

**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.
- **1st prize in Rangoli Competition** held at Govt. Medical College, Sec-32, Chandigarh during Euphoria 2020 on 26.2.20.
- **1st 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

➤ **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

➤ **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

- **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 2nd 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.

- **48th 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 Mukh 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**.

