

# **INSTITUTE OF HOME ECONOMICS**

**(University of Delhi)**

## **ANNUAL REPORT 2018-2019**

Founded by Dr S Malhan in 1961, Institute of Home Economics (IHE) today is one of the premier institutions of the University of Delhi imparting holistic value based education to girl students across a wide spectrum of undergraduate and post graduate courses including research in applied sciences. True to its mission to develop young women as autonomous, critical thinking and humane individuals, IHE has been consistently expanding its horizon. The accolades achieved by the Institute in the last two years include NAAC 'A' certification, FIST grant from Department of Science and Technology and Star College Scheme grant from Department of Biotechnology.

Today, IHE boasts of elite courses and a paramount infrastructure with state of the art facilities to enable its students to attain academic excellence and to inculcate passion for research at the undergraduate level. The dedication and hard work of the faculty and staff and the vigor and enthusiasm of students has led to emergence of the Institute as a reputed learning center in women's education. The courses offered by the Institute are:

B.Sc. (Hons) Home Science

B.Sc. (Pass) Home Science

B.Sc. (Hons) Microbiology

B.Sc. (Hons) Biochemistry

B.Sc. (Hons) Food Technology

B.A. (Hons) Journalism

B. El. Ed.

M.Sc. Food and Nutrition

M.Sc. Fabric and Apparel Science

Diploma in Dietetics and Public Health Nutrition

Diploma in Health and Social Gerontology

### **Infrastructural Facilities**

The Institute has two building blocks with state-of-art laboratories and lecture theatres, an amphitheatre, a computerized library and a gymnasium. These have facilitated the students of the

college by providing ample spaces for study, research, seminars, workshops and extra curricular activities.

The Institute provides a wide range of infrastructural and technical support to the teachers and students. This is made available in the form of an enriched library, a computer centre, internet and Wi-Fi facility, laptops as well as photocopying and printing facilities. With the entire college being Wi-Fi enabled, every department has its own computers and LCD projectors. This contributes tremendously in making information and data readily available to faculty and students at all times.

The laboratories of each department are furnished with all essential equipment to meet the needs of the students as per the curriculum.

The library at IHE has a large collection of books, theses, journals and periodicals. The library is completely automated with a computerized catalogue, bar coded books and smart card for the users. Internet facilities and an intranet linkup with University of Delhi are available at the library.

The Institute has three computer laboratories equipped with computers having the latest software and with Internet connectivity for faculty and students. Several undergraduate and postgraduate classes that require the use of computers are held in the computer lab.

We also have a state of the art studio, which is housed in twin sound proof rooms equipped with 16 channel analog studio mixer, audio-monitor, speakers and two track sound card. Recording and editing of radio programmes, video films and documentaries is also undertaken in the studio. A spacious seminar room fitted with audiovisual facilities is available for conducting conferences and workshops.

The Institute of Home Economics has taken many initiatives to make the campus eco friendly. These include activities like tree plantation in the campus during the rainy season, segregating and recycling of waste material, vertical gardening activities and vermicomposting pits that have been developed using garden waste. Organic compost formation has also been started from wet waste of the canteen in collaboration with Indian Pollution Control Association, under the project, SORT (Segregation of Organic Waste for Recycling and Treatment). At the Institute we also conduct programs like 'say no to plastics' and encourage 'paperless' communication at all levels.

The purchases using GeM (government and e-marketplace) and CPP (Central Public Procurement Portal) got institutionalized last year through the concerted efforts of teaching and non-teaching staff under the guidance and participation of our college Principal. While ensuring efficiency and transparency, this system increases the possibility of public participation through its basic feature of public procurement.

The Institute has an air-conditioned gymnasium, well equipped with the latest equipment for workouts. The Institute has table tennis facilities, 2 halls for sports multipurpose activities and a basketball court for the overall development of students.

The Playschool ‘AARAMBH’ that focuses on the holistic child development and education by creating meaningful and positive childhood experiences and a stimulating environment for children is run by the department of Human Development and Childhood Studies. Besides this, the school offers different services like preschool centre, day care, after school care, after school programmes in performing arts, guidance and counselling and workshops for parents.

### Projects

Nature of the Project	Name of PI	Duration	Name of the Funding Agency	Total grant Sanctioned	Department
<b>Major projects</b>					
1. To improve understanding of interactions among intrauterine growth retardation, early growth, gut permeability, body fat and risk of chronic	Dr Trilok-Kumar	5 years	The Wellcome Trust UK/ DBT India Alliance	4,29,21,974	Department of Biochemistry

disease in low birth children					
2. Mapping the vulnerability of women in India to climate change at the sub- national scale	Dr Savita and Dr Geeta Punhani	24 months ongoing	UNFCCC, UNDP	2,592,000	Department of Development Communication and Extension
3. Opportunities and challenges in Digital Literacy: Assessing the impact of Digital training for empowering urban poor women	Dr Savita Aggarwal	14 months	India-New Zealand Educational Council Grant	1,106,700	Department of Development Communication and Extension
4. Consumer Acceptability and Sensory Analysis studies of Multiple Fortified Salt ( MFS)	Dr. Seema Puri	6 months	Nutrition Impact Solutions	2,109,625	Department of Food and Nutrition

5. Body composition, early growth and chronic disease risk of school aged children who were born low birth weight	Dr Trilok-Kumar	2 years	DBT	7,256,266	Department of Biochemistry
6. Healthy birth, growth and development knowledge integration initiative	Dr Trilok-Kumar	2 years	Bill and Melinda Gates Foundation	834,100	Department of Biochemistry
7. Addressing critical failures of Infant and Young Child Nutrition (IYCN) in South Asia: IYCN challenges faced by working women in urban areas	Dr. Seema Puri	18 months	The University of Sydney and World Bank	4,012,680	Department of Food and Nutrition

### Short Term Courses

Short term courses were organized by various departments in an effort to widen the horizons and perspectives of the students, over and above the course work that they are required to complete.

Title of the course	Date of introduction	Department
1. 'Interior Design'	16th February, 2019	Resource Management
2. Event Management	16 <sup>th</sup> February, 2019	Resource Management
3. Certificate Course 'Radio Jockeying and Production'	14 <sup>th</sup> February 2019	Department of Development Communication and Extension,
4. Short term course on 'Introduction to bioinformatics'	December 2018	Department of Microbiology
5. 'Life is a Game Play it'- 8 module programme for students to prepare them for future challenges Sri Sathya Sai Seva organisation	July 2018- March 2019	Department of Microbiology

### Awards received by Faculty

Year of award	Name of faculty members receiving awards from state level, national level, international level	Designation	Name of the award, fellowship, received from Government or recognized bodies
2013-2019	Dr. Geeta Trilok Kumar	Director	Wellcome-DBT, Senior Fellow in Public Health
2019	Dr. Pratima Singh  Dr. Renu Arora (International Level)	Assistant Professor  Associate Professor	Springer Best Paper Award in the "Occupant's Performance and Behavioural Studies Category" at the 1 <sup>st</sup> Asian

			Conference on Indoor Environmental Quality organized by ISHRAE, IAQA and SIE at Indian Aviation Academy, Vasant Kunj, New Delhi on 1 st and 2 <sup>nd</sup> February 2019.
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### Ph. D. Awardees for 2018-19

Ph.D. Awardee	Supervisor	Department
Deepa Shokeen	Dr Bani Tamber Aeri	Food and Nutrition
Richa Srivastava	Dr K Geeta	Food and Nutrition
Smriti Sharma	Dr Seema Puri and Dr Anura Kurpadh	Food and Nutrition
Richa Malik	Dr Seema Puri	Food and Nutrition
Pratima Singh	Dr Renu Arora	Resource Management and Design Application
Sanjiv Kharkare	Dr Poonam Sachdev	Human Development and Childhood Studies

### Departmental Activities

#### Department of Development Communication and Extension

On January 9<sup>th</sup>, 2018, The Department of Development Communication and Extension & Journalism, Institute of Home Economics, University of Delhi organised a Special Guest Lecture by Prof. Arvind Singhal, University of Texas, El Paso titled “Entertainment Education: Changing Perspectives” for the students of B.A. Hons Journalism. He shared about specialized techniques of Journalistic writing, along with the conceptualisation and detailed discussion on his various theories including “Diffusion of Innovation”, “Positive Deviance”, “Liberating Structures”, Organising for Social Change and “Entertainment-Education Strategies”. Followed by an intensive Q/A session with the students.

On October 29<sup>th</sup>, 2018, The Department of Development Communication and Extension & Journalism, Institute of Home Economics, University of Delhi held its first-ever media cum

academic festival- Comscape. The carnival was chock-full of endless fun, enjoyment, and wisdom. The Verve photography competition, judged by Mr. Shivam Dua, commenced the event. Mr. Shambhu Shikhar, Mr. Aditya Bhandari, and Dr. Sylvie Rodgers then led a knowledge-sharing session called "Bol Do Labh Abadh Hai Tere." The RJ Hunt was Judged by the RJ Rahul Makin from Fever 104 and the winner got the opportunity to intern at the Fever 104 radio station. The street play "Phechan" had further enhanced the media festival with active participation by various college of Delhi University and other private Universities. Shutter Photography, Half Baked Beans Publisher, Srishi Publication, Alo Fruits, Tastilo Nacho Chips, Lenskart, and BDL Studios were the event's official sponsors.

On November 29<sup>th</sup>, 2018, the Department of Development Communication and Extension & Journalism, Institute of Home Economics, University of Delhi invited Shazia Illmi, BJP leader and former Television Journalist & Anchor at Star News. She motivated the students by sharing her insightful experiences working as a former member of International Association of Women in Radio and Television. Also her struggles and breakthroughs while directing films like Siyasat Kanpur and Daughter of the Earth- Portrayal of Vandana Shiva elated the students enthusiasm towards curating meaningful media for development.

On February 14<sup>th</sup>, 2019, the Department of Development Communication and Extension & Journalism, Institute of Home Economics, University of Delhi commenced a certified short-term course on Radio Jockeying. The experts from the field of Radio Programming/Production from Radio stations like Radio City, Fever 104 FM and All India Radio and faculty members provided training and insights into the world of radio production to the 14 students of IHE. Students learnt from the basic to advanced skills of writing and producing the radio programs, PSAs/Advertisements, Jingles, radio magazines, RJ Scripts etc, along recording techniques and various editing softwares. The batch also visited a commercial radio station for professional exposure.

### **Department of Fabric and Apparel Science**

1. Activities conducted by the Department- A workshop on Sustainable Design For Fashion was conducted by Resource Person: Shalini Bansal, A Freelance Design Consultant between 15<sup>th</sup> AND 18<sup>th</sup> FEB 2019.
2. Dr. Charu Gupta, Associate Professor, was involved as Resource Person at the 3<sup>rd</sup> National Conference on 'Health Hazards of Junk Food' And 'Growing Popularity of Linen' organized by



Department of Home Science MM(PG) College, Satikund, Kankhal, Haridwar-249408, Uttarakhand on January 29, 2019.

3. Dr. Charu Gupta, Associate Professor: At a 2 day workshop at IIAT on 18<sup>th</sup> and 19<sup>th</sup> March 2019 on 'Fabric knowledge for design'.

### **Department of Food and Nutrition**

Department of Food and Nutrition had organized a conference titled, "Promoting Food and Nutrition for Health and Well Being" in association with Nutrition Society of India, Delhi Chapter. Faculty of the department was invited as experts in several conferences and seminars. Dr. Seema Puri was invited as speaker for presentation on title "Functional Foods and Ageing: An Asian perspective" at 7<sup>th</sup> Asian Congress of Dietetics, Hong Kong, 6-8 July 2018. "Consumer Acceptability of Double Fortified Salt", at Dissemination Workshop for DFS Goes to Scale - Scaling up Production and distribution of Double Fortified Salt, IDRC and TINI, New Delhi, 7 June 2018. "Ensuring successful ageing in the 21st century: Challenges for home economists"- Keynote Address- IFHE Council and Symposium 2018, Khartoum, Sudan, 25<sup>th</sup> Feb- 1<sup>st</sup> March 2018. Dr. Tehmeet Rekhi and Dr. Anshu Sharma were selected as member of the expert/selection/kitchen inspection committee for empanelment of NGOs for supply of freshly cooked Mid-Day Meal to the students of Directorate of Education. Shipra Gupta. Contributor, Dietary Norms – Operational Guidelines for State Programme Managers to be Followed in Public Health Facilities, Janani Shishu Suraksha Karyakaram, Maternal Health Division, Ministry of Health and Family Welfare, Government of India, July 2018. Dr. K. Geeta was invited as Keynote speaker to talk on the topic "Food and Nutrition Security: Infant and young child feeding practices" at National Seminar "Technological Intervention for Improving Health and Nutrition of Tribal Communities" at School of Natural Sciences, KISS University, Bhubaneswar on 25<sup>th</sup> Feb, 2019 and as resource person to talk on the topic "Adolescent and Stress" at national seminar "Empowering the Current Age Adolescents with Special Reference to health & Yoga" at H.N.B. Govt. Post Graduate College, Naini, Allahabad on 3<sup>rd</sup> feb, 2018. Dr. Vandana Sabharwal was invited as Speaker for a session on 'Nutrition for Young Children' at Delhi Public School Educational Society, New Delhi, December 2018 and May 2019 and for a session on 'Principles of Meal planning' for during contact programme for Diploma in Public Health Nutrition, a Distance Learning Courses by National Institute of Health and Family Welfare, December 2018 and May 2019. Dr. Sonal Gupta Jain delivered a lecture and participated in the panel discussion on "Wellness for Women Students today" on 4<sup>th</sup> October 2018 at Kamala Nehru College, Delhi University, New Delhi. Ms. Preeti Khanna was appointed as resource person by National Council of Educational

Research & Training (NCERT-CIET) for the enrichment to script for NCERT MOOCs on SWAYAM (Food Nutrition for Healthy Living) and appointed (till present) as a COSTAR Volunteer for a systematic review titled, “Psychosocial Interventions for Depression in low resource settings” organised by Project COSTAR, Department of Psychological Sciences, University of Liverpool. Ms. Preeti Khanna was also working Group Member of NCD Call to Action - Led by American Academy of Pediatrics and was selected as a Mentor of Change for Atal Innovation Mission, by NITI AAYOG, Government of India (till present).

The conference presentations done by the department faculty are listed below.

- Urvashi Mehlawat, Seema Puri, Tejmeet Kaur Rekhi. Breastfeeding and complementary feeding status of infants (6 months) attending pediatric outpatient department of a private clinic in Delhi-NCR, India. Feeding the Future Conference 2019, Infant Nutrition Council, Australia & New Zealand, Melbourne, Australia, April 3-5, 2019
- Kavita Singh, Geeta Chopra and Seema Puri Prevalence of depression, anxiety, and stress among pregnant women living in resettlement colonies of Delhi, 5<sup>th</sup> International and 7<sup>th</sup> Indian Psychological Science Congress, Chandigarh, 26<sup>th</sup> -28<sup>th</sup> October 2018.
- Kavita Singh, Geeta Chopra and Seema Puri. Association of distress and birth outcome among pregnant women from urban and rural colonies of Delhi. 2<sup>nd</sup> National Conference IAP Subspecialty Chapter on Nutrition, PEDNUTRICON-2018, New Delhi, 8<sup>th</sup> and 9<sup>th</sup> September 2018. Won Second Prize in the best paper category.
- Research paper entitled “Body Image and Weight Perception of Female College Students in Delhi having Normal and Disordered Eating Behaviours” by Shipra Gupta and Deeksha Kapur at XXVIII Annual Convention of National Academy of Psychology (India) and International Conference organized by Ramanujan College, University of Delhi at Conference Centre, University of Delhi from December 19 – 21, 2018.
- Research paper entitled “Depression, Anxiety and Stress among Female College Students in Delhi Having Normal and Disordered eating Behaviours” by Shipra Gupta and Deeksha Kapur at 6<sup>th</sup> Indian Social Work Congress 2018 “Human Development and Social Inclusion: Imperatives for Social Work Education and Practice” jointly organized by National Association of Professional Social Workers in India (NAPSWI) and Department of Social Work, University of Delhi on November 1 – 3, 2018.
- Research paper entitled “Disordered Eating Behaviour among Female College Students in Delhi” by Shipra Gupta and Deeksha Kapur at Second Annual Fortis Psychology Conference “Situating

Culture in Applied Psychology” organized at Fortis Memorial Research Institute, Gurgaon on October 5 – 7, 2018.

□ Srivastava R and Geeta K. “Association of nutritional status at baseline with clinical outcome of cancer in children”, oral presentation at 50th Annual International conference of NSI, Hyderabad, NIN, ICMR, 2018 (best oral paper award).

□ Chugh Sachdeva R, Mondkar J, Sabharwal V, Kandasamy P, Israel-Ballard K, Kanade P. Developing And Implementing India Specific Mother Baby-Friendly Initiative Plus Approach” poster presentation at The Academy of Breastfeeding Medicine 23rd Annual International Meeting San Francisco, California November 14–17, 2018.

□ Rawat D, Sharma A and Sabharwal V. Impact of sleep duration on risk of developing non-communicable diseases’ poster presentation at National Conference of Indian Society of Clinical Nutrition, AIIMS, 31 August-2 nd September, 2018.

□ Khanna, P., & Aeri, B. T. “Dual Burden of Malnutrition and Mental Health Disorders: Comorbidities among adolescents studying in public schools of Delhi”, poster presentation at World Congress of the of International Association for the Child and Adolescent Psychiatry and Allied Professions (IACAPAP), held at Prague, Czech Republic from 23rd – 27th July 2018.

Extension And Outreach Activities: The Department has organized workshops in private public and government schools on “Importance of healthy eating” and “Recognizing the symptoms of depression and anxiety among adolescents (13-15 years), collaborated with FSSAI in organizing the Quiz at the ‘Eat Right Mela’ on 15 th December, 2018 at IGNSA Grounds New Delhi, organized workshops in private public and government schools on “Importance of healthy eating” and “Recognizing the symptoms of depression and anxiety among adolescents (13-15 years) and collaborated with FSSAI in organizing the Quiz at the ‘Eat Right Mela’ on 15 th December, 2018 at IGNSA Grounds New Delhi. Shipra Gupta was subject Matter Expert for MOOC (Massive Open Online Course) on “Food Nutrition for Healthy Living” offered by National Council of Educational Research and Training on SWAYAM platform (2018-19).

Shipra Gupta. Judge, Inter-College Poster Competition on the theme “Eat Right, Be Fit” organized by the Nutrition Society of India-Delhi Chapter in Poshan Maah, September 2018. Dr. Anshu Sharma had taken students for academic visits at Primary Health Centre, Kalawati Saran Hospital to observe SAM management. Dr. Anshu Sharma was involved in the POSHAN Abhiyaan (Ministry of Women and Child Development, Government of India), on 8<sup>th</sup> March, 2019, Poshan Pakhwada was organized across the Country. Dr. Anshu Sharma was involved in the workshop and counselling session (in Hindi) was conducted on “Imparting Nutrition and Mental Health Education to the young adolescent girls at the Government Girls Senior Secondary School,

Saket, New Delhi. A Street play (in Hindi) was performed for general public on 'Safe and Healthy Diets' outside Metro Station, Hauz Khas, New Delhi. Nutrition and Health Education sessions were conducted in an aanganwadi for the beneficiaries (pregnant and lactating women and adolescent girls). Nutrition Education programme was carried out for school going children at a Resident Welfare Association on the importance of having breakfast.

**Inter-Institutional Collaborations:** Dr. Bani T. Aeri. Collaborated with NCERT and prepared a module on 'Nutraceuticals and Functional Foods' as part of the MOOC on Food Nutrition for Healthy Living, which has been uploaded on the SWAYAM Portal in May/June 2018. Collaborated with FSSAI in organizing the Quiz at the 'Eat Right Mela' on 15 th December, 2018 at IGNCA Grounds New Delhi. Collaborated with FSSAI in organizing a quiz on nutrition for general public on the culmination of the Swasth Bharat Yatra on 29 th January 2019 at Central Park, CP, New Delhi. Dr. Rajni Chopra. Judge in Oral presentation in the Home Science discipline for 13<sup>th</sup> Uttarakhand State Science and Technology Congress (USSTC) 2018-2019.

### **Department of Human Development and Childhood Studies**

#### 1. Department Academic Fest

The department celebrated its Academic Fest "Wellbeing and You" from 1<sup>st</sup> October to 5<sup>th</sup> October 2018. Students from various semesters attended the various lectures and workshops that were organized to celebrate self and the movement of self towards a positive wellbeing.

2. Visits were organized for 6<sup>th</sup> semester students, studying Children with Disabilities, to AADI, National Trust for Handicapped and Akshay Pratisthan during their practical classes to build their understanding and gain practical exposure. Visits were also organized for 4<sup>th</sup> and 5<sup>th</sup> semester students, studying Child Rights and Gender Justice, to Udyan Care, Prayas and Deepalaya.

3. Various Talks And Workshops were held: The department organized a One-day workshop on "Promoting Intergenerational Bonding". Dr. Adarsh Sharma, Former Director, NIPCCD, and Dr. Sarla Manchanda from AIWEFA were the resource people. 4<sup>th</sup> and 6<sup>th</sup> semester students attended the stimulating and inspiring workshop. A Lecture was organized for 6<sup>th</sup> semester students on "Lived Experiences of People with Disabilities" with Ms. Ritu, who is pursuing her PhD from the University of Delhi. Workshop was organized for 3<sup>rd</sup> semester students studying Early Childhood Care and Education on "Story-Telling". A series of workshops were organized for 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> sem students on "# Depression: Let's Talk" with 'Children's First'- An Organization working towards the awareness of mental health. Another Workshop organized for 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> sem students on "Awareness about Menstrual Hygiene" conducted by an

organization called 'Niine Movement'. Ms. Usha Grover, Assistant Professor in Special Education at the National Institute for the Mentally Handicapped, Regional Centre, New Delhi, facilitated an understanding on creating activities for children with disability for 6<sup>th</sup> sem students.

4. Other activities: Students of 1<sup>st</sup> and 2<sup>nd</sup> year studying Human Development and Childhood Studies initiated a Mental Health Society, named VOICES with a core group of 10 members, with an objective of spreading awareness on mental issues, depression, stress management and peer-to-peer counseling etc among other students in the college. Students studying the course Gender and Social Justice of 3<sup>rd</sup> Sem Hons completed a Project on Film and Game Making on Gender Issues. The organization- Breakthrough conducted a series of workshops to enable the students to build knowledge in two core areas – Issue based training and Skill based training.
5. Activities at AARAMBH: Sports day was organized for the students of Aarambh in November, 2018, whereby they participated in various indoor and outdoor activities like relay race, treasure hunt, yoga etc. Visits and field trips for students of Aarambh were organized to the Delhi Rail Museum and another one was organized for the students of Aarambh to visit the Hauz Khas Supermarket

### **Department of Resource Management and Design Application**

Celebration of Academic Day 'Oracle': Academic Festival- 'Oracle' was organized from 31<sup>st</sup> October to 1<sup>st</sup> November 2018 on the theme 'Roadmap to Sustainability'. Major highlights of academic festival were as follows:

- a. Keynote address by Dr. Priyanka Kulshrestha, Head, Research and Communication, IPCA on 'Air Pollution: A silent killer'.
- b. Thought provoking talk on 'Go Green' initiative Ms. Tripti Shingal Somani, MD CEO-KGS Advisors.
- c. Dr. Sunil Kumar Dahiya, Senior Campaigner, Greenpeace India, in his lecture series shared his views on air pollution as a silent and invisible killer.
- d. A lecture on 'Event Management & its scope for Women' by Mr. Siddharth Sinha, Director-ShowBoat.
- e. Interactive session on 'Need of Sustainable Interior Design' by Ms. Nabanita Ghosh.
- f. Exhibition of Students' Projects on the given theme.
- g. Various competitions like slogan writing on 'Anti-cracker Diwali'; and Rangoli making on the theme 'Safe Diwali' to foster thoughtfulness for environmental protection and conservation.

h. Students also exhibited their creative skills on Auto-CAD by participating in competition on Planning and Drawing Floor Plans for 'Kids Room'.

□ Session on Leadership Skills: Interactive session on 'Leadership Skills' was conducted on 24 th August 2018 by Ms. Sakshi Seth, Human Resource Manager, Cognizavest.

□ Field Visit to TERI (The Energy and Resources Institute): Field visit to TERI Gram was organized for the students on 29 th October 2018 to enlighten them with the existing environment issues and innovative ways for sustainable development. This visit motivated students to adapt sustainable practices in their daily lives and move towards sustainable future.

□ Workshop on 'Interior Design and Styling': Department of RMDA in collaboration with Pearl Academy conducted a workshop titled 'Interior Design and Styling' on 2<sup>nd</sup> November 2018. The purpose of the workshop was to grant an opportunity for the participants to explore the area of Interior Design and Styling by using various design techniques.

□ Nukkad Natak (Street Play) on Air Pollution: Undergraduate students enthusiastically participated and performed street play on Air Pollution and its related issues in 1<sup>st</sup> Edition of Asian Conference on Indoor Environmental Quality held on 1 st and 2 nd February 2019 at Indian Aviation Academy, Vasant Kunj.

□ Installation of Aerobins: Installation of Aerobins was an important step to reduce waste in the college premises. Training programmes and workshops were conducted for the students and staff in collaboration with Indian Pollution Control Association.

□ Conducting Short Term Courses: The department has conducted two short term certificate courses on "Event Management" and "Interior Design and AUTO-CAD".

### **Department of Elementary Education**

#### Field visits

□ The B.El.Ed II year students and faculty visited Gnostic Center in 2018 for their Self Development Sessions.

□ The B.El.Ed III year students and faculty visited Digantar in January 2018. This is a non-governmental organization that works for innovation in teaching-learning, research for education in rural parts of Jaipur.

□ The B.El.Ed III year students and faculty visited OELP and Barefoot, Ajmer from 11-16 November 2018. These are non-governmental organization that works for innovation in teaching-learning, research for education in rural parts of Ajmer. The students visited various centers around Ajmer and also planned activities for children in these areas.

□ The B.El.Ed II year students and faculty visited Kumaon from 27-31 October 2018 for their Self Development Sessions.

### **Placement of students**

For placement of B.El.Ed fourth year students' four schools - Ark Foundation, Pathways, Heritage and Presidium- visited the college and interacted with students. Few students were shortlisted for further appointment.

### **Paper/poster presentation/publication in National Conference**

Nidhi Gulati presented a paper titled, प्राथमिक स्कूल के बच्चों की पानी के विषय में अवधारणाएं at the science seminar organized by Azim Premji foundation at ISSER, Mohali,( Oct 2018)

Mamta Singhal presented a paper titled, “ई. वी. एस. शिक्षण में रचनावादी विधि का प्रयोग” at the science seminar organized by Azim Premji foundation at ISSER, Mohali,( Oct 2018)

Swati Sehgal jointly presented a paper on ‘Representation of Disability in Children’s Literature’ at National Conference on Language, Literature.

### **Awards/Memberships**

Nidhi Gulati is a Community outreach Member, Course-team for designing and teaching a six monthly certificate course titled ‘Childhood, development of children and special needs’ with Eklavya.

Nidhi Gulati is a Coordinator, translation of readings in psychology for the M A (prog.) in Education for Azim Premji University

### **Faculty involved as resource persons**

Deepti Saini was invited as resource person for sessions on Child Development for middle school science teachers organised by Eklavya in partnership with Tribal Development Department, Maharashtra held at Amravati from 6<sup>th</sup> to 9<sup>th</sup> July, 2018

### **Department Of Biochemistry**

Various workshops were organized:

1. The Department organised a technical workshop on “PCR and ELISA: Techniques in molecular Biology and Immunology” on 7<sup>th</sup> February’ 2019. BSc Biotechnology Students from Sharda

University attended this workshop, as also MSc (FN) students and BSc (Hons) Microbiology students from IHE.

2. The Department also organized a one-day workshop “Introduction to Bioinformatics and its applications” on 2nd February 2018 for 2<sup>nd</sup> year BSc (Hons) biochemistry students

3. A two day national technical workshop on “Introduction to Clinical Biochemistry” on 24<sup>th</sup>-25<sup>th</sup> January’ 2019 was organized. The workshop was attended by Faculty from Foods Department, IHE, post-graduate students of MSc (Foods and Nutrition) from Punjab University, IGNOU, Lady Irwin College and IHE and DDPHN (Diploma in Dietetics and Public Health Nutrition). Few students of BSc (Hons) Food Technology and Life sciences from Kalindi College also attended the same.

4. Another workshop organized was a 3rd technical two-day national workshop “Introduction to Clinical Biochemistry” on 27th-28th August 2018. The workshop was attended by MSc (Foods and Nutrition) from Manav Rachna University, and IGNOU.

Faculty members from the department have been involved in writing Chapters as listed below:

1. Encyclopedia of Signaling Molecules, 2nd Edition (2017) – Chapter PKM2. Gopinath Prakasam, Mohammad Askandar Iqbal, Vibhor Gupta, Bhupender Kumar, Rameshwar N. K. Bamezai. [https://link.springer.com/referenceworkentry/10.1007%2F978-3-319-67199-4\\_101893](https://link.springer.com/referenceworkentry/10.1007%2F978-3-319-67199-4_101893) ISBN 978-1-4939-6799-5 (Print)

2. Savita Bansal, Pawan K. Kare, Ashok K. Tripathi, S. V. Madhu. Advanced glycation end products: formation, metabolism and role in diabetic vascular complication. Advances in Medicine and Biology (NOVA Publisher), volume 119, page 81-110.

Awards, Conferences and academic events attended by faculty:

1. Dr Bhupender Kumar and Dr Savita Bansal received the best Paper award for their international publication at International RULA awards 2018.

2. Dr Meenakshi Vachher was an invited speaker and Resource person in PETA INDIA sponsored one day workshop on “Replacing Regulatory Experiments on Animals: An Introduction to in silico Models and in vitro test methods” at SVKM’s Dr. Bhanuben Nanavati College of Pharmacy, Mumbai on 3 rd November, 2018.

3. Dr. Ritika Kar Bahal: poster presentation at the “5 th Global Forum for TB Vaccines”, International Conference, New Delhi, India, February, 2018. Poster title: bioA mutant of Mycobacterium tuberculosis shows severe growth defect and imparts protection against tuberculosis in guinea pigs



4. Dr. Meenakshi Vachher: Oral presentation at the National Conference on “Emerging Environmental Challenges and Sustainable Development”, March 21-23, 2018 on the topic Pollution resistance assessment of few edible plants based on Air pollution tolerance index (APTI) method
5. Dr Taruna Arora Participated in a two day workshop on “Bioinformatics Training Program for the College Teachers” being organized by DBT-BTISNET Bioinformatics Centre at Sri Venkateswara College on July 27-28,2017.
6. Dr Meenakshi Vachher completed an online course in “Bioinformatics-algorithms and applications” from NPTEL-IIT Madras from Jan-April 2018. She was among top 5% toppers of the course.
7. Dr. Bhupender Kumar participated in one-day faculty empowerment workshop entitled “National Workshop on Computational Chemistry and Molecular modelling” organised by Guru Angad Dev Teaching Learning Centre of MHRD, SGTB Khalsa College, University of Delhi, on 23 March, 2018.

#### Visits

- 1) Students of 6<sup>th</sup> semester were taken to National Institute of Immunology, New Delhi in January 2018. They gained knowledge about the functionality of different types of microscopes—confocal microscope, TEM, SEM and Fluorescent microscopes. They visited different laboratories working on protein chemistry, molecular biology related with different diseases like cancer, leishmaniasis.
- 2) Students of BSc (Hons) Biochemistry 5<sup>th</sup> semester were taken to Department of Plant Molecular Biology during September 2018 to study plant tissue culture and plant biotechnology.
- 3) Students of 5<sup>th</sup> semester were taken to India Habitat Center and Vigyan Bhawan, New Delhi in November 2018 for interacting with Scientists- Explorers who delivered scientific lectures. The aim was to understand biological process and causes of human illness, develop methods to diagnose and monitor diseases and investigate public health problems with an ultimate aim of improving health and well-being for all.

Celebrating A Decade of Discovery and Enabling Biomedical Research in India was organised by Wellcome Trust/DBT India Alliance. The event was inaugurated by Hon’ble President of India Shri Ram Nath Kovind attended this workshop from Sharda University, MSc (FN) students and BSc (Hons) Microbiology students from IHE. from Sharda University

### **Poster Presentations And Awards By Students**

1. Kalindi College: National Conference “Urban Environment Sustainability” 7<sup>th</sup> February 2019, Animan Tripathi, Taruna Arora won the First Prize for their poster titled ‘Use of 7 iodo- 8-hydroxyquinoline 5- sulphonic acid as an indicator for estimation of iron in water samples.

2. Swami Shraddhanand College: National Conference on “Emerging Environmental Challenges and Sustainable Development” March 2018, Anshul Mittal, Ashruti Rani, Swetangini Sahu, Archana Burman, Sandeep Yadav, Meenakshi Vachher presented a poster titled ‘ Total polyphenol content of ten medicinal plants

3. Zakir Hussain College: National conference Jan 2018; paper titled ‘Chlorophyll and carotenoid content of medicinal plants’ was presented by Akanksha Verma, Mansi Jain, Archana Burman, Sandeep Yadav, Meenakshi Vachher

4. INSA AWARD: Shivani Satapathy, Sem V, worked as a summer research fellow on the project entitled--- Cloning and Characterization of the RbASP Promoter for Abscission Specific Studies, Indian Academy of Sciences, CSIR- National Botanical Research Institute LUCKNOW

### **Department of Biology**

1. Sensitization of students through educational trips and field visits.

Student’s awareness was done about plastic waste, waste disposable, and air pollution and about biodiversity through field visits. An Educational Trip to National Science Centre was organized for Environmental Science students of Food Technology 1<sup>st</sup> year students as a part of their Curriculum on September 2018. Another Educational Trip for B. Sc. (Pass) Home Science 1<sup>st</sup> year Environmental Science students to Zoological Park was organized in October 2018 as a part of their Curriculum. A Field visit to vermicompost sites in Ghaziabad and Gurgaon was planned for B.Sc. Home Science students. Another field visit was organized to Asola Bhatti Bio-diversity Park for B.Sc Home Science Ist Year and B.El.Ed Students on August 2018.

2. “Plantation Drive”

A plantation drive was organised in the campus (Institute of Home Economics) by: Potted plantation: The Garden committee members did a survey of various nurseries and purchased various plants along with the fibre pots for maintaining the greenery of college.

Tree plantation: Under Environment science subject, students were asked to bring different types of trees. A plantation drive was conducted in the college by involving students.

3. Recycling of Waste Material and Vertical Gardening Activities were performed by Food Technology and B. Sc (Pass) Home Science 1<sup>st</sup> year students. They were asked to make use of damaged bicycle under recycling of waste material assignment. They have converted the damaged bicycle into beautiful and useful containing stands.

#### 4. Vermicomposting

In order to manage the college waste composting with the use of earthworm worm were started in college with garden waste. The compost prepared by this process were used as organic fertilizers for the college plants.

### **Department of Microbiology**

Department of Microbiology conducted workshops, training pgm, and seminars.

These are

Two-day workshop on IPR: its genesis, significance and compliance was organized for the students and the faculty to know more about the significance and the ways of protecting their research.

Microfest '2019': The microbiological society 'Microcosmos' under the guidance of teaching faculty organized its one day annual academic fest 'Microcalypse- Reign of microbes' Microfest 2019 on 14 th March 2019. Eminent speakers – Dr Chandrasekhar, ADG, ICMR, Dr Amulya Panda, Director, NII, Dr Naseem Gaur, Scientist, ICGEB, Dr Archana Suman, Scientist, IARI, and Professor J.S. Viridi, Microbiology South campus were invited for the lecture and interaction with the students.

A plethora of other intercollege students' activities including quiz, micro-art, whisper challenge, micro-ladder and poster competitions were held. A five day short term course on 'Introduction to Bioinformatics' was organized for microbiology students on 20 th - 27 th December 2018, to give them the knowledge about various tools used in DNA & protein analysis. Training was given to students, faculty and lab staff on Cardiopulmonary resuscitation (CPR), pre hospital care and medical emergency on 15 th February 2019 by officials from CAT. 8-module pgm 'Life is a Game Play it' by Sri Sathya sai Seva organization was conducted to prepare students for future challenges. The students' visit to the school at Bodh Vihar was organized as outreach activity for interaction and career counseling of students. The students visited Regional Centre of Biotechnology Open Day on 24<sup>th</sup> September 2018. They attended the lectures by eminent scientists and participated in various

students' activities. 4 students (Piyusha, Anupama, Shubhangi, Ruchi) got the 1st prize in model making on 'Past to the future'. The students also visited India Habitat Center to participate in celebrations of a 'Decade of Discovery: Enabling Biomedical Research in India' organized Wellcome Trust/ DBT India Alliance on 12 th November 2018. Hon'ble President of India Shri Ram Nath Kovind inaugurated the event at Vigyan Bhawan.

Teacher's Day and farewell for outgoing students on 12 th March, 2019 were also celebrated.

### **Department of Physical Education and Sports Sciences**

The department lays great emphasis on shaping the overall personality of students, not limiting itself to a mere matter of winning and losing on the sports field. It improves the health, fitness, and wellbeing of the staff and students at I.H.E. The main characteristic of the department is its multidisciplinary approach. Inter-house competitions in various sports events are organized. College teams participated in the Inter college Tournaments organized by University of Delhi in Badminton, Basketball, Boxing, Chess, Judo, Power Lifting/ Weight Lifting, Table-Tennis and Yoga. IHE sports completed many milestone of success.

#### **Achievements of the Year**

- Mona Hudda of B.Sc. (Hons.) Food Technology won the Gold medal in the inter-college boxing championship.
- College powerlifting team participated in National Powerlifting championship held on 26-30 September 2018 at Lucknow. Team also won Gold medal in North India Bench Press Championship 2018.
- Priya Sinha of B.Sc.H.Sc.HONS, won Gold medal in National Yog Championship, won Gold medal in UP State Championship and Silver medal in Delhi State Yog Championship in the year 2018-2019.

### **Feria 2018 -19**

The annual cultural festival is the biggest event of the year organized by the students union members. It is a two days event which was held on 6 th -7 th March 2019. All the union members start working 40-50 days prior to the event to make it bigger and better every year.

For the event to take place union members hunt for sponsors, who partner with us in return for the promise of promoting their organization/brand. Some of our sponsors were Flywings, Coca Cola, IndiaBulls, Amira Foods, Pulse, Honda, State Bank of Patiala, Govindas, Vedic Line, VLCC, Alps, India News, Zoom, Delhi College of Photography, DU beat etc. Numerous stalls like food, games, clothing, footwear stalls etc are put up in the college premises for 2 days. Moreover, we invite more

than 100 colleges to be a part of our college festival and take part in various events like music (solo, group), dance (solo, group), Fashion show, dramatics, creative writing, face painting, rangoli making, photography, Talent Hunt etc. The union members beautifully decorated the entire college. The event was inaugurated by our honorable Director - Dr. Geeta Trilok Kumar, Cultural Coordinator- Dr. Poonam Sachdev, Student Advisor- Dr. Renu Gulati, Student Union President- Yashika Garg.

KPoP and Qwaali night was organised in the evening.

## **College Societies**

### **Iridescence**

Iridescence, the Arts Society of Institute of Home Economics, endeavors its members to show off something unique, creative and out of the box each for. The society plans to motivate people through art, make them realize the serenity that art instills in them. Society realizes that not everyone is born an artist, but no one can deny the fact that each and every person can appreciate the meaning that lies behind every piece of art. The society welcomes twenty five members each year with great joy and positivity. They practise different art forms like poster making, rangoli making, face painting, shoe painting, sketching/painting, calligraphy, photography and many more. From the beautification of the college during all the programmes to organizing numerous competitions during the college annual cultural fest- FERIA, the society provides a platform to all the members to showcase their skills. Iridescence looks forward to providing a platform to not only the members of the society but all the students of the college, to showcase their skills in the field of art. Moreover, it aims to organize various art and craft workshops in the near future.

Despite being formed in 2014, the society has participated in numerous competitions till now. The members have showcased their talent in poster making, newspaper dressing, rangoli making and T-shirt redesigning during the cultural fest of DCAC (DU), Hindu College, Hansraj College and many more. Recently, the new members of the society participated in the Ar Fiesta organized by Vivekananda Institute of Professional Studies (IP University). Around 4000 students from different colleges participated in the events like rangoli making, sketching/painting, calligraphy, digital art face painting and many more.

### **Eleganza**

Eleganza, The Western Dance Society of IHE was founded in the year 2011. It was formerly known as Zion. The society incorporates all the Western Dance styles such as Jazz, Hip-hop,

contemporary, Bollywood, Krump and freestyle in their performances and hire professional choreographers to train them and choreograph their dance piece.

### **Muzahira**

Muzahira, the literary and debating society of IHE was established in 2014 with just 8 members. Today we are a proud team of 16 members, working together as a team to create awareness about important social issues in the society. We constantly participate in various intra- and inter-university debates, MUNS, poetry quiz and creative competitions. We also attend NDTV talk shows (We The People Agenda to Big Fight, Tedx and Youth conferences (SRCC). Society, by its constant development, has not just won 12 accolades for the college but has also annually organized intra- and inter- college events such as quiz and debates. With a single motto of changing the expression, we intend to contribute to the betterment of the world by our commitment and good work.

### **Poise**

As 'Channel' rightly said Fashion is not something that is in dress. Fashion is in the sky, in the street. It has to deal with ideas, the way things are happening in the world. Starting from scratch and making it to the top would be one appropriate line to describe the journey of POISE in a single line. POISE, a well-known name in the DU circle is growing itself from strength. The sky is the limit for those who are a part of it. A quiescent and underdog society was revived in 2012 with a determination to take to a level and since then there was no looking back. Having just stepped into the circle, we never expected that in just one year, we'll make it so big. It literally took the blood and sweat of the models to make it so large. Their passion and hard work manifested in the victories for the society. We made a mark wherever we went- be it in Delhi, Jaipur, Goa etc. Name it and we've won it and sooner our society became the best fashion society. There were and there are times when the models have to perform twice or thrice in a same day but having your name announced as the winners on the stage cures everything it doesn't only takes pretty faces, they have to wear a lots of makeup to win, it takes real hard work, dogmatism and patience to achieve victory, and that's why we call our society POISE

Apart from the models, the creative department is the backbone of the society. The power of being able to transform a person's appearance has been our creative teams passion. They are the most integral part of the society themselves. Without them, we wouldn't have been able to achieve what we've done so far. The girls completed every task given to their sheer dedication and perfection.

Concluding up, we aim to take our society high and college higher with the legacy we've built over such a short span of time.

### **Tarkaas**

Tarkaas (the wooden flute) is the Indian classical music society of IHE. Hina Fatima started working with just a word in the beginning. Then musicians trusted this word and made it a society. Mr. Deepak Singh was the ceiling of this kachcha house. He taught the compositions charukeshi, kirwani, ahir bhairavi; which ultimately gave the society a reputed position. There was only hard work and interest, which made tarkaas stand out in the top 10 societies of Delhi University in just one year. We grabbed positions in 2014-2015 and then in 2015-2016. New members added every year made the society grow amongst the likes of the already famous Indian classical music society of University of Delhi. Innumerable hours of riyaz made the society stand out.

### **Enactus**

We, the core members of ENACTUS IHE, took the initiative to establish an entrepreneurial society in our college. Project Sanrachna was an initiative to provide employment to underprivileged women and girls by teaching them skills of making creative accessories, remnant clothes like bow pins, rubber bands, earrings, hand band, etc to help them earn money. We had also connected with Bal Sahyog and LIFE (Livelihood Initiative Empowerment). ENACTUS has various teams like content writing team, creative public relations, publicity team that work hand in hand to bring the best results. Every idea comes into force by the team work. The team adds a sweet taste of success to the aim. Our team members and the women of Bal Sahyog, displayed their products at a stall in our college premises and at various fests. The products were highly liked by the public. The market survey done by our team members helps us to know the public preference and how to improve our products.

### **Navrang**

The Theater Society of IHE aims to bring awareness on social issues that plague our society. We believe that each individual can bring a massive change in the society, and aspire to create a ripple effect. Six street productions and six stage productions have been put forth by our society.

### **Plexus**

Plexus is the publicity society of IHE. It was founded in 2017. Plexus ensures that the students are aware of all the details regarding any event-taking place in the college and are a part of it. All the

event posters are designed and put up on the notice board by Plexus. The Events include Fresher's party, Teachers Day celebrations, Annual Day, Sports Day, etc.

## **NSS**

The NSS committee has conducted several activities in the session 2018-19. Most of these were as per the instructions of the NSS centre, DU. Some were organized by the NSS unit on its own, as per the guidelines of NSS centre. In the beginning of the session, the NSS unit was clubbed with 'Community Outreach' committee, which was later dissociated from the committee following instructions and guidelines from NSS centre.

The NSS unit organized the following activities during the present session:

- Swachh Bharat summer internship (1 st -30 th June)- 23 volunteers enrolled for this internship and worked individually or in groups in Delhi villages listed by the ministry.
- International Yoga day (22 nd June)- Yoga session including demo, yoga by volunteers and non-teaching staff was conducted by guest Yoga trainer, Ms Anita. A poster-making and slogan-writing competition was also organized on the theme- 'Yoga for better life'.
- Swachhta Pakhwara (1 st -15 th August)- This event spanning 15 days included oath-taking for maintaining and ensuring cleanliness, rallies in and around the campus, volunteers' visits to nearby slums, archeological sites, cleanliness drive inside the campus, poster-making and slogan-writing competition.
- NSS orientation (19 th July and 6 th Aug)- Orientation sessions were organized by the NSS unit to orient 1 st year students to what NSS is all about, how they can contribute and what they can achieve by the services they provide via NSS scheme. Students were also made aware of the different activities that NSS has been doing in the past years.
- Kerala Flood donation camp (23 rd Aug)- NSS unit of IHE organized a donation camp for collection of non-perishable items for help of flood victims in Kerala. The collected stuff was sent with the help of an NGO.
- Adventure camp (Sept)- NSS president of IHE was selected for participation in the adventure camp organized under the Ministry of Youth affairs and Sports, with only 20 volunteers selected from Delhi region. The camp was at Pong Dam where the volunteers underwent rigorous physical activities as well as participated in cultural events.
- Electoral awareness campaign (Sept)- The NSS volunteers conducted a survey of persons above 18 years of age and listed people whose names do not appear in voters list. A poster-making competition and Voters' awareness rally were also conducted.



- NSS day (12 TH Sep)- NSS day was celebrated on 12 th Sep around the theme ‘Swatchhta hi sewa’ for which a nukkad natak, poster-making competition on ‘Minimising the use of plastic’, human chain and rally were organized.
- Surgical strike day (29 th Sep)- NSS IHE unit celebrated Surgical strike day on 29th Sept by organizing poem/ slogan/ poster making event in which volunteers wrote in praise of Indian army and the country. More than 30 volunteers also attended the event organized on 28 th Sept in DU.
- National youth campaign (Oct)- NSS volunteers participated in national youth campaign on CPR, as part of health awareness.
- Ekta Diwas (31 st Oct)- Ekta Diwas was celebrated through activities like poster-making and nukkad natak.
- Voter awareness day (25 th Jan)- was celebrated by organizing pledge-taking regarding unbiased voting by potential voters.
- Blood-donation camp (7 th Feb)- was organized b the NSS unit on 7 th Feb. the doctors’ unit for this purpose was called from AIIMS, Delhi. More than 40 students donated blood in this camp. Volunteers organized and helped the AIIMS unit in registering donors.

**Students participated in various extension activities with Government and Non-Government Organisations and Programmes during the academic year.**

The student body participated in various extension activities through internships and volunteering programmes. These were as follows:

1. Participation of Eco-Club (Sanctioned by Department of Environment, Government on Delhi) on cleanliness drive, plantation drive under Swachh Bharat Abhiyaan
2. Participation by students in street play on waste management organized by Dept. of RMDA in collaboration with IPCA
3. Department of Food and Nutrition organized Nutrition Education programme at Resident Welfare Association on “Importance of having breakfast for school going children”
4. Department of Food and Nutrition organized a street play on “Safe and healthy diets” for the general public outside metro statio
5. Department of Food and Nutrition organized Nutrition and health education in Anganwadi for pregnant, lactating women and adolescent girls
6. Department of Food and Nutrition organized Counselling session on “Imparting Nutrition and Mental Health Education” to young adolescent girls at Government Girls Senior Secondary School, Saket

7. Students participated in a session organized by Sri Sathya Sai Seva Organisation Life is a Game Play it
8. Joy of Learning Foundation and Dept of Elementary Students organized a save the water campaign
9. Delhi Police and Dept of HDCS organized Counselling services to the families of Police Personnel
10. Delhi Public School Society and Dept of HDCS organized sessions on ECCE for the inhouse training of teachers
11. Mental Health Society and Department of HDCS organized counseling sessions for the students
12. A training programme on digital literacy for urban poor women was carried out by Department of Development Communication and Extension funded by Ministry of Women and child Development, GOI, conducted in collaboration with Gender Resource Centres in Delhi

#### **Faculty as Experts on Panels of Organizations**

Name of the teacher	Panel/Organization	Department
Prof (Dr) Geeta Trilok Kumar	Member of Scientific Advisory Committee	Director
Dr. Charu Gupta	Member of Board of Studies (BoS) for Department of Vocational Studies and Skill Development under School of Youth Studies DRC, The IIS University, Jaipur	FAS
Dr. Jyoti Aggarwal	Peer Reviewer in Web of Science	FAS
Dr. Amita Walia	BOS, Faculty of Fashion and Design, SGT University, Gurgaon Life time member of Home Science Association of India	FAS
Dr. Bhupinder Kaur	Life Time Member of Textile Association of India	FAS
Dr. Seema Puri	Reviewer in Asian Journal of Dietetics Council Member at Asian Federation of Dietetics Association	FN
Dr. Tejmeet Rekhi	Life Time Member of Nutrition Society of India	FN

Dr. Shipra Gupta	Life Time Member of Indian Dietetic Association Life Time Member of Nutrition Society of India	FN
Dr. Vandana Sabharwal	Life Time Member of Nutrition Society of Indi Life Time Member of Breastfeeding Promotion Network of India	FN
Dr. Sunita Aggarwal	Member of American Society of Microbiology	
Dr. Bhupender Kumar	Reviewer in the Editors of Gene Journal	BioChemistry
Dr. Manjula Suri	Member of Medical Council of India Member of Delhi Medical Council Member of IASP	Physiology and Promotive Health

#### **Research Paper Publications/ in Journals/Books/Chapters in books during 2018-19**

Title of the paper	Name of the author	Title of the journal	Year of publication
<b>Director, Institute of Home Economics</b>			
Effect of temperature and time delay in centrifugation on stability of select biomarkers of nutrition and noncommunicable diseases in blood samples.	RA Abraham, Geeta TrilokKumar et al	Biochem Med (Zagreb)	2019
Steady Growth in Early Infancy Is Associated with Greater Anthropometry in Indian Children Born Low Birth Weight at Term	S Filteau, Geeta Trilok Kumar, TJ Cole, HPS Sachdev and BL De Stavola	J Nutr	2019
Vitamin E status in Healthy population in Asia: A review of current literature	A Malik A, M Eggersdorfer, Geeta TrilokKumar	Int J Vitam Nutr Res	2019

Multiple micronutrient status and predictors of anemia in young Geeta children aged 12-23 months living in New Delhi, India	LA Houghton , Geeta children Trilok Kumar, McIntosh, JJ Haszard, MJ Harper, M Reid, J Erhardt, K Bailey, RS Gibson	PLoS One	2019
Priority interventions to improve maternal and child diets in Sub-Saharan Africa and South Asia	Willam A Masters ,Rosettie Katherine Sarah,Kranz,  Sarah H. Pedersen, Patrick Webb, Goodarz Danaei, Dariush Mozaffaria, Seema Puri, Geeta T Kumar on behalf of the Global Nutrition and Policy Consortium	Matern Child Nutr	2018
Designing programs to improve diets for maternal and child health: estimating costs and potential dietary impacts of nutrition-sensitive programs in Ethiopia, Nigeria, and India.	William A Masters, Katherine L Rosettie, Sarah Kranz, Goodarz Danaei, Patrick Webb , Dariush Mozaffarian , Seema Puri, Geeta T Kumar and the Global Nutrition and Policy Consortium	Health Policy and Planning	2018
Nutritional challenges in Pediatric Congenital Cardiac Care	Anuradha, MK Sahu, C Bipin, Geeta TrilokKuma	Int J Science Healthcare Res	2018
<b>Department Of Development Communication and Extension</b>			
Gauging the opinion of men on marital rape in Delhi using vox pop as a tool	Neeti Vaid & Megha Gupta	Social Science International Research Journal	2018
Role of political cartoons in	Neeti Vaid	Social Science	2018

the darkest period of Independent India's history		International Research Journal	
Integration of News Broadcast in Commercial FM Channels: A Radio Revolution	Yuki Azaad Tomar Prabhjyot Kaur	Human Rights International Research Journal,	2018
Women Empowerment through Media Education: Transforming Spectators to Change Makers	Yuki Azaad Tomar, Bableen Kaur	English Studies International Research Journal, India	2018
Needs of Adolescent Girls: Reproductive and Sexual Health	Yuki Azaad Toma	Indian Journal of Human Development. Vol 11 (3) ISSN: 0973-7030	2017
Online campaigning on social media to improve status of girls: Some Revelations	Pannu P, Mirani S.	Indian Journal of School Health and Wellbeing	2019
Violence against Adolescent Girls: Impact of Harmful Socio-Cultural Practices	Pannu P	Indian Journal of School Health and Wellbeing	2019
Perspectives on participatory strategies for inclusion of girls in education	Pannu P	Indian Journal of School Health and Wellbeing	2019
Water Woes of Women: Obstacles to Gender Equity under Changing Climate	Kher J., Aggarwal S., Punhani G	Indian Journal of Extension Education	2019
<b>Department of Fabric and Apparel Science</b>			
The Story of Textile Waste-Reasons and Solution	Prerna Jain and Charu Gupta	International Journal of Applied Home Science	2018
Enhancing the mechanical toughness of epoxy-resin composites using natural	Saroj Devi and Charu Gupta	International journal of chemical Studies	2019

corn stalk fibre as reinforcements			
Impact analysis of chemicals on properties of corn stalk fibre during different process	Saroj Devi and Charu Gupta	The Pharma Innovation Journal	2018
The Occupational health hazards faced by the workers of small scale dyeing units.	Shweta Thomas, Chanchal and Bhupinder Kaur	International Journal of Economics, Commerce and Research	2019
Healthcare and Safety facilities provided to the workers in small scale dyeing units and the working conditions	Shweta Thomas, Chanchal and Bhupinder Kaur	International Journal of Engineering Research and Application	2019
Mechanical Properties of reinforced polyester and epoxy composites of corn stalk fibre	Devi S, Gupta C, Parmar MS, Kapil N	Indian Journal of Agricultural Sciences	2019
Delineating problems faced by artisans of Rajasthan: a case of emic-etic-emic analysis of the customer perspective	Garg P, Walia A	Int. J. Indian Culture and Business Management	2018
Reasons and Solutions for Shortage of Skilled Workers in Apparel Industry in India: An Empirical Study	Rawat, N, Aggarwal, J.	National Journal of Arts, Commerce and Scientific Research Review	2019
Eco-friendly technologies of bio-chemical and physical hydrolysis for polyester modification – a comparative study	Choudhry H, Gupta C, Gupta D	Manmade textiles of India	2018

A Biomedical Approach for Development of Wound Healing Bandage Using Silk Fibroin, Manuka Honey and Brahmi	Vig, S., Walia A	International Journal of Engineering Research and Application	2019
The story of textile waste-reasons and solutions	Jain P, Gupta C	International journal of applied home science	2018
<b>Department of Human Development and Childhood Studies</b>			
Influence of Home Environment and Peers Influence on Emotional Maturity of Adolescents	C Rawat & Renu Gulati	Integrated Journal of Social Sciences	2019
Better Books make Better Children and Humans	Wadhwa, V., & Lamba, R.	Research Review Journals International Journal of Multidisciplinary	2018
Influence of Parenting Style on Emotional and Social Maturity of Adolescents C Rawat & Renu Gulati Integrated Journal of Social Sciences 2018	C Rawat & Renu Gulati	Integrated Journal of Social Sciences	2018
Traditional Toys and Play Materials- Perspectives of Parents and Professionals	Wadhwa, V.	Education Times A Multidisciplinary International Peer Reviewed Journal	2019
Children's Right to quality early childhood education	Jairam M, Chopra G	The Indian Journal of School Health & Well Being	2019
Self Concept and Achievement Motivation of Adolescents – A	Gulati, R.; Wadhwa, V., & Lamba, R.	Research Review Journals International Journal of	2019

Relationship		Multidisciplinary	
Child Sexual Abuse in India and The Protection of Children from Sexual offences (POCSO) act 2012:A Research Review	Renu, Geeta Chopra	Integrated Journal of Social Sciences.	2019
The Silence around Child Sexual Abuse: Review of Researches on Prevalence and Awareness among School Teachers	Renu, Chopra G	The Indian Journal of School Health & Well Being	2019
Stress among Students: An Emerging Issue	A Rana, Renu Gulati & Veenu Wadhwa	Integrated Journal of Social Sciences.	2019
Notions of mothers-in-law in poor resource settings on factors affecting pregnancy outcomes: A qualitative exploration in Delhi.	Kavita Singh, Geeta Chopra and Seema Puri.	International Journal of Scientific Research and Reviews	2019
I am like everyone else... Voices of children with disabilities in school settings: A literature review	Singh R, Chopra G	Integrated Journal of Social Sciences	2019
<b>Department of Food and Nutrition</b>			
Perinatal determinants of Adiposity in children aged 3-5 years in urban poor settings of Delhi: A retrospective study	Richa Malik, Seema Puri, Tulsi Adhikari	International Journal of Recent Scientific Research	2019



Nutrient-Adipokine Interaction in NAFLD: A Review	Bhanvi Grover, Seema Puri, Nikhil Tandon	World Journal of Nutrition and Health	2019
A Study on Infant and Young Child feeding practices of mothers visiting District Civil Hospital	Urvashi Mehlawat, Seema Puri, Tejmeet Kaur Rekhi, Balraj Singh Yadav, Satish Kamtaprasad Tiwari	New Ind J Paed	2018
Double Burden of Malnutrition Among Mother-Child Dyads in Urban Poor Settings In India	Richa Malik, Seema Puri, Tulsi Adhikari	Indian J Comm Health	2018
Priority interventions to improve maternal and child diets in Sub-Saharan Africa and South Asia	William A Masters, Rosettie Katherine, Sarah Kranz, Sarah H. Pedersen, Patrick Webb, Goodarz Danaei, Dariush Mozaffaria, Seema Puri, Geeta T Kumar on behalf of the Global Nutrition and Policy Consortium	Matern Child Nutr	2018
Designing programs to improve diets for maternal and child health: estimating costs and potential dietary impacts of nutrition-sensitive programs in Ethiopia, Nigeria, and India.	William A Masters, Katherine L Rosettie, Sarah Kranz, Goodarz Danaei, Patrick Webb, Dariush Mozaffarian, Seema Puri, Geeta T Kumar and the Global Nutrition and Policy Consortium	Health Policy and Planning	2018
Maternal Mortality in	Kavita Singh, Seema		2018

India: An Overview of Social Causes.	Puri, Geeta Chopra	International Journal of Scientific and Research Publications	
Status of complementary feeding practices of infants and young children ( 6--23 months) in India: A Review.	Urvashi Mehlawat, Tejmeet Kaur Rekhi, Seema Puri,, Balraj Yadav	New Ind J Paed	2018
Food Safety Knowledge of Managers in Catering Sector across Delhi	Heena Yadav, Ranjana Mahna and Tejmeet K Rekhi	Indian Journal of Scientific Research and Review	2018
Food Safety Knowledge of Food Handlers working in Catering Sector across Delhi.	Heena Yadav, Ranjana Mahna and Tejmeet K Rekhi	Indian Tourism and Hospitality Congress	2018
Risk factors for mental health disorders: from conception till adulthood.	Preeti Khanna and Bani Tamber Aeri.	CRNSS Update. Nutrition in Disease Management	2018
Gestational Weight Gain among Healthy Pregnant Women from Asia in comparison with Institute of Medicine (IOM) Guidelines-2009: A Systematic Review.	P Arora and Bani Tamber Aeri.	Journal of Pregnancy	2019
Burden of Antenatal Depression and its Risk Factors in Indian Settings: A Systematic Review	P Arora and Bani T Aeri	Indian Journal of Medical Specialities	2019
Protective Impact of Fruits and Vegetable Intake on Cardiovascular Risk	Harmeet Kaur and Bani Tamber Aeri	Journal of Clinical and Diagnostic Research	2019

Factors-A Review.			
Nutritional aspects of depression in adolescents - A systematic review.	P Khanna, VK Chattu and Bani T Aeri	Int J Prev Med	2019
Body Image Disturbance, Weight Perception and Body Mass Index of Female College Students in Delhi Having Normal and Disordered Eating Behaviours	Shipra Gupta, Deeksha Kapur	Indian Journal of Nutrition and Dietetics	2019
Depression, Anxiety and Stress among Female College Students in Delhi having Normal and Disordered Eating Behaviours	Shipra Gupta, Deeksha Kapur	Indian Journal of Youth & Adolescent Health	2018
A review on nutritional value, functional properties and pharmacological application of Perilla (Perilla Frutescens L	A Dhyani , Rajni Chopra, M Garg .	Biomedicine and Pharmacology Journal	2019
A Review on Blending of oils and their functional and nutritional benefits	Ghazala Riaz and Rajni Chopra	Biomedicine and Pharmacotherapy	2018
Effect of supplementation of malted sorghum flour on sensorial quality attributes of muffins and murukkus	K Prakash and R Chopra	International Journal of Food Science and Nutrition	2018

Understanding Barriers and Facilitators for Human Milk Banking Among Service Providers, Mothers, and Influencers of Preterm and Sick Neonates Admitted at Two Health Facilities in a Metropolitan City in India	J Mondkar, R Chugh, S Sachdeva, Shanbhag, A Khan, M Manuvar Sinha, R Dasgupta, K IsraelBallard, V Sabharwal	Breastfeeding Medicine.	2018
Exploring usage of smart phone for accessing nutrition information among college going students of Delhi	KS Wadhwa and V Sabharwal	International Journal of Recent Advances in Multidisciplinary Research	2018
Human Milk Banking: An Indian Experience.	S Nangia, RC Sachdeva and V Sabharwal	Neo Reviews	2018
Association between sleep duration and body mass index.	Dimple Rawat and Anshu Sharma	Journal of Hospitality and applied sciences	2019
Consumption of ultraprocessed foods among working and non-working adults: A comparative study	Tazeen Fazil, Sonal G Jain	Indian Journal of Research	2019
Thermal processing conditions affect in vitro immunostimulatory activity of Aloe vera juice	Hussain SA, Yadav V, Reddi S, Patil GR, Singh RRB, Kapila S.	Journal of Applied Research on Medicinal and Aromatic Plants	2018
Opinion and nutritional status of children consuming mid day meal (MDM) in schools in Delhi	Babita, Geeta K.	International Journal of Interdisciplinary Research and Innovations	2019

Enzymes in Juice Processing – Enhancement in Quality and Yield	Sharma P, Geeta K	Journal of Research and Analytical Reviews	2019
Prevalence of Frailty and Sarcopenia in Urban Indian Elderly	Shaheen M, Puri S, Tandon N.	HelpAge India Research and Development Journal	2019
Dietary Profile of Pediatric Cancer Patients at Baseline.	Srivastava R, Geeta K	International Journal of Interdisciplinary Research and Innovations	2019
Poor Nutritional Knowledge and Food Restrictions among Families of Children with Cancer and their Impact: A crosssectional study of 700 families	Srivastava R, Gupta VG, Dhawan D, Geeta K, Bakshi S.	Journal of Psychosocial Oncology	2019
Effect of supplementation of malted sorghum flour on sensorial quality attributes of muffins and murukkus	Prakash K, Chopra R	International Journal of Food Science and Nutrition	2018
Understanding Barriers and Facilitators for Human Milk Banking Among Service Providers, Mothers, and Influencers of Preterm and Sick Neonates Admitted at Two Health Facilities in a Metropolitan City in India	Mondkar J, Sachdeva RC, Shanbhag S, Khan A, Sinha M, Dasgupta R, Israel-Ballard K, Sabharwal V.	Breastfeeding Medicine	2018
A study on Infant and Young Child feeding practices of mothers visiting District Civil Hospital	Mehlawat U, Puri S, Rekhi TK, Yadav BS, Tiwari SK	New Indian Journal of Pediatrics	2018

**Department Of Resource Management and Design Application**

Meal Preparation Activities of Middle Income Group Families Living in Delhi	Poonam Magu, K Khanna, P Seetharama n	International Journal of Family and Home Science	2018
Conceptualizing green HRM for sustainable organization development.	Ritu Atheya, A Kulshrestha	Paripex- Indian Journal of Research (PIJR)	2019
<b>Department of Elementary Education</b>			
Ankhen moonde kabutar: younikta ki abhivyakti. (Ostriches with their heads in sand: expressions of sexuality)	Nidhi Gulati	Pathshala	2018
Using Capability Approach to Examine Rural Women's Engagement with Mobile Diffusion for Health Access and Agriculture Related Services	Yadav N., Pannu P., Dalal J	International Journal of Applied Social Science	2018
Grammatical Gender in Story Texts: Interaction of Linguistic Structure, Culture and Cognition	Mishra S	Language and Language Teaching	2018
<b>Department of Biochemistry</b>			
Association of PARK2 promoter polymorphisms and methylation with colorectal cancer in North Indian population	Bhat ZI., Kumar, B., Bansal, S., Naseem, A., Tiwari, RR., Sharma, GD and Rizvi MMA	GENE	Jan-19
High-mobility group box 1 protein (HMGB1) gene polymorphisms and Cancer susceptibility: A comprehensive meta-analysis	Kumari, T and Kumar, B	Clinica Chimica Acta	August 2018

Meta-analysis of mitochondrial T16189C polymorphism for cancer and Type 2 diabetes risk.	Kumari, T., Vachher, M., Bansal, S., Bamezai, RNK and Kumar, B	Clinica Chimica Acta	Jul-18
<b>Department of Physical Education and Sport Sciences</b>			
How Good Nutrition and Physical Activity Helps with the Problem of Obesity	Saini N, Mittal A, Singh A	International Journal of Research and Analytical Reviews (IJRAR)	2019
<b>Department of Physiology and Promotive Health</b>			
An overview of Dietary Approaches to Prevent the Development of Diabetic Retinopathy	Manjula Suri, Mamta Bhardwaj, Punam Kapur and Ashok Pathak	The Indian Journal of Nutrition and Dietetics	2018
Post Herptic Neuralgia Management: A Retrospective Analysis	Manjula Suri ,Punam Kapur, Ashok Pathak, Niharika Chaudhary, Rahul Sharma	Indian Journal of Clinical and Experimental Ophthalmology	2018

<b>E content developed by Faculty</b>			
Name of the teacher	Name of the module	Platform on which module is developed	Date of launching e – content
Dr. Yuki Azaad Tomar and Ms. Bableen Kaur	Media Content Distribution strategies across Digital Platforms Platform on which the module is developed:	P.G MOOC on Media Content Production on Multiple Platforms, UGC and MHRD major research project	15 July 2019

#### **Workshops/Seminars/Lectures Organized Conducted by the departments**

<b>Title of Workshop/Seminar and Resourse Person</b>	<b>Name of the Dept.</b>
‘The session on creative writing was taken by Ms. Bhavna Mathur, a novelist and Freelancer Author	Development Communication and Extension

‘Breaking the Stereotypes by Dr. Sylvie Rodgers, Special speaker, Top celebrity manager	Development Communication and Extension
‘Workshop on ‘Folk music’ by Dr. Devendra Sharma, Associate Professor, California State University	Development Communication and Extension
‘Session on Women as Media Professionals by Shazia Ilmi, former TV journalist and Anchor	Development Communication and Extension
‘Skill development for Social Entrepreneurship by Ms. Tripti Shinghal Somani, Managing Director and CEOKGS Advisor	Resource Management and Design Application
Workshop by on ‘Interior Design and Styling’	Resource Management and Design Application
Baal vikas, Vishesh zaruratein aur seekhna” organised by Eklavya and Institute of Home Economics	B.El.Ed.



# INSTITUTE OF HOME ECONOMICS

**2018-2019**

**Online/ face-to-face Faculty Development Programmes (Professional Development Programmes, Orientation / Induction Programmes, Refresher Course, Short Term Course etc.) attended by the staff.**

<b>S.No.</b>	<b>Name of teacher who attended</b>	<b>Title of the program</b>	<b>Duration (from – to) (DD-MM-YYYY)</b>	<b>Type - Orientation/ Refresher/ Short Term etc</b>
<b>1</b>	Dr. Meena Batham	‘IPR-Its Genesis, Significance and Compliance’ organised by DBT, Star college scheme and IQAC, Institute of Home Economics.	13-14 September 2018	Workshop
<b>2.</b>	Dr. Bhupinder Kaur	‘IPR-Its Genesis, Significance and Compliance’ organised by DBT, Star college scheme and IQAC, Institute of Home Economics.	13-14 September 2018	Workshop
<b>3</b>	Dr K Geeta	‘IPR-Its Genesis, Significance and Compliance’ organised by DBT, Star college scheme and IQAC, Institute of Home Economics.	13-14 September 2018	Workshop
<b>4</b>	Dr Ashok Saini	FDP cum workshop on ‘Climate across the curriculum: Resources for Integrating Climate Topics in Discipline Specific Teaching’ at Sri Venkateshwara College, university of Delhi.	13-14 October 2018	FDP
<b>5</b>	Dr K Geeta	‘Ethics in Research’ organized by Centre for Chronic Disease Control Harvard T.H. Chan School of Public Health at Indian Institute of Public Health.	17-19 December 2018	Workshop
<b>6</b>	Dr Vandana Sabharwal	‘Ethics in Research’ organized by Centre for Chronic Disease Control Harvard T.H. Chan School of Public Health at Indian Institute of Public Health	17-19 December 2018	Workshop
<b>7</b>	Dr Mamta Singhal	Online refresher course on "Educational Research" by SWAYAM.	December 3, 2018 - March 30, 2019	Refresher Course
<b>8</b>	Dr. Nidhi Gulati	Refresher Course (ARPIT) through Swayam ‘Gender/Women studies’ by Swayam Arpit online course, Jamia Millia Islamia, MHRD.	December 1, 2018 - March 30, 2019	MOOC
<b>9</b>	Dr Vidhu Yadav	‘Metabolomics in Food and Nutrition Science Research: From Concepts to Applications’ Organized by Central University of Haryana, Haryana	15-19 February 2019	FDP
<b>10</b>	Dr. Sunita Aggarwal	FDP on ‘Quality Assurance in HEIs: Reorienting teaching learning	15-19 March 2019	FDP

		paradigm' at RLA, University of Delhi.		
<b>11</b>	Dr Ashok Saini	FDP on 'Writing research proposal addressing IPR related issues.	29-30 March 2019	FDP
<b>12</b>	Dr.Vidhu Yadav	'Paradigm Shift in Higher Education' Organized by IQAC, Lakshmibai College, University of Delhi.	16-21 April 2019	FDP
<b>13</b>	Dr Vandana Sabharwal	Workshop on 'Statistical Methods: Basic and Beyond' organized by Indian Spinal Injury Centre,	13-17 May 2019	Workshop
<b>14</b>	Dr Vidhu Yadav	'Research Methodology and Research Publication organized by NIFTEM, Sonapat, Haryana	5-9 June 2019	FDP
<b>15</b>	Dr Tejmeet Rekhi	Faculty Development Programme on 'Effective Course Designing and assessment using Moodle' organised by Website and Automation Committee & Department of Microbiology Institute of Home Economics, University of Delhi.	16 June 2019	Faculty Development Programme