



DULIAJAN GIRLS' COLLEGE

GROW HOME

Annual Newsletter of Home Science Department,
Duliajan Girls' College, Duliajan, Assam

DEDICATION



The 'Grow Home' is Dedicated to Late Prof. Nitya Dutta Sir, Founder Principal of Duliajan Girls' College, "WHOSE INSPIRATIONS AND BLESSINGS ARE EMBLEMED IN OUR MIND, MAY HIS SOUL REST IN PEACE."

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Faculty Members

Mrs. Lakhimi Phukon, Principal I/C, M.Sc (Home Science in Human Development)
Mrs. Anumoni Gogoi, HOD, M.Sc (Home Science in Clothing and Textiles)
Mrs. Geetima Dutta, M.Sc (Home Science in Food and Nutrition)

Laboratory Bearer

Mrs. Smriti Chutia, B.A.



From The Principal's Desk



It gives me immense pleasure to note that Home Science Deptt. of Duliajan Girls College is going to publish 'Grow Home'. I am sanguine the 'Grow Home' will provide a unique platform for effective interaction and diffusion of knowledge and activities amongst the fraternity of Home Science Deptt.

I have no doubt that this 'Grow Home' will focus the issues and involvement in different activities of the said department with valuable insight that may provide necessary guidance to the students and be a milestone for the future.

It will focus the scope of the subject, HOME SCIENCE that extends far beyond the conventional concept of 'Home' and is not limited to cooking, laundry, needle work and home decoration. In fact, it is the only subject which prepares young learners for the two most important goals in their lives—looking after their home and family and preparing for a career or vocation in life. Thus it represents a inter disciplinary field.

In another sense, this subject is being considered as the combination of 'arts' and 'science'. Because it teaches the art of using things for which a beautiful harmonious work is achieved and over all pleasant effect is created. At the same time, it gives all the knowledge of the scientific procedures involved in making a home beautiful.

I am confident that this Grow Home will provide a platform to deliberate on the subject and help to enlighten the thousands of minds of doubtful and conventional thinkers.

I wish a great success to all those who are involved in it for this untiring efforts to make it a grand and remarkable event.

Lakhimi Phukon

Message From The HOD:

'End Product'.....?

'End Product' is the result of anything which is produced. It is the centre of interest or it may be also called as 'emphasis'. If it is a food item, the required quantity of ingredients should be put to get a good end product. Here, I would like to express as 'end product' of our college students to whom we are preparing five (2+3) years to be a successful one in academically as well as physically, mentally and socially fit for future.

We the team of Home Science Department have launched various programmes to improve the entrepreneurship skill of the students as well as women of locality. I hope, the 'Grow Home' will reflect our strength and accumulative aspects of the department.

I convey heartfelt gratitude to our honourable Principal Madam, Mrs. Lakhimi Phukon for her valuable guidance and timely support for all round development of the department.

I am also thankful to my colleague Mrs. Geetima Dutta, editors and members of the 'Grow Home' for their kind co-operation.

With best wishes

Anumoni Gogoi

Editorial

We are happy to bring out the 1st issue of 'Grow Home'. This is the testimony to the team work and commitment of the faculty to show their integrity and to make the institution move forward towards excellence. We are trying to reflect the activities and performance of our department of Home Science. It is a scientific course of study which moulds a student with a variety of life skills. This is a unique discipline with a blend of science and art. It is the education for "better living" and a core of this education is the family ecosystem.

In present time, we are so indulged in our personal lives that we hardly care about the things going on around us. It's high time to realize that if we want changes in our society and the world, we have to take a step ahead and be the integral part of the changing scenerio.

Time demands reaching for a greater spectrum of our mindset. Having a boarder mind would enable us to look around us and bring changes for the betterment of the society as a whole.

No matter how high we reach in our lives, the basic moral values must never be compromised. Our personal goals must ultimately coincide with developing the nation.

We hope, through this Grow Home, a small step is taken towards achieving such goal and open up new opportunities to express our opinions, views and latent creative talents. We wish the readers a great success in their lives.

Miss Karishmita Gogoi

Miss Mridusmita Borah

(Joint Editors)

Home Science Education –“A worth life education”

Geetima Dutta

Home science is a dynamic and ever growing field of education. It plays an important role in all round development of an individual. It is the education for "better living". It is a need-based, professionally oriented education to assist family and community towards improved living. It equips the future citizens with relevant knowledge, competencies and prepares them to become efficient custodians of the nation future. Its objective is to foster the growth, development and well being of individual's families and communities, utilizing the findings and advances of science and technology. It is essential to have peace and quality in life.

OUTREACH PROGRAMS



Extension Programme on "Basic Techniques of Tie and Dye, Stencil and Block printing" as an Income generating activity on 12th-15th Dec, 2012 at Bamhukuta gaon and Target group was the Self-help groups.



Extension Programme on "Preparing JAM and JELLY out of seasonal fruits and vegetables to develop entrepreneurship skills" on 3rd May, 2014 at Bamhukuta gaon and Target group was village women (above 18 yrs.)



Extension Programme on "Training on Techniques of making Icing Cake, Pickle, Tie and Dye as an income generating activity" on 28th and 29th April, 2015 at Majgaon and Target group was village women (above 18 yrs.)



Celebration of "National Nutrition week-2014" on 5th Sept. in Duliajan Girls College auditorium to make an Aware of Healthy Food Practices. A lecture was given by Mrs. Anumoni Gogoi covering the topics – "Nutritious Foods, Malnutrition and Physical Fitness".



"National Nutrition week-2015, 7th Sept. at Bamhukuta L.P School and the target group was School children and Mothers. A lecture was given by Mrs. Geetima Dutta on the topics – "Different Food Groups, Malnutrition and Deficiency Diseases Related to Malnutrition".

IN CAMPUS ACTIVITIES



"Exhibition cum Sale" on Food Products prepared by the students" on 4th Jan. 2013 in 15th Annual College Week.



"Exhibition cum Sale" on 13th Feb. 2015 of Decorative articles prepared out of waste materials by the students in 17th Annual College Week.



Utilitarian products made by the students in the Home Science Laboratory



"Cafeteria" conducted by the 4th Sem Students in 17th College Week-2015.



Doing Nutrition Practical in the Home Science Laboratory



Seminar Paper Presented by the Students



Visit to Dietetics unit of Oil India Hospital, Duliagan

Academic Achievements and Activities of Student

A Seminar paper titled as "Importance of Home Science on Present Day Society" presented by Ms. Munmi Borah and Mrs. Swapna Deka Dowarah, major students of Home Science Deptt. at Sibsagar Girls' College on 4th August, 2012



Miss Munmi
Borah
(6th Sem
major student)
awarded
"Miss College-
2014"
on 16th Annual
College Week.

Editorial Board:

Chairperson: Mrs. Lakhimi Phukon
Principal, Duliajan Girls' College
Advisors : Mrs. Anumoni Gogoi
Mrs. Geetima Dutta
Editors : Miss Karishmita Gogoi, 6th Sem (M)
Miss Mridusmita Borah, 6th Sem (M)
Members : Miss Mausumi Taye, 4th Sem (M)
Miss Nayanmoni Dutta, 2nd Sem(P)
Miss Arpana Dutta, H.S. 1st Year

Upcoming Events :

1. Workshop on 'Mushroom Cultivation' and 'Bee-Keeping'
2. Celebration of National Nutrition Week.
3. Outreach Programmes.

Results

1. B.A final examination:

The three batches of Home Science (M) Students have already appeared in BA final examination .

Students who secured 1st classes are as follows:

In 2013:

1. Mrs Aparajita Gogoi- 65.50%
2. Mrs. Swapna Deka Duwarah-63.80%

3. Ms. Rashmi Sensua-63%

In 2014:

1. Ms. Munmi Borah-70.7%

In 2015

1. Ms. Tulika Gohain-74%
2. Ms Tahmina Begum-73.14%
3. Ms Sangeeta Sharmah-73.07%
4. Ms. Pinki Gogoi-72.86%
5. Ms. Jimi Sonowal-70.07%
6. Ms. Nayana Borthakur-68.48%

2. H.S. final examination:

Mrs. Parima Gogoi secured highest marks (90% in Home Science Subject in H.S. final Exam 2010



Academic achievements and activities of the Faculty members:

Mrs.Lakhimi Phukon :

PUBLICATIONS:

1. "Creativity Assessment of Teenaged School Children : Evidence from Assam,India" International Conference on Business, Management and Governance. IPEDR(International Proceedings of Economic Development and Research) Vol 82(2014) IACSIT Press,Singapore. DOE:10,7763/IPEDR.2014,VOL 82.10. Page:65-75 2014
- 2."Understanding Creativity Level of Students of 10th and 12th Standard, Evidence of Assam, India. Society of Interdisciplinary Business Research (SIBR- Bangkok, Thailand) Vol.3, Issue 2. ISSN:2223-5078, in 2014.
3. "A Scientometric Analysis Literature on Creativity for the period of 1997-2012" Presidency Journal of Management, Thought of Research (PJMTR),Bangalore. ISSN:2349-6746, in 2015.

OP /RC :

- i.Participation in the Orientation Programe from 31st March to 27th April ,2013 at Academic Staff College, Aligarh Muslim University, Aligarh.
- ii. Participation in the Refresher Course in Women Studies (ID)From 3rd Dec to 21st Dec , 2014 at Academic Staff College, Aligarh Muslim University, Aligarh.

Mrs. Anumoni Gogoi

PUBLICATIONS:-

1. Study on the Costumes of SIVASAGAR District (Dresses of the Ahom), published in Indian Journal of Social Science and Science, Kalansuper Research Institute, Sivsagar,Voll-II,Issue-II,July-2012 with ISSN-2231-2447, page no. 177.
2. 'Gamocha:As an Assamese Costume', publised by Pragyan, 10th year second issue,2013. A journal of Academic, Intellectual and career pursuit,ACTA-Tinsukia college,Tinsukia,Assam with ISSN-0976-4283,page no. 50.
3. 'Go Green with Sustainable Organic Colours' publised in "Souvenir" –DST,USC,OIL Sponsored National Workshop on The General Relativity and Astronomy-Its foundation and current trends(NWGRA-15)January 28th -30th 2015th, page number-85. Organized by Dept. of Physics, Tinsukia College,Tinsukia,Assam.
4. Seminar Paper entitled- 'Production and Problems of Muga Silk of Assam', Published in the Proceeding of 'Silk Cultivation in North East ,India with special reference to Assam'. Dept. of Home Science Digboi Mahila Mahavidyalaya, Digboi with ISBN:978-93-83308-34-10, in 2015.
5. Seminar Paper entitled- ' Food HABits and Beliefs of Nocte Women During Pregnancy and Lactation in Dihing Kinar Nocte Village, Jaipur, Dibrugarh', Published in the Proceeding of 'Innovation and Changes of Socio-Economic Conditions of Women with special reference to Health Conciousness of North-East India.'. Dept.of Home Science Digboi Mahila Mahavidyalaya, Digboi with ISBN- 978-93-81 0 3308-35-11, in 2015.

Book Published

- i.Translated book-Griha Bigyan-part-2(Higher secondary syllabus)4th edition,2012.Publised by Secretary, Assam Higher Secondary Education Council (Assam state open school). Bamuni Maiden, Guwahati-21(Under National Open School Association).
- ii.Applied Textile Designing,2013 for D.U Degree Students of Home Science . Publised by Dutta Publication Lakhimpur with ISBN-978-9381689-50-9.
- iii.A Text Book on Clothing and Textiles(Ass.),2013 both D.U and G.U. Students of Home Science . Published by Om Books Publishers and Distributors, Panbazar, Guwahati with ISBN-978-81927425-0-2.
- iv.Bibaharik Bastra Rupankan(Ass.),2014 for D.U. Degree Students of Home Science.Publised by Dutta Publication. Lakhimpur with ISBN-978-93-81689-88-2

OP/RC:

- i.Participation in the Orientation Programe,OP-91-from 23rd April to 20th May ,2012 at Academic Staff College, Guwahati University.
- ii. Participation in the Refresher Course in Women Studies (ID)From 4th March to 24th March, 2015, at Academic Staff College,Guwahati University

Mrs. Geetima Dutta

Achievement: She qualified NET Exam in 2013

OP:

- i.Participation in the Orientation Programe,OP-26-from 30TH July to 26th August ,2015 at Academic Staff College, North Bengal University.