

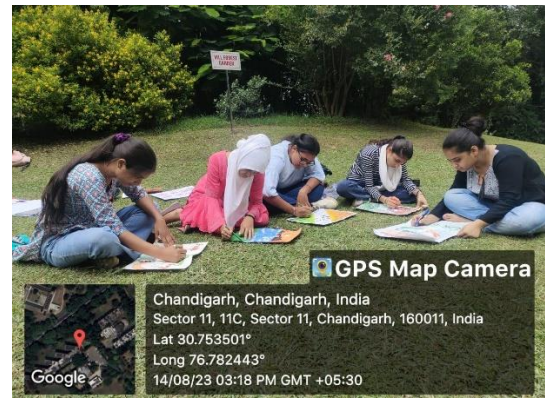


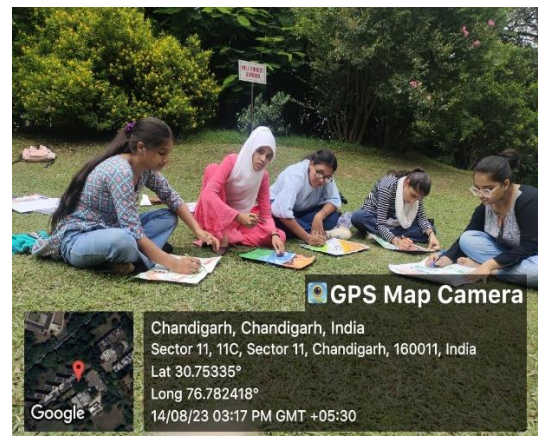
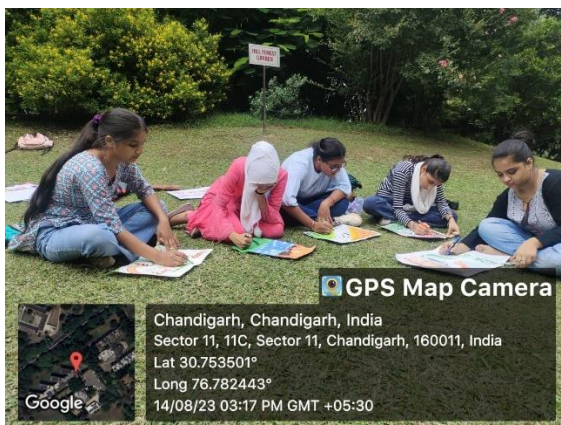
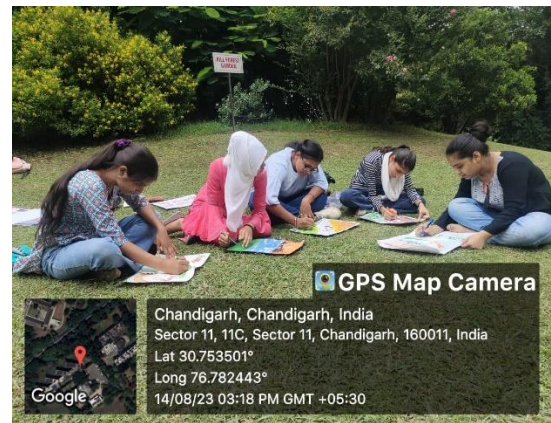
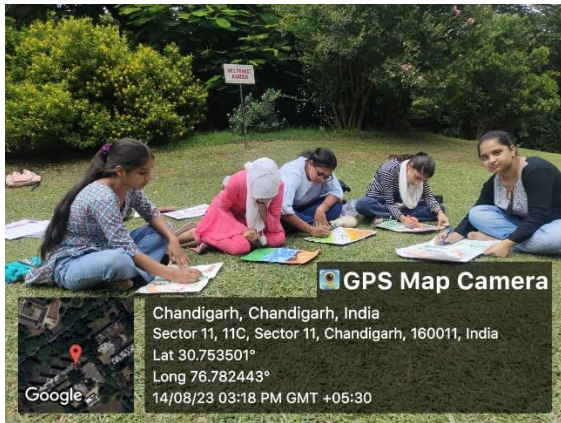
Government Home Science College Sector- 10, Chandigarh National Service Scheme Annual Report Session: 2023-24



NSS Wing of the College organised Nukkar Natak & Poster Making on the theme 'Meri Mati, Mera Desh' (14.08.23)

As a prelude to upcoming 77th Independence Day, NSS Wing of Government Home Science College organised Nukkar Natak & Poster Making on the theme 'Meri Mati, Mera Desh' to commemorate 'Azadi ka Amrit Mahotsav'. NSS Volunteers made beautiful posters on the given theme and showcased their love for country. Volunteers also presented a Nukkar Natak in which they displayed the contribution of various freedom fighters in India's struggle for independence. Principal of the college, Prof. Sudha Katyal encouraged the students of the college to participate with full zeal and enthusiasm in all the activities in sync with the government's key initiatives.





NSS Wing of GHSC-10 Celebrated NSS Day (24.09.23)

NSS unit of Government Home Science College, Chandigarh celebrated NSS Day on September 24, 2023 at Post Graduate Government College For Girls, Sector- 42, U.T., Chandigarh. The event started with welcoming the Chief Guest Shri Dharam Pal, IAS and singing NSS Song with NSS Clap. Furthermore, various cultural events were performed by students from different institutions. In addition to this felicitation ceremony was organized for Best NSS Units Awards (College/School), Best NSS Programme Officer Awards (College/School), Best NSS Volunteer Awards (College/School). In the concluding part of the day, Chief Guest addressed the audience and vote of thanks was given by State Liaison Officer, NSS, U.T., Chandigarh.



GHSC-10 Conducts Interactive Session on Personality Development

Government Home Science College organised an interactive session on Personality Development. The resource person of the event was Dr. Ram Kumar Yadav, Ex- Director, Students Welfare, CCS Haryana Agricultural University, Hisar. During the session, Dr. Yadav stressed upon the fact that individuals are like raw diamonds but they need to be polished through developing positive attitude, accepting flaws, appreciating others and communication skills. Furthermore, he elaborated that educational institutions play a significant role in teaching these skills by giving opportunities to students through extracurricular activities in various areas viz-a-viz Sports, Music, Dance & Theatre. More than 55 students attended the session. Principal of the college, Prof. Sudha Katyal encouraged the students to participate in such sessions and further emphasised that such sessions develop self-confidence and leadership qualities amongst them, thereby, enhancing their personalities holistically.



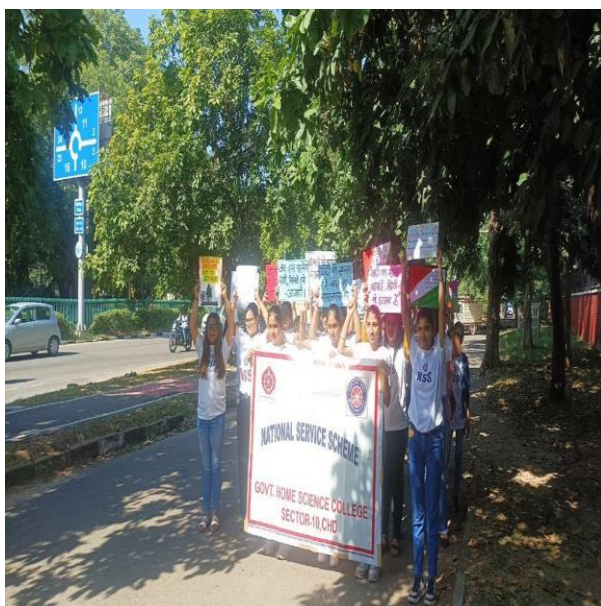
Participation of NSS Volunteers in Pre-Republic Day Parade Camp at Panjab University, Chandigarh (27.09.23)

NSS volunteers of Government Home Science College participated in Pre-Republic Day Camp on September 27, 2023 at Main Sports Ground, Panjab University, Chandigarh. Four Volunteers from the college participated in the camp. Republic Day Parade at Kartavya Path, New Delhi is conducted every year is one of its national level programs.



GHSC-10 Organised Khadi Yatra & Poster Making Activity on the Significance of Khadi (02.10.23 to 31.10.23)

Government Home Science College organised KHADI YATRA today under the aegis of KHADI MAHOTSAV initiated by Government of India from October 02 to October 31, 2023. Programme officers highlighted the significance of khadi among NSS Volunteers and encouraged them use khadi and vouch for 'Vocal for Local'. More than 50 volunteers took pledge to promote khadi. They also participated in poster making activity. The theme of the poster making was 'Significance of Khadi in Contemporary Times'. The volunteers then rallied around the college campus and outside college through Khadi Yatra spreading awareness about khadi. They also raised slogans encouraging "VOCAL FOR LOCAL". Principal of the college, appreciated the efforts of NSS Wing in sensitising the college students and other people to make khadi an important part of their life and consciously work towards maintaining our national heritage.



GHSC-10 Contributed Significantly in Swachhta Hi Seva Campaign 05.10.23

NSS Wing of Government Home Science College organized various activities as a part of 'Swachhta Hi Seva Hai Campaign' from September 15 - October 02, 2023. The campaign initiated with oath taking ceremony on cleanliness in which NSS volunteers took 'Swachhta Pledge' to keep their environment clean and green. In addition, various shramdaan activities were conducted at public places which included temples, hospitals & roadsides. Furthermore, door to door visits for sensitising people about cleanliness along with awareness rallies were also organised. In a one of its kind activity on October 01-02, 2023 NSS volunteers participated in the cleanliness campaign 'EK GHANTA EK TARIKH' at 10:00 AM onwards to celebrate Gandhi Jayanti and worked towards the NSS motto, 'Not Me, But You'. The activities were also uploaded on SWACHHATA HI SEVA (SHS) portal (

<http://swachhatahiseva.com/>) NSS unit was provided with user ID:shs_doya & Password: shs@2023# Principal of the college, Prof.Sudha Katyal applauded the efforts of NSS Wing and further emphasised on Mahatma Gandhi's vision , 'Ek Kadam Swacchta ki Aur- Swacch Bharat, Sundar Bharat'.





GHSC-10 organized Breast Cancer Walkathon 07.10.23

Government Home Science College in collaboration with Sahatya Charitable Welfare Society, Chandigarh organized a Breast Cancer Walkathon to mark October as Breast Cancer Awareness Month at Sukhna Lake on October 07, 2023. Ms. Anindita Mitra (IAS) Additional Commissioner, Municipal Corporation, Chandigarh was the Chief Guest of the occasion. In addition, Dr. Pankaj Malhotra (Prof. & Head of Clinical Haematology & Medical Oncology), PGIMER, Chandigarh was the Guest of Honour. The purpose to organize this walkathon was to spread the message 'Hope, Faith & Cure: Prevention & Early Detection'. More than 100 NSS Volunteers & NCC Cadets of the college participated in the walkathon with full enthusiasm. Principal of the college, Prof. Sudha Katyal also emphasised the significance of early detection of breast cancer. She further appreciated the efforts of NSS Volunteers as well as NCC Cadets in sensitising the masses about this noble cause.



HSC-10 Organises Amrit Kalash Yatra under ‘Meri Maati Mera Desh’ Campaign 12.10.23

NSS Volunteers of Government Home Science College, Sector -10, Chandigarh organized Amrit Kalash Yatra under ‘Meri Maati Mera Desh’ Campaign. The campaign was conducted to celebrate Azadi ka Amrit Mahotsav. The event started with pledge taking ceremony in which volunteers took ‘Panch Pran Pledge’, which are the highways to building a great India. Rice grains and soil brought in by the NSS volunteers was collected in the Kalash. The main purpose for collecting rice grains & soil was to create ‘Amrit Vatika’ so as to pay tribute to our motherland and to the courageous veers who have made the supreme sacrifice for our nation. Furthermore, volunteers participated in Amrit Kalash Yatra raising slogans on ‘Meri Maati, Mera Desh’, Jai Hind, Jai Bharat’. The rally started from college to outside premises. More than 50 NSS Volunteers participated enthusiastically in the event along with the programme officers. Principal of the college, Prof. Sudha Katyal emphasised on the contribution of courageous veers for their supreme sacrifice towards our nation. She further applauded the students for their overwhelming participation in the event.



GHSC-10 organised Awareness Rally on 'Nasha Mukh Bharat' 25.10.23

Government Home Science College, Sector-10, Chandigarh organised an awareness rally against drug abuse. The aim of the rally was to spread the message of drug abuse and its ill effects to every nook and corner to make our country drug free. NSS Volunteers sensitised people travelling in local buses and autos about substance abuse and ways to get rid of this menace and its eradication from society. Volunteers raised slogans holding placards which they prepared during poster making activity on the theme 'Say No To Drugs'. The awareness rally was carried out from the College to nearby areas. Around 50 NSS volunteers along with programme officers participated in the rally. Principal of the college, Prof. Sudha Katyal appreciated the efforts of NSS Wing in generating awareness towards this social menace. She also emphasised the need of such rallies as these help in informing and educating the community especially the youth who are more vulnerable. She further insisted that if people know about it, they will be cautious and contribute in beating this evil.



GHSC-10 Organised Vigilance Awareness Rally 26.10.23

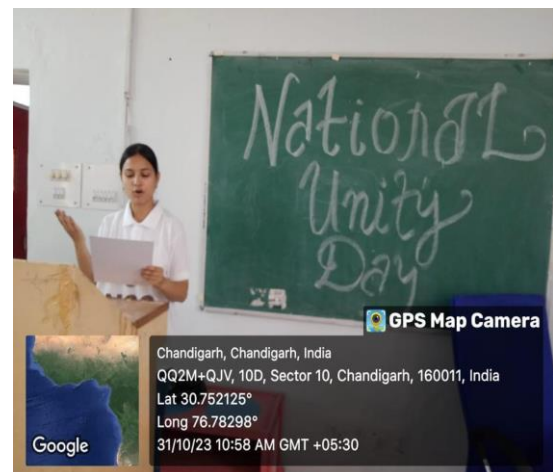
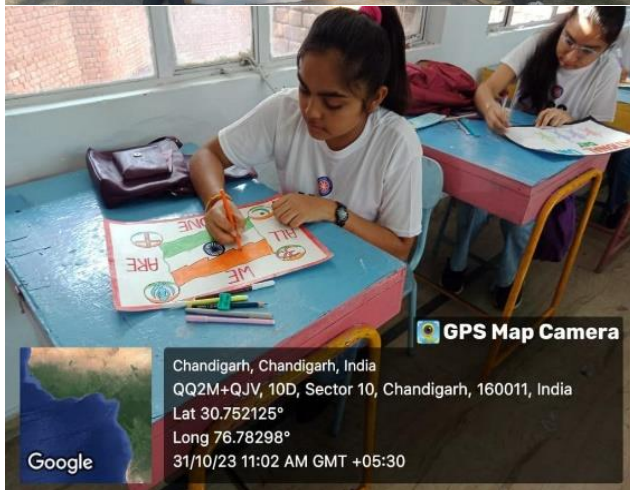
Government Home Science College organised Vigilance Awareness Rally on 26.10.2023. The purpose of the rally was to foreground the detrimental effects of corruption and how to eradicate this deep-rooted evil prevailing in different forms of our social system. Approximately 26 NSS volunteers of the college participated in the rally. Volunteers raised slogans holding placards which they prepared during poster making activity on the theme 'Say No to Corruption, Commit to Nation'. Principal of the college, Prof. Sudha Katyal highlighted about the damaging effects of corruption on a country's growth rate and development potential, hence she appealed everyone to come together to root out this evil.



HSC-10 Celebrates Rashtriya Ekta Diwas 31.10.23

Government Home Science College celebrated Rashtriya Ekta Diwas on 31st October, 2023. The celebrations started with oath taking ceremony by NSS Volunteers in which they took pledge to preserve the unity, integrity and security of the nation. Programme Officers of NSS Unit further addressed the audience on the importance of unity day and the significant role of Sardar Vallabhbhai Patel-Iron Man of India. Poster making and poetry recitation on the significance of Rashtriya Ekta Diwas was also conducted

followed by 'Run for Unity' wherein NSS volunteers started running from front college gate to backside of college gate holding placards displaying the significance of national unity day along with raising slogans. Principal of the college, Prof. Sudha Katyal highlighted the significance of birth anniversary of Sardar Vallabhbhai Patel. She further emphasised on the role played by him in uniting India as he was amongst one of the most prominent leaders of the Indian Independence Movement. She further concluded with urging everyone to preserve the unity and integrity of the nation.



GHSC-10 Organised Screening of Documentary on Tribal Freedom Fighters to Celebrate Janjatiya Gaurav Diwas 15.11.23

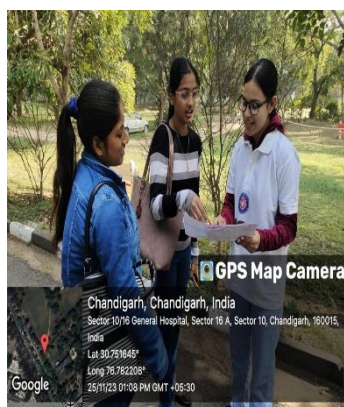
Government Home Science College celebrated Birth Anniversary of Bhagwan Birsa Munda as Janjatiya Gaurav Diwas on November 15, 2024. Programme Officers of NSS Unit addressed the audience on the importance of Janjatiya Gaurav Diwas and the significant role of tribal leaders like Bhagwan Birsa Munda as well as other great personalities and unsung heroes of Janjati communities. In this context, Screening of a documentary on the significant role played by tribals during freedom struggle was also conducted for NSS Volunteers. More than 33 volunteers participated in the event. Principal of the college, Prof. Sudha Katyal elaborated on the contribution of unsung heroes in India's freedom struggle. She further emphasized on the lessons learnt from the past and appealed the volunteers to act with responsibility to keep the

dignity of the independence which our country has achieved through immense hardships and sacrifices of our freedom fighters. Further, she also applauded the volunteers for their overwhelming participation in the event.



Poster Making & Awareness Campaign on ‘Significance of Voting’ (25.11.23)

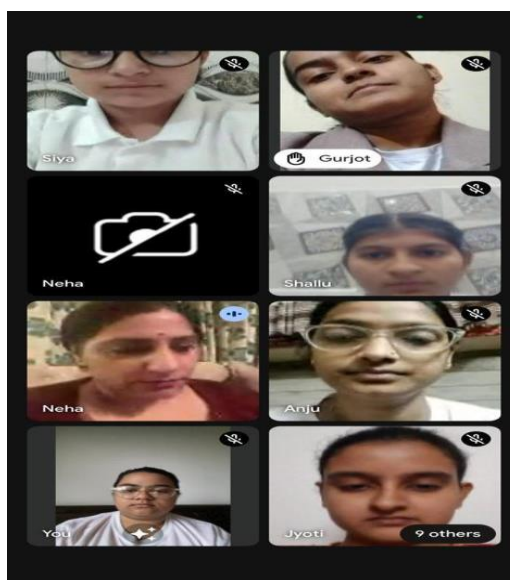
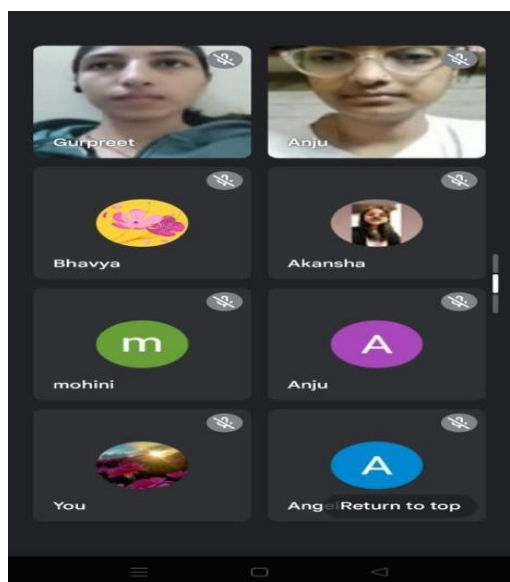
Govt. Home Science College, Sector-10, Chandigarh organized Poster making activity on the theme “Significance of Voting”. Around 38 NSS Volunteers participated in the activity. Furthermore, volunteers used these posters in sensitizing & motivating general public outside college premises regarding the importance of voting. Volunteers also highlighted about the voting rights of the citizens in contributing towards better nation through, their democratic rights.



HSC-10 Celebrates Constitution Day 26.11.23

Government Home Science College celebrated Constitution Day through online mode on November 26, 2023 to mark the anniversary of the adoption of the Constitution. Around 60 NSS Volunteers participated in Preamble Reading and were sensitised regarding the

contribution of framers of the Indian Constitution with respect to prominent values and fundamental rights. Furthermore, NSS volunteers also took pledge to constitute India into a Sovereign Democratic Republic. Principal of the college, Prof.Sudha Katyal gave concluding remarks and motivated the students to be Atma nirbhar and be brave enough to voice out ones opinion and stand for themselves thereby assuring the dignity of the individual and the unity of the Nation.



GHSC-10 Organised Poster Making & Essay Writing During Viksit Bharat Campaign 16.12.23

Government Home Science College conducted various activities on Ideas for the vision Viksit Bharat @2047. The activities were organised to mark the celebrations of PM Narendra Modi's key initiative on Viksit Bharat, Sashakt Bharat. Poster making and essay writing activities were held on the theme 'India of my Dreams @ 2047'. More than 40 students participated enthusiastically in both the activities. Prof. Sudha Katyal encouraged the students to participate in Viksit Bharat Utsav with full zeal as she believed that it is important for the youth to share their dream and vision for a developed nation. She also highlighted the significant role of youth in making India a fully-developed nation. Furthermore, she insisted that suggestions and ideas given by the youth would lead us in making a new and vibrant Bharat as the youth of today will be the decision-maker and architect of India @2047.



GHSC-10 Organises ‘Selfie with Viksit Bharat@2047’ During Viksit Bharat Utsav 18.12.23

GHSC-10 Organises Selfie with Viksit Bharat@2047’ during Viksit Bharat Utsav. Students prepared a beautiful frame depicting ‘Viksit Bharat, Sashakt Bharat’. NSS Volunteers enthusiastically participated in the event. Banner was also put up in the background on Ideas for the Vision: Viksit Bharat@ 2047. Prof. Sudha Katyal appreciated NSS Wing for participating in Viksit Bharat Campaign with full zeal.





GHSC-10 Organises Panel Discussion & Debate Competition on 'Viksit Bharat, Sashakt Bharat' 19.12.23

Government Home Science College organised various activities during Viksit Bharat Utsav. Panel Discussion on the theme 'India of my Dreams @ 2047 and Debate Competition on 'Empowered India @ 2047' were conducted. Around 37 NSS Volunteers participated in both the events. Prof. Sudha Katyal applauded the participants and encouraged them to participate in Viksit Bharat activities. She further highlighted that the core vision of Viksit Bharat @ 2047 is to transform Bharat into a developed nation by 2047. This initiative aims to provide a platform for the youth to actively contribute their ideas and suggestions towards a developed nation.





GHSC-10 organises Seven Day Special NSS Camp 27.12.23

A seven day special NSS camp commenced at Government Home Science College, Chandigarh today. As many as 100 volunteers were enrolled for the camp. On the first day of the camp, volunteers were highlighted about the aims and objectives of National Service Scheme along with the significance of providing service to society without bias. The volunteers were also reminded of the motto of the National Service Scheme “Not Me, But You” in sync with the college motto “Knowledge for Service”.

In the later part of the day, NSS Volunteers contributed significantly to the nation-wide campaign of ‘Swachh Bharat Abhiyan’ in which they cleaned the campus area and the surroundings so as to keep the Swachhta of the campus intact. Moreover, students contributed to the environment by covering the trees of the college premises with limestone powder for removing the impurities and protecting the trees from insects, fungi etc.

Principal of the college Prof. Sudha Katyal emphasised on the significance of organising such camps and highlighted the role of youth as powerful change agents of the society and further motivated the NSS volunteers to strive for excellence and encouraged them for maximum participation.







Second Day of Special NSS Camp: Sensitisation through Awareness Rally & Door to Door Campaign on Significance of Voting along with Session on Menstrual Hygiene 28.12.23

On the Second day of the ongoing Special NSS Camp , NSS Volunteers generated sensitisation through awareness rally regarding significance of voting at Bhaskar Colony, Sector 25, Chandigarh. Volunteers raised slogans holding posters depicting the importance of voting. Furthermore, they motivated people to cast their vote for a better nation through door to door campaign wherein they reminded general masses to perform their duty as a citizen by casting their vote. During afternoon, an awareness session regarding Menstrual hygiene was organised. Ms Jaskirat, Founder of Sifaaz Foundation was the resource person who is a certified trainer in 'Menstrual Hygiene' ,Ms. Jaskirat has been closely working with women living in rural as well as urban areas for menstrual hygiene. She highlighted the importance of menstrual hygiene and discussed about various myths and taboos which are still prevailing in the society through

various interesting games. It was an interactive session in which volunteers discussed their problems in day to day life regarding menstrual hygiene. The volunteers enjoyed the session thoroughly and were encouraged to pass this information ahead and break the menstruation related taboos and myths. Principal of the college, Prof. Sudha Katyal applauded the volunteers for their active participation in the activities and encouraged them to keep up the spirits for the upcoming events as well.



Day 3: Interactive Session on Skill Development & Entrepreneurship, Poster Making & Awareness Rally on Harmful Effects of Drug Use & Abuse 29.12.23

On the 3rd day of the ongoing Special NSS Camp, an interactive session on “Skill Development and Entrepreneurship” was conducted. Ms Ashima and Ms Simranjot from Regional Centre for Entrepreneurship Development, Sector-35, Chandigarh were the resource persons. They highlighted extensively about the nuances and nitty-gritties involved in the process of becoming a successful entrepreneur. In the session, they further thrown light on the importance of skills needed for a successful career. In addition they informed volunteers regarding various courses provided at RCED under the CSR of Tech Mahindra which can help the students in honing their skills. After the discussion, both the resource persons answered the queries of the students to their satisfaction. In the second half of the day, Volunteers made beautiful posters on the theme ‘Harmful Effects of Drug Use & Abuse’. Later on, Volunteers organized a rally with the aim to sensitise public by generating awareness on drug use and abuse and its detrimental impact on the younger generation. Furthermore, Volunteers engaged in face-to-face interaction with local individuals and shared their view-point regarding harmful effects of drug use and abuse on families and society at large. Principal of the College, Prof. Sudha Katyal highly appreciated the efforts of the volunteers in generating awareness amongst the people about drug use and abuse and emphasized on the impacts of drug abuse in the deterioration of mental health issues, social problems and potential legal repercussions. Recognizing the efforts of the volunteers, she further advised them to leave no stone unturned to achieve their aspirations.



Fourth Day of Special NSS Camp: Awareness rally on ‘Say No to Plastic’, Puppet Show on COVID-19 Guidelines & Good Hygienic Practises and An interactive session on ‘Legal Rights of Women’ 30.12.23

On the fourth day of ongoing Special NSS Camp at Government Home Science College, Chandigarh, NSS Volunteers raised awareness by advocating against the use of plastics through impactful slogans in various colonies in Mani Majra, Chandigarh. Furthermore, the Volunteers conducted a puppet show to sensitize the people regarding Covid 19 guidelines & good hygienic practises. In the second half of the day, an enlightening session on ‘Legal Rights of Women’ was conducted. Ms Madhu P. Singh (Ex- Justice, Punjab & Haryana High Court, Chandigarh) was the resource person. She is also currently serving as a Practising Advocate at Punjab & Haryana High Court, Chandigarh and a Proud Alumni of our college. She highlighted about the legal rights of women and further elaborated about various acts that have been implemented by the government for the safety of women and children from sexual offences, abuse and violence. She further focussed on prevailing problems in our society from the grass root level through a medium of interesting stories and motivated the volunteers to be aware of their rights along with duties. In her concluding words, she insisted NSS Volunteers

about their duty towards Self first and then towards Society at large. Principal of the college, Prof. Sudha Katyal appreciated NSS Wing of the college for their significant contribution towards society and for keeping up the spirit of NSS motto 'Not Me, But You'. She also emphasised on the significance of knowledge regarding legal rights of women for her safety and well-being in life and further encouraged NSS volunteers to pass this knowledge ahead so that no one is deprived of their rights.



Fifth Day of Special NSS Camp: Visit to Adopted Village 'Khuda Ali Sher' & Awareness Rally & Door to Door campaign on Electoral Literacy 31.12.23

On the fifth day of the program, NSS volunteers visited the college's adopted village KHUDA ALISHER to assess the involvement of youth in formal education. Furthermore, the volunteers orchestrated a rally to raise awareness regarding the importance of elections, followed by a door-to-door campaign aimed at informing individuals about its significance. Principal of the college, Prof. Sudha Katyal commended the volunteers for their proactive engagement in the activities and urged them to maintain their enthusiasm for the forthcoming events.



Sixth Day of Special NSS Camp: Interactive Sessions on POSH Act & Awareness regarding Children With Special Needs 01.01.24

Sixth Day of ongoing Seven Days Special NSS Camp in the college witnessed interactive sessions on awareness on POSH Act & sensitisation regarding children with special needs. In the first half of the day, Interactive session on Sexual Harassment of Women at Workplace (POSH) Act, 2013 was conducted. The main objective was to educate NSS Volunteers about the Prevention, Prohibition and Redressal of POSH Act. Sh. Surender Kumar, Additional District & Sessions Judge cum Member Secretary, State Legal Services Authority was the Resource Person. He highlighted that POSH Act protects women employees on campus, contract labourers who come to campus for work or for any official purpose, students, daily wagers and ad hoc employees. He discussed about those actions which can lead towards sexual harassment and in particular with sexual intent. He also mentioned that sexual harassment and sexual abuse are different, but both come under sexual law and are sexual and criminal offences. He further insisted that when there is no consent of the person who undergo the harassment or abuse, leads to sexual offence. He also made the volunteers aware about who can complain and against whom the complaint can be registered. In his concluding remarks, he also mentioned about the rights of the respondent and consequences of making a false allegations against the respondent. He also quoted examples of the incidents happened to make the audience understand about Sexual Harassment and how to deal with it.

In the second half of the day, a sensitization program regarding children with special needs was conducted. Mr. Vinod Chadda, Honorary President, National Association for the Blind and Ms. Richa, Head of Information Technology Department, were the resource persons. They enlightened the volunteers regarding the problems faced by blind children and how their organization is working for them. They engaged in a comprehensive discussion on diverse initiatives undertaken to foster independence in the daily lives of visually impaired children. Furthermore, Ms Richa, discussed about the softwares and methods used to help 'Divyangjan' children to learn computer and how it has made their lives easy. This session gave the volunteers a fundamental knowledge about the children with special needs. Principal of the college, Prof. Sudha Katyal, highlighted that as an Educational Institution we play a major role towards the Society. It's our responsibility to educate our staff and students on the Prevention of Sexual Harassment, the Act and its consequences. She further focussed on the role of NSS Volunteers in sensitising the masses and generating awareness about needs and rights of special children.



Day 7: Seven Days Special NSS Camp Concludes Today at GHSC-10 (02.01.24)

Seven Days Special NSS Camp concluded today at Government Home Science College, Chandigarh. NSS Wing of the college celebrated the valedictory ceremony with great zeal and enthusiasm. Dr.Nemi Chand, State Liaison Officer, NSS, UT, Chandigarh was invited as the HonourableChief Guest for the day. The event commenced with the lamp lighting ceremony and featured reflections on the experiences gained by NSS Volunteers through participation in various activities throughout the week. Furthermore, NSS volunteers gave enthralling cultural dance performances showcasing the diversity of our nation. The event successfully celebrated the spirit of the NSS camp and its profound contribution to personal and societal development. Glimpses on all the activities performed during the camp were also shown to the Chief Guest. In addition, the material like hand bags, hand made paintings, embroidery items, decorative pots, painted pillow cover, painted bags, bookmarks & posters prepared by the volunteers during the camp was also displayed.Dr. Nemi Chand appreciated the efforts of the enthusiastic volunteers and emphasized the need for community service. He further added that real joy lies in serving others and making the world around us a better place to live in. He also congratulated the NSS volunteers on their outstanding efforts and motivated them to focus on communitarian approach. The day concluded with an energetic Bhangra performance. Principal of the college, Prof. Sudha Katyal applauded the efforts of the NSS volunteers and Programme Officers for their innovative ideas and dedication in making the special camp a grand success. She also motivated the volunteers to continue with the motto 'Not Me But You' with more responsibility and make use of this opportunity and contribute their bid in transforming the society.





GHSC-10 Celebrated National Youth Day 12.01.24

Government Home Science College, Chandigarh celebrated National Youth Day today with full enthusiasm. NSS wing of the college organised a live telecast of Hon'ble Prime Minister's Speech on 12th January, 2024 in 27th National Youth Festival Inauguration. Both NSS Volunteers and NCC Cadets conducted various activities to celebrate National Youth Day. NSS volunteers distributed woollen clothes to needy people of the society so as to protect them from extreme cold weather conditions. This activity was an effort to help underprivileged people during harsh winter conditions as well as to generate responsibility amongst volunteers towards the vulnerable section of the society. Furthermore, NCC Cadets celebrated the day at Ramakrishna Mission Ashram, Sector-15, Chandigarh to commemorate the birth anniversary of renowned Indian educationist and philosopher – Swami Vivekananda. NCC Cadets shared their views on philosophy of Swami Vivekanand with their contemporaries & insisted everyone to follow the principles of Swami ji. Principal of the college, Prof. Sudha Katyal, applauded the kind gesture of NSS volunteers & expressed that donating is a selfless act and being able to give back to those in need helps you achieve a greater sense of personal satisfaction and growth. She further appreciated the efforts of NCC Cadets and urged everyone to follow the ideals of Swami Vivekananda of purity, patience and perseverance to overcome all obstacles.





GHSC-10 Participated in Walkathon to Celebrate Ram Mahotsav 20.01.24

Government Home Science College, Chandigarh participated in a Walkathon organised by Shanknaad Organisation, to celebrate Ram Mahotsav on January 20, 2024. The walkathon flagged off at 07:00 A.M. from Rock Garden Parking to Sukhna Lake Club, Chandigarh. During the walkathon, the NSS volunteers enthusiastically chanted uplifting slogans in the honor of the revered SHRI RAM JI, creating an atmosphere of unwavering devotion. Volunteers were duly acknowledged with certificates for their significant contribution by the organisation for making this Walkathon a grand success. Prof. Sudha Katyal, Principal of the college, extended heartfelt congratulations to the volunteers and applauded them for their exemplary participation in this auspicious event of paramount significance.





GHSC-10 Celebrates National Girl Child Day 24.01.24

Government Home Science College conducted a host of activities to celebrate National Girl Child Day on January 24, 2024. To mark the celebrations of National Girl Child Day, Poster Making Competition and Slogan Writing Competition on the theme ‘ Building a Brighter Nation through Educating Girls, Empowering Girls’ was conducted with full vigour . Prof. Sudha Katyal, Principal of the college,highlighted that there is no difference between a girl and a boy child and both should be treated equally in the society. She further stressed upon the contribution being made by girls in every field whether sports, literature, science and education. In her concluding remarks, she emphasised that a girl child is a pride and future of the nation, therefore, empowering girl child will lead to empowered nation.

GOVERNMENT HOME SCIENCE COLLEGE
SECTOR- 10, CHANDIGARH
NAAC Grade 'A++' & NIRF India Ranking 2023- 52nd

organizes

**POSTER MAKING
&
SLOGAN WRITING**

to celebrate

‘NATIONAL GIRL CHILD DAY’

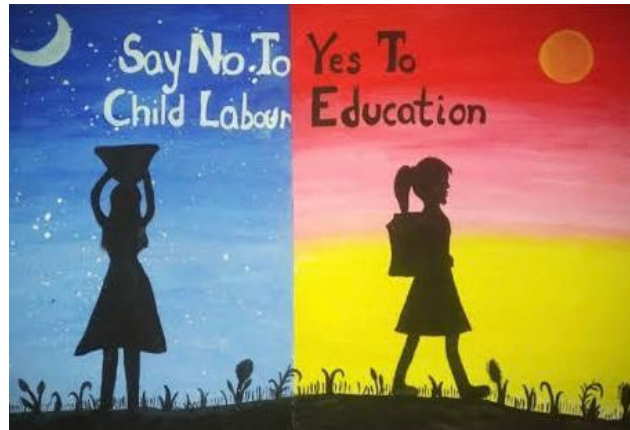
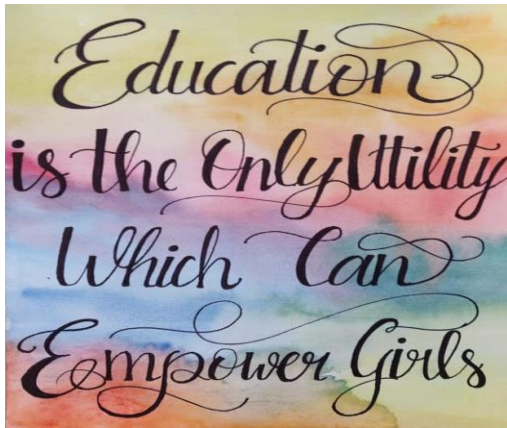
Theme:
**‘Building A Brighter Nation Through
Educating Girls, Empowering Girls’**

Date: January 24, 2024

Coordinators:
Mrs. Seema Jaitly (NSS)
Dr. Neha Sharma (NSS)

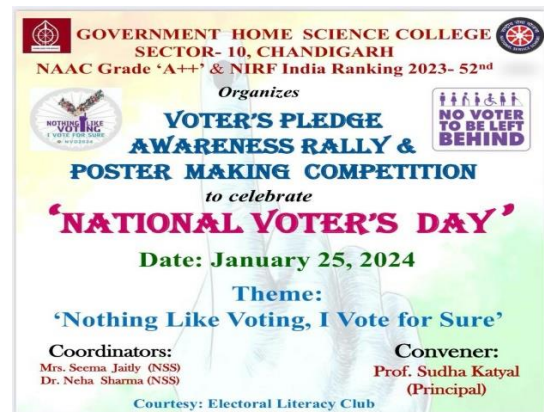
Convener:
Prof. Sudha Katyal
(Principal)





GHSC-10 Celebrated National Voter's Day 25.01.24

Government Home Science College, Sector-10, Chandigarh celebrated National Voter's Day on January 25, 2024. Host of activities like Poster Making, Slogan Writing and Awareness Rally on the theme 'Nothing like voting, I vote for sure' were organised. A Voter's Pledge was also taken along with the song in the background 'Mai Bharat hoon' to mark the occasion. Awareness rally was conducted in Raipur Khurd, Tribune Colony, Chandigarh to sensitise general public about the significance of voting. More than 50 NSS Volunteers participated in the event. Prof. Sudha Katyal, Principal of the College applauded the efforts of Electoral Literacy Club & NSS Wing 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 youth to participate in the electoral process with full zeal and dedication.





HOME SCIENCE COLLEGE CELEBRATES 75th REPUBLIC DAY 26.01.24

On the auspicious day of 26 January, 2024, Government Home Science College celebrated 75th 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. The college campus turned reverberated with the rhythmic vocal performances presented by the students of the college. Principal of the college, Prof. Sudha Katyal shared the historical past of the Republic Day with students. She further addressed the staff and students and inspired them to do their best and feel proud to be an Indian and highlighted the significance of India being a sovereign, socialist, secular and democratic republic. The program concluded with the message to create a great nation through collective efforts from all individuals.



GHSC-10 Organised Interactive Sessions on Harmful Effects of Drug Use & Abuse at Dainik Bhaskar Colony & Bapu Dham Colony, Chandigarh 27.01.24

Interactive sessions for students and parents were organised by Victory Against Drug Abuse Club (VADA Club) of Government Home Science College, Chandigarh on January 24, 2024 at Dainik Bhaskar Colony, Sector-25 and on January 27, 2024 at Bapu Dham Colony, Chandigarh respectively. More than 330 students & parents participated in the sessions. The

primary objective of conducting these sessions at Dainik Bhaskar Colony and Bapu Dham Colony was to cultivate awareness regarding the detrimental effects of drug abuse on the younger generation as these places falls under the most sensitive areas with regard to drug use & abuse. Students along with the nodal officer & co-ordinator of VADA Club actively participated in direct interactions with local residents & parents to address concerns related to drug abuse. They observed a nonchalant attitude among the residents of these colonies towards hookah consumption, with many attributing it to be a part of their cultural and religious rituals.

Also, the students went door to door and interacted with parents to generate awareness regarding various types of drugs and their harmful effects and further suggested them to spend quality time with their children and generate awareness regarding the same. Principal of the College, Prof. Sudha Katyal highly appreciated the efforts of the VADA Club in generating awareness amongst the people about drug abuse and its deleterious effects on holistic development of an individual. She also emphasised the need of such interactive sessions as these help in informing and educating the community especially the youth who are more vulnerable. She further insisted that if people know about it, they will be cautious and contribute in beating this evil.

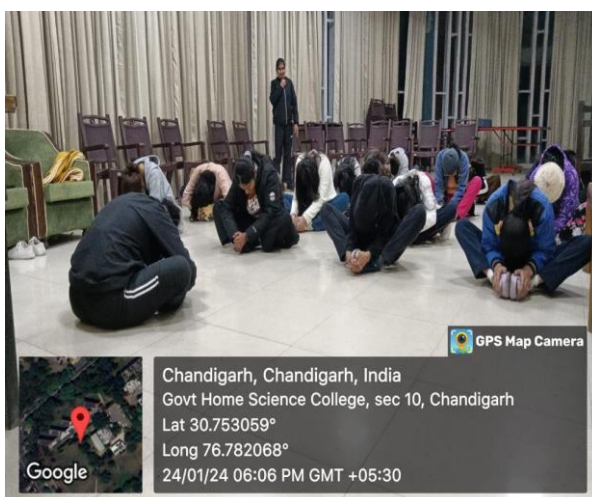


Seven Days Yoga & Mediation Camp at Home Science College, Chandigarh 30.01.24

With the goal of holistic development of students, Victory Against Drug Abuse (VADA) Club of Govt. Home Science College is organising a ‘Seven Days Yoga & Meditation Camp’ for

students from January 24 - 30, 2024. The camp is being organised with an aim of reducing stress, embracing positivity and improving concentration among students by making yoga & meditation a part and parcel of their life. On the first day of the camp, students were highlighted about the significance of various asanas and kriyas. Students performed different asanas which included Tadasana, Vrksasana, Padahastasana, ArdhaChakrasana, Trikonasana, Bhadrasana, Sasankasana, Vakrasana, Makarasana, Pavanamuktasana, Savasana and Kapalabhati along with explaining the importance of each asana. Around 57 students attended the session. Participants thoroughly performed various asanas as demonstrated and the session brought a breeze of freshness amongst them.

Prof. Sudha Katyal, Principal of the college applauded the efforts of students and urged them to participate with great zeal in the camp. She further highlighted that Yoga is an ancient physical, mental and spiritual practice that leads to calmness, peace and confidence amongst individuals. In her concluding remarks, she motivated the participants to make yoga and meditation a significant part of their life and stay away from drugs.





GHSC-10 organised a Lecture on Empowerment of Girls 08.02.24

Government Home Science College, Chandigarh organised a lecture on empowerment of girls under Project Kartavya, 2023 on 08.02.2024. Mr. Vikas, Resource Person highlighted about the struggles women face right from the beginning. He further emphasised that Girls empowerment is the need of the hour because it is high time we value and credit girls for their contribution and help them grow. Around 50 NSS Volunteers attended the lecture. Principal of the college, Prof. Sudha Katyal emphasised that girls empowerment can only be achieved through educating girls. Education is a great tool to empower women as it will bridge all gaps in our society. She further concluded that through education girls will be able to achieve sense of self-worth, ability to determine their own choices and the right to influence social change for themselves and others.





GHSC-10 Organised an Awareness Workshop on Road Safety & Traffic Rules 15.02.24

Government Home Science College, Chandigarh in collaboration with Traffic Police, Chandigarh organised an ‘Awareness Workshop on Road Safety & Traffic Rules’ on February 15, 2024. The team from Traffic Police, Chandigarh comprised of Sub Inspector Bhupinder Singh, Assistant Sub-Inspector Rajender Singh and Senior Constable Rajiv, appraised NSS volunteers about the rules and regulations pertaining to road safety, traffic rules, driving license, wearing helmet, seat belt, road signs and drunken driving. Sub Inspector Bhupinder Singh enthralled the students by singing songs on awareness of traffic rules and regulations. In the concluding session a quiz contest was held in which the students answered questions correctly and were given mementos by worthy Principal of the college, Prof. Sudha Katyal along with the team of Chandigarh Traffic Police. The session proved successful in spreading the message of safe driving. Principal of the college, Prof. Sudha Katyal, emphasised about the importance of road safety and highlighted on the fact that road safety measures must be taken seriously so as to save lives, prevent accidents and injuries and keep a society functioning in the most optimal way.

Government Home Science College
Sector- 10, Chandigarh
NAAC Grade 'A++', NIRF Ranking 2023- 52th

Organizes
Awareness Workshop
On
Road Safety & Traffic Rules
By
DSP Jaswinder Singh
Traffic Police, Chandigarh
‘Sadak Suraksha Jeeyan Raksha’

Co-ordinators: February 15, 2024 Convener:
Mrs. Seema Jaitly (NSS) Venue: Conference Hall Prof. Sudha Katyal
Dr. Neha Sharma (NSS) 12:00 Noon Onwards Principal





GHSC-10 Conducted Awareness Rally on ‘Significance of Voting’ 17.02.24

Government Home Science College, Sector-10, Chandigarh organised an awareness rally outside college premises and General Hospital, Sector-16, Chandigarh to sensitise general public about the significance of voting on 17.02.2024. More than 170 NSS Volunteers participated in the event with full zeal and enthusiasm. Prof. Sudha Katyal, Principal of the College applauded the efforts of Electoral Literacy Club & NSS Wing for generating awareness on significance of voting.



GHSC-10 Organised Awareness Rallies on ‘Say No To Drugs’ 26.02.24

Victory Against Drug Abuse (VADA) Club of Government Home Science College, Sector-10, Chandigarh organised awareness rallies on ‘Say No To Drugs’. Keeping in mind the growing menace of drug addiction, awareness rallies were organised to spread the message of drug abuse and its ill effects so as to make our country drug free. Students sensitised auto drivers, road side vendors and locals about substance abuse and ways to get rid of this menace thereby leading towards its eradication from society. Students raised slogans holding posters on the theme ‘Say No To Drugs’. Interestingly, auto drivers and road side vendors promised to make their contribution in pulling out their dear ones from the addiction of drugs. They also pledged that they would help in eradication of drugs in all forms. The awareness rallies were carried out in Sector 15, Chandigarh and Sukhna Lake, Chandigarh on 26.02.2024 and 29.02.2024 respectively. Principal of the college, Prof. Sudha Katyal appreciated the efforts of VADA Club ingenerating awareness towards this social menace. She also emphasised that youth being the largest force of our nation is becoming victim of drug addiction which will certainly have a bad impact on the society. Sadly, it will certainly affect their health and life as a whole. Therefore, it is the need of an hour to sensitise youth through organising such rallies about the harmful effects of drugs.



Week Long Anti Drug Abuse Campaign cum Valedictory Begins at GHSC 14.03.24

With the goal of promoting positive mental health among students, ‘A week long anti drug abuse campaign cum valedictory’ for students begins today at Government Home Science College, Chandigarh. In this context, under the able guidance of worthy Principal of the college, Prof. Sudha Katyal, various theme based activities have been planned like yoga & meditation, awareness lecture on drug abuse, poster making & slogan writing, poetry recitation, essay writing, street play and t-shirt painting from March 14-20, 2024 by the VADA (Victory Against Drug Abuse) Club of the college. On the first day of the campaign the students were highlighted about the significance of various asanas and kriyas. Students performed different asanas which included Tadasana, Vrksasana, Padahastana, Ardha Chakrasana, Trikonasana, Bhadrasana, Sasankasana, Vakrasana, Makarasana, Pavanamuktasana, Savasana and Kapalabhati along with explaining the importance of each asana. Around 100 students participated in the session. Participants thoroughly performed various asanas as demonstrated and the session brought a breeze of freshness amongst them. The session has significantly contributed in reducing stress, embracing positivity and increased concentration among students. Prof. Sudha Katyal, Principal of the college applauded the efforts of students and urged them to participate with great zeal in all the activities throughout the week. She further emphasised that Yoga is a spiritual practice that will help them to stay balanced, calm and peaceful. Also, it will further help them to reduce anxiety levels thereby enhancing their confidence.



GHSC-10 Organises Valedictory Function of Nasha Mukta Bharat Abhiyan 20.03.24

As a part of the Government's key initiative "Nasha Mukta Bharat Abhiyan", the VADA Club of the college conducted Valedictory function today under the able guidance of Principal of the college, Prof. Sudha Katyal to mark the conclusion of various activities organised during the session 2023-24. Mrs. Prabhjot Kaur, Nodal Officer (Drug Abuse), Department of Social Welfare, Women and Child Development, Chandigarh Administration was the Chief Guest for the event. The event commenced with lamp lighting ceremony and a welcome song by students followed by reflections on the activities conducted during the session 2023-24 by VADA Club of the college. Prize Distribution Ceremony was also conducted wherein the winners of various competitions i.e. Essay Writing, Slogan Writing, T-Shirt Painting and Poster Making were felicitated. Furthermore, Mrs. Kaur enlightened the students regarding ground realities related to drug abuse. She elaborated on various reasons of youth getting into substance abuse and the role of drug de-addiction & rehabilitation centres. In her concluding remarks, she highlighted about preventive measures & urged students to make right choices in their life. Principal of the College, Prof. Sudha Katyal applauded the efforts of

VADA Club and students for their active participation in the events throughout the session and appreciated the entire team for making it a successful Campaign. She further insisted students to participate significantly in such campaigns as their contribution will go a long way in fighting against this evil.



