

**GOVT. HOME SCIENCE COLLEGE SECTOR-10, CHANDIGARH**



**49<sup>th</sup> ANNUAL CONVOCATION  
AND  
PRIZE DISTRIBUTION FUNCTION**

**Presided Over**

**By**

**Sh Jitender Yadav, IAS  
Director Higher Education  
Chandigarh Administration  
Chandigarh**

**ANNUAL REPORT 2016-17**

**PRESENTED BY  
Dr. (Mrs.) Sudha Katyal  
Principal  
Govt. Home Science College,  
Sector 10, Chandigarh**

Established in 1961, Govt. Home Science College is a pioneer professional institute in Northern India. It has continuously revamped its courses keeping in tune with the changing trends in Higher Education. It currently runs two Bachelor's Programme- B.Sc. (Home Science) with five specializations and B.Sc. in Fashion Designing, Post-Graduate Diplomas in Nutrition and Dietetics, Fashion Designing and Child Guidance & Family Counselling as well as Masters' Programmes in Clothing & Textiles, Foods and Nutrition and Human Development & Family Relations. Sir, this college also offers a Ph.D. program.

I am proud to say that the combined excellence of the educational curriculum, the realistic values, and the commitment of teaching and non-teaching staff has made this Institute to establish itself as a leading and reckoning centre for girl's education.

### **NAAC PEER TEAM VISIT**

The National Assessment and Accreditation Council team visited the college in September, 2016. The team appreciated the intra and inter departmental co-ordination, conducive learning environment, strong academic programs and disciplined students. The efforts put in by one and all in the college helped to improve the grade from B++ in 2005 to A in 2016

We at Home Science college continuously aspire towards striving for excellence by upgrading not just in terms of infrastructure but also collaborations, linkages and tie ups to ensure quality education and opportunities for our stakeholders.

### **MOU**

Although the college has been collaborating and networking with various organisations in the past, initiative was taken this year to sign formal MOUs for mutual academic and professional benefits, with the following :

- Voluntary Health Association of Punjab
- State Legal Services Authority, Chandigarh
- NGO, Yuvsatta
- Wisteria Housing Pvt Ltd
- Consumers Association Chandigarh
- Regional Centre for Entrepreneurship Development(RCED)
- Arisudana industries, Ludhiana
- Fortis Hospital Mohali
- Government College of Yoga education and health, Chandigarh Administration

### **NEWSLETTER**

The college initiated a half yearly newsletter this year highlighting the important events and achievements of the students and faculty which provides a platform for its faculty and students to express themselves academically as well as creatively.

College revolves around nurturing the students not only academically but appries them of the latest trends in the society. This is evident through the various workshops, seminars conducted in the college and achievements of our students.

### **Workshops , Training Programmes & Seminars**

In the past one year, a series of workshops and training programmes related to diverse areas were conducted with the grant from RUSA amounting to Rs. 3 Lakhs under the aegis of Director Higher Education, Chandigarh Administration. Some of the areas covered in workshops were:

- Capacity building on gardening techniques and practices
- E-learning and online students record keeping
- Orientation and awareness session on digital payment system
- Ethics and interpersonal relationship at workplace
- Personality grooming

A 7 day faculty development program on meeting diverse challenges of modern day education was also organised.

Coaching classes for UGC NET/JRF, were conducted free of cost for the students under the aegis of RUSA. The classes were taken by subject experts in the college premises from 2.00p.m to 4.00p.m everyday.

### **National Seminar**

**For the first time ever the college applied and received a funding from Dean college development council, Panjab University to conduct a one day National seminar.** This seminar was attended by over a 100 home scientists from various parts of the country to discuss the modern trends, issues and concerns of home science. The seminar marked lectures and interactive sessions by eminent academicians .

Four parallel technical sessions related to core areas in Home Science were conducted. More than 50 scientific paper and posters were presented. **An edited book compiled by myself and Prof. Nirupa Marwaha on the theme of the seminar was also released.**

### **Orientation Programme**

A 2 day extensive orientation was conducted in the beginning of the academic session to acquaint the freshers with the rules, regulations and working of the college. It was an enriching experience as it enabled them to visit all departments and get an overview of the premises.

### **ACHIEVEMENTS OF STUDENTS IN UNIVERSITY EXAMS**

All possible efforts are put in by the college to achieve highest academic standards. It is a matter of great honour that our students have always been able to maintain top positions in the University

- In P.U. examinations, Simarjot Kaur topped in the MSc. in Foods & Nutrition.
- Neha Puri, Tanisha Sharma and Shikha Sharma bagged the first position in PG Diploma in Nutrition & Dietetics, Child Guidance & Family Counseling and Fashion Designing, respectively.

- Navreet and Neelam Garg stood first in B.Sc Home Science and B.Sc Fashion Designing 3<sup>rd</sup> year.

Sir, the students are constantly encouraged to excel not only in academics but also in extra-curricular activities.

### **Youth Festival**

The college students participated in various competitions in individual and group category in Punjab University Zonal Youth Heritage Festival held at MCMDAV College, Chandigarh.

- In the category of Heritage competitions, Priya Raj and Nisha bagged 1st prize in Pakhi making and Dasuti competitions. Shikha won 3rd prize in Khiddo making competition.
  - Nisha further went on to win the first prize in dasuti competition at the Inter zonal youth festival.
- Lavani group dance presented by our girls left the audiences spell bound by their grace and energy and won the 3rd Position in Group Dance Category. In the individual category of the event, Madhu bagged the 3<sup>rd</sup> prize.
- Jyotsana Azaad and Kiranpreet Kaur brought laurels to the college by standing 3rd in Solo Kathak performance and 2nd in Luddi in the individual category respectively.
- College Mime team enthralled the audience by their performance on the theme "Technology Addiction" and won 3rd prize.
- Pallavi Gupta won 2nd prize in Mehndi competition and Aakriti Goyal won 3rd prize in Still life competition.
- Rajdeep Kaur Sandhu won 2nd prize while speaking against the motion in the Debate competition on "Should Student Elections be encouraged".

### **Inter College Competitions**

- They were organized by Chandigarh Institute of Hotel Management and Dr.Ambedkar Institute on the occasion of World Tourism Day where Manpreet and Ankita won First and third prize in Flower Arrangement Competition on Smart City, respectively. In the poster making category, Shivali Negi and Barinder Shergill won the 3<sup>rd</sup> prize and consolation prize, respectively.
- Students of the environment committee participated in inter college competitions at GCG Sector 11 for Rajiv Gandhi Akshay Urja Divas. Shreya won the first prize in slogan writing competition in this event.
- Srishtii and Ekta bagged first and second prize in dry flower arrangement competition in Panjab University Rose Festival.
- Students won laurels in "Safe Breaking Contest" organised by Chandigarh Traffic police and Honda Company. Aarti and Dolly won the 1st and 3<sup>rd</sup> prize respectively.

### **Students Council**

The **Students' Council Elections** were held in August last year as per the Panjab University guidelines. Nitima Mehta, Akriti Thakur and Nikita Goyal all from B.Sc. H.Sc. 3<sup>rd</sup> Year were elected as President, Vice-President and Secretary cum Treasurer, respectively. I congratulate all the members of Student's Council for having actively and effectively organized a number of activities for student welfare during the session.

Sir, we aspire to produce not just professional home scientists but also independent women with exposure to all aspects of life. This is done through the various clubs and societies of the college.

### **Rotaract club**

The Rotaract Club of the college has actively been involved in various social activities. The installation ceremony was conducted in August. Risham Mann was appointed as president of the rotaract club. Activities like World Literacy Day, Blood Donation camps, District leadership summit and Women's day were observed by the club. Initiatives such as celebration of children's day and Christmas at Vatika School for deaf and dumb and other charitable organisations were carried out. **Rotaract Club of the College was given the 'Best International Service Project Award' and 'Best Club Service Project Award'.**

### **Sports**

Believing in the dictum that 'A Sound Mind Resides in A Sound Body', we at the Govt. Home Science College make all efforts to keep our students physically fit as well. The college has an indoor badminton court and a fully functional gymnasium. The students are encouraged to participate regularly in Aerobic activities and Yoga sessions. In the Annual Athletic Meet, Sarmishtha was declared the best athlete.

- A one month long **Yoga camp** was held for the teaching, non teaching staff and students from May –June , 2016 . It finally culminated in participants joining with PM Modi for the **International Yoga day celebration** at Capitol Complex, Chandigarh.
- Two more indoor games such as Table Tennis and Carom Board were added this year for the college students to enhance their skill and health.
- Coaching for cricket and volleyball has been initiated by the department during this academic year.
- **For the first time six Students participated in Panjab University Inter college athletics meet.**
- Inter Class Badminton Championship in singles and doubles category was conducted in the college.
- The department organised a **seven day Self Defence course** in collaboration with Women and Child Support Unit of Chandigarh Police for the students.

### **Chandigarh Carnival**

Students prepared a fantasy float for Chandigarh carnival under the guidance of Ms. Seema Jaitley. The hard work of the students bore fruit as the float was a splitting image of their imagination where Chandigarh was visualized as a smart city along with being a solar power hub.

### **NCC**

The college has an active NCC unit. Captain Neelam Kumari, Associate NCC Officer enrolled 98 NCC Cadets in liaison with 1 Chandigarh Girls Battalion, Chandigarh.NCC

Cadets are encouraged to participate in regular NCC Training, camp activities and social activities. Some camps in which the students participated were:

- National Integration Camp-II at Varanasi
- All India Trekking Expedition Ajmer Trek at Ajmer
- Summer Annual Training Camp at GCG 42, Chandigarh
- Military Hospital Training Camp at Command Hospital, Chandimandir
- All India Leadership Camp in at Mallout

**NCC Cadets collected a sum of Rs. 3,000 as donation to observe Armed Forces Flag Day. Scholarships were awarded to two meritorious NCC cadets of the college: Sarmishtha Sharma and Akanksha Arora. Cash incentives of Rs 6000/- each were awarded to them.**

### NSS

The college runs two NSS units which has 200 volunteers on its rolls. NSS Programme Officers Dr. Ritu Pradhan and Mrs. Chhaya Verma organized a 7 day special residential camp on the theme **Digital India** at the Adopted Village-Khuda Ali Sher including demonstrations on health, hygiene and healthy recipes and awareness campaign against social evils like dowry, female feticide, to name a few. **Digital payment systems formed a major part of the camp where cashless transactions were introduced to the villagers. Apart from this, Breast Feeding week, Swacch Bharat Abhiyaan, National Education Day, health camp, anti dengue drive, vigilance awareness week, communal harmony week and festival of sharing were some of the other activities conducted by these units.**

### Environment cell

**A 90 KWp roof top solar photovoltaic power plant** was installed in the college by CREST. It was inaugurated by **Hon' Governor Punjab and Haryana, Cum Administrator UT Chandigarh, Prof Kaptan Singh Solanki** in July, 2016. This plant is capable of producing 360 Units of power per day, amounting to a cost of Rs 54000. An amount of Rs 73 lacs was invested by the administration for its installation.

Van Mahotsava was also celebrated on this day. His Excellency planted a sapling of "Laxmi Taru" which was followed by plantation of 110 saplings of ornamental trees. This occasion was graced by galaxy of dignitaries of Chandigarh Administration - Shri Parimal Rai, IAS, Advisor to the Administrator, Chandigarh; Shri MP Singh, IAS, Principal Secretary to the governor; Shri Anurag Aggarwal IAS, Home Secretary cum Secretary, Environment & Forests and Shri Santosh Kumar, Chief Conservator of Forests and CEO CREST.

### Placement Cell

- The cell organized a Career Preparedness and Awareness Workshop in collaboration with TATA Strive for the final year students of B.Sc, M.SC and PG Diplomas.
- The college took initiative to hold a campus placement drive in August, 2016. Over a 100 students of final year and Alumni were provided with a platter of job opportunities. A number of leading companies like Dr Homeo Pvt Ltd, Institute of Personality and Aptitude Testing, Voluntary Health Association of Punjab, Regional Centre for Entrepreneurship Development

and Banks like HDB Financial to name a few, visited the campus. **Around 48 students were selected and 9 were shortlisted for further interview rounds in these enterprises which offered lucrative pay packages .**

- Throughout the year various talks and interactive sessions were conducted for the students by the placement cell. Workshops conducted covered the following:
  - Educational avenues abroad
  - Personality development and impact of passion in life
  - Young managers contest by Bulls eye

### **Start Ups initiatives:**

Under the economics department, students are constantly guided and mentored so as to enable them to establish their own Start-ups. Many students have become successful entrepreneurs as a result and are generating income by having online business. Some of which include Start-ups on fresh bouquets, on line handmade jewellery, on home decor, gift wraps and handmade chocolates etc. A two day workshop on enhancing entrepreneurial skills was conducted for the students by the Regional Centre for Entrepreneurship Development where the interactions were conducted with successful entrepreneurs of the city.

### **Extension Activities**

Along with imparting academic knowledge to its students, the college also encourages them to participate in out-reach activities and contribute their bit to the society. The following activities were conducted at our adopted village - Khuda Ali Sher.

- National education day
- Awareness about anemia
- Cashless society under digital India movement
- Menstrual hygiene management

### **Art Department**

- A two day exhibition on the theme 'Earn While You Learn' of Diwali and home decorations was conducted by the art department. Students created new designs of traditional homemade decor items -diyas, lamps, torans, puja thalis, strings of colourful lights.
- An exhibition is going to be displayed by the department on April 21<sup>st</sup>, 2017, showcasing the works and talents of the students of the art department.
- As a part of the Heritage Walk to celebrate Art and Culture Festival by the Chandigarh Administration, a team of 61 students joined the young walkers from Chandigarh colleges and schools.

### **Clothing and Textile Department**

During the academic session, the department organised the following activities:

- A workshop on “Rendering of Textures & Illustrations”
- An educational trip to Government Museum and Art Gallery, Chandigarh
- A demonstration on the functioning of “Janome (Usha) Sewing machine
- Annual exhibition
- Aakriti 2017 Annual fashion show

The students also participated in “NOSTALGIC 60’s”; fashion show competition held in Rose Festival of Panjab University.

### **Family Resource Management Deptt.**

- A visit for market survey on Furniture Design, Prayawaran Bhawan and to Le Corbusier centre was arranged for the students.
- Lecture was organized on Consumer Education on 16<sup>th</sup> Feb. 2017 by Hon'ble Ms. P. Madhu Singh, Ex. Judge, District Consumer Court Mohali on various legal aspects of the consumer courts.
- Creatrix Club of the deptt. organized rangoli and mehendi competitions on 6<sup>th</sup> March 2017. Shriya and harshita B.Sc. H.Sc.1<sup>st</sup> year won 1<sup>st</sup> prize in rangoli. Litika Verma won 1<sup>st</sup> prize in Mehendi competition.
- The department put up an Annual Exhibition on 9<sup>th</sup> March, 2017. Highlights of the event were: *Trendy Café Ambiance, Interesting Table Decors, Vibrant landscape Accessories, Innovative Household Accessories.*

### **Foods And Nutrition Department**

The Ginger Club of the department conducted various activities through out the session:

- Breast feeding week was observed from August 01 to August 07, 2016 at *Khudda Ali Sher* the adopted village of the college with a rally and various competitions.
- The department celebrated National Dietetics Day on January 11, 2017, where a health mela was conducted by FORTIS for the public, staff and students.
- In collaboration with IDA and Kellogs, staff and students participated in a cooking competition and quiz competition where they won many prizes. Saloni, Timmy, Manjyot and Bineet from MSc IInd Sem and Ambica from BSc. VIth Sem won prizes in the cooking competition.
- In coordination with Paras Bliss Hospital, the department organized a health check up and camp and talk on cervical cancer awareness on the eve of womens day.

The department underwent major renovations with all laboratories converted into state of the art labs with latest equipments and work spaces. An approximate cost of 8 lacs was spent for the renovation and upgradation. The newly renovated cafeteria was inaugurated by the NAAC peer team on September 1<sup>st</sup>, 2016 where the efforts of the students were highly applauded.

The department also runs a **Diet clinic** which operates once a week in the college premises. Diet consultation is given for various lifestyle related disorders.

### **Human Development And Family Relations**

The department conducted workshops, visits and following activities for the students:

- The Students of P.G. Diploma in CGFC have been conducting counselling sessions
- A workshop on “ Healthy Relationships: A major parameter of well being among young Adults ” was conducted.
- Ms Pooja Brar , Undergraduate Advisor and research scholar from University of Minnesota also visited the department and talked about her area of research in January, 2017.



- Faculty from Amity Business School motivated the students of the department by delivering a talk on Following your Passion and Enhancing your Personality.
- Dr Ruby Ahuja, Clinical psychologist founder of Mind Peace Psychiatry in Panchkula also briefed the students on the Need for Counselling.
- Prof. Swaraj Singh Sandhu, retired Professor of Punjabi, DAV College, Chandigarh conducted a very interactive session on Story telling for the students and staff members of the department.
- A visit to various Institutes and centres for the undergraduate and post graduate students was organized like Family Counselling centre, Women Cell, Sector 17, Chandigarh, Institute for the Blinds, Olive Green, ISHH Guidance and Counselling Centre and Speech and hearing Clinic
- Chaitanya Laboratory Nursery school children celebrated all the festivals with great enthusiasm.

### **Music and Dance Department**

- The music and dance department remains active throughout the year with students performing at all functions in and outside college.
- Our students actively participated in the Panjab university Youth festival, annual cultural fest – Algorithm of Chitkara university and rose festival to name a few.
- In collaboration with Chandigarh Sangeet Natak Academi and Swadha group of performing Arts the department organized ‘Kalarang Samaroh’-a cultural extravaganza showcasing the amalgamation of Indian classical dance and music on March 7,2017.

### **Computer Department**

The department organised a one day workshop on Digital Literacy training as a part of the digital India initiative of the government of India. Mr. Shariq Ali, officer incharge of the national digital literacy training in schools and colleges in India, apprised the students of various forms of online payments and cashless transactions and urged them to make responsible use of technology.

### **Faculty Achievements**

The college has a progressive faculty which regularly works on updating its knowledge and skills, along with fulfilling its duty towards students and institution. The list of faculty members who attended faculty development programmes, Seminars/Conferences and presented papers in National and International forums runs very very long. But due to time constraint, I will restrict myself to highlight only a few achievements.

- Dr Ritu Pradhan and Dr. Rajesh Biswas have been promoted as Associate Professors under Career advancement scheme.
- Dr Ravneet Chawla visited and presented research paper at ISIPAR Center at the University of Connecticut and Penn State University, USA.
- Dr. Sangeeta Dewan was awarded her PhD degree at the annual convocation held at Panjab University.

## **THANKS**

At the end, Hon'ble Chief guest, I once again thank you for being with us this afternoon and making this occasion very very special for all of us. My thanks are also due to Chandigarh Administration for always taking keen interest in the progress of the institution.

I would like to extend my sincere gratitude and appreciation to the entire college staff for the smooth running of the college and maintaining its prestige and reputation of this pioneer professional institution.

I am particularly thankful to my dear students for giving us these proud moments by doing extremely well in academics, sports and extra-curricular activities during their stay in the college.

I congratulate and extend my heartfelt blessings and good wishes to all the post graduates and graduates who shall be receiving their degrees as well as the prizes this afternoon.

Lastly, A special word for all of you my dear students – believe in yourself and remember that there is something inside you that is greater than any obstacle. Always give your best in making this world a better place.

May all your dreams be realized and may God bestow his blessings on you so that you succeed in all your future endeavours.

Best of luck my dear students and Thank you all.