

Newsletter

Government Home Science College, Chandigarh

E-mail: homescience-chd@nic.in Website: www.homescience10.org

Volume 6 - Issue 1 Year 2021

Principal Prof. (Dr.) Sudha Katyal (Chief Editor)

Dr. Namrata Sethi (Editor)

Dr. Gaurav Kalra (Creative Editor)



From the Principal's Desk...

T rue to the vision and mission of the college "Knowledge for Service", the college has worked relentlessly in its pursuit of synthesizing knowledge and also to cater to the present day requirements of education in order to meet the rapidly changing demands of family life and the multiple roles that women have to play in home as well as professional life. The activities conducted throughout the year have been focused on enhancing entrepreneurial, intellectual and skill set of all the stake holders. It is a proud moment that once again the college has ranked first in the tricity in NIRF rankings 2021. I congratulate the faculty, alumni and students of the institute who have worked diligently in empowering woman at personal, professional, social, entrepreneurial and economic fronts. This Newsletter is a concerted effort of the activities conducted through the Academic Session 2021-22. Hope it makes an enjoyable read for one and all!

Prof. Sudha Katyal



I congratulate the Principal, faculty and students of Govt. Home Science College who have worked endlessly especially during the pandemic times, in working towards the cause of women empowerment and entrepreneurship. It is heartening to know that the efforts put in have reaped significant results and is reflected in the awards, recognition and rankings received by the college. I hope to further see the college flourish and achieve greater heights.

Ms. Purva Garg, I.A.S.
Education Secretary, Chandigarh Administration



Govt. Home Science College, a pioneer institute of North India has successfully been imparting not just technical and intellectual expertise, but has also beautifully managed to provide a wide array of platforms and opportunities to the students to channelize their minds and constructive energy. The NIRF rankings are a testimony to this. The Swavalamban corner initiated at the campus is an excellent initiative. I congratulate the Principal, faculty and students of the college and wish them all the best for their future endeavors.

Sh. Amandeep Singh Bhatti, P.C.S.
Director Higher Education, Chandigarh Administration

“WE COME TO LEARN-LEAVE TO ACHIEVE”



NATIONAL
INSTITUTIONAL
RANKING
FRAMEWORK

2021

(MHRD, GOI)



RANKED

FROM 86TH IN 2020 TO 78TH IN 2021
AT NATIONAL LEVEL



AWARDS & RECOGNITION RECEIVED BY THE COLLEGE



College Received Recognition for Sustainable Campus Initiative by Ministry of Education, GOI on 8th April, 2022



College Appreciated for Completing Largest Plantation Drive Across Chandigarh on 24th January, 2022 by MGNCRE-MoE, GOI



College Awarded "Best Herbal Garden Award" by Medicinal Plants Board, UT Chandigarh on 15th March 2021 by Sh. Debendra Dalai, IFS Chief Conservator of Forest & Chief Wild Life Warden, Chandigarh Administration, UT



College Recognised as Beat Covid Institution on 9th January, 2022 by MGNCRE-MoE, GOI



College Appreciated for Successfully Completing "The use of Gandhi Chhadi and Waste Management Swachhta Drive" on 6th January, 2022 by MGNCRE-MoE, GOI

AWARDS RECEIVED BY THE PRINCIPAL



Principal Prof. Sudha
Katyal Felicitated by
Hon'ble **Governor of
Punjab &
Administrator UT,**



Chd. His excellency Sh. Banwari Lal Purohit on 29-03-2022 for her significant contribution in **Ahaar Kranti Project**. She has been working relentlessly towards providing technical and logistical support by promoting the use of Millets through videos, webinars, interactive session, rallies and many other related activities.



Principal, Prof. Sudha Katyal Received **State Award 2nd time** from His Excellency **Sh. V.P. Singh Badnore, Governor Punjab and Administrator, UT, Chandigarh** for her **Meritorious Service in Higher Education** on 75th Independence Day celebrations at Parade Ground on 15-08-2021

AWARDS RECEIVED BY THE PRINCIPAL

Prof. Sudha Katyal Awarded with **WOMEN ACHIEVER AWARD** by **Ministry of Information & Broadcasting, GOI**, Regional Outreach Bureau, Chandigarh by **Smt. Anindita Mitra, IAS, MC Commissioner, Chandigarh** on 07-03-2022.



APPRECIATION LETTER RECEIVED FROM MGNCRE, MoE, GOI for PARTICIPATING IN SWACHHTA ACTIVITIES



Principal, Prof. Sudha Katyal Felicitated with **Women Excellence Award** for her Significant Contribution in Education by Open Eyes Foundation (NGO) on 08-03-2021

CELEBRATIONS OF AZADI KA AMRIT MAHOTSAV



Students put up stalls to showcase and sell their products on the theme 'Make in India' at Leisure Valley in **Iconic Week celebrations of 75th Azadi Ka Amrit Mahotsav** organised by Dept. of Chandigarh Tourism on 11-03-2022



Hargunjit Kaur, IAS

Office No. 100/100/16
Special Secretary, Finance
Chandigarh Administration
Date: 15.03.2022

Dear Ms Katyal,

This is to place on record my sincere appreciation for your initiative and assistance during the Iconic Week Celebrations of Azadi Ka Amrit Mahotsav from 6 - 13 March, 2022 to make it a grand success.

Chandigarh Administration looks forward to your continued support for a vibrant and happening Chandigarh.

With best wishes

H Kaur
(Hargunjit Kaur)
SSE-cum Director Tourism

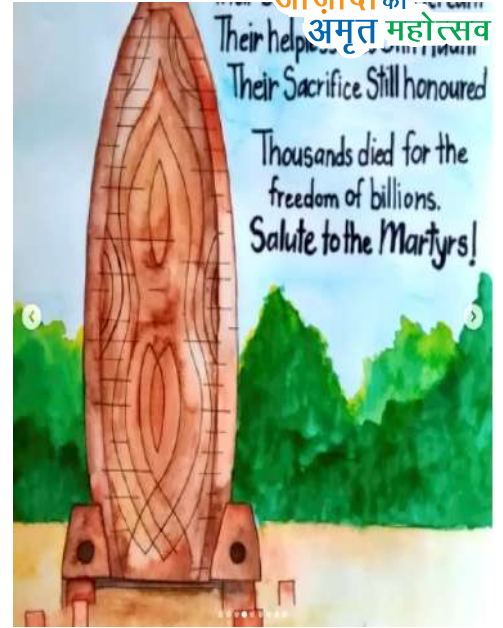
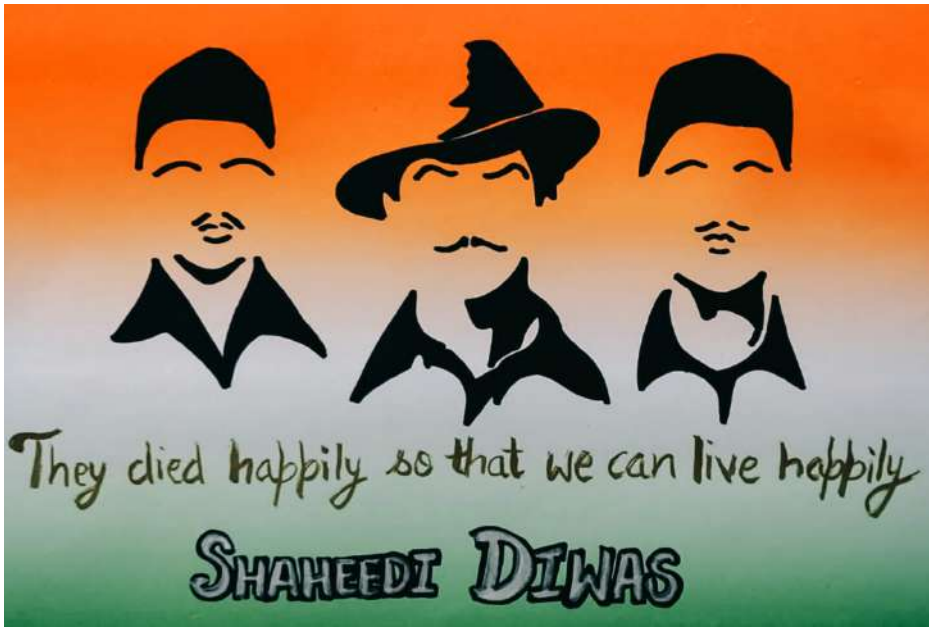
Ms. Sudha Katyal, Principal
Govt. Home Science College
Sector-10, Chandigarh.

Appreciation letter received from
Smt. Hargunjit Kaur, IAS
Special Secretary Finance-cum-Director
Tourism Chandigarh
Administration for putting up
innovative stalls
at Iconic Weeks celebrations of
75th Azadi Ka Amrit Mahotsav



Students displayed plethora of articles such as handmade soft toys, millet based healthy recipes hand crafted dupatta's hoops, room hangings alongwith fun psychological games at Leisure Valley in **Iconic Week celebrations of 75th Azadi Ka Amrit Mahotsav** organised by Dept. of Chandigarh Tourism on 11-03-2022

CELEBRATIONS OF AZADI KA AMRIT MAHOTSAV



Poster Making Competition to remember the sacrifices of our freedom fighters during Independence on 15-03-2021



522 students along with faculty members participated in 750 million virtual Surya Namaskar Program supported by Ministry of AYUSH, GOI on 17-01-2022

Observance of Shaheedi Diwas on 24-03-2022



Celebrating Bharat Ka Amrit Mahotsav through Patriotic songs sung by NSS Volunteers on 13-03-2021



Essay Writing Competition on the theme 'Contribution of Freedom Fighters in India's Independence' on 14-03-2021

WOMEN ACHIEVERS AND ENTREPRENEURS FELICITATED ON INTERNATIONAL WOMEN'S DAY ON 08-03-2022

In sync with the mission of the college to help build capacity and enhance the skill set of the students, the college organised a panel discussion where in women achievers and entrepreneurs from different walks of life shared their success stories to motivate our students to achieve greater heights.



Ms. Kaveri Ahuja Singh an alumna of the college who runs a famous designer studio and beauty salon in Sector-7 and 8 in Chandigarh



Mrs. Sapna Gill owner of Sunbeam Hotel Chandigarh shared her vision on how to excel both at personal and professional front



Mrs. Ruchi Narula-Mrs. Universe India, 2017 shared the obstacles faced by her in following her passion and dream



The youngest entrepreneur, Ms. Guntas runs a Home Bakery by the name of GN Bake house



Ms. Deepali, an Engineer by profession started her own brand Yauvanya in 2017 i.e. sells 100% natural and chemical free products in 13 countries



PROUD MOMENT FOR THE COLLEGE

Students Achievements & prizes in National & International Competitions

The students are encouraged to participate in various competitions through out the year to help develop skill and provide an opportunity for confidence building and self growth.



Theme : **Green Defenders**
 Position : **IInd in Terrarium Competition**
Consolation in Slogan Writing
 Name of the Student : **Malika Malik**
(B.Sc. Home Science) Nirmal Kaur
(M.Sc. HDFR)
 Organised by : **Dept. of Law, PU Chandigarh**

Theme : **Eco-Sustainable Future**
 Position : **Ist in Eco-Walk**
Consolation in Poster Making
Consolation in Best out of Waste
 Name of the Student : **Ritika (B.Sc. Home Science), Rashmita (M.Sc. FN) & Sana (B.Sc., Home Science)**
 Organised by : **MCM, DAV College**

Theme : **Eco-Friendly Rangoli**
 Position : **Ist & IInd**
 Name of the Student : **Akanksha (M.Sc. HDFR)**
 Organised by : **Rose Fest, Chd. Admn., GGSCW-26, Chd.**

Organised by : **UNESCO, MGIEP**
 Theme : **Kindness for Self, for each other & Env.**
 Position : **Merit Certificate in Global Level**
Essay Writing Category
 Name of the Student : **Cheryl (B.Sc. Home Science) Nupur (B.Sc. Home Science)**





Theme :
**District Level
 Declamation
 Competition on
 Patriotism**
 Position : IInd
 Prize Money
Rs. 3000/-
 Name of the Student :
Anupreet (M.Sc. FN)
 Organised by :
**Nehru Yuva Kendra
 Sangthan**



Theme : **Scroll Painting-Kala Kumbh at Rajpath, New Delhi**
 Name of the Student : **Akanksha (M.Sc. HDFR)**
 Organised by : **Ministry of Defence, DGNCC, GOI**



**Award of High
 Recommendation in Climate
 MUN organised by
 Dept. of Laws,
 PU Chandigarh**



Theme : **Mahatma Gandhi Ke Adarsh**
 Position : Ist & IIIrd in Slogan Writing
 Name of the Student : **Tanu (B.Sc. Home Science) Kiran (B.Sc. Home Science)**
 Organised by : **MCM, DAV**



**Ms. Shikha (B.Sc. Home Science)
 awarded 1st Prize
 in Face Painting Competition
 Organized by
 Dept. of Computer Application
 PGGCG-46**



Theme : **Kargil Vijay Divas**
 Position : IInd in Poetry, IIIrd in Quiz
 Name of Student : **Nitika (B.Sc. Home Science)
 Shweta (B.Sc. Home Science)**
 Prize Money : **Rs. 1000/-**
 Organised by : **NCC, Directorate (PHHPC)**



Organised by : **GHSC**
 Theme : **World Env. Day**
 Position : Ist IInd & IIIrd
 in Face Mask Painting
 Name of the Student :
**Amrit, Deepika
 & Garima (B.Sc.)**



Organised by : **PGGCG-46**
 Theme : **Inter College Debate on
 Online Exam Vs Offline Exam**
 Position : Ist
 Name of the Student : **Livjot (B.Sc.)**

19 Prizes won at Panjab University Inter-Zonal & Zonal Youth & Heritage Festival 2021



IIIrd in Group Bhajan Inter Zonal



IInd in Punjabi Hand Writing Inter Zonal, Simran (B.Sc. Home Science)



Ist in Phulkari in Inter Zonal Anchal (B.Sc. FD)



IIIrd in Debate Vaani (B.Sc. Home Science)



IInd in Histrionics Divya Preet (M.Sc. HDFR)



IIIrd in Rangoli Akanksha (M.Sc. HDFR)



Ist in Raasa Vatna Kiran (M.Sc. CT)



Ist in Dasuti, Phulkari, Punjabi Handwriting, IInd in Crochet, Knitting, Hindi Handwriting, IIIrd in Pakhi, Photography & Hindi Handwriting



Ist in Bhajan



IInd in Khiddo Making Naina (B.Sc. FD)



IIIrd in Group Song

ONLINE ENTREPRENEURIAL SKILL DEVELOPMENT WORKSHOPS ORGANISED TO SUPPORT GOVT. INITIATIVE OF ATAM NIRBHAR BHARAT



THEME :
Workshop on Nutri Garden & Microgreens
DATE : 25-09-2020
SPONSORED BY : Mrs. Amita Bhuwania,
Youtuber
VIEWED BY : 400 Viewers

Live Session on Immunity Enhancing Beverage

by
Natasha Nanda
Sept. 09, 2020, 11.00 A.M.
LIVE @ facebook

- Beetroot, lime, & ginger based beverage
- Tips to enhance the functional quality of beverage
- Importance of addition of functional seeds



Live Webinar on How to Grow Nutri-garden & Micro-greens

Government Home Science College, Sector-10, Chandigarh
NAAC Grade - A
NIRF Ranking 2020 - 86th in Catering

September 24, 2020 @ 3:30 PM

CO-ORDINATOR: Dr. Shabana (Placement In-charge)
CONVENER: Prof. Sudha Katyal (Principal)

Dr. Nisha Sharma (991422291)
Dr. Preeti Agnih (990454747)
Dr. Bhavani Kaur (990623299)
Ms. Divya Nangal (990420466)
Dr. Saruchi Bhatnag (985449927)
Ms. Manpreet Bhat (978520956)



GOVERNMENT HOME SCIENCE COLLEGE CHANDIGARH
NAAC GRADE - A
Ranked 86th by NIRF, 2020

PANACHE CLUB
In collaboration with Pidilite organizes
ONE DAY WORKSHOP ON ROGAN ART
By Fecicryl Expert

YouTube LIVE 12th October, 2020 4.00 PM
<https://rb.gy/irk5ho>

Material Required:
Black or Navy Blue Fabric- Half Metre
Fecicryl 3-D outliners-Red, White, Yellow, Blue and Green

Co-Ordinator and Head: Ms. Chhaya Verma (Clothing and Textiles)
Convener: Prof. Sudha Katyal (Principal)

THEME :
Workshop on Immunity Boosting Beverages
DATE : 09-09-2020
SPONSORED BY :
#thepalatesorbbynatashananda
VIEWED BY : 600 Viewers

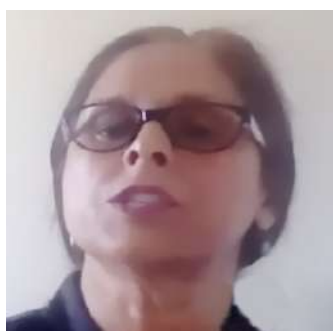
Live Session on Developing a Nutri-Garden

Government Home Science College, Sector-10, Chandigarh
NAAC Grade - A
NIRF Ranking 2020 - 86th in Catering

September 30, 2020 @ 4:00 PM

CO-ORDINATOR: Dr. Shabana (Placement In-charge)
CONVENER: Prof. Sudha Katyal (Principal)

THEME :
Workshop on Developing a Nutri Garden
DATE : 30-09-2020
SPONSORED BY : Dr. Satish Narula, Dr. Green Ex-Professor P.A.U. Ludhiana
VIEWED BY : 390 Viewers



Government Home Science College Sector-10, Chandigarh organizes

"YOGA SADHANA"
One Week Online Yoga Session for Faculty and Students as a prelude to **International Yoga Day**

June 07-12, 2021 From 7:00 to 7:30 A.M.

Coordinator: Mrs. Nisha Saini (In-charge, PPE Cells)
Motivational Talk on "Dinacharya: Vital for health, wisdom & success" by Mrs. Sonamjyoti (NSD) Major/Retired (NSC)
Dr. Nisha Sharma (NSD)

Demonstration by Yoga Teacher & Fitness enthusiast: Ms. Kanika Nayyar (June 07-11, 2021)

CONVENER: Prof. Sudha Katyal (Principal)

THEME :
Rogan Art
DATE : 12-10-2020
SPONSORED BY : Ms. Jaya Duggal (Trained Fecicryl Expert)
VIEWED BY : 92 Viewers

THEME :
Yoga Sadhana
DATE : 12-06-2021
SPONSORED BY : Dr. Bela Dhillon (M.D., Pathology)
VIEWED BY : 79 Viewers

PEER LEARNING WORKSHOPS BY ALUMNI OF THE COLLEGE FOR SKILL ENHANCEMENT



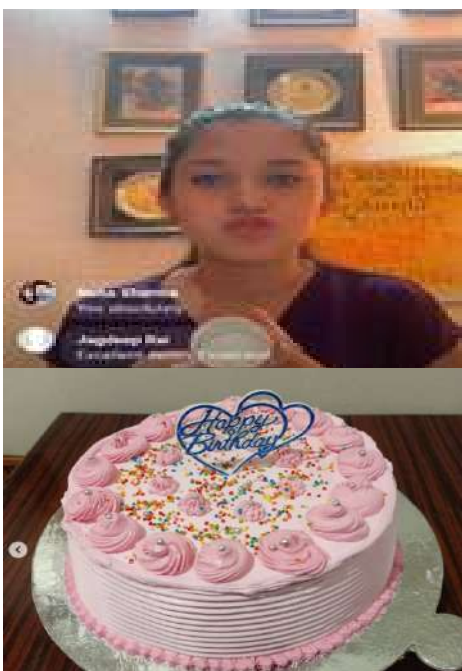
THEME : Mandala Workshop
DATE : 22-04-2021
SPONSORED BY : Aayushi Mavi-Alumna
PARTICIPANTS : 50



THEME : Mind Management with Yoga
DATE : 14-06-2021
SPONSORED BY : Dr. Richa Chopra-Alumna
PARTICIPANTS : 100



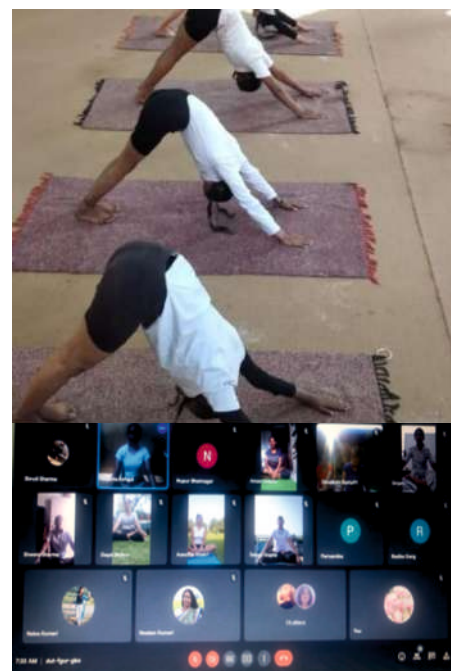
THEME : Workshop on Bottle Gourd Ice-Cream
DATE : 04-09-2021
SPONSORED BY : Ms. Anchal (M.Sc. FN)
PARTICIPANTS : 80



THEME : Cake Baking
DATE : 16-06-2021
SPONSORED BY : Muskan Sharma (M.Sc. HDFR)
PARTICIPANTS : 37



THEME : Millet Based Recipes
DATE : 19-03-2021
SPONSORED BY : Anupreet Kaur (M.Sc. FN)
PARTICIPANTS : 66



THEME : Yoga for Well-being
DATE : 21-06-2021
SPONSORED BY : Vedika (B.Sc. Home Sc.)
PARTICIPANTS : 100

ONLINE WEBINAR SERIES BY ALUMNI OF THE COLLEGE

ALUMNA : Ms. Rajni
(B.Sc. Home Science-2019)
FOUNDER : Space Rhythm
Interiors
DATE : 14-06-2021
VIEWERS : 75



ALUMNA : Ms. Lavleen
FOUNDER : Diet Insight
DATE : 25-09-2020
VIEWERS : 110



ALUMNA : Ms. Swati Talwar
(M.Sc. FN-2009)
FOUNDER : Diet Clinic
DATE : 10-06-2021
VIEWERS : 70



ALUMNA : Ms. Namrata
(M.Sc. CT-2017)
FOUNDER : Baby Clothing by
Baby Robe
DATE : 12-06-2021
VIEWERS : 150



ALUMNA : Dr. Harpreet Kaur
DESIGNATION : Professor
DATE : 14-06-2021
VIEWERS : 100

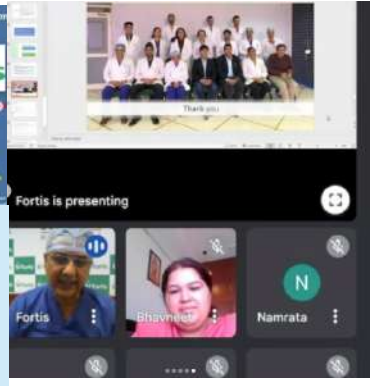
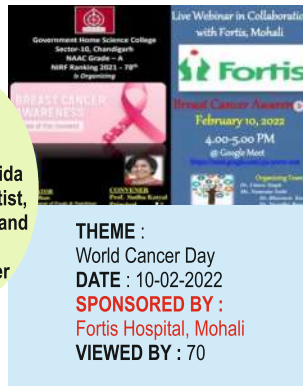


ALUMNA : Dr. Apneet Brar
(PG Diploma in CGFC-2019)
DESIGNATION : Homeopathic
Doctor
DATE : 09-09-2020
VIEWERS : 46

ONLINE WEBINARS FUNDED AND SUPPORTED BY GOVT. & PVT. ORGANISATIONS

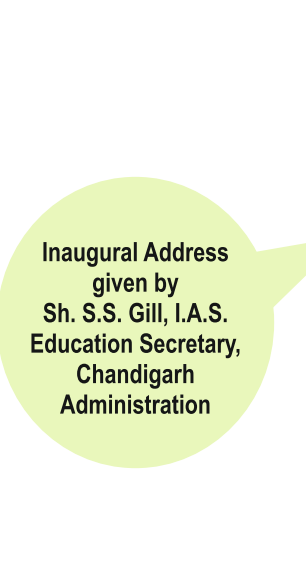


Inaugural address given by Mrs. Lippi Parida a renowned artist, brilliant writer and a seasoned photographer



THEME : Malnutrition & COVID-19
DATE : 28-03-2021
SPONSORED BY : Dept. of Social Welfare, Chd Administration
VIEWED BY : 100

THEME : World Cancer Day
DATE : 10-02-2022
SPONSORED BY : Fortis Hospital, Mohali
VIEWED BY : 70



Inaugural Address given by Sh. S.S. Gill, I.A.S. Education Secretary, Chandigarh Administration

THEME : Nutrition & Lifestyle Management during COVID-19
DATE : 27-09-2021
SPONSORED BY : National Commission for Women, New Delhi, GOI
VIEWED BY : 200



THEME : New Education Policy
DATE : 18-09-2020
IN COLLABORATION WITH : Panjab University, Chandigarh
VIEWED BY : 145

THEME : Financial Literacy
DATE : 13-01-2022
IN COLLABORATION WITH : Healthy, Wealthy Mind
VIEWED BY : 65

THEME : Sources & Resources in Digital Age
DATE : 29-03-2022
IN COLLABORATION WITH : PGGC-42, Chd.
ATTENDED BY : 70

POSHAN ABHIYAN

UNDER THE AEGIS OF CHD. ADMN., COLLEGE CONDUCTED A HOST OF ACTIVITIES TO OBSERVE POSHAN MAAH IN THE MONTH OF SEPTEMBER AND POSHAN PAKHWADA IN THE MONTH OF MARCH
A PEEP INTO THE ACTIVITIES



The pandemic did not deter the spirits of the students. The college worked relentlessly towards the cause of spreading the message of good nutrition amongst the masses. A plethora of activities were conducted.



SUPOSHIT BHARAT CYCLE RALLY 01-09-2021

NCC Cadets of the college took out **Suposhit Bharat Cycle Rally** using smart bikes on Madhya Marg of the city to promote the use of Nutritious food as well as cycles. The **smart bikes** are an initiative by Chandigarh Administration to **reduce traffic congestion and reduce the carbon footprints.**

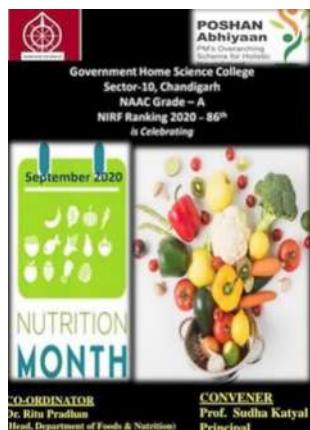


Plantation Drive on Kitchen Herbs was done on 30-09-2021 to help increase awareness and use of immunity boosting herbs in our daily diet.

More than 15 webinars conducted on the theme of Poshan Abhiyan



Health Camp organised in collaboration with **Cloud Nine Hospital and Dental Implant Center** for students to provide Health benefits on 31-03-2022.



A number of Inter-College competitions were conducted throughout the month such as Cookery Competition in collaboration with Nestle, Slogan Writing and Poster Making competition, T-Shirt Making and Online Quiz.

ACTIVITIES CONDUCTED AS A PRELUDE TO U.N. DECLARING YEAR 2023 AS "INTERNATIONAL YEAR OF MILLETS"



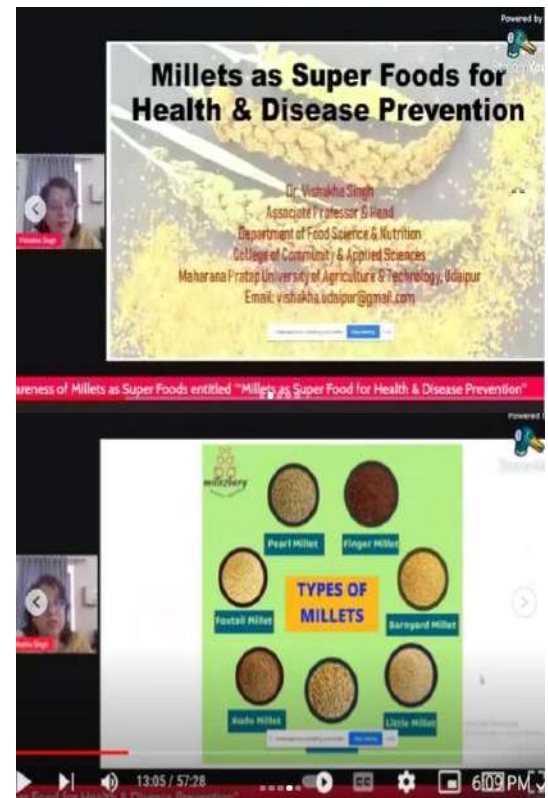
To promote the use of Millets as well as to spread the message about the Wonder Grain (Millet), the college organised an array of activities.



College in collaboration with **Aahar Kranti (Nivedita Charitable Trust)** organised a **Cookery Competition** on use of Millets on 02-04-2022. **Dr. Virender Garg, MD (Radiology), OSD to President, PGIMER, Chandigarh** was the Chief Guest of the event. He is also the Chief Patron of Aahar Kranti Project with a mission to promote the use of Wonder Grains-Millets.



A National Webinar in collaboration with **CIHM-42** on "Entrepreneurial Development through Value Added Miracle Millet Products" was held on 22-02-2022. **Dr. Pratibha Tewari, Principal Scientist and Head of Division, ICAR-CAZRI** was the resource person for the event.



A one day National Webinar on "Millets as Super Food for Health and Disease Prevention" was organised on 01-04-2022. **Dr. Vishakha Singh, Sr. Scientist and Head of the Dept. of Food Science and Nutrition, Maharana Pratap University of Agriculture and Technology, Udaipur, Rajasthan** was the resource person for the event.



Awareness Session on the Use of Millets (30-03-2022)



Live Demo on Millet based Recipes (02-09-2021)



Demo on Nutritious Low Cost Millet Recipes (28-03-2022)



Healthy Recipes Competition on Millets (23-09-2021)

RANGKRITI

An array of tradition & style



Aligning with the mission and vision of **Azadi Ka Amrit Mahotsav**, college organised a one day mega fair to promote the idea of skill-building, self reliance and entrepreneurship among students. In sync with honourable Prime Minister's key initiatives of **Make in India**, **Vocal for the Local** and **Swavlamban Bharat**, the rationale of the event was to provide a launchpad for all the stakeholders to exhibit their creativity and innovative ideas. **Ms. Anita Pal**, a renowned artist, and educationist was the chief guest of the event. **Rangkriti** foregrounds the amalgamation of tradition and style in a harmonious manner. it also provides our students with an opportunity to "Earn while they Learn".



The students put up attractive stalls for henna, tattoo making and display of mini gardens, decorative accessories, lighting fixtures, kitchen models and stone painting. Budding entrepreneurs of our college displayed a number of stalls like Tea Kombucha, Diet Wonders Clinic, SSS, SL Creations, Diet Aura and The Knot Store were put up by our students already running successful enterprises.



Catwalk for displaying techniques of Saree Draping



Emphasized "Say No To Plastic" through Eco-Walk



The Students showcased their creativity through display of wide array of products ranging from hand painted dupatta's, suits, embroidity, cushion covers, phulkari and different wall panels and bags. An inter college cookery competition was organised to promote the use of Millets. More than 52 entries were received from colleges across the city.



Cake prepared by First Year Student of B.Sc. Home Science



The students put up stalls with fun games, psychological testing, puppet show and display of handmade toys. The Environment Society of the college 'Harita' put up a stall demonstrating ways of home composting, sold different types of plants and planters. A huge footfall was witnessed.

A Big Thanks to our Sponsors



Beverage Partner



Media Partner

BOOSTING ENTREPRENEURIAL SKILLS

Setting Up of Swavalamban Corner

To enhance the entrepreneurial skills of the budding entrepreneurs of the college and to provide marketing platform to the innovative products and services of the students and Alumni, SIDBI has sanctioned a grant of 1,50,000 to setup the information kiosk and display cum sale window in College. The amount was released in two installments. The second installment was released after inspection by the officials of SIDBI who appreciated and applauded the efforts of the students.



Sponsored by
SIDBI
Grant of Rs. 1.5 Lacs

Inauguration of Swavalamban Window by Sh. Rahul Priyadarshi, General Manager, and Ms. Suman Singh AGM SIDBI Chandigarh - 16-04-2021



Display window sponsored by SIDBI



Information Kiosk
Sponsored by
SIDBI



Electronic Visual Display
Sponsored by
SBI Grant of Rs. 25,000/-

Earn While you Learn Opportunities Provided



Rakhi
Exhibition
cum
Sale and Display
(21-08-2021)



Karvachouth
and Diwali Mela
(20-10-2021)





Display of Line Art (18-04-2022)



Display of Tie Dye (16-04-2021)



Display of Re-used and Recycled Denims (22-04-2022)



Display of Pithora Painting (13-10-2021)



Display of Millet Based Recipes (06-06-2021)



Kids wear party theme display (14-08-2021)



Pop Art Display (07-09-2021)



College Goals aligned With key Governments Initiatives

In sync with Government's initiative of Atama Nirbhar Bharat, College organized a one-day Swavalamban Mela. The mission of this exhibit was to earn while you learn. Home Scientists as young entrepreneurs showcased their skills and talents by putting up a plethora of innovative items in a large number of stalls. **Dr. Palika Arora, Director Higher Education, PCS, Chandigarh Administration** was the Chief guest for the event. She inaugurated the Swavalamban Window and kick started the Mela. The major attractions of the event ranged from skin friendly organic dyed scarfs and dupattas; Cosmetics (soaps, perfumes, rose water, hand sanitizers), nutritious munches including millet based innovative recipes, satvik traditional recipes, macrame decorations, home decors, puppets and cradle toys and Therapeutic diet services launched by budding entrepreneurs. **Ms Navjot Kaur, Director, Social Welfare, Chandigarh Administration** was the Guest of Honor.



Chief Guest **Dr. Palika Arora**, PCS, Director Higher Education, Chandigarh Administration



Special Guest **Mr. Rakesh Sharma**, Regional Manager, SBI





Guest of Honour Ms. Navjot Kaur, PCS, Director Social Welfare Chandigarh Administration admiring the startup venture of our ALUMNA Priyamvada. The startup-Sattvic advocates the use of Traditional utensils and methods of Cooking to promote healthy food and lifestyle.



STUDENTS PUT UP STALLS IN INTERNATIONAL VIRTUAL SUMMIT TECH4 SEVA

College Actively Participated in a four day **International virtual Summit TECH4 SEVA** organised by **Vijana Bhartiya (VIBHA), Unnat Bharat Abhiyan (UBA) and Center for Innovation and Bio Design (CiBiOD), PGIMER, Chandigarh** from October 20-23, 2021. The college exhibited its virtual stall in this four days online expo based on the theme of Atmanirbhar Bharat, environmental friendly and sustainable technologies, affordable health care and technology for good agricultural practices.

GOVT. HOME SCIENCE COLLEGE, SEC-10, CHANDIGARH

Eco-friendly Dyed And Printed Products
BY
DEPARTMENT OF CLOTHING & TEXTILES



Various eco-friendly dyed and printed products are made by students of Clothing & Textiles. Waste plant materials have been used to color scarves, stoles and home décor items.

Government Home Science College
Sector-10, Chandigarh


Sustainable Child Friendly Handcrafted Toys



Courtesy: Department of Human Development & Family Relations

"Lets Take You to the world of Cuddles"

A Toy a Day, Keeps Sadness Away"




Silk Stoles with Batik and Natural dyes



Dyed with marigold flower, pomegranate rinds and onion peel with Alum and Ferrous sulphate

GOVERNMENT HOME SCIENCE COLLEGE
SECTOR-10 CHANDIGARH

ECOFRIENDLY GROOMING PRODUCTS
By OUR STUDENTS

Herbal Scrub Skin Toner Rose Water Natural Sanitizer



Govt. Home Science College
sector10 Chandigarh

THE ART OF KNOTS

The_knot_store

"A store, where everything is tied with the knot of love, care and happiness."

BY: NIDHI BIMAL CONTACT: 9872728049



START UP INITIATIVES BY THE STUDENTS 2021-2022

More than 100 start-ups initiated in 2021-22

SOME PRAISEWORTHY EFFORTS



Hometown Goodies
By
Simran Kamboj




Startup name	Hometown Goodies, Running her Store in Sirsa (Haryana)
Student name	Simran Kamboj
class	B.ScIDRM
You tube link/ insta link	https://instagram.com/hometown.goodies?igshid=YmMyMTA2MzY=
Deals in	Eggless customized designer cakes and deserts



Reverie & Golden Ashot
By
Nimran



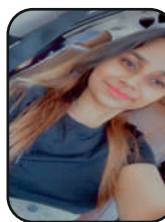

Startup name	Reverie
Student name	Nimran kaur
class	Bsc 3 year(HDFR)
You tube link/ insta link	https://instagram.com/reverie007?igshid=119sn4urxin3n
Deals in	Here at Reverie we do a collection of hand painted ethnic and western wears



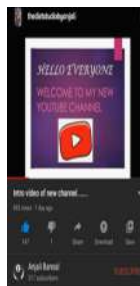

S.L collections
By
Tannu




Startup name	S.L collections, Gst n.o- 06BVPT9417R1ZP
Student name	Tannu
class	B.Sc ATD, VI sem 2022
You tube link/ insta link	https://youtube.com/c/SLcollectionsClothing
Specialization of enterprise	My startup is all about designer customised handwork kurts/dupattas/suits/sarees/lehengas both for formal and non formal occasions. With in depth background of Apparel and textile designing, I also suggest designer clothes along with customised stitching as per once personality and taste. My collection is also available on digital e commerce platform Meesho and can be viewed on my you tube channel.



The diet Studio
by
Anjali

Startup name	thedietsudiobyanjali
Student name	Anjali
class	Bsc 3 year (Dietetics)
You tube link/ insta link	https://youtube.com/channel/UC-iriUIGFQYUuMNGm1c4Ag
Deals in	Healthy lifestyles influencer Makes delicious recipes



Sattvic
By
Priyamvada




Startup name	Sattvic
Student name	Priyamvada
class	PGDND
You tube link/ insta link	https://www.instagram.com/p/CcDrOYbPngV/?igshid=MDImNzVvKMIY=
Deals in	It is a yoga and zumba studio where my aim is to provide exceptional quality sessions and healthy sattvic meal plans to help people maintain their physical as well as mental health. "A healthy lifestyle leads to a healthy life."



The Knot Store glamlook
by *Taniee Taniya Gupta*




Startup name	glamlook_by_taniee
Student name	Taniya Gupta
class	Bsc 3 year (Dietetics)
You tube link/ insta link	https://instagram.com/glamlook_by_taniee
Deals in	Collaborated with 100+ brands like Myglam, sugar cosmetics, wow etc and many more



Diet aura
By
Anupreet Kaur




Startup name	Dietaura
Student name	Anupreet kaur
class	M.Sc FN
You tube link/ insta link	https://www.instagram.com/dietaura/?igshid=u1w55wz4bwyw www.dietaura.com
Deals in	Diet counseling and healthy diet planning

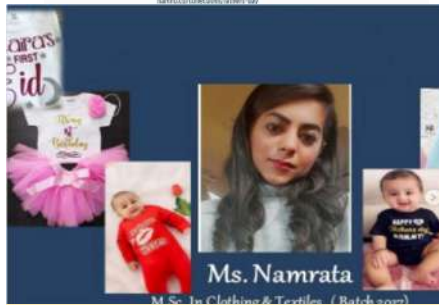
OUR ALUMNI - OUR STRENGTH

College took the initiative to offer well equipped laboratories of various departments of the college as incubation facility/co-working space to the existing students and alumni. The rationale is to promote, create, innovate and nurture their entrepreneurial skills. The students and alumina are invited to use these laboratory to update their entrepreneurial skills with the help of various equipments and technical expertise of the faculty and mentors in the college. The college also provides a platform for the Alumna to display and sell their products at the Swavavlamban Corner setup on the college campus. The incubation facility/co-working space acts as a catalyst for maximizing the students professional growth potential.

Incubation facility provided on the campus for the Alumni

SOME SUCCESS STORIES

Ms. Manveen (B.Sc. Home Science, 2015) runs a health and fitness startup by the name **HERRBS** as well as a **cafe-Transform Diet** to provide healthy and Nutritious meals. She also provides internship for the students of our college.



Ms. Namrata (M.Sc. CT, 2017) runs her own brand by the name **BABYROBE** by namro. She boasts of more than **68.7 K** followers on instagram. She customises kids dresses and has designed dresses for celebrities kids like **Neil Nitin Mukesh**.

Ms. Preeti Sharma (M.Sc. CT, 2021) a fashion designer, has designed dresses for the famous TV Serial **UDAARIYAAN** on **Colors Channel**.

Ms. Nidhi (M.Sc. CT, 2021) runs her enterprise by the name of **The Knot Store**. She specializes in macrame using organic and eco friendly weaving techniques. She boasts of collaborations with reputed brand like the **Reef Hotel-Sector 7, Chandigarh** and **Dupatte-Wali**.

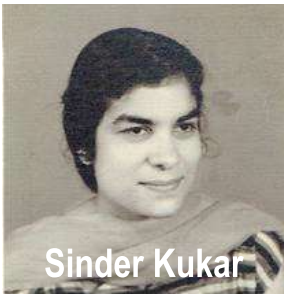


Collaborations:

- Collaboration with: The Reef, Chandigarh Sector 7 Chandigarh
- Collaboration with: Dupatte_wali, Hand pare dupatte and material

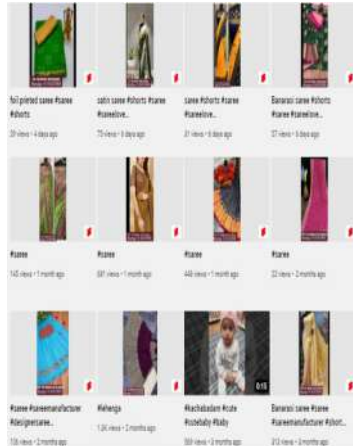


AWARDS FOR THE BEST ENTREPRENEUR OF THE YEAR



Sinder Kukar

To encourage entrepreneurship and Swavavlamban, The college mobilized Best Entrepreneur award for every year from an NRI Dr. Narinder Kukar in memory of his sister, Sinder Kukar who taught in this college from 1962-64. These awards aim to motivate and provide means for the students to flourish further in their academic and other endeavours.



MEESHO ENTREPRENEUR

Name of the Enterprise :
SL Collections
YouTube Channel :
<https://youtube.com/c/SLcollectionsClothing>
No. of Subscribers : 2.71K

2020-21



Ms. Tannu
B.Sc. Semester-VI (ATD)



PRODUCT SUPPLY TO MORE THAN 60 STORES IN ALL OVER INDIA

Name of the Startup :
Ek Ko Moh Kambucha
Website : www.ekkomoh.com
No. of Stores :

2019-20



Ms. Isha
Ph.D. Research Scholar
(Home Science)



Name of the Startup :
Fanatasia-De-Chocolates & Diet Aura
Instagram Handle :
<https://instagram.com/dietaura?igshid>
Website : www.dietaura.com
No. of Followers : 1058

2018-19



Ms. Anupreet
M.Sc. Foods & Nutrition

CAMPUS PLACEMENT DRIVE - MARCH 2022

Inspite of Pandemic situation, college organized campus placement drive for various streams in the month of March, 2022. The placement drive offered Internships and placement assistance to the various students based on their specific streams. Various reputed companies like **Nestle, Fiteo, Max hospital, Vp life style, Black apparels, Crayons, Aptitude India, Arya Hospital and Women and Child helpline, Byjus, Kapsons** etc. visited the campus. The drive received a tremendous response from both students and various recruiting organizations. Total of **200 students** from various streams participated in the drive and six students were given on the spot job offers with average pay package of **3 lacs to 4 lacs** per annum. More than **50 students** were shortlisted for second round of interviews. Notwithstanding this, **100% internships** were offered to all post graduate and undergraduate students.



MORE THAN 200 STUDENTS PARTICIPATED IN THE PLACEMENT DRIVE



100% INTERNSHIP OFFERED TO MASTER STUDENTS

PARTICIPATING COMPANIES THAT OFFERED INTERNSHIP & PLACEMENTS TO THE STUDENTS



INAUGURATION OF MULTIMEDIA RESEARCH BLOCK ON 27-04-2022



Amount Rs. 1.34 Crore spent under the RUSA infrastructure and grant from UT Administration Chandigarh



Chief Guest Mr. Satyapal Jain, Additional Solicitor General of India, Guest of Honour - Mr. Devesh, Moudgill, Ex-Mayor

Chief Guest Mr. Satyapal Jain, Additional Solicitor General of India, Guest of Honour - Mr. Devesh, Moudgill, Ex-Mayor

Solar Panels amounting to Rs. 4,25,062/- installed by CREST



MOBILISATION OF GRANTS

RENOVATION AND REFURBISHMENT UNDER RUSA

COMPLETED RENOVATION WORK OF EXISTING INFRASTRUCTURE



Rs. 70/- Lacs Spent from RUSA Grant

Newly Constructed Committee Room



Front area of Conference Room

Renovation of Conference Room

Newly Constructed E-Pathshala



Rs. 3,14,241/-

UNDER RENOVATION B.SC. HOSTEL MODULAR KITCHEN

VALEDICTORY FUNCTION OF DEEN DAYAL ANTYAODYA YOJNA NATIONAL URBAN LIVELIHOOD MISSION (DAY-NULM) ON 27-04-2022)



70 Beneficiaries provided with sewing machine after successful completion of skill training program in Fashion Designing. Grant of Rs. 22.5 Lacs received from Municipal Corporation Chandigarh



SPONSORSHIPS & GRANTS RECEIVED



GRANT : Rs.1,50,000/-
FUNDED BY : SIDBI
EVENT : Installation of Swavalamban Corner on 16-04-2021



FUNDED BY : NCW, GOI, New Delhi
GRANT : Rs.30,000/-

GRANT : Rs.30,000/-
FUNDED BY : National Commission for Women, GOI, New Delhi
EVENT : National Webinar on Nutrition and Lifestyle Management during COVID-19 on 27-09-2021



GRANT : Rs. 5,500/-
FUNDED BY : Department of Social Welfare, Chandigarh Administration
PURPOSE : Conducting a Webinar on Addressing Malnutrition during COVID-19 on 28-03-2021



GRANT : Rs. 25,000/-
FUNDED BY : State Bank of India
EVENT : Electronic Visual Display in the college Reception Area on 16-04-2021

GRANT : Rs. 20,000/-
FUNDED BY : State Bank of India
EVENT : Celebration of International Women's Day on 08-03-2022



GRANT : Rs. 20,000/-
FUNDED BY : Dept. of Science & Technology and Renewable Energy, Chandigarh
EVENT : Organisation of Inter-College Science Fest on 16-03-2022



GRANT : Rs. 10,500/-
FUNDED BY : CREST, Chandigarh Administration
EVENT : Celebration of Akshya Urja Divas on 27-08-2021

Research Grant : Rs. 40,000/-,
Funded by : Dean, Alumni Relations, Panjab Univeristy, Chandigarh.
Title of Research Project : "Development, Organoleptic Evaluation, Nutritional Contribution, Biochemical Estimation and Promotion of Recipes using Sorghum for Celiac Disease Patients and Normal Healthy Individuals"





Govt. Home Science College Chandigarh
832 subscribers

DIGITAL INITIATIVES ON SOCIAL MEDIA



<https://www.facebook.com/Govt-Home-Science-College-Chandigarh-10232528229674/>
No. of Followers : 1755



https://www.youtube.com/channel/UC-9Z7Hb3pQ_MkdYJwx0_VJA/videos
No. of Subscribers : 832



gshc.10
No. of Followers : 364

College kept on posting continuously on its Facebook page, YouTube Channel and Instagram handle to remain in touch with maximum stakeholders on diverse crucial issues. The college also develop a large number of informative YouTube Videos in a short span on diverse issues other than COVID-19 for the benefit of students, the parents, other stakeholders and community at large.



Inauguration of Research Multi-Media Block



Millets as Super Food for Health & Disease Prevention



Demonstration of Millet Based Recipes: Ragi Cookie...



Webinar: Entrepreneurial Development through Value...



Indian Heritage Goes Global- Millets: The Foods of...

More than 60 Videos uploaded on the YouTube Channel



GHSC-10, International Summit Virtual Stall - 8 for...



GHSC-10, International Summit Virtual Stall - 7 for...



GHSC-10, International Summit Virtual Stall - 6 for...



GHSC-10, International Summit Virtual Stall - 5 for...



GHSC-10, International Summit Virtual Stall - 4 for...



GHSC-10, International Summit Virtual Stall - 3 for...



GHSC-10, International Summit Virtual Stall - 2 for...



GHSC-10, International Summit Virtual Stall - 1 for...



National Webinar on Nutrition and Lifestyle Management...



Budding entrepreneurs of Home Science College!...



Rakhi Exhibition cum Sale (Part 2), GHSC-10, Chd.



Rakhi Exhibition cum Sale (Part 1), GHSC-10, Chd.



Live Webinar Series of Inspiration, Innovation &...



Results of Digital Collage Competition During...



Results of Online Recipe Competition during...



Addressing Malnutrition during COVID 19



Results of Online Cookery Competition organised on...



Workshop On Contemporary Rogan Art



A Special Talk on "Textile Conservation"



A talk on Value Addition Of Khadi fabric.

OUTREACH ACTIVITIES DURING COVID-19 PANDEMIC

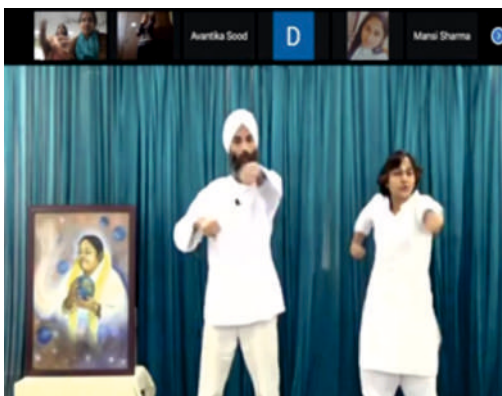
Consistent efforts were made by the students and faculty members of the college to serve the masses during the pandemic. During pandemic students of the college used their skills to contribute and give back to society and thereby set an example for others. They stitched **PPE Kits, Gloves and Masks** for the frontline warriors. They also worked as a medicine vendor by providing home delivery of medicines and help the masses during the unprecedented crisis of COVID-19.



NCC Cadets, NSS Volunteers and students of the colleges stitched approximately 1000 masks and distributed to the masses at large.

PSYCHO-SOCIAL SUPPORT RENDERED THROUGH ONLINE WEBINARS

College organised online webinars to sensitize the masses about the precautionary measures to be adopted during the crisis of COVID-19. These webinars also highlighted the importance of extending psycho-social support during the COVID-19 pandemic situation. Following the dictum of "Each one Reach One", college provided immense support in not just physical health by providing nutritional counselling but also focussed on mental and social well being of the masses through these webinars.



Government Home Science College
Sector-10, Chandigarh
NAAC Grade – A
NIRF Ranking 2021 – 78th
is organizing

Motivational & Integrated Amrita Meditation Workshop

December 15, 2021
10.30 A.M – 12.00 P.M.
LIVE @ Zoom

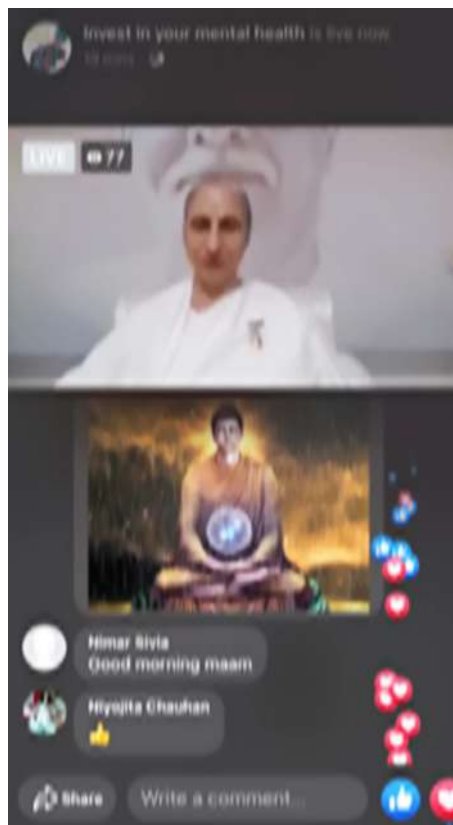
COORDINATOR
Prof. Ravinder Brar
(Head, HODS Dept.)

CONVENER
Prof. Susha Kataria
Principal

Organizing Team
Major Anshu
Dr. Nisha Sharma
Mrs. Neeraj
Mrs. Jyoti

Esteemed Speaker
Narinder Anand
National Coordinator Youth
Empowerment Group
Amrita Vishwa Vidyapeetham

Theme - Internet to Inner Net
Date - 15 December 2021
Resource Person-
Mr. Narinder Anand and Ms Shweta
National Coordinators, Amrita University
Viewership - 95



Theme – **Invest In Your Mental Health**
Date – 9 October 2020
Resource Person – **Sister Anita,**
Brahm Kumari
Viewership -660

GOVERNMENT HOME SCIENCE COLLEGE
Sector- 10, Chandigarh
NAAC Grade 'A' & NIRF Ranking 2020- 86th
in collaboration with

Gandhi National Council of Rural Education (MGNCR)
Higher Education, Ministry of Education, Government of India
Organizes
Psycho-social Support for COVID Pandemic
(COVID Helper's Skills for Student Community)

Date: May 31st, 2021; Time: 10.00 A.M. onward

Join us through Google Meet
Link:
<https://meet.google.com/vaq-oyxg-mds>
or open Google Meet and enter this code: vaq-oyxg-mds

Let's Join The Fight Against COVID-19

Theme - **Psycho-Social Support**
Date - 05-06-2021
Resource Person - **Mr. Samarth Sharma**
Mahatma Gandhi National Council of
Rural Education, GOI
Viewership - 90

MOUs SIGNED BY THE COLLEGE

The college in an endeavour to boost academic collaborations, signed Memorandum of Understanding (MOU) with various recognised institutions and organisations to promote more effective use of each of their resources and provide them with enhanced opportunities. It also intends to cooperate and focus their effects on research activities and resource building for the benefit of the students.



MOU Signed with Nivedita Charitable Trust on 28-01-2022 to enable successful implementation of Aahar Kranti Mission under the patronship of Dr. Varinder Garg, MD (Radiology), OSD to President, PGIMER, Chandigarh.



MOU Signed with CIHM-42 on 23-02-2021 for effective use of resources for research activity, expertise exchange programme and workshops



MOU Signed with Govt. College of Yoga, Sector 23 on 19-02-2021 with a thrust on Yoga, well being and mutual sharing of expertise



MOU Signed with Open Eyes Foundation (NGO) on 08-04-2021 to focus on community participation and outreach activities for our students.



LINKAGES AND COLLABORATIONS



Health camp by the Gynaecology Deptt. of **Cloud Nine Hospital** to create awareness about reproductive health amongst the students.



Organisation of free dental checkup for all students, staff and non-teaching staff on the college campus by **Oral Rehabilitation and Implant Center** Sec-34, Chd.



Distribution of **Sofy** Sanitary napkins, pads and tampons to all the students.



Sponsorship of prizes by distributing **Nestlé** products to the students, teaching and non-teaching staff on various events in the college.

FACULTY ACHIEVEMENTS



PATENT GRANTED

Dr. Vasudha Bansal, Asst. Prof., Dept. of Foods and Nutrition has been granted the patent (grant no. 396150) entitled "Novel industrial dairy waste management processing for the development of nutritional enriched whey beverage blend using high pressure processing (HPP)" on May 4, 2022 with application no 2011711039578). She developed a value added product from the waste by-product of the dairy industries which is generated in million tones worldwide in the form beverage using high pressure processing. Whey is a good source of proteins which are also the source of antioxidants. She has been granted this patent under her DST-SERB Young Scientist Project.

PATENT PUBLISHED

Dr. Preeti Alagh, Assistant Professor has got a Patent Publication on her name entitled, 'NANO-FUNCTIONALIZED NATURAL FIBER WITH IMPROVED PHOTOCATALYTIC AND ANTIMICROBIAL PROPERTIES'. The present invention relates to a bio nano composite material comprising a natural fibers (NF) on which metal oxide nanostructures are grown. PATENT APPLICATION PUBLICATION: The Patent Office Journal No. 35/2021 Dated 27/08/2021



Doctorate Degree Awarded



Dr. Shikha Garg, Assistant Professor in Psychology in the Department of HDFR has completed her Doctorate in Psychology on the topic 'A study of body image among transgender in relation to perceived stigma, stress, anxiety, depression and empathy'.



Dr. Namrata Sethi, Assistant Professor in the Department of Food & Nutrition has completed her Doctorate in Nutrition & Dietetics on the topic entitled, "Functional Bioavailability of Iron Rich Greens : Utilisation and Acceptability".

Ms. Seema Jaitly received a certificate and award of commendation for her meritorious service during the pandemic. She has worked relentlessly for the aesthetic make over of "Rupantaran - Counselling Cell for Drug Addict Prisoners, Burail Jail".



Update About P.hd. Program

Presently **30 Ph.D Scholars** are enrolled in four different streams of Home Science - Foods and Nutrition, Human Development and family relations, Clothing & Textiles and Family Resource Management.

Nine Ph.D students have completed their course work, and presented their synopsis before the Research Degree Committee and started data collection work.



Ms. Seema Jaitly, taught the inmates of Burail Jail how to make and paint beautiful pots.

ECO-SUSTAINABLE INITIATIVES ON CAMPUS

The college actively promotes eco-sustainability on the campus through various initiatives like rain water harvesting, dry and wet waste segregation and composting, tertiary water treatment and installation of solar panels. The students are encouraged to participate in activities which are environment friendly and eco-sustainable. The environment society of the college "Harita" regularly organizes competitions to generate awareness amongst the students.



College actively participated in "Waste to Wealth Mission" and encourage students to adopted environment friendly approaches in their lives. This mission motivates students to contribute towards the collection of single use plastic and E-Waste in the premises of the college for right kind of disposal.



Students participated in **Migratory Bird watching and Swachhta Walk** at Sukhna Lake in collaboration with NGO Yuvsatta and Dept. of Environment, Chandigarh Administration on 08-12-2020.



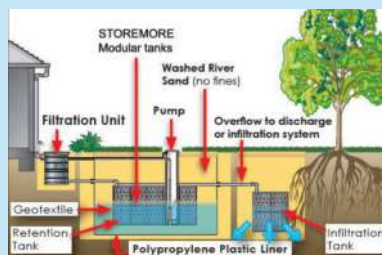
College got installed solar panels on B.Sc. & M.Sc. Hostel by CREST, Chd. Admn.



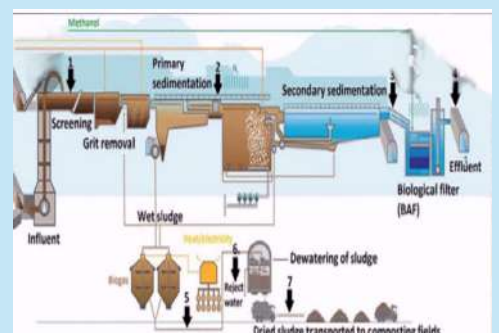
Six more pits were added in M.Sc. and B.Sc. Hostel areas to contribute towards improving the ranking of the city in the "Swachhta Sarvekshan-2022".



Wet Waste Composting Machine on Campus



Strengthening of rain water harvesting on the campus through grant of Rs. 42,44,000/- from Chandigarh Administration.



Tertiary Water Treatment Done on Campus



GLIMPSES - 2021-22

When have to play an equal part in raising the status of women? National Seminar on Millets at Home Science College Small Industries Development Bank of India Swavalamban window an initiative of SIDBI was inaugurated today at Govt. Home Science College Chandigarh, to promote college students and shaping them in Entrepreneurship culture to exhibit and sell their products. About 500+ students will be benefitted from the initiative.

इंटरनेशनल डे ऑफ फॉरेस्ट्स के मौके पर कॉलेज की छात्राओं ने की जंगल ट्रैकिंग



Health Mela and Talk at Home Science College



Home Science College addresses malnutrition during covid 19

सिटी लाइफ 01-08-21

वर्कशॉप में सिखाया होम मेड चॉकलेट और डोनट बनाना



Principal Home Sc College awarded with Excellence Achiever by Ministry

COLLEGE IN NEWS 2021

Govt. Home Science College felicitates women achievers and entrepreneurs on International Women's Day



Home Science College in collaboration with Aahar Kranti (Nivedita Charitable Trust) organised a cookery competition



आलमंड मिल्क के बेस से हेल्दी और न्यूट्रिशियस स्मूदी बनती है



आइकॉनिक वीक में हैंडीक्राफ्ट आइटम, विटेज कार डिस्पले



इनिशिएटिव लिया ताकि लड़कियां भी रोजगार की तरफ कदम बढ़ा सकें



Workshop on Icecream Making held at Government Home Science College, Chandigarh

