

Government Home Science College, Sector-10, Chandigarh
Rashtriya Poshan Maah, Sep 1-30, 2022
Name of State/Union Territory: Chandigarh

S.No	Date	Activity	Participants	Narration
1	Sep 30	CAFETERIA ORGANIZED ON CONCLUDING DAY OF POSHAN MAAH	63	<p>Government Home Science college actively observed Poshan Maah in the month of September. Various activities were conducted to help spread the message of good nutrition and healthy eating. The M Sc students of the Department of Foods and Nutrition kickstarted the cafeteria as part of their curriculum of Institutional Food Service Management. This activity helps the students in setting up and running large scale food service establishments. The dish of the day was <i>Maska Chaska</i> Bun with a healthier twist. The cafeteria was visited and enjoyed by a large number of staff and students.</p> <p>Principal of the college, Prof Sudha Katyal encouraged the students to avail opportunities not only to spread the message of healthy eating but also to earn while they learn</p>
2	Sep 28	NUKKAD NATAK ON HEALTHY MOTHER AND CHILD	107	<p>As part of the ongoing celebrations of Poshan Maah, the students of Department of Human Development displayed a Nukkad Natak on the campus today. The theme of the Natak revolved around importance of healthy eating for the pregnant mother and for the child especially during first 1000 years of birth. With scenes enacted from real life moments, the natak was an interesting watch with successfully spreading the message of healthy eating.</p> <p>Principal of the college, Prof Sudha Katyal congratulated the students for putting up such a successful show which had an impactful meaning of spreading the message of good nutrition.</p>
3	Sep 24	HEALTHY SNACKS PREPARED AND SOLD DURING POSHAN MAAH	60	<p>The students of Department of Foods and Nutrition prepared and sold commonly consumed recipes with a healthy twist in the month of September as part of Poshan Maah celebrations.</p>

		CELEBRATIONS		<p>This activity aimed at providing hands on experience of food catering to the students, generating awareness amongst staff and students of the college about millets and helping the students earn while they learn. Today on the campus, whole wheat white sauce vegetable pasta was served. The dish was relished by one and all. Principal of the college Prof Sudha Katyal appreciated the month long efforts of the students and their aim to inculcate healthy eating habits</p>
4	Sep 23	HOLISTIC HEALTH MELA	124	<p>WHO has rightly defined health as a complete state of physical, mental and social well being. Keeping these factors in mind and ensuring holistic health, Government Home Science College organised a holistic health mela as part of ongoing celebrations of Poshan Maah.</p> <p>The mela started with a talk on cyber crime, women safety and self defence techniques by Inspector Mini Bhardwaj and the team from SWAYAM. They talked about netiquettes that need to be followed while using social media. She also spoke about women safety and awareness and her team demonstrated simple techniques of self defence.</p> <p>Dr. Rachna Abrol, consultant obstetrician and gynecologist in Sector 22, Chandigarh spoke about common reproductive problems experienced by adolescent girls. Dr. Sheetal, an Ayurvedic consultant discussed holistic healing through ayurveda and diet plans according to Ayurvedic personality types. Dr. Ameeka Tulla, Dentist from Way2Smile dental clinic in Panchkula also carried out dental check up and consultation. The students of Department of Foods and Nutrition also set up a Diet Clinic along with sale of healthy commonly consumed Channa Kulcha prepared with a twist.</p> <p>All the experts gave one on one consultation to all the staff and students of the college. More than 100 beneficiaries participated in the health camp and availed all the services.</p>

				Principal of the college, Prof. Sudha Katyal encouraged the students and staff to benefit from such activities conducted on the campus and urged them to keep themselves healthy and safe.
5	Sep 22	HEALTHY NUTRITIVE RECIPE PREPARED AND SOLD	62	<p>As a part of the ongoing celebrations of Poshan Maah, the students of Dietetics 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.</p> <p>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</p>
6	Sep 21	PUPPET SHOW ON ADOLESCENT HEALTH	69	<p>A puppet show was performed by the students of Government Home Science College, Department of Extension Education, as a part of ongoing poshan maah celebrations. A large number of audience enthusiastically enjoyed the colourful puppets imparting knowledge on various aspects of adolescent health. The performance was very enjoyable as well as informative. It was followed by an interactive session where the audience shared their experiences and gave feedback</p> <p>Principal of the college, Prof Sudha Katyal, encouraged the students to come up with innovative aids to help spread knowledge on social issues</p>
7	Sep 19	COOKERY COMPETITION ON MAGICAL MILLETS	44	To promote the use of millets and their consumption in our daily diets, Government Home Science College 3rganized 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,

				<p>taste, nutritive value and display. Three consolation prizes were awarded to Larfgeet of Msc Foods and Nutrition, Riashu 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.</p> <p>Principal Prof. Sudha Katyal, congratulated all the prize winners and encouraged them to incorporate millets in innovative ways in their daily diets</p>
8	Sep 16	STUDENTS PREPARED AND SELL HEALTHY BURGERS	67	<p>As part of the ongoing celebrations of Poshan Maah, the students of Department of Foods and Nutrition prepare, display, demonstrate and sell healthy recipes to create awareness amongst the staff and students of the college on the campus.</p> <p>Today's dish was healthy burgers made by incorporating vegetables, potatoes and paneer as well as mint chutney. The stall saw a brisk sale with more than 60 pieces being sold.</p> <p>Principal of the college, Prof Sudha Katyal encouraged the students to come up with more such innovative recipes and learn the idiosyncrasies of setting up a food stall to help them earn while they learn.</p>
9	Sep 15	MILLET PAPDI CHAAT STALL	62	<p>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 healthier by incorporating millets and other important nutrients. The stall got a great response from all staff and students of the college.</p> <p>Principal of the college, Prof. Sudha Katyal motivated the students to come up with more innovative recipes and inculcate healthy</p>

				eating habits
10	Sep 14	NUTRITIOUS MILLET BASED PAO BHAJI	66	<p>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.</p> <p>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.</p> <p>Principal of the college Prof. Sudha Katyal encouraged the students to develop more such recipes to help include millets in our daily recipes.</p>
11	Sep 14	AWARENESS GENERATION SESSION ON MENSTRUAL HYGIENE	102	<p>In sync with ongoing Poshan Maah celebrations, the extension education department of Government Home Science College organized a sensitization programme on menstrual health and hygiene</p> <p>A live demonstration of various eco friendly products like menstrual cup and reusable and biodegradable sanitary napkins were the main focus. A talk on most common problem specifically in girls due to menstruation known as anaemia and menorrhagia was also conducted.</p> <p>An interactive quiz session was also conducted where students actively participated and more than 100 students were benefited from this programme.</p> <p>Principal of the college Prof Sudha Katyal urged the importance of personal hygiene and ensuring healthy habits during all times.</p>
12	Sep 08	BRISK SALE OF NUTRITIOUS RECIPES	68	<p>The students of Department of Foods and Nutrition as part of the ongoing celebrations of Poshan Maah, put up stalls in the college campus whereby getting an exposure to quantity cooking, purchase of raw materials and sale and account keeping. The last two days</p>

				<p>saw a brisk sale of healthy recipes like rava vegetable toast and stuffed gol gappa. The snacks were enjoyed by everyone and helped the girls understand the concept of Institutional Food Service Management.</p> <p>Principal of the college Prof. Sudha Katyal applauded the efforts put in by the students in selling and generating awareness about tasty healthy recipes.</p>
13	Sep 07	HEALTHY RECIPES DEMONSTRATED IN COLLABORATION WITH NESTLE	50	<p>On the 7th Day of the Poshan Maah celebrations which are a multi ministerial convergence mission aimed at realizing the Hon. Prime Ministers' vision of '<i>Suposhit Bharat</i>', Placement Cell of GHSC-10 Organized a demonstration on nutritious recipes. The event partner of the demonstration was Nestle. The healthy and nutritious recipes viz., peanut bars, nutri <i>chaat</i>, and sprouted <i>moong dal</i> & corn <i>sabji</i> was demonstrated by our own Alumna, Ms. Shivali, working as a Nutrition Expert, Nestle. Around 50 students of B.Sc. & M.Sc. attended this demonstration. Students were quizzed on nutrition concepts during the demonstration and winners were given Maggie hampers.</p> <p>Principal Prof. Sudha Katyal encouraged the participants and appreciated the Nestle organisers and emphasized to focus on nutrition and health. She further encouraged everyone to participate in month long celebrations by actively supporting the Flagship Program of the Indian Government.</p>
14	Sep 06	HOME SCIENCE STUDENTS SHINE IN MILLET BASED SNACKS COMPETITION BY NITTTER	54	<p>Graduate and post graduate students of Home Science College participated in the National Level Cookery Competition organized 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. Dietetics Fifth semester won first prize in the sweet category with her dish ragi <i>modak</i>. The first prize in the savoury category was also bagged by a student of the college, Aanchal of Msc Foods and Nutrition for her <i>Bajra Papdi Chaat</i>. Stuti of Msc Foods and Nutrition bagged the third prize in the sweet category for Ragi <i>Barfi</i> whereas Surbhi was awarded</p>

				<p>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.</p> <p>Principal of the college, Prof Sudha Katyal congratulated the prize winners and applauded the efforts put in by the staff and students.</p>
15	Sep 05	SALE OF NUTRITIOUS SNACKS AT HOME SCIENCE COLLEGE	71	<p>The final year students of Dietitics 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 - "<i>Litti Chokha</i>" 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.</p>
16	Sep 04	CYCLE RALLY ON THE 3 RD DAY OF POSHAN MAAH CELEBRATIONS	21	<p>Poshan Abhiyaan celebrations, a multi ministerial convergence mission aimed at realizing the Hon. Prime Ministers vision of 'Suposhit Bharat' already commenced at Home Science College. On the 3rd Day of the celebrations, the college organized a cycle rally using smart bikes. Smart bikes are an initiative by the administration to reduce traffic congestion and reduce the carbon footprint. NCC Cadets of 1 Chandigarh Girls Battalion conducted a cycle rally which was flagged off by Principal Prof Sudha Katyal. The NCC Cadets on their cycles carried slogans making people aware about the benefits of eating healthy and staying fit.</p> <p><i>"Mahila aur Swasthya"</i> <i>"Baccha aur Shiksha"</i> was the theme of Poshan Maah Celebration. The rally was taken from the college till matka chowk and to Sector 15 and back. The rally is an initiative to</p>

				<p>help spread awareness on the benefits of healthy living. Principal Prof. Sudha Katyal encouraged the participants and emphasized on nutrition and health. She further encouraged everyone to participate in month long celebrations by actively supporting the Flagship Program of the Indian Government.</p>
17	Sep 03	DISPLAY OF NUTRITIOUS RECIPES	67	<p>To celebrate Poshan Maah, the Dietetics Department of the college displayed and exhibited nutritious recipes especially for pre schoolers and young adults. Recipes ranged from stuffed healthy buns, vegetable idli, soya burger, Mexican street corn and green cutlets. This activity helped in generating awareness amongst the staff and students giving them ideas about incorporating healthy recipes in their daily diets.</p> <p>Principal of the college, Prof Sudha Katyal encouraged the students to inculcate healthy eating habits and make such nutritious recipes a part of their daily diets.</p>
18	Sep 03	POSHAN MAAH CELEBRATIONS COMMENCE	90	<p>In sync with the Government's Key Scheme of Poshan Abhiyaan, Home Science College initiated the celebrations today on the campus. The theme of Poshan Maah this year revolves around Sashakt Bharat, Sabal Naari, Saakshar Baccha, Swasth Bharat. The students of the college along with the faculty member took the Poshan pledge which revolves around introducing a healthy lifestyle, balanced diet and fun ways of eating good food.</p> <p>Principal of the college, Prof. Sudha Katyal urged everyone to follow a nutritious lifestyle and incorporate good eating habits right from the beginning to ensure a healthy life.</p>
19	Aug 31	RASHTRIYA POSHAN MAAH 2022		<p>August 31, 2022 07:53 PM CHANDIGARH, 31.08.22-On 31th August, 2022, a preparatory meeting held under the Chairpersonship of Smt. Nitika Pawar, IAS, Secretary Social Welfare, Women & Child Development, Chandigarh Administration to make Rashtriya Poshan Maah a grand success with the support of all the stakeholders.</p>

			<p>Representatives of 15 departments including Department of Health & Family Welfare, Department of Education, Department of Higher Education, Department of Education, AYUSH Department, Municipal Corporation, Department of Sports, Chandigarh Renewal Energy and Science & Technology Promotion Society (CREST), Department of Youth affairs, Song and Drama Division, Food Safety and Standards Authority of India (FSSAI), Director Public Relations, Ambedkar Institute of Hotel Management, and Home Science College, Doordarshan Chandigarh, All India Radio, Department of Education & Literacy, Department of Sports, Department of Public Health and Department of Engineering, Ministry of Information Broadcasting, Department of Youth affairs, Yoga College, Sector -23, Chandigarh, Home Science College, Nehru Yuva Sangathan, National Service Scheme Volunteers, Non Profit Organization, Chandigarh Institute of Hotel Management (CIHM), Ambedkar Institute of Hotel Management (AIHM) etc were present in the meeting. POSHAN Abhiyaan launched by the Hon'ble Prime Minister aims to achieve improvement in the status of nutrition of both children and women. Jan Andolan and community mobilization are essential components for effective implementation of Poshan Abhiyaan. In order to strengthen the efforts made by the Government to address malnutrition and for involving masses through Jan Andolans, Poshan Maah and Pakhwada are celebrated every year by Department of Social Welfare, Women & Child Development, Chandigarh Administration in convergence with all line Departments. Since the launch of POSHAN Abhiyaan in 2018, more than 4 lakhs activities conducted for sensitization and awareness activities successfully with joint participation of all in U.T., Chandigarh. To celebrate POSHAN Maah, theme-based activities are planned to be conducted throughout the month of September on following themes-</p> <p>(i) Mahila and Swasthya</p>
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Official web site for Poshan Abhiyaan

<http://poshanabhiyaan.gov.in/#/>