

1. Summary of Rashtriya Poshan Maah 2021

1.1 Involvement of Leaders in various events during the month

Sl. No.	Dated	Event	Name of Leader/s	Narration
1	31.09.2021	INTERACTIVE SESSION/TALK ON HEALTH AND WELLNESS	Principal Prof Sudha Katyal	The session was conducted by culinary specialist and nutritionist Vinni Bhatia from Nestle. She informed the audience about importance of food in one's life and the various micro and the macro nutrients it contains
2	1.09.2021	CYCLE RALLY	Principal Prof Sudha Katyal	Poshan Abhiyaan celebrations, a multi ministerial convergence mission aimed at realising the Hon. Prime Ministers vision of 'Suposhit Bharat' were kickstarted today at Home Science College with a cycle rally.
3	2.09.2021	DEMO ON MILLET BASED RECIPES	Principal Prof Sudha Katyal	Demonstrated commonly consumed recipes such as appam/paniyaram and a healthy beverage - Bajra Raab using jowar, bajra and ragi
4	3.09.2021	DEMONSTRATION OF MILLET BASED RECIPES	Principal Prof Sudha Katyal	Demonstration on low cost millet based recipes using locally available ingredient 'Barnyard millet and Ragi' in sync with the theme of Poshan Maah 'Converging towards a healthy walk through life'
5	4.09.2021	DEMONSTRATION SESSION ON HEALTHY BOTTLE-GOURD ICECREAM AND CAKE	Principal Prof Sudha Katyal	Veggies in every bite Keep u healthy and bright
6	4.09.2021	QUIZ ON NUTRITION AWARENESS	Principal Prof Sudha Katyal	Quiz on Nutrition Awareness is organised under the ongoing celebration of Poshanmaah 2021 along with Azadi ka Amrit Mahotsav - India@75 & Fit India
7	5.09.2021	DEMONSTRATION	Principal Prof Sudha	Poshan Maah

		OF HEALTHY ICECREAMS AND CAKE MAKING	Katyal	celebrations, demonstration cum workshop was conducted on bottle gourd ice cream and cake making in line with the theme of Poshan Maah 'Converging towards a healthy walk through life'.
8	6.09.2021	POSTER MAKING COMPETITION	Principal Prof Sudha Katyal	Under the ongoing celebration of Poshanmaah 2021, we are organizing poster competition on the theme "Feeding smart right from the start"
9	8.09.2021	WEBINARS ON "IDENTIFICATION AND TRACKING OF CHILDREN WITH SEVERE ACUTE MALNUTRITION (SAM)	Principal Prof Sudha Katyal	Highlights of the webinar included signs and symptoms of tracking malnutrition amongst children as well as importance of maintaining menstrual hygiene for adolescent girls.
10	9.09.2021	WEBINAR ON MENSTRUAL HYGIENE AND IMPORTANCE OF NUTRITION	Principal Prof Sudha Katyal	Importance of maintaining menstrual hygiene for adolescent girls.
11	10.09.2021	WEBINAR ON GOOD NUTRITION	Principal Prof Sudha Katyal	"Good Nutrition - Need of the Hour ".The webinar was conducted in collaboration with Fortis Hospital, Mohali.
12	11.09.2021	ROLE OF HERBS DURING PREGNANCY ADVOCATED	Principal Prof Sudha Katyal	To help spread awareness on healthy eating and nutrition during the month of Poshan Maah, the post graduate students of Home Science College conducted a webinar on the importance of incorporating Indian herbs in the diet especially during pregnancy.
13	12.09.2021	HEALTHY MAGGIE SNACK RECIPE FOR PRESCHOOLERS	Principal Prof Sudha Katyal	In line with the series of activities going on in Nutrition Month, our college is organising a Healthy Snack Making contest for preschool children in collaboration with Nestle.

14	13.09.2021	SLOGAN WRITING COMPETITION ON NUTRITIONAL HABITS	Principal Prof Sudha Katyal	As part of the ongoing celebrations of Poshan Maah, the NSS wing of Home Science College organised a slogan writing competition on the theme " Feeding smart right from start".
15	14.09.2021	T SHIRT PAINTING COMPETITION	Principal Prof Sudha Katyal	Students have participated in T shirt painting competition to generate awareness.
16	15.09.2021	A VIRTUAL VISIT TO COLLEGE HERBAL GARDEN	Principal Prof Sudha Katyal	Virtual tour of the college herbal garden.
17	16.09.2021	AWARENESS GENERATION SESSION ON ANEMIA	Principal Prof Sudha Katyal	To generate awareness about anemia - a growing public health concern, a workshop was organised at Government Home Science College to educate adolescent girls about this growing menace.
18	18.09.2021	POETRY RECITATION COMPETITION	Principal Prof Sudha Katyal	As part of the ongoing celebrations of Poshan Maah, an Intra College poetry recitation competition was organized.
19	21.09.2021	SWAVAVLAMBAN MELA	Dr. Palki Arora (DHE)PCS	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. Palki Arora, Director Higher Education, PCS, Chandigarh Administration was the Chief guest for the event. She inaugurated the Swavavlamban Window and kick started the Mela.
20	24.09.2021	NATIONAL WORKSHOP ON "FIGHT TO EAT RIGHT"	Principal Prof Sudha Katyal	To Promote Healthy and nutritious eating amongst all the age groups right from the beginning
21	26.09.2021	NATIONAL WEBINAR ON NUTRITION AND	Sh. S.S Gill, I.A.S, Education secretary,	Nutrition and Lifestyle Management during Covid -19 " with aim to

		LIFESTYLE MANAGEMENT DURING COVID-19		sensitise women and the public at large on this pertinent issue , funded and supported by National Commission for Women. the webinar highlighting the fact “ Let Food be thy medicine.
22	30.09.2021	DEMONSTRATION OF HEALTHY RECIPES AND AWARENESS SESSION ON NUTRITION EDUCATION DELIVERED	Principal Prof Sudha Katyal	They demonstrated various procedures for detecting food adulterants from the common food products. They highlighted the importance of consuming hygienic food.
23	30.09.2021	KITCHEN HERBS PLANTATION	Principal Prof Sudha Katyal	Ajwain, turmeric, lemon, garlic, lemon grass, basil and cardamom were some of the herbs that were planted. All these herbs find an important place in our diet due to their medicinal and therapeutic properties. Earlier in the month, a demonstration was also conducted on how these herbs could be incorporated in the daily diet.

1.2 Convergence meetings/activities etc. held during the month

Sl. No.	Meeting/Activity	Participants’ details(including nos.)	Narration
1		NIL	

1.3 Coverage of Poshan Maah 2021 around weekly themes:

- **Theme 1:** Plantation activities on “Poshan Vatika”
- **Theme 2:** Yoga and AYUSH for nutrition
- **Theme 3:** Distribution of ‘Regional Nutritional Kit’ to Anganwadi beneficiaries of High Burdened Districts
- **Theme 4:** Identification of SAM children and distribution of nutritious food

Sl. No.	Theme	Activity	Participants’ details (including nos.)	Narration
1	Theme 1	KITCHEN HERBS PLANTATION	24	Plantation
2		A VIRTUAL VISIT TO COLLEGE HERBAL GARDEN		Virtual visit
3	Theme 3	DEMO ON MILLET BASED RECIPES	46	Millet recipes
4		DEMONSTRATION OF MILLET	53	Demonstration of

		BASED RECIPES		millet
5		DEMONSTRATION SESSION ON HEALTHY BOTTLE-GOURD ICECREAM AND CAKE	92	Healthy bottle-gourd
6		HEALTHY MAGGIE SNACK RECIPE FOR PRESCHOOLERS	89	Healthy maggie snack recipe
7		SWAVAVLAMBAN MELA	250	Swavavlamban mela
8		DEMONSTRATION OF HEALTHY RECIPES AND AWARENESS SESSION ON NUTRITION EDUCATION DELIVERED	43	Healthy recipes
9	Theme 4	INTERACTIVE SESSION/TALK ON HEALTH AND WELLNESS	96	Health and wellness
10		CYCLE RALLY	22	Cycle rally
11		POSTER MAKING COMPETITION	50	Poster making
12		WEBINARS ON "IDENTIFICATION AND TRACKING OF CHILDREN WITH SEVERE ACUTE MALNUTRITION (SAM)	96	Identification and tracking
13		WEBINAR ON MENSTRUAL HYGIENE AND IMPORTANCE OF NUTRITION	91	Menstrual hygiene
14		WEBINAR ON GOOD NUTRITION	92	Good nutrition
15		ROLE OF HERBS DURING PREGNANCY	85	Role of herbs
16		SLOGAN WRITING COMPETITION ON NUTRITIONAL HABITS	34	Slogan writing
17		T SHIRT PAINTING COMPETITION	26	T shirt painting
18		AWARENESS GENERATION SESSION ON ANEMIA	83	Awareness generation
19		POETRY RECITATION COMPETITION	19	Poetry competition
20		NATIONAL WORKSHOP ON "FIGHT TO EAT RIGHT"	67	'Fight to eat right'
21		NATIONAL WEBINAR ON NUTRITION AND LIFESTYLE MANAGEMENT DURING COVID-19	245	National webinar
22		QUIZ ON NUTRITION AWARENESS	41	Quiz on nutrition
23		DEMONSTRATION OF HEALTHY ICECREAMS AND CAKE MAKING	98	Icecreams and cake making

2. Specific details of Innovations/Best Practices

Sl. No.	Activity	Target	Coverage (Nos.)	Narration
1	SWAVAVLAMBAN MELA	General Public and Students	250	SWAVAVLAMBAN MELA

3. Specific details of Media Coverage

Sl. No.	Activities	Type of Coverage (Print/Electronic, Radio, Social)	Coverage Television, Media,	Target Audience	Coverage/R each	Narration
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o.		IEC/Banner/Hoarding etc.)			
1	KITCHEN HERBS PLANTATION	City air news, https://www.cityairnews.com/content/kitchen-herbs-planted-at-home-science-college	Students	Chandigarh Region	Plantation
2	A VIRTUAL VISIT TO COLLEGE HERBAL GARDEN	Video	General Public and students	Chandigarh Region	Virtual visit
3	DEMO ON MILLET BASED RECIPES	City air news https://www.cityairnews.com/content/live-demonstration-of-low-cost-millet-based-recipes-at-home-science-college	General Public	Chandigarh Region	Millet based recipes
4	DEMONSTRATION OF MILLET BASED RECIPES	City air news https://www.cityairnews.com/content/demonstration-of-millet-based-recipes-at-home-science-college Error! Hyperlink reference not valid.	General Public Student	Chandigarh Region	Demonstration of millet
5.	DEMONSTRATION SESSION ON HEALTHY BOTTLE-GOURD ICECREAM AND CAKE	-	General Public Student	Chandigarh Region	Healthy bottle-gourd
6.	HEALTHY MAGGIE SNACK RECIPE FOR PRESCHOOLERS	City air news https://www.cityairnews.com/content/home-science-college-collaborates-with-nestle-to-organise-healthy-snack-making-contest Dainik Bhaskar , Hindustan Times	General Public	Chandigarh Region	Healthy maggie snack recipe
7.	SWAVAVLAMBAN MELA	City air news https://www.cityairnews.com/content/swavavlamban-mela-at-home-science-college	General Public	Chandigarh Region	Swavavla mban mela
8.	DEMONSTRATION OF HEALTHY RECIPES AND AWARENESS SESSION ON NUTRITION EDUCATION DELIVERED	City air news https://www.cityairnews.com/content/demonstration-of-healthy-recipes-and-awareness-session-on-nutrition-education-delivered-at-home-science-college	General Public Student	Chandigarh Region	Healthy recipes
9.	INTERACTIVE SESSION/TALK ON HEALTH AND WELLNESS	City air news https://www.cityairnews.com/content/home-science-college-conducts-health-and-wellness-session	General Public	Chandigarh Region	Health and wellness

10	CYCLE RALLY	City air news https://www.cityairnews.com/content/poshan-maah-celebrations-kick-started-at-home-science-college	General Public	Chandigarh Region	Cycle rally
11	POSTER MAKING COMPETITION		General Public	Chandigarh Region	Poster making
12	WEBINARS ON "IDENTIFICATION AND TRACKING OF CHILDREN WITH SEVERE ACUTE MALNUTRITION (SAM)	City air news https://www.cityairnews.com/content/two-day-webinar-series-on-nutrition-at-home-science-college	General Public	Chandigarh Region	Identification and tracking
13	WEBINAR ON MENSTRUAL HYGIENE AND IMPORTANCE OF NUTRITION	City air news https://www.cityairnews.com/content/two-day-webinar-series-on-nutrition-at-home-science-college	General Public	Chandigarh Region	Menstrual hygiene
14	WEBINAR ON GOOD NUTRITION	City air news https://www.cityairnews.com/content/webinar-on-good-nutrition-at-home-science-college	General Public	Chandigarh Region	Good nutrition
15	ROLE OF HERBS DURING PREGNANCY	City air news https://www.cityairnews.com/content/role-of-herbs-during-pregnancy-advocated-at-home-science-college	General Public	Chandigarh Region	Role of herbs
16	SLOGAN WRITING COMPETITION ON NUTRITIONAL HABITS	-	General Public	Chandigarh Region	Slogan writing
17	T SHIRT PAINTING COMPETITION	-	General Public	Chandigarh Region	T shirt painting
18	AWARENESS GENERATION SESSION ON ANEMIA	City air news https://www.cityairnews.com/content/awareness-generation-session-on-anemia-at-home-science-college	General Public	Chandigarh Region	Awareness generation
19	POETRY RECITATION COMPETITION	City air news https://www.cityairnews.com/content/poetry-recitation-competition-at-home-science-college-to-mark-poshan-maah-celebrations	General Public Student	Chandigarh Region	Poetry competition

20	NATIONAL WORKSHOP ON “FIGHT TO EAT RIGHT”	City air news https://www.cityairnews.com/content/national-workshop-on-fight-to-eat-right-held-at-home-science-college	General Public	Chandigarh Region	'Fight to eat right'
21	NATIONAL WEBINAR ON NUTRITION AND LIFESTYLE MANAGEMENT DURING COVID-19	City air news https://www.cityairnews.com/content/ghsc-organizes-national-webinar-on-nutrition-and-lifestyle-management-during-covid-19	General Public	Chandigarh Region	National webinar
22	QUIZ ON NUTRITION AWARENESS	Online	General Public	Chandigarh Region	Quiz on nutrition
23	DEMONSTRATION OF HEALTHY ICECREAMS AND CAKE MAKING	-	General Public Student	Chandigarh Region	Icecreams and cake making