



**GOVERNMENT HOME SCIENCE COLLEGE  
SECTOR-10, CHANDIGARH**

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**NIRF INDIA RANKINGS 2022 by Ministry of Education, GOI : 46th**



**3rd Cycle**

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**CRITERION-III**

**RESEARCH, INNOVATION, AND EXTENSIONS**



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| <b>Sr. No.</b> | <b>Year of Publication of Chapters</b> | <b>Page No.</b> |
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| <b>1.</b>      | <b>2018</b>                            | <b>2-3</b>      |
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## 1. Ultrasound techniques in postharvest disinfection of fruits and vegetables


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Postharvest Disinfection of Fruits and Vegetables

2018, Pages 159-177



# Chapter 8 - Ultrasound Techniques in Postharvest Disinfection of Fruits and Vegetables

Vasudha Bansal <sup>\*</sup>, Priyanka Prasad <sup>\*</sup>, Deepak Mehta <sup>\*</sup>, Mohammed Wasim Siddiqui <sup>†</sup>

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<https://doi.org/10.1016/B978-0-12-812698-1.00008-X> [Get rights and content >](#)

### Abstract

The losses of fruits and vegetables during postharvest occur the most owing to the attack of pathogenic microorganisms on fresh produce that often lead to disease outbreaks. Moreover, food technologists are continuously investigating the efficacious methods that render not only microbial safety to the fresh produce but also maintain the nutritional content. Techniques based on ultrasound are one of the establishing areas that have the effective role in lowering the microbial load by meeting the level of food safety. Ultrasound techniques have entrenched its increased usage in the food industry as a nondestructive method that is used for multiple purposes in terms of modification of food properties (like tenderizing meat), disrupting cells, generating emulsions, promoting crystallization, catalyzing chemical reactions, and enzyme inhibition. This chapter focuses on the effect of ultrasound techniques on microbial and enzyme inactivation in fruits and vegetables followed by its influence on achieving the shelf life

## 2. Antioxidant Enrichment of Ice Cream Using Fruit By-Products

Link: <https://www.taylorfrancis.com/chapters/edit/10.1201/b22352-12/antioxidant-enrichment-ice-cream-using-fruit-products-mohammed-wasim-siddiqui-vasudha-bansal>



Chapter

### Antioxidant Enrichment of Ice Cream Using Fruit By-Products

*By Mohammed Wasim Siddiqui, Vasudha Bansal*

Book [Plant Food By-Products](#)

|                 |                      |
|-----------------|----------------------|
| Edition         | 1st Edition          |
| First Published | 2018                 |
| Imprint         | Apple Academic Press |
| Pages           | 10                   |
| eBook ISBN      | 9781315099330        |



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#### ABSTRACT

Owing to health consciousness by consumers, the demand of functional foods has increased many folds in the recent few years. This demand resulted in the introduction of several nutritionally enriched foods. Ice cream is one of most popular delicacies for all age groups and several amendments have been made accordingly. The present chapter deals with the nutritionally enriched ice-cream formulation developed by incorporating plant by-products.

2019

### 3. Development of Functional Food Products From Food Waste

Link: <https://www.taylorfrancis.com/chapters/edit/10.1201/9780429242793-7/development-functional-food-products-food-waste-vasudha-bansal-pankaj-preet-sandhu-nidhi-budhalakoti>



Chapter

## Development of Functional Food Products from Food Waste

*By Vasudha Bansal, Pankaj Preet Sandhu, Nidhi Budhalakoti*

Book [Food Bioactives](#)

|                 |                      |
|-----------------|----------------------|
| Edition         | 1st Edition          |
| First Published | 2019                 |
| Imprint         | Apple Academic Press |
| Pages           | 20                   |
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**ABSTRACT**

The inclination towards attaining health from natural food products has raised the necessity for the development of functional foods. Owing to the burgeoning of clinical disorders in terms of diabetes mellitus, cancer, obesity, hypertension, and neuro-based degenerative diseases, the consumption of functional foods has been incremented tremendously. Functional foods are confined towards plant-based products, thereby; value addition to plant-based food waste will provide optimum utilization with potential benefits. Therefore, the unutilized food products viz. peels, shreds, pulp, seed coats, kernels, can be converted to innovative functional products. The waste products of fruits and vegetables contain vitamin C, pectin, and active phytochemicals. The composition of phytophenolic and their antioxidant capacities can be employed for the development of valuable food products.

#### 4. Impact of family and school environment on adolescents personality

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#### Impact of Family And School Environment on Adolescents' Personality : A Comparative Analysis of Private vs Government School Adolescents

Dr. Shabana Gandhi\*  
Ms. Rashmi Rani\*\*

### ABSTRACT

The present research study explored the Adolescents' Personality associated with Family and School Environment. The sample comprised of 200 adolescents students (100 girls and 100 boys) selected randomly from government and private schools of Union Territory of Chandigarh. The objectives were (a) to study the relationship between various dimensions of family environment and personality of adolescent (b) to evaluate the relationship between the school environment and dimensions of personality of adolescent (c) to analyze the correlation between personality of adolescents and the type of school with respect to family and school environment. Standardized tools like "Jr.-Sr. High School Personality Questionnaire" published by the Institute for personality and Ability Testing, (1968), "School Environment Inventory" by Dr. M. Singh, "Family Environment Scale" by Sanjay Vohra, (1998) were used. Data was analyzed with the help of percentage distribution, correlation, and explanatory analysis using histogram, pie chart and Karl Pearson's coefficient correlation. A significant correlation has been found between personality and family environment of adolescents. This indicates that the families where emphasis is being made on togetherness and devoting time in hobbies and recreational activities among the members, leads to healthy personality of adolescents. A significant positive correlation has been found between personality of adolescent's with family environment and school environment. The findings of the study indicate that on the basis of school type, personality of adolescents among private school students is highly and significantly correlated to the family environment whereas the personality of government school students is highly associated with the school environment.

**Keywords :** Adolescent, Personality, Family environment, School environment

## 5. Nurturing Entrepreneurship through Research and Development of Nutritive Energy Bar in a Higher Education Institute

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Nurturing Entrepreneurship through Research and Development of Nutritive Energy Bar in a Higher Education Institute

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#### Abstract

*The driving force of every successful economy in the world is entrepreneurship. Higher education institutes provide a good environment, culture, opportunities, and practices that enhance student entrepreneurship. The research whose results we are presenting was aimed at determining entrepreneurial competence. Entrepreneurial knowledge acquired by students at higher education institutions is not limited to theory; rather, it is practice-oriented and applicable for innovation and devising new business processes. The energy bar was developed to meet entrepreneurship standards, development requirements and to provide optimum nutrients. The developed bar was evaluated for its sensory attributes as well as the keeping quality so as to ensure that new venture can be initiated.*

**Keywords:** *nurturing entrepreneurship, higher education institutes, sensory attributes, entrepreneurship standards, new venture.*

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#### Introduction

Stimulating innovative and growth-oriented entrepreneurship is a key economic and societal challenge to which universities and colleges have much to contribute. Entrepreneurship education has been widely recognized as influencing the establishment of new businesses. Entrepreneurship equips students with skills necessary to fit in this dynamic environment. However, as the country experiences financial and employment problems, there is a need to generate a population that will create new employment opportunities rather than relying on already established opportunities. Entrepreneurship provides knowledge that develops responsible people in the social and family life. Therefore, entrepreneurship prepares the student for a life-long learning process (Gibb, Haskins, & Robertson, 2013).

Entrepreneurial competencies is a key for a higher competitiveness, personal development and sustainable employability of an individual i.e. student. It helps in the creation, recognition and use of opportunities and introducing changes. Entrepreneurial competence makes innovation, survival and growth in a dynamic and competitive environment easier.

## 6. Enhancing Sustainability and Skill Development in Home Science for Innovating Nutritious Gelatin Coated Candy for Start-ups

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Enhancing Sustainability and Skill Development in Home Science for Innovating Nutritious Gelatin Coated Candy for Start-ups

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#### Abstract

*Sustainability has been defined as development that meets the needs of the present without compromising the ability of future generations to meet their own needs. Skills are abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life (WHO, 2003). Skill development enable individuals to translate knowledge, attitudes and values into actual abilities. Skills for sustainable development are also central to innovation also the skills and knowledge required for sustainable development provide wide benefits for start-ups. One such skill development is seen in Home Science, in field of Foods and nutrition. Owing to this skill a product was developed where gelatin along with glycerol was used to encapsulate the candies; made from naturally derived and nutritious raw materials like dates and nuts; aided by chocolates (dark and white); expressing their ability to preserve product for longer duration i.e. to extend shelf life, prevent oxidation, retain colour, flavour and texture and to enhance the glaze of product (Crampton, 2019). Moreover, these layers are transparent and edible, perfect for coating.*

**Keywords:** skill development, Home science, Gelatin, candy, nutrition.

#### Introduction

Education, or the transmission, acquisition, creation and adaptation of information, knowledge, skills and values, is a key lever of sustainable development (UNESCO, 2015). These skills of home science help boosting dormant traits and acquire knowledge and experience to face and survive in future.

Some core principles of skill development are:

#### Decision Making

Decision making helps us to deal constructively with decisions about our lives. It is the process of making assessment of an issue by considering all possible/available options and the effects different decision might have on skill development.



## 7. Role of ICT in the Field of Home Science

Link:<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Role of ICT in the field of Home Science

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#### Abstract

Information Communication Technology (ICT) is enabling technologies that include both hardware and software necessary for delivering voice, audio, data and internet service. ICT provides a platform for innovative departures to enhance quality education in the field of Home Science. The educational applications of ICT facilities the learner with interactive digital whiteboards to apps filled smar tphones along with the widely implemented educational techniques/tools such as (Abdullahi,2014) audio and video conferencing, anti-plagiarism, and lecture-capturing software. More familiar technologies are video chat applications on our phones or learning from a YouTube video. A surge in usage of these technologies can be observed through their popularity across play store with the average rating being 4.5 and thousands of downloads

**Keywords:** Technology, Home Science, ICT, Audio, software.

#### Introduction

ICT in home science has become integral to the teaching-learning interaction, through such approaches as replacing chalkboards with interactive digital whiteboards, using students' own smartphones or other devices for learning during learning time, and the "flipped classroom" model where students watch lectures at home on the computer. It also includes simulations, Data logging, Spreadsheets, Word processing, Virtual Learning Environment, Desktop Publication, etc. (UK Essays,2018).

The field of home science involves a lot of practical activities. It includes observing, measuring, communicating, discussing, investigating, handling, watching, monitoring and recording the results. On the other hand, science is equally a theoretical subject. It involves thinking, inferring and having good ideas, hypothesizing, theorising, simulating and modelling (UK Essays,2018).

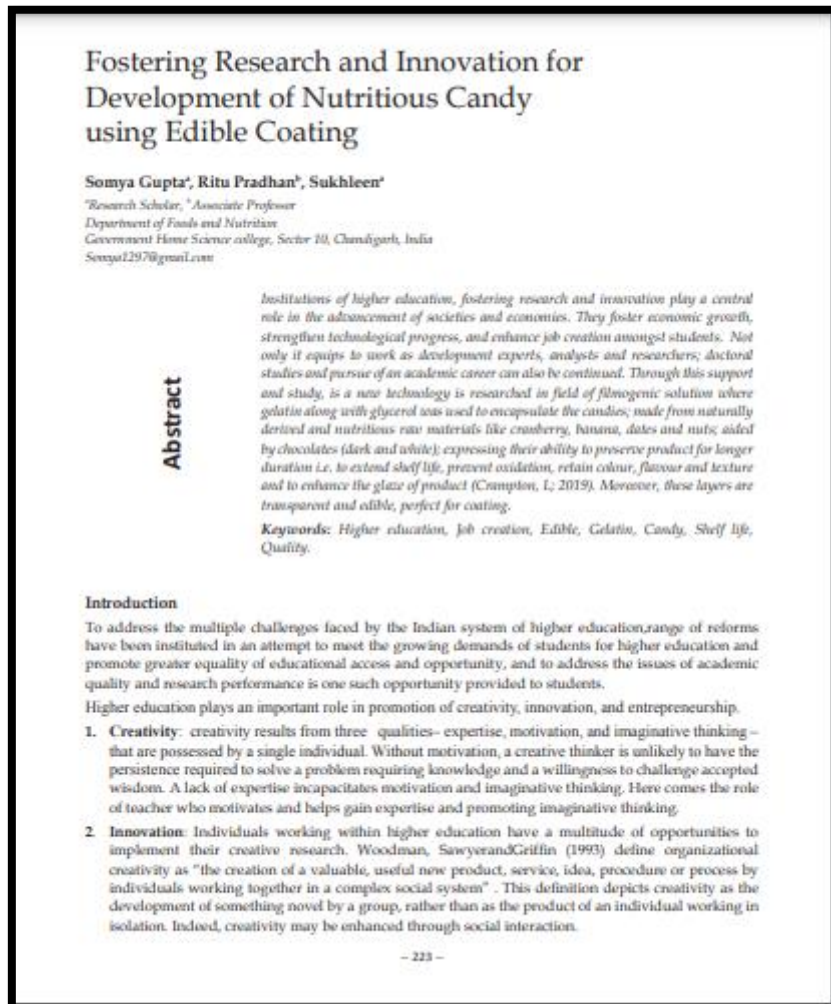
Computer and internet access vary across countries, and also within countries has boosted the application of ICT in various fields of home science (Fraillon, 2014).

Digital literacy is being built through the incorporation of information and communication technology (ICT) into home science institutions. Some common educational applications of ICT include:

Google docs: Cloud tools like Google Docs are a perfect fit for students of home science because of their flexibility, but also because they allow for real-time collaboration with students and teachers located anywhere (Cortez, 2018).

## 8. Fostering Research and Innovations for Development of Nutritious Candy using Edible Coating

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>



## 9. Nutrient Softwares and Quality Enhancement in Higher Education

Link:<https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Nutrition Softwares and Quality Enhancement in Higher Education

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#### Abstract

New programs and providers of education have begun to emerge within and in partnership with institutions, offering new models of learning opportunities (Office of Educational Technology, 2017) and amongst them, one is the use of nutritional software like Dietcal by AIIMS Professor, Dietsoft based on Indian Data (NIN, ICMR, IFCT 2017) or mobile app like Nutrifly India Now by NIN institute are to name a few.

This technology has accommodated the needs of a broader range of students. It revolutionizes the delivery of education, which allows access to higher education to greater numbers of students at a lower cost and with more flexibility. Colleges, universities, and other education providers are considering how to offer programming at various times and through multiple means of delivery such as online, mobile, and blended. Not only students but it also enable advisors, teachers, and nutrition experts to help and facilitate progress through changing needs and circumstances, as any recent changes are immediately updated (Office of Educational Technology, 2017).

According to the google play store, the downloads of mobile apps like Nutrifly India Now have exceeded 10,000 downloads indicating its popularity amongst nutrition enthusiasts and justifying its role in higher education.

**Keywords:** Higher education, Technology, Online, Students.

#### Introduction

With the initiation of the twenty-first century, new and rapidly improving technologies are in the process of transforming higher education. Modern technologies have been considered to change the conception of a higher education institution. For example, now higher education institutions not necessarily need a physical place with classrooms and residence halls where students come to pursue advanced education.

##### • The compelling need for nutrition software:

With sophisticated communication technologies, institutions of higher education are expanding and no longer limited to student markets or educational resources in their geographic regions. Likewise, the growing need for lifelong learning opportunities to keep pace with social, economic, and technological changes fuels demand accessible alternatives to traditional real-time, campus-based instruction. In addition, competition among higher education institutions contributes to technology's advance

## 10. Nutrient (Iodine) Deficiency- A Hindrance to Scholastic Performance and Quality Higher Education.

Link:<https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Nutrient (Iodine) deficiency: A Hindrance to Scholastic Performance and Quality Higher Education

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#### Abstract

Nutritional deficiency is one of the major factors that can affect the academic performance of school children and further decrease the prospects of going for higher education. The main aim of this study was to determine the association between iodine deficiency disorder and academic performance among school-age children which may have an impact on quality education and higher education. The school-based cross-sectional survey was conducted in the Udaipur district, Rajasthan. A total of 2329 students, aged 6-12 years, were selected from primary schools using a systematic random sampling method. Goiter examinations and urine iodine test was done to diagnose goiter. Spot urine samples were collected to determine the median urinary iodine level and anthropometric measurements were done. In this study, 1,693 children were included for assessment of academic performance. The academic score of students for nearly 20 percent of the subjects was found to be less than 60 percent. Academic performance of the non-goitrous subjects as well as having normal urinary iodine excretion was found to be better goitrous or iodine-deficient subjects; although the results were not statistically significant. The present study revealed that iodine deficiency goiter is a significant health problem among school-age children in the study area. Hypothyroidism due to iodine deficiency reduces physical growth and retards learning capacity. Physical development has a significant association with learning, suggesting the importance of nutrition in the education system.

**Keywords:** Goiter, Iodine Deficiency, Academic Performance, Quality Enhancement, Higher Education

#### Introduction

Malnutrition has adverse effects on the growth and development of children. Studies also show that undernourished school children have inferior intellectual performance as compared to well-nourished children. Iodine deficiency is known to be the most common preventable cause of mental retardation; it impedes children's learning ability as well. It is now known that hypothyroid children are intellectually subnormal and also suffer from a physical impairment. Hypothyroid fetuses often perish in the womb and are often incapable of completing school. Studies have documented that in areas with an incidence of mild to moderate IDD, IQs of school children are on an average 13 points below those of children living in an area where there is no iodine deficiency (Bleichrodt and Born, 1994). The results of

## 11. Higher Education: A Vital Prerequisite for Start-ups and Establishing Global Business

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Higher Education: A Vital Prerequisite for Start-ups and Establishing Global Business

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#### ABSTRACT

The specialization in higher education is the key ingredient for developing focus and expertise in a particular area that helps in the development of a successful product and venture. Higher education enables us to make use of advanced technology-based instruments in order to develop nutritional products that can be of global importance. Beverages are an essential part of the healthy lifestyle which is savored worldwide in order to quench thirst, to fulfill the taste, to get the desired energy and essential functional components inside the body. In the scenario of advanced food technology, numerous variety of beverages are being developed; however, protein and functional quality enriched whey-based beverage has the importance and demand worldwide. Whey is the by-product of the dairy industry which gets wasted or disposed of in the approximately annual loss of 70,000 tones of nutritionally loaded whey solids. Consequently, the transformation of the whey into a beverage or health drink would be the most useful and attractive product for human consumption, packed with proteins, minerals, and vitamins. Nevertheless, no whey-based food product has been commercialized up to till date owing to less acceptability and unappealing taste. Moreover, in the current scenario, consumers are demanding fresh food products with minimal processing. Thereby, to meet the global demand for processed products, pursuing higher education of food processing is inevitable for the establishment of global business. High hydrostatic processing (HHP) is a non-thermal food preservation technique that treats the solid or liquid foods between 100-1000 MPa using water as the pressure medium at the room or mild processing temperatures (<60 °C). HHP processing inactivates the harmful pathogens, enzymes, and at the same time puts limited effects on the color, taste, viscosity, appearance, and nutritional value. Therefore, processing the whey with the juice blend using the HPP will result in a healthy beverage.

**Keywords:** Pertinent focus, Higher education, Food processing, Nutritional food product, Start-up, Global establishment.

#### Introduction

The changes in technology and globalization have made the concept of higher education vital in order to capture the pace of the moving world. The economy of a developing country like India is having the emergent need for sustainable start-ups which can boost its economic status and connect to the consumers worldwide. In order to achieve the target, the focused formal higher education is the only

## 12. Higher Education: A Step to Foster Innovation and Research Enabling New Product Development: A Review

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Higher Education: A Step to Foster Innovation and Research Enabling New Product Development: A Review

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#### ABSTRACT

*The role of higher education in the field of Home Science and Foods and Nutrition is immense. It has opened up new avenues and areas for innovation and research enabling in skill development and capacity building. The present paper attempts to review the role of research in new product development. Developing new food and drink products is a complex process - requiring knowledge of ingredients, processing techniques, packaging materials, legislation, and consumer demands and preferences. The product-development literature is vast, ranging from broad-brush explorations to in-depth case studies and across many types of products, firms, and industries. The three emergent research streams are rational plan, communication web, and disciplined problem-solving. Research provides deep knowledge to the reader as well as new product developers. It acts as a medium for creating and exchanging ideas.*

**Keywords:** Product development, communication, discipline, emergent research, deep knowledge, exchanging ideas.

#### Introduction

Innovation and research are very important for new product development. Conducting research properly at the beginning stages of product development as well as at key points during the process can save a lot of time and help prevent disastrous mistakes. New product development is the main factor of economic progress in building an economic competitive advantage. The life cycle of products becomes very short and it tends to be shorter year by year. It means that innovation becomes the main driving force in the economy. This research study underlines the role of evaluation of each stage of innovation processes and allows identifying the main problems that hinder innovation and allows developing concrete proposals for improving the innovative environment in the country. Research is a critically important step in the product development process. **Exploratory, evaluative, iterative** are three key stages in the product development process where research plays a main part. In order to understand the expanding role of research in product development it's important to note the different types of research and at what point in the product development stage they take place.

### 13. Enhancing Sustainability of Higher Education Institutions

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

## Enhancing Sustainability of Higher Education Institutions

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### ABSTRACT

To support the government's agenda of 'providing education to all', colleges and universities are being set-up in an ever bigger number and space. Increased competition and privatization in the education sector have led to the development of these universities as a whole township, encompassing the latest technology and infrastructure, and housing thousands of students in the same area. Educational buildings consume more energy next to the industries and information technology parks. This has resulted in increased usage of renewable and non-renewable resources of energy which in turn has caused increased carbon emissions and waste generation from these buildings. This unsustainable growth and development of our educational buildings have negatively impacted our immediate environment. Therefore, it has become important to make these buildings sustainable in their growth and development. A sustainable building is not an option but a necessity today, as they help in reducing and reversing pollution and conserving our environment for future generations. Transforming existing educational building into a sustainable building is neither a costly process nor impossible. By adopting sustainable practices such as efficient use of energy, water and use of renewable resources we not only transform higher education institutions into sustainable ones but also enhance the quality of education in these institutions. Research studies have shown that sustainable building design is linked to improving over well-being and productivity of its occupants. Therefore, this paper aims at identifying such sustainable practices that can be easily followed to enhance the sustainability of higher education institutions.

**Key Words** Higher Education Institutions (HEIs), Sustainable Practices, Sustainable Building (SB), 7 R's, Sustainability

### Introduction

A study has suggested that conventional buildings consume large amounts of energy in their daily operations (1). These buildings contribute up to 30% of global annual greenhouse gas emissions and consume up to 40% of all energy (2). A study by (3) suggests energy is an important parameter that makes educational institutions sustainable. Due to increasing student intake in Higher Education Institutions (HEIs), new buildings are being constructed to meet infrastructure requirements which have resulted in increased energy consumption, increased carbon emissions and increased usage of non-renewable resources. Thus, to reduce the excessive consumption of resources and to conserve them for future generations, it is important that the educational buildings adopt sustainability and implement sustainable practices in their daily operations.

## 14. Issues within the Higher Education System of India

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Issues within the Higher Education System of India

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#### Abstract

*Higher education comprises all post-secondary education, training and research guidance at educational institutions such as universities that are authorized as institutions of higher education by state authorities. (UNESCO). Higher education plays an important role in the country's overall development. India's higher education system is the world's third-largest in terms of students, next to China and the United States. Though the higher education system has been facing many issues, still some steps can be taken to overcome these issues to make it a much better system. The aim of higher education has to be set for fulfilling the aspiration and learning requirements of the students by developing their intellect which will accompany them throughout their lives. It should be focussed on making the individuals capable enough to use their talent and knowledge for self-fulfillment and serving the society as well. In a vastly populated country like India, a large no of students take higher education at colleges and universities which collectively sums up a rough figure of more than 12000 existing higher educational institutions. The review paper has been written after doing extremely focused study pertaining to the problems behind the issues like poverty, unemployment, lack of education and various other situational issues which abide by the scenario of our country today. The aim of this review paper is to mainly highlight the emerging issues in the sphere of the higher education system in India. The methodology opted for is of descriptive nature. Various journals were studied and analyzed for the presentation of this review paper. Finally, the paper concludes the need for a plan that requires solutions that should be focused on making the individuals capable enough to use their talent and knowledge for self-fulfillment and serving the society and also training future leaders for any life discipline, be it professional or public.*

#### Introduction

Higher education in our country can never be a nation-building block unless the understanding of people opting for higher education is brought at par with the thinking mechanism of intellectual individuals. Most of the younger generation coming out of high school and opting for higher education are rarely bothered about taking up the next level of their education for serving the country and contributing to society, instead, they are much interested in taking up a job with heavy emoluments after completion of their studies. With the increasing influence of politics and decreasing standards of imparted education, the higher study institutions have now become a product manufacturer for serving industries. Apart



## 15. Influence of Higher Education on Parenting Practices

Link:

<https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Influence of Higher Education on Parenting Practices

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#### Abstract

Parenting is not just about a set of rules to follow a happy, well-adjusted life. Good parenting aims at socializing children. Parenting brings many responsibilities and difficult decision making. But it has been noticed that nowadays due to a busy life-scheduled parents are unaware of what kind of parenting they should provide, they are unaware of the consequences of providing the right amount of love, kindness and caring. Parents who approach good parenting their home environment are also good, as well as they, don't force their children to choose their education according to them. The present study was conducted to gain insight into the effects of higher education on parenting. This paper tells that parents are not able to help their children to choose their future as they remain busy in their own life they don't have time to look for their child, even parents' academic achievement also affects the child's career. Parents who belong to lower strata, they have different perception about higher education as compare to parents who are educated. Parent's mentality towards higher education is that they do not give equal chance to every child to come forward as well politics is also becoming one of the factors due to which college-going students remain tensed and depressed. Due to this all unawareness related to the effects of higher education on parenting there is a need for vast change in this area.

**Keywords** Higher Education, Parenting, Good Parenting, Effects of Higher Education Parenting.

#### Introduction

Parenting is all about the set of rules and regulations to foster good development of the child. An appropriate amount of love is good if provided in a good way. Parents are the ones who help the child to learn about the various things related to their life, they help their child in walking, eating, sleeping as well in the holistic development of the child. But it has been noticed due to busy life, many parents are not able to concentrate what is happening in the life of their child which leads to excessive struggle in later life of the child when they go for higher studies. Parents do not think about the consequences of ignorance in their child's life, later they realize when everything is over. Various studies have also shown that parents are not aware of the facts that what is happening in the life of their child, moreover they do not have the will to ask their child about the whole day and they do not help their child for what to choose in education when it comes to career. Despite this, parent's education also affects the academic achievement and career path of college students. If parents are less educated or not educated they remain confused because they do not realize what the child is suffering through. There is no doubt that parents

## 16. Role of ICT in Transforming Higher Education

Link:<https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Role of Information and Communication Technology (ICT) in Transforming Higher Education

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#### Abstract

*Education is an important key for awakening not only in India but in any country. It also acts as an instrument for economic and social transformation. Higher education is the mother of all professions. Information and Communication Technology (ICT) plays a very important role in today's teaching-learning process, especially in higher education. The introduction of ICT in higher education has a great impact on the whole education process. The role of ICT in higher education not only improves classroom teaching but also prepare the next generation for enhancing the earning potential, seeking and advancing knowledge and wisdom, and also research and experimentation. At the same time due to the dispersion of ICT in higher education system presents challenges for colleges as well as universities. This paper highlights the impact of ICT, the role of ICT, initiatives, advantages, and challenges of ICT in higher education.*

**Keywords:** *Information and Communication Technology, Higher Education, ICT initiatives*

#### Introduction

According to Nelson Mandela, "Education is one of the most powerful weapons which you can use to change the world." Infact, education is one of the necessities for man after food, clothing, and shelter. In today's competitive world, it not only widens the depth of one's knowledge but also raises awareness of one's societal rights and responsibilities. There is a direct co-relation between education and socio-economic development in any country and with India being a young developing nation, educational wealth becomes pivotal for its success (Bajwa, 2009). Higher education has been rightly defined as the mother of all professions. The people in college and university education shape the behavior, minds, and the social and human values of the student community. The efficient use of technology can motivate students; make the classes more energetic and interesting as they learn new skills and techniques.

**Impact of ICT on Education:** The impact of ICT across the past two or three decades has been enormous in different fields such as medicine, tourism, travel, business, law, banking, engineering, and architecture. But when one looks at education, there seems to have been an uncanny lack of influence and far less change than other fields have experienced. The purpose of ICT in education is generally to familiarize students with the use and workings of computers and related social and ethical issues.

ICT has become an essential part of today's teaching-learning process. Information and Communication Technology (ICT) is a force that has changed many aspects of one's life. ICT is defined as a "diverse set

## 17. Women Literacy and its Effect on Health

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Women Literacy and its Effect on Health

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#### Abstract

*Education is an art of imparting knowledge to others for the betterment of their lives and preparing them for achieving their aim, as a profession. The objective of this study is to identify the greatest hindlers in the path of women's education and to assess the relevance of higher education in women's health and life. The barrier to women's education in India was the persistent belief that women should not design to talk paid employment although voluntary work was acceptable. This article will explain how illiteracy will affect the health status of women. For this purpose, various articles, journals, and reports have been used as it is a conceptual paper.*

**Keywords:** Women's literacy, Education, Higher Education, Women Health.

#### Introduction

The orthodox male-oriented society in India has still not been able to adjust itself to the fresh wave of women's liberation (Singh *et al.*, 2018). Education is the process of facilitating learning or the acquisition of knowledge, skills, values, beliefs, and habits. Higher education is the aggregate of theoretical knowledge and practical skills that let theoretical and practical problems to be solved by a given type of training, developing and creatively evolving the modern achievements of science, technology and culture (Singh *et al.*, 2018). According to WHO health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO, 1948). India is one of the few countries where women and men have nearly the same life expectancy at birth. There are systemic problems with women's health. The health of women is related to their status in society. Research on women's status that the contribution of Indian women to the families are often overlooked; and instead they are referred to as economic burden. Therefore, things like their education, marriage, and dowry are considered a major economic concern (Victoria *et al.*, 1998). In poor and backward family's women's education is not given importance due to the cost of their marriage and dowry. Unhealthy women are more likely to give birth to low weight infants. Finally, a women's health affects the household economic well-being, as an unhealthy woman in poor health will be less productive in the labor force. There are also differences in the state of fertility levels by state, education, religion, caste and place of residence. For example - Uttar Pradesh, the most populous state in India, has a total fertility rate of over 5 children per woman. On the other hand, Kerala, which has relatively high levels of female education and autonomy, has a total fertility rate under 2 (Victoria *et al.*, 1998). The women are known to be dependent and are sometimes called 'frog of well'. Women are welled in the well of illiteracy, culture, and tradition and the only way to dwell her it to provide knowledge (Agrawal *et al.*, 2017)

## 18. Role of Quality Higher Education in Social Economic Development of Women

Link:<https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Role of Quality Higher Education in Social Economic Development of Women

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#### Abstract

*Education renders empowerment and freedom for excellence to human society. Nevertheless, literacy in half of the female population still lags behind. Education is widely understood as an indicator of women's status and even more importantly as a factor for the empowerment of women. The aim of higher education is to generate knowledge, encouraging critical thinking and imparting skills relevant to society as determined by its needs. It is only higher education that makes people aware of their rights and duties and their optimal usage. Higher education is one of the most important means of empowering women with the knowledge, skills, and self-confidence. It brings a reduction in inequalities and helps in improving their status within the family. Presently, women are participating not only in traditional courses but also in various areas thought to be belonging to only men's territory. In the future, it is necessary to widen the scope of existing fields and the creation of new fields that cater to the needs of women. For the harmonious development of the country, it is essential that women are empowered to go hand by hand and shoulder to shoulder with men. For empowering women, higher education is bound to play a vital role.*

**Keywords:** Empowerment, Higher Education, Social and Economic Development, Women

#### Introduction

'To educate your women first and leave them to themselves, they will tell you what reforms are necessary'- Swami Vivekananda. Education is the right of all the citizens of a Nation. Education, primary, secondary or higher must be provided to all categories of citizens by breaking down constraints and barriers. Education is the basic building block of Literacy. It is a basic component of social cohesion and national identity.

#### Higher Education

"The higher education is that which does not merely give us information but makes life in harmony with all existence" (Ravindranath Tagore).

Higher Education is the aggregate of systematized knowledge and practical skills that allow theoretical and practical problems to be solved by a given type of training, utilizing and creatively developing the modern achievements of science, technology, and culture. The term "higher education" is also applied to the training of highly skilled specialists in the field of economics, science, technology, and culture

## 19. Psychosocial Status: Effect on Nutritional Profile and Social Scenario of Girls in Higher Education Institutions

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Psychosocial Status: Effect on Nutritional Profile and Social Scenario of Girls in Higher Education Institutions

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#### Abstract

The present study was carried out to assess the effect of psychosocial status on the nutritional profile of late adolescents (female) in Dimapur district of Nagaland and its effect on the social scenario. The study was conducted on 220 girls of age between 18-20 years old. A self-administered questionnaire was used to collect the data. The questionnaire contained relevant information consisting of general information, anthropometric measurements, dietary intake, 24 hours dietary intake, physical activity and psychosocial factors. Out of 220 participants, 97.7% were suffering from psychological distress and were in the habit of skipping meals, mostly breakfast and lunch. The study revealed that the majority of the participants did not meet the daily requirement as recommended by RDA. Due to the psychological stress and social scenario, an effect is felt on the education profile thus the quality of higher education.

**Keywords:** Adolescents, Psychosocial status, Nutritional status, Anthropometry

#### Introduction

Adolescence, is a period of transition between childhood and adulthood, occupies a crucial position in the life of human beings. The adolescent period is a very important phase in the life span of an individual and it is the time when the nutrient requirements of the body are high. Inadequate nutrition in adolescence can potentially retard growth and sexual maturation and can put them at high risk of chronic diseases particularly if combined with other adverse lifestyle behaviours (Singh et al, 2014). Over the past two decades, there has been a significant increase in obesity and obesity-related disorders among individuals in their teens and 20s. The prevalence of obesity tends to increase with age, particularly college years are an important time for the development of obesity (Pona, 2015). Obesity is one of the major public health problems throughout the developed world. The number of studies has documented that obesity is associated with various forms of psychological distress, including anxiety and depressive disorders. Some evidence suggests that the increase risk of developing mood or anxiety disorders in adulthood is due to obesity in childhood and adolescence. Other studies demonstrate that the increase in the likelihood of obesity in adulthood is because of depressive symptoms, particularly if they occur early in life. However, the timing and direction of the relationship between obesity and psychological distress still remain controversial (Kubzansky et al, 2012). According to WHO, 2005, the study stated

## 20. Trending Information and Communication Technology (ICT) In Shaping Higher Education

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Trending Information and Communication Technology (ICT) In Shaping Higher Education

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#### Abstract

*Education is dynamic as it changes from time to time. The purpose of education is to bring about desirable change in the behaviour of people. In a country like India where the literacy rate was very low, the government succeeded to increase the literacy rate to 72.98% (as per census 2011)*

*As per a report by UGC, 2019, at present, there are 920 universities in total including central, state, private and deemed to be universities. As education is dynamic, now education is more andragogical than pedagogical and this is being due to more technological advancements. Technological advancement has played a key role in the transformation of higher education. There has been an exponential improvement in education due to technology usage by the students as well as by the teachers. ICT has become an integral part of today's teaching-learning process. In face to face teaching, most of the time is consumed for the input-output and less time is left for the process. But in teaching with ICT the input and output time is reduced and process time is increased. When the process time is increased, time of students' activities, discussion, correlation with other subjects, brainstorming and learning, etc will increase. The term Openness is introduced where Education is sharing knowledge and information. OER, Open Access (OA), Open Source and Massive Open Online Courses (MOOCs) are regarded as forms of openness. As every coin has two faces use of ICT has its own disadvantages as well. Vulnerability to misuse, unreliable information resources, technological failures, etc., are some of its disadvantages.*

*But undeniably, ICT has influenced the teaching-learning process and is playing a major role in shaping higher education in India. This paper explores the basic understanding of ICT and its role in higher education as well as its application.*

**Keywords:** Higher Education, ICT, UGC, e-learning, MOOC

#### Introduction

Education and learning, both formal and informal, have a central part to play in developing Knowledge Societies. ICT, including the Internet, has opened up new possibilities for everyone, whether in school or lifelong learning, to access information, ideas, curricula and tools that previously were unavailable to them. Distance learning can bring higher standards of education to remote and underserved communities. ICT can put learners themselves at the centre of the educational experience, developing their own knowledge and skills with the support of teachers and others in their networks. Their ability

## 21. Empowering Women through Higher Education in Marital Structure

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Empowering women through Higher Education in Marital Structure

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#### Abstract

Empowerment is defined as giving power, to creating power within and enabling. It can be regarded as a process of awareness and capacity building that leads to greater participation, better decision making power and transformative action. Education is a milestone for women empowerment as it is used as an agent of basic change in the status of women. Where traditionally, women had a little say in the family decision making, with access to higher education, women have begun to express their newly found self-belief in having a say in both within the family and outside as well. Women empowerment enables autonomy and control over their lives. The empowered women become agents of their own development, are able to exercise choices to set their own agenda and be strong enough to challenge and change their subordinate position in society. The aim of the study was to determine the association between the working status of women due to access to higher education and decision-making power in the marital structure. The study was conducted taking 100 women of Chandigarh city. It was found that the women having access to higher education and were working had more decision making power in the marital structure than their lesser-educated counterparts who were non-working.

**Keywords:** Empowerment, Higher education, Working women, Decision making

#### Introduction

*The status of women is a barometer of democrats of any state, an indicator of human rights are respected in it. To awaken the people, it is woman who must be awakened once she is on the move, the family moves, the village moves and the nation moves-* PT. JAWAHARLAL NEHRU

The term empowerment of women has become popular after the 1980s. It refers to the process of strengthening the hands of women who have been suffering from various disabilities, inequalities and gender discrimination. It is the process of providing power to women to become free from the control of others, that is, to assume the power to control her own life and to determine their own conditions. It could also be understood as the process of providing equal rights, opportunities, responsibilities, and power positions to women so that they are able to play a role at par with men with society. Higher education plays a very important role in empowering women. Over the past decade, not only have we witnessed a change in trends in the workforce due to an increase in the educational status of women, women have stepped upfront from their traditional role of homemakers to running multinational companies. Education provides a platform for women to think rationally, become skillful and hence make better decisions. Decision making power pertains to not only at the workplace but in the marital structure as well.

## 22. Fostering Innovation in Higher Education: Converting Scrap to Trends

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Fostering Innovation in Higher Education: Converting Scrap to Trends

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#### Abstract

*Very well said, "Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime". Higher education is a tool that teaches us how to fish and helps a person to become independent. It contributes to national development through the dissemination of specialized knowledge and skill. It helps to promote independent thinking, creativity, a spirit of innovation and motivation for setting a challenging and achievable goal. Higher education helps initiate and nurture, research and developmental activities. The research branch of academics is a prime source of knowledge and innovation. India has a large, vibrant and fast-growing economy and has a large number of young people in the employable age. Moreover, entrepreneurship and skill development are the key drivers for generating wealth from knowledge. So, entrepreneurship and innovation is the best tool to cater to the employment needs of the current generation. This paper aims to develop innovative designs using patchwork and other surface enrichment techniques using boutique waste to offer a wide platform to upcoming designers.*

#### Introduction

"The knowledge is the third eye of man, which gives him insight into all affairs and teaches him how to act. In the spiritual sphere, it leads to our salvation, in the mundane sphere it leads to all-round progress and prosperity. The illumination given to us by education shatters illusion removes difficulties and enables us to realize the true values of life." (A.S.Altekar)

Education is one of the significant factors responsible for the development of a country. Indian higher education system has undergone massive expansion in post-independent India. Several Universities, Technical Institutes, Research Institutions, and Professional / Non-professional Colleges are established all over the country to providing easy access to higher education to the common Indian. According to MHRD, ALL INDIA SURVEY ON HIGHER EDUCATION (2018-19), there are 993 Universities, 39931 Colleges, and 10725 Stand Alone Institutions. Total enrolment in higher education has been estimated to be 37.4 million with 19.2 million males and 18.2 million females.

Besides such a high number of educated people in our country, unemployment is also increasing at an alarming rate. The only tool which can prevent our economy and unemployment is entrepreneurship as it is likely to create new jobs and opportunities. It's high time to create the right floor for innovative entrepreneurs. Taking the innovation, entrepreneur, and sustainability in mind an attempt has been made to utilizing boutique waste in designing and construction of Odhanis with patchwork and embroidery



## 23. Women's Empowerment and Vitamin D Deficiency: Emerging Role, Causes and Its Management

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Women's Empowerment and Vitamin D Deficiency: Emerging Role, Causes and Its Management

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#### Abstract

*Promoting vitamin D health awareness through higher education, if replicated across populations, could lead to positive health outcomes globally. Vitamin D is commonly known as "sunshine" vitamin. Vitamin D is a part of the "Calcium-Vitamin D-Parathyroid hormone" endocrine axis (Harinarayan and Joshi., 2009). It is crucial for calcium metabolism and its homeostasis. Adequate calcium intake along with vitamin D is necessary to maintain the peak bone mass achieved by an individual. Women in the underprivileged sections, both in urban and rural India, are battling inadequate resources, multiparity, imposed customs of clothing, and social vulnerability of the fairer sex which coupled with the urban environmental decay continues to pose threat of Vit D deficiency. Special efforts on the medical and social fronts are necessary to combat this preventable epidemic and empower women. Vitamin D is an essential factor, not only for homeostasis of calcium and phosphorous, but also for cell proliferation, differentiation and apoptosis, immune and hormonal regulation, as well as other body processes. Vitamin D is a fat soluble steroid vitamin and its synthesis in the body is dependent on multiple factors like latitude, atmospheric pollution, clothing, skin pigmentation and duration and time of exposure to sunlight. The role of Vit D in osteoporosis and muscle weakness is undisputable. There is a recent trend to give a higher dose of Vit D to prevent the osteoporotic fracture.*

#### Introduction

Women play a crucial role in the alteration of intra-household dynamics that result in improved health and nutrition outcomes especially for children. This is driven, globally, by a change in their control of income, decision-making power, access to health services and nutrition education while recognizing constraints of time and resources faced by them (World Bank, 2007). Vitamin D deficiency is a worldwide epidemic and yet, it is a problem that is largely unknown by majority of population (Holick and Chen., 2008). Widespread prevalence in all age groups including toddlers, school children, men, women, elderly, pregnant women, and their neonates in both rural and urban areas has been documented (Holick, 2007). Young adults are also potentially at high-risk for vitamin D deficiency. Research has now shown Vit D's indisputable role in both inherent and adaptive immunity. Despite the close link of vitamin D with human health, vitamin D inadequacy is not widely recognized as a problem by physicians and patients. Greater awareness of the problem of a high prevalence of vitamin D inadequacy is required among researchers, clinicians, and patients. Attitude of women is optimal. Women with a positive attitude

## 24. Study of Aspiration for Higher Education among Girls

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Study of Aspiration for Higher Education among Girls

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#### Abstract

*In relation to higher education it is hard to argue against the desirability for all young people to have high aspirations for their future, including educational and connected life goals. Mau & Bikas studied the importance of school, family, personal/psychological, race, and sex variables in predicting educational and vocational aspirations. Female students, on the average, had higher educational and vocational aspirations. Patricia & Daniel studied the factors which influence career choices and aspirations of students attending colleges in the south. Major concerns were social and family backgrounds, motivational characteristics, civil rights, and educational experiences encourage in making choices about their futures. The results indicated that elementary and secondary teaching careers were the first professional choice; high achievement orientation and sense of personal control were related to aspirations for jobs. Keeping in view the above, the present study was conducted to assess the aspirations among girls for opting higher education. Semi structured interview schedule and informal group discussions were conducted with randomly selected 200 girls studying in Chandigarh city to assess the aspiration for pursuing higher education. It was found that girls choose higher education for social reason (90%) as their father inspire more than to mother. While choosing field of study aptitude 67%, knowledge 9% and physical fitness 56% etc. were the reasons shared by girls. Girls aspire to be equal and competitive with boys. They do not want to remain in the image of "housewife" as they aspire to opt some constructive job and contribute in the family income. Further they go for college education to empowered economically (80%) and socially (100%). It is concluded that government programs and policies are boosting up the community in making them literate and skill development.*

#### Introduction

Higher education is tertiary education leading to award of an academic degree. It is also called post-secondary education, final stage of formal learning. It also empowers and provides the freedom for excellence for the female society. The present scenario witnesses a decent number of women from relegated section are in the higher education. The scholarship or financial support and the support of the family are like a catalyst in bringing the change in their roles, status and position of women in society through the promotion of education. Importance to higher education was given in Eleventh Five-Year Plan (2007-12). The government established central universities, undergraduate college, research centers

## 25. Role of Cad Training in Quality Enhancement of Graduates

Link:<https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Role of Cad Training in Quality Enhancement of Graduates

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#### Abstract

*In today's knowledge-based economy, educational achievement is an increasingly important factor. The quality of higher education has traditionally been associated with strong teachers having high degrees of personal contact with learners. At present, higher education is experiencing a major shift in terms of access, equity, and quality. This change is highly excited by the swift developments in information and communication technologies (ICTs) especially computer-aided design. Computer-aided design is gaining popularity due to its simplicity and accuracy in drawing and illustrations and with this emerging technology, it has become an indispensable part of design professions, and therefore education. The use of computers in education not only improves the classroom teaching-learning process but also provides the facility of e-learning. The adoption and use of the computer-aided design in education have a positive impact on teaching, learning, and research. Computer-aided design has also set an educational standard to define the measurable learning objectives and skills that students need for higher education and the demands of 21st-century jobs. This review paper highlights the role of Computer-aided design study and new media technologies in the curriculum of the design undergraduates and postgraduates for the enhancement in the quality of education and understanding future challenges. The methodology followed is descriptive in nature. It is found that more and more educators are recognizing the importance of this technology in their curriculum and setting standards to fulfill the expectations of the industry for digitally trained employees. This review will also create awareness among the educationalists for incorporating the CAD study in the education curriculum.*

#### Introduction

The fashion design education requires a high level of visualization of the study process [1, 2]. The application of the innovative educational and design technologies offers quality improvement of higher education in fashion design by interactivity, flexibility and dynamics. At the dawn of the twenty-first century, new and rapidly improving technologies are in the process of transforming higher education. This technology can eliminate the barriers to education imposed by space and time and expand access to lifelong learning. Computers are the main technology reshaping higher education and promote collaborative learning. They have become an inseparable part of today's teaching learning

## 26. Enhancing Sustainability through Higher Education: Utilizing Boutique's Waste into Sustainable Product

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Enhancing Sustainability through Higher Education: Utilizing Boutique's Waste into Sustainable Product

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#### ABSTRACT

*The existence of the waste generated from all human activities with various industrial activities to improve their quality of life, can't be separated from the negative impact on the ecological balance and environmental sustainability. Textile Industry is almost the most essential consumer goods industry. However, it is also accused of being one of the most polluting industries. The staggering statistics of the number of clothes that end up in landfills is not news – in fact, what is new information is that landfills are brimming with so much urban waste that by 2050, India is reportedly going to need a landfill that's the size of its capital, New Delhi (as claimed by a joint report by ASSOCHAM and accounting firm PwC). This paper throws light on managing boutique waste which poses a threat to the environment. The methods suggested will drive a campaign towards utilizing boutique waste, and developing innovative products from the waste which in turn will help in reducing the textile waste to some extent and empower women from the underserved areas by developing their skills and capacity & providing them a sustainable livelihood.*

**Keywords:** Boutique's waste, Pre –post consumer waste, Women empowerment, Sustainability, Zero waste, Up-cycling.

#### Introduction

Apparel and textile industry is a one of the most ancient and an established industry. Due to advancement in technologies, industrialization and rapid change in fashion there is huge production of textiles, and production is always associated with some form of pollution and waste.

Textile waste is the textile by-product of the manufacturing of garments, fabrics, yarns or fibres that are deemed unusable for its original purpose by the owner.

Textile waste can include fashion and textile industry waste, created during fibre, textile and clothing production, and consumer waste, created during consumer use and disposal. (Redress, 2014). Textile waste can also be classified as:

## 27. Fostering innovation and research in higher education through pithora painting

Link:<https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Fostering Innovation and Research in Higher Education through Pithora Painting

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#### ABSTRACT

The main aim of the higher education is equipping students with the requisite knowledge, skills, attitudes and values to create a sustainable future. To that end, students should cultivate critical and creative thinking skills, engage in authentic interdisciplinary learning activities and develop a value system that emphasises responsibility to self, others and the planet. Highly educated people in higher education institutions are seen as national experts in their fields of study. Additionally, through research at colleges and universities, many of the innovations that we see in thousands of products that are used around the world, were made possible by creative researches in higher education institutions. One of the most important roles of institutions of higher education is to serve as well springs of innovation and creativity. Creativity is an active process necessarily involved in innovation. It is a learning habit that requires skill as well as specific understanding of the contexts in which creativity is being applied. The creative process is the heart of innovation. Thereby, Indian artisans in tribal areas dye, weave, embroider and print traditional textiles. One such art form is the pithora paintings of the Rathwa and Bhilala tribes who live in central Gujarat. Pithora paintings are traditional wall paintings where tribal Gods known locally as Pithora Dev are painted and worshipped as a form of thanksgiving. Pithora paintings are executed on three inner walls of their houses. These paintings have significance in their lives and executing the Pithora paintings in their homes brings peace, prosperity and happiness. The distinguishing feature of Pithora painting is a group of seven horses enclosed within a rectangular fence representing the seven hills that surround the geographical area. The wavy line depicts the river Narmada cuts in the painting. Therefore, establishment of ventures based on traditional art with the aid of higher education would help individuals to grow in their respective fields.

**Keywords:** Higher education, Innovation, pithora painting.

## 28. Role of Nutritious Garden in Educational Institutes

Link:<https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>

### Role of Nutritious Garden in Educational Institutes

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#### ABSTRACT

The paper presents the role of nutrition garden in educational institutes. Nutritional garden plays an important role in meeting requirement of food, medicine, fodder and firewood. The global food and nutrition problem rest on the relationship between population and food supply. The nutritious garden is an expansion of regular work of students. There is no better way of bringing students into get in touch with with plant life than by raising flowers and vegetables in the garden. The garden in an educational institute has an important relation to aesthetics and environmental amelioration. In other words, the realistic approach to improve the food and nutritional status of people is to increase their knowledge of food production, with special awareness to crops rich in the nutrients now deficient in the common diet. Schoolyard gardens are involved as a nutrition education tool. Nutrition Garden can offer for an outdoor activity while also teaching the consequence of nutrient-diet rich. Most important, in educational institutes nutritious garden gives a first-hand experience of nature. Environmental education during the school and college period should be based on the sense of wonder and the joy of discovery. According to the survey, information provided by the states and UTs nutrition gardens has been developed in over one lakh school. Nutritious gardens are a wonderful approach to make use of the yard as a classroom, reconnect students with the natural world, their source of food, and to teach them precious gardening and agriculture concepts and skills.

**Keywords:** Nutrition, Food, Garden, Education, Environment and Students

#### Introduction

A garden is a planned space, usually outdoors, set aside for the display, cultivation, or enjoyment of plants and other forms of nature. The garden can incorporate both natural and man-made materials. In a nutritious garden, students are set to work cultivating flower and vegetable gardens. The nutritious garden is an outgrowth of regular work of students. It is an effort to get students out of doors and away from books learn practically about nature. It is a healthy realism putting more vigor and intensity into educational institutes. The nutritious-garden has a significant relation to several studies. First of these

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## उच्चतर शिक्षा में संगीत के माध्यम से जीवन स्तरोन्नति

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### उच्चतर शिक्षा में संगीत के माध्यम से जीवन स्तरोन्नति

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सार

मानव जीवन की कुछ ऐसी आवश्यकताएँ जिनके बिना वह अधूरा है। उन्हीं आवश्यकताओं में से एक है शिक्षा। शिक्षा हर राष्ट्र के लिए विकास और सशक्तिकरण का आधार है। उच्च शिक्षित व्यक्ति अपने अधिकारों तथा जिम्मेदारियों के बारे में अच्छी तरह से जानता है। प्रतिकूल समय के दौरान शिक्षित व्यक्ति को यह पता होता है कि कैसे उसे परिस्थितियों का सामना करना है। अच्छी शिक्षा जीवन के प्रति हमारे दृष्टिकोण को बदलती है और हमें आशावादी बनाती है। इस व्यस्त भीड़भाड़ और भ्रष्ट संसार में हर कोई एक दूसरे को हानि पहुँचाना चाहता है। ऐसे समय में उच्च शिक्षित व्यक्ति ही नहीं बल्कि अशिक्षित व्यक्ति भी संगीत के द्वारा अपने मस्तिष्क को राहत पहुँचाता है और सही निर्णय लेने में सहायक सिद्ध होता है। बढ़ती उम्र का दबाव हो या किशोरावस्था का प्रतिबल, प्रत्येक प्रकार की चिंता को कम करके संगीत मस्तिष्क में कंपन कर शक्ति प्रदान करता है। संगीत हमारे मस्तिष्क पर सकारात्मक तथा सात्विक प्रभाव डालता है। अतः उच्चतर शिक्षा के माध्यम से विद्यार्थी अपने जीवन के बौद्धिक ज्ञान, तार्किक ज्ञान, वैज्ञानिक ज्ञान व संवेदनशीलता को उन्नत कर अपनी जीवनशैली एवं जीवन को और अधिक सक्षम एवं सुदृढ़ बना सकता है।

परिचय

मानव जीवन की कुछ ऐसी आवश्यकताएँ हैं जिनके बिना वह अधूरा है। उन्हीं आवश्यकताओं में से एक है शिक्षा। शिक्षा हर राष्ट्र के लिए विकास और सशक्तिकरण का आधार है। शिक्षा आज की दुनिया की दैनिक गतिविधियों को समझने और इसमें भाग लेने में महत्वपूर्ण भूमिका निभाती है। एक शिक्षित व्यक्ति वह नहीं जो कि स्कूल जाता है, कॉलेज जाता है, बल्कि वह है जो स्थिति और साधनों के साथ उनका सही चुनाव करता है, सही निर्णय लेता है और सदुपयोग करता है। आज के समय में एक अच्छी शिक्षा के बारे में जानना बेहद जरूरी है। एक अच्छी शिक्षा केवल डिग्री प्राप्त करने के लिए नहीं होती है बल्कि अपने जीवन में उत्तम सोच के स्तर को बढ़ाने से होती है।

उच्चशिक्षित व्यक्ति अपने अधिकारों तथा जिम्मेदारियों के बारे में अच्छी तरह से जानता है। शिक्षित व्यक्ति जानता है कि यह उसका अधिकार है और उसकी जिम्मेदारी है कि वह चुनाव में अपनी शक्ति का प्रयोग करे जिससे एक अच्छे राष्ट्र का निर्माण हो सके। प्रतिकूल समय के दौरान शिक्षित व्यक्ति को यह पता होता है कि कैसे उसे परिस्थितियों का सामना करना है। वह सामाजिक बुराइयों से लड़ने में सक्षम होता है। शिक्षित व्यक्ति पर्यावरण के प्रति भी जागरूक होता है।

जीवन को सफल बनाने के लिए एक अच्छी शिक्षा का होना आवश्यक है। अच्छी शिक्षा जीवन के प्रति हमारे दृष्टिकोण को बदलती है और हमें आशावादी बनाती है। शिक्षा केवल सूचनाओं के आदान प्रदान और पूर्व निर्धारित निर्देशों के बारे में ही नहीं है, बल्कि यह एक प्रवेशद्वार है जो हमारी रचनात्मक और कल्पनाशील क्षमताओं को खोलता है।

इस व्यस्त भीड़भाड़ और भ्रष्ट संसार में हर कोई एक दूसरे को हानि पहुँचाना चाहता है, ऐसे कठिन समय में

### 30. Nurturing Development among Adolescents through Guidance and Counselling

Link:<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Nurturing Development among Adolescents through Guidance and Counseling

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### Abstract

*Students play a significant role in the development of its nation in holistic way. The most critical phase of student's life is when they enter adolescence. As adolescence is considered to be a period of stress and storm and storm and strives because it involves multiple changes both psychological and physiological. Adolescence counteracts problems and situations in all walks and phases of life. Adolescents are under pressure to meet the academic expectations of teachers, parents and self. Alarming complexity of modern society poses a variety of complicated problems leading to conflicts, frustration, unhealthy rivalry etc. Adolescence are not mature enough to critically evaluate baffling situations. They need somebody to help in the solution of problems and thus avoid tensions and conflicts. The need for guidance and counselling in modern times has increased because of the multiplicity of problems that the adolescence faces in the various domains of life. Most parents ignore the psychological needs of their adolescents which in turn will affect their mental health. The purpose of this article is to provide direction for future guidance and counselling to adolescence.*

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### Introduction

World Health Organization (WHO) defines adolescence as the period of life between 10 to 19 years. It is the transient period from dependent childhood to self-sufficient adulthood. Adolescents are a special group because of their developmental stage and the special problems.

In the present scenario the adolescents face enormous problems like Personal Problems, emotional problems, behavioral disorder, loneliness, anxiety, stress, depression and blackout, bullying, exam stress etc. Atwater (1988) argues that the adolescent stage of life marked by emotional development that includes mood swings, enthusiasm, tenderness, cruelty, curiosity and apathy. Collins (2002) says that guidance and counselling is important because it provides an insight on working knowledge, skills and attitudes. The UNESCO module on guidance and counselling (2000a) also posited that Guidance is a programme of services to individuals based on their needs and the influence of environmental factors.. Guidance and counselling plays a vital role in preventing educational, personal, social, mental emotional and other similar problems among school students.

Ministry of education and principals of schools are aware of the heavy reliance placed on guidance and counselling services. Adolescents are under the pressure to meet the academic expectations of teachers, parents and self. The challenges for adolescents are coping with the



## 31. Impact of Natural Thickening Agents on Printing of Silk with Marigold Flower Dye Entrepreneurship

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Impact of Natural Thickening Agents on Printing of Silk with Marigold Flower Dye

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#### Abstract

*"Ecofriendly doings bring ecofriendly rewards. Join the eco-friendly revolution". Printing with natural dye is still in its primary stage due to the problem of dye extraction, requirement of mordants, light shades, fastness properties and uneven prints. Whereas printing with Natural Thickening agent still needs to focus on due to the reason of environmental pollution from the effluent and waste from the synthetic thickening and binding agents. Keeping in view the importance of eco-textiles and their increasing demand in the national and international market this study was made to get even prints with bright shades using block printing by both the Premordanting and simultaneous mordanting techniques along with five natural thickening agents – (Guar gum, Gum tragacanth, Gum arabic, Wheatflour and Cornflour). Aluminum potassium sulphate and ferrous sulphate mordants were used during the preparation of printing paste for the colour variation. Visual evaluation of the printed samples on the basis of prints and evaluation of colourfastness properties were also carried out. Very good to excellent block prints were obtained with guar gum as a thickening agent. Colour fastness results related to sunlight, washing, crocking, pressing and perspiration showed very good results.*

**Keywords:** Natural Dyes, Natural Thickening agents, Block Printing.

#### Introduction

Clothing has been one of the most important necessities of man. It is human nature to adore him with beautiful things; the art of textile ornamentation has been one of the ways to accomplish this task which has been in practice from the pre-historic era. The primitive man went on to beautify his surroundings to satisfy the burning desire for introducing grace and elegance into an ordinary object of everyday life through colour and form. He was not contented to just live comfortably; he also wished to live graciously. Man's urge to decorate his immediate surrounding has remained constant and has enchanted him through ages. In every civilization from remote ages to the present day, the art of dyeing and printing has played an important part in adding beauty to the world and makes an important contribution to fabric decoration. Dyeing and printing are the names given to the processes by which a comparatively permanent colour is imparted to certain bodies of which the most important are the textile fiber.

India has rich biodiversity and there is no doubt that the plant kingdom is a treasure house of diverse natural products. One such product from nature is the dye. With the increasing awareness

## 32. Creation of Dupattas using Santhal Art with Hand-Painting- A Step towards Skill Development

Link:<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Creation of Dupattas using Santhal Art with Hand-Painting--A Step towards Skill Development

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#### Abstract

*"Art is long but life is short" as it expresses the feelings, thoughts, observations and act like a strong weapon which helps to deliver the message to masses. Most of the women artists promote their ideas and raising the demand of textiles through creative activity which requires special skills, results in drawing, sculpting and painting. Art always serve the traditions and the customs of religions through its various dimensions- Tribal, rock, folk and classical forms of that are now-a-days well flourished all over the world. The present study "Designing and Creation of dupattas using santhal art with hand-painting focuses to serve and preserve the tribal traditions of santhal people as well as it helps the women to be get empowered and succeed in their desired field. This type study shows the skill worthy contribution of a female artist towards the art. This study includes the collection of santhal scenes from santhal art and using it artistically for the creation of dupattas and later, the collected santhal scenes were painted in abstract and border designs. This highlights the aims of the study, how to create a new thing with some creativity and interest that can help the women to earn for their livelihood*

**Keywords:** Creative, Skills, Designing, Painting, Tribal art.

#### Introduction

India has always been known for its traditional culture worldwide. The creativeness of this tradition is continued from generation to generation in all dimensions; Tribal, rock, folk and classical forms of art. Nowadays skills and creativity has a huge scope in our day to day lives whereas, it can be put to anything in order to create or to produce something new from the old one. The tribes have always being an influencing and inspiring factor for the upcoming generations to serve their livelihood and dynamic patterns of life in different ways. For example: textile decorations and interior decorations in clothing and item respectively.

In today's scenario clothing is a necessity for all. It always reflects an individual culture and personality. People are very conscious of clothing and for enhancing their personal appearance through various styles and designs. A dupatta part of women's clothing is usually taken for covering head which is a custom in India. It is also worn over the shoulders sometimes. It serves respect as well as a decorative part of the entire attire. The study shows how a dupatta can be designed from the collected scenes and by placing those collected scenes in abstract and border designs of a particular Santhal art- a tribal art, the tribes of Bengal-Bihar region.

### 33. New Product Development- A Step towards Skill Development and Capacity Building in Home Science

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## New Product Development- A Step towards Skill Development and Capacity Building in Home Science

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### Abstract

*Product development has been a major activity in the food industry and gradually it has developed as a strategic business area and an advance technology. It involves more than just creating the perfect recipe. Companies must plan extensively, work hard and research for an extended period of time in order to produce new food products. For a new product development knowledge of raw materials, processing, products qualities, consumer or product reactions, marketing and the general environment is needed. The fruit Prunus Persica are found in abundance throughout the mid hill Himalayan regions but, no attempt has been made to utilize the fruit for developing and processing value added product. The study, therefore was conducted to develop value added product from Prunus Persica and evaluate their quality. The Prunus Persica was found to be good source of vitamin C and phenols. The recipe and method of preparation of whole fruit jam has been standardized. The study revealed that wild peach can be utilized successfully for jam preparation with good chemical and sensory attributes.*

**Keywords:** Product development, Prunus Persica, Value product, Standardized, Jam.

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### Introduction

Himachal Pradesh is a predominately a horticulture state of India specially known for apples. The productivity of horticulture crops/fruits is largely influenced by geographical and environmental diversity prevailing in different zones of Himachal Pradesh. In addition to major fruits, the various underutilized fruits are widely grown in different zones of Himachal Pradesh, which are being used by the local inhabitant. These fruits were an important source of food for mankind before dawn of civilization and domestication of present day fruits. Cavemen in forests also depended on these fruits and passed on valuable information on utility and choice of wild species of fruits from generation to generation. These fruits are growing throughout the Himalayas and contributed directly to cultural heritage of India. Even today, these fruits are eaten in plenty by local people, as they are commonly available in abundance in their habitats. Underutilized fruits are those which are neither cultivated in an organized farming system nor processed by established commercial processing methods. These crops have many advantages in terms of easiness to grow, hardy in nature and production of good crop even under adverse conditions. Most of these fruits are

### 34. Dynamics of Innovative Food Processing for Nurturing Entrepreneurship

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Dynamics of Innovative Food Processing for Nurturing Entrepreneurship

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### Abstract

*Skilled command over the core area is utmost essential for laying the foundation of any venture. Innovation in the processing of the food in order to provide the nutritious and functional food is the need of the globe. Moreover, in the field of entrepreneurship, the bridge between the academic interest and practical field has occupied the profound attention. Among the technologies, the emerging technique of cold preservation with the minimal losses of nutritive compounds is in high demand. In addition, the food industry is interested in the novel food products processed with innovative processing so that it can result in economical and improved quality products. Thereby, in the coming 21<sup>st</sup> century, the practical entrepreneurial approaches are highly needed in order to develop the potential strategies to achieve the desired success.*

**Keywords:** Innovation, Food processing, Novel food product, Entrepreneurial approaches

### Introduction

Consumption of fruit or vegetable-based nutrient enriched processed products is an instant medium of getting intake of natural bioactive compounds and thereby, they render health benefit properties. The type of processing has great influence on the quality of functional food products. Thermal processing of food products has been the commonly used processing method as it confers extended shelf-life and stability to food products but deteriorates their quality in terms of vitamin content, polyphenol content, pH and color. Therefore, the need of innovative food processing techniques is on the high demand and the entrepreneurship skills are potentially required in order to acquire the global acknowledgement for the same.

The critical focus of the food processing industries is on innovative and emerging food technologies that can deliver consumer accepted products. Therefore, the challenges are consumer acceptance, purchasing power, and novelty-based healthy food product. The type of processing and the type of nutrients present affect the purchasing choices of the consumers.

Among the food technologies/treatments that evoked the greatest concern were genetic engineering (rank= 1), the addition of bacteriocins, irradiation, and pulsed X-rays. Whereas, lesser concern were such technologies as UV-light, pulsed electric fields, and oscillating magnetic fields. Other innovative and emerging technologies evoked still lower concern, e.g. hydrostatic pressure, radiofrequency heating and electrical resistance heating, while the techniques with least concern are traditional processes of "thermal energy" and "heat pasteurization".

### 35. Evolutionary Development in the Women Status through Home Science

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Evolutionary Development in the Women Status through Home Science

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### Abstract

*The article is based on the changing condition of women through development of home science and effect of nutrition education in home science on nutritional knowledge, hemoglobin level and dietary intake of anemic women. Home science has given recognition to the work of women. In all agricultural universities the name of this degree programme has changed from home science to community science to extend its visibility in wider perspective since academic session 2017. Women are the most vulnerable group of the society due to physiological conditions like menstruation, pregnancy and lactation. In Asia, anemia is the second highest cause of maternal mortality. Even mild and moderate anemia increases the risk of death in pregnant women. Hence the major deficiency faced by them is iron deficiency anemia due to iron and other micronutrient lose through blood. Home science has given its big contribution in the development of programmes designed to reduce the prevalence and severity of anemia. In this review the intervension measures to combat anemia has been discussed. Therefore, a home scientist can make women to take control of their health, access to resources, participate in decision making contributing to better livelihood of women, family and the society.*

**Key words:** Home Science, anemia, iron rich foods, nutrition education, women empowerment.

### Preamble

Home Science is related to the fields concerned with home, health and happiness of the people living in home. It is an interdisciplinary field that prepares the individual for home and family as well as for career or vocation in life. In today's world women along with men shares the responsibility of home and family equally. They both needs to make equal amount of preparation in making the best use of resources to make their life comfortable (Anonymous. 2019). Women are considered the nucleus of the family, especially in rural India. She not only does the common house hold work but also plays a significant role in preserving the culture, grooming the culture and shaping their destiny. Home Science is the only discipline which trains the individual for two goals in life: Caring for home and Family and Shaping up a bright career (Khatri *et al.*, 2017). In a study some conservatives argued that the introduction of home science in schools and universities would lead to more efficient homes, solve the domestic problem and would provide a cure for various domestic ills (Nolan, 2001). Home science have basic five fields of education human development, foods and nutrition, extension education , textile science, family and community resource management. Inspite of this, aspiring home scientists are

### 36. Women Empowerment through Skill Development in Home Science

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Women Empowerment through Skill Development in Home Science

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### Abstract

*The paper investigates the role of women and skill development in India. Skill development in home science not only creates employment opportunities but also empowers them. The aim of skill development, in the case of women, is not just simply preparing them for jobs; but also to boost their performance by improving the quality of work in which they are involved. This paper highlights the impact of skill development through Home Science on women empowerment. The basic need for empowering women is to instill the required skills and abilities in order to shape up their overall personality and raise their status within society.*

**Keywords:** Home Science, Women empowerment, Skills, Entrepreneur.

### Introduction

Home science is an applied and integrated science that aims at improving the quality of life for the individual, the family, and the community. Women constitute about 48% of the total population of the country. The word Home Science can be interpreted as systematic education for organized home living which shall include the ever-changing technological advancement and behavioural modifications of the members living in the home and influencing communities.

Since, Home Science education provides knowledge regarding every aspect of life like health, nutrition, food, body physiology, time management, money management, budgeting, banking, family planning, child-rearing, clothing, entrepreneurship, communication and many more, a home scientist woman has knowledge of every aspect of life. And this knowledge enables her to make decisions independently regarding her personal life, family and other social affairs. Furthermore, Home Science education provides a holistic approach to women's health and gives special attention to the needs of the women throughout their lives, including in terms of nutrition and basic services during infancy, childhood, adolescence, reproductive years and old age. This knowledge can enrich their own as well as their family's nutritional status and nutritional morbidity and mortality can also be reduced.

All forms of violence against women, physical and mental, whether at domestic or societal levels, particularly, sexual abuse and violence, including through resources to customs, traditions, and practices can be eliminated by Home Science Education. It enables the woman to be aware regarding various rules and rights related to women protection, domestic violence, sexual harassment, etc. for example, Protection of Women from Domestic Violence Act, 2005, The Dowry Prohibition Act, 1961, The Hindu Marriage Act, 1955, The Maternity Benefits Act, 1961,

### 37. Role of Polypropylene in Shaping the Future Economy of Packaging Textiles

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Role of Polypropylene in Shaping the Future Economy of Packaging Textiles

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### Abstract

*A study on manufacturing units of Packaging Textiles was taken up to obtain information regarding various aspects of packaging textiles such as products covered under packaging textiles, setup of units, raw materials, manufacturing process, distribution and marketing, problems faced by unit owners and remedial measures. Information and data obtained from various units as per the set interview schedule were coded, tabulated and analyzed. Packaging Textiles include various products such as Flexible Intermediate Bulk Container (FIBC), leno bags, Polyolefin woven sacks, tea bags, and coffee filters; wrapping fabric; soft luggage products; jute hessian and sacks. The study was limited to the products manufactured from Polypropylene (synthetic fibers) only.*

**Keywords:** Technical Textiles, Packaging Textiles, Polypropylene

### Introduction

The Textile industry is initially considered as an industry that fulfills the demand like climate protection, an increase in the aesthetic sense, overall apparel need. However, due to an increase in human demands, textile has been molded with new technology for specific use and this sector is known as Technical textiles. Textile products manufactured primarily for their technical performance and functional properties comes under technical textiles.

Packaging Textiles is one of the most important areas in technical textile applications. It includes all significant innovations in the packing, covering and transportation of goods. Thus, it is used to contain, carry, store, and secure goods. The natural fibers used for Packaging Textiles are cotton, flax, and jute and are available in India in large quantities at a cheaper rate. They are durable and biodegradable. Polyamide, polyolefin, and polypropylene are the synthetic fibers used for making packaging products.

Polypropylene bags are stronger and withstand much higher impact loads. These sacks are easy to clean and resist fungal attack. These are quite competitive in price and have a good appearance. Thus, it finds an extensive variety of uses from sacking and large industrial bags to high tech medical applications. These bags require less energy to manufacture than paper or jute bags. These bags are reusable. The raw material and process used for manufacturing these

## 38. Innovations and Product Diversification in Panja Durries

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Innovations and Product Diversification in Panja Durries

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#### Abstract

The present study entitled "Innovations and Product Diversification in Panja Durries" was taken up to study the development of Panja durries in the villages of Palwal district Haryana and to design and develop products for diversification. This study was conducted in two phases. The first one focused on the development of Panja durries in the villages of Palwal district of Haryana. In the second phase, a total of thirty designs were made using weaving, a set of the table runner and table mats along with geometrical, floral, animal and bird motifs. Further, graphs were prepared for creating designs, to represent one repeat of the design. The designs were displayed for evaluation to a panel of judges which comprises fifteen experts from the faculty of Clothing and Textile Department along with fifteen post-graduate students of Government Home Science College, Chandigarh. The topmost preferred design was selected for the woven table runner and table mats.

**Keywords:** Weaving, Panja Durries, Product diversification

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#### Introduction

Weaving is said to be the oldest art in the world and claims to belong to the early youth of the human race. The evidence for the existence of the art of weaving has been found in Egypt around 3000 B.C, in Peru 2000 B.C, in Swiss lake Dwelling around the late Stone Age and in Denmark around Bronze Age. The weaving which is the process of the interlacing of two yarns at a right angle produces not only cloth but other textile materials also such as carpets, kilims, durries, etc (Jaitly, 1990). The first floor covering spread over a whole floor was probably a layer of leaves, straw or the skin of animals. Floor coverings have always been an important part of the interior of a home in India, the use of furniture being very limited. Most of the living was done at the floor level that seems to be the reason for the extravagant use of galichas, coir durries and other related material (Ahuja, 1999). Durries which is essentially a cotton woven thick fabric meant for being spread on the floor was developed all over India and is an indigenous floor covering having a rich variety of designs. In earlier days, girls were taught to weave duration very young age, which termed as a part of their dowry. Durries are familiar objects in almost every home in the villages of Haryana. Mostly handwoven cotton and cotton/wool mixtures, in bright basic colors such as yellow, red green and blue, are made in Panipat, Ambala, and Kurri (Hissar). Durries with floral, geometrical, birds and



### 39. Innovation in the Field of Clothing and Textiles: Designing and Construction of Footwear using Knot Craft- Macrame

Link:

<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

#### Innovation in the Field of Clothing and Textiles: Designing and Construction of Footwear using Knot Craft-Macrame

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##### Abstract

Apparels and Textiles have long been a source of innovation in the design, development, and production of goods profoundly influencing the fashion sector. The design is continuously gaining importance in the development of the products so as to meet the various requirements, to produce high-quality goods. All these factors have become key elements of the development in the present economic and social situation. The eternal demand for change is the process that keeps fashion alive and innovative. Fashion senses the changes taking place in the world and responds to them sensitively and immediately. These changes can be directly perceived in the way the individuals dress, giving unambiguous information about the wearers, their wealth, taste, age, national characteristics, etc. This paper explores the acceptance of yarn craft macramé for the creation of footwears. Though Macramé was on the verge of becoming a past, it regained its name when wall hangings, cloth articles, bedspreads, shrugs, tablecloths, draperies, plant hangers and other goods made with the use of macramé were reintroduced in the market. The study is an attempt to explore the use of yarn craft macramé in making footwear. This will give something new to the fashion world and will also be helpful to people who are engaged in this beautiful craftwork by expanding their product line and thereby increasing their income.

**Keywords:** Macramé, Footwear, Innovation, Cords, Designing

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##### Introduction

India is a land where every corner is evident with the greatness of art and craft. The textile crafts of India are diverse, like weaving, knitting, lace making, felting, knotting, braiding, needle punching etc. Macramé, the art of creative knotting for fabric making is one such ancient craft known to man.

In today's world, it is not only the clothing that spells elegance but accessories like footwear, handbags, and jewelry etc. also count. This study is thus an attempt to revive the age-old macramé craft by making footwears using all suitable materials and all possible macramé techniques to

## 40. Recognition of Doodling as an Art, Accelerating Creative Startups

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Recognition of Doodling as an Art, Accelerating Creative startups

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#### Abstract

*Arts and entrepreneurship is not a new area of investigation but it is far from constituting a consolidated topic. The purpose of the study is to shed light on Doodling as an Art and Arts & entrepreneurship literature, outlining the most significant issues emerged and their trajectories for future development. This paper identifies how Doodling is awaking the hidden Artist of layman and connecting them to Creative industry by addressing and training them in the Creative environment of the Arts to incubate their ideas and develop their future or already existing projects or startups.*

**Keywords:** Doodling Art, Artist, Entrepreneurship, Creative industry

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#### Introduction

Art for Art's sake has long been an imperative difficult to demolish. The goal of the Artist, in the purest sense of the term, has always been considered the expression of his own Artistic talent. Indeed, often Artists seemed worried that addressing business-related issues could undermine the Artistic value of what they created. Over the last 20 years, something has changed: there has been an increasing interest in entrepreneurship; it translates into actions aimed at the entrepreneurship, Artist and entrepreneur. With regard to entrepreneurship, it translates into actions aimed at the creation, discovery of entrepreneurial opportunities. Instead, Art is the result of Artistic actions through which Artistic talent is expressed by using a certain Artistic language. Entrepreneurship is about the discovery and pursuit of new Art ideas, using a multitude of Artistic expressions and organizational forms as vehicles by which to express and convey these ideas to the public. Combining creativity and innovation, it leads to the creation of something new in the area of culture. Art is one amongst the various identity of India. India is known for its Art and culture worldwide. Art is one amongst the various identity of India. India is known for its Art and culture, worldwide India is the country that has a diversity of Art forms, different styles of music and performances. Indian cultural diversity and heritage will provide fertile ground for developing the Creative industries. Art is the expression or application of human Creative skills and imagination typically in a visual form and work to be appreciated primarily for their beauty or emotional power. Art presides in every human irrespective of his knowledge about it. The success

## 41. Empowerment of Transgenders through Society

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Empowerment of Transgenders through Society

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#### Abstract

*This present study was conducted to gain an insight into the Empowerment of Transgenders through society. Transgender are those whose gender identity differs from the sex the person had or was identified as having at birth. Transgender people come from all walks of life. The word "transgender" – or trans – is an umbrella term for people whose gender identity is different from the sex assigned to us at birth. Although the word "transgender" and our modern definition of it only came into use in the late 20th century, people who would fit under this definition have existed in every culture throughout recorded history. While the visibility of transgender people is increasing in popular culture and daily life, we still face severe discrimination, stigma, and systemic inequality. Some of the specific issues facing the transgender community. The challenges faced by transgenders through society i.e., Poverty, Social Stigma, Medical facilities, Employment, Legal protections, Discrimination, Harassment, etc. While advocates continue working to remedy these disparities, change cannot come too soon for transgender people. Visibility – especially positive images of transgender people in the media and society – continues to make a critical difference for us; but visibility is not enough and comes with real risks to our safety, especially for those of us who are part of other marginalized communities. So the media should help transgender so that people can break these stereotypes and help people to change their attitudes so that they can be socially accepted. Police should prohibit sexual harassment or use of language that is demeaning based on gender identity or expression. Doctors should make medical services accessible to trans people, and have proper provision for those who wish to transition.*

*This paper aims to study how society is helping transgenders to develop their skills so that they can empower themselves.*

**Keywords:** Transgender, Identity, Society, Visibility, Stigma, Media.

#### Introduction

Transgender is a collective term for a person whose gender identity does not match the sex they were assigned at birth. It also includes those identities who seek medical involution to change their bodies with the sex associated with their gender identity. It is a conflict between the gender they are identified and with whom they are assigned. They are both male, female, female to male (F+M) and female ( M+F) gender transgressions. Transgenders have a proper community system which is known as gharanas in India. In each of them, one has Nayak (guru) who are head and decision making of their community, under every guru, many chelas follow and support them.

## 42. Innovation: Agro-Waste to Active Textiles

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Innovation: Agro-Waste to Active Textiles

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#### Abstract

*Waste is no more waste now. Many researchers and manufacturers are now entirely engaged in various projects related to the innovative technology of "waste management". The textile industry is also adopting a sustainable waste management concept by reducing, recycling and reusing industrial/agriculture waste. In Present times, bio-wastes like peel/rind, husk, seed coat, corncob, etc. are used as a new source for extracting fibers, dyeing, and finishing. It is also used as absorbents in dye removal from wastewater. Thus, the present research paper is an attempt to review various potential uses of agro-wastes in developing active textiles.*

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#### Introduction

Environmental degradation is one of the major threats that our planet earth is facing in recent times which can be contributed to a rapid increase in population, excessive utilization of toxic substances to meet the needs of humans and scarcity of natural resources and fossil fuels. In addition to these, there is a problem of disposal of waste which is also adversely affecting the environment. To overcome this situation, many researchers and manufacturers are now working on various projects related to the innovative technology of "sustainable waste management" with a vision to reuse/reduce/recycle the industrial/agricultural waste. Waste material which is obtained from the living organism or of organic origin like fruits/vegetable waste like shell/peels, seed coat, seed etc or agricultural waste like corn stover, cotton stalk, rice straw etc. can be termed as agro-waste. To deal with the shortage of resources and problems associated with the disposal of waste, there is proficient utilization of the agro-waste material as new resources for producing bio-fuels, bio-gases, bio-chemicals and also to extract bioactive compounds from fruit/vegetable wastes and its application as natural additives/colorants in food and textiles industry.

With the rising wakefulness among consumers about environment-friendly product or eco-safety has inclined their interest towards the consumption of natural or organic materials. This consumer behavior generates interest amongst manufacturers and companies to work with green technology to safeguard the environment as well as human health. The Textile industry is also implementing green product innovation concept for the consumers by using natural resources as dyeing, finishing and fiber extracting processes. As the natural resources are limited and also used in food-manufacturing, medicines or in therapeutic treatments, the need to use agro-waste i.e. fruits/vegetables peels or seeds, post harvested agricultural waste etc. can be used in textile industry. The agro-waste like seed coats, peels/shells, husk etc. have bio-active compounds in

### 43. Role of Information and Communication Technology (ICT) in 181 Skill development: Prospects and Challenges

Link:<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

#### Role of Information and Communication Technology (ICT) in Skill development: Prospects and Challenges

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##### Abstract

*The focus of this study is to examine the role of Information and Communication Technology (ICT) in skill development in higher education in India and the problems being faced in its implementation. The exposure of ICT has radically changed the application of not only work and governance but education as well. A sudden, Information Technology transformed the way how knowledge is spread today and one of the changes it has brought about is the way how teachers interact and communicate with the students and vice versa. While the role of ICT in the higher education sector cannot be ignored, there is also a need to assess the problems and prospects in its execution. ICT in the education system continues to project that it can help improve India's higher education system by providing greater equity, better access, and improved quality.*

**Key Words:** ICT, Higher Education, Technology, Innovation

##### Introduction

Technology and innovation have made our life so easy and has given us so many facilities, which we could never have imagined before. At the same time technology has not only improved the standard of living of human beings but has brought revolutionary changes in the field of development of the country and the world. The exposure of Information and Communication Technology (ICT) and innovation have fundamentally changed the practices of not only business, governance or education but every sphere of human struggle. It helps in changing the role of teachers and students in the Learned-Centered Environment. The term innovation is widely used to define the creation and commercialization of knowledge, leading to state-of-the-art technologies. The positive influence of ICT use in education has not been proven. In general, and in spite of thousands of impact studies, the impact of ICT use on student attainment remains tough to measure and open to much reasonable debate. The training of ICT has influenced all walks of life like agriculture, well-being, decision making, administration and also education. The government is overwhelming a lot of money on ICT: the National Mission on Education is increasing on the role of ICT in enhancing the enrolment ratio in higher education and availability of trained teachers in the process of dissemination of education.

The main factors that affect the enactment of ICT in education are the mission or goal of a

#### 44. Revival of Indian Folk Art through Textiles: A Review

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Revival of Indian Folk Art through Textiles: A Review

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#### Abstract

India has been known as the land of cultural heritage and traditional vibrancy by the virtue of its conventional folk art. Every region in India has its own style and folk art which are very simple as well as ethnic, yet colorful and vibrant enough to speak volumes about the richness of heritage. Absence of folk art in a country diminishes the identity of culture in human life. Awareness among people for the art forms is limited as the subject is too vast in nature. The fashion world, always demands of something creative and artistic so there arises a need to create awareness among scholars and students about incorporation of folk art with textiles to prevent its extinction. The aims of this review paper is to raise the awareness among people by depicting innovative creations of textiles through folk art, so that our upcoming generation also gets imbibed of our wealthy heritage. The methodology employed here is of descriptive nature. Various journals were studied and analyzed for presentation of this review paper. The study undertaken on the subject was actually an opportunity for the reviewer and a home science scholar which revealed that, if Indian folk painting are creatively blended they could give interesting results in textile designs, that could provide creative hand painted textile products. With the help of innovative creations in textiles by embedding folk art in it, we will be able to redevelop and flourish our traditional art.

**Key words:** Innovation, Textile, Folk paintings

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#### Introduction

Innovation is the process which brings together novel ideas and solutions that meet new requirements or already existing needs. It refers to doing something different which has a positive impact on the society. Innovation differs from invention in which innovation refers to the use of a better ideas or methods, whereas invention refers to the creation of the ideas or methods itself (Ministry of Textiles 2014).

India has been always the tarm of traditional form of art which includes paintings, embroideries, etc. This land has been known for its rich and colorful folk heritage. Indian folk art came into contact with numerous cultures and has assimilated outside influence, without losing its original culture. Folk art has been depicting rich heritage and religious values of our country. The folk art of India is very ethnic and simple, and yet colorful and vibrant enough to speak volumes about the country's rich heritage. The native folk art apparently has a great potential in

## 45. Women Handloom Weavers: Sustaining the Tradition and Cultural Heritage

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Women Handloom Weavers: Sustaining the Tradition and Cultural Heritage

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#### Abstract

The textile industry in India is one of the largest industry in the world which comprises of Handloom, Powerloom and Mill sector. Handloom weaving is the second largest economic activity after agriculture which provides direct or indirect employment to 35.22 lakh weavers and allied workers engaged on about 31.44 lakh handlooms (4<sup>th</sup> All India Handloom Census 2019-20), 72 percent of them are women and most of them are from disadvantaged group. Although they are contributing a lot for sustaining this traditional craft but they are deprived of their social status and recognition. Handloom industry has deep rooted linkage with our culture and traditions. Its not only a precious part of the cultural heritage but also represents the richness and diversity of our nation and artistry of weavers. The Indian weavers are not only weaving the cloth to meet the indigenous demand but also exporting artistic and unique varieties of handwoven textiles to other countries. This sector contributes approximately 15% of the total cloth production and also contributes to the export earnings of the country. 95% of the world's hand woven fabric comes from India. However this sector is facing various problems such as obsolete technology, unorganized production system, low productivity, inadequate working capital, conventional product range and poor marketing skills. The welfare measures introduced and implemented by the government of India for the upliftment of handloom weavers have not been able to bring out the desired result evenly throughout the country for the weavers of all the states of India. There is a need to take various steps for the social and economic empowerment of women in this sector for which the working, living and wage conditions need to be improved specially for the women handloom weavers.

**Keywords:** Handloom, Weavers, Women Empowerment

#### Introduction

The Indian handloom is being celebrated the world over but the handloom weavers are struggling for their survival. The Indian fashion designers are proudly showcasing our handloom woven textiles on national and international ramps and celebrating its beauty and uniqueness but the weavers who are weaving the gorgeous fabrics of international fame do not get any monetary benefit and live in very pathetic condition due to poverty and debt.

## 46. Issues and Challenges affecting the Nutritional Status of Adolescence Girls

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

### Issues and Challenges affecting the Nutritional Status of Adolescence Girls

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#### Abstract

Adolescents comprise 20% of the world's total population. This phase is characterized by acceleration of physical growth and, psychological and behavioral changes thus bringing about transformation from childhood to adulthood. Adolescence has been described as the transition period in life when an individual is no longer a child, but not yet an adult. It is a period in which an individual undergoes enormous physical and psychological changes. Katecha et al. (2013) viewed that diet play major role in growth and development of adolescents as at this age development of healthy eating habits is of huge importance. The present study assesses the nutritional status of school going Sample of 450 girls aged 10 to 18 years. Using questionnaire cum interview method. The sample girls were classified according to BMI Asian Indian Classification and revealed that in the government school 32% (72) girls were underweight, 58.2% (131) were normal, 6.2% (14) were overweight and only 3.5% (8) were found to be obese and in put schools The energy intake of girls at the age of 10 years was 1699.70 kcal where in Private school the mean energy intake was 1761.74kcal. The energy intake was less than Recommended Dietary Allowance in both categories of school .The mean protein intake of girls was 47.22g at the age of 10 year which is greater than the RDA. In Private school protein intake of girls at the age of 10 year was 51.49g which is greater than RDA. In government school mean iron intake of girls at the age of 10 years was 14.26 mg which is lower than RDA 21 mg. In private schools the mean iron intake of girls was 16.72mg .In both the government and private school the mean iron intake of all the respondents is lower than the Recommended Dietary allowance (RDA)

**Keywords:** - Nutritional status, Adolescence, BMI, RDA, Energy

#### Introduction

Adolescence is a crucial period when major physical, psychological, and behavioral changes take place. Diet plays a very important role in the growth and development of adolescents, during which the development of healthy eating habits is of supreme importance. There is a dual burden of under nutrition and over nutrition in this age-group. Approximately 146 million children are underweight, out of these 57 million are of India. Over 90% Indian women, adolescent girls and children's are anemic where the health of children is dependent upon food intake that provides sufficient energy and nutrients to promote optimal, physical, social growth and development.

## 47. Creation of Utility Baskets through Up Cycling – A Step To Sustainable Home Décor



Link:<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Creation of Utility Baskets through Up Cycling: A Step to Sustainable Home Decor

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### Abstract

*Up cycling has witnessed a significant contribution in the past one decade and is gaining popularity. It can be popularly understood as creative reuse to prepare products of a higher value. The purpose of this review paper is to understand the concept of up cycling and use of this technique to make utility baskets of high value and quality. This paper is actually an opportunity for the reviewer and a home science post-graduate to develop their skills and passion in redesigning, using left out cotton fabrics and cotton cord to create something innovative. The aim of this review paper is to create awareness for up cycling and sustainability by experimenting with the technique by creating innovative baskets and bowls in different shapes and sizes along with a set of coasters using coiling method. Their beauty was enhanced by incorporation of decorative flat ribbons and laces. This paper will also serve as a platform for the young designers and entrepreneurs to understand the importance and the need of up cycling for enhancing sustainability through their designs and innovations.*

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### Introduction

The term "up cycling" was coined by Reiner Pilz of Pilz GmbH in 1994, significantly who explained the concept of adding value to the old or used products, which is quite contrary to the popular concept of recycling that reduces the value of the products. Up cycling is a process in which used or waste products and materials are repaired, reused, repurposed, refurbished, upgraded and remanufactured in a creative way to add value to the compositional elements. Up cycling has been known to use either pre-consumer or post-consumer waste or possibly a combination of the two. Classic 3R concept that comprises reuse, reduce and recycle is regarded as one of the widely acknowledged solutions in the sustainable development. Up cycling is sometimes confused with recycling. Up cycling converts a material into something of **greater value** than it originally was. Recycling converts a material into something of roughly the **same value** as it originally was. Recycling basically takes the waste items and takes them backwards in the chain to their raw state so they can be used again, usually in a similar manner. Up cycling, however, through the addition of design, takes waste items forwards in the chain to become more beautiful, more valuable and hopefully more desirable. It has been part of human life throughout history, and the past few years have seen its revival, driven by multiple factors including growing concern for the environment.

## 48. Need and Role of Incubators in Higher Education Institutions

Link:<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Need and Role of Incubators in Higher Education Institutions

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"Longevity in the business is about being able to reinvent yourself or invent the future."

- Satya Nadella (CEO, Microsoft)

### Abstract

*Entrepreneurship in India is on the verge of explosive growth which is actually needed for employment generation and poverty alleviation at grass root level. HEIs play an important role in creating a pool of young and talented entrepreneurs that have the versatile skill sets to solve consumer problems and develop products for the rest of the world. In order to entice the students into successful entrepreneurs, HEIs need to start innovation and incubation centers. HEIs are introducing campus spaces where students can connect to fellow entrepreneurs and interested financiers. A startup incubator can be defined as a collaborative program that is designed to help creation and growth of new businesses. Incubators help entrepreneurs solve some of the problems commonly associated with running a startup by providing workspace, seed funding, mentoring, and training.*

**Key Words:** Entrepreneurship, Start-up, Incubators, Accelerators, Higher Education Institutions (HEIs)

### Introduction

**Start-up Ecosystem in India:** Entrepreneurship in India is on the verge of explosive growth which is actually needed for employment generation and poverty alleviation at grass root level (Gupta & Rathore, 2014). The startup trend in India has influenced a lot of people to create their own businesses, in turn boosting the number of startup incubators in the country. By the year 2019, India has continued to reinforce its position as the 3<sup>rd</sup> largest startup ecosystem in the world, according to a report by IT industry body Nasscom. The report also suggested that the total number of tech startups in the country has grown to 8,900-9,300 with 1,300 startups being added in the year 2019 so far. The country has witnessed addition of seven Unicorns till August 2019 taking the total tally to twenty four - the third highest number of Unicorns (companies with valuation of over \$1 billion) in a single country in the world. The startups have created an

## 49. Empowerment of Women- A Comparative Demographic Analysis

Link: <https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Empowerment of Women: A Comparative Demographic Analysis

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### Abstract

Women empowerment is a multi-faceted phenomenon. The meaning of empowerment is to enable women to be self-reliant, economically independent, have positive self-esteem, have the ability to face difficult situations and be able to participate in the process of decision making. The purpose of the present study was to analyse the empowerment of young lecturers. The effectiveness of women lecturers was analysed in relation to education, age, caste, religion, income, and type of family. Data analysis indicated that education plays an important role in women empowerment. Majority of women lecturers were found to be more empowered as compared to the housewives who were not equally educated as to the young lecturers. Policies, programmes and systems should be established to ensure mainstreaming of the women's perspectives in all developmental processes as catalysts, participants and recipients. A sample of women lecturers from higher educational institutes and housewives from the local neighbourhood was selected and a comparative demographic analysis was done through interviews and informal discussions. Most powerful and important tool for women empowerment is undoubtedly "Education" and thereafter availability of ample and suitable earning opportunities which enable her to assert herself, maintain an independent opinion and have a say in household matters. To make women "Empowered" in the true sense, there is a need to educate them and assist them to develop the requisite skills and abilities. For this, there should be continuous orientation, sensitisation, capacity building and counselling, through respective organisations.

**Keywords:** Empowerment, Lecturer, Housewives, Developmental Processes

### Introduction

Empowerment is a multi-faceted, multi-dimensional and multi-layered concept. Women empowerment is a process in which women gain a greater share of control over resources viz:-

- Material Resources
- Human Resources
- Intellectual Resources like Knowledge, Information, Ideas
- Financial Resources like Money and access to money
- Control over decision making at home as well as in Community, Society and Nation, and

According to Government of India country report "Empowerment means moving from a position of enforced Powerlessness to one of Power".

## 50. Empowering Women through Skill Enhancement

Link:<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Empowering Women through Skill Enhancement

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### Abstract

*Women participation and empowerment are fundamental rights of women for making them to have control over their lives and put forth influence in society. Women often face discrimination, and exclusion because of factors such as their familial or professional background or caste. It is essential for them to be skillful in order to be able to properly serve their families at home as well as professionally. Skill development not only creates employment opportunities but in addition empowers them. The aim of skill development, in case of women, is not just preparing them for jobs; but also to enhance their performance by improving the quality of their work in which they are involved. Skill is the link that bridges the gap between job and workforce. Women often have different training requirements than men, since they are more likely to figure as contributing family workers, home-based micro entrepreneurs, or low-paid seasonal laborers, additionally to managing their domestic work and child care responsibilities. The current paper is predicated on the secondary data which was collected from various researches. This paper highlights the impact of skill development on women empowerment.*

**Keywords:** *Women empowerment, Skills development, Capacity building, Recognition for prior learning, economic independence.*

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### Introduction

Women play a vital role in the development of a family and the society. Women have been actively taking part in various economic and social activities, but their efforts remain unrecognized. In this male-dominant and patriarchal society, they are still subjected to discrimination in the social, economic and educational fields. Women are not only managing their families but are also playing an important role in the development of the nation. Vocational training programme plans to provide skills and confidence to women from economically backward families and help them to achieve economic and social independence. Women have often been downgraded and subdued in the Indian society. Due to lack of proper implementation of plans, local communities, especially the women have remained outside the scope and benefits of the government schemes.

Women have not effectively taken an interest in their freedom because of their absence of monetary autonomy and proficiency. There is a need to address the issue by improving the condition of women in community. The key lies in women empowerment through monetary and social self-

**51. Designing of Crop Tops with Traditional Peacock Motifs using Discharge Printing**

Link:<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Designing of Crop Tops with Traditional Peacock Motifs using Discharge Printing

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### Abstract

*India is known for its diverse craft, culture and textiles. Textiles have occupied a prominent place, in different geographic regions and in all climatic conditions, with available resources since centuries. The present study is inspired from the traditional textiles motifs of India to create crop top with discharge printing technique which involves the documentation of Indian traditional motifs from different sources and artistic development of motifs and designs for the creation of Crop tops using discharge printing. Indian traditional textile motifs were collected and documented by visiting libraries, museums and different websites on internet. Traditional Peacock motifs were selected for further designing. The motifs were designed with the help of Corel-draw software and evaluated by judges. The most preferred motifs were selected for designing of crop tops. After creation of designs they were again evaluated by the experts. Highly ranked crop top designs were selected for discharging. Discharge printing was done on the T-shirts and further converted into Crop tops. Marketability and Consumers acceptability showed a very positive and encouraging result. It would serve as a guideline for new designers to develop innovative creations from the Indian traditional motifs and will also help to create some new products with discharge printing techniques.*

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### Introduction

Since the day man discovered the method to cover his body to protect from environmental hazardous as well as to fulfill his aesthetic needs, he naturally utilized whatever material was conveniently available to him. When he learnt weaving, garments were made. Gradually he started developing textile designing to make it more interesting with the help of artisans and craftsmen. Textile designing is the process of creating designs for woven, knitted or printed fabrics by arranging the elements of art in order to create beauty in finished product. There are different techniques to decorate textile used since ages such as loom weaving, dyeing and printing (Sharma, 2009). Dyeing and printing are processes which convert raw textile material into finished goods to make the product more attractive.

Today's designers have become aware of different motifs and started using them in different areas, in a very versatile way so that same motifs can be used effectively on any other surface. Motifs are traditional, but modern designs based on rhythm and balance and increasingly coming

**52. Approach of Third Dimension of Education to Promote Polythene Free Chandigarh**

Link:<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Approach of Third Dimension of Education to Promote Polythene Free Chandigarh

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### Abstract

*Plastic Bags- Ek Gambhir Samasya: A plastic bag (polybag) scientifically named as poly-ethene (polythene) is commonly used for packaging and transporting various goods. But with the uncountable hazardous effects of plastic bags to us as birth givers to plastic, developers of plastic bags and threat to the environment, these plastic bags have certainly become a 'Gambhir Samasya' for one and all. The multidisciplinary field of Home Science includes Extension Education as a subject of eminence. Extension education also called as third dimension of education is a dynamic and flexible type of education that serves the people wherever they are and whatever they are. As an extension program, a study was carried out through a survey amongst 350 people comprising of shopkeepers and vegetable vendors of various areas of Chandigarh- 'the city beautiful'. The main aim of this study was to generate awareness about the threats that plastic bags poses to our lives and further sensitize them about the alternatives to the plastic bags. The study, after analysis, clearly indicated that the use of plastic bags is more in sabzi mandi than in the market. In an endeavor to achieve the objective, a number of activities were performed and presented to the users of plastic bags so that they mark a break between the vicious cycle of giving and taking away of plastic bags and thus reduce its environmental pollution. The mass approach was chosen and with the collaboration of the vegetable vendors, an innovative idea was brought into motion. All the customers visiting the vendors for vegetables were offered a discount of Re 1 to Rs 5 if they bring their own bags. With the attainment of results of survey, analysis and evaluation process, the extension programme validated successfully with the achievement of respondent's satisfaction and knowledge in hand.*

**Key-Words:** Plastic, Home Science, Extension Education, Innovation

### Introduction

Rapid population growth, urbanization and industrial growth have led to severe waste management problems in several cities around the world. (Banerjee, Srivastava, & Hung, 2014)

In particular, the plastic carry bags are the biggest contributors of littered waste due to simultaneous increased consumption of plastic materials. It is necessary to highlight the fact that plastic bags don't biodegrade, they photo degrade - breaking down into smaller toxic bits. As it breaks down, plastic particles contaminate soil and waterways and enter the food web when animals accidentally ingest them through a process called biomagnification.

**53. Innovative use of Cinnamon (*Cinnamomum aromaticum*) powder for Development and Organoleptic Evaluation of New Food Products**

Link:<https://homescience10.ac.in/storage/pages/College%20Library/NURTURING%20INNOVATIONS%20AND%20SKILL%20DEVELOPMENT.pdf>

## Innovative use of Cinnamon (*Cinnamomum aromaticum*) powder for Development and Organoleptic Evaluation of New Food Products

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### Abstract

The present study was undertaken with the objectives of evolving food products containing cinnamon powder to find out their acceptability, nutritive value standard and most acceptable cinnamon food products. Five recipes in total were evolved with four variations. Sensory evaluations of these recipes were done by selected panel of 10 judges on a 9-Point Hedonic Scale. Results showed that cinnamon products with Type B-Dark chocolates, Oats cookies, Apple, Apple Jam and Apple Pie were highly acceptable as they scored  $8.10 \pm 0.57$ ,  $8.90 \pm 0.32$ ,  $8.70 \pm 0.67$ ,  $8.90 \pm 0.32$ ,  $8.70 \pm 0.48$ .

**Key words:** Hedonic Scale, Cinnamon, organoleptic evaluation.

### Introduction

*Cassia* cinnamon originates from southeastern China which is typically less expensive than *Ceylon* cinnamon. Due to the fact that *Ceylon* cinnamon is very expensive, most foods in the USA and Western Europe, including sticky buns, breads and other products use the cheaper *cassia* cinnamon (dried *cassia* bark). Cinnamon is a spice that has ancient origins and is popularly used as flavorings, as a condiment and in cooking. Cinnamon is also known to provide various medicinal benefits and includes lowering of blood cholesterol for diabetes (Ranasingheet *al* 2016).

Thus, keeping in view this background, the present study was entitled as "Innovative use of Cinnamon (*Cinnamomum aromaticum*) powder for Development and Organoleptic Evaluation of New Food Products". Following objectives have been formulated:

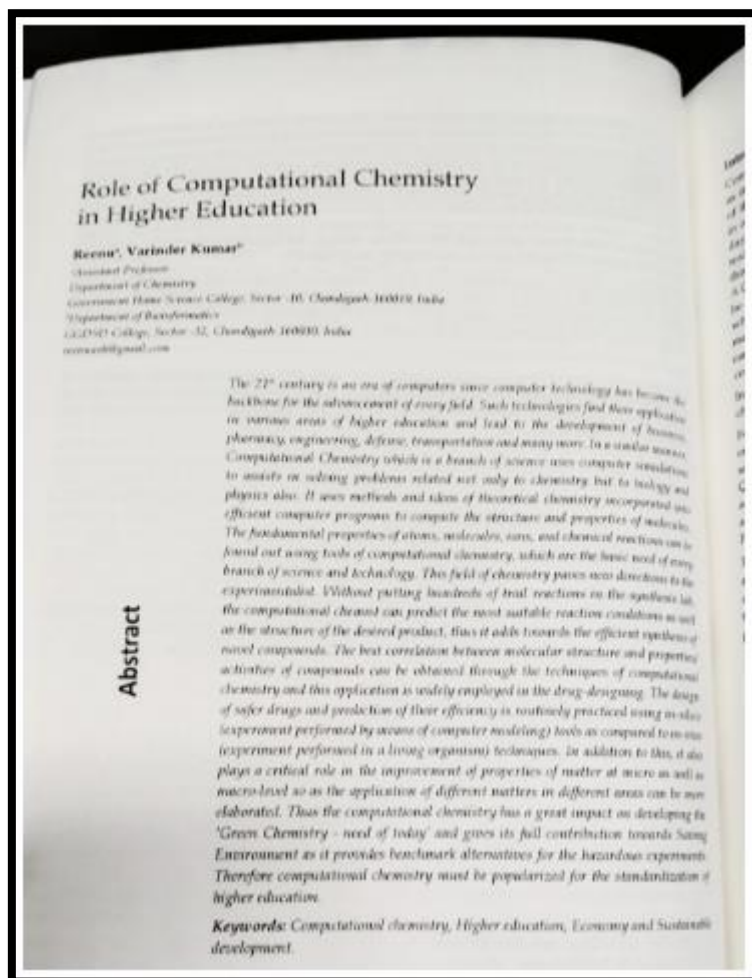
1. To prepare and standardize commonly used recipes using cinnamon powder.
2. Organoleptic evaluation of prepared food products.

### Methodology

The present investigation entitled "Innovative use of Cinnamon (*Cinnamomum aromaticum*)

## 54. Role of Computational chemistry in Higher Education

Link: <https://homescience10.ac.in/storage/pages/College%20Library/Emerging%20Paradigms%20in%20Higher%20Education.pdf>





## 55. Health enhancement of Human Health with Diversity of Fermented Foods

Link:<https://books.google.co.in/books?id=MV5uEAAAQBAJ&pg=PA154&lpg=PA154&dq=enhancement+of+human+health+with+diversity+of+fermented+foods+isha+dhalawal+,+uttara+singh&source=bl&ots=vfEXaFmrXI&>



## 56. Sensory based quality assessment systems for fruits and vegetables

Link: <https://www.taylorfrancis.com/chapters/edit/10.1201/9781003084174-7/ir-spectroscopy-quality-fruits-vegetables-vasudha-bansal-nitya-sharma>



Chapter

## IR Spectroscopy for Quality of Fruits and Vegetables

By Vasudha Bansal, Nitya Sharma

Book [Sensor-Based Quality Assessment Systems for Fruits and Vegetables](#)

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| eBook ISBN      | 9781003084174        |

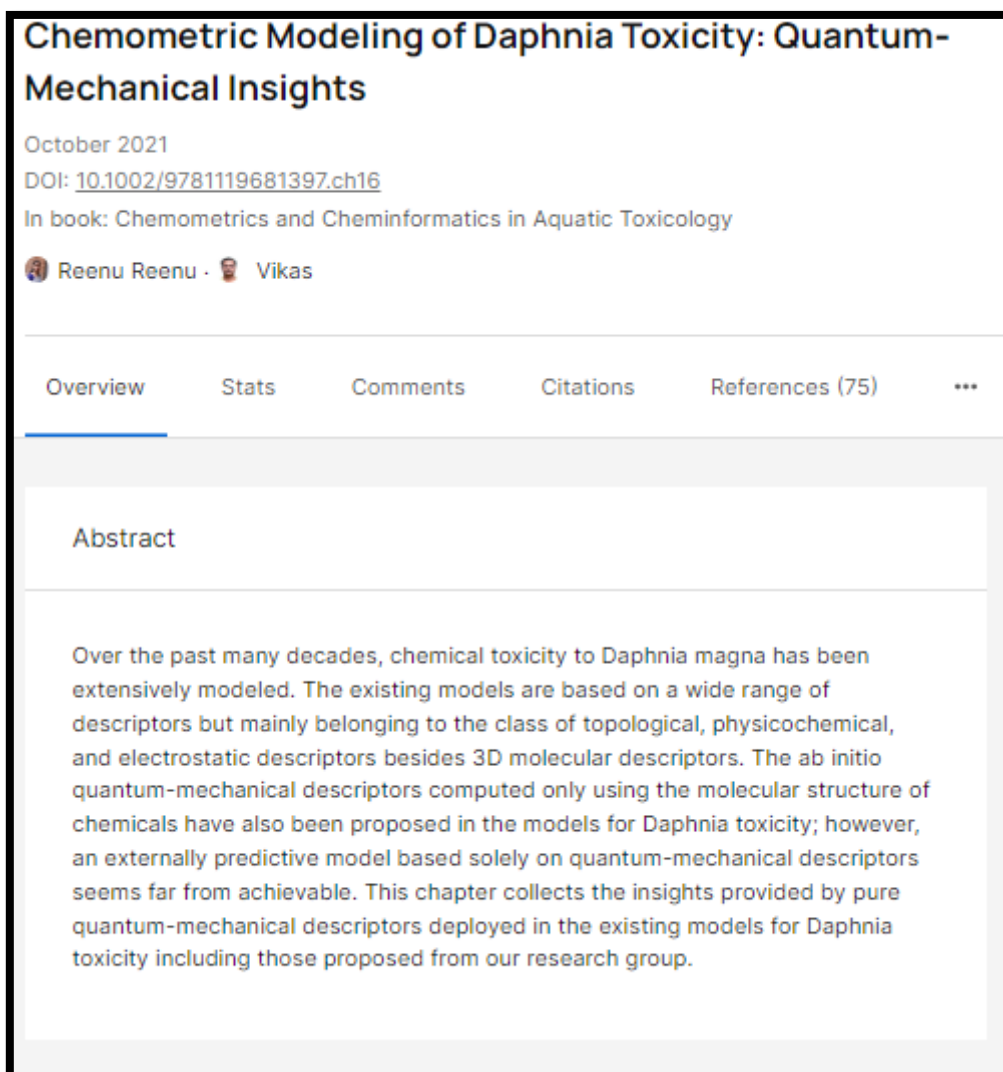


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### ABSTRACT

Sensor-based evaluation of the quality of fresh produce (fruits and vegetables) is in great demand owing to the accurate detection and lower time consumption. Thereby, detection of quality of fruits and vegetables using non-destructive (ND) infra-red spectroscopy (IR) offers the huge potential in postharvest. The investigation of the quality of fresh produce using physical parameters (in terms of shape, color, tissue injury, and browning) plays an inevitable role in their visible acceptance by consumers. In addition, the rapid detection of chemical composition in terms of total soluble solids, phenolic compounds, and sugars add strength to the competitive acceptance in the international and national market. Therefore, the optimization of IR parameters for quality evaluation of fruits and vegetables is efficacious in preventing the wastage of fresh produce.

Link: [https://www.researchgate.net/publication/356761537\\_Chemometric\\_Modeling\\_of\\_Daphnia\\_Toxicity\\_Quantum-Mechanical\\_Insights](https://www.researchgate.net/publication/356761537_Chemometric_Modeling_of_Daphnia_Toxicity_Quantum-Mechanical_Insights)



**Chemometric Modeling of Daphnia Toxicity: Quantum-Mechanical Insights**

October 2021  
DOI: [10.1002/9781119681397.ch16](https://doi.org/10.1002/9781119681397.ch16)  
In book: Chemometrics and Cheminformatics in Aquatic Toxicology

Reenu Reenu · Vikas

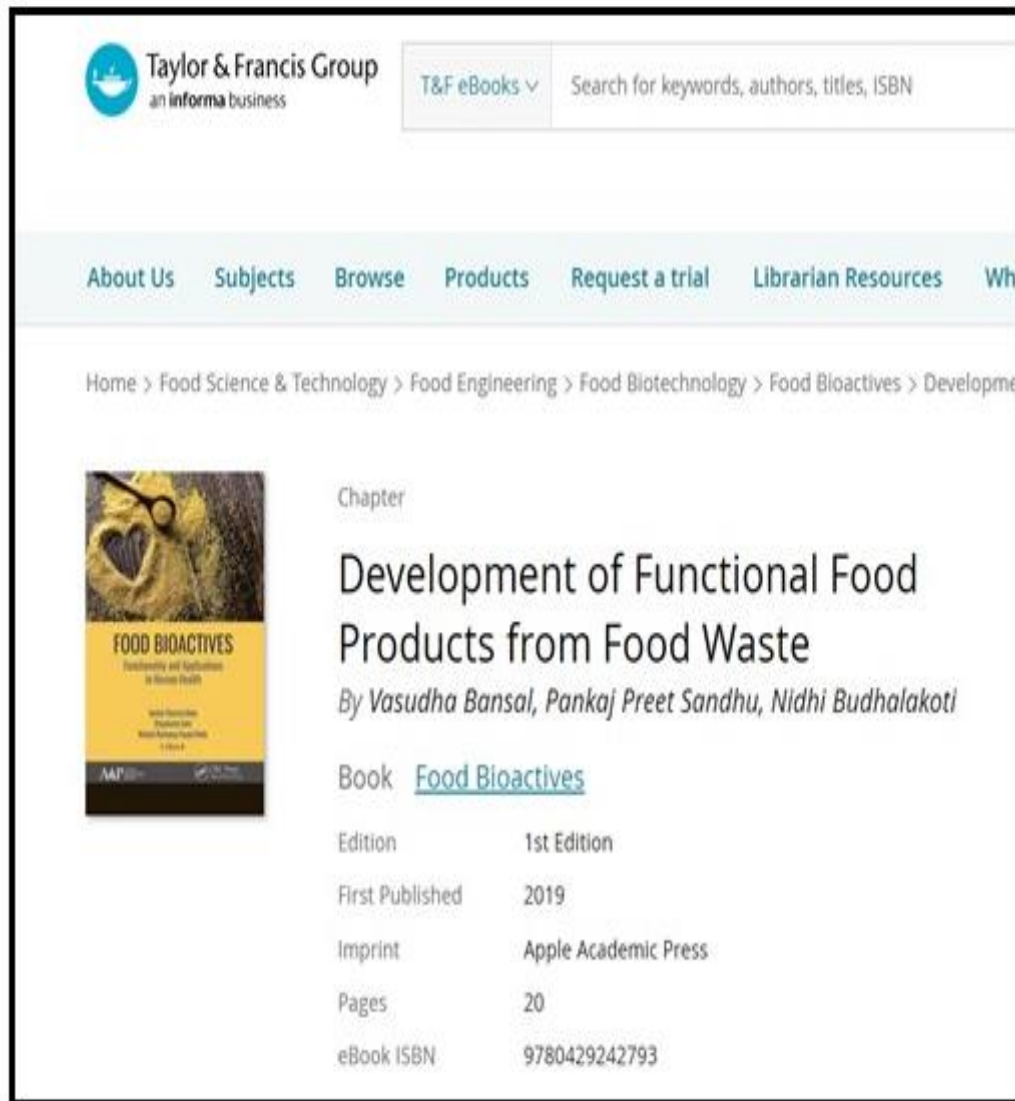
Overview Stats Comments Citations References (75) ...

**Abstract**

Over the past many decades, chemical toxicity to *Daphnia magna* has been extensively modeled. The existing models are based on a wide range of descriptors but mainly belonging to the class of topological, physicochemical, and electrostatic descriptors besides 3D molecular descriptors. The ab initio quantum-mechanical descriptors computed only using the molecular structure of chemicals have also been proposed in the models for *Daphnia* toxicity; however, an externally predictive model based solely on quantum-mechanical descriptors seems far from achievable. This chapter collects the insights provided by pure quantum-mechanical descriptors deployed in the existing models for *Daphnia* toxicity including those proposed from our research group.

## 58. Development of Functional Food Products from Food Waste

Link: <https://www.taylorfrancis.com/chapters/edit/10.1201/9780429242793-7/development-functional-food-products-food-waste-vasudha-bansal-pankaj-preet-sandhu-nidhi-budhalakoti>

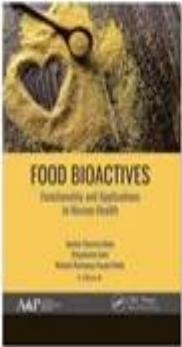


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Chapter

## Development of Functional Food Products from Food Waste

*By Vasudha Bansal, Pankaj Preet Sandhu, Nidhi Budhalakoti*

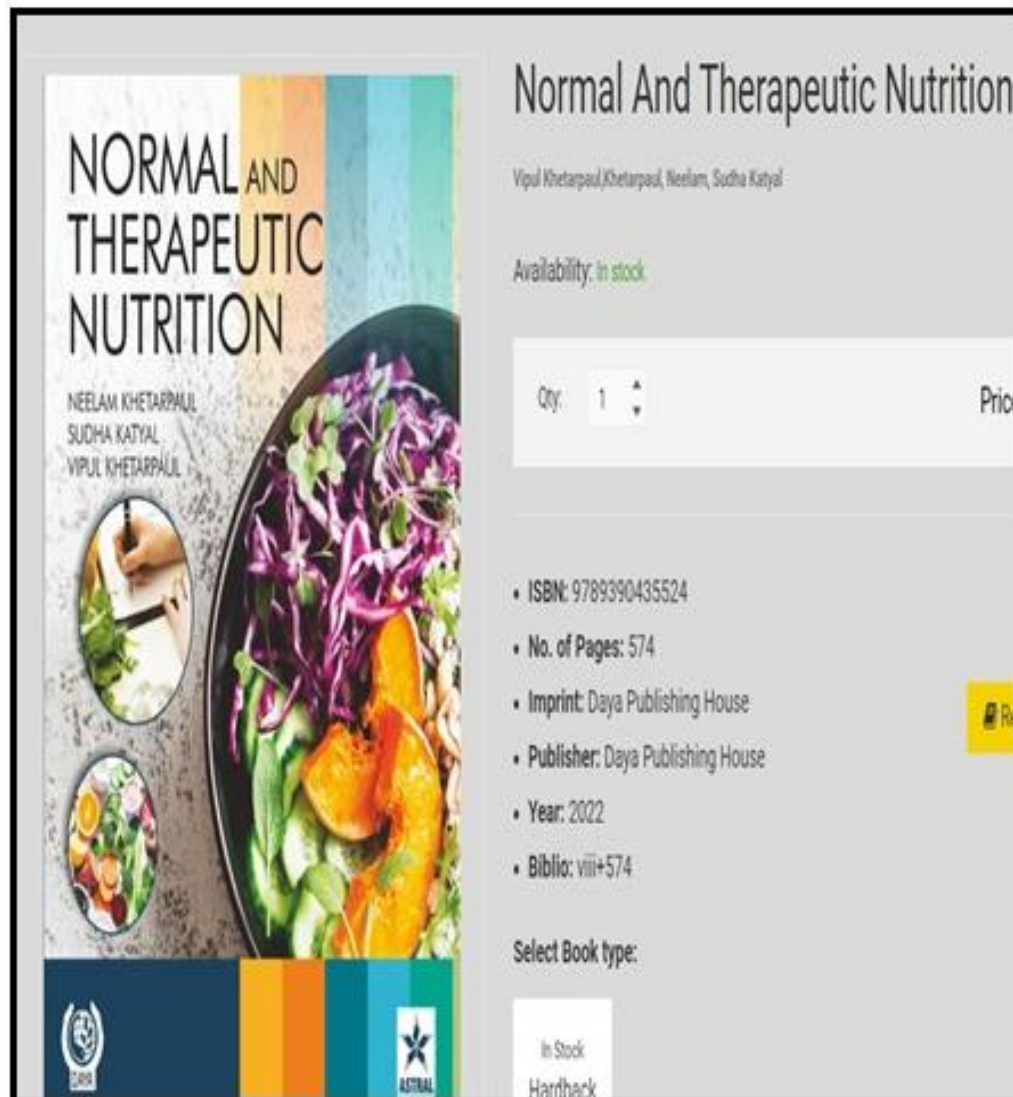
Book [Food Bioactives](#)

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| Pages           | 20                   |
| eBook ISBN      | 9780429242793        |

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## 59. Normal and Therapeutic Nutrition

Link: [https://www.amazon.in/Normal-Therapeutic-Nutrition-Katyal-Khetarpaul/dp/B09LYF3TR3/ref=sr\\_1\\_2?qid=1676981631&refinements=p\\_27%3ANeelam+Khetarpaul&s=books&sr=1-2](https://www.amazon.in/Normal-Therapeutic-Nutrition-Katyal-Khetarpaul/dp/B09LYF3TR3/ref=sr_1_2?qid=1676981631&refinements=p_27%3ANeelam+Khetarpaul&s=books&sr=1-2)



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