

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

**Outreach Activities  
Session :2018-19**

<b>Sr. No.</b>	<b>Name of the activity</b>	<b>Organizing unit</b>	<b>Collaborating agency</b>	<b>Year of the activity</b>	<b>No. of participants</b>
1	Nukkad Natak on Importance of Hygiene and Sanitation	NSS	Community (Khuda-Ali-Sher)	2018-19	147
2	Lecture cum interactive session at Khuda Ali Sher by home science students	NSS	Community (Khuda-Ali-Sher) / Civil Dispensary Sector 19	2018-19	147
3	Poster competition on Swachhta held in Khuda Ali Sher for Awareness generation by NSS volunteers	NSS	Community (Khuda-Ali-Sher)	2018-19	147
4	Participation in rally on Swasth Bharat Yatra at Sukhna Lake, Chandigarh.	NSS/Deptt. Of Social Welfare P.U.	Community (Deptt. Of Social Welfare P.U.)	2018-19	147
5	Sensitization on importance of Eating Right at Sukhna lake (27.12.2018)	NSS	Community (Department of Social Welfare, P.U.)	2018-19	131
6	Importance of Self Employment for Women Empowerment 26.12.18	NSS	Community (DAY-NULM)	2018-19	147
7	Sensitization towards Swatchta of heritage monuments	NCC	Community ( Swatchh Bharat Abhiyan/ Social Service)	2018-19	147
8	Poshan rally at Sukhna lake for Community mobilization	NSS/ Department of Foods and	Community (Department of Social Welfare, Chandigarh	2018-19	253

		Nutrition	Administration)		
9	Anaemia Free Campaign towards Anemia Mukta Bharat	NSS/ Department of Social Welfare	Community (PGI, Oral Rehabilitation Centre, Sec 34)	2018-19	607
10	Swacchta Hee Seva drive	NCC	Community (Swachh Bharat Abhiyan)	2018-19	15
11	Poshan mela at Daria, Chandigarh	NSS	Community (Social Welfare Department, Chandigarh)	2018-19	23
12	Nutrition and health mela at Home Science College	NSS/ Social Welfare Deptt..	Community (DAY-NULM/ Fortis Hospital/ Oral Rehabilitation and Implant Centre, Sec-34 C/ Social Welfare Department, Chandigarh)	2018-19	408
13	Interactive Session on Nutrition During First 1000 Days	NSS	Community (Rural Associate Women)	2018-19	130
14	Celebration of Poshan Maah	NSS/ Foods and Nutrition Department	Community (Rural Associate Women)	2018-19	50
15	Celebration of Akshay Urja Diwas- Impact of Akshay Urja on India (August 14, 2018)	Harita- the Environment Society/ NSS	Community (Chandigarh Renewable Energy and Science and Technology (CREST) Chandigarh Administration)	2018-19	70
16	Swachhta rally by NSS volunteers	NSS	Community (Khuda-Ali-Sher)	2018-19	138
17	Visit to welfare agencies GMSH/Sector 10	NSS	Community / NGO	2018-19	53

	market, ISBT -17, Old Age Home (August 11,2018- August 13,2018)		(GMSH 16, Market of Sector 10,Bus stand of Sector 17 and Old Age Home Sector 15,Chandigarh)		
18	Cleanliness drive in the adopted village Khuda Ali Sher	NSS	Community (Khuda-Ali-Sher)	2018-19	17
19	Door to door campaign for Hygiene and Sanitation (August 6, 2018- August 8, 2018)	NSS	Community (Khuda-Ali-Sher)	2018-19	13
20	Health Check-up Camp	NSS/ Extension Deptt.	Lions Club, Panchkula/ Community (Khuda-Ali-Sher)	2018-19	109

## Outreach Activities Session :2018-19

### 1. Nukkad Natak on Importnace of Hygiene and Sanitation

**Organising unit/ agency/ collaborating agency - NSS**

**No. of participants-147**

**Name of the scheme advocated and promoted- Swatchh Bharat Abhiyan**

As a part of 7 days residential NSS camp, the students of Government Home Science College visited the adopted village Khuda Ali Sher for generating awareness regarding the importance of cleanliness in the surroundings. The NSS volunteers interacted with the villagers to enlighten their knowledge regarding the necessity of Swachhta. Various solutions for fixing the problems of unhygienic conditions were discussed. Further to promote the cause, a poster making competition was also organized by the volunteers for the village children.



**NSS students showcasing the importance of swachhta by Nukkad Natak**

**Link for the activity-**

[extension://efaidnbmnnnibpcajpcglclefindmkaj/https://homescience10.ac.in/storage/pages/nss/Reports/NSS%20ACTIVITY%20REPORT%202018-19.pdf](https://efaidnbmnnnibpcajpcglclefindmkaj/https://homescience10.ac.in/storage/pages/nss/Reports/NSS%20ACTIVITY%20REPORT%202018-19.pdf)

## Media Coverage

Nukkad Natak on Importance of Hygiene and Sanitation -2018

### नुक्कड़ नाटक से दिया स्वच्छता का संदेश

अमर उजाला ब्यूरो

चंडीगढ़। गवर्नमेंट होम साइंस कॉलेज का सात दिवसीय एनएसएस शिविर का रविवार को समापन हो गया। इस अवसर पर एनएसएस यूनिट की ओर से दत्तक गांव खुड्डा अली शेर में नुक्कड़ नाटक के जरिये स्वच्छता का संदेश दिया गया। एनएसएस प्रभारी सीमा जेटली और डॉ. नेहा शर्मा ने टीम का नेतृत्व किया।

इस अवसर पर वालंटियर्स ने आसपास के वातावरण को स्वच्छ रखने के लिए गांव के लोगों को जागरूक किया। गांव के सरपंच हुकम चंद एवं सभी स्थानीय ग्रामीणों ने विद्यार्थियों के प्रयास की सराहना की।



एनएसएस कैंप में भाग लेने वाली गवर्नमेंट होम साइंस कालेज सेक्टर-26 की छात्राएं।

हर कदम पर किसी भी तरह की सहायता प्रदान करने का आश्वासन दिया। एनएसएस वालंटियर्स ने पूरे शिविर में ग्रामीण लोगों को उनके धैर्य

और सक्रिय भागीदारी के लिए धन्यवाद किया। कॉलेज प्रिंसिपल प्रो. सुधा कत्याल ने सभी के प्रयास की सराहना की।

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

## 2. Lecture cum interactive session at Khuda Ali Sher (29.12.2018)

Organising unit/ agency/ collaborating agency - NSS

No. of participants-147

Name of the scheme advocated and promoted-Community Development

As a part of 7 days residential NSS Camp, the volunteers of Government Home Science College visited the adopted village Khuda Ali Sher with an initiative to generate awareness amongst the common masses and enlighten their pool of knowledge through group discussions and lectures in collaboration with the doctors of Civil Dispensary Sector 19, Chandigarh. Dr Anu and Dr Ketan conducted a health check up drive for village children.



**NSS students sensitising people about their health**



**NSS students sensitising people about their health**

**Link for the activity- <https://homescience10.ac.in/outreach-activities>**

## Media Coverage

### »LECTURE CUM INTERACTIVE SESSION AT KHUDA ALI SHER BY HOME SCIENCE STUDENTS (29.12.18)

As a part of 7 days residential **NSS Camp**, the volunteers of Government Home Science College visited the adopted village Khuda Ali Sher with an initiative to generate awareness amongst the common masses and enlighten their pool of knowledge through group discussions and lectures in collaboration with the doctors of **Civil Dispensary Sector 15, Chandigarh**. Dr Anu and Dr Ketan conducted a health check up drive for village children.

Volunteers gave an insightful lecture on **'Women Entrepreneurship'**. They generated awareness regarding self-employment and motivated the rural women to undertake their own ventures and thereby fostering women entrepreneurship for a social cause and become financially independent. They were also informed about beneficiaries for Free Skill Development Programme for Fashion Designing in college under **DAY-NULM Mission**. A lecture cum interactive session on 'Care during Pregnancy' and 'Importance of Balanced Diet' was also conducted. They sensitized the women folk on importance of proper care of diet during Pregnancy and how it affects the health and Development of the growing foetus. Village children were informed about the ill-effects of junk food on health and the necessity of taking a healthy Balanced Diet. All the activities were done under the guidance and supervision of NSS incharges **Mrs Seema Jaitly** and **Dr Neha Sharma**. Principal of the college, **Prof Sudha Katyal**, appreciated the efforts of NSS volunteers in motivating the women to explore their hidden talents and hone their skills effectively.



**Link for the media report-**

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/News\\_letter\\_2017.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/News_letter_2017.pdf)

### 3. Poster competition on Swachhta held in Khuda Ali Sher for Awareness generation by NSS volunteers

**Organising unit/ agency/ collaborating agency - NSS**

**No. of participants-147**

**Name of the scheme advocated and promoted- Swachh Bharat**

**Abhiyan ,Community Development & Hygiene and Sanitation**

As a part of 7 days residential NSS camp, the students of Government Home Science College visited the adopted village Khuda Ali Sher for generating awareness regarding the importance of cleanliness in the surroundings. The NSS incharge Mrs. Seema Jaitly with all NSS volunteers interacted with the villagers to enlighten their knowledge regarding the necessity of Swachhta. Various solutions for fixing the problems of unhygienic conditions were discussed. Further to promote the cause, a poster making competition was also organized by the volunteers for the village children.



**NSS students showcasing their Posters**



**NSS students participated in Poster Making competition to generate awareness about cleanliness**

Link for the activity- <https://homescience10.ac.in/news-events?page=12>



## Media Coverage

### »POSTER COMPETITION ON SWACHHTA HELD IN KHUDA ALI SHER BY NSS VOLUNTEERS

POSTER COMPETITION ON SWACHHTA HELD IN KHUDA ALI SHER BY NSS VOLUNTEERS OF GOVT. HOME SCIENCE COLLEGE 28.12.2018

As a part of 7 days residential **NSS** camp, the students of Government Home Science College visited the adopted village **Khuda Ali Sher** for generating awareness regarding the importance of cleanliness in the surroundings. The NSS incharge **Mrs. Seema Jaitly** with all NSS volunteers interacted with the villagers to enlighten their knowledge regarding the necessity of Swachhta. Various solutions for fixing the problems of unhygienic conditions were discussed. Further to promote the cause, a poster making competition was also organized by the volunteers for the village children.

During the second half of the day, the effervescent team of NSS conducted a rally on the theme **Swachh Bharat**. About 100 students participated. The villagers also enthusiastically joined in for the social cause. Slogans, banners and placards on the theme 'Swachh Bharat- Swasth Bharat' were prepared by the volunteers. As a part of camp, students sensitized the women folk for availing the free skill development program in Fashion Designing under the DAY-NULM training in the college.

Principal of the college, **Prof. Sudha Katyal**, applauded the efforts of the NSS volunteers for active participation in the camp. She also motivated them to be the agents of social transformation and contribute their best in serving the society.



**Link for the media report-**

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/News\\_letter\\_2017.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/News_letter_2017.pdf)

### 4. Participation in rally on Swasth Bharat Yatra at Sukhna Lake, Chandigarh. (27.12.2018)

**Organising unit/ agency/ collaborating agency -** NSS & Deptt. Of Social Welfare P.U.

**No. of participants-**147

**Name of the scheme advocated and promoted-** Community Development  
NSS volunteers of Government Home Science College participated in rally on Swasth Bharat Yatra at Sukhna Lake, Chandigarh. Honourable Governer V.P.Singh Badnore was the chief guest of the event. The students were holding placards and raising slogans regarding healthy and safe eating. Later, during the day, NSS volunteers in the collaboration with department of social welfare, P.U. Chandigarh organised a

lecture on menstrual hygiene in the adopted village Khuda Ali Sher. The speakers from department of Social Welfare sensitized the rural women regarding the occurrence of menstruation and recommended them to maintain personal hygiene during periods.



**NSS students taking part in in rally on Swasth Bharat Yatra at Sukhna Lake**  
Link for the activity- <https://homescience10.ac.in/news-events?page=12>

### Media Coverage

»4th day of 7 days NSS Camp (27.12. 2018)

NSS volunteers of Government Home Science College participated in rally on Swasth Bharat Yatra at Sukhna Lake, Chandigarh. Honourable Governor V.P.Singh Badnore was the chief guest of the event. The students were holding placards and raising slogans regarding healthy and safe eating. Later, during the day, NSS volunteers in the collaboration with department of social welfare, P.U. Chandigarh organised a lecture on menstrual hygiene in the adopted village Khuda Ali Sher. The speakers from department of Social Welfare sensitized the rural women regarding the occurrence of menstruation and recommended them to maintain personal hygiene during periods. The audience actively participated in the whole event. Principal Prof. Sudha Katayal highly appreciated the efforts of NSS volunteers and their mentors Mrs. Seema Jaitly and Dr. Neha Sharma to participate with great zeal and make full use of this platform towards the social cause of transforming the society.

Link for the media report-  
[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

## **5. Sensitization on importance of Eating Right at Sukhna lake (27.12.2018)**

**Organising unit/ agency/ collaborating agency -NSS**

**No. of participants-131**

**Name of the scheme advocated and promoted- Swatchh Bharat Abhiyan**

NSS volunteers of Government Home Science College participated in rally on Swasth Bharat Yatra at Sukhna Lake, Chandigarh. Honourable Governer V.P.Singh Badnore was the Chief Guest of the event. The students were holding placards and raising slogans regarding healthy and safe eating. Later, during the day, NSS volunteers in the collaboration with Department of Social Welfare, P.U. Chandigarh organised a lecture on menstrual hygiene in the adopted village Khuda Ali Sher.



**NSS students sensitization on importance of Eating Right at Sukhna lake**



**NSS students taking rally on Sensitization on importance of Eating Right at Sukhna lake**  
 Link for the activity- <https://homescience10.ac.in/news-events?page=12>

**Media Coverage**

**»HOME SCIENCE GIRLS SENSITIZED ON RIGHT EATING AT SUKHNA LAKE (27.12.2018)**

NSS volunteers of Government Home Science College participated in rally on Swasth Bharat Yatra at Sukhna Lake, Chandigarh. Honourable Governor V.P.Singh Badnore was the Chief Guest of the event. The students were holding placards and raising slogans regarding healthy and safe eating. Later, during the day, NSS volunteers in the collaboration with Department of Social Welfare, P.U. Chandigarh organised a lecture on menstrual hygiene in the adopted village Khuda Ali Sher. The speakers from Department of Social Welfare sensitized the rural women regarding the occurrence of menstruation and recommended them to maintain personal hygiene during periods. The audience actively participated in the whole event. Principal Prof. Sudha Karyal highly appreciated the efforts of NSS volunteers and their mentors Mrs.Seema Jaisly and Dr. Neha Sharma to participate with great zeal and make full use of this platform towards the social cause of transforming the society.

**Link for the media report-**  
[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

## **6. Importance of Self Employment for Women Empowerment (26.12.18)**

**Organising unit/ agency/ collaborating agency -NSS**

**No. of participants-147**

**Name of the scheme advocated and promoted- DAY-NULM, Women Empowerment & Skill Development**

On the third day of the Seven Day Residential NSS Camp, the volunteers visited the Mauli Jagran complex locality, Daria, Chandigarh for screening of beneficiaries for Free Skill Development Programme for Fashion Designing in the college under DAY-NULM Mission . Students generated awareness regarding self-employment and motivated the rural women give their contribution in making this mission a success. This mission will enable the rural women to undertake their own ventures and thereby fostering women entrepreneurship for a social cause.



**NSS students sensitising rural women about the importance of Self employment and women empowerment**



**NSS students sensitising rural women about the importance of Self employment and women empowerment**

Link for the activity- <https://homescience10.ac.in/news-events?page=12>

### Media Coverage

#### »Third day of 7 DAYS NSS CAMP 26.12.18

On the third day of the Seven Day Residential NSS Camp, the volunteers visited the Mauli Jagran complex locality, Daria, Chandigarh for screening of beneficiaries for Free Skill Development Programme for Fashion Designing in the college under DAY-NULM Mission . Students generated awareness regarding self-employment and motivated the rural women give their contribution in making this mission a success. This mission will enable the rural women to undertake their own ventures and thereby fostering women entrepreneurship for a social cause. Rural women were motivated to be job creators rather than job seekers. They were also explained about various funding opportunities available under Prime Minister Employment Generation Program (PMEGP) . All the activities were done under the guidance and supervision of NSS incharges Mrs. Seema Jaitly and Dr. Neha Sharma .

Principal of the college, Prof. Sudha Katyal , highly appreciated the efforts of the students in motivating the rural women to think out of the box with respect to skill development in various fields.



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

## 7. Sensitization towards Swachta of heritage monuments (22.11.2018)

**Organising unit/ agency/ collaborating agency -NCC**

**No. of participants-147**

**Name of the scheme advocated and promoted- Swatchh Bharat Abhiyan & Social Service**

As part of the Swachhta Abhiyan , the students participated in the Swacchta hi Seva drive. 15 girls from the college carried out cleanliness activities at Bougainvillea Garden and Garden of silence at Sukhna Lake. The prominent monument of Lord Buddha was cleaned by the students and the area around it.



**NCC students participating in cleanliness drive at Sukhna Lake**



**NCC students participating in cleanliness drive at Sukhna Lake**

Link for the activity- <https://homescience10.ac.in/news-events?page=12>

### Media Coverage



Link for the media report-

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)



## 8. Poshan rally at Sukhna lake for Community mobilization (29.09.2018)

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

**No. of participants**-253

**Name of the scheme advocated and promoted**- Poshan Maah

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



Poshan rally at Sukhna Lake



### Poshan rally at Sukhna Lake

Link for the activity- <https://homescience10.ac.in/news-events?page=14>

### Media Coverage

#### Poshan Rally At Sukhna Lake By Home Science College- 2018

R No: - 5

**mycity** शनिवार • 29.09.2018

**न्यूज डायरी**

**सुखना लेक पर निकाली रैली**

**चंडीगढ़।** पोषण अभियान के तहत स्वस्थ भोजन को लेकर शुक्रवार को सुखना झील पर गवर्नमेंट होम साइंस कालेज सेक्टर-10 की ओर से रैली निकाली गई। इसमें कालेज के 250 से अधिक विद्यार्थियों, शिक्षकों और अन्य स्टाफ ने हिस्सा लिया। छात्रों ने पोषण संबंधी विषयों पर टेबू और चेहरे की पेंटिंग कर लोगों को हेल्दी डाइट का संदेश दिया। कालेज प्रिंसिपल प्रोफेसर डा. सुधा ने सभी के प्रयास की सराहना की।

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

## 9. Anaemia Free Campaign towards Anemia Mukh Bharat

**Organising unit/ agency/ collaborating agency-** NSS, PGI & Oral Rehabilitation Centre, Sec 34

**No. of participants-**607

**Name of the scheme advocated and promoted-** Anemia Mukh Bharat/Poshan Abhiyan

Government Home Science College in the wake of the continuing Poshan Maah celebrations today launched a campaign for “Anemia Free Chandigarh” . A host of activities by NSS students were conducted ranging from nutrition exhibition which included a display of posters and iron rich recipes such as Palak dhokla, Palak patta chart, Poha cutlets and Iron rich ladoos to name a few. Screening and clinical assessment of anemia was carried out by a renowned team of doctors from PGI, Chandigarh led by Dr. Bhavneet Bharti . The campaign witnessed a huge success.



Students of GHSC- 10 taking part in Anemia free campaign



**Students of GHSC- 10 taking part in Anemia free campaign**

**Link for the Activities-** <https://homescience10.ac.in/news-events?page=12>

### **Media Coverage**

Anaemia Free Campaign towards Anemia Mukta Bharat: 2018

**गवर्नमेंट होम साइंस कॉलेज**



**चंडीगढ़ | गवर्नमेंट होम साइंस कॉलेज सेक्टर-10 में एनीमिया फ्री चंडीगढ़ कैंपेन को लॉन्च किया गया।**

**Link for the media reports-**

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

## 10. Swachta Hee Seva drive

**Organising unit/ agency/ collaborating agency-** NCC

**No. of participants-**15

**Name of the scheme advocated and promoted-** Swatchh Bharat Abhiyan

As part of the Swachhta Abhiyan , the students in The Swachta hi Seva drive. 15 girls from the college carried out cleanliness activities at Bougainvillea Garden and Garden of silence at Sukhna Lake . The prominent monument of Lord Buddha was cleaned by the students and the area around it.



**NCC students conducting a cleanliness drive at Bougainvillea garden**

**Link for the Activities-** <https://homescience10.ac.in/news-events?page=12>

### Media Coverage

#### » SWACHTA HEE SEVA DRIVE HELD AT HOME SCIENCE COLLEGE

As part of the Swachhta Abhiyan , the students of Government Home Science College participated in the Swachhta Hi Seva drive. 15 girls from the college carried out cleanliness activities at Bougainvillea Garden and Garden of silence at Sukhna Lake . The prominent monument of Lord Buddha was cleaned by the students and the area around it.

Principal, Prof Sudha Katyal applauded the efforts of the students and urged them to be responsible citizens by ensuring cleanliness in their surroundings.



**Link for the media reports-**

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

## **11. Poshan mela at Daria, Chandigarh**

**Organising unit/ agency/ collaborating agency-**Social Welfare Department, Chandigarh

**No. of participants-**23

**Name of the scheme advocated and promoted-** Poshan Maah

The students participated in Poshan Mela held at Daria, Chandigarh organized by Social Welfare Department, Chandigarh . A Nukkad Natak was presented highlighting the nutritional requirements during preschool, adolescence, pregnancy and lactation period.NSS students gave lecture on food fortification and micronutrients and spread awareness among rural masses and aganwadi health workers regarding foods rich in iron, vitamin A and vitamin B complex.



**Students of GHSC- 10 sharing information about the value of nutrition**



Students of GHSC- 10 participating in Poshan Mela at Daria

Link for the Activities- <https://homescience10.ac.in/news-events?page=12>

### Media Coverage

#### »POSHAN MELA, DARIA, CHANDIGARH

The students of Government Home Science College participated in Poshan Mela held at Daria, Chandigarh organized by Social Welfare Department, Chandigarh . A Nukkad Natak was presented highlighting the nutritional requirements during preschool, adolescence, pregnancy and lactation period. The students gave lecture on food fortification and micronutrients and spread awareness among rural masses and aganwadi health workers regarding foods rich in iron, vitamin A and vitamin B complex. The performance of the students was appreciated by viewers.



Link for the media reports-

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

## 12. Nutrition and health mela at Home Science College

**Organising unit/ agency/ collaborating agency-** Fortis Hospital, Oral Rehabilitation and Implant Centre, Sec-34 C, Social Welfare Department, Chandigarh ,NSS& Social Welfare Deptt..

**No. of participants-**408

**Name of the scheme advocated and promoted-** DAY-NULM/ Community Development

Government Home Science College organized a Nutrition and Health Mela to generate and promote awareness regarding wholesome Nourishment for good health to reduce stunting under nutrition and anemia among young children, adolescent girls and women. It was organized in collaboration with NSS wing of the college and Department of Foods and Nutrition with an aim to spread nutritional awareness, provide nutritional counseling, help in health assessment and health check – up.



Nutrition and Health Mela at GHSC - 10





### Nutrition and Health Mela at GHSC - 10

Link for the Activities- <https://homescience10.ac.in/news-events?page=12>

### Media Coverage

#### »NUTRITION AND HEALTH MELA AT HOME SCIENCE COLLEGE

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

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

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

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

A team of students studying P.G. Diploma in Dietetics also conducted an awareness programme at composite anganwadi building Ramdatbar Chandigarh in collaboration with **Social Welfare Department, Chandigarh**.

From today, NCC wing of the college also started Swachta Abhiyan.

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



#### Link for the media reports

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

### **13. Interactive Session on Nutrition During First 1000 Days (15.11.2018)**

**Organising unit/ agency/ collaborating agency-** NSS

**No. of participants-**130

**Name of the scheme advocated and promoted-** Poshan Maah & Community Development

As a part of the continuing celebrations of Poshan Maah, various activities were conducted at Government Home Science College in the second week of the month. An interactive cum discussion session was held on nutrition during the first 1000 days of life.



**Interactive Session on Nutrition During First 1000 Days held at GHSC- 10**



### Interactive Session on Nutrition During First 1000 Days held at GHSC- 10

Link for the Activities- <https://homescience10.ac.in/news-events?page=12>

### Media Coverage

#### »Interactive Session on Nutrition During First 1000 Days at Government Home Science College

Interactive Session on Nutrition During First 1000 Days at Government Home Science College (September 11-15, 2018)

As a part of the continuing celebrations of **Poshan Maah**, various activities were conducted at Government Home Science College in the second week of the month. An interactive cum discussion session was held on nutrition during **the first 1000 days of life**. Nearly around 130 rural women from different villages which includes 75 rural women attending Free Skill Development Programme in Fashion Designing in the college and 60 Rural Associate Women Workers from from 3 different villages Khuda Ali Sher, Khuda Jassu and Kaimbwala, Chandigarh (UT) from September 11-15, 2018 attending the 5 days training programme in the college under the NSS Scheme of the college, were part of the event. All the rural women were sensitized about the importance of good nutrition. Topics focusing on Poshan Maah theme ranging from composition of balanced diet with special emphasis on vulnerable groups such as infants, preschoolers, adolescents, pregnant and lactating women were discussed using audio visual aids such as power point presentation and flashcards.

Principal of the college, **Prof. Sudha Katyal** addressed the women workers about the **“Poshan Maah”** or the month dedicated to Nutrition. She emphasized about the importance of good nutrition and balanced diet. She also focussed on prevalence of Anaemia amongst women and need to overcome the same. She further motivated the women workers to attend the camp with full spirit.



Link for the media reports-

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

## 14. Celebration of Poshan Maah

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

**No. of participants-**130

**Name of the scheme advocated and promoted-** Poshan Maah

As the first part of the ongoing celebrations, a demonstration and a quiz was organized by NSS and Foods and Nutrition department students. Both these activities were conducted 50 women from villages adjoining Chandigarh. Low cost high energy nutritious recipes included categories for all age groups such as infants, preschoolers, adolescents, pregnancy and lactation. Few of the recipes demonstrated to the participants included Palak Halwa, Spinach Rolls, Multi-grain Nutritious Momos, Soya Cutlets popular amongst both adults and adolescents age groups.



Celebration of Poshan mah at GHSC- 10



Celebration of Poshan mah at GHSC- 10

**Link for the Activities-** <https://homescience10.ac.in/news-events?page=13>

Celebration of Poshan Maah: 2018

## Poshan Maah organised

### LOW COST NUTRITIOUS RECIPES INCLUDED WERE FOR ALL AGE GROUPS

**CHANDIGARH:** Government Home Science College observed Poshan Maah as declared by Prime Minister Narendra Modi considering the importance of nutrition during various stages of life cycle. The theme of the event was 'Ensuring Focused interventions during the first 1000 days of the child: Better Child Health'.

The official concerned said that as the first part of the ongoing celebrations, a demonstration and a quiz was organized. Both these activities were conducted on 50 women from villages adjoining Chandigarh.

Low cost nutritious recipes were included were for all age groups such as infants, preschoolers, adolescents, pregnancy and lactation.

Few of the recipes demonstrated to the participants included Palak Halwa, Spinach Rolls, Multi-grain Nutritious Momos, Soya Cutlets popular amongst both adults and adolescents age groups. Various variations were also demonstrated. Weaning foods such as Chia and Pumpkin Soups were also included in demonstration. All the recipes were highly appreciated by the participants. To generate awareness a Quiz on the theme 'Better Child Health' was organized. The participants actively participated and gained knowledge on this theme. The activities were organised under the guidance and directions of College Principal. DP

Link for the media reports- <https://homescience10.ac.in/outreach-activities>

## **15. Celebration of Akshay Urja Diwas- Impact of Akshay Urja on India (14.08.2018)**

**Organising unit/ agency/ collaborating agency-** CREST, NSS & Harita- the Environment Society

**No. of participants-**70

**Name of the scheme advocated and promoted-** Environment Sustainability

In order to sensitize our young generation regarding the significance of renewable sources of energy and various Scientific Innovations achieved in this field, Harita- the Environment Society of Government Home Science College, Chandigarh and NSS observed the Akshay Urja Diwas sponsored by Chandigarh Renewable Energy and Science and Technology (CREST) , Chandigarh Administration with great enthusiasm. The theme of Akshay Urja Diwas was 'Impact of Akshay Urja in India'. To promote the cause, a walkathon was organized on August 14, 2018 to generate awareness regarding the importance of conservation of Akshay Urja (Renewable sources of energy).



**Celebration of Akshay Urja diwas at GHSC- 10**



**Celebration of Akshay Urja diwas at GHSC- 10**

**Link for the Activities-** <https://homescience10.ac.in/news-events?page=13>

**Media Coverage**

**Van Mahotsav & Akshay Urja Diwas**





**Chief Guest Sh. B.L. Sharma**      **Chief Guest planting tree**      **Nukkad Natak**

August 14, 2018— August 23, 2018  
 Harita- the Environment Society of college observed the Akshay Urja Diwas sponsored by Chandigarh Renewable Energy and Science and Technology (CREST) Chandigarh Administration with funding of Rs. 21,000, with great enthusiasm. The theme of Akshay Urja Diwas was 'Impact of Akshay Urja in India'. To promote the cause, a walkathon was organized to generate awareness regarding the importance of conservation of Akshay Urja (Renewable sources of energy). About 300 students participated in Walkathon. To mark the event, various **Inter-college competitions** like Poster Making, Short Film Making, Eco-friendly Rangoli, Declamation Competition and Nukkad Natak were organized in which as many as 70 students from various colleges participated in the competitions with full zeal and effort.

A more than week long celebrations of Akshaya Urja Diwas concluded with Van Mahotsav. Chief Guest Sh. B.L. Sharma; IAS, Education Secretary, Chandigarh, planted Gulmohar tree in the college campus. He appreciated the efforts of the college in order to encourage the students to use renewable sources of energy.





**Link for the media reports**

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZr754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

## 16. Swachhta rally by NSS volunteers

**Organising unit/ agency/ collaborating agency-** NSS

**No. of participants-**138

**Name of the scheme advocated and promoted-** Swachh Bharat Abhiyan

The NSS Wing of Government Home Science College organized an awareness rally as a part of Swachhta Pakhwada as a step towards Swachhta in Society. The rally witnessed participation of a large number of students. The rally was flagged off by the Principal of the college Prof. Sudha Katyal in the presence of the NSS incharges Ms. Seema Jaitly and Dr. Neha Sharma and the accompanying faculty members.



Swachhta rally conducted by NSS volunteers



Swachhta rally conducted by NSS volunteers

**Link for the Activities-** <https://homescience10.ac.in/news-events?page=13>



## Media Coverage

### Swachh Bharat Summer Internship Camp



**NSS volunteers organized a rally on Swachh Bharat**

**Link for the media reports-**

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

**17. Visit to welfare agencies GMSH/Sector 10 market, ISBT -17, Old Age Home (August 11,2018- August 13,2018)**

**Organising unit/ agency/ collaborating agency-** NSS

**No. of participants-** 53

**Name of the scheme advocated and promoted-** Community Development / Swachh Bharat Abhiyan

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

Volunteers also interacted with the public around to know more about their views regarding the Government launched scheme Swachh Bharat Abhiyan and what efforts are being done by them to bring about a change in the society



**NSS students celebratin Swachhta Pakhwada**



### NSS students celebratin Swachhta Pakhwada

Link for the Activities- <https://homescience10.ac.in/news-events?page=13>

### Media Coverage

#### Cleanliness Drive

August 11—August 13, 2018

NSS volunteers observed Swachhta Pakhwada through a cleanliness drive at GMSH 16, Market of Sector 10, Bus stand of Sector 17 and Old Age Home Sector 15, Chandigarh.



Cleanliness drive Bus Stand, Sec-17, Chandigarh

Cleanliness drive GMSH-16, Chandigarh

Link for the media reports-

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdzt754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

**18. Cleanliness drive in the adopted village Khuda Ali Sher  
(03.07.2018-23.07.2018)**

**Organising unit/ agency/ collaborating agency-** NSS

**No. of participants-** 17

**Name of the scheme advocated and promoted-** Swachh Bharat Abhiyan

To promote the cause and objectives of Swachh Bharat Abhiyan, the entire team of active NSS Volunteers of Government Home Science College organized Cleanliness Drive in the adopted village, Khuda Ali Sher.

The students made an effort to clean all the lanes of the village and thus devoted two days for intensive cleaning. Efforts were made to involve local people so that they understand the dignity of labour and develop a habit of keeping their surroundings clean.



**Cleanliness drive at Khuda- Ali- Sher**

**Link for the Activities-** <https://homescience10.ac.in/news-events?page=13>

**Media Coverage**



July 3– July 23, 2018

Under the innovative scheme of 'Swachh Bharat Summer Internship Camp (SBSI) 2018' the students of the college actively participated in a 20 day long camp in creating awareness regarding the importance of cleanliness and keeping the surroundings clean in the adopted village Khuda Ali Sher. The NSS volunteers performed a number of activities along with the children and rural women.

**Link for the media reports-**

[https://homescience10.ac.in/storage/pages/college\\_news\\_letter/zvT9SNdZR754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf](https://homescience10.ac.in/storage/pages/college_news_letter/zvT9SNdZR754L5yfi6bbVpMv7JeFM50Lu1kSARJA.pdf)

**19. Door to door campaign for Hygiene and Sanitation  
(06.08.2018- 08.08.2018)**

**Organising unit/ agency/ collaborating agency-** NSS

**No. of participants-** 13

**Name of the scheme advocated and promoted-** Swachh Bharat Abhiyan/  
Behaviour Change Campaign

To promote the Government launched scheme of Swachh Bharat Abhiyan and the services provided under the umbrella of this theme, the enthusiastic volunteers of Government Home Science College conducted a door to door campaign in the adopted village, Khuda Ali Sher to know about the prevalent problems in the adopted village, Khuda Ali Sher. NSS volunteers interacted with the local villagers by visiting their houses and discussed the problems they face related to Swachhta in their village.



**NSS students sensitising the population**



**NSS students participating in Hygiene and sanitation campaign**

**Link for the Activities-** <https://homescience10.ac.in/news-events?page=13>

## Media Coverage



**Door to Door campaign by NSS volunteers of college**

Aug. 6 -Aug. 8, 2018

Door to Door campaign by NSS volunteers of college to promote the scheme of Swachh Bharat Abhiyan in the adopted vil-

Link for the media reports- <https://homescience10.ac.in/outreach-activities>



## Media Coverage

### Health Checkup Camp Organized in Khuda Ali Sher

February 13, 2018

A Health Checkup Camp was organized by Department of Extension Education in collaboration with Lioness Club, Panchkula. The camp provided free health checkup for lifestyle disorders like Hypertension and Diabetes. More than 100 people got their health check up done in the camp. The Sarpanch of Khuda Ali Sher applauded the efforts put in by the students to help generate awareness about these diseases and their prevention.



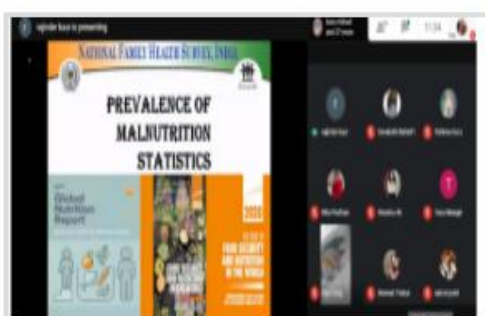
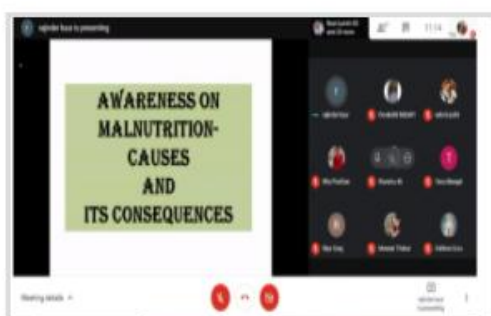
Link for the media reports- <https://homescience10.ac.in/outreach-activities>

### »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 it's 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 it's 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>