

Life at IHE is not only about being in the classroom but experiential

learning through a diversity of activities, be it field visits, workshops, interactive talks and hands-on learning.

LIFE AT INSTITUTE OF HOME ECONOMICS

Here are some glimpses of life at IHE....

FIELD VISITS BY DEPARTMENT OF BIOCHEMISTRY

ARAVALI BIODIVERSITY PARK

NATIONAL INSTITUTE OF IMMUNOLOGY





PLANT MOLECULAR BIOLOGY



ALUMNI REUNION MEET



DEPARTMENT OF DEVELOPMENT COMMUNICATION, EXTENSION & JOURNALISM SITE VISITS FOR PHOTOGRAPHY ASSIGNMENT



PHOTOGRAPHY WORKSHOP FOR STUDENTS OF JOURNALISM



STUDENTS PARTICIPATING IN A CONFERENCE HELD BY SOUTH ASIAN NETWORK FOR EMPOWERING WIDOWS UN DEVELOPMENT (SANWED) IN PARTNERSHIP WITH UN WOMEN, WOMEN'S INITIATIVE FOR PEACE IN SOUTH ASIA (WIPSA) AND WAR WIDOWS ASSOCIATION IN NEW DELHI



STUDENTS VISITING NDTV STUDIO, AUROBINDO MARG TO PARTICIPATE IN "POLITICS KA CHAMPION KAUN" DEBATE COMPETITION





STUDENTS ATTENDING REALITY + CONCLAVE AND EXCELLENCE AWARDS BY EXCHANGE4MEDIA GROUP & FEVER 104 FM RADIO STATION









VISIT TO FEVER 104 FM TO ATTEND INTERVIEW OF STARCAST OF THE FILM 'HOUSEFULL' & 'SAAND KI AANKH'









EDUCATIONAL VISIT TO "SARAS AJEEVIKA MELA" AT INDIA GATE, NEW DELHI



DEPARTMENT OF ELEMENTARY EDUCATION

STUDENTS INVOLVED IN ACTIVITIES AS A PART OF A SELF-DEVELOPMENT WORKSHOP BY GNOSTIC CENTRE



STUDENTS ENGAGED IN DIVERSE ACTIVITIES AS PART OF A SCIENCE WORKSHOP ORGANIZED BY JOY OF LEARNING FOUNDATION









STUDENTS VISITING CRSFTS MUSEUM - INTERACTING AND ENGAGING WITH CRAFTS PERSONS



DEPARTMENT OF FABRIC & APPAREL SCIENCE

STUDENTS MAKING FASHION ILLUSTRATIONS







CREATIVITY AT IT'S BEST THROUGH BLOCK PRINTING







STUDENTS AT WORK-DRAPING COMPETITION





TEXTILE TESTING EQUIPMENT

















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TWIST PERINCH (TPD TESTER



COMPETITIONS GALORE IN ACADEMIC FEST



















DEPARTMENT OF FOOD & NUTRITION AND FOOD TECHNOLOGY

FOOD SCIENCE

MASTERING THE ART AND SCIENCE OF COOKING





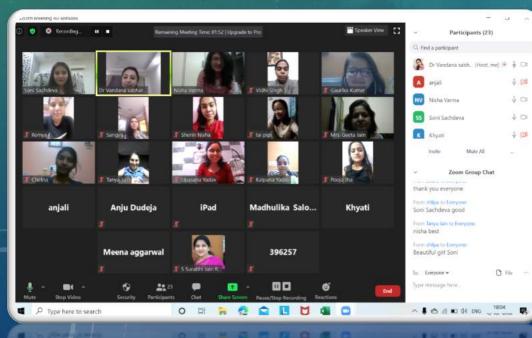
STUDENTS AND FACULTY PARTICIPATING IN NATIONAL & INTERNATIONAL CONFERENCES





STUDENTS ORGANIZING COMMUNITY OUTREACH ACTIVITIES





1011

OFFLINE

ONLINE



NEW PRODUCT DEVELOPMENT-A UNIQUE COMBINATION OF GOOD NUTRITION AND APPEAL





<u>Ingredients</u>: Soy okra flour (60%) ,Refined flour (40%) , Sugar , Butter, Milk , Cardamom powder, Baking powder.

*NO ADDED ARTIFICIAL FLAVOUR **CONTAINS GLUTEN , SOY AND

Nutrients	per 100g	*Per serving (32g)
Energy	448 kcal	143 kcal
Carbohydrates	50g	16 g
Protein	11g	3.5g
Total fat	23g	7g
Dictary fibre	8 g	2.5g
Iron	4mg	1.3mg
Calcium	50.5 mg	16.5mg

BEET OATS KULFI



INGREDIENTS

INGREDIENTS	AMOUNT (g)
Oats	25
Beetroot	30
Honey	25
Milk	250
Almonds	5

NUTRITIONAL FEATURES

- 100% Natural product
- No added preservatives or additives
- · Rich in fibre
- Good source of protein and potassium

HEALTH BENEFITS

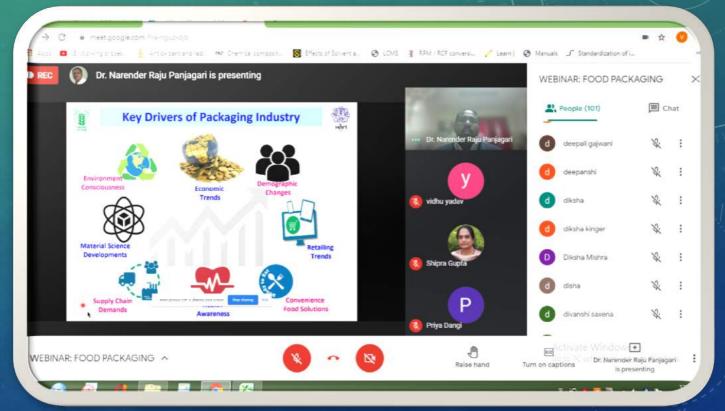
Oats lower LDL cholesterol.Improvement in gut health.

Nutritional Information

NUTRIENTS	Per 100g	Per Serve 60g
Energy (Kcal)	664	398
Protein (g)	23.3	14.0
Carbohydrate (g)	86.5	51.9
Fat (g)	25.3	15.2
Fibre (g)	6.5	3.9
Potassium (mg)	739.5	443.5
Calcium (mg)	538.5	323.13

ENRICHING THE TEACHING-LEARNING EXPERIENCE WITH WORKSHOPS AND WEBINARS FOR STUDENTS





DEPARTMENT OF HUMAN DEVELOPMENT & CHILDHOOD STUDIES

WEBINARS & ACADEMIC FESTIVALS



Department of Human Development and Childhood Studies

Academic Festival 2021 12, 13 February 2021

"Who does your body belong to?"	HERANTRENT OF HIMAN DEVELOPMENT AND ENLEMOOD STUDIES	2
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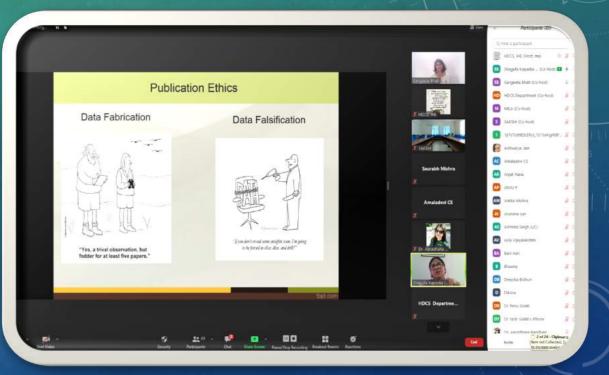
AARAMBH-EARLY CHILDHOOD EDUCATION CENTRE



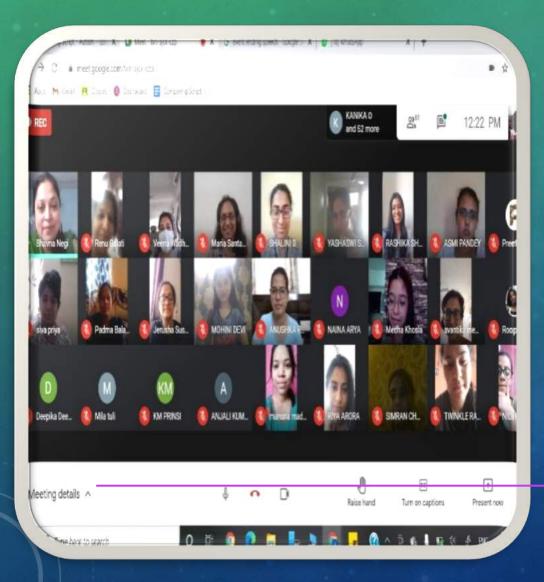


LEARNING NATIONAL SYMPOSIUM ON "ETHICS IN SOCIAL SCIENCE RESEARCH & PUBLICATION"





ENHANCED LEARNING THROUGH SHORT TERM COURSES AND INTERNSHIPS





WORKSHOPS BY EXPERTS ENRICH THE STUDENTS





DEPARTMENT OF MICROBIOLOGY



Industrial/Institutional visits by Students





STUDENTS PARTICIPATING IN COMPETITIONS





INTERACTIVE ACTIVITIES FOR STUDENTS - LECTURES, CONFERENCES & EVENTS





PHYSICAL EDUCATION DEPARTMENT ACTIVITIES



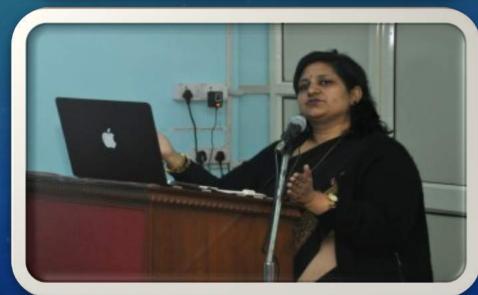


ENTHUSIA SEMINAR ON ROLE OF EXERCISE SCIENCE ON HEALTH AWARENESS









STUDENTS PARTICIPATING IN DIFFERENT SPORTS EVENTS





DEPARTMENT OF RESOURCE MANAGEMENT AND DESIGN APPLICATION

WASTE MANAGEMENT BY CONVERTING WASTE MATERIAL TO USEFUL PRODUCTS

INTERIOR DESIGN STUDIO IN COLLEGE





PRODUCT DEVELOPMENT-WHERE STRUCTURE AND FUNCTION MEET

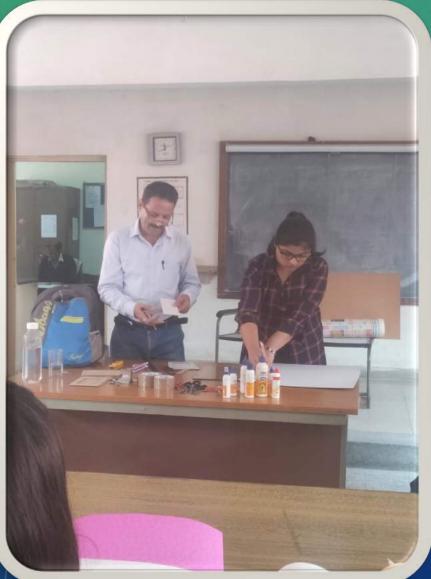
LEARNING SUSTAINABLE INTERIOR DESIGN-THE NEED OF THE HOUR





DESIGNING RECYCLED PAPER PRODUCTS

DISSEMINATING COVID APPROPRIATE BEHAVIOUR





WORKSHOP ON VERTICAL GARDENING WITH PLASTIC WASTE







CLASSES IN PROGRESS-OPPORTUNITIES IN VERTICAL AND HORIZONTAL LEARNING







STUDENTS PREPARING FOR THE COLLEGE FEST

PROUD MOMENTS-STUDENTS REJOICING IN THEIR ACHIEVEMENTS







continues....