

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

**Outreach Activities
Session :2020-21**

Sr. No.	Name of the activity	Organizing unit	Collaborating agency	Year of the activity	No. of participants
1.	Swawlambi Covid Warriors	NSS	Community	2020	25
2.	Online Outreach Activity On Awareness Generation On Malnutrition 22.03.21	NSS/Foods and Nutrition Department	Community (Poshan Abhiyan)	2020-2021	5
3.	Online Session on Malnutrition During COVID 19 28.03.21	NSS	Community (Department of Social Welfare for Aanganwadi workers)	2020-2021	40
4.	Participation in Migratory Birds Watching & Swatchta Abhiyan at Sukhna Lake 05.12.20	NSS/ Extension Education	NGO (Yuvsatta and Department of Environment, Chandigarh Administration)	2020-2021	310
5.	Sensitisation & Awareness Campaign on getting vaccinated against Corona by NSS Volunteers 14.04.21	NSS/ Extension education	Community (Ministry of Youth Affairs & Sports, Government of India)	2020-2021	35
6.	Online Workshop on Hand Washing Techniques 30.03.21	Foods and Nutrition Department/ NSS	Community (Schools from Kashmir, Ludhiana and Banur)	2020-2021	60
7.	Social Awareness Rally on Earth day 22 April 2021	NCC/ Extension education	Community ('Dharini' 'Environment Awareness Society, PGGC,	2020-2021	50

			Sector-46, Chandigarh)		
8.	Social Awareness Rally on World Environment Day 5 June 2021	NCC	Community (Forest and Wildlife, Chandigarh administration)	2020-2021	30
9.	Live Interactive Session on National Breast Feeding Week 08.08.20	NSS	Industry (Fortis hospital, Mohali)	2020-2021	100
10.	Online Awareness Generation On Kitchen Garden Herbs 08.09.20	Foods and Nutrition Department/ NSS	Community (Poshan Abhiyan)	2020-2021	55
11.	Poshan Maah Celebration for highlighting importance of Nutrition 05.09.20	Foods and Nutrition Department/ NSS	Community (Poshan Abhiyan)	2020-2021	40
12.	Awareness Generation about Poshan Thali 12.09.20	Foods and Nutrition Department/ NSS	Community (Poshan Abhiyan)	2020-2021	50
13.	Informative Session on Importance of Nutrition And Menstrual Hygiene 13.09.20	Foods and Nutrition Department/ NSS	Community (Poshan Abhiyan)	2020-2021	90
14.	Outreach Program On Importance Of Herbs By Home Science Students 16.09.20	Foods and Nutrition Department/ NSS	Community (Poshan Abhiyan)	2020-2021	45
15.	Webinar On Nutrition During Covid 19 By Home Science College 17.09.20	Foods and Nutrition Department/ NSS	Industry (Fortis Hospital, Mohali)	2020-2021	30
16.	Informative Webinar On NEP- A Step Towards Atam Nirbhar Bharat 18.09.20	NSS	Community (Staff and students)	2020-2021	60

17.	Awareness Generation Session On Anemia 23.09.20	Foods and Nutrition Department/ NSS	Community (Poshan Abhiyan)	2020-2021	50
18.	Importance of Nutrition Advocated Amongst Children Sept 29	Foods and Nutrition Department/ NSS	Community (Poshan Abhiyan)	2020-2021	30
19.	Informative Session on Role Of Micronutrients 24.09.20	Foods and Nutrition Department/ NSS	Community (Poshan Abhiyan)	2020-2021	30
20.	Live Session On Nutrition During Covid 25.09.20	NSS	Industry (Diet Insight)	2020-2021	60

Outreach Activities
Session: 2020-21

1. Swawlambi COVID Warriors

Organizing unit/ agency/ collaborating agency – NSS volunteers

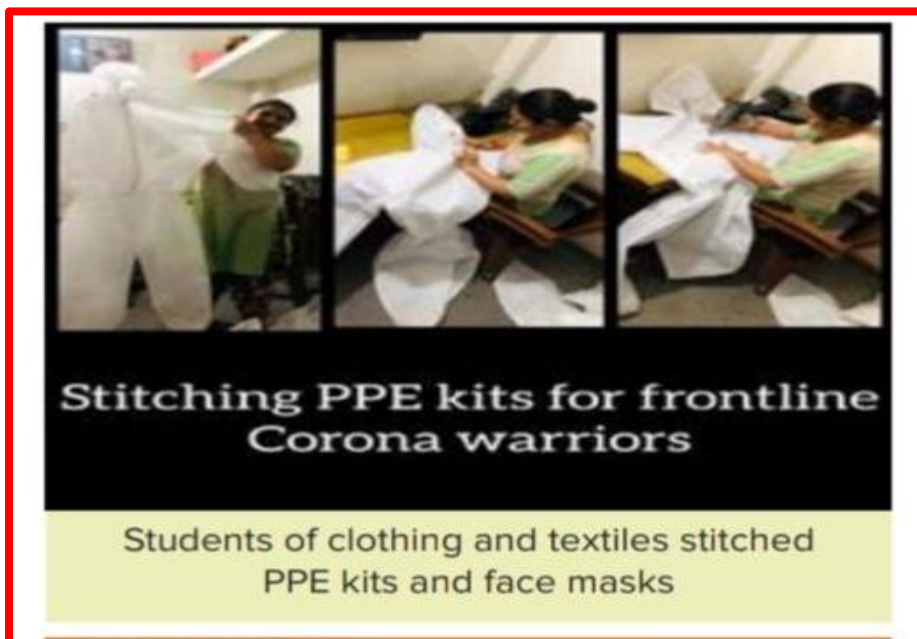
No. of participants- 65

Name of the scheme advocated and promoted- Community Sensitization & Social Services

NSS volunteers of the Govt. Home science college Sector – 10, Chandigarh, served for the humanity and earned during this difficult time. Principal, Prof. Sudha Katyal, encouraged and motivated these Swawlambi warriors to further their efforts and appreciated them for not letting down their spirits of working and learning during this difficult time.



Humanity Service during COVID times



Students of clothing and textiles stitched PPE kits and face masks

Link of the activity - <https://homescience10.ac.in/news-events?page=10>

Media Coverage

Svavlambi Warriors of Home Science Serving the humanity DURING COVID-19: 2020

CITY AIR NEWS
REPORTERS TO LIVE WITH THE PANDEMIC RESPONSIBILITY FOR HUMANITY

Svavlambi Warriors of Home Science Serving the humanity DURING COVID-19
 APRIL 27, 2020

Chandigarh: During pandemic, when many of us are sitting idle during quarantine time, the skills of home scientists are proving boon to masses. A number of students of Govt. Home Science College are not only successfully exploiting their skills to serve the humanity by working from home but also generating the income for themselves and thereby setting an example for others. Some students of the college are honing their skills, serving and earning by helping the corona warriors. Anuja of M.Sc. Clothing and Textiles is stitching PPE kits for frontline warriors. Similarly, Parul of B.Sc. Home Science 1st Year is working as a medicine vendor by providing home delivery of medicines and helping the masses to cure themselves.

Apart from attending their online classes, some of the home scientists like Abha of M.Sc. Home Science has taken the initiative by rendering her teaching services to children with special needs like those suffering from dyslexia and learning disabilities. She is doing this noble task using digital platform and is also earning at the same time. Sheenu of M.Sc. Home Science is also taking online tuition. Many students of M.Sc. Foods and Nutrition are assisting the people belonging to all walks of life to remain fit and healthy by giving them diet counselling. They are effectively using the internet and sharing healthy recipes, blogs and nutritive meals for staying fit during pandemic.

The alumni of the college also did not lag behind in utilizing this quarantine time. Isha Dhalwal, Ph. D. Scholar and Founder of start-up Tea-Kombucha and Mandeep Kaur, Clinical nutritionist and wellness professional are helping people to remain in pink of health by giving them nutritive counselling through various digital platforms like Instagram, Facebook and WhatsApp groups.

Principal, Prof. Sudha Katyal, encouraged and motivated these Svavlambi warriors to further their efforts and appreciated them for not letting down their spirits of working and learning during this difficult time. She appreciated the dedication of students for honing their skills and at the same time serving the masses. She further motivated others to do the same. The faculty of the college is also playing an active role by taking online classes besides developing and sharing YouTube Videos on crucial issues and concerns during this crisis like boosting immunity, nutritional and Psychological counselling, tips for hygiene and sanitation, ways of sanitizing groceries, creative activities during quarantine, making and sanitizing masks, to name a few.

**Govt. Home Science College
 CHANDIGARH**

Link of the media report - <https://youtu.be/9IBb1A3iiPA>

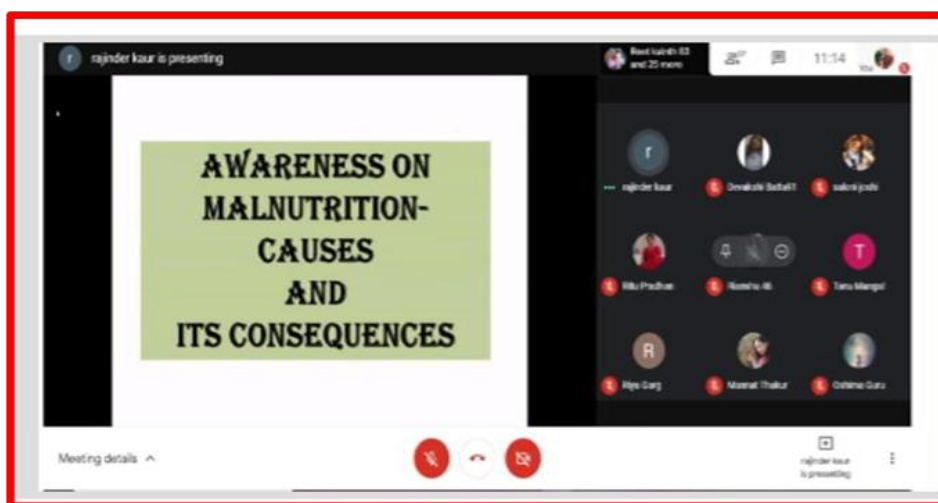
2. Online Outreach activity on Awareness Generation on Malnutrition 22.03.21

Organizing unit/ agency/ collaborating agency – NSS & Foods and Nutrition Department

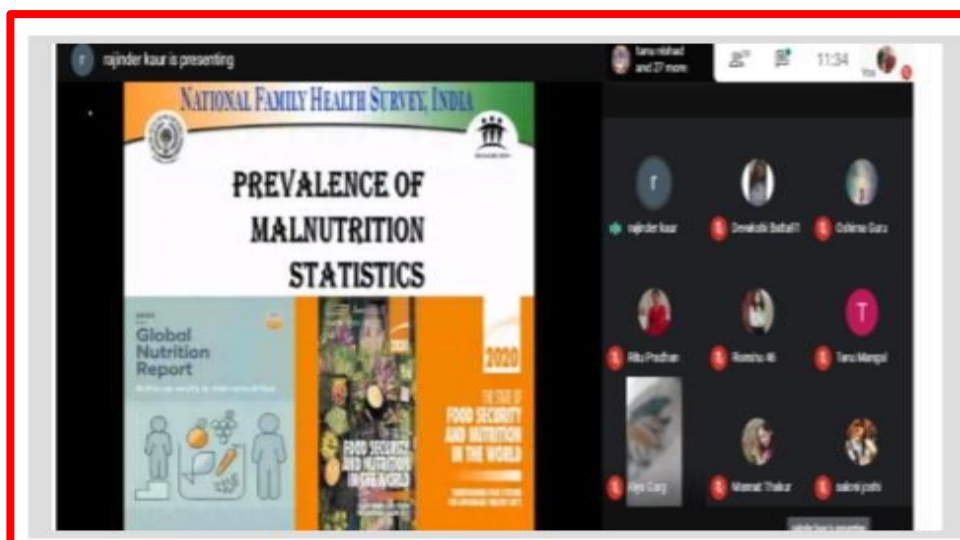
No. of participants- 5

Name of the scheme advocated and promoted- Poshan Abhiyaan

As part of the celebrations of Poshan Pakhwada, Home Science College organised an Online Awareness Generation Program on Malnutrition and its Consequences. Principal of the college, Prof Sudha Katyal urged everyone to spread the message of eating right and prevent malnutrition for a healthy tomorrow.



The viewers attended the live session and discussed about all the aspects of malnutrition and its prevention



Students attending the webinar on malnutrition.

Link of the activity –

https://homescience10.ac.in/storage/pages/college_news_letter/College%20News%20letter%202020.pdf

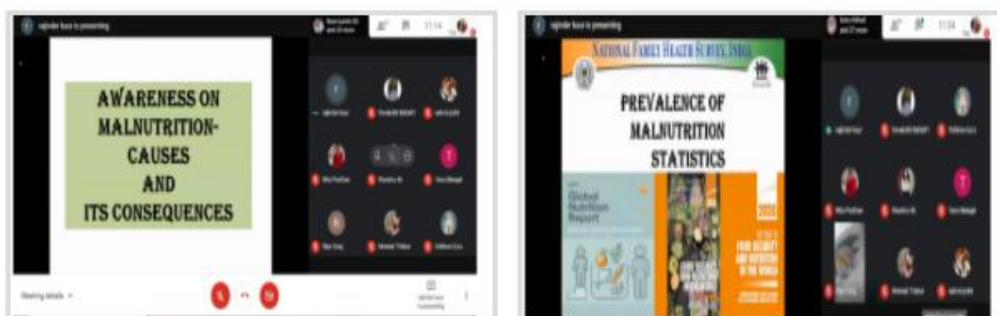
Media Coverage

»ONLINE OUTREACH ACTIVITY ON AWARENESS GENERATION ON MALNUTRITION AT HOME SCIENCE COLLEGE 22.03.21

As part of the celebrations of Poshan Pakhwada, Home Science College organised an Online Awareness Generation Program on Malnutrition and its Consequences.

The session was conducted by Ms. Rajinder Kaur an MSc student of the college. More than 75 viewers attended the live session where she discussed about all the aspects of malnutrition and its prevention

Principal of the college, Prof Sudha Katyal urged everyone to spread the message of eating right and prevent malnutrition for a healthy tomorrow.



Link of the media report –

<https://www.youtube.com/live/cFPQtUYEpyw?feature=share>

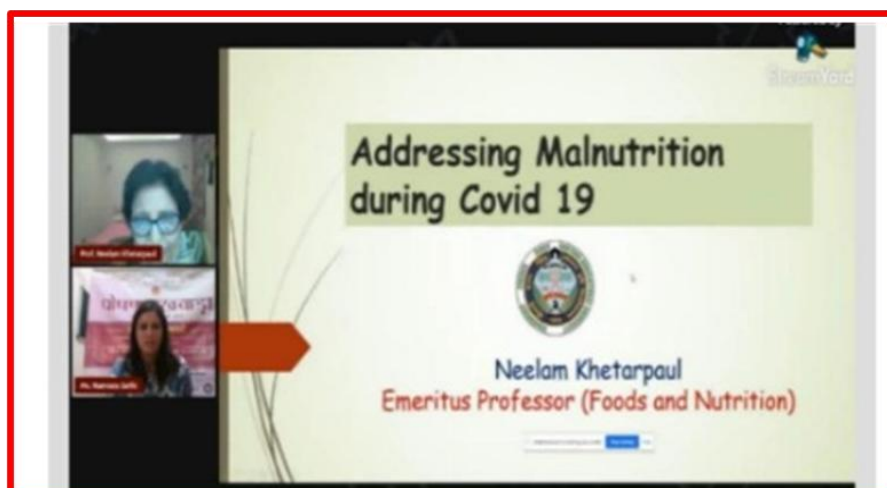
3. Online Session on Malnutrition During COVID 19 (28.03.21)

Organising unit/ agency/ collaborating agency- Department of Social Welfare, Anganwadi workers & NSS

No. of participants- 40

Name of the scheme advocated and promoted- Poshan Maah

The Department of Social welfare and Aanganwadi worker of Govt. Home Science College, sector – 10 conducted an online awareness generation program on malnutrition during COVID – 19 (prevention and detection) to celebrate the spirit of Poshan Maah. The webinar was presided by Chief Guest Madam Lippi Parida. Principal of the Government Home Science College, Chandigarh Prof Sudha Katyal encouraged everyone to follow healthy eating practices to prevent malnutrition especially amongst the vulnerable groups




Panellists addressing Malnutrition during COVID 19



Home science college addressing Malnutrition during COVID 19

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

Media Coverage



The screenshot shows a news article on the City Air News website. The article is categorized under 'Education' and has the title 'Outreach program on malnutrition in children by home science students'. The sub-headline reads 'Principal encouraged everyone to follow healthy eating practices'. The article is dated September 10, 2020, at 07:32. Below the article text are social media sharing icons for Facebook, Twitter, LinkedIn, WhatsApp, Pinterest, Telegram, and Print. A video player is embedded in the article, showing a presentation slide with the following text: 'GOVT HOME SCIENCE COLLEGE, SECTOR 22, CHANDIGARH, PUNJAB, INDIA. WELCOME TO...'. Below the video player, the name 'nishtha danwer' is visible, along with a list of users who viewed the content: 'You', 'FNahsc ...', 'nishtha d...', and '59 others'. At the bottom of the article, there is an advertisement for 'HAMPTON HOMES' with the text 'None Strayed To Sell Your Affordable Luxurious Lifestyle Ready To Move In'.

Education

Outreach program on malnutrition in children by home science students

Principal encouraged everyone to follow healthy eating practices

cityairnews Sep 10, 2020 07:32

CHANDIGARH: The M.Sc.students of the college conducted an online awareness generation program on malnutrition in children (prevention and detention) to celebrate the spirit of Poshan Maah.

Link of the media report <https://www.cityairnews.com/content/outreach-program-on-malnutrition-in-children-by-home-science-students>

4. Participation in Migratory Birds Watching & Swatchta Abhiyan at Sukhna Lake 05.12.20

Organising unit/ agency/ collaborating agency- NSS & Extension Education

No. of participants- 310

Name of the scheme advocated and promoted- Swatchh Bharat Abhiyan

The NSS department of Govt. Home science College organised Migratory Bird watching and Swachhata Walk at Sukhna lake in collaboration with the NGO Yuvsatta and Department of Environment, Chandigarh Administration.



Home science college participating in Swatch Bharat Abhiyan and watching migratory birds.



Home science college students learning about Swatchta Bharat Abhiyan

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

Media Coverage

Education

Home Science students participate in migratory birds watching and swatchta abhiyan at Sukhna Lake

Refreshments were also served to all participants

cityairnews · Dec 5, 2020 05:18

Facebook Twitter LinkedIn WhatsApp Pinterest Tumblr Print



Project: 

Chandigarh: Home science College organised Migratory Bird watching and Swachhata Walk at Sukhna lake in collaboration with the NGO Yuvsetta and Department of Environment, Chandigarh Administration. Over 40 students along with faculty member Ms Seema Jaitely enjoyed sights of hundreds of migratory birds who had come to Chandigarh from far off places. The Chief guests of the events were Mr. Debendra Dalai, CCE, Director, Department of Environment, Chandigarh Administration and Mr. Kulbhushan Kawal, an environmentalist. Addressing the young students, Chief guest Sh. Debendra Dalai shared that every year, with the onset of winter, hundreds of migratory birds flock to Sukhna lake from far-

Link of the media report- <https://www.cityairnews.com/content/home-science-students-participate-in-migratory-birds-watching-and-swatchta-abhiyan-at-sukhna-lake>

5. Sensitisation & Awareness Campaign on getting vaccinated against Corona by NSS Volunteers 14.04.21

Organising unit/ agency/ collaborating agency- NSS/ Extension Education

No. of participants- 35

Name of the scheme advocated and promoted- Community Sensitization

The department of Extension Education of Govt. Home science college , sector – 10 , Chandigarh organized a vaccination Campaign , directed by Regional Directorate of NSS, Chandigarh under the Ministry of Youth Affairs & Sports, Government of India. Prof. Sudha Katyal, Principal of the College urged the volunteers to sensitise and spread awareness among the masses to get vaccinated and lend a helping hand to the efforts being put in by the Corona warriors and the government.



NSS students taking out awareness campaign on getting Vaccinated against Corona



NSS students discussing about vaccination

Link of the activity- <https://homescience10.ac.in/news-events?page=7>

Media Coverage

»Sensitisation & Awareness Campaign on getting vaccinated against Corona by NSS Volunteers 14.04.21

Sensitisation & Awareness Campaign on getting vaccinated against Corona by NSS Volunteers from April 11-14, 2021. The Vaccination Campaign was directed by Regional Directorate of NSS, Chandigarh under the Ministry of Youth Affairs & Sports, Government of India. Prof. Sudha Katyal, Principal of the College urged the volunteers to sensitise and spread awareness among the masses to get vaccinated and lend a helping hand to the efforts being put in by the Corona warriors and the government.



Link of the media report –

[https://homescience10.ac.in/storage/pages/nss/pdf/Action%20Research%20Plan%20-%20Covid%20appropriate%20behaviour,%20swacchta,%20tree%](https://homescience10.ac.in/storage/pages/nss/pdf/Action%20Research%20Plan%20-%20Covid%20appropriate%20behaviour,%20swacchta,%20tree%20planting%20and%20other%20activities.pdf)

6. Online Workshop on Hand Washing Techniques 30.03.21

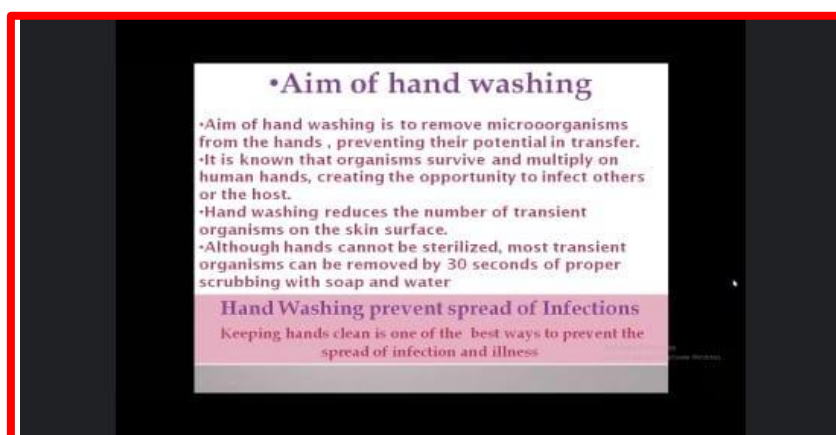
Organising unit/ agency/ collaborating agency- Foods and Nutrition Department & NSS

No. of participants- 60

Name of the scheme advocated and promoted- Community Sensitization, Poshan Maah & Hygiene and Sanitation

On the occasion of Poshan Pakhwada an outreach program was conducted by Home Science College.

The audience for the session was School Going Children from Kashmir, Ludhiana , Banur . Highlight of the events included aims of hand washing techniques , hand hygiene and proper hand washing during covid 19 . Principal Prof Sudha Katyal encouraged the participants to follow the 5 sutras of Poshan to ensure sanitation and hygiene to help combat the coronavirus.



The students of Govt. Home science college attended the webinar



The students of Govt. Home science college learning about the importance of hand washing.

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

Media Coverage

Online demo on hand washing and making of hand sanitizer by Home Science College

The audience for the session was school going children from Kashmir and Ludhiana



cityairnews Sep 19, 2020 09:36



Project Hallmarks



Chandigarh: On the occasion of National Nutrition Month, 2020 and the OutReach program conducted by Government Home Science College, a demo on hand washing techniques and making sanitiser at home was discussed.

Link of the media report – <https://www.cityairnews.com/content/online-demo-on-hand-washing-and-making-of-hand-sanitizer-by-home-science-college>

7. Social Awareness Rally on Earth Day 22 April 2021

Organising unit/ agency/ collaborating agency- NCC & Extension education

No. of participants- 50

Name of the scheme advocated and promoted- Environment Sustainability

The department of NCC & Extension Education organized a social awareness rally on Earth Day. Cadet Komal Kakkar brought laurels the college by bagging Second Prize in an Online Inter-college Earth Emoji Making Competition organised by Department of Environment Studies in collaboration with 'Dharini' Environment Awareness Society, PGGC, Sector-46, Chandigarh. Principal of the college, Prof. Sudha Katyal congratulated the students and emphasized that we all should take responsibility to protect our planet with utmost care and we must save Mother Earth for future generations as well.



The students of Govt. Home science college attended the rally.

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

Media Coverage



Link of the media report – <https://homescience10.ac.in/ncc-media-coverage>

8. Social Awareness Rally on World Environment Day 5 June 2021

Organising unit/ agency/ collaborating agency- NCC

No. of participants- 30

Name of the scheme advocated and promoted- Environment Sustainability

To mark the World Environment Day, Government Home Science College organised Inter-College Face Mask Painting and Plant a Sapling of medicinal plant Competitions. Judgement was done by Shri Debender Dalai ,IFS, Chief Conservator forest and wildlife and Director Environment Chandigarh Administration, SAKSHI GOYAL. Principal Prof Sudha Katyal congratulated all the prize winners and urged everyone to pass on the message of the importance of keeping our environment green, clean and safe.



The students of Govt. Home science college attending the rally.



The NCC Candidates celebrating the World Environment Day.

Link of the activity-

<https://homescience10.ac.in/storage/pages/NCC/Reports/NCC%20REPORT%202020-21.pdf>

Media Coverage

World Environment Day celebrated at Home Science College

A number of entries were received from
across the city



cityairnews Jun 7, 2021 03:17

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Chandigarh: To mark the World Environment Day, Government Home Science College organised Inter-College Face Mask Painting and Plant a Sapling of medicinal plant Competitions.

Link of the media report – <https://homescience10.ac.in/outreach-activities>

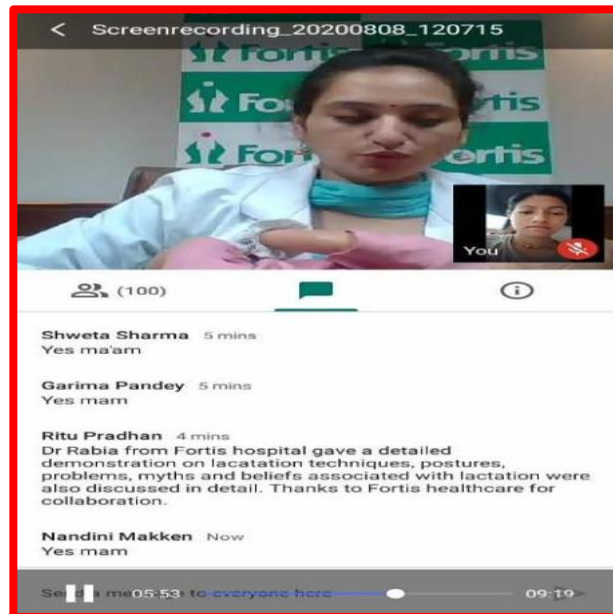
9. Live Interactive Session on National Breast Feeding Week 08.08.20

Organising unit/ agency/ collaborating agency- NSS & Fortis Hospital, Mohali

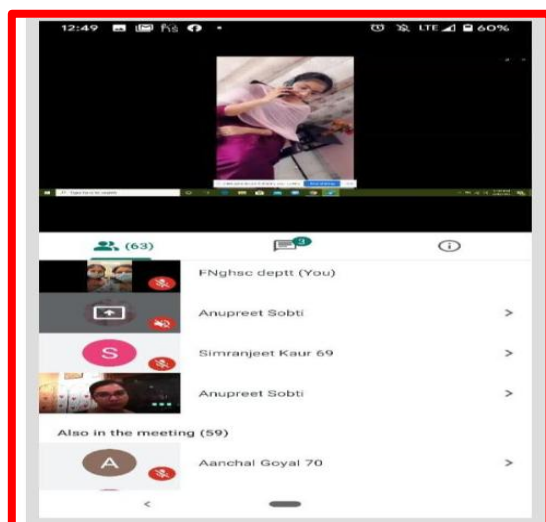
No. of participants- 100

Name of the scheme advocated and promoted- World breastfeeding week

Government Home Science College in collaboration with Fortis hospital, Mohali observed NATIONAL BREASTFEEDING WEEK as part of their extension and outreach activities on the Theme: "Support breastfeeding for a healthier planet." Dr Rabia, Senior Lactation Consultant, Fortis Hospital, Mohali addressed the audience and demonstrated the right technique to breastfeed. Principal of the college, Prof. Sudha Katyal, congratulated the students for spreading an important message and creating awareness amongst the masses about the importance of breastfeeding and keeping in sync with the goals of the government.



Dr. Rabia, Senior Lactation Consultant, Fortis Hospital addressing the audience.



Students attending the webinar

Link of the activity- <https://homescience10.ac.in/news-events?page=8>

Media Coverage



Students of Government Home Science College attending the webinar.

Link of the media report – <https://www.cityairnews.com/content/home-science-college-celebrates-live-valedictory-day-of-national-breastfeeding-week>

10. Online Awareness Generation On Kitchen Garden Herbs 08.09.20

Organising unit/ agency/ collaborating agency- Foods and Nutrition Department & NSS

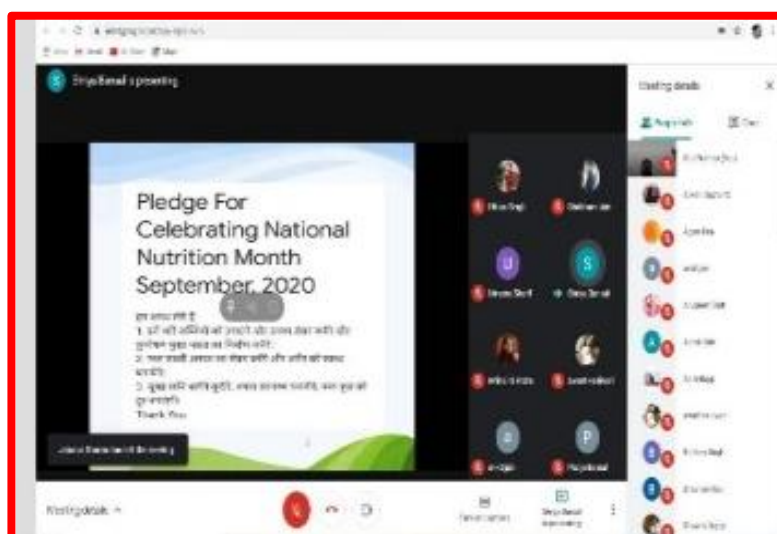
No. of participants- 55

Name of the scheme advocated and promoted- Poshan Abhiyan

The MSc students of Department of Foods and Nutrition along with NSS students are conducting outreach awareness programs as a part of ongoing celebration of Poshan Maah for different target groups. Principal Prof. Sudha Katyial urged everyone to spread the message of healthy eating for better immunity through the online medium.



Shriya, a student of MSc Foods and Nutrition demonstrating the use of aloe Vera and gave recipe ideas for the same



Students attending webinar

Link of the activity- <https://homescience10.ac.in/news-events?page=8>

Media Coverage



Link of the media report – <https://www.cityairnews.com/content/online-awareness-generation-on-kitchen-garden-herbs-at-home-science-college>

11. Poshan Maah Celebration for highlighting importance of Nutrition 05.09.20

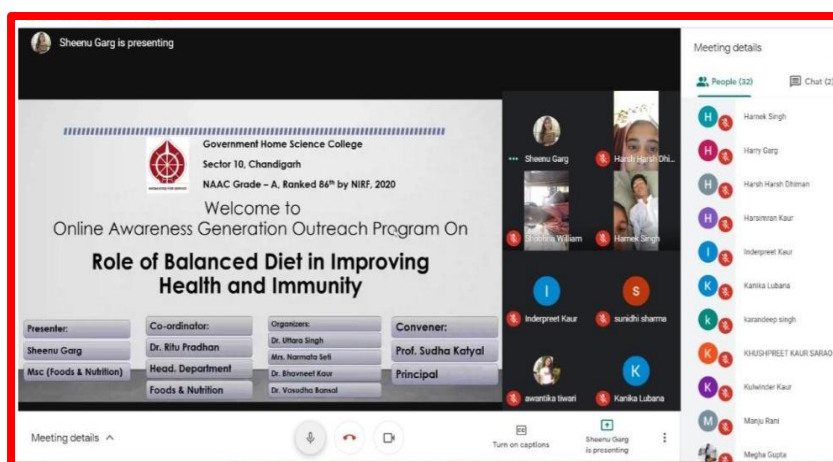
Organising unit/ agency/ collaborating agency- Foods and Nutrition Department & NSS

No. of participants- 40

Name of the scheme advocated and promoted- Poshan Abhiyan

Govt. Home Science College Kickstarted the celebrations of Poshan Maah with an outreach programme conducted by Sheenu, MSc student.

Principal Prof Sudha Katyal congratulated the students and encouraged everyone to conduct such outreach and awareness activities to ensure the message of healthy eating for one and all.



The students of Govt. Home science college attending the webinar.



Food Pyramid was shown for in depth knowledge .

Link of the activity- <https://homescience10.ac.in/news-events?page=8>

Media Coverage

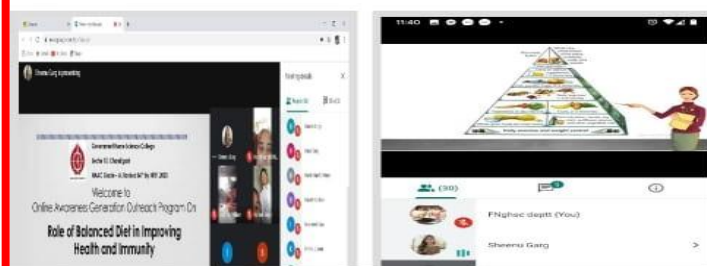
»Poshan Maah Celebrations Kickstarted at Home Science College 05.09.20

The month of September is dedicated to celebrating and observing Poshan Maah wherein the message of healthy eating and living is imparted to one and all as per directives of the Government in sync with the National Nutrition Mission.

Home Science College Kickstarted the celebrations today with an outreach programme conducted by Sheenu, MSc student. The target group were school children of classes 9 and 10. An online medium was used to spread awareness about importance of healthy eating and balanced diet to improve immunity.

The participants also took a pledge to help spread the message of eating healthy as well as to plant a kitchen garden with immunity boosting herbs.

Principal Prof Sudha Katyal congratulated the students and encouraged everyone to conduct such outreach and awareness activities to ensure the message of healthy eating for one and all



Link of the media report –

https://homescience10.ac.in/storage/pages/college_news_letter/College%20News%20letter%202020.pdf

12. Awareness Generation about Poshan Thali 12.09.20

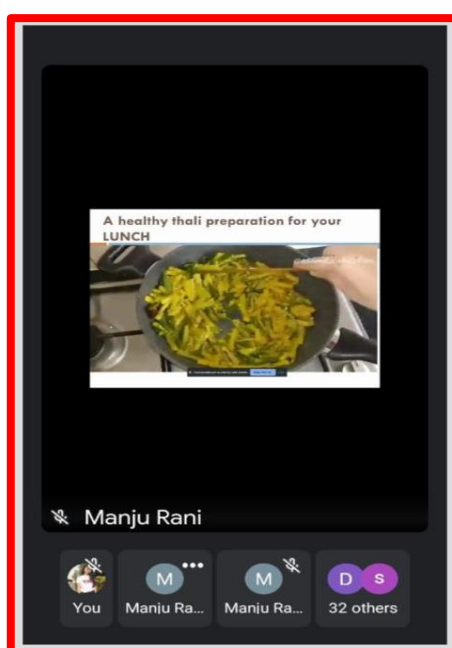
Organising unit/ agency/ collaborating agency- Food and Nutrition Department & NSS

No. of participants- 50

Name of the scheme advocated and promoted- Poshan Abhiyan

The department of Food and Nutrition and NSS wing of Govt. Home science college, sector – 10 , Chandigarh, explained ways in which one can create a good healthy and nutritious plate at their home using locally available food products and putting emphasis on its importance too in their daily life.

Principal of the college Prof Sudha Katyal applauded the efforts of the students in helping generate mass awareness on healthy eating during Poshan Maah.



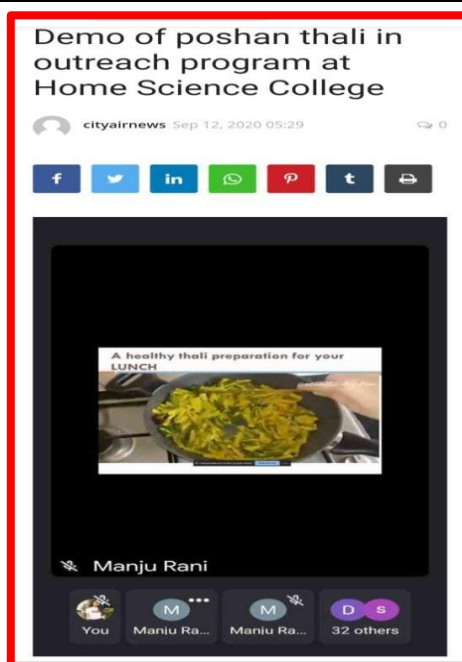
Demonstration video of preparation of healthy lunch thali which summarised the whole idea of this outreach programme



Students attending demonstration

Link of the activity: <https://homescience10.ac.in/news-events?page=8>

Media Coverage



Link of the media report – <https://www.cityairnews.com/content/demo-of-poshan-thali-in-outreach-program-at-home-science-college>

13. Informative Session on Importance of Nutrition and Menstrual Hygiene (13.09.20)

Organising unit/ agency/ collaborating agency- Food and Nutrition Department & NSS

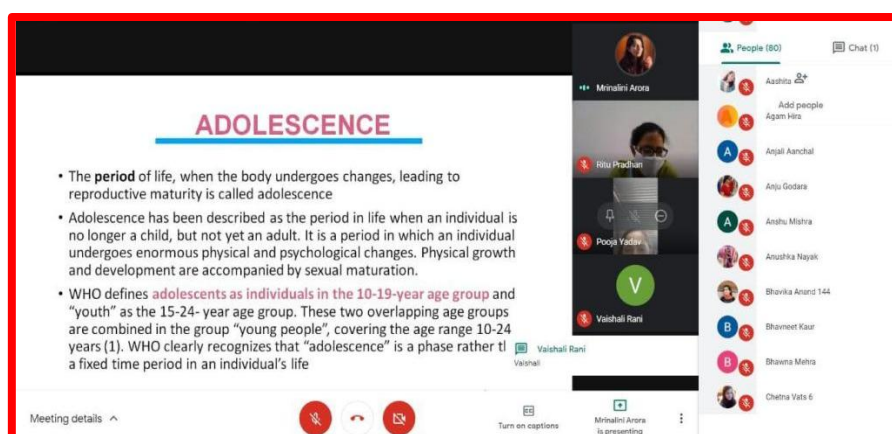
No. of participants- 90

Name of the scheme advocated and promoted- Poshan Abhiyan & Health, Hygiene and Sanitation

The department of Food and Nutrition and NSS students of Govt. Home science college, sector – 10 conducted a session on importance of Nutrition and Menstrual Hygiene. The presenter was a MSc final year student(Mrinalini Arora). Prof Sudha Katyal, Principal of the college congratulated the students on addressing vital issues on health and nutrition during the Poshan Maah.



The students attending the webinar on importance of Nutrition and Menstrual Hygiene



Students attending the webinar

Link of the activity- <https://homescience10.ac.in/news-events?page=8>

Media Coverage

Two-day webinar series on nutrition at Home Science College



cityairnews Sep 9, 2021 07:55



Facebook



Twitter



LinkedIn



WhatsApp



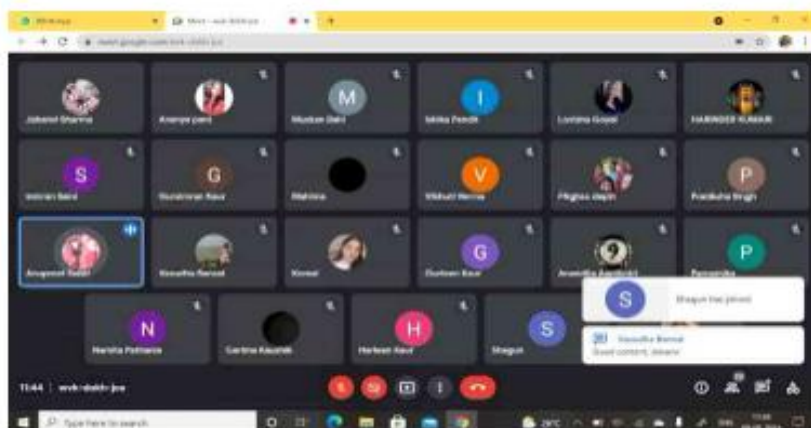
Pinterest



Tumblr



Email



HAMPTON HOMES

Home Styled To Suit Your
Affordable Luxurious Lifestyle

Ready To Move In



Chandigarh, September 9, 2021: Government Home Science College actively conducted a two days webinar series on varied topics of nutrition in sync with the theme of the ongoing Poshan Maah.

Link of the media report – <https://www.cityairnews.com/content/two-day-webinar-series-on-nutrition-at-home-science-college>
<https://www.cityairnews.com/content/two-day-webinar-series-on-nutrition-at-home-science-college>

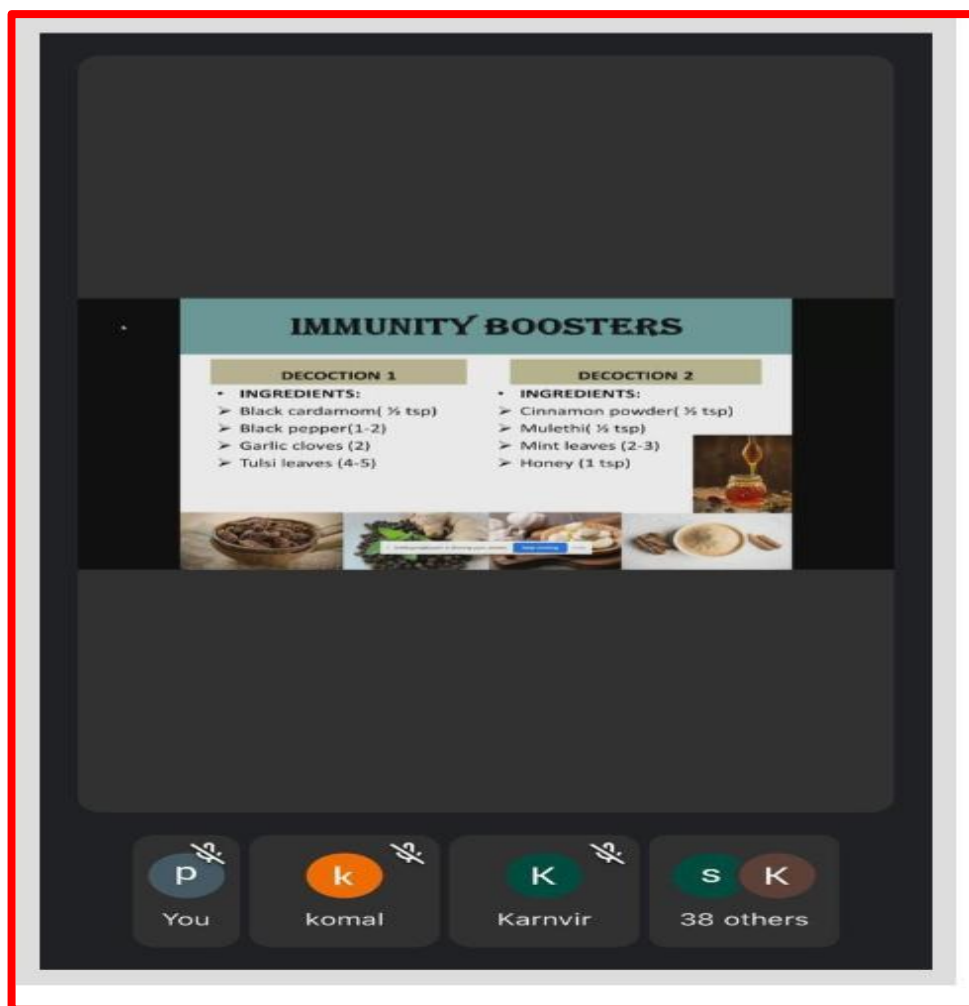
14. Outreach Program on Importance of Herbs by Home Science Students (16.09.20)

Organising unit/ agency/ collaborating agency- Food and Nutrition Department & NSS

No. of participants- 45

Name of the scheme advocated and promoted- Poshan Abhiyan

The department of Food and Nutrition of Govt. Home science college, sector – 10, Chandigarh On the occasion of National Nutritional Month, 2020 conducted the Outreach programs. The topic for the discussion was “Health Benefits of Spices”. The speaker for the day was Rajinder Kaur, student of M.Sc. Foods and Nutrition (3 Sem). Principal of the college Prof Sudha Katyal encouraged everyone to include as many spices as possible in their daily diet to ensure good immunity and health.



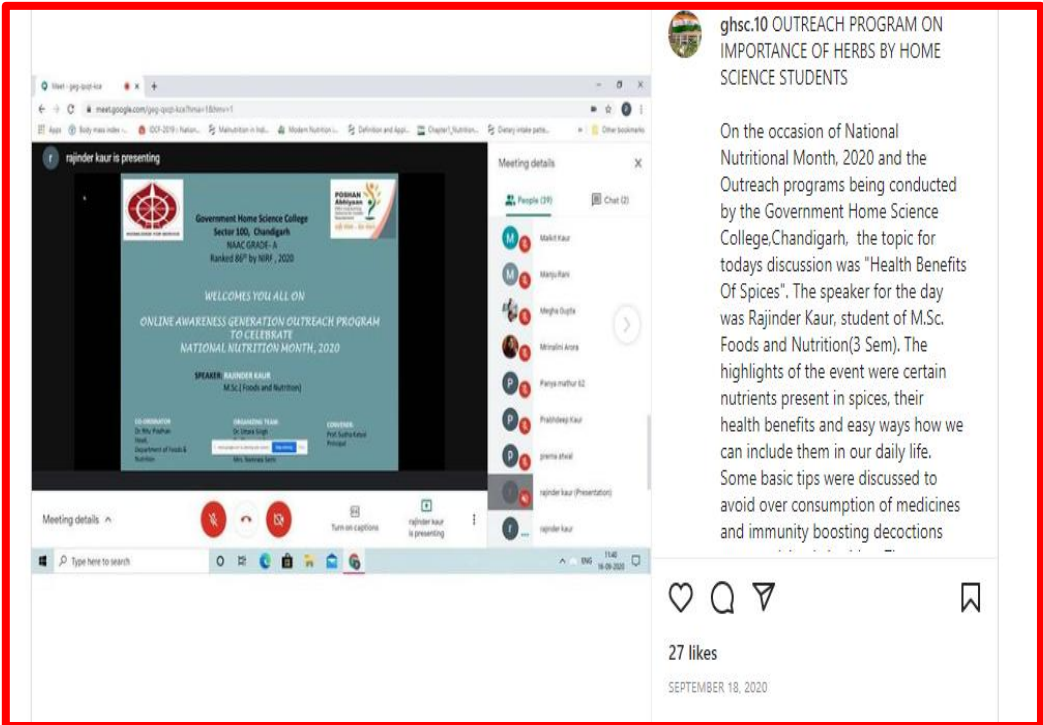
Students of the Govt. Home Science College attending the webinar.



Students of the Govt. Home science college attending the webinar on the importance of herbs

Link of the activity- <https://homescience10.ac.in/news-events?page=8>

Media Coverage



Link of the media report – https://www.instagram.com/p/CFSH-X_BVpt/?igshid=YmMyMTA2M2Y=

15. Webinar on Nutrition During Covid 19 by Home Science College (17.09.20)

Organising unit/ agency/ collaborating agency-NSS & Fortis hospital, Mohali

No. of participants- 30

Name of the scheme advocated and promoted- COVID Awareness/Community Development

The department of Govt Home Science College in collaboration with Fortis Hospital, Mohali organised a webinar on Importance of Nutrition During Covid 19. Dt Sonia Gandhi, Head Fortis Hospital gave an enlightening talk on the importance of healthy eating and especially immunity boosting foods during the time of this pandemic. Principal Prof Sudha Katyal encouraged the participants to stay safe and follow your aspects of eating a balanced and healthy diet during these tough times.



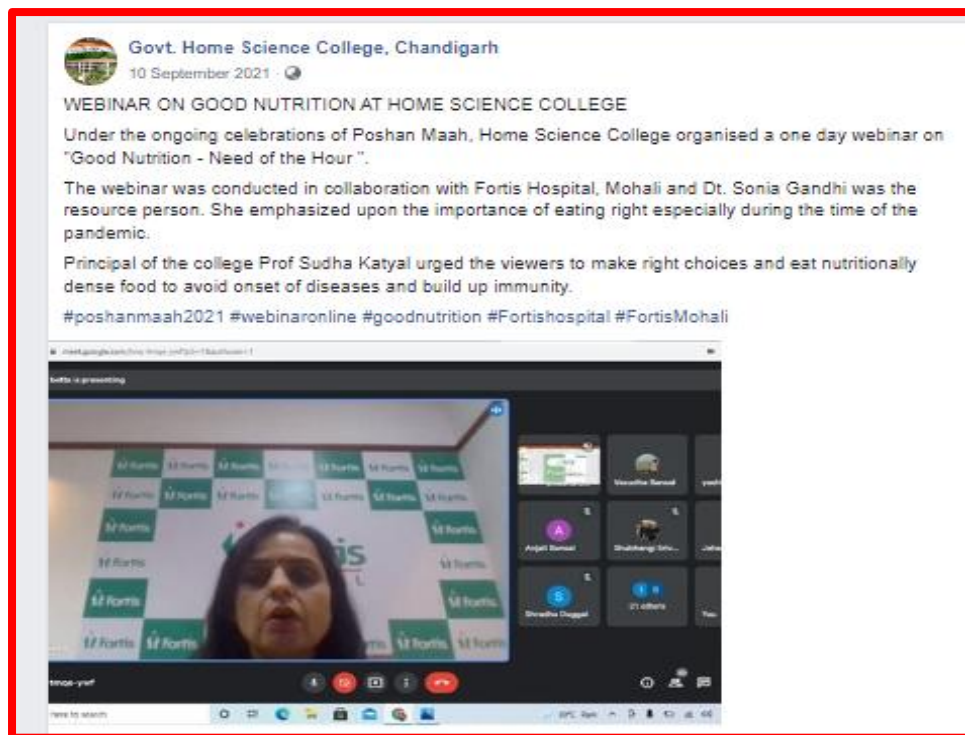
Dt. Sonia Gandhi addressing the importance of Nutrition during COVID 19



The importance of Nutrition taught through various slides

Link of the activity- <https://homescience10.ac.in/news-events?page=8>

Media Coverage



Link of the media report –

https://www.facebook.com/permalink.php?story_fbid=pfbid0aNB8hi4PU58iJRzTB6LjWxHqxdnXooXrH56NiUqDReDy2PteAxsA9f1XJiD2oBUDI&id=102325928229674

16. Informative Webinar On NEP- A Step Towards Atam Nirbhar Bharat (18.09.20)

Organising unit/ agency/ collaborating agency-NSS, Professor Nandita Shukla, professor of Education in Punjab University and Dean, International Studies

No. of participants- 60

Name of the scheme advocated and promoted- Atam Nirbhar Bharat

Government Home Science College organized National Webinar on New Education Policy- A Step Towards Atam Nirbhar Bharat with an aim to promote entrepreneurship in sync with the college motto Knowledge for service. Professor Nandita Shukla, professor of Education in Punjab University and Dean, International Studies was the speaker for the event. Principal Prof Sudha Katyal expressed her gratitude to the Speaker for the insightful session. She said that New Education Policy is the need of hour and it will play a crucial role in transforming Indian Education System.



Govt. Home Science College organized webinar on National Education Policy 2020



Professor Nandita Shukla addressing the audience about the New Education Policy.

Link of the activity- <https://homescience10.ac.in/news-events?page=8>

Media Coverage



Link of the media report – <https://www.cityaimnews.com/content/home-science-college-organizes-national-webinar-on-nep-a-step-towards-atam-nirbhar-bharat>

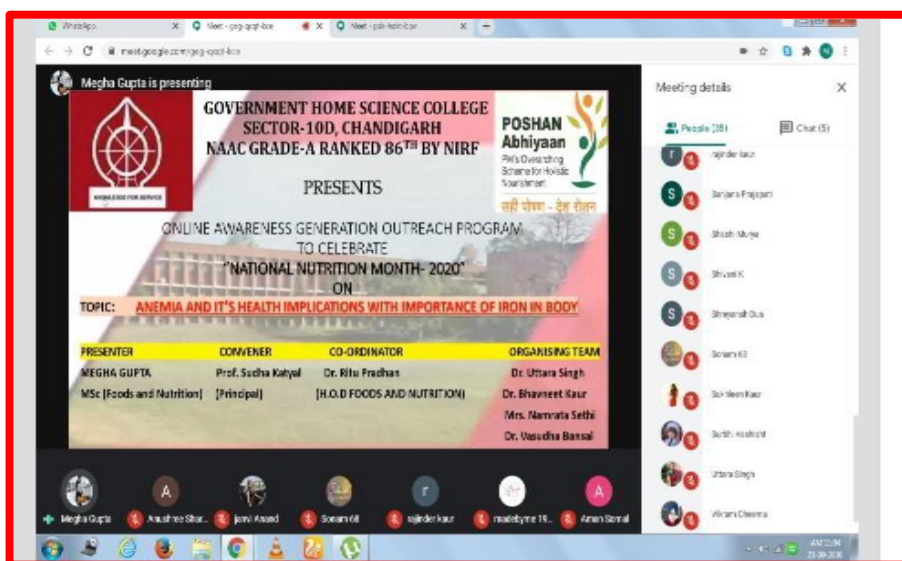
17. Awareness Generation Session On Anaemia (23.09.20)

Organising unit/ agency/ collaborating agency- NSS& Food and Nutrition Department

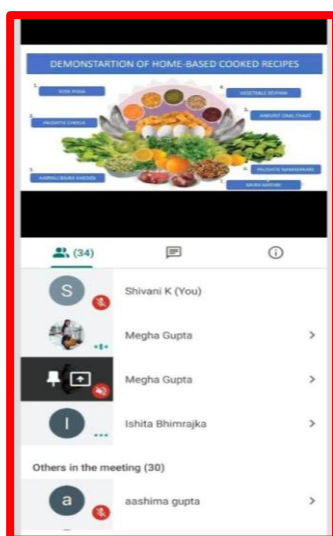
No. of participants- 50

Name of the scheme advocated and promoted- Anaemia Mukht Bharat

The department of Food and Nutrition and NSS , Govt. Home science college, sector-10, Chandigarh conducted an awareness generation programme based on the theme “ANEMIA”. Principal of the college Prof Sudha Katyul urged everyone to help fight anaemia is sync with the government’s initiative of ‘Anaemia Mukht Bharat.’



The students of the college attended the webinar on awareness of anaemia



The students of the college attended the session

Link of the activity - <https://homescience10.ac.in/news-events?page=8>

Media Coverage

Awareness generation session on anaemia at Home Science College

cityairnews Sep 21, 2020 08:15



The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide from the Government Home Science College, Sector-10D, Chandigarh. The slide is titled 'ONLINE AWARENESS GENERATION OUTREACH PROGRAM TO CELEBRATE NATIONAL NUTRITION MONTH 2020 ON ANEMIA AND ITS HEALTH IMPLICATIONS WITH IMPORTANCE OF IRON IN BODY'. It lists the presenter as Megha Gupta, the convener as Prof. Sudha Katyal, and the CD-ordinator as Dr. Ritu Paulhan. The organizing team includes Dr. Uttara Singh, Dr. Sharmistha Sanyal, Mrs. Neerajika Sethi, and Dr. Vanshika Rana. The slide also mentions the college's NAAC Grade-A ranking and the POSHAN Abhiyaan logo.

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Principal of the college Prof Sudha Katyal urged everyone to help fight anaemia Chandigarh: In context of Covid-19 pandemic, the celebration was held through an online awareness generation programme based on the theme "ANEMIA". The outreach program received a great response by the target audience (adolescent girls and young women), around 50 audience joined the online session from various rural areas of Chandigarh, Mohali nahar, farukhnagar and district kamal , girls from Delhi Public School

Link of the media report – <https://homescience10.ac.in/outreach-activities>

18. Importance of Nutrition Advocated Amongst Children (29.09.20)

Organising unit/ agency/ collaborating agency- Food and Nutrition Department & NSS

No. of participants- 30

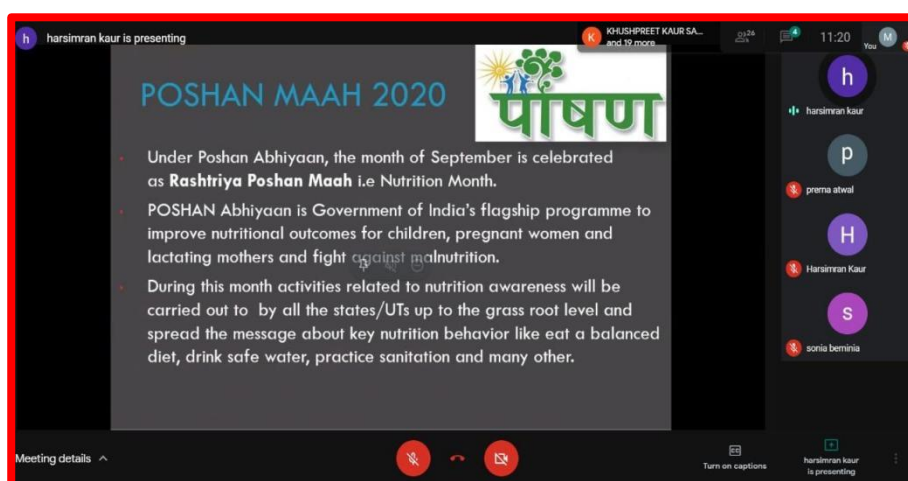
Name of the scheme advocated and promoted- Poshan Abhiyaan

Home Science College conducted an online awareness generation outreach program to celebrate

“POSHAN MAAH 2020”. The topic for the program was Nutrition in school going kids, targeted to generate nutrition related awareness among the mothers of school going kids.



The Students Of The College Attended The Session On Importance Of Nutrition



The students of the college learned about the Poshan Maah through teaching aid

Link of the activity- <https://homescience10.ac.in/news-events?page=7>

Media Coverage

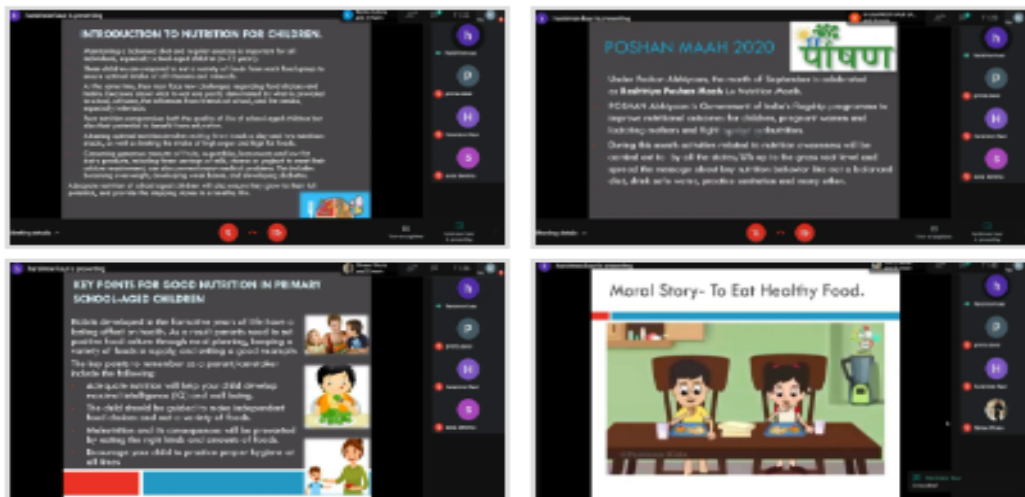
»NUTRITION AMONGST CHILDREN ADVOCATED AT HOME SCIENCE COLLEGE 29.09.20

National Nutrition Month is being celebrated across the country to mark the fight against malnutrition. Home Science College conducted an online awareness generation outreach program to celebrate "POSHAN MAAH 2020". The topic for the program was Nutrition in school going kids, targeted to generate nutrition related awareness among the mothers of school going kids.

This outreach program was intended to impart knowledge regarding the importance of nutrition in school going children. Explanation regarding the various macro and micro nutrients which need to be essentially included in the diet in adequate amounts was given. Tips regarding what parents themselves can do to help their children eat healthy were given, key points for good nutrition in primary school-aged children were discussed.

The demonstration included a song and a video conveying the message of healthy eating. The target group was mothers of school going children from Chandigarh and Mohali. Around 30 participants joined today's session.

Principal of the college Prof Sudha Katyal urged parents to ensure healthy eating habits for their children to lay the foundation to encourage good eating habits especially in the first 1000 years of life.



Link of the media report –

https://homescience10.ac.in/storage/pages/college_news_letter/College%20News%20letter%202020.pdf

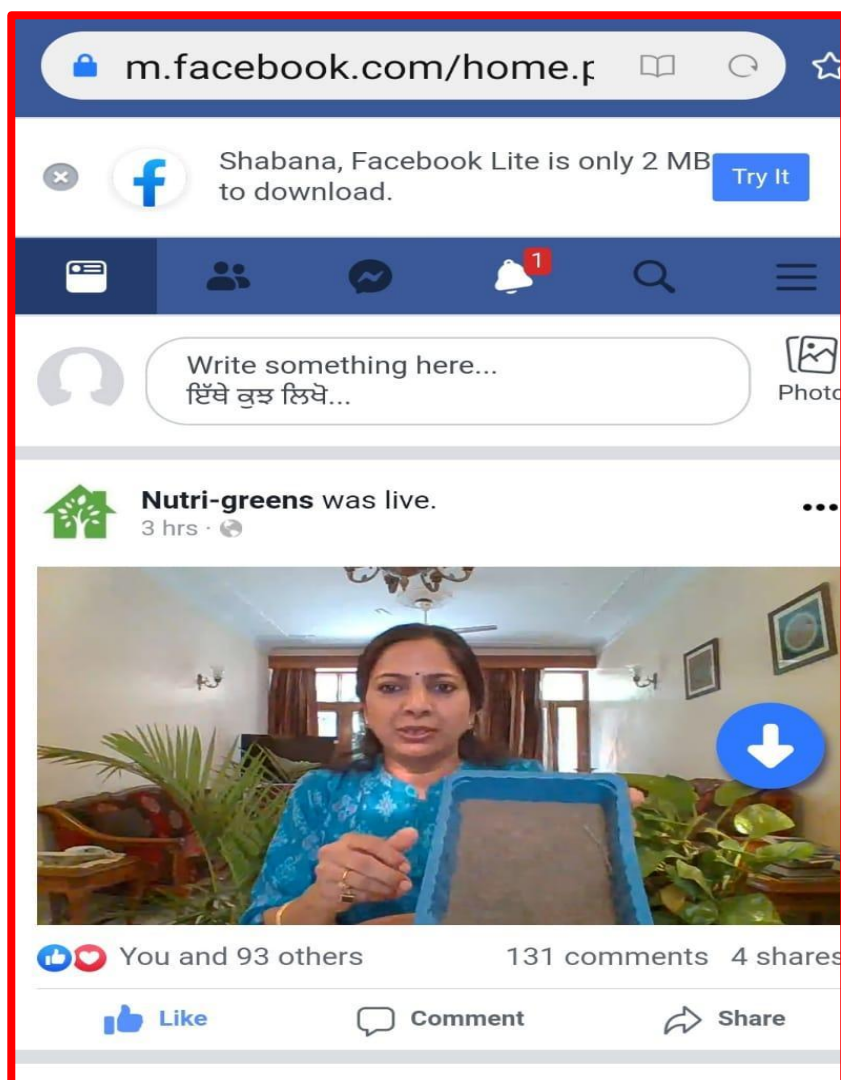
19. Informative Session on Role of Micronutrients (24.09.20)

Organising unit/ agency/ collaborating agency- Food and Nutrition Department & NSS

No. of participants- 30

Name of the scheme advocated and promoted- Poshan Maah

Government Home Science College organized live workshop cum demonstration session on how to grow Nutri garden and Microgreens by utilizing little spaces in homes. Mrs Amita Bhawania, a certified holistic health coach who motivated more than 150 households to grow organic veggies and adopt kitchen gardening, was the guest speaker of the session.



The students of the college attended the session on how to grow garden in little spaces at home



Mrs. Amita Bhawania showing the method to grow veggies at home.

Link of the activity- <https://homescience10.ac.in/news-events?page=8>

Media Coverage

»Home Science College Organizes Live workshop on Nutri garden and Microgreens 24.09.20

Government Home Science College organized live workshop cum demonstration session on how to grow Nutri garden and Microgreens by utilizing little spaces in homes. Mrs Amita Bhuvania, a certified holistic health coach who motivated more than 150 households to grow organic veggies and do kitchen gardening, was the guest speaker of the session. During the workshop, she discussed the importance of growing kitchen veggies at home. She informed the audience that home grown vegetables are not only organic but also fresh and pesticide free. Moreover the joy of growing and harvesting at home gives the feeling of satisfaction. While growing vegetables at home, one should prefer green leafy vegetables like dhaniya, methi, palak and sarson ka saag etc which require comparatively less time to grow from seeds and can be used as herbs in routine cooking. The seeds of these vegetables are readily available in the kitchen itself.

Tips for home composting with kitchen waste were also shared. She gave live demonstration on growing microgreens from vegetable seeds at home. She informed the audience that micro greens are nutritionally dense. They contain 10-40 times more vital nutrients as compared to their fully grown plants.

Approximately, 200 participants registered for the workshop and it was viewed by more than 1000 participants.

Principal Prof Sudha Katyal expressed her gratitude to the Speaker for insightful session. She said kitchen gardening not only ensures an inexpensive, regular and handy supply of fresh vegetables but also inculcates the habit of healthy eating.



Link of the media report –

https://homescience10.ac.in/storage/pages/college_news_letter/College%20News%20letter%202020.pdf

20. Live Session On Nutrition During Covid (25.09.20)

Organising unit/ agency/ collaborating agency-NSS & Dt Lavleen, Founder of Diet Insight

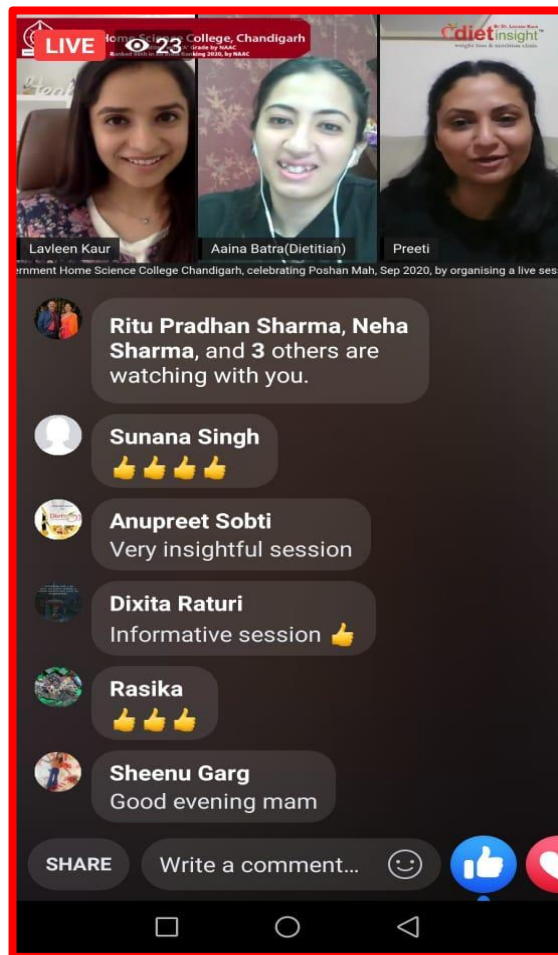
No. of participants- 60

Name of the scheme advocated and promoted- COVID AWARENESS/
COMMUNITY DEVELOPMENT

Government Home Science College in collaboration with Dt Lavleen, founder of Diet Insight and a renowned dietician of tri-city conducted an online session on importance of healthy eating especially during the time of Covid and importance of Immunity.



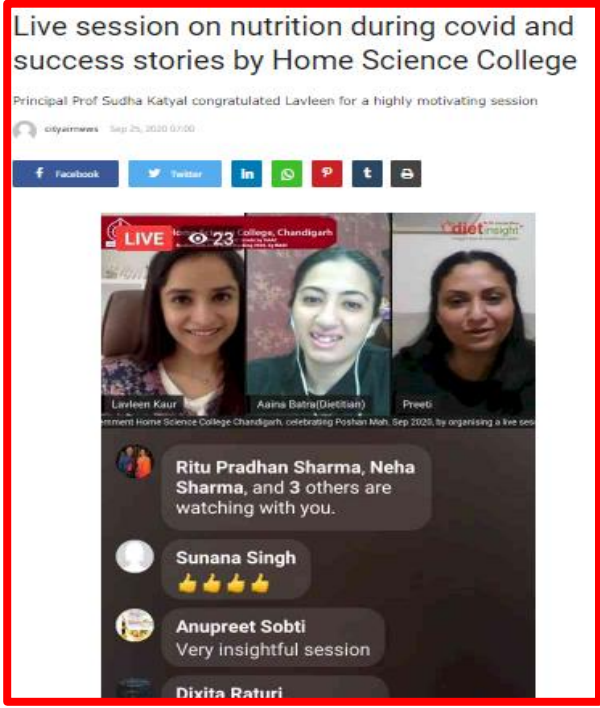
The Students of the College Attended the Session on Importance of Nutrition



The students of the college attended the session on importance of healthy eating during covid 19

Link of the activity- <https://homescience10.ac.in/news-events?page=7>

Media Coverage



Link of the media report – <https://www.cityairnews.com/content/live-session-on-nutrition-during-covid-and-success-stories-by-home-science-college>