

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

**Outreach Activities
Session :2019-20**

Sr. No.	Name of the activity	Organizing unit	Collaborating agency	Year of the activity	No. of participants
1.	Svavlambi Warriors of Home Science Serving the humanity During COVID-19 27.04.20	NSS	Community	2019-20	25
2.	Awareness On Menstrual Hygiene And Pulse Polio in NSS Camp	NSS	Industry (Unicharm Pvt. Ltd.)/ Community	2019-20	157
3.	Rehabilitation and developing Creative potential amongst inmates of Burail Jail	Arts Deptt./ NSS	Chandigarh Administration (Burail Jail,Chd.)	2019-20	8
4.	Extending Entrepreneurial Skills Beyond College Walls for Women beneficiaries	MHRD/NS S	Industry (Canara bank.)	2019-20	45
5.	Awareness generation on 'Plastic Free Environment'	NCC	Community (NCC Unit 1 CHD GIRLS BN)	2019-20	25
6.	Visit to Shishu Greh by College students for Community Sensitization	NSS	NGO (Haryana State Council for Child Welfare, Panchkula (Shishu greh)	2019-20	15
7.	Visit to Senior Citizens Home By Home Science Girls for Community Sensitization	NSS	NGO (Senior Citizens Home, Sector- 15)	2019-20	28

8.	Informative Session About The Panch Sutras Of Poshan Maah	Ginger Club/ IDA	Community leaders Indian Dietic Association Chandigarh chapter (IDA), Bhaskar Colony, sector-25	2019-20	30
9.	Session on Preventive Healthcare Tips	NCC	Community (Govt.Multi Specialty Hospital, Sector-16, Chandigarh)	2019-20	120
10.	Awareness Generation Through Rally on Poshan Maah	NSS	Community (Central Plaza, sector- 17, Chandigarh)	2019-20	25
11.	Demonstration of Kitchen Waste conversion to Compost	NCC	Dainik Bhaskar Colony of Sector-25-D)	2019-20	55
12.	Informative Session on Importance of Breast Feeding	NSS	Industry (Fortis hospital, Mohali)	2019-20	50
13.	Educative Session on Polythene –Ek Gambhir Samasaya	Extension Department/ NSS	Community Leader (Apni Mandi, Sector-15 Chandigarh)	2019-20	120
14.	Sensitization Program On ‘Domestic Violence’	Extension Department/ NSS	Community members (Khuda- Ali- Sher)	2019-20	35
15.	Participation in Nature Camp At City Forest	NSS/ Harita, the Environment Society	NGO- (YUVSATTA/ Ministry of Environment and Forest,GOI)	2019-20	30
16.	Awareness Program in Schools On Exam Anxiety	HDFR Deptt./ NSS	Community (School)	2019-20	10

17.	Street Vendors Apprised of Safe Food Handling Techniques 27.09.19	Extension Department/ NSS	Community leaders (Street vendors of Sector-15 Chandigarh.)	2019-20	84
18.	Elucidative Session on Preventive Healthcare Tips	NCC	Community (Govt. Multispecialty Hospital, Sector-16, Chandigarh)	2019-20	15
19.	March For Road Safety	NSS	Community ('Systematic Voter's Education and Electoral Participation' also known as 'SVEEP')	2019-20	20
20.	Plastic Ka Time Up' Campaign	NSS	Industry (State Bank of India, Sector-10, Chandigarh)	2019-20	50

Outreach Activities Session: 2019-20

1. Swawlambi Warriors of Home Science Serving the humanity During COVID-19

Organizing unit/ agency/ collaborating agency - NSS

No. of participants- 25

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

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.

**Home Science warriors serving humanity during COVID by delivering
medicines to homes**

Chandigarh, India

ISHA DHALIWAL
RESEARCHER & FOUNDER
TEA KOMBUCHA

MANVEEN KAUR
CLINICAL NUTRITIONIST &
WELLNESS PROFESSIONAL

**ONLINE
NUTRITIONAL
COUNSELING**

LET'S TALK : PROBIOTICS & GUT HEALTH

**Live on Instagram : 22nd April, 2020
Wednesday 7 PM Onwards**

Send in your questions now
find us : Tea Kombucha and healthy.roots.running.boots


Home Science warriors attending online nutritional counseling


Link of the activity - <https://homescience10.ac.in/news-events?page=9>

Media Coverage


SWAWLAMBI WARRIORS OF HOME SCIENCE

Covid-19 did not deter the spirits of our students. Besides serving the humanity, they also earned during this difficult time.







Parul of B.Sc. Home Science 1st Year has been working as a medicine vendor.



Students of clothing and textiles stitched PPE kits and face masks



Abha of M.Sc. Home Science has taken the initiative by rendering her teaching services to children with



ANJALI BANSAL
Student of B.Sc Home Science 1st year
Nature of work: Stitching masks.
YouTube Channel: <https://youtu.be/XFsNWPt-bjU>
Earning Rs. 250 each day

Link of the Media Report-

https://homescience10.ac.in/storage/pages/college_news_letter/College%20News%20letter%2020.pdf

2. Awareness on Menstrual Hygiene and Pulse Polio in

Organizing unit/ agency/ collaborating agency - NSS

No. of participants-157

Name of the scheme advocated and promoted - Fit India Movement

The objective of the campaign was to generate awareness about menstrual hygiene by dispelling myths and taboos related to this issue. The main aim was to discredit shame related to menstruation and sensitize the volunteers to consider menstrual phase as a blessing and follow proper standards of hygiene and sanitation. Sofy distributed its environment- friendly and anti- bacterial premium quality sanitary pads free of cost to all the volunteers of the NSS camp.



AWARENESS ON MENSTRUAL HYGIENE AND PULSE POLIO IN NSS CAMP



Our students participating in NSS Camp

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

Awareness On Menstrual Hygiene And Pulse Polio in NSS Camp-2020



AWARENESS ON MENSTRUAL HYGIENE AND PULSE POLIO IN NSS CAMP

Posted by: MANGLA TIMES // Health, KIDS, National News, REGIONAL NEWS, Social, Youth // January 15, 2020

Chandigarh: On the fifth day of Seven Days Special NSS Camp in Home Science College witnessed awareness on Menstrual Hygiene and Pulse Polio Campaign. With an aim to promote Fit India Movement and build strength, awareness, and harmony in both mind and body, Yoga sessions were conducted by the enthusiastic volunteers. Volunteers performed various 'Asanas' to improve respiration, energy, and vitality and further improvise their athletic performance. They were informed about the benefits and importance of yoga in our daily lives.

During the second half of the day, a menstrual hygiene campaign was conducted for the volunteers in collaboration with Unicharm's feminine hygiene brand Sofy. The objective of the campaign was to generate awareness about menstrual hygiene by dispelling myths and taboos related to this issue. The main aim was to discredit shame related to menstruation and sensitize the volunteers to consider the menstrual phase as a blessing and follow proper standards of hygiene and sanitation. Sofy distributed its environment- friendly and anti-bacterial premium quality sanitary pads free of cost to all the volunteers of the NSS camp. Later on, Dr. Sonalika Yadav, Civil Dispensary, Sector-11, Chandigarh was the guest speaker of the session. She sensitized the volunteers about the Pulse Polio Immunization (PPI) Programme runs from January 19, 2020, to January 21, 2020, launched by the President of India ahead of National Immunization Day which is observed on 18 January every year. She informed the volunteers about the key facts of Polio, a highly infectious viral disease and enlightened their knowledge by creating awareness regarding the transmission of the virus from one person to another. She emphasized various symptoms that must not be ignored in an individual. She further motivated the volunteers to work as active vaccinators for this massive campaign and extend co-operation for making this campaign successful for the eradication of Polio in the country. Furthermore, she trained the volunteers for the upcoming Pulse Polio program.

The principal of the college, Prof. Sudha Katyal, applauded the volunteers for their active participation in performing various 'Asanas' and further informed the students about various precautionary measures that must be followed while performing Yoga. She also motivated the volunteers to actively participate in the Immunization Programme as an enthusiastic vaccinators to serve the cause

Link of the Media Report- <https://homescience10.ac.in/outreach-activities>

3. Rehabilitation and developing Creative potential amongst inmates of Burail Jail

Organizing unit/ agency/ collaborating agency - Arts Deptt./ NSS

No. of participants- 8

Name of the scheme advocated and promoted - Skill Development/Social Service

Inspector General of police (prisons) Mr. Om Hari Singh requested, Principal Government Home Science College Sector-10 Chandigarh to provide expertise and help for the beautification of interiors and exteriors of a Councelling Cell Rupantaran for Drug Addict prisoners of the Burail Jail,Chd. Mrs. Seema Jaitly Assistant Prof. in Art lended her creative skills and helped in changing the entire facade as well as interiors of the cell with the help of 17 inmates of the prison.



Creativity in Burail Jail

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



Media Coverage

FACULTY SHOWS CREATIVITY IN BURAIL JAIL - 27th December, 2019

Inspector General of police (prisons) Mr. Om Hari Singh requested, Principal to provide expertise and help for the beautification of interiors and exteriors of a Councelling Cell Rupantaran for Drug Addict prisoners of the Burail Jail, Chd. Mrs. Seema Jaitly Assistant Prof. in Art lended her creative skills and helped in changing the entire facade as well as interiors of the cell with the help of 17 inmates of the prison.

The entire cell was turned from a drab looking cell to a very aesthetically done up pleasing place which could help in improving the mental health of the drug addicts. This newly renovated Drug De addiction Cell "Rupantaran Kendra" was inaugurated by Sh. V.P Singh Badnore.



Link of the Media Report-

https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf

4. Extending Entrepreneurial Skills beyond College Walls for Women beneficiaries

Organizing unit/ agency/ collaborating agency - MHRD/ NSS

No. of participants- 45

Name of the scheme advocated and promoted - Skill Development/Women Empowerment/Samagra Shiksha

The students of Government Home Science College, Sector- 10, Chandigarh elevated another ladder of honing entrepreneurial skills by participating in an event organized by Canara bank. It was an excellent platform for the students to explore entrepreneurship as a practical aspect. The stall exhibited by the students included nutritious chocolates, mini donuts. Mehndi stall along with Karwa Chauth special thalis and gifting sets were also put on sale by the students. Many creative ideas were also presented ranging from Diyas, Ganpati ji's and Torans put up by the students.



Our students showcasing Entrepreneurial Skills



Our students showcasing Entrepreneurial Skills

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

Media Coverage

ENTREPRENEURIAL SKILLS EXTENDED BEYOND COLLEGE WALLS - 16TH OCTOBER, 2019



In an event organized by Canara bank, Sector 34, Chandigarh to promote women entrepreneurship, students explored entrepreneurship as a practical aspect. Many creative ideas were also presented ranging from Diyas, Ganpati ji's and Torans put up by the students. The Mehndi stall proved to be a centre of attraction among visitors and staff members in the bank. All the students not only honed up their entrepreneurial talent but also generated income by selling.

Link of the Media Report-

https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf

5. Awareness generation on 'Plastic Free Environment'

Organizing unit/ agency/ collaborating agency - NCC

No. of participants- 25

Name of the scheme advanced and promoted - Environment Sustainability

Under the umbrella of 'Swachhta Abhiyan', as many as 30 NCC Cadets of Government Home Science College visited ISBT Sector-17, Chandigarh under the guidance and supervision of Mrs. Neelam Kumari. Cadets took an initiative to undergo Cleanliness Drive in the sector. Cadets actively participated by cleaning the roads, pathways, boards, letter box etc. They also made an effort to aware the masses about the harmful effects of plastic to our health and how it is degrading the cleanliness of our environment. They further discussed the alternatives to plastic bags with shopkeepers and roadside vendors and further encouraged them to aware other people around them as well.



NCC Cadets



Our NCC Cadets working on Environment Sustainability

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

Media Coverage

»MASSES AWARED ABOUT 'PLASTIC FREE ENVIRONMENT' BY HOME SCIENCE GIRLS 01.10.19

Under the umbrella of 'Swachhta Abhiyan', as many as 30 NCC Cadets of Government Home Science College visited ISBT Sector-17, Chandigarh under the guidance and supervision of Mrs. Neelam Kumari.

Cadets took an initiative to undergo Cleanliness Drive in the sector. Cadets actively participated by cleaning the roads, pathways, boards, letter box etc. They also made an effort to aware the masses about the harmful effects of plastic to our health and how it is degrading the cleanliness of our environment. They further discussed the alternatives to plastic bags with shopkeepers and roadside vendors and further encouraged them to aware other people around them as well.



Link of the Media Report-

https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf

6. Visit to Shishu Greh by College students for Community Sensitization

Organizing unit/ agency/ collaborating agency -NSS/ Haryana State Council for Child Welfare

No. of participants- 15

Name of the scheme advanced and promoted - Sensitizing Community

To make students realize their responsibility towards the society and to empathize with people around them, students of B.Sc. (ATD)- 3rd year and B.Sc. (Composite)- 3rd year, visited 'Shishu Greh'- an orphanage in Sector-15, Panchkula under the aegis of the Haryana State Council for Child Welfare. The visit was planned in context with Extension Education activity under the guidance and supervision of Mrs Shalu Gupta. Students greeted all the children with tons of love and interacted with them to know more about them, their experiences, education and many more. The children were all charged up and full of life and the students of our college danced and sang along with them, conducted a drawing competition and enacted a play on 'Say NO to plastic

tiffin' making them feel elated and that they are being taken care of in every possible way.



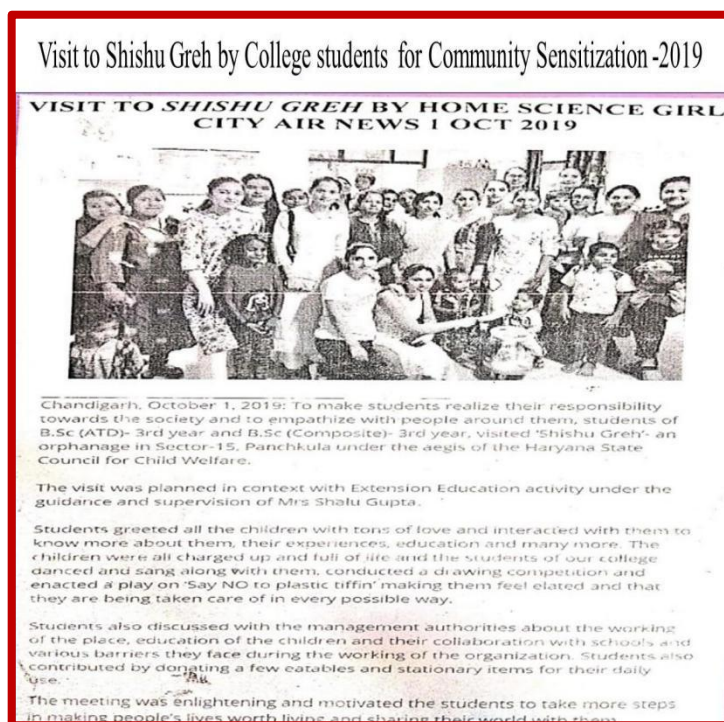
College students visited Shishu Greh for Community Sensitization



College students visited Shishu Greh for Community Sensitization

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

Media Coverage



Link of the Media Report-<https://homescience10.ac.in/outreach-activities>

7. Visit to Senior Citizens Home by Home Science Girls for Community Sensitization

Organizing unit/ agency/ collaborating agency - NSS

No. of participants- 28

Name of the scheme advanced and promoted - Sensitizing Community

As a contribution towards the neglected citizens of the society, NSS students of B.Sc. (HDFR)- 3rd year and B.Sc. (IDRM)- 3rd year of Government Home Science College visited the Senior Citizens Home, Sector- 15, Chandigarh under the guidance and supervision of Mrs Shalu Gupta.

Students greeted the people with great enthusiasm and performed a number of activities like singing, dancing and enactment of puppet show. To sensitize the students about the predicaments and problems of aged people, students also interacted with them to know about their life experiences and lessons. Senior Citizens also shared about their journey from their homes to the old age home. Students also discussed with the management authorities about the working of the place and the various problems faced during the working of the organization. To become aware of the joy of serving and to discover empathy within themselves, students contributed by donating onion, shampoo, hair oil and biscuits for their daily requirements.



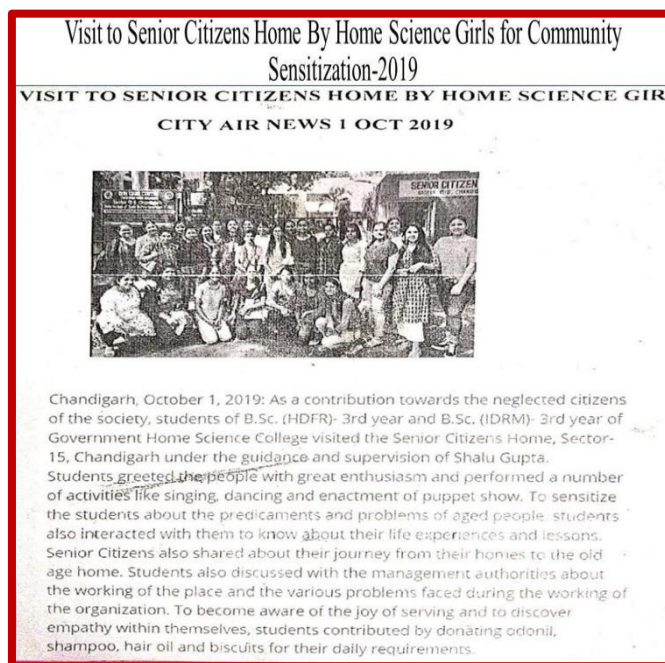
Visit to Senior Citizens Home



Students performing cultural programmes in Senior Citizen Home

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

Media Coverage



Link of the Media Report-<https://homescience10.ac.in/outreach-activities>

8. Informative Session about The Panch Sutras of Poshan

Organizing unit/ agency/ collaborating agency - Ginger Club & IDA

No. of participants- 30

Name of the scheme advocated and promoted - Poshan Maah

Under the umbrella of Poshan Maah, students of Government Home Science College made an effort to generate awareness regarding one of the most importance Sutras of Poshan Maah i.e. 'Personal Hygiene' amongst teaching staff, students of the college, lab staff, office staff, Class IV employees, maalis, sweepers, mess and canteen workers.

Students highlighted the importance and need of Personal Hygiene and Sanitation in our lives through lecture cum interactive session and also demonstrated the hand washing techniques as proposed by WHO. Students also enlightened the audience with this important message through a nukkad natak that informed them when and how to wash hands.

In the second half, students also visited the Bhaskar Colony, sector-25, Chandigarh and organized a Poshan Rally informing the masses about the Panch Sutras of Poshan Maah and bringing into limelight the necessity of healthy lifestyle and nutritional well- being.

Principal of the college, Prof. Sudha Katyal, applauded the students for their efforts and hard work in spreading the important message of Nutritional well – being keeping up with the theme 'Har Ghar Poshan Vyavahar.'



Rally about The Panch Sutras of Poshan Maah




Session about The Panch Sutras of Poshan Maah


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

Media Coverage


POSHAN PAKHWADA - MARCH 2020
AFTER POSHAN ABHIYAN, COLLEGE ONCE AGAIN A
ONE STOP DESTINATION FOR CONDUCTING A HOST OF ACTIVITIES



Workshop on "Paanch Sutras" of Poshan Abhiyaan - 28th February, 2020



A host of activities were conducted for Poshan Pakhwada. As part of the "Paanch Sutras" of Poshan Abhiyaan, a workshop was organized in collaboration with Department of Community Medicine and School of Public Health, PGIMER and Vendor's Cell, Municipal Corporation Chandigarh for mainstreaming street vendors' welfare through integrated training enterprise of its Municipal Corporation with special focus on street food hygiene. More than 50 students, street vendors, mess and canteen workers attended the workshop.



Link of the Media Report-

https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf

9. Session on Preventive Healthcare Tips

Organizing unit/ agency/ collaborating agency - NCC

No. of participants- 120

Name of the scheme advocated and promoted - Poshan Abhiyan

With an aim to aware people about 'Preventive Healthcare Tips' under the Poshan Maah, the NCC cadets of Government Home Science College conducted an interaction cum awareness generation activity amongst patients and attendants of Govt. Multispecialty Hospital, Sector- 16, Chandigarh.

The cadets generated awareness regarding the benefits of various herbs like parsley, kalongi, basil, fennel, peppermint, bay leaves, Aloe Vera and coriander powder etc. in daily diet during various common diseases as a preventive healthcare tip.

Principal of the college, Prof. Sudha Katyal, appreciated the efforts of NCC cadets and further encouraged them to keep their spirits high in making the masses aware about nutritional health and its role in our lives.



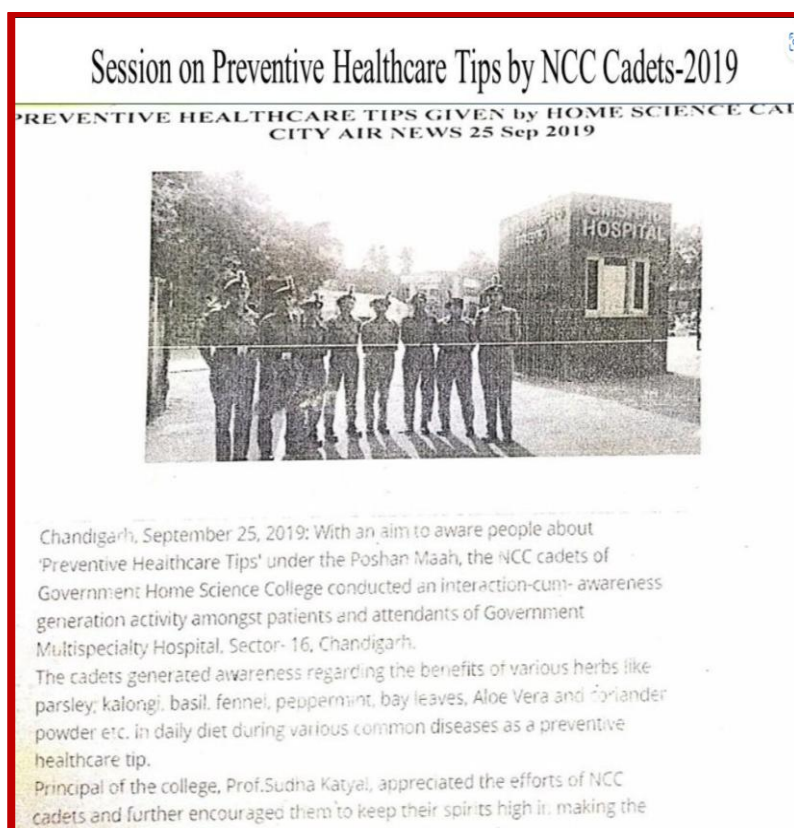
Our students providing Preventive Healthcare Tips



Session on Preventive Healthcare Tips

Link of the activity - <https://homescience10.ac.in/news-events?page=11>

Media Coverage



Link of the Media Report-<https://homescience10.ac.in/outreach-activities>

10. Awareness Generation through Rally on Poshan Maah

Organizing unit/ agency/ collaborating agency - NSS

No. of participants- 25

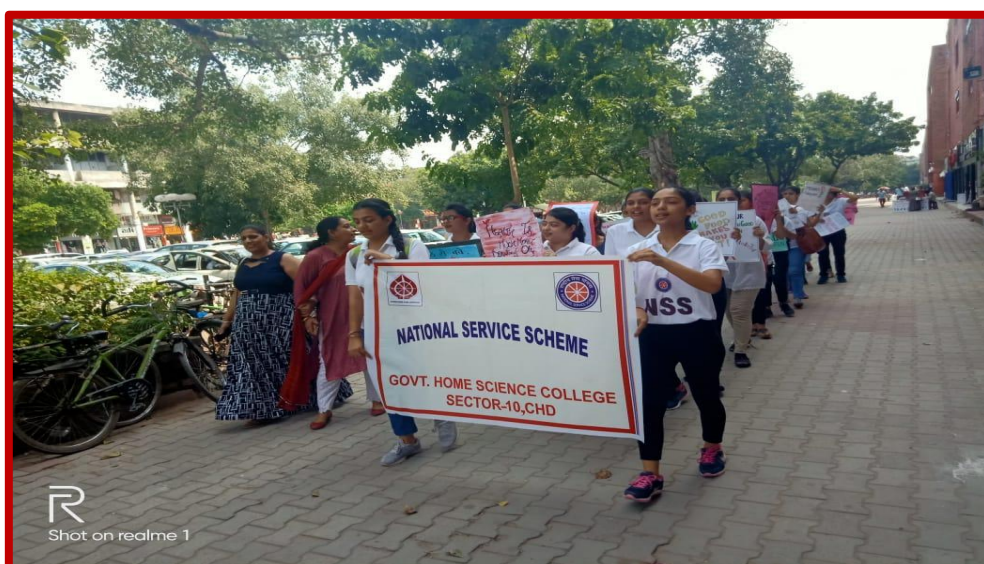
Name of the scheme advocated and promoted - Poshan Abhiyan

The NSS volunteers of Government Home Science College organized an awareness rally as a part of the ongoing Poshan Maah Celebrations as a step towards making people aware about the importance of healthy and nutritious eating.

The rally witnessed participation of a large number of students. The rally was flagged off in Central Plaza, sector- 17, Chandigarh in the presence of the NSS incharges Mrs. Seema Jaitly and Dr. Neha Sharma. The students holding banners, posters and placards in their hands chanted slogans for generating awareness amongst the common masses. Priorly, volunteers actively participated by making posters and writing slogans with an aim to highlight the benefits of Poshtik Aahar in our daily lives.



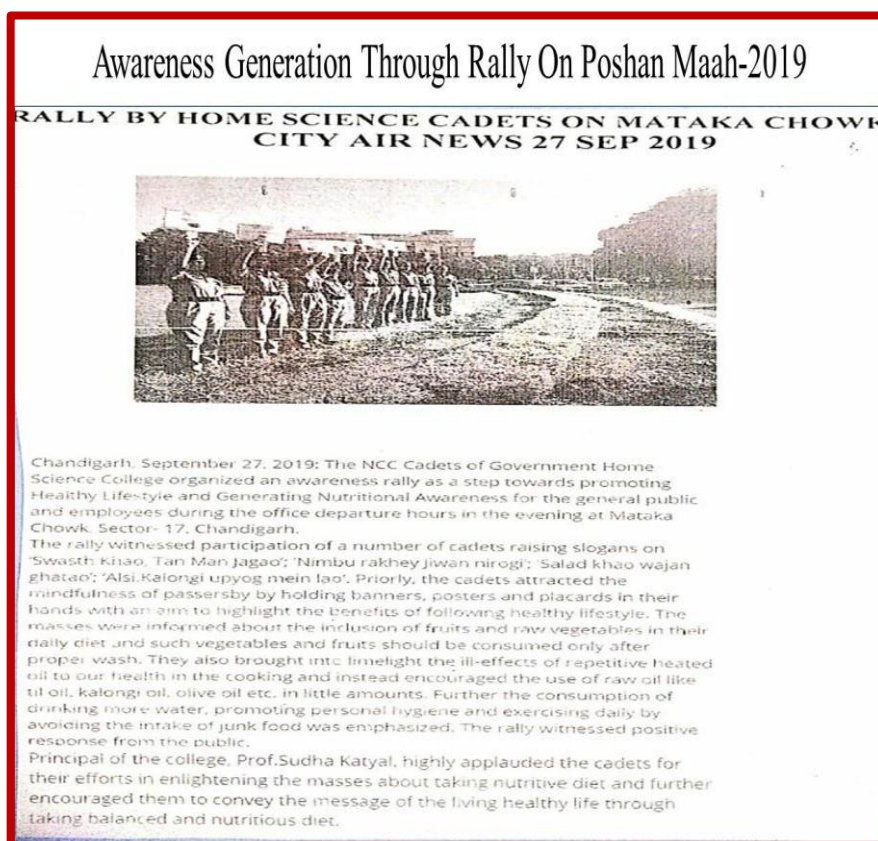
Rally on Poshan Maah



Awareness Generation through Rally on Poshan Maah

Link of the activity - <https://homescience10.ac.in/news-events?page=11>

Media Coverage



Link of the Media Report - <https://homescience10.ac.in/outreach-activities>

11. Demonstration of Kitchen Waste conversion to Compost

Organizing unit/ agency/ collaborating agency - NCC

No. of participants- 55

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

To give momentum to Poshan Maah under India's flagship programme of **Poshan Abhiyaan**, the NCC Girls Cadets of Government Home Science College conducted an awareness campaign cum demonstration drive regarding composting of Kitchen waste at Dainik Bhaskar Colony of Sector-25-D, Chandigarh. The drive is in sync with addressing the key areas of the Poshan Maah to spread awareness regarding Sanitation and hygiene in every nook and corner of the society and to promote healthy cooking practices among masses. The effervescent team of NCC gave a demonstration to the community women on 'How to use Kitchen Waste to prepare Organic Compost' to meet the goal for sanitation and hygiene at the household level.



Demonstration of Kitchen Waste conversion to Compost



Demonstration of Kitchen Waste conversion to Compost

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

Media Coverage

HOME SCIENTISTS DEMONSTRATE CONVERTING KITCHEN WASTE TO COMPOST
- 3rd September, 2019

Convergences and Collaborations during Poshan Maah

For significant outcomes, the college converged the efforts of the following through networking & collaborations from tapping/identifying the beneficiaries to providing free consultation services:

- Priests of local religious places such as temples and gurudwaras,
- Panchayats and Sarpanches and Mahila Mandals, NGOs & Orphanages
- Mayor, Chandigarh
- Municipal Corporation
- Govt. Hospitals- GMSH-16, PGIMER, Chd.
- Private Hospitals - Fortis, Max
- Deptt. of Social Welfare, Chd. Admn.
- Regional Centre for Entrepreneurship Development (RCED)
- National Institute of Naturopathy, Pune, Ministry of AYUSH, GOI
- Collaborations with 92.7 Big FM,
- College Nukkad Natak team
- Print, air and online media and technology were used extensively for spreading the message.

Link of the Media Report -

https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf

12. Informative Session on Importance of Breast Feeding

Organizing unit/ agency/ collaborating agency - Fortis hospital, Mohali

No. of participants- 50

Name of the scheme advocated and promoted - World Breast Feeding Week & Poshan Abhiyan

Government Home Science College in collaboration with Fortis hospital, Mohali observed NATIONAL BREAST FEEDING WEEK as part of their extension and outreach activities on the Theme: “Empower Parents, Enable Breastfeeding: Now and for the future!”

More than 100 beneficiaries from Anganwadi and villagers of Kishangarh formed the target audience. Dr. Sunil Aggarwal, Neonatologist from Fortis and Dr. Rabia, Lactation Consultant, addressed the audience and demonstrated the right technique to breastfeed.

Principal, Prof. Sudha Katyal, congratulated the NSS 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.

Principal, 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.



Informative Session on Importance of Breast Feeding



Informative Session on Importance of Breast Feeding

Link of the activity - <https://homescience10.ac.in/news-events?page=11>

Media Coverage

»NATIONAL BREAST FEEDING WEEK CELEBRATIONS AT GOVERNMENT HOME SCIENCE COLLEGE (08.08.19)

Government Home Science College in collaboration with Fortis hospital, Mohali observed NATIONAL BREAST FEEDING WEEK as part of their extension and outreach activities on the Theme: "Empower Parents, Enable Breastfeeding: Now and for the future!"

More than 100 beneficiaries from Anganwadi and villagers of Kishangarh formed the target audience. Dr. Sunil Aggarwal, Neonatologist from Fortis and Dr. Rabia, Lactation Consultant, addressed the audience and demonstrated the right technique to breastfeed.

Students exhibited a nukkad natak on importance of breastfeeding and gave a demonstration of some healthy weaning recipes. The celebration included poster making and slogan writing competition.

Principal, 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.



Link of the Media Report - <https://homescience10.ac.in/outreach-activities>

13. Educative Session on Polythene –Ek Gambhir Samasaya

Organizing unit/ agency/ collaborating agency - Extension Department & NSS

No. of participants- 120

Name of the scheme advocated and promoted - Environment Sustainability & Hygiene and Sanitation

The students of **Government Home Science College** organized an extension program to generate awareness regarding POLYTHENE –EK GAMBHIR SAMASAYA in Apni Mandi, Sector-15 Chandigarh on 6th March, 2019.

Under the guidance of **Mrs. Shalu**, students conducted a survey on February 20, 2019 to check the use of polythene bags by people. Two target areas were covered, one from market area and another from vegetable market. Students took the initiative to aware the masses about the ill-effects of **polythene bags** on both humans and animals. They also distributed paper bags to discourage the use of polythene bags. A rally was organized in Apni Mandi, Sector-15 Chandigarh followed by distribution of paper bags to vegetable vendors and cloth bags to customers and motivated them to adopt these in their daily lives. Demonstration on making paper bags was carried out. Students also enacted a nukkad natak which attracted a large number of people to highlight the major problems concerned with the use of polythene bags and the various issues it can cause in the near future.



Session on Polythene



Session on Polythene

Link of the activity - <https://homescience10.ac.in/news-events?page=11>

Media Coverage

»POLYTHENE –EK GAMBHIR SAMASAYA (06.03.19)

The students of Government Home Science College organized an extension program to generate awareness regarding POLYTHENE –EK GAMBHIR SAMASAYA in Apni Mandi, Sector-15 Chandigarh on 6th March, 2019.

Under the guidance of Mrs. Shalu, students conducted a survey on February 20, 2019 to check the use of polythene bags by people. Two target areas were covered, one from market area and another from vegetable market. Students took the initiative to aware the masses about the ill-effects of polythene bags on both humans and animals. They also distributed paper bags to discourage the use of polythene bags. A rally was organized in Apni Mandi, Sector-15 Chandigarh followed by distribution of paper bags to vegetable vendors and cloth bags to customers and motivated them to adopt these in their daily lives. Demonstration on making paper bags was carried out. Students also enacted a nukkad natak which attracted a large number of people to highlight the major problems concerned with the use of polythene bags and the various issues it can cause in the near future.

Principal of the college, Prof. Sudha Katyal, highly appreciated the efforts of the students in making people aware of the disadvantages of use of polythene bags in daily lives. She further motivated the students to continue to spread this message ahead to make this mission a success.



Link of the Media Report -

https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf

14. Sensitization Program on ‘Domestic Violence’

Organizing unit/ agency/ collaborating agency - Extension Department & NSS

No. of participants- 35

Name of the scheme advocated and promoted - Women Empowerment

To promote the cause, the students organized a rally for a mass awareness. A skit was also enacted under the guidance of Mrs Shalu by the NSS students informing the public about the ill-effects of Domestic violence and how it affects the lives of both women and their children. The women of the village were motivated to say NO to **Domestic Violence**. They were also made aware of various laws framed in the Constitution of India to help women escape from the tentacles of this evil. An interactive session was conducted with the ladies of the village to know more about the prevailing problems in their village and their solutions.



Sensitization Program on 'Domestic Violence'



Sensitization Program on 'Domestic Violence'

Link of the activity - <https://homescience10.ac.in/news-events?page=11>

Media Coverage

»HOME SCIENCE GIRLS CONDUCTED A SENSITIZATION PROGRAM ON 'DOMESTIC VIOLENCE' (05.03.19)

The students of Government Home Science College organized an extension program on 'Sensitizing Women about Domestic Violence' in the adopted village Khuda Ali Sher.

To promote the cause, the students organized a rally for a mass awareness. A skit was also enacted under the guidance of Mrs Shalu by the students informing the public about the ill-effects of Domestic violence and how it affects the lives of both women and their children. The women of the village were motivated to say NO to Domestic Violence. They were also made aware of various laws framed in the Constitution of India to help women escape from the tentacles of this evil. An interactive session was conducted with the ladies of the village to know more about the prevailing problems in their village and their solutions.

Principal of the college, Prof. Sudha Katyal highly appreciated the efforts of the students for removing this social evil from our society. She motivated the students for more of such extension programs for generating awareness to promote the cause.



Link of the Media Report - <https://homescience10.ac.in/news-events?page=11>

15. Participation in Nature Camp at City Forest

Organizing unit/ agency/ collaborating agency - NGO-YUVSATTA & Ministry of Environment and Forest,GOI

No. of participants- 30

Name of the scheme advocated and promoted - Environment Awareness and Training Scheme

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.



Participation in Nature Camp at City Forest



Participation in Nature Camp at City Forest

Link of the activity - <https://homescience10.ac.in/news-events?page=11>

Media Coverage

»HOME SCIENCE GIRLS PARTICIPATED IN NATURE CAMP AT CITY FOREST (14.2.19)

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 Daddumajra (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.



Link of the Media Report -

https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf

16. Awareness Program in Schools on Exam Anxiety

Organizing unit/ agency/ collaborating agency - HDFR Deptt. & NSS

No. of participants- 10

Name of the scheme advocated and promoted - Mental Health Awareness

Students in B.Sc. H.Sc. 6th Semester conducted an Anxiety test to check the anxiety level among the school students. The students were then made aware of exam stress and anxiety and how it may affect their performance in examinations. Various steps to combat exam stress were also shared with them through PowerPoint presentation and puppet show. Severe cases of anxiety were identified and provided with counseling sessions.

The students aimed to spread awareness amongst approximately 200 pupil of the school. To evaluate the success of the program a General Knowledge test was conducted for school students and again anxiety level was calculated which showed remarkable improvement in them.



Awareness Program in Schools on Exam Anxiety



Awareness Program in Schools on Exam Anxiety

Link of the activity - <https://homescience10.ac.in/news-events?page=11>

Media Coverage

»HOME SCIENCE GIRLS CONDUCTED AN AWARENESS PROGRAM ON EXAM ANXIETY(26.02.19)

As the exams are around the corner, the students of **Government Home Science College** took the initiative to conduct an extension program on Managing Exam Anxiety in two schools of tricity from 21st to 26th February, 2019.

Students in B.Sc. H.Sc. **6th Semester** conducted an Anxiety test to check the anxiety level among the school students. The students were then made aware of exam stress and anxiety and how it may affect their performance in examinations. Various steps to combat exam stress were also shared with them through PowerPoint presentation and puppet show. Severe cases of anxiety were identified and provided with counseling sessions.

The students aimed to spread awareness amongst approximately **200 pupil** of the school. To evaluate the success of the program a General Knowledge test was conducted for school students and again anxiety level was calculated which showed remarkable improvement in them.

Principal of the college, Prof. **Sudha Katyal**, appreciated the efforts of the students and motivated them to further generate awareness regarding exam stress and various steps to resolve these issues amongst many school students.



Link of the Media Report -

https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf

17. Street Vendors Apprised of Safe Food Handling Techniques

Organizing unit/ agency/ collaborating agency - Extension Department & NSS

No. of participants- 84

Name of the scheme advocated and promoted - Food Safety and Sanitation & Poshan Abhiyan

Conforming to the theme of POSHAN MAAH i.e. ' PERSONAL HYGIENE' Students of Government Home Science College, Chandigarh interacted with the all the street vendors of Sector-15 Chandigarh.

They highlighted the importance of personal hygiene and sanitation and then demonstrated the technique for hand washing as proposed by WHO. Vendors were also informed about the importance of use of head covers and gloves to avoid the transmission of diseases from one person to another especially consumers.



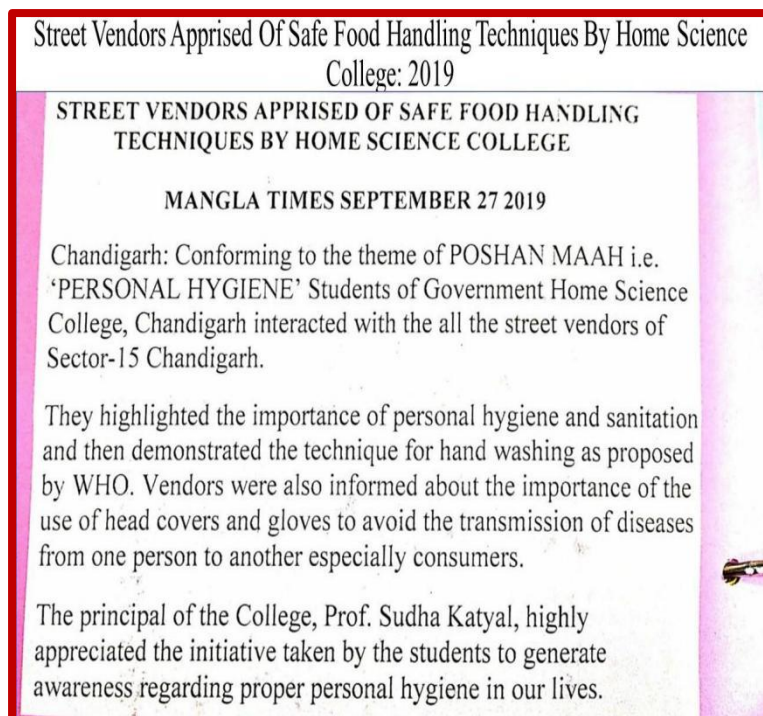
Street Vendors Apprised of Safe Food Handling Techniques



Street Vendors Apprised of Safe Food Handling Techniques

Link of the activity - <https://homescience10.ac.in/news-events?page=11>

Media Coverage



Link of the Media Report -

https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf

18. Elucidative Session on Preventive Healthcare Tips

Organizing unit/ agency/ collaborating agency - NCC

No. of participants- 15

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

With an aim to aware people about 'Preventive Healthcare Tips' under the Poshan Maah, the NCC cadets of Government Home Science College conducted an interaction cum awareness generation activity amongst patients and attendants of Govt. Multispecialty Hospital, Sector- 16, Chandigarh.

The cadets generated awareness regarding the benefits of various herbs like parsley, kalongi, basil, fennel, peppermint, bay leaves, Aloe Vera and coriander powder etc. in daily diet during various common diseases as a preventive healthcare tip.

Principal of the college, Prof. Sudha Katyal, appreciated the efforts of NCC cadets and further encouraged them to keep their spirits high in making the masses aware about nutritional health and its role in our lives.



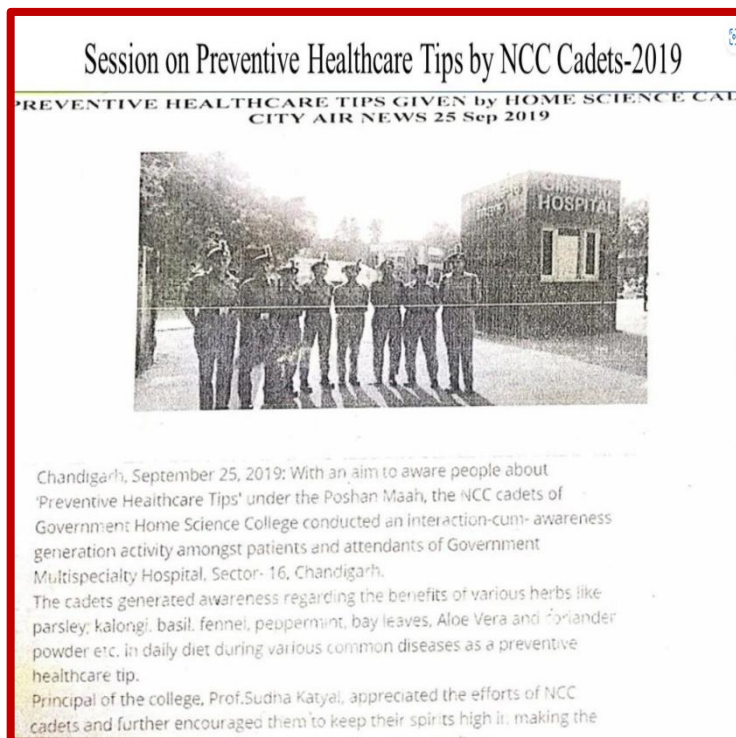
Session on Preventive Healthcare Tips



Session on Preventive Healthcare Tips

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

Media Coverage



Link of the Media Report - <https://homescience10.ac.in/outreach-activities>

19. March for Road Safety

Organizing unit/ agency/ collaborating agency - NSS

No. of participants- 20

Name of the scheme advocated and promoted - Road Safety & Community Development

In an endeavor to extend electoral literacy and to promote the national flagship programme 'Systematic Voter's Education and Electoral Participation' also known as 'SVEEP', a poster making and slogan writing competition was organized on the theme 'Electoral Literacy for Stronger Democracy' on the sixth day of seven day special NSS Camp. The main objective of this competition was to spread voter awareness and promote voter literacy in India. It also aimed to work towards preparing India's electors and equipping them with basic knowledge related to the electoral process. The volunteers enthusiastically participated in the competition and designed beautiful posters and slogans to promote the same.



March for Road Safety



March for Road Safety

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

Media Coverage



Link of the Media Report - <https://homescience10.ac.in/outreach-activities>

20. Plastic ka Time Up' Campaign

Organizing unit/ agency/ collaborating agency - NSS

No. of participants- 50

Name of the scheme advocated and promoted - Plastic Free Campaign & Environment Sustainability

The Environment Society, Harita, of Government Home Science College organized 'Plastic Free Chandigarh Campaign' to create awareness about the ill-effects of use of plastics. Students highlighted the toxic chemicals that leach out of plastic and harmful effects of its exposure to human health. In sync with National/ Chandigarh administration initiative on ban on one time use plastic, student volunteers attempted to make people aware of the better alternatives than plastic that can be used in our day to day lives. In this regard, poster making and slogan writing competitions were held. More than 100 students participated in these competitions. The campaign was sponsored by State Bank of India, Sector-10, Chandigarh. Sh. Rajesh Gupta, Regional Manager, SBI was the chief guest for the occasion. Mr Gupta also planted a sapling of Gulmohar tree on the occasion.



Plastic Ka Time Up' Campaign

Link of the activity - <https://homescience10.ac.in/news-events?page=9>

Media Coverage

'Plastic Ka Time Up' Campaign By Home Science Girls -2019

MANGLA TIMES 24 OCT 2019

'Plastic ka time up' CAMPAIGN BY HOME SCIENCE GIRLS

Chandigarh: The Environment Society, Harita, of Government Home Science College organized 'Plastic Free Chandigarh Campaign' to create awareness about the ill-effects of use of plastics. Students highlighted the toxic chemicals that leach out of plastic and harmful effects of its exposure to human health. In sync with National/ Chandigarh administration initiative on ban on one time use plastic, student volunteers attempted to make people aware of the better alternatives than plastic that can be used in our day to day lives. In this regard, poster making and slogan writing competitions were held. More than 100 students participated in these competitions. The campaign was sponsored by State Bank of India, Sector-10, Chandigarh. Sh. Rajesh Gupta, Regional Manager, SBI was the chief guest for the occasion. Mr Gupta also planted a sapling of *Gulmohar* tree on the occasion.

Environment society of the college also organized Anti- Cracker Campaign before Diwali to make students aware of noise pollution caused by fire crackers. The volunteers also made an effort to highlight health hazards and ill-effects of breathing polluted air, caused especially due to fireworks. Volunteers of environment society also took oath to pledge to protect our environment by avoiding the use of fire crackers on this Diwali. Principal of the college, Prof. Sudha Katyal, appreciated the students for their efforts in creating awareness amongst the masses and further informed the students about the profound and long lasting negative impact on the environment which cumulatively leads to acute health problems.

Link of the Media Report -

https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf