

## **DEPARTMENT OF HOME SCIENCE**

**Session 2023-24**

### **CO CURRICULAR ACTIVITIES**

1. Home Science Department of KVA DAV College for Women, Karnal organized two days (September 15-16, 2023) workshop on “CREATIVE TAILORING” by USHA COMPANY, Jalandhar. Resource person Mr. Mohit and Mr. Harsimrat taught basic to advance stitching, various parts of sewing machine and different types of embroidery to the learners. Around 90 students of the department (B.Voc. Fashion Technology, B.Sc. Fashion Designing, and B.A. Home Science) took active participation in this creative workshop.
2. Students of Home Science Department had an enlightening visit to NDRI, Karnal on September 21, 2023 in which around 35 students of the department gathered knowledge about various breeds of cows and buffaloes through their 3D models. Students also viewed and learnt about the production of various products like Ghee, Paneer, Curd, Gulkand, Gulab Jamun, Dried milk powder. Later, our resource person Mr. Rakesh explained about the various equipments and machineries installed in the Experimental Dairy Plant.
3. Students of B.Voc. FSQC II year (Home Science Department) participated in Millet Based Cooking Competition in Dr. B.R. Ambedkar State Institute of Medical Sciences, AIMS, Mohali on 22nd September, 2023, to celebrate Nutrition Month: Fuel for the future. Ridhi Rani secured 2<sup>nd</sup> position while Khushi got the 3<sup>rd</sup> position.
4. The Department of Home Science, KVA DAV College for women celebrated National Nutrition Month by organizing Three Days Intra-College Competitions (September 26-

28,2023), sponsored by Central Bureau of Communications, Ministry of Information and Broadcasting, Government of India.

On September 26, 2023 Poster and Painting competitions were organized on the topic Nutrition in which students participated with full enthusiasm and following students brought glory to the department.

- **In Painting Competition** Ms. Mahvish (B Voc FT I) , Ms. Riya (B Sc II FD) and Ms. Anu (B Sc. FD II) stood 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> respectively.
- **In Poster Competition** Ms. Alpana (B Voc FT II), Ms. Prachi Sharma (BBA I) and Ms. Mahvish (B Voc FT I) stood 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> respectively.

During September 27-28, 2023 special lecture was organized on the Importance of Balanced Diet by Ms. Priya (Assistant Professor of Department of Home Science) to educate students on the importance of each nutrient in diet. A Quiz Competition was also organized on Importance of Balanced Diet and Nutrition Mission. In which around 80 students participated in the groups of 2.

- **In Quiz Competition** Ms. Sania-Shivani(B.Sc I) & Ms. Sakshi-Sneha (B.Voc FSQC II) stood 1<sup>st</sup> , Ms. Raksha-Shweta (B.Sc III) & Ms. Upasita-Ishika (B.Voc FSQC I) stood 2<sup>nd</sup> and Ms. Seema-Dilpreet (BBA III) & Ms. Neha-Shweta (B.Sc. III) bagged 3<sup>rd</sup> position.
- **Rangoli Competition** was organized on September 28, 2023 in which Ms. Mahvish (B.Voc FT), Ms. Seema (B.A III) and Ms. Ekra (B.A III) stood 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> respectively.

5. On September 30, 2023 around 20 students of Home Science Department (B.Sc. Fashion Designing) of our college visited Fine Fabs Industry in Panipat. Students had a wonderful exposure of designing and weaving of rugs and mats. They also did a market survey and learnt about the difference in market rates between retails and wholesale and explored different stitching materials like zipper, fastener, threads etc.

6. Department of HOME SCIENCE, Karnal organized an online National Level Competition on September 30, 2023, on Salad Making, Poster Making and Slogan Writing to celebrate National Nutrition Month. The theme for the same was Nutrition for all- Treading towards a Healthy Bharat in which students from different colleges of India participated with full enthusiasm.

- **Winners of Salad making** were Sakshi from KVA DAV College for Women, Karnal & Vanshika Dayanand Mahila Mahavidyalaya, Kurukshetra (1<sup>st</sup>); Ishika KVA DAV College For Women, Karnal & Simran Guru Nanak Girls College, Yamunanagar (2<sup>nd</sup>); Rajni Devi Guru Nanak Girls College, Yamunanagar & Nandita KVA DAV College for Women, Karnal (3<sup>rd</sup>); Mansi Bansal Desh Bhagat College Pundri (Consolation).
- **Winners of Poster making** were Alpana KVA DAV College for Women, Karnal & Indu Guru Nanak Girls College, Yamunanagar (1<sup>st</sup>); Priya KVA DAV College For Women, Karnal & Shabnam Guru Nanak Girls College, Yamunanagar (2<sup>nd</sup>); Sheetal IC College of Home Science, CCSHAU Hisar & Mehvish KVA DAV College for Women, Karnal (3<sup>rd</sup>); Sakshi KVA DAV College for Women, Karnal (Consolation)
- **Winners of Slogan writing** were Manju & Kajal Dayanand Mahila Mahavidyalaya, Kurukshetra (1<sup>st</sup>); Anshika & Meenakshi KVA DAV College for Women, Karnal (2<sup>nd</sup>); Harpreet Desh Bhagat College Pundri & Neha Arya Adarsh Girls College Panipat (3<sup>rd</sup>); Sneha KVA DAV College for Women, Karnal (Consolation)

7. Department of Home Science and Electoral Club organized a District level Rangoli and Mehendi competition in association with District Election Office, Karnal on October 9, 2023. The theme of the competition was “Nothing like Voting, Vote for Sure!” Active participation was taken by students of different College’s of the city. Following students performed outstandingly and secured various positions.

- **For Rangoli Competition** Ms. Sneha, B Com III, Pt. CL College, Ms. Diksha, B Com III, Pt. CL College, Ms. Ekra, B A III of KVA DAV College got 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> position respectively and Ms. Pooja, BA III of Guru Teg Bahadur Singh Ji Tarori got consolation prize.

- **For Mehandi Competition** Ms. Seema, M. Com, Mata Sundri Khalsa girls College, Nissing was first, Ms. Pavitra, B. Sc. FD, KVA DAV College was second, Ms. Shweta, B.Voc FT II, KVA DAV College secured third position and Ms. Simran BA III of KVA DAV College got consolation prize.

8. Department of Home Science organized a Health check up, Extension lecture & Millet based cooking competition on the occasion of National Food Day on October 26, 2023.

Health check up camp was organized in collaboration of Agilus Diagnostics, Karnal under the guidance of Managing Director and Director Mr.Rajiv Suluja and Mr. Lalit Suluja. Around 130 students participated in this camp and their Haemoglobin and Blood Pressure was measured.

Dr .Tarvinderjeet Kaur Professor and Chairperson of Department of Home Science from Kurukshetra University, Kurukshetra delivered lecture on Promoting Entrepreneurship Skills : Defined with real life examples & Nutri Cereal:Solution for Sustainable Health.

Millet based iron rich recipe competition was also organized by the Department in which 32 students participated and prepared nutritious recipes like Bajra uttapam, Foxtail appam, Finger millets katori chat, Jowar chilla, Ragi dry fruits rolls, Ragi and Anjeer energy bars etc. Judgment for the recipe competition was done by respected Dr. Tarvinder jeet Kaur and worthy Vice Principal of our college Dr. Manju Singh.

**In recipe competition** Nakita & Neeru from B.A. 3rd year got the 1<sup>st</sup> prize, Khushi & Ridhi from B.Voc. FSQC 2nd year got the 2<sup>nd</sup> prize, Jyoti & Komal from B.A. 3rd year And Ishika & Bani from B.Voc FSQC 1st year got the 3<sup>rd</sup> prize. Consolation prize was bagged by Komal & Kajal and Simran & Deepanshi from B.A. 3rd year.

9. Department of Home Science organized mehandi art service on the occasion of Karwachauth & under Earn While You Learn Scheme on October 31, 2023. On this occasion students applied beautiful mehandi to staff and students and earned a profit of Rs. 4600

10. The Department of Home Science, KVA DAV College for Women, Karnal organized Diwali Mela 2023 on November 7-8, 2023 in the college. To celebrate the festival of light, the students prepared Decorative Diyas, Shagun Envelopes, Embroidered Handkerchiefs, Stoles, Rangoli Colour and many more for exhibition cum sale. Eatables like Dahi Bhalla, different varieties of sweets, muffins, chocolates, Bhel puri and Jaljeera were offered by the students of B.Voc (Food Science and Quality Control). Department also organized Thali Decoration, Tie and Dye, Mehendi and Jewellery making competition on this occasion.

Principal Mrs. Meenu Sharma appreciated the efforts of the HOD Ms. Lakhwinder Kaur, her team and the students who worked meticulously in preparation of the exhibition items. The Chief Guest Dr. Tarvinder Jeet Kaur, Chairperson & Professor, Kurukshetra University, Kurukshetra promoted the spirit of entrepreneurship among the students and said that it is a great initiative taken by the college and students towards self-reliant India.

11. Department of Home Science organized National Level Online competition in the first week of November on Thali Decoration, Mehendi Competition & Jewellery making on the occasion of Karwachauth.

- **Winners of Thali Decoration** were Amisha Govt. College Narnaul & Lisha Govt. College for Women Karnal (1<sup>st</sup>); Upneet Bhajwa Govt. College For Women Sirsa & Simran KVA DAV College For Women Karnal (2<sup>nd</sup>); Sakshi Dayanand Mahila Maha Vidyalaya Kurukshetra & Tanu Tikaram College of Education New Delhi (3<sup>rd</sup>); Shruti Jeevan Chanan Mahila Mahavidyalaya, Assandh (Consolation).
- **Winners of Mehendi Competition** were Kajal Tikaram College of Education Sonipat & Pardeep RKSD College Kaithal (1<sup>st</sup>), Sneha Pt. Chiranji Lal Sharma Govt. College Karnal & Arti Arya Kanya Maha Vidyalaya Shahabad (2<sup>nd</sup>), Tanu Govt. College for Women Panchkula & Anamika Govt. Girls College Rewari (3<sup>rd</sup>); Gulista Hindu Girls College Jagadhari & Shivani Guru Brahmanand Kanya Mahavidyalaya Anjanthali (Consolation).

- **Winners of Jewellery Making** were Neetu Govt. College for Women Karnal & Srishti SVSU Meerut (1<sup>st</sup>); Babita from Vaish Arya Shiksha Mahila Mahavidyalaya Bahadurgarh & Yashoda Dayanand Mahila Maha Vidyalaya Kurukshetra (2<sup>nd</sup>); Mansi Desh Bhagat College Sangroor & Pooja from Vaish Arya Shiksha Mahila Mahavidyalaya Bahadurgarh (3<sup>rd</sup>); Tanu Govt. College For Women Panchkula (Consolation)

12. Red Ribbon Club, Department of Home Science & Red Cross Unit of our college organized HIVAIDS Awareness and Signature Campaign for celebrating National Youth Day on January 25, 2024. Various competitions like Nail Art, Pot Painting and a Fashion Show based on theme of HIV AIDS awareness.

- **In Nail Art competition**, Anu B.Sc. Fashion Designing 2<sup>nd</sup> Year got the 1<sup>st</sup> prize, Vandana B.Com. 3<sup>rd</sup> Year got the 2<sup>nd</sup> prize while Komal B.A. 3<sup>rd</sup> Year & Ravina B.Voc. Fashion Technology 3<sup>rd</sup> Year got the 3<sup>rd</sup> prize.
- **In Pot Painting Competition**, Riya B.Sc. Fashion Designing 2<sup>nd</sup> Year got the 1<sup>st</sup> prize, Ritika B.A. 2<sup>nd</sup> Year got the 2<sup>nd</sup> prize while Simran B.Sc. Fashion Designing got the 3<sup>rd</sup> prize.
- **In Fashion Show**, Srishti B.Voc. (Fashion Technology) 3<sup>rd</sup> Year got the 1<sup>st</sup> prize, Jasmeet B.Voc. (Fashion Technology) 3<sup>rd</sup> Year got the 2<sup>nd</sup> prize while Anju B.Voc. (Fashion Technology) 3<sup>rd</sup> Year got the 3<sup>rd</sup> prize.

13. The Department of Home Science (under the aegis of IQAC), organized a one day International workshop on 12th March 2024 (online) at 4:30pm IST in collaboration with Total Nutrition- Diet Clinic, Yamunanagar. The topic of the workshop was “Mindful Eating for Healthy Lifestyle”. Around 150 participants attended the workshop. Formal welcome speech was given by IQAC co-ordinator Dr. Manju Singh. Ms. Lakhwinder Kaur, Head of Department of Home Science was the convener along with Dr. Monika Saini & Dr. Anju Narwal being the co-ordinators. Dr. Tarvinderjeet Kaur, Professor and Chairperson, Department of Home Science, Kurukshetra University, Kurukshetra, the first resource person spoke on the topic- Menopause: How to live healthy. The second resource

person, Dr. Avantina Sharma Bhandari, Wellness Advisor, The Hague, The Netherlands spoke on the topic- Feeding the Soul- Nourishing Your body and Mind with Mindful Eating for a Vibrant Healthy Lifestyle.

14. Department of Home Science organized a one day trip to Chandigarh on 15<sup>th</sup> March 2024. Around 40 students from the Department of Home Science went to this trip. The trip included a visit to Pinjore Garden, Bird Park, Sukhna Lake, Elante Mall, Mata Mansa Devi Temple and Shri Nadda Sahib Gurudwara. In Elante mall, students learnt about visual merchandizing, knowledge of different brands and about recent trends in fashion.

15. KVA DAV College for Women Karnal, Department of Home Science organized a Fashion Show, Belleza...Rock The Floor on 6<sup>th</sup> April, 2024 under the patronship of Principal Ms. Meenu Sharma along with Ms. Lakhwinder Kaur Head Department of Home Science who was the Convener while Dr. Anju Narwal Assistant Professor, English Department & Dr. Monika Saini Head of Library were the co-ordinators of the show.

From our sponsors Ms. Esha Bansal , Om Prakash Saraf and Sons, near Head Post Office Karnal (Rs 41000) was the Chief Guest; Mr. Kapil Arora (AGM) SBI Commercial Branch, Mr. Saravjeet Singh Sukhija (AGM) SBI Mall Road Karnal(Rs 25000) & Ms. Payal Virmani Matrix, Elite Hair & Beauty Bar Karnal (Rs 20000) were the Guest of Honour; along with APH Immigration Karnal(Rs 10000); ESS Global Pvt. Ltd. Karnal(Rs 16000).

Dr. Nidhi Vats Head, Dept. Of Home Science, CISKMV Fatehpur Pundri; Mrs Manju Narwal, Assistant Professor Home Science, Institute of Integrated and Honours studies Kurukshetra; Ms. Sonamm Katarieya Makeup artist, anchor and model Karnal ; Ms. Stuti Mehta Fashion designer, Model & Influencer Green Park, Hisar were the judges.

The fashion show included 10 rounds with unique themes of Egyptian Beauty, Innayat, Cosmic Beauty, Rangilo Mharo Desh, Barbie Blush, Dreaming Drape, Lady Glam, Fantasy Wonderland, Fin-tastic Mermaids & Segueing.

- In round Egyptian Beauty, Manisha of B.Voc. Fashion Technology 3rd Year got the best Designer while Riya from B.Voc. Fashion Technology 3rd Year got the Best Model prize.

- In round Innayat, Mandeep from B.Voc. Fashion Technology 3rd Year got the Best Designer while Tanya from BCA 2nd Year got the Best Model prize.
- In round Cosmic Beauty, Prachi from B.Sc. Fashion Designing 1st year got the Best Designer & the Best Model prize.
- In round Rangilo Mharo Desh, Himanshi from B.Voc. Fashion Technology 2nd Year got the Best Designer while Riya from B.Sc. 2nd Year got the Best Model prize.
- In round Barbie Blush, Rishita from B.Sc. Fashion Designing 2nd Year got the Best Designer & the Best Model prize.
- In round Dreaming Drapes, Tanish from B.Sc. Fashion Designing 1st Year and Annu from B.Sc. Fashion Designing 2nd Year got the Best Designers while Manisha from M.A. Sociology got the Best Model prize.
- In round Fantasy Wonderland, Simranjot from B.Sc. Fashion Designing 3rd Year got the Best Designer while Neha from B.Sc. Fashion Designing 3rd Year got the Best Model prize.
- In round Lady Glam, Manisha from B.Voc. Fashion Technology 3rd Year got the Best Designer while Siwani from BCA 2nd Year got the Best Model prize.
- In round Fin-tastic Mermaids, Anu from B.Sc. Fashion Designing 2nd Year got the Best Designer while Nishtha from B.Voc. Fashion Technology 1st Year got the Best Model prize.
- In round Segueing, Alpana from B.Voc. Fashion Technology 2nd Year got the Best Designer while Aman Deep from B.Sc. Fashion Designing 1st Year got the Best Model prize.

16. The Department of Home Science provides counseling for Diets (Therapeutic or Special) as per the requirements of various conditions like weight management, nephrology, pediatrics, orthopedic, celiac disease etc.

17. Beauty services are offered all the year round by the Department of Home Science. Various services like Hair spa, Makeup, Cleansing, Facial and many more services at nominal charges are being included.



18. Various Boutique services are also being offered by the Department of Home Science that includes all type of garment stitching, alterations and designing according to the requirement of the customers at nominal charges.