

Report of Home Science Department (2019-20)



**Mehr Chand Mahajan
DAV College for Women**

Sector-36, Chandigarh

www.mcmdavcwchd.edu.in

Department Name: Home Science

Session: 2019-20

Names of Programmes/Courses/ offered:

UG (Home Science)	B.A. I	Family resource management, hygiene and health
UG (Home Science)	B.A. II	Clothing and Textile
UG (Home Science)	B.A. III	Food and Nutrition and Child development

Faculty Publications /Awards/Achievements/Activities:

Name	Title of Paper	Title of the Conference/ Seminar	Month/ Year	Sponsoring Agency	National/ International
Rati Arora	Skill based workshops- A way towards entrepreneurship	National Seminar	March , 2020	Govt. H.sc. Clg	National
Dr.Harjot kaur Mann	Nutrition and You	Lecture delivered	December, 2019	7 day/night camp NSS Unit, MCM DAV College	National
Dr. Harjot kaur Mann	“ Nutrition and Healthy Eating Habits”	Lecture	September, 2019	Govt. Model School,Badheri, Sector 41, Chd; NSS and UBA Unit, MCM DAV	National
Dr. Harjot kaur Mann	Nutrition and Adolescence	Lecture	October, 2019	Adolescent Program under Samgra Shiksha at Govt. Model School,Badheri, Sector 41	National
Rati Arora	Making of Cloth Bags	Lecture cum Demonstration	January, 2020	Govt. Model School,Badheri, Sector 41, Chd; NSS and UBA Unit, MCM DAV College	National
Rati Arora	Trendy jewelry making	Lecture cum demonstration	February, 2020	Govt. Model School,Kajheri, , Chd; NSS and UBA Unit, MCM DAV College	National

Dr. Harjot kaur Mann	Online Credit Course in "Food as Medicine"	Online Credit Course	May, 2020	Online credit course "Food as medicine" from Monash University. It was a three week, four hours per day Programme	International
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Faculty as members in:

Name	Committees(State / National / International)	University Bodies/ Board of Studies	NGOs(State / National / International)	Reviewers(State / National / International)
Ms.Jyotsna	Home Science	Board of Studies (Member)		
Ms. Jyotsna	Tourism Management and Hospitality	Board of Studies (Member)		

Workshops cum Demonstrations/ Extension Lectures:

Title	Date	Objective	No. of Students benefitted	Name/Designation/Organization of Resource Person/s
Workshop on Bakery and Desserts	06.11.19-07.11.19	Entrepreneurial Skills	35	Sanyogita Gajendra, Faculty, NIESBUD
Workshop on utility articles	19.02.20-20.02.20	Entrepreneurial Skills	28	Santosh Verma, Pidilite Industry
Activity on design a Dupatta	13.04.20-14.04.20			

Industrial/Field Visits:

Industry Visited	Date	No. of Students benefitted	Objective
Usha Yarns Limited, Dera Bassi	05.03.20	10	Practical knowledge about manufacturing process of yarns at commercial level.

Details of the Achievements/ Participation of students of the Department inside/outside the Campus:

Name	Class	Event/ Category	Title of the Activity	Date	Organizing Institution/ Agency	Position / Participation
Saloni and Anshika	B.A.III B.A. II	Rangoli	World Tourism Day	27.09.19	CIHM.	First
Sehaj	B.A. III	Paranda Making	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	First
Prabhjot	B.A.II	Rangoli	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	Second
Manisha	B.A. II	Crochet	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	Third
Prerna	B.A. III	Naala Making	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	Participation
Shefali	B.A.III	Rassa Vatna	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	Participation
Shavya	B.A.II	Guddian Patole	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	Participation
Anshika Gupta	B.A. I	Rangoli	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	Participation

Ruchi	B.A. III	Peerhi Making	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	First
Bhawana	B.A. III	Khiddo making	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	First
Chanpreet	B.A. III	Ennu making	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	Participation
Sonali	B.A. III	Chikku making	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	Third
Sakshi	B.A. III	Cross Stitch	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	Participation
Anuja	B.A. III	Knitting	Zonal Youth Festival	24.09.19 - 27.09.19	Panjab University, Chd	Participation
Sehaj	B.A. III	Paranda Making	Inter-Zonal Youth Festival	01.11.19 - 04.11.19	Panjab University, Chd	Participation
Prabhjot	B.A. II	Rangoli	Inter-Zonal Youth Festival	01.11.19 - 04.11.19	Panjab University, Chd	Participation
Bhawana	B.A. III	Khiddo making	Inter-Zonal Youth Festival	01.11.19 - 01.11.19	Panjab University, Chd	Participation

18.Ruchi	B.A. III	Peerhi Making	Inter-Zonal Youth Festival	01.11.19 - 01.11.19	Panjab University, Chd	Participation
19. Prabjot and Sonali	B.A. II B.A. III	Rangoli	Rose Festival	07.02.20	Panjab University, Chd	Third
20). Sonali	B.A. III	Dry arrangement	Rose Festival	07.02.20	Panjab University, Chd	First
21. Neha	B.A. I	Dry arrangement	Rose Festival	07.02.20	Panjab University, Chd	Second
22. Navjot	B.A. I	Flower arrangement other than roses	Rose Festival	07.02.19	Panjab University, Chd	Second
23. Saloni Garg	B.A. III	Waste to Wealth Competition	Panjab University	15.02.20	Panjab University, Chd	Second
24. Bhawna	B.A. III	Waste to Wealth Competition	Panjab University	15.02.20	Panjab University, Chd	Third
25. Rupali	B.A. III	Dry arrangement	Rose Festival	28.02.19	Municipal Corporation, Chd.	First
26. Neha	B.A. I	Dry Arrangement	Rose Festival	28.02.19	Municipal Corporation, Chd.	Second
27. Bhawana	B.A. III	Foliage Arrangement	Rose Festival	28.02.19	Municipal Corporation, Chd.	Second
28. Meghna	B.A. I	Theme- Festival	Rangoli Competition	1.11.19	MCM DAV and SBI	First

29. Anshika	B.A. I	Theme- Festival	Rangoli Competitio n	1.11.19	MCM DAV and SBI	Second
30. Prerna	B.A. III	Theme- Festival	Rangoli Competitio n	1.11.19	MCM DAV and SBI	Third
31. Sehaj	B.A. III	Theme- Festival	Rangoli Competitio n	1.11.19	MCM DAV and SBI	Third
32. Sonali	B.A. III	Theme- Festival	Rangoli Competitio n	1.11.19	MCM DAV and SBI	Consolation
33. Bhawna	B.A. III	Theme- Festival	Rangoli Competitio n	1.11.19	MCM DAV and SBI	Consolation

LOCKDOWN ACTIVITIES

I). Title of the Activity: Low cost Nutritious Recipes Date: 22.03.20 and 07.04.20

Objective: Innovatively utilising the period of lockdown to prepare Immunity boosting recipes and promote pause for a cause and show how to fight COVID-19.

Number of participants: 3

Practice: The students of B.A. III namely Sonali Seth, Prerna Sarao and Rashika had demonstrated low cost nutritious recipes to utilise the period of lockdown fruitfully. They made Puffed rice ladoos, Vegetable Daliya, and Navratan Khichdi with Shahi Toast respectively. They had made videos of the same demonstrating the procedure of preparation along with emphasising the importance of Nutrition during COVID 19 Pandemic and appealing everyone to stay at home and take necessary precautions.

II). Title of the Activity: Design a Duppatta

Date: 13.04.20-14.04.20

Objective: The objective behind the two day workshop was to depict creativity and skill of designing with Tie and Dye techniques on paper.

Number of participants: 47

Practice: This online activity 'Design a Dupatta' provided a digital platform to the budding home scientists of the department to depict their creativity and skill in designing dupatta with tie and dye technique. Students submitted their exceptionally creative entries wherein they drew their creations on paper.

III). Title of the Activity: Online Plating Chef Contest by Department of Home Science KRM

DAV College, Nakodar.

Date: 20.04.20.

No. Of Participants: 9

Objective: Encourage students to participate in online activities on a regular basis with the aim of empowering them with such skills and knowledge that will stand them in good stead

Practice: Nine of our students participated namely Suhani Sharma, Riddhi Mahajan, Ishita Munjal, Tanvi Sharma, Anagha Mahajan, Shefali, Ruchi, Pranati, Komal. Out of these two students won prizes, Riddhi Mahajan (2nd Prize) and Tanvi Sharma (Consolation Prize).

IV). Title of the Activity: Lockdown recipes: Bridging the gap between Balanced diet and COVID -19

Date: 28.04.20

No. Of Participants: 52

Objective: Objective:

1. Platform to showcase creative as well as nutritive aspect of food.
2. Innovative recipes to enhance the immunity and prevent infections using raw materials easily available at home.
3. Products with high shelf life to avoid any food insecurity in near future.
4. Skill development of students of Food and Nutrition for future prospects.

Practice:

1. Prepare any food item/dish which has one or more protective nutrient like Vit.C, protein, Calcium etc.
2. Calculate the amount of that particular nutrient and mention its significance for a certain section of population/group.
3. Recipes involving preservation of Food and increasing its shelf life. E.g. Nutritive date and nuts bar.
4. Use of certain additional food items to enhance nutritive value of the diet.
5. Use of low cost and seasonal fruits and vegetables coupled with our daily staple diet like wheat or rice.

The competition was judged by a panel of experts namely Ms. Deepa, Dr. Neetu and Dr. Sunaina jain

All the prize winners were given E-Certificate for their enthusiastic participation.

Ist Prize- Isha Jindal, Bhavya

IInd Prize- Riddhi and Maninder

IIIRD Prize- Ravneet and Gurpreet

Consolation prize- Pranati and Anagha

V). Title of the Activity: Inter College mask making competition by the Women Development Cell of the college.

Date: 15.05.20

No. of Participants: 3

Objective: With the aim of keeping the students constructively engaged during the current pandemic situation and spreading awareness about the use of masks and gloves to keep the disease at bay.

Practice: Making their own trendy and stylish editions of masks and gloves, the participants not only showcased their creativity and resourcefulness by making masks and gloves from stuff available at home but also aided in the fight against the pandemic by being a corona warrior advocating the use of protective gear. All the participants and winners were awarded e-certificates. Three of our students had participated and Kirti of B.A. II won the second prize out of 70 entries.

VI). Title of the Activity: Nutritious recipes to fight against COVID-19

Date: 22.05.20

No. of Participants: 5

Objective: Acknowledging Nutrition as a common used term at Household level.

Practice: On a State level online cookery competition for college students on the theme was organised by C.M.K. National P.G. Girls College, Sirsa. Five students participated among them Bhavya of B.A. III got the second prize.

VI). Title of the Activity: National Level Online Quiz

Objective: Update knowledge and information regarding the Novel Virus COVID 19.To engage students in fruitful activities during these testing times.

S.No	Date	No. of Participants	Practice
1	28.05.20		Students got e- certificate for participating in National Online Quiz on “Nutrition and Lifestyle diet management and wellness” organised by BBMU, Lucknow
2	30.05.20		Hindu Girls College, Jagadri on the topic “Nutrition and Immunity”. Forty undergraduates participated, among them twenty got E- Certificates for scoring 80% and above in the quiz.
3	04.06.20		E- Certificates for Quiz Competition organised by State NSS cell, RUSA and P.U. Chandigarh.
4	11.06.20		Students of the department participated in a national level online quiz competition on “Nutrition and COVID” conducted by SD (P.G.) college, Panipat. Students of Home Science department participated and got certificates of appreciation.

VII). Title of the Activity: SustainableFashion- A pre requisite during COVID 19

Date: 05.06.20

No. of Participants: 2

Practice: The Heritage Institution KMV Jalandhar, held webinar on the theme mentioned above. Two students namely Kareena, Harshita and Panvi Mahajan participated and got E- Certificates.

VIII). Title of the Activity: Nutrition and Lifestyle, diet Management and health wellness

Date: 05.06.20

No. of Participants: 1

Practice: A National level online workshop on was organised by Government College for Girls, Parwal (Kurukshetra) in which Ishita Munjal of B.A.III got E-Certificate.

IX). Title of the Activity: “Best out of Waste” Competition on 07.06.20 in which Sonali Seth of B.A. III got third prize.

Date: 07.06.20

No. of Participants: 1

Objective: Creative entries, showcasing ingenuity of the participants in the usage of waste material to make useful articles.

Practice: “Ek Bharat Shreshta Bharat” Committee of MCM DAV College organised Creativity in Confinement on the occasion of World Environment Day.

Picture:

X). Title of the Activity: Online competition in Embroidery.

Date: 13.06.20

No. of Participants: 1

Practice: GGS Khalsa College for Women, Jhar Sahib in collaboration with the department of Youth Welfare, Panjab University, Chandigarh organised the competition. Kirti of B.A. II and Sehaj Bassi of B.A. III participated and got E-Certificates.

XI). Title of the Activity: Online National level Competition.

Date: 15.06.20

No. of Participants: 3

Practice: Online national level competition was organised by Government Home Science College, Chandigarh. Shavya of B.A.II year participated in designing of Cushion Cover with old fabric in Doodle art, Harshita in sketching of Designer Ethnic Wear for adolescent girls and Sonali Seth for designing of Cushion cover with Doodle Art. Shavya also participated in creating of Utility Bag with Eco-friendly material.

XII). Title of the Activity: Make your own Mask- True Designer

Date: 20.06.20

No. of Participants: 1

Practice: Sonali Seth of B.A. III participated in an online contest organized on Mask Making by IIFA.

XIII). Title of the Activity: Demonstration of Mask making

Date: 04.04.20

No. of Participants: 1

Objective:

- 1).To make cloth masks at home to meet the increasing demand of masks during the Pandemic.
- 2).Encourage wearing of masks among the masses, as these would be much more economic, as compared to commercially available ones.
- 3).The masks were made with easily available raw materials at home.

Practice: With the outbreak of COVID-19, the demand for face masks increased manifold, so much so that the supply fell short of the demand and the price of mask also went up. One of the enterprising faculty of Mehr Chand Mahajan DAV College for Women, Ms. Rati Arora, Assistant Professor, Department of Home Science, in a video, demonstrated making face mask with cloth available at home. The video was made accessible for public view, through various social media platforms.