



Institute of Home Science University of Kashmir

Hazratbal Srinagar-190006-(Kashmir) J&K

[NAAC Accredited Grade A+].



Methodology Used to Obtain POs & PSOs

1. Performance in Examinations

- Continuous assessment through internal and external examinations.
- Seminar presentations, field reports, and practical assessments to evaluate conceptual understanding and application.

2. ICT-Based Learning and Evaluation

- Incorporates digital tools such as projectors, Google Meet, and Zoom for interactive learning.
- Uses Learning Management Systems (LMS) for assignments, quizzes, and feedback.

3. Experiential Learning

- Provides hands-on exposure through laboratory experiments, dietary assessments, and community engagement programs.
- Empowers students to translate theoretical knowledge into real-world applications, bridging the gap between academics and practice.

4. Participative Learning

- Encourages deep collaboration through group discussions, workshops, and interactive sessions.
- Enhances student engagement and mastery of complex subjects through peer learning and case studies.

5. Problem-Solving Approach

- Develops analytical, critical, and creative thinking skills.
- Prepares students to address real-world challenges in nutrition, health, and community development.

6. Mentor-Mentee Relationship

- Provides academic and emotional support through structured guidance.
- Helps students manage stress, career planning, and personal development.

7. Remedial Classes and Personal Attention

- Supports slow learners with additional tutorials and one-on-one mentoring.
- Enhances conceptual clarity through revision sessions and doubt-clearing classes.

8. Project Work/Dissertation

- Encourages independent research and problem-solving skills.
- Integrates field-based studies relevant to Home Science specializations such as Dietetics, Food Science, and Human Development.

9. Field Visits and Community Outreach Programs

- Engages students in real-life case studies, dietary surveys, and rural health assessments.
- Provides exposure to government initiatives and policies related to nutrition, public health, and women's empowerment.

10. Skill Development and Hands-on Training

- Conducts workshops on food processing, diet planning, and communication strategies.
- Encourages entrepreneurial skills through internships and collaborations with SKIMS and SKUAST.

11. Interdisciplinary and Research-Based Approach

- Integrates knowledge from multiple disciplines such as psychology, sociology, and medical sciences to address holistic health concerns.
- Encourages students to participate in research projects and publish findings in reputed journals.