

## Guru Nanak Kialsa College for Women <br> Gularkinam Gamps, model Town Lutilizana



## HOME SCIENCE ODD SEMESTER REPORT



Dr. Maneeta Kahlon Principal

HOD, Assistant Professor


Mrs. Amarpreet Gaur Assistant Professor

website :wwwgnwldh.com

## The legacy of the Home Science Department and its present status:

In 1975, the Home Science Department was established at the Guru Nanak Khalsa College for Women, Gurjarkhan Campus, Model Town, Ludhiana. For this department, there was only one Lecturer at first. Only 60 kids were enrolled in prep school and 25 were enrolled in first year. There was only one laboratory present at first. There was no lab attendant in the department. One attendant was hired in 1976, and a lab assistant was hired in 1980. In 1978, the department appointed a second lecturer. The construction of the second lab in 1982 coincided with the students' growing numbers. The Department was located on the first floor. However, the entire department was moved to the first level in 20012002.

There are now a total of two labs-one for sewing and one for cooking. For the teaching staff, there is a single staff room with a bathroom right next to it. For storing excess equipment, sewing machines, and armoires, one storage room is provided.

A single attendant's room has also been created so that she may give the pupils during practical what they need. Two permanent faculty members, two adohc faculty members, one lab assistant, and one lab attendant were scheduled to ensure that classes ran well as enrollment grew in the ensuing years. Only degree-related coursework remained as a component of higher education over time, and prep or Sr. Sec programmes were rescheduled for school levels. As of right now, the department consists of one Adohc and one Permanent Faculty member, as well as a Lab Assistant and a Lab Attendant.

| Staff members in <br> Department | Male | Female | Total |
| :--- | :--- | :--- | :--- |
| Total No. of teachers |  | 02 | 02 |
| Teachers with PhD. As <br> highest qualification |  | ----- | ----- |
| Teachers with M.Phil as <br> highest qualification |  | ------ | ------ |
| Teachers with P.G as the <br> highest qualification | 02 | 02 |  |
| Technical staff | 01 | 01 | 02 |

## Teaching Faculty



Mrs. Shikha Kalra (HOD)
(Assistant Professor)


Mrs. Amarpreet Kaur
(Assistant Professor)

List of Staff members with their designation, Qualifications, fields of specialization, years of experience:

| Name of the <br> teaching Faculty | Designation | Highest <br> Qualification | Specialization | Experience <br> in years |
| :--- | :--- | :--- | :--- | :--- |
| Shikha Kalra | Assistant Professor | M.Sc, | Foods and <br> Nutrition | 08 years |
| Amarpreet Kaur | Assistant Professor | M.Sc. | Clothing and <br> Textiles | 15 years |

Personal achievements of staff members for the session: June 2023 - May 2024 odd Semester

## SHIKHA KALRA

## MOOCs /Courses

- Completed a 2 Credit online Swayam NPTEL AICTE course 'National Education Policy 2020: Professional Development Programme', conducted by Indira Gandhi National Open University, Staff Training and Research Institute of Distance Education, New Delhi, through MOOCs mode, during May 16-June 15, 2023, with a score of 83 percent.


## As Resource person / Organizer/ Convenor/ Expert/External Examiner

- Acted as External examiner for Semester end BA UG classes ( $1^{\text {st }}, 2^{\text {nd }}$ and $3^{\text {rd }}$ year) Home Science Practical Exams at S.D.P College held on April 16, 20 and 21, 2024.
- Went as flying squad to Doraha College of Education on January 19, 2024

Faculty development programme

- Participated in seven day National level FDP on 'NAAC Institutional Accreditation' organized by IOT Academy held from January 2 to 10, 2024.
- Participated in one day National level FDP on 'Green audit and Energy audit in HEI's' organized by IOT Academy on December 29, 2023.


## Workshop

- Attended National workshop on 'Gender Auditing in Higher Education Institutions: An inclusive approach for achieving Equity and Development' organized by Gobindgarh Public College Alour - Khanna, Ludhiana on March 13,2024.
- Participated One day International Workshop(Online) on Mindful Eating for Healthy Lifestyle organized by Department of Home Science, KVA DAV College for Women, Karnal in collaboration with Total Nutrition -Diet Clinic, Yamunanagar, Haryana on March 12, 2024.
- Attended one day workshop on 'Mould it art and Fabric painting' by 'Fevicryl' on March 01, 2024.
- Attended one day workshop on 'Baking and cooking' by 'The Magic ovens’ on February 19, 2024.


## Paper presentations

- Presented a paper " Women entrepreneur ship - Evolution and Challenges in the field of Baking" at One day National Seminar on NEP 2020: An Interface for Women Enterprise \& Financial Inclusion" sponsored by ICSSR ( North - Western Regional Centre, P.U. Chandigarh) organized by PG Department of Commerce, GNKCW on March 16,2024.


## Participation only

- Participated in Two Days National Seminar on "Promotion of Farming, Processing, Marketing and Exports of Organic, Natural and Herbal Products for Viksit Bharat through Cooperatives and Unnat Bharat Abhiyan Institutions" organized by the Department of Rural Development, NITTTR Chandigarh and Centre for Rural Development and Technology, National Coordinating Institute, UBA, IIT, Delhi on March 20-21, 2024.


## AMARPREET KAUR

MOOCs /Courses

- Completed a 2 Credit online Swayam NPTEL AICTE course 'National Education Policy 2020: Professional Development Programme', conducted by Indira Gandhi National Open University, Staff Training and Research Institute of Distance Education, New Delhi, through MOOCs mode, during May 16-June 15, 2023, with a score of 77 percent.


## FDP

- Participated in five Days National Level Virtual FDP on "The Art of Research" held from January 8 -January 12, 2024.


## WORKSHOP

- Participated in one day National workshop on 'Gender Auditing in Higher education institutions : An inclusive approach for achieving equity and development' organized by Gobindgarh Public college, Alour Khanna, March 13, 2024.
- Participated in one day International Workshop (online) on Mindful Eating For Healthy Lifestyle Organized by KVA DAV College for Women, Karnal and in collaboration with Total Nutrition -Diet Clinic, Yamunanagar, Haryana on 12th March, 2024
- Attended four day workshop on 'Mould it art and Fabric painting' by Fevicryl on 26th to 29th February, 2024 which was concluded with an exhibition on March 1, 2024.
- Attended one day cake baking workshop on Feb.19,2024 in Dept. of Home Science, GNKCW by Ms. Kirandip Kaur from 'The Magic Oven' - baking and Cooking institute, Ludhiana


## Paper Presentation

- Presented a paper titled "A Study of Schemes Offered by MSME for Women Entrepreneurship" in ICSSR (North Western Regional Centre, P.U. Chd.) sponsored One day National Seminar on "NEP 2020: An interface for Women Enterprise and Financial Inclusion" held organized by PG Department of Commerce, Guru Nanak Khalsa College For Women,,Gujarkhan Campus ,Model Town, Ludhiana on March 16,2024.


## External examiner

- Invited as External Examiner for World Art Appreciation \& Hand Printing and Painting Techniques B.Sc Fashion Designing, Northern India Institute of Fashion Technology (NIIFT), Ludhiana on Dec 18, 2023.
- Invited as External Examiner for Elements of Designs and Pattern Making of B.Sc Fashion Designingsem.2nd, Northern India Institute of Fashion Technology (NIIFT), Ludhiana on June12, 2023.
- Invited as External Examiner for Pattern Making and Fabric Surface Techniques of B.Sc Fashion Designing sem. $2^{\text {nd }} \& 4^{\text {th }}$, PCTE, Ludhiana on June 5 \& June 6, 2023.


## PARTICIPATION

- Participated in Two days National Seminar on "Promotion of Farming, Processing, Marketing and Export of Organic, Natural and Herbal Products for Viksit Bharat through Cooperative and Unnat Bharat Abhiyan Institution" organized by the Department of Rural Development,

NITTR Chandigarh and Centre for Rural Development and Technology, National Coordinating Institute, UBA, IIT, Delhi at NITTTR Chandigarh on 20-21 March,2024.

ANNUAL ACTIVITY REPORT OF HOME SCIENCE DEPARTMENT SESSION: June, 2023-December, 2023 (ODD SEMESTER)

| S. No. | Activity | Date |
| :---: | :---: | :---: |
| 1. | Skill-Based Hobby Classes Begin At GNKCW. | June1 to June 6 |
| 2. | World Food Safety Day Celebrated | June 7,2023 |
| 3. | Conducted Stock Taking | June 26 To July 4, |
| 2023 |  |  |


|  |  | September 30, 2023 |
| :---: | :---: | :--- |
| 12. | 64th Panjab University Zonal Youth And Heritage <br> Festival (Day 1) | October 09, 2023 |
| 13. | Y4th Panjab University Zonal Youth And Heritage |  |
| Festival (Day 2) |  |  |$\quad$ October 10, 2023

## SUMMERIZED REPORT

1. Skill-based hobby classes begin at GNKCW

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 1. | June 1, <br> 2023 | Hobby classes in Basic <br> Cooking Classes for the <br> girl students of 12th <br> standard | Departments of <br> Home Science in <br> collaboration with <br> IQAC, GNKCW | https://www.insta <br> gram.com/p/Cs8S |
| $\frac{27 \mathrm{yvm4r} / ? \mathrm{igshid}=}{\text { NzJjY2FjNWJiZg }}$ |  |  |  |  |
| $\equiv=$ |  |  |  |  |




## Day 1

## 1.First Day of Hobby Classes

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 1. | June 2, <br> 2023 | Hobby classes in Basic <br> Cooking Classes for the <br> girl students of 12th <br> standard | Departments of <br> Home Science in <br> collaboration with <br> IQAC, GNKCW | https://www.insta <br> gram.com/p/Cs- <br> xkZQP1VP/?igshi |
| d=NzJjY2FjNWJi |  |  |  |  |
| $\underline{Z g==}$ |  |  |  |  |

Basics of Cooking:
Total 23 students enthusiastically participated in the first session of Cooking class and enjoyed learning the demonstration of sweet and savory recipes of Red Sauce Pasta and Fruit Ball Pudding.



## Day 2

## Second Day of Hobby Classes

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 1. | June 3, <br> 2023 | Hobby classes in Basic <br> Cooking Classes for the <br> girl students of 12th <br> standard | Departments of <br> Home Science in <br> collaboration with <br> IQAC, GNKCW | $\underline{\text { https://www.insta }}$ <br> gram.com/p/CtBL |
| $\frac{E N R P z B m / ? \text { igshi }}{d=N z J j Y 2 F j N W J i}$ <br> $\underline{Z g}==$ |  |  |  |  |

## Basics of Cooking:

Total 25 students enthusiastically participated in the first session of Cooking class and enjoyed learning the demonstration of sweet and savory recipes of Atta Eggless Cake and Bhel Puri.



Day 3

## Second Day of Hobby Classes

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 1. | June 4, <br> 2023 | Hobby classes in Basic <br> Cooking Classes for the <br> girl students of 12th <br> standard | Departments of <br> Home Science in <br> collaboration with <br> IQAC, GNKCW | $\underline{\text { https://www.insta }}$ <br> gram.com/p/CtInb |
| Q1PdDx/?igshid= |  |  |  |  |
| NzJY2FjNWJiZg |  |  |  |  |
| $\equiv \equiv$ |  |  |  |  |

Basics of Cooking: Total 16 students enthusiastically participated in the cooking class and enjoyed practicing Layered Lacha Parantha with Zaikaydar Dal Makhni.



Day 4
Fourth Day of Hobby Classes

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 1. | June 5, <br> 2023 | Hobby classes in Basic <br> Cooking Classes for the <br> girl students of 12th <br> standard | Departments of <br> Home Science in <br> collaboration with <br> IQAC, GNKCW | $\underline{\text { https://www.insta }}$ <br> gram.com/p/CtI2 <br> HU8vWG/?img |

Total 18 students enthusiastically participated in the cooking class and enjoyed practicing vegetable vermicelli and whipped fruit cream.

## WHPPED FNTIT CREAM <br> VEETABBLE VERMICELLI




Day 5
Day 5 Of Hobby Classes

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 1. | June 6, <br> 2023 | Hobby classes in Basic <br> Cooking Classes for the <br> girl students of 12th <br> standard | Departments of <br> Home Science in <br> collaboration with <br> IQAC, GNKCW | $\underline{\text { https://www.instagram.c }}$ <br> $\underline{\text { om/p/CtNyfxgPPSu/?igs }}$ <br> hid=NzJY2FjNWJiZg $==$ |

Total 19 students enthusiastically participated in the cooking class and enjoyed practicing White Sauce Cheesy Pasta and Chatppati Spicy Pav Bhaji.



25 Students in all were distributed participation certificates. Department of Home Science played a pivotal role in creating a nurturing environment for the students.






2. World Food Safety Day celebrated

| Sr. No. | Date | Action Taken | Organized by | Press Coverage and Social Media Link |
| :---: | :---: | :---: | :---: | :---: |
| 2. | June 7, 2023 | Celebrated 'World Food Safety Day' on June 7, 2023 which has been designated as "Food Standards Save Lives" as the theme for 2023. | Departments of Home Science in collaboration with IQAC, GNKCW | Danik Savera; 08-06-2023; Pg No. 5; Col No. 1 <br> Link <br> https://www.instagram. com/p/CtQX tqvRg6/?i gshid=NzJjY2FjNWJiZ $\mathrm{g}==$ |

12 students participated in the campaign with an aim of raising awareness about food safety measures adopted at household level to check adulteration so as to reduce food borne diseases. Mrs. Shikha Kalra and Mrs. Amarpreet Kaur demonstrated different techniques of testing food adulteration in the processed and unprocessed foods like Milk and Desi Ghee which are locally available in the market.


3. Conducted stock taking

| Sr. <br> No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 3. | $\begin{gathered} \text { June } 26,27,30, \\ 2023 \text { and } \\ \text { July } 1,4,2023 \end{gathered}$ | conducted stock taking and evaluation of the kitchenware and other equipment in the month of June 2023. | Department of Home Science in collaboration with IQAC, Annual Stock Taking Board (ASTB) of the college | https://www.instagram. com/p/CuoZ5tYx_AT/ ?img_index=9 |

Home Science conducted stock taking of the kitchenware and other equipment in the month of June 2023. Evaluation of all quantities of items mentioned in stock was performed. All the items to be written off were assessed and verified by the department staff. The non-functional, defunct items were disposed appropriately following the waste management guidelines of the institution.



4. GNKCW gears up for the new academic session 2023-2024 Part-1

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 4. | July 15, <br> 2023 | GNKCW preps up for the <br> upcoming college year | IQAC, GNKCW | https://www.instagram.c <br> om/p/CutXRLdxO69/?im <br> g_index=9 |

GNKCW preps up for the upcoming college year, sharing some updates regarding the planning process for the new academic session. The members of the faculty meticulously reviewed the syllabi to offer the best educational experience for the students. In addition, the teachers are diligently preparing a well-structured timetable to ensure optimal class scheduling as well as to maximize learning potential.

5. MILLET BAZAAR -Stall for sale of healthy and roasted snacks for the faculty of GNKCW

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 5. | $\begin{gathered} \text { July } 17, \\ 2023 \end{gathered}$ | Sale and purchase stall of processed, healthy and roasted snacks | Departments of Home Science under IQAC, GNKCW in collaboration with DoHE, UGC. | $\begin{aligned} & \frac{\text { https://www.instagram.c }}{\frac{\text { om/p/CvHJXX- }}{}} \\ & \frac{\text { RczK/?igshid=MTc4Mm }}{\text { M1YmI2Ng }==} \end{aligned}$ |

12 students handled the sale and purchase and motivated the staff members to use processed, healthy and roasted snacks products in their daily life instead of fried cereal junk food. The activity was conducted on July 17, 2023 as a monthly activity for celebrating 2023 as International Year of Millets, guided by DoHE, UGC to build up momentum for popularization of millets.


6. Workshop on baking of Barnyard and Ragi millet cake

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 6. | August | Baking technique of <br> 5,2023 <br> Barnyard and Ragi was <br> demonstrated demonstrated | Department of Home <br> Science under <br> IQAC, GNKCW in <br> collaboration with <br> Healthy and Yummy <br> Bakers, Ludhiana | $\underline{\text { https://www.instagram. }}$com/p/CvoyYJTxq6e/?i |
|  |  |  |  |  |

A workshop was organized on baking of Barnyard and Ragi millet cake by Mrs. Ritu Aggarwal from Healthy and Yummy Bakers, Ludhiana. 20 students actively participated in the process of baking.


7. Earn While you Learn" Activity of Chana Kulcha

| $\begin{aligned} & \text { S. } \\ & \text { No. } \end{aligned}$ | Date | Action taken | $\begin{aligned} & \text { Organized } \\ & \text { By } \end{aligned}$ | Press Coverage and Social media Links |
| :---: | :---: | :---: | :---: | :---: |
| 7. | $\begin{gathered} \text { August } \\ 11, \\ 2023 \end{gathered}$ | Chana Kulcha stall as an activity under "Earn While You Learn" program in the college | IQAC, in collaboration with Department of Home Science of Guru Nanak Khalsa College for Women, Gujarkhan Campus | Danik Jaagran; 12-8-2023; pg 2; col 1 |

$\left.\begin{array}{|l|l|l|l|l|}\hline & & & \frac{\text { https://www.instagram.com/p/ }}{\frac{\text { Cv1VUQvReEV/?igshid=MTc }}{}} \\ \hline \text { 4MmM1YmI2Ng== }\end{array}\right]$

Chana Kulcha stall as an activity under "Earn While You Learn" program was organized in the college. 13 students of the department prepared the spicy recipe.



8.Talent Hunt- Inter Class Competition

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 8. | $\begin{gathered} \text { August } \\ 18,2023 \end{gathered}$ | Inter class competition in Mehandi, Crochet, Knitting, Pakhi making, Phulkari, Bagh and Dasuti (Cross stitch) | Department of Home Science and Fashion designing,under IQAC, GNKCW | https://www.instagram.c om/p/CwRg7TPR0F4/?ig shid=MTc4MmM1YmI2 Ng\%3D\%3D\&img_inde $\underline{x=8}$ |

Inter class competition in Mehandi, Crochet, Knitting, Pakhi making, Phulkari, Bagh and Dasuti (Cross stitch) was organized by Departments of Home Science and Fashion DesigningTotal 46 students from different streams participated in the contest. Total 46 students from different streams participated in the contest.






## 9. Demonstration of Sprouted Millet Salad

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 9. | August <br> 26,2023 | Demonstration of Sprouted <br> Millet Salad in the 3 day <br> process of sprouting <br> neutral millets (bajra, <br> jawar, ragi) | Department of <br> Home Science under <br> IQAC, GNKCW in <br> collaboration with <br> DoHE, UGC | https://www.instagram.co <br> $\mathrm{m} / \mathrm{p} /$ CweXkFFRz0Y/?img |
| index=10 |  |  |  |  |

Demonstration of Sprouted Millet Salad in the practical class. 15 students participated in the 3 day process of sprouting neutral millets (bajra, jawar, ragi). The activity was conducted on August 26, 2023 as a monthly activity for celebrating 2023 as International year of millets, guided by DoHE, UGC to build up momentum for popularization of Millets to make"IYoM-2023".




10. Exhibition-cum-sale of Handmade Rakhis and Gift Hampers

| Sr. No. | Date | Action Taken | Organized by | Link and NP clippings |
| :---: | :---: | :---: | :---: | :---: |
| 10 | August <br> 30,2023 | Under "Earn While You <br> Learn" programme, <br> students had setup an <br> Exhibition and sale of <br> Handmade Rakhi and Gift <br> Hampers | Department of Home <br> Science and Fashion <br> Designing under <br> IQAC, GNKCW in <br> collaboration with <br> Earn While You <br> Learn scheme of the <br> College | htps:/www.instagra |


|  |  |  |  | $0-9$ |
| :--- | :--- | :--- | :--- | :--- |

15 Students had setup an Exhibition and sale of Handmade Rakhi and Gift Hampers for the students and Faculty of the College. The exhibition successfully captured the essence of Raksha Bandhan and the significance of celebrating it through handmade creations.





## 11. RASHTRIYA POSHAN MAAH 2023 CELEBRATIONS

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 11. | Septemb <br> er 1-8, <br> 2023 | RASHTRIYA POSHAN <br> MAAH 2023 celebrations | Department of Home <br> Science | Day 1 <br>  $\mathbf{h t t p s : / / w w w . i n s t a}$ |
| gram.com/p/CwrP |  |  |  |  |



Thematic Rashtriya Poshan Maah, 2023 is celebrated in the college from September 7,2023.
The theme of the first week of September (From September 1-5) is sensitization and awareness of importance of Celebrating Poshan Maah every year in college Campus. Various activities are organized on the above theme by IQAC and NSS, Unit of the college in collaboration with Department of Home Science and Swachta Pakhwada and UBA.


Day1, (September 1, 2023)
12 students of the college visited kakowal Village along with medical camp organized by Doctors Shiv Ram Hospital, Ludhiana and made aware of malnutrition and poshtik ahaar for children and adolescents to the mothers who visited the camp for check ups.


Day 2 (September 5, 2023)
On the ocassion of Teacher's day get together, 64 staff members were made aware about the basic theme of Poshan Maah 2023, ie malnutrition, nutrition during special conditions- (adolescent, pregnancy and lactation) and Poshan Pakhwara ie 'Anna Shree'



Day 3 ( September 8, 2023)
34 students of NSS and Home Science were made aware about Poshan Maah and Poshan Pakhwara and took E Poshan pledge by My Govt app. They got their respective certificates of Pledge participation.


Day 3 (PART-II)



Second week of September RASHTRIYA POSHAN MAAH 2023 CELEBRATIONS

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 11. | Septemb er 9-15, 2023 | RASHTRIYA POSHAN MAAH 2023 celebrations | Department of Home Science | 1. <br> https://www.instagram.com/p/ CxUzf10RpDE/?hl=en\&img_i ndex=1 <br> 2. (PART-I) <br> https://www.instagram.com/p/ CxUsjA2RcXZ/?hl=en\&img_ index=1 <br> 3. (PART-II) <br> https://www.instagram.com/p/ CxUsufyRRCS/?hl=en\&img_i ndex=1 |

The theme of the Second week of September (From September 09-15) is to find out the degree of malnutrition and to fight back the its symptoms by introducing millet meals. Various activities are
organized on the above theme by IQAC and NSS, Unit of the college in collaboration with Department of Home Science as directed by DoHE, UGC to celebrate 2023 as International Year of millets. The activity was also associated with Swachta Pakhwada under Poshan abhiyaan to use millets as 'shree anna' and UBA.The campaign is carried under NSS Programme)

Day4, (September 12, 2023)
12 students of the college visited Govt High School and primary school, Village Kheri, Jhameri, and lecture is delivered to adolescents on nutritional benefits of using millets.

Students also measured the weight and height of the pre primary school children (3-6 years) and primary school children (6-9 years) with weighing balance and standardized anthropomorphic scales.



Day 5 (September 15, 2023)
An Inter Class millet recipie competition was organized in Department of Home Science. 15 students tried their art of moulding different flavours colours and texture in millet dishes. They used different millets to make mouthwatering sweet and savory delights.
Result of Recipie competition:
1st prize - Harpreet kaur, Class BA 2nd year, Roll No. 22115
2nd prize - Palak, Class BCA-1st year, roll No. 231901
3rd prize - Varinda, Class BA1st year, Roll No. 23199

# Guru Nanak Khalsa College for Women 

Gujarkhan Campus, Model Town, Ludhiana
आप्राष स्तिस
Under the aegis of Internal Quality Assurance Cell
Department of Home Science G NSS Unit organizes

## Inter \&lass TMillets RECIPE COMPETITION

on 15th September 2023

> at 10:00 am

NSS Programme Officers
Organizer

Principal
Dr. Maneeta Kahlon Mrs.Satwant Kaur






Third week of RASHTRIYA POSHAN MAAH 2023

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 11. | $\begin{aligned} & \text { September 16- } \\ & 25,2023 \end{aligned}$ | $\begin{aligned} & \text { RASHTRIY } \\ & \text { A POSHAN } \\ & \text { MAAH } 2023 \end{aligned}$ | Department of Home Science | https://www.facebook.com/gnwlud hiana/posts/pfbid02Msvq2oCt1otF F2Lu4h2gQvF6YzbP9dmARk6Jv m1AjrDYKJbUQV2Q8YJDBwhY qNo11 <br> 1. Day 5 Part 1 <br> https://www.instagram.com/p/Cxpc 4qsxZVX/?igshid=MTc4MmM1Y $\underline{\mathrm{mI} 2 \mathrm{Ng}}==$ <br> 2. Part 11 <br> https://www.instagram.com/p/Cxpd BE3xQWg/?igshid=MTc4MmM1Y $\underline{\mathrm{mI} 2 \mathrm{Ng}==}$ <br> 3. Part 111 <br> https://www.instagram.com/p/Cxp mjF2xzL2/?igshid=MTc4MmM1Y $\underline{\mathrm{mI} 2 \mathrm{Ng}}==$ |

The theme of the Third week of September (From September 16-25) fights nutritional deficiencies and advancement of diet through millets.

Day 5, Part1 (September 19, 2023)
43 students of the college gathered in seminar hall and were shared the link of Poshan Quiz by my Gov app. Students solved 10 questions in time period of 120 seconds. Auto generated E certificates were issued on their emails, which were shared by the students. Various activities are organized on the above theme by IQAC and NSS, Unit of the college in collaboration with Department of Home Science as directed by DoHE, UGC to celebrate 2023 as International Year of millets. The activity was also
associated with Swachta Pakhwada under Poshan abhiyaan to use millets as 'shree anna' and UBA.The campaign is carried under NSS Programme)


Day 5 Part 11



## Day 5 Part111 or Day 6 (September 25, 2023)

Millets stall was organized in collaboration with Millet expert Ms. Ritu Aggarwal from 'Healthy and Yummy Baker' under the guidance of Man of Millets - Dr. Khadar Vali. Staff members and Students of different

## MILLETS EXHIBITION




## FOURTH WEEK OF RASHTRIYA POSHAN MAAH

| Sr. <br> No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 11. | September 26- <br> 30,2023 | RASHTRIYA <br> POSHAN MAAH | Department of Home <br> Science | Day 7, 8,9 |
|  |  |  | $\frac{\text { https://www.instagram.com/p/ }}{\text { Cx4nuopR } \mathrm{Y} / ? \mathrm{igshid}=\mathrm{MTc}}$ <br> $\frac{4 \mathrm{MmM} 1 \mathrm{YmI} 2 \mathrm{Ng}==}{}$ |  |

The theme of the fourth week of September (from September 26-30) is to grow millet microgreens, and to celebrate NSS day on September 24, 2023.

Various activities are organized on the above theme by IQAC and NSS, Unit of the college in collaboration with Department of Home Science as directed by DoHE, UGC to celebrate 2023 as

International Year of millets. The activity was also associated with Swachta Pakhwada under Poshan abhiyaan to use millets as 'shree anna' and UBA.The campaign is carried under NSS Programme)

## Day 7, (September 26, 2023)

16 students of the college gathered near the central lawn and sowed millets in pots. The pots ware nurtured with water and manure under shade for 2 days to enhance sprouting and then kept under Sun for developing first cotyledons into tiny shoots.

## Sowed millet Seed




Day 8, (September 27, 2023)
NSS Day was celebrated on September 27, 2023 by distributing biscuits to Elementary school children of Guru Nanak Khalsa Gujarkhan Girls School, Model Town, Ludhiana. 32 students participated in the activity.



Day 9, (September 30, 2023)
The millets which were grown into micro greens on September 26, 2023 were collected and were used in making sandwiches in practical period by the students


12. 64th ZONAL YOUYH FESTIVAL HOSTED BY GNKCW

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 12. | $\begin{gathered} \text { October } 09, \\ 2023 \end{gathered}$ | Hosted the 64th Panjab University Zonal Youth and Heritage Festival | Punjab University youth welfare society , in collaboration with Department of Home Science IQAC,GNKCW | https://www.facebook.com/gn wludhiana/posts/pfbid0iuAD Q57tiWdjMwVhDKSF68Wb xFc5meismUdRXdmd31QhF wvw3musgbkCYpP9fCxPl Day 1 Part 1V https://www.instagram.com/p/ CyOMQFZJo_2/?igshid=MT c4MmM1YmI2Ng== <br> https://www.instagram.com/p/ CyOOQEJp1sv/?igsh=MWV1 $\underline{\mathrm{d} 2 \mathrm{NhN2c} 5 \mathrm{cnFvdA}}==$ |

Following competitions were held on Day 1 at venue 111
Guddian Patole Making:
Mitti De khidaune

Chikku Making:
Khiddo Making
Tokri Making:
Peerhi making
Paranda Making:
Rassa Vatna

Naala Making:
Ennu Making
Guddian patole, mitti de khidaune, Rassa vatna , chikku got first prize and khiddo making got second as well as 3rd prize in Ennu making





## DAY 2

| Sr. <br> No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 12. | $\begin{aligned} & \text { October } \\ & 10,2023 \\ & \text { (DAY2) } \end{aligned}$ | 64th <br> Panjab <br> Universit <br> y Zonal <br> Youth and <br> Heritage <br> Festival | Punjab University youth welfare society, in collaboration with <br> Department of Home Science <br> IQAC,GNKCW | https://www.instagram.com/p/CyVTaf6 $\underline{x J d w} / ? h 1=e n \& i m g \_i n d e x=4$ <br> https://www.instagram.com/p/CyVM68 <br> VR7ns/?hl=en\&img_index=2 |

(PART-IV) Day 2 of 64th Panjab University Zonal Youth and Heritage Festival at GNKCW.


Our college made an impressive mark in the categories of Heritage Art \& Craft items and won the prizes in following items:
1st Prize in Mehandi Designing \& Applications
3rd Prize in Crochet Work



13.Youth Talent Show organized at GNKCW

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 13. | October | Youth Talent show | IQAC ,Department | (PART-III) |
|  | 18,2023 |  | of Home Science of | https://www.instagram.c |
|  |  |  | Guru Nanak Khalsa College for Women, | om/p/CykveohRKbo/?im <br> $g$ index=3 |
|  |  |  | Gujarkhan Campus, in collaboration with | https://www.instagram.c |
|  |  |  | SAHYOG (N.G.O.) | $\frac{\mathrm{om} / \mathrm{p} / \mathrm{CynLoXuRDOk} / ? \mathrm{i}}{\underline{\mathrm{mg} \text { index }=4}}$ |



19-10-2023 Dainik Savera Page 5 Column 3.jpg

IQAC of Guru Nanak Khalsa College for Women, Gujarkhan Campus, in collaboration with SAHYOG (N.G.O.) organized Youth Talent show on October 18, 2023. This event is being organized to create awareness about drug abuse. 27 Students of the college showcased their talent in competition of Mehndi.

These competitions were judged by Ms. Preeti Batish (Chairman Women Wing), Ms. Arpana Sachar (President Women Wing) and Ms. Balwinder Kaur. Winners of the competitions were given away prizes and certificates by the guests.



14. Distribution of millet seeds (Bajra, Jawar and Ragi)

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 14. | October <br> 19,2023 | Distribution if Millet seeds <br> to Students | Departments of <br> Home Science <br> ,GNKCW in <br> collaboration with <br> DoHE, UGC | $\underline{\text { https://www.instagram.c }}$ <br> om/p/Cyzvb7SRK4r/?im <br> g_index=2 |

Department of Home Science distributed millet seeds (Bajra, Jawar and Ragi) to 15 students. The activity was conducted on October 19, 2023 as a monthly activity for celebrating 2023 as International Year of Millets, guided by DoHE, UGC to build up momentum for popularization of millets.


15.Candle Making Workshop organized at GNKCW

| Sr. <br> No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 15. | October <br> 25,2023 | Conducted a <br> workshop on <br> candle-making and <br> decoration | Department of <br> Home Science in <br> collaboration <br> with <br> IQAC,GNKCW | https://www.instagram.com/p/Cy0EEy3x |

A candle making workshop for students of the departments. During the workshop, various candle decoration techniques were demonstrated and students followed the procedure for creating beautiful designs. Attractive candles were made by using traditional gotta, beads, old CDs, pompoms, paper art, and cardboards. 18 students participated in this workshop and made beautiful candles.


जीएनकेसीउल्यू में मोमवती निर्माण पर कार्यराला

जासं, लुधियानाः गुरु नानक खालसा कालेज फार वूमेन ( जीएनकेसीडब्ल्यू) गुजरखान कैंपस के आंतरिक गुणवत्ता आश्वासन सेल के तत्वावधान में गृह विज्ञान और फैशन डिजाइनिंग विभाग ने छात्रों के लिए एक मोमबती बनाने की कार्यशाला का आयोजन किया कार्यशाला के दौरान, विभिन्न मोमबत्ती सजावट तकनीकों का प्रदर्शन किया गया। पारंपरिक गोटा, मोतियों, पुरानी

सीडी, पोम पोम, पेपर आर्ट और कार्डबोर्ड का उपयोग करके आकर्षक मोमबतियां बनाई गई।इस कार्यशाला में 18 छात्रों ने भाग लिया और सुंदर मोमबतियां बनाई।। गतिविधि शिखा कालरा और डा. शिखा बजाज के मार्गदर्शन में आयोजित की गई थी प्राचार्य डा. मनीता काहलों ने कार्यक्रम की शोभा बढ़ाई और छात्रों के प्रयासों और रचनात्मकता की सराहना की।


जीएनकेसीडब्ल्यू में मोमबती निर्माण कार्यशाला में हिस्सा लेते विद्यार्थी ॰ सौ. कालेज

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संखा ग्रूज/ खनी (लुध्याना): इटरलल कालिटी इँचयोंस सेल के तेतब में होम साइस और फैशन डिजाइसंगे विभा के विद्याबियों ने केंडल मेंकिंा कर्शाप में हिस्सा लिया। वकरणा के दैरान विभिन्न मेपबत्ती सजावट तकनीकों का प्रद्रांन किया गया और खतों ने सेंदर डिजाइस बाने की प्रक्रयिय का पलन किया। पारंसकि गेटा, मेतियों, प्रसनी सीडी, पेम पोम, पेर आर्ट और काडवेर्ड का उयोग करे अकांक मेमिम्बतियां बाइई गई। आयेजन श्रिखा कालया और डॉ.ं. ने कार्क्रम की शोमा बढाई और वर्कराप में 18 विद्याधियों ने भाग शिरिख बनाज के मार्दर्भन में किया विद्यार्थियों के प्रयासों और
लिया और सुंदम मेमवबतलयां बनाई। गया। प्रिपपेल डा. म्नीता काहलों रचालक्ता की सरहा की।

16. Stalls of Mehandi application under Earn While You Learn Scheme

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 16. | 31 st <br> October, <br> 2023 | To organize <br> stalls under <br> Earn While | Departments of Home <br> Science in <br> collaboration with <br> IQAC,GNKCW | https://www.instagram.com/p/ |
|  |  | You Learn <br> Scheme on <br> the occasion <br> of Karwa <br> Chauth |  | (zIlHeYRfx- |
| $=$ MTc4MmM1YmI2N |  |  |  |  |

Stalls of Mehandi application were set up by the students of Department of Home Science. Young entrepreneurs were given a chance to showcase their skill and take experience of buying \& selling. The exhibition was enjoyed by all the faculty members and students. 15 Students participated in this activity.



## 17. INTERZONAL YOUTH AND HERTIAGE FESTIVAL

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 17. | $\begin{aligned} & \text { November 03- } \\ & 06,2023 \\ & \text { (DAY-1) } \end{aligned}$ | Inter Zonal Youth and Hertiage Festival | Punjab youth welfare in collaboration with <br> Department of Home Science, GNKCW | 1.https://www.facebook.com/gnwludhiana /posts/pfbid02hssf2yM2vWfK6sg6GAc5e EtJPyCfQNRNQ51beDu7ZH96M5Sp1vB <br> nXjKXqLnVDtrPl <br> (PART-I) <br> https://www.instagram.com/p/CzYWZC MR9ig/?igshid=MTc4MmM1YmI2Ng== <br> (PART-II) <br> https://www.instagram.com/p/CzYWe5pR icU/?igshid=MTc4MmM1YmI2Ng== |

Panjab University Inter Zonal Youth \& Hertiage Festival was held From November 3rd to 6th, 2023 at Dev Samaj College for Women, Ferozepur.

Harshpreet Kaur (MCom-I) bagged the second prize in Mehandi competition



## DAY 2

Panjab University Inter Zonal Youth Festival was held From November 3rd to 6th, 2023 at Dev Samaj College for Women, Ferozepur.

Participated in Hertiage Items


18. Diwali Celebrations at GNKCW (DAY 1)

| Sr. <br> No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 18. | November <br> 08,2023 | Mithai <br> competition. | Department <br> of Home | https://www.facebook.com/gnwludhiana/pos |


|  | (Day 1) |  | Science and <br> under IQAC, <br> GNKCW in <br> collaboration | ts/pfbid0jijtFXsKQMVBW2piVZnY6UMtpQ <br> 盀4EictGxdH79kTgcS4KPz5eyhpSr3BdJYq |
| :--- | :---: | :---: | :---: | :---: |
|  |  | $\cdot$ | $\frac{\text { RiyDl }}{2 .}$ |  |

Department of Home Science organized Mithai competition where 14 students prepared sweets and winners were given prizes.


18. DIWALI EXHIBITION CUM SALE DAY-2

| Sr. No. | Date | Action Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 18. | $\begin{gathered} \text { November } \\ 09,2023 \\ \text { (Day } 2 \text { ) } \end{gathered}$ | Celebrated "Roshni", Annual Diwali programme | Department of Home Science and under IQAC, GNKCW in collaboration with Women <br> Developmentcell and NSS unit.and Earn While You Learn scheme of the College | 1. (PART-I) DAY-2 <br> https://www.instagram.com/p/C <br> zdXmaYRHw8/?igshid=MTc4 <br> MmM1YmI2Ng== <br> 2. (PART-II) <br> https://www.instagram.com/p/C <br> zdXrv6xQtj/?igshid=MTc4Mm <br> M1YmI2Ng== <br> 3. (PART-III) <br> https://www.instagram.com/p/C <br> zdX1I1R51c/?igshid=MTc4Mm <br> M1YmI2Ng== |

Under 'Earn while you Learn' scheme, students as young entrepreneurs showcased their skills by setting up exhibition cum sale of cakes and chocolates, nail treatments, quilling candles and many more. Various stalls were set up for celebrating spirit of woman folk pioneering small ventures on the festival of lights. The event was hugely liked by visitors including faculty members, students and alumni of the college. The students were highly encouraged for their future endeavors.

Diwali Stall

| SR.NO | Name | Class | Roll <br> No | Stall | Amount |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 1 | Pihu | BA-II | 22327 | Decorative Item | 600 |
| 2 | Harpreet Kaur | BA II | 22115 | Choclates | 600 |
| 3 | Tanvi Kaur | BA I | 23105 | Cakes And Cream | 600 |
| 4 | Simran Kaur | BA I | 23118 | Mugs | 300 |
| 5 | Harleen Kaur | BA III | 211021 | Nail Art | 600 |
| 6 | Jaskirat Kaur | Bcom <br> III | 211029 | Cakes And Choclates | 600 |
| 7 | Harleen Kaur | Mcom I | 232435 | Cakes And Choclates | 600 |
| 8 | Rajni |  |  | Decorative Item | 300 |
| 9 | Hashmeet Kaur | BA II | 22226 | Bakery Item | 600 |
| 10 | Manmeet Kaur | BCA I | 231945 | Baking Item | 300 |


| 11 | Amar Kaur | BCA I | 231938 | Art \& Craft | 300 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 12 | Jasleen Kaur | $\begin{aligned} & \text { BCOm } \\ & \text { II } \end{aligned}$ | 221112 | Baking and Craft | 300 |
| 13 | Simran Kaur | Bcom III | 211121 | Nail Station | 300 |
| 14 | Sejal Chawla | BA III |  | Homemade candles | 300 |
| 15 | Shruti | Bcom I | 231028 | Nail Extennsions | 600 |
| 16 | Sukhpreet Kaur | $\begin{aligned} & \text { BCOm } \\ & \text { II } \end{aligned}$ |  | Nail Art | 300 |
| 17 | Jahanavi | $\begin{aligned} & \text { BCOm } \\ & \text { I } \end{aligned}$ |  | Gift Hamper |  |
| 18 | Ravneet Kaur | BA II | 22170 | Diya,Candle | 600 |
| 19 | Avneet Kaur |  |  | Baked Items | 1000 |
| 20 | Parveen Bagga |  |  | Decorative Item | 500 |
| 21 | Harpreet Kaur |  |  | Decorative Item | 1000 |
| 22 | Ravinder kaur |  |  | Decorative Item | 1000 |
| 23 | Plakshi Jain |  |  | Artificial Jewellery | 500 |
| 24 | Nishtha Gupta |  |  | Hair Acc \& Jewellery |  |
| 25 | Rehmat Bedi |  |  | Nail Art | 500 |
| 26 | Sushant |  |  | Handcraft décor | 500 |
| 27 | Kashish | PGDCA | 232628 | Choclates | 600 |
| 28 | Neru |  |  | Candles | 500 |





18. Diwali Exhibition at GNKCW Day 3

| Sr. <br> No. | Date | Action <br> Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 18. | November <br> 10,2023 <br> (Day 3) | Diwali <br> Exhibition <br> Cum sale | Department of Home <br> Science and under IQAC, <br> GNKCW in collaboration <br> with Earn While You Learn <br> scheme of the College | $\frac{\text { https://www.instagram.com/p/CzftIo }}{}$ <br> https://www.instagram.com/p/Czftll <br> $\underline{\text { ARnelindex=1 }}$ |

"Roshni", the Annual Diwali program of the college, a two-day exhibition-cum-sale being organized in. A number of stalls and counters showcasing the items prepared by the college students have been set up by Departments of Home Science. This program the college is spreading the message of being
'Vocal for Local' this festive season. This is also an opportunity for students to build up their entrepreneurial skills under the 'Earn while you learn' scheme of the college.

19. POSTER PRESENTATION ON MILLETS

| Sr. <br> No. | Date | Action <br> Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 19. | November <br> 20,2023 | Inter Class <br> Poster <br> Presentation <br> competition | Department of Home <br> Science and Fine Arts <br> under IQAC, <br> GNKCW | https://www.instagram.com/p/Cz8AgVaR1 |

Inter Class Poster Presentation competition on November 20, 2023 in collaboration with DoHE, UGC as monthly activity to celebrate 2023 as International Year of millet. On this Occasion, 7 students presented posters depicting the importance of millets in Indian diet.




## 20.Remidial Classes Conducted

| Sr. <br> No. | Date | Action <br> Taken | Organized by | Link |
| :---: | :---: | :---: | :---: | :---: |
| 20. | November <br> 20 to 25, <br> 2023 | Conducted <br> remedial/rev <br> ision classes <br> of various <br> subjects | Equal Opportunity <br> Cell ,Department of <br> Home Science under <br> IQAC, GNKCW | https://www.instagram.com/p/C0QjurYxci |

Equal Opportunity Cell of Guru Nanak Khalsa College for Women conducted remedial/revision classes of various subjects from 20th to 25 th November 2023. Subject teachers helped student's especially slow learners to clear their doubts. Appreciable attendance was seen during these classes. Not only slow learners but also other students whole heartedly took advantage of this initiative of Equal Opportunity Cell to revise their concepts.



Semester End Meeting Held in Department



