

**Mahatma Fule Arts, Commerce & Sitaramji Chaudhari
Science Mahavidyalaya, Warud
Department Of Home Economics**

Report

Breastfeeding Day

Event/Activity Name: - Guest Lecture

Date: -06/08/2024

Venue: -Dr. Punjabrao Deshmukh Auditorium.

Home Economics department celebrated Breastfeeding Day. Mahatma Fule Arts,
Commerce & Sitaramji Chaudhari Science Mahavidyalaya, Warud

Objectives of Guest Lecture:

- 1) To create awareness of breastfeeding among the students.
- 2) To understand the importance of Mother's milk.
- 3) To educate students about the importance of health education and breastfeeding.

Event Details

Home Economics department celebrated Breastfeeding Day on 6th of August, 2024. Chief speaker Dr. Rekha Badghare had provided lecture on the topic "Kishora Avastheta Badalva Me".

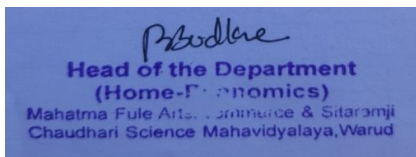
She says, "Adolescence age means the age between 15 to 20 years. Boys and girls of this age group should focus specifically on the balanced nutrition diet. Since it is a growing phase, physical, mental and intellect growth and development take place at a rapid pace. They should adopt the three formularization aspects: Diet, Exercise and Rest. These adolescent age group children are usually more inclined towards fast food and junk food diet. This diet is not hygienic hence it should be strictly prohibited. Further, the diet including green leafy vegetables and lentils etc. must be added to the daily meal.

Further, Dr. Mrs. N.A. Bodkhe had proposed the importance of breastfeeding in her speech.

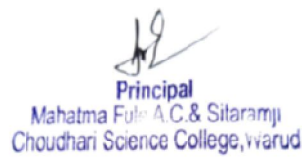
Prof. Vaishali Tanvais has operated the breastfeeding day program and Prof. Bhagyashree Burange delivered thanks to all the professors, teachers, staff for being present for the program and 110 Students attended this program.

Outcomes:

After celebrating the breastfeeding week, students come to know the importance of mother's milk for the child. This also helps to connect emotionally to the child and the mother. The motive to celebrate this week is to provide information to the students that mother's milk is a natural food and also helps to boost immunity in child. Hence the mother should take care of her health for the child well-being.



[Dr. N. A. Bodkhe]



Principal

[Dr.D.V.Hande]

Mahatma Fule Arts, Commerce & Sitaramji Chaudhari

Science Mahavidyalaya, Warud

Report

Women Empowerment Program

Event/Activity Name: - Guest Lecture, Date: -14/09/2024

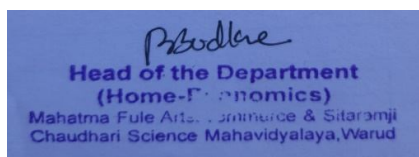
Venue: -Dr.PunjabraoDeshmukh Auditorium.

Women Empowerment program was jointly organized by Internal complaint committee, Anti ragging committee, Women Empowerment cell, Tulaka legal services committee and Law committee.

The program was presided by the principal of Mahatma Fule Arts, Commerce and Sitaramji Chaudhari Science Mahavidyalaya, Warud, Dr. D.V Hande. The chief guest of the program was, district judge and other session, Judge A.C. Avate. We have been also accompanied by the chief guest, Taluka lawyer committee president, Adv. V.B. Bhose and the main speaker Adv. Varsha Bhose, Adv. Kharadkar, and Adv. Bhushan Behre.

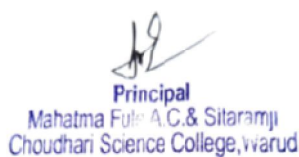
Adv. Bhose delivered preface of the program and guided on the topics of public utility services, state government plan and legal matters. Judge A.C Avate further elaborated on the public utility services, state government plan, and anti ragging along with women empowerment.

The program was moderated by Dr.Reena Bakale and vote of thanks was done by Dr.Vaishali Tinkhede. The coordinator of internal complaint committee, Dr.Nalini Bodkhe, delivered information related to the internal complaint committee.



[Dr. N. A. Bodkhe]

[Dr.D.V.Hande]



Principal

Mahatma Fule Arts, Commerce & Sitaramji Chaudhari

Science Mahavidyalaya, Warud
Department Of Home Economics

Report

National Nutrition Week Celebration

Event/Activity Name: - Guest Lecture

Date: - 07/09/2024

Venue: - Dr. Punjabrao Deshmukh Auditorium.

Home Economics department and N.S.S. celebrated 'National Nutrition Week' Celebrate in Mahatma Fule Arts, Commerce & Sitaramji Chaudhari Science Mahavidyalaya, Warud.

Objectives:

- 1) To create awareness about nutrition among students.
- 2) To make students aware about nutritious diet.
- 3) To explain the importance of nutritious food.
- 4) To emphasise the importance of balanced diet in an adolescent age for the future well being.

Event Details:

Home economics department and NSS jointly celebrated National Nutrition Week program.

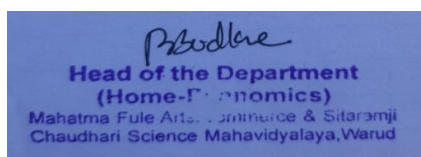
The program was organized by Principal Dr. D.V Hande and the chief speaker was famous Ayurvedacharya from Warud city, Dr. Charan Sonare. He has guided on the topic "Poshankalachigaraaj". Further, he discussed with students about adolescence age nutrition, method of meal, when and how to take nutrition's meal, as well as brain nutrition and malnutrition etc.

The president for this program was the head of botany department Dr. S.V Satpute and the operation is being done by Dr. Priyanka Belsare.

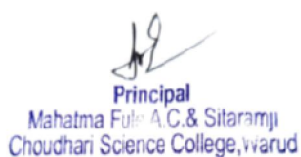
The preface of this program delivered by Dr. Nalini Bodkhe. Further, she emphasized on the importance of adolescent balanced nutrition diet. The program is concluded with the vote of thanks by Prof. Amrpali Patil.

Outcomes:

This program will create awareness among students, in an adolescent age avoiding junk food like pizza and burger and focusing on well balanced diet will help in physical and mental well being. The balanced diet taken in this age aids in future to maintain physical well being.



[Dr. N. A. Bodkhe]



Principal

[Dr. D. V. Hande]

**Mahatma Fule Arts, Commerce & Sitaramji Chaudhari
Science Mahavidyalaya, Warud**

Department Of Home Economics

Report of Association

Event/Activity Name: - Inauguration and Guest Lecture

Date: -10/10/2024

Venue: -Dr.Punjabrao Deshmukh Auditorium.

Objectives:

- 1) To help students to arrange the program for their subject.
- 2) To understand the responsibility while deciding the program.
- 3) To learn the management of the program.
- 4) To build students' confidence for the public speaking.
- 5) To enhance decision making ability

Event Details:

Association of the faculty of humanities was inaugurated on 10/10/2024. The subjects of the Art branch of the college included English, Marathi, Economics and Home Economics. The president of this program was the Principal of the college, Honourable Dr. D.V. Hande Sir. On this occasion on behalf of the English Department, the lecturers Dr. Ajay Kukade of Arts and Commerce College, Jarud, and Dr. Kherde of Dr. S.P.M Arts College, Shendurjana Ghat were present. They guided about the subjects of English, Marathi, Economics, and especially about NEP and announced the inauguration of the study board for these four subjects.

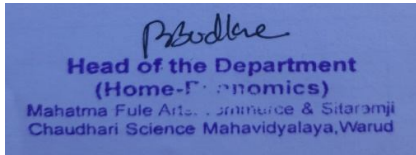
On this occasion, the executive committee of the Home Economics Board of Study was announced as follows.

- 1) Ku. Kajal Kandrikar - President - B.A. III
- 2) Ku. Kalpana Salame - Vice President - B.A. III
- 3) Ku. Ashwini Uike - Secretary - B.A. III
- 4) Ku. Deepa Ajmire - Joint Secretary - B.A. II
- 5) Ku. Kumkum Amjare - Treasurer - B.A. II
- 6) Ku. Samiksha Kurwale - Member - B.A. I
- 7) Ku. Rameshwari Lende, 8) Ku. Kaveri Shende and 9) Ku. Komal Kale of B.A. I, were appointed as the member.

On this occasion, Ku.KajalKandrikar provided information about the subject of Home Economics as well as about the employment opportunities available. All the students of the Art branch were present for this program. Finally, the program concluded with a vote of thanks.

Outcomes:

Subject association establishment has helped students to build their confidence as it comprises program management, program responsibility and the responsibility of chief guest. Overall it enhances decision making ability of the students.



[Dr. N. A. Bodkhe]



Principal

[Dr.D.V.Hande]

Mahatma Fule Arts, Commerce & Sitaramji Chaudhari

Science Mahavidyalaya, Warud

Department Of Home Economics

Report of Pakkala Competition

Event/Activity Name: - Pakkala Competition,

Date: -21/12/2024

Venue: - Home Economics Department.

Objectives:

- 1) To enhance self confidence among students.
- 2) To acquire knowledge to choose various food for the competition
- 3) To provide information of various food

Event Details:

The Home Economics department has organized Pakkala competition on 21/12/2024. The students of Home Economics department had participated in this competition.

In this competition the students had prepared various delicious dishes such as Soya cutlet, Shevnyachya pan paratha, finger millets and black lentils appam and chutney, Dosa and Uttapam.

Prof. L.H. Ganvir from Dr. S.P.M Arts College, Shendurjanaghat was the examiner of the competition. She praised students for the participation and guided about the nutrition of the food, also she chose three best participants.

The college principal, Dr. D.V Hande explained the importance of food ingredient to the students and further guided that instead of having junk foods like pizza and burger one should home made food ingredients in their diet.

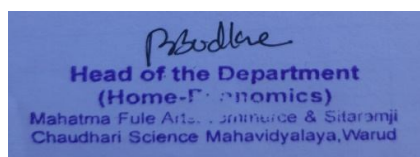
The Home Economics department head, Prof.Dr. Mrs. N.A Bodkhe explained the importance of various methods of food cooking and also guided on it.

In this competition, Ku.KajalKandrikar of B.A III won the first prize, Ku. DeepaAjmire the second prize and Ku.Komal Kale of B.A I won the third prize.

32 students of the department were present for this program.

Outcomes:

Students have actively participated in the competition and prepare various food dishes which helped them to build their self confidence. Also, they got to learn about the nutrients value available in various food ingredients.



[Dr. N. A. Bodkhe]



Principal

[Dr.D.V.Hande]

Mahatma Fule Arts, Commerce & Sitaramji Chaudhari

Science Mahavidyalaya, Warud
Department Of Home Economics

Report of Pickal Demonstration

Event/Activity Name: - Pickal Demonstration, Date: -23/12/2024

Venue: - Home Economics Department.

Objectives:

- 1) To build self-confidence among students about preservatives ingredients via demonstration.
- 2) To help students to know various types of pickles.
- 3) To gain knowledge about usage of preservatives.
- 4) To develop entrepreneurial view among students.

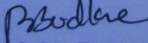
Event Details:

Home Economics department conducted pickle making demonstration for students on 23/12/2024. Home Economics department head of Dr. S.P.M Arts College, ShendurjanaGhat, Dr. L.H Ganvir had demonstrated making of pickle to students. She had demonstrated various varieties of pickles which include mix vegetables, lemon, amla and carrot pickle. Further, she also told the different ways to increase shelf life of pickles.

Home Economics department head, Dr. N.A Bodkhe had introduced to the guests and preliminary of the program. The college principal, Dr. D.V Hande was the chief guest of the program. College female professor and students were present for the program.

Outcomes:

Traditional use of food preservation is beneficial to enjoy the food whenever needed. Food preservation helps to export food ingredients from one country to another. This program helps student to gain knowledge about food preservations and pickles. Also, it can help them to start a business.


Head of the Department
(Home Economics)
Mahatma Fule Arts, Commerce & Sitaramji
Chaudhari Science Mahavidyalaya, Warud


Principal
Mahatma Fule A.C. & Sitaramji
Choudhari Science College, Warud

[Dr. N. A. Bodkhe]

Principal

