



NAAC ACCREDITED

Aqsa Educational Society's

# **AQSA WOMEN'S DEGREE COLLEGE**

## **ARTS SCIENCE & COMMERCE**

(Affiliated to the S.N.D.T. Women's University, Mumbai.)

Phone : 9112017853

# **ENLIGHTEN**

**'The Path to Glory'**

**Vol.:V**

**2018-19**

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I/c Principal

Aqsa Women Degree College

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## Chairperson's message

**A**qsa Educational Society was established in 1980 and has been rendering services in the field of education since 35 years. Currently Aqsa Society has four primary schools, four secondary schools, one junior college and multi-faculty college for women, affiliated to S.N.D.T Women's University, with B.A, B.Sc. and B. Com. Aqsa Women's Degree College, one of the major institution of Aqsa Educational Society was established in 2006, with five faculty, twenty four students in Science and nine students in Arts. Located in Bhiwandi, Aqsa Women's Degree College is a leading women's college committed to educating and empowering women through advance science & technology. Aqsa stands out as a different kind of institution with 100 percent female staff, encouraging and developing the revolutionary skills of the 21<sup>st</sup> century.

Aqsa is equipped with the extremely rich source of an outstanding student body and faculty, support from management and alumni. Our aim is Empowerment of women through quality Education. The main objective of Aqsa Society is to make the best of Education available for the girls of entire Thane district by incorporating changing methods and modern technology for continuous excellence in the field of Education. The schools and Colleges established by Aqsa Educational Society are imparting education to more than 6500 students. We thus intend to produce students of knowledge, character and adequate skills to face the competitive world in their future. The Aqsa society is thankful to its donors whose support have played a very important role in the success of this institution.

We are investing in our infrastructure to renew our beautiful college campus, one of our greatest assets so that it will be here to inspire and sustain future generations of Aqsa girls. The considerable accomplishments over these past years owe everything to the commitment and dedication of our management, students, faculty, staff and alumna. We have also a proposed plan for D.M.L.T in our college for which the LIC has already been visited. Thus, we feel proud and confident that our work, we have done since past so many years has positioned Aqsa for an ever great future.

In the near future we are planning for a Pharmacy College, an engineering college and a polytechnic in the outskirts of Bhiwandi at Mahapoli an area of 15 acres of land. As the Aqsa Educational Society is growing day by day, we are creating an atmosphere where our students can grow into confident, responsible and self-reliant individuals in future.

***Mrs Ruhi Javed Farid***  
(Chairperson-Aqsa Educational Society)

# Annual Report

## 2018-19

**A** comprehensive College, Aqsa is a destination campus offering girl students a broad spectrum of quality academics, a growing and vibrant campus life, and a wide array of athletic offerings. A year ago, I wrote that Academic Year 2017-18 had been an incredible year for Aqsa College, and



observed that Academic Year 2019-20 promised to be at least as amazing and we wish to begin again with an incredible start. 2018/19 has been a memorable year for Bhiwandi and for our College. In the ever-changing and deeply uncertain world around us, Aqsa Women's Degree College continues to attract the most brilliant students and the most talented researchers from across Bhiwandi. They convene here, as they have always done, to learn, to push at the frontiers of knowledge and to improve the domain in which we find ourselves.

My annual report speaks about what we have accomplished and our strategies for the approaching year. As we look to the future, it is helpful to look back at some of the decisions that were made in the past and the impact that they have had on Aqsa Women's Degree College. Many of the decisions we are making today will help shape the future of this great institution. That's why we have been so deliberative and thoughtful about how we invest and where we place our emphasis.

The number of applications received by the Graduate Admissions Office has nearly doubled over, with new courses added each year and an increasing number of part-time study options available. Aqsa has continued to develop initiatives that target support for students – a key strategic priority for the College. The values and priorities that matter to us are support for faculty and students. Over the previous years our faculty have focused on improving the classroom experience of our students and have continued to experiment with the power and reach of technology. We have a hardworking, reliable and active faculty who is in touch with various colleges on the latest updates as they attend different workshops and seminars related to Syllabus making, skill improvement etc. We provide students with an opportunity to demonstrate their creativity, intellect and leadership. Over the last years our college results continued to be exceptionally good.

### Faculty Development Alumni

I would say that 2018-19 was an exemplary year in which we, as a faculty, carefully shepherded our resources, while making important strategic investments that support both our notable broad excellence and our role as an institution that advances knowledge. As we work to build our faculty, there are many ways for departments and areas to measure the effectiveness. Many research papers were published in various journal by the staff of Aqsa College. From furthering innovative and impactful research across the academic divisions

to creating opportunities for students at undergraduate and graduate level. These efforts are part of a comprehensive plan to help all our colleagues make their best contributions to research, teaching, and our community. We strive to promote a positive culture of support through recruitment and retention efforts aimed at building a vibrant and diverse faculty. We also continue to listen and respond to faculty needs in order to make Aqsa an outstanding place for all faculty to do their best work.

## Infrastructure

Our the Aqsa College building has been completely renovated; 9 classrooms have been added and an auditorium fitted with cutting-edge information and educational technology; new roofs were added to the Recreation Center and the college Library. Aqsa Women's Degree College was established in 2006, with five faculty twenty four students in Science and nine students in Arts. Located in Bhiwandi, Aqsa Women's Degree College is a leading women's college committed to educating and empowering women through advance science technology. Aqsa stands out as a different kind of institution with 100 percent female staff, encouraging and developing the revolutionary skills of the 21 st century. Aqsa is equipped with the extremely rich source of an outstanding student body and faculty, support from management and alumni.

Over the past years our faculty has focused on improving the classroom experience of our students and has continued to experiment with the power and reach of technology. We have a hardworking, reliable and active faculty who is in touch with the university and various colleges on the latest updates as they attend different workshops and seminars related to syllabus making, skill improvement etc. We provide students with an opportunity to demonstrate their creativity, intellect and leadership. Over the last years our college results continue to be exceptionally good.

T.Y.B.Sc (Zoology) results were 94.87%, the T.Y.B.Sc (Chemistry) results were 95.83%, in 2017-18 the T.Y.B.A Results were 50.00%. We are investing in our infrastructure to renew our beautiful college campus, one of our greatest assets so that it will be here to inspire and sustain future generations of Aqsa girls. The considerable accomplishments over these past years owe everything to the commitment and dedication of our management, students, faculty, staff and alumna.

Aqsa College has been responding to challenges and opportunities. Our enrollments continue with an upward trend as more and more students are making Aqsa their first choice college. We have undergraduate courses in the faculties of Arts, Science and Commerce. We are also accredited distance education center to S.N.D.T Women's University with various courses specialty designed for women. Alongside the college regularly organizes innumerable extracurricular activities to bring out the hidden talent of our students in the form of artistic self-expression. Above all the college gladly carries out its social responsibility by serving the physically challenged and socio economically deprived students also. In the next coming year we are planning to start the DMLT Course in the academic year 2019-20.

In 2015 our college was accredited by NAAC. We organize national and international seminars every year, where faculties and students from nearly colleges attend it. We have strong National Service Scheme (N.S.S) team, which organizes different activities like blood donation camp, Swach Bharat Abhiyan, distributing food

stationary to nearby preschoolers of Balwadi etc. N.S.S unit of the college provides opportunities to students to participate in various urban and rural projects. Its objective is to train students to understand educational, socio-economic health and hygienic problem of weaker section of the society and to inculcate in them social awareness, sense of belonging, fellow feeling and love for hard work. Our N.S.S students also carry out projects for upliftment of the poor and backward community in Thane rural areas.

We have students with a very low socio-economic background. So we take partial fees or give some subsidy to students and let their education to be continued. We also give students installment facilities. We are proud that almost 50% of our students' alumni are independent and working professionally today. Our students are also studying further and doing MBA, Fashion designing, B.Ed. and D.Ed., MLT, Post-graduation in Chemistry & Zoology, Montessori, M.A, and M.Sc. etc. we at Aqsa also provide free coaching for UPSC and MP SC examinations. We also offer skill development courses and income generating courses for the poor.

We have also a proposed plan for D.M.L.T in our college for which the LIC has already been visited. Thus, we feel proud and confident that our work, we have done since past so many years has positioned Aqsa for an ever great future.

Today I think it is fair to say that Aqsa has never been stronger, more confident or more committed to serving wider society. It is the dedication of our management, faculty, students, staff who made it possible with their undertakings. Apart from the academic year 2018-19 was another successful year during which the institution progressed towards expanding its existing activities and initiated new activities. Our institution has grown manifold, under the vision and dedicated efforts of our management members. It goes beyond mention the hard work of my teaching and nonteaching staff. I continue to be proud by their deep commitment to providing a dynamic lifelong learning environment for current and future Aqsa college students.

I take this opportunity to convey my profound gratitude to our guests, parents, benefactors and my lovely students without whose cooperation it would have been virtually impossible. I unequivocally believe that we all can collectively achieve our goals of women education and empowerment. I have enclosed all the reports of the various events conducted throughout the year in detail.

I express my acknowledgment to all who in their own way have helped in raising the institution where it stands today. Working together, we can continue to do so, living up to our potential as an institution and helping individuals in the Aqsa community to live up to theirs. Our Institute is a continuum. The innovations, support, and planning that we start today, and the Aqsa community we continue to build, will bear fruit in the future.

I express my acknowledgment to all who in their own way have helped in raising the institution where it stands today. As always, I am amazed by the seemingly limitless energy and ideas of our extraordinary students. I am proud of what we have been able to accomplish and look forward to all the advances sure to come in the new academic year.

***Farid Oneza Tanveer,***

I/C Principal

Aqsa Woman's Degree College, Bhiwandi

## INTERNAL QUALITY ASSURANCE CELL (IQAC)

In pursuance of its Action plan or performance evaluation, assessment and accreditation and quality up-gradation of institutions of higher education, the National Assessment and Accreditation Council (NAAC) ,Bangalore proposes that every accredited institution should establish an Internal quality Assurance cell (IQAC ) as a post - accreditation will become a part of the institution' system and work towards realization of the goals of quality enhancement and sustenance. The prime task of the IQAC is to develop a system for conscious, consistent and catalytic improvement in the overall performance of institution. For this ,during the post -accreditation period, it will channeliz all efforts and measures the institution towards promoting its holistic academic excellence.

The guidelines provided in the following pages will guide and facilitate the institution in the creation and operation of the internal Quality Assurance Cell(IQAC) .The work of the IQAC is the first step towards internalization of quality enhancement initiatives. Its success depends upon the sense of belongingness and participation it can inculcate in all the constituents of the institution. It will not be yet another hierarchical structure or a record -keeping exercise in the institution. It will be a facilitative and participative voluntary system / unit / organ of the institution .It has the potential to become a vehicle for ushering in quality enhancement by working out planned interventionist strategies to remove deficiencies and enhance quality like the “ Qujity Circles” in industries.

### \* Aim and Objectives of IQAC \*

\* To develop a system for conscious , consistent and catalytic action to improve the academic and administrative performance of the institution.

\* To promote measures for institutional functioning towards quality enhancement through internalization of quality culture and internalization of best practices.

### \* Strategies \*

- a) Ensuring timely, efficient and progressive performance of academic, administrative and financial tasks;
- b) The relevance and quality of academic and research programmes;
- c) Equitable access to and afford ability of academic programmes for various section of society;
- d) Optimization and integration of modern methods of teaching and learning;
- e) The credibility of evaluation procedure;
- f) Ensuring the adequacy , maintenance and proper allocation of support structure and services;
- g) Sharing of research findings and networking with other institutions in India and abroad.

### \* Benefits \*

- a) Ensure heightened level of clarity and focus in institutional functional towards quality enhancement;
- b) Ensure internalization of the quality culture;

Ensure enhancement and coordination among various activities of the institution and institutional iie all good practices;

- c) Provide a sound basis for decision-making to imprve institutional functioning;
- d) Acts as a dynamic system for quality changes is HEIs ;
- e) Build anorganized methodology of documentation and internal communication.

### \* Functions of IQAC \*

- a) Development and application of quality benchmarks/ parameters for various academic and administrative activities of the institution;
- b) Facilitating the creation of a learner- centric environment conducive to quility education and faculty maturation to adopt the required knowledge and technology for participatory teaching and learning process;
- c) Arrangement for feedback response from students, parents and other stakeholders on quality-related institutional processes;
- d) Dissemination of information on various quality parameters of higher education;
- e) Organization of inter and intra institutional workshops, seminars on quality related themes and promotion of quality circle;
- g) Acting as a nodal agency of the Institution for coordinating quality-related activities, including adoption and dissemination of best practices ;
- h) Development and maintenance of institutional database through MIS for the purpose of maintaining / enhancing the institutional quality;
- i) Development of Quality Culture in the institution;
- j) Preparation of the Annual Quality Assurance Report ( AQAR) as per guidelines and parameters of NAAC.

### Composition of IQAC

#### MEMBERS

1. Farid Oneza Tanveer( Principal)
2. Vinchu Shifa Jahangir
3. Shaikh Ayesha Ejaz
4. Ansari Sabrin Iftekar
5. Ansari Sitara Mubark
6. Madoo Shagufta Abdul Sattar
7. Sukte Roohi Abdul Gaffar
8. Ansari Sana M. Muslim
9. Faisal Narvil
10. Dr. Naziya Kaab Momin
11. Ansari Sidra Fatima Mohd. Irfan

#### DESIGNATION

- Chairperson
- Director of IQAC
- Staff Member
- Staff Member
- Staff Member
- Staff Member
- Senior administrative Officer
- Senior administrative Officer
- Management Member
- Stake Holder
- Student Represent

# NSS

## UNIT OF AQSA WOMEN'S DEGREE COLLEGE...

National Services Scheme is a Nobel experiment in academic expansion. It inculcates the spirit of voluntary work among the students and teacher through sustained community interaction. It brings academic institution closer to society. NSS Unit of Aqsa Women's Degree College of Art, Commerce and Science had started in the year 2011, Volunteers involve actively in both special camp and regular camp activities.

Various programmes are conducted like Mass Awareness Programme on "global climate change", Free Medical Camp, Rally on "Women's empowerment", Self Defense Training Programme, Awareness Programme on "Small Saving Schemes", Skill Development Programme, Yoga Classes, English coaching class, blood donation camp, various other awareness campaigns Swachhata Abhayaan and environment awareness Programme.

### NSS ADVISORY COMMITTEE 2018-19

NO.	Name of Member	Designation
1	Mrs. Oneza Farid Tanveer (Principal)	Chairperson
2	Ms. Bahaduri Manqabat	Staff Member
3	Ms. Misbah Khan Imran (Corporator)	Representative from the department
4	Mrs. Qaisar Sharique Dhole (Head Mistress Al-Noor School)	Representative from the adopted village
5	Ms. Ansari Simrah Arshad	Student member
6	Mr Vinod zalte	NSS Zonal Coordinator
7	Mrs. Shaikh Ayesha Ejaz	PO-I, Secretary
8	Ms. Ansari Sabrin Iftekhar	PO - II

The Enrollments : The Student of F.Y/S.Y B.A/ B.Com/ B.Sc.were enrolled as NSS volunteers in August 2018 .Total 150 Students were enrolled as NSS Volunteers in August 2018.

### AIMS OF NSS PROGRAMMES AND ACTIVITIES

- \* Making education more relevant to present situation .
- \* Providing opportunity to the students to play their role in planning and executing development project.
- \* Encouraging students and non-students to work together .
- \* Development the quality of leadership
- \* Emphasizing dignity of labour and self-help .
- \* Participation of youth in national development .



# NSS REGULAR ACTIVITIES AND SPECIAL CAMP REPORT 2018-19

## INDEX

Sr.No.	Activity	pages
1	Yoga day - 21st June, 2018	
2	Paper bag making and exhibition - 14th July, 2018	
3	Carrier guidance and counselling- 17th July.	
4	Peace Rally - 5th August, 2018	
5	Financial literacy programme - 8th August 2018.	
6	Independence Day - 15th August, 2018.	
7	Women Empowerment in Islam- 15th September 2018.	
8	SwachataAbhiyaan - 1st October 2018.	
9	Gandhi jayanthi - 2nd October 2018.	
10	Visit to Balwadi(Free stationary distribution) 12 <sup>th</sup> September- 2018	
11	YuvaBhushan- 8th December 2018	
12	Canthon- 9 <sup>th</sup> December 2018	
13	Anti- Drugs Campaign - 18th December 2019.	
14	Republic Day - 26th January 2019.	
15	Awareness and counselling - 2nd February.	
16	Science Day - 28th February.	
17	Women's day - 8th march 2019.	
18	NSS Special Camp - 11th December to 17th December.	



# 1st Convocation Report of AQSA WOMEN'S DEGREE COLLEGE

The Aqsa Women's Degree College organized the Convocation Ceremony for the students of the Arts, Science and Commerce, who were to receive their degrees in the different courses pursued by them. This was a solemn occasion, and was a part of the Annual Convocation of the 68th year SNTD University of Mumbai. The idea of decentralizing the awards-giving ceremony culminated in the thoughts of the university authorities in order to felicitate every student for their achievement. The University was keen on reaching out to each and every one. This opportunity and privilege has been given to the various departments and colleges affiliated to the University.

The programme at Aqsa Degree College began at 10am sharp with the assembling of all the students and faculty of the College. The Chief Guest for the occasion was Dr. Kalpana Nemichand Pattankar Jain, Associate professor of B.N.N. College, Bhiwandi. The guest of honor for the ceremony was Dr. Nahid Azam, Associate Professor G. M. Momin college, Bhiwandi..

The ceremonial procession was led by the Chief Guest, the Guest of Honor and Ms. Farid Oneza, I/C Principal of College, followed by the faculty members. Behind them were the students. All assembled in the college auditorium. The auspicious occasion began with the University Song. Ms. Farid Oneza, the I/C Principal of the College, gave the welcome address and introduced the chief guest. The chief guest was felicitated with a memento and a bouquet of flowers by the Principal. She made a presentation about the College, highlighting its programmes, the faculty, the administrative support, and its achievements from the time of its inception. It was brought to light the college's efforts to reach out to the teaching fraternity by way of several seminars, conferences, workshops, research paper readings and refresher courses conducted from time to time. Dr. Kalpana Nemichand Pattankar Jain, chief guest, then addressed the audience highlighting the need for good teachers. She spoke on the strength of education in the country. She emphasized the need for capability, confidence and commitment on the part of teachers for them to be successful role models. She stressed on the increasing influence of technology and social media in education.

Guest of Honour Ms. Nahid Azam advised the students to pursue their higher studies and asked them to learn while earning. She further said that, Students must work hard to develop their skills and should consistently work with sincerity, which is the key to success.

The Convocation ended with a Vote of Thanks by the Mrs Ayesha Shaikh Madam followed by the National Anthem sung by the students of the Institute.

*Report by,*  
**Vinchu Shifa Jahangir.**  
Asst. Lecturer,  
IQAC Coordinator,  
Dept. of Zoology.

# CENTRE DISTANCE EDUCATION

Many of you confuse education with distance education. Open education according to UNESCO, is an umbrella term, which seeks to provide education overcoming barriers like age, time constraints and distance.

Distance Education (also known as corresponding education) is merely a form of open education, in which institutes, professors and students are separated geographically. It caters largely to those who want to pursue their education along with their jobs professional development, Housewives and Dropouts.

With this motive in mind Aqsa Women's Degree College started distance education program under the banner of S.N.D.T University from the year 2013-2014. Aqsa Women's Degree College is also selected as examination center for Graduation (Distance Education) by S.N.D.T University Mumbai.

Aqsa women's Degree College now offers course like Graduation, post graduation and certificate courses for students. University offers different courses under distance learning program. The details of programs are attached below.

## CURRENT PROGRAMMES LIBERAL EDUCATION

- ❖ B.A (English, Marathi, Hindi, Gujarati, History, Economic, Political Science, Sociology, Music)
- ❖ B.Com
- ❖ M.A. (English, Marathi, Hindi, Gujarati, History, Economic, Political Science, Sociology, Music)
- ❖ M.com
- ❖ M.A. Education

## CURRENT PROGRAMMES PROFESSIONAL EDUCATION :

- ❖ P.G. Diploma in Early Childhood Education
- ❖ P.G. Diploma in Human Resource Management
- ❖ P.G. Diploma in School Counseling

## CERTIFICATE PROGRAMMES

- ❖ Certificate Course in Guidance and Counseling.
- ❖ Certificate Course in Basic of Diet Therapy
- ❖ Certificate Course in "Leadership of women Representatives of Local Self Government"
- ❖ University Entrance Test (UET - Arts / Com.)

# One day workshop on Academic and Administrative Audit

Aqsa women's Degree College's, Internal Quality Assurance Cell (IQAC) under faculty development Programme organized One day workshop on Academic and Administrative Audit on 09 th February 2019. A large number of scholars participated in the workshop.



The conference was organized in

the college auditorium. There were total 46 registrations for the workshop. The workshop was specifically designed for the college teachers and administrative staff, with the purpose to make the faculty gain in-depth knowledge in office automation and audit. Ms Don Sana introduced and felicitated the guest.

There were two sessions. The administrative session was started by Ms. Keyaa Mukharjee, Office Supritendent, Maniben Nanavati College, Vile Parle, Mumbai. She gave detailed inputs about office automation. After that she highlighted on administrative Audit and its importance. In her lecture she explained that administrative audit is a system to control and maintain high standards in the field of Higher Education. It is a mechanism to examine and enhance the quality of academic aspects of institutes of Higher Education.

The second session was delivered by eminent speaker Mr. Vinod Ragde, Head of Department of Zoology, Vaze College, Mulund, Mumbai. His emphasis was on academic audit. He highlighted the importance of administrative audit and explained how to maintain files in the departments.

Ms Shaikh Ayesha Ejaz proposed the vote of thanks and expressed gratitude to all those who helped in organizing this workshop. She appreciated the support provided by the teaching and non-teaching staff. She in particular thanked her colleagues Ms. Moallim Shaima and Ms. Vinchu Shifa for their extra ordinary contribution .The workshop was well attended, and was a great success.

*Report by,*  
**VinchuShifa Jahangir,**  
IQAC Co-ordinator.

## NATIONAL-LEVEL INTERDISCIPLINARY CONFERENCE ON “The World Environment Human and Society”

22 nd January 2019, The IQAC sponsored conference on “The World Environment Human and Society” was held at Aqsa Women’s Degree College auditorium. The inaugural session of the conference was presided by Honorable Mr. AshokKumar Rankhamb, Additional commissioner, Bhiwandi Nizampur Municipal Corporation, Bhiwandi., who appreciated the efforts taken by the Aqsa women’s Degree College under IQAC for collaborating an intellectual event. He congratulated them for opening avenues and setting an example for other institutions for future sharing of knowledge and resources. He welcomed the interdisciplinary nature of the conference which would provide an opportunity for teachers and students of various disciplines.

The conference was graced by the presence of the Chief Guest, Dr. Moses Kolet, Principal and Head of Botany Department, G.M. Momin Women’s Degree College, Bhiwandi and the Guest of Honour, Dr.Smriti Bhosle, Principal and Head of Department of Sociology, L.J.N.J. Mahila Mahavidyalay, Vile Parle, Mumbai. I/C dean faculty of Humanities, S. N. D .T University Mumbai. The panel discussions on both the days was an intellectual feast with eminent personalities from various disciplines sharing their ideas and practices for the benefit of the stakeholders which left all asking for more. The speakers for the panel discussion were Dr. Moses Kolet and Dr. Smriti Bhosle .The paper presentations from delegates evoked healthy discussions and various new techniques and ideas were learned during these sessions. The highlight of the conference was “Soil Analysis”, through a live demonstration session with PPT. The second plenary session had various presentations and soon started after lunch. Academician and students presented papers and posters on diverse topics related to the environment.

The Valedictory function was chaired by Dr. Shanta Janyani, I/C Principal and Head of Zoology Department, Participants freely expressed their comments and observations and gave important suggestions for the future. The honourable Guests distributed the certificate to the participants.

Delegates praised the untiring work done by college. The co-convener Vinchu Shifa Jahangir utilized this opportunity to present a vote of thanks and expressed gratitude to all those who helped in organizing this Seminar. She appreciated the support provided by the teaching and non-teaching staff. The Seminar Concluded by National Anthem. The audience appreciated this innovative concept and the participants who presented the best paper was selected for the “best paper award”. A certificate of appreciation was awarded to the presenters.

Report by,  
**Vinchu Shifa Jahangir.**  
Asst. Lecturer,  
IQAC Coordinator,  
Dept. of Zoology.

# EUPHORIA

## INTER-COLLEGIATE CULTURAL COMPETITIONS 2018-19 (29th January 2019)

**A**qsa Women's Degree College organized its 3rd Inter-collegiate festival 'Euphoria' on 29th January 2019. 128 students from 04 colleges participated in the competition.

During the festival students participated in Face painting card making, Mehendi, Instant Make over, Literary, Music, Fine arts and several other contests.

Judges for different competition were Ms. Sara Nooh Kuwari, Ms.Saman Affan Farid, Ms Juhi Shmim Momin, Ms. Mahewash Rahim Farid. Students who bagged the first three positions in the competitions were felicitated at the Valedictory Function.

This fest made every student and faculty come under the umbrella of enthusiasm which rejuvenated the young minds with positive vibes and high spirits. Finally, Euphoria gave a grand ending, generating higher spirits and cherish able memories keeping everybody alive until the next Euphoria.



## EUPHORIA RESULTS INTER-COLLEGIATE CULTURAL COMPETITIONS 2018-19 ( January 29th 2019 )

### Event: Best Out Of Waste

Sr.No	Name of the students	Name of the college	Position
01	Momin Aatufa Aslam	G.M Momin Women's College	I
02	Khan Ayesha Israr	G.M Momin Women's College	II
03	Ansari Sumayya Abdulwahab	Aqsa women's Degree college	III

## Event:Essay Writing

Sr.No	Name of the students	Name of the college	Position
01	Namrata Sanas	S.N.D.T Churchgate College	I
02	Khan Iqra Shadab	Aqsa women's Degree college	II
03	Shaikh Fatima Ahmed	Aqsa women's Degree college	II
04	Shaikh Aqsa Rafique	G.M Momin Women's College	III



## Event:Debate

Sr.No	Name of the students	Name of the college	Position
01	Ansari Sidra Fatima	Aqsa women's Degree college	I
02	Ansari Fatima shaikh	Aqsa women's Degree college	I

## Event:Makeover

Sr.No	Name of the students	Name of the college	Position
01	Khan Ayesha Akbar	Aqsa women's Degree college	I
02	Qureshi Shamama shahid	Aqsa women's Degree college	II
03	Ansari Anam Md.Altaf	Aqsa women's Degree college	III
04	Khan Asfiya shafique	Aqsa women's Degree college	Consolation-I
05	Momin Kulsum Jafar Ali	Aqsa women's Degree college	Consolation-II
06	Kuwari Sulaim Irfan	G.M Momin Women's College	Consolation-III

### Event: Jam session

Sr.No	Name of the students	Name of the college	Position
01	Ansari Sidra Fatima	Aqsa women's Degree College	I
02	Khan Asiya Abdullah	G.M Momin Women's College	II



### Event: Elocution

Sr.No	Name of the students	Name of the college	Position
01	Shaikh Musheera Hakim	G.M Momin Women's College	I
02	Ansari Ramin Bilal	G.M Momin Women's College	II

### Event: Poetry Competition

Sr.No	Name of the students	Name of the college	Position
01	Nasir Ayesha Ajmal	Aqsa women's Degree College	I
02	Shaikh Salva Saman Ali	Aqsa women's Degree College	II
03	Patel Afreen Amin	G.M Momin Women's College	III

### Event: Ghazal Competition

Sr.No	Name of the students	Name of the college	Position
01	Shaikh Nisha	Aqsa women's Degree College	I
02	Khan Iqra Shadaf	Aqsa women's Degree College	II



## Event: Object Painting

Sr.No	Name of the students	Name of the college	Position
01	Namrata Sanas	S.N.D.T Churchgate College	I
02	Ansari RuzbaMaqsood	Aqsa women's Degree College	II



## Event: Qirat Competition

Sr.No	Name of the students	Name of the college	Position
01	Shaikh Faiza Farooque	Aqsa women's Degree College	I
02	Naik Humaira Abdul Muntaqim	Aqsa women's Degree College	II



## Event: Mehandi

Sr.No	Name of the students	Name of the college	Position
01	Jawre Ayesha Salim	Aqsa women's Degree College	I
02	Patel Nabila Munazzim	Aqsa women's Degree College	II
03	Ansari Ruzba Maqsood	Aqsa women's Degree College	III
04	Khan Umme Hani Sanauallah	G.M Momin Women's College	III
05	Khan Asfiya Shafique	Aqsa women's Degree College	Consolation-I
06	Ansari Tarannum Rais	G.M Momin Women's College	Consolation-II
07	Momin Iqra Amir	G.M Momin Women's College	Consolation-III

## Event: Photography

Sr.No	Name of the students	Name of the college	Position
01	Qureshi Shamama Shahid	Aqsa women's Degree College	I



## Event: Hair Style

Sr.No	Name of the students	Name of the college	Position
01	Qureshi Shamama Shahid	Aqsa women's Degree college	I
02	Khan Ayesha Akbar	Aqsa women's Degree college	II
03	Shaikh Mantasha Md. Sabir	Samadiya Jr. & Sr. College	III

## Event: Card Making

Sr.No	Name of the students	Name of the college	Position
01	Kuwari Sulaim Irfan	G.M Momin Women's College	I
02	Kuwari Sana Irfan	G.M Momin Women's College	II
03	Ansari Saba Israil	Samadiya Jr. & Sr. College	III
04	Ansari Nazmeen Israr Ahmed	G.M Momin Women's College	Consolation-I
05	Ansari Sumayya Ab.Wahab	Aqsa women's Degree college	Consolation-II
06	Ansari Tasneem Fatima	S.N.D.T Churchgate College	Consolation-III

## Event: Face Painting

Sr.No	Name of the students	Name of the college	Position
01	Ansari Sadiqua Ab.Rauf	Aqsa women's Degree college	I

## VALEDICTORY FUNCTION - 29th January 2019

The function started at 3:00 p.m. and the gathering remarked kind presence of dignitaries. The ceremony was carried further in the sequence of events which follows as:

### WELCOMING OF GUESTS:

All the esteemed dignitaries along with our guests were welcomed on dais. As the perfect arrangement of flowers bring pleasure to eyes and calms our mind, the host institute felt privileged to honor the guests with bouquet of flowers and memento of love.

Principal Ms. Farid Oneza Tanveer welcomed the gathering. Ms. Zainab S. Sayyed introduced the chief guest.

### SPEECH BY GUESTS:

Judges expressed their views regarding the event and congratulated the winners for their overwhelming performance. The function was presided over by Ms. Sara Nooh Kuwari. In her presidential remarks, she congratulated the students for bringing name and fame for the Institute and also the members of the Management, Principal, Teaching & Non-teaching Staff members and the students for the laudable efforts in organizing this mega event. She expressed hopes of achieving many more such laurels to the Institute in the future.

### PRIZE DISTRIBUTION:

Finally the most awaited moment of the evening had arrived. The winners of various events were declared and felicitated with medals certificates Javed Farid Rotating Trophy was awarded to the host college for getting maximum points in Euphoria.

### VOTE OF THANKS:

Cultural In charge Ms. Shifa Vinchu proposed the vote of thanks in the end of the valedictory function and expressed her gratitude to all the guest on the dias and she further thanked all the staff members and students of the dias had put in their efforts to make this event a grand success.

The program concluded by national anthem.

Report by,  
**Vinchu Shifa Jahangir.**  
Asst.Lecturer,  
IQAC Coordinator,  
Dept. of Zoology.

## EXCURSION TRIP

The Aqsa Women's Degree College Excursion Committee organized two trips annually for the students of Science, Commerce and Arts Faculty.

First excursion was for students of Zoology and Botany. Students were taken for the survey of Kamwadi River on 7th February 2019 by the Department of Zoology. Dr. Shinde and Dr. Kakvipure of B.N.N college, Bhiwandi were invited to guide the students for the same. Students were shown the procedure to collect and preserve the zooplanktons. Around 62 students participated. The visit to Kamwadi River was a learning experience for all the students and with the objective to protect Kamwadi River, Aqsa College has undertaken a responsibility to save environment.

In the Second educational trip, the Students were taken to Hanging Garden, at Malabar Hills, Mumbai was organized by Department of Zoology and Botany on 18th February 2019. The aim of the trip was to familiarize the students with the flora and fauna of the garden. The trip also visited Sanjay Gandhi National Park. A group of 72 students were accompanied by Ms. Darekar Heera of Botany Department. Students also collected some plants for herbarium preparation. Students were very happy to know about the nature and its beautiful creation. The trip successfully inculcated in students about the practicality different theoretical concept in Botany and Zoology.

Our sincere thanks to Principal, Management, teaching and non-teaching staff for their co-operation and support for making the excursion trip fruitful and successful.

## Picnic

Our College organized one day trip to Essel World a theme and amusement park on 22nd January 2019. Essel World is home to a variety of rides appropriate for individuals of all ages. It boasts of fourteen family rides, eleven adrenaline-pumping thrill rides and fifteen children's rides. We started early at 9:00 a.m. with a group of 66 students accompanied with 11 staff members. It took us two hours to reach our destination. Journey began with prayer followed by melodious songs all the way to picnic spot. As we entered there were many rides like the Hulla Loop, Top Spin, zyclone, dashing car, break dance and many more. Really the picnic was very great.

Our sincere thanks to Principal, Management, teaching and non-teaching staff for their co-operation and support for making the excursion trip fruitful and successful.

*Report By,*  
**Vinchu Shifa Jahangir.**

Conveyer Excursion Committee,  
(Department of Zoology).

# ART FAIR

## 2018 - 19

Aqsa Women's Degree College organized Fancy Bag Making, T-Shirt Painting, Mehendi, and Poster Making Competition on the First day of art fair in our college. Students enthusiastically participated in this event. These Competitions helped student to enhance their unique set of capabilities in which they may demonstrate intellectual abilities. The lists of winners are listed below. The winners are awarded with certificates and medals.



### Event: Fancy Paper Bag Making

Name of the In charge: Momin Nargis.

Name of the Judge: Bhadhuri Manqabat.

Sr.no	Name of the students	Class	Position
01	Khan Gulafsha Abdulkalam	T.Y.B.Sc	I
02	Ansari Elsa Naseem	T.Y.B.A	II
03	Shaikh Rukhsar Jamil	F.Y.B.Sc	III

### Event: T-shirt Paintig

Date :06-12-18

Name of the In charge: Sayyed Zainab

Name of the Judge: Momin Fareha

Sr.no	Name of the students	Class	Position
01	Ansari Atiya Eram Waqaar	S.Y.B.Sc	I
02	Siddiqui Tahzeeb Md.Hasnain	T.Y.B.Sc	II

### Event: Mehndi Competition

Date: 06-12-18

Name of the In charge: Ansari Sitara

Name of the Judge: Bahaduri Mankabat

Sr.no	Name of the students	Class	Position
01	Patel Nabeela Munazzim	F.Y.B.Sc	I
02	Ansari Umme Kulsum Shamshad Alam	T.Y.B.Sc	II
03	Ansari Almas Md.Mustafa	T.Y.B.A	III
04	Ansari Anam Md.Altaf	F.Y.B.Sc	Consulation-I
05	Shaikh Surkhab Naseem Ahmed	T.Y.B.A	Consulation-II
06	Shaikh Tanya Sohail	T.Y.B.Sc	Consulation-III

### Event: Poster Making

Date: 06-12-18

Name of the In charge: Momin Iqra

Name of the Judge: Momin Nadera

Sr.no	Name of the students	Class	Position
01	Ansari sadiqua Ab.Rauf	T.Y.B.Sc	I
02	Shaikh Alsa Mohd.Arshad	T.Y.B.A	II
03	Ansari sidra Irfan	T.Y.B.Sc	III

**Date: 07-12-18**

Aqsa Women's Degree College organized Collage Making, Card Making, Book Mark, and Face Painting Competition on the second day of art fair in our college. Students enthusiastically participated in this event. In these competition, students tried to proof their talent in their best possible way. The details are listed below.

### Event: Collage Making

Name of the In charge: Momin Fareha

Name of the Judge: Ayesha Shaikh

Sr.no	Name of the students	Class	Position
01	Ansari Sadiqua Ab.Rouf	T.Y.B.Sc	I
02	Shaikh Isma Salahuddin	S.Y.B.Sc	II

### Event:Book mark making

Name of the In charge: Don Sana

Name of the Judge: Darekar Heera

Sr.no	Name of the students	Class	Position
01	Shaikh Muskan Azim	T.Y.B.A	I
02	Shaikh Ayesha Abdullah	T.Y.B.Sc	II
03	Khan Gulafsha Abdulkalam	T.Y.B.Sc	III

### Event:Face Painting

Name of the In charge:

Name of the Judge: Sayyed Zainab

Sr.no	Name of the students	Class	Position
01	Ansari Sadiqua AbdulRauf	T.Y.B.Sc	I

### Event: Card Making

Name of the In charge: Bahaduri Mankabat

Name of the Judge: Shaikh Eram

Sr.no	Name of the students	Class	Position
01	Ansari Elsa Naseem	T.Y.B.A	I
02	Shaikh Mantasha Afaque	S.Y.B.A	I
03	Khan Gulafsha Abdulkalam	T.Y.B.Sc	III
04	Momin Qunoot Asghar	F.Y.B.Com	Consulation-I
05	Ansari Anam Md.Altaf	F.Y.B.Sc	Consulation-II
06	Jawre Ayesha Saleem	F.Y.B.Sc	Consulation-III

**Date: 08-12-18**

Instant makeover, Hair Styling Competition was organized on third day of Art Fair. Students created and exhibited their innovative ideas and tried to proof their talent in their best possible way. The details of the competition are listed below.

### Event: Instant makeover

Name of the In charge: Darekar Heera

Name of the Judge: Don sana

Sr.no	Name of the students	Class	Position
01	Qureshi Shamama	T.Y.B.A	I
02	Ansari Anam	F.Y.B.Sc	II
03	Khan Ayesha Akbar	T.Y.B.Sc	III

### Event: Hair style

Name of the In charge: Momin Heena

Name of the Judge: Momin Nargis

Sr.no	Name of the students	Class	Position
01	Khan Ayesha Akbar	T.Y.B.Sc	I
02	Qureshi Shamama	T.Y.B.A	II



## “Application of Computer Technology (ICT) for Enhanced Teaching, Learning and Research in Educational Institutions”

The quality and standard of educational system largely depends on the quality and commitment of the lecturers to their profession. A one day Faculty Development Programme on “Application of Computer Technology (ICT) for Enhanced Teaching, Learning and Research in Educational Institutions” was organized by Aqsa Educational Society on 25th of July 2018 at Al-Noor Auditorium. The total no of beneficiaries were 41. Ms. Don Sana Irfan hosted the program. At the outset, Ms. Oneza Farid, (I/C Principal) welcomed the Delegates and gave a brief account of the workshop and related organization. Mr. Ramz Hawaii (Treasurer, Aqsa Educational Society) congratulated the Aqsa Women’s Degree College for organizing this workshop.

There were two sessions, in session -I, Mr. Durrez Shakil Farid delivered a talk on Paperless office, and how to used Computers/Smart Phones in teaching- learning and research. In session- II, Mr. Yasir Mukhtar Farid encouraged faculty members to gain knowledge on the subject areas and provide innovative approaches to develop the right tools for the teaching learning process. The program aims to raise the quality of the teaching process.

Faculty development program encouraged and guide faculty members to gain knowledge about use of computer technology in educational institutions. This provides innovative approaches to develop the right pedagogical tools for the teaching learning process. There was an interactive session after each lecture where the doubts of the participants were cleared.

The convener Ms. Vinchu Shifa Jahangir utilized this opportunity to present a vote of thanks and expressed gratitude to the delegates and the participants. The workshop ended by a valedictory function in which the participants were awarded with certificates. The workshop was interesting and appreciated by the members. The feedback received was terrific and encouraging for all of us.

Report by,  
**Vinchu Shifa Jahangir.**  
Coordinator IQAC.



# MIRAGE INTER-COLLEGIATE COMPETITIONS for Jr. College 2018-19 (5th December 2018)

Aqsa Women's Degree College organized Mirage the 1st Inter-collegiate competition for Junior College on 5th December 2018. 149 students from 15 colleges participated in the competition.

During the festival students participated in Literary, Music, Fine arts and several other events.

Judges for different competition were Simeen Arab, Don Mahaseb, Momin Fareha. Students who bagged the first three positions in the competitions were felicitated at the Valedictory Function.

This fest made every student and faculty come under the umbrella of enthusiasm which rejuvenated the young minds with positive vibes and high spirits. Finally, Mirage was a huge success, generating higher spirits and cherishable memories.

## VALEDICTORY CEREMONY-5th December 2018

Throughout the day all participants participated in various activities with full enthusiasm. At 3:00 P.M sharp the valedictory ceremony started and the gathering remarked kind presence of dignitaries. The ceremony was carried further in the sequence of events which followed as: Felicitation of Guests: All the esteemed dignitaries along with our guests were welcomed on the stage. As the perfect arrangement of flowers bring pleasure to eyes and calms our mind, the host institute felt privileged to honor the guests with bouquet of flowers and memento of love.

Principal Ms. Farid Oneza Tanveer welcomed the gathering. Ms. Zainab S. Sayyed introduced the chief guest. Judges expressed their views regarding the event and congratulated the winners for their overwhelming performance.

They also praised the students for their commendable participation and also the members of the Management, Principal, Teaching & Non-teaching Staff members for the laudable efforts in organizing this mega event. She expressed hopes of achieving many more such laurels to the Institute in the future.

**PRIZE DISTRIBUTION:** Finally the most awaited moment of the evening had arrived with everyone present right there wanting to know the results of who got rewarded for all the hard works of so many days. The winners of various events were declared and felicitated with medals and certificates.

**VOTE OF THANKS:** Cultural In charge Ms. Shifa Vinchu proposed the vote of thanks in the end of the valedictory ceremony and expressed her gratitude to all those on the stage and of the stage had put in their efforts to make this event a grand success. The program concluded by national anthem.

*Report by,*  
**Vinchu Shifa Jahangir.**  
Asst. Lecturer,  
IQAC Coordinator,  
Dept. of Zoology.

# 1st Convocation Report Of Aqsa Women's Degree College

The Aqsa Women's Degree College organized the Convocation Ceremony for the students of the Arts, Science and Commerce, to receive their degrees in the different courses pursued by them. This was a solemn occasion, and was a part of the Annual

Convocation of the 68th year SNTD University of Mumbai. The idea of decentralizing the awards-giving ceremony culminated in the thoughts of the university authorities in order to felicitate every student for their achievement. The University was keen on reaching out to each and every one. This opportunity and privilege has been given to the various departments and colleges affiliated to the University.

The programme at Aqsa Degree College began at 10am sharp with the assembling of all the students and faculty of the College. The Chief Guest for the occasion was Dr. Kalpana Nemichand Pattankar Jain, Associate professor of B.N.N. College, Bhiwandi. The guest of honor for the ceremony was Dr. Nahid Azam, Associate Professor G. M. Momin college, Bhiwandi..

The ceremonial procession was led by the Chief Guest, the Guest of Honor and Ms. Farid Oneza, I/C Principal of College, followed by the faculty members. Behind them were the students. All assembled in the college auditorium. The auspicious occasion began with the University Song. Ms. Farid Oneza, the I/C Principal of the College, gave the welcome address and introduced the chief guest. The chief guest was felicitated with a memento and a bouquet of flowers by the Principal. She made a presentation about the College, highlighting its programmes, the faculty, the administrative support, and its achievements from the time of its inception. It was brought to light the college's efforts to reach out to the teaching fraternity by way of several seminars, conferences, workshops, research paper readings and refresher courses conducted from time to time. Dr. Kalpana Nemichand Pattankar Jain, chief guest, then addressed the audience highlighting the need for good teachers. She spoke on the strength of education in the country. She emphasized the need for capability, confidence and commitment on the part of teachers for them to be successful role models. She stressed on the increasing influence of technology and social media in education. Guest of Honour Ms. Nahid Azam advised the students to pursue their higher studies and asked them to learn while earning. She further said that, Students must work hard to develop their skills and should consistently work with sincerity, which is the key to success.

The Convocation ended with a Vote of Thanks by the Mrs Ayesha Shaikh Madam followed by the National Anthem sung by the students of the Institute.

*Report by,*  
**Vinchu Shifa Jahangir.**  
Asst. Lecturer,  
IQAC Coordinator,  
Dept. of Zoology.

# YOUTH FESTIVAL

S.N.D.T. University Organized Regional youth festival on 6th and 7th September 2018 at SVT College of Home science, Juhu, Mumbai. Following students participated in different events.

Sr.No.	Events	Participants Name	Language	Class
<b>LITERARY EVENTS</b>				
01	Elocution	Ansari Sidra Fatima Mohd. Irfan	English	T.Y.B.Sc
02	Debate	Ansari Sidra Fatima Mohd. Irfan	English	T.Y.B.Sc
03	Essay Writing	Ansari Simrah Arshad	English	S.Y.B.Sc
		Ansari Sidra Fatima Mohd. Irfan		T.Y.B.Sc
04	Poetry Recitation	Khan Iqra Dr. Shadab	English	S.Y.B.Sc
		Ansari Sidra Fatima Mohd. Irfan		T.Y.B.Sc
<b>MUSIC EVENT</b>				
05	Light Vocal (Indian)	Ansari Naba Rais Ahmed	English	F.Y.B.Sc
		Ansari Fatima Zarrar Husin		F.Y.B.Sc
<b>FINE ARTS</b>				
06	Spot photography	Ansari Al-Misbha Kamruddin	English	S.Y.B.Sc
07	Poster Painting	Sayyed Atiya Husain	English	S.Y.B.Sc
		Ansari Naba Rais Ahmed		F.Y.B.Sc
<b>THEATER</b>				
09	Skit	Mime Ansari Hera Wasiullah		F.Y.B.Sc
		Khan Sakina Mansoor		F.Y.B.Sc
		Khan Tarannum Abdul Salam		F.Y.B.Sc
		Ansari Muntaha Bilal Ahmed		F.Y.B.Sc
		Ansari Ayesha Shamim Ahmed		F.Y.B.Sc
		Ansari Arshika Mahboob		F.Y.B.Sc
		Ansari Ayesha Manzoor		F.Y.B.Sc
		Ansari Umrah Md. Farghab		F.Y.B.Sc
		Mulla Nusrat Husain		F.Y.B.Sc
		Khan Asfiya Shafique Ahmed		F.Y.B.Sc
		Shaikh Halima Javed		F.Y.B.Sc
		Anari Amreen Badruddin		F.Y.B.Sc

Ansari Sidra Fatima Mohd. Irfan bagged constellation prize in Essay (English) competition.

**Topic:** The winner was selected for Grand finale.

## ESSAY COMPETITION

Lok Raj Sangathane organized intercollegiate Poetry and Essay competition at G.M. Momin women's Degree College, Bhiwandi on 20th August 2018. Our College Students actively participated in this event. The topic for essay competition was "what India is and what I can do for it". The topic for Poetry competition was "My view on India". Our students actively participated in this event.

Ansari Sidra Fatima Mohd. Irfan of T.Y.B.Sc (Zoology) received 3rd Prize in essay competition and bagged 2nd prize in Poetry competition.

## **POWER POINT PRESENTATION COMPETITION**

G.M. Momin women's Degree College, Bhiwandi organized Eureka an intercollegiate power point presentation competition on 19th December 2018. Our College Student actively participated in this event. The topic for presentation was Global Crisis. One student represented our college.

Fatima Bano Shaikh Ahmed of F.Y.B.A. received third prize.

## **Yuvak Biiiradari's Yuva Bhushan**

Yuvak Biiiradari's Yuva Bhushan took place across owns of Maharashtra, Gujrat, Karnataka, Utter pardesh. The reginol camp were held in around 52 centres and around 10,000 youth participated.

42 toppers were the finalist of the regional level camp held at G.M.Momin Women's College on December 2018.

Ansari Sidra Fatima Mohammed Irfan of T.Y.B.Sc got 2nd prize of rs 3000 cash amount.

## **E- POSTER MAKING COMPETITION**

G.M. Momin women's Degree College, Bhiwandi, IT and DLLE department organized intercollegiate e- poster making competition and Fast and Furious Typing Competition on 11th September 2018. The topic for Poster making was say no to food waste Our College Students actively participated in these events. Two students represented Ansari Sidra Fatema Mohd. Irfan of T.Y.B.Sc(Zoology) bagged 3rd Prize in e-poster making competition. our college.

## **POSTER MAKING COMPETITION**

International Cat Day Celebration was celebrated by G.M. Momin women's Degree College, Bhiwandi. The college organized intercollegiate poster making competition on 6th August 2018. Our College Students actively participated in this event. The topic for poster competition was "My Amazing Cat". One student represented our college.

## **Bridal makeup competition**

G.M. Momin women's Degree College, Bhiwandi, organized intercollegiate bridal make up competition on 1st September 2018. Our College Students actively participated in this event. Two students represented our college. Ms. Khan Ayesha Akbar of T.Y.B.Sc (Chemistry) and Ms. Qureshi Shamama Shahid of T.Y.B.A. Ms. Khan Ayesha Akbar of T.Y.B.Sc (Chemistry) got second Prize.

## **Hairstyling Competition**

G.M. Momin women's Degree College, Bhiwandi, organized intercollegiate Hairstyling competition on 17th January 2019. Our College Students actively participated in this event. Two students represented our college. Ms. Khan Ayesha Akhber of T.Y.B.Sc (Chemistry) and Ms. Qureshi Shamama Shahid of T.Y.B.A. Ms. Qureshi Shamama Shahid of T.Y.B.A. got first Prize. Ms. Khan Ayesha Akhber of T.Y.B.Sc (Chemistry) bagged second prize.

## **RUPANTARAN**

Swayam Siddhi MitraSangh's Degree College, Bhiwandi.

Aqsa Women Degree College actively participated in the mega management event (Rupantaran) which was conducted by Swayam Siddhi College of Management & Research on 22nd and 23rd December 2018. Our College received Award for maximum participation of students in the event.

## **Saim Sir's English Academy**

Aqsa Women Degree College actively participated in the mega Speech Competition which was organized by Saim Sir's English Academy on 27th January 2019. List of Students Participated in the event are as follows:

Siddiqui Bushra Khatoon Moharram Ali of S.Y.B.Sc bagged first prize in Essay competition.

Shaikh Sana Rehman Najmuzzama of S.Y.B. Sc received IIIrd consolation prize.

Shaikh Eram Qasim of S.Y.B. A got IIInd consolation prize.

# Library

The library plays a crucial role in supporting the teaching-learning process. Our college library is rich resource center providing services and facilities with open access system to meet the requirements of the students and the staff library has sufficient books, text books on all subject including' arts , science and commerce, reference books, journals, periodicals, newspaper and magazine keeping the pace with the latest arrival. The library is well equipped with modern facilities and resources in the form of Wifi. CD-ROM, ebooks, audio video cassettes. Free internet facilities are provided for the both students and staff members. A large number of book on career guidance and competitive examinations have been included this year.

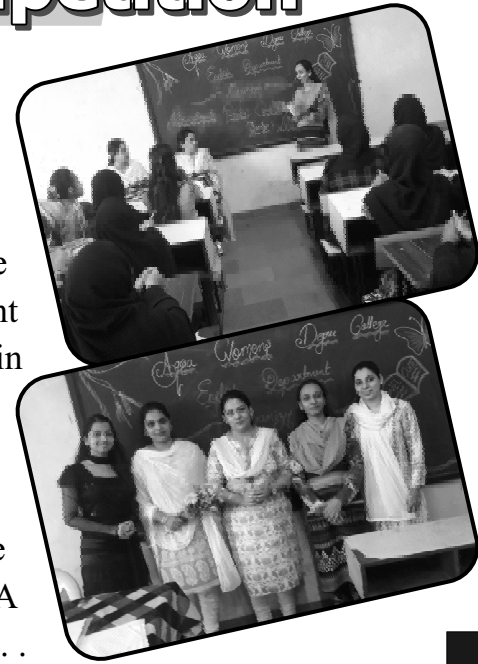
## INTER-LIBRARY LOAN SERVICE

The Library maintains excellent exchange relation with a number of libraries including those in Mumbai and can borrow I procure for its users the books and periodicals not available with us. In case users desire to visit any library they can collect a letter of introduction from the library for this purpose. Our college library is rich resource center providing services and facilities with open access system to meet the requirements of the students and the staff library has sufficient books, text books on all subject including' arts , science and commerce, reference books, journals, periodicals, newspaper and magazine keeping the pace with the latest arrival.



# Report on poetry competition

The English department organized a poetry competition on 14<sup>th</sup> November 2017 in which the students of Arts, Commerce and Science participated. The theme of the poetry competition was "Maa" (Mother). The students were asked to write poetry with their own intellect and understanding. The scale of the poetry was of five to six stanzas of quatrain or sestet according to their length. The event was under the supervision of Ms. Zainab Sayyed and Ms. Momin Nargis of the English department. The competition was judged by Ms. Momin Naba Ameen, (English lecturer, Al-Noor Girl's Junior College), who acutely judged every aspect of poetry and announced the winners. Ansari Sidra of T.Y.B.Sc bagged the first position, the second position was bagged by Fatima Bano Sheikh of F.Y.B.A and the third position was bagged by Ansari Mantasha of T.Y.B.A. . The aim of the competition was to boost the confidence level of the students, to instill creativity and also to encourage them to express their thoughts and feelings about their "Maa" (mother) through their poetry.



*Report by*  
**Momin Nargis**  
Assistant lecturer.

# Report on Post-Colonialism in Literature

The English Department of Arts faculty of Aqsa Women's Degree College organized a Guest Lecture Programme on 10th September 2018 in college campus. The Resource person was Dr. Ambreen Kharbe (Professor of G.M. Momin Women's College, Bhiwandi). The topic of her lecture was 'Post-Colonialism in Literature'. In her lecture, she explained about the concept of Post-Colonialism and how it came into existence, with reference to various writers along with their novels and short stories. She also had an interactive session after the lecture, where she cleared different queries of students and faculty as well. It was a learning and a motivating experience for the students. The lecture was attended by F.Y.B.A, S.Y.B.A and T.Y.B.A students. The Guest Lecture Programme was conducted under the assistance of Miss. Sayyed Zainab and Miss. Momin Nargis (Asst. Lecturer of English).

*Report by*  
**Sayed Zainab**  
(Asst. Lecturer of English)  
Department of English

# Department Of Sociology

Sociology is perhaps the most versatile of the Social Sciences. Sociology is the study of the lives of humans, groups and societies and how we interact. Dramatic social times occurred because of the massive changes in society that took place leading up to the modern world. The development of sociology as a discipline emerged in the 19th century in response to modernity.

The Department of Sociology at Aqsa Women's Degree College was established in 2006. Every year this department churns out students who perform with flying colors. The credit goes to the innovative methods and modern approach of student-centric teaching adopted by the Department. This Discipline trains students to grasp the social structures, understand the social processes, map the dynamics of social change and make sense of individual and collective experiences in their proper social context.

The Department places emphasis on integrated learning based on classroom lectures, interactive tutorials, use of audio-visual material, seminars lectures and internal assessment.

## Course Offered:

The Department of Sociology at Aqsa Women's Degree College offers a six semester long B.A in Sociology under Choice Based Credit System (CBCS). During the first two semesters, the focus is on imparting the disciplinary fundamentals, forming habits appropriate for scholastic life, and putting the routines suitable for systematic learning in place. The third and fourth semesters are marked for acquiring knowledge of the substantive areas of sociology. The fifth and the six semesters are earmarked for advanced, elective and applied learning. Students are taught the research methods and theories of sociology during this period.

The Department offers sociology as one of the disciplines in B.A (Program) in combination with English and Meal Management.

## Departmental Activities

The department actively promotes experiential learning. Sociology and undergraduates are required to complete a project in each paper. We also value and promote global learning and in that connection. Our department houses all the major journals of Sociological Association and Professional Sociology.

The core competencies emphasized by this department prepare graduates to enter careers enquiring technological facility, communication skills, data gathering and analysis, applied research skills, community awareness and involvement, problem-solving, critical thinking, an understanding of the structure and functioning of groups and organizations, critical self-reflection, interpersonal and intercultural skills, and adherence to the highest ethical standards . Besides career preparation, specific concentrations in the majors also provide background for graduate or professional study

This department encourages flexible faculty roles, recognizes the diversity of faculty talent, professional experiences, and advances the college's mission by maximizing the strengths and talents of individual faculty. The department strives to achieve student-centered education and student success. The faculty actively mentors students in a process of professional socialization in which students develop practical, marketable skills and take responsibility for their own lifelong learning. The department fosters a vibrant learning community in which students and faculty members interact as colleagues in a mutual process of respect and growth.



## List of Seminar Attended by the Faculty and list of Publication

### **Farid Oneza Tanveer**

#### **Research Work and publication**

- Presented paper in one day National Conference on "The World Environment Human and Society" on topic " Environment and its Effect on Society" organized by Aqsa Women's Degree College, held on 22<sup>nd</sup> February 2019.
- Appointed as coordinator of the National Seminar organized by Aqsa Women's Degree College held on 22<sup>nd</sup> February 2019.
- Presented paper at The National Conference organized by Aqsa College on topic "Environment and its Effect on society" held on 22<sup>nd</sup> February 2019.
- Published paper in the international Journal 'New Man Publications' on "Role of social and traditional determinants in maternal mortality", May 2019.
- Presented and Published paper on topic "Protection of the Child Rights: Issues and Challenges" at National Conference at LJNI College on 14<sup>th</sup> and 15<sup>th</sup> March 2019.
- Presented a paper on "Development of Women Entrepreneurship in India" in a National seminar in M.D. Shah Mahila College of Arts and Commerce.
- The name of paper and details was published in Ajanta- International multi disciplinary quarterly research journal (ISSN-2277-5730) in January -March 2019.
- Presented a research paper on "Awareness of low cost weaning to combat Malnutrition: one of the major aspect of poverty in India in the inter-national conference held in Aqsa Women's Degree College.
- The name of paper was published in New man Publication (UGC approved Journal no-45886, ISSN-2348-1390, Impact factor-4.321(IJIF)).
- Presented a paper at The National Conference on the topic "Contemporary Women's Health issues-Anemia, a major concern" in Laxman Devram Sonawne College in February 2017
- Published a research paper on the topic "Contemporary Women's Health issues-Anemia, a major concern" in Newman Publication (Chronicle of Humanities and Cultural Studies- A Bimonthly peer reviewed International Journal Special issue on "The world Environment, Humans and society"). (doti year)
- Appointed as a Convener for the workshop on Application of ICT in Educational

Institution Organized by IQAC of Aqsa Women's Degree College, Bhiwandi on 25<sup>th</sup> July 2018.

- Attended a workshop on "Shifted Goal Post in new NAAC Assessment" held at Maniben Nanavati Women's College, Mumbai on 27<sup>th</sup> July 2018.
- Participated in a workshop for IQAC Coordinator on "Training for NAAC" organized by RUSA at University of Mumbai from 22<sup>nd</sup> to 24<sup>th</sup> October 2018.
- Participated in workshop on Academic an Administrative Audit organized by IQAC of Aqsa Women's Degree College, Bhiwandi on 9<sup>th</sup> February 2019.
- Appointed as seminar Coordinator in "Academic an Administrative Audit" organized by IQAC of Aqsa Women's Degree College, Bhiwandi on 9<sup>th</sup> February 2019.
- Appointed as seminar Chairperson and Convener of one day National Level Multi-Disciplinary National Seminar on 'The world Environment, Humans and society' held on 22<sup>nd</sup> February 2019, at Aqsa Women's Degree College, Bhiwandi.
- Attended a workshop on CAS organized by S.N.D.T. University, Church gate on 25<sup>th</sup> February 2019.
- Appointed as Chairperson Organizing Committee in a workshop on Application of ICT in Educational Institution Organized by IQAC of Aqsa Women's Degree College, Bhiwandi on 25<sup>th</sup> July 2018.
- Chief Editor Chronicle of Humanities and Cultural Studies- A By-monthly peer reviewed International Journal Special issue on "The world Environment, Humans and society".
- Presented a paper on the title "Informal lives :Muslim women workers in the informal garment sector of Bhiwandi, India." at the sixth National Conference on ' Intersectionality, Religious Minorities and Development of Women in India' held at Tata Institute of Social Sciences, Deonar, Mumbai on 26-27 March 2019.
- Participated in the workshop for IQAC C o-ordinators on "Training for NAAC" from 22<sup>nd</sup> to 24<sup>th</sup> October 2018 at University of Mumbai.
- Participated in the "One Day Workshop on the scheme of Examination for the First Year Under-Graduate Degree and Diploma Programmes". Organized by S.N.D.T Women's University on August 24, 2018 at Patkar Hall, Mumbai.
- Resource parson for UPSC MPSC Seminar, by Universal Academy & Samadiya College held in

## **VINCHU SHIFA JAHNGIR**

- ❖ Participated in a workshop on application of ICT in Educational Institution Organized by IQAC of Aqsa Women's Degree College, Bhiwandi on 25th July 2018.
- ❖ Attended a workshop on "Shifted Goal Post in new NAAC Assessment" held at Maniben Nanavati Women's College, Mumabi on 27th July 2018.
- ❖ Participated in a workshop for IQAC coordinator on "Training for NAAC" Organized by RUSA at University of Mumbai from 22nd to 24th Oct 2018.
- ❖ Appointed as Judge of Speech Competition on stop drugs organized by thane police 18th December 2018.
- ❖ Participated in workshop on Academic an Administrative Audit .Organized by IQAC of Aqsa Women's Degree College, Bhiwandi on 9th Feb 2019.
- ❖ Appointed as Seminar Coordinator in workshop on "Academic an Administration Audit" organized by IQAC of Aqsa Women's Degree College, Bhiwandi on 9th Feb 2019.
- ❖ Appointed as Seminar Coordinator in organized committee of one day National Level Multi-Disciplinary National Seminar on "The World Environment, Humans and Society" held on 22nd Feb 2019, at Aqsa Women's Degree College, Bhiwandi.
- ❖ Presented and published a research paper entitled "Study of diversity of Zoolantkton in Kamwari River ,Bhiwandi.Thane ,Maharashtra" in the one day National Level Multi Disciplinary National Seminar on "The World Environment, Humans and Society" held on 22nd Feb 2019, at Aqsa Women's Degree College, Bhiwandi.
- ❖ Published and research paper "Wetland and Vector of Disease" in the one day National Level Multi- Disciplinary National Seminar on "The World Environment, Humans and Society" held on 22nd Feb 2019, at Aqsa Women's Degree College, Bhiwandi.
- ❖ Attended a workshop on CAS organized by S.N.D.T University ,Church gate Educational Institution organizwd by IQAC at Aqsa Women's Degree College, Bhiwandi. 25th July 2018 .
- ❖ Associated Editor Chronicle of Human and Culture studies-A Bimontly peer reviewed International Journal Special issue on "The world Environment, Humans and Society".

## **Shaikh Ayesha Ejaz**

- ❖ Participated in workshop on Application of ICT in Education Institution Organized by IQAC of Aqsa Women's Degree College, Bhiwandi on 25th July 2018.
- ❖ Appointed as judge of speech competition on stop drugs organized by thane police on 18th December 2018.
  - ❖ Participated in workshop on Academic an Administrative Audit Organized by IQAC of Aqsa Women's Degree College, Bhiwandi on 9th Feb 2019
- ❖ Appointed as seminar Coordinator in organizing Committee of one day National Level Multi-Disciplinary National Seminar on "The World Environment ,Human and Society" held on 22nd Feb 2019 , at Aqsa Women's Degree College, Bhiwandi.
- ❖ Presented and Published a research paper entitled "Phytochemical Analysis of Black mangoves -Aegicarus corniculatum " in the one day National Level Multi-

Disciplinary National Seminar on “ The World Environment , Human and Society ” held on 22nd Feb 2019 , at Aqsa Women’s Degree College, Bhiwandi.

- ❖ Published a research paper on “ Saonfication of Neem Extract ” in the on day National level Multi- Disciplinary National Seminar on “ The World Environment, Human and Society ” held on 22nd Feb 2019 , at Aqsa Women’s Degree College, Bhiwandi.
- ❖ Published and research paper on “ Wetland and Vector of Disease ” in the one day National level Multi- Disciplinary National Seminar on “ The World Environment , Human and Society ” held on 22nd Feb 2019 , at Aqsa Women’s Degree College, Bhiwandi.
- ❖ Published paper in IJRAR ,2018 - “ Eutrophication in Kamwadi River.
- ❖ Associated Editor Chornicle of Humanities and Cultural Studies -A Bimonthly peer reviewed International Journal Special issue on “ The Environment ,Humans and Society ”.
- ❖ participated in workshop on title science enrichment though Innovative Experiment organized by Dept of Physics under star college Scheme of G.M .Momin College. Bhiwandi, 13th August, 2013.

### **Momin Fareha Mohd Sabir**

- ❖ Participated in a workshop on Application of ICT in Educational Institution Organized by IQAC of Aqsa Women’s Degree College, Bhiwandi on 25th July 2018.
- ❖ Judge of Dance drama competition in Inter-Collegiated Competition on stop drug organized by Thane Police on 18th December 2018.
- ❖ Participated in workshop on Academic Administration Audit organized by IQAC of Aqsa Women’s Degree College, Bhiwandi on 9th February 2019.
- ❖ Participated in one day National Level Multi-Disciplinary National Seminar on “ The World Environment, Human and Society ” held on 22nd , at Aqsa Women’s Degree College, Bhiwandi
- ❖ Presented and published a research paper entitled “ qualitative analysis of soft drinks available in the market ” in the one day National level Multi- Disciplinary National Seminar on “ The World Environment ,Human and Society ” held on 22nd February 2019, at Aqsa Women’s Degree College, Bhiwandi.
- ❖ Published a research paper on “ Saponification of Neem Extract ” in the one day National Level Multi-Disciplinary National Seminar on “ The World Environment Humans and Society ” held on 22nd Feb 2019, at Aqsa Women’s Degree College, Bhiwandi
- ❖ Attended a state level seminar on “ Holistic Nutrition for Health body and soul on 13th September 2017.
- ❖ Attended a National Seminar on : Adolescent health and Nutrition . ” on 18th of November 2017.
- ❖ Presented paper at International Seminar in Aqsa Women’s Degree College, Bhiwandi on 18th January, 2018.
- ❖ Delivered a lecture on “ Solid State Chemistry ” at Vande Matram College, Dombivli.
- ❖ Invited as a judge for Chemical Rangoli at G.M Momin Women’s Degree College in December 2017.
- ❖ Invited as a guest at Samadiya Degree College of Art and Commerce in Women’s Development Cell Program in February 2018.

### **Momin Nargis Imtiyaz**

- ❖ Participated in workshop on the title Application of ICT in Educational Institution organized by IQAC( Facility Development Programme ) of Aqsa Women's Degree college ,Bhiwandi. 28th July 2018.
- ❖ Appointed as Jury member Slogan writing competition in Anti Narcotics Awareness Programme Organized by NSS department of Aqsa Women's Degree College ,Bhiwandi. 18th Dec 2018.
- ❖ Participated in content Analysis workshop for C.C .English (HL/LL semester VI) at Maniben M.P shah Women's College of Arts and Commerce ,Matunga Mumbai .23rd Jan 2018.
- ❖ Participated in workshop / seminar on title Academic and Administrative Adult Organized by IQAC department of Aqsa Women's Degree College,Bhiwandi, 9th Feb 2018.
- ❖ Presented paper entitled " Queer theory in Literature " in the National Level Multi Disciplinary seminar on "The World Environment ,Human and society "at Aqsa Women's Degree College,Bhiwandi, 22nd Feb 2019.
- ❖ Presented paper at International Seminar in Aqsa Degree College,18th Jan 2018.

### **Mollim Shaima Mohsin**

Asst.Lecturer,Aqsa Women's Degree College, Bhiwandi.  
M.A(Sociology ,B.Ed,SET.

- ❖ Attended one day workshop on application of ICT in education. (faculty development programme ) at Aqsa Women Degree college on 25th July 2018.
- ❖ Appointed as jury member in the event " Speech competition" organized by Thane police , on 18th December .
- ❖ Attended workshop on academic and Administrative Audit organized by Aqsa women's degree college,held on 8th February 2019.
- ❖ Presented paper on one day national conference on "the world environment human and society" on topic " Enviroment society and sustainable development"organized by Aqsa women's degree college , held on 22th February 2019.
- ❖ Appointed as co-coordinators of organizing committee at national seminar organized by Aqsa women's degree college . Held on 22nd February 2019.
- ❖ Presented paper on National conference organized by Aqsa women's degree college on topic " and its Effect on society " held on 22th February 2019.
- ❖ Published paper on national conference organized by Aqsa women's degree college on topic " Environment and its Effect on Society " , held on 22th February 2019 in New man International Journal.
- ❖ Published paper on national conference organized by Aqsa women's degree college on topic " Role of Social and Traditional Determinants in Mortality,as held on 22nd February 2019 in Newman International Journal.
- ❖ Attended one day workshop on implementation of CBCS for undergraduate programme held at SNTD Arts and Commerce College for women ,Pune on 2nd March 2019 .
- ❖ Worked as Associated Editors for " Chronicle of Humanities and culture studies". A bio monthly peer reviewed Journal special issue on , " The world ,Environment, Human and Society."

**Don Sana Irfan** ( Dept.Of Meal Management, Food and Nutrition )

- ❖ Presented a paper on “Development of Women Entrepreneurship in India” in a National seminar in M.D.Shah Mahila College of Arts and Commerce.
- ❖ This particular paper was published in Ajanta- International multidisciplinary quarterly research journal (ISSN-2277-5730) in Jan-Mar 2019.
- ❖ Presented a research paper on “Early marriage and its relation to women health” in National seminar in Aqsa women's Degree College and this paper was published in New man Publication. (ISSN-24545503)IMPACT FACTOR-4.197 in March 2019.
- ❖ Published a research paper on topic “Contemporary Women's Health issues- Anemia, a major concern.” in Newmans Interantional Journal.(ISSN-24545503)IMPACT FACTOR-4.197 in April 2019.
- ❖ Participated in One day workshop on 'Application of ICT in Educational Institution held in Aqsa Women's Degree College in July 2018.
- ❖ Participated in One-day State Level Seminar on “Transition from Food Security to Nutrition Security,” held in Smt Maniben M.P .Shah Women's College in September 2018.
- ❖ Appointed as a Jury member in “Speech competition” organized by Thane police on 18th December 2018.
- ❖ Participated in a workshop on “Academic and Administrative Audit” organized by IQAC o Aqsa Women's Degree College , Bhiwandi on 9th February 2019.
- ❖ Appointed as a co-ordinator of a Workshop on “Academic and Administrative Audit” organized by IQAC o Aqsa Women's Degree College, Bhiwandi on 9th February 2019.
- ❖ Presented a paper on “ Contemporary Women’s Health Issue ,Anemia , a major concern in collaboration the principal Ms Farid Oneza at a national level in Laxman Sonavne College.
- ❖ My Research work on “ Association of Dietary Diversity of energy Denes food with Body Man index of College going girls of age 18-21” was published in Lambert Academic published, Germany as a solo author (ISSN:. 978-3-330-34691-2
- ❖ Presented a paper on “ Low -cost weaning food to combat Malnutrition Aspect of poverty in India in International seminar held in Aqsa Women’s Degree College .

**Sayyed Zainab Sadaf**

- \* Participated in workshop on title “ Application of ICT in educational Institution ”by IQAC ( Facility Development Programme ) of Aqsa Degree College,Bhiwandi 28th July,2018.
- \* Appointed as a Achor in “Anti Narcotics Awareness Programme organized by NSS Department of Aqsa Degree College,Bhiwandi 28th Dec,2018.
- \* Participated in Content Analysis Workshop for C.C English ( HL/LL Semester VI) at Maniben M.P Shah Women’s College of Mumbai 23rd Jan .2018.

Participated in workshop on title “ Academic And Administrative Audit” organized by IQAC Department 9th Feb 2019.

- \* Published paper entitled “Domestic Violence in Vijay Tendulkar’s kanyadaan”. in National level Multi Disciplinary Seminar on “The World Environment Human and Society” at Aqsa Women’s Degree College, Bhiwandi on 22nd Feb, 2019.
- \* Attended Seminar, “On Holistic Nutrition for Health the Body and Soul” held on 13th Sep 2017, Aqsa Women’s Degree College, Bhiwandi.
- ❖ Attended Seminar, “On Adolescent Health and Nutrition” held on 18th Sep 2017, Aqsa Women’s Degree College, Bhiwandi.
- ❖ Published and Presented paper in Aqsa Women’s Degree College at one day multi-Disciplinary international Seminar on “ Contemporary Social and Environment Issue” on topic Domestic Violence in Vijay Tendulkar’s Kanyadan.
- ❖ Attended Content Analysis Workshop for C.C English H.L Sem VI Organized by the Dept of English on 23th Jan 2018, at Smt, Maniben M.P Shah Women’s College of Arts and Commerce.
- ❖ Attended two day workshop on “Script Writing” Organized by English Association in Kokan Muslim Education Society is G.M Momin Women’s College on 2nd Feb, 2015.
- ❖ Attended two day workshop on “Words worth English Language” Organized by Kokan Muslim Education Society is G.M Momin Women’s College on 14th and 15th of September, 2015.

### **Momin Nadera**

- ❖ Participated in seminar on title “Academic and Administration of Aqsa Women’s Degree College on 9th Feb 2019.
- ❖ Appointed as discipline incharge ( Event Incharge ) for Anti - Narcotics Awareness programme organized by Thane Police on 8th Dec 2018.
- ❖ Participated in workshop on title “ Application of ICT in educational institute organized by IQAC Department Aqsa Women’s Degree College .Bhiwandi on 28 July 2018
- ❖ Presented paper entitled “ Emission of Co<sub>2</sub> and Calculated of GWP” in National level multi disciplinary seminar on ,the world environment Human and Society at Aqsa Women’s Degree College, Bhiwandi on 22nd Feb 2019.
- ❖ Published the same paper in “Newman’s journal publication”.
- ❖ Attended workshop on “ Stereo Chemistry “at Vaze College in 2016 and 2017.
- ❖ Attended workshop on “Pericyclic Compound at Vaze.
- ❖ Workshop on basic of Science DST Camp at 12 IT Pune in 2011-12.
- ❖ Attended Chemistry Workshop on “NET” preparation at Willson College.
- ❖ Attended Seminar on “Holistic Nutrition for Health Body and Soul, held on 13th Sep 2017 at Aqsa Women’s Degree College Bhiwandi.

### **Qureshi Nazia**

- ❖ Participated in workshop on title Application of ICT in Educational Institution Organized by IQAC (Facility Development programme ) of Aqsa women's Degree College ,Bhiwandi 28th July 2018.
- ❖ Attended Stated Level Seminar on “ Holistic Nutrition for health Body and Soul” held on 13th September 2017,at Aqsa Women's Degree College .
- ❖ Attended National Seminar on “ Adolescent Health and Nutrition” on 18th November 2017 . Aqsa Women's Degree College.
- ❖ Presented paper in Aqsa Women's Degree College , at one day multi-Disciplinary International Seminar on “ Contemporary Social and Environment issue on topic “A study of concern: Social Change and Adolescent Development ”.
- ❖ Published and presented paper in Kalsekar College- Mumbra on the topic of “ A perspective on Social Changes and Adolescent Development”.

### **Bahaduri Manqabat Sajid**

- ❖ Participated in Seminar / Workshop on the application of ICT in education Institution Organized by IQAC ( Faculty Development Programme) of Aqsa Women's Degree College.Bhiwandi 28 July 2018.
- ❖ Participated in work shop on tittle Science Enrichment through Innovated experiments Organized by Dept. of Physics under stae college scheme of G.M Momin Women's College Bhiwandi on 13 August 2018.
- ❖ Participated is workshop on Avishkal Researh Convention Organized by Dept. os Student's Development , University of Mumbai at G.M Momin Women's College Bhiwandi on 5 Sep.2018.
- ❖ Appointed as Discipline In charge/ Event In charge for Anti- Narcotics awareness programme Organized by Thane Police on 18 Dec. 2018
- ❖ Participated in Workshop /Seminar tittle Academic and administrative Audit Organized by IQAC department of Aqsa Women's Degree College.Bhiwandi on 22 February 2019
- ❖ Presented paper entitled “ Phyto Chemical analysis of Black Mangroove - Aegicercus Corniculahim”. in National Level Multi Disciplinary Seminar“ The World Environment Human & Society on 22 February 2019
- ❖ Published the same paper in Newman's Journal Publication.
- ❖ Attended Seminar on UPSC / MPSE Talent Search Orgnized by the N.S.S. Unit of Mithibai College Villparle 201-2015.
- ❖ Attended Workshop on Biotechnology and Food Biotechnology in Rupaced College, Matunga 2014-2015.
- ❖ Attended State Level Seminar on “ Holistic Nutrition for Healthy Body and Soul” held on 13th September at Aqsa Women's Degree College.
- ❖ Attended National Seminar on Adolescent Health and Nutrition on 18th November, 2017, in Aqsa Women's Degree College.
- ❖ Attended a Seminar in B.N.N. College about Importance of Women's Education in 2013-2014.



## **Darekar Heera B.**

- ❖ Participated in workshop “ title Application of ICT in Educational Institution organized by IQAC Department Aqsa Women’s Degree College,Bhiwandi held on 25 July 2018 .
- ❖ Appointed ad jury member in Rangoli competition in Anti Narcotics Awareness programe organized by NSS Cell of Aqsa Women’s Degree College held on 18th Dec 2018.
- ❖ Participated in Workshop on Academic and Administration Audit organized by department of IQAC of Aqsa Women’s Degree College held on 9th Feb 2019.
- ❖ Presented paper entitled “ phytoplanktans of Kamwari River” in National level multi - Disciplinary Seminar on “ The World Environment ,Humans and Society” held on 22nd Feb 2019.in Aqsa Women’s Degree College,Bhiwandi
- ❖ Attended State Level Seminar on: Holistic Nutrition for Healthy Body and Soul” held on 13th September at Aqsa Women’s Degree College,Bhiwandi
- ❖ Attended National Seminar on “Adolescent Health and Nutrition”on 18th Nov.2017 in Aqsa Women’s Degree College,Bhiwandi
- ❖ Attended International Seminar on “Contemporary Social Environmental on 18th January 2018 in Aqsa Women’s Degree College,Bhiwandi.
- ❖ Attended state Level Conference of Sport Management on 21st August,2017 at Kavailydhama Yoga institute, Lonavala.

## **Momin Rizma Asif**

- ❖ Participated in content analysis workshop for Banking and Insurance Semester IV Organized by M.D shah college of Arts and Commerce ,Malad (Mumabi) 5th Dec,2018
- ❖ Participated in workshop on title Academic and Administration audit organized by IQAC of Aqsa Women’s Degree College,Bhiwandi on 9th Frb ,2019.
- ❖ presented paper entitle “ Effect of consumerism on environment” in the National level multi-disciplinary seminar on “ The World Environment Human’s and the Society at Aqsa Women’s Degree College,Bhiwandi held on 22nd Feb 2019.

### **Ansari Sabrin Iftekhhar**

- ❖ Participated in Seminar / Workshop on title Academic and Administrative Audit organized by IQAC department of Aqsa Women's Degree College, 9th Feb 2019.
- ❖ Presented paper entitled "Effect of temperature on stability constant of transition metal complexes." in the National level Multi-Disciplinary Seminar on "The World environment, Humans and society" at Aqsa women's degree college 22nd Feb 2019.
- ❖ Published the same paper in Newman's Journal Publication.
- ❖ Attended one day workshop on implementation of CBCS for undergraduate programme held at SNDT Arts and commerce college for women Pune on 2nd March 2019.
- ❖ Appointed as Discipline Incharge / event incharge for "Anti-Narcotics awareness programme" Organized by Thane police on 18th Dec 2018.

### **Shaikh Eram**

- \* participation in Seminar on title "Academic and Administration Audit" Organized by IQAC department of Aqsa women's Degree college on 9th Feb 2019.
- \* Appointed as discipline incharge (Event Incharge) for Anti-Narcotics awareness Programme organized by Thane Police on 18th Dec 2018.
- \* participated in workshop on title "Application of ICT in educational institute organized by IQAC Department of Aqsa women's Degree college, Bhiwandi. on 28th July 2018.
- \* Presented paper entitle "Effect of GST on Society" in National level multi-disciplinary Seminar on "The World environment Human and Society" at Aqsa Women's Degree College. Bhiwandi. on 22nd Feb 2019.
- \* Published the same paper in "Newmen's journal publication.
- \* participated in one day workshop on content analysis and Revised syllabus and commerce paper -III (sem-III) principle of Marketing and customer relationship management at B.M.Ruia Girl's College at Gamdevi, Grant Road, (W).
- \* participated in one day work shop on content analysis and Revised Syllabus on Commerce paper (Sem IV) on Introduction to Banking and Insurance at M.D. Shah Mahila college of Arts Commerce Malad

# Food Festival in the College campus

**Organized by –Meal management and Nutrition Department.**

The Food and Nutrition Department ( Arts Faculty) of Aqsa Women’s Degree College organized a food Festival in the College Campus on 20th February 2019. The T.Y.B.A students prepared innovative recipes and sold their food products in the college campus at marginal rates.

The students served recipes like chicken wheels, candy cakes, mix veg and chicken sandwiches, chocolate bread pizza, veg pizza , sprouts canopies and candy icecream. They served innovative and delicious snacks low in rates. This particular activity enhanced their entrepreneurship skills which they learn in the y of Food Entrepreneurship.

This activity served as an income generating action and was a learning experience for the T.Y.B.A. students. It was a profitable activity.

The Food Festival was thoroughly enjoyed by all the students in the College.



*Report by: Don Sana Irfan*

(Asst Lecturer-Meal Management and Nutrition Department)

**Income generating activity by Meal management and nutrition department**

## Workshop - Self-made innovative product preparation

***Organized by –Meal management and Nutrition Department.***

The Food and Nutrition Department (Arts Faculty) of Aqsa Women’s Degree College organized an income generating activity on 1st January 2019 in the college campus.

In this particular activity, the T.Y.B.A. students prepared a recipe of their own, as they learn to prepare different types of food items in their practicals. They packed it and then introduced it to the college students and the neighboring school and Jr college. They provided small bites of testers free of cost and after collecting feed -back from them prepared it on large scale and sold it to the teachers and students.

Thus this activity served as a learning experience to prepare and sell the self –made product where the students got a good platform in the form of college campus. This served as an income generating activity for the students. This particular activity was thoroughly enjoyed by the students.

*Report by*

**Don Sana Irfan**

(Asst Lecturer-Meal Management and Nutrition Department)



# Workshop -Chocolate making Workshop

*Organized by –Meal management and nutrition department.*

The Meal Management Department of Aqsa Women's Degree College organized a chocolate making workshop for the Arts students .In the particular workshop Don Sana Irfan, Asst lecturer of Meal Management and Nutrition Department taught various varieties of chocolate to the students. The variety included dry fruit chocolates, candy filling chocolates, whipped cream filling chocolates, caramel filling chocolates, shaded variety, and many more. The session also included packaging and wrapping for gifting it.

This particular activity acts as an income generating activity for the students who have a subject of Food entrepreneurship and thus learn business and entrepreneurship skills.



The workshop was thoroughly enjoyed by students and faculty where they prepared various chocolates and then ate it enjoying to the best.



*Report by-*

**Don Sana Irfan**

( Asst .lecturer -Meal Management and Nutrition Department)



# SPORTS COMMITTEE

## *Report on "Gambol" an intercollegiate sports competition*

Sports and athletics have been an integral part of Aqsa Women's Degree College for years and it's immemorial.

"Gambol" an intercollegiate sports tournament was conducted from 8th January to 10th January 2019 by Aqsa Women's Degree College. The Sports meet was held on 8th January 2019 at Al-Noor Ground at 9.00 am. Mrs. Ruhi Jawed Farid was the Chief Guest for the inauguration function. The Chief Guest briefed the importance of sports activities for the overall personality development of the person. She also added that it is very important to have co-curricular and extra-curricular activities along with the curricular activities. The Chief Guest hoisted the flag signaling the start of the sports tournament. Our college I/C Principal Mrs. Farid Oneza Tanveer declared the meet open which was followed by indoor and outdoor tournament i.e. Carrom, Chess, Badminton, Shot put, Disc Throw, Running and Kabbadi, nearly more than 120 students from different colleges participated in the tournaments. The day was full of victories and enthusiasm.

On 9th  
cond

January 2019, Group tournament KHO-KHO was conducted on the college ground wherein many team from different colleges participated. All the sports tournaments were successfully completed in well manner with the co-operation of staff members and non-teaching staff

The valedictory function was held on 10th January 2019, at 11.00am in the college auditorium. Dr. Kalyani Nana Shejwal, Mrs. Shamim Naeem Patel, Mrs. Thodge Shabana Tayyab was the Chief Guest for the closing ceremony Miss.Sayyed Zainab Sadaf introduced the Chief Guest and delivered the welcome address. Students were

awarded with trophies, Medals, Certificates for their achievements. The Kabbadi team of B.N.N. College of

Bhiwandi bagged the first position and the Kho - Kho team of A.J.M.M.College of Vajreshwari bagged the first position and our college's appreciative team of Kabbadi and Kho-Kho was runner up in

"Gambol".

The programme was concluded with the vote of thanks proposed by Mrs. Don Sana Irfan followed by National Anthem.

*Report by*

**Darekar Heera Baswaraj**  
Sports Convenor



# SPORTS COMMITTEE

## *Report on “Annual sports”*

Sports activities from an integral part of the students career. Intramural tournaments are held to reduce stress, enhance the leadership quality and is a good way to make new friends for the students. For that our department conducts house wise intramural tournaments for the students.

Every year in the month of December Aqsa Women’s Degree College conducts the Annual Sports week from 2nd January 2019 - 4th January 2019 a mega event. I/C Principal Mrs. Farid Oneza inaugurated the Annual Sports 2018 – 2019 on 2nd January at 10.00 am. at the college ground upholding this aspect of sporting events . Principal hoisted the flag signaling the start of the sports tournament. Principal declared the meet open which was followed by the indoor tournaments i.e. Carrom and Chess wherein 40 students were participated in the even . The day was filled with exciting victories.

On 2nd January an individual events i.e. Badminton, Running, Hurdle Race, Shot put, Disc Throw, were conducted on the college ground . 140 students participated in all the events. All the events were highly competitive where everyone eyed for 1st place. The day ended with many victories. On 3rd and 4th January 2019 all group games i.e. Kabbadi, Kho - Kho, were conducted on the college ground, nearly 150 students participated in the group games with great enthusiasm. All the sports tournament were successfully completed in well manner.



*Report by*  
**Darekar Heera Baswaraj**  
Sports Convenor

## Department of Botany

### Report on Excursion

**A**s a part B.Sc. Curriculum, one day educational trip for F.Y.B.Sc Students to Hanging Garden at Malabar Hills, Mumbai was organized by Department of Botany, Aqsa Women's Degree College, S.N.D.T. University. Hanging preserving natural and the trip was to familiarize the 72 students were accompanied by Ms. Darekar Heera of Botany Department. Students were familiarized with diversity in plant species and their importance in the garden. Students also collected some plants for herbarium preparation. Students were very happy to know about the nature and its beautiful creation. The trip successfully inculcated in students about the practicality of different theoretical concept in Botany.



Garden aims at environmental beauty. The aim of the garden. A group of 72 students were accompanied by Ms. Darekar Heera of Botany Department. Students were familiarized with diversity in plant species and their importance in the garden. Students also collected some plants for herbarium preparation. Students were very happy to know about the nature and its beautiful creation. The trip successfully inculcated in students about the practicality of different theoretical concept in Botany.

## Department of Botany

### Report on Guest Lecture

The Department of Botany of Aqsa Women's Degree College organized a Guest Lecture program on 'Cell Biology' on 20th February 2019 at 10:00 am in the college auditorium. Ms. Chengala Laxmishree Swamy, Asst. Professor of Botany of G. M. Momin Women's Degree College was the Guest Speaker. The event started with introduction and followed by felicitation. Ms. Chengala Laxmishree Swamy spoke about Cell, their discovery, characteristics, function, types and importance in living organism. She also focused on mitochondria and chloroplast and their key role in plants.

All the students of F.Y.B. Sc attended the lecture. There was a question and answer sessions in the end of the lecture. It was a great learning experience for the students. The lecture was received with admiration by the students. The session concluded with a vote of thanks by Ms. Darekar Heera.

*Report by*  
**Darekar Heera Baswaraj**  
Department of Botany

# Small steps to a healthier life



## SWAP checking texts for playing a game :

If you must look at your smart phone constantly, brain training games actively engage your brain where social media doesn't. This boosts memory and potentially reduces your risk of dementia according to a study by Cambridge University. Try free app such as Luminosity, Peak and Elevate.

## SWAP your dinner plate for a smaller one:

People eat 22 percent less when they replace 12-inch dinner plates, with smaller, 10-inch ones. Psychologically, it's better to have a full smaller plate than a half-empty large one.

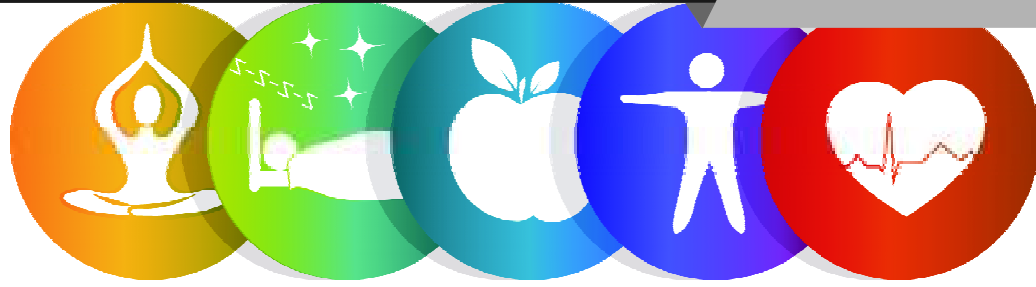
## SWAP bags for life for separate food bags:

We may be saving the planet by reusing plastic bags, but we could be risking our health, warns UK-based hygiene expert Lisa Ackerley. A recent US study found large numbers of harmful and even life-threatening bacteria in resalable bags. "When food shopping, put your poultry, meat and root vegetables in one bag, keeping potentially harmful bacteria away from ready-to-eat foods," Dr Ackerley advises.

## SWAP toothpaste for dry brushing:

For the first minute at least that is. This is more effective for removing plaque, according to a study published by the American Dental Association, resulting in a 67 per cent reduction in plaque build-up over six months. It seems we brush better-and for longer-without the foam and taste of toothpaste. Add toothpaste after the initial 60 seconds.





## *SWAP your 'mains' for sides':*

**W**e tend to view vegetables and pulses as an accompaniment to meat. Instead we should make them the main event. Say experts substitute mince for lentils, chicken for tofu, or meatball for falafel and make vegetables the star attraction on your plate. Try roasted sweet potato aubergine, courgette, mushrooms, paper and onion with pesto and crumbled feta.

## *SWAP walking in silence for walking to music:*

**H**ealthy adults who walks slowly are twice as likely to die from heart disease as those who walk at a more brisk pace, a recent study found. Downloading an upbeat play list will encourage a faster pace because walking to a song of too beats per minute has been shown to dramatically increase motivation, performance and also serves as a good distraction.

## *SWAP Spreads for butter:*

**B**utter is a nutrition powerhouse of vitamins A, D and K. It is also rich in conjugated linoleic acid (CLA), which has been shown help lower body fat percentage.

## *SWAP your fingers for the back of your hand:*

**I**t's a common way to pick up cold and Flu viruses, warns Dr. Ackerley. So if you have an urge to rub your eyes, your knuckles are bound to be lets dirty than your fingers (Better still, use a clean tissue!)

## *SWAP store-bought sald dressings for homemade ones:*

**M**ost are packed with preservatives, additives and sugar so simply drizzle salad with extra virgin olive oil and a splash of balsamic vinegar and mustard for added flavour.

Minor changes to your routine can have big impact on your health. A life style overhaul isn't always necessary.

*Khan Shafaque Nisar*  
F.Y.B.A.

# Important of Personality Development



An individual personality refers to his/her appearances, characteristics, attitude, mind set and behaviours with others.

Personality Development grooms on individual and helps him make of his/her own. Individual need to have a style of their own for other to follow them. Do not blindly copy others. You need to set on example for people around. Personality Development not only makes you look good and presentable but also helps you to face the world with smile.

Personality Development goes a long way in reducing stress and conflicts. It encourages individuals to look at the brighter side of life. Face even the worst situation with a smile. Trust me, Flashing your trillion dollar smile will not only melt half of your problems but also evaporate your stress and worries. There is no point cribbing over minor issues and problem.

Personality Development helps you develop a positive attitude in life. An individual with a negative attitude finds a problem in every situation. Rather than cribbing and criticizing people around, analyze the whole situation and try to find a appropriate solution for the same. Remember, If there is a problem, there has to be a solution as well. Never loose your hope. It would make the situation worse.

Personality Development plays an essential role not only in an individual's professional but also personal lives. It makes an individual disciplined, punctual and an asset for his/her organization. An in-dicipline individual finds it difficult to survive in the long run. Personality Development teaches you to respect not only your Boss and Fellow workers but also family members, friends, neighbors, relatives and so on. Never make fun of anyone at the workplace. Avoid criticizing and making fun of your fellow workers.

Personality Development helps you to develop on impressive personality and makes you stand apart from the rest. Personality Development also plays an essential role in improving one's communication skills. Individual ought to master the art of expressing their thoughts and feelings in the most desired way. Personal Development makes you a confident individual, who is appreciated & respected wherever he goes.



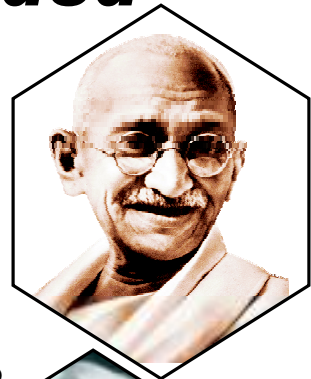
*By: Mahek Shahanawaz*  
F.Y.B.A.

# Famous 'Failure'

## Who succeeded

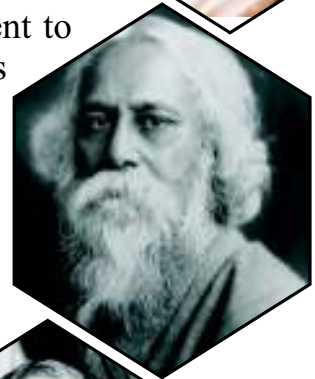
### **Mahatma Gandhi : (*Great Indian National Leader*)**

What better example can there be? An average student, Gandhiji passed his matriculation exam with difficulty. After studying law, he failed at establishing his practice in Bombay and was turned down for a part time job as a high school teacher.



### **Rabindranath Tagore : (*Writer, Painter*)**

Rabindranath Tagore was educated at home. At seventeen, he was sent to England for formal schooling, but he dropped out and did not finish his studies.



### **Franklin Roosevelt: (*32nd President of the united stated*)**

Franklin Roosevelt was paralysed by Polio at the age of 39. He went on to be elected President of the United State four times.



### **Bill Gates: (*American business magnet, investor, computer programmer*)**

Bill Gates, founder and chairman of microsoft, was a Harvard University drop out. The most iconic part is that he started a software company by purchasing the software technology form someone for only us 50 back then.



### **Albert Einstein : (*Theoretical Physicist*)**

When Albert Einstein was young, his parents thought he was mentally challenged. His grades in School were so poor that a teacher asked him to quit, saying, Einstein you will never amount to anything ! Einstein incidentally failed the entrance exam to the swiss Polytechnic Institute.



### **Abraham Lincoln: (*16th president of the united state*)**

Abraham Lincoln received no more than 5 years of formal education through out his lifetime. When he grew up, be joined politics and had 12 major failures before he was elected the 16th president of the united states of America.

● Ansari Uzma Manzoor Hasan  
S.Y.B.A.

# Why do you need sleep?

*Ansari Uzma Manzoor Hasan*  
S.Y.B.A.



Think about how you feel when you don't get enough sleep you feel tired, You can't think very well, and you may get angry easily.

Sleep helps keep you healthy. When you sleep, your muscles rest. So does your brain.

People who get enough sleep each night are able to think more clearly. They do not make as many mistakes as people who do not get good night's sleep. And they may react more quickly.

People who get enough sleep night after night also are better able to fight off diseases. They do not get as many colds and other illnesses as people who are always tired.

The best way to get a good night's sleep is to go to bed at the same time each night and wake up at the same time each morning. While you may want to sleeping can keep you awake the next night.

The next time it's bed time, give your brain a treat. Go to bed on time, and give it the rest it deserves.

# Women In Indian Politics

*Ayesha Nasir F.Y.B.A.*

It has been long since women have stepped out of their homes and have gained eminent positions and status in almost every field of society, be it education, corporate world or politics. Talking about Indian women has been involved in politics since ages. The very first name of woman in Indian politics who became a torch leader for other women was Razia Sultana. She was the only woman to have ruled over Delhi. Another name that needs a special mention is Nur Jehan (Wife of the Mughal Emperor Jehangir) She was considered the real force behind the Mughal throne during the Mughal reign.

The role of women in Indian politics witnessed in ancient India widened more in British India Anne Besant though was not an Indian but became the first women president of Indian National Congress (INC) in 1915. In 1916 she launched a Home league movement to fight for Indians & actively participated in Indian Independence movement. Then there was Sarojini Naidu who became the first Indian woman to be the president of INC in 1925 & became the Governor of United Provinces (President Uttar Pradesh) on 15th August 1947.

The status of women in Indian politics was never more significant than after Independence. This golden era for women in Indian politics started with the name of Mrs. Vijayalakshmi Pandit. She was an active worker in Indian Nationalist Movement & was the first Indian to be elected as the president of UN General assembly in 1953. Then came Sacheta Kriplani who became chief Minister of UP in 1963. The most important name in the category of women politicians came in 1966 & that was Mrs. Indira Gandhi. She became the first woman Prime Minister of India in 1966 & made the world stop & notice the immense potential of women.

Today as per 73rd & 74th amendment act, all local elected bodies reserve 1/3rd of their seats for women. The names such as Mamta Benerjee, J.Jayalitha, Uma Bharti, Vasundhara Raje Sindhia, Sushma Swaraj, Rabai Mayawati and last but not the least the two young MP's Agatha Sangma & Supriya Sule are well known politicians.

Though today the number of female politicians is less as compared to male politicians but they seem to be standing at more dominant & powerful positions, at last I would like to conclude with a quote, " In politics, if you want anything said ask a man. If you want anything alone, ask woman."

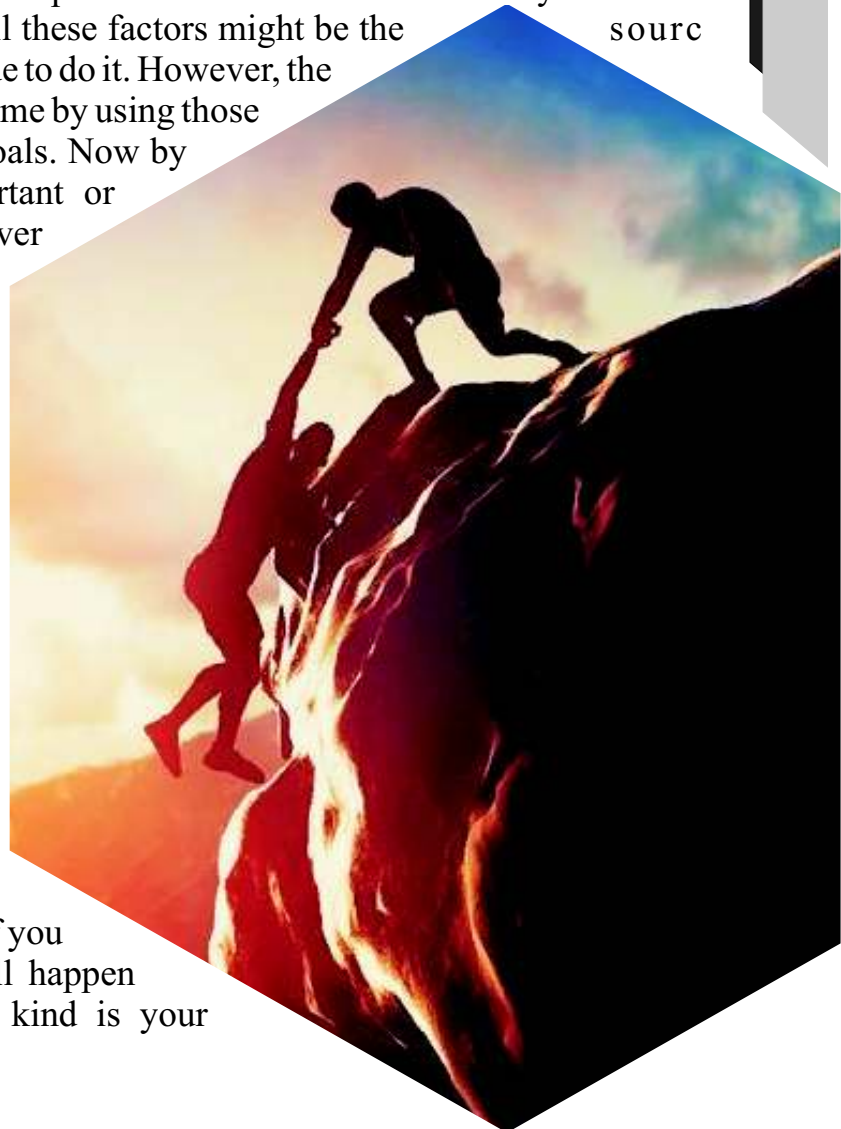
# Inspiration

*Fatima Bano Shaikh Ahmed*  
*F.Y.B.A.*

One of the most abstract matters in our world is a powerful word, termed, Inspiration. If we go by the dictionary, it is the process of being mentally simulated to do or feel something, especially to do something. Inspiration is what brings creativity & it's what makes our mind run with imagination. It's a powerful motivation that drives our world through different eras of technology & development each day. Yet the fact that makes inspiration so special, is that it comes from your day-to-day instances. It can come anytime & anywhere - today, tomorrow or perhaps even right now!

So what is your inspiration? Most would be from sensational videos, articles, stories, celebrities, & personalities of this modern age. It can sometimes also be born from communities or from among your peers. Inspiration can also come from your closest loved ones, that is your family. All these factors might be the source of your creativity & that makes you decide to do it. However, the best & the most long-lasting inspiration come by using those outside bits of motivation in your own goals. Now by that, it does not mean it is not important or essential to be a learner. All success - driven people now & then earn from the work done by others. What it means is; the success & creativity of others shouldn't be your only source of motivation. Knowing about other's achievement isn't the same as creating your own idea to your own success. This type of inspiration is known as passive inspiration. On the other hand, active inspiration is what truly makes us achieve our goals in life. Creating your own ideas, putting them forward & making mistakes during the entire procedure is what makes a person have active inspiration. Passive inspiration might give ideas but it is active inspiration that gives the momentum.

After all, life only moves forward if you create, experiment & produce. They all happen only if you have inspiration. So what kind is your inspiration?



# Wudu And Science

*Fatima Bano Shaikh Ahmed*  
*F.Y.B.A.*

## ***Wudu and High Blood Pressure***

A heart specialist remarked with assurance, 'If a patient of hypertension makes wudu and then his blood pressure is checked, his B.P. will be definitely lower.

A Muslim psychiatrist stated, 'Wudu is the best cure for psychiatric patients'. The western experts advise the psychiatric patients to wash their body parts like Wudu several times a day.

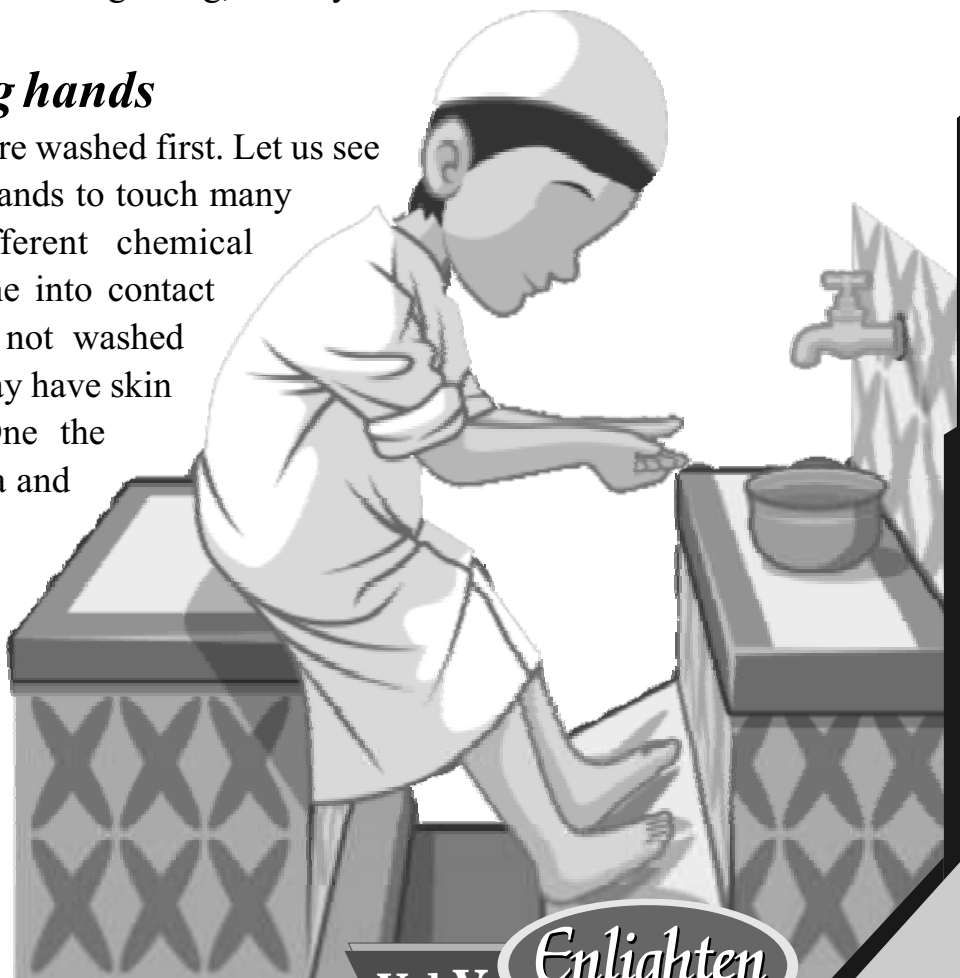
## ***Wudu And Paralysis***

Even the order of washing the body parts during Wudu beneficial of hands in the beginning alerts the nervous system, Causing the veins of the face and the brain to feel its effects gradually. The order of washing the hands, then rising the mouth, then sniffing water into the nose and then washing the face and other body parts reduces the risk of paralysis. If a person washes his head in the beginning, he may suffer several diseases.

## ***Benefits of washing hands***

In Wudu, the hands are washed first. Let us see its benefits. One uses his hands to touch many things. As a result, different chemical substances and germs come into contact with hands. If hands are not washed throughout the day, they may have skin infections e.g. pimples One the hand, skin irritaion, eczema and fungus infections etc.

When we wash hands, rays emit from our finger-tips, activating our internal electromagnetic system, a part of which approaches our hands and causes beautification of



the hand.

### ***Benefits of rising the mouth***

First of all, hands are washed in Wudu. Th is hands become free from germs; otherwise these germs would have reached stomach thereby causing several infections. The air we inhale contains a lot of deadly germs. Bits of food also remain in our mouth and around the teeth with Saliva. Hence rising of mouth and doing Miswak, in Wudu clean the mouth thoroughly. If mouth is not cleaned, following diseases may be caused.

- 1) Acquired Immune Deficiency syndrome (AIDS) - One of its early symptoms include mouth sores. Doctors have so far failed to discover any cure for AIDS. The immune system of the patient is unable to resist diseases, which causes his death.
- 2) Cracked corners of the mouth.
- 3) Moniliasis of the mouth and lips.
- 4) Rotting and blistering of the mouth.

If the person is not in the state of Sawm ( ). It is Sunnah to gargle the throat. One who gargle regularly will not suffer from tonsillitis and he will be saved from several types of throat infections including throat cancer.

### ***Benefits of sniffing water into the nose***

The tungs need air, free from germs, smoke and dust, with about 80% humidity. To provide this type of air, Allah has bestowed the nose upon us. To humidify the air, nose produces about one - fourth gallon of moisture. There are microscopic and inv invisible bristles in the nose. These bristles kill the germs coming with the air. In addition, these bristles also provide protection and are called Lysozyme. With this, nose protects eyes from infection.

### ***Benefits of washing the face***

Nowadays, pollution caused by smoke etc, is increasing in atmosphere, different chemical substances, lead etc, in the form of dirt and dust accumulate on the face and the eyes. If the face is not washed, the face and the eyes would catch several diseases. An European doctor wrote a thesis on the topic ' Eye water and health'. In that thesis, he emphasized, 'Keep washing your eyes several times daily; otherwise you would suffer dangerous diseases.

The experts of Environmental protection remarked. 'In order to prevent face allergy, One should wash it frequently.' ! This only possible during Wudu. , by washing face during Wudu, the face is massaged the blood circulation improves towards the face, dirt is removed and its beauty increases two-fold.



# *How to be successful In Life:*

## **13 Tips from worlds most successful people**

*Shaikh Najma Khursheed (T.Y.B. Com)*

No matter how old you are, where you are from or what you do for a living, we all share something in common -a desire to be successful. Each persons definition of success is different, however, some may define success as being a loving and faithful spouse or caring and responsible parent, while most people would equal success with wealth, fame, and power.

We all want to achieve success, so we could live a comfortable life, have financial freedom, drive a nice car and live in a beautiful house. Although success can be achieved, it does not come easy.

There are many tips and strategies out there on how to be successful in life, but I am a firm believe that there is no better way to succeed than to follow that footsteps of those who have already done so far. Here are 13 success tips from some of the world's most successful and renewed people.

### **Think big**

From Michelangelo Buonarroti, Great Renaissance Artist: "The great changer from most of us lies not in setting our aim too high and fulling short; but in setting our aim too low, and achieving our mark."

### **Find what you love to do and do it**

From oprah Winfrey, Media Mogul: "you know you are on the road to success if you would do your job and not be paid for it.

### **Learn how to balance life**

From phil knight, CEO of Nike Inc: "There is an immutable conflict at work in life and in business a constant battle between peace and chaos. Neithan can be mastered, but both can be influenced. How you go about that is the key to success."

### **Do not be afraid of failure**

From Henry Ford, Founder of Ford Motors. "Failure is simply the opportunity to begin again, this more intelligently."

### **Have an unwavering resolution to succeed**

From colonel sunders, founder of KFC. "I made a resolution that I was going to amount to something if I could. And no hours, nor amount of labour, nor amount of money wold bete me from giving the best that there was in me. And I have done ever since, and I win by it. I know."

**Be a man of action:**

From Leonardo da Vinci, Renaissance Genius: "It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things."

**Avoid Conflicts :**

From Theodore Roosevelt, 26th President of America "The most important single ingredient in the formula of success is knowing how to get along with people."

**Don't be afraid of introducing new ideas:**

From Mark Twain, Famed Author: "A person with a new idea is a crank until the idea succeeds".

**Believe in your capacity to succeed:**

From Walter Disney, founder of Walt Disney company: If you can dream it, you can do it."

**Always maintain a positive mental attitude :**

From Thomas Jefferson, 3rd President of America: "Nothing can stop the man with right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

**Don't let discouragement stop you from pressing on:**

From Abraham Lincoln, 16th President of America: "Let no feeling of discouragement pry upon you, and in the end you are sure to succeed."

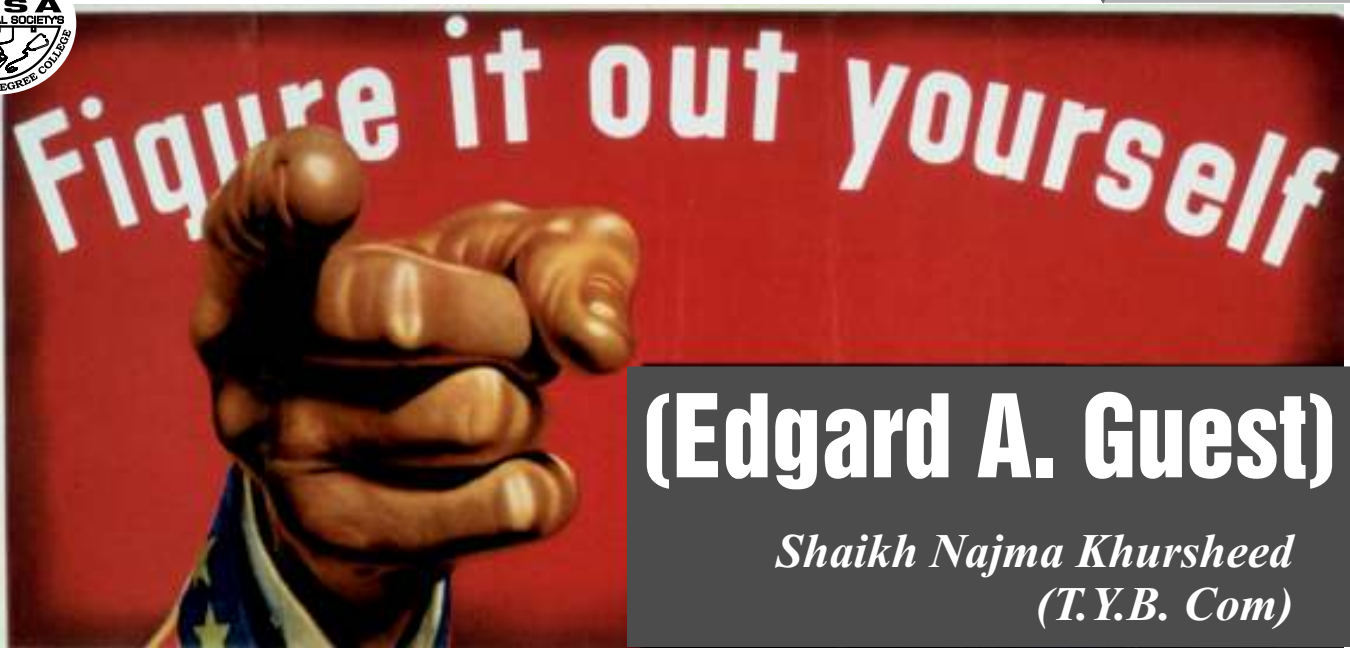
**Be willing to work hard:**

From JC Penny, Founder of JC Penney Inc: unless you are willing to drench yourself in your work beyond the capacity of the average man, you are just not cut out for positions at the top."

**Be have enough to follow your intuition :**

From Steve Jobs, Co-founder of Apple Inc: "Have the courage of follow your heart and intuitions. They somehow already know what you truly want to become. Everything else is secondary."





**(Edgard A. Guest)**

*Shaikh Najma Khursheed  
(T.Y.B. Com)*

Figure it out for yourself, my lad, had You've all that the greatest of men have two arms, two hands, two legs, two eyes, and a brain to use if you would be wise with this equipment they all began, so start for the top and say "I can."

Look them over, the wise and great, they take their food from a common plate. And similar knives and forks they use, with similar laces they tie their shoes, The world considers them brave and smart. But you've all they had when they made their start.

You can triumph and come to skill, you can be great if only you will, you're well equipped for what fight-you choose, you have legs and arms and a brain to use, And the man who has risen, great deeds to do Began his life with no more than you.

You are the handicap you must face, you are the one who must choose your place, you must say where you want to go. How much you will study the truth to know, Good has equipped you for life, But he lets you decide what you want to be courage must come from the soul within. The man must turnish the will to win, So figure it out for yourself, may lad, you were born with all that the great have had, with your equipment they all began. Get hold of yourself, and say: "I can."

Figure it out for yourself, my lad, you've all that the greatest of men have had.

# کڑوا لہجہ

صدیق تہذیب محمد حسین

مجھے آپ سے کچھ کہنا ہے۔ وہ چائے کا کپ ہاتھ میں لئے دروازے سے اندر آتی ہوئی بولی۔ عینک کتاب پر رکھتے ہوئے میں نے پلٹ کر کہاں ہاں بولوں کیا بات ہے۔۔۔؟ وہ آہستہ چلتی ہوئی قریب والی کرسی پر آ بیٹھی چائے میز پر رکھتے ہوئے بولی چائے پی کر دیکھئے نا کیسی بنی ہے اس سے پہلے کہ میں چائے پی کر بتاتا کہ کیسی بنی ہے میں نے یہ جاننا زیادہ ضروری سمجھا جو وہ کرنا چاہتی تھی اور پوچھا پہلے کہ کیا بات ہے وہ تو بتا دو ارے پہلے چائے دیکھ کر بتائیں کہ کیسی بنی ہے؟ بات بعد میں بھی بتا دوں گی کونسا میں کہیں بھاگی جا رہی ہوں۔ میں اس بات پر مسکرانے کی کوشش کرتا ہوا کپ کی طرف ہاتھ بڑھایا اور چائے کا کپ اٹھا کر گھونٹ بھرا۔۔۔ لیکن چائے میں کرواہٹ اس قدر تھی کہ مجھے وہ تھوکن پڑا اور میں نے چلاتے ہوئے پوچھا یہ کیا ہے چائے بنانی نہیں آتی تمہیں؟؟؟ یہ کیسی چائے بنائی ہے اتنی کڑوی۔ اور وہ مسکراتی کرسی سے اٹھ کر کھڑکی میں جا کھڑی ہوئی۔ اس کا مسکرانا میرے غصے میں اضافہ کر رہا تھا۔ لیکن میں رک گیا ایک تو چائے ایسی بنائی اوپر سے ہنس رہی ہوں چاہتی کیا ہوں؟؟ وہ مسکراتی ہوئی پلٹی اور بولی کہ کچھ نہیں بس آپ کو اتنا بتانا تھا کہ آپ کا لہجہ اس چائے سے بھی زیادہ کڑوا ہے۔ اگر آپ اس کڑوی چائے کا ایک گھونٹ حلق سے نہیں اتار سکتے تو سوچیں کہ آپ کے لہجے کے ہزاروں گھونٹ ایک نازک عورت روزانہ کیسے سہہ لیتی ہے۔ کمرے کی سنسان خاموشی میں گھڑی کی ٹک ٹک کے علاوہ کچھ نہیں تھا۔ اور وہ چائے کا کپ لے کر دروازے سے نکل گئی۔ ایک زندہ لاش کے مانند ناجانے رات کے کس پہر تک میں بس یہ سوچ رہا تھا کہ اتنا کڑواہٹ؟؟؟

اور عزت کا بیوپار کرے  
جب قوم کی غیرت سو جائے  
جب بہنوں کے دل جلتے ہوں  
جب سانس لبوں پر رک جائیں  
جب اک کنواری دوشیزہ  
جب خود کو ذلت میں ڈھالے  
اور اپنا آپ گنوا آئے  
تم ”ویلنٹائن“ کہتے ہو!

جب بیٹی چوکھٹ پار کرے  
جب باپ کی عزت کھو جائے  
جب بھائی کو طعنے ملتے ہوں  
جب ماؤں کی نظریں جھک جائیں  
جب شرم وحیا کا آمیزہ  
جب بے شرمی کو اپنالے  
جب غیر کے سینے لگ جائے  
تو ایسی حالت کو لوگوں

ویلنٹائن

# دماغ کو بچانے رکھنے کے گر سیکھے

انصاری عذرا پروین فائزہ احمد

یوں تو انسانی جسم کا کوئی عضو ہو قدرت کا انمول عطیہ ہے مگر دماغ کی حیثیت اپنی جگہ مسلم ہے۔ دماغ کی وجہ سے انسان خلا کو تسخیر کرنے کے ساتھ ساتھ نئی ٹکنالوجی تیار کرتا چلا جا رہا ہے۔ لیکن ہماری کچھ عادتیں ایسی ہوتی ہیں جو براہ راست دماغ کو متاثر کرتی ہیں۔ مثلاً

☆ ہم ناشتے کو اہمیت نہیں دیتے، یونہی تھوڑا بہت کھا لیا اور ستلی ہو گئی۔ ماہرین طب کہتے ہیں کہ صبح کا ناشتہ نہ کرنے سے جسم کا شوگر لیول کم ہو جاتا ہے جس کی وجہ سے دماغ کو درکار غذائی اجزاء تو انائی کی صورت میں نہیں ملتے اس طرح دماغ متاثر ہوتا ہے۔

☆ ہم میں سے کچھ لوگ بے نکا اور بے حساب کھانے کے عادی ہوتے ہیں۔ یہ صاحبان ذائقہ کے متوالے ہوتے ہیں اور کھاتے وقت مقدار کا تعین نہیں کرتے۔ اگر وہ جانتے ہیں کہ زیادہ کھانے سے ان کا دماغ متاثر ہوتا ہے اور دماغ کی آرٹریز سخت ہو جاتی ہیں تو شاید وہ ایسا نہ کریں۔ آپ دماغی قوت بڑھاتے بڑھاتے کم کرنے لگتے ہیں لہذا کھانے پینے میں اعتدال کا خیال رکھنا بہت ضروری ہے۔

☆ آلودگی چاہے کسی بھی قسم کی ہو، صحت کے بہت مضر ہے کیونکہ انسانی جسم میں سب سے زیادہ آکسیجن صرف کرنے والا عضو دماغ ہے اور فضائی آلودگی کی وجہ سے فضا میں سانس لینے سے دماغ کو ملنے والی آکسیجن کم ہو جاتی ہے جو ذہنی استعداد کو متاثر کرتی ہے۔

☆ نیند پوری کیا کریں کیونکہ ایسا نہ کرنے سے دماغ فعال نہیں رہتا پھر وہ کام کے وقت سونے لگتا ہے۔ آپ سوچیں گے تو دماغ کو اگلے بارہ یا چودہ گھنٹے کام کے لیے آرام ملے گا۔ جب طویل عرصہ تک نیند پوری کرنے کا عمل جاری نہ رکھا جاسکے تو دماغ کے سیلز مردہ ہو جاتے ہیں جو بری طرح دماغی کارکردگی کو متاثر کرتے ہیں۔

☆ سوتے وقت سر کو پھیٹانے کریں، اس طرح آپ پینکھے یا اسے سی کی ہوا کا براہ راست نقصان تو نہیں جھیلنے مگر اس طرح دماغ کے آس پاس CO2 کی مقدار بڑھ جاتی ہے۔ خواتین چوتی کھول کر سویا کریں تو بالوں کی افزائش بہتر ہوتی ہے۔ یاد رکھئے کہ O کے لیے یہ مشورہ دیا جا رہا ہے آپ سوتے وقت دماغ کی تعمیر کرنی ہے اس کی بربادی نہیں کرنی۔

☆ بیماری کے دوران ذہنی بوجھ والے کام نہ کیا کریں۔ بیماری کے دوران مطالعہ بھی نہ کریں اس طرح خلیوں کو نقصان پہنچتا ہے۔

☆ فضول گفتگو بھی دماغی صحت کو متاثر کرتی ہے۔ چیخنے، چلانے اور اشتعال انگیز رویے سے پرہیز کیا کیجئے۔ کیونکہ اس طرح دماغی کارکردگی متاثر ہوتی ہے۔ سوچ بچار ضرور کریں یہ آپ کے دماغ کو تیز، محرک اور فعال رکھے گی لیکن بوریٹ دور کرنے کے لیے فضول گفتگو کرنا دماغی کو آزماتش میں ڈالنے کے برابر ہے۔



