



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

**NAAC ACCREDITED GRADE 'A'**

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



**3rd Cycle**

**Assessment & Accreditation by NAAC**

**CRITERION-VI**

**GOVERNANCE, LEADERSHIP AND MANAGEMENT**



## **CRITERION 6**

### **KEY INDICATOR- Faculty Empowerment Strategies**

#### **METRIC 6.3.3**

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

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**LIST OF PROFESSIONAL DEVELOPMENT/ADMINISTRATIVE TRAINING  
PROGRAMS ORGANIZED BY THE INSTITUTION**

Sr. No.	Content
1.	Workshop on Image Styling , under RUSA grant (11 October 2018)
2.	One Day Workshop on Entrepreneurial Ventures for Nutritive Cakes, Cookies and Chocolates Under RUSA Grant(17 October 2018)
3.	Trending innovation in Designing Interior and Jewellery, Under RUSA Grant(22 October 2018)
4.	Lectures on Nutritional Genome Coming Era of Personalized Nutrition, Under RUSA Grant (23 October 2018)
5.	Grooming skill and Personality development Under RUSA grant(29 January 2019)
6.	Workshop on spiritual counselling and Music Therapy (07 November 2019)
7.	Workshop On Grooming Techniques and Safe Use of Social Media. (22 January 2020)
8.	Online Yoga Session for faculty and students organized by NSS and NCC wing of Government Home Science College (19-25 June 2020)
9.	Yoga session organized by Government Home Science College, Sector-10, Chandigarh (07-21 June 2021)
10.	Online workshop on “Internet to Inner-net “(15 December 2021)

## EVENT BROCHURES, YEAR-WISE REPORTS, LIST OF PARTICIPANTS AND PHOTOGRAPHS

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

Date: 11 October, 2018

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



**List of Participants (Teaching Staff)**

Sr. No.	Name of the Staff Member	Designation	Department
1	Mrs. Savita Vashisht	Associate Professor	English
2	Prof. Rectinder Brar	Professor	Human Development & Family Relation
3	Mrs. Neelam Kumari	Associate Professor	-do-
4	Dr. Neha Sharma	Assistant Professor	-do-
5	Dr. (Mrs.) Sangeeta Bansal	Associate Professor	Clothing & Textiles
6	Mrs. Chhaya Verma	Associate Professor	-do-
7	Dr. (Mrs.) Sonia	Assistant Professor	-do-
8	Mrs. Annu Deharwal	Assistant Professor	-do-
9	Mrs. Anila	Assistant Professor	-do-
10	Dr. (Mrs.) Rupinder Kaur	Associate Professor	Family Resource Management
11	Dr. (Mrs.) Ritu Pradhan	Associate Professor	Foods & Nutrition
12	Dr. Utara Singh	Assistant Professor	-do-
13	Mrs. Ranjana Sharma	Associate Professor	Botany
14	Dr. Rajesh Biswas	Associate Professor	Zoology
15	Mrs. Mona Soin	Assistant Professor	Physics
16	Mrs. Seema Jaitley	Assistant Professor	Art
17	Ms. Namrata Sethi	Assistant Professor	Foods & Nutrition
18	Ms. Priyanka Sharma	Assistant Professor	Music (V)
19	Ms. Shabana Gandhi	Assistant Professor	Economics
20	Ms. Nidhi Duggal	Assistant Professor	Clothing & Textiles
21	Ms. Shalu Gupta	Assistant Professor	Extension Education
22	Ms. Bhavneet Kaur	Assistant Professor	Physiology & Hygiene
23	Ms. Sakshi Sharma	Assistant Professor	Clothing & Textiles
24	Ms. Simarprabh Kaur	Assistant Professor	-do-
25	Ms. Praibha Thapa	Assistant Professor	-do-
26	Ms. Preeti Alagh	Assistant Professor	-do-
27	Ms. Heena Narang	Assistant Professor	-do-
28	Ms. Manpreet Kaur	Assistant Professor	-do-
29	Mr. Navtej Singh	Assistant Professor	Computer
30	Ms. Shikha Garg	Assistant Professor	Psychology

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

**Date: 17 October, 2018**

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



Source : Uploaded on college website

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

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9	Mrs. Anila	Assistant Professor	-do-
10	Dr. (Mrs.) Rupinder Kaur	Associate Professor	Family Resource Management
11	Dr. (Mrs.) Ritu Pradhan	Associate Professor	Foods & Nutrition
12	Dr. Utara Singh	Assistant Professor	-do-
13	Mrs. Ranjana Sharma	Associate Professor	Botany
14	Dr. Rajesh Biswas	Associate Professor	Zoology
15	Mrs. Mona Soin	Assistant Professor	Physics
16	Mrs. Seema Jaitley	Assistant Professor	Art
17	Ms. Namrata Sethi	Assistant Professor	Foods & Nutrition
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19	Ms. Shabana Gandhi	Assistant Professor	Economics
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23	Ms. Sakshi Sharma	Assistant Professor	Clothing & Textiles
24	Ms. Simarprabh Kaur	Assistant Professor	-do-
25	Ms. Pratibha Thapa	Assistant Professor	-do-

26	Ms. Preeti Alagh	Assistant Professor	-do-
27	Ms. Heena Narang	Assistant Professor	-do-
28	Ms. Manpreet Kaur	Assistant Professor	-do-
29	Mr. Navtej Singh	Assistant Professor	Computer
30	Ms. Shikha Garg	Assistant Professor	Psychology

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

**Date: 22 October, 2018**

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

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



Source : Uploaded on college website



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5	Dr. (Mrs.) Sangeeta Bansal	Associate Professor	Clothing & Textiles
6	Mrs. Chhaya Verma	Associate Professor	-do-
7	Dr. (Mrs.) Sonia	Assistant Professor	-do-
8	Mrs. Annu Deharwal	Assistant Professor	-do-
9	Mrs. Anila	Assistant Professor	-do-
10	Dr. (Mrs.) Rupinder Kaur	Associate Professor	Family Resource Management
11	Dr. (Mrs.) Ritu Pradhan	Associate Professor	Foods & Nutrition
12	Dr. Umara Singh	Assistant Professor	-do-
13	Mrs. Ranjana Sharma	Associate Professor	Botany
14	Dr. Rajesh Biswas	Associate Professor	Zoology
15	Mrs. Mona Soin	Assistant Professor	Physics
16	Mrs. Seema Jaitley	Assistant Professor	Art
17	Ms. Namrata Sethi	Assistant Professor	Foods & Nutrition
18	Ms. Priyanka Sharma	Assistant Professor	Music (V)
19	Ms. Shabana Gandhi	Assistant Professor	Economics
20	Ms. Nidhi Duggal	Assistant Professor	Clothing & Textiles
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22	Ms. Bhavneet Kaur	Assistant Professor	Physiology & Hygiene
23	Ms. Sakshi Sharma	Assistant Professor	Clothing & Textiles
24	Ms. Simarprabh Kaur	Assistant Professor	-do-
25	Ms. Pratibha Thapa	Assistant Professor	-do-

26	Ms. Preeti Alagh	Assistant Professor	-do-
27	Ms. Heena Narang	Assistant Professor	-do-
28	Ms. Manpreet Kaur	Assistant Professor	-do-
29	Mr. Navtej Singh	Assistant Professor	Computer
30	Ms. Shikha Garg	Assistant Professor	Psychology

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

Date : 23 October , 2018

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

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



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



Source – News Paper Amar Ujala on Oct 24, 2018

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Sr. No.	Name of the Staff Member	Designation	Department
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5	Dr. (Mrs.) Sangeeta Bansal	Associate Professor	Clothing & Textiles
6	Mrs. Chhaya Verma	Associate Professor	-do-
7	Dr. (Mrs.) Sonia	Assistant Professor	-do-
8	Mrs. Annu Deharwal	Assistant Professor	-do-
9	Mrs. Anila	Assistant Professor	-do-
10	Dr. (Mrs.) Rupinder Kaur	Associate Professor	Family Resource Management
11	Dr. (Mrs.) Ritu Pradhan	Associate Professor	Foods & Nutrition
12	Dr. Utara Singh	Assistant Professor	-do-
13	Mrs. Ranjana Sharma	Associate Professor	Botany
14	Dr. Rajesh Biswas	Associate Professor	Zoology
15	Mrs. Mona Soin	Assistant Professor	Physics
16	Mrs. Seema Jaitley	Assistant Professor	Art
17	Ms. Namrata Sethi	Assistant Professor	Foods & Nutrition
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25	Ms. Pratibha Thapa	Assistant Professor	-do-

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27	Ms. Heena Narang	Assistant Professor	-do-
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## 5. Workshop on Personality Development and Grooming Skills.

**Date: 29 January, 2019**

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



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

## List of Participants (Teaching Staff)

Sr. No.	Name of the Staff Member	Designation	Department
1	Mrs. Savita Vashista	Associate Professor	English
2	Prof. Reetinder Brar	Professor	Human Development & Family Relation
3	Mrs. Neelam Kumari	Associate Professor	-do-
4	Dr. Neha Sharma	Assistant Professor	-do-
5	Dr. (Mrs.) Sangeeta Bansal	Associate Professor	Clothing & Textiles
6	Mrs. Chhaya Verma	Associate Professor	-do-
7	Dr. (Mrs.) Sonia	Assistant Professor	-do-
8	Mrs. Annu Deharwal	Assistant Professor	-do-
9	Mrs. Anila	Assistant Professor	-do-
10	Dr. (Mrs.) Rupinder Kaur	Associate Professor	Family Resource Management
11	Dr. (Mrs.) Ritu Pradhan	Associate Professor	Foods & Nutrition
12	Dr. Utara Singh	Assistant Professor	-do-
13	Mrs. Ranjana Sharma	Associate Professor	Botany
14	Dr. Rajesh Biswas	Associate Professor	Zoology
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24	Ms. Simarprabh Kaur	Assistant Professor	-do-
25	Ms. Praibha Thapa	Assistant Professor	-do-

26	Ms. Preeti Alagh	Assistant Professor	-do-
27	Ms. Heena Narang	Assistant Professor	-do-
28	Ms. Manpreet Kaur	Assistant Professor	-do-
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## 6. Workshop on Spiritual Counselling and Music Therapy

Date: 07 November, 2019

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



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

## List of Participants (Teaching Staff)

Sr. No.	Name of the Staff Member	Designation	Department
1	Prof. Reetinder Brar	Professor	Human Development & Family Relation
2	Mrs. Neelam Kumari	Associate Professor	Human Development & Family Relation
3	Dr. Neha Sharma	Assistant Professor	Human Development & Family Relation
4	Mrs. Chhaya Verma	Associate Professor	Clothing & Textiles
5	Dr. (Mrs.) Sonia	Assistant Professor	Clothing & Textiles
6	Mrs. Annu Deharwal	Assistant Professor	Clothing & Textiles
7	Mrs. Anila	Assistant Professor	Clothing & Textiles
8	Dr. (Mrs.) Rupinder Kaur	Associate Professor	Family Resource Management
9	Dr. (Mrs.) Ritu Pradhan	Associate Professor	Foods & Nutrition
10	Dr. Uttara Singh	Assistant Professor	Foods & Nutrition
11	Mrs. Ranjana Sharma	Associate Professor	Botany
12	Dr. Rajesh Biswas	Associate Professor	Zoology
13	Mrs. Mona Soin	Assistant Professor	Physics
14	Mrs. Seema Jaitley	Assistant Professor	Art
15	Ms. Namrata Sethi	Assistant Professor	Foods & Nutrition
16	Ms. Priyanka Sharma	Assistant Professor	Music (V)
17	Ms. Shabana Gandhi	Assistant Professor	Economics
18	Ms. Nidhi Duggal	Assistant Professor	Clothing & Textiles
19	Ms. Shalu Gupta	Assistant Professor	Extension Education
20	Ms. Bhavnect Kaur	Assistant Professor	Physiology & Hygiene
21	Ms. Sakshi Sharma	Assistant Professor	Clothing & Textiles
22	Ms. Simarprebh Kaur	Assistant Professor	Clothing & Textiles
23	Ms. Pratibha Thapa	Assistant Professor	Clothing & Textiles
24	Ms. Preeti Alagh	Assistant Professor	Clothing & Textiles

25	Ms. Heena Narang	Assistant Professor	Clothing & Textiles
26	Ms. Manpreet Kaur	Assistant Professor	Clothing & Textiles
27	Mr. Navtej Singh	Assistant Professor	Computer
28	Ms. Shikha Garg	Assistant Professor	Psychology
29	Dr. Vasudha Bansal	Assistant Professor	Foods & Nutrition
30	Ms. Chandana Rajpoot	Assistant Professor	Clothing & Textile
31	Ms. Akshata Verma	Assistant Professor	Family Resource Management
32	Ms. Nupur Bhatnagar	Assistant Professor	Human Development & Family Relations
33	Mr. Gaurav Kalra	Assistant Professor	English
34	Ms. Reenu	Assistant Professor	Chemistry
35	Mr. Amit Gangani	Assistant Professor	Dance

  
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 Sector-10, Chandigarh

## List of Participants (Non -Teaching Staff)

### List of Participants (Non -Teaching Staff)

Sr. No.	Name of the Staff Member	Designation
1.	Mrs. Jyoti	Jr. Assistant/Clerk
2.	Sh. Sundeep Joon	Clerk
3.	Sh. Girish Chand	Clerk
4.	Sh. Amit Kumar	Clerk
5.	Ms. Preeti Sodhi	Sr. Instructor
6.	Ms. Radhika Kapoor	Nursery Teacher
7.	Ms. Deepa	Nursery Teacher
8.	Sh. Shashi Kamal	Sr. Lecture Assistant
9.	Mrs. Gulshan	Sr. Lecture Assistant
10.	Sh. Jai Ram	Sr. Lecture Assistant
11.	Mrs. Monika Bansal	Sr. Lecture Assistant
12.	Mrs. Paramjeet Kaur	Sr. Lecture Assistant
13.	Mrs. Geeta Rawat	Sr. Lecture Assistant
14.	Sh. Navneet Pal Singh	Jr. Lecture Assistant
15.	Mrs. Nimmo Rani	Jr. Lecture Assistant
16.	Mrs. Balwinder Kaur	Jr. Lecture Assistant
17.	Mrs. Paramjit Kaur	Jr. Lecture Assistant
18.	Sh. Ashish Sinha	Jr. Lecture Assistant
19.	Sh. Harinder Kumar	Sr. Laboratory Attendant
20.	Sh. Mehmood Khan	Tabla Instructor
21.	Sh. Amrik Singh	Driver
22.	Sh. Vijay Kumar	Peon/Aya
23.	Sh. Deepak Sundriyal	Peon/Aya
24.	Sh. Khushi Ram	Game Boy
25.	Sh. Ram Khilawan	Mali/Beldar
26.	Sh. Ved Parkash	Mali/Beldar
27.	Sh. Girija Shankar	Mali/Beldar
28.	Sh. Ganga Parshad	Mali/Beldar
29.	Sh. Nand Kishore	Chowkidar
30.	Sh. Khem Chand	Chowkidar
31.	Sh. Gurdev Singh	Chowkidar
32.	Sh. Rajinder Singh	Chowkidar
33.	Sh. Naresh Kumar	Sweeper
34.	Sh. Rajesh Kumar	Sweeper
35.	Sh. Jatinder Kumar	Sweeper
36.	Sh. Ramesh Kumar	Sweeper
37.	Sh. Sham Lal	Sweeper
38.	Mrs. Sheela	Sweeper
39.	Sh. Satya Pal Singh	Animal Collector-cum-Sweeper

40.	Mrs. Bela Gupta	Librarian
41.	Mrs. Vandna Saini	Library Restorer
42.	Mrs. Kamlesh Kumari	Library Restorer
43.	Sh. Ashwani	Library Attendant
44.	Ms. Diksha Rani	Sr. Laboratory Attendant
45.	Mr. Ajay Kumar	Sr. Lab. Attendant
46.	Ms. Mehak	Sr. Lab. Attendant
47.	Ms. Amandeep kaur	Hostel Nurse
48.	Mr. Jagdeep Singh	Conductor
49.	Ms. Komal Yadav	Laboratory Attendant
50.	Mr. Mandeep	Laboratory Attendant
51.	Ms. Pinky Rawat	Laboratory Attendant
52.	Mr. Karan	Laboratory Attendant
53.	Mr. Mohinder Singh Negi	Laboratory Attendant
54.	Mr. Sahil Kataria	Peon
55.	Mr. Shivam	Peon
56.	Ms. Reena Devi	Peon
57.	Mr. Kuldeep	Mali/Beldar
58.	Mr. Jasvir Singh	Mali/Beldar
59.	Mr. Mandeep Singh	Chowkidar
60.	Mr. Sunil	Sweeper





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

**Date : 22 January, 2020**

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

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



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

## List of Participants (Teaching Staff)

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1	Prof. Reetinder Brar	Professor	Human Development & Family Relation
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27	Mr. Navtej Singh	Assistant Professor	Computer
28	Ms. Shikha Garg	Assistant Professor	Psychology
29	Dr. Vasudha Bansal	Assistant Professor	Foods & Nutrition
30	Ms. Chandana Rajpoot	Assistant Professor	Clothing & Textile
31	Ms. Akshata Verma	Assistant Professor	Family Resource Management
32	Ms. Nupur Bhatnagar	Assistant Professor	Human Development & Family Relations
33	Mr. Gaurav Kalra	Assistant Professor	English
34	Ms. Reenu	Assistant Professor	Chemistry
35	Mr. Amit Gangani	Assistant Professor	Dance

  
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## 8. One Week Online Yoga Session

**Date: 19-25 June, 2020**

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



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

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

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

**Demonstrated by:**  
Vedika  
B.Sc. H.Sc. 4<sup>th</sup> Semester

**Convener:**  
Prof. Sudha Katyal  
Principal

One Week Online Yoga Session on 19-25 June 2020



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

## List of Participants (Teaching Staff)

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1	Prof. Reetinder Brar	Professor	Human Development & Family Relation
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22	Ms. Simarprebh Kaur	Assistant Professor	Clothing & Textiles
23	Ms. Pratibha Thapa	Assistant Professor	Clothing & Textiles
24	Ms. Preeti Alagh	Assistant Professor	Clothing & Textiles

25	Ms. Hecna Narang	Assistant Professor	Clothing & Textiles
26	Ms. Manpreet Kaur	Assistant Professor	Clothing & Textiles
27	Mr. Navtej Singh	Assistant Professor	Computer
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29	Dr. Vasudha Bansal	Assistant Professor	Foods & Nutrition
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31	Ms. Akshata Verma	Assistant Professor	Family Resource Management
32	Ms. Nupur Bhatnagar	Assistant Professor	Human Development & Family Relations
33	Mr. Gaurav Kalra	Assistant Professor	English
34	Ms. Reenu	Assistant Professor	Chemistry
35	Mr. Amit Gangani	Assistant Professor	Dance

  
 Principal  
 Government Home Science College  
 Sector-III, Chandigarh

## List of Participants (Non -Teaching Staff)

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1.	Mrs. Jyoti	Jr. Assistant/Clerk
2.	Sh. Sundeep Joon	Clerk
3.	Sh Girish Chand	Clerk
4.	Sh. Amit Kumar	Clerk
5.	Ms. Preeti Sodhi	Sr. Instructor
6.	Ms. Radhika Kapoor	Nursery Teacher
7.	Ms. Deepa	Nursery Teacher
8.	Sh. Shashi Kamal	Sr. Lecture Assistant
9.	Mrs. Gulshan	Sr. Lecture Assistant
10.	Sh. Jai Ram	Sr. Lecture Assistant
11.	Mrs. Monika Bansal	Sr. Lecture Assistant
12.	Mrs. Paramjeet Kaur	Sr. Lecture Assistant
13.	Mrs. Geeta Rawat	Sr. Lecture Assistant
14.	Sh. Navneet Pal Singh	Jr. Lecture Assistant
15.	Mrs. Nimmo Rani	Jr. Lecture Assistant
16.	Mrs. Balwinder Kaur	Jr. Lecture Assistant
17.	Mrs. Paramjit Kaur	Jr. Lecture Assistant
18.	Sh. Ashish Sinha	Jr. Lecture Assistant
19.	Sh. Harinder Kumar	Sr. Laboratory Attendant
20.	Sh. Mehmood Khan	Tabla Instructor
21.	Sh. Amrik Singh	Driver
22.	Sh. Vijay Kumar	Peon/Aya
23.	Sh. Deepak Sundriyal	Peon/Aya
24.	Sh. Khushi Ram	Game Boy
25.	Sh. Ram Khilawan	Mali/Beldar
26.	Sh. Ved Parkash	Mali/Beldar
27.	Sh. Girija Shankar	Mali/Beldar
28.	Sh. Ganga Parshad	Mali/Beldar
29.	Sh. Nand Kishore	Chowkidar
30.	Sh. Khem Chand	Chowkidar
31.	Sh. Gurdev Singh	Chowkidar
32.	Sh. Rajinder Singh	Chowkidar
33.	Sh. Naresh Kumar	Sweeper
34.	Sh. Rajesh Kumar	Sweeper
35.	Sh. Jatinder Kumar	Sweeper
36.	Sh. Ramesh Kumar	Sweeper
37.	Sh. Sham Lal	Sweeper
38.	Mrs. Sheela	Sweeper
39.	Sh. Satya Pal Singh	Animal Collector-cum-Sweeper

40.	Mrs. Bela Gupta	Librarian
41.	Mrs. Vandna Saini	Library Restorer
42.	Mrs. Kamlesh Kumari	Library Restorer
43.	Sh. Ashwani	Library Attendant
44.	Ms. Diksha Rani	Sr. Laboratory Attendant
45.	Mr. Ajay Kumar	Sr. Lab. Attendant
46.	Ms. Mehak	Sr. Lab. Attendant
47.	Ms. Amandeep kaur	Hostel Nurse
48.	Mr. Jagdeep Singh	Conductor
49.	Ms. Komal Yadav	Laboratory Attendant
50.	Mr. Mandeep	Laboratory Attendant
51.	Ms. Pinky Rawat	Laboratory Attendant
52.	Mr. Karan	Laboratory Attendant
53.	Mr. Mohinder Singh Negi	Laboratory Attendant
54.	Mr. Sahil Kataria	Peon
55.	Mr. Shivam	Peon
56.	Ms. Reena Devi	Peon
57.	Mr. Kuldeep	Mali/Beldar
58.	Mr. Jasvir Singh	Mali/Beldar
59.	Mr. Mandeep Singh	Chowkidar
60.	Mr. Sunil	Sweeper

## 9. One Week Online Yoga Session

**Date: 07-21 June, 2021**

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

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

organizes  
**LIVE YOGA SESSION**  
to celebrate

**Date:**  
June 21<sup>th</sup>, 2021

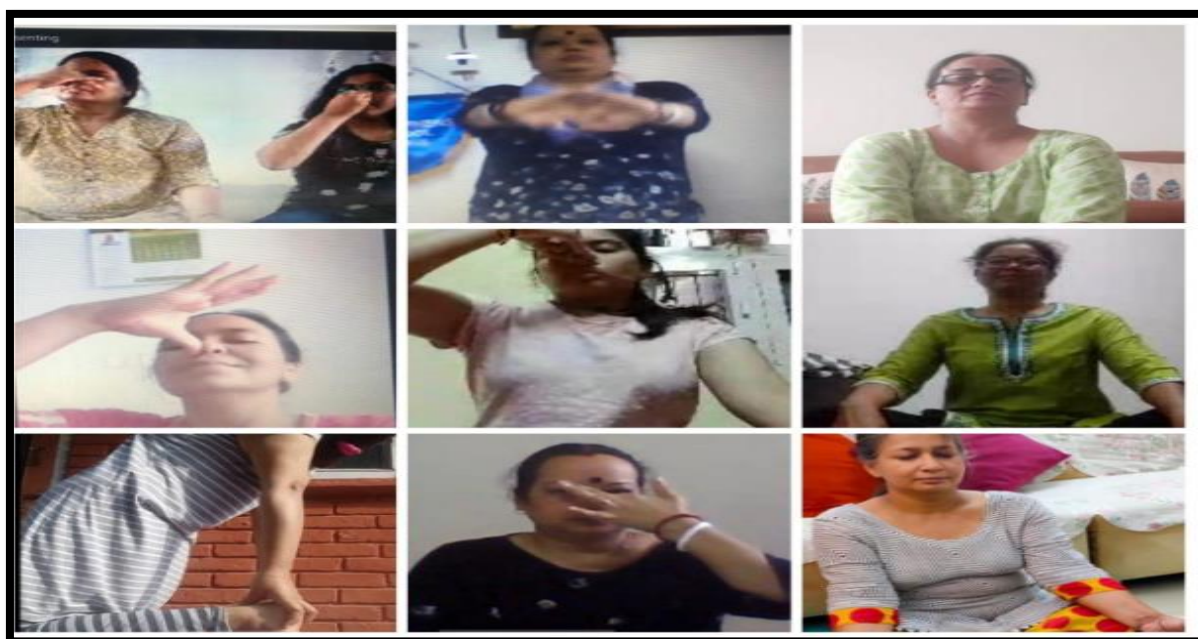
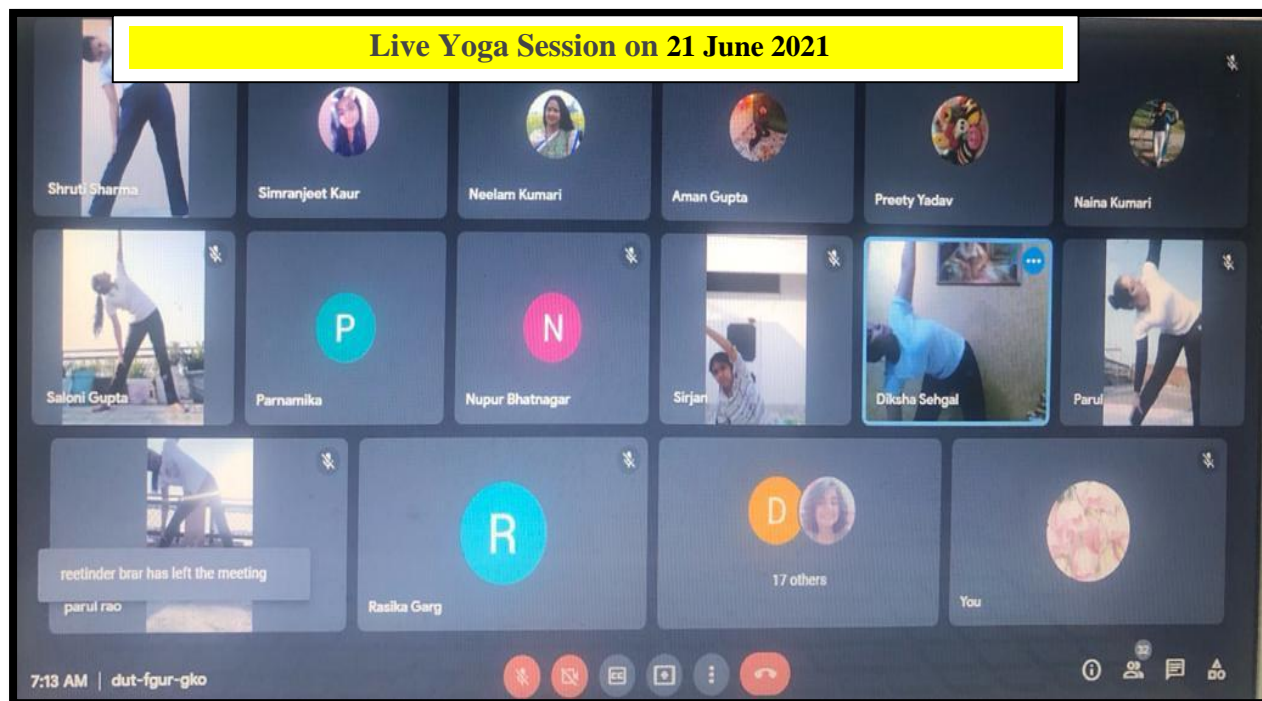
**Time:**  
07:00 a.m. onwards

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

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

**Demonstrated by Vedika**  
B.Sc H.SC. Dietetics

**Convener**  
**Prof. Sudha Katyal**  
(Principal)



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



## List of Participants (Teaching Staff)

Sr. No.	Name of the Staff Member	Designation	Department
1	Prof. Reetinder Bear	Professor	Human Development & Family Relation
2	Mrs. Neelam Kumari	Associate Professor	Human Development & Family Relation
3	Dr. Neha Sharma	Assistant Professor	Human Development & Family Relation
4	Mrs. Chhaya Verma	Associate Professor	Clothing & Textiles
5	Dr. (Mrs.) Sonia	Assistant Professor	Clothing & Textiles
6	Mrs. Annu Deharwal	Assistant Professor	Clothing & Textiles
7	Mrs. Anila	Assistant Professor	Clothing & Textiles
8	Dr. (Mrs.) Rupinder Kaur	Associate Professor	Family Resource Management
9	Dr. (Mrs.) Ritu Pradhan	Associate Professor	Foods & Nutrition
10	Dr. Uttara Singh	Assistant Professor	Foods & Nutrition
11	Mrs. Rangana Sharma	Associate Professor	Botany
12	Dr. Rajesh Biswas	Associate Professor	Zoology
13	Mrs. Mona Soin	Assistant Professor	Physics
14	Mrs. Seema Jaitley	Assistant Professor	Art
15	Ms. Namrata Sethi	Assistant Professor	Foods & Nutrition
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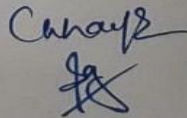
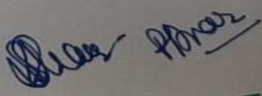
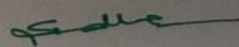
  
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 Government Home Science College  
 Sector-10, Chandigarh

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2.	Mrs. Jyoti	Jr. Assistant/Clerk
3.	Mr. Sundeep Joon	Jr. Assistant/Clerk
4.	Mr Girish Chand	Clerk
5.	Mr. Amit Kumar	Clerk
6.	Mr. Akshay	Steno-Typist
7.	Mrs. Preeti Sodhi	Sr. Instructor
8.	Ms. Radhika Kapoor	Nursery Teacher
9.	Mrs. Deepa	Nursery Teacher
10.	Mr. Shashi Kamal	Sr. Lecture Assistant
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37.	Mr. Ramesh Kumar	Sweeper
38.	Mr. Sham Lal	Sweeper
39.	Mrs. Sheela	Sweeper
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49.	Mr. Sahil Kataria	Peon
50.	Mr. Shivam	Peon
51.	Mr. Kuldeep	Mali/Beldar
52.	Mr. Mandeep Singh	Chowkidar
53.	Mr. Sunil	Sweeper

## 10. Online workshop on “Internet to Inner-net “

Date: 15 December, 2021

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

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

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

**CONVENER**  
Prof. Sudha Katyal  
Principal

**An Online Workshop**  
on Internet to Innernet  
Motivational & Integrated  
Amrita Meditation Workshop

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

**Online workshop on Internet to Inner- Net on 15-12-2021**




**Students attending workshop through online mode**

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

## List of Participants (Teaching Staff)

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1	Prof. Reetinder Brar	Professor	Human Development & Family Relation
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33	Ms. Reema	Assistant Professor	Chemistry

  
 Principal  
 Government Home Science College  
 Sector-10, Chandigarh

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



**51<sup>st</sup> ANNUAL CONVOCATION**

**AND**

**PRIZE DISTRIBUTION FUNCTION**

**Presided Over**

**By**

**Sh. BL Sharma IAS**

**Education Secretary**

**UT, Chandigarh**

**on**

**Chandigarh**

**ANNUAL REPORT 2018-19**

**PRESENTED BY**

**Dr. (Mrs.) SudhaKatyal**

**Principal**

**Govt. Home Science College,**

**Sector 10, Chandigarh**

## Good Morning

- It is my pleasure and proud privilege to welcome our Honorable Chief Guest Sh. BL Sharma, IAS, Education Secretary, Chandigarh Administration, on 51<sup>st</sup> Annual convocation and prize distribution function of Government Home Science College. Although our worthy Chief Guest, needs no introduction but let me share some snippets from his illustrious profile. A gold medalist from Jammu University, Sir did his Masters in Geography and joined the coveted Indian Administrative Services. If one takes a closer look at the alchemy of our chief guest, certain distinct virtues pop up instantly. These are **pioneering and ready to help spirit, positive and proactive approach, constant guidance and encouragement to one & all** and the **quality of leading from the front**.
- Presently, Sir holds innumerable positions in Chandigarh Administration but the most important thing is that Sir holds a very big & special place in the hearts of education fraternity of the city beautiful. Sir your **aura, ingenuity and dynamic personality are energizing**. That's why no function in our college seems complete without your esteemed presence.
- A very warm and very hearty welcome to you Honorable Sir in Government Home Science College today.
- It also gives me immense joy & pleasure to welcome our very own Director Higher Education Chandigarh Administration, Sh. Rubinderjit Singh Brar, PCS, as **Guest of Honor**. Sir is a young leader with source of energy, motivation, inspiration & promptness which we have all witnessed & felt.
- May I now Hon'ble Sir, with your kind permission, present before you a glimpse of the Annual Report of College for the session 2018-19.



- Established in 1961, our college is a pioneer professional Institute in the field of Home Science in Northern India. It has continuously revamped its courses keeping in tune with the changing trends in Higher Education. It currently runs two Bachelor's Programme- B.Sc. (Home Science) with five specializations and B.Sc. in Fashion Designing, P.G. Diplomas in Nutrition and Dietetics, Fashion Designing and Child Guidance & Family Counseling as well as Masters' Programmes in the same three streams.
- Sir, it gives me immense pleasure to share that Ph.D. course work as per UGC guidelines has been made functional from the present academic session and 12 scholars have been enrolled in 3 different streams of Home Science.
- I also feel proud that from the next session 2019-20, a new course of Post graduate Diploma in Sports Nutrition and Fitness would be initiated.

## **ACHIEVEMENTS OF STUDENTS**

### **In 2018, P.U. examinations:**

- TIMMY SINGLA topped in the Masters Programs in Foods & Nutrition, TANIA in Clothing & Textiles and GHAZAL in Human Development & Family Relations.
- AMBIKA bagged the first position in PG Diploma in Nutrition & Dietetics, SIMRAN in Child Guidance & Family Counseling and ISHAM in Fashion Designing
- GEETANJALI stood first in B.Sc Home Science and SHILPA in B.Sc Fashion Designing.

### **Inter College Competitions**

Sir, our students got a number of prizes in Inter College Competitions: ☐

- 1st prize and a Consolation award in Flower Arrangement Competition & 3rd prize in Rangoli Competition held at Dr. Ambedkar Institute of Hotel Management on World Tourism Day (6th October, 2018)
- First prize in Floral & Dry Rangoli Competition at Rose Fest & 2<sup>nd</sup> prize in eco-rangoli competition (22- 24.02.19) held by GCG-42
- 6 NCC cadets received cadet Welfare Scholarship of Rs. Rs. 6000/- while 8 cadets got cash prizes of Rs. 34000/- in various competitions during National Camp & All India Trekking Expedition, Ajmer.
- Akanksha Raheja was awarded Best “Tashanbaaz” of Tricity by 93.5 Red FM. She was also awarded a cycle for “Extra ordinary Performance” at Chandigarh Urban Fest where Aerobic team of the college also won title of “Creating best Vibes”.

### **Panjab University Zonal Youth and Heritage Festival (October 3<sup>rd</sup> - 6<sup>th</sup> 2018)**

- Sir I would like to highlight that despite of being a small college with limited strength, our students won a number of prizes In P.U. Zonal Youth & Heritage Festival held at Dev Samaj College Sector-45, Chandigarh
- First Position was bagged by our students in heritage items like, Dasuti, Khiddo and Phulkari.
- Second in knitting, Bagh, Pakhi and poster making competition.
- 3<sup>rd</sup> position in a number of items- bhajan, group dance, solo dance (Kathak), theatre items, histrionics, mime, poetry recitation, collage making, clay modeling, Muhavredaar Vartalap and best acting.
- For encouraging the students to excel in the field of Human Development & Family Relations, four new awards have been initiated for toppers in the subject in P.U. examinations right from B.Sc. home science 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year with prize amount of Rs. 5000/- each to a very handsome amount of Rs. 10,000/- at Masters level with the help of an NRI. Dr. Narendar Kukar,

in memory of her sister Sinder Kukar who served the college as lecturer in 1962.

- Believing in the dictum that ‘**A Sound Mind Resides in A Sound Body**’, we at Govt. Home Science College make all efforts to keep our students physically fit as well. The college has an indoor badminton court and a fully functional gymnasium. Students are encouraged to participate regularly in Aerobic activities and Yoga sessions.
- In Annual Athletic Meet of the college held in Feb 2019, inspite of very bad weather, students participated very enthusiastically. A number of sports event were organized in college corridors due to incessant rain. **Kanika Lubana of B.Sc (H.Sc) VIth Semester** was declared the **Best Athlete** in the event. The first woman SSP of U.T., Chandigarh Ms. Nilambari Jagdale was the chief guest for the event.

Sir, there is a long list of achievements of students in diverse fields, but due to time constraint, I am going to mention only

## **SIGNIFICANT HIGHLIGHTS OF THE YEAR 2018-19**

All efforts were made to chalk out the college goals in consonance with Government key programs and initiatives.

### **College as One Stop Shop for PoshanAbhiyan.**

#### **I feel happy to share that**

The college really acted as one stop shop for addressing all needs of Nutrition during **Poshan Maah, Poshan Pakhwada and Poshan Abhiyan** in totality

**A series of the activities were conducted during Poshan Maah like:-**

- Participation of students in Healthy recipe competition
- Quiz and demonstration on low cost nutritious recipes

- Interactive Session on Nutrition during First 1000 Days,
- Nutrition and Health Mela,
- Preparation and Sale of Low Cost Nutritious Snacks
- Knowledge & Assessment of Safe Food Handling Practices
- Slogan Writing Competition
- Workshop on Food Safety and Adulteration
- Anaemia Free Chandigarh Campaign
- Poshan Rally at Sukhna Lake
- Nukkad Natak on Nutrition awareness & Dietary consultation at various places Daria, Ramdarbar, Khuda Ali Sher & in the college campus.

I would like to reiterate that all these activities were conducted in a **span of only 30 days in September.**

#### Preparation & Release of Booklet *Su-poshan*

- I feel very happy to share that all our efforts were recognized & acknowledged by Hon'able Education Secretary in State level Workshop on Poshan Abhiyaan at PGIMER.

A booklet entitled 'Suposhan' written by myself and published by Deptt. of Social welfare , covering nutritional requirements & low cost healthy recipes was released by His Excellency Hon'ble Governor Sh. V. P. Singh Badnore.

- In this workshop, Mrs. Namrata gave an enlightening talk and Nukkad Natak team of the college gave an impressive performance and was felicitated.
- Further in November 2018, 2 workshops- one on Nutritional Genomics –for & another one on Food, Nutrition and Healthy lifestyle were organized.
- On completion of one year of this Poshan Abhiyan on 8<sup>th</sup> March,2019 Home science college again provided another big kick start to Nutrition Pakhwada through Home Science fest-2019.

### a) Commemoration of 150 Years of Mahatma Gandhi

- Supporting National and State Mission, the college prepared a tableaux on the theme “**Sapno ka Bharat**” for Chandigarh carnival. The layout of the tableaux highlighted various slogans, focusing on the life and vision of Gandhi Ji as well as need for cleanliness in the city. It was highly applauded by one & all.
- The college organized 1<sup>ST</sup> Children’s Peace Fest-CPF2019 in collaboration with YuvSatta, on the occasion of 150th Martyrdom’s Day of Father of the Nation.
- It was based on the **UN theme 2030 ‘Leave No One Behind’**
- Various competitions like Poster Making on “Chandigarh says Goodbye polybags” Gandhi quiz, Clay modeling, skit competition on “leaving no one behind” were organized
- 500 school children from 50 schools of tricity took part in the fest.

### b) Swachh Bharat Abhiyan

- To meet the targets of Swachh Bharat Mission, NSS volunteers and NCC cadets enthusiastically participated in 20 days ‘Swachh Bharat Summer Internship Camp 2018’. NSS students carried out cleanliness drive at various public places while, NCC cadets focused their drive in the college campus, hostel mess and monuments of the city.
- It’s a matter of great pride that college bagged **1<sup>st</sup> prize in cleaning of monuments** from NCC Group headquarters, Chd. On 02 october 2018.

### c) Thrust on Skill Building, Women Empowerment and Entrepreneurship.

A series of skill building workshops were organized with the **like:-**

- ‘Image styling’ (11.10.2018)

- ‘ Entrepreneurial ventures in Nutritive cakes, cookies and chocolates’ ( 17.10.2018)
- Trending innovation in ‘ Designing Interior and Jewellery ‘( 22.10.2018)
- Grooming skills and personality development
- Counseling techniques and its applications
- Resume writing and career opportunities
- Essentials of Venturing into e-business
- A panel discussion on “Ru-ba- Ru with women luminaries in business set up of tri city” was held where they shared their success mantras.

#### d) Pink Turban Campaign

College organized Pink Turban Campaign to Spread the Message of Gender Equality(24.1.2019 ) On the occasion of National Girl Child Day.

One day seminar on "**Empowered Girl, Empowered India**" was organized. **Advocate Madhu P. Singh**, Former President and Judge of District Consumer Forum, Mohali was the key note speaker.

Girls wore **Pink turbans, a symbol of honour, released balloons to signify release of inbuilt fears and pledged to protect their rights**

- For encouraging entrepreneurship, college organized various mela like Raksha Bandhan Mela, Diwali Mela, Karwachauth Mela and Health Mela where our students put up Stalls and sold different items.
- Sir, all efforts were made to extend opportunities to students beyond college campus too as in 10th Panjab University Rose Festival, Chandigarh. Students presented an artistic display and sale of handwork which was highly appreciated by V.C. Panjab University Prof. Raj Kumar. The college stalls received impressive media coverage including Zee Punjabi.
- Amalgamation of year long efforts of entrepreneurial skill enhancement finally culminated into a Gala Home Science Fest 2019. All major departments of college put up a number of stalls & students truly earned while they learned.
- This fest was a grand success and witnessed a huge footfall.

- I feel proud to share that a day before this fest, 6 of our students were given offer letters by Amazon with the packages of Rs. 1.56 lac- Rs. 1.75 lac.

e) **Digital Initiatives**

- AEBAS -Aadhaar Enabled Biometric Attendance Systems have been installed in the campus for both teaching and non teaching staff of the college.
- The college has been actively participating in various on line ranking portals of MHRD like NIRF National Institutional Ranking Framework and Atal Ranking of Institutions on Innovation Achievements (ARIIA) as well as students are getting registered for Scheme for Higher Education Youth in Apprenticeship and Skills (SHREYAS)

f) **Use of Eco Friendly Approaches & Waste- to- Energy Management**

Special efforts were put in by the college for reusing and recycling wastes.

- Various Pits were dug near U.G and P.G hostels for segregation of wet and dry waste and then finally to make compost which is being used in college lawns
- Recently, the college has purchased compost making machine from waste worth Rs. 5.85 lacs.

## **MOBILIZATION OF GRANTS**

The college is making consistent efforts to mobilize various grants

i) **Rusa Infrastructure Grant of MHRD**

College received the second installment of Rs. 50 lacs. 35 lacs have been deposited for construction of Research and Multimedia block, for which the work has already been started and rest Rs. 15 lacs were utilized for strengthening resources such as:

- Digital wall mounted information kiosk
- Sanitary vending machines and incinerators

- Sewing machines in Skill Building lab
- SPSS software
- Open air Gym equipments

ii) **RUSA preparatory grant**

The college also got **maximum preparatory grant** of RUSA amounting to Rs. 2.5 lakhs on the basis of complete utilization of previous preparatory grant. Various skill building workshops were organized from this grant.

**iii) Grant from MC under DAY-NULM**

The college procured a grant of Rs. 22.5 lacs from Municipal Corporation, Chandigarh, under Deen Dayal Antyodya Yojana, National Urban Livelihood Mission for Skill Training in Fashion Designing.

It was inaugurated by Sh. KK Yadav Commissioner, Municipal Corporation, Chandigarh. First batch of 70 beneficiaries have already been trained and the next batch is going to start soon.

iv) Fourth grant of Rs. 21,000/- was received from CREST. This was utilized for sensitizing the students about renewable sources of energy through inter-college competitions.

v) Fifth grant amounting to Rs. 25,500/- was obtained from Department of Environment, UT, Chandigarh. It was used for generating awareness regarding Segregation of waste, growing of Micro greens and awareness regarding air purifying plants as per NASA.

vi) Sixth grant of Rs. 60,000/- was procured from Department of Cultural Affairs, for conduct of Fashion Show Aakriti-2019.



viii) Last grant was of Rs. 4000/- from State Aids Control Society, UT, Chandigarh for creating awareness towards Aids free society

### **SAVING OF COLLEGE FUNDS THROUGH SPONSORSHIPS**

I feel proud to share that throughout the year, the college saved a lot of funds by getting all its major functions/events sponsored not only from Govt. deptt. but also from P.S.U.s, corporate hospitals & Private bodies under their CSR & promotional schemes.

**In short not even a single penny was spent for any of the major functions of the college.**

#### **4. Aakriti 2019**

The college exhibited its annual fashion show – Aakriti which was **planned keeping in sync with global goals of UN (2030 agenda). It revolved around the theme - Khadi for Nation, Khadi for Fashion** so as to promote eco-friendly, carbon free, biodegradable and sustainable Khadi- fabric of the future.

The Chief Guest, Advisor to Governor Sh. Manoj Parida and special guest Madam Lippi Parida highly appreciated the show.

#### **5. ESTABLISHED, USED AND STRENGTHENED LINKAGES AND COLLABORATIONS**

- All college activities witnessed developing, strengthening and using linkages and collaborations with various Public, Private and voluntary organizations for mutual benefit and significant outcome during all college functions/activities.

- (RCED) Regional Centre for Entrepreneurship Development conducted free “English Communication Bridge Course” for all the final year students of college

## **FACULTY ACHIEVEMENTS**

- Mrs. Annu Deharwal joined as an assistant professor in Department of Clothing and Textiles
- Ms. Neelam Kumari was promoted as Major under NCC.
- Myself, received an award for significant contribution in Poshan Maah at State Level workshop on Poshan Abhiyaan by Deptt. of Social Welfare, Chandigarh Administration.

A very big thank you hon'ble Chief Guest for this felicitation.

- Received another award of Honour for commendable contribution in 1<sup>st</sup> Children's Peace Fest-CPF 2019 by Ngo Yuvsatta.

**Last but, but the most important highlight of the year.**

**Sir, It is a matter of great pride that our college topped in ranking amongst all Govt and Private colleges of tricity and secured 72<sup>nd</sup> rank at National Level in NIRF India ranking 2019 released by MHRD in the presence of Hon'ble President Sh. Ram Nath Kovind just 4 days before in Delhi.**

At the end, I congratulate and extend my heartfelt blessings to all P.G. and U.G. students who shall be receiving their degrees as well as the prizes this morning.

Lastly, A special word for you, my dear students –

believe in yourself

remember that there is something inside you that is greater than any obstacle.

Always give your best in making this world a better place.

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

Best of luck my dear students.

Thank you all.

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



**ANNUAL REPORT**

**2019-20**

Govt. Home Science College, Sector-10, Chandigarh Established in 1961, is a pioneer professional Institute in the field of Home Science in Northern India. It has continuously revamped its courses keeping in tune with the changing trends in Higher Education. It currently runs two Bachelor's Programme- B.Sc. (Home Science) with five specializations and B.Sc. in Fashion Designing, P.G. Diplomas in Nutrition and Dietetics, Fashion Designing and Child Guidance & Family Counseling as well as Masters' Programmes in the same three streams.

Presently 24 Ph.D. Scholars are enrolled in four different streams of Home Science - Foods & Nutrition, Human Development & Family Relations, Clothing & Textiles and Family Resource Management. Eight Ph.D. students have completed their course work, and submitted their Synopsis.

## **ACHIEVEMENTS OF STUDENTS**

- **In 2019, P.U. examinations**

- 100% results have been achieved in our Masters Programmes of Foods and Nutrition, Clothing & Textiles, and HDFR.
- **Tanya Jain** topped in the Masters' Programs in Foods & Nutrition,
- **Prabhjot Kaur** in Clothing & Textiles and
- **Barinder Shergill** in Human Development & Family Relations
- 100% results have also been achieved in PG Diploma in Nutrition & Dietetics, Fashion Designing and Child Guidance and Family Counseling
- **Ruchi Wadhwa** bagged the first position in PG Diploma in Nutrition & Dietetics,
- **Tarasha Bajaj** in Child Guidance & Family Counseling and
- **Puneetvinder Kaur** in Fashion Designing
- **Aakanksha** stood first in B.Sc Home Science and **Kajal Mehta** in B.Sc Fashion Designing

- **Inter College Competitions**

Students got a number of prizes in Inter College Competitions

- **1st position in Logo making competition on - “Health and IT- a mélange’** held at Chitkara University, Punjab on the theme “Newer Perspectives in the current Indian Health scape” on 10.10.19.
- **3rd prize in Poster making Competition on ‘Digital India’** in inter college Economics Fest ‘Econoverse’ held at MCM DAV College for Women on 12.2. 2020.
- **2nd prize in Bhangra and consolation prize in aerobics** in ‘Chandigarh Urban Festival’ organized by Chandigarh Administration on 16.2.20.
- **1st prize in Green fashion Show, Scientific Rangoli and Poster making Competition** held at MCM DAV College for Women during Science Fest-2020 on 17.02.20.
- **1<sup>st</sup> prize in Rangoli Competition** held at Govt. Medical College, Sec-32, Chandigarh during Euphoria 2020 on 26.2.20.
- **1<sup>st</sup> prize as well as 2nd in Floral & Dry Rangoli Competition** held at Rose Fest (28 .02.20) organized by Chandigarh Administration.
- **3rd prize in Antakshri Competition** held at Rose Fest (1.3.20) organized by Chandigarh Administration.

## **Accolades at Panjab University Zonal and Inter-Zonal Youth and Heritage Festival**

- Encouraged students to participate in maximum number of events in Panjab University Zonal Youth Heritage Festival held from 24.9.19 - 27.9.19 at Post Graduate Government College for Girls, Sector-42, and Chandigarh.
- Students brought laurels to college by bagging a number of prizes in
  
- **First position in**
  - Dasuti**
  - Poster Making**
  - Hindi Handwriting**
  - Rangoli Making**
  - Skit**
  
- **Second Position in**
  - Story Writing**
  - Creative Writing**
  - Ennu making**
  - Khiddo making**
  - Knitting**
  - Bagh and Pakhi**
  
- **Third Position in**
  - Bhajan**
  - Geet**
  - Group Song**
  - Collage making**
  - English poetry writing**
  - One Act Play**

## **SIGNIFICANT HIGHLIGHTS OF THE YEAR 2019-20**

All efforts were made to chalk out the college goals in consonance with Government key programs and initiatives.

### **1. MADE COLLEGE ONE STOP SHOP DURING POSHAN MAAH, POSHANPAKHWADA & AND POSHAN ABHIYAN IN TOTALITY**

A host of activities were organized to advocate, promote and support National Nutrition Mission.

- (a) **Actively Contributed & Boosted Govt. of India Key Programmes & Initiatives:** We tried to make the college as a one stop shop for addressing all needs of nutrition in terms of Human Resource, innovation, technical expertise for conducting awareness campaigns to masses. Following activities were organized:

#### **(i) National Breast Feeding Week (Aug. 1-8, 2019)**

The college organized it in collaboration with Fortis hospital, Mohali on the

Theme: **“Empower Parents, Enable Breastfeeding: Now and for the future!”** The target audience comprised of college students, beneficiaries from Anganwadis and villagers of Kishangarh. The week witnessed series of activities

- Demonstration of right technique to breastfeed by Neonatologists and Lactation Consultants
- Demonstration of Healthy Weaning Recipes
- Poster Making Competition
- Slogan Writing Competition
- Staging a Nukkad Natak



**(ii) Inauguration of Panch Sutra of Poshan Maah (02.09.19)**

Target group for this activity was Teaching staff, Lab staff, Office staff, Class 4 employees and Students of the college. A series of activities were conducted.

- College organized awareness talks regarding the Panch Sutra of Poshan Maah i.e. First 1000 days, Anemia control, Intensified Diarrhoea Control, Personal Hygiene and Poshtik Aahar.
- Demonstration of Iron Rich recipes to combat Anemia
- Lectures on Healthy Eating
- Nukkad Natak and Skit
- Diet Counseling

**(iii) Demonstration from Kitchen Waste to Composting by NSS Volunteers At Dainik Bhaskar Colony, Sector-25-D, Chandigarh (03.09.2019)**

- It was organized to meet the goal for sanitation and hygiene and share the idea of becoming entrepreneurs.

**(iv) Awareness, Demonstration and Sale of Poshtik Snacks (04.09.19)**

- Target beneficiaries were 150 college students.

**(v) Excellent Performance and Acknowledgement of Contribution in State Level Poshan Maah Celebration at Tagore Theatre (06.09.2019)**

- **The occasion was graced by His Excellency Honorable Governor Sh. VP Singh Badnore, Advisor to Governor, Sh. Manoj Parida, Deputy Commissioner Sh. Mandeep Singh Brar and a number of dignitaries. Got exhibited more than 50 nutritious recipes on the sub-themes of Poshan Maah which included iron rich recipes for Diarrhea, Poshtik Ahar and Weaning foods showcasing diet diversification.**

- The students of the college gave **enthralling performance** through a **Nukkad Natak** on nutritional needs of various sections of the society. The nukkad natak received special words **of appreciation** by His Excellency Honorable **Governor Sh. VP Singh Badnore**. It is heartening that all our efforts were recognized & acknowledged by all.

**(vi) Awareness Generation Activity on Poshtik Aahar (11.09.2019)**

- Target beneficiaries were more than 100 which included faculty, non teaching staff and students.

**(vii) Flash Mob on Staying Fit (13.09.2019)**

- Target beneficiaries were **400 ( College students, non teaching staff, office staff, lab staff, class IV employees, mess and canteen workers and children of Chaitanya school along with their parents)**.
- It aimed to **promote** the essential **message of staying fit and eating nutritious food**. The students turned up and danced to the aerobics tunes. The event was a **grand success**.

**(viii) Display and Sale of Energy & Protein Rich Recipes (13.09.2019)**

- Target beneficiaries were **400**.
- There was **brisk sale** of energy and protein rich recipes which included **Jaggery and Sesame laddoo, Soya Bhurji, Soya Chunk cutlets, Potato Bread Roll and Mithi Bread, Nutritious Macaroni and Garlic multigrain bread**.

**(ix) Awareness Generation Through Rally at Central Plaza, Sector- 17, Chandigarh (14.09.2019)**

- Target population was general public.

**(x) Inter College Cookery Competition on Iron Rich Recipes for Anemia Free Chandigarh (20.09.2019)**

- To promote the cause, large number of students from various colleges, hotel management institutes and hospitals of tricity cooked Iron rich recipes hygienically in the college laboratories and presented their delicacies innovatively.
- **Mrs. Lippi Parida** was the judge in cookery Competition.

**(xi) Street Vendors Apprised of Safe Food Handling Techniques ( 27.9.19)**

- Conforming to the theme of Poshan Abhiyan, students of the college interacted with the all the street vendors of Sector-15 Chandigarh.
- They highlighted the importance of personal hygiene and sanitation and then demonstrated the technique of hand washing as proposed by WHO. Vendors were also informed about the importance of use of head covers and gloves to avoid the transmission of diseases from one person to another especially consumers.

**(xii) Demonstration of Hand Washing and Personal Hygiene (28. 9. 2019)**

- A demonstration and interactive session was conducted for the mess, canteen workers, class 4 employees, teaching, non teaching and office staff.

**(xiii) Poshan Rally at Urban Slums at Bhaskar Colony Sector-25 Chandigarh (27.9.19)**

- Target population was 100.
- NCC Cadets spread awareness through Poshan rally.

**(xiv) Healthy Millet Recipe Competition (26 .2. 2020)**

- Target population was 150 (College Students).
- It was organized in **collaboration with Regional Centre for Entrepreneurship Development (RCED) on behalf of the National Institute of Naturopathy, Pune, Ministry of AYUSH, Government of India.**
- A wide range of **recipes ranging from jowar pockets to ragi dhokla and ragi chocolate lava cake were prepared by the students.** Prizes were awarded for best recipes and best innovation.

**(xv) Capacity Building and Training Workshop for Street Vendors on Food Hygiene (27.2.2020)**

- Target population was 50 (**Street Vendors, Mess and Canteen Workers**)
- It was organized in **collaboration with Deptt. of Community medicine and Public Health, PGIMER and Vendor's Cell, Municipal Corporation, Chandigarh.**
- It aimed to promote the importance of food safety and food hygiene.

**(xvi) Use of Millets Advocated in Home Science Sports Meet (9.3.2020)**

- Target population was **500 ( College students, non teaching staff, office staff, lab staff, class IV employees, Demonstration mess and canteen workers and children of Chaitanya school along with their**

parents).

- The use of millets and its benefits were advocated through Chief Guest for Sports Meet Mayor Raj Bala.

(xvii) **Sensitization through Demonstration cum Display of Healthy Millet Recipes(12.3.2020)**

- Display of healthy millet recipes were prepared by the students of M.Sc. Foods and Nutrition.
- The recipes included the substitution of our commonly consumed grains such as wheat, rice, maize with millets such as Jowar, Bajra and Ragi.

(xviii) **Awareness Generation on Hygiene Practices during COVID-19 & Use of Millets in Weaning Food (14.3.2020)**

- Target population was 100 (College students, non teaching staff, office staff, lab staff).
- Students of B.Sc. Home Sc. displayed healthy millet weaning recipes.
- Awareness was also created for hygiene practices to be observed to prevent the spread of CORONA Virus.

(b) **Convergence Activities through Networking & Collaborations during POSHAN MAAH**

For significant outcomes, college converged the efforts of the following through networking & collaborations from tapping/identifying the beneficiaries to providing free consultation services:

- Priests of local religious places such as temples and gurudwaras,
- Panchayats and Sarpanches and Mahila Mandals , NGOs & Orphanages
- Mayor, Chandigarh

- Municipal Corporation
- Govt. Hospitals- GMSH-16, PGIMER, Chandigarh
- Private Hospitals - Fortis ,Max
- Deptt. of Social Welfare, Chandigarh Administration
- Regional Centre for Entrepreneurship Development (RCED)
- National Institute of Naturopathy, Pune, Ministry of AYUSH,GOI
- Collaborations with 92.7 Big FM,
- College Nukkad Natak team
- Print, air and online media and technology were used extensively for spreading the message.

(c) **Contributed for a Booklet on Millets (Mar.2020)**

- Principal Dr. Sudha Katyal contributed for a booklet on "**Low Cost Millet Recipes for Vulnerable Groups**" in Mar. 2020 as requested by **Director Social Welfare**. All efforts were made to include **recipes comprising of all kinds of millets like Jawar, Ragi, Bajra etc.** for improving nutritional quality of meals for target population.

2. **BOOSTED START UP INITIATIVES AND WOMEN EMPOWERMENT**

(a)

- College facilitated constant guidance and mentorship for students so as to enable them to establish their own Start-ups through social networking sites like Facebook, Instagram, YouTube etc.

- Results are evident in form of **students becoming successful entrepreneurs**

**and generating income by having online business.** Some of which include:

➤ **STARTUP NAME : “NEAR BY BAZAR”**

**NAME OF THE STUDENT :** Krati Tandon

**DEALS IN:** food, vegetables, groceries, fruits, medicines, and all your daily need items

<http://bit.ly/nearbybazar> - on play store

[https://www.instagram](https://www.instagram.com/nearbybazar?r=nametag)

[am.com/nearbybazar?r=nametag](https://www.instagram.com/nearbybazar?r=nametag) -

<https://www.facebook.com/nearbybazar/>

➤ **STARTUP NAME: “POONAM’S HANDMADE JEWELLERY”**

**NAME OF THE STUDENT:** Jasmine Malik

**DEALS IN:** in all type goota and beads jewellery.

[https://instagram.com/malik\\_jasmine\\_?igshid=3n2n70dw1hd5](https://instagram.com/malik_jasmine_?igshid=3n2n70dw1hd5)

➤ **STARTUP NAME : “FANTASIA DE CHOCOLATE”**

**NAME OF THE STUDENT:** Anupreet Kaur Sobti

**DEALS IN:** Chocolate

[https://www.instagram.com/invites/contact/?i=1qr6a4ym2a57y&utm\\_content=](https://www.instagram.com/invites/contact/?i=1qr6a4ym2a57y&utm_content=97fxawa)

[97fxawa](https://www.instagram.com/invites/contact/?i=1qr6a4ym2a57y&utm_content=97fxawa)

➤ **STARTUP NAME : “JANNAT BIR KI BAKING”**

**NAME OF THE STUDENT:** Jannat Bir

**DEALS IN:** about baking breads, cakes, muffins and more items.

➤ **STARTUP NAME : “TUITIONS BY BABITA”**

**NAME OF THE STUDENT:** Babita

**DEALS IN:** tuitions for classes 1-8 and Humanities for +1 and +2.

➤ **STARTUP NAME : “RUBINA BHULLAR”**

**NAME OF THE STUDENT:** Rubina Bhullar

**DEALS IN:** create artistic paintings related to humanity cutting through race, caste, class, creed etc, and aesthetics.

[https://www.instagram.com/rubina\\_bhullar99/?hl=en](https://www.instagram.com/rubina_bhullar99/?hl=en)

➤ **STARTUP NAME : “FITNESS CENTRE”**

**NAME OF THE STUDENT:** Jasleen Kaur

**DEALS IN:** the best nutrition and weight management products.

[https://www.instagram.com/fitness\\_centre\\_24](https://www.instagram.com/fitness_centre_24)

- **Publicity to students' e-commerce start ups** has been given through **college website** too by Sharing Links.
- **Opportunities for putting up stalls for sale of items in college campus** were provided during following **festivals/events** for **honing entrepreneurial skills & have firsthand experience of start up:**
- Rakhi Mela- Student sold Handmade Rakhis & Home made chocolates (07.09.19)
- Poshan Melas- Students sold
  - Nutritious burgers (04.09.19 )
  - Display and sale of iron rich recipes (13.9.2019)
  - Display and sale of energy and protein rich recipes(13.9.2019)



- Jaggery and Sesame laddoo
- Soya Bhurji
- Soya Chunk cutlets
- Potato Bread Roll
- Nutritious Mithi Bread
- Healthy Macaroni
- Garlic multigrain bread.

➤ National Seminar On Home Science: Nurturing Innovations & Skill Development(20.2.2020)

- Students exhibited and sold their products like artificial jewelry, decoration items, dupattas, quilted products, chocolates, textile upholstery, garment collection to participants of the seminar.
- To **empower women artisans**, stalls were provided **free of cost to NGO ' Chhoti SI Asha'**
- Besides this **opportunities** were provided during **different exhibitions** of the departments to help the **students to earn while they learn.**

(b) **GRAND KARWA AND DIWALI MELA (16.10.19)** Under lying theme **“Earn While You Learn”**

- The *mela* provided a platform to help students showcase their creativity and explore entrepreneurship as a practical aspect.
- It was an **amalgamation of fun and learning** where spectacular ideas were displayed and students learnt to hone their skills to displaying creative exhibits and selling.
- All the departments of the college **put up stalls** of

- Handmade Nut Chocolates And Cakes
- Food Delicacies
- Sprout Stuffed Sandwiches
- Nutritious Munchies,
- Heathy Muffins
- Mini Donuts
- Fat Analyzer
- Body Mass Index And Fat Content Of The Body,
- Interior Decoration Items
- Paper Mashe Products
- Henna Application
- Karwa Chauth Special Thalīs and Gifting Sets
- Diyas
- Ganpatis
- Torans
- Textile Upholstery
- Garment Collections
- Cloth Bags
- Handmade Jewellery
- Tattooing
- Hair Decoration
- Handicraft Items
- Dress Accessory Items
- Canvas
- Handmade Greeting Cards
- Diet Clinic/Health Mela

- Efforts for **encouraging entrepreneurship** were **not just limited** to our **college girls** but to **other females too particularly with Disability**. **Free stall** was given to a **mentally and physically challenged girl SuNaina**, working under the **brand Loops n Knots**. Her **unique quilled art pieces** including, envelopes, theme based pencil covers, magnetic hangings, and designer jewellery had a **brisk sale**.

(c) **CONTINUING HONING OF SUSTAINABLE ENTREPRENEURIAL SKILLS BY PROVIDING OPPORTUNITIES BEYOND COLLEGE WALLS**

Not just limited to the walls of the college, opportunities were provided to students to hone their entrepreneurial skills in

- **Karva Chauth Event organized by Canara bank, Circle office, Sector 34, Chandigarh (Oct 16, 2019)**

It was an excellent platform for the students to explore entrepreneurship as a practical aspect. Students put up various stalls of handicraft items, nutritious chocolates, mini donuts, healthy muffins, handmade jewellery, Mehndi along with Karva Chauth special thalis. The Mehndi stall proved to be a centre of attraction among visitors and staff members in the bank.

- **Chandigarh Carnival (Dec.20-22, 2019)**
  - The students of B.Sc Home Science 2<sup>nd</sup> year showcased and sold handwork items with a professional touch like paper lanterns, quilled articles, painted glasses, handcrafted jewellery, shagun envelopes, file folders, etc.
  - Students had a brisk sale and earned huge profit.
  - **Shri Manoj Parida**, IAS, Advisor to the administration, U.T., Chandigarh was the **chief guest** for the event

- **11th PANJAB UNIVERSITY ROSE FESTIVAL (February 7-9, 2020)**

- Students of B.Sc. H.Sc. 2nd year presented an artistic display and sale of handwork with a professional touch like painted pots, dupattas, bedsheet, murals, mirrors, paper bags, file folders, hand made jewellery, candle stand etc. The products got a tremendous response at the event.
- Students were highly appreciated for their efforts by V.C. Prof. Raj Kumar.

- **48<sup>th</sup> Rose Festival, Chandigarh Administration (28.2.2020- 1.3.2020)**

- Students put up various stalls of nutritious snacks, fun psychological games, textile products, handicrafts, Perfumes, handmade soaps, henna application and tattooing.

### **(3) COLLEGE MAPPED GOALS IN SYNC WITH UN SUSTAINABLE DEVELOPMENT GOALS/ GLOBAL GOALS**

#### **Organized An Exquisite 'Poshtik & Paramparik Kala Pradarshini'**

**(20.09.2019) with underlying Objectives**

#### **To Showcase Students' Creativity; Boost Entrepreneurship and Women Empowerment; Promote Indian Arts & Support Women Artisans**

- For showcasing students skills and promoting them as budding entrepreneurs, College organized an exquisite 'Poshtik & Paramparik Kala Pradarshini' in which Students of B.Sc Fashion Designing, M.Sc. Clothing and Textiles, P.G. Diploma in Fashion Designing, Students of Arts Deptt. exhibited their ideas through ingenious collections comprising of stupendous apparels and dress forms.

- The **objectives** of this exhibition were in consonance with **sustainable development goals 1, 3 and 5 of UN (2030 agenda)**. Efforts were made to work in direction of **Eradicating poverty by empowering girls, Advertising Indian traditional Arts, Supporting women artisans, promoting the wellbeing through advocating cheap nutritious food for vulnerable sections of population** to commemorate **150 years of Mahatma Gandhi** whose vision is still applicable till date.
- **Mrs. Lippi Parida**, a renowned artist, was **Chief Guest** of the event.
- The beautiful exhibit comprised of
  - Handcrafted beautiful utility pieces of traditional arts with embroidery of different states of India
  - Tie and dye work products
  - Innovative products with dash of block printing
  - Subtle artistic works on dupattas and upholstery.
  - Elegant table mats and Table napkins with art work
  - Embroidered Handkerchiefs,
  - Variety of block prints with amalgamation of traditional and contemporary art.
  - Quilled Art Products (home décor, key rings, jewelry and storage boxes)
  - Handmade cards
  - Beautiful Paper bags for gifting (to promote the newly launched scheme of Plastic Mukht Chandigarh)
  - The exhibition also **gave a platform to promote PHULKARI art** by exhibiting the contemporary and old sanchi phulkari inspired art works on **wide variety of products** ranging from apparels to utility by **Virsa- A NGO, working for promoting women artisans of Punjab.**
- The college also **organized an Inter College cookery competition on Iron Rich recipes**. The competition was an initiative towards **making Chandigarh Anemia free**.
- To promote the cause, large number of students from **various colleges and hospitals of tricity** cooked Iron rich recipes hygienically in the college laboratories and **presented their delicacies innovatively**.

- **Mrs. Lippi Parida** was the **judge** for the event. She also **aired her message** on **93.5 Red FM** regarding the **use of green leafy vegetables in daily and using Iron Karahis and iron knife while cooking** for increasing iron content.
- **Mrs. Lippi Parida** was **impressed** with the **diversity of creativity and talent**. She **highly appreciated the commendable efforts** by the **students and the faculty members** and congratulated them for the success of the event.

**(4) COLLEGE ORGANIZED SKILL BUILDING WORKSHOPS FOR STUDENTS & FACULTY**

In order to **give boost to GOI "Skill India "Programme**, the college organized a number of workshop on skill building in different streams of Home Science for students and faculty.

- **Workshop to Promote Healthy And Sustainable Entrepreneurship (Nov. 18, 2019)**

Resource Persons: **Dr. Sukhbir Kaur Chopra, Sachtek Wellness Centre-Chandigarh**  
Target Group: **250 college students.**

The extensive use of nature's excellent healing agents such as Air, Earth, Water and Sun for the removal of root cause of the diseases was emphasized.

- **Workshop On Grooming Techniques and Safe Use Of Social Media (Jan. 22, 2020)**

Resource Persons: 1. **International Fashion Designer of City Neetu Arora**  
( Proprieter LUVYA-The Fashion House, Sec.7, Chd.)

2. **Taruni Gandhi, A freelance Journalist and chairperson, Sarthi Trust**

Target Group: 150 Students (B.Sc. Fashion Designing, B.Sc. Home Sc. as well as Teaching Faculty)

It aimed to give practical tips of self-grooming and wise use of social media with safety features.

- **Interactive Session on ‘Intellectual Property Rights (Jan. 30, 2020)**

Resource Persons: **Ex Justice Madhu P. Singh**

Target Group: **200 Students** (B.Sc. Fashion Designing III yr., B.Sc. Home Sc. IIIyr.PG Students as well as Teaching Faculty)

- **Workshop Cum Demonstration On Skill Development And Sustainable Draping Techniques (Feb. 25, 2020)**

Resource Person: **Jharna Joshi, Assoc.Prof. , Designing, University of Petroleum and Energy studies, Dehradun**

Target Group: **More than 150 students** (B.Sc. Fashion Designing, B.Sc. HomeSc., M.Sc. C.T. as well as Teaching Faculty)

It aimed to **enhance creativity** amongst students and train them to **create fashion through zero- waste approach**. It focused on reusing waste cloth material for creating newer designs and reinventing fashion.

Thrust was on **sustainable use of fashion products and the fashion system towards greater ecological integrity**. There were demonstrations on a number of sustainable draping techniques from reused sarees on the mannequins showcasing gorgeous and luxury eco- styles.

- **Workshop on Diet Cal Software (Feb. 27, 2020)**

Resource Person: **Dr. Gurdeep Kaur, Sr. Dietitian AIIMS** and Proprietor Diet Cal  
Target Group: Students & Faculty of Foods & Nutrition

- **3-Days Tech-Education Workshop On Resume Designing On Digital Platform(Feb.24-26, 2020)**

Resource Person: **Chairperson, NGO ‘Girls x Tech’**  
Target Group: UG & PG Final Yr. Students

The workshop proved to be quite fruitful and gave a deep insight to the students regarding working in **CANVA Software**, a **multimedia design platform** that helped the students to **create social media graphics, presentations, posters** and other **visual content**. Students were provided with hands on training of making **resume designs, invitations, logos, brochures, presentations, videos and animations**.

(5) **National Seminars:**

(a) A National Seminar on the theme: - **Quality Enhancement in Higher Education** was organized 14.02.20. Centered upon improving the qualitative aspects of education as per the directives of NAAC, the seminar provided a platform for more than 110 delegates including academicians, research scholars, Ph. D. scholars, faculty and entrepreneurs from different parts of the country. **Prof. Nilofer Khan, Director (Home Science, School of Applied Sciences and Technology) and Ex- Registrar, University of Kashmir, Srinagar** was the chief guest of the seminar.

(b) A National Seminar on the theme: - **Nurturing Innovations and Skill Development in Home Science** was organized 20.02.20. The Seminar was a step towards bridging academia with industry and entrepreneurship. The chief guest of the seminar was **Prof. Neelam Grewal, Member, Punjab Public Service Commission, Ex-Dean Home Science as well as PG Studies PAU Ludhiana and former Director, ICAR- Central Institute for Women in Agriculture, Bhubaneshwar**. The seminar provided a platform for more than 150 delegates. The event also provided a platform to the students of college, alumni and NGO 'Choti si Asha' to display their entrepreneurial skills by putting up stalls in the college.



(6) **COLLEGE PUBLISHED PROCEEDINGS OF NATIONAL SEMINAR & SENT TO NAAC**

- Compiled and got published (ISBN : 978-81-94543-51-0) the proceedings of National Seminar on ‘Quality Enhancement in Higher Education’ which were sent to NAAC in Mar.2020

- **PUBLISHED BOOKS**

Following books were compiled and edited which were published by Mohindra Publishing House, Chandigarh:

1. Emerging Paradigms in Higher Education Dr. Sudha Katyal(Chief Editor)  
ISBN : 978-8193991-67-1 Dr. Rupinder& Dr.Ritu ( Sub-Editors)
2. Home Science: Nurturing Innovations and Skill Development Dr.Sudha Katyal  
(Chief Editor)  
Dr. Sangeeta & Dr.Rupinder (Sub-Editors) ISBN: 978-81-93991-68-8

- These books were released during Inaugural Session of two National Seminars organized in the college.

(7) **HDFR TEAM DEVELOPED & PUBLISHED A RESOURCE BOOK ON ECCE FOR ANGANWADI WORKERS**

- Developed a Resource book on ECCE for Anganwadi workers with **funding** from **MHRD through Samagra Shiksha, Chandigarh.**
- It has been **published** by **Mohindra Publishing House, Chandigarh** with **ISBN:978-81-94543-52-7.**
- The book provides a ready reference of activities for providing enriching environment and stimulating holistic development of young children.

**(8) Students were Offered Internship** Majority of the students were offered internships in the following **leading organizations** which would **pave the way for further employment.**

- Kapsons ( **offered Paid Internship of Rs 10,000/month**)
- Fitelo (**offered Paid Internship of Rs 10,000/month**)
- Innovative Knits
- Arms to Farms
- ISHH Guidance & Counseling
- Fortis Hospital
- Paras Hospital
- PGIMER
- Govt. Medical College and Hospital-32
- Govt. Multi Speciality Hospital-16

**(9) THE COLLEGE MOBILIZED A NUMBER OF GRANTS & FUNDINGS**

**(i) Obtained Third Installment Of RUSA Infrastructure Grant**  
amounting to **Rs.50 lakhs(Aug. 29, 2019)**

- Helped in timely utilization of first and second installments (Rs. 1.5 Crore) of RUSA Infrastructure Grant from MHRD and was instrumental in getting the college third installment of RUSA Infrastructure Grant (Rs.50 Lakhs) from MHRD.
- With the help of this grant, an amount of **Rs. 32, 82,859/** was **deposited with Engineering Department,** Chandigarh administration, for **renovation /upgradation** of

- Committee Room
- Pantry
- E-Pathshala,
- Flooring of the Corridors of the Second floor of college building
- The work for the same has been started in the college for the past two months.
- An amount of **Rs. 15 lakhs** was used for the **procurement** of the following:
  - Digital Teaching System to provide impetus to teaching learning process
  - Digital Notice Board for updating information to faculty and students
  - Interactive Flat Panel Display With Stand to be used for teaching, seminars and conferences
  - Vertical Signage for disseminating important information to staff and students in shortest possible way
  - Open Air Gym Equipments to **boost fitness** in sync with GOI Key Programme **FitIndia**
  - Swings And Teaching Aids for Chaitanya Nursery School

(ii) The college got a **grant of Rs.1,24,500/ from MHRD through Samagra Shiksha, Chandigarh** for conducting **Hands-on Workshops cum training of Aanganwadi Workers** under centrally sponsored scheme of **Samagra Shiksha**.

(iii) The college mobilized Financial assistance amounting to **Rs. 90,000/-** from the **Department of Science and Technology and Renewable Energy, Chandigarh Administration** for a **short term Research Project**

- This grant will be used for conducting a short term research project entitled **“To Study the Relationship between WASH (Water, Sanitation and Hygiene) Practices and Micronutrient Deficiencies in Adolescents.”**

(iv) The college mobilized **grant of Rs 75,000/-** from **NAAC** for conduct of **National Seminar** on **‘Quality Enhancement in Higher Education’**.

(v) The college procured a grant of **Rs 30,000/-** from **DCDC, Panjab University, Chandigarh** for a **National Seminar** on the theme **Home Science: Nurturing Innovations & Skill Development’**.

(vi) The college obtained grant of **Rs. 35000/-** from **CREST, Chandigarh** for **celebration of National Science Day** (Feb.28,2020)

- To popularize the science among the students, following competitions were held :
  - Essay Writing,
  - Science Quiz,
  - Poster Making, Collage Making
  - Slogan Writing
  - OHP sheet painting
- More than two hundred students participated in the different competitions.
- On the concluding day of the celebration, **Dr. Suman Singh, Principal Scientist, CSIR-CSIO** delivered the **lecture** on the theme of **“Women in Science”**

(vii) The college procured funding of **Rs. 27,850/- from National Commission for Women, New Delhi** for **sensitizing** girl students regarding **laws related to women**

- This was utilized by conducting a written Competition regarding awareness of laws related to women in the college.
- More than 90 students participated in the exam held on the campus.
- Cash prizes were awarded to the winners.

(viii) The college got grant of **Rs. 27500/- CREST , Chandigarh** for **celebration of Akshay Urja Diwas** (Aug.20,2019)

- This was used for sensitizing the need of renewable source of energy through **inter- college Competitions** on the theme "Impact Of Akshay Urja In India". Following Competitions were held:
  - Placard Making
  - LOGO Designing (OHP Sheet Painting)
  - Poetry Recitation
  - Poster Making
  - Face Painting
  - Group Songs
- More than **two hundred students** from **different institutions participated** in different competitions.
- **Prizes** to the winner participants were distributed by **Sh. Debender Dalai, IFS** Director Environment, Science and Technology and Chief conservator of Forest.

(ix) The college got financial assistance of **Rs. 20,000** from **Punjab National Bank for organizing a One Day Workshop On "Spiritual Counselling And Music Therapy"** (07.11.19)

- Dr Richa Chopra, Head, Deptt of Behavioral and Contemplative Sciences, Sri Sri University, Cuttack, was the guest speaker for the spiritual counseling session.
- Malvika Chopra, a trained musician (instrumental) demonstrated music as an adjuvant therapy to aid clinical interventions.
- More than 200 students participated in the workshop from different parts of the tricity.

(x) The college obtained a grant of **Rs. 16,000** from **Education Department, Chandigarh Administration for conduct of Research Project on Food Preferences amongst Govt. School Children regarding Mid Day Meal Cooked in Different Centralised Kitchens in Chandigarh "**.

(xi) The college procured a funding amounting to **Rs. 15000/-** from **State Bank of India Sector-10, Chandigarh** to organize **Plastic Free campaign (Oct. 24, 2019)**

- Sensitization was created among students about the use of alternatives of single use plastic and reduces the usage of single used plastic.
- In the campaign intra class poster making competitions were held. More than 100 students participated in the campaign.

(xii) The college mobilized a Grant of **Rs. 4000/-** from **State Aids Control Society, UT, Chandigarh** for spreading awareness on HIV-AIDS.

**(10) COLLEGE SAVED FUNDS BY GETTING EVENTS SPONSORED**

Took initiative to save lot of college funds by getting them sponsored through various companies under **Corporate Social Responsibility and Promotional Schemes.**

**(a) Vigilance Week Celebrations (From 28.10.2019 to 2.11.2019)**

- Punjab National Bank (Sponsored Mike, Lights, Sound, Certificates, Prizes and Refreshment for entire College Students)

**(b) Annual Athletic Meet (09.03.2020)**

- Oppo (Canopies and umbrellas) money on tenting was saved
- 93.5 Red FM (Sponsored Shade Umbrellas)
- Garhi Detergent Powder (Refreshment partner)
- Unichem's Feminine Hygiene Brand **Sofy** (Sanitary Napkins)
- Students of B.P.ED., PGGC-1, Chd. (Knowledge expertise & skill for conduct of sports events)

**(ii) Poshtik and Paramparik Kala Pradarshini (20.03.2019)**

- 93.5 Red FM (Publicity Partner & Sponsored Shade Umbrellas)
- DD National (Media Partner)
- Kombucha Tea (Refreshment)
- Virsa-an NGO Deptt. of Social Welfare, Chandigarh Administration (Prizes)

**(iii) Talent Hunt Programme cum Teej Celebration (21.08.2019)**

- 93.5 Red FM (Media Partner & Sponsored Mike, Lights, Sound, Certificates and Prizes)

**(iv) Healthy Millets Recipe Competition (26.02.2020)**

- Regional Centre for Entrepreneurship Development on behalf of the **National Institute of Naturopathy, Pune, Ministry of AYUSH**, Government of India ( Ingredients for Cookery, Certificates and Prizes)
- To promote Health and Entrepreneurship and to observe the “Year of Millets, this competition was organized.
- More than 30 post graduate and under graduate students participated in the competition.
- A wide range of recipes ranging from jowar pockets to ragi dhokla and ragi chocolate lava cake were prepared by the students.

**(v) Menstrual Hygiene Campaigns for College & Resident Students (10.12.19, 15.1.20, 10.2.20, 9.2.20)**

- Unicharm’s Feminine Hygiene Brand **Sofy ( Knowledge Dissemination & Free distribution of anti-bacterial premium quality Sanitary Pads to resident students)**

**(vi) Capacity Building & Training Workshop on Food Hygiene for Street Vendors (27.02.2020)**

- Deptt. of Community Medicine & Public Health , PGIMER ( Sponsored Technical Know-how and Certificates)

**(vii) Capacity Building Workshop on "Dietcal" (27.02.2020)**

- Dr. Gurdeep Kaur, Sr. Dietitian, AIIMS (Sponsored Technical Know-How)



**(i) 3-Day Tech-Education Workshop On Resume Designing On Digital Platform (29.02.2020)**

- NGO 'Girls x Tech' (Sponsored Technical know-how, Certificates, Publicity of resumes on Face book and Instagram)

**(j) Breast Feeding Week (08.08.2019)**

- Free dissemination of knowledge by a team of doctors in community outreach activity at Kishangarh from Fortis Hospital, Mohali

**(k) Workshop cum Demonstration on Skill Development and Sustainable Draping Techniques (Feb. 25, 2020)**

- University of Petroleum and Energy Studies, Dehradun (Sponsored Technical know-how & Demonstration)

**All the community resources were fully tapped** including social service organizations like Yuvsatta, Regional Centre for Entrepreneurial Development, Virsa, Rotary Club and our own alumni.

In a nutshell **not even a single penny was spent for all the major college functions/events of the college.**

**(11) COLLEGE TOOK DIGITAL INITIATIVES**

- The college made consistent efforts for Digitalization.
- The college got **various kind of e-content prepared** and **online platforms used** by the faculty for the students and content was **uploaded on college website** so that **students learning doesn't suffer** during **curfew** imposed during **spread of pandemic COVID-19 in Mar. 2020**

**(12) ECO -FRIENDLY APPROACHES - WASTE MANAGEMENT**

- Various Pits were dug near UG and PG hostels for segregation of wet and dry waste and then finally to make compost which is being used in college lawns.
- Purchased compost machine under M & S plan worth Rs. 5.85 lakhs was made functional to convert waste material to energy through composting.
- Awareness campaign cum demonstration drive was carried out by NCC Cadets regarding composting of Kitchen waste at Dainik Bhaskar Colony of Sector-25-D, Chandigarh on 3.9.2019.
- An awareness drive "Say No To Polythenes" was conducted in vegetable market, Sector 15 and Bus Stand, Sector 17, Chandigarh where vegetable vendors and customers were distributed cloth/ paper bags by the students to enhance its usage among masses.

**(13) COLLEGE SIGNED MOUs WITH**

**(i) Saksham Prakriti Welfare Society, Chandigarh(10.10.19)**

MoU was signed with Saksham Prakriti Welfare Society, Chandigarh for conducting various activities, awareness programmes regarding LGBT and IQ community and counseling of it.

**(ii) AAA Bright Academy, Chandigarh(20.11.19)**

MoU was signed between the college and AAA Bright Academy, Sector-15 A, Chandigarh for providing guidance through online and offline coaching for various competitive exams.

**(iii) Sahayata Charitable Society for Welfare of People Suffering from Cancer, Sector-15, Chandigarh (2019)**

MoU was signed between the college and Sahayata Charitable Society Sector-15, Chandigarh. The society is working for the welfare of people suffering from cancer. Eminent professionals from various walks of life contribute towards sensitizing students about the needs and challenges faced by cancer patients, so that students will make aware these patients regarding their rights, govt. policies and programmes in various fields.

**(iv) Sri Sri University, Cuttack for Collaborative give & take actions (18.03.20)**

- MoU was signed between the college and Sri Sri University, Cuttack for mutual benefits in collaborative research, publication, exchange of faculty and students as well as representation of faculty as advisory panel of both the institutions.
- As a follow up of the MoU, **one day workshop on Spiritual Counselling and Music Therapy** was conducted by an alumna of the department, **Dr Richa Chopra, Head, Deptt. Of Contemplative and Behavioral Sciences, Sri Sri University, Cuttack.**
- **Eklavya-A Child development Nursery school, is coming up at Sri Sri University Campus** under the department of Contemplative and Behavior Sciences in collaboration **with knowledge expertise of Department of Human Development and Family Studies of the College.**

**(v) Hitsbullseye, Sector-34, Chandigarh (18.03.20)**

MoU was signed between the college and Hitsbulleye, Sector-34, Chandigarh for providing guidance to students through offline and online free coaching classes for various competitive exams. They conducted online personality enhancement and aptitude training course (SPRUCE) for 15 days in May, 2020.

**(14) AWARDS CONFERRED :**

1. The Principal, **Prof. (Dr.) Sudha Katyal** received a **State Award for Outstanding Performance, Dedication and Contribution in success implementation of Poshan Abhiyaan** in U.T., Chandigarh from U.T. Administrator & Punjab Governor **Sh. V.P. Singh Badnore** at Tagore Theatre on **6.09.2019**.
2. The Principal, **Prof. (Dr.) Sudha Katyal** received **Certificate of Appreciation** in recognition of **Exemplary Duties** towards the **Success of Electoral Literacy Club** by Chief Electoral Officer, U.T. Chandigarh **Sh. Ajoy Kumar Sinha, I.A.S. on 25.1.2020**.
3. College provided **expertise** and help for the **beautification of interiors and exteriors of a Counseling Cell Rupantaran for Drug Addict prisoners of the Burail Jail, Chandigarh**.
4. With the creative skills of **Ms. Seema Jaitely** from the Deptt. of Arts, the entire facade as well as interiors of the cell was changed from a drab looking cell to a very aesthetically done up pleasing place. For this purpose, the help of 17 inmates of the prison was also taken. This newly renovated Drug De addiction Cell **“Rupantaran Kendra”** was inaugurated by His Excellency, **Governor Punjab, Sh.V.P Singh Badnore**.



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



**ANNUAL REPORT**

**2020-2021**

Established in 1961, Home Science College is a pioneer professional Institute in the field of Home Science in Northern India. It has continuously revamped its courses keeping in tune with the changing trends in Higher Education. It currently runs two Bachelor's Programmes- B.Sc. (Home Science) with five specializations and B.Sc. in Fashion Designing, P.G. Diplomas in Nutrition and Dietetics, Fashion Designing and Child Guidance & Family Counseling as well as Masters' Programmes in the same three streams.

Presently 30 Ph.D. Scholars are enrolled in four different streams of Home Science -Foods & Nutrition, Human Development & Family Relations, Clothing & Textiles, and Family Resource Management. In 2020-21, five Ph.D. students have been enrolled and completed their course work.

Home Science College has always strived to live up to its mission "Knowledge for Service". The college aims to provide not just technical support to students but also equip them to emerge as successful entrepreneurs. The curriculum and practical exposure provided is centered on skill enhancement and capacity building, enabling each student to diversify and explore options in all fields of home science.

It is a proud moment that **the college topped in tricity in NIRF Ranking, 2020. The college got 78<sup>th</sup> rank in tricity colleges and bagged 86<sup>th</sup> rank amongst all colleges at National level.**

## **ACHIEVEMENTS OF STUDENTS**

- **In 2020, P.U. examinations**
  - 100% results have been achieved in our Masters Programmes of Foods and Nutrition, Clothing & Textiles, and HDFR.

- **Geetanjali Gupta** topped in the Masters' Programs in Foods & Nutrition,
- **Shikha Bansal** in Clothing & Textiles and
- **Prabhleen Kaur Dutt** in Human Development & Family Relations.
  
- 100% results have also been achieved in PG Diploma in Nutrition & Dietetics, Fashion Designing and Child Guidance and Family Counseling.
- **Poorva Mongia** bagged the first position in PG Diploma in Nutrition & Dietetics,
- **Apneet Brar** in Child Guidance & Family Counseling and
- **Anamika** in Fashion Designing.
- **Anupreet Kaur Sobti** stood first in B.Sc Home Science and **Jaswinder Kaur** in B.Sc Fashion Designing.

## **COVID-19 CHALLENGES TURNED INTO OPPORTUNITIES**

- **Online Competitions Organized By College At National And International Level To Channelize Youth Energy**
- **Digital Collage Making competition** was organized by Environment Society 'Harita' on the theme “**Lessons from Pandemic to Conserve Environment**” on 05.06.2020.
- **International ‘Mandala Art’** online competition was conducted on 16.06.20 for which 135 entries were received. Our college students got 2<sup>nd</sup> prize.
- **National level Cookery Competition** was conducted online on 30.06.20 on theme ‘**Let’s do Miracle with millet snacks for Swastha Bharat**’ and 60 entries were received.



- **Online National level mask designing competition** was conducted on 2.07.20 and 267 entries were received.
- **National level online designing of cushion cover with old fabric and doodle art competition** was conducted on 04.07.20 for which 214 entries were received.
- **National level online sketching of designer ethnic wear for adolescent girl** was organized on 15.07.20 for which 298 entries were received. 1<sup>st</sup> and 2<sup>nd</sup> prizes were got by our college students.
- **‘Jewellery Making’** online competition was organized on 20.07.20. Total 208 entries were received. 2<sup>nd</sup> and 3<sup>rd</sup> Prizes were achieved by the students of our college.
- **‘Making Lighting Fixture and Landscape Accessory’** an online competition was held on 20.07.20 and 98 entries were received. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Positions were bagged by our college students.
- **National level online Creation of Utility Bag with Eco-friendly material** was organized on 27.07.20 for which 151 entries were received.
- Online **Poster Making** competition held from 1<sup>st</sup> to 7<sup>th</sup> August’20 while celebrating **World Breastfeeding Week**.

- **Achievements of Students in Online Inter College Competitions**

- **3<sup>rd</sup> prize in Mehndi** Competition held at MCM DAV College for Women in June 2020.
- **1<sup>st</sup>, 2<sup>nd</sup>, and four Consolation prizes in Bookmark making Competition** held at MCM DAV College for Women.

➤ **2<sup>nd</sup> and 3<sup>rd</sup> prize in Poster making Competition** organized by Sri Guru Gobind Singh College, Sec-26, Chandigarh.

➤ **1<sup>st</sup>, 2<sup>nd</sup>, special prizes and first runner up in Glove and Mask Making Competition** held at Post Graduate Government College-46, Chandigarh.

• **College takes digital initiatives on social media**

➤ The college took initiative to exploit digital medium to reach to all stakeholders during Covid-19 pandemic. The college developed its **Facebook page, YouTube Channel and Instagram Page** to reach to the maximum on immediate concern on diverse issues.

➤ A **YouTube** channel was created and developed with an aim to generate awareness among the masses. Various informational and knowledge oriented videos are prepared by the faculty as well as students to quash the misinformation and falsified facts circulated related to COVID-19 pandemic. **More than 45 YouTube videos made in a short span** for the benefit of students, their parents, and other stakeholders in general and community at large which are as follows:

- Fighting Covid-19 Effectively Using Masks

<https://www.youtube.com/watch?v=lPqXgHWgY3c&t=4s>

No. of Views: 331

- Fighting Covid-19 by Boosting One's Immunity

[https://www.youtube.com/watch?v=mY\\_6DcoDwvc&t=12s](https://www.youtube.com/watch?v=mY_6DcoDwvc&t=12s)

No. of Views: 358

- Fighting Covid-19 Preparation of Mask

<https://www.youtube.com/watch?v=8Txn78k0XiM>

No. of Views: 267

- Fighting Covid-19 "Jo Saath de sara INDIA"  
[https://www.youtube.com/watch?v=Hv\\_nWKAmUI4](https://www.youtube.com/watch?v=Hv_nWKAmUI4)  
No. of Views: 72
  
- Happy Baisakhi  
<https://www.youtube.com/watch?v=b8f78ISsQGY>  
No. of Views: 73
  
- Fighting Covid-19 Handmade Mask  
<https://www.youtube.com/watch?v=aeLJZie3rCU>  
No. of Views: 250
  
- Fighting Covid-19 Handmade Mask  
<https://www.youtube.com/watch?v=aeLJZie3rCU>  
No. of Views: 250
  
- Fighting Covid-19 How to stay fit and healthy mentally  
<https://www.youtube.com/watch?v=tSvRcat38KE&t=9s>  
No. of Views: 722
  
- Fighting Covid-19 Creative Ideas using Turmeric  
<https://www.youtube.com/watch?v=W5GIC5-yaKg&t=4s>  
No. of Views: 207
  
- Fighting Covid-19 How to Clean/sanitize and reuse your mask  
<https://www.youtube.com/watch?v=hJbRsi-Dvdo&t=5s>  
No. of Views: 223
  
- Fighting Covid-19 Disinfect your food supplies in a right way  
<https://www.youtube.com/watch?v=F1dfidk3mH0&t=47s>  
No. of Views: 564
  
- How to Make a Paper Weight Creative Quarantine Activity  
<https://www.youtube.com/watch?v=Gj6Wur0Ba9A&t=4s>

No. of Views: 351

- Our 'Swavlambi' Warriors during COVID-19  
<https://www.youtube.com/watch?v=9IBb1A3iiPA&t=4s>  
No. of Views: 476
- Ensuring Food Safety During COVID-19  
<https://www.youtube.com/watch?v=K8q8haKWcKA&t=5s>  
No. of Views: 263
- Lessons by Mother Nature During COVID-19  
<https://www.youtube.com/watch?v=8RgvVULnaAU&t=4s>  
No. of Views: 182
- How to Make Terrarium at Home  
[https://www.youtube.com/watch?v=L9L\\_DZ-9N-Y&t=28s](https://www.youtube.com/watch?v=L9L_DZ-9N-Y&t=28s)  
No. of Views: 186
- Chef-De-Quarantine: Jhatpat Recipes  
<https://www.youtube.com/watch?v=Ixu4RNFH8jw&t=5s>  
No. of Views: 313
- Building Survival Garden/Immunity Balcony  
<https://www.youtube.com/watch?v=5QaRrqsHrtg&t=18s>  
No. of Views: 174
- Nature Healing Itself During COVID-19 Pandemic  
<https://www.youtube.com/watch?v=rZmzJZkc8ik>  
No. of Views: 157
- COVID-19: Let's Be Careful, Not Fearful  
<https://www.youtube.com/watch?v=-0338oZqpQ>  
No. of Views: 182
- Give Your Immunity A Boost

<https://www.youtube.com/watch?v=Ysha4Iln53Q>

No. of Views: 187

- It's time for natural sanitizer

<https://www.youtube.com/watch?v=8B-nKqe4M9I>

No. of Views: 176

- Emergent Need of Sustainable Immunity with the Regular Intake of Vital Vitamin D

[https://www.youtube.com/watch?v=lMhePycpo\\_I](https://www.youtube.com/watch?v=lMhePycpo_I)

No. of Views: 72

- International Mandala Art Competition On Art As A Great Healer During COVID 19

<https://www.youtube.com/watch?v=SRGcWgl4OIE>

No. of Views: 590

- Online National Level Competition- Innovative Jewellery Designing

<https://www.youtube.com/watch?v=17sc3lR2CcM>

No. of Views: 354

- Online National Level Competitions -Sketching of Designer Ethnic Wear

[https://www.youtube.com/watch?v=K6g\\_dcbG4Eo&t=16s](https://www.youtube.com/watch?v=K6g_dcbG4Eo&t=16s)

No. of Views: 432

- Online National Level Competition- Innovative Mask Making

<https://www.youtube.com/watch?v=J1XC16dY0RQ>

No. of Views: 290

- Online National Level Competition - Designing of Cushion Cover

<https://www.youtube.com/watch?v=dAvdgSJT3-8>

No. of Views: 290

- Online National Level Competition- Creation of Utility Bag with Eco-friendly Material

<https://www.youtube.com/watch?v=B52Ni5GUmf8>

No. of Views: 286

- Results of International Short Film Making Competition

<https://www.youtube.com/watch?v=wEhnaSYZQaE>

No. of Views: 162

- Exhibition cum Sale of Handmade Rakhis

<https://www.youtube.com/watch?v=qx9kUozWaHY>

No. of Views: 199

- Are You Confused About Your Career After 10+2

[https://www.youtube.com/watch?v=c535-\\_eP5nc](https://www.youtube.com/watch?v=c535-_eP5nc)

No. of Views: 668

- Results of National Level Online Cookery Competition Based on Millet Recipes

<https://www.youtube.com/watch?v=n14kea9bZ00>

No. of Views: 66

- Breastfeeding Week Celebrations

[https://www.youtube.com/watch?v=GP\\_w-6KrCFc](https://www.youtube.com/watch?v=GP_w-6KrCFc)

No. of Views: 112

- Results of National Level Contest- Patriotic Solo Dance on 74<sup>th</sup> Independence Day

<https://youtu.be/vFN41qJOkLs>

No. of Views: 213

- Results of Inter College Digital Collage Making Competition on 74<sup>th</sup> Independence Day

[https://youtu.be/Pk0WpVh\\_m0M](https://youtu.be/Pk0WpVh_m0M)

No. of Views: 304

- Results of National Level Patriotic Solo Song on 74<sup>th</sup> Independence Day

<https://youtu.be/CwstJ9M72uk>

No. of Views: 208

- Results of Lokrang: Folk Song (Solo) & Folk Dance (Solo)

<https://youtu.be/-WPwNhShkzE>

No. of Views: 172

- Results of National level online competitions: Breast feeding week celebrations

[https://youtu.be/U9tbntNm\\_vs](https://youtu.be/U9tbntNm_vs)

No. of Views: 207

- Result of National level competition- Making lighting fixture & Landscape accessory

<https://youtu.be/HI0iVn-jMHA>

No. of Views: 269

- A talk on Value Addition of Khadi fabric

<https://www.youtube.com/live/EHY33jJfvrs?feature=share>

No. of Views: 753

- A special talk on Textile Conservation

<https://www.youtube.com/live/sGvf0YSx9xA?feature=share>

No. of Views: 960

- Workshop on Contemporary Rogan Art

[https://www.youtube.com/live/Z-\\_a3cb5Mgk?feature=share](https://www.youtube.com/live/Z-_a3cb5Mgk?feature=share)

No. of Views: 1100

- Results of Online Cookery Competition organized on National Dietetics Day

<https://youtu.be/E98AuDZSUyM>

No. of Views: 172

- Addressing Malnutrition during COVID-19

<https://www.youtube.com/live/cFPQtUYEpyw?feature=share>

No. of Views: 1000

- Results of Online Recipe Competition during celebration of Poshan Pakhwada

<https://youtu.be/OwFv-6ZkgMw>

No. of Views: 103

- Results of Digital Collage Competition during celebration of Poshan Pakhwada

<https://youtu.be/yflSmAzPof8>

No. of Views: 117

- Through these platforms the faculty and students worked tirelessly to provide online social and psychological support. Apart from sharing their **intellectual prowess through videos and online messages, the faculty and students of the college have provided assistance by making masks, PPE kits, providing medicines, psychological and dietary counseling** to help pass through these difficult times.
- The faculty also made consistent efforts for strengthening Digitalization in curricular, co-curricular and administrative areas. They prepared various kind of e-content and used various online platforms for students and content uploaded on college website too so that students' learning do not suffer during COVID-19 Pandemic.
- **College Initiated an Online Portal for Diet Counseling to provide Nutritional support during the Pandemic**

The college took initiative to start an Online Portal for Diet Counseling on the college website to ensure continued services to community and help for



early recovery from Corona as well as boosting immunity at the time of the pandemic and strengthen the already Offline running successful diet clinic.

- **College Motivated Swavlambi Warriors of Home Science to serve the Humanity During COVID-19**

COVID-19 did not deter the spirits of the college students. Not only were they serving the humanity, but also supporting their family during this difficult time. A number of students honed their skills, served and earned by helping the corona warriors.

- Parul of B.Sc. Home Science 1st Year student has been **working as a medicine vendor** by providing home delivery of medicines and helped the masses to cure themselves.
- **NSS and NCC volunteers** as well as students of Clothing and Textiles department of the college **stitched PPE kits, gloves and face masks** and distributed to the needy and class IV employee of the college.
- Abha, Student of M.Sc. Home Science has taken the initiative by rendering her **teaching services to children with special needs.**
- Anjali Bansal, B.Sc. Home Science 1st Year student has been teaching **how to stitch masks via You Tube channel and earning Rs. 250 per day.**
- Dr. Apneet, Student of P.G. Diploma in Guidance & Counseling has been providing **different kind of counseling services to the public.**
- Isha Dhaliwal, **Ph. D. Scholar and Founder of startup “Tea-Kombucha”** and Manveen Kaur, **Clinical Nutritionist and Wellness Professional** have been helping people to remain in **pink of health by giving them diet counseling.**
- More than **50 articles** published by our student **Ms. Anupreet Sobti towards sensitization regarding diverse issues using print media during this COVID-19** which are Address your mental health, Our body calls for a Digital Detox, Every drop of your counts, Define your own healthline, and

so on.

- The students of M.Sc. HDFR gave life skill counseling and shared stress management techniques during this Covid-19.
- Many students of M.Sc. Foods and Nutrition have been assisting the people belonging to all walks of life to remain healthy by giving them Diet Counseling, sharing healthy recipes, blogs and nutritive meals via internet for staying fit during pandemic.

- **College Mobilized Distribution Of Happiness Bags Among Needy**

More than 200 students of the college took part in an extension activity. They distributed Happiness Bags among the needy during this pandemic. The Happiness Bags comprised of essential commodities, ranging from soaps, sanitizers, towels, toothpastes, and blankets, stationary to food items, which were distributed while following due social distancing norms.

- **College Organized Live Mental Wellbeing Sessions During COVID-19**

- The college organized live session on “**Grow Through What You Go Through: A Mental Wellbeing Session**” on **25.07.20**. The alumna of the college **Ms. Bhavna Garg**, a Motivational Speaker and Life Skill Coach gave useful tips for a happy life and how to rejoice small pleasures in life were discussed. The session **was live on facebook** and viewers interacted actively.
- The **Alumna of the college Dr. Apneet Brar**, a Homeopathic practitioner conducted a Live session on “**Drug Abuse & Youth During Pandemic**” on **09.09.20**. She 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

counseling sessions in these times and how CBT, acceptance therapies and how group counseling can be of help to the youth to get rid of drug usage. The session got an overwhelming response and was thoroughly enjoyed by the viewers.

- The college organized another live session on **“Invest in your Mental Health”**. **Sister Anita, a Brahamkumari (09.10.20)** talked about the importance of Mental health to maintain overall health and motivated the students to be bravely see the silver lining in every situation. It was conducted to celebrate **World Mental Health Day**. The session turned out to be a big hit, with a viewership of over 660.

- **College Organized International Short Film making Competition on train your mind to be positive during Covid-19 (02.07.20)**

It aimed to help and spread the message of train the mind to be positive during this crisis time. As many as 109 entries were received from the number of different colleges within India and outside India (including entries from International University Emerey Ville, C.A .U.S.A. and MIIT, Canada.

- **College Increased thrust on Yoga and Meditation during Covid-19**

- The college organized **One Week live Yoga Session on "Yoga at Home & Yoga with Family"** for students and staff of the College from June 19 to 25, 2020. It was conducted on Google Meet App. The live session was also screened on You Tube app due to overwhelming response of participants. The Yoga session was conducted keeping in mind the Covid guidelines for safety of all participants. The session was attended by over 300 participants.

- Again the college organized **One Week long Yoga and Meditation**

**Session again during NSS Camp** too for students and staff of the college starting from 8.3.21 to 14.3.21 with the help of Govt. College of Yoga, Sector-23, Chandigarh.

- **College Boosted outreach activities during Covid-19**

- The college organized **two day special NSS camp** to mark the celebration of Lohri and Makar Sakranti with the needed social messages on gender equality through following activities from Jan.14-15, 2021:

- Slogan writing on the kites on 'Beti Bachao, Beti Pado'.
- Kite flying
- Puppet making
- Cleanliness Campaign
- Free health check up in collaboration with Healing Hospital, Sector 34, Chandigarh

- Taking into consideration the protocols and SOP's issued by the GOI, the college organized **Seven Days NSS Camp** (from 8.3.21 to 14.3.21). Following Sessions were conducted in this camp:

- Yoga and Meditation
- Healthy lifestyle
- Ayurveda for our social and spiritual well being
- Gross inequality, biasedness and social exclusion of the marginalized sections in Indian Society
- Skill development and entrepreneurship
- Workshop on "how to make homemade donuts"
- Contributions of freedom fighters in India's independence

- Self-defence techniques
- Bharat Ka Amrit Mahotsav
- Importance of Waste Management
- Role of Sardar Vallabh Bhai Patel in India's Freedom

## **SIGNIFICANT HIGHLIGHTS OF THE YEAR 2020-21**

All efforts were made to chalk out the college goals in consonance with Government key programs and initiatives during the period of Covid-19.

### **(1) POSHAN ABHIYAN UNDER THE AEGIS OF CHANDIGARH ADMINISTRATION**

#### **(a) Actively Contributed & Boosted Govt. of India Key Programmes &**

**Initiatives:** We tried our level best to make the college as a one stop destination for addressing all needs of nutrition in terms of Human Resource, innovation, technical expertise for conducting awareness campaign to masses in sync with GOI flagship programme **POSHAN ABHIYAN**. Following activities were organized:

##### **(i) National Breast Feeding Week (Aug., 2020)**

The college organized it in collaboration with Fortis hospital, Mohali on the Theme: **“Support Breastfeeding for a Healthier Planet”**. The target audience comprised of students from different colleges, beneficiaries from Anganwadis and villagers of Kishangarh. Even during this difficult time of pandemic, a number of activities were organized including:

- National level competition on E-posters making
- National level competition on Video making on home based weaning food recipe

- National level competition on Jingle making competition
- Demonstration of right technique to breastfeed by Neonatologist and Lactation Consultant Dr. Rabia, Fortis Hospital, Mohali
- A live lecture on beating myths related to food and nutrition
- Demonstration session on healthy and nutritious weaning food recipe

**(ii) Developed Immunity Boosting Kitchen Garden (07.09.20)**

The college developed a kitchen garden on the campus as a part of celebrations of Poshan Maah. Several immunity boosting herbs were planted which included Lemongrass, Tulsi, Ashwagandha, AloeVera, Turmeric, Mint, Giloy, Garlic, Ginger and Basil.

**(iii) Live Skill Building Workshop On Immunity Boosting Beverages (09.09.20)**

- The college organized a live skill building workshop in collaboration with Mrs. Natasha Nanda with ingredients available in home kitchens for the students. Natasha prepared green Smoothie using spinach, kale and a mixture of seeds and nuts making it a power packed meal on the go.
- A detox juice was also demonstrated rich in vitamin C and all micronutrients.

**(iv) Outreach Program On Nutrition And Menstrual Hygiene (13.09.20)**

- The college conducted an interactive session was held on significance of nutrition and menstrual hygiene and bursting myths related to both the issues. The target audience was adolescent girls 13 years and above from Good Shepherd School, Sri Ganganagar. Around 85-90

girls joined the online session and participated actively.

**(v) Webinar On Nutrition During Covid-19 (17.09.20)**

The college organized a webinar on “**Importance of Nutrition During Covid-19**” in collaboration with Fortis Hospital, Mohali. Head Dietitian, Fortis Hospital, Sonia Gandhi gave an enlightening talk on the importance of healthy eating and especially immunity boosting foods during the time of this pandemic. The need to maintain hygiene and sanitation especially while dealing with food supplies was emphasized. It was also urged to follow the protocol of wearing masks, regular washing of hands maintaining physical distance and eating nutritious food.

**(vi) Online Awareness Generation Session On Combating Nutrient Loss During Cooking (21.09.20)**

An online session on tips and ways to maintain nutrient losses during cooking for mothers of school going children was organized by the college. Around 50 mothers joined the session and participated actively in the interaction. The program received a great response by the target audience.

**(vii) Live Workshop on Nutri Garden and Micro Greens (24.09.20)**

The college organized live workshop cum demonstration session on how to grow Nutri Garden and Micro greens by utilizing little spaces in homes. Mrs. Amita Bhuwania, a certified holistic health coach from Delhi, was the guest speaker of the session. She discussed on the importance of growing dhaniya, methi, palak, etc which take comparatively less time to grow from seeds and also gave tips for home composting with kitchen waste.

**(viii) Live Session on Nutrition During Covid-19 and success stories (25.09.20)**

An online session on importance of healthy eating and developing immunity especially during Covid with the help of **an alumna of college**, Lavleen, founder of **Diet Insight** and a renowned dietitian of tricity shared success stories of her clients live on the program. She discussed eating right portions and combinations of food according to one's body shape.

**(ix) Online Awareness Generation Regarding Nutrition in School Going Kids (29.09.20)**

An online awareness generation regarding Nutrition in School going kids was organized for their mothers. An explanation regarding various essential micro and macro nutrients which need to be included in the diet in adequate amounts was given with the help of Master students in Foods & Nutrition. A song and video conveying the message of healthy eating was also shared.

**(x) Live session on developing a Nutri Garden (30.09.20)**

As a part of celebrations of Poshan Maah, a live session on developing a Nutri Garden to promote good nutrition and health optimization was organized at the nursery of Dr. Satish Narula. He is an ex-senior horticulturist from PAU, Ludhiana and is a consultant advisor the gardens and landscapes for our city.

**(xi) Medicinal Herbs planted in college to observe Poshan Pakhwada (18.03.21)**

In sync with the Government's initiative of observing **Poshan Pakhwada** (March 16 to 31'2021) with the theme of this year "My Kitchen, My



Dispensary”, medicinal herbs like ajwain, tulsi, basil, elachi, lemon grass, parseley and oregano were planted in the college herbal garden.

**(xii) Live demonstration on use of kitchen herbs (19.03.21)**

The college organized a live demonstration on use of kitchen herbs in some common recipes, keeping in sync with the theme “My Kitchen, My Dispensary”. The demonstration was conducted live on the facebook page of the college by the students of M.Sc. Foods and Nutrition who shared tips and recipes of watermelon smoothie, ragi dhokla and cilantro relish incorporating herbs in them.

**(xiii) Online outreach activity on sensitization on malnutrition (22.03.21)**

An online awareness generation program on “Malnutrition and its Consequences” as a part of the celebration of Poshan Pakhwada. The session was conducted with the help of the students of M.Sc. Foods and Nutrition of the college and they discussed all aspects of malnutrition and its prevention. More than 75 viewers attended the live session.

**(xiv) Poshan ke 5 Sutras Advocated (24.03.21)**

The college organized a webinar on the importance of eating right during the first 1000 days of life and was attended by more than 50 viewers. Importance of including iron rich sources in the daily diet for preventing anemia was also emphasized.

(xv) **Webinar on Addressing Malnutrition During Covid-19 (28.03.21)**

Keeping in sync with the theme of Poshan Abhiyaan and Poshan Pakhwada, the college organized a webinar on Addressing Malnutrition During Covid-19 in collaboration with the Department of Social Welfare, Women and Child Development, Chandigarh Administration. The resource person of the webinar was Dr. Neelam Khetarpaul, Emeritus Prof. (Foods & Nutrition), Ex Dean, I.C. College Of Home Science, CCS H.A.U., Hisar. The webinar was attended live by around 350 live participants like Aanganwadi workers, students and teaching faculty from different colleges, social activists and staff of social welfare department. Its YouTube video was viewed by 900 in just 2 days.

(xvi) **Online Recipe and Digital Collage Making Competition (16 to 31 March,21)**

The college conducted an online recipe making and digital collage making competitions on the theme “My Kitchen, My Dispensary”. More than 60 entries were received for both the competitions.

**(b) Contributed for a Booklet on Millets (01.10.20)**

- Principal Dr. Sudha Katyal prepared a major portion of the booklet on “**POSHAN SUTRA, AAHAR PUSTIKA**” published by **Department of Social Welfare, Women and Child Development, Chandigarh Administration** which was released by **Worthy Advisor to Governor Sh. Manoj Parida, IAS** on the concluding day of Poshan Maah.
- All efforts were made to include **recipes comprising of all kinds of millets like Jawar, Ragi, Bajra etc.** for improving nutritional quality of meals for vulnerable population.

- It carries all the more significance as **UN Food and Agriculture Organisation (FAO)** has decided to observe **2023 as International Year of Millets on recommendation of GOI.**

**(2) ONLINE SKILL BUILDING WORKSHOPS (FULLY SPONSORED)**  
**ORGANIZED TO SUPPORT GOVERNMENT'S INITIATIVE OF**  
**ATMA NIRBHAR BHARAT**

The college organized a number of live skill building workshops on college facebook for students and faculty during the corona times and to give boost to GOI “Atam Nirbhar Bharat Programme”. The response was overwhelming. The resource persons were established entrepreneurs from different cities, You Tubers, budding entrepreneurs from the college having start-ups and alumni of the college. Not even a penny was spent on conducting these workshops as all skill building workshops were fully sponsored.

- **Workshop on ‘Let’s bake and decorate’ (28.06.20)**

Resource Person: Natasha Nanda, an advocate and autodidactic home chef from Chandigarh

Target Group: Students, Alumni, Faculty and Community

Sponsored by: #thepalatestorybynatashananda

Viewed by: 3900

- **Peer Learning Workshop on "Art of Making Home Made Chocolates and Doughnuts” (21.07.20)**

Resource Person: Anupreet Kaur Sobti, B.Sc. Dietetics final year Student

Target Group: Students, Alumni, Faculty and Community

Sponsored by: Dietaura™

Viewed by: 2100

- **Peer Learning Workshop on "Millet Based Recipes" (21.07.20)**  
 Resource Person: Anupreet Kaur Sobti, M.Sc. FN  
 Target Group: Students, Alumni, Faculty and Community  
 Sponsored by: Anupreet Kaur Sobti, M.Sc. FN  
 Viewed by: 66
- **Workshop on "Waffle and Ice cream making"(23-24 July, 20)**  
 Resource Person: Muskan Agarwal, a You Tuber and founder of Mommy Baby Kitchen  
 Target Group: Students, Alumni, Faculty and Community  
 Sponsored by: Mommy Baby Kitchen, Chennai  
 Viewed by: 1008
- **Workshop on "Happy Brain Happy Life"(25.07.20)**  
 Resource Person: Ms. Bhavna Garg, Alumna of our college, Life Coach and Human Development Expert  
 Target Group: Students, Alumni, Faculty and Community  
 Sponsored by: Bhavna Garg  
 Viewed by: 569
- **Workshop on "Skilled Art with Resin" (29.07.20)**  
 Resource Person: Ms. Monica Saini, an entrepreneur from Faridabad, who holds numerous art classes using different mediums.  
 Target Group: Students, Alumni, Faculty and Community  
 Sponsored by: Ms. Monica Saini  
 Viewed by: 500

- **Two days Workshop on “Professional Baking” (30-31 July,20)**  
 Resource Persons: Baker Brothers-Chefs Amit and Sumit Jhangra  
 Target Group: Students, Alumni, Faculty and Community  
 Sponsored by: Academy of Pastry & Culinary Arts, Kurukshetra
- **Peer Learning Workshop on Ice cream Making (31.07.20)**  
 Resource Person: Aanchal Goyal, B.Sc. Home Science final year Student  
 and founder of start -up ‘Delicious Delicacies’  
 Target Group: Students, Alumni, Faculty and Community  
 Sponsored by: ‘Delicious Delicacies’  
 Viewed by: 250
- **Workshop on "Vibrant Fashion Boutique" (01.08.20)**  
 Resource Persons: Ms.Vandana and Seema, Proprieter Aakarshan Boutique  
 Target Group: Students, Alumni, Faculty and Community  
 Sponsoredby: Aakarshan Boutique, Gurugram  
 Viewed by: 100
- **Workshop on Painting inspired from Rogan art (12.10.20)**  
 Resource Person: Ms. Jaya Duggal, Trained Fevicryl Expert  
 Target Group: Students, Alumni, Faculty and Community  
 Sponsored by: Fevicryl  
 Viewed by: 400

### **(3) COLLEGE MAPPED GOALS IN SYNC WITH UN SUSTAINABLE DEVELOPMENT GOALS**

#### **Boosted Start Up Initiatives And Women Empowerment**

- College facilitated constant guidance and mentorship for students so as to enable them to establish their own Start-ups through social networking sites like Facebook, Instagram, YouTube etc.
- Results are evident in form of **students becoming successful entrepreneurs and generating income by having online business.** Some of which include:

➤ **Startup: Bubble Veda**

**Started by:** Vishakha, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** Handmade Soaps in different variants and are shipping pan India

**Digital Media Used:** Instagram

[https://instagram.com/bubble\\_veda?igshid=13paxvfwyczex](https://instagram.com/bubble_veda?igshid=13paxvfwyczex)

**Number of followers/clients:** 386

➤ **Startup: AS Treasures**

**Started by:** Anjali, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** Food and entertainment channel on YouTube as well as Instagram

**Digital Media Used:** Instagram and YouTube

[https://instagram.com/as\\_treasures?igshid=6cnd5j5t03ps](https://instagram.com/as_treasures?igshid=6cnd5j5t03ps)

[www.youtube.com/channel/UCmYB7Z1fVEdXm9fo4zc5GnQ](http://www.youtube.com/channel/UCmYB7Z1fVEdXm9fo4zc5GnQ)

**Number of followers/clients:** 1160 followers and 125 subscribers

➤ **Startup: FANTASIA DE CHOCOLATE**

**Started by:** Anupreet Kaur Sobti, M.Sc. F.N.

**Deals in:** Chocolates

**Digital Media Used:** Instagram

[https://www.instagram.com/invites/contact/?i=1qr6a4ym2a57y&utm\\_content=97fxawa](https://www.instagram.com/invites/contact/?i=1qr6a4ym2a57y&utm_content=97fxawa)

**Number of followers/clients:** Over 500

➤ **Startup: DIETAURA TM**

**Started by:** Anupreet Kaur Sobti, M.Sc. F. N.

**Deals in:** Nutrition Counseling

**Digital Media Used:** Instagram, Facebook and Website

<https://instagram.com/dietaura?igshid=u1w55wz4bwyw>  
<https://www.facebook.com/Dietaura-103618851426219/>  
<https://www.dietaura.com>

**Number of followers/clients:** Over 500

➤ **Startup: POONAM'S HANDMADE JEWELLERY**

**Started by:** Jasmine Malik, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** All type of Gota and Beads jewellery

**Digital Media Used:** Instagram

[https://instagram.com/malik\\_jasmine\\_?igshid=3n2n70dw1hd5](https://instagram.com/malik_jasmine_?igshid=3n2n70dw1hd5)

**Number of followers/clients:** 100

➤ **Startup: "JBKB" JANNAT BIR KI BAKING**

**Started by:** Jannat Bir, M.Sc. F. N.

**Deals in:** Baking breads, cakes, muffins and bakery products

**Digital Media Used:** Instagram

[https://instagram.com/jbkb\\_?igshid=1xr7vh2qqsowa](https://instagram.com/jbkb_?igshid=1xr7vh2qqsowa)

**Number of followers/clients:** Over 50

➤ **Startup: THE HOMETOWN GOODIES**

**Started by:** Simran Deep, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** Brownies, cheesecake jars, customized alphabetical chocolates, dryfruit chocolates in different flavors and shapes and customized different gift hampers for special occasion

**Digital Media Used:** Instagram

[https://www.instagram.com/invites/contact/?i=1rqj2zrukn6zw&utm\\_content=i84thd0](https://www.instagram.com/invites/contact/?i=1rqj2zrukn6zw&utm_content=i84thd0)

**Number of followers/clients:** Over 160

➤ **Startup: NEAR BY BAZAR**

**Started by:** Krati Tandon, M.Sc. F. N.

**Deals in:** food, vegetables, groceries, fruits, medicines and all your daily need items

**Digital Media Used:** Instagram, Facebook, Nearby bazar

<https://www.instagram.com/nearbybazar?r=nametag>

<https://www.facebook.com/nearbybazar>

<http://bit.ly/nearbybazar-onplaystore>

➤ **Startup: RUBINA BHULLAR**

**Started by:** Rubina Bhullar, M.Sc. C&T

**Deals in:** Artistic paintings related to humanity cutting through race, caste, class, and creed etc, aesthetics stuff

**Digital Media Used:** Instagram

[https://www.instagram.com/rubina\\_bhullar99](https://www.instagram.com/rubina_bhullar99)

**Number of followers/clients:** 40



➤ **Startup: PAPER PASTEL**

**Started by:** Vanshika Mahajan, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** Variety of handmade bespoke envelopes, paper bags, cards, vintage vanity and metal trunks and exclusive packaging for trousseau and birthday hampers

**Digital Media Used:** Instagram

[https://www.instagram.com/invites/contact/?i=1h48trpj4p6cx&utm\\_content=gle605k](https://www.instagram.com/invites/contact/?i=1h48trpj4p6cx&utm_content=gle605k)

**Number of followers/clients:** Over 220

➤ **Startup: M. FASHIONS**

**Started by:** Ishita Makhija, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** A range of ladies unstitched suits, Kurtas, Handbags, Branded scarfs, Girlish printed Nightsuits

**Digital Media Used:** <https://wa.me/+917888821225>

**Number of followers/clients:** 562

➤ **Startup: RAMJIT'S PICKLE**

**Started by:** Parvaz Kaur, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** Mixed pickle and Variety of pickles like Mango, Karela, Mirchi, Nimbu (Khatta-Meetha) and many more

**Digital Media Used:** Orders on mobile phone

**Number of followers/clients:** 20-30

➤ **Startup: FITNESS CENTRE**

**Started by:** Jasleen Kaur, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** Nutrition and weight management products

**Digital Media Used:** Instagram

[https://www.instagram.com/fitness\\_centre\\_24](https://www.instagram.com/fitness_centre_24)

**Number of followers/clients:** 30

➤ **Startup: THE CRAFTY CRAFTER**

**Started by:** Vedika Sehgal, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** Customized cushions, mugs, bed sheets, handmade cards, explosion box and many more beautiful gifting options

**Digital Media Used:** Instagram

[https://instagram.com/the\\_crafty\\_crafter08?igshid=1spsj1876l8hx](https://instagram.com/the_crafty_crafter08?igshid=1spsj1876l8hx)

**Number of followers/clients:** Over 80

➤ **Startup: HANDMADE CRAFT STORE**

**Started by:** Gurpreet Kaur, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** Handmade cards, handbags, paintings, gifts, dream catcher and much more

**Digital Media Used:** Instagram

[https://instagram.com/handmade\\_craft\\_store?igshid=1u7u5f875h68p](https://instagram.com/handmade_craft_store?igshid=1u7u5f875h68p)

**Number of followers/clients:** Over 50

➤ **Startup: AANCHAL'S CREATION**

**Started by:** Aanchal, B.Sc. Home Science 3<sup>rd</sup> year

**Deals in:** Variety of Ice-creams and Cakes

**Digital Media Used:** Instagram

<https://instagram.com/deli.ciousdelicacies?r=nametag>

**Number of followers/clients:** Over 50

➤ **Startup: UNBOXING SWEETNESS**

**Started by:** Akanksha Rakheja & Prachi Bansal, B.Sc. H. Sc. 3<sup>rd</sup> year

**Deals in:** Homemade desserts, chocolates and goodies

**Digital Media Used:** Instagram

[https://instagram.com/unboxing\\_sweetness?igshid=dn3epzilu4xr](https://instagram.com/unboxing_sweetness?igshid=dn3epzilu4xr)

**Number of followers/clients:** Over 40

➤ **Startup: ONLINE COACHING CLASSES**

**Started by:** Nancy, B.Sc. H. Sc. 3<sup>rd</sup> year (Classes 5<sup>th</sup> to 10<sup>th</sup>)

Harman Kaur, B.Sc. H. Sc. 3<sup>rd</sup> year (classes 11<sup>th</sup> & 12<sup>th</sup> Non-Medical)

Isha, B.Sc. H. Sc. 3<sup>rd</sup> year (Mathematics classes 11<sup>th</sup> and 12<sup>th</sup>)

Jashandeep Kaur, B.Sc. H. Sc. 3<sup>rd</sup> year (Classes 5<sup>th</sup> to 10<sup>th</sup>)

Tannu Jangra, B.Sc. H. Sc. 3<sup>rd</sup> year (Biology and Chemistry for 11<sup>th</sup> and 12<sup>th</sup>)

Poonam, B.Sc. H. Sc. 3<sup>rd</sup> year (Classes 1<sup>st</sup> to 8<sup>th</sup>)

- Publicity to students' e-commerce start ups has been given through College Website, college Facebook page and Instagram handle too by sharing Links and giving details.
- Opportunities for showcasing and selling the items were provided through online exhibition cum Sale during Rakhi and Diwali festivals/events for honing entrepreneurial skills & having firsthand experience of startup.

**(4) THE COLLEGE MOBILIZED A NUMBER OF GRANTS & FUNDINGS**

**(i). GRANT OF Rs. 1.50 LACS FOR SWAVLAMBAN WINDOW FROM SIDBI (16.03.21)**

- The college procured a grant of Rs. 1.50 lacs from SIDBI for developing swavavlamban window (exhibition cum sale point) to hone the entrepreneurial skills and to provide marketing platform to the innovative products and services of budding entrepreneurs of the college as well as Alumni.
- First installment of the grant amounting to Rs 1.20 lacs has been received on March 11, 2021. From this grant, an information kiosk and

display cum Sale Window have been obtained.

(ii) The college mobilized a **Funding of Rs. 5500/-** from **Department of Social Welfare, Women & Child Development, Chandigarh Administration (28.3.21)**. This grant was used for organizing **Webinar on “Addressing Malnutrition during Covid-19”**.

(iii) The college received a **Research grant of Rs. 40,000/-** funded by **Dean, Alumni Relations, Panjab University, Chandigarh**. This grant was used for the Research Project **“Development, Oranoleptic Evaluation, Nutritional Contribution, Biochemical Estimation and Promotion of Recipes using Sorghum for Celiac Disease Patients and Normal Healthy Individuals”**.

#### **(5) COLLEGE SIGNED MOUs WITH**

- (i) MoU was signed between the **College and Govt. College of Yoga, Sector 23, Chandigarh (17.02.21)** with a thrust on Yoga, well being and mutual sharing of expertise.
- (ii) MoU was signed between the **College and CIHM, Sector 42, Chandigarh (17.02.21)** for effective use of resources for research activity, expertise exchange programme and workshops.
- (iii) MoU was signed between the **College and Open Eyes Foundation, Chandigarh (26.02.21)** in organizing socially useful events focusing on community participating activities and promoting capacity building and skill development among students.

**(6) AWARDS:**

- The Principal, **Prof. (Dr.) Sudha Katyal** felicitated with **Women Excellence Award** for her significant contribution in Education by Open Eyes Foundation (NGO) on 08.03.21.
- College was awarded '**Best Herbal Garden Award**' trophy as well as cash prize of **Rs. 5000/-** by Medicinal Plants Board, UT Chandigarh on 15.03.21 by Sh. Debendra Dalai, IFS Chief Conservator of Forest & Chief Wild Life Warden, Chandigarh Administration.

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



**52<sup>nd</sup> ANNUAL CONVOCATION**

**AND**

**PRIZE DISTRIBUTION FUNCTION**

**Presided Over**

**By**

**Ms. Purva Garg IAS**

**Education Secretary**

**UT, Chandigarh**

**on**

**June 10, 2022**

**ANNUAL REPORT 2021-22**

**PRESENTED BY**

**Dr. (Mrs.) Sudha Katyal**

**Principal**

**Govt. Home Science College,**

**Sector 10, Chandigarh**

## Good Afternoon

- It is my pleasure and proud privilege to welcome our Honorable Chief Guest **Ms. Purva Garg, IAS, Education Secretary**, Chandigarh Administration on 52<sup>nd</sup> Annual convocation and prize distribution function of Government Home Science College. Although our worthy Chief Guest needs no introduction but let me share some snippets from her illustrious profile. A UT cadre IAS Officer from 2015 batch, Mam completed her B.Tech from Thapar University and has done her Masters in Public Management. Earlier posted as District Magistrate, Pondicherry, Mam has held various positions of eminence.
- If one takes a closer look at the alchemy of our chief guest, certain distinct virtues pop up instantly. These are **pioneering and ready to help spirit, proactive approach** and the **quality of leading from the front**. Mam your **aura, ingenuity and young dynamic personality are energizing** and an inspiration for all the young girls present here today. It is indeed a moment of pride and honor to have a youthful personality of your stature and demeanor amongst us today. A very warm and very hearty welcome to you Honorable Madam in Government Home Science College today.
- May I now Hon'ble Madam, with your kind permission, present before you a glimpse of the Annual Report of College for the session 2021-22.
- Established in 1961, our college is a pioneer professional Institute in the field of Home Science in Northern India. It has continuously revamped its courses keeping in tune with the changing trends in Higher Education. It currently runs two Bachelor's Programme- B.Sc. (Home Science) with five specializations and B.Sc. in Fashion Designing, P.G. Diplomas in Nutrition and Dietetics, Fashion Designing and Child Guidance & Family Counseling as well as Masters' Programmes in the same three streams.

- Mam, it gives me immense pleasure to share that **Presently 30 Ph.D. Scholars** are **enrolled** in **four** different streams of Home Science -Foods & Nutrition, Human Development & Family Relations, Clothing & Textiles and Family Resource Management. **Nine Ph.D. students** have **completed their course work, presented their Synopsis before Research Degree Committee** and have **started data collection work.**

- **ACHIEVEMENTS OF STUDENTS**

- **In 2021, P.U. examinations**

- I feel proud to share that 100% results have been achieved in our Masters Programmes of Foods and Nutrition and HDFR.
- **Surbhi Vashisht** topped in the Masters' Programs in Foods & Nutrition,
- **Ashna** in Clothing & Textiles and
- **Garima** in Human Development & Family Relations.
- 100% results have also been achieved in PG Diploma in Fashion Designing and Child Guidance and Family Counseling.
- **Seema & Mansi** bagged the first position in PG Diploma in Nutrition & Dietetics,
- **Ridha Sachdeva** in Child Guidance & Family Counseling and
- **Shallu** in Fashion Designing.
- **Harshpreet Kaur** Stood first in B.Sc Home Science and **Molika** in B.Sc Fashion Designing.



- **Inter College Competitions**

- Mam, our students got a number of prizes in Inter College Competitions. Though the achievements are many, due to scarcity of time I can only mention a few
- **Nupur and Cheryl from B.Sc. First-year** accorded with merit certificates at Global Level Heartfulness Essay Event organized by **UNESCO MGIEP** (Mahatma Gandhi Institute of Education for Peace and Sustainable Development) and United Nations Information Centre for India and Bhutan (10.2.2022).
- **Antra Aggarwal** from B.Sc. Home Science received an **Award of High Recommendation** at National Level **CLIMATE MUN** organized by Deptt. of Laws, Panjab University, Chandigarh (15.4.2022)
- **Prateek Kaur** from B.Sc. Home Science got **First prize** along with a cash prize of Rs 1500/- in a National Level Competition 'Just Jute' organized by MCM DAV College for Women, Sector-36 A, Chandigarh (12.4.2021).
- **Sirjan of B.Sc. Home Science 2nd Year** secured **first position in English** category and **Riya Garg and Manika Saini from B.Sc. Home Science 2nd year** secured **second and third positions** respectively in Hindi category in a **National level Essay Writing Competition 'Subodh'** organized by MCM DAV College for Women, Sector-36, Chandigarh (15.9.2021). All the winners won handsome cash prizes.
- **Anupreet from M.Sc. Foods and Nutrition (Final year)** won **National Level Competition** organised by the **Department of Community Medicine & School of Public Health, PGIMER, Chandigarh.**

## **Accolades at Panjab University Zonal and Inter-Zonal Youth and Heritage Festival**

- Mam, I would like to highlight that despite being a small college with limited strength and resources, **our students won 19 prizes in different categories** of Panjab University Zonal as well as the Inter-Zonal Youth and Heritage Festival in the year 2021.

**In Zonal Youth and Heritage Festival held at Guru Gobind Singh Khalsa College for Women, Jhar Sahib from November 22 to 26, 2021, our students bagged**

- **First position in**
  - Bhajan**
  - Dasuti**
  - Phulkari**
  - Phulkari Bagh**
  - Panjabi Handwriting Competitions**
  
- **Second Position in**
  - Hindi Handwriting**
  - Crochet**
  - Histrionics**
  - Knitting Competitions**
  
- **Third Position in**
  - Pakhi Making**
  - Hindi Handwriting**
  - Rangoli Making**
  - Photography**
  - Debate and**
  - Group Song**

**In Inter-Zonal Youth and Heritage Festival** held at A.S. College, Khana from December 13 to 18, 2021 which even goes further tough, I would like to emphasize that our students brought laurels to the college by winning

- **First Prize** in the event of **Phulkari** (Anchal Bhardwaj of B.Sc. F.D. Semester-III)
- **Second Prize** in **Punjabi Handwriting** (Simran Kaur of B.Sc. F.D. Semester-III)
- **Third Prize** in **Group Bhajan**

### **Annual Sports Day**

- Believing in the dictum that ‘**A Sound Mind Resides in a Sound Body**’, we at Govt. Home Science College make all efforts to keep our students physically fit. The college has an indoor badminton court. The college got installed open air gym equipments in the college grounds by utilizing funds from the RUSA Infrastructure Grant.
- Yoga has always been an integral part of the college and students are encouraged to participate regularly in Aerobic activities and Yoga sessions as well.
- The college conducts regular sessions on self defense, workshops on women safety and laws as well as webinars to make the students aware of their rights and ensure their safety and well being at all times.
- In the Annual Athletic Meet of the college held in June 2022, a number of sports events were organized. **Ms. Preesha Satija of B.Sc. Home Science Dietetics 6<sup>th</sup> semester** was declared the **Best Athlete** of the year.

## **SIGNIFICANT HIGHLIGHTS OF THE YEAR 2021-22**

All efforts were made to chalk out the college goals in consonance with Government key programs and initiatives.

### **Thrust on Skill Building, Women Empowerment and Entrepreneurship**

Mam the college has continuously worked towards boosting entrepreneurial skills and entrepreneurship.

#### ➤ **Setting up of Swavlamban Corner**

- I feel happy to share that in April 2021, **the College took initiative to set up Swavlamban Corner** in the lobby area of the college where maximum footfall is there with the help of a grant **from SIDBI amounting to Rs 1.50 lacs**. The grant has been utilized for purchase of a display cum Sale window named **“Swavlamban Window”** as well as an **information kiosk** to enhance the entrepreneurial skills and to provide a marketing platform to the innovative products and services of the students and alumni.
- The college also got sponsored an **Electronic Visual Display** worth Rs. 25,000/- for the Swavlamban Corner from **State Bank of India under its CSR**. This electronic visual display helps to promote and highlight the details of innovative products made by the budding entrepreneurs.

#### **Thrust on Swavalamban Activities:**

- To support Government's initiative of **Atam Nirbhar Bharat, Vocal for Local and Make in India**, College organized a one-day **“Swavavlamban Mela” (23.9.2021)**. The mission of this exhibit was to earn while you learn. **Dr**

**Palika Arora, Director Higher Education, PCS, Chandigarh Administration** was the Chief guest for the event. The major attractions of the event ranged from skin friendly organic dyed scarves, dupattas, painted handmade suits, organic cosmetics, nutritious millet based munchies, satvik traditional food items, macramé decorations, home decors, textile products, beauty products , puppets cradle toys and much more. Ms. Navjot, Director Social Welfare, Chd. Admn. And Mr. Rakesh Sharma, Regional Manager SBI were the guests of honor for the event.

- The college also organized various Melas like Raksha Bandhan Mela, Diwali Mela, Karwachauth Mela and Health Mela to give exposure and opportunity to students to sell and display their creations.

### **Start up initiatives**

- Respected Madam, I feel proud to share that the college boasts of more than **500 start up** initiatives by our students with **100 being only in this academic year**. The students start ups have equipped them not only in just expressing their creativity and innovation but also helping them in becoming financially independent. In this regards, I would like to highlight a few of our successful entrepreneurs.

**1. Ms. Namrata M.Sc. CT 2017**, runs her own brand by the name **BABYROBE by namro**. She boasts of more than **68.7k** followers on Instagram and makes customized kids clothing for celebrities kids **like Neil Nitin Mukesh**.

**2. Ms. Manveen B.Sc. Batch 2015** runs a health and fitness start up by the name **HERRBS** as well as a café called **Tranform Diets** in tricity.

**3. Ms. Nidhi MSc CT 2021**, runs her enterprise by the name of **The Knot Store**. She has done up the interiors **with her macramé products** for **The Reef Hotel , Sector 7, Chandigarh.**

**4. Ms. Preeti Sharma MSC CT 2021**, a fashion designer, has designed dresses for the famous **TV serial Udaariyan on Colours Channel.**

### **Initiating Best Entrepreneur of the Year Award**

To further motivate and encourage the spirit and culture of entrepreneurship amongst our students, college has mobilized a cash prize of Rs. 10,000 from a US based NRI, Dr. Narender Kukar for the Best Entrepreneur of the Year Award. This award would be given annually in the memory of his sister Ms. Sinder Kukar who taught in this college from the year 1962-1964.

### **Putting up Stalls by students in ICMR funded International Virtual Summit TECH 4 SEVA**

Our students participated in **four days International Virtual Expo Tech4Seva organized by ICMR funded Centre for Innovation and Biodesign (CiBiD) , PGIMER, Chd. under Vijayana Bhartiya (VIBHA) and Unnat Bharat abhiyaan (UBA).** The college students put up 6 virtual stalls on the theme of Atma Nirbhar Bharat for promoting innovation, environment friendly and sustainable technologies, affordable health care and technology for good agricultural practices.

Madam, apart from the exposure provided through various platforms, the college organized workshops, skill building demos and webinars to help in further capacity building of the students. These workshops were fully funded and supported by govt. and private bodies as well as our alumni.

- **Encourging Women Empowerment through celebration of International Women's Day (08.03.2022)**
- The college celebrated **International Women's Day (08.03.2022)** and felicitated women achievers and entrepreneurs. A panel discussion was held where women from different walks of life shared their journeys, challenges and success stories to motivate our students. The panelists included **Ms. Kaveri Ahuja Singh** an alumna of this college who runs a famous fashion designs studio and make up studio in Sector 7 and 8, respectively in Chandigarh, **Ms. Sapna Gill owner of Sunbeam Hotel**, **Ms. Ruchi Narula, Mrs. Universe India 2017**, **Ms Guntas (youngest entrepreneur)** running a home bakery and **Ms Deepali**, owner of a brand **Yuvanya** selling beauty products in 13 countries.

### **Our Alumni – Our Strength**

- To motivate our present Students for Swavavlamban , College organized a 4 day Webinar Series **on Inspiration, Innovation and Entrepreneurship** by our Alumni who were successful entrepreneurs.(10-14 June, 2021).
- In return, our college has taken an initiative to lend expertise of teaching faculties as well to offer. well-equipped laboratories of various departments of the college as incubation facility/co-working space to alumni. It **acts as a catalyst for maximizing the students' professional growth potential.**
- Not only our alumni but our some present talented students too were roped in to conduct **Peer learning workshops on mandala art, mind management with yoga, workshop on bottle gourd ice cream, millet based recipes, to name a few.**

## College as One-Stop Shop for PoshanAbhiyan

- The college has continuously acted as a one-stop-shop for addressing all needs of Nutrition in terms of Human Resource, innovation, and technical expertise for conducting awareness campaigns for the masses in sync with GOI's flagship program **Poshan Abhiyan**. A series of the activities were conducted during Poshan Maah and Poshan Pakhwada in September 2021 and March 2022 like
- **'Suposhit Bharat' cycle rally** using smart bikes to promote the use of nutritious food as well as **Bikes** an initiative of Chd. Admn. **To promote health and wellness as well as to reduce traffic congestion and carbon footprints (1.09.2021).**
- **Health Mela** to sensitize students about reproductive health and dental hygiene(31.03.2022).
- Demonstration cum Workshop on healthy Cake Making(4.09.2021).
- Poster Making , slogan writing and T shirt designing Competition on **Feeding Smart Right from Start** (14.09.2021).
- Plantation of Kitchen/ Immunity Boosting Herbs in the College Herbal Garden (30.09.2021)
- More than 15 webinars were conducted on various themes of Poshan Abhiyaan
- In the end of Poshal Maah, a National Webinar was organized on "Nutrition and Lifestyle Management during Covid-19" funded and supported by National Commission for Women, New Delhi, with the aim to sensitize underprivileged women and the public at large (27.09.2021). The chief guest for this Webinar was Sh. S.S. Gill, IAS, Education Secretary, Chd. Admn. who delivered the inaugural address. Myself delivered a keynote address on



## Advocating & Promoting the Use of Millets- the super food for future

- We all know that the humble millets of our country are set to go global. India's efforts to get international recognition for these Nutri-Cereals which are vital for combating lifestyle diseases have yielded results, with UN declaring 2023 as **International Year of Millets**.
- Our colleges organized a host of activity as a prelude to international year of millets to create mass sensitization about these wonder grains.
  
- Awareness sessions and Demonstrations on low-cost millet recipes
  - (30.3.2022)
- Inter College online slogan writing and poster making competition on significance of millets (28.3.2022)
- National Webinar on “Entrepreneurial Development Through Value Added Miracle Millet Products”. Resource person was **Dr. Pratibha Tewari, Principal Scientist and Head of Division, ICAR- CAZRI, Jodhpur** (22.2.2022).
- Inter College Cookery Competition was organized using millets as the core ingredient. The chief guest for the event was **Dr. Virender Garg, MD Radiology, OSD to President and Founder of Aahaar Kranti Project** (2.4.2022).
- Webinar on “**Millets as Super food for Health and Disease Prevention**”. Resource person was **Dr. Vishakha Singh, Associate Prof. College of Community and Applied Sciences, Maharana Pratap University of Agriculture and Technology, Udaipur** (1.4.2022).

### Commemoration of Azadi ka Amrit Mahotsav

- On the clarion call of our honourable Prime Minister Shri Narendra Modi Ji, our college organized following activities to celebrate 75 year of Indian Independence.

### Rangkriti – An Array of Tradition and Style

- To celebrate Azadi ka Amrut Mahotasav at grand level, the college organized a **one day mega extravaganza Rangkriti** to promote self reliance among students. Rangkriti foregrounded the amalgamation of tradition & Style in harmonious manner. It provided our students an opportunity to “**Earn while they Learn**” In sync with Honble Prime Ministers key initiatives of **Make in India, Vocal for the Local and Swavalamban Bharat**, the rationale of the event was to provide a launchpad for all the stake holders to exhibit their creativity and innovative ideas..

**Ms. Anita Pal, renowned artist and educationist** was the chief guest of the event.

The students put up attractive stalls for henna, tattoo making and display of mini gardens, decorative accessories, lighting fixtures, kitchen models and stone painting.

Alumni as well as our present students displayed a number of stalls showcasing their start ups like Tea Kombucha, Diet Wonders, SSS, SL Creations, Diet Aura and The Knot Store, to name a few. The students also displayed hand painted duppattas, suits, embroidery, cushion covers, phulkari and different wall panels and bags.

An Inter college cookery competition was organized to promote the use of millets. More than 52 entries were received from colleges across the city. Stalls were also put up showcasing fun games, psychological testing, puppet show and display of handmade toys. The Environment Society of the college put up stalls demonstrating **ways of home composting** and sold different type of plants and planters.

- **Eco-walk** emphasizing “**Say No to Single Use Plastic**” as well as **cat walk** for displaying different techniques of draping of our **traditional dress saree** were the **show stealers**. A huge footfall was witnessed for the event.
- Students participated in the Iconic Week Celebrations of Azadi Ka Amrit Mahotsav organized by the Department of Tourism, U.T., Chandigarh (11.03.2022). College students put up 6 stalls in a Mega Fair organized in leisure velly by Chd. Admn. I feel proud to share that the college received an appreciation letter for the efforts and initiatives from Sh. Hargunjit Kaur, IAS, Special Secretary Finance –cum-Director Tourism, Chd. Admn.
- 522 students along with faculty members registered and participated for the 750 Million Virtual Surya Namaskar Programme.
- During 07 Days NSS Camp a plethora of activities such as Essay Writing Competition, poster making competition, Slogan writing competition, Talks & Lectures were organized to recognize the sacrifices of our freedom fighters and unsung heros.
- Akanksha Rakheja of M.Sc. HDFR (Semester-1) was one of the 30 NCC Cadets who made Scroll Painting KALA KUMBH from December 25 , 2021 to January 2<sup>nd</sup> , 2022, organized by the Ministry of Defense and DGNCC, Government of India. The Scroll Painting was displayed on Rajpath on 26th January 2022 during Republic Day Celebrations.

### Appreciation Received for Swacchta Activities

- The efforts of the college towards Swacch Bharat Abhiyaan were duly recognized. A number of certificates of appreciation and accolades were received for the same from Mahatma Gandhi National Council of Rural Education, Deptt. of Higher Education, Ministry of Education, GOI for .
- **Sustainable Campus Initiative**
- **Swachhta Activities - Sanitation, Hygiene, Waste Management, Water Management, Energy Management and Greenery Management**
- **Completing the “Largest Plantation Drive’**
- **Completing the use of Gandhi Chaddi and Waste Management Swacchta Drive, and**
- **Being beat Covid Institution**

### Extensive use of digital medium to reach to masses during pandemic

- Our college exploited digital medium to the maximum **to reach to all stakeholders during the COVID-19 pandemic.** In a short span of time, more than **42 YouTube videos** were uploaded on diverse issues ranging from online sensitization on important issues including Covid-19 protocols to extending physical, social and psychological support.
- The college consistently posted much-needed information on diversified crucial issues through its **FACEBOOK PAGE, YouTube Channel AND INSTAGRAM HANDLE** to remain in touch with the maximum stakeholders.

- A number of **webinars, workshops /demonstrations, competitions, Yoga Sessions and meetings** were **held online**.
- Home Science Students also served as Swavlambi warriors by helping the community during the unprecedented COVID-19 pandemic. They prepared and sold Masks & PPE kits, extended psychological and diet counseling to needy, distributed medicines, and provided online coaching to children with special needs.

### **Eco Sustainable Initiatives**

- Consistent efforts were put in by the college for reusing and recycling wastes.
- College has been actively contributing in “**Waste to Wealth**” Mission. The purpose of the mission is to contribute towards the collection of single use plastic and E-waste from the household, localities of the students, teaching and non-teaching staff of the college for its right kind of disposal.
- Six more pits were added near U.G and P.G hostels for segregation of wet and dry waste and then finally making compost which is being used in college lawns
- Rain Water Harvesting system has been strengthened through funding of Rs. 42,44,000/- from Chandigarh Admn.
- Dear audience, all the major buildings of the campus have been fitted with green energy features. This year the college also got Solar Panels installed on BSc and MSc Hostel by CREST Chd. Admn.
- **I feel proud to share that college received award for Best Herbal Garden by Medicinal plants board, UT Chd. It was given by Sh. Debendra Dalai, IFS, Chief conservator of Forests and chief wild life warden, Chd. Admn.**

- **Face-lifting of the college through new Construction and Renovation.**
  - **Inauguration of Multi-Media Research Block**
  - College got its fact-lift through completion of newly constructed Multi-Media Research Block The construction for the same was started in 2019.
- An amount of Rs. 1.34 Crore has been spent on its construction, in which 70 lakh has been used from RUSA Infrastructure Grant and rest 64 lakhs from the UT funds of chd. Admn. It was inaugurated by Sh. Satya Pal Jain, Additional Solicitor General of India(27.4.22).
- Mam, I really feel happy to share that this is only college in Chandigarh where a new building has been constructed under RUSA where as in other college some new features have been added in already existing infrastructure like toilets, lifts etc.
- **Renovation/up-gradation of the following** has been completed with the help of RUSA grant amounting to Rs. 70 lakhs.
  - Committee Room
  - Conference Room
  - Pantry
  - E-Pathshala
  - Flooring of the Corridors on the Second Floor of the college building
  - Staircases of the college building

Both have been made disable friendly

- **Valedictory function** of Skill Training in Fashion Designing of DAYNULM (Deen Dayal Antyodya Yojana, National Urban Livelihood Mission) project Under Skill India Mission was organized in the newly constructed multi-media block on 27.4.2022. 69 beneficiaries were provided with sewing machines after successful completion of skill training program utilizing the grant of Rs. 8.5 lakhs received from Municipal Corporation, Chd.

### **Sponsorships and Grants Received**

I feel proud to share that throughout the year, the college saved a lot of funds by getting funds or for getting all its major functions/events sponsored not only from Govt. deptt. but also from P.S.U.s, Corporate Hospitals & Private bodies under their CSR & promotional schemes. College procured grant of Rs.

**In short not even a single penny was spent for any of the major functions of the college.**

- Rs.1.5 lacs from SIDBI for setting up of Swavavlamban Corner
- Rs.40,000/- for research project entitled “ Development , Organoleptic Evaluation, Nutritional Contribution, Biochemical Estimation And Promotion Of Recipes Using Sorghum For Celiac Disease Patients And Normal Healthy Individuals” from Dean Alumni Relations P.U. Chd.
- Rs.30,000/- from National Commission for Women, GOI for conduct of National webinar on “Nutrition and Lifestyle Management During COVID 19
- Rs.20,000/- from DST for the organization of Inter College Science Fest.
- Rs. 20,000/- from S.B.I. for celebration of International Women’s Day
- Rs.10,500 Rs. from CREST, Chd. Admn. For the celebration of Akshaya Urja Diwas.

## **In addition to these grants college got the following items/events sponsored**

- Electronic Visual display worth Rs.25,000/- from S.B.I.
- Event Rangkriti was fully sponsored by
  - VIVO
  - SBI
  - PNB
  - EDWISE
  - VINSPIRE for Life Foundation
  - Happy Design
  - Avon
  - 94.3 my FM was the Media partner whereas the Nescafe was the beverage partner for the event.

In short college saved lot of its funds by getting grants & events sponsored.

## **ESTABLISHED, USED AND STRENGTHENED LINKAGES AND COLLABORATIONS**

All efforts were made in the direction of establishing and strengthening linkages & collaborations for mutual benefits & significant outcomes. All the activities/events of the college witnessed linkages & collaborations with the following:

- Deptt. of Social Welfare, Chd. Admn. (National Nutrition Mission, Lending Knowledge Expertise for Mid-Day Meal Programme)
- Burail Jail ( For teaching arts to jail inmates )
- Govt. College for Yoga, Education and Health, Sector-23, Chandigarh (Free Yoga & Meditation Sessions for NSS Volunteers and college staff)
- Deptt. of Health, Chd. Admn. (National Nutrition Mission, Internship for PG



## Diploma for Dietetics Students )

- Deptt. of Environment, Chd. Admn. ( Eco-friendly activities)
- PGIMER, Chd. (National Nutrition Mission, Health Melas, Internship for PG Diploma Dietetics Students )
- Healing Hospital, Sector 34, Chandigarh (Free Health Mela)
- Fortis Hospital, Mohali (Breast Feeding Week Celebrations)
- Cloud Nine Hospital, Industrial Area Phase 2, Chd (for health camp)
- Oral Rehabilitation and Implant Centre, Sec 34 , Chd (for free dental camp)
- Yuvsatta, NGO (Conduct of Environmental Activities)
- Nestle (Cookery Contests)
- SIDBI (Skill Development & Entrepreneurial activities)

## MoUs

New MoUs were signed with the following private and government institutes for mutual benefits.

- **Nivedita Charitable Trust** to enable successful implementation of ‘AAHAR KRANTI MISSION’ for promoting the use of millets
- **Open Eyes Foundation, NGO** to promote outreach activities
- **CIHM, Sector 42 , Chandigarh** for effective exchange of experts and use of resources.
- **Government College for Yoga and Education , Sec 23, Chd** for mutual sharing of expertise with a thrust on Yoga Training.

## FACULTY ACHIEVEMENTS

- ❖ Mrs. Seema Jaitly received State Award from honourable Governor of Punjab and U.T. Administrator His Excellency, SH. V.P. SINGH BADNORE for her contribution in Burail Jail. (15.08.2021)
- ❖ Dr. Vasudha Bansal, got a Patent on her name related to “Novel Industrial Dairy Waste Management Processing for the Development of Nutritional Enriched Whey Beverage”
- ❖ Dr. Preeti Alagh, has got A Patent Publication On Her Name related to, ‘Nano-Functionalized Natural Fiber With Improved Photocatalytic And Antimicrobial Properties’.
- ❖ Dr. Gaurav Kalra, Dr. Preeti Alagh, Dr. Shikha Garg and Dr. Namrata Sethi were awarded with their Doctorate Degrees
- Myself received **Women of Excellence Achiever Award** from the Ministry of Information and Broadcasting (GoI) regional outreach bureau, chd. by MS. ANINDITA MITRA, IAS, MC Commissioner, Chd. (07.03.2022)
- I feel humbled to share that I was awarded a **State-Level Award** for the second time for my **Meritorious Services in higher education** by honourable Governor of Punjab and U.T. Administrator His Excellency, SH. V.P. SINGH BADNORE (15.08.2022)
- I was also felicitated by the Honourable Governor of Punjab and U.T. Administrator. His Excellency SH. BANWARI LAL PUROHIT for my significant contribution for **AAHAR KRANTI project**. (29.03.2022)

### **Last but, the most important highlight of the year.**

It is a matter of great pride that our college topped in NIRF India Ranking , released by Ministry of Education, GOI in 2021, in tricity third time in a row. It is also heartening that college improved its ranking from 84<sup>th</sup> in 2020 to 78<sup>th</sup> in 2021 at National Level. Mam it is the only college in govt. and Private sector in tricity which could secure a position in top 100 at National Level consistently for the last three years.

At the end, I congratulate and extend my heartfelt blessings to all P.G. and U.G. students who shall be receiving their degrees as well as the prizes this morning.

Lastly, A special word for you, my dear students –

believe in yourself

remember that there is something inside you that is greater than any obstacle.

Always give your best in making this world a better place.

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

Best of luck my dear students.

Thank you all.