



Institute of Home Science University of Kashmir

Hazratbal Srinagar-190006-(Kashmir) J&K

[NAAC Accredited Grade A+].



NAAC – Self Study Report (SSR) Submission

Information pertaining to Criterion 7 (Institutional Values and Best Practices)

S. No.	Particulars	Relevant Information	Link of the Proof
1.	Measures initiated by the Institute for the promotion of gender equity during 2019-2023.	<p>Through a dynamic series of workshops and seminars, Institute of Home Science emerges as a transformative force, igniting conversations and actions that dismantle gender biases and foster a truly inclusive academic environment. In one such instance, Dr Pam Rajput, a pioneering advocate for gender equality and social justice deliberated upon ‘Gender equality and Women’s Rights’ on 05/07/2021.</p> <p>The Institute also conducted a comprehensive gender sensitization program. A transgender from the department of Women Studies, Aejaz Ahmad Wani led the discourse focussing on the rights and challenges confronted by LGBT individuals, with a strong emphasis on cultivating inclusive environments for diverse gender identities.</p> <p>In its commitment to promote gender equality, the Institute has meticulously crafted a curriculum infused with gender-sensitive perspectives and inclusive content which empowers students to challenge societal norms and advocate for equity.</p>	<p>Gender Sensitization: https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/7_new_2_Gender_Sensitization_4c08d313-ab17-48ce-beeb-9900cc71a93b.pdf</p>

2.	Efforts / initiatives in providing an inclusive environment i.e., tolerance and harmony towards cultural, regional, linguistic, communal socioeconomic and other diversities	The department's commitment to fostering an inclusive environment extends to its Robust Grievance Resolution System . By maintaining separate grievance cells for students and faculty, it ensures dedicated support tailored to the unique needs of each group. This proactive approach underscores the department's dedication to upholding fairness and equity. Through ongoing evaluation and improvement of its policies and procedures, the department remains steadfast in its mission to cultivate a safe and welcoming space for all members of its institution.	<p>Grievance Redressal: https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/Students_grievance_47974576-7a36-4cb7-8b62-77be1fe45227.pdf</p>
3.	Sensitization of students and employees to the constitutional obligations: values, rights, duties and responsibilities of citizens	<p>In addition to workshops and seminars, initiatives like 'Viksit Bharat' and 'SVEEP-2024' (Systematic Voters Education and Electoral Participation) play a crucial role in educating students and employees about constitutional obligations, values, rights, duties and responsibilities. Within the 'Viksit Bharat' framework, faculty members engaged students in meaningful discussions to emphasize the significance of its principles. Interactive activities, including idea-sharing sessions and group discussions, empowered participants to voice their perspectives and contribute to the vision of a Developed India.</p> <p>Simultaneously, through SVEEP-2024 initiatives including voter awareness campaigns and mock elections, students and employees are equipped with a comprehensive understanding of their democratic rights and responsibilities. Together, these efforts promote informed citizenship and contribute to a more inclusive society.</p> <p>The National Seminar on "Localization of Sustainable Development Goals: A Roadmap" (LSDGs) brought together stakeholders to discuss implementing SDGs at the local level. Participants shared strategies and best practices to adapt global</p>	<p>List of students 'Viksit Bharat': https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/Viksit_Bharat_Merged_da2e9a39-d5cf-4587-b8c9-6e316aaa3d4d.pdf</p> <p>Certificates of participation 'Viksit Bharat': https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/Pledge_Certification_V_B_2047_1c8029cd-3da4-4aa4-8d25-3a4c7d8ba6a9.pdf</p> <p>Talk by Faculty 'Viksit Bharat': https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/Talk4ViksitBharat_1_93cce256-2699-4d86-bdff-f4b0b99df00b.pdf</p> <p>SVEEP-2024: https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/SVEEP_2024_Merged_Final_4dda478b-b284-498d-bbdd-cdb66b7967cf.pdf</p> <p>https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/SVEEP_2024_Merged_Final_4dda478b-b284-498d-bbdd-cdb66b7967cf.pdf</p>

		goals to local contexts, aiming to develop actionable roadmaps for sustainable development within communities.	LSDGs: https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/Seminar_Presentaion_Final_15eeefec-2e5c-4237-ab66-e23a6ce3bc2a.pdf
4.	Celebration / organizing of national and international commemorative days, events and festivals.	The department actively participates in various national and international commemorative days and events aimed at promoting awareness and well-being. This includes observing the International Year of Millets, 2023 to raise awareness about their nutritional benefits, organizing Nutrition Week events to emphasize healthy eating habits, and observing World Health Day to focus on pressing health issues. Also the students of Human Development actively contributed to Mental health awareness by organizing counselling sessions on World Mental Health Day . Additionally, sessions focused on supporting individuals with disabilities, such as the visually impaired, in recognition of the International Day of Persons with Disabilities are also conducted by Human Development Students. Moreover, students from the Extension & Communication showcased a poignant role play titled " <i>Lalwin Dagh</i> ," shedding light on domestic violence issues on the International Day for the Elimination of Violence Against Women .	Academic / Technical Fests: https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/7_New_3_Academic_Technical_Fest_99df9045-7bab-412c-8eee-427932c25a56.pdf
5.	Two best practices successfully implemented by the Department	The Institute of Home Science has implemented two impactful best practices to enhance its educational offerings and community engagement. Firstly, the integration of Diet Counselling into the curriculum serves as a proactive approach to promoting holistic health and nutrition education among students. Through this initiative, students not only gain theoretical knowledge but also practical experience in providing personalized dietary guidance to individuals, thereby preparing them for careers in nutrition and dietetics. Secondly, the establishment of a Day Care Centre within the department's premises addresses the needs of both scholars and	Diet Counselling: https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/Diet_councelling_May_2024_0bb79202-bbc7-48eb-84ae-a3b39099f556.pdf Day Care Intro...: https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/Day_Care_Centre_New_2024_Jan_1d952dce-14ab-4936-a642-51855f671aaf.pdf

		faculty by providing a supportive environment for parents with young children. This initiative fosters a family-friendly atmosphere, enabling parents to pursue their academic and professional goals while ensuring the well-being and care of their children.	Day Care Centre Admission: https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/Day_care_centre_admission_form_ce62ecee-1354-4cbe-ab25-13e24689cbde.pdf
6.	Portray the performance of the Department in one area distinctive to its priority and thrust	One area distinctive to the priority and thrust of the Institute of Home Science is its Internship program in Dietetics and Clinical Nutrition, conducted at SKIMS Soura, Srinagar . This initiative offers students invaluable hands-on experience in real-world clinical settings, bridging theoretical knowledge with practical applications. Guided by experienced professionals, students gain insights into personalized nutrition interventions and disease management strategies, enhancing their skills in patient assessment, counselling, and interdisciplinary teamwork. This partnership not only enhances the quality of education but also strengthens the department's commitment to producing skilled professionals who can make meaningful contributions to healthcare and well-being in the community.	Internship Permission Grants: https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/Permission_Grant_Merged_6a9951df-6f27-4cec-a2ee-fc3e77be653c.pdf Internship Syllabus: (Page 16 onwards) https://homescience.uok.edu.in/Files/bad70189-7226-407e-90bf-1ae1178eda76/Menu/4th_Semester_2022_3fa7d542-874b-43db-b21c-d9113cfcfbb8.pdf