

**Report**  
**Poshan Pakhwada, March 20- April 03, 2023**

**Poshan Rally by NSS Cadets**  
**28.03.22023**

The NCC cadets of Govt. Home Science College, Sector-10, Chandigarh took out a rally to spread awareness among people to have a balanced diet. This message was especially for adolescents who are more attracted towards junk food. This rally was also to make people aware about the health benefits of millets and to add millets to their meals.



**Millet Mela**  
**29.3.2023**

Students of Masters in Foods and Nutrition, Government Home Science College, Sector- 10, Chandigarh actively participated in 5th Poshan Pakhwada- 2023 "Millet Mela" held on March 29, 2023. They set up various stalls for sale cum display in the college reception area. A variety of recipes and products were prepared right from chocochip millet muffins, millet bhel, bajra cookies, and so on. Students who setup the stalls were elated by the response from students, staff members, social welfare workers who graced the event with their presence and imbibed knowledge about millets among the students. Professor Sudha Katyal, Principal of the esteemed college graced the event and encouraged the audience to include millets in their diets and appreciated their efforts. On a whole it was a successful event as it conveyed the message of encouraging the use of millets.

**GOVT. HOME SCIENCE COLLEGE,  
CHANDIGARH**  
**NAAC GRADE:A**  
Ranked 46th in All India NIRF Ranking 2022  
by Ministry of Education

**POSHAN Abhiyaan**  
PM's Overarching Scheme for Holistic Nourishment  
सही पोषण - देश रोमान

*Is Celebrating*

**5TH POSHAN PAKHWADA**

**20TH MARCH, 2023 TO 3RD APRIL, 2023**

**"NUTRITION FOR ALL:  
TOGETHER TOWARDS A HEALTHY INDIA"**

March 28, 2023	March 29, 2023	March 31, 2023	April 01, 2023
Poshan Rally by NCC Cadets	Millet Mela	Demonstration cum sale of Healthy Recipes using Millets	Nukkad Natak and Awareness Generation Session

**CONVENOR : Prof. Sudha Katyal, Principal**



## Sale of Millet Based Recipes

31.03.23

Students of Department of Foods and Nutrition, Government Home Science College, Sector- 10, Chandigarh have actively been supporting and advocating the governments endeavor to promote the use of millets. A host of activities were planned to celebrate Poshan Pakhwada- 2023. The students set up various stalls for sale cum display in the college reception area. A variety of recipes and products were prepared such as Millet burger, Millet bhel puri, Fruit custard, Millet Vada pav. A great response was received wherein the students not just earned while they learned, they helped create awareness about new recipes using millets. Professor Sudha Katyal, Principal of the college encouraged everyone to include millets in their diets and appreciated their efforts and innovation.





## Interactive Workshop and Nukkad Natak 01.04.2023

As part of the ongoing celebrations of Poshan Pakhwada, on April 1, 2023 Department of Foods & Nutrition and Human Development organised an interactive workshop for the children and parents of Chaitanya Nursery School. The idea was to spread awareness amongst parents of school going children and encourage them to adopt millets in their diets. Students of Foods and Nutrition conducted an awareness generation session on "How to prepare healthy school tiffins for children". Various meal options, preparation tips, and awareness about nutrition were shared throughout the session. Concerns and queries of the parents were discussed and addressed.

The event was followed by a Nukkad Naatak performed by the students of Human Development on the Role of Parents in Holistic Development of Child under the theme of "Swasth balak/balika Spardha". The natak also highlighted the importance of introducing millets in the children's diet. The audience keenly witnessed the programme and ended it with a round of applause appreciating the work put in by the students. All the activities were immensely appreciated by the parents. Principal of the college, Prof. Sudha Katyal applauded the efforts of the students and faculty in imbuing a positive impact of millets among the people and encouraging the consumption of millets for their wellbeing.



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