

GOVT. HOME SCIENCE COLLEGE SECTOR-10, CHANDIGARH



54th ANNUAL CONVOCATION

CUM

PRIZE DISTRIBUTION FUNCTION

Presided Over

By

Dr. Sanjay Kaushik

DCDC, P.U., Chd.

On

30th April, 2024

ANNUAL REPORT 2023-24

PRESENTED BY

Dr. (Mrs.) Sudha Katyal

Principal

Govt. Home Science College

Sector 10, Chandigarh

Good Afternoon

- It is my **pleasure and proud privilege** to welcome our Honourable Chief Guest **Dr. Sanjay Kaushik, Dean, College Development Council, Panjab University and Honorary Director, ICSSR-North Western Regional Centre, Chandigarh.**
- Although our worthy Chief Guest **needs no introduction** but let me share some snippets from his illustrious profile.
- A Professor in **Management** from University Business School, PU, Chandigarh, Sir is recipient of **Bharat Rattan Dr. Sarvepalli Radhakrishnan Shiksha Samaan Award 2022** by **Genius Brain and HRD Mission, Delhi**, for outstanding work in the field of **education**. Apart from this, Sir has been honoured with **Him Ratna-2023** Award by **Pratibha Spandan Society Shimla** for his continuous efforts and excellent contribution in the field of **Management, Education, Research & Social Work.**
- If one takes a closer look at the **alchemy of our chief guest**, certain distinct virtues pop up instantly. Sir is a **brilliant, dedicated, very hard working officer with ready-to-help spirit, and has the ability to lead from the front.** An academician par excellence Sir has to his credit **a number of research papers** in reputed National and International Journals.
- Sir, your **academic brilliance** and **dynamic personality are energizing** and an inspiration for all the young girls present here today. A very warm and very hearty welcome to you in Government Home Science College today.
- May I now Hon'ble Sir, with your kind permission, present before you a glimpse of the **Annual Report of College** for the session 2023-24.
- Since its inception in 1961, the college has built **great credibility and gained recognition** as a premier institute. I feel very proud to share that in its **third cycle of NAAC assessment in 2023, the college created history by securing A++ Grade with an outstanding score of 3.56.**
- Sir, our college is the **ONLY COLLEGE IN TRICITY** to receive such a coveted **NAAC A++ Grade.** And it is noteworthy that college broke its own

previous record with a **TREMENDOUS JUMP** in college NAAC GRADING from B+ in 2005 to “A ” in 2016 and further A++ in 2023.

- **It is also important to highlight that, the college maintained its legacy of excellence by securing 52nd rank at National Level and topped amongst all the colleges in Tricity, in NIRF India Rankings released by Ministry of Education, GOI.**
- The college has featured **among the top 55 colleges** in the last two years and in top 100 colleges of the country in the **last five years consecutively in a row.**
- The quantum leap in NAAC grading and NIRF India Rankings over the past 5 years stands as a **testimony** to the commitment of the college towards **sustenance and promotion** of an environment, favourable to the growth and development of an **academic excellence**, satisfying contemporary women’s professional and specialized needs.
- Sir, the college currently runs two Bachelor’s Programme- B.Sc. (Home Science) with five specializations and B.Sc. in Fashion Designing, P.G. Diplomas in **Nutrition and Dietetics, Fashion Designing and Child Guidance & Family Counselling** as well as **Masters’ Programmes** in the same three streams. The undergraduate, post-graduate, and diploma courses are designed to meet the **marketplace’s challenges, demands, and changing technologies.**
- Aligned with the objectives of the **New Education Policy (NEP) 2020**, the institute focuses on imparting **skill based education** through **multidisciplinary and trans disciplinary perspectives.**
- The college is **taking stride towards implementation of NEP 2020.** It has framed syllabi of B.Sc. Home Science (Hons.) and B.Sc. Fashion Designing (Hons.) 4 year programs in sync with NEP 2020 framework which would be implemented from 2024-25.
- The college also added **one more preparatory class “Balavatika”** for 5-6 year olds in Chaitanya Lab Nursery School as outlined by NEP 2020.

- Sir, it gives me immense pleasure to share that **Presently 30 Ph.D. Scholars** are **enrolled** in **three** different streams of Home Science -Foods & Nutrition, Human Development & Family Relations and Clothing & Textiles. **29 Ph.D. students** have **completed their course work and presented their Synopsis before Research Degree Committee** and have **started data collection work**.

ACHIEVEMENTS OF STUDENTS

In 2023, P.U. examinations

I feel very happy to share that **100% results** have been **achieved** in our **Masters Programmes of Foods and Nutrition and HDFR**.

- **Devakshi Batta** topped in the Masters' Programs in Foods & Nutrition,
- **Ekta Gupta** in Clothing & Textiles and
- **Akanksha Rakheja** in Human Development & Family Relations.
- 100% results have also been achieved in **PG Diploma in Fashion Designing and Child Guidance and Family Counselling**.
- **Himanshi bagged the first position** in PG Diploma in Nutrition & Dietetics,
- **Shamina** in Child Guidance & Family Counselling and
- **Amandeep Kaur** in Fashion Designing.
- **Pratibha Sharma** Stood first in B.Sc. Home Science and **Kiran Rawat** in B.Sc. Fashion Designing.

Inter College Competitions

- Sir, our students got a **number of prizes** in **Inter College Competitions** too. Though the achievements are many, but due to the **scarcity of time**, I can only **mention a few**.
- **Vidhi and Avantika** from **B.Sc. Home Science** secured the **second and third positions** along with the **cash prize** of **Rs. 3000/-** and **Rs. 2000/-**, respectively, in **Essay Writing and Elocution Contest** in **Youth Symposium 2023** organized by **Ramakrishna Mission Ashram**,

Chandigarh.

- **Sakshi Raj of B.Sc. Home Science, 1st year, Mohita of PG Diploma in Nutrition & Dietetics, and Avantika Sood of B.Sc. Home Science (Dietetics) 3rd Year stood 1st, 2nd and 3rd respectively in Recipe Competition held at Max Super Speciality Hospital, Mohali (September 25th, 2023).**
- **Our students bagged First Prize in Folk Dance Category in ‘Pratibha - The Carnival 2023’ held at ‘Gyan Jyoti Institute of Management and Technology’, Mohali (November 04, 2023).**
- **Bisnu, of B.Sc. Fashion Designing clinched first position in Inter-College Poster-Making competition in Fiesta organized by PGGC-11, Chandigarh.**
- **Sonal Pareek, Avantika Sood and Livjot kaur (B.Sc. 3rd year) accorded with the merit certificates in International Heartfulness Essay Writing Contest (09.01.24) organised by UNESCO.**
- **Anju, a student from B.Sc. Home Science, 3rd year, won first prize in Slogan Writing competition in Inter-college Science Fest organised by Guru Gobind Singh College for Women, Sec-26, Chandigarh (7.2.24).**

Accolades at Panjab University Zonal Youth and Heritage Festival

➤ Sir, I would like to highlight that despite being a small college with limited strength and resources, **our students won 13 prizes in different categories of P.U. Zonal Youth and Heritage Festival 2023 held at MCM D.A.V. College for Women-36, Chandigarh, (7th – 10th October).** Our students bagged

- **First position in** **Geet**
Hindi Handwriting
Bagh Making
- **Second Position in** **Knitting**
- **Third Position in** **Group Bhajan**

English handwriting

Elocution

Khiddo Making

Peerhi making

Pakhi making

Phulkari

Classical Dance

Individual prize in folk dance

Annual Sports Day

- Believing in the dictum that ‘**A Sound Mind Resides in A Sound Body**’, we at Govt. Home Science College make all efforts to keep our students physically fit.
- College organised **57th Annual Athletic Meet** with great zeal and fervour on February 27-28, 2024. **Ms. Chetanpreet Kaur Nilon, an International Sportsperson** (Rifle Shooting Sport) was the **chief guest**. **Kashish of B.Sc H.Sc. IInd Year** was declared as the **Best Athlete of the Year**.
- **Kirti and Chanda Kumari of B.Sc. H.Sc. 3rd year**, played as members of the **Chandigarh Rugby Women’s team in Senior National State Championship** held in **Bhubaneswar, Odisha** (March 04, 2023 to March 10,2023).The team secured **First position and grabbed gold** for **Chandigarh** state.
- **Kashish of B.Sc. Home Science 2nd year**, participated & won **Gold medal in 800 meters** race in Women’s category in **Khelo India Women's League 2023** on September 21, 2023 held at Sports Complex, Sector-7 Chandigarh.
- **Kashish**, also bagged a **silver medal in the 1500 meter in the Chandigarh Athletics State Meet** organised by the Athletics Association Chandigarh.

- Yoga has always been an integral part of the college and students are encouraged to participate regularly in Aerobic activities and Yoga sessions as well.

Our Alumni – Our Strength

- The college feels proud of dynamic and well-placed alumni who maintain a regular link with the college. It is worth mentioning that majority of our alumni are placed as **dieticians in the leading Govt. and Corporate hospitals, Counsellors or Life Coaches in Govt. and Private schools, Deans/Principals, Professors and Teaching faculty in educational institutes of Home Science in India.**
- The college got its Alumni Association registered and organised Alumni Meet of 1997 batch.
- College Alumni contributed by lending their expertise in organizing **coaching classes for aspirants of UGC-NET.** As a result **7 present PG students cleared UGC-NET Examination.**

SIGNIFICANT HIGHLIGHTS OF THE YEAR 2023-24

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

1.) Thrust on Skill Building, Entrepreneurship and Women Empowerment

The college intensified its efforts throughout the year to boost **innovation, entrepreneurship & start-up eco-system** in a big way in consonance with NEP 2020.

A series of workshops were organised such as :

1. **Pitching Up of Business Idea** 19.09.23 in Collaboration with Skill Lab.

2. **Certified e- Course** 04.10.23 in Collaboration with RCED
3. **3-Day Entrepreneurial and Skill Development** Workshop (06.02.24 to 08.02.24) in Collaboration with RCED , where **Chief Guest was Harjinder Singh Cheema, owner of Cheema Boilers Limited, Mohali who motivated the students with his own start up journey.**
4. In 24-03-2024 , A Workshop on **Grooming and Makeup techniques** was organised by Makeup Artist **Mrs. Nilofer Khan** owner of a **unisex salon Stylo in Sector 17, Chandigarh** with an aim to enhance confidence building.

College took **initiative** to provide **various platforms** to students, both within and outside the college, to encourage them to “earn while they learn” & contribute for **atamnirbhar bharat abhiyan**.

With In The College Campus

- Opportunities were provided through a **Weeklong Entrepreneurial Day celebrations** as well as through organising **Rakhi Mela and Diwali Mela for students** to display and sell their creative products.

Outside The College Campus

- Our **budding entrepreneurs Anupreet Kaur Sobti**, a Ph.D. research scholar & **founder of Start up Dietaura** and **Pratakshya Sharma**, of B.Sc. Home Science IIIrd year and **founder of Start-up Millet Bites** put up their stalls to showcase their innovation and business ideas in Udyammi Bazaar in **Institutional Innovation Council Regional Meet Organized By MoE, GoI.**, at P.U. Chandigarh (21.11.23).

- The college took an initiative to provide a **very big platform** to students to showcase and sell their products in a **stall in CII trade fair, 2023** held at Parade Ground Sector 17, Chandigarh. The college stall was **sponsored and promoted by SIDBI**. Different budding entrepreneurs of the college were given opportunity on different dates of this 4 days mega event, who had brisk sale of their products with more **than 50,000 visitors**. Free diet counselling and hand writing analysis by our students proved to be the crowd pullers for this fair. Chief Guest of the event was **Sh. Aman Arora, Cabinet Minister, Punjab**.
- Our college students exhibited and sold their creative products in Rose Festival organised by P.U., CHD as well as by Chandigarh Administration too.
- In 52nd Rose Festival held at Rose Garden Chd, students put up a stall displaying variety of **hand made products**, dresses and bags which were made through **recycling, reusing and rebuilding**. Aim was to sensitize and **promote ZERO WASTE** as a **way of life and Conserve Resources**. Our stall got **extensive coverage** and appreciation from **You tubers** on social media. At **Leisure Valley** too, during this Rose Festival celebration, our college students **displayed and sold an array of exquisite handcrafted products** besides conducting **fun psychological games and hand writing analysis**. The **Chief Guest** at both the places was **Honourable Governor Punjab and UT Administrator Sh. Banwari Lal ji Purohit**.
- The college also emboldened the students to participate and excel in **inter college start-up idea competitions**.

Bhanu and team of Pawandeep and Livjot running their digital Start up 'Baked Confections' and Crochetic World' won 1st and 2nd prize in Start-Up Idea event organized by SD College, Chandigarh (March 1, 2024).

Placement Drive

- In April 2024 College organized Campus Placement Drive.
- **Regional Employment Exchange UT, Chandigarh** also participated in this drive to sensitize and register the students for employment avenues in their respective fields.

Pre-placement talks were conducted before the final round of interviews by institutions/companies such as

- State Council of Education Research and Technology (SCERT),
- Bachpan NGO,
- Sifaaz Foundation (NGO),
- IDP education consultant,
- National Association for Blind
- Arya Hospital,
- Fortis Hospital
- De-addiction Centre, Sector-18, Chandigarh
- Hara Designs,
- Fabbat Boutique
- Active Clothing Private Limited and

➤ 361 Media Corps

In all, 40 students secured internships,

5 students were offered job on the spot and

10 students were selected for further rounds for placement.

- Ms. Navpreet Gill, college alumna, who is a Fashion influencer and owner of boutique Fabbat offered internships to 5 students and pre-placement offers to 2 students from Clothing and Textiles.

2.) College Created Skilling Ecosystem by Capacity Building through Workshops, Talks And Demonstrations

During 2023-24 for upskilling the students and staff , the College organised a series workshops on :

- **Preparing Educational Toys for Children in collaboration with Education Department, Chd Administration (15.04.24)**
- **Food Innovation, Analysis, and Patenting** for Start-ups sponsored and conducted in collaboration with **CIAB –Centre for Innovation and Applied Bioprocessing, Mohali (09.04.24).**
- **Modern Sewing Techniques** sponsored and conducted by **Singer India pvt. Ltd. (08.04.24)**
- **Zero Waste Designs** in Collaboration with **UIFT, P.U., Chd. (02.04.24)**
- **Correct Feeding Practices for Infants and Young Children** sponsored and conducted in collaboration with **National Institute of Public Corporation and Child Development , New Delhi (03.11.23)**
- Working of latest **USHA Janome Sewing Machines** conducted by **USHA Company**

- **Crafting Utility baskets from waste fabric** by faculty of **Clothing and Textiles**
- **Natural Dyeing** conducted by, **College Alumni**
- **Handloom Weaving** in collaboration with **NIIFT, Mohali** and
- Webinar on **sustainable Fabric Khadi** in collaboration with **NIFT, Panchkula**

Department of Clothing and Textiles developed **Heritage Resource Centre** to provide an insight as well as to promote Indian Traditional Legacy of Hand Embroideries, Weaving, Textiles and handicrafts from Kashmir to the tip of Southern India

To revive and encourage the traditional Indian Textiles, Department of Clothing and Textiles put up an exhibition .

- **For spiritual development**, a Motivational Talk was also organized on **Power of Subconscious Mind** in collaboration with **Bramh kumaris (02.11.23)**

3.) College Encouraged Students to Get Digital Certification by Doing Various Online Skill Enhancement Courses to Increase Their Scope of Employability

In order to equip the students with in demand skills, IEP Cell encouraged the students to enroll and do free online courses offered by NSDC (National Skill Development Corporation) and NPTEL (National Program on Tech. Enhanced learning). 60 final year B.Sc. students successfully completed these courses which are aligned with NSQF (National Skill Qualification Framework) .These certifications are recognized by Employers pan India which are on;

- Cyber Security,
- Entrepreneur Skills,
- Digital Productivity,
- Emotional Intelligence,

- Preparing For Apprenticeship or Job,
- Effective Communication,
- Soft Skills Development,
- Global Nutrition And Health

All these certifications are offered by NSDC in collaboration with Organizations like Tech. Mahindra, Infosys, NIIT Foundation, UDEMY and various IITs .

4.) College Advocated and Promoted Millets / Nutricereals Intensively as Mainstream Food in sync with UN Declaring 2023 as International Year of Millets

- Throughout the year, UG and PG students, once in every week, prepared and sold healthy millet based snacks in Swavlamban Corner and students run cafeteria of the college.
- Aligning with the Government of India's initiative to position the country as the 'Global Hub of Millets", college organized **Millet Mela** in college premises.
- Students showcased and sold a delightful array of millet-based recipes, emphasizing the nutritional and culinary versatility of these ancient wonder grains.
- Like in the previous years **college Continued Its Commitment Towards National Nutrition Mission**

A number of activities were conducted during Poshan Maah and Poshan Pakhwada in 2023-2024 like:

1. Cycle rally using slogans for sensitization on the themes of Poshan Abhiyaan, in some prominent areas of the city (4.9.23)
2. Awareness Session On Millets (11.09.23)
3. Demonstration and Tasting session of Millets with Tiny tots of Chaitanya (13.09.23)

4. Poster Making Competition on Anaemia (13.09.23)
5. Master Trainers Training Program for cooks cum helpers of mid day meal programme for government schools of Chandigarh 20.09.23
6. T-shirt Painting Competition on Millets (25.09.23)
7. Webinar on millets and their benefits (28.09.23)
8. Workshop for appropriate hygiene practices for the mess workers and canteen staff of the college (19.4.24).

College also organized **Health Mela** in collaboration with Fortis Hospital Mohali in this month only. Students and staff were provided consultation on **Gynaecology, General physical ailments and Physiotherapy**. There was testing of **blood sugar, blood pressure and various other body vitals**.

5.) College got its Facelift

- Various signage boards were installed in the college campus as well as in different departments of the building.
- Landscaping of the College campus was got done through Horticulture Wing of Engineering Department, Chandigarh Administration.
- Electronic Display Signage of College Name was got installed at the entrance gate of the college campus.
- **The college moved further towards digitization** by increasing the speed of internet lease line from 100 mbps to 150 mbps .

6.) Mobilization of Sponsorships and Grants

I feel proud to share that throughout the year, the college saved a lot of its funds by mobilizing grants or getting various items sponsored not only from Govt. deptt. but also from P.S.U.s, Corporate Hospitals & Private bodies under their CSR & promotional schemes.

College procured Funding of

- Rs. 99,000 from **Department of Social Welfare, Chandigarh Administration** for VADA activities.
- Rs. 30,000 from the **Department of Science and Technology** for organizing **Inter- College Science Fest** for promotion of Science, and
- Rs. 9,000 from **State Aids Control Society** for **Red Ribbon Club Activities**

In addition to that, College got sponsored

- **Air Quality Index Display** worth Rs 2,00,000 from SBI
- **5 Sanitary Vending Machines** amounting to Rs 25,000 from SBI
- **5 garden Benches** for students worth Rs 25,000 from SBI
- **5 garden Benches** for students worth Rs 25,000 from college Alumni
- **2 Wheel chairs** from **Dharam Hospital, Chandigarh**
- **Curtains** for student Centre worth Rs 25,000 from Parents of a boarding student of the college
- **2 Washing machines** worth Rs 30,000 from Parents of a boarding student of the college for UG hostellers
- **4 dummies** worth Rs 10,000 from Singer India Ltd. and
- Refreshment from **Verka** during Sports Day

7.) Initiatives Taken To Support Mission Life (Life Style For Environment) & Promote Sustainability

- In line with India led global mass movement –**MISSION LIFE**, introduced by Hon'ble P.M. Sh. Modi at U.N. Climate Change Conference (COP26) in Glasgow, the college took **various sustainable initiatives** as well as **organized plethora of activities** related to **saving energy and water, Saying no to plastic, Reducing E-waste and Promoting Millet as a Wonder Grain.**

- All efforts were made to **encourage environment conscious life style, sustainability, coexistence with other living beings and pro-planet behavior.**
- College **started PAWS FOR A CAUSE** to **sensitize students** about empathy, protection and **compassion** for all **living beings**. College has **adopted 8 stray dogs**. **Students and staff take care of their all kind of needs**. Similarly, they also ensured **well being** of **winged partners** in the college **campus by keeping water pots at various places..**
- **Vertical Garden** was developed using Drip Irrigation in order to conserve water.
- College ensured **waste segregation** in campus by installing **4 different colored dustbins** & changing waste into wealth by making compost.
- College promoted sustainability through **reusing and recycling** different kinds of materials like **denim, fabric waste and left outs, broken ,pot pieces, waste tyres** for new product development .
- **Energy, environment & green audit** was got conducted by **ISO Certified external agency.**

Sir, it is important to mention that all the departments of the college are **working in tandem and extending support to meet UN SDGs 2030 agenda.** The college is **thinking globally and acting locally.**

APPRECIATION AND RECOGNITION:

Principals Awards:

- 1) Got appreciation letter for remarkable achievement in Sustainability Parameters from Mahatma Gandhi National Council of Rural Education, Deptt. of Higher Education, Ministry of Education, GOI.
- 2) Awarded Certificate of Appreciation by **Small Industries Development Bank of India (SIDBI) and Director Industries, Chandigarh Administration,**

Chandigarh (Nov. 2023 and Feb.2024).

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

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

- Believe in yourself
- Remember that there is something inside you that is greater than any obstacle.
- Always give your best in making this world a better place.

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

Best of luck my dear students.

Thank you all.