

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH**



COURAGE TO KNOW

**Name of the Department-Home Science
(Session: 2019-20)**

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Dhruv Mayaw

Shambal

Principal

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

Talent Hunt

Talent Hunt Contest, open to whole college, was held on **13th August, 2019** in 17 events like Rangoli, Mehendi, Knitting, Crochet, Phulkari, Bagh, Pakhi weaving, Dasuti, and Heritage items. Around 60 students took part in this competition. Students showed good response in their participation by showing their talent in various events. Principal, Dr. Anita Kaushal, graced the occasion and motivated the participants to exhibit their hidden talents and showcase it with pleasure and allurements.



Students participated in the talent hunt

Nutrition Month Celebration

Nutrition month was observed **1st September to 7th September, 2019**. Around 100 students participated in the event. It included events like Cookery Competition, Poster making, Street play alongwith the interaction of villagers, demonstration of nutritious recipes, Diet counseling of students. A talk was delivered by Ms. Kalyani Singh Asst. Professor, PGGCG-42, Chandigarh, on the theme “Healthy Citizens Wealthy Nation.”. Various other outreach programmes were conducted in collaboration with the College NSS unit.



Principal Prof Anita Kaushal and Staff



Principal Prof Anita Kaushal and Staff judging the posters

Youth and Heritage Festival

Students of Home Science Department actively participated at Youth Festival from 24th September to 27th September, 2019. 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, five students have won prizes during Youth Festival.

S.No.	Roll No.	Name	Event	Prize
1.	436	Anu Devi	Phulkari	2 nd
2.	6100	Sagalpreet Kaur	Dasuti	2 nd
3.	10749	Jaspreet Kaur	Pakhi Designing	3 rd
4.	24	Pooja	Mehendi Designing and Application	3 rd
5.	862	Monika	Crochet Work	1 st (Zonal) 3 rd (Interzonal)



Certificates of the prize winning participants

Awareness on E-Learning programme by NIPCCID

A talk was conducted on **8th November, 2019** to create awareness regarding the various E-learning programmes conducted under the Digital India programme by the ministry. The resource person was Dr. Rajesh Mishra from NIPCCD, Mohali. The session aimed to provide guidance to the students for the selection of the various online courses. Around 60 students took part an active part in this talk who also proved to be enthusiastic listeners.



A glimpse of the E-learning programme

Tutorial on Eat Right India

Department of Home Science organized a tutorial on **1st February, 2020** in the college auditorium. The theme of the tutorial was “Eat Right India”. Dr. Khushboo Singh (Deptt of Home Science) was the resource person. The aim of the session was to highlight the concept of balanced diet among the participants. Around 50 Students and staff members of the college attended this tutorial meet. At the end of the session the students asked their queries related to their food habits and dietary routine and their doubts were clarified.



Staff members for the tutorial meet

Demonstration of Tibetan cuisine

Demonstration of Tibetan cuisine was organized by the department on **7th February, 2020** at nutrition lab. The aim of this workshop was to enable the students to gain new food preparation skills. Nutritious Tibetan dishes i.e. “momos”, “thukpa” and “chutagi” were prepared. 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. 42 students of BA final year participated in this workshop.



Students taking part in the demonstration

Visit to Lab Nursery School

An observational visit to Chaitanya Nursery Lab in Govt. Home Science College, Sector 10, Chandigarh was conducted on **11th February, 2020**. 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 from a distance and made the report of the same. There were 27 students in total who went for the visit. Dr. M. Dhruvshayani and Dr. Khushboo Singh from the Home Science department accompanied the students.



Staff members and students alongwith the children of Lab Nursery

Exhibition cum demonstration of latest sewing machine held by USHA International

An exhibition cum demonstration was conducted on **18th February, 2020** by the officials of the USHA international company. Around 40 students from BA 1st and 2nd year attended this demonstration session held at Home Science lab. The aim of this demonstration was to make students aware of the various models of sewing machines which are used for various applications and are available in the market.



A glimpse of the demonstration