



**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-III  
RESEARCH, INNOVATION, AND EXTENSIONS**



**CRITERION 3  
KEY INDICATOR-3.2  
METRIC 3.2.2**

**Number of Workshops/Seminars Conducted on Research Methodology, Intellectual Property Rights (IPR) and Entrepreneurship during the Last Five Years (2017-2022)**

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<b>Sr. No.</b>	<b>Session</b>	<b>Particulars</b>
1	2017-2022	List of Workshops/Seminars Conducted on Research Methodology, Intellectual Property Rights (IPR) and Entrepreneurship
2		Detailed Reports of Workshops/Seminars Conducted on Research Methodology, Intellectual Property Rights (IPR) and Entrepreneurship

## 1. List of Workshops/Seminars Conducted on Research Methodology, Intellectual Property Rights (IPR) and Entrepreneurship

Name of the Workshop/ Seminar	Date	Resource Person	Designation	Contact Details	Link to the Activity Report on the Website
<b>2017-18</b> <a href="https://homescience10.ac.in/storage/pages/college_news_letter/News_letter_2017.pdf">https://homescience10.ac.in/storage/pages/college_news_letter/News_letter_2017.pdf</a>					
Hands-on Skill-building Workshop on Artefacts	16.10.2017	Mrs. Seema Jaitly	Assistant Professor, GHSC-10	0172-2740387 homescience- chd@nic.in	<a href="https://homescience10.ac.in/news-events?page=14">https://homescience10.ac.in/news-events?page=14</a>
Three-ay Workshop on Skill Development and Entrepreneurial Opportunities	01.02.2018	Sh. Sanjeev Kumar Verma	Additional Director, Petroleum Conservation Research Association, Ministry of Petroleum and Natural Gas	0112-3383585 www.mopng.gov.in	<a href="https://homescience10.ac.in/news-events?page=13">https://homescience10.ac.in/news-events?page=13</a>
		Sh. Paramjeet Singh	Principal Director, Regional Centre for Entrepreneurship Development, Chandigarh	<a href="https://www.linkedin.com/in/paramjit-singh-4b1843140/">https://www.linkedin.com/in/paramjit-singh-4b1843140/</a>	
Workshop on Dairy Business and Food Processing Ventures	02.02.2018	Sh. S.K. Mehta	Ex-Food Technologist, Food and Nutrition Board of India	9417185773	<a href="https://homescience10.ac.in/news-events?page=13">https://homescience10.ac.in/news-events?page=13</a>
		Sh. Jaswant Singh	Ex-Vice Chairman, Milk Time	<a href="https://www.linkedin.com/in/bhandair-jaswant-singh-70b87540">linkedin.com/in/bhandair-jaswant-singh-70b87540</a>	
Workshop on Product Development	19.02.2018	Dr. Rupinder Kaur Ghumman, Dr. Ritu Pradhan and Dr. Sangeeta Bansal	Head of Departments	0172-2740387 homescience- chd@nic.in	<a href="https://homescience10.ac.in/news-events?page=13">https://homescience10.ac.in/news-events?page=13</a>
Workshop on Resume Writing	22.03.2018	Ms. Jyoti Pathania	Co-ordinator, World School Organisation	8427842700	<a href="https://homescience10.ac.in/news-events?page=13">https://homescience10.ac.in/news-events?page=13</a>
		Sh. Baltej Singh	Head HR, Job Destination Company	8288828884	
<b>2018-19</b> <a href="https://homescience10.ac.in/storage/pages/college_news_letter/newletter_2018.pdf">https://homescience10.ac.in/storage/pages/college_news_letter/newletter_2018.pdf</a>					
Workshop on Food Safety and Adulteration	24.09.2018	Mr. Sukhwinder Singh	Designated Safety Administration, GMSH-16	0172-2747407	<a href="https://homescience10.ac.in/news-events?page=13">https://homescience10.ac.in/news-events?page=13</a>

Skill Building Seminar on Image Styling	11.10.2018	Ms. Kalika Mehra	Director Active Clothing, CO. Pvt. Ltd Chandigarh	9988200743	<a href="https://homescience10.ac.in/news-events?page=12">https://homescience10.ac.in/news-events?page=12</a>
		Dr. Neha Miglani	Ex-Senior Correspondent, Times of India and Post Doctoral Fellow in Fashion Journalism	9781414001	
		Dr. Poonam Aggarwal	Associate Professor NIFT	9417303649	
		Dr. Anu H Gupta	Assistant Professor, UIFT PU	9417424322	
Workshop on Entrepreneurial Ventures for Nutritive Cakes, Cookies and Chocolates	17.10.2018	Mr. Vinod Sidhu	Founder Baker of Polka and Vinnie's	7947151954	<a href="https://homescience10.ac.in/news-events?page=12">https://homescience10.ac.in/news-events?page=12</a>
One-day Capacity Building Workshop on Trending Innovations in Designing Interiors and Jewellery	22.10.2018	Ms. Gurjot Shan	Assistant Professor cum Academic Coordinator, Department of Interior designing, Chandigarh University	<u>1800 121 288 800</u>	<a href="https://homescience10.ac.in/news-events?page=12">https://homescience10.ac.in/news-events?page=12</a>
		Ms. Rupinder	Alumnae of the college	8556899196	
Workshop on SPSS	24.11.2018	Er. T Chaudhary	IBM, Bengaluru	8420170722	<a href="https://homescience10.ac.in/news-events?page=11">https://homescience10.ac.in/news-events?page=11</a>
Workshop on Personality Development and Grooming Skills	29.01.2019	Ms. Garima Walia	Owner, The Allure-unisex salon and Diet Clinic in Chandigarh	9501548586	<a href="https://homescience10.ac.in/news-events?page=11">https://homescience10.ac.in/news-events?page=11</a>
Workshop on Resume Writing	05.02.2019	Mr. Shelly Karwal	Vestige India Pvt. Ltd.	011-43101234	<a href="https://homescience10.ac.in/news-events?page=11">https://homescience10.ac.in/news-events?page=11</a>
Seminar on Counselling Techniques and Applications	11.02.2019	Dr. Shashi Sethi	Director, ISHH Guidance and Counseling Centre from Panchkula	Passed away, details not available	<a href="https://homescience10.ac.in/news-events?page=11">https://homescience10.ac.in/news-events?page=11</a>
Seminar on Essentials of Venturing into E-Business	20.02.2019	Mr. Aman	Freelancer and Digital Marketing Trainer	9813329090	<a href="https://homescience10.ac.in/news-events?page=11">https://homescience10.ac.in/news-events?page=11</a>
		Ms. Ritika Raina	E-commerce sites expert	9780174917	

Skill Enhancement Seminar on Women Entrepreneurship	21.02.19	Ms. Jyoti Arora	Owner of Vatama Solutions	9872631930, 7528997029, vatamasolutions@gmail.com	<a href="https://homescience10.ac.in/news-events?page=11">https://homescience10.ac.in/news-events?page=11</a>
		Ms. Gaytri Sood	Monica's Puddings and Pies	0172-5018076	
		Ms. Ashna Narula	Founder of Psychopedia	9988 366 750	
		Mrs. Savita Ahluwalia	Owner of Ujita and Vastra	9654965347	
Skill Building Seminar on Product Development and Marketability	08.03.2019	Ms Cookie Marwaha	Baker in Chandigarh	98145 48464	<a href="https://homescience10.ac.in/news-events?page=11">https://homescience10.ac.in/news-events?page=11</a>
		Mrs Shweta Khanna	Owner- Flaunt Couture Clothing Brand	9041090203	
		Dietician Shreya	Dietician Shreya, Owner Diet Clinic	73073 03835 dietitianshreya.com	
Workshop on Product Development using Khadi	29.03.2019	Dr. Poonam Aggarwal	Associate Professor, NIIFT, Mohali	9417303649	<a href="https://homescience10.ac.in/news-events?page=11">https://homescience10.ac.in/news-events?page=11</a>
<b>2019-20</b>					
<a href="https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf">https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf</a>					
Workshop on Poshtik and Paramparik Kala Pardarshini	20.09.2019	Dr. Ritu Pradhan and Dr. Sangeeta Bansal	Associate Professor, GHSC-10	0172-2740387 homescience-chd@nic.in	<a href="https://homescience10.ac.in/news-events?page=10">https://homescience10.ac.in/news-events?page=10</a>
Workshop on Hand Crafted Items	16.10.2019	Dr. Rupinder Kaur Ghuman, Dr. Ritu Pradhan, Dr. Sangeeta Bansal, Mrs Seema Jaitly	Head of Departments, GHSC-10	0172-2740387 homescience-chd@nic.in	<a href="https://homescience10.ac.in/news-events?page=10">https://homescience10.ac.in/news-events?page=10</a>
NAAC Sponsored National Seminar on Quality Enhancement at Home Science College	14.02.2020	Prof. Nilofer Khan	Director (Home Science, School of Applied Sciences and Technology) and Ex- Registrar, University of Kashmir	<u>Phone: 0194 227 2004</u>	<a href="https://homescience10.ac.in/news-events?page=9">https://homescience10.ac.in/news-events?page=9</a>

			Dr. Archana Mishra	NAAC Incharge Haryana-cum-Principal, Government College, Sector-1, Panchkula, Haryana	0172 256 0076	
			Dr. Dalip Kumar	Additional State Project Director, RUSA, Sector- 42, Chandigarh	9888697902	
			Sarvjeet Singh	CII Chairman Co- Founder and Managing Director of Finvasia Group of Companies Chandigarh	9872600029	
			Dr. Amol P Bhondekar	Sr. Principal Scientist, Agrionics-Post Harvest Technologies, CSIR-CSIO, Chandigarh	<a href="mailto:amolbhondekar@csio.res.in">amolbhondekar@csio.res.in</a>	
	National Seminar on Innovations and Skill Development	20.02.2020	Prof. Neelam Grewal	Member, Punjab Public Service Commission, Ex-Dean Home Science ormer Director, ICAR-Central Institute for Women in Agriculture, Bhubaneshwar	<a href="https://www.linkedin.com/in/neelam-grewal-27b4a960/overlay/contact-info/">https://www.linkedin.com/in/neelam-grewal-27b4a960/overlay/contact-info/</a>	<a href="https://homescience10.ac.in/news-events?page=9">https://homescience10.ac.in/news-events?page=9</a>
			Dr. Dinesh Dua	Indian Chairperson, Start-Up and Entrepreneurship cum CEO, Nectar Life Sciences Ltd.	9878190900	
	Workshop cum Demonstration on Skill Development through Draping Techniques	25.02.2020	Ms. Jharna Joshi	Associate professor UPES, Dehradun	9359902817	<a href="https://homescience10.ac.in/news-events?page=9">https://homescience10.ac.in/news-events?page=9</a>
	Workshop on Research Methodology using Diet Cal Software	27.02.2020	Dr. Gurdeep Kaur	Senior Dietician and Proprietor Diet Cal	9911184904	<a href="https://homescience10.ac.in/news-events?page=9">https://homescience10.ac.in/news-events?page=9</a>
	3-day Tech-Education Workshop on Resume Writing	29.02.2020	Vineet Kumar Bhati	Director, NGO 'Girls x Tech'	vineet.bhati@udayskils.org	<a href="https://homescience10.ac.in/news-events?page=9">https://homescience10.ac.in/news-events?page=9</a>
<b>2020-2021</b>						
<a href="https://homescience10.ac.in/storage/pages/college_news_letter/College%20News%20letter%202020.pdf">https://homescience10.ac.in/storage/pages/college_news_letter/College%20News%20letter%202020.pdf</a>						
	Skill Building Webinar on Baking Techniques	28.06.2020	Ms. Natasha Nanda	#thepalatestorybynatanashananda	9815373444	<a href="https://homescience10.ac.in/news-events?page=9">https://homescience10.ac.in/news-events?page=9</a>



Online Peer Learning Webinar on Home-made Chocolates and Donuts	21.07.2020	Anupreet Kaur Sobti	Startup 'Fantasia de Chocolates' and 'Dietaura'	7814545800	<a href="https://homescience10.ac.in/news-events?page=8">https://homescience10.ac.in/news-events?page=8</a>
2-day Online Webinar on Art of Making Waffle and Ice Cream	24.07.2020	Muskan Aggarwal	Founder of Mommy Baby Kitchen	7824015326	<a href="https://homescience10.ac.in/news-events?page=8">https://homescience10.ac.in/news-events?page=8</a>
Online Workshop on Skilled Art with Resin	29.07.2020	Ms. Monica Saini	Entrepreneur	artworkbymonika26@gmail.com	<a href="https://homescience10.ac.in/news-events?page=8">https://homescience10.ac.in/news-events?page=8</a>
Online Workshop on Professional Baking	31.07.2020	Chef Amit and Chef Sumit Jhangra	Baker Brothers	9729611776,	<a href="https://homescience10.ac.in/news-events?page=8">https://homescience10.ac.in/news-events?page=8</a>
Online Workshop on Setting up a Boutique	02.08.2020	Vandana and Seema	Owners of Aakarshan Boutique	<a href="https://fb.watch/iJLucAL1Q/?mibextid=RUbZ1f">https://fb.watch/iJLucAL1Q/?mibextid=RUbZ1f</a>	<a href="https://homescience10.ac.in/news-events?page=8">https://homescience10.ac.in/news-events?page=8</a>
Skill Building Webinar on Immunity Boosting Beverages	09.09.2020	Mrs. Natasha Nanda	#thepalatestorybynatashananda	9815373444	<a href="https://homescience10.ac.in/news-events?page=8">https://homescience10.ac.in/news-events?page=8</a>
Webinar on Immunity Boosting Decoctions	16.09.2020	Ms Rajinder Kaur	Student, M.Sc. Foods and Nutrition 3 <sup>rd</sup> Sem	9878319915	<a href="https://homescience10.ac.in/news-events?page=8">https://homescience10.ac.in/news-events?page=8</a>
Skill Enhancement Webinar on Nutrition during COVID 19	17.09.2020	Dt. Sonia Gandhi	Fortis Hospital Mohali	0172-4692222	<a href="https://homescience10.ac.in/news-events?page=8">https://homescience10.ac.in/news-events?page=8</a>
National Webinar on NEP- a Step Towards Atam Nirbhar Bharat	18.09.2020	Prof. Nandita Shukla	Professor of Education in Punjab University and Dean, International Studies	9815913327	<a href="https://homescience10.ac.in/news-events?page=8">https://homescience10.ac.in/news-events?page=8</a>
Webinar on Nutri-Garden and Microgreens	24.09.2020	Mrs. Amita Bhuwania	Holistic Health Coach	sandeep@deepamfinvest.com 011-41101371 9810804172	<a href="https://homescience10.ac.in/news-events?page=7">https://homescience10.ac.in/news-events?page=7</a>
Webinar on Success Stories to Ignite Entrepreneurship	25.09.2020	Dt. Lavleen	Founder of Diet Insight	9870481482	<a href="https://homescience10.ac.in/news-events?page=7">https://homescience10.ac.in/news-events?page=7</a>
Webinar on Developing a Nutri Garden to Inculcate Entrepreneurship	30.09.2020	Dr. Satish Narula	Rtd. Senior Horticulturist PAU, Ludhiana	9463654552	<a href="https://homescience10.ac.in/news-events?page=7">https://homescience10.ac.in/news-events?page=7</a>

Skill Enhancement Workshop on Textile Conservation	11.10.2020	Dr. Rohini Arora	Assistant Professor, Guru Gobind Singh College for Women, Punjab University, Chandigarh	9871118246	<a href="https://www.youtube.com/watch?v=sGvf0YSx9xA">https://www.youtube.com/watch?v=sGvf0YSx9xA</a> <a href="https://homescience10.ac.in/news-events?page=7">https://homescience10.ac.in/news-events?page=7</a>
		Dr. Simmi Bhagat	Associate Professor, Dept. Fabric & Apparel Science, Lady Irwin College, University of Delhi	9818694864	
		Ms. Smita Singh	Textile Conservation Consultant, at Textile Heritage Conservation, New Delhi	9871750711	
Webinar on Ice Cream Making	12.10.2020	Aanchal Goyal	Student of Government Home Science College Owner of Delicious Delicacies	8872537315	<a href="https://homescience10.ac.in/news-events?page=7">https://homescience10.ac.in/news-events?page=7</a>
Workshop on Paintings Inspired from Rogan Art	12.10.2020	Ms. Jaya Duggal	Trained Fevicryl Expert	8813063117	<a href="https://www.youtube.com/watch?v=Z-_a3cb5Mgk">https://www.youtube.com/watch?v=Z-_a3cb5Mgk</a> <a href="https://homescience10.ac.in/news-events?page=7">https://homescience10.ac.in/news-events?page=7</a>
Demonstration on Use of Kitchen Herbs	19.03.2021	Anupreet Kaur Sobti	Student of Government Home Science College	7814545800	<a href="https://homescience10.ac.in/news-events?page=6">https://homescience10.ac.in/news-events?page=6</a>
Online Mandala Workshop	24.04.2021	Aayushi Maavi	Alumnae of the college.	8264715033	<a href="https://homescience10.ac.in/news-events?page=6">https://homescience10.ac.in/news-events?page=6</a>
Webinar on Diet Clinics: Entrepreneurial Ventures	10.06.2021	Swati Talwar	Alumnae of the college.	9719666000	<a href="https://youtu.be/vinOvrkJN4E">https://youtu.be/vinOvrkJN4E</a> <a href="https://homescience10.ac.in/news-events?page=6">https://homescience10.ac.in/news-events?page=6</a>
Webinar on Innovation and Entrepreneurship	11.06.2021	Ms. Namrata	Alumnae of the college And Founder of Babyrobe	9953804480	<a href="https://homescience10.ac.in/news-events?page=6">https://homescience10.ac.in/news-events?page=6</a>
Peer Learning Webinar on using Inspiration and Innovation for Boosting Entrepreneurship	12.06.2021	Ms. Nidhi Bimal	Alumnae of the college and the Founder of the Knotstore	9872728049	<a href="https://homescience10.ac.in/news-events?page=6">https://homescience10.ac.in/news-events?page=6</a>
Webinar on Career Opportunities in Fashion and Interiors	14.06.2021	Dr. Harpreet Kaur	HOD, PG Deptt. Of Fashion Designing, Kanya Maha Vidyalaya Jalandhar.	9888111868	<a href="https://homescience10.ac.in/news-events?page=6">https://homescience10.ac.in/news-events?page=6</a>
		Ms Rajni Sharma	Alumni, Founder- Space Rhythm Interiors, Mohali	7837127839 7986522965	<a href="https://homescience10.ac.in/news-events?page=6">https://homescience10.ac.in/news-events?page=6</a>
Webinar on Cake Baking	16.06.2021	Muskan Sharma	Student Of MSc HDFR Government Home Science College	8178964978	<a href="https://homescience10.ac.in/news-events?page=6">https://homescience10.ac.in/news-events?page=6</a>



2021-22

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Seminar on Motivating Budding Entrepreneurs in the College	17.08.2021	Anjali and Gursimran	Students, M.Sc. Clothing and Textile	9877404040	<a href="https://homescience10.ac.in/news-events?page=5">https://homescience10.ac.in/news-events?page=5</a>
		Charu, Shivani, Renu and Priya		9501479354	
Skill Building Workshop on Re-using Textile Waste	20.08.2021	Mrs. Chhaya Verma	HOD Dept of Clothing and Textiles	8284036461 9915923881	<a href="https://homescience10.ac.in/news-events?page=5">https://homescience10.ac.in/news-events?page=5</a>
Skill Based Learning through Demonstration of Millet Based Recipes	02.09.2021	Shraddha Duggal	Student, M.Sc. F&N, 3 <sup>rd</sup> Sem	0172-2740387 homescience-chd@nic.in	<a href="https://homescience10.ac.in/news-events?page=5">https://homescience10.ac.in/news-events?page=5</a>
Skill Enhancement through Demonstration of Bottle Gourd Ice Creams and Cake Making	04.09.2021	Aanchal Goyal	Student, M.Sc. F&N, 3 <sup>rd</sup> Sem	9877354012	<a href="https://homescience10.ac.in/news-events?page=5">https://homescience10.ac.in/news-events?page=5</a>
Webinar on Good Nutrition to Enhance Entrepreneurial Skill	10.09.2021	Dt. Sonia Gandhi	Fortis Hospital Mohali	8872537315	<a href="https://homescience10.ac.in/news-events?page=5">https://homescience10.ac.in/news-events?page=5</a>
Workshop on Product Development	21.09.2021	Dr. Rupinder Kaur Ghuman, Dr. Ritu Pradhan, Mrs. Chhaya Verma and Mrs. Seema Jaitly	Head of Departments, GHSC-10	0172-4692222	<a href="https://homescience10.ac.in/news-events?page=5">https://homescience10.ac.in/news-events?page=5</a>
National Webinar on Nutrition and Lifestyle Management during Covid-19	26.09.2021	Dr. Snigdha	Asst Prof, Dept of Obstetrics and Gynecology, PGIMER	0172-2740387 homescience-chd@nic.in	<a href="https://youtu.be/UcsuT4uTLPY">https://youtu.be/UcsuT4uTLPY</a> <a href="https://homescience10.ac.in/news-events?page=5">https://homescience10.ac.in/news-events?page=5</a>
Demonstration of Healthy Recipes and Awareness Session on Nutrition Education	29.09.2021	Anupreet Kaur Sobti	Student, M.Sc. F&N 3 <sup>rd</sup> Sem	9831376252	<a href="https://homescience10.ac.in/news-events?page=5">https://homescience10.ac.in/news-events?page=5</a>
Skill Enhancement Workshop on Product Marketing	19.10.2021	Mrs. Seema Jaitly	Assistant Professor, GHSC-10	7814545800	<a href="https://homescience10.ac.in/news-events?page=5">https://homescience10.ac.in/news-events?page=5</a>
				0172-2740387 homescience-chd@nic.in	<a href="https://homescience10.ac.in/news-events?page=5">https://homescience10.ac.in/news-events?page=5</a>

Webinar on Career Opportunities in Financial Management	12.01.2022	Mr. Nishant Mahajan	Founder, Behavioural Consultant and Certified Executive Coach at Healthy, Wealthy Mind	0172-2740387	<a href="https://homescience10.ac.in/news-events?page=4">https://homescience10.ac.in/news-events?page=4</a>
Webinar on Sustainability in Fashion Industry	26.02.2022	Dr. Sumita Sikka	Asst. Professor GGDSD College Chandigarh	9914030305	<a href="https://homescience10.ac.in/news-events?page=4">https://homescience10.ac.in/news-events?page=4</a>
		Mrs. Heena Narang	Assistant Professor, GHSC-10	9468268466 8700059707	<a href="https://homescience10.ac.in/news-events?page=4">https://homescience10.ac.in/news-events?page=4</a>
One-day Webinar on Design Registration Process: An Insight	28.02.2022	Dr. Charu Kohli	NIIFT, Jalandhar	8558881355	<a href="https://homescience10.ac.in/news-events?page=4">https://homescience10.ac.in/news-events?page=4</a>
Workshop on Demonstration of Nutritious Low-Cost Millet Recipes	25.03.2022	Dr. Ritu Pradhan	HOD, Foods and Nutrition GHSC-10	9815759187	<a href="https://homescience10.ac.in/news-events?page=3">https://homescience10.ac.in/news-events?page=3</a>
Webinar on Sources and Resources in the Digital Age	29.03.2022	Dr. Preeti Sharda	Library In-charge PGGCG 42	0172-2676005	<a href="https://homescience10.ac.in/news-events?page=3">https://homescience10.ac.in/news-events?page=3</a>
Seminar on Entrepreneurial Ventures in Health and Wellness Industry	31.03.2022	Dr. Saima	Oral Rehabilitation Centre Sector 34, Chandigarh	9914407776	<a href="https://homescience10.ac.in/news-events?page=3">https://homescience10.ac.in/news-events?page=3</a>
		Dr. Pragya	Cloud Nine Hospital	99728 99728	
Webinar on Developing Low-Cost Recipes using Millet Sorghum	01.04.2022	Dr. Vishakha Singh	Associate Professor, College of Community and Applied Sciences, Maharana Pratap University of Agriculture and Technology, Udaipur	9414029748	<a href="https://homescience10.ac.in/news-events?page=3">https://homescience10.ac.in/news-events?page=3</a>
Webinar on Product Making	02.06.2022	Ms. Anita Pal	Artist and Educationist	0172-2740154	<a href="https://homescience10.ac.in/news-events?page=3">https://homescience10.ac.in/news-events?page=3</a>
Skill Enhancement Workshop on Traditional Artefacts	11.08.2022	Mrs Seema Jaitly	Assistant Professor GHSC-10	9779717556	<a href="https://homescience10.ac.in/news-events?page=2">https://homescience10.ac.in/news-events?page=2</a>
Skill Building Workshop on Decoration Items	31.08.2022	Mrs Seema Jaitly	Assistant Professor GHSC-10	9779717556	<a href="https://homescience10.ac.in/news-events?page=2">https://homescience10.ac.in/news-events?page=2</a>

## 2. Detailed Reports of Workshops/Seminars Conducted on Research Methodology, Intellectual Property Rights (IPR) and Entrepreneurship

### Hands on Skill-Building Workshop on Artefacts

Date: 16.10.2017

Resource Person: Mrs. Seema Jaitly, Assistant Professor, GHSC-10

Art Department of the college organized a hands-on skill-building workshop on artefacts and decoration items such as diya, Ganpati ji and floaters. All articles were hand made by the students of B.Sc. Home Science 2<sup>nd</sup> year as a result of what they learnt during the workshop. These articles were put-up on exhibit in the ongoing Diwali mela in the college.



*Display of the articles made by students in the workshop*

## Three-day Workshop on Skill Development and Entrepreneurial Opportunities

Date: 01.02.2018

Resource Persons: Sh. Paramjit Singh, Principal Director, Regional Centre for Entrepreneurship Development and Sh. Sanjeev Kumar Verma, Additional Director, Petroleum Conservation Research Association, Ministry of Petroleum and Natural Gas

As a proactive initiative towards skill enhancement of the students, the college in collaboration with Regional Center for Entrepreneurship Development (RCED) organized a three-day workshop on Skill Development and Entrepreneurial Opportunities. Sh. Paramjit Singh sensitized the students about the five major upcoming areas: Food, Fashion, Fun, Fitness and Fineness industries that fetch huge demand for skilled manpower. He elaborated on the scope of these areas and how a Home Scientist can get employment in the same. He further motivated the students to become job creators rather than job seekers by setting up their own entrepreneurial ventures. He also explained various funding opportunities available under Prime Minister Employment Generation Program (PMEGP). Sh. Sanjeev Kumar Verma focused on advantages of petroleum industry and the job opportunities for students in this field.



*Sh. Paramjit Singh interacting with the students during the workshop*



## **Workshop on Dairy Business and Food Processing Ventures**

**Date: 02.02.2018**

**Resource Persons: Sh. S.K. Mehta, Ex Food Technologist, Food and Nutrition Board of India and Sh. Jaswant Singh, Ex Vice Chairman, Milk Time**

The college organized a workshop on dairy business and food processing ventures. Sh. Jaswant Singh conducted a session on Dairy Business Entrepreneurial Program and made the students aware about various business opportunities in dairy industry. He also motivated the students to undertake food processing ventures. He enlightened the students by explaining them innovative techniques of Food Preservation and guided the students regarding the export of milk to other countries. During the workshop, Sh. S.K. Mehta imparted hands-on training to students by demonstrating the process of making orange squashes and tomato sauce commercially.



*Speakers of the workshop interacting with the students on Food Processing Ventures*

## Workshop on Product Development

Date: 19.02.2018

Resource Person: Head of the Departments, GHSC-10

The college organized workshop on product development wherein the budding entrepreneurs of the college were given a platform to hone their product development skills. The students from various departments of the college made products ranging from fun psychological games, nutritious munchies, skill testing games, textile upholstery, to name a few. Further, the products developed by the students were displayed during the ongoing college carnival.



*Students showcasing handmade home décor products*



## **Workshop on Resume Writing**

**Date: 22.03.2018**

**Resource Persons: Ms. Jyoti Pathania, Coordinator, World School Organization and Sh. Baltej Singh, Head HR, Job Destination Company**

An interactive workshop on Resume Writing was conducted in the college with a focus on making the students aware of their career interests, strengths, aptitude and preparing them for turning their dreams into goals by structuring their efforts towards it. The students interacted about their passions and perceived obstacles. The speakers dealt with each and every query of the students. Resume writing and smart skills to face an interview panel was covered in great detail during the workshop. Verbal and non-verbal communication skills were also discussed.



*Speakers orienting the students about importance of resume writing*

## Workshop on Food Safety and Adulteration

Date: 24.09.2018

Resource Person: Mr. Sukhwinder Singh, Designated Officer, Food Safety Administration, GMSH-16

The college organized a one-day workshop on food safety and adulteration. Mr. Sukhwinder Singh, spoke about the role of FSSAI and importance of quality standards in the consumption of food items on daily basis. Household methods of testing food adulteration and common adulterants found in food were discussed and demonstrated to the students during the workshop. Food products such as milk and milk products, spices like hing, black pepper, mustard seeds, salt, red chilli powder and pulses such as masoor dal, moong dal were also tested for presence of any adulterants.



*Speaker performing adulteration tests during the workshop*

## **Skill Building Seminar on Image Styling**

**Date: 11.10.2018**

**Resource Persons: Ms Kalika Mehra, Director Active Clothing Co. Pvt. Ltd. Chandigarh; Dr. Neha Miglani, Ex- Senior Correspondent, Times of India and Post-Doctoral Fellow in Fashion Journalism; Dr. Poonam Aggarwal, Associate Professor NIIFT, Mohali; Dr. Anu H. Gupta, Assistant Professor, UIFT, Panjab University**

A one-day skill building seminar was organised on “Image Styling” in the college. Prof. Sudha Katyal deliberating upon recent trends in image styling. Later Ms. Kalika Mehra, discussed various entrepreneurial opportunities in the field of fashion designing and discussed at length the various procedures and problems faced in setting up of a fashion unit. The third session was presided over by Dr. Neha Miglani, Ex- Senior Correspondent, Times of India and Post-Doctoral Fellow in Fashion Journalism. She shared her wisdom on fashion communication and body language namely clothing and personality, dressing taboo, arms and legs positioning and mirroring through body gestures. Dr. Poonam Aggarwal, Associate Professor NIIFT, Mohali delivered an elaborate in-depth fourth session on elements and principles of fashion designing and suitability of different types of dresses and accessories for different occasions. The concluding session was carried out by Dr. Anu H. Gupta, Assistant Professor, UIFT, Panjab University. She gave a riveting presentation on Etiquettes and Grooming techniques to be followed in the workplace.



*Prof. Katyal deliberating upon recent trends in Image Styling*



## **Workshop on Entrepreneurial Ventures for Nutritive Cakes, Cookies and Chocolates**

**Date: 17.10.2018**

**Resource Person: Mr. Vinod Sidhu, Founder Baker of Polka & Vinnie's, Chandigarh**

A one-day workshop on Entrepreneurial Ventures for Nutritive Cakes, Chocolates and Cookies was held in the college. Mr. Vinod Sidhu, an acclaimed baker, who is also working as a part time faculty in Chandigarh Institute of Hotel Management, gave hands on demonstration on eggless brownie's, healthy cakes, whole wheat and corn cookies, stuffed baked whole wheat kulcha and decorative chocolates. Cake icing techniques were also demonstrated. As a successful bakery owner, Mr. Vinod shared his experience of setting up of entrepreneurial ventures in bakery to the students.



*Mr. Vinod Sidhu demonstrating cake icing techniques to the audience*

**One-day Capacity Building Workshop on Trending Innovations in Designing Interiors and Jewellery**  
**Date: 22.10.2018**

**Resource Persons: Ms. Gurjot Shan, Assistant Professor cum Academic Coordinator, Department of Interior designing, Chandigarh University and Ms. Rupri Rupinder, Alumnae of the College**

A one-day capacity building workshop on Trending Innovations in Designing Interiors and Jewellery was held in the college. Ms. Gurjot Shan, talked about the latest design trends and interior space elements. She emphasized the importance of use of colour and contemporary styles of furniture. She discussed the shift in trends from highlighting walls to statement ceilings and encouraged the use of retro styles. The second session was conducted by Ms. Rupri Rupinder, where she demonstrated the art of making simple jewellery using paper, lace, gotta etc. and other raw materials such as flowers, pieces of cloth easily available at home. She also demonstrated beautiful jewellery pieces for the ears, neck and bracelets. She also exhibited different styles of trousseau packing as well as gift packing especially for the festive season.



*Display of jewellery articles by the speaker*

## **Workshop on SPSS**

**Date: 24.11.18**

**Resource Person: Mr. T. Chaudhary, IBM, Bengaluru**

The college organized a workshop on Analytical Significance of SPSS (Statistical Package for Social Sciences) in Research. The objective of the workshop was to help students, faculty members and research scholars get acquainted with the widely used research tool. All the faculty members, students of M.Sc. (H.Sc.) of all streams, and those enrolled in PhD actively participated in the workshop. Mr. Chaudhary began with introduction about application of SPSS in research and explained various variables. He imparted hands on training to the audience about how to work in the variable and data view in SPSS, how to use descriptive statistics and formulate histograms, line graphs and bar graphs. He also cited various case studies for better insight. The workshop was beneficial and disseminated practical exposure about various statistical techniques to the audience.



*Speaker talking about application of SPSS in research*



## Workshop on Personality Development and Grooming Skills

Date: 29.01.2019

Resource Person: Ms Garima Walia, Alumnae and Owner- The Allure Unisex Salon and Diet Clinic, Chandigarh

A workshop on Personality Development and Grooming Skills was organized in the college. Ms. Garima Walia, emphasized the importance of being confident and to feel beautiful from inside out. She gave live demonstration on workplace make up, light make up, formal dressing, accessorizing, grooming and how to prepare for an interview. She further demonstrated basic make up techniques, different skin types and skin care regime. She also shared tips on healthy eating for good skin. She encouraged the students to feel confident about themselves and to walk with a feeling of pride.



*Ms. Walia demonstrating make-up techniques*

## Workshop on Resume Writing

Date: 5.02.2019

Resource Person: Mr Shelly Karwal, Motivational Speaker, Vestige India Pvt. Ltd.

The college organized another interactive workshop on resume writing where in Mr Shelly Karwal, apprised the students about the various aspects of resume writing. He shared tips to present one's skills and achievements in a manner to meet the requirements as per the employee. He further motivated the students to feel confident and accomplished as they are equipped to handle all adversities owing to their education and expertise and strive to achieve greater heights. He also guided the students on how to post their resume on LinkedIn, which has an access to large number of job providers.



 **GOVERNMENT HOME SCIENCE COLLEGE**  
Sector- 10, Chandigarh  
NAAC Grade 'A' & NIRF Ranking 2020- 86<sup>th</sup> 

organizes  
**SKILL BUILDING WORKSHOP**  
on Resume Writing and Career Opportunities

on  
**Date: February 5, 2019**

Guest speaker:  
Mr. Shelly Karwal,  
Motivational speaker, Vestige  
India, Pvt. Ltd.

Convener  
Prof. Sudha Katyal  
(Principal)

*Mr Karwal addressing the audience on aspects of resume writing*

## Seminar on Counselling Techniques and Applications

Date: 11.02.2019

Resource Persons: Dr Shashi Sethi, Director, ISHH Guidance and Counselling Centre, Panchkula

The college organized a seminar on Counseling Techniques and Applications. Dr. Shashi Sethi, gave valuable insights on various areas related to counseling for students. She began the session with discussion on the importance of case history and analyzing behavior of a child for counseling process. She informed the students that sleep, mood and appetite are three main indicators for the mental health. A power point presentation was shared with the students to give a brief overview of the steps of counseling and qualities of a good counselor. She also interacted with students on various theories and tests used in counseling and discussed about the scope of the counselling for aspiring counselors.



*Dr. Shashi Sethi discussing counselling techniques with audience*

## **Seminar on Essentials of Venturing into E- Business**

**Date: 20.02.2019**

**Resource Person: Mr Aman, Freelancer and Digital Marketing Trainer and Ms Ritika Raina, E-commerce site Expert, Chandigarh**

A seminar on Essentials of Venturing into E- Business was organized in the college. Mr. Aman emphasized the integral role of E-commerce in modern world. He explained about the marketing of products through various websites and highlighted the 4Ps of marketing i.e., Product, Price, Place and Promotion. He further added that any start up or venture can easily be advertised with digital marketing without incurring much cost. Ms. Ritika Raina gave an insightful lecture on Digital Marketing. She discussed three types of search results opened in advertisement business. She highlighted upon Relevance, Freshness and Popularity as being important points in web marketing. She further emphasized the role of content management system used for digital marketing and pointed out the major differences between Facebook and Instagram pages.



*Speakers disseminating knowledge on digital marketing*



## **Skill Enhancement Seminar on Women Entrepreneurship**

**Date: 21.02.2019**

**Resource Persons: Ms Jyoti Arora, Owner- VataMa Solutions; Ms Gayatri Sood, Professional Chef, Monica's Puddings and Pies; Ms. Ashna Narula, Founder- Psychopedia and Mrs Savita Ahluwalia, Owner of designer boutiques- Ujitaa and Vastram**

A seminar on Women Entrepreneurship was conducted in the college with focus on apprising the students of the challenges and opportunities in the field of entrepreneurship. During the seminar the guest speakers shared their entrepreneurial journey with the students. Ms. Jyoti Arora, shared her journey of learning to manage your own waste which started off by seeing her daily garbage collector. Her idea about segregating our wastes and using it as compost was brought about after a lot of research and technical expertise. Ms. Gayatri Sood, a professional chef discussed her journey about how this brand was established. She shared about her challenge to add on more desserts and recipes to the existing established brand name. She discussed how running so many stores is challenging and to procure quality ingredients and management of staff. Ms. Ashna Narula, shared how she invested all her savings and did not borrow money from her family. Her journey included not just acting as a faculty, but also managing the whole institute. Mrs. Savita Ahluwalia, discussed about her growing passion for fashion and trends. She emphasized the role of team work in achieving a target and to overcome major challenges in one's field.



*Speakers talking about challenges faced by women entrepreneurs*

## **Skill Building Seminar on Product Marketability**

**Date: 8.03.2019**

**Resource Person: Cookie Marwaha, Baker in Chandigarh; Dietician Shreya, Owner Diet Clinic; Mrs Shweta Khanna, Owner- Flaunt Couture Clothing Brand**

A skill building seminar on product development and marketability was organized in the college. The budding entrepreneurs of the college who have launched their own start-ups shared their entrepreneurial journey with other students to boost entrepreneurship amongst them. Speakers for the event: Cookie Marwaha, an established baker, Dietician Shreya who runs 14 diet clinics in India and Mrs. Shweta Khanna owner of Flaunt Couture, a designer clothing brand in Elante Mall, Chandigarh, shared product development and marketing strategies with the students.



*Speakers talking about product marketing strategies*



## Workshop on Product Development using Khadi

Date: 29.03.19

Resource Person: Dr. Poonam Aggarwal, NIIFT, Mohali

The college organised a workshop on product development using Khadi to commemorate 150 years of Mahatma Gandhi whose vision is still applicable till date. The focus of the workshop was to provide a platform to budding fashion designers, models and entrepreneurs of the college for showcasing their creativity. During the workshop, the students developed a wide array of costumes using Khadi fabric and a mix of embroideries from all over India ranging from Phulkari, Chikankari, Kantha and Gotapatti, to name a few. This exquisite and impressive collection of costumes developed was also exhibited gracefully in the annual fashion show of the college.



*Display of costumes developed by students during the workshop*

## Workshop on Poshtik and Paramparik Kala Pradarshini

Date: 20.09.2019

Resource Person: Dr Ritu Pradhan, Dept of Foods and Nutrition; Dr. Sangeeta Bansal, Dept of Clothing and Textiles

The college organized a workshop on poshtik and paramparik kala pradarshini to promote Indian heritage and handicrafts by providing a platform to the students to showcase their creativity and further boost women artisanship. The workshop began with a demonstration on creating traditional handcrafted articles using techniques such as embroidery, tie and dye with dash of block printing. The articles developed ranged from elegant table mats, table napkins and handkerchiefs, products of home décor, key rings, earrings and storage boxes designed with quilling art and handmade cards crafted by the college students was also a part of the exhibition.



*Display of articles made by students during the seminar*

## **Workshop on Hand Crafted Items**

**Date: 16.10.19**

**Resource Person: Head of the Departments, GHSC-10**

The college organized a workshop on hand crafted items with the objective to promote entrepreneurship amongst students. During the workshop, the students learnt to hone their skills to display creative exhibits and selling them. A wide array of products like handmade jewellery, canvas paintings, bookmarks, greeting cards, pom-pom pencils, cloth bags, paper mashe products etc were developed by the students. These products developed during seminar were also displayed in the on-going diwali mela in the college.



*Display of products developed during the workshop*



## NAAC Sponsored National Seminar on Quality Enhancement at Home Science College

Date:14.02.20

**Resource Person: Prof. Nilofer Khan, Director (Home Science, School of Applied Sciences and Technology) and Ex- Registrar, University of Kashmir, Srinagar; Dr. Archana Mishra, NAAC Incharge Haryana-cum- Principal, Government College, Sector-1, Panchkula; Dr. Dalip Kumar, Additional State Project Director, RUSA, Sector- 42, Chandigarh; Sarvjeet Singh, CII Chairman Co- Founder and Managing Director of Finvasia Group of Companies Chandigarh; Dr. Amol P Bhondekar, Sr. Principal Scientist, Agrionics- Post Harvest Technologies, CSIR-CSIO, Chandigarh; Emeritus Prof. Neelam Khetarpaul, Ex- Dean of IC College of Home Science, CCS Hisar Agricultural University.**

A NAAC sponsored National Seminar on 'Quality Enhancement in Higher Education' was held in the college on February 14, 2020. The main theme of the seminar centered upon improving the qualitative aspects of education as per the directives of assessment and accreditation criteria of NAAC. The seminar provided a platform for more than 110 delegates including academicians, research scholars, PhD scholars, faculty and entrepreneurs from different parts of the country. Prof. Nilofer Khan, emphasized upon the need of quality enhancement to ensure a better future of the students. Dr. Archana Mishra, emphasized on 'Best Practices in Higher Educational Institutions'. She brought into limelight various strategies that a college must adopt to score well in this criterion and further elaborated Divyaang friendly and PATANG programme that a college must adopt for improvising the score. Dr. Dalip Kumar, emphasized on 'Online Assessment and Accreditation Methodology in Revised Accreditation Framework'. He highlighted the various criterions of NAAC assessment and the dynamics of revised framework. He elaborated the registration process in detail and concluded his words by quoting that education, quality education and poverty eradication goes hand in hand. Mr. Sarvjeet Singh, highlighted the 'Role of Incubators and Accelerators in Higher Education'. He elaborated the difference between incubators and accelerators and encouraged the audience to evolve themselves with changes and build networks with alumni to gather experiences. Dr. Amol P Bhondekar elaborated the 'Importance of R&D-Academia Interface for Higher Education'. He emphasized on the pillars of global competitiveness and various strategic technologies that must be adopted. Emeritus Prof. Neelam Khetarpaul, Ex- Dean of IC College of Home Science, CCS Hisar Agricultural University, Hisar summed up the seminar by highlighting recommendations and suggestions of all the technical sessions.



*Delegates, Faculty, Research Scholars and Students attending the seminar*

## National Seminar on Innovations and Skill Development

Date: 20.02.20

Resource Person: Prof. Neelam Grewal, Member, Punjab Public Service Commission; Dr. Dinesh Dua, CEO, Nectar Life Sciences Ltd.; Emeritus Prof. Neelam Khetarpaul, Ex- Dean of IC College of Home Science, CCS Hisar Agricultural University, Hisar; Ms. Liza Chawla- founding member and President of the NGO- Chhoti si Asha; Dt. Lavleen- a renowned Dietician and Alumna of the college; Ms. Richa- founder Cleopatra, renowned Wellness and Nutrition Consultant; Mr Sumeer Walia-, Director, Chitkara University Centre for Entrepreneurship Education and Development-CEED, Punjab and Ms. Suman Singh, AGM, SIDBI (Small Industrial Development Bank of India)

A National Seminar on 'Home Science: Nurturing Innovations & Skill Development' sponsored by College Development Council, Panjab university, Chd, was held at Government Home Science College on February 20, 2020. The seminar was a step towards bridging academia with industry and entrepreneurship and aimed to unleash the creative potential of every individual in sync with the multi-disciplinary approach of Home Science thereby encouraging new innovations. Prof. Neelam Grewal talked about importance of skill development in today's time and further stressed upon the necessity to identify gaps and then developing skills. She briefed the audience about the skill development programs and highlighted that ideation is the first step to Innovation. After this session, another session on 'Start-ups and Entrepreneurship' was addressed by Dr. Dinesh Dua, where he emphasized upon need and significance of having Start-up and Entrepreneurship opportunities for today's youth. He elaborated the key drivers pushing the Indian start-up economy and concluded by motivating the audience to be innovative and become the young generation entrepreneurs. This was followed by a panel discussion woven around the theme '*Ek kadam Swawlamban ki aur*'. The key panelists were Emeritus Prof. Neelam Khetarpaul, Ex- Dean of IC College of Home Science, CCS Hisar Agricultural University, Hisar; Ms. Liza Chawla- founding member and President of the NGO- Chhoti si Asha; Ms. Laveleen- a renowned Dietician and Alumna of the college; Ms. Richa- founder Cleopatra, renowned Wellness and Nutrition Consultant; Mr Sumeer Walia-, Director, Chitkara University Centre for Entrepreneurship Education and Development-CEED, Punjab and Ms. Suman Singh, AGM, SIDBI (Small Industrial Development Bank of India). The panel members discussed their journey from employee to entrepreneurs in their respective fields. The audience were informed about the various sources of funding and taking loans under various government schemes. They highlighted the role of drivers and mentors in taking forward the vision of start-ups. They further encouraged the audience to take calculated risks for their start-ups and never lose hope in incidences of failures. They were motivated to face challenges with confidence and move ahead with high spirits. The event also provided a platform to the students of college, alumni and NGO '*Choti si Asha*' to display their entrepreneurial skills by putting up stalls in the college. The stall showcased a wide array of products ranging from nutritious chocolates, mini donuts, healthy muffins, handmade jewellery, health drinks, bottle covers, keychains, pouches, quilling products etc.



*Display of products during the seminar*

## **Workshop cum Demonstration on Skill Development through Draping Techniques**

**Date: 25.02.20**

**Resource Person: Ms. Jharna Joshi, Associate Professor, University of Petroleum and Energy Studies, Dehradun**

As a placement and skill development initiative, Government Home Science College organized a workshop on *Skill Development and Sustainable Draping Techniques* that aimed to enhance creativity amongst students and train them to create fashion through zero- waste approach. The workshop cum demonstration focused on reusing waste cloth material for creating newer designs and reinventing fashion. Ms. Jharna Joshi, elaborated the importance of sustainable fashion and emphasized on sustainable use of fashion products and the fashion system towards greater ecological integrity. Students were demonstrated and equipped with knowledge about the ethical consumption of fashion products and its various environmental impacts. She demonstrated a number of sustainable draping techniques from reused sarees on the mannequins showcasing gorgeous and luxury eco-styles.



*Speaker demonstrating draping techniques*



## **Workshop on Research Methodology using Diet Cal Software**

**Date: 27.02.20**

**Resource Person: Dr. Gurdeep Kaur, Sr. Dietitian and Proprietor Diet Cal**

A workshop on Research Methodology using Diet Cal software was organized at Home Science College. More than 50 students and faculty members of the Food and Nutrition department attended the workshop. Dr. Gurdeep Kaur highlighted the various features of Diet Cal software meant for providing the most commonly and frequently required dietary calculation needs and informed the audience that the software is primarily for Dietary calculations keeping in mind the Indian dietetic scenario. She also elaborated the procedure for purchasing and installation of the software. In addition to this, she brought into limelight that the pre-installed figures are based on Indian Data (NIN, ICMR) and the software is also equipped with the feature of editable central repository of nutrients and their measure units as well as food items classified by food groups and their nutritive values. The workshop proved to be highly beneficial for the students as well as faculty members as they could successfully gain knowledge regarding number of features of the software.



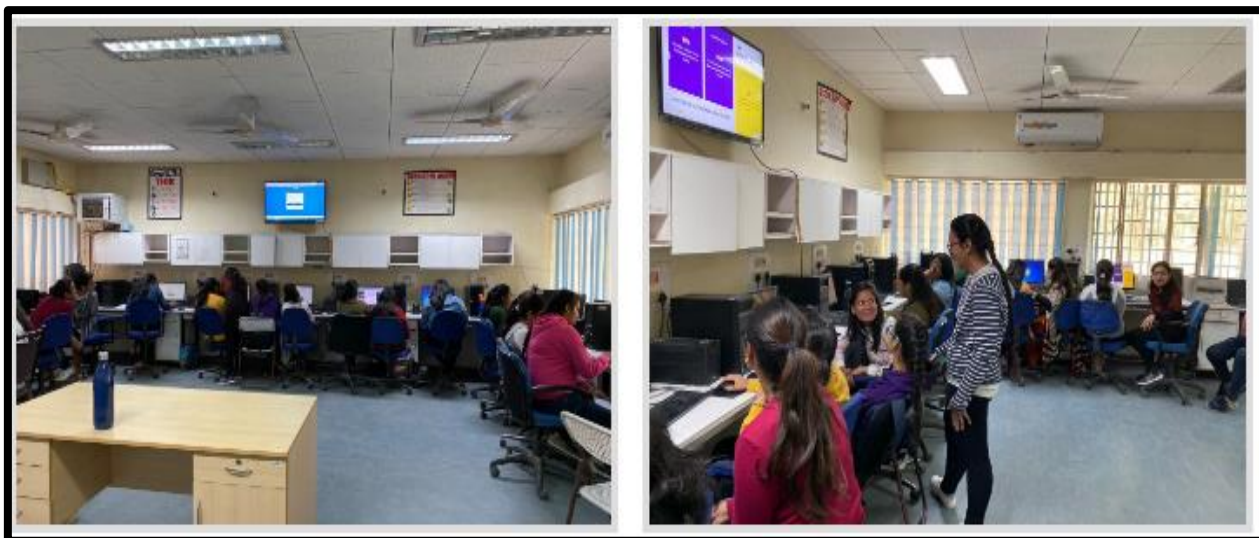
*Dr. Gurdeep Kaur demonstrating use of Diet Cal software*

### **3-day Tech-Education Workshop on Resume Writing**

**Date: 24.02.20 – 26.02.20**

**Resource Person: NGO 'Girls x Tech'**

A three-day tech-education hands on training workshop on Resume Writing with the objective of making the students aware about designing of resumes on digital platform was held from 24th February to 26th February, 2020 in Government Home Science College. The workshop was organized in collaboration with NGO 'Girls x Tech'. The workshop proved to be quite fruitful and gave a deep insight to the students regarding working in CANVA software, a multimedia design platform that helped the students to create social media graphics, presentations, posters and other visual content. Students were provided with hands on training of making resume designs, invitations, logos, brochures, presentations, videos and animations. The students were also made familiar to the designing of presentation in customized templates. The workshop also trained the students on creating their LinkedIn accounts, thus introducing them to the world of seeking job opportunities.



*Students making their online resume during the workshop*

## Online Skill Building Workshop on Baking Techniques

Date:28.06.20

Resource Person: Natasha Nanda, Home Chef, Chandigarh

An online skill building workshop 'Let's bake and decorate' was organized in collaboration with Natasha Nanda, an autodidactic home chef, demonstrated simple baking techniques and tips for easy and successful baking at home. She also showed easy plating techniques for regular home food to help make it look exotic and of restaurant quality. The workshop got an overwhelming response. As many as 700 participants registered for the workshop, approximately 1000 viewers attended it live on Facebook and received 176 comments. Apart from being a baking workshop, it proved to be an inspiration for all the participants as chef Natasha is lawyer by profession but she exploited her passion for baking during lockdown period, thereby, conveying a message of how one can use one's skills and talent to flourish during the pandemic.



*Chef Natasha displaying plating and decorating skills*

## Online Peer Learning and Skill Building Workshop on Home-made Chocolates and Donuts

Date: 21.07.20

Resource Person: Anupreet Kaur Sobti, a student of B.Sc. Dietetics final year

An online peer learning and skill building workshop was organized on Art of making Home-made chocolates and Donuts. The workshop was successfully conducted by Anupreet Kaur Sobti, a student of B.Sc. Dietetics final year. She also shared her experience in setting up her own startups 'Fantasia de chocolates' and 'Dietaura™'. She further demonstrated the different cooking methods of making homemade donuts and adding glaze to it. She also demonstrated chocolate making and different flavours that can be added to it. She further encouraged the viewers to add innovation to their delicacies and enjoy them during the upcoming festivities.



*Anupreet demonstrating the process of making designer chocolates*

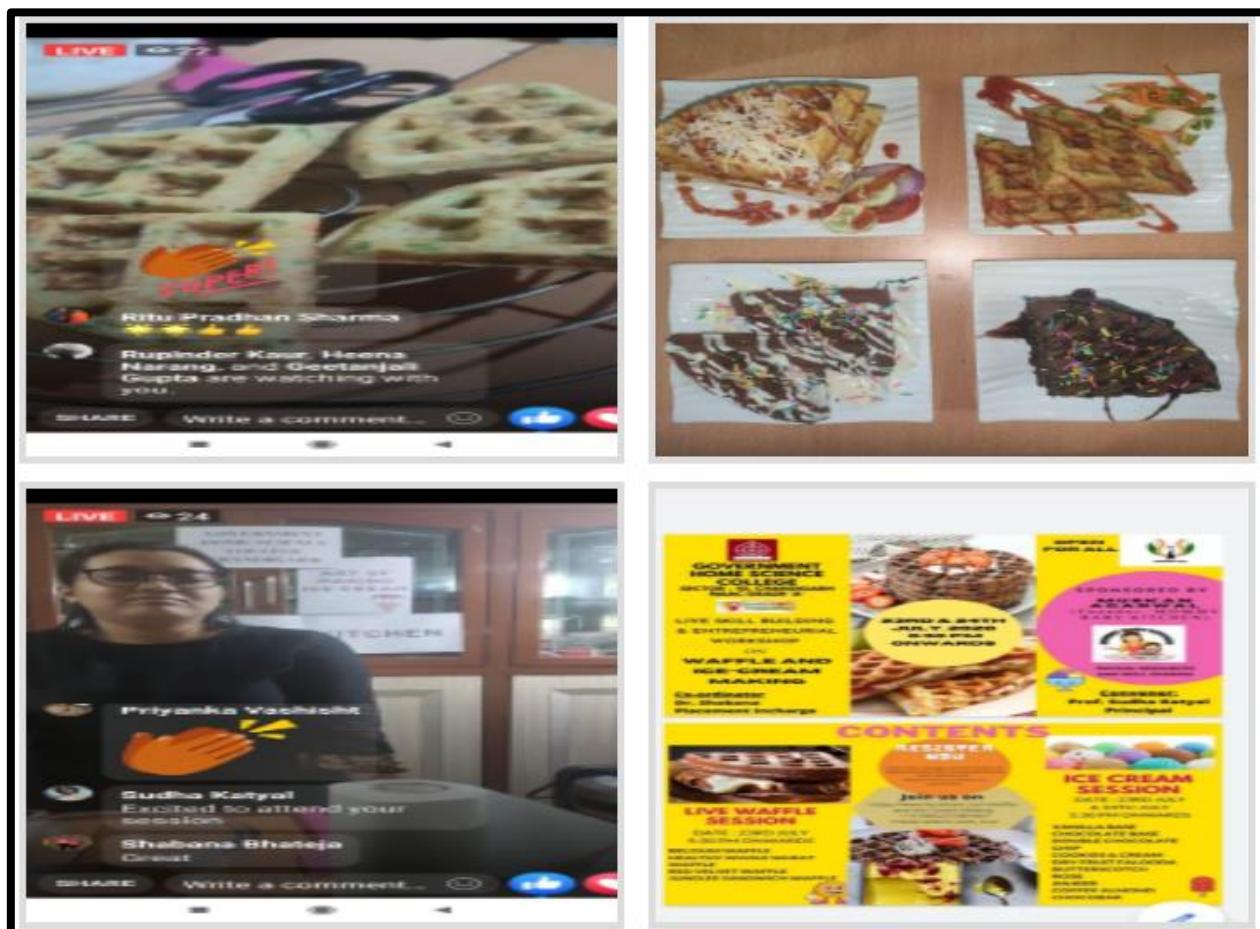


## 2-day Online Skill Enhancement Workshop on Art of Making Waffle and Ice Cream

Date: 24.07.2020

Resource Person: Muskan Agarwal, Founder of Mommy Baby Kitchen

A 2-day online skill enhancement workshop on 'Art of making Waffle and Ice cream' was organized in the college in collaboration with Muskan Agarwal, Founder of Mommy Baby Kitchen. During the first day of the workshop, she gave a hands-on live demonstration of making breakfast waffles. She also shared a few tips with the viewers on how to build their own startups and further shared her experience of managing her passion for baking along with her studies. She further demonstrated the different techniques of making vegetable waffles using waffle makers. On the next day of her workshop, she showed various ways of making a variety of flavoured ice creams like raspberry ice cream, chocolate icecream, Faluda ice cream and Vanilla ice cream.



*Snippets of the 2-day online workshop*

## Workshop on Skilled Art with Resin

Date: 29.07.20

Resource Person: Ms. Monica Saini, Entrepreneur

A one-day live skill building workshop on Skilled Art with Resin was organized in collaboration with Ms. Monica Saini, a successful entrepreneur herself who holds numerous art classes using different mediums. She demonstrated making of beautiful resin coasters with alcohol ink, pearl pigments, glitter and colour powders along with the safety precautions to be used while using the resin and the heat gun. She was very happy to answer the numerous queries by the enthusiastic live participants during the demonstration. Not only that, she appraised the participants of the lesser expensive options of materials required for making resin art that are available in the market as well as online.



*Ms. Monica demonstrating articles on resin art*

## Workshop on Professional Baking

Date: 31.07.20

Resource Persons: Chefs Amit and Sumit Jhangra, Owner- Baker Brothers, Chandigarh

A four-day online entrepreneurial skill development workshop was organized in collaboration with the various successful entrepreneurs who have achieved glorious heights in their respective fields. The rationale behind the workshop was to instill the spirit of learning, creativity and innovation among the various stakeholders. Treading along the similar lines, the second and third day of the live entrepreneurial workshop had interesting sessions on “Professional Baking” by Baker Brothers i.e. Chefs Amit and Sumit Jhangra. Bringing the exquisite French, Indian and Japanese delicacies to the platter, the chefs artistically presented the ways and means to make exclusive culinary delicacies within the limited available resources. Mr. Amit specifically exhibited the techniques and ingredients utilized for the process of making Milli Feuille as well as the Puff pastry. On the other hand, Mr. Sumit creatively presented Sushi along with his innovative recipe of Choco Choorma. Known for their sheer professionalism and innovative baking techniques, the duo demonstrated innovative skills that can easily be replicated and performed by everyone.



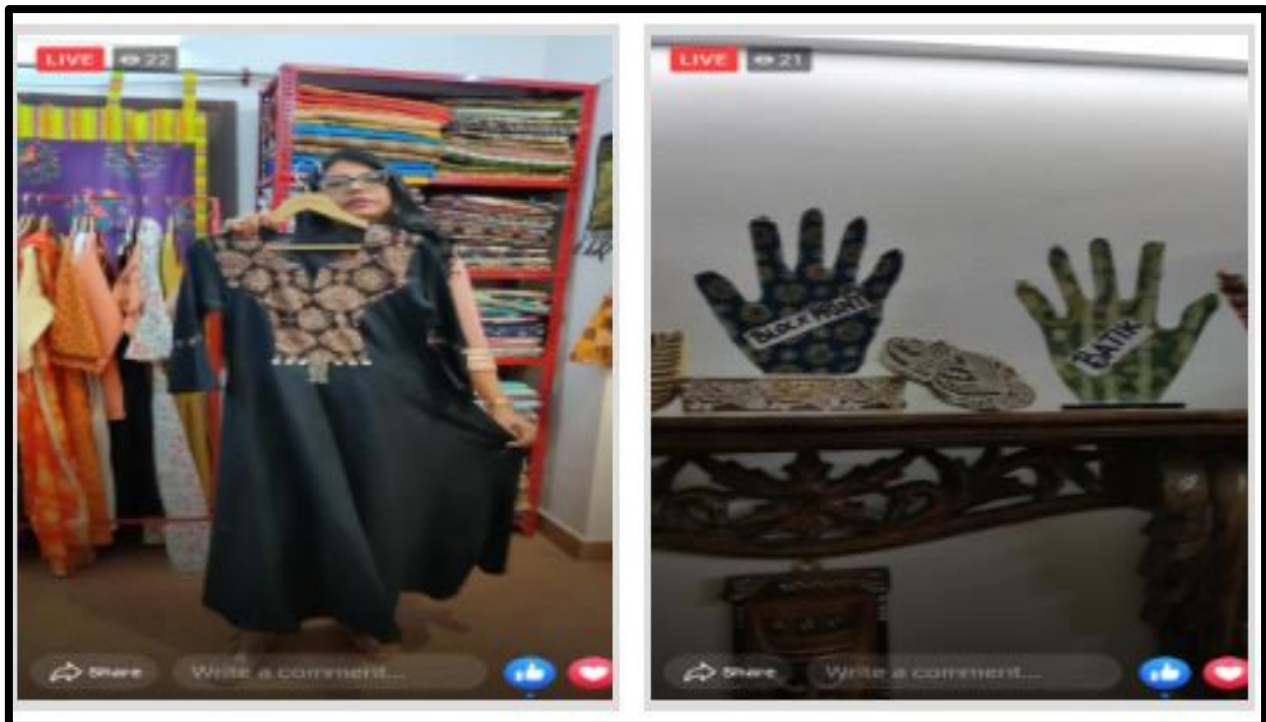
*Chef Amit and Sumit in-action during the workshop*

## Online Workshop on Setting up a Boutique

Date: 02.08.20

Resource Person: Vandana and Seema, the owners of Aakarshan Boutique

The ongoing four-day online entrepreneurial skill development workshop culminated with the last session on “Vibrant Fashion Boutique” which was organized in collaboration with Vandana and Seema, the owners of Aakarshan Boutique. Right from conceiving the idea of establishing a boutique to its actual realization, the entire journey has been a learning experience for them. Sharing their experiences as entrepreneurs, they extensively talked about innovative and useful strategies that can be used to overcome the initial hiccups faced by budding entrepreneurs. Turning challenges into opportunities, they have come a long way and earned a reputation for themselves. Breaking the prevalent narratives of fashion, which more or less centered around the ‘ideal’ body type, both Vandana and Seema emphasized on loving and accepting our bodies. Displaying an array of fabric from block print, Batik, Ajarai to Ikat, they presented their exclusive collection along with their properties to suit the requirement of different body types.



*Vandana and Seema showcasing their creations during the workshop*



## Skill Building Workshop on Immunity Boosting Beverages

Date: 09.09.20

Resource Person: Mrs. Natasha Nanda #thepalatestorybynatashananda

A live skill building workshop was organised in collaboration with Mrs. Natasha Nanda #thepalatestorybynatashananda. The workshop included demonstration of Immunity building beverages with ingredients available in your home kitchens. Natasha prepared a green smoothie using spinach, kale and a mixture of seeds and nuts making it a power packed meal on the go. A detox juice was also demonstrated rich in vitamin C and all micronutrients.



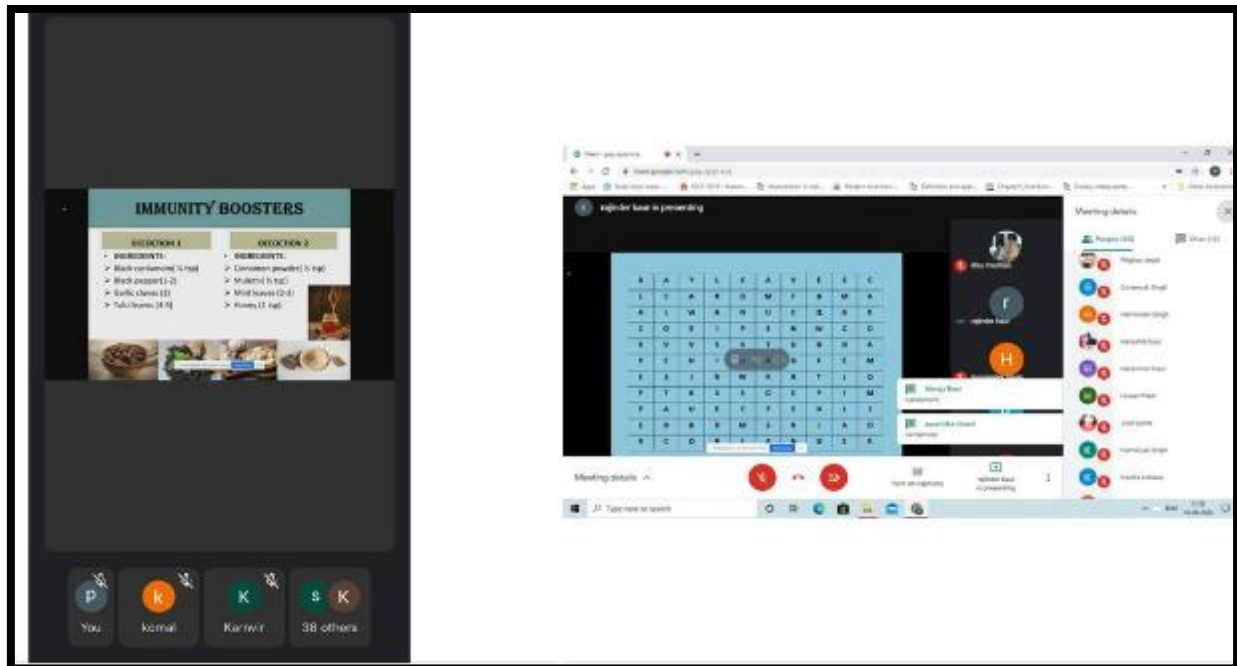
*Ms. Natasha showcasing innovative recipes*

## Webinar on Immunity Boosting Decoctions

Date: 16.09.2020

Resource Person: Rajinder Kaur, student of M.Sc. Foods and Nutrition (3 Sem)

A webinar on "Health Benefits of Spices" was organized by the college wherein the speaker for the day Rajinder Kaur highlighted nutrients present in spices, their health benefits and easy ways how we can include them in our daily life. Some basic tips were discussed to avoid over consumption of medicines and immunity boosting decoctions were explained via video. The audience for the session was Adolescent girls and housewives from Patiala and Ludhiana.



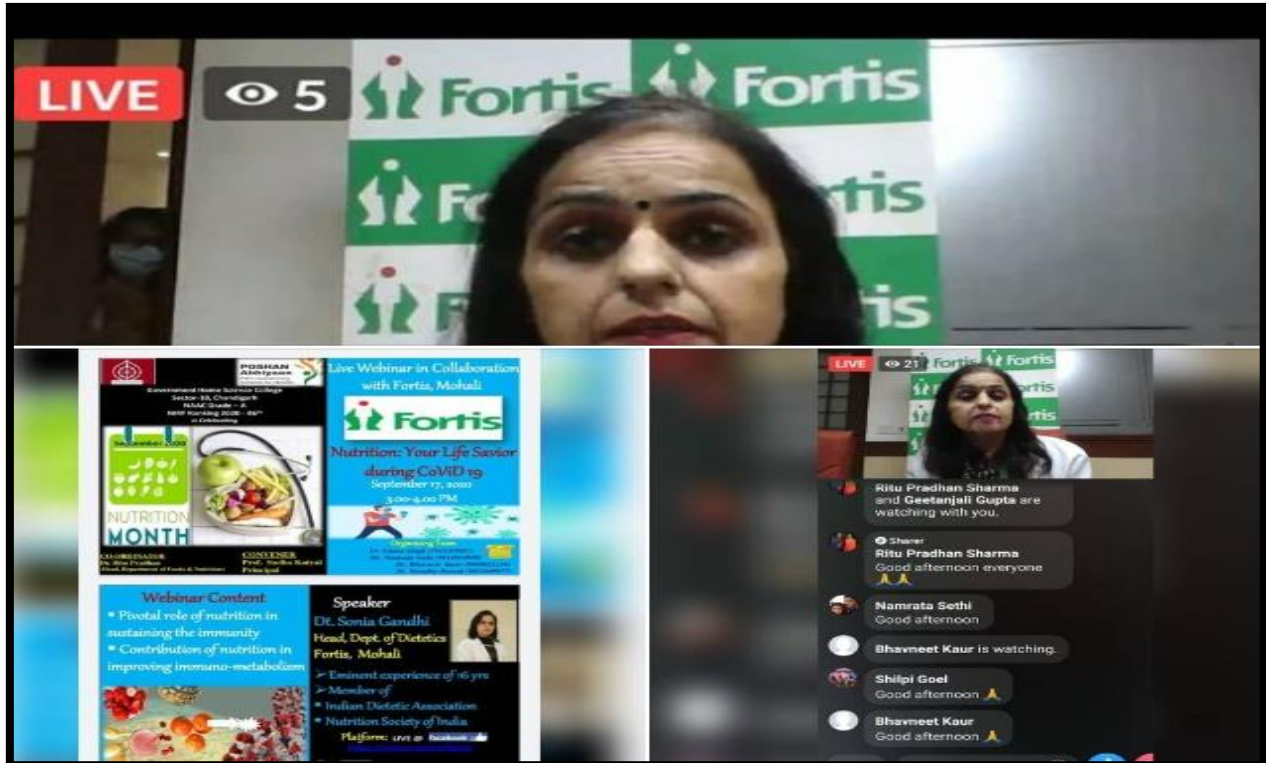
*Ms. Rajinder Kaur highlighting nutrients present in spices during the webinar*

## Skill Enhancement Webinar on Nutrition during COVID 19

Date: 17.09.2020

Resource Person: Dt Sonia Gandhi, Head, Fortis Hospital

A webinar on importance of nutrition during Covid 19 was organized in the college. Dt Sonia Gandhi, Head, Fortis Hospital gave an enlightening talk on the importance of healthy eating and especially immunity boosting foods during the time of this pandemic. She emphasized upon the need to maintain hygiene and sanitation especially while dealing with food supplies. She urged everyone to follow the protocol during these times of wearing masks and regular washing of hands. She also discussed about the importance of not just maintaining physical health, but to be mentally and emotionally healthy as well.



*Dt Sonia Gandhi sensitizing the audience during the webinar*

## National Webinar on NEP- a Step Towards Atam Nirbhar Bharat

Date: 18.09.20

Resource Person: Professor Nandita Shukla, Professor of Education and Dean, International Studies, Panjab University

A webinar on New Education Policy- A Step Towards Atam Nirbhar Bharat with an aim to promote entrepreneurship in sync with the college motto Knowledge for service. Professor Nandita Shukla, professor of Education in Punjab University and Dean, International Studies was the speaker for the event. She emphasized that the country's new educational policy has a learner centered approach with focus on developing cognitive learning skills of an individual. It is aimed to develop job creators rather than job seekers. It talks on conserving Indian heritage, traditions and values on one side and 21st century futuristic skills on the other side. Linking education to national aspirations is the key objective of this New Education Policy. It suggests structural changes and proposed revamping of all aspects from curriculum pedagogy, evaluation to improvement in regulation and governance in the educational setup of the country. It has the essence of all previous education commissions. The speaker was reminded of the famous Quote of Mahatma Gandhi "Having Our Feet Rooted to our Soul and Keeping the Windows of Mind Open," which is the essence of this policy. Multidisciplinary education, flexible curriculum, combination of subject education with vocational education, starting right from 6th standard with multiple entry and exit options are some highlights of this policy.



*Professor Shukla, disseminating knowledge during the webinar*



## Webinar on Nutri Garden and Microgreens

Date: 24.09.2020

Resource Person: Mrs Amita Bhuwania, Certified Holistic Health Coach

The college organized a webinar on how to grow Nutri-garden and Microgreens by utilizing little spaces in homes. Mrs Amita Bhuwania, who motivated more than 150 households to grow organic veggies and adopt kitchen gardening, was the speaker of the session. During the workshop, she discussed the importance of growing kitchen veggies at home. She informed the audience that home grown vegetables are not only organic but also fresh and pesticide free. Moreover, the joy of growing and harvesting at home gives the feeling of satisfaction. While growing vegetables at home, one should prefer green leafy vegetables like dhaniya, methi, palak and sarson ka saag etc which take comparatively less time to grow from seeds and can be used as herbs in routine cooking. The seeds of these vegetables are readily available in the kitchen itself. Tips for home composting with kitchen waste were also shared. She gave live demonstration on growing microgreens from vegetable seeds at home. She informed the audience that micro greens are nutritionally dense. They contain 10-40 times more vital nutrients as compared to their fully grown plants.



*Speaker demonstrating the process of growing micro-greens at home*

## Webinar on Success Stories to Ignite Entrepreneurship

Date: 25.09.2020

Resource Person: Dt Lavleen, Founder of Diet Insight

Government Home Science College in collaboration with Dt Lavleen, founder of Diet Insight and a renowned dietician of tricity conducted an online session on importance of healthy eating especially during the time of CoVid and importance of Immunity. Lavleen, an alumna of the college, shared success stories of her clients live on the program. She discussed the importance of eating right portions and combinations of food according to one's body type. She attributed all her success and knowledge to her mentors of Home Science College and urged all the viewers to follow their learnings and develop on their skills learnt as a student.



*Dt. Lavleen interacting with audience during the webinar*

## Webinar on Developing a Nutri Garden to Inculcate Entrepreneurship

Date: 30.09.2020

Resource Person: Dr Satish Narula, Retd. Senior Horticulturist, PAU Ludhiana, Founder Dr Green

A live session on developing a Nutri Garden to promote good nutrition and health optimisation was organized by the college. Dr Satish Narula, founder of Dr Green, demonstrated the procedure of growing nutritious and medicinal plants and vegetables and the challenges one may face in the beginning. He also emphasised on the importance of keeping plants inside the homes for not only increasing the aesthetic value of our homes but also to keep the air inside fresh. Dr Narula wonderfully demonstrated the plantation of nutritious vegetables like tomatoes, turnip, carrots, radish etc along with their manuring and watering techniques even in places with space constraints.



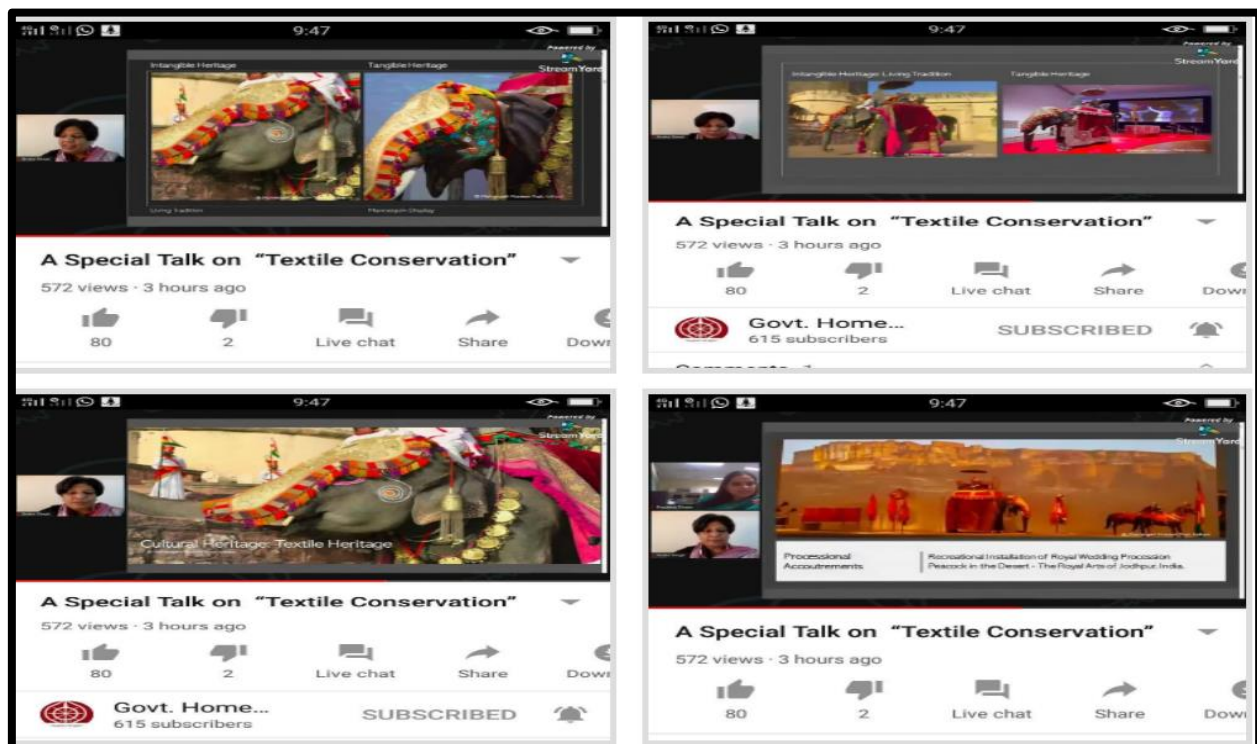
*Dr. Narula, demonstrating the procedure of growing micro-greens*

## Skill Enhancement Workshop on Textile Conservation

Date: 11.10.2020

Resource Person: Dr. Rohini Arora-Assistant Professor, Guru Gobind Singh College for Women, Punjab University, Chandigarh; Dr. Simmi Bhagat- Associate Professor, Dept. Fabric & Apparel Science, Lady Irwin College, University of Delhi and Ms. Smita Singh- Textile Conservation Consultant, at Textile Heritage Conservation, New Delhi

Government Home Science college organised a live session on Textile Conservation on college YouTube channel to mark the celebration of the second day of Tex-Style Week. Dr Rohini Arora talked about Textile conservation in context with archaeological textiles and ethnographic textiles. She emphasized on the needs of conservation and its importance in textile research. Dr. Simmi Bhagat gave a lecture on Basics of Textiles conservation and preventive conservation methods. She also talked about careers and future prospects in textile conservation field. Ms Smita Singh shared her practical experience and knowledge in the field of textiles conservation, along with the basic textile remedial and preventive conservation processes. She also talked about the objectives of textile conservation in museums.



*Snippets from the webinar*



## Webinar on Ice Cream Making

Date: 12.10.2020

Resource Person: Aanchal Goyal, student of B.Sc. Home Science final year, Founder- Dessert Delicacies

In order to encourage the spirit of entrepreneurship and peer learning Government Home Science College organized an online workshop cum demonstration session on Ice-cream making. The workshop was conducted by Aanchal Goyal, budding entrepreneur and student of B.Sc. Home Science final year. Aanchal also shared her experience that how she started her own startup 'Dessert Delicacies' which is running successfully with more than 100 followers on Instagram. The budding entrepreneur demonstrated the art of making different flavors of ice-cream and also how to do creative plating and decoration of the same. She also demonstrated the various innovative techniques of plating the cakes. The workshop was quite interactive, informative and participants gained a lot from it.



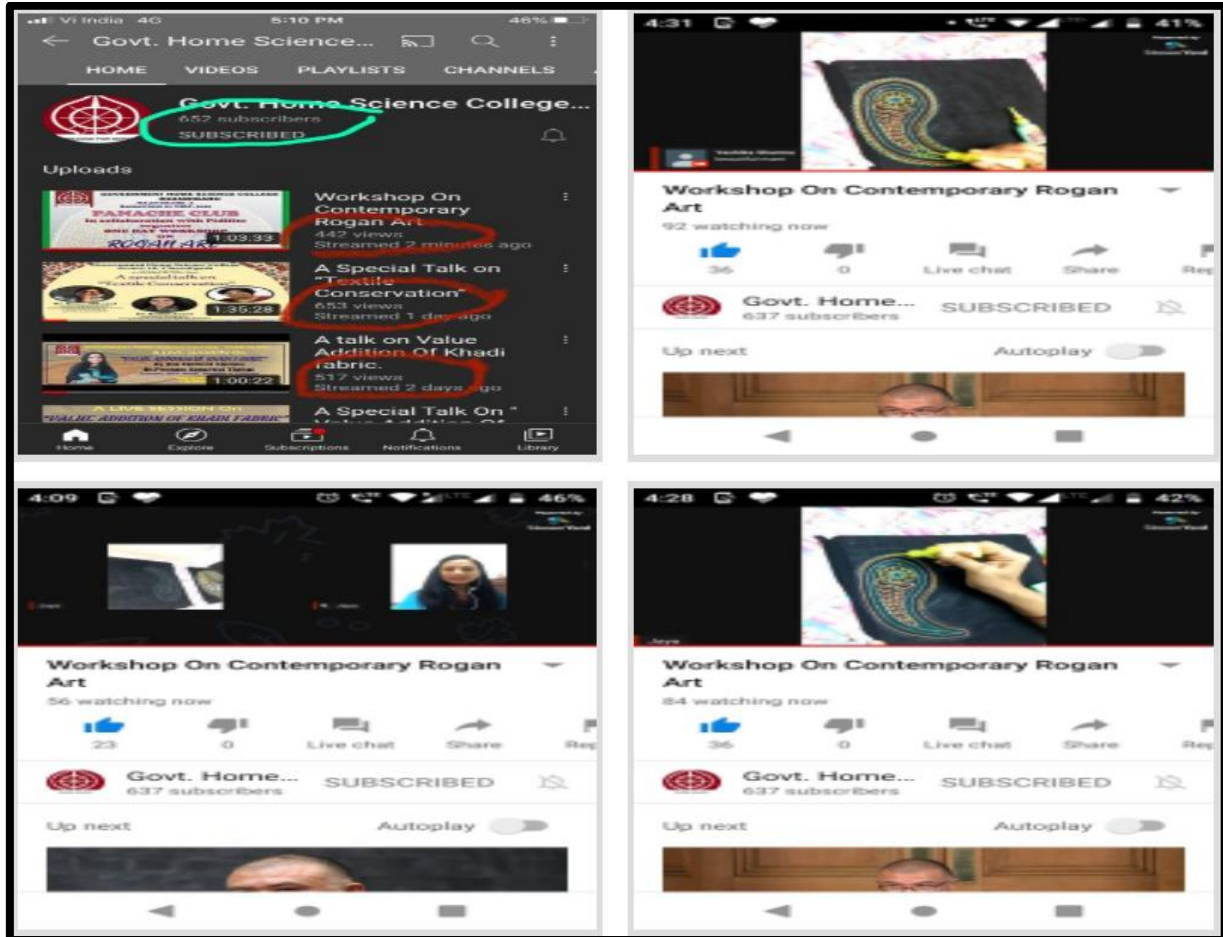
*Ms. Aanchal conducting demonstration on ice-cream making*

## Workshop on Paintings Inspired from Rogan Art

Date: 12.10.2020

Resource Person: Ms. Jaya Duggal, Trained Fevicryl Expert

In order to encourage the spirit of keeping the traditional art forms alive and entrepreneurship development amongst students, Government Home Science College organized an online workshop cum demonstration session on painting inspired by Rogan Art. The workshop was conducted by Ms. Jaya Duggal, Trained Fevicryl Expert. She demonstrated the technique very patiently and also shared her expertise about the do's and don'ts of the technique. This was an initiative to keep the traditional Rogan art alive in contemporary times by using recent material.



*Ms. Jaya Duggal conducting the demonstration session*

## **Demonstration on Use of Kitchen Herbs**

**Date: 19.03.2021**

**Resource Person: Anupreet Kaur Sobti, student of M.Sc. Foods and Nutrition**

Home Science College organised a live demonstration on use of kitchen herbs in some common recipes, keeping in sync with the theme "My Kitchen, My Dispensary". The demonstration was conducted by Ms. Anupreet, a student of MSc Foods and Nutrition, who shared tips and recipes of watermelon smoothie, ragi dhokla and cilantro relish incorporating herbs in them.



*Ms. Anupreet Kaur demonstrating nutritious recipes*

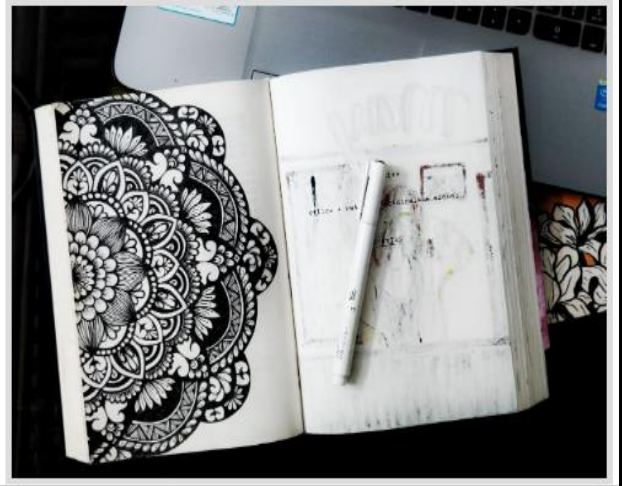
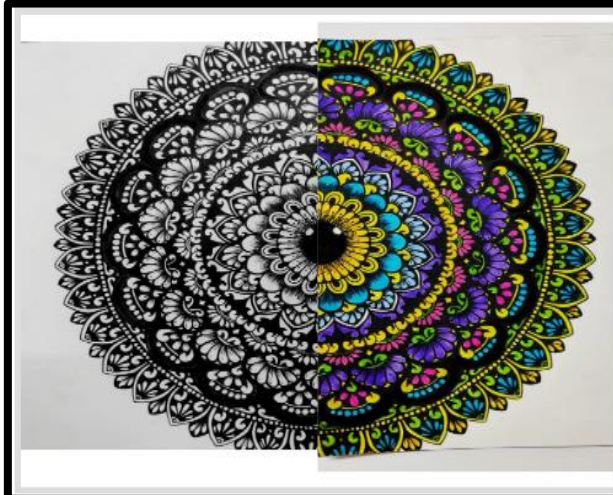





## Online Mandala Workshop

Date: 24.04.2021

Resource Person: Aayushi Mavi, Alumni of the college

An online mandala workshop was organized in the college to promote Alumni Aayushi Mavi's entrepreneurial venture. The talented artist and budding entrepreneur has created her own 40 page album where she has elaborated the different techniques of learning Mandala design for beginners and also for others.



 <p>Government Home Science College Sector-10, Chandigarh NAAC Grade – A NIRF Ranking 2020 – 86<sup>th</sup></p> <p><b>Our Alumni Our Support</b></p>  <p><b>स्व विकास</b> एक कदम आत्मनिर्भरता की ओर</p> <p><b>Co-ordinator</b> Dr. Shabana (Placement In-charge)</p> <p><b>Convener</b> Prof. Sudha Katyal Principal</p> 	<p>Live Webinar Series of <b>Inspiration, Innovation &amp; Entrepreneurship</b> by our <b>Distinguished Alumni</b></p> <p><b>June 10-14, 2021</b></p> <p><b>Organizing Team</b> Dr. Neha Sharma Dr. Preeti Alagh Dr. Bhavneet Kaur Ms. Heena Narang Ms. Manpreet Kaur Dr. Vasudha Bansal</p> 
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*Creative Artist, Aayushi Mavi conducted the live demonstration on Mandala Art*



## **Webinar on Diet Clinics: Entrepreneurial Venture**

**Date: 10.06.2021**

**Resource Person: Swati Talwar, Alumni**

In sync with the Government's initiative to promote Atma Nirbharta, Home Science College started a webinar series by distinguished Alumni to motivate the budding entrepreneurs of the college. The college boasts of a large number of illustrious alumni who made their alma mater proud by being successful entrepreneurs and making a mark for themselves. The first webinar in this series was conducted by alumna Swati Talwar who after completing her M.Sc. in Foods and Nutrition in 2012 successfully launched a chain of 3 diet clinics at different places in U.P. Swati shared her clients' experience and journeys and emphasized on the importance of incorporating the basic fundamentals taught during their course of study. Her session was quite interesting and inspiring for the budding entrepreneurs.



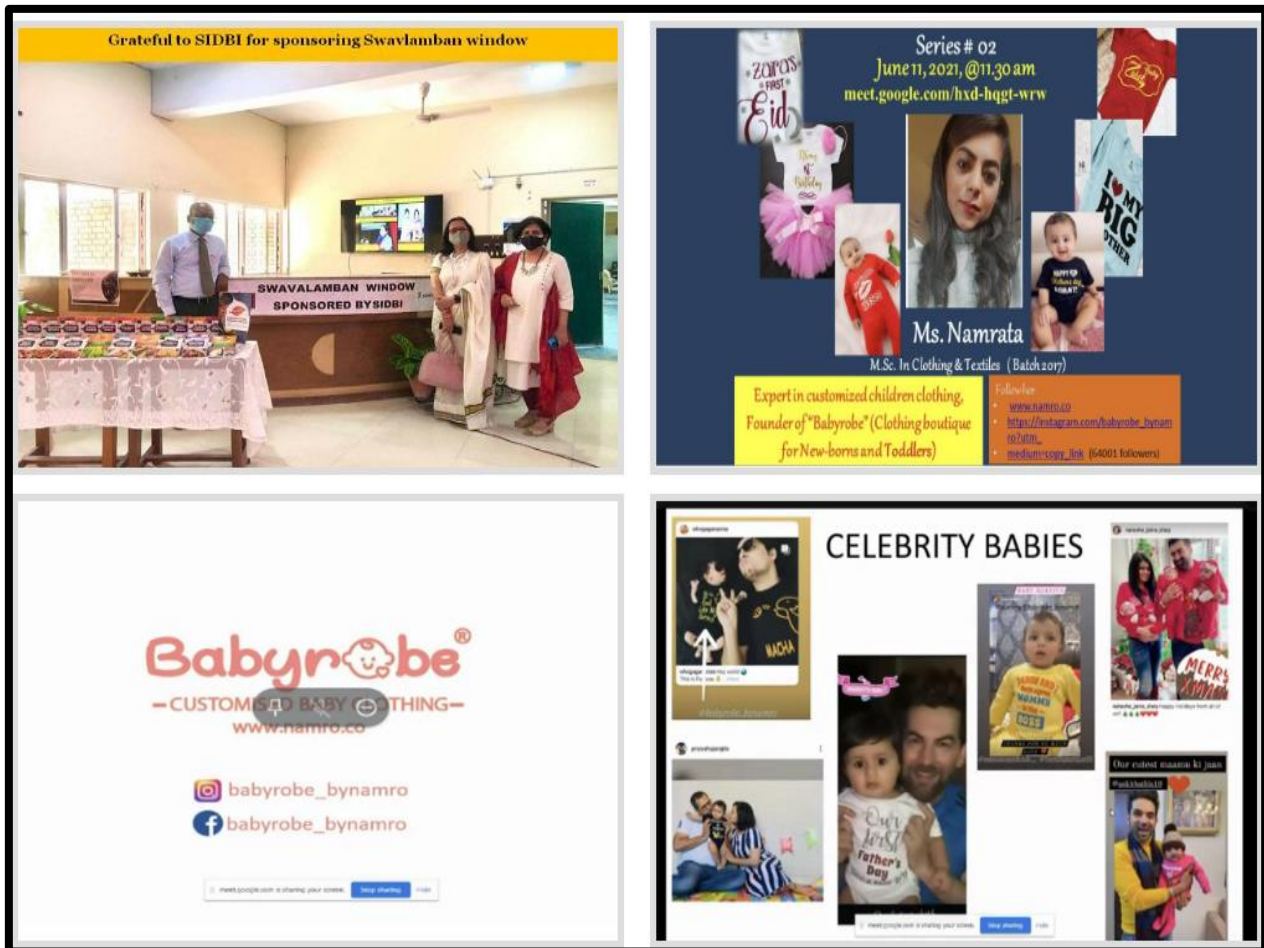
*Dietitian Swati Talwar, Alumna addressing the audience during webinar*

## Webinar on Innovation and Entrepreneurship

Date: 11.06.21

Resource Person: Ms Namrata, Alumni and Owner- Baby Boutique: Babyrobe

To promote Government initiatives of Self-Reliant India, Home Science College proceeded with the second series of webinar by well-known Alumni to inspire the upcoming entrepreneurs of the college. The second webinar in this series was conducted by Ms Namrata; pass out student of M.Sc. in Clothing and Textiles (2017) successfully running her own Baby Boutique “Babyrobe” with 62,000 followers on Instagram and Facebook. Namrata shared the story of her online enterprise- Babyrobe. She discussed about the various platforms and also emphasized on main aspects like websites, payment mechanisms, exchange policies, necessary documents etc which are required to start-up different ventures.



*Snippets from the webinar*

## **Peer Learning Webinar on using Inspiration and Innovation for Boosting Entrepreneurship**

**Date: 12.06.21**

**Resource Person: Ms. Nidhi Bimal, student of M.Sc. (Clothing & Textile)**

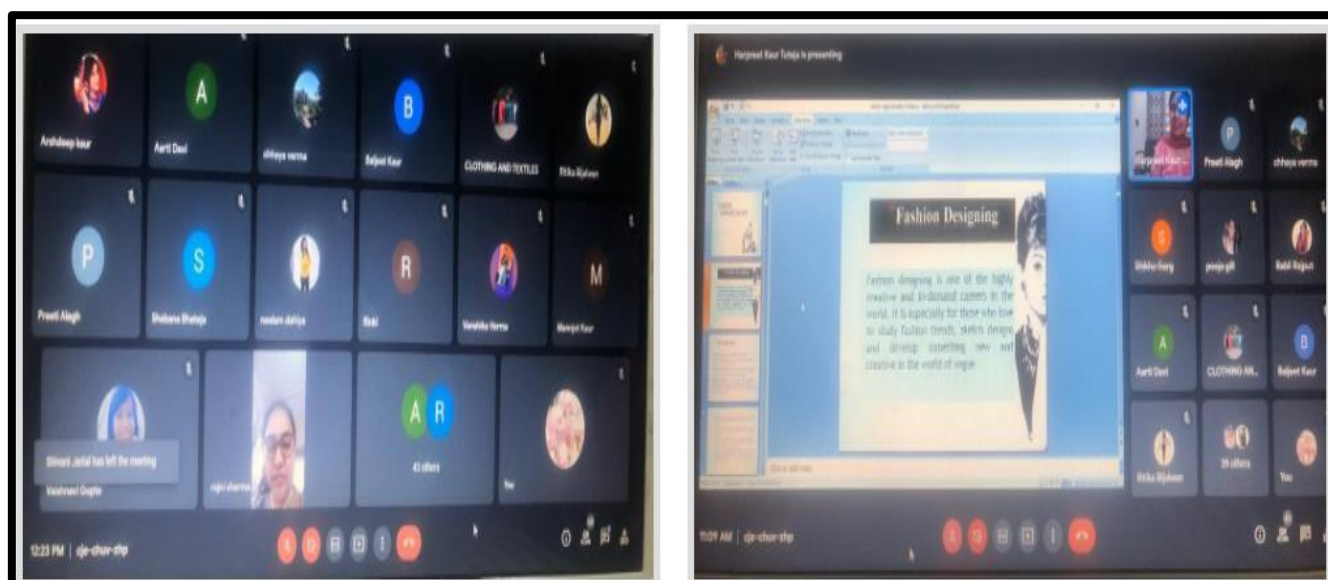
Government Home Science College proved the aphorism of “Earn while you learn” yet again by organising a live peer learning workshop conducted by Ms. Nidhi Bimal, currently a student of M.Sc (Clothing & Textile). She is successfully running her start-up ‘The Knot Store’ and has done interiors with macramé of Hotel – The Reef, Sector -7, Chandigarh. Nidhi talked about her journey of being an entrepreneur and how she explored her talent in knotting after learning this skill in B.Sc Fashion Designing 2nd year. She highlighted the importance of customised products rather than having already made products and urged the upcoming entrepreneurs to focus on social communication platforms and focus on making the customers happy with the quality.

## Webinar on Career Opportunities in Fashion and Interiors

Date: 14.06.21

Resource Person: Dr. Harpreet Kaur, HOD, PG Dept. of Fashion Designing, Kanya Maha Vidyalaya Jalandhar and Ms. Rajni Sharma, Alumni and Founder- Space Rhythm Interiors

Series 4 # Live webinar by alumni on inspiration, innovation and entrepreneurship at Home Science College. In line up with the ongoing series of live webinars, Government Home Science College, Chandigarh organized another session by Dr. Harpreet Kaur, HOD, PG Deptt. Of Fashion Designing, Kanya Maha Vidyalaya Jalandhar. Dr. Harpreet spoke on Career Opportunities in Fashion and highlighted that students are like pure white light when they choose their careers whereas teachers act as facilitators thereby making them aware of the wide scope of Clothing and Textiles. She also mentioned huge number of different professions after completing diploma, certificate course or degree in this discipline which includes fashion buyer, merchandiser, fashion retailer, fashion photographer, blogger, production manager, technical expert, free-lancer, academicians, virtual assistance, textile engineer, fashion counsellor, instructors, personal shopper, Public relation officer and so on. Series 5# Live webinar series by alumni concluded with a session on the Scope of Interior Design and Management by Ms. Rajni, Alumni and Founder- Space Rhythm Interiors. She highlighted the scope of Interior Decoration & Resource Management and further stressed that the students must be fanatical, determined, skillful and goal-oriented.



*Snippets from the webinar*

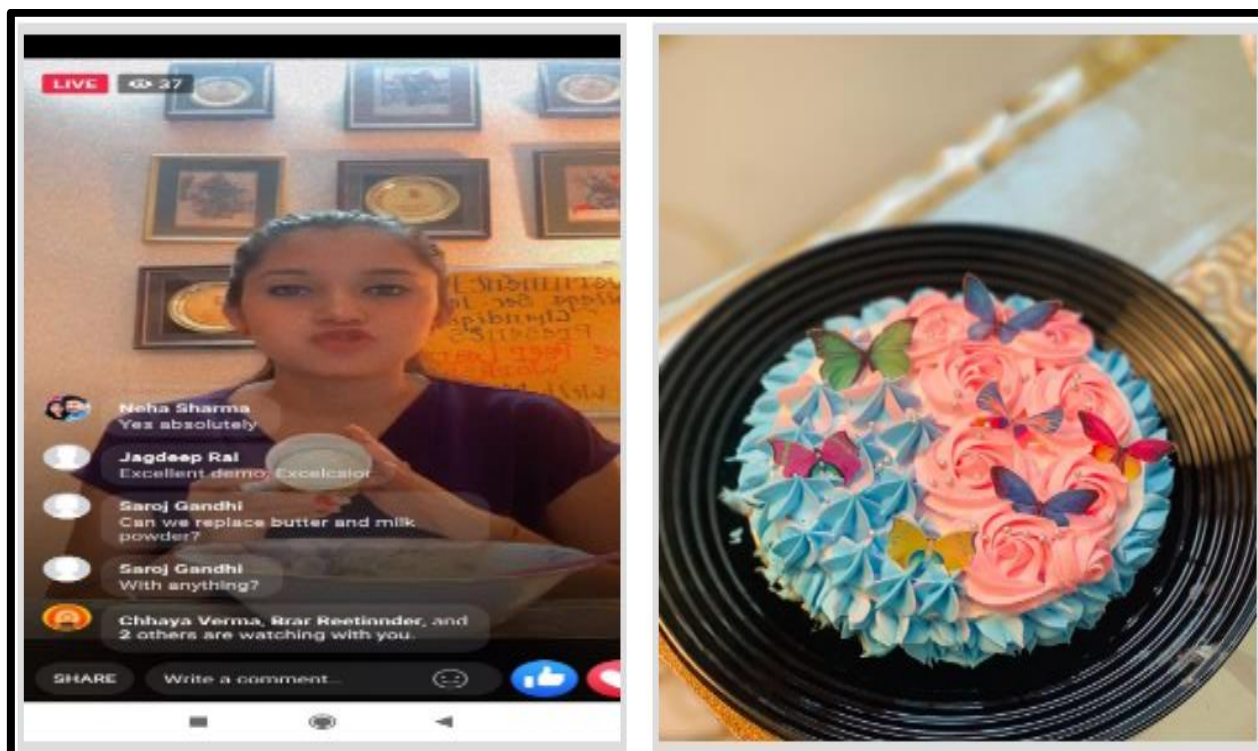


## Webinar on Cake Baking

Date: 16.06.21

Resource Person: Muskan Sharma, Certified Baker and Student M.Sc. (HDFR)

To enhance the entrepreneurial skills and to make the students self-employed, Live peer learning workshop on cake baking was organized by Muskan Sharma, a bakery specialist and student of MSc (HDFR) in Home Science college Chandigarh on June 16, 2021. Certified Baker Muskan gave hands on demonstration on baking Pistachio cake on her FB live session. She also discussed tips and tricks of icing and plating on the cake and also satisfied the queries of audience. The session proved to be interesting and fruitful for all the participants.



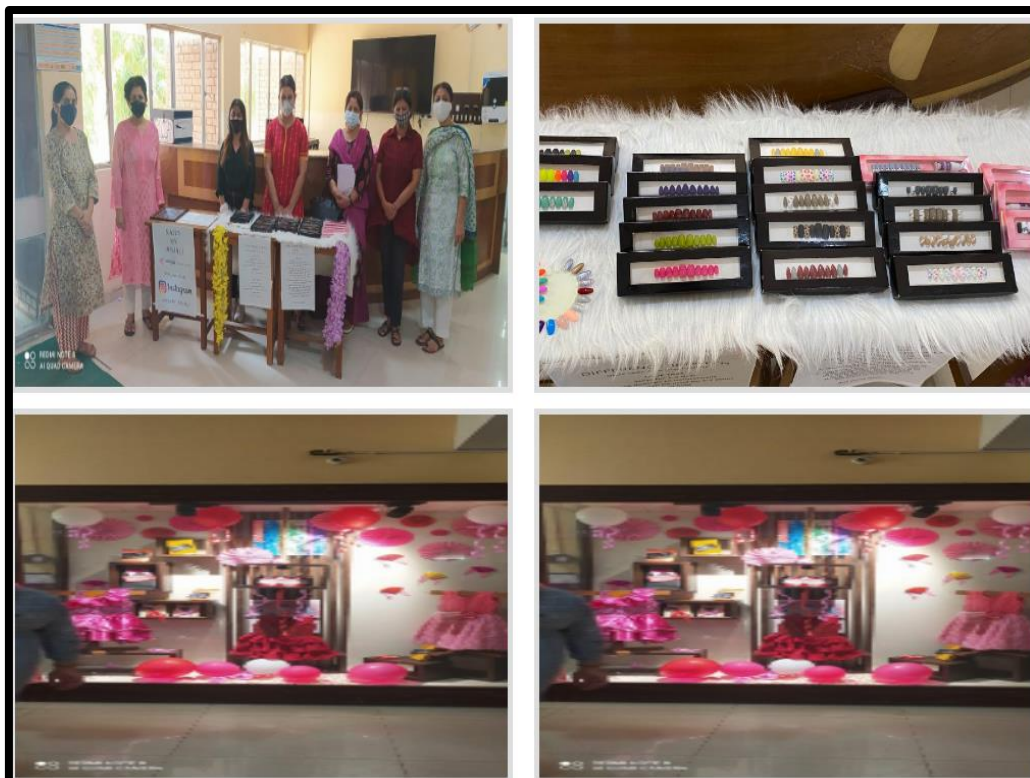
*Ms. Muskan demonstrating cake baking skills*

## Seminar on Motivating Budding Entrepreneurs in the College

Date: 17.08.21

Resource Person: Anjali, Gursimran, Charu, Shivani, Renu and Priya: students of M.Sc. Clothing and Textile

A seminar on motivating budding entrepreneurs was organized in the college. During the seminar the budding entrepreneurs shared their experience of setting up their own entrepreneurial ventures. Anjali and Gursimran, exhibited their hand-crafted nail art extensions with options of different sizes and colours. Anjali is running her own online startup with the name *Nailsworld by Anjali* with more than 1200 followers and catering to the orders all over India. Charu, Shivani, Renu and Priya also displayed their creative, innovative and theme-based kids clothing. Such a platform provided boost and motivation to the students to establish their entrepreneurial ventures and earn while they learn.



*Glimpses from the seminar*

## **Skill Building Workshop on Re-using Textile Waste**

**Date: 20.08.2021**

**Resource Person: Mrs. Chhaya Verma, HOD Dept of Clothing and Textiles**

Keeping up with the spirit of entrepreneurship, the college organized a skill building workshop on re-using textile waste. During the workshop students made products such as rakhi's made out of zardozi, hand painted suits, embroidered dupattas and thalis. The products made were also displayed during the ongoing exhibition in the college.



*Glimpses from the workshop*



## Skill Based Learning through Demonstration of Millet Based Recipes

Date: 02.09.2021

Resource Persons: Shraddha Duggal, student M.Sc. Foods and Nutrition 3rd Sem

On the third day of the ongoing Poshan Maah celebrations, an online demonstration cum workshop was conducted on millet-based recipes using locally available ingredients was organized in the college. Shraddha Duggal, M.Sc. 3<sup>rd</sup> Semester demonstrated commonly consumed recipes such as appam/paniyaram and a healthy beverage - Bajra Raab using jowar, bajra and ragi. She also discussed the health benefits of incorporating millets in the daily diet.



*Demonstration of healthy recipes*

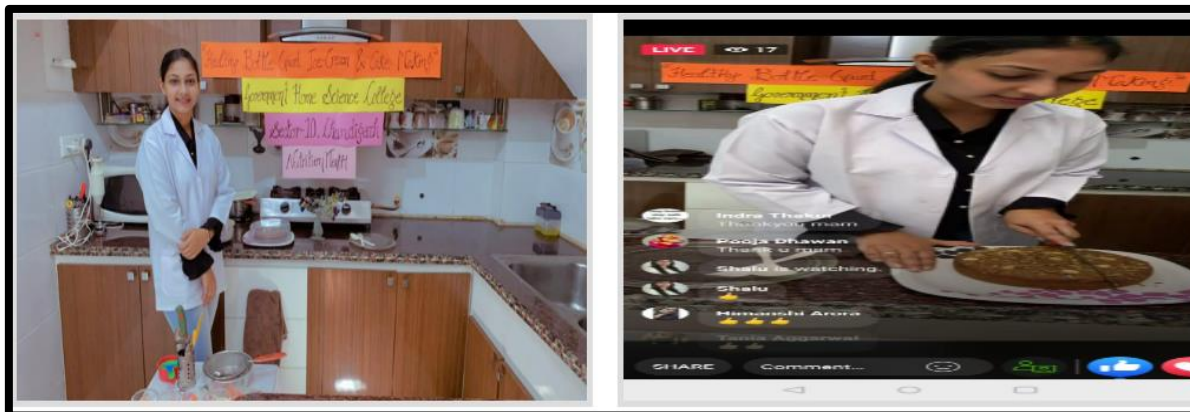


## Skill Enhancement through Demonstration of Bottle Gourd Ice Creams and Cake Making

Date: 04.09.2021

Resource Person: Aanchal Goyal, Student M.Sc. Foods and Nutrition 3rd sem

On the fourth day of the ongoing Poshan Maah celebrations, a demonstration cum workshop was conducted on bottle gourd ice cream and cake making. Budding entrepreneur Aanchal Goyal running her online startup named Dessert Delicacies, demonstrated ice cream made with the bottle gourd and milk. She also discussed the health benefits of various nutrients in bottle guard. Later she also demonstrated healthy dry cakes made with millet and jaggery. The workshop was a kaleidoscope to the tastier and healthier ways of cooking green vegetables apart from conventional ones.



**POSHAN Abhiyaan**  
PM's Overarching Scheme for Holistic Nourishment

Government Home Science College  
Sector-10, Chandigarh  
NAAC Grade – A  
NIRF Ranking 2020 – 86<sup>th</sup>  
is Celebrating

**Rashtriya Poshan Maah**  
हर घर पोषण त्यौहार

सही पोषण, देश रोशन

**'Lets Converge towards a Healthy Walk through Life'**

**CO-ORDINATOR**  
Dr. Shabana  
(Incharge, Placement)

**CONVENER**  
Prof. Sudha Katyal  
Principal

**Live Demonstration on Healthy Bottle gourd Ice-cream & Cake**

September 04, 2021 @ 11.00 A.M.

LIVE @ [facebook](https://www.facebook.com/Poshan-Maah-Celebrations-105213708565149)

<https://www.facebook.com/Poshan-Maah-Celebrations-105213708565149>

September 2021  
NUTRITION MONTH

**Organizing Team**  
Dr. Neha Sharma  
Dr. Preeti Alagh  
Dr. Bhavneet Kaur  
Ms. Heena Narang  
Dr. Vasudha Bansal  
Ms. Manpreet Kaur

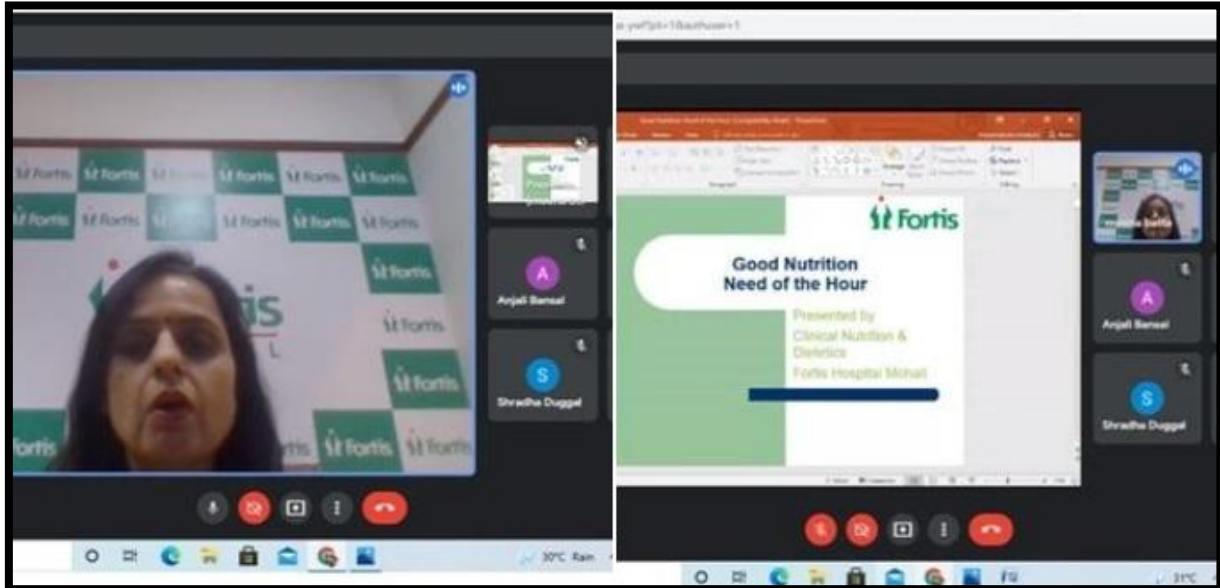
*Aanchal demonstrating innovative ice-cream making skills*

## Webinar on Good Nutrition to Enhance Entrepreneurial Skill

Date: 10.09.2021

Resource Person: Dt. Sonia Gandhi, Fortis Hospital, Mohali

The college organized a one-day webinar on “Good Nutrition- Need of the Hour.” The webinar was conducted in collaboration with Fortis Hospital, Mohali and Dt. Sonia Gandhi was the resource person. She emphasized upon the importance of eating right especially during the time of the pandemic.



*Snippets from the webinar*

## Workshop on Product Development

Date: 21.09.2021

Resource Person: Experts from different departments

In sync with Government's initiative of Atama Nirbhar Bharat, the college organized a one-day workshop on product development. Home Scientists as young entrepreneurs showcased their skills and talents by creating a plethora of innovative items such as: skin friendly organic dyed scarfs and dupattas; cosmetics (soaps, perfumes, rose water, hand sanitizers), nutritious munchies including millet based innovative recipes, Satvik traditional recipes, macrame decorations, home decors, puppets and cradle toys. The products developed were also displayed during the ongoing Swavavlamban Mela in the college.



*Display of products made during the workshop*



## National Webinar on Nutrition and Lifestyle Management during Covid-19

Date: 26.09.2021

Resource Person: Dr. Snigdha, Asst. Professor of Dept. of Obstetrics and Gynecology, PGIMER

Government Home Science College organized a national webinar on “Nutrition and Lifestyle Management during COVID -19” funded and supported by National Commission for Women with the aim to sensitize underprivileged women and the public at large. Sh. S.S Gill, I.A.S, Education secretary, Chandigarh Administration, gave the inaugural address during the webinar. Principal, Prof. Sudha Katyal gave the keynote address and set the tone for the webinar. She provided a brief history on the initiation of Poshan Maah celebrations launched by Hon’ Prime Minister Shri Narendra Modi on International Women’s Day in the year 2018. She elaborated on the ‘multi-ministerial convergence’ feature of the Abhiyaan. Dr. Katyal highlighted the game changers in coping with COVID 19 and urged everyone to improve one's immunity by adopting good food habits and a healthy and active lifestyle. Dr. Snigdha, Asst. Professor of Dept. of Obstetrics and Gynecology, PGIMER spoke about Impact of Covid 19 on women’s health and how they faced unprecedented problems which led to their deteriorating health conditions. Dr Madhu Gupta, Professor Department of Community Medicine and School of Public Health, PGIMER busted the already existing myths related to the vaccination drive in India and gave insightful set of observations on dealing with the post Covid Complications. Further, Dr. Neelam Khaterpaul, Emeritus Prof. Foods and Nutrition, HAU, Hisar elaborated on how to prepare oneself for the next wave and the lessons one should take away from this ongoing pandemic.

**Government Home Science College**  
Sector-10, Chandigarh  
NAAC Grade – A  
NIRF Ranking 2021 – 78<sup>th</sup>

**National Webinar on  
Nutrition & Lifestyle Management during CoViD 19**  
Funded & Supported by  
**National Commission for Women, New Delhi**

Sept 26, 2021 @ 11.00 A.M. on YouTube  
<https://youtu.be/UcsuT4uTLPY>

**Chief Coordinator**  
Prof. Sudha Katyal  
Principal

**Honorable Chief Guest**  
Sh. S.S. Gill, I.A.S.  
Education Secretary, Chandigarh

**राष्ट्रीय पोषण मिशन - एक अभियान**  
**POSHAN Abhiyaan**  
PM's Overarching Scheme for Holistic Nourishment  
सही पोषण - देना पोषण  
सही जीवन - देना सुख

**Snippets from the webinar**



## **Demonstration of Healthy Recipes and Awareness Session on Nutrition Education**

**Date: 29.09.2021**

**Resource Person: Anupreet Kaur Sobti, M.Sc. Foods and Nutrition-3rd Sem and Agrim Nagra, M.Sc. Foods and Nutrition-1st Sem**

In sync with the mission of Poshan Maah, Government Home Science College organized a demonstration and awareness session on nutrition education. The session was based on significance of consuming a healthy, nutritious, well- balanced diverse diet. Anupreet Kaur Sobti, M.Sc. Foods and Nutrition-3rd Sem and Agrim Nagra, M.Sc. Foods and Nutrition-1st Sem, addressed the audience. More than 30 students attended the session. They demonstrated various procedures for detecting food adulterants from the common food products. They highlighted the importance of consuming hygienic food. A number of recipes were demonstrated as healthy snacking options for college going students and further highlighted the importance of consuming millets over refined flours. The concepts of portion size, serving size and importance of timely consumption of food was also explained to the audience.



*Anupreet demonstrating procedure for detecting food adulterants*

## **Skill Enhancement Workshop on Product Marketing**

**Date: 19.10.2021**

**Resource Person: Mrs. Seema Jaitly, Department of Art, GHSC-10**

The college organized a skill enhancement workshop on product marketing in the campus. This event provided a platform to students to showcase their creativity and talents and an opportunity to help them explore their entrepreneurial skills. Students made products like torans, floaters, decorative diyas, paper jewellery such as earrings and neckpieces, decorative ceramic items, cloth bags, mandala paintings. Later the products developed were also displayed during the ongoing Diwali mela.



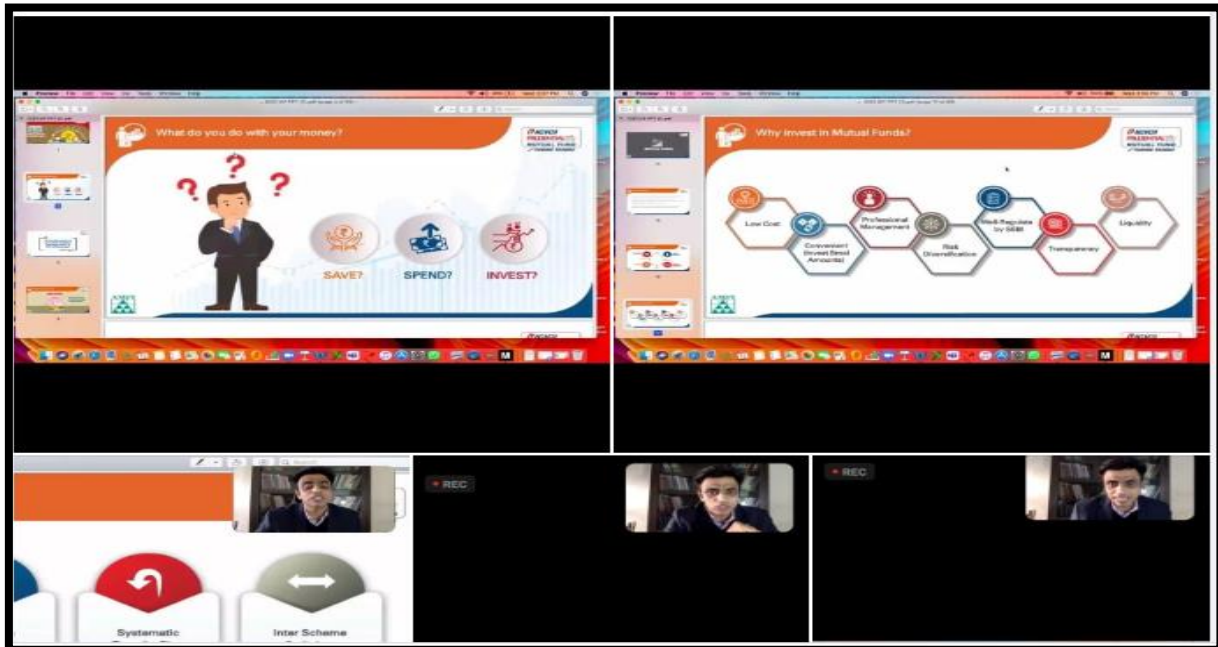
*Display of articles made during the workshop*




## Webinar on Career Opportunities in Financial Management

Date: 12.01.2022

Resource Person: Mr Nishant Mahajan, Founder, Behavioural Consultant and Certified Executive Coach at Healthy, Wealthy Mind

A webinar on Financial Literacy was organised for the students in the college. Mr Nishant Mahajan, appraised the students on the career opportunities related to financial management. He talked about the benefits of awareness about money matters in life and how important it is to increase one's inner world and be ambitious about one's career.



<p> <b>Government Home Science College</b> Sector-10, Chandigarh NAAC Grade – A Ranked 78<sup>th</sup> by NIRF, 2021 Is Organizing</p> <p>A Webinar on</p> <p><b>FINANCIAL LITERACY</b></p> <p></p> <p><b>COORDINATOR</b> Dr. Shabana (Placement Incharge)</p> <p><b>CONVENER</b> Prof. Sudha Katyal Principal</p>	<p><b>Motivation for Financial Independence &amp; Career Opportunities through Financial Literacy</b></p> <p><b>January 12, 2022</b> 11 AM to 12 PM @ Zoom <a href="https://us02web.zoom.us/j/83091212597?pwd=QnZlUjdgWzRlUjZseVh3bEcxwV25LUlU9">https://us02web.zoom.us/j/83091212597?pwd=QnZlUjdgWzRlUjZseVh3bEcxwV25LUlU9</a></p> <p>3 PM to 4 PM @ Zoom <a href="https://us02web.zoom.us/j/86756307393?pwd=RkRLWGVYTWprcldNRVA4Ymd0bUZPUT09">https://us02web.zoom.us/j/86756307393?pwd=RkRLWGVYTWprcldNRVA4Ymd0bUZPUT09</a></p> <p><b>Organizing Team</b> Dr. Neha, Dr. Preeti Dr. Bhavnacet, Ms. Heena Ms. Manpreet, Ms. Akshata Dr. Vasudha</p> 
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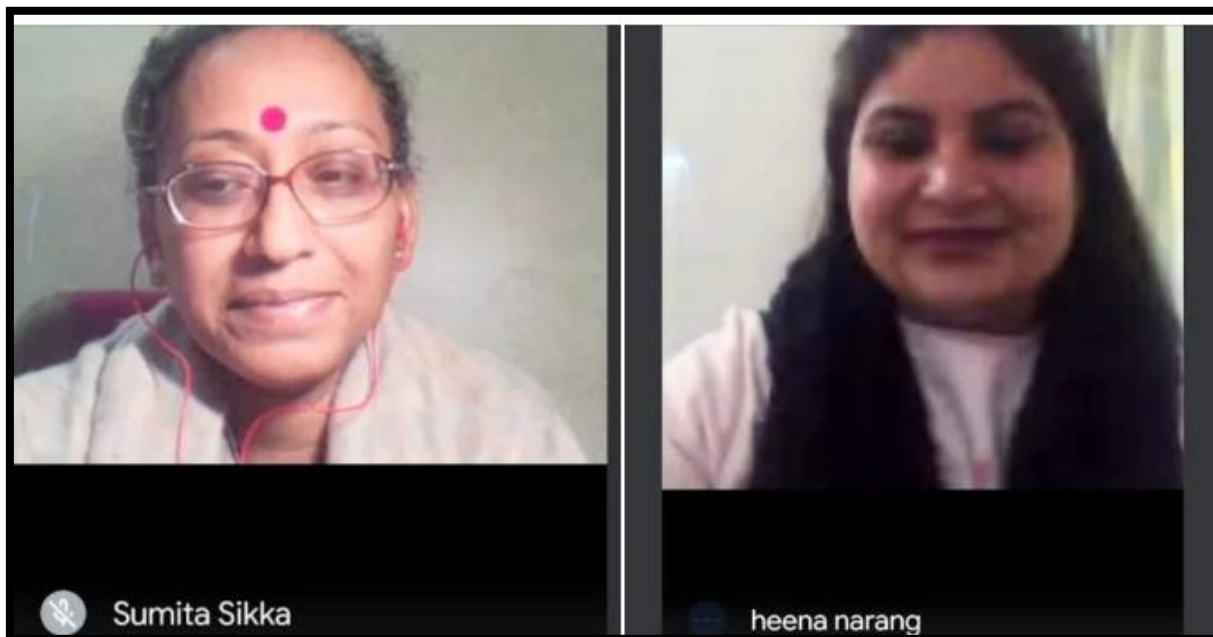
*Mr Nishant conducting session on career opportunities*

## Webinar on Sustainability in Fashion Industry

Date: 26.02.2022

Resource Person: Mrs. Heena Narang, Assistant Professor, GHSC-10 and Dr. Sumita Sikka, Assistant Professor, GGSDS College, Chandigarh

The college organized a one-day webinar on sustainability and fashion. Mrs. Heena Narang spoke about the need of sustainability in fashion industry which is a multibillion global enterprise and its contribution to Indian Economy. She further discussed the unintended consequences of fast fashion like textile waste, environmental and occupational hazards. While concluding she enlightened the audience with 3R's of sustainability and various methods to achieve it. Dr. Sumita Sikka stressed on adopting sustainable behavior for textile waste management. Dr. Sikka gave here valuable inputs from her research on textile waste management about various techniques to utilize textile waste to protect the environment for future generations. She also shared her experiences about meditation with the audience.



*Dr. Sumita Sikka, Assistant Professor, GGSDS College*

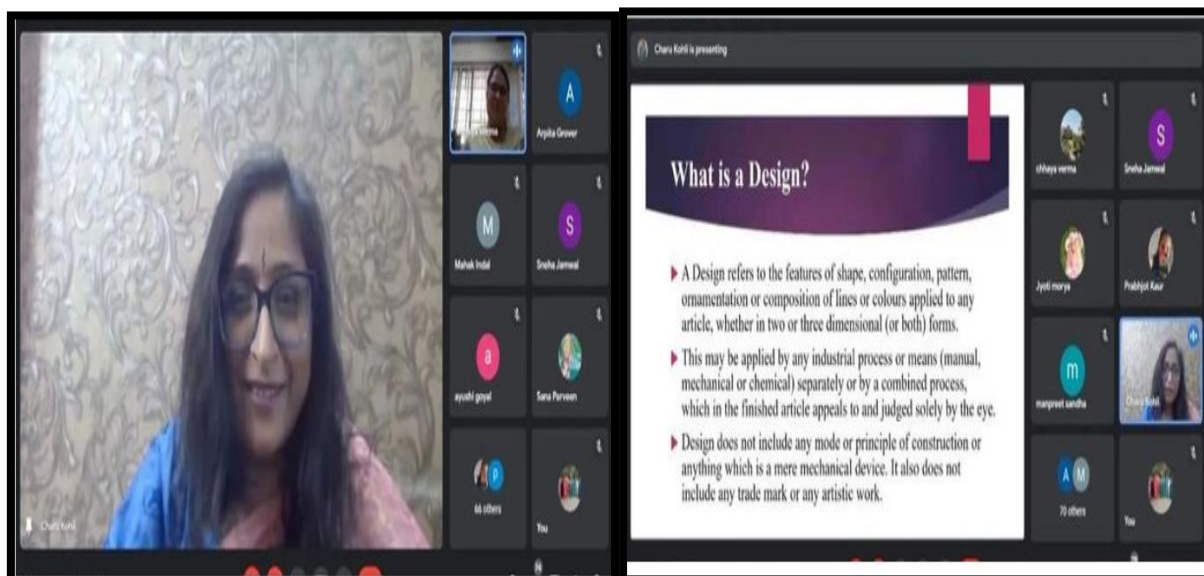


## One-day Webinar on Design Registration Process: An Insight

Date: 28.02.2022

Resource Person: Dr. Charu Kohli, Assistant Professor, NIIFT, Jalandhar

The college organized a one-day webinar on design registration process: an insight.” Dr. Charu Kohli, spoke about the procedure of design registration process. She talked about the difference between patents, copyrights and trade mark in a very systematic manner to give students a clear idea. She further briefed about the benefits of design registration process and essential requirements for registration i.e., design should be new, original, not to be disclosed to the public and significantly distinguishable from known designs. The design can be registered for 10 years and can further be renewed for 5 years. She further discussed the application procedure, shared the forms required and classification of designs. Dr. Kohli gave her valuable inputs from her research in design registration.



*Dr. Kohli briefing about design registration process*

## Workshop on Demonstration of Nutritious Low-Cost Millet Recipes

Date: 25.03.2022

Resource Person: Dr. Ritu Pradhan, Associate Professor, GHSC-10 and Students of M.Sc. Foods and Nutrition

As part of the ongoing celebrations of Poshan Pakhwada, the college organised a demonstration on low-cost nutritious recipes using millets as the core ingredient. The demonstration was conducted by the students for the parents of Chaitanya Laboratory Nursery School on the college campus. They were apprised of the nutritive value and significance of using millets in the diet. Efforts were made through live demonstration to include all millets such as sorghum, bajra, ragi in commonly consumed recipes such as dal kachori, sprout chaat, curd sandwich and mixed salad.



*Dr Ritu addressing the audience on nutritive value of millets*

## **Webinar on Sources and Resources in the Digital Age**

**Date: 29.03.2022**

**Resource Person: Dr Preeti Sharda, Library In-charge, Post-Graduate Government College for Girls, Sec-42, Chandigarh**

Digital resources are becoming an integral part of academics in the 21st century. The rising popularity of digitized archives, web-based content and electronic media has metamorphized the very process of learning and changed our perception about the utilization of digital resources in various libraries. Keeping in mind the shifting parameters of learning resources as well as the penetration of technology in our day-to-day life, a webinar on “Sources and Resources in Digital Age” was organized within the premises of the college. Dr Preeti Sharda talked about different sources that students and research scholars can utilize to read and access books, journals, research papers and a wide database of academic data. She apprised the students about Inflibnet, N-list, National digital library and various other portals like Shodhganga and Google Scholar to aid them in their research work.



*Dr Preeti Sharda conducting a session on digital sources for research activities*

## **Seminar on Entrepreneurial Ventures in Health and Wellness Industry**

**Date: 31.03.2022**

**Resource Person: Dr. Saima from Oral Rehabilitation Center, Sector 34, Chandigarh and Dr. Pragma, Cloud Nine Hospital**

In continuation with the celebrations of Poshan Pakhwada, the college organized a seminar on entrepreneurial ventures in health and wellness industry. Dr. Saima and Dr. Pragma emphasized the importance of good health in today's time. They highlighted the various gaps in health and wellness industry which can be targeted by the students to become successful entrepreneurs.



**Dr. Saima, Oral Rehabilitation Center, Sector 34 and Dr. Pragma, Gynecologist, Cloud Nine hospital**

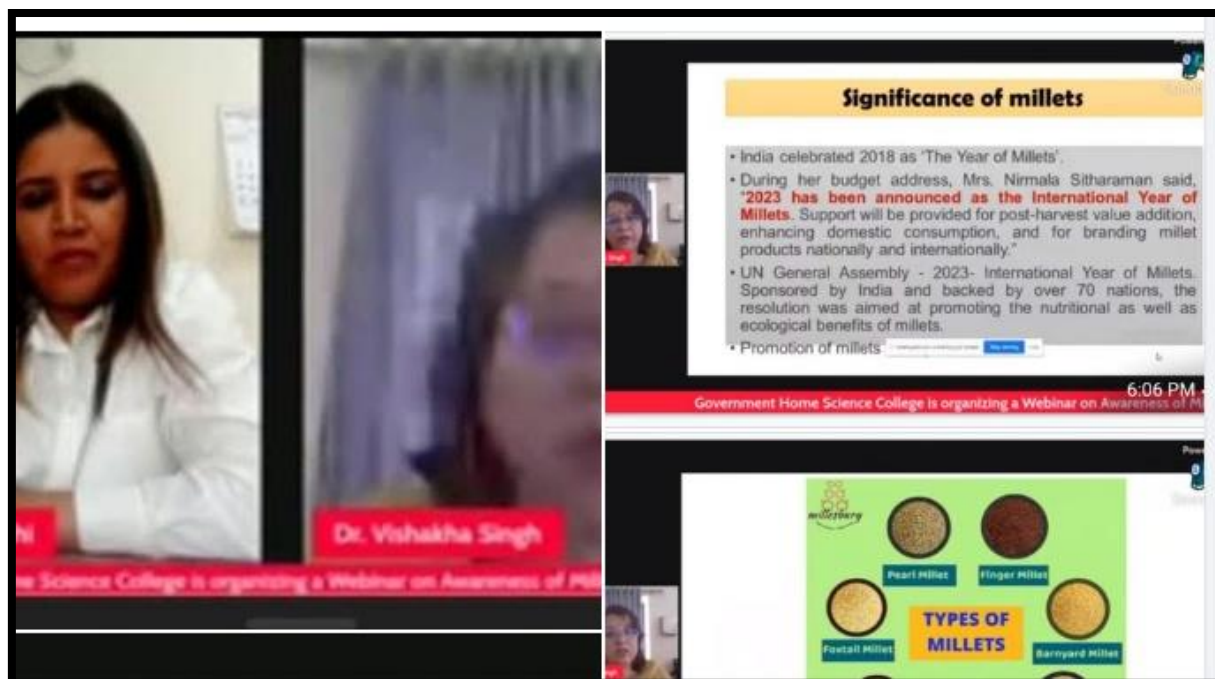


## Webinar on Developing Low-Cost Recipes using Millet Sorghum

Date: 01.04.2022

Resource Person: Dr. Vishakha Singh, Associate Professor, College of Community and Applied Sciences, Maharana Pratap University of Agriculture and Technology, Udaipur

The college organized a webinar on developing low-cost recipe using sorghum millet. A live demo for the preparation of thepla using sorghum was given by Dr. Vishakha Singh. She also highlighted the importance of millets and their clinical significance in the diet. She significantly foregrounded how millets help in boosting our immune system and fight diseases by increasing the nutritional component in our bodies.



*Dr Singh discussing about importance of millets during the webinar*

## Workshop on Product Marketing

Date: 02.06.2022

Resource Person: Ms. Anita Pal, Artist and Educationist

The college organized a one-day skill building workshop on product marketing, to promote the idea of self-reliance and entrepreneurship amongst students. The students developed a wide array of products using common household waste materials such as: mini gardens, terrariums, designer tote bags, home décor accessories and cushion cover. Ms. Anita, shared her expertise on product marketability by apprising the students about the essential parameters for marketing a product such as target audience, unique selling proposition of the product being developed and the cost involved in the manufacturing of the product. Later, the products made during the workshop were displayed during the ongoing entrepreneurial exhibition- Rangkriti in the college. Through this the budding entrepreneurs got an opportunity to test the marketability of their products amongst a sample of the target audience.



*Snippets from the workshop*

## **Skill Enhancement Workshop on Traditional Artefacts**

**Date: 11.08.2022**

**Resource Person: Mrs Seema Jaitly, Assistant Professor, GHSC-10**

The art department of the college organized a skill enhancement workshop on developing traditional artefacts. The budding entrepreneurs created eye-catching innovative rakhi varying from elegant yet simple threads to ornate ones studded with pearls and stones. The students were also apprised about the efficient costing of the products developed.



*Snippets from the workshop*

## **Skill-Building Workshop on Decoration Items**

**Date: 31.08.2022**

**Resource Person: Mrs Seema Jaitly, Assistant Professor, GHSC-10**

The college organized a skill-building workshop on developing traditional artefacts and decoration items such as diya, floaters, handmade flowers, bangles, etc. All articles were hand made by the students of B.Sc. Home Science 2<sup>nd</sup> year. The students were also apprised the concept of branding the products to increase its selling ability. Later the students displayed their creations for the staff and students of the college.



*Glimpses of the workshop*