

CLUB/SUBJECT SOCIETY/DEPARTMENT ACTIVITIES

Session 2022-23

S.No.	Date	Department	Title of Event	Number of participants
1.	5.8.2022	Home Science	Poster Making Competition	33
2.	12.08.2022	Home Science	Tricolour Cooking Competition	22
3.	14.9.2022	Home Science	Cafeteria – KULCHE & CHANNE	41
4.	15 <sup>th</sup> October 2022	Home Science	Cafeteria – Moong Dal Panjiri	41
5.	21 <sup>st</sup> September 2022	Home Science	Cafeteria – Red Sauce & White Sauce Pasta with Cold Coffee	41
6.	10 <sup>th</sup> November 2022	Home Science	Cafeteria – Sarso–Ka–Saag with Makki-Ki-Roti & Lassi (Salty / Sweet)	41
7.	3 <sup>rd</sup> November, 2022	Home Science	Cafeteria – Snacks Counter	41
8.	14 <sup>th</sup> September, 2022	Home Science	Cafeteria – South Indian Platter	41
9.	6 <sup>th</sup> September, 2022	Home Science	Cooking Competition	5
10.	07.09.2022	Home Science	Quiz Competition	17
11.	3 <sup>rd</sup> September,	Home Science	Diet Clinic	9

	2022			
12.	15 <sup>th</sup> October, 2022.	Home Science	An Exhibition Cum Sale at VirsaVihar	13
13.	25.01. 2023	Home Science	Tricolour Cooking and Embroidery Competition	13
14.	29 <sup>th</sup> Jan. 2023	Home Science	Republic Day Event Planning	10
15.	17 <sup>th</sup> Feb 2023	Home Science	'Picnic' Event Planning	10
16.	3 <sup>rd</sup> Feb 2023	Home Science	'Birthday Party' Event Planning	10
17.	4 <sup>th</sup> March 2023	Home Science	Holi Celebration' Event Planning	15
18.	23 <sup>rd</sup> Feb . 2023	Home Science	'Kitty Party ' Event Planning.	11
19.	14 th , February 2023.	Home Science	Organised A Valentine Special Chocolate Stall	22
20.	05.mar ch.202 3	Home Science	Women's day celebration	24

The Principal

Kanya Maha Vidyalaya (KMV)

Jalandhar (Punjab)

**Subject:** Request for organise Poster Making Competition.

Respected Mam,

Kindly allow us to organise a Poster Making Competition on the Theme – Breastfeeding on 5<sup>th</sup> August 2022. Kindly allow us to organise the same for the students of department of Home Science .

Thanking You

Yours sincerely,

*Neeti*  
Mrs. Neeti Kapoor

HOD, Home Science

*Allowed  
Neeti*

**Report**  
Poster Making Competition

Home Science Department of Kanya Maha Vidyalaya has organised Poster Making Competition on 5<sup>th</sup> August, 2022 on the occasion of World Breast Feeding week i.e. 1<sup>st</sup> -7<sup>th</sup> August, 2022 with the theme - Step up for Breast Feeding: Educate & Support.

Students from various streams i.e., B.Sc. Home Science, B.Voc. Nutrition, Exercise & Health, Collegiate students of 11<sup>th</sup> and 12<sup>th</sup> (Home Science) and Diploma in Early Childhood Care Education actively participated in the competition. All the students were appreciated and motivated to participate in the competition by the worthy Principal Dr. Atima Sharma Dwivwedi; Mrs. Madhumeet, Dean of Student Welfare and Mrs. Neeti Kapoor, Head of the Department, Home Science. With this activity, students learned about importance and need of breast feeding and nutritional requirements during lactation period and gave message and valuable information to other students of the college as well as to the society.

1<sup>st</sup> Position was bagged by Falak from 11<sup>th</sup> class, Jasmine from the stream of B.Voc. of 1<sup>st</sup> Semester, Bhupinder from B.Sc. Home Science of 3<sup>rd</sup> Semester and 2<sup>nd</sup> Position was bagged by Konika of 11<sup>th</sup> class, Ruchika from B.Voc NEH of 3<sup>rd</sup> Semester and Vanshika of B.Sc. Home Science from 5<sup>th</sup> Semester.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Khera, Dr. Rupika Chopra, Ms. Taranddep Kaur, Ms. Srishti, Ms. Palak and Ms. Shivani together organised and make the competition comfortable for students.

*Neeti Kapoor*





5<sup>th</sup> August, 2022

Kanya Maha Vidyalaya, Jalandhar

Department of Home Science

Celebrating **Breast Feeding week** (1<sup>st</sup> -7<sup>th</sup> August, 2022)

{Theme - Step up for Breast Feeding: Educate & Support}

Poster Making Competition

Attendance

S.No.	Name	Class (Sem)
1.	Tamanna	11 <sup>th</sup>
2.	Falak	11 <sup>th</sup>
3.	Konica	11 <sup>th</sup>
4.	Komal Preet	11 <sup>th</sup>
5.	Priyanka	11 <sup>th</sup>
6.	Manveet	12 <sup>th</sup>
7.	Ashly	12 <sup>th</sup>
8.	Khushi	12 <sup>th</sup>
9.	Ishivpreet	12 <sup>th</sup>
10.	Riya	12 <sup>th</sup>
11.	Mudita	12 <sup>th</sup>
12.	Harshita	12 <sup>th</sup>
13.	Priyanka	12 <sup>th</sup>
14.	Vanshika	B.Sc. (H.Sc.) Sem V
15.	Shailza	B.Sc. (H.Sc.) Sem V
16.	Muskan	B.Voc.(NEH) Sem I
17.	Jasmine	B.Voc.(NEH) Sem I
18.	Ritu	B.Voc.(NEH) Sem I
19.	Shubhkiran	B.Voc.(NEH) Sem I
20.	Amandeep	B.Voc.(NEH) Sem I
21.	Kirti	B.Voc.(NEH) Sem I
22.	Arshpreet	B.Voc.(NEH) Sem I
23.	Simran	B.Voc.(NEH) Sem I
24.	Parneet	B.Voc.(NEH) Sem III
25.	Surbhi	B.Voc.(NEH) Sem III
26.	Khushbu	B.Voc.(NEH) Sem III
27.	Ruchika	B.Voc.(NEH) Sem III
28.	Geetika	B.Voc.(NEH) Sem III
29.	Tanishka	B.Voc.(NEH) Sem V
30.	Jayati	DECCE

*Neeti Kapoor*

FEEDBACK FORM

NAME OF ACTIVITY: Poster Making Activity ( Breast feeding week )

DATE: 5<sup>th</sup> august 2022

NAME: Bhupinder Kaur

CLASS: BSC. Home Science (Sem III)

ROLL NO. if applicable:

2144053

FEEDBACK:

It is important to aware people that breast feeding is beneficial for growth of babies.

FURTHER SUGGESTIONS:

—

Neeti Kapoor

SIGNATURE:

Bhupinder Kaur

FEEDBACK FORM

NAME OF ACTIVITY: Poster Making Activity ( Breast feeding week )

DATE: 5<sup>th</sup> august 2022

NAME: Janisha

CLASS: B.Sc Home Sci Sem-5

ROLL NO. if applicable:

222876

FEEDBACK:

Breast milk contains antibodies that protect  
Infants from illness and infections

FURTHER SUGGESTIONS:

.....  
.....

*Janisha*

SIGNATURE  
Janisha

FEEDBACK FORM

NAME OF ACTIVITY: Poster Making Activity ( Breast feeding week )

DATE: 5<sup>th</sup> august 2022

NAME: Manpreet Kaur Kaubi

CLASS: B.Sc. Home science (sem-III<sup>rd</sup>)

ROLL NO. if applicable

214405

FEEDBACK:

It is important to aware people that breastfeeding is normal. So, i think this is best way to aware people. I like the way that all the students

FURTHER SUGGESTIONS:

take participate & make posters on this.

SIGNATURE:

Manpreet Kaur

Neeti Kaur

FEEDBACK FORM

NAME OF ACTIVITY: Poster Making Activity (Breast feeding week)

DATE: 5<sup>th</sup> august 2022

NAME: VANSHIKA MAHAJAN

CLASS: BSc. (HOME SCIENCE) (SEM-III)

ROLL NO. if applicable:

214404

FEEDBACK:

This competition was very interesting and helpful.

FURTHER SUGGESTIONS:

These kind of competition must be held on regular basis to create awareness among people.

SIGNATURE:

Vanshika

Neeti Kapoor

FEEDBACK FORM

NAME OF ACTIVITY: Poster Making Activity ( Breast feeding week )

DATE: 5<sup>th</sup> august 2022

NAME: Tanishka Khanna

CLASS: B. Voc (NEH) Sem - V

ROLL NO. if applicable:

—

FEEDBACK:

The activity was very interesting, knowledgeable, came to know about various things regarding Breastfeeding.

FURTHER SUGGESTIONS:

—

SIGNATURE:

Tanishka

Neeti Kapoor

# Kanya Maha Vidyalaya

The Autonomous Heritage Institution, Jalandhar

World BREAST FEEDING Week  
(1<sup>st</sup> Aug- 7<sup>th</sup> Aug)

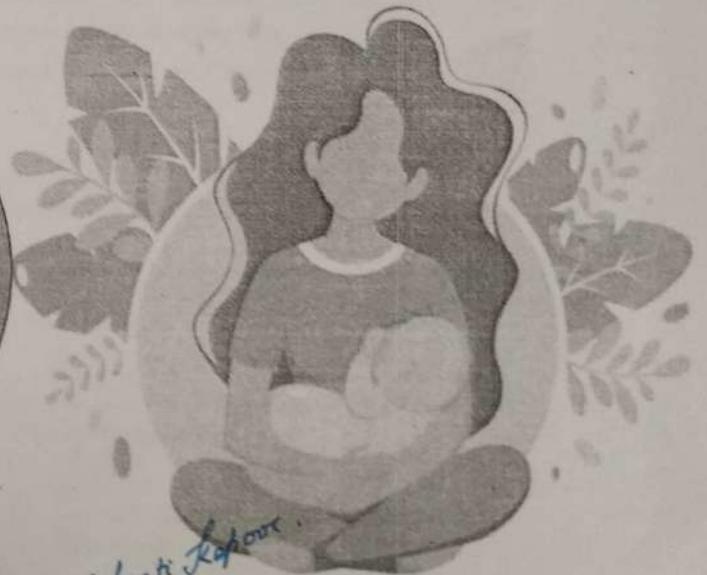
Theme 2022: Step up for breastfeeding: Educate & Support

## Poster Making Competition

5<sup>th</sup> Aug 2022

11:30 am

Venue: Home Science Dept.



Organized by: Home Science Department

The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request for organising Tri colour cooking competition .

Respected Mam,

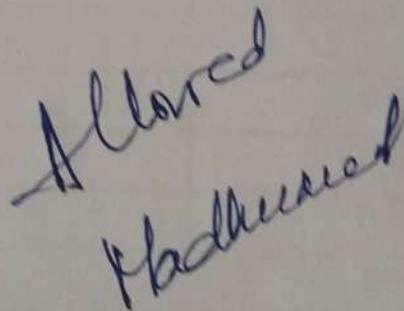
Kindly allow us to organise a Tri – Colour Competition on the Theme – Independence day on 13<sup>th</sup> August 2022. Kindly allow us to organise the same for the students of department of Home Science .

Thanking You

Yours sincerely,

  
Mrs. Neeti Kapoor

HOD, Home Science

  
Alored

## Report

Home Science Department of Kanya Maha Vidyalaya organised Tricolour Cooking Competition on 13<sup>th</sup> August, 2022 on the occasion of Independence Day i.e. 15<sup>th</sup> August, 2022 with the theme – Tricolour based Healthy and Nutritious Recepties.

Students from various streams i.e., B.Sc. Home Science, B.Voc. Nutrition, Exercise & Health, and Diploma in Early Childhood Care Education actively participated in the competition. The students were appreciated and motivated by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this activity, students learnt about the nutritional values of different food items and prepared innovative tricoloured dishes with great enthusiasm and zeal.

1<sup>st</sup> position was bagged by Kajal Sharma from the stream of B.Voc (N.E.&H.) of 1<sup>st</sup> Semester in sweets, Kudrat from B.Voc (N.E.&H.) of 1<sup>st</sup> Semester in savoury and 2<sup>nd</sup> position was bagged by Tanishka from B.Voc (N.E.&H.) of 5<sup>th</sup> Semester in sweets, Ritu from B.Voc (N.E.&H.) of 1<sup>st</sup> Semester in savoury and Amandeep from B.Voc (N.E.&H.) of 1<sup>st</sup> Semester received consolation prize in the category of sweets.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Khara, Mrs. Reema Dhingra, Dr. Rupika Chopra, Ms. Taranddep Kaur, Ms. Srishti, Ms. Palak and Ms. Shivani together guided the students.



Neeth Kapoor

Kanya Maha Vidyalaya, Jalandhar  
Department of Home Science  
Celebrating **Independence Day** – 13<sup>th</sup> August, 2022

Tricolor Cooking Competition

Attendance

S.No.	Name	Class (Sem)
1.	Kirti	B.Voc.(NEH) Sem I
2.	Simranjeet	B.Voc.(NEH) Sem I
3.	Kajal	B.Voc.(NEH) Sem I
4.	Ritu	B.Voc.(NEH) Sem I
5.	Kudrat	B.Voc.(NEH) Sem I
6.	Amandeep	B.Voc.(NEH) Sem I
7.	Hritika	B.Voc.(NEH) Sem I
8.	Muskan	B.Voc.(NEH) Sem I
9.	Subhkiran	B.Voc.(NEH) Sem I
10.	Tanishka	B.Voc.(NEH) Sem V
11.	Ramneek	B.Voc.(NEH) Sem V
12.	Vishali	B.Voc.(NEH) Sem V
13.	Subhneet	B.Voc.(NEH) Sem V
14.	Parampreet	DECCE
15.	Jasmeet	DECCE
16.	Manpreet	BSc HSc Sem III
17.	Vanshika	BSc HSc Sem III
18.	Bhupinder	BSc HSc Sem III
19.	Shialza	BSc HSc Sem V
20.	Vanshika jain	BSc HSc Sem V
21.	Simran	BA HSc Sem VI
22.	Sushma	BA HSc Sem V

*Neeti Kapoor.*

Feedback Form

Name of the Activity: Tricolour Cooking Competition

Date: 13.08.2022

Name: Subh Kiran Kaur Chahal

Class: B.VOC (NEH) Sem I

Roll No.: 226904

Feedback:

I made Trifla mocktails which was very interesting to make. I had great experience with this cooking competition.

Further Suggestions:

Subh Kiran Kaur Chahal  
Signature

Neeti Kapoor

Feedback Form

Name of the Activity: Tricolour Cooking Competition

Date: 13.08.2022

Name: Sivanjeet Kaur

Class: B.Voc (VEH) SEM - I

Roll No.: 226907

Feedback:

I learnt many new dishes, while  
Cooking Competition and got some new  
techniques for preparing them.

Further Suggestions:

Kindly promote other activities/ Competition  
like this.

Sivanjeet Kaur  
Signature

Neeti Kapoor

Feedback Form

Name of the Activity: Tricolour Cooking Competition

Date: 13.08.2022

Name: Muskan

Class: B. Voc (NEH) Sem - I

Roll No.: 226911

Feedback:

I made a south indian dish and it was a delightful experience. Before this, I haven't made anything like this it was new thing for me.

Further Suggestions:

It was really amazing to be a part of the competition so I would like to suggest that in future such competitions should be held in order to make studies more interactive.

Muskan  
Signature

Neel Kapoor

Feedback Form

Name of the Activity: Tricolour Cooking Competition

Date: 13.08.2022

Name: Jasmeet Kaur

Class: ECCE (Semester - I)

Roll No.: 223127

Feedback:

It was a good experience. ~~He~~ I learn  
about different recipes.

Further Suggestions:

.....  
.....  
.....  
.....

  
Signature

Neeti Kapoor

The Principal

Kanya Maha Vidyalaya (KMV)

Jalandhar (Punjab)

**Subject:** Request to grant permission to organise Cafeteria.

Respected Mam,

Kindly allow the students of department of Home Science( BVoc.NEH ) to organise cafeteria for the following :

Item	Date
Kulche channe	14 <sup>th</sup> sept.2022
Pasta with cold coffee	21 <sup>st</sup> sept.2022
Sarso ka saag with makki ki roti	9 <sup>th</sup> nov.2022
Snack counter	3 <sup>rd</sup> nov.2022
South Indian platter	5 <sup>th</sup> sept. 2022
Moong dal panjiri	15 <sup>th</sup> oct.2022

Thanking You

Yours sincerely,

*Neeti Kapoor*  
Mrs. Neeti Kapoor

HOD, Home Science

*Neeti*

*Allowed  
Neeti*

# Report

## Cafeteria – KULCHE & CHANNE

Home Science Department of Kanya Maha Vidyalaya has organised Cafeteria on 14<sup>th</sup> September, 2022 to teach and upgrade the skills of students as public dealing and bulk cooking.

Final year Students of B.Voc, Nutrition, Exercise & Health have actively participated in the cafeteria and do a tremendous work. Students prepared the KULCHE & CHANNE which are served with green chutney and salad. The students were appreciated and motivated by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this activity, students learnt about the nutritional values of different food items, how to standardize the costing and also increase their communication, public dealing skills. The student's sells the coupons with enthusiasm and zeal, the students were guided that how to prepare the recipe and serve them well by Ms. Tarandeep Kaur, Ms. Palak and Ms. Srishti together and make the Cafeteria comfortable for students.

The students actively performed each and every part of cafeteria as they standardize the dish and set the cost price, so they could sell the coupons of the same. As students sell about 40 coupons and prepare the items for the same. Then they serve to the respective departments where they sell the coupon. Students get the profit of Rs. 1020/- from the cafeteria. At last, students enjoyed, learnt and also enhance the skills of cooking.

Teacher Attendance:-

S.No.	Name of teachers
1.	Mrs. Neeti Kapoor
2.	Mrs.Mani Khera
3.	Ms.Tarandeep
4.	Ms.Palak
5.	Ms.Srishtu
6.	Ms.Shivani
7.	Dr.Rupika Chopra
8.	Mrs.Reema

*Neeti*



Department of Home Science

Cafeteria – Kulche Chang

Attendance

Date – 14.09.22

S.No.	Name	Class	Roll No.
01.	Rajji	B.Voc. NEH Sem V	227007
02.	Tanishka	B.Voc. NEH Sem V	227002
03.	Jasleen	B.Voc. NEH Sem V	227012
04.	Sonal	B.Voc. NEH Sem V	227001
05.	Subhneet	B.Voc. NEH Sem V	227007
06.	Ramnik	B.Voc. NEH Sem V	227008
07.	Pallavi	B.Voc. NEH Sem V	227009
08.	Harsimran	B.Voc. NEH Sem V	227010
09.	Jaspinder	B.Voc. NEH Sem V	227011
10.	Jasleen	B.Voc. NEH Sem V	227012
11.	Bhupinder	B.Sc. Home Science V	222853
12.	Vanshika	B.Sc. Home Science V	222852
13.	Manpreet	B.Sc. Home Science V	222851

*Neethi*

FEEDBACK FORM

Cafeteria- kulche Channe

(Under Home Science Dept.)

Session: 2022-23

Date: 14<sup>th</sup> sept. 2022

Name of Student: ....Rajji.....

Class: B.Ydc...(N.E.H.)...V..

Roll No. 227006.....

Did you find the activity useful?

...Yes...very...interesting...and...how...to...co-operate...  
...with...other...members...during...group...work...

Any Suggestion:

...No...Everything...was...good.....  
.....

Rajji

Signature

VVeeti

FEEDBACK FORM

Cafeteria- kulche Channe

(Under Home Science Dept.)

Session: 2022-23

Date: 14<sup>th</sup> sept. 2022

Name of Student: Tamishka.....

Class: B.VOC. NEH. Sem V

Roll No. 227002.....

Did you find the activity useful?

Yes, it helps in standardization of various recipes.

Any Suggestion:

Informative approach.

Tamishka  
Signature

Neetu

FEEDBACK FORM

Cafeteria- kulche Channe

(Under Home Science Dept.)

Session: 2022-23

Date: 14<sup>th</sup> sept. 2022

Name of Student: Jasleen

Class: B.VOC. N.E.H Sem-V

Roll No. 227212

Did you find the activity useful?

Yes, it is knowledgeable and a very interesting activity.

Any Suggestion:

No Informative

Jasleen  
Signature

Noehi

FEEDBACK FORM

Cafeteria- kulche Channe

(Under Home Science Dept.)

Session: 2022-23

Date: 14<sup>th</sup> sept. 2022

Name of Student: Arav

Class: B.VOC.(N.E.H) V

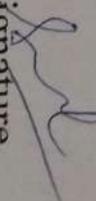
Roll No. 227001

Did you find the activity useful?

Yes, it brings coordination and standardi-  
zation of recipes

Any Suggestion:

An effective approach

  
Signature

Arav

The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request to grant permission to organise Cafeteria.

Respected Mam,

Kindly allow the students of department of Home Science( BVoc.NEH ) to organise cafeteria  
for the following :

Item	Date
Kulche channe	14 <sup>th</sup> sept.2022
Pasta with cold coffee	21 <sup>st</sup> sept.2022
Sarso ka saag with makki ki roti	9 <sup>th</sup> nov.2022
Snack counter	3 <sup>rd</sup> nov.2022
South Indian platter	5 <sup>th</sup> sept. 2022
Moong dal panjiri	15 <sup>th</sup> oct.2022

Thanking You

Yours sincerely,

*Neeti Kapoor*  
Mrs. Neeti Kapoor

HOD, Home Science

*Allowed  
Neeti*

# Report

## Cafeteria – Moong Dal Panjiri

Home Science Department of Kanya Maha Vidyalaya has organised Cafeteria on 15<sup>th</sup> October 2022 to teach and upgrade the skills of students as public dealing and bulk cooking.

Final year Students of B.Voc, Nutrition, Exercise & Health have actively participated in the cafeteria and do a tremendous work. Students prepared the **Moong Dal Panjiri** for the Diwali exhibition. As she prepares the 25 boxes of the panjiri and sells to the customer with great communication skills. The students were appreciated and motivated by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this activity, students learnt about the nutritional values of different food items, how to standardize the costing and also increase their communication, public dealing skills. As students get more motivated by getting excellent feedback from their customers. The student's sells the boxes with enthusiasm and zeal, the students were guided that how to prepare the recipe and serve them well by Ms. Tarandeep Kaur, Ms. Palak and Ms. Srishti together and make the Cafeteria comfortable for students.

The students actively performed each and every part of cafeteria as they standardize the dish and set the cost price, so they could sell the boxes of the same..Students get the profit of Rs. 250/- from the cafeteria. At last, students enjoyed, learnt and also enhance the skills of cooking.

Teacher Attendance :-

S.No.	Name of teachers
1.	Mrs. Neeti Kapoor
2.	Mrs.Mani Khera
3.	Ms.Tarandeep
4.	Ms.Palak
5.	Ms.Srishtu
6.	Ms.Shivani
7.	Dr.Rupika Chopra
8.	Mrs.Reema

*Neeti*

Dept of Homescience  
B.VOC(Nutrition,Exercise&Health)

CAFETERIA!

*Moong dal panjiri - Rs.150*

Venue: Homescience Department  
Date :- 15th October 2022  
Time : 11 a.m



Department of Home Science

Cafeteria – Moong Dal Panjiri

Attendance

Date – 15.10.22

S.No.	Name	Class	Roll No.
01.	Kusum	B.Voc. NEH Sem V	227013
02.	Rajji	B.Voc. NEH Sem V	227007
03.	Tanishka	B.Voc. NEH Sem V	227002
04.	Jasleen	B.Voc. NEH Sem V	227012
05.	Sonal	B.Voc. NEH Sem V	227001
06.	Subhneet	B.Voc. NEH Sem V	227007
07.	Ramnik	B.Voc. NEH Sem V	227008
08.	Pallavi	B.Voc. NEH Sem V	227009
09.	Harsimran	B.Voc. NEH Sem V	227010
10.	Jaspinder	B.Voc. NEH Sem V	227011
11.	Jasleen	B.Voc. NEH Sem V	227012
12.	Akshita	B.Voc. NEH Sem V	227003
13.	Vishali	B.Voc. NEH Sem V	227004
14.	Nishtha	B.Voc. NEH Sem V	227005
15.	Bhupinder	B.Sc. Home Science V	222853
16.	Vanshika	B.Sc. Home Science V	222852
17.	Manpreet	B.Sc. Home Science V	222851

*Neethi*

FEEDBACK FORM

Cafeteria- Moong Dal Panjiri

(Under Home Science Dept.)

Session: 2022-23

Date: 15<sup>th</sup> oct. . 2022

Name of Student: Nishtha.....

Class: B.V.D.C. N.E.H Sem-V

Roll No. 227005.....

Did you find the activity useful?

Yes, it is an useful activity that  
builds very good and interest in subjects  
of concepts

Any Suggestion:

Learned and gained a new experience.  
.....

Nishtha

Signature

Noels

FEEDBACK FORM

Cafeteria- Moong Dal Panjiri

(Under Home Science Dept.)

Session: 2022-23

Date: 15<sup>th</sup> oct. . 2022

Name of Student: Subhmeet Kaur

Class: B.VOC. N.E.H. Sem-5

Roll No. 227007

Did you find the activity useful?

Yes, it gives us chance to interact  
and helps in standardization of recipes.

Any Suggestion:

Excellent academic approach

Subhmeet Kaur  
Signature

Neeti

FEEDBACK FORM

Cafeteria- Moong Dal Panjiri

(Under Home Science Dept.)

Session: 2022-23

Date: 15<sup>th</sup> oct. . 2022

Name of Student: ....*Tanishka*.....

Class: ...*B.VOC (NEH) SEM-VI*.....

Roll No. ...*227002*.....

Did you find the activity useful?

.....*Yes, it gives us chance to interact and helps in standardization of recipes.*.....

Any Suggestion:

.....*No.*.....  
.....

*Tanishka*  
Signature

*Neeti*

The Principal

Kanya Maha Vidyalaya (KMV)

Jalandhar (Punjab)

**Subject:** Request to grant permission to organise Cafeteria.

Respected Mam,

Kindly allow the students of department of Home Science( BVoc.NEH ) to organise cafeteria

for the following :

Item	Date
Kulche channe	14 <sup>th</sup> sept.2022
Pasta with cold coffee	21 <sup>st</sup> sept.2022
Sarso ka saag with makki ki roti	9 <sup>th</sup> nov.2022
Snack counter	3 <sup>rd</sup> nov.2022
South Indian platter	5 <sup>th</sup> sept. 2022
Moong dal panjiri	15 <sup>th</sup> oct.2022

Thanking You

Yours sincerely,

*Neeti Kapoor*  
Mrs. Neeti Kapoor

HOD, Home Science

*Allowed  
Neeti*

# Report

## Cafeteria –Red Sauce & White Sauce Pasta with Cold Coffee

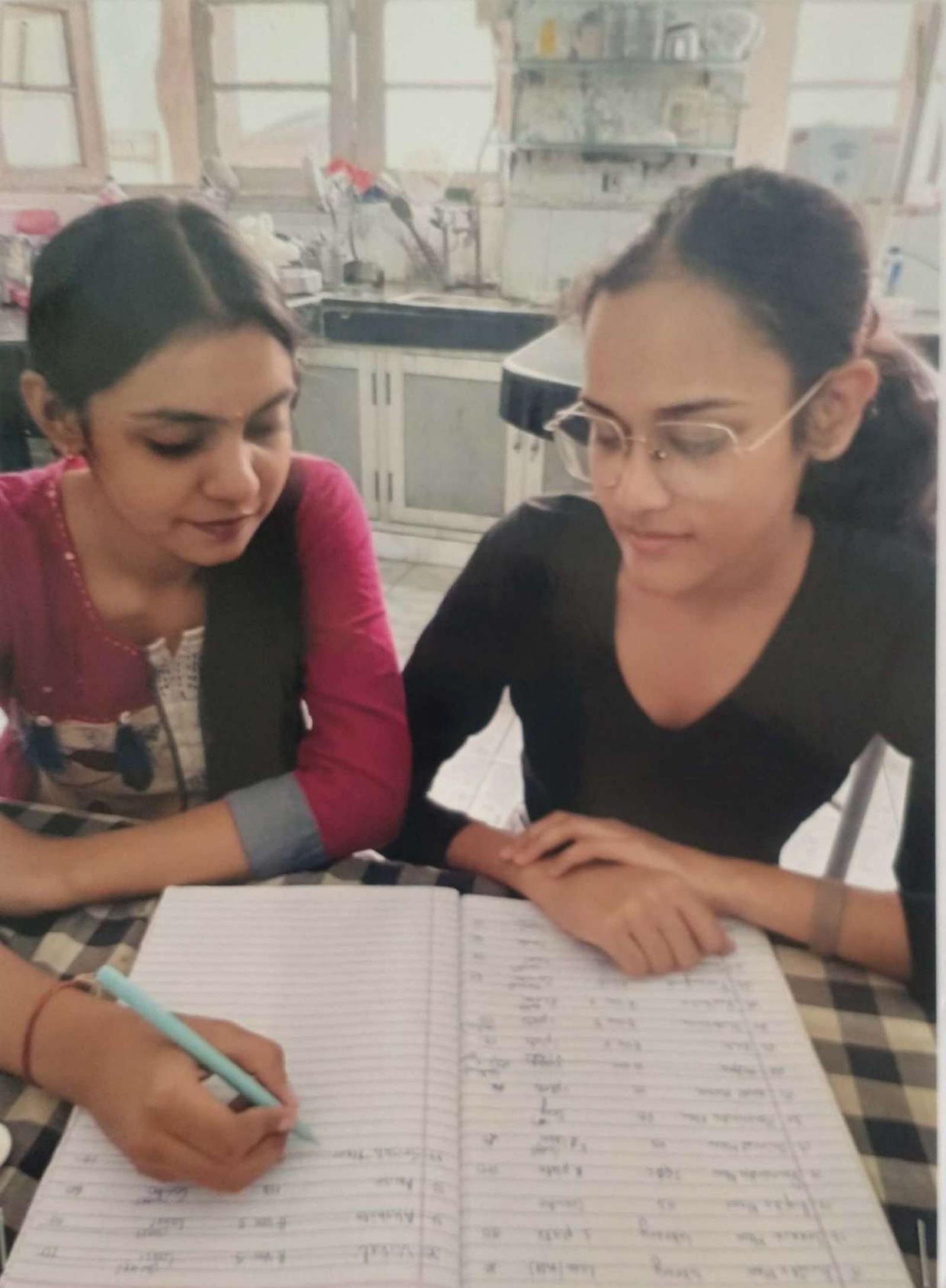
Home Science Department of Kanya Maha Vidyalaya has organised Cafeteria on 21<sup>st</sup> September 2022 to teach and upgrade the skills of students as public dealing and bulk cooking.

Final year Students of B.Voc, Nutrition, Exercise & Health have actively participated in the cafeteria and do a tremendous work. Students prepared the red sauce pasta and white sauce pasta and served well with cold coffee .As students use the variety of vegetables which increase the taste and nutrition part of the dishes. The students were appreciated and motivated by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this activity, students learnt about the nutritional values of different food items, how to standardize the costing and also increase their communication, public dealing skills. They also enjoy cooking together with their classmates and help them to build team work qualities. The student's sells the coupons with enthusiasm and zeal, the students were guided that how to prepare the recipe and serve them well by Ms. Tarandeep Kaur, Ms. Palak and Ms. Srishti together and make the Cafeteria comfortable for students.

The students actively performed each and every part of cafeteria as they standardize the dish and set the cost price, so they could sell the coupons of the same. As students sell about 40 coupons and prepare the items for the same .Then they serve to the respective departments where they sells the coupon .Students get the profit of Rs.1000 /- from the cafeteria . At last, students enjoyed, learnt and also enhance the skills of cooking.

S.No.	Name of teachers
1.	Mrs. Neeti Kapoor
2.	Mrs.Mani Khera
3.	Ms.Tarandeep
4.	Ms.Palak
5.	Ms.Srishtu
6.	Ms.Shivani
7.	Dr.Rupika Chopra
8.	Mrs.Reema

✓ Neeti



Department of Home Science

Cafeteria – Pasta and Cold Coffee

Attendance

Date – 21.09.22

S.No.	Name	Class	Roll No.
01.	Rajji	B.Voc. NEH Sem V	227007
02.	Tanishka	B.Voc. NEH Sem V	227002
03.	Jasleen	B.Voc. NEH Sem V	227012
04.	Sonal	B.Voc. NEH Sem V	227001
05.	Subhneet	B.Voc. NEH Sem V	227007
06.	Ramnik	B.Voc. NEH Sem V	227008
07.	Pallavi	B.Voc. NEH Sem V	227009
08.	Harsimran	B.Voc. NEH Sem V	227010
09.	Jaspinder	B.Voc. NEH Sem V	227011
10.	Jasleen	B.Voc. NEH Sem V	227012
11.	Bhupinder	B.Sc. Home Science V	222853
12.	Vanshika	B.Sc. Home Science V	222852
13.	Manpreet	B.Sc. Home Science V	222851
14.	Akshita	B.Voc. NEH Sem V	227003
15.	Vishali	B.Voc. NEH Sem V	227004
16.	Nishtha	B.Voc. NEH Sem V	227005

*Neethi*

FEEDBACK FORM

Cafeteria- Pasta & cod Coffee

(Under Home Science Dept.)

Session: 2022-23

Date: 21<sup>st</sup> sept. 2022

Name of Student: ...Jasleen.....kaur.....

Class: B.VOC. (NEH) (V)

Roll No. 207012.....

Did you find the activity useful?

...Yes, it was very informative for me.....

Any Suggestion:

...No, Every thing was very good.....

Jasleen Kaur

Signature

Neethi

FEEDBACK FORM

Cafeteria- Pasta & cod Coffee

(Under Home Science Dept.)

Session: 2022-23

Date: 21<sup>st</sup> sept. 2022

Name of Student: ..Rajji.....

Class: ..B.Voc. (NEH)(V).....

Roll No. 227006.....

Did you find the activity useful?

..Yes, I have learn about different skills like..  
how to communicate with persons.....

Any Suggestion:

..No, every thing was good.....  
.....

Rajji

Signature

*✓Veet*

FEEDBACK FORM

Cafeteria- Pasta & cod Coffee

(Under Home Science Dept.)

Session: 2022-23

Date: 21<sup>st</sup> sept. 2022

Name of Student: Sanal

Class: B.V.O.C. (N.E.H) V

Roll No. 227001

Did you find the activity useful?

Yes, I have learnt about different skills like how to communicate with persons.

Any Suggestion:

No, everything was good

Sanal  
Signature

Veeti

FEEDBACK FORM

Cafeteria- Pasta & cod Coffee

(Under Home Science Dept.)

Session: 2022-23

Date: 21<sup>st</sup> sept. 2022

Name of Student: .....Pallavi.....

Class: ...B.VOC(NEH) V.....

Roll No. ...227009.....

Did you find the activity useful?

.....Yes, I have learnt about different  
.....skills like how to communicate well  
.....Person.

Any Suggestion:

.....No, everything was good.....  
.....

Pallavi

Signature

Neethi

FEEDBACK FORM

Cafeteria- Pasta & cod Coffee

(Under Home Science Dept.)

Session: 2022-23

Date: 21<sup>st</sup> sept. 2022

Name of Student: Submeet Kaur

Class: B.VOC NEH Sem-5

Roll No. 227007

Did you find the activity useful?

Yes it is innovative, recreational and informative.

Any Suggestion:

Best learning initiative.

Submeet Kaur  
Signature

Noob

The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request to grant permission to organise Cafeteria.

Respected Mam,

Kindly allow the students of department of Home Science( BVoc.NEH ) to organise cafeteria for the following :

Item	Date
Kulche channe	14 <sup>th</sup> sept.2022
Pasta with cold coffee	21 <sup>st</sup> sept.2022
Sarso ka saag with makki ki roti	9 <sup>th</sup> nov.2022
Snack counter	3 <sup>rd</sup> nov.2022
South Indian platter	5 <sup>th</sup> sept. 2022
Moong dal panjiri	15 <sup>th</sup> oct.2022

Thanking You

Yours sincerely,  
*Neeti Kapoor*  
Mrs. Neeti Kapoor  
HOD, Home Science

*Allowed  
Madhusud*

# Report

## Cafeteria – Sarso–Ka-Saag with Makki-Ki-Roti & Lassi (Salty / Sweet)

Home Science Department of Kanya Maha Vidyalaya has organised Cafeteria on 10<sup>th</sup> November 2022 to teach and upgrade the skills of students as public dealing and bulk cooking.

Final year Students of B.Voc, Nutrition, Exercise & Health have actively participated in the cafeteria and do a tremendous work. Students prepared the Sarso–Ka-Saag with Makki-Ki-Roti and Lassi (sweet /salty). They also serve the salad with meal .as this combo was liked by most of the faulty members too. This complete combo was enjoyed by the persons who bought the coupon. The students were appreciated and motivated by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this activity, students learnt about the nutritional values of different food items, how to standardize the costing and also increase their communication, public dealing skills.as students get more motivated by getting excellent feedback from their customers. The student's sells the coupons with enthusiasm and zeal, the students were guided that how to prepare the recipe and serve them well by Ms. Tarandeep Kaur, Ms. Palak and Ms. Srishti together and make the Cafeteria comfortable for students.

The students actively performed each and every part of cafeteria as they standardize the dish and set the cost price, so they could sell the coupons of the same. As students sell about 50 coupons and prepare the items for the same .Then they serve to the respective departments where they sells the coupon .Students get the profit of Rs. 640/- from the cafeteria. At last, students enjoyed, learnt and also enhance the skills of cooking.

S.No.	Name of teachers
1.	Mrs. Neeti Kapoor
2.	Mrs.Mani Khera
3.	Ms.Tarandeep
4.	Ms.Palak
5.	Ms.Srishtu
6.	Ms.Shivani
7.	Dr.Rupika Chopra
8.	Mrs.Reema

*Neeti*



Department of Home Science

Cafeteria – Makke Ki Roti with Sarson Ka Saag

Attendance

Date – 09.11.22

S.No.	Name	Class	Roll No.
01.	Rajji	B.Voc. NEH Sem V	227007
02.	Tanishka	B.Voc. NEH Sem V	227002
03.	Jasleen	B.Voc. NEH Sem V	227012
04.	Sonal	B.Voc. NEH Sem V	227001
05.	Subhneet	B.Voc. NEH Sem V	227007
06.	Ramnik	B.Voc. NEH Sem V	227008
07.	Pallavi	B.Voc. NEH Sem V	227009
08.	Harsimran	B.Voc. NEH Sem V	227010
09.	Jaspinder	B.Voc. NEH Sem V	227011
10.	Jasleen	B.Voc. NEH Sem V	227012
11.	Akshita	B.Voc. NEH Sem V	227003
12.	Vishali	B.Voc. NEH Sem V	227004
13.	Nishtha	B.Voc. NEH Sem V	227005

*Meets*

FEEDBACK FORM

Cafeteria- makki ki roti and sarso ka saag

(Under Home Science Dept.)

Session: 2022-23

Date: 9<sup>th</sup> nov. . 2022

Name of Student: ..... *Rajji* .....

Class: ..... *B.V.O.C. (N.E.H) V* .....

Roll No. .... *227006* .....

Did you find the activity useful?

..... *Yes, it was very informative. I learn*  
..... *about different things* .....

Any Suggestion:

..... *No, everything was good* .....

*Rajji*  
Signature

*Neer*

FEEDBACK FORM

Cafeteria- makki ki roti and sarso ka saag

(Under Home Science Dept.)

Session: 2022-23

Date: 9<sup>th</sup> nov. . 2022

Name of Student: ...Jasleen...Kaur.....

Class: .B:Voc...(NEH).V.

Roll No. 227012.....

Did you find the activity useful?

...Yes... it... was... very... informative... I learn...  
...about... different... things:.....

Any Suggestion:

...No... Every thing... was... good.....  
.....

Jasleen Kaur.  
Signature

✓Veet

FEEDBACK FORM

Cafeteria- makki ki roti and sarso ka saag

(Under Home Science Dept.)

Session: 2022-23

Date: 9<sup>th</sup> nov. . 2022

Name of Student: .....Sonal.....

Class: ...B.VOC.(N.E.H) ✓

Roll No. ....227001.....

Did you find the activity useful?

.....Yes, it was very interesting as we  
.....have gained knowledge about different things  
.....like deal with customers

Any Suggestion:

.....Should give chance to juniors to learn  
.....this skills.....

Sul  
Signature

Neethi

FEEDBACK FORM

Cafeteria- makki ki roti and sarso ka saag

(Under Home Science Dept.)

Session: 2022-23

Date: 9<sup>th</sup> nov. . 2022

Name of Student: ..Harsimran.....Kaur.....

Class: ..B.Voc. (N.E.H) (V)

Roll No. 2270.....

Did you find the activity useful?

...Yes..... gain knowledge about different  
...things..... like deal with customers.....

Any Suggestion:

...Should..... give chance to juniors to  
...learn..... this skills.....

Harsimran Kaur  
Signature

Neeti

The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request to grant permission to organise Cafeteria.

Respected Mam,

Kindly allow the students of department of Home Science( BVoc.NEH ) to organise cafeteria

for the following :

Item	Date
Kulche channe	14 <sup>th</sup> sept.2022
Pasta with cold coffee	21 <sup>st</sup> sept.2022
Sarso ka saag with makki ki roti	9 <sup>th</sup> nov.2022
Snack counter	3 <sup>rd</sup> nov.2022
South Indian platter	5 <sup>th</sup> sept. 2022
Moong dal panjiri	15 <sup>th</sup> oct.2022

Thanking You

Yours sincerely,  
*Neeti Kapoor*  
Mrs. Neeti Kapoor  
HOD, Home Science

*Allowed  
Neeti*

# Report

## Cafeteria – Snacks Counter

Home Science Department of Kanya Maha Vidyalaya has organised Cafeteria on 3<sup>rd</sup> November, 2022 to teach and upgrade the skills of students as public dealing and bulk cooking.

Final year Students of B.Voc, Nutrition, Exercise & Health have actively participated in the cafeteria and do a tremendous work. Students prepared the four different items which are served and prepared by them as live counters. Students prepare different food items which are really delicious and also try to increase the nutritional needs like (A.) Nutri Momos, (B.) Batata Puri, (C.) Bhel Puri & (D.) Orange pulpy Mojito. The students were appreciated and motivated by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this activity, students learnt about the nutritional values of different food items, how to standardize the costing and also increase their communication, public dealing skills. The student's sells the dishes with great enthusiasm and zeal, as the students were guided that how to prepare the recipe which is healthy too and serve them well by Ms. Tarandeep Kaur, Ms. Palak and Ms. Srishti together and make the Cafeteria comfortable for students.

The students actively performed each and every part of cafeteria as they standardize the dish and set the cost price, so they could sell the coupons of the same. As students sell about 80 coupons and prepare the items for the same. Then they serve to the respective departments where they sell the coupon. Students get the profit of Rs. 1020/- from the cafeteria. At last, students enjoyed, learnt and also enhance the skills of cooking.

S.No.	Name of teachers
1.	Mrs. Neeti Kapoor
2.	Mrs.Mani Khera
3.	Ms.Tarandeep
4.	Ms.Palak
5.	Ms.Srishtu
6.	Ms.Shivani
7.	Dr.Rupika Chopra
8.	Mrs.Reema

*Neeti*

Department of Home Science

Cafeteria – Snack Counter

Attendance

Date – 03.11.22

S.No.	Name	Class	Roll No.
01.	Kusum	B.Voc. NEH Sem V	227013
02.	Rajji	B.Voc. NEH Sem V	227007
03.	Tanishka	B.Voc. NEH Sem V	227002
04.	Jasleen	B.Voc. NEH Sem V	227012
05.	Sonal	B.Voc. NEH Sem V	227001
06.	Subhneet	B.Voc. NEH Sem V	227007
07.	Ramnik	B.Voc. NEH Sem V	227008
08.	Pallavi	B.Voc. NEH Sem V	227009
09.	Harsimran	B.Voc. NEH Sem V	227010
10.	Jaspinder	B.Voc. NEH Sem V	227011
11.	Jasleen	B.Voc. NEH Sem V	227012
12.	Akshita	B.Voc. NEH Sem V	227003
13.	Vishali	B.Voc. NEH Sem V	227004
14.	Nishtha	B.Voc. NEH Sem V	227005

*Meets*

FEEDBACK FORM

Cafeteria- Snack Counter

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> nov. 2022

Name of Student: .....Kusum.....

Class: ...B.V.O.C. (N.E.H) SEM - V

Roll No. ....227013.....

Did you find the activity useful?

.....Yes, it is very knowledgeable as we'd learnt about standardization.....

Any Suggestion:

.....Excellent learning approach.....  
.....

Kusum

Signature

Neethi

FEEDBACK FORM

Cafeteria- Snack Counter

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> nov. 2022

Name of Student: ..... Jasleen .....

Class: B.VOC.(NEH.) - SEM-V

Roll No. 227012 .....

Did you find the activity useful?

Yes, it brings innovation, helps in practicing standardization of recipes

Any Suggestion:

Excellent approach in curriculum

Jasleen

Signature

Neeti

FEEDBACK FORM

Cafeteria- Snack Counter

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> nov. 2022

Name of Student: .....*Sonal*.....

Class: ..*B.VOC.(NEH)-SEM-VI*.....

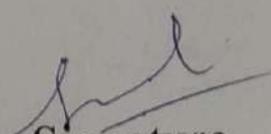
Roll No. ....*227001*.....

Did you find the activity useful?

.....*Yes, it brings innovation & helps in practicing standardization of recipes*.....

Any Suggestion:

.....*Excellent approach in curriculum*.....  
.....

  
Signature

*Meets*

FEEDBACK FORM

Cafeteria- Snack Counter

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> nov. 2022

Name of Student: Pallavi.....

Class: B.VOC. NEH Sem - V

Roll No. 227009.....

Did you find the activity useful?

Yes, it brings innovation, helps in practicing standardization of recipes.

Any Suggestion:

Excellent approach in curriculum.

Pallavi

Signature

Neer

FEEDBACK FORM

Cafeteria- Snack Counter

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> nov. 2022

Name of Student: ...Ramnik.....

Class: ...B.Voc. NEH sem-V.....

Roll No. 227008.....

Did you find the activity useful?

Yes, it is very knowledgeable as we'd learnt about standardization.

Any Suggestion:

Excellent learning approach.

Ramnik

Signature

Neel

# Cafeteria of Snack Counter

Total no. of students :41

Total no. of teacher :08

The Heritage and Autonomous Institution  
**KANYA MAHA VIDYALAYA, JALANDHAR**

College with Potential for Excellence Star College by DBT, Govt. Of India  
Ranked No. 1 College of Punjab and Top National Rankings  
( India Today, Outline Magazine and Times of India Group)



## Cafeteria! Cafeteria!

Corn Bhel ..... Rs.40



Momos..... Rs.40

Batata Puri..... Rs.30



Orange Mojito..... Rs.30

Venue : Homoscience Department  
Date : 3 November 2022  
Time : 11 A.M

*Archi*

The Principal

Kanya Maha Vidyalaya (KMV)

Jalandhar (Punjab)

**Subject:** Request to grant permission to organise Cafeteria.

Respected Mam,

Kindly allow the students of department of Home Science( BVoc.NEH ) to organise cafeteria for the following :

Item	Date
Kulche channe	14 <sup>th</sup> sept.2022
Pasta with cold coffee	21 <sup>st</sup> sept.2022
Sarso ka saag with makki ki roti	9 <sup>th</sup> nov.2022
Snack counter	3 <sup>rd</sup> nov.2022
South Indian platter	5 <sup>th</sup> sept. 2022
Moong dal panjiri	15 <sup>th</sup> oct.2022

Thanking You

Yours sincerely,

*Neeti Kapoor*  
Mrs. Neeti Kapoor

HOD, Home Science

*Allowed  
Neeti*

*Neeti*

# Report

## Cafeteria – South Indian Platter

Home Science Department of Kanya Maha Vidyalaya has organised Cafeteria on 14<sup>th</sup> September, 2022 to teach and upgrade the skills of students as public dealing and bulk cooking.

Final year Students of B.Voc, Nutrition, Exercise & Health have actively participated in the cafeteria and do a tremendous work. Students prepared the South Indian Platter which had steamed veg. Idli, sambar, coconut chutney and rasam . The students were appreciated and motivated by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this activity, students learnt about the nutritional values of different food items, how to standardize the costing and also increase their communication, public dealing skills. The student's sells the coupons with enthusiasm and zeal, the students were guided that how to prepare the recipe and serve them well by Ms. Tarandeep Kaur, Ms. Palak and Ms. Srishti together and make the Cafeteria comfortable for students.

The students actively performed each and every part of cafeteria as they standardize the dish and set the cost price, so they could sell the coupons of the same. As students sell about 40 coupons and prepare the items for the same .Then they serve to the respective departments where they sells the coupon .Students get the profit of Rs. 970/- from the cafeteria . At last, students enjoyed, learnt and also enhance the skills of cooking.

S.No.	Name of teachers
1.	Mrs. Neeti Kapoor
2.	Mrs.Mani Khera
3.	Ms.Tarandeep
4.	Ms.Palak
5.	Ms.Srishtu
6.	Ms.Shivani
7.	Dr.Rupika Chopra
8.	Mrs.Reema

Neeti



Department of Home Science

Cafeteria – South Indian Platter

Attendance

Date – 05.09.22

S.No.	Name	Class	Roll No.
01.	Kusum	B.Voc. NEH Sem V	227013
02.	Rajji	B.Voc. NEH Sem V	227007
03.	Tanishka	B.Voc. NEH Sem V	227002
04.	Jasleen	B.Voc. NEH Sem V	227012
05.	Sonal	B.Voc. NEH Sem V	227001
06.	Subhneet	B.Voc. NEH Sem V	227007
07.	Ramnik	B.Voc. NEH Sem V	227008
08.	Pallavi	B.Voc. NEH Sem V	227009
09.	Harsimran	B.Voc. NEH Sem V	227010
10.	Jaspinder	B.Voc. NEH Sem V	227011
11.	Jasleen	B.Voc. NEH Sem V	227012
12.	Akshita	B.Voc. NEH Sem V	227003
13.	Vishali	B.Voc. NEH Sem V	227004
14.	Nishtha	B.Voc. NEH Sem V	227005
15.	Bhupinder	B.Sc. Home Science V	222853
16.	Vanshika	B.Sc. Home Science V	222852
17.	Manpreet	B.Sc. Home Science V	222851

*Neetz*

FEEDBACK FORM

Cafeteria- South Indian Platter

(Under Home Science Dept.)

Session: 2022-23

Date: 5<sup>th</sup> sept. 2022

Name of Student: ...Rajji.....

Class: ..B.Vo.C..(N.E.H)..V

Roll No. ..227006.....

Did you find the activity useful?

...Yes... it was very beneficial for me, to deal and work in group.....

Any Suggestion:

...No.....

Rajji  
Signature

Meats -

FEEDBACK FORM

Cafeteria- South Indian Platter

(Under Home Science Dept.)

Session: 2022-23

Date: 5<sup>th</sup> sept. 2022

Name of Student: ....Tanishka.....

Class: ..B.VOC (NEM) V..

Roll No. 227002.....

Did you find the activity useful?

.....Yes, it was very knowledgeable and  
.....very interesting activity.....

Any Suggestion:

.....~~No~~ Informative.....  
.....

Tanishka  
Signature

Neeti

FEEDBACK FORM

Cafeteria- South Indian Platter

(Under Home Science Dept.)

Session: 2022-23

Date: 5<sup>th</sup> sept. 2022

Name of Student: .....*Sonal*.....

Class: ..*B.V.O.C. (N.E.H.) V*.....

Roll No. ....*227001*.....

Did you find the activity useful?

.....*Yes, it was very knowledgeable and very interesting activity*.....

Any Suggestion:

.....*Informative*.....

*Sonal*  
Signature

*Neeti*

FEEDBACK FORM

Cafeteria- South Indian Platter

(Under Home Science Dept.)

Session: 2022-23

Date: 5<sup>th</sup> sept. 2022

Name of Student: ..... Kusum .....

Class: ..B.V.O.C..(N.E.H.)

Roll No. ..227013.....

Did you find the activity useful?

..... Yes, ..... very ..... informative ..... for ..... me. ....  
.....

Any Suggestion:

..... No: .....  
.....

Kusum  
Signature

✓ Vech

# Cafeteria of South Indian Platter

Total no. of students :41

Total no. of teacher :08

The Heritage Institution  
**KANYA MAHA VIDYALAYA** (ARTS/SCIENCE)  
College with Potential for Excellence by AICTE. Star College status by DRU, Govt. of India.  
Top National Rankings (India Today, Outlook Magazine and Times Of India Group)

Dept of Homescience  
B.VOC (Nutrition, Exercise & Health)

Presents Cafeteria!!

*South Indian Platter* ..... ₹50

- Idli
- Sambhar
- Rasam
- Coconut Chutney
- Tamarind Chutney



Venue : Homescience Department  
Date : 5 September 2022  
Time : 1 p.m

*Neethi*

The Principal

Kanya Maha Vidyalaya (KMV)

Jalandhar (Punjab)

**Subject:** Request to grant permission to organise national nutritional week .

Respected Mam,

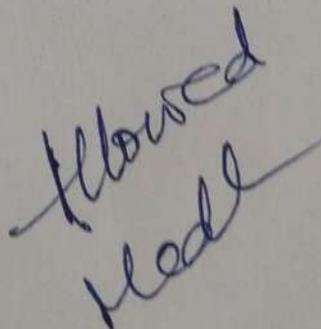
Kindly allow us to organise activities under national Nutrition Week (1<sup>st</sup>-7<sup>th</sup> September) 2022. It will be helpful for the learning exposure for the students of department of Home Science .

Thanking You

Yours sincerely,

  
Mrs. Neeti Kapoor

HOD, Home Science

  
Allowed  
Head

## Press Note

The department of Home Science, Kanya Maha Vidyalaya, celebrated the National Nutrition Week from Sept. 1<sup>st</sup> - Sept. 7<sup>th</sup>, 2022. Keeping in mind the theme of the year, 'Celebrate the World of Flavours', various activities were conducted in the department. Objective of the programme was to create awareness regarding the importance of healthy diet and nutrition along with different flavours among students. Diet clinic was organised by the students of B.Voc. (Nutrition, Exercise and Health). During diet clinic, diet counselling was done and diet charts were given to the interested faculty and students. After that, Cafeteria was conducted in which South Indian platter was the point of attraction. Cooking competition of nutrient dense recipes and quiz competition were also conducted. The students of BSc (Home Science) and B.Voc. (N.E.&H.) participated with full enthusiasm. Innovative and nutrient dense recipes of Subhneet Kaur, Ritu and Tanishka fetched them the first, second and third position respectively in the cooking competition. Quiz competition on nutrition and nutrients was held in the department. Principal, Dr (Mrs.) Atima Sharma Dwivedi applauded the efforts of the faculty of the home science department and students on the celebrations of the nutrition week. The whole programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Khera, Dr. Rupika Chopra, Ms. Taranddep Kaur, Ms. Srishti, Ms. Palak and Ms. Shivani together organised and make the programme comfortable for students.

*Neeti Kapoor*

National Nutrition Week 2022 (1<sup>st</sup> - 7<sup>th</sup> Sept. 2022)

Theme: "Celebrate a World of Flavours"

Cooking Competition

Attendance

2

<u>S.No.</u>	<u>Name</u>	<u>Roll No.</u>	<u>Food Item Prepared</u>	<u>Signature</u>
1. ✓	Ritu	226913	Moong <del>dal</del> Dal Balls	Ritu
2.	Parneet Thind	226954	Banana Oats Smoothie	Parneet
3. ✓	Rajji	227006	Punjabi Thali (Saag / Makhi Roti)	Rajji
4. ✓	Tanishka	227002	Brown channa Tikki	Tanishka
5.	Subhmeet Kaur	227007	Potato Bites	Subhmeet Kaur.

Neeti Kaur



*Neeti Kapoor*

Feedback Form

Name of the Activity: Cooking Competition – 06.09.22 (National Nutrition Week)

Date:

Session 2022-23

Name: Subhmeet Kaur.

Class: B.Voc. NEH Sem-VI

Roll No.: 227007

Department: Home Science

Feedback:

The experience gained was very knowledgeable and informative since we've learnt about new recipes, diet and nutritious recipes.

Further Suggestions:

Excellent approach of learning

Subhmeet Kaur  
Signature

Neeta Kapoor

Feedback Form

Name of the Activity: Cooking Competition - 06.09.22 (National Nutrition Week)

Date:

Session 2022-23

Name: Parneet Thind

Class: B.VOC (NEH) SEM-III

Roll No.: 226954

Department: Home Science

**Feedback:**

It was very knowledgeable and informative.  
We know about new recipes,  
nutritious info.

Further Suggestions:

No.

Parneet  
Signature

Neeti Kapoor

Feedback Form

Name of the Activity: Cooking Competition – 06.09.22 (National Nutrition Week)

Date:

Session 2022-23

Name: Ritu

Class: B.Voc(N&H) Sem I

Roll No.: 226913

Department: Home Science

**Feedback:**

It was a great experience of mine.  
Because I learned many recipes  
from other students.

Further Suggestions:

N.A.

Ritu  
Signature

Neelika Kapoor

Feedback Form

Name of the Activity: Cooking Competition – 06.09.22 (National Nutrition Week)

Date:

Session 2022-23

Name: Tanishka  
Class: B. Voc (NEH) Sem - V  
Roll No.: 227002  
Department: Home Science

**Feedback:**

Very interesting and enjoyable and  
informative

**Further Suggestions:**

Tanishka  
Signature  
Neeti Kapoor

Feedback Form

Name of the Activity: Cooking Competition - 06.09.22 (National Nutrition Week)

Date:

Session 2022-23

Name: Rajji

Class: B.Voc [N.E.H] Sem V

Roll No.: 227006

Department: Home Science

**Feedback:**

It was very interesting & useful  
and help to cook new dishes  
with the help of new techniques.

**Further Suggestions:**

Make it more effective  
and useful.

Rajji  
Signature

Neel Kapoor

The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request to grant permission to organise national nutritional week .

Respected Mam,

Kindly allow us to organise activities under national Nutrition Week (1<sup>st</sup>-7<sup>th</sup> September) 2022. It will be helpful for the learning exposure for the students of department of Home Science .

Thanking You

Yours sincerely,  
*Neeti Kapoor*  
Mrs. Neeti Kapoor  
HOD, Home Science

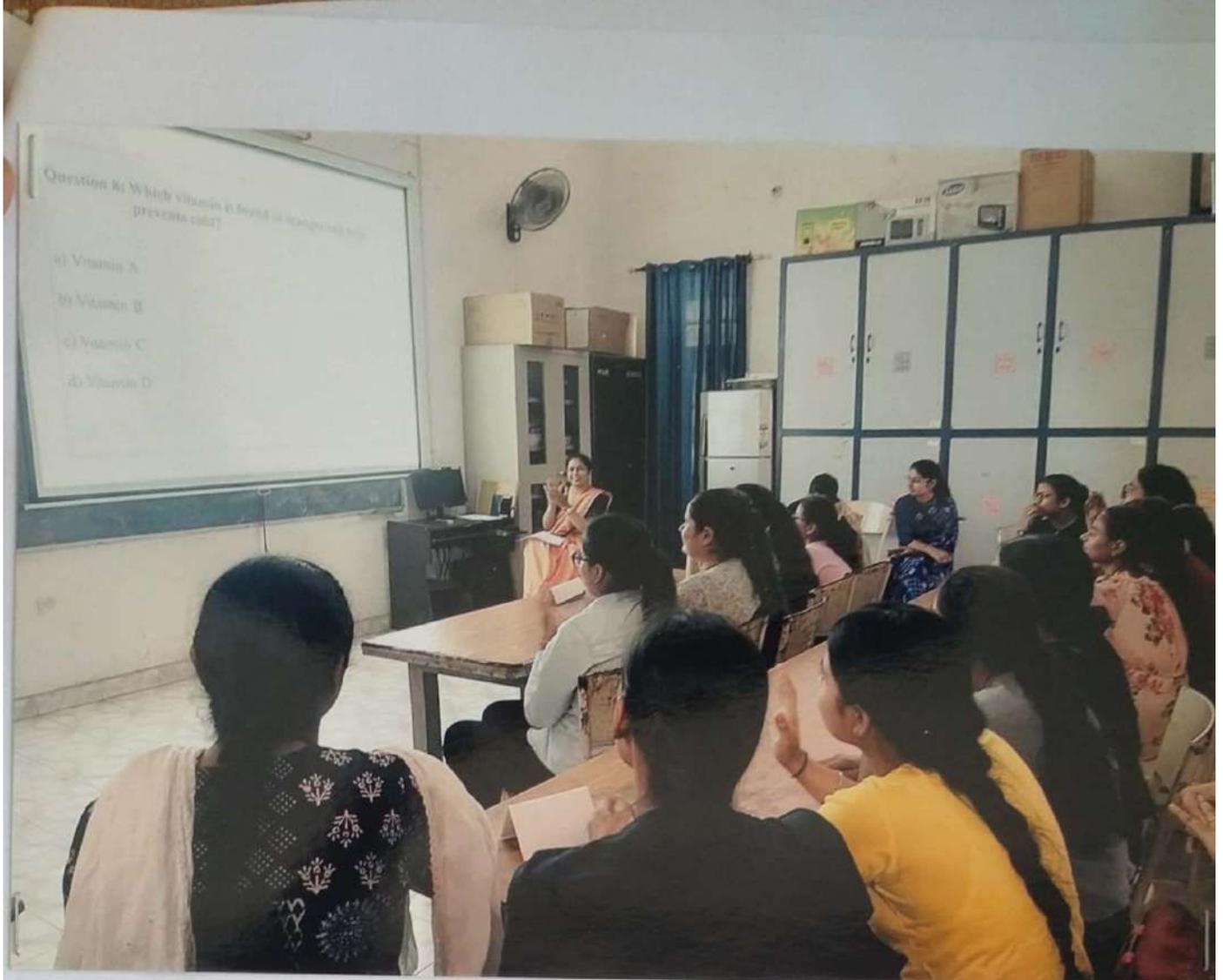
*Neeti Kapoor*

*Allowed  
Head*

## Press Note

The department of Home Science, Kanya Maha Vidyalaya, celebrated the National Nutrition Week from Sept. 1<sup>st</sup> - Sept. 7<sup>th</sup>, 2022. Keeping in mind the theme of the year, 'Celebrate the World of Flavours', various activities were conducted in the department. Objective of the programme was to create awareness regarding the importance of healthy diet and nutrition along with different flavours among students. Diet clinic was organised by the students of B.Voc. (Nutrition, Exercise and Health). During diet clinic, diet counselling was done and diet charts were given to the interested faculty and students. After that, Cafeteria was conducted in which South Indian platter was the point of attraction. Cooking competition of nutrient dense recipes and quiz competition were also conducted. The students of BSc (Home Science) and B.Voc. (N.E.&H.) participated with full enthusiasm. Innovative and nutrient dense recipes of Subhneet Kaur, Ritu and Tanishka fetched them the first, second and third position respectively in the cooking competition. Quiz competition on nutrition and nutrients was held in the department. Principal, Dr (Mrs.) Atima Sharma Dwivedi applauded the efforts of the faculty of the home science department and students on the celebrations of the nutrition week. The whole programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Khera, Dr. Rupika Chopra, Ms. Taranddep Kaur, Ms. Srishti, Ms. Palak and Ms. Shivani together organised and make the programme comfortable for students.

*Neeti*



# National Nutrition Week

7th Sept. 2022

Theme: A World of Flavours

Quiz Competition

## Attendance

<u>S.No.</u>	<u>Name &amp; Dept.</u>	<u>Roll No.</u>	<u>Signature</u>
1.	✓ Sukriti Pandit B.Voc (NEH)	226901	Sukriti Pandit
2.	Vanshika B.VOC (NEH)	226925	Vanshika
3. ✓	Kudrat B.VOC (NEH) sem-1	226918	Kudrat
4.	Priyanka B.VOC (NEH) Sem-1	226917	Priyanka
5.	✓ Ritu	226913	Ritu.
6.	Esha Malhotra B.VOC (NEH) Sem I	226921	E.
7.	Mritika Kler B.VOC (NEH) Sem → I	226909	Mritika
8.	✓ Kirti Chib B.VOC (NEH) Sem → I	226902	Kirti
9.	Muskau B.VOC (NEH) Sem-I	226911	Muskau
10.	Divyanshu Kaur B.VOC (NEH) sem1	226923	Divyanshu
11.	Jasmeet Kaur ECCE (Sem-1)	223127	Jasmeet
12.	Parmpreet Kaur ECCE (SEM-1)	223126	Parm
13. ✓	Kajal Khosla B.VOC (NEH) Sem-I	226916	Kajal
14.	Jasmeen B.VOC. (NEH) Sem I	226908	Jasmeen
15.	Kinjal B.VOC (NEH) SEM I	226920	Kinjal
6.	Vanshika B.Sc (Home Sci) Sem 5	222876	Vanshika
7.	Shailza B.Sc (Home Sci) Sem 5	222877	Shailza

✓ Vochi

Feedback Form

Name of the Activity: Quiz Competition - 07.09.22 (National Nutrition Week)

Date:

Session 2022-23

Name: Kirti Kataria Kirti Chib

Class: B.Voc. (NBH) Sem I

Roll No.: 226902

Department: Home Science

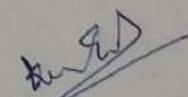
Feedback:

Quiz competition is a interest thing with this we learn more or take more knowledge. However, NATIONAL NUTRITION WEEK IS INTEREST WEEK.

Further Suggestions:

No, there is a no suggestions However, Children need more time for answer the question.

Neel's

  
Signature

Feedback Form

Name of the Activity: Quiz Competition – 07.09.22 (National Nutrition Week)

Date:

Session 2022-23

Name: Parmpreet Kaur

Class: ECCE (Sem I)

Roll No.: 223128

Department: Dept of Home Sci.

**Feedback:**

We learn many things about nutrition and health. Questions are very informative in quiz competition. Overall, experience was good.

**Further Suggestions:**

Level of questions can be increased gradually.

Neet

Neet  
Signature

Feedback Form

Name of the Activity: Quiz Competition – 07.09.22 (National Nutrition Week)

Date:

Session 2022-23

Name: Jasmeet Kaur

Class: ECCE (Sem I)

Roll No.: 223127

Department: Dept. of Home Sci

Feedback:

Questions are very informative in  
quiz competition. We learn new  
things about nutrition and health.  
Overall, experience was good.

Further Suggestions:

Questions will be difficult gradu-  
ally.

Jasmeet  
Signature

Neer

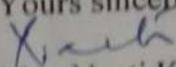
The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request to grant permission to organise diet clinic .

Respected Mam,

Kindly allow us to organise a diet clinic on 3<sup>rd</sup> September 2022 for the students of department of Home Science .The students shall be interacting with the fellow students and guide them regarding their nutrition and diet plans .

Thanking You

Yours sincerely,  
  
Mrs. Neeti Kapoor  
HOD, Home Science

Allowed  
Head

## Report

Home Science Department of Kanya Maha Vidyalaya has organised Diet Clinic on 3<sup>rd</sup> September, 2022 during National Nutrition Week i.e. from 1<sup>st</sup> - 6<sup>th</sup> September with the theme – Celebrate a World of Flavours.

Students of B.Voc. Nutrition, Exercise & Health, actively participated in the competition. The students were appreciated and motivated by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this activity, students learnt about public dealing, customizing different diseased conditions diet charts, Calculating Body Mass Index (BMI), Counselling techniques and related terminologies.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science.

*Neeti Kapoor*





3<sup>rd</sup> September, 2022

Kanya Maha Vidyalaya, Jalandhar

Department of Home Science

Diet Clinic

Attendance

S.No.	Name	Class (Sem)
1.	Ruchika Sharma	B.Voc.(NEH) Sem III
2.	Khushi Rai	B.Voc.(NEH) Sem III
3.	Parneet Thind	B.Voc.(NEH) Sem III
4.	Surbhi	B.Voc.(NEH) Sem III
5.	Kritika Sharma	B.Voc.(NEH) Sem III
6.	Geetika Sharma	B.Voc.(NEH) Sem III
7.	Tanishka	B.Voc.(NEH) Sem V
8.	Subhneet	B.Voc.(NEH) Sem V
9.	Vishali	B.Voc.(NEH) Sem V
10.	Nishtha	B.Voc.(NEH) Sem V
11.	Sonal	B.Voc.(NEH) Sem V
12.	Pallavi	B.Voc.(NEH) Sem V
13.	Ramneek	B.Voc.(NEH) Sem V
14.	Rajji	B.Voc.(NEH) Sem V

*Nheeti Kapoor*

## Feedback Form

Name of the Activity: Diet Clinic - 03.09.22 (For celebrating National Nutrition Week)

Date: 04.09.22

Session 2022-23 (Even Semester)

Name: Vishali

Class: B.Voc (NEH) Sem I

Roll No.: 227004

Department: Home Science

### **Feedback:**

It was very fun and informative. We learnt how to counsel people, tell them about balance diet. We learnt a lot from this Diet Clinic.

### **Further Suggestions for improvement:**

Can add some games which directly or indirectly tell the importance of balanced diet.

Vishali  
Signature  
Neetu Kapoor

Feedback Form

Name of the Activity: Diet Clinic - 03.09.22 (For celebrating National Nutrition Week)

Date: 04.09.22

Session 2022-23 (Even Semester)

Name: Rajji

Class: B.Voc. (NEH) Sem.VI

Roll No.: 287006

Department: Home Science

**Feedback:**

It was very dominated to me, I gain new skills and information about all nutrition foods.

**Further Suggestions for improvement:**

No, there is all necessary things are added in it.

Rajji

Signature

Noel Kapoor

Feedback Form

Name of the Activity: Diet Clinic - 03.09.22 (For celebrating National Nutrition Week)

Date: 04.09.22

Session 2022-23 (Even Semester)

Name: Nishtha

Class: B.Voc. (NEM) Sem V

Roll No.: 227005

Department: Home Science

**Feedback:**

The experience gained was very knowledgeable and informative since we've learnt about the various ways of modifying diets and implementing them according to diseases

**Further Suggestions for improvement:**

No further suggestions

Nishtha  
Signature

Neel Kapoor

Feedback Form

Name of the Activity: Diet Clinic – 03.09.22 (For celebrating National Nutrition Week)

Date: 04.09.22

Session 2022-23 (Even Semester)

Name: Subhojit

Class: B.Voc. (NEH) Sem V

Roll No.: 227007

Department: Home Science

**Feedback:**

we'd learnt about various ways of modifying diets and implementing them according to diseases (CKD, cholesterol etc)

**Further Suggestions for improvement:**

No further suggestions

Subhojit Kumar  
Signature

Neeti Kapoor

Feedback Form

Name of the Activity: Diet Clinic – 03.09.22 (For celebrating National Nutrition Week)

Date: 04.09.22

Session 2022-23 (Even Semester)

Name: Pallavi

Class: B.Voc. (NEH) Sem V

Roll No.: 227009

Department: Home Science

**Feedback:**

We'd learnt about various ways of modifying diets and implementing them according to diseases (CKD, cholesterol etc)

**Further Suggestions for improvement:**

No further suggestions

Pallavi  
Signature

Neelika

Feedback Form

Name of the Activity: Diet Clinic – 03.09.22 (For celebrating National Nutrition Week)

Date: 04.09.22

Session 2022-23 (Even Semester)

Name: Surbhi

Class: B. Voc. (NPH) Sem II

Roll No.: 226958

Department: Home Science

**Feedback:**

It was a wonderful experience for me & I know that it's really going to help in the future. I've learnt so many new things & ideas.

**Further Suggestions for improvement:**

No.

Surbhi  
Signature  
Neel Kapoor

Feedback Form

Name of the Activity: Diet Clinic – 03.09.22 (For celebrating National Nutrition Week)

Date: 04.09.22

Session 2022-23 (Even Semester)

Name: ..Kritika Sharma.....

Class: ..B.Voc. (NPH) Sem III.....

Roll No.: ..226956.....

Department: ..Home Science.....

**Feedback:**

It was an amazing experience as we got to know a lot about our food. The diet clinic activity was full of knowledge and new learning for us.

**Further Suggestions for improvement:**

No suggestions

*Meethi Kapoor*  
Signature

Meethi Kapoor

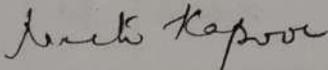
The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

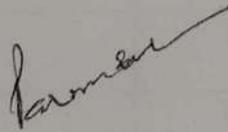
**Subject:** Request to allow for participating in Exhibition cum Sale

Respected Mam,

Kindly allow us to arrange a stall for participating in upcoming Exhibition cum Sale at Virsa Vihar on 15<sup>th</sup> October, 2022. From department of Home Science, various food items like Savouries, Multiflavored Chocolates, Diet Namkeen, Panjiri, Dates Ladoo etc. are ready for exhibition cum sale at minimum cost. Along with food items different kind of decorative items such as Candles, Diyas, Wall arts are also ready for sale. So, you are requested for giving permission for the same.

Thank You

  
Mrs. Neeti Kapoor  
HOD, Home Science



Neeti

## An Exhibition Cum Sale at Virsa Vihar

15<sup>th</sup> October, 2022.

### Report

Under the dynamic leadership of Principal, Dr. Atima Sharma Dwivedi, an Exhibition cum sale was organised by the students and staff from various departments of the college at Virsa Vihar on 15<sup>th</sup> October, 2022. The students and teachers of the Home Science Department showcased their delicacies. These included Savouries, Multiflavored Chocolates, Diet Namkeen, Panjiri, Dates Ladoo and various food as well as decorative items such as Candles, Diyas, Wall arts were the centre of attraction. The success of Home Science Department was marked by huge rush and 100% sale of all product of the Department. Moreover, students got the grand opportunity to learn the practical skills such as Earn while learn and get experience to start their own ventures under the guidance of their professional teachers. The Exhibition was successfully organized and even it was extended by a day following the demand and success.

S.No.	Name of teachers
1.	Mrs. Neeti Kapoor
2.	Mrs. Mani Khera
3.	Ms. Tarandeep
4.	Ms. Palak
5.	Ms. Srishtu
6.	Ms. Shivani
7.	Dr. Rupika Chopra
8.	Mrs. Reema







Department of Home Science

**Exhibition cum Sale at VirsaVihar**

For Diwali Celebration

Attendance

**Date – 15.02.2022**

S.No.	Name	Class	Roll No.
01.	Kritika Sharma	B.Voc. NEH Sem III	226956
02.	ParneetThind	B.Voc. NEH Sem III	226954
03.	Khushbu Rai	B.Voc. NEH Sem III	226953
04.	Geetika Sharma	B.Voc. NEH Sem III	226951
05.	Ruchika Sharma	B.Voc. NEH Sem III	226952
06.	Tanishka	B.Voc. NEH Sem V	227002
07.	Jaspinder	B.Voc. NEH Sem V	227012
08.	Akshita	B.Voc. NEH Sem V	227003
09.	Vishali	B.Voc. NEH Sem V	227004
10.	Harsimran	B.Voc. NEH Sem VI	227010
11.	Jaspinder	B.Voc. NEH Sem VI	227011
12.	Rajji	B.Voc. NEH Sem V	227006
13.	Subhneet	B.Voc. NEH Sem V	227007
14.	Ramnik	B.Voc. NEH Sem V	227008

*Neeth*

Feedback Form

Name of the Activity: Exhibition cum Sale at Virsa Vihar on the Occasion of Diwali  
(15<sup>th</sup> October, 2022)

Date:

Session 2022-23

Name: Poojesh Thind

Class: B.VOC (NEH) - IV

Roll No.: 226954

Department: Home Science

**Feedback:**

\* Amazing Experience  
\* Increase Entrepreneurship

**Further Suggestions:**

Poojesh  
Signature

Neer

Feedback Form

Name of the Activity: Exhibition cum Sale at Virsa Vihar on the Occasion of Diwali  
(15<sup>th</sup> October, 2022)

Date:

Session 2022-23

Name: Chirshu Rai

Class: B-VOC (NEH) Sem III

Roll No.: 226953

Department: Home Science

Feedback:

Nice experience I had a great time.

Further Suggestions:

Chirshu Rai  
Signature

Meets

Feedback Form

Name of the Activity: Exhibition cum Sale at Virsa Vihar on the Occasion of Diwali  
(15<sup>th</sup> October, 2022)

Date:

Session 2022-23

Name: Akshita

Class: B. Voc (NEH) Sem - V

Roll No.: 227003

Department: Home Science

Feedback:

One of a lifetime experience. I want to do it again.

Further Suggestions:

Akshita

Signature

Noets

Feedback Form

Name of the Activity: Exhibition cum Sale at Virsa Vihar on the Occasion of Diwali  
(15<sup>th</sup> October, 2022)

Date:

Session 2022-23

Name: Kritika Sharma

Class: BIOC (NEH) II

Roll No.: 226986

Department: Home Science

**Feedback:**

It was worth visiting and learning there. It improved our entrepreneurship and boosted our confidence. It enhanced our communication and convincing skills. It was an great experience!

**Further Suggestions:**

It was all good!

*Kritika*  
Signature

*Meer*

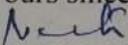
The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request to grant permission to organise tri colour cooking competition .

Respected Mam,

Kindly allow us to organise the Tri colour cooking competition on the Theme of Republic Day for the students of department of Home Science.

Thanking You

Yours sincerely,  
  
Mrs. Neeti Kapoor  
HOD, Home Science

Allowed  
Neeti

Neeti

Activity Report  
( Republic Day Celebration)

Home Science Department of Kanya Maha Vidyalaya organised Tricolour Cooking Competition on 25<sup>th</sup> January, 2023 for celebrating the occasion of Republic Day.

Students from various streams i.e., B.Sc. Home Science, B.Voc. Nutrition, Exercise & Health and Certificate Course in Geriatric Care actively participated in the competition. The students were appreciated and motivated by Dr. Atima Sharma Dwivedi, principal Kanya Maha Vidyalya. Through this activity, students learnt about the nutritional values of different food items and prepared innovative tricoloured dishes with great enthusiasm and zeal.

1<sup>st</sup> position was bagged by Manjot Kaur from the stream of certificate course in Geriatric Care. 2<sup>nd</sup> position was grabbed by Manpreet from B.Sc. (Home Science) of IV Semester and 3<sup>rd</sup> position was bagged by Vanshika from B.Voc. (NEH) of II Semester.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Mani Khera, Dr. Reema Dhingra, Dr. Rupika Chopra, Ms. Tarandeep Kaur, Ms. Palak and Ms. Shivani together organised and made the competition a great success.

*Neeti*



Neeli

Tri Color Cooking Competition  
 Theme: Republic Day Celebration

S.No.	Name	Roll No.	Subject / Department	Attendance	
				Signature	Name of the Dish
1.	Manpreet Kaur	222851	Home Science	<u>Manpreet Kaur</u>	Tricolor Jelli
2.	Vanshika Mahajan	222852	Home Science	<u>Vanshika</u>	Petta coconut Tricolor Fusion
3.	Bhupinder Kaur	222853	Home Science	<u>Bhupinder Kaur</u>	Suji Bread Toast
4.	Manjot Kaur	162	Geriatric care	<u>Manjot Kaur</u>	Sain Kevan Jelli
5.	Gurpreet Kaur	160	Geriatric care	<u>Gurpreet Kaur</u>	Salad
6.	Simran <del>Kaur</del>	158	Geriatric care	<u>Simran</u>	white sauce Pasta
7.	Kirti Chib	226902	BVOC (NEH)	<u>Kirti</u>	Penwhell Dip in <del>Tricolor</del>
8.	Vanshika	226925	B.VOC (NEH)	<u>Vanshika</u>	Tricolor <u>Surfi</u>

Neer

- I Manjot • DGC
- II Manpreet BSc HSc IV
- III Vanshika BVOC Sem I NEH

Feedback Form

Name of the Activity: Tricolour Cooking Competition (Republic Day Celebration)

Date: 25.01.23

Session 2022-23 (Even Semester)

Name: Vanshika Mahajan

Class: Bsc. (Home Science)

Roll No.: 222859

Department: Home Science

**Feedback:**

It was a wonderful Experience.  
All the students took their initiative  
to perform in the competition. But  
some of the students took the  
teachers help while cooking and that  
should be avoided.

**Further Suggestions for improvement:**

These kinds of competitions should  
be held on the regular basis.

Vanshika  
Signature

Feedback Form

Name of the Activity: Tricolour Cooking Competition (Republic Day Celebration)

Date: 25.01.23

Session 2022-23 (Even Semester)

Name: ..Bhupinder..Kaur

Class: ...B.S.C. Home Sci.....

Roll No.: ...222253.....

Department: ...Home Science.....

**Feedback:**

It was a good experience. Teachers  
are very helpful. By these  
kind of competitions we get  
confidence and very good  
experiences.

**Further Suggestions for improvement:**

No

*Kaur*  
Signature

*Neeti*

Feedback Form

Name of the Activity: Tricolour Cooking Competition (Republic Day Celebration)

Date: 25.01.23

Session 2022-23 (Even Semester)

Name: Manpreet Kaur Kauri  
Class: B.Sc. Home Science Sem-IV  
Roll No.: 222851  
Department: Home Science

**Feedback:**

I think this is good platform for students who are interested in cooking to come out with innovative ideas and also we learn something from each other when we are working together.

**Further Suggestions for improvement:**

I saw some teachers helping out some students in preparations. Although it is a competition, so I thought only participants have to prepare their dishes alone.

Manpreet Kaur  
Signature

Neer

Feedback Form

Name of the Activity: Tricolour Cooking Competition (Republic Day Celebration)

Date: 25.01.23

Session 2022-23 (Even Semester)

Name: Kirti

Class: B.VOC (NEH) Sem-II

Roll No.: 226902

Department: Home science

**Feedback:**

I love to make dishes and I enjoyed alot.  
I represented all the colors of our  
national flag.

**Further Suggestions for improvement:**

.....  
.....  
.....

Kirti  
Signature

Neethi

Feedback Form

Name of the Activity: Tricolour Cooking Competition (Republic Day Celebration)

Date: 25.01.23

Session 2022-23 (Even Semester)

Name: Vanshika

Class: B.VOC (NEM) Sem-II

Roll No.: 220925

Department: Home Science

**Feedback:**

I enjoyed a lot. The experience was very good. It represented all three colors of our national flag on the plate.

**Further Suggestions for improvement:**

Vanshika  
Signature

Neethi

Feedback Form

Name of the Activity: Tricolour Cooking Competition (Republic Day Celebration)

Date: 25.01.23

Session 2022-23 (Even Semester)

Name: Gurpreet Kaur

Class: Geriatric's Care (old age care & nutrition)

Roll No.: 160

Department: Home Science

**Feedback:**

It in-hand does my cooking skills.

It was a great experience.

All teachers are cooperative and sweet.

**Further Suggestions for improvement:**

.....  
.....  
.....

Gurpreet Kaur  
Signature

Neethi

Feedback Form

Name of the Activity: Tricolour Cooking Competition (Republic Day Celebration)

Date: 25.01.23

Session 2022-23 (Even Semester)

Name: Simran  
Class: Geriatric care  
Roll No.: 158  
Department: Home Science

**Feedback:**

It was a good experience. I really enjoy it. It inhand ~~is~~ my cooking skills. It was a mix of creativeness and cooking.

**Further Suggestions for improvement:**

Simran  
Signature

Neel

The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request to grant permission to organise theme based meal planning and execution .

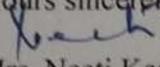
Respected Mam,

Kindly allow us to organise theme based meal planning and execution for the students of department of Home Science as following :

Date	Event planning
29 <sup>th</sup> jan.2023	Republic day celebration
3 <sup>rd</sup> feb.2023	Birthday celebration
17 <sup>th</sup> feb. 2023	Picnic
23 <sup>rd</sup> feb. 2023	Kitty
4 <sup>th</sup> march 2023	Holi

Thanking You

Yours sincerely,

  
Mrs. Neeti Kapoor

HOD, Home Science

Allowed  
Madhanshet

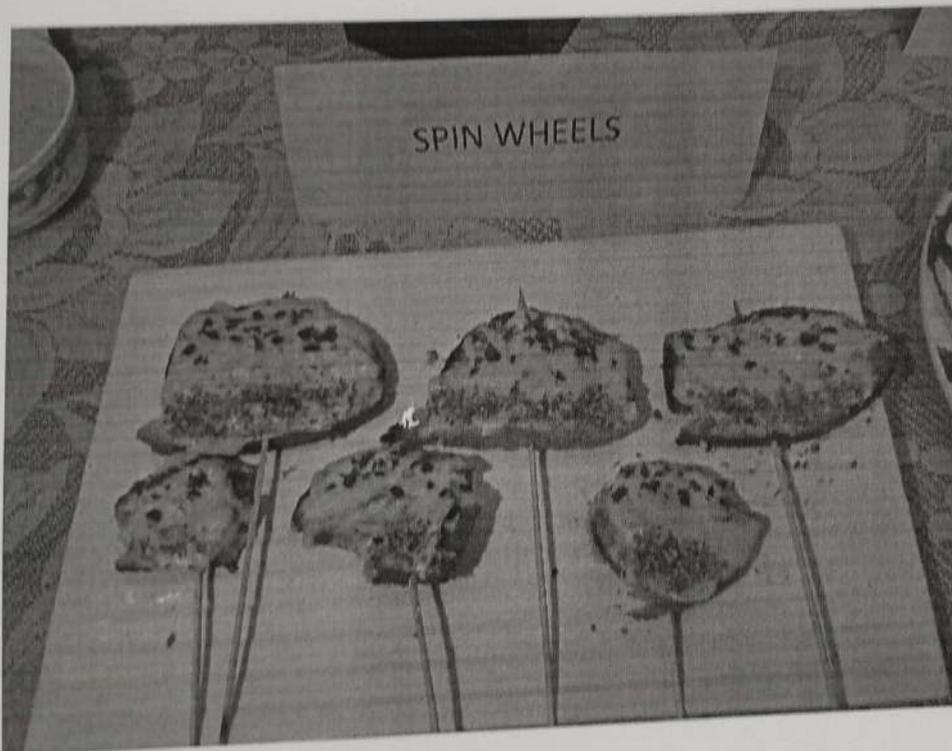
Neeti

## Report on Republic Day Event Planning

The students of B. Voc. NEH, Sem VI and B.Sc Home- Science, Sem IV, planned and executed the event of Republic Day. They came up with brilliant ideas of tricolour theme for the occasion. Besides nutrition, the quantitative and qualitative aspects of the meals were also taken into account. Not only did they learn to standardise the various recipes, they learnt to calculate the total cost involved in the management of the event.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Kapoor, Mrs. Mani Khera, Mrs. Reema Dhingra, Dr. Rupika Chopra, Ms. Tarandeep Kaur, Ms. Srishti, Ms. Palak and Ms. Shivani together organised and make the competition comfortable for students.

*Neeti*



*Neethi*

Department of Home Science  
Execution of Event Management for

**Republic Day Celebration**  
**Tricolor Cooking Competition**

Attendance

**Date – 24.01.23**

S.No.	Name	Class	Roll No.
01.	Tanishka	B.Voc. NEH Sem VI	227002
02.	Akshita	B.Voc. NEH Sem VI	227003
03.	Vishali	B.Voc. NEH Sem VI	227004
04.	Nishtha	B.Voc. NEH Sem VI	227005
05.	Rajji	B.Voc. NEH Sem VI	227007
06.	Ramnik	B.Voc. NEH Sem VI	227008
07.	Jasleen	B.Voc. NEH Sem VI	227012
08.	Bhupinder	B.Sc. Home Science VI	222853
09.	Vanshika	B.Sc. Home Science VI	222852
10.	Manpreet	B.Sc. Home Science VI	222851

*Neeti*

FEEDBACK FORM

Execution of Theme Management for " Republic Day "

(Under Home Science Dept.)

Session: 2022-23

Date: 27<sup>th</sup> January 2023

Name of Student: Vanshika Mahajan

Class: Pec (HS) 4<sup>th</sup>

Roll No. 222852

Did you find the activity useful?

Yes, it was very useful. I learnt  
many new recipes.

Any Suggestion:

These kind of activities should be held  
on regular basis.

Vanshika  
Signature

Neel

FEEDBACK FORM

Execution of Theme Management for " Republic Day "

(Under Home Science Dept.)

Session: 2022-23

Date: 27<sup>th</sup> January 2023

Name of Student: Bhupinder Kaur

Class: B.S.C. H.S. (Sem. 4)

Roll No. 222 B53

Did you find the activity useful? -

Yes, it was very useful activity.  
I learnt new recipes.

Any Suggestion:

.....  
.....

Bhupinder Kaur

Signature

Neel

FEEDBACK FORM

Execution of Theme Management for " Republic Day"

(Under Home Science Dept.)

Session: 2022-23

Date: 27<sup>th</sup> January 2023

Name of Student: Jasleen Kaur

Class: B.Voc N.E.H. Sem 6<sup>th</sup>

Roll No. 227012

Did you find the activity useful? -

Yes, it is very useful to get information about new things.

Any Suggestion:

Junior should also have chance to get learn about this activity.

Jasleen Kaur

Signature

Neeta

FEEDBACK FORM

Execution of Theme Management for " Republic Day "

(Under Home Science Dept.)

Session: 2022-23

Date: 27<sup>th</sup> January 2023

Name of Student: ...Rajji.....

Class: ..B.Voc...N.E.H Sem (6<sup>th</sup>)

Roll No. 227006.....

Did you find the activity useful?

...Yes, it is very useful to get knowledge  
...about new skills.

Any Suggestion:

...Juniors should also get a chance  
...to learn about this activity.

Rajji  
Signature

Neet

FEEDBACK FORM

Execution of Theme Management for " Republic Day"

(Under Home Science Dept.)

Session: 2022-23

Date: 27<sup>th</sup> January 2023

Name of Student: ...Akshita.....

Class: ..B. Voc. (NEH) Sem - VI

Roll No. ...227003.....

Did you find the activity useful?

.....Yes, it was the first party where we worked  
as a team and it was so much fun.....

Any Suggestion:

—

.....  
.....

*Akshita*  
Signature

*Neeti*

FEEDBACK FORM

Execution of Theme Management for " Republic Day "

(Under Home Science Dept.)

Session: 2022-23

Date: 27<sup>th</sup> January 2023

Name of Student: ...Vishali.....

Class: ...B: Voc (NEM) Sem VI.....

Roll No. ...221004.....

Did you find the activity useful? -

...Yes, it was the first party where we worked  
...as a team and it was so much fun and the  
...party turned out so well.....

Any Suggestion:

.....  
.....

Vishali  
Signature

Neethi

FEEDBACK FORM

Execution of Theme Management for " Republic Day"

(Under Home Science Dept.)

Session: 2022-23

Date: 27<sup>th</sup> January 2023

Name of Student: Jaspinder Kaur

Class: B. Voc (NCH) Sem - 6

Roll No. 227011

Did you find the activity useful?

Yes, it was the first party where we  
marked as a term and it was so  
much fun.

Any Suggestion:

.....  
.....

Jaspinder  
Kaur  
Signature

Neethi

FEEDBACK FORM

Execution of Theme Management for " Republic Day "

(Under Home Science Dept.)

Session: 2022-23

Date: 27<sup>th</sup> January 2023

Name of Student: ... Nishtha .....

Class: ... B.V.D.C. NEH - 6<sup>th</sup> .....

Roll No. 227005 .....

Did you find the activity useful?

Yes, it is very informative and  
skill boosting programme.

Any Suggestion:

Excellent learning approach.

Nishtha  
Signature

Neeti

The Principal

Kanya Maha Vidyalaya (KMV)

Jalandhar (Punjab)

**Subject:** Request to grant permission to organise theme based meal planning and execution .

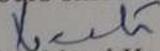
Respected Mam,

Kindly allow us to organise theme based meal planning and execution for the students of department of Home Science as following :

Date	Event planning
29 <sup>th</sup> jan.2023	Republic day celebration
3 <sup>rd</sup> feb.2023	Birthday celebration
17 <sup>th</sup> feb. 2023	Picnic
23 <sup>rd</sup> feb. 2023	Kitty
4 <sup>th</sup> march 2023	Holi

Thanking You

Yours sincerely,

  
Mrs. Neeti Kapoor

HOD, Home Science

*Allowed  
Madhuvrat*

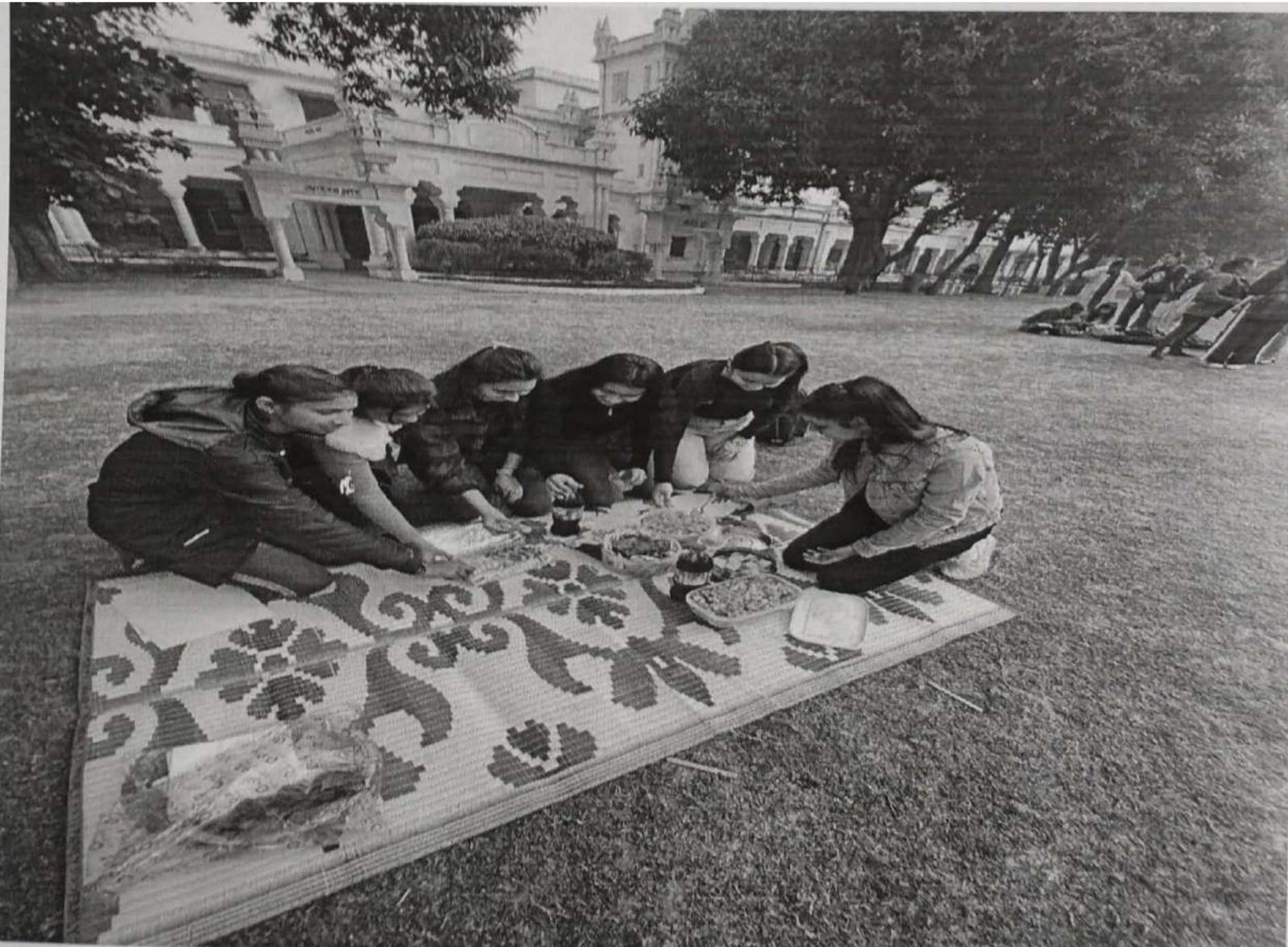
## Report on 'Picnic' Event Planning

The students of B. Voc. NEH, Sem VI and B.Sc. Home- Science, Sem IV, planned and executed the event of Picnic. They came up with novel ideas of easy to pack and wrap food ideas for a picnic party. Besides standardisation, they learnt to control the cost of the event by selecting cheap nutritious recipes.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Kapoor, Mrs. Mani Khera, Mrs. Reema Dhingra, Dr. Rupika Chopra, Ms. Tarandeep Kaur, Ms. Srishti, Ms. Palak and Ms. Shivani together organised and guided the students.

*Neeti*





Department of Home Science  
Execution of Meal Management for

**Picnic**

Attendance

**Date – 17.02.23**

S.No.	Name	Class	Roll No.
01.	Sonal	B.Voc. NEH Sem VI	227001
02.	Tanishka	B.Voc. NEH Sem VI	227002
03.	Akshita	B.Voc. NEH Sem VI	227003
04.	Vishali	B.Voc. NEH Sem VI	227004
05.	Ramnik	B.Voc. NEH Sem VI	227008
06.	Pallavi	B.Voc. NEH Sem VI	227009
07.	Jaspinder	B.Voc. NEH Sem VI	227011
08.	Bhupinder	B.Sc. Home Science VI	222853
09.	Vanshika	B.Sc. Home Science VI	222852
10.	Manpreet	B.Sc. Home Science VI	222851

*Neeta*

FEEDBACK FORM

Execution of Theme Management for "Picnic"

(Under Home Science Dept.)

Session: 2022-23

Date: 17<sup>th</sup> February 2023

Name of Student: ...Blupinder Kam...

Class: ...BSC. HS.....

Roll No. ....222853.....

Did you find the activity useful?

Yes, it was very useful activity. I  
learnt new recipes!

Any Suggestion:

These kind of activity must be  
held on regular basis

Blupinder  
Kam  
Signature

FEEDBACK FORM

Execution of Theme Management for "Picnic"

(Under Home Science Dept.)

Session: 2022-23

Date: 17<sup>th</sup> February 2023

Name of Student: Manpreet Kaur Kauri

Class: B.Sc. Home Science (Sem IV)

Roll No. 222851

Did you find the activity useful?

Yes, we made different dishes and  
enjoyed it in our college canteen with our  
friends and teachers.

Any Suggestion:

.....  
.....

Manpreet  
Kaur

Signature

Weethi

FEEDBACK FORM

Execution of Theme Management for "Picnic"

(Under Home Science Dept.)

Session: 2022-23

Date: 17<sup>th</sup> February 2023

Name of Student: Vaushika Mahajan

Class: Bsc (HS) Youth

Roll No. 222852

Did you find the activity useful?

Yes, it was very useful. I learnt  
many new recipes.

Any Suggestion:

These kind of activities should be  
held on regular basis.

Vaushika  
Signature

Neeti

FEEDBACK FORM

Execution of Theme Management for "Picnic"

(Under Home Science Dept.)

Session: 2022-23

Date: 17<sup>th</sup> February 2023

Name of Student: Jaspinder Kaur

Class: B.Voc (NCH) sem-6

Roll No. 227011

Did you find the activity useful?

Yes, we enjoy is party alot with  
different kinds of food.

Any Suggestion:

.....  
.....

Jaspinder Kaur

Signature

Noeth

FEEDBACK FORM

Execution of Theme Management for "Picnic"

(Under Home Science Dept.)

Session: 2022-23

Date: 17<sup>th</sup> February 2023

Name of Student: ..... *Sonal* .....

Class: ..... *B.VOC. (NEHD) SEM-VI* .....

Roll No. ..... *227001* .....

Did you find the activity useful?

..... *Yes, it was very useful and interesting.* .....

..... *It was very informative and knowledgeable* .....

Any Suggestion:

..... *Excellent source of learning* .....

.....

Signature

*Neer*

FEEDBACK FORM

Execution of Theme Management for "Picnic"

(Under Home Science Dept.)

Session: 2022-23

Date: 17<sup>th</sup> February 2023

Name of Student: Subhmeet Kaur.....

Class: B.VOC NEH Sem VI

Roll No. 227007.....

Did you find the activity useful?

Yes, it is worth informative and develops skills.

Any Suggestion:

Excellent approach of learning

Signature

*Neeti*

The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request to grant permission to organise theme based meal planning and execution .

Respected Mam,

Kindly allow us to organise theme based meal planning and execution for the students of department of Home Science as following :

Date	Event planning
29 <sup>th</sup> jan.2023	Republic day celebration
3 <sup>rd</sup> feb.2023	Birthday celebration
17 <sup>th</sup> feb. 2023	Picnic
23 <sup>rd</sup> feb. 2023	Kitty
4 <sup>th</sup> march 2023	Holi

Thanking You

Yours sincerely,  
*Neeti*  
Mrs. Neeti Kapoor  
HOD, Home Science

*Allowed  
Madhuseen*

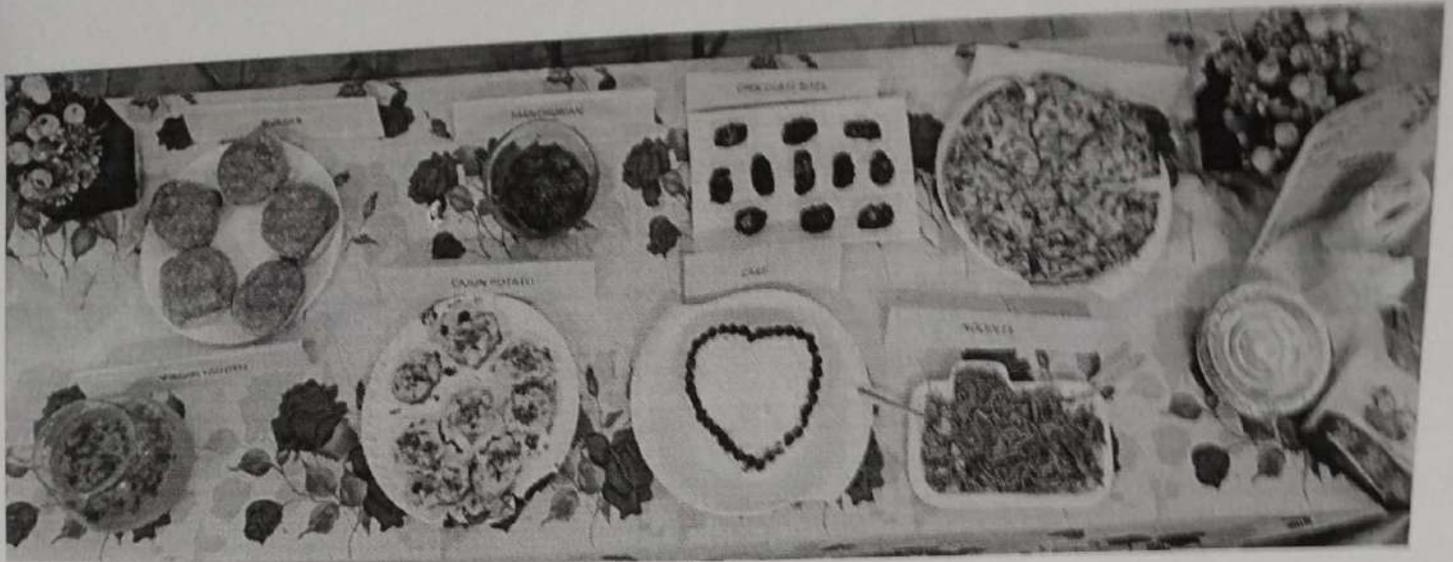
*Neeti*

## Report on 'Birthday Event Planning

The students of B. Voc. NEH, Sem VI and B.Sc. Home Science, Sem IV, planned and executed the event of Birthday Party. They came up with novel ideas of easy to pack and wrap food ideas for a birthday party like Cajun Potato, Manchurian, Burger, Noodles, Pizza, chocolate bites, cake and Virgin Mojito. Besides standardisation, they learnt to control the cost of the event by selecting cheap nutritious recipes.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Kapoor, Mrs. Mani Khera, Mrs. Reema Dhingra, Dr. Rupika Chopra, Ms. Tarandeep Kaur, Ms. Srishti, Ms. Palak and Ms. Shivani together organised and guided the students.

*Neeti*



Neer

Department of Home Science  
Execution of Meal Management for

**Birthday Celebration**

Attendance

**Date - 03.04.23**

S.No.	Name	Class	Roll No.
01.	Tanishka	B.Voc. NEH Sem VI	227002
02.	Akshita	B.Voc. NEH Sem VI	227003
03.	Vishali	B.Voc. NEH Sem VI	227004
04.	Nishtha	B.Voc. NEH Sem VI	227005
05.	Rajji	B.Voc. NEH Sem VI	227007
06.	Ramnik	B.Voc. NEH Sem VI	227008
07.	Jasleen	B.Voc. NEH Sem VI	227012
08.	Bhupinder	B.Sc. Home Science VI	222853
09.	Vanshika	B.Sc. Home Science VI	222852
10.	Manpreet	B.Sc. Home Science VI	222851

*Neeti*

FEEDBACK FORM

Execution of Theme Management for "Birthday"

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> February 2023

Name of Student: Bbupinder Kaur

Class: B.S.G. HS Sem 4

Roll No. 222853

Did you find the activity useful?

Yes, it was very useful activity. I  
learnt new recipes.

Any Suggestion:

These kind of activities must  
held on regular basis

Bbupinder  
Kaur  
Signature

Neeta

FEEDBACK FORM

Execution of Theme Management for "Birthday"

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> February 2023

Name of Student: Yashika Mahajan

Class: BSc (HS) 4<sup>th</sup>

Roll No. 222852

Did you find the activity useful?

Yes, it was very useful. I learnt  
many new recipes.

Any Suggestion:

These kind of activities should be held  
on regular basis

Yashika  
Signature

Neeti

FEEDBACK FORM

Execution of Theme Management for "Birthday"

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> February 2023

Name of Student: Manpreet Kaur Kaler

Class: Bsc (HS) 4<sup>th</sup> Yr

Roll No. 222851

Did you find the activity useful?

Yes, we made different dishes and enjoyed it in our college along with friends and teachers

Any Suggestion:

.....  
.....

Manpreet Kaur  
Signature

Neeti

FEEDBACK FORM

Execution of Theme Management for "Birthday"

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> February 2023

Name of Student: ..... Akshita .....

Class: ... B. Voc. (N.E.H.) Sem VI .....

Roll No. ... 22-7003 .....

Did you find the activity useful?

..... Yes, it was so much fun as we celebrated  
..... our classmate's birthday .....

Any Suggestion:

.....  
.....

Akshita  
Signature

Neethi

FEEDBACK FORM

Execution of Theme Management for "Birthday"

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> February 2023

Name of Student: .....Vishali.....

Class: ..B:Var.(N.E.H).Sem VI

Roll No. ...227004.....

Did you find the activity useful?

.....Yes, it was so much fun as we celebrated  
.....our classmate's birthday.....

Any Suggestion:

.....  
.....

Vishali

Signature

Neeti

FEEDBACK FORM

Execution of Theme Management for "Birthday"

(Under Home Science Dept.)

Session: 2022-23

Date: 3<sup>rd</sup> February 2023

Name of Student: ..... Jaspinder Kaur

Class: ..... B.Voc (N.H) Sem-6

Roll No. 227011

Did you find the activity useful?

Yes, it was so much funny as we  
celebrate are over classmate

Any Suggestion:

.....  
.....

Jaspinder  
Kaur  
Signature

Neeti

The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request to grant permission to organise theme based meal planning and execution .

Respected Mam,

Kindly allow us to organise theme based meal planning and execution for the students of department of Home Science as following :

Date	Event planning
29 <sup>th</sup> jan.2023	Republic day celebration
3 <sup>rd</sup> feb.2023	Birthday celebration
17 <sup>th</sup> feb. 2023	Picnic
23 <sup>rd</sup> feb. 2023	Kitty
4 <sup>th</sup> march 2023	Holi

Thanking You

Yours sincerely,  
*Neeti*  
Mrs. Neeti Kapoor  
HOD, Home Science

*Allowed  
Madhuseel*

*Neeti*

# Report on 'Holi Celebration' Event Planning

The students of B. Voc. NEH, Sem VI and B.Sc Home-Science, Sem IV, planned and celebrated the colourful festival of Holi, by selecting and preparing colourful nutritious recipes. The recipes chosen and prepared were not only budget recipes but were nutritious and went well with the colour and spirit of the festival.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Kapoor, Mrs. Mani Khera, Mrs. Reema Dhingra, Dr. Rupika Chopra, Ms. Tarandeep Kaur, Ms. Srishti, Ms. Palak and Ms. Shivani together organised and guided the students.

*Neeti*



Department of Home Science  
Execution of Meal Management for

**Holi Celebration**

Attendance

Date – 04.03.23

S.No.	Name	Class	Roll No.
01.	Sonal	B.Voc. NEH Sem VI	227001
02.	Tanishka	B.Voc. NEH Sem VI	227002
03.	Akshita	B.Voc. NEH Sem VI	227003
04.	Vishali	B.Voc. NEH Sem VI	227004
05.	Nishtha	B.Voc. NEH Sem VI	227005
06.	Rajji	B.Voc. NEH Sem VI	227006
07.	Subhneet	B.Voc. NEH Sem VI	227007
08.	Ramnik	B.Voc. NEH Sem VI	227008
09.	Pallavi	B.Voc. NEH Sem VI	227009
10.	Harsimran	B.Voc. NEH Sem VI	227010
11.	Jaspinder	B.Voc. NEH Sem VI	227011
12.	Jasleen	B.Voc. NEH Sem VI	227012
13.	Bhupinder	B.Sc. Home Science VI	222853
14.	Vanshika	B.Sc. Home Science VI	222852
15.	Manpreet	B.Sc. Home Science VI	222851

*Neethi*

FEEDBACK FORM

Execution of Theme Management for "Holi"

(Under Home Science Dept.)

Session: 2022-23

Date: 4<sup>th</sup> March 2023

Name of Student: Vanshika Mahajan

Class: Bec. (H.S.) 4<sup>th</sup>

Roll No. 282852

Did you find the activity useful?

Yes, it was very useful. we learnt  
many new different recipes.

Any Suggestion:

These kind of activities should be held on  
regular basis.

Vanshika  
Signature

Neel:

FEEDBACK FORM

Execution of Theme Management for "Holi"

(Under Home Science Dept.)

Session: 2022-23

Date: 4<sup>th</sup> March 2023

Name of Student: ...*Bhupinder Kaur*.....

Class: .....*B.S.C. HS (Sem 4)*.....

Roll No. *999853*.....

Did you find the activity useful?

*Yes, it was very useful activity. I learn new recipes.*

Any Suggestion:

*These kind of activities must be held on regular basis.*

*Bhupinder Kaur*

Signature

*Neeti*

FEEDBACK FORM

Execution of Theme Management for "Holi"

(Under Home Science Dept.)

Session: 2022-23

Date: 4<sup>th</sup> March 2023

Name of Student: Jaspinder Kaur

Class: B.Voc (NH) Sem-6

Roll No. 227011

Did you find the activity useful?

Yes, activity was very useful as we learnt how to work in a team work.

Any Suggestion:

No.

Jaspinder Kaur  
Signature

Neethi

FEEDBACK FORM

Execution of Theme Management for "Holi"

(Under Home Science Dept.)

Session: 2022-23

Date: 4<sup>th</sup> March 2023

Name of Student: Sonal

Class: B.VOC. (NEH) SEM-VI

Roll No. 227001

Did you find the activity useful?

Yes, I find the activity very useful as it was very dominating. I got a chance to learn about discipline, and standardization of recipes.

Any Suggestion:

Should be promoted among senior students and their curriculum.

Sul  
Signature

Neel

FEEDBACK FORM

Execution of Theme Management for "Holi"

(Under Home Science Dept.)

Session: 2022-23

Date: 4<sup>th</sup> March 2023

Name of Student: ....KUSUM.....

Class: ..B.VOC.(N&H)..SEM-VI

Roll No. ..227013.....

Did you find the activity useful?

....Yes, I find the activity useful as it was  
....very daminating.....

Any Suggestion:

....Should be promoted among Junior  
....Students and their curriculum.....

KUSUM.  
Signature

Meets

The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

**Subject:** Request to grant permission to organise theme based meal planning and execution .

Respected Mam,

Kindly allow us to organise theme based meal planning and execution for the students of department of Home Science as following :

Date	Event planning
29 <sup>th</sup> jan.2023	Republic day celebration
3 <sup>rd</sup> feb.2023	Birthday celebration
17 <sup>th</sup> feb. 2023	Picnic
23 <sup>rd</sup> feb. 2023	Kitty
4 <sup>th</sup> march 2023	Holi

Thanking You

Yours sincerely,  
*Neeti*  
Mrs. Neeti Kapoor  
HOD, Home Science

*Allowed  
Madhukumar*

*Neeti*

## Report on 'Kitty Party' Event Planning.

The students of B. Voc. NEH, Sem VI and B.Sc. Home- Science, Sem IV, planned and executed the event of a 'Kitty Party'. They learnt the art of low calorie, low cost, menu planning taking into account the convenience of availability and thematic presentation of the dishes for the occasion. Table laying, standardisation, costing and display of the meal remained the important part of the event.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Kapoor, Mrs. Mani Khera, Mrs. Reema Dhingra, Dr. Rupika Chopra, Ms. Tarandeep Kaur, Ms. Srishti, Ms. Palak and Ms. Shivani together organised and guided the students.

*Neeti*



Department of Home Science  
Execution of Meal Management for

**Kitty Party**

Attendance

**Date – 23.02.23**

S.No.	Name	Class	Roll No.
01.	Tanishka	B.Voc. NEH Sem VI	227002
02.	Akshita	B.Voc. NEH Sem VI	227003
03.	Vishali	B.Voc. NEH Sem VI	227004
04.	Nishtha	B.Voc. NEH Sem VI	227005
05.	Rajji	B.Voc. NEH Sem VI	227007
06.	Ramnik	B.Voc. NEH Sem VI	227008
07.	Jaspinder	B.Voc. NEH Sem VI	227011
08.	Jasleen	B.Voc. NEH Sem VI	227012
09.	Bhupinder	B.Sc. Home Science VI	222853
10.	Vanshika	B.Sc. Home Science VI	222852
11.	Manpreet	B.Sc. Home Science VI	222851

*Neeti*

FEEDBACK FORM

Execution of Theme Management for "kitty"

(Under Home Science Dept.)

Session: 2022-23

Date: 23<sup>rd</sup> February 2023

Name of Student: Umeshika Mahajan

Class: B.Sc. (H.S) 4<sup>th</sup> yr

Roll No. 22251

Did you find the activity useful?

Yes, it was very useful.

Any Suggestion:

These kind of suggestions activities should  
be held on regular basis

Umeshika  
Signature

Neethi

FEEDBACK FORM

Execution of Theme Management for "kitty"

(Under Home Science Dept.)

Session: 2022-23

Date: 23<sup>rd</sup> February 2023

Name of Student: Manpreet Kaur Kaur

Class: ~~222851~~ B.Sc. Home science (sem IV)

Roll No. 222851

Did you find the activity useful?

Yes, we learn about how our mothers and women choose dishes when they enjoy with other women. Discuss many topics.

Any Suggestion:

.....  
.....

Manpreet Kaur  
Signature

Mooh

FEEDBACK FORM

Execution of Theme Management for "kitty"

(Under Home Science Dept.)

Session: 2022-23

Date: 23<sup>rd</sup> February 2023

Name of Student: ..... Pallavi Thakur.....

Class: ..B.Voc.(N.E.H)VI

Roll No. 227009.....

Did you find the activity useful?

..Yes we learnt about the dishes that the ladies enjoy and how the party takes place

Any Suggestion:

.....  
.....

*Pallavi*  
Signature

*Neeti*

FEEDBACK FORM

Execution of Theme Management for "kitty"

(Under Home Science Dept.)

Session: 2022-23

Date: 23<sup>rd</sup> February 2023

Name of Student: ...Rajji.....

Class: B: Voc... (N: E: H)... Sem VI.

Roll No. 227006.....

Did you find the activity useful?

Yes, I get knowledge about standardation, costing of dishes per person, cooking new dishes.

Any Suggestion:

Yes, Juniors should also have chance to learn about this activities.

Rajji  
Signature

Neethi

FEEDBACK FORM

Execution of Theme Management for "kitty"

(Under Home Science Dept.)

Session: 2022-23

Date: 23<sup>rd</sup> February 2023

Name of Student: ...Rajji.....

Class: B.Voc.(N.E.H) Sem VI

Roll No. 227012.....

Did you find the activity useful?

...Yes, I get new information about  
different dishes.....

Any Suggestion:

...Junior should get chance to  
learn this activity.....

Jasleen Kaur

Signature

Neeth

The Principal  
Kanya Maha Vidyalaya (KMV)  
Jalandhar (Punjab)

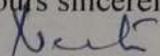
**Subject:** Request to grant permission to organise chocolate stall.

Respected Mam,

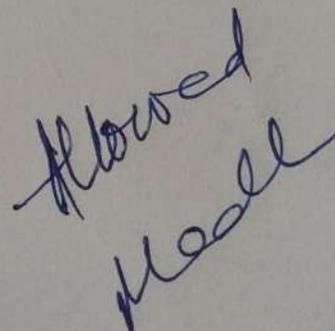
Kindly allow us to organise a chocolate stall on Valentine Day celebration by the students of department of Home Science(B Voc NEH).

Thanking You

Yours sincerely,

  
Mrs. Neeti Kapoor

HOD, Home Science



## Organised A Valentine Special Chocolate Stall

14<sup>th</sup>, February 2023

### Report

Under the dynamic leadership of Principal, Dr. Atima Sharma Dwivedi, a Valentine Special Chocolate Stall was organised by the students and staff from departments of B.Voc Nutrition, Exercise & Health on 14<sup>th</sup> February 2023. The students and teachers of the B.Voc. Nutrition , Exercise & Health showcased their delicacies. These included as variety of chocolates in different flavours are presented. The success of Institute of Innovation Council in collaboration with B.Voc. Nutrition, Exercise & Health was marked by huge rush and 100% sale of all product of the Department. As the total expenditure for the chocolate stall was Rs.7220/- and the total sale was Rs.9290/-. The profit earned was of Rs.2470/- .Moreover, students got the grand opportunity to learn the practical skills such as Earn while learn and get experience to start their own ventures under the guidance of their professional teachers.

S.No.	Name of teachers
1.	Mrs. Neeti Kapoor
2.	Mrs.Mani Khera
3.	Ms.Tarandeep
4.	Ms.Palak
5.	Ms.Srishtu
6.	Ms.Shivani
7.	Dr.Rupika Chopra
8.	Mrs.Reema

*Handwritten signature*



Department of Home Science

Valentine's Day Celebration – Chocolate Stall

Attendance 14.02.23

Serial No .	Students' Name	Class	Roll No.
1.	Sonal	B.Voc. NEH Sem VI	227001
2.	Tanishka	B.Voc. NEH Sem VI	227002
3.	Akshita	B.Voc. NEH Sem VI	227003
4.	Vishali	B.Voc. NEH Sem VI	227004
5.	Nishtha	B.Voc. NEH Sem VI	227005
6.	Rajji	B.Voc. NEH Sem VI	227006
7.	Subhneet	B.Voc. NEH Sem VI	227007
8.	Ramneek	B.Voc. NEH Sem VI	227008
9.	Pallavi	B.Voc. NEH Sem VI	227009
10.	Harsimran	B.Voc. NEH Sem VI	227010
11.	Jaspinder	B.Voc. NEH Sem VI	227011
12.	Jasleen	B.Voc. NEH Sem VI	227012
13.	Kusum	B.Voc. NEH Sem VI	227013
14.	Geetika	B.Voc. NEH Sem IV	226951
15.	Ruchika	B.Voc. NEH Sem IV	226952
16.	Khushbu	B.Voc. NEH Sem IV	226953
17.	Parneet	B.Voc. NEH Sem IV	226954
18.	Sunaina	B.Voc. NEH Sem IV	226955
19.	Kritika	B.Voc. NEH Sem IV	226956
20.	Dipali	B.Voc. NEH Sem IV	226957
21.	Surbhi	B.Voc. NEH Sem IV	226958
22.	Reet	B.Voc. NEH Sem IV	226959

*Reet*

FEEDBACK FORM

Valentine Day – Chocolates Stall

(Under Home Science Dept.)

Session: 2022-23

Date: 14<sup>th</sup> February 2023

Name of Student: ..... *Khushbu Rai* .....

Class: .. *B.Voc. NEH Sem 4<sup>th</sup>* .....

Roll No. ....

Did you find the activity useful?

..... *Yes, we learnt about different* .....  
..... *cooking technique and public dealing.* .....

Any Suggestion:

..... *nil* .....

*Khushbu Rai*  
Signature

*Neel*

FEEDBACK FORM

Valentine Day – Chocolates Stall

(Under Home Science Dept.)

Session: 2022-23

Date: 14<sup>th</sup> February 2023

Name of Student: ...*Subhreet Kaur*.....

Class: *Buac. N.E.H. sem. 6<sup>th</sup>*

Roll No. ....

Did you find the activity useful?

*I love being the part of this.....*  
*These activities made us more active.*

Any Suggestion:

*Nil*

*Kaur*  
Signature

*Neethi*

FEEDBACK FORM

Valentine Day – Chocolates Stall

(Under Home Science Dept.)

Session: 2022-23

Date: 14<sup>th</sup> February 2023

Name of Student: ..... *Kritika Sharma* .....

Class: *B.A. NEH* ..... *1st* .....

Roll No. ....

Did you find the activity useful?

..... *Helpful* ..... *make us active and* .....

..... *entrepreneurship* .....

Any Suggestion:

.....

.....

*Kritika*  
Signature

*Neel*

FEEDBACK FORM

Valentine Day – Chocolates Stall

(Under Home Science Dept.)

Session: 2022-23

Date: 14<sup>th</sup> February 2023

Name of Student: ..... Geetika Sharma .....

Class: B.Woc. NEH. Sem 4<sup>th</sup>

Roll No. ....

Did you find the activity useful?

..... I love being the part of these .....  
..... activities .....

Any Suggestion:

..... Please do more .....

Geetika  
Signature

Neel

FEEDBACK FORM

Valentine Day – Chocolates Stall

(Under Home Science Dept.)

Session: 2022-23

Date: 14<sup>th</sup> February 2023

Name of Student: Rudrika Sharma

Class: B.Voc. N&H Sem. 4<sup>th</sup>

Roll No. ....

Did you find the activity useful?

Enjoying ..... activity ..... make us ..... more .....  
smarter .....

Any Suggestion:

.....  
.....

Shamma Puri  
Signature

Neeti

FEEDBACK FORM

Valentine Day – Chocolates Stall

(Under Home Science Dept.)

Session: 2022-23

Date: 14<sup>th</sup> February 2023

Name of Student: ..... *Taniska* .....

Class: *Bvoc. neh. sub<sup>tu</sup>*

Roll No. ....

Did you find the activity useful?

..... *I always love being part of these stall* .....

..... *activity as it encourage our skills and public* .....

Any Suggestion: *dealing*

.....  
.....

*Taniska*  
Signature

*Neel'*

The Principal

Kanya Maha Vidyalaya (KMV)

Jalandhar (Punjab)

**Subject:** Request for organising a discussion session for celebrating Women's Day .

Respected Mam,

Kindly allow us to organise a discussion session for celebrating International Women's Day. Kindly allow us to organise the same for the students of department of Home Science.

Thanking You

*Neeti Kapoor*  
Mrs. Neeti Kapoor

HOD, Home Science

*Allowed  
Neeti*

*Neeti*

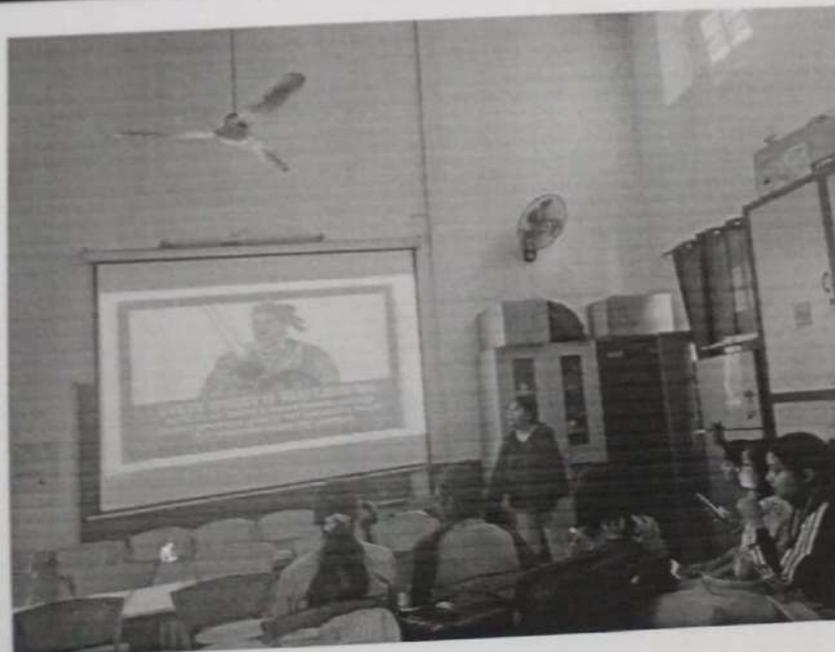
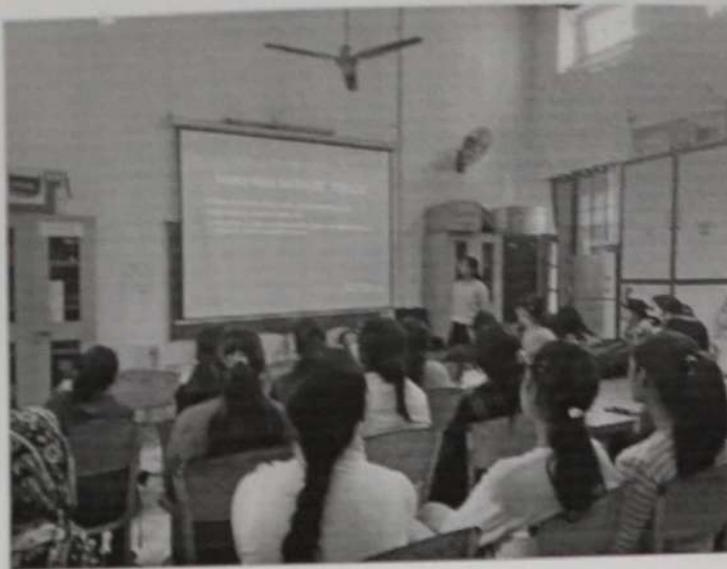
## Report

Home Science Department of Kanya Maha Vidyalaya organised Power Point Presentation on 5<sup>th</sup> March 2023 for celebrating Women's Day i.e. on 8<sup>th</sup> March 2023 with the theme – Empowering women.

Students from various streams i.e., B.Sc. Home Science, B.Voc. Nutrition, Exercise & Health, and Diploma in Early Childhood Care Education actively participated in the event. The students were appreciated and motivated by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this activity, students learnt about empowering and successful women in our history as well as in today's life with great enthusiasm and zeal.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Kapoor, Mrs. Mani Khera, Mrs. Reema Dhingra, Dr. Rupika Chopra, Ms. Taranddep Kaur, Ms. Palak and Ms. Shivani together organised the event and guide the students.

Neeti



Neeti

Celebrating International Women's Day (8<sup>th</sup> March)

Attendance Sheet

<u>S.No.</u>	<u>Name</u>	<u>Roll No.</u>	<u>Class (Sem.)</u>	<u>Signature</u>
01	Parneet Thind	226954	B.VOC(NEH)-IV	<u>Parneet</u>
02	Khushbu Rai	226953	"	<u>Khushbu Rai</u>
03	Ruchika Sharma	226952	"	<u>Ruchika</u>
04	Geetika Sharma	226951	"	<u>Geetika</u>
05	Kritika Sharma	226956	"	<u>Kritika</u>
06	Kirti Chib	226902	B.VOC(NEH)-II	<u>Kirti Chib</u>
07	Kajal	226916	"	<u>Kajal</u>
08	Jasmeen	226908	"	<u>Jasmeen</u>
09	Sangeeta	226927	"	<u>Sangeeta</u>
10	Kinjal	226920	"	<u>Kinjal</u>
11	Ritu	226913	"	<u>Ritu</u>
12	Kudrat	226918	"	<u>Kudrat</u>
13	Gagan	226912	"	<u>Gagan</u>
14	Muskan	226911	"	<u>Muskan</u>
15	Subriti Pandit	226901	"	<u>Subriti Pandit</u>
16	Harpreet Kaur	222802	BSC HOME SCI (SEM-2)	<u>Harpreet Kaur</u>
17	Amitoj Kaur	222801	BSC (Home Science) Sem 2	<u>Amitoj</u>
18	Vanshika Jain	222876	BSC (Home Science) Sem 6	<u>Vanshika Jain</u>
19	Shailza	222877	"	<u>Shailza</u>
20	Manpreet Kaur	222851	" sem IV	<u>Manpreet Kaur</u>
21	Vanshika	222852	BSC. " "	<u>Vanshika</u>
22	Bhupinder Kaur	222853	BSC HS Sem 4	<u>Bhupinder Kaur</u>
23	Parmpreet Kaur	223126	ECCE Sem-II	<u>Parm</u>
24	Jasmeet Kaur	223127	ECCE Sem-II	<u>Jasmeet</u>

Neer

## Feedback Form

**Name of the Activity:** Discussion on Women Personalities of National Importance by  
Presentation – 05.03.23 (For celebrating International Women's Day)

**Date:**

Session 2022-23 (Even Semester)

Name: Kritika Sharma

Class: B. Voc. (NEH) Sem IV

Roll No.: 226956

Department: Home Science

**Feedback:**

It was an informative activity as we got to know a lot about our famous and legendary women of our country. Their personalities were very inspiring for us.

Further Suggestions:

No suggestions

Kritika  
Signature

NEH

Feedback Form

Name of the Activity: Discussion on Women Personalities of National Importance by  
Presentation - 05.03.23 (For celebrating International Women's Day)

Date:

Session 2022-23 (Even Semester)

Name: Parneet Thind

Class: B.Voc. (NCH) Sem IV

Roll No.: 226954

Department: Home Science

Feedback:

It was an informative activity as we got  
to know a lot about our famous  
and legendary women.

Further Suggestions:

No.

Parneet  
Signature

Noor's

Feedback Form

Name of the Activity: Discussion on Women Personalities of National Importance by  
Presentation - 05.03.23 (For celebrating International Women's Day)

Date:

Session 2022-23 (Even Semester)

Name: Muskan

Class: B.Voc. (NEH) Sem II

Roll No.: 226911

Department: Home Science

**Feedback:**

Very interesting and knowledgeable  
presentation on women's

Further Suggestions:

No

Signature Muskan

Noor

Feedback Form

Name of the Activity: Discussion on Women Personalities of National Importance by  
Presentation – 05.03.23 (For celebrating International Women's Day)

Date:

Session 2022-23 (Even Semester)

Name: Gagan

Class: B.Voc. (NPH) sem II

Roll No.: 226912

Department: Home Science

**Feedback:**

It is very beneficial lectures for all students.  
Very Interested Presentation provide  
by students. This presentations  
provide knowledge related to women's  
life.

Further Suggestions:

NO

Gagandeep Kaur  
Signature

Neer

Feedback Form

Name of the Activity: Discussion on Women Personalities of National Importance by  
Presentation – 05.03.23 (For celebrating International Women's Day)

Date:

Session 2022-23 (Even Semester)

Name: Kudrat

Class: B. Voc. (N.E.H) Sem II

Roll No.: 226918

Department: Home Science

**Feedback:**

On the occasion of women personalities  
International Women's Day, The  
Discussion was fabulous I got so  
much knowledge about great women  
of our country.

Further Suggestions:

No.

Kudrat  
Signature

Neel