

**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 Padoos'
- 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.