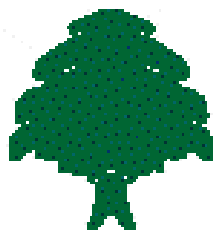


**POST GRADUATE GOVERNMENT COLLEGE FOR
GIRLS SECTOR-11, CHANDIGARH**

NAAC Accredited “A” Grade with CGPA 3.52



COURAGE TO KNOW

DEPARTMENT OF HOME SCIENCE



Nutrition Lab



Textile Lab

DEPARTMENTAL PROFILE



Talent Hunt



Nutrition month



Field Visit

CONTENTS

Sr. No.	Description	Page No.
1.	Year of establishment	1
2.	Infrastructure	1
3.	List of Faculty members	2
4.	Results	3-4
5.	Student Progression	4
6.	Teacher wise time table	5-6
7.	Youth festival achievements	7
8.	Faculty Awards and Achievement	8
9.	Students' achievement	8
10.	Best Practices Adapted	9
11.	Academic events organized	10-52
12.	Faculty Profile	53-62
13.	Non-Consumable Stock	63-65
14.	Department Library books	66-104

Name of the Department: Home Science

Year of Establishment: 1963

Courses

Courses	Year of commencement
Under graduation B.A.	1963

Infrastructure

Laboratories: Department to its credit has three labs which are well equipped

Lab 1	B.A. 1 st and 2 nd Semester	Resource Management
Lab 2	B.A. 3 rd and 4 th Semester	Clothing and Textile Lab
Lab 3	B.A. 5 th and 6 th Semester	Nutrition Lab

ICT Facility

Smart Class Room – 1 (Room No- 120)

Desk Top – 1

Laptop – 1

Printer - 1

Department Library Books- 840

Teaching Staff Profile

S.No	Teacher Name with Designation	Qualification	Specialization	Experience
1	Dr. M. Dhvakshayani Associate Professor	M.Sc, Ph.D	Human Development and Family Studies, UGC (NET), SLET	20 years
2	Ms. Gopika B. Associate Professor	M.Sc	Food and Nutrition, UGC (NET)	30 years
3	Dr.Khushboo Singh Assistant Professor	M.Sc, Ph.D	Food and Nutrition, UGC (NET), JRF	03 years

Non Teaching Staff Profile

S.No	Name and Designation	Experience
1	Kuldeep Singh Negi Junior lecture assistant	17
2	Jagdish Kumar Lab attendant	10

RESULTS 2017-2022

BA. 1 Year

Session	Semester	I Div.	II Div	III Div	Distinction	Total Appeared	Pass Percentage
2017-18	Dec.2017	31	1	1	18	33	100%
	May 2018	32	1	-	23	33	100%
2018-19	Dec.2018	37	2	-	26	39	100%
	May 2019	35	4	-	24	39	100%
2019-20	Dec 2019	42	5	-	27	47	100%
	May 2020	41	5	1	24	47	100%
2020-21	Dec 20220	20	3	2	17	25	100%
	May 2021	20	2	3	15	25	100%
2021-22	Dec 2021	24	-	-	20	24	100%
	June 2022	24	-	-	19	24	100%

B.A II Year

Session	Semester	I Div	II Div	III Div	Distinction	Total Appeared	Pass Percentage
2017-18	Dec.2017	31	10	6	25	47	100%
	May 2018	32	9	6	23	47	100%
2018-19	Dec.2018	20	6	3	15	29	100%
	May 2019	19	6	4	14	29	100%
2019-20	Dec 2019	29	5	4	19	38	100%
	May 2020	28	5	5	20	38	100%
2020-21	Dec 20220	18	16	10	15	44	100%
	May 2021	18	17	9	14	44	100%
2021-22	Dec 2021	15	3	2	11	20	100%
	June 2022	16	2	2	11	20	100%

B.A. III Year

Session	Semester	I Div.	II Div	III Div	Distinction	Total Appeared	Pass Percentage
2017-18	Dec.2017	20	3	-	12	23	100%
	May 2018	21	2	-	12	23	100%
2018-19	Dec.2018	35	7	1	22	44	100%
	May 2019	33	5	6	21	44	100%
2019-20	Dec 2019	25	3	1	19	29	100%
	May 2020	25	2	2	19	29	100%
2020-21	Dec 2020	35	2	-	22	37	100%
	May 2021	34	2	1	21	37	100%
2021-22	Dec 2021	12	27	3	10	42	100%
	June 2022	13	26	3	10	42	100%

Student Progression

Session	Number of Students who joined Higher Education
2018-19	15
2019-20	14
2020-21	14
2021-22	11

Teacher wise time table

Time Table-2017-18

Teachers Name	I	II	III	IV	V	VI	VII
Ms. Pratibha Gupta	-	BA I Pr (4-6)	BA III Th (1-3)		BA III Pr (1-6)	-	-
Ms. Babita Verma	-	BA I Th (1-3)	BA I Pr (1-3)	BA II Pr (1-6)	BA I Pr (4-6)		-
Ms. Gopika	-	BA I Th (4-6)	BA II Pr (1-6)	BA I Pr (4-6)		BA II Th (1-3)	-
Dr.M. Dhrakshayani	BA II Pr (1-6)	-	BA III Th (4-6)	BA III Yr Pr (1-6)	-	-	-
Ms. Harleen Kaur			BA I Pr (4-6)		BA I Pr (1-3)	BA II Th (4-6)	BA II Pr (1-6)

Time Table 2018-19

Teachers Name	I	II	III	IV	V	VI
Ms. Babita Verma	----	-----	BA I Pr (1-3)	BA II Th (4-6) BA I Pr (1-3)	BA II Pr (1-6)	----
Ms. Gopika	BA III Pr (1-6)	BA II Pr (1-6)	-----	BA I Pr (4-6) BA II Th (1-3)	-----	-----
Dr.M. Dhrakshayani	-----	-----	BA III Pr (1-6)	-----	BA III Pr (1-6)	BA III Th (1-6)
Ms. Harleen Kaur	BA II Pr (1-6)	BA I Th (1-6)	-----	BA III Pr (1-6)	-----	-----

Time Table 2019-20

Teacher Incharge	I	II	III	IV	V	VI
Ms. Babita Verma	-----	B.A. II Pr (1-6)	B.A. I Pr (1-3)	B.A. II Th (1-6)	-----	-----
Ms. Gopika	B.A. II Pr (1-6)	B.A. I (Th) (1-6)	-----	B.A. I Pr (1-3) (Thu-Sat)	-----	-----
Dr. M. Dhrakshayani	-----	-----	B.A. III Pr (1-6)	-----	B.A. III Pr (1-6)	B.A. III Th (1-6)

Time Table 2020-21

Teacher Incharge	I (9:30-10:15)	II (10:15-11:00)	III (11:00-11:45)	IV (11:45-12:30)	V (12:30-1:15)	VI (1:15-2:00)	VII (2:00-2:45)
Dr. M. Dhrakshayani		B.A. I Th (1-6)	B.A. II Pr (1-6)		B.A. I Pr (1-4)		
Ms.Gopika	B.A. III Th (1-6)			B.A. II Pr (1-6)	B.A. III Pr (3-6)		
Dr. Khushboo			B.A. III Pr (3-4)		B.A. II Th (1-6)	B.A. II Pr (1-6)	B.A. I Pr (1-4)

Time Table 2021-22

Teacher Incharge	I (9:00-9:45)	II (9:45-10:30)	III (10:30-11:15)	IV (11:15-12:00)	V (12:00-12:45)	VI (12:45-1:30)
Dr. M. Dhrakshayani		B.A. I Pr (1-4)	B.A. II Pr (1-6)		B.A. II Th (3-6)	
Ms.Gopika B			B.A. I Pr (1-4)	B.A. II Pr (1-6)		B.A. II Th (1-6)
Dr. Khushboo Singh	B.A. III Th (1-6)		B.A. III Pr (1-4)		B.A. II Th (1-2) B.A. III Pr (3-6)	B.A. III Pr (1-4)

Youth Festival Achievements

S.No.	Roll No.	Name	Event	Prize	Year
1.	8348	Ms.Sunaina Jindal	Rangoli	1 st	2017-18
2.	1316	Shivani	Knitting	1 st	2017-18
3.	7329	Jaspreet Kaur	Mehndi Designing and Application	1 st	2017-18
4.	862	Monika	Crochet Work	2 nd	2017-18
5.	6272	Kamini	Rangoli	3 rd	2018-19
6.	1007	Aditi	Phulkari	3 rd	2018-19
7.	6100	Sagalpreet	Dasuti	3 rd	2018-19
8.	1753	Aditi Chaudhary	Mehendi	1 st (Zonal) 3 rd (Interzonal)	2018-19
7.	436	Anu Devi	Phulkari	2 nd	2019-20
8.	6100	Sagalpreet Kaur	Dasuti	2 nd	2019-20
9.	10749	Jaspreet Kaur	Pakhi Designing	3 rd	2019-20
10.	24	Pooja	Mehendi Designing and Application	3 rd	2019-20
11.	862	Monika	Crochet Work	1 st (Zonal) 3 rd (Interzonal)	2019-20
12.	10012	Komal	Mehndi	2 nd	2021-22
13.	69	Lakshita	Knitting	3 rd	2021-22
14.	10920	Preeti Rani	Phulkari	3 rd	2021-22
15.	545	Manu Devi	Cross Stitch	3 rd	2021-22
16.	10749	Jaspreet	Pakhi Designing	1 st (Zonal) 3 rd (Interzonal)	2021-22

Faculty Awards and Achievements

- Dr.M. Dhrakshayani received Certificate of appreciation for the work done during Covid-Corona Warriors by MHA, Shaheed Bhagat Singh NGO(Punjab)fortheyear2020-21.
- Dr.M. Dhrakshayani **received First Prize for the Best Poster Presentation** - Titled “Lack of Sleeplessness: A lifestyle disorder among youth” at a National seminar on “Prevalence of life style related disorders among youth: A high time to act” Organized by Government College for Girls, Sector-14, Panchkula on March7, 2017.
- Dr.M. Dhrakshayani received certificate of appreciation for motivating blood donors for the blood donation camp organized by PGGCG-11 in collaboration with Department of transfusion medicine PGIMER, and State blood transfusion cell, Chandigarh (2016, 2019)

Other Achievements

- Dr.M. Dhrakshayani was member of Editorial Board for International Journal of Applied Home Science. (An International Peer Reviewed Research Journal of Home Science till 2018)
- Dr.M. Dhrakshayani reviewed and edited articles for publication for the Journal Emphasis- A Journal of Social Sciences of Banarsi Dass Arya College, Jalandhar Cantt. (2018-2020)
- Presently guiding 4Ph.D students (2 students have completed RDC)

Student Achievements

- Ms. Anjali received third prize in the Inter college Cookery Competition held at Government Home Science College, Sector-10, Chandigarh on June 2nd 2022.

Best Practices Adapted

Health and Wellness Clinic: “Health and Wellness Clinic” was set up for the welfare of the students and staff of the college. Since its inception in September, 2017, it has successfully dealt with diet and lifestyle related problems of over 100 teaching, non-teaching staff members and students. The clinic aims at dietary counseling along with necessary lifestyle changes to meet the challenges of common physical, mental, and emotional problems especially among the young adult students.



Academic Events Organised

(Session: 2017-18)

INDEX

S.No.	Activity	Date
1	Talent Hunt	17 th August, 2017
2	Nutrition week celebration	5 th September, 2017
3	Youth and Heritage Festival	22 nd September to 25 th September, 2017 & 30 th October 2018

Talent Hunt

Talent Hunt Contest, open to whole college, was held on **17th August, 2017** in 17 events like Rangoli, Mehendi, Knitting, Crochet, Phulkari, Bagh, Pakhi weaving, Dasuti, and Heritage items. Around 60 students took part in these events. 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 allurement.



Principal and staff members judging the rangoli



Prize distribution to the winners

Nutrition week celebration

Department of Home Science observed Nutrition Week on **5th September, 2017**. The Nutrition Week Celebration included various events like Cookery Contest; preparation of Nutritious recipes and Poster Making Competition was held on the theme “Nutritious Breakfast for Overall Well Being”. A Lifestyle and Wellness clinic was also inaugurated by the principal. Around 50 students took part in the competitions with great enthusiasm. The winners were given prizes by the principal and their efforts were appreciated by the principal.



Principal and staff members judging the posters

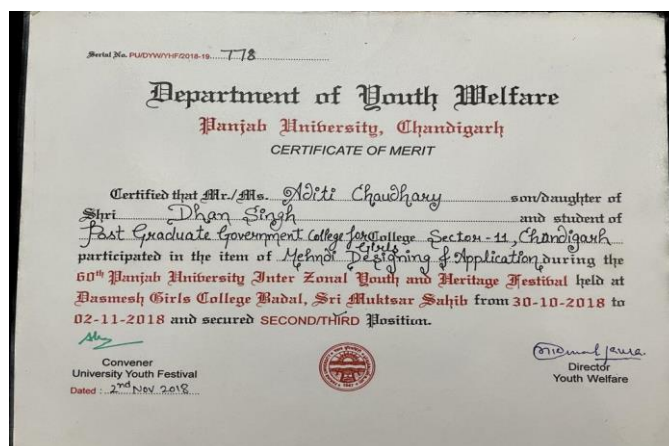


Principal Prof Anita Kaushal and staff members judging the dishes

Youth and Heritage Festival

Students of Home Science Department actively participated at Youth Festival from **22nd September to 25th September, 2017**. Talented and enthusiastic students participated in various categories/events i.e., Rangoli, Mehndi 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.	8348	Ms. Sunaina Jindal	Rangoli	1 st
2.	1316	Shivani	Knitting	1 st
3.	7329	Jaspreet Kaur	Mehndi Designing and Application	1 st
4.	862	Monika	Crochet Work	2 nd



Certificates of prize winning participants

(Session: 2018-19)

INDEX

S.No.	Activity	Date
1	Talent Hunt	24 th August, 2018
2	Nutrition week celebration	1 st September to 7 th September, 2018
3	Visit to Lab Nursery School	13 th September, 2018
4	Youth and Heritage Festival	3 rd October to 6 th October, 2018 & 30 th October to 2 nd November 2018
5	Cooking Workshop	7 th February to 8 th February, 2019

Talent Hunt

Home Science Department organized a talent hunt contest on **24th August, 2018**. The contest was in various events like Rangoli, Mehndi, 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 7th September, 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 from a distance and made the report of the same. There were 45 students in total who went for the visit. Staff members accompanied the students for the visit.

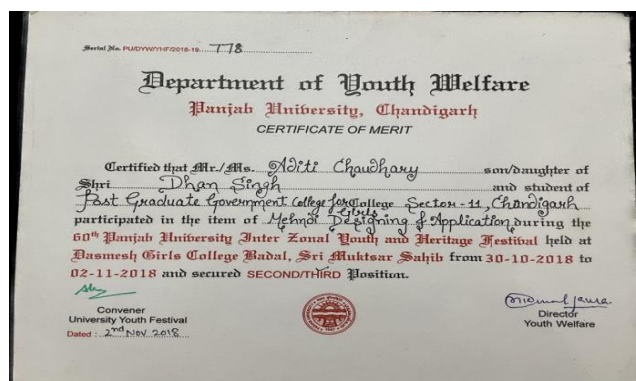
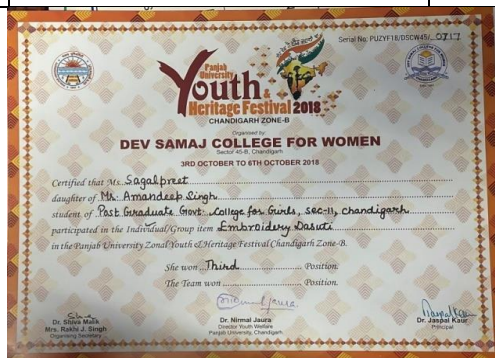


Staff member of Nursery school interacting with students

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 “Thukpa” 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

(Session: 2019-20)

INDEX

S.No.	Activity	Date
1	Talent Hunt	13 th August, 2019
2	Nutrition month celebration	1 st September to 7 th September, 2019
3	Youth and Heritage Festival	24 st September to 27 th September, 2019
4	Awareness on E-Learning programme by NIPCCID	8 th November, 2019
5	Tutorial on Eat Right India	1 st February, 2020
6	Demonstration of Tibetan cuisine	7 th February, 2019
7	Visit to Lab Nursery School	11 th February, 2020
8	Exhibition cum demonstration of latest sewing machine held by USHA international	18 th February, 2020

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 allurement.



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 along with 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. 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.

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1.	436	Anu Devi	Phulkari	2 nd
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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)



Awareness on E-Learning programme by NIPCCID

Conducted on **8th November, 2019** to create awareness regarding the various E-learning programmes conducted under the Digital India programme by the ministry. A talk was given by Dr. Mishra from NIPCCID, Mohali to provide guidance to the students for the selection of the various courses.



A glimpse of the E-learning programme



Visit to Lab Nursery School

27 students of BA III year were taken to Chaitanya Lab Nursery School, Home Science College on **11th February, 2020** for exposure to different teaching methods and functioning of Lab Nursery School.



Staff members and students along with the children of Lab Nursery



Demonstration of Tibetan cuisine

BA III year students participated in a one-day workshop on preparation of Nutritious Tibetan dishes i.e. momos, thukpa and chutagi on **7th February, 2019** held in the department.



Students taking part in the demonstration

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. Students and staff members of the college attended this tutorial meet.



Staff members for the tutorial meet

Exhibition cum demonstration of latest sewing machine held by USHA International

Exhibition cum demonstration was conducted on **18th February, 2020** for the students of 1st and 2nd year by the officials of the USHA international company.



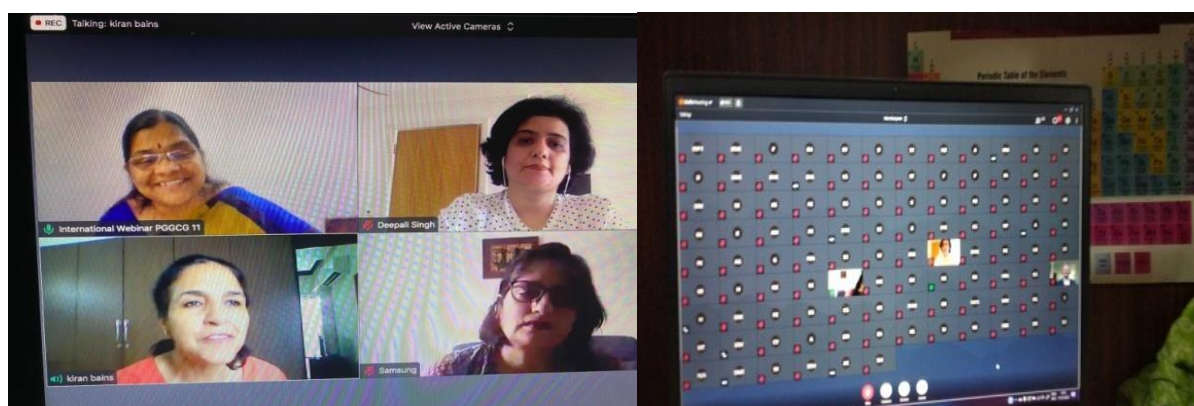
(Session: 2020-21)

INDEX

S.No.	Activity	Date
1	International Webinar on "Lifestyle Strategies to Combat Pandemic"	17th July, 2020
2	Celebration of National Breast feeding week	10 th August, 2020
3	Talk on “Importance of food groups in relation to Immunity”	1 st September, 2020
4	Online Quiz Competition	4 th September, 2020
5	Online Recipe Contest	8 th September, 2020
6	Nukkad Natak on the theme “ <i>Poshan Badhao Kuposhan Mitao</i> ”	16 th September, 2020
7	Poster Making Competition	23 th September, 2020
8	Plantation Drive of Immunity Boosters	30 th September, 2020
9	Interactive session with Alumnae	25 th February, 2021

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 Sayajirao University of Baroda, Vadodara was the second speaker (11:40 - 12:20 pm). Her topic was "Apparel in COVID: Do's and Don'ts". 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

**POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR – 11, CHANDIGARH**
Department of Home Science cordially invites Faculty and Students to a

International Webinar on "LIFESTYLE STRATEGIES TO COMBAT PANDEMIC"
on Friday July 17, 2020 11:00 AM – 12:30 PM (IST)

CHAIRMAN: PROF. (DR.) ANITA KAUSHAL
PRINCIPAL
P.G. GOVT. COLLEGE FOR GIRLS
SECTOR 11, CHANDIGARH

DR. KIRAN BAINS
Professor and Head,
Dept. of Food and Nutrition,
Punjab Agricultural University,
Ludhiana

DR. MADHU SHARAN
Professor and Head,
Dept. of Clothing & Textiles,
Maharaja Sayajirao University Of Baroda,
Vadodara

DR. DEEPAI SHARMA
Consultant
Manchester Global Foundation,
United Kingdom

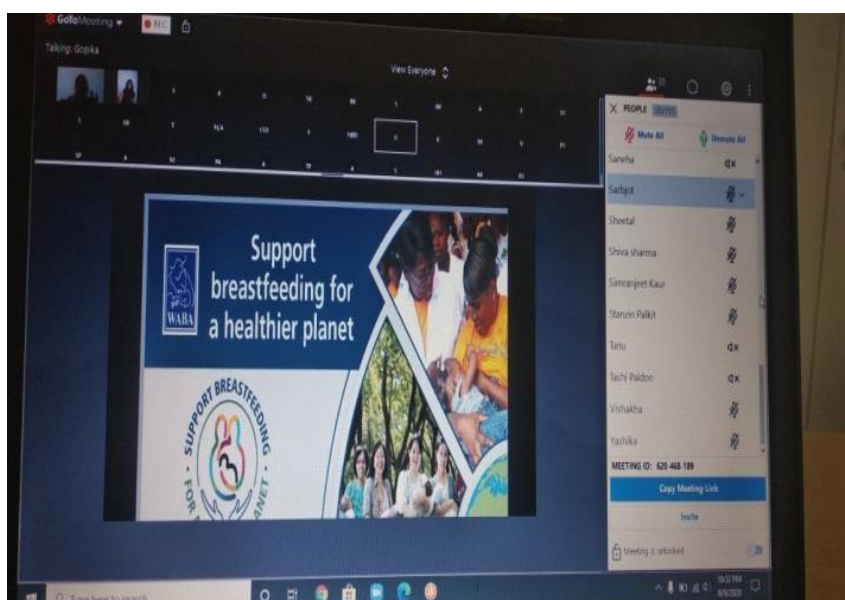
COORDINATOR: DR. M. SHEKHARANI
HEAD, DEPT. OF HOME SCIENCE
P.G. GOVT. COLLEGE FOR GIRLS
SECTOR 11, CHANDIGARH

PLATFORM – "GO TO MEETING"

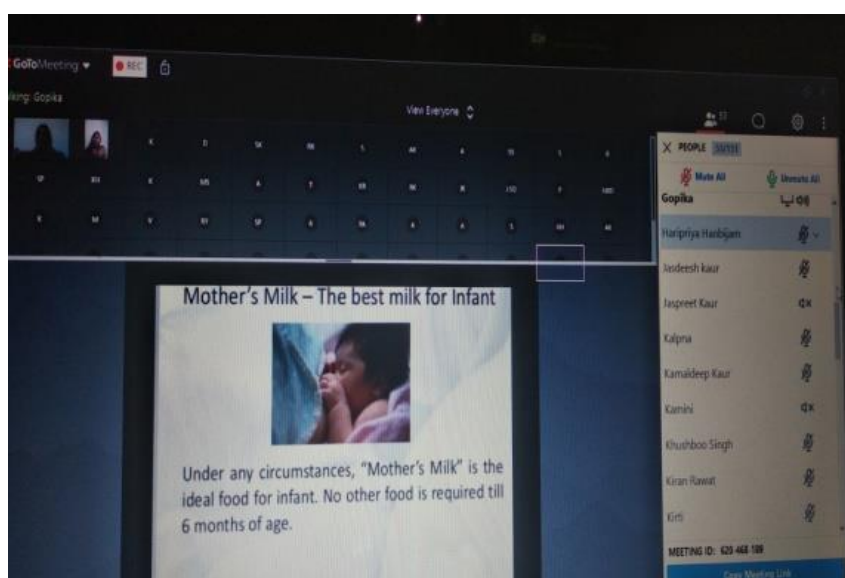
Registration Link : <https://forms.gle/aZcSHvXHZ5pSaPL8>

Celebration of National Breast feeding week on the theme

National breast-feeding week was celebrated on **10th 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.



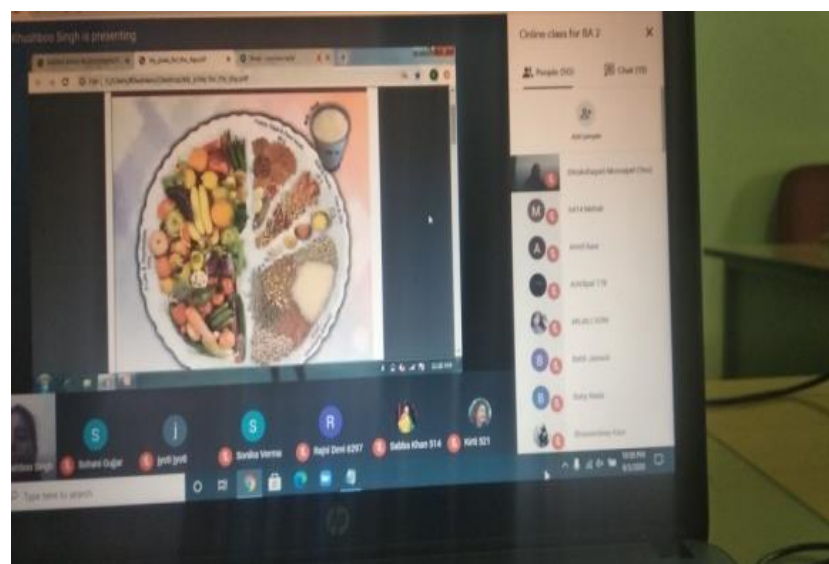
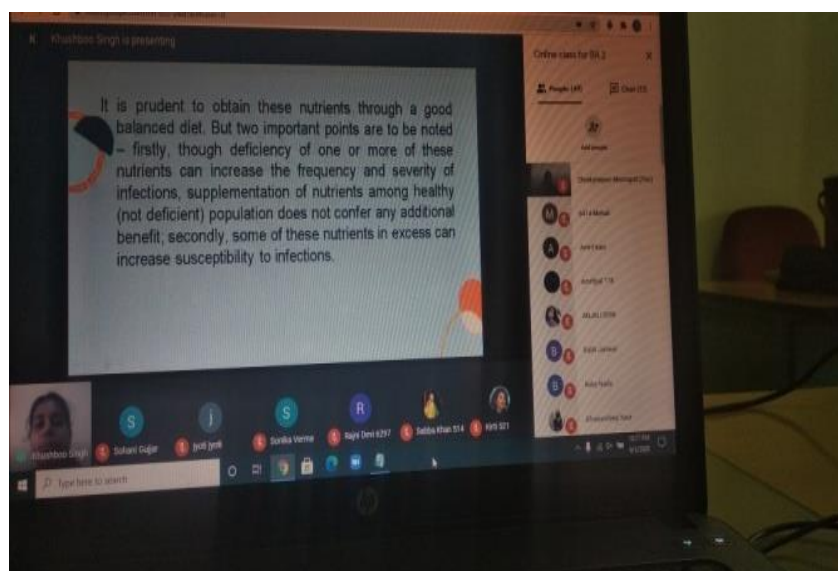
Participants attending the lecture



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 **1st 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.



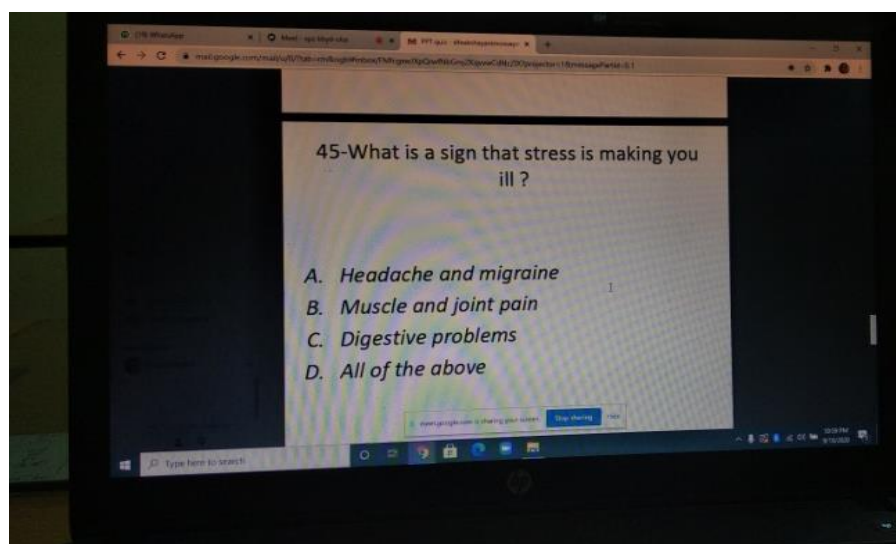
A Glimpse of the online lecture delivered

Online Quiz Competition

On National Nutrition Month (Rashtriya Poshan Maah) an Online Quiz Competition was organized on **4th 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

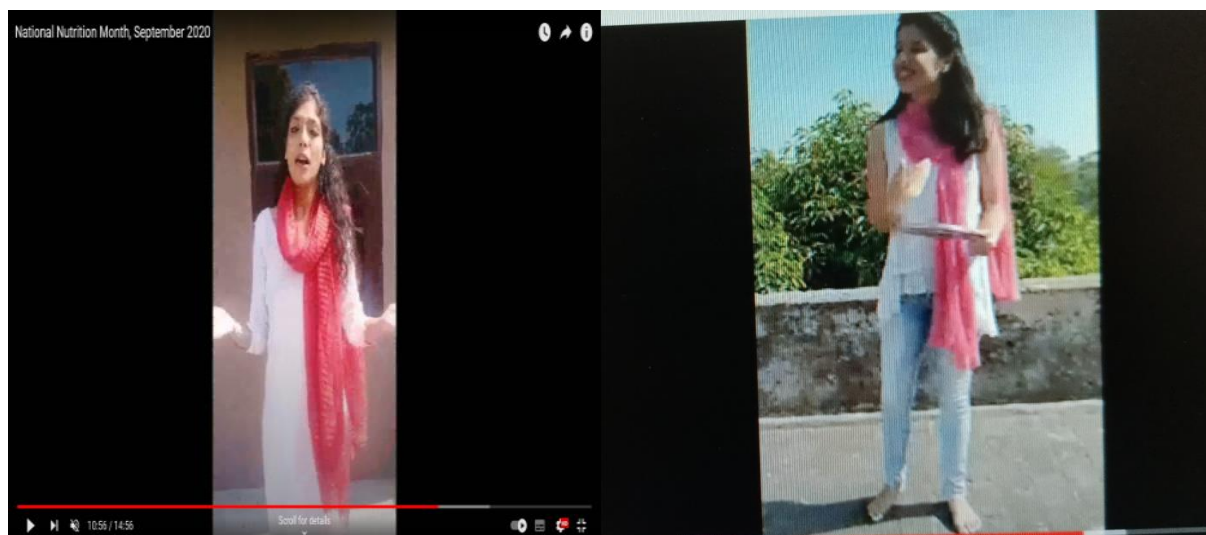
On the occasion of the National Nutrition Month (Rashtriya Poshan Maah) online Recipe Contest was organized from **8th September, 2020**. The theme of the competition was “Nutritional Snacks”. Around 45 students took part in this competition.



Nukkad Natak on the theme “*Poshan Badhao Kuposhan Mitao*”

On National Nutrition Month (Poshan Maah), Department of Home Science organized Nukkad Natak on **16th September, 2020**. The main objective of the event was to spread awareness among 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 conveyed how to prevent and reduce under nutrition among young children, adolescent girls and women.

Documentation Link: <https://youtu.be/s3KqIgVaI5Q>



Poster Making Competition

Poster making competition was organized for the students of PGGCG-11 on **23th September, 2020** from 10:00-12:00 pm. This competition was a part of celebration of National Nutrition Month (Poshan Maah). The theme of the competition was “Healthy Diet”. The aim of the competition was to create awareness towards healthy diet. Students showcased their artistic skills 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 **30th 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



Interactive session with Alumnae

Home Science department of Post Graduate Government. College for Girls, Sector-11, Chandigarh, organized Interactive Session with Alumnae on 25th February, 2021. The platform used was google meet, (<https://meet.google.com/oyx-swxm-trk>) the session was from 11:00 am to 12:30 noon. The speakers invited were Ms Nikhar (2014 passout) and Ms Gayatri Batta (2016 passout). Ms Nikhar is a philanthropist and a kathak performer, she runs a organization named NA Cultural Society, Chandigarh. This society is started with the vision of spreading awareness and showcasing our culture. She spoke on the topic “Home Scientist as an Entrepreneur” during the first half of the session. She made the students aware about the different prospects of Home science. Ms Gayatri Batta spoke on the topic “Mental Health and Happiness”. Ms Gayatri is a special educator cum counselor at Chitkara International school Chandigarh. She discussed with the students the importance of mental well being. She also gave an insight on how to find one’s own happiness and positive approach towards life. All the students of B.A. Home science participated in this session.



The poster features a green and yellow color scheme. At the top left is a logo with a tree and the text 'COURAGE TO KNOW'. The main title is 'POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS, SECTOR-11, CHANDIGARH'. Below this is 'DEPARTMENT OF HOME SCIENCE' and 'Cordially invites you for an INTERACTIVE SESSION With Alumnae.'. Two speaker profiles are shown: Ms. Gayatri Batta, Special Educator cum School Counsellor, with the topic 'Mental Health and Happiness'; and Ms. Nikhar, Philanthropist and Kathak Performer, with the topic 'Home Scientist as an Entrepreneur'. At the bottom, it provides the date '25 February 2021, Thursday', time '11 A.M. onwards', and the Google Meet link 'https://meet.google.com/oyx-swxm-trk'.

Glimpses of he Event



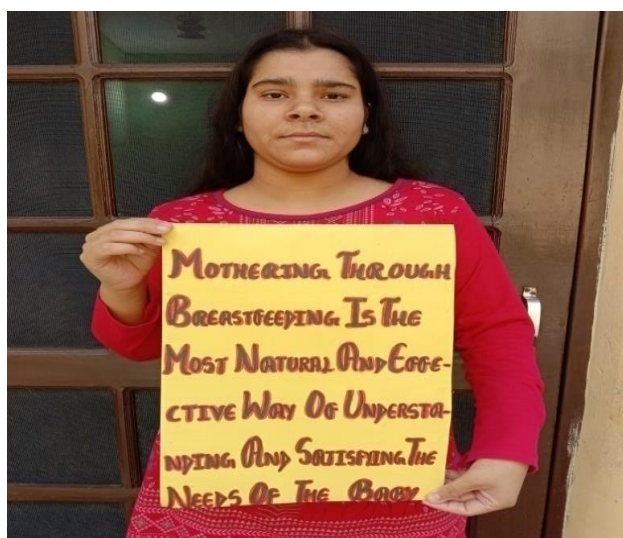
(Session: 2021-22)

INDEX

S.No.	Activity	Date
1	Slogan writing competition on the occasion of National breastfeeding week	1 st August to 10 th August, 2021
2	National Nutrition Month Celebration	
	<ul style="list-style-type: none">• Inter College Cookery competition	1 st September to 10 th September, 2021
	<ul style="list-style-type: none">• Inter College Poster competition	1 st September to 10 th September, 2021
	<ul style="list-style-type: none">• Online Paper Reading Contest	10 th September to 15 th September, 2021
	<ul style="list-style-type: none">• Interactive session and talk	17 th September, 2021
	<ul style="list-style-type: none">• Demonstration of Nutritious recipes	27 th September, 2021
3	Tree plantation drive by NSS volunteers and students	1 st September to 30 th September, 2021
4	Youth and Heritage Festival	22 nd November to 26 th November, 2021 14 th December to 18 th December, 2021
5	Webinar in Celebration Of National Girl Child Week	24 th January, 2022
6	Slogan writing competition in Celebration Of National Girl Child Week	24 th January, 2022
7	Interactive session and talk on International Women's Day	8 th March, 2022
8	Cookery Competition	26 th April, 2022
9	Visit to Lab Nursery School	29 th April, 2022

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 1-10th, 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 breastfeeding to the community at large. 35 students of Home Science participated in this competition enthusiastically.



Students participated in Slogan Writing 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 to 30th, September.



2 of 3

**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. Dhrakshayani
Head
Dept. of Home Science

Patron
Prof.(Dr.) Anita Kaushal
Principal
PGCGG-11, 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 format ONLY**
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>

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

Inter college 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.



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 Science students showed active participation. The dish demonstrated was “kinnow cake”. The activity was conducted under the supervision of Dr. M. Dhrakshayani (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

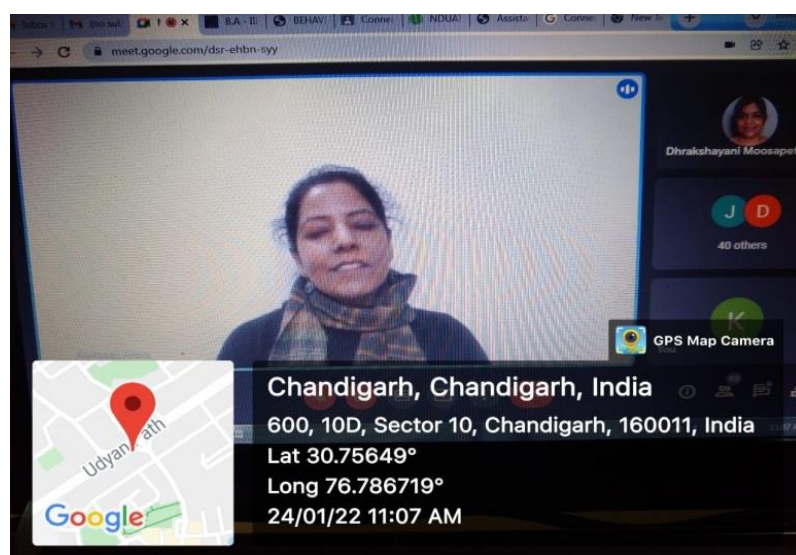
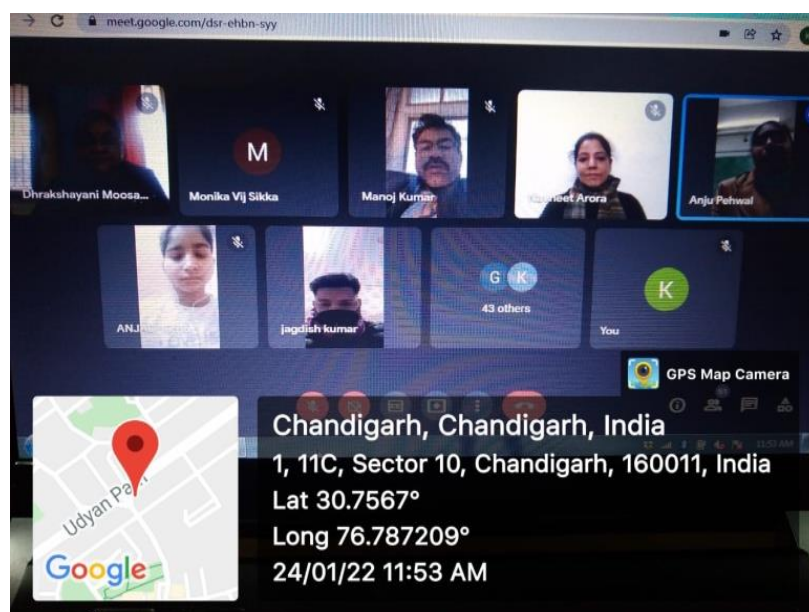
Students of Home Science Department actively participated at Youth Festival from **22nd to 26th November 2021**. Talented and enthusiastic students participated in various categories/events i.e. Rangoli, Mehendi designing and application, Knitting, Crochet work, Phulkari, Cross stitch and Pakhi making. 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



Webinar in 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

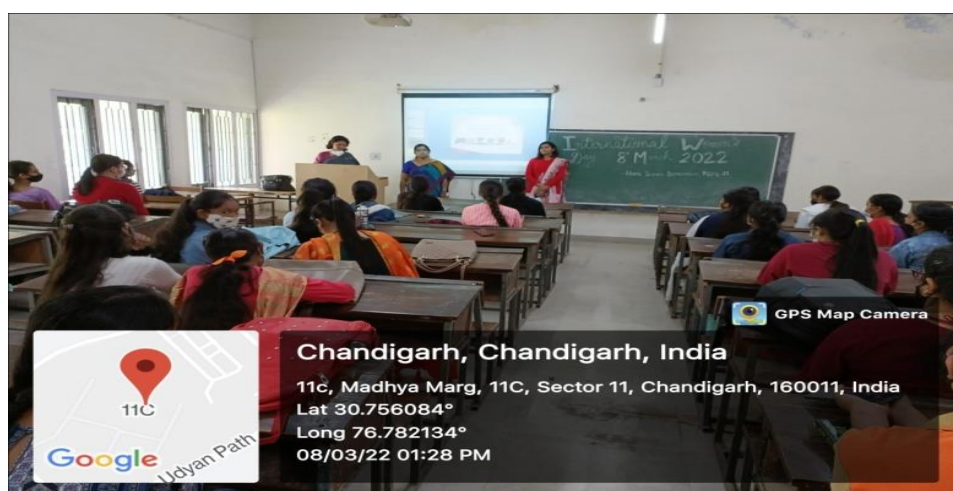
Slogan writing competition was conducted on the theme “Survival and Protection of Girl Child” on **24th January, 2022** for which 100 students from various streams of the college participated and sent their Geo-tagged photographs. The students have given their views about saving the girl child through 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 from a distance and made the report of the same. There were 40 students in total who went for the visit. Dr. Khushboo Singh (Deptt of Home Science) accompanied the students.



Students along with the children and staff of Nursery school



Faculty Profile

Dr. M.Dhrakshayani



Qualification: M.Sc., PhD, UGC NET, SLET

Areas of specialization: Home Science

(Human Development and Family Studies)

Classes taught: All undergraduate classes

Subject Wise:

- B.A. 1st and 2nd Semester (Home Management, Hygiene and Psychology)
- B.A. 3rd and 4th Semester (Clothing and Textile)
- B.A. 5th and 6th Semester (Foods and Nutrition)

Departmental Duties:

- As H.O.D. Home Science making timetable, workload, requisition of teaching/lab staff. Organizing Intra and Inter College Activities inclusive of financial decisions.
- Upkeep and maintenance of Labs.
- Getting stock checking done annually.

College Duties:

- Member of the Hospitality Committee.
- Convener of the Youth Festival for Home Science Events.
- In charge of BA First year attendance shortage committee.
- Member of Admission Committee during admissions.
- Coordinated Month long activities of Poshan Maah September -2022.
- NSS Programme Officer till 2019
- Handling proctorial and tutorial duties

Examination Duties:

- Setting question papers for B.A, B.Sc, M.Sc Home Science, Advance diploma courses, Certificate courses and Add-on-courses.
- Setting Question Papers of Panjab University and evaluated the answer sheets of Panjab University Examination
- Setting question papers for Guru Nanak Dev University
- Internal and external examiner for PU practical exams of UG classes.
- Centre Superintendent and Deputy Superintendent of Punjab University Exams.

Other Duties:

- Appointed as local Inspecting officer by The Principal secretary Home, Chandigarh Administration for conduction of Civil service preliminary and CDS exam.

Details of Training Programmes:

- Attended seven days Multidisciplinary Faculty Development Programme at Sri Guru Gobind Singh College, Sector-26, Chandigarh from 25th February to 4th March 2017.
- Attended “Orientation training for NSS programme officers” at Rajiv Gandhi National Institute of Youth Development, Regional Centre in collaboration with National Service Scheme from 30th January to 5th February, 2017.
- Attended RUSA sponsored seven days Training Workshop on “Research Methodology: Emerging Trends” Organized by Dept. Of Higher Education, Chandigarh, from 28-11-2015 to 04-12-2015 at P.G.G.C.G-42, Chandigarh.

List of International Publications

- Dhvakshayani M. (2017) Issues and Concerns of the Elderly. Journal of Advances and Scholarly Researches in Allied Education, Ignited Minds Journals (An International Peer Reviewed Journal) Vol 13, (2). pp.700-702 E-ISSN 2230-7540
- Dhvakshayani M. (2016). Social inclusion of older people-The need of the society. Imperial Journal of Interdisciplinary research. (An International Peer Reviewed Referred Journal) Vol 2 (16), pp 1418-1420. ISSN 2454-1362.
- Dhvakshayani M. (2016) A Meta-Analytic study of exam reforms in Indian Universities. International Inventive multidisciplinary journal (An International Peer Reviewed Referred Journal) Vol-IV, (VIII) pp: 34-39. ISSN 2348-7135.
- Dhvakshayani.M.(2015). Teachers E-Teaching Capabilities in Higher education. International Journal of Applied Home Science (An International Peer Reviewed Research Journal of Home Science) Vol 2 (9&10), September & October (2015): pp 311- 315. ISSN 2394-1413 Hind institute of science and technology, Muzaffarnagar.
- Dhvakshayani.M. (2015) Traditional Methods vs. Smart classrooms: An Integrated approach towards early childhood education. International Journal of Applied Home Science. (An International Peer Reviewed Research Journal of Home Science) Vol 2 (7&8), July & August (2015): pp 257-263. ISSN 2394-1413. Hind institute of science and technology, Muzaffarnagar.
- Dhvakshayani.M. (2015) Father-child-interaction with their preschool children. Asian Journal of Home Science (An International Refereed Research Journal), June 2015, 10(1): 245-249. Muzaffarnagar. ISSN 0973-4732.
- Dhvakshayani.M. (2015) Mothers Perception of father’s involvement in child care. International Journal of Applied Home Science. (An International Peer Reviewed Research Journal of Home Science) Vol 2 (3&4), March & April (2015). pp 100-106. ISSN 2394-1413 Hind institute of science and technology, Muzaffarnagar

- Dhvakshayani.M. (2013) A standardized attitude scale: Fathers attitude towards child care. Nav Jyoti (An International Refereed Research Journal) Vol. 1, No.5, July- December 2013. pp.35-38. ISSN: 2249-7331. Srijan Samiti Publication, U.P

National Publications:

- Dhvakshayani. M. (2017) Impact on Fathers due to their involvement in child care. SodhPatrika, Sanskar Chetna. (Peer Reviewed Journal) pp: 11-16 Vol 7(II) ISSN 2347-4041.
- Dhvakshayani. M (2016). Future trends and Prospects in Home Science. Sodh Patrika,Sanskar Chetna. (Peer Reviewed Journal) pp: 27-32 Vol 12(II) ISSN 2347-4041.
- Dhvakshayani.M. and Neelam. K. (2016). Perceived aspirations of Adolescents in cultural context. Sodh Patrika, Sanskar Chetna. (Peer Reviewed Journal) pp. 09-13 Vol 12(II) ISSN 2347-4041
- Dhvakshayani.M (2015). Role of social and training partners in skill development of youth-How did it work? Gian Jyoti e-Journal, Vol 5, Issue 1 (Jan-Mar 2015) pp. 11-19.
- Dhvakshayani.M (2014). Father's attitude towards child care. Intellectual Quest (A peer reviewed research e-journal of Humanities and social sciences) Vol 2, Dec 2014, pp. 55- 67.
- Dhvakshayani.M (1998). Science experiences for Preschool children. Journal for Indian Council for Child Welfare. Vol.5(1&2) pp 74-78.
- Rayalu T.R. and Dhvakshayani. M (1995). Science experiences for Pre-school children on plants, light and heat phenomenon. Journal of Avinash lingam Institute of Home Science and Higher Education for Women Deemed University. Vol.5, (4) pp.182-185.

Edited Book

- Dhvakshayani.M (2017) The Art of Parenting: Understanding Your Style. ISBN :978-93-91395-17-9, Anubhav Publishers and Distributors, New Delhi

Paper published in Edited Book

- Dhvakshayani.M (2020) "Higher education in Indian socio-economic context" in edited book "*Emerging Paradigms in Higher Education*" pp:266-68. ISBN: 978-81-93991-67- 1, Mahindra Publishing House, Chandigarh.

- Dhvakshayani.M. (2020) “Community counselling- A novel approach towards stress free society”. In Proceedings of National Seminar sponsored by College Development Council, Punjab University, Chandigarh. on *Home Science: Nurturing innovations and skill development* pp:169-172. ISBN: 978-81-93991-68-8 Mahindra Publishing House, Chandigarh.
- Dhvakshayani.M (2015). Role of parents to provide for their children’s rights. In Edited proceedings of UGC sponsored National seminar on *Human Rights. Series II* pp:176-181. ISBN: 978.93.85446.79.5 Twenty-first Century Publications, Patiala.
- Dhvakshayani.M (2015). Malnutrition among children: Violation of human right for adequate food and nutrition. In proceedings of UGC sponsored National seminar on *Human Rights of Marginalizes groups: Understanding and rethinking strategies.* pp:297-303. ISBN: 978.93.85447-10-3 Twenty-first Century Publications, Patiala.

Papers Presented at International, National Seminar/Conference/Workshops

- Presented a paper on ‘Community counselling- A novel approach towards stress free society’ on 20th February 2020 in a National Seminar sponsored by College Development Council, Punjab University, Chandigarh on ‘Home Science: Nurturing innovations and skill development’ organised by Government Home Science College, Sector-10, Chandigarh.
- Presented a paper on ‘Higher education in Indian socio-economic context’ on 14th February 2020 by a NAAC sponsored National Seminar on ‘Quality Enhancement in Higher Education’ organised by Government Home Science College, Sector-10, Chandigarh.
- Presented a paper on ‘Case studies of women entrepreneurs in informal sector’ on 28th March 2019 at ICSSR sponsored National Seminar on Informal Employment in India- Issues and challenges’ held at PGGCG-11, Chandigarh.
- Presented a paper on ‘Social inclusion through Higher education in India-Issues and challenges’ on 26th March 2019 at ICSSR sponsored National Seminar on Social Inclusion and Social Equality through Education (with reference to North West Indian states) held at PGGCG-11, Chandigarh
- Presented a paper titled “Status of women: Aristotle Views Vs. 21st Century trends” At a national seminar on “Aristotle and his good life” Organized by Post graduate government college for Girls, Sector-11, Chandigarh on March 29th 2017.
- Presented a paper titled “Lack of Sleeplessness: A lifestyle disorder among youth” at a national seminar on “Prevalence of life style related disorders among youth: A high time to act” Organized by Government College for Girls, Sector-14, Panchkula on March 7th, 2017.

- Presented a paper titled “Home Science Components vs. Women Entrepreneurship programmes” at a National seminar on “Modern trends in Home Science: Issues and concerns” organized by Government Home Science College, Sector-10, Chandigarh on February 21st, 2017.
- Presented a paper at ICSSR sponsored National Seminar on “From social exclusion to inclusion among older people” Organized by Post graduate government college for Girls, Sector-11, Chandigarh on 5th August 2016.
- Presented a paper at ICSSR sponsored two-day National Seminar on “The neglected Human rights of school children – Honor them” Organized by Post graduate government college, Sector-46, Chandigarh from 11th to 12th March 2016.
- Presented a Paper at 2nd International and 4th Indian Psychological Science Congress, titled “Fathers wellbeing and role strain due to their involvement in child care” organized by National Association of Psychological Science, India from 8th to 9th October, 2015.
- Presented a Paper at a NAAC sponsored 2-day National Seminar on the topic “Teachers e-competencies in facilitating learning through e-teaching” at Kanya Maha Vidyalaya, Jalandhar, on September 18-19, 2015.
- Presented a Paper at ICSSR sponsored National Seminar on “Enhancing the quality of higher education through examination reforms” organized by Shree Satya Sai B.Ed. College from 30th to 31st August 2015.

Participation at National Seminar/Conference/Workshops

- Participated in the National level Webinar on ‘Undertaking Qualitative Research: An Insight into Different Methods ’on 5th September, 2020, organized by Chandigarh Government College Teachers Association.
- Participated in a National level Webinar on ‘Environment, Development and Covid-19: Some Reflections from Indian Perspectives ’on 29th July 2020, organized by Post Graduate Government College for Girls Sector-42, Chandigarh.
- Participated in a National level Webinar on ‘Amendments in Income Tax (pre & post) COVID-19 on 24th July, 2020 organized by the PG Department of Commerce & Management, Prem Chand Markanda S.D. College for Women, Jalandhar.
- Participated in a Webinar on ‘From Quality Assurance to Quality Enhancement: A Transformation Perspective’ on, 19th July 2020, organized by Chandigarh Government College Teachers Association.

- Participated in a National level webinar on ‘Indian Parliamentary System: Structure and Functions’ on 15th July, 2020 organized by the Dept of Public administration, S.D. College, Barnala.
- Awarded with Certificate of Appreciation for participation in Webinar on ‘use of Anti-Plagiarism Software in Teaching & Research’ hosted by the association of Chandigarh Government College Teachers Association on 31st May, 2020
- Participated in RUSA sponsored Workshop on ‘Hygiene Management among adolescence’ from 12th to 13th September, 2018 held at PGGCG-11, Chandigarh
- Participated in RUSA sponsored Faculty Development Workshop on ‘Sustainable and Harmonious Development in India: Issues and Challenges’ on 24th January, 2018 held at PGGCG-11, Chandigarh
- Participated in RUSA sponsored Faculty Development Workshop on ‘Research Ethics, Plagiarism and Quality Research papers’ on 18th November, 2017 held at PGGCG-11, Chandigarh.
- Participated in 7 days NSS camp held under the theme Unnat Bharat Abhiyaan from 28-09-2017 to 04-10-2017 at PGGCG-11, Chandigarh.
- Participated in Capacity building workshop on “Language Difficulties: Leading to social disability” sponsored by RUSA, Chandigarh, organized by Department of Psychology at Post graduate government college, Sector-11, Chandigarh on March 16, 2017.
- Participated in Capacity building workshop on “Digital economy and cyber security” held at Post graduate government college for Girls, Sector-11, Chandigarh under the aegis of State Higher Education Council, Chandigarh on 20-01-17.
- Participated in 7 days NSS camp held under the theme Clean, Green and Digital India from 26-12-2016 to 01-01-2017 at PGGCG-11, Chandigarh

Resource Person

- Invited as a resource person at Govt. Model Sr. Secondary School, Sector-23A, Chandigarh to deliver a lecture on “Psycho-social problems among adolescence” under Unnath Siksha Abhiyan on 25-02-2019.
- Resource person for the 1st workshop on Awareness generation and dissemination of knowledge and skills about recent advances in Nutrition and Food safety, organized by School of Public Health, PGIMER in collaboration with University Institute of Hotel and Tourism Management, Panjab University, Chandigarh from 8th to 11th February, 2016.

- Resource person for the 1st workshop on Awareness generation and dissemination of knowledge and skills about recent advances in Nutrition and Food safety, organized by School of Public Health in collaboration with National Institute of Nursing Education, PGIMER, Chandigarh from 12th to 15th October, 2015.

Awards and Recognitions

- Received certificate of achievement for dedication, excellence and selfless service in the field of education on February 12th 2023.
- Received Certificate of excellence as an esteemed teacher for the hard work, dedication, sacrifice and care given to all students by Shaheed Bhagat Singh NGO (Punjab) on 5th September, 2022.
- Received Certificate of appreciation for the work done during Covid- Corona Warriors by MHA, Shaheed Bhagat Singh NGO (Punjab) for the year 2020-21.
- ***Received First Prize for the Best Poster Presentation*** - Titled “Lack of Sleeplessness: A lifestyle disorder among youth” at a national seminar on “Prevalence of life style related disorders among youth: A high time to act” Organized by Government College for Girls, Sector-14, Panchkula on March 7, 2017.
- Received certificate of appreciation for motivating blood donors for the blood donation camp organized by PGGCG-11 in collaboration with Department of transfusion medicine PGIMER, and State blood transfusion cell, Chandigarh (2016, 2019)

Other achievements

- Member of Editorial Board for International Journal of Applied Home Science. (An International Peer Reviewed Research Journal of Home Science)
- Reviewed and Edited articles for publication for the Journal Emphasis- A Journal of Social Sciences of Banarsi Dass Arya College, Jalandhar Cantt.
- Presently guiding 4 Ph.D. students (2 students have completed RDC).

Ms. Gopika Balakrishnan

Designation: Associate Professor

Qualification: M.Sc. in Home Science, UGC(NET)

Area of Specialization: Foods and Nutrition

Teaching Experience: 32 Years

Classes taught: All undergraduate Home Science classes

Subject Wise:

- B.A. I (Home Management, Hygiene and Physiology)
- B.A. II (Clothing and Textile)
- B.A. III (Foods and Nutrition)



Work Experience:

- Jan 1991 to Sept 1993
Guest Lecturer in Foods and Nutrition at Govt. Home Science College Chandigarh, taught UG and PG classes and guided PG students in M.Sc. dissertation.
- July 1991 to Dec.1993
Guest Lecturer in Food Science at Dr. Ambedkar Institute of Hotel Management
- 3rd Jan 1994 to present
Worked as Asst. Prof. And Associate Prof in Home Science at various colleges in Haryana and Chandigarh

Professional Training:

- Attended three refresher and one orientation course conducted by Academic Staff College, Panjab University
- Attended workshop conducted by HARTRON Govt. of Haryana under Gyan Jyoti Scheme for Computerization of Institutes of higher Learning.
- Attended E-Content development workshops conducted by Dept. Of Higher Education Chandigarh.
- Attended computer training course conducted by SPIC Chandigarh.

Professional Experience:

- Taught various subjects related to Home Science at UG and PG level.
- Guided students to participate in various curricular and extracurricular programs.
- Helped the College administration in smooth functioning of various aspects of teaching, examinations, student welfare and maintaining infrastructure.

Dr. Khushboo Singh

Designation: Assistant Professor

Qualification: Ph.D. in Food and Nutrition

Area of Specialization: Food and Nutrition,
UGC (NET-JRF)

Classes taught: All undergraduate Home
Science classes **Subject Wise:**



- B.A. I (Family Resource Management, Health, and Hygiene)
- B.A. II (Clothing, Textiles and their care)
- B.A. III (Food, Nutrition and Child Development)

Topic of Ph.D Thesis- “Nutritional and Antioxidant potential of Pomegranate by-products for development of functional foods”.

Teaching Experience:

Three years of teaching Under Graduate classes.

Awards:

Awarded with Netherlands Fellowship Programme (NFP-2017)

Resource Person:

Delivered two lectures during Job Training Course for Child Development Project Officers on 20th January, 2020 at NIPPCID, Mohali.

Duties assigned and performed:

- External and internal examiner for Punjab University practical exams of undergraduates.
- Member of time table committee.
- Member of BSc-Non medical admission committee.
- Invigilation duties during Punjab University examination.
- Member of decoration committee on Sports day.
- Guiding students for Youth Festival.
- Row Incharge during Annual Convocation ceremony.
- Handling tutorial duties.

Non Teaching Profile

Mr. Kuldeep Singh Negi (Junior lecture assistant)

1. Maintaining Stock Register of Store and all three Labs.
2. Maintaining and keeping the Library Books record.
3. Purchasing of Lab equipment and material for routine practical.



Mr. Jagdish Kumar (Lab. Attendant)

1. Cleanliness of Lab- I ,II & II.
2. Maintenance of all equipment.
3. Supporting staff in House and Annual examination.



Home science Non-Consumable Stock

Sr No	Name Of Article	Page No	In Stock
1.	Aluminum Colander	4	10
2.	Animal Biscuit Cutter	5	2
3.	Buckets (Plastic)	7	6
4.	Basins (Plastic)	8	6
5.	Butter Cutter	12	2
6.	Butter Knife	13	2
7.	Button Whole	14	1
8.	Book Case	15	2
9.	Cupboard wooden	19	3
10.	Chandole Stainless Steel	20	1
11.	Chandole Stainless steel Large	21	1
12.	Chips Cutter	24	3
13.	Cork Screw	25	1
14.	Coffee Spoon	26	6
15.	Degchies Steel (5 big with lids & 4 small With 3lids)	20	9
16.	Degchies Aluminum	31	2
17.	Dinner Plates Steel	33	6
18.	Desert Knife and Table Knife	35	7
19.	Desert Spoon and Service Spoon	36	20
20.	Desert and Table Fork	37	21
21.	Drying Roller	39	19
22.	Dongas Mettle	40	4
23.	Egg Scoop	49	1
24.	Fruit Knife	52	3
25.	Gas Cylinder	55	4
26.	Glasses Stainless Steel	58	10
27.	Grater & Seril	59	5
28.	Ice Cream Spoon	66	12
29.	Idli Maker	67	7
30.	Jug Steel	69	2
31.	Karahi (Iron)	71	1
32.	Karahi (Brass & Aluminum)	72	16
33.	Karahi Brass (Two Sizes)	73	16
34.	Katories (Kauli)	74	30
35.	Knife Sharpner	77	1
36.	Kitchen Knife	78	32
37.	Measuring Cup (1 tin	84	9
38.	Notice Board	87	1
39.	Paltas	92	9
40.	Pastry Cutter	93	2
41.	Potatoes Peeler	94	19
42.	Potato Masher	95	4
43.	Pastry Tong	97	2
44.	Partition Box	98	4
45.	Plass/Plier	99	1

46.	Pinking Scissors	100	4
47.	Register	105	38
48.	Rice Palta	106	1
49.	Rice Strainer	107	4
50.	Sewing Machine	108	20
51.	Salt Spoon	115	6
52.	Soup Spoon	116	18
53.	Wire Toaster	143	5
54.	Screw Driver	118	4
55.	Steel Bowl	121	6
56.	Tub	122	1
57.	Tiffin Big	124	2
58.	Toaster Rack	124	2
59.	Thals (10 Brass 10 Steel)	127	20
60.	Thermos	128	1
61.	Tomato Slicer	129	11
62.	Tea Spoon	130	8
63.	Table Spoon	131	121
64.	Trunk	132	1
65.	Tracing Wheel	135	6
66.	Thimble	136	6
67.	Sewing Machine (Fashion Maker)	147	2
68.	Wire Cake Rack	141	2
69.	Bread Knife	144	1
70.	Solar Cooker	145	1
71.	Hand Mixer	146	1
72.	Hand Blender	151	2
73.	Computer Set & UPS	152	1
74.	Human Charts	153	14
75.	Inalsa Sleer Silver (Chopp)	154	2
76.	Inalsa OTG prochef	155	2
77.	Inalsa MG Companion	156	2
78.	Launchemax SST Grill	157	1
79.	Inalsa rice Cooker 40A	158	2
80.	Inalsa Electric Iron Jewel	159	2
81.	Pearl Iron	160	2
82.	Electric Tandoor	161	1
83.	Inalsa Primium Inox	162	1
84.	Inalsa Cook Top Harmony (4 Burner)	149	6
85.	Inalsa Cook Top Harmony (4 Burner)	163	4
86.	Gas Lighter	164	3
87.	Ironing Board	165	4
88.	Weight Scale	166	2
89.	Cloth Rack	167	2
90.	Vegetable Trolley	168	2
91.	Sprout Maker	169	2
92.	Hand Mixer	171	2
93.	Steel Milk Pan	172	1
94.	Cake Tins no 3	173	6
95.	Cutlery Set S/S white	174	1

96.	knife Imp B/K Small	175	11
97.	Soup Strainer-4 Tea Strainer-1 Plastic Tea Strainer- 1 Steel	176	6
98.	Tray Dolphin Wave Big	177	2
99.	Microwave Oven	148	3
100.	Bharat Full Harmony 140 each	178	12
101.	Treo Mixing Bowl	179	5
102.	6 Bowls ocean	179	6
103.	Bharat Quarter Harmony 70 each	181	12
104.	Shapes White Dot Dinner Fork	182	2
105.	Shapes White Dot Dinner knife	182	2
106.	Shapes White Dot Tea Spoon	182	2
107.	Shapes White Dot Dinner Spoon	183	2
108.	303-16 tray	184	2
109.	Lumanace Jug Troli 23364	185	1
110.	Kashco Tawa symp 280mm-630	187	1
111.	Nirlep Fry Pan Joy 22-596	188	2
112.	Acc Lighter	189	1
113.	Chimney	192	1
114.	Food Processor	193	2
115.	Karahi (Non-Stick)	195	5
116.	Electric Kettle (Plastic)	199	1
117.	Aquagaurd	200	1
118.	Microscope	204	2
119.	Atta Chani	202	1
120.	Steel Lid	203	5
121.	Industrial Machine with stand	194	2
122.	Unbranded True Domestic microwaveOTG	190	2

Departmental Library Books

S.NO.	ACC. NO.	TITLE	AUTHOR
1	149	Teach Yourself Home Nursing	Marry Hutton
2	183	Growth and Development	McGrow Hill Book Co.
3	293	Elementary Physiology	Bihari Lal Bhatia and Premnath Suri
4	301	Basic Processes And Clothing Construction	Sherie Doongaji , Raushni Deshpande
5	302	Basic Process and Clothing Construction	Sherie Doongaji and Raushni Deshpande
6	303	Basic Processes And Clothing Construction	Sherie Doongaji , Raushni Deshpande
7	304	Basic Process and Clothing Construction	Sherie Doongaji and Raushni Deshpnde
8	384	Child Development	Elizabeth B. Hurlock
9	564	Management For Modern Families	Irma H. Gross and Elizabeth Walbert Crandall
10	645	Food, Nutrition And Diet Therapy	Marie V. Krause
11	649	Nutrition In Action	Ethel Austin Martin
12	799	Management In Family Living	Nickell Dorsey
13	938	The Complete Book Of Flower Arrangement	F.F. Rockwell and Esther C. Grayson
14	942	Household Knowledge	Jane Gordon
15	953	Designs For Hand Decorating	David P. Flam
16	988	Dried Flowers For Decoration	Violet Stevenson
17	1045	Embroidery Book	Peaff

18	1124	Elementary Physiology	Bihari Lal Bhatia and Premnath Suri
19	1132	A Student's handbook of Housewifery	A. Margaret Kaye
20	1136	A Student's handbook of Housewifery	A. Margaret Kaye
21	1137	Household Textiles And Laundry Work	Durga Deulkar
22	1152	The Modern Woman's Medical Guide	Lord Horder, Joan Manneson, Gladys Cox
23	1154	The Practical Home Handywoman	Odhams Press Limited
24	1155	Practical Gardening and Food Production in Pictures	Richard Sudell
25	1156	Modern Cookery Illustrated	Lydia Chatterton
26	1157	Household Management	Odhams Press Limited
27	1162	Gifts You Can Make Yourself Illustrated	Odhams Press Limited
28	1166	Home Needle Craft	Dorothy M. Cox
29	1173	Practical Cookery For All	Blanche Anding, Gweneth Chappell, Lydia Chatterton, Jessie Lindsay, Andre Simon, Josephine Terry, Nella Whitfield
30	1175	The Pictorial Guide To Modern Home Needlecraft	Odhams Press Limited
31	1181	Needlework for Girls	Isabel Horner
32	1256	The Third Book of Hundereds of Things a Girl can Make	A.W. Browne
33	1287	Cook Book	Gayelord Hauser
34	1432	Time Saving Cooking	Helen Cox
35	1504	Principles of Nutrition	Eva D. Wilson, Katherine H. Fisher and

			Mary E. Fuqua
36	1577	Health And Longevity	A.C. Selmon
37	1578	Guide To Better Living	The Oriental Watchman Publishing House
38	1619	House Craft Science	J.M. Holt
39	1621	Decorative Soft Toy Making	Enid Edwards
40	1622	Needlecraft Instruction Charts SET 1	D.M. Partridge
41	1624	Needlecraft Instruction Charts SET 3	D.M. Partridge
42	1625	Needlecraft Instruction Charts SET 4	D.M. Partridge
43	1626	Needlecraft Instruction Charts SET 5	D.M. Partridge
44	1627	Needlecraft Instruction Charts SET 6	D.M. Partridge
45	1670	Singer Sewing Book	Mary Brooks Picken
46	1701	Knitting For Girls	Isabel Horner
47	1740	The Home Decorator's Guide	Marjorie H. Eustis
48	1755	Principles of Nutrition Second Edition	Eva D. Wilson, Katherine H. Fisher and Mary E. Fuqua
49	1755	Principles of Nutrition First Edition	Eva D. Wilson, Katherine H. Fisher and Mary E. Fuqua
50	1758	Needle work in Education	Theodora Graham
51	1764	Normal and Therapeutic Nutrition	Corinne H. Robinson
52	1766	Normal and Therapeutic Nutrition	Corinne H. Robinson
53	1795	A Textbook Of Needlework	Ida M. Nance
54	1799	Teach Yourself Embroidery	Mary Thomas
55	1805	Teach Yourself To Cook	Evelyn White, Essie R. Watson

56	1806	A.B.C. Of Home Decoration	J.P. Parry
57	1812	A Textbook Of Needlework	Ida M. Nance
58	1820	Applied Nutrition	R. Rajalakshmi
59	1824	Nutrition for Mother and Child	P.S. Venkatachalam and L.M. Rebello
60	1831	Nutrition for Mother and Child	P.S. Venkatachalam and L.M. Rebello
61	1834	Fundamentals of Textiles	Dr. G.P.Sherie
62	1835	Fundamentals of Textiles	Dr. G.P.Sherie
63	1836	Fundamentals of Textiles	Dr. G.P.Sherie
64	1843	Matrkala Avem Shishukalyan	Dr. G.P. Sherie
65	1848	Poshan Avem Aahar Vigyan	Dr. G.P. Sherie
66	1849	Poshan Avem Aahar Vigyan	Dr. G.P. Sherie
67	1866	Better Homes	Mabel A. Needham and Ann G. Strong
68	1870	Nutrition- An Integrated Approach	Ruth L. Pike and Myrtle L. Brown
69	1874	MANAGEMENT For Modern Families	Irma H. Gross and Elizabeth Walbert Crandall
70	1878	Housecraft Science	J.M. Holt
71	1880	Basic Process and Clothing Construction	Sherie Doongaji and Raushni Deshpnde
72	1882	Basic Process and Clothing Construction	Sherie Doongaji and Raushni Deshpnde
73	1885	Anatomy And Physiology For Nurses	Ivlin Pears
74	1947	Needle Craft Hand Book	Mildred S. Ryan

75	1949	Pearson's Complete Needlecraft	Agnes M. Miall
76	1950	Home Furnishing	Anna Hong Rutt
77	1951	Successful Home Dressmaking	Eleanor King
78	1952	Crochet Book	James Norbury's
79	1953	The Embroidery Book	Winifred M. Clarke
80	1954	The Complete Book Of Needlecraft	Ida Riley Duncan
81	1955	Indian Cooking	Andre Deutsh
82	1957	Pearson's Embroidery Book	Violet M. Williams
83	1958	Cooking Craft	S. Elizabeth Nash
84	1967	Nurson ke Liye Sharir Sambandhi Gyan	Evelyn Peterson
85	1994	Decorating Books	Better Homes and Gardens
86	1995	Modern Furnishings for the Home	William J. Hennessey
87	2024	The Art Of Flower Arrangement	Rekha Sarin
88	2031	The Four Seasons Cookery Book	Macdonald
89	2039	Fun with Flowers	Julia Clements
90	2040	More Pictures with Flowers	Julia Clements
91	2052	The Book of Good Housekeeping	The National Magazine Company Limited
92	2053	Housewifery	A.M. K
93	2054	Diet Book	Better Homes and Gardens
94	2055	Husband and Wife Diet Cookbook	P.W. Punnedd
95	2107	Landscape Flower Arrangement	Naida Gilmore Hayes
96	2115	Sunset Barbecue Cookbook	Lane Publishing Co.
97	2657	Cake Making In Pictures	Muriel Downes

98	2665	The Concise Household Encyclopedia	The Educational Book Company Ltd.
99	2668	The International Cookery Book	Frederick Muller Ltd.
100	2669	Needlecraft Handbook	Mildred Graves Ryan
101	2670	Nursery Furnishing And Decoration	Robert Forman
102	2729	Basic Process and Clothing Construction	Sherie Doongaji and Raushni Deshpnde
103	2797	Complete Cookery Book and Housekeeper	Lalita V. Mukand
104	2867	The Encyclopedic CookBook	Ruth Berolzheimer
105	2876	Good Food from India	Shanthi Rangaro
106	2889	Home Institue CookBook	Charles Scribner's Sons, Ltd
107	2926	Decorating Handbook	The Homemaker's Encyclopedia Inc.
108	2927	How to care for Children	Dagmar Roberts
109	2928	Etiquette for Everybody	Adelaide Shaw
110	2931	Needlecraft of the Home	Eilleen Franklin
111	2933	Housekeeping Made Simple	Marjorie Roehl Kaschewski
112	2937	Fashion Sewing On a Budget	The Homemaker's Encyclopedia Inc.
113	3101	Our Food	M. Swaminathan and R.K. Bhagavan
114	3229	Principles of Nutrition	Eva D. Wilson, Katherine H. Fisher and Mary E. Fuqua
115	3612	The Dalda Cookbook	Dalda Advisory Service
116	3613	Teaching Home Science in Secondary Schools	Rajammal P. Devadas

117	3926	Good Housekeeping's Cookery Book	Andre L. Simon
118	3974	Design for Flower Arrangers	Dorothy W. Riester
119	3980	Decorative Arts 1959-60	Terence Davis
120	3994	101 Things For Girls to Do	L.B. And A.C. Horth
121	4016	Diet Book	Better Homes and Gardens
122	4313	Sharir Kriya Vigyan Ki Rooprekha(Physiology)	S.L. Kaila and P. Malhotra
123	4398	Meat Cook Book	Better Homes and Gardens
124	4430	The Psychology of Diet and Nutrition	Lowell S. Selling and Mary Anna S. Ferraro
125	4435	Swasthya Vigyan	J.K. Succher
126	4436	Swasthya Vigyan	J.K. Succher
127	4438	A New Matriculation Physiology	Satyapal Puri, Ram Lal Gupta
128	4439	A New Matriculation Physiology	Ram Lal Gupta and Satyapaul Puri
129	4449	A new Matriculation Hygiene	Ram Lal Gupta and Satyapaul Puri
130	4454	Elementary Physiology	Bihari Lal Bhatia and Premnath Suri
131	4461	The Nutritive Value of Indian Foods and the Planning of Satisfac	W.R. Aykroyd, V.N. Patwardhan, S. Ranganathan
132	4466	Progressive Needlework	J.M. Holt
133	4549	Foundations of Nutrition	Clara Mae Taylor And Grace Macleod
134	4560	Housing And Home Management	Dora S. Lewis, Jean O. Burns. Esther F. Segner

135	4595	Tommorrow's Homemaker	Dora S. Lewis, Anna K. Banks, Marie Banks, Adele G. Columbia
136	4856	Preservation of Fruits and Vegetables	Girdhari Lal, G.S. Siddappa, G.L. Tandon
137	4908	Salad Book	Better Homes and Gardens
138	5007	Design in Flower Arrangement	John Taylor Arms, Dorothy Noyes Arms
139	5243	Eating to be Healthy	Marshall Cavendish Ltd.
140	5256	Nutrition And Diet Therapy	Fairfax t.Proudfit And Corinne H.Robbinson
141	5325	Foundation Of Nutrition ED-5	Clara Mae Taylor And Grace Macleod
142	5391	Elemantary Hygiene	Bihari Lal Bhatia and Prem nath suri
143	5451	Basic Process and Clothing Construction	Sherie Doongaji and Raushni Deshpnde
144	5554	Indian Cookery	E.P. Veerasawmy
145	5563	Home Management	Phyllis Davidson
146	5794	Household Textiles and Laundry Works	Durga Duelkar
147	5795	Household Textiles and Laundry Works	Durga Duelkar
148	5798	Cookery Encyclopedia	Philip Harben's
149	5798	A Textbook Of Household Arts	Stella Soundararaj
150	5799	Pressures Cookery	Helen Cox
151	5800	Modern Home Cookery In Pictures	Blanche anding, Joan Robbins
152	5801	Needlework	Rosalie P. Giles

153	5803	Modern Cookery Illustrated	Lydia Chatterton
154	5803	Social And Preventive Medicine	Yash Pal Bedi
155	5851	Handbook of Food and Nutrition	M. Swaminathan
156	5854	Household Textiles And Laundry Work	Durga Duelkar
157	5854	Household Textiles and Laundry Works	Durga Duelkar
158	5860	Social And Preventive Medicine	Yash Pal Bedi
159	6031	Encyclopedia Of Needlework	Weldons
160	6272	The Home Encyclopedia	Spring Books
161	6273	What's Cooking In Bombay	The Amrican Woman's Club Of Bombay
162	6283	Flower Embroidery	E.Kay Kohler
163	6286	The Art Of Plain Cooking	Helen Jerome
164	6287	The Art Of Rice Cookery	Dharam Jit Singh
165	6288	Good Housekeeping's Cookery Book	The National Magazine Company Ltd.
166	6289	Fun With Food	Nella Whitfield
167	6290	The Encyclopedia Of World Cookery	Elizabeth Campbell
168	6319	Encyclopedia of Needlecraft	Odhams Press Ltd.
169	6351	Household Textiles and Laundry Works	Durga Duelkar
170	6459	First Aid Illustrated	H.T.H Butt
171	6654	Mothercraft	Mary Martin
172	6655	Textiles	Norma Hollen and Jane Saddler
173	6657	Food, Health, Vitamins	V.G. Plimmer
174	6659	Food Values At A Glance	Violet G. Plimmer

175	6660	Better Home Making	Beryl Conway Cross
176	6819	Foundations Of Psychology	Edwin Garrigues Boring, Herbert Sidney Langfeld and Harry Porter Weld
177	6856	Everyday Cookery for India and Pakistan	Betty E. Norris
178	6857	Nutritional Evaluation of Food Processing	Robert S. Haris and Harry Von Loesecke
179	6863	Nutrition in India	Dr. V.N. Patwardhan
180	6864	Management in Family Living	Paulena Nickell, Jean Muir Dorsey and Marie Budolfson
181	6866	Sewing Book	Better Homes and Gardens
182	6868	The Care Of Infants	Garden City Publishing co.
183	6974	The Big Book Of Needlecraft	Odhams Press Limited
184	6975	Cake Making In Pictures	Muriel Downes
185	6976	Furniture For Modern Interiors	Mario Dal Fabbro
186	6978	Practical Motherhood And Parentcraft6	Odhams Press Limited
187	7335	Interior Design	Henry And Lilian Stephenson
188	7338	Decorative Art In Modern Interiors	Studio Books
189	8199	Eat Your Way to Good Health	Tarla Dalal and Swati Piramal
190	8222	A Handbook of Hygiene and Public Health	Yashpal Bedi
191	8269	Everyone's Flower Arrangement	Houn Ohara
192	8270	Good Housekeeping's Guide to Successful Homemaking	Editors of Good Housekeeping
193	8277	Fun Without Flowers	Julia Clements

194	8278	Furniture in your Home	Gil Thomas
195	8279	Flower Arranging	Better Homes and Gardens
196	8838	Simplified Flower Arrangements	Patrica Easterbrook Roberts
197	8953	Swasthaya Aur Dhirghayu	Dr. A.C. Selmon
198	8955	Health and Lonevity	A.C. Selmon
199	8956	Right to Better Living	The Oriental Watchman Publishing House
200	9025	Child Development	Elizabeth B. Hurlock
201	9026	Child Development	Elizabeth B. Hurlock
202	9027	Child Growth And Development	Elizabeth B. Hurlock
203	9522	Advanced Textile Design	William Watson
204	9524	Better Home Management	Aileen King
205	9531	Child Psychology	A.T.J
206	9533	Sewing For The Home	Mary Brooks Picken
207	9534	Clothing For The Home	Kanthimathi Kumar
208	9535	An Introduction To Child Development	Nirmala Kher, Mary Ellen Durrett and Kamala Kosambi Bhoota
209	9559	Homemaker's Cookbook and Guide to Nutrition	Esther L. Gardner, Daisy Schluntz, Ruth Litle and Mary Turnur
210	9656	Embroidery Designer's Sketchbook	E.Kay Kohler
211	9658	Decorating Ideas	Better Homes and Gardens
212	10272	Radiant Health	The Stanborough Press Limited
213	10306	The Good Housewife's Encyclopedia	Spring Books
214	10502	Foods In Health And Disease	Hazel E. Field

215	10503	The Art Of India's Cookery	William I. Kaufman and Sarswathi Lakshmanan
216	10504	Household Equipment Principles	Helen J. Van Zante
217	10505	Food Sense	G. M. Chappell, S.S.B. Gilder and Louise Davies
218	10506	Cookbook for Two	Idea Bailey Allen
219	10507	Ourselves and Our Homes	Winifred Burman
220	10508	Child Care and Management	Patrica Edge
221	10509	Show Pieces	Julia Clements
222	10512	Homemade Cakes and Biscuits	George and Cecilia Scurfield
223	10514	Textiles by Britain	Grace Lovat Fraser
224	10516	Indian Cookery	Mrs. Surjeet Malhan
225	10579	Design for Modern Living	Gerd and Ursula Hatje
226	10594	Approach to Cookery	A Sub-Committee of the Home Economics Teachers' Group
227	10595	A Student's Handbook of Housewifery	A. Margaret Kaye
228	10596	Every House A Home	Kathleen M. Cocker
229	10598	Housecraft	W. Burman, M. Pleydell- Bouverie and M.I. Urquhart
230	10600	Child Care in India and Neighbouring Countries	S.T. Achar
231	10601	Everday Domestic Science and Hygiene	I.C. Joslin and P.M. Taylor
232	10603	Care of Mother And Baby	C. Elaine Field

233	10606	Indian Cookery	Mrs. Balbir Singh's
234	10610	Hindu Cookery	Taraporevala's Cookery Books
235	10611	Complete Cookery Book and Housekeeper	Lalita V. Mukand
236	10714	The International Cookery Book	Ambrose Heath
237	10738	The Complete Book of Interior Decorating	Mary Derieux
238	12257	The Textile Arts	Verla Birrell
239	12330	A History Of Indian Dress	Dr. Charles Fabri
240	12331	Modern Cookery for Teaching and the Trade	Thangam E. Philip
241	12332	Modern Cookery for Teaching and the Trade	Thangam E. Philip
242	12333	Fundamentals of Textiles and Their Care	Susheela Dantyagi
243	12334	Fundamentals of Textiles and Their Care	Susheela Dantyagi
244	12336	Fundamentals of Textiles and Their Care	Susheela Dantyagi
245	12337	Fundamentals of Textiles and Their Care	Susheela Dantyagi
246	12339	The English Cookery Book	Lucie G. Nicoll
247	12341	Modern Design in Embroidery	Rebecca Crompton
248	12342	Modern Home Crafts	Blackie And Son Ltd.
249	12343	Flowers for Arrangement	Sheila Macqueen
250	12344	Decoration and Furniture Volume 1	Bruce Allsopp
251	12345	Decorative Art	The Samuel H. Kress Collection

252	12347	Marguerite Patten's Book of Fruit and Vegetable Cookery	Paul Hamlyn
253	12350	The Complete Home Guide to Gardening and Cooking	Paul Hamlyn
254	12351	Linen Embroidery	Etta Campbell
255	12353	Anchor Book of Counted Thread Embroidery	Dorothy A. Allsopp
256	12354	Marguerite Patten's Family CookBook	Spring Books, London
257	12355	The Art of The Table	Dorothy Tompkins, Helen C. Finch and Ambrose Hath
258	12357	Home Management	Phyllis Davidson
259	12358	McCall's Sewing Book	McCall's Editors
260	12359	Textiles	Norma Hollen and Jane Saddler
261	12363	Introduction to Home Furnishings	Dorothy Stepat-De Van
262	12364	Table Setting and Flower Arrangement with service and etiquette	Amelia Leavitt Hill
263	12972	Foods in Health and Disease	Hazel E. Field
264	12975	Foundations of Nutrition	Clara Mae Taylor and Orrea Florence Pye
265	12975	Essentials of Nutrition	Henry C. Sherman and Caroline Sherman Lanford
266	12976	A Sound Body	W. W. Charters, Dean F. Smiley and Ruth M. Strang
267	12979	Health Secrets	W. W. Charters, Dean F. Smiley and Ruth M. Strang

268	12981	Let's Be Healthy	W. W. Charters, Dean F. Smiley and Ruth M. Strang
269	12983	Normal and Therapeutic Nutrition	Fairfax T. Proudfit and Corinne H. Robinson
270	13230	Encyclopedia of Needle work	Therese De Dillmont
271	13231	Tasty Dishes of India	R.A.P. Hare
272	13235	Good Housekeeping's International Kitchen	The National Magazine Co. Ltd.
273	13236	Good Housekeeping's Book of Poultry	The National Magazine Co. Ltd.
274	13240	Piping Hot!	Shillings and Sixpence
275	13241	Good Housekeeping's Summer Menus and Recipes	Good Housekeeping's Institute
276	13243	Hardanger Embroideries	Therese De Dillmont Editions
277	13245	Morocco Embroideries	Isabelle Denamur
278	13248	Hardanger Embroideries	Therese De Dillmont Editions
279	13253	Step by Step Sewing	A.C. Barrowman and E.M. Barrowman
280	13537	Child Development and Personality	Paul Henry Mussen, John Janeway Conger and Jerome Kagan
281	13670	For the New Mother	Mildred V. Hardcastle
282	13877	The Nutritive Value of Indian Foods and The Planning of Satisfactory Diets	W.R. Aykroyd
283	13879	A Chicken goes around the world	George G. Harrap
284	13880	Making your own clothes	Valerie Cliffe

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