

POST GRADUATE GOVERNMENT COLLEGE FOR GIRLS
SECTOR-11, CHANDIGARH



COURAGE TO KNOW

Name of the Department- Home Science

(Session: 2024-25)

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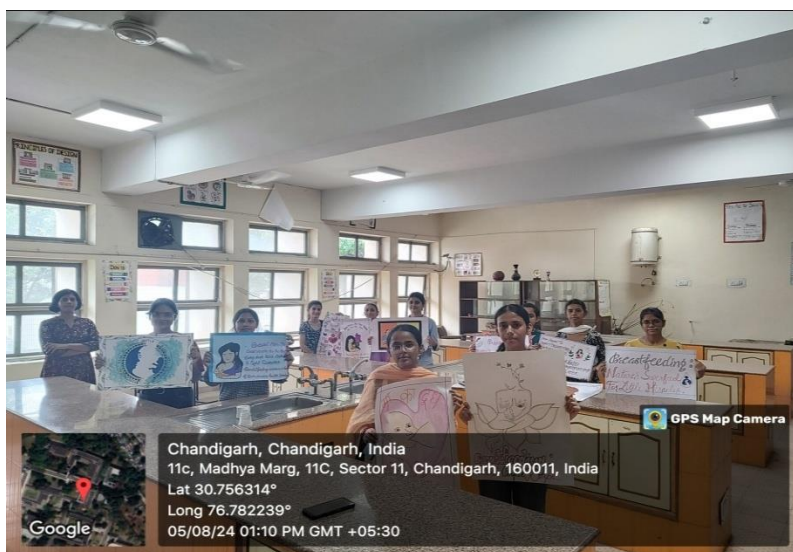
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World Breastfeeding Week Celebration

The Department of Home Science of Post Graduate Government College for Girls, Sector 11 Chandigarh organized a poster making competition on the occasion of “World Breastfeeding Week” held on **5th August, 2024**. 30 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.

Winners of Poster Making competition held on 5th August, 2024

Position	Name, Class & Roll No.
1 st	Akanksha Thakur, BA.III. (10090)
2 nd	Manisha, BA.II (574)
3 rd	Samreen B.A. II (719)

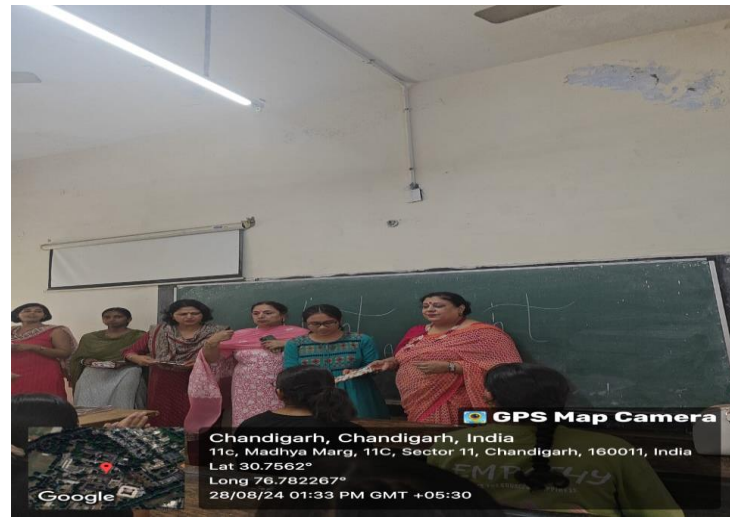


Talent Hunt Competition

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 **28th August 2024**, 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 Knitting, Dasuti, and Pranda Making. There were around 80 students participating in 15 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.
Mehendi	1 st	Harnoor Kaur	B.A. I	20786/24
	2 nd	Ansuli Verma	BSc III	12122/22
		Diksha	BSc III	12113/22
	3 rd	Mehak Pal	BSc I	21709/24
		Niharika	BSc I	21987/24
Rangoli	1 st	Gracy Bhains	B.A III	10575/22
	2 nd	GouriPandir	B.A. I	20395/24
	3 rd	Mahima	B.A. I	20848/24
Phulkari	1 st	Anjali	M.A I	22724/24
Bagh Embroidery	1 st	Saloni Kumari	B.A. I	20075/24
Dasuti/ Cross Stitch	1 st	Harleen Kaur	B.A. I	20255/24
Pakhi Design	1 st	Samreen	B.A. II	719/23
Crochet Work	1 st	Jiya	B.A. II	241/23
	2 nd	Stanzin Agmo	B.A III	10684/22
Knitting	1 st	Manisha	B.A. II	574/23
Guddian Patola Making	1 st	Sonia	B.A. I	20111/24
Pranda Making	1 st	Sanjana Kumari	B.A III	10688/22
Chhikku Making	1 st	Kanika	B.A III	10197/22
Khiddo Making	1 st	Muskaan	B.A III	10696/22



Rashtriya Poshan Maah Celebration (September-2024)

a) Cookery Demonstration

A cookery demonstration was organized by Home Science Department, PGGCG-11 as part of Poshan Maah Celebrations with the help of Panjab University Institute of Hotel and Tourism Management (UIHTM). Mr. Gourav Kashyap and Dr. Lipika K. Guliani, Assistant Professors of UIHTM Panjab University, Chandigarh accompanied by their students demonstrated Mediterranean and Italian cuisine on **11th September, 2024** from 11:30am to 3.00 pm in the cooking Lab of Home Science Department. Various types of nutritious pastas, mezze platters and apple pie were prepared during the event. Different techniques of cooking and baking were effectively used to create appetizing dishes. Around 75 students attended the demonstration session.



b) Slogan writing competition

The Department of Home Science of Post Graduate Government College for Girls, Sector 11 Chandigarh organized a slogan writing competition on the topic “Adolescent Obesity And Its Consequences” to mark “Poshan Maah 2024” held on **16th September, 2024**. 25 students of the college participated and highlighted the consequences of adolescent obesity through slogans and sketches. The need to encourage healthy eating among adolescents was stressed.

Winners of Slogan writing competition held on 16th September, 2024

Position	Name, Class & Roll No.
1st	Himanshi , BA.II. (207/23)
2nd	Zainab Ara BSc CS.II(2117/23)
3rd	Vipasha B.A. III (10354/22)
Consolation	Jessica Maggo B.A. II (400)



c) Talk on the occasion of National Nutrition Month (Poshan Maah)

On the occasion of National Nutrition Month Department of Home Science organised a talk on “Insights into Nutritional Misinformation” by Dr.Geeta Mehra, Head, Deptt of Food Technology, MCM DAV College, Sector-36 Chandigarh on **18th September 2024**, from 2-3 pm. She discussed the negative influence of misleading advertisements on the health of youth today. The large scale consumption of packaged foods, containing large amounts of additives and preservatives lead to various lifestyle diseases. The speaker gave valuable tips on deciphering food labels to distinguish healthy products. The session was focused on the importance of nutrients and their role in maintaining good health. Students were also made aware about the wise selection of food items. Around 50 students were present.

A vote of thanks was proposed to Dr.Geeta Mehra at the end of the session.



d) Paper reading competition

Paper reading competition was held on the theme of National Nutrition month (Poshan maah) 2024 titled “Beyond the table-food safety for health” on **24th September, 2024** from 1-2 pm in room no. 120. 25 students of the college participated in this competition and spoke on food safety and its relevance today. The rising incidents of food poisoning are a cause for concern. Reliance on unhygienic and adulterated street food, ready to eat package food and app based food delivery providers has lead to an increase in serious lifestyle diseases in the young. The papers were well compiled and presented by the participants. Following are the results of the competition.

Winners of Paper reading competition held on 24th September, 2024

Position	Name, Class & Roll No.
1 st	Kanika, B.Com. III
2 nd	Chavi Oberoi, BA I & 20318/24
3 rd	Taniya, B.Sc. III



e) Cookery Competition

On the occasion of Rashtriya Poshan Maah 2024, a cookery competition was organized by Department of Home Science on **26th September 2024**. The theme of the competition was “Nutritious Snack”. 120 students of the college took part in this competition and exhibited a vast array of delicious snacks full of essential nutrients. The participants were required to prepare a snack (sweet/savory) using nutrient rich ingredients and exhibit their presentation skills. The prize winning dishes were *sal de tamota*, *semolina pockets*, *mushroom duplex*, *panjiri laddu* and *ragi laddu*. The judgment for the prizes was challenging as all the dishes were very thoughtfully made and presented.

Winners of Cookery competition held on 26th September, 2024

Position	Name, Class & Roll No.
1 st	Jessica Maggo, BA.II. (400)
2 nd	Kashish B.A.I (20719)
	Vartika B.A.I (20493/24)
3 rd	Roshni B.A.I (20464/24)
	Tanya B.A. I (20142)



Visit to Chaitanya Lab Nursery School

Home Science students of B.A. first and final year, of PGGCG-11, Chandigarh visited Chaitanya Lab Nursery School, which is associated with Government Home Science College of Sector-10, Chandigarh. The students visited lab nursery school on 4th and 5th February, 2025 from 9:30 a.m. to 12:30 a.m. The school is being handled by a teacher incharge, 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 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.

