



Institute of Home Science University of Kashmir

Hazratbal Srinagar-190006-(Kashmir) J&K

[NAAC Accredited Grade A+].



Date: 08-11-2024

Research Support and Learning Facilities:

1. Nutritional Biochemistry Lab

Our Nutritional Biochemistry Lab is a well-equipped space designed for advanced biochemical analysis and nutritional studies. This lab hosts essential equipment, including:



- **Hot Plates & Heating Mantles:** For precise heating in chemical experiments.
- **Table top Centrifuge:** Used for separating substances based on density, vital in biochemical analysis.
- **Pipettes & Vortex Mixer:** For accurate liquid handling and quick mixing of solutions.
- **Colorimeter & UV-Vis Spectrophotometer:** Key instruments for measuring absorbance and concentration, crucial in analyzing nutritional content.
- **Soxhlet Apparatus & Triple Beam Balance:** Used in extraction and weighing procedures, ensuring accurate results.
- **Monocular Microscopes:** Enables detailed examination of samples.
- **Water Baths & Double Distillation Plant:** For controlled temperature applications and high-purity water needs.

- **Magnetic Stirrer & pH Meter:** Essential for solution preparation and monitoring acidity levels.
- **Hot Air Oven & Muffle Furnace:** For sample drying and high-temperature applications.
- **Weighing Scales & Glassware:** Foundational tools for accurate measurements and experiment setups.

In addition to a vast assortment of chemicals, our lab is furnished with specialized glassware, making it a complete environment for in-depth research in nutritional biochemistry.

2. Cookery Lab

Our Cookery Lab focuses on practical learning in therapeutic and experimental nutrition, providing tools and appliances for food preparation and analysis. The lab includes:



- **OTG (Oven, Toaster, Grill) & Microwave:** For preparing a range of therapeutic meals and studying cooking techniques.
- **Rice Cookers, Gas Stoves, & Induction Heaters:** Offering versatile cooking options for different dietary experiments.
- **Mixer Grinder Juicer & Toaster:** For preparing ingredients and testing various food textures and nutrition retention.
- **Refrigerator & Water Filter Plant:** For storing samples and ensuring clean, filtered water for food experiments.
- **Electric Chimney:** Maintains a clean, smoke-free environment.
- **Extensive Crockery, Utensils, and Furniture:** Fully equipped to accommodate group projects and individual cooking tasks.

This lab is tailored for practical, hands-on work in nutrition and culinary sciences, allowing students to explore the impact of various cooking methods on nutrient content and therapeutic diets.

3. Extension and Communication Lab

The Extension and Communication Lab is designed to support outreach activities, research, and community engagement, including:



- **Map-Making Tools:** Enables students to create various maps like mobility and resource maps for extension studies.
- **Survey Equipment:** Used for conducting detailed surveys across industrial, agricultural, rural, urban, and entrepreneurial sectors.
- **Collaboration with NGOs:** Facilitates partnership in awareness campaigns and community-based projects.

This lab is crucial for students specializing in community outreach, as it provides a platform for organizing surveys, collaborating with NGOs, and planning awareness initiatives. It empowers students to understand and engage with diverse community needs effectively.

4. Human Development Lab

Our Human Development Lab supports research across the human lifespan, from childhood to adulthood. Key facilities include:

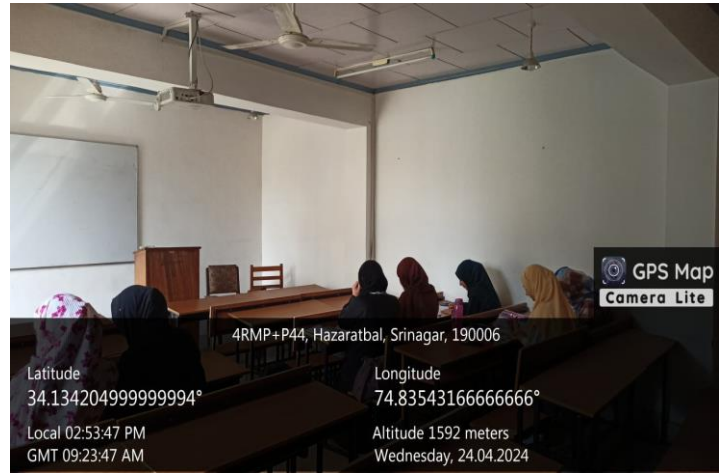


- **Intellectual & Intelligence Tests, Projective Techniques, and Personality Questionnaires:** Tools for assessing cognitive and emotional development.
- **Creativity Tests & Scales:** To explore different facets of creativity and personality.
- **Stationery & Survey Materials:** Shared with the Extension and Communication Lab to support field research and data collection.

The Human Development Lab is a comprehensive facility, offering resources that aid in the understanding of human behavior, personality, and intellectual growth, preparing students for in-depth psychological and developmental studies.

Our institute is dedicated to fostering a technology-enabled research and learning environment through the following facilities:

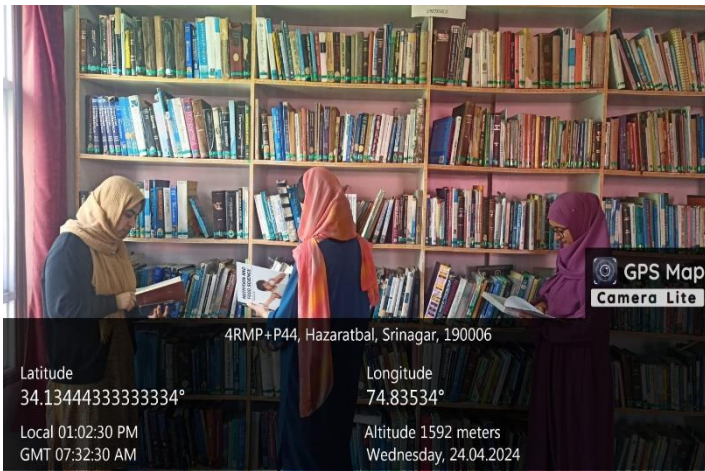
1. **ICT-Enabled Classrooms:** Each classroom is equipped with advanced ICT (Information and Communication Technology) tools, enhancing the teaching and learning experience. Interactive digital boards and audio-visual systems support a dynamic educational environment, making presentations and lectures more engaging and accessible.



2. **State-of-the-Art Seminar Room:** The seminar room is designed to facilitate high-quality presentations, conferences, and virtual collaborations. It features a digital panel, a high-resolution projector, premium speakers, and a high-definition camera, providing a professional setting for academic discussions and events. The integration of these technologies supports both in-person and hybrid presentations, allowing seamless participation for remote attendees.




3. **Library and Digital Resources:** Our library offers a comprehensive collection of books, journals, and digital resources that cater to a wide range of research interests. Additionally, we maintain a nearly complete archive of past dissertations and Ph.D. theses, making historical research accessible and aiding ongoing studies.



4. **Computer Lab with Wi-Fi Access:** The computer lab, equipped with the latest research software and high-speed Wi-Fi, enables efficient access to online databases, research journals, and other digital resources, ensuring that our researchers can work without interruption.



5. **Archival Resources:** Our institute preserves a thorough archive of previous dissertations and Ph.D. theses, providing valuable reference materials for new researchers, promoting academic continuity, and fostering a deep understanding of previous findings and methodologies.


Director
Prof. Hummera Azim