

SKILL CARNIVAL 3.0

A two-day exhibition-cum-sale, Skill Carnival 3.0, was organized by the Department of Family and Community Sciences on 20th and 21st March 2023. The exhibition was inaugurated by Hon'ble Vice Chancellor, Prof. Sangita Srivastava, in the presence of Registrar, Deans, Heads, and other Faculty members. The exhibition showcased the creativity and imagination of students enrolled in various courses in the Department. Kalamkari paintings, Gond artwork, Jharokhas prepared by Phad art, various Home Decor items made of terracotta, Craft items, Mural art, Lippan art, and Cross-stitch were the major attractions at the Carnival. The budding artists and entrepreneurs of the department garnered praise and encouragement from the faculty members, parents, and students of various other departments. The long-cherished idea of Skill Carnival-3 could become a reality through the joint efforts of the teaching staff, non-teaching members, and students of the Department of Family and Community Sciences.

'Cultivating Joyous Mindset'

A workshop entitled 'Cultivating Joyous Mindset' was organized at the Early Childhood Care Centre, Department of Family and Community Sciences, on March 17, 2023. The workshop was organized by the faculty members of the Department of Family and Community Sciences with the objective of cultivating positivity and joy in the participants through various mind-stimulating and thought-provoking activities. The first activity focused on identifying and keeping all that is nourishing while the letting go of the clutter we have been holding onto be out. In this activity, the participants had to draw their favourite vacation destination, favourite food item, and favourite Nature object. The next activity was based on Gestalt theory. The participants were provided pieces of a puzzle that they had to arrange in an organized manner. The theory is based on the fact that the 'organized whole is greater than the sum of its parts.' This validates the understanding that while challenging circumstances are perceived as negative, they have a meaning in the larger, organized whole of our lives. The third activity instilled in the participants' minds the importance of gratitude by holding on to a gratitude pebble. They were asked to feel thankful and show their gratitude to the universe for the positive and good things that make life worth living. The last activity focused on strengthening the belief system of the participants through repetition. They were made to strengthen the belief that 'life is good,' 'I am confident,' 'I am happy,' 'My life is joyous.' Hon'ble Vice Chancellor of UoA, Prof. Sangita Srivastava, inaugurated the workshop. She expressed her thoughts in the workshop and said we must always maintain an optimistic mindset and attitude. In the process, we would see amazing changes around us. She also highlighted that a positive attitude helps us to live our life cheerfully and to forget all our worries and negative thinking. We should speak good things about others with a positive frame of mind. All the respected Heads and Women faculty members of the Science Faculty also graced the workshop with their participation.