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

B.Sc. (Home Science)

Academic Year 2015 -16
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.
Outreach Activities
World Breastfeeding Week
World Breastfeeding Week
Poster Making Contest
World Breastfeeding Week
National Nutrition Week
National Nutrition Week
Camp on Breast & Cervical Cancer
School Students visit our Textile Laboratory
We collaborated with Nestle India Ltd. to create Nutrition and Health awareness among adolescents. This programme covered twenty schools in Goa.
North East Student Exchange Programme
Japan–’Study India’ Student Exchange Programme
2 days state level sensitization workshop on ‘Food Safety’
All Goa Mime Competition on “A suicide kills more than just one – Your life is precious”
2 days workshop on Batik Printing
1 Day State Level Seminar on “Plants to preserve life and man to preserve plants”
Fabric & Glass Painting workshops
National Seminar & Conference
Goa College of Home Science & Goa Psychology Association

organizes

Two-Day National Seminar

Sport Psychology: Application and Emerging Trends

22nd & 23rd March, 2016

Champions aren’t made in Gyms; They are made from something deep inside them - A Desire, A Dream, A Vision. - Mohammed Ali

Thank You for being a part of our desire, dream, and vision!
National Seminar on “Sport Psychology: Application and Emerging Trends”
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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”.
Goa College of Home Science, Campal

The hand that rocks the cradle

World Breastfeeding Week is celebrated from August 1 to 7 every year all over the world to encourage breastfeeding and to improve the health of babies. The week is celebrated with a different theme every year. The theme for 2015 is ‘Breastfeeding and work: Let’s make it work!’ The theme emphasizes the importance of increasing and sustaining breastfeeding especially among working mothers.

On the occasion of the World Breastfeeding Week 2015, the Goa College of Home Science, Campal, organized interactive sessions on the importance of breastfeeding and nutrient-rich recipes for lactating mothers at the paediatric ward of Goa Medical College, Bambolim, on August 3 and the postnatal ward of the district hospital, Mapusa, on August 5. Sessions on clothing-related aspects for prenatal care, and postnatal care were also conducted at these venues by third-year textiles and clothing specialization students of the college.

Other similar sessions were also held. A ‘World Breastfeeding Week’ themed competition was held for the students of the college as part of the celebrations. The prizes of the poster competition were distributed on the occasion of student council and Rotaract Club inauguration at the Goa College of Home Science, recently.

Cancer Awareness Camp: The Home Science Association of India Goa Chapter in collaboration with Rotary Club Porvorim is organizing a Cancer Awareness Camp for married Women on October 5, 1.30 p.m. onwards at Goa College of Home Science. There will be talks on breast and cervical cancer by Sandhya Kadam and her team mates followed by examination and tests. Nominal fees will be charged. For registration contact: Daisy John 9822688791 or 2227603.

News Reports of Activities organized by the Goa College of Home Science in 2015-16

From N

Goa’s traditional biodiversity concern. He showcased the medicinal plants available in abundance in Goa and explained how communities have been nurturing these plant species via unique traditions.

The medicinal plants existing in Goa and their common uses were elaborated upon by Kesari Das, professor and HOD, Dept of Dravyaguna, Gomantak Ayurveda Mahavidyalaya & Research Center, Shirora. He brought out the various uses of plant species their significance in combating the common ailments.

Horticulturist Miguel Braganza demonstrated plantation techniques in a waste water/ juice bottle using coco peat.

Goa College of Home Science, Campal

Going Organic

To promote medicinal plants and herbs existing in Goa, popularize organic cultivation of medicinal plants, and to sensitize young minds about Goa’s traditional biodiversity, the NSS Unit of Goa College of Home Science in partnership with the Goa state biodiversity board organized a day-long seminar.

The 100 seminar participants involved students and teachers from higher secondary schools and colleges in Goa.

‘Plants to preserve life and man to preserve plants’ was held on at the college premises recently.

‘Goa State Biodiversity Board, Dr Nitin Sawant, brought out the need for documenting Goa’s rich biodiversity. “Biodiversity management committees at the panchayat level are helping creating awareness as also is People’s Biodiversity Register (PBR), which is a base line data with names of species and their distribution in a given area. It includes people’s traditional knowledge and insight into the status, uses, history and ongoing changes in biological diversity resources of their local area. All of this will contribute towards future management strategies for sustaining biodiversity,” said Dr Sawant.

Environmentalist Rajendra Kerkar conducted a session on medicinal herbs.
Goa College of Home Science advocate heart health
In an attempt to make the youth aware of diseases and their prevention, Goa College of Home Science in association with Rotary Club of Panaji Riviera organised an all Goa higher secondary school seminar competition on the theme ‘Nutrition for Healthy Heart’. Twenty-five higher secondary schools participated in the competition with a total of forty-five students presenting their data. The inaugural function was held in the presence of president, Rotary Club, Panaji Riviera, Shivanand Naik and secretary, Rotary Club, Panaji Riviera, Yogish Kulkarni.

In his address as Chief Guest, Naik reminded students of the importance of good nutrition in order to lead a healthy lifestyle. He further said that a combination of physical activity and diet can help reach and maintain a healthy weight, reduce the risk of chronic diseases and promote overall good health. The judges for the presentations were President, IMA, Umesh Kamat, ex health officer Rajendra Tamba and assistant professors, Department of Food, Nutrition and Dietetics, Ranju Kunkalikar and Gauravi Shirodkar.

Power point presentations by Adur Israr Ahmed of Rosary HSS, Navelim and Magdaline Dias of St Francis Xavier HSS, Siolim won first place, Lyse Ann of Damodar HSS, Tancia Pires and Luis Noel Joel Francisco of Don Bosco HSS, Panjam won second place, while Sharisha Sahay of Our Lady of Rosary HSS, Donapaula, Bharti Desai and Shreya Thorat of SES Madhavrao Talaulkar HSS, Sacordem secured third place.

‘Nutrition for Healthy Heart’ with Goa College of Home Science

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The NSS Unit of Goa College of Home Science in partnership with the Goa State Biodiversity Board organised a one-day state level seminar on ‘Plants to preserve life and man to preserve plants’. The objectives of the seminar were to promote medicinal plants and herbs existing in Goa, popularise organic cultivation of medicinal plants, and to sensitise young minds regarding Goa’s traditional biodiversity concern. Principal Mahesh Pai welcomed chief guest and member secretary of Goa State Biodiversity Board, Nitin Sawant. Assistant professor and seminar coordinator Suvannagowri Y briefed participants on seminar details. In his address Sawant brought out the need for documenting Goa’s rich biodiversity. “Biodiversity management committees at the panchayat level are helping creating awareness as also is People’s Biodiversity Register (PBR), which is a base line data with names of species and their distribution in a given area. It includes people’s traditional knowledge and insight into the status, uses, history and ongoing changes in biological diversity resources of their local area. All of this will contribute towards future management strategies for sustaining biodiversity,” said Sawant.

Environmentalist Rajendra Kerkar conducted a session on Medicinal Herbs Goa’s traditional biodiversity concern, showcasing medicinal plants in Goa and explained how communities have been nurturing these plant species via unique traditions. Horticulturist, Miguel Braganza demonstrated plantation techniques in a waste water or juice bottle using coco peat. Participants enthusiastically practiced techniques, followed by an interactive session.
Home Science college celebrates National Sports Day

GT SPORTSDesk

Panaji: The students council of Goa College of Home Science in collaboration with the College Rotaract Club celebrated the National Sports Day at its premises on August 28.

The college Principal Dr. Mahesh Pai welcomed the gathering and declared the games open. In his address to the staff and students, Dr. Pai highlighted the importance of sports to maintain good health and how sports teaches us to set and achieve goals, fosters teamwork, and encourages world peace. Sports Secretary Delila Periera gave a brief introduction on the significance of the Day.

The event was conceptualized and implemented by physical education director of the college Elroy Pinto. Various fun games were organized around the college quadrangle and inter-class tennis and table tennis matches were held. Students, teaching and non-teaching staff participated. Delila Periera proposed the vote of thanks. Karishma Divya Fonseca, secretary of the Rotaract Club of Goa College of Home Science, compered the event.

Installation of student council and Rotaract Club

NT KURIOCITY

The installation ceremonies of the students' council and the Rotaract club of the Goa college of Home Science were held. The chief guest for this occasion was President of the Rotary club of Panaji Riviera, Shivanand Naik, and guest of honour, club secretary Yogish Kulkarni.

The principal of Goa college of Home Science Mahesh Pai welcomed the gathering, and chairperson of the Students’ Council Rita Godinho spelled out the objectives of the student body.

General Secretary Karishma Divya Fonseca and other members were administered the oath. Rotaract Club president Ashmeen Sheikh and her board of directors were formally installed with Rotaract pins. Yogish Kulkarni advised the newly installed student council and board of directors to be servant leaders and lead others by setting a good example. Shivanand Naik urged students to take up social issues and make a difference to the world.

General secretary of Students’ Council Karishma Divya Fonseca and Rotaract Club president Ashmeen Sheikh put forth their plan of action, vision and goals and also presented their logo and theme for the year-Educate, Empower, and Enrich.

Cultural Secretary Grace Pacheco proposed the vote of thanks. The programme was compered by Habiba Shaikh, vice president of Rotaract Club of Goa college of Home Science.

Suicide Prevention Day celebrated with mime competition

The state was well appreciated by judges Isabel Vas, Peter Castellino and Christina De Souza. Emerging victorious was MES Higher Secondary School, Zuari Nagar, followed by Shree Damodar HSS, Margao, and Pope John XXIII HSS, Quepem. Shree Shantadurga HSS and St. Cruz HSS were awarded consolation prizes.

Principal, Goa College of Home Science, Mahesh Pai sparked enthusiasm and hope with his thought-provoking message. "When you feel like giving up, just remember the reason you held on for so long," Manisha Naik of FYBSc stirred the gathering with a presentation on Suicide- A Cry for Help. The day is what you make it! So why not make it a great one, was the message conveyed by activity coordinator assistant professor, Goa College of Home Science, Sheryll Afonso and DSouza.
Flashmob puts spotlight on suicide prevention

Panaji: Shoppers and market vendors were treated to a surprise when a group of nearly 100 youngsters broke into a flash-mob amidst the crowd at the new market complex during the peak hour on Wednesday.

Nearly 80% of the group which comprised children and teenagers were non-dancers who publicly performed for the first time in their lives, to create awareness about world suicide prevention day on September 10. “Youngsters and professionals today are under a lot of pressure,” said coordinator, suicide prevention pro-

The Panaji market complex resonated with the song “Zinda” from the Hindi film ‘Bhaag Milkha, Bhaag’ as the dancers shook a leg to the tunes and curious onlookers viewed the performance.
Flash mob for a cause

NT BUZZ
The First and Second Year students of the Goa College of Home Science, trained by dance choreographer David Furtado, performed a flash mob at the Panaji Municipal Market on September 9 in the evening. The flash mob was conceptualized and organised in association with COOJ Mental Health Foundation, and is being performed to drive home the point that "Life is Precious: Suicide is NOT the answer."
Encouraging world peace through sports

Sports teaches one to set and achieve goals, fosters team work and encourages world peace.

Goa College of Home Science’s student council in collaboration of Rotaract Club of Goa celebrated National Sports Day on the college premises. Principal Mahesh Pai welcomed the gathering and declared the games open.

In his address Pai highlighted the importance of sports in maintaining good health. He also said that sports teaches one to set and achieve goals, fosters team work and encourages world peace.

Sports secretary Delila Periera spoke on the significance of National Sports Day. The event was conceptualised and implemented by physical education director of the college Elroy Pinto. Various games were organised around the college quadrangle. Students, teaching and non teaching staff participated in the activities.
Students of Goa Home Science interact with special children

Third year students of the department of Human Development's field trip was about getting an insight into the everyday life of special children. As part of the paper on exceptional children, students travelled to south Goa and spent a few hours at the Gujarati Samaj Special School, Margao. They also visited Disha School for Special Children, Panaji with the primary purpose of experiencing what it would be like to teach and work with special children. They were accompanied by assistant professor, Human Development, Larissa Rodrigues and principal, Goa College of Home Science, Mahesh Pai.

Each institute took the students on a tour of classrooms and vocational centres, explaining the age, ability and basic methods used to educate children with special needs. Students said they felt touched on seeing the genuine, warm smiles of the children and the enthusiasm of teachers who patiently educate the children individually and in groups. Students got a chance to interact with children who were mentally challenged, visually impaired, hearing impaired, learning disabled, those suffering from cerebral palsy, and those with major health impairments. They also had conversations with psychologists, counsellors, vocational trainers, and physiotherapists in the schools and learned about their motivation to enter this field, their struggles in coping with everyday challenges, and their satisfaction at the end of the day knowing that they have made a difference in someone's life.
Thank You!