

DEPARTMENT OF HOME SCIENCE

Home Science education in India started during early 1940's with goals set to wipe out mass illiteracy among the women and teach them to take care of their family's health and nutrition, clothing construction and raise their families in a meaningful manner. It is a well developed discipline of study being fairly broad based. It prepares the students not just for taking care of their homes and families but also prepares them for a large variety of careers and vocations both in wage employment and self-employment. Home Science is an interdisciplinary field of knowledge with focus on Food & Nutrition, Fabric & Apparel Designing, Human Development, Resource Management and Communication & Extension.

Courses offered

Semester I: As per UGC guidelines, two new courses have been introduced from the current session comprising of:

- Apparel Design and Construction
- Nutrition and Health Education

Semester III:

- Fabric Design and Construction
- Foundations of Human Development

Semester IV:

- Nutrition – a Life cycle Approach
- Development in Adolescence & Adulthood
- Traditional Textiles and Embroideries of India

Semester V:

- Textile Science
- Public Nutrition and Dietetics
- Fundamentals of Resource Management

Semester VI:

- Apparel and Textile Design

Faculty	Designation	Specialization	Experience	
Ms. Nandini Pathania	Associate Professor	Clothing & Textiles	30 years	
Dr. Anjali Dewan	Associate Professor	Foods & Nutrition	30 years	
Mr. Budhi Singh Mr. Reggie Pappy	Lab Assistants	Tailor Cook	28 years 26 years	 

- Community Nutrition

Additional Elective Course: Nutrition and Physical Fitness

GI/Hobby: Basic Cookery

Faculty Profile

Workshops/Seminars organized by the department of Home Science (2011-2015)

S.No.	Date	Title	Speaker	Number of Participants
1.	6.8.2011	Breast feeding awareness	Dr. Ashwani Sood	300
2.	29.8.2011	Demonstration of recipes	Mrs. Nivedita Verma	30
3.	30.11.2011	Painting on Canvas	Mr. Rakesh Kumar Sen	70
4.	26-29.9.2012	Fevicryl Workshop	Ms. Komal	60
5.	7.11.2012	Insurance-its importance & related issues	Ms. Shylaja Bodh	400
6.	12.12.2012	Job opportunities, job prospects in travel and tourism	Mr. Vibhas Sharma	100
7.	23-24.8.2013	International conference on 'Women empowerment: Transforming lives, Milestones & Challenges	Pam Rajput, Mr. Zoram Milovik, Dr. Allison, Sarojini Ganju Thakur	200
8.	12.8.2013	Job opportunities in Oberoi Hotels	Col. J.S Chauhan	400
9.	16.9.2014	Visit to Minchy's Juice Factory, Sadhuphul	Manager, Minchys	
9.	10.10.2013	Easy & Innovative recipes	Chef Manpreet Singh	50
10.	10.11.2014	Art & Craft workshop	Mrs. Geeta & Mr. Amit	100
11.	14-15.11.2014	NAAC sponsored National Seminar on Institutional Quality Improvement: Role of ICT	Prof. A.D.N Bajpai, Prof. Chetan Singh, Proff. P.K Ahluwalia, Mr. Manu Sood, Dr. Dharendra Sharma	250
12.	28.7.2015	Women Wellness workshop	Dr. Surbhi Bansal	500
13.	6.8.2015	Breast feeding awareness Workshop	Dr. Anjali Dewan	50
14.	19.9.2015	Adolescent Health Issues	Dr. Seema Sharma	300
15.	6.10.2015	Trip to Tibetan Handicraft Unit, Panthaghati	Ms. Kunsang Choedon	10
16.	9.10.2015	Workshop on Careers in Design	Mr. Gaurav Kwatra Mr. Shashank Khandelwal, Pearl Academy, Noida	300 3
17.	2.8.2016	Workshop on Breast feeding	Dr. Mangla Sood	50

Recent Departmental Activities

- Both the faculty members did counseling of the new students from June 21 – 30, 2016 as the Co-ordinator, Humanities.
- Both the faculty members prepared the Report of the activities of the department for the Supplementary Report of the College. The report was submitted in the form of soft and hard copy on July 8, 2016.
- Both the teachers were present for the meeting of the Board of Studies in the subject of Home Science held on July 28, 2016 in Room no. A-4 at 3 p.m. Dr. Aprajita Sharma, Chairman, BOS, conducted the meeting. There was a discussion about the formulation of new Board of Studies. The introduction of new courses by UGC was discussed. The meeting ended at 4.15 p.m.

Dr. Anjali Dewan

- She delivered the lecture to the participants of Special Winter School on Human Development organized at the UGC Human Resource Development Centre, H.P University, Shimla on:
 - Nutrition Literacy – the most effective way of maintaining health
 - Stress in Working People – Lifestyle and coping strategies

on March 1, 2016 from 2p.m - 5 p.m. as a Resource person.

- Her two papers entitled ‘Stress Management - Key to Crises and Dilemmas in Adolescence’ and ‘Nutrition Literacy – The Most effective way of Maintaining Health in Adolescents’ were published on pages 1-7 and 149-156 in the Special issue of Coherence – a Refereed Multi-disciplinary Journal on Adolescent and Maternal Health’, Vol. no. 7, ISSN: 0976-5301, February 2016, An Annual Journal published by D.A.V College, Yamunanagar, Haryana.
- She attended ICSSR sponsored National Seminar on ‘Redefining the Role of MSMEs in the context of Make in India – opportunities and Challenges’ on March 30, 2016 organized by the Department of Commerce, Himachal Pradesh University. She presented a paper entitled ‘Strategic Relevance of Make in India for Food industry’.
- She visited Government Primary School, Sanjauli on April 8, 2016 with the IGNOU students of MSc (DFSM). Anthropometric measurements were taken and counseling about good health was done.
- Her abstract entitled ‘Sustainable and Inclusive Growth for Natural Resource Management and Climate Change’ was accepted for oral presentation for the Fourth International Conference on Agriculture, Animal Science,

Aquaculture & Fisheries 2016 (AAF2016) to be held on December 28-29, 2016 at Colombo, Sri Lanka.

- She conducted the Viva voce of three students of MSc (DFSM), IGNOU on May 13, 2016 from 11 a.m. – 1.30 p.m. She was the internal examiner of two students. A report of the viva and the pictures were sent by email to the Regional Centre, IGNOU, Shimla.
- She gave a presentation on Balanced diet and Stress management on May 17, 2016 from 10.30 – 11.30 a.m. to the N.S.S students in their seven day camp.
- She attended a workshop on ‘New Age Dietetics and Nutrition Entrepreneurship’ held on May 22, 2016 at Ludhiana organized by the Indian Dietetic Association (IDA), Ludhiana Chapter. She was also the Chairperson for one of the Technical sessions.

Activities to be organized this session:

- The Dietary Survey will be completed by the Home Science students.
- The students will be submitting their assignments online which will be evaluated and sent back to the student by the teachers.
- Educational CD’s will be shown to the students
- Demonstrations of Desserts/Puddings by Resource persons
- Personality Development Workshop will be organized