

**INSTITUTE OF HOME ECONOMICS**  
**UNIVERSITY OF DELHI**

**ANNUAL REPORT**  
**2022-23**

**Prof. (Dr.) Renu Arora**  
**Director (Officiating)**

Compiled by:  
**Prof (Dr.) Bani Tamber Aeri**  
**Staff Secretary**

## ABOUT THE COLLEGE

The Institute of Home Economics (IHE) is a constituent college of the University of Delhi. Situated in the heart of South Delhi, it is a premier institute imparting education to women. Established in the year 1961 by Dr. (Mrs.) Surjit Malhan, with a two-year diploma course in Home Science, it became a part of the University of Delhi in 1969. The college celebrated its Silver Jubilee in 1986 and the foundation stone of the new building was laid in 1987 by the then President Giani Zail Singh. In 2011, the college celebrated its Golden Jubilee with a series of national workshops, seminars and an oration by former President Dr. APJ Abdul Kalam. Over the years, the Institute has grown tremendously. Beginning with just 80 students, today it has a strength of 2200 students, tutored by almost 80 faculty members and supported by about 125 non-teaching, administrative and auxiliary staff. The college offers a bouquet of courses, including seven undergraduate courses in Home Science (Pass and Hons), Microbiology, Biochemistry, Food Technology, Journalism and Elementary Education and three post-graduate programmes in the domains of Food and Nutrition, as well as Fabric and Apparel Science. The college also offers a Ph.D. programme in Home Science. Of the many achievements of the college, the most important ones during the last few years include NAAC 'A' certification, FIST Grant (2016-2021) from the Department of Science and Technology and Star College Scheme Grant from the Department of Biotechnology (2017-2022).

After the online mode during the COVID-19 pandemic in the year 2021-22, Institute of Home Economics was back in the offline mode in this academic year. The admissions to the college were via the CUET of the University of Delhi and the new session embarked with the introduction of the NEP in all the courses. Marching ahead with this new shift, the college conducted several activities, such as webinars, workshops, trainings, competitions, internships, visits etc. throughout the year besides regular academic activities. Eminent educationists, experts of subjects, government officers, heads of organisations were invited to interact with students and staff in both online and offline mode. A number of International and National days like, International Literacy Day, *Hindi Diwas*, National Nutrition Month, World Photography Day, National Handloom Day, World Breastfeeding Week, World Entrepreneurship Day, National Science Day, etc. were celebrated by organizing various activities.

The Annual Cultural Fest, FERIA-2023 was a two day event held in physical mode on the campus after a gap of three years in which competitions such as creative writing, poetry, debate, fashion show, business plan presentation, classical and western dance, etc. were organized. The teaching staff, non-teaching staff and the students *participated* in the Har ghar tiranga campaign from 13<sup>th</sup>-15<sup>th</sup> August 2022 with great zeal and dedication. The celebrations were in resonance with *Azadi ka Amrit Mahotasav*. The Department of Food & Nutrition and Food Technology conducted an online drive highlighting the importance of millets through social media platforms such as LinkedIn and Instagram to celebrate "The International Year of the Millets". Over the course of 10 days starting from 19th September 2022 to 28th September 2022 information regarding millets such as Ragi, Kodo, Sorghum, Little Millet, Barnyard

millet, Foxtail, Brown Top, Pearl millet, Proso and Buckwheat was shared through daily interactive social media posts and stories.

The Institute of Home Economics commemorated the **centennial year of University of Delhi** with a lot of enthusiasm and organized a series of events throughout the year from 1<sup>st</sup> May, 2022 to end of May, 2023.

The college has embraced many green initiatives and sustainable practices to make and maintain the college campus as environmentally conscious and proactive academic institute. The college is now registered with MTPC (Metal Scrap Trade Corporation Limited) for management of e-waste. College carried out Environment Audit and Green Audits with EHS Alliance Services and Energy Audit by URS Verification Pvt Ltd in order to ensure further conscious green practices. Vegetables like spinach, lemon, broccoli, brinjal etc were organically grown in the pots using organic manure made in college campus through organic waste composting by Aerobin and vermicomposting.

### **Infrastructural Facilities**

The impressive infrastructural facilities of the Institute include state-of-art laboratories and lecture theatres, computer laboratories, a well-stocked computerized library, an audio studio, and an amphitheater. The Departments have sophisticated laboratories with the advanced equipment and tools. The aim is to provide both theoretical and practical hands-on training to students. The entire college campus is wi-fi enabled making it possible for all to access information and data readily. Every department has its own computers and LCD projectors.

The computer laboratories are the college's pride. There are two such laboratories for students and one exclusively for faculty. The computer workstations are well-designed, and computers are well stocked with software such as Auto-Cad, 3Ds-Max, etc. There are many undergraduate and postgraduate classes that require the use of computer and the classes are held in the computer lab.

The Institute of Home Economics Library is the hub of information helping the Institute in its attempt to provide quality knowledge and intensive education to its students. It actively supports the teaching learning and research activities of the Institute by constantly upgrading its digital and print resources. At present the library has a collection of over 22,927 resource materials which includes textbooks, reference books, thesis, and back volumes of journals, etc. It caters to the needs of over 1500 students, research scholars and faculty members. The library circulation services are fully automated using KOHA software. The library has two reading halls with a seating capacity of eighty students.

During the financial year 2022-23, the library acquired 187 new books worth Rs. 1,93,945. In addition to books Library also provides e-resources to its faculty members, research scholars and students which are subscribed by Delhi University Library System (DULS). E-resources includes e-databases, e-books, e-journals subscribed by DULS and e-Shod Sindhu. College also has a subscription to N-LIST. Library provides remote access service to its faculty

members, research scholars and post-graduate students (DULS remote access platform). Library orientation programs were organized for the first students to acquaint them to library resources. Library has been providing plagiarism check services to faculty members and research scholars using URKUND. Three new desktop computers have been added to support the software for visually challenged students and efficient circulation of books.

Another exclusive facility is the impressive state-of-the-art studio for audio recording, which is housed in two sound-proof rooms equipped with 16 channel analog studio mixer, dynamic microphones, audio-monitor, speakers, and two track sound cards. The recording and editing of radio programmes, films, and documentaries is also undertaken in the studio using cutting-edge software such as Nuendo, Adobe Premiere, and others.

In order to encourage overall growth and physical development of its students, the college has an air conditioned gymnasium, well equipped with the latest equipments such as a four station gym, cross trainer, sports treadmills, steppers, rowing machine, leg exerciser, height and weight scale, gym balls and weight section. The Institute also has table tennis facilities, two halls for sports multipurpose activities, basketball and badminton courts. The facilities at the gymnasium were reopened in November 2022 for faculty and students after the COVID-19 lockdown.

Furthermore, a spacious seminar room with the latest audiovisual facilities is also available for the conduct of conferences and workshops.

The faculty at IHE has been actively engaged in more than 70 multi-disciplinary research projects till date, funded by national and international agencies such as UNDP, Wellcome Trust, Medical Research Council, UK; British Council, New Zealand Research Council, DST, DBT, ICMR, UGC, World Bank, ICSSR, Tata Trust and University of Delhi. Some of the significant areas of research have been management of non-communicable diseases, adult and child nutrition, climate change, poverty, gender, adolescent health and geriatric nutrition thereby offering newer perspectives to problems while suggesting correctives at the level of policy making and practice.

The faculty actively publishes research papers in peer reviewed journals. This year 27 papers and 9 book chapters and 2 textbooks were published by the faculty. The college is firmly committed to creating an interface between academics, research and the community. Efforts are made to include community outreach and extension activities like campaigns, collaborations with organizations, advocacy and product development. To give a boost to women empowerment, the college is actively involved in nutrition education through community outreach programme in the poor communities, each-one-teach-one literacy program and digital literacy program for young girls and women.

In addition, the college has a very active NSS unit which engages in community activities including plantation drives, activities under *Swacchta Pakhwada*, *Har Ghar Tiranga*, blood donation, clothes donation and feeding the underprivileged through community kitchens to name a few. All these activities enable the students to develop a sense of social responsibility. This year the annual festival of NSS IHE recorded a participation of more than

twenty colleges and women entrepreneurs. The celebration circumvented around the theme, “India for Better Tomorrow”. The NSS student union president was selected for the prestigious Vice Chancellor student’s internship programme offered for a period of two months. The student also got an opportunity to accompany the honourable Prime Minister in the Delhi metro, when he visited DU for the valedictory function of the Centenary Celebrations.

Several alumni of the college are placed in very good positions as nutritionists, dieticians, development practitioners, educationists, researchers, counselors, designers and merchandisers.

### **The Star College :**

The Star College Scheme was launched by the DBT in 2008 to improve the physical infrastructure and teaching learning process in colleges and universities offering under graduation in science stream for their academic excellence. The scheme was aimed to instill critical thinking through experimental activities and encourage more and more students to take sciences in their higher education. The objectives outlined in the ‘Star College Scheme’ serve the twin objectives of enrichment of the academic skills and inculcation of the temperament for research enabling the undergraduate students to take up research projects. The college became the part of ‘DBT- Star College Scheme’ from 2017 till Sept 2022 with the following major objectives:

- To augment the Curriculum with add-on practical sessions in the respective areas to abreast the students with latest procedures and techniques.
- To inculcate critical thinking with high academic & professional standards for intellectual & professional development.
- To inculcate scientific temperament and research culture for holistic development of the students.
- To create an interface between academics, research institutes and industries for one to one interaction among the experts, faculty and the students.
- To augment/enhance knowledge of faculty and lab staff through training programs.
- To have better infrastructure and lab facilities with latest equipment for effective practical demonstrations, teaching- learning process & research.

Four Departments - Department of Microbiology, Department of Biochemistry, Department of Food & Nutrition and Food Technology (FNFT) and Department of Fabric and Apparel Science (FAS) were the part of the Scheme. A plethora of activities were carried out by these departments to accomplish the said objectives.

Various conferences, workshops, seminars and talks were conducted on issues of public health, technology and sustainability. Webinars and seminars by eminent scientists were arranged on important days like on ‘International Microorganism Day’, ‘World health Day’, ‘International TB day’ and so on. Talks were given on different topics of concern including ‘Challenges of addressing AMR’ by Prof. J.S. Viridi, Former Prof., Deptt. of Microbiology, UDSC; ‘The unmatched power of microorganisms: An ode to the unseen heroes’ by Prof Shilpi Sharma, Deptt. of Biochemical Engineering & Biotechnology, IITD; ‘Probiotics: Alternative medicines

or evidences based alternatives? by Prof. Colin Hill, University College Cork, Ireland, and on 'Probiotics and prebiotics: Who are they? What do they do?' by Prof Bruno Pot, visiting faculty, Vrije Univrsiteit Brussel, Belgium, 'Protective Clothing for Workers in Cement Industry' by Ms. Shweta Saxena, (NITRA Ghaziabad), 'Innovating Technical and Traditional Textiles' by Prof. Somesh Singh, Co- Founder of Craft Village, Alumni of NIFT, Gandhinagar and Former Director & Member (Board of Governors) of Institute of Apparel Management. "Innovative technologies in apparel sector in current context by Mrs. Girija Jha, Associate professor, Department of Fashion technology, NIFT Delhi. The 'international Women day 'was celebrated to increase the awareness of students on reproductive health. The talk by was given by Dr Anshu Sharma from National Centre for disease Control and the quiz was organized for the students. Introduction to BioNEST-UDSC & Bio-Entrepreneurship was given by Vijay kantharia, CEO, BioNEST-UDSC. In collaboration with Department of Promotion of Industry and internal trade a session on 'IPR awareness programme was conducted; Ms Tripti Pandey, Examiner of Patents and Design was the speaker.

Through this, students could imbibe a deep sense of learning from eminent academicians/scientists/ research scholars besides hands on drill down approach for undertaking the research projects. Inter-college competitions like video making, poster making, etc. were organised for fun based learning and to enhance their creativity. As part of skill development, online training and workshops were conducted by eminent faculty from institutes of repute and visits to different institutes and industries were also arranged to equip them with the latest development. Moreover, faculty development programs and training pgm for non-teaching staffs were organised to update their knowledge.

Furthermore, interaction with the alumni was arranged to share their success stories and for career counselling of current students. Also they gave talk on their ongoing research work viz. 'Studying principles of tissue morphogenesis' by Dr Akankshi Munjal, Incoming Assistant Prof. Duke University, USA , "Targeting telomerase promoter- potential Achille's Heel in cancer" by Dr. Shalu Sharma, " , 'Next era in infectious disease mgm.- changing landscape of medical technologies and public health by Dr Priyanka Bajaj, Manager- Health and innovation Impact Lab and 'My journey in Translational research- addressing the challenges of tuberculosis diagnosis' by Dr Sagarika Halder, Assistant Professor, PGIMER, Chandigarh. Besides, online and community outreach Workshops were organized on 'Shades of Yellow with Natural Dyes' (resource person Dr. Charu Gupta and Dr. Preeti Kaur Sachdeva, Dr. Sunita Aggarwal) and on "Innovative hacks of Denim" (resource person Dr. Meena Batham, Dr. Shazia Mehtab and Ms. Shobha Mandal), on 'Crochet for skill upgradation of marginalized women (Dr Jyoti Aggarwal). The community outreach pgm were also encouraged through interaction with school students, by nutritional assessment and counselling activities and dissemination of knowledge through videos on social media .

Besides, number of minor research projects were undertaken by the undergraduate students involving step by step learning approaches like literature survey, developing research methodology and resolving the functional issues while carrying out the experiments. The students presented and published their work at different forums along with their mentor.

Students did experience a sense of accomplishment as they earn the prize and award during competitions. The projects undertaken by the students also provided them an opportunity for data analytics using statistical tools.

The scheme not only helped in upgrading the infrastructure and labs but also provided the opportunity to students, faculty and staff to abreast them with the latest knowledge besides giving a better lab experience and inculcating scientific temperament among students .

### **FIST Grant: “Fund for Improvement of S & T Infrastructure in Universities and Higher Educational Institutions (FIST)” GRANT**

The Institute of Home Economics was awarded the FIST Grant by the Department of Science and Technology in December 2016 under which a grant of Rs 110 lakh was sanctioned for strengthening the Teaching and Research Facilities in Science departments of the college. The Grant included funds for Equipment (Rs 92 lakhs), Networking facilities (Rs 7 lakhs), Books (Rs 3 lakhs), E learning Room (Rs 5 lakhs) and Maintenance (Rs 3 lakhs). An advance of Rs 92 lakhs was received by the College in September 2017.

Scientific Equipment such as High Performance Liquid Chromatography, Spectrophotometer, Refrigerated Centrifuge, Tintometer, Spray Drier etc has been purchased by the college following due procedures. It is proposed to establish a Central Laboratory facility where such equipment will be set up so as to enable PG and doctoral students to use this facility. Such equipment shall also be used by students studying Food Science, Food Technology, Microbiology, Biochemistry for their practical as well as research work.

Besides this an E-learning room with digital podium and screening facilities etc has also been established. Networking facilities giving access to students has been strengthened with the purchase of additional computers. The library has also benefitted with purchase of books used for teaching these subjects.

## **1. ACHIEVEMENTS OF FACULTY**

### **2.1 Awards/Fellowships Received by Faculty**

Department of Biochemistry received a grant as part of Shastri Conference and Lecture Series Grant (SCLSG) by Shastri-Indo Canadian Institute (SICI), to organize an online International symposium “Chronobiology and mental Health”.

### **2.2 Research Projects**

Dr Geeta Trilok Kumar (former Director) was associated with a)Project “Long-term health after severe acute malnutrition (SAM): the role of the Pancreas (SAMPAN)” funded by Medical Research Council, Global Health Nutrition, UK and b) project “To improve understanding of interactions among intra-uterine growth retardation, early growth, gut permeability, body fat and risk of chronic disease in low birth children” funded by The Wellcome Trust UK/ DBT India Alliance till her superannuation in November 2022.

### 2.3 Faculty as Experts on Panels of Organizations/ Government Bodies/ Universities

Name of the Teacher	Panel/Organization	Year
<b>Department of Home Science (Development Communication &amp; Extension and Journalism)</b>		
Dr. Imran Parray	Global Bildung Festival, Global Bildung Network	2022
Dr. Imran Parray	Symposium, University of Utah, USA	2023
<b>Department of Home Science (Fabric and Apparel Science)</b>		
Prof. Jyoti Aggarwal	External Expert, Board of Studies of Department	2023
Prof. Jyoti Aggarwal	Jury ( Master of Design) NIFT Delhi	2022
<b>Department of Home Science (Food &amp; Nutrition and Food Technology)</b>		
Prof. Seema Puri	Member, FSSAI Scientific Panel on foods, Nutraceuticals, Dietetics and other similar products	2019-2022 (superannuated in June 2023)
Prof. Seema Puri	Member, FSSAI Scientific Panel on Labeling, Claims and Advertisements	2019-2022 (superannuated in June 2023)
Prof. Shipra Gupta	Coordinator, IGNOU Learner Support Centre 0787, Institute of Home Economics	April 2023 onwards
Prof. Shipra Gupta	Peer Reviewer for “Indian Journal of Nutrition and Dietetics”, UGC-CARE listed journal	April 2023 onwards
Prof. Shipra Gupta	Member, Board of Studies, Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research and Studies	July 2022 to July 2024
Prof. Shipra Gupta	Peer Reviewer for “Current Research in Nutrition and Food Science”, SCOPUS listed journal	2017 onwards
Prof. Shipra Gupta	Project Evaluator, Diploma in Health and Nutrition Education, Indira Gandhi National Open University	2020 onwards
Prof Bani Tamber Aeri	Regional Level (North Region) Screening Committee Member -Eat Right Creativity Challenge -3. Food Safety and Standards Authority of India	March 2023
Prof Bani Tamber Aeri	Examiner in Clinical Nutrition for Manav Rachna international Institute of Research and Sciences	February 2023



Prof Bani Tamber Aeri	Peer Reviewer for ‘European Journal of Nutrition’	2017 onwards
Prof Bani Tamber Aeri	Peer Reviewer for ‘PLOS One’	2019 onwards
Dr. Vandana Sabharwal	Expert Committee on Hospital, Diagnostics & Wellness and Medical Devices for 2022-23 at PHD Chamber of Commerce & Industry.	2022-23
<b>Department of Home Science (Human Development and Childhood Studies)</b>		
Dr. Geeta Chopra	Member, Committee for the designing of Early Identification of Disabilities in Children Framework by Delhi Commission for Protection of Child Rights (2022- ongoing)	2023 onwards
Dr. Geeta Chopra	Member, Research Advisory Board, NIPCCD	2022-2025
Dr. Geeta Chopra	Member, Health Sector Skill Council Of India for ECCE	2023
Dr. Geeta Chopra	Member, Dept Research Committee, MS University, Vadodara	2022-2024

Prof. Seema Puri (superannuated in June 2023) was member, FSSAI Scientific Panel on foods, Nutraceuticals, Dietetics and other similar products and member, FSSAI Scientific Panel on Labeling, Claims and Advertisements.

Prof Geeta Trilok Kumar (former Director , superannuated in November 2022) was member, Steering committee for Healthy Lifestyle Trajectories Initiative, A multicountry Initiative under Department of Biotechnology, Government of India; Selection Committee for Promotion to Associate Professor/Professor at various Delhi University Colleges; member, NCD Policy Group and Technical Advisory group for the Comprehensive National Nutrition Survey (CNNS) constituted by Ministry of Health and Family Welfare, Government of India & WHO; member, Consultation Group of ICMR “Growth assessment of Indian children: Need for India specific growth standards” and other technical advisory positions of ICMR, Mid-day meal scheme of Directorate of Delhi, large scale food fortification in GAIN.

## 2.4 Ph.D. Guidance

Name of Supervisor	Department	Total Ph.D. Guided	Ph.D. Awarded	Ph.D. Ongoing
Dr. Nidhi Gulati	Elementary Education	5	-	5
Dr. Jyoti Dalal		2	-	2
Dr. Ruchira Das		1	-	1
Dr. Parveen Pannu		3	1	2

Dr. Geeta Punhani	Home Science (Development Communication & Extension and Journalism)	4	2	2
Dr. Savita Aggarwal		4	2	2
Dr. Chanchal	Home Science (Fabric and Apparel Science)	6	5	1
Dr. Charu Gupta		12	10	2
Dr. Jyoti Aggarwal		5	3	2
Dr. Amita Walia		3	2	1
Dr Seema Puri (superannuated June 23)	Home Science (Food and Nutrition)	18	17	1
Dr. Tejmeet Rekhi		2	2	-
Dr. Shipra Gupta		1	-	1
Dr. Bani Tamber Aeri		9	6	3
Dr Renu Gulati (superannuated Feb 23)	Home Science (Human Development and Childhood Studies)	5	1	4
Dr. Mila Tuli		3	2	1
Dr. Geeta Chopra		9	4	5
Dr. Veenu Wadhwa		5	-	5
Dr. Renu Arora	Home Science (Resource Management and Design Application)	8	8	-
Dr. Sunita Aggarwal	Microbiology	4	2	2
Dr. Arti Nigam		3	2	1
Prof. (Dr.) Geeta Trilok- Kumar (superannuated Nov 2022)	Director	10	7	3

## 2.5 Ph. D. Awardees 2021-22

Ph.D. Awardee	Supervisor(s)	Department
Prerna Jain	Prof Charu Gupta	Home Science (Fabric and Apparel Science)
Garisha Arora	Prof Jyoti Aggarwal	Home Science (Fabric and Apparel Science)
Priyanka Arora	Prof. Bani Tamber Aeri	Home Science (Food & Nutrition)
Akshima Sharma	Prof. Savita Aggarwal	Home Science (Development Communication & Extension)

## 2.6 Research Paper Publications in Journals

Name of the author(s)	Year	Title of the Paper	Title of the Journal, volume/ issue/page number	If UGC Care/ Scopus Journal	URL/DOI
<b>Department of Biochemistry</b>					
<b>Vachher, M., Bansal, S., Kumar, B., Yadav, S. &amp; Burman, A</b>	October 2022	Deciphering the role of aberrant DNA methylation in NAFLD and NASH	Heliyon Volume 8, Issue 10, October 2022, e11119	Yes	<a href="https://doi.org/10.1016/j.heliyon.2022.e11119">https://doi.org/10.1016/j.heliyon.2022.e11119</a>
<b>Vachher, M., Yadav, S., Rastogi, A., Tihara, S., Kumar, B., Arora, T. &amp; Burman, A.</b>	October 2022	Consumption of natural products and Ayurvedic decoctions “kadha” as immunity-boosting measures during the spread of COVID-19 in Delhi.	Journal of Drug Research in Ayurvedic Sciences 2022;7:192-9	Yes	<a href="http://www.jdrasccras.com/text.asp?2022/7/3/192/360054">http://www.jdrasccras.com/text.asp?2022/7/3/192/360054</a> DOI: 10.4103/jdras.jdras_52_22
<b>Kumar, B., Bansal, S., Kapila, D., Thakur, R., Bhati, S., Grover, N., Kumar, G.T &amp; Burman, A.</b>	2023	Assessment of Type 2 Diabetes Risk in General Population using Bitter Taste Sensitivity Status to Phenylthiocarbamide - A Pilot Study.	The Indian Journal of Nutrition and Dietetics 2023; 60 (2), 201-213	Yes	DOI: <a href="https://doi.org/10.21048/IJND.2023.60.2.31037">https://doi.org/10.21048/IJND.2023.60.2.31037</a>
<b>Bansal, S., Burman, A. &amp; Tripathi, A.K.</b>	2023	Advanced glycation end products: Key mediator and therapeutic target of cardiovascular complications in diabetes.	World Journal of Diabetes. Published online, ISSN 1948-9358 (online)	Yes	Published online, ISSN 1948-9358 (online)
<b>Bansal, S., Vacchar, M. &amp; Burman, A.</b>	June 2023	Calreticulin: A quintessential multifaceted protein with therapeutic potential	Journal of Proteins and proteomics	Yes	<a href="https://doi.org/10.1007/s42485-023-00111-x">https://doi.org/10.1007/s42485-023-00111-x</a>

Devi, R., Chauhan, A., <b>Yadav, S.</b> , Kumar, P & Pundir, C.S.	2023	Development of aptamer based colorimetric assay for whole blood glycated hemoglobin (HbA1c) estimation using gold nanoparticles.	Biosensors and Bioelectronics: X 13	Yes	<a href="https://doi.org/10.1016/j.biosx.2023.100304">https://doi.org/10.1016/j.biosx.2023.100304</a>
<b>Department of Elementary Education</b>					
<b>Singhal, M. &amp;</b> Wadhwa, M.	2022	Vision of Science Education in National Education Policy -2020	Voice of Teachers and Teachers Educators	Yes	<a href="https://ncert.nic.in/pdf/publication/journalsandperiodicals/vtte/VTTE_VolXI_Issue1_July2022.pdf">https://ncert.nic.in/pdf/publication/journalsandperiodicals/vtte/VTTE_VolXI_Issue1_July2022.pdf</a>
<b>Tuli, M.</b> , Chaudhary, N. & Dalal, J.	2022	Socio-cultural Images of Motherhood: Individual Variations of a Collective Construct	Human Arenas	Yes	<a href="https://doi.org/10.1007/s42087-022-00310-w">https://doi.org/10.1007/s42087-022-00310-w</a>
Dalal, J. and <b>Tuli, M.</b>	2022	Addressing intolerant identity	Third Concept, Vol 36, No 427, (45-47). ISSN No: 0970-7247.	Yes	
<b>Department of Home Science (Development Communication &amp; Extension and Journalism)</b>					
<b>Tomar, A.Y.</b>	2022	Parsi Theatre: Mode of socio-cultural upliftment	Anhadlok publication	Yes	<a href="https://ugccare.unipune.ac.in/Apps1/User/WebA/ViewDetails?JournalId=101051571">https://ugccare.unipune.ac.in/Apps1/User/WebA/ViewDetails?JournalId=101051571</a> <a href="http://vyanjanasociety.com/wp-content/uploads/2023/02/Anhad-Lok-Special-Issue-3.pdf">http://vyanjanasociety.com/wp-content/uploads/2023/02/Anhad-Lok-Special-Issue-3.pdf</a>
<b>Tomar, A.Y.</b>	2023	Parched : Story of Women Empowerment Through Cinema	Adhunik Sahitya	Yes	
<b>Department of Home Science (Fabric and Apparel Science)</b>					

Kumar, A., Manshaha, M., & Aggarwal, J.	Jan- Feb 2023	A Review of Development of Water Prof Breathable garments	Journal of the Textile Association, Vol. 83 No. 5, ISSN 0368-4636, e ISSN 2347-2537	Yes	
<b>Batham. M,</b> <b>Kaur. B,</b> Kaur .S.	March 2023	Process optimization for application of tea Extract ( Tannic acid) using Henna( Lawsonia Inermis) Dye on cotton Fabric,	Journal of Emerging Technologies and Innovative Research (JETIR), ISSN- 2349-5162, volume 10,issue no 2.		
<b>Batham. M,</b> <b>Kaur. B</b> & Nisha	May 2023	Consumer Perception towards Rental Clothing	International Journal of Home Science, Vol. 9, Issue no 1, 326- 333, ISSN No. 2395-7476		
<b>Batham. M,</b> <b>Kaur. B</b> & Mehra, Y.	May 2023	Traditional Costumes of the Jaunsari Tribe (uttarakhand)	International Journal of Applied Home Science, Vol. 10, 101-107, ISSN No. 2394-1413		
<b>Department of Home Science (Food &amp; Nutrition and Food Technology)</b>					
<b>Gupta, S.,</b> & Kapur, D.	2022	Energy Intake, Expenditure and Balance among Female College Students Having Normal and Disordered Eating Behaviors in Delhi, India	International Journal of Food and Nutritional Sciences, 11(6), 156-162	Yes	<a href="https://www.ijfans.org/uploads/paper/cfa2ffa4e10e2c281a59c748501337f5.pdf">https://www.ijfans.org/uploads/paper/cfa2ffa4e10e2c281a59c748501337f5.pdf</a>
Sachdeva, S. & <b>Gupta, S.</b>	2022	Knowledge, Attitude and Involvement of First-Time Fathers in Infant and Young Child Feeding and Care Practices	Current Research in Nutrition and Food Science, 10(3), 959-970	Yes	<a href="http://dx.doi.org/10.12944/CRNFSJ.10.3.13">http://dx.doi.org/10.12944/CRNFSJ.10.3.13</a>
Aggarwal S, <b>Sabharwal V,</b> Kaushik P, Joshi	2022	Postbiotics: From emerging concept to application.	Frontiers in Sustainable Food	Yes	doi: 10.3389/fsufs .2022.88764

A, Aayushi A and Suri M			Systems. 6:887642.		2. ISSN No. 2571581X
Duggal M, Sesikeran B, Arlappa N, Nair S, Shekhar V, <b>Sabharwal V.</b>	2022	Large-scale staple food fortification as a complementary strategy to address vitamin and mineral vulnerabilities in India: A critical review.	Indian J Public Health. 2022 Jul-Sep;66(3):313-320.	Yes	doi: 10.4103/ijph.ijph_708_22. PMID: 36149111. 0976-0245, Online ISSN: 0976-5506
Chand A and <b>Sabharwal V</b>	2023	Effect of dietary practices and nutritional status on severity of menopausal complications -a study in urban areas of Delhi	The Indian Journal of Home Science 2023: 35(1), 128-140	Yes	
M Garg, RL Yadav, R Chopra, B Pani, <b>V Sablania</b>	2023	<u>Optimization and evaluation of quality characteristics of traditional Indian snack (baked balls) made by using pumpkin peel powder</u>	Journal of Food Science and Technology, 2023	Yes	<a href="https://doi.org/10.1007/s13197-023-05749-5">https://doi.org/10.1007/s13197-023-05749-5</a>
<b>Vandana Sablania, V.,</b> Basak, S., Don Bosco, S.J.	2023	Effect of spray drying on physical, structural, and functional properties of Murraya koenigii leaf extract	Journal of Food measurement and charatcterization	Yes	<a href="https://doi.org/10.1007/s11694-023-01992-8">org/10.1007/s11694-023-01992-8</a>
<b>Department of Home Science (Human Development and Childhood Studies)</b>					
Raees, A., <b>Tuli, M.,</b> Chaudhary, N.	2022	The moral reasoning of 4–10-year-old children about stealing	The Indian Journal of Home Science, Vol 34 (2). HSAI (238-247). ISSN No: 0970-2733	Yes	<a href="https://www.homescienceassociationofindia.com/uploads/journals/Journal_July_2022.pdf">https://www.homescienceassociationofindia.com/uploads/journals/Journal_July_2022.pdf</a>
<b>Tuli, M.,</b> Chaudhary, N. & Dalal, J.	2022	Socio-cultural Images of Motherhood: Individual Variations of a Collective Construct	Human Arenas	Yes	<a href="https://doi.org/10.1007/s42087-022-00310-w">https://doi.org/10.1007/s42087-022-00310-w</a>
Dalal, J. & <b>Tuli, M.</b>	2022	Addressing intolerant identity	Third Concept, Vol 36, No 427, New Delhi (45-	Yes	

			47). ISSN No: 0970-7247.		
<b>Department of Home Science (Resource Management and Design Application)</b>					
<b>Magu,P.</b>	May,2023	Systems Approach for Managing Killing of the Girl Child	Third Concept-An International Journal of Ideas, Vol.37,No.435 pp.29 - 31.	Yes	<a href="https://www.thirdconceptjournal.com/archives.html">https://www.thirdconceptjournal.com/archives.html</a>
<b>Department of Home Science (Physiology and Promotive Health)</b>					
Aggarwal, S., Sabharwal, V., Kaushik, P., Joshi, A., Aayushi, A. & <b>Suri, M.</b>	2022	Postbiotics: From emerging concept to application.	Frontiers in Sustainable Food Systems. 6:887642.	Yes	doi: 10.3389/fsufs.2022.887642. ISSN No. 2571581X
<b>Department of Microbiology</b>					
Bhargava S., Merkelbach E., Noels H., <b>Vohra A. &amp; Jankowski J.</b>	Sep 2022	Gut Microbiota in Chronic Kidney Disease	Toxin 14, 10, 648.	Yes	<a href="https://doi.org/10.3390/toxins14100648">https://doi.org/10.3390/toxins14100648</a>
Shrivastava, P., Ramesh, M., Kaushik, P., <b>Kumari, A. &amp; Aggarwal, S.</b>	Aug 2022	Pyocyanin pigment from Pseudomonas species: Source of a dye and antimicrobial textile finish—a review	Proceedings of the Indian National Science Academy	Yes	<a href="https://doi.org/10.1007/s43538-022-00109-x">https://doi.org/10.1007/s43538-022-00109-x</a> .

## 2.7 Books/Chapters in Books/Editors for Books/Journals

Name of the Author(s)	Year	Title of the Book	Title of Chapter	Publisher and Place
<b>Department of Biochemistry</b>				
<b>Yadav, S., Saini, A.,</b> Devi, R., Lata, S.	2022	Transducers in Biosensors. In: Kumar, P., Dash, S.K., Ray, S., Parween, S. (Eds)	<i>Biomaterials-Based Sensors (pp 101-125)</i> . Springer, Singapore. [ISBN: 978-981-19-8501-0]	<a href="https://doi.org/10.1007/978-981-19-8501-0_4">https://doi.org/10.1007/978-981-19-8501-0_4</a>
<b>Saini, A., Yadav, S.,</b> Mani I.	2022	Chapter 14-DNA/RNA-based self-assemblies for bio-sensing	In A. Pandya, R.S. Bhosale and V. Singh (Eds). <i>Design, Principle</i>	<a href="https://doi.org/10.1016/B978-0-323-90984-6.00004-0">https://doi.org/10.1016/B978-0-323-90984-6.00004-0</a>

			<i>and Application of Self-Assembled Nanobiomaterials in Biology and Medicine (pp 227-249). Academic Press. [ISBN: 978-0-323-90984-6]</i>	
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**Department of Home Science (Development Communication & Extension and Journalism)**

<b>Aggarwal, S., Sharma, V., Chakravarty, S., Kher, J.</b>	2022	Climate Change and Environmental Impacts: Past, Present and Future Perspective.	Engendered climate risk analysis: a precursor to gender equality and empowerment	Springer, Cham/ 978-3-031-13118-9
<b>Azaad, Y.,T</b>	2022	Media Content Production on Multiple Platforms	Radio Programmes and Production	13- 978- 9393998606
<b>Azaad, Y.,T</b>	2022	SATYA KATHA PUSHP DWITIYA	<i>Yuki yeh rishta Kya Kehlata hai</i>	B09N8QQ27W
<b>Kaur, B.</b>	2022	Media Content Production on Multiple Platforms	Digital Media Content Distribution Strategies	13- 978- 9393998606
<b>Vaid, N.</b>	2023	Greenways A Book on Environmental Studies Class 5	NA	837826558-3
<b>Vaid, N.</b>	2023	Right Turn A Book on Moral Values Class 8	NA	939207072-1

**Department of Home Science (Fabric and Apparel Science)**

<b>Mishra, A., Chanchal &amp; Kaur, B.</b>	2022	Unfolding Latest Researches and Practices in Fashion and Textiles	Health Care and Safety Measures in Garment Manufacturing Units	Manak Publications Pvt. Ltd, New Delhi ISBN No. 978-93-91897-36-9
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**Department of Home Science (Food & Nutrition and Food Technology)**

<b>Sablania, V., Suradeep Basak,S.. &amp; Yadav, V.</b>	2022	Spice Bioactive Compounds: Properties, applications and Health benefits edited by Sajad	Bioactive Components in Saffron	CRC Press/ISBN 978-1-032-06291-4
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		Ahmad Wani, Ajay Singh, Pradyuman Kumar		
Chaudhary, N., Malik, P.D., Chaudhary, V., Sablania V., Dewan, A., Joshi, S., Siddiqui, S., & Yadav, A.N	2022	Probiotics and bioactive metabolites production.	Probiotics for Human Nutrition in Health and Diseases	Elsevier (9780323899161)
<b>Department of Home Science (Human Development and Childhood Studies)</b>				
Chaudhary, N. Tuli, M., & Pillai, P.	2023	Farewell to variables. Book Series: Unifying science, culture and society. Information Age. Mihalits, B. Wagoner & J. Valsiner (Eds.)	Variables as obstacles to psychological science: Finding humanness beneath, between and beyond conventional categories.	ISBNs Paperback: 979-8-88730-187-7 Hardcover: 979-8-88730-188-4 E-Book: 979-8-88730-189-1

## 2.8 Faculty as Resource Person for Other Universities/ NGOs/ Organisations

Name of the Teacher	Panel/Organization	Title	Month & Year
<b>Department of Biochemistry</b>			
Prof Archana Burman	13th International conference on Liver diseases and Hepatology	Risk profile of NAFLD: Prevention and amelioration through lifestyle changes	November 15, 2022
Dr Meenakshi Vachher	Student Seminar "Carbohydrate Biochemistry - A Brief Perspective" organized by Vivekanand college, University of Delhi.	Carbohydrates - Introduction and Structure of monosaccharides, disaccharides and polysaccharides	26th August 2022.
Dr Meenakshi Vachher	Student Seminar " Understanding Biochemical Pathways of Carbohydrate Metabolism"organized by Vivekanand college, University of Delhi.	ATP Synthesis and Gluconeogenesis	09th September 2022
Dr Taruna Arora	Student Seminar "Carbohydrate Biochemistry - A Brief Perspective" organized by	"Glycolysis and its regulation"	26th August 2022.

	Vivekanand college, University of Delhi.		
Dr Taruna Arora	Student Seminar " Understanding Biochemical Pathways of Carbohydrate Metabolism"organized by Vivekanand college, University of Delhi.	Citric acid cycle and its regulation	09th September 2022
Dr Savita Bansal	Student Seminar "Carbohydrate Biochemistry - A Brief Perspective" organized by Vivekanand college, University of Delhi.	“Carbohydrates: Isomerism, physical properties and chemical reactions”	26th August 2022.
<b>Department of Elementary Education</b>			
Dr. Mamta Singhal	Science in ancient India	Webinar on “ National Science Day”	28 Feb 2022
<b>Department of Home Science (Development Communication &amp; Extension and Journalism)</b>			
Dr. Yuki Azaad Tomar	University of Occupational and Environmental Health School of Health Sciences, Dep. of Environmental Management	Documentary Production	July 2022
Dr. Yuki Azaad Tomar	ActionAid Association and International Association of Women in Radio and Television (IAWRT) - India Chapter	Resource person for the workshop on Gender Climate Change Intersectionalities, and imparting hands-on training to women and adolescent girls for making short films on smartphones sharing their own stories of climate change and its impact on their lives and livelihoods.	15th and 17th March 2023
<b>Department of Home Science (Fabric and Apparel Science)</b>			
Prof. Charu Gupta	National Institute of Design, Haryana	Design Education- Now and Ahead	14.12.22
Prof. Charu Gupta	Illinois Mathematics and Science Academy	Dyeing Textiles with Natural Dyes:Plant based and Microbial Dyes	09.01.2023
<b>Department of Home Science (Food &amp; Nutrition and Food Technology)</b>			

Prof Bani Tamber Aeri	Food Safety and Standards Authority of India	Regional Level (North Region) Screening Committee Member -Eat Right Creativity Challenge -3	March 2023
Prof Bani Tamber Aeri	9th International Chefs Conference	Panelist on the theme 'Celebrating Millets'	11th February 2023
Prof Bani Tamber Aeri	Nutrition for school Children	Fish Tank Series webinar for the webportal Skoolz.in	12 <sup>th</sup> February 2023
Prof Bani Tamber Aeri	25th Anniversary Celebration of ILSI India at the Conference on EMTRENDS on October 12.	Presented paper on Association of depression and anxiety with nutrient intake across lifespan	12 October 2022
Dr. Vandana Sabharwal	Raj Kumari Amrit Kaur College of Nursing	Resource person for teaching statistics and computer application	May 2022 and 2023
Dr. Vandana Sabharwal	National Institute of Health and Family Welfare	Infant and Young child feeding practices for students of PGDM- Public Health Nutrition	February 1 , 2023
Dr. Vandana Sabharwal	GAIN	Expert speaker on food fortification at Technical Advisory Group (TAG) meeting of on staple fortification with vitamins A and D	October 20, 2022
Dr. Vandana Sabharwal	GIZ Sector Network for Rural Development Africa	Expert speaker for webinar on "Positive Deviance: Better outcomes despite similar conditions	August 16, 2022
<b>Department of Home Science (Human Development and Childhood Studies)</b>			
Prof. Geeta Chopra	NIPCCD	Early Identification and Early Intervention for developmental delays Session for functionaries of State Adoption agencies from Bihar, Delhi, Gujrat, Jharkhand, M.P., Maharastra, Punjab, U.P., Rajasthan, Uttrakhand.	Aug, 2022
Prof. Mila Tuli	Seminar for Investigations in Cultural Psychology: Culture, Language, Transitions and Developmental Trajectories" (CULTS) at	Ethics in Human Research: Reflections from researching communities in India	15th June 2023

	the Institute of Psychology, Federal University of Bahia (Brazil)		
Prof. Veenu Wadhwa	NCERT	Resource person in the National Seminar on Indigenous Toys for Nurturing Early Childhood Development as a panelist for the topic: 'Age Appropriate Toys during Early Childhood Education and Development'	30 <sup>th</sup> Sept, 2022
<b>Department of Home Science (Resource Management and Design Application)</b>			
Dr Ritu Atheya	Ear to Hear Foundation	'Mental health and Work-life Balance'	15th April 2023
Dr Ritu Atheya	Sri Sri University, Odisha.	Virtual training workshop on 'Developing skills for Enhancing Employability Quotient' for management students	5th August 2022

## 2.9 Research Paper Presentations in International level Conferences/ Seminars/ Workshops

Title of the Paper	Name of the Author(s)	Title of Conference/Seminar/ Workshop	Date/Place/ Mode
<b>Department of Home Science (Development Communication &amp; Extension and Journalism)</b>			
Building resilience to climate change: Role of quantifying gender and climate related risks	Dr. Savita Aggarwal & Dr. Jagriti Kher	Climate and Weather-Related Extremes New Dimensions, challenges and solutions ICCWE 2022	September 19-20, 2022, IIT Roorkee, Online
<b>Department of Home Science (Fabric and Apparel Science)</b>			
Textile dyes from Fungi	Prof. (Dr.) Charu Gupta	International e-conference on Textile for Advanced Technologies TextileTech - 2022	11-13th November 2022, Online
<b>Department of Home Science (Food and Nutrition)</b>			
Takeaway-food eating practices of working adults in Delhi – NCR: A cross sectional study.	Samriti Jain and Bani Tamber Aeri	6th AMIFOST- International Conference on Multidisciplinary approaches for healthy and sustainable foods	13-14 April 2023, Amity University, Noida. Physical mode

## 2.10 Research Paper Presentations in State/ National Level Conferences/ Seminars/ Workshops

Title of the Paper	Name of the Author(s)	Title of Conference/Seminar/ Workshop	Date/Place/ Mode
<b>Department of Home Science (Fabric and Apparel Science)</b>			
Finding the Gap Between Purchase Intention and Purchase Behaviour Towards Sustainable Clothing Amongst College Students	Ms. Shikha Singh, Himanshi Chauhan and Prof. (Dr.) Jyoti Aggarwal	34th Biennial National Conference of Home Science Association of India (HSAI)	15th-17th Dec' 22 at St. Teresa's College, (Autonomous) Kochi, Kerala, Offline Mode
<b>Department of Home Science (Food and Nutrition)</b>			
Breastfeeding Beliefs and Practices among the Covid-19- Infected and Uninfected Mothers of the Delhi-NCR on	Shristi Saklani and Vandana Sabharwal	National E-Conference PaushtiCon 2023 organized by Nutrition Society of India, Mumbai Chapter	27-28 January 2023( Online)

## 3. DEPARTMENTAL ACTIVITIES

### 3.1 About the Departments

#### 3.1.1 Department of Biochemistry

The department of Biochemistry imparts meticulous training to the students to shape them into Biochemistry professionals with conceptual clarity and updated laboratory skills. Theoretical knowledge as well as extensive hands-on practical training are provided to students in various advanced level theory and practical subjects. Analytical and problem solving skills are developed in students to cultivate competence in research and innovation. The Department regularly organizes workshops, seminars, webinars, lecture series, educational trips, alumni reunions and skill development programmes to facilitate teaching learning process. Eminent speakers and alumni from various prestigious institutes are invited to deliver lectures and interact with students.

#### Major Activities in the year 2022-23

- Seminars and Symposium

The department conducted an online International symposium “Chronobiology and mental Health” in collaboration with the Shastri-Indo Canadian Institute (SICI). Ten international and national speakers shared their views on the topic with students and other participants. The department also organized a Capacity enhancement workshop on “Data Management, Faculty Development program on “Research Ethics and Plagiarism” and Seminar on “Career perspectives in Bioinformatics”.

As a part of extension and outreach activities the department organized a National hands on Workshop on “Qualitative Analysis of Carbohydrates on 08.09.2022 and Hands on workshop on “Quantitative analysis of Carbohydrates” on 21.10.2022 for undergraduate students.

- Educational visits

BSc (Hons) Biochemistry Semester V students visited National Institute of Plant Genome Research (NIPGR) along with Dr. Sandeep Yadav and Dr. Bhupender Kumar. The students also visited National Institute of Immunology (NII) along with Dr. Nalini Moza Wali on 28<sup>th</sup> March 2023. Semester V students also visited the electron microscopy facility of All India Institute of Medical Sciences (AIIMS) along with Dr. Meenakshi Vachher and Dr. Taruna Arora on 5<sup>th</sup> January 2023.

### **3.1.2 Department of Elementary Education**

The Department of Elementary Education offers a four-year integrated Bachelor of Elementary Education (B.El.Ed.) programme to students after the senior secondary (class XII) stage of school. This is a bilingual programme, conceptualized by the Maulana Azad Centre for Elementary and Social Education (MACESE) of the Department of Education, University of Delhi. Launched in the academic year 1994-95, the programme was an attempt towards fulfilling the need for professionally qualified elementary school teachers. The programme is intensive and focused to prepare teachers by providing a supportive and stimulating environment. A good number of B.El.Ed. graduates of the Department have been placed in government and private schools as professionally qualified elementary school teachers. Others are pursuing post-graduate studies and research in disciplines like education, linguistics, psychology, languages, history, social work, sociology, mathematics, environmental studies and political science. Many B.El.Ed graduates are pursuing research in educational studies in Central Universities and some of them are working as teacher educators.

### **Major Activities in Year 2022-23**

The department conducted several activities in the academic session 2022-23. Activities were planned with the aim of curricular enrichment, strengthening knowledge systems (theory-praxis connection) and holistic development of students. Through some of the events, efforts were made in reaching out to diverse groups with a community outreach perspective through field engagement. Overall, throughout the academic year, the several academic initiatives undertaken by the department have been a fruitful learning experience for both faculty and students. The diverse activities/events organised by the department are as follows:

- A talk by Prof. Anita Rampal, former head and dean, CIE, DU was organised as part of Teachers Day Celebration on the Idea of Independent India and its Teachers.
- Series of Reflective writing workshops were organised. The experts were largely the El.Ed alumnae.
- Visit to an archival exhibition by the National Archives of India titled Saga of Freedom: Known and the Lesser Known Struggles was organised.
- Visit to Uttar Nagar Potters Colony (field engagement) to capture and understand the lived realities of the community.
- Visit to Digantar, Rajasthan (field engagement) to understand innovative practice in teaching and learning in alternative schools.
- Visit to National Institute for Empowerment of Persons with Visual Disabilities, Dehradun (field engagement) to empower students with inclusive pedagogical methods especially vis a vis students with visual impairment.
- Series of puppetry workshops were organised with the aim to expose them to the idea of how puppets can be a medium for storytelling, a pedagogical method in language teaching in schools.
- Workshop on Mandala Art was organised with the aim of exposing students on how art can be a medium of understanding the multiple lifeworlds of children in schools.
- Workshop on Lesson planning the UDL way was organised to expose students to inclusive teaching-learning. The workshop was conducted by Ms. Subha Chandrashekhar, Founder-Director, Anugraham
- A Panel discussion was organised on Scientific Temper among students by eminent experts from the discipline of science.
- Visit to the Cluster Innovation Centre and Jodo Gyan was organised to expose students to innovative materials and methods of teaching mathematics.
- Bird watching at Aravalli BioDiversity Park was organised as part of the G20 celebration
- A talk Prof. Sudha Singh from DU was organised to celebrate Hindi Pakhwada as part of NEP, 2020.
- Visit to CIET, NCERT to expose students to how ICT plays a significant role in the teaching of mathematics.

### **3.1.3 Department of Home Science (Development Communication & Extension and Journalism)**

Communication has the power to touch and transform human lives by empowering them with information and knowledge. In the backdrop of this normative premise, the Department offers specialization in Development Communication and Extension in the form of a B.Sc. Home Science course. The Department started offering B.A. (Hons) Journalism programme in 2017-18 academic year. The Department focusses on importance of communication in all aspects of personal, professional, and public life as well as the centrality of communication to culture and vice versa. The Department prepares students for leadership goals in development sector,

media industries, and trains them to critically analyze ways in which communication and media reflects, represents, and influences the world.

Our students receive training both at theoretical as well as practical levels of communication through the use of modern ICTs and traditional media forms. The thrust of the Department is on a multitude of practice-based skills and knowledge structures that allows students transition smoothly and confidently from seminars rooms to real-time work spaces. At the Department studio and audio lab, students train and undertake production of radio programs, short films, documentaries, participatory videos, digital stories, photo features, power point presentations, newsletters and audio-visual shows. Besides, print as well as traditional media genres such as educational floor and board games, grassroots comics, posters, infographics, advertisements, flip charts, flash cards, bulletin board, street play and puppetry are also designed and developed. Furthermore, field visits, interaction with community members at the grassroots level, conversations with the industry, seminars, workshops and lectures by experts, inter-college and intra-college competitions are an integral part the course.

### **Major Activities in Year 2022-23**

- Annual Academic Festival- Comscape

Seminar on G20 and Media

The department organized the annual academic festival, *Comscape 4.0* in which a number of programmes were held that included a seminar on “Role and Responsibilities of Media in the Era of G20.”

On-the-spot competitions: To provide students an opportunity to showcase their skills, competitions such as photography, RJ Hunt were organized. Activities like Treasure Hunt and Goonj- the street theatre competition saw enthusiastic participation.

- Student Exchange Programme

The students and faculty members were selected for ‘Sakura Science Exchange Program’ fully funded by Japan Science and Technology Agency to visit University of Occupational and Environmental Health, Japan (UOEH), in Kitakyushu. Faculty members Dr. Yuki Azaad Tomar and Ms. Bableen Kaur (got funded for the accommodation) along with 5 students from B.A (hons.) Journalism namely Ms. Syed Muskan Shafiq, Ms. Sanya Raghwa, Ms. Soha Sharma, Ms. Mihika, Ms. Suhani Bothra and Ms. Mira Batra were selected for the programme for period of 8 days. The theme of the program was "Health and Welfare of People with "Everyone is Different"". This exchange program brought together students from 4 countries (South Korea, USA, Japan and India) with very different cultures, and provided an opportunity for them to consider the future of society from their own countries and from a global perspective under the theme of Japanese social technology.

The students attended lectures on occupational medicine. The students also had the opportunity to visit the YASKAWA Innovation Center, Shabondama Soap factory, and the TOTO Museum.

- MoU with International Association of Women in Radio and Television (IAWRT)



Department signed Memorandum of Understanding with International Association of Women in Radio and Television (IAWRT) for year 2023 to organize the film festival organized by the organization.

IAWRT Film Festival is an annual global celebration of independent filmmaking that showcases some of the world's most original and distinctive films. This year our department was a supporting partner with IAWRT for the 18th edition of the Film Festival showcasing the works of Asian women filmmakers. Over 60 films from over 20 countries were screened during the three days. The festival organisers received over 1300 entries. The event was held in the heart of Delhi at C D Deshmukh Auditorium, IIC, the festival programme featured a wide variety of cinematic experiences, workshops and conferences that attracted cinephiles, film scholars, students, filmmakers and film enthusiasts from different parts of the country as well as abroad.

During a three-day IAWRT film festival parallel sessions of series seminars were conducted to discuss key issues related to media and society ensuring a proper flow of knowledge Workshops, Roundtable discussions and interactive sessions contributed in passionate interaction and active participation. Six seminars were held in Pergola, India International Centre.

Students and faculty members participated in following seminars:

1. Farzi: busting fake news and misinformation
2. 'Making Films & Watching Films: Gender in Hindi Cinema'
3. Gender Inclusivity

Round table discussion on Gender Climate Change Intersectionalities

The Department aims to provide industry Academia interface and to equip students of current generation with new-age technologies in the field of communication, extension, journalism, advertising, radio production, to name a few. In order to provide an interface with the industry the department organized 16 seminars, workshops, talks and webinars.

The Department held a workshop on "Innovative Approaches in Development Communication" by Prof. (Dr.) Devendra Sharma from the California State University, United States of America.

- Educational Visits

- a. Visit to *The Quint*

The Department organized a students' visit for B.A. (Hons.) Journalism to *The Quint* head offices at Noida. The students toured the newsroom and got to know the internal workings of a digital news platform. *The Quint* editorial team interacted with the students on key concerns of the contemporary practice of journalism.

- a. Visit to The Camera Museo

The Department took the students of journalism to Museo Camera Centre for the Photographic Arts located at Gurugram, Haryana. The visiting students got a first hand experience of navigating the history of photography via the display of antique cameras dating back to the early experiments in the art of photography.

6. Short term course on Digital Marketing

A 30-hour short term course on digital marketing was conducted by the Department between 16th January to 16th February. The course was a second in line of short term programmes offered by the department. More than 20 candidates successfully completed the course.

### **3.1.4 Department of Home Science (Fabric and Apparel Science)**

Department of Fabric and Apparel science aims at the following objectives

- To create awareness of current trends, recent developments and technological changes happening in the field of Fabric and Apparel Science.
- To appreciate the heritage of textiles to draw inspiration for the present.
- To equip students with necessary knowledge and skills for creative, managerial and technical careers as well as entrepreneurship.

The Textile and apparel sector is a vital constituent of the Indian economy and a significant provider of employment and self-employment opportunities. The Department offers B.Sc degree in Home Science (Hons.) and (Pass), M.Sc. degree in Fabric and Apparel Science as well as PhD degree, which is designed to cater to the needs of the textile and clothing industry as well as the education sector.

The Department has well equipped laboratories for imparting hands-on training to our students. Students are given the opportunity to gain first hand practical knowledge on drafting blocks and making basic/ advance patterns. dyeing and printing of textiles, garment manufacturing and fabric testing. To further enhance students' exposure, various field visits are planned throughout the year.

The course balances traditional textiles and design on one end, fabric and garment processing and quality control on the other end. The students are given extensive theoretical knowledge as well as practical input by way of rigorous experimental work, portfolio development and industrial training.

The two year long Masters programme provides in-depth research and documentation as dissertation. The student of M.Sc. study papers on Advanced Fabric Science and Quality Assurance, Pattern Making and Apparel Production, World Textiles, Dyeing and Printing, and Marketing and Merchandising.

Students have various job options after completing the course, in dyeing and printing houses, craft based NGOs, and in apparel production centres as designers, merchandisers or quality control and textile testing labs as well as in academics.

### **Major Activities in Year 2022-23**

- Department of Fabric and Apparel Science celebrated 8th National Handloom Day on 29 th August 2022 by organizing talk on Handloom by Ms. Rema Kumar, Textile

Designer. The Department also celebrated 'International Crochet Day', a workshop on Crochet was organized on 12th September 2022.

- Department of Fabric and Apparel Science, organized by Fab Fest 2023 on 20- 21st March 2023, various activities like student competition, fashion show, workshop on Madhubani painting and stalls of different traditional textiles were organized.
- Department organized various workshops/talks on Eco printing, 'Kasim Karam' and on Hand Embroidery during the year.
- The making of convocation attire inspired from the Indian angavastras at DU's 99th convocation. It all started with the Dean Examinations approaching Mrs. Bela Kapoor, Teacher-in-Charge of Fabric & Apparel Science Department and Prof. Jyoti Aggarwal for designing attire for the University Convocation in early September of 2022. A Committee was set up and a design brief was to develop attires based on Indian traditional costumes. The Designs had to be conceptualized, technical specifications sheet had to be drawn and prototype developed for the attires that would eventually be used by the President of India as Chancellor of the University, Vice Chancellor and all dignitaries on stage, the procession of deans and principals and special invitees, PhDs, masters, and bachelors medal holders.
- Prof. Charu Gupta and Prof. Jyoti Aggarwal took MSc Sem 2 students for field visit to Shahi Export House on 5th June 2023.

### **3.1.5 Department of Home Science (Food & Nutrition and Food Technology)**

The Department of Food and Nutrition & Food Technology (FNFT) organized several activities for the students, faculty, and the community at large to enrich them about the important aspects of food, nutrition, and lifestyle in the academic year 2022 – 2023. The department offers two PG programs, M.Sc. (Food & Nutrition) and one year Post Graduate Diploma in Dietetics and Public Health Nutrition (PGDDPHN). The courses within these programs have been carefully designed to improve students' core competencies in the areas of public health nutrition, dietetics, and food science. To widen the horizon of the students, the department holds seminars, workshops and lectures delivered by eminent people working in the related fields. The students and faculty are encouraged to participate and present papers at various National and International conferences.

The department actively participates in community-based programs aimed at disseminating nutrition and health messages to vulnerable segments of society, including adolescent girls, pregnant women, nursing mothers and school students. Faculty members and students of the department actively engage in professional societies such as the Nutrition Society of India, the Indian Dietetics Association, and the Association of Food Scientists and Technologists, India. Furthermore, the faculty is represented on various research and advocacy committees established by the government.

### **Major Activities in Year 2021-22**

The Department of Food and Nutrition and Food Technology organized several activities such as webinars, workshop, competitions, internships, community outreach sessions etc. throughout the year besides regular academic activities to fulfil its commitment towards

building a cadre of excellent and productive professionals in the field of nutrition and food technology. The academic fest of the Department was celebrated during the *Rashtriya Poshan Maah* in September 2022. Some activities conducted were:

- National Webinar on “Women's Health Awareness- bridging the gap between knowledge and practice” was organised in collaboration with NSI Delhi Chapter and Azzura Pharmaconutrition on 16<sup>th</sup> September 2022
- Workshop on Vedic Nutrition: Department in collaboration with Dr. Shikha Sharma's One Health Initiative organized a workshop on “Introduction to Vedic Nutrition” on 21st March'2023
- Faculty Development Programme on HPLC: The Department under the aegis of IQAC organized a Faculty Development Programme on “HPLC: working and applications in food analysis” on 29th november'2022.
- Webina on: Millets-nutritional value and potential as nutraceuticals and functional food: Department in collaboration with Council for Promotion, Research, and Trade of Traditional Foods (CPRTTF) as a part of celebrations of International Year of Millets on 17<sup>th</sup> August 2022
- Interactive talk on Orientation Day “Alumni Vision: inspiring success on orientation day”
- Outreach activity conducted on millets in Kendriya Vidhyalay: as a part of nutrition awareness about “millets and their nutritional value” the Department in association with Nutrition Society of India, Delhi Chapter conducted an outreach activity program on millets.
- Community outreach program- शिशुओं का पोषण और देखभाल (राष्ट्रीय पोषण माह सितंबर 2022): as a part of activities to be conducted to celebrate “Poshan Maah” in September, Department conducted a community outreach programme on the importance of nutrition for infants. The programme was conducted in an Anganwadi Center in Neb Sarai in Delhi on 21st September 2022.
- Reaching masses through online drive - Ccampaign for Nutrition Awareness on various Millets”: the Department conducted an online drive highlighting the importance of millets through social media platforms such as Linkedin and Instagram to celebrate “Rashtriya Poshan Maah”. Over the course of 10 days starting from 19th September 2022 to 28th September 2022 information regarding millets such as Ragi, Kodo, Sorghum, Little Millet, Barnyard Millet, Foxtail, Brown Top, Pearl Millet, Proso and Buckwheat was shared through daily interactive social media posts and stories.
- Diet Counselling Centre- the department of food and nutrition & food technology started the ‘Diet Counselling Centre’ for the students and staff of the college in the year 2022. It was inaugurated by the Director, (Prof.) Geeta Trilok Kumar during the Poshan Maah celebrations on the 23rd of September, 2022.
- Anemia Mukht Bharat campaign- students of M.Sc. Food & Nutrition participated in the Anemia Mukht Bharat campaign of the Govt. Of India at the India International Trade Fare, held in November 2022.
- Introducing millets based innovative food products in college canteen

- Quiz competition on millets- Department organized an Intra College Quiz competition on 4th November 2022 to celebrate International Year of Millets.
- Poster-making competition: an Intra-college Poster-making competition on the theme “Women and Health” was organized by the Department during the Rashtriya Poshan Maah 2022.
- Visit to Krishi Vgyan Mela- a visit was organized to PUSA Krishi Vigyan Mela 2023 for the students of M.Sc Food and Nutrition, specializing in Public Health Nutrition, on 3rd March 2023.
- Visit to Delhi Milk Scheme – B.Sc Food technology students (32) and final year students of M.Sc. Food and Nutrition Group C (5) were taken to Delhi Milk Scheme, Shadipur, Delhi on 7 February, 2023.
- Global Millets Conference- Students of B.Sc. (H) Food Technology attended “Global Millets (Shree Anna) Conference at IARA, PUSA on 19th March’2023. Students attended the scientific lectures and also visited stalls displaying innovative products made with millets.
- Student’s training on aspects of IYCF at National Institute of Public Cooperation and Child Development (NIPCCD)- about 40 students of DDPHN and M.Sc Food & Nutrition had attended structured training sessions on infant and young child feeding practices and breastfeeding promotion and education organized by NIPCCD.
- Internships at various organizations were organized for students of M.Sc. Food and Nutrition in June - August 2023 as well as June - July 2023. Students of Post Graduate Diploma in Dietetics and Public Health Nutrition undertook internships at Hospitals across Delhi NCR and Punjab, and Food Technology students undertook internships at various food-based organizations.

### **3.1.6 Department of Home Science (Human Development and Childhood Studies)**

Department of Human Development and Childhood Studies is committed to preparing professionals who can successfully engage with multiple contemporary concerns and the changing global challenges through academics, research activities and community action.

HDSCS department, has always been very conscious of extending the teaching learning process beyond the classroom by providing students with varied opportunities to experience and discover the real world. Student seminars, workshops by eminent resource persons and field trips to relevant organizations is an innate part of the department practice.

#### **Major Activities in Year 2022-23**

Aarambh, an Early Childhood Learning Centre is one of the very pertinent initiatives nurtured under the guidance of the Department of Human Development and Childhood Studies. Through this centre, the department affirms its approach towards holistic child development and reconstructs happy and joyful childhood experiences. The central vision of AARAMBH is to focus on early learning by providing a range of child stimulation activities guided through physical-motor, cognitive- language and social – emotional domains of development. The

centre envisions optimizing age appropriate abilities for early brain stimulation where learning is playful. Aarambh provides the following facilities:

Aarambh creche for 6 months to 2 years

Early Learning Centre for children of ages 2 to 4 years

Day care Programme for Children between 2 to 10 years

After School Programme for Children between 5 to 10 years

Counselling, Guidance and Workshops forum

Another very important initiative of the department is VOICES - The Mental Health Society. It was established in February 2019. Since its inception, the society has strived to touch upon the lives of as many individuals as it can within and beyond the college boundaries. The society is involved in conducting training sessions for students, organizing workshops and providing assistance to those who reach out. Voices was successful in creating a safe space for people to vent their emotions without any judgment.

The counselling room of IHE, Ikshana was established with the purpose of providing a safe and comfortable space for people to address their problems. A counselor is available on Thursday from 10 - 12 P.M. within the campus grounds, awaiting to discuss any issues that one might be facing.

#### Field Visits

- Students of B.Sc. (Pass) Home Science Sem V visited the anthropology department to gain an insight into the materials that existed in different cultures from time to time. This was a part of their Sociology of Working with Family and Communities practical. The visit was on 24.08.2022.
- Students of B.Sc. (Hons.) Home Science Sem VI visited potters community at Sarojini Nagar to understand the construction of childhood in an artisan community on 02.09.2022.
- Students of B.Sc. (Hons) Home Science Sem V visited Katha centre for a session on writing, editing and publishing for children on 30.09.2022.
- Students of B.Sc. (Pass) Home Science Sem V visited Dilli Haat as part of their SWFC practical to understand the tradition and culture of different artisans on 11.10.2022.
- Students of B.Sc. (Pass) Home Science Sem V visited ASHA HAI, an organization working in the field of disability as part of their curriculum of Children with Disability. The visit was on 04.11.2022.
- Students of B.Sc. (Hons. & Pass) Home Science Sem III visited Mobile Creche' as part of their Early Childhood care and Education/Development practical on 04.11.2022 and 23.11.2022 respectively.
- Students of B.Sc. (Hons.) Home Science Sem III visited Museum of Illusions as part of their SEC paper Understanding Psychology on 01.12.2022 to gain an insight into how illusions work.

- Students of B.Sc. (Hons.) Home Science Sem IV visited KARMA CARE as part of their Adolescent Relationships practical. The visit helped them understand the issues and challenges faced by the adolescents and how counsellors and psychologists help them cope with the same. The visit was on 31.01.2023.
- Students visited shelter homes at AIIMS to understand and document the exclusion and vulnerability of children in need of care and protection. Students visited shelter homes at AIIMS to understand and document the exclusion and vulnerability of children in need of care and protection. They interacted with the children and caregivers to gain insights into their living conditions and the challenges they face on a daily basis. Additionally, the students also explored possible solutions to address the issues faced by these children and presented their findings at the department level. The visit was on 31.01.2023.
- Students of B.Sc. (Hons.) Home Science Sem VI attended Netri Submit on 03.02.2023.
- Students of B.Sc. (Hons.) Home Science Sem VI visited AADI, an organization working in the field of disability as part of their curriculum of Childhood Disability and Social Action. The visit was on 08.02.2023.
- Students of B.Sc. Home Science IV Sem Hons and VI Sem Pass participated in a Storytelling for community in Mayapuri supported by Katha and PVR garima greh on 15.03.2023. Collaborated with children's publication house Katha and executed a storytelling and interaction session for children in and around the communities of Garima Grih, Kirti Nagar. The session aimed to promote the love for reading and storytelling among children and provide them with a platform to express their creativity. The event was well-received by the children and their parents, who appreciated the efforts put in by both Katha and the IHE.
- Students of VAC subject Ethics and Culture Sem II Hons visited Dilli Haat to understand the ethics of business that the shopkeepers at Dilli Haat keep in mind while doing business. They also tried to understand the traditions and cultural practices of their business.
- Students of all the groups (microbiology, biochem, foodtech and home science pass and hons) visited Mobile Creche' as part of their Early Childhood care and Education/Development practical on 19.05.2023.

### Academic Festival

The Department of Human Development and Childhood Studies organized a two day academic festival "Kaleidoscope" 2023 on the 5<sup>th</sup> and 6<sup>th</sup> of April 2023. These two days were aimed at widening the horizons of the students on issues related to community research, laws for women and children, education for life skills, understanding the self and revisiting childhood. All of which originate and align with the G 20 theme of holistic health and well being.

The faculty and students interacted with the experts from the field of Gender Studies, Laws, and Child Development on various themes.

One of the sessions focussed on 'Engaging Communities: Tools for Making Change' by City Sabha. This was an interactive session that informed students about innovative approaches to researching communities. 'Getting to know me' by Mittika was a fun session on a very deep rooted topic. Laws for women and children: Noise, Voice and the Change by Advocate Swati Jindal Garg, Supreme Court, highlighted laws and Rights for Women and Children. Nutritional Psychotherapy by Nutrishala and Life Skill Education for Gender Equality in Schools by Room to Read were two very useful sessions for the students.

In addition students were involved in activities and games in collaboration with the Mental Health Society – VOICES depicting "Mera Bachpan" and "Revisiting Childhood. Students also participated in insta post making on the theme on LGBTQIA+ Community, disability, inclusion and gender equity; and charcoaling childhood took the students back into childhood through doodle and sketches depicting the young child.

Counselling sessions were organized for students during both days of the academic fest. The department received an overwhelming response during kaleidoscope.

### **3.1.7 Department of Home Science (Resource Management and Design Application)**

The department of Resource Management and Design Applications is a creative and robust department which brings together resourcefulness and design applications together to create many opportunities for its students. The major area of study are management, design, environment and consumer education.

#### **Major Activities in Year 2022-23**

The department has continued to make significant contributions to the success of the college over the past one year. Some of the major activities conducted during the year were-

- Celebration of 'World Entrepreneurship Day' by having an interactive session on 'Journey towards being an Entrepreneur' by Mr. Mohit Goyal, corporate finance expert, CA and founder of KGMC India, Gurugram, Haryana. On another day, he spoke on 'Financial literacy'.
- Field visit to J.S. Institute of Design and workshop on 'Interior Styling and Draping' on 26th September 2022.
- Field-visit to TARA (Technology and Action for Rural Advancement) for understanding sustainable processes and waste paper recycling on 30th September 2022.
- Training workshop on 'Recycling Waste Paper' conducted by Mr. Piyush Pant, Trainer at Tara Machines and Tech Services Pvt. Ltd. on 30th January, 2023 in the college.
- An educational visit to the 'Asian Conference on Indoor Environmental Quality (ACIEQ) 2023' on 24th and 25th February 2023. The students received special recognition during the valedictory ceremony for their participation.



- Educational visit to the 'Yogan Solutions 'organized by Centre for Sustainability to understand indices of air quality and sustainable solutions for clean air on 17th March 2023.
- Events such as Mega plantation drive, demonstration cum hands-on workshop on 'Creating Terrariums', Safe Holi Campaign and training session on 'Waste Management and Ecosystem Restoration' in collaboration with the Eco - club 'Prakritik'.
- In addition to the above, the annual academic festival 'Oracle' was organised on 12th April 2023 on the theme 'G20: Empowering women through Innovation'. As part of the festival, workshops were conducted on 'Creating Moodboards' and 'Mandala Art'. An 'Entrepreneurial Mela 'was also organised in which students had to come up with unique entrepreneurial ideas with investment of only Rs. 500. The teams were given opportunity to sell the products and make profit. The students were also encouraged to participate in competitions such as Advertisement-Designing Competition on the topic - 'G-20 - Strengthening Consumer Protection through Digitalization' , 'Cash from Trash 'and designing floral patterns using Autocad software. Ms. Priya Gupta, founder of NGO -Sarvpriye Foundation and Sarvpriye Creations MSME was the chief guest.

### **3.1.8 Department of Home Science (Sciences)**

The Science Department of the college comprises three branches of science: Biology, Chemistry and Physics, which play an important role in the fundamental development of interdisciplinary courses such as Home Science, Microbiology, and Biochemistry.

The Department of Biology's primary goal is to plant the seed of knowledge in the minds of young people so that they can excel in the field of modern science. The Department is devoted to discovering fundamental knowledge of the living world and is built on the foundations of Zoology and Botany. We take multi-dimensional approaches to study biology across various scales.

#### **Major activities in year 2022-23:**

- An intercollege poster making competition was organised on the event of World Mosquito day, 20- August 2022, on the theme "Unite to fight against Malaria".
- To encourage students to engage in home gardening, the Department of Biology, in collaboration with the Environment and Community Outreach Committee, organised two workshops on September 29, 2022 and February 8, 2023. Dr. Mamta Bhardwaj, Assistant Professor at Hindu Girls College in Sonipat, Haryana, presided over the session. Around 85 people attended both workshops, including students and staff members.

### **3.1.9 Department of Home Science (English)**

The Department of English offers courses in both language and literature to the students. Those enrolled in Home Science (Pass and Honours), Microbiology, Biochemistry, Food Technology

and Journalism are taught English communication skills as part of the compulsory AECC paper, in the first year of their undergraduate studies. The curriculum aims to improve the listening, speaking, reading and writing skills of the students with the aim of preparing them to face the challenges of higher studies or of a work environment.

The Department also offers an English literature course as a Liberal Option to the students enrolled in the B.El.Ed. programme, in the second and third year of their undergraduate studies. The focus of the curriculum is to acquaint students with a wide array of literary works, from the 16<sup>th</sup> century onwards to the present day. The students are trained to develop their analytical and critical abilities and fine tune their writing skills, in order to address their professional needs and requirements as future educators.

### **3.1.10 Department of Home Science (Physical Education)**

The Physical Education 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 works towards improving the health, fitness and wellbeing of the staff and students at I.H.E. The main characteristic of the department is its multidisciplinary approach. The department contributes meaningfully to College life via the delivery of enjoyable, inclusive and varied sports/health related activities. The well equipped Fitness Centre and Gym facility is another step towards nurturing a healthy campus to cater the needs of the staff & students interested in Health & Fitness Activities. It has a big Sports Activity Hall, where Yoga, Zumba /Aerobics, Judo, Taekwondo, Chess and Carrom classes are organized for students on a regular basis. Meditation, Stress Management and Diet Counselling sessions are also organized here. The college has a Table-Tennis Hall and a Basketball ground, which caters to the interest of TT, and basketball lovers for day to day practice and is being used for Inter- college tournaments and Inter-House matches. Whilst recreational sport constitutes the highest level of participation, the heartbeat of sports at IHE are the zumba, self-defense and yoga classes. The most awaited event is “Enthusia, the Annual Sports Festival, an extremely exciting event for the students.

### **Major Activities in Year 2022-23**

The Sporting calendar this year once again filled with a wide range of Sporting opportunities available to our students and staff *under the aegis of centenary celebrations and G20*. This venture enabled the students and staff to have fun, learn new sports, enhance social interaction and tests one’s physical capability. These competition also offered a break from the daily routine tasks and recreated or re-energetic them. Department and Sports committee initiated the opening of IHE Fitness Centre and avail the Sports Facilities at IHE Fitness centre. Gym was reopened in November 2022 for staff & students and about 20 people using the gym on regular basis. Students are provided with Sports equipment like badminton racquets, shuttles, table tennis racquets and balls, basketballs, volleyball, carom, chess and taekwondo equipment. Professional coach was also provided to Basketball and Taekwondo team of the college.

- Intra-College tournaments: Considering the concept of “SPORTS FOR ALL” Department organized Inter- and Intra-College tournaments for students as well as some Sports activities for staff (teaching and non-teaching) *under the aegis of centenary celebrations and G20*. Some of the important events that were organized include Badminton, Basketball, Relay Race, Yoga, Taekwondo, and some indoor games like Carom, Table tennis and Chess.

Intra-college table tennis was organized in March 2023.

Intra-college Caroms was organized on 21<sup>st</sup> March, 2023

Chess tournament was organized on 20<sup>th</sup> March, 2023

Intra-college badminton tournament was organized on 20<sup>th</sup> March and 23<sup>rd</sup> March 2023

- Inter College tournaments: IHE Basketball Team also participated in various **Inter-college tournaments** in Jesus and Merry College, LSR, and Miranda house and performed very well. IHE Basketball Team secured 3<sup>rd</sup> position in Miranda House college. IHE Basketball Team also secured 4<sup>th</sup> position in Jesus and Mary College. Our team also reached to the quarterfinals in Lady Shree Ram College. Inter-college Yoga competition was also organized by IHE during which 1<sup>st</sup> and 3<sup>rd</sup> positions were secured by Gargi College and 2<sup>nd</sup> position by SPM College. College students also participated in Basketball, Volleyball, and Taekwondo team in inter-university selection trials conducted by DUSC. Teaching and non-teaching staffs were also motivated by committee to participate in the selection of trials of vice Chancellor’s Cricket team and Mr. Akash from Dept. of Microbiology was selected for the same.
- Sports Day: The much awaited Sports Day was held on Thursday, 27<sup>th</sup> April 2023 with great zeal, excitement and frolicsome atmosphere. It was a one day event hosted under the guidance of Prof Dr. Namita Saini and Director Prof. Dr. Renu Arora and indulgence of all the sports committee members and Enthusia (sports society of IHE). The chief guest panel consisted of Mr. Aman Sharma senior basketball coach of SAI, Col. Rajinder Singh Bhanwala, Arjuna Awardee in rowing and Mr. Rohit Thakur who is FIBA international official and national coach of Delhi team. The sports day had two inter-college tournaments one of Table Tennis and other was Yoga. Tennis tournaments were held along with a Zumba session by BHANGRA ENERGIA team. The different colleges of University of Delhi participated in the tournament. The 1<sup>st</sup> and 2<sup>nd</sup> position were secured by Kirorimal College and 3<sup>rd</sup> position by Shaheed Rajguru College of Applied sciences for Women.

### 3.1.11 Department of Home Science (Physiology and Promotive Health)

Human Physiology is a branch of basic medical sciences which provides the framework for studying the normal body functions, mechanisms, and their interactions within an organ system in the human body. The Department of Physiology & Promotive Health specializes in various aspects of Physiology such as Neurophysiology, Nutrition, Gerontology, Sports, Exercise Physiology, as well as Medical Microbiology. The Department aims to foster the development of professional skills through a well-designed physiology curriculum; based on

experiments, training and research. The Department maintains an adequately equipped medical room under the guidance of a full-time medical nurse. It has all the basic primary first aid facilities to manage minor ailments and check blood pressure, oxygen saturation and blood glucose etc. In case of any emergency, the students are referred to government hospitals like AIIMS and Safdarjung Hospital. Regular health camps are organized in college by trained medical professionals.

### **3.1.11 Department of Microbiology**

Microbiology is a specialised and one of the most vibrant areas of biology having immense potential and applicability. It is a challenging and exciting scientific discipline that can function synergistically with allied courses like Genetics, Biochemistry, Molecular Biology, Cell Biology, Environment, Biotechnology and Bioinformatics.

The Department of Microbiology at Institute of Home Economics has well equipped state-of-the-art laboratories to conduct experiments and provide hands-on-training to undergraduate students. The Department organises workshops, seminars, webinars, hands-on-training, lecture series, educational trips and skill development programme to enrich teaching learning process of students and to kindle their interest in the subject. Eminent speakers and Alumni from various prestigious institutes are invited to deliver lecture on their topic of research and interact with. The students and faculty continuously strive to attain greater heights in terms of academics, talent nurturing, innovative research

### **Major Activities in Year 2022-23**

- Seminars and Symposium: Department of Microbiology has conducted 7 online lectures from eminent speakers in the field and 4 offline lectures along with a one day symposium.
- Department celebrated the World Biofuel day on 10<sup>th</sup> August 2022 by organizing a webinar on the Topic “Implementation of Biofuel and its future roadmap in India” by Prof. V.K.Vijay, CRDT,IIT Delhi.
- The Department celebrated National Science Day on 28th February 2023. Dr. Shailesh Kumar of National Institute of Plant Genomic Research was our guest speaker. He spoke Role of Bioinformatics to understand genome biology. This was followed by student activities like quiz and Just a minute.
- One day symposium was organized in association with Vigyan Pratibha Initiative on 18<sup>th</sup> April 2023 at Oberoi Maidens Hotel, New Delhi on “Current Trends in Microbiology”. Two eminent speakers were Prof. A.M. Deshmukh, President, MBSI, Ex- HOD, Dr. Babasaheb Ambedkar Marathwada University, Osamanabad; Prof. Rajeev Kaul, HOD, Microbiology Department , University of Delhi South Campus.
- Educational visits: A visit of Semester V students along with Prof. Ashima Vohra, Prof. Sunita Aggarwal and Prof. Arti Nigam to the Department of Microbiology and BioNest Centre, University of Delhi, South Campus on 22<sup>nd</sup> September, 2022. Semester III students along with Prof. Ashima Vohra, Prof. Sunita Aggarwal and Mrs. Sonia Chaudhary and Ms. Meetali, were taken to visit the Department of Microbiology, Indian Agricultural Research Institute Pusa, New Delhi on 20<sup>th</sup> October, 2022. A visit

of Semester II students along Dr. Arti Kumari and Dr. Ashok Saini to Inter University Accelerator Centre on 18<sup>th</sup> May, 2023.

### 3.2. Workshops/Seminars/Lectures Organized by the Departments

Title	Resource Person/Organization	Month & Year
<b>Department of Biochemistry</b>		
International symposium “Chronobiology and mental Health”	Awarded by Shastri Indo Canadian Institute.  10 resource persons were invited:  <ol style="list-style-type: none"> <li>1. Prof Nader Ghasemlou, Queen’s University, Canada</li> <li>2. Prof Nicolas Cermakian, McGill University, Canada</li> <li>3. Prof Floiran Storch, McGill University, Canada</li> <li>4. Prof Vinod Kumar, University of Delhi</li> <li>5. Prof Nar Singh Verma, KGMU, Lucknow</li> <li>6. Prof Shalie Malik, University of Lucknow</li> <li>7. Prof Sandipan Ray, IIT, Hyderabad</li> <li>8. Prof Nisha Kannan, IISER, Thiruvananthapuram</li> <li>9. Prof Ramandeep, AIIMS, New Delhi</li> </ol> Prof Rachna Bhargava, AIIMS, New Delhi	6th-7th March, 2023 (Online)
Capacity enhancement workshop on “Data Management”	Mr. Ankit Kumar, Assistant Professor, Department of Computer Science, Laxmibai College, University of Delhi	3.2.2023 (Offline)
Faculty Development program on “Research Ethics and Plagiarism”	Prof Gaurav Singh, School of Education, Central University of Haryana	31.10.2022 (Offline)
Seminar on “Career perspectives in Bioinformatics”	Dr Sandeep Dhandha, Bioinformatics research Scientist, St. Jude Children’s hospital, USA.	20.10.2022 (offline)

National Workshop on “Qualitative Analysis of Carbohydrates	Prof Archana Burman and Dr Sandeep Yadav, Department of Biochemistry, IHE	08.09.2022
Hands on workshop on “Quantitative analysis of Carbohydrates”	Faculty of the department of biochemistry	21.10.2022 (Offline)
<b>Department of Home Science (Development Communication &amp; Extension and Journalism)</b>		
Power of Legal Literacy in Women	Ms. Koplin K. Khandhari, Lawyer, High Court	19 July 2022, Offline
Observing the Newsroom at Quint	Mr. Athar, Mr. Eshwar and Ms. Nidhi Mahajan and other staff at Quint	3 August 2022, Offline
Photography Workshop	Mr. Shivam Dua, Delhi based renowned photographer	18 August, 2022 Offline
Hindi Diwas	Ms. Vandana Singh is a freelance journalist, media school manager and a social worker	14 September 2022 Offline
‘Lets talk about Mental Well Being’	Ms. Mahima and Ms. Riya Baidya, From Aatma Prakash Foundation, aN organisation working on building emotionally safe and accepting communities for youth in distress	14 September 2022 Offline
A workshop on Filmmaking and Scriptwriting on World Cinema Day	Mr. Naresh Sharma, Renowned film maker	23 September 2022 Offline
Innovative Approaches in Development Communication	Prof (Dr.) Devendra Sharma Department of Communication California State University, Fresno, USA	28 September 2022 Offline
Climate Change Misinformation	Ms. Monika Gulati, Trainer at Google News Initiative, India Training Network; Programme Executive, Central Archives, All India Radio	10 October, 2022 Offline
Outdoor Photography Workshop	Mr. Himanshu Luthra, Independent Photographer, Delhi	13 January, 2023 Offline
A Training Session on Website Development	Mr. Sumit Sharma, Chief Technical Officer, Global Honey bee	16 February, 2023 Offline
Media and Entertainment Industry: changes, challenges and new age opportunities	Sushant Kaushik, Writer and Director	15 March, 2023 Offline

How to Create a Photofeature?	Mr. Ashish Kumar, Filmmaker	21 March, 2023 Offline
Role and Responsibilities of Media in the era of G20	Mr. Rahul Kashyap, Chief Operating Officer (COO) PRP Group	28 March, 2023 Offline
'Advertising and Brand management'	Mr. Ranjan Mazumdar, Founder Rhombus and Trapezium, advertising film	18 April 2023 Offline
Educational Game for learning	Team members from 'Seeking Modern Applications for Real Transformation' (SMART) organisation	19 April, 2023 Offline
Menstrual Hygiene	Team members from Maitri organisation	19 April 2023  Offline
<b>Department of Home Science (Fabric and Apparel Science)</b>		
Khadi- An Individual's Journey	Prof. Himadri Ghosh, former principal designer- NID Ahmedabad, M.S. University of Baroda and Scindia School	27 <sup>th</sup> August 2022/Online
'Syaahi- An Initiative for revival of Kasim Karam' (Conducted for NIFT, Delhi)	Prof. (Dr.) Charu Gupta Dr. Preeti Kaur Sachdeva and Ms. Akanksha Agrawal	2nd September 2022/Offline
Crochet Workshop	Prof. (Dr.) Jyoti Aggarwal	12th September 2022/Offline
'Syaahi- An Initiative for revival of Kasim Karam' (Conducted for Department of Home Science Lakshmibai College)	Prof. (Dr.) Charu Gupta Dr. Preeti Kaur Sachdeva and Ms. Akanksha Agrawal	13th September 2022/Offline
'Syaahi- An Initiative for revival of Kasim Karam' (Conducted for ATDC, Okhla)	Prof. (Dr.) Charu Gupta Dr. Preeti Kaur Sachdeva and Ms. Akanksha Agrawal	14th September 2022/Offline
Workshop on Eco-printing	Dr. Meena Batham, Dr. Preeti Kaur Sachdeva and Ms. Shobha Mandal	9th November 2022/Offline
Hand Embroidery Workshop	Prof. (Dr.) Amita Walia, Dr. Bhupinder Kaur and Mr. Balkishan	21st Feb 2023/ Offline
Madhubani Painting Workshop	Dr. Meena Batham, Dr. Noopur Sonee and Smt. Rupa Devi ji	21st March 2023/ Offline
<b>Department of Home Science (Food &amp; Nutrition and Food Technology)</b>		

Workshop on “Introduction to Vedic Nutrition”	Dr. Reena Rawat and Ms. Bhawna from Dr Shikha Sharma’s diet clinic.	21st March 2023
Interactive talk on orientation day “ <b>Alumni Vision: Inspiring Success on Orientation Day</b> ”	Ms. Rohini Saran (Nutrition lead, South Asia Hub, PATH), Ms. Aanvi Bharti Goyal (Nutrition Scientist, R&D, Pepsico), Ms. Zoya Ashraf (Diabetes Educator, Dr. Mohan’s Diabetes Education Academy	15 <sup>th</sup> February 2023
Faculty Development Program on “HPLC: Working and Applications in Food Analysis”	Mr Double Singh (Application Engineer) from Shimadzu	29th November 2022
<u>NATIONAL WEBINAR</u> “Women's Health Awareness- Bridging the gap between knowledge and practice”	Speaker : Dr. Zubeda Tumbi, Clinical Nutritionist and Diet Consultant from Mumbai Panel discussion on the topic: Busting Taboos Around Women Health. Panelists were -Ms. Rama Tripathi, Sr. Dietitian, SGPGIMS, Lucknow; -Ms. Neelanjana Singh, Nutritionist and Wellness Consultant; -Prof. (Dr.) Seema Puri, Dept of Foods and Nutrition; Institute of Home Economics, University of Delhi and -Dr. Neetu Singal, HOD and Associate Director Radiation Oncology, Sarvodaya Hospital & Research Centre, Faridabad	16 <sup>th</sup> September 2022
Webinar on “Millets: Nutritional Value and Potential as Nutraceuticals and Functional Food”	Dr. C. Tara Satyavati, Project Coordinator -Pearl Millet (Acting) of the All India Coordinated Research Project on Pearl Millet at the Indian Council of Agricultural Research (ICAR) Jodhpur, Rajasthan	17 <sup>th</sup> August 2022
<b>Department of Home Science (Human Development and Childhood Studies)</b>		
Gender and Language	Ms. Shubhika, FIFE organization	2 <sup>nd</sup> Aug 2022
Body Language	Ms. Poonam Gupta, IPAC	19 <sup>th</sup> Sept 2022
Dance and Movement Therapy	Ms. Rashi Bijlani, ASHA HAI	29 <sup>th</sup> Sept 2022
ABA Therapy for Children with Disabilities	Ms. Garima Narang, CRIA	15 <sup>th</sup> October 2022
Developing Activities for Preschoolers	Ms. Sukhna Sawhney, Sesame Street	17 <sup>th</sup> October 2022
Learning Disabilities: Management and Classroom Strategies	Ms. Reshma Bhowan, Manav Rachna University	07 <sup>th</sup> November 2022



Empathy and Belongingness	Ms. Lata Singh, MEQ Academy	10 <sup>th</sup> November 2022
Media and Psychology	Dr. Yuki Azaad Tomar, IHE	20 <sup>th</sup> November, 2022
Dance and Movement	Dr. Deepti Gupta, IHE	21 <sup>st</sup> November, 2022
Theatre in Education	Mr. Aanand Chabukswar	05 <sup>th</sup> December 2022
Gender Workshop	Ms. Shubhika, FIFE organization	30 <sup>th</sup> Jan to 1 <sup>st</sup> Feb 2023
"Child Rights in India : Issues and Challenges"	Public Lecture by Nobel Laureate Shri Kailash Satyarthi	17 <sup>th</sup> March, 2023
ABA approach	Ms. Tarrannum, CRIA	29 <sup>th</sup> March 2023
Ethics and Morality	Ms. Vandana Nangia, Special Educator	24 <sup>th</sup> April, 2023
Dance and Movement for Early Years	Ms. Deepti Gupta, IHE	27 <sup>th</sup> May 2023
Ethics and Morality	Ms. Vandana Nangia, Special Educator	02 <sup>nd</sup> May 2023
Nurturing Mental Health through Mindfulness	Ms. Savita, Manav Rachna University	29 <sup>th</sup> May, 2023 (Online)
<b>Department of Home Science (Resource Management and Design Application)</b>		
Interactive session on “Journey towards being an Entrepreneur’ on World Entrepreneurship Day .	Mr. Mohit Goyal, Corporate finance expert, CA and Founder, KGMC India.	9th September 2022/ Offline Mode
<i>Workshop on ‘Interior Styling and Draping’</i>	Dean, J.S.Institute of Design.	26th September 2022/Offline Mode
Recycling Waste Paper Training Workshop	Mr. Piyush Pant, Trainer, Tara Machines and Tech Services Pvt. Ltd.	30th January, 2023. Offline
Lecture on ‘Financial Literacy’	Mr. Mohit Goyal , Corporate finance expert, CA and Founder, KGMC India	13th February 2023 / Offline mode
Demonstration cum hands-on workshop on ‘Creating Terrariums’.	Ms. Baya Aggarwal and MS.Poornima, R0cks.Paper.Scissor Media (RPS).	2nd March 2023, Offline mode
Training session on ‘Waste Management and Ecosystem Restoration’.	Mr Deepak Gupta, Trainer, Declutter Solutions.	27th March 2023/Offline Mode
Workshop on ‘Creating Moodboards’	D Dean, J.S.Institute of Design.	11th April 2023/Offline mode
Talk on ‘G20: Empowering women through innovation’	Ms. Priya Gupta, Founder Sarvpriye Foundation NGO and Sarvpriye Creations MSME and Social Entrepreneur.	12th April 2023/Offline Mode

Workshop on 'Mandala Art'	Ms. Sakshi Singhal, Designer.	12th April 2023/Offline Mode
<b>Department of Home Science (Sciences)</b>		
Gardening Practices: A way to add years to your life	Dr. Mamta Bhardwaj, Assistant Professor at Hindu Girls College Sonipat	September 29, 2022 Offline
Organic Farming, Vegetative Propagation and Climate Smart Agriculture	Dr. Mamta Bhardwaj, Assistant Professor at Hindu Girls College Sonipat	February 8, 2023 Offline
<b>Department of Microbiology</b>		
Implementation of Biofuel and its future roadmap in India	Prof. V.K. Vijay, CRDT, IIT Delhi	10 <sup>th</sup> August 2022 online
Microorganism-our invisible helpers	Prof. Michael Sauer, Institute of Microbiology and Microbial Biotechnology-University of Natural resources and Life Sciences, Vienna (Austria)	17 <sup>th</sup> September 2022 online
Making connections: Hepatitis B virus and cancer stemness	Dr. Sonali Sengupta, Assistant professor Department of Microbiology, Gargi College, University of Delhi	18 <sup>th</sup> January 2023 offline
Biotechnology for better tomorrow	Prof. A.M. Deshmukh, President, MBSI. Ex- HOD, Dr. Babasaheb Ambedkar Marathwada University, Osamanabad.	4 <sup>th</sup> Feb 2023 online
Plant Microb/ Microbe-Microbe Interaction For sustainable Agriculture	Dr. Amit Chandra Kharkwal, Dy. Director and Associate Professor, Amity Institute of Microbial Technology	11 <sup>th</sup> Feb 2023 online
Microbes and Biofertilizers Types, Importance and Benefits	Dr. Seema Sangwan, Scientist, Indian Agricultural Research Institute	25 <sup>th</sup> Feb 2023 online
Role of Bioinformatics to understand the genome Biology	Dr. Shailesh Kumar, Scientist, NIPGR, New Delhi	28 <sup>th</sup> Feb 2023 Offline
Sources of Sustainable Energy	Dr. Vishal Mishra, Assistant Professor, School of Biochemical Engineering , IIT (BHU) Varanasi, U.P., India	25 <sup>th</sup> March 2023 online
Alumni meet	Harshita Mittal, Research Consulting Manager, Putnam Inizio Advisory	3 <sup>rd</sup> April 2023 offline

NAHEP-A Revolutionary Tool for Strengthening Agricultural Education in India	Dr. Sanjay Singh Rathore, Principal Scientist, ICAR, New Delhi	8 <sup>th</sup> April 2023 online
Symposium on “ Current trends in Microbiology”	1. Prof. A.M. Deshmukh, President, MBSI.  Ex- HOD, Dr. Babasaheb Ambedkar Marathwada University, Osamanabad. 2. Prof. Rajeev Kaul, HOD,  Microbiology Department , University of Delhi South Campus	18 <sup>th</sup> April 2023 Offline (Oberoi Maidens, Civil Lines)

### 3.3. Short Term Courses Conducted by Departments

Title	Duration (in Hours) & Mode	Department
Digital Marketing	30 Hrs Offline Mode	Department of Development Communication, Extension and Journalism

### 3.4. Extension and Outreach Activities of the Departments

#### Department of Home Science (Development Communication, Extension and Journalism)

Each One Enable One- A Community Outreach programme on Digital Literacy for Women Empowerment

Digital literacy is gaining recognition as the most valuable tool for lifelong learning. Hence, keeping this in mind, the Department of Development Communication and Extension, Institute of Home Economics (University of Delhi) inculcated the concept of sharing the digital knowledge received by the students, to the people or society through a programme entitled ‘Each One Enable One’ (July 2022 to April 2023). Every academic year, the students of B.Sc. Home Science (Pass & Honors) are introduced to this programme in their Semester V which goes on till Semester VI. Under this programme, each student selects one subject/learner (children/adult) from a community. Skills such as digital literacy, financial literacy, health and well- being to name a few, are imparted by the students to identified learners. Devoting time to such events enables them to understand the communities surrounding them, identify their needs, challenges, potential solutions and develop among themselves a sense of belonging and civic responsibility. Students provided hands-on training on digital literacy (following 30 hours digital skill training module) to their learners. In order to make the learning more enriching & meaningful, students conducted need-based assessment of their learners, students selected some APPS which were of use to the learners on daily basis, thus the training on these APPS (including how to download, their features, how to use them skillfully) was also imparted to them. In order to make the teaching learning process more informational, inclusive and comprehensive students created informational videos, powerpoint presentations for their

learners. The key idea was to make them digitally literate or empowered as per the objective of National Digital Literacy Mission (NDLM) started by the Government of India. This year the students imparted digital literacy skills to their mothers and the programme amalgamated in Each One Enable One Mela. The students exhibited educational games, audio visual aids, banners, etc. developed by them on specific themes related to digital literacy such as health apps, safety apps, etc. for their learners. The Learners (a total of 120) attended the mela and learnt about different apps useful for women.

### **Department of Home Science (Fabric and Apparel Science)**

An online workshop on Crochet was organized by Dr. Jyoti Aggarwal for skill upgradation of marginalized women in Bareilly on 31<sup>st</sup> January and 1<sup>st</sup> February 2022.

### **Department of Home Science (Food & Nutrition and Food Technology)**

The Department organized several community outreach sessions in the online/offline mode throughout the year.

- Community outreach program- शिशुओं का पोषण और देखभाल (राष्ट्रीय पोषण माह सितंबर 2022)

As a part of activities to be conducted to celebrate “POSHAN MAAH” in September, the Department conducted a community outreach programme on the importance of nutrition for infants. The programme was conducted in an Anganwadi Center in Neb Sarai in Delhi on 21st September 2022. The beneficiaries were pregnant and lactating women and non-pregnant and non-lactating women too. Some other members of the family, like grandmothers, were also in attendance. The session was conducted to impart knowledge about breastfeeding and Infant and Young Child feeding practices (IYCF). A pre-prepared nutrition communication aid was used containing information about the importance of nutrition in the first 1000 days of life, good breast-feeding practices, complementary feeding, myths about infant and young child feeding etc. Five students from the Masters in Food and Nutrition, 2nd year conducted this activity in Hindi. Care was taken to ensure that participants interacted and understood the information given to them. Questions pertaining to the topics were asked throughout the session to retain the participants’ interest. This also enabled the team to have a two-way communication with the participants.

Information was disseminated on the importance of: nutrition in first 1000 days of life; exclusive breastfeeding in the first 6 months of life; complementary food.

- Outreach activity conducted on millets in Kendriya Vidhyalay

As a part of nutrition awareness about “millets and their nutritional value” the Department in association with Nutrition Society of India, Delhi Chapter conducted an outreach activity program on millets. Some of the students from under-graduate and post graduate visited Kendriya Vidyalaya, INA on 24th Jan, 2023 in order to make school students aware of the various millets and their health benefits. The school students from 6th to 10th standards were informed about various millets, their importance in regular diet, and their utilization by making healthy recipes. The programme started with a brief introduction about millets followed by the

skit/ Nukkad Natak performed by various Students of B.Sc (H) Food Technology. Students of M.Sc. Food Nutrition briefed about nutritional importance of consuming millets in regular diet. Various health products recipes were also told to students. The students were given with some gift hampers containing different types of millets.

- Reaching masses through Online Drive - “Campaign for Nutrition Awareness on various millets”

The Department of Food & Nutrition and Food Technology conducted an online drive highlighting the importance of millets through social media platforms such as LinkedIn and Instagram to celebrate “Rashtriya Poshan Maah”. Over the course of 10 days starting from 19th September 2022 to 28th September 2022 information regarding millets such as Ragi, Kodo, Sorghum, Little Millet, Barnyard millet, Foxtail, Brown Top, Pearl millet, Proso and Buckwheat was shared through daily interactive social media posts and stories. Each day began with an extensive insight into the millet describing its unique nutritional composition, regional names, applications, consumption patterns or status, mineral and vitamin content and ways to incorporate it into one’s diet through nutritive recipes. A recipe idea was also shared in video form through Instagram reels. Towards the end of the day, Polls and/or quizzes were shared for each millet reaching over 100 people daily. Enthusiastic participation from the viewers was obtained with over 60-65 responses per day. The campaign was successfully completed in 10 days and also helped to spread the knowledge amongst various students.

- Diet Counselling Centre

The Department of Food and Nutrition & Food Technology started the ‘Diet Counselling Centre’ for the students and staff of the college in the year 2022. It was inaugurated by the Director, (Prof.) Geeta Trilok Kumar during the POSHAN MAAH celebrations on the 23rd of September, 2022. A Health Camp was organized by the PhD scholars of FN department in the college on the day of the inauguration, where the height, weight, BMI and body fat percentage of 35 students and staff were measured and they were counselled based on their parameters, under the guidance of Dr. Seema Puri, Dr. Bani Tamber Aeri and Dr. Sonal Jain. The centre has been functional since the 26th of September, 2022 every Monday and Wednesday from 11 a.m. to 2 p.m at the second floor, cubicle opposite the lift on the 2nd floor. The centre caters to the dietary requirements of its visitors and provides a customized diet plan and counselling to the visitors. It is open to all students and staff of IHE and also to their family members and relatives.

- Anemia Mukta Bharat Campaign-

Students of M.Sc. Food & Nutrition participated in the Anemia Mukta Bharat Campaign of the Govt. of India at the India International Trade Fair, held in November 2022.

- Introducing Millets based Innovative food products in college canteen-

The objective of the activity was to promote the availability of the innovative millet based products in the college canteen for promoting healthy eating habits among the students. The Department of Food & Nutrition and Food Technology had introduced millet based innovative food recipes in the college canteen for sale. A sale drive of the millet foods was conducted by the students of MSc Food & Nutrition to spread awareness about the goodness of millets among college students. To continue the availability of these millets-based products, college canteen staff was also trained on how to introduce millets in the foods sold at the canteen.

Implementation/activities done: Standardized recipes were developed and included in the canteen menu on regular basis. The products included bajra Palak cheela, buckwheat appe, samak khichri, jowar Bhalla papri and Ragi Muffins. For further dissemination short video clips with step-by-step instructions for preparation of these recipes have been prepared. Outcome: Awareness and consumption of millet has increased especially among youth.

### **Department of Home Science (Human Development and Childhood Studies)**

- **VOICES OUTREACH**

Voices, the Mental Health Society of the Department, has been an instrumental force in fostering mental well-being within and beyond the college community. With a strong focus on outreach, the society has conducted an array of impactful events both online and offline during this academic session. Through a dynamic approach encompassing both online (@voices\_mhs) and offline outreach, society has made a significant impact on mental health awareness.

In the virtual realm, Voices has utilized social media platforms to their fullest potential. Through informative and interactive campaigns like providing tips to be stress-free during exams, raising awareness against drug abuse, an online session on suicide prevention, and more, the society has successfully reached out to a net audience of over five thousand via their engaging Instagram account. By utilizing online platforms effectively, the society has extended its support network to a wider audience, providing valuable mental health resources and education.

While online outreach has been significant, Voices has also made a lasting impact on face-to-face interactions. Hosting workshops such as ‘Understanding Gender and Sexuality’, and ‘Nutritional Psychology’, as well as a unique pre-exam debate competition serving as a cathartic ranting session, the society has connected with approximately two hundred students in the offline initiatives. These interactive sessions have facilitated personal connections and created a supportive environment, forming a safe space for individuals to address their mental health concerns.

Overall, by effectively utilizing both online and offline platforms, Voices has touched the lives of thousands, empowering individuals to prioritize their mental well-being. These efforts resonate with compassion and care, leaving a profound and positive impact on the mental health landscape of the college and its surrounding community.

- **AARAMBH Early Child Development Centre**

Aarambh, the Early Child Development Centre endeavours to provide a core promising space for child care, nurturing and development. Aarambh offers a range of services such as preschool, creche and daycare and after-school programmes. It caters to both college staff and neighbourhood community.

Aarambh offers a child-centric, safe, and stimulating environment to children and design age-appropriate activities and curriculum.

AARAMBH early child development centre resumed its functioning on 9th January, 2023 after the COVID 19 lockdown. The centre runs a preschool, daycare, and afterschool care programs which provide support to the college staff and neighbouring community. The centre organized several activities for children from time to time while ensuring a warm, nurturant and joyful environment. Festivals were celebrated at the centre to introduce children to the various aspects of our culture as well as the seasonal rhythms.

- Summer Camp at AARAMBH

A three-week summer camp was organized for children in the age group of 3-12 years from 22nd May 2023 to 10th June 2023. The summer camp aimed at providing opportunities for holistic development for children. Storytelling sessions facilitated by Dr. Krishnaveni Achary provided opportunities for enhancing language skills and stimulating imagination. Sessions with Ms. Ruchi aimed at enhancing numeracy and mathematical skills in a creative and engaging way. Activities carried out by Dr. Sneha gave opportunities to children to freely express themselves through arts. Activities were also carried out to enhance familiarity with the natural environment through nature trails, potting the plants, and creating a miniature garden. Daily Yoga and Dance sessions aimed at helping children understand their own bodies, movement, and finding the rhythm.

#### **4. SCHOLASTIC ACHIEVEMENTS AND STUDENT ACTIVITIES**

##### **4.1 Merit Achieved by Students in University Exam/Any Awards Received by Students**

- **Ms. Malvika**, M.Sc (FAS), Sem - 4th, participated and received consolation prize in Photography Workshop organized on 17th Feb, 2023 by Vivekananda College, University of Delhi.
- **Ms. Shikha Singh, Ms. Kajal and Prof. (Dr.) Jyoti Aggarwal**, participated in 18th Sanjam Randhwa Memorial conference on Evolving sustainability and circularity in Textile and apparel Industry : Roadmap to Sustainable development goals organised by Department of Fabric and Apparel Science, Lady Irwin College, University of Delhi, on 16th March 2023 and received certificate of poster presentation on Clothing Consumption and Disposal pattern Behaviour Amongst college going girls:An Exploratory Study.

##### **4.2. National and International Days/Festivals Celebrated by Departments**

###### **Department of Development Communication, Extension and Journalism**

The Department of Development Communication, Extension and Journalism (DCEJ) celebrated a number of national days and festivals from July 2022 to June 2023. Following is a list of events conducted during this period.

- World Photography Day

The Department on 19 August 2022 celebrated World Photography Day by organizing a photography masterclass session by famous photographer Shivam Dua with the students of communication and journalism at Hauz Khas fort.

- World Literacy Day

#NoFilter, the DCEJ media club, organized 'Spell Bee', an intra-college competition, to celebrate the World Literacy Day on 8th September 2022.

- Hindi Divas

The Department celebrated Hindi Diwas on 14th September 2022 via an inter-college open mic event. Large number of students from across the colleges participated in the event.

- World Cinema Day

The World Cinema Day was celebrated on September 22, 2022.

### **Department of Home Science (Fabric and Apparel Science)**

- The talk of Ms. Rema Kumar, Textile Designer was organized to mark the occasion of 8th National Handloom Day on 29 th August 2022.
- A workshop on Crochet was organized by the Department of Fabric and Apparel Science on 12th September 2022 to mark the occasion of 'International Crochet Day'.
- A workshop on Hand Embroidery was organized by the Department on 21st Feb 2023 during Embroidery Month (Feb).

### **Department of Home Science (Food & Nutrition and Food Technology)**

- Rashtriya Poshan Maah (Poshan Maah-2022)

The department of FNFT organizes various activities to mark the celebration of Poshan Maah in September 2022. As part of the Poshan Maah, activities like webinar on women's health, poster competitions, online drive to spread awareness on nutrition, extension and outreach activities were conducted.

- World Breastfeeding Week, 2022

Department celebrated World Breastfeeding Week (WBW) from 1 -7 August, 2022 in line with the theme for 2022 "Step Up for Breastfeeding: Educate and Support". The theme aimed at encouraging breastfeeding which plays very important role in the early development of a baby. The special focus of the activities planned by the department was to spread awareness about "BREASTFEEDING FRIENDLY HOSPITALS IN INDIA (BHFI-India)". The teachers first educated the students about importance of breastfeeding and 10 steps to successful breastfeeding which should be adopted by every health facility. The students then prepared posters and boards to reach out to other students to create awareness about the importance of breastfeeding and BHFI hospitals. 20 students of B.Sc Hons Sem 5 participated in the program.

### **Department of Home Science (Resource Management and Design Application)**

- World Entrepreneurship Day-

The Department of RMDA celebrated '*World Entrepreneurship Day*' by having an interactive session on '*Journey towards being an Entrepreneur*'. The session was conducted by Mr. Mohit Goyal, Corporate finance expert, CA and Founder, KGMC India, Gurugram, Haryana who enlightened the students with his knowledge bank regarding entrepreneurship. Students were



made familiar with the cashflow quadrant and how the entrepreneurial journey becomes a combination of volitional and emergent process of transforming potentiality into actuality. The session ended with a lot of queries from students and discussion on new business ideas .

### **Department of Home Science (Physical Education)**

Department of Physical Education and Sports Committee have organized an event to celebrate the Independence Day of country at IHE, with great enthusiasm. The college was beautifully decorated with flags and balloons to commemorate the day. All the teachers, and non-teaching staff gathered in the college premises at 10:00 a.m. Department of Physical Education & Sports Committee have also celebrated the International YOGA Day on 21<sup>st</sup> June, 2023. This workshop was attended by students, teaching, and non-teaching staff. Ms. Kranti, was the Resource Person. This workshop created awareness among the participants about the importance of Yoga that is linked to numerous practices involving Mental-Health and Spiritual. The event was well appreciated by one and all. Women's day celebration and Khelo India "DAS KA DUM" were also organized in March 2023.

### **Department of Microbiology**

Department of Microbiology has organised a seminar on 28th February 2023 to celebrate National Science Day. The topic of the seminar was : ROLE OF BIOINFORMATICS TO UNDERSTAND GENOME BIOLOGY. The main aim of the seminar was to make us more aware about bioinformatics and its contribution in Research fields. Well known scientists of national institute of plant genome research, Dr. Shailesh Kumar were our guest speaker. He talked about genome assembly and annotations with different genome assemblers like velvet ,SOAPdenovo ,ABYSS and many more . Prokka software for rapid annotations of prokaryotic genome, he gave detailed information about software and highlighted about NCBI prokaryotic genome annotations pipeline available as tool. Maker -2 purpose is to allow smaller eukaryotic and prokaryotic genome projects to independently annotate and create database of Genome.

## **4.3 Competitions Organised by the Departments**

### **Department of Biochemistry**

Intercollege poster making competition and Quiz (Synapse'23), organized by Anveeshan, Biochemistry Society of IHE, on 10th April, 2023.

### **Department of Home Science (Development Communication, Extension and Journalism)**

The Department organized an array of competitions. Some of the competitions are as follows:

- An intercollege competition on 'spell bee' was organized by the Department of Development Communication, Extension and Journalism on 8 September 2022, on the eve of International Literacy Day.

- An intercollege Open mic competition was organized by the department of Development Communication, Extension and Journalism on the eve of Hindi Diwas, 14 September 2022, on various social issues.
- The department organized various intercollege competitions for students during comscape, the annual academic fest of the department, held on 23 September 2022. The competitions are listed below:
- A competition ‘Filmy Jashan’ was organized to celebrate the iconic roles in Indian Cinema.
- ‘On-the-spot podcast competition’ known as the Bidding Wars of Podcast saw enthusiastic participation by the students. In relation to their creation time, the participants had to place bids for their niche themes on issues such as sustainability, climate change, and gender rights.
- A street play competition was also organized which encouraged performances on contemporary issues. The themes emphasised issues such as climate change, political and economic stability, women empowerment, equitable growth, sustainable development, and many such issues that are necessary to be brought to the attention of the youth of the nation and move forward in the notion of a country that supports the G20 forum.
- A film festival was planned and executed. Four formats were listed for the participants- short film, parody, documentary and mime. Student showcased their production work on spectrum of themes as mental health, challenges in the lives of college going students, satires, poverty, gender norms, cultural beliefs, fictional future to name a few.
- The department organized ‘Maskerade’ inter-college face mask painting competition”.
- An inter-college photo essay competition ‘Jazbaat tasveero se’ was conducted in which participants created impactful stories.

#### **Department of Home Science (Fabric and Apparel Science)**

- Quiz on Indian Handloom Sarees on 29th August 2022 was organized for students. Visuals of selected handloom sarees belonging to various Indian states were shown to students.
- Competitions were organized for the students during Fab Fest by the Department of Fabric and Apparel Science on 20th March, 2023, like threading a needle, making a braid, sewing a button and beading a thread.

#### **Department of Home Science (Food & Nutrition and Food Technology)**

- An intra college quiz competition on 4th November 2022 to celebrate International year of Millets. Around 30 students of B.Sc (H) Food Technology and B.Sc (H) Home Science courses participated in the quiz.
- An intra-college Poster-making Competition on the theme “Women and Health” was organized by the Department of Food & Nutrition and Food Technology, Institute of Home Economics during the Rashtriya Poshan Maah 2022.

### **Department of Home Science (Resource Management and Design Application)**

- Slogan-Writing Competition: As a part of Safe Holi Campaign, Eco-club ‘Prakritik’ organized a slogan-writing competition on ‘Eco-friendly Holi’ for students on 3rd March 2023 to join safe-holi pledge and celebrate eco-holi.
- Advertisement-Designing Competition: As a part of Oracle-2023, theme based Advertisement Competition on ‘G-20 - Strengthening Consumer Protection through Digitalization’ was held to sensitize college students on various ways to strengthen consumer protection in the digital economy through digitalization.
- ‘Say it with Flowers’ Competition: As a part of Oracle-2023, ‘Say it with Flowers’ Competition was organized where students created various floral patterns using AUTOCAD software.
- Cash from Trash Competition: The department also conducted ‘Cash from Trash Competition’ to acquaint students with the concept of reduce, reuse and upcycling waste material. The students created items from waste using a minimum amount of new material to create products which were then put up for sale.
- Young Entrepreneur of Growing Economy: The students of final semester, who had either studied or were studying ‘Entrepreneurship’ were divided into teams. Each team had to come up with an interesting entrepreneurship idea which would not involve a financial input of more than Rs. 500 per team. The teams put up their stalls and sold their products. The profit earned by each team was calculated and the teams that earned the maximum profit were awarded.

### **Department of Home Science (Sciences)**

- An intercollege poster making competition was organised on the event of World Mosquito day, 20- August 2022, on the theme "Unite to fight against Malaria".

### **Department of Microbiology**

- An intercollege poster making competition was organized 18th April 2023, on the theme "Emerging viruses a threat to humans".
- Another competition was just a minute where the participants were given a topic from microbiology and had a minute to speak on it.

#### **4.4. Student Internships**

##### **Department of Biochemistry**

19 students of the Department completed internships at organisations like: Sivaji College, Sri Venkateshwara College, Dr B.R Ambedkar Center for Biomedical Research, Cognizavest, Zebrafish Labs etc.

##### **Department of Elementary Education**

Final year students (48) of El.Ed. completed 52 days primary internship in South Delhi MCD Schools and 16 days middle internship in *Kendriya Vidyalayas*.

##### **Department of Home Science (Fabric and Apparel Science)**

Eleven students of M.Sc. Fabric and Apparel Science Department undertook Internship during the year 2022-23. One month Internship was done by students to get industry exposure. Internships were undertaken in physical mode in Delhi /NCR in organisations like NITRA, Taana Baana Creations, NG Tex Print Private Ltd., The Leather Story, Shivalik Prints, The Weave Traveller.

##### **Department of Home Science (Food & Nutrition and Food Technology)**

Internships were organized for 17 students of M.Sc. Food and Nutrition-Semester 3 in June to July 2023 at organizations such as, Department of Community Medicine at AIIMS-New Delhi NCEAR, PepsiCo Ltd., Shikha Sharma, NIPCCD, George Institute for Global Health.

Students of B.Sc. Food Technology undertook internships at organizations/industry like Hibiscus Herbals, Haldirams, IARI, Mother Dairy Fruit & Vegetable Pvt. Ltd., Priya Gols Pvt Ltd, Food Corporation of India, Delhi Milk Scheme, etc. Twenty-three students of PGDDPHN also undertook internships at various hospitals in Delhi-NCR and Punjab such as Max Hospitals, Apollo Hospital, Fortis Hospital, GB Pant Hospital, LNJP Hospital, Narinder Mohan Hospital.

##### **Department of Home Science (Human Development and Childhood Studies)**

- Students of B.Sc (Hons) and B.Sc. (Pass) Home Science Sem IV participated in a month long Internship at Institute Of Psychometric Assessment And Counselling, Rajouri Garden, New Delhi. A total of 15 students took part in this internship which was held once a week in an offline mode and rest of the days the students were to complete assignments. The internship was on Basic Counselling Skills. The internship was from 7<sup>th</sup> February, 2023 to 14<sup>th</sup> March, 2023.
- Internship at MEQ Academy: Students of B.Sc (Hons) Home Science Sem III participated in a month long Internship at MEQ Academy, New Delhi. A total of 6 students took part in this internship. The internship was from October-November, 2023.

- Internship at AARAMBH: The centre provided internship opportunities to students pursuing M.A. Psychology, M.Sc. Counselling and Family therapy and Diploma in Early Childhood and care and education. Ms. Varsha and Ms. Yashmita completed their three-month internships at the centre which was a prerequisite for their MA coursework. Ms. Shruti Sharma pursuing M.Sc. Counselling and family therapy completed her one-month internship. As a part of ECCE Skill Enhancement course, Sem II students carried out observations, prepared activities, and volunteered in different workshops organized at the centre to understand the teaching-learning process and the overall functioning of an Ecce program. Overall, the centre has been able to provide ample learning opportunities for children and students (enrolled in the college and outside) as well as empower and support the staff and community while aligning itself with the regulations laid down by the government.

### Department of Journalism

The Department facilitates internship opportunities for desirous students in various national and international organizations. Ten students of semester 4 and 6 completed internships at organisations like Asiana Times, Ground Point, Behind the Screen, Beyond Follow, Preplaced etc

## 5. CO-SCHOLASTIC ACTIVITIES

### Feria 2022-23

Institute of Home Economics, organized FERIA '23, annual cultural fest on 9<sup>th</sup> & 10<sup>th</sup> February 2023. A two-day extravaganza was dedicated to the spirit, light and emotion of expression. The inauguration started with lamp lightening by Director Dr. Renu Arora and cultural committee members. Nearly 4000 students attended the event. Various competitions and events like Solo and group singing, solo and group dance (western), nukkad natak, book-mark making and photography, debate, poetry and rap battle along with Mr and Ms Feria were organised. The event was a success especially since it was organized in physical mode after a gap of 3 years.

## 6. COLLEGE STUDENT SOCIETIES

### Achievements

Year	Name of the society	Name of the event	Award/ Position	Team/ Individual	Inter university/ State/National	Name of the student
2022	NSS	Hindi Diwas Competition at SRCC 24/9/22	Top 10 for 2nd Round	Individual	Inter-univ	Tanya Tiwari Muskan Pal
2022	MUZAHIR A	Treasure Hunt at IHE 9/9/22	1ST	Team	Intra	Niharika Talwar Kavya Singh Rajput Harshita Sharma Pallavi Gaur

2022		QUIZ at IHE 9/9/22	1ST	Team	Intra	Enya Wadhawan Saanvi Mourya
			RUNNER UP	Team	Intra	Ojasvini Gupta Keeratpreet Kaur
2022		OPEN MIC In HOWL- O-WEEN At IHE 31/10/22	1ST	Individual	Intra	Oshin
2022		MELA QUIZ at SGGSCC	3RD	Individual	Inter-univ	Urvi Ambekar
2022		Flickzilla Debate at IHE	3rd	Individual	Inter-univ	Urvi Ambekar
2023		GO GOALS QUIZ by ENACTUS	1st	Individual	Intra	Sara Jaseem
2023		MICRO- BLAZE microbiology quiz At SCRAW	top 15, finals	Individual	Inter-univ	Mansna Madhuri Gautam
2023		UBA India quiz AT ANDC	2nd	Individual	Inter-univ	Mansna Madhuri Gautam
2022	ENACTUS	DOLPHIN POOL at VIPS	Round 1 Cleared TOP 10	Team	Inter-univ	Mugdha Ganotra Ananya Sharma Gursheen Kaur Palak Bhatia Sanchita Sen
2022		Associate The CA club	Round 1 Cleared TOP 10	Team	Inter-univ	Gursheen Kaur Palak Bhatia Sanchita Sen
2022		Skyline Photography	1st	Individual	Inter-univ	Priyanshi Gupta
2022	CDF	Sustaible rangoli making competition	1ST	Individual	Inter-univ	Bhavya Kashyap
			2ND	Individual	Inter-univ	Khushi Gulhar
			3RD	Individual	Inter-univ	Himani Aggarwal
	ELEGANZ A	JDMC, Diwali Mela Showcase	NA	Team	Inter-univ	Avishi Jain, Shreya Aggarwal, Shreya Mahawar, Chahak Gautam, Krishnendu V S, Yuvika Katyal

2022	POISE	FASHION CRAVE At BML Munjal University	2nd	Team	Inter-univ	Kanika, Vanshika Raj, Sanya Upneja, Anusha, Tanu, Prerna, Khushi Uppal, Vidhi, Miti, Aastha, Yoshita Sharma, Sakshi, Nitya, Alina Khan
2023		FORGE'23 At Matareyi College	1st	Team	Inter-univ	Vanshika Raj, Sanya Upneja, Tanu, Prerna, Khushi Uppal, Vidhi, Miti, Aastha, Sakshi, Sakshi Kumari, Alina Khan, Kanak, Ria
2023	NAVRAN G	MONOACT at Jesus and Mary College (CHRONICLE'23)	2ND	Individual	Inter-univ	Vartika Sharma

## ENACTUS Society

ENACTUS is committed to social entrepreneurship and community engagement. Through their diverse events and initiatives, they not only created a positive impact on society but also nurtured a community of change-makers, empowering them to create a brighter and more inclusive future for all. As they continue their journey, Enactus IHE sets an inspiring example for other organizations to follow in the pursuit of making the world a better place.

Major events conducted

- **Independence Day Events** (August 10, 2022)

The Independence Day events held in collaboration with "iridescence" were a resounding success. As the nation celebrated its independence, Enactus IHE took the opportunity to foster a spirit of patriotism and creativity. Through engaging activities like face painting and kite-making competitions, the organisation brought together students, faculty, and local residents, creating an atmosphere of unity and joy. The event not only instilled a sense of pride in the country's heritage but also encouraged participants to think creatively and express themselves artistically.

- **Melange - Annual Fest of Enactus IHE**

One of the highlights of the year was "Melange," Enactus IHE's annual fest. This event was an extravaganza of talent, skill, and innovation, where various competitions with diverse themes were hosted by different departments within Enactus IHE. "Think tank" challenged participants to ideate and come up with innovative solutions to real-world problems, while "spin the wheel" tested their quick thinking and adaptability. The "Ad mad show" provided a platform for budding marketers to showcase their creativity in crafting persuasive

advertisements. Melange not only fostered healthy competition but also served as an opportunity for the Enactus community to come together, creating a strong sense of belonging and camaraderie.

- **Model Shark Tank – FERIA 3 February 2023**

"Model Shark Tank," another remarkable initiative, became a part of the college's annual fest, FERIA. This event attracted students from various colleges, igniting their entrepreneurial spirit and providing a platform for innovative ideas to flourish. As aspiring entrepreneurs presented their projects and ideas to a panel of judges, the atmosphere was filled with enthusiasm and the anticipation of witnessing groundbreaking solutions to real-world problems.

- **Winter Clothes Drive**

As part of their commitment to making a positive impact in the community, Enactus IHE organised a Winter Clothes Drive. This noble initiative aimed to collect and donate warm clothing to NGOs and impoverished individuals during the harsh winter months. Through the generous contributions of students and the wider community, Enactus IHE succeeded in providing much-needed warmth and comfort to those in need, spreading warmth and compassion during the cold season.

- **77 Seconds Video Challenge 2023**

The organisation's creativity and storytelling prowess shone through in the 77 Seconds Video Challenge. Enactus IHE's compelling 77-second video for the challenge stood out and secured a well-deserved position in the top 14. The video was a testament to the organization's dedication to creating meaningful social change and effectively communicating their mission to a wider audience.

- **Orientation for Freshers**

In an effort to expand their impact and inspire new members to join their cause, Enactus IHE conducted an orientation session for incoming students. This session provided a comprehensive understanding of Enactus' mission, functions, and initiatives, making it easier for freshers to connect with the organisation's vision and actively participate in its social entrepreneurship efforts.

## **7. COLLEGE COMMITTEE REPORTS**

### **7.1 Admission Committee**

The admissions for under-graduate programmes were carried out online as per the guidelines of University of Delhi on the basis of Common University Entrance Test (CUET). The admission process started on 6<sup>th</sup> April 2022 and continued till 31st December 2022. The first merit list came out on 20<sup>th</sup> October 2022. Admissions were done under 3 merit lists. After the first three merit lists, a special drive was announced. Admissions were also done in other categories including Sports Quota, ECA, and Ward Quota etc. PMSS admissions were also carried out. The total admissions done during the 2022-23 session in different under-graduate programmes are as under:



Course	Total Seats	UR	OB C	S C	S T	EW S	Pw D	C W	K M*	Spo rts	EC A	W Q* *	PMS* **	Total Admiss ions	Differ ence
B.A. (Hons) Journal ism	58	22	15	9	4	3		1		1	1			56	2
B.Sc (Hons) Bioche mistry	39	16	5	3		1		1					1	27	-12
B.Sc (Hons) Food Techno logy	40	18	7	4		2		1						32	-8
B.Sc (Hons) Home Science	11 6	41	8	1						1				51	-65
B.Sc (Hons) Microb iology	39	18	10	4	1	2		1		1				38	-1
B.Sc (Pass) Home Science	27 0	11 8	13	1 8	2	4	3	2					2	162	-108
Bachelo r of Elemen tary Educati on (B. El. Ed)	63	25	17	1 0	4	7		1		1	2			67	+4
<b>Total</b>	62 5	25 8	75	4 9	1 1	19	3	7		4	3	1	3	433	-192

**KM\* Kasmiri Migrant**

**WQ\*\* Ward Quota**

**PMS\*\*\* Prime Minister Scholarship**

## 7.2 Academic and Workload Committee

The Committee was involved in the following:

1.Implementation of NEP: Committee members worked hard for the implementation of NEP for the newly admitted students in the session 2022-2023. The lists of 8 Value added courses and 6 Skill enhancement courses were prepared and students were given options for these papers and then these courses were allocated to the students. The process of allocation of VAC

and SEC Papers was repeated for Sem 2. For Home Science Pass and Hons courses Generic Elective papers were decided in consultation with NEP Committee and Teacher In charges.

2. Workload for the teachers: The committee deliberated on the workload of different departments for odd and even semester and accordingly advised them to assign classes to different teachers including Guest teachers as per the sanctioned strength.

3. Appointment of the assistant professors: The committee worked on the allocation of second tranche posts among different departments and finalizing roster after adding vacant and second tranche posts. The committee members assisted and supervised the screening of applications received in response to the advertisement for the post of assistant professors by the Institute.

4. Presently committee is planning to hold an orientation program for students of Home Sc (Hons) for the allocation of Discipline specific courses. The sections would be allocated to the students and list will be displayed on the website.

### **7.3 Automation and Website Committee**

The Website and Automation Committee has been actively involved in various automation activities throughout the year and undertook many initiatives. The committee held meetings on November 22, 2022, 31 March, 2023 and May 1, 2023.

The committee has undertaken the following tasks.

- Undertaken updation of the college website from time to time:
- Revision of the bio-data of all the faculty members as many faculty members had been promoted to Associate Professors and Professors
- Enabling uploading material and data related to NAAC in preparation of peer team visit
- Updating the academic festivals of all the departments
- Uploading events on the social media handles-Facebook and Twitter
- Updating other material from time to time as required
- Duties for each section of the website have been allocated to the members
  
- Identity cards of all the students across all UG and PG courses have been made and distributed to the students through the committee members.
- 20-25 laptops available in the college from the erstwhile FYUP time have been distributed to the various departments depending on their requirement. The laptops are being used by the students for their practical assignments. The software has been updated.
- To enable faster speed of computers and usage of software requiring more space, more than 50 RAMs have been ordered through the purchase committee.
- Since the educational management software contract with the company ILS is due to expire, an extension has been taken for the same to function till July. In the meanwhile, some committee members have been assigned the task of preparing the details of the tender document.
- The committee has been exploring mechanism for providing continuous internet connectivity in the college. Some of the options are high cost, therefore the committee

is deliberating upon getting separate internet connections in different departments to enable e-connectivity.

- To facilitate faculty development, some workshops are planned by the committee on use of social media (Twitter and LinkedIn), website development as well as on research methodology. Collaboration is currently being sought from Ramanujan college which is the designated center by UGC to conduct FDPs etc.

#### 7.4 Cultural Committee

The Cultural Committee of Institute of Home Economics in association with student union has organized various events and competitions in offline mode in the year 2022-23.

It started off with the celebration of Independence Day. The Director unfurled the Flag, which was followed by Tiranga yatra and singing of patriotic songs on 12<sup>th</sup> August 2022. An intra-college patriotic song competition was also organized on the same day. The teaching staff, non-teaching staff and the students *participated* in the Har ghar tiranga campaign from 13<sup>th</sup>-15<sup>th</sup> August 2022 with great zeal and dedication. The celebrations were in resonance with *Azadi ka Amrit Mahotsav*.

The cultural committee alongwith the centenary committee and student's union organized an intra college classical/ semi-classical solo dance competition NRITYANAND on 14<sup>th</sup> October 2022. The event was a huge success with over 25 participants and their outstanding performances.

PR and Publicity society celebrated Howl-o-ween- A day full of spooky vibes on 31<sup>st</sup> October 2022. The event also got the coverage in media. The society organized various fun-filled events like Pixter poses, Dodge-the-ball, Spin-the-bottle on 2<sup>nd</sup> September 2022. Various competitions like Pen-it-down, Word-o-holic, Snapshots, Paints-to-print on the theme Festive season were organized throughout the month of October 2022.

To mark the spirit of Azadi ka Amrit Mahotsav, Constitution Day was also celebrated at IHE on 25<sup>th</sup> November 2022 and 26<sup>th</sup> November 2022 in hybrid mode. The preamble of India was read by the faculty members and students of the college.

The cultural committee marked the celebration of Republic Day by organizing a poster making competition and Swadeshi (Ethnic) day on 25<sup>th</sup> January 2023.

The Student's Union 2022-23 under the supervision of Cultural committee of IHE organized FERIA'23, which provided a wondrous experience, with a lively vibe. A two-day extravaganza dedicated to the spirit, light and emotion of expression dated on 9<sup>th</sup> & 10<sup>th</sup> February, 2023. The details of various events organized is given below:

Orgnizing Society	Event name	Date of event
Tarkaas	Surtaal solo & group classical singing competition	Solo competition (10 <sup>th</sup> February' 23) Group competition (9 <sup>th</sup> February' 23)

Navrang	Nukkad natak	9 <sup>th</sup> February 2023
Eleganza	Hit the beat Step up	9 <sup>th</sup> February 2023 10 <sup>th</sup> February 2023
Iridiscence	Bookmark making competition Photography Competition Photography Competition- Make a storyline	9 <sup>th</sup> February 2023
Muzahira	Turncoat Debate competition Connaissance – Quiz Event Rhapsody – Creative Writing Competition: Alfaaz – Slam Poetry Event:	9 <sup>th</sup> February, 2023 10 <sup>th</sup> February 2023
CDF	Sustainbuzz	9 <sup>th</sup> February 2023
Poise	CRISCO-The fashion event	10 <sup>th</sup> February 2023
Enactus	Model shark tank	
Centenary committee	Rap battle	9 <sup>th</sup> February, 2023
All Union Members	Mr. & Ms. FERIA	10 <sup>th</sup> February, 2023

Apart from these events, there were other events like stand-up comedy done by orang studio, Fever ki mehfil by RJ Rahul Makin and his team, live band by Noobs the Band and DJ night by students' union. Overall, FERIA'23 was a huge success after a gap of 3 years. The Investiture ceremony and farewell was also organized during this academic year.

### 7.5 Environment and Community Outreach Committee

The committee has embraced many green initiatives and sustainable practices to make and maintain the college campus as environmentally conscious and proactive academic institute.

Following is the brief report of activities conducted during the year 2022-23:

- Earth Day Celebration 2023 on theme 'Invest in our Planet: The Environment and Community Outreach Committee celebrated 'Earth Day-2023' on 21<sup>st</sup> April, 2023 in which wide range of activities were organized as part of celebrations.
- E-Waste Collection Drive : A week long E-waste collection drive was organized from 18th - 21st April 2023 in collaboration with 'Attero Recycling Pvt Ltd'.
- Plastic Waste Collection Drive was organized from 18th - 21st April 2023 in collaboration with Indian Pollution Control Association (IPCA).
- Rally to create awareness on plastic waste management was organized on 21st April 2023 in which approximately 25 students raised slogans on the pressing issue of plastic pollution.
- Session on E-Waste Management on 21st April 2023 by Mr. Shiv Chander Jha, Associate Manager Operations, Attero Recycling Pvt Ltd. to generate awareness on sustainable e-waste management. Approximately 75 students participated in the event.
- Session on Food and Climate Change by Mr. Abhishek Kumar Chanchal, GreenPeace, India on 21st April 2023. The students were briefed about various factors responsible

for climate change and how as students they can take part in community outreach activities to mitigate climate crisis. Approximately 75 students participated in the event.

- Interactive meet on Organic Farming with Local Farmers was also organized on 21st April 2023 in collaboration with Krishikul Natural Farms to emphasise on the need and importance of sustainable agricultural practices. Approximately 75 students participated in the event.
- Stalls of Organic Farm Produce in collaboration with Krishikul Natural Farms: The college hosted a farmer's meet with display of organic vegetables and pulses on 21st April 2023 for sale.
- Workshop on 'Organic farming, Vegetative Propagation and Climate Smart Agriculture'
- Committee in collaboration with the Department of Biology, organized a workshop on 'Organic Farming, Vegetative Propagation and Climate Smart Agriculture' on 8th February 2023. Around 85 people attended the workshop, including students and staff members.
- Committee coordinated registration of IHE on MTPC (Metal Scrap Trade Corporation Limited) on 8th July 2022 for management of e-waste.
- College carried out Environment Audit and Green Audits with EHS Alliance Services and Energy Audit by URS Verification Pvt Ltd.
- Maintenance of the Vegetable garden: Vegetables like spinach, lemon, broccoli, brinjal etc were organically grown in the pots using organic manure made in college campus through organic waste composting by Aerobin and vermicomposting.
- Procurement of pots, seedlings and plants to maintain green cover, vegetable garden and herbal garden: Approximately 80-100 planters (pots) with various plants were added to the college campus.
- Distribution of organic vegetables grown in the college premises among the staff members to promote the sustainable environment measures and a healthy food system.
- Field Visit to Amrit Udyan was organized on 23<sup>rd</sup> March 2023, under the outreach program of "Udyan Utsav 1- 2023". Approximately 55 students from B.El.Ed 3rd year participated in the event.
- Shatabdi Vriksharopan Centennial Plantation: Committee coordinated plantation of shatabdi Tree by the Director, IHE on 10th August 2023 in collaboration with centenary celebration committee.
- Installation of RO reject water tank in Office and RM lab: Committee coordinated installation of RO reject water tank in Director's office and RM lab for reuse of waste water.
- No littering Campaign was carried out in the college premises on 12th December 2023 wherein about 70 students from B.El.Ed. participated and took pledge to keep campus clean and make it a litter free zone.

## **7.6 Internal Assessment and Attendance Committee**

For internal assessment, online maintenance of details of each course/ paper and their mapping with respective teachers, as well as departments, was carried out during each semester on the college ILS (ERP) system.

The projects and assignments submitted by students as per course requirements for internal assessment were graded by the teachers and these marks were then displayed on department notice boards.

Rectification/corrections, if required, were submitted by the teachers to the members of the internal assessment committee. As the committee faced a few hurdles in uploading IA marks on the ILS portal, corrected IA mark sheets were kept in the department for later reference.

Final uploading of IA was done on the University Samarth portal after corrections. Hard copies of IA mark sheets were also sent to the university. The committee also ensured that TICs and teachers were provided a link (<http://15.206.25.215/IHE/>) to view the attendance for any term from the year 2016 onwards.

## **7.7 Communication and Magazine Committee**

Institute of Home Economics has an active Communication and Magazine committee which organizes literary debates, slam poetry, quiz, slogan writing, creative writing competitions etc. The activities of the society are an integral part of the college festival when inter-college competitions are held. The society also brings online Blog IHE Lifafa

The committee continues to expand its reach to achieve its vision of being a truly representative student body. With the onset of the pandemic, we have expanded into the digital world through the inception of blog- IHE Lifafa. In collaboration with Journalism Department, we try and engage the college students by publishing their creative content regularly, by continued and rapid reporting about college events. <https://ihelifaafa.wordpress.com/about/>

The committee keeps the official social media platform of college active and continues to post videos and photographs of all the college events.

The Communication and Magazine committee designed and e-published college Information Booklet which included information about admission procedures.

Following are the details of the events organized by the committee:

- To celebrate 75 years of India's independence the committee organised Essay writing competition on topic Azaadi: A Social or Political Thought / Azaadi: Samajik Ya Rajneetik Vichar. Participants had the flexibility to express themselves in English or Hindi. The committee also facilitated quiz organised by government of India on 75 years of India's freedom and contribution of freedom fighters and independence.
- Tiranga yatra. Tiranga yatra was organised to celebrate Independence Day on 12<sup>th</sup> August 2022.
- Cycle Rally On 19th February 2023 in association with Delhi Police South District IHE students participated in the cycle rally.

- Intra College Event : On 16th September 2022, to celebrate World Cinema Day , Cinephilia - Quiz competition on world cinema was organised. Treasure Hunt was organised on 8<sup>th</sup> birth anniversary of Muzahira on 19th September 2022. Creative writing competition on topic „I admit it“ was organised on 31<sup>st</sup> October 2022.
- *Quiz Workshop and competition:* Students of IHE were invited to participate in the workshop organized by Muzahira's quiz department, titled "Quizzing 101". The workshop served as an introduction to quizzers to the world of quizzing, its benefits, and its workings. It cleared preconceived notions people had about quizzing and was overall a fun and interactive session, followed by an intra-college quiz with questions about movies and entertainment.
- Open Mic Competition: On 31 October 2022 Open Mic Competition was organised in which 10 participants participated.
- An anonymous letter writing event on the occasion of girl child in collaboration with the National Service Scheme of IHE on 20 January 2023. The participants had to write a letter to the woman who inspired them the most and then put it in a box. The motive of this event was to express and letting the feelings out.
- On 7 November 2022 An Inter-college online Creative Writing Competition online Creative Writing Competition was organized. Prompts for the competition were as follows:

Hindi: मैं इसे स्वीकारता हूँ

English: I admit it

During cultural fest: 9 February, 2023-10 February, 2023 Muzahira: The Literary and Debating Society successfully organised its Annual Literary Fest PANACHE'23. It was a 2 day extravaganza where we received around 400 registrations.

It consisted of various events-

- Turncoat Debate - Debate competition on 9 February, 2022 at 11:00 a.m.. This year's turncoat debate was a spectacle segment of PANACHE 2023, an afternoon weighed with wisdom and intellect, with speakers extensively voicing their opinions on "Euthanasia: Freedom of choice", rightfully utilising the power of the podium to convey to the masses - the dual facets of mercy killing being a choice or a right.
- Connaissance - Quiz Event

The quizzing event was organised on 9 February, 2022 at 2:00 p.m. The quiz was based on questions related to MELA (music, entertainment, literature, art).

- Rhapsody - Creative Writing Competition: A story writing competition on 10th February at 10 a.m. The competition consisted of 6 genres which were chosen by a roll of dice.
- Alfaaz - Slam Poetry Event was organised on 10 February, 2022.
- G20 Debate competition on 31 March, 2023. Students from several colleges across the University of Delhi participated in the G20-themed intercollegiate debate competition. The participants were acquainted with the list of prompts a day before the competition

and were arbitrarily allocated one prompt on the spot. They had to speak on the allocated prompt for 2 minutes which was followed by -a minute interjection by a fellow participant.

## **7.8 Orientation and Library Committee**

### **Orientation committee report 2022**

The orientation committee is responsible for introducing the incoming students to all aspects of student life in the college including course curriculum, rules and regulations, extra-curricular, co-curricular activities, library, and other facilities in the college. Orientation Day was organized in the college after two years on 10<sup>th</sup> November 2022. The prime focus of the 2022 orientation was introduction to the National Education Policy and its attendant rules of credit bank, generic and discipline specific electives, choice of Value-added courses, skill enhancement courses and the exit and re-entry options for students.

The orientation program was attended by over 400 incoming students and their guardians. The program began with lamp lighting and Saraswati Vandana followed by the Director's address. The convenor gave a comprehensive introduction to the National Education Policy. Incoming students were briefed by the students' advisor regarding rules and regulations, attendance, submissions etc. Students Union president presented a brief account of all the extra-curricular activities, clubs and societies of the college and their recent achievements in intercollege events. The teachers in-charge introduced their respective departments.

A brief college brochure with important information regarding teaching learning, internal assessment rules, examination, fee submission, library access, cultural clubs, grievance redressal, sexual harassment etc was prepared and shared with the students for easy reference. The event ended with some ice-breaking activities and a short cultural program presented by the Students Union. The national anthem and vote of thanks concluded the event.

The library at Institute of Home Economics, University of Delhi, has a collection of over 25000 resource materials which includes textbooks, reference books, thesis and back volumes of journals. It caters to the needs of over 1500 students, research scholars and faculty members. The library circulation services are fully automated using KOHA software. The library has two reading halls with a seating capacity of eighty students.

During the previous financial year, the library acquired 187 new books worth Rs. 1,93,945. In addition to books Library also provides e-resources to its faculty members, research scholars and students which are subscribed by Delhi University Library System (DULS). E-resources includes e-databases, e-books, e-journals subscribed by DULS and e-Shod Sindhu. College also has a subscription to N-LIST. Library provides remote access service to its faculty members, research scholars and post-graduate students (DULS remote access platform). Library orientation programs were organized for the first students to acquaint them to library resources. Library has been providing plagiarism check services to faculty members and research scholars using URKUND. Three new desktop computers have been added to support the software for visually challenged students and efficient circulation of books.



## 7.9 Placement Committee

- The placement committee planned various activities for the year 2022-23 with freshly elected students. Students of various courses were registered on the portal of the Ministry of Labour and Employment. The committee started collecting Alumni Career Progression data through google form and WhatsApp for the purpose of documentation. To enlighten the students on various aspects of personality development, CV writing and to give an insight on different opportunities various events were organized throughout the year:
- A workshop on “Resume building and Personal branding” was organized in collaboration with Jaipuria Institute of Management on 7th September’ 2022. Dr Radhikha was the resource person for the workshop.
- A webinar was held in collaboration with Unschool on 24 th September 2022 in an online mode. The speakers for this session were Ms. Madhurima and Ms. Yashmita Gupta.
- On 27th September, 2022 a workshop was organized on LinkedIn Optimization. The guest speaker of this workshop was Purna Dash, an alumnus of Institute of Home Economics.
- A workshop was conducted on “Career on Civil Services” in collaboration with NEXT IAS on 4th November 2022. It was aimed at providing students with an exposure to the Civil services exam. The speakers of the day were Ashish Purushottam & Preeti Kumari.
- The workshop organized on “Career with RBI” on 28th November 2022 was aimed at providing students with an exposure to what the Reserve bank of India does and its functions . The workshop was conducted by the RBI team and the speaker was Riya Chauhan.
- The session on “resume building” was conducted in collaboration with RESUMOD on 23rd February 2023. The speaker of the day was Mr. Rajat who presented various samples of resume appropriate for different positions and for different careers.
- Another workshop on ‘CV building ‘ was conducted in collaboration with Mahika Mishra Foundation on 26th February 2023. Mr. Dushyant Mishra, a founder of Mahika mishra foundation and cofounder unlearn, was the speaker who presented different samples of CV. He also discussed how information can be displayed creatively to be a standout from the rest of the crowd.
- The committee organized ‘CAREER EXPO -2023’: The Placement and Internship fair on the 1st & 2nd March 2023 in both physical and virtual mode. The event was sponsored by Village Square and Slice. A total of 31 companies came for the event. Prestigious companies like Girl Power Talk, Comely Enterprises, Henry Harvin Education etc joined and offered different packages for internships as well as for placements. Various NGOs like Pehchaan, Renu KiranFoundation, Saday etc also offered internship opportunities.
- ‘Career Fair’ in collaboration with Upschool was organized on 3rd MARCH 2023 with the aim to provide an opportunity to interact with various universities and get a chance to know about different courses they can pursue as post graduation after graduation.

### 7.10 Purchase Committee

The Purchase committee worked tirelessly towards procurement of services and goods for the college during the academic year. Tasks taken up by the committee are listed as follows.

Processing of tenders	Procurement of Goods
<ol style="list-style-type: none"><li>1. CCTV</li><li>2. Computer AMC</li><li>3. Steel tables for canteen</li><li>4. Padding mangle for lab no 6</li><li>5. Photocopying, printing facility</li><li>6. Help in tender on GeM for purchasing AC for conference room and common lab, hard disks and RAM for computers,</li></ol>	<ol style="list-style-type: none"><li>1. Irons for lab 213</li><li>2. Split Ac for RM dptt</li><li>3. 100 rims of A4 paper for Admin and Accounts dptt</li><li>4. Ceiling fan for lab 210</li><li>5. Window AC and stabilizer for faculty cubicle 123</li><li>6. 3 room heaters for library</li><li>7. Heaters for accounts</li><li>8. 3 Computers for library</li><li>9. Pulse Oximeter for medical room</li><li>10. 2 Split AC for accounts</li><li>11. Mobile phone for accounts department</li><li>12. Central lab purchase<ol style="list-style-type: none"><li>a. Chemicals-Methanol HPLC Grade, Isopropanol, Water, Ethanol, Ascorbic acid standard</li><li>b. Glasswares- Reagent bottles, Membrane filters, Syringe filters</li><li>c. Equipments- Solvent filtration assembly, Vacuum pump, Sonicator, Micropipettes and tips</li></ol></li><li>13. FNFT Department purchases- Water bath, RO water purifier, Glass pipe, glass knobs, Refrigerator</li></ol>

	<p>14. Sports Department purchases - Badminton Racket, Shuttle Cocks, Basket ball net, Taekwondo chest gaurd and kick pads, foot pump</p> <p>15. B.El.Ed-Notice board, book shelf, computer table, chairs</p> <p>16. More than 10 items in different quantity required for NAAC visit like files folders etc</p> <p>17. Chairs, tables, curtain rods, fans, tube lights, dustbins etc for amenities NAAC committee</p> <p>18. Spectrophotometer, refrigerator and projector etc for microbiology lab</p>
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Committee members worked continuously to carry out above mentioned tasks, each of which involved multiple steps. Committee members also helped other committees in their purchase process. Detailed documents of the above tasks have been submitted to the admin and respective labs.

### 7.11 Sports Committee

The Sporting calendar this year was filled with a wide range of Sporting opportunities available to our students and staff.

Considering the concept of “Sports for all” committee organized Inter- and Intra-College tournaments for students as well as some Sports activities for staff (teaching and non-teaching). Some of the important events that were organized include badminton, basketball, relay race, yoga, taekwondo, and some indoor games like carom, table tennis and chess. Intra-college table tennis was organized in March 2023. Intra-college Caroms was organized on 21<sup>st</sup> March, 2023. Chess tournament was organized on 20<sup>th</sup> March, 2023. Intra-college badminton tournament was organized for teaching and non-teaching staff and students on 20<sup>th</sup> march and 23<sup>rd</sup> March 2023 respectively. Women’s day celebration and Khelo India “Das Ka Dum” were also organized in March 2023.

IHE Basketball Team also participated in various inter-college tournaments in Jesus and Merry College, LSR, and Miranda house and performed very well. In Miranda House college secured 3rd position. In Jesus and Mary College our team secured 4th position and in Lady Shree Ram College our team reached to the quarterfinals. Inter-college Yoga competition was also organized by IHE during which 1<sup>st</sup> and 3<sup>rd</sup> positions were secured by Gargi and 2<sup>nd</sup> position by

SPM College. College students also participated in Basketball, Volleyball and Taekwondo team in inter-university selection trials conducted by DUSC. Teaching and non-teaching staffs were also motivated by committee to participate in the selection of trials of vice Chancellor's Cricket team and Mr. Akash from Dept. of Microbiology was selected for the same. Department and Sports committee initiated the opening of IHE Fitness Centre and avail the Sports Facilities at IHE Fitness centre. Gym was reopened in November 2022 for staff & students and almost about 20 people using the gym on regular basis. Students are provided with Sports equipment like badminton racquets, shuttles, table tennis racquets and balls, basketballs, volleyball, carom, chess and taekwondo equipment. Professional coach was also provided to Basketball and Taekwondo team of the college.

The Sports Day was held on Thursday, 27<sup>th</sup> April 2023 with great zeal, excitement and frolicsome atmosphere. It was a one day event hosted by Enthusia: the sports society of IHE. The chief guest panel consisted of Mr. Aman Sharma senior basketball coach of SAI, Col. Rajinder Singh Bhanwala, Arjuna Awardee in rowing and Mr. Rohit Thakur who is FIBA international official and national coach of Delhi team. The sports day had two inter-college tournaments one of Table Tennis and other was Yoga. The different colleges of University of Delhi participated in the tournament. The 1<sup>st</sup> and 2<sup>nd</sup> position were secured by Kirorimal College and 3<sup>rd</sup> position by Shaheed Rajguru College of Applied sciences for Women.

### **7.12 Student Amenities Committee**

Student amenities committee has been working hard throughout the year to upgrade and improve student amenities of the college. The committee has held several meetings regularly. Furthermore the whole committee has been divided into various sub-committees to look into specific areas of student amenities.

The committee has undertaken the following tasks:

- Canteen: Canteen up gradation has been undertaken by the committee. The following tasks has been undertaken:
  - Regular cleaning and maintenance of hygiene is being regularly monitored.
  - Healthy food wall have been painted outside canteen.
  - Millet based Healthy foods have been introduced in the canteen including Ragi Choco banana muffins, Jowar burfee and ragi uttamppam. Besides eggs, soups, lassi, poha and gud-chana have also been introduced in the canteen.
  - One refrigerator, 1 Geyser, 3 exhaust fans, 2 tables, 1 Foot pedal Operated Sanitizer dispenser and few dustbins have been installed in the canteen for upgradation.
  - 1 large twin double hanging dustbin has been installed outside the canteen area.
  - 7 plastic tables (4seater) and 28 chairs were ordered and placed outside canteen and GCR for students to sit in the open, eat lunch and work.
- Girls Common Room
  - Repair work was done to take care of chipped plaster from the walls, seepage in walls and broken windows.
  - The room was given a fresh coat of paint. Doors and windows were painted.
  - Faulty electric connections were repaired and new curtains hanged.

- 1 Desert cooler have been purchased and placed in the GCR.
- Decorative materials and Educational material were displayed to enhance the aesthetic appeal of the room.
- Dustbins have been kept in the GCR and outside area of GCR.
- The wall outside GCR was painted with vibrant displays to create a cheerful ambience by the student volunteers.
- Photocopy: The committee regularly monitored the quality of photocopy in the photocopy shop. A tender was floated for a new photocopy vendor. Finally the tender was awarded to Yadav photocopy on 10.5.2023 for a period of one year.
- Cleanliness and Toilets:
  - Dustbins, LED lights and soap dispensers have been installed in the washrooms.
  - Weekly cleanliness and hygiene is monitored. Throughout the year 7-8 detailed reports with supporting pictures regarding the status of repairs and cleanliness of toilets were submitted.
  - One incinerator has been installed in the old building for safe disposal of sanitary pads. One more shall be installed in the new building.
  - One sanitary vending machine alongwith an incinerator donated by Prof Rakesh Sinha, Member of Parliament, have been installed.
  - Sanitary vending machines are being maintained, timely refilling of pads is done, and instruction posters to use the machines have been placed.
  - Report of water cooler services and their condition was submitted. The status of the same was briefed to Mr Fakir for quick action.
  - Cleanliness of the corridors also being regularly monitored.
- The room next to canteen has been renovated and well cleaned.
- Total 109 Braille Signages were installed in the college campus.
- Theory rooms
  - 12 walls fans have installed in the third floor theory rooms.
  - LED lights have been installed in theory rooms and basement theory rooms.
  - Curtains were tried to be hanged in the theory rooms of new building.

Outside area cleanliness is being monitored. 1 double hanging dustbin has been installed outside new building.

### **7.13 National Social Service**

NSS-Institute of Home Economics is one of the most active committees of the college. It works to sensitize young students to contribute to the welfare of the society by organizing various activities throughout the year. Each NSS student volunteer devotes 120 hours in one academic year for delivering his services to NSS related work.

Achievements of NSS, IHE during the year 2022-23:

- Celebration of NSS Annual Fest Vasant: The annual festival of NSS IHE recorded a participation of more than twenty colleges and women entrepreneurs. The celebration circumvented around the theme, “India for Better Tomorrow”, went well with the objectives of NSS.

- Ms. Bhumika Gupta, the NSS student union president was selected for the prestigious Vice Chancellor student's internship programme offered for a period of two months. It is a paid internship programme offered by DU. The student also got an opportunity to accompany the honourable Prime Minister, the chief guest of honour along with other students to the venue. Bhumika travelled in metro with the honourable Prime minister for approximately 28 minutes from Vishwavidyalaya to Lok Kalyan Marg with a group of thirty selected student volunteers.
- Youth Integrity Festival at Nalanda: Six NSS volunteers set pace for the role and domain of a NSS voluntary work by marking their presence and participating in National Youth Integration camp wherein the student volunteers participated in several camps and rallies to promote girl child concerns and cultural diversity.

**A Tabular summary of various NSS activities undertaken during the Year 2022-2023**

<b>S.No.</b>	<b>Activity</b>	<b>Participants</b>	<b>Organizers</b>	<b>Date</b>
1.	Har Ghar Trianga and Centenary Celebrations at DU	50	University of Delhi	1.08.22 to 31.8.22
2.	Yuva Samvaad: International Youth Day	15	MoYAS, Akashvani Rang Bhawan, New Delhi	12.8.22
3.	Blood Donation Campaign in collaboration with Red Cross celebrating Azaadi ka Amrut Mahotsav	40	IHE and Red Cross Society	17.08.22
4.	Plantation of Shatabdi Tree	50	NSS IHE in collaboration with Environment Committee	26.08.22
5.	Women's Equality Day Online quiz	30	NSS IHE	26.08.22
6.	Serving Khidchi to Mark Poshan Maah	25	NSS IHE	10.09.23
7.	Swachhata Phakhwada Divas Plogging	50	NSS IHE	19.9.22
8.	Cleanliness Drive and Pledge	50	NSS IHE	20.9.22
	National Youth Integration Camp 2022 held at Nalanda	6	Nalanda University, Bihar	19.9.22-24.9.22

	University, Bihar.			
9.	Feed the Stray	25	NSS IHE	29.9.22
10.	Pre Republic Day Camp	10	University of Delhi	30.9.22
11.	Creative Writing Competition ' A letter to Gandhi'	40	NSS IHE	2.10.22
12.	Air Force Day webinar on Role of Women in Indian Air force by Major CJ Nithi	60	NSS IHE	9.10.22
13.	Mental Health Day	100	NSS IHE	10.10.22
14.	Yoga in Everyday Life	25	NSS IHE and Sports Unit, IHE	20.10.22
15.	DAAN UTSAV cloth collection drive	60	NSS IHE	17.10.22 - 25.10.22
16.	Events Promoting Eco-friendly Diwali	80	NSS IHE	24.10.22
17.	Activities to mark Menstrual Hygiene Day and Sanitary Pad Donation Drive	70	NSS IHE	20.1.23
18.	Cleanliness Drive	40	NSS IHE	1.11.21
19.	Run for Unity	25	NSS IHE	1.11.22
20.	Inaugurating Energy Warrior campaign as part of Environment Awareness Week	25	NSS IHE in collaboration with Environment Committee	20.11.22
21.	Samvidhan Diwas:Reel of Regional Language	50	NSS IHE	25.11.22 and 26.11.22
22.	National Voting Right Day	50	NSS IHE	30.11.22
23.	Open Mic Poetry on Vijay Diwas	25	NSS IHE	17.12.22
24.	Secret Santa Mission	20	NSS IHE	25.12.22
25.	Activities to mark Menstrual Hygiene Day and Sanitary Pad Donation Drive	70	NSS IHE	20.1.23
26.	Cleanliness DRIVE	60	NSS IHE	23.1.23
27.	Military Tattoo Day celebrating Parakram Diwas	40	MoyAS, Jawaharlal Nehru Stadium	23.1.23 and 24.1.23
28.	Seminar on Constitutional Rights and Laws by Advocate Dr. Swati Jindal Garg	75	NSS IHE	30.1.23
29.	A dream to be green	65	NSS IHE	22.2.23, 23.2.23
30.	Aadi Mahotsav visit	35		24.2.23
31.	Holi Safe and Selfie Station	30	NSS IHE	3.3.23

32.	Talk on Inclusive Duniya: Neurological Diversity and Inclusion	60	NSS IHE	22.3.23
33.	World Water Day	50	NSS IHE	3.4.23
34.	Vigour celebrating International Day of Sports for Development and Peace	25	NSS IHE	6.4.23
35.	Vasant, Annual Fest' India for Better Tomorrow	300+	Inter college, NSS IHE	11.4.23
36.	Quiz on World Haemophilia Day	25	NSS IHE	17.4.23
37.	Shoe Collection and Donation Drive	80	NSS IHE	1.5.23 to 6.5.23
38.	Yaad-E-Jallian: Visit to National War Memorial	25	NSS IHE	15.4.23
39.	Pledge on Earth Day	25	NSS IHE	21.4.23
40.	Scrounging Heat: keeping water vessels for people and birds	40	NSS IHE	4.5.23
41.	Webinar on Election and Voting Awareness	45	NSS IHE	10.5.23
42.	World Environment Day	10	Department of Environmental Science, University of Delhi	5.6.23
43.	International Yoga Day with Har Ghar Dhyan	30	NSS IHE in collaboration with Har Ghar Dhyan mentors	26.6.23
44.	Participation in Centenary Valedictory Ceremony of DU	4	volunteers were selected for NSS wing to attend the Valedictory celebrations	30.6.23

#### 7.14 Enabling Centre and Equal Opportunity Cell

The year started with the student volunteer group, SOPAAN enrolling fresh members and orientation ceremony.

Other activities conducted were a talk on Fellowships available for students which was attended by 80 students mostly from the 3rs year. Guest speaker Ms. Sweetlana Ranjan, a women entrepreneur and the founder of BTI gave her views on **Fellowships: A gateway to experiential learning** and job openings on 17th November, 2022.



Fellowships are funded, short-term opportunities, that can last from a few weeks to a few years. They can be focused on professional, academic and/or personal development. Fellowships are sponsored by a specific association, organization, institution, or government which sets the eligibility requirements. These opportunities encompass nationally competitive grants, scholarships, and other funding opportunities. The speaker informed that the fellowships are often designed to support various activities, including:

- Research, either independent or as part of a larger project.
- Developing new community-based organizations.
- Training within a specific field.
- Opportunities to further explore a particular field of work.

Inter-college Blog writing competition was organized by the student volunteer of Equal opportunity cell on 21st June, 2023. The topic of the event was “**Objectification is oppression**” and it was held in online mode. Students from 5 colleges participated. There were a range of ideas expressed where objectification of women, persons with disability and those from disadvantaged groups were brought to focus. The role of media in perpetuating stereotypical images found in-depth mention.

### **7.15 Maitri- The Sustainable Menstrual Health Society**

This is the youngest society of the college and was founded on February 22, 2023, keeping in view the urgent need to educate young girls about sustainable and health menstrual hygiene practices and allied issues among the college students as well as communities at large. More specifically, the society was set up to meet the following objectives in due course of time:

1. To address the taboos and stigma associated with menstruation and enable students to communicate and open up with family/peers about menstruation related challenges.
2. To educate the students about various alternatives of sustainable menstrual hygiene methods in the college and community.
3. To spread awareness among students about the safe disposal of sanitary napkins in an environment-friendly manner.
4. To Promote biodegradable menstrual products and making menstrual hygiene eco-friendly and available to all.
5. To create understanding among the students about problems related to reproductive health such as PCOD and PCOS.
6. To enable the students to overcome their insecurities about their bodies and to help them develop self-confidence and self-love.

The society has been very active since its inception and has organized the following activities:

#### **Newspaper Donation Drive**

**(2nd-3rd March onwards on every Thursday and Friday in March 2023)**

Keeping in view that one of the most common methods to dispose of menstrual pads is by wrapping it in a newspaper. The members successfully conducted a two-days ‘Newspaper

Donation Drive' to ensure that every student has access to newspapers for pad disposal in college washrooms.

### **Reel Making Competition (7th-20th March 2023)**

To spread the message of Sustainable Menstrual Hygiene through social media, Maitri organized a reel making competition of 30-90 seconds duration. The topics given to the participants were:

- Menstrual hygiene
- Taboos related to menstruation
- Safe disposal of sanitary pads
- Healthy lifestyle during menstruation

The event saw huge participation with 24 entries by students who presented their thoughts creatively and aesthetically. The reels were judged by a panel of experts.

- Workshop on Menstrual Hygiene Management in collaboration with *Pratisandhi* MAITRI on 23rd March 2023, conducted a workshop on Menstrual Hygiene Management in collaboration with *Pratisandhi* (volunteer-based non-profit youth-initiative working towards sexual health and education in India). Workshop covered various vital ways of Menstrual hygiene management along with brief description of all the menstrual products available in the market. As many as 100 students participated in the workshop.

- Screening of Films on Menstrual Hygiene (31<sup>st</sup> March, 3<sup>rd</sup> April, 5<sup>th</sup> April and 6<sup>th</sup> April 2023). To spread the message of safe menstruation and hygiene practices, Maitri organized Film screening for the benefit of students on several days in March and April 2023 in the communication lab. The films were: 'Periods- End of sentence' & 'Laali - A take of blood'.
- Poster Making Competition (2nd-10th April) MAITRI organized a poster making competition on topics such as: Menstrual Hygiene, Safe Disposal of Sanitary Pads, Happy Periods, Alternatives To Sanitary Pads, Breaking The Taboos Around Menstruation. Students participated actively and the selected posters will be further modified, created digitally and displayed in the college washrooms to act as tools of behavior change communication in the students.
- Participation in *Vasant Utsav*-The Annual NSS *Mela* of the College (12th April 2023) MAITRI set up a lively stall in collaboration with 'Pee Safe' a company commercially producing menstrual hygiene products. Several alternative materials including sanitary pads, tampons, menstrual cups, menstrual discs, period underwear, etc. were on display and drew a huge participation from students.
- 'Vikalp 2.0 - Ek Naya Tarika' on the Occasion of Each One Enable One Program (19th April, 2023) Many activities were organized under this event to spread knowledge about menstruation and to normalize the conversation related to menstruation. The event started with an amazing and insightful workshop on the topic 'My Pad Kit' in collaboration with Goonj, followed by a puppet show titled "*Mahavaaari nahi hai koi Beemaari*," edutainment games and sparkle and face painting activity. Experience

board were also set up to for women to share their experiences related to menstruation. A photo booth was also created for women to get their pictures clicked.

## 8.Celebration of the Centennial year of University of Delhi

The college celebrated the centenary year of the University of Delhi with a lot of enthusiasm and organized a series of events throughout the year from 1<sup>st</sup> May, 2022 to end of May, 2023.

- The series began with an ***Inter-College Competition*** initiated by the University for undergraduate and post graduate students on 20<sup>th</sup> of May, 2022. These encompassed competitions such as Poster making, Designing of Banners, Slogan making and Logo Designing on relevant contemporary and topical themes. The students across the courses participated with much enthusiasm in all the competitions.
- Second in the series of events was ***Shatabdi Vriksharopan*** on the 10<sup>th</sup> of August, 2022. This event was organized in collaboration with the Environment Outreach Committee of the college. The entire student body, college union, NSS student members, teaching and non-teaching faculty gathered to witness the planation of the centennial tree. Our former Director, Prof. Geeta Trilok-Kumar graced the occasion by planting the centennial sapling (*Kachar*) as a mark of green initiative taken up by the college in the centenary year of the University. The other saplings planted to celebrate the occasion were *Seris*, *Mahua*, Jackfruit, Lemon and Jacaranda. To support the green initiative of the University, a plant donation drive was also organized by the team on the same day.
- The next event in the series was a very prestigious one-the ***Centennial Oration and a Panel Discussion on National Education Policy, 2020 on October 18, 2023***. This was organized at the Laxmipath Singhanian Auditorium, PHD Chamber of Commerce and Industry, New Delhi. The panel discussion comprised of a distinguished group of panelists- Prof. K. Ramachandran, member drafting committee for NEP, 2020; Prof. C.B.Sharma, Director, School of Education, IGNOU; Prof. Haneet Gandhi, Dean, Admissions, DU and Dr. Punita Duhan, Director, Delhi Skill Entrepreneurship University. The panel was chaired by Prof. K. Ratnabali, Convenor of NEP 2020, Task Force, DU and Dean, Academic Activities and Projects. The panel discussion was entitled '**National Education Policy; Transformations in Higher Education: The Changing Landscape**'. The discussion emphasized upon the significance and the new features of the National Education Policy and how it has been planned after much discussion and deliberation. It seeks to create equitable education opportunity for all learners regardless of their social strata. Laying emphasis on the inter-disciplinary nature of the policy, the panel discussion laid importance on developing human capacities of students by giving them opportunities of intellectual, multi-disciplinary, skill and value based education. At the same time, the policy envisaged to give an impetus to the traditional knowledge systems of the Indian society many of which had hitherto not been emphasized upon. The students and faculty truly gained a lot of

insights from the panel discussion and got an opportunity to clarify their doubts through the question answer session that followed.

- The next centenary event organized was a cultural commemoration to celebrate hundred glorious years of University of Delhi entitled *Nritya Ananda*, an intra college solo dance competition. This was organized by the Cultural committee of the college and the Centenary Celebration team on 14<sup>th</sup> October, '22. Twenty-five participants across different courses performed in the competition. The powerful presentations included dance forms of different genres- classical, semi-classical and folk dance performances. The performances were thoroughly enjoyed by the audience. Prizes were given to the winning participants who were declared to be among the top three in the competition.
- The panel discussion was followed by the oration which was delivered by Prof. Ajoy Ghatak, President at the National Academy of Sciences, India, on the theme '**Development of Science and Technology in India: A Brief Historical Perspective.**' In his oration, Prof. Ghatak discussed some of recent achievements of India in scientific research. Emphasizing on the role of education, science and technology, he discussed the significance of greater involvement of women in scientific research and policy making. Prof. Ghatak being an excellent orator gave a very enlightening presentation on the role of Indian scientists in research and invention. All the audience were indeed appreciative of the oration. The centenary event was attended by distinguished guests across various academic institutions of Delhi, former directors of IHE, retired faculty, teaching-non teaching staff and students.
- Taking the journey forward, the Centenary-G20 committee of the Institute of Home Economics organized a *Sufi Evening, Jashan-e-Ekta*, to memorialize India's prestigious role in G20 Presidency as well as to celebrate the unity that G20 stands for in the centennial year of University of Delhi. The performance in Sufi evening was by the very known, Niazi Nizami Brothers on the 13<sup>th</sup> of April, 2023 in the college premises.
- The highly absorbing and interactive performance received a phenomenal response and was attended by about 850-900 people including students, faculty, staff and guests. Students across different colleges of DU and other universities of Delhi too attended the event. The event received extensive media coverage by HT City.
- On the same afternoon, earlier, the college also organized an inter-college singing competition, *Ekta: Suron Ka Sangam*, that included both group and solo songs in the languages spoken across the G20 countries. The event was graced by the celebrity judge Ms. Sheena Chawla (Indian Idol fame). The event received a very enthusiastic response from students across DU colleges and other institutions such as IIT, Delhi

and Ambedkar University who participated in the event. The event ended with the prize distribution ceremony for the position holders. IHE participants received a special prize from the judges for singing a French song.

- The last in the centenary event series was the event by Department of Physical Education and Sports Sciences. An ***Inter-College Women's Yoga Championship*** was organized on 27<sup>th</sup> of April, 2023 as a commemorative event. Many teams from different colleges of University of Delhi participated actively in the event. The 1st and 3rd positions were secured by Gargi College and 2nd position by Shyama Prasad Mukherjee College.