



**Guru Nanak Khalsa College for Women
Gujarkhan Campus, Model Town, Ludhiana**



**Department Of Home Science
Odd Semester Report
June to December 2022**

**Dr. Maneeta Kahlon
Principal**

**Mrs. Shikha Kalra
HOD, Assistant Professor**

**Mrs. Amarpreet Kaur
Assistant Professor**

Phone No: 0161-2424662; Email: gnkcwldh1@rediffmail.com, website: www.gnwdh.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 2001–2002.

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 enrolment 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 Department	Male	Female	Total
Total No. of teachers		02	02
Teachers with PhD. As highest qualification		-----	-----
Teachers with M.Phil as highest qualification		-----	-----
Teachers with P.G as the 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 teaching Faculty	Designation	Highest Qualification	Specialization	Experience in years
Shikha Kalra	Assistant Professor	M.Sc,	Foods and Nutrition	7 years
Amarpreet Kaur	Assistant Professor	M.Sc.	Clothing and Textiles	13 years

Personal achievements of staff members for the session 2021-2022: June 2021-Dec2022 odd Semester

Shikha Kalra

September 2022

- Attended 5 days online FDP on “Health Science and Community” sponsored by Sardar Lal Singh Ji Chair of Higher education, organized by Paratopia Club of allied Health Sciences in association with Research Cell, Desh Bhagat University, Mandi Gobindgarh, Punjab from September 1, 2022 to September 6, 2022.
- Participated in International webinar on ‘Big Bang theory: The Origin of Galaxies and Stars’ organised by Department of Physics, GGN Khalsa College, Ludhiana on September 6, 2022.

- Participated in NAAC sponsored National Seminar “Quality Enhancement of Higher Education and Revised Accreditation Framework(RAF)” organized by Kanya Maha Vidyalaya, on September 10, 2022.
- Participated in Workshop on Resource efficiency in educational campuses- North Region, on September 23, 2022.
- Presented a paper titled ‘Evaluation of employability skills of students in Higher education’ in two day ICSSR, National seminar on ‘the Road Map for enhancing employability’ on September 23-24, 2022.

October 2022

- Participated in IP Awareness / Training Programme under National Intellectual Property awareness Mission, organized by Intellectual Property Office, India, on October 03, 2022.
- Appointed as Event Judge at the Science Fair – 2022 organized by Faculty of Science, Gujrawala Guru Nanak Khalsa College, Civil Lines, Ludhiana, on October 14, 2022.

November 2022

- Participated in “Goodness of Millets” Quiz competition in MY GOV app under Ministry of education, Government of India on November 17, 2022.
- Participated in Online Quiz Competition on Millets organized by NITTTR, Chandigarh under their UBA scheme on November 18, 2022.
- Attended one Week online Workshop ‘IP Maxima 2.0’, on IPR Awareness for Maximum Research by Innovative Technology enabling Centre, CSIR – Institute of Minerals and Materials in TEC technology, Bhubaneswar, India, from November 21-26, 2022.
- Attended UGC initiated online talk by Ms. Sahana Singh on “Taking Inspiration From India’s Educational Heritage” in lecture series on “Best Practices in Higher Education” on November 22, 2022.
- Attended National Webinar on ‘Perspectives of Click Chemistry’ organized by GGN Khalsa College, Ghumar Mandi, Ludhiana on November 23, 2022.
- Attended National Webinar on ‘Fundamental Physics for advanced Research’ organised by GGN Khalsa College, Ghumar Mandi, Ludhiana on November 25, 2022.

December 2022

- Participated in Five Days International Workshop (Online) on ‘Nutritious Diet for Well Being.’ Organized by KVA DAV College for Women, Karnal in collaboration with Total Nutrition – Diet Clinic, Yamunanagar, Haryana from December 26-30, 2022

Amarpreet Kaur

September

- Participated in International webinar on ‘The Big bang theory: The origin of Galaxies and stars ‘organized by Department of Physics, GGN Khalsa college, Ludhiana on September 6th, 2022.
- Participated in NAAC sponsored National Seminar on “Quality Enhancement of Higher Education and Revised Accreditation Framework (RAF)” organized by Kanya Maha Vidyalaya, on September 10th, 2022
- Participation as Resource person for Guest lecture on ‘Tie and Dye’ Techniques in Govt. Sr. Sec. Smart School, PAU on September 21st, 2022.
- Workshop on Resource Efficiency in Educational campuses- North Region, on September 23rd, 2022.
- Presented paper titled ‘Availability of Government Initiatives for Skill development in India’ in two day ICSSR, National seminar on ‘The road map for enhancing employability’ on September 23-24, 2022.

October

- Paper presentation and paper publication in International Multidisciplinary conference on ‘Innovative Solution for Future’ on October 30th, 2022.

November

- Attended one Week online Workshop ‘IP Maxima 2.0’, on IPR Awareness for Maximum Research by Innovative Technology enabling Centre, CSIR – Institute of Minerals and Materials in TEC technology, Bhubaneswar, India, from November 21st to 26th, 2022.
- Attended National Webinar on ‘Perspectives of Click Chemistry ’organized by GGN Khalsa College, Ghumar Mandi ,Ludhiana on November 23, 2022.
- Attended National Webinar on ‘Fundamental Physics for advanced Research’ organised by GGN Khalsa College, Ghumar Mandi, Ludhiana on November 25, 2022.

December

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ANNUAL ACTIVITY REPORT OF HOME SCIENCE DEPARTMENT

SESSION: JUNE 2022 - Dec 2022 (ODD SEMESTER)

S.NO	ACTIVITY	DATE
1.	Free skill-based hobby classes begin at GNKCW	27 - 06 – 22 till 09 -07- 22
2.	Book review session by Teachers	04-08-2022
3.	Department level syllabus review meeting for fore coming session 2022-2023	09-08-2022
4.	Beginning of the new academic session 2022-2023	17-08-2022
5.	Talent Hunt 2022	29- 08-2022
6.	Home Science Dept Donated Books to College Library	07-09-2022
7.	Poshan Maah Celebration	September 2022
8.	Navratra special-Aloo, kachaloo, shakarkandi fruit chaat counters	01-10-2022
9.	Workshop on Quilling Candles	04-10-2022
10.	Two-Day Exhibition-cum -Sale at GNKCW	10-10-2022 and 12-10-2022
11	Visit to Food and Craft Mela held at PAU, Ludhiana	11-10-2022
12.	Youth Festival	15-10-2022
13.	Inter Class Mithai Competition	19-10-22
14.	Diwali Celebration	20-10-22 and 21-10-22
15.	Nutrition Through Nutri Cereal Pledge	14-11-2022
16.	World Diabetes Day observed at GNKCW	14-11-2022
17.	Online Millets Quiz Competition	18-11-2022
18.	Demonstration of Kodo millet Khichri	23-11-22
19.	Workshop on Baking of eggless Cake without oven	22-12-2022,23-12-2022 and 24-12-2022

SUMMARIZED REPORT

1. Free skill-based hobby classes begin at GNKCW

S. No	Date	Action Taken	Organized By	Link
1.	Day1 27-06-22 till 09-07-22	Free skill-based hobby classes for the girl students of 12th standard	Departments of Home Science and Fine Arts	 <p>12-7-22; Hindustan Times; Pg 2 Col 6 https://www.instagram.com/p/CftuywUFg4I/?hl=en</p>

DAY 1 - As a part of its social responsibility program, Guru Nanak Khalsa College for Women has started free skill-based hobby classes for the girl students of 12th standard, The college commenced classes, in which Basic Cooking Classes by the Department of Home Science from 27-06-22 till 9-07-22. Total no, of students were 12. On 27th June the students enthusiastically learned about cake baking.





S. No	Date	Action Taken	Organized By	Link
1.	Day2 28-06-22 till 9-07-22	Free skill-based hobby classes for the girl students of 12th standard	Departments of Fine Arts and Home Science	https://www.instagram.com/p/CfWgdBpFW7H/?hl=en

DAY 2 – On 28-06-22, students learned Masala Idli making in the 'Basic Cooking' class





S. No	Date	Action Taken	Organized By	Link
1.	Day 3 29-06-22 till 9-07-22	Free skill-based hobby classes for the girl students of 12th standard	Departments of Fine Arts and Home Science	https://www.instagram.com/p/CfZF3EulyWN/?hl=en

DAY - 3 (June 29, 2022) students learned about nutritious vegetable Pizza baking in the 'Basic Cooking' class





S. No	Date	Action Taken	Organized By	Link
1.	Day4 30-06-22 till 9-07-22	Free skill-based hobby classes for the girl students of 12th standard	Departments of Fine Arts and Home Science	https://www.instagram.com/p/CfbzwSXFkjd/?hl=en

DAY 4 - (June 30, 2022) students prepared wooden log pudding in the 'Basic Cooking' class





S. No	Date	Action Taken	Organized By	Link
1.	Day 5 01-07-22 till 9-07-22	Free skill-based hobby classes for the girl students of 12th standard	Departments of Fine Arts and Home Science	https://www.instagram.com/p/CfeP3pHj_yP/?hl=en

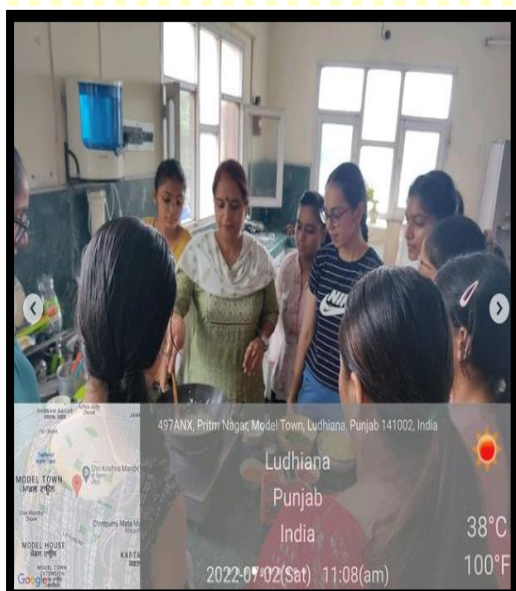
DAY -5 (July 1, 2022) students learned to make steamed vegetable momos with tomato dip in the 'Basic Cooking' class





S. No	Date	Action Taken	Organized By	Link
1.	Day 6 02-07-22 till 9-07-22	Free skill-based hobby classes for the girl students of 12th standard	Departments of Fine Arts and Home Science	https://www.instagram.com/p/Cfg9J_GF-XN/?hl=en

DAY -6 (July 2, 2022) students learned -to make healthy Pav Bhaji in the 'Basic Cooking' class





S. No	Date	Action Taken	Organized By	Link
1.	Day 7 05-07-22 till 9-07-22	Free skill-based hobby classes for the girl students of 12th standard	Departments of Fine Arts and Home Science	https://www.instagram.com/p/Cfojg1Kl6en/?hl=en

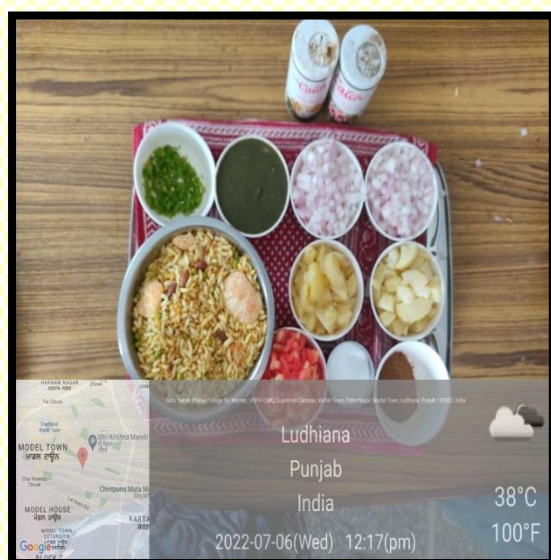
DAY -7 (July 5, 2022) students learned to make healthy red sauce vegetable pasta in the 'Basic Cooking' class





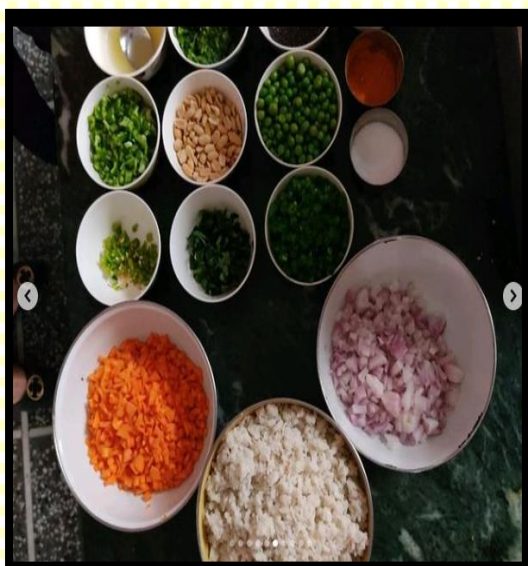
S. No	Date	Action Taken	Organized By	Link
1.	Day 8 06-07-22 till 9-07-22	Free skill-based hobby classes for the girl students of 12th standard	Departments of Fine Arts and Home Science	https://www.instagram.com/p/Cfq8MTFIL-V/?hl=en

DAY -8 (July 6, 2022) students learnt to prepare imli and mint chutneys for 'Chatpati Bhelpuri' in the 'Basic Cooking' class



S. No	Date	Action Taken	Organized By	Link
1.	Day9 07-07-22 till 9-07-22	Free skill-based hobby classes for the girl students of 12th standard	Departments of Fine Arts and Home Science	https://www.instagram.com/p/Cft0S-VlyRW/?hl=en

DAY -9 (July 7, 2022) Students learnt to make healthy vegetables Poha in the 'Basic Cooking' class

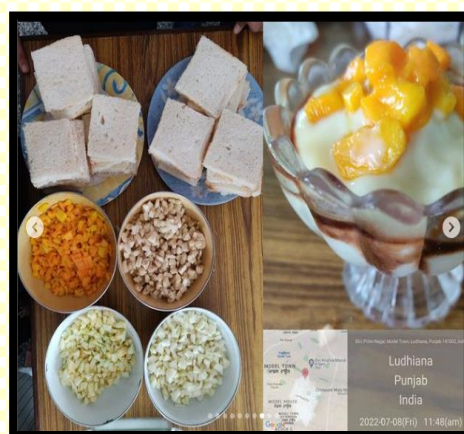




S. No	Date	Action Taken	Organized By	Link
1.	Day 10 08-07-22 till 9-07-22	Free skill-based hobby classes for the girl students of 12th standard	Departments of Fine Arts and Home Science	https://www.instagram.com/p/CfwTVFOFEw9/?hl=en

DAY -10 (July 8, 2022) students learned to make healthy Fruit Ball pudding in the ‘Basic Cooking’ class





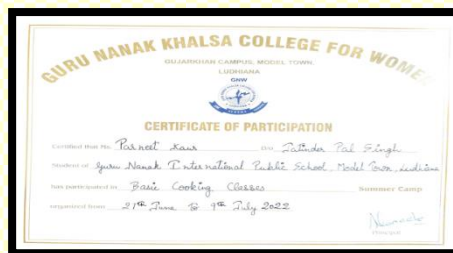
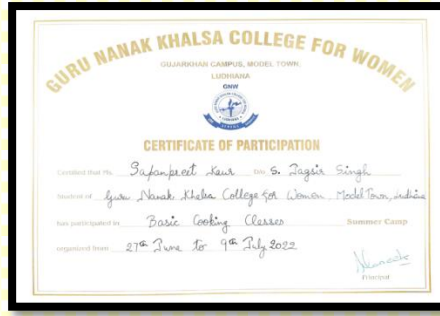
Valedictory Session of Part A of Free skill-based hobby classes conclude at GNKCW

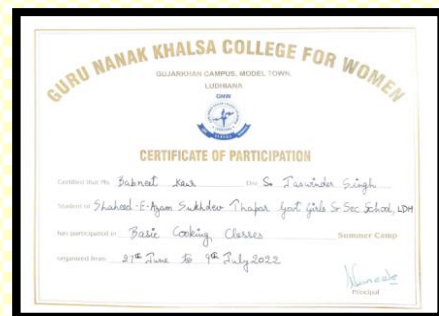
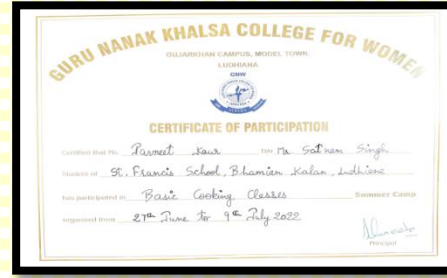
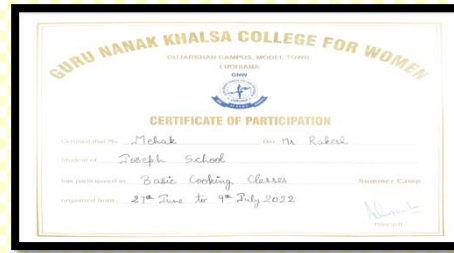
As a part of its social responsibility program, Guru Nanak Khalsa College for Women organized free skill-based summer hobby classes for the girl students of the 12th standard from June 27, 2022, to July 9, 2022. The following classes were conducted:

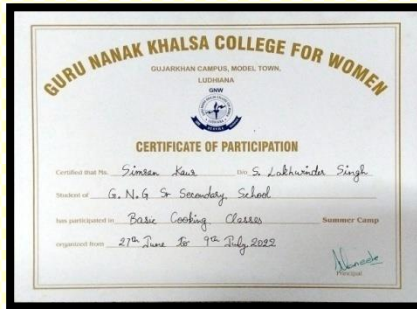
‘Basics of cooking’ by the Department of Home Science, Resource Persons- Mrs. Shikha Kalra and Mrs. Amarpreet Kaur

On the final day of classes today, the college Principal, Dr. Maneeta Kahlon congratulated the students on successful completion of the training program and awarded them certificates. Speaking on the occasion, she highlighted that skill-based training helps students in building a successful career path.

<https://www.instagram.com/p/CfyORivFuZS/?hl=en>









Press coverage: 12-07-22; Hindustan Times; Pg 2;Col 6

Video Link: <https://www.instagram.com/p/Cf5mM7sB7gj/>

2. Book review session by Teachers

S. No	Date	Action Taken	Organized By	Link
2.	04-8-2022	Visit to Library for reviewing books for coming session	Dept. of Home Science and Fashion Designing	https://www.instagram.com/p/Cg16vgRl1Dr/

As we usher into the new academic session 2022-2023, the faculty members of different departments of the college visited the college library on August 4, 2022, to take stock of the existing library books and journals and identify any new requirements.






3. Department level syllabus review meeting for fore coming session 2022-2023

S. No	Date	Action Taken	Organized By	Link
3.	09-08-2022	Meeting Held	Dept. of Home Science	https://www.instagram.com/p/ChCAhU5OtVx/

As the classes for the academic session 2022-2023 are about to begin, department level syllabus review meetings were conducted. The suggestions were provided by the faculty members for the pedagogical techniques to be followed to ensure efficient teaching-learning.



4. Beginning of the new academic session 2022-2023


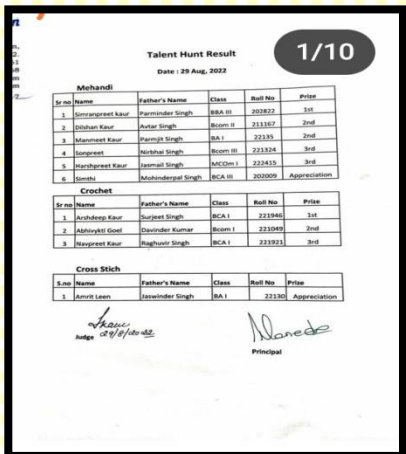
S. No	Date	Action Taken	Organized By	Press Coverage and Link
4.	17-08-2022	New Academic session started	Dept. of Home Science	 <p>18-08-2022;Danik Jagran;pg 4;col1 Part 1 https://www.instagram.com/p/ChXBAIDFTVN/ Part 2 https://www.instagram.com/p/ChXBHZZKfTzf/</p>

The new academic session 2022-2023 began with the student orientation program to acclimatize the students about the academic calendar of the new semester, time-table, subjects to be studied, and the subject books to be referred. The students were apprised about the course objectives, the approach which shall be adopted to complete the respective courses. Students were also informed about the activities that the college has planned to conduct during the semester





5. Talent Hunt 2022

S. No	Date	Action Taken	Organized By	Link , Notice and Results
5.	29-08-2022	Talent Hunt 2022	Dept. of Home Science and Fashion Designing	 

				https://www.instagram.com/p/Ch49xdiDKDd/ Video Link: https://www.instagram.com/p/Ch5AQmwjDII/
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An inter-class talent hunt was organized in the items of Mehandi, Crochet, and Dasuti (Cross stitch) by the Departments of Home Science and Fashion Designing on August 29, 2022. 62 students from different streams of the college participated in the competitions.






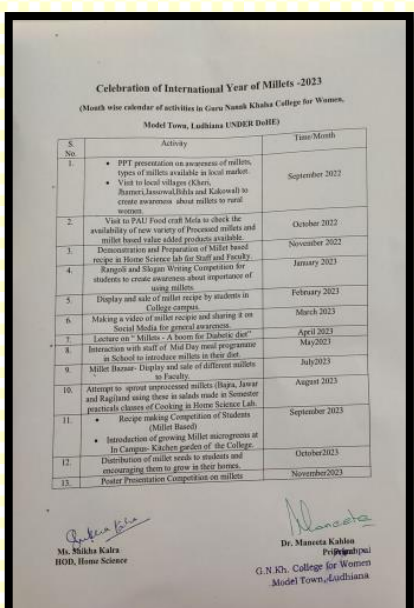
6. Home Science Dept Donated Books to College Library

S. No	Date	Action Taken	Organized By	Link
6.	07-9-2022	Home Science Dept Donated Books to College Library	Dept. of Home Science	https://www.instagram.com/p/CiNXwNbv-b-c/

The Department of Home Science of the college donated books to the college library. House of Readers, the book club of the college, set up a book counter of these books outside the college library today. The book counter provided the students an opportunity to choose and take home books to read of their choice.



7. Poshan Maah Celebration

S. No	Date	Action Taken	Organized By	Link and Press Coverage
7. 1 st week	03-09-2022	Poshan Maah- National Nutrition Month celebrations at GNKCW	Dept of Home Science	 <p>लुधियाना में जीएनकेसीडब्ल्यू के वॉलंटियर्स राष्ट्रीय पोषण माह के तहत एक गतिविधि में हिस्सा लेते हुए © कॉलेज</p> <p>जीएनकेसीडब्ल्यू में मनाया राष्ट्रीय पोषण माह</p> <p>जास, लुधियाना : गुरु नानक खालसा कॉलेज फॉर वूमन यूजरखान कैम्पस भाडल टाउन में गृह विज्ञान विभाग, एनएसएस इकाई, उन्नत भारत अभियान क्लब और एक भारत श्रेष्ठ भारत क्लब ने सितंबर माह को राष्ट्रीय पोषण माह के रूप में मनाया। इसके तहत कई गतिविधियों का आयोजन किया गया जिसमें लुधियाना के चार</p> <p>गांवों का दौरा शामिल है। इस दौरान कॉलेज के छात्रों के लिए छोटा अनाज पकाने की विधि प्रतियोगिता का भी आयोजन किया गया। प्रधानाचार्य डा. मनीता काहलो ने शिक्षकों को स्वस्थ खाने की आदतों के बारे में निवासियों को जागरूक करने के लिए इस तरह के और दौरे आयोजित करने के लिए प्रोत्साहित किया।</p>
	06-09-2022			
	09-09-2022			
2 nd week	10-09-2022			<p>8-10-2022; Danik Jagran; pg 2; col 4</p>
	12-09-2022			
	13-09-2022			
	19-09-2022			
3 rd week	27-09-2022			
	29-09-2022			

September 3, 2022

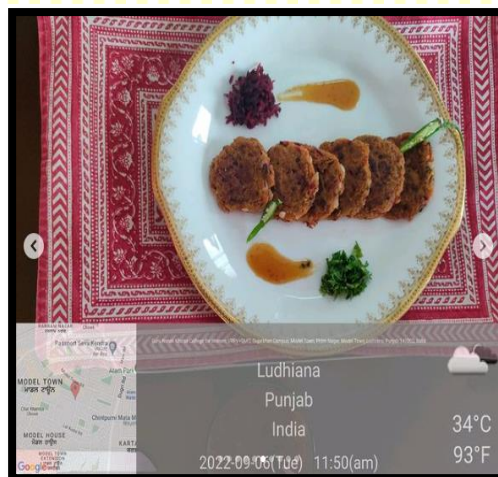
The college students and staff pledged to be healthy and nurture our bodies with a good diet

and physical activity. A documentary on malnutrition and on the use of millets to eradicate it was screened for 23 Students of Home Science Department. In addition, the students were demonstrated the process of sowing millets.



September 6, 2022

38 Students of Home Science Department prepared highly nutritious, protein-rich Raw Banana Millet Tikkis. This power-packed recipe is beneficial to fight malnutrition.



September 9, 2022

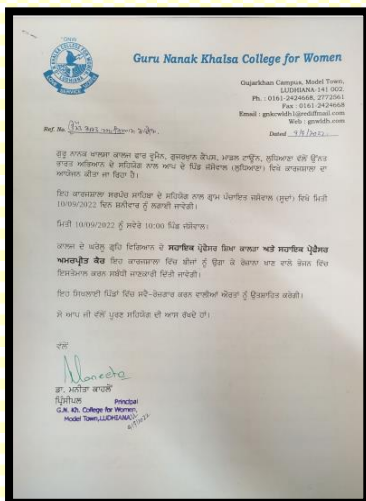
42 Students of Home Science Department made nutritious Dosa using fermented batter.. In addition, students examined the growth of millets grown in the college nursery. They were found to have become 4inch long saplings.





September 10

18 Students of Home Science department along with Mrs. Shikha Kalra and Mrs. Amarpreet Kaur visited Jassowal village to explain the importance of millets in their diet by showing a documentary. This was followed by distribution of millet seeds to the rural women. This activity was also conducted as a part of DoHE guidelines to celebrate 2023 as Year of Millets.



Date: 10th Sept., 2022

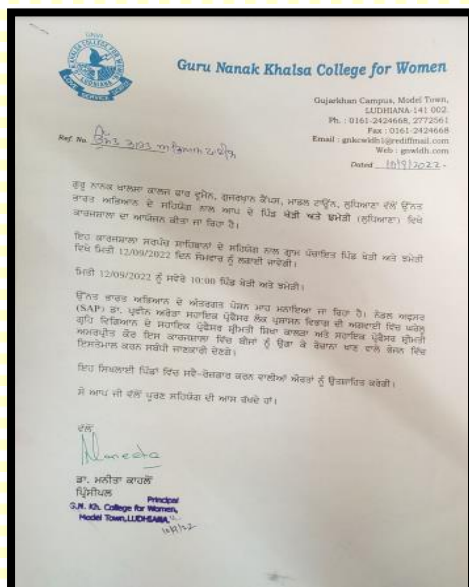
Sr. No.	Roll No.	Name	Class	Sign.....
1	20-416	Khushi Jagdeo	B.A - 3rd	<i>Khushi Jagdeo</i>
2	20-424	Amanpreet Kaur	B.A - 3rd	<i>Amanpreet Kaur</i>
3	20-425	Manpreet Kaur	B.A - 3rd	<i>Manpreet Kaur</i>
4	20-427	Nimi Bansal	B.A - 3rd	<i>Nimi Bansal</i>
5	20-432	Kashish Nagpal	B.A - 3rd	<i>Kashish Nagpal</i>
6	20-440	Sanya Kakar	B.A - 3rd	<i>Sanya Kakar</i>
7	20-444	Gurleen Kaur	B.A - 3rd	<i>Gurleen Kaur</i>
8	20-448	Simranjeet Kaur	B.A - 3rd	<i>Simranjeet Kaur</i>
9	20-454	Simranjeet Kaur	B.A - 3rd	<i>Simranjeet Kaur</i>
10	20-460	Simranjeet Kaur	B.A - 3rd	<i>Simranjeet Kaur</i>
11	20-461	Fiza	B.A - 3rd	<i>Fiza</i>
12	20-506	Sugandha Trivedi	B.A - 3rd	<i>Sugandha Trivedi</i>
13	20-507	Ishmeet Kaur Sehgal	B.A - 3rd	<i>Ishmeet Kaur Sehgal</i>
14	20-508	Jasmine Kaur	B.A - 3rd	<i>Jasmine Kaur</i>
15	20-545	Jasmeet Kaur	B.A - 3rd	<i>Jasmeet Kaur</i>
16	20-548	Jasleen Kaur	B.A - 3rd	<i>Jasleen Kaur</i>
17	21-201	Nisha Rani	B.A - 2nd	<i>Nisha Rani</i>
18	21-208	Muskan	B.A - 2nd	<i>Muskan</i>



September 12

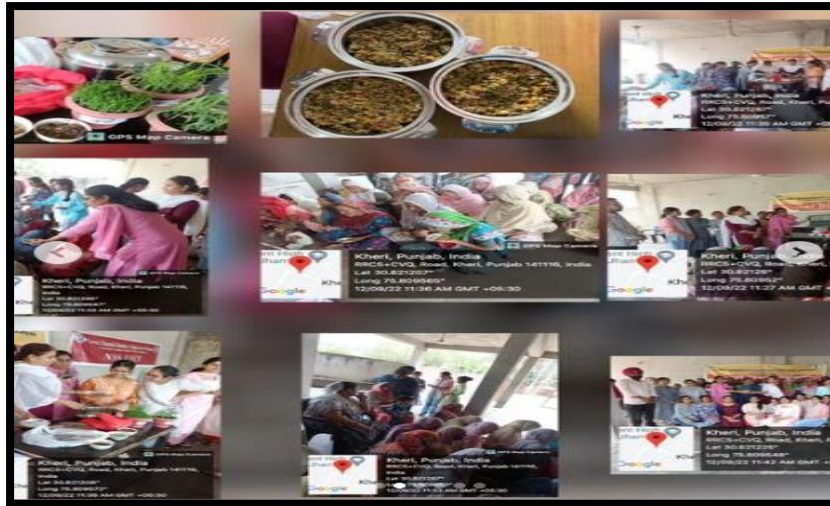
15 Students of Home Science Dept. along with Dr. Parveen Arora, Mrs. Shikha Kalra and Mrs. Amarpreet Kaur visited villages Kheri and Jhameri and explained the importance of millets in their diet by showing a documentary along with tasting of kodo millet khichri prepared in the lab with lots of veggies.

In addition, millet seeds were distributed to the rural women. . This activity was also conducted as a part of DoHE guidelines to celebrate 2023 as Year of Millets.



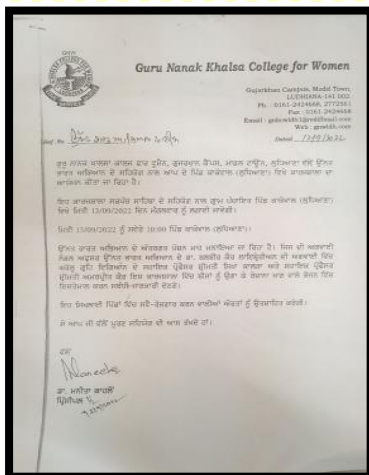
12th Sept, 2022

Sr. No.	Roll No.	Name	Class	Sign
1	20-416	Khushi Jagdeo	B.A - 3rd	<i>Khushi Jagdeo</i>
2	20-424	Amanpreet Kaur	B.A - 3rd	<i>Amanpreet Kaur</i>
3	20-425	Manpreet Kaur	B.A - 3rd	<i>Manpreet Kaur</i>
4	20-427	Nimi Bansal	B.A - 3rd	<i>Nimi Bansal</i>
5	20-432	Kashish Nagpal	B.A - 3rd	<i>Kashish Nagpal</i>
6	20-440	Sanya Kakar	B.A - 3rd	<i>Sanya Kakar</i>
7	20-449	Simranjeet Kaur	B.A - 3rd	<i>Simranjeet Kaur</i>
8	20-454	Simranjeet Kaur	B.A - 3rd	<i>Simranjeet Kaur</i>
9	20-460	Simranjeet Kaur	B.A - 3rd	<i>Simranjeet Kaur</i>
10	20-461	Fiza	B.A - 3rd	<i>Fiza</i>
11	20-506	Sugandha Trivedi	B.A - 3rd	<i>Sugandha Trivedi</i>
12	20-507	Ishmeet Kaur Sehgal	B.A - 3rd	<i>Ishmeet Kaur Sehgal</i>
13	20-508	Jasmine Kaur	B.A - 3rd	<i>Jasmine Kaur</i>
14	20-545	Jasmeet Kaur	B.A - 3rd	<i>Jasmeet Kaur</i>
15	20-548	Jasleen Kaur	B.A - 3rd	<i>Jasleen Kaur</i>



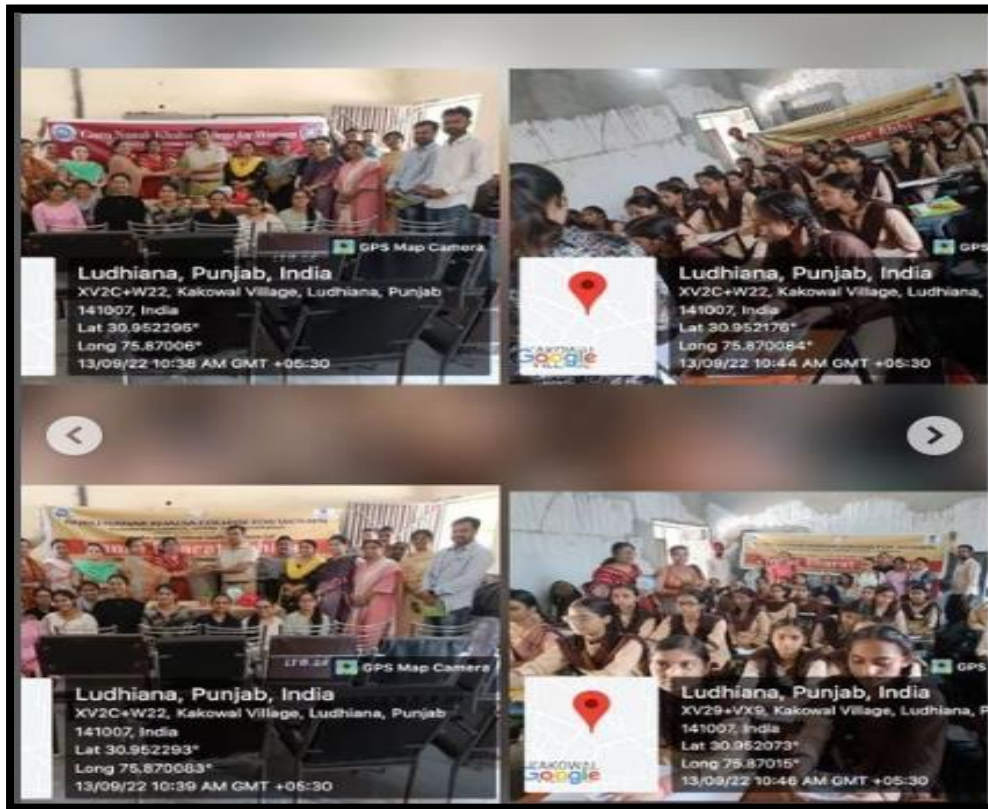
September 13

12 students along with Mrs. Shikha Kalra and Mrs. Amarpreet Kaur visited Govt. school at Kakowal village. Millet seeds were distributed to students and teachers were encouraged to grow millet microgreens in the kitchen garden as well as include millets in the mid day meal programme. . This activity was also conducted as a part of DoHE guidelines to celebrate 2023 as Year of Millets.



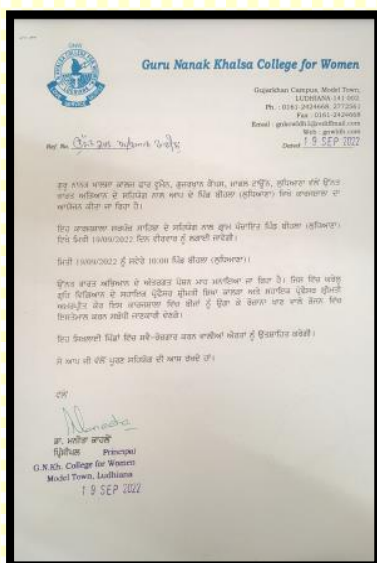
DD. Sep. 2022

No.	Roll No.	Name	Class	Sign
1	20-416	Khushi Jagdeo	B.A - 3rd	<i>Khushi</i>
2	20-424	Amanpreet Kaur	B.A - 3rd	<i>Amanpreet</i>
3	20-427	Nimi Bansal	B.A - 3rd	<i>Nimi</i>
4	20-432	Kashish Nagpal	B.A - 3rd	<i>Kashish</i>
5	20-449	Simranjeet Kaur	B.A - 3rd	<i>Simranjeet</i>
6	20-454	Simranjeet Kaur	B.A - 3rd	<i>Simranjeet</i>
7	20-460	Simranjeet Kaur	B.A - 3rd	<i>Simranjeet</i>
8	20-461	Fiza	B.A - 3rd	<i>Fiza</i>
9	20-506	Sugandha Trivedi	B.A - 3rd	<i>Sugandha</i>
10	20-507	Ishmeet Kaur Sehgal	B.A - 3rd	<i>Ishmeet</i>
11	20-508	Jasmine Kaur	B.A - 3rd	<i>Jasmine</i>
12	20-548	Jasleen Kaur	B.A - 3rd	<i>Jasleen</i>



September 19

16 students, along with Mrs. Amarpreet kaur (Dept. of Home Science) and Ms. Sandeep (Dept. of Computer Science) visited village Bihla and explained the importance of millets to combat malnutrition. Millet seeds were distributed to the village women. This activity was also conducted as a part of DoHE guidelines to celebrate 2023 as Year of Millets.



19 Sept-2022

Sr. No.	Roll No.	Name	Class	Signature
1	20-416	Khushi Jagtes	B.A. - 1st	<i>Khushi Jagtes</i>
2	20-425	Mangpreet Kaur	B.A. - 3rd	<i>Mangpreet Kaur</i>
3	20-427	Nimi Bansal	B.A. - 3rd	<i>Nimi Bansal</i>
4	20-428	Achita Dhawan	B.A. - 3rd	<i>Achita Dhawan</i>
5	20-440	Sameer Kaur	B.A. - 3rd	<i>Sameer Kaur</i>
6	20-444	Gurleen Kaur	B.A. - 3rd	<i>Gurleen Kaur</i>
7	20-454	Semrajpreet Kaur	B.A. - 3rd	<i>Semrajpreet Kaur</i>
8	20-507	Juhvika Kaur Sehgal	B.A. - 3rd	<i>Juhvika Kaur Sehgal</i>
9	20-508	Jasmin Kaur	B.A. - 3rd	<i>Jasmin Kaur</i>
10	20-548	Jasleen Kaur	B.A. - 3rd	<i>Jasleen Kaur</i>
11	21-105	Ramandeep Kaur	B.A. - 2nd	<i>Ramandeep Kaur</i>
12	21-137	Arshdeep Kaur	B.A. - 2nd	<i>Arshdeep Kaur</i>
13	21-201	Nisha Rani	B.A. - 2nd	<i>Nisha Rani</i>
14	21-202	Anjali Sharma	B.A. - 2nd	<i>Anjali Sharma</i>
15	21-205	Divya	B.A. - 2nd	<i>Divya</i>
16	21-208	Muskan	B.A. - 2nd	<i>Muskan</i>

Principal
G.N.K. College for Women
Model Town, Ludhiana
19 SEP 2022



27th September

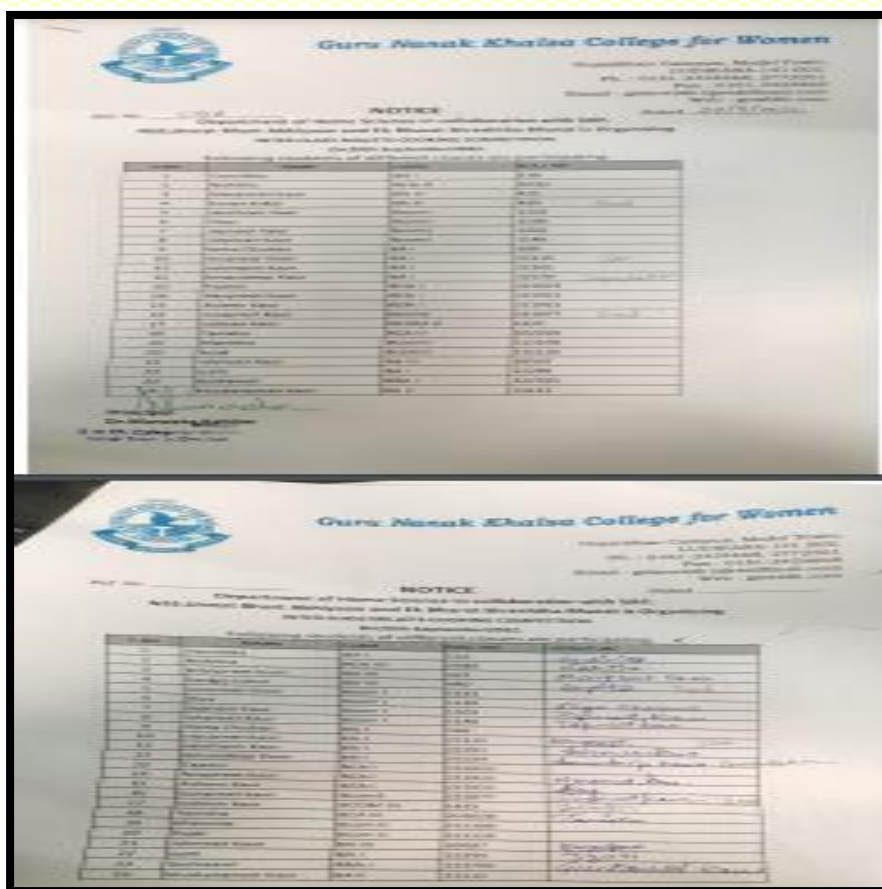
In the 3rd week of celebrations, on September 27, 2022, a presentation to generate awareness about millets and types of edible millets available in local market was shown to 34 students of the college. This activity was also conducted as a part of DoHE guidelines to celebrate 2023 as Year of Millets.



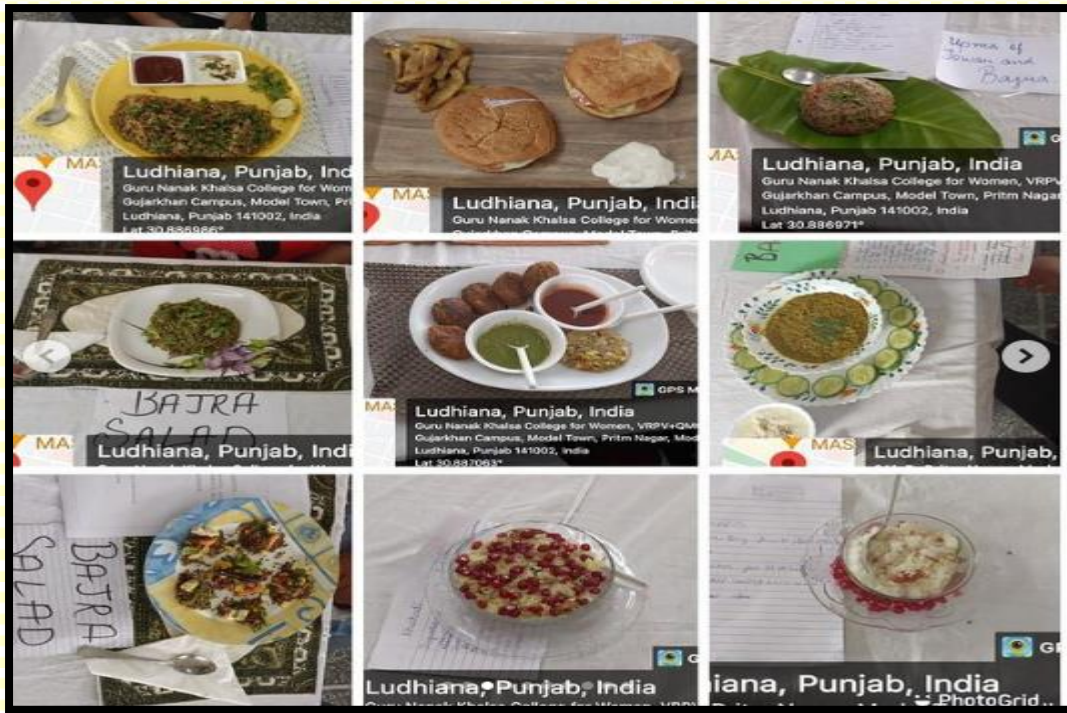


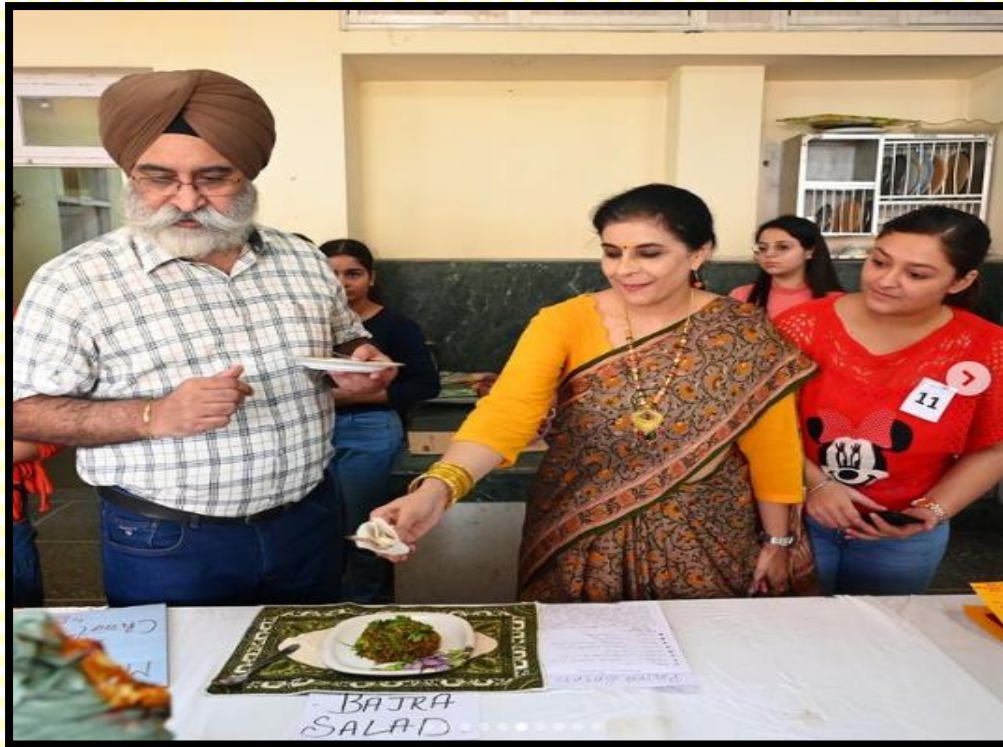
29 September

September 29, 2022, (fourth week) 18 students participated in the Millet recipe competition in the Home Science Department.



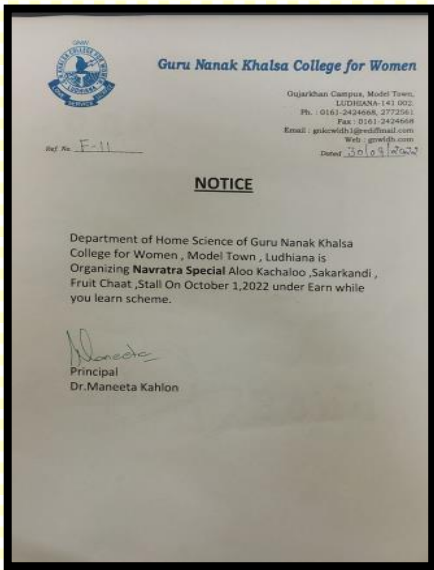








8 Navratra special-Aloo, kachaloo, shakarkandi fruit chaat counters

S. No	Date	Action Taken	Organized By	Notice and Link
8.	01-10-2022	Organized Navratra special-Aloo, kachaloo, shakarkandi fruit chaat counters	Home Science dept.	 <p>https://www.instagram.com/p/CjLT4FjDe00/</p>

GNKWCW students set up Navratra special-Aloo, kachaloo, shakarkandi fruit chaat counters under the 'Earn while you Learn' scheme. 26 students and teachers of the Home Science Department worked meticulously to ensure the best taste, quality and nutritional value of the fruit chaat.





9. Workshop on Quilling Candles

S. No	Date	Action Taken	Organized By	Link
9.	4-10-2022	Organized a workshop for students on making quilling candles.	Dept. of Home Science and Fashion Designing	https://www.instagram.com/p/CjS53s1v2DQ/

Department of Home Science and Fashion Designing organized a workshop for students on making quilling candles. The method of using quilling strips and decorating candles were demonstrated and students followed the procedure for developing beautiful designs. Attractive quilling candles were made by using quilling strips, beads, old CDs, dollies papers and cardboards.





10. Two-Day Exhibition-cum -Sale at GNKCW

S. No	Date	Action Taken	Organized By	Link
10.	10-10-2022 and 12-10-2022	As a part of 'Earn while you Learn' scheme, stalls of Mehandi, artificial jewelry, craft items, Nail art and hair accessories were set up by the students	Dept. of Home Science and Fashion Designing	https://www.instagram.com/p/Cj5UUcvxwX/ https://www.instagram.com/p/Cj50gBPcOV/



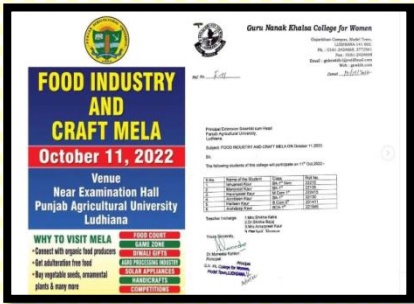
14-10-2022; Danik Bhaskar; pg 4; Col 1

As a part of 'Earn while you Learn' scheme, stalls of Mehandi, artificial jewellery, craft items, Nail art and hair accessories were set up by the students of Department of Home Science and Fashion Designing, in collaboration with Women Development cell on October 10 and October 12. Through this exhibition-cum-sale event, the young student entrepreneurs got a chance to showcase their skills and take experience of buying and selling. The exhibition was enjoyed by all the faculty members and students.





11. Visit to Food and Craft Mela held at PAU, Ludhiana


S. No	Date	Action Taken	Organized By	Authority Letter and Link
11.	11-10-2022	6 students from the Departments of Home Science and Fashion Designing visited Food and Craft Mela held at PAU, Ludhiana	PAU, Ludhiana	https://www.instagram.com/p/CkOBZTGLGVG/ 

As the year 2023 will be observed as the International Year of Millets (IYOM)-2023 as per the directions of GoI, this visit provided the students of Home Science an opportunity to know about innovative food products that can be made from millets. In addition, students learned about a variety of Ragi and Kodo flour cookies.





12. Youth Festival

S. No	Date	Action Taken	Organized By	Authority Letter and Link
12.	15-10-2022	Youth Festival Participation	Ramgarhia Girls College, Miller Ganj, Ludhiana	 <p style="text-align: center;">https://www.instagram.com/p/CjxkUv-Pc-0/</p>

Panjab University Zonal Youth & Heritage Festival is being held at Ramgarhia Girls College, Miller Ganj, Ludhiana. Following events on Day-2: Art & Craft items and Prathistha Kumari of B.com 3rd year got 3rd prize.





फुलकारी मुकाबले में गुरु नानक गर्ल्स कालेज की बलप्रीत कौर, मेहंदी डिजाइनिंग में जी.सी.जी. की नीलम अव्वल

पंजाब यूनिवर्सिटी चंडीगढ़ के यूथ फेस्टीवल के हर मुकाबले में स्टूडेंट ने दिखाई क्रिएटिविटी

खुशियां बूझो/अमर
लुधियाना, 16 अक्टूबर: टैलेंट की कमी नहीं होती है। जब स्टूडेंट को सच पता चलता है तो अपनी क्षमता को जताते हैं। असाधारण प्रतिभा के युवाओं को प्रोत्साहित करने के लिए पंजाब यूनिवर्सिटी चंडीगढ़ के यूथ फेस्टीवल में विभिन्न प्रतियोगिताओं का आयोजन किया गया। इनमें से एक प्रतियोगिता 'फुलकारी' थी।

इस प्रतियोगिता में भाग लेने वाली छात्रा बलप्रीत कौर, गुरु नानक गर्ल्स कालेज, लुधियाना। उन्होंने अपनी कलात्मक प्रतिभा का प्रदर्शन करके प्रथम स्थान हासिल किया।

इस अवसर पर पंजाब यूनिवर्सिटी चंडीगढ़ के कुलपति प्रो. अशोक कुमार ने सभी प्रतिभागियों को प्रोत्साहित किया। उन्होंने कहा कि युवाओं को अपनी क्षमताओं को जताना चाहिए और समाज के उत्थान के लिए योगदान देना चाहिए।

इस प्रतियोगिता में भाग लेने वाली अन्य छात्राएँ भी अपनी प्रतिभा का प्रदर्शन कर चुकी हैं। इनमें से कुछ छात्राओं का नाम नीचे दिया गया है।

कॉपी कौटिले / कल्पि
कॉपी कौटिले में कॉपी का बनावट प्रदर्शन। (कल्प) कॉपी का बनावट में डिजाइन लेती स्टूडेंट तथा। (कॉपी) कॉपी का बनावट में डिजाइन लेती स्टूडेंट।

कॉपी कौटिले / कल्पि
कॉपी कौटिले में कॉपी का बनावट प्रदर्शन। (कल्प) कॉपी का बनावट में डिजाइन लेती स्टूडेंट तथा। (कॉपी) कॉपी का बनावट में डिजाइन लेती स्टूडेंट।

कॉपी कौटिले / कल्पि
कॉपी कौटिले में कॉपी का बनावट प्रदर्शन। (कल्प) कॉपी का बनावट में डिजाइन लेती स्टूडेंट तथा। (कॉपी) कॉपी का बनावट में डिजाइन लेती स्टूडेंट।

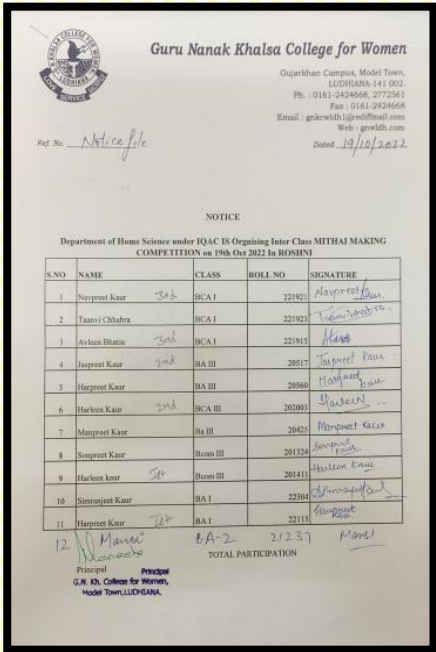
कॉपी कौटिले / कल्पि
कॉपी कौटिले में कॉपी का बनावट प्रदर्शन। (कल्प) कॉपी का बनावट में डिजाइन लेती स्टूडेंट तथा। (कॉपी) कॉपी का बनावट में डिजाइन लेती स्टूडेंट।

कॉपी कौटिले / कल्पि
कॉपी कौटिले में कॉपी का बनावट प्रदर्शन। (कल्प) कॉपी का बनावट में डिजाइन लेती स्टूडेंट तथा। (कॉपी) कॉपी का बनावट में डिजाइन लेती स्टूडेंट।

कॉपी कौटिले / कल्पि
कॉपी कौटिले में कॉपी का बनावट प्रदर्शन। (कल्प) कॉपी का बनावट में डिजाइन लेती स्टूडेंट तथा। (कॉपी) कॉपी का बनावट में डिजाइन लेती स्टूडेंट।

17-10-2022; Danik Savera; Pg 4 ;Col1

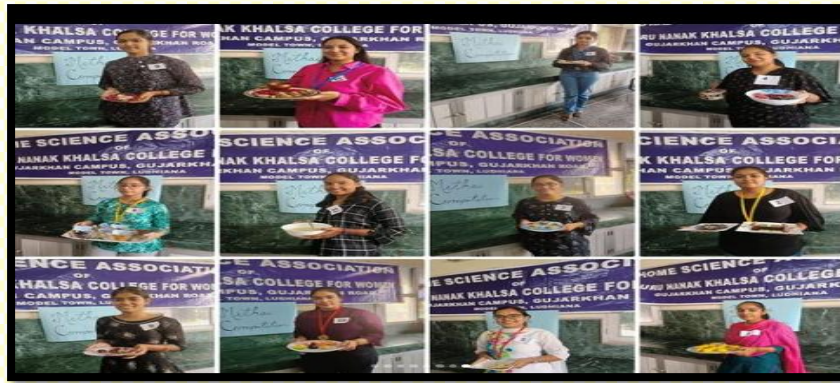
13. Inter Class Mithaai Competition

S. No	Date	Action Taken	Organized By	Notice and Link
13.	19-10-2022	Mithaai competition	Department of Home Science	 <p>The notice details the Mithaai Making Competition organized by the Department of Home Science under IQAC on 19th Oct 2022. It lists 11 participants from various classes (BCA I, BA III, Bcom III, BBA I) and their respective signatures and roll numbers. The total participation was 11 students.</p>

<https://www.instagram.com/p/Cj-D9YTvcQ8/>


Departments of Home Science and Fashion Designing celebrated Roshni- 2022, the Annual Diwali program in collaboration with Women Development Cell. Department of Home Science organized Mithaai competition where students prepared sweets and winners were given prizes.







14. Diwali Celebration

S. No	Date	Action Taken	Organized By	Press Coverage and Link
14.	21-10-22 and 22-10-2022	Eco Friendly Diwali Celebration	Departments of Home Science, Fine Arts, Fashion Designing, Punjabi and Women Development Cell	 <p>21-10-2022; Danik Bhaskar; Pg 2; Col1</p> <p>https://www.instagram.com/p/Cj7bPnwvITU/</p> <p>https://www.instagram.com/p/Cj7csWVv_u/</p> <p>Video link:</p> <p>https://www.instagram.com/p/Cj9z4xKjrpb/</p> <p>https://www.instagram.com/p/CkAUYBQuR1b/</p>

Departments of Home Science, Fine Arts, Fashion Designing, Punjabi and Women Development Cell of Guru Nanak Khalsa College for Women, Gujarkhan Campus, Model Town, Ludhiana celebrated Roshni -The Annual Diwali Programme.

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, besan barfi and many more. Various stalls were set up for celebrating spirit of women folk pioneering small ventures on the festival of lights. In addition, stalls were setup by Ek Jot Viklaang and Guru Giyan Viklaang NGOs



Day 1 Part 1





Day 1 Part 2





Day 2



15. Nutrition through Nutri Cereal Pledge

S. No	Date	Action Taken	Organized By	Link
15.	14-11-2022	Nutrition through Nutri Cereal Pledge taken by staff and students	MY GOV app	https://www.instagram.com/p/ClA28NLP0DI/

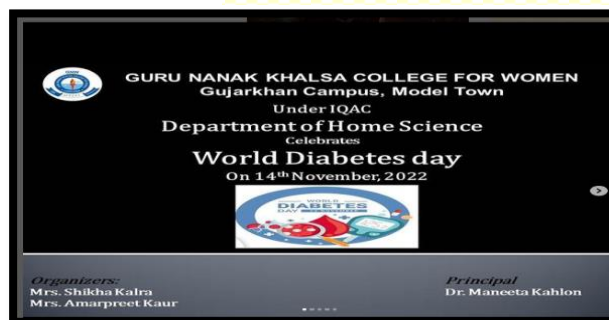
29 staff members and 56 students of the College undertook this pledge on November 14, 2022. This activity was the part of a series of interactive activities to be conducted under "My Gov" with the aim to create awareness and increase production of millets as listed on the following website: <https://www.mygov.in/campaigns/millets/>



16. World Diabetes Day observed at GNKWCW

S. No	Date	Action Taken	Organized By	Link
16.	14-11-2022	celebrated World Diabetes day	Dept. of Home Science	https://www.instagram.com/p/Ck-ZjZivieW/

Department of Home Science celebrated World Diabetes day on November 14, 2022. Students were explained about the Glycemic Index maintenance in the body and discussed the use of some nutraceutical nourishing foods to control blood sugar levels. Statement of Director of World's Health Organization was shown on screen to make aware of the current situation of diabetes all over the world



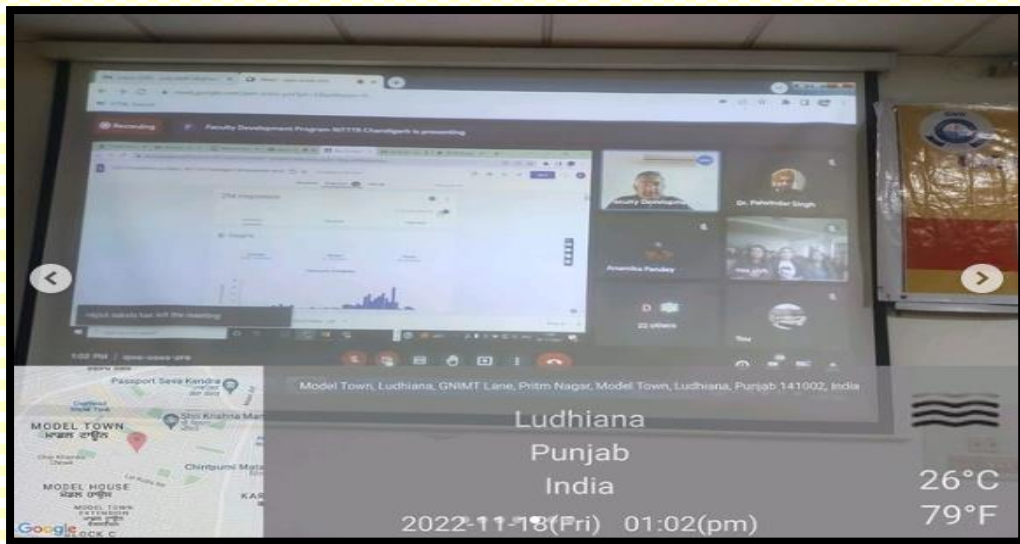


17. Online Millets Quiz Competition

S. No	Date	Action Taken	Organized By	Link
17.	18-11-22	Participated in online Millets Quiz Competition	NITTTT, Chandigarh	https://www.instagram.com/p/CIIX1X4vD5g/

Department of Home Science of the college took an initiative to be an integral part of the campaign for celebrating 2023 as Year of Millets and participated in an online Millets quiz organized by NITTTT, Chandigarh under their UBA scheme. 15 students and 4 teachers of Home Science and Fashion Designing departments enthusiastically followed the guidelines and got acquainted with 'Millets- the magic super food'.

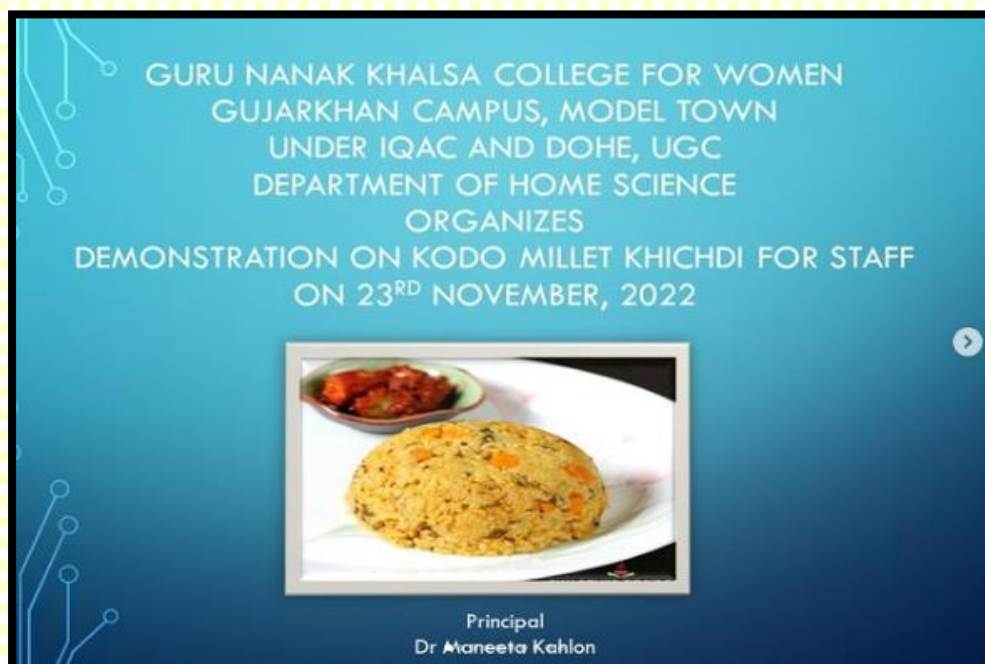




18. Demonstration of Kodo millet Khichri

S. No	Date	Action Taken	Organized By	Link
18.	23-11-2022	Demonstration of Kodo millet Khichri	Dept. of Home Science	https://www.instagram.com/p/ClVbgaHv9pg/

Department of Home Science conducted the 3rd activity of demonstration of Kodo millet Khichri for 60 Teaching and 15 Non - Teaching staff as guided by DOHE, UGC to build up momentum for popularization of millets as a part of "IYOM-2023".





19. Workshop on Baking of eggless Cake without oven

S. No	Date	Action Taken	Organized By	Link
19.	22-12-2022 23-12-2022 and 24-12-2022	Workshop on Baking of eggless Cake without oven	UBA and Dept. of Home Science	https://www.instagram.com/p/CmgMlw-PYHR/ https://www.instagram.com/p/CmqOo8JP364/

Department of Home Science of the college conducted a workshop on ‘Baking an eggless sponge cake without the use of oven’ for the students and teachers of Government High School, Kheri and Jhameri villages on December 22, 2022.





RRC6+R5J, Kheri, Punjab 141116, India

Kheri
Punjab
India



18°C
64°F

2022-12-22(Thu) 11:20(AM)



RRC6+R5J, Kheri, Punjab 141116, India

Kheri
Punjab
India



18°C
64°F

2022-12-22(Thu) 11:47(AM)



No 2, road, Jhameri, Punjab 142022, India

Jhameri
Punjab
India



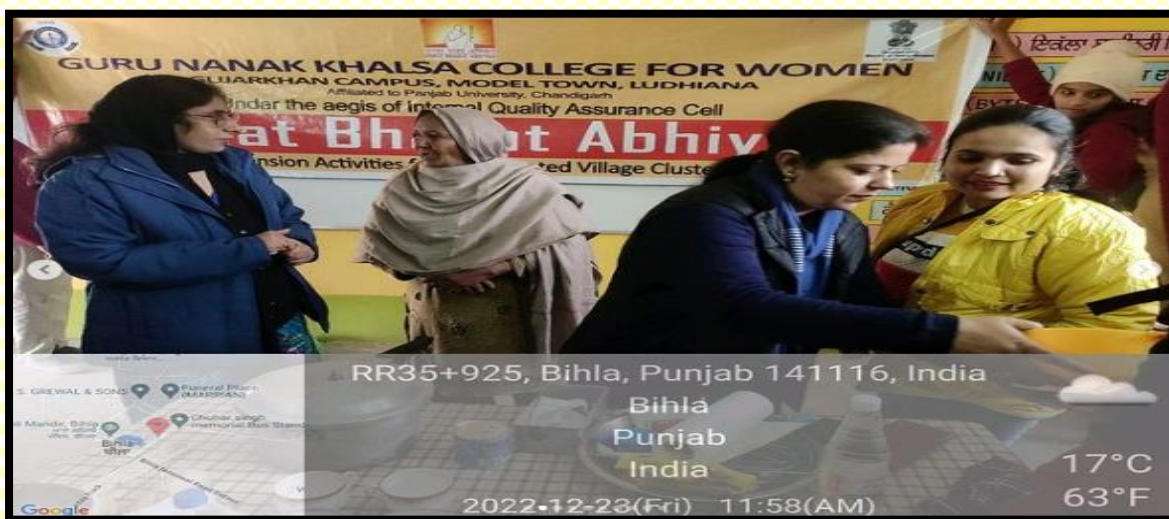
11°C
52°F

2022-12-22(Thu) 12:24(PM)



As a part of Unnat Bharat Abhiyan (UBA), the Department of Home Science of the college conducted workshops on ‘Baking an eggless sponge cake without the use of oven’ for the students and teachers of Government High School, Jassowal and Bihla villages on December 23, 2022, and Government High School, Kakowal village on December 24, 2022.





On December 24, 2022, the workshop was conducted by Mrs. Shikha Kalra, Head of Home Science. Mrs. Harpreet Kaur, Head of Fine Arts department elaborated the career and entrepreneurship opportunities in the food industry.



