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 2014-15
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
Textiles and Clothing
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.
Guest Lectures & Demonstrations
TV Celebrity & Master Chef Mrs. Amita Salatry conducted a culinary workshop for students & self-help groups

Co-ordinated by Assistant Professor Gauravi Shirodker
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Fabric Painting Workshop on
‘Brush Strokes and Shading’
by Pidilite Hobby Art Teacher,
Ms. Sulbha Shinde

Co-ordinated by Assistant Professor Charlotte Facho e Lourenco
Creative Teaching Techniques" and "Development of Lesson Plans" by Ms. Nadisha Coelho, Senior Research Fellow, IIT Mumbai

Co-ordinated by Assistant Professor Larissa Rodrigues
Workshop on “Creative Art & Craft Techniques”
by Ms Aldeera Gomes

Co-ordinated by Assistant Professor Larissa Rodrigues
Workshop on “Puppet Making”
by Ms. Elizabeth Pereira

Co-ordinated by Assistant Professor Larissa Rodrigues
Dr. Nandkumar Sawant, Vice Principal, Chowgule College, Margao, conducted a workshop on ‘Research Methodology’.

Mr. Sanjay Bhandari, Corporate Affairs Manager, Nestle India Ltd., on the subject ‘Being a Leader at the Workplace’.

Ms. Sulochana Pednekar, addressed our students on ‘Menstrual Hygiene’.
Exposure Visits
Exposure Visits – FN&D

Salgaonkar Medical Research Centre (SMRC)

Gate Gourmet, Vasco

MDBPL, Kundaim

Co-ordinated by Assistant Professor Sheryl D’Souza
Exposure Visits – FN&D

Hotel La Paz Gardens, Vasco

Nestle India Limited, Ponda

Co-ordinated by Assistant Professor Sheryl D’Souza
Exposure Visits – T&C

Natural dyeing unit – Bio Dye – at Sawantwadi

Co-ordinated by Assistant Professor Suvarnagouri Y.
Exposure Visits – T&C

Co-optex Emporium, Panaji

Co-ordinated by Assistant Professor Suvarnagouri Y.
Exposure Visits – HD

Sanjay School for special children at Porvorim,

Co-ordinated by Assistant Professor Larissa Rodrigues
Exposure Visits – HD

Gujarati Samaj School for special children at Margao

Co-ordinated by Assistant Professor Larissa Rodrigues
Exposure Visits – HD

Co-ordinated by Assistant Professor Larissa Rodrigues
Outreach Activities
World Breastfeeding Week
“Breastfeeding: A Winning Goal for Life!”

Co-ordinated by Assistant Professor Gauravi Shirodker
Our students made presentations to mothers in the maternity ward of Goa Medical College and Hospital, Bambolim, on topics related to breastfeeding.

World Breastfeeding Week
“Breastfeeding: A Winning Goal for Life!”

Co-ordinated by Assistant Professor Gauravi Shirodker
They conducted sessions on “Appropriate clothing for pre- and post-natal period” for the same target group and at the Anganwadi at Taleigao.
World Breastfeeding Week

“Breastfeeding: A Winning Goal for Life!”

A session on “The need to sustain Breastfeeding” by Mrs. Ana Coelho, Leader of La Leche League Goa (international support group for breastfeeding)
National Nutrition Week
“Food Security for Healthy Life”

Poster Competition for School Students

“POSHAK AAHAR – DESH KA AADHAR”

Co-ordinated by Assistant Professor Varsha Naik
National Nutrition Week

“Food Security for Healthy Life”

Quiz Competition for Higher Secondary School Students

H.S.S. Students working out the Food Pyramid

Co-ordinated by Assistant Professor Varsha Naik
Hemoglobin Estimation Camp

Co-ordinated by Assistant Professor Varsha Naik
Road Safety Week

Co-ordinated by Assistant Professor Elizabeth Pereira
The Goa College of Home Science has been selected as a training center for programmes organized by Goa Institute of Public Administration and Rural Development (GIPARD). A Refresher Training for Anganwadi Helpers was organized in our college premises from 29th of December 2014 to 2nd of January 2015.
School Students visit our Textile Laboratory
We collaborated with Nestle India Ltd. to create Nutrition and Health awareness among adolescents.

This programme covered sixteen schools in Goa.
Japan-Study India Student Exchange Programme

The Japan-Study India Student Exchange Programme is a collaborative effort between Goa University and Nihon University, Japan. Varied interactive and learning sessions were conducted for the 16 visiting students between the 16th and 21st of February 2015, in our college.

Co-ordinated by Assistant Professor Larissa Rodrigues
State Level Workshops
One Day State level seminar “Monsoon Biodiversity in Goa” in collaboration with Goa State Biodiversity Board

Co-ordinated by Assistant Professor Charlotte Facho e Lourenco
3-day Workshop on ‘Basic Photography’ in association with Young Indians and Rotary Club Panaji Riviera

Celebrated photographer PRASAD PANKAR inaugurates the workshop

Co-ordinated by Assistant Professor Dr Daisy John
2-Day workshop on "GOAN TIATR" in partnership with Tiatr Academy of Goa (TAG)

Co-ordinated by Assistant Professor Larissa Rodrigues

Chief Guest: Noted Film & Theatre person PRINCE JACOB
2-Day Digital Storytelling Workshop in association with Computer Society of India – Goa Chapter

Chief Guest: Film Maker RAJENDRA TALAK

Co-ordinated by Assistant Professor Sheryl D’Souza
National Seminar & Conference
2-day National Seminar “Moment of truth: face to face with HIV/AIDS” in collaboration with ICSSR, Mumbai & RISHTA

Chef Guest: Hon. Health Minister of Goa Adv. Francis De Souza

Co-ordinated by Assistant Professor Larissa Rodrigues
2-day National Seminar “Moment of truth: face to face with HIV/AIDS”

Co-ordinated by Assistant Professor Larissa Rodrigues
2-day National Conference titled “Women In The 21st Century: Working Towards Empowerment” in association with ICSSR, Delhi

Co-ordinated by Assistant Professor Dr Daisy John
2-day National Conference titled “Women In The 21st Century: Working Towards Empowerment” in association with ICSSR, Delhi

Launch of the Home Scientists Association, Goa Chapter

Co-ordinated by Assistant Professor Dr Daisy John
SAKSHAM - Gender Sensitization
Interactive Session by Abishek Clifford of RESCUE on “Cyber Ethics and Medical Termination of Pregnancy”

Co-ordinated by Assistant Professor Ranju Kunkalikar
Self-Defense techniques
by Ms. Shweta Gurav of “Red Dragon Taekwondo Association, Goa”

Co-ordinated by Assistant Professor Ranju Kunkalikar
Our College takes pride in its Handloom Weaving and Training Centre which strives to design hand-woven Kunbi sarees, Cotton shawls, Stoles, Dupattas, Kashtis and fabrics. The centre was set up under the patronage of Wendell Rodricks, Fashion Designer of International Repute, in 2012.
Organizations we have partnered with

DSTE

Directorate of Higher Education

GOACAN

Directorate of Education

Forest Department Research & Utilization Division

Indian Council of Social Science Research

GIPARD
Seminars/Conferences attended by Teaching Faculty
PRINCIPAL DR. MAHESH PAI

- Presented a paper titled “Job Satisfaction of Employees in Pharmaceutical Companies in Goa” at the one day International Conference titled “Bhruti” held on 14th November 2014 at Sri Sri Institute of Management studies, Margao-Goa.
- Attended a one day training programme on “Right to Information Act” on 21st November 2014 and a one day training programme on “Prevention of Sexual Harassment Act at Workplace” on 12th December 2014 at GIPARD, Ela Old Goa.
- Participated in a panel discussion on “Job Hopping: Is it Good for your Soul?” on 10th January 2015 at the two days National Conference titled “Positive Psychology at the Workplace” held on 9th and 10th January, 2015 at Carmel College for Women, Nuvem-Goa.
- Conducted a session on “Creative Thinking” on 16th February 2015 at the ICSSR sponsored two days State-Level Workshop on “Campus to Corporate: Developing a Professional Image” organized by Government College, Khandola, Marcela-Goa on 16th and 17th January 2015.
- Presented a paper titled “Promoting Value Orientation in Higher Education” and Chaired a session on “Enhancing Teaching Quality” at the UGC sponsored two days National Conference titled “Exploring Teacher Education in the 21st Century” held on 19th and 20th March, 2015 at Nirmala Institute of Education, Altinho, Panaji-Goa.
DR. DAISY JOHN
• Attended a one-day Academic Council Meeting at the Goa University on 24th February 2015
• Attended a training on “Managing Changes in Government Organizations” between the 2nd and 6th of March 2015; organized by IMTR and sponsored by DST
• Attended the Goa University Committee Meeting on 13th March 2015

MS. RITA GODINHO e VAZ
• Attended the Course Committee Meeting held at Government Polytechnic, Altinho, on 20th February 2015
• Attended a training on “Managing Changes in Government Organizations” between the 2nd and 6th of March 2015; organized by IMTR and sponsored by DST

MS. RANJU KUNKALIKAR
• Invited as a Nutrition Expert by the Goa Football Development Corporation (GFDC), Panaji, on 19th January 2015
• Attended a training on “Managing Changes in Government Organizations” between the 2nd and 6th of March 2015; organized by IMTR and sponsored by DST
• Attended a meeting at GFDC, Panaji, on 17TH March 2015
MS. CHARLOTTE FACHO

- Presented a paper titled “Knowledge, Attitude and Burden of Nurses towards HIV/AIDS” organized by the Goa College of Home Science in collaboration with ICSSR- Mumbai Regional Center and Rishta on 30th & 31st January 2015.
- Presented a paper titled “Textlie Applications: Sustainable development of Western Ghats” at the 2 days National Level Seminar on “Western Ghats the World Heritage Environment and Development” held on 26th and 27th March 2015 at the College of Arts, Commerce & Science, Dodamarg, Sindhudurg.
- Attended a workshop on “Mushroom Cultivation” organized on 22nd September 2014 by the Department of Economics, Government College of Arts, Science and Commerce, Khandola in partnership with Rotary Club of Panaji, Riviera.
- Attended a workshop on “Tiatr” organized by the Tiatr Academy of Goa in Collaboration with Clube Harmonia de Margao, at Margao – Goa from 3rd November 2014 to 8th November 2014.
- Attended a Training and capacity building programme on “Preserving Indigenous Flora and Fauna, Local Varieties and Breeds” organized by Goa State Biodiversity Board, Saligao- Goa and supported by National Biodiversity Authority, Tamil Nadu at Panaji on 19th November 2014.
- Attended a workshop on “Rajasthani Block Printing” organized by Directorate of Art and Culture, Government of Goa with west Zone Cultural Centre, Udaipur at Sanskruti Bhavan, Panaji from 12th January 2015 to 16th January 2015.
- Attended a workshop on “Assessment and Accreditation” organised by Internal Quality Assurance Cell (IQAC) of Goa University sponsored by the National Assessment and Accreditation Council (NAAC), Bengaluru at Goa University on 13th and 14th February 2015.
MS. SHERYL AFONSO e D’SOUZA

- Guest speaker on behalf of the Indian Red Cross Society, Panaji, at First Aid Workshops held in hotels, industry and corporate houses across Goa between July 2014 and April 2015. Spoke on the topic “Nutrition & Healthy Eating for the Adult” at Goa Marriott Resort, Schiffer Menezes Ltd., Cosme Mathias Menezes (CMM), Tata Motors, etc.

- Attended the Nodal Officers Meet at Chowgule College of Arts and Science, Margao, on 26th July 2014, in the capacity of Nodal Officer of the Goa College of Home Science.

- Guest Speaker at a Parent Teacher Association (PTA) Session of Little Penguins School, Old Goa, on 23rd August 2014. Addressed the parents, teachers and primary school students on “Healthy Eating for Children”; session held as part of the National Nutrition Week 2014 celebrations.

- Invited by the NSS Unit of Rosary Higher Secondary School, Dona Paula, to address the students and teachers on “Adolescent Nutrition”, on 13th September 2014

- Delivered 5 sessions on “Healthy Eating for Children” to the students of Kasturba Matoshri High School, Panaji, in September 2014, as part of the Nestle India Ltd. Nutrition Awareness Programme

- Attended a Trainer’s Workshop conducted by Learning Unlimited held at the Maquinez Palace on 7th October 2014

- Attended and presented a Research Paper at the 2-day State-Level Workshop on “Campus to Corporate” held on 16th and 17th January 2015 at the Government College of Arts, Science and Commerce, Khandola

- Attended and presented a Research Paper at the 2-day National Conference on “Women Empowerment” held on 13th and 14th January 2015 at the ESG, Panaji, and organized by the Goa College of Home Science

- Invited as a Guest Speaker by the Food and Nutrition Board for a talk on “Protein Energy Malnutrition” delivered to the to the ICDS functionaries and ADEIs, on 24th March 2015.
MS. LARISSA RODRIGUES

- Attended a workshop on “Reminiscence and Life Review for YMCA” at the YMCA, Panaji, on 26th June 2014
- Attended the Stakeholder Meeting, on behalf of the College, for “Coalition for Adolescent Sexual and Reproductive Health” held at the Goa University on 14th August 2014
- Attended and presented a Research Paper at the International Conference held at BITS, Zuarinagar, between the 9th and 11th of October 2014
- Represented the College at the Meeting for State Youth Policy held at the Directorate of Sports and Youth Affairs, Panaji, on 15th October 2014
- Invited to be a Panelist for the Sanghamitra Stakeholder Meeting held at Goa University on 29th September 2014
- Attended and presented a Research Paper at the 2-day State-Level Workshop on “Campus to Corporate” held on 16th and 17th January 2015 at the Government College of Arts, Science and Commerce, Khandola
- Attended the NAAC Workshop held at Goa University on 13th and 14th February 2015
MS. ELIZABETH PEREIRA

- Attended a programme on “Importance of ISI Mark for Safety” at the GCCI Hall, Panaji, on 25th June 2014 (as part of Consumer Welfare Cell In-Charge responsibility)
- Conducted a Career Counselling Programme at Deep Vihar Higher Secondary School, Vasco, on 14th November 2014; programme was attended by students from schools across Goa
- Attended a Workshop on Mock Parliament, on 9th December 2014, in view of the competition on the same to be held in January 2015

MS. SUVARNAGOWRI Y.

- Attended a State-level Workshop on “Organic Oyster Mushroom Cultivation” held on 23rd September at the Govt. College, Khandola
- Attended a Training and Capacity Building Programme on “Preserving Indigenous Flora and Fauna, Local Varieties And Breeds” held at the Goa State Biodiversity Board on 19th November 2014
- Attended a one-day Training Programme on “Community Awareness on Disaster Preparedness” held at the Directorate of Fire and Emergency Services, Panaji, on 7th January 2015; presented the “Best Trainer” award
• Resource Person at the Training Programme for ICDS functionaries held at GIPARD, Old Goa, on 7th August and 21st September 2014. Spoke on the topics “Growth Monitoring” and “Food Safety”.
• Accompanied the students of the College to Goa Doordarshan, Panaji, for recording a play on “Nutrition for the Family” on 3rd September 2014, as part of National Nutrition Week 2014 celebrations.
• Guest Speaker at a Parent Teacher Association (PTA) Session of Vidya Prabodhini Higher Secondary School, on 6th September 2014. Addressed the parents on “Dealing with Malnutrition”; session held as part of the National Nutrition Week 2014 celebrations.
• Attended a one-month Orientation at the Academic Staff College, Goa University, between the 23rd of September and 20th of October 2014
• Resource Person at the Training of Trainer Workshop held at GIPARD, Old Goa, in October and December 2014
• Guest Speaker at a talk for the female staff and students of ITI Multipurpose, Margao, on 10th December 2014; invited by Evescape
• Delivered sessions on “Healthy Eating for Children” as part of the Nestle India Ltd. Nutrition Awareness Programme
• Conducted NHED activities at GIPARD, Old Goa, for adolescents on “Growth Monitoring” in January and February 2015
• Attended and presented a Poster at BVS 15, organized by Goa University and the Govt. of Goa, from 6th to 8th February 2015
• Delivered a session on “Nutrition for Children” at Vidya Saakul, Pernem, on 12th February 2015
• Delivered sessions on “Balanced Diet – a Healthy Choice” for primary school teachers of North and South Goa on 20th and 25th February 2015, respectively; sessions conducted by the Directorate of Sports and Youth Affairs
• Invited as a Guest Speaker by the Food and Nutrition Board for a talk on “Micronutrient Deficiencies”, “Growth Monitoring”, and “Nutritional Assessment” delivered to the ICDS functionaries and ADEIs, on 22nd and 25th March 2015
MS. GAURAVI SHIRODKAR

• Guest Speaker at a talk for the parents of students of DISHA School on “Nutrition and Healthy Eating Practices”, on 13 September 2014, at the EDC House, Panaji
• Delivered a session on “Nutrition for PLHIV” at the NGO Positive People, Merces, on 17th January 2015
• Delivered sessions on “Balanced Diet – a Healthy Choice” for primary school teachers of North and South Goa on 18th, 23rd, and 27th February 2015; sessions conducted by the Directorate of Sports and Youth Affairs
• Invited as a Guest Speaker by the Food and Nutrition Board for a talk on “Nutrition in Childhood and for the Elderly” delivered to the ICDS functionaries and ADEIs, on 26th March 2015
• Attended a Workshop on “Consumer’s Rights to a Healthy Diet” organized by the Food and Drugs Administration & GOACAN on 20th March 2015
The only college of its kind in Goa, GCHS stands apart by way of its balanced blend of theoretical and practical subjects that emphasize “learning by doing”.
Thank You!