

# Report on Activities of Aahar Kranti Club at Government College of Education, Sector 20, Chandigarh

## Introduction:

The Aahar Kranti Club (AKC) at Government College of Education, Sector 20, Chandigarh, has been actively engaged in promoting healthy lifestyles among youth, staff, and the community, with a focus on incorporating millets into their diets. The club, developed by the Home Science Club, has organized various activities to achieve its objectives.

## Objectives:

- Disseminate knowledge about millets and their benefits to the community.
- Encourage participation in millet-based nutritious foods.
- Engage stakeholders in promoting millet-based diets as a lifestyle.
- Train pupil teachers with a new mindset to celebrate the International Year of Millets.

## Activities:

- **In-house Collaborations (February 28 & March 1 & 2, 2023):** Organized programs like Conventional Art, Team building, Entrepreneurship, Skill Development, and Aahar Kranti stall within the college to engage students.



- **International Women's Day Event (March 7, 2023):** Integrated Aahar Kranti Drive into the event organized by the NSS Cell, focusing on empowering women. Millet recipes were displayed and discussed.



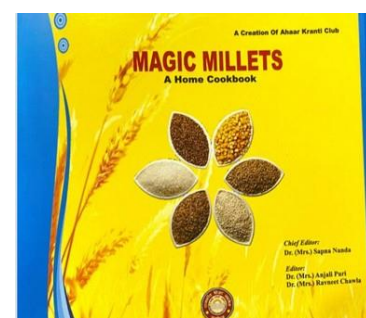
- Publication of Newsletter Jijivisha (March 7, 2023):** On International Women’s Day Celebration (March 7, 2023), the launch of Half Yearly Newsletter “Jijivisha” volume 1, Issue 1, Mrs. Anita Pal, First Lady of Chandigarh and wife of Adviser to the administrator Sh. Dharampal, IAS was the Chief Guest. Other dignitaries included Dr. Mrs. Palika Arora (PCS), Mrs. Harinder Kaur (NSS Regional Director), Ms. Beenu Rajpoot (Indian Filmmaker), Samaira Sandhu (Indian film actress), Mrs. Richa Aggrawal (Proprietor, Cleopatra Beauty Services) and Sadhvi Dr. Devpriya, HoD,Philosophy Department, Patanjali University Haridwar. The college newsletter ‘Jijivisha’ was released by the chief guest on the occasion on International Womens Day.



- Event ANNUTTAMA (April 29, 2023):** Collaborated with Nivedita Trust for Aahar Kranti under Azadi Ka Amrit Mahotsav and G20. Recognized eminent women and held a Millet Mom Competition.



- Book Launch - MAGIC MILLETS Volume 1 (April 29, 2023):** An in-house creation, the book "MAGIC MILLETS" containing 50 recipes of millets, was launched on April 29, 2023. Chief Editor Dr. Sapna Nanda, along with Dr. Anjali Puri and Dr. Ravneet Chawla as editors, and Dr. Bharti Goel and Meghna Duhan as student editors, contributed to this initiative. The book aimed to provide readers with a comprehensive guide to incorporating millets into their diets, promoting healthy eating habits among the college community and beyond.





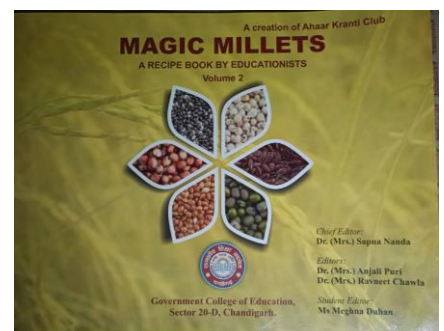
- **Aahar Kranti Meeting (August 2, 2023):** Facilitated a meeting in the seminar room to discuss the plan of action.
- **Programme on NCFQ (October 5, 2023):** Collaborated with Nivedita Trust to host a program on NCFQ, with Dr. Nirmaljit Singh Kalsi, IAS (Retd), as the speaker.
- **Publication of Newsletter Jijivisha (October 5, 2023):** Published the Half Yearly Newsletter “Jijivisha” volume 1, Issue 2.



- **Sapt Sindhu Literature Festival (February 16, February 28 & 29, 2024):** The Aahar Kranti Club actively participated in the Sapt Sindhu Literature Festival, which was held in two phases. Members of the club, under the guidance of the organizing committee, played a pivotal role in coordinating the event. Additionally, a team of students from the college supervised by the club participated in the festival, contributing to its success and fostering a culture of literary engagement among the college community.



- **Book Launch - MAGIC MILLETS Volume 2 (February,7,2024):** The launch of "MAGIC MILLETS Volume 2" took place. Chief Editor Dr. Sapna Nanda, along with Meghna Duhan as student editor, spearheaded this endeavor. Dr Palika Arora PCS, Sh. Naveen Rattu SDM, Actress Ms. Samaira Sandhu and Sh. Sorabh Arora Joint Chief Electoral officer U.T. graced the event with their presence at Government College of Education, 20-D, Chandigarh and launched the newsletter.



- Publication of Newsletter Jijivisha (March 9, 2024)::** Published volume 1, issue 3 of a half-yearly newsletter "Jijivisha.", Ms. Bhawana Garg, IAS, Secretary UIDAI, Chandigarh; Commissioner Income Tax Ms. Garima Singh, Ms. Rachana Singh, Additional Commissioner CGST, Haryana, and the SLO, Dr. Nemi Chand, Released the newsletter of the Aahar Kranti Club



- Entrepreneurship Experience - Fair-Like Bazaar (March 13, 2024):** The Aahar Kranti Club spearheaded the creation of an entrepreneurship experience by organizing a fair-like bazaar. Collaborating with the Placement Cell, NSS Cell, and Home Science Club, the club facilitated the event, providing students with the opportunity to produce and exhibit their food stalls. This initiative aimed to nurture entrepreneurial skills among students and promote hands-on learning experiences in a practical setting.



- Millet-Based Salad Making Competition (April 5, 2024):** The Aahar Kranti Club organized a competition focused on creating millet-based salads. Held in the Home Science Lab at Government College of Education, Sector 20, Chandigarh, this event aimed to encourage creativity and innovation in incorporating millets into healthy and nutritious salad recipes.







### **Impact:**

- Increased awareness and discussion about mill
- Integration of millet snacks into the college canteen once a week.
- Adoption of millet-based diets by students and staff, leading to positive experiences.
- Documentation of innovations in a cookbook titled "Magic Millets."

In conclusion, the AKC at Government College of Education, Sector 20, Chandigarh, has made significant strides in promoting millet-based diets and fostering a culture of healthy living. Continued efforts and resources are required to sustain and expand these initiatives.