

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

**Outreach Activities
Session :2017-18**

Sr. No.	Name of the activity	Organizing unit	Collaborating agency	Year of the activity	No. of participants
1	Awareness Rally about Anaemia in Khuda-ali-sher	NSS & Extension Education	Community (Khuda-Ali-Sher)	2017-18	28
2	Digital awareness drive	NSS & Extension Education	Community (Khuda-Ali-Sher)	2017-18	26
3	Assessment of Academic anxiety test and counselling for school students	NSS & Extension Education	Community (Students of Government Model School, Chandigarh)	2017-18	230
4	Sensitization on family planning by home science college	NSS & Extension Education	Community (Khuda-Ali-Sher)	2017-18	13
5	Vigilance week: Awareness rally organized to fight against corruption	NSS	Community (Sector- 10 Chandigarh)	2017-18	23
6	Outreach programme for capacity building for Women Beneficiaries	NSS/ Ginger Club	Community (Rural Associate Women Workers)	2017-18	58
7	Candle Light March for safe roads in collaboration with Chandigarh Traffic Police	NSS	NGO (Citizen awareness group) and Chandigarh Traffic Police Traffic Park in sector- 23.	2017-18	35
8	Tableau in Chandigarh Carnival showcasing importance of Swatchh	NSS & Chandigarh Administrati	Chandigarh Administration/ Swatchh Bharat	2017-18	32

	Bharat Abhiyan	on	Abhiyan		
9	Health checkup and awareness camp for target beneficiaries	NSS & Extension Education	Community (Khuda-Ali-Sher) Lions Club, Panchkula	2017-18	130
10	Training for the rural associate women focusing on Importance of Education for Empowerment	NSS	Community (Rural Associate Women)	2017-18	145
11	Celebration and participation in Akshay Urja Diwas	NSS & Harita	Community (Chandigarh Renewable Energy and Science and Technology (CREST) Chandigarh Administration)	2017-18	128
12	Tree Plantation Drive for Environment Sustainability	NCC	Community (Unit 1 CHD GIRLS BN)	2017-18	26
13	Sensitizing Rural Women about PCOD	NSS & Ginger Club	Industry (Fortis Healthcare, Mohali)	2017-18	50
14	Unity Walk for Sensitizing Community	NSS	Community (Chandigarh Administration)	2017-18	95

Outreach Activities Session :2017-18

1. Awareness Rally about Anaemia in Khuda-Ali-Sher (02.03.2017)

Organising unit/ agency/ collaborating agency - NSS & Extension Education

No. of participants- 28

Name of the scheme advocated and promoted- Poshan Abhiyan & Anemia Mukta Bharat

Department of Extension Education of college carried out an awareness programme in adopted village Khuda-Ali-Sher on 'Awareness about Anaemia' on 2nd March 2017. On the basis of the survey conducted, the students of B.Sc. (H.Sc.) Vth semester Dietetics stream a list of Iron rich foods was prepared. NSS Volunteers participated in spreading the information among the community people to eat food rich in Iron.



Awareness Rally at Khuda-Ali-Sher



NSS students showcasing their posters

Link of the activity- <https://homescience10.ac.in/news-events?page=15>

Media Coverage

Iron Rich Food Recipes Demonstrated to Villagers

March 2, 2017



As part of an awareness campaign on Anemia, Department of Extension Education of the college conducted a survey in adopted village Khuda-Ali-Sher about anemia. Village women were invited to participate in the programme where an interactive lecture was delivered and demonstration of various iron rich food recipes was given. A skit was performed to motivate them to get their Hb test done. Home visits were also conducted for those who were not able to come to participate. Efforts of students were appreciated by the women folk of the

village. A rally was also organized to make the villagers aware of Anemia.

Link of the news Media reports-

https://homescience10.ac.in/storage/pages/college_news_letter/News_letter_2017.pdf

2. Digital Awareness Drive (16.03.2017)

Organising unit/ agency/ collaborating agency - NSS & Extension education

No. of participants- 26

Name of the scheme advocated and promoted-Digital India movement

The department of Extension Education of Govt. Home Science College, Sector-10, Chandigarh, organized an awareness programme on March 16, 2017, in village Khuda- Ali –Sher. Principal Dr. Sudha Katiyal initiated awareness movement towards cashless society in tune with digital India movement carried out by Govt. of India. Information regarding different modes of digital payments was disseminated among the villagers like demonstration on use of ATM and mobile payment applications.



NSS volunteers show casing their posters as their Extension Activity



NSS Students taking out awareness rally at Khuda-Ali-Sher

Link of the Activity- <https://homescience10.ac.in/news-events?page=15>

Media Coverage

Link of media report- <https://www.worldwisdomnews.com/digital-awareness-drive-home-science-students/>

3. Assessment of Academic Anxiety test and Counselling for School students

Organising unit/ agency/ collaborating agency - NSS & Extension Department & Government Model School, Chandigarh

No. of participants- 230

Name of the scheme advocated and promoted-Community Development

To cutback the increasing incidences of academic anxiety related issues among school children the department of Extension Education of Govt. Home Science College took a stride to study and help students of both rural and urban schools. The NSS volunteers and students of B.Sc. Home Science Human Development and Family Relations selected two schools each from rural (Khuda Alisher) and urban (Mohali) areas. About 230 students in total of class 8th and 9th were selected for identifying their anxiety level with the help of a standard predefined test.



NSS volunteers assisting in conducting Academic Anxiety Test.



Students Academic Anxiety Test.

Link of the Activity- <https://homescience10.ac.in/news-events?page=14>

Media Coverage

Assessment of Academic anxiety test and counselling for school students by Govt. Home Science college-2017

Stress level high among students of Khuda Alisher

DP CORRESPONDENT
Chandigarh

To cut back the increasing incidences of academic anxiety-related issues among schoolchildren, the Department of Extension Education of Government Home Science College took a stride to study and help students of both rural and urban schools.

The findings highlighted that most of the students studying at Khuda Alisher School have high anxiety levels. About 230 students in the total of Classes VIII and IX were selected for identifying their anxiety level with the help of a standard pre-defined test.

The students of BSc home science human development and family relations selected two schools each from rural (Khuda Alisher) and urban (Mohali) areas. The test was conducted this month in rural and urban schools. According to test performed, students were categorised into five categories of anxiousness.

Students who fall in 'very much anxious' and 'anxious' categories were then counselled and rest of the students were given general instructions to combat such issues. The study also highlighted that stress and pressure to perform well in the class was among some reasons which made the students

Link of media report- <https://homescience10.ac.in/outreach-activities>

4. Sensitization on Family planning (18.03.2017)

Organising unit/ agency/ collaborating agency –NSS & Extension Department

No. of participants- 13

Name of the scheme advocated and promoted-Community Development

The need to sensitize rural women regarding family planning and its effect on health motivated the students of Home Science College to initiate an awareness programme regarding this issue. This evangelism was carried out in village Khuda-Ali-Sher on 18th March 2017 by Department of Extension Education. The students of B.Sc.(H.Sc.)(Interior Design and Resource Management stream) 6th semester organised various activities on the basis of observations of survey conducted by them.



NSS Volunteers showcasing their Posters as their Extension Activity

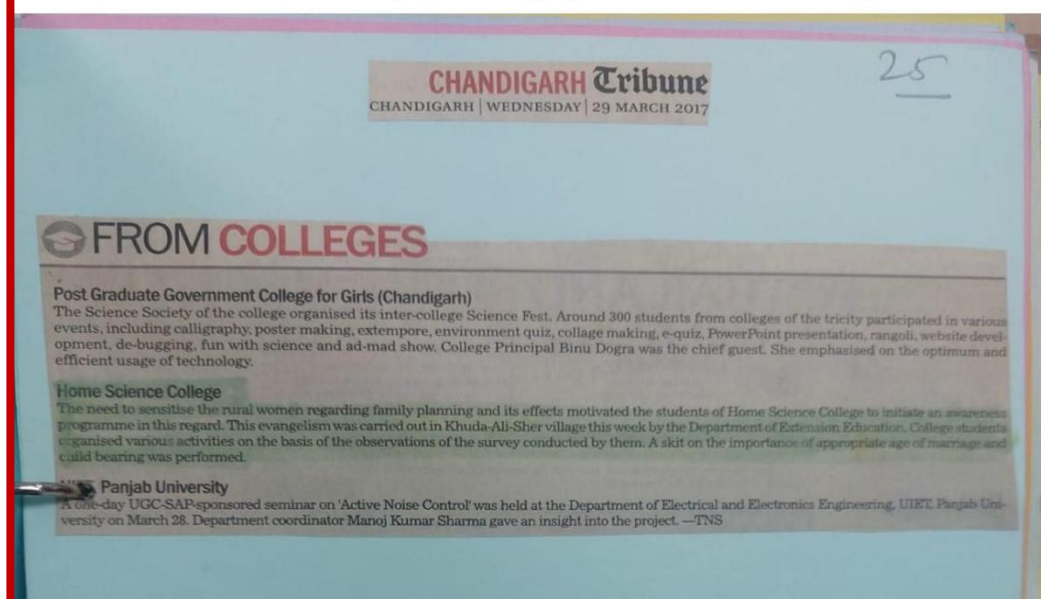


NSS Volunteers sensitize rural women regarding Family Planning

Link of the activity- <https://homescience10.ac.in/news-events?page=14>

Media Coverage

Sensitization on family planning by home science college-2017



Link of media reports- <https://homescience10.ac.in/outreach-activities>

5. Vigilance week: Awareness Rally organized on Fight Against Corruption (06.11.2017)

Organising unit/ agency/ collaborating agency -NSS

No. of participants- 23

Name of the scheme advocated and promoted-Vigilance Awareness Week

The NSS Wing organized an awareness rally as a part of Vigilance Week celebrations as a step towards fighting against corruption. The rally witnessed participation of a large number of students. The rally was flagged off by the principal of the college Prof. Sudha Katyal in the presence of the NSS incharges Ms. Chaaya and Ms. Seema Jaitley and the accompanying faculty members. The students holding banners, posters, and placards in their hands chanted slogans for generating awareness among the common masses.



NSS students showcasing their Posters



NSS volunteers taking out rally to fight against corruption

Link of the activity- <https://homescience10.ac.in/news-events?page=14>

Media Coverage

Vigilance week: Awareness rally organized to fight against corruption-2017

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सोमवार 06 Nov 2017
Page No - 04



Link of the media reports- <https://homescience10.ac.in/news-events?page=14>

6. Outreach programme for Capacity building for Women Beneficiaries

Organising unit/ agency/ collaborating agency -NSS & Ginger Club

No. of participants- 58

Name of the scheme advocated and promoted- Women Empowerment & Poshan Abhiyan

Ginger Club organized an outreach programme for capacity building of rural associate women workers in collaboration with NSS wing of the College. The session was attended by 50 rural women belonging to nearby rural areas. They were enhanced with the cooking and stitching skills.



NSS Volunteers working with Ginger club outreach programme for Capacity building of Rural Associate women workers.



Rural Associate women workers attending the seminar

Link of the activity- <https://homescience10.ac.in/news-events?page=14>

Media Coverage

»Govt. Home Science College organized an outreach programme for capacity building

Govt. Home Science College organized an outreach programme for capacity building of rural associate women workers

Ginger Club of Government Home Science College organized an outreach programme for capacity building of rural associate women workers in collaboration with NSS wing of the College. The session was attended by 50 rural women belonging to nearby rural areas along with the undergraduate, postgraduate students and faculty members of the college. During the programme, postgraduate students of the department of Foods and Nutrition demonstrated low cost nutritious recipes for rural women, which included multigrain tikki, rice balls, vegetable atta momos, Palak Dosa and healthy whole wheat flour banana cake.

An interactive session on Anemia, explaining its causes, prevention and impact on the overall health of the women along with a quiz was also organized by the students. Awareness on nutrition amongst the participants was generated through display of posters and slogans. In continuation to these multiple activities, a session on life saving skills in collaboration with Fortis Hospital Mohali was organized by a team comprising of clinical instructors, Sister Gloria and Sister Jaspreet Kaur and Meena Batta, Marketing Manager. The team demonstrated Cardio Pulmonary Resuscitation (CPR) and other Basic Life Saving (BLS) techniques necessary in case of sudden cardiac arrest. The participants actively participated and enjoyed the session.

The session was highly appreciated by the Principal of the college, Prof. Sudha Katyai. She motivated the participants to implement the learnings of the day. She also appreciated and applauded the efforts of the faculty members and students for coordinating the events successfully.



Link of the media reports-<https://homescience10.ac.in/news-events?page=13>

7. Candle Light March for Safe Roads in collaboration with Chandigarh Traffic Police (19.11.2017)

Organising unit/ agency/ collaborating agency - NSS, Citizen Awareness Group & Chandigarh Traffic Police

No. of participants- 35

Name of the scheme advocated and promoted- Road Safety/ Community Development

On the occasion of World Day of Remembrance- 2017, A Candle March was organized by a renowned NGO- 'Citizens Awareness Groups' and Chandigarh Traffic Police at Chandigarh Traffic Park in Sector- 23. The chief guest for the event, Mr. Rajeev Ambasta who is presently serving as a DSP, Chandigarh Traffic Police, South Zone, along with his wife and Chairman of the NGO, Surinder Verma were present there. More than 100 students from the college along with NSS Incharge, Seema Jaitly gave Sharadhanjali to the those victims who lost their lives in accidents.



Candle march by students for safe roads.



Candle march by students for safe roads.

Link of the activity- <https://homescience10.ac.in/news-events?page=14>

Media Coverage

Candle March for Safe Roads on World Day of Remembrance

November 19, 2017

On the occasion of World Day of Remembrance- 2017, A Candle March was organized by a renowned NGO- 'Citizens Awareness Groups' and Chandigarh Traffic Police at Chandigarh Traffic Park in sector- 23. The chief guest for the event was Mr. Rajeev Ambasta who is presently serving as a DSP, Chandigarh Traffic Police, South Zone. More than 100 students from the college along with NSS Incharge, Seema Jaitly gave Sharadhanjali to the those victims who lost their lives in accidents. Principal, Prof. Sudha Katyal highly appreciated this initiative.



Link of Media report-

https://homescience10.ac.in/storage/pages/college_news_letter/newletter_2018.pdf

8. Tableau in Chandigarh Carnival showcasing importance of Swatchh Bharat Abhiyan (24.11.2017)

Organising unit/ agency/ collaborating agency - NSS & Chandigarh Administration
No. of participants- 32

Name of the scheme advocated and promoted- Swatchh Bharat Abhiyan

The theme of the college tableaux was 'Swaachta and Togetherness.' The layout of the tableaux highlighted through various slogans not only the need for cleanliness in the city but also to inculcate it as a lifestyle of one and all. It promoted the use of 'Swachta app' for the city beautiful Chandigarh so as to push forward the ranking of the city. The colorful tableaux pre-dominated green flora and fauna of the city in which children were also depicted to be pro-active caretakers of the green environment.



Tableau showing importance of Swatchh Bharat Abhiyan at Chandigarh carnival.



Tableau showing importance of Swachh Bharat Abhiyan at Chandigarh carnival.

Link of the activity- <https://homescience10.ac.in/news-events?page=14>

Media Coverage

Float at Chandigarh Carnival 2017



November 24, 2017

The College actively participated in the Chandigarh Carnival. Theme selected for the college tableaux was **'Swacchta and Togetherness'** supporting national and state mission. The layout of the tableaux highlighted through various slogans not only the need for cleanliness in the city but also to inculcate it as a lifestyle change. It promoted the use of **'Swacchta app'** for the city beautiful Chandigarh so as to push forward the ranking of the city. The colorful tableaux predominated green flora and fauna of the city in which children were also depicted to be pro-active caretakers of the green environment. It was highly applauded by Mrs. Kiron Kher, MP from the city who appreciated the total concept.



Link of media report-

https://homescience10.ac.in/storage/pages/college_news_letter/newletter_2018.pdf

9. Health checkup and awareness camp for target beneficiaries

Organising unit/ agency/ collaborating agency - NSS & Lions Club, Panchkula

No. of participants-130

Name of the scheme advocated and promoted- Community Development

A Health Checkup Camp was organized by Department of Extension Education in collaboration with Lioness Club, Panchkula. The camp provided free health checkup for lifestyle disorders like Hypertension and Diabetes. More than 100 people got their health check up done in the camp. The Sarpanch of Khuda Ali Sher applauded the efforts put in by the students to help generate awareness about these diseases.



Students showcasing their certificates



Students conducting Health Checkup camp at Khuda Ali Sher

Link of the activity - <https://homescience10.ac.in/news-events?page=13>

Media Coverage

»Health Checkup Camp Organized By Students

A Health Checkup Camp was organized by Department of Extension Education, Government Home Science College in collaboration with Lioness Club, Panchkula. The camp provided free health checkup for lifestyle disorders like Hypertension and Diabetes. More than 100 people got their health check up done in the camp. The Sarpanch of Khuda Ali Sher applauded the efforts put in by the students to help generate awareness about these diseases. The president of lioness club further acknowledged the students and awarded them with medals and certificate of appreciation. Principal of the college, Prof. Sudha Katyal appreciated the students for their hardwork and motivated them to organize more of such extension activities and outreach programs for benefit of one and all.



Link of the media reports-

https://homescience10.ac.in/storage/pages/college_news_letter/newletter_2018.pdf

10. Training for the Rural Associate women focusing on Importance of Education for Empowerment (07.11.2017)

Organising unit/ agency/ collaborating agency -NSS

No. of participants-145

Name of the scheme advocated and promoted- Women Empowerment/Community Development

Government Home Science College organized a training program for Rural Associate Women which commenced on November 07, 2017. The concluding day of this 5 days NSS Program began with zest and zeal among the women associate workers. Mrs. Seema Jaitly, Asst. Professor, Government Home Science College, gave a demonstration on different art techniques and also demonstrated the audience on various techniques used for making decorative and household articles from waste.



NSS students giving demonstration to Rural women.

Link for the Activity- <https://homescience10.ac.in/news-events?page=14>

Media Coverage

Training for Rural Associate Women

November 7, 2017

The college organized a seven day training program for Rural Associate Women. The women were apprised of various aspects in home science that can help them lead better lives. The valedictory function was held on the last day. Prizes were distributed to talented Rural Associate Women Workers by the Principal of the college.



Rural associate women sharing their experiences of training program with the Principal

Link for the media report-

https://homescience10.ac.in/storage/pages/college_news_letter/newletter_2018.pdf

11. Celebration and participation in Akshay Urja Diwas (18.08.2017)

Organising unit/ agency/ collaborating agency - NSS, Harita & CREST

No. of participants-128

Name of the scheme advocated and promoted- Van Mahotsav & Environment Sustainability

"Harita" the environment society of Govt. Home Science College, Sec-10, Chandigarh celebrated Akshay Urja Diwas (in collaboration with CREST, Chd. Admn.) on August 18, 2017. Various Inter-college competitions viz. Poster making, Slogan writing and Eco-rangoli were held to celebrate Akshay Urja Diwas. About 15 institutions/colleges with almost 128 students participated in the competitions.



Students of GHSC-10 and various other colleges participating in Akshay Urja Diwas



Initiation of ceremony by tree plantation

Link of the Activity- <https://homescience10.ac.in/news-events?page=14>

Media Coverage

CREST Grants Rs. 9800 to Celebrate Akshay Urja Diwas

August 18, 2017

“Harita” the environment society celebrated Akshay Urja Diwas in collaboration with CREST, Chd. Admn. For which a grant amounting to Rs. 9800 was released by Department of Science and Technology, Chandigarh. About 15 colleges participated in various Inter-college competitions viz. Poster making, Slogan writing and Eco-rangoli were held. About 250 students participated in these competitions. On the concluding day of environment week, Van Mahotsava was celebrated by the college staff and students. 140 saplings of ornamental plants like Bottle plam, Fish tail palm, Plumeria, Murraya, Bougainvillea etc were planted during the week



Chief Guest Shri Rakesh Kumar Popli, PCS,
Director Higher Education Planting a Sapling of Plumeria rubra

6 Volume 3- Issue 1- Year 2018

Link of the media report- <https://homescience10.ac.in/outreach-activities>

12. Tree Plantation Drive for Environment Sustainability (26.07.2017)

Organising unit/ agency/ collaborating agency -NCC

No. of participants-26

Name of the scheme advocated and promoted-Van Mahotsav

In view to support Government's initiative to plant more trees, Tree Plantation Drive was organized on 26th July, 2017 at Home Science College sector-10 Chandigarh in collaboration with NCC Unit. The students actively participated in the event and more than 40 saplings which were provided by the NCC Unit 1 CHD GIRLS BN were planted in the college campus. The cadets participated in the drive enthusiastically and helped each other in planting the saplings. The cadets along with the also took an oath to look after the planted saplings, plant more and more trees and encourage others to do the same.





NCC students participated in Tree Plantation Drive

Link of the Activity-

[extension://efaidnbmnnnibpcajpcgglefindmkaj/https://homescience10.ac.in/storage/pages/NCC/Reports/NCC%20REPORT%202017-18.pdf](https://efaidnbmnnnibpcajpcgglefindmkaj/https://homescience10.ac.in/storage/pages/NCC/Reports/NCC%20REPORT%202017-18.pdf)

Media Coverage




NCC REPORT 2017-18

Tree Plantation Drive

26 July 2017

In view to support Government's initiative to plant more trees, Tree Plantation Drive was organized on 26th July, 2017 at Home Science College sector-10 Chandigarh in collaboration with NCC Unit. The students actively participated in the event and more than 40 saplings which were provided by the NCC Unit ***1 CHD GIRLS BN*** were planted in the college campus. The cadets participated in the drive enthusiastically and helped each other in planting the saplings. The cadets along with the also took an oath to look after the planted saplings, plant more and more trees and encourage others to do the same. Some of the students also shared their experiences and shared their joy with others. Such little steps taken together by will surely help in fostering strong mental and social health amongst today's youth.



Tree Plantation Drive

Link of the media report-

https://homescience10.ac.in/storage/pages/college_news_letter/newletter_2018.pdf

13. Sensitizing Rural Women about PCOD

Organising unit/ agency/ collaborating agency – NSS & Ginger Club

No. of participants-50

Name of the scheme advocated and promoted-Community Development & Women Empowerment

Govt. Home Science College organized Interactive session on "PCOD, Obesity and Endocrinological Disorders" The 'Ginger Club' of Department of Foods and Nutrition and NSS students Government Home Science College, Sector-10, Chandigarh in collaboration with Fortis Healthcare, Mohali organized an interactive session on "Polycystic Ovarian Disorder, Obesity and Endocrinological disorders amongst adolescents" by an expert endocrinologist, Dr. Gagan Priya, today



Sensitising Rural women about PCOD and other endocrinological disorders

Link for the activity- <https://homescience10.ac.in/news-events?page=14>

Media Coverage

»Govt. Home Science College organized Interactive session on "PCOD

Govt. Home Science College organized Interactive session on "PCOD, Obesity and Endocrinological Disorders"

The 'Ginger Club' of Department of Foods and Nutrition, Government Home Science College, Sector-10, Chandigarh in collaboration with Fortis Healthcare, Mohali organized an interactive session on "Polycystic Ovarian Disorder, Obesity and Endocrinological disorders amongst adolescents" by an expert endocrinologist, Dr. Gagan Priya, today. The session was inaugurated by Prof. Sudha Katyal, Principal, Government Home Science College, Sector 10, Chandigarh. Nearly 75 undergraduate and postgraduate students from department of Foods and Nutrition along with the faculty members attended the seminar. The session was also attended by around 50 rural women belonging to nearby rural areas. Dr. Gagan Priya, emphasized on increasing endocrinological disorders amongst women, since they often ignore their own health and are more subjected to hectic schedules, unhealthy eating habits, poor sleep pattern and more stress. She talked about high prevalence of Diabetes, Polycystic ovarian syndrome and obesity and the interrelation between them. She recommended that prevention can reduce the risk of diabetes and its associated problems like hypertension, cardiac disease, mortality, stroke and kidney diseases. The participants were informed about the role of physical activity and lifestyle modification to prevent the occurrence of these disorders. All the participants enthusiastically interacted in the session and cleared their doubts. The session was very informative and was thoroughly enjoyed by the participants. Prof. Sudha Katyal, Principal, Government Home Science College, Sector 10, Chandigarh, appreciated and applauded the efforts of the department in upgrading the existing knowledge base of the students and faculty.



Link for the media report-

https://homescience10.ac.in/storage/pages/college_news_letter/newletter_2018.pdf

14. Unity Walk for Sensitizing Community (31.10.2017)

Organising unit/ agency/ collaborating agency - NSS

No. of participants-95

Name of the scheme advocated and promoted-Community Sensitization

A unity walk was organised by NSS volunteers on Oct 31, 2017 in collaboration with Chandigarh Administration at Sukhana Lake. Run for Unity is held every year to commemorate the birth anniversary of Sardar Vallabhbhai Patel. The Indian government first introduced the day in 2014 to pay tribute & mark the immense contributions of Sardar Vallabhbhai Patel on his birth anniversary.



NSS students Participated in the Unity Walk

Link for the activity-

<https://homescience10.ac.in/storage/pages/nss/Reports/NSS%20ACTIVITY%20REPORT%202017-18.pdf>

Media Coverage

Unity Walk

A unity walk was organised by NSS volunteers on Oct 31, 2017 at Government Home Science College, Chandigarh in collaboration with Chandigarh Administration at Sukhana Lake. Run for Unity is held every year to commemorate the birth anniversary of Sardar Vallabhbhai Patel. The Indian government first introduced the day in 2014 to pay tribute & mark the immense contributions of Sardar Vallabhbhai Patel on his birth anniversary.



Link for the media report-

<https://homescience10.ac.in/storage/pages/nss/Reports/NSS%20ACTIVITY%20REPORT%202017-18.pdf>