

Achievements of the Department

- Ms. Nandini Pathania was appointed as the Inspector for ISC and ICSE examinations. She visited different schools for inspection in the month of March-April, 2017.
- Dr. Anjali Dewan attended the Continuing Nutrition Education (CNE) on 'Depression – Lets Talk Depression' on April 8, 2017 organized jointly by the Indian Dietetic Association, Chandigarh Chapter and the Department of Home Science, MCM DAV College, Chandigarh.
- An Art & Craft demonstration for Home Science & JBT students on April 10, 2017 was organized by the Department of Home Science.
- Dr. Anjali Dewan was awarded M.Ed degree in the 30th Convocation of Indira Gandhi National Open University (IGNOU) on April 13, 2017.
- Dr. Anjali Dewan participated in the Kavi Sammelan & Sangoshti held at Rotary Municipal Hall, Shimla on April 28, 2017 on the occasion of Parshuram Jayanti organized by Parivartan, Samajik avam Sahityik Sanstha, Shimla and Himachal Pradesh Bhasha avam Sanskriti academy. She recited my self-composed poem 'Main hoon Parshuram'.
- Dr. Anjali Dewan attended the Kavya Path Avam Paricharcha and Kavi Sammelan at Gaiety Theatre on May 14, 2017 organized by the Himachal Art, Culture and Language Academy. She also read out her self-composed poem entitled 'Zindagi – Ek Paheli'.
- Dr. Anjali Dewan attended the International Interdisciplinary Conference on 'Water Culture of India' at Government Degree College, Sanjauli jointly organized by Centre of Excellence, Government Degree College, Sanjauli, Shimla and Sadguru Education and Welfare Association (SEWA), Kalyan, Maharashtra on May 18-19, 2017. She gave an oral presentation entitled 'Climate Change, water and Food Security – Addressing the Challenges'.
- Dr. Anjali Dewan attended a Symposium on 'Protein and Fibre: Its Role in Satiety' organized by the Indian Dietetic Association (IDA), Ludhiana Chapter on May 21, 2017. She was Chairperson for one of the sessions.
- Dr. Anjali Dewan's biodata was included in Emerald Who's Who in Asia, 2017, Volume III on page 149 published by Rifacimento International, Ansari Road, Daryaganj, New Delhi in June, 2017.
- Dr. Anjali Dewan was invited as an External Examiner for conducting the Practicals of M.Sc (Dietetics & Nutrition), 2nd Semester on 9th June, 2017 in the subjects of Clinical & Therapeutic Nutrition - II and Human Nutrition – II at M.M.I.C.T & B.M (Hotel Management) Maharishi Markandeshwar University, Mullana, Ambala, Haryana.
- Dr. Anjali Dewan's paper entitled 'Mobilization and Integration of Information Technology in the Management of Natural Disasters' was published in 'Alleviation – an Inter-disciplinary Journal of Nutrition, Gender and Social Development', Volume 3, Year 2016, Issue 1/2, ISSN 2348-9340 of Arya P.G College, Panipat, Haryana on pages 77-82. She received the Journal on 19th June, 2017.
- Both the faculty members organized a Poster competition on 'Different aspects of Breast feeding' on August 4, 2017 in the Department of Home Science.
- Both the faculty members organized a competition of Innovative recipes without cooking on August 25, 2017 in the Department of Home Science.

- Dr. Anjali Dewan gave a power point presentation on ‘Malnutrition – its causes, types and challenges’ September 7, 2017. She also interacted with the students.
- Dr. Anjali Dewan was present for a panel discussion on ‘Optimal infant and young child feeding practices – Better Health’ on Door Darshan, Shimla in the programme ‘Swasth Jeevan’ which was telecast on National Television from 6-6.25 p.m. on September 7, 2017.
- Dr. Anjali Dewan attended the CNE on ‘Prevention and Management of Kidney Diseases’ on September 10, 2017 organized by the Department of Dietetics, PGIMER, Chandigarh in association with Nutrition Society of India, Chandigarh Chapter.
- Dr. Anjali Dewan was invited as the Guest of Honour and a judge for the Farewell Get together at Shivalik Institute of Nursing, Kamlanagar, Shimla from 2-7 p.m. on September 15, 2017.
- Both the faculty members organized the Art & Craft Workshop from September 18-20, 2017 in association with Pidilite.
- Both the faculty members attended the Faculty Development programme organized by ICFAI Business School (ICFAI) group on Experiential Teaching Techniques on September 22, 2017 from 11 a.m to 3 p.m.
- Both the faculty members attended the presentation of Dr. Vandana Shiva, a world renowned environmentalist on September 23, 2017 under the Popular Lecture Series on ‘Biodiversity Conservation and the Patent’ organized by the Himachal Pradesh Council for Science, Technology & Environment (HIMCOSTE) in collaboration with National Council for Science and Technology Communication (NCSTC) and Disaster Management and Environment Cell of St. Bede’s College, Shimla.
- Dr. Anjali Dewan attended the Annual Inter school competition on Environment and Population under the aegis of the Programme ‘Manthan’ organized by Rotary Shimla Midtown on 24th September, 2017. She was invited as one of the judges for the Declamation competition in Hindi.
- Both the faculty members attended the ‘Book Talk’ organized in the College library on September 26, 2017.
- Dr. Anjali Dewan delivered two extension lectures on ‘Job Prospects in Home Science and ‘Stress Management’ on September 28, 2017 at Government College, Sector-14, Panchkula.
- Both the faculty members attended the Workshop on the Working of the software ‘Campus Whizz’ on October 4, 2017 in the Department of Computer Science.
- Dr. Anjali Dewan organized the Induction meeting of students of first year students of MSc (DFSM), Masters in Dietetics and Food Service Management on October 22, 2017 from 11 a.m. to 1 p.m. She prepared the Press note and sent to all the newspapers.
- Dr. Anjali Dewan attended the English Poetic Symposium organized by Parivartan Kavya Manch – a Unit of Parivartan, a Socio-Cultural Organization of Himachal Pradesh on October 22, 2017 from 4-6 p.m. She recited my two self-composed poems entitled ‘Identity’ and ‘Eternal Dance’.
- Ms. Nandini Pathania was the Superintendent and Dr. Anjali Dewan was the Deputy Superintendent for term end Examinations from October - November, 2017.
- Dr. Anjali Dewan’s write-up on the Popular Lecture Series on ‘Biodiversity Conservation and Patent’ organized by The Himachal Pradesh Council for Science, Technology & Environment

(HIMCOSTE) in collaboration with National Council for Science and Technology Communication (NCSTC) and Disaster Management and Environment Cell of St. Bede's College, Shimla by Dr. Vandana Shiva, world renowned environmentalist was published in the University News, Volume 55, No. 43, October 23-29, 2017.

- Both the faculty members attended the opening of the Bicentenary celebrations to commemorate two hundred glorious years of our foundress Saint Claudine Thevenet in the college auditorium on November 8, 2017..
- Both the faculty members attended the Eucharistic celebration and power point presentation on the life of our Foundress, St. Claudine Thevenet on November 13, 2017.
- Dr. Anjali Dewan attended the Continuing Medical Education (CNE) on 'Practical Approach in the Management of Diabetes' organized jointly by the Indian Dietetic Association (IDA), Chandigarh Chapter and the Department of Foods & Nutrition, Government Home Science College, Chandigarh on November 18, 2017.
- Dr. Anjali Dewan attended the 32nd Foundation Day of IGNOU and the Co-ordinators'/Programme Incharges' meeting organized by the Regional Centre, IGNOU on November 19, 2017. She was the only Programme Incharge who had documentation reports for the last five years and presented the consolidated report.
- Dr. Anjali Dewan gave the power point presentation on 'Nutrition Literacy: the most Effective way of Maintaining Health' in an Inter - disciplinary Seminar organized on November 29, 2017 comprising of the students and teachers of Home Science, Biotechnology and Computer Science. About 60 students attended the seminar. About 8 NCC cadets were also present.
- Dr. Anjali Dewan accompanied the Principal, Dr. (Sr.) Beena John during her visit to Government Primary school, Sanjauli on December 5, 2017 to celebrate Christmas with the students of the school.
- Dr. Anjali Dewan attended the International Conference on 'Opportunities and Challenges of 21st century' from December 7-9, 2017 held at Rajiv Gandhi Government Degree College, Shimla in collaboration with Science and Management Society, Himachal Pradesh. She gave two oral presentations entitled 'Gender Violence – Challenges and Interventions' and 'Environment and Sustainable Development – A Co-ordinated Approach with a Vision for the Future'. The abstracts were published on pages 36-37 in the Abstract booklet.
- Dr. Anjali Dewan gave power point presentation on 'Nutrition Literacy – the most effective way of maintaining Health' on December 12, 2017 in an Inter-disciplinary Seminar of the Departments of Home Science and Commerce. About 50 students and teachers were present.
- Dr. Anjali Dewan and Ms. Nandini Pathania were the judges for the Poster Competition on 'Swachh Bharat Abhiyan' on 12th December, 2017 organized by the NCC unit of the college. Dr. Anjali Dewan spoke about the eradication of open defecation, disposal of garbage, cleanliness of self and the environment on 13th December, 2017.
- Dr. Anjali Dewan attended the International Conference on 'Latest Concepts in Science, Technology, Management and Humanities' (ICLCSTMH) at Gwalior Institute of Information

Technology, Gwalior on December 17, 2017. She presented a paper entitled ‘Stress in Working Women: Lifestyle and Coping Strategies’. The paper was published in the Journal IJEECS, Volume 6, Issue 12, December 2017, ISSN2348-117X, Impact Factor 2.52.

- Dr. Anjali Dewan attended the National Seminar – 2018 on ‘Gender Equality and Women Empowerment’ sponsored by DCDC, Panjab University, Chandigarh on January 13, 2018 at Gobindgarh Public College, Alour, Khanna. She gave an oral presentation on ‘Empowerment of Women - Need for a Paradigm Shift to deal with Gender Violence’.
- Dr. Anjali Dewan attended the International Conference on Legal Studies, Journalism, Political Science, Public Administration, Sociology & Social Work – 2018 on January 19-20, 2018 organized by IMRF Group of Industries at Mysore, Karnataka. She gave an oral presentation on ‘An Assessment of Mahatma Gandhi’s Life of Non-Violence – Transformation from a Politician to a Saint’. At the same venue, she attended another International Conference on ‘Corporate Social Responsibility, Demonetization, Globalization & Business Sciences – 2018 on January 19-20, 2018. She presented my paper entitled ‘Globalization and Environment- the Study of the Key Issues and Interventions’.
- Dr. Anjali Dewan attended the National Seminar on ‘Teaching, Learning and Evaluation through Innovative Practices’ on January 24-25, 2018 at Devki Devi Jain Memorial College for Women, Ludhiana sponsored by NAAC. She gave an oral presentation on ‘Perspectives in Higher Education – Challenges and Remedies’.
- Dr. Anjali Dewan attended the International Conference on ‘The Soul in Symphony: Spiritual and Pragmatic Aspects of Happiness’ being held at MCM DAV College for Women, Chandigarh on January 29-30, 2018. She gave an oral presentation on ‘Pursuit of Happiness – Need for a Paradigm Shift’.
- Dr. Anjali Dewan attended one day National Seminar sponsored by Directorate of Higher Education, Haryana on ‘Fight against Lifestyle Diseases: Role of Home Scientists’ on February 3, 2018 as a Resource person. She gave power point presentation on ‘Stress and Lifestyle Diseases: Need for Appropriate Coping Patterns’. She was also the Chairperson for one of the technical sessions.
- Dr. Anjali Dewan conducted the meeting of the Counselors of MSc (DFSM), IGNOU at on February 7, 2017 at 11.15 a.m. in the Foods & Nutrition Laboratory.
- Dr. Anjali Dewan attended the National Seminar on ‘Contextual Scenario of Factors predicting Psychological Well being of Women & Girl Child’ on February 24, 2018 organized by the Department of Home Science, Ch. Ishwar Singh Kanya MahaVidyalaya, Fatehpur – Pundri, District Kaithal sponsored by the Director General of Higher Education, Panchkula. She spoke on ‘Paradigm Shift in Lifestyle and Coping Strategies to Manage Stress in Working Women’ as a Resource person. She also chaired one Technical session.
- Both the faculty members attended a Workshop on ‘Learning to learn’ organized by Dr. Satwinder Bains, Director of University of The Fraser Valley South Asian Studies, Canada on 26th February, 2018.

- Both the faculty members were invited as the judges for the National Science Day 2018 'Science & Technology for a Sustainable Future' held in the college on February 28, 2018.
- Ms. Nandini Pathania was the Inspector for ICSE and ISC examinations held in the months of February-March, 2018.
- Both the faculty members attended the presentation on 'Breast Cancer' on March 8, 2018.
- Dr. Anjali Dewan was invited by the Department of Language, Art and Culture on the occasion of International Women's Day at the Rajya Stariya Sahityik Samaroh on March 8, 2018. She recited her self - composed poem 'Sshakat Nari'.
- Both the faculty members attended the Inter - departmental activity was conducted for the students of Home Science and Computer Science on March 9, 2018 in the Computer lab on 'E-waste and its disposal'.
- Dr. Anjali Dewan's abstract entitled 'An Assessment of the Occupational Health Problems and Diseases in Women Workers in Unorganized Sector' was accepted for oral presentation for the International Conference on 'Women's Work & Occupational Health – Emerging Issues, Challenges & Policy Measures in the Unorganized Sector (WWOH – 2018)' to be held on March 24-25, 2018 organized by the Department of Home Science, B.Voc Textile & Fashion Designing, Interior Designing at Arya P.G College, Panipat, Haryana. She was also invited as one of the judges for the Poster presentations by the delegates.
- Dr. Anjali Dewan's two abstracts entitled 'Perspectives in Higher Education – Challenges & Remedies' and 'Coping with Crises in Adolescence – Key to Stress Management' were accepted for presentation for the National Conference on 'Reaching the Unreached through Science and Technology' on March 30 - 31, 2018 being organized by the Indian Science Congress Association, Shimla Chapter, Himachal Pradesh University, Shimla under the aegis of Indian Science Congress Association, Kolkata.
- Dr. Anjali Dewan attended the International Conference on 'Research Trends in Engineering, Applied Science and Management (ICRTESSM-2018) held at ICSSR, North West Regional Centre, Panjab University, Chandigarh in association with Academic Science on March 11, 2018. She presented her paper on 'Acceptability of Women – Can Media play a constructive role?' The paper was published in the International Journal of Innovations and Advancement in Computer Science, ISSN 2347-8616, Impact Factor 2.65.
- Dr. Anjali Dewan participated in the 'International Conference on Women Empowerment, Education and Social Sciences - 2018' held at Carmel College for Women, Nuvem, Goa in collaboration with International Multidisciplinary Research Foundation on March 15-17, 2018. She presented my paper entitled 'Gender Violence – Issues and Interventions'. The abstract was published in the Proceedings on Page 48 and the paper was published in Arts & Education International Research Journal, Impact Factor 2.58, Volume 5, Issue 1, pages 186-190.
- Dr. Anjali Dewan's participated in the International Conference on Research in Engineering, Science, Management and Humanities (ICIRESMH – 2018) at the Institute of Engineers India, Visvesvaraya Bhawan, Hyderabad, Telangana on March 18, 2018 in association with

Academic Science. She presented her paper entitled 'Emerging Issues and Challenges in Globalisation, Higher Education and the Changing Status of Indian Women'.

- Dr. Anjali Dewan attended the Kavi Samelan on the occasion of 'Basant' organized by Parivartan, Samajik avam Sahityik Sanstha at Rotary Club, Shimla in collaboration with the Department of Language, Art and Culture on March 18, 2018. She recited her self - composed poems in English and Hindi.
- A workshop on Portfolio development by Pearl Academy, New Delhi was organized by the Department of Home Science on 19th March, 2018. About 150 students participated. In first half of the workshop, Mr. Shashank Khandelwal and Mr Ankur Kaushik spoke about how to be happily successful in life and choose the career based on curiosity and interest which makes a person creative. There was an interesting interaction with the students They discussed the important points to be included in the portfolio, which are based on technical skills and creative interrogation. The basics of Fashion Designing were explained to the students. Certificates were distributed to the participants of the workshop. The event was successfully organized by Ms. Nandini Pathania and Dr. Anjali Dewan.
- Dr. Anjali Dewan attended the International Conference on 'Women's Work & Occupational Health – Emerging Issues, Challenges & Policy Measures in the Unorganized Sector (WVOH – 2018)' on March 24-25, 2018 organized by the Department of Home Science, B.Voc Textile & Fashion Designing, Interior Designing at Arya P.G College, Panipat, Haryana. She presented her paper on 'An Assessment of the Occupational Health Problems and Diseases in Women Workers in Unorganized Sector'. She was also one of the judges for the Poster presentations by the delegates.
- Dr. Anjali Dewan attended the International Conference on Innovative Trends in Engineering, Applied Science and Management (ICITEASM – 2018) held at Osmania University Centre for International Programmes (OUCIP), Hyderabad on March 25, 2018. She presented her paper on 'Understanding the Indicators and Challenges of Malnutrition in Children'. It was published in the International Journal of Electronics, Electrical and Computational System (IJETSR), Volume 5, Issue 3, March 2018, ISSN 2394-3386, Impact Factor 2.12.
- Both the faculty members were present for the Inter-disciplinary seminar organized by the
- Department of Commerce & Management for the students of the Department of Home
- Science on March 28, 2018.
- Dr. Anjali Dewan organized an Induction meeting at IGNOU Study Centre, 1134 P for first year students of MSc (DFSM), Masters in Dietetics & Food Service Management and Diploma in Nutrition & Health Education (DNHE), Diploma in Early Childhood Education (DECE) on March 31, 2018.
- Dr. Anjali Dewan attended the National Conference on 'Reaching the Unreached through Science and Technology' on March 30-31, 2018 organized by the Indian Science Congress Association, Shimla Chapter, Himachal Pradesh University, Shimla under the aegis of Indian Science Congress Association, Kolkata. She gave two oral presentations on 'Perspectives in Higher Education – Challenges & Remedies' and 'Coping with Crises in Adolescence – Key to Stress Management'.

- Dr. Anjali Dewan's abstract entitled 'Dr. Ambedkar's Views and Concept about Religion' was accepted for oral presentation for National Conference to be held at Jawahar Lal Nehru University, New Delhi on April 13-14, 2018.
- Dr. Anjali Dewan attended the Continuing Nutrition Education (CNE) on 'Depression – Lets Talk Depression' on April 8, 2017 organized jointly by the Indian Dietetic Association, Chandigarh Chapter and the Department of Home Science, MCM DAV College, Chandigarh.
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- Dr. Anjali Dewan and Ms. Nandini Pathania attended the Faculty Development programme organized by ICFAI Business School (ICFAI) group on Experiential Teaching Techniques on September 22, 2017
- Dr. Anjali Dewan and Ms. Nandini Pathania attended the presentation of Dr. Vandana Shiva, a world renowned environmentalist on September 23, 2017 under the Popular Lecture Series on 'Biodiversity Conservation and the Patent' organized by the Himachal Pradesh Council for Science, Technology & Environment (HIMCOSTE) in collaboration with National Council for Science and Technology Communication (NCSTC) and Disaster Management and Environment Cell of St. Bede's College, Shimla.
- Dr. Anjali Dewan the Annual Inter school competition on Environment and Population under the aegis of the Programme 'Manthan' organized by Rotary Shimla Midtown on 24th September, 2017. She was invited as one of the judges for the Declamation competition in Hindi.
- Delivered two extension lectures on 'Job Prospects in Home Science and 'Stress Management' on September 28, 2017 at Government College, Sector-14, Panchkula.
- Attended the English Poetic Symposium organized by Parivartan Kavya Manch – a Unit of Parivartan, a Socio-Cultural Organization of Himachal Pradesh on October 22, 2017 from 4-6 p.m. She recited my two self-composed poems entitled 'Identity' and 'Eternal Dance'
- Abstract entitled 'Partition – the trauma of the untold stories' was accepted for the International Seminar on 'Partition Revisited – Looking back at the Political, Socio-Cultural and Economic Circumstances of the Great Divide' organized by the Departments of Political Science and History, St. Bede's College, Shimla on September 19-20, 2018.
- Abstract entitled 'Stress Management in Adolescence - Challenges and Interventions' was accepted for XVII International Conference on Business Management, Technology and Behavioural Sciences (ICBMTBS-18) organized by The Society of Technical and Management Professionals (STMP) at Haridwar, Uttarakhand on July 14-15, 2018.
- Abstract entitled 'An Assessment of the Value Added products from Nutricereals and the effect of Packaging and Storage on their Shelf Life' was accepted for the 3rd International Conference on New Frontiers of Engineering, Science, Management and Humanities (ICNFESMH-2018) held at Maharashtra Chamber of Commerce Industries & Agriculture (MCCIA), Pune on June 17, 2018.
- Abstract entitled 'Empowerment of Women - Need for a paradigm shift to bring in Social change' was accepted for Eighth International Conference on 'Innovative Business Practices for creating Value in Global Era' held at Acropolis Faculty of Management and Research, Indore on September 28-29, 2018.
- Abstract entitled 'Empowerment of Women - Need for a paradigm shift to bring in Social change' was accepted for oral presentation for South Asia Conference on Multidisciplinary Research 2018 (SAMR'18) held from 05 - 06 October 2018 at the Renuka City Hotel, Colombo, Sri Lanka.
- She attended the Shimla International Literature Festival from June 23-24, 2018 at Gaiety Theatre, Shimla.

- She was present for auditing of accounts of our Study Centre to the Regional Centre, IGNOU on July 2, 2018. She also attended the 23rd G. Rama Reddy Memorial Lecture broadcast live from the Main Office, IGNOU at Maidan Garhi, Delhi.
- Her paper entitled ‘Stress and Lifestyle diseases – Adaptive Coping Strategies’ was published in the International Journal of Applied Home Science, Volume 5, Issue 4, April 2018, UGC Approved Journal, Impact Factor 4.829 (SJIF), Impact Factor 1.4215 (GIF) on pages 861-870.
- Abstract entitled ‘Sustainable Development – Minimizing Environmental Degradation’ was accepted for oral presentation for the International Conference on ‘Environmental Research: Issues, Challenges and Strategies for Sustainable development and Livelihood Security’ held at Maldives National University, Maldives on August 13, 2018.
- Her paper entitled ‘Gender Violence – Issues and Interventions’ was published in Mahila Pratishtha, UGC Approved Journal No. 63549, ISSN 2454 – 7891, Impact Factor 2.1797, Volume 4, Issue 1, July-September, 2018 on pages 33-45.
- She organized Viva voce of four students of MSc (DFSM), IGNOU on August 4, 2018. She was the guide of Krishna, one of the students. Her topic was ‘A Study to Assess Dietary Management of the Patients suffering from Hypertension’.
- Abstract entitled ‘Values in Higher Education: Challenges and Solutions’ was accepted for oral presentation for ‘Paramahansa Yogananda National Conference on Interdisciplinary Approaches in Understanding Science, Arts and Spirituality’ organized by the Department of Visual Arts, H.P University, Shimla and Pratibha Spandan Society, Shimla on October 1-2, 2018.
- An Inter-disciplinary activity was organized between the Departments of Home Science and Computer Science on August 10, 2018. From the Department of Home Science, Dr. Anjali Dewan addressed the students on the importance of environment conservation. She gave a power point presentation on 'Environment and Sustainable Development - resilient to change with a vision for future' at 11.30 am. in the Department of Computer Science. Dr. Neha Walia and Mr. Vikesh Kumar of the Department of Computer Science were also present. The students interacted with her and asked a number of questions.
- She was invited as a Guest of Honour and one of the judges for the Farewell Get together at Shivalik Nursing Institution, Kamlanagar on August 14, 2018.
- She was present for Baba Bhalku Smriti Srijan Rail Yatra from Shimla to Barog and back to Shimla on August 19, 2018 from 9.30 a.m – 6.30 p.m. organized jointly by the Himalayan Literature, Culture and Environment Forum and the Naval Prayas. About 30 eminent writers participated. She read out her two self-composed poems entitled ‘Yaadein’ and ‘Imperfections’.
- She attended the CNE Workshop on ‘Medical Nutrition Therapy in Burns’ held on September 2, 2018 organized by the Department of Dietetics, PGIMER, Chandigarh in association with Nutrition Society of India, Chandigarh Chapter held at PGIMER, Chandigarh.
- She attended ‘Kavyanjali organized by the Department of Language & Culture and Shimla District Administration at Gaiety Theatre on September 3, 2018 to pay tributes to the former Prime Minister Shri Atal Bihari Vajpayee. She recited her self-composed poem.
- She attended the National Science Seminar held on September 13, 2018.
- She attended the ICSSR sponsored International Seminar on Partition Revisited - Looking Back at the Political, Historical, Socio-Cultural and Economic Circumstances of the Great Divide’ on September 19-20, 2018 at St. Bede’s College, Shimla. She presented my Research

Paper on 'Breaking the Silence: Revisiting Partition Trauma through Untold Stories'. I wrote the Certificates of participation of the Seminar for all the delegates.

- She was awarded The Glory of India Gold Medal and a Certificate by the Best Citizen Publishing House, the World's Most Leading Biographical Specialists in September, 2018. My biodata was published on page 22 of a Biographical Volume of the Achievers of India.
- She was awarded Bharat Excellence Award in the field of Education for individual excellence in recognition of excellent performance and outstanding contribution for the progress of the nation and worldwide in the form of a Gold medal and a certificate by Friendship Forum, New Delhi. The award was given by Retd. Lt. General K.M Seth, Hon'ble former Governor of Tripura and Chattisgarh at a Seminar on 'Economic Growth and National Unity' on September 25, 2018.
- She received the Global Golden Award, Certificate of Excellence for my outstanding contribution and praiseworthy achievements at a Seminar on 'Global Brotherhood and Peace' on September 25, 2018 and by the Retired Lt. K.M Seth, Hon'ble Former Governor of Tripura & Chhattisgarh given by the Friendship Forum, New Delhi.
- She was invited as a judge for the Exhibition cum Competition on 'Reuse of non-biodegradable wastes' organized by the Department of Zoology. She also interacted with the students and discussed the importance of Nutrition, Balanced Diet on September 26, 2018.
- Abstract entitled 'Values in Higher Education: Challenges and Solutions' was accepted for the oral presentation for the Paramhansa Yogananda National Conference on 'Interdisciplinary Approaches in Understanding Science, Arts and Spirituality' which was held on October 1-2, 2018 at Himachal Pradesh University, Shimla.
- She attended the Paramhansa Yogananda National Conference on 'Interdisciplinary Approaches in Understanding Science, Arts and Spirituality' held on October 1-2, 2018 at Himachal Pradesh University, Shimla organized by the Department of Visual Arts, Himachal Pradesh University, Pratibha Spandan Society, Shimla and Himachal Pradesh Commerce and Management Association. She presented her paper on 'Values in Higher Education: Challenges and Solutions'.
- She was one of the judges for the Slogan Competition on 'Ill effects of Drug abuse' held as per directions from the Directorate of Higher Education, Government of Himachal Pradesh, Shimla on September 29, 2018.
- She was invited as a Resource person to a Workshop on 'Promoting Gender Equality through Gender Champions' organized by the Centre for Women's Studies and Development, Himachal Pradesh University, Shimla on October 10, 2018 and gave a presentation on 'Nutrition Literacy – the Most Effective Way of maintaining Health'.
- She attended the Kafla Intercontinental's 12th Writers Festival on October 23-24, 2018 organized by India Inter - Continental Cultural Organization (Regd.), Chandigarh and Indore Christian College at Indore. She recited my two self – composed poems entitled 'My Journey' and 'Yaadein'. Her book of Hindi poems entitled 'Manzilein Aur Bhi Hain' was released. She was honoured with 'Sahitya Shree Award'.
- She attended the Electoral Awareness Programme organized by the team from the Office of the Election Commissioner, Government of Himachal Pradesh in collaboration with the Department of Political Science of the College on October 26, 2018.
- Her two abstracts entitled 'Sustainable Development – A co-ordinated approach addressing Environmental Conservation' and 'Indicators and Challenges of Malnutrition in Children: An

appraisal of their nutrition and well-being' were accepted for oral presentation in the 2nd International Conference on 'Innovations in Chemical, Biological and Environmental Sciences' on February 27-28, 2019 organized at Arya P.G College, Panipat in collaboration with Indian Science Congress Association – Rohtak Chapter.

- She attended the meeting with a renowned Hindi writer and poet Retd. Professor Mariola Offredi on November 18, 2018. I also attended the Kavi Goshti and read two self-composed poems. My book of Hindi poems 'Manzilein Aur Bhi Hain' was given to me by a known writer and poet Shri S.R Harnot.
- Her two abstracts entitled 'Interventions for Stress Management – Primary Need of adolescents' and 'Sustainable development – A co-ordinated approach addressing environmental conservation' were accepted for the International Conference on 'Transforming Our World – Opportunities and Challenges' organized by Rashtriya Kanya Mahavidyalaya, Shimla and Science and Management Society, Himachal Pradesh on November 30 – December 2, 2018.
- Abstract entitled 'Climate Change, Water and Food Security – Addressing the Challenges' was accepted for oral presentation for the 'International conference on Global Environmental Challenges, Human Health and Sustainable Development' organized by Environment and Social Development Association (ESDA), Delhi in association with the Centre for the Study of Regional Development, JNU, New Delhi to be held on January 11-13, 2019 in International partnership with Universidad Metropolitana (UMET), Dr. Bhim Rao Ambedkar College, University of Delhi and CSIR–National Environmental Engineering Research Institute.

Ms. Nandini Pathania

- She was a part of the organizing committee of the International Seminar Partition Revisited held on September 19-20, 2018.
- Was also a member of the organizing committee for the National conference on "Culture and Literature" held in St. Bede's College.
- Conducted a workshop for the NSS students on Paradigm shift during their camp.
- Attended a webinar on LMS (learning management systems) organized by Xavier Board on 11th and 12th MAY 2020.
- On 23rd May 2020 attended a webinar on "Lets talk Education" organized by St. Xaviers Mumbai.
- On 4th August 2020 attended an FDP on online teaching tools organized by the Department of Computer science.
- On 21st September 2020 attended a Webinar on National Education Policy on Higher Education organized by the Department of Computer science.

Ms. Jaivanti Madaik

- Poshan Mah was celebrated 18th September 2019 and Ms. Jaivanti delivered a talk and presentation on Obesity and its hazards, also focusing upon the importance of developing good eating habits and leading a good healthy lifestyle.