

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



**COURAGE TO KNOW**

**Name of the Department- Home Science  
(Session: 2020-21)**

**INDEX**

S.No.	Activity	Date	Page No.
1	International Webinar on "Lifestyle Strategies to Combat Pandemic"	17 <sup>th</sup> July, 2020	1
2	Celebration of National Breast feeding week	10 <sup>th</sup> August, 2020	2
3	Talk on "Importance of food groups in relation to Immunity"	1 <sup>st</sup> September, 2020	3
4	Online Quiz Competition	4 <sup>th</sup> September, 2020	4
5	Online Recipe Contest	8 <sup>th</sup> September, 2020	5
6	NukkadNatak on the theme ; PoshanBadhaoKuposhanMitao	16 <sup>th</sup> September, 2020	6
7	Poster Making Competition	23 <sup>th</sup> September, 2020	7
8	Plantation Drive of Immunity Boosters	30 <sup>th</sup> September, 2020	8

*Dhankharyan*

*Shambal*  
Principal  
Post. Graduate Govt. College for Girls  
Sector 11. Chandigarh

## International Webinar on "Lifestyle Strategies to Combat Pandemic"

International webinar was organized by Department of Home Science on the theme "Lifestyle Strategies to Combat Pandemic" on **17th July, 2020**. Dr. Kiran Bains, Prof and Head, Dept. of Food and Nutrition, College of Community Science, Punjab Agricultural University, Ludhiana was the resource person for session 1 (11:00 - 11:40 pm). Her topic was "Functional Foods to Boost Immune System". Dr. Madhu Sharan, Prof. and Head, Dept. of Clothing & Textiles, Maharaja Sayaji Rao University Of Baroda, Vadodra was the second speaker (11:40 - 12:20 pm). Her topic was "Apparel in COVID: Do's and Dont's". Dr. Deepali Sharma, Consultant, Manchester Global Foundation, U.K. was the resource person for third session (12:20 – 1.00 pm). "Promoting Family Well Being during the Pandemic" was her topic of discussion. 151 participants were part of this webinar. Link of the webinar: <https://youtu.be/-MHxYDacC8s>



**A Glimpse of all the speakers during the Webinar**



**A Glimpse of participants attending the Webinar**

**Brochure**

## **Celebration of National Breast feeding week**

National breast feeding week was celebrated on **10<sup>th</sup> August, 2020** from 11.00 am to 12.00 pm. Mrs. Gopika B. Associate Professor, Dept. of Home Science delivered a lecture on the topic “Support Breastfeeding for a healthier Planet”. She carried out the online lecture through a power point presentation and highlighted on various important issues of breastfeeding. She laid stress on the importance of breastfeeding, techniques of breastfeeding and how breastfeeding is important for the mother and the child. 63 Students of Home science department attended this online lecture.



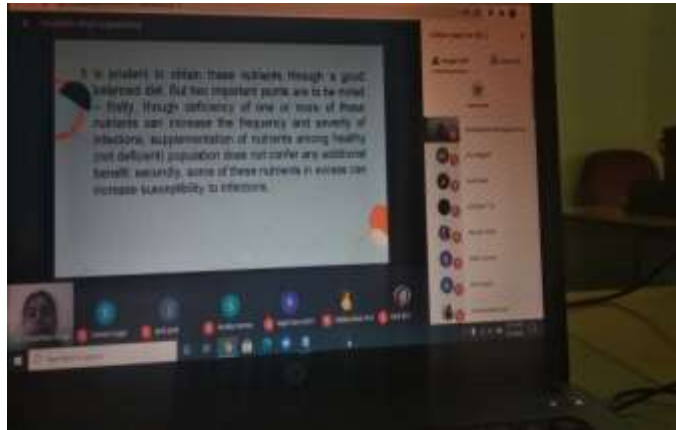
**Participants attending the lecture**



**A Glimpse of the online lecture delivered**

## Talk on “Importance of food groups in relation to Immunity”

On the occasion of National Nutrition Month (Rashtriya Poshan Maah) Department of Home Science organized an online talk on **1<sup>st</sup> September, 2020**. Dr. Khushboo Singh (Deptt. of Home Science) delivered the talk on the topic “Importance of food groups in relation to Immunity”. The session was focused on the importance of nutrients and how it is related in maintaining good health. She discussed about different food groups and classification based on their function and nutritive value. Around 60 students attended this talk.



**A Glimpse of the online lecture delivered**

## **Online Quiz Competition**

On the occasion of National Nutrition Month (Rashtriya Poshan Maah) an Online Quiz Competition was organized on **4<sup>th</sup> September, 2020**. Students of Home Science third year participated in this competition. The main objective of this event was to create awareness about good nutrition. The topics covered were about, food constituents, balanced diet and healthy eating practices. The students showcased their brilliance by rapidly answering the questions. It was a very informative and knowledge enriching competition for the participants along with the audience.



**Students participating in online quiz competition**

## Online Recipe Contest

On the occasion of the National Nutrition Month (Rashtriya Poshan Maah) online Recipe Contest was organized from **8<sup>th</sup> September, 2020**. The theme of the competition was “Nutritional Snacks”. Around 45 students took part in this competition.



**Glimpse of the dishes prepared by the participants**

## **Nukkad Natak on the theme PoshanBadhaoKuposhanMitao**

On the occasion of National Nutrition Month(PoshanMaah),Department of Home Science organized Nukkad Natak on**16th September, 2020**. The main objective of the event was to spread awarenessamong the students regarding the importance of balanced diet.15 Students of B.A. final year participated in this activity.In the Nukkad Natak the students conveyedhow to prevent and reduce under nutrition among young children, adolescent girls and women.

Documentation Link: <https://youtu.be/s3KqlgVaI5Q>

## Poster Making Competition

Poster making competition was organized for the students of PGGCG-11 on **23<sup>th</sup> September, 2020** from 10:00-12:00 pm. This competition was a part of celebration of National Nutrition Month (PoshanMaah). The theme of the competition was “Healthy Diet”. The aim of the competition was to create awareness towards healthy diet. Students showcased their artistic skill through an array of posters. Around 40 students participated in this competition. The rubrics for judgment were originality, theme relevance and creativity.



**Participant displaying poster for the competition**



## **Plantation Drive of Immunity Boosters**

On the occasion of National Nutrition Month (Rashtriya Poshan Maah) Tree plantation drive was undertaken on **30<sup>th</sup> September, 2020**. The aim of this activity was to plant tree which help in improving the immunity like tulsi, neem etc. Around 35 students participated in this drive enthusiastically.



**A glimpse of the plantation drive carried out by the Home Science students**