

GOVERNMENT HOME SCIENCE COLLEGE, CHANDIGARH

2018-19

NATIONAL SERVICE SCHEME (NSS)

NSS ACTIVITY REPORT 2018-19

Chief Coordinator: Prof. Sudha Katyal (Principal)

No. of Nodal Officers: 01 (Mrs. Seema Jaitly)

No. of Programme Officers: 02 (Mrs. Seema Jaitly and Dr. Neha Sharma)

Adopted Village: Khuda Ali Sher

<u>DATE</u>	<u>EVENT</u>
July 1, 2018- July 20, 2018	Swachh Bharat Summer Internship Camp
August 1, 2018- August 15, 2018	Swachhta Pakhwada
August 6, 2018	Celebration of Breastfeeding Week
Sept 11, 2018- Sept 15, 2018	5 Days Training Camp by the NSS Wing
Sept 01, 2018- Sept 15, 2018	Poshan Maah Celebrations
Oct 29, 2018 - Nov 03, 2018	Vigilance Week Celebrations
January 17, 2019	Nukkad Natak on Swachhta by M.C., Chd
January 18, 2019	Participation in National Youth Parliament Programme (Booth Level)
January 24, 2019	One Day Seminar on 'Empowered Girls...Empowered India'
January 29, 2019	Pariksha Pe Charcha
January 30, 2019	Children's Peace Fest
February 02, 2019	Participation in National Youth Parliament Programme (District Level)
February 14, 2019	Nature Camp
February 16, 2019	Seminar on Drug Free India
February 20, 2019	Participation in Chandigarh Audit

SWACHH BHARAT SUMMER INTERNSHIP CAMP

July 1, 2018- July 20, 2018

<u>DATE</u>	<u>ACTIVITIES</u>
July 1, 2018	Orientation Programme for NSS Volunteers
July 3, 2018	Awareness Rally in the adopted village
July 4, 2018	Joint Drive with Health Department, U.T.
July 5, 2018	Cleanliness Drive at Khuda Ali Sher
July 6, 2018- July 7, 2018	Generating Awareness regarding Vector borne Diseases
July 8, 2018	Awareness regarding Menstrual Hygiene and Sanitation
July 9, 2018- July 10, 2018	Door to Door Campaign
July 11, 2018- July 12, 2018	Awareness regarding Proper Waste Disposal
July 13, 2018- July 14, 2018	Cleanliness Drive in Government Model School, Khuda Ali Sher
July 15, 2018- July 18, 2018	Drive Behavior Change Campaign
July 19, 2018	Interaction with the Sarpanch of Khuda Ali Sher and villagers
July 20, 2018	Camp concluded with Nukkad Natak

With an aim to inculcate social welfare in students and to provide services to the society, Government Home Science College organized an Orientation Programme for the NSS Volunteers for the session 2018-19. It was conducted to orient the students regarding the aims and objectives of NSS. The NSS Coordinators Mrs. Seema Jaitly and Dr. Neha Sharma focused on the importance of understanding the community in which they work. They also motivated the students to utilize their knowledge and skills in finding practical solutions to the individual and community problems. Under the innovative scheme of ‘**Swachh Bharat Summer Internship Camp (SBSI) 2018**’ the students of Government Home Science college actively participated in creating awareness regarding the importance of cleanliness and keeping the surroundings clean in the adopted village Khuda Ali Sher.

The first Day of Swachh Bharat Summer Internship Camp began with a procession by volunteers in the village. Volunteers rallied into the streets of the village to create awareness among the villagers about the ensuing special camp programme in their village.

Volunteers conducted a joint drive in collaboration with the Health Department, U.T., Chandigarh in the adopted village Khuda Ali Sher. All the NSS volunteers were oriented about vector-borne diseases and were explained

how stagnant water leads to such diseases. Dr. Inderpal Singh Sahni, State Epidemiologist, Health Department, U.T. emphasized upon various causes of vector-borne diseases and suggested various measures to control the spread of vectors. Dr. Vandana Thakur, State Entomologist, Health Department, U.T. generated awareness regarding various vectors prevalent during monsoons. She further talked about broad symptoms and preventive measures against such diseases. Sh. Ramesh Singh, Area Incharge, Health Malaria Department (Khuda Ali Sher) was also present for the event and he ensured all the necessary support during the drive. Educational games were also played along with the children to generate awareness about the effect of germs and they were also demonstrated various techniques of personal hygiene.

Volunteers also organized a street play that emphasized upon the importance of cleanliness in indoor and outdoor environment. They also discussed with the inquisitive children and other people regarding proper disposal of waste including sanitary pads. Volunteers cleaned the village roads, removed dust heaps and cleared the stagnant drainage flows and attempted to create awareness on cleanliness and hygiene. During the drive, the teams checked coolers, open spaces and overhead tanks for any larval breeding. I.E.C. material was also distributed to the residents throughout the camp. NSS volunteers also had a talk with Mr. Rohit, an active member of Nehru Yuva Kendra, who motivated the students to be an active member of the team of NSS to bring about a positive change in the society. All the NSS volunteers took an initiative to clean the school premises, laboratories, classrooms, playground etc. along with the NSS team of the school. They also made an effort to generate awareness amongst the school students about the importance and need for cleanliness in surroundings. Volunteers also interacted with the students to know about the problems they face in the village and regarding various initiatives which have been taken by the authorities to fix those problems. Students called it as **‘Drive Behavior Change Campaign’**. Students made an effort to generate awareness amongst the villagers by Changing Behavior and Creating Sanitation at the grassroots level using innovative Information Education Communication (IEC) and Behavioral Change Communication (BCC) tools. NSS volunteers also performed a Nukkad Natak to spread the urgent message of Cleanliness and the harmful impact of Unhygienic environment on the environment.

NSS Volunteers and the Programme Officers Mrs. Seema Jaitly and Dr. Neha Sharma also expressed their gratitude to Sarpanch of the village, Sh. Hukum Chand, Team of Health Department, all the local villagers, enthusiastic children and students of Government Model School (Khuda Ali Sher) for making this camp a success and providing them with necessary help at every step. Volunteers also thanked all of them for their immense patience and being an active participant throughout the camp by sparing their valuable time.



NSS Volunteers demonstrating techniques of Personal Hygiene.



Dr. Inderpal Singh Sahni, State Epidemiologist, Health Department, U.T. emphasizing upon various causes of vector- borne diseases.



Dr. Vandana Thakur, State Entomologist, Health Department, U.T. generating awareness about broad symptoms and preventive measures against vector borne diseases.



Students organized a rally with an aim to divert people's attention to the cleanliness of their neighborhood and society.



Cleanliness drive in collaboration with the Government Model School, Khuda Ali Sher.



Programme Officer Ms. Seema Jaitly and NSS Volunteers interacting with local villagers.



Performing Nukkad Natak

SWACHHTA PAKHWADA

August 1, 2018- August 15, 2018

<u>DATE</u>	<u>ACTIVITIES</u>
August 1, 2018	Swacchta Shapath by NSS Volunteers
Aug 2, 2018- Aug 5, 2018	Promotion of Clean and Green Campus by NSS Volunteers
Aug 6, 2018- Aug 8, 2018	Door to Door Campaign
Aug 9, 2018- Aug 10, 2018	Cleanliness Drive in the adopted village Khuda Ali Sher
Aug 11, 2018- Aug 13, 2018	Visit to Welfare Agencies
August 14, 2018	Swacchta Rally by NSS Volunteers
August 15, 2018	Declaration of Clean Institution

To observe Swachhta Pakhwara in befitting manner, the effervescent NSS team of Government Home Science College enthusiastically planned out the throng of activities to be conducted throughout this camp. The students came up with new and innovative ideas to promote the importance of *Swachhta* in our surroundings. NSS Integration Pledge ‘Swachhta Shapath’ was administered at college by the NSS students and staff. Students pledged to work with dedication to preserve and strengthen the freedom and integrity of the nation. Furthermore, they affirmed to never resort to violence and to continue to endeavor towards settlement of all differences and disputes relating to religion, language, region or other political or economic differences by peaceful and constitutional means. In addition to this, they affirmed to never indulge in any activities against the spirit of cleanliness in all places with a responsible behavior and sincere efforts.

To sustain the momentum of the ‘Swachh Bharat Campaign’, the NSS Volunteers of Government Home Science College made an effort to conduct a Cleanliness Drive in the College campus under the theme of ‘Swachhta Pakhwada’ with great zeal. The volunteers devoted four days to clean the campus and to ensure that they reach out to clean each and every part of the campus like classrooms, laboratories, library, toilets, auditorium, playgrounds, lawns, canteen, college internal roads, hostel etc. Students also contributed to plant saplings in the college garden and make it a Green campus. The drive continued to the adopted village, Khuda Ali Sher. Volunteers interacted with the local villagers by visiting their houses and discussed the problems they face related to *Swachhta* in their village.

The students made an effort to clean all the lanes of the village and thus devoted two days for intensive cleaning. Efforts were made to involve local people so that they understand the dignity of labour and develop a habit of keeping their surroundings clean. The enthusiastic NSS Volunteers observed Swachhta Pakhwada by visiting GMSH 16, Market of Sector 10, Bus stand of Sector 17 and Old Age Home Sector 15, Chandigarh to take over the opportunity of cleaning the area and making it more hygienic for the public.

Volunteers also interacted with the public around to know more about their views regarding the Government launched scheme Swachh Bharat Abhiyan and what efforts are being done by them to bring about a change in the society. Moreover volunteers also performed Nukkad Natak to generate awareness regarding the importance and pros of Cleanliness in one's life. The NSS Wing also organized an awareness rally as a part of Swachhta Pakhwada as a step towards Swachhta in Society.

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. Seema Jaitly and Dr. Neha Sharma and the accompanying faculty members. The students holding banners, posters, and placards in their hands chanted slogans for generating awareness among the common masses. Before that they actively participated by making beautiful posters and writing motivational slogans with an aim to spread awareness among people. The rally highlighted and promoted the importance of Cleanliness in the surroundings. On the concluding day of the Swachhta Pakhwada, the NSS wing of the college held a meeting of all the NSS Volunteers and the NSS Programme officers Mrs. Seema Jaitly and Dr. Neha Sharma and other faculty members under the chairmanship of Principal of the college, Prof. Sudha Katyal.

During the meeting, volunteers discussed about their experience throughout the camp and the challenges they had to face while explaining their motive of participation in the camp to the general masses.

A discussion regarding the future plans of sustaining cleanliness in the area was also discussed. Prof. Katyal inspected the college campus and declared the institution as "Clean Institution".



Swacchta Shapath by NSS Volunteers



Cleanliness Drive at Government Home Science College



Cleaning of College Internal Roads



Door to Door Campaign



Visit to Welfare Agencies

BREASTFEEDING WEEK-2018

August 01, 2018- August 07, 2018

To observe the World Breastfeeding Week under the theme Breastfeeding: Foundation of Life and Nourishment for Life, the NSS Wing of the college in collaboration with the Department of Food and Nutrition organized an outreach program at a village where students enacted a skit to make people abreast of the importance of breastfeeding and conducted a rally to promote the same.



5 DAYS TRAINING CAMP

September 11, 2018- September 15, 2018

The NSS Wing of Government Home Science College, Chandigarh has organized a 5 Days Training Programme for Rural Associate Women Workers from September 11-15, 2018. About 60 women from the 3 different villages Khuda Ali Sher, Khuda Jassu and Kaimbwala, Chandigarh(UT) attended the camp.

The Training camp was inaugurated on September 11, 2018 by the Principal of the college, Prof. Sudha Katyal. She addressed the women workers to generate awareness amongst them about the Government launched scheme 'Poshan Maah' or the month dedicated to Nutrition. She emphasized about the importance of good nutrition and various reasons of anemia amongst women. It was a platform for sharing and dissemination of success stories in the area of nutrition and health. She further motivated the women workers to attend the camp with full spirit.

During the first two days Dr. Gaurav Gaur, Assistant Professor, Social Work, Punjab University, Chandigarh and his team gave an insightful lecture cum interactive talk on Personal Hygiene and Menstruation.

On the third day, Mrs Anu, Clothing and Textiles Department, highlighted the various factors for the selection of clothing and their maintenance. She also gave a demonstration on various Tie and Dye Techniques.

This was followed by a demonstration of low cost iron rich weaning food by the Department of Food and Nutrition to observe Poshan Maah as declared by honorable Prime Minister Shri Narendra Modi considering the importance of nutrition during various stages of life cycle. Recipes included ghiya palak soup, spinach rolls, whole wheat flour nutritious momos, oats, chocolate and coconut muffins, moong and chana dal halwa and many new products were developed such as ragi halwa and beetroot cupcakes for categories of all age groups such as infants, preschoolers, adolescents, pregnancy and lactation. Interactive lectures were delivered on importance of Balanced diet, Lactation, importance of micronutrients and breast feeding. Students also performed a skit to emphasize upon the harmful effects of junk food.

The concluding day of the 5 days NSS Program began with zest and zeal among the women associate workers. Dr Sunita Malhotra, Nutritionist, PGI, Chandigarh delivered a talk on Health and Nutrition and further informed about the PMs Scheme of 'Poshan Maah' and its importance.

To validate the 5 days training camp, stipends were distributed amongst hardworking rural associate women by Principal of the college, Prof. Sudha Katyal.

She also interacted with the trainee women workers and appreciated their enthusiasm to learn. Gifts were distributed among rural associate women workers by the Principal of the college. The program ended on a happy note.



Team from Social Work Department, Panjab University



Demonstration of Low cost Iron rich recipes



Valedictory Day

POSHAN MAAH CELEBRATIONS

September 01, 2018- September 30, 2018

NUTRITION AND HEALTH MELA AT HOME SCIENCE COLLEGE

Government Home Science College organized a Nutrition and Health Mela to generate and promote awareness regarding wholesome Nourishment for good health to reduce stunting under nutrition and anemia among young children, adolescent girls and women. It was organized in collaboration with **NSS wing** of the college and Department of Foods and Nutrition with an aim to spread nutritional awareness, provide nutritional counseling, help in health assessment and health check – up. About 400 people from different colonies and rural areas of Chandigarh attended this Mela in the college premises. It comprises of tiny tots of Chaitanya Nursery School, their parents, rural women attending DAY-NULM free training in Fashion Designing and Rural Associate Women workers attending the 5-days training programme in the college.

Highlight of this Mela was Nukkad Natak focusing on Nutrition at various stages of life cycle. It was beautifully put up by college girls and was really successful in generating nutritional awareness right from conception till adolescent period in a very effective manner.

It was followed by Health check –up conducted with a team of doctors and paramedical staff from Fortis Hospital. Dr. Esha Arora, internal medicine specialist, and her team conducted general health screening, measurement of Blood Pressure, height and weight measurement and BMI assessment. Post Graduate Dietetics Students of the college also held a Diet Clinic.

A Dental health check up was carried out by Dr. Shivani and Dr. Hardeep K. Chawla in collaboration with Oral Rehabilitation and Implant Centre, Sec-34 C, Chd.

Principal of the college, Prof. Sudha Katyal, highly appreciated the efforts of the students and faculty members for the conduct of Nutrition and Health Check-up. She encouraged students and staff to continue with such efforts for improving the nutrition and health of the masses.



Dental Health Check Up



Nukkad Natak

ATTENDED STATE LEVEL WORKSHOP AT PGI

The NSS Wing of the college participated in State level Workshop on Poshan Abhiyaan at PGI. The occasion was graced by His Excellency Honorable Governor Sh. VP Badnore, Advisor to Governor, Sh. Parimal Rai and Secretary Department of Social Welfare Women and Child Development Sh. BL Sharma. This event marked the convergence of all departments working under the Poshan Abhiyaan.

A booklet entitled “Suposhan” compiled on nutrition containing low cost recipes and nutritional requirements for vulnerable groups by Prof. Sudha Katyal, Principal in collaboration with Social Welfare Department was inaugurated and released on this occasion by Honorable Governor.

Principal Prof. Sudha Katyal was also felicitated for her outstanding contribution towards all activities. Mrs. Namrata Sethi, Assistant Professor gave an enlightening presentation on healthy eating practices which was very well acknowledged.

The students of the college performed a Nukkad Natak on nutritional needs through the age groups which was highly appreciated by the Department of Social Welfare and the audience.

Director, Social Welfare thanked the efforts put in by the college in helping make Poshan Abhiyaan a grand success.





POSHAN RALLY AT SUKHNA LAKE

A rally supporting the cause of healthy eating under the “**Poshan Abhiyaan**” was conducted by Home Science College at Sukhna Lake. Participants of the rally comprised of more than 250 resident students, teaching staff, laboratory staff, office staff and support staff of the college. The general public also enthusiastically joined in the celebrations. The activities included tattoo making and face painting by the students on nutrition related themes.

Slogans, banners and placards on theme of Poshan Abhiyaan were displayed and tips on healthy eating were shared with the masses. The nukkad natak put up by the students was appreciated and enjoyed by one and all especially children.

The rally attracted a large number of visitors at Sukhna Lake and helped spread the motto of sahi poshan – desh roshan.

The whole programme was aired by 92.7 Big Fm. Principal Prof. Sudha Katyal spearheaded and inaugurated the rally and encouraged one and all to be a part of this social cause of spreading the message of eating right and eradicating the malnutrition including anemia.





VIGILANCE WEEK CELEBRATIONS

October 29, 2018- November 3, 2018

<u>DATE</u>	<u>ACTIVITIES</u>
October 29, 2018	Inauguration of Vigilance Week and Pledge taking ceremony
October 30, 2018	Poster Making Competition
October 31, 2018	Paper Reading Competition
November 01, 2018	Awareness Rally organized to fight against Corruption
November 02, 2018	Slogan Writing Competition
November 03, 2018	Essay Writing Competition

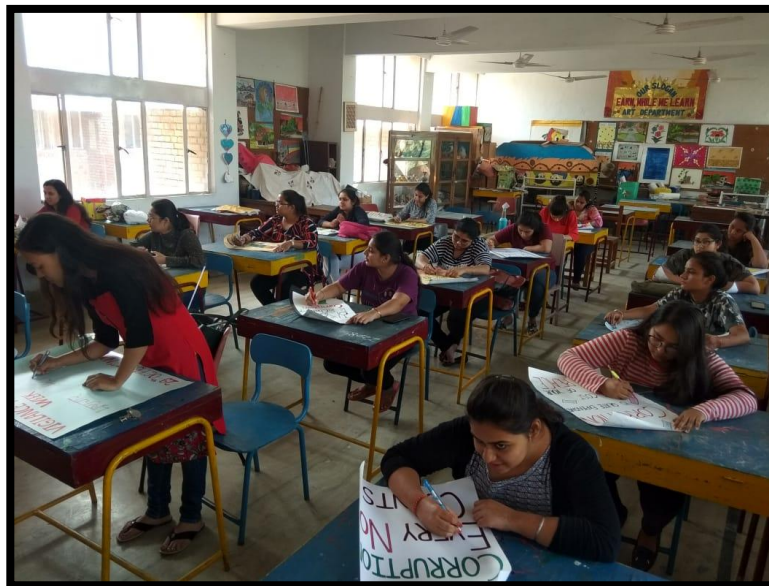
The NSS Wing of Government Home Science College celebrated the inaugural day of Vigilance Week by undertaking a pledge for anti corruption. Staff and students pledged to neither take nor offer any bribe and to sensitize people about evil of corruption. The students celebrated the second day of Vigilance Week by organizing a poster Making Competition on the theme ‘Curbing Corruption’. In order to generate awareness regarding the widespread evil of corruption, the NSS wing organized a Paper Reading Competition on the theme ‘Curbing Corruption or Promoting Integrity?: The Way Ahead’. It encouraged student participation as it involved speaking skills as the criteria for judgement.

An awareness rally was also organized 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 Mrs. Seema Jaitly and Dr. Neha Sharma and the accompanying faculty members. The students holding banners, posters, and placards in their hands chanted slogans for generating awareness among the common masses. Before that they actively participated by making beautiful posters and writing motivational slogans against corruption with an aim to spread awareness among people. The rally highlighted and promoted the importance of integrity in all walks of life. The students urged the people neither to give nor to take bribe and adopt any unfair practices. They told them about how corruption has spread its tentacles in all social organizations. The students also interacted with the common masses and forewarn them about the aftereffects of these serious prevailing issues. The students celebrated the fifth day of Vigilance Week by organizing a slogan writing Competition on the theme ‘Curbing Corruption’. The sixth day of

Vigilance Week was observed by organizing an essay writing competition on the theme 'Are Ethics and Values an antidote to Corruption'.



Awareness Rally to Fight against Corruption



Slogan writing Competition

NUKKAD NATAK ON SWACHHTA BY M.C., CHANDIGARH

AT HOME SCIENCE COLLEGE

January 17, 2019

To promote the Swachh Bharat Mission and make Chandigarh rank 1, the Municipal Corporation of Chandigarh enacted a Nukad Natak to make students aware of the Swachhta App. The importance of maintaining swachhta in our surroundings and the use of blue, green and black dustbins was also highlighted beautifully by theatre artists.



PARTICIPATION IN NATIONAL YOUTH PARLIAMENT PROGRAMME 2019

Our talented students have qualified the Screening round (Walk-in and Digital Process) of National Youth Parliament Festival 2019 launched successfully by the Government of India and had been selected for the District Youth Parliament Round 2019 .

ONE DAY SEMINAR ON ‘EMPOWERED GIRLS...EMPOWERED INDIA!’

January 24, 2019

A one day seminar was conducted on Empowered Girls...Empowered India! Advocate Madhu P. Singh, Former President and Judge of District Consumer Forum, Mohali, was the Guest Speaker of the day. She expressed her views on the rights of the girl child and women by citing several real life cases. Prof. Sudha Katyal, Principal of the college, introduced the theme of the seminar and talked about the 5th Sustainable Development Goals of UNDP which is about achieving gender equality and empowering all women and girls, in all circumstances. Another speaker of the day, Mr. Pramod, co-ordinator of YuvSatta, highlighted the need to develop courage and urged the students to remove their own in-built fears if they want to empower themselves. The final speaker of the day, Sh. S. Talwar, Owner of Talwar Dairy & Sweets, Sector-15, Chandigarh expressed that it is indeed a proud moment for him to have three beautiful and brave daughters and shared about his personal life experiences revealing stories of courage by his daughters.

The Pink Turban Campaign was also launched on the campus in collaboration with Yuvsatta. Students marked this event by tying pink turbans and releasing pink balloons to symbolise women empowerment.



PARIKSHA PE CHARCHA

January 29, 2019

The second edition of “Pariksha Pe Charcha 2.0” was showcased before the students and faculty members. Around 200 students participated. Students found the interactive session of honorable PM Narendra Modi quite beneficial. Issues related to examination and the stress connected to it was discussed. He also gave various solutions and answers to the questions posed by students, parents and teachers.



CHILDREN'S PEACE FEST

January 31, 2019

The NSS Wing of the college in collaboration with YuvSatta celebrated Children's Peace Fest-CPF on the occasion of 150th Martyrdom's Day of the Father of our Nation, Mahatma Gandhi. As many as 500 school children from 50 schools of tricity and seven states including Maharashtra, Tripura, Bhopal, Himachal Pradesh, Haryana, Jammu and Kashmir and Delhi took part in the fest. Outstation students were hosted by the families of local students as a part of the fest. Various competitions like Poster Making, Gandhi quiz, Clay modeling, Peace poems, Short mobile video, skit competition and books exchange activities were organized based on the UN theme 2030 'Leave No One Behind' which envisages a world of universal respect for human rights and human dignity, the rule of law, justice, equality and non-discrimination. The theme was based on the ideologies of Mahatma Gandhi and was beautifully portrayed by the participants. The competitions were organized and coordinated by the students of HDFR department. The participants enjoyed Kite Flying followed by traditional Sarso ka Saag and Makki ki Roti for lunch.

In the second half of the day, an interactive session was organized by the students of HDFR department with children from different states in which team leaders of various schools were called to share their daily life experiences of their respective towns. Feedback of activities in which they participated and experiences of staying with the local families of Chandigarh. They also shared how they inculcated Gandiji's philosophies in their day to day activities. Our partners were Chandigarh Commission for Protection of Child Rights (CCPCR), Department of Environment Chandigarh Administration, Delhi Commission for Protection of Child Rights State Legal Services Authority, Government Home Science College, Chandigarh; and was sponsored by CITCO and VERKA.



HOME SCIENCE GIRLS PARTICIPATED IN NATURE CAMP AT CITY FOREST

February 14, 2019

Government Home Science College in collaboration with the NGO YuvSatta (Youth for Peace) under the Environment Education Awareness and Training Scheme, of Ministry of Environment and Forests, Government of India, Department of Environment, Chandigarh Administration participated in the Nature Camp at City Forest behind Sukhna Lake, Chandigarh. Principal of the college, Prof. Sudha Katyal, faculty members and about 45 volunteers of NSS and Harita, the Environment Society of the college participated enthusiastically in the camp. The main motive was to promote the knowledge of rich flora and fauna of the region and generate environmental awareness among the students and teachers through innovative Nature Camps and training programmes.

TC Nautiyal, conservator of Forests and member secretary, Chandigarh Pollution Control Committee (PCCC) informed the students about the harmful effects of single use plastic and shared the havoc created in Daddu majra (the landfill site for Chandigarh). Mr Promod Sharma, coordinator, YuvSatta, urged the students to ban use of single use polybags in college and increase use of fountain pen instead of disposable ball pens. Mr Kulbhushan Kanwar, popularly known as the city's Butterfly Man shared his experiences and passion for conserving and photographing Butterflies.

Students were given camping kits containing steel water bottles, notepads, pens, light refreshment and lunch during the initiative. Prof. Katyal expressed her gratitude to the speakers for sharing their pool of knowledge with the students and further urged the students to avoid the use of plastic in their daily lives and help promote the cause by spreading this message ahead.



AWARENESS ON DRUG FREE INDIA CAMPAIGN

February 16, 2019

The NSS wing of Government Home Science College organized a seminar to make students aware of the initiative taken by the ART of Living to prevent spread of drugs among youth and students through a campaign 'Drug Free India' to be launched on February 18, 2019.

Mr Ramnik Bansal from IIT-Bombay and IIM- Bangalore made the students aware of the havoc created by drugs amongst youth and also highlighted the statistics of rising cases of drug addiction, tobacco and alcohol consumption. Students were motivated to help make this country drug free by being an active member of the campaign and were further made a part of Social Welfare Awareness Team (SWAT) of Home Science College.

The launch event of 'Drug Free India' was held in Chandigarh University on February 18, 2019. The event was graced by celebrities like Sanjay Dutt, Kapil Sharma and Badshah and joining by a million youth from various institutions across the country via LIVE webcast.



HOME SCIENCE GIRLS PARTICIPATED IN CHANDIGARH AUDIT

February 20, 2019

Under the initiative taken by the Chandigarh Administration, the NSS Volunteers of Government Home Science College participated enthusiastically in the Chandigarh Audit. The motive of this audit is to make disabled friendly Chandigarh.

Volunteers took the initiative to audit all the public places including Police Stations, hospitals, banks, schools, parks, libraries, religious places, bus stops, washrooms etc. except all the residential places in Chandigarh. The criterion was to make Chandigarh barrier free. Students were briefed about Right of Persons with Disability Act, 2016 (RDP Act) and were explained about 21 types of disabilities. Students were also guided to inspect the public places with accessibility of wheelchairs and handrails in the buildings and provision of Braille signage at the bus stops and washrooms for visually impaired persons. Moreover, students were directed to check the provision of auditory information and visual signage for people with visual and hearing disabilities respectively.

The students were appointed Sector 3, 4, 5 and 6, High Court, Kaimbwala village and Sukhna Lake for the survey.



PROMOTION OF CLEAN AND GREEN CAMPUS BY NSS
VOLUNTEERS(August 2, 2018- August 5, 2018)

To sustain the momentum of the ‘Swachh Bharat Campaign’, the NSS Volunteers of Government Home Science College made an effort to conduct a Cleanliness Drive in the College campus under the theme of ‘Swachhta Pakhwada’ with great zeal. The drive was filled with a lot of enthusiasm and an active participation of more than 50 volunteers from various departments, pledging to serve the society in every way possible. This initiative has a great impact on masses on day to day basis and a great effect was created by this initiative.

The volunteers devoted four days to clean the campus and to ensure that they reach out to clean each and every part of the campus like classrooms, laboratories, library, toilets, auditorium, playgrounds, lawns, canteen, college internal roads, hostel etc. Students also contributed to plant saplings in the college garden and make it a Green campus. All the activities were organized under the guidance of the Programme Officers, Ms. Seema Jaitly and Dr. Neha Sharma.

Principal of the college, Prof Sudha Katyal, applauded the students’ effort and dedication to clean the college campus and to promote the concept of Clean and Green Campus.

VISIT TO WELFARE AGENCIES (August 11,2018- August 13,2018)

August 13, 2018

The enthusiastic NSS Volunteers of Government Home Science College observed Swachhta Pakhwada by visiting GMSH 16, Market of Sector 10, Bus stand of Sector 17 and Old Age Home Sector 15, Chandigarh to take over the opportunity of cleaning the area and making it more hygienic for the public.

Volunteers also interacted with the public around to know more about their views regarding the Government launched scheme Swachh Bharat Abhiyan and what efforts are being done by them to bring about a change in the society. Moreover volunteers also performed Nukkad Natak to generate awareness regarding the importance and pros of Cleanliness in one's life.

The Cleanliness drive was supervised under the NSS programme officers Ms. Seema Jaitly and Dr. Neha Sharma. They also interacted with the public to know about their opinion about *Swachhta* and what efforts can be done further to add to the end results of this scheme.

Principal of the college, Prof. Sudha Katyal, applauded the students' efforts of cleaning the market streets and hospital area and further encouraged the students to continue with these good deeds in future as well.

SWACHHTA RALLY BY NSS VOLUNTEERS

August 14, 2018

The NSS Wing of Government Home Science College organized an awareness rally as a part of Swachhta Pakhwada as a step towards Swachhta in Society.

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. Seema Jaitly and Dr. Neha Sharma and the accompanying faculty members. The students holding banners, posters, and placards in their hands chanted slogans for generating awareness among the common masses. Before that they actively participated by making beautiful posters and writing motivational slogans with an aim to spread awareness among people. The rally highlighted and promoted the importance of Cleanliness in the surroundings.

The students also interacted with the common masses and forewarn them about the aftereffects of unhygienic surroundings. The Principal of the college, Prof. Sudha Katyal applauded and appreciated the efforts of the students and encouraged them to actively participate in future as well.

POSHAN MAAH CELEBRATIONS

September 15, 2018

NUTRITION AND HEALTH MELA AT HOME SCIENCE COLLEGE

Government Home Science College organized a Nutrition and Health Mela to generate and promote awareness regarding wholesome Nourishment for good health to reduce stunting under nutrition and anemia among young children, adolescent girls and women. It was organized in collaboration with **NSS wing** of the college and Department of Foods and Nutrition with an aim to spread nutritional awareness, provide nutritional counseling, help in health assessment and health check – up. About 400 people from different colonies and rural areas of Chandigarh attended this Mela in the college premises. It comprises of tiny tots of Chaitanya Nursery School, their parents, rural women attending DAY-NULM free training in Fashion Designing and Rural Associate Women workers attending the 5-days training programme in the college.

Highlight of this Mela was Nukkad Natak focusing on Nutrition at various stages of life cycle. It was beautifully put up by college girls and was really successful in generating nutritional awareness right from conception till adolescent period in a very effective manner.

It was followed by Health check –up conducted with a team of doctors and paramedical staff from Fortis Hospital. Dr. Esha Arora, internal medicine specialist, and her team conducted general health screening, measurement of Blood Pressure, height and weight measurement and BMI assessment. Post Graduate Dietetics Students of the college also held a Diet Clinic.

A Dental health check up was carried out by Dr. Shivani and Dr. Hardeep K. Chawlain collaboration with Oral Rehabilitation and Implant Centre, Sec-34 C, Chd.

Principal of the college, Prof. Sudha Katyal, highly appreciated the efforts of the students and faculty members for the conduct of Nutrition and Health Check-up. She encouraged students and staff to continue with such efforts for improving the nutrition and health of the masses.

