

EVENTS/ ACTIVITIES/LECTURE ORGANIZED

(1ST APRIL 2025-31ST MARCH 2026)

1. **Workshop on “Building Resilient Families in a Changing World: Role of Marital & Family Counseling”:** P.G.Department of Home Science (Human Development), University of Jammu, organized a workshop on “Building Resilient Families in a Changing World: Role of Marital & Family Counseling” on 1st April 2026. The session was conducted by Dr. Chand Trehan, renowned psychologist and counsellor, who shared insights on strengthening family systems, marital relationships, and coping with contemporary challenges. The workshop aimed to equip students and research scholars with practical counseling skills to promote emotional well-being and resilience. Prof. Sarika Manhas, Head of the Department highlighted the growing relevance of family counseling. The interactive session saw active participation, enhancing understanding of evolving family dynamics and professional counseling approaches.



Marital and Family Counselling workshop at Jammu University

2. Jammu University Celebrates Milestone Day 2026 to Mark Academic Achievements of SNS Children: The Department of Home Science (Human Development), University of Jammu, on 18th March 2026 organized the graduation ceremony titled “**Milestone Day 2026**” for the outgoing children of the Surabhi Nursery School and Day Care Centre (SNS), commemorating a significant developmental transition in the lives of its young learners. Prof. Meena Sharma, Dean, Faculty of Science, University of Jammu, graced the occasion as the Chief Guest, while Prof. Monika Chadha, Chairperson, Campus Culture Committee, University of Jammu, attended as the Guest of Honour.

The programme featured a vibrant array of activities, including dance and musical performances by the children, showcasing their emerging talents, confidence, and stage presence. Interactive games were thoughtfully designed to encourage enthusiastic participation from both children and parents, thereby strengthening parent-child bonding and engagement.

A special highlight of the event was the **Healthy Snacking Competition**, in which parents presented a variety of innovative and nutritious food preparations, reinforcing the significance of healthy dietary practices during early childhood. The competition was judged by Dr. Archana Bhatt, Assistant Professor, Department of Home Science, Government College for Women, Gandhi Nagar, Jammu, along with Prof. Monika Chadha.



Children of SNS graduating from the Nursery School

Addressing the gathering, Prof. Sarika Manhas, Head of the Department of Home Science, along with senior faculty members Prof. Rajni Dhingra and Prof. Neeru Sharma, congratulated the graduating children and appreciated the unwavering support of parents in nurturing the holistic growth and development of their children.

The successful execution of the programme was made possible through the dedicated efforts of nursery teachers Mamta Singh, Pooja Bhat, and Seema Sharma, and caregivers Suman Lata, Neelam Devi, and Anu Devi, under the guidance of Dr. Charu Mohan, Senior Scientist.

3. Legal awareness workshop on “Women’s Rights and Legal Protection: Awareness, Prevention and Justice”: The P.G. Department of Home Science (Human Development), University of Jammu, organized a legal awareness workshop on “Women’s Rights and Legal Protection: Awareness, Prevention and Justice” on 16th March 2026. The session featured Advocate Uma Kapahi, Legal Expert at the High Court of J&K, who highlighted key legal safeguards, including the Sexual Harassment of Women at Workplace Act (2013) and the Protection of Women from Domestic Violence Act (2005), along with the role of the District Legal Services Authority in providing free legal aid. Prof. Sarika Manhas, Head of the Department emphasized the importance of legal awareness for empowerment. The workshop concluded with an interactive discussion involving students, scholars, and faculty.



Legal awareness workshop organized by the Department of Home Science, JU

4. **Capacity-building workshops on “Convergence Approaches towards Beggary Elimination”**: P.G Department of Home Science (Human Development), University of Jammu, in collaboration with the National Institute of Social Defence (NISD), Ministry of Social Justice and Empowerment, Government of India, successfully organized two online capacity-building workshops on “Convergence Approaches towards Beggary Elimination” (13–14 and 21–22 February 2026). The workshops addressed beggary as a multidimensional human development and human rights issue, emphasizing policy frameworks such as the SMILE Scheme, institutional convergence, and rehabilitation strategies.



Resource persons interacting with the participants of the capacity building workshop

The programmes featured distinguished resource persons from diverse professional backgrounds. Among them were Sh. Anand Jain (IPS), Additional Director General of Police (Armed), J&K; Dr. Mohd Haseeb Mughal, IPS, Deputy Inspector General of Police, Traffic Range Jammu; Dr. Ajay Sharma, Superintendent of Police, South Jammu; Dr. Sapna Bansal, National Forensic Sciences University, New Delhi; Sh. Ranbireswar Singh Jamwal, JKAS; Sh. Raizada Sorabh Bali, HR Professional and Educational Activist; Sh. Pardeep Dutta, Senior Journalist, NDTV India; Sh. Harish Kumar, Assistant Director, Narcotics Control Bureau (NCB); and Dr. H. R. Rehman, Chairman, GHRT International. Experts from academia included Prof. Sarika Manhas, Head, Department of Home Science; Prof. Rajni Dhingra; Dr.

Hema Gandotra; Dr. Nitan Sharma; and Dr. Kartika Bakshi from the University of Jammu, who enriched the discussions through their scholarly perspectives on social welfare, rehabilitation, and community-based interventions.

Participants included child protection officers, police and traffic personnel, NGOs, volunteers, students, scholars, and faculty from across India, advocating coordinated, rights-based interventions for sustainable reintegration and social inclusion.

5. Department of Home Science, University of Jammu Hosts Interactive Session on Contemporary Discourses: The Department of Home Science, University of Jammu, organized an interactive session on “Contemporary Discourses in Home Science Research and Pedagogy” featuring Prof. Hummara Azim, Director, Institute of Home Science, University of Kashmir, as the Resource Person on 24th December 2025. Prof. Azim shared valuable insights on emerging research trends, interdisciplinary approaches, curriculum innovation, and contemporary pedagogical practices in Home Science education.

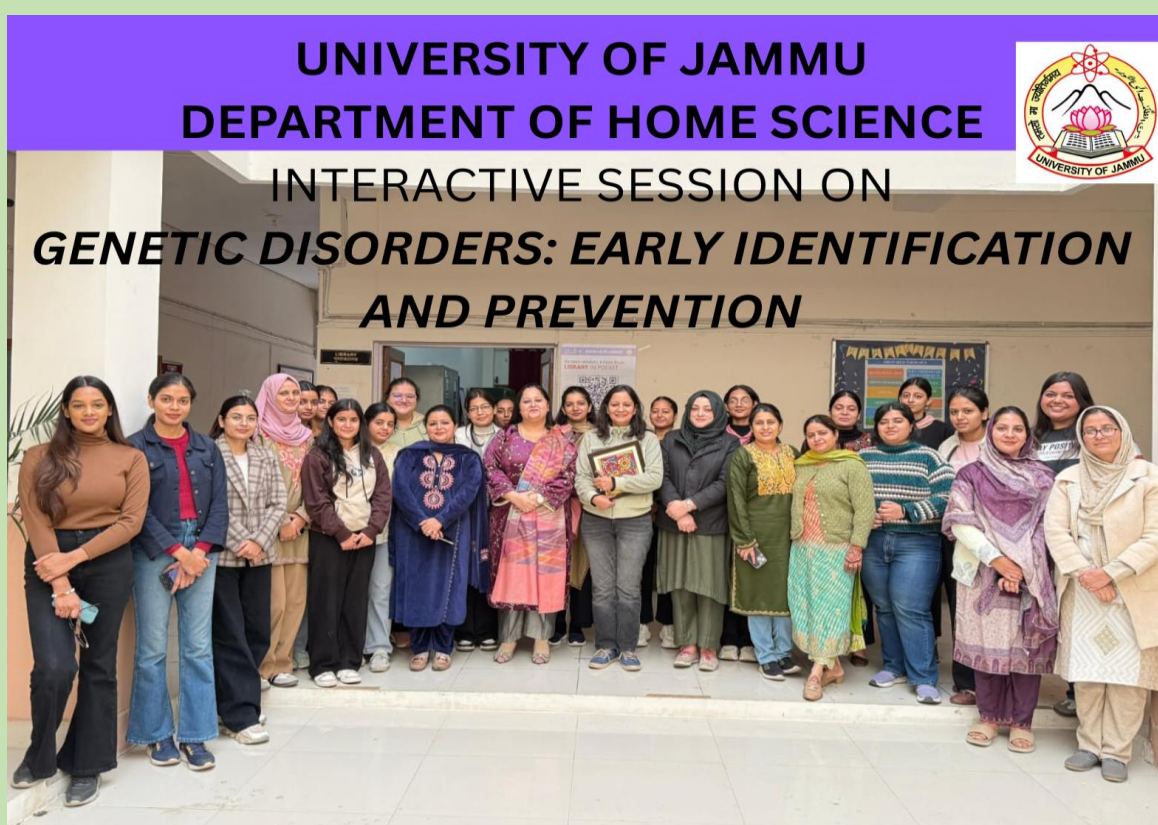


Lecture on Contemporary Discourses in Home Science Research and Pedagogy organized

Welcoming the gathering, Prof. Sarika Manhas, Head of the Department, emphasized the importance of academic dialogue and inter-university collaboration in strengthening research and teaching practices. Prof. Rajni Dhingra, Prof. Neeru Sharma, and Prof. Samridhi Arora also shared their perspectives on evolving research priorities and pedagogical innovations. The session witnessed enthusiastic participation from faculty members, research scholars, and

students, fostering meaningful discussions on current challenges and opportunities in the discipline. The proceedings were conducted by Ms. Sunaina Sharma, Research Scholar, Department of Home Science.

6. Awareness lecture on “Genetic Disorders: Early Identification and Prevention”: The Department of Home Science (Human Development), University of Jammu, organized an interactive session on “Genetic Disorders: Early Identification and Prevention” for research scholars and M.Sc. Human Development students, highlighting the importance of genetic literacy in promoting family welfare and early intervention on 28th November 2025. The session featured distinguished resource persons Dr. Ritu Mahajan and Dr. Nisha Kapoor, Associate Professors from the School of Biotechnology, who provided valuable insights into genetic transmission, genotype and phenotype, maternal genetics, epigenetics, and the significance of genetic counselling as a preventive strategy.



The interactive discussions enabled participants to integrate psychosocial perspectives with contemporary biological knowledge. The programme was conducted by Ms. Sunaina Sharma, Research Scholar, and the Vote of Thanks was delivered by Ms. Joyleen, M.Sc. Human

Development student. The event witnessed the presence of senior faculty members, reflecting the Department's commitment to interdisciplinary academic excellence.

7. World Sight Day celebrated by the Department of Home Science: The Composite Regional Centre (CRC), Jammu, in collaboration with the Department of Home Science, University of Jammu, commemorated World Sight Day to raise awareness about eye health and promote inclusion of persons with visual impairments. The event was held on 9th October 2025. Addressing the gathering, Prof. Sarika Manhas highlighted the importance of collaborative initiatives in fostering social responsibility and creating awareness about visual impairments. The programme featured an awareness lecture by the Orientation and Mobility Instructor from CRC Jammu on eye health, early detection of vision-related issues, and creating inclusive environments. Conducted under the guidance of Dr. Rohnika Sharma, Director, CRC Jammu, the event witnessed active participation from students, volunteers, and faculty members, reaffirming the shared commitment to community outreach, disability inclusion, and empowerment of persons with visual impairments.



Participants of World Sight Day celebration at JU

8. Training Programme on Maternal and Child Health under Poshan Maah: The Department of Home Science, University of Jammu, organized a training programme under Poshan Maah focusing on maternal and child health for mothers of Nursery School children on 29th September 2025. Prof. Sarika Manhas, Head of the Department, highlighted the importance of nutrition and community outreach. Sessions by Dieticians Ms. Raziya Farooq and Ms. Poorvi Verma emphasized balanced diets and prevention of childhood obesity. The programme was graced by faculty members- Prof. Rajni Dhingra, Prof. Neeru Sharma, and Prof. Samridhi Arora, and concluded with an interactive session for mothers.



Maternal and Child health training program

9. Department of Home Science celebrates Indian Sign Language Day: The Department of Home Science, University of Jammu, in collaboration with the Association of the Deaf & Aphasic Jammu and the Composite Regional Centre (CRC), Jammu, commemorated Indian Sign Language Day to promote awareness and inclusion of the Deaf community. The event was held on 25th September 2025. Prominent among those who addressed the gathering were Dr. Rohnika Sharma, Director, CRC Jammu; Sh. Kamal Nain Bhan, Director Association of the Deaf & Aphasic Jammu; and Prof. Sarika Manhas, Head, Department of Home Science and Coordinator, Disability Initiatives, University of Jammu. They emphasized the importance of sign language as a symbol of identity, culture, and empowerment, highlighted the need for an inclusive and empathetic society, and underscored initiatives related to rehabilitation, skill development, and community outreach for persons with disabilities. Members of the

Association of the Deaf & Aphasic Jammu showcased their talents through dance, painting, and other artistic performances, which were widely appreciated by the audience. Conducted by research scholars Ms. Meghna Sharma and Ms. Purvi Verma, the programme witnessed enthusiastic participation from students and concluded with a collective call to promote the learning and use of sign language to build a more inclusive and equitable society.



Participants and dignitaries emphasizing importance of Sign Language

10. Three-Day National-Level Youth Exchange Programme 2025 at University of Jammu: The P.G. Department of Home Science, University of Jammu, in collaboration with Live For Others – Being Helpful Foundation, organized a three-day national-level National Youth Exchange Programme 2025 from 18th to 20th August 2026 on the theme “Role of Youth in Viksit Bharat @2047 by Fighting Against Drug Menace,” with participation from over 200 youth across India. Prominent dignitaries gracing the event included Sh. S.P. Vaid (IPS), Sh. Garib Dass (ADGP), Ms. Divyani Rana (MLA), Sh. Vikram Randhawa (MLA, Gandhi Nagar), and Prof. Neely Rohmetra (DRS, JU). The programme featured an inaugural session followed by expert lectures, awareness talks, and interactive discussions on drug abuse, youth leadership, and nation-building. Academic events included a symposium and poster-making competition,

while a cultural evening showcased India's diversity. The valedictory event included the National Youth Excellence Award Ceremony, honoring achievers from 15 states and Union Territories for outstanding contributions in social work, literature, culture, and art, recognizing exemplary youth leadership and service.



Participants of the National Youth Exchange Program



Valedictory function of the National Youth Exchange program

11. Interactive Parenting Workshop on "Parenting for a Healthier Today and Tomorrow": The Department of Home Science, University of Jammu, on 5th May 2025 organized an interactive Parent Empowerment Program titled “Parenting for a Healthier Today and Tomorrow” for the parents of children enrolled at Surabhi Nursery School and Day Care

Centre. The programme aimed to promote mindful parenting, strengthen parent–educator partnerships, and equip parents with practical strategies for nurturing healthier families and well-rounded children. In her welcome address, Prof. Sarika Manhas, Head of the Department, emphasized the pivotal role of parents in shaping children's emotional, physical, and social development, while the programme was conducted under the guidance of Prof. Rajni Dhingra. Expert sessions by Sh. Guneet Singh, Parenting Coach, Dr. Bharat Bhushan, Chief Medical Officer, University Health Centre, and Dr. Gautam Sharma, Dental Officer, University of Jammu, focused on positive parenting, preventive healthcare, healthy lifestyles, and oral hygiene. A special attraction was a display of healthy and child-friendly tiffin ideas presented by second-semester students under the guidance of Dr. Kanika Gupta, which was widely appreciated for its practical value. The event witnessed enthusiastic participation from senior faculty members, Surabhi Nursery School staff, parents, and faculty from other departments, reaffirming the Department's commitment to promoting child development and family well-being through community engagement.



Resource persons of parenting workshop

12. Dogri Musical Event organized for Children of Surabhi Nursery School and Day Care Centre: The Department of Home Science, University of Jammu, organized a vibrant Dogri musical event for the children of Surabhi Nursery School and Day Care Centre on 4th April

2025 to promote love for the mother tongue and harness the therapeutic benefits of music for children's emotional well-being. The programme featured a captivating performance by renowned Dogri singer Sh. Suraj Sharma, recognized by All India Radio and popular on YouTube, while enthusiastic participation by parents added to the joyous and community-oriented spirit of the event. Speaking on the occasion, Prof. Sarika Manhas, Head of the Department of Home Science, highlighted the importance of early exposure to cultural heritage and the healing potential of music in childhood development. Senior faculty members, including Prof. Rajni Dhingra, Prof. Neeru Sharma, Prof. Shashi Manhas, and Prof. Samridhi Arora, appreciated the initiative as a meaningful blend of cultural education and therapeutic engagement. The event was smoothly coordinated by the faculty of Surabhi Nursery School—Ms. Mamta Singh, Ms. Puja Saraf, Ms. Seema Sharma, and Ms. Kanika Gupta.



Children of SNS enjoying musical event

13. Autism awareness and inclusion workshop organized by the Department of Home Science, University of Jammu in collaboration with Care North: In observance of World Autism Awareness Day, the Department of Home Science, University of Jammu, in collaboration with Care-North, successfully organized a hands-on workshop on Autism Awareness and Inclusion on 2nd April 2025. Dr. Abhishek Chauhan, Consultant Psychiatrist at the Government Psychiatric Disease Hospital, Jammu, was the invited resource person,

providing expert insights into autism spectrum disorder (ASD) and its early detection. Dr. Chand Trehan, RCI-licensed psychologist and Director of Care-North, focused on behavioral strategies and effective communication techniques for supporting individuals with autism. Prof. Sarika Manhas, Head of the Department of Home Science, conducted a technical session focusing on creating inclusive teaching- learning environments. The workshop witnessed enthusiastic participation from teachers of Doon International School, Jammu Sanskriti School, IDPS, Army School, BEE ENN Care, Zuvi International School, Raindrop preschool along with parents and students.



Participants of Autism Awareness and Inclusion Workshop