

LIFE AT INSTITUTE OF HOME ECONOMICS



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.

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



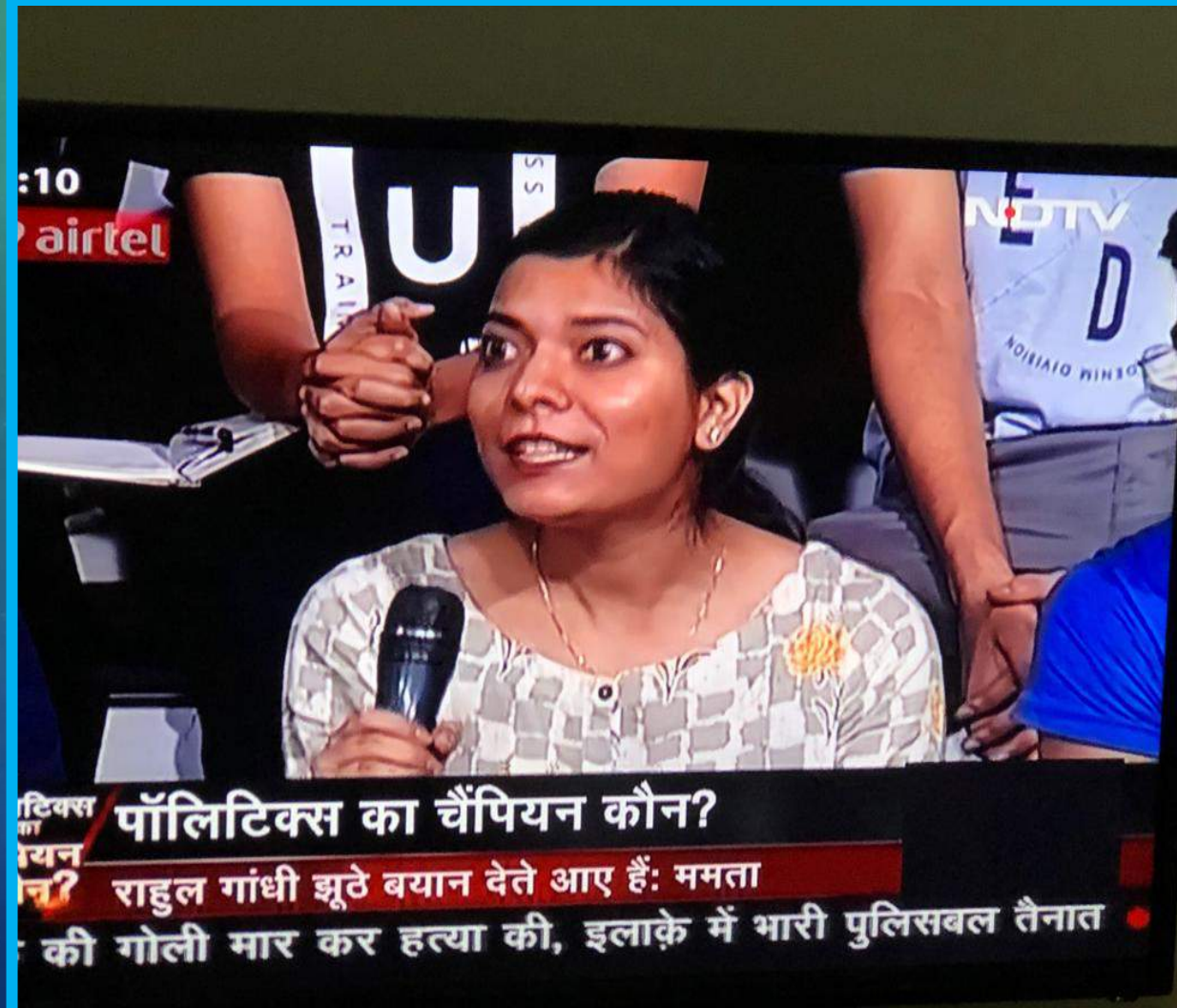
PHOTOGRAPHY WORKSHOP FOR STUDENTS OF JOURNALISM



***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



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

Asian Congress of Nutrition 2019

"Nutrition and Food Innovation for Sustained Well-being"

Bali, Indonesia • August 4-7, 2019



50th Annual International Conference of NUTRITION SOCIETY OF INDIA

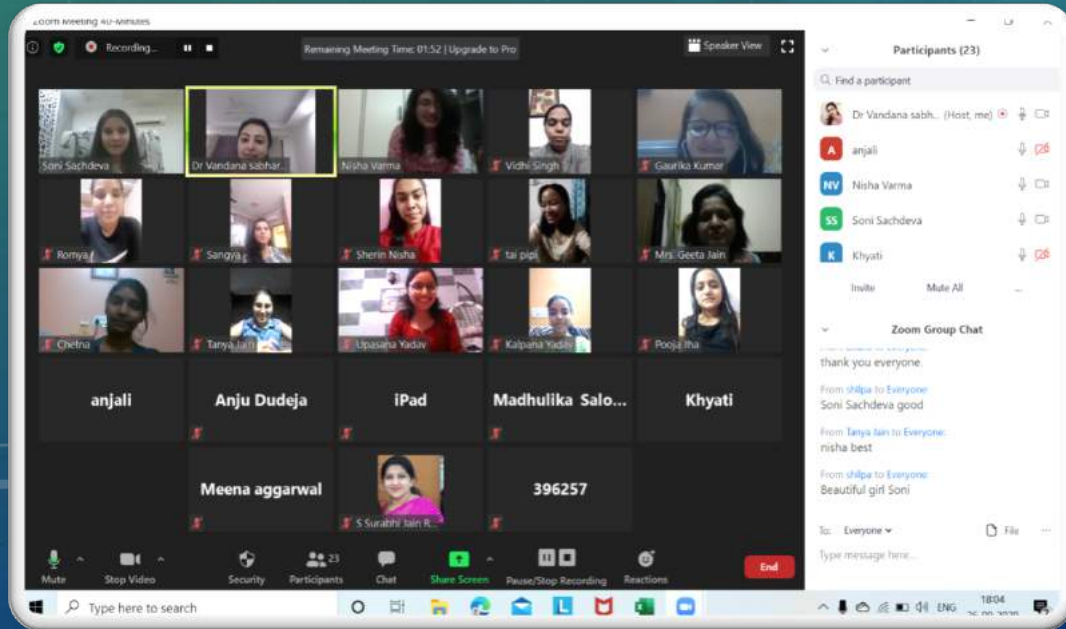
Theme: India's Transition from Food Security to Nutrition Security



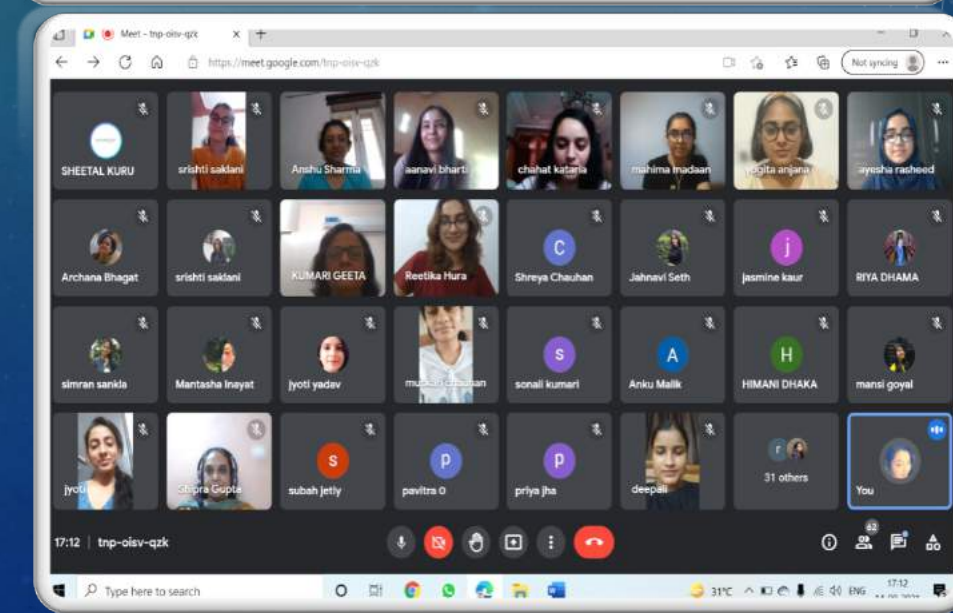
STUDENTS ORGANIZING COMMUNITY OUTREACH ACTIVITIES



OFFLINE



ONLINE



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

Soy Okra Digestive Cookies



(cardamom flavoured)

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

***NO ADDED ARTIFICIAL FLAVOUR**

****CONTAINS GLUTEN , SOY AND
MILK**

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

* 1 serving = 2 cookies



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

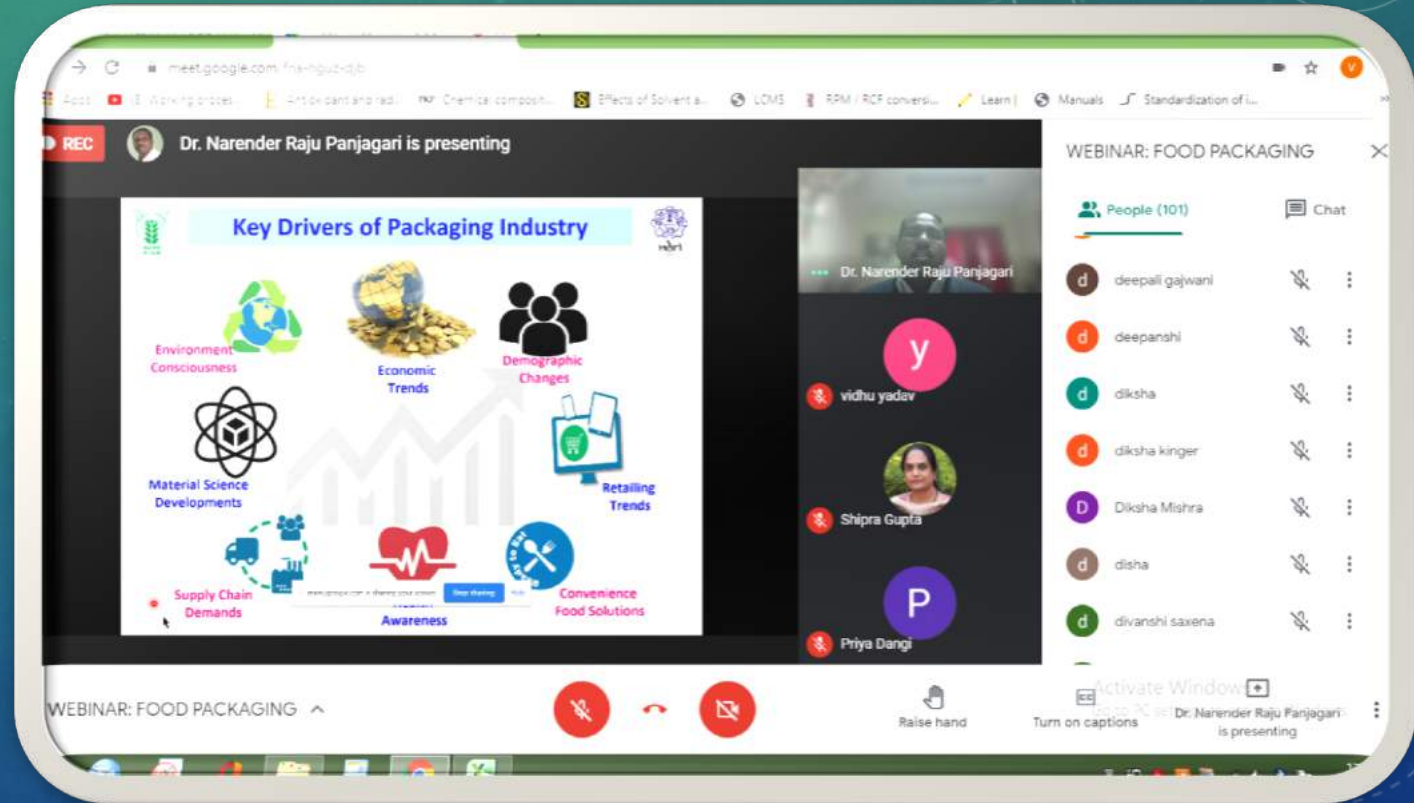
HEALTH BENEFITS

- Oats lower LDL cholesterol.
- Improvement in gut health.

Nutritional Information

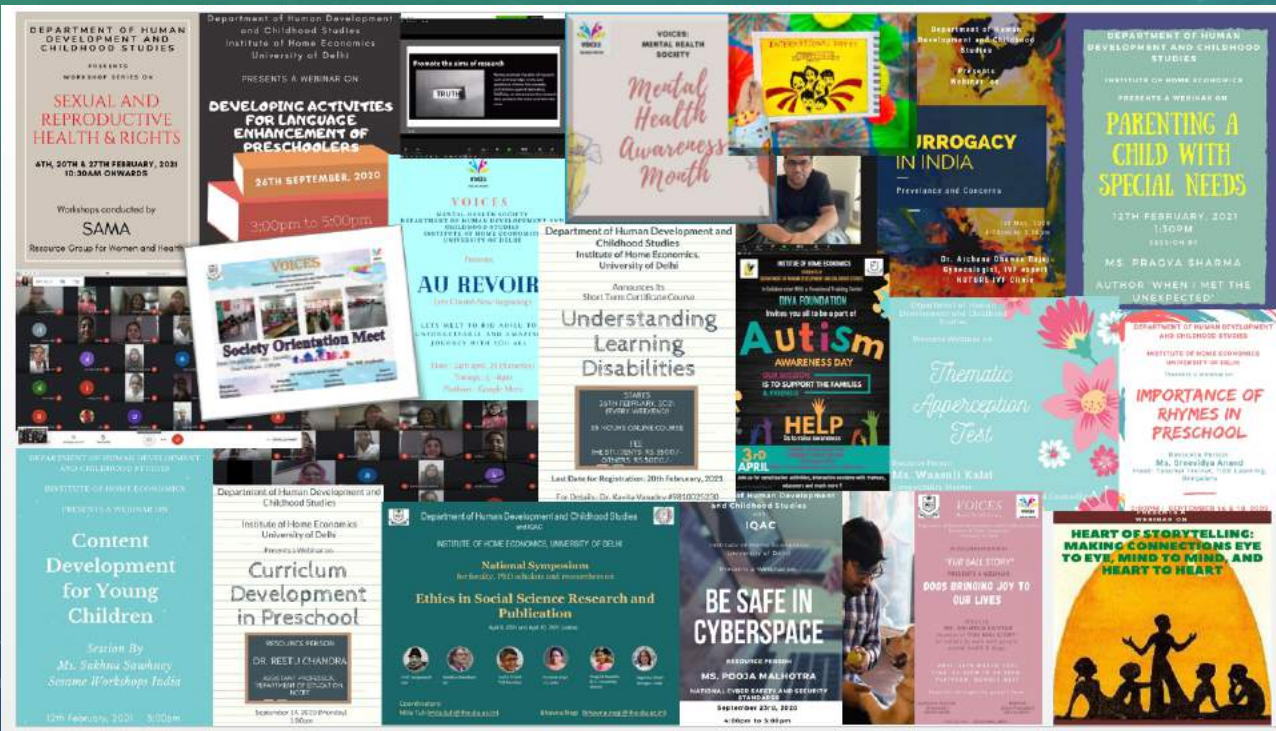
NUTRIENTS	Per 100g	Per Serve 60g
Energy (Kcal)	664	398
Protein (g)	23.3	14.0
Carbohydrate (g)	86.5	51.9
Fat (g)	25.3	15.2
Fibre (g)	6.5	3.9
Potassium (mg)	739.5	443.5
Calcium (mg)	538.5	323.13

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
12, 13 February 2021



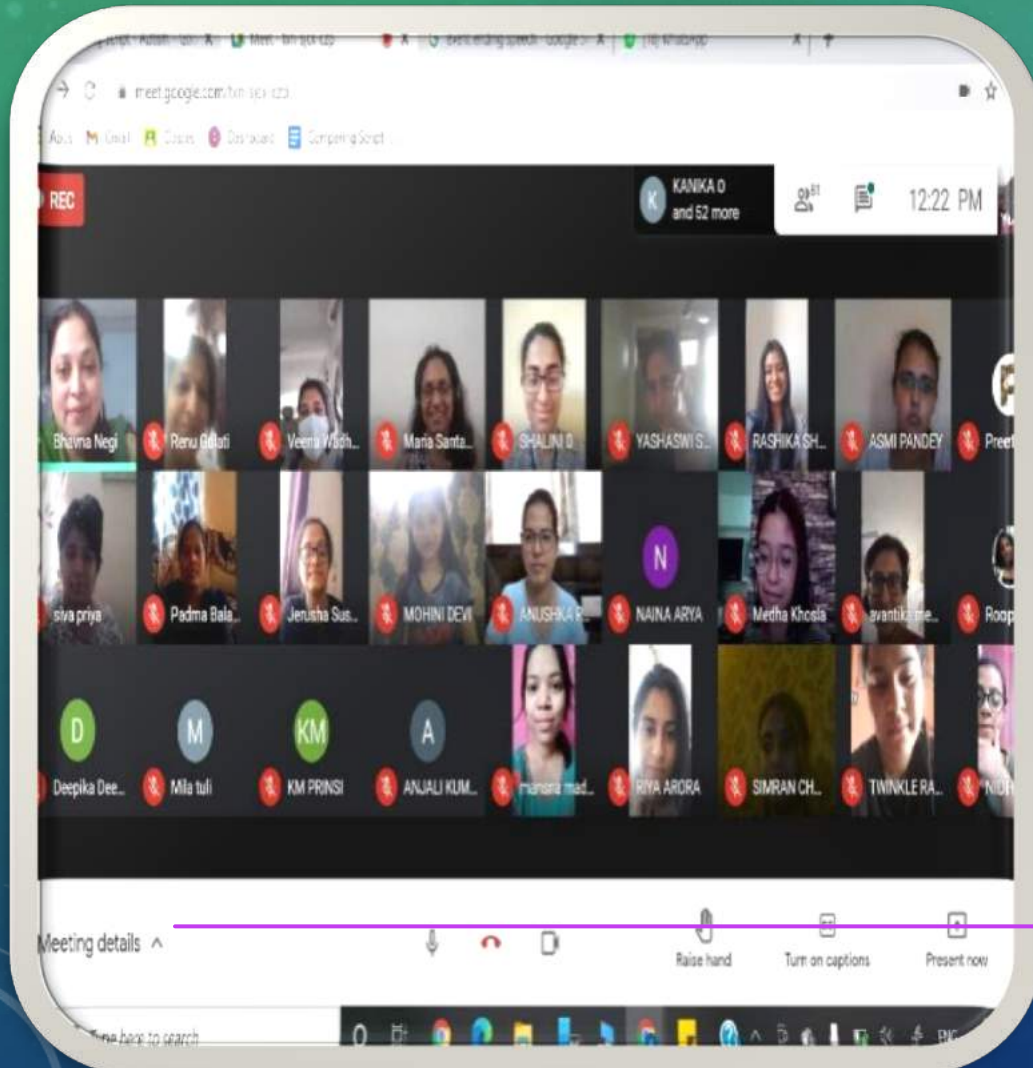
AARAMBH-EARLY CHILDHOOD EDUCATION CENTRE



LEARNING NATIONAL SYMPOSIUM ON **“ETHICS IN SOCIAL SCIENCE RESEARCH & PUBLICATION”**



ENHANCED LEARNING THROUGH SHORT TERM COURSES AND INTERNSHIPS



WORKSHOPS BY EXPERTS ENRICH THE STUDENTS



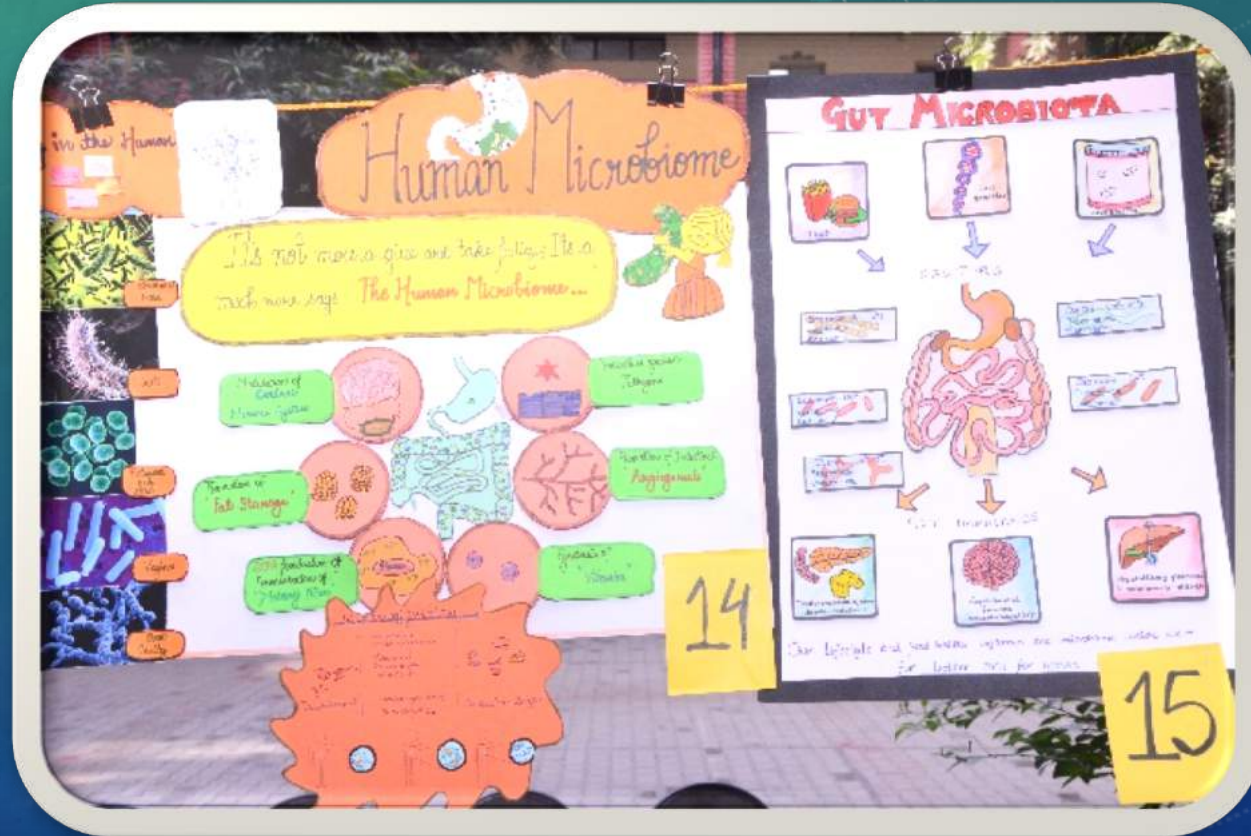
DEPARTMENT OF MICROBIOLOGY



*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 BOTTLES



CLASSES IN PROGRESS-OPPORTUNITIES IN VERTICAL AND HORIZONTAL LEARNING



***STUDENTS PREPARING FOR THE COLLEGE
FEST***



***PROUD MOMENTS-STUDENTS REJOICING IN
THEIR ACHIEVEMENTS***



*And the journey
continues.....*