

Activity Profile

The department of Home Science focuses on Skill development of its students. We conduct various skill based workshops, short term courses, training, lectures, seminars, competitions etc. The reason to conduct such activities is to promote entrepreneurial attitude in students. We equip students with practical skills which can be adopted as profession. We provide first hand training in professional cooking or baking. We engage skilled person actually working in industry to train the students. The main aim of these activities is to enable students acquire additional skills beyond the curriculum.

Few activities are enlisted below:

- Professional cooking related activities
- Creative designing related activities
- Human Values development related activities
- Recreational cum educational activities
- Extension activities

The activities are planned in such a way that students voluntarily participate and learn various skills and community related social work. A total of 31 versatile activities are listed below which have been conducted in yester years.

1. Professional Cooking related activities

S.No.	Name of Activity	Course instructor	Number of students	Date
1.	Food Preservation and cooking course	Ruchi Kalra	32	9 th to 17 th February,2010
2.	Food Preservation and cooking course	Ruchi Kalra	34	9 th to 18 th February,2011
3.	Cooking and Baking course	Jasveer Kaur	35	13 th October to 27 th November, 2011
4	Food Preservation and Cooking Course	Ruchi Kalra	65	6 th to 15 th February,2012
5	Workshop “Paani Poori making”	Mr. Jagdeesh kumar (Professional chef) Ratan Caterers, Sri Muktsar Sahib.	48	9 th March,2015
6	Workshop “Icing and Cake Decoration”	Mr. Manohar lal (Professional Baker) Hansraj Bakery, Sri Muktsar Sahib.	39	7 th September, 2015
7	Demonstration “cutting and chopping vegetables using modern equipment ”	Mr. Kuldeep Ralla	47	21 st October,2015
8	Food festival (sale by students)		42	11 th April,2017
9	Food festival (sale by students)			5 th September 2017

2. Creative designing related activities

S.No.	Name of Activity	Techniques taught	Date
1.	Pot painting and fabric painting Workshop	Pre and post treatment of pots, clay modeling, spray painting, enameling, shading, block printing and free hand & stencil painting	17 th August,2009
2.	‘Creative Arts Workshop’ Mrs. Ratanmala	Photo frames and decorative articles using waste materials	10 th to 14 th August,2010
3.	Rangoli designing workshop and competition	Rangoli and alpna making using sawdust, sand, water colors and liquid rangoli	10 th December, 2012
4.	Soft Toy making Workshop	Soft toy material selection, drafting, cutting, stitching, stuffing, decoration and presentation	24 th to 25 th January, 2013
5.	Mehndi designing activity	Traditional, Arabic mehndi, bridal, contemporary mehndi	4 th February,2013
6.	Rakhi making workshop as well as competition	Artistic decorative rakhis by using ribbons, threads,	13 Aug 2013

		stones etc.	
7.	Mehndi Designing workshop as well as compitition	Traditional, Arabic mehndi, bridal, contemporary mehndi	6th Sep. 2013
8.	Workshop “Rangoli designining” under ecofriendly diwali celebration	Artistic rangoli using eco-friendly biodegradable materials and natural colours	21 st October, 2014
9.	“Artistic designing” workshop Mrs. Jaswinder Kaur JJKN art gallery Kotkapura	Artistic decorative articles using waste materials, interior decoration ideas	30 th October to 3 rd November,2014
10.	Workshop on “Macramé work”	Macramé technique of fabric construction to make useful articles like purses, handbags, mobile covers and belts	2 nd to 9 th September,2015
11.	Rangoli designing training	Shading in Rangoli, traditional, contemporary accessorisation and geometrical designs	8 th August, 2016

3. Human Values development related educational activities

S.No.	Type of activity	Topic	Resource Persons	Date
1.	Talk Session	Stress Management for Teachers “How to impart stress free teaching”		11 th August, 2009.
2.	Training program for Teachers	MTAV- “Microteaching and AudioVisual Aids Program	T.K. Ghosh and G. Nandi CSTARI(central staff training and research institute), DGE&T, Ministry of Labour and Employment, Government of India, Kolkatta	19 th to 23 rd July, 2010.
3.	Seminar	Vedic Approach Eating, Breathing and Relaxation of Mind.	Mrs. Anita Dabra Art of Living Instructor Mr. Vishrut Jain Chartered Accountant, ONGC,	2 nd Decmber, 2014

			New Delhi.	
4.	Seminar	Happiness, Satisfaction and Contentment in Human Beings.	<p>Dr. Seema Goyal Project Associate Cancer Awareness program, Sun Pharmaceuticals Ltd.</p> <p>Mr. Vishrut Jain Chartered Accountant, ONGC, New Delhi.</p> <p>Mrs. Ram Tirath Kaur HomeScience Mistress Government Girls School, Sri Muktsar Sahib.</p> <p>Mrs. Jasvir Kaur HomeScience Mistress Government Girls School, Sri Muktsar Sahib.</p> <p>Student participation -14</p>	25 th February, 2016
5.	Seminar and health consultancy	Improving Quality of Life through Physical and mental health	<p>Dr. Anil Dev MD Medicine(Ayurvedic) Mai Bhago Ayurvedic College and Hospital Sri Muktsar Sahib</p> <p>Mr. Vishrut Jain</p>	23 rd September, 2016

			Chartered Accountant, ONGC, New Delhi	
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4. Recreational cum educational activities

S. No.	Type of Activity	Place Visited	Number of Students	Date
1.	Industrial Visit	Setia Synthetics Pvt. Ltd. Lubanianwali, Sri Muktsar Sahib.	61	4 th February, 2009.
2.	Historical and recreational Tour	All Rajasthan (Salasar, Jaipur, Mount Abu, Udaipur, Mandor, Jodhpur, Bikaner)	50	21 st to 28 th December, 2010.
3.	Industrial visit and recreational tour	Vardhman Polytex Limited, Bathinda.	96	28 th October, 2014.

		Rose Garden and Mittal Mall Bathinda.		
4.	Industrial visit and recreational tour	T.C. Terry textiles industry, village Sarsini, Mohali Sukhna Lake, Sector 17 th , sector 22 nd and Elante Mall, Chandigarh.	54	5 th to 6 th March, 2016.

5. Extension activities

S. No.	Type of Activity	Name of Activity	Place	Date
1.	Exhibition cum sale	Exhibition of all the things made during the practical viz. suits, frocks, embroidered articles.	Common room	4 th to 6 th August, 2010
2.	Exhibition	Exhibition of Rakhis made during the Rakhi Making Workshop	Home Science lab	15 May 2013
3.	Exhibition	Macramé work articles made during the workshop	Home science lab	4 th October, 2015
4.	Awareness camp	Iron Deficiency Anaemia for Donors	Blood donation Camp G.N.C., Muktsar.	20 th March, 2017

5.	Survey	School surveyed to know the needs	Dera Bhai Mastan Government Primary School, Sri Muktsar Sahib.	31 st March,2017
6.	Awareness campaign	Iron Deficiency Anaemia: Dietary approach (college students)	College campus	5 th April,2017
7.	Safety Measures Survey and Suggestions	Nursery school surveyed by students to study safety measures of play materials and give suggestions	Dolphin Public School, Kaur Chand Street, Sri Muktsar Sahib.	6 th April,2017
8.	Lecture, Tree plantation and Donation	“Save Water, Save Earth ” lecture given,fruit bearing trees planted and Water Cooler worth Rs.26700 donated	Dera Bhai Mastan Government Primary School, Sri Muktsar Sahib	19 th April,2017

Innovative and Best Practices of the Department

Unique activities are organized by the department where students learn to make various kinds of food items, rangoli designings, mehndi designings, human values, tie and die techniques, printings. The department has introduced several innovative, skill oriented, entrepreneurship oriented and teaching learning strategies to fulfill the mission of the Department. Various workshops, seminars, exhibitions, recreational activities and competitions are organized in the department to raise the self motivation of the students. Professional cooking, creative designing, Healthy attitude development, recreation cum

education, and extension activities are held in the department to empower the students with entrepreneurial skills. We organize food festival in the department to enhance the entrepreneurial thrust in which students organize their stalls from cooking to selling. Students' feedback has helped in raising the standard of workshops. Various teaching learning strategies involve the use of assignments, projects, cooperative learning, demonstration and field trips.