

C.P.& Berar E. S.College, Nagpur
Celebrating National Nutrition Month 2023
Department of Home Economics ORGANISES
3 Day Workshop on "Fuel for Future"

STARTS 25 TH TO 27 TH SEPTEMBER 2023

Guest Speaker Dr. Seema Pande VMV College, Nagpur

Chairperson DR. Milind Barbate PRINCIPAL C.P. & BERAR COLLEGE, NAGPUR

CONVENER PROF. PRERANA RATHAPARKHI HOD HOME ECONOMICS DEPT. C.P.& BERAR COLLEGE, NAGPUR

DR. J. K. MAHAJAN VICE-PRINCIPAL C.P. & BERAR COLLEGE, NAGPUR

Permission Letter

To,
 The Principal,
 C.P. & Berar College,
 Nagpur.

Subject :- Permission to Celebrate 'National Nutrition Month 2023' on 25th, 26th & 27th September 2023.

Respected Sir,

As per planning of our department for the session 2023-24 plan to organize Guest Lecture on the occasion of 'National Nutrition Month 2023' on 25th, 26th & 27th September 2023. This year theme is "Fuel for the Future". Under this theme department is organizing a lecture cum demonstration for the students to generate awareness about the nutrition.

Kindly permit and oblige me
 Thanking you.

Topic : Nutritious diet for Teenagers. (4000-5000 words)
 Guest Speaker: Dr. Seema Pande (VMV College, Nagpur).
 Time : At 10:00 am

Dr: 20th September 2023.

Prerana
 Prerana Rathaparkhi
 Dept. of Home Economics
 C.P.& Berar College,
 Nagpur.

Permitted
b
 Principal
 C.P. & Berar E. S. College
 NAGPUR.

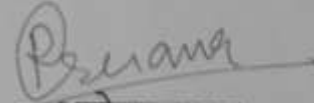
Student Notice

गृहअर्थशास्त्र विभाग

सूचना

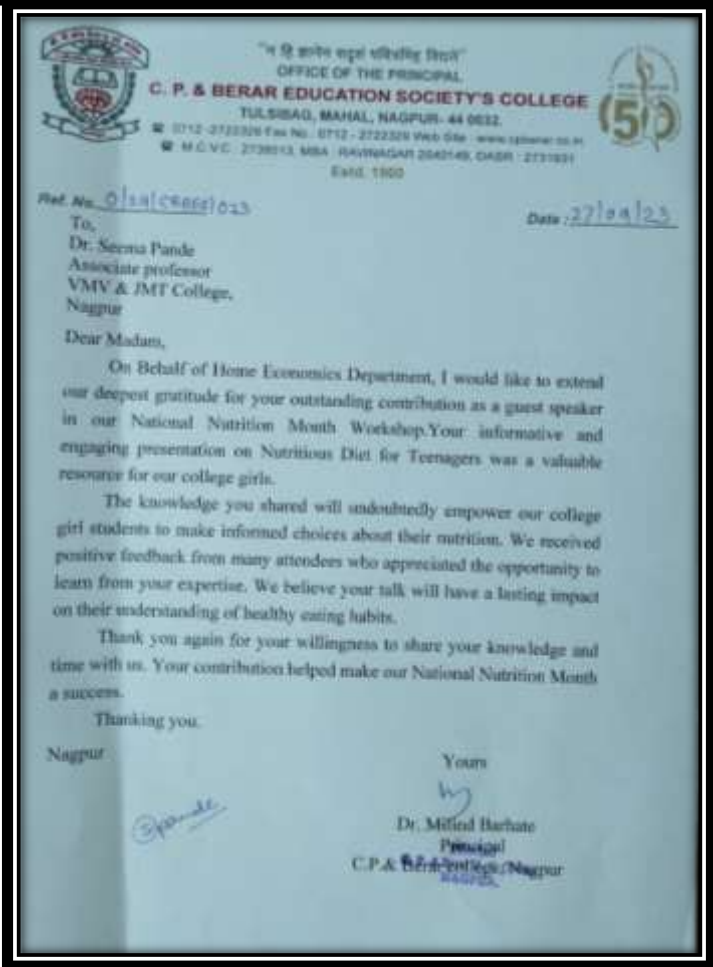
दि. 22/09/2023

गृहअर्थशास्त्र विभागातील बी.ए. भाग 2 व 3 च्या सर्व विद्यार्थिनींना सूचित करण्यात येते की राष्ट्रीय पोषण महिना निमित्त 'भविष्यासाठी पौष्टिक खाद्य' या विषयावर दि. 25/09/2023 ते 27/09/2023 ला गृहअर्थशास्त्र विभागात 3 दिवसांच्या कार्यशाळेचे आयोजन करण्यात येत आहे. सर्व विद्यार्थिनींनी सकाळी 9.30 वाजता गृह अर्थशास्त्र विभागात हजर राहावे. सर्वांची उपस्थिती अनिवार्य आहे. याची सर्व विद्यार्थिनी नोंद घ्यावी.


आदेशानुसार



Invitation Letter to
 Guest Speaker



Thanksgiving Letter to
 Guest Speaker

Programme Report

Programme Report

The Department of Home Economics at C.P. & Berar College, Nagpur, organized a three-day workshop from 25th to 27th September 2023 to mark '*National Nutrition Month*'. The event, themed "*Fuel for Future*", focused on promoting a nutritious diet among teenagers.

The workshop was inaugurated by Dr. Seema Pande, Assistant Professor, VMV College. On the first day, she provided valuable insights to Home Economics students on the importance of a nutritious diet, its benefits, and its relevance for teenage girls.

On the second and third days, Dr. Pande demonstrated healthy recipes such as Mix Vegetable Paratha, Sprouted Mix Usal, and Aaliv Kheer. She emphasized how these dishes can contribute to better health and explained the practical applications in daily life through relatable examples.

The event was introduced by Professor Prerana Ratnaparkhi, Head of the Home Economics Department, and supported by Hon'ble Principal Dr. Milind Barhate and Vice-Principal Dr. Mahajan, who conveyed their best wishes to the students. The program concluded with a vote of thanks.

This initiative successfully highlighted the role of nutrition in shaping a healthier future for teenagers.

Noted
Prerana
3/10/23
Prerana
C. P. & Berar E. S. College
NAGPUR.

List of the Students

C.P. & BERAR EDUCATION SOCIETY'S COLLEGE, NAGPUR
 HOME ECONOMICS DEPARTMENT
 ORGANISED
 3 DAYS WORKSHOP ON 'FULE FOR FUTUTRE'
 ON THE OCCASION OF NATIONAL NUTRITION MONTH
 DT. 25/09/2023 TO 27/09/2023
 LIST OF THE STUDENTS

SR. NO	STUDENTS NAME	SIGNATURE 25/09/2023	SIGNATURE 26/09/2023	SIGNATURE 27/09/2023
1	Tanishka P. Dongre			
2	Vaishnavi C. Dharate			
3	Shubhangi R. Wasode			
4	Abhilasha S. Hedau			
5	Kasak. V. Khapre			
6	Nisha. V. Khapre			
7	Ujjwala Nunnaware			
8	Nandini. Panikar			
9	Lalita. V. Jadhav			
10	Rakhi Wairagade			
11	Shrawati Bisan			
12	Khushi Niroje			
13	Ujjwala Bhojale			
14	Priya Bhojale			
15	Nalini Panikar			
16	Ku. Laxmi A. Dattikar			
17	Sanjivani Anasane			
18				
19				

Feedback Form

सी. पी. एण्ड बेरार महाविद्यालय, नागपुर.
गृहअर्थशास्त्र विभाग
'राष्ट्रीय पोषण महिना निमित्त'
"किशोरवयीन मुलांकरिता पोषक आहार"
दि. २५ ते २७ सप्टेंबर २०२३

विद्यार्थ्याचे नाव : Abhilasha Hedau
वर्ग : B.A. 5th sem
रोल नंबर : -
मोबाइल क्रमांक : 9970767888
स्वाक्षरी : Abhilasha

प्रश्न १. "राष्ट्रीय पोषण महिना निमित्त" घेण्यात येणाऱ्या कार्यक्रमाचे आयोजन कसे होते?
✓ १. विषयाला अनुसरून होते २. समजलेच नाही ३. चांगले होते.

प्रश्न २. खालील विधानाशी आपण सहमत आहात की असहमत आहात हे त्या विधाना समोरिल अंकाला गोल करून सूचित करा.

अनु क्रमांक	विधान	खुप जास्त सहमत आहे	सहमत आहे	दोन्हीपैकी एकही नाही	असह मत आहे	खुप जास्त असहमत आहे
१	"किशोरवयातील मुलांकरिता पोषक आहार" हा विषय तुमच्या साठी दैनंदिन जीवनात उपयोगी ठरेल.	५	४	३	२	१
२	"किशोर वयातील मुलांकरिता पोषक आहार" या विषयी तुम्हाला या पूर्वी बरीच माहिती होती.	५	४	३	२	१
३	"किशोर वयातील मुलांकरिता पोषक आहार" या व्याख्यानाला आलेल्या अतिथींनी सोप्या पद्धतीने प्रत्यक्षिकाद्वारे विषय समजून सांगितला.	५	४	३	२	१
४	या कार्यशाळेत किशोर वयीन मुलांना कोणता पोषक घटक युक्त आहार द्यावा तसेच विविध प्रकारचे आहार पर्याय सांगितले गेले.	५	४	३	२	१
५	या कार्यशाळेमुळे पोषणाबद्दलची आपली जागरूकता वाढली.	५	४	३	२	१
६	गृहअर्थशास्त्र विभागातर्फे आहारा संबंधी अश्या महत्वपूर्ण कार्यक्रमाचे आयोजन व्हाला हवे.	५	४	३	२	१

प्रश्न ३. गृह अर्थशास्त्र विभागातर्गत अजुन कुठल्या कार्यक्रमाचे आयोजन व्हावे असे तुम्हाला वाटते?

कुकींग सेशन, नव नवीन मधील आरोग्य मिठाई, व ही क्विझ
कार्यशाळा संपून घ्याव्यात होती. आम्हाला त्यामुळे कोणते पोषक घटक ह्याने
अश्या प्रकारची माहिती देणारे कार्यक्रम होण्यात यावे.

Feedback form Report

Report on Feedback Received for “Nutritious Diet for Teenagers” Workshop for Adolescent Girl Students

Date of Seminar: 25th - 27th September 2024

Objective:

To assess the effectiveness of the “Nutrition for Teenagers” a three day workshop conducted for adolescent students on the occasion of ‘National Nutrition Month’.

Methodology:

A Likert scale-based feedback form was distributed to all participants at the conclusion of the workshop. The form consisted of 08 questions to assess various aspects of the workshop, including its relevance, effectiveness, and overall impact.

Key Findings:

- The majority of students expressed satisfaction with the workshop, with a 87% indicating strong agreement with statements such as "The information presented was useful" and "The workshop increased their awareness about nutrition."
- The information presented during the workshop was generally perceived as easy to understand and comprehend.
- A significant number of students indicated that the information presented in the workshop would be useful in their daily lives.
- Students appreciated the inclusion of a variety of dietary options and the emphasis on healthy eating habits. The interactive nature of the workshop, including discussions and Q&A sessions, was well-received by the students.
- Some students suggested including more interactive activities, such as cooking demonstrations or group exercises.
- A few students expressed a desire for more in-depth information on specific topics such as adolescent nutrition and sports nutrition.

Conclusion:

The feedback received from the students indicates that the workshop was effectively conveyed information about adolescent nutrition, increased students' awareness, and provided them with practical knowledge that they can apply in their daily lives.


Principal
C.P. and Bazar E.S. College
Tulshbag, Nagpur.

Photo Gallery



Teenager Girls Students Learning Nutritious Recipes through Demonstration Methods by Dr. Seema Pande Dt. 27/09/2023