Welcome!
Goa College of Home Science

B.Sc. (Home Science)
Since 1988
Food, Nutrition and Dietetics
VISION
Cultivating Erudite Community Builders
Skill-Based Workshops for our Students
FOOD SAFETY CONNECT APP
Appropriate use of technology for consumer concern

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
SESSION ON “INDIAN STANDARDS”
Standardization, marking and quality certification of goods

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
FOOD SAFETY ON WHEELS
Multipurpose Fully Functional Laboratory Equipped Vehicle

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
CREATING A BLOG
Expressing yourself to the world

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
WINE MAKING AS A PART OF ALCOHOLIC FERMENTATION

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
LAMAZE METHOD
Learning about pregnancy, delivery, and birth

Facilitated by Ms. Larissa Rodrigues, Asst. Prof. (Human Development)
CREATING WEALTH IN THE 21ST CENTURY
Equity markets and premium investment strategies

Facilitated by Dr. Daisy John, Asst. Prof. (Extension Education)
RETRAIN YOUR BRAIN
Ensuring success and happiness in everyday life

Facilitated by Ms. Ranju Kukalikar, Asst. Prof. (Food, Nutrition and Dietetics)
OUR ANIMAL KINGDOM
Exhibition of preserved animal specimens

Facilitated by Ms. Gauravi Shirodkar, Asst. Prof. (Food, Nutrition and Dietetics)
MATERNAL AND INFANT/CHILD NUTRITION

Enabling best practices

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
Exposure Visits
Exposure Visits
(Human Development Specialization)

Facilitated by Ms. Larissa Rodrigues, Asst. Prof. (Human Development)
Exposure Visits
(Human Development Specialization)

Facilitated by Ms. Nezima Lawrence, Asst. Prof. (Human Development)
Exposure Visits
(Life Science)

Facilitated by Ms. Gauravi Shirodkar, Asst. Prof. (Food, Nutrition and Dietetics)
Exposure Visits
(Textiles and Clothing Specialization)

Facilitated by Ms. Suvarnagouri, Asst. Prof. (Textiles and Clothing)
Exposure to Arts and Scientific Temper
SERENDIPITY ARTS FESTIVAL
A premier curated interdisciplinary arts festival

Facilitated by Ms. Suvarnagouri and Ms. Gauravi, Asst. Professors
GOA ARTS & LITERATURE FESTIVAL

Jerry Pinto - highly acclaimed writer, novelist, and poet

Facilitated by Ms. Larissa Rodrigues, Asst. Prof. (Human Development)
Study Tour Outside Goa
Study Tour to Hyderabad

Facilitated by Dr Daisy John, Asst. Prof. (Human Development)
Study Tour to Hyderabad

Facilitated by Dr Daisy John, Asst. Prof. (Human Development)
Celebration of National/International Day/Week
Third International Yoga Day
Medium for life management

Facilitated by Dr. Daisy John Asst. Prof. (Extension Education)
Consumer Rights Day

Becoming an Informed Consumer

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition & Dietetics)
World Breastfeeding Week
Sustaining Breastfeeding Together

Facilitated by Ms. Gauravi Shirodkar, Asst. Prof. (Food, Nutrition and Dietetics)
National Nutrition Week
State Level Workshop on
Optimal Infant and Young Child Feeding Practices for Better Health

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
National Nutrition Week

State Level Workshop on
Optimal Infant and Young Child Feeding Practices for Better Health

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
National Nutrition Week

“Kaun Banegi Sehatmand” Quiz for Anganwadi Workers

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
National Nutrition Week

Workshop on understanding food composition for healthy food choices

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
National Nutrition Week
Nutritious food- power of rupees 10

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
Vocational Training Workshops for the Community
Short Term Certificate Course In Cosmetology

Facilitated by Ms. Gauravi Shirodkar, Asst. Prof. (Food, Nutrition and Dietetics)
Wine Making Workshop

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
National Seminar
TWO-DAY NATIONAL WORKSHOP ON ANDROID APP DEVELOPMENT

Facilitated by Ms. Nezima Lawrence, Asst. Prof. (Human Development)
TWO-DAY INTERNATIONAL CONFERENCE ON
STRESS MANAGEMENT
Collaborative Projects Undertaken
NESTLE HEALTHY KIDS PROGRAMME

Facilitated by Ms. Gauravi Shirodker, Asst. Prof. (Food, Nutrition & Dietetics)
JAPAN STUDY INDIA PROGRAMME

Facilitated by Ms. Larissa Rodrigues, Asst. Prof. (Human Development)
JAPAN STUDY INDIA PROGRAMME

Facilitated by Ms. Larissa Rodrigues, Asst. Prof. (Human Development)
DON BOSCO YOUTH FILM FESTIVAL, INDIA

Facilitated by Ms. Larissa Rodrigues, Asst. Prof. (Human Development)
TRAINING PROGRAMMES IN COLLABORATION WITH GIPARD

Facilitated by Ms. Varsha Naik, Asst. Prof. (Food, Nutrition and Dietetics)
ROTARY WITH JAWANS

Facilitated by Ms. Gauravi Shirodkar, Asst. Prof. (Food, Nutrition and Dietetics)
ROTARY WITH JAWANS

Facilitated by Ms. Gauravi Shirodkar, Asst. Prof. (Food, Nutrition and Dietetics)
Saving an old weave, the modern fashion

Textile Lovers Come Together To Revive Kunbi Found In Goa

The long forgotten weave, signature of Goan tribal Kunbi women, shot into the spotlight a couple of years ago when designer Wendell Rodricks contemporarised it. Now a group of handloom lovers is working to bring back the Kunbi in its original glory.

"The Kunbi available now in Goa is a powerloom variation, but the original one. The original weave has a red base with white checks and thread border," says Mumbai-based communications professional Savitha Suri.

Suri, a member of Kaithari (handloom), a Facebook group launched by Chennait-based textile enthusiast Sabita Radhakrishna and social entrepreneur Sumita Pai, shared her love for the weave online and made an effort to locate it in Goa. Once found, the initiative to revive the Kunbi, Spoorthi, was born. A weaver who could create the Kunbi in its original design was tracked down and made an effort to locate it in Goa. Once found, the initiative to revive the Kunbi, Spoorthi, was born. A weaver who could create the Kunbi in its original design was tracked down and made an effort to locate it in Goa.
Self Defence Training by Goa Police

Facilitated by Ms. Ranju Kunkalikar, Asst. Prof. (Food, Nutrition & Dietetics)
Participation in workshop for gender champions and nodal teachers

Facilitated by Ms. Ranju Kunkalikar, Asst. Prof. (Food, Nutrition & Dietetics)
Organizations we have partnered with

- IGNOU
- Nestle
- Rotary Club Panaji Riviera
- Directorate of Higher Education
- GOACAN
- Don Bosco
- GIPAR
- Kaithari
- The International Centre Goa
Stress Buster Club
Stress Management and Wellness
Interactive awareness session

Facilitated by Ms. Nezima Lawrence, Asst. Prof. (Human Development)
College Trek

Facilitated by Ms. Nezima and Ms. Gauravi, Asst. Professors
Movie Day at INOX

Facilitated by Ms. Nezima Lawrence, Asst. Prof. (Human Development)
School Students Visit
Goa College of Home Science
School Students visit GCHS

Facilitated by Ms. Rita Godinho, Asst. Prof. (Textiles and Clothing)
School Students visit GCHS

Facilitated by Ms. Rita Godinho, Asst. Prof. (Textiles and Clothing)
School Students visit GCHS

Facilitated by Ms. Rita Godinho, Asst. Prof. (Textiles and Clothing)
Guwahati College Students visit GCHS

Facilitated by Ms. Rita Godinho, Asst. Prof. (Textiles and Clothing)
Showcasing Goa College of Home Science at EDUnext
EDUnext: Annual Education Fair
Goa College of Home Science installs student council

Goa College of Home Science installed its student council. Chief guest at the function was coordinator of Fairyland Schools, Cyena Pegado who administered the oath of office to members.

Elected members are: general secretary, Prajay Chopdekar (SYBSc); cultural secretary, Anishka De Sa (FYBSc) and sports secretary, Shruti Vaidya (FYBSc). Class representatives for first year, second year and third year are Manika Gupta, Ambika Chari, Pureza Crasto, Shalaka Dhavalikar and Diana Cardozo, respectively.

The Rotaract Club of the college was also installed on the occasion. Installation officer for the same was president of Rotary Club, Panaji, Yogish Dempo. The board of directors of Rotaract Club and the student council of the college comprise president, Anishka De Sa; secretary, Danica D’Cunha; vice president, Vidiksha Nagvekar; sergeant at arms, Akshata Kulkarni; treasurer, Nidhi Katkar; international service director, Swetlana Andrade; professional service director, Lissantia Fernandes; club service director, Melanie Silva; and community service director, Carolyn Cardoso. Rotaract in charge is assistant professor Nezima Lawrence.
Awareness programme on ‘Malnutrition, Anemia and Alcoholism’

With the objective to create awareness on the vital issues of nutritional deficiency and its prevention and management, Goa Institute of Public Administration and Rural Development (GIPARD) in collaboration with Goa College of Home Science organised a two-day training programme on ‘Malnutrition, Anemia and Alcoholism’ for the ICDS beneficiaries of Tiswadi taluka.

The programme is an initiative of Ministry of Panchayat under RGPSA scheme under sustainable development goals with focus on health care. A total of 80 anganwadi workers attended the training programmes. The topics deliberated included Nutrition for healthy living, Consequences of Malnutrition and its management, Causes and Prevention of Nutritional Anemia, Effects of Alcoholism and its treatment and prevention. Participants also discussed the action Plan for Community involvement based on the knowledge acquired.

The resource persons for the programme were Varsha Naik, Vandana Kakodkar, Niti Kenny, Crispina DSouza and Sneha Govekar. Joint Director, ICDS Laura Britto, and CDPO, Tiswadi of Women and Child Development Rupa Dalvi also graced the occasion. Certificates were presented to the participants during the valedictory function.
Members of Rotaract Club of Goa Home Science College interacting with children of Peace Haven

NT KURIOCITY

Members of Rotaract Club of Goa College of Home Science, Campal visited Peace Haven, school for special children. Rotaractors organised games, music and dance, and even prepared special gift hampers. Students of the college donated clothes, eatables, toys, etc.
2-day international conference on stress management in city

**NT NETWORK**

**PANJAI**

The International Stress Management Association (ISMA) and Goa Psychology Association (GPA) are jointly organising the 4th International Conference on Stress Management (ICSM 2017), with support from the Rotary Club of Panaji Riviera.

The international conference will be held on November 3 and 4 at Hotel Mandovi. About 200 international and national subject matter experts, professionals, academicians from various universities, as also executives from the industry, education and health sectors are expected to participate in the conference.

The overall theme of the ICSM 2017 conference is 'Stress Safety Net for Organizational Excellence.' About 100 plus research papers will be presented by research scholars from various universities. Also internationally reputed professors of major universities of India as well as abroad will share their expertise on the subject.

Two pre-conference workshops focusing on 'Cognitive Behavior Therapy for Stress Counselling' and 'Stress Safety Net Implementation for Agile Workforce' for HR professionals and business leaders will be held.

---

**Goa College of Home Science holds session on Investment Literacy**

**NT KURIOCITY**

The Rotary Club of Panaji Riviera organised a session titled 'Creating Wealth in the 21st Century' for students and staff of Goa College of Home Science. The resource person was Kushal Bhagia, from Mumbai, who has over 14 years experience across wealth, asset and risk management.

Participants received insights on how one needs to look at money differently, the nature of equity markets, premium investment strategies, and how to get started. The session included simple, implementable, and practical steps that can help one improve one's financial status.

---

Understanding food at Goa College of Home Science

**NT KURIOCITY**


The topics included nutrients and their role, basic five food groups with examples and their indigenous names, dietary guidelines for Indians, minimal number of food exchanges and quantity to be included in daily diet, and recommended dietary allowances of nutrients. Visual aids prepared by students were used for dissemination of the information.

---

**Workshop on `Lamaze Method` held**

**PANJAI:** As a part of the subject of Human Development in Semester I, the first year students of the Goa College of Home Science had a practical workshop on the “Lamaze Method” while learning about pregnancy, delivery, and birth.

The workshop was facilitated by Anna Coelho, certified Lamaze and Breastfeeding Counselor, trained through the La Leche League, USA.

The students were introduced to the signs of labour and the stages a woman goes through in labour and giving birth. They were informed about how certain sitting positions and breathing techniques could help them to cope with the pain of labour or distract them from the pain so as to make it easier to deal with. Anna demonstrated a few of the breathing techniques, explained about effleurage, and also spoke about the role of the husband in supporting the expectant wife. The students expressed their appreciation for the visual and interactive way in which the workshop was done and clarified many questions and doubts with the speaker. Assistant professor Larissa Rodrigues proposed a vote of thanks.
राष्ट्रीय पोषण आहार सत्ताहात विनय तेंदुलकर यांचे मत

पणजी, ता. १ (प्रतिनिधी) : देशातील इतर राज्यांमध्ये तुरळेते गोव्या मुज्जेकटहरू कुपोषित बालकांच्या समस्येची कामी आहेत. इतर राज्यांमध्ये स्थानीय अर्थव्यवस्थेत आपण संताजनक आहेत, मुज्जेकटहरू गोव्या होडी खातीच्या नाही आणि जो काही ठोळ्या आणि प्रभावीत आहेत, ती गोव्या कांठांची आणि प्रक्रिया कृत्रिम आहेत. ते मत राज्यात असे आहेत, असे मत राज्यात असे आहेत, असे मत राज्यात असे आहेत,

पणजी प्रतिनिधिको गोव्या विज्ञान महाविद्यालयाचे अनुसार आणि पोषण मंडळ, गोव्या संस्थेच महिला आणि बालकल्याण विभागांत राष्ट्रीय पोषण आहार समस्येचा साधन करून पाठवले आहेत. देशातील प्रसिद्ध महाविद्यालयांचे राष्ट्रस्तरीय कार्यक्रम आहे, ज्या संस्थेमध्ये कार्याने विकसित झाले आहेत. या कार्यक्रमात उद्योगांनी संलग्न प्रमुख पूर्वांनी मूल्य दिलेले आहे. याची वृळी महाविद्यालयाच्या प्रारंभिक महेश पाई, प्रमुख वर्णनात आहेक, अतः पोषण मंडळात आधिकारी संगठन राजस्थान आणि मध्य प्रदेश यांचे मत संप्रदाय करून पाठवले आहेत. गोव्या विज्ञान महाविद्यालयाचे अध्यक्ष आणि नवीन राजस्थान, भारत, आपण संगठनाच्या आयोजनात विनय तेंदुलकर यांची व्यक्ति प्रकरण करून पाठवले आहेत.
Forest department celebrates Vanmahotsav

Forest plays vital role in human life. Human comforts cannot be possible without forest. Hence it is very much important to grow and nurture forest for better future of mankind, stated Principal Secretary for Forest Ranbir Singh (IAS). He was speaking at a function organised to celebrate 68th Vanmahotsav by Department of Forest in collaboration with Goa College of Home Science held in a campus of Goa College of Home Science in Campal, Panjim on Friday, July 7. Singh further stressed on need to conserve and maintain tree cover in Goa, as it contribute largely to enhance the landscape of this state which attributes to Goa as the best tourist destination.

Mayor, Corporation of City of Panjim Surendra Furtado in his address said that care and maintenance is required to grow the saplings into tree. “Many a times on the pretext of celebrating Vanmahotsav people plant saplings in large number but do not bother to take care of those saplings, as a result the saplings never turn into well grown trees. If we really want green cover around our vicinity then trees need to be maintained and grown with proper care,” he added.

The formal function of Vanmahotsav was marked with plantation of saplings in the campus of Goa College of Home Science by the dignitaries present on the occasion. This exercise also involved students of the Goa College of Home Science and Dr. T.B. Cunha Higher Secondary School.

Besides this mobile van carrying medicinal plants for public distribution in each taluka, was launched by the State Medicinal Plants Board. The van was flagged off by Dr. Ranbir Singh in the presence of other dignitaries.

The State Medicinal Plants Board will be distributing medicinal plants at a subsidised rates, in every taluka. The seedling sale shall be from 10 am to 6 pm.

Goa Forest Department will be carrying out tree plantation and awareness activities throughout the state during month of July in association with civil society, NGOs, corporate bodies and educational institutes. Incharge Principal Chief Conservator of Forest M.K. Shambhav IFS and Principal of Goa College of Home Science Dr. Mahesh Pal spoke on the occasion. Principal of Dr. T.B. Cunha Higher Secondary Rashmi Bhardwaj was present for the function. Asst. Professor of Goa College of Home Science Varsha Naik compared the programme. Conservator of forest Dr. Anil Kumar IFS proposed the vote of thanks.

Goa College of Home Science holds interactive session

Goa College of Home Science held an interactive session titled ‘Retrain your Brain’. The session was conducted by alumnus of the college Sarojini Monteiro and dealt with the power and the magic of the mind that can be used to increase success and happiness in everyday life.
Making wine at home is an enriching experience. It makes for great dinner table conversation and is also an accompaniment with good food whenever there are guests. Recently the women’s wing of GCCI in association with Goa College of Home Science and St. Xavier’s College, Mapusa organized a workshop on wine making at the Goa College of Home Science. Prof. Arina Frank, assistant professor, St. Xavier’s College, Mapusa was the resource person for the workshop.

Explaining in detail about wine making, Prof. Arina explained how grape wine and sweet corn wine could be prepared at home. The participants were very happy with the presentation and were requested to come again to collect their share of wine for tasting after 21 days, viz. on March 19. The program was coordinated by Christabel Shrivastava, member and Varsha S Naik, co-chairperson, women’s wing, GCCI.
GCCI conducts workshop on wine-making

The women’s wing of the Goa Chamber of Commerce and Industry (GCCI) along with the Goa College of Home Science recently held a wine-making workshop aimed at encouraging entrepreneurship in wine-making. Aruna Frank of St Xavier’s College demonstrated the art of making black currant wine (dessert wine) and amla wine (dry). A presentation was also made on different types of wine available and the various fruit and fruit juices which can be used for wine-making.

Rai Bhavan to be open

Participants at the wine-making workshop organised by the women’s wing of Goa Chamber of Commerce and Industry

International Yoga Day celebrated at Goa College of Home Science

International Yoga Day was celebrated at Goa College of Home Science on 21 June 2015, demonstrated by yoga official from the sports department, Suresh Kumar. Under Kumar’s guidance the gathering performed kapalbhati, pranayama, meditation and various asanas.
The 3 years degree course in Home Science moulds students to eat healthy, dress smartly, and live optimally as they attempt to teach the world to do the same.
Thank You!