

GOVERNMENT HOME SCIENCE COLLEGE, CHANDIGARH

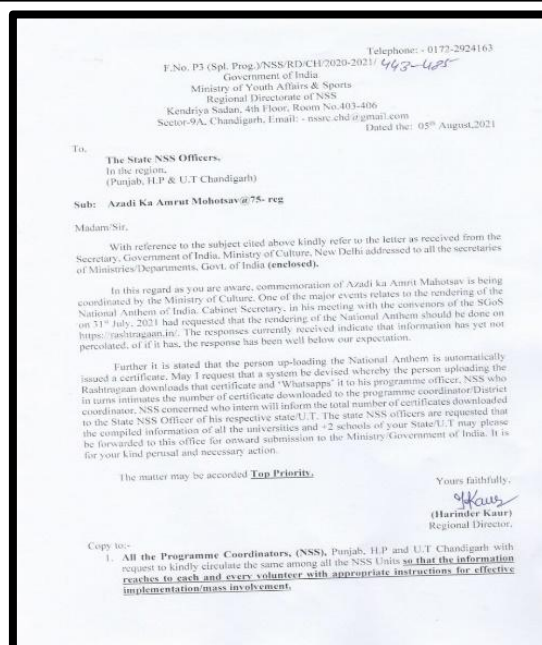
2021-2022

NATIONAL SERVICE SCHEME (NSS)

NSS ACTIVITY REPORT 2021-22

Rashtragaan

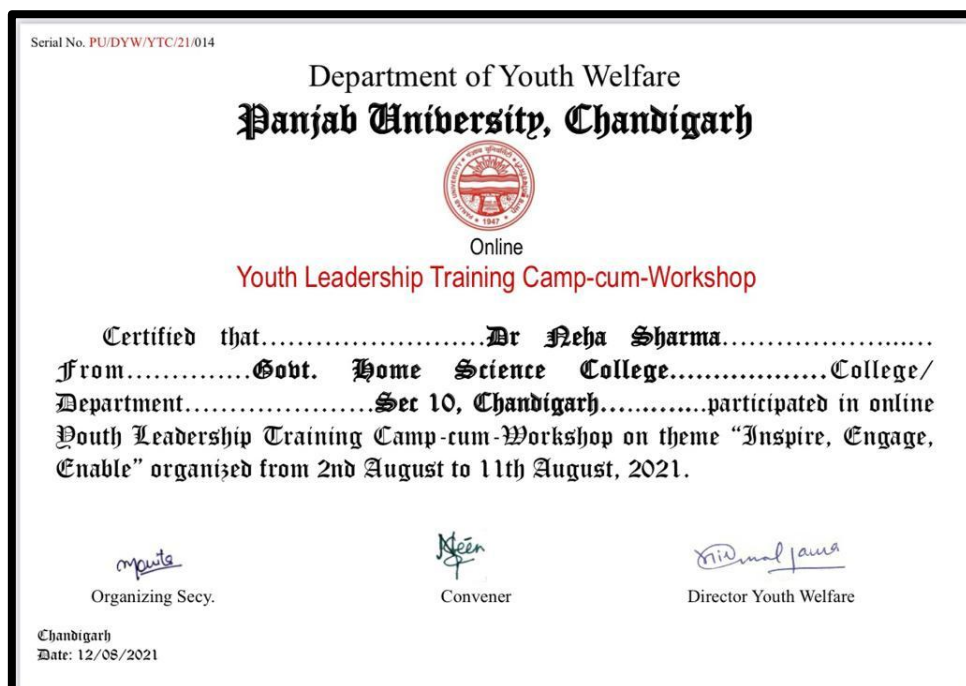
More than 46 NSS Volunteers participated in Rashtragaan to commemorate 75 years of AzadiKaAmritMahotsav organised by Ministry of Culture



Participation in Rashtragaan

Online Youth Leadership Training cum workshop on the theme 'Inspire, Engage, Enable'

Home Science Faculty Attended Online Youth Leadership Training Camp cum Workshop Dr. Neha Sharma, Assistant Professor in Human Development & Family Relations & Mrs. Manpreet Kaur, Assistant Professor in Clothing & Textiles have participated in an Online Youth Leadership Training Camp cum Workshop on the theme 'Inspire, Engage, Enable' organised by Department of Youth Welfare, Panjab University, Chandigarh from August 02-11, 2021. Faculty members further incorporated the skills learnt during workshop amongst 57 NSS Volunteers. Principal of the college, Prof. SudhaKatyal congratulated the faculty members.



Participation in online leadership training cum workshop

73rd Republic Day Celebration

26 January 2022

On the auspicious day of 26 January, Government Home Science College celebrated 73rd Republic Day filled with a feeling of patriotism and dedication. The celebration started with the hoisting of the National Flag by the Principal of the college, Prof. Sudha Katyal. It was followed by the recitation of the National Anthem. Prof. Katyal addressed the audience by highlighting the plantation of trees campaign so as to spread the awareness regarding the conservation of environment thereby making our contribution to mitigate climate changes on earth and preserve natural environment. Furthermore, the college campus turned reverberated with the rhythmic vocal performances presented by the students along with a splendid dance performance on a patriotic song. The program ended with the message to create a great nation through collective efforts from all individuals.



73rd Republic Day Celebration

Rakhi Exhibition

Keeping up with the spirit of entrepreneurship, students of Government Home Science College, 66 NSS Volunteers participated in an exhibition for sale of rakhi items in the swawalambi window on the college campus. The exhibition showcased exquisite rakhis made out of zardozi, hand painted suits, embroidered dupattas and thalis.



Rakhi exhibition

Poshanmaah

Poshan Abhiyaan celebrations, a multi ministerial convergence mission aimed at realising the Hon. Prime Ministers vision of 'Suposhit Bharat' were kickstarted today at Home Science College with a cycle rally using smart bikes. The smart bikes are an initiative by the administration to reduce traffic congestion and reduce the carbon footprint.

Students of the college including NCC cadets & NSS Volunteers conducted a cycle rally which was flagged off by Principal Prof SudhaKatyal. The students on their cycles carried slogans making people aware about the benefits of eating healthy and staying fit.

The rally was taken from the college till matkachowk and to Sector 15 and back. The rally is an initiative to help spread awareness on the benefits of healthy living.

Principal Prof.SudhaKatyal encouraged the participants and emphasized on nutrition and health. She further added that this was the start of a month long celebrations and the college would be actively supporting the mission of the government

Participated in Demonstration of Millet based Recipes

On the second day of the ongoing PoshanMaah celebrations, NSS Volunteers participated in an online demo on millet based recipes using locally available ingredients in sync with the theme of PoshanMaah ' Converging towards a healthy walk through life'. Shraddha Duggal of M.Sc. third semester demonstrated commonly consumed recipes such as appam/paniyaram and a healthy beverage - BajraRaab using jowar, bajra and ragi. She also discussed the health benefits of incorporating millets in the daily diet.

Quiz on Nutrition Awareness

Around 13 NSS Volunteers participated in an Online Quiz on Nutrition Awareness AzadikaAmritMahotsav on the occasion of Rashtriya Poshan Maah

Poster Making Competition

On the fifth day of the ongoing Poshan Maah celebrations, a Poster Making Competition was held on the theme Feeding Smart Right From Start. NSS Volunteers participated enthusiastically online as well as offline. Principal Prof Sudha Katyal appreciated the efforts of the students and encouraged everyone to adopt a Nutritious Lifestyle from the very start and Eat Right rather than eating less.

Two-day webinar series on Nutrition

Government Home Science College actively conducted a two days webinar series on varied topics of nutrition in sync with the theme of the ongoing PoshanMaah. Post graduate students of Department of Foods and Nutrition presented webinars on "Identification and tracking of children with severe acute malnutrition (SAM) " and " Menstrual Hygiene and Importance of Nutrition ". The webinar was well attended by NSS Volunteers of the college. Highlights of the webinar included signs and symptoms of tracking malnutrition amongst children as well as importance of maintaining menstrual hygiene for adolescent girls.

Swavlamban Mela

In sync with Government's initiative of AtamNirbhar Bharat, Government Home Science College organized a one- day SwavavlambanMela in the college campus. The mission of this exhibit was to earn while you learn.Home Scientists as young entrepreneurs showcased their skills and talents by putting up a plethora of innovative items in a large number of stalls. Dr. Palika Arora, Director Higher Education, PCS, Chandigarh Administration was the Chief guest for the event. She inaugurated the Swavavlamban Window and kick started the Mela. The major attractions of the event ranged from skin friendly organic dyed scarves and dupattas; Cosmetics (soaps, perfumes, rose water, hand sanitizers), nutritious munches including millet based innovative recipes, satvik traditional recipes, macrame decorations, home decors, puppets and cradle toys and Therapeutic diet services launched by budding entrepreneurs. The chief guest highly appreciated the efforts of all students and their creativity. As many as 95 NSS Volunteers participated in the event enthusiastically.

Webinar on Nutrition and Lifestyle Management during COVID-19

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

Principal, Prof. Sudha Katyal gave the keynote address and set the tone for the webinar highlighting ,“ Let Food be thy medicine”. She provided a brief history on the initiation of PoshanMaah celebrations launched by Hon’ Prime Minister Shri Narendra Modi on International Women’s Day in the year 2018. She elaborated on the ‘Multi-ministerial convergence’ feature of the Abhiyaan. Dr. Katyal highlighted the game

changers in coping with COVID 19 and urged everyone to improve one's immunity by adopting good food habits and a healthy and active lifestyle.

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

Demonstration on healthy recipes and awareness session on Nutrition Education

As part of the ongoing celebrations of Poshan Pakhwada, Home Science College organised a live demonstration on use of kitchen herbs in some common recipes, keeping in sync with the theme "My Kitchen, My Dispensary".

The demonstration was conducted by Ms. Anupreet, a student of MSc Foods and Nutrition, who shared tips and recipes of watermelon smoothie, ragi dhokla and cilantro relish incorporating herbs in them. The demo was conducted live on the Facebook page of the college and saw more than 200 viewers.

Online National Workshop on 'Fight to Eat Right'

In sync with the aim of Poshan Abhiyaan to promote healthy and nutritious eating amongst all the age groups right from the beginning, a virtual National Workshop was organized on the theme 'Fight to Eat Right' at Home Science College was organised on September 22, 2021

The first speaker for the workshop Dt. Yashna Bawa, Dietitian and Asst. Professor, Sanatan Dharma College, Ambala Cantt., Haryana; highlighted the importance of consuming traditional meals and to innovatively modify the regular recipes to healthy well-balanced meals. The second speaker for the workshop Dt. Navdeep, dietician and lifestyle coach; emphasized upon the importance of involving kids in decision making while buying groceries and simultaneously discussing the health benefits of home-made food. She primarily focused on child nutrition and discussed how easily the children can get used to eating nutritious home-made food and further added that mothers' must not ignore their own bodies and take equal care as they do for other members of the family. The third speaker of the workshop Anupreet Kaur Sobti, Nutritionist and Founder of Dietaura, brought into limelight the significance of gut health and its association with overall health. She discussed the two-plate approach of

eating quantified diet and further added the necessity to break the vicious diet cycle amongst the adolescents.

Principal of the college, Prof. Sudha Katyal, appreciated the insights shared by the speakers and further motivated the audience to promote traditional eating behaviour highlighting the importance of millets in Indian diet.



Cycle rally on Poshan Mahh



Demonstration of Millet Based Recipes

GOVERNMENT HOME SCIENCE COLLEGE
Sector- 10, Chandigarh
NAAC Grade 'A' & NIRF Ranking 2020- 86th
Celebrates

Azadi ka Amrit Mahotsav-India@75 & Fit INDIA

Rashtriya Poshan Maah
National Nutrition Month

QUIZ ON NUTRITION AWARENESS
Date: September 04th, 2021

Coordinators
Dr. Ritu Pradhan
Mrs. Seema Jaidy
Dr. Neha Sharma

Convener
Prof. Sudha Katyal
(Principal)

Instructions for the Quiz:

- Participation is free and open to all UG and PG Students
- Each student can participate only once
- The competition will comprise of 20 multiple choice questions relating to Nutrition Awareness
- Online certificates will be provided to those students who will secure more than 40%
- Students must mention their Name, Class, Roll Number, Mobile No. and E-mail Id clearly

Google Link : <https://forms.gle/vwVfo9vSMsixsVae7>

Quiz on Nutrition Awareness



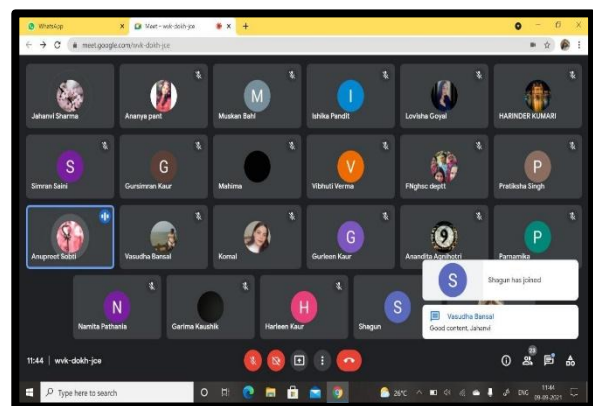
Poster making competition

Converging towards a healthy walk through life
(POSHAN MAAH CELEBRATION 2021)

POSHAN Abhiyaan
PM's Overarching Scheme for Holistic Nourishment
सही पोषण - देश रोशन

Webinar Series
By

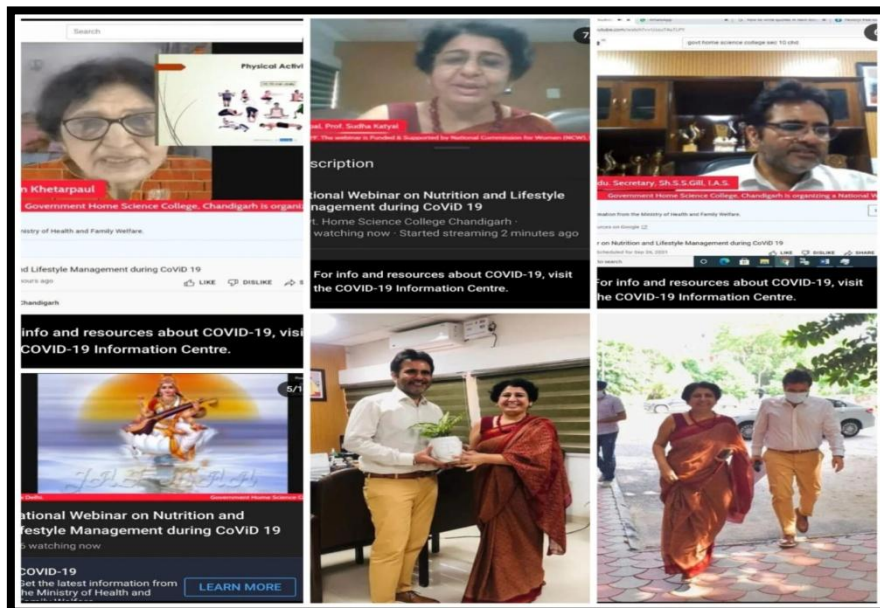
<p>Aeshika Student, M.Sc Foods and Nutrition-3rd Sem</p> <p>Identification and tracking of children with severe acute malnutrition (SAM)</p> <p>SEPT 08, 2021 11 AM</p> <p>https://meet.google.com/aic-yeuh-mtk</p>	<p>Janvi Student, M.Sc Foods and Nutrition-3rd Sem</p> <p>Menstrual Hygiene and Importance of Nutrition</p> <p>SEPT 09, 2021 11 AM</p> <p>https://meet.google.com/wk-dokh-jce</p>	<p>Ishta Singh Student, M.Sc Foods and Nutrition-3rd Sem</p> <p>Use of Indian Herbs and Spices in Pregnancy</p> <p>SEPT 10, 2021 11 AM</p> <p>https://meet.google.com/qv-wht-yun</p>
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Webinar series on nutrition



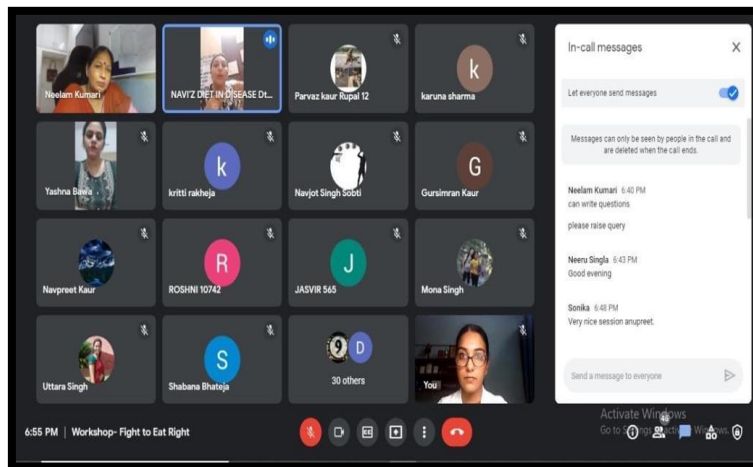
Swavalmbhan Mela



Webinar on nutrition Lifestyle Management



Live demonstration of healthy Recipes



Workshop on “Fight to Eat Right”

Rashtriya Ekta Diwas

A session on “Role of Sardar Vallabh Bhai Patel in India’s Freedom Struggle” was organised to celebrate Rashtriya Ekta Diwas by Mr. Mohit Verma, Assistant Professor, Department of Public Administration, PGGGC-42, Chandigarh. 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.



Celebration of Rashtriya Ekta Diwas

Poster Making Competition, Essay Writing Competition & Elocution, Street Play

8 January to 10 January 2022

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



Poster making, Slogan writing and Essay writing competition

Global Level Heartfulness Essay Event 2021

Heartfulness Education Trust and Shri Ram Chandra Mission in collaboration with UNESCO MGIEP (Mahatma Gandhi Institute of Education for Peace and Sustainable Development) and United Nations Information Centre for India and Bhutan organized global level Heartfulness Essay Event 2021 on the theme “Kindness: For self, For Each Other and the Environment” in UN official languages (Arabic, Chinese, English, French, Russian, Spanish) and Indian Languages (Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Tamil, Telugu). The rationale for the theme of kindness was the synchronous development of body, mind and heart which is a prerequisite for the holistic development of human beings. The event got an overwhelming response as different stakeholders enthusiastically participated in 15 languages from all over the world. In category I (Age 14-18 years), two students from our college i.e. Nupur Sharma (B.Sc. First year) and Cheryl (B.Sc. First year) accorded with the merit certificate and received an honourable mention among all the entries received in this category. The principal of the college, Prof. Sudha Katyal congratulated the students for their achievements at a global level and encouraged them further to excel in academic as well as co-curricular activities.



Participation in Global level Heartful Essay Event

Awareness Campaign on Vaccination of COVID-19

11 April to 14 April 2021

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

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Sensitisation & Awareness Campaign on getting vaccinated against Corona

Gandhi Chhadi Innovation For Waste Collector Phase 2

26 December 2022

Propelling the initiative of 'Swachh Bharat Abhiyan' by the Government of India, NSS volunteers participated in the cleanliness drive inside the campus on 26.12.2021. With an innovative take on waste collection, NSS Unit in collaboration with Mahatma Gandhi National Council of Rural Education, Deptt of Higher Education, Ministry of Education, Govt. of India organized 'A Cleanliness Drive- **Gandhi Chhadi**'. Mr. Samarth Sharma, Coordinator, Swachh Bharat was invited as the Resource Person to generate sensitization amongst the volunteers on various parameters of cleanliness. He also shared the concept of '**Gandhi Chhadi**' and highlighted the quote by Mahatma Gandhi that '**Sanitation is more important than independence**'. He further elaborated that Gandhi made cleanliness and sanitation as an integral part of the Gandhian way of living and his dream was total sanitation for all. NSS volunteers made a '**Gandhi Chhadi**' with sustainable and easily available materials and collected waste from the stick throughout the college campus. Principal of the college, Prof. Sudha Katyal appreciated the concept of Gandhi Chhadi and urged everyone to contribute their part in making India Clean & Green.



Gandhi Chhadi Innovation for Waste Collector

Swastha Balak- Balika Spardha

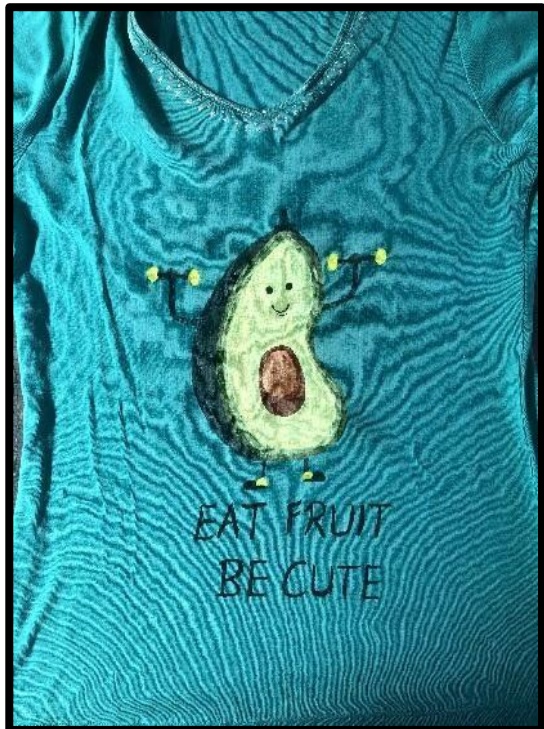
NSS Unit of Government Home Science College organized host of activities regarding health and nutrition issues in the country to generate awareness on 'Role of Nutrition & Healthy Living'. Various activities like Slogan Writing, Poster Making, T-Shirt Painting, Essay Writing and sensitizing mothers regarding nutritious food were organized. Prof. Sudha Katyal, Principal of the college applauded the efforts of the NSS for successful execution of the objectives that were set for the event.



Glimpses of Slogan Writing and Poster Making on 'Healthy Meal, Healthy Body'



Glimpses Essay Writing on 'Role of Nutrition & Healthy Living'



Glimpses of T-shirting Painting Competition on 'Healthy Food'



Glimpses of sensitizing mothers regarding nutritious food

Largest Plantation Drive- 'Each One Plant One'

Participated in Largest Plantation Drive- 'Each One Plant One' under the aegis of Swachhta Action Plan.



Glimpses of the Largest Plantation Drive

National Voter's Day

25 January 2022

Electoral Literacy Club of Government Home Science College, Sector-10, Chandigarh has celebrated National Voter's Day on January 25, 2022. Voter's Pledge & Poster Making Competition on the theme 'Vote for Hope, Vote for Change' were organized to mark the occasion. Prof. Sudha Katyal, Principal of the College applauded the efforts of Electoral Literacy Club and talked about the main objective behind the celebration of National Voter's Day. She further emphasized that it is celebrated to encourage, facilitate and maximize enrolment, especially for new voters.



Glimpses of Brochure



Glimpses of Pledge Taking



Glimpses of Poster Making Competition

Poshan Pakhwada

PoshanPakhwada participation in Tree Plantation Drive, Vaccination Promotion and Psycho-social Support Service, participated in Poshan Pakhwada includes millet rich recipes and slogan writing.



Tree plantation

8th International Day Of Yoga

21 June 2022

NSS unit of Government Home Science College celebrated 8th International Yoga Day on 21st June, 2022 wherein 70 volunteers participated and performed various yoga asanas.

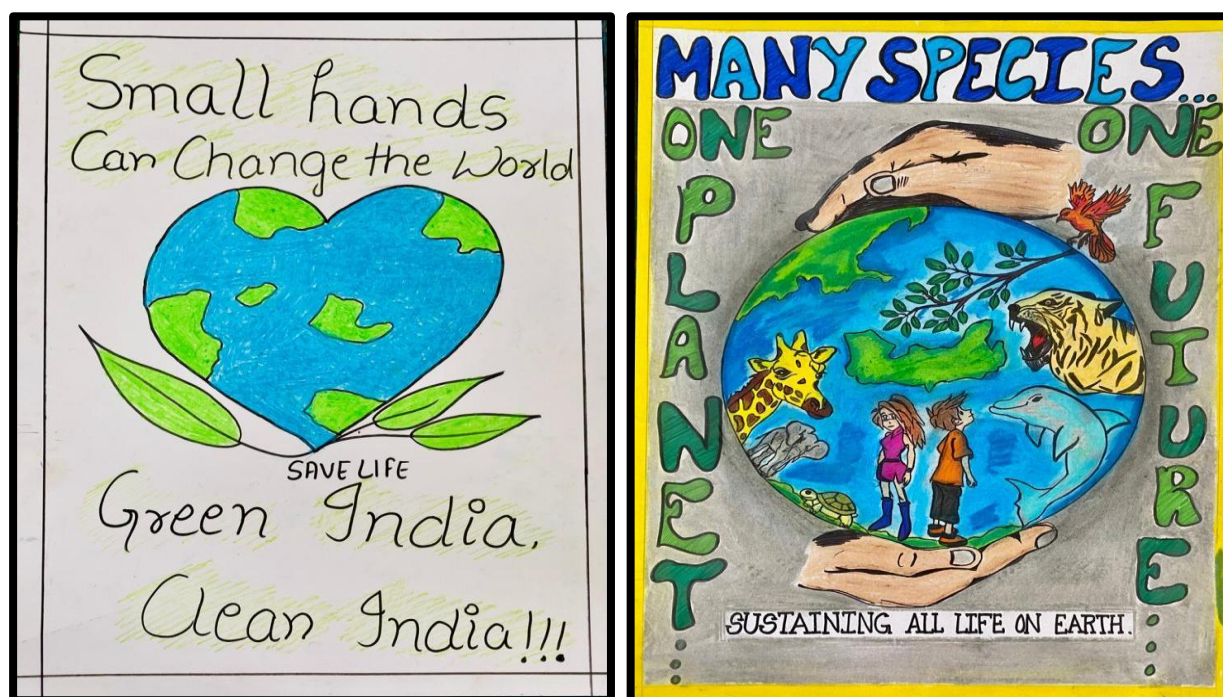


International yoga day celebration

World Earth Day

22 April 2022

NSS Volunteers celebrated 'World Earth Day' on the theme "Invest in Our Planet". The event started with pledge taking ceremony. Volunteers were made aware regarding different types of e-waste and were also informed about the facility of e-waste collection inside the college campus so that it can be recycled. Volunteers were further urged to protect our planet by using eco-friendly products and also inculcate the habit of reduce, reuse and recycle to keep the earth clean and green. NSS Volunteers also made beautiful posters on the given theme. Principal of the college, Prof. Sudha Katyal emphasised on the importance of segregation of waste (dry waste and wet waste) in day to day life and how it helps to make our surroundings clean in professional as well as personal spaces.



Poster making competition on World Earth Day