

GOVERNMENT HOME SCIENCE COLLEGE

CHANDIGARH

2020-2021

Seven Days Special NSS Camp

08.03.2021-14.03.2021

NSS Camp at Home Science College commenced with the Celebration of International Women's Day

Taking into consideration the protocols and SOP's issued by the Government of India, the NSS unit of Government Home Science College kick-started the seven days special NSS camp from March 08, 2021 to March 14, 2021 with the celebration of International Women's Day. Aligning with the United Nations theme of the International Women Day 2021, Women in Leadership: Achieving an Equal Future in Covid-19 as well as the International campaign theme i.e. #ChooseToChallenge, the college has always strived hard to tap the potential of their girl students. The faculty members of the college have pushed the students out of their comfort zones and walked an extra mile for the realization of their dreams. The first session of the NSS camp commenced with Yoga for Mental Health for NSS vounteers and later it was followed by a special lecture on Anemia and Nutrition by Ms. Namrata.

The subsequent session was commenced by Open Eyes Foundation (a Non-government organization) for celebration of the International Women's Day. The founder as well as the president of the organization, Mr. Sandeep kumar started multiple initiatives such as Raddi Se Siksha, Naya Sawera, Rise Women, Education Hut, Hope on Wheels, Vision in Dark for the welfare of the underpriviledged students in the tricity. For his consistent and commdable work throughout the years, Prime minister of India, Shri Narendra Modi Ji mentioned about Mr. Sandeep and the relentless work of his ornganization during his "MAAN KI BAAT" recently.

Recognizing the accomplishment of the women who worked tirelessly for the welfare of the underprivileged sections of society, Open Eyes Foundation gave Women Excellence Award to 10 women, who significantly contributed in different arenas i.e. Mrs. Sulekha Rani (Education of Migrant Labourers), Dr. Parbhjot Guron Bajju (Education and Health), Ms. Sukhmani Kahlon (Health Sector), Ms. Mona (Education and Health), Mrs. Reenu Kakkar (Helping Divyangijans), Ms. Ravneet Kaur (Women Health), Mrs. Shivani (Education and helping people during Disaster), Ms. Dipti Singh (Quality Education), Mrs. Reena (Education for Slum Dwellers). In the similar vein, the Principal of the College, Dr. Sudha Katyal, was also felicitated with Women Excellence Award for her significant contribution in using digital media extensively in imparting quality education during pandemic in the society. Moreover, free sanitary napkins and hygiene kits were distributed to the 100 underprivileged women during the event. It also provided a platform to the 100 NSS volunteers who not only provided the logistical support for this academic cum cultural endeavour but also learned from the grass root level experiences of women working for the upliftment of the often sidelined sections of the society.

The esteemed chief guest of the event was Mr Bikram Singh Rana, State Liaison Officer, Chandigarh Administration. The other dignitaries were eminent social activists i.e. Mr Ravinder Singh Billa, Social activist, Mrs Vanita Talwar and Mrs Harjinder Sodhi. The chief guest of the event emphasized on overcoming the pre-existed social and systematic barriers in the societal structure for the welfare of women in society.

The principal of the College, Prof. Sudha Katyal, strongly advocated the more inclusive leadership and equal representation of women as a pre-requisite for the development of the nation. The need of the hour is to change the mindset of the people and transform the disproportionate and inadequate representation of women. She also expressed her gratitude towards the social activists who provided socio-economical and psychological support to the impoverished as well as underprivileged people of the society.

Second Day of NSS Camp focused on Healthy Living, Yoga and Swachh Bharat Pakhwada

The first session of the second day of Seven days of special NSS Camp started with Yoga for Mental Health by yoga instructors from the Government College

of Yoga Education & Health. Through the practical demonstrations of multiple asanas such as Pranayam, Kurmasana, kursiasana, students were informed about the physical and psychological benefits of yoga in day to day life.

For the subsequent session, two resource persons i.e. Ms. Indu Aggarawal (a visionary entrepreneur, philanthropist and life-coach) and Mr. Vikas Behl (Health Consultant). Both the resource persons deliberated upon the idea of “Your Health Our Mission” and focused extensively on the physical, emotional, intellectual, mental and spiritual wellbeing of the various stakeholders in the society. Mr. Vikas Behl in his introductory remarks foregrounded the integration of Ayurveda, Yoga and Meditation as a necessary panacea for the overall wellbeing of the people. Following a similar trajectory, Ms Indu Aggarwal, co-founder of Disha for Success as well the chairperson for Disha for India foundation and Educational Trust, specifically focused on healthy living and emphasized that health is not merely a freedom from disease rather it is a state of complete well being. Talking about the ill-effects of modern lifestyle, unhealthy food habits and stressful living, she strongly emphasized to bring massive transformations in our life-style with the adoption of regular exercise, healthy eating habits and meditation as part and parcel of our life.

Propelling the initiative of “Swachh Bharat Pakhwada” by the Government of India, the second day of the camp ended with the participation of NSS volunteers in the cleanliness drive on the campus. Students were further informed about the segregation of degradable and bio-degradable waste.

Emphasizing the dire need of following a healthy lifestyle, yoga and Ayurveda for our social and spiritual well being, the principal of the college, Prof. Sudha Katyal, applauded the efforts of the students and motivated them to imbibe the spirit of service for humanity or humanitarian cause.

Press Note Draft: NSS Volunteers learned the idea of Entrepreneurship, Skill-Development and Equitable Society at Government Home Science College

With an aim of making yoga as an integral part of young, dynamic and enthusiastic NSS Volunteers, the first session of the third day of NSS Camp rejuvenated the sagging spirits of the participants from the humdrum of modern life. The daily yoga practices under the supervision of the trained instructors help

in creating an environment wherein students, faculty members, as well as non-teaching staff of the college can learn and create an equilibrium in their personal and professional life through the regular practice of several asanas like Navasana, Kumbhakasana, Vashishthana and Adho Mukha Svanasana etc. These asanas strengthen the body, boosts metabolism, relaxes the mind and help in eliminating toxic substances from our body.

After the stimulating first session, two resource persons i.e. Mr. Paramjit Singh (Director, National Trainer, Motivator, National Speaker from Regional Centre for Entrepreneurship Development) and Dr. Manoj Kumar (Associate Professor, Department of Sociology, PG Govt. College for Girls, Chandigarh) were invited to invigorate the mindset of the budding entrepreneurs of our college. Talking about the gross inequality, biasedness and social exclusion of the marginalized sections in Indian society, Dr. Manoj Kumar charts out the problematic social fabric of the Indian society which hinders the socio-economic growth of the downtrodden people. On the other hand, Mr. Paramjit Singh in his session on “Skill Development and Entrepreneurship” shared his first-hand experience and talked extensively about the nuances and nitty-gritties involved in the process of becoming a successful entrepreneur. After the end of their respective sessions, both the resource persons answered the queries of the students to their satisfaction.

The Principal of the college, Prof. Sudha Katyal, emphasized the need for a socially equitable society for the sustenance and growth of the nation. Recognizing the efforts of the students, she further advised them to leave no stone unturned to achieve their aspirations.

Third-Day of NSS Camp emphasized the importance of Entrepreneurship, Skill-Development and Equitable Society

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Press Note Draft: NSS Volunteers learned about Pranayams, Meditation and Entrepreneurship

on the Fourth Day of the Camp

The fourth day of NSS camp started with a yoga session in which the trained instructor specifically focused on the importance of Pranayam and meditation. While demonstrating the different forms of Pranayama such as Kapalabhati Pranayama, Dirga Pranayama, Viloma Pranayama and Anuloma Pranayama, the instructor also talked about the benefits of pranayams in reducing stress, anxiety, fatigue. Further, the instructor also showed how slow deep yogic breathing and meditation helps in improving mental focus, concentration as well as strengthen the respiratory system.

Aligning with the Prime Minister initiative of “Atmanirbhar Bharat”, a skill-building workshop on “How to Make Homemade Donuts” was conducted by Anupreet Kaur Sobti (a student of M.Sc. in Nutrition and Dietetics) for the NSS volunteers. She creatively illustrated the various cooking methods which can be utilized to make homemade Donuts. She also talked about her startup ventures ‘Fantasia de Chocolates’ and ‘Dietura’ and motivated the students to become an entrepreneur. She also expressed her gratitude towards the Principal of the college, Prof. Sudha Katyal, for giving her the opportunity to share her first-hand experience and difficulties encountered during her journey of startups.

Focusing on the idea of Atmanirbhar Bharat, the principal of the college, Prof. Sudha Katyal, talked about the myriad career opportunities in the field of entrepreneurship and startups. Furthermore, she also congratulated the student for achieving this wonderful feat and encouraged NSS volunteers to follow her footprints.

Press Note: NSS Volunteers attended Bharat ka Amarat Mahotsav and learned about Self-Defense Techniques on the Fifth Day of NSS Camp

Continuing with a similar spirit, gaiety and enthusiasm, the fifth day of NSS camp started with a reverberating session on yoga wherein students participated with full vigour and practically demonstrated the various yogic asanas practised during the last four days under the supervision of the trained instructor. With the continuous sessions on yoga and meditation techniques, especially in the morning, NSS volunteers feel energetic throughout the day.

After the stimulating first session, NSS volunteers attended the live session on “Azadi ka Amarat Mahotsav” by our honourable Prime Minister of India, Shri Narendra Modi Ji. He encapsulates the series of events ranging from cycle rallies, exhibitions, digital shows, yoga camps, essay competition involving children, local innovation challenge competitions, virtual events, social media campaign to be organized across India within the span of the coming two years to commemorate the 75th anniversary of India’s Independence. The prime minister of India inaugurated various activities such as “Atmanirbhar Charkha”, “Atmanirbhar Incubator” to boost the spirit of India. Further, a padayatra from Sabarmati Ashram to Dandi was also flagged off to commemorate the 92 years of Dandi March. At this event, honourable Home Secretary, Shri Ajay Kumar Bhalla, advised the Chief Secretaries of state and Union territories to launch

various people-centric programmes emphasizing the glorious culture and history, technological advancement and digital initiatives of India.

Trading along similar lines, the Essay Writing Competition on the theme of “Contributions of Freedom Fighters in India’s Independence” was also organized on the college premises. Moreover, NSS Volunteers also sang patriotic songs as a tribute to the freedom fighters who sacrificed their lives for the freedom of our nation.

To integrate the idea of strengthening the body and mind, the next session by Sh. Pawan Kumar and Ms. Balwinder Kaur (Police Department, Chandigarh) focused on the various self-defence techniques that can be used as a preventive measure in unforeseen and troublesome circumstances. The resource person stressed that the need of the hour is to make the girls physically and emotionally confinement to face every hostile situation in their life. They also advised women to carry the self-defence gadgets such as mini GPS tracker with SOS buttons, vehicle trackers with IoT devices which can very helpful in the case of emergency.

Emphasizing the indomitable spirit, culture and glorious past of India, the principal of the college, Prof. Sudha Katyal, throws light on the contribution of Mahatma Gandhi ji and his philosophical ideas in the formation of our nation. Further, she also applauded and encouraged the students for their overwhelming participation in the events.

Press Note Draft: Global Recycle Day, Waste Management and role of Sardar Vallabh Bhai Patel in India’s Freedom featured on the Sixth day of NSS Camp

The sixth day of NSS Camp started with the celebrations of Global Recycle Day wherein NSS volunteers participated in the myriad activities related to recycling and waste management. Identifying recyclable material as a resource rather than waste, the rationale was to create awareness among various stakeholders to preserve the earth’s primary resources.

Recognizing the dire need of preserving our natural resources for our future generations, the first session on “Celebration of Global Recycle Day and Zero

Waste Management” was organized in collaboration with the Department of Environment, Chandigarh Administration and Yuvsatta (a non-government organization). Various Inter-college competitions such as Poster Making, Collage and Best out of the Waste were organized for the students to showcase their innovative and creative ideas centring around the recycling of waste materials in society. The active participation of the students from various colleges along with the creative demonstration of their ideas helped in understanding the urgent need for waste-management.

The esteemed chief guest for the event was Shri Debendra Dalai, IFS, Chief Conservator of Forests, Chandigarh Administration. Under his guidance, the forest department maintains more than 46% green cover in Chandigarh thereby making this city Beautiful a Green City as well. Talking about MCC’s initiative of the “Wate-segregation” campaign in Chandigarh, he emphasized that cleanliness is a joint venture and the active participation of the people is a prerequisite for the desirable outcome. The president of Yuvsatta, Mr. Pramod Sharma, who believes in the Gandhian ideals and working tirelessly for the welfare of the community, also advocated that waste management is the key to the successful implementation of “Swach Bharat Abhiyan”. Later, the chief guest along with the Principal of the college, Prof. Sudha Katyal presented mementoes to the five best students in respective competitions as a token of appreciation. At his event, Shri Debendra Dalai felicitated the principal of the college, Prof. Sudha Katyal, for achieving the “Best Herbal Garden Award” by the Medicinal Plants Board, UT Chandigarh and Yuvsatta.

Afterwards, NSS volunteers attended a session on the “Role of Sardar Vallabh Bhai Patel in India’s Freedom Struggle” by Mr. Mohit Verma, Assistant Professor, Department of Public Administration, PGGGC-42, Chandigarh and the recipient of State Award for Social Service by Chandigarh Administration on Republic Day, 26th January 2021. The session was organized to celebrate “Bharat ka Amurat Mahotsav”, an initiative by the Government of India to disseminate information regarding the rich cultural heritage of India. The resource person showcased the unparalleled contribution of Sardar Vallabh Bhai Patel in integrating almost 500 princely states within the orbit of the Indian republic. He also advocated Patel’s idea of plurality, the emancipation of backward communities and patriotism as fundamental principles for the growth of the nation at large.

The Principal of the College, Prof. Sudha Katyal, congratulated the participants and encouraged them to adopt the waste management system for the sustenance of the Green environment. While talking about the impeccable contribution of Sardar Vallabh Bhai Patel in the formation of the nation, she strongly advocated that the younger generation should learn from the life of the “Iron Man of India” and work towards the welfare of society.

7 Day special NSS Camp concludes in high spirits in GHSC-10

A valedictory function marked the culmination of the seven day NSS special camp in GHSC-10 that began on March 08, 2021.

Sh. Bikram Rana, State Liaison Officer (NSS), Chandigarh Administration (UT) graced the event as the Chief Guest. He appreciated the efforts of NSS wing of Home Science College in harnessing the energy of youth for social upliftment and inculcating in them a sense of responsibility for ensuring a sustainable future. Referring to volunteers as the architects of a better India, he exhorted them to promote unity and harmony for national prosperity. He lauded that NSS Unit of Home Science College under the able leadership of Principal, Prof Sudha Katyal, has taken the activities conducted to a higher level in the domain of social outreach and responsibility.

The valedictory function began with performance of yoga asanas for mental health by the volunteers. This was followed by showcasing of glimpses of all the activities performed during the camp. The camp focused on key initiatives of swachh bharat abhiyan, aatm nirbhar Bharat, Swasth Bharat, skill building & entrepreneurship, self defence, Ek Bharat Shrestha Bharat and Bharat ka Amrut Mahotsav. Other key features were Contribution of Freedom Fighters in India’s Freedom Struggle, Recycling and zero waste management. One could see a flashback of all the activities conducted during the camp in a finely scripted Nukkar Natak. In a cultural extravaganza, NSS volunteers sang patriotic songs and showcased a dance on a punjabi and garbha number followed by a special fusion performance to promote EBSB.

Principal of the college, Prof Sudha Katyal lauded the efforts of the entire NSS team and encouraged the students to take up social responsibility and hone and utilize their skills to the fullest for a better and stronger India.

GLIMPSES OF DAY 1







GLIMPSES OF DAY 2





GLIMPSES OF DAY 3





GLIMPSES OF DAY 4





GLIMPSES OF DAY 5





GLIMPSES OF DAY 6









GLIMPSES OF DAY 7

