

NSS REPORT

JANUARY 2024- SEPTEMBER 2024

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.





Seven Days Yoga & Meditation Camp at Home Science College, Chandigarh (January 24 - 30, 2024)

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.





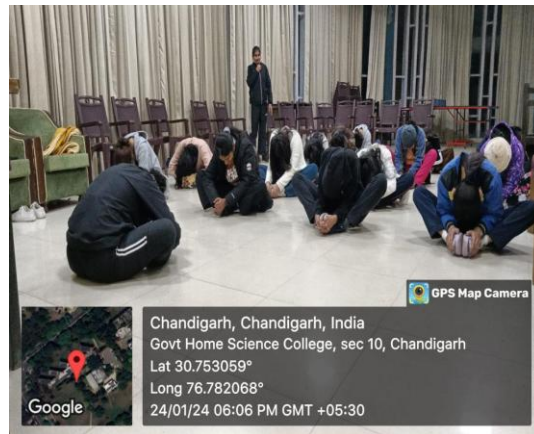
Government Home Science College
Sector- 10, Chandigarh
NAAC Grade 'A++', NIRF Ranking 2023- 52th
Victory Against Drug Abuse (VADA) Club
Organizes
Yoga & Meditation Camp
&
Interactive Session
on Harmful Effects of Drug- Use

24.01.2024-30.01.2024

Co-ordinators:
Dr. Neha Sharma
Mrs. Seema Jaitly

SAY NO TO DRUGS
SAY YES TO LIFE

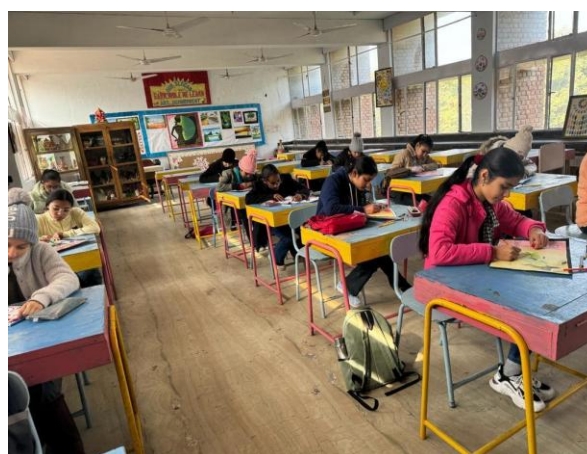
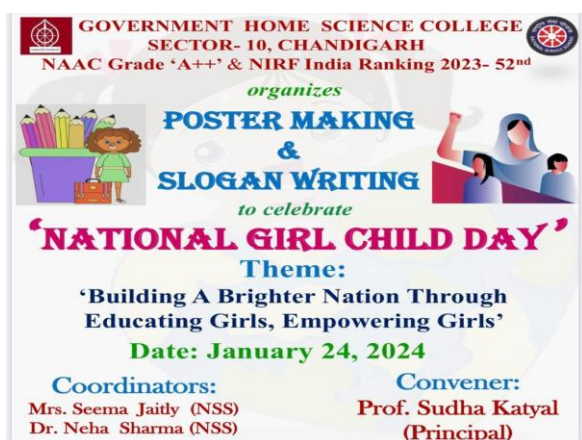
Convener:
Prof. Sudha Katyal
Principal



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

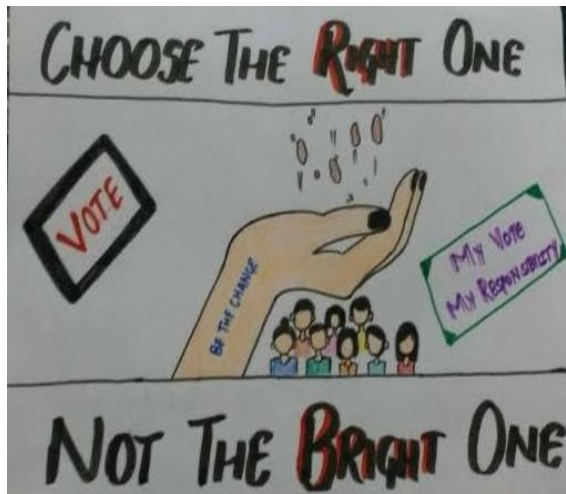
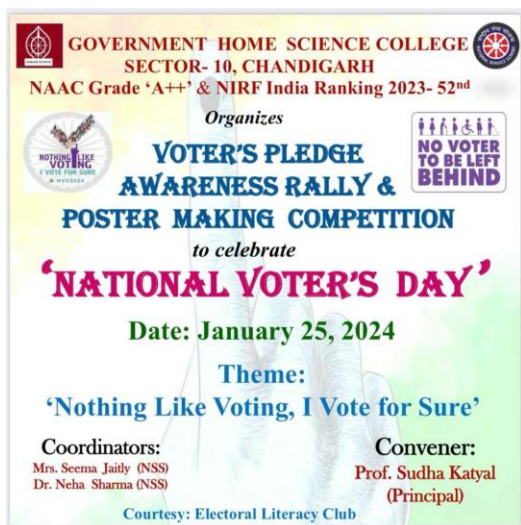
Girls' was conducted with full vigour . Prof. Sudha Katyal, Principal of the college,highlighted that there is no difference between a girl and a boy child and both should be treated equally in the society. She further stressed upon the contribution being made by girls in every field whether sports, 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.



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 & Babu 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 Babu 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 Babu 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 & Meditation Camp Concludes at GHSC-10, Chandigarh 30.01.24

Meditation sessions were organized by Brahma Kumaris from Rajyoga Bhawan, Sector-15, Chandigarh on January 29 -30, 2024 to conclude the ongoing yoga & mediation camp under Victory Against Drug Abuse (VADA) Club of Government Home Science College, Chandigarh. Brahma Kumaris, Sister Preeti & Sister Shobhika reminded the students about the innate goodness of the individual. The sessions highlighted about the difference between body & soul and brought into limelight the three important faculties of soul i.e. Mind, Intellect and Impression. Furthermore, the sessions emphasized on the embodiment of seven virtues i.e. Knowledge, Purity, Peace, Love, Happiness, Bliss and Power. The sessions were interactive and included fun activities for the students in which they were taught various techniques to balance their mind and thoughts so as to prevent them from taking drugs. Principal of the college, Prof. Sudha Katyal applauded the efforts of VADA Club and insisted on the significance of meditating regularly. She further emphasised that it will help students in coping with stressful situations and

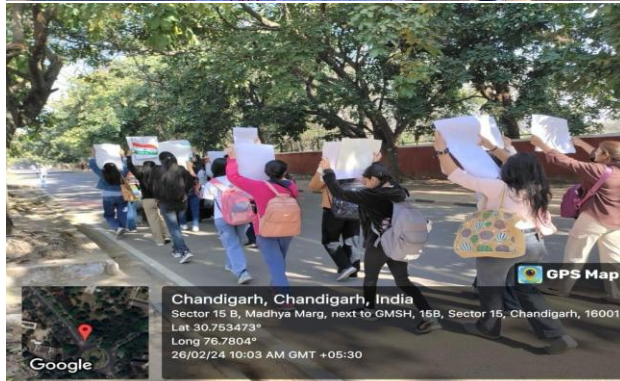
boosting their emotional competency, confidence, self-esteem & will-power thereby preventing them from drug use and abuse.



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 in generating 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.





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 Jeevan Raksha’

Co-ordinators:

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

February 15, 2024
Venue: Conference Hall
12:00 Noon Onwards

Convener:

Prof. Sudha Katyal
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 in generating 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, Padahastasana, 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 Mukht Bharat Abhiyan 20.03.24

As a part of the Government's key initiative "Nasha Mukht 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.



GHSC-10 Organises Awareness Campaign on Voting for Persons With Disabilities 24.04.24

Electoral Literacy Club of Government Home Science College, Sector-10, Chandigarh in collaboration with Election Department, UT Chandigarh organized an awareness campaign on voting for Persons with Disabilities on 24.04.2024. Mr. J. S. Jayara, State Icon for PWDs, UT Chandigarh & Retd. Principal, Institute for the Blind, Sector-26, Chandigarh was the Keynote speaker on this occasion. More than 50 students attended the programme. He encouraged the students to become a part of the campaign 'Chunav ka Parv Desh ka Garv' and motivated them to sensitize their friends, family and community to use their right to vote in a free and fair manner. He further inspired them by reciting couplets in Hindi, English and Urdu and stressed that India is a vibrant democracy and participation of the youth will strengthen the democratic values to the core. Highlighting the polling process and facilities for PwD voters, students were informed about the provision of ramps, availability of wheelchairs, priority entry to polling stations, braille enabled electronic voting machines and pick & drop facilities to PwD voters. Another resource person, Mr Shankar, Nodal Officer for 'Hello Voter Web Radio, UT Chandigarh elaborated on the recent apps launched by the ECI, such as Voter Helpline, Saksham- ECI App and CVIGIL. He encouraged them to get enrolled as

a voter using the helpline app and lodge complaints on unethical practices using CVIGIL app. The team of Nodal Officers for PWD, UT Chandigarh was also present on the occasion. Prof. Sudha Katyal, Principal of the College applauded the efforts of Election Department, U.T., Chandigarh and Electoral Literacy Club of the college. She further encouraged the youth to facilitate and maximize enrolment and participate in the electoral process with full zeal and dedication and contribute as a responsible citizen by casting their vote.



Five Days Online Yoga Session kick started in Home Science College 17.06.24

As a prelude to the upcoming 'International Yoga Day' observed every year on June 21, under the dynamic guidance of our worthy Principal, Prof.Sudha Katyal, Five Days Online Yoga Session kick started in Government Home Science College on June 17, 2024 for both faculty and students. The camp involves the conduct of yoga activities as well as awareness sessions about the health benefits of yoga through demonstrations and talks.Principal Prof Sudha Katyal applauded the

efforts of organising team during summer vacations under severe warm weather conditions. She encouraged the students to participate with full zeal and enthusiasm in the camp so as to ensure their complete physical and mental well-being. She further highlighted that such sessions help in tackling depression and anxiety along with health benefits to all.



युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS

International Day of Yoga

Government Home Science College
Sector-10, Chandigarh
organises
Five Days Online Yoga Session for
Faculty & Students
10th International Yoga Day, 2024
Theme : Yoga for Women Empowerment
June 17-21, 2024
Time: 6:30 a.m. - 7:00 a.m.

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

Master Trainer
Major Neelam

Convener:
Prof. Sudha Katyal
Principal

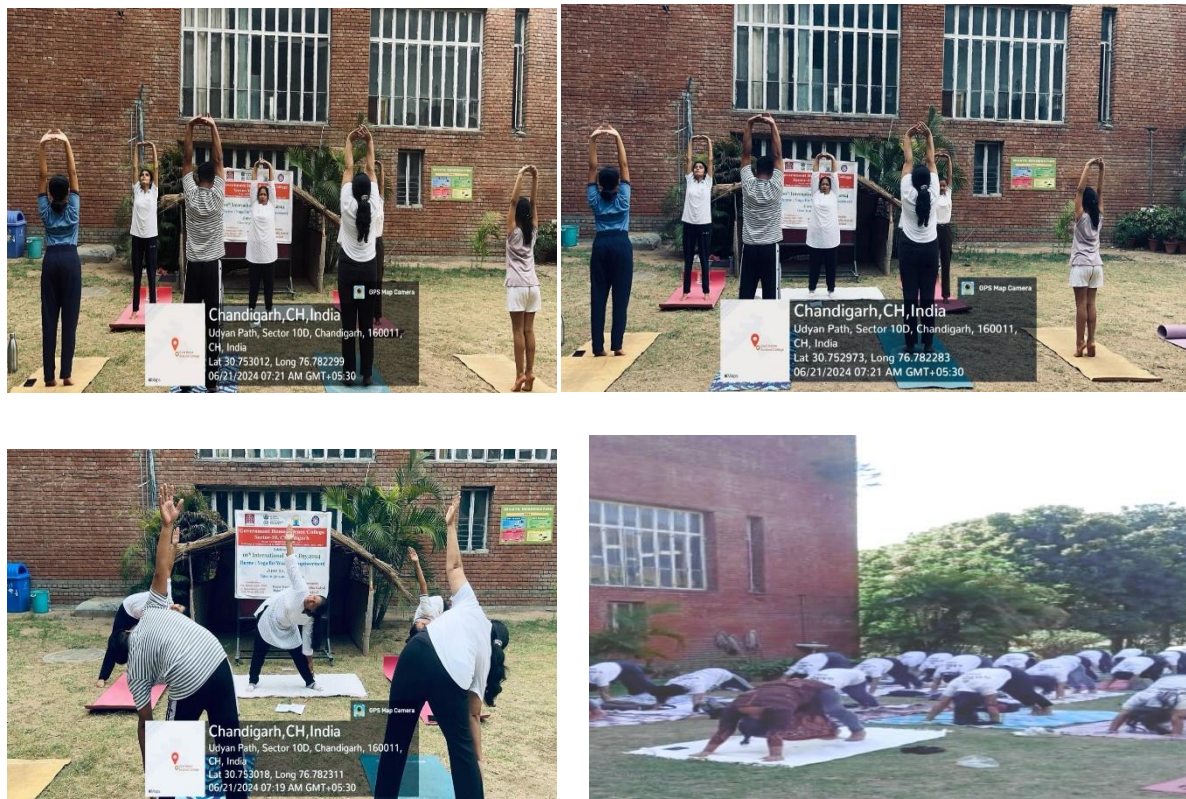


GHSC-10 Celebrated 10th International Yoga Day, 2024 21.06.24

On the occasion of 10th International Yoga Day, Yoga Session was conducted inside the college premises on the theme 'Yoga for Women Empowerment'. The theme focused the significance of yoga for women and how it benefitted them holistically. The session started with prayer so as to enhance the benefits of practice. Master Trainer, Major Neelam highlighted the significance of various asanas starting with different Calana Kriyas. Different asanas were also showcased which included Tadasana, Vrksasana, Padahastasana, ArdhaChakrasana, Trikonasana, Bhadrasana, Sasankasana, Vakrasana, Makarasana, Pavanamuktasana, Savasana and Kapalabhati along with explaining the importance of each asana. Around 40 NSS Volunteers & NCC Cadets 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 organising committee and all the participants who participated in the session with great zeal. She further highlighted that Yoga is an ancient physical, mental and spiritual

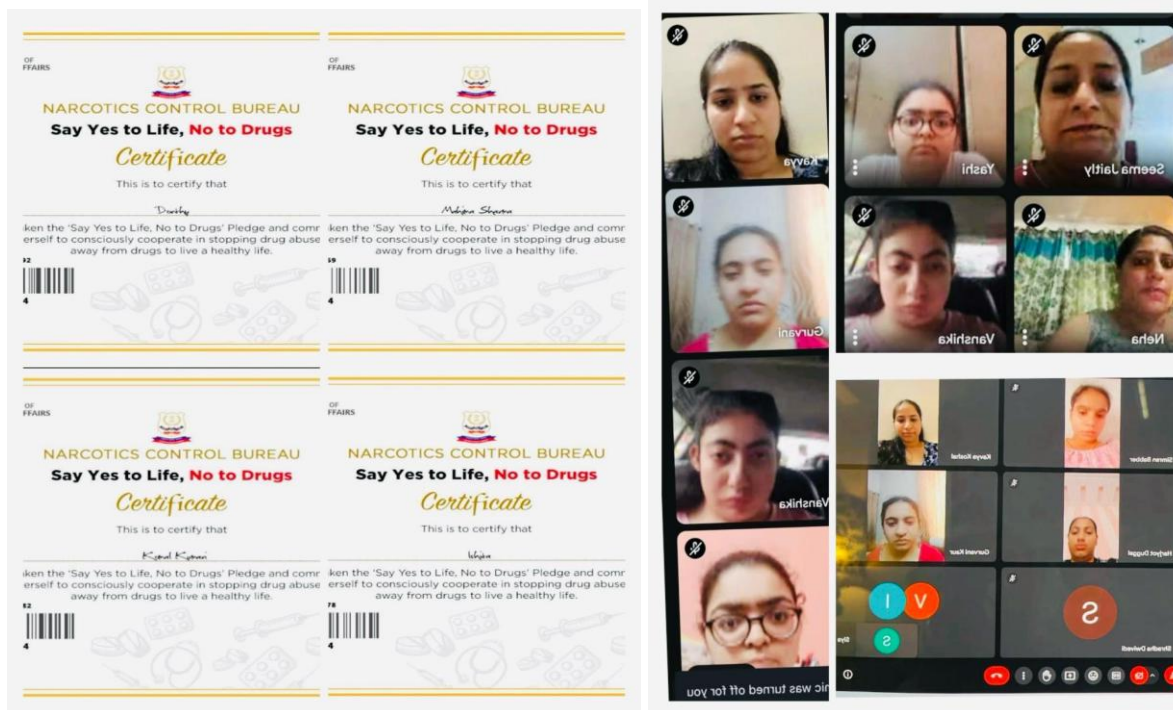
practice that leads to calmness, peace, confidence, and courage amongst women through which they can do several activities in a better & harmonious way. In her concluding remarks, she motivated the young girls to make yoga part of their life.



GHSC-10 Organised Awareness Session to Mark International Day against Drug Abuse & Illicit Trafficking 26.06.24

Government Home Science College celebrated ‘International Day against Drug Abuse and Illicit Trafficking as an expression of its determination to strengthen action and cooperation to achieve the goal of a nation free of drug abuse’ on June 26, 2024. To mark the celebrations of this day, an online awareness session was organised for the students to sensitise them regarding the harmful effects of drug use and abuse. The theme of the session was ‘The Evidence is Clear: Invest in Prevention’. Mrs. Seema Sharma along with Dr. Neha Sharma, (Coordinators of the session) enlightened the students regarding ground realities related to drug abuse. They further elaborated on various reasons of youth getting into substance abuse and its impact on their overall health. In their concluding remarks, they highlighted about preventive measures & urged students to make right choices in their life.

More than 50 students participated with enthusiasm in the session and promised to contribute their part as a responsible citizen in supporting the society against the problem of drug abuse. Students also took anti drug e-pledge and got certificates. Principal of the College, Prof. Sudha Katyal applauded the efforts of VADA Club and students for their active participation throughout the session. She further insisted students to participate significantly in such sessions as their contribution will go a long way in fighting against this evil.



Tiranga Yatra to add to fervour of Har Ghar Tiranga Campaign at GHSC-10 02.08.24

NSS Wing of Government Home Science College, Chandigarh organised Tiranga Yatra to add to fervour of Har Ghar Tiranga Campaign. More than 70 NSS Volunteers participated with great zeal and became a part of Tiranga Yatra to express their feelings of patriotism. Volunteers sang patriotic songs holding tricolour in their hands along with showcasing slogans and posters, prepared by them in poster making and slogan writing activity conducted by the NSS Wing on August 02, 2024. The Yatra commenced from the college premises to nearby areas including General Hospital, Sector-16, Chandigarh. Principal of the college, Prof. Sudha Katyal applauded the efforts of NSS Wing and highlighted the significance of conducting 'Tiranga Yatra'. She further maintained that our

national flag instills a sense of patriotism, national pride and belongingness among the countrymen as it strengthens the spirit of patriotism and nationalism among student



GHSC-10 initiated Har Ghar Tiranga Campaign 03.08.24

Government Home Science College initiated Har Ghar Tiranga Campaign in the campus today. The campaign started with Poster making and Slogan writing to invoke the feeling of patriotism in the hearts of the students and promote awareness about the tricolour. Around 60 NSS Volunteers made beautiful posters and wrote slogans to showcase their love for the tricolour, honouring brave hearts and freedom fighters. Principal of the college, Prof. Sudha Katyal highlighted glorious history of India's people, culture and achievements. She encouraged everyone to bring the Tiranga home and to hoist it to celebrate Har Ghar Tiranga campaign with full zeal and enthusiasm.



GHSC-10 Celebrates Har Ghar Tiranga Campaign with Ek Ped Maa Ke Naam 10.08.24

NSS Wing of Government Home Science College in collaboration with Horticulture Wing, Engineering Department, Chandigarh Administration participated in the "Ek Ped Maa Ke Naam" , One Tree at a Time, a Tree Plantation Drive to mark the celebrations of upcoming Independence Day. Principal of the college, Prof. Sudha Katyal and NSS Volunteers along with officials of Horticulture Department, Chandigarh came together inside the college campus to plant trees so as to contribute towards a greener and healthier planet. During the later part of the day, NSS Volunteers took Har Ghar Tiranga pledge so as to commit themselves to the values of our national flag. Principal of the college, Prof. Sudha Katyal emphasised the significance of such campaigns and encouraged everyone to make their contribution in celebrating these national campaigns with great zeal and enthusiasm. She further highlighted that such campaigns reflect our commitment to environmental sustainability and honors the nurturing spirit of motherhood accompanied by feelings of patriotism.



GHSC-10 Organised Pledge Taking Against Drug Abuse 10.08.24

As per the instructions of DoSJE to organise a country-wide mass pledge against Drugs on 10 August 2024, Victory Against Drug Abuse Club of Government Home Science College, Sector-10, Chandigarh organised Pledge taking ceremony to make the college and its premises free from Drug Abuse & Use by the students under the theme of “Viksit Bharat ka Mantra, Bharat Ho Nashe Se Swatantra”. Students were made aware of the mandate of the VADA Club and encouraged to participate in the upcoming events of the club. Around 50 students took the pledge to contribute their part in making their college premises, Chandigarh and nation drug- free. Principal of the College, Prof. Sudha Katyal applauded the efforts of VADA Club and insisted students to participate significantly in all the events as their contribution will go a long way in fighting against this evil.



Door to Door Awareness Drive on Vikshit Bharat ka Mantra Bharat ho Nashe Se Swatantra 11.08.2024

VADA Club of Government Home Science College organised door to door awareness drive on ‘Vikshit Bharat ka Mantra Bharat ho Nashe Se Swatantra’ on August 11, 2024. The aim was to sensitise general public about the harmful effects of drug abuse and use and to live a drug free life. Around 56 students participated in the activity.





GHSC-10 Organises Sensitisation on Harmful Effects of Drug Abuse through Nukkad Natak 13.08.2024

VADA Club of Government Home Science College, Chandigarh organised Nukkad Natak to sensitise students about the harmful effects of drug abuse. The theme of the Nukkad Natak was ‘Nasha kare Naash, Ho Zindagi Barbaad’. Students conveyed a powerful message about the destructive consequences of drug abuse on addicts and their families. The plot of the natak revolves around how addiction can lead not only ruining the lives of addicts but also their families. More than 67 students were part of the event. With powerful performances, the students conveyed a strong message to the audience that addiction is akin to disaster, capable of destroying even the most stable and loving families. Principal of the college, Prof.Sudha Katyal highlighted the urgency to combat substance abuse, urging everyone to contribute to a drug-free and healthy India. She further insisted that such events serve as a powerful reminder that the responsibility to build a better society begins with each individual’s choice to say ‘no to drugs’.



Principal of GHSC-10 Appeals Everyone to Contribute Towards Making India Free from Drug Abuse and Use 15.08.2024

On the occasion of 78th Independence Day celebrations at Government Home Science College, Chandigarh, the Chief Guest Prof. Sudha Katyal, congratulated staff and the students on the fourth anniversary of Nasha Mukta Bharat Abhiyaan on the theme “ Viksit Bharat ka Mantra, Bharat ho Nashe se Swantantra”. Prof. Katyal insisted everyone to contribute significantly in generating awareness regarding harmful impact of drugs on families and communities at large thereby making our country free from drug abuse and use. More than 180 participants attended the occasion.



GHSC-10 organised an Awareness Session on Cyber Security 13.09.2024

Government Home Science College, Chandigarh organised an awareness session on Cyber Security on September 13, 2024. Sub-Inspector Pragati with her team from Chandigarh Police and Cyber Crime, Chandigarh was the resource person. The session focussed on creating awareness on cyber crimes and how they can be prevented. SI Pragati highlighted the significance of cyber awareness in present times and insisted that there is a dire need to be cyber ready. More than 100 NSS Volunteers attended the session. Principal of the college, Prof.Sudha Katyal emphasised on the importance of organising such sessions and urged the audience to be cyber secure and cyber smart.





Nutrition Awareness Through Poster Making & Slogan Writing at GHSC-10

Government Home Science College, Chandigarh organised a poster making and slogan writing activity on the theme 'Poshan Bhi, Padhai Bhi' on September 04, 2024 as a part of Poshan Maah celebrations. The objective of this activity was to sensitise students about the benefits of good nutrition for holistic development. More than 50 students participated and exhibited their creativity through art on the given theme with full enthusiasm. Principal of the college, Prof. Sudha Katyal applauded the efforts of the students for sensitising everyone about good nutrition and further motivated them to spread nutrition education to all sections of society.



'Swachta Hi Seva Hai' Campaign Begins at GHSC-10.

On the occasion of tenth anniversary of Swachh Bharat Mission, 'Swachta Hi Seva Hai' Campaign begins today at Government Home Science College, Chandigarh. NSS Wing of the college has planned various activities as a part of 'Swachhta Hi Seva Hai Campaign' from September 15 - October 02, 2024 on the theme 'Swabhav Swachhta-Sanskaar Swachhta'. The campaign began with oath

taking ceremony on cleanliness in which NSS volunteers took 'Swachhta Pledge' to keep their environment clean and green. Furthermore, NSS volunteers indulged in campus building cleaning with full enthusiasm and worked towards the NSS motto, 'Not Me, But You'. Principal of the college, Prof.Sudha Katyal applauded the efforts of NSS Wing and further emphasised on Mahatma Gandhi's vision, 'Ek Kadam Swachta ki Aur- Swacch Bharat, Sundar Bharat' and encouraged NSS volunteers to participate with full zeal in all the upcoming activities throughout the campaign to make the govt's key initiative successful.

