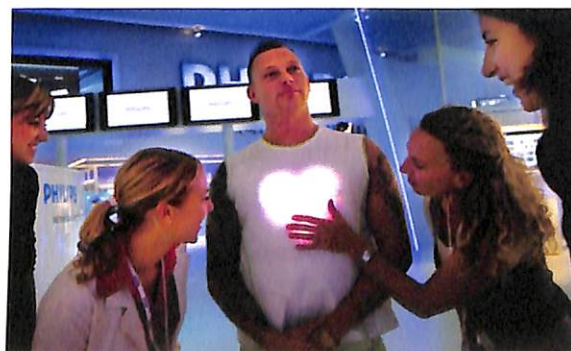
without over heating. They find applications in heated blankets, leggings and jackets, aerospace and automotive textiles, etc.

6. **Hydro-Weave Textiles:** These are performance enhancing fabrics that cools after the evaporation of the moisture. They have three layers. When soaked in water, the central layer absorbs and retains moisture. When moisture evaporates from this layer, the fabrics cools the wearer, while the other two layers (shell and lining) keeps the wearer dry. They find applications in sanitary napkins.
7. **Anti-bacterial and Anti-dust Textiles:** In these textiles, antiseptics and anti-allergens agents are released as and when required. They find applications in underwear, socks, hospital linen, fibre fills for pillows, etc.
8. **Textiles Storing Solar Energy:** Encapsulated zirconium carbide in polyester and polyamide fibres can absorb visible energy of short wave length from the sunlight and store it in the form of heat which is then reflected in the form of infrared radiation when desired. These are used in sports and mountaineering wear, mats for green houses, clothing for cold deserts, etc.



Optical Fibres & Electronic wires woven in the Shirt

9. **Soothing Textiles:** Uranium and thorium when incorporated in textile fibers can release radon and thoron which can activate the body's natural healing processes and create a soothing and relaxed feeling.



Luminescent Fibres

10. **Perfumed Fabrics:** Microcapsules containing essence are bound to the fibre and the perfume is released only when these capsules break.

Some Interesting Facts

- **Intelligent Bra:** It tightens or loosens the straps, stiffens or relaxes the cups to restrict breast motion thereby preventing breast pain and sag.
- **Emotion Clothes:** It changes colour or releases fragrances to alter the wearer's mood.
- **Music T-Shirts:** Allows the wearer to listen to his/her favorite music stored on a chip or tune on to the desired station
- **Sleeping Comfortably with Sweet Scents:** Releases scents that can induce sleep and is capable of removing unpleasant odours thereby eliminating unnecessary activity of the cerebrum.
- **Massage Kimono:** It provides a soothing massage to the wearer that can be regulated as desired.
- **Mosquito Killing Fabrics:** Mosquitoes are killed on coming into contact with the fabric.
- **Smart Jackets:** Cornell University, U.S.A has designed a jacket that can automatically heat up and light up when it is cold and dark and also contains a pulse monitor that measures the activity level for joggers and walkers.
- **Business Garments:** They have microphones installed in the collar and a personal digital assistant in the sleeves.

~ 'Textile & Clothing' Section, Department of Home Science
Sneha Jhunjhunwala, Student, Final B.Sc. (2008)

Textiles in Medical Field

- By altering the genes of the goats, on maturity they produce silk protein in their milk which is used to produce sutures and artificial tendons
- Damaged ligaments in the knee can be replaced with strong textile support
- Certain fabrics for e.g. Alstrom's breatheable viral barrier fabric (BVB) is claimed to have protection against HIV, MRSA and SARS
- Textiles may be used in the veterinary field too. For e.g. dogs injury to cranial cruciate ligament can be repaired with polyester braided any polyamide fibre

Performance Of Indian Garment Exports: A 'SWOT' ANALYSIS

Strengths

1. **Raw material advantage:** India has the largest harvested area under cotton cultivation of around 7.6 million hectares, which is nearly twice that of the US and about one fourth of the total world cotton growing area. India grows around 23 varieties of cotton at very competitive prices cotton. With this cotton advantage India has inherent strengths in cotton garments.
2. **Labor cost advantage:** As per the Werner hourly labor cost comparison, India ranks 43rd, and the other countries with lower ranks include China, Indonesia, Pakistan, Zambia, Sri Lanka, Kenya, Vietnam, Bangladesh etc. The labor advantage which India has is a very significant aspect.
3. **Rich cultural heritage and immense diversity:** This provides vibrant inspiration for designers across the world.
4. **Flexibility in factories under the SSI umbrella:** The smaller factories are more flexible and can produce smaller quantities. The industry takes advantage of the fact that different value addition activities are done in different units, leading to diffusion of labor content.
5. **Capability in product development:** Through the stages of fabric sourcing, design development etc. at very competitive costs, India's capability in product development provides it a considerable edge.

Weaknesses

1. **Poor infrastructure:** Indian garment exports depend heavily on cotton fabric production from the unorganized and technologically backward powerloom sector. The infrastructural problems related to the roads, ports and communications contribute to considerable delays. There is lower utilization of capacity in the garment sector because of lower productivity and poor planning systems.
The inherent weakness of the small-scale sector, namely inconsistency in quality, excessive handling of fabrics and garments affect the garment quality and cost competitiveness.
2. **Poor Investment and Technology:** Indian Technology is not

state-of-the-art in garmenting, and use of specialized equipment for different garments is not in vogue. The textile processing area also lags behind in technology.

Opportunities

1. The falling import market share of the newly industrialized countries open up new avenues for exports, especially for the synthetic garments.
2. The MFA phase-out provides opportunities for unrestrained export efforts.
3. Non quota markets offer considerable growth opportunities which are still to a large extent untapped.
4. Dissatisfaction with China in many respects is mounting in the US and even in the EU.
5. Climbing wage rates of many ASEAN and ASIAN countries offer opportunities for India to expand her market share.
6. Indian domestic market leverage provides opportunity for accelerated export effort as well.

Threats

1. The Multi Fibra Agreement phase-out may result in a considerable price pressure for Indian garment exports, leading to a decline in unit value realization.
2. The NAFTA agreement of the US, the Customs Union agreement of Turkey with the EU, and China's overall market dominance pose considerable threats.
3. The emergence of new production market centers: (countries like Vietnam) offer considerable competition to India.
4. India's lack of presence in formal wear and winter garments restricts market expansion.

5. The market penetration by a large number of importers hamper market dominance and share.
6. India's unbalanced investments in the spinning, weaving, processing and garment sectors leads to imbalances in the textile complex and thus reduce competitiveness.
7. The main threat emanates from the nature of the industry from the point of view of striking a balance between 'big and small'



International Garment Trade Fair

in garment export production.

The SWOT analysis carried out, thus, reveal the current status of Indian garment exports. The task ahead, therefore, is to transform such an industry into a world-class competitor so as to prepare for the quota free world trade. This, in turn, will lead to the building of better market share and a positive image.

Therefore an analysis of Strengths (S) and Weaknesses (W) specific to the Indian garment industry, and Opportunities (O) and Threats (T) relating to the environment, forms an important basis for assessing the strategic fit between the competencies of India and the opportunities available globally.

Current status of the Indian Garment Export

Currently world garment trade is 195 Billion US\$, annually. The biggest manufacturer & supplier is China producing over 50 billion US \$, followed by Mexico (8 billion) and followed by many countries like India, Sri Lanka and Bangladesh, being the third place countries making and exporting garments worth 5 - 6 billion US\$, annually. According to the Indian Apparel Industry, Outsourcing Intelligent Report (2007-08), India is perceived as having the biggest 'Growth Potential' (after China), with a projected growth of 7% per annum and expected export earnings pegged at US \$34 billion by 2010.



International Garment Fair

~ 'Textile & Clothing' Section, Department of Home Science
Nupur Gupta, Student, Final B.Sc. (2007)

Learn to win in all situation, while having a Great time !



Success in business and personal life is determined by one's ability to communicate effectively with others. 'Social intelligence,' or the ability to interact, converse, negotiate with, and persuade others, is the most highly paid and respected form of skill one can have, and this can be developed.

We all can learn to be a warm, friendly, likable, and charming individual just by practicing some of the communication methods and techniques used by the most influential and effective people in our world today.

The 'secrets' of great communicators are not secrets at all. They are simply proven methods of interacting with others in a way that makes them open to you and receptive to your message. As a result, they are more willing to be influenced by you, to buy from you, to hire or employ you, to enter into business and personal relationships with you, and to think of you in positive terms.

Our ability to be charming, to be a genuinely likable and pleasant person, will likely open more doors for you than any other quality we could ever have.

Our reputation, how people think and talk about us when we are not there, is your most valuable personal and professional asset. It is the sum total of the impression we make on others when they spend time in our presence.

Learning and practicing the simple techniques about charming people would dramatically improve the effectiveness and enjoyment of our interactions with everyone, starting with our immediate family and extending to everyone we meet.

We would be more successful, earn more money, get promoted faster, make more sales, prevail in more negotiations, and be more persuasive and influential with everyone we meet.

Supersoft is the most INSPIRING & FUNFILLED program, perfected over the years to impart the required soft skills to the participants at Superfast Speed. Participants undergoing this program have experienced drastic transformation in their personality, communication skills, confidence level and the way of looking at life.

The entire program is based on the concept that one learns and acquires skills most effectively when one is not under any pressure of learning or acquiring any skill – when the whole process of acquiring skill is like a game – entertaining and exciting.

The program is evolved based on years of research and inputs from some of the world's best experts and research scholars on education, training, communication, leadership and softskills. The program has also imbibed some of the latest findings and research in this field. It has been planned for the holistic development of the participants through multi-pronged approach.



Storage in BEDROOMS

Introduction

There's a squirrel in all of us: storing something today so that we can find and use it tomorrow, next week or next year. It is a basic and admirable human impulse. Careful storage conserves, prevents deterioration and saves money; while careless storage causes damage and wastes time.

Storage Methods

■ Shelving

Open & fixed shelving is useful in places where the type of storage is not going to change radically in future. Shelves can also be used to utilize otherwise wasted space like above a dresser or between two windows.

■ Wall Storage System

Firstly, there are those, which hang units such as desks, sideboard, drink cupboard or bookcase direct on a wall at convenient heights for the user. The advantage of such wall-hung units is that they can be added to without upsetting space arrangements in the room and can be taken down and re-erected very easily elsewhere.

■ Built-in Storage

Built in storage means what it says: the storage is built in tightly to the fabric of the house and is fixed there, it takes up less floor space but cannot be taken with you should you decide to move.

■ Doors

In many situations, door surfaces present great scope for extra storage. All kinds of fittings, from hooks and spring clips to rails and shelves can be attached to doors.

■ Drawers

As a general rule it is wise to assume that things to be stored in a drawer must not exceed 2/3rd of its depth. This may seem wasteful, but if observed, your drawers will not be jammed by their contents.

■ Modular Storage

Modular storage offers you the convenience of adding units as and when finances or space permits; many systems can also be easily rearranged and moved from room to room.

Storage for Clothing

- A dressing room is the best solution for storage of clothes and can be made even in quite limited space by building a partition in the bedroom, utilizing a passage or using a box room.
- For hanging storage, minimum depth should be 600 mm clear inside when the doors are closed. One can hang 5 clothes' hangers in the space of one, horizontally, in tight closets.
- Walk in closets are a practical and luxurious solution to cramped closets and the frustration they bring. For the U-shaped walk in closet, the circulation space can be around 1200-1500 mm whereas for L-shaped or single wall, the circulation space needed is 900 mm.

Accessories for Storage

- When clothes are stored in cupboards of any kind, don't overlook the potential of fitting inside surfaces with hooks where you can hang belts and jewellery.



Under bed storage

- Silver belts and necklaces do not appreciate exposure to the air and will tarnish, so are better kept in boxes with tightly fitted lids. Tiny and precious jewels are safer in boxes too.

Bedside Storage

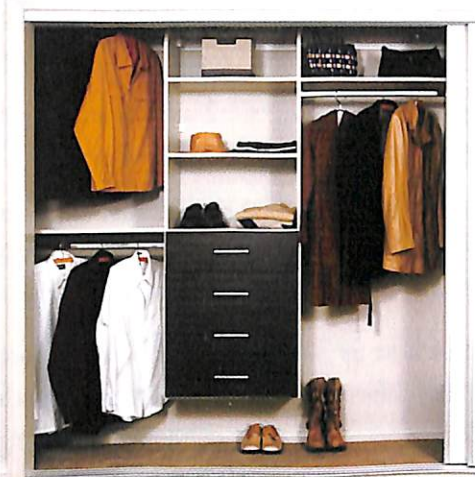
- Besides bedside tables, shelves above or beside the beds can make an ideal support for an angle poise reading light.
- A mobile storage unit at the end of the bed makes a convenient space for television and video.

Under Bed Storage

- Drawers beneath the bed provide handy storage for blankets, pillow, etc. However, there must be at least 90 cm space in front of each drawer for ease in opening them. Also they should not extend right up to the head of the bed.

Storage for Safety & Comfort

- For storing objects used less frequently, a top shelf is appropriate. However, only light objects such as folded blankets or empty suitcases should be sensibly kept at this height to avoid accidents.



Storage for Clothes

- Objects stored at ground level should be easily retrieved, particularly if they are bulky or heavyweight. Attach wheels, or wheeled bases, and a big strap or rope to pull boxes out.
- Heavier objects are best stored on suitably sturdy shelving at waist height, not on the floor; the latter may cause back strain. Lifting at waist height enables you to use all muscles, distributing the weight evenly.

Conclusion

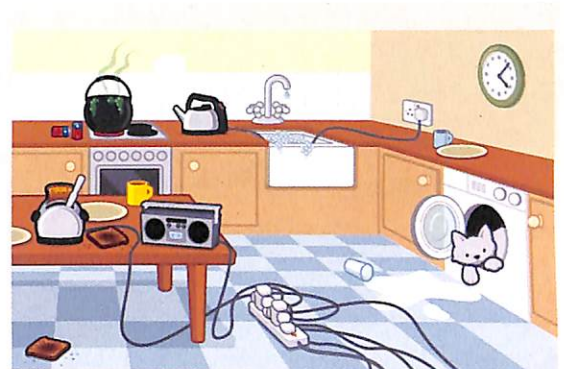
The human squirrel will certainly think of new places and ways to store his possessions in the future. The size, type and quantity of things to be stored will change and therefore storage design should be such that it is capable of expansion in future.

~ 'Resource Management' Section, Department of Home Science
Swati Saraogi, Student, Final B.Sc. (2007)

Tips to SAFE KITCHEN

The area of the home that is planned for food-related activity is the kitchen, be it a separate room, or in combination with the dining room. A kitchen should be a pleasant and comfortable room in which one can work smoothly. Good layout of the kitchen and the equipments therein, will prevent the room becoming cluttered and untidy. A well-designed kitchen will save substantial amount of legwork and accidents. Safety of the user and other members should be the prime concern of any designer.

- All work areas must be kept clear and free of obstructions. Large appliances should be placed in logical relation to each other.
- Work area should be spacious enough to work comfortably .
- In the arrangement of appliances, counters, and cabinets, the most important element to the cook's well being is a practical working height for counters and shelves. The best counter top height is according to the individual height.



Power Point should not be over loaded



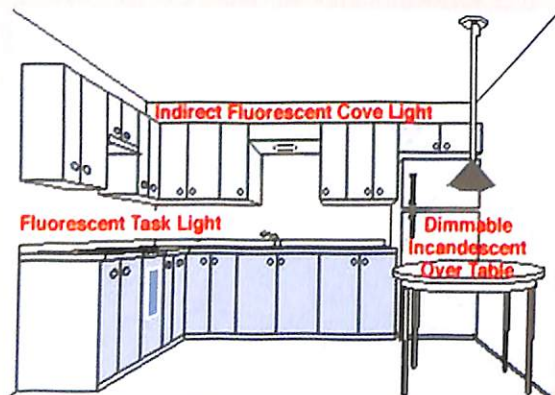
Electric appliances should be kept away from water.



Poor & Insufficient lighting will strain the eye



A Well-lit Kitchen



Task lighting at work places can help overcome fatigue

- The flooring should be anti-skid, easy to wash and maintain.
- There should be a reasonable working temperature in all kitchens. Draught and fumes must be avoided.
- Extractor fan should be positioned high up on the window or on the wall so that they can remove the hot stale air that rise to the top of the room. The fan should be mounted as near as possible to the stove, but no closer than 1 m above the level of the burner of hot plate.
- A considerable amount of cooking smell and steam can be removed from a kitchen by installing a stove chimney.
- Dishtowels, paper or plastic bags, and curtains that can burn easily should be kept at least three feet away from the range top.
- Sleeves should be rolled up and oven mittens used before cooking. Loose-fitting clothes can touch a hot burner and catch fire. If clothes do catch fire, 'Stop, Drop and Roll' by dropping immediately to the ground and rolling over and over or back and forth to put out the flames. Cool the burned area with cool water and seek medical attention for serious burns.
- Pot handles should always be turned inward to prevent small children from reaching and pulling down a hot pan.
- Hot items such as hot beverages and trays that have just come out of the oven should be kept away from the edge of counters, so that children are not able to reach them.
- Hot liquid and food burns often occur when children pull hanging tablecloths or placemats. Tablecloths and decorations should be used with care.
- Food cooked in a microwave can be dangerously hot. Lids or other coverings should be removed from micro waved food carefully to prevent steam burns.
- Barbecue grills should never be left unattended while in use.
- Every work area environment should have a handy first aid equipment.
- Post-emergency numbers should be posted in visible areas.

Work area accidents can occur to any of us at any time. It could happen to you or me, it could happen today or tomorrow, next month or next year, therefore it is better to be cautious than to repent later.

~ 'Resource Management' Section, Department of Home Science
 Jyoti Somans, Studei, Final B.Sc. (2007)

'Do You Meet The STANDARDS?'

The International Organization for Standards (ISO) is a worldwide federation of standard bodies from 130 economies. ISO is not an acronym. It comes from the Greek word (isos), meaning, 'equal'. In English the organization's long-form name is 'International Organization for Standardization', while in French, it is called 'Organisation internationale de Normalization'.

ISO standards specify the requirements for state-of-the-art products, services, processes, materials and systems, and for good conformity assessment in managerial and organizational practice.

Who Develops ISO Standard : ISO standards are developed by technical committees comprising experts from the industrial, technical and business sectors which have asked for the standards, and which subsequently put them to use. These experts may be joined by others with relevant knowledge, such as representatives of government agencies, testing laboratories, consumer associations, environmentalists, academic circles and so on.

Difference between Certification and Registration Bodies

The term 'certification body' is used in some countries, like India, where the certification body, BIS, issue certificates (licenses).

Different Types of ISO

ISO 9000 : The ISO 9000 family of standards represent an international consensus on good management practices followed by an organization with the aim of ensuring that the organization can time and time again deliver the products or services that meet the client's quality requirements.

ISO 14001: Generally referred to as 14000 families of Standards deals with Environment Management systems specification with Guidelines for use.

Hallmark of Gold: Government of India took the cognizance and understood the necessity of protecting the public in their purchase of gold jewellery especially with regard to standards of fineness and the prevention of adulteration.

~ 'Composite Home Science' Section, Department of Home Science
Errena Sarkar, Student, Final B.Sc. (2007)

URBAN ROAD CONGESTION

Cities play a vital role in promoting economic growth and prosperity. The development of cities largely depends upon their physical, social and institutional infrastructure. In this context, the importance of intra-urban transport is paramount.

Road congestion is a condition on any network as uses increases and is characterized by slower speeds, longer trip times and increased queuing. The most common example is the physical use of the roads by the vehicles. Congestion occurs when traffic demand is greater than the carrying capacity of the roads.

The total number of registered vehicles plying in Kolkata as of 1995 was 561000, the figure reached to more than 800000 after the year 2000.



Traffic demand greater than carrying capacity of the roads

The vehicles play a major role in contributing to the pollution of the environment. The WHO permissible limit of annual emission is 75 microgrammes per cubic meter, while the actual figure in Kolkata is alarmingly, as high as 374 microgrammes. Some of the pollutants found in air are carbon monoxide, carbon dioxide, sulphur dioxide, nitrogen dioxide, particulate matter etc. The high levels of these pollutants lead to Global Warming. It is estimated that the average temperature of the planet will rise by 6.4 degree Celsius by the year 2100.

Kolkata is also facing serious road accidents problems. According to the Ministry of Road Transport & Highways, during 2001, nearly 80,000 people were killed in road accidents! The pedestrians and bicyclists constitute a larger proportion of crash victims in Kolkata.

Passenger mobility in our country relies heavily on roads but the standard of service provided to the public is dismal. With a few exceptions, the publicly owned transport system runs at a higher cost as compared to the private business. There is an urgent call to repair public transport facilities. All the transport system should



Old Vehicles: Major Contributor to Environmental Pollution

integrate rather than promote competition for revenue for public benefit. A coordinating role of the operation must be emphasized.

The government must take measures to stop the polluting vehicles from plying on the roads. Market-based instrument to check pollution must be used to promote cleaner technology and fuel. Another measure could be to tax the two-stroke two-wheelers and all the vehicle that are more than 10 years old.

Supply-side measures such as one-way traffic, improvement of traffic signal, traffic engineering and bus-priority lanes should be encouraged in the city. New road alignments such as the by-pass must be constructed and strengthened to support traffic inflow.

An urban transport strategy should encourage the need for developing 'green' modes such as the bicycle and cycle rickshaw to improve safety and reduce emission into atmosphere.

Transport system is one of the pillars of development and strengths of infrastructure of any state. The deterioration of the traffic must be halted; public awareness about safety issues must be increased. Local bodies of transport management must be strengthened to improve the infrastructure of the urban environment.

~ Department of Commerce

Hansa Mahipal, Niketa Kedia, Shruti Choudhary, Shiti Goenka, Virali Shah & Ratna Kakkar, Students, B.Com. 2nd year (2008)

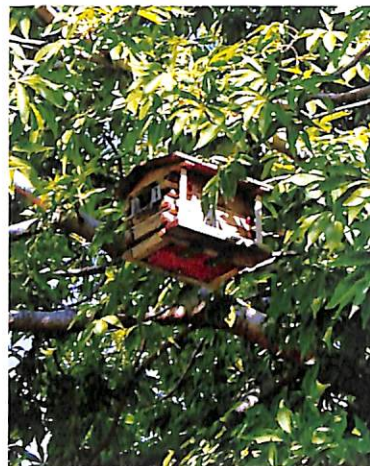
A HOME AWAY FROM HOME

It's long time since we were declared adults, and it is quite common for most of us that our parents do most our work at home because we are busy with our studies.

Who volunteers to buy vegetables for the family? Who gives importance to family budget? Who entertains the guests when they visit the family? Whose responsibility is it to keep the house clean and well decorated with available resources? And so on. We do not participate in all these work, it is our parents who do all. We are ready with a reason to ignore these responsibilities.

What will happen, if one day, due to some reason we are left alone to manage the home ourselves? Will we be able to carry out our responsibilities along with our studies?

Final B.Sc. in Home Science Resource Management department syllabus includes **Residential Training Service**. In this training, students stay at a residence provided by the college along with a supervisor.



I went through this twelve day training. With four of my classmates. All the household work was grouped and divided under four heads - Head cook, Assistant cook, Hostess and Treasurer. These duties were rotated among all four of us, so that each of us could learn to take all kind of responsibilities. Duties included setting budget for the group (Treasury), buying vegetables and groceries (Financial Management), cooking food, serving, keeping the house clean and well decorated (House Keeping), entertaining the guests, planning a theme party (Hospitality), maintaining time to carry out each work (Time management) and so on.

Now, it will not be difficult for us to take responsibilities and manage our home and professional life side by side.

*~ 'Resource Management' Section, Department of Home Science
Anshu Bansal, Student, Final B.Sc. (2007)*

Tips to Make Simple Things More Beautiful:

ART SAVVY

We all like to keep our surroundings pleasant, inspiring and in good taste. As we surround ourselves with beauty, art actually becomes a part of our life and personality, not to be set apart for occasional enjoyment but rather to be sought and enjoyed in everything we do and everything we select. If Art must be a part of our daily living it should help us to do simple things of life more beautifully.

We are all consumers. Every time we make a purchase however humble we are, we consciously or unconsciously use our power to choose. Since art is involved in most of the objects seen and used everyday, the consumer needs to have knowledge of the principles fundamental to good taste. These principles should be applied to the problems where appearance as well as utility are a consideration. With the development of our appreciation of these principles, the meaning of the term 'principles of design' broadens and deepens. These principles are never static. They should be regarded as flexible guidelines to be used in producing a desired result. It has been said that 'good taste is doing unconsciously the right thing, at the right time, in the right way, it is quality of the inner soul'. Few people are born with this rare gift but fortunately good taste can be acquired by applying the principles of beauty deliberately until the time is reached when the right thing is done unconsciously.

Good taste includes the selection and arrangement of all our belongings. Beauty is determined, not by the cost but by the quality of the object chosen. Since the appearance of the things we acquire

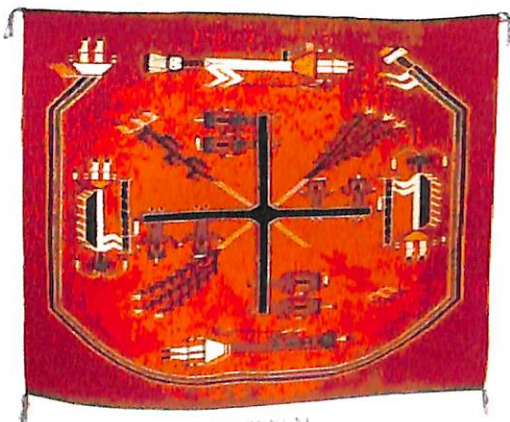
causes us to enjoy some of them permanently, while others please only for a little while, it is an advantage to be able to judge discriminately.

Most people who enjoy the effect of richness should know how to appreciate the restraint which marks the difference between the rich and the gaudy, while others who like simple things should recognize the point where plainness ceases to be beautiful and becomes monotonous and unimaginative. A mere variation of proportion or addition of some simple note of contrast may result in a quality and beauty that might otherwise be lacking.

One generally thinks that art is decoration and that an object must be ornamented if it is to have 'art quality'. But a person who can appreciate art can gain perfect satisfaction from an undecorated object if it is good in shape, color and texture and is suited for the purpose. When decoration is used it should be simple. Over decoration is one of the worst enemies of good taste.

Taste is moulded to a very large extent, by the things which surround us and family taste is trained by the objects selected by the homemaker. It is, therefore, a very great privilege for children to live in a home in which there is a high standard of beauty. Standards for beauty are broad and adoptable. Nearly always there are limitations in our way and so our choices may have to represent a compromise due to such factors as: what happens to be available at a particular time and place to be purchased, the amount of money to be spent and the likes and dislikes of the people who are going to live with the article of purchase. It is important that people enjoy their possessions as they are mainly for the happiness it will bring into our lives.

Most people think that art is synonymous with drawing, painting & sculpture. But today it is being realized that ability is involved not only in the creation of work of art but in appreciation as well. When a person is appreciating a beautiful object he is involved in a creative



This carpet developed from a tribal painting has a very special effect in its simplicity



This shoe serves a double purpose, while giving comfort it also adds to the beauty

experience. For the active enjoyment in art is a form of participation in it. Furthermore, the interpretation of that impression to another so that he, too, may learn to appreciate beauty is another aspect of this many-sided experience. The woman who selects beautiful furnishing for her home or the salesman who chooses the right dress for a customer has done a piece of work that calls for the same kind of knowledge as that possessed by a designer or painter.

In other words 'Design is the selecting and arranging of materials, with two aims, order and beauty'. One man uses an ordinary piece of canvas and paints and people cross continents to see his picture another man uses the same materials but produces a worthless thing. The difference is in the variation in qualities of order that denotes organization or structure and beauty that shows character through the interpretation of an idea.

A person who says that he is not really concerned with art because he never intends to paint a picture or make a dress, is sure, at sometime or the other, to select such things and perhaps help



A beautiful Patola with related forms and related colours

someone else select them, and, after he has purchased them, he must relate them to objects already in his position. Solving the problems of purchasing and arranging requires the same knowledge of the principles of art as required in the creation of objects except that the customer does not require the original idea and does not get involved in the actual process of making the object. But he has to think whether it is best suited for his purpose or not or whether it will be in taste with the rest of the things with which it is going to be



These simple pots can add interest and beauty to a number of situations



A simple & sleek interior

used. Thus, the objects selected should be in harmony and proportions with the utility and one should be able to apply harmony, balance, proportions, rhythm and emphasis while using it with any other object or with the surroundings where it has to be placed. If an object is to be satisfying it should be beautiful that is, it should have the five principles present within itself and with the environment. We may use objects for the sake of sentimental reasons, like a gift from a dear person, but in that case it should not be used in places where the personality of the person using it is judged by his taste. A painting painted by a close friend, that does not satisfy the norms of good taste can be used in a bedroom rather than in a drawing room.



Simplicity is a norm for a taste

Thus, we see that the objects we use, talk about us and our sensitivities and therefore need to be chosen with great care.

Do you have what it takes to be **successful** ? **FIND OUT ...**

Attitude : Foundation of Success

A great building stands on a strong foundation, so does success. The foundation of success regardless of your chosen field is **ATTITUDE**. Attitude applies to every sphere of life, including one's personal and professional life. To be a good human being, a good attitude is essential.

Our attitude determines how we look at a set back. To a negative thinker, it can be a stumbling block. To a positive thinker, it can be a stepping-stone to success.

Negative thinkers are losers, who recognize their strengths but focus on their weaknesses. On the other hand positive thinkers are winners who recognize their limitations, and focus on their strengths.

Human nature generally resists change. Change is uncomfortable. Regardless of its positive or negative effect, change can be stressful. Sometimes we get so comfortable with our negativity that even when the change is for the positive, we don't want to accept it. We stay with the negative.

I was highly motivated by Dr. Spencer Johnson's book 'Who moved my cheese'. The book highlights why it is very important to accept change. If one changes one's attitude, one can achieve success, else one would always remain in a stagnant position.

Winning Strategies

People who have overcome obstacles are more secure than those who have never faced them. We all have problems and we feel discouraged at times. Most people get disappointed; but winners don't get disheartened. Success in life is not determined by how we are doing compared with others, but by how we are doing compared with what we are capable of doing. Successful people compete against themselves. They better their own record and keep improving constantly.

All success stories are stories of great failures. The only difference is that every time they failed, they bounced back. This is called failing forward, rather than backward. One should learn and move forward. Learn from your failure and keep going.



What is the difference between winning and a winner?

WINNING is an EVENT. Being a WINNER is a SPIRIT.

Self Esteem

Self esteem is how we feel about ourselves. Our opinion of ourselves critically influences everything, from our performance at work and relationships, to our accomplishments in life. Self esteem is a major component in determining success or failure. High self esteem leads to a happy, gratifying and purposeful life. Unless you perceive yourself as worthwhile, you cannot have high self-esteem. Self-esteem is a feeling which comes from an awareness of what is good and having it done.

We need to accept responsibility for our behavior and our actions and insulate ourselves from excuses. We have to stop blaming others, then and only then, will productivity and quality of life improve.

Happiness is a result of positive self-esteem. If you ask people what makes them happy, you will get all kinds of answer. Most of them would include material things but that is not really true. Happiness comes from being and not having. One can have everything in life and yet not be happy. The reverse is also true.

Goal Setting : Goals should be SMART

S = Specific

M = Measurable

A = Achievable

R = Realistic &

T = Time Bound

Our goals should be high enough to motivate yet realistic enough to avoid discouragement. Anything we do, either take us closer to our goals or further away from it.

Values & Vision

When our value system is clear it becomes a lot easier to make decisions and commitments. Commitment is not like a legal contract which is enforceable. Its foundation is not a signed piece of paper but character, integrity and empathy. Relationships do not last because of love and passion but because of commitment and empathy.

Values and ethics are not just designed for good times, but also to prevent bad times. They are like the laws of the land which you need when people are good and you need even more to protect from the bad.

~ 'Human Development' Section, Department of Home Science
Payal Shah, Student, Final B.Sc. (2007)

'INDIAN WOMEN ENTREPRENEURS - Can They Succeed' ?

Women entrepreneurs have long played a vital role in shaping India's economy. Today, women are highly successful and competitive business owners. But as is evident from round table discussions, there are still barriers to overcome. Women have to face challenges and hardship and continuously struggle to start and sustain their business.



Woman Entrepreneur: Indra K. Nooi, CEO of PepsiCo.

Problem of Finance

One of the main problems faced by women entrepreneurs is that of obtaining financing. Finance is regarded as 'life-blood' for any enterprise, be it big or small. Studies in the early 1990s, confirmed that women business owners did not receive equal treatment at financial institutions. Over one half of the women believed that women business owners faced gender discrimination when dealing with a loan officer, and 67% of them reported difficulty in working with financial institutions. However, according to the study conducted by the National Association of Women Business Owners (NAWBO), this figure declined to 1995 by 1997, 'There has been improvement on both sides,' said the research Director for NAWBO.

Scarcity of Raw Material

Most of the women entrepreneurs' are plagued by the scarcity of raw material and necessary inputs. Added to this are high prices of raw material, on the one hand and getting raw material at the minimum discount, on the other. The failure of many women cooperatives in 1971 engaged in basket making is an example how the scarcity of raw material can sound the death knell of enterprises run by women.

Stiff Competition

Women entrepreneurs' do not have organizational set up to pump in a lot of money for canvassing and advertisement. Thus, they have to face stiff competition for marketing their products with both organized sectors and their male counterparts. Such competition results ultimately in liquidation of women enterprises.

Limited Mobility

Unlike men, women mobility in India is highly limited due to various reasons. Cumbersome exercises involved in starting an enterprise coupled with the official's humiliating attitudes towards women compel them to give up the idea of starting an enterprise.

Family Ties

In India it is mainly a women's duty to look after the children and other members of the family. In case of a married women, she has to strike a fine balance between her business and family. The total involvement with the family leaves little or no energy and time to devote to business. Accordingly, the educational level and family background of the husband positively influences women's entry into business activity.

Lack of Confidence

In India, around three-fifth (60%) of women are still illiterate. Illiteracy is the root cause of socio-economic problems. Due to lack of qualitative education women are not aware of business technology and market knowledge. This also causes a low achievement motivation among the women. Thus, lack of education creates problems for women in the setting up and running of business enterprise.

Male Dominated Society

Male chauvinism is still the order of the day in India. In the male dominated Indian Society, women are not treated equal to men. This serves as a barrier to their entry in business.

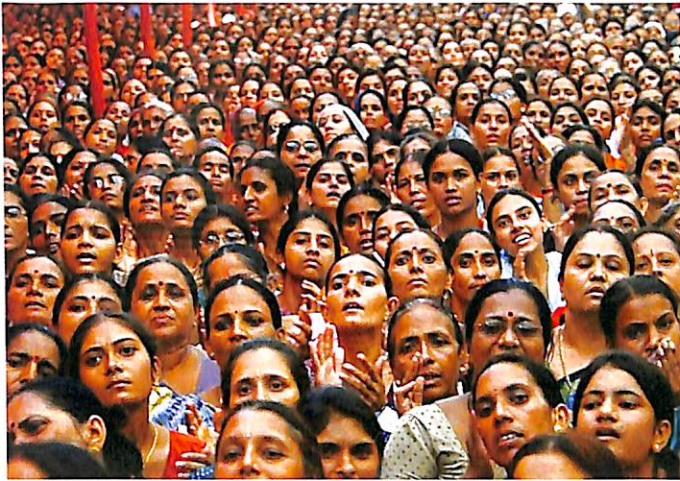
Low Risk Bearing Ability

Women in India lead a protected life. They are less educated and economically not self-dependent. This reduces their risk bearing ability, which is an essential requisite for a business enterprise.

In addition to the above inadequate infrastructural facility, power shortage, high cost of production, social attitude, low need for achievement hold the women back from entering into business.

~ Department of Commerce
Bhavana Kothari, Urvi Banthia, Richa Agarwal,
Neha Gadia, Sushma Baid, Students, 3rd year B.Com. (2008)

If a woman is sufficiently ambitious, determined and gifted there is practically nothing she can't do,' Helen Lawrenson



Power of Women

Times have changed and women are proving themselves in various fields. International Women's Day (IWD) is marked on 8th March every year. It is a day that is celebrated globally for felicitating the economic, political and social achievements of women world wide.

In 1909, a National Woman's Day was observed in United States on 28th February. And then in 1910, an International Women's Day was announced for the first time. Since then IWD has grown in strength every year. In present times it is an official holiday in many countries. In India, the importance of women in society has gradually been realized. Now, in many places women are being treated equally as men. IWD holds a lot of significance in India too. So, on this occasion we would like to remember some special women of India. They are our pride, they are our inspiration and they have made a difference.

- | | |
|-----------------|-----------------------|
| Indira Gandhi | Former Prime Minister |
| Lata Mangeshkar | Singer |
| Kiran Bedi | IPS Officer |
| Kalpana Chawla | Astronaut |
| Shakuntala Devi | Mathematician |
| Bachendri Pal | Mountaineer |
| P. T. Usha | Athlete |
| Sushmita Sen | Miss Universe |
| Arundhati Roy | Novelist Writer |
| Sania Mirza | Tennis Player |

Creating A Woman

By the time the Lord made woman, he was into his sixth day of working overtime. An angel appeared and said, Why are you spending so much time on this one? And the Lord answered, have you seen my specimen sheet on her? She has to be completely washable, but not of plastic, have over 200 movable parts, all replaceable and able to run on leftovers, have a lap that can hold four children at a time, have a kiss that can cure anything from a scraped knee to a broken heart and she will do everything with only two hands. The angel was astounded at the requirements. Only two hands? No way! And that's just on a standard model? That's too much of work for one day. Wait until tomorrow to finish. But I won't, the Lord protested. I am so close to finishing this creation that is so close to my own heart. She already heals herself when she is sick and can work 18 hours a day. The angel moved closer and touched the woman. But you have made her so soft, Lord. She is soft, the Lord agreed, but I have also made her tough. You have no idea what she can endure or accomplish. Will she be able to think? asked the angel. The Lord replied, not only will she be able to think, she will be able to reason and negotiate. The angel then noticed something, and reaching out, touched the woman's cheek. Oops, it looks like you have a leak in this model. I told you that you were trying to put too much into this one. That's not a leak, the Lord corrected. That's a tear! What's the tear for? the angel asked. The Lord said, the tear is her way of expressing her joy, her sorrow, her pain, her disappointment, her love, her loneliness, her grief and her pride. The angel was impressed, You are a genius, Lord. You thought of everything! Woman is truly amazing.



Shakuntala Devi



PT Usha



Sushmita Sen



Lata Mangeshkar



Indira Gandhi



Sania Mirza



Arundhati Roy



Kalpana Chawla



Bachendri Pal

See Opportunity In Difficulty



I asked for strength;
And God gave me difficulties to make me STRONG.

I asked for wisdom;
And God gave me problems to solve.

I asked for prosperity;
And God gave me brains to work.

I asked for courage;
And God gave me dangers to overcome

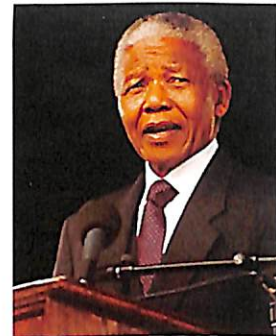
I asked for love;
And God gave me troubled people to help

I asked for favors;
And God gave me opportunities

I got nothing I wanted
But God gave everything I needed!!

~ 'Composite Home Science Section', Department of Home Science
Arpana Chande, Student, Final B.Sc. (2007)

An Inspirational Orator



Nelson Mandela

Rule of Public Speaking

- Be human, take your audience into your confidence.
- Keep it simple, simplicity enables you to communicate with every listener.
- Make your speech enjoyable. A speech, whatever the subject, is meant to be enjoyed rather than endured. The more personal you are, the more original your speech will be.
- Choose material carefully: Tailor your speech to suit your audience and beware of using anything that is even vaguely offensive.
- Speak loudly and clearly and don't be in a hurry.
- Plan your speech carefully:

Choose a theme, build around your theme, pay attention to the opening and closing of the speech, be sincere, be direct and to the point, find out who your audience will be and keep your speech short .

Do's of Public Speaking

- Do make sure that you are fully prepared before you make your speech.
- Do keep your material and your thoughts to yourself before the speech.
- Do face the audience and just not read out.

Dont's of Public Speaking

- Do not use any jokes that are likely to offend the audience.
- Do not use complicated stories that the listener's may not understand.
- Don't ever make yourself the hero of any situation.
- Do not use dialects in your speech unless you are really competent.

~ Department of Commerce
Hansa Mahipal, Student, 2nd year B.Com. (2008)



Who Are You? Compare Yourself

Winning or losing is a choice.

- A winner says, 'I was wrong'
- A winner makes time
- Winner says, 'I will plan to do that'
- A winner feels responsible for more than job.
- A winner celebrates others.
- A Winners make their days count.
- A winner says 'there ought to be a better way.'
- A winner expects success.
- A winner is willing to pay the price
- A winner says, 'It is to be. It is up to me.'
- A winner translates dream into reality
- A winner says 'let us try out.'
- A winner is the part of solutions
- A winner is not afraid of losing
- A winner works harder than a loser.



- A loser says, 'It was not my fault.'
- A loser wastes time.
- Loser says, 'I will try to do that.'
- Loser says, 'I only work here.'
- A loser complains about others.
- A Losers count their days.
- A loser says 'that's the way its' always been done.'
- A loser expects failure.
- A loser expects in on a silver platter.
- A loser says 'I can't help it.'
- A loser translates reality into life.
- A loser controls.
- A loser says 'Nobody knows'
- A loser is afraid of winning
- A loser is always busy.

~ Department of Commerce

Nidhi Jaiswal, Student, 2nd year B.Com. (2008)

Friends Are Like 7-Digit Bank Accounts



It truly feels great to call someone a friend. They give us a sense of security. They are our earnings in life and they are helpful whenever the need arises. They help us decrease our stress and worries. Most importantly, the way our bank balance displays our financial status, similarly our choice of friends reflects our character. We treasure them, we take comfort in their honesty and we feel bankrupt when we lose them. Of course, bank balance deals with money while friendship is all about trust. The birth and growth of friendship depends on trust, so it is not much different from money. More money gives us higher interest and more trust gives us stronger bond of friendship.

Like the color threads that create beautiful embroidery, our friends paint our lives with unique shades of color. We have some friends that we hang around with all the time and yet never tell them much about our real self. While some friends may not meet for a long time and yet know our deepest secrets. This is the true depth of trust. It may take a moment to build trust, or may be a lifetime isn't enough. But once forged, trust is what decides the future of our friendship.

So friends be careful in choosing your friends and once chosen, don't forget this mantra of trust. On that note, here's a beautiful quote for you to mull over.

'Friendship should have,
A determination like a mirror
Which never loses its ability to reflect,
Even if it is broken into a thousand pieces'

Time is Precious, Each Second Counts



1. If you want to know the value of one year, ask the student who has failed in his class.
2. If you want to know the value of one month, ask the mother who gave birth to her child one month early.
3. If you want to know the value of one week, ask the one who publishes weekly paper and could not publish the paper one week.
4. If you want to know the value of one day, ask the one who earns by working hard every day and who didn't get any work one day.
5. If you want to know the value of one minute, ask him who has missed his train.
6. If you want to know the value of one second, ask him who survived an accident.
7. If you want to know the value of one tenth of a second, ask the one who could not win a Gold medal in the Olympics.

~ Department of Commerce

Seema Bhattar, Student, 3rd year B.Com. (2007)

- Never leave that till to-morrow, which you can do today. **Benjamin Franklin**
- Years of love have been forgot, in the hatred of a minute. **Edgar Allan Poe**
- The world's a bubble, and the life of man, less than a span. **Francis Bacon**
- Life is so short but there is always time enough for courtesy. **Ralph Waldo Emerson**

Wait For The Brick ...



A young and successful executive was traveling down a neighborhood street, going a bit too fast in his new Mercedes. As his car passed, suddenly a brick smashed into the Merc's side door! He slammed on the brakes and drove the Marc back to the spot where the brick had been thrown.

The angry driver jumped out of the car, grabbed the nearest kid and pushed him up against a parked car, shouting, 'Why did you do it?'

The young boy was apologetic. 'Please sir ... please, I'm sorry ... I didn't know what else to do,' he pleaded. 'I threw the brick because no one else would stop ...' With tears dripping down his face and off his chin, the youth pointed to a spot just around a parked car. 'That's my brother,' he said. 'He rolled off the curb and fell out of his wheelchair and I can't lift him up.' Now sobbing, the boy asked the stunned executive, 'Would you please help me get him back into his wheelchair?' 'He's hurt and he's too heavy for me.' Moved beyond words, the driver tried to swallow the rapidly swelling lump in his throat. He hurriedly lifted the handicapped boy back into the wheelchair, then took out his handkerchief and dabbed at the fresh scrapes and cuts.

'Thank you and may God bless you,' the grateful child told the stranger. Too shook up for words, the man simply watched the little boy push his wheelchair bound brother down the sidewalk toward their home. It was a long, slow walk back to the Mercedes. The damage was very noticeable, but the driver never bothered to repair the dented side door. He kept the dent there to remind him of this message :

Don't go through life so fast that someone has to throw a brick at you to get your attention!

- Dost thou love life? Then do not squander time, for that is the stuff life is made of. **Benjamin Franklin**
- Take time to deliberate; but when the time for action arrives, stop thinking and go in. **Andrew Jackson**
- The "how" thinker gets problems solved effectively because he wastes no time with futile "ifs". **Norman Vincent Peale**
- The bad news is, time flies. **Michael Althsuler**

MOTHER TERESA – Something Beautiful for God

M Missionaries of Charity
O Organization of Charity
T Time that she spent to care
H Heart filled with love and care
E Enormous energy derived from a source divine
R Rosary that she always carried
T Trust people have in her
E Eagerness to help the sick and the poor
R Radiance that glowed like a beam
E Enthusiasm with which she worked in her team
S Selfless service she rendered
A Award she deserves

~ Department of Commerce

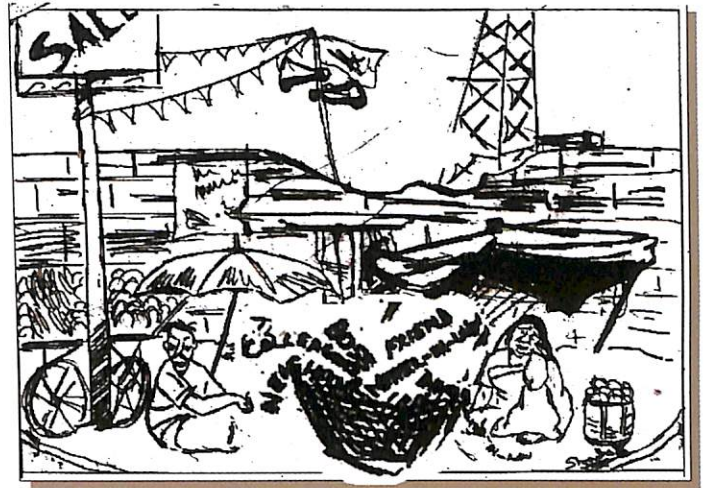
Hansa Mahipal, Student, 2nd year B.Com. (2008)



Beware! Gossip borders on Treason!

Monger is an old English word meaning 'dealer'. It is however, never used by itself, but only in combination with other words, for example, 'fishmonger'. Gossip is idle talk or groundless rumour. So, 'gossip-monger is one who deals in gossip, one who buys and sells, that is listens to and repeats tales about others'.

No gossip is quite innocent or harmless. There is no harm in talking about our neighbours, as long as our talk is kindly and we do not say things that are untrue. But, the word 'gossip' usually does not carry a good meaning and generally indicates propagation of tales about others, which are not well meant. Many people have a taste for scandal and itch to hear stories about others. Such people are the favourite customers of gossip-mongers. To make the news more spicy, the gossip-monger adds on to it and exaggerates it till a simple mistake swells up to a serious moral lapse.



Gossip is not always malicious. The gossip-monger is often a humble being who just wants to be a person of importance among his companions. He is fond of talking and repeats things he has heard, without the intention of hurting anyone, because he has to talk and has nothing better to talk about. Idle gossip, though not inspired by evil thoughts, may end up causing a lot of harm. What homes have been wrecked and lives ruined, what hearts have not been broken and wrong done by the tongue of the slanderer, the gossip-monger!

~ Department of Home Science

Tishya Ghosh, Student, Inter B.Sc. (2008)



RIDDLES

Here are some RIDDLES for you to solve

- Why are cooks cruel?
Because they batter the fish, beat the eggs and whip the cream.
- What can you not name without breaking it?
Silence
- What is always filled when in use and empty and when at rest?
Shoes
- What is the first thing a gardener sets in his garden?
His foot
- What is yours yet is used more by others than you?
Your name
- What is full of knowledge yet knows nothing?
A bookcase
- What is the one word for the child who is sleeping?
Kid-napping
- It's what you believe in just like a good friend; though some try to hide it, it comes out in the end. What is it?
Truth

~ 'Human Development' Section, Department of Home Science
Payal Shah, Student, Final B.Sc. (2007)



Interesting Facts

- Coca Cola was originally green.
- The most common name in the world is Mohammed.
- There are 2 credit cards for every person in the United States
- Typewriter is the longest word that can be made using the letters only on one row of the keyboard.
- Women blink nearly twice as much as men!!
- You can't kill yourself by holding your breath.
- It is impossible to lick your elbow.
- People say "Bless you" when you sneeze because when you sneeze, your heart stops for a millisecond.
- It is physically impossible for pigs to look up into the sky.
- The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.
- Each king in a deck of playing cards represents a great king from History:
Spades : King David
Clubs : Alexander the Great
Hearts : Charlemagne
Diamonds: Julius Caesar
- $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
- A snail can sleep for three years.
- All polar bears are left-handed.
- Butterflies taste with their feet.
- Elephants are the only animals that can't jump.
- In the last 4000 years, no new animals have been domesticated.
- Shakespeare invented the words 'assassination' and 'bump'.
- The ant always falls over on its right side when intoxicated.
- The human heart creates enough pressure when it pumps out blood to the body, to squirt it up to 30 feet.
- Rats multiply so quickly that in 18 months, two rats could have over million descendants.
- Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.



- The cigarette lighter was invented before the match.
- Like fingerprints, everyone's tongue print is different.
- The smallest complete sentence in English language is "Go." And finally 99% of people who read this will try to lick their elbow. Try Try

~ Department of Commerce

Compiled by: Shrutika Bhattar, Student, 2nd year B.Com. (2008)

Impressive Department

This lesson we learnt
In the lap of nature
Of all religions.
Pure Conduct is better.

This spiritual awakening comes from
Insight, knowledge and character.
Self-esteem is the product of
Self-control and noble manner.

Be fearless and hold.
The Eternal Master in Vision.
Do your duty unfailingly
And reach your life's mission.

~ Department of Home Science

Madhu Bohra, Student, Inter B.Sc. (2008)



EXCITING ESSENTIALS

- Humming birds are the only birds that can also fly backwards.
- In 1990, the word 'recession' appeared among 1,583 articles in the Wall Street Journal.
- A gold fish has a memory of 3 seconds.
- Didaskabcinophobia is the fear of going to school.
- Radio waves travel so much faster than sound waves that a broadcast voice can be heard sooner 18,000 km away, than by men in the back of the room in which it originated.



Humming bird can fly backwards

DID YOU KNOW

- Apartheid, Atom bomb, baby-sit, barf, bazooka, cheeseburger, crash-land, plying-saucer, gobbled gook-just some of the words that originated in the 1940s!
- The first novel sold through a vending machine at the Paris Metro was 'Murder on the Orient Express'.
- About 30% of Christmas presents bought all over the world are bought using credit cards.
- Golf is the only sport that has been played on the moon on 6th February 1971. Alan Shepard hit a golf ball.
- The largest web Bookshop, Amazon.com, stocks 2.5 million books.
- The NASDAQ stock exchange was totally disabled one day in December 1987 when a squirrel burrowed through a telephone line.

~ Department of Commerce

Aditi Kajaria, Student, 2nd year B.Com. (2008)



Letters

The Leave Applications

- **Infosys, Bangalore:** An employee applied for leave as follows:
'Since I have to go to my village to sell my land along with my wife, please sanction me one-week leave.'
- **Oracle Bangalore:** From an employee who was performing the 'mundan' ceremony of his 10-year-old son:
'as I want to shave my son's head, please leave me for two days...'
- **CDAC:** Leave-letter from an employee who was performing his daughter's wedding:
'As I am marrying my daughter, please grant a week's leave ...'
- **H.A.L. Administration Dept:**
'As my mother-in-law has expired and I am only one responsible for it, please grant me 10 days leave.'
- **An employee applied for half-day leave as follows:**
'Since I've to go to the cremation ground at 10 o'clock and I may not return, please grant me half day casual leave'
- **Leave letter written to the headmaster:**
'As I am studying in this school, I am suffering from headache. I request you to leave me today.
As my headache is paining, please grant me leave for the day.'
- **Covering note:**
'I am enclosed herewith ...
Dear Sir: with reference to the above, please refer to my below ...'
- **Application for leave:**
'My wife is suffering from sickness and as I am her only husband at home I may be granted leave.'

~ 'Human Development Section', Department of Home Science
Megha Kejriwal, Student, Final B.Sc. (2007)

EXTREMES



- | | |
|--|-------------------|
| ■ The most useless thing to do | WORRY |
| ■ The Greatest Joy | GIVING |
| ■ The most satisfying work | HELPING OTHERS. |
| ■ The ugliest personality trait | SELFISHNESS |
| ■ The most endangered species | DEDICATED LEADERS |
| ■ Our greatest natural resource | OUR YOUTH |
| ■ Greatest 'shot in the arm' | ENCOURAGEMENT |
| ■ Greatest problem to overcome | FEAR |
| ■ Most effective sleeping pill | PEACE OF MIND |
| ■ Most crippling failure | EXCUSES |
| ■ Most powerful force in life | LOVE |
| ■ Most dangerous pariah | GOSSIP |
| ■ World's most incredible computer | BRAIN |
| ■ The Worst thing to be without | HOPE |
| ■ The deadliest weapon | THE TONGUE |
| ■ The two most power filled words | 'I CAN' |
| ■ The greatest asset | FAITH |
| ■ The most worthless emotion | SELF PITY |
| ■ The most prized possession | INTEGRITY |
| ■ The most beautiful attire | SMILE |
| ■ The most powerful channel of communication | PRAYER |
| ■ The most contagious spirit | ENTHUSIASM |
| ■ The most important thing in life | GOD |

~ Department of Commerce
Rohi Singh, Student, 2nd year B.Com. (2008)

JOKES

James 'Good evening, old man. Thought I'd drop in and see you about the umbrella you borrowed from me last week.'

Brown 'I'm sorry, but I lent it to a friend of mine. Were you wanting it?'

James 'Well, not for myself, but the fellow I borrowed it from says the owner wants it.'

Professor 'If there are any morons in the room, please stand up.'
(irritated)

A long pause, and a lone freshman rose.

Professor 'What, do you consider yourself a moron?'

Freshman 'Well, not exactly that, sir, but I do hate to see you standing all alone by yourself.'



Professor 'Why are you late?'

Student 'Class started before I got here.'

Politician 'Did your paper say I was a liar and a scoundrel?'

Editor 'It did not.'

Politician 'Well, same paper in this town said so.'

Editor 'It may have been a contemporary down the street. We never print stale news.'

Father to son:

Pados ki ladki ko dekh wo exam mein first aayi hai.

Son: Usko hi to dekhta tha tabhi to fail ho gaya.

~ Department of Commerce
Shrutika Bhatler
Student, 2nd year B.Com. (2008)

Santa reports for his university final examination, which consist of 'Yes/No' type questions. He takes his seat in the examination hall, stars at the question paper for 5 minutes and then in a fit of inspiration takes his purse out, removes a coin and starts tossing it, marking the answer sheet yes for heads and no for tails.

Within half an hour he is all done whereas the rest of the class is sweating it out. During the last few minutes, he is seen desperately flipping the coin, muttering and sweating.

The moderator, alarmed, approached him and asked what was going on.

Santa replies, 'I'm rechecking my answers and I don't think I did very well.'

'If I sold my house and my car, had a big garage sale and give all my money to the church, would that get me into Heaven?' I asked the children in my Sunday School class.

'NO!' the children all answered.

'If I cleaned the church every day, moved the yard, and kept everything neat and tidy, would that get me into Heaven?'

Again, the answer was 'NO!'

'Well, then, if I was kind to animals and gave candy to all the children, and loved my wife, would that get me into Heaven?' I asked then again.

Again, they all answered, 'NO!'

'Well,' I continued, 'then how can I get into Heaven?'

A five year-old boy shouted out, 'you gotta be dead!'



~ Department of Commerce
Barsha Agarwal
Student, 2nd year B.Com. (2008)

Poetry



Way to Live Life

Start by doing what is necessary,
Then what is possible, and
Suddenly you are doing the impossible.

Everyone has a will to win but very few
Have the will to prepare to win.

Freedom is not procured by full enjoyment
Of what is desired but, controlling the desire.

Associate yourself with people of good
Quality if you esteem your reputation,
For it is better to be alone than to be
In bad company.

An argument is an expression of temper
Whereas a discussion is an exchange of logic.

The best and most beautiful things in the
World cannot be seen or even touched.
They must be felt with the heart.

Winners use hard arguments but soft words
Losers use soft arguments but hard words.

Better to remain silent and be thought a fool
Than to speak out and remove all doubts.

Knowing others is intelligence
Knowing yourself is true wisdom.

Mastering others is true strength,
Mastering yourself is true power.

There is no future in any job,
The future lies in the man who holds the job.

*~ Department of Commerce
Neha Bhuvwalka, Student, 2nd year B.Com. (2008)*

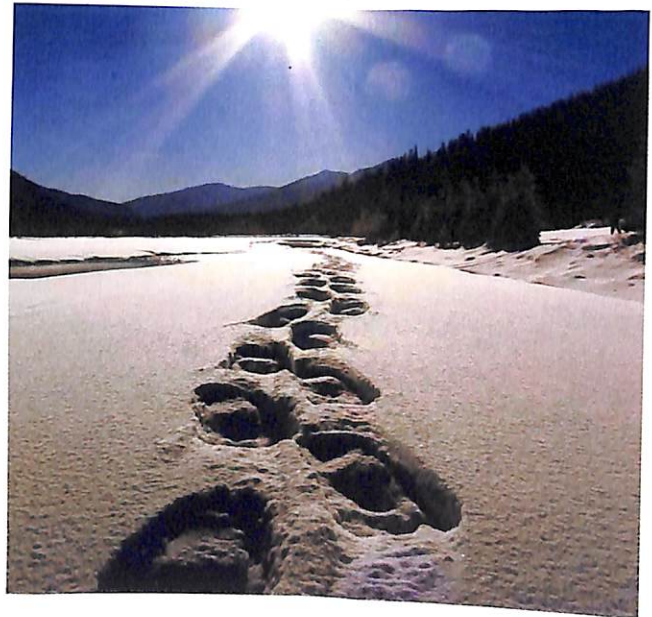
Little Lessons

The swift breeze swayed along the beach
The birds soared high up, beyond one's reach
They sure had something to teach
Attain your goal, prove yourself to the world
And not just preach ...

The vast spreading waters had a lot to say
As I sat by the sea, wondering all day ...
The waves taught me never to give up
The swift breeze taught me never to stop
The flight of birds taught that winners soar high,
The sun whispered, do not let the precious
Moments pass by ...

The footprints on sand are washed away,
The little messages they leave behind always stay.

As I sat by the sea on that pleasant afternoon,
Knowing the sun would go down very soon
It seemed that each wave tried its best to touch the cloud,
The very next moment it came splashing
Down as if it bowed ...



*~ Department of Commerce
Aditi Bawri, Student, 2nd year B.Com. (2008)*

A Best Friend Is Like A Favourite Book

Sometimes a friend is like a favorite book
You know his every thought, word and look
And you like to be in their company
Because somehow they make you laugh that too without a penny
You don't want them to go out of sight
As you know whatever is there with them is right
There is nothing in them that is hidden from you
But for you they will always be new
Their sorrows and joys they will always share
You will always like them as they enjoy
As they were the first one to come in your life you no more liked the toy
Selfishness in them you will never find
As they are true and kind
When all the rest are gone they will still be there
As their being with you does not cost any fare
Yes some friends are like favorite books
They do not depend on their face or looks
But it's what inside their heart's base
A friend that completes our life's basic worth
Enables us to hold them, the best on earth



~ Department of Home Science
Yamini Dhanania, Student, Inter B.Sc. (2008)

Childhood Reflections

Oh! Going down memory lane,
Could be as refreshing as the rain.
Each scene, each glimpse, each thought,
What beautiful memories they brought.



Well! Those were the golden days,
When we behaved in mysterious ways.
Each game, each trick, each prank,
That we look back on, we thank.

Alas! Those not so golden days,
Were the ones we recall in a haze.
Each failure, each spank, each shout,
That we look back on, we pout.

Ah! Going down memory lane,
Could have been as nagging as the rain.
Each moral, each lesson, each deed,
That we were taught had held us in good stead.
Well! When we reflect back on those days,
We also thank God for his merciful ways.
Each hope, each prayer, each moral,
That had kept us away from all trouble.

Now! That we are big and strong,
Those childhood teachings keep us from doing wrong.
We, thank, we praise, we glorify,
God's awesome ways we're not to question why?

~ Department of Commerce
Anushree Mohta, Student, 2nd year B.Com (2008)

Without You ...

I can't live without you
I would breathe the air,
and my heart would beat,
but I would not feel the joy of life
My dreams would be lost
like a leaf carted away by a storm
I would gaze at the stars
Without appreciating the way
They light up the sky.

I would pass the roses in bloom
Without noting their beauty
I would no longer look toward
To each sunset & each dawn
I would be broken,
Never to be mended again
I could not know laughter
Or happiness
If you were lost to me,
I'd have no reason to try,

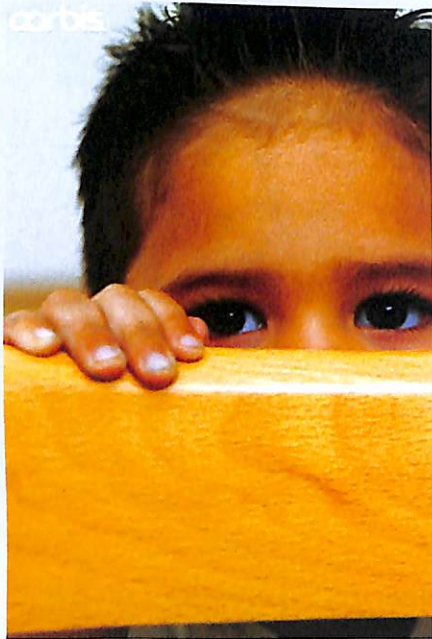
No reason to be.
You are my prayer,
My sunshine, my light,
My lazy days,
My peaceful nights,
And only you can keep the
Spark in my soul burning bright.



~ 'Human Development Section', Department of Home Science
Aakanksha Bhirvanivala, Student, Final B.Sc. (HD) (2007)

Little Eyes Upon You

There are little eyes upon you
And they're watching night and day.
There are little ears that quickly
Take in every word you say.
There are little hands all eager
To do anything you do;
And a little boy who's dreaming
of the day he'll be like you.



You're the little fellow's dial,
You're the wisest of the wise.
In his little mind about you
No suspicious ever rise.
There's a wide-eyed little fellow
Who believes you're always right;
And his eyes are always opened,
And he watches day and night.

You're setting an example
Everyday in all you do,
For the little boy who's waiting
To grow up to be like you.

*~ Department of Commerce
Neha Bhuwalka
Student, 2nd year B.Com (2008)*

Last Semester

To all the girls who are in the last Semester now

I walk back towards the large gates,
Breeze rustling leaves across the roads,
Fluttering in the wind.
Walk past the lifeless canteen,
With no one to shout at
Peep into the empty classes,
Missing the screams of joy.
Stand at the corridor,
Where a hundred conversation was done.
A single tear escapes my eye,
And falls towards the emptiness of the sands,
As my mind races in thought.
Alone I stand,
As I think,
It's all over
So wishing all the final year girls
A rocking last semester



*~ 'Resource Management Section', Department of Home Science
Sweta Sureka, Student, Final B.Sc. (2007)*

My New Best Friend



Today I met a great new friend
Who knew me right away
It was funny how she understood me
And all I had to say

She listened to my problems
She listened to my dreams
We talked about love and life
She'd been there, too, it seems.

I never once felt judged by her
She knew just how I felt
And she seemed to just accept me
And all the problems, I'd been dealt.

She didn't interrupt me
Or need to have her say
She just listened very patiently
And didn't go away.

I wanted her to understand
How much this meant to me
But as I went to hug her
Something started me.

I put my hands in front of me
And went to pull her nearer
And realized that my new best friend
Was nothing but a MIRROR!!

*~ Department of Commerce
Ankita Saraf, Student, 2nd year B.Com (2008)*

Within You

Expectations are few in an oceanful of desires,
Hope is often lost, but seldom regained.
This heart once broken leaves a gaping wound,
The bridge of trust lies on an uneasy thread.
Fretting the dark... is what we learnt,
But where does light take us?.. In the long run.
Imagination soars high amidst dreamy hues,
The thud of reality makes the utmost untrue.
Therein comes will and the insatiable spirit,
Capturing the dream,



Fire through the flame,
When the unknown stranger,
Seems closest within.
Yet our casting shadows follow us all through,
Promise to lurk behind, when the rest misconstrue.
The touch of a friend is like a painless balm,
Soothing the deepest scar,
Healing the spiteful pang,
Saving from the enclosed walls.
Standing at life's crossroads, wondering what to do?
Fly with the wind... see where it takes you.
Winning the battle, doesn't conquer the war,
It's the inspiration that wins over grudging failure.

*~ Department of Home Science
Zainab Limbdiwala, Student, Final B.Sc. (2008)*

Excursions

Educational Trip to Rajasthan – 2006

~ 'Composite Home Science, Human Development, Textile & Clothing' Section, Department of Home Science

Hot, sultry, yet fun and educational. This was what our excursion was all about. A rather large group of nearly 65 girls and 12 teachers left Sealdah for the much-awaited journey to Delhi.

Human Development and Composites, quickly left for Faridabad, where India's first S.O.S Village was set. The institute deals with orphaned children who live together like brothers and sisters with a house mother. Human development students also got a chance to see how the differently able children and adults lead a dedicated life and strive to achieve independence through their work as observed in Amarjyoti Research and Rehabilitation Centre. Jaipur Limb and Rehabilitation Centre helped us to gain knowledge about different kind of limb related problems and how it can be solved through use of artificial limb and other techniques. Jaipur Psychiatric Centre was another place where we came across the mentally challenged people.

The Textiles Department left for the Delhi Craft Museum where we saw the ethnic and traditional handwork. After a handful of shopping at Delhi Haat, the girls of Textiles and Composite sectore



Together at Sheesh Mahal, Amber Fort



Tired? Waiting to return after an amazing visit to Carved furniture unit (Ramgarh)



Sandalwood carving by National Award Winner at Churu



Traditional 'Bhopa-Bhopi' dance at musical camphire (Sujangarh)



Indigo Vat: 100 years old (Sanganer)



Tying & Dyeing the Lehavas (Ladnu)

left for Churu where we got a chance to see carved wooden furniture factory at Ramgarh. The tie and dye units of Ladnu were equally interesting. Dabu printing and the vats, which were older than us, was fascinating. The weaving at Khaatoon, Kota and the block printing units of Sanganer was the next focus.

The entire group enjoyed shopping at Neerja International an export house for the exquisite Blue Pottery and the common shopping areas in Jaipur. Amongst the architecture, forts of Chittorgarh and the beautiful temples and havelis elsewhere were most impressive. This was followed with a demonstration of the skill of screen-printing and the beautiful hand crafted Thewa. We also received the blessings at the Salasar Temple. The best part was when the entire group enjoyed the campfire followed with traditional folk music and dance and dinner at Sujangarh. The fun we had at the Jaipur cinema hall watching 'Lago Raho Munnabhai' was unforgettable. Chokhi Dhani was another place where all enjoyed the camel and elephant rides and the traditional.

Educational Trip to Gujarat & Rajasthan, 2007

~ 'Textile & Clothing & Composite Home Science Sections',
Department of Home Science

Accompanied by five teachers, we (a group of 35 students) left for our trip from Kolkata to Jamnagar on the 20th October 2007. The composite students (19 students) along with Mrs. Smita Parekh got off at Ahmedabad. Our first visit was to the National Institute of Design (NID), where we were given a tour of all their laboratories with students working in it. It was an eye opener for us to see the students were all working in a very disciplined manner without the constant supervision of teachers. Next day we visited the Amul factory in Anand. We also visited the city museum and Shreyas museum. Our next stop was Bhuj where we met and joined our friends from the Textiles and Clothing Section.



Home in a Bus



Enjoying a Ride on Nakki Lake (Mt. Abu)

At Jamnagar we visited the Digjam Mills, which is a composite textile mill. We saw the entire process of cleaning the wool fibre to the final rolling of the fabric. Next we saw a local tie and dye unit, where we saw the workers making Gharchola saris among others, using zardozi. We also enjoyed the collection of Bandhej saris.

Our next stop was at Bhuj, from there we traveled to Ajrakpur, the famed place of Ajrak resist prints. We then moved to Dhaneti, a village known for its exquisite Rabari and Ahir form of embroideries. We visited

a NGO run by Ms. Chandan Ben, called Shrujan, to have a look at their showroom. We also had a look at shawls being woven there.



Rabari Embroidery (Hodaku)



Gemcutting (Jaipur)

We also visited Kalaraksha, which is another NGO run unit run by an Italian, who aims to preserve and promote local embroideries. We then proceeded through the Rann of Kutch to the Indo-Pak border and visited Hodaku, a village on white sands. The Rabari tribe of this village produce exquisite embroidery on cushion covers, torans and other wall hangings.

On the 4th day we went to Bhujodi, a cluster of villages, which manufacture shawls and rugs. We then moved to Mandvi, a famous port and visited the Mandvi beach and the Mandvi palace.



At Mandvi Beach

Mt. Abu, turned out to be as enchanting as imagined. Here, we traveled to spots such as Brahmakumari Ashram, Dilwara Temples, Amba Devi temple, Nakki lake and Sunset Point.

Our final destination was Jaipur, from where we visited Sanganer to watch wooden blocks being caved by local artisans. Mr. Brij Kumar Udaiwal, of Shilpi explained the making of the Sanganeri saris, fabrics, dupattas etc. We also went to a village known for Dabu prints on Indigo dyed fabrics; then we saw a hand-made paper unit called the Kagzi Industry, where we saw the entire process of paper making using rags and wastes. On our return journey we visited Neerja International, an export house manufacturing the famous Blue Pottery. On the last day in Jaipur, we visited the Amber Fort. We were fortunate to see the cutting process of semi-precious stones, and had a gala time shopping at the Bapu bazaar and the Zaveri bazaar.

Our excursion ended and we returned to Kolkata on the 31st December. We thank all our teachers to having given us an opportunity to gain practical experience from the trip.

Excursion To Kalimpong & Darjeeling, 2007

~ 'Textile & Clothing Section', Department of Home Science

The Textiles and Clothing Section of the department of Home science went to Kalimpong and Darjeeling for a short educational excursion in 2007. Six teachers accompanied the 19 students.

We started from Sealdah station and reached New Jalpaiguri on the next morning. From the station it was a journey by bus to Kalimpong. After lunch and freshening up we all went to a temple nearby and then the famous Deolo viewpoint passing Dr. Graham's Home School on the way.

Next day we visited the Zong Dong Palri Fo-Brang Monastery located in Durpin Dara. One can get a panoramic view of the town. Then we visited the Sericulture Institute, where we saw the rearing of silk worms and mulberry plantations. At Pinewood nursery we saw amazing Cacti. Kalimpong exports exotic flowers like Amaryllis Lilies, Anthuriums, Roses, Gerbera, Gladiolias as well as Orchids. On the way we saw the best maintained golf course in Asia located just beside Kalimpong Circuit House.

In Darjeeling we went to the Tibetan Refugee Self Help Centre, where we saw wool carpet weaving apart from other textile crafts.



Taaza hole, chai peelee



Teacher train-ing at Ghoom (Darjeeling)

Trip to Gujarat, 2007

~ 'Human Development Section', Department of Home Science

The students of the Human Development Section went on an educational trip to Baroda, Junagarh, Gir Forest, Somnath and Ahmedabad. The students visited the Maharaja Savajirao University of Baroda and the Muni Sewa Ashram which consisted of an Old Age Home, a Cancer hospital and a Residential Home for the Mentally Challenged Girls. They also visited the Prakash Residential School for the Mentally Challenged boys at Ahmedabad. The Students also visited the B.M. Institute of Mental Health, the Blind People's Association, the N.A.S.E.O.H Centre for Handicapped, the S.E.W.A. Self Employed Women's Association and the Kalarav Polio Foundation (Physiotherapy Centre for the Disabled) at Ahmedabad. Though the schedule was very tight, the students came back richer in knowledge and satisfaction.



Smile Please!!



Special Time with Special People

Educational Trip to Bangalore, Chennai and Pondicherry 2006

~ 'Food and Nutrition' Section, Department of Home Science

We, a group of 20 Final B.Sc students from the Food and Nutrition section along with 2 faculty members undertook an educational trip in South India. The journey began on the 27th December, with the first stop at Bangalore. The highlights of this stopover were a visit to Cookie Man, Hotel Asoka and organic food center at Lal Bagh. Cookie Man delighted us with its open kitchen! Hotel Asoka was a treat to the eye as its kitchen was decorated for the New Year celebrations. Botanical Garden and retail outlet of spices and herbs, 'The Nilgiris' was a must see!

On 31st Dec we were on Chennai's Marina beach and prayed at the St. Thomas Church. The next day we went to Indian Sweets, a factory renowned to produce goodies from jaggery and nuts. It also processed sugar-boiled sweets. We got a first hand knowledge to observe various machines such as roasters, crushers and automated sealers. A close study of the diet and dialysis unit at the Madras Medical Mission was a learning experience. We benefited by lectures on the functioning of the hospital and the dietary requirement of the heart disease and diabetes patients.

We also visited a variety of cottage industries run by the



Fortification of Pondicherry started in 1693 by Francois Martin, then the first French Governor

Aurobindo Ashram at Pondicherry. A trip to Australian Food India Pvt. Ltd. was organized on the 3rd January, which was a cookie-making unit that imports raw materials from Australia and supplies food to airlines and many outlets in Delhi, Poona and Bangalore. A visit to the kitchens of Taj Coromandel, Chennai, was a treat to watch as the Head Chef explained the functioning of the different units.

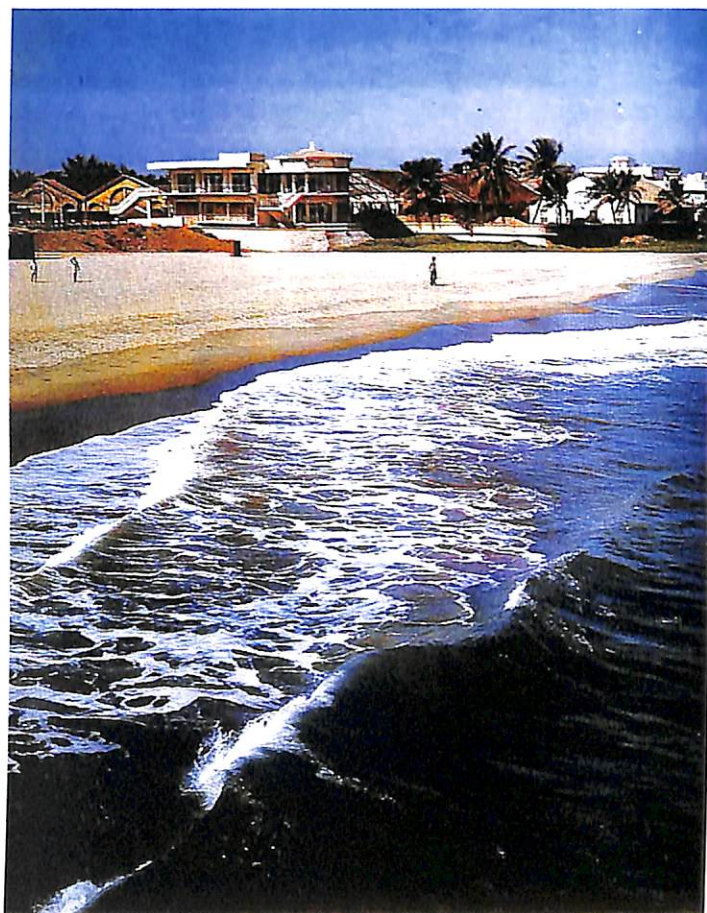
On the last day, we visited the kitchen of the Apollo Hospital and appreciated the close collaboration between the dieticians and



Time Out

the chefs. Here we were also briefed up on the various working of the kitchen-equipments.

The trip ended on the 6th January with our arrival at the Howrah Junction. The excursion not only helped us to gain practical knowledge but also fostered a bond of togetherness among us.



Sea side view of Pondicherry

Educational trip to Punjab & Himachal Pradesh, 2007

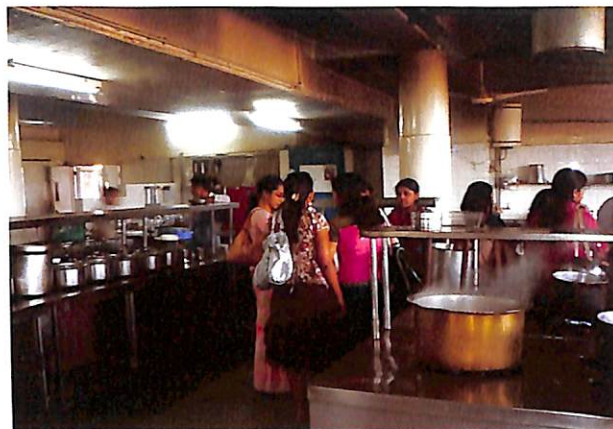
~ 'Food and Nutrition' Section, Department of Home Science

The Final B.Sc students of the Food and Nutrition Section undertook an excursion to Amritsar, Ludhiana, Chandigarh and Shimla. They visited Mohan flour mill in Amritsar where they saw and learnt about the entire process of wheat milling. They also visited Clock Tower food processing unit where they saw preparation and bottling of soy sauce and continental sauce. On the way to Chandigarh, in Ludhiana they visited Apollo hospitals and got a detailed knowledge about the functioning of the hospital. In Chandigarh the students got the privilege to see the government run Post graduate institute of medical sciences where they saw large scale preparation and management of hygienic food. They also visited Milk Fed milk plant that has products under the brand name of Verka. They also saw the preparation of Lassi, curd, pasteurized milk, ice-cream and various indigenous sweets like pinni, kulfi, barfi etc. The packing and sealing unit of tetra packs was very interesting for the students. Special care was taken to show them the various checking techniques involved in the quality check of tetra packs. Despite the packed hotels due to the cricket tournament they could visit the kitchen of the government run Park view hotel. On their way to Shimla they visited the Solan brewery and learnt about the brewing techniques and fermentation. In Shimla they also visited Minochy Factory that manufactures various fruit preserves like jam, jelly, marmalade fruit drinks, sauces, pickles etc.

Apart from the educational visits they also visited few places of interest like Jalianwala Bagh, Golden Temple and Wagah border in Amritsar; Rock gardens and Sukhna lake in Chandigarh ; Kufri point , Ridge view and the mall in Shimla. Overall it was a nice and a good learning experience for all the students.



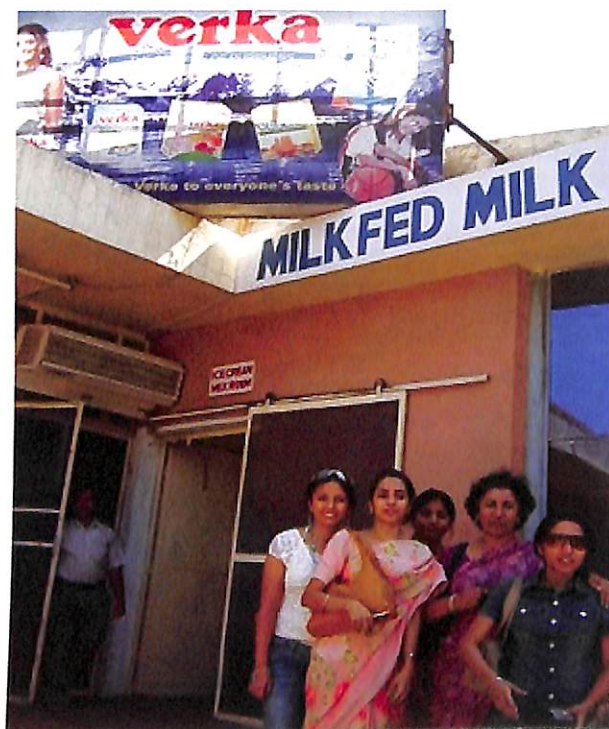
Sauces being bottled at Minochy Factory (Solan, Shimla)



Surveying the Kitchen at PG Institute of Medical Science (Chandigarh)



All of us at Rock Garden (Chandigarh)



Milkfed Factory at Chandigarh

Educational Trip to Bangalore and Secunderabad 2006

~ 'Resource Management Section', Department of Home Science



Our journey started on 26th October 2006. With 21 students and 3 teachers. The entire trip to Bangalore and Secunderabad was an unforgettable experience for me, as we had never embarked upon a similar journey before with such good friends and teachers. It was a lifetime opportunity. We visited to many educational places where we saw see green buildings, homes made out of recycled materials, five star hotels etc. There were lots of things to learn and understand. This was the first time that we had visited different departments of a five star hotels and saw them working behind the scene. Where else had we got a chance to see this? Though all the places we visited are unforgettable, some places like Rammoji film city, sound and light show of Golconda Fort, Art of Living Ashram and Iskon temple needs special mention.

Days passed quickly and we never realized when the trip came to an end. With a variety of knowledge and loads of enchanting memories with us, we returned to Kolkata on the 5th of November. It was an amazing journey.



Exciting times in the Train



Art of living ashram at Bangalore

Trip to Punjab and Delhi, 2007

~ 'Resource Management Section', Department of Home Science
Students, Final B.Sc. (2007)



Am I in the picture frame?

Twenty students of the Final B.Sc, Resource Management Section went to Punjab (Amritsar, Ludhiana, Chandigarh and Delhi), on an educational excursion with two faculty members. They visited the OCM factory at Amritsar, saw the manufacture of wooden furniture



Green Centre at Gurgaon



Harnessing Solar Energy at Solar Energy Centre, Gurgaon

with inlay work at Kartarpur, saw making of durries at Nakodar College of Home Science, Punjab Agricultural University, Ludhiana, the Miniking Hosiery manufacturing unit at Ludhiana, manufacturing of Jacquard and Dobby machines at Shingora International, ITC Green Centre and Solar Energy Centre at Gurgaon and ITC Maurya Sheraton at New Delhi. Besides educating themselves they also had some sightseeing tours to the Golden Temple, Jalianwala Bagh, Wagah Border, Rock garden, Ashardham Temple, etc.

Incredible India!

Pleasure Trip to Vishakapatnam & Araku Valley, 2006

~ Department of Home Science



Araku Valley

In October, 2006, the first and inter B.Sc students of Home Science visited Visakhapatnam and Araku Valley for 5 days.

Enjoyment writ large! That is how I would like to describe our trip from college, to Visakhapatnam and Araku Valley. We began our journey on 5th October 2006, from Kolkata by train. It was an Incredible trip! The whole group seemed to be in a mood for holiday. The mere thought of our destination, flashed vivid pictures of beautiful unending beaches, the fishing boats, the harbor, the hills, etc through our minds. We discovered later that the place did offer exquisite sights such as the Bora caves with its deposit of Stalactites and Stalagmites, the rocky Rishikonda beach, the Araku valley and the great submarine. The beauty of the natural formations inside the cave left us spellbound. They were the most impressive as well as fascinating. There was no pressure of college work, and we were all relaxed and without worry. I must mention that the college management took complete care of our lodging and the food provided to us was nothing less than superb. But as all good things come to an end, our trip ended after one week but to me it seemed to have rushed past in the wink of an eye. We all returned back with a load full of the most moving experiences of our lives. The trip left an incredible impression on my mind



Bora Caves



Enjoying at Kalashgiri

Pleasure Trip to Goa & Kerala, 2007

~ Department of Commerce & Home Science

Every year the Institute arranges a pleasure trip for its students during the puja vacations. This time it was Goa & Kerala. It was a 13-day trip. A total number of 48 students from both the departments of Home Science and Commerce went for the trip accompanied by two faculties. A direct train reached us to Vasco da Gama on the 27th. In addition to the beaches (Anjuna, Vagatore, Calangute, Colva, Baga, Miramar), we visited the old Goa churches (Bom Jesus, Se' Cathedral) followed by Shri Shanta Durga Temple and Dona Paula. We went to Ancestral Goa, which is a recreation of an entire Goan village dating back 100 years and also has India's longest Laterite sculpture, Big Foot Legend, Spice Garden and an Art gallery. We went for a river cruise on Santa' Monica with live music on the Mandavi River.

We really enjoyed the ferry ride and visited Mattancherry and Fort Kochi. The backwater ride (3hrs) from Allapuzha to Thottapally was fantastic. The last destination on the itinerary was Trivandrum. We went to Kovalam beach in the morning and the evening we visited the Padmanabha Swamy temple. We were thrilled to visit Neyyar dam, where we took a speedboat ride around the wild life park. As a precautionary measure everybody wore a lifejacket. The place turned out to be just out of the world. A must visit for everybody!!!!



~ Department of Commerce & Home Science

Pleasure Trip to Bangkok & Pataya, 2006

~ Department of Commerce

The students had a fun time at the trip to Thailand (Bangkok and Pataya). The excitement raged strong and the holiday began as soon as the girls landed at the Suvarnabhumi airport! The trip was marked for its shopping expedition at various places such as from Gem Factory to Duty-free shops at the airport, from malls to roadside shops. Besides the fun filled times spent at the Pataya Beach, students also visited the Golden Buddha Image, the Reclining Buddha or Wat Phra Chetuphon. The visit to Safari Park and Marine World deserves a special mention. The trip to see Coral at the Glass-Bottom beach was unforgettable!

Thirty three students from both the departments of Home Science and Commerce for 5 days undertook a general excursion to Bangkok and Pataya. The students visited the Pattaya Alcazar Show, Pattaya Beach and Coral Islands, Pattaya Gems Discovery center and also the big shopping mall at Big C. They also visited Mini Siam, a miniature town, which contains more than 100 historic towns on a scale of 1:25. At Bangkok they visited the Safari World and Marine Park. They also went to the duty free shops and visited the Bangkok Wat Pho, a temple housing a 16th century Buddha statue inlaid with mother of pearl and depicting the 108 auspicious characteristic of Buddha. Lastly, the girls visited the Pratunam Market, which is a wholesale market where they could shop to their heart's content. The trip was a great success!



Paragliding at the Pattaya Beach



Skyscraper, Bangkok



Say Cheese!!



Better than Miss World, our Beach Beauties at Pattaya

ANNUAL SHOW

Annual Show 2006 - 2007

Students of the Departments of Home Science and Commerce had put up a cultural show on 16th February, 2007 at Vidyamandir Auditorium. The programme was based on a mythological theme where 'Narad' being tired of the monotonous life in his heavenly world, decides to come to earth to gain experience of the modern times and dresses up accordingly. Lord Vishu accompanies him. The presentation was excellent, narration was humorous and witty, the dances were beautiful and well choreographed and the magic show was superbly presented. Prof. Sanyal, Vice Chancellor, Jadavpur University was the Chief Guest at the the event.



Apsaras at JDBI



Puppet Dance

Annual Show 2007 - 2008

The Annual Show of the college was organized on the 25th of January (Saturday) 2008 at the auditorium of the main campus. The event was graced by Prof. (Dr.) Subrata Pal, Dean, Faculty of Science, Jadavpur University and was attended by the Final year students from both the Departments of Home Science & Commerce. The students had put up a short cultural programme comprising of Indian and western style dances and songs followed by a Magic Show by Moumita Panda a student of Inter B.Sc, Department of Home Science. Meritorious students from both the departments were awarded the Sushila Devi Memorial Annual Prize for outstanding performance in academics during the session 2006-2007.



A dance recital- for the love of the rain.



A Skit-Mr. Bean in the Examination Hall

Shake-a-leg



Abracadabra Magic Show

Independence Day

Session 2006 - 2007

The 59th Independence Day was celebrated in the main campus premises on the 15th of August 2006. A short cultural programme put up by the students of both the Departments of Home Science and Commerce followed by the hoisting of the National Flag by the Principal. Fresher's from both the departments had put up an extremely well choreographed dance.

Session 2007 - 2008

The 60th Independence Day was celebrated in the college with full enthusiasm by the students of all the three departments (Commerce, Home Science and Management). Faculties from all these departments also participated in the event with equal vigour. The flag hoisting was followed by a short cultural show, which was put up by the students.

Saraswati Puja

Session 2006 - 2007

The Basant Panchami festival was celebrated on 23rd January, 2007 at the main campus.



Devi Sarawasti seated to bless all



Session 2007 - 2008

The Basant Panchami festival was celebrated on 11th February (Monday) 2008 at the main campus. Goddess Saraswati was worshipped by students, faculty members, office staff and class IV staff and the puja ceremony was performed by the students which was preceded by a short cultural programme that was put up by the students from the Departments of Home Science and Commerce. The *prashad* was distributed to every one after the *anjali*. For the first time in the last 15 years this year the event witnessed an overwhelming response from the students and about 475 students from all the three departments attended the programme.



Girls singing in praise of the Goddess



Dance recital to celebrate Basant Panchami

Annual Sports 2006-07

1st March, 2007 saw a flurry of activity at Rabindra Sarobar Stadium. Students wearing yellow, blue and green ribbons and JDBian T-shirts and caps, were busy participating in and organizing various events enthusiastically. The teachers and the office staff too were moving around with great zeal. It was 'The Annual Sports Day' of J.D.Birla Institute! It was a day of great expectations, major achievements and immense joy. Chief guest Major General Harkirat Singh from Fort Williams and special guest Mrs. Sumangala Birla graced the occasion and their distinguished presence made the day a memorable one.



Chak De! JDBI

WINNERS Indoor Games

<u>EVENTS</u>	<u>1st PRIZE</u>	<u>2nd PRIZE</u>	<u>3rd PRIZE</u>
1 Chess	Swati Pitty (B.Com)	Aditya Chindalia (BBA)	—
2 Carrom	Arijit Banerjee (BBA)	Ruchi Botika (B.Com)	—
3 Dart	Aneesha Mehta (B.Com)	Siddharth Kothari (BBA)	Anurag Moha (BBA)
4 Table Tennis	Aneesha Mehta (B.Com)	Rashi Daga (B.Com)	Aditi Mehta (B.Sc)
5 Badminton (doubles)	Reshu Bhatler (BBA) & Kushal Gupta (BBA)	Namrata Goel & Aditi Mehta (B.Sc)	Aditi Kajaria & Shrutika Bhatler (B.Com)
6 Badminton (Single)	Aneesha Mehta (B.Com)	Namrata Goel (B.Sc)	Reshu Bhatler (BBA)
7 Throwball	Neha Acharya (B.Com) Sukriti Saraogi (B.Com) Namrata Goel (B.Sc) Nandini Sharda (B.Sc) Shashank Agarwal (BBA)	Lee Fung Chung (B.Com) Nupur Kejriwal (B.Com) Nikita Bansal (B.Sc) Vasudha Damani (B.Sc) Reshu Bhatler (BBA)	— — — — —



We are good at Boards – Exams as well as Carrom!!



What next? Olympics!!

WINNERS Outdoor Games

<u>EVENTS</u>	<u>1st PRIZE</u>	<u>2nd PRIZE</u>	<u>3rd PRIZE</u>
1) 100m for girls	Deepashri Joshi (B.Sc)	Khusboo Hirawat (BBA)	Megha Sachdev (B.Com)
2) 200 m for boys	Mitesh Agarwal (BBA)	Apoorva Bhatt (BBA)	Karan Agarwal
3) 3 legged race	Sweta & Damanjeet	Rashi Bedi & Aditi Budhia	
4) 200 m for girls	Khusbo Hirawat (BBA)	Deepashri Joshi (B.Sc)	Megha Sachdev (B.Com)
5) 200 m for boys	Arijit Banerjee (BBA)	Anurag Mohta (BBA)	Mitesh Agarwal
6) Hurdles for girls	Rashi Daga (BBA)	Nikita Bansal (B.Sc)	Purnima Jain (B.Com)
7) Hurdles for boys	Karan Agarwal (BBA)	Utsav Singh (BBA)	Arijit Banerjee
8) 400 m for girls	Deepashri Joshi (B.Sc)	Anju Bothra (B.Sc)	Rashi Daga (BBA)
9) 400 m for boys	Sreedhar Gupta	Dharamveer Singh (BBA)	Kushal Padisiya
10) Relay Race	Priti A, Priyanka B, Ahhishek Somani, (BBA)	Namrata B, Caroline M, Payal J, Arijit Banerjee	— Khushboo Hirawat
11) Garland Race for Teachers	Mrs. Manju Lakshmi (B.Com)	Mrs. Smita Parekh (B.Sc)	—
12) Lemon and Spoon race for Teachers	Mrs. Satarupa Ghose (BBA)	Mrs. Chaitali Chowdhury (B.Com)	—
13) Balance race for Teachers	Mrs. Chaitali Chowdhury (B.Com)	Mrs. Satarupa Ghose (BBA)	—
14) Memory game for office Staff	Mr. Arup Chatterjee (BBA)	Mr. Sudip Mukherjee (B. Com.)	—
15) Eating race	Mr. Padmalochan Das	Mr. Bansilal Maity	Mr. Gangadhar Das
16) Tug of war for	Mr. P. Das, Mr. M. Nayak	Mr. R. Das, Mr. S. Rout	Mr. S. Nayak, Mr. G. Das Devendranath



Ready Steady Go!!



Oath taking ceremony

Annual Sports 2007-08

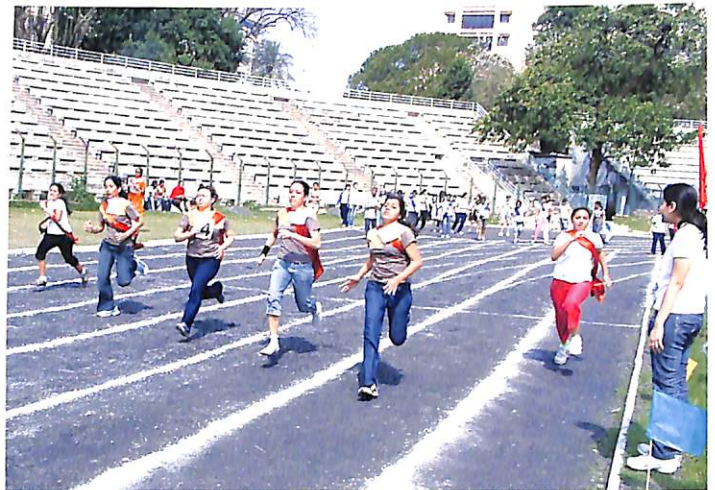
The Annual Sports Day was celebrated on 10th February (Sunday) 2008 at the Rabindra Sarobar Stadium. In total about 350 students from all the three departments of Home Science, Commerce and Management took part in the event. Major General TM Mhaisale from Fort Williams graced the occasion as the Chief Guest. The indoor and outdoor games competition (Carrom, Chess, Darts, Table Tennis) were held before the final day; while all the track events were held on the D-day. Boy students from the department of Management entertained the audience with a friendly Throw Ball match on the final day. The Championship Trophy was won by the students from the Department of Management; while Harshita Banka, student of B.Com 1st year (sec A) was awarded the Best Sports Person. Faculty members, Class II and Class IV staff also participated in various track events on the final day. Mrs. Balaka Dutta, from South Point High Schools gave valuable suggestions for organizing the event and acted as the referee on the final day.

WINNERS Indoor Games

<u>EVENTS</u>	<u>1st PRIZE</u>	<u>2nd PRIZE</u>	<u>3rd PRIZE</u>
1) Chess	Pradyumn Kothari (BBA)	Harshita Banka (B.Com)	Sripriya V (BSc)
2) Carrom	Swati Maheswari (B.Com)	Kushal Shah (BBA)	Deepika Karnani (BSc)
3) Dart	Preeti Lakhotia (BSc)	Mahika Ajmera (B.Com)	Rahul (BBA)
4) Table Tennis	Mohd Mateem Burhan(BBA)	Harshita Banka (B.Com)	Shradha Thacker (BSc)
5) Badminton(singles)-boys	Pradyumn Kothari	Arijit Banerjee	—
6) Badminton(singles)-girls	To be played		



The Chief Guest addressing the Students



Girls at 100 mts. Sprint



Champions!



Receiving the Medals

WINNERS Outdoor Games

EVENTS

1st PRIZE

2nd PRIZE

3rd PRIZE

1) 100m for Boys	Apurva Bhatt	Saqib Saigal	Utsav Singh
2) 100m for girls	Richa Sha (BCom)	Harsha Surana (BBA)	Dipashree Joshi (BSc)
3) Throw ball (boys)	Dhawal Khanderia, Utsav Singh, Arijit Banerjee, Kushal Pachisia, Kushal Shah, Devesh Sharma, Siddarth Tahlani, Adnan Saigal	Aditya Saraswat, Varun Raj Singh, Harshavardhan Daga, Saurav Parasrampuria, Gaurav Baid, Dharamveer Gupta	—
4) 200m for girls	Deepashri Joshi (BSc)	Richa Sha (B.Com)	Harsha Surana (BBA)
5) 200m for boys	Apurva Bhatt	Saqib Saigal	Gourav Baid
6) 4x100 relay for girls	Akshita Chamaria, Survi Saboo, Rashi Baid, Rashmi Baid (BBA)	Nikita Bansal, Dipashree Joshi, Baisakhi Bhowmik, Mary Jane Varghese (BSc)	Other teams were disqualified.
7) 4x100 relay for boys	Apurva Bhatt, Gaurav Baid, Utsav Singh, Arijit Banerjee	Siddarth Talani, Saquib Saigal, Md. Mateen, Adnan Saigal	Dhawal Khanderia, Kushal Pachisia, Shammi Karira, Kaushal Shah
8) Sack race (girls)	Sunayana Dutt (BSc)	Namrata Shaw (BCom)	Harsha Surana (BBA)
9) Tug of war for girls	Sonia Duggar, Preeti Agarwal Swati Maheswari, Anushree Mohta Ekta Agarwal, Priya Singh (BCom)	Akshita Chamaria, Suchetana Dey Rashi Baid, Aastha Murarka, Vasavi Daga, Amrita Agarwal (BBA)	Shweta Singh, Nisreen Ladakhwala Alifiya Ali Akbar, Vruti Rupani Sukhpreet Kaur, Debolina Ghosh (HSc)
10) Cold drink race for teachers	A S Ahluwalia (BBA)	Basudha Mukhopadhyay (BCom)	Amal Kr Ray (BBA)
11) Backward race for teachers	Manushi Tiwari (BSc)	Vipasha Chakraborty (BSc)	Shivarati Bose (BSc)
12) Balance race for Teachers	Rachana Kejriwal (BCom)	Amita Dutta (BSc)	—
13) Memory game for staff	Santanu Mondal (BBA)	M Rehman (BBA)	Arup Chatterjee (BBA)
14) Flat race 100mt	Padmalochan Das	Banshilal Maity	Padmalochan Das, Rajaram das
15) Eating race	Banshilal Maity	Rajaram Das	Padmalochan Das



A bumpy ride at the Sack Race

ANNUAL DEBATE

Session 2006

An inter-departmental Debate on 'Caste based quota in higher education is progressive to the country.' was organized in 2007. 21 students from the Departments of Home Science & Commerce took part and each spoke for and against the motion, turning the venue into a seat of intense debating with each student exhibiting her wit and skill in oration.

The Judges were Ms. Twisha Ghosh, Ms Sweta Patney and Ms Sreyasi Roy. The students were judged on the basis of content/matter, logic, facts/figures, diction, body language, humor, confidence and adherence to the time limit. The winners of the debate were:

1st Position : Ms. Tuhina Agarwal, Department of Commerce

2nd Position: Ms. Priyanka Bansali, Department of Home Science

3rd Position : Ms Sudipta Dey, Department of Home Science



Session 2007

The 7th annual inter-department debate competition was held on 19th September 2007. The venue for this competition was the new conference hall at the main campus, which provided the appropriate ambience for the sparing of words that took place on that day. The topic of the debate was 'There is a lot in a name, Calcutta and Kolkata are not the same'. Students from all the three departments participated in the event. The winners of the debate were:

1st Position : Mr. Mahesh Hatiramani, Department of BBA

2nd Position: Ms. Astha Murarka, Department of BBA

3rd Position : Ms. Sneha Raut, Department of Home Science

Dr. Binny Deka, Mrs. Ruma Chakraborty (both are part-time faculties in English with the Department of Home Science) and Anisha Goyal ex-student, Department of Home Science judged the competition.

ANNUAL NSS REPORT

Session 2006-2007

At J.D.Birla Institute, social activities and awareness programmes are taken up with same interest and importance as academics. Thus, NSS unit of the institute this year extended its helping hand towards some of the issues of the society. The students participated actively in all events and learnt to work together.

- Inter B.Sc. Students participated in the Debate and Slogan Competition during the NSS Day celebration held on 20th September 2006 at Jadavpur University. Ms.Tishya Ghosh won the second prize for slogan competition, while Ms. Aditi Mehta won the second prize and Ms. Sneha Pandey won the 2nd & 3rd prize respectively in the debate competition.
- To promote literacy books and dictionaries were donated to the library of SOS village, Kolkata.
- NSS wing this year supported the efforts of nutrition rehabilitation center in CINI in 2007. This project takes care of sick children by monitoring their nutritional needs and admitting them in the hospital along with their mothers. The mothers were taught about hygiene, sanitation, correct cooking.
- There are many children in our society who stay in the urban environment, work for a living but still cannot afford basic education. Thus, to support such a cause, a street child was adopted and his education was paid for this year. This was done in associated with CINI.
- On 19th March 2007 a lecture was arranged to create awareness about the activities of CRY. Students were shown a film on child labor and an interactive session tried to find a few solutions to this massive problem.



Students using aids to spread awareness on personal hygiene at IPER

Session 2007-2008

The NSS wing of J.D.Birla Institute has conducted a variety of programmes to extend help to the underprivileged.

- **Creating awareness about personal hygiene amongst street children:** This program was conducted on 18th March 2008 at IPER (Institute of Psychological and Educational Research). A group of 55 street children gathered and listened intently to the poster and flash card presentation on good personal hygiene and proper nutrition. The presentations were followed by a puppet show highlighting proper disposal of waste and personal hygiene. The children were very excited and happy. There was a lot of interaction between the students and the street children.
- **Collection of old clothes:** Students have enthusiastically collected old clothes, toys and books for the underprivileged. These are being donated to people of different age groups.
- **Breast Cancer awareness program** was conducted on 7th March 2008 in the auditorium of the institute and NSS-Wing of J D Birla Institute had sponsored leaflets with instructions for Breast Self Examine.



Puppets delight the children at IPER

The following activities are on the anvil:

- **Creating awareness amongst mothers about health and good cooking methods.**
Mothers at IPER will be the target group and they would be briefed up on right methods of cooking. They will also be told about the various low cost food preparations.
- **Beautification of the college lane:** Efforts are being made to beautify the college lane by planting more trees, providing proper waste disposal system and by educating the people around about the importance of a clean environment.

SAATH - A hand in need

We are happy to see some of our students keeping their commitments to society in making it a better place to live in. Below is an example of caring.....

SAATH a hand in need is a charity drive formed by the ex and current student of J.D. Birla Institute and St. Xavier's College. It is an effort put forward by them to help the one in need with our love and affection and make the under privileged realize that they are still a part of this society.

Their main motive is to inculcate in under privileged people the importance of human dignity, to teach them to develop their minds and uphold their thinking power, to give them the ability to judge between what is ethical and unethical, moral and immoral, good and bad and right and wrong.

*"Some measure their lives by days and years,
Others by heart throbs, passion and tears;
But the surest measure under the sun,
Is what in your lifetime for others you have done"*

The members visit three to five non-government organizations per month with the purpose of spending quality time with orphan/old people. They organize one day meals, take them out to visit places like amusement parks, watch movies with them, play and enjoy with them. This is a small endeavour from their part to make these people happy and cheerful.

'A long life may be not good enough, but a good life is long enough'

Some of the institutions SATH is involved with are:

- Missionaries of Charity (Orphanage)
- Siddharth United Social Welfare Mission (Orphanage)
- Asha Deep (Orphanage)
- SOS children villages (Orphanage)
- Prabartak Institute For Epilepsy and Cerebral Palsy
- Tollygunge Home (Old age home)
- Mary Coopers Home (Old age home)
- Missionaries of Charity 'Premdan' young and old people suffering from diseases

*~ Department of Commerce
Sonal Gupta, Student, 2nd year, B.Com (2008)*

Students' Picnic

Session 2006 - 2007

We knew it was going to be a long day for all of us. Apart from the excitement there were lots of loose ends to be tied, to ensure a memorable event.

Having woken up early in the morning, feeling nice and chirpy, albeit a bit sleepy, we all rushed to college, where all the students were scheduled to assemble. To our immense joy we realized that it was a virtual full house.

Over 300 students and a large number of teacher boarded seven luxury buses which left the college at 8:40 am, headed as a convoy towards the destination — IBIZA Club on Diamond Harbour Road. The trip to IBIZA, which lasted about 45 minutes, was filled with singers ranting popular song with almost all joining in.

IBIZA came as a pleasant surprise to all of us. The sprawling lawns, the superb facilities, the pool, the discotheque, the lake and the natural surroundings all brought alive the army of 300+ who headed for their own select sources of fun and frolic.

At the breakfast stall, the hungry students made a beeline for their share of the food. Then the fun started. We played throw ball, cricket, Kho-kho, etc. Some of us were busy clicking away photographs. Around 1:30 pm we assembled for lunch and soon after that we had a session of Antakshari, in which we had the teachers on one side and the Home Science and Commerce students competing against each other. We also had a session of Housie.



Antakshari at IBIZA Club

Nobody realized that it was already 4:30 pm and it was time to leave. How time flew!! We all headed for our respective buses and our return journey concluded in about an hour's time. The passengers in sharp contrast to the morning journey were relatively quiet and thoughtful.

In retrospect, we realized that the bonding that this singular event has created amongst the girls of the two departments was a colossal achievement and will remain life long, irrespective of wherever we are.

~ Department of Home Science & Commerce
Payal Shah, Student, Head Girl (Home Science) 2007
Aneasha Mehta, Student, Head Girl (B.Com) 2007

Session 2007 - 2008

A group of about 380 students accompanied by 28 faculty members and staff from both the departments of Home Science & Commerce undertook a picnic on the 22nd of January (Tuesday) to a *bagan bari* ('Saheb Gardens') situated at Barasaat, 24 Parganas, West Bengal. Highlights of the event included breakfast, lunch and snacks along with music, dance and games that was organized for the students. The students enjoyed the picnic and were expressed their gratitude to the faculty members for organizing it for them.



Teachers in Saheb Gardens

Teachers' Picnic – Team Building

Teachers' Picnic, 2007

The teachers of the Departments of Home Science and Commerce got together on a day in January, 2007 and went for a boat ride on the river Hooghly. The boat, a two-storied luxury vessel, named, 'PARI', was a real treat with its open terrace on top. The boat cruised along the Hooghly bank, starting from and ending at Outram Ghat, Police Jetty, passing Dakshineswar, Belur and going right upto Serampur. It anchored in the middle of the river, below the second Hooghly bridge, for some time and the teachers had a wonderful time, watching the horizon and the sunset in the evening. With plenty of music and food onboard, it was an opportunity for the teachers to let go of themselves and relax. The best treat of the evening was a ride in a speedboat in the middle of the river. Some of the younger children of the teachers accompanied their mothers onboard and made the event an enjoyable one.



River Cruise on Pari

Trip undertaken by Faculty Members



Photo shoot at Sal-bon

Faculty members from both the departments of Home Science and Commerce organized a short trip to Shantineketan on the 5th of January 2008. Unfortunately out of the 12 members who had registered for the trip, only 9 finally undertook the trip. Members enjoyed the trip and felt that similar team building exercises should be organized for better self development and for fostering team spirit among them.



Happy Shopping

Members in an ideal team as given by Belbin

Action Oriented Roles	Sharper Implementer Completer Finisher	Challenges the team to improve. Puts ideas into action. Ensures thorough, timely completion.
People Oriented Roles	Coordinator Team Worker Resource Investigator	Acts as a chairperson. Encourages cooperation. Explores outside opportunities.
Thought Oriented Roles	Plant Monitor-Evaluator Specialist	Presents new ideas and approaches. Analyzes the options. Provides specialized skills.

EXHIBITION

An exhibition of the articles made by the students of the various short-term courses (Tanjore Painting, Ceramic Designing, Jewellery Designing, Artistic Craft, Specialized Craft, Certificate Course in Home Science) was organized in room no. 64, 4th floor of the main campus. Tentative dates for the commencement of the next series of these courses was also announced at the exhibition. Students from the textiles & clothing Section, Department of Home Science had also exhibited the different traditional articles that they had collected during the educational excursion to Gujarat (Kutch) and Rajasthan in the month of October 2007.



Textile Crafts from Kutch



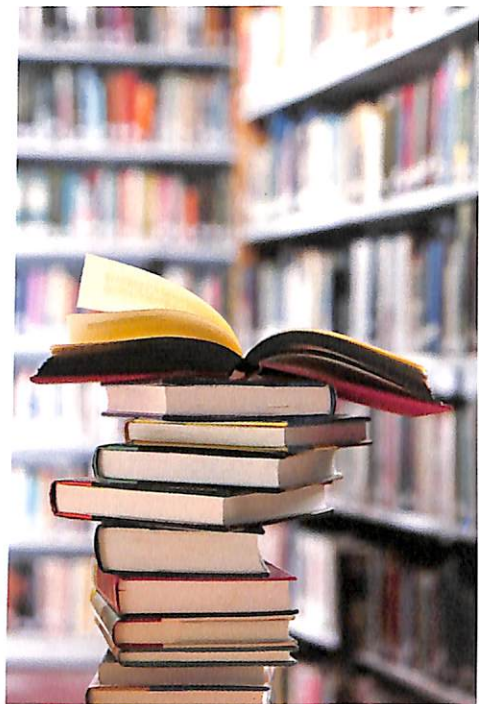
All these in just one year



We did it!!

Book Bazar

A Book Bazar was organized at the main campus on 18th and 21st January. Four publishers / book distributors (New Age International Pvt. Ltd., Macmillan India Ltd., S B Enterprise Publishers, Distributors, Book Sellers of Academic Books and Bookline) displayed and sold their books to the students at a discounted price of a minimum of 20%. Students purchased books worth 8,669/-. A list of books recommended by the faculty members was also prepared. Arrangements are being made to purchase these books.



Food for the Soul

A Book Review – The Secret

The 'Secret' is a book that has been beautifully packaged and marketed. It has created a media buzz that few other books manage to attain.

The book promises you all the money you want, good health, great relationships, and an abundance of happiness.

The Secret is to think positively, to use the law of attraction to draw your dreams closer.

The secret to The Secret becoming such a hit around the world is that it is selling dreams to people. By creating mystery around a product and promising to give people what they have always dreamed of has always been a fast-track to riches.

Poster Competition, 2008

Twenty students of the Department of Home Science and 7 students from the Department of Commerce participated in a poster competition on Thursday, 13th of March 2008. The theme was 'Environment and Me'. Mr. Amitabha Chakrabarti, judged the final posters and Harsha Roy of First B.Sc (Section B) stood first; while Purnima Sodhani from Inter B.Sc. (Section A) came second. On the basis of the votes collected, Vrinda Dugar from B.Com 1st year (Section C) was given the most popular poster award.



Inspirational Posters

Creative Collage Competition, 2008

Thirty eight students from the Department of Home Science and 6 students from the Department of Commerce participated in a Collage competition held on Thursday, 20th of March 2008. This competition was not based on any theme and Mr. Sadhan Chottopadhyay, was invited as the judge. Shruti Gupta of Final B.Sc (Resource Management Section) stood first, while Damanjeet Kaur from Inter B.Sc. (Section B) came second. The college provided a variety of papers, poster colours, fevicol, fabric, string, buttons etc to the contestants.



Bringing Collage to Life!

Best out of Waste Competition, 2008



The Best – Out of waste of course!!



Competitors busy at work!!

To encourage the students to recycle goods into something useful and environment friendly as well as to bring out the innate potential of young minds, the Textile & Clothing Section, Department of Home Science organized a Workshop on 'Best out of Waste' Competition on 7th April' 08.

Participants had to make any article of use out of the waste materials provided.

The event saw creativity at its best, the students produced a variety of items, ranging from bags to purses and quilts to containers and even slippers!

Alumni Association – Of J D Birla Institute

DJ Night, 2006

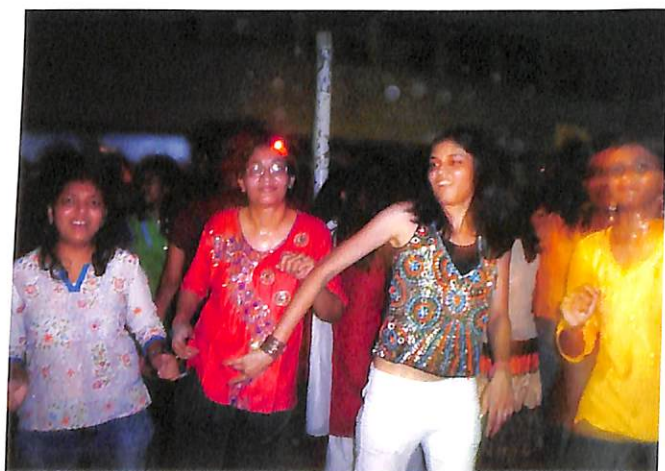
To create a better interaction between the alumni members of the institute and the present students, J. D. Birla Institute had organized a fun-filled dandiya evening on 27th Sept 2006 at the Birla High School premises. A total of 550 students participated and danced to the music played by DJ Akash. It was a grand success and there were many prizes for the participants too. Students intended to create a stronger alumni that would also make meaningful contribution to the society.



Disco Dandiya

DJ Night, 2008

The Alumni Association of J D Birla Institute organized an evening 'Entourage' filled with fun and frolic for the students of the institute on 23rd February (Saturday) at Birla High School (for Boys) grounds for team building and fund raising. The event was a success and it witnessed a turn out of nearly 350 people.



Rock the dance floor

IIT Kharagpur – Spring Fest '07

The students of the Institute participated in the Spring Fest organized by IIT Kharagpur on 27.01.07 and 28.01.07. The students took part in the fashion show, dance competition, Antakshari and Rangoli competition. Our Institute was represented by two teams of three students each. Of those two, one team won the First Prize in Rangoli. The winners were each given certificates and the team was given a cash prize of Rs. 1000 and also a Gift Certificate worth Rs. 1000.

Sl.No	Name of the Student	Class / Department
1	Suravita Banerjee	Inter B.Sc, Sec A, Home Science
2	Sunayana Dutt	Inter B.Sc, Sec A, Home Science
3	Madhu Bohra	First B.Sc, Sec A, Home Science



Colourful Rangoli at display



Art at its Best

Short Term Courses

A number of new short term courses / crash courses were conducted during this session (2007-2008)

Sl. No.	Name of the Course	Duration
1	Certificate Course in Home Science	1 year
2	Interior Designing	1 year
3	Artistic Craft	1 year
4	Montessorie Training	1 year
5	Tanjore Painting	2-3 months
6	Jewellery designing	3 months
7	Ceramic designing	3 months
8	Cookery & Bakery	1 months
9	Finishing School	1 months
10	Sari Draping	2 classes
11	Assorted Chocolate Making	2 classes

Certificate course in Home Science

Become a complete women. imbibe cooking and creative skills, learn personal hygiene and grooming, first-aid & infant care, interior designing & housekeeping, Personality development & Party planning

Artistic Craft

Make 12 different creative items using various mediums.



Artistic Craft

Interior Designing

Plan and design any living space around you.

Tanjore Painting

Learn a traditional south Indian form of painting called Tanjore.



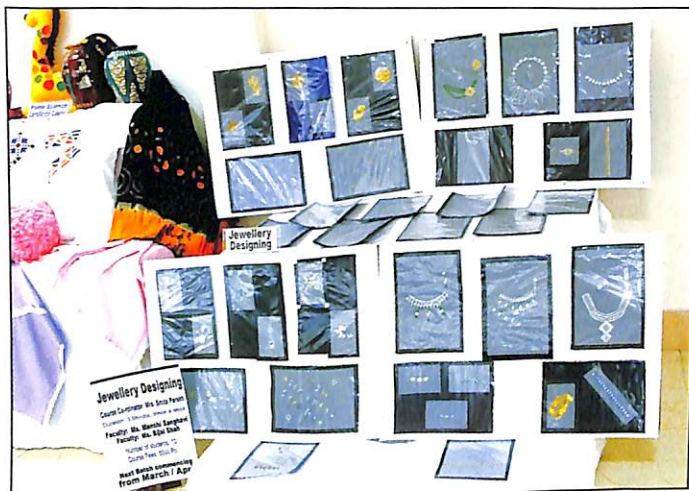
Tanjore Printings

Montessori Training

The course covers the life and philosophy of Dr. Maria Montessori and application of the Montessori method to the education of children from 2 & half years to 6 years of age. The main highlight of our course is inclusion of 'Computer Application' as a subject.

Jewellery Design

Designing of Brooches, Earrings, Locketts, Rings, Bracelets & Bangles, Necklaces and Watches, Remaking & Re-modeling of Jewellery, Valuation of Gold, Silvers and Precious & Semi-precious Gems/Stones



Jewellery coveted by all!!

Ceramic Designing

Make of a small vase of 6" height by the Coiling Process Making a box with a lid by the Slab Process Combining the slab and coil processes to make a piece, making of a textured slab and glazing of the pots that have been bisqued earlier



Ceramic Designing

Cookery and Bakery

Mock tails, puddings, bakes and cakes in just one month.

Sari Draping

Many different ways of draping a traditional sari.

Assorted Chocolate Making

Learn to make Nilgiris, Marshmellow, Crispy Waffers, Fruits Coated with Chocolate, Liquor Filled Chocolate, Praline, Almond Mazaa,



Artistic Craft

Butterscotch, Rum & Raisin, Tutty Fruity, Cool Mint, Lollypop and many more.... in just 2 days!!

Finishing School

Professional guidance is given to improve personal appearance, equities and manners, horn soft skills, learn to dance and to develop confidence and emotional stability.



~ Department of Home Science

Veena Abhani, Student, Inter B.Sc. (2008)

Student Council Members

Session 2006 2007

Department of Home Science

Post	Name of Student	Class
Head Girl	Payal Shah	Final B.Sc. (Human Development Section)
Assistant Head Girl	Shradha Thacker	Inter B.Sc. (Section A)
Assistant Head Girl	Shreya Dutta	Inter B.Sc. (Section B)
Class Representative	Ruchira Agarwal	Final B.Sc. (Human Development Section)
Class Representative	Rashi Agarwal	Final B.Sc. (Textiles & Clothing Section)
Class Representative	Surbhi Choraria	Final B.Sc. (Food & Nutrition Section)
Class Representative	Ramanjit Sekhon	Final B.Sc. (Resource Management Section)
Class Representative	Arpana Chande	Final B.Sc. (Composite Home Science Section)
Class Representative	Sunayana Dutt	Inter B.Sc. (Section A)
Class Representative	Aditi Rathi	Inter B.Sc. (Section B)
Class Representative	Yamini Dhanania	First B.Sc. (Section A)
Class Representative	Saadgi Chowdhury	First B.Sc. (Section B)

Department of Commerce

Post	Name of Student	Class
Head Girl	Aneesha Mehta	3rd Year, B.com (Section C)
Assistant Head Girl	Shreya Poddar	3rd Year, B.com (Section C)
Class Representative	Panna Kakkad	3rd Year, B.com (Section A)
Class Representative	Rashika Khanna	3rd Year, B.com (Section A)
Class Representative	Priyanka Das	3rd Year, B.com (Section B)
Class Representative	Anindita Mukherjee	3rd Year, B.com (Section B)
Class Representative	Fiona	2nd Year, B.com (Section A)
Class Representative	Prerna Tantia	2nd Year, B.com (Section A)
Class Representative	Mehjabeen Khan	2nd Year, B.com (Section B)
Class Representative	Namrata Shaw	2nd Year, B.com (Section B)
Class Representative	Prashansa Gupta	2nd Year, B.com (Section C)
Class Representative	Shraddha Damani	2nd Year, B.com (Section C)
Class Representative	Ratna Kakkad	1st Year, B.com (Section A)
Class Representative	Gaurangi Jhunjhunwala	1st Year, B.com (Section A)
Class Representative	Rajshree Sharma	1st Year, B.com (Section B)
Class Representative	Sonia Dugar	1st Year, B.com (Section B)
Class Representative	Vijeta Padia	1st Year, B.com (Section C)
Class Representative	Pooja Saraf	1st Year, B.com (Section C)

Student Council Members

Session 2007 2008

Department of Home Science

Post	Student Name	Class
Head Girl	Shraddha Thacker	B.Sc (Resource Management)
Class Representative	Sapna Makhija	Final B.Sc (Resource Management)
Class Representative	Sonal Chajjer	Final B.Sc (Composite Home Science)
Class Representative	Shreya Dutta	Final B.Sc (Food and Nutrition)
Class Representative	Manjushree Daga	Final B.Sc (Human Development)
Class Representative	Sunayana Dutt	Final B.Sc (Textiles and Clothing)
Class Representative	Aditi Mehta	Inter B.Sc Section A
Class Representative	Tulika Agarwal	Inter B.Sc Section B
Class Representative	Archana Chaudhury	Ist year B.Sc Section A
Class Representative	Pooja Gupta	Ist year B.Sc Section B

Department of Commerce

Post	Student Name	Class
Head Girl	Shradha Damani	B.Com 3rd Year – Section C
Class Representative	Lee Fung Chun	B.Com 3rd Year – Section A
Class Representative	Namrata Shaw	B.Com 3rd Year – Section B
Class Representative	Sneha Gupta	B.Com 3rd Year – Section C
Class Representative	Sonia Duggar	B.Com 2nd Year – Section A
Class Representative	Neha Jain	B.Com 2nd Year – Section B
Class Representative	Vijeta Padia	B.Com 2nd Year – Section C
Class Representative	Ruchira Pasari	B.Com 1st Year – Section A
Class Representative	Juhi Agarwal	B.Com 1st Year – Section B
Class Representative	Richa Sha	B.Com 1st Year – Section C

Student's Awards 2005 – 2006

Recipients of the Gold Medal at the University Convocation

Name of the Students	Class
Ms. Ruchika Kharkia	Final B.Sc (Hons) in Home Science (Resource Management Section)
Ms. Pooja Mehta	B. Ed. in Home Science
Ms. Vineeta Doshi	3rd Year B.Com (Hons)
Ms. Bindiya Lalwani	M.Sc Part-II in Composite Home Science Specialization
Ms. Ruchi Tandon	M.Sc Part-II in Human Development Specialization

Awardees for the Sushila Devi Memorial Prizes given by the Institute for Excellence

Name of the Students	Class
Department of Home Science	
Ms. Abhilasha Bagaria	First B.Sc (Sem I & II)
Ms. Swati Saraogi	Inter B.Sc (Sem I & II)
Ms. Phorum Shah	Final B.Sc (Sem I & II) (Composite Home Science Section)
Ms. Aakansha Agrawal	Final B.Sc (Sem I & II) (Human Development Section)
Ms. Ruchika Kharkia	Final B.Sc (Sem I & II) (Resource Management Section)
Ms. Neha Rathi	Final B.Sc (Sem I & II) (Food & Nutrition Section)
Ms. Rashi Lakhotia	Final B.Sc (Sem I & II) (Textiles & Clothing Section)
Ms. Pooja Mehta	B.Ed in (Sem I & II) Home Science
Ms. Disha Jain & Ms. Priyanka Sureka	M.Sc Part I (Sem I & II) (Composite Home Science Section)
Ms. Madhu Bachhawat	M.Sc Part I (Sem I & II) (Human Development Science Section)
Ms. Bindiya Lalwani	M.Sc Final (Sem I & II) (Composite Home Science Section)
Ms. Ruchi Tandon	M.Sc Final (Sem I & II) (Human Development Science Section)
Ms. Sucharita Roychowdhury, (nee Ganguly)	M.Sc Final (Sem I & II) (Resource Management Section)
Department of Commerce	
Ms. Pallavi Bhattacharya	B.Com (Hons) 1st Year
Ms. Pooja Goenka	B.Com (Hons) 2nd Year
Ms. Vineeta Doshi	B.Com (Hons) 3rd Year

Student's Awards 2006 – 2007

Recipients of the Gold Medal at the University Convocation

Name of the Students	Class
Ms. Swati Saraogi	Final B.Sc (Hons) in Home Science, (Resource Management Section)
Ms. Neha Bhatia	3rd Year B.Com (Hons)
Ms. Priyanka Sureka	M.Sc Part-II in Composite Home Science Specialization
Ms. Madhu Bachhawat	M.Sc Part-II in Human Development Specialization

Awardees for the Sushila Devi Memorial Prizes given by the Institute for Excellence

Name of the Students	Class
Department of Home Science	
Ms. Swati Saraogi (from Resource Management Section)	Topper in ALL 6 SEMESTERS taken together (for Home Science)
Ms. Damanjeet Kaur	First B.Sc (Sem I & II)
Ms. Abhilasha Bagaria	Inter B.Sc (Sem I & II)
Ms. Errena Sarkar	Final B.Sc (Sem I & II) (Composite Home Science Section)
Ms. Payal Saha	Final B.Sc (Sem I & II) (Human Development Section)
Ms Swati Saraogi	Final B.Sc (Sem I & II) (Resource Management Section)
Ms. Priyanka Chowdhury	Final B.Sc (Sem I & II) (Food & Nutrition Section)
Ms. Shweta Agarwal	Final B.Sc (Sem I & II) (Textiles & Clothing Section)
Ms. Rachita Shroff	Post-Graduate Diploma in Dietetics and Applied Nutrition
Ms. Phorum Shah	M.Sc-Part I (Sem I & II) (Composite Home Science Section)
Ms. Radhika Chnadak	M.Sc-Part I (Sem I & II) (Human Development Section)
Ms. Ruchika Kharkia	M.Sc-Part I (Sem I & II) (Resource Management Section)
Ms. Priyanka Sureka	M.Sc-Part II (Sem I & II) (Composite Home Science Section)-Annual Pattern
Ms. Madhu Bachhawat	M.Sc-Part II (Sem I & II) (Human Development Section)-Annual Pattern
Department of Commerce	
Ms. Kavita Bhagnani	Topper in ALL 6 SEMESTERS taken together (for Commerce)
Ms. Anuradha Sureka	First Year B. Com (Sem I & II)
Ms. Lee Fung Chun	Second Year B.Com (Sem I & II)
Ms. Afreen Fatma	Third Year B. Com (Sem I & II)



Keep it up Madhu !!



Keep it up Kavita !!



Keep it up Swati !!

We Will Miss You



3rd year B.Com. Section - B



3rd year B.Com. Section - A



Final B.Sc. Food & Nutrition Section



3rd year B.Com. Section - C



Final B.Sc. Resource Management Section



Final B.Sc. Textile & Clothing Section



Final B.Sc. Composite Home Science Section



Final B.Sc. Human Development Section

JUST A MINUTE... BEFORE YOU GO



Well done Aditi!

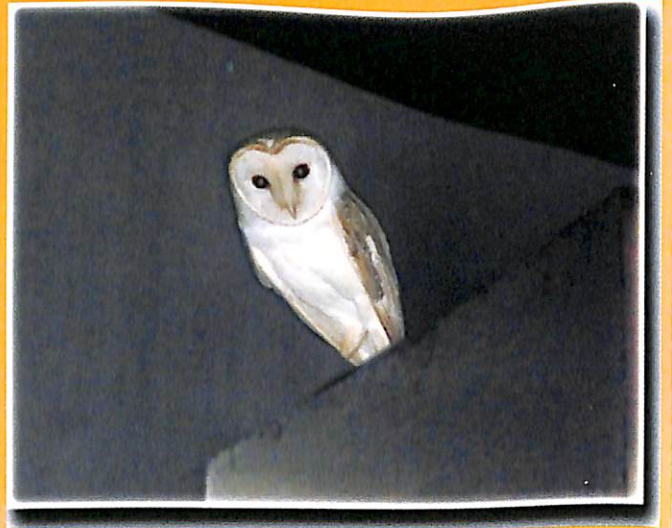
Aditi Mehta of Inter B.Sc, Section A, has set a good example to all of us by her presence of mind and dedication to the college by her spontaneous action during the Annual Sports, 2008. Without hesitation and discrimination she picked up and cleaned the race tracks of all the refuse left behind by our Class IV staff thus preventing the holding up of the races and also saving face in front of our distinguished guests. Good work, Aditi! We all applaud you!



Residence: We're ready to storm the World

B.Sc. Final year Resource Management students at the Residence.

CIAO!



Good luck comes flying-The wise one rests his weary wings

A white owl came flying by one day, raising the curiosity of all in the College. It rested awhile in the awnings, observed all in college giving a sideward look to anyone who came by and then flew away.

The students at the residence, live and take their own independent decisions. They learn to Cook, Clean, Plan, Finance and run a household scientifically!

PD & Soft Skill Training



Want to experience drastic transformation in your personality, communication skills, confidence level and the way of looking at life..... Join PD classes

Something which has touched a huge mass
it is none other than our 'mandatory' P.D. Class
Practicing saying THANK YOUs & SORRYs & the inspiring movies
(or Teaching us to use 'thank yous' & 'Sorrys')
We have learnt to smile away our li'l Worries
Accessing happiness is so easy now
Our lives took a 360° turn, I wonder how
No matter how much the situation is curled
You will always find us to be 'on top of the world'
It is all cuz of Pradeep Sir's interesting sessions
Which taught us some of life's biggest lessons

~ Department of Commerce

Harshita Banka, Students, 1st year B.Com. (2008)

