



**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-V
STUDENT SUPPORT AND PROGRESSION**



CRITERION 5
KEY INDICATOR Student Support

METRIC 5.1.2 Capacity building and skills enhancement initiatives taken by the institution include the following 1. Soft skills 2. Language and communication skills 3. Life skills (Yoga, physical fitness, health and hygiene) 4. ICT/computing skills

INDEX

S.NO	Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Name of the agencies/consultants involved with contact details (if any)	Page number
SOFT SKILLS				
1	Workshop on Resume Writing and Facing Interview	22-Mar-18	Ms. Jyoti Pathania, Coordinator, World School Organization and Sh. Baltej Singh, Head HR, Job Destination Company.	1-3
2	Workshop on Personality Development and Grooming Skills	29-Jan-19	Ms. Garima Walia , an alumna of the college and owner of The Allure-unisex salon and Diet Clinic in Chandigarh,	4-6
3	Workshop on Resume Writing and Career Opportunities	5-Feb-19	Mr Shelly karwal , a motivational speaker from Vestige India Pvt Ltd	7-9

4	Workshop on Essentials of Venturing into E-Business	20-Feb-19	Mr. Aman , Freelancer and Digital Marketing Trainer with over 12 years experience in Digital Marketing Field and Ms. Ritika Raina , M Com and E-commerce sites expert with over 2 years hand on experience working on sites.	10-12
5	Workshop on inspiration, innovation and entrepreneurship	12-Jun-21	Nidhi Bimal M. Sc Student, (Clothing and Textiles)	13-15
6	Webinar by alumni on inspiration, innovation and entrepreneurship	10-Jun-21	Swati Talwar, Dietician , Diet Clinic Ghaziabad & Saharanpur	16-18
7	Webinar by alumni on inspiration, innovation and entrepreneurship	14-Jun-21	Dr. Harpreet Kaur , HOD, PG Deptt. Of Fashion Designing, Kanya Maha Vidyalaya Jalandhar.	19-21
LANGUAGE AND COMMUNICATION				
8	Free English Communication Bridge Course	30-10-18	Prof Nirmal Dutt, Regional Centre for Entrepreneurship Development (RCED)	28-30
9	Essay Writing and Declamation Contest on 'Spreading Awareness Among Voters	15-Dec-21	NSS unit of Government Home Science College	31-33
LIFE SKILLS				
10	Food Testing Awareness Workshop	24-Oct-17	Mr. S.K Mehta, Ex Food Technologist, Food and Nutrition Board of India	34-36
11	Workshop on Food Safety and Adulteration	24-Sep-18	Mr. Sukhwinder Singh, Designated Officer , Food Safety Administration , GMSH-16. Chandigarh	37-39
12	Workshop on Entrepreneurial Ventures for Nutritive Cakes, Cookies & Chocolates	17-Oct-18	Mr. Vinod Sidhu, Founder Baker of Polka & Vinnie's.	40-42
13	One Day Workshop on Spiritual Counselling and	7-Nov-19	Dr Richa Chopra, Head, Deptt of Behavioral and Contemplative Sciences, Sri	43-46

	Music Therapy		Sri University, Cuttack,	
14	Menstrual Hygiene Campaign	10-Dec-19	Unicharm's feminine hygiene brand Sofy	47-49
15	Awareness on Menstrual Hygiene and Pulse Polio	15-Jan-20	Unicharm's feminine hygiene brand Sofy	50-53
16	Fit India Campaign	18-Jan-20	NSS volunteers of Government Home Science College	54-57
17	One Week live Yoga Session	19-Jun-20	Government Home Science college, Sec 10, Chandigarh	58-60
18	Live Session on Grow through what you go through: Mental Wellbeing Session During Covid-19	25-Jul-20	Ms. Bhavna Garg, Motivational Speaker, Life Coach and Human Development Expert.	61-63
19	Live Workshop with Baker Brothers	31-Jul-20	Baker Brothers i.e. Chefs Amit and Sumit Jhangra	64-67
20	Online Awareness Session on Drug Abuse and Youth During Pandemic	9-Sep-20	Dr Apneet Brar , a homeopathic practitioner	68-71
21	Webinar on Nutrition During Covid 19	17-Sep-20	Dt Sonia Gandhi, Head Fortis Hospital	72-74
22	Live Workshop on Mind Management with Yoga	14-Jun-21	Dr. Richa Chopra Dept of Contemplative and behavioural Sciences at Sri Sri University, Cuttack	75-77
23	Live Peer Learning Workshop on Cake Baking	16-Jun-21	Muskan Sharma, a bakery specialist and student of MSc (HDFR) in Home Science college Chandigarh	78-81
24	7th International Yoga Day	21-Jun-21	Vedika, a student of B.Sc Home Science	82-84
25	Webinar on Financial Literacy	12-Jan-22	Mr Nishant Mahajan, Founder, Behavioral Consultant	85-87
26	Health Mela and Talk	31-Mar-22	Dr. Saima from Oral Rehabilitation Center, Sector 34 and Dr. Pragya, Gynaecologist from Cloud Nine hospital.	88-90

27	Webinar On Millets	1-Apr-22	Dr. Vishakha Singh, Associate Professor, College of Community and Applied Sciences, Maharana Pratap University of Agriculture and Technology, Udaipur, Rajasthan.	91-93
28	100 Days Countdown To International Yoga Day	13-May-22	NSS Volunteers of Government Home Science College	94-96
29	Self Defence Training	24-May-22	in collaboration with Women & Child Support Unit, Chandigarh	97-99
30	Online Workshop On “Internet To Inner-Net”	15-Dec-21	Mr Narinder Anand and Ms Shweta, National Coordinators , Youth empowerment group from Amrita University, Kerela	100-102
31	Breast Cancer Awareness	10-Feb-22	Dr. Atul Sharma, Director General Laproscopic and Breast Cancer Surgery, Fortis Hospital	103-105
32	Celebration of 8th International Yoga Day	03-04-2022 to 20-06-2022	Master Trainer, Major Neelam, Associate Professor from department of HDFR	106-108
ICT				
33	Workshop on SPSS to Boost Research Activities	24-Nov-18	Er. T. Chaudhary, IBM Bengaluru	109-111
34	Workshop on Grooming Techniques and Safe Use of Social Media	22-Jan-20	Fashion Designer Neetu Arora and Sarthi Trust Chairman Taruni Gandhi	112-114
35	Skill Development and Capacity Building Workshop on Dietcal	27-Feb-20	Dr. Gurdeep Kaur, Sr. Dietitian and Proprietor DietCal,	115-117
36	A Talk on “Sources And Resources In The Digital Age”	29-Mar-22	Dr Preeti Sharda, presently working as Library Incharge at Post-Graduate Government College for Girls-42,	118-120
37	An Awareness Session On Cyber Security	25-May-22	. Mr.Vikas Sangwan and Mr. Jai Bhagwan were the resource persons from Cyber Security Cell, Chandigarh	121-123

Soft Skills

Reports

1. Workshop on Resume Writing and Facing Interview

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

22.03.2018

NOTICE

All the faculty members and students are cordially invited to attend workshop on **Resume Writing and Facing Interview**.

Guest Speaker: **Ms. Jyoti Pathania**

Date: **22-03-2018**
Time: 11:30 A.M.
Venue: LT 1


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

Date: 22-03-2018

Agencies/Consultants: Ms. Jyoti Pathania, Coordinator, World School Organization and Sh. Baltej Singh, Head HR, Job Destination Company.

No of participants: 100

The workshop focused on making the students aware of their career interests, strengths, aptitude and preparing them for turning their dreams in to 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 were some of the other areas covered during the workshop. Verbal and non-verbal communication skills were also discussed.



Faculty member introducing resource person and guests



Resource person deliberating upon Resume Writing and Facing Interview

Link of the activity :<https://homescience10.ac.in/news-events?page=13>

Post Event Media Coverage

»Workshop on Resume Writing and Facing Interview in Home Science College

A Job Seminar cum interactive workshop on Resume Writing and Facing Interview was held in Government Home Science College on March 22, 2018. Members of the placement cell welcomed the speakers- Ms. Jyoti Pathania, Coordinator, World School Organization and Sh. Baltej Singh, Head HR, Job Destination Company. The workshop focused on making the students aware of their career interests, strengths, aptitude and preparing them for turning their dreams in to 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 were some of the other areas covered during the workshop. Verbal and non verbal communication skills were also discussed. Principal Dr. Sudha Katyal talked about the diversity of the jobs available, tapping potentials for entrepreneurship and importance of time management to arrive smart in life.



News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

2. Workshop on Personality Development and Grooming Skills

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10, CHANDIGARH

28.01.2019

NOTICE

All the staff members, students and DAY-NULM beneficiaries are cordially invited to attend workshop on **Personality development & Grooming Skills** as a placement initiative for students.

Guest Speaker: **Ms. Garima Walia**

Date: **January 29, 2019**

Time: **01:00 a.m.**

Venue: **HDFR conference room.**

S. Walia
Principal
Govt. Home Science College
Sector 10, Chandigarh.
28/1/19

2019-1-28 14:37

Date: 29-01-2019

Agencies/Consultants: Ms. Garima Walia , an alumna of the college and owner of The Allure-unisex salon and Diet Clinic in Chandigarh,

No of participants: 110

More than 100 B.Sc. final year and post graduate students as well as beneficiaries of DAY NULM project were appraised on skill development in Fashion Designing. The speaker emphasized on the importance of being confident and feeling 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.



Ms. Garima Walia demonstrating grooming skills to the participants

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

Post Event Media Coverage

‘Personality Development and Grooming Skills ‘



Workshop on Grooming Skills, Personality Development And Make-Up Ms. Garima Walia , an alumna of the college and owner of The Allure-unisex salon and Diet Clinic

Jan 29, 2019: A Workshop on Personality Development and Grooming Skills was organized . More than 100 B.Sc. final year and post graduate students, beneficiaries of DAY-NULM project on free skill development training in Fashion Designing and faculty of the college attended the workshop.

News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

3. Workshop on Resume Writing and Career Opportunities

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10, CHANDIGARH

05.02.2019

NOTICE

All the faculty members and students are cordially invited to attend workshop on **Resume Writing and Career Development** as a placement initiative.

Guest Speaker: Ms. Shelly Karwal

Date: 05.02.2019

Time: 01:00p.m.

Venue: LT 1.

S. Karwal
5/2/2019
Principal
Govt. Home Science College
Sector 10, Chandigarh.

Date: 05.02.2019

Agencies/Consultants: Mr Shelly Karwal , a motivational speaker from Vestige India Pvt Ltd

No of participants: 100

More than 100 students of final year of undergraduate and postgraduate streams took part in the workshop. Mr Shelly karwal , a motivational speaker from Vestige India Pvt Ltd , apprised the students about the various aspects of resume writing. He guided the students to post their resume on LinkedIn as it has an access to large number of job providers. He also gave tips to present one's skills and achievements in a manner to meet the requirements as per the employee.



Mr Shelly Karwal delivering lecture on resume writing

Link of the activity: <https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage

'Resume Writing and Career Opportunities'

Feb. 5, 2019: The college organised an interactive workshop on Resume writing and career opportunities in which Mr Shelly Karwal, a motivational speaker from Vestige India Pvt. Ltd, apprised the students about the various aspects of resume writing. He guided the students to post their resume on Linked.in as it has an access to large number of job providers. Mr. Sunil from Innovative Knits also shared the techniques of writing effective curriculum vitae.



Resume writing and Career opportunities

News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

4. Workshop on Essentials of Venturing into E-Business

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

20.02.2019

NOTICE

All the faculty members and students are cordially invited to attend workshop on **Essentials of Venturing into E-Business**.

Guest Speaker: **Mr. Aman**

Date: **20.02.2019**

Time: 11:00 A.M.

Venue: HDFR Conference Room


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Date: 20.02.19

Agencies/Consultants: Mr. Aman , Freelancer and Digital Marketing Trainer and Ms. Ritika Raina , M Com and E-commerce sites expert

No of participants: 100

The workshop emphasized the integral role of E-commerce in modern world. The speaker explained about the marketing of products through various websites and highlighted the four P's 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.



Mr Aman addressing participants regarding E-business

Link of the activity:<https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage

'Essentials of Venturing into E- Business'

Feb. 20, 2019: A workshop on 'Essentials of Venturing into E- Business' was organised as a placement initiative. The guest speakers were Mr. Aman , Freelancer and Digital Marketing Trainer with over 12 years experience in Digital Marketing Field and Ms. Ritika Raina , M Com and E commerce sites expert with over 2 years hand on experience working on sites. Mr Aman explained about the marketing of products through various websites and highlighted the four P's of marketing i.e. Product, Price, Place and Promotion. Ms Ritika Raina gave an insightful lecture on Digital Marketing. 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. She also informed the students about uploading products on snapdeal and flipkart.



Ms. Ritika Raina and Mr. Aman —
Guest Speakers

News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

5. Workshop on Inspiration, Innovation and Entrepreneurship

Brochure

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

Earn While You Learn

Live Peer learning workshop by budding entrepreneur
ON
Inspiration, Innovation & Entrepreneurship

June 12, 2021, @12.00 noon
<https://meet.google.com/jbim-qwim-ofr>

Co-ordinator: Mrs. Chhaya Verma (HOD, Clothing & Textiles deptt.)
CONVENER: Prof. Sudha Katyal (Principal)

Organizing Team: Clothing and Textiles Department

Start up: *The_knot_store*

Ms. Nidhi Bimal
M.Sc. Clothing And Textile (2020-2022)
Entrepreneur

Has done interiors with macrame of hotel - *The Reef* Sector 7, Chandigarh

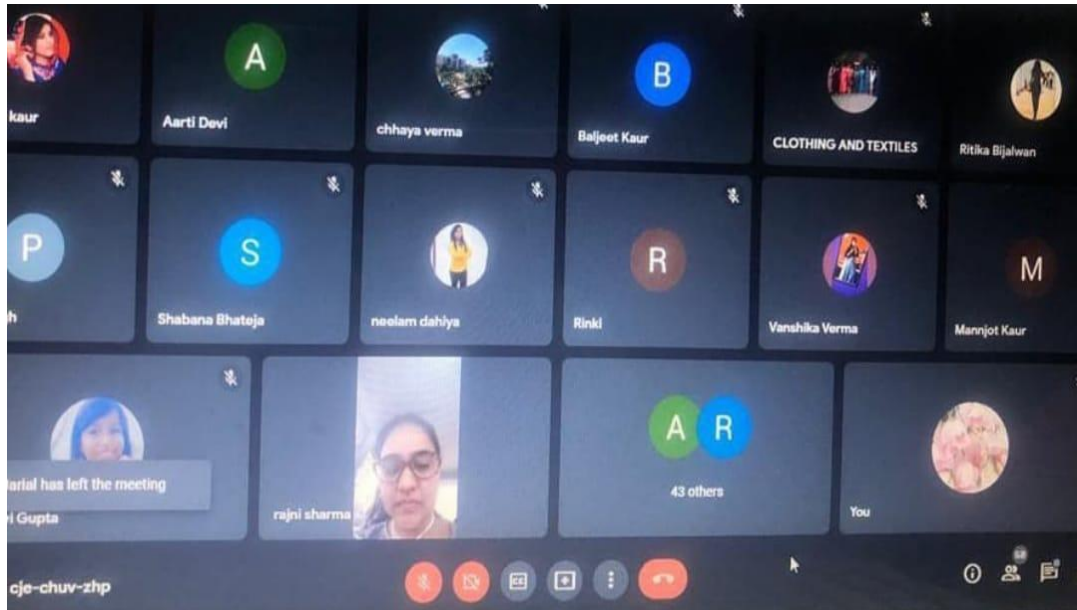
Follow her:- https://instagram.com/the_knot_store?r=nametag

Date: 12.06.21

Agencies/Consultants: Ms. Nidhi Bimal, a student of M.Sc (Clothing & Textile)

No of participants: 75

The speaker 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



Screenshot of participants attending the webinar

Link of the activity: <https://homescience10.ac.in/news-events?page=6>

Post Event Media Coverage



News uploaded on website: <https://homescience10.ac.in/news-events?page=6>

6. Live Webinar by Alumni on Inspiration, Innovation and Entrepreneurship at Home Science College

Brochure

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

Our Alumni Our Support

स्व विकास

**Live Webinar Series of
Inspiration, Innovation
& Entrepreneurship
by our
Distinguished
Alumni**

June 10-14, 2021

Organizing Team
Dr. Uttara Singh
Mrs. Namrata Sethi
Dr. Bhavneet Kaur
Dr. Vasudha Bansal

Co-ordinator
Dr. Ritu Pradhan (HOD, F&N)

Convener
Prof. Sudha Katyal
Principal

Dt. Swati Talwar
Series # 01
**Established Dietitian
since 2012**

M.Sc. in Foods & Nutrition
Topper of Batch 2009

Diet Clinic Ghaziabad
Diet Clinic Saharanpur

**LET YOUR
DIET
WORK
FOR YOU**

**Sharing her Motivational
Success Story**
June 10, 2021 @ 11.00 AM
meet.google.com/gqb-wixv-qrj

Follow her
facebook

<https://tinyurl.com/srh485n>
<https://tinyurl.com/ks8f2vkw>

Date: 14.06.21

Agencies/Consultants: Swati Talwar, Dietician, Diet clinic Ghaziabad and Saharanpur

No of participants: 50

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.



Screenshot of webinar

Link of the activity: <https://homescience10.ac.in/news-events?page=6>

Post Event Media Coverage

Live Webinar Series by Alumni on Inspiration, Innovation and Entrepreneurship kickstart at Home Science College

The first webinar in this series was conducted by alumna Swati Talwar



cityairnews Jun 10, 2021 02:09

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News uploaded on website: <https://homescience10.ac.in/news-events?page=6>

7. Live Webinar on Inspiration, Innovation and Entrepreneurship

Brochure

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

Our Alumni Our Support

स्व विकास

Co-ordinator
Mrs. Chhaya Verma (HOD,
Clothing & Textiles)

Convener
Prof. Sudha Katyal
Principal

Live Webinar Series of
Inspiration, Innovation
& Entrepreneurship
by our
Distinguished
Alumni

June 10-14, 2021

Organising team
Clothing and Textiles
Department

Webinar on CAREER OPPURTUNITIES IN FASHION

**Dr. Harpreet Kaur Head,
P.G. Department of Fashion
Designing , Kanya Maha
Vidyalaya
(Autonomous), Jalandhar**

About the Resource person

- PhD in Innovative Techniques of Upcycling Pre & Post Consumer Textile Waste for Sustainable Growth
- Resource Person Doordarshan & AIR
- Invited as Resource Person in Various Colleges/ Institutes
- 12 IPR's in Design (Copyright Office, GOI)
- Publications in Scopus Journals

Appreciation Certificate by Commissioner Municipal Corporation, Jalandhar for Excellent Community Work under Swacch Bharat Mission & Entrepreneurship Development with Safai Sahayaks of MCJ

➤ Author of various books and book chapters

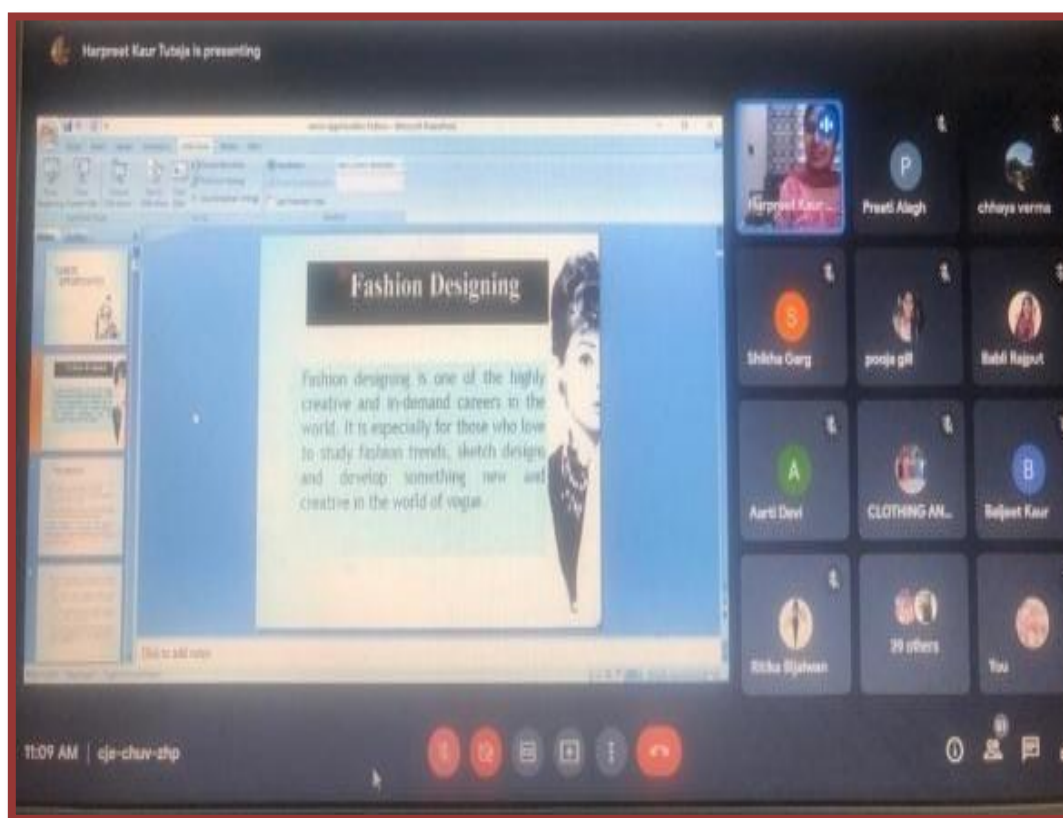
June 14, 2021, @11.00 AM [link- https://meet.google.com/cje-chuv-zhp](https://meet.google.com/cje-chuv-zhp)

Date: 14.06.21

Agencies/Consultants: Dr. Harpreet Kaur , HOD, PG Deptt. of Fashion Designing, Kanya Maha Vidyalaya Jalandhar.

No of participants: 100

The speaker 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 further emphasised that food, clothing and shelter are the basic requirements to live a suitable life. Thus, the scope of the field of Clothing and Textiles never falls down in terms of career options. 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, acamedians, virtual assistance, textile engineer, fashion counsellor, instructors, personal shopper, Public relation officer and so on.



Screenshot of Webinar

Link of the activity:<https://homescience10.ac.in/news-events?page=6>

Post Event Media Coverage

»Live webinar by alumni on inspiration, innovation and entrepreneurship at Home Science College 14.06.21

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 further emphasised that food, clothing and shelter are the basic requirements to live a suitable life. Thus, the scope of the field of Clothing and Textiles never falls down in terms of career options. 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, acamedians, virtual assistance, textile engineer, fashion counsellor, instructors, personal shopper, Public relation officer and so on. She further added that students can also associate with textile ministry to do certain types of community services as well. More than 100 participants attended the session.

Principal of the college, Prof.Sudha Katyal apprised all the viewers about the importance of wider scope of Fashion Designing as a distinguished field.

Series 5# Live webinar series by alumni concluded with a session on the Scope of Interior Design and Management at Home Science College.

To conclude with the series of webinars conducted by esteemed alumni, Government Home Science College, Chandigarh organized final webinar in the series on the scope of Interior Design and Management. The webinar was conducted by Ms Rajni , pass out student of 2019-batch and a renowned entrepreneur in the field of Interior Decoration. Renowned with a name of Space Rhythm Interiors as her enterprise, she gave the whole credit of her success to the esteemed institution in achieving such big heights with respect to her career. She highlighted the scope of Interior Decoration & Resource Management and further stressed that the students must be fanatical, determined, skilful and goal-oriented.

More than 100 participants attended the session.

Principal of the college, Prof. Sudha Katyal applauded the efforts of faculty in organising the series of webinars and encouraged the students to become self-reliant so as to recapitulate the message of the webinar 'Earn while you Learn' and give their contribution in nation building while becoming Atma Nirbhar.



News uploaded on website:<https://homescience10.ac.in/news-events?page=6>

Skill Development Labs



Institutional Food Service Management Lab



Food Science / Nutritional Assessment Lab



B.Sc. Foods Lab



PatternMakingLab



Printing Lab



UG Construction Lab



KnittingLab



PG Construction Lab



Home Furnishing Lab



FRM Lab



Art Department

LANGUAGE AND COMMUNICATION

Reports

8. Free English Communication Bridge Course

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

30.10.2018

NOTICE

All the faculty members and students are cordially invited to attend workshop on 'Free English Communication Bridge Course'.

Date: 30.10.18

Time: 02:00 P.M.

Venue: HDFR Conference Room


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH


Cpu

Date: 30.10.18

Agencies/Consultants: Regional Centre for Entrepreneurship Development (RCED)

No of participants: 55

The course is organized by the placement cell in collaboration with Regional Centre for Entrepreneurship Development (RCED) .Prof Nirmal Dutt with an experience of more than 35 years in teaching English in D.A.V. College, Chandigarh, will be mentoring the classes. The course content included Grammar and Vocabulary, Skills in Listening, Reading and Writing the English Language, Improving pronunciation and construction of sentences. The course witnessed a huge response from Under Graduate and Post Graduate college and resident students. Exercises given by Prof. Dutt made the workshop more interesting and stimulating.



Participants attending English bridge course

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

Post Event Media Coverage

»FREE ENGLISH COMMUNICATION BRIDGE COURSE STARTS IN HOME SCIENCE COLLEGE(30.10.18)

As an initiative towards enhancement of Soft Skills and English Communication among students, free“**English Communication Bridge Course**” started in Home Science College today. The course is organized by the placement cell in collaboration with **Regional Centre for Entrepreneurship Development (RCED)** .**Prof Nirmal Dutt** with an experience of more than 35 years in teaching English language in D.A.V. College, Chandigarh, will be mentoring the classes. Principal **Prof. Sudha Katyal** welcomed Professor Nirmal Dutt and addressed the students, motivating them to participate in such course. The course content included Grammar and Vocabulary, Skills in Listening, Reading and Writing the English Language, Improving pronunciation and construction of sentences. The course witnessed a huge response from Under Graduate and Post Graduate college and resident students. Exercises given by Prof. Dutt made the workshop more interesting and stimulating. Certificates will be given to all participants on successful completion of the course.



News uploaded on website:<https://homescience10.ac.in/news-events?page=11>

9. Essay Writing and Declamation Contest on 'Spreading Awareness Among Voters'

Notice

**OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH**

14.12.2021

NOTICE

NSS unit of the college is organising "Essay writing and Declamation contest on "Spreading Awareness Among voters".

Date: **15.12.21**

Time: 11:00 A.M.

Venue: LT 1


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Date: 15.12.21

Agencies/Consultants: NSS unit of Government Home Science College

No of participants: 50

The participants shared their views on media and elections in the modern world and provided insightful set of observations on how media can be used efficiently in the elections. They also talked about Election Manifesto and its pertinent role in shaping the future course of any country.



Students participating in essay writing competition

Link of the activity: https://homescience10.ac.in/news_events?page=6

Post Event Media Coverage

Government Home Science College organised essay writing and declamation contest on 'spreading awareness among voters'

More than 50 students participated in this event with full enthusiasm

 cityairnews Dec 15, 2021 06:06

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News uploaded on website: <https://homescience10.ac.in/news-events?page=4>

Web link : <https://www.cityairnews.com/content/government-home-science-college-organised-essay-writing-and-declamation-contest-on-spreading-awareness-among-voters>

LIFESKILLS

Reports

10. Food Testing Awareness Workshop

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

24.10.2017

NOTICE

All the faculty members and students are cordially invited to attend workshop on **Food testing Awareness Workshop**.

Guest Speaker: **Mr. Sukhwinder Singh**

Date: **24.10.2017**

Time: **11:30 A.M.**

Venue: **Food Lab**


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Date: 24.10.2017

Agencies/Consultants: Mr Sukhwinder Singh, UT Health Department, Chandigarh

No of participants: 100

World Consumer Rights Day was observed by the Department of Family Resource Management (FRM) and Economics in Government Home Science College Sector 10, Chandigarh. Mobile Food testing laboratory under the Department of Food Safety and Standards, Chandigarh equipped with equipments was made available in the college parking. Mr Sukhwinder Singh, Food safety officer, UT Health Department, Chandigarh sensitized the students about various food testing techniques. He apprised the faculty and students of the food adulteration practices adopted by sellers in food items like milk, ghee, water, spices etc. Samples brought by the students and staff were tested at a nominal cost.



Mr Sukhwinder Singh spreading awareness regarding Food Testing Awareness

Link of the activity:<https://homescience10.ac.in/news-events?page=13>

Food Testing Awareness at the Campus

March 16, 2018

World Consumer Rights Day was observed by the Department of Family Resource Management (FRM) and Economics in the college. Mobile Food testing laboratory under the Department of Food Safety and Standards, Chandigarh equipped with equipments was made available in the college parking.

Mr Sukhwinder Singh, Food safety officer, UT Health Department, Chandigarh sensitized the students about various food testing techniques. He apprised the faculty and students of the food adulteration practices adopted by sellers in food items like milk, ghee, water, spices etc. Samples brought by the students and staff were tested at a nominal cost.



News uploaded on website: <https://homescience10.ac.in/news-events?page=13>

11. Workshop on Food Safety and Adulteration

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

24.09.2018

NOTICE

All the faculty members and students are cordially invited to attend **Workshop on Food Safety and Adulteration**.

Guest Speaker: **Mr. Sukhwinder Singh**

Date: **24-09-2018**

Time: 11:30 A.M.

Venue: LT 1



Principal

GOVT. HOME SCIENCE COLLEGE

SECTOR 10D, CHANDIGARH



Date: 24-09-2018

Agencies/Consultants: Mr. Sukhwinder Singh, Designated Officer, Food Safety Administration, GMSH-16, Chandigarh

No of participants: 80

As part of the Poshan Maah activities, a one day workshop on FOOD SAFETY AND ADULTERATION was organized. Mr. Sukhwinder Singh, Designated Officer, Food Safety Administration, GMSH-16 delivered a presentation on importance of eating not only healthy, but safe food as well. This was followed by a demonstration on adulteration. 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.



Mr Sukhwinder Singh interacting with the participants

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

Post Event Media Coverage

»WORKSHOP ON FOOD SAFETY AND ADULTERATION AT HOME SCIENCE COLLEGE

As part of the ongoing Poshan Maah activities, Government Home Science College organized a one day workshop on **FOOD SAFETY AND ADULTERATION**. Mr. Sukhwinder Singh, Designated Officer, Food Safety Administration, GMSH-16 delivered a presentation on importance of eating not only healthy, but safe food as well. He spoke about the role of FSSAI and importance of quality standards. Household methods of testing food adulteration and common adulterants found in food were discussed.

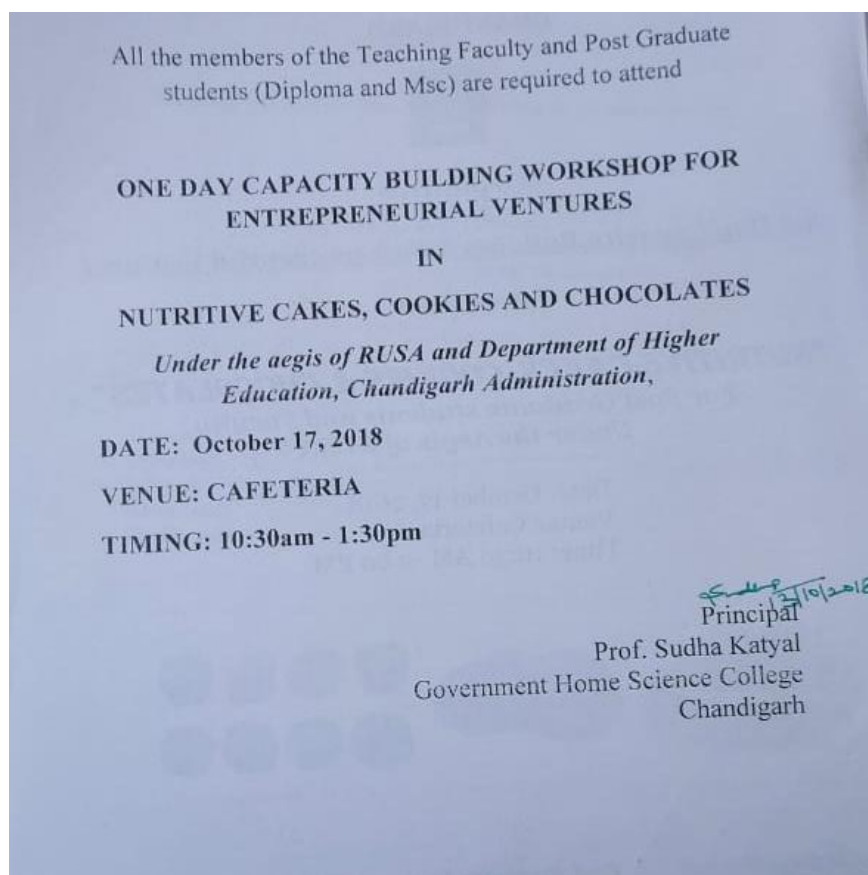
This was followed by a demonstration on adulteration. Food products such as milk and milk products, spices like hing, black pepper, mustard seeds, salt, red chilli powder and pulses such as masoor dal, moong dal were also tested for presence of any adulterants.



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

12. Workshop on Entrepreneurial Ventures for Nutritive Cakes, Cookies & Chocolates

Notice



Date: 24.09.2018

Agencies/Consultants: , Mr. Vinod Sidhu, Founder Baker of Polka & Vinnie's

No of participants: 75

One day capacity building workshop for Entrepreneurial Ventures in Nutritive Cakes, Chocolates and Cookies was held under the aegis of RUSA. The resource person gave hands on demonstration on Eggless brownie's, healthy Cakes, Whole wheat and Corn cookies,

Stuffed baked whole wheat kulcha and decorative Chocolates. Mr. Vinod has more than 20 years of experience crafting all sorts of treats, from cookies, bars and scones to creative cakes. As a successful bakery owner, Mr. Vinod shared his experience of setting up of entrepreneurial ventures in bakery to the Post Graduate students. The workshop was attended by more than 75 participants including faculty members and students.



Resource person interacting with the participants

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

Post Event Media Coverage

Workshop on Entrepreneurial Ventures in Nutritive Cakes, Chocolates and Cookies




Mr. Vinod Sidhu, gave hands on demonstration on Eggless brownie's, healthy Whole wheat and Corn cookies, and decorative Chocolates

Oct. 17, 2018: One day capacity building workshop for Entrepreneurial Ventures in Nutritive Cakes, Chocolates and Cookies was held under the aegis of RUSA . Founder Baker of Polka & Vinnie's, Mr. Vinod Sidhu, an acclaimed baker, gave hands on demonstration on Eggless brownie's, healthy Cakes, Whole wheat and Corn cookies, decorative Chocolates and Stuffed baked whole wheat kulcha. The workshop was attended by more than 75 participants including faculty members and students.

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

13. One Day Workshop on Spiritual Counselling and Music Therapy

Brochure



Government Home Science College
Sector-10, Chandigarh
NAAC Grade 'A'


Organizes

One Day Workshop
on
Spiritual Counselling & Music Therapy

Resource Persons: **Dr. Richa Chopra** (Officiating Head, Department of Behavioural & Contemplative Sciences, Sri Sri University, Cuttack) & **Malvica Chopra**

Sponsored by
Punjab National Bank
Sector-17, Chandigarh

November 07, 2019
Venue: College Auditorium



Email: homescience-chd@nic.in ; Website: www.homescience10.ac.in

Date: 07.11.19

Agencies/Consultants: Dr Richa Chopra, Head, Deptt of Behavioral and Contemplative Sciences, Sri Sri University, Cuttack,

No of participants: 200

With an aim to alienate stress, depression and anxiety and to sustain a new life of positivity, college organized **one-day workshop on Spiritual Counselling and Music Therapy** . More than 200 students participated in the workshop from different parts of the tricity. Dr Richa Chopra beautifully shared the journey of her life with the audience and highlighted the significance of an individual's mind, body and soul and equated it with a person's overall well- being. She brought into limelight the importance of enhancing a person's spiritual side to live life to the fullest.



Glimpses of the workshop

Link of the activity: <https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage



Chandigarh, November 7, 2019: With an aim to alleviate stress, depression and anxiety and to sustain a new life of positivity, Government Home Science College organized one-day workshop on Spiritual Counselling and Music Therapy sponsored by Punjab National Bank (PNB).

Principal of the college, Prof. Sudha Katyal welcomed the resource persons for the day followed by the lightening of the lamp.

Dr Richa Chopra, Head, Department of Behavioral and Contemplative Sciences, Sri Sri University, Cuttack, was the guest speaker for the spiritual counseling session. She beautifully shared the journey of her life with the audience and also played a video created by the Chinese people after being inspired by her iron will, integrity and unflinching commitment. With her spiritual integration, gifted foresight and immense self-belief, she highlighted the significance of an individual's mind, body and soul and equated it with a person's overall well-being. She emphasized on seven levels of human being which are body, breath, mind, intellect, memory, ego and soul and regarding the nature of soul. She highlighted the significance of spirituality and leading the mind, body and soul to work in harmony. She brought into limelight the importance of enhancing a person's spiritual side to live life to the fullest.

In the second session, Malvika Chopra seeking the attention of the audience by melodiously playing the sitar and arouse in them a stable state of mind and a feeling of calmness and relief. With the neuroscientific exploration in music therapy, she capitalized on the inherent strengths of classical music and the psychological impact of musical concepts and ragas. She emphasized music as an adjuvant therapy to aid clinical interventions.

Principal of the college, Prof. Sudha Katyal, expressed her gratitude to the resource persons of the day and further encouraged the students to adopt the

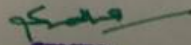
ONE DAY WORKSHOP ON SPIRITUAL COUNSELLING AND MUSIC
THERAPY AT HOME SCIENCE COLLEGE
MANGLA TIMES 7 NOV 2019

Chandigarh: With an aim to alienate stress, depression and anxiety and to sustain a new life of positivity, Government Home Science College organized **one-day workshop on Spiritual Counselling and Music Therapy** sponsored by Punjab National Bank (PNB). Principal of the college, Prof. Sudha Katyal welcomed the resource persons for the day followed by the lightening of the lamp.

Dr Richa Chopra, Head, Deptt of Behavioral and Contemplative Sciences, Sri Sri University, Cuttack, was the guest speaker for the spiritual counseling session. She beautifully shared the journey of her life with the audience and also played a video created by the Chinese people after being inspired by her iron will, integrity and unflinching commitment. With her spiritual integration, gifted foresight and immense self-belief, she highlighted the significance of an individual's mind, body and soul and equated it with a person's overall well-being. She emphasized on seven levels of human being which are body, breath, mind, intellect, memory, ego and soul and regarding the nature of soul. She highlighted the significance of spirituality and leading the mind, body and soul to work in harmony. She brought into limelight the importance of enhancing a person's spiritual side to live life to the fullest.

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Principal of the college, Prof. Sudha Katyal, expressed her gratitude to the resource persons of the day and further encouraged the students to adopt the power of spiritual and musical therapy to enhance the feelings of life satisfaction, experience of hope and optimism in oneself.


Principal,
Govt. Home Science College
CHANDIGARH

News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

14. Menstrual Hygiene Campaign

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

10.12.2019

NOTICE

All the students are cordially invited to attend workshop on **Menstrual Hygiene Campaign**..

Date: **10.12.19**
Time: 4:00 PM.
Venue: Hostel Common


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Date: 10.12.19

Agencies/Consultants: Unicharm's feminine hygiene brand Sofy

No of participants: 100

The objective of the campaign was to create awareness about menstrual hygiene by breaking myths and discrediting shame related to menstruation among girls students. Sofy distributed its environment-friendly and anti-bacterial premium quality sanitary pads free of cost to approximately 100 students in both B.Sc and M.Sc hostel. Girls were sensitized to consider the menstrual phase as a blessing and follow proper standards/methods of hygiene.



Glimpses of Menstrual Hygiene Campaign

Link of the activity: <https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage



News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

15. Awareness on Menstrual Hygiene and Pulse Polio

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH


15.01.2020

NOTICE

All the faculty members and students are cordially invited to attend **Workshop on Awareness on Menstrual Hygiene and Pulse Polio.**

Guest Speaker: Ms. Nidhi Bimal

Date: **15.01.2020**


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH


Car

Date: 15.01.2020

Collaboration: Unicharm's feminine hygiene brand Sofy

No of participants: 100

With an aim to promote Fit India Movement and build strength, awareness and harmony in both mind and body, Yoga sessions were conducted by the enthusiastic volunteers. Volunteers performed various 'Asanas' to improve respiration, energy and vitality and further improvise their athletic performance. They were informed about the benefits and importance of yoga in our daily lives.



Glimpses of the event

Link of the activity: <https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage

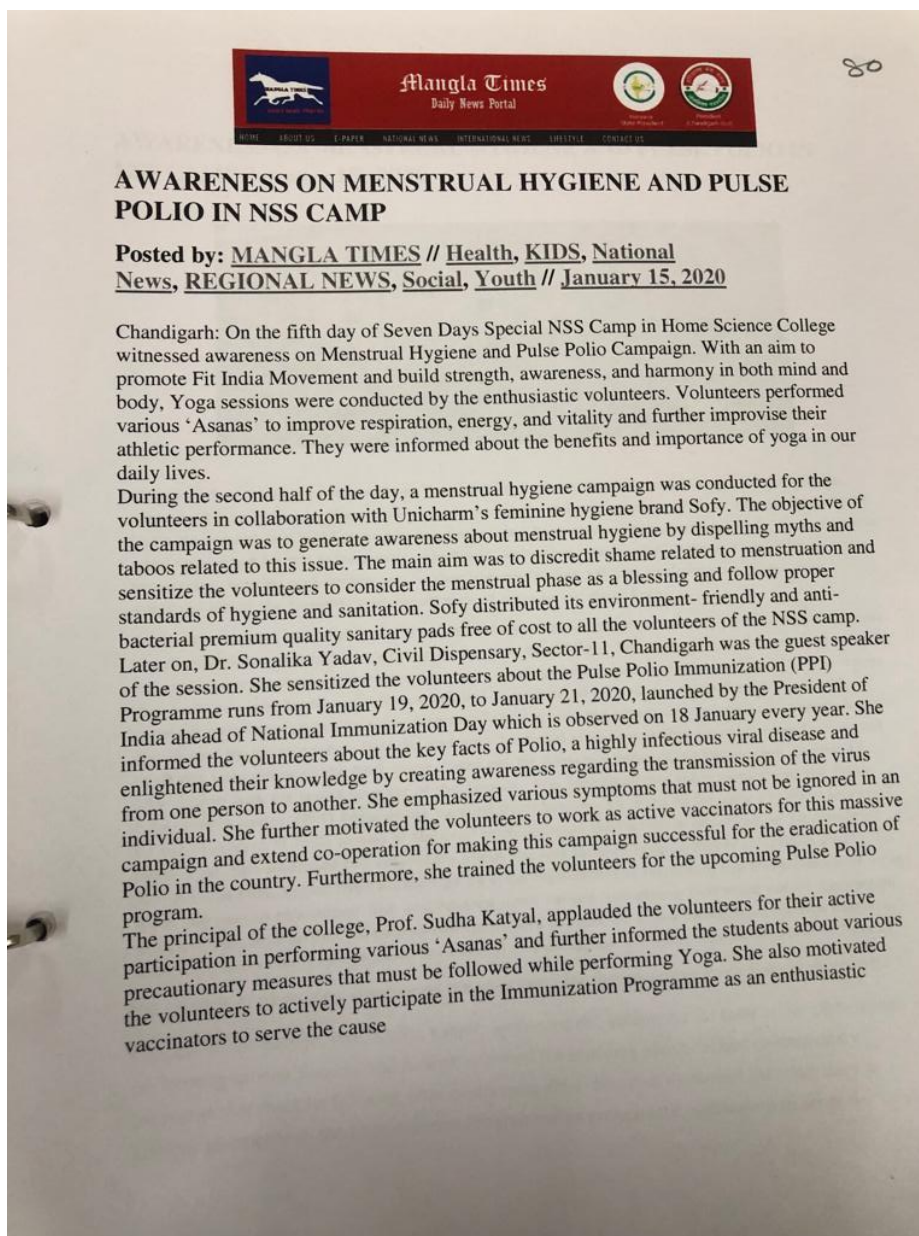
AWARENESS ON MENSTRUAL HYGIENE AND PULSE POLIO IN NSS CAMP January 15, 2020



Chandigarh: Fifth Day of Seven Days Special NSS Camp in Government Home Science College witnessed awareness on Menstrual Hygiene and Pulse Polio Campaign. With an aim to promote Fit India Movement and build strength, awareness and harmony in both mind and body, Yoga sessions were conducted by the enthusiastic volunteers. Volunteers performed various 'Asanas' to improve respiration, energy and vitality and further improve their athletic performance. They were informed about the benefits and importance of yoga in our daily lives.

During the second half of the day, a menstrual hygiene campaign was conducted for the volunteers in collaboration with Unicharm's feminine hygiene brand Sofy. The objective of the campaign was to generate awareness about menstrual hygiene by dispelling myths and taboos related to this issue. The main aim was to discredit shame related to menstruation and sensitize the volunteers to consider menstrual phase as a blessing and follow proper standards of hygiene and sanitation. Sofy distributed its environment- friendly and anti- bacterial premium quality sanitary pads free of cost to all the volunteers of the NSS camp. Later on, Dr. Sonalika Yadav, Civil Dispensary, Sector-11, Chandigarh was the guest speaker of the session. She sensitized the volunteers about the Pulse Polio Immunization (PPI) Programme running from January 19, 2020 to January 21, 2020 launched by the President of India ahead of National Immunization Day which is observed on 18 January every year. She informed the volunteers about the key facts of Polio, a highly infectious viral disease and enlightened their knowledge by creating awareness regarding the transmission of virus from one person to another. She emphasized upon various symptoms that must not be ignored in an individual. She further motivated the volunteers to work as active vaccinators for this massive campaign and extend co-operation for making this campaign successful for eradication of Polio in the country. Furthermore, she trained the volunteers for the upcoming Pulse Polio programme.

Principal of the college, Prof. Sudha Katyal, applauded the volunteers for their active participation in performing various 'Asanas' and further informed the students about various precautionary measures that must be followed while performing Yoga. She also motivated the volunteers to work as active vaccinators to serve the cause.



News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

16. Fit India Campaign

Notice

OFFICE OF THE PRINCIPAL GOVT. HOME SCIENCE COLLEGE
SECTOR-10, CHANDIGARH

DATE: 28.08.2019

NOTICE

To promote "Fit India movement" and to celebrate National Sports Day to commemorate the birth anniversary of legendary hockey player of India, Major Dhyan Chand, on August 29, 2019 (Thursday), the Physical Education department of the college is organizing badminton competition on August 28 & 29, 2019 from 9:00 am onwards. All the students and staff members (Teaching and Non Teaching) can submit their entries in the department of Physical Education.

Mona Singh
28/08/2019.
Incharge
Deptt. of Physical Education

S. Singh
28/8/19
Principal
Govt. Home Science College
Sector-10, Chandigarh

Date: 18.01.20

Agencies/Consultants: NSS volunteers of Government Home Science College

No of participants: 70

With an aim to promote Fit India Campaign and improvise mobility and body balance, volunteers performed physical training exercises and enthusiastically played different sports

in the college ground. Volunteers were informed of the various health benefits of different exercises and importance of performing sports in our day to day lives for the betterment of our health.



Students playing Kho-Kho To Promote Fit India Campaign

Link of the activity: <https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage

ACTIVITIES ORGANIZED TO PROMOTE FIT INDIA CAMPAIGN AT CHANDIGARH HOME SCIENCE COLLEGE

Posted by: MANGLA TIMES // National News, REGIONAL NEWS, Social // January 18, 2020

Chandigarh: With an aim to promote Fit India Campaign and improvise mobility and body balance, NSS volunteers of Government Home Science College performed physical training exercises and enthusiastically played different sports in the college ground. Volunteers were informed of the various health benefits of different exercises and importance of performing sports in our day to day lives for the betterment of our health.

Volunteers also played sports that originated in ancient India. The main motto was to promote the Indian culture and emphasizing upon the nation-wide campaign of Fit India Campaign that aims to encourage people to include physical activity and sports in their everyday lives. Various sports such as kho-kho was played which added to the zeal amongst the students.

Principal of the college, Prof. Sudha Katyal, applauded the students for their contribution in this campaign and highlighted the importance of fitness, especially in the times we live in and added that people must change their mindsets when it comes to physical fitness. She further motivated the students to be active volunteers with an endeavor to promote this national campaign

ACTIVITIES ORGANIZED TO PROMOTE FIT INDIA CAMPAIGN AT HOME SCIENCE COLLEGE 18 January 2020



Chandigarh: With an aim to promote Fit India Campaign and improvise mobility and body balance, NSS volunteers of Government Home Science College performed physical training exercises and enthusiastically played different sports in the college ground. Volunteers were informed of the various health benefits of different exercises and importance of performing sports in our day to day lives for the betterment of our health.

Volunteers also played sports that originated in ancient India. The main motto was to promote the Indian culture and emphasizing upon the nation- wide campaign of Fit India Campaign that aims to encourage people to include physical activity and sports in their everyday lives. Various sports such as kho-kho was played which added to the zeal amongst the students.

Principal of the college, Prof. Sudha Katyal, applauded the students for their contribution in this campaign and highlighted the importance of fitness, especially in the times we live in and added that people must change their mindsets when it comes to physical fitness. She further motivated the students to be active volunteers with an endeavour to promote this national campaign.

News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

17. One Week Live Yoga Session

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

18.06.2020

NOTICE

All the faculty members and students are cordially invited to attend **One Week Live Yoga Session.**

Date: 19.06.20
Time: 06:00 A.M.


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Date: 19.06.2020

Agencies/Consultants: Vedika , a student of B.Sc Home Science 4 th semester Government Home Science college, Sec 10, Chandigarh

No of participants: 100

The session was conducted by yoga practitioner, Vedika , a student of B.Sc Home Science 4 th semester early morning today where she demonstrated various asanas like Tadasana, Paschimottanasana, Sethu bandhasana and Pranayam including Brahmari, Anulom Vilom and Kapalbhati along with explaining the benefits of each. The Yoga session is being conducted keeping in mind the Covid guidelines for safety of all participants



Demonstration of Yoga Asanas



Students and faculty members attending live Yoga Session

Link of the activity: <https://homescience10.ac.in/news-events?page=9>

Post Event Media Coverage

»One Week live Yoga Session kick started in Home Science College 19.06.20

One week live Yoga session kick started in Government Home Science College on June 19,2020 for faculty and students as a prelude to the International Yoga Day on June 21, 2020. The session was conducted by yoga practitioner, Vedika , a student of B.Sc Home Science 4 th semester early morning today where she demonstrated various asanas like Tadasana, Paschimottanasana, Sethu bandhasana and Pranayam including Brahmari, Anulom Vilom and Kapalbhathi along with explaining the benefits of each. The Yoga session is being conducted keeping in mind the Covid guidelines for safety of all participants . The session was attended by over 100 participants and brought immense relief, alertness and a freshness among them. The session proved to be energizing, transcending, and provided enlightening experience to all participants. Principal Prof Sudha Katyal applauded the efforts of organising team and said that such sessions help in tackling depression and anxiety along with health benefits to all.



News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

18. Live Session on Grow through what you go through: Mental Wellbeing Session During Covid-19

Brochure

Government Home Science College



**Sector-10, Chandigarh
NAAC Grade 'A'**



**Ranked 86th
(NIRF 2020)**

Organizes

**Live Session
on
Grow Through
What You Go Through:
Mental Well-being Session
During COVID-19**

Convener

**Prof. Sudha Katyal
(PRINCIPAL)**



**Healthy Brain
Happy Life**



Date:

25.07.20

at

05:00

P.M.

Speaker of the Day



**Bhavna Garg
(Our Alumna)**

*Motivational Speaker
Life Coach
Human Development Expert*

Join us on Facebook:

https://www.facebook.com/Happy-Brain-Happy-Life-102986041507535/?modal=admin_todo_tour

Open for All

Prof. Reetinder Brar (Co-ordinator)

Major Neelam Kumari : 9530661386

Dr. Neha Sharma: 8054212503

Mrs. Shikha Garg: 9779774434

Mrs. Nupur Bhatnagar : 9876625187



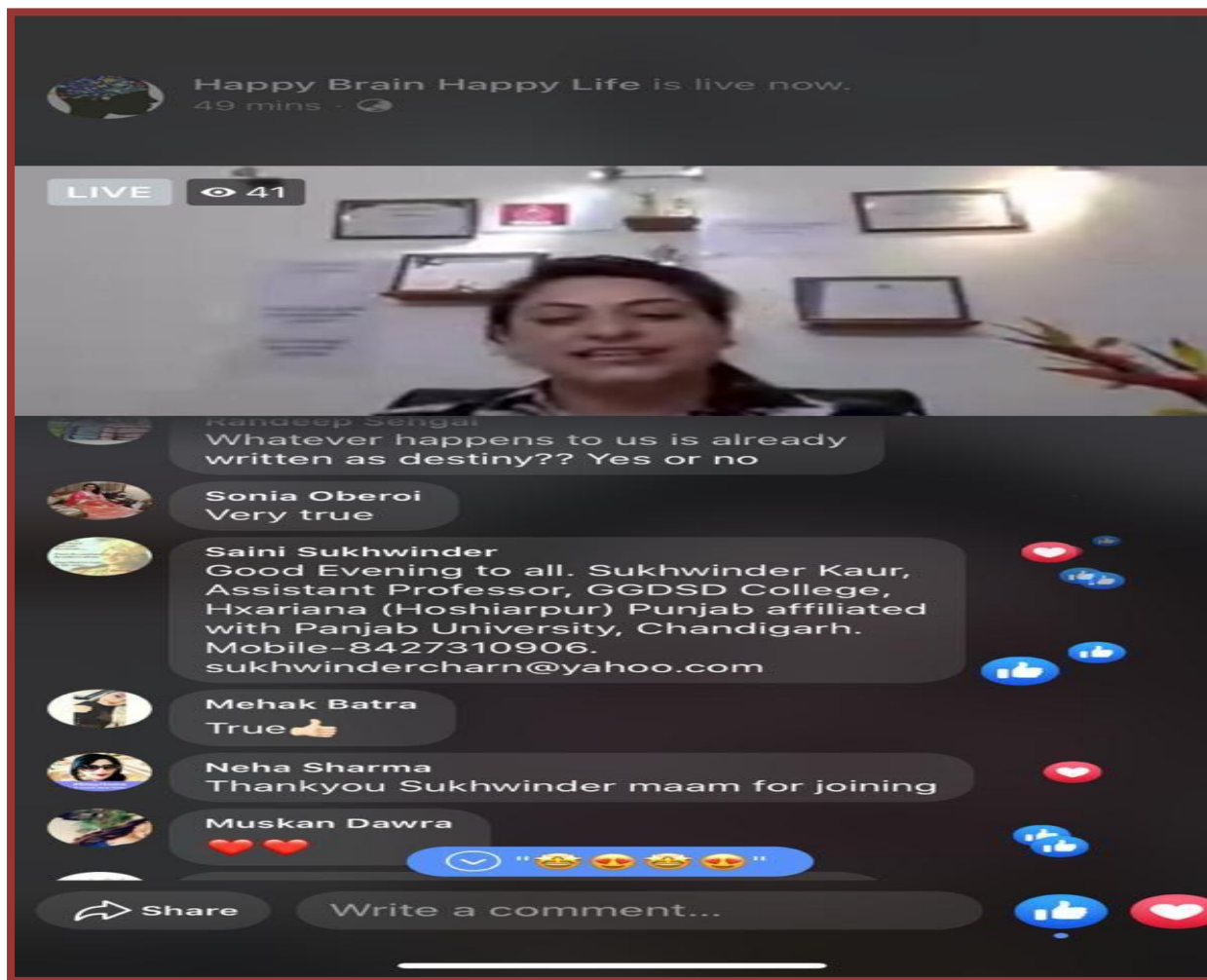
Date: 25.07.20

Agencies/Consultants: Ms. Bhavna Garg, Motivational Speaker, Life Coach and Human Development Expert.

No of participants: 45

The workshop was successfully conducted by Ms. Bhavna Garg, Alumna of our college, Motivational Speaker, Life Coach and Human Development Expert. The session was live on facebook and many viewers participated in the session actively.

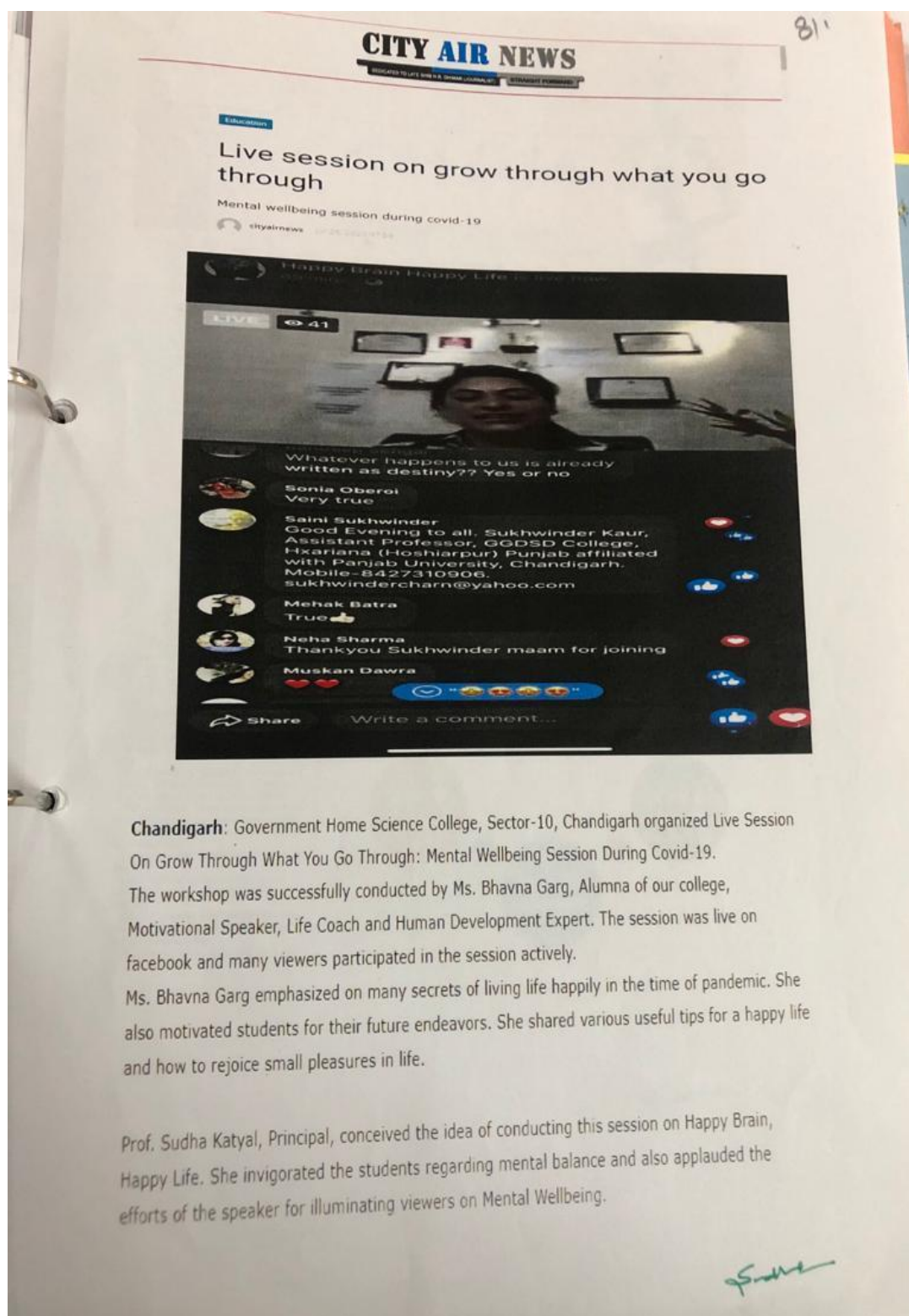
Ms. Bhavna Garg emphasized on many secrets of living life happily in the time of pandemic. She also motivated students for their future endeavors. She shared various useful tips for a happy life and how to rejoice small pleasures in life.



Screenshot of Live Session on Grow through what you go through: Mental Wellbeing Session During Covid-19

Link of the activity: <https://homescience10.ac.in/news-events?page=8>

Post Event Media Coverage



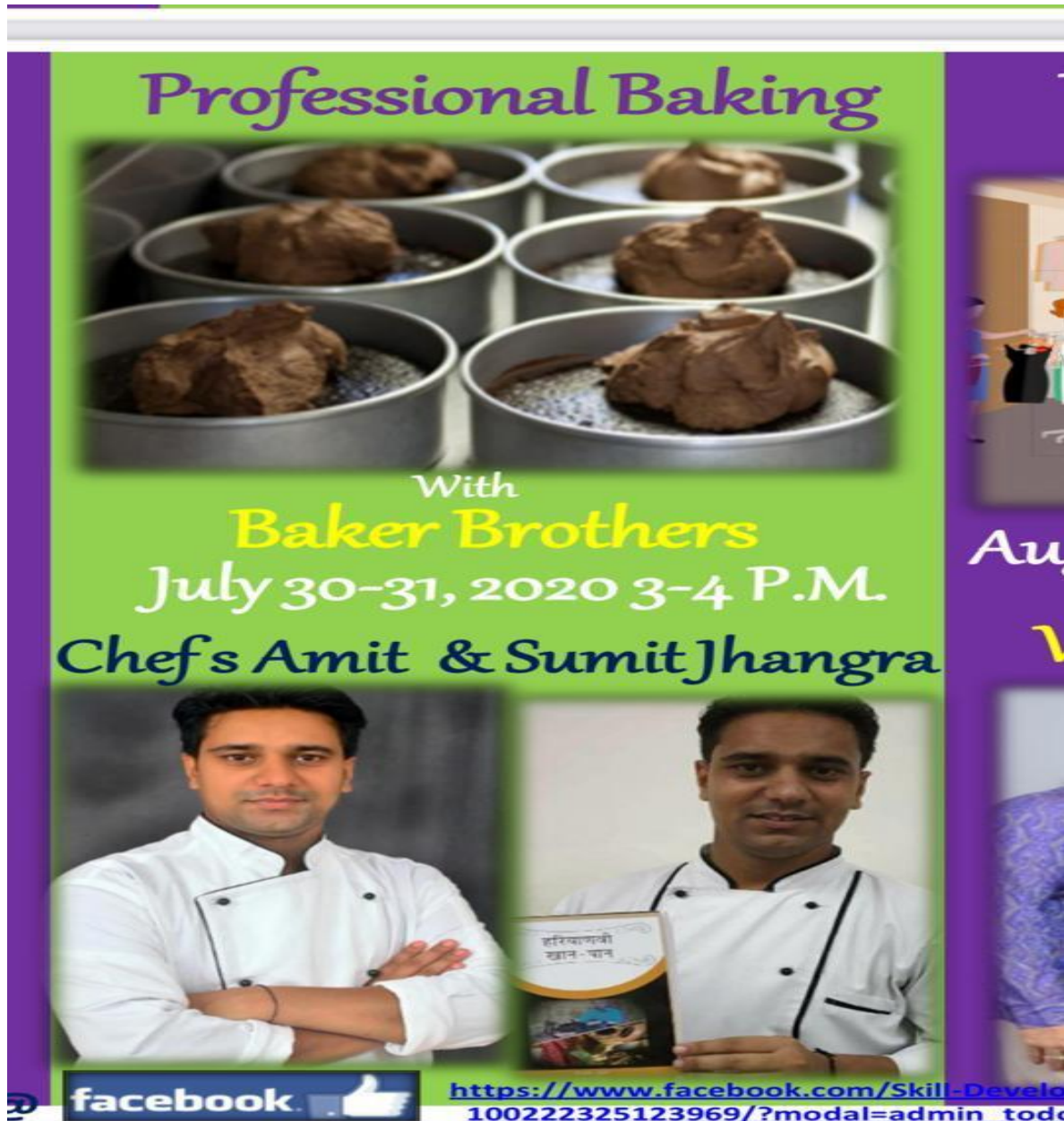
Chandigarh: Government Home Science College, Sector-10, Chandigarh organized Live Session On Grow Through What You Go Through: Mental Wellbeing Session During Covid-19. The workshop was successfully conducted by Ms. Bhavna Garg, Alumna of our college, Motivational Speaker, Life Coach and Human Development Expert. The session was live on facebook and many viewers participated in the session actively. Ms. Bhavna Garg emphasized on many secrets of living life happily in the time of pandemic. She also motivated students for their future endeavors. She shared various useful tips for a happy life and how to rejoice small pleasures in life.

Prof. Sudha Katyal, Principal, conceived the idea of conducting this session on Happy Brain, Happy Life. She invigorated the students regarding mental balance and also applauded the efforts of the speaker for illuminating viewers on Mental Wellbeing.

News uploaded on website: <https://homescience10.ac.in/news-events?page=8>


19. Live Workshop with Baker Brothers Organized

Brochure



Professional Baking

With
Baker Brothers
July 30-31, 2020 3-4 P.M.
Chefs Amit & Sumit Jhangra

facebook  https://www.facebook.com/Skill-Development-10022325123969/?modal=admin_todo_tutorial

The brochure features a green background with a purple border. At the top, the title 'Professional Baking' is written in a purple, cursive font. Below the title is a photograph of several round metal tins, each containing a chocolate cake. The text 'With Baker Brothers' is written in yellow, followed by the dates and time 'July 30-31, 2020 3-4 P.M.' in white. Below that, the names 'Chefs Amit & Sumit Jhangra' are written in a dark blue font. At the bottom, there are two photographs of the chefs: one with arms crossed and another holding a book titled 'हरियाणवी खान-पान'. A Facebook logo and a URL are also present at the bottom.

Date: 31.07.2020

Agencies/Consultants: Baker Brothers i.e. Chefs Amit and Sumit Jhangra

No of participants: 70

Aligning with the clarion call of Atmanirbhar Bharat from the Government of India, a Four-day Online Entrepreneurial Skill Development Workshop (July 29-August 01, 2020) has been organized in collaboration with the various successful entrepreneurs who have achieved glorious heights in their respective fields. The rationale behind the workshop is to instil the spirit of learning, creativity and innovation among the various stakeholders.



Demonstration of recipes by Baker Brothers

Link of the activity: <https://homescience10.ac.in/news-events?page=8>

Post Event Media Coverage

70'

CITY AIR NEWS
DEDICATED TO LATE SHRI H.R. DHANAN (JOURNALIST) STRAIGHT FORWARD


31 JULY 2020

Education

Live workshop with Baker Brothers organized by Home Science College

The chefs artistically presented the ways and means to make exclusive culinary delicacies within the limited available resources

cityairnews Jul 31, 2020 06:22

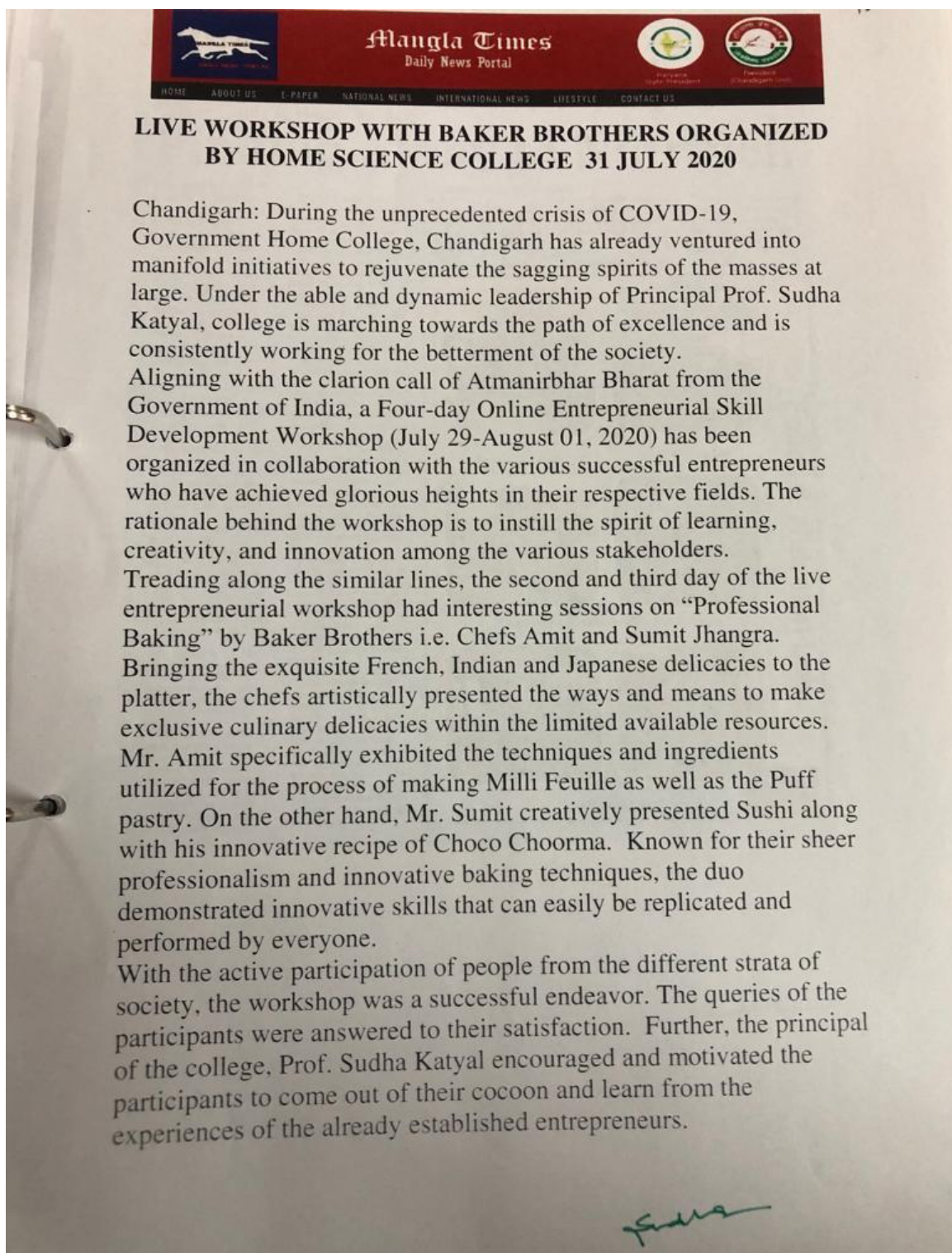


Chandigarh: During the unprecedented crisis of COVID-19, Government Home College, Chandigarh has already ventured into manifold initiatives to rejuvenate the sagging spirits of the masses at large. Under the able and dynamic leadership of Principal Prof. Sudha Katyal, college is marching towards the path of excellence and is consistently working for the betterment of the society. Aligning with the clarion call of Atmanirbhar Bharat from the Government of India, a Four-day Online Entrepreneurial Skill Development Workshop (July 29-August 01, 2020) has been organized in collaboration with the various successful entrepreneurs who have achieved glorious heights in their respective fields. The rationale behind the workshop is to instil 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.

With the active participation of people from the different strata of society, the workshop was a successful endeavour. The queries of the participants were answered to their satisfaction. Further, the principal of the college, Prof. Sudha Katyal encouraged and motivated the participants to come out of their cocoon and learn from the experiences of the already established entrepreneurs.

Sudha






News uploaded on website: <https://homescience10.ac.in/news-events?page=8>

20. College Organises Online Awareness Session on Drug Abuse and Youth during Pandemic

Brochure

Government Home Science College
Sector-10, Chandigarh
NAAC Grade 'A'
Ranked 86th by NIRF



Live Session
on

Drug Abuse & Youth
During Pandemic

Co-Ordinator
Prof. Reetinder Brar
(Head, Deptt.of HDFR)

Convener
Prof. Sudha Katyal
(Principal)

Date: 09.09.20

Agencies/Consultants: Dr Apneet Brar , a homeopathic practitioner

No of participants: 50

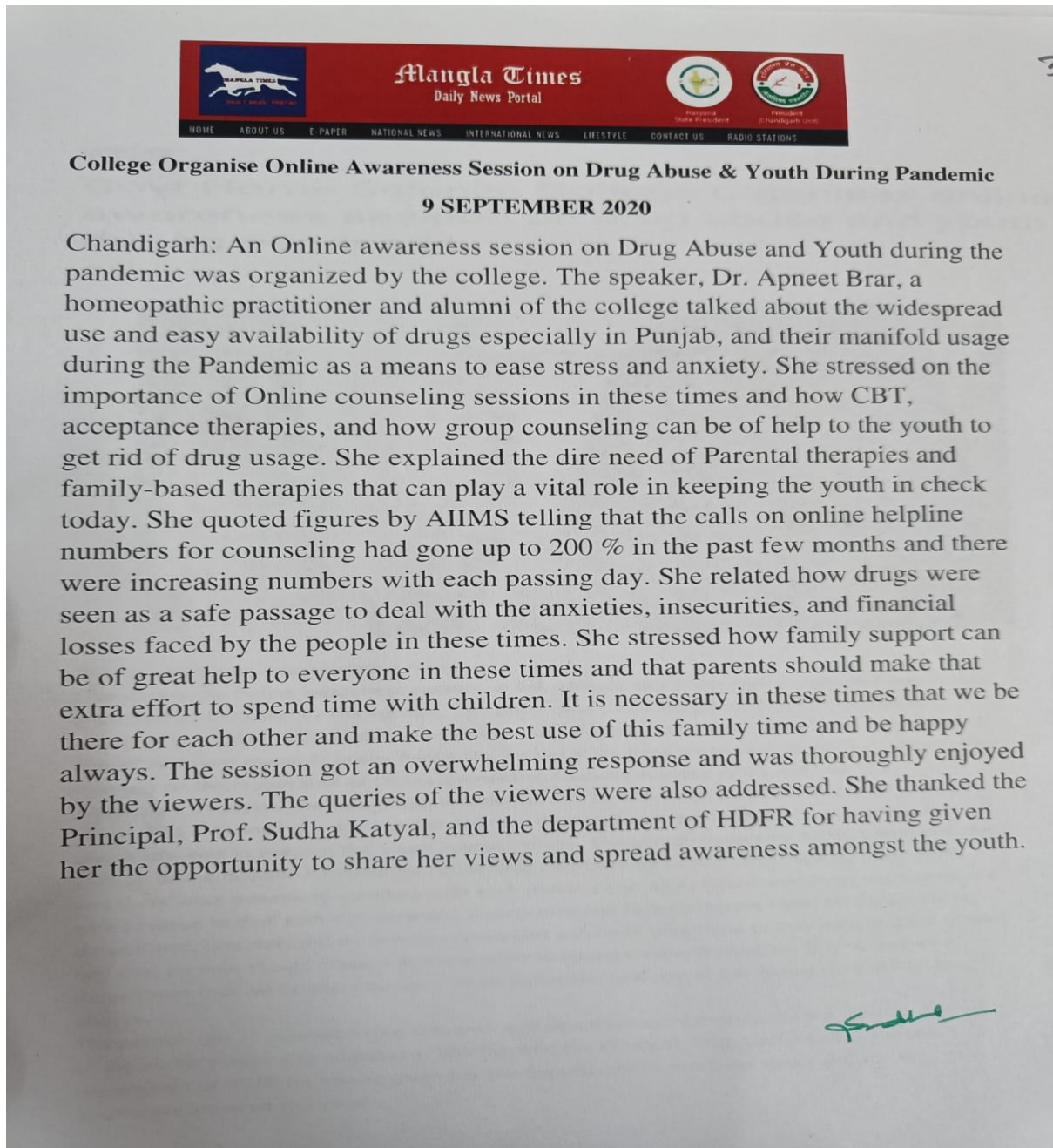
An Online awareness session on Drug Abuse and Youth during pandemic was organised by the college. The speaker, Dr Apneet Brar , a homeopathic practitioner and an alumni of the college talked about the widespread use and easy availability of drugs especially in Punjab and their manifold usage during the Pandemic as a means to ease stress and anxiety. She stressed on the importance of Online counselling sessions in these times and how CBT, acceptance therapies and how group counselling can be of help to the youth to get rid of drug usage. She explained the dire need of Parental therapies and family based therapies that can play a vital role in keeping the youth in check today.

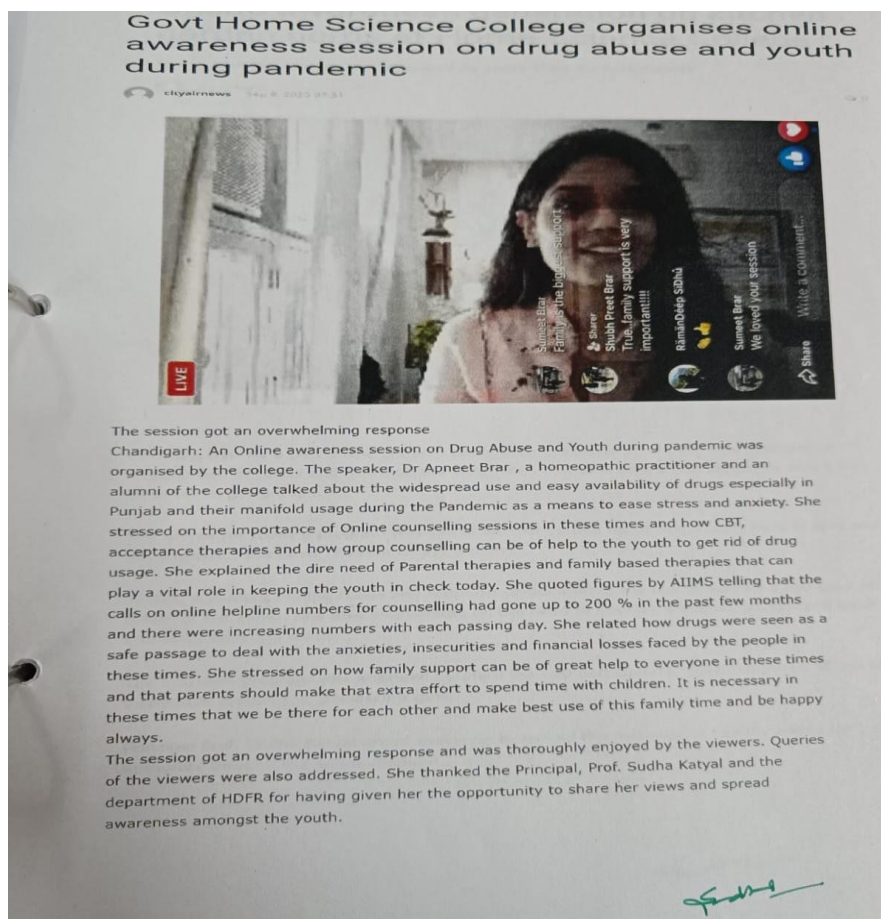


Dr Apneet Brar taking Awareness Session on Drug Abuse and Youth During Pandemic

Link of the activity:<https://homescience10.ac.in/news-events?page=8>

Post Event Media Coverage





News uploaded on website: <https://homescience10.ac.in/news-events?page=8>

21. Webinar on Nutrition During Covid 19

Brochure



POSHAN Abhiyaan
PM's Overarching Scheme for Holistic Nutrition

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



NUTRITION MONTH

'Converging towards a Healthy Walk through Life'

CO-ORDINATOR
Dr. Ritu Pradhan
(Head, Department of Foods & Nutrition)

CONVENER
Prof. Sudha Katyal
Principal

Live Webinar in Collaboration with Fortis, Mohali



Good Nutrition: Need of the Hour

September 10, 2021
11.00 A.M
LIVE @ Google Meet



Organizing Team
Dr. Uttara Singh
Ms. Namrata Sethi
Dr. Bhavneet Kaur
Dr. Vasudha Bansal

Webinar Content

- Holistic approach to Food & Nutrition
- Importance of nutrition in improving well being
- Crucial role of nutrition in sustaining the immunity



Speaker

Dt. Sonia Gandhi
Head, Dept. of Dietetics
Fortis, Mohali



- Eminent experience of 17 yrs
- Member of
 - Indian Dietetic Association
 - Nutrition Society of India



Date: 17.09.20

Agencies/Consultants: Dt Sonia Gandhi, Head, Fortis Hospital

No of participants: 60

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.

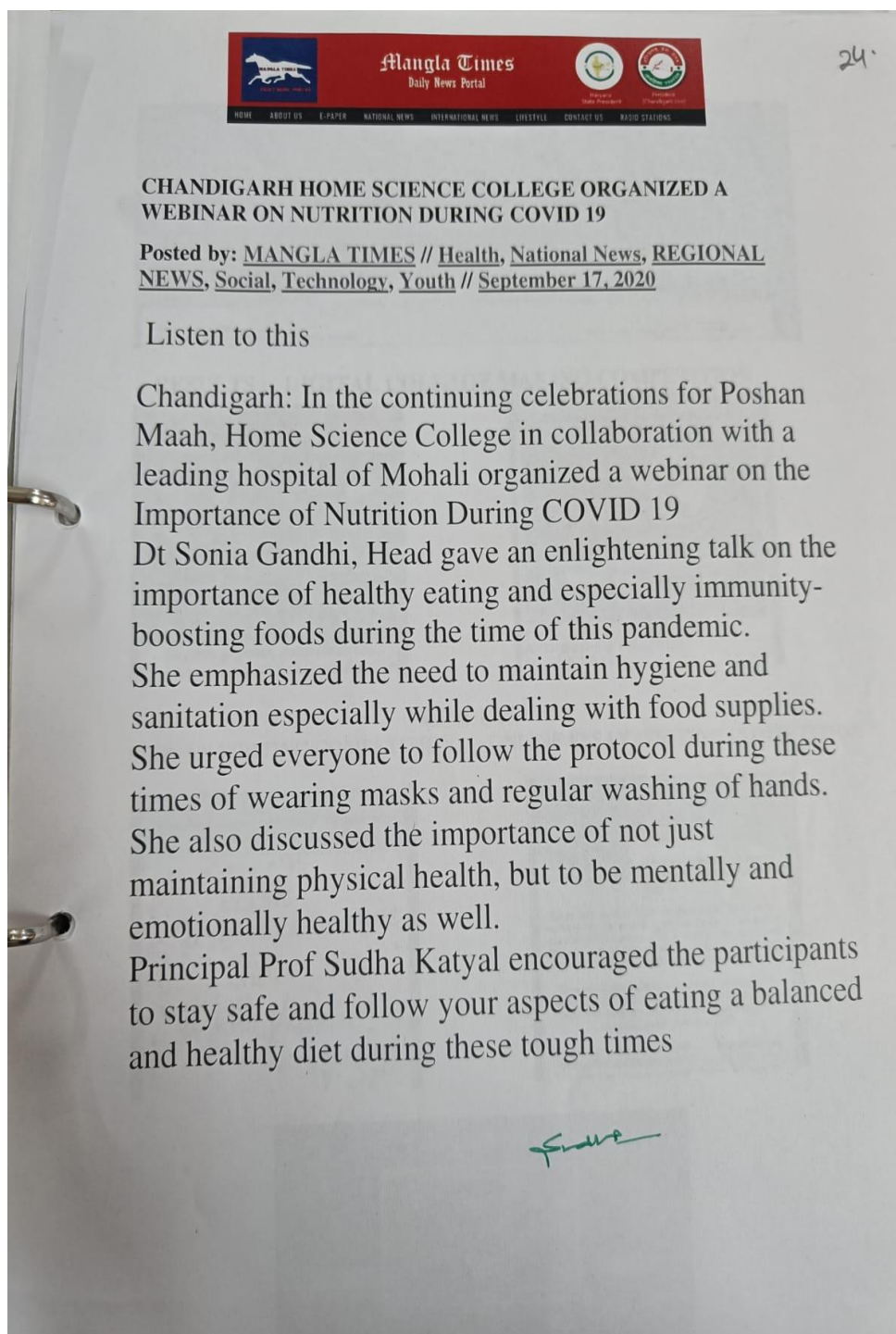
She emphasized upon the need to maintain hygiene and sanitation especially while dealing with food supplies. She urged everyone to follow the protocol during these times of wearing masks and regular washing of hands. She also discussed about the importance of not just maintaining physical health, but to be mentally and emotionally healthy as well.



**Screenshot on Webinar on Nutrition
During Covid 19**

Link of the activity: <https://homescience10.ac.in/news-events?page=8>

Post Event Media Coverage



News uploaded on website: <https://homescience10.ac.in/news-events?page=8>

22. Live Workshop on Mind Management with Yoga at Home Science College

Brochure



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

LIVE WORKSHOP

to celebrate
Forthcoming International Yoga Day
on the topic

'Mind Management With Yoga'

Date: June 13th, 2021
Time : 11:00 a.m. onwards

Coordinator
Prof. Reetinder Brar
H.O.D., Deptt. of HDFR

Convener
Prof. Sudha Katyal
(Principal)



Our Distinguished Alumni
Master's in Home Science
Batch: 1993-1995
(Specialization: Child Development)



Platform:
Google meet
Link:
<https://meet.google.com/arn-wjrs-wwm>
Or open meet and enter this code: arn-wjrs-wwm

*'Mind management is an
essence of life management'*

Organizing Team
Major Neelam
Ms. Shikha Garg
Dr. Neha Sharma
Ms. Nupur Bhatnagar

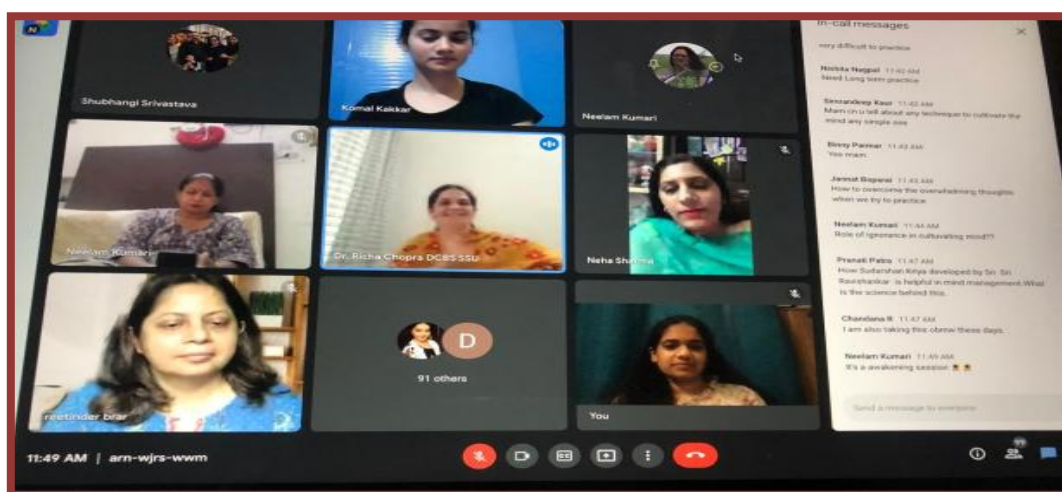
Courtesy: Department of Human Development & Family Relations

Date: 14.06.21

Agencies/Consultants: Dr. Richa Chopra Dept of Contemplative and behavioural Sciences at Sri Sri University, Cuttack

No of participants: 100

The speaker is senior Art of Living International faculty, and has travelled across 11 countries transforming lives through the happiness program and other higher level courses. Dr Richa talked about mind being an ocean and that in this fast moving world to be creative and move forward one must take care of the mind. She narrated two stories on the importance of living in the present rather than lamenting about the past or worrying about the future. She highlighted the importance of Yoga and it being not just about asanas but a great tool in arresting the modulation of the mind along with the explanation of the 5 Modulations



Screenshot of Live Workshop on Mind management with Yoga

Link of the activity:<https://homescience10.ac.in/news-events?page=5>

Post Event Media Coverage



THEME : Mind Management with Yoga

DATE : 14-06-2021

SPONSORED BY : Dr. Richa Chopra-Alumna

PARTICIPANTS : 100

News uploaded on website: <https://homescience10.ac.in/news-events?page=6>

23. Live Peer Learning Workshop on Cake Baking

Brochure

Government Home Science College
Sector-22, Chandigarh
NAAC Grade - A
NIRF Ranking 2020 - 80th

Our Alumni Our Support

एनए विकारा

Organizing Team
Dr. Nisha Sharma
Dr. Pooja Singh
Dr. Anshu Singh
Dr. Anjali Singh
Dr. Anjali Singh
Dr. Anjali Singh

Muskaan Sharma
M.Sc. Student (HODFO)
&
A Certified Baker

@muskaan_sharma
> 2000 followers
June 13, 2021 @ 3:00 PM
LIVE @ Instagram

Expert of
✓ Tuffle cup cake
✓ Chocolate Ganache
✓ Unique icing & plating

Date: 16.06.21

Agencies/Consultants: Muskan Sharma, a bakery specialist and student of MSc (HDFR) in Home Science college Chandigarh

No of participants: 60

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. It witnessed presence of more than hundred participants.



Screenshot of live workshop



Demonstration of Cake by Ms Muskan Sharma

Link of the activity: <https://homescience10.ac.in/news-events?page=6>

Post Event Media Coverage

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



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

News uploaded on website: <https://homescience10.ac.in/news-events?page=6>

24. Celebration of 7th International Yoga Day

Brochure

Government Home Science College
Sector 10, Chandigarh
organizes

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

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

CONVENOR
Mrs. Mona Saini (In-charge, Phy. Edu.)
Mrs. Jyoti Jolly (NCC)
Major Nidhi (NCC)

Demonstration by Yoga Teacher & Fitness enthusiast:
Ms. Karica Nayyar (June 07-11, 2021)
Motivational Talk on "Decharya: Vital for health, wisdom & success"

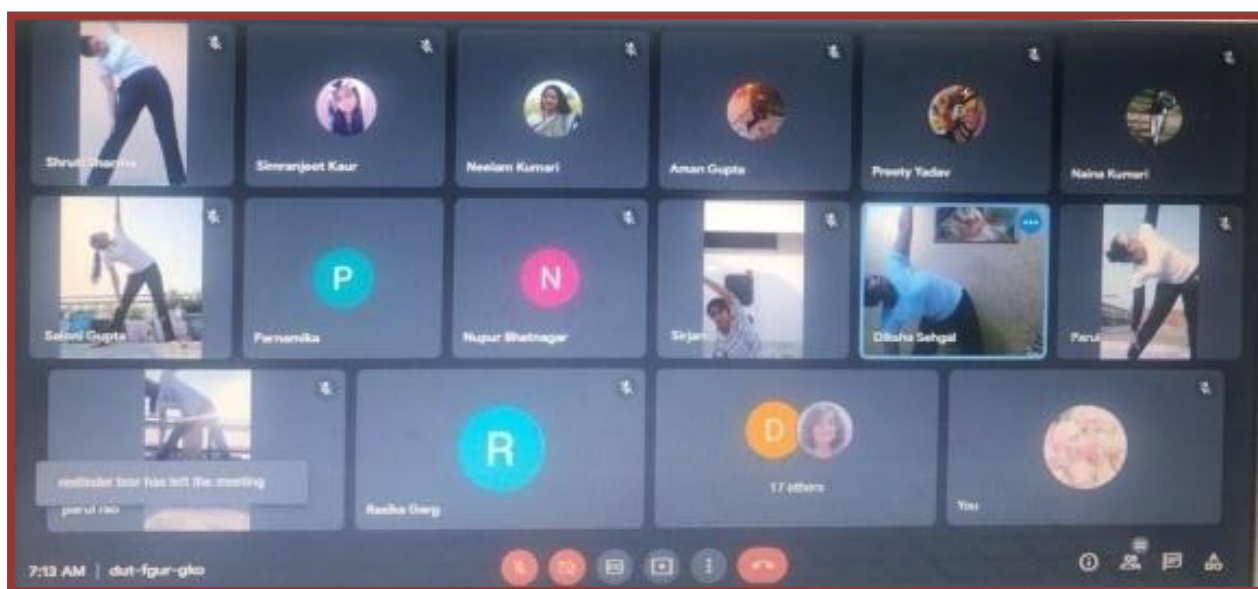
CONVENOR
Prof. Sudha Karyal
Principal

Date: 21.06.21

Agencies/Consultants: Vedika, a student of B.Sc Home Science

No of participants: 100

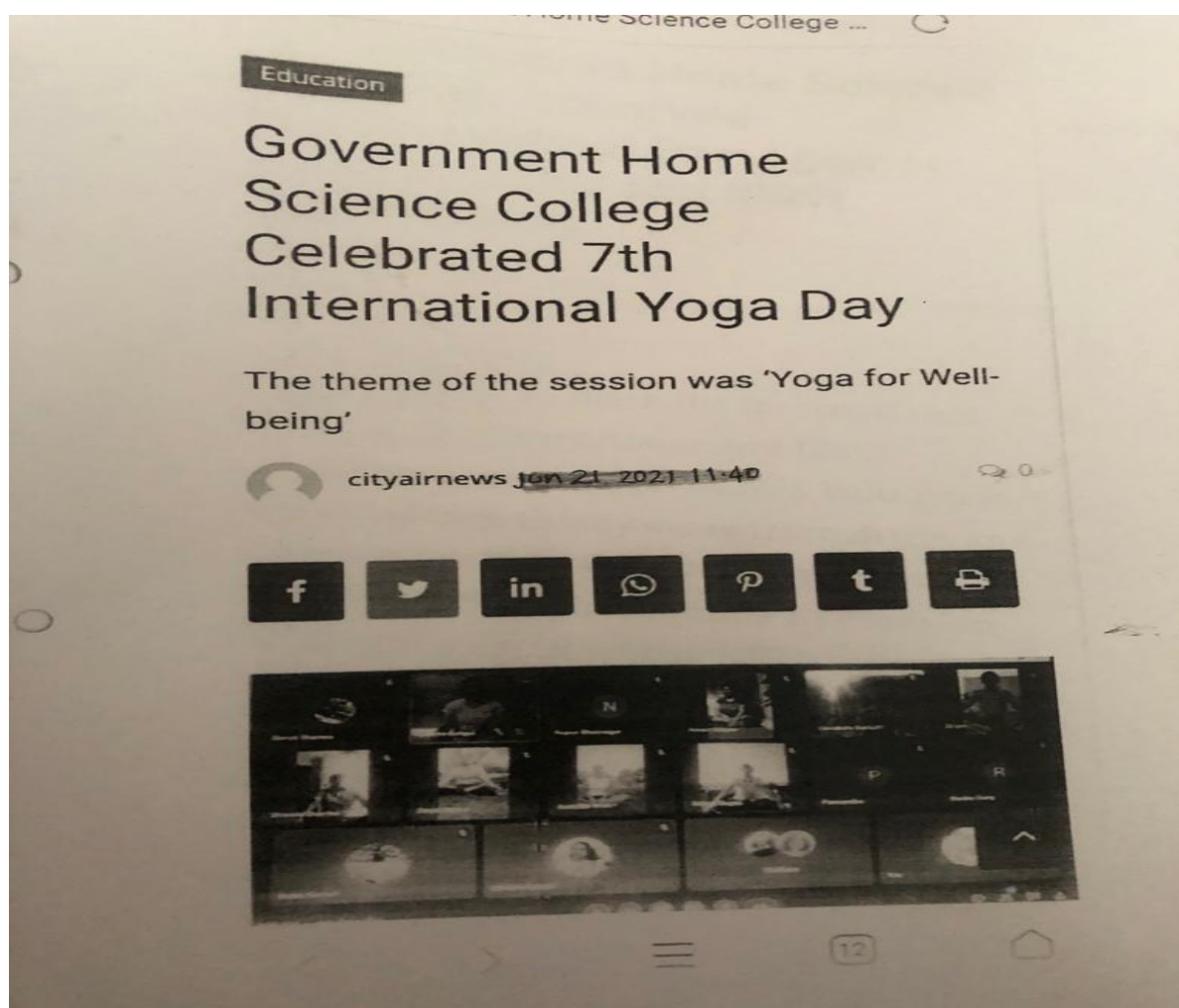
On the occasion of 7th International Yoga Day, an Online Live Yoga Session was conducted on google meet app. The live session got an overwhelming response of participants. The theme of the session was 'Yoga for Well-being'. The theme focused on benefits of various yogic asanas and how these asanas affect our life. Vedika, a student of B.Sc Home Science Dietetics 6th Semester demonstrated various asanas like Tadasana, Paschimottanasana, Sethu Bandhasana and Pranayam including Brahmari, Anulom Vilom and Kapalbhati along with explaining the importance of each asana. The session was attended by college teaching staff and over 100 NSS Volunteers and NCC Cadets. Audience thoroughly performed various asanas as demonstrated. It brought a breeze of freshness amongst the participants.



Screenshot of the workshop

Link of the activity: <https://homescience10.ac.in/news-events?page=6>

Post Event Media Coverage



News uploaded on website: <https://homescience10.ac.in/news-events?page=6>

25. Webinar on Financial Literacy

Brochure



The brochure is divided into four quadrants. The top-left quadrant features the college logo and name: Government Home Science College, Sector-10, Chandigarh, NAAC Grade - A, Ranked 78th by NIRF, 2021. It announces a webinar on Financial Literacy with a central graphic containing icons for a lightbulb, bar chart, globe, wallet, and bank building. The top-right quadrant has a blue background with the title 'Motivation for Financial Independence & Career Opportunities through Financial Literacy', the date 'January 12, 2022', and two time slots: 11 AM to 12 PM @ Zoom and 3 PM to 4 PM @ Zoom, each with a Zoom link. The bottom-left quadrant lists the organizing team: Co-ordinator Dr. Shabana (Placement Incharge) and Convener Prof. Sudha Katyal (Principal). The bottom-right quadrant features a portrait of Mr. Nishant Mahajan, Founder, Behavioral Consultant & Certified Executive Coach, with the tagline 'Healthy Wealthy Mind The People Developers'. It also includes a 'Live Talk Session on' section with three bullet points and a diagram showing 'BUDGET' branching into 'FINANCE', 'SAVING', 'CASH', 'FUND', 'EXPENSES', and 'COUNTING'. At the bottom right of this quadrant is an illustration of a watering can watering four potted plants, with a dollar sign above the last one.

Government Home Science College
Sector-10, Chandigarh
NAAC Grade – A
Ranked 78th by NIRF, 2021
Is Organizing

A Webinar on

FINANCIAL LITERACY

CO-ORDINATOR
Dr. Shabana
(Placement Incharge)

CONVENER
Prof. Sudha Katyal
Principal

Motivation for Financial Independence & Career Opportunities through Financial Literacy

January 12, 2022
11 AM to 12 PM @ Zoom
<https://us02web.zoom.us/j/83181222597?pwd=QnZlNjJkWTpRdUJ2eVh3bEwwV25lUT09>

3 PM to 4 PM @ Zoom
<https://us02web.zoom.us/j/86756307393?pwd=RARLWDVYTWpvcjdNRVh4YmQ0bUJlUT09>

Organizing Team
Dr. Neha, Dr. Preeti
Dr. Bhavneet, Ms. Heena
Ms. Manpreet, Ms. Akshata
Dr. Vasudha

Live Talk Session on

- ✓ Career Opportunities related to Financial Management
- ✓ General benefits of awareness about Money Matters in our Life
- ✓ Developing a Positive outlook towards life by overcoming Negative Human Mind Conditioning

BUDGET

FINANCE, FUND, EXPENSES, CASH, COUNTING, SAVING

Eminent Speaker
Mr. Nishant Mahajan

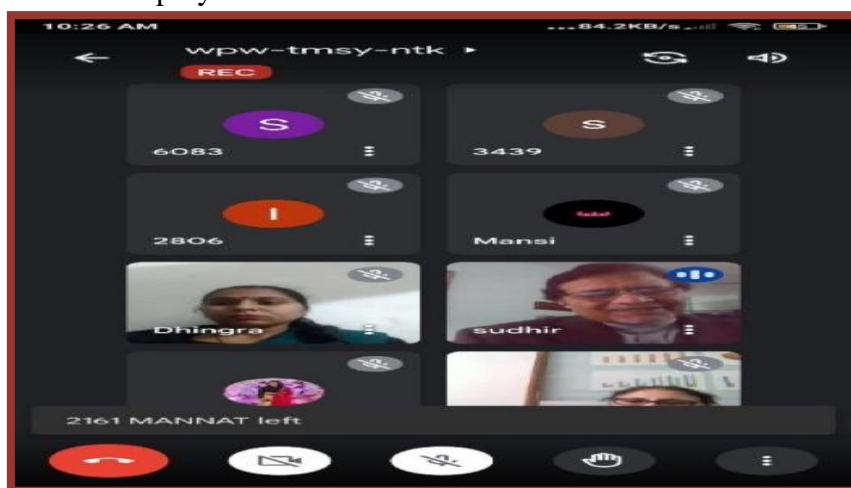
Founder, Behavioral Consultant & Certified Executive Coach
Healthy Wealthy Mind
The People Developers

Date: 12.01.22

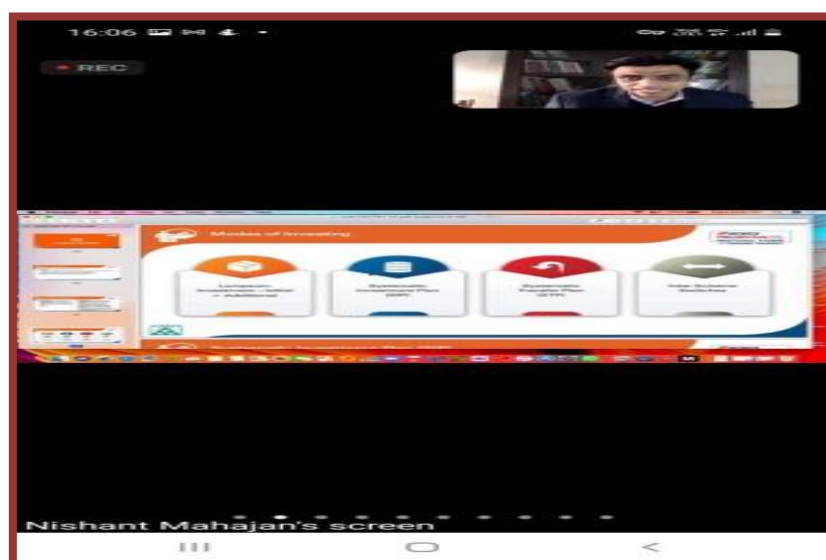
Agencies/Consultants: Mr Nishant Mahajan, Founder, Behavioral Consultant

No of participants: 70

The Speaker appraised the staff and 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. Principal of the college, Prof. Sudha Katyal applauded the efforts of Placement team of the college for organising this workshop. She also motivated the students to be job creators rather than job seekers. She further appreciated them for their hardwork and never dying spirit as during pandemic times when jobs are scarce, the students are coming up with innovative ideas and moving towards self-employment.



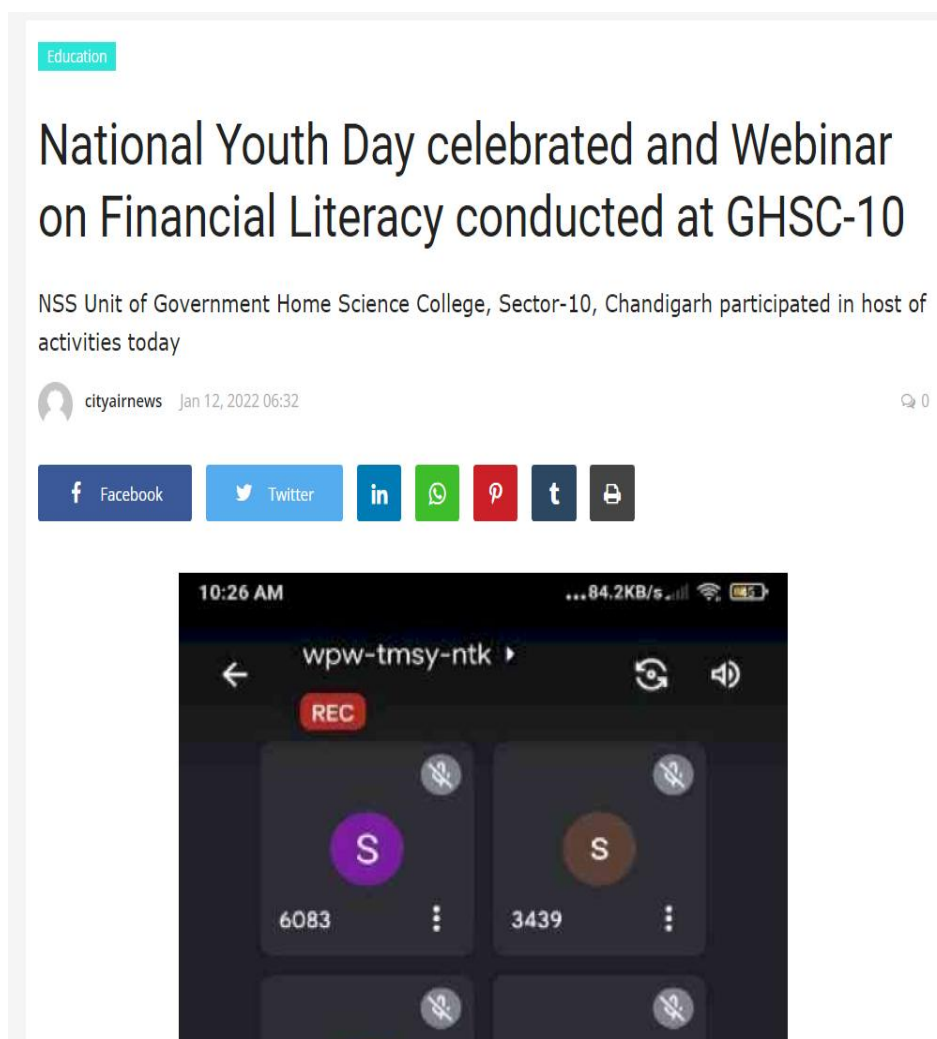
Screenshot of the workshop



Mr Nishant Mahajan deliberating on Financial literacy

Link of the activity: <https://homescience10.ac.in/news-events?page=6>

Post Event Media Coverage



News uploaded on website: <https://homescience10.ac.in/news-events?page=6>

Web link: <https://www.cityairnews.com/content/national-youth-day-celebrated-and-webinar-on-financial-literacy-conducted-at-ghsc-10>

26. Health Mela and Talk

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

31.03.2022

NOTICE

All the faculty members and students are cordially invited to attend **Health Mela and Talk**.

Guest Speaker: **Dr. Saima and Dr. Pragya**

Date: **31-03-2022**

Time: 11:30 P.M.

Venue: Reception Area


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Date: 31.03.22

Agencies/Consultants: Dr. Saima from Oral Rehabilitation Center, Sector 34 and Dr. Pragma, Gynaecologist from Cloud Nine hospital.

No of participants: 100

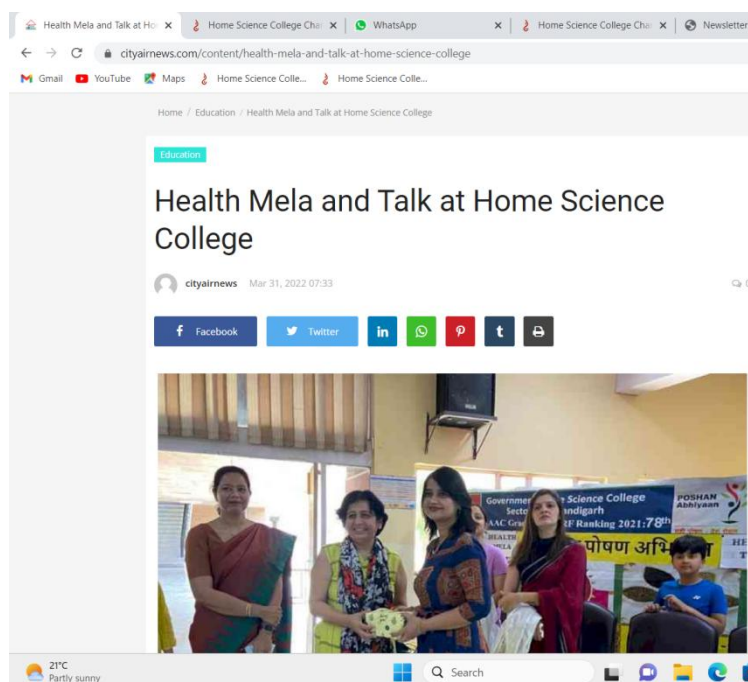
The health check-up was conducted by Dr. Saima from Oral Rehabilitation Center, Sector 34 and Dr. Pragma, Gynaecologist from Cloud Nine hospital. Students, faculty members and non-teaching staff of the college were largely benefitted from the camp. A health talk was also given by Dr. Pragma on the anaemia and gynaecological concerns of young girls. After her engrossing lecture, she clarified the doubts as well as misconceptions of the students and busted the prevailing myths on the problems related to gynaecology.



**Some glimpses of Health Mela
and Talk**

Link of the activity: <https://homescience10.ac.in/news-events?page=6>

Post Event Media Coverage



News uploaded on website: <https://homescience10.ac.in/news-events?page=6>

Web link: <https://www.cityairnews.com/content/health-mela-and-talk-at-home-science-college>

27. Webinar On Millets

Brochure



The brochure is divided into several sections. At the top left, it features the Government Home Science College logo and details: Government Home Science College, Sector-10, Chandigarh, NAAC Grade - A, and NIRF Ranking 2021 - 78th. It is organizing a webinar on millets as super foods under the Poshan Abhiyaan. The event is titled 'Magical Millets for Your Health' and is scheduled for April 01, 2022, at 11.00 A.M. It will be live on YouTube at the URL <https://youtu.be/mMPNiqUBw6w>. The organizing team includes Dr. Uttara Singh, Dr. Namrata Sethi, Dr. Bhavneet Kaur, and Dr. Vasudha Bansal. The speaker, Dr. Vishakha Singh, is an esteemed speaker from Maharana Pratap University of Agriculture & Technology, Udaipur, Rajasthan. She will discuss the significance of wonder grains, the role of millets in sustaining health, the prevention of diseases with the incorporation of millets in diets, and the demonstration of a millet-based food product. The brochure also includes images of millet stalks, a bowl of millet-based food, and a hand holding a glucose meter showing a reading of 95.

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

Webinar on Millets as Super Foods
under the celebration of Poshan
Pakhwada from Mar 21-April 4, 2022

Magical Millets
for Your Health

April 01, 2022 @ 11.00 A.M.

LIVE @  **YouTube**
<https://youtu.be/mMPNiqUBw6w>

Organizing Team


Dr. Uttara Singh
Dr. Namrata Sethi
Dr. Bhavneet Kaur
Dr. Vasudha Bansal

CO-ORDINATOR
Dr. Ritu Pradhan
(Head, Dept. of Foods & Nutrition)

CONVENER
Prof. Sudha Katyal
Principal

Millet's
The Magic
of Indian
Forgotten Foods

Pass this treasured gift to the
coming generations

Millets
A Low Glycemic Index Food
Recommended for Diabetics

Esteemed Speaker
Dr. Vishakha Singh
Head & Associate Professor,
Food Science & Nutrition Dept.,
College of Community &
Applied Sciences,
Maharana Pratap University of
Agriculture & Technology,
Udaipur, Rajasthan

- Significance of wonder grains
- Role of millets in sustaining health
- Prevention of diseases with incorporation of millets in diets
- Demonstration of Millet based food product

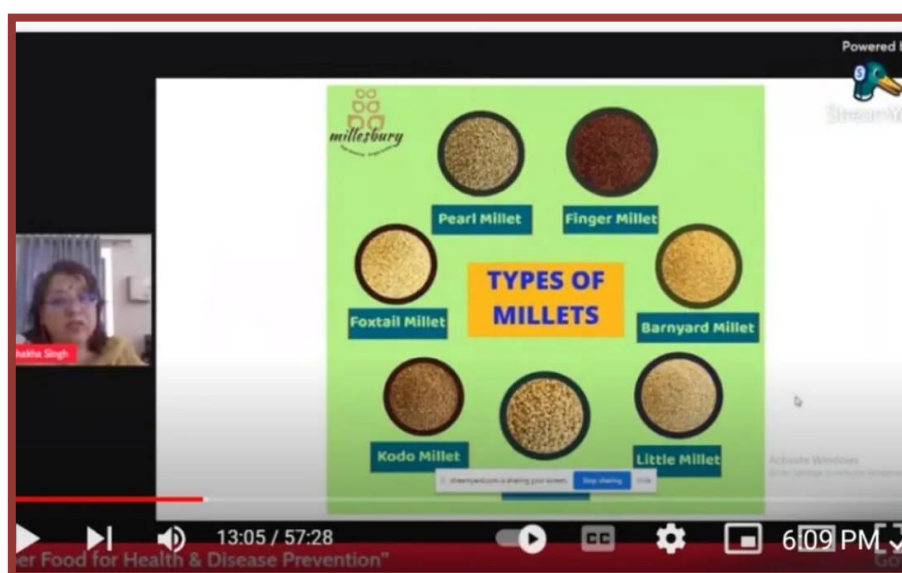
Millets
mines of
Nutrition

Date: 01.04.22

Agencies/Consultants: Dr. Vishakha Singh, Associate Professor, College of Community and Applied Sciences, Maharana Pratap University of Agriculture and Technology, Udaipur, Rajasthan.

No of participants: 40

The resource person highlighted the importance of millets and their clinical significance in the diet. She also significantly foregrounded how millets help in boosting our immune system and fight diseases by increasing the nutritional component in our bodies. The students as well as faculty members enthusiastically participated in the webinar and raised pertinent questions pertaining to the usage of millets in our dietary habits. Moreover, around 40 students of Undergraduate and Diploma classes from Chandigarh Institute of Hotel Management, Sector-42 also attended the webinar. The resource person cited multiple examples from our daily eating habits to answer the queries of the various stakeholders.



Link of the activity: <https://homescience10.ac.in/news-events?page=6>

Post Event Media Coverage

Education

Webinar on millets at Home Science College

The students as well as faculty members enthusiastically participated in the webinar.

 cityairnews Apr 1, 2022 06:51

 Facebook

 Twitter

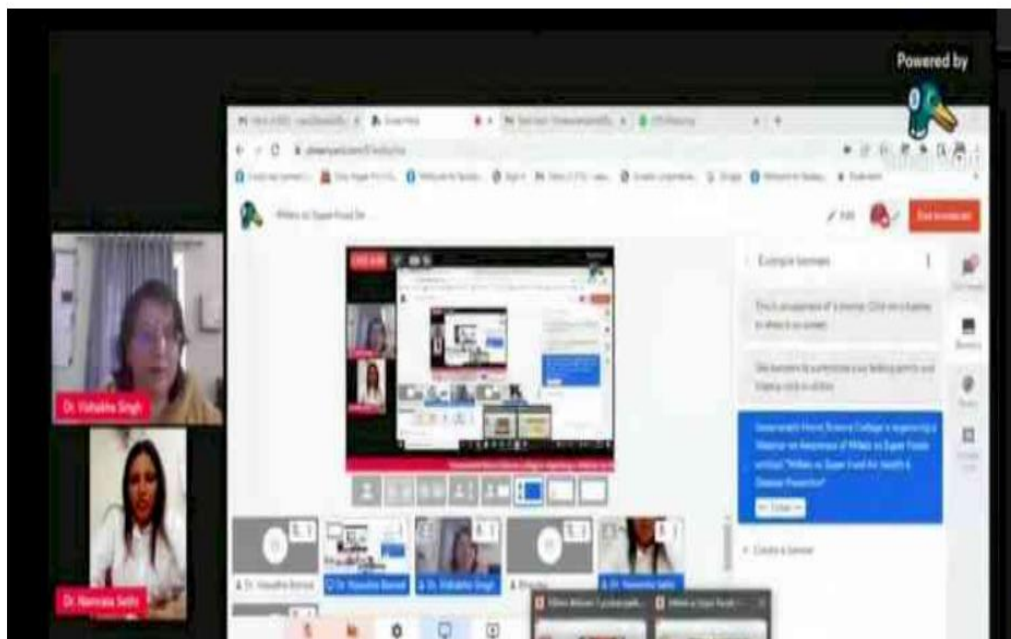
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News uploaded on website: <https://homescience10.ac.in/news-events?page=6>

Web Link: <https://www.cityairnews.com/content/webinar-on-millets-at-home-science-college>

28. 100 Days Countdown to International Yoga Day

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

12.05.2022

NOTICE

All the faculty members and students are cordially invited to attend 100 days countdown to International Yoga Day.

Date: 13.05.2022

Time: 07:00 A.M.

Venue: College Garden


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH


for

Date: 13.05.22

Agencies/Consultants: NSS Volunteers of Government Home Science College

No of participants: 35

NSS Volunteers of the college conducted a yoga camp in the college premises to observe 'International Yoga Day' celebrated every year on June 21. The camp involved conduct of yoga activities as well as awareness session about the health benefits of yoga through demonstration and talks. The camp was initiated from May 7, 2022 and continued till June 21



Students practicing yoga asanas

Link of the activity: <https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage

Education

100 days countdown to International Yoga Day begins at Home Science College



City Air News May 13, 2022 02:37

0



Facebook



Twitter



News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

Web link : <https://www.cityairnews.com/content/100-days-countdown-to-international-yoga-day-begins-at-home-science-college>

29. Self Defence Training

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

24.05.2022

NOTICE

All the students are cordially invited to attend **Self Defence Training**.

Date: **24-05-2022**

Time: 04:30 P.M.

Venue: College Ground


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH




Date: 24.05.22

Agencies/Consultants: Women & Child Support Unit, Chandigarh

No of participants: 45

Seven Day Self Defence Training aimed at instilling confidence among students to defend themselves against anti- social elements and also to facilitate their overall personality development. The initiative was taken by the NSS & NCC Units of the college in collaboration with Women & Child Support Unit, Chandigarh.



**Students learning Self
Defence techniques**

Link of the activity: <https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage

Education

Self Defence Training kick-starts at Home Science College

Seven Day Self Defence Training kick-started today at Government Home Science College, Chandigarh.

 City Air News May 24, 2022 12:30

 0



News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

Web link : <https://www.cityairnews.com/content/self-defence-training-kick-starts-at-home-science-college>

30. Online Workshop On “Internet to Inner-Net”

Brochure

The brochure is divided into four quadrants. The top-left quadrant (green background) contains the logo of Government Home Science College, Chandigarh, and its accreditation details. The top-right quadrant (red background) features the workshop title, a silhouette of a person in a meditative pose, and the event details. The bottom-left quadrant (blue background) shows a person meditating under a tree and a quote by Buddha. The bottom-right quadrant (red background) introduces the speaker, Narinder Anand, and includes a quote about thoughts and meditation.

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

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

CONVENER
Prof. Sudha Katyal
Principal

An Online Workshop
on Internet to Inner-Net
Motivational & Integrated
Amrita Meditation Workshop

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

Organizing Team
Major Neelam
Dr. Neha Sharma
Mrs. Nupur
Mrs. Shikha

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

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

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

Date: 15.12.21

Agencies/Consultants: Mr Narinder Anand and Ms Shweta, National Coordinators , Youth empowerment group from Amrita University, Kerala

No of participants: 200

An online workshop on “Internet to Inner-net “ was conducted for the staff and students of the college with the aim of reducing stress, embracing positivity and improving concentration by making meditation a part and parcel of one’s life. The key note speakers conducted a very interactive session with inclusion of wonderful stories, awareness games and simple yet effective exercises for the mind. He shared a host of personal experiences and stories which left the participants to ponder about the goals they need to set and the need to work upon them right from the start. Over 95 staff and students thoroughly enjoyed the activities of the session and intended to spend more time on themselves rather than on the internet.



**Staff and students attending Workshop on
“INTERNET TO INNER-NET”**

Link of the activity:<https://homescience10.ac.in/news-events?page=4>

Post Event Media Coverage

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

Motivational & Integrated
Amrita Meditation Workshop

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

CO-ORDINATOR
Prof. Bheeshoo Bhat
(Head, HSSC Dept.)

CONVENER
Prof. Sudha Karyal
Principal

Organizing Team
Major Section
Dr. Nisha Sharma
Mrs. Anurag
Mrs. Sarita

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

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

News uploaded on website: <https://homescience10.ac.in/news-events?page=4>

31. Breast Cancer awareness

Brochure



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



BREAST CANCER AWARENESS
need of the moment



CO-ORDINATOR
Dr. Ritu Pradhan
(Head, Department of Foods & Nutrition)



CONVENER
Prof. Sudha Katyal
Principal



Live Webinar in Collaboration
with Fortis, Mohali

Breast Cancer Awareness
February 10, 2022
4.00-5.00 PM
@ Google Meet
<https://meet.google.com/cju-wwwx-mzt>



Organizing Team
Dr. Uttara Singh
Ms. Namrata Sethi
Dr. Bhavneet Kaur
Dr. Vasudha Bansal

Webinar Content

- Pivotal role of awareness in detecting & fighting breast cancer
- Pro-activeness for breast health check-up
- Importance of screening & mammograms



KNOWING IT EXISTS IS NOT ENOUGH.

Honorable Speaker

Dr. Atul Sharma Joshi
MBBS, MS, FMAS, FALS
Director- General,
Laparoscopic & Breast Cancer Surgery



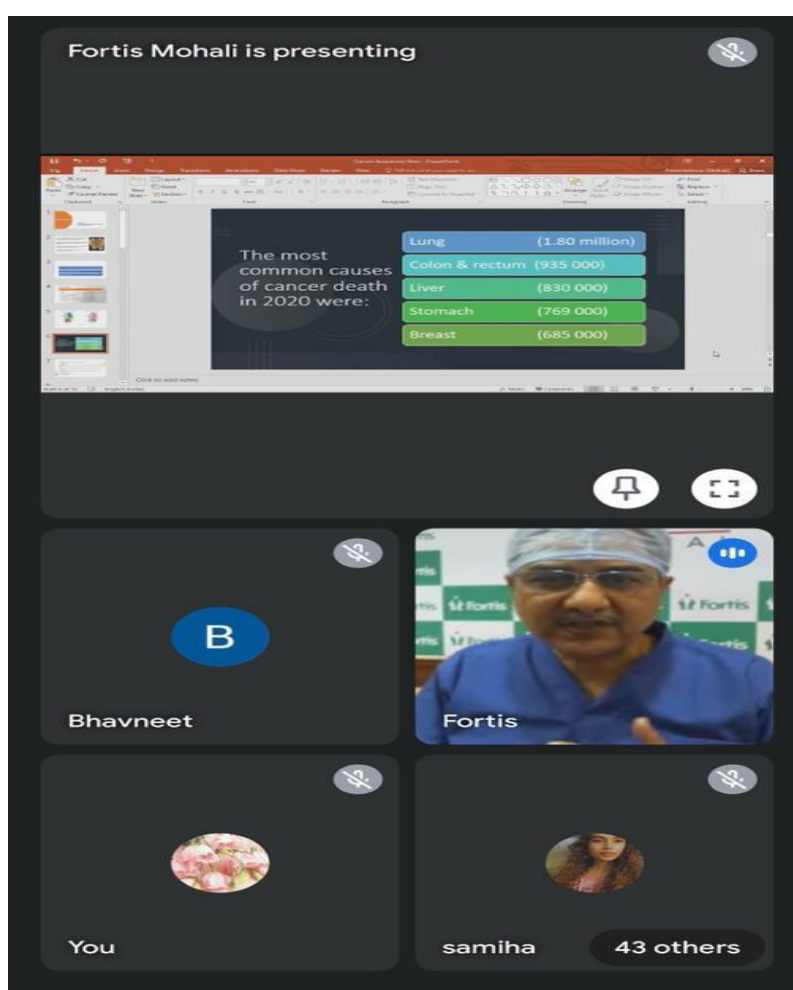
- Eminent experience of 30 yrs
- Awarded Fellowship in Laparoscopic Surgery by the Association of Minimal Access Surgeons of India.
- Expertise in Trauma, Emergency surgery, Breast Cancer Surgery, Hernia surgery, Colo-Proctology, Onco-surgery, Laparoscopic & Bariatric Surgery

Date:10.02.22

Agencies/Consultants: Dr. Atul Sharma, Director General Laproscopic and Breast Cancer surgery, Fortis Hospital

No of participants: 50

In lieu of World Cancer Day celebrated on February 4 worldwide, the college organised a one Day National Webinar for the faculty and students on Cancer Awareness. The expert speaker Dr. Atul Sharma, Director General Laproscopic and Breast Cancer surgery, Fortis Hospital spoke about the importance of early detection in Cancer and the etiology behind it. The speaker emphasized upon need of screening and following a healthy diet and exercise routine to help manage the disease better.



Resource person deliberating upon causes of cancer

Link of the activity: <https://homescience10.ac.in/news-events?page=5>

Post Event Media Coverage



News uploaded on website: <https://homescience10.ac.in/news-events?page=4>

32. 8th International Yoga Day

Brochure



युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS

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

8th International Yoga Day, 2022
Theme : 'Yoga for Humanity'
June 21, 2022
Time: 7:00A.M. - 7:45 A.M.

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

Master Trainer
Major Neelam

Convener:
Prof. Sudha Katyal
Principal

Date: 21.06.22

Agencies/Consultants: Master Trainer, Major Neelam, Associate Professor from department of HDFR

No of participants: 60

On the occasion of 8th International Yoga Day, around 60 NSS Volunteers a Yoga Session was conducted inside the college premises on the theme 'Yoga for Humanity'. The theme focused the importance of yoga and how it benefited the masses in keeping them safe and healthy during the outbreak of coronavirus. Different asanas were also showcased which included Tadasana, Vrksasana, Padahastasana, Ardhaackrasana, Trikonasana, Bhadrasana, Sasankasana, Vakrasana, Makarasana, Pavanamuktasna, Savasana and Kapalabhati along with explaining the importance of each asana.



8th International Yoga Day

Link of the activity: <https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage

Education

Government Home Science College celebrated 8th International Yoga Day, 2022

On the occasion of 8th International Yoga Day, Yoga Session was conducted inside the college premises on the theme 'Yoga for Humanity'.



City Air News Jun 21, 2022 06:54

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News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

Web link : <https://www.cityairnews.com/content/government-home-science-college-celebrated-8th-international-yoga-day-2022>

ICT

Reports

33. Workshop on SPSS to Boost Research Activities

Notice

**OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH**

24.11.2018

NOTICE

All the faculty members and students are cordially invited to attend **Workshop on SPSS to boost research activities**.

Date: **24-11-2018**

Time: 11:30 A.M.

Venue: HDFR Conference Room


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

Date: 24.11.18

Agencies/Consultants: Er. T. Chaudhary, IBM Bengaluru

No of participants: 50

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 package SPSS. Furthermore, it focused more on hands on practical exposure.

All the faculty members, students of M.Sc. (H.Sc.) of all streams, and those enrolled in PhD actively participated in the workshop.



Workshop on SPSS

Link of the activity: <https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage

Nov. 11, 2018: Workshop on SPSS to Boost Research Activities

A workshop on “Analytical Significance of SPSS (Statistical Package for Social Sciences) in Research” was organised. Er.T.Chaudhary from IBM, Bengaluru, was the esteemed guest speaker. The objective of the workshop was to help students; faculty members and research scholars get acquainted with the widely used package SPSS.



Workshop on SPSS to Boost Research Activities

News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

34. Workshop on Grooming Techniques and Safe Use of Social

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

22.01.2020

NOTICE

All the faculty members and students are cordially invited to attend **Workshop on Grooming Techniques and Safe Use of Social Media.**

Guest Speaker: **Neetu Arora and Taruni Gandhi**

Date: **22-01-2020**

Time: 11:00 P.M.


Principal
GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Date: 22.01.20

Agencies/Consultants: Fashion Designer Neetu Arora and Sarthi Trust Chairman Taruni Gandhi

No of participants: 90

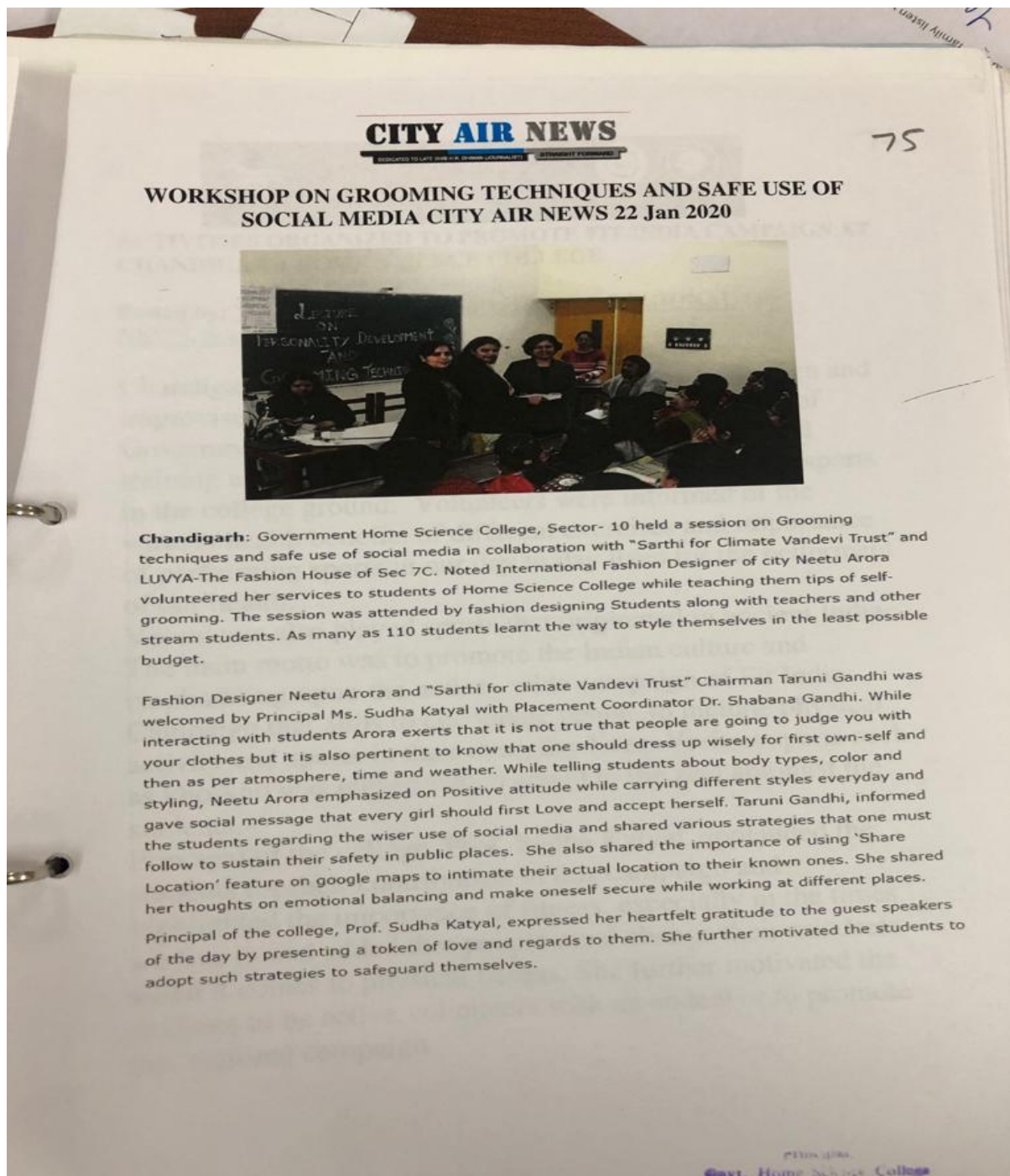
While interacting with students, the speaker exerted that it is not true that people are going to judge you with your clothes but it is also pertinent to know that one should dress up wisely for first own-self and then as per atmosphere, time and weather. While telling students about body types, color and styling, Neetu Arora emphasized on Positive attitude while carrying different styles everyday and gave social message that every girl should first Love and accept herself. Taruni Gandhi, informed the students regarding the wiser use of social media and shared various strategies that one must follow to sustain their safety in public places. She shared her thoughts on emotional balancing and make oneself secure while working at different places.



Workshop on Grooming Techniques and Safe Use of Social Media

Link of the activity: <https://homescience10.ac.in/news-events?page=11>

Post Event Media Coverage



News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

35. Skill Development and Capacity Building Workshop on Dietcal

Notice

NOTICE

Department of Foods and Nutrition is organizing a
**One Day Skill Development and Capacity Building Workshop on Diet Cal
Software.**

The workshop will be conducted for all under graduate and post graduate students.
You are cordially invited for the same.

DATE: February 27, 2020

TIME: 12 noon onwards

VENUE: Computer Lab

**RESOURCE PERSON: Dr. Gurdeep Kaur (Sr. Dietician and Proprietor
Dietcal)**


Principal

(Prof. Sudha Katyal)
rf

Date: 27.02.20

Agencies/Consultants: Dr. Gurdeep Kaur, Sr. Dietitian and Proprietor DietCal,

No of participants: 50



Skill Development and Capacity Building Workshop

Link of the activity: <https://homescience10.ac.in/news-events?page=10>

Post Event Media Coverage

»SKILL DEVELOPMENT AND CAPACITY BUILDING WORKSHOP ON DIETCAL 27.02.20

With an aim to provide the appropriate knowledge regarding DietCal software to the undergraduate and postgraduate students of Food and Nutrition Department, a workshop on Skill Development and Capacity Building 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, Sr. Dietitian and Proprietor DietCal, was the resource person for the session. She highlighted the various features of DietCal 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.



News uploaded on website: <https://homescience10.ac.in/news-events?page=11>

36. A Talk on “Sources and Resources In The Digital Age”

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

29.03.22

NOTICE

All the faculty members and students are cordially invited to attend **A Talk on “Sources and Resources in the Digital Age”**.

Guest Speaker: **Dr Preeti Sharda**

Date: **29.03.22**

Time:

Venue:


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Date: 29.03.22

Agencies/Consultants: Dr Preeti Sharda, Library Incharge at Post-Graduate Government College for Girls-42,

No of participants: 60

Keeping in mind the shifting parameters of learning resources as well as the penetration of technology in our day to day life, a talk on “Sources and Resources in Digital Age” was organized within the premises of the college. Dr Preeti Sharda, espoused on different sources that students and research scholars can utilize to read and access books, journals, research papers and a wide database of academic data.



A Talk on “Sources And Resources In The Digital Age”

Link of the activity:<https://homescience10.ac.in/news-events?page=4>

Post Event Media Coverage

Education

Home Science College organised talk on “Sources and Resources in the Digital Age”

Digital resources are becoming an integral part of academics in the 21st century.

 cityairnews Mar 29, 2022 04:09

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News uploaded on website: <https://homescience10.ac.in/news-events?page=4>

Web link : <https://www.cityairnews.com/content/home-science-college-organised-talk-on-sources-and-resources-in-the-digital-age>

37. An Awareness Session on Cyber Security

Notice

OFFICE OF THE PRINCIPAL, GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

25.05.2022

NOTICE

All the faculty members and students are cordially invited to attend **Awareness Session on Cyber Security**.

Guest Speaker: **Mr. Vikas Sangwan and Mr. Jai Bhagwan**

Date: **25-05-2022**

Time: 11:30 A.M.

Venue: HDFR Conference Room


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Date: 25.05.22

Agencies/Consultants: Mr.Vikas Sangwan and Mr. Jai Bhagwan from Cyber Security Cell, Chandigarh

No of participants: 100

An awareness session on Cyber Security focused on creating awareness on cyber crimes and how they can be prevented. Mr.Sangwan highlighted the significance of cyber awareness in present times and insisted that there is a dire need to be cyber ready. More than 100 NSS Volunteers and NCC cadets along with staff members attended the session.



Awareness Session On Cyber Security

Link of the activity: <https://homescience10.ac.in/news-events?page=3>

Post Event Media Coverage

Education

Awareness Session on Cyber Security

Home Science College, Chandigarh organised an Awareness Session on Cyber Security today.

City Air News May 26, 2022 06:33 0

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A photograph showing a large group of students, mostly women, seated in a lecture hall. They are attentively listening to a session. The room has wooden desks and benches, and large windows on the right side. The students are dressed in a variety of casual attire, and many are wearing face masks.

News uploaded on website: <https://homescience10.ac.in/news-events?page=4>
Web link : <https://www.cityairnews.com/content/awareness-session-on-cyber-security>

ICT Enabled Labs



CAD lab



Conference Room



Room no 48



Room no 44



Auto CAD Lab



Room No 60 (HDFR) (Counselling Cell)



Room No 62 (HDFR) (Smart Classroom)



Room No 63A (HDFR Lab 1)



Room No 66 Botany Lab



Room No 10 e-PG Pathshala



Room No 3 Committee Room