



**GOVERNMENT HOME SCIENCE COLLEGE  
SECTOR-10, CHANDIGARH**

**NAAC ACCREDITED GRADE 'A'  
NIRF INDIA RANKINGS 2022 by Ministry of Education, GOI : 46th**



**3rd Cycle  
Assessment & Accreditation by NAAC  
CRITERION-III  
RESEARCH, INNOVATION, AND EXTENSIONS**



**CRITERION 3**  
**KEY INDICATOR 3.4**  
**METRIC 3.4.1**

**Extension activities are carried out in the neighborhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the last five years.**

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**Swachh Bharat Abhiyan**



**Household & Neighbourhood Cleaning at Khuda Ali Sher on 05.11.2017**

**11.08.2018**



**Cleanliness Drive  
GMSH-16, Chandigarh**

**Cleanliness Drive, Bus Stand,  
Sec-17, Chandigarh**



**13.08.2018**

**Awareness Generation in the community regarding Swachh Bharat Abhiyan**



**Contribution in Swacch Bharat Abhiyan by NSS Volunteers**



**Contribution in Swacch Bharat Abhiyan by NCC Cadets on  
22.11.2018**



**Before**

**First Prize**

**After**

**Amongst All City Colleges**

**Cleaning of Monuments by NCC Cadets on 23.11.2018**





**Tableau Display during Chandigarh Carnival on Swachhhta & Togetherness**



**Promoting Swachh Bharat Abhiyan in Chandigarh Carnival – Highly Appaluded by Mrs. Kiron Kher on 23.11.2018**

**POSHAN ABHIYAN**



**Poshan Rally at Sukhna Lake on September 28, 2018**



**World Breast Feeding Week Awareness Generation to Adolescents**



**Nukkar Natak on Importance of 1000 Days at Sukhna Lake**



**Poshan Rally at Sukhna Lake on September 28, 2018**



**A booklet entitled 'Suposhan' written by Prof. Sudha Katyal, Principal and Published by Deptt. of Social Welfare**



**State Level Workshop on Poshan Abhiyan at PGI (28.09.2018)**



**Awareness Session on Healthy Eating Practices during Poshan Abhiyan at PGIMER, Chandigarh**



**Felicitation of Nukkar Natak by Students on Healthy Eating Practices during Poshan Abhiyan at PGIMER, Chandigarh (28.09.2018)**



**Nutrition and Health Mela during Poshan Abhiyan on September 15, 2018**



**Nutrition and Health Mela during Poshan Abhiyan on September 15, 2018**

## EK BHARAT SHRESHTRA BHARAT



**Essay Writing on EBSB  
(08.03.2021)**



**NSS Volunteers Signing Gujarati  
Group Song(12.03.2021)**



**Students performing 'Gharba'  
(14.03.2021)**



**Poster making on EBSB  
(10.03.2021)**



**Showcasing movie on different cultures and poetry recitation under EBSB Campaign (24.12.2020)**



**A talk on State Maharashtra under the nation-wide campaign of 'Ek Bharat Shrestha Bharat' on 12.01.2020 by Mrs.Pallavi, Joint Secretary of Trinity Society, Sec-19 D, Chandigarh**



**Volunteers performed Garbha in order to promote the national flagship program 'Ek Bharat Shreshtha Bharat' on 17.01.2020**

**Extension Activities conducted in Adopted Village**



**Health Check-up in collaboration with Lion's Club at Khuda Ali Sher- More than 100 villagers registered**



**Awareness Generation Rally on Anaemia at Khuda Ali Sher**



**World Breast Feeding Week Celebrations with Anganwadi Workers at Kansal Village along with Fortis**



**World Breast Feeding Week Celebrations with Anganwadi Workers at Kansal Village along with Fortis**



**Awareness Generation Session on Women Entrepreneurship at Khuda Ali Sher on 26.12.2018**





**Dengue Awareness at Khuda Ali Sher**



**Demonstrating preparation of nutritious recipes to rural women from Khuda Ali Sher**



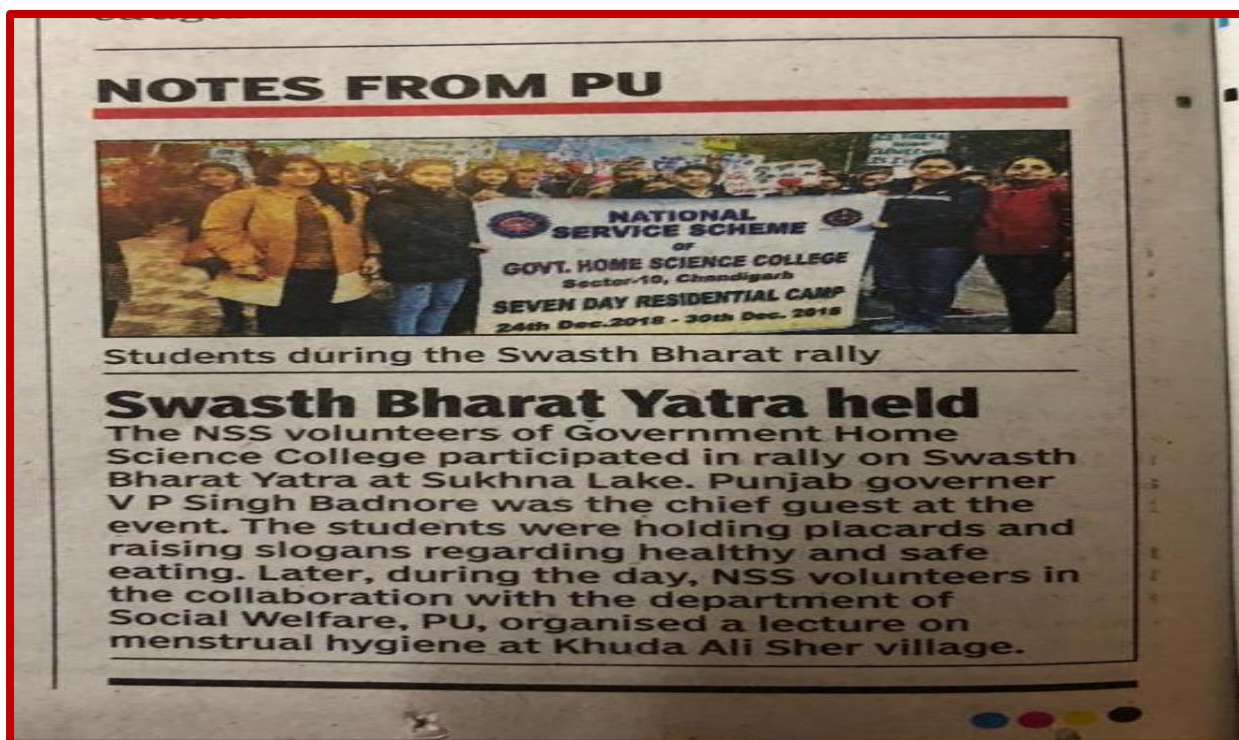
**Training of rural associate women from Khuda Ali Sher**



**NSS Volunteers creating awareness regarding cleanliness & sanitation on  
25.12.2018**



**NSS Volunteers creating awareness regarding Health, Hygiene & Nutrition on 27.12.2018**



**Media Coverage**

## नुक्कड़ नाटक से दिया स्वच्छता का संदेश

अमर उजाला ब्यूरो

चंडीगढ़। गवर्नमेंट होम साइंस कॉलेज का सात दिवसीय एनएसएस शिविर का रविवार को समापन हो गया। इस अवसर पर एनएसएस यूनिट की ओर से दत्तक गांव खुड्डा अली शेर में नुक्कड़ नाटक के जरिये स्वच्छता का संदेश दिया गया। एनएसएस प्रभारी सीमा जेटली और डॉ. नेहा शर्मा ने टीम का नेतृत्व किया।

इस अवसर पर वालंटियर्स ने आसपास के वातावरण को स्वच्छ रखने के लिए गांव के लोगों को जागरूक किया। गांव के सरपंच हुकम चंद एवं सभी स्थानीय ग्रामीणों ने विद्यार्थियों के प्रयास की सराहना की।



एनएसएस कैंप में भाग लेने वाली गवर्नमेंट होम साइंस कालेज सेक्टर-26 की छात्राएं।

हर कदम पर किसी भी तरह की सहायता प्रदान करने का आश्वासन दिया। एनएसएस वालंटियर्स ने पूरे शिविर में ग्रामीण लोगों को उनके धैर्य

और सक्रिय भागीदारी के लिए धन्यवाद किया। कॉलेज प्रिंसिपल प्रो. सुभा कत्याल ने सभी के प्रयास की सराहना की।

### Media Coverage

**Extension Activities, Social Service & Community Development  
Activities in Various Institutions**



**Sensitizing Students to Social Issues: Sharing Warmth**



**Visit to Old Age Home for Sensitizing Students towards Elderly**



**Sensitizing Students towards Orphans & Differently Aabled**



**Visit to Institute for Blind, Sector-26, Chandigarh for Sensitizing towards Differently Aabled**



**NSS volunteers participated in door-to-door Pulse Polio Distribution Drive on 01.02.2021**

**Outreach Activity for Rehabilitation of Jail Inmates  
Makeover of Rupantran- A Counselling Cell for Drug Addict Prisoners,  
Burail Jail, Chandigarh**



**Model Jail, Burail, Chandigarh**



**Nav-Srijan Prison Handmade Showroom, Sector-22 D, Chandigarh**

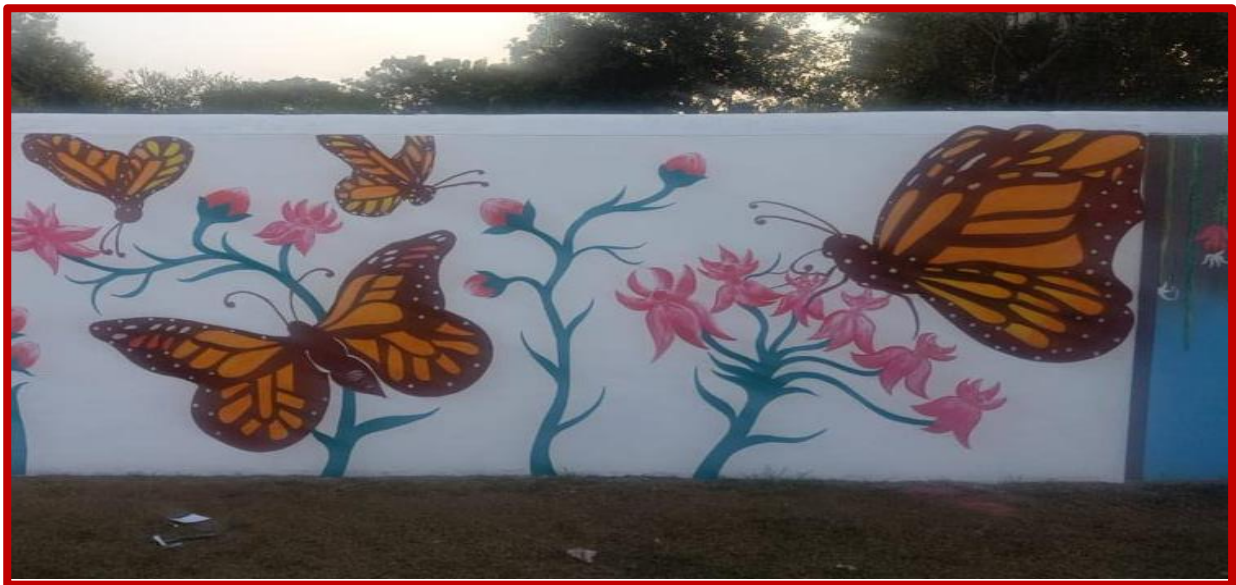




**Paintings for sale at Nav-Srijan Prison Handmade Showroom, Sector-22 D, Chandigarh**



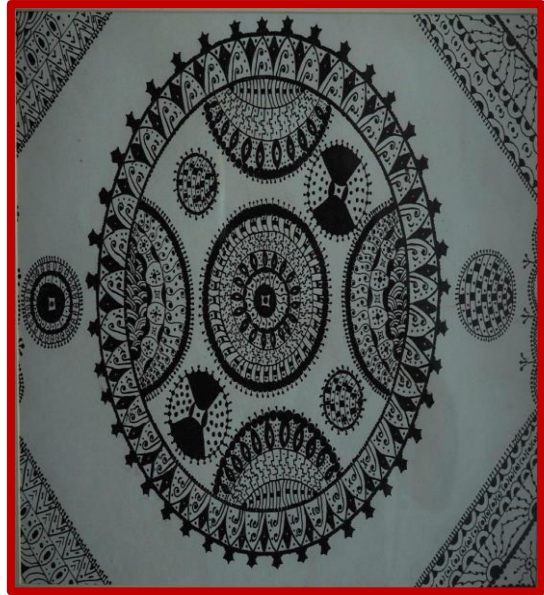
**Pots Painted By Jail Inmates**



**Graffitis/ Wall Paintings on walls of barracks**



**Graffitis/ Wall Paintings on Walls of Barracks**



**Madhubani Paintings**

# ‘बुड़ेल मॉडल जेल में हुई बायोगैस प्लांट, आर्ट गैलरी और बैरकों के नामकरण की शुरुआत’

■ प्रशासक के सलाहकार धर्मपाल ने किया योजनाओं का शुभारंभ

चंडीगढ़, 20 सितम्बर (संदीप): बुड़ेल मॉडल जेल में सोमवार को 3 योजनाओं का शुभारंभ किया गया। जेल में बायो गैस प्लांट, बैरकों का नामकरण और आर्ट गैलरी शुरू हुई। प्रशासक के सलाहकार धर्मपाल ने जेल में इन तीनों योजनाओं की विधिवत तौर से शुरुआत की। बायोगैस प्लांट शुरू होने से जेल में प्रयोग को जाने वाली एल.पी.जी. को खपत में कमी आएगी।

इसके अलावा जेल में सकारात्मक माहौल बनाने के लिए बैरकों का नामकरण महापुरुषों के नाम पर किया गया है। वहीं, कैदियों को प्रतिभा को मंच प्रदान करने के लिए पर आर्ट गैलरी शुरू की गई। इस अवसर पर गृह सचिव विठिन कुमार यादव, सैक्रेटरी कम सो.ई.ओ. क्रैस्ट देवेन्द्र दलाई, डिप्टी कमिश्नर मनदीप बरार, आई.जी. जेल ओमवीर सिंह थिरुनोई, जवाहर आई.जी. जेल विराट व अन्य अधिकारी मौजूद रहे।



बुड़ेल मॉडल जेल में आर्ट गैलरी में प्रदर्शित कैदियों की कलाकृतियों को देखते सलाहकार। . . . . . (राणा)

## आर्ट गैलरी में संजोई कैदियों द्वारा तैयार की गई कलाकृतियां

इस आर्ट गैलरी में कैदियों द्वारा तैयार की गई पेंटिंग्स और अन्य कलाकृतियों को संजोया जाएगा। इसमें 200 फ्रेम्ड पेंटिंग और 150 अनफ्रेड पेंटिंग हैं। प्रत्येक वर्ष प्रकाशित की जाने वाली जेल की पुस्तिका में भी इस कला कृतियों को स्थान दिया जाएगा। वार्षिक कलाकृतियों को तैयार करने वाले कैदियों के मनोबल को बढ़ाया जा सके। अधिकारी भी कैदियों द्वारा तैयार की गई कलाकृतियों को देख कर उनको तरौफ किए बगैर नहीं रह सके। इसके साथ ही बुड़ेल जेल के बैंड मल्हार को धुनों से भी वे मोहित हो गए।

## बायोगैस प्लांट से जेल प्रबंधन को होगा लाभ

जेल प्रबंधन की तरफ से जेल में 19 लाख 25 हजार रुपए से बायोगैस प्लांट लगाया गया है। इस प्लांट में तैयार होने वाले बायोगैस को सप्लाय सीधे तौर पर जेल की रसोई घर को दी गई है, जिससे खाना बनाना जाएगा। इस परियोजना के शुरू किए जाने से जहां एक तरफ प्रकृतिक गैस के संसाधन का संरक्षण किया जाएगा, वहीं दूसरी तरफ एल.पी.जी. को खपत में कटौती आने से जेल प्रबंधन को आर्थिक लाभ भी होगा।

## महापुरुषों के नाम पर हुआ बैरकों का नामकरण

जेल में सभी बैरक अब नंबर नहीं, महापुरुषों के नाम से जानी जाएगी। सैक्टर-10 स्थित आर्ट्स कॉलेज के छात्रों की सहायता से उन सभी महापुरुषों के वृत्त तैयार कर उस बैरक के बाहर लगाए गए हैं, जिनके नाम पर उस बैरक का नाम रखा गया है। वृत्त के नीचे ही महापुरुषों को जीवनी का वृत्त दिया गया है। इस पहल का मकसद है कैदियों के जीवन में सकारात्मक बदलाव लाना।

## Media Coverage

# Art reaches out to heal inmates of the Chandigarh Model Jail

With the activity initiated three years ago, the Buraill jail is now set to have an art gallery of its own

**Nirupama Dutt**

lettershed@hindustantimes.com

A middle-aged man tenderly holds up his folksy painting of two trees – one in full bloom and another somewhat parched – and says with a tear in his eye, "This is a painting of my wife and me." He is an undertrial in the Buraill jail since 2020 under Section 376 for rape.

A tall and smart young man, who is an undertrial in a narcotics case since 2018 shows the talent for painting tranquillity in different hues, says, "Desolate when I entered the closed walls, I have once again started thinking of a future. Painting proved to be a blessing for me."

A young girl in the last of her teens who loves the colour yellow and has been an undertrial for an attempt to murder since 2020, says, "Painting has given me fresh hope and my self-esteem has gone up. I wish to take up painting as a profession once I leave the jail."

Yet another inmate convicted for lifetime since 2017 in a murder



Jailhouse Rock: The model jail staff, led by additional DGP (prisons) Virat, and artist Seema Jaitley watching as inmates colour play.

PHOTOS SOURCED FROM KULDEEP SONI

case, says, "I find peace in the images I paint and the colours I spread out on paper."

Introducing art and painting inside the prison walls is the initiative of Virat HCS, additional IG prisons and superintendent of the jail.

"There is a relationship between artistic endeavour and psycho-social patterns. Famous artist Pablo Picasso had said art washes away from the soul the dust of everyday life. And we have seen that happen right before our eyes inside these jail walls," he says.

Virat adds that he is grateful to senior artists Roshan Ansal and Seema Jaitley for working hard to take the inmates out of depression

and desolation.

Jaitley says, "When I was deputed from the Home Science College for the prison art project, I had many doubts. A woman constable was attached to me for safety. But now I can say that my preconceptions were wrong."

Well-known photographer Kuldeep Soni, who has been documenting the project for the past three years, says, "It has been an exciting journey watching how even those convicted for murder have dealt gently with art."

The project took off gradually by first painting the walls and flower pots of the jail and then moving on to individual creative art works.

The project is to be opened



formally later this month. "The next step will be to create an art gallery in the Chandigarh Model Jail," Virat adds.

to improve it.  
**LOVE FOCUS:** Your romantic feelings may not be shared by partners today.  
**LUCKY NUMBER:** 11 **LUCKY COLOUR:** Lemon

**GEMINI**  
MAY 21-JUN 21

You're likely to receive accolades for your stellar performance at work. Finding a good mentor is on the cards, and will help you realize your academic aspirations.  
**LOVE FOCUS:** Partner will do something for you that you love.  
**LUCKY NUMBER:** 7 **LUCKY COLOUR:** Orange

**CANCER**  
JUN 22-JUL 22

Share responsibilities, if you want to make a mark in your organisation. Finding a study partner will prove advantageous. Don't be too trusting of casual acquaintances, where money is concerned.  
**LOVE FOCUS:** Curb your tendency to accuse spouse for your mistakes.  
**LUCKY NUMBER:** 8 **LUCKY COLOUR:** Dark Grey

**LOVE FOCUS:** A showdown, with spouse or lover can stress you out.  
**LUCKY NUMBER:** 2 **LUCKY COLOUR:** Baby Pink

**LIBRA**  
SEP 24-OCT 23

Buying a prime piece of farmland is indicated for those associated with farming/agriculture. You will burn your fingers, if you indulge in gossipmongering at work.  
**LOVE FOCUS:** Lovebirds will get the chance to coo together.  
**LUCKY NUMBER:** 6 **LUCKY COLOUR:** Coffee

**SCORPIO**  
OCT 24-NOV 22

A very promising day is foreseen for those in white collar jobs. Getting selected for something prestigious may become a reality for some students. Marriage of a family youngster may get solemnised.  
**LOVE FOCUS:** Keep spouse in picture for any important decision you take.  
**LUCKY NUMBER:** 9 **LUCKY COLOUR:** Chocolate

[ CALVIN AND HOBBES | BILL WATTERSON ]

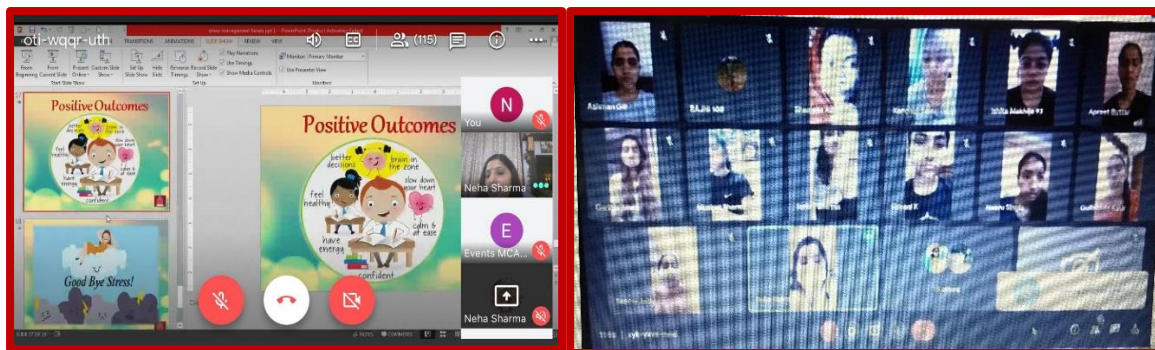


## Media Coverage

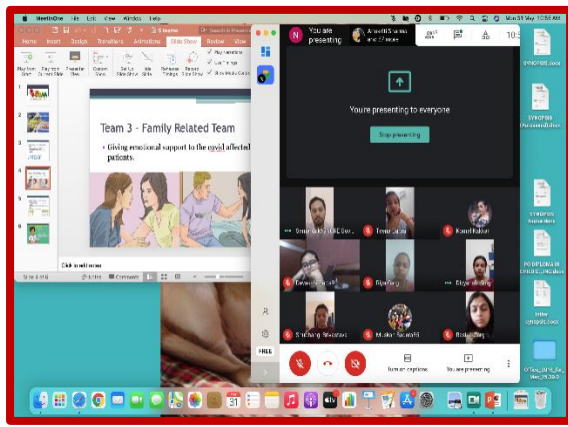
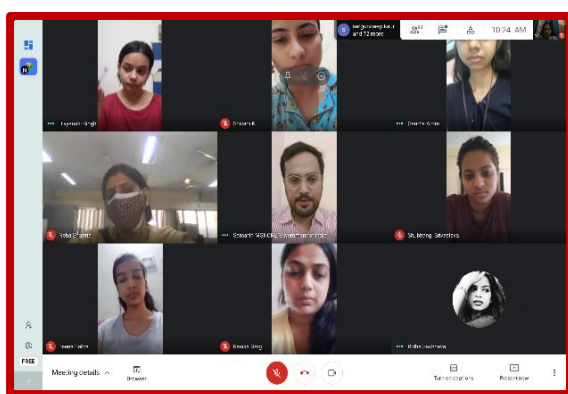
## Outreach Activities during Covid -19 Pandemic



**Free meals, distributing masks and hand sanitizers to the Covid affected families and mobilizing resources for them**



**Sensitizing students through online mode (Google Meet) to promote psycho-social counselling during COVID-19**



**Online workshop on Psycho-social Support for COVID Pandemic Condition (COVID Helper’s Skills for Student Community) in collaboration with (MGNCRE)**

**Press Coverage of the workshop**

- <https://www.manglatimes.com/online-workshop-organized-on-psycho-social-support-for-covid-pandemic-situation/>
- <https://www.cityairnews.com/content/online-workshop-organised-on-psycho-social-support-for-covid-pandemic-situation>
- <https://twitter.com/MGNCRE/status/1409959480121462786?s=19>





## Stitching PPE kits for frontline Corona warriors

**Svavlambi Warriors of Home Science Serving Humanity During  
COVID-19**

**Initiatives for Environmental Sustainability, Waste to Wealth Mission, Best Out of Waste**



**Initiatives for Environmental Sustainability- Use of Textile Waste for Making Bags (18.10.2022)**



**Initiatives for Environmental Sustainability- Use of Textile Waste for Making Bags**



**Sustainable Initiatives – Best Out of Waste  
Redundant Marble Slabs & Ceramic Sinks**



**Sustainable Initiatives – Best Out of Waste  
Broken Terracota Pots Utilized as Mini Gardens**



**Sustainable Initiatives – Best Out of Waste  
Obsolete Tyres**



**Sustainable Initiatives – Best Out of Waste  
Wooden Fruit Boxes & Empty Paint Cans**



**Sustainable Initiatives – Best Out of Waste  
Mini Gardens**

## Waste to Wealth Initiatives



**NCC Cadets conducted an awareness campaign cum demonstration drive regarding composting of kitchen waste to prepare organic compost at DainikBhaskar Colony of Sec-25-D, Chandigarh on 03.09.2019.**



**Awareness Generation regarding Waste to Wealth Initiatives**



**Waste to Wealth Initiatives- "Let's Make Our Chandigarh Single Use Plastic and E-waste Free"**





**Waste to Wealth Initiatives- "Let's Make Our Chandigarh Single Use Plastic and E-waste Free"**



**Waste to Wealth Initiatives- Waste Collection Drive under "Mission Waste to Wealth"**

## Impact of Outreach & Extension Activities



**Prof. Sudha Katyal, Principal of the college was awarded Certificate of Appreciation for Environmental Conservation, Protection & Sustainable Development by Shri Debendra Dalai, IFS, Chief Conservator of Forests & Wildlife Warden, Chandigarh Administration, Chandigarh.**



**Certificate of Recognition- GHSC-10 recognized as Beat Covid Campaign Institution**

# Award of Honour

IS PRESENTED TO

**Prof. Sudha Katyal**

**Principal, Government Home Science College,  
Sector 10, Chandigarh**

"for Exemplary Services during Pandemic in the field of  
Skill Development, Nutrition and Wellness &  
Community Service"  
on 28, Jan, 2021



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NRIs- Corporate- Govt. Interface  
www.icsiindia.in

**Principal of the college Prof. SudhaKatyal received Award of Honour  
for Exemplary Services during Pandemic in the field of Skill  
Development, Nutrition and Wellness & Community Service on  
28.01.2021.**

**VIRAT**  
HCS



**Addl. Inspector General of Prisons**  
Model Jail, Sector - 51,  
Chandigarh (UT)

No. 2513 Dated: 9/4/2021

**APPRECIATION LETTER**

I take this opportunity to express all my deep appreciation for the tremendous energy and time that you have put in by you while performing your duties in the Model Jail, Chandigarh in the field of painting. The inmates of the jail have been benefitted by your experience in the field of painting.

You acted not only as the motivating person but also as a hard working lady. I appreciate the consistent efforts put in by you and place on record my sincere thanks for your contribution for paintings in the Drug De-Addiction Centre, Female Ward and other area of the jail. I hope that you will maintain this dedication for your future assignments as well.

I wish you success in future endeavours.

*With regards,*

*Virat*  
Virat, HCS,  
Addl. I.G. Prisons,  
U.T. Chandigarh.

Mrs. Seema Jaitly,  
Asstt. Professor,  
Home Science College,  
Sector-10, Chandigarh.

**Through**  
Professor Sudha Katyal,  
Principal, Govt. Home Science College,  
Sector-10, Chandigarh.

**Mrs. Seema Jaitly received 'Letter of Appreciation' for work with Jail inmates from Additional IG Prisons, Model Jail, Burail, Chandigarh**



**Major NeelamKumari was awarded 'Letter of Appreciation' for her hard work and support during COVID-19 Pandemic**

**Extension Activities by NSS - [Link](#)**

**Extension Activities by NCC - [Link](#)**

**Extension Activities by Happiness Club, Harita, Panache Club– [Link](#)**

**SOCIETY FOR THE CARE OF THE BLIND (Regd.)**

SECTOR - 26, CHANDIGARH - 160 019  
PH. : 2791154, 2793950, 2793958, 2793951  
E-mail : blind\_institute\_chd@yahoo.com  
Website : www.instituteforblind.org



Ref. No. GEN/2022-23/73



Dated 4/8/22

Dr. Uttara  
5/8/22

To  
**THE PRINCIPAL,  
GOVT. HOME SCIENCE COLLEGE,  
SECTOR: 10, CHANDIGARH.**

Sub: **SERVICES OF A DIETICIAN.**

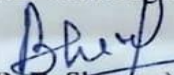
Ref: Discussion of Col. J S Bedi, Vice-President of the Society with Principal Madam on 4<sup>th</sup> August 2022 on the subject cited above.

Dear Madam,

The Society for the Care of the Blind is a registered NGO which is running 'Institute for the Blind' affiliated to CBSE N. Delhi, from Class 1<sup>st</sup> to 12<sup>th</sup> standard. The Adviser to the Administrator is Ex-Officio President of the Society.

We feel that we are not giving the desired variety and nutrition in the food that we serve to our students. We request you to kindly provide us with services of a trained dietician; who can guide us on this aspect. The person nominated is requested to contact the Secretary or Vice-President.

With warm regards,

  
( B. D. Sharma )  
SECRETARY

**Official Orders to Dr. Uttara to provide her services as a Dietician in  
Institute for Blind, Sector-26, Chandigarh**