



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

NAAC ACCREDITED GRADE 'A'

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



3rd Cycle

Assessment & Accreditation by NAAC

CRITERION-VI

GOVERNANCE, LEADERSHIP AND MANAGEMENT



CRITERION 6

KEY INDICATOR- Faculty Empowerment Strategies

METRIC 6.3.3

Percentage of teaching and non-teaching staff participating in Faculty development Programmes (FDP), professional development /administrative training programs during the last five years

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1. One Day Workshop on “Image Styling” under the Aegis of RUSA

Date: 11 October 2018

Dr. Poonam Aggarwal, Associate Professor NIIFT, Mohali delivered an elaborate in-depth session on suitability of different types of dresses and accessories for different occasions.



Source – News Paper Amar Ujala on Oct 12, 2018

2. Workshop on Entrepreneurial Ventures in Nutritive Cakes, Chocolates and Cookies

Date: 17 October 2018

One day capacity building workshop for entrepreneurial Ventures in Nutritive Cakes , Chocolates and Cookies was held under the aegies of RUSA. Founder Baker of Polka & Vinnie's, Mr. Vinod Siudhu, an acclaimed baker, gave hands on demonstration on Eggless Brownie's, healthy Cakes, whole wheat and Corn cookies, decorative Chocolates and stuffed baked whole wheat kulcha. The workshop was attended by more than 75 participants including faculty members and students



Source : Uploaded on college website

<https://homescience10.ac.in/news-events?page=12>

3. One day Capacity Building Workshop on Trending Innovations in Designing Interiors and Jewellery Under the Aegis of RUSA

Date: 22 October 2018

One day capacity building workshop in trending innovations in Designing Interiors and Jewellery under the aegis of RUSA was held as part of the ongoing faculty development program. In the first Session, Ms. Gurjot Shah, Assistant Professor Cum Academic coordinator, Department of Interior Designing, Chandigarh University talk about the latest design trends and interior space elements. In second session Ms. Rupinder, Alumna of the college, demonstrated the art of making simple jewellery using paper, lace, gota etc. by using raw materials such as flowers, pieces of cloth easily available at home.

Workshop on Trending Innovations in Designing Interiors and Jewellery under the aegis of RUSA 22-10-2018



Source : Uploaded on college website

<https://homescience10.ac.in/news-events?page=12>

4. Workshop on Nutritional Genomics- Coming Era of Personalized Nutrition

Date : 23 Oct , 2018

One day workshop on Nutritional Genomics- coming Era of Personalized Nutrition was organised. Prof. Neelam Khetarpaul, Emeritus Professor, ICAR addressed the faculty and students on nutrigenomics and nutrigenetics. She emphasized and elaborated on influence of various nutrients on pathophysiology of various diseases. She explained how genetic variation affect the way we react to nutrients in food.

Workshop on Nutritional Genomics- Coming Era of Personalized Nutrition under the aegis of RUSA 23 -10-2018



Source : Uploaded on college website on Oct 23, 2018 <https://homescience10.ac.in/news-events?page=12>



Source – News Paper Amar Ujala on Oct 24, 2018

5. Workshop on Personality Development and Grooming Skills.

Date: 29 January 2019

One day workshop on Personality Development and Grooming Skills was organised. Ms. Garima Walia, owner of The Allure-unisex salon and Diet Clinic in Chandigarh, was the guest speaker and demonstrator of the day. More than 100 participants including students, Beneficiaries of DAY-NULM and the faculty members attended the workshop.



Source : Uploaded on college website on Jan 29,2019 <https://homescience10.ac.in/news-events?page=11>

6. Workshop on Spiritual Counselling and Music Therapy

Date: 07 November 2019

One day Workshop on Spiritual counselling and music Therapy was organised on 07 Nov. 2019. Dr. Richa Chopra, HOD, Department of Contemplative & Behavior Science Sri Sri University, Cuttack. The workshop was attended by all the students staff members including Teaching and Non Teaching Staff.



Source : Uploaded on college website Nov07, 2019 - <https://homescience10.ac.in/galleries>

7. Workshop On Grooming Techniques and Safe Use of Social Media

Date : 22 January, 2020

One day Workshop On Grooming Techniques and Safe Use of Social Media was organised . Ms. Neetu Arora ,International Fashion Designer and Tarun Gandhi , A freelance Journalist and Chairperson, was the resource person. More than 150 participants including students and teaching faculty attended the workshop.

Workshop On Grooming Techniques and Safe Use of Social Media on 22 January, 2020




Source : Uploaded on college website on 22 Jan, 2020 <https://homescience10.ac.in/college-news-letter>

8. One Week Online Yoga Session

Date: 19-25 June 2020

Government Home Science College organized one week online workshop on yoga session on 19-25 June, 2020 for the students and faculty as a prelude to International Yoga Day. The Session was conducted by yoga practitioner, Ms. Vedika where She demonstrated the various Asanas along with explaining the benefits of each. The session was attended by the over 100 participants and brought immense relief, alertness and freshness among them. The session proved to be energizing, transcending, and provided enlightening experience to all participants.



**Government Home Science College,
Sector-10, Chandigarh**
organizes

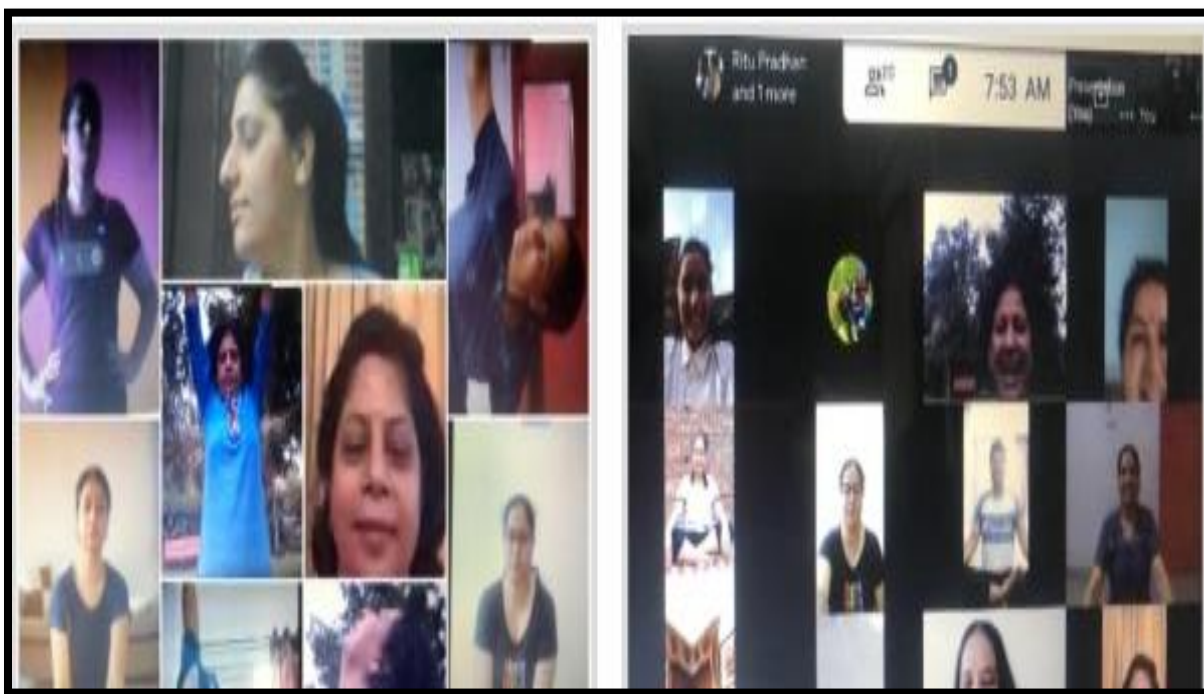
**One Week Online Yoga Session
for Faculty & Students**
on the occasion of
International Yoga Day
June 19-25, 2020
Time: 7:00 A.M. – 7:30 A.M.

Coordinators:
Major Neelam (NCC)
Mrs. Seema Jaitly (NSS)
Dr. Neha Sharma (NSS)
Mrs. Mona (Phy.Ed)

Demonstrated by:
Vedika
B.Sc. H.Sc. 4th Semester

Convener:
Prof. Sudha Katyal
Principal

One Week Online Yoga Session on 19-25 June 2020




Source : Uploaded on college website on June 25, 2020 <https://homescience10.ac.in/news-events?page=9>

9. One Week Online Yoga Session

Date: 07-21 June 2021

Government Home Science College organized one week workshop on online yoga session 'Yoga Sadhana' from June 07-21, 2021 for the students and faculty as a prelude to International Yoga Day. The session concluded with a motivational talk by Dr. Bela Dhillon (M.D., Pathology & Internal Medicine, U.S.A. and Whole Health Medicine Practitioner since 2014) on June 12, 2021. The topic was 'Dincharya-Vital for Health, Wisdom & Success'. She highlighted the significance of living life to its full potential by discovering our true inner self. Quoting examples from ancient scriptures and our very own Ayurveda, she emphasised to follow a daily routine by explaining various steps and activities so as to reach our full potential regarding our holistic well being



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

organizes
LIVE YOGA SESSION
to celebrate

Date:
June 21th, 2021

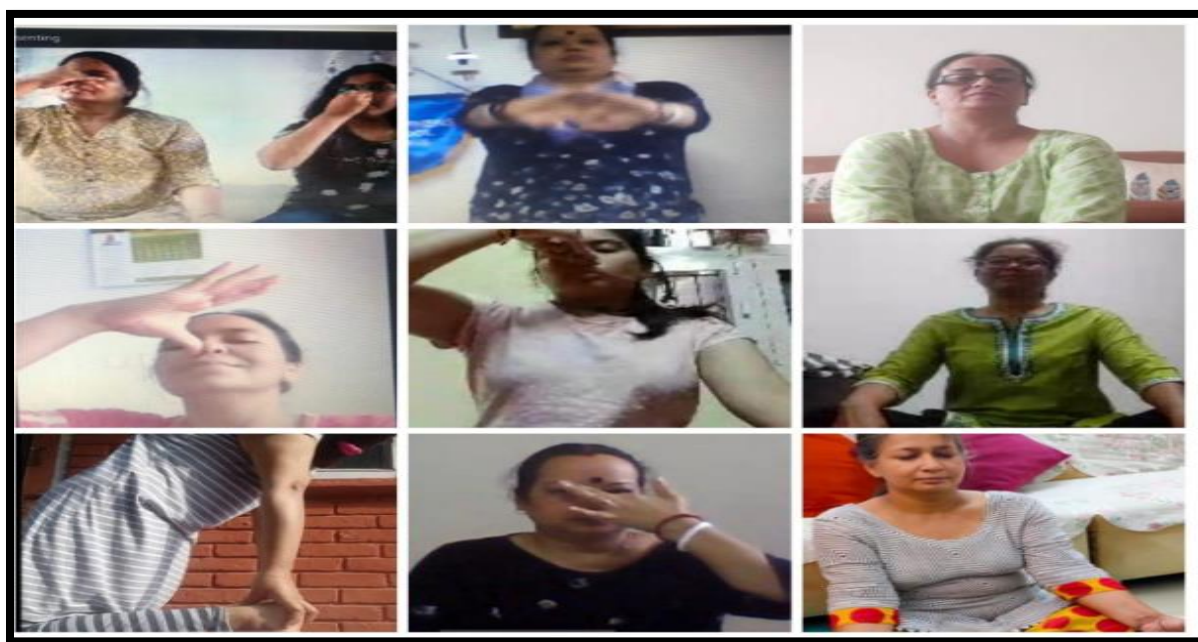
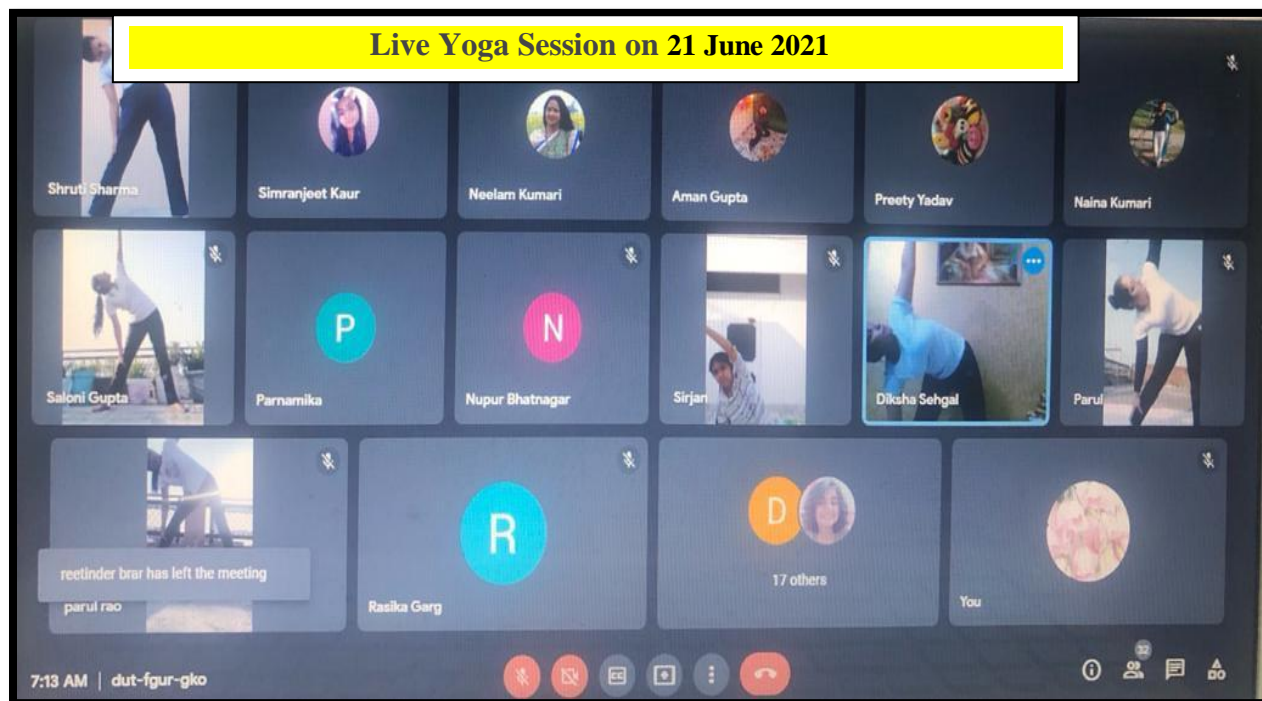
Time:
07:00 a.m. onwards

International Yoga Day
Platform: Google meet
Link: <https://meet.google.com/dut-fgur-gko>/Or open meet and enter this code:dut-fgur-gko

Coordinators
Mrs Seema Jaitly (NSS)
Dr.Neha Sharma (NSS)

Demonstrated by Vedika
B.Sc H.SC. Dietetics

Convener
Prof. Sudha Katyal
(Principal)



Source : Uploaded on college website on June 21, 2021 <https://homescience10.ac.in/news-events?page=6>

10. Internet to Inner-Net

Date: 15 December 2021

GHSC organised an online workshop on “Internet to Inner-net “ for the staff and students of the college with the aim of reducing stress, embracing positivity and improving concentration by making meditation a part and parcel of one’s life. Mr Narinder Anand and Ms Shweta, National Coordinators , Youth empowerment group from Amrita University, Kerela were the key note speakers who conducted a very interactive session with inclusion of wonderful stories, awareness games and simple yet effective exercises for the mind. Mr Anand talked about how we are all dependant on the Internet and have made our mind a slave to it.

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

CO-ORDINATOR
Prof. Reetinder Brar
(Head, HDFR Dept.)

CONVENER
Prof. Sudha Katyal
Principal

An Online Workshop
on Internet to Innetnet
Motivational & Integrated
Amrita Meditation Workshop

December 15, 2021
10.30 A.M – 12.00 P.M.
LIVE @ Zoom
<https://bit.ly/amritahomescience>

Organizing Team:
Major Neelam
Dr. Neha Sharma
Mrs. Napur
Mrs. Shikha

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

“Our life is shaped by our
mind, for we become
what we think.”
Buddha

“When there are
thoughts, it is distraction:
when there are no
thoughts, it is meditation.”

Online workshop on Internet to Inner- Net on 12-12-2021



Source : Uploaded on college website on Dec 12, 2021 <https://homescience10.ac.in/news-events?page=4>