



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

NAAC ACCREDITED GRADE 'A'

NIRF INDIA RANKINGS 2022 by Ministry of Education, GOI : 46th



INTERNATIONAL YEAR OF MILLETS

2023



Millet ranks as the sixth most important cereal grain in the world today, sustaining more than one-third of the world's population. In commemoration of International Year of Millets and to create awareness about the goodness of millet, the following activities were undertaken in Government Home Science College, Sector-10 Chandigarh.

INDEX

SR. NO.	Event	Topic	Date	PAGE NUMBER
1.	Awareness	Millets	17.12.22	2-5
		Home Science College Kick Starts Celebration Of Poshan Pakhwada	24.03.22	
		Swavavlamban Mela	21.09.21	
2.	Competition	Millets	02.04.22	6-9
		Millet Based Snacks Competition By Nitter	06.09.22	
		Magical Millets	19.09.22	
3.	Preparation and Selling of the Healthy Recipe	Nutritious Snacks	05.09.22	10-15
		Nutritious Millet Based Pao Bhaji	14.09.22	
		Millet Papdi Chaat Stall	15.09.22	
		Healthy Street Food	20.09.22	
		Healthy Nutritive Recipe	22.09.22	
4.	Webinar/ Demonstration	Millets	01.04.22	16-22
		Millet Based Recipe	02.09.01	
		Healthy Recipe	29.09.21	
		Millet Based Recipes	02.09.21	
		Nutritious Low Cost Recipe On Millets	25.03.22	
		Use Of Millets Advocated	30.03.22	
5.	Workshop	Fight To Eat Right	01.10.21	23-24

AWARENESS **PROGRAMME**

AWARENESS GENERATION SESSION ON MILLETS AT GHSC -10 **17.12.22**

Government Home Science College in collaboration with Nivedita Charitable Trust, PGI organised an Awareness Generation Session on the use and importance of millets. **Ms. Meenakshi Agnihotri**, founder member **Nivedita Charitable Trust**, PGI addressed the audience about the mission of the **Aahar Kranti Project**. A small video was shown about the need to incorporate millets in our daily diets to bring about diversity to curb the onset of non communicable diseases. They urged everyone to join hands to help spread awareness of importance of millets. Principal, **Prof Sudha Katyal** was felicitated by the team for her constant support and help in the Aahar Kranti Mission.



HOME SCIENCE COLLEGE KICK STARTS CELEBRATION OF POSHAN PAKHWADA 24.03.22

Home Science college kick started celebration of **Poshan Pakhwada** by organising a talk on the Importance of good nutrition to achieve milestones of development for parents of Chaitanya Nursery School. Emphasis was laid on inclusion of millets in the diet of young children. Easy yet cost effective nutritive recipes were shared and Height and weight of children were also measured. Principal , **Prof. Sudha Katyal** encouraged the parents to include millets in various interesting forms in children's diet to make eating a fun yet healthy activity for children. Activities to enhance holistic development were also demonstrated and concerns of parents regarding nutrition were addressed.



SWAVAVLAMBAN MELA AT HOME SCIENCE COLLEGE 21.09.21

In sync with Government's initiative of **Atam Nirbhar Bharat**, Government Home Science College organized a one- day **Swavavlamban Mela** in the college campus. The mission of this exhibit was to earn while you learn. Home Scientists as young entrepreneurs showcased their skills and talents by putting up a plethora of innovative items in a large number of stalls. **Dr. Palika Arora**, Director Higher Education, PCS, Chandigarh Administration was the Chief guest for the event. She inaugurated the Swavavlamban Window and kick started the Mela. The major attractions of the event ranged from skin friendly organic dyed scarves and dupattas; Cosmetics (soaps, perfumes, rose water, hand sanitizers), nutritious munches including millet based innovative recipes, satvik traditional recipes, macrame decorations, home decors, puppets and cradle toys and Therapeutic diet services launched by budding entrepreneurs. The chief guest highly appreciated the efforts of all students and their creativity. **Ms Navjot Kaur**, Director, Social Welfare was the Guest Of Honor of the event. She also applauded the innovative ideas of the students. The deputy director of the Social Welfare department also joined the event. The Swavavlamban Mela was sponsored by SBI Bank and SIDBI. **Mr. Rakesh Sharma**, Regional Manager, SBI, also joined the function and motivated the students to bring forward the best of their abilities and creativity. A huge footfall was witnessed during the mela while observing all the COVID norms and safety regulations. It was a day filled with fun, innovation and creativity.

Prof. Sudha Katyal, Principal, congratulated the students for putting up a great show and showcasing their skills and expertise. The students truly earned while they learned. The principal further applauded the efforts of all faculty members and appreciated the team effort put in to make the event a huge success.



COMPETITION

ACTIVITY

COOKERY COMPETITION ON MILLETS ORGANISED AT HOME SCIENCE COLLEGE 02.04.22

Government Home Science College in collaboration with **Aahar Kranti** (Nivedita Charitable Trust) organised a **cookery competition** on the campus today to promote the use of millets. An online slogan writing competition on the same theme was also organised.

More than 50 undergraduate and post-graduate students participated in the competition. Exotic and innovative recipes such as ragi millets pizza, bajra discs, ragi pancakes, harre bharra fritters were prepared. Larfgeet was awarded first prize for her innovative Raagi- fitters. Prabhjot, Anupreet and Parnamika were awarded the second prize for their delicious Pan-Cake Raagi chocolate, Nachni Ladoo and chulai ladoo respectively. The third prize was given to Rashmita and Garima for their nutritious Millet Samosa and Coconut Ragi Pudding. Consolation prizes were also given to boost the enthusiasm of the participants.

Dr. Virender Garg, MD (Radiology), OSD to President, PGIMER, Chandigarh was the chief guest of the event. Dr. Garg is also the Chief Patron of Aahar Kranti project, with a mission to promote the use of wonder grains- millets. The principal of the college, **Prof. Sudha Katyal**, was also one of the judges for the event. She congratulated the students for coming up with innovative and nutritious recipes using the grains of tomorrow- millets.



HOME SCIENCE STUDENTS SHINE IN MILLET BASED SNACKS COMPETITION BY NITTTR 06.09.22

Graduate and post graduate students of Home Science College participated in the **National Level Cookery Competition organised by NITTTR**, Sector 26, as part of the ongoing celebrations of **Poshan Maah** and to commemorate the **International Year of Millets -2023**. Surbhi of Bsc.Dietitics Fifth semester won first prize in the sweet category with her dish ragi modak. The first prize in the savoury category was also bagged by a student of the college, Aanchal of Msc Foods and Nutrition for her Bajra Papdi Chaat. Stuti of Msc Foods and Nutrition bagged the third prize in the sweet category for Ragi Barfi whereas Surbhi was awarded another prize for her Millet Pizza in the savoury category.

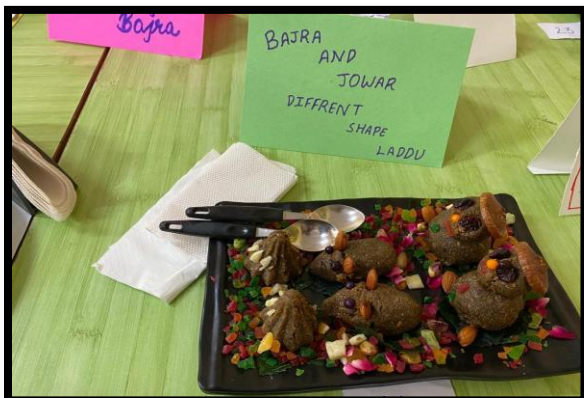
Faculty of the college **Dr. Namrata Sethi** was the resource person for the workshop and delivered an engaging session on importance of millets. Principal of the college, **Prof Sudha Katyal** congratulated the prize winners and applauded the efforts put in by the staff and students.



COOKERY COMPETITION ON MAGICAL MILLETS AT GHSC - 10 19.09.22

To promote the use of millets and their consumption in our daily diets, Government Home Science College organised a cookery competition using millets as the main ingredient as part of the **Poshan Maah celebrations**. A wide array of more than 40 delectable and innovative recipes were prepared by the students ranging from Mexican millet cups to Bajra Panjiri, Sanwa kheer and Jowar laddoo.

Prizes were awarded on the basis of innovation, taste, nutritive value and display. Three consolation prizes were awarded to Larfgeet of Msc Foods and Nutrition, Rianshu of Msc Foods and Nutrition and Anjali of Bsc Dietitics for their preparations of bajra cutlets, sanwa kheer and barnyard pudding. The first three prizes were all bagged by the Bsc Home Science first semester students. Saumya won the first prize for her Ragi gingerbread house, Harjyot for Millets Laddoo and Ishita won the first prize for Millet Panjiri. Principal Prof. **Sudha Katyal**, congratulated all the prize winners and encouraged them to incorporate millets in innovative ways in their daily diets.



PREPARATION AND
SELLING OF THE
HEALTHY RECIPE

SALE OF NUTRITIOUS SNACKS AT HOME SCIENCE COLLEGE 05.09.22

The final year students of Dietetics Department put up a stall on the college campus today as part of the ongoing celebrations of **Poshan Maah**. This activity will be conducted throughout the month wherein students will be given an opportunity to exhibit their creative skills. Furthermore, It will also instill an entrepreneurial spirit in them through sale, display and exhibit of nutritious snacks. The snack for today was a modified version of the traditional dish - "Litti Chokha" made nutritious by **incorporating millets**. The dish was enjoyed by one and all and a large footfall was also witnessed. Principal of the college, Prof. **Sudha Katyal** encouraged the students to come up with more interesting and nutritious snacks close to our tradition to instill healthy eating habits.



NUTRITIOUS MILLET BASED PAO BHAJI PREPARED AT HOME SCIENCE COLLEGE 14.09.22

Government Home Science College is observing **Poshan Maah** in the month of September. Keeping up with the theme of nutritious and healthy eating especially amongst children, the Bsc students of the college today prepared and sold millet based pao bhaji. The incorporation of millets not just increased the nutritional content but also enhanced the taste. The importance of eating millets was also advocated as we go on to celebrate the **International Year of Millets in 2023**. The stall saw a brisk sale. Principal of the college **Prof. Sudha Katyal** encouraged the students to develop more such recipes to help include millets in our daily recipes.



MILLET PAPDI CHAAT STALL A HIT AT HOME SCIENCE COLLEGE 15.09.22

The B.Sc. Dietetics students of Department of Food and Nutrition today prepared **healthy papdi chaat using ragi millet**. This month long activity of preparation and sale of nutritious snacks on the campus during **Poshan Maah** aims to generate awareness on commonly consumed recipes that can be made more healthier by incorporating millets and other important nutrients. The stall got a great response from all staff and students of the college. Principal of the college, **Prof. Sudha Katyal** motivated the students to come up with more innovative recipes and inculcate healthy eating habits



PREPARATION AND SALE OF HEALTHY STREET FOOD AT GHSC-10 20.09.22

The students of B. Sc. Dietitics today prepared a healthier version of a popularly consumed street food - **Aloo Tikki Chaat** and sold it on the campus. The aloo tikki was made nutritious by adding vegetables in it and binding it with millet flour. Beetroot and sprouts were used for garnishing as well. The dish was thoroughly enjoyed by the staff and students of the college. **Prof. Sudha Katyal**, Principal of the college urged the students to keep spreading the message of healthy eating by making more such nutritious recipes.



HEALTHY NUTRITIVE RECIPE PREPARED AND SOLD AT GHSC-10 22.09.22

As a part of the ongoing celebrations of **Poshan Maah**, the students of Dietitics prepared and sold nutritious commonly consumed recipes by adding millets and other healthy ingredients for the whole month of September. **Healthy Macaroni** was sold on the campus today. It was thoroughly enjoyed by all the staff and students and a huge footfall was experienced. Principal of the college, **Prof Sudha Katyal** encouraged the students and applauded them for their month long efforts in spreading the message of healthy eating as well as earning while learning.



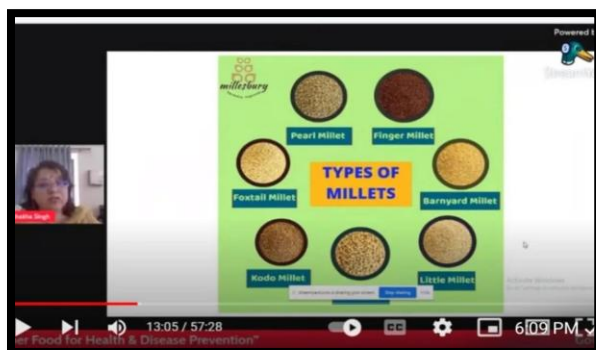
WEBINAR/ **DEMONSTRATION**

WEBINAR ON MILLETS AT HOME SCIENCE COLLEGE 01.04.22

Government Home Science College organised a **webinar on Millets**- the wonder grains and a live demo for the preparation of thepla using sorghum. The resource person for the webinar was **Dr. Vishakha Singh, Associate Professor, College of Community and Applied Sciences, Maharana Pratap University of Agriculture and Technology, Udaipur, Rajasthan**. She highlighted the importance of millets and their clinical significance in the diet. She also significantly foregrounded how millets help in boosting our immune system and fight diseases by increasing the nutritional component in our bodies.

The students as well as faculty members enthusiastically participated in the webinar and raised pertinent questions pertaining to the usage of millets in our dietary habits. Moreover, around 40 students of Undergraduate and Diploma classes from Chandigarh Institute of Hotel Management, Sector-42 also attended the webinar. The resource person cited multiple examples from our daily eating habits to answer the queries of the various stakeholders.

The principal of the college, **Prof. Sudha Katyal**, encouraged the participants of the webinar to inculcate millets in their diets to avail their nutritional benefits.



DEMONSTRATION OF MILLET BASED RECIPES AT HOME SCIENCE COLLEGE 02.09.21

On the second day of the ongoing **Poshan Maah** celebrations, students of Department of Foods and Nutrition conducted an online demo on millet based recipes using locally available ingredients in sync with the theme of Poshan Maah 'Converging towards a healthy walk through life'. Shraddha Duggal of M.Sc. third semester demonstrated commonly consumed recipes such as appam/paniyaram and a healthy beverage - Bajra Raab using jowar, bajra and ragi. She also discussed the health benefits of incorporating millets in the daily diet.

Principal Prof **Sudha Katyal** encouraged the viewers to incorporate locally available millets in the diet to avail their health benefits and prevent onset of chronic diseases.



DEMONSTRATION OF HEALTHY RECIPES AND AWARENESS SESSION ON NUTRITION EDUCATION DELIVERED AT HOME SCIENCE COLLEGE 29.09.21

In sync with the mission of **Poshan Maah**, Government Home Science College organized an awareness session on Nutrition education. The session was based on significance of consuming a healthy, nutritious, well- balanced diverse diet.

Anupreet Kaur Sobti, M.Sc Foods and Nutrition- 3rd Sem and **Agrim Nagra**, M.Sc Foods and Nutrition- 1st Sem, addressed the audience. More than 30 students addended the session. They demonstrated various procedures for detecting food adulterants from the common food products. They highlighted the importance of consuming hygienic food. A number of recipes were demonstrated as healthy snacking options for college going students and further highlighted the importance of consuming millets over refined flours. The concepts of portion size, serving size and importance of timely consumption of food was also explained to the audience.

Principal of the college, **Prof. Sudha Katyal**, highly appreciated the efforts of the students of the Department of Foods and Nutrition for generating awareness amongst the masses and bringing into limelight the theme for this Poshan Maah.



DEMONSTRATION OF MILLET BASED RECIPES AT HOME SCIENCE COLLEGE 02.09.21

On the second day of the ongoing **Poshan Maah** celebrations, students of Department of Foods and Nutrition conducted an online demo on millet based recipes using locally available ingredients in sync with the theme of Poshan Maah 'Converging towards a healthy walk through life'.

Shraddha Duggal of M.Sc. third semester demonstrated commonly consumed recipes such as appam/paniyaram and a healthy beverage - Bajra Raab using jowar, bajra and ragi. She also discussed the health benefits of incorporating millets in the daily diet.

Principal **Prof Sudha Katyal** encouraged the viewers to incorporate locally available millets in the diet to avail their health benefits and prevent onset of chronic diseases.



DEMONSTRATION OF NUTRITIOUS LOW-COST RECIPES ON MILLETS AT HOME SCIENCE COLLEGE 25.03.22

As part of the ongoing celebrations of **Poshan Pakhwada**, Government Home Science College organised a demonstration on low-cost nutritious recipes using millets as the core ingredient.

The demonstration was conducted for parents of Chaitanya Nursery School. About 50 parents attended the event. They were apprised of the nutritive value and significance of using millets in the diet. Efforts were made through live demonstration to include all millets such as sorghum, bajra, ragi in commonly consumed recipes such as dal kachori, sprout chaat, curd sandwich and mixed salad.

The principal of the college, **Prof. Sudha Katyal**, encouraged the use of millets in the diet as they are wonder foods. She emphasized on the need to include millets as part and parcel of our daily lives for their nutritional values.



USE OF MILLETS ADVOCATED AT HOME SCIENCE COLLEGE

30.03.22

In sync with the ongoing **Poshan Pakhwada** celebrations and 2023 being the **International Year of Millets**, Home Science College in collaboration with Aahar Kranti (Nivedita Charitable Trust) organised a live demonstration and talk on the health benefits of millets and efforts to include them in the daily diets of the masses at large.

The demonstration was conducted for the students of the college wherein they were appraised of the nutritional content and simple ways in which millets can be supplemented and included in our daily diet. The live demonstration included the preparation of idli and upma using sorghum and ragi.

The principal of the college, **Prof. Sudha Katyal** emphasized the need to include these wonder grains as part and parcel of our everyday eating habits.

WORKSHOP

NATIONAL WORKSHOP ON 'FIGHT TO EAT RIGHT' HELD AT HOME SCIENCE COLLEGE 01.10.21

In sync with the aim of **Poshan Abhiyaan** to promote healthy and nutritious eating amongst all the age groups right from the beginning, a virtual National Workshop was organized on the theme 'Fight to Eat Right' at Home Science College.

The first speaker for the workshop **Dt. Yashna Bawa**, Dietitian and Asst. Professor, Sanatan Dharma College, Ambala Cantt., Haryana; highlighted the importance of consuming traditional meals and to innovatively modify the regular recipes to healthy well-balanced meals. The second speaker for the workshop **Dt. Navdeep**, dietician and lifestyle coach; emphasized upon the importance of involving kids in decision making while buying groceries and simultaneously discussing the health benefits of home-made food. She primarily focused on child nutrition and discussed how easily the children can get used to eating nutritious home-made food and further added that mothers' must not ignore their own bodies and take equal care as they do for other members of the family. The third speaker of the workshop **Anupreet Kaur Sobti**, Nutritionist and Founder of Dietaura, brought into limelight the significance of gut health and its association with overall health. She discussed the two-plate approach of eating quantified diet and further added the necessity to break the vicious diet cycle amongst the adolescents. The workshop was well coordinated by **Maj. Neelam Kumari**. More than 50 participants attended the session.

Principal of the college, **Prof. Sudha Katyal**, appreciated the insights shared by the speakers and further motivated the audience to promote traditional eating behaviour highlighting the importance of millets in Indian diet.

