

Annual NSS Report 2025 April to 2026 April

GHSC-10 Organizes Poster Making Competition to Celebrate Poshan Pakhwada

Date: 12 April, 2025

Government Home Science College, Chandigarh, organized a Poster Making Competition on April 12, 2025, as part of the Poshan Pakhwada celebrations. The event was held on the theme "Poshan Bhi, Padhai Bhi" to promote awareness about the importance of both nutrition and education. NSS volunteers actively participated in the competition and showcased their creativity through vibrant and thought-provoking posters. Their enthusiastic involvement highlighted their commitment to the cause of holistic development. Prof. Sudha Katyal, Principal of the college, appreciated the efforts of the NSS wing for their meaningful contribution to the Poshan Pakhwada celebrations and encouraged students to continue supporting such impactful initiatives.



GHSC-10 Installs Tree of Life: Nourishing a Future Free from Drugs

Date: 28 April, 2025

Government Home Science College, Chandigarh, took a creative stand against drug abuse by installing a symbolic “Tree of Life” on campus, which is depicting the collective wishes of students to make Chandigarh drug free. Students wrote heartfelt messages expressing their hopes for a drug-free world and decorated the tree with vibrant artwork and wishes. Their active participation reflected deep commitment to creating a healthy and positive environment. Principal Prof. Sudha Katyal lauded the efforts of the VADA Club and NSS Wing for spearheading the event. She emphasized the pivotal role of youth in spreading awareness and inspiring social change, adding that such activities not only educate but also empower students to work towards a drug-free India and build a brighter, healthier future.



GHSC-10 Organized Walk for Drug-Free Chandigarh: A Step Towards a Healthier Future

Date: 03 May, 2025

In a firm commitment to combating drug abuse and promoting a healthier, addiction-free society, Government Home Science College, Sector-10, Chandigarh, organized a “Walk for Drug-Free Chandigarh” on May 5, 2025. The initiative was part of a state-wide campaign spearheaded by the Honourable Governor of Punjab and Administrator of Chandigarh, Sh. Gulab Chand Kataria Ji. The college served as one of the key starting points for the walk, which concluded at Tiranga Park, Sector-17. To ensure smooth execution, the college conducted a mock drill a day prior to the event, familiarizing all stakeholders with the logistics and coordination plan. Demonstrating commendable civic engagement, over 200 participants, including NSS volunteers, NCC cadets, VADA club members and faculty, joined the walk with enthusiasm. Holding placards and raising slogans, they aimed to spread awareness about the harmful effects of drug use. The college collaborated closely with local authorities to facilitate seamless organization. Refreshment partners for the event were Verka and Amul. Prof. Sudha Katyal, Principal of the College, expressed immense pride in the students’ passionate involvement. She reaffirmed the institution’s dedication to community outreach and social responsibility, emphasizing that through sustained awareness campaigns, robust counseling support and active engagement in social causes, the college endeavors to nurture well-informed, conscientious and socially responsible individuals.



GHSC-10 Organizes Pledge Taking Ceremony for Dengue Awareness

Date: 16 May, 2025

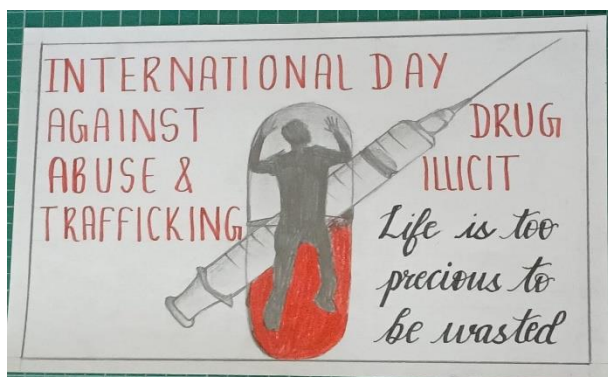
Government Home Science College, Sector-10, Chandigarh, organized a Pledge Taking Ceremony as part of its ongoing efforts to spread awareness about Dengue Prevention and Control on May 16, 2025. Resident students actively participated in the ceremony. Students took a solemn pledge to maintain cleanliness in their surroundings, avoid stagnant water and adopt preventive measures such as wearing full-sleeved clothing and using mosquito repellents. The college has been consistently promoting health and hygiene through awareness drives and community outreach programs. This event was in alignment with the directives of the Health Department and Swachh Bharat Abhiyan to curb mosquito-borne diseases during the monsoon season. The event concluded with a call to action, urging all participants to become ambassadors of dengue prevention within their homes and neighborhoods. Principal of the college, Prof. Sudha Katyal, applauded the efforts of NSS Wing of the college and further emphasized the importance of collective action and community participation in combating the spread of dengue.



GHS-10 Organizes Multifarious Activities to Mark International Day Against Drug Abuse and Illicit Trafficking

Date: 01 June, 2025

To observe the International Day Against Drug Abuse and Illicit Trafficking, Government Home Science College, Chandigarh, organized a series of engaging multifarious activities including poster making, reel making and an online yoga session, aimed at promoting a drug-free and healthy lifestyle among students from June 01-07, 2025. The initiative was undertaken to spread awareness about the harmful effects of substance abuse and to motivate youth to make informed and positive life choices. Students participated enthusiastically in the poster and reel-making competitions, creatively expressing powerful messages against drug abuse through art and digital media. In addition, an online yoga session was organized to highlight the importance of physical and mental well-being as an effective preventive strategy against addiction. The session included various asanas and breathing techniques that help in reducing stress and promoting self-discipline. The Principal of the college, Prof. Sudha Katyal, applauded the efforts of students and faculty for their commitment to this important cause. She emphasized the crucial role of educational institutions in nurturing awareness and resilience among youth to combat the menace of drug abuse. The event served as a reminder of collective responsibility and the power of creative expression and mindfulness in building a healthier, drug-free society.



15-Days Live Yoga Session Begins at GHSC-10

Date: 09 June, 2025

As a prelude to International Yoga Day on June 21, Government Home Science College, under the visionary leadership of Principal Prof. Sudha Katyal, commenced 15-days live yoga session on June 9, 2025. The program is being organized in collaboration with Government College of Yoga, Education and Health, Sector 23, Chandigarh. The sessions are being conducted by Mr. Kulwant Singh, an expert yoga instructor with over 18 years of experience. On the first day, participants were introduced to pranayama (breathing techniques) and enlightened about the immense benefits of yoga for enhancing physical fitness and promoting mental peace. Principal Prof. Sudha Katyal appreciated the efforts of the organizing committee, particularly for conducting the program during the summer break. She **further encouraged** students and faculty members to participate wholeheartedly and highlighted how regular practice of yoga can effectively reduce stress, anxiety and depression, while fostering overall well-being and holistic health.

Government Home Science College
Sector-10, Chandigarh
NAAC Grade 'A++',
51ST Rank in NIRF India Rankings, MoE, GOI, 2024

in collaboration with
Government College of Yoga, Education & Health
Sector-23, Chandigarh

organizes
15 Days Live Yoga Session
to celebrate
11th International Yoga Day
07th -21st June, 2025 @ 7:00 a.m. onwards
Theme: "Yoga for Self and the Welfare of Society"

Resource Person: Mr. Kulwant Singh
(Yoga Instructor)

Convener:
Prof. Sudha Katyal
(Principal)

Coordinators:
Mrs Seema Jainly (NSS)
Dr.Neha Sharma (NSS)
Major Neelam (NCC)
Ms.Mona Soin (Phy.Ed.)

Platform: Google Meet
Link: <https://meet.google.com/>



GHSC-10 Celebrates Van Mahotsav with Tree Plantation Drive

Date: 05 July, 2025

Government Home Science College, Sector-10, Chandigarh, in collaboration with the Department of Forests and Wildlife, Chandigarh Administration, organized a Tree Plantation Drive on the occasion of Van Mahotsav on July 5, 2025. The event was part of the city-wide greening initiative aimed at planting over one lakh saplings across 253 identified sites in Chandigarh, under the esteemed guidance of Hon'ble Governor of Punjab and Administrator, UT Chandigarh, Shri Gulab Chand Kataria. The plantation drive at the college was led by the Principal, Prof. Sudha Katyal, who emphasized the importance of environmental stewardship and sustainable practices. A variety of indigenous saplings were planted within the college premises, aligning with the ecological objectives of the campaign. The college expresses sincere gratitude to the Department of Forests and Wildlife, Chandigarh Administration, for selecting the institution as an official plantation site (Serial No. 230, as per the notification), and to the Hon'ble Governor for promoting active youth participation in this noble cause.

Prof. Sudha Katyal commended the commendable efforts of the Environment Club 'Harita', NSS Wing, and NCC Unit of the college for successfully organizing the event and fostering environmental consciousness among students.



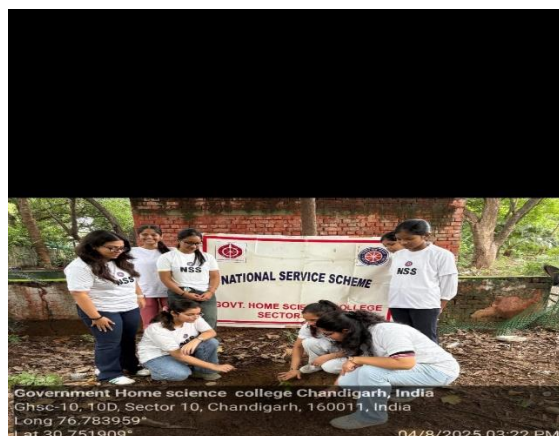
GHSC-10 Organizes Tree Plantation Drive to Promote Environmental Sustainability

Date: 04 August, 2025

Government Home Science College, Chandigarh, organized a Tree Plantation Drive with the objective of promoting environmental sustainability and nurturing eco-consciousness among students. The initiative saw the active participation of over 50 enthusiastic NSS volunteers, who contributed wholeheartedly to the cause of a greener and healthier planet.

As part of the campaign, the NSS wing of the college established a Herbal Garden within the campus and planted Tulsi (Holy Basil) on August 4, 2025. This meaningful step not only enhances the college's green cover but also highlights the importance of medicinal plants in our ecosystem.

Prof. Sudha Katyal, Principal of the college, lauded the commendable efforts of the NSS team. She emphasized that fostering environmental awareness and taking proactive steps toward sustainability are vital to securing a cleaner and greener future for generations to come.



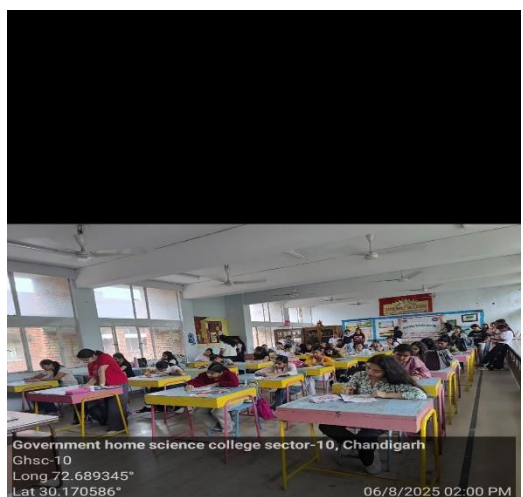
GHSC-10 Initiates 'Har Ghar Tiranga' Campaign with Patriotic Fervour

Date: 06 August, 2025

Government Home Science College, Sector 10, proudly launched 'Har Ghar Tiranga' campaign on campus to ignite a spirit of patriotism and foster deeper respect for the national flag. The campaign commenced with a vibrant Poster Making and Slogan Writing Competition on August 06, 2025 aimed at raising awareness about the significance of the Tricolour.

Around 47 NSS Volunteers enthusiastically participated, creating powerful posters and thought provoking slogans that paid tribute to the sacrifices of brave hearts and freedom fighters.

Prof. Sudha Katyal, Principal of the college, applauded the efforts of NSS wing and emphasised on India's glorious history, rich cultural heritage and remarkable achievements. She encouraged the students to wholeheartedly participate in the Har Ghar Tiranga movement by hoisting the national flag at home, celebrating the spirit of unity and nationalism with zeal and enthusiasm.



GHSC-10 Conducts Awareness Session on Transgender Inclusiveness

Date: 07 August, 2025

Government Home Science College, Chandigarh, organized an impactful awareness session on the implementation of the Transgender Persons (Protection of Rights) Act, 2019. The session was conducted under the joint initiative of the NSS wing and the Transgender Cell of the college, with the aim of promoting inclusivity and sensitizing NSS Volunteers and students about the rights and challenges faced by the transgender community on August 07, 2025. The resource person for the session was Mr. Amit, Counsellor at the Transgender Awareness Cell, Department of Social Welfare, Panjab University, Chandigarh. He provided insightful perspectives on the lived experiences of transgender individuals, addressing widespread myths and misconceptions about gender identity. He also shed light on the social stigma, discrimination and systemic barriers the community continues to face. Mr. Amit elaborated on various government provisions and welfare schemes that now include transgender persons, such as the Old Age Pension Scheme, National Pension Scheme and Disability Pension Scheme. He also discussed inclusive measures being introduced in hospitals, schools and public spaces to ensure dignity and equal access for transgender individuals. In his concluding remarks, he emphasized the need for every educational institution to establish an Anti-Discrimination Cell, along with the appointment of a Complaint Officer and a Nodal Officer to address grievances related to discrimination against transgender students. The session witnessed enthusiastic participation from over 70 NSS volunteers and students along with NSS Programme Officers reflected the growing awareness and commitment towards inclusive development. Prof. Sudha Katyal, Principal of the college, appreciated the efforts of the NSS wing and the Transgender Cell for organizing such a meaningful session. She underscored the importance of fostering empathy, acceptance and respect toward the transgender community and urged everyone to actively contribute towards building an inclusive and compassionate society for the “Third Gender.”



GHSC-10 Marks Har Ghar Tiranga Campaign by Tying Rakhis to Police and Defence Personnel

Date: 07 August, 2025

As part of the Har Ghar Tiranga Campaign, Government Home Science College, Chandigarh, organized a heartfelt initiative to honour the selfless service of police and defence personnel from August 07-09, 2025. NSS Volunteers tied rakhis to the officers, expressing gratitude and solidarity while reinforcing the bond between citizens and the nation's protectors.

The event aimed to acknowledge the unwavering commitment of security forces who safeguard the country's peace and sovereignty, often staying away from their families during festivals. The gesture not only conveyed appreciation but also symbolized respect, unity and the spirit of Raksha Bandhan.

Principal Prof. Sudha Katyal applauded the students for their thoughtful gesture, stating that such acts of kindness and respect instill patriotic values, compassion and social responsibility among the youth. She emphasized that police and defence personnel are the pillars of national security, deserving the utmost honour and recognition.



GHSC-10 Hosts a Series of Activities to Amplify the Spirit of Har Ghar Tiranga Campaign

Date: 08 August, 2025

Government Home Science College, Chandigarh, celebrated the Har Ghar Tiranga Campaign on August 8, 2025, with a series of vibrant activities that ignited patriotic fervour among students and the community. The day commenced with a spirited Tiranga Yatra, where over 43 enthusiastic NSS volunteers marched from the college premises to nearby areas, including the General Hospital, Sector-16, Chandigarh. Carrying the tricolour and singing patriotic songs, the volunteers spread the message of unity, pride and love for the nation.

In the later part of the day, creativity took centre stage with a Rangoli Making Competition, followed by decorating college boards with Tiranga-inspired art, adding colour and symbolism to the celebrations. Principal Prof. Sudha Katyal commended the NSS Wing for their zeal and dedication, highlighting the importance of such activities in nurturing patriotism, pride and a sense of belonging among citizens. She noted that the national flag stands as a powerful emblem of unity and nationalism, especially inspiring the younger generation.



GHSC-10 Celebrates 79th Independence Day with Patriotic Fervor

Date: 15 August, 2025

Government Home Science College, Sector 10, Chandigarh, celebrated the 79th Independence Day with immense enthusiasm and national pride on August 15, 2025. The celebrations commenced with the hoisting of the National Flag by the Principal, Prof. Sudha Katyal, followed by the soulful rendition of the National Anthem. The event was marked by vibrant cultural performances. Students presented enthralling patriotic songs, while the tiny tots of Chaitanya Nursery School captivated the audience with their graceful dance performances on patriotic themes. NCC Cadets and NSS Volunteers also showcased their talent and spirit through inspiring presentations. Addressing the gathering, Prof. Katyal paid heartfelt tribute to the sacrifices of the freedom fighters and urged everyone to remain united in eradicating social evils, thereby achieving true freedom. She emphasized the collective responsibility of transforming India from a developing nation into a developed one. The Principal also administered a pledge, joined by all students and staff, to contribute their best towards making the nation drug-free and working relentlessly for nation-building.



GHSC-10 Organises Poster Making & Slogan Writing under ‘Nasha Mukht Bharat Abhiyan’

Date: 27 August, 2025

Government Home Science College, Sector-10, Chandigarh, observed the ‘Nasha Mukht Bharat Abhiyan’ on August 27, 2025, as part of the nationwide initiative of the Government of India to combat drug abuse and create awareness among youth. To mark the occasion, NSS volunteers and members of the VADA Club participated in Poster Making and Slogan Writing competitions on the theme “Say No to Drugs.” With creativity and conviction, over 40 students expressed their strong stance against drug abuse, using art and words as powerful tools to convey the message of a drug-free society. Principal of the college, Prof. Sudha Katyal lauded the enthusiasm of the participants and commended the collective efforts of the NSS unit and VADA Club. She emphasized that such awareness campaigns play a vital role in shaping responsible citizens and strengthening the resolve of the youth to lead society towards a healthier and drug-free future.



GHSC-10 Organises Awareness Rally under ‘Nasha Mukh Bharat Abhiyan’

Date: 29 August, 2025

Government Home Science College, Sector-10, Chandigarh, organised an Awareness Rally on August 29, 2025, under ‘Nasha Mukh Bharat Abhiyan’, a nationwide campaign to curb drug abuse and promote a healthier, addiction-free society. The rally aimed to educate the community about the harmful consequences of substance abuse and inspire collective action towards building a drug-free nation. With enthusiastic participation from students and NSS volunteers, the rally served as a powerful medium to sensitise the public about the devastating effects of drugs on individuals, families and society. The participants raised impactful slogans and carried placards to reinforce the message of “Say No to Drugs.”

Principal Prof. Sudha Katyal applauded the dedication of the NSS wing and the VADA Club for taking up this crucial social cause. She underscored the importance of such awareness drives in empowering youth to make informed choices and become ambassadors of positive change. The rally concluded with a strong call to action, urging every citizen to play an active role in the fight against drug abuse and contribute to the vision of a ‘Nasha Mukh Bharat.’



GHSC-10 Students Celebrate Vivek Mahotsav with Great Enthusiasm

Date: 11 September, 2025

Government Home Science College, Chandigarh, celebrated Vivek Mahotsav in collaboration with Ramakrishna Mission Ashram, Sector-15, Chandigarh on September 11, 2025. The programme commenced with the narration of the historic address delivered by Swami Vivekananda at the Parliament of Religions, Chicago in 1893, followed by the chanting of Vedic prayers. Swami Bhitiharananda Ji Maharaj was warmly welcomed and introduced, which set the tone for the panel discussion in which students participated with great enthusiasm and certificates of appreciation were presented to them.

Prof. Sudha Katyal, Principal of the college, lauded the efforts of the NSS Wing and NCC Unit for successfully organizing the event. She further highlighted the relevance of Swami Vivekananda's teachings, urging students to imbibe his ideals in order to lead purposeful and meaningful lives.



VIVEK MAHOTSAV 2025

RAMAKRISHNA MISSION ASHRAMA, SECT 15B, CHANDIGARH

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For college students like us, understanding his message is very important because his teachings are not just limited to religion - they guide us in education, career, service to society, and in developing a positive attitude towards life.

Ritika

Govt. Home Science College, Sector 10, Chandigarh

8:22 AM

विवेक महोत्सव
132nd Anniversary of Swami Vivekananda's Chicago Address
11 SEPT 2025

YOUTH EXPRESSIONS
ESSAY WRITING | GROUP DISCUSSION | YOUTH PANEL DISCUSSION
on the topic
“UNDERSTANDING SWAMI VIVEKANANDA'S MESSAGE”
“स्वामी विवेकानंद के संदेशों का मंथन”
“महात्मी विवेकानंद से संदेशों 'उद्दिष्ट'”

Requirements

- Age group 18 to 25 years for College going students only.
- Registration fee ₹ 100/- (Study Material will be provided).

Structure

- Submit on Essay on the given Topic before 30th August.
- Candidates of Selected Essays will be called for Group Discussion on 7th September.
- Best selected candidates from Group Discussions will appear for Youth panel on 11th Sept. at 9 am.
- For complete details please visit our website <http://chandigarh.rkmm.org/events> or Scan the QR.
- Participation Certificates will be given to all participants.

Awards
LITERATURE & Cash Prizes

For More Details:
QR Code
chandigarh.rkmm.org

rkmchdevents@gmail.com
Ph: 0172 - 5009781, 2549477 MO: 9464312136 (9 am to 8 pm)
Vivekananda Auditorium,
Ramakrishna Mission Ashrama, Chandigarh

VIVEK MAHOTSAV 2025

RAMAKRISHNA MISSION ASHRAMA, SECT 15B, CHANDIGARH

“

उनके लिए धर्म केवल पूजा-पाठ नहीं था, बल्कि साहस, सेवा और समाज सुधार का मार्ग था। उनके विचार तीन स्तरों पर असर डालते हैं:

1. व्यक्ति के लिए - आत्मविश्वास, चरित्र और दिव्यता का बोध,
2. समाज के लिए - शिक्षा, सेवा और समानता की स्थापना
3. मान्यता के लिए - विश्वबंधुत्व, शान्ति और सहिष्णुता का संदेश

उन्होंने पूर्व और पश्चिम, आध्यात्म और विज्ञान, ध्यान और कर्म - सबको एक सूत्र में बांधने की कोशिश की।

Priyanka

Govt. Home Science College, Sector 10, Chandigarh

8:22 AM

GHSC-10 Organises Session on “Transcending Stereotypes: Towards Inclusion and Equality”

Date: 11 September, 2025

Government Home Science College, Chandigarh, in collaboration with Humsafar Trust, Mumbai and Saksham Welfare Society, Chandigarh, organised a sensitisation and awareness session on “Transcending Stereotypes: Towards Inclusion and Equality” on September 11, 2025. The resource persons for the session were Ms. Nilofer, representing Humsafar Trust with over 20 years of experience in the field, and Mx.Amanat, President of Saksham Welfare Society, Chandigarh, whose work focuses on family planning and HIV prevention. They shared valuable insights on gender inclusion and equality, while also drawing attention to the challenges faced by transgender persons. Furthermore, they highlighted the facilities, resources and support systems available to the transgender community through their organisations. The session witnessed the enthusiastic participation of more than 50 attendees who actively engaged in discussions and expressed their willingness to contribute towards building an inclusive society. Principal Prof. Sudha Katyal lauded the initiative of the Department of Human Development, the Transgender Cell and the NSS Wing for organizing such a meaningful event. She emphasized that true education goes beyond classrooms, it lies in sensitizing young minds to values of equity, empathy and inclusivity. The college makes conscious efforts by breaking stereotypes and embracing diversity and contributes towards creating a society that respects the dignity of every individual. She further urged students to become agents of change and carry forward the message of acceptance and equality in their daily lives.



GHSC-10 Organises Workshop on Awareness and Prevention of Sexual Abuse

Date: 16 September, 2025

Government Home Science College, Chandigarh, in collaboration with Bachpan Saves the Innocence NGO, organized a workshop on “Awareness and Prevention of Sexual Abuse” on September 16, 2025, at Chaitanya Laboratory Nursery School, Department of Human Development. The initiative was aimed at sensitising and empowering young children of Pre-Nursery, Nursery and Balvatika classes with age-appropriate knowledge on personal safety and preventive measures against sexual abuse. The session focused on teaching children about setting boundaries, recognising “safe” and “unsafe” touch and understanding the importance of speaking up. The resource person used interactive activities, storytelling and role-play to make the session engaging and effective. The children were encouraged to build confidence in identifying uncomfortable situations and to share their concerns freely with trusted adults. Around 65 tiny tots, along with their teachers, actively participated in the workshop.

Principal of the college, Prof. Sudha Katyal, appreciated the collaborative efforts of the Department of Human Development and the NSS Wing of the college. She emphasised that “awareness is the foundation of prevention” and reiterated the institution’s commitment to organising more such initiatives. Prof. Katyal highlighted that the college is devoted to equipping its stakeholders with the knowledge and resources necessary to combat abuse and foster a safe, inclusive and socially responsible environment.



GHSC-10 Actively Participated in “Swachhta Hi Seva Hai” Campaign from September 17, 2025 to October 02, 2025

Date: 17 September, 2025

In alignment with the Government of India’s flagship initiative “Swachhta Hi Seva Hai”, the NSS Unit of Government Home Science College, Chandigarh, organized a fortnight-long cleanliness drive both within and outside the college premises from September 17 to October 02, 2025. The campaign was designed to instill the values of hygiene, sanitation and community responsibility among students and the public. A wide range of activities were undertaken targeted cleaning drives at various locations inside the campus including hostel premises as well as temples, hospitals and marketplaces. NSS volunteers also carried out door-to-door awareness campaign along with an awareness rally to sensitize citizens about adopting clean and hygienic practices essential for health and well-being. Over 100 NSS volunteers actively participated in the campaign with great zeal and commitment. Prof. Sudha Katyal, Principal of the college, lauded the relentless efforts of the NSS Wing and highlighted that the students have played a vital role in spreading awareness and fostering community participation in the cleanliness mission. She further emphasized that while challenges persist, the “Swachhta Hi Seva Hai” campaign has made a noteworthy contribution to raising public consciousness about sanitation. She added that sustained collaboration among citizens, local bodies and the government is crucial to maintain the momentum and ensure lasting improvements in hygiene practices.



GHSC-10 Participates in Walkathon on ‘Nasha Mukh Bharat’

Date: 21 September, 2025

Government Home Science College, Chandigarh in collaboration with Chandigarh NSS Cell and Competent Foundation, organised a Walkathon on ‘Nasha Mukh Bharat’ at Sukhna Lake Club, Chandigarh on September 21, 2025. More than 30 NSS volunteers from the college actively took part in the event with great enthusiasm. To encourage participation, all volunteers were provided with T-shirts, caps and refreshments.

Principal of the college, Prof. Sudha Katyal, appreciated the initiative of the NSS Wing and lauded the students’ efforts. She further highlighted the importance of organising such awareness drives to sensitize the youth and society towards the ill effects of substance abuse.



Dr. Neha Sharma Receives Certificate of Appreciation for Community Service

Date: 25 September, 2025

Home Science College proudly announces that Dr. Neha Sharma, NSS Programme Officer, along with Ms. Siya, a dedicated student volunteer, has been awarded a Certificate of Appreciation for their exemplary contributions to community service under the National Service Scheme (NSS). The recognition was conferred on the occasion of NSS Foundation Day, celebrated on 25th September 2025 at Panjab University, Chandigarh, under the theme "Viksit Bharat".

Prof. Sudha Katyal, Principal of the College, extended her heartfelt congratulations to Dr. Neha Sharma on her remarkable achievement.



GHSC-10 Organised Series of Awareness Activities Under ‘Nasha Mukht Bharat Abhiyan’

Date: 27 September, 2025

Government Home Science College, Sector-10, Chandigarh, actively participated in the ‘Nasha Mukht Bharat Abhiyan’, an initiative of the Government of India to combat drug abuse, from September 27 to October 2, 2025. The college organized a series of impactful activities aimed at educating and sensitizing youth about the harmful effects of substance abuse. As part of the campaign, NSS volunteers presented a Nukkad Natak on the theme “Nasha se na ho jeevan andhiyaara, door rehkar banao isse pyaara”, conducted a Door-to-Door Campaign on “Say No to Drugs” and arranged an Awareness Session for resident students. More than 100 enthusiastic volunteers actively participated, spreading the message of a drug-free lifestyle. Principal of the college, Prof. Sudha Katyal appreciated the commendable efforts of the VADA Club and NSS wing, stressing the pivotal role of youth in spreading awareness and bringing social change. She further highlighted that such initiatives not only strengthen the fight against substance abuse but also empower students to build a healthier, more responsible, and drug-free India.



GHSC-10 Organises Series of Activities under Nation-wide Nasha Mukta Bharat Abhiyan

Date: 28 October, 2025

Government Home Science College, Sector-10, Chandigarh organised a series of activities from October 28 to 31, 2025 as part of the Nation-wide Nasha Mukta Bharat Abhiyan to spread awareness about the harmful effects of drug abuse and to promote a healthy, addiction-free lifestyle among youth. The week-long campaign included a variety of interactive and impactful activities such as a movie screening to sensitise students about the devastating consequences of drug addiction, an awareness rally to engage the larger community, a poster-making competition to encourage creative expression on the theme, pledge-taking ceremony to reinforce commitment towards a drug-free society and a powerful street play highlighting real-life issues related to substance abuse and its social implications. A total of 84 students enthusiastically participated in these events showcasing their creativity, awareness and strong resolve to contribute to building a healthier and more responsible society.

Principal Prof. Sudha Katyal appreciated the efforts of VADA Club and NSS Wing for their active participation and commitment towards the cause. She emphasised that such initiatives play a crucial role in shaping responsible citizens and in realising the vision of a Nasha Mukta Bharat.



GHSC-10 Participates in Sardar@150 Unity Walkathon

Date: 31 October, 2025

Government Home Science College, Sector-10, Chandigarh actively participated in the Sardar@150 Ekta Padyatra organized by the Chandigarh Administration in collaboration with Mera Bharat Kendra to commemorate the 150th birth anniversary of the Iron Man of India and nation builder, Sardar Vallabhbhai Patel on October 31, 2025. The state-level Ekta Padyatra began early in the morning from Sukhna Lake and covered an 8-kilometre route passing through Uttar Marg, Jan Marg and Vigyan Marg before culminating back at Sukhna Lake. The event witnessed enthusiastic participation from NSS wing of the college which marched in unison to celebrate the ideals of unity, integrity and self-reliance. The chief guest of the event was Shri Gulab Chand Kataria, Hon'ble Governor of Punjab and Administrator, UT Chandigarh. The walkathon aimed to promote the spirit of Ek Bharat, Aatmanirbhar Bharat, highlighting the message of national integration, self-dependence, and pride in India's unity and diversity. During the latter part of the day the NSS volunteers took an oath during a Pledge taking ceremony to preserve the unity, integrity and security of the nation. The volunteers further pledged to contribute towards building a healthy and drug-free India and to uphold the values of Swadeshi and Swavalamban envisioned by Sardar Patel. Principal of the college, Prof. Sudha Katyal appreciated the active involvement of NSS Wing and she further encouraged them to carry forward the message of unity, discipline and patriotism in their daily lives.



GHSC-10 Conducts Awareness Session on Impact of Drugs on Youth and Strategies for Suicide Prevention

Date: 07 November, 2025

Government Home Science College, Sector-10, Chandigarh organised an awareness session on “Impact of Drugs on Youth and Strategies for Suicide Prevention” on November 7, 2025. The resource person for the session was ASI Babita from Anti-Narcotics Task Force, Sector-11, Chandigarh. The session aimed to sensitize students to the alarming rise in substance abuse and mental health issues among young people, while also equipping them with practical coping strategies and preventive measures. During the session, ASI Babita highlighted the psychological, social and physiological consequences of drug abuse emphasising how addiction not only harms an individual’s health but also disrupts family and community well-being. She also shed light on the early warning signs of suicidal tendencies and the importance of timely intervention, emotional support and open communication. Students were encouraged to seek help without stigma and to act as peer supporters within their social circles. The interactive session allowed participants to share their thoughts and gain awareness about available counseling and rehabilitation services. More than 50 students actively participated in the event. Principal Prof. Sudha Katyal appreciated the initiative of the VADA Club, Department of Human Development and the NSS Wing of the college for organizing the session. She emphasized the importance of creating awareness on such sensitive yet crucial issues and urged students to adopt healthy lifestyles while spreading the message of positivity and resilience. The session concluded with students taking a pledge to stay drug-free and to extend compassion and support to peers in distress.



GHSC-10 Celebrates 150 Years of 'Vande Mataram'

Date: 07 November, 2025

Government Home Science College, Sector-10, Chandigarh celebrated the commemoration of 150 years of the iconic national song Vande Mataram with great zeal and patriotic fervour. As part of the celebration, a mass singing of Vande Mataram was organized in the college premises wherein students and faculty joined voices to honour the spirit of unity and nationalism embodied in the song. The event aimed to instill pride in India's rich cultural and historical heritage among the young generation. Students also attended the live online address of the Honourable Prime Minister of India which was organised to mark this historic occasion and reflected on the timeless message of love and devotion to the motherland conveyed through 'Vande Mataram'. Principal of the college, Prof. Sudha Katyal emphasised the significance of the day. She further highlighted that Vande Mataram continues to inspire generations and strengthen the sense of national identity. She encouraged students to uphold the values of patriotism, unity and respect for the nation's glorious legacy. The event concluded with a renewed sense of pride and commitment towards the ideals enshrined in India's freedom movement and national consciousness.



GHSC-10 Conducts Multiple Activities under Bal Vivah Mukht Bharat 100-Day Campaign

Government Home Science College, Chandigarh organised multiple activities under Bal Vivah Mukht Bharat 100 Day Campaign from November 27 to December 30, 2025 with an objective of sensitising students and the community against the social evil of child marriage. As part of the campaign, a series of activities were conducted which included pledge-taking ceremony, sensitisation sessions in Government Senior Secondary Schools of Sector-23 and Sector-37, Chandigarh, Nukkad Natak focused on Challenging social customs that normalise child marriage, Essay Writing and Poster Making on the theme 'Baal Vivaah: Riwaaz Nahi, Apraadh Hai', Door to Door Awareness about harmful impact of child marriage. The activities aimed to promote legal awareness, social responsibility and collective action towards the eradication of child marriage. NSS Volunteers participated with great zeal and enthusiasm contributing actively to the success of the campaign.

The Principal of the college, Prof. Sudha Katyal, lauded the efforts of the NSS Wing and emphasised on the importance of organising such awareness programmes to curb deep-rooted social evils. She further highlighted that sustained community engagement and youth participation are vital for building a progressive and prosperous nation.



Seven-Day Special NSS Camp Commences at GHSC-10

Date: 23 January, 2026

Seven Days Special Camp commenced today on the theme 'Clean Communities, Healthy Lives' at Government Home Science College, Sector-10, Chandigarh under the able guidance of the worthy Principal, Prof. Sudha Katyal and NSS Programme Officers Mrs. Seema Jaitly and Dr. Neha Sharma. A total of 100 NSS volunteers have enrolled for the camp, scheduled from January 23 to January 29, 2026. The inaugural ceremony was graced by the Chief Guest, Dr. Parveen Goyal, Programme Coordinator, NSS, Panjab University, Chandigarh. The programme began with the traditional lamp-lighting ceremony. Dr. Goyal addressed the volunteers elaborating on the objectives of the National Service Scheme and emphasizing the importance of inculcating a spirit of social welfare and selfless service among youth. In his concluding remarks, he highlighted the benefits of being an NSS volunteer at both national and international levels. To mark the occasion of Basant Panchami, NSS volunteers along with Dr. Goyal, celebrated the festival with great enthusiasm and showcased beautifully handcrafted kites adding cultural vibrancy to the event. In the second half of the day with the objective of promoting women's health and well-being, an awareness-cum-interactive session titled "Healthy Lives of Women" was organized. The session was conducted by Ms. Jaskirat, Founder of Sifaaz Foundation and a volunteer from Open Eyes Foundation served as the Resource Person. The activity-based session included puzzles addressing myths and misconceptions, health web activities to enhance awareness and interactive discussions that encouraged active participation from the volunteers. The initiative successfully promoted awareness, openness and healthy practices among young women. Later in the day, NSS volunteers organized a door-to-door awareness campaign during which they informed women residents of the surrounding areas about various healthy lifestyle practices to adopt for overall well-being.

Prof. Sudha Katyal, Principal of the college, reminded the volunteers of the NSS motto, "Not Me, But You," aligning it with the college motto, "Knowledge for Service." She emphasized the significance of organizing such camps and highlighted the role of youth as powerful agents of social change. She motivated the volunteers to strive for excellence and encouraged their active and enthusiastic participation throughout the camp.





Series of Impactful Activities Organised on Second Day of Special NSS Camp at GHSC-10

Date: 24 January, 2026

The ongoing Seven Days Special NSS Camp at Government Home Science College, Chandigarh witnessed a series of impactful and socially relevant activities on its second day, aimed at spreading awareness and fostering responsible citizenship among NSS Volunteers and the community on January 24, 2026. The day began with an Awareness Session on 'Alcohol Addiction and Recovery' conducted by members of the Alcoholics Anonymous Self Help Group, Chandigarh. Mr. Sanjeev Kaushal (Engineer) and Dr. Amber Dhillon (Educationist & Content Creator) sensitised NSS Volunteers about the ill effects of alcohol addiction and highlighted the importance of rehabilitation and support systems for recovery. They also shared real-life experiences including their personal recovery journey that demonstrated how alcohol addiction can begin as social drinking and gradually turn into dependency, affecting career, family life, mental health and personal dignity. The narrative strongly conveyed that alcoholism is a disease, not a moral failure and recovery is possible with the right guidance, counselling and support. Psychological effects of addiction, family trauma and the importance of timely intervention, counselling and rehabilitation were also discussed. In the Second part of the day, to promote patriotic spirit and creativity among volunteers, a Patriotic Quiz Competition and Bookmark Making Competition were organised by Library officials & NSS wing of the college, witnessing enthusiastic participation from volunteers. These activities encouraged awareness of national values while nurturing creative expression. A Pledge Taking Ceremony was also held wherein volunteers collectively pledged to stand against drug abuse and Baal Vivah reaffirming their commitment to building a healthy and socially responsible society. In celebration of National Girl Child Day, NSS volunteers performed a powerful Nukkad Natak highlighting issues related to gender equality, girl child education and empowerment. The performance effectively conveyed strong social messages to the audience. The day concluded with an Awareness Rally on "Say No To Drugs", wherein volunteers marched with slogans and placards to spread awareness among the general public about the harmful consequences of drug abuse.

The Principal of the college, Prof. Sudha Katyal lauded the dedicated efforts of the NSS wing and further emphasised that the multifarious activities conducted on the second day of the camp truly embodied the spirit of the National Service Scheme by fostering social awareness, strengthening community engagement and contributing to nation-building.





GHSC-10 Organised an Awareness Rally on National Voter's Day and Tiranga Yatra as a Prelude to Republic Day Celebrations

Date: 25 January, 2026

The third day of ongoing Seven Days Special NSS Camp at GHSC-10 commenced with an Awareness Rally to celebrate National Voter's Day on January 25, 2026. The programme was organised in collaboration with the NSS Wing of Panjab University, Chandigarh, under the theme "My India, My Vote - Citizen at the Heart of Indian Democracy." The initiative aimed to educate and motivate citizens, especially youth about the importance of voting and their role in strengthening democratic values. Approximately 100 NSS volunteers participated enthusiastically in the rally, raising impactful slogans such as "My India, My Vote," thereby highlighting the significance of active and responsible participation in the electoral process. The volunteers also took the Voter's Pledge, reaffirming their commitment to uphold democratic principles and exercise their voting rights responsibly. In the later part of the day, a Tiranga Yatra, followed by a vibrant flash mob, was organised at Panjab University, Chandigarh, as a prelude to the Republic Day celebrations. The event was graced by several eminent dignitaries including Panjab University Vice-Chancellor Prof. Renu Vig, Dr. Parveen Goyal, NSS Programme Coordinator, Panjab University, Chandigarh and NSS Programme Officers of the college Mrs. Seema Jaitly and Dr. Neha Sharma. The NSS volunteers participated with great zeal and patriotic fervour. Holding the tricolour high, they sang patriotic songs and expressed deep feelings of national pride and unity, creating an atmosphere filled with enthusiasm and devotion to the nation.

Prof. Sudha Katyal, Principal of the College, applauded the dedicated efforts of the NSS Wing and its volunteers. She emphasised that National Voter's Day is celebrated to encourage voter registration, particularly among young citizens and to promote their active involvement in nurturing a vibrant democracy. She further highlighted the significance of organising the Tiranga Yatra stating that the national flag instills a strong sense of patriotism, national pride and belongingness among citizens, thereby strengthening the spirit of nationalism among students.





GHSC-10 Celebrated 77th Republic Day with Patriotic Fervour

Date: 26 January, 2026

Government Home Science College celebrated the 77th Republic Day with great enthusiasm, patriotism and a strong sense of dedication.

The celebration commenced with the hoisting of the National Flag by the esteemed Principal, Prof. Sudha Katyal, followed by the solemn and reverberating recitation of the National Anthem. The program was enriched by captivating performances from the tiny tots of Chaitanya Laboratory Nursery School, whose innocence and energy left the audience spellbound. Adding to the patriotic fervor, NSS volunteers presented a soulful vocal performance followed by a vibrant group dance that resonated throughout the campus.

Furthermore, highlighting social awareness, the NSS volunteers staged a powerful Nukkad Natak on the theme “Aaj Ki Galtiyen, Kal Ka Nuksaan- Badlav Humse Shuru”, conveying a strong message of responsibility and change. The volunteers also beautifully portrayed the spirit of unity in diversity, the very essence of the nation through the theme, “Hind desh ke nivasi sabhi jan ek hain, Rang-roop, vesh, bhasha chahe anek hain.”

The highlight of the celebration was an energetic flash mob by the NSS volunteers which engaged the entire audience and had everyone dancing to patriotic songs. The program concluded with a powerful message emphasizing the importance of collective efforts in building a strong and united nation.

In continuation of the Republic Day celebrations, NSS volunteers organized a cleanliness drive to promote cleanliness and civic responsibility. The initiative aimed at spreading awareness about the importance of hygiene, sanitation, and a clean environment, while encouraging community participation and responsible citizenship.

Prof. Sudha Katyal, Principal of the college, applauded the efforts of the NSS Wing for organizing the celebration so effectively. In her address, she shared the historical significance of Republic Day reminding everyone of the sacrifices and efforts that shaped India into a sovereign, socialist, secular and democratic republic. She inspired students and staff to strive for excellence and take pride in being Indian.



GHSC-10 Organizes Legal, Health Awareness and Community Outreach Activities on Fifth Day of Special NSS Camp

Date: 27 January, 2026

The fifth day of the ongoing Seven Days Special NSS Camp at Government Home Science College, Chandigarh commenced with an insightful session on Legal Provisions for Women on January 27, 2026. The session was delivered by Ms. Madhu P. Singh, Former President, District Consumer Commission, Mohali. Currently serving as a practising Advocate and Arbitrator at the Punjab & Haryana High Court, Chandigarh. Ms. Singh is also a proud alumna of the college. Renowned for her extensive work in the field of gender justice and women's rights, she delivered an informative, thought-provoking and empowering lecture. The session aimed to deepen the volunteers' understanding of the various legal provisions enacted for the protection and welfare of women in India. This was followed by a session on Awareness on Cervical Cancer and Its Preventive Measures by Ms. Vandana Sharma, Programme Officer, Family Planning Association of India, Sector-4, Panchkula. She educated the volunteers about the Human Papillomavirus (HPV), its causes, modes of transmission and common symptoms. Emphasising the importance of early detection, she encouraged regular annual health check-ups and highlighted the significance of personal hygiene. Ms. Sharma also stressed the role of a healthy lifestyle, regular exercise and balanced nutrition in preventing lifestyle diseases while advising against high-risk behaviours. The final session of the day was conducted by Ms. Amanat, General Secretary, Saksham Prakriti Welfare Society, Chandigarh, focusing on Gender Sensitisation and LGBTQIA+ Awareness. Volunteers were encouraged to respect individual identities, avoid judgement based on appearance and acknowledge preferred pronouns. The session elaborated on various identities within the LGBTQIA+ spectrum including lesbian, gay, transgender and intersex persons, fostering inclusivity, empathy and mutual respect.

The day concluded with community outreach visits to Dainik Bhaskar Colony, Sector-25, Chandigarh and Bapu Dham Colony, Sector-26, Chandigarh. NSS volunteers sensitised the general public by sharing key learnings from the sessions, particularly regarding legal provisions for women and preventive measures to reduce the risk of cervical cancer. Volunteers also organised cleanliness drive across the respective areas.

Principal of the College, Prof. Sudha Katyal, appreciated the commitment and enthusiasm of the NSS wing. She remarked that such programmes not only enhance students' awareness but also instil values of compassion, equality and social responsibility which are essential for holistic development.



GHSC-10 Conducts Multi-Initiative Program Featuring Self-Defence, Organ Donation, Woollen Drive & “Wonder” Movie Screening

Date: 28 January, 2026

The sixth day of the ongoing Seven Days Special NSS Camp at Government Home Science College, Chandigarh commenced with a Self-Defence session for NSS volunteers aimed at instilling confidence among girls to protect themselves against anti-social elements and to promote overall personality development.

The session was conducted by Senior Lady Constable Balwinder Kaur from the Chandigarh Police Department. She elaborated on the significance of self-defence for every girl, especially in today's society. Emphasising that self-defence is not limited to physical strength alone, she highlighted the importance of presence of mind, confidence, and alertness in challenging situations. She also introduced the concept of martial arts and explained its role in fostering discipline and self-control. During the interactive session, she discussed the five strongest weapons of the human body that can be effectively used for self-protection, as well as the five most vulnerable points of the human body that can help one defend or escape in threatening situations. The session was highly motivating and encouraged volunteers to become more aware, confident, and self-reliant.

This was followed by an Awareness Session on Organ Donation, conducted by Ms. Preeti Gupta from the Multi Organ Harvesting Aid Network (MOHAN), Chandigarh. The resource person described organ donation as a “Gift of Life” and highlighted its crucial role in saving lives. The session covered key aspects such as who can donate organs, the significance of organ donation in the healthcare sector, and the organs that can be donated. The talk effectively dispelled common myths and inspired volunteers to view organ donation as a noble and humanitarian act.

In the later part of the day, a screening of the inspirational movie “Wonder” was organised for the NSS volunteers. The film conveyed powerful messages of kindness, empathy, acceptance, courage, and inclusivity, which resonate strongly with the National Service Scheme motto, “Not Me, But You.” It emphasised the importance of respecting differences, standing against bullying, and choosing kindness in everyday life. The movie deeply moved the audience and encouraged volunteers to cultivate compassion and understanding towards others.

The day concluded with a Woollen Donation Drive, enabling volunteers to put into action the values of empathy and compassion learned throughout the day.

The Principal of the college, Prof. Sudha Katyal, lauded the efforts of the NSS Wing for organizing meaningful and impactful activities under the special camp.





Seven Days Special NSS Camp concluded today at Government Home Science College, Chandigarh today with the NSS Wing of the college organizing a valedictory ceremony marked by great zeal and enthusiasm

Date: 29 January, 2026

Dr. Nemi Chand, State Liaison Officer, NSS, UT Chandigarh, graced the occasion as the Honorable Chief Guest. The programme commenced with a ceremonial lamp lighting followed by reflections shared by NSS volunteers on the valuable experiences and learning gained through various activities conducted during the camp. The event was further enriched by vibrant cultural dance performances presented by the volunteers, beautifully showcasing the unity and diversity of the nation.

The ceremony highlighted the true spirit of the NSS camp and its significant contribution to personal growth and societal development. A visual presentation showcasing glimpses of all the activities carried out during the camp was presented to the Chief Guest. Additionally, an exhibition of “Best out of Waste” creations prepared by the volunteers including handmade paintings, embroidery items, decorative earthen pots, decor pieces, wall hangings, bookmarks and posters was also displayed.

Dr. Nemi Chand highly appreciated the dedication and enthusiasm of the NSS volunteers and emphasized the importance of community service. He remarked that true joy lies in serving others and contributing towards making the world a better place. He congratulated the volunteers for their commendable efforts and encouraged them to adopt a strong communitarian approach in their future endeavors.

The Principal of the college, Prof. Sudha Katyal lauded the tireless efforts of the NSS volunteers and Programme Officers for their innovative ideas and commitment in making the Special Camp a grand success. She inspired the volunteers to uphold the NSS motto, “Not Me But You,” with greater responsibility and to actively contribute towards the transformation of society.



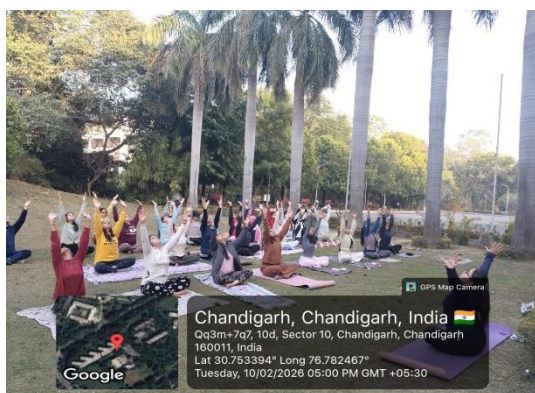
One-Week Yoga Session Kickstarted at GHSC-10

Date: 10 February, 2026

A one-week Yoga session commenced today at Government Home Science College, Chandigarh. The initiative was organized for NSS volunteers with a focus on their physical, mental and emotional well-being.

During the session, volunteers actively participated in various yogic practices including asanas such as Tadasana and Sethu Bandhasana along with pranayama techniques like Brahmari, Anulom Vilom and Kapalbhati. More than 150 NSS volunteers attended the session which brought a sense of relief, alertness and renewed freshness among the participants. The Yoga session proved to be highly energizing and rejuvenating offering a calming and enlightening experience to all the volunteers.

Principal of the college, Prof. Sudha Katyal, applauded the dedicated efforts of the NSS Unit and emphasized that such initiatives play a vital role in promoting overall health while also helping students cope with stress, anxiety and depression.



GHSC-10 Organises Awareness Session on Reproductive Health

Date: 12 February, 2026

Government Home Science College, Chandigarh organised an awareness session on 'Reproductive Health' on February 12, 2026. The session was conducted by Dr. Pallavi Bansal, a renowned gynaecologist from Dharma Hospital, Sector-15, Chandigarh. Dr. Bansal addressed important topics including menstrual hygiene, PCOD and PCOS, sexual health, healthy relationships and essential measures for maintaining safe and healthy sexual practices. She provided valuable insights and practical guidance to help volunteers better understand and manage their health. The session was highly interactive with Dr. Bansal patiently answering all queries raised by the volunteers. To ensure a comfortable and open environment, volunteers were also encouraged to submit anonymous questions by writing them on chits, which were addressed thoughtfully during the session. Approximately 150 NSS volunteers participated enthusiastically in the programme.

The Principal of the college, Prof. Sudha Katyal applauded the efforts of NSS Wing in organising such an informative and relevant session. She emphasised that awareness about physical and reproductive health is essential for the overall development of young women. She encouraged volunteers to seek accurate information from reliable medical professionals and to prioritise both their physical and emotional well-being. She further highlighted that such initiatives empower the students to make informed and responsible decisions regarding their health and lifestyle.



GHSC-10 Organises Session on Legal Literacy

Date: 13 February, 2026

Government Home Science College, Chandigarh organised an informative and engaging session on “Legal Literacy” to promote awareness about legal rights, duties and responsibilities among NSS Volunteers on February 13, 2026. Ms. Madhu P. Singh, Former President, District Consumer Commission, Mohali was the resource person. She is also currently serving as a Practising Advocate & Arbitrator at Punjab & Haryana High Court, Chandigarh and a Proud Alumna of our college. The session aimed to equip volunteers with basic knowledge of the legal system and empower them to make informed decisions in their personal and professional lives. Ms. Singh provided valuable insights into fundamental rights, consumer protection laws, cyber safety and legal remedies available to citizens. During the session, real-life examples and case studies were discussed to help volunteers understand practical aspects of the law. Special emphasis was laid on creating awareness about cybercrimes, online fraud and the importance of responsible digital behavior in today’s rapidly evolving technological landscape.

Principal of the college, Prof. Sudha Katyal, applauded the dedicated efforts of the NSS Wing and Legal Literacy Club for organising an informative and insightful session on Legal Literacy for NSS Volunteers. She remarked that such programmes play a crucial role in empowering youth with practical knowledge that helps them face real-life challenges with confidence. Prof. Katyal further added that the college continues to uphold its commitment to community service and holistic development by organizing meaningful activities that enhance students’ awareness and social responsibility.



Five Days Self Defence Training Kickstarted at Home Science College

Date: 18 February, 2026

Five Days Self Defence Training commenced at Government Home Science College, Chandigarh in collaboration with the Swayam Team Chandigarh Police, Chandigarh. from February 18, 2026 to February 22, 2026. The training is aimed at instilling confidence among girls to defend themselves against anti-social elements and also to facilitate their overall personality development. More than 80 NSS Volunteers participated with full zeal and enthusiasm. The session was conducted by Senior Lady Constable Balwinder Kaur from the Chandigarh Police Department. She elaborated on the significance of self-defence for every girl, especially in today's society. Emphasising that self-defence is not limited to physical strength alone, she highlighted the importance of presence of mind, confidence, and alertness in challenging situations. She also introduced the concept of martial arts and explained its role in fostering discipline and self-control.

The Principal of the college, Prof. Sudha Katyal applauded the efforts of NSS Wing in organizing the training. She underscored the importance of such training workshops in the present scenario, where incidents of eve-teasing and other crimes against women are on the rise. Prof. Katyal encouraged the participants to make the most of this opportunity by actively learning and practicing various self-defence techniques to ensure their safety and well-being.



GHSC-10 Organises Session on Financial Literacy

Date: 18 February, 2026

Government Home Science College, Chandigarh organised an insightful session on Financial Literacy for NSS Volunteers on 18.02.2026. The session aimed to spread awareness about smart financial planning, savings and investment among youth.

The resource person for the session was Mr. Arun Punia from the Securities and Exchange Board of India (SEBI), Government of India. He delivered an engaging and informative lecture on the importance of managing personal finances wisely at an early stage of life.

During the session, Mr. Punia emphasized the importance of investment and explained that while money does not buy happiness, it certainly provides choices and financial security. He elaborated on the concept of “Need vs Want,” encouraging volunteers to differentiate between essential expenses and lifestyle desires to maintain financial discipline. He further explained the impact of inflation, stating that the average inflation rate over the last 30 years has been approximately 6.5%, which reduces the purchasing power of money if it is not invested wisely. The speaker also discussed various investment avenues such as Fixed Deposits (FDs) in banks and post offices, which generally provide returns ranging from 6% to 8%. He introduced students to equity-oriented mutual funds describing them as higher-return investment options that can help in long-term wealth creation, though they involve comparatively higher risk.

More than 120 NSS volunteers actively attended the session and interacted enthusiastically with the resource person making the session highly successful and informative. Principal of the college, Prof. Sudha Katyal, applauded the efforts of the NSS Wing for organising such an enlightening session and encouraged students to apply the financial principles discussed in their daily lives. The session concluded with a vote of thanks marking it as a meaningful initiative towards empowering students with essential financial knowledge.



NSS Programme Officers of GHSC-10 Attended State Level One Day Refresher Programme

Date: 24 February, 2026

NSS Programme Officers of Government Home Science College, Chandigarh participated in the State Level One Day NSS Refresher Programme organized by the Chandigarh NSS Cell, Education Department, Chandigarh Administration under the aegis of the National Service Scheme (NSS), Ministry of Youth Affairs and Sports, Government of India. The programme was held on 24th February, 2026 at the Government College of Commerce & Business Administration, Sector-50, Chandigarh. The refresher programme aimed at enhancing the skills, leadership abilities and organizational capabilities of NSS Programme Officers while updating them on new initiatives and best practices under NSS. The day commenced with registration followed by the arrival of the Chief Guest and the National Anthem. The ceremonial lighting of the lamp marked the formal inauguration of the programme. The welcome address was delivered by the State Liaison Officer, Prof. Nemi Chand, NSS, Chandigarh.

A motivational interaction was conducted by the Sh. Jai Bhagwan, NSS Regional Director, Chandigarh, emphasizing the pivotal role of NSS in nation-building and youth empowerment. An informative session on the importance of blood donation was delivered by an expert from the Blood Bank Department, Dr. Suchet Sachdev, PGIMER, Chandigarh, highlighting the need for voluntary blood donation drives in educational institutions. Post lunch, sessions on “Personality Development through NSS” and “MY Bharat Training” were conducted, focusing on the holistic development of students and strengthening community engagement initiatives. The programme concluded with a Vote of Thanks followed by the National Anthem, group photographs and refreshments. Mrs. Seema Jaitly and Dr. Neha Sharma, NSS Programme Officers of GHSC-10, actively attended the refresher programme. They shared that the sessions were highly informative and inspiring and would significantly contribute to strengthening NSS activities and community outreach initiatives in the college. Principal Prof. Sudha Katyal appreciated the participation of the NSS Programme Officers and stated that such refresher programmes play a vital role in enhancing leadership skills, strengthening community engagement and aligning NSS activities with national priorities. She encouraged the officers to implement the learnings effectively for the benefit of students and society at large and commended them for representing the college at the state-level platform. The refresher programme provided a valuable platform for NSS Programme Officers to exchange ideas, gain insights into new policies and reaffirm their commitment towards social service and youth development.



GHSC-10 NSS Volunteers Shine at Women's Day Mashaal March

NSS volunteers from Government Home Science College, Chandigarh actively participated in a Mashaal Lighting and Awareness Campaign at Sector 17, Chandigarh, marking International Women's Day on March 06, 2026, Centered around the theme "Nasha Mukht Sankalp Hamara," the event aimed to promote a drug-free society. The campaign began with a symbolic mashaal lighting ceremony, followed by enthusiastic public participation. The event concluded with a collective pledge for a Nasha Mukht Bharat, encouraging individuals to stay drug-free and spread awareness. The initiative reflected the strong commitment of youth towards social responsibility and nation-building.

Principal Prof. Sudha Katyal appreciated the efforts of the volunteers and highlighted the importance of such initiatives in building awareness and responsible citizenship. She encouraged students to continue contributing actively to social causes.



GHSC-10 Participates in Awareness Campaign on World TB Day

On the occasion of World TB Day, NSS volunteers of Government Home Science College, Sector-10 actively participated in an awareness programme organized at Sector 17 Plaza, Chandigarh, on March 23, 2026. The event was conducted by the National Service Scheme in collaboration with the Health Department, Chandigarh. The programme aimed to spread awareness about tuberculosis (TB) and to encourage community participation in eliminating the disease. A major highlight of the event was an engaging street play (nukkad natak) performed by the volunteers, which effectively showcased the causes, prevention, and treatment of TB in a powerful and relatable manner. To further strengthen the message, participants took a public pledge to support the fight against TB and promote a healthier society. A march-past was also organized around Sector 17, during which volunteers raised slogans and interacted with the public to spread awareness. The event witnessed enthusiastic participation from both students and citizens, making it a meaningful step towards public health awareness. Refreshments were provided to participants, contributing to the smooth and successful conduct of the programme.

Principal Prof. Sudha Katyal appreciated the sincere efforts of the NSS volunteers and emphasized the importance of spreading awareness about communicable diseases like TB. She highlighted that such initiatives play a vital role in educating the community and fostering a sense of social responsibility among students. She encouraged the volunteers to continue their dedicated service towards building a healthier and more aware society.

