



# HOME SCIENCE NEWS LETTER

## KHANDELWAL COLLEGE OF MANAGEMENT SCIENCE & TECNOLOGY

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### **FORTHCOMING EVENTS**

- ✓ Educational visit to Pilibhit silk centre.
- ✓ Make up examination in February
- ✓ Nutritional Visit to the villages on March
- ✓ Annual fest karizzma in March.

### **TRIP TO AIR FORCE STATION, BAREILLY**

This trip was organized on 7/11/14 for all the students of Home Science. Static display of various fighter aircrafts as well as Air show was organized by Indian Air Force. The main objective of this trip was to increase the knowledge and interest of the students towards the Air Force.



Students at fun city

### **TRIP TO FUN CITY**

This trip was organized on 14/11/14 for all the students of Home Science to celebrate Children's Day under the supervision of all the faculty members. It was filled with fun and frolic and students immensely enjoyed the trip.



Students during workshop

### **WORKSHOP ON ACNE**

On 15/11/14, workshop on acne was organized for home science and biotechnology girls students, to increase the knowledge related with skin problems as well as home based remedies of these problems. Under this power point presentation was given by Dermatologist Dr. Sudhanshu Mishra.

### **ANNUAL ATHLETIC MEET**

This was an annual activity organized by college on 13/12/14. This meet started with cultural programmes in which a group dance was performed by students of Home Science under the supervision of Ms Shivani Dhodi. In various sports events, students of home science actively participated. Pinki Yadav of III year got third place in 200 m race, Shivangi Sharma of I year got second place in discus throw.



Lecture delivered by Dr. Srivastava

### **CELEBRATION OF WORLD DISABLED DAY**

World disabled day was celebrated in the department on 3/12/14. Under this power point presentation on various disabilities and motivational skits were presented by students. The introductory lecture was given by Mrs Anuja Agarwal. The main objective of this activity was to increase the awareness and knowledge related to disabilities



Lecture by Mrs Anuja Agarwal

### **CLEAN CAMPUS ACTIVITY**

Campus cleaning activity was conducted at hostel ground by home science girls on 6/12/14. The main purpose of this activity was to inculcate cleaning habits among the students besides dignity of labour.

### **SESSIONAL EXAMINATION AND PARENTS TEACHERS MEETING**

Besides unit tests, mid-sessional exams were conducted in the second week of December. This was successfully conducted by the department and the attendance of students in these exams was 95 percent. Parents' teacher meeting of first year students was organized in 27/12/14. The academic performance of first year students was discussed with their parents. Maximum numbers of parents attended the meeting.

### ***STUDENTS' CORNER***

#### **Nanotechnology in food**

Nanotechnology is a powerful new technology for reconstructing nature at the atomic and molecular level. It involves the study of materials, and the manipulation of structures, that exist at the nanoscale, <100 nanometres (nm) in size. Today various nanotech companies are working to fortify processed food with nano-encapsulated nutrients, its appearance and taste boosted by nano-developed colours, its fat and sugar content removed or disabled by nano-modification, and 'mouth feel' is also improved. Nanotechnology will also enable junk foods like ice cream and chocolate to be modified to reduce the amount of fats and sugars that the body can absorb. In this way, the nano industry could market vitamin and fibre-fortified, fat and sugar-blocked junk food as health promoting and weight reducing.

**Shradha III year**

### **HOME SCIENCE CANTEEN**

This is a weekly activity organized by Home Science third year students. The canteens were arranged on 8/11/14, 22/11/14 and 29/11/14, and the menu of these canteens were Rajma Chawal, cheese pops and Moradabadi Dal respectively. The activity is held under the supervision of Mrs Lata Rani Bisht. The main objective of this activity is to inculcate the entrepreneurial skills amongst the students.



Students preparing dishes

### **HOME SCIENCE EXHIBITION**

Home Science exhibition 'Samanvay' was organized in the college from 23/01/15 to 26/01/15. It was an annual event in which various handmade articles of art, design and textile were displayed by third year students under the supervision of Mrs Pragya Ritamabhara and Ms Shivani Dhodi. The event inaugurated by Mrs Vatsala Mishra, President AFWWA (L), Air Force Station Bareilly. The exhibition was highly appreciated by all the guests.



Home science exhibition

### **HOME SCIENCE FETE**

Fete was organized by students of Home Science on 23/01/15 in the college. A total 15 stalls were put up by students including foods and selling items. This fete was highly appreciated by all the guests and other faculty members. The main objective of this fete was to develop the entrepreneurial skills and self confidence among the students.



Students in food stall

### **REPUBLIC DAY CELEBRATION**

On republic day home science girls were actively participated in parade and cultural programmes. In the pageant show, home science displayed pageant on 'Rainbow foods and its importance' which was highly appreciated by all the guests. Anushree Sharma of home science first year got the prize of outstanding student



Pageant show on rainbow food

### **INTER SCHOOL COMPETITIONS 'YUVA UDAAN'**

An inter school competition Yuva udaan was organized in the KCMT campus on 23/01/15. In this a total of 12 schools from Bareilly, participated in various competitions. In rangoli making Disha Sharma and Alviya Ansari of Padmawati Academy got first prize and Ayushi & Arunita of Radha Madhav Public School got second prize. In Best out of waste competition Sana Aneesh of Jesus Marry got first prize and Sukoon Zehra of Padmawati Academy got second prize. In Collage making competition Babli Pal and Sita of Rikhi Singh Inter College got first prize and Sakshi Gangwar and Kajal Arora of Bedi Internantional school got second prize. In Home Science Fete, food stalls from Bedi International and Radha Madhav Public School got the consolation prizes.



Students with collages

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### FORTHCOMING EVENTS

- ✓ Workshop on acne on 15/11/14
- ✓ Sessional Examination (25-29 November, 2014)
- ✓ Parent teacher meeting on 13/12/14
- ✓ Educational visit of textile industry on first week of December.
- ✓ Nutritional Visit to the villages on 20/11/14

### Nutrition week (01-07 September)

It was celebrated with the objective to increase the knowledge of the students in the field of nutrition. Under this various activities were organized. On 01/09/14 quiz competition was organized for all the students of home science with the aim to increase the knowledge on various aspects of home science education. Question related to foods and nutrition and general knowledge were put forth before the students. First prize was won by team of Diksha Gangwar of III yr, Anjali Saxena of II yr, Kusha Jhunjhunwala of I yr, Second prize was won by team of Ankita Tiwari of III yr, Akanksha Diwedi of II yr, Anushree of I yr and third prize by team of Swetmani of III yr, Nidhi Sharma of II yr, Nisha Gangwar of I yr



Students attending quiz



Students with their collages



Judges evaluating collages

### Collage Competition

On 02/09/14 it was organized on the topics 'antioxidant activity' and 'food habits of different states of India' in the department for all the students of home science, to inculcate the creativity among them. Arpita Bisaria and Shraddha Chauhan of III yr got the first prize, Namrata and Swetmani of III yr got the second position and Anushree and Neha Bharti of I yr got the third prize.

### Salad Decoration Competition

It was organized on 04/09/14. The main purpose of this activity was to increase the creativity of the students. In this different types of salads were creatively decorated by students. In this Shivani Rastogi and Shivangi Mishra of III yr got first prize, Suhani Capoor and Riya Saxena of III yr got second prize, Arpita Bisaria and Shraddha Chauhan of III yr got III prize and Priyanjali and Archana Kannaujia of I yr got Consolation Prize



Students with their salad

### Educational trip to IVRI Bareilly

Trip was conducted on 14/09/14 under the supervision of Mrs Pragya Ritambhara and Mrs Lata Rani Bisht for III yr students. The objective of this visit was to educate the students about the different milk processing techniques like advance milking process, pasteurization and homogenization of milk



Students and faculty at IVRI

## STUDENTS' CORNER

### **Antioxidant activity of foods**

Antioxidants neutralize harmful free radicals generated in the body as a result of breakdown of food or environmental exposure to tobacco smoke, pollution and UV radiation from the sun among others. If left unchecked, free radicals trigger a chain reaction that can damage healthy cells causing heart disease, cancer and many other diseases. Known as free radical scavengers antioxidants boost our immune system, continuously monitor millions and millions of cells in your body and repair the defective cells. Recently, there has been growing interest in research into the role of plant-derived antioxidants in food and human health. The beneficial influence of many foodstuffs and beverages including fruits, vegetables, tea, coffee, and cocoa on human health has been recently recognized.

**Akanksha Dwivedi II yr**

### **Work shop on electric sewing machine**

Three days workshop from 08/09/14 to 10/09/14 was organized for home science students by Usha Jenome. In this various electric sewing machine and fashion maker machines (basic and advanced models) were demonstrated. The main purpose of this workshop is to increase knowledge and awareness related to modern technologies of clothing and textiles.



Demonstration of sewing machine

### **Home Science Canteen**

This is a weekly activity organized by Home Science third year students. This year canteens were arranged on 06/09/14 and 20/09/14, and the menu of these days were Chinese idli and mint soda lime, and Chole kulche respectively. The activity is held under the supervision of Mrs Lata Rani Bisht. The main objective of this activity is to inculcate the entrepreneurial skills amongst the students.



Students preparing their dishes

### **Home science fresher's**

It was organized on 24/09/14 to welcoming the new comers in the department. In this various cultural programmes were presented by first year students.



Group dance by students

### **Diwali decoration competitions**

On the occasion of Diwali various competitions were organized on 21/10/14. In paper rangoli competition first prize was won by Nimisha Sjngh of I yr, second prize by Shalini of III yr and third prize by Shyama of III yr. In Diya decoration competition first prize was won by Riya saxena of III yr, second prize by Himanshi Lohani of II yr and third prize by Priya Sharma of I yr. In Kandeel making competition first prize was won by Shraddha of III yr, second prize by Gunjan of III yr and third prize by Divya singh of I yr. In Bandhanwar competition first prize was won by Pooja Verma of I yr, second prize by Kusha Jhunjunwala of I yr and third prize by Anushka Sharma of II yr.



Executive director visiting the Diwali decoration

### **Navaratra Mahotsav**

It was organized on 01/10/14. On this occasion students of all the years were actively participated in all the competitions organized at college level. Under this Kashish Khan of II yr got third prize in mehndi competition, Priyanshi Gangwar of II yr got third prize in pooja thal competition. In card making competition Nishi of III yr and Almeen Fatima of II year got the second and third position respectively. In Bandhanwar competition Gunjan of III yr, Divya Singh of I yr and Anushree of I yr got I, II and III prizes respectively. Group dance was performed by home science students on 'Maa Kaali Stuti' under the supervision of Ms. Shivani Dhodi and Ms. Anshika Saxena and got first prize.



Navratri Dandia by Home Science

### **Students' achievements**

Nimisha Singh of second year won the title of 'Navratan Dancing 2014-15' for Indian category.



Nimisha Singh: Navratan Dancing 2014-15