

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

***SWACHH BHARAT SUMMER INTERNSHIP CAMP 2018-19***

July 1, 2018

**ORIENTATION PROGRAMME FOR NSS VOLUNTEERS**

With an aim to inculcate social welfare in students and to provide services to the society, Government Home Science College organized an Orientation Programme for the NSS Volunteers for the session 2018-19. The NSS Volunteers work tirelessly throughout the year in pursuance of the NSS Motto 'NOT ME BUT YOU'. Volunteers are involved in various on campus and off campus activities throughout the year. The college has an adopted village Khuda Ali Sher for carrying out community services. Various activities like Swachta Abhiyan, Sanitation and Hygiene, Health Care, Environmental Conservation are organized periodically. Volunteers sensitize the villagers to generate awareness through Nukkad Natak, Rallies and Social Interactions. The volunteers are made aware regarding the future prospects of NSS in academics and Career.

Orientation Programme was conducted in the month of July to orient the students regarding the aims and objective of NSS. The NSS Coordinators Ms. Seema Jaitly and Dr. Neha Sharma focused on the importance of understanding the community in which they work. They also motivated the students to utilize their knowledge and skills in finding practical solutions to the individual and community problems. They also highlighted that, being the third dimension of Education, the NSS is a part of our academics, social and personal life. It encourages the students to actively contribute their services for the cause of community and nation and thereby contributing the students to develop their own personalities holistically.

During the programme, students came up with new and innovative ideas that can be adopted throughout the year to accomplish the motto of National Service Scheme (NSS) i.e. NOT ME BUT YOU. Duties were also allotted to the students to ensure

active participation of each and every student throughout the year. The students were also taught the NSS Song and NSS Clap.

Appraising the volunteers about the aims and objectives of NSS, Principal of the college, Prof. Sudha Katyal further motivated the NSS volunteers. She encouraged the students to acquire leadership qualities, democratic attitude and practice National Integration and Social Harmony.

July 3, 2018

### 3<sup>rd</sup> Day of SWACHH BHARAT SUMMER INTERNSHIP CAMP

Under the innovative scheme of **‘Swachh Bharat Summer Internship Camp (SBSI) 2018’** the students of **Government Home Science college** actively participated in creating awareness regarding the importance of cleanliness and keeping the surroundings clean in the adopted village Khuda Ali Sher.

The first Day of Swachh Bharat Summer Internship Camp began with a procession by volunteers in the village. Volunteers rallied into the streets of the village to create awareness among the villagers about the ensuing special camp programme in their village for a period of 15 days. This was followed by an inauguration programme with lightening of the lamp and reciting of the NSS song. The participating villagers were welcomed by NSS Programme coordinators Ms. Seema Jaitly and Dr. Neha Sharma who emphasized the role of NSS in the community service. Village authorities welcomed the team of Volunteers into their village and assured them all sorts of co-operation needed in making the special camp a success.

Volunteers interacted with Village people and visited the people in their houses, discussed about the harms of open defecation and highlighting the importance of sanitation. Volunteers created awareness through door to door campaign on cleanliness, spread of diseases, and importance of environment and judicious use of Electricity.

Principal of the college, Dr. Sudha Katyal applauded the students’ efforts for active participation in the camp. She also motivated the students to be the agents of social transformation and contribute their best in serving the society.

July 4, 2018

#### 4<sup>th</sup> Day of SWACHH BHARAT SUMMER INTERNSHIP CAMP

As a part of the 100 hours experiential Swachh Bharat Summer Internship Program 2018, NSS volunteers of Government Home Science College conducted a joint drive in collaboration with the Health Department, U.T., Chandigarh in the adopted village Khuda Ali Sher. All the NSS volunteers were oriented about vector-borne diseases and were explained how stagnant water leads to such diseases. Dr. Inderpal Singh Sahni, State Epidemiologist, Health Department, U.T. emphasized upon various causes of vector-borne diseases and suggested various measures to control the spread of vectors. Dr. Vandana Thakur, State Entomologist, Health Department, U.T. generated awareness regarding various vectors prevalent during monsoons. She further talked about broad symptoms and preventive measures against such diseases. Sh. Ramesh Singh, Area Incharge, Health Malaria Department (Khuda Ali Sher) was also present for the event and he ensured all the necessary support during the drive. NSS Coordinators of the college, Mrs. Seema Jaitly and Dr. Neha Sharma also highlighted the importance and advantages of keeping the environment clean.

During the second half of the day, about 50 volunteers were divided into sub groups and made an effort to teach villagers the NSS Song and NSS Clap. They were also made aware about the broad objectives of the National Service Scheme (NSS). The active volunteers interacted with the local people to know about their viewpoints regarding *Swachhta* in their lives. Educational games were also played along with the children to generate awareness about the effect of germs and they were also demonstrated various techniques of personal hygiene.

Volunteers also organized a street play that emphasized upon the importance of cleanliness in indoor and outdoor environment. Volunteers also discussed with the inquisitive children and other people regarding proper disposal of waste including sanitary pads. Overall, volunteers enthusiastically participated in contributing towards the cause of rural sanitation in India.

Principal of the college, Prof. Sudha Katyal, applauded the innovative ideas of the students in conducting various activities and making selfless effort in contributing their bit to the society.

July 5, 2018

### 5<sup>th</sup> Day of SWACHH BHARAT SUMMER INTERNSHIP CAMP

As a part of the Government launched scheme 'Swachh Bharat Summer Internship Camp 2018' the effervescent team of NSS of Government Home Science College, along with Health Department, U.T. made an effort to work diligently for rural sanitation in the adopted village Khuda Ali Sher.

About 50 volunteers divided themselves into sub groups on the 5<sup>th</sup> day of the camp and went into the streets, lanes and by lanes of the adopted village Khuda Ali Sher and organized a cleanliness drive. Volunteers cleaned the village roads, removed dust heaps and cleared the stagnant drainage flows and attempted to create awareness on cleanliness and hygiene. The NSS Coordinators Ms. Seema Jaitly and Dr. Neha Sharma supervised the students' task of cleaning the village and further interacted with a number of local people to know about their opinion regarding cleanliness and suggested various measures of improvement in their day to day life. The students were also guided by the four active teams of Health Department, U.T. During the drive, the teams checked coolers, open spaces and overhead tanks for any larval breeding. I.E.C. material was also distributed to the residents throughout the camp.

Prof. Sudha Katyal, Principal of the college emphasized upon the importance of such programmes that provide a great learning experience to students and appreciated the efforts made by the students.

July 7, 2018

## 6<sup>th</sup> and 7<sup>th</sup> Day of SWACHH BHARAT SUMMER INTERNSHIP CAMP 2018

As a part of “**Swachh Bharat Summer Internship Camp 2018**”, students took over the task of generating awareness regarding vector borne diseases on the 6<sup>th</sup> and 7<sup>th</sup> day of the camp. They highlighted the major vectors and their breeding places especially in household environment like coolers and other open spaces. NSS Volunteers also briefed about the preventive measures that can be taken at home. Students also made an effort to spread necessary information regarding broad symptoms of vector-borne diseases and other services that are offered by the Government and the Health Department under the umbrella of Swachh Bharat Abhiyan. They also carried out intensive discussions on problems confronting them if the surroundings are not cleared.

NSS Coordinators Ms. Seema Jaitly and Dr. Neha Sharma also moved around the adopted village Khudda Ali Sher also contributed in explaining the rural village women regarding the objectives of Swachh Bharat Abhiyan and advantages of living in clean surroundings.

During the second half of the day, students conducted a cleanliness drive in the college campus prior to the counselling sessions for admissions. Students made an effort to clean all the labs, lecture theatres, auditorium, canteen and administrative office. Volunteers also took plastic collection drive in the college campus and the vicinity. Students cleaned the campus area and the surroundings. The plastic collected were disposed off safely by the volunteers.

Principal of the college, Prof. Sudha Katyal highly appreciated the active participation of the NSS Volunteers in cleaning the college campus and the efforts made by students in generating awareness regarding Swachh Bharat Abhiyan.

July 8, 2018

## 8<sup>th</sup> Day of SWACHH BHARAT SUMMER INTERNSHIP CAMP 2018

To meet the ambitious targets of the Indian Government's [Swachh Bharat Mission](#), the students of Government Home Science College enthusiastically participated in the 'Swachh Bharat Summer Internship Camp 2018'.

All the NSS Volunteers made an effort to initiate the cleanliness drive in and around the adopted village Khudda Ali Sher on the 8<sup>th</sup> day of the camp. With this they also conducted awareness drives on menstrual hygiene and sanitation as well. Various campaigns were organized to make people aware about segregation of solid waste into non-biodegradable and biodegradable waste.

An awareness programme was also organized on underground drainage system, wet garbage and street cleaning. In order to create citizens' ownership, targeted multimedia campaigns are being undertaken, particularly to address citizens' role in waste management. These include 'Compost Banao, Compost Apnao' on on-site composting and campaign on segregating waste at source. All these activities were being done under the supervision of NSS coordinators Ms. Seema Jaitly and Dr. Neha Sharma.

Principal of the college, Prof. Sudha Katyal, was highly impressed with the students' effort and dedication to achieve the motto of Swachh Bharat Mission.

July 10, 2018

## 9<sup>th</sup> and 10<sup>th</sup> Day of SWACHH BHARAT SUMMER INTERNSHIP CAMP 2018

'Swachh Bharat Summer Internship Programme' is an innovative platform launched by the Government to expand the students' field of knowledge and experiences. All the NSS volunteers of Government Home Science College enthusiastically stepped ahead to aware the local people of the adopted village Khudda Ali Sher regarding Swachh Bharat Mission on 9<sup>th</sup> and 10<sup>th</sup> day of the camp.

The NSS volunteers performed a number of activities along with the children and rural women. They taught various paper folding techniques like trees and flowers,

choreographed dance steps on a patriotic song to children, suggested a number of helpful food tips and taught healthy food recipes for rural women. They also emphasized upon the importance of food hygiene and sanitation and safe steps in food handling, cooking, and storage that are essential to prevent food borne illness. All these activities provided the local villagers with immense learning experience. Educational games were also organized to aware the children about the importance of personal hygiene.

The activities conducted by the NSS volunteers were supervised by the NSS Coordinators Ms. Seema Jaitly and Dr. Neha Sharma. The day was concluded with the distribution of refreshments to the villagers and awarded the children with candies for their active participation. Children went home with bucketload of memories.

Principal of the college, Prof. Sudha Katyal, applauded the students' effort for the conduct of all the activities as it provides them with ample opportunities and exposure to practical experiences.

July 12, 2018

11<sup>th</sup> and 12<sup>th</sup> Day of SWACHH BHARAT SUMMER INTERNSHIP  
CAMP 2018

As a part of the Government launched scheme '**Swachh Bharat Summer Internship Camp 2018**', NSS volunteers of Government Home Science College actively participated to make an effort to generate awareness amongst the local people of the adopted village Khuda Ali Sher regarding the services provided under the umbrella of Swachh Bharat Mission.

NSS volunteers stepped ahead to inspect the houses of the villagers to check the cleanliness and suggested required measures that can be undertaken to add to the hygiene and sanitation both indoors and outdoors by inculcating proper standards of hygiene and sanitation in everyday lives. Students also organized a rally with an aim to divert people's attention to the cleanliness of their neighborhood and society. Students urged the villagers to not to spread filth by keeping the used up packets

with them till they find a dustbin. Moreover, they were asked to use water judiciously to limit its wastage and its uncontrolled flow onto the roads that may call for vector causing diseases especially during rainy season. NSS volunteers also interacted with children to instill in them the spirit of cleanliness in and around their houses.

The rally was organized under the guidance and supervision of NSS coordinators Ms. Seema Jaitly and Dr. Neha Sharma who helped the students spread this urgent message of the importance and need for *Swachhta* in India.

Students also got an opportunity to interact with the Sarpanch of the village Sh. Hukum Chand. NSS volunteers discussed the problems faced by the villagers and he immediately took these problems into consideration and took measures to resolve them.

NSS volunteers also had a talk with Mr. Rohit, an active member of Nehru Yuva Kendra, who motivated the students to be an active member of the team of NSS to bring about a positive change in the society.

Principal of the college, Prof. Sudha Katyal, highly appreciated the efforts and ideas of the students and further motivated them to continue with even more zeal and fervor.

July 14, 2018

13<sup>th</sup> and 14<sup>th</sup> Day of SWACHH BHARAT SUMMER INTERNSHIP  
CAMP 2018

As a part of the 100 hours experiential Swachh Bharat Summer Internship Program 2018, NSS volunteers of Government Home Science College enthusiastically participated in the cleanliness drive in collaboration with the Government Model School of the adopted village Khuda Ali Sher.

All the NSS volunteers took an initiative to clean the school premises, laboratories, classrooms, playground etc. along with the NSS team of the school. They also made an effort to generate awareness amongst the school students about the importance and need for cleanliness in surroundings.



Volunteers also interacted with the students to know about the problems they face in the village and regarding various initiatives which have been taken by the authorities to fix those problems. Furthermore, students also shared their ideas about generating awareness amongst the local villagers and focused on various solutions which can further promote the cause.

NSS coordinators Ms Seema Jaitly and Dr. Neha Sharma guided the students with suggestive measures to help promote the Government launched scheme Swachh Bharat Abhiyan and various services that are provided under this scheme.

Principal of the college, Prof. Sudha Katyal, applauded the efforts of the students in promoting the cause of rural sanitation and also appreciated their innovative ideas for the same.

July 18, 2018

15<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> Day of SWACHH BHARAT SUMMER  
INTERNSHIP CAMP 2018

As a part of the Government launched scheme 'Swachh Bharat Summer Internship Camp 2018' the effervescent team of NSS of Government Home Science College conducted a door to door campaign 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. Students called it as '**Drive Behavior Change Campaign**'. Students made an effort to generate awareness amongst the villagers by Changing Behavior and Creating Sanitation at the grassroots level using innovative Information Education Communication (IEC) and Behavioral Change Communication (BCC) tools.

This was done under the guidance of the NSS coordinators Ms. Seema Jaitly and Dr. Neha Sharma who supervised the activities done by the NSS volunteers. They also interacted with the local people to know about the initiatives that have been taken

by the concerned authorities to resolve their problems. They further suggested the required measures to fix the problems.

Principal of the college, Prof. Sudha Katyal, highly appreciated the initiatives taken by the students and the efforts made by them to consider the problems seriously faced by the villagers.

July 20, 2018

19<sup>th</sup> and 20<sup>th</sup> Day of SWACHH BHARAT SUMMER INTERNSHIP  
CAMP 2018

To meet the ambitious targets of the Indian Government's [Swachh Bharat Mission](#), the students of Government Home Science College enthusiastically participated in the 'Swachh Bharat Summer Internship Camp 2018'.

On the concluding days of the Camp, students decided to interact with the local villagers to know more about the prevalent barriers faced by them in keeping their surroundings clean. Volunteers also inspected their houses to check if they had removed stagnant water from the coolers, overhead tanks and other open spaces as per the guidelines given to them during the camp. Students also talked about what they had learnt throughout the camp and enquired them about any queries that need to be answered. NSS volunteers also performed a Nukkad Natak to spread the urgent message of Cleanliness and the harmful impact of Unhygienic environment on the environment.

NSS Volunteers and the Programme Officers Ms. Seema Jaitly and Dr. Neha Sharma also expressed their gratitude to Sarpanch of the village, Sh. Hukum Chand, Team of Health Department, all the local villagers, enthusiastic children and students of Government Model School (Khuda Ali Sher) for making this camp a success and providing them with necessary help at every step. Volunteers also thanked all of them for their immense patience and being an active participant throughout the camp by sparing their valuable time.

Principal of the college, Prof. Sudha Katyal applauded the students effort for their innovative ideas, dedication and efforts put in at every step throughout the camp.

She also asked the students to continue with this mission with even more zeal and fervor.

## ***SWACHTA PAKHWADA (August 1, 2018- August 15, 2018)***

August 1, 2018

### **SWACHTA PAKHWADA: SWACHTA SHAPATH BY NSS VOLUNTEERS**

To observe Swachhta Pakhwara in befitting manner, the effervescent NSS team of Government Home Science College enthusiastically planned out the throng of activities to be conducted throughout this camp. The students came up with new and innovative ideas to promote the importance of *Swachhta* in our surroundings. The Programme officers Ms. Seema Jaitly and Dr. Neha Sharma interacted with NSS volunteers and counted the importance of National Service Scheme where the services of humanity are utmost needed. They also highlighted the objectives of NSS and the necessity to understand the community in which they work and also understand themselves in relation to their community. They also made an effort to develop a sense of social and civic responsibilities amongst the volunteers.

NSS Integration Pledge ‘Swachhta Shapath’ was administered at college by the NSS students and staff. Students pledged to work with dedication to preserve and strengthen the freedom and integrity of the nation. Furthermore, they affirmed to never resort to violence and to continue to endeavor towards settlement of all differences and disputes relating to religion, language, region or other political or economic differences by peaceful and constitutional means. In addition to this, they affirmed to never indulge in any activities against the spirit of cleanliness in all places with a responsible behavior and sincere efforts.

Principal of the college, Prof. Sudha Katyal, promoted the cause of cleanliness by emphasizing upon the advantages of cleanliness and also highlighted various issues related to Swachhta.

August 4, 2018

## PROMOTION OF CLEAN AND GREEN CAMPUS BY NSS VOLUNTEERS(August 2, 2018- August 5, 2018)

To sustain the momentum of the 'Swachh Bharat Campaign', the NSS Volunteers of Government Home Science College made an effort to conduct a Cleanliness Drive in the College campus under the theme of 'Swachhta Pakhwada' with great zeal. The drive was filled with a lot of enthusiasm and an active participation of more than 50 volunteers from various departments, pledging to serve the society in every way possible. This initiative has a great impact on masses on day to day basis and a great effect was created by this initiative.

The volunteers devoted four days to clean the campus and to ensure that they reach out to clean each and every part of the campus like classrooms, laboratories, library, toilets, auditorium, playgrounds, lawns, canteen, college internal roads, hostel etc. Students also contributed to plant saplings in the college garden and make it a Green campus. All the activities were organized under the guidance of the Programme Officers, Ms. Seema Jaitly and Dr. Neha Sharma.

Principal of the college, Prof Sudha Katyal, applauded the students' effort and dedication to clean the college campus and to promote the concept of Clean and Green Campus.

August 8, 2018

## DOOR TO DOOR CAMPAIGN (August 6, 2018- August 8, 2018)

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. Students called it as '**Drive Behavior Change Campaign**'. Students made an effort to generate awareness amongst the villagers by Changing Behavior and Creating Sanitation at the grassroots level using innovative Information Education Communication (IEC)

and Behavioral Change Communication (BCC) tools. Volunteers also emphasized upon the importance and necessity of Open Defecation Free(ODF) village and how to promote this message ahead.

This was done under the guidance of the NSS coordinators Ms. Seema Jaitly and Dr. Neha Sharma who supervised the activities done by the NSS volunteers. They also interacted with the local people to know about the initiatives that have been taken by the concerned authorities to resolve their problems. They further suggested the required measures to fix the problems.

Principal of the college, Prof. Sudha Katyal, highly appreciated the initiatives taken by the students and the efforts made by them to consider the problems seriously faced by the villagers.

August 10, 2018

CLEANLINESS DRIVE IN THE ADOPTED VILLAGE  
KHUDA ALI SHER AND COLLEGE CAMPUS  
(August 9, 2018- August 10, 2018)

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.

This cleanliness drive was done under the guidance and supervision of NSS officers Ms. Seema Jaitly and Dr. Neha Sharma. They also interacted with the villagers to emphasize the importance of cleanliness in ones surroundings.

Principal of the college, Prof. Sudha Katyal, highly appreciated the student's efforts and dedication in promoting the motto of Swachh Bharat Abhiyan.

August 13, 2018

VISIT TO WELFARE AGENCIES (August 11,2018- August 13,2018)

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. Moreover volunteers also performed Nukkad Natak to generate awareness regarding the importance and pros of Cleanliness in one's life.

The Cleanliness drive was supervised under the NSS programme officers Ms. Seema Jaitly and Dr. Neha Sharma. They also interacted with the public to know about their opinion about *Swachhta* and what efforts can be done further to add to the end results of this scheme.

Principal of the college, Prof. Sudha Katyal, applauded the students' efforts of cleaning the market streets and hospital area and further encouraged the students to continue with these good deeds in future as well.

August 14, 2018

### SWACHHTA RALLY BY NSS VOLUNTEERS

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. The students holding banners, posters, and placards in their hands chanted slogans for generating awareness among the common masses. Before that they actively participated by making beautiful posters and writing motivational slogans with an aim to spread awareness among people. The rally highlighted and promoted the importance of Cleanliness in the surroundings.

The students also interacted with the common masses and forewarn them about the aftereffects of unhygienic surroundings. The Principal of the college, Prof. Sudha Katyal applauded and appreciated the efforts of the students and encouraged them to actively participate in future as well.

## ***5 DAYS TRAINING CAMP***

September 11, 2018- September 15, 2018

The NSS Wing of Government Home Science College, Chandigarh has organized a 5 Days Training Programme for Rural Associate Women Workers from September 11-15, 2018. About 60 women from the 3 different villages Khuda Ali Sher, Khuda Jassu and Kaimbwala, Chandigarh(UT) attended the camp.

The Training camp was inaugurated on September 11, 2018 by the Principal of the college, Prof. Sudha Katyal. She addressed the women workers to generate awareness amongst them about the Government launched scheme 'Poshan Maah' or the month dedicated to Nutrition. She emphasized about the importance of good nutrition and various reasons of anemia amongst women. It was a platform for sharing and dissemination of success stories in the area of nutrition and health. She further motivated the women workers to attend the camp with full spirit.

During the first two days Dr. Gaurav Gaur, Assistant Professor, Social Work, Punjab University, Chandigarh and his team gave an insightful lecture cum interactive talk on Personal Hygiene and Menstruation.

On the third day, Mrs Anu, Clothing and Textiles Department, highlighted the various factors for the selection of clothing and their maintenance. She also gave a demonstration on various Tie and Dye Techniques.

This was followed by a demonstration of low cost iron rich weaning food by the Department of Food and Nutrition to observe Poshan Maah as declared by honorable Prime Minister Shri Narendra Modi considering the importance of nutrition during various stages of life cycle. Recipes included ghiya palak soup, spinach rolls, whole wheat flour nutritious momos, oats , chocolate and coconut muffins, moong and chana dal halwa and many new products were developed such as ragi halwa and beetroot cupcakes for categories of all age groups such as infants, preschoolers, adolescents, pregnancy and lactation. Interactive lectures were delivered on importance of Balanced diet, Lactation, importance of micronutrients and breast feeding. Students also performed a skit to emphasize upon the harmful effects of junk food.

The concluding day of the 5 days NSS Program began with zest and zeal among the women associate workers. Dr Sunita Malhotra, Nutritionist, PGI, Chandigarh

delivered a talk on Health and Nutrition and further informed about the PMs Scheme of 'Poshan Maah' and its importance.

To validate the 5 days training camp, stipends were distributed amongst hardworking rural associate women by Principal of the college, Prof. Sudha Katyal. She also interacted with the trainee women workers and appreciated their enthusiasm to learn. Gifts were distributed among rural associate women workers by the Principal of the college. The program ended on a happy note.

All these activities were done under the guidance and directions of NSS Program officers Mrs. Seema Jaitly and Dr. Neha Sharma.

Principal of the college, Prof. Sudha Katyal applauded and appreciated the efforts of the NSS team for the conduct of the event and congratulated the NSS wing for its success.

## ***POSHAN MAAH CELEBRATIONS***

September 15, 2018

### **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.

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.

## ***VIGILANCE WEEK CELEBRATIONS***

October 29, 2018

### **INAUGURATION OF VIGILANCE WEEK AND PLEDGE TAKING CEREMONY**

Government Home Science College celebrated the inaugural day of Vigilance Week by undertaking a pledge for anti corruption. Staff and students pledged neither to take nor offer any bribe and to sensitize people about evil of corruption.

October 30, 2018

### **POSTER MAKING COMPETITION**

The students of Government Home Science College celebrated the second day of Vigilance Week by organizing a poster Making Competition on the theme ‘Curbing Corruption’.

October 31, 2018

## PAPER READING COMPETITION

In order to generate awareness regarding the widespread evil of corruption, the NSS wing of Government Home Science College organized a Paper Reading Competition on the theme 'Curbing Corruption or Promoting Integrity?: The Way Ahead'. It encouraged student participation as it involved speaking skills as the criteria for judgement. Principal of the college, Prof. Sudha Katyal applauded the students for their participation and efforts in generating awareness amongst other students and members of staff.

November 01, 2018

## VIGILANCE WEEK: AWARENESS RALLY ORGANIZED TO FIGHT AGAINST CORRUPTION

The NSS Wing of Government Home Science College organized an awareness rally as a part of *Vigilance Week* celebrations as a step towards fighting against corruption.

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 Mrs. Seema Jaitly and Dr. Neha Sharma and the accompanying faculty members. The students holding banners, posters, and placards in their hands chanted slogans for generating awareness among the common masses. Before that they actively participated by making beautiful posters and writing motivational slogans against corruption with an aim to spread awareness among people. The rally highlighted and promoted the importance of integrity in all walks of life. The students urged the people neither to give nor to take bribe and adopt any unfair practices. They told them about how corruption has spread its tentacles in all social organizations.

The students also interacted with the common masses and forewarn them about the aftereffects of these serious prevailing issues. The principal of the college Prof. Sudha Katyal applauded and appreciated the efforts of the students and encouraged them to actively participate in future as well.

