

**SOPHIA GIRLS' COLLEGE**  
**(AUTONOMOUS), AJMER**



**DEPARTMENT OF HOME SCIENCE**

**2019-20**

# Department of Home Science



**Sophia Girls' College  
(Autonomous), Ajmer**

## Nutrition Fest



**Venue: College Campus  
Date: 16th to 18th  
September, 2019  
Time: 9:30 A.M.**

**Date:** 16<sup>th</sup> to 18<sup>th</sup> September 2019

**Level:** Departmental

**Venue:** College Campus (Department of Home Science 16<sup>th</sup> & 18<sup>th</sup> september)  
RMKM, Chachiyawas-Field Trip (17<sup>th</sup> september)

**Title of the event:** Nutrition Fest

**Total No of Students:** 50

**Learning Outcome:** To make the students apprise about the Entrepreneurial and marketing skills and to make the Students aware about all the fields of Home Science.

**Report-** The Nutrition fest was organized by AASHIYA the home science association from 16 to 18 September 2019. On the first day 16<sup>th</sup> of September 2019, a quiz was conducted on the different areas of home science. It consisted of four teams they were ruby, emerald, diamond and sapphire. Team ruby secured the first position and team emerald stood second. It was only for home sc students. A work shop was also organized on culinary skills in which a chef came from Food Craft Institute and taught the students about various recipes of salads and pasta and different styles of plating it. All the students enjoyed it very much.

On second day of the fest the 17<sup>th</sup> September 2019 the students of Home Science went for a field trip to the school of Inclusive education RMKM Chachiyawas with their play group activities which were prepared by them for the preschool children. They made the special children play with their activities and spent time with them. The students learnt about the methods of teaching in inclusive education institutions. The activities prepared by the students were donated to the institution for further use.

On the third day on 18<sup>th</sup> September, stalls were put by the students according to different states like Maharashtrian, South Indian, Gujarati, Rajasthani, Hyderabadi etc. There were total 7 stalls and each stall had 3 to 4 dishes. Each stall had 4 to 5 members. It was a competition which was judged on the basis of creativity, hygiene and taste of the dish. The judges were Ma'am Sandra Lee HOD of English department and Ma'am Jyoti Chandel HOD of Political Science. South Indian stall came first and Hyderabadi came second. It was open for all the students. This three day event was a huge success with the cooperation of all the students and teachers. It was a wonderful, enjoyable and learning experience for all the students.





**DEPARTMENT OF HOME  
SCIENCE**



**SOPHIA GIRLS' COLLEGE  
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**GUEST LECTURE ON "DIABETES  
EDUCATION"**

**RESOURCE PERSON:**

**DR.VINEET GARG**

**DATE: 17TH JANUARY, 2020**

**VENUE: COLLEGE AUDITORIUM**

**TIME: 11:00 A.M.**

**Date:** 17<sup>th</sup> January,2020

**Level:** Departmental

**Venue:** College Auditorium

**Title of the event:** Guest lecture on Diabetes Education

**Resource Person:** Dr. VineetGarg

**Total no of Students:** 58

**Description:** A Guest Lecture on “Diabetes Education” was organized by AASHIYA the home science forum 17<sup>th</sup> January 2020.The resource person of the event was Dr. Vineet Garg, He gave very useful information regarding Diabetes and its further complications.

**Learning Outcome :**To make the Students aware about diabetes and its complications .



# **Department of Home science**



**Sophia Girls' College  
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## **Cervical cancer Awareness camp**

**Resource Person: Resident  
Doctors of JLN medical College,  
Ajmer**

**Venue: College Auditorium**

**Date: 14th February, 2020**

**Date:** 14<sup>th</sup> February,2020

**Level:** Departmental

**Venue:** College Auditorium

**Title of the event:** Cervical Cancer Awareness Camp

**Resource Person:** Resident Doctors of Medical College,Ajmer

**Total no of students:** 100

**Description:** On 14<sup>th</sup>feb 2020 a camp was conducted by Home Science Department. Around12 MBBS resident doctors came from JLN Medical College, Ajmer for awaring the students about HPV and CERVICAL CANCER. The seminar was from 1:30 - 2:30pm. It was open for all the students.Around 100 students attended it. First they make the students fill up a questionnaire about how much they are already aware about the disease and then they gave them the information it. Then they separately solved the problems of all the students.It was a beneficial and important seminar and truly made all the students aware about the fatal disease.

**Learning Outcome:** To aware the students about HPV and Cervical Cancer.

