



Swargiya Chandra Singh Shahi Government Post Graduate College Kapkote (Bageshwar)

HOME SCIENCE DEPARTMENT ACTIVITY 2023-2024

RAKHI MAKING COMPETITION

ON 30/8/2023 a Rakhi competition was organized in the Home Science Department of the Government Post Graduate College, in which the following results were declared by the jury members Dr. Shalini Pathak and Dr. Sunita Kholia.

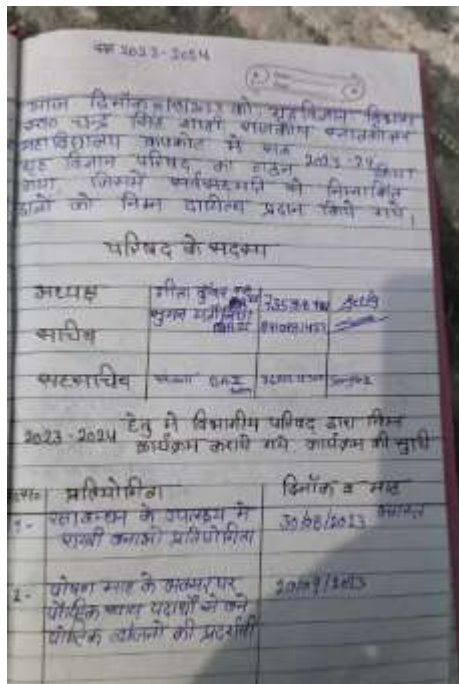
1. Divya martolia first price B. A IV sem
2. Joyti koranga second price BA IISem
3. Sangeeta and Laxmi third price BA II sem





Formed the Home Science Council

On 1/09/2023. Department of Home Science, Swargiya Chandra Singh Shahi Government Post Graduate College, Kapkote, formed the Home Science Council in 2023-24, in which the following responsibilities were unanimously given to the following students.



Nutrition Week Celebration

ON 20/9/2023 on the occasion of Nutrition Month, an exhibition of nutritious dishes prepared from nutritious food items available in the mountains was organized by the Department of Home Science in Government PG College Kab Court. The Principal in providing information to the students explained the importance of Nutrition Month.



Gadhbhoj Diwas Celebration

ON 10.10.2023 swargiya Chandra Singh Shahi govt. p.g. college kapkote Garbhoj Day was organized in Kapkot under the auspices of the Department of Home Science, on this occasion the girl students in traditional attire served Pahari dishes like Maduwa Singora Jowar, Bajra, Barley, Bhatt, Bhang Mant etc. An exhibition of Chudkani, Manduwa roti, Pahunwa halwa, sprites, lye vegetable etc. was organized. On this occasion, Shri Mohan Singh Khetwal from Public Health Social Welfare Haldwani explained about the effect of coarse grains on human health and he also explain about the disadvantage of packaged food and junk food on human health in detail .On this occasion Mrs Priyanka gupta hod department of Home science explain importance of coarse grain, Mrs Mamta suyal from Art department explain alternate of junk food is Indian snacks so give preference to Indian snacks .prof. B.C. Tiwari department of History explain their important view effect of coarse grain on women health .And at the end of the program Principal Captan D S Nagi explain importance of coarse grain in briefly. all staff members ,students participated in it.





(पुष्पगुच्छ) Bouquet making Activity

On 6-10-2023, under the aegis of the Department of Home Science at the Swargiya Chandra Singh Shahi Government Postgraduate College kapkote, the girl students of the college were taught to make a flower bouquet, in which the girl students of the college participated with great enthusiasm. On this occasion, Dr. Shalini Pathak from the Sanskrit Department and Dr. Kalpana Joshi from the Sociology Department were present.





PRINCIPAL

**Dr. Dalip Singh Negi
Swargiya Chandra Singh Shahi
Post Graduate College Kapkote**

Organizer

Department of Home Science