



HOME SCIENCE INSIGHTS

Volume 1 Year: 2022-23

NEWSLETTER



**DEPARTMENT OF HOME SCIENCE
P.S.P.S. GOVERNMENT COLLEGE
FOR WOMEN
GANDHI NAGAR JAMMU**

From the Principal's Desk...



"Education isn't just about going to school and earning a diploma It's about broadening your knowledge and understanding the truth of life."

I am delighted to address you through our department's newsletter. This platform serves as a powerful medium for communication, collaboration, and celebration of our collective achievements in the field of Home Science.

I am immensely proud of our department's commitment to excellence in teaching, research, and community engagement. Home Science encompasses a vast array of disciplines that are essential for understanding and improving the well-being of individuals, families, and communities. Through our dedication to this field, we have the opportunity to make a profound impact on society.

As principal, I firmly believe that Home Science is not just a subject to be studied; it is a way of life. It equips us with the knowledge and skills necessary to create nurturing homes, foster healthy relationships, and promote sustainable living practices. It empowers us to embrace the art and science of homemaking, ensuring the well-being of our families and communities. I extend my deepest gratitude to our dedicated faculty and staff members who work tirelessly to impart knowledge, inspire our students, and advance the boundaries of Home Science research. Your faculty's expertise, passion, and commitment are the driving force behind the department's success.

A small rectangular box containing a handwritten signature in black ink, which appears to be 'Minu Mahajan'.

Prof. Minu Mahajan
Principal

HOD'S MESSAGE



"Education is the most powerful weapon one can use to change the world."

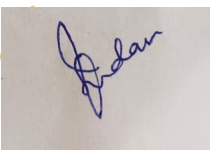
Dear Home Science Enthusiasts,

Welcome to our newsletter, where we celebrate the art and science of making a home truly extraordinary. As the weather warms and nature blossoms around us, it's the perfect time to dive into the world of Home Science and explore the wonders it has to offer.

Home Science is a multidisciplinary field that encompasses various aspects of managing and improving our living spaces. It combines knowledge from diverse areas such as nutrition, textiles, interior design, child development, extension and more, allowing us to create harmonious and nurturing environments for ourselves and our loved ones. In this edition, we have curated a range of exciting topics to inspire and empower our student's Home Science journey.

Remember, a home is more than just a structure—it's a reflection of our personalities, a sanctuary for our souls, and a canvas for our creativity. Let's embark on this enriching journey together and make our homes the best they can be!

Warm Regards



Dr. Irvinder Kour
HOD Home Science



Vision & Mission

VISION

Empowering individuals and families through holistic education, innovative research, and practical applications in Home Science, contributing to sustainable development, healthy lifestyles and flourishing domestic environment

MISSION

1. To provide a comprehensive and interdisciplinary education in Home Science, encompassing nutrition, textiles, human development, resource management, extension and other related areas, fostering creativity and critical thinking.
 2. To cultivate a culture of responsible consumption, waste reduction, and eco-friendly practices, contributing to environmental conservation and sustainable development.
 3. To empower students with practical skills and experiential learning opportunities that enable them to make informed decisions, adopt healthy lifestyles, and become responsible and compassionate citizens.
 4. To promote the values of inclusivity, diversity, and cultural sensitivity, ensuring that Home Science education and research are accessible and relevant to individuals from all backgrounds.
 5. To serve as a knowledge hub and resource center for the broader community, offering workshops, seminars, and outreach programs that disseminate valuable information and empower individuals to lead fulfilling lives.
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ACTIVITIES

One day workshop on Yoga: The way of life for students was organized in the college premises on 17th August, 2022.



24th August 2022. **Workshop cum Exhibition of different styles of flower arrangement** was organised in the department . Prof .Shivani Sawhney, Assistant Professor department of Home Science demonstrated different styles of flower arrangements . Students showcased their artistic skills and creative minds by preparing line, circular, crescent ,Ikebana and bouquet arrangements. Dr. Irvinder Kour, HOD Home Science and other faculty members Dr.Anjali Bhat, Prof. Neelam Bhagat, Dr. Ramandeep Kour, Dr. Neelima Gupta were also present at the event

CREATIVE COOKING COMPETITION

was organized on 1st of September, 2022 in the Department of Home Science at 10:00 am to celebrate the National Nutrition Week,2022



PARTICIPATION OF STUDENTS OF HOME SCIENCE IN FIRELESS COOKING COMPETITION

Three students of the Department of Home Science Navleen Kaur, Palak Singh & Tanisha Jain studying in Sem 6th & 4th participated in “Fireless Cooking Competition” organised by School of Hospitality and Tourism Management, Jammu University on 17th August ,2022 ,celebrating World Tourism Day . The theme of the competition was “ Dogre da khan paan, dogre da maan”.



AN EXTENSION LECTURE ON PCOS

An extension lecture on Polycystic Ovary Syndrome organized in collaboration with MEYER organics

On 16th Sept. 2022. The resource person on the occasion was Dr. Nirmla Pandita, gynecologist from Life Scan Hospital, Jammu. The lecture was organized to create awareness regarding PCOS among the students of the college.



**DIWALI AND KARWACHAETH MELA,
7TH OCTOBER 2022**



MILK DAY CELEBRATIONS, 24th November, 2022

Department of Home Science organized "Show Your Creativity With Milk" Competition on 25th November, 2022 to celebrate National Milk Day. 20 students participated in the competition and displayed their creativity with milk and its products in an artistic and aesthetic style. The participants were adjudged by Dr. Anuradha Gandotra, HOD Food Science and Technology, Dr. Rupinder Kour, HOD Education and Prof. Mamta Gupta, HOD Commerce. Haspreet Kour, Riya Choudhary and Priyanka Rajput were adjudged 1st, 2nd and 3rd respectively.

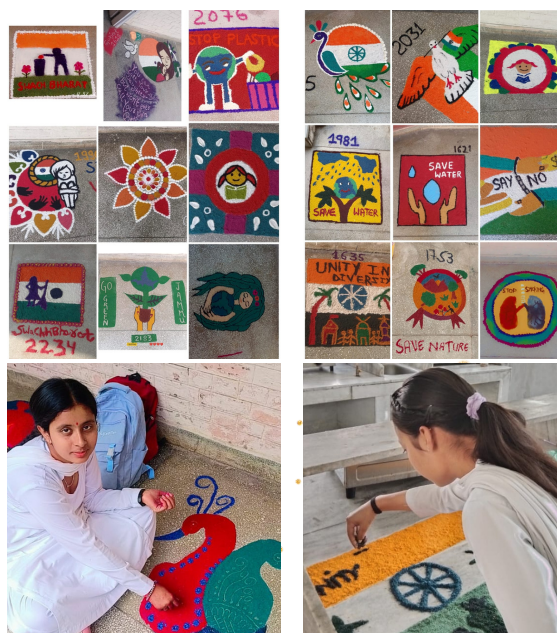


Fabric Painting Workshop, 27-28 Dec, 2022

Department of Home Science in collaboration with Pitalite organized 2 days workshop on fabric painting. Mrs. Sanjogita Dogra, a senior trainer from Pitalite and the proprietor of Buddha Art Gallery was the resource person.

Rangoli Making Competition, 17th January 2023

The Department of Home science, Government college for Women, Gandhi Nagar Jammu organized Rangoli making competition for the students in the college premises. The topic of the competition was "Social Issues", in which more than 70 students participated enthusiastically and showcased their talent



HUNAR MELA, 24 March 2023.

J&K HUNAR FEST CULTURAL & CUISINE

A Competition Organised By
DEPARTMENT OF HOME SCIENCE
Showcasing Rich Cuisine & Culture
of Jammu & Kashmir

Showcasing

- » Saant di Rutti
- » Naag Panchmi
- » Rutti Rarre
- » Flavours of Kashmir & Bhaderwah
- » Dogri & Kashmiri Songs
- » Food Stalls
- » Dance



J&K Hunar Fest: Culture and cuisine competition was organized by the department of Home Science showcasing rich cuisine and culture of J&K. the festival showcased variety, uniqueness, affluence of Dogra, Kashmiri and Bhaderwahi food, culture and craft.



Department of Home Science
PSPS Govt College for Women
Gandhi Nagar Jammu





International Women's Day, 9th March 2023

Department of Home Science , P.S.P.S Government College for Women Gandhi Nagar Jammu organized a special lecture on “ Women Empowerment through Science and Technology: STEM. Female Superheroes” in the smart classroom to commemorate International Women's Day.

Visit to Banks

Students of B.Sc semester 4th Department of Home Science visited different banks on 20th May, 2023 as part of their practicals . Students gained valuable insights into various aspects of banking and financial management. During their visits, students learnt about the functioning of banks, customer services, financial products, and more. They also had the opportunity to interact with bank officials and gain practical knowledge related to money management, loans, investments, and other financial transactions. Such practical exposure can enhance their understanding of real-world banking operations and help them develop skills applicable to their future careers. Prof Shivani Sawhney coordinated the visit.



NATIONAL PET DAY CELEBRATIONS, 24th April 2023

To commemorate National Pet Day, an extension lecture on the "Safety of our furry friends" was organized in the department. Dr. Jasleen Kour, veterinary microbiologist, SKUAST Jammu was the resource person for the occasion.

"Passion To Profit- Fabric Embellishment Entrepreneurship Workshop" was organized from 31st May to 7th June, 2023 to acquire necessary skills and knowledge to start own entrepreneur ventures.



STAFF ACHIEVEMENTS

Prof. Neelam Bhagat and Dr. Neelima Gupta presented research paper entitled **Young children & Technology used in digital era** in one day international seminar held at Govt. Degree College, Basohli on 20th April, 2023.

Dr. Ramandeep Kour and Prof. Shivani Sahni, presented research paper entitled **Crime against children in cyber world** in one day international seminar held at Govt. Degree College, Basohli on 20th April, 2023.

STAFF PROFILE



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Students performing practicals in Foods & Nutrition Lab



Clothing & Textiles Lab



Communication and extension Lab



Students performing Rangoli & Flower Arrangement Practical



PRESS RELEASES

PSPS GCW Gandhinagarorganises Fabric Embellishment Entrepreneurship Workshop

Jammu, Nov 27
The Department of Home Science is delighted to announce the successful completion of the "PSPS Govt. Gandhinagar Fabric Embellishment Entrepreneurship Workshop" on 25th November, 2022. A meeting was held on 25th Nov 2022, under the able guidance of the Principal of the college Prof. Minu Mahajan to discuss the organization of this transformative workshop.

The workshop, which spanned an entire day from 10 AM to 5 PM, attracted an overwhelming response with a total of 25 enthusiastic participants. These students had the opportunity to enhance their practical skills and knowledge in various ways through their entrepreneurial journey.

Under the guidance of the expert instructor Ms. Padma Sachdev from Mahila Mitra Samiti, participants learned various fabric embellishment techniques, including hand embroidery, block printing, fabric painting, hand stencil, and more. Additionally, they received essential business insights such as marketing, branding, and customer service, which are crucial for any budding entrepreneur.

The workshop was a resounding success, with participants expressing their eagerness to start their own ventures. The Department of Home Science is proud to have provided a platform for these students to explore their creative and entrepreneurial potential.



Participants of the Fabric Embellishment Entrepreneurship Workshop.



Students participating in a yoga session organized by the Department of Home Science.

J&K Hunar fest organized in P.S.P.S. Government college for Women Gandhi Nagar Jammu

Jammu, Nov 27
The J&K Hunar Fest, a vibrant celebration of traditional crafts and culture, was organized by the Department of Home Science at P.S.P.S. Government College for Women Gandhi Nagar Jammu. The fest was inaugurated by the Chief Guest Prof. Anjali Bhat, the Principal of the college. The fest showcased traditional crafts and culture of various districts of J&K, including Jammu, Kathua, and Baramulla. A large number of visitors, including members of the college, participated in the fest. The fest was a great success, with students showcasing their skills and creativity. The fest was a wonderful opportunity for students to learn about traditional crafts and culture, and to showcase their own skills and creativity. The fest was a great success, with students showcasing their skills and creativity. The fest was a wonderful opportunity for students to learn about traditional crafts and culture, and to showcase their own skills and creativity.



Students showcasing their traditional crafts and culture at the J&K Hunar Fest.

PSPS GCW Gandhi Nagar celebrates World Earth Day, National Pet Day

STATE TIMES NEWS
Jammu, Nov 27
The Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar, celebrated World Earth Day and National Pet Day on 4th November 2022. The event was organized by the Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar. The event was a great success, with students showcasing their skills and creativity. The event was a wonderful opportunity for students to learn about environmental issues and the importance of pets. The event was a great success, with students showcasing their skills and creativity. The event was a wonderful opportunity for students to learn about environmental issues and the importance of pets.

The event was witnessed by around 80 students. Dr. Rahul Sharma, Prof. Eridia Gohil, Prof. Shivani Sawhney, Prof. Swarn Singh, Dr. Ravinder Kumar also graced the occasion with their presence. The event concluded with a formal vote of thanks by Dr. Suraj Mohani Jammal. The proceedings of the event were conducted by Ms. Lakshmi Sharma and Nehru Sharma (2nd sem). Meanwhile, to commemorate National Pet Day an extension lecture on the "Safety of our Furry Friends" was organized by the department of Home Science. Dr. Jasleen Kaur, Veterinary Microbiologist, SKUAST-Jammu was the resource person on the occasion. More than 100 students of the college attended the lecture. The resource person also stressed upon general management measures and steps that should be taken in order to keep pets healthy and

Women College Gandhi Nagar conducts Creative cooking competition

Jammu, Nov 27
The Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar, conducted a Creative Cooking Competition on 25th November 2022. The competition was organized by the Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar. The competition was a great success, with students showcasing their skills and creativity. The competition was a wonderful opportunity for students to learn about creative cooking and to showcase their own skills and creativity. The competition was a great success, with students showcasing their skills and creativity. The competition was a wonderful opportunity for students to learn about creative cooking and to showcase their own skills and creativity.



Students participating in the Creative Cooking Competition.

Rangoli making competition organized in Gandhi Nagar Women college

Jammu, Nov 27
The Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar, conducted a Rangoli Making Competition on 25th November 2022. The competition was organized by the Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar. The competition was a great success, with students showcasing their skills and creativity. The competition was a wonderful opportunity for students to learn about rangoli making and to showcase their own skills and creativity. The competition was a great success, with students showcasing their skills and creativity. The competition was a wonderful opportunity for students to learn about rangoli making and to showcase their own skills and creativity.



Students participating in the Rangoli Making Competition.

P.S.P.S. Govt P.G. College for Women Gandhi Nagar celebrates National Milk Day

Jammu, Nov 27
The Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar, celebrated National Milk Day on 25th November 2022. The event was organized by the Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar. The event was a great success, with students showcasing their skills and creativity. The event was a wonderful opportunity for students to learn about the importance of milk and to showcase their own skills and creativity. The event was a great success, with students showcasing their skills and creativity. The event was a wonderful opportunity for students to learn about the importance of milk and to showcase their own skills and creativity.



Students participating in the National Milk Day celebration.

Department of home science celebrates international women's Day

Jammu, March 8
The Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar, celebrated International Women's Day on 8th March 2022. The event was organized by the Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar. The event was a great success, with students showcasing their skills and creativity. The event was a wonderful opportunity for students to learn about the importance of women and to showcase their own skills and creativity. The event was a great success, with students showcasing their skills and creativity. The event was a wonderful opportunity for students to learn about the importance of women and to showcase their own skills and creativity.



Students participating in the International Women's Day celebration.

PSPS -PG College organises Workshop to acquaint students with Fabric painting

Jammu, Dec 28
The Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar, organized a Fabric Painting Workshop on 28th December 2022. The workshop was organized by the Department of Home Science, P.S.P.S. Government College for Women Gandhi Nagar. The workshop was a great success, with students showcasing their skills and creativity. The workshop was a wonderful opportunity for students to learn about fabric painting and to showcase their own skills and creativity. The workshop was a great success, with students showcasing their skills and creativity. The workshop was a wonderful opportunity for students to learn about fabric painting and to showcase their own skills and creativity.



Students participating in the Fabric Painting Workshop.



**Compiled and Edited By the Faculty
of Home Science**