

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH



COURAGE TO KNOW

Department of Home Science

(Session: 2022-23)

INDEX

| S.No. | Activity | Date | Page No. |
|--------------|--|--|-----------------|
| 1. | Poshan Maah and International year of Millets celebration. | | 1-5 |
| | <ul style="list-style-type: none">• Interaction session on Health Benefits of Millets | 3 rd September, 2022 | 1 |
| | <ul style="list-style-type: none">• Talk on Dietary Challenges among College going Students | 8 th September, 2022 | 2 |
| | <ul style="list-style-type: none">• Poster making competition on Nutrition for Immunity | 14 th September, 2022 | 3 |
| | <ul style="list-style-type: none">• Cookery Demonstration by Chandigarh Institute of Hotel Management | 21 st September, 2022 | 4 |
| | <ul style="list-style-type: none">• Cookery competition on enchanting flavours of India using Millets. | 28 th September, 2022 | 5 |
| 2. | Talent Hunt | 09 th September, 2022 | 6 |
| 3. | Youth and Heritage Festival | 17 th to 19 th October, 2022 | 7 |
| 4. | Visit To Chaitanya Lab Nursery School | 8 th February, 2023 | 8 |

Poshan Maah and International year of Millets celebration (September 2022)

a. Interaction session on Health Benefits of Millets

On the occasion of Poshan Maah and International Year of Millets an interactive session was organized by Department of Home Science on **3rd September, 2022**. Mrs Shakti Sharma, Assistant Professor, Kurushetra University was the resource person. Her session was focused on “Health benefits of Millets”. She shared tips on how millets can be included in our daily diet for staying healthy and gave an insight regarding the nutritional value of different types of millets. She also stressed on the traditional significance and usage of millets in India. 55 students of Home Science Department and NSS volunteers participated enthusiastically in this session.



b. Talk on Dietary Challenges among College Going Students by Dr. Nancy Sahni

On the occasion of Rashtriya Poshan Maah, 2022 a talk was organized by Department of Home Science in collaboration with National Service Scheme on **8th September, 2022**. The topic of the talk was “Dietary Challenges among College Going Students”. The speaker was Dr. Nancy Sahni, Chief Dietician and HOD, PG.I M E R, Chandigarh. She discussed the adolescent health issues in relation to nutrition. She made the students aware about the recommended dietary allowance of different nutrients. She also shared the prevailing conditions of anemia among most of young adolescents. She also highlighted the concept of balance diet. It was an interactive session. The students asked there queries related to their food habits and dietary routine. At the end, a vote of thanks was proposed to her by the faculty members. 60 students participated in this session.



c. Poster making competition on Nutrition for Immunity

Poster making competition was organized for the students of PGGCG-11 on **14th September, 2022** from 10:00-12:00. This competition is in continuation of ongoing celebration of Rashtriya Poshan Maah. The theme of the competition was “Nutrition for Immunity”. The aim of the competition was to create awareness towards healthy diet. Students showcased their artistic skills through an array of posters. The final judgment was made by the Dr. Guneeta Chaddha, Head of Arts Department. The rubrics for judgment were originality, theme relevance and creativity. 26 students displayed their ideas on paper and thoroughly enjoyed the activity.



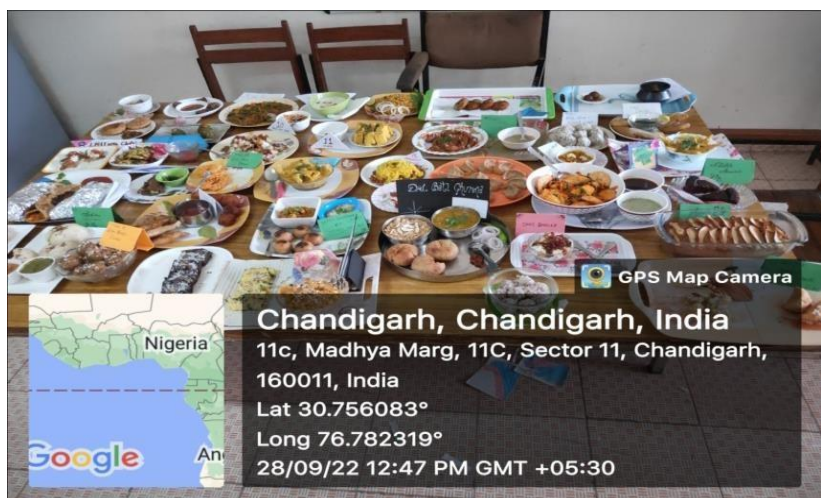
d. Cookery Demonstration by Chandigarh Institute of Hotel Management

Cookery demonstration was organized to celebrate Rashtriya Poshan Maah and **International Year of Millets** on **21st September, 2022** by Department of Home Science at nutrition lab from 10 am onwards. Chef Ashok Ray and Mrs. Shashi Bhoria Bhatia (Head Food Production lab) of Chandigarh Institute of Hotel Management were the resource persons. The resource persons were accompanied by Mrs. Vishu Gill (staff member) and her students from the institute. The aim of this demonstration was to enable the students to gain new food preparation skills. The chef gave an insight about the personal hygiene, clothing to be worn and safety precautions in the kitchen at the beginning of session. Recipes that were demonstrated were Citrus yoghurt summer salad, Stir hot pepper tofu, Sorghum Dokla and Foxtail pachadi. The chef explained about each ingredient, preparation method and chemical reactions involved in the recipe. During the process of demonstration various techniques and tips involved in cooking were also shared. 60 Students of Home Science department were engaged throughout the session.



e. Cookery competition on Enchanting flavors of India using Millets

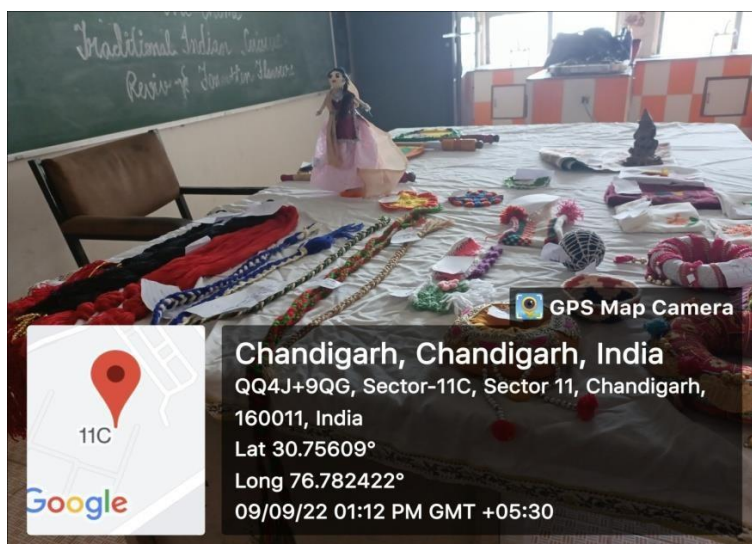
On the occasion of Rashtriya Poshan Maah cookery competition was organized by Department of Home Science on **28th September, 2022**. The theme of the competition was “Enchanting Flavors of India” using millets as the main ingredient. Indian cuisine reflects a history of various groups and cultures interacting with the Indian subcontinent, leading to diversity of flavors and regional cuisines. This cookery competition was aimed to present regional flavors and taste that are easy to prepare and capture the authentic taste. 38 Students from all the streams participated and exhibited their cooking skills by preparing the variety of traditional dishes. The dishes included Himachali, Maharashtrian, Rajasthani, Punjabi, Gujrati, north and south Indian cuisine. Principal Prof Dr. Anita Kaushal, appreciated the skills of the students and motivated them to participate in such events. The winners of the competition were given prizes by the Principal.



Talent Hunt

Talent hunt was organized by the Department of Home Science on **09th September, 2022**, to tap the hidden potential of the students. More than 150 students participated enthusiastically. This competition was comprised with various activities like Pakkhi making, Peedi making, Nala making, Rassa making, Paranda making, Tokri making, Cheeku making, Guddi Patola making, Phulkari, Dasuti embroidery, Khiddo and Inoo making. Students also participated and showed their talent in Rangoli, Mehandi, crochet and knitting competitions.

Students showed good response in their participation by showing their talent in various events. Principal, Dr. Anita Kaushal, graced the occasion and motivated the participants to exhibit their hidden talents and showcase it with pleasure and allurements. 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.



Youth and Heritage Festival

The following students won prizes in the following events during youth festival held from 17th to 19th October, 2022.

Winners of Inter Zonal Youth festival October 17th to 19th, 2022

| S.No. | Name | Class & Roll No. | Event | Prize |
|-------|--------------|-------------------|-----------------|-----------------|
| 1. | Bandana | B.A. I & 10688/22 | Pakhi Designing | 1 st |
| 2. | Ritu | B.A. I & 727/20 | Knitting | 2 nd |
| 3. | Neetu | BCA-II & 6050/21 | Rangoli | 3 rd |
| 4. | Khushbu | B.A. II & 5339/21 | Dasuti | 1 st |
| 5. | Kajal Kumari | B.A. II & 5338/21 | Bagh | 2 nd |
| 6. | Sonali | B.Com.. I & 11202 | Crochet Work | 3 rd |

Winners of Zonal Youth Festival

| S.No. | Name | Class & Roll No. | Event | Prize |
|-------|---------|-------------------|--------|-----------------|
| 1. | Khushbu | B.A. II & 5339/21 | Dasuti | 1 st |



Visit to Chaitanya Lab Nursery School

Home Science students of B.A. final year, of PGGCG-11, Chandigarh visited Chaitanya Lab Nursery School, which is associated with Government Home Science College of Sector-10, Chandigarh. 25 students of BA final year visited lab nursery school on **8th February, 2023** from 9:30 a.m. to 11:30 a.m. The school is being handled by a teacher in charge, Ms. Radhika Kapoor. The timings for the school are 9 a.m. to 1 p.m. There are two classes- Pre-Nursery and Nursery and each class consists of 25 children. The children of 3 years or above are given admission in the school. The children are given free education along with mid-day meal. There are two helpers who help the teacher incharge in taking care of the children. The Chaitanya Lab Nursery School focuses on holistic development of the children. The tasks help in cognitive, moral, creative, social and physical growth and development of the children. The children are being provided with a well- organized preparatory school infrastructure. Through this observation visit the students of B.A. Final Year learnt the functioning of nursery school and got themselves acquainted with various teaching methods followed in the preschool. Overall, it was a cheerful and knowledgeable experience for the students.

