

Department of Home Science

National Handloom Day was celebrated on 5th August, 2023. Padlet Wall link was formed where all the supporters of handloom uploaded their photographs with their thoughts of using handloom and giving strength to handloom sector. A Selfie point was created in Auditorium for promotion. About 50 staff members participated in the activity of uploading pics on Padlet link. The event was attended and appreciated by the Director of the college. Dr. Varinder Gandhi, Principal Dr. Gurinderjit Kaur and other staff members.



Breast feeding promotion week was celebrated in association with Nutrition Society of India (NSI) on 7th August, 2023 where B.Sc. Home Science 2nd year students presented the *Nukkad Natika* on the theme breast feeding and highlighted about the importance of breast feed.





On the death anniversary of Sant Nischal Singh Ji (23rd August, 2023), Teran-teran(13-13) hatti was established where fresh, non-used and good quality of products like clothings, kitchen ware, etc were put on sale at Rs 13, 113, 213, Rs 313 and Rs 513. Items put on sale were purchased by each and every member of college so as to motivate the sale and to give tribute to Sant Ji. On this day, a short documentary on 13-13 concept by Guru Nanak Dev Ji was played and shown to students in auditorium.





The Department of Fashion Designing organized Raksha Bandhan special event on 28th August, 2023. Various categories of competitions like Rakhi Making, Shagan Envelope Making, Thali Decoration, Gift Wrapping and Paper Bag Making were conducted under supervision of Mrs. Sandeep Reen, Ms. Simranpreet Kaur, Mrs. Divi Pathak and Mrs. Shilpa Rani. 40 students participated in these activities. They were encouraged and motivated to enhance their skills.



The Department of Home Science celebrated Udayamita Diwas on 29th August, 2023. Students of Fashion Designing- our growing entrepreneurs displayed their handmade articles like rakhi, shagan envelopes, decorated thalis, paper bags, handmade jewellery and handmade Kanha Ji dresses for sale. **Total amount of Rs. 880/- was earned by the students.** Director of the college Dr. Varinder Gandhi and Principal Dr. Gurinderjit Kaur admired the hard work and efforts of students.



On 6th September, 2023, Department of Human Development, celebrated Janmashtami with Utthan Institute of Development and Studies. It was part of inclusiveness drive to integrate differently abled in the mainstream of society and PG students of department human development actively participated in the event.



Poshan Mah was celebrated by Department of Foods and Nutrition in Sept, 2023 where department organized following activities-

- **Nukkad Natika** was presented on the "**The Importance of Millets**" by Bachelor of Home Science 1st year (Sem I) students on **13th Sept, 2023**.



- **Poster Making competition** was organized on **16th Sept, 2023** on nutrition theme "**Suposhit Bharat, Sakshar Bharat and Sashakhat Bhart**" where students of UG and PG classes participated in the competition with a keen interest.



- **Nukkad Natika** was presented by B.Sc. Home Science 3rd year (Sem 5) students on the topic "Food wastage" on **20th Sept, 2023** focusing on nutrition theme "Suposhit Bharat, Sakshar Bharat and Sashakhat Bhart".



- **Nutrition Quiz** was organized on two days i.e. **27- 28th Sept 2023** which was played among 7 teams of UG and PG classes and the top scorer team scored the highest point and won the nutrition quiz 2023.



Department of Clothing and Textiles organized workshop on “Usha Janome” Automatic Sewing Machines on 19th Sept, 2023 for the students of B.Sc. Home Science and M.Sc. Clothing and Textiles. North Zone Marketing Sales Manager Mr. Harsimran Singh visited department and gave demonstration of different fully automated machines along with their accessories. All faculty members of Clothing and Textiles and Fashion Designing along with 60 students participated in this workshop.



PG department of Foods and Nutrition organized Exhibition cum sale of “Nutritious Millet based recipes--Bajra laddoo and Ragi Idlis” on 14th October, 2023 where students of M.Sc. (Foods and Nutrition) displayed stall on millets based recipes in college. These recipes prepared by students were appreciated by everyone who tasted it.



Home Science Association of the College organized 3 days Diwali Fest from 31st Oct 2023- 2nd Nov 2023.



- a) **Department of Food and Nutrition organized exhibition cum sale of nutritious and appetizing recipes.** These recipes prepared by students were liked by everyone in the college. Students earned a good profit. .Different recipes were prepared each day.

Day 1 (31st Oct, 2023)-: *Bajra Chaat Papdi, Cocunut Ladoo, and Veg. Sandwiches.*



Day 2 (2nd Nov, 2023)- Choco Lollipop, Vegetable Idlis



Day 3 (3rd Nov, 2023)- Cutlets, Coco muffins, Stuffed Gologappas



b) Department of Human Development organized exhibition cum sale of diyas, candles and torans and sold them at affordable prices which were prepared and crafted by students of Dept of Human Development.



Post Graduate Department of Clothing & Textiles participated in 3 Days Diwali Fest in which students of M.Sc. Clothing & Textiles & B.Sc. Fashion Designing displayed the following stalls under the supervision of Mrs. Sandeep Reen, Ms. Simranpreet Kaur, Mrs. Divi Pathak, Ms. Mansi & Ms. Lakshika.

- **Day 1 – Karwa Chauth Special Mehandi, Nail art & Bangles stalls** were arranged for staff members and students.
- **Day 2 – Various Hand-Crafted articles like baby clothes, block-printed Dupattas, Tie & Dye Stalls, Block-printed Kurtis, Towel-set, etc.** were displayed for sale.
- **Day 3- Various Handmade Stationary items like Diary, File Folders, Key Chains, Organizers etc.** were exhibited for sale.





Food preservation training was provided to rural women by Department of Foods and Nutrition under Home Science Association. The initiative was coordinated by Dr. N.K. Goyal from Krishi Vigyaan Kendar, Damla. Demonstrations of food preservation was given by the Faculty of Foods And Nutrition department. Every component of program designed and related to preservation was explained.

- **Fruits and vegetables preservation training --5th-7th Dec, 2023** (recipes like muffins, yoghurts, fritters and ketchups. etc were demonstrated).
- **Milk and milk product preservation--- 12th -14th Dec, 2023** (milk based bread, milk sweets, milk cakes, paneer with spices, white sauces and paneer spread, etc were demonstrated).
- **Bakery food preservation workshop--27th-28th Dec, 2023 & 3rd-4th Jan, 2024** (millet based bakery products like bajra bread, bajra pizza base, bajra –ragi rolls, suji- bajra muffins, banana oats cupcakes, ragi choco chip cookies, etc were demonstrated).





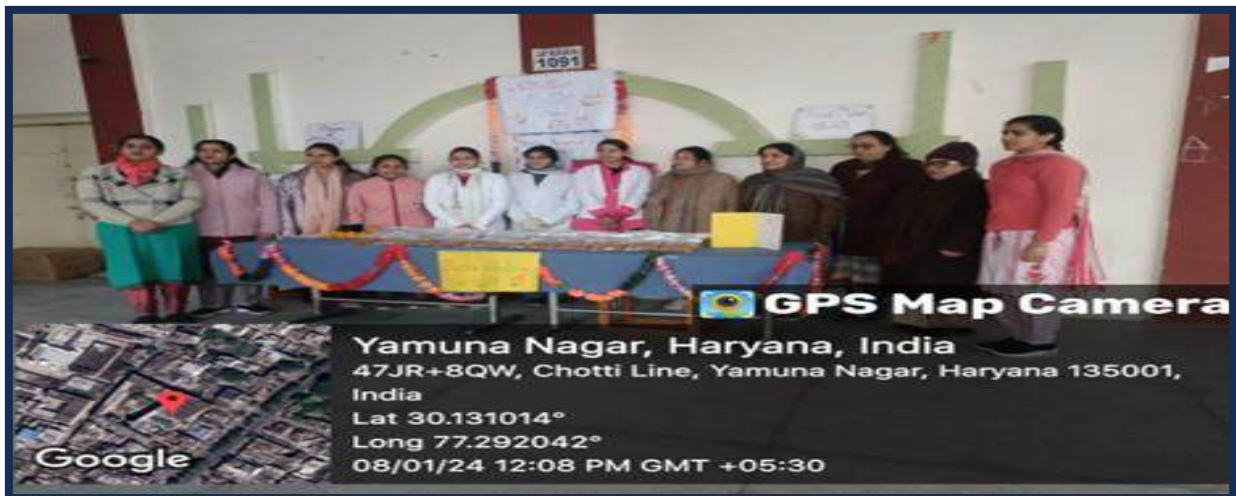
Bajra Snack food stall was organized by Department of Home Science under Home Science Association on 21st-22nd Dec, 2023 in International Gita Mahatosav from 7th Dec-24th Dec, 2023. This stall was displayed in area of Draupadi Koop, BrahmSarovor. Nutritional importance of bajra was showcased to customers by students of B.Sc. Home Science who prepared the snacks and participated in the Mahoatosav accompanied by faculty. Students received good response from the customers as all the packets of bajra snack were sold out at a fair price.



On 3rd January, 2024 students of Home Science and Rrotract club visited slum area of Yamuna Nagar to distribute sweets and stationary items to slum area children.



Millets stall of Bajra Bhujia was organized on 8th Jan 2023 in the college so as to promote and make awareness about the utilization of millets in the diet which have several health benefits.



Dr. Nirupma Saini, Dr. Vandana Singh and Dr. Prabhjot Kaur attended and presented research papers at HSAI Conference at CAU College of Community Science, Tura, Meghalya from 17th-19th January, 2024.



Exhibition cum Sale of handmade knitted articles "Knit and knot" was organised on 31 January 2023. Different articles like hand bags, keyring, earrings, kid's garments, caps, socks mufflers were made & exhibited by the students (UG &PG) of Fashion Designing and Clothing Textiles. All other faculty members appreciated the efforts of students and motivate them by purchasing items.



Chinese theme based cafeteria was organized by Postgraduate students of the Foods and Nutrition Department on 2nd Feb 2024 where students represented their Chinese culinary skills comprising of Chinese platter (veg. soup, fried rice and manchurian) which was appreciated by every member of the college.



On 3rd February, 2024 students of M.Sc. Human Development 1st year and B.Sc. Home science 2nd year visited slum area in Yamuna Nagar to distribute woollen clothes to slum area people.



Home Science Association and Women Studies Cell organized National Level online competitions from 8th Feb to 14th Feb, 2024 on the occasion of Basant Panchmi

- a) Department of Foods and Nutrition organized online cooking competitions on sweet snacks, salty snacks, double snacks and Basanti Platter. Students from different colleges of different cities participated in the online cooking competition with great exhilaration and zeal. Innovative recipes were prepared by the students which made them win the several positions.



b) Post Graduate Department of Clothing Textile & Fashion Designing conducted 3 different competitions i.e. Collage making, Tie & Dye and Ms. Basant. A good number of student entries from different states Punjab, Rajasthan, Himachal Pradesh, Uttarakhand, & Uttar Pradesh were entertained. There were total 46 entries for Ms. Basant, 10 entries for tie & dye, and 10 entries for collage making.



c) Department of Human Development organized online Basant competition where students from Punjab, Haryana and Chandigarh enthusiastically participated in Kite decoration, Umbrella decoration, Painting and Collage making. Several entries were received for the competitions.



The Post Graduate Department of Clothing Textiles & Fashion Designing organized **5-day Pidlite Workshop** from **26 Feb. 2024 to 1st March 2024**. Faculty of Clothing and textiles and 28 students from M.Sc. CT, B.Sc. H.Sc. and B.Sc. FD joined the workshop. Different activities were conducted on all 5 days. The instructor Mrs Binder Kaur gave demonstration to the staff and students on all 5 days.

- Day 1 -Best out of Waste
- Day 2 -Boho Art
- Day 3 -Gotta work
- Day 4 -Jewellery Making
- Day 5- Recycling



On 9th March, 24 students of M.Sc. Human Development and B.Sc. Home Science visited Old Age Home, Jagadhri and conducted various activities with elderly.



On 9th March, 2024 students of M.Sc. Human Development and B.Sc. Home Science visited Crome store Yamuna Nagar.



Fruits & vegetables, Bakery and Milk & milk product workshop was organized by the Department of Home science (Foods and Nutrition) in collaboration with KVK, Damla on 13th March 2024. Training was given to rural women in KVK, Damla for their economic development by faculty members of Foods and Nutrition department - Mrs. Varsha, Ms. Gurpreet and Ms. Daljinder.



Post Graduate Department of Clothing Textiles and Fashion Designing organized Exhibition cum Sale on “Hindi Diwas” held in the College Auditorium on 15 March 2024. Students displayed various handmade towels, file folders, purses, pillow covers, diaries, and other stationary articles. The department earned an amount of Rs. 2830/- from sale.



Sale cum Exhibition of Handmade Religious articles on the occasion of the “Inter-State Shabad Gayan Competition” on 16 March, 2024 was organized by the Department of Fashion Designing.



Skill Development and Entrepreneurship (Rangoli making competition) camp was organized from 16 March, 2024 to 22nd March, 2024 by Home Science Association in collaboration with Punjab National Bank under the Ministry of Rural Development, Government of India where students learnt the process of making “natural rangoli colors using fruits and vegetables” and displayed these items on stall for sale by promoting the importance of natural based colors. Certificates were awarded to students for skill training program on 22nd March, 2024.



Post Graduate Department of Clothing Textiles & Fashion Designing organized a **Sale cum Exhibition** of colourful handmade articles on the occasion of **Holi** outside the auditorium on **19th March, 2024**. Various handmade **Tie & Dye Dupattas, Cushion covers, Block printed table covers, Boho art paintings, and many stitched Scrunchies and Organic holi colours** were prepared by staff members and students also sold. **An amount of Rs. 4450/-** was earned by the department.



Department of Home Science (Foods and Nutrition) organized one-day educational trip to **PGIMER** for attending **6th National Conference on Functional Nutrition** on **7th April, 2024**. This conference was attended by the Post Graduate students of Foods and Nutrition, Bachelor of Home Science 1st year students and B.Sc. Clinical Nutrition and Dietetics students and staff members of Foods and Nutrition- Mrs. Varsha and Ms. Saloni. Students gained knowledge about the nutritional importance of functional food.



ET food stall organized by B.Sc. Home Science final year (6th sem) on 8th April and 9th April, 2024 where baby pizzas and lemonade were put on sale. Students gained practical knowledge about “Entrepreneurship Management”.



On 12th April, 2024 students of B.Sc. Home Science and M.Sc. Human Development visited Utthan institute of Development and Studies. Students conducted various programmes and Dr. Anju Bajpai, head of Utthan delivered lectures on guidance and counselling the students, youth and families.



Post Graduate Department of Clothing Textiles and Fashion Designing organized Fashion Show “EVERYWEAR HARPEHNAWA –II” on 27th April in which 33 students of M.Sc. CT and B.Sc FD participated and displayed seven different theme based rounds under the supervision of their mentors. All the dresses were designed and constructed by the students. Retired seniors staff members **Mrs. Poonam Ahluwalia, Mrs. Kulbir Kaur and Mrs. Harjit Kaur were invited in the function as guests of honour.** Principal Dr. Harvinder Kaur inaugurated the function with her welcome address and convenor of the show Mrs. Sandeep Reen addressed the audience by making them aware about the main motive of the show. Fashion Show started with kids round followed by special performance of class 12th girls from different schools of the city Later the show ran smoothly with seven theme based rounds of the department. Judges of the show included Dr. Nirupma Saini, Dr Rumnit Kaur, Mrs Babila Chauhan and Mrs Sukhman Gandhi. 16 Best Models and Designers were selected and appreciation awards as well as crowns and sachets were given to them. All students were given participation certificates. Director Dr. Varinder Gandhi congratulated and appreciated the Department for organizing a spectacular fashion show.



