

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



COURAGE TO KNOW

**Name of the Department- Home Science
(Session: 2021-22)**

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Dr. Mohan

Shambal
Principal

Post. Graduate Govt. College for Girls
Chandigarh

Slogan writing competition on the occasion of National breast-feeding week

On the occasion of National breast-feeding week, slogan writing competition was organized from **August 1st to 10th, 2021**. The theme of the competition was “Protect Breast Feeding: A Shared Responsibility”. The aim of this activity was to motivate the students for circulating the message of importance of breast feeding to the community at large. 35 students of Home science participated in this competition enthusiastically.



Participants presented slogan for the competition

National Nutrition Month Celebration

On the occasion of the National Nutrition Month online Inter College Cookery competition, Poster making competition, Paper reading contest, Interactive session and Demonstration of nutritious recipes were organized from 1st September to 30th September

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**Post Graduate Government College For Girls,
Sector 11, Chandigarh**
*Department of Home Science
Organizes Inter-College Competitions
on the Occasion of*
"National Nutrition Month" September 2021

Theme:
Cookery Competition - "Reimagining Traditional Dishes"
Poster Making Competition - "Personalize Your Plate"

Send Your Entries On <https://forms.gle/1DziJVuMBdh5D7Ed8> by September 11, 2021

Coordinator
Dr. M. Dhraleshayani
Head
Dept. of Home Science

Patron
Prof.(Dr.) Anita Kaushal
Principal
PGGCG-II, Chd

Rules for Cookery Competition:
Recipe will be judged based on nutritive value, theme relevance, creativity and final presentation of the dish.
Weightage will be given for the use of indigenous ingredients
Any dish can be prepared using any method of cooking
Every college can send as many entries as possible
One participant can send only one entry
The competition is open to college students of all streams.
Decision of the judges will be final and binding.

Criteria for Cookery Competition:
You are required to attach **Word/PDF**: **September 11, 2021**
Written recipe (name, ingredients, method)
Picture of the participant (while making the dish)
Picture of the final dish presented along with Participant
Last date to send entries: **September 11, 2021**

Kindly refer to the link to upload the recipes
<https://forms.gle/1DziJVuMBdh5D7Ed8>
Healthy and nutritious entries awaited!!

Certificate will be provided to winners Only.

Rules for Poster Making Competition:
Poster will be judged based on originality, theme relevance and creativity of the same.
Every college can send as many entries as possible.
One participant can send only one entry.
The competition is open to college students of all streams.
Decision of the judges will be final and binding.

Criteria for Poster Making Competition:
Participants can send their entries as **Word/PDF/JPG format ONLY**:
Picture while making the poster.
Picture of participant along with the poster.
Picture of the complete poster.
Last date to send entries: **September 11, 2021**

Kindly refer to the link to upload the Poster
<https://forms.gle/1DziJVuMBdh5D7Ed8>

E Brochure

- **Inter College Cookery competition**

On the occasion of the National Nutrition Month (Rashtriya Poshan Maah) online Inter College Cookery competition was organized from **1st to 10th, September**. The theme of the competition was “Reimagining Traditional Dishes”. Around 76 students of PGGCG-11 and from 10 different colleges took part in this competition.



Participants presented their dishes for the competition

- **Inter College Poster competition**

Intercollege poster making competition was organized to celebrate the National Nutrition Month (Rashtriya Poshan Maah) from **1st to 10th, September**. The theme of the competition was “Personalize your plate”. Around 70 students of PGGCG-11 and from 10 different colleges took part in this competition.



Participants presented their posters for the competition

- **Online Paper Reading Contest**

On the occasion of the National nutrition month (Rashtriya Poshan Maah) online Paper Reading Contest was organized from **10-15th Sep, 2021**. Theme of the competition was “Health at every size and mindful eating”. Home science final year students participated in this competition and shared tips for mindful eating.



A glimpse of one of the participants sharing her views during the competition

- **Interactive session and talk**

Interactive session and talk was organized on the occasion of National nutrition month (Rashtriya Poshan Maah) on **17th Sep, 2021**. Dr. Khushboo Singh (Deptt of Home Science) was the resource person for the session. The theme of the session was “Eating smart: Reasons to choose locally available foods”. NSS volunteers and Home Science students participated in the session. 40 students attended the event.



Resource person and participants taking part in the session

- **Demonstration of Nutritious recipes**

On the occasion of National nutrition month (Poshan Maah) recipes of nutritious snacks were demonstrated on **27th Sep, 2021**.NSS volunteers and Home students showed active participation. The dish demonstrated was “kinnow cake”. The activity was conducted under the supervision of Dr. M. Dhvakshayani (Deptt of Home Science).



Students attending the demonstration

Tree plantation drive by NSS volunteers and students

On the occasion of the National nutrition month (Rashtriya Poshan Maah) Tree plantation drive was carried out during whole the month of **September, 2021**. NSS volunteers and home science students took an active part in this drive.



Volunteers and students participated in the plantation drive

Youth and Heritage Festival

Students of Home Science Department actively participated at Zonal Youth Festival from **22nd to 26th November 2021** and Inter Zonal from **14th December to 18th December, 2021**. 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.

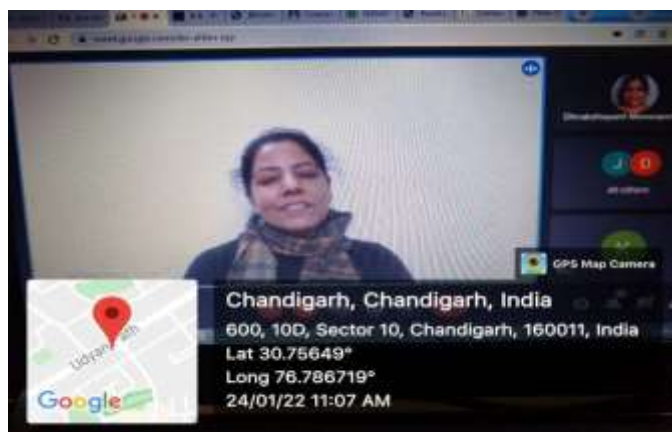
S.No.	Roll No.	Name	Event	Prize
1.	10749	Jaspreet	Pakhi Designing	1 st
2.	10012/19	Komal	Mehendi Designing and Application	2 nd
3.	69/20	Lakshita	Knitting	3 rd
4.	10920	Preeti Rani	Phulkari	3 rd
5	545/20	Manu Devi	Cross Stitch	3 rd



Certificates of the prize winning participants

Webinar on Celebration of National Girl Child Week

On the occasions of “National Girl Child Week”, National Service Scheme in Collaboration with Department Of Home Science organized a webinar on theme “Survival and Protection of Girl Child” on **24th January, 2022** at 11.00AM. Dr. Navneet Arora, Professor, Sociology Department, University Institute of Legal Studies, Panjab University, Chandigarh was invited as Guest speaker. Around 60 students and 10 staff members were a part of the webinar.



Webinar being held on G-Suit and Dr. Navneet Arora addressing the audience

Slogan writing competition in Celebration of National Girl Child Week

Slogan writing competition was conducted on the theme “Survival and Protection of Girl Child” on **24th January, 2022** for which 100 students from various streams of the college participated and sent their Geo-tagged photographs. The students have given their views about saving the girl child through the slogans.



Participants presented slogan for the competition

Interactive session and talk on International Women’s Day

On the occasion of International Women’s Day on **8th March, 2022**, Department of Home Science, organized a talk and interactive session on the topics “Gender Equality”, “Reproductive Health and Rights” and “Equal Opportunities”. The talk was delivered by Dr. M.Dhrakshayani, Ms. Gopika B. and Dr. Khushboo Singh. The session aimed to highlight the significance of reproductive health among women. Approximately 70 students of Home Science department participated enthusiastically throughout the session. The duration of the session was 1 hour.



Staff members and students taking part in the interactive session

Cookery Competition

Department of Home Science PGGCG-11 organized cookery competition under the aegis of Azadi Ka Amrit Mahotsav on **26th April, 2022**. The theme of the competition was “Traditional Indian Cuisine: Reviving Forgotten Flavors”. This cookery competition was aimed to present regional flavors and taste that are easy to prepare and captures the authentic taste. 41 Students of B.A. final year exhibited their cooking skills by preparing the variety of traditional dishes.



Principal Prof Anita Kaushal, staff members and winners of the competition



Principal Prof Anita Kaushal and Staff

Visit to Lab Nursery School

An observational visit to Chaitanya Nursery Lab in Govt. Home Science College, Sector 10, Chandigarh was conducted on **29th April, 2022**. 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 40 students in total who went for the visit. Dr. Khushboo Singh (Deptt of Home Science) accompanied the students.



Students alongwith the children and staff of Nursery school