

Events organised in the Institute

13 May 2019

Board of U.G Studies in Fashion Technology

A meeting of the Board of U.G Studies in Fashion Technology course was held on 13th May, 2019 at the Institute of Home Science. The meeting covered various topics related to the curriculum, administration, resources, and future development of the course. It also highlighted potential career opportunities available to graduates in the fashion and technology industries.

22nd May 2019

Internal Complaint Committee Meeting

A meeting of the constituted members for Internal Complaint Committee was called on 22nd May, 2019 in the office chamber of the Director, Institute of Home Science. The meeting addressed issues related to workplace harassment and discrimination complaints.

3rd June 2019

Course Review Committee Meeting

A Course Review Committee meeting for was organised on 03-06-2019 by the Institute of Home Science to make decisions regarding the evaluation and improvement of academic courses and to deliberate upon ways to enhance the quality of the courses. The meeting also addressed issues and concerns raised by students.

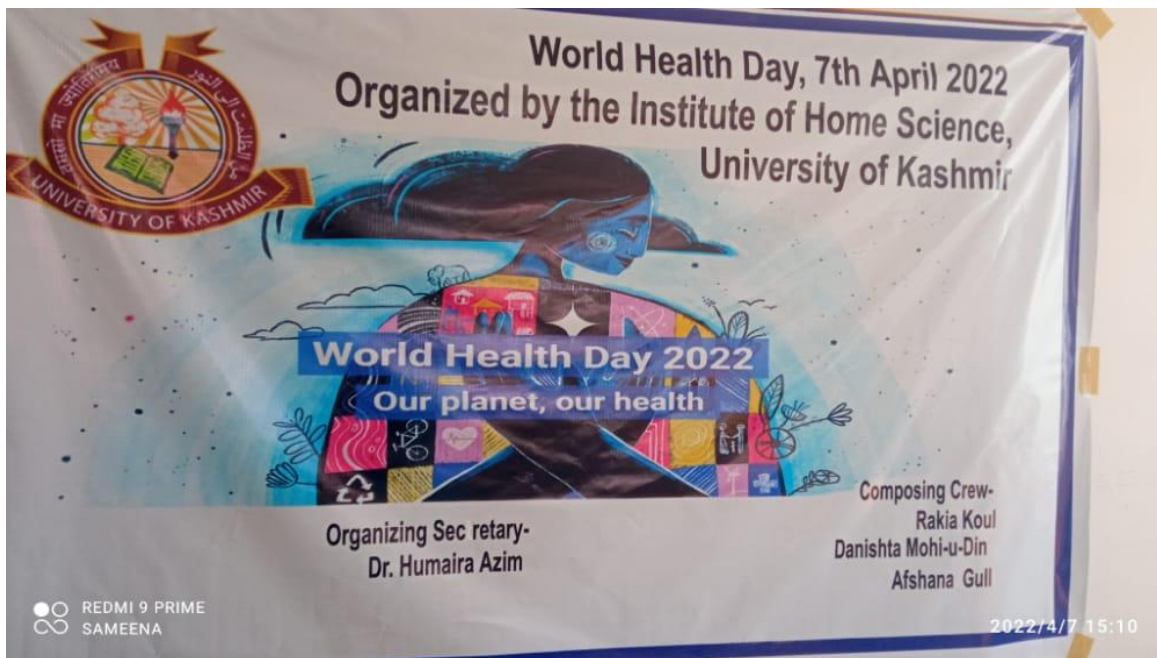
25th March 2022

One Day Dietary Awareness Camp for Adolescent Girls



Institute of Home Science, on 25th March 2022 organized One Day Dietary Awareness Camp for Adolescent Girls in the age group of 13-18 years which provided comprehensive information about the importance of a balanced diet, including the role of different food groups, nutrients and portion sizes. The participants were provided with educational materials such as pamphlets, recipe cards or nutritional guides to reinforce key concepts and encourage continued learning beyond the camp.

7th April 2022
World Health Day



The Research Scholars and Students of Institute of Home Science on 7th April, 2022 organised 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 organised. 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.

11th -12th October 2022
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.

25th April 2023
Extension Lecture by Ziba Vaghri



The Institute of Home Science, University of Kashmir organised an Extension lecture on “The Role of Children Protection in fulfilling Childrens Rights” delivered by Dr Ziba Vaghri, an Associate Professor in the Faculty of Business at UNB Saint John. Dr Vaghri is a recognized global health researcher with more than 20 years of extensive research and international experience in the area of child development, child rights and child health.

Dr Vaghri extensively spoke about the mechanisms in place to protect children from abuse, neglect, exploitation and violence. The importance of empowering children to participate in decisions affecting their lives, fostering their identity and autonomy was also emphasized upon. The lecture also highlighted to recognize the children’s vulnerabilities based on factors like age, gender, ethnicity, and socio-economic status, and addressing these intersecting issues in child protection efforts. Dr Ziba also called attention to collective responsibility of society, including families, communities, governments and NGOs, in ensuring the protection and fulfillment of children’s rights.

4th – 5th September 2023

Training Programme on "Utilization of Millets in Day-to-Day Products for better Nutrition"



As a part of the Celebration of International Year of Millets 2023 and National Nutrition week Krishi Vigyan Kendra (KVK) Srinagar in collaboration with the Institute of Home Science, University of Kashmir organized Two days training Programme on "Utilization of Millets in Day-to-Day Products for better Nutrition" on 4th & 5th of Sep 2023 at the main campus of university of Kashmir.

The training program educated participants about the specific nutritional benefits of different types of millets and how they contribute to overall health and well being. They 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.

26th – 27th March 2024

National Seminar on, Localization of Sustainable Development Goals: "A Roadmap"



A two days National Seminar on Localization of Sustainable Development Goals: “A Roadmap” was organised by the Institute of Home Science on 26th and 27th march 2024 at Ibn Khaldun Auditorium, University of Kashmir. The seminar covered a range of topics related to adapting and implementing the Sustainable Development Goals (SDGs) at the local level. Discussions were also made on the importance of raising awareness and promoting education about the SDGs among the general public, including strategies for engaging youth and fostering a culture of sustainability. Explorations on how communities can address issues such as poverty, education, healthcare, environmental sustainability and economic development more effectively by integrating SDGs into local policies, planning and decision making processes.

The seminar provided participants with valuable insights, tools and strategies for effectively localizing the SDGs and driving sustainable development at the grassroots level.