

**Workshops/Seminars organized by the department of Home Science
(2017-2020)**

S.No.	Date	activity	organisation	Number of Participants
1.	28.7.16	BOS meeting of home science was held	St. Bede's College	
2.	2.8.16	Workshop on breast feeding awareness	Dr. Mangala Sood Dept. of Paediatrics IGMC Simla	
3.	27.8.2016- 31.8.16	Student exchange visit	Badrinarayan Barwale College Jalna	10
4.	2.9.16	BOS meeting of Home Science	At RKMV Shimla	
5.	20.2.17- 25.2.2017	Training workshop on fruit preservation	At St. Bede's College	
6.	10.4.2017	Art & Craft workshop	At St. Bede's College -	-
7.	20.6.2017	BOS meeting of Home Science	St. Bede's College	
8.	2.8.2017- 4.8.2017	Breast feeding awareness programme	Badrinarayan Barwale College Jalna	
9.		Competition on innovative recipies	Department	
9.	18.9..2017- 20.9.2017	Art & Craft workshop	Pidilite industries	
10.	16.9.2017- 20.9.2017	Student exchange visit	Badrinarayan Barwale College Jalna	
11.	24.11.2017	Inter department activity with the psychology department	- St. Bede's College	
12.	29.11.2017	Interdisciplinary seminar on 'nutrition literacy' with departments of Bio technology ,BCA	- St. Bede's Colle -	
13.	19.3.2018	Workshop on Portfolio development	Pearl Institute New Delhi	
14.	8.12.2018 -	Exhibition of traditional	St. Bede's College	

	10.12.201	Indian textiles	Shimla -	
15	12.09 2018	Poshan Mah inaugurated in the college		
16.	8.12.2018 - 10.12.201	Traditional Textiles exhibition and TAKHLEEQI A gift shop was inaugurated	St. Bede's College Shimla	
17..	8.12.2018	Presentation on Balanced Diet and Eating disorders was organized for the N.S.S. Students.	St. Bede's College	
18.	17.5.2019	Dr Anjali Dewan and Ms. Nandini Pathania attended the B.O.S. meeting	St. Bede's College	
19.	4.9.2019	Inter-department activity with Zoology Department celebrating Nutrition week	St. Bede's College	
20.	25.11.2019	National Milk Day Celebrated	St. Bede's College	
21.	17.09.2019	Talk on menstrual Hygiene	St. Bede's College	

ACTIVITIES OF THE DEPARTMENT

Ms Nandini Pathania visited Lyon, France in September with a group of teachers and college students as part of the celebration of 200 years of the congregation of Jesus & Mary. The teachers and students interacted with Mother General Sr. Monica and other sisters present in the community. It was a very memorable moment to visit the place of our Mother Foundress Claudine Thevenet where it all began.



The students and teachers with the sisters at Lyon France.

Traditional Textiles Exhibition was held from December 8-10, 2018 to educate and enlighten the students about the rich heritage of our traditional textiles, studying in detail the distinctiveness of each. The exhibition was open for all and was received well. The Department of History also collaborated and set up a corner depicting the traditional crafts of Himachal Pradesh.

The exhibition being inaugurated by Dr. Sr. Beena John Principal St. Bede's College













A gift shop 'Takhleeqi' was started by the students of the college and the Department of Apparel Design and Construction where the articles were laid by the students and sold to the general public. The purpose of this enterprise was to encourage the spirit of entrepreneurship among the students.



Articles prepared by the home science students.

A discussion regarding various nutrition related diseases was held with the students of MSc (DFSM), IGNOU during their counselling session on September 17, 2018



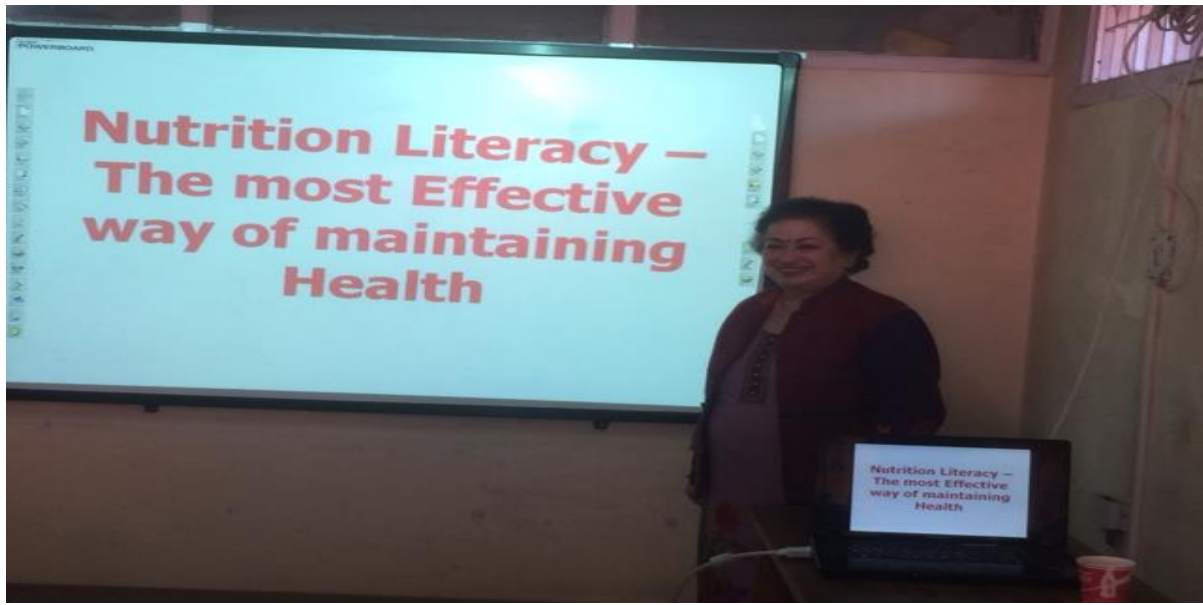
On September 18, 2018 a Poster making competition on different aspects was held. Areeba Ikram was declared the winner.



- On 19th September, 2018 a Quiz was held for the students of Nutrition and Health Education (NHE). Questions pertaining to their awareness about Nutrition were asked.



Dr. Anjali Dewan gave a presentation to the students and teachers of MCom., BCom. and BBA on 'Nutrition Literacy – the Most Effective Way of Maintaining Health' on September 26, 2018. It was an interactive session and she answered all the queries of the students. A counselling session on 'Nutrition & its relevance in our lives' was held with the students of the Department of Zoology on the same day.





Inter department activity with the Zoology Department

On September 28, 2018 Dr. Anjali Dewan was invited as a Resource person to the State Council of Educational Research and Training (SCERT), Solan to address the School Teachers as a part of their Induction Teacher Training Programme. She spoke on 'Nutrition Literacy – the most effective way of maintaining health', 'Health of children – Understanding the Indicators and Challenges of Malnutrition' and 'Stress and Lifestyle Diseases – Need for appropriate Coping Patterns'.



