

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

**Outreach Activities
Session :2021-22**

Sr. No.	Name of the activity	Organizing unit	Collaborating agency	Year of the activity	No. of participants
1.	Suposhit Bharat Cycle Rally 01.09.2021	NCC and NSS	Community (Poshan Abhiyan)	2021-22	25
2.	Interactive Workshop on 'Fight to Eat Right'	Foods and Nutrition Department/ NSS	Community (Department of Social Welfare /Poshan Abhiyan)	2021-22	30
3.	Outreach Activity on Health and Healthy Practices At Khuda Jassu 31.03.22	NSS	NGO (Open Eyes foundation)	2021-22	100
4.	Participation in Eat Right Mela 16.05.22	NSS/Foods and Nutrition Department	Food Safety Administration, Health Department, Chandigarh Administration	2021-22	40
5.	Nukkad Natak showcased in Environment Fest at Panjab University 15.04.22	NSS & HDFR department	Department of Laws, Panjab University, Punjab Pollution Control Board, Chandigarh	2021-22	15
6.	Participation in Street Play Competition Under Swachh Survekshan 2022 27.12.21	NSS/ HDFR	Community (Municipal Corporation, Chandigarh)	2021-22	20
7.	Community Sensitization under Swastha Balak-Balika Spardha	NSS	Community (Department of Social Welfare)	2021-22	25
8.	Youth Development programme to mark Azadi ka Amrit	NSS	Community (Ramakrishna Mission Ashrama,	2021-22	30

	Mahotsav 12.01.22		Sector 15B, Madhya Marg)		
9.	Vaccination Promotion and Psycho-social Support Service	NSS	Community (Mahatma Gandhi National Council of Rural education, Deptt of Higher Education , Ministry of Education , Govt. of India)	2021-22	50
10.	Awareness generation on Electoral Programme at Village 'Khuda Ali Sher' 14.12.2021	NSS	Community (Municipal Corporation Elections)	2021-22	35
11.	Webinar on "Nutrition Education for Toddlers " 28.02.22	NSS/ HDFR	Industry (Nestle)	2021-22	62
12.	National Webinar on Nutrition Lifestyle Management 26.09.2021	NSS	Community (National Commission for Women)	2021-22	1.3K

1. Suposhit Bharat Cycle Rally (01.09.2021)

Organising Unit/Agency/Collaborating Agency- NCC & NSS

No. of Participants: 25

Name of the Scheme: Poshan Abhiyan/Community sensitization/ Health/ Nutrition/ Skill development/ Women empowerment

NCC cadets & NSS Volunteers of the college conducted a cycle rally on September 01, 2021 using smart bikes, an initiative by the Chandigarh Administration to reduce traffic congestion and reduce the carbon footprint. The rally was flagged off by Principal Prof Sudha Katyal to kick start Poshan Abhiyan Celebrations. The students on their cycles carried slogans making people aware about the benefits of eating healthy and staying fit. The rally was taken from the college till Matka Chowk and then to Sector 15 and back. The rally is an initiative to help spread awareness on the benefits of healthy living. Principal Prof. Sudha Katyal encouraged the participants and emphasized on nutrition and health. She further added that this was the start of a month long celebrations and the college would be actively supporting the mission of the government.



Principal Prof. Sudha Katyal flagged off the cycle rally from the college premises



NCC Cadets & NSS Volunteers during a cycle rally at Matka Chownk, Sector-17, Chandigarh

Media Coverage

GHSC 10 Organised Cycle Rally on the 3rd Day of Poshan Maah Celebrations

Poshan Abhiyan celebrations, a well-attended programme organised at Matka Chowk, Sector-17, Chandigarh, on the 3rd day of Poshan Maah Celebrations.

On the 3rd day of the celebrations, the college organised a cycle rally using smart bikes. Smart bikes are an initiative by the administration to reduce traffic congestion and ensure the safety of the riders.

NCC Cadets of 1 Chandigarh Girls Detachment conducted a cycle rally which was headed off by Principal P. of Sachin Kataria. The NCC Cadets on their cycles carried placards making people aware about the benefits of staying healthy and staying fit.

"Matka aur Khandra" "Matka aur Khandra" was the theme of Poshan Maah Celebrations. The rally was taken from the college to Matka Chowk and to Sector-17 and back. The rally is an initiative to help spread awareness in the benefits of healthy living.

Principal P. of Sachin Kataria encouraged the participants and emphasized on nutrition and health, who further encourage everyone to participate in month-long celebrations by actively supporting the activities.

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Link of the Activity: <https://homescience10.ac.in/news-events?page=6>

Link of the Media Report: <https://www.cityairnews.com/content/ghsc-10-organised-cycle-rally-on-the-3rd-day-of-poshan-maah-celebrations>

2. Interactive Workshop on 'Fight to Eat Right' (01.10.2021)

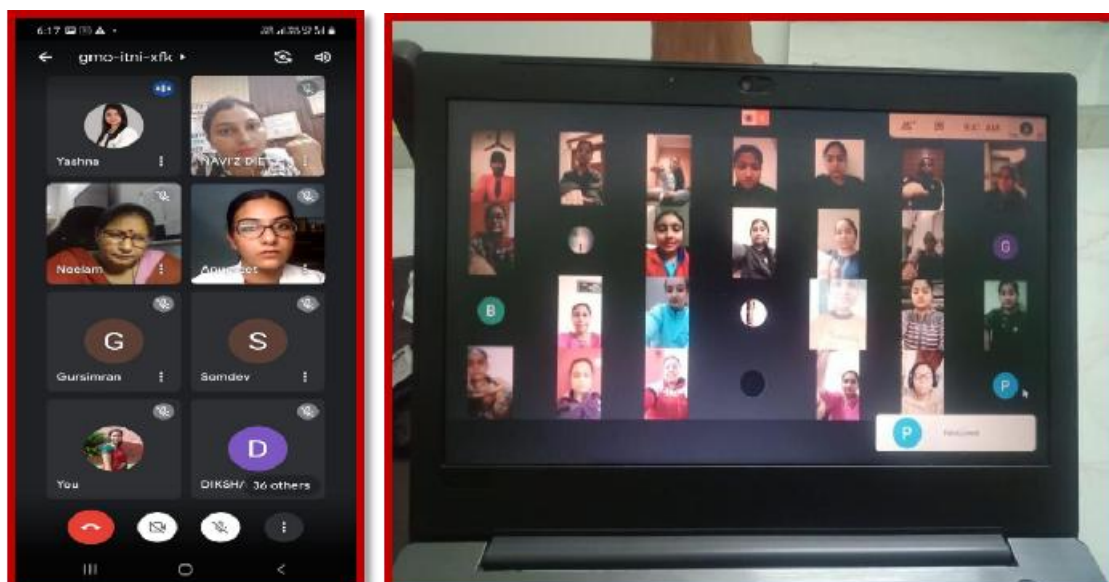
Organising Unit/Agency/Collaborating Agency- NCC & NSS

No. of Participants: 30

Name of the Scheme advocated and promoted: Poshan Abhiyan

In sync with the aim of Poshan Abhiyan 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 on 01.10.2021. 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.



A virtual National Workshop on the theme 'Fight to Eat Right'

Link of the Activity: <https://homescience10.ac.in/news-events?page=5>

3. Health and Healthy Practices at Khuda Jassu (31.03.2022)

Organising Unit/Agency/Collaborating Agency- Department of HDFR & NSS

No. of Participants: 100

Name of the Scheme advocated and promoted: Suposhit Bharat/ Health ,Nutrition & Poshan Abhiyan

Students and staff of the Department of HDFR & NSS Wing of college conducted an outreach activity on health and healthy practices for children at Khuda Jassu on 31.03.2022. The easels and colouring material were provided to the children which allowed them to showcase their creativity. The children of the area thoroughly enjoyed the activity and looked forward to have the students over again. The students also visited the head office of NGO- Open Eyes foundation where they were apprised of the working of the NGO. Students were highly motivated and eager to work closely with the foundation. The Principal of the college, Prof. Sudha Katyal motivated the students to realise their social responsibility and actively participate in such outreach activities.



Children of Khuda Jassu enjoying the activity at Khuda Jassu



Students conducted Health and Healthy Practices for children at Khuda Jassu

Media Coverage



Link of the Activity: <https://homescience10.ac.in/news-events?page=4>

Link of Media Report: <https://www.cityairnews.com/content/students-of-home-science-college-conducted-outreach-activity-at-khuda-jassu>

4. Participation in Eat Right Mela (16.05.2022)

Organising Unit/Agency/Collaborating Agency- Department of NCC & NSS

No. of Participants: 2000

Name of the Scheme advocated and promoted: Food Safety Administration & Health Department, Chd. Admn

As an initiative of Food Safety Administration, Health Department, Chd. Admn. to celebrate Azadi ka Amrit Mahotsav, the students of Home Science College participated in the walkathon on 16.05.2022 for healthy eating as part of the ongoing celebrations of the "EAT RIGHT MELA". NSS Volunteers and NCC Cadets of the college along with 2000 other volunteers walked from rock garden to sukhna lake. The event was inaugurated by Sh. Yashpal Garg, IAS, Health Secretary, UT, Chandigarh as well as Chief Food Security, Chandigarh Administration. Principal of the college Prof. Sudha Katyal encouraged the students of the college to participate in such activities in sync with the government key initiatives.



NSS Volunteers participated in the walkathon for healthy eating during "EAT RIGHT MELA"



NCC Cadets participated in the walkathon for healthy eating during "EAT RIGHT MELA"

Media Coverage



Link of the Activity: <https://homescience10.ac.in/news-events?page=3>

Link of Media Report: <https://www.cityairnews.com/content/home-science-college-participates-in-eat-right-mela>

5. Nukkad Natak showcased in Environment Fest at Panjab University,

Organising Unit/Agency/Collaborating Agency- NSS,HDFR, Department of Laws, Panjab University & Punjab Pollution Control Board, Chandigarh

No. of Participants: 40

Name of the Scheme advocated and promoted: Environment Sustainability & Health

More than 40 students from B.Sc. Home Science & Department of Human Development participated in a two-day Environment Fest “Green Defenders” organized by the Department of Laws, Panjab University in collaboration with the Punjab Pollution Control Board on April 08-09, 2022. The purpose of the event was to educate students about the hazardous effects of waste produced by human beings all over the world. A plethora of activities were organized such as Climate MUN, Declamation, Quiz, Parliamentary Debate, Poster Making, Terrarium and Rangoli Making etc. Our students enthusiastically participated in many activities and brought laurels to our college. The Principal of the college, Prof. Sudha Katyal, applauded the efforts of the students and encouraged them to achieve new milestones in both academic and co-curricular activities



Mallika Malik, a student from B.Sc. Home Science got the second position in the terrarium competition



B.Sc. Home Students performing Nukkad Natak at P.U., Chd.



M.Sc. Home Science (HDFR) performing Nukkad Natak at P.U., Chd.



Principal of the College, Prof. Sudha Katyal appreciating prize winners & participants of various events

Link of the Activity: <https://homescience10.ac.in/news-events?page=4>

6. Participation in Street Play Competition Under Swachh Survekshan (27.12.2021)

Organising Unit/Agency/Collaborating Agency: HDFR, Municipal Corporation, Chandigarh & NSS
No. of Participants: 20
Name of the Scheme advocated and promoted: Swachh Bharat Abhiyan & Environmental Sustainability

A team of Home Science Students from the department of Human Development & Family Relations and NSS participated in Street Play Competition on the theme ‘Say No To Plastic’ under Swachh Sarvekshan 2022 organised by Municipal Corporation, Chandigarh on 27.12.2021. Principal of the College, Prof. Sudha Katyal applauded the efforts of the students & their mentors for participating in such competitions and generating awareness among masses regarding ‘Say No to Plastic’ and thereby making their environment clean & green.



Group Picture of Students along with Brochure during Street Play Competition conducted by Municipal Corporation, Chandigarh



Students performing Nukkad Natak on the theme 'Say No to Plastic'

Link of the Activity: <https://homescience10.ac.in/news-events?page=3>

7. Community Sensitization under Swastha Balak-Balika Spardha (08.10.2022)

Organising Unit/Agency/Collaborating Agency: NSS & Department of Social Welfare, Chandigarh Administration

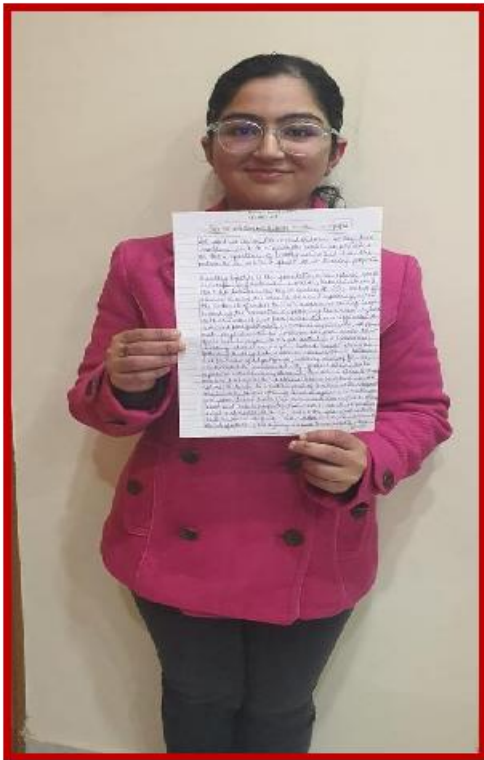
No. of Participants: 25

Name of the Scheme advocated and promoted: Community Development & Health

Under the able guidance of worthy Principal Ma'am, NSS Wing of Government Home Science College, Chandigarh organised various activities from January 08-10, 2022 to contribute it's part in Swastha Balak-Balika Spardha. Glimpses of various activities include Poster Making, Slogan Writing, Essay Writing and Sensitising Mothers regarding healthy nutrition. Principal of the college, Prof. Sudha Katyal applauded the efforts of NSS for successful execution of the objectives that were set for the event.

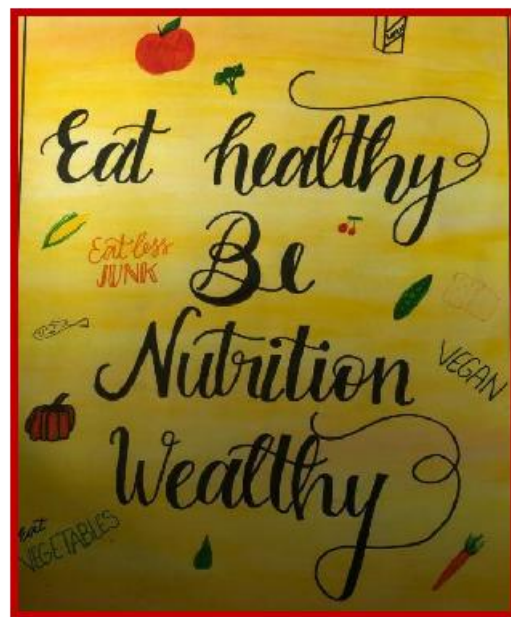
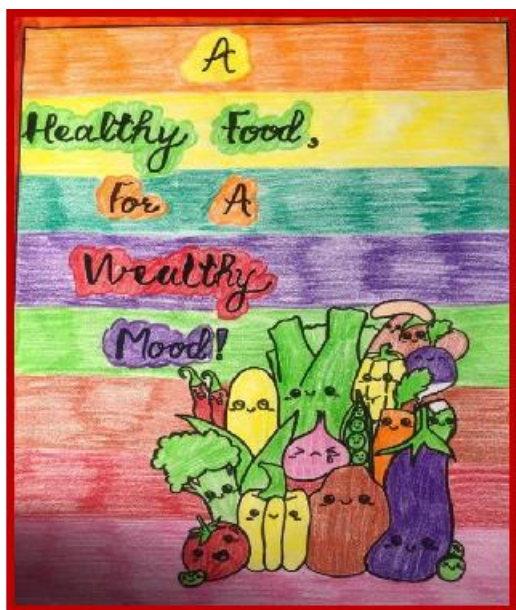


NSS Volunteers sensitizing mothers regarding healthy nutrition



NSS Volunteers participated in Essay Writing Competition on role of healthy nutrition on child's life

NSS Volunteers participated in Poster Making Competition on healthy nutrition



NSS Volunteers participated in Slogan Writing Competition on healthy nutrition

Link of the Activity: <https://homescience10.ac.in/news-events?page=4>

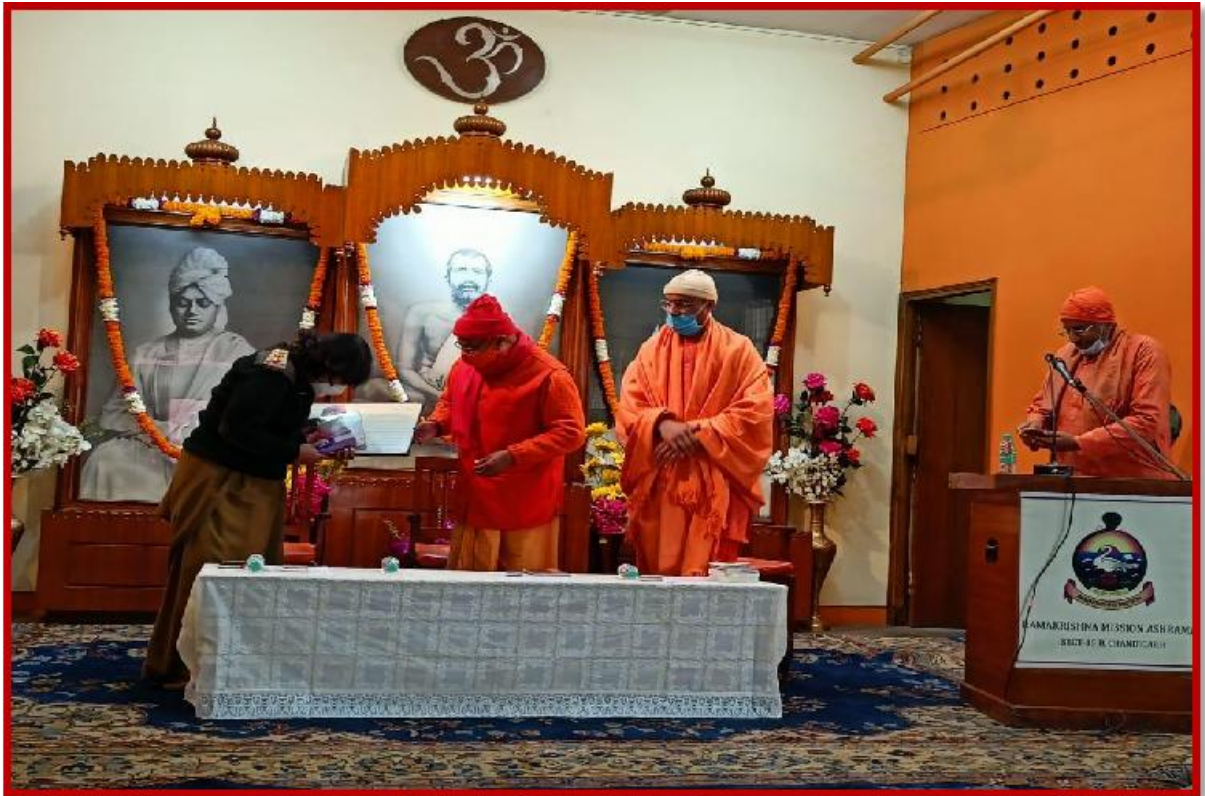
8. Youth Development Programme to Mark Azadi ka Amrit Mahotsav (12.01.2022)

Organising Unit/Agency/Collaborating Agency: NCC & Ramakrishna Mission Ashrama, S

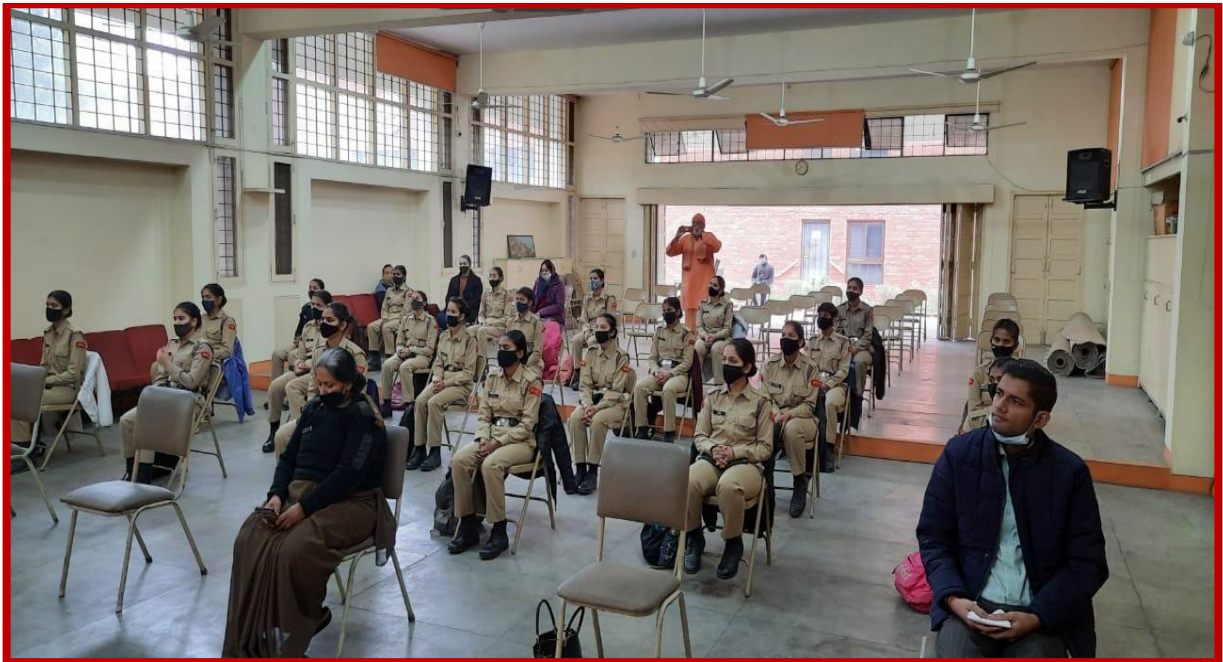
No. of Participants: 30

Name of the Scheme advocated and promoted: Azadi ka Amrut Mahotsav

NCC Unit of College Observed Azadi ka Amrit Mahotsav on National Youth Day-2022 (12.01.2022) to mark the Birth Anniversary of Swami Vivekananda Azadi Ka Amrit Mahotsava was observed by 30 NCC Girls Cadets of Government Home Science College in liaison with 1 Chandigarh Girls BN on the National Youth Day-2022 to mark the Swami Vivekananda's birth anniversary at Ramakrishna Mission Ashrama, Sector 15B, Madhya Marg, Chandigarh while strictly adhering to Covid-19 guidelines.



Major Neelam receiving Resource Material on Swami Vivekananda from Swami ji



NCC Cadets celebrating National Youth Day at Rama Krishna Mission Ashram, Sector-15, Chandigarh

Media Coverage



Link of the Activity: <https://homescience10.ac.in/news-events?page=4>

Link of Media Report: <https://www.instagram.com/p/CYqD6rYvG40/?igshid=YmMyMTA2M2Y=>

9. Vaccination Promotion and Psycho-social Support Service (31.05.2021)

Organising Unit/Agency/Collaborating Agency: Mahatma Gandhi National Council of Rural education, Deptt of Higher Education , Ministry of Education , Govt. of India & NSS

No. of Participants: 50

Name of the Scheme advocated and promoted: Social Service & Community Development/ Health

The college organised an online workshop on "Psycho Social Support for Covid Pandemic Situation" in collaboration with Mahatma Gandhi National Council of Rural education, Deptt of Higher Education, Ministry of Education, Govt. of India on May 31, 2021. As the coronavirus pandemic sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the public at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions. With new measures and restrictions introduced especially during quarantine and its effects on people's usual activities, routines or livelihoods one can see a rise in levels of loneliness, depression, drug use , self harm or suicidal tendencies. With the intentions of addressing some of these concerns arising due to COVID-19 the workshop was conducted by the college. Resource person was Mr Samarth Sharma, a representative of Mahatma Gandhi National Council of Rural Education, Govt. of India. A wonderful interactive session was held where over 90 students participated wholeheartedly and shared the information on available beds, Ventilators, ICU. Vaccine Awareness, Crowd Management at COVID Vaccine Centers, NGOs distributing food to COVID 19 Patients and COVID 19 Helpline numbers for giving emotional support to the COVID affected patients .Principal of the college , Prof. Sudha Katyal appreciated the enthusiasm of the students who wholeheartedly participated in the workshop and reiterated the message of the workshop "Each one Reach one".



Resource Person Mr Samarth Sharma, a representative of Mahatma Gandhi National Council of Rural Education, Govt. of India addressing students during the session

Online workshop organised on psycho social support for covid pandemic situation

Principal of the college, Prof. Sudha Kalyal appreciated the enthusiasm of the students

Chandigarh: May 28, 2020 (ANI) -

Project Hallmarks

Chandigarh: Government Home Science College, Sector 19, Chandigarh organised an online workshop on "Psycho-Social Support for Covid Pandemic Situation" in collaboration with Mahatma Gandhi National Council of Rural Education, Dept. of Higher Education, Ministry of Education, Govt. of India. As the coronavirus pandemic sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the public at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions. With new measures and restrictions introduced especially during quarantine and its effects on people's usual activities, routines or livelihoods, one can see a rise in levels of loneliness, depression, drug use, self-harm or suicidal tendencies. With the intention of addressing some of these concerns arising due to COVID-19, the workshop was conducted by the college. Resource person was Mr Samarth Sharma, a representative of Mahatma Gandhi National Council of Rural Education, Govt. of India. A wonderful interactive session was held where over 95 students participated willingly and shared the information re available home, Ventilators, PPE Machine Swabness, Crowd Management at Covid Vaccine Centers, NGOs distributing food to COVID 19 Patients and COVID 19 Helpline numbers for giving emotional support to the covid affected patients.

Link of the Activity: <https://homescience10.ac.in/news-events?page=6>

Link of Media Report: <https://www.cityairnews.com/content/online-workshop-organised-on-psycho-social-support-for-covid-pandemic-situation>

10. Awareness generation on Electoral Programme at Village 'Khuda Ali Sher' (14.12.2021)

Organising Unit/Agency/Collaborating Agency: NSS

No. of Participants: 35

Name of the Scheme advocated and promoted: Awareness on Electoral Programme

Government Home Science College, Sector-10, Chandigarh has contributed significantly in generating awareness through 'Voting Awareness Programme' in view of the Municipal Corporation Elections from December 13-15, 2021. Various activities were organized to disseminate awareness and significance of voting among masses. Visit to Adopted Village 'Khuda Ali Sher' on 14.12.2021 was organised to spread awareness regarding elections and significance of voting.



NSS Volunteers disseminating awareness through 'Voting Awareness Programme' at adopted village 'Khuda Ali Sher'



**NSS Programme Officers interacting with Local Woman Leader at adopted village
'Khuda Ali Sher'**

Link of the Activity: <https://homescience10.ac.in/news-events?page=6>

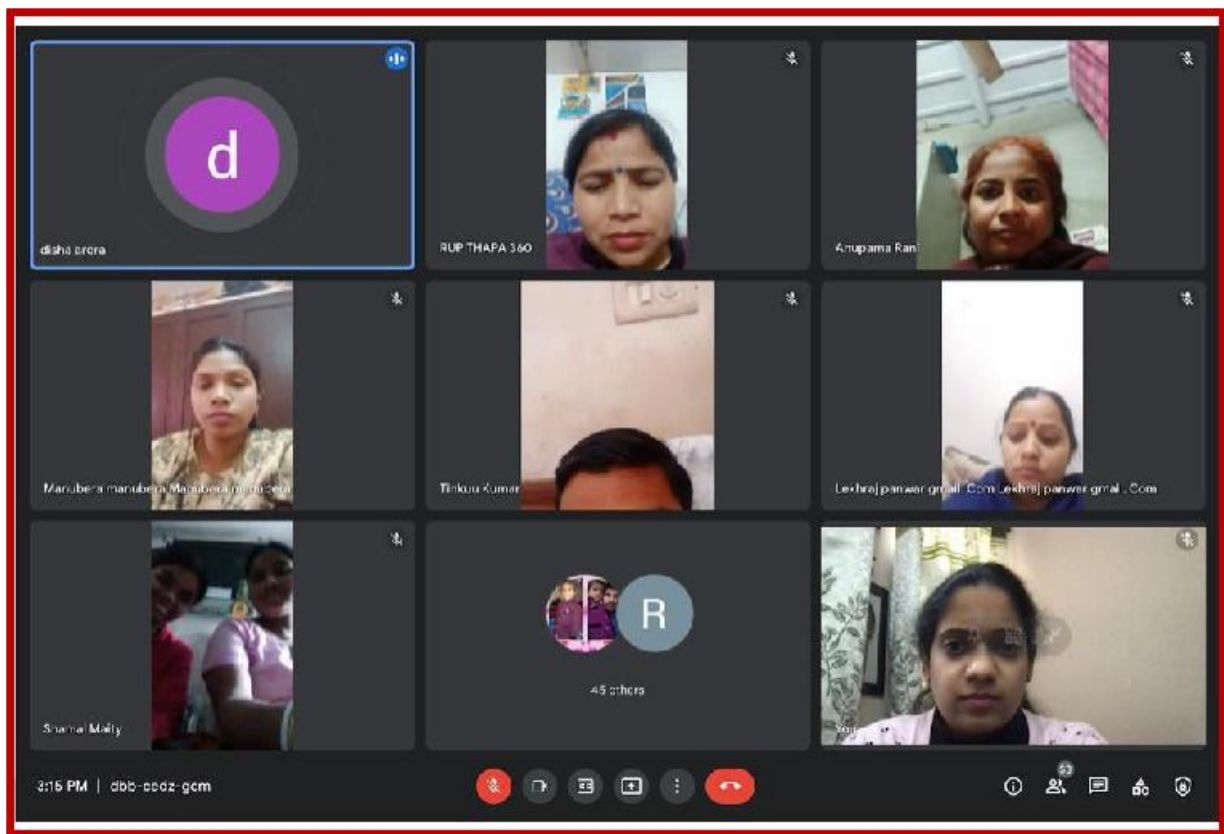
11. Webinar on Nutrition Education for Toddlers (28.02.2022)

Organising Unit/Agency/Collaborating Agency: HDFR, Nestle & NSS

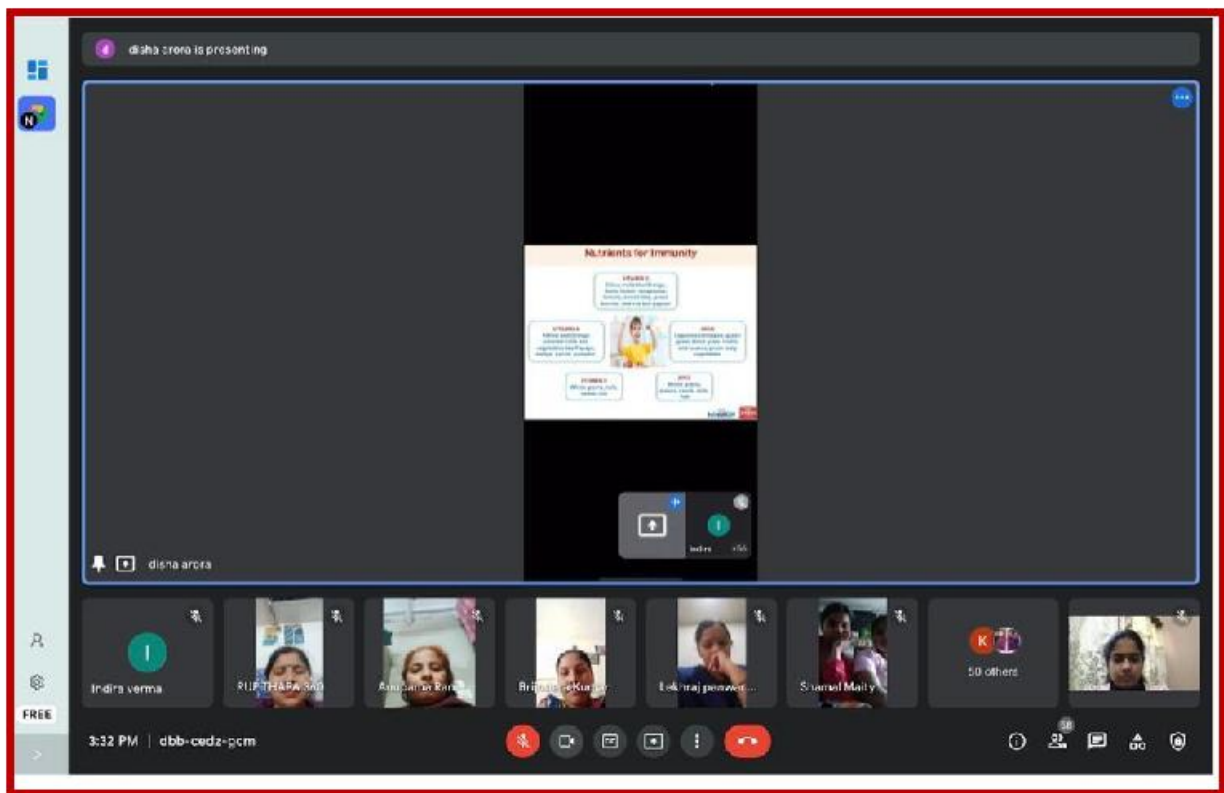
No. of Participants: 62

Name of the Scheme advocated and promoted: Community Development/ Poshan Maah

Govt Home Science college along with NSS students organised a webinar on "Nutrition Education for Toddlers" in collaboration with Nestle on 28.02.2022. Ms Disha Arora, a Nutrition expert from Nestle appraised the parents on importance of recognising milestones of growth and the nutritional needs that come along with each age group. She elaborated on the different food groups and gave wonderful tips and tricks to parents to incorporate them in a nutritious yet fun way. Many parents had their concerns and queries resolved on fussy eating behaviours, incorporating all food groups, fun ways to introduce variety in a child's diet etc. Principal of the college, Prof. Sudha Katyal also encouraged the parents to be patient while feeding children and be good role models themselves.



Ms Disha Arora, a Nutrition expert from Nestle appraised the parents on importance of recognising milestones of growth and the nutritional needs.



Ms Disha Arora addressing online audience during a webinar on “Nutrition Education for Toddlers” through her presentation

Media Coverage



Link of the Activity: <https://homescience10.ac.in/news-events?page=4>

Link of Media Report: <https://www.cityairnews.com/content/webinar-on-nutrition-education-for-toddlers-organised-by-government-home-science-college>

12. National Webinar on Nutrition Lifestyle Management (26.09.2021)

Organising Unit/Agency/Collaborating Agency: National Commission for Women & NSS

No. of Participants: 1.3K

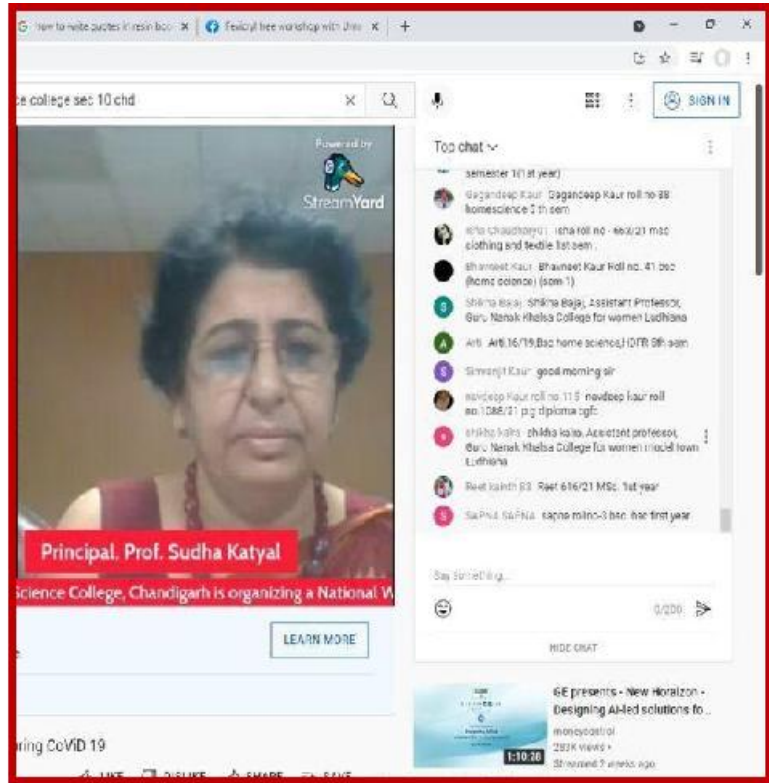
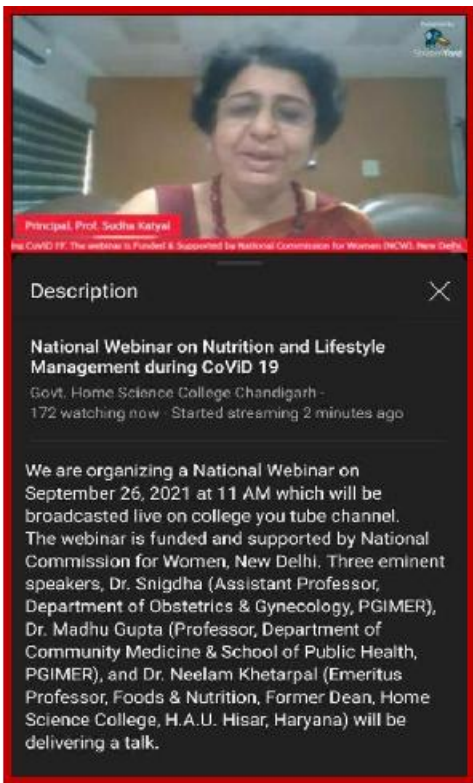
Name of the Scheme advocated and promoted: Community Development ,Poshan Maah & Holistic Health Government Home Science College organized a National webinar on “Nutrition and Lifestyle Management during COVID -19” funded and supported by National Commission for Women with the aim to sensitize underprivileged women and the public at large. Sh. S.S Gill, I.A.S, Education secretary, Chandigarh Administration, gave the inaugural address in webinar and applauded the tireless efforts of the college in sensitizing masses about the importance of nutrition, under the Principals’ leadership since the initiation of the Poshan Abhiyaan 4 years back.

Principal, Prof. Sudha Katyal gave the keynote address and set the tone for the webinar highlighting ,“ Let Food be thy medicine”. She provided a brief history on the initiation of PoshanMaah celebrations launched by Hon’ Prime Minister Shri Narendra Modi on International Women’s Day in the year 2018. She elaborated on the ‘Multi-ministerial convergence’ feature of the Abhiyaan. Dr. Katyal highlighted the game changers in coping with COVID 19 and urged everyone to improve one's immunity by adopting good food habits and a healthy and active lifestyle.

Dr Snigdha, Asst. Professor of Dept. of Obstetrics and Gynecology, PGIMER spoke about Impact of Covid 19 on women’s health and how they faced unprecedented problems which led to their deteriorating health conditions. Dr Madhu Gupta, Professor Department of Community Medicine and School of Public Health, PGIMER busted the already existing myths related to the vaccination drive in India and gave insightful set of observations on dealing with the post Covid Complications. Further, Dr. Neelam Khaterpal, Emeritus Prof. Foods and Nutrition, HAU, Hisar elaborated on how to prepare oneself for the next wave and the lessons one should take away from this ongoing pandemic.



Sh. S.S Gill, I.A.S, Education secretary, Chandigarh Administration, gave the inaugural address in webinar



Principal, Prof. Sudha Katyal gave the keynote address and set the tone for the webinar highlighting, “ Let Food be thy medicine”

Media Coverage

The image shows a screenshot of a news article from City Air News. The headline is "GHSC organizes National Webinar on Nutrition and Lifestyle Management during Covid-19". Below the headline, there is a video player showing a webinar with two participants: Dr. Namrata Sethi and Principal Prof. Sudha Kalyal. The article text below the video describes the event, mentioning that it was organized by Government Home Science College, Chandigarh, and supported by the National Commission for Women. It highlights the keynote address by Principal Prof. Sudha Kalyal and the participation of several experts in the field of nutrition and women's health.

GHSC organizes National Webinar on Nutrition and Lifestyle Management during Covid-19

Chandigarh, September 26, 2021: Government Home Science College organized a National webinar on "Nutrition and Lifestyle Management during COVID-19" funded and supported by National Commission for Women with the aim to conscious underprivileged women and the public at large. Sh. S. S. Gill, I & S, Executive secretary, Chandigarh Administration, gave the inaugural address in webinar and applauded the tireless efforts of the college in sensitizing masses about the importance of nutrition, under the Principals' leadership since the initiation of the Poshan Abhiyaan 4 years back.

Principal, Prof. Sudha Kalyal gave the keynote address and set the tone for the webinar highlighting, "Let Food be thy medicine". She provided a brief history on the initiation of PoshanMaah celebrations launched by Hon' Prime Minister Shri Narendra Modi on International Women's Day in the year 2018. She elaborated on the "Multi-ministerial convergence" feature of the Abhiyaan. Dr. Kalyal highlighted the game changes in coping with COVID-19 and urged everyone to improve one's immunity by adopting good food habits and a healthy and active lifestyle.

Dr. Sneha, Asst. Professor of Dept. of Obstetrics and Gynecology, PCIMER spoke about impact of Covid-19 on women's health and how they faced unprocessed problems which led to their deteriorating health conditions. Dr. Medha Gupta, Professor, Department of Community Medicine and School of Public Health, PCIMER busted the already existing myths related to the vaccination drive in India and gave insightful set of observations on dealing with the post Covid complications. Further, Dr. Neelam Khaterpal, Emeritus Prof. Foods and Nutrition, HAU, Hissar elaborated on how to prepare oneself for the next wave and the lessons one should take away from this ongoing pandemic.

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Link of Media Report: <https://www.cityairnews.com/content/ghsc-organizes-national-webinar-on-nutrition-and-lifestyle-management-during-covid-19>