

# Department of Home Science Activities



# **Academic Activities**

(Conference/Seminars/Workshop/  
Alumni talk/Panel discussions)





**National seminar (UGC-sponsored) on Food and Textile Industry**  
– Emerging Trends and Perspectives, 10-11 February, 2015





**Demonstration-cum-Workshop on Knitting,**  
February 21, 2020







## National Nutrition Month

September 2019 - Invited speakers

Dr. Seema Puri, and Dr. Bani Tamber Aeri Associate Professor,  
Department of Food and Nutrition, Institute of Home Economics (IHE),  
University of Delhi.



The participants  
of National  
Nutrition  
Month, 2019  
with the guests  
and organizing  
team





Invited speakers  
Dr. Seema Puri and Dr. Bani



Evaluation of  
Intercollege Healthy  
Recipe and Display  
Board competitions





**Demonstration-  
cum-Workshop on  
Lippan Art**  
(Traditional art form  
of Gujarat) August  
2019











**Demonstration-cum-Workshop on Puppet making**  
(Traditional art form of Rajasthan) August 2019





## **Seminar on Organic Food and Organic Textiles for Sustainable Development**

February, 2019



# Inter college poster making competition







## ADC Fashion Show

The outfits are conceptualized, created and accessorized by ADC students (2010-to date). These are showcased at Vividha, College fest.





ADC provides aspirant models a platform, some of the alumni are established fashion models and anchors







**ADC organizes Exhibition on Annual Day**  
March, 2009 - till date





**Department of Home Science Exhibition inaugurated by Prof. Kiran Walia, MLA, Lok Sabha and Mr. Kapil Sibal, Member of Parliament**



**ADC Annual Day Exhibition**



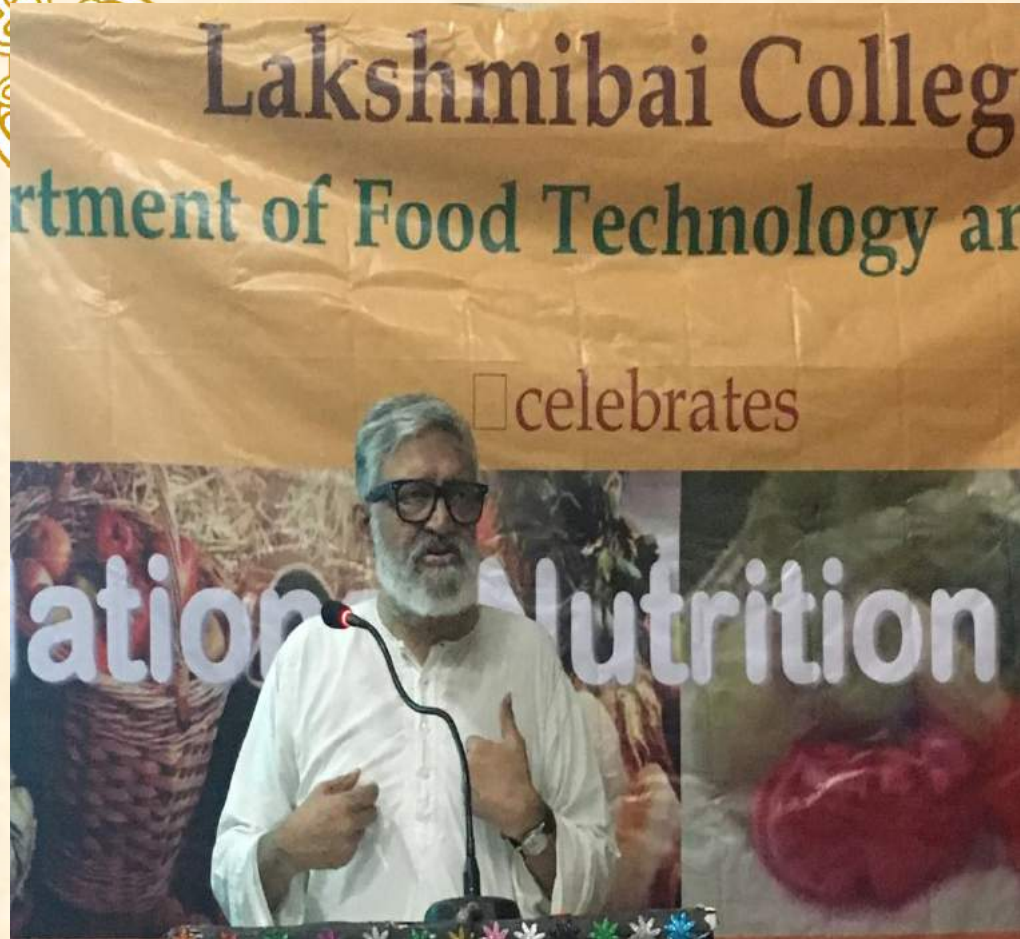


**Workshop on  
Chocolate  
Temptations**  
January, 2019.  
Resource person  
Chef Astik from  
Academy of Pastry  
Arts.



**Nutrition Week celebrations** inaugurated in  
September 2018 by Dr. JP Sharma, Joint Director  
(Extension) at Indian Agriculture and Research  
Institute (IARI)





Invited talk on '**Role of Social Sector in Combating Undernutrition**' by Mr. Ashok Rao, General Secretary, Swami Sivananda Memorial Institute, Sep 2018



**FSSAI's Basic course in Food Safety and Hygiene Training**





**‘Eco-friendly  
Technology for Washing  
Apparel’** Invited talk by  
Dr. Nidhi Gupta,  
Research Scholar, Lady  
Irwin College in February  
2018





**Two-day workshop on Entrepreneurship Awareness**  
organized by NIESBUD (Ministry of Skill Development,  
Government of India) March 2018.





**National Nutrition Week, September, 2017**







**Lecture on ‘Nutrition in Infants and Young Children’**  
by  
Dr. Praveen Kumar, Director (Professor) at Lady Harding Medical  
College, Sep 2017







**National  
Nutrition  
Week,  
September  
2016**





Seminar on  
**‘Nutritional  
Perspectives in  
Food Industry and  
Dietetics’**  
September 2016







**Panel Discussion on ‘Careers in Home Science: Food Technology and Apparel Design & Construction’**  
Speakers - Dr. Simmi Bhagat, and Dr. Pulkit Mathur,  
Lady Irwin College, February 2016.







APPAREL DESIGN & CONSTRUCTION AND FOOD TECHNOLOGY & NUTRITION  
Presents  
PANEL DISCUSSION  
On  
**'CAREERS IN HOME SCIENCE'**  
*Speakers: Dr. Simmi Bhagat, Dr. Pulkit Mathur*

DATE: Thursday, 16<sup>th</sup> February 2017  
TIME: 12:30pm-1:30pm  
VENUE: LT-1

Dr. Pratyush Vatsala  
Principal

Dr. Anita Malhotra  
Dr. Sabrina Sarven (Incharge)







Invited talk on **‘Role of Millets in Baking’** by Prof Nirmala Yenagi, from Department of Food Science and Nutrition, College of Rural Home Science, University of Agricultural Sciences, Dharwad, January, 2016



**National Nutrition Week,**  
September 2015  
showcased  
**‘Cafeteria @FT lab’**





**One day 'Faculty  
Workshop on  
Teaching and  
Evaluation for BA  
(Prog) Food  
Technology  
(CBCS)' September,  
2016**





## **Workshop on Dyeing and Printing with Natural Dyes**

### **Demonstration on Weaving Techniques**

October 2017 in collaboration with Weavers Service Centre,  
Ministry of Textiles, Govt. of India, October 2017





# Talk on Fashion Styling



## **Talk on Fashion Styling**

by

Mr. Mohan Neelkantha, Senior Fashion Stylist, Pearl  
Academy of Fashion, January 2015





**Workshop on Effective Dressing up**  
by  
Ms. Sarita Karandhikar, HOD, Fashion Design,  
Pearl Academy, October 2012

Another workshop was organised by  
Ms. Vasundhra Khattry, Senior Fashion Stylist,  
Pearl Academy, 2016





**Workshop on Effective Dressing up**  
by

**Dr. Navneet, HOD, Fashion Design, INIFD**  
**February 2012**





**Panel discussion on Updates in the fields of Nutrition and Fashion**  
by  
**Dr. Alka Mohan Chutani, Chief Dietician AIIMS and**  
**Dr. Kusum Chopra, Former Professor, NIFT**  
**March, 2014**





**Talk on Careers in Apparel Design** in the Career  
Awareness Fair at Lakshmibai College  
by  
Dr. Seema Sekhri, Associate Professor,  
Lady Irwin College, 2011





**Talk by ADC  
Alumni at  
student  
orientation -  
2009 and  
2010**



The page features decorative floral motifs in the corners. In the top-left and bottom-left corners, there are circular floral designs with multiple petals and a central circular element. In the top-right and bottom-right corners, there are partial floral designs, including a large leaf-like shape and a circular element. The background is a light beige color with a subtle, repeating pattern of small floral motifs.

# **Golden Jubilee Celebrations Food and Craft Mela**

(October, 2014)





**Food and Craft Mela, inaugurated by Dr. Suchitra Gupta, Dean, Student Welfare, University of Delhi**





**Healthy Recipe Competition**



**Gidda and Folk Dance**



**Display of Traditional Craft Forms**



# Saree Draping Competition



**ADC Saree Draping Competition, 2013**



# Saree Draping Competition



**ADC Saree Draping Competition, 2014**



# Saree Draping Competition



## ADC Saree Draping Competition, 2015

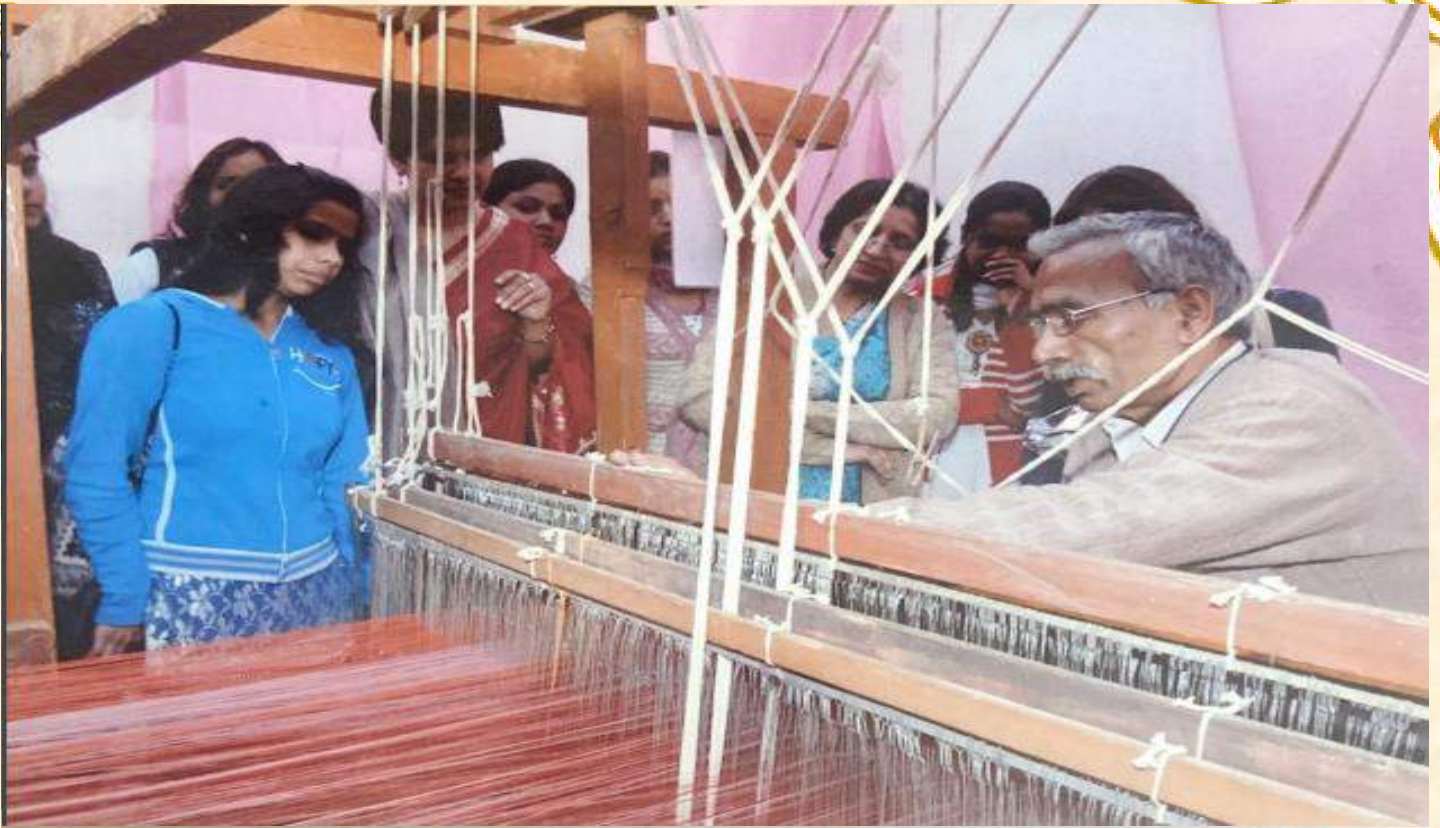






**ADC Craft Mela, inaugurated by Dr. A. K. Bakshi, Director, Integrated Life Long Learning, February 2010**





CRAFTS MELA





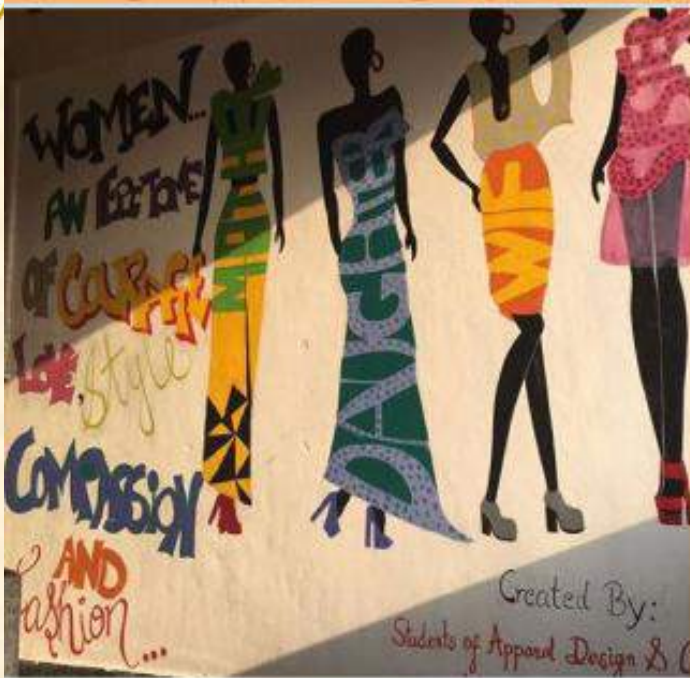


# Wall Graffiti

(2016 - to date)







## Wall Graffiti Project 2016

Wall Graffiti is an on-going Project where each graffiti has a story painted on the wall. The first graffiti depicts multifaceted role women. (Published by TOI)



WOMEN...  
AN ESTATE  
OF COURAGE  
LOVE, style  
Compassion  
AND  
fashion...



Created By:  
Students of Apparel Design & Construction





**Fashion Creation Story**  
on  
**Department of ADC Wall**



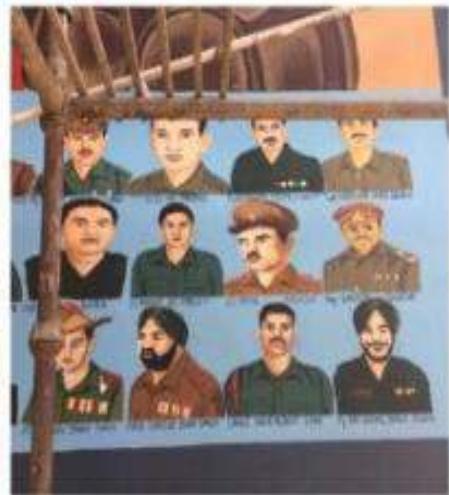
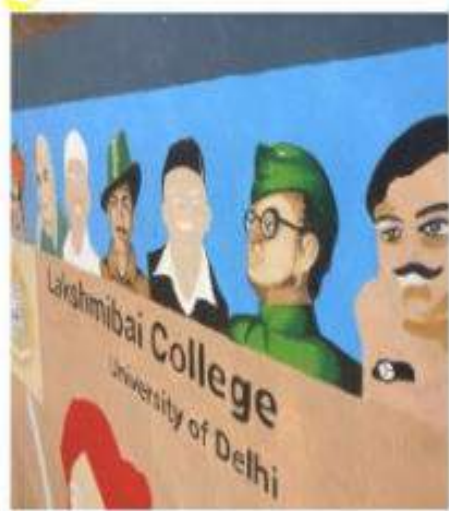


**Crèche - Wall Graffiti, 2019**





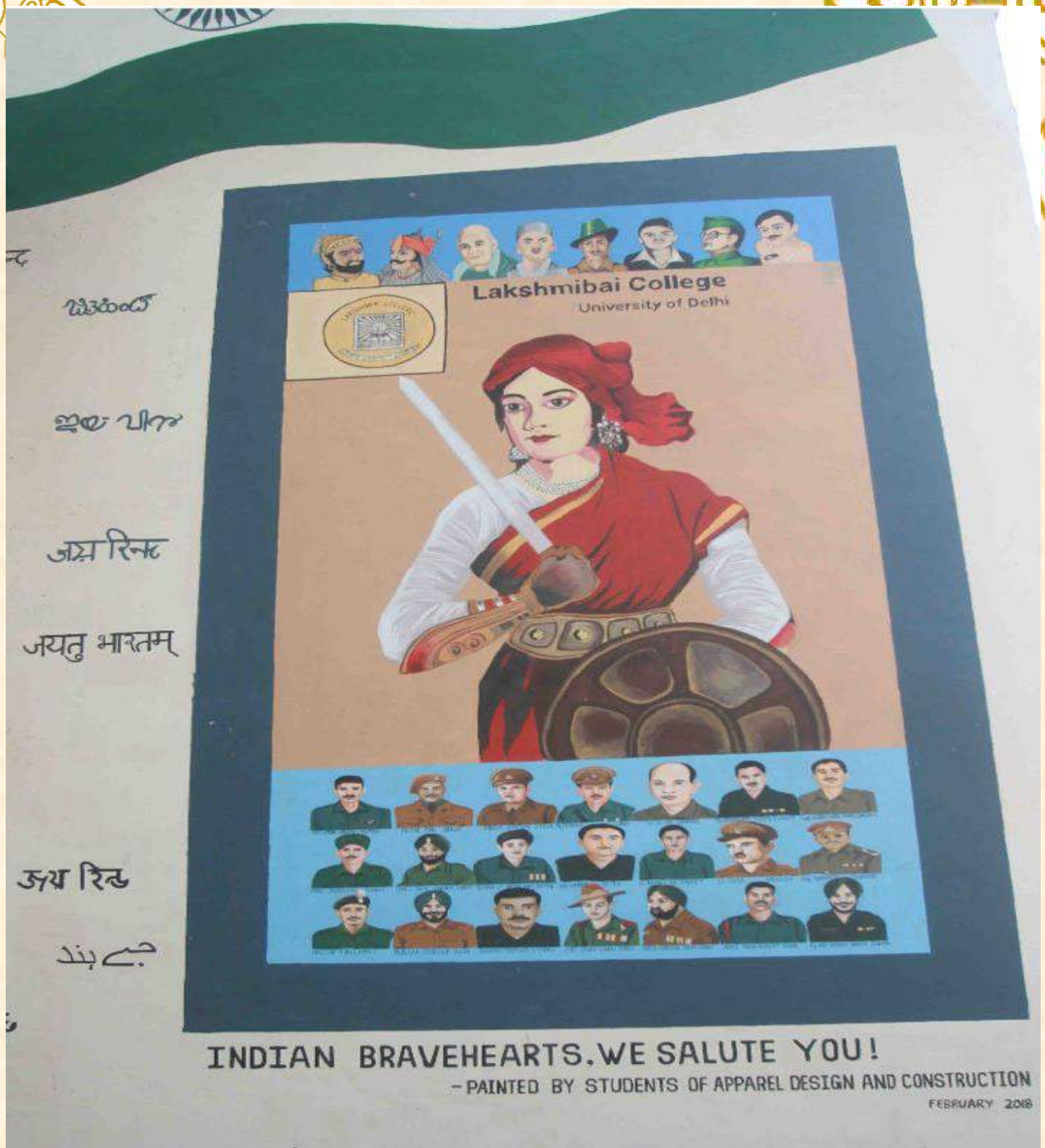
# War Hero Wall: Making News 2018



Wall Graffiti news published by Dainik Jagran and Punjab Kesari Newspapers







Wall of Hero graffiti has been used on college mementos as well as on certificates and college magazine cover (Jyoti Magazine)







Stair story graffiti 2019







**Warli Wall:  
A Sustainable Thought2020**







**Tree of Life Graffiti** – Converting a dead tree into an object of beauty





# **NUTRIBITE**

An Entrepreneurial Venture by  
Department of Food Technology  
2017- to date







## **Innovation Project on “Understanding the Potential Determinants of Obesity**

The Innovation Project funded by University of Delhi, titled ‘Understanding the potential determinants of obesity among school going adolescents in Delhi’ was initiated.





Lakshmbai College  
Department of Home Science  
(Food Technology and Nutrition)  
presents

**NUTRI BITES**  
- a Food Plaza

**Goodies for Foodies**

**Nutri Bite – an  
Entrepreneurial Project**  
(Season 1, 2, 3 and 4) 2016-20  
Nutri Bite, a unique initiative by  
the students of Lakshmbai  
College, was launched in in  
2016-2017, to provide a variety  
of snacks with taste, nutrition,  
and safety to the college  
fraternity. It has completed 4  
Seasons in last four years.





First Plaza,  
5<sup>th</sup> Jan, 2017-  
Whole Grain Carrot Muffins &  
Grilled Paneer Sandwiches  
Second Plaza,  
12<sup>th</sup> Jan, 2017  
Nutri Bhel & Banana Oats Muffins





Third plaza  
19<sup>th</sup> Jan 2017  
Nutri Cutlets  
&  
Dates and  
Walnut Muffins





Fourth Plaza, 2<sup>nd</sup> Feb 2017-  
Nutri Kala Chana Chaat, Fruit Muffins, Pineapple Upside Down  
Cake and Home-made Chocolate  
Fifth Plaza,  
8<sup>th</sup> Feb, 2017 - Carrot cake slices, Banana & Oats Muffins,  
Eggless Fruit Muffins





Sixth Plaza, 23<sup>rd</sup> March 2017 -Cheese Corn Burst & Veggie  
Macaroni

Seventh Plaza, 12<sup>th</sup> April, 2017 – Golden Squares, Veg Cheese  
Burger



# NUTRI BITE Season 2, 2017-18



First Plaza 28<sup>th</sup>  
Sep 2017  
Whole Wheat  
Momos,  
Chocolate  
Eggless  
Muffins,  
Oats Laddoos







Second Plaza 13<sup>th</sup> Oct, 2017

Oats Papadi Chaat, Almond Chocolates, Cheesy Soya Balls

Third plaza, 31<sup>st</sup> Oct, 2017

Eggless Choco Muffins/Cakes, Marble Muffins, Apple Cakes,  
Chocolate Cakes



Fourth Plaza,  
1<sup>st</sup> Nov 2017-  
Soya Lollipops with  
Curd Dip

Fifth Plaza,  
24<sup>th</sup> Jan 2018 –  
Cheesy Grilled  
Sandwiches, Walnut  
Muffins, Eggless  
Muffins, Chocolate  
Squares







Sixth plaza,  
2<sup>nd</sup> Feb, 2018  
Bhelpuri, Tutty fruity  
Cupcakes, Carrot  
Muffins, Chocolates  
(nutty squares, hearts)  
Seventh plaza, 26<sup>th</sup>  
Feb, 2018- Aloo  
pakodas, palak pakodas  
and oats ladoo





# NUTRI BITE Season 3, 2018-19



**Raksha Bandhan Stall**



**Innovative biscuits at Book Fair**





# DESIGN STUDIO

An Entrepreneurial Venture by Department of  
Apparel Design and Construction

2017- to date









## ADC Entrepreneurial Venture - Design Studio 2017



**Design Studio** promotes the rich Indian traditional textile craft forms viz. traditional embroideries (Kantha, Kashida, Chikankari), tie and dye technique, traditional paintings (Kalamkari, Madubani, Gond) etc.



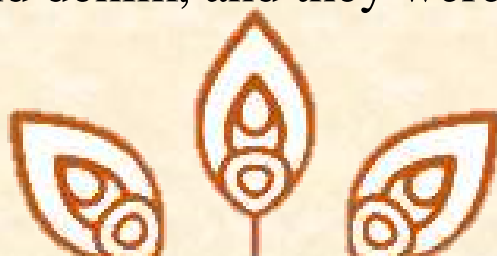


This **Shibory technique** on dupattas was standardized in the ADC lab, border and stones were attached to enhance the appeal, which resulted in a beautiful piece of art.





Sustainability is the need of hour, to imbibe value of using old fabric again, small pouches were developed out of old denim, and they were a big hit.







## **Design Studio season 2 (2019-20) Rakhi Special**

Dr. Pratush Vatsala, Principal, LBC, Prof. Usha Rao, member Governing body, LBC inaugurating Design Studio







Keeping sustainability at the core the concept of plantable eco rakhis were introduced.

Traditional hand embroidery in a compact form, secured in a wooden frame would be ideal souvenir to an art connoisseur.





# Student Projects







## **Development of Edible Cutlery- An Entrepreneurial Project 2019-20**

Single use disposable plastic cutlery usage is a giant environmental hazard. A sustainable and meaningful solution in form of edible cutlery was offered through a project titled ‘Development of Edible cutlery - an entrepreneurial project’.







### **Other activities**

**Food Adulteration Demonstration at Dilli Haat, 10<sup>th</sup> January 2018**



**Students taking a pledge for 'Zero Hunger' on World Food Day at FAO, Delhi, Oct 2018**



*ADC Student Project "Development of Reusable Fabric Bags" 2019*



*PhotoGrid*

## **Student Project on Reusable Bags**

**2019-20**

With a goal to reduce the amount of plastic burden on earth, a student project on “Development of Environmentally Sustainable Reusable Fabric Bags” for variety of everyday use was initiated.





## **Student Project on Mask, Gloves and Headgear, 2019-20**

For protection of sanitary workers and volunteers involved in cleaning the planet a project was taken up to design and develop reusable ecologically sustainable headgear, facemask and gloves.





## **Student Project on Reusable Sanitary Napkins, 2019-20**

A project for menstrual health and women hygiene was initiated. Students and women of Wazirpur (slum area) will develop Ecofriendly cost effective reusable fabric sanitary napkins.





## **Student Project on Ecologically Sustainable Reusable Mask, 2019-20**

A project for ascertaining safety during this pandemic COVID 19 was initiated. Students developed ecologically sustainable reusable mask and distributed to the needy.





## **W-Parvarish Project -Nurturing young children in slum 2017- 20**

A student project, initiated to assess the incidence of child under nutrition and impart simple preventive messages in the Wazirpur slum under the umbrella of WISHWAS Programme run by college NSS unit.



## **Preliminary Research on ADC Stitching Project - in slum 2018**



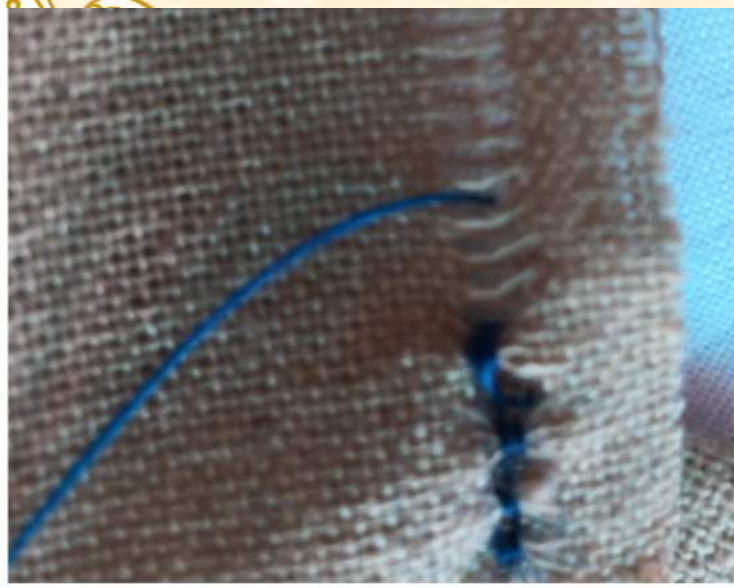


## Exhibition –cum-sale at Annual Day

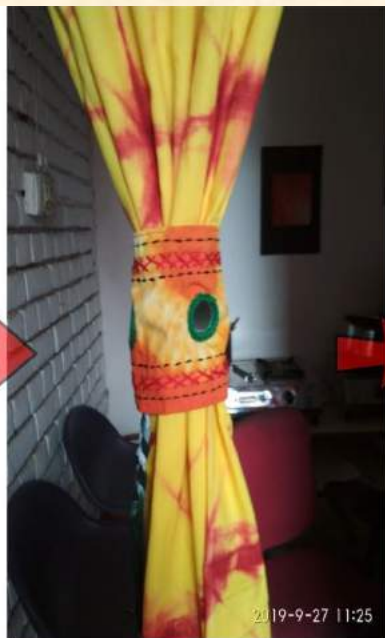


Nutri Bite team prepared and served traditional Indian snacks, For the Tunisian youth who visited the college under the National International Youth Exchange Program, the which were relished and highly appreciated by the foreign visitors.





## ADC Demonstration on Tassel Making 2019



ADC  
curtain  
designing  
and  
development  
using tie and  
dye with  
Kathiawar  
embroidery  
2019





**ADC Logo Designed by students, 2019**



# ADC T-Shirt



**ADC T-shirts designed by students, 2019**



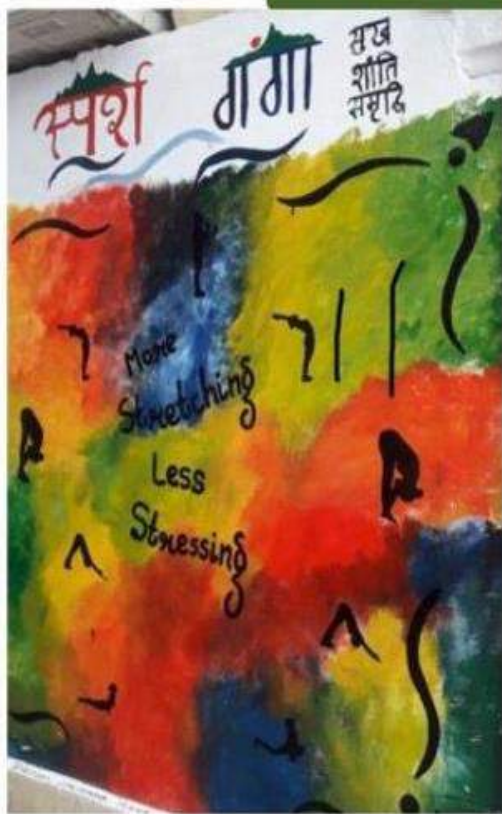


## ADC Sketching Competition 2014





**ADC at Sparsh Ganga  
Graffiti; 2019**



ADC students participated at Sparsh Ganga Graffiti: A National River Rejuvenation Campaign, July 2019





**DU adds colour to its vision of Bapu**

**Shradha.Chettri**  
@timesgroup.com

**New Delhi:** From now on, as you walk from Vishwavidyalaya metro station to Arts Faculty in North Campus, walls full of artworks depicting students' vision on the relevance of Mahatma Gandhi's thoughts in today's world will accompany you.

Students from several colleges and departments of Delhi University (DU) have participated in the Swachh Bharat Abhiyan (SBA) by painting a mural on the wall of Lakshmi Bai College. The mural depicts a dove carrying a banner saying 'lost' and three hands depicting humanity, emphasising that while we keep talking about Gandhi, his propagated values are no longer practised in real life," said Isha Attri, a second-year student of masters of education.

Students of Lakshmi Bai College decided to focus on Swachh Bharat Abhiyan. "We are trying to show that it



**ADC students participated in Swachh Bharat Abhiyan: Safe Society for All, Intercollege Graffiti Competition University of Delhi, write up reported TOI, October 2018**





# Field Visits







**ADC Craft Museum Visit, New Delhi on  
26 February, 2019**





**Field visit to Yakult, Sonapat**



**Field visit to ICDS kitchen run by SSMI**





**ADC visit at Dastkar Haat, Andheria Modh,  
New Delhi, 27 September, 2019**





# **Competitions and Prizes Won**







First Prize at University Chef Competition, Shyam Lal College Feb, 2020 -Namra

Runner up at University Chef Competition, Shyam Lal College Feb, 2019 – Ruquaya and Namra



First prize at FAO Poster making competition – Jyoti Goel



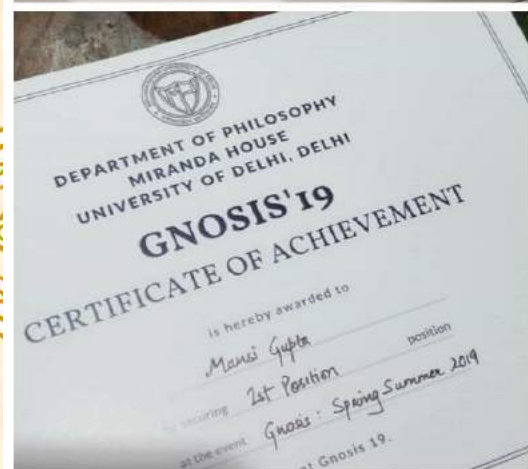


First position at Lady Irwin College in Slogan Writing Competition – Tanya Malik- 2019





First position at Lakshmibai College in Waste to Dress Making Competition – Rashi Aggarwal, 2019



First position at Miranda House College in Gnosis Competition – Rashi Aggarwal, 2019



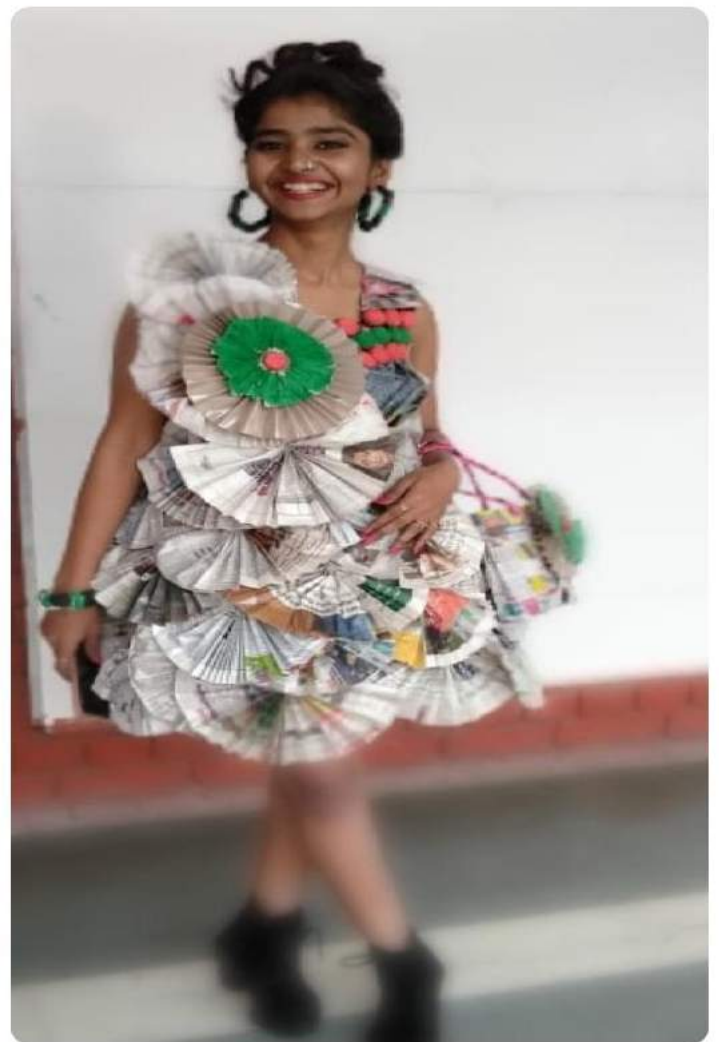


Third position at Lady Irwin College in Poster Making Competition – Rashi Aggarwal, 2019





First prize at  
Lakshmibai  
College in Paper  
to Ramp – Rashi  
and Simran,  
2019



Designer and Model award at Nawazish -19 at Lakshmibai  
College –Vatsala Maurya and Srishti, 2019



# Innovative Accessories: Best Out of Waste



ADC Organized Competitions on **Best Out of Waste**, October 2016

