

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH



COURAGE TO KNOW

Name of the Department- Home Science

(Session: 2023-24)

INDEX

S.No.	Activity	Date	Page No.
1.	World Breastfeeding Week Celebration	4 th August, 2023	1
2.	Talent Hunt Competition	22 nd August 2023	2-3
3.	Rashtriya Poshan Maah celebration		
	• Talk on Millets- The New Super Food	15 th September, 2023	4
	• Cookery Demonstration by Chandigarh Institute of Hotel Management	22 nd September, 2023	5
	• Cookery competition on Enchanting flavours of India using Millets.	22 nd September, 2023	6
4.	Interactive talk with Alumna	16 th September 2023	7
5.	Workshop by USHA international	13 th February, 2024	8
6.	Salad making competition	1 st March, 2024	9

World Breastfeeding Week Celebration (1-7th August 2023)

The Department of Home Science of Post Graduate Government College for Girls, Sector 11 Chandigarh organized a slogan writing competition on the occasion of “World Breastfeeding Week “held on **4th August, 2023**. 23 students of the department participated and highlighted the impact of breastfeeding on the physical and mental development of a child. The need to encourage breastfeeding and improve the health of babies around the world was stressed.



Talent Hunt Competition

In an exciting and vibrant display of creativity and skill, the Home Science Department of PGGCG-11 (under the aegis of IQAC) organized a Talent Hunt Competition providing various categories for students to showcase their remarkable talents. Held on **22nd August 2023**, the event was fun and friendly that allowed the college community to see the hidden strengths of our fellow students. The competition witnessed enthusiastic participation of students from various academic disciplines. This event featured a wide array of talent categories, ranging from Mehendi, Rangoli, Bagh Embroidery and Crochet Work to Tokri Making, Knitting, Dasuti, and Pranda Making. There were around 100 students participating in 18 different categories. The participants were given a time period of 2 to 3 hours to serve the audience and the judges with their best performances.

Principal, Prof. (Dr.) Anita Kaushal, recognized the exceptional talents by awarding the winners in each category. Here is the list of winners who showcased exceptional talent in their respective categories:

Category	Position	Name	Class	Roll No.
Mehnadi	1 st	Himanshi	B.Com II	11295
	2 nd	Diksha	B.Sc II	12113
	3 rd	Diksha Gill	BA I	87
	Consolation	Kumkum	BA I	591
	Consolation	Diya Rana	B.Com I	1372
Rangoli	1 st	Sapna	BA I	332
	2 nd	Harsimram	B.Sc I	1814
	3 rd	Shivani Singh	BA III	5102
Phulkari	1 st	Amisha Kumari	BA III	5738
Bagh Embroidery	1 st	Kajal Kumari	BA III	5338
Dasuti/ Cross Stitch	1 st	Khushboo	BA III	5539
Pakhi Design	1 st	Samreen	BA I	719
Crochet Work	1 st	Khushi	B.Sc II	12148
	2 nd	Pooja	BA III	5618
Knitting	1 st	Manisha	BA I	574
Ennu Making	1 st	Bhavika	B.Sc III	6556
	2 nd	Jaanvi	B.Com II	11233
Mitti Ke Khilonne	1 st	Bhoomika	BA I	594
	2 nd	Ayushi	BA I	14
	3 rd	Jiya	BA I	241
Guddian Patola Making	1 st	Sakhshi Rani	B.Sc III	6860
Pranda Making	1 st	Sharuti	BCA III	6082
Naala Making	1 st	Khushi	BA III	5721
Tokri Making	1 st	Navjot Kaur	B.Sc III	6865
Khiddo Making	1 st	Simran	BCA III	6091
RassaVattna	1 st	Isha	BCA III	6077



Rashtriya Poshan Maah Celebration (September-2023)

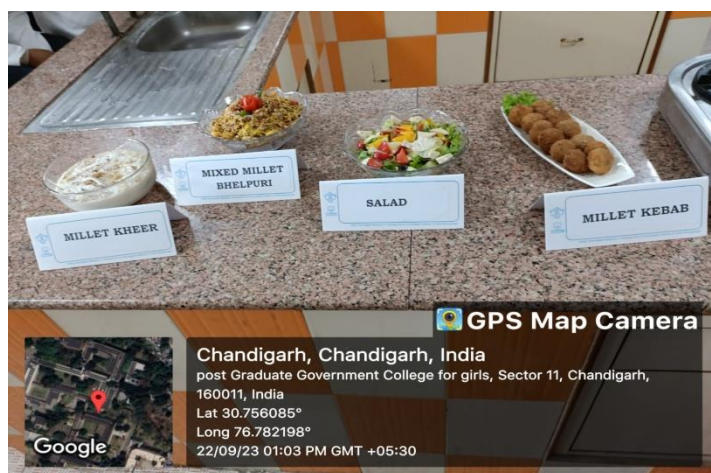
a. Talk on Millets- The New Super Food

On the occasion of National Nutrition Month Department of Home Science organised a talk on **Millets- The New Super food** by Ms. Vishu Gill, faculty from Chandigarh Institute of Hotel Management, Sector-42 Chandigarh on **15th September, 2023** in room No: 120 from 12.00 to 1.00 pm. Ms. Vishu Gill's presentation comprehensively covered various details of millets. She emphasised on the rich nutritional significance of millets encompassing vitamins, minerals, and dietary fiber. A comparative analysis showcasing millets' nutritional superiority over other grains was highlighted. She discussed in depth on the multitude of health benefits associated with millets, including improved digestion, diabetes management, anaemia and heart health. She also stressed on importance of millet-based recipes and their adaptability in modern cuisine in day to day life. She encouraged the incorporation of millets into daily diets to enhance health and nutrition. It was an interactive session and at the end the students had some quiz and Ms. Vishu gave prizes to students who gave correct answer. Around 55 students participated enthusiastically.



b. Cookery Demonstration to promote the use of millets

A cookery demonstration was organized by Home Science Department, PGGCG-11 as part of Poshan Maah Celebrations with the help of Chandigarh Institute of Hotel Management. Keeping in mind the need to spread awareness about incorporating nutrient rich millets in everyday cooking, this year has been called the “International Year of Millets”. Mr. Vivek Narotra, Sr. Lecturer of Chandigarh Institute of Hotel Management, Sector-42, Chandigarh accompanied by his students demonstrated millet based Kebab, Salad, Kheer and bhelpuri recipes on **22nd September, 2023** from 10:30am to 1.00 pm in the cooking Lab of Home Science Department. 40 students attended this demonstration. Prof.Anita Kaushal, Principal of the college graced the event and encouraged the students.



c. Cookery Competition on Ancient Grains To Modern Delights

A cookery competition on the theme titled “Ancient Grains to Modern Delights” was organized on **22nd September, 2023** in the cooking Lab of Home Science Department. The 5th semester students of the department prepared nutritious and tasteful recipes using any one of the positive millets. Various methods of cooking like steaming, baking and frying were used to make nutritious Idli, Litti chokha, Pulao, Poha, Kebab, Malpua, kheer, cake, brownie, ladoo and many more. 23 entries were received for the competition. Prof.Anita Kaushal, Principal of the college graced the event and distributed the prizes to the winners of the event. The results were:

1st Prize Kodo millet Litti Chokha (Shobha,Roll No.5315)

2nd Prize Raw banana and Foxtail kebab (Sakshi Roll No.5688)

3rd Prize Kodo millet Malpua and Rabdi. (Geetika Roll No. 5536).



Interactive talk with Alumna

Department of Home Science organised alumna talk on **16th September 2023** in Room number 120. Ms. Harmanjot (2014-17 batch) delivered an insightful speech on the topic of “Career Opportunities in Home Science”. Ms. Harmanjot began by highlighting the broad scope of Home Science, emphasizing that it encompasses various aspects of daily life, including nutrition, clothing, family resource management, and child development. Home Science professionals play a pivotal role in enhancing the overall quality of life. She emphasized the academic and research prospects in Home Science, such as pursuing undergraduate and postgraduate degrees in fields like nutrition, textiles, and family studies. Ms. Harmanjot encouraged and motivated the students to consider starting their ventures, such as catering services, event planning, or boutique businesses, capitalizing on their expertise in various aspects of Home Science. 45 students were a part of this interactive talk.



Workshop of latest sewing machine held by USHA international

The Department of Home Science, organized a workshop on various models of latest sewing for the B.A Home Science students on 13-02-2024 from 12.00 to 1.00 pm in lab 3 (clothing and textile lab). The workshop was conducted by the officials of Usha International Company on the functioning and utility of latest models of sewing machines which are available in the market. The model of the machines demonstrated were: Wonder stitch (automatic sewing machine), Stitch magic (automatic sewing machine), Dream maker I20 (computerized sewing machine). It was a great learning experience for the students as the latest techniques of stitching with ever changing technology of sewing machines. 50 students were a part of this workshop.



Salad making competition

The BA 3 students of Home Science Dept, PGGCG 11 Chandigarh organized a Salad making competition on 1st March 2024 at 11 am. 20 wholesome salads like "High Protein Salad", "Thai carrot, peanut and sprouts Salad", "Millet and bean whole meal Salad" using nutrient rich ingredients and dressings were exhibited. Prof.Anita Kaushal, Principal graced the occasion and appreciated the efforts of the students and encouraged them to use their knowledge of nutrition for the benefit of their families and society. 22 home science students participated in this competition.

