



Institute of Home Science University of Kashmir

Hazratbal Srinagar-190006-(Kashmir) J&K
[NAAC Accredited Grade A+].



Celebration / Organizing of National and International Commemorative days, events and festivals.

1. International Year of Millets 2023

The Institute of Home Science is deeply engaged in a wide array of National and International Commemorative days and events, all strategically aimed at enhancing awareness and fostering well-being. One such significant endeavor was observance of the International Year of Millets 2023, a momentous occasion where Faculty members meticulously educated participants about the specific nutritional benefits of different types of millets and how they contribute to overall health and well being. The participants also explored various cooking techniques to incorporate millets into everyday meals, including boiling, steaming, roasting, milling into flour for baking and to integrate millets into familiar dishes such as bread, pancakes, porridge and snacks to make the more nutritious and diverse. This event was organized in collaboration with Krishi Vigyan Kendra (KVK) Srinagar.



2. World Health Day

Additionally, the Research Scholars and Students of Institute of Home Science on 7th April, 2022 organized World Health Day, which raised awareness about important health issues, such as access to healthcare, disease prevention, mental health or healthy lifestyle choices. Informative talks by healthcare professionals on topics like nutrition, exercise, stress management and disease prevention were also organized. These sessions encouraged dialogue and exchange of ideas, fostering a deeper understanding of health issues and promoting collaborative approaches to address them. The participants were also encouraged to participate in volunteer activities, such as blood donation drives, health camps, or clean-up initiatives to contribute to public health efforts. This holistic approach to World Health Day underscored the Institute's commitment to promoting health awareness and community engagement as essential pillars of public health advocacy.



3. National Seminar on Rights of Differently Abled Women



The Institute of Home Science in collaboration with National Commission for women, New Delhi on 11th and 12th October 2022 organised a two-day National Seminar on rights of Differently Abled Women at Gandhi Bhawan, University of Kashmir. The seminar covered topics such as accessibility, employment opportunities, healthcare access and social inclusion for differently abled women. The presentations focused on legal rights, empowerment initiatives and the importance of inclusive policies in various sectors. Successful case studies and strategies for addressing challenges faced by differently abled women were also highlighted.

4. National Nutrition Week

To commemorate National Nutrition Week, the department organized a dietary awareness camp tailored specifically for adolescent girls. This initiative aimed to address the unique nutritional needs of this demographic group and promote healthy eating habits. Through interactive discussions and practical demonstrations, participants engaged in conversations about the importance of balanced nutrition, meal planning, and making informed dietary choices. Additionally, they received personalized dietary guidance and counseling, empowering them to prioritize their health and well-being. By focusing on adolescent girls, the camp fostered a supportive environment for learning and encouraged lifelong habits that promote optimal nutrition and overall wellness. The participants were also provided with educational materials such as pamphlets, recipe cards or nutritional guides to reinforce key concepts and encourage continued learning beyond the camp.



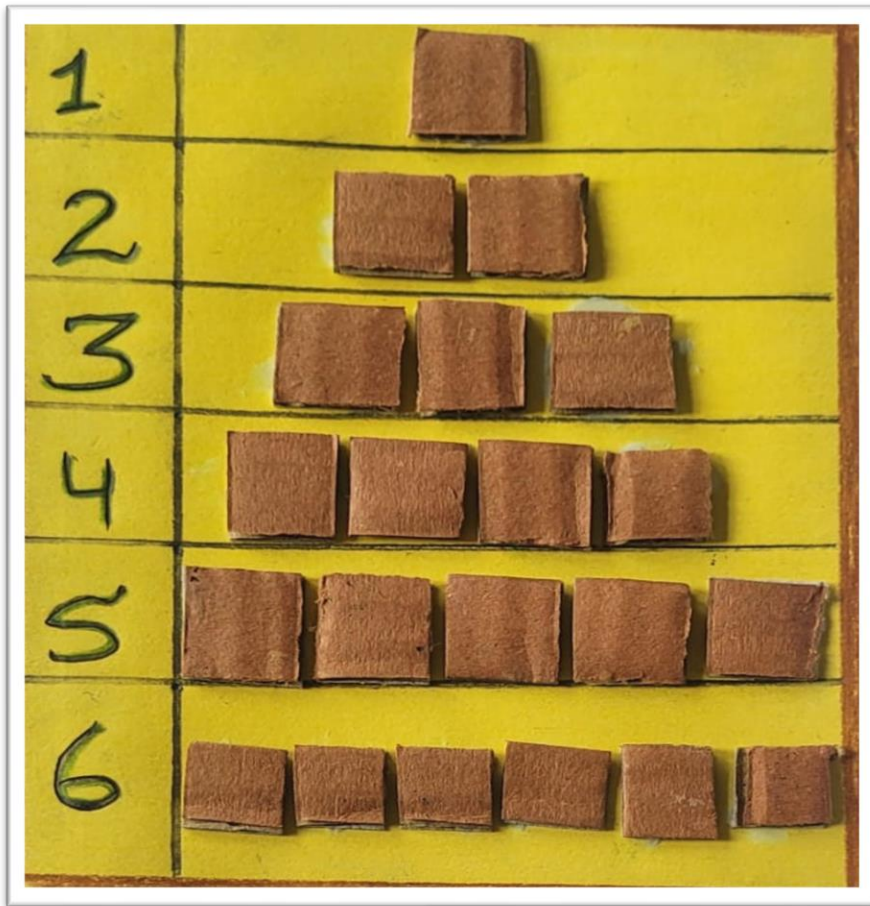
5. World Mental Health Day

On World Mental Health Day, the Human Development students at the Institute of Home Science spearheaded a meaningful celebration by offering vital awareness and counseling services at the Composite Regional Centre (CRC) and Shafqat Rehabilitation Centre (SRC), Srinagar. Their proactive engagement in providing these services underscores a commitment to addressing mental health challenges within the community. Through informative sessions and empathetic counseling, they not only raised awareness about the importance of mental well-being but also provided much-needed support to individuals in need. By collaborating with CRC and SRC, they ensured inclusivity and accessibility, reaching out to diverse groups, including those with disabilities. This initiative exemplifies their dedication to fostering a more supportive and understanding society, where mental health is prioritized and individuals are empowered to seek assistance without stigma or judgment.



6. International Day of Persons with Disabilities

In recognition of the International Day of Persons with Disabilities, the students of Human Development at the Institute of Home Science organized specialized counseling sessions focused on supporting individuals with disabilities, particularly the visually impaired. These sessions were designed to cater to the unique needs and challenges faced by this community, providing tailored support and guidance. Utilizing inclusive methods such as Braille materials and auditory resources, the students ensured accessibility for all participants. Through these sessions, they aimed to empower individuals with disabilities to address their mental health concerns and promote holistic well-being. By recognizing and actively addressing the specific needs of this marginalized group, the students demonstrated their commitment to inclusivity and advocacy, contributing to a more equitable and supportive society.



Number Concept for Visually Impaired Children

7. International Day for the Elimination of Violence Against Women

In connection with the International Day for the Elimination of Violence Against Women, students from the Extension program delivered a powerful role play titled "Lalwin Dagh", shining a spotlight on the pervasive issue of domestic violence. Through their poignant performance, they brought attention to the often-hidden struggles faced by many women. By portraying real-life scenarios and emotions, the students aimed to raise awareness and foster empathy among the audience. This impactful initiative highlighted the urgent need for collective action to combat gender-based violence and create safer, more supportive communities.

