



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

NAAC ACCREDITED GRADE 'A'

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



**3rd Cycle
Assessment & Accreditation by NAAC
CRITERION-V
STUDENT SUPPORT AND PROGRESSION**



CRITERION 5
KEY INDICATOR Student Support

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

INDEX

SR. NO.	YEAR	EVENT	PAGE NUMBER
1	2017-2022	Soft Skills	1-20
2	2017-2022	Language and Communication	21-24
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Soft Skills

Workshop on Resume Writing and Facing Interview

Date: 22-03-2018

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

No of participants: 100

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



Workshop on Resume Writing and Facing Interview

Notice for Workshop on Resume Writing and Facing Interview

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

22.03.2018

NOTICE

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

Guest Speaker: **Ms. Jyoti Pathania**

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


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Workshop on Personality Development and Grooming Skills

Date: 29-01-2019

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

No of participants: 110

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



Workshop on Personality Development and Grooming Skills

Notice for Workshop for Personality Development and Grooming Skills

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

28.01.2019

NOTICE

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

Guest Speaker: **Ms. Garima Walia**

Date: **January 29, 2019**

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

Venue: **HDFR conference room.**

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

2019-1-28 14:37

Workshop on Resume Writing and Career Opportunities

Date: 05.02.2019

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

No of participants: 100

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



Workshop on Resume Writing and Career Opportunities

Notice for workshop on Resume Writing and Career Opportunities

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

05.02.2019

NOTICE

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

Guest Speaker: Ms. Shelly Karwal

Date: 05.02.2019

Time: 01:00p.m.

Venue: LT 1.

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

Workshop on Essentials of Venturing into E-Business

Date: 20.02.19

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

No of participants: 100

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



Workshop on Essentials of Venturing into E-Business

Notice for Workshop on Venturing into E-Business

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

20.02.2019

NOTICE

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

Guest Speaker: **Mr. Aman**

Date: **20.02.2019**

Time: 11:00 A.M.

Venue: HDFR Conference Room

Sey

Sey
Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

Sey

Workshop on Inspiration, Innovation and Entrepreneurship

Date: 12.06.21

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

No of participants: 75

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



Workshop on Inspiration, Innovation and Entrepreneurship

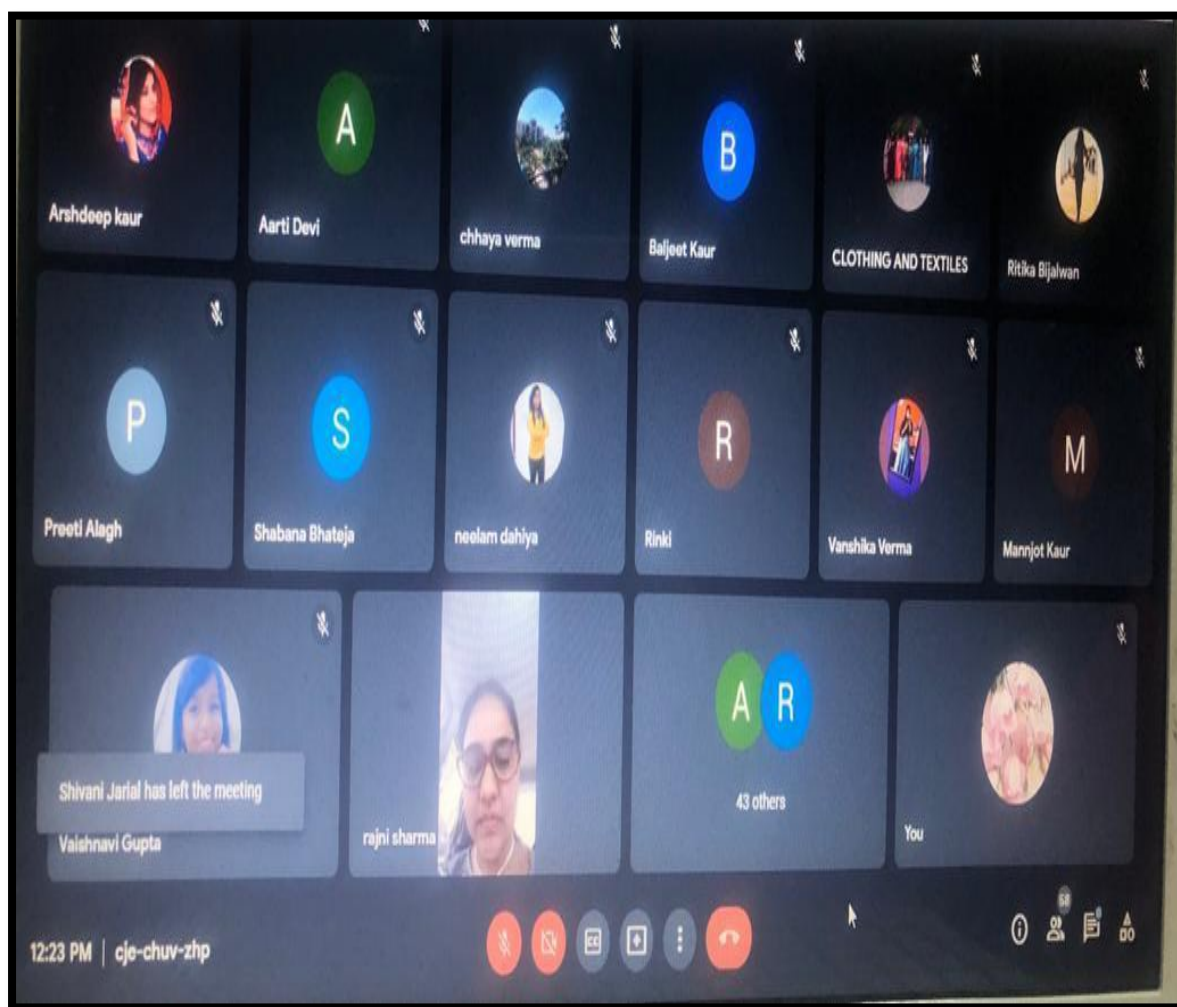
Live Webinar by Alumni on Inspiration, Innovation and Entrepreneurship at Home Science College

Date: 14.06.21

Agencies/Consultants: Swati Talwar

No of participants: 50

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



Webinar by alumni on inspiration, innovation and entrepreneurship

Brochure for Webinar by alumni on inspiration, innovation and entrepreneurship


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

Our Alumni Our Support



स्व विकास
स्वच्छता, स्वस्थता, स्वयंसेवा

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

Convener
Prof. Sudha Katyal
Principal



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

June 10-14, 2021

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




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


➤ Diet Clinic Ghaziabad
➤ Diet Clinic Saharanpur

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


**LET YOUR
DIET
WORK
FOR YOU**

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

**Follow her
facebook** 

<https://tinyurl.com/szho485n>
<https://tinyurl.com/ks8f2vkw>



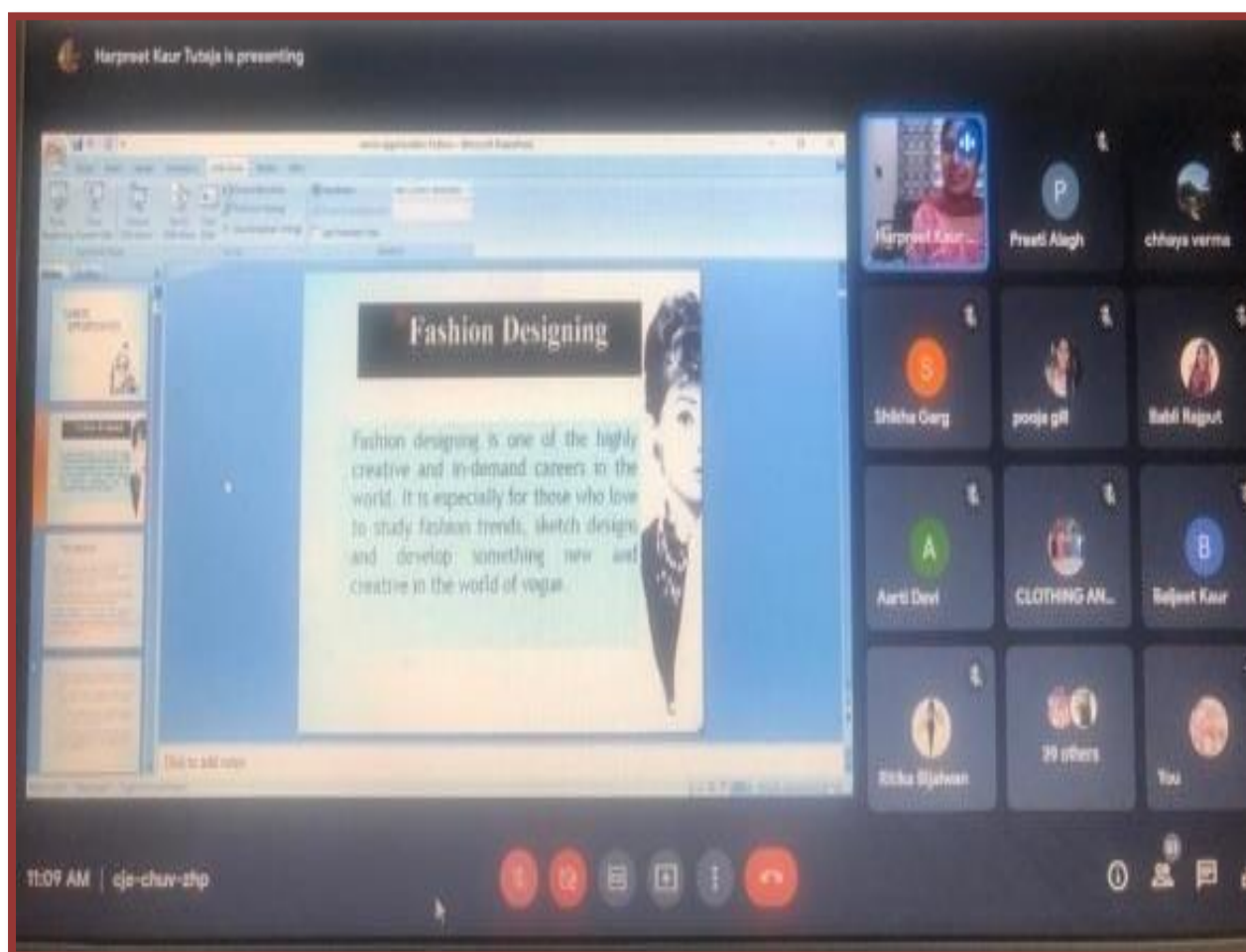
Live Webinar on Inspiration, Innovation and Entrepreneurship

Date: 14.06.21

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

No of participants: 100

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



Webinar on inspiration, innovation and entrepreneurship

Brochure for Workshop on Inspiration, Innovation and Entrepreneurship

 <p align="center">Government Home Science College Sector-10, Chandigarh NAAC Grade – A NIRF Ranking 2020 – 86th</p> <p align="center">Our Alumni Our Support</p>   <p>Co-ordinator Mrs. Chhaya Verma (HOD, Clothing & Textiles)</p> <p>Convener Prof. Sudha Katyal Principal</p>	<p align="center">Live Webinar Series of Inspiration, Innovation & Entrepreneurship by our Distinguished Alumni</p>  <p align="center">June 10-14, 2021</p> <p align="center">Organising team Clothing and Textiles Department</p>
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Webinar on CAREER OPPURTUNITIES IN FASHION	
 <p align="center">Dr. Harpreet Kaur Head, P.G. Department of Fashion Designing , Kanya Maha Vidyalyaya (Autonomous), Jalandhar</p>	<p align="center">About the Resource person</p> <ul style="list-style-type: none"> > PhD in Innovative Techniques of Upcycling Pre & Post Consumer Textile Waste for Sustainable Growth > Resource Person Doordarshan & AIR > Invited as Resource Person in Various Colleges/ Institutes
<ul style="list-style-type: none"> > 12 IPR's in Design (Copyright Office, GOI) > Publications in Scopus Journals 	
<p align="center">Appreciation Certificate by Commissioner Municipal Corporation, Jalandhar for Excellent Community Work under Swacch Bharat Mission & Entrepreneurship Development with Safai Sahayaks of MCJ</p>	
<p align="center">> Author of various books and book chapters</p>	
<p align="center">June 14, 2021, @11.00 AM link- https://meet.google.com/cje-chuv-zhp</p>	

Skill Development Labs



Institutional Food Service Management Lab



Food Science / Nutritional Assessment Lab



B.Sc. Foods Lab



Pattern Making Lab



Printing Lab



UG Construction Lab



Knitting Lab



PG Construction Lab



Home Furnishing Lab



FRM Lab



Art Department

LANGUAGE AND COMMUNICATION

Free English Communication Bridge Course

Date: 30.10.18

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

No of participants: 55

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



Free English Communication Bridge Course

Notice for free English Communication Bridge Course

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

30.10.2018

NOTICE

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

Date: 30.10.18

Time: 02:00 P.M.

Venue: HDFR Conference Room


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH




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

Date: 15.12.21

Agencies/Consultants: NSS unit of Government Home Science College

No of participants: 50

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



Essay Writing and Declamation Contest on 'Spreading Awareness among Voters'

Notice for Essay Writing and Declamation Contest on “Spreading Awareness among Voters”

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

14.12.2021


NOTICE

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

Date: **15.12.21**

Time: 11:00 A.M.

Venue: LT 1


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





LIFE SKILLS

Food Testing Awareness Workshop

Date: 24.10.2017

Agencies/Consultants: Department of Family Resource Management (FRM) and Economics in Government Home Science College

No of participants: 100

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



Food Testing Awareness at Home Science College

Notice for Food Safety and Adulteration Workshop

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

24.10.2017

NOTICE

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

Guest Speaker: **Mr. SK Mehta**

Date: **24.10.2017**

Time: 11:30 A.M.

Venue: Food Lab


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Workshop on Food Safety and Adulteration

Date: 24-09-2018

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

No of participants: 80

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



Workshop on Food Safety and Adulteration

Notice for Workshop on Food Safety and Adulteration

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

24.09.2018

NOTICE

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

Guest Speaker: **Mr. Sukhwinder Singh**

Date: **24-09-2018**

Time: 11:30 A.M.

Venue: LT 1


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Workshop on Entrepreneurial Ventures for Nutritive Cakes, Cookies & Chocolates

Date: 24.09.2018

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

No of participants: 75

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



Workshop on Entrepreneurial Ventures for Nutritive Cakes, Cookies & Chocolates

Notice for Workshop on Entrepreneurial Ventures for Nutritive Cakes, Cookies & Chocolates

NOTICE

All the members of the Teaching Faculty and Post Graduate students (Diploma and Msc) are required to attend

**ONE DAY CAPACITY BUILDING WORKSHOP FOR
ENTREPRENEURIAL VENTURES**

IN


NUTRITIVE CAKES, COOKIES AND CHOCOLATES

*Under the aegis of RUSA and Department of Higher
Education, Chandigarh Administration,*

DATE: October 17, 2018

VENUE: CAFETERIA

TIMING: 10:30am - 1:30pm


Principal
Prof. Sudha Katyal
Government Home Science College
Chandigarh

Awareness on Poshtik Ahaar

Date: 04.09.19

Agencies/Consultants: Government Home Science College

No of participants: 150

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



Awareness on Poshtik Ahaar

Notice for Awareness on Poshtik Ahaar

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

04.09.2019

NOTICE

All the faculty members and students are cordially invited to attend **Awareness on Poshtik Ahaar**

Date: 04.09.19

Time: 11:00 A.M.

Venue: Foods Lab


Principal
GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

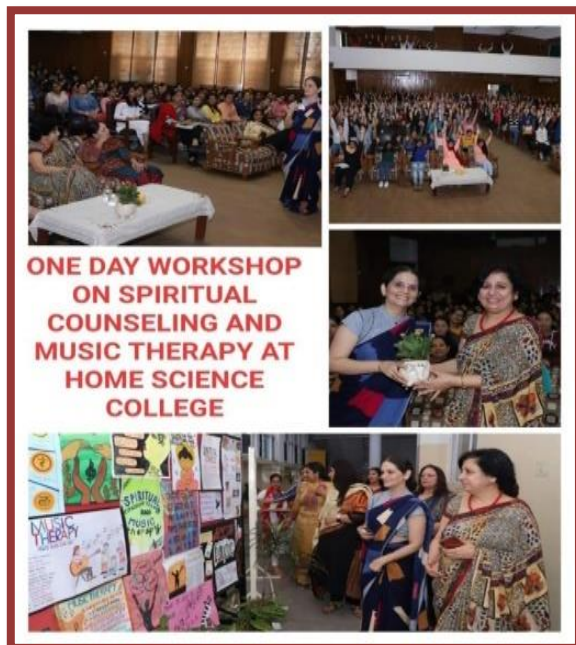
One Day Workshop on Spiritual Counselling and Music Therapy

Date: 07.11.19

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

No of participants: 200

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



Workshop on Spiritual Counselling and Music Therapy

Brochure for Workshop on Spiritual Counselling and Music Therapy



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

NAAC Grade 'A'

Organizes

**One Day Workshop
on
Spiritual Counselling & Music Therapy**

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

Sponsored by
Punjab National Bank
Sector-17, Chandigarh

**November 07, 2019
Venue: College Auditorium**



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

Menstrual Hygiene Campaign

Date: 10.12.19

Agencies/Consultants: Unicharm's feminine hygiene brand Sofy

No of participants: 100

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



Menstrual Hygiene Campaign

Notice for Menstrual Hygiene Campaign

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

10.12.2019

NOTICE

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

Date: **10.12.19**
Time: 4:00 PM.

Venue: Hostel Common


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Awareness on Menstrual Hygiene and Pulse Polio

Date: 15.01.20

Collaboration: Unicharm's feminine hygiene brand Sofy

No of participants: 100

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



Awareness On Menstrual Hygiene And Pulse Polio

Notice for Menstrual Hygiene Campaign And Pulse Polio

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

15.01.2020

NOTICE

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

Guest Speaker: **Ms. Nidhi Bimal**

Date: **15.01.2020**


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Fit India Campaign

Date: 18.01.20

Agencies/Consultants: NSS volunteers of Government Home Science College

No of participants: 70

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



Activities Organized To Promote Fit India Campaign

Notice for Fit India Campaign

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

DATE: 28.08.2019

NOTICE

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

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

S. Singh
Principal
Govt. Home Science College
Sector-10, Chandigarh
25/8/19

One Week Live Yoga Session

Date: 19.06.20

Agencies/Consultants: Government Home Science college, Sec 10, Chandigarh

No of participants: 100

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



One Week live Yoga Session

Notice for One Week Live Yoga Session

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

18.06.2020

NOTICE

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

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

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Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

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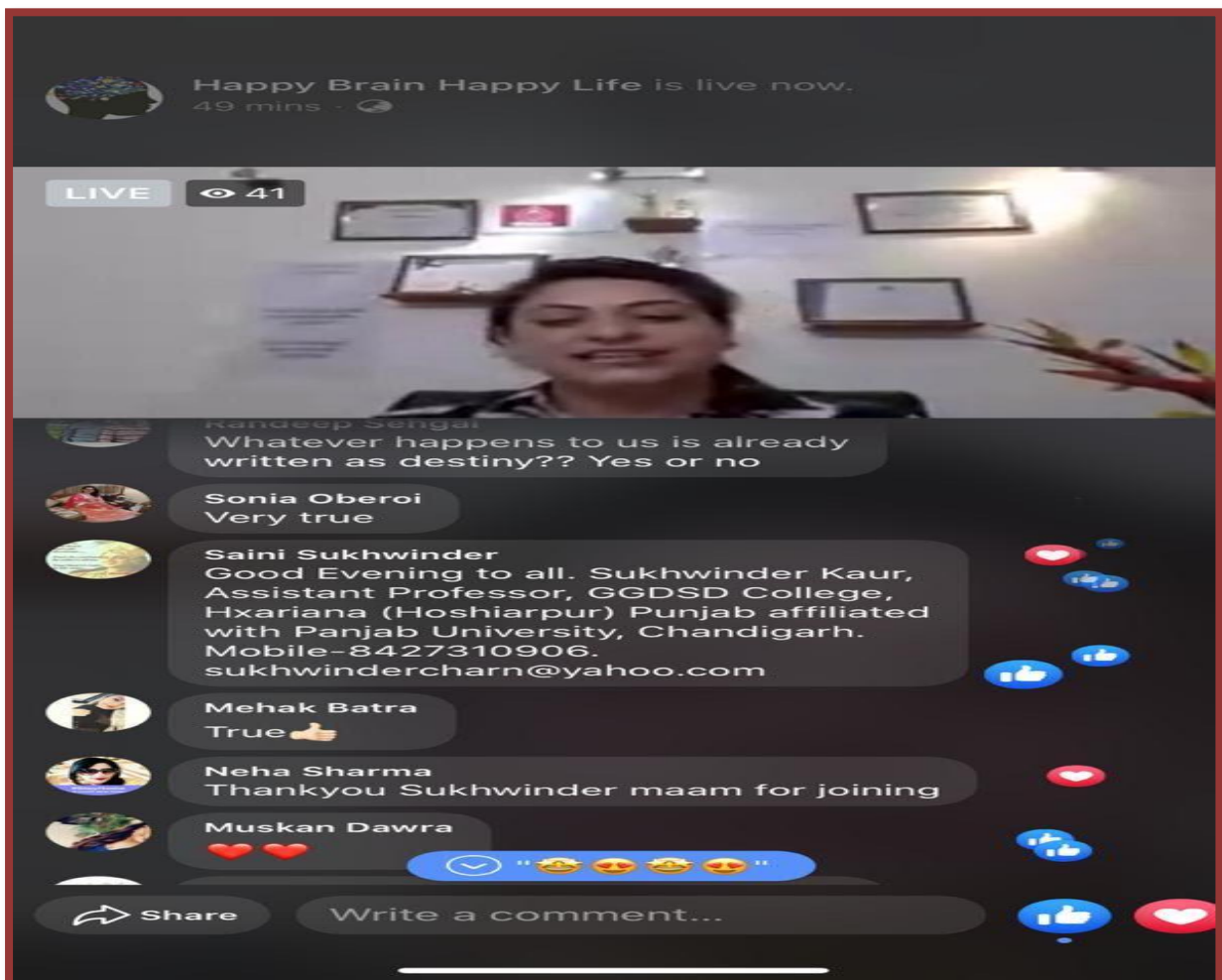
Live Session on Grow through what you go through: Mental Wellbeing Session during Covid-19

Date: 25.07.20

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

No of participants: 45

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



Live Session on Grow through what you go through: Mental Wellbeing Session during Covid-19

Brochure for Live Session on Grow through what you go through: Mental Wellbeing Session during Covid-19

Government Home Science College



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



**Ranked 86th
(NIRF 2020)**

Organizes

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

Convener

**Prof. Sudha Katyal
(PRINCIPAL)**



**Healthy Brain
Happy Life**



Date:

25.07.20

at

05:00

P.M.

Speaker of the Day



**Bhavna Garg
(Our Alumna)**

*Motivational Speaker
Life Coach
Human Development Expert*

Join us on Facebook:

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

Open for All

Prof. Reetinder Brar (Co-ordinator)

Major Neelam Kumari : 9530661386

Dr. Neha Sharma: 8054212503

Mrs. Shikha Garg: 9779774434

Mrs. Nupur Bhatnagar : 9876625187



Live Workshop with Baker Brothers Organized

Date: 31.07.20

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

No of participants: 70


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




Live Workshop with Baker Brothers


Brochure for Live Workshop with Baker Brothers

Professional Baking



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



facebook 

https://www.facebook.com/Skill-Develo100222325123969/?modal=admin_todc

Online Awareness Session on Drug Abuse and Youth during Pandemic

Date: 09.09.20

Agencies/Consultants: Dr Apneet Brar , a homeopathic practitioner

No of participants: 50

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



Awareness Session on Drug Abuse and Youth During Pandemic

Brochure for Awareness Session on Drug Abuse and Youth During Pandemic

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



Live Session
on

Drug Abuse & Youth
During Pandemic

Co-Ordinator

Prof. Reetinder Brar
(Head, Deptt.of HDFR)

Convener

Prof. Sudha Katyal
(Principal)

Webinar on Nutrition during Covid 19

Date: 17.09.20

Agencies/Consultants: Dt Sonia Gandhi, Head Fortis Hospital

No of participants: 60

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



Webinar on Nutrition during Covid 19

Brochure for Webinar on Nutrition during Covid 19



POSHAN Abhiyaan
PM's Overarching Scheme for Holistic HOUSHAAR Nutrition

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



NUTRITION MONTH

'Converging towards a
Healthy Walk through Life'

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

CONVENER
Prof. Sudha Katyal
Principal

**Live Webinar in Collaboration
with Fortis, Mohali**



**Good Nutrition:
Need of the Hour**

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



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



Webinar Content

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



Speaker

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



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



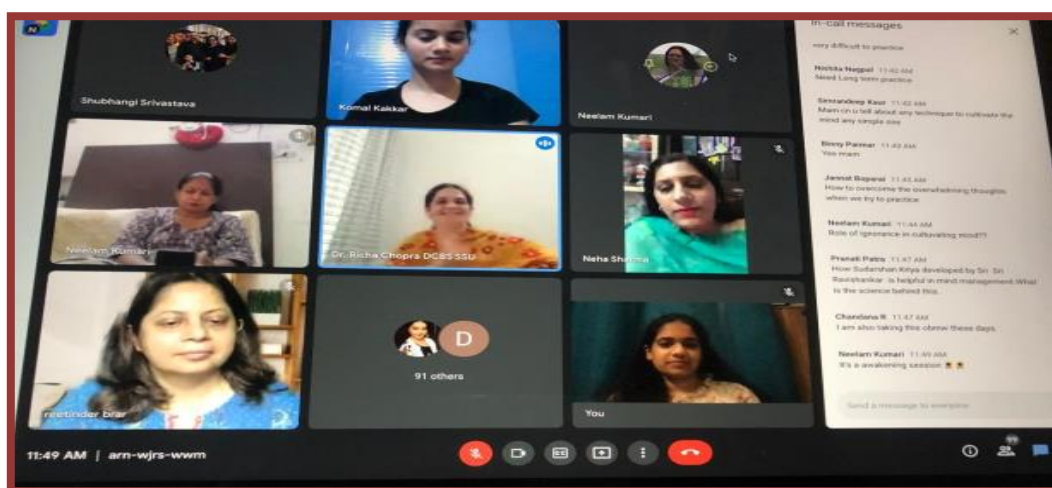
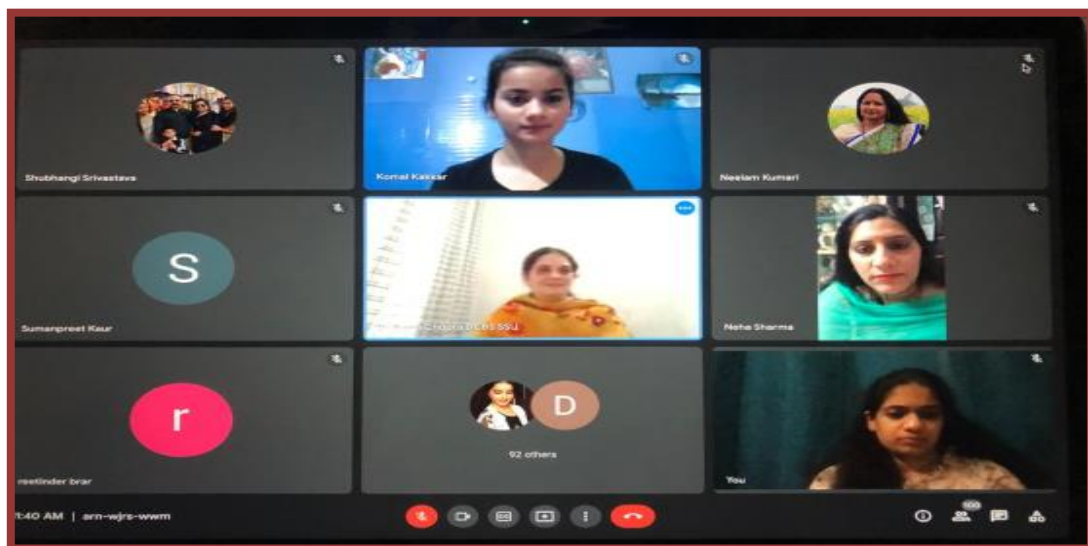
Live Workshop on Mind Management with Yoga at Home Science College

Date: 14.06.21

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

No of participants: 100

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



Live Workshop on Mind management with Yoga

Brochure for Live Workshop on Mind management with Yoga



GOVERNMENT HOME SCIENCE COLLEGE

Sector- 10, Chandigarh

NAAC Grade 'A' & NIRF Ranking 2020- 86th

organizes

LIVE WORKSHOP

to celebrate

Forthcoming International Yoga Day

on the topic

'Mind Management With Yoga'

Date: June 13th, 2021

Time : 11:00 a.m. onwards

Coordinator

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

Convener

Prof. Sudha Katyal
(Principal)



Dr. Richa Chopra

Resource Person

Platform:

Google meet

Link:

<https://meet.google.com/arn-wjrs-wwm>

Or open meet and enter this code: arn-wjrs-wwm

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

Organizing Team

Major Neelam

Ms. Shikha Garg

Dr. Neha Sharma

Ms. Nupur Bhatnagar

Courtesy: Department of Human Development & Family Relations



Our Distinguished Alumni

Master's in Home Science

Batch: 1993-1995

(Specialization: Child Development)



Live Peer Learning Workshop on Cake Baking

Date: 16.06.21

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

No of participants: 60

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



Live Peer Learning Workshop on Cake Baking

Brochure for Live Peer Learning Workshop on Cake baking

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

Our Alumni Our Support

स्वविकास

Co-ordinator
Dr. Muskan Sharma, Chandigarh

Coordinator
Prof. Shikha Kaur,
Principal

Organizing Faculty
Dr. Muskan Sharma
Dr. Pooja Singh
Dr. Anshu Kaur
Dr. Anamika
Dr. Shikha Kaur
Dr. Shikha Kaur

**Live Peer Learning Workshop
by Skillful
Bakery Founder
Inspiration,
Innovation &
Entrepreneurship**

June 10-14, 2021

Muskan Sharma
M.Sc. Student (HDFD)
&
A Certified Baker

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

muskan_sharma
> 1000 followers
June 13, 2021 @ 3:00 PM
LOVE @ Skillful Lab
www.skillfulbakery.com

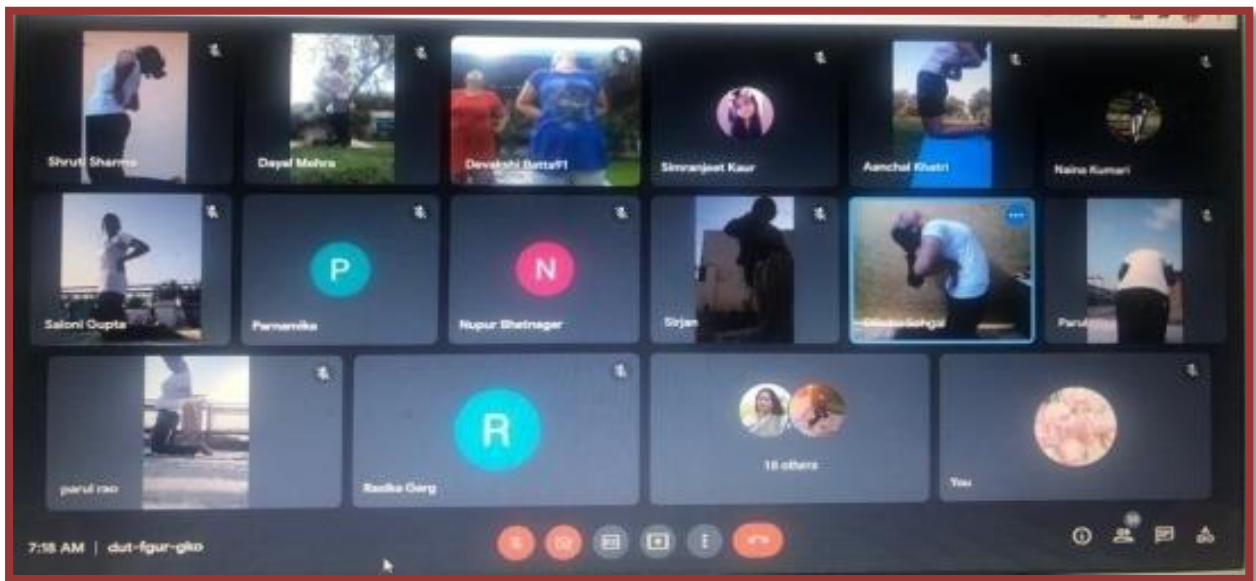
Celebration of 7th International Yoga Day

Date: 21.06.21

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

No of participants: 100

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



7th International Yoga

Brochure for 7th International Yoga

The brochure features a dark background with various logos and text. At the top left is the Government Home Science College logo, and at the top right is the International Yoga Day logo. The central text reads: "Government Home Science College Sector 10, Chandigarh organizes 'YOGA SADHANA' One Week Online Yoga Session for Faculty and Students as a prelude to International Yoga Day". The dates "June 07-12, 2021" and time "From 7:00 to 7:30 A.M." are displayed on the right. At the bottom, there are three colored sections: a red section on the left listing coordinators (Mrs. Mona Saini, Mrs. Seema Jolly, Major Nandan), a blue section in the middle listing a demonstration by Ms. Karica Nayyar and a motivational talk by Prof. Sushil Kumar, and a red section on the right listing the convener Prof. Sushil Kumar, Principal.

Government Home Science College
Sector 10, Chandigarh
organizes

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

International Yoga Day

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

Coordinators
Mrs. Mona Saini (In-charge, Phy. Eds.)
Mrs. Seema Jolly (NCC)
Major Nandan (NCC)

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

CONVENER
Prof. Sushil Kumar
Principal

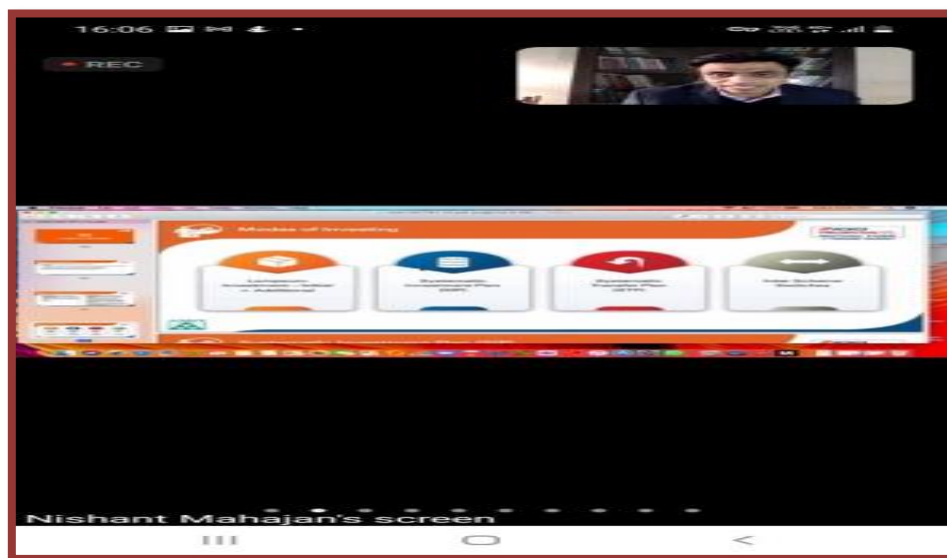
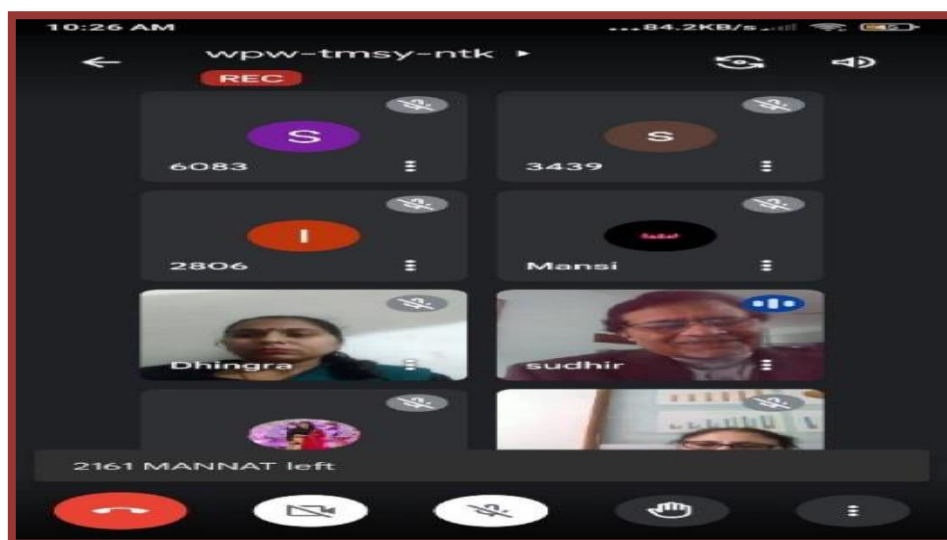
Webinar on Financial Literacy

Date: 12.01.22

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

No of participants: 70

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



Webinar on Financial Literacy

Brochure for Webinar on Financial Literacy



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

A Webinar on



FINANCIAL LITERACY



CO-ORDINATOR
Dr. Shabana
(Placement Incharge)



CONVENER
Prof. Sudha Katyal
Principal

Motivation for Financial Independence & Career Opportunities through Financial Literacy

January 12, 2022
11 AM to 12 PM @ Zoom

<https://us02web.zoom.us/j/8308122597?pwd=QnZlUjJkWFp6MjZseVh3bEwwV2ZlU109>

3 PM to 4 PM @ Zoom

<https://us02web.zoom.us/j/86756307393?pwd=RkRLWDVYTWpncjdlNRVhY4Ymd0bUZ2PUt09>

Organizing Team

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



Live Talk Session on

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



Eminent Speaker

Mr. Nishant Mahajan



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



Health Mela and Talk

Date: 31.03.22

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

No of participants: 100

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



Health Mela and Talk

Notice for Health Mela and Talk

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

31.03.2022

NOTICE


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

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

Date: **31-03-2022**

Time: 11:30 P.M.

Venue: Reception Area


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Webinar on Millets

Date: 01.04.22

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

No of participants: 40

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

The screenshot shows a webinar slide titled "Significance of millets". On the left, there is a small video feed of a woman with glasses, identified as Vishakha Singh. The main content of the slide is a list of bullet points:

- India celebrated 2018 as 'The Year of Millets'.
- During her budget address, Mrs. Nirmla Sitharaman said, "2023 has been announced as the International Year of Millets. Support will be provided for post-harvest value addition, enhancing domestic consumption, and for branding millet products nationally and internationally."
- UN General Assembly - 2023- International Year of Millets. Sponsored by India and backed by over 70 nations, the resolution was aimed at promoting the nutritional as well as ecological benefits of millets.
- Promotion of millets

At the bottom of the slide, there is a red banner that reads "Government Home Science College is organizing a Webinar on Awareness of Millet". The time "6:06 PM" is displayed in the bottom right corner.

The screenshot shows a webinar slide titled "TYPES OF MILLETS". On the left, there is a small video feed of a woman with glasses, identified as Vishakha Singh. The main content of the slide is a central graphic with the text "TYPES OF MILLETS" in a yellow box. Surrounding this central box are six circular images of different millet grains, each with a label below it:

- Pearl Millet
- Finger Millet
- Foxtail Millet
- Barnyard Millet
- Kodo Millet
- Little Millet

The graphic also features the "millerbury" logo in the top left corner. At the bottom of the slide, there is a red banner that reads "er Food for Health & Disease Prevention". The time "13:05 / 57:28" is displayed in the bottom left corner, and "6:09 PM" is displayed in the bottom right corner.

Webinar on Millets

Brochure for Webinar On Millets



POSHAN Abhiyaan
India's Governmental Initiative for Nutritional Rejuvenation
सही पोषण - बेर बीमार

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

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





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



CONVENER
Prof. Sudha Katyaj
Principal

**Webinar on Millets as Super
Food for Health & Disease
Prevention**

**Magical Millets
for Your Health**



April 01, 2022 @ 11.00 A.M.

LIVE @  **YouTube**

<https://youtu.be/mMPNiqUBw6w>

Organizing Team



Dr. Uttara Singh
Dr. Namrata Sethi

Dr. Bhavneet Kaur
Dr. Vasudha Bansal



**Millets:
The Magic
of Indian
Forgotten Foods**

**Pass this treasured gift to the
coming generations**



Millets
A Low Glycemic Index Food
Recommended for Diabetics

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

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



**Millets
mines of
Nutrition**

100 Days Countdown to International Yoga Day

Date: 13.05.22

Agencies/Consultants: NSS Volunteers of Government Home Science College

No of participants: 35

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



Yoga Day

Notice for 100 Days countdown to International Yoga Day

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

12.05.2022

NOTICE

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

Date: 13.05.2022

Time: 07:00 A.M.

Venue: College Garden


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH


For

Self Defence Training

Date: 24.05.22

Agencies/Consultants: Women & Child Support Unit, Chandigarh

No of participants: 45

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



Self Defence

Notice for Self Defence Training

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

24.05.2022

NOTICE

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

Date: **24-05-2022**

Time: 04:30 P.M.

Venue: College Ground


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH



Online Workshop On “Internet to Inner-Net”

Date: 15.12.21







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

No of participants: 200

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



**Workshop on “INTERNET TO INNER-NET”
Brochure for Workshop on “INTERNET TO
INNER-NET”**

 <p>Government Home Science College Sector-10, Chandigarh NAAC Grade – A NIRF Ranking 2021 – 78th <i>is organizing</i></p>  <p>CO-ORDINATOR Prof. Reetinder Brar (Head, HDFR Dept.)</p> <p>CONVENER Prof. Sudha Katyal Principal</p>	<p>An Online Workshop on Internet to Innernet Motivational & Integrated Amrita Meditation Workshop</p>  <p>December 15, 2021 10.30 A.M – 12.00 P.M. LIVE @ Zoom https://bit.ly/amritahomescience Organizing Team Major Neelan Dr. Neha Sharma Mrs. Nupur Mrs. Shikha</p> 
 <p>“Our life is shaped by our mind, for we become what we think.” Buddha</p>	<p>Esteemed Speaker Narinder Anand National Coordinator Youth Empowerment Group Amrita Vishwa Vidyapeetham</p> <p>“When there are thoughts, it is distraction: when there are no thoughts, it is meditation.”</p> 

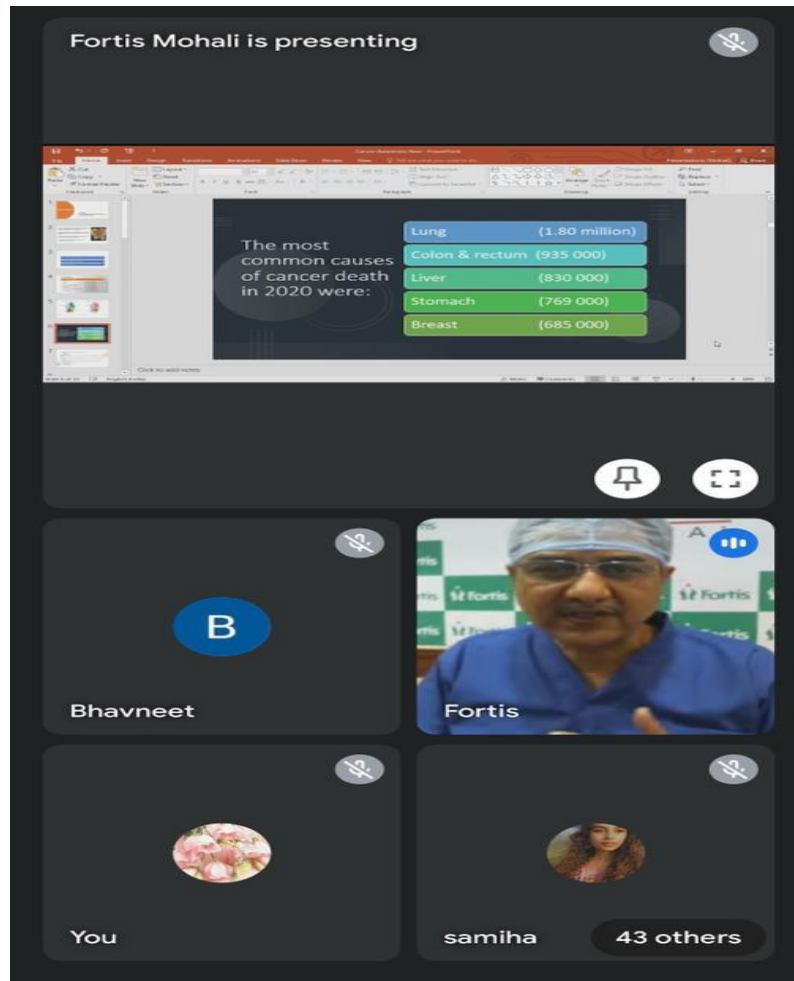
World Cancer day

Date:10.02.22

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


No of participants: 50

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




World Cancer Day


Brochure for World Cancer Day




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

BREAST CANCER AWARENESS
need of the moment






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




CONVENER
Prof. Sudha Katyal
Principal

Live Webinar in Collaboration
with Fortis, Mohali




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



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

Webinar Content


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



KNOWING IT EXISTS IS NOT ENOUGH.

Honorable Speaker
Dr. Atul Sharma Joshi

MBBS, MS, FMAS, FALS
Director- General,
Laparoscopic & Breast Cancer Surgery



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

8th International Yoga Day

Date: 21.06.22

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

No of participants: 60

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



8th International Yoga Day

Brochure for 8th International Yoga Day



युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS



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

Celebrates

8th International Yoga Day, 2022

Theme : 'Yoga for Humanity'

June 21, 2022

Time: 7:00A.M. - 7:45 A.M.

Coordinators:

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

**Master Trainer
Major Neelam**

Convener:

**Prof. Sudha Katyal
Principal**

ICT

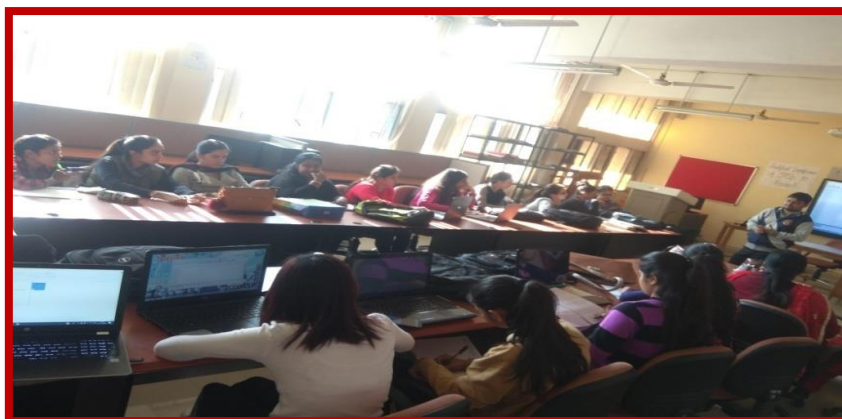
Workshop on SPSS to Boost Research Activities

Date: 24.11.18

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

No of participants: 50

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



Workshop on SPSS

Notice for Workshop on SPSS

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

24.11.2018

NOTICE

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

Date: **24-11-2018**

Time: 11:30 A.M.

Venue: HDFR Conference Room


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





Workshop on Grooming Techniques and Safe Use of Social Media

Date: 22.01.20

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

No of participants: 90

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



Workshop on Grooming Techniques and Safe Use of Social Media

Notice for Workshop on Grooming Techniques and Safe Use of Social Media

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

22.01.2020

NOTICE

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

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

Date: **22-01-2020**

Time: 11:00 P.M.

NSW


Principal
GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH

NSW

Skill Development and Capacity Building Workshop on Dietcal

Date: 27.02.20

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

No of participants: 50

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



Skill Development and Capacity Building Workshop

Notice for Skill Development and Capacity Building Workshop

NOTICE

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

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

DATE: February 27, 2020

TIME: 12 noon onwards

VENUE: Computer Lab

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

Sudha
25/2/2020
Principal

(Prof. Sudha Katyal)
RP

A Talk on “Sources and Resources in The Digital Age”

Date: 29.03.22

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

No of participants: 60

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



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

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

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

29.03.22

NOTICE

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

Guest Speaker: **Dr Preeti Sharda**

Date: **29.03.22**

Time:

Venue:


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





An Awareness Session on Cyber Security

Date: 25.05.22

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

No of participants: 100

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



Awareness Session On Cyber Security

Notice for Awareness Session on Cyber Security

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

25.05.2022

NOTICE

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

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

Date: **25-05-2022**

Time: 11:30 A.M.

Venue: HDFR Conference Room


Principal

GOVT. HOME SCIENCE COLLEGE
SECTOR 10D, CHANDIGARH





ICT Enabled Labs



CAD lab



Conference Room



Room no 48



Room no 44



Auto CAD Lab



Room No 60 (HDFR) (Counselling Cell)



Room No 62 (HDFR) (Smart Classroom)



Room No 63A (HDFR Lab 1)



Room No 66 Botany Lab



Room No 10 e-PG Pathshala



Room No 3 Committee Room