

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH



COURAGE TO KNOW

Name of the Department-Home Science
(Session: 2018-19)

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Dhruv

Manish

Principal
Post. Graduate Govt. College for Girls
Sector 11, Chandigarh

Talent Hunt

Home Science Department organized a talent hunt contest on **24th August, 2018**. The contest was in various events like Rangoli, Mehendi, Knitting, Crochet, Phulkari, Bagh, Phakhi weaving, Dasuti, Guddian Patole making, Eenu making, Rassa vatna, Chhikku making, Naala making, Paranda making and Peedi making. Around 55 participants showcased their skills in these events. The competition among the students was tough and the winners of the competition were given 1st, 2nd, 3rd and consolation prizes by the principal. Principal addressed the students and motivated them to develop their skills further.



Participants making Rangoli for the competition



Students participated in the Mehendi competition

Nutrition Week Celebration

Nutrition Week was observed from **1st September to 7thSeptember, 2018**. Around 100 students participated in the event. It included various events like Cookery Contest, Poster making Competition. A talk was delivered by Ms.Monica Malik, Nutrition Coach, Ex. Deputy Director, Department of Higher Education, Haryana on the theme “Healthy Eating”. She highlighted the concept of balanced diet. The main objective of the talk was to provide an insight of an adequate diet at this stage and to develop well-nourished, active adolescents who can be responsible adults having great interest in work.



Principal Prof Anita Kaushal and staff judging the dishes



Principal and staff members judging the posters

Visit to Lab Nursery School

An observational visit to Chaitanya Nursery Lab in Govt. Home Science College, Sector 10, Chandigarh was conducted on **13th September, 2018**. The aim of the visit was to give exposure to students of different teaching methods and functioning of Lab Nursery School. Students observed the children and their activities which in turn helped them to make aware of the opportunities available in preschool education. There were 45 students in total who went for the visit. Staff members accompanied the students for the visit.

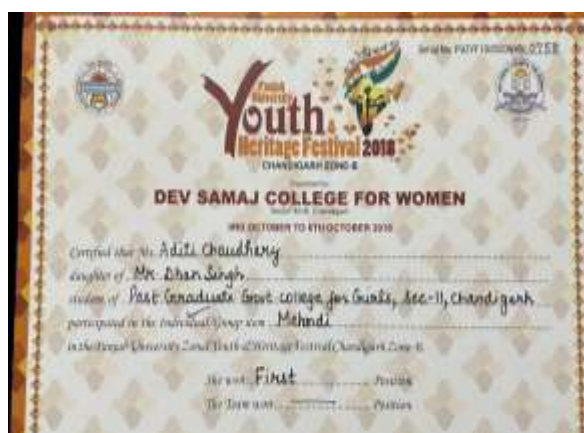


Staff member of Nursery school interacting with students

Youth and Heritage Festival

Students of Home Science Department actively participated at Zonal Youth Festival from **3rd October to 6th October, 2018** and Inter-Zonal from **30th October to 2nd November, 2018**. Talented and enthusiastic students participated in various categories/events i.e. Rangoli, Mehendi designing and application, Knitting, Crochet work, Phulkari, Cross stitch and Pakhi making. Although all the participants had put in their best efforts, four students have won prizes during Youth Festival.

S.No.	Roll No.	Name	Event	Prize
1.	6272	Kamini	Rangoli	3 rd
2.	1007	Aditi	Phulkari	3 rd
3.	6100	Sagalpreet	Dasuti	3 rd
4.	1753	Aditi Chaudhary	Mehendi	1 st (Zonal) 3 rd (Interzonal)



Certificates of prize winning participants

Cooking Workshop

A two day workshop on preparation of Nutritious Tibetan dishes was held on **7th and 8th February, 2019** in the department. The aim of this workshop was to enable the students to gain new food preparation skills. The dishes prepared were “Tukpa” and “Momos”. The students were given an insight about the personal hygiene, clothing to be worn and safety precautions in the kitchen. During the workshop various techniques and tips involved in cooking were also discussed. 45 students of BA final year participated in this workshop.



Students taking part in the Demonstration



Staff member along with the Participants