



*National Vision for Discovery and Innovation in
Home Science and Allied Fields
2026 - 2027*



*Flagship Academic Initiative of
Home Science Association of India (HSAI)*

The Home Science Association of India (HSAI), established in 1954, is one of the country's leading professional academic bodies dedicated to the advancement of Home Science education, research, extension, and professional practice. Over the decades, HSAI has played a significant role in strengthening academic standards, promoting interdisciplinary research, facilitating knowledge exchange, and fostering collaboration among institutions, educators, researchers, and students across India. Through conferences, publications, academic initiatives, and outreach programs, HSAI has consistently contributed to enhancing the visibility, scientific relevance, and societal impact of Home Science and allied disciplines in the national development landscape.

NAVDISHA (National Vision for Discovery and Innovation in Home Science and Allied Fields) is a HSAI Flagship academic initiative. It is an annual research competition designed to enhance research orientation, critical thinking, and presentation skills among Home Science students. The competition encourages participants to explore contemporary issues, apply research methodology, and present innovative solutions. The initiative seeks to nurture research orientation, evidence-based problem-solving, and communication excellence at the undergraduate and postgraduate levels.

1. Objectives

As India moves toward an outcome-driven higher education landscape, NAVDISHA aims to:

- Foster research aptitude, critical thinking, and innovation among students of Home Science and allied disciplines.
- Encourage application-oriented research addressing human, social, environmental, and technological challenges.
- Strengthen the research and innovation ecosystem within Home Science institutions across India.
- Provide a national platform for showcasing impactful and solution-oriented student research.
- Enhance analytical, scientific communication, and presentation skills through research-based learning.

2. Competition Structure

NAVDISHA will be conducted in four zones to ensure participation and equitable representation across regions:

Zones	Representative States/UTs
North Zone	Jammu & Kashmir, Ladakh, Himachal Pradesh, Punjab, Haryana, Uttar Pradesh, Uttarakhand, Delhi, Chandigarh.
East Zone	Bihar, Jharkhand, Chhattisgarh, West Bengal, Sikkim, Odisha, Assam, Meghalaya, Tripura, Manipur, Mizoram, Nagaland, Arunachal Pradesh.
West Zone	Maharashtra, Goa, Gujarat, Rajasthan, Madhya Pradesh, Daman & Diu, Dadra & Nagar Haveli.
South Zone	Tamil Nadu, Kerala, Karnataka, Andhra Pradesh, Telangana, Puducherry, Lakshadweep, Andaman & Nicobar Islands.

Each zone will host its Zonal NAVDISHA Research Convention. The top 3 projects from each category each level, in every zone will compete at the National NAVDISHA held during the Annual Conference.

3. Competition Categories / Tracks

To encourage cross-disciplinary participation, the competition will include seven thematic categories that transcend departmental silos:

Category

Indicative Areas of Study / Research

Category 1: Sustainable Living & Climate Action



Sustainable food systems and climate-resilient nutrition; food waste reduction and circular food economy; sustainable textiles, eco-fashion, and upcycling; green housing, sustainable interiors, and energy-efficient homes; household resource conservation and smart utilities; water management and eco-friendly household technologies; sustainable consumption behaviour and green lifestyles; climate adaptation and resilient communities; indigenous knowledge systems and sustainable living practices; environmental education and behavioural change; sustainable event, hospitality, and lifestyle management; carbon footprint analysis of households and communities; sustainable product and packaging innovation; community-based environmental awareness programs.

Category 2: Health, Wellness and Ergonomics



Clinical and community nutrition; functional foods, nutraceuticals, and therapeutic diets; lifestyle disorders and preventive health; maternal, child, adolescent, and geriatric health; emotional well-being, stress management, and mental health; occupational health and workplace wellness; ergonomics in homes, schools, workplaces, and travel; posture, musculoskeletal disorders, and work physiology; assistive design and inclusive living solutions; sports nutrition and physical fitness; digital ergonomics and screen-related health concerns; healthy ageing and active living; public health awareness and community wellness interventions; smart wearable textiles and therapeutic clothing; holistic wellness integrating physical, psychological, and social well-being.

Category 3: Education, Policy and Social Change



Curriculum innovation and experiential learning in Home Science; educational technology and digital learning models; NEP 2020 and multidisciplinary education; inclusive education and life skills development; early childhood care and education; family studies and social development; behaviour change communication and public awareness campaigns; nutrition, health, gender, and social welfare policies; consumer education and financial literacy; media influence and digital citizenship; community extension and participatory development models; social justice, equity, and inclusion; rural and urban community transformation; public health communication and advocacy; socio-economic impact studies and policy evaluation; role of Home Science research in national development and social reform, Empowering Individual and families, Guidance & Counselling, Diversity and Inclusiveness, Development across lifespan, Stages and implications for policy and practice, Family and Interpersonal relationships.

Category 4: Women-Led Development



Women's health, nutrition, and well-being; maternal and reproductive health; women's empowerment and leadership; women-led enterprises and entrepreneurship; self-help groups and financial inclusion; gender equity and inclusive development; women in STEM, innovation, and technology; digital literacy and technology access for women; skill development and livelihood generation; safety, mobility, and gender-sensitive design; work-life balance and workplace inclusion; mental health and psychosocial well-being of women; craft-based livelihoods and revival of indigenous skills; rural and tribal women development initiatives; women and sustainable

community leadership; policy interventions for gender equality and empowerment.

**Category 5:
Entrepreneurship,
Social Innovation &
Skill Development**



Food product development and nutrition entrepreneurship; fashion, textile, and design-based enterprises; sustainable handicrafts and artisan development; hospitality, event management, and service innovation; interior styling and space-design enterprises; social entrepreneurship and community innovation; start-up models in wellness, health, and lifestyle sectors; assistive technologies and inclusive product innovation; digital entrepreneurship, branding, and e-commerce; vocational education and skill-based training models; employability and youth empowerment initiatives; rural and urban enterprise incubation; financial literacy and business sustainability; innovation in consumer products and services; technology-enabled solutions for households and communities; sustainable business models aligned with Skill India and Atmanirbhar Bharat initiatives.

4. Participant Levels and Eligibility Criteria

NAVDISHA is open to bona fide students enrolled in recognized institutions offering programs in Home Science and allied disciplines across India. Participation is permitted under three academic levels — Undergraduate (UG), Postgraduate (PG), and Doctoral (Ph.D.), as detailed below.

Level 1: Undergraduate (UG)

- **Eligible Participants:**

- Students currently enrolled in full-time undergraduate (Home Science & allied) degree programs (e.g., B.Sc. in Home Science, B.Sc. in Nutrition, B.Sc. in Interior Design, etc.).
- Students of UG diploma programs (minimum duration: 1 year) conducted by recognized universities/colleges in fields allied to Home Science.
- Students registered with recognized Open Universities, pursuing Home Science or allied disciplines as major subjects.

- **Eligibility Criteria:**

- Must be a regular, full-time student of a recognized institution in India.
- The project submitted must be an original work carried out during the course of study (term work, minor research, internship, or field project).
- Team participation allowed (maximum 3 members per project; one member must be designated as the presenter).

Level 2: Postgraduate (PG)

- **Eligible Participants:**

- Students pursuing Postgraduate degree programs such as M.Sc., M.A., or equivalent in Home Science or allied fields.
- Students enrolled in PG diploma programs (minimum duration: 1 year) in relevant disciplines.

- **Eligibility Criteria:**

- Must be a full-time postgraduate student of a recognized university or institute.
- The research/project work may originate from dissertations, internships, or independent research guided by faculty mentors.
- Each team may include up to 3 members; the main presenter must be clearly indicated.
- Cross-disciplinary projects integrating multiple branches (e.g., nutrition + community development + ergonomics) are encouraged.
- Students registered with recognized Open Universities, pursuing Home Science or allied disciplines as major subjects.

Level 3: Doctoral / Ph.D.

- **Eligible Participants:**

- Candidates formally registered for Ph.D. programs in Home Science, Allied Sciences, or Interdisciplinary Research areas (e.g., Sustainable Design, Ergonomics, Behavioural Nutrition, Human Ecology, Textiles Technology, Public Health, etc).
- Researchers who have submitted their thesis but not yet completed the viva voce are also eligible to participate.

- **Eligibility Criteria:**

- Must hold a confirmed registration for Ph.D. at a recognized university or research institution.
- Projects must reflect original doctoral research or a distinct sub-study forming part of a broader Ph.D. investigation.
- Post-doctoral fellows are not eligible.
- The project should be presented solely by the research scholar, though supervisors may be acknowledged.
- Students registered with recognized Open Universities, pursuing Ph.D. in Home Science or allied disciplines as major subjects.

General Conditions Applicable to All Levels

a. Institutional Affiliation:

- Each participant can represent only one institution during a given academic year. Dual representation across institutions is not allowed.

b. Team Composition:

- Teams may consist of a maximum of 3 members. Interdisciplinary collaboration across departments is encouraged.

c. Originality and Ethics:

- Submissions must be the original work of the student(s).
- Projects must adhere to ethical research standards, including data authenticity, participant consent (for human studies), and acknowledgement of sources.

d. Exclusions:

- Part-time, casual, or external students are not eligible.
- Projects previously awarded or published elsewhere cannot be resubmitted.

e. Verification:

- Each participant must present a valid institutional ID card and certificate of bonafide status issued by the Head of Institution/Department.
- National and zonal secretariats reserve the right to verify eligibility before acceptance.

*The decision of the HSAI Executive Council will be final, in case of any dispute.

5. Competition Format

Stage 1 – Zonal Level

- **Mode:** Online Poster Presentation (1m × 1m e-poster).
- **Time:** 3 minutes presentation + 2 minutes Q&A.
- **Judging:** By panel of experts nominated by zonal committees.
- **Output:** 3 best entries per category advance to the National Level.

Stage 2 – National Level

- **Mode:** PowerPoint Presentation.
- **Time:** Qualifying entries will have to make a 7-minute PowerPoint presentation + 5 minutes Q&A.

6. Evaluation Criteria

- Innovation, Creativity, and Originality – 20 marks
- Relevance to NAVDISHA Themes & Contemporary Issues – 15 marks
- Research Design, Scientific Rigour & Evidence Base – 15 marks

- Practical Feasibility, Sustainability & Scalability – 15 marks
- Social / Community Impact & Inclusivity – 15 marks
- Interdisciplinary Integration & Systems Thinking – 10 marks
- Presentation, Communication & Clarity – 10 marks

7. Rules and Guidelines

- Each team can have a maximum of 3 members.
- All submissions must be original and free from plagiarism. The selected entries for the National Level presentation are required to submit the plagiarism certificate (below 10% is permitted). from Drillbit, Turnitin or any other software approved by their University.
- Abstracts should not exceed 300 words; full papers should be between 1500 –2000 words.
- Papers should follow APA format and be submitted in Word format (.docx).
- Presentations should not exceed 7 minutes, followed by a 5-minute Q&A session.

8. Awards and Recognition

Zonal Level Recognition

Awards at the zonal level shall be presented across all 5 thematic categories and 3 academic levels:

- Undergraduate (UG)
- Postgraduate (PG)
- Doctoral (Ph.D.)

Awards

For each category and academic level, the following recognitions shall be conferred:

- First Prize
- Second Prize
- Third Prize

Accordingly, each zone may confer up to 45 prizes (*3 prizes × 3 academic levels × 5 categories*)

Certificates

- All participants presenting at the zonal level shall receive E-Certificates of Participation.
- The officially registered faculty mentor/guide of the participating project shall also receive an E-Certificate of Mentorship.
- Certificates shall be issued only to the registered mentor/guide mentioned in the official registration form.
- Co-guides / co-mentors shall not be eligible for separate mentor certificates.

National Level Recognition

Projects shortlisted from the zonal rounds shall compete at the National NAVDISHA Finale during the HSAI Biennial Conference.

Awards at the national level shall be presented across all 5 thematic categories and 3 academic levels:

- Undergraduate (UG)
- Postgraduate (PG)
- Doctoral (Ph.D.)

National Awards

- Gold Award – First Prize
- Silver Award – Second Prize
- Bronze Award – Third Prize

Accordingly, the National Level may confer up to, 45 national awards (*3 prizes × 3 academic levels × 5 categories*)

In addition to medals/trophies and certificates, selected participants and mentors may also receive special recognition for innovation, social impact, interdisciplinary research, and excellence in mentorship.

9. Committees and Governance Structure

A. NAVDISHA Steering Committee

(Policy Guidance, Advisory & Strategic Oversight Body)

The NAVDISHA Steering Committee shall function as the advisory and policy-guidance body supporting the National Committee in maintaining academic quality, credibility, ethics, and long-term strategic direction.

Composition

- Eminent academicians and senior HSAI office bearers
- Representatives from academic/research organizations, where applicable
- National Convener
- Representatives from zonal leadership

Functions

- Provide strategic guidance and long-term vision for NAVDISHA.
- Support policy formulation and institutional collaborations.
- Advise on academic standards, ethics, and governance mechanisms.
- Review the overall progress and impact of NAVDISHA.
- Strengthen national visibility, outreach, and credibility of the initiative.

B. National Committee

(Highest Governing and Administrative Authority for NAVDISHA)

The National Committee shall function as the apex authority for planning, governance, implementation, coordination, monitoring, and policy decisions related to NAVDISHA across all zones and at the national level.

Composition

- National Convener
- National Co-convener
- National Organising Secretary
- National Scientific Committee Chairperson
- National Committee – Publicity & Media Coordinator
- National Committee – Hospitality Coordinator
- National Committee – IT & Technical Coordinator
- National Committee – Registration & Documentation Coordinator
- National Committee – Publication & Documentation Committee

Functions

- Provide overall leadership, direction, and administrative control for NAVDISHA.
- Finalize competition guidelines, timelines, evaluation systems, and operational protocols.
- Coordinate and monitor all zonal committees and activities.
- Ensure standardization, transparency, and quality across all zones.
- Approve budgets, schedules, communication plans, and official announcements.
- Supervise national-level publicity, documentation, publications, and branding.
- Coordinate the National Level Finals during the HSAI Biennial Conference.
- Review zonal reports, recommendations, and final results.
- Ensure smooth coordination between all committees and stakeholders.

C. National Jury & Ethics Committee

(Evaluation Governance, Ethics & Result Validation Authority)

The National Jury & Ethics Committee shall independently oversee the fairness, transparency, standardization, and ethical conduct of evaluation processes across all zonal and national rounds.

Composition

- Chairperson / Jury Coordination Officer
- Results & Tabulation Officer
- Experts nominated by the National Committee

Functions

- Finalize and standardize evaluation rubrics and judging procedures.

- Independent from participating institutions during assigned evaluation rounds.
- Identify, recommend, and coordinate judges for zonal and national rounds.
- Ensure conflict-of-interest compliance and ethical evaluation practices.
- Maintain confidentiality, transparency, and fairness in scoring.
- Verify and validate zonal and national results.
- Address grievances, discrepancies, and ethical concerns related to evaluation.
- Ensure uniformity in judging standards across all zones.

Eligibility Criteria for Judges

- Minimum Doctorate in Home Science and allied fields.
- At least 10 years of academic, research, innovation, or professional experience.

D. Zonal Organising Committees

(Regional Coordination and Execution Bodies)

Separate Zonal Organising Committees shall be constituted for the North, East, West, and South Zones for the conduct and coordination of zonal-level NAVDISHA competitions.

Composition (Each Zone)

- Zonal Convener
- Zonal Co-convener
- Zonal Registration & Documentation Coordinator
- Zonal Scientific & Technical Coordinator
- Zonal Publicity & Media Coordinator
- Staff Volunteers
- Student Volunteers

Functions

- Plan and conduct zonal-level NAVDISHA competitions.
- Coordinate with institutions and participants within the respective zone.
- Conduct orientation sessions, mentoring activities, and participant support programs.
- Scrutinize registrations and verify eligibility of participants.
- Coordinate scheduling, technical arrangements, publicity, logistics, and documentation.
- Ensure adherence to national guidelines, ethics, and timelines.
- Submit zonal reports and validated results to the National Committee.
- Facilitate smooth progression of selected projects to the National Level.

E. Institutional Research Committees

(Institution-Level Screening and Mentorship Committees)

Participating institutions may constitute Institutional Research Committees to identify, mentor, and nominate projects for NAVDISHA.

Composition

- Principal / Dean / Head of Research Committee / HoD – Chairperson
- Faculty Mentors / Research Guides
- Scholar / Student Representatives

Functions

- Identify and mentor eligible student projects.
- Conduct institutional screening and selection rounds.
- Verify originality, authenticity, and eligibility of submissions.
- Facilitate registration, documentation, and zonal participation.
- Encourage interdisciplinary participation and research culture within the institution.

Key Guidelines

- Each poster must adhere to ethical research norms; plagiarism will lead to disqualification.
- Projects with community or environmental implications must include informed consent and sustainability evidence.
- Participants must not reveal institution names during Zonal and National evaluation.
- Judges' decision will be final and binding.

- Zonal and National hosts will ensure uniform judging rubrics, display standards, and time discipline.

10. Tentative Calendar

Activity	Proposed Dates
Announcement of Competition	1st week of June
Zonal Level Workshops	14 th – 20 th June
Institutional Rounds	16 th – 31 st August
Last day for registering for Zonal Round	12 th September
Zonal Rounds	5 th – 31 st October
Declaration of Zonal Winners	1 st November
National NAVDISHA Competition	26 th November

11. Expected Outcomes

NAVDISHA will strengthen the national visibility, credibility, and relevance of Home Science education by linking student research with innovation, policy, and societal needs.

- **National Repository:** A centralized database of student-led research abstracts will document emerging innovations and serve as a reference for academia, policymakers, and industry.
- **Credibility and Recognition:** NAVDISHA will reposition Home Science as a scientific, interdisciplinary, and impact-oriented discipline, adding value to its academic and professional identity.
- **Policy and Advocacy Impact:** High-impact projects will be identified for incubation and policy uptake, enabling evidence-based contributions to government initiatives in nutrition, sustainability, livelihoods, and health.
- **Collaboration and Network Building:** The platform will create a nationwide network of young researchers and mentors, fostering cross-institutional collaboration and shared learning.
- **Scientific and Innovation Culture:** It will nurture critical inquiry, ethics, and innovation-driven thinking, strengthening research orientation at the UG, PG, and Ph.D. levels.
- **Awareness and Value Addition:** NAVDISHA will raise awareness among policymakers, educators, and the public about the contemporary significance of Home Science, reinforcing its role in national development and NEP 2020 priorities.
- **Start-ups, Commercialisation & Incubation Support:** NAVDISHA will encourage innovation-driven entrepreneurship by identifying promising ideas and facilitating opportunities for start-up development, commercialization, and a potential HSAI-led incubation support ecosystem for socially relevant and scalable innovations emerging from Home Science and allied disciplines.