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**Published Research Paper**

Sr. No	Title of Research Paper	Year Of Publication	Level of Publication	Page Number
1	Effect of yogic practices On Self Actualization StressOf Engineering College Girls.	2017-2018	State Level	146-149
2	Effect of yogic practices on role stress of engineering college Girls students	2017-2018	International Level	31-33
3	Women Empowerment - A View	2017-2018	National Level	73-74
4	Effect of yogic practices on role stress of engineering college Girls students	2018-2019	International Level	71-73
5	Role Of ICT In Family Resource Management	2018-2019	International Level	78-82
6	Innovative Project of Maharashtra– <b>Skill Sakhi</b>	2019-2020	International Level	739-741
7	Working Women Stress	2019-2020	International Level	157-160
8	Stress and Women's Health	2021-2022	International Level	28-30
9	Women'sContribution in Traditional Craft	2022-2023	International Level	79-81
10	Role Of Students in Extension Activities	2022-2023	National Level	369-371
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**Published Chapter in Books**

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1	Emerging Trends in Interior Designing Page no. 130-146	Book title" Home Science Skills In Industrial Entrepreneurship for Upliftment Of Life" Editor- Dr. Chhaya Vidhale, Dr. Sharmila Kubade, Lulu Publication 3 101 Hillsborough st Raleigh,United State.	International	2021-2022
2	Role Of Alumni in Quality Enhancement In Higher Education Page no 21-23	"Role Of NAAC In Quality Enhancement In Higher Education Institution" Dynan path Publication' Amaravati	National	2022-2023







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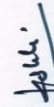
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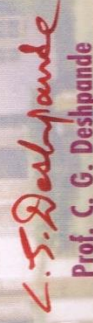
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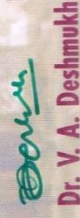
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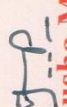
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31<sup>st</sup> January 2018

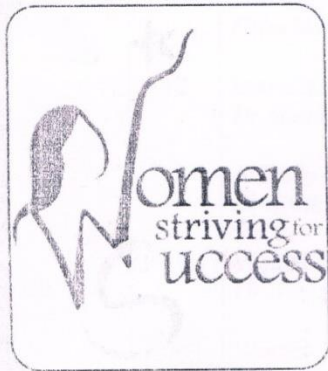
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## Women Empowerment - A View

Ujjwala Tikhe – Kandalkar

Assitt. Professor

Smt. V.N.M.Mv.Pusad

### Abstract :

In the simple terms empowerment is process to give or delegate power or authority to, or to give ability to or enable or permit the target. In fact Empowerment is multidimensional process which should enable individuals to relies there full identity and powers in all spheres of life. It consists of greater autonomy in decision making to enable them to have a greater control over the circumstances that influence their lives and free them from shackles imposed on them by custom, belief and practice. In general, development with justice is exposed to generate the forces that lead to employment of various section of population in the country and to uplift their living standard.

### Key words -

Women, Empowerment, Multidimensional, Decision-making, Development.

Women who were the most dormant segment of India population have now become active participants in all walks of life. Till know they were only unit of the family organization. Now women are becoming not only a significant unit of the society but also influencing the course of social change in society.

Women are an important element of our society. The modern society has started recognizing the individual identity of women. She is believed to have her aspiration, abilities and qualities as a man does have and it is also agreed that she should have the opportunities to develop her faculties and to express them according to her own choice.

Women can help the society in various ways. They can engage in social activities and work for the determent of the society.

Young educated girls can get engaged in profession of her choice we need more doctors engineers, software developers, and social workers. The world cannot grow at good pace unless woman came forward and take initiative for the development works.

They can contribute enormously in the field of health care, women education will also improve the level of sanitation and hygiene. As a mother, her role in the development of the emotional psychological aspect of the new born child has been also very significant she was not only the creator and maintainer of her child but an educator and disciplinarian as well.

The woman is now an important instrument of social change. The extent of woman's participation in the corporate life is thus the measure of social change in India.

Women's interest and participation in social life is increasing. This development is also the result of women's education and secularization of social values. Women are participating in social organizations are developing taste for leading a life of social involvement. Their interest in social and cultural activities is increasing. They have growing interest in travel and literary activities.

### Importance of women and empowerment:-

Women Empowerment in India is heavily dependent on many different variable include. Geographic allocation. (urban/rural) educational. Status, social status (caste and class) and age policies on women's empowerment exist at the national, state, and local (panchayat) levels in many sectors, including health education, economic opportunities, and gender based violence, and political participation.

Women empowerment refers to the creation of an environment for women where they can make decisions of their own for their personal benefits as well as for the society.

### Need of women empowerment :

1) **Under-employed and unemployed:** women population constitutes around 50% of the world population. A large number of women around the world are unemployed. The world economy suffers a lot because of the unequal opportunity for women at workplaces.



**2) Equally competent and intelligent:-**

Women are equally competent. Nowadays, women are even ahead of men in many socio-economic activities.

**3) Talented:-**

Women are as talented as men. Previously, women were not allowed higher education like men and hence their talents were wasted. But nowadays, they are also allowed to go for higher studies and it encourages women to show their talents which will not only benefit her individually but to the whole world at large.

**4) Overall development of society:-** The advantage of women empowerment is that there will be an overall development of the society. The money that women earn does not only help them and or their family, but it also help develop the society.

**5) Economic Benefits:** Women empowerment also leads to more economic benefits not to the individuals but to the society as well. Unlike earlier days when they stayed at home only and do only kitchen stuffs, nowadays they room outside and also earns money like make members of the society women empowerment helps women to stand for their family which grows country's economy.

**6) Reduction in domestic violence:** women empowerment needs to decreases in domestic violence, than educated women.

**7) Reduction in corruption:** women empowerment is also advantageous in case of corruption women empowerment helps women to get education and know their rights and duties and hence can stop corruption.

**8) Reduce poverty-** women empowerment also reduces poverty. Sometimes the money earned by the male member of the family is not sufficient to meet the demands of the family the added earnings of women helps the family to come out of poverty trap.

**9) National Development:** Women are increasingly participating in the national development process. They are making the nation proud by their outstanding performances almost every spheres including medical science social service, engineering.

**Conclusion:-**

Empowering women to participate fully in economic life across all sectors is essential to building stronger economies; achieve internationally agreed goals for development and sustainability and improve the quality of life for women, men, families and communities.

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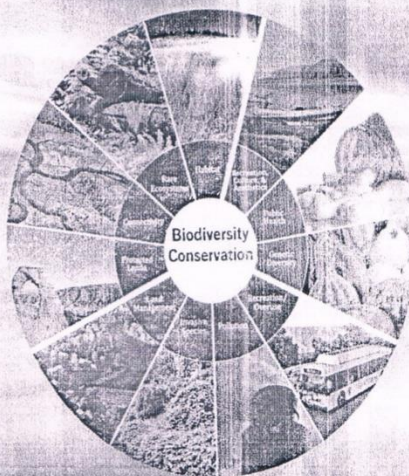
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## **Two Days State Level Seminar on Health and Nutritional Status of Women**



Organized by

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## Health and Nutritional Status of Women

### Effect of yogic practices on self Actualization stress of Engineering college Girls

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#### Abstract –

The aim of this study was to investigate the self actualization level and effect of yogic practices on reducing stress level of 24 girls studying in engineering college were selected for yogic practices. Before yogic practices Bisht Battery of Stress Scale was used for measurement of stress scale of self actualization. For one month one an hour yogic practices were given to the selected students. While yogic practice Asanas, Suryanamskar, Omkar chanting, Breathing exercise and Meditation were implemented. After one month again Bisht Battery of Stress Scale of self actualization solved by students, Mean and standard Deviation In girls before doing yoga self actualization mean was 23.00 (SD = 4.78) and after yoga practices mean was 18.58 (SD = 7.01) The mean and SD values for the Scale of self actualization. Stress of Self actualization factor in the girls student, showed remarkable decrease.

#### Keywords –

Self Actualization stress, yogic practices, Engineering, girl's students.

#### Introduction –

The concept of "self-actualization" has become popular in scientific literature due to humanistic psychology, where this concept is explained as a result of personal development of personal needs and abilities to implement individual potentials in any significant activity. The most popular and humanistic theory of developing people's self actualization is carried out by H. Maslow (1969a), who defines self actualization as one of the main human needs.

Abraham Maslow built a hierarchical pyramid relationship for human needs. At the bottom are basic physical needs like food and shelter. At the top is self actualization. Self actualization refers to desire for self fulfillment, namely to the tendency for them to be actualized in what they are potentially. This tendency might be phrased as the desire to become more and more what one is, to become everything that one is capable of becoming. Self actualization is at the top of Maslow's hierarchy of needs becoming "fully human" man.



## Health and Nutritional Status of Women

student life. Several stressors work behind the overall phenomenon of stress. The most common stressors in general include 'time urgency', 'work load' pressure to complete the certain task and deadlines. These stressors can either motivate or humiliate an individual in his or her educational journey.

In general, stress is associated with demands and resources. Demands can be every dy jobs, study is to confer about stress and how it averts students to accomplish their educational goals. As perceived by number. Researchers, human beings are significantly influenced by various psychological as well as physiological factors the experience in their everyday lives.

Engineering college is recognized as a stressful environment that often exerts a negative effect the academic performance, physical health and psychological well being of the student. In small amount stress is normal and can help us be more active and productive. However very high levels of stress experienced over a prolonged period can cause significant mental and physical problems study shows that along with academic factors health problem and the environment of colleges and hostels can play an important role in the development of stress.

Female students encounters with some additional problems. Even though the number of female student Appearing for engineering has increased & since last decade but still male dominance has not changed. Female students are aware that they are entering is a field which is classically dominated by males. This creates emotional problems which affects female engineers. The gender bias is even severe in mechanical and civil engineering fields. Where more than 90% of the class population is dominated by male. The Minority in most class's makes women feel like that they need to prove themselves to their profession, male counterparts and industry leaders. Also there is a lack of female companionship and there are high levels of competitiveness within the women in classes, which contributes to feelings of isolation and loneliness.

Yoga is very ancient practice that originated in India; the term refers to union or communion. For many yoga is viewed as a physical, mental and spiritual discipline that confers a sound body and a sound mind, the practice of yoga can help a person to achieve his or her full potential and help to increase spiritual consciousness. With this practice of yoga can help a person to reduce stress. The benefits of yoga i.e. posture (asana), breathing (Pranayama) and meditation (Dhyana), Omkar chanting and sun salutation (Suryanamskar) include increased body

### Health and Nutritional Status of Women

self actualization and is considered a part of humanistic approach to personality, Humanistic psychology for studying understanding and evaluating personality.

Some researchers argue that once these needs are met, an individual is primed for self actualization. Others maintain that there are two more phases an individual must progress through before actualization can take place.

These include "the cognitive needs" where person will desire knowledge and an understanding of the world around them, and the aesthetic needs" which include need for symmetry, order and beauty. Once all these needs have been satisfied, the final stage of Maslow's hierarchy self actualization can take place.

Rogers asserts that self actualization is tenders towards fulfillment, towards actualization, toward. The maintenance and enhancement of the organism. As organism grows, it seeks to fulfil potential within the limits and its heredity. The innate tendency toward self actualization often runs into conflict with two learned needs. Need for positive regards and the need for self regard. Rogers assumes the need for positive regard is universal; we all want to be accepted and loved by others. The need for self regard develop latter it is essentially that the internalization of those actions and value that others approve.

In particular, it is known that formation of student's professional self actualization is based on internal sources of development defined by student's synergetic self developing abilities and innovative decision making methods in modern educational environment.

The urgency of professional self actualization is stressed by modern requirements, educational documents, researcher's interests to the problem of improving professional education. It must be pointed out that professional self actualization is included in student's general professional competence characteristics and is usually defined by self regulated students educational activity.

Stress is relationship between the person and the environment that is considered by the person as something that surpasses his/her capabilities and resources and in endangering his/her well being. Stress is person's physical and psychological reaction to a perceived or actual demand for change. The demand itself is called a stressor and the steps people take to resolve or avoid the stressor are referred to as coping.

There are assorted perceptions regarding the influence of stress in student's performance. It is sometimes addressed in negative context; where as some find positive outcomes of stress in



## Health and Nutritional Status of Women

awareness, release muscular tension and increased coordination between mind and body. It is very useful for better management of stress and cultivates an overall feeling of well being.

### Objectives of the Study

1) To study the effects of yogic practices on Self Actualization. Stress of Engineering college girls.

**Hypotheses :** H<sub>0</sub>- Yoga wouldn't help to reduce Self Actualization

H<sub>1</sub>- Yoga helps to reduce Self Actualization

### Methodology :

The purpose of the study is to find out the effect of yogic practices on Self actualization of engineering college girls. To achieve these purpose 24 girls students were selected from engineering college Bisht Battery of stress scales was used for assessing stress level. Before giving practice of yoga scale of self actualization was solved by selected girls. The each yoga session was consisted to 60 minutes Duration for selected asana, pranayama and meditation .Duration of yogic practices was one month. After giving one month yogic practices to 24 girls Again scale of self actualization was solved by students scores were calculated of pretest and post test.

### Sample :-

Sample of 24 girls studying in engineering college were selected for experiment. Tools used – Bisht Battery of stress scale for measurement stress scale of Self Actualization yogic practices were selected for present study.

- 1) Asana in standing position, supine position, prone line position, sitting position.
- 2) Suryanamaskar
- 3) Omkar
- 4) Breathing & exercise, i.e. Pranayam, Prayer
- 5) Meditation



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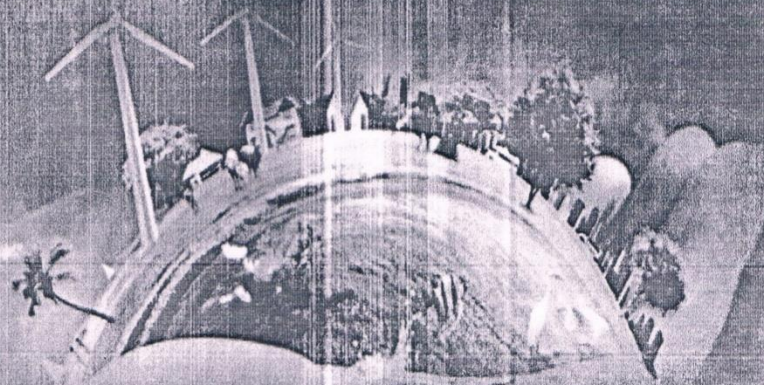
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05

## Effect of yogic practices on role stress of engineering college girls student

Ujwala Tikhe Kandalkar  
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Smt.V.N. M. Mv. Pusad Dist : Yavatmal

### Abstract –

The aim of this study was to investigate the role stress level and effect of yogic practices on reducing stress level 24 girls studying in engineering college were selected for yogic practices. Before yogic practices Bisht Battery of Stress Scale was used for measurement of stress scale of role stress. For one month one an hour yogic practices were given to the selected students. While yogic practice Asanas, Suryanamskar, Omkar chanting, Breathing exercise and Meditation were implemented. After one month again Bisht Battery of Stress Scale of role stress solved by students, Mean and standard Deviation In girls before doing yoga role stress mean was 13.88 (SD = 4.85) and after yoga practices mean was 10.29 (SD= 6.39) The mean and SD values for the Scale of role stress. Stress of Role Stress Factor in the girls student, showed remarkable decrease.

**Keywords** – Role stress, yogic practices, Engineering, girl's students.

### Introduction –

Stress is a part of day to day living of every individual. The college students may experience stress in meeting the academic demands. People An optimum amount of stress can always act as an energizer or motivator and propels people to apply the efforts and complete the work. But a high level of stress can be a serious threat to the personality traits of the

Individual and can cause physiological and social problem. It is generally says that the stress is caused by the external events and the dynamics of the environment. But emphasis the fact that the stress is caused by our reaction to the external environment. On one side stress provides the means to express talents and energies and pursue happiness on the other side it can also cause exhaustion and illness either physical or psychological.

Role can be defined as a set of functions which can individual performs in response to the expectation of the significant members of a social system and his own expectations about the position that he occupies. The role system and his own expectation about the position that he occupies. The role system consists of the role occupant and those who have direct relationship with him and thereby having certain expectations from the role, and role senders. The role occupant also has expectation from his/her role; thus he/she too is a role sender. There are two role systems for every person—the role space and the role set. Role space is the system of various roles that a person takes and performs. The self is in the centre in role space and all roles that are performed are arranged around it. The role set is the system of person's organizational role is in the centre and all interacting roles are arranged around it.

Stress is built up in the concept of role whenever there is conflict between the self, the role under question and other roles that the person occupies or where there is difference amongst expectations by individual or significant others, there is potential for stress. A role stress has been defined as 'any thing about an organizational role that produces adverse consequences for the individual' Kahn and Quinn conclude that role stress has consequences on variables like job related tension and emotional reaction. Role based stress not only affects the interpersonal relationships but also affects the psychological

and physical well being of an individual and his / her role performance.

Engineering college is recognized as a stressful environment that often exerts a negative effect the academic performance, physical health and psychological well being of the student. In small amount stress is normal and can help us be more active and productive. However very high levels of stress experienced over a prolonged period can cause significant mental and physical problems study shows that along with academic factors health problem and the environment of colleges and hostels can play an important role in the development of stress.

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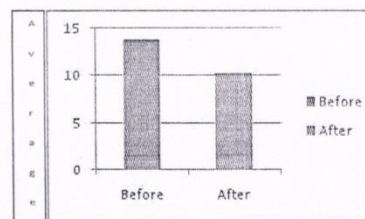
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Before and after stress of Boys and Girls.

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On the basis of results the following conclusion can be drawn

- 1) Yogic practices help to reduce stress level
- 2) There is significant effect of yogic practices to reduce Role stress level among engineering college girls.

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National Institute of Sports Science, Colombo-07, Sri Lanka

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THIS IS TO CERTIFY

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Smt. V.N.M.M. Pusad.

OF

HAS ACTIVELY

PARTICIPATED IN THE INTERNATIONAL CONFERENCE ON YOGA FOR GLOBAL WELL-BEING, DURING  
9TH-12TH FEBRUARY 2019, AS DELEGATE / RESOURCES PERSON / INVITED SPEAKER. HE/SHE HAS  
PRESENTED PAPER/POSTER TITLED EFFECT OF YOGIC PRACTICES ON ROLE STRESS OF  
ENGINEERING COLLEGE GIRLS STUDENTS.

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Organizing Chairman - Conference  
Head, HVPM Yoga & Naturopathy Dept.  
Amravati (Mah.) India

**Mr. G. L. Sajith Jayalal**

Director,  
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**Prof. Ravi Sahu**

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## Effect of yogic practices on role stress of engineering college girls student

Ujwala Tikhe Kandalkar  
Department of Family Resource Management  
Smt.V.N. M. Mv. Pusad  
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### Abstract

The aim of this study was to investigate the role stress level and effect of yogic practices on reducing stress level 24 girls studying in engineering college were selected for yogic practices. Before yogic practices Bisht Battery of Stress Scale was used for measurement of stress scale of role stress. For one month one an hour yogic practices were given to the selected students. While yogic practice Asanas, Suryanamskar, Omkar chanting Breathing exercise and Meditation were implemented. After one month again Bisht Battery of Stress Scale of role stress solved by students, Mean and standard Deviation In girls before doing yoga role stress mean was 13.88 (SD = 4.85) and after yoga practices mean was 10.25 (SD= 6.39) The mean and SD values for the Scale of role stress. Stress of Role Stress Factor in the girls student, showed remarkable decrease.

**Keywords**– Role stress, yogic practices, Engineering, girl's students.

### Introduction –

Stress is a part of day to day living of every individual. The college students may experience stress in meeting the academic demands. People An optimum amount of stress can always act as an energizer or motivator and propels people to apply the efforts and complete the work. But a high level of stress can be a serious threat to the personality traits of the Individual and can cause physiological and social problem. It is generally says that the stress is caused by the external events and the dynamics of the environment. But emphasis the fact that the stress is caused by our reaction to the external environment. On one side stress provides the means to express talents and energies and pursue happiness on the other side it can also cause exhaustion and illness either physical or psychological.

Role can be defined as a set of functions which can individual performs in response to the expectation of the significant members of a social system and his own expectations about the position that he occupies. The role system and his own expectation about the position that he occupies.

The role system consists of the role occupant and those who have direct relationship with him and thereby having certain expectations from the role, and role senders. The role occupant also has expectation from his/her role; thus he/she too is a role sender. There are two role systems for every person – the role space and the role set. Role space is the system of various roles that a person takes and performs. The self is in the centre in role space and all roles that are performed are arranged around it. The role set is the system of person's organizational role is in the centre and all interacting roles are arranged around it.

Stress is built up in the concept of role whenever there is conflict between the self, the role under question and other roles that the person occupies or where there is difference amongst expectations by individual or significant others, there is potential for stress. A role stress has been defined as 'any thing about an organizational role that produces adverse consequences for the individual' kahn and Quinn conclude that role stress has consequences on variables like job related tension and emotional reaction. Role based stress not only affects the interpersonal relationships but also affects the psychological and physical well being of an individual and his / her role performance.

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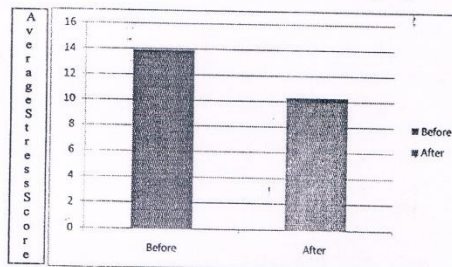
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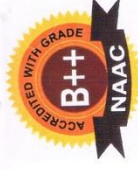
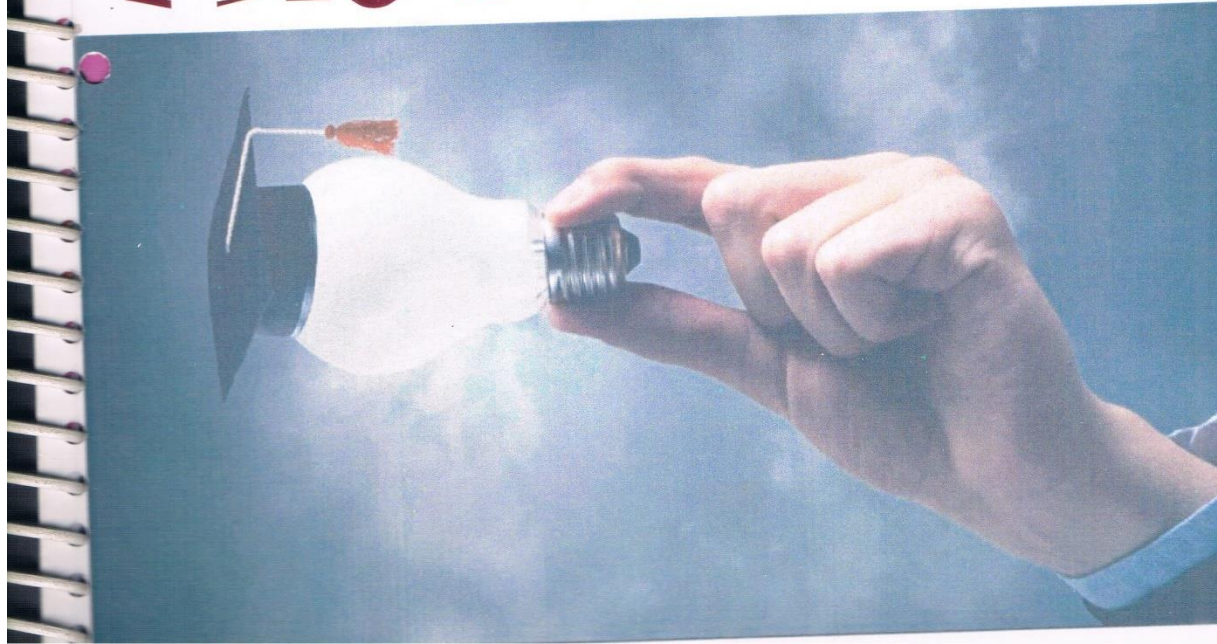
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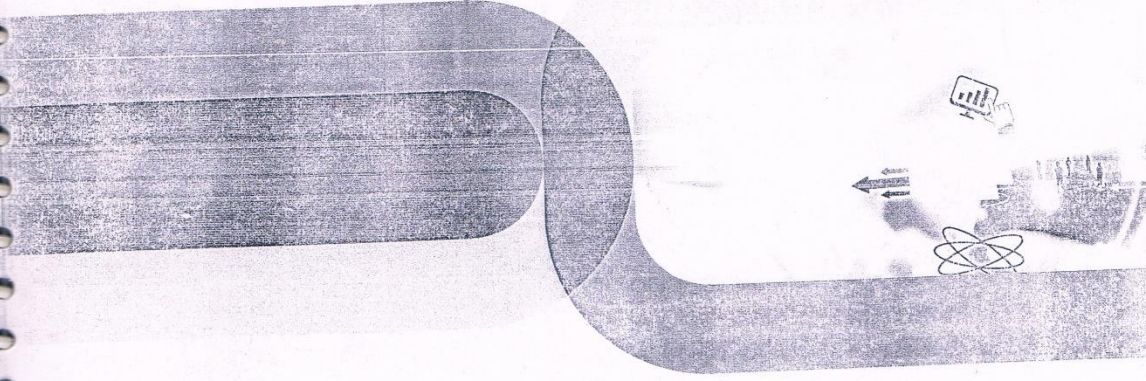
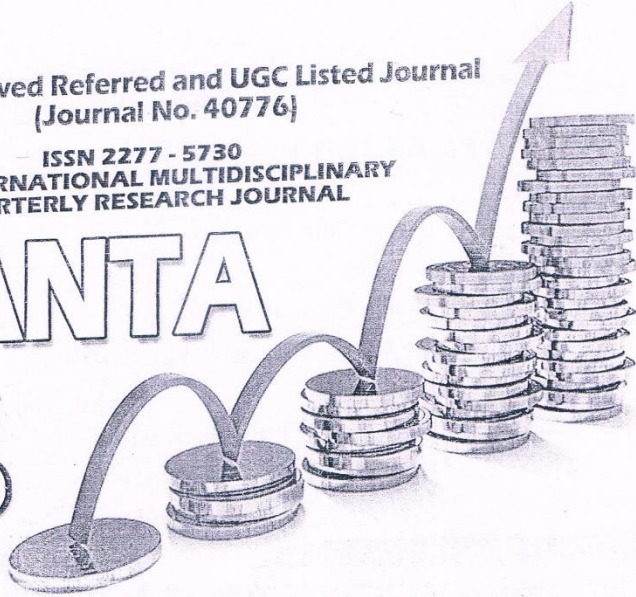




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## 18. Role of ICT in Family Resource Management Education

**Prof. Ujwala Tikhe Kandalkar**

Family Resource Management, Smt. Vastalabai Naik Mahila Ma. Pusad.

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### Abstract

ICT have become an integral and accepted part of everyday, life for many people, especially the use of social network among youths. Its increasing importance gives a clear signal that in no distant time, it will become a functional requirement for employment in the world of work. Family Resource Management is one of the subject of home science faculty. This paper explains the need to apply information & communication technology in effective teaching and learning of family Resource Management. ICT tools are television, cameras, video, and computers, others are social networks such as Gmail & search engine & 3.D home software, Computer aided Drafting. (CAD)

**Keywords-** 3.D Home software CAD, ICT

### Introduction

Information are facts or details about something while communications are methods by which it is delivered. Technology is practical application of science or the art applying scientific knowledge to practical problems. ICT is any equipment interconnected system by equipment that is used in the automatic acquisition, storage, manipulation, management, control, display. Switching and transmission of information. These include computer applications, internet and newsprints, radio, television and telephones.

- Integrating ICT into the reaching/ learning Process has great Potential to enhance the tools and environment for learning. Research and experience have Shown that ICT, Well used in classrooms, enhance the learning process. ICT motivate and engage students in the learning Process. Research shows that students are motivated only when the learning activities are authentic; challenging, multidisciplinary, and multisensory, video's, television, computer multimedia software can be excellent instructional aids to engage students in learning process. In addition, sound, color and movement stimulate the students sensorial apparatus and bring a sense of enjoyment to the learning Process.

ICTS Provide opportunities for students to practice basic skills on their own time and as their own place. It results the gap between the rapid and slow learners. ICT Provided assess to worldwide information resources at single click.

- Family resource management is meant to leap learners with skills and aptitudes to maximally enhance family life through the optional utilization of its human and material resources. A well balanced family resources management. Curriculum prepares students to becomes responsible citizens in a democratic society prepares them for profession through which they can fill competent place in the technological world as well as the important profession of home waking.
- Family Resource Management
- Family Resource Management lessons such as budget. Can be taught using Google sheets to teach basic concept of a budget.
- Use excel to teach budget
- Use interior design & floor plan software or teach floor coverings
- Uses of google calendar to teach reminder of recurring events in the home.
- Using of gmail for keeping contacts.
- Using the computers to teach how to shore household inventories such as family income, expenditure, receipts, menus and files.
- The use of computer as a means of relation as educational tools for family members such as playing of games.
- Use 3D home architect software.
- Use Computer aided drafting software.

#### Computer Aided Drafting Software.(CAD)

The electronic computer is one of the most remarkable modern instruments in human history. The computer with the developments in electronics is taking us into an information technology revolution. Due to this revolution powerful micro-computers, graphic monitors, printers, plotters and CAD packages have entered the market; which are very easy to operate and not expensive to purchase. Computers are extensively used for both engineering designs and drawing purposes.

Architectural and Interior Design drawings are an integral part of building construction for the past many years. It is the link between design and construction. Information is quickly



communicated to the site of building construction in the form of drawings prepared as per the required designs. It is believed that a picture or drawing is worth more than thousand words for communication. The speed of graphic comprehension can reach as high a rate as 50,000 times that of reading. An interior design drawing is prepared by using drawing instruments. The recent alternative is to prepare the drawing with the aid of computer. This method is known as 'Computer Aided Drafting (CAD)'. Most of the computer aided drawing packages can be learnt easily even without any computer operating experience. It is because of the fact that they are basically menu driven.

There are four fundamental elements of a drawing. They are:

1. Points
2. Straight lines
3. Arcs
4. Curves

In a computer aided drawing system the points can be located by selection the position with the curser, snapping the grid points or by entering the numerical values of the co-ordinates of the points. There are many useful functions employed in a CAD system. Which are not possible manually.

#### 1. FACILITIES IN CAD SYSTEM

- a) Scaling- To enlarge or diminish the size of a displayed drawing without changing its shape.
- b) Zooming- To enlarge or reduce a selected area of the drawing seen on the screen.
- c) Translating- To move parts of a drawing and redrawing them in a new position to a chosen scale.
- d) Rotation- To rotate the features around a selected centre and redrawing them at the new position.
- e) Mirroring- To reverse the image or drawing on the chosen line of symmetry.
- f) Duplicating- Copying a feature or component many times and displaying it in an orderly manner.

#### 2. ADVANTAGES OF USING CAD

- a) Construction of quality drawings is possible. The quality of lines, dimensions, symbols etc., does not depend on the individual skill of the draughtsman.

- b) Database can be created, which will be useful for retrieval and easy access for others.
- c) Storage library can be created with commonly used architectural, building, electrical and other components. These can be drawn and stored in memory and recalled as and when required,. They can be positioned anywhere on the screen and drawn to the required scale and angle.
- d) Different layers can be used and a stack of transparent sheets. They may be made together as a complete drawing as required.
- e) High level of dimensional accuracy can be obtained.
- f) Drawing can be edited easily Correction mistakes, copying, moving, deleting and inserting can be done quickly and easily.

### 3D Home

Sweet home 3D is an interior design application the helps you to quickly draw floor plan of your house, arrange furniture on it and visit he result in 3D.

### Features

- Draw walls and rooms upon the image of and existing plan, on one or more levels
- Drag and drop doors, windows and furniture from cat log on to the plan
- Update colors, texture, size and orientation of furniture, walls floors and ceiling's.
- View all changes simultaneously in the 3D view form any view point.
- Create photo realistic images and videos with various light sources.
- Important additional 3D Models and export the plan at various standard formats

### Conclusion

As move into the 21<sup>st</sup> century , many factors are bringing strong force to bear on the adoption of ICT in education, It is believed that the use of ICT in education can increase access to learning opportunities. It can help to enhance the quality of education with advanced teaching methods; improve learning out comes and enable reform or better management of education system. The use of ICT creates and open environment which enables the storage and reuse of information materials as also it enables the interface among the teacher's as well as students. CAD and 3D home Architecture software are useful in teaching Family Resource Management.





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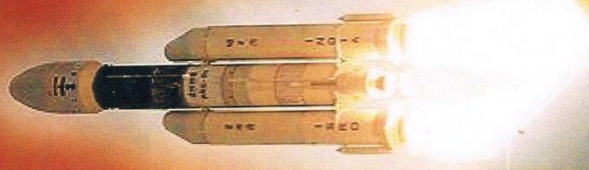
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*T. S. Shinde*



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on  
Academic Research and Innovation in Teaching  
&  
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## Innovative Project Of Maharashtra –Skill Sakhi

Dr. Ujwala Tikhe Kandalkar

**Abstract**

*Skills and knowledge are the driving forces of economic growth and social development in a country. As opposed to developed countries, where the percentage of skilled workforce is between 60% and 90% of the total workforce, India records a low 5% of workforce (20-24 years) with formal vocational skills.*

*Realising the importance, more than 20 Ministries/Departments run 70 plus schemes for skill development in the country. The National Skill Development Mission launched by the Ministry of Skill Development and Entrepreneurship on July 15, 2015, aims to create convergence across sectors and States in terms of skill training activities. Besides consolidating and coordinating skilling efforts, it also aims to expedite decision making across sectors to achieve skilling at scale with speed and standards. Skill Sakhi is an initiative UNDP and Government of Maharashtra to tackle the problem of quality mobilization of women. The initiative was launched in 2016.*

**Keywords-** Women, Empowerment, Educational, Social, Political, Skill Sakhi.

It is believed that economic strength is the basis of social, political and psychological power in the society. Thus the lower status of women mostly stems from their low economic status and subsequent dependence and lack of decision making power. Therefore, if women gain economic strength, they gain visibility and voice. Empowerment which means, "becoming powerful" is a process by which individuals, groups and communities are able to take control of their circumstances and achieve their goals. It enables them to work towards helping themselves of empowerment such as educational, economic, psychological, social, and political are interlinked.

The initiative promotes mobilization and skilling of employable girls and women in the peri-urban and rural areas through network of young women community leaders. It focuses on bridging the information gap among women and girls on skill development, creating employment and entrepreneurship opportunities, enhancing the role of the private sector in skill development and employment, promoting women entrepreneurship in key areas such as small retail, and supporting community-managed resource centers for women.

The Skill Sakhi initiative promotes mobilization and skilling of employable girls and women in the peri-urban and rural areas of the state through a network of young women community leaders (the Skill Sakhis). Skill Sakhis are a special cadre of young women in the age group of 18-25 years with a good social network in their villages. These Skill Sakhis have access to digital content provided to them through Pratham's Smart-PC. The content includes employment awareness, life skills and information about various important elements like hygiene, safety, etc. Skill Sakhis form groups of women who can access this content and disseminate it amongst women who may not have direct access to this content. The role of Skill Sakhis in the Nagpur and Aurangabad Career Guidance and Counseling Centres is essentially to create aspirational village leaders who can motivate and inspire young girls and women in the village to appreciate the value in skilling and educating themselves, hence, enabling the community members to access information and utilize the avenues of higher education and skilling available to them.

The Skill Sakhis are envisioned as the next generation leaders, who can be the local change-makers engaged with the panchayat or lead an all-female village committee akin to Mahila Gram Sabha focusing on women's issues in the community. While reaching the maximum women through 'Skill Sakhi', the State Government also plans to introduce innovative projects based on local requirements and available resources.

The Skill Development and Entrepreneurship Department, Government of Maharashtra in collaboration with the United Nations Development Programme (UNDP), have developed a unique initiative named "Skill Sakhi" which focus on the quality mobilisation of women. This initiative promotes mobilisation and training of employable women in the rural and urban areas through young women community leaders. In this article, we look at the Skill Sakhi in detail.

The objectives of the Skill Sakhi are explained below.

- To support underprivileged women in India to learn marketable skills and connect with income opportunities.
- To help women become economically self-sufficient through training, employment and entrepreneurial skill development.

The underprivileged girls and women in Aurangabad, Nagpur and Mumbai districts of Maharashtra are the eligible participants of Skill Sakhi, Maharashtra.



The Government of Maharashtra has introduced significant reforms, wherein rural women can explore options for alternative income apart from agriculture. It focuses on bridging the gap among women on skill development, creating employment and entrepreneurship opportunities. Also, it enhances the role of the private sector in skill development and employment, promoting women entrepreneurship in selected areas such as small retail, and supporting community-managed resource centres for women.

Skill Sakhis are a specific group of women in the age group of 18-25 years with an extensive social network in the village to access the digital content through Pratham's Smart-PC. The digital content includes employment awareness, life skills and details about other elements like hygiene, safety, etc. Also, these groups of women can access this content as well as disseminate it among other women who don't have direct access to this content. The role of Skill Sakhis in the Nagpur and Aurangabad is to provide career guidance and counselling centres to create inspirational village leaders who can motivate their skills and inspire young women in the village. Skill Sakhis enables the community members to access information and utilise the avenues of higher education and skilling available to them. The Skill Sakhis are envisioned as the next generation leaders, who can be the local change-makers engaged with the panchayat or lead an all-female village committee to Mahila Gram Sabha focusing on women's issues in the community. While reaching the maximum women through 'Skill Sakhi', the State Government also plans to propose innovative projects based on financial requirements and available resources. As of now, 1086 "Skill Sakhis" in Nagpur and Aurangabad have mobilised over 15000 girls and young women towards skill training, career guidance and counselling activities and psychometric test.

- Women welfare programmes for achieving more significant impact, need to be cross-sectoral and not confined to a single department or ministry. In a clear departure from experience, the state government has demonstrated this by extending the mandate for development and empowerment of women and integrating it with the Department of Education and Skill development.
- Involvement of the community is more important to mobilise in a better way.
- Maharashtra is a highly industrialised state with plenty of opportunities for skilled job seekers and entrepreneurs. With 65% of the population below 35% of age, India has a young and aspiring workforce that will contribute to the nation's rapid progress. However, Maharashtra faces a challenge to create meaningful and aspirational opportunities for employment for nearly 1 million youth that enter the state's workforce each year.
- The Make in India initiative of Government of India is a step in that direction – to boost investment, promote manufacturing & services, and create jobs for local youth. This is complimented by the Skill India campaign that seeks to empower the young population by providing employable skills for jobs in the modern economy.
- In Maharashtra, the Department of Skill Development and Entrepreneurship was formed in 2015 to streamline the vocational training and livelihood promotion activities of the government. The Pramod Mahajan Kaushalya and Uddyojakta Vikas Abhiyaan (PMKUVA) is the flagship program of the department that provides free skill training to youth through Industrial Training Institutes (ITIs) and empanelled private Vocational Training Providers (VTPs).
- The program has gained traction with more than 1,50,000 students undergoing training at the moment, more than half of them being women. The department has also launched an online platform MahaSwayam (<https://www.mahaswayam.in>) – a single point of information for skill training, employment and entrepreneurship opportunities for aspiring candidates in the state.
- The various skill development initiatives offer unique opportunities for collaboration with the government. The private sector can play a crucial role in making the Skill India campaign a success by providing industry linkages to trainees, apprenticeships, designing industry-oriented curricula and modernising training infrastructure & facilities.
- Maharashtra is a highly industrialised state with plenty of opportunities for skilled job seekers and entrepreneurs. With 65% of the population below 35% of age, India has a young and aspiring workforce that will contribute to the nation's rapid progress. However, Maharashtra faces a challenge to create meaningful and aspirational opportunities for employment for nearly 1 million youth that enter the state's workforce each year.
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#### 4. Don't be so hard on yourself

Much of our stress is self-imposed. Most of us set competitive targets regarding salaries or positions on the corporate ladder. When we don't achieve our targets, we get stressed and depressed.

Understand that success and ambitions take time, opportunity and, often, luck to materialize. Don't take it personally.

#### 5. Get enough rest

Your stress levels will drop when you are well rested and you will be able to take on your job challenges with more composure. Give your body the sleep it needs at least seven to nine hours a night.

Most of us go through the day using a "push, push, push" approach, thinking if we work the full eight to 10 hours, we'll get more done. Instead, productivity goes down, stress levels go up and you have very little energy left over for your family.

It is necessary to fit in breaks throughout the day to walk, stretch at your desk or do a breathing exercise. Intense concentration for about 90 minutes, followed by a brief period of recovery, will help clear the buildup of tension and re-stimulate our

#### Conclusion:

In today's society, women's roles often include family ssobligations; care giving for children and/or elderly parent (statistically more likely to be a woman) and work responsibilities as well as other roles. As demands increase to fulfill these roles, women can feel overwhelmed with time pressures and unmet obligations. They may feel a sense of failure in not being able to meet expectations for themselves and others. Oftentimes women spend more time meeting the needs of others rather than nurturing their own needs. If functioning at high stress levels, women may not even recognize what their needs are. Because stress itself causes great physical damage, it's important for women to relieve stress in ways that nurture our bodies and souls. A regular stress management practice is a must, and it can come in the form of a hobby, a type of exercise, a tension-taming practice, or some other habit, but it's important to make time for such things that can keep you feeling your best.

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## **Certificate**

This is to certify that Prof. Dr. /Mr. /Ms. Ujjwala Tikhe Khandalkar has actively  
of Smt. V.N. Mahila Mahavidyalay Pusaol  
participated in the Conference held on 11<sup>th</sup> March 2020 and has presented a research paper in the  
subject Home Science entitled Working Women Stress.

during technical session of the conference.

  
Sau. Vaishali Sanjayrao Deshmukh  
Secretary,  
S.D.B.K.S.S. Chincholi No 2

  
Dr. Vijay M. Gawande  
Off. Principal/Convener



### Working Women Stress

Dr. Ujwala Tikhe kandalkar

Smt. V.N.M.Mv. Pusad

The Industrial Revolution in part was fuelled by the economic necessity of many women, single and married, to find waged work outside their home. Women mostly found jobs in domestic service, textile factories, and piece workshops. They also worked in the coal mines. For some, the Industrial Revolution provided independent wages, mobility and a better standard of living.

For the majority, however, factory work in the early years of the 19th century resulted in a life of hardship.[1]

Women in India have come a long way after independence. From just a skilled homemaker, women today have acquired skills and capabilities of not just being a homemaker but being at par with their male counterparts. This is the new generation of women, who wants to pursue their dream career. But this life is not a bed of roses for all.

More conflict arises with the working mother. One has to fulfil the demand at work followed by various demands at home. In today's scenario the husband and wife both work towards creating a balance with their work life as well as at home with their children. But it is still difficult for women as she has to play multiple roles of a cook, a family maid, a tutor, a nurse as well as cater to the demands of office work. This can leave a working woman stressed and anxious. Various demands at home. In today's scenario the husband and wife both work towards creating a balance with their work life as well as at home with their children. But it is still difficult for women as she has to play multiple roles of a cook, a family maid, a tutor, a nurse as well as cater to the demands of office work. This can leave a working woman stressed and anxious; **Stress is a reaction to a change or a challenge.** In the short term, stress can be helpful. It makes you more alert and gives you energy to get things done. But long-term stress can lead to serious health problems. Women are more likely than men to report symptoms of stress, including headaches and upset stomach. Women are also more likely to have mental health conditions that are made worse by stress, such as depression or anxiety. Stress can be your friend or your foe. When stress fuels the spark of personal achievement, it can work to your benefit by making you more perceptive and productive, acting as a motivator and even making you more creative. But when stress flames out of control—as it often does for many of us—it can take a terrible toll on your physical and emotional health, as well as your relationships.

There are many symptoms of stress. Each woman reacts to stress in unique ways. Common symptoms of stress in women include:

- Physical. Headaches, difficulty sleeping, tiredness, pain (most commonly in the back and neck), overeating/under eating, skin problems, drug and alcohol misuse, lack of energy, upset stomach, less interest in sex/other things you used to enjoy.
- Emotional. Anxiety, depression, anger, unhappiness, irritability, feelings of being out of control, mood swings, frustration.
- Mental. Forgetfulness, worry, can't make decisions, negative thinking, lack of focus, boredom.
- Occupational. Work overload, long hours, tense relations, poor concentration, unfulfilling job.
- Social. Less intimacy, isolation, family problems, loneliness.
- Spiritual. Apathy, loss of meaning, emptiness, unforgiving, doubt, guilt, despair.

There are many causes of stress. Men and women share many of the same sources of stress, such as money matters, job security, health, and relationship issues. Perhaps a little more unique to women are the many roles they take on. In today's society, women's roles often include family obligations, care giving for children and/or elderly parent (statistically more likely to be a woman) and work responsibilities as well as other roles. As demands increase to fulfill these roles, women can feel overwhelmed with time pressures and unmet obligations. They may feel a sense of failure in not being able to meet expectations for themselves and



others. Oftentimes women spend more time meeting the needs of others rather than nurturing their own needs. If functioning at high stress levels, women may not even resigning addition to the health symptoms that are brought on by stress, these additional health problems can develop in women exposed to stress over long periods of time.

- Depression and anxiety. Women have higher rates of these conditions and other psychological disorders including panic disorder and obsessive compulsive disorder than men.
- Heart problems. Stress increases blood pressure and heart rate.
- Headaches and migraines. Tension headaches are more common in women than men.
- Obesity. Women are more prone to stress-related weight gain than men.
- Bowel problems. Stress can lead to such bowel problems as irritable bowel syndrome.
- Pregnancy issues. Women with higher stress levels have a more difficult time becoming pregnant than women with lower stress levels.

Menstrual problems Premenstrual syndrome is more severe with increase in what The National Institute for Occupational Safety and Health (NIOSH), the US agency responsible for conducting research and making recommendations for the prevention of work-related illness and injury, provides these statistics regarding stress in the workplace:

- 40 percent of workers reported their jobs were very or extremely stressful
- 25 percent view their jobs as the number one stressor in their lives
- 75 percent of employees believe that workers have more on-the-job stress than a generation ago
- 29 percent of workers felt quite a bit or extremely stressed at work
- 26 percent of workers said they were "often or very often burned out or stressed by their work."

Stress has been linked with a variety of physical ailments from headache to depression to symptoms that mimic a heart attack. The balance between stressors and your ability to cope with them, however, can determine your mental health. When the stressors in your life match your coping abilities, you feel stimulated, engaged and appropriately challenged. Too many stressors in your life that overwhelm your attempts to cope can result in depression or anxiety.

Depression can feel like a pervasive sense of hopelessness, a feeling of wanting to give up, tearfulness or a sadness that does not seem to go away after a couple weeks. Anxiety can feel like a chronic state of feeling "keyed up" or "on edge." Some people who are depressed or anxious have physical symptoms, such as changes in sleep or appetite (too much or too little).

Chronic depression and anxiety have been linked to other physical problems, such as cardiovascular disease, chronic pain, hypertension and diabetes. If you notice symptoms of depression or anxiety, it is important to get them treated. Your health care professional or mental health professional can help.

Regardless of your physical or mental symptoms, talk about the stress in your life with your health care professional. A thorough assessment by your health care team will help determine the cause of these symptoms. You may find that stress has triggered an illness, such as high blood pressure etc.

Research indicates that women's biological response to stress is to "tend and befriend"; this is, make sure the children are safe and then network with other women in stressful times. Men's biological reaction to stress is to go into the "flight-or-fight" mode. Studies indicate that the hormone oxytocin, which has a calming effect, is released during stressful times in both men and women. Estrogen may enhance oxytocin release, while testosterone may diminish it; this may be one reason that women seem to seek social support more often than men when under stress. However, women have also been socialized from an early age to look to their social group, particularly their female friends, for support when under stress, whereas men tend to engage in activities, such as exercise or even using substances, when under stress. During stress, hormones including adrenaline and cortisol flood the body, resulting in:



an increased need for oxygen, increased heart rate and blood pressure constricted blood vessels in the skin, tensed muscles, increased blood sugar levels, increased clotting ability of blood, spilling of stored fat from cells into the bloodstream, constriction of bowel and intestinal muscles.

All this can strain your heart and artery linings. In fact, if you already have coronary heart disease, stress might lead to chest pain, called angina. Plus, the increased tendency for blood to clot during stress may lead to a clot in your coronary arteries, causing a heart attack.

Other physical dangers of stress include stomach problems as your bowel and intestinal muscles constrict and depression and anxiety. While stress doesn't cause these mental illnesses, it can activate them in people who may already be prone to them.

Stress can also cause what has been termed "toxic weight gain." Cortisol, a hormone released when you're under stress, is an appetite trigger. That's why so many women eat more—and less-than-healthy food—when under a lot of stress. Those extra calories are converted to fat deposits that gravitate to the waistline. These fat deposits, called visceral fat, are associated with life-threatening illnesses such as heart disease, diabetes, high blood pressure, stroke and cancer. Chronically high levels of cortisol may stimulate the fat cells inside the abdomen to fill with more fat. As you age, this expanding waistline can be life threatening.

Too much stress can also affect your immune system, weakening it and making you more susceptible to colds, coughs and infections. At work, as in life, there are many things that we cannot control. While some stress is a normal part of work-life and moderate amounts of stress can be stimulating, excessive stress can interfere with productivity and affect your physical and emotional health. Women are under constant pressure with company restructuring, lack of managerial support and lastly, balancing work and family life which leaves them feeling drained.

Women face additional workplace pressures such as having to prove they are as good as men, not being valued or promoted, unequal pay and being expected to perform in certain ways. Indigenous dubiousness and stereotype threat is present in many workplaces and women frequently bear the brunt.

In order to prevent this from happening, top officials should make sure women have more flexible working, better career security and progression. The companies and organizations should also allow women employees to work from home whenever needed.

#### **Actions speak louder**

We undergo stress when we ascertain that situations are out of our control. It triggers the stress hormone and, if chronic, wears down self-confidence, concentration and well-being.

It is considered that you identify the aspects of the situation you can control and the ones you cannot. Basically, you're in control of your actions and responses, but not in control of macro forces.

Just doing your bit is enough; don't fret upon what others think or do.

#### **Get sufficient exercise**

Regular exercise is not only essential in keeping you physically healthy but it also boosts mental well-being.

Exercise produces endorphins, which are chemicals in the brain that act as natural painkillers, leading to improved sleep and diminished stress levels.

World Health Organization recommends that healthy adults should target to do at least 150 minutes of moderate intensity aerobic physical activity a week.

#### **Don't smoke, eat or have caffeine to de-stress**

Nicotine is a powerful stimulant which can lead to higher, not lower, levels of anxiety. It also contains caffeine which can raise levels of the stress hormone cortisol. It also has a mild addictive effect. Relax your mind, drink less coffee.

Stress may also make you reach for junk food, such as potato chips or doughnuts which are high caloric foods. Instead stock up your work desk with healthy alternatives, such as:

Dry fruits and nuts

Soy chips

Whole wheat crackers

Fruits and vegetables



#### 4. Don't be so hard on yourself

Much of our stress is self-imposed. Most of us set competitive targets regarding salaries or positions on the corporate ladder. When we don't achieve our targets, we get stressed and depressed.

Understand that success and ambitions take time, opportunity and, often, luck to materialize. Don't take it personally.

#### 5. Get enough rest

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## *Certificate*

This is to certify that prof. Dr./Mr./Ms. Ujjwala Tivare (Karnalkar) has actively  
of Smt. V.N. Mahila Mahavidyalay, Puroad.  
participated in the conference held on 29th April 2022 and has presented a research paper in the  
subject Home Economics entitled Stress and Women Health

during technical session of the conference.

Sau. Vaishali Sanjayrao Deshmukh

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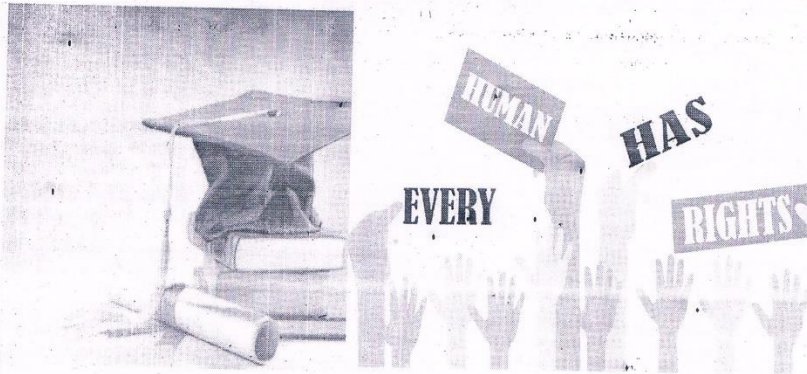
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**Stress And Women Health**  
**Dr.Ujwala Tikhe Kandalkar**

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**Abstract-**

Stress is a condition that women experience at one time or another, whether they are under pressure at work, managing a busy household, or dealing with personal issues. Those who are unsure of how to deal with stress at risk for developing both mental and physical ailments. Fortunately, several stress management techniques can effectively reduce feeling of worry anger and frustration in a safe and healthy manner

Key words- stress, stress management techniques

**Introduction**

Today women work along with men in every field and scale great heights. They work in the defense force, drive the railway engines, work in the police department, custom hospitals, airlines, tourist agencies and almost every other field. They work with more tenacity, with more devotion. They have to walk on tightropes at home and at the workplace, yet they organize the job and the household extremely well.

In India women occupy a secondary position. However, much we talk about liberation of women, in the middle-class families, household is a priority. They look after the children, aged in-laws, sisters-in-laws, relatives and occasional guests. She has no time left for herself and her health problems are ignored. Women who have shift duties and find it extremely difficult. They do not attend to their health unless there is an urgency and they get a final warning of the disease that they are suffering from.

Women in the city who work do the same thing in their busy schedule of household management: they rush to their places of work trying to avoid late marks. In the evening when they come back, they look after children's studies, then cook a meal to get ready for the next day. They keep on rushing, be it nature's call or their own meal. In the morning they prepare breakfast for everyone but they have no time to eat it. They have a good meal in the afternoon which results in gastric conditions, constipation and weight increase. They have no time for exercise or hobbies as a result there are lots of physical complaints, back pain, lower back pain, stiff joints, obesity etc. Scarcity of time is one major reason for stress in today's life. Knowledge of managing stress should increase your awareness and management of self, thus improving chances of success leading to tranquility and happiness in your life.

It must be understood that management of time and space are absolutely critical to the success of women, regardless of the definition of stress. Most people understand it as physical, mental or emotional strain or tension. Most of us experience that in movement of extreme danger some changes come about in our body system. Sensing the extreme danger weather use of a speeding truck heading towards you when you are crossing the road or a terrorist entering the bus or train you are travelling in, the brain gets the danger signal and respond to this signal by pumping certain hormones and adrenalin in our blood stream. This is done through use of adrenal glands which release rich burst of sugar from the liver. This also activates the pituitary and thyroid glands. All this happens within a few microseconds. These changes happen as if a lightning charge of energy has been exploded within a person which helps him to respond to the danger, in our examples, by running away from the speeding truck, by jumping out of the bus or train and so on. This is known as a fight or flight mechanism. To protect us from threats, nature has given us stress hormones, which instantly and spontaneously go in to action and release huge energy. It is common energy. It is common experience that when we are angry and fretting and fuming, the color of your face changes, our eyes bulge out and become red, face muscle become stiff, throat gets choked some kind of forth comes in the mouth and we clench our fists or use them to strike things around us. We are generally not aware that our headache indigestion, high blood pressure, fatigue, diabetes all because of the stress we have in our lives.



**Develop the right attitude towards time -**

women do not have right attitude towards time. They do not understand that minutes and hours are very important in today's world and unless one is able to extract 60 seconds out of a minute, success is not possible. So having the right mind-set about time is all most important.

**Develop the right attitude towards stress -**

It should be understood that stress is part of living and only a dead person is without stress. So, expect that you would be under some stress whether you like it or not, so worrying about stress does not reduce stress, it increases it. Problems whether personal or related with workplace, have to be handled and worrying about them reduces the chances of their getting sorted out. Hence do not worry but do everything within your control to handle the problems. Look at the positive aspect of stress, there are many situations where stress acts as positive motivator. Stress of filing a report by media person or the stress of meeting the deadline of the publisher by author or even the stress of reaching office or venue of meeting at the appointed time, stress of student getting through in an important examination and so on, can help individuals in meeting their targets for achieving their goals. This is part of purposeful or meaningful living. Worrying about such things and generating stress must not be avoided. Many persons inflict or impose stress on themselves as if they are seeking stress in every situation. Anxiety and worry are part of personality of certain individuals. If you ask them how they are the most likely response of such persons would be as if they are favoring the almighty by going through their lives.

**Simple techniques to manage stress -**

- 1) learn to put things in right Perfect Two perspective
- 2) face the risk rather than running away from it
- 3) work on your strengths
- 4) identifying your stress factor
- 5) stop what you are doing when you feel stressed
- 6) get counselling from an expert
- 7) Devise Your own time management program
- 8) devise your own physical activity program.

**The basic principles of time saving-**

- 1) Make a clear list of priorities -

Start with making a list of jobs to be finished in the day. The phone calls to be made, people to meet with, jobs waiting at the table, meeting to be attended etc., list them all in your diary. A glance will make you take note of priorities and then start- you are sure to finish in time.

- 2) Tackle only one job at a time-

Doing many things simultaneously is not easy. The very idea is based on distraction. What's more, none of the jobs gets finished at the end of the day. You are left with so many loose ends that confusion reigns and delays happen with a domino effect. One job at a time gets your undivided attention and the job is done, all loose ends neatly tied up. Even simpler task like watching TV while eating and then picking up the newspaper to scan quickly should be avoided.

- 3) Try to delegate responsibility to your helpers-

The irregularity of schedules compels us to seek help from others. Such help is forthcoming only if we have groomed closeness with them. Never take yourself for a superman. Recognize your own feelings and do not hesitate taking help.

- 4) Always do a cross check-

For every major meeting check about everything right from whether the meeting is still on and its time and place. You can do it by pressing a few buttons without leaving your seats but it will save you a lot if there is any last-minute change in the program.

- 5) Speed up your act -

We, especially, are always stressed for time thanks to the unpredictability of our duties. It always helps to speed up and finish before time.

- 6) Avoid jobs less important-

When the diary shows chock-a-block appointments, routine phone calls can always wait. Postpone them for some other time. Organize more jobs such that they can be tackled on the way to the office. Also, the household jobs that afforded to wait can wait, like sending goodwill messages.



**7) Plan the days' time table-**

Our day has to follow the jobs chalked out for it. If they are well planned with a proper order, wastage of time is minimum. To achieve all this, first buy a diary. Every Sunday sit specially to plan a whole week out, on the lines given below -

- a) Write down the list of jobs to be finished
- b) Note down the telephone calls to be made and for what purpose.
- c) List the jobs in the order of priority.
- d) Time to be reserved for the family.
- e) Time for exercise.
- f) Bedtime etc. as per individual requirement.

Women can manage stress by practicing healthy self-care strategies for coping with stress. Examine your negative stress signs in each of these six life areas: physical, emotional, mental, occupational, social, and spiritual. Here are some suggestions.

**Physical.** Exercise, practice relaxation techniques (yoga, meditation, listen to relaxing music), eat healthy (for example, follow the Mediterranean diet), schedule leisure time, get enough sleep (7 to 9 hours/night).

**Emotional.** Express your emotions, repeat positive emotions, and work toward a healthy self-esteem.

**Mental.** Have a positive outlook, realistic thinking, resilient attitude, and be creative.

**Occupational.** Establish doable goals, identify home-work balance, set limits.

**Social.** Strive to maintain loving relationships, establish healthy boundaries, and stay connected with friends.

**Spiritual.** Find your meaning/purpose, focus on gratitude, stay in the present moment.

**Personal wellness plan**

A personal wellness plan with goals can be helpful. Goal setting can seem overwhelming. These practical steps can get you started.

- Review life areas. Examine the six life areas for potential change.
- Identify goals. Be aware of what needs to be done and set goals.
- Be specific. Know what you want to accomplish.
- Set measurable targets. Move in the right direction.
- Be realistic. Set smaller goals that are achievable.
- Identify resources. Use helpful resources to reduce potential problems.
- Set time limits. Consider reasonable, specific time limits.
- Evaluate progress. Make changes as needed.

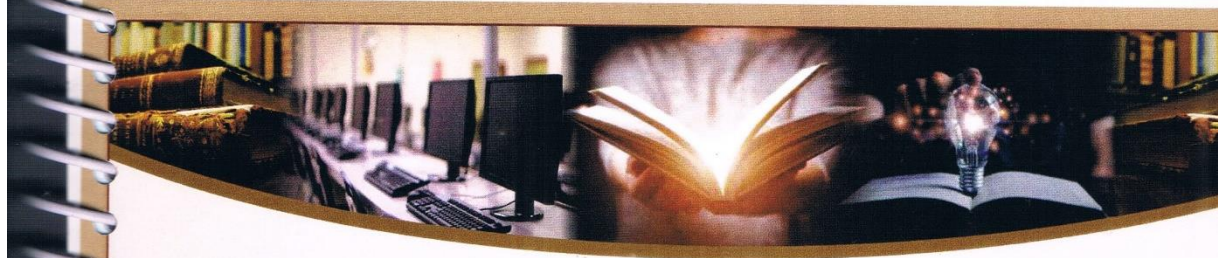
**Conclusion-**

Women will continue to experience stress in their lives. A personal wellness plan with built-in periods of recovery and self-care can help women manage stress and empower themselves to make healthy life changes.

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## Women Contribution in Traditional craft

Dr. Ujwala Tikhe Kandalkar

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Abstract India has taken longer than most to fully embrace women's empowerment. There are numerous causes for why this occurred. A few of the reasons for this include the fact that women's education is given less priority, the Indian notion that women should not leave the home to work since they are pride of the home, and the perception that males are more capable or superior. It's crucial to remember that women have made great contributions to the economic, social, cultural, and political realms despite these challenges. Women have traditionally contributed significantly to the growth of countries all throughout the world. rapidly and effectively with material!

Key words - women's empowerment, economic, social, cultural, and political

Indian handicrafts, which are mostly created by rural artisans, exude a special charm that has long been praised throughout the world for the bright combination of colors and fine craftsmanship. The majority of the nation's handicrafts, or 78.2% of all production, are produced by rural units or cottage enterprises. They are the artistic expression and are a part of the social history and customs of India. They are mostly female and work in a variety of occupations, such as small-scale packaging and assembly of consumables, hand knitting, embroidery, stitching, handicrafts, clothing, and carpet and shawl weaving. They also assemble electronic components for fans, washing machines, irons, or the production of glass bangles and pottery. Women created and used the crafts for the interior decoration of homes in the eighteenth and nineteenth centuries. They produced crafts for diverse social source and with distinct goals. On one level, it might have been a kind of artistic expression; on another, it might have been a result of a home responsibility or financial necessity; and on a third, it might have been a hobby or form of entertainment.

The high level of expertise and knowledge required for the manufacture of handicrafts and looms has been passed down from generation to generation. Even though anybody can learn the skills through training, it is still a caste-based profession in that handloom weavers and potters' children naturally receive training from their parents. However, the potter caste typically not stick to weaving fabrics instead of manufacturing clay pots. This system of caste-specific crafts is still in place, but it is no longer held that each caste has a particular employment that is "ordained" for them.

Crafts are items that are manufactured by hand. Craft India is best known for its handicrafts. Crafts have been popular for a very long time. Rural labor is the origin of handicrafts. Indian handicraft products are created by skilled artisans utilizing a variety of ancestral techniques. Many handicrafters use natural, sometimes even wholly original materials, while others could prefer new, unusual pieces or even upcycle manufactured materials. The golden rule states that only handcrafted items can truly be considered works of art; those created by mass production or machinery are not considered works of art. Typically, iron handicrafts are kept on the porch or furniture. It consists of wall decor, jhulas, tribal-themed showpieces, candle holders, and many other handicrafts.

Women are the origin of everything good, so the saying goes. The same holds true for handicrafts as well. Women have always worked in the handicraft and handloom industries. Home-based artists are one of the largest groups of workers in this handicraft sector and are typically marginalized.

House-based work has been acknowledged as a company that is operated in the home by both independent artists and individualistic artisans. The majority of them are women who work in a variety of occupations like the assembly of electrical components for ventilators, washing machines, bangles, or the manufacture of glass bracelets and porcelain items, small-scale packaging, and gathering of commodities. There is a huge number of income-producing ventures are involved in the home-based area in which regularly women artisans are engaged. Textile, garment production, food processing, handicraft, coir industry, dairy, and chikan needlework are involved in these enterprises. Both in rural and urban regions, very slight importance is given to this disorganized division. The wages are remarkably inferior and craftsmen face great problems and exploitations. However, a large number of women artists are sunk in this quarter just because of a lack of individual stocks, like





training and experience, non-availability of work chances, and regulating practices that control women's versatility outside the home.

According to the World Bank paper, after agriculture, the second most significant way of women's jobs is home-based work. In India, it is for ages now that the women were made to sit at home and not allowed to work. And while sitting at home, they used to weave and make articles from it on their own. And sometimes even sell it from home earning their own income. It was also that in earlier times, women can help their husbands. But with changing times, many females have even started their own businesses and have reached tremendous heights in this very sector.

Home-based workers are divided into 2 categories:

Dependent workers:

This category of workers is the one's that work for someone. They are given deadlines for the handicrafts that are needed to be made and delivered. Such women workers make handicraft items for small scale or large-scale handicraft business that are then sold to the wholesalers, retailers, and the consumers.

Independent workers:

Independent workers are the one those who make and sell the handicrafts themselves. But these independent workers sometimes have artisans below them, or they only make and sell the handicrafts.

When we discuss Indian women working in the country's handicrafts industry, Ruma Devi is the first name that comes to mind. Ruma is the definition of a strong woman. She is an entrepreneur and artist from the Rajasthani area of Barmer. Ruma, who portrays a traditional Indian woman with a modern outlook, wears her identity like an armor while wearing a traditional Rajasthani skirt and a veil over her head. As the saying goes, modernism is a state of mind, not something you wear. Ruma has benefited much from her entrepreneurial ventures in terms of her own empowerment as well as the empowerment of the women in her village, community, and all of India as a whole. Ruma explained in-depth to Expo Bazaar how working for a living outside of one's native country was a foreign and "strange" concept. Nevertheless, she set out to find other women who shared her desire to work for a living while using their knowledge of folk and handicrafts. Women began to associate with her over time. She created and is still writing her own success story with her commitment to her abilities and art, making India proud. The ladies of Jaisalmer are a great example of how to flourish in the field of handicrafts and achieve financial independence. The ladies of Jaisalmer have contributed significantly to the city's economic development. According to a report by ANI, they have turned handicrafts into a significant source of income that has boosted the economy and given the area a distinct character. They are forced to pick between going home and going to work, and they rely on their partner for money. However, the tide is turning for working women as a result of a significant shift in time.

Women artisans' lives have changed significantly as a result of the handicraft and craftsman business; they now receive full support and prompt payment, and the successful breadwinners of their families, have established themselves as change agents, and lead prosperous lives. The underprivileged women have seen their potential and have learned to rely on themselves. It is discovered that they are successfully juggling their families and their jobs. Crafts are a reflection of the culture, aesthetics, and traditions of the craftspeople who make them. The transparency of a handmade item determines its true attractiveness. The underprivileged women have seen their potential and have learned to rely on themselves. It is discovered that they are successfully juggling their families and their jobs. Crafts are a reflection of the culture, aesthetics, and traditions of the craftspeople who make them. A handcrafted item's true beauty unquestionably rests on the material's transparency, its hints of culture, and its artistic flair. The history of handicrafts in India is extensive. The vast collection of traditional Indian handicrafts has endured through the decades. Everything is promised by Indian culture's legacy: grace, dignity, shape, and fashion. These handicrafts showcase inherited talents, meticulous craftsmanship, and an air of glory.

The most substantial contribution to economic growth is made by handicrafts. For a very long time, home-based labor has been a significant economic activity for both men and women. The market has advanced and internationalized in recent years, but men benefit more from it and move to the many lucrative areas. As a result of these workers' adaptation to the unorganized sector, women





have experienced increased insecurity, which has led to their exploitation and devaluation of their skills.

**Conclusion:**

Women used to be hesitant about participating in their traditional handicraft employment, but now they are eager to learn and capitalize on their skills. Because of their talent, the individuals have been able to support their families. We are all aware of how difficult it is for women to juggle work and family responsibilities. Anyone who works 12 to 16 hours per day, seven days per week, will find it mentally and physically draining. Women's contributions to the workforce have been underestimated for as long as we can remember. That ought to have been clear to everyone from the start. Women have just started to become more independent and have achieved this via their persistent work.

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**Emerging Trends, Opportunities and  
Challenges In Higher Education**

**Date : 28th January, 2023**

**Organized By**

Janata Shikshan Prasarak Mandal's  
Smt. Vatsalabai Naik Mahila Mahavidyalaya Pusad,  
Department of Home Science and IQAC  
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## Role of Students in Extension Activities

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### ABSTRACT

It aims to foster in students a sense of involvement in social work's role in nation-building. Active engagement in the day-to-day activities of the community deepens comprehension of the social environment and enriches his or her personality. In addition to being a welcome addition to traditional classroom instruction, this learning process fosters in students a sense of a particular goal. To develop pupils' social awareness by giving them opportunities to interact and work alongside people. To become knowledgeable about social reality, to become concerned about the welfare of society, and to start taking innovative and useful social action.

### I. INTRODUCTION

We are aware that anyone may contribute to the greatness of their country by imagining, thinking, and acting. Students are seeds, but people are established trees. Good seeds produce good trees, and good trees provide good fruit. A student develops into a good citizen, and a good citizen improves society.

"Good students — ethical society — wonderful nation" is the formula for a great nation. A good student creates a morally upright society that is free from corruption, politically balanced and adheres to accepted economic standards. A country with integrity endures forever.

The pupils are the nation's future heirs. Therefore, they ought to have strong moral, political, and economic beliefs. They serve as the foundation for stunning structures.

The nation's critical organs are its students. The "Nation's Most Needed" categories, such as producers, protectors, philosophers, etc., are possible future citizens who belong to this group. The necessary items are produced by producers, who may work in the food, electronics, engineering, etc. industries. Protectors defend the country. The nation is guided by philosophers. In addition, the student must perform these acts of life in order to build the ideal country.

Students, a nation's future, are crucial to the process of establishing that nation. By doing his tasks in a morally upright manner, each citizen can contribute to the development of the country. One should be sincere about their obligations, both for themselves and for the fulfillment of the country. We all know that life is short and that there is much to be done for our society, our country, and the entire planet. There are primarily two responsibilities that we must fulfill honestly. The first is to put up the most effort in the shortest amount of time while avoiding stress, and the second is that no matter our position in society, we must make earnest efforts in whatever we do. By upholding moral principles and doing good deeds, students may contribute to their community and the country. They should be able to shape themselves into responsible citizens with the aid of educational values. We should all give academic discipline significant thought, as everyone knows. Students shouldn't deceive themselves by engaging in things that can lead them astray from their goals. Students need to think carefully and honestly about their futures. They ought to be aware of their place in



society. In any nation, the youth represent the most vital and dynamic element of the population. Statistics indicate that developing nations with sizable youth populations might experience significant growth in all areas of their economies if they invest in young people's rights, education, and health. It is thought that the youthful minds of today will become the leaders, inventors, builders, and innovators of tomorrow.

My faith is in the younger generation, the modern generation, and out of them will come to my workers, stated Swami Vivekananda once. This remark illustrates the influence that young people can have on society. More than 60% of the youth contributed to Germany's superior or inferior victory in the First World War. More than 80% of the Youth who engaged in the preparation of the entire trip were involved in the mission to send the very first person to walk on the moon. Indian youth also contributed significantly to the liberation of our nation from British domination. Youth play an important part in the development of a nation. They can have a good impact on society and help to find a solution by coming up with novel and effective ideas that will only advance the welfare of the nation. They have the capacity to build an individual identity, which will facilitate making an impression. The youth can make our nation great if they have the support of their family and friends. When the Youth are together, we can improve the quality of life for everyone. In any nation, the youth represent the most vital and dynamic element of the population. Statistics indicate that developing nations with sizable youth populations might experience significant growth in all areas of their economies if they invest in young people's rights, education, and health. It is thought that the youthful minds of today will become the leaders, inventors, builders, and innovators of tomorrow. India is the largest democracy in the world, but it still lags in terms of sociopolitical and economic development. After all these years, we still haven't succeeded in obtaining the freedom and national development that our freedom fighters battled for. We have failed to combat unemployment, poverty, corruption, illiteracy, and violence in our nation for the past 72 years. India's rankings have barely improved in recent years across all development indices. In the Human Capital Index, the World Happiness Index, the Human Development Index, and the Gender Development Index, India is ranked 116, 131, 144, and 141, respectively. This demonstrates the condition in which our nation is. India must work to raise all of these indexes if it wishes to this demonstrates the condition in which our nation is in. The Youth must step up and assume responsibility for combating the numerous inequities and helping to advance the development of the nation if India is to improve all these statistics. According to statistics, India has an advantage over other nations because 62% of its population is under 25. Young people are known for having imaginative and diligent brains, which will aid in the development of the nation. Only if youth are given appropriate opportunities in a variety of fields can they alter the nation. We have been encouraged to choose careers in engineering or medical science in our culture. This could be as a result of social pressure or family pressure. This has grown to be a significant factor in the youth's demise. According to statistics, 55% of young engineers are unemployed because they lack the qualifications to secure employment. Youth can influence society. If young people think about pursuing careers in domains like politics and the arts, they can influence society. We may anticipate a significant shift in the evolution of the nation if the Youth are provided with the right opportunity to reflect their opinions in arenas like politics. Young people should be inspired to get involved in politics and hold important posts like the minister of education, minister of finance, bureaucrat, and even prime minister.

The mission of the extension is to help individuals, organizations, and communities to improve their lives and environments through an extensive process that brings scientific research in an understandable and useful form to the public. Many students do not understand the extension administrative structure or approach to educating the public active environment in developing solutions to extension problems shows students how they can make difference to the lives of farmers or stakeholders. Think about major measuring in extension education if students want to work with women youth and adults in agriculture and natural resources at the field level for rural development. student can work with applied aspects of agriculture science.

Youth must be encouraged and given access to good health, training, and education if they are to be effective leaders, inventors, and innovators who can change the world. When the Youth are employed and generating money rather than being dependent on anyone, the economy of the nation will grow. National Service Scheme



(NSS) was introduced in 1969 with the primary objective of developing the personality and character of the student youth through voluntary community service. 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi.

## II. OBJECTIVES OF N.N.S.

Giving kids rich and significant educational experiences so that their education is comprehensive and purposeful.

- to build the skills required for democratic leadership and program development that will aid in the transition into the independent workforce.
- to provide them with the resources for personality development.
- Recognize the environment in which people work.
- Recognize who you are in connection to your community.
- Include the social in the process of problem-solving by identifying their needs and challenges.
- develop among one another
- accountability, tolerance, and cooperation. The NSS is essential to the student's development of the underlying personality traits. They should cultivate a sense of civic duty among one another.
- Use your expertise to solve challenges in your society and on an individual level.
- Develop the skills necessary for sharing duties in a group setting.
- Develop your ability to encourage community involvement.
- Develop a democratic attitude and leadership skills.
- Build your ability to handle emergencies and natural calamities.
- Practice social harmony and national integration.

## III. CONCLUSION

The youth play a crucial part in the development of a country. They can have a good impact on society and help to find a solution by coming up with novel and effective ideas that will only advance the welfare of the nation. They have the capacity to build an individual identity, which will facilitate making an impression. The youth can make our nation great if they have the support of their family and friends, I can promise you that.

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# CALL FOR BOOK CHAPTER

## Certificate

This is to certify that Dr./Shri./Smt. **Ujwala Tikhe Kandalkar** has successfully published his/her call for book chapter titled "**Home Science Skills in Industrial Entrepreneurship for Upliftment of Life**" through Research Ink Publication with **ISBN - 978-1-4357-6491-0** in the Year **2022**.

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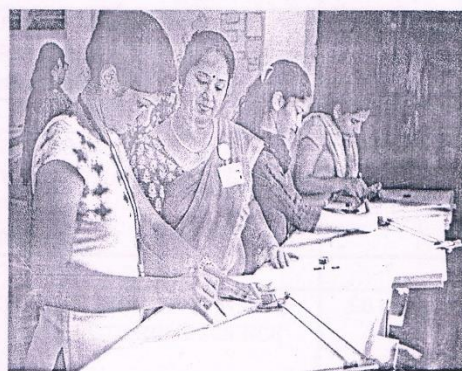
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**Research Ink Publication**



# **"HOME SCIENCE SKILLS IN INDUSTRIAL ENTREPRENEURSHIP FOR UPLIFTMENT OF LIFE"**



**Dr. Chhaya N. Vidhale**  
**Dr. Sharmila R. Kubde**

Research Ink Publication

Call for Book Chapter

Research



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## CHAPTER - 9

### EMERGING TRENDS IN INTERIOR DESIGNING

**Dr. Ujjwala Tikhe Kandalkar**

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#### INTRODUCTION :

Interior design has come into the light in recent years with the inherent need in society to create and have a unique home. Earlier, as it was combined with the larger umbrella of architecture, they were not much focused on the tiny details and imagery, planning and conceptualization that went into creating a one-of-a-kind home for the common user. From adapting ancient styles into modern techniques to emulating old methods to achieve interesting finishes. Hiring a professional interior designer is one of the best options if you are working and have less time to devote to. An interior designer is a better money saving, time-saving, and stress buster option.

#### History :

The history of interior design in India throughout the 17th and 18th century was a concern for the homemaker and or craftsmen who would impart their knowledge on the space and the design to be curated. Cities were built in orderly geometric grid plans in the Indus Valley Civilization from 2700 B.C.E. The singular surviving city of Mohenjo-Daro has building walls made from baked bricks. The houses had a single door, very solid exterior walls and passage. It can be deduced that built forms were rigid on the functionality, without any traces of decorative ornament. Wood was the primary building material for

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subsequent structures known to us only from some carved images dating from 200 B.C.E. to 100 C.E. Our knowledge of wood building is inspired by the later types of construction.

Masonry materials came into use for monumental structures, such as temples which are inspired by the Hindu, Buddhist, and Jain religions. The skills in elaborate carving curated the exteriors and interiors of extremely well-decorated details. With high vaulted ceilings formed by arched ribs, the rock-cut structures were created. The stupas built by the people in this era were derived from tomb structures from the past. Ellora and Ajanta caves are examples of this architecture and interior design exhibited.

The culmination of interior design in India has been part of the way we live from years before people recognized it as a separate element from architecture. In ancient India, the architects themselves used to design the interiors of the home. This has been referenced from Vishwakarma the architect, who is a god in Indian mythology. Interior design in India has gained its status by transforming from a mere architectural accessory of decorating and furnishing to a wholesome combination of holistic, design, social, cultural roots which lays the foundation and the basic backbone for a human to function comfortably. The basis of design is to understand the people, the way they behave in a social setting and their varying qualities. This entire analysis is transformed into functional spaces apt for the particular individual.

The profession of interior design is just over 100 years old. In these hundred years, what began as the art of decorating, embracing form and function, has evolved by leaps and bounds into today's world of highly specialized areas of interior design that require years of study and experience.

In the early 1900's, the term "Interior Decorator" was first used in America. Most decorators at the time had no academic credentials, but the best of them had a combination of good taste, common senses, and natural talent to interpret and

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became the first Interior Decorator to be given a design "commission." In 1913, Eisle de Wolfe published the first interior design book, "The House in Good Taste." Dorothy Draper was the first documented commercial Interior Decorator, establishing her design firm in 1923.

The term "Interior Designer" was coined in the 1930's, by a magazine called "Interior Design and Decoration." That magazine was not printed between 1943 and 1952, but a competing magazine, "Interiors," insisted on using only the term "interior designer," not "decorator." At this time design schools also recognized the work not only of designers but also of architects and engineers. "Interiors" published more contract work than residential work. When "Interior Design and Decoration" magazine resumed publication, it dropped the term "and Decoration" from its name.

The largest professional organization in the field at the time, AID, was founded in 1931 when a group meeting convened at a furniture show determined to create a national professional organization. AID changed its name from the American Institute of Decorators to the American Institute of Interior Designers (AIIID) in 1936. Over the years, as the profession of interior design grew, so did the number of organizations and associations to represent the varied professional members.

The history of interior design continues to rapidly evolve in a world that is at once becoming ever more global and at the same time demanding the fine-focus of specialized areas of critical knowledge. Interior design specialties are now widely accepted as part of the norm in built environments where the health, safety and welfare of the public are of foremost importance, including, but not limited to, Design for Aging in Place, Universal Design, Healthcare Design, Educational & Institutional Design, Specialty Workplace Design and more.

The Greeks believed in beauty so much that they made a word to describe the same esthetics. The world went through

many different variations and today it came to be known as aesthetics. Aesthetics meaning concerned with beauty and appearance. We try to maintain this aesthetics in our lives and our surroundings and it also has an impact on our mood and the way we feel.

Inside plan assists with inspiring serves to improve the space in our home utilizing the accessible space really. Inside configuration assumes vital part in our life today, making our way of life more modern and stylish, not just that it likewise acquaints us with elegance and solace and helps to raise the usefulness in our life. When discussing inside planning one of the main component is inside designer. Designer put in their best foot forward to ensure that individuals comprehend and value the significance of the work done by them. Designers grasp the need of their client and relies on their instincts with regards to planning the ideal homes and structure. They share their encounters and assist individuals with pushing ahead with their decisions and there preference.

Interior designers make sure that the interior spaces they are designing are always functional safe and beautiful for every type of building houses, supermarkets, companies' malls, coffee shops and restaurant. As interior designer they get also choose the colors, materials, textures furniture, flooring, wallpaper, lighting and other materials for every interior space or building. This shows the importance of interior designer design. To achieve these interior designers, interact deeply with their customers to understand what they truly want to accordingly customize the design to suit their needs.

#### Aspects of Interior Design:

##### j) Add functionality to the place:

Inside plan improves the inside of your structure as well as ensure that it add usefulness to your home. Functionality is one of the vital parts of inside design. This is significant on the grounds that an inadequately planned enormous house can be



deficient in space or even a condo can be one of the ideal instances of usefulness. This can be accomplished with the assistance of most recent plan standards and components, for example, extraordinary flight of stairs or a loft. Thus inside plan makes everything work as one from lighting to furniture to the gear, causing the spot to feel seriously engaging and welcoming.

## 2) Fit the occupant's lifestyle :

At the point when expert plans a home it is done in such a way that it suits the way of life of occupant. This is vital part since the compositional part is worked by your way of life. So it is critical to sit with your fashioner and they assist you with improving and make the ideal plan which suits you. For example, way of life change in inside plan could incorporate isolating your latrine from the remainder of the restroom or diminishing the size of your lounge so you can have a work space where you will invest a greater amount of your extra energy.

## 3) High aesthetic quality :

Inside architects resemble the wizards who wave their enchanted breeze and change and common it is stylishly exceptionally delightful and inviting. They began by appropriate plan scheme colour, paint, surfaces climate equilibrium and evenness to give a shocking appearance. This remarkable tasteful quality will match the reason for each room or space. Thus assisting you with improving the presence of the room. For case it help to cause the room to feel more loose upgrading rest and an evening of good rest while the work space region improve inventiveness and efficiency. to look place into something which

## 4) Cost saving:

Wellbeing is quite possibly the main interesting point while planning the home. This is significant in light of the fact that an absence of essential security necessities can make wounds kids, particularly when they are distant from everyone else and playing around perilous and delicate gear in the

house. An appropriately planned house with legitimate wellbeing estimates that all the inside hardware are set in the expected safe spot and the hazardous ones place in those spots far away from children. Besides, the electric wires in the appropriately planned house are appropriately positioned and very much protected along these lines alright for youngsters and any guest.

## 5) For safety purposes :

Wellbeing is perhaps the main interesting point while planning the home. This is significant on the grounds that an absence of fundamental security necessities can make wounds youngsters, particularly when they are separated from everyone else and playing around risky and delicate gear in the house. An appropriately planned house with legitimate wellbeing estimates that all the inside hardware are set in the expected safe spot and the perilous ones place in those spots far away from children. Besides, the electric wires in the appropriately planned house are appropriately positioned and very much protected accordingly alright for kids and any guest.

## 6) Good interior design easy to maintain:

Simply plan a lovely home adequately not you additionally need to embrace the vital measures to guarantee that magnificence keep going for an extensive stretch. Further, every house requires standard support. An appropriately planned inside assists you with guaranteeing simple support of the home in a long run. Besides, when the plan is great the harm are exceptionally interesting as the mishap are not prone to happen which makes harms the delicate furnishings and some other hardware.

## 7) A good design will facilitate ample space:

At the point when you discuss a very much planned home it calls for better improvement of the space too working with some measure of open space in the house. A appropriately planned home will make



likewise cause space to feel greater than it is. This will kill the part of superfluous blockage which is normal in inadequately planned houses.

#### **8) A properly designed home increases resale value:**

On the off chance that you need to deal your, the appropriate planned will assist with raising the worth of your home. Most of the purchasers are hoping to purchase a very much planned house on which they don't need to invest more energy and exertion, particularly on account of rentals. If the plan is unfortunate they will save money on the specific house.

#### **9) Good interior design affect the mood of the home and the people:**

This stands extremely evident since you are the person who is picking the plan as indicated by your preferences. Especially the shade of your home has a vital impact in influencing the disposition of the house. If the internal pieces of the house are planned with your favourite colours you will appreciate remaining in that house. Besides a legitimate plan of the inside parts will remember for regular stream and flow of new air. This will cause you to feel good while in the house. There will be plausibility of awful stench and even suffocation. Therefore, for you to have that lovely and charming inclination in your home the inside parts ought to be appropriately planned.

#### **10) Good interiors design create a great first impression:**

Great inside plan causes you to feel cheerful and content as well as something which can dazzle your visitors. Interior configuration assists with forming your home into what solely fulfills you are unmistakable style appreciations. Being you is significant and planning your home ought to be entertaining, whether it is your kitchen plan, your chimney encompass, or closeness of your restroom creation, your flavor is added to cause home to mirror your own touch.

#### **11) Colour serve a myriad of purpose:**

One of the vital part of inside planning is cautiously choosing the varieties for the particular rooms. If done right, colors assist you with upgrading the state of mind of the occupants of the home. Furthermore it likewise act as an amazing background for craftsmanship and show for any room.

#### **12) Enables aging members to assess room easily:**

Assuming you have debilitated truly tested or maturing individuals at home it can either lift or exasperate their condition rely on how you configuration home. One of the most essential thing to remember is planning the space in such a way that they can move about effectively in the house without needing any sort of extra support or assistance. In this respect they would have the option to keep up with their poise as they will turn out to be less ready to really focus on themselves and their everyday necessities. Moreover, it would likewise cause them to feel like they are making things simpler by not being a weight.

#### **13) Turns your home into heaven:**

In the present day and age, we have occupied plan which expected us to sit back, loosen up and unwind toward the day's end in such manner you are home fills in as a paradise of unwinding and solace where you can just be. Thus great inside plan assists with changing your home into brilliant habitation.

#### **14) Functions as a home retreat:**

Your home shouldn't just amplify usefulness yet ought to likewise go about as an excursion to pause for a minute or two and appreciate. Good inside plan assists you with having to a home through which we which you will not yearn for and long get-aways. In such manner your home ought to be something that feels like a retreats from the hurrying around of life. Additionally it ought to likewise be a road for yourself as well as your family to reconnect with one another.



### 15) Combining styles in the right manner:

A decent encounters inside architect help consolidate the different designing styles like contemporary, current, exemplary, indo-western and a lot more in an ideal manner to make a combination that is unique excellent and impeccably matches your requirements and expectations. So clubbing your most valued old inside show-stopper and furniture would not any more be a hassle. In truth they will get the most suitable space to get center around .

### 16) The best option for busy person:

Employing the expert inside originator is one of the most mind-blowing choice assuming that you are working and have less opportunity to give to. For this situation and inside fashioner is better cash saving, efficient and stress buster choice.

With the increasing expenditure on quality life by Indian urbanites and their rising exposure to exotic destinations in the global village, the need for interior designers is going all-time high at present times. On the other hand, due to rising population and a paradigm shift in family structures; joint to nuclear families, the per capita land consumption is decreasing day by day.

Therefore, effective and efficient use of the limited space is not just the choice, but the need of the people. With all these developments, interior designing is emerging as a booming career option for people with a creative bent of mind. There are several career opportunities in interior designing from which one can choose, such as furniture designers, exhibition designer, lighting designers, kitchen designer, architect, architectural technologist, product designer textile designer, stylist, production designer.

### Skills required for Interior Designer

**1. Knack for apt design:** It is understood that to become an interior designer, one should have a knack for color, spatial arrangements, architecture and textiles, there is a wide range of

skills which is needed since a designer also works with builders, architects, government agencies and business owners. This includes learning of the history of design, computer-aided drawing, structural integrity of buildings, building codes, ergonomics, spatial concepts, ethics, and even psychology.

**2. Communication skills:** In order to become a successful interior designer, one needs to be educated and well-rounded. Apart from technical skills such as space design, furniture design, technical drawing, material knowledge, and familiarization with interior design tools, one must develop a great harmony between interpersonal and communication skills, to maintain a good network with the clients, contractors and suppliers. Of course, one must have the brains to send it to the market and the designing service and update them regularly.

**3. Detailed information:** Some of the details may be boring, but to work on a particular project, knowledge of these details is quintessential for interior designers. Learning about plumbing codes, electricity and load-bearing walls may not excite, but it is necessary. Learning such things gives interior designers an advantage and marketability that decorators simply do not have.

**4. Keeping up with the trend:** Interior design has become a competitive business. One needs to grab the attention of people towards the design in order to gain success. The future trends involving population growth, designing for the elderly, modern architecture and green design can help in gaining the upper hand in the job market. It is necessary to keep on the tab with the latest design trends by reading design publications and websites, communicating with fellow designers and following a mentor. Interior design is about our experience with places and shaping indoor spaces with beautiful aesthetics. By definition, it is "the art and science of enhancing the interiors of a space to achieve a healthier and aesthetically pleasing environment."

Related to architecture, interior design involves designing man-made spaces to make them pleasant and comfortable. An interior designer is equipped with a professional



degree and training in interior designing and has knowledge of colors, fabrics & furniture.

### Role and Scope of Interior Designer

An interior designer makes the wish to have beautiful, plush homes come true and makes places worth living. Interior design is all about research, conceptual development, efficient planning and creating a relaxed environment for the stakeholders. Professional interior designers possess the working knowledge of space planning, textiles, color schemes and more. They work with architects, engineers & builders to plan the look and function of indoor spaces. With an evolving lifestyle and fast-paced urbanization, the scope of interior design has grown significantly, making it one of the most sought-after professions in India today. The market trend shows a remarkable growth in the demand of interior designers. Many people rely on professionals to design spaces to achieve a comfortable and happy living. With booming property prices, Indian homes are becoming smaller and house owners seem to have found the solution to space crisis in the face of interior designing. People are attracted to have theme-based interiors and styles to make their homes stand out, leading to the potential increase in interior design jobs in the coming years.

The interior design market is expected to see an exponential growth by 2025 globally. As per Market Watch, in 2018, interior design market was valued at 130,100 million USD and can expect a potential (CAGR) growth rate of 8.5% between 2019-2024, leading the market to be valued at 212,300. Talking about Indian Market, in a research conducted by CIL, the number of designers in India was estimated at 36,387 out of which 10.17% were interior designers. As per a report by Brand ongalte, interior design jobs are expected to see an estimated increase by 13% in the next decade. Going by the increasing number of people opting for interior design, the demand for interior designers is bound to significantly increase in the years to come.

Anyone who recognizes and upholds the values of timeless interiors might have a bone to pick with the idea of annual trends. In the world of design, however, trends do tend to have significance, because they let us know where we were — and where we are headed. More importantly, they reflect what people are thinking and the larger-world events that may be influencing their decision-making. And often, trends end up becoming timeless themselves, especially when they're indicators of big-picture transformations —like the way the world has radically changed since 2020, and the way people have reacted to uncontrollable external forces. The latest design trends of 2022, therefore, take on some significance as we step into yet another wave of the pandemic. It is vital to look at the way it impacted our thinking, what we held important and where we want to go.

### Emerging Trends in Interior Designing

**1: A Less is More Aesthetic :** Latest design trends minimal living-room cluttering will be the motto this year. Minimalism, albeit in its warmer, Indian incarnation, will continue to dominate the interior design world. As veteran architect Pinakin Patel says, "Homeowners will choose necessities and lesser decorative items over luxuries. By doing so, homeowners will be able to opt for high-quality materials that are durable and sustainable."

Ishwinder Singh Vandal, the director of New Delhi-based Vandross Home, offers a more in-depth perspective on the kind of minimalism that he believes will reflect in homes and interior design trends 2022. "I think this is a very regional aspect. For example, in North India, homeowners lean slightly more towards the opulent in style, preferring some quirky element to the clean lines. Largely, homeowners will stick to minimal or modern clean lines, keeping things simple and neat. We see consumers favoring modern styles and pieces. This could be because modern Italian designs have really seeped into Indian clients' design sensibilities."



**2: A Nod to Sustainability:** New-design-trends-biophilic-design-brown-interiors-plants Biophilic design will be popular in 2022. If there is one dominant lesson that the pandemic has taught us, it is the importance of respecting nature, of connecting with the outdoors and mindful design. As such, the latest design trends in 2022 will focus on sustainability. Patel believes that "the popularity of sustainable materials and green interiors will continue from 2021". Architect Animesh Nayak, the founder of Bengaluru-based firm, Open to Sky, says, "Sustainable, budget-friendly, minimalist — all these ideas tie in with the approach to be sustainable and get more out of less. This is also a very refreshing and unique design aesthetic."

For Mumbai-based interior designer Amritha Karnakar who heads her eponymously named firm, outdoors-inspired interiors will be articulated through the use of natural surfaces.

"Think stoneware, terracotta, marble, and travertine being used across the board. The raw, porous, imperfect nature of these organic materials adds depth, soul and visual intrigue while also mimicking the calming, restorative ambience of the outdoors. This lure back to nature has also sparked an interest in large plants at home."

**3: A Warm and Earthy Color Palette:** latest-design-trends-kitchen-warm-earthy-brown-tones Plants can add a hint of freshness to warm interiors. The colors you choose for your house lay the groundwork for the overarching design you're aiming for and this year, it's the earthy spectrum that will gain favor. Karnakarsays, "There has been so much color and pattern — especially pastels — the last few years that I think people will be ready for a palette cleanser."

For her, chocolate browns and caramels will be amongst the top design trends 2022 as well as warmer tones in contrast to stark white. "We're using aubergine, green, black and warmer alternatives to white, such as taupe, beige, and cream. Also keep an eye out for earthy colours like blues, browns, and other

soothing nature-inspired shades that bring a sense of calm into our interiors."

Vandal, too, seconds the shift to earthy hues, along with "tones like sea blue, cobalt and pastels. With more and more people dotting their homes with plants, I think fresh tones of peaches and blues will complement the terracotta and mustard earthy colours." He also predicts that more and more people will prefer paint over wallpapers.

**4: Exposed Surfaces and Natural Finishes:** New-design-trends-living-room-exposed-brick-wall-swing Natural finishes will be trending. Nature, once again, plays an influencing role in the finishes that homeowners would like to see around their house. As Nayak says, "Covering up less of the bones of the building with expensive fascia's and coverings — this is not sustainable. Instead, let the bones shine through. Let the inner material be visible." Vandal sees cement grey or limestone finishes and textured wall alternatives as also being options that homeowners will look into for their interiors.

**5: Experiments with Décor:** Homes will showcase an eclectic mix of styles. Unique and innovative details that mix styles, showcase crafting techniques, focus on statement centerpieces and create eclectic spaces will be amongst the latest design trends in 2022 to achieve distinctive homes. Vandal sees this taking expression in the form of muted tones, graphic shapes and natural materials from wood to brass.

**5.1: Fluting:** Fluted wooden designs add a minimal yet striking look. Amongst the top interior design trends, Vandal sees wood as the canvas for some interesting experimentation. "Fluting is going to be an extremely popular trend. This technique will be used to create patterns on surfaces — fluting as wall paneling, on ceilings and even on the floor in the form of grooves, even on furniture."

**5.2: Mixing Styles:** Homes will showcase a mix of Indian and mid-century modern styles. "There will be a fusion of mid-century modern fused with Indian designs. Craft elements and statement



pieces will be liberally used. These could be wall hanging or even a bean-shaped dining table," says Vandal.

**5.3: A Shout Out to Handcrafting:** The accent wall features Warli art done by a local artist Nayak, on the other hand, offers more of a big-picture focus and hopes there is a movement towards handcrafting amongst the latest interior design trends. "I hope to see more use of the skill of the hand in creating textures and ornamenting a surface rather than just relying on material specification. It could be something as simple as the removal of wall plaster or application of wall putty, and looking at the process as an artistic pursuit."

**6: Clean-lined Furniture and an Eclectic Fusion:** Furniture will be sleek and minimal. Clean lines, simple symmetries and function over form will be the winning new design trends when it comes to furniture, as will a mix of styles to create eclectic homes. "The desire to have unique things that are not like everyone else's is leading to an increase in mixing materials in furniture design. Fusion is the way to go," says Karnakar. For Vandal, while the work-from-home trend has come to be accepted as the new normal and functionality is an important consideration when people look for new furniture, "While it has to rank high in its utility but it need not look bad or out of place."

**6.1: Loose Furniture to Make a Statement:** Mix and match loose furniture to get the look you desire. Rather than opting for set pieces and crowding up their spaces, Vandal sees homeowners focusing on loose furniture pieces that will amp up their home without cluttering it. "Every piece of furniture is being carefully chosen. People are minimising with statement loose furniture, which has character and doesn't just merge with the interior shell."

**6.2: Bringing Back Lost Forms:** Refurbishing old furniture also helps in keeping the cost at bay. Karnakar views this aesthetic for the latest design trends in 2022 through the lens of nostalgia. "The trend will lean towards incorporating reworked vintage finds and heritage furnishings into the home," By repurposing the old,

the damaged, the jagged into something new, we're reducing our footprint while bringing a rich sense of history and spirit into a space." That, combined with locally made custom furniture pieces, is where furniture choices are headed.

**6.3: Innovative Additions to Create Multi-purpose Rooms :** New design trends- dining- room- crockery- unit- bar- unit. This multi-functional dining room comes with a built-in bar unit and a crockery unit. Re According to Karnakar, people will plan their spaces better this year, given the work-from-home trend showing no signs of waning. "Think dining rooms walls lined with wine storage or books, guest rooms fitted with desks, bedrooms equipped with exercise equipment. As people spend more time in their homes, they expect the spaces to work harder for them."

**6.4: Consoles Making Their Presence Felt:** As far as specifics go, Vandal believes consoles, as popular as they have been, will transform. "They will now move from being utilitarian to statement pieces. Their placement is also now going to be more unconventional, like placing them at the entryway to the house or in the dining area."

**7: Smart Homes:** In this rapidly high-tech world, technology has made rapid inroads in interior design too. This is going to move at a faster pace this year. "Many designers, including me, are embracing virtual design and leveraging powerful new technology to create immersive spaces and highly utilized."

#### CONCLUSION :

It is right to say that, the thorough knowledge of these elements, principles and arts would help a person to create a beautiful thing and enrich our surrounding or environment. It is important to keep in mind that the basic idea of designing interior is to have a pleasant atmosphere in the home for which it is necessary to pay special attention to utilize every available object, so that idea of the house is not lost. Thus the way home interiors are done affect the family living to great extent.



Therefore, effective and efficient use of the limited space is not just the choice, but the need of the people. With all these developments, interior designing is emerging as a booming career option for people with a creative bent of mind.

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## CHAPTER - 10 RECENT TECHNOLOGY IN HOME SCIENCE

Mrs. JYOTI D. KAMBLE

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#### INTRODUCTION:

Higher education encourages technical know-how, utility skills promote careerism sense of responsibility and prosperity among youth of nation besides dealing with development of moral character and intellectual level of youth. Home science is an applied and integrated science which aims at improving the quality of life for the individual, the family and the community. The history of home science is to teach and learn the student traditional knowledge on graduation level. Home science includes basic 5 subjects i.e. Food and nutrition, Resource management, Textile and clothing Extension education and Human development. History of Home Science was first introduced in secondary schools in the princely state of Baroda (now Vadodara) by Maharaja Sayajirao Gaekwad III in 1913. Home science is concerned with the home health and happiness of all the people living in it. As a field of specialization, Home science draws its content from courses in both science and art. Thus representing an interdisciplinary field that prepares young learners for the two most important goals in their lives caring for their home and family as well as preparing for career or vocation in life. Hence its scope extends to activities associated with setting home based activities.

"Right from conception balanced and nutrition, food health and proper medical care for mother, conducive home and environment to take the first step and plunge in to this wide



**Develop the right attitude towards time -**

women do not have right attitude towards time. They do not understand that minutes and hours are very important in today's world and unless one is able to extract 60 seconds out of a minute, success is not possible. So having the right mind -set about time is all most important.

**Develop the right attitude towards stress -**

It should be understood that stress is part of living and only a dead person is without stress. So, expect that you would be under some stress whether you like it or not, so worrying about stress does not reduce stress, it increases it. Problems whether personal or related with workplace, have to be handled and worrying about them reduces the chances of their getting sorted out. Hence do not worry but do everything within your control to handle the problems. Look at the positive aspect of stress. there are many situations where stress acts as positive motivator. Stress of filing a report by media person or the stress of meeting the deadline of the publisher by author or even the stress of reaching office or venue of meeting at the appointed time, stress of student getting through in an important examination and so on, can help individuals in meeting their targets for achieving their goals. This is part of purposeful or meaningful living. Worrying about such things and generating stress must not be avoided. Many persons inflict or impose stress on themselves as if they are seeking stress in every situation. Anxiety and worry are part of personality of certain individuals. If you ask them how they are the most likely response of such persons would be as if they are favoring the almighty by going through their lives.

**Simple techniques to manage stress -**

- 1) learn to put things in right Perfect Two perspective
- 2) face the risk rather than running away from it
- 3) work on your strengths
- 4) identifying your stress factor
- 5) stop what you are doing when you feel stressed
- 6) get counselling from an expert
- 7) Device Your own time management program
- 8) device your own physical activity program

**The basic principles of time saving-**

- 1) Make a clear list of priorities -

Start with making a list of jobs to be finished in the day. The phone calls to be made, people to meet with, jobs waiting at the table, meeting to be attended etc., list them all in your diary. A glance will make you take note of priorities and then start- you are sure to finish in time.

- 2) Tackle only one job at a time-

Doing many things simultaneously is not easy. The very idea is based on distraction. What's more, none of the jobs gets finished at the end of the day. You are left with so many loose ends that confusion reigns and delays happen with a domino effect. One job at a time gets your undivided attention and the job is done, all loose ends neatly tied up. Even simpler task like watching TV while eating and then picking up the newspaper to scan quickly should be avoided.

- 3) Try to delegate responsibility to your helpers-

The irregularity of schedules compels us to seek help from others. Such help is forthcoming only if we have groomed closeness with them. Never take yourself for a superman. Recognize your own feelings and do not hesitate taking help.

- 4) Always do a cross check-

For every major meeting check about everything right from whether the meeting is still on and it's time and place. You can do it by pressing a few buttons without leaving your seats but it will save you a lot if there is any last-minute change in the program.

- 5) Speed up your act -

We, especially, are always stressed for time thanks to the unpredictability of our duties. It always helps to speed up and finish before time.

- 6) Avoid jobs less important-

When the diary shows chock-a-block appointments, routine phone calls can always wait. Postpone them for some other time. Organize more jobs such that they can be tackled on the way to the office. Also, the household jobs that afforded to wait can wait, like sending goodwill messages.





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## Role of Alumni in Quality Enhancement in Higher Education

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### Abstract

Alumni serve in a variety of important capacities, including mentoring new students and serving as an institution's representative. Numerous alumni generate publicity and support colleges in securing the placements they hope for their pupils. Many alumni assist students in the process of finding internships and possibilities. The connected alumni can be very beneficial to students as well as the college.

**Words:** Alumni, Institution internship

### Introduction:

Universities and colleges hold specific activities and events to maintain good communication with alumni. Alumni relations is one department that keeps schools and universities in touch with teachers and encourages them to contribute back to their alma mater. They can contribute to improving their institutes' standing among their peers.

Alumnus is typically defined as a graduate or former student of a particular high school, college, or university. Various institutions define what an alumnus in their own ways.

Some people only use the term graduates. Others broaden the phrase to encompass all former pupils, including those who dropped out, retired employees, or other associates. Alumni certainly are involved in the expansion and improvement of higher education institutions because of a number of variables (HEIs). An academic organization therefore must establish and strengthen a constant relationship with alumni.

Alumni are expected to efficiently carry out a variety of tasks, such as enhancing the institutional and, mentoring current students, supporting

internships, career opportunities, and job placement for graduating students, among other things.

An honorable mention to the National Accreditation and Assessment Council (NAAC) for popularizing the concept of alumni associations in higher education institutions. Former graduates used to gather at these facilities under the name "Old Boys" before this.

Old girls were exceptions to the rule. As time went on, college graduates became more aware of their responsibilities to the school. In the past, alumni relations also referred to as engagement often stood alone from fundraising and other scientific development initiatives. Indeed, many alumni groups had little to no engagement with their parent universities and were completely independent of the school. However, their members did interact with one another. For institutions and students to succeed over time, it is essential to maintain positive relationships with alumni. Positive social media posts, for instance, can generate excitement and boost application rates. Colleges are aware of the value of alumni and continually rely on them to connect students with mentors, internships, and job opportunities.

Alumni can assist students in finding jobs at their own companies. Alumni can actively participate in volunteer initiatives including student mentors programs. They might also have a big impact on giving merit-based scholarships to students. Alumni engage with the college and the students and support their professional development. The goal of career development is to assist students to explore their career options, engaging in research and internships, developing the skills they will need to be successful. Alumni assist students in navigating their professional paths and begin working with them in their first year.



Alumni interact with the faculty, students and staff and aid in their professional development. Career development aims to support students in exploring their career alternatives, participating in research and internships, and building the necessary skills for success. Alumni start working with students in their first year and help them choose their professional routes. Alumni and friends can share professional advice with a select group of prospective and current students during career conversations. These gatherings are intended to be intimate networking opportunities that provide students the chance to ask their most pressing questions about a particular career field.

A program that pairs alumni with students one-on-one to offer career counseling and coaching, including resume and cover letter checks, is open to alumni, parents, recruiters, and students. Seniors and prospective students are all welcome to take part. Through career counseling, alumni hope to encourage campus hiring for students looking for suitable placement in businesses, industries, and academic and research institutions in the public and private sectors. Alumni can get involved in community service projects including mentoring young people in their fields of interest. They also make a substantial contribution to the distribution of scholarships to deserving students. In order to offer their expertise and best practices in a particular industry, alumni connect with students.

As a result, the alumni Meet is a fantastic forum for discussing the institution's fundraising efforts. Because of its excellent efforts to establish a relationship with its alumni, it gives institutions and students an advantage. The purpose of the alumni gathering is to enlist their support in order to solicit sizable gifts.

Alumni are also attempting to offer substantial career assistance through Career Counseling. Additionally, alumni are ideally suited to respond to queries from parents and applicants that current students and staff are unable to fully address, such as, "How have you benefited since receiving a degree from this college?" How does this institution aid your transition into the working world? Would having an internship help you land a better job? plus a lot more.

Alumni organize the alumni meet every year in our college premises. Adopt the Alumni Association core values of excellence, lifelong relationships, lifelong

learning, and Advocacy. Participate faithfully and consistently in Alumni Council meetings and functions, regional alumni chapter Events, and other local functions.

Parents can have confidence in your institution as the greatest choice for their children's educational and professional needs by hearing about alumni and successful careers.

The alumni network makes several contacts with potential employers for placement, and these businesses and organizations are encouraged to visit the school for on-campus hiring. Some students will be interested in learning more about the field of work as they consider their career alternatives, while others will want to know how to best use their skills and abilities.

Such a community of students, graduates, and employers fosters links, develops connections, and provides holistic career development by merging career services and alumni services. Alumni are happy to see invites to students in order to involve them in the endeavor.

By combining career services and alumni service such a community of students, alumni, and employer promotes ties, encourages connections, and offers holistic career development. Alumni are eager to include students in this effort by extending invitations. Finding a rewarding work option for graduates might be difficult. With the assistance of their alumni, institution can strengthen their relationships with their graduates by assisting them in gaining the right recognition for their skills. This demonstrates that the connection is based on love and care.

Building an active, helpful alumni network is essential to a school's success. If communication stops once graduates leave the university, their understanding of the institution would become stale. Consequently, the school and the alumni are aware of the significance of alumni.

Alumni relations are a crucial component of an institution's advancement efforts nowadays for a variety of reasons. Alumni are a group of most passionate supporters. Alumni are donors.

Alumni create valuable word-of-mouth advertising across their personal and professional networks. An institution can continue to gain from alumni's expertise by involving them.



### *Role of NAAC in Quality Enhancement in Higher Education Institutions (HEIs)*

Alumni become excellent role models for current students and are frequently in a position to provide students with useful assistance when they begin their professions. Alumni are frequently in a position to use the institution's expertise in their professional careers. By keeping in touch with alumni, you may educate them about your accomplishments and include them in your institution's future rather than just its story.

For institutions and students to succeed over time, it is essential to maintain positive relationships with alumni. Alumni play a variety of important functions, including promoting an institution's brand through word-of-mouth advertising. Positive social media posts, for instance, can generate excitement and boost application rates. Colleges are aware of the value of alumni and continually rely on them to connect students with mentors, internships, and job opportunities.

Building an active, helpful alumni network is essential to a school's success. If communication stops once graduates leave the university, their understanding of the institution would become stale. Consequently, the school and the alumni are aware of the significance of alumni.

Both alumni and the institution benefit from good alumni relations. Your alumni will be more devoted to you if you help them with their professional and

personal life through initiatives like facilitating and professional networks, giving them priority to on-campus resources and facilities, and establishing favorable terms with outside providers.

#### **Conclusion:**

Alumni serve as brand ambassadors for college. Your company will become more well-known thanks to their favorable review and recommendations, which will aid in your efforts to attract the best pupils. Alumni play a variety of important functions, including promoting the institution's brand through word-of-mouth advertising.

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