



## **Extension Activities for the Session 2023-24**

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**Extension Activities  
Conducted by  
NSS Wing of the College**

## 1. Nukkad Natak and Poster Making

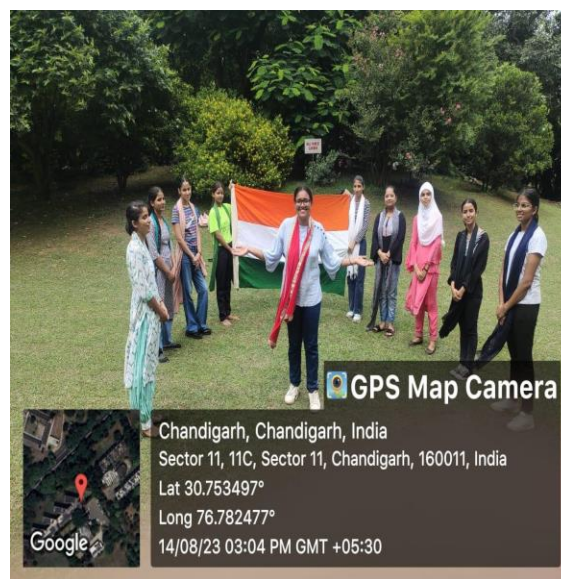
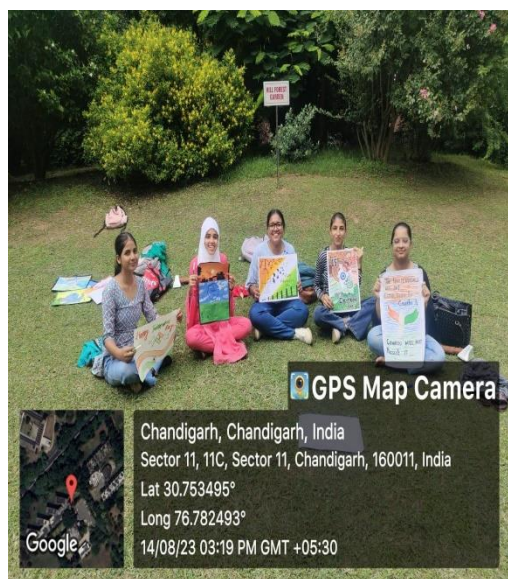
**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** Meri Maati Mera Desh Campaign

**Year of the activity:** 2023

**Number of students participated in the activity:** 57

As a prelude to upcoming 77th Independence Day, NSS Wing of Government Home Science College organised Nukkar Natak & Poster Making on the theme 'Meri Maati, Mera Desh' to commemorate 'Azadi ka Amrit Mahotsav' on August 14, 2023. 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.



Link of the activity: <https://homescience10.ac.in/news-events/nss-wing-of-the-college-organised-nukkar-natak-and-poster-making-on-the-theme-meri-mati-mera-desh>

## 2. Khaadi Yatra

**Organising unit/ agency/ collaborating agency- NSS**

**Name of the scheme: Khaadi Mahotsav**

**Year of the activity: 2023**

**Number of students participated in the activity: 53**

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.



Link of the activity: <https://homescience10.ac.in/content/nss-activities>



### 3. Swachhta Pledge and Sharamdan

**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** Swachhta Hi Seva Hai

**Year of the activity:** 2023

**Number of students participated in the activity:** 180

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 Swachhta ki Aur- Swacch Bharat, Sundar Bharat'.



Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-contributed-significantly-in-swachhta-hi-seva-campaign>

## 4. Walkathon

**Organising unit/ agency/ collaborating agency-** NSS & NCC Wing of the college in Collaboration with Sahitya Charitable Welfare Society, Chandigarh

**Name of the scheme:** Breast Cancer Campaign

**Year of the activity:** 2023

**Number of students participated in the activity:** 110

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.



Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-organized-breast-cancer-walkathon>

## 5. Amrit Kalash Yatra with Panch Praan Pledge

**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** Meri Maati Mera Desh Campaign

**Year of the activity:** 2023

**Number of students participated in the activity:** 58

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 on October 12, 2023. 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.



Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-organises-amrit-kalash-yatra-under-meri-maati-mera-desh-campaign>



## 6. Awareness Rally

**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** Nasha Mukta Bharat Abhiyan Campaign

**Year of the activity:** 2023

**Number of students participated in the activity:** 59

Government Home Science College, Sector-10, Chandigarh organised an awareness rally against drug abuse on October 25, 2023. 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.



Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-organised-awareness-rally-on-nasha-mukt-bharat>



## 7. Vigilance Awareness Rally

**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** Say No to Corruption and Commit to Nation

**Year of the activity:** 2023

**Number of students participated in the activity:** 26

Government Home Science College organised Vigilance Awareness Rally on 26.11.2023. 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.



Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-organised-vigilance-awareness-rally>

## 8. Run for Unity

**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** Rashtriya Ekta Diwas

**Year of the activity:** 2023

**Number of students participated in the activity:** 47

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.



Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-celebrates-rashtriya-ekta-diwas>



## 9. Poster Making and Awareness Campaign

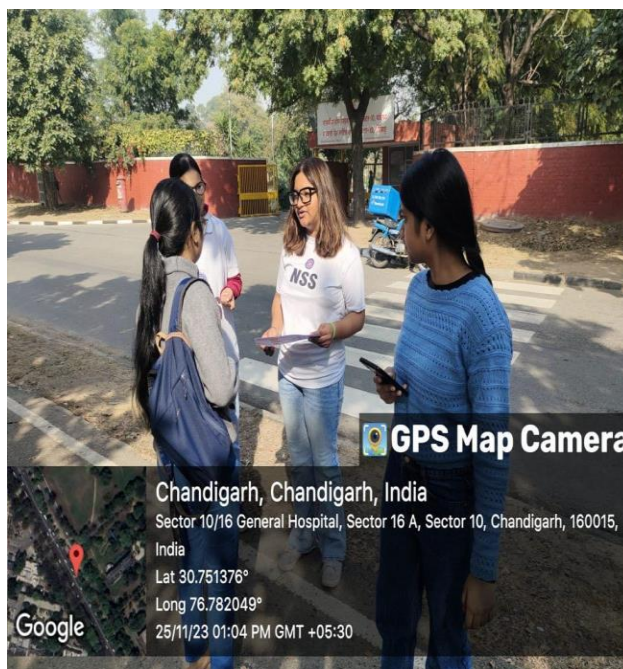
**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** SVEEP (Systematic Voters' Elections and Electoral Participation)

**Year of the activity:** 2023

**Number of students participated in the activity:** 38

Govt. Home Science College, Sector-10, Chandigarh organized Poster making activity on the theme "Significance of Voting" on November 25, 2023. 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.



Link of the activity: <https://homescience10.ac.in/content/nss-activities>



## 10. Awareness Rally and Door to Door Campaign

**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** SVEEP (Systematic Voters' Elections and Electoral Participation)

**Year of the activity:** 2023

**Number of students participated in the activity:** 100

NSS Volunteers generated sensitisation through awareness rally regarding significance of voting at Bhaskar Colony, Sector 25, Chandigarh on December 28, 2023. 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. 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.



Link of the activity: <https://homescience10.ac.in/news-events/second-day-of-special-nss-camp-sensitisation-through-awareness-rally-and-door-to-door-campaign-on-significance-of-voting-along-with-session-on-menstrual-hygiene>

## 11. Awareness Rally

**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** Nasha Mukta Bharat Abhiyan Campaign

**Year of the activity:** 2023

**Number of students participated in the activity:** 100

Volunteers organized a rally on December 29, 2023. with the aim to sensitize 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.



Link of the activity: <https://homescience10.ac.in/news-events/day-3-interactive-session-on-skill-development-and-entrepreneurship-poster-making-and-awareness-rally-on-harmful-effects-of-drug-use-and-abuse>

## 12. Awareness Rally and Puppet Show

**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** Swacch Bharat Abhiyan

**Year of the activity:** 2023

**Number of students participated in the activity:** 100

NSS Volunteers raised awareness by advocating against the use of plastics through impactful slogans in various colonies in Mani Majra, Chandigarh December 30, 2023. Furthermore, the Volunteers conducted a puppet show to sensitize the people regarding Covid 19 guidelines & good hygienic practises. 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'.



Link of the activity: <https://homescience10.ac.in/news-events/fourth-day-of-special-nss-camp-awareness-rally-on-say-no-to-plastic-puppet-show-on-covid-19-guidelines-and-good-hygienic-practises-and-an-interactive-session-on-legal-rights-of-women>



### 13. Awareness Rally and Door to Door Campaign

**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** SVEEP (Systematic Voters' Elections and Electoral Participation)

**Year of the activity:** 2023

**Number of students participated in the activity:** 100

NSS volunteers visited the college's adopted village KHUDA ALISHER to assess the involvement of youth in formal education December 31, 2023. 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.



Link of the activity: <https://homescience10.ac.in/news-events/fifth-day-of-special-nss-camp-visit-to-adopted-village-khuda-ali-sheer-and-awareness-rally-and-door-to-door-campaign-on-electoral-literacy>



**Extension Activities  
Conducted by  
Red Ribbon Club of the College**

## **14. Worlds AIDS Day Rally, Intra College Poster, Collage & Rangoli Competitions**

**Organising unit/ agency/ collaborating agency-** Red Ribbon Club in Collaboration with State AIDS Control Society, Union Territory, Chandigarh

**Name of the scheme:** World AIDS Day

**Year of the activity:** 2024

**Number of students participated in the activities:** 50

Red Ribbon club of Government Home Science College, Chandigarh organized a rally on December 01, 2023 to celebrate World AIDS Day. Intra college poster making, collage making and rangoli competitions were also held. Around 50 students participated in rally and 36 students took part in various competitions.

Principal of the college, Prof.Sudha Katyal applauded the efforts of the Red Ribbon Club in raising awareness regarding this significant issue.

Link of the Activity:

[https://homescience10.ac.in/writable/uploads/media/1734065984\\_347b99822631cf3bc99b.pdf](https://homescience10.ac.in/writable/uploads/media/1734065984_347b99822631cf3bc99b.pdf)





**Extension Activities**  
**Conducted by**  
**NSS Wing, VADA Club & Electoral Literacy**  
**Club of the College**

## 15. Walkathon

**Organising unit/ agency/ collaborating agency-** NSS

**Name of the scheme:** Ram Mahotsav

**Year of the activity:** 2024

**Number of students participated in the activity:** 23

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.



Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-participated-in-walkathon-to-celebrate-ram-mahotsav>

## 16. Interactive Session at Dainik Bhaskar and Bapu Dham Colony

**Organising unit/ agency/ collaborating agency-** VADA club in collaboration with Social Welfare Department, Chandigarh

**Name of the scheme:** Nasha Mukta Bharat Abhiyan Campaign

**Year of the activity:** 2024

**Number of students participated in the activity:** 330

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.





Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-organised-interactive-sessions-on-harmful-effects-of-drug-use-and-abuse-at-dainik-bhaskar-colony-and-bapu-dham-colony-chandigarh>



## 17. Awareness Rally

**Organising unit/ agency/ collaborating agency-** NSS with Electoral Literacy Club  
**Name of the scheme:** SVEEP (Systematic Voters' Elections and Electoral Participation)  
**Year of the activity:** 2024  
**Number of students participated in the activity:** 170

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.



Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-conducted-awareness-rally-on-significance-of-voting>

## 18. Awareness Rally

**Organising unit/ agency/ collaborating agency-** VADA club in collaboration with Social Welfare Department, Chandigarh

**Name of the scheme:** Nasha Mukht Bharat Abhiyan Campaign

**Year of the activity:** 2024

**Number of students participated in the activity:** 100

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.





Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-organised-awareness-rallies-on-say-no-to-drugs>



## 19. Awareness Campaign

**Organising unit/ agency/ collaborating agency-** Electoral Literacy Club with Election Department, Chandigarh

**Name of the scheme:** SVEEP (Systematic Voters' Elections and Electoral Participation)

**Year of the activity:** 2024

**Number of students participated in the activity:** 54

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.





Link of the activity: <https://homescience10.ac.in/news-events/ghsc-10-organises-awareness-campaign-on-voting-for-persons-with-disabilities>



**Extension Activities  
Conducted by  
Innovation, Entrepreneurship & Placement  
Cell of the College**

## 20. Innovation and Entrepreneurship Activity at Chandigarh Trade Fair 2023

**Organising unit/ agency/ collaborating agency-** IEP Cell in collaboration with SIDBI and CII

**Name of the scheme:** Make in India and Aatmnirbhar Bharat

**Year of the activity:** 2023

**Number of students participated in the activity:** 29

Govt. Home Science College, Sector 10, Chandigarh has put up its stall in CII Chandigarh trade fair, 2023 at Parade ground Sector 17, Chandigarh from Nov. 3rd -6th, 2023. It is sponsored and promoted by SIDBI. Budding entrepreneurs of the college are showcasing & selling their innovative exquisite handcrafted products ranging from home decors, hand-painted dupattas suits, beautiful paintings, diyas, torans, millet cakes, planters, block printed dupattas, candles, hand made toys, crochet items to planters and many more Diwali gift items. Free diet counselling by the college nutrition experts and handwriting analysis by student counsellors are unique features of the stall which is proving to be crowd puller. This fair is inaugurated by Sh. Aman Arora, Cabinet Minister, Punjab. He appreciated the efforts of all budding entrepreneurs in bringing innovative products to the fair. Sh Balbir Singh, GM, SIDBI visited the college stall and motivated the students of the college to exploit this opportunity by selling and promoting their handmade products. Huge footfall was witnessed throughout the day in the stall. Brisk sales of the various items on first day boosted the confidence of young entrepreneurs. Budding entrepreneurs felt enthusiastic to get this platform for selling and marketing their handmade products. Principal Prof Sudha Katyal applauded the efforts of Innovation Entrepreneurship and Placement cell and budding entrepreneurs for active participation in CII trade fair. She expressed her gratitude to SIDBI for giving this platform to students. She said that institutional support is key to enabling business ideas to become full-fledged businesses.







Link of the activity: <https://homescience10.ac.in/news-events/home-science-college-puts-up-its-stall-in-cii-chandigarh-trade-fair>



## 21. Institutional Innovation Council Regional Meet at Panjab University, Chandigarh

**Organising unit/ agency/ collaborating agency-** IEP Cell in collaboration with Panjab University, Chandigarh

**Name of the scheme:** Make in India and Entrepreneurship Development

**Year of the activity:** 2023

**Number of students participated in the activity:** 43

In a significant stride towards fostering innovation and entrepreneurship, Faculty and budding entrepreneurs of the college participated in a day long Institutional Innovation Council Regional Meet held in Panjab University on November 21, 2023. This meet was organised by Ministry of Education to foster startup ecosystem in Higher Education Institutions. The event, which witnessed participation of more than 100 educational institutions from the country, included multiple sessions including demonstration of IIC posters by the institutions, display of innovation by the institution in standee form, Udyammi Bazaar and Kartvyabodh interactive session. Anupreet Kaur Sobti, a Ph.D. research scholar of the college & founder of startup Dietaura and Pratakshya Sharma, a student of B.Sc. Home Science IIIrd year and founder of startup Millet Bites showcased their startups, innovation and business ideas in Udyammi Bazaar. Vice chancellor of Panjab University Prof Renu Viz visited the stall put up by the budding entrepreneurs of the college and appreciated their innovative efforts. The budding entrepreneurs got the opportunity to interact with a large number of visitors, sensitizing them about health and fitness goals. Pratakshya Sharma founder of Millet bites, not only explained the importance of millets in the diet but also successfully sold her innovative millet balls and mud cakes. They also participated actively in kartavyabodh, an open interactive session by pitching their business ideas in front of visitors. Open interactive sessions facilitated discussions and idea exchanges, creating a dynamic environment for budding innovators. Dr. Shabana Gandhi, representative of IIC meet from the college, played a pivotal role in mentoring and motivating students to actively participate in all sessions. Throughout the day, various meetings took place at different venues within the university, including an Innovation Round Table Discussion and an IIC Consortium Meeting. Emphasizing the theme of "Job Creators, not Job Seekers," the event highlighted the role of higher education institutions in sustainable development. The event underscored the pressing need for more innovative ideas and addressed common challenges faced by innovators and startups. The discussions centred on creating an environment that nurtures entrepreneurship and contributes to sustainable development. The Principal of College, Prof. Sudha Katyal also came to motivate and applaud the students for their outstanding efforts. As the day concluded, our home scientists held valuable insights and inspiration to continue their journey as innovators and entrepreneurs. All the participants were felicitated with participation certificates.



Linl of the activity:<https://homescience10.ac.in/news-events/home-science-faculty-and-students-participated-in-institutional-innovation-council-regional-meet-at-panjab-university-chandigarh>

## 22. Home Science Students Showcased their talent at 52nd Rose Festival, Chandigarh

**Organising unit/ agency/ collaborating agency-** IEP Cell in collaboration with MC, Chandigarh and Chandigarh Administration

**Name of the scheme:** Make in India and Aatmnirbhar Bharat

**Year of the activity:** 2024

**Number of students participated in the activity:** 46

Government Home Science college participated in 52nd Rose Festival organized by Municipal Corporation, Chandigarh wherein students exhibited their creative potential as a budding entrepreneur. The 52nd Rose Festival was held at Rose Garden and Leisure Valley, Chandigarh from 23.02.2024 to 25.02.2024. Students displayed a plethora of articles such as dresses made from sustainable and environment friendly materials, handmade & painted bags, handmade soft toys, millet based healthy recipes, hand crafted dupattas, handkerchiefs, paintings, hair accessories, masks, table-cloths, hoops, chains, room hangings and decorative items along with fun psychological games and tests assessing personality. Stalls on hand writing analysis, fun psychological games and diet counselling received an overwhelming response as students experienced a brisk sale of their products. The rationale was not only to provide a launchpad to the students to showcase their talent but also to accelerate the idea of 'Make in India'. College, being an incubation center, has always promoted and encouraged students to showcase their skills and be self-reliant. Principal, Prof Sudha Katyal emphasized on the dire need to inculcate the initiatives of Make in India and Atma Nirbhar Bharat. She also appreciated the efforts put in by the students and faculty and further encouraged them to work towards skill enhancement and make the most of such platforms provided by the institute for their benefits.











Link of the activity: <https://homescience10.ac.in/news-events/budding-entrepreneurs-of-government-home-science-college-put-up-stalls-at-52nd-rose-festival>



**Extension Activities  
Conducted by  
Department of Resource Management &  
Extension of the College**

## 23. Visit to Welfare Organization

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Senior Citizen Home, Sector 15, Chandigarh

**Name of the scheme:** Community Development

**Year of the activity:** 2023

**Number of students participated in the activity:** 12

The students of B.Sc. 5<sup>th</sup> Semester HD Stream visited Senior Citizen Home, Sector 15 on November 10, 2023. They participated in various fun activities like dancing and singing with the inmates making them happy and joyful and spent quality time with people there.



Link of the Activity:

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## 24. Visit to Welfare Organization

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Kartar Aasra Old Age Home and Orphanage

**Name of the scheme:** Community Development

**Year of the activity:** 2023

**Number of students participated in the activity:** 19

The Department of Extension Education of Government Home Science College, Sector 10 Chandigarh organised a visit to Kartar Aasra Old age home and Orphanage on November 14, 2023. The students of B.Sc. 5<sup>th</sup> Semester Dietetics Stream participated and spent quality time with people there. Students shared sorrows, discussed problems, enjoyed dancing and also learnt from the knowledge and experiences of the inmates. Home Science students did cake cutting to make inmates enjoy. Although they went there with the motive of availing themselves to the destitute but ended up gaining more from them. It was an emotive experience where the elderly showered their invaluable blessings and also appreciated the efforts put by the students.



Link of the Activity:

[https://homescience10.ac.in/writable/uploads/media/1734065984\\_347b99822631cf3bc99b.pdf](https://homescience10.ac.in/writable/uploads/media/1734065984_347b99822631cf3bc99b.pdf)

## 25. Visit to Welfare Organization

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Senior Citizen Home, Sector 15, Chandigarh

**Name of the scheme:** Community Development

**Year of the activity:** 2023

**Number of students participated in the activity:** 11

The desire of inmates of old age home to spend more time with them motivated students to organize another visit to Kartar Aasra Old age home and Orphanage on November 18,2023. The students of B.Sc. 5<sup>th</sup> Semester ATD Streams took initiative this time and distributed fruits and other eateries to the inmates. They performed various activities with them and tried to learn the lessons from their experiences.



Link of the Activity:

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## 26. Visit to Welfare organization

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Anganwadi, Sector-25 D, Chandigarh

**Name of the scheme:** Community Development

**Year of the activity:** 2023

**Number of students participated in the activity:** 11

The students of B.Sc. 5<sup>th</sup> Semester IDRМ Stream visited Anganwadi in sector 25, Chandigarh and performed various activities with children there like poem recitation, games etc. on November 24, 2023. They also learn the working of Anganwadi by discussing with Anganwadi workers present there.



Link of the Activity:

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## 27. Survey and Awareness Program on Mental Health

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Govt. Model High School, Sector 35, Chandigarh

**Name of the scheme:** Community Development

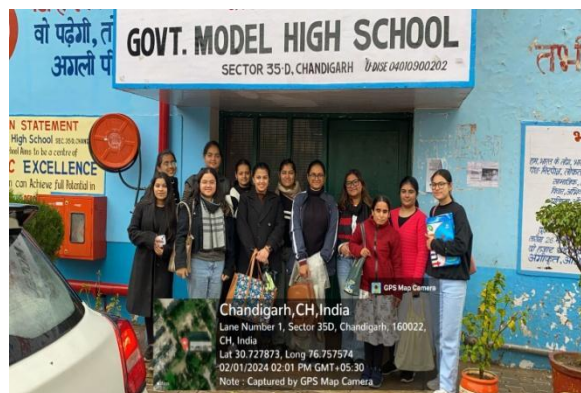
**Year of the activity:** 2024

**Number of students participated in the activity:** 12

The students of B.Sc. Home Science 6th semester HD visited Govt. Model High School, Sector 35, Chandigarh to conduct a survey and awareness program on Mental Health as an extension Programme on February 01, 2024. Various activities were conducted by students like presentation on mental health; flash cards were showcased presenting various mental problems and their cure. A skit was enacted with the help of puppets and games were also conducted to promote good mental health. At the end the students were given a survey questionnaire to fill up. Approximately 100 school students were made aware. The school faculty provided positive support during whole Programme.

Principal of the college Prof. Sudha Katyal encouraged the college students to spread awareness about the mental health and exam anxiety.

Headmistress of the school Ms. Shilp Batish also appreciated the students for great work done by the team.



Link of the Activity:

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<https://newslickab.com/2024/02/02/survey-and-awareness-program-on-mental-health-conducted-by-the-students-of-government-home-science-college-sector-10-chandigarh-hdfr-department/>

<https://khaaskhabar.com/2024/02/02/survey-and-awareness-program-on-mental-health-conducted-by-the-students-of-government-home-science-college-sector-10-chandigarh-hdfr-department/>

## 28. Survey and Awareness Program on Exam Anxiety and Mental Health Issues

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Shastri Model School, Phase1, Mohali

**Name of the scheme:** Community Development

**Year of the activity:** 2024

**Number of students participated in the activity:** 12

The students of B.Sc. Home Science 6th semester HD visited Shastri Model School, Phase 1 Mohali to conduct a survey and awareness program on 'Exam Anxiety and mental health issues' as an extension Programme on February 14, 2024.

Awareness was done through interactive ppt presentation on exam anxiety, flash cards showcased various mental problems and their cure. A story was enacted with the help of puppets to make target students understand the concept in a playful way. Games were also conducted to promote good mental health. School students fill survey questionnaire on the same topic. About 100 school students participated in the program. The school faculty was very supportive during the activities. Principal of the college Prof. Sudha Katyal encouraged the college students to spread awareness about the mental health and exam anxiety. Director Mr. Rajneesh Kumar and Principal Ms. Renu Bala of the school also appreciated the students for great work done by the team.

Link of the activity: Link of the Activity:

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<https://khaaskhabar.com/2024/02/14/survey-and-awareness-program-on-exam-anxiety-and-mental-health-issues/>

<https://newslickab.com/2024/02/14/survey-and-awareness-program-on-exam-anxiety-and-mental-health-issues/>

## 29. Survey and Awareness Program on Exam Anxiety, Stress Management and Mental Health Issues

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Blossom Convent School, Nayagaon

**Name of the scheme:** Community Development

**Year of the activity:** 2024

**Number of students participated in the activity:** 12

The students of B.Sc. Home Science 6th semester HDFR conducted an extension Programme under the guidance of Ms. Shalu Gupta, in Blossom Convent School, Nayagaon on February 22, 2024, where in a survey and awareness program on 'Exam Anxiety, stress management and mental health issues' was performed.

Awareness was done through interactive session on exam anxiety, posters and flash cards showcased various mental problems and their cure. Puppets were used to make learning more interesting. An easy way of meditation was demonstrated to students for stress management. School students filled a survey questionnaire on the same topic. Approximately 100 school students participated in the program. The school faculty appreciated the pertinence of the topic. Principal of the college Prof. Sudha Katyal encouraged the college students to continue with such efforts in spreading awareness. Director Mrs. Geeta Sandhu and Vice Principal Mrs. Mukesh Chaudhary of the school also appreciated the great work done by the students' team.



Link of the activity: Link of the Activity:

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<https://newslickab.com/2024/02/23/survey-and-awareness-program-on-exam-anxiety-stress-management-and-mental-health-issues/>

<https://khaaskhabar.com/2024/02/23/survey-and-awareness-program-on-exam-anxiety-stress-management-and-mental-health-issues/>



## 30. Survey and Awareness on Mobile Phone Addiction

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Postgraduate Government College for Girls, Sector-42, Chandigarh

**Name of the scheme:** Community Development

**Year of the activity:** 2024

**Number of students participated in such activities:** 19

The students of BSc. Home Science 6th semester[composite] went to Postgraduate Government College for Girls, Sector-42 Chandigarh to conduct a survey (200) and awareness Programme on Mobile Addiction on March 06, March 12 and April 02, 2024 respectively. Various activities were conducted by students like Flashcards were showcased which represented the disadvantages of excessive use of mobile phones. And also students were given a questionnaire to fill. The students believe that raising awareness about Mobile Addiction is essential in today's digital age. And they hope to empower individuals to strike a balance between their digital and offline lives. Principal of the College Prof. Sudha Katyal encouraged students to spread awareness on Mobile Addiction.



Link of the Activity:

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## 31. Survey on Textile Waste Management

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Postgraduate Government College for Girls, Sector-42, Chandigarh

**Name of the scheme:** Community Development

**Year of the activity:** 2024

**Number of students participated in the activity:** 11

A survey was conducted by the students of BSc. Home Science 6th semester (ATD) at Postgraduate Government College for Girls, Sector-42 Chandigarh on March 12 and 13, 2024 to know the awareness and attitude of young girls towards their knowledge related to textile waste, fast fashion and their related issues. About 200 girls were surveyed.



**Link of the Activity:**

[https://homescience10.ac.in/writable/uploads/media/1734065984\\_347b99822631cf3bc99b.pdf](https://homescience10.ac.in/writable/uploads/media/1734065984_347b99822631cf3bc99b.pdf)

## 32. Survey and Awareness on Celiac Disease & Millet Promotion

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Anganwadi centers (Sector-38, Dhanas, Maloya, Khizrabad)

**Name of the scheme:** Community Development

**Year of the activity:** 2024

**Number of students participated in the activity:** 19

Students of sixth semester of the BSc Home Science Dietetics, undertook a survey and awareness program on Celiac disease and the promotion of millets at Anganwadi centers (Sector-38, Dhanas, Maloya, Khizrabad) On March 11 and 12, 2024. Various activities were organized by the students, including the dissemination of information through flashcards and posters, a puppet show performance, and the identification of millets. Millet halwa, prepared by college students, was also distributed among ladies to promote faster adoption of millets based recipes. Towards the conclusion, questionnaires regarding millet knowledge were distributed to the anganwadi workers and ladies. We express our sincere gratitude for the unwavering support extended by the faculty. Principal of the college Professor Sudha Katyal encouraged the students to spread awareness on Celiac disease and millet promotion.



Link of the Activity:

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### 33. Visit to Welfare Organization

**Organising unit/ agency/ collaborating agency-** Department of RME, Government Home Science College in collaboration with Kartar Aasra Old Age Home and Orphanage

**Name of the scheme:** Community Development

**Year of the activity:** 2024

**Number of students participated in the activity:** 19

The Department of Extension Education of Government Home Science College, Sector 10 Chandigarh organised a visit to Kartar Aasra Old age home and Orphanage on April 04, 2024. The students of B.Sc. 6<sup>th</sup> Semester Composite Stream participated and spent quality time with people there. Students shared sorrows, discussed problems and also learnt from the knowledge and experiences of the inmates. Home Science students played games like Badminton, Cricket with children and sung songs, dance, shared stories with them. They distributed refreshments including chocolates, biscuits, Mazza and fruits. It was an emotive experience where the elderly showered their invaluable blessings and enjoyed with full enthusiasm.



Link of the Activity:

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**Extension Activities  
Conducted by  
NCC Unit of the College**

## 34. Nukkad Natak and Poster Making

**Organising unit/ agency/ collaborating agency:** NCC in collaboration with Sahayta Charitable Welfare Society, Chandigarh

**Name of the scheme:** No Tobacco Day and Community Development

**Year of the activity:** 2023

**Number of students participated in the activity:** 17

NCC Unit of the college celebrated 'No Tobacco Day' to create awareness regarding the hazards of Tobacco Consumption. NCC cadets along with the members of Sahayta Charitable Welfare Society, Chandigarh made people aware regarding the bad effects of consumption of tobacco. The members of charitable trust conducted poster making competitions. NCC cadets actively participated in this event and won prizes, cadets made handmade and digital poster as well. The theme for this day was 'SAY NO TO TOBACCO AND YES TO FOOD'.



Link of the activity:

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## 35. Walkathon

**Organising unit/ agency/ collaborating agency-** NCC

**Name of the scheme:** Nasha Mukta Bharat Abhiyan Campaign

**Year of the activity:** 2023

**Number of students participated in the activity:** 22

NCC Unit of the college conducted walkathon on June 12<sup>th</sup>, 2023 at Sukhna Lake, Chandigarh. The walkathon was held to make people aware of the effects of consumption of drugs and letting them know the consumption of drugs will lead to severe health issues.



Link of the activity:

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## 36. Cycle Rally

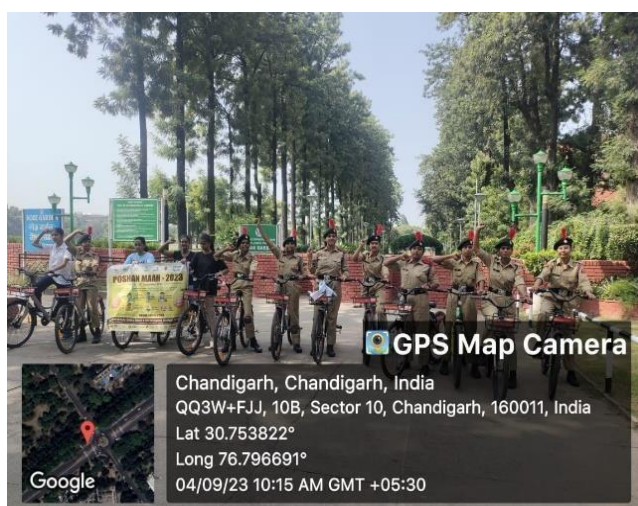
**Organizing/ agency/ collaborating agency-** NCC

**Name of the scheme:** Poshan Abhiyan

**Year of the activity:** 2023

**Number of students participated in the activity:** 23

NCC Unit of the college organized Cycle Rally to mark the celebrations of Poshan Abhiyan on September 4, 2023. The rally was flagged off from the college premises and cadets took a route towards Madhya Marg and Sector 15 and 16, Chandigarh and generated awareness on significance of nutrition for both mother and the baby.



Link of the activity:

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## 37. Awareness Rally

**Organizing/ agency/ collaborating agency- NCC**

**Name of the scheme: Puneet Sagar Abhiyan**

**Year of the activity: 2023**

**Number of students participated in the activity: 02**

NCC Cadets of Government Home Science College, Chandigarh participated in an awareness rally to generate awareness among youth about significance of cleaning water bodies through a Government's key initiative, "Puneet Sagar Abhiyan" on September 09, 2023.



Link of the activity:

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## 38. Walkathon

**Organizing/ agency/ collaborating agency- NCC**

**Name of the scheme: Earth Day**

**Year of the activity: 2023**

**Number of students participated in the activity: 17**

NCC Cadets of Government Home Science College celebrated Earth Day. The unit organized a walkathon to raise awareness about contemporary environmental issues like Pollution, deforestation and loss of biodiversity.



Link of the activity:

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## 39. Cleanliness and Sharamdan

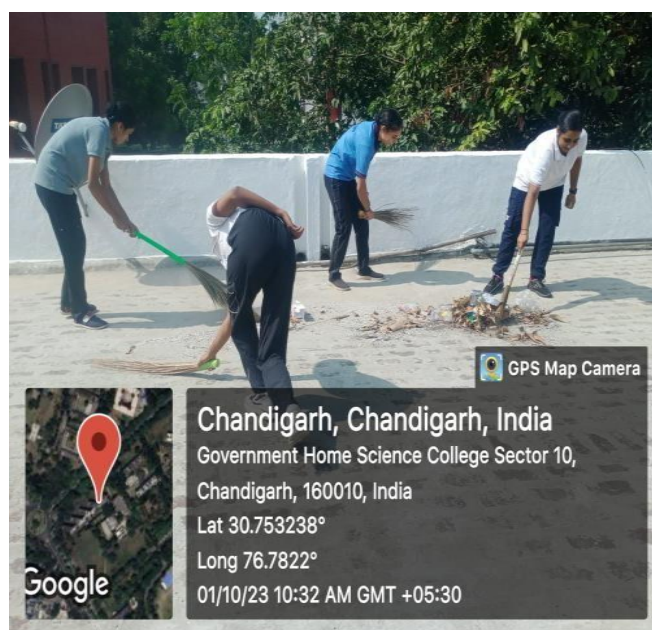
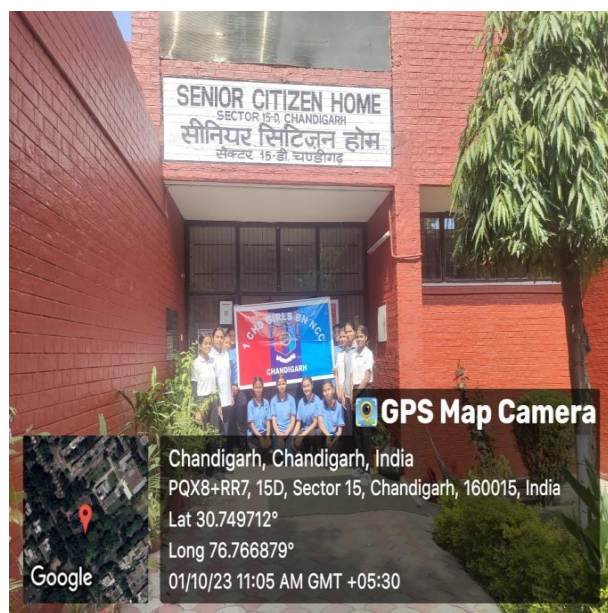
**Organizing/ agency/ collaborating agency-** NCC

**Name of the scheme:** Swacchta Abhiyan

**Year of the activity:** 2023

**Number of students participated in the activity:** 25

NCC cadets of Government Home Science college organized cleanliness and Sharamdan at Senior Citizen Home Sector 15-D Chandigarh. The event was dedicated to the birth anniversary of father of the nation Mahatma Gandhi. The cadets also took part in the cleanliness drive and cleaned the inside premises of Senior Citizen Home.



**Link of the activity:**

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## 40. Visit to War Memorial

**Organizing/ agency/ collaborating agency-** NCC  
**Name of the scheme:** Military Literature Festival  
**Year of the activity:** 2023  
**Number of students participated in the activity:** 08

NCC cadets of Government Home Science college visited War Memorial to mark the celebrations of Military Literature Festival on November 11, 2023.



Link of the activity:

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## 41. Blood Donation

**Organizing/ agency/ collaborating agency-** NCC Unit of the college in collaboration with Moti Ram Arya Senior Secondary Model School, Sector-27, Chandigarh

**Name of the scheme:** Blood Donation

**Year of the activity:** 2023

**Number of students participated in the activity:** 05

NCC Unit of the college organized Blood donation camp in collaboration with Moti Ram Arya Senior Secondary Model School, Sector-27, Chandigarh on November 25, 2023. Five cadets donated their blood during this campaign and took pledge to donate blood every year and contribute in the noble cause of saving precious lives of needy people.



Link of the activity:

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## 42. Woolen Donation Drive

**Organizing/ agency/ collaborating agency-** NCC

**Name of the scheme:** Social Service and Community Development

**Year of the activity:** 2024

**Number of students participated in the activity:** 40

NCC Unit of Government Home Science College conducted Woolen Donation Drive at outside premises of PGIMER, Sector-12, Chandigarh and General Hospital, Sector-16, Chandigarh respectively for underprivileged children and aged as a part of Social Service and Community Development. The aim of the drive was to sensitize NCC Cadets and general masses regarding the needs of vulnerable sections of society.



**Link of the activity:**

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### 43. Awareness on Swami Vivekananda Ideology among Masses

**Organizing/ agency/ collaborating agency-** NCC in collaboration with Ramakrishna Mission Ashram, Sector-15, Chandigarh

**Name of the scheme:** National Youth Day

**Year of the activity:** 2024

**Number of students participated in the activity:** 21

To mark the celebrations of National Youth Day, NCC Unit of Government Home Science College, Chandigarh in collaboration with Ramakrishna Mission Ashram, Chandigarh organized an awareness programme for the general public and students to aware them regarding the ideologies of Swami Vivekananda on 12.01.2024.



Link of the activity:

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