A warm welcome to the Goa College of Home Science
Goa College of Home Science
Affiliated to Goa University

B.Sc. (Home Science)
Academic Year 2013 -14
Goa College of Home Science

Established in 1988
The Goa College of Home Science, established in 1988, aims to provide quality professional education in fields that promise practical employability. Three specializations offered are:

- Food, Nutrition and Dietetics
- Textiles and Clothing
- Human Development
Food, Nutrition and Dietetics
Human Development
The 3 years degree course moulds students to eat healthy, dress smartly, and live optimally as they attempt to teach the world to do the same.
Food, Nutrition and Dietetics
Ms. Ranju S. Kunkalikar
Ms. Sheryl Afonso e D’Souza
Ms. Rhoda Antao
Ms. Gauri U. Porob
WORLD BREASTFEEDING WEEK

1 to 7 AUGUST 2013

THEME

Breastfeeding Support: Close to Mothers

Coordinated by Ms. Rhoda Antao

S.AFONSO.; 2013-2014
GCHS collaborated with Rotary Club, Panaji Riviera

2 August 2013
Poster Competition for the College students

Theme
Benefits of Breastfeeding
Breastfeeding - Support the Mother

We are with you

Breastfeeding: The Key to Successful Breastfeeding

"Babies are born to be breastfed"
27 entries received

1ST PLACE: NARGIS NIGAR & SHABNOOR BANU (F.Y.B.SC.)
2ND PLACE: MARIMILHA PACHECO & NEHA SATHE (F.Y.B.SC.)
3RD PLACE: QUITERIA CARDOZO (S.Y.B.SC.)
WORLD BREASTFEEDING WEEK

6 AUGUST 2013
Interactive Session on “Why Breastfeed?”

TARGET GROUP
Newly Married & Expectant Mothers of Goa Velha
WORLD BREASTFEEDING WEEK

7 AUGUST 2013
Overcoming problems of Nursing

TARGET GROUP
Public & Students and Staff of GCHS

RESOURCE PERSON
Ms. Anna Coelho, Peer Counselling Administrator
NATIONAL NUTRITION WEEK
1 to 7 SEPTEMBER 2013

THEME
Food Security for Healthy Life

Coordinated by Ms. Rhoda Antao
WINNERS: Secondary School Section
1st Place: Sherwin Vaz (Don Bosco High School)
2nd Place: Nibnas Shaikh (Mushtifund High School)
3rd Place: Shreya R. Patil (Sacred Heart High School)

WINNERS: Higher Secondary School Section
1st Place: Merlyn Rodrigues (St. Francis Xavier’s HSS)
2nd Place: Siddhi Mandrekar Shet (Harmal Panchakroshi HSS)
3rd Place: Natasha Braganza (St. Thomas HSS)

WINNERS: College Section
1st Place: Jolen Rodrigues (GVM’s College of Education)
2nd Place: Jayant Karn (St. Xavier’s College)
3rd Place: Diksha Mandrekar (St. Xavier’s College)
6 SEPTEMBER 2013
All Goa Model Building Competition

THEME
Malnutrition

TARGET GROUP
Students of Secondary Schools, Higher Secondary Schools & Colleges
NATIONAL NUTRITION WEEK

All Goa Model Building Competition

WINNERS: Secondary School Section
1st Place: Holy Cross High School
2nd Place: Harmal Panchkroshi High School
3rd Place: Mary Immaculate Girls High School

WINNER: Higher Secondary School Section
Aditya Panjikar (St. Thomas Higher Secondary School)

WINNER: College Section
Chandrakanth Kundaikar (Fr. Agnel College)
Attended: 46th Annual National Conference of the Indian Dietetics Association

**THEME**

New Paradigms in Nutrition Research

12-14 Dec 2013 at Pune


COORDINATED BY: Ms. Sheryl Afonso e D’Souza
NUTRITION EDUCATION & HEALTH ASSESSMENT

16 JANUARY 2014

COORDINATOR: DR. DAISY JOHN
Textiles and Clothing
Clothing Practical
TY Practical
Empanelment Designer Mr. John Rodrigues demonstrated novel techniques on “Jute Mat Painting”
Mr. Irwin Antao, Reader at the Indian Institute of Handloom Technology, Salem introduced our students to “Dyeing Processes and Machinery”.

![Image of Mr. Irwin Antao and students at the Indian Institute of Handloom Technology, Salem]
Ms. Delilah Alvares, model provided our students an insight into “Modeling - how to present oneself fashionably”

Mr. Noel Fernandes, Rossari Biotech, Panaji, Goa, conducted a workshop on “Stain Removal”
Dr. Ela Dedhia, Professor and HOD, Textiles & Fashion Technology, Nirmala Niketan, Mumbai conducted a session on “Ajrak Printing style of Gujarat” and “Toxicity of Dyes”
Ms. Eleanor Viegas, Ex-Curator of a museum in London addressed the students on “Documenting community projects related to embroidery”

Initiated collaboration with the College on the Banyan Tree Community Project to further the art of embroidery
Freelance Lecturer Ms. Parul Kapur demonstrated “Fabrics with a New Look” and “Creative Paper Jewelry”
Freelance Lecturer Ms. Parul Kapur demonstrated “Fabrics with a New Look” and “Creative Paper Jewelry”
Ms. Jane Fernandes, Faculty, Govt. Polytechnic, Panaji, demonstrated making of “Designer Fabrics”
Ms. Conchita Rebeiro guided the students towards designing different layouts using floral motifs and prints using *Photoshop CS6*
Students visited Godhadi Exhibition titled “Goan Godhadis through the ages” held in collaboration with Naree Artisans Movement at the Goa Museum on 23rd July
Visit to retail outlet Fab India: To learn the cut, style and finishing of various Indian garments
Visit to Varela Graphics, a screen printing unit at St. Inez. Students were shown the process of developing a screen for use in the printing of visiting cards, greeting cards, letterheads.
Students of T.Y.BSc (Textiles & Clothing) attended a Workshop on “Seashells” organized by the Directorate of Art & Culture, Goa, and a Workshop on “Ganjifa Paintings of Sawantwadi” held at the Goa State Museum.
Students of T.Y.BSc (Textiles & Clothing) along with faculty attended Workshops on “Rajasthani Toy Making and Pithora Painting” organized by the Directorate of Art & Culture, Goa.
SILK MARK AWARENESS CAMPAIGN

For students of Home Science and self help groups was organized at the college premises. Mr. V. Ramesh, Deputy Director & Sr. Executive SMOI, Mumbai and Mr. Alok Kumar, Asst. Director SMOI, Mumbai delivered the sessions.
On 17\textsuperscript{th} Feb 2014, our college organized a One Day State Level Seminar on “\textbf{SELECTION AND LAUNDERING OF SILK TEXTILES}” in partnership with the Goa State Museum at their premises.
Human Development
FACULTY

Dr. Mahesh Pai
• Associate Professor

Dr. Daisy John
• Assistant Professor

Ms. Larissa Rodrigues
• Assistant Professor

Ms. Aveena de Sa
• Assistant Professor
• Counsellor
Workshops Organized...

Entrepreneurship Development Programme in Association with Centre for Incubation of Business (CIBA) and Fr. Agnel’s Entrepreneurship Development Institute (6 weeks)

Co-ordinated By: Dr. Daisy John
EDP
Industrial Visits
Workshops Organized...

State-Level Workshop: “Making the Best of Adolescence” for students of H.S.S.s across Goa organised in association with SCERT, Goa

Workshop on Creative Teaching Techniques and Creative Lesson Planning and Paint Techniques by Nadisha Coelho

Workshop on Creative Art Techniques, and Puppet Making and Use of Puppets in Preschools by Carren Rodrigues

Session on Lesson Planning & Mock Lesson demonstration by Ms. Anisha Rodrigues

Co-ordinator: Ms. Larissa Rodrigues
State-Level Workshop

Co-ordinated By: Ms. Larissa Rodrigues
In association with SCERT...
PUPPETS
Creative Art & Teaching Techniques
Guest Lectures...

Nadisha Coelho, Ph.D. Fellow, IIT Mumbai:
• How to Choose Books for Children
• The Art of Storytelling
• Choosing Toys for Pre-Schools
• Reading Readiness
• Writing Readiness
Guest Lectures...

• Dr. Amit Dias, Goa Medical College - *Alzheimer’s Disease – Caregivers’ Support – T.Y.B.Sc. (Adulthood & Ageing)*

• Dr. Nelly De Sa, Consultant Pediatrician – *Physical Development as an Indicator of Health – (Child Development)*

• **Charmaine Shackleton, Trainer** - *Corporate Grooming and Etiquette*
Field Work (ECCE)

Wee Wonders Pre-School
Little Thinkers Pre-School
Field Work
(ECCE)
Field Work
(ECCE)
Bookworm – Mobile Outreach Programme - Taleigaon
Field Work
(Other HD Settings)

Sharada Mandir
Caritas Goa
Stepping Stones Street
Child Rescue
Field Work
(Other HD Settings)

Bookworm
Presentation Society
Jan Ugahi
Field Work
(Other HD Settings)

COOJ Mental Health Foundation
Psychological Testing (Practical)
OTHER ACTIVITIES...
Study India Programme (Japan)

Co-ordinator: Ms. Larissa Rodrigues
Wedding Ceremonies in Goa
Goan Crafts
Goan Sweets
Traditional Indian Textiles
Shell Craft of Goa
Tie and Dye Technique
Natural Dyes
Exposure to Goan Fauna
Goan Lunch Thali
Weaving of Kunbi Sarees
Rangoli Designs

(JAPAN)
STUDY INDIA PROGRAMME
(1 WEEK)
Study India Programme (Japan)
Inter-Class Debate...

Is Counselling a New Phenomenon or an Age Old Practice?

Co-ordinator: Aveena DeSa
Workshop for Parents/ Formation of PTA

Co-ordinator: Ms. Larissa Rodrigues
Extension Services...

- Pre-Programme and Post-Programme Data Collection, Analysis, and Report for

- Conducted in 5 colleges in Goa
<table>
<thead>
<tr>
<th>College</th>
<th>Pre-Programme Sample</th>
<th>Post-Programme Sample</th>
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</thead>
<tbody>
<tr>
<td>Government College, Quepem</td>
<td>68</td>
<td>66</td>
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<td>MES College, Vasco</td>
<td>74</td>
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<td>Damodar College, Margao</td>
<td>73</td>
<td>68</td>
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<td>Dhempe College, Miramar, Panaji</td>
<td>55</td>
<td>48</td>
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<tr>
<td>Dempo College, Altinho, Panaji</td>
<td>78</td>
<td>53</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>348</strong></td>
<td><strong>287</strong></td>
</tr>
</tbody>
</table>
Staff Development

“Excellence in higher education”

Dr. Remy Dias - “Teachers as Innovators”  Pravin Sabnis - “Being all that you can be”.

Coordinator: Prof. Ranju Kunkolikar
Staff Development
“Best Practices in Higher Education”

Principal Dr. R. V. Gaonkar

Dr. N. N. Sawant

Dr. E.M. Travassos

Coordinator: Prof. Ranju Kunkolikar
Participation in Seminars & Conferences

Dr. Daisy John attended a *National Workshop on Capacity Building* organized by Directorate of Higher Education at the Central Library on 15th to 26th June 2013.

Profs Suvarnagouri and Charlotte attended a *Workshop on Fashion* at INIFD, Porvorim on 20th June 2013.

Our T.Y.B.Sc. students specializing in Human Development along with faculty attended a *Regional Seminar on Media and Human Development* organized by ICG and MICCI at Dona Paula on 24th and 25th June 2013.

Prof Charlotte attended a *Workshop on Preparation of Base Documents for Care of Christian Art* at the Goa State Museum, Panaji – Goa from 6th August to 10th August 2013.

Prof Sheryl attended a *Workshop on Good Parenting* organized by the Help India Charitable Trust at Institute Menezes Braganza, Panaji – Goa on 7th September 2013.

Students of T.Y.B.Sc. specializing in Textiles and Clothing and their teachers attended a “*Workshop on Seashells*” organized by the Directorate of Art & Culture, Goa, on 28th October, and a Workshop on “*Ganjifa Paintings of Sawantwadi*” held at the Goa State Museum on 30th and 31st October.

Our T.Y.B.Sc. students specializing in Food, Nutrition and Dietetics, attended along with their teachers, the *46th Annual National Conference of the Indian Dietetics Association* held between the 12th and 14th of December at Pune. The theme of the Conference “*New Paradigms in Nutrition Research*” helped the students understand the latest trends in nutrition and dietetics practice.
They also attended the *All-India Workshop on “Packaging of Ethnic Foods”*, held on 21st December at Panaji, Goa, organized by the *Indian Institute of Packaging*, in collaboration with the *Ministry of Food Processing Industries, Government of India*.

Prof. Charlotte attended the *30th Biennial Conference of Home Science Association of India* held at Baroda between the 19th and 21st of December 2013, on the theme “100 years of Home Science: Retrospect and Prospects”.


Principal Dr. Mahesh, Dr. Daisy, and Prof. Rita participated in a Two Day State Level Workshop on *“Preparation and Finalization of Institutional Plans by Higher Educational Institutions”* organized by the Directorate of Higher Education, Government of Goa on 20th and 21st of February.
Prof Larissa and Dr. Mahesh presented a research Paper, "Spirituality and Resilience among Goan Youth" at the State Level Conference on Spiritualism and Its Applications across the Lifespan, organised by M.E.S. College, Zuarinagar, on 21\textsuperscript{st} September 2013.

At this conference, Dr. Mahesh also presented a paper on “Connectedness and Life Satisfaction among College Students”.

On 29\textsuperscript{th} November, Prof Charlotte presented a paper titled “Prospects and Problems of Micro and Small Scale Enterprises in Goa: Relevance to the Laundry Sector” at Bhruti 2013 organized by Sri Sri Institute of Management Studies, Margao.


At the same conference, Prof Sheryl and Prof Larissa presented a paper titled “Patients’ Perspectives of Doctors’ Communication Habits”.

Profs. Sheryl and Larissa will be presenting 3 papers at the National Conference, “Emerging Health Issues Across the Life Stages” to be held at Mysore University in March 2014.
All-Goa Workshops Organized

Prof Larissa organized a State-Level Workshop for students of Higher Secondary Schools across Goa organised in association with SCERT, Goa, titled: *Making the Best of Adolescence* on 25th September, 2013. The Workshop was enthusiastically attended by 105 teachers and students from 14 Higher Secondary Schools across the State.

Prof Elizabeth organized a 2-day *Vocational Training Workshop for Self-Help Groups* on 22nd and 23rd October. Participants learned Printing techniques, Indian Embroidery & Patchwork, and Tie & Dye techniques, Basic Food and Nutrition and preparation of Healthy Snacks.

Prof Suvarnagouri organized a 5 Days State Level workshop on *Empowerment of Women - Tie, dye and Batik using Natural Dyes* from 16th to 21st December 2013. This workshop was sanctioned by the Department of Science, Technology and Environment, Goa. Sources of natural dyes, techniques of extraction of the natural dyes, dyeing methods, tie dye and Batik techniques using Natural Dyes were demonstrated.

Dr Daisy organized a One Day State Level Workshop titled *Nutrition Education and Health Assessment* on Thursday, 16th January. This workshop was organized in partnership with Directorate of Higher Education and Rotary Club Panaji. A total of 94 people attended. Health issues discussed included Gynecological Problems, Breast Cancer, Lifestyle Diseases, Balanced Diet, Breast Feeding and Common Nutritional Diseases among Women and Children.

On 17th February 2014, Prof Charlotte Facho organized a One Day State Level Seminar on *Selection and Laundering of Silk Textiles* in partnership with the Goa State Museum at their premises.
Outreach Activities

Our NSS wing teamed up with GOACAN to create “Awareness on LPG Subsidy” at the Panaji bus stand, and “Awareness on Road Safety” as part of the Road Safety Week.

NSS Volunteers prepared 27 Tactile Aids for students of the National Association of the Blind. The aids were made to assist visually challenged students in learning science and geography as part of their school curriculum.

NSS Day was commemorated with differently-abled students as our guests – visually challenged students from the National Association of the Blind (NAB), St. Cruz, and the special students from DISHA Charitable Trust, Panaji.

NSS Volunteers undertook cleaning, gardening, infant care, and elderly hygiene assistance work at the Missionaries of Charity, Panaji.

Our NSS unit successfully organized a Blood donation camp in aid of GMC. 22 units of blood were collected.
The Goa College of Home Science sought to build awareness about certain important causes, by celebrating National Nutrition Week, World Breastfeeding Week, and Road Safety Week.

The *National Nutrition Week* raised awareness about how food and lifestyle can impact our health. The theme of this year’s celebration is “Food Security for Healthy Life”.

The first week of August is celebrated as *World Breastfeeding Week*. The theme for the year 2013, “Breastfeeding Support: Close to Mothers”, strove to highlight peer support and counseling in breastfeeding. Activities coordinated by Prof Rhoda were: *Poster contest, Quiz, and Talks on Breastfeeding*.

We collaborated with Nestle India Ltd. to implement an Interactive Programme aimed at creating *Nutrition and Health awareness among adolescents*, in the age groups 13 to 17 years.

The Nature Club of our College organized an Inter-College, Inter-Higher Secondary School, and Inter-School competition on “3-D Working Model on Non-Conventional Sources of Energy”.
<table>
<thead>
<tr>
<th>Name</th>
<th>Course/Program</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prof Larissa</td>
<td>MSW Course (Part II)</td>
<td>Don Bosco College, Panaji</td>
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<tr>
<td>Prof Sheryl</td>
<td>BBA Travel &amp; Tourism</td>
<td>St. Xavier’s College, Mapusa</td>
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<td></td>
<td>Talks on Nutrition</td>
<td>Red Cross</td>
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<tr>
<td>Prof Gauri Porob</td>
<td>Institute of Nursing</td>
<td>Bambolim</td>
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<tr>
<td>Prof Rhoda</td>
<td>NIE, Altinho</td>
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<tr>
<td>Prof. Aveena</td>
<td>NIE, Altinho</td>
<td></td>
</tr>
<tr>
<td>Dr. Daisy</td>
<td>Womens College of Home Science, Loni, Ahmednagar</td>
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<tr>
<td>Prof Suvarnagouri</td>
<td>Fashion Designing (B.Sc.)</td>
<td>Learning Centre for Sikkim University, Margao</td>
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<tr>
<td>Dr. Mahesh</td>
<td>PGDGC, NIE, Altinho</td>
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</tbody>
</table>
Organizations we have partnered with

- DSTE
- SCERT
- Directorate of Higher Education
- GOACAN
- Goa State Museum
- Directorate of Education
- COOJ
- Forest Department Research & Utilization Division