

GOVT. HOME SCIENCE COLLEGE SECTOR-10, CHANDIGARH



48th ANNUAL CONVOCATION

AND

PRIZE DISTRIBUTION FUNCTION

Presided Over

By

Sh Sarvjit Singh, IAS

Finance cum Education Secretary

ANNUAL REPORT 2015-16

PRESENTED BY

Dr. (Mrs.) Sudha Katyal

Principal

Govt. Home Science College,

Sector 10, Chandigarh

Established in 1961, Govt. Home Science College is a pioneer professional institute in Northern India. It has continuously revamped its courses keeping in tune with the changing trends in Higher Education. The college currently runs two Bachelor's Programme- B.Sc. (Home Science) with five specializations and B.Sc. in Fashion Designing, Post-Graduate Diplomas in Nutrition and Dietetics, Fashion Designing and Child Guidance & Family Counselling as well as Masters' Programmes in Clothing & Textiles, Foods and Nutrition and Human Development & Family Relations. Sir, this is the only college in the city which offers a Ph.D program.

I am proud to say that the combined excellence of the educational curriculum, the realistic values, and the commitment of teaching and non-teaching staff has made this Institute to establish itself as a leading and reckoning centre for girl's education.

ACHIEVEMENTS OF STUDENTS IN UNIVERSITY EXAMS

All possible efforts are put in by the college to achieve highest academic standards. It is a matter of great honour that our students have always been able to maintain top positions in the University examinations.

In P.U. examinations, 2015, Navjot, Rosy Sarkar and Amandeep Kaur topped in their respective Masters Programs in Clothing & Textiles, Foods & Nutrition and Human Development & Family Relations.

Deepti Goyal , Navneet Nancy and Alka bagged the first position in PG Diploma in Nutrition & Dietetics , Child Guidance & Family Counselling and Fashion Designing, respectively.

Revathi Sehajpal and Aishwarya Kohli stood first in B.Sc Home Science and B.Sc Fashion Designing 3rd year .

Sir, the students are constantly encouraged to excel not only in academics but also in extra-curricular activities.

Students Council

The **Students' Council Elections** were held on August 26th, 2015 as per the Panjab University guidelines. Shiva Saini , Ghazal Gosain, Prerna Jain- all from B.Sc H.Sc 3rd Year were elected as President, Vice-President and Secretary cum Treasurer, respectively. I congratulate all the members of Student's Council for having actively and effectively organized a number of activities for student welfare during the session.

Scholarships and Awards

The College offers a number of scholarships and awards as per Chandigarh Administration guidelines. Two special awards given every year are:

- **Miss. Sherie Doongaji Award** - It is given for excelling in studies in B.Sc. final in Home Management and Clothing & Textiles.
- **Dr. P.K. Devi Award**- It is given every year to a student of B.Sc. Final who is very compassionate, helpful to fellow students and excels in academics and extra-curricular activities.

The college liaisons with the Social Service Organizations like Rotaract Club and Inner Wheel Club for providing financial aid to economically weaker but deserving students.

Alumni Association

The college has an active Alumni Association which has been taking a keen interest in all college activities-be it academic, sports or extra-curricular. It conducted a one day workshop on 'Demonstration of Baking and Frosting for Staff and Students' in November, 2015. It also sponsored the refreshment for the tiny tots of Chaitanya Nursery School on their Annual Day Celebration.

Sports

Believing in the dictum that 'A Sound Mind Resides in A Sound Body', we at the Govt. Home Science College make all efforts to keep our students physically fit as well. The college has an indoor badminton court and a fully functional gymnasium. The students are encouraged to participate regularly in Aerobic activities and Yoga sessions. In the Annual Athletic Meet held on March 16th, 2016 Sarmishtha from B.Sc Home Science 1st year was adjudged the best athlete.

Open Badminton Championship was organized for the staff and students from January 27th to 28th, 2016. Mr. Mohinder Negi and Mrs. Monica Malik won the top slots in Men and Women Singles, respectively. In the category of Men and Women Doubles the teams of Mr. Dheeraj Munjal & Mr. Sundeep Joon and Mrs. Monica Malik & Dr. Rupinder Ghuman won

the first prize each. Amongst student- participants, Ankita, Priyakiran & Kalpana bagged the first position in Singles and Doubles category, respectively.

Chandigarh Carnival

The college participated with great enthusiasm in Chandigarh Carnival held from November 27th to 29th, 2015.

- Our students put up several stalls showcasing articles made by them such as soft toys, greeting cards, utility baskets, embroidered handkerchiefs, colourful tie and dye table cloths, paper bags, cushion covers and shagun envelopes.
- Onsite demonstrations on natural dyes and color blending techniques were given by students of Clothing & Textiles Department.
- The stalls conducting fun psychological games and testing, handwriting analysis and selling nutritive snacks were particularly very hit and popular among the visitors.

Youth Festival

- The Mime team of the college bagged the first position in the Zonal Youth & Heritage festival held at Post graduate Government College for Girls, Sector 11, Chandigarh
- Priya and Harpreet bagged the First prize in Pakhi Making and Phulkari; Komal, Seema and Nisha bagged the Second Prize each in Innu Making, Knitting and Dasuti respectively.

- Anamika Kashyap of B.Sc Home Science 3rd Year won the Second Prize in Rangoli Competition.
- The group dance 'Lavani' won the third prize
- Shraddha of B.Sc 3rd year got the Second prize (individual) in group dance (general) and Rajdeep of M.Sc got the Third prize (individual) in Giddha

Inter College Competitions

- Inter college competitions were organized by Chandigarh Institute of Hotel Management and Dr.Ambedkar Institute on the occasion of World Tourism Day on September 27th, 2015 where Manpreet and Hitakshi of B.Sc H.Sc 3rd Year won Second Prize in Flower Arrangement and Poster Making Competition on Smart City, respectively.
- During the Golden Festival organized jointly by Resident Welfare Association, Sector-10, Chandigarh and Rotaract club of the college at Leisure Valley. Himanshi, Monica and Aarti won the top two slots in Flower Arrangement Competition.
- Navreet and Manpreet of B.Sc 3rd Year won Third Prize in a competition on 'Start Up India and its impact on Economy' held at MCM DAV College on 23rd Feb 2016
- Pallavi of B.Sc Fashion Designing 2nd Year won 2nd Prize in Mehendi competition in Panjab University Rose Festival held on February 27th, 2016.

NCC

The college has an active **NCC unit** which has 65 Cadets on its rolls. **Under Officer, Vartika Thakur** was chosen as the student NCC In-charge for the current session. The Unit keeps the Cadets productively busy in attending and organising various regular camps throughout the year. The activities of the unit include conducting regular NCC Training, Social Service Programmes and Camp Activities in liaison with - 1 Chandigarh Girls Battalion, Sector-26, Chandigarh

- Captain Neelam, the teacher NCC Incharge of the college, helped in the selection of Associate NCC Officers in her capacity as a member of selection committee at Chandigarh Group Commander Office on November 6th, 2015

NSS

- The college runs two NSS units which has 200 volunteers on its rolls. NSS Programme Officers Dr. Ritu Pradhan and Mrs. Chhaya Verma organized a 7 day special residential camp at the Adopted Village-Khuda Ali Sher including demonstrations on health, hygiene and healthy recipes and awareness campaign against social evils like dowry, to name a few. Apart from this, Dengue awareness drive, Celebration of constitution day, World AIDS day and blood donation camp were some of the other activities conducted by this unit.

Environment cell

The Environment Club of the college, Harita, celebrated Environment Week from August 24th to 29th, 2015. The students and the faculty took out an environment rally (walkathon) carrying placards with the slogans on plant more trees, conserve energy, save water and endangered species. Inter class competitions were held on different themes like sustainable lifestyles, best out of waste, collage on endangered species, eco-photography with captions, detox diets and logo designs on environment during the week.

As many as 250 rose saplings of different types were planted near the main gate in the newly created Rose Garden.

A short documentary film on 'Vanishing Vultures' was also shown on the concluding day of this week.

Extension Activities

Along with imparting academic knowledge to its students, the college also encourages them to participate in out-reach activities and contribute their bit to the society

- Rural Women of Village Khuda Ali Sher and other nearby villages were made aware of 'The Importance of Breast Feeding' through lectures and a skit put up by NSS volunteers. Besides this healthy, low cost and easy to make recipes were demonstrated for better health of pregnant and lactating mothers.
- A workshop was conducted for Rural Women on 'Gift Wrapping and Making of Light Fixtures' on September 7th, 2015 by department of Family Resource Management.

- A survey was conducted by college students **to know the earning pattern of urban women from lower income strata**. Thereafter, a workshop was conducted on November 23rd, 2015 to teach them different methods of tie and dye, innovative means of printing and traditional embroideries so as to promote income generation skills among them.
- Awareness programmes were conducted for college students on safety and self-defence and cyber crime on march 2nd and 4th, 2016 by Mr Gurcharan Singh of Central Detective Training School ,Chandigarh.
- A health camp was organized by Foods & Nutrition Department on 10th September, 2015 for faculty and students wherein bone health check-up was conducted. Dr. Anil Abrol, Rheumatologist, Fortis Hospital delivered a talk on Arthiritis and Vitamin D deficiency.
- Music and Dance Department in collaboration with SPIC MACAY showcased a mesmerizing Odissi Dance performance by Nrityangana Kavita Diwebedi on November 3rd, 2015.

Clothing and Textile Department

- ‘Tex Style’ week was organized by this Department from September 3rd to 9th, 2015. In-house production of Odhinis was done by Post Graduate Students and various competitions like embroidering a handkerchief, designing of cushion cover with color blending techniques, making paper bags and shagun envelopes were held.

- A workshop on Draping and Block Printing Effects by faculty of Pearl academy was held on December 2nd,2016. Mr Bhaskar acquainted the students with various tools and techniques of block and stencil printing such as pleating, distortion and blocking.
- Aakriti 2016, the annual fashion show, was organized by Department on February 27th,2016. Mrs Gagandeep Mann – District town planner, Mohali was the chief guest and Mr. Rubinderjit Singh Brar, the DHE was the Guest of Honour. He appreciated and lauded the innovative creations of the students.

Family Resource Management Deptt.

- Creatrix week was organized by this department from September 7th to 11th, 2015. Inter class competitions in various categories viz rangoli, mehendi, greeting cards, flower arrangement and slogan writing were held.
- Students of this department put up an Annual Exhibition on the theme ‘Scrap Deal’ on 18th Feb 2016 .They displayed fabricated interior spaces, furniture items, lighting fixtures and accessories from waste material. Mr. Anuj Saini, son of late Sh. Nek Chand inaugurated this exhibition and applauded the work of students.

Foods And Nutrition Department

- The Ginger Club of the department of Foods & Nutrition in collaboration with NSS and Indian Dietetic Association, Chandigarh

chapter, observed Breast Feeding week in the first week of August which included interactive sessions by eminent nutritionists and doctors from PGI. An interclass paper reading and quiz contest was organized for the students as part of the celebration.

- Nutrition week was observed in September 2015, wherein a talk was conducted by Ms. Vandana Kumar, Diabetic Educator based in U.S. The other highlight of this week was the Master-chef Cooking Competition in which the staff and students participated with great zeal.
- In Collaboration with IFB, the department conducted a cookery demonstration and competition using microwave.
- A demonstration on the use of NUTRICAL- software for calculation of dietary nutrients was conducted by eminent dietician Dr Gurdeep Kaur from AIIMS, New Delhi.
- The department also runs a **Diet clinic** which operates once a week in the college premises. Diet consultation is given for various lifestyle related disorders. The clinic is open for general public and is an extension activity wherein no fee is charged. It is a huge hit not only within the college but also attracts a large number of people from outside as well.

Deptt. Of Human Development And Family Relations

- The students of this Department were actively involved in an array of activities.

- In the month of December they visited various Institutes like Family Counselling Centre, Institute for the Blind, Olive Green, ISHH Guidance and Counselling Center and Women Helpline Centre, to get a first hand information about how to use counselling techniques .
- A Career Counselling Workshop was held in the Department from 4th to 6th February, 2016. It included sessions on, 'Importance of Personality Development, Career Options and Empowerment through Entrepreneurial Skills'.
- The Department runs **Guidance and Counselling Cell** which addresses the concerns and problems of students and renders them counselling services from time to time throughout the year. The cell organized a number of workshops and interactive sessions for students on 'Building Leadership Skills, Self-esteem, Drug De-addiction and Management of Anger, Stress & Time within the college as well as in various schools of Chandigarh.
- The Department also runs an experimental laboratory school named **Chaitanya**. The P.G. students of the department are assigned the task of teaching the little ones through play-way method for their holistic development as a part of their curriculum. The Annual day function of this school on the theme "The Jungle" was very much appreciated and enjoyed by one and all on March 4th, 2016. Mrs. Vinay Sood, D.E.O, was the chief guest for the occasion.

Workshops , Training Programmes & Seminars

In the month of March 2016, a series of workshops and training programmes were conducted by the college with sponsorship of RUSA amounting to Rs 4.5 Lakhs under the aegis of Director Higher Education, Chandigarh Administration.

- Workshops on 'Entrepreneurial Skill Development and Personality Development and Soft Skill Building' were organized for U.G. Students on March 9th and 10th, 2016 respectively.
- A four day workshop was organized for resident students of the college from March 11th -14th, 2016, on 'Developing Life And Aesthetic Skills'
- A Seven Day 'Capacity Building Workshop on 'Holistic Skill Enhancement' was organized from March 11th -17th, 2016 for the teaching faculty from wherein around 50 lecturers from different colleges located in and around Chandigarh participated enthusiastically.
- The valedictory address was given by Prof. Naval Kishore DCDC, Panjab University, Chandigarh on the concluding day of this workshop.
- A One Day Training Programme on 'General Finance Rules' was organized for Non-Teaching and Laboratory Staff on 17th March, 2016.
- For "Enhancing Efficacy in Functioning at Workplace" a two day workshop on March 21st -22nd, 2016 was organized for the entire

college staff with focus on stress management, service rules, disaster management and work ethics.

- A Two day Workshop was organized for Post Graduate Students and Teaching Staff on “E-Resources and Inflight: Research & Development” on March 28th-29th , 2016.

International Seminar

The college organized a One Day International Seminar on ‘ The Expanding Society: Psycho-Social, Health and Nutrition Aspects’ in collaboration with Sri Ramanuja Mission Trust , Chennai and Indian Association of Health, Research and Welfare on 7th April, 2016. Prof. Sarpv Chaturvedi Swamiji, Founder Managing Trustee of Shri Ramanuja Mission Trust, Jason Paul Torreano, Executive Director, Global Youth Connect, New York, Basu Gautam, President Lumbini World Peace Forum, Nepal, Arafat Ahmad Said Abu Ras From Birzeit University in Ramallah-Palestine, Ari Eisenstat , CEO and Founder of Dream Ventures, San Francisco were some of the eminent speakers for the day.

FACULTY ACHIEVEMENTS

The college has a progressive faculty which regularly works on updating its knowledge and skills, along with fulfilling its duty towards students and institution. The list of faculty members who attended faculty development programmes, Seminars/Conferences and presented papers in National and International forums runs very very long. But due

to time constraint, I will restrict myself to highlight only a few achievements.

- Mrs Sangeeta Diwan , **Mrs. Chhaya Verma, Mrs. Sonia, Dr. Prabhjot Kaur** and Dr Narinder Singh published a number of research papers in Journals of National and International repute.
- **Dr Reetinder Brar, Dr Jagjeevan Kaur, Dr Ravneet Chawla, Dr. Neha Sharma, Mrs. Neelam Kumari and Mrs. Ramanjeet Bajwa** presented research papers in National and International Conferences and Seminars.
- Dr. Narinder Singh constructed Aptitude Battery for Career Counselling (ABCC) and published the same with Parsad Psychological Corporation, New Delhi.

THANKS

At the end, Hon'ble Chief guest, I once again thank you for being with us this afternoon and making this occasion very very special for all of us. I am also extremely thankful to Sir Jitender Yadav, for sparing his valuable time to encourage and motivate us. My thanks are also due to Chandigarh Administration for always taking keen interest in the progress of the institution.

I would like to extend my sincere gratitude and appreciation to the entire college staff for the smooth running of the college and maintaining its prestige and reputation of this pioneer professional institution.

I am particularly thankful to my dear students for giving us these proud moments by doing extremely well in academics, sports and extra-curricular activities during their stay in the college.

I congratulate and extend my heartfelt blessings and good wishes to all the post graduates and graduates who shall be receiving their degrees as well as the prizes this afternoon.

Lastly, A special word for all of you my dear students – believe in yourself and remember that there is something inside you that is greater than any obstacle. Always give your best in making this world a better place.

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

Best of luck my dear students and Thank you all.