



C.P.& BERAR EDUCATION  
SOCIETY'S COLLEGE, NAGPUR

DEPARTMENT OF HOME ECONOMICS

CELEBRATING NATIONAL NUTRITION MONTH

ON

27TH TO 29TH SEPTEMBER 2022

THEME : NUTRITIOUS DIET FOR  
HEALTHY LIFESTYLE

GUEST SPEAKER  
DR. ALKA SARODE

TIME  
11.00 AM

COORDINATOR  
PROF. PRERANA RATNAPAKHI

PRINCIPAL  
DR. MILIND BARHATE

VICE-PRINCIPAL  
DR. J.K. MAHAJAN

# Permission Letter

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

Subject:-Permission to Celebrate 'National Nutrition Month 2022' on 27<sup>th</sup>, 28<sup>th</sup>, & 29<sup>th</sup> September 2022 .

Respected Sir,

As per planning of Home-Economics Department for the session 2022-23 to organize Guest Lecture on the occasion of 'National Nutrition Month 2022' on 27<sup>th</sup>, 28<sup>th</sup>, & 29<sup>th</sup> September 2022. This year Theme is "Celebrating a World's of Flavours". Under this theme department is organizing a lecture to generate awareness among students about nutrition and healthy eating practices for nourishing their lifestyle.

Kindly permit and oblige me

Thanking you,

Topic : Nutritious Diet for Healthy Life Style

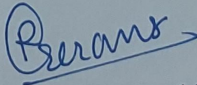
Guest Speaker: Dr. Alka Sarode (Shri Niketan Arts & commerce College, Nagpur).

Time : At 11:00 am

Dt: 20<sup>th</sup> September 2022

Nagpur

Permitted  
Principal  
C. P. & Berar H. S. College  
NAGPUR.

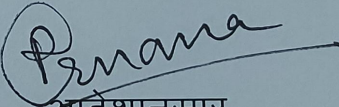
  
Prerana Ratnaparkhi  
Deptt. of Home Economics  
C.P. & Berar College,  
Nagpur

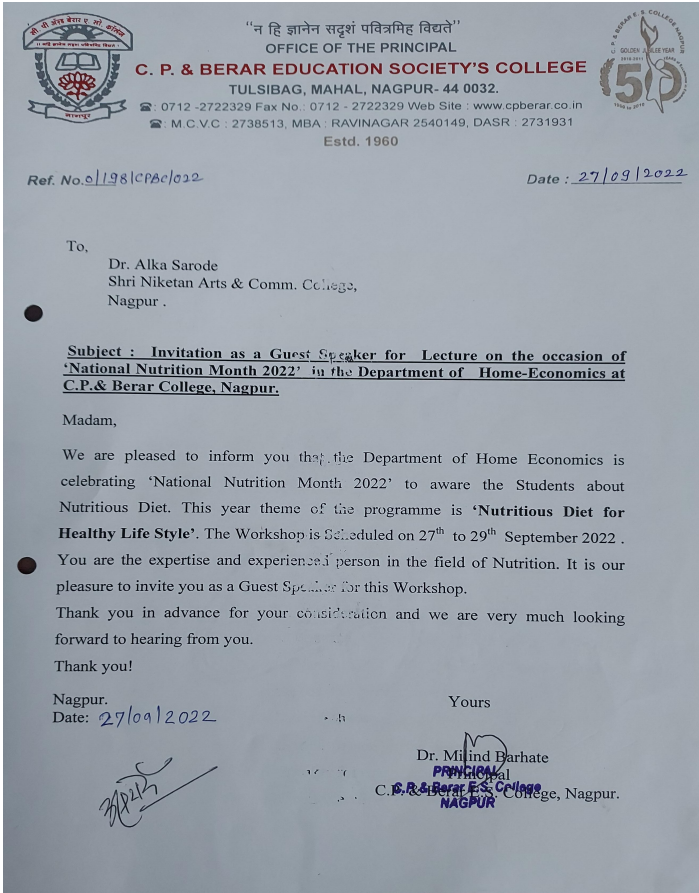
# Student's Notice

## गृहअर्थशास्त्र विभाग सूचना

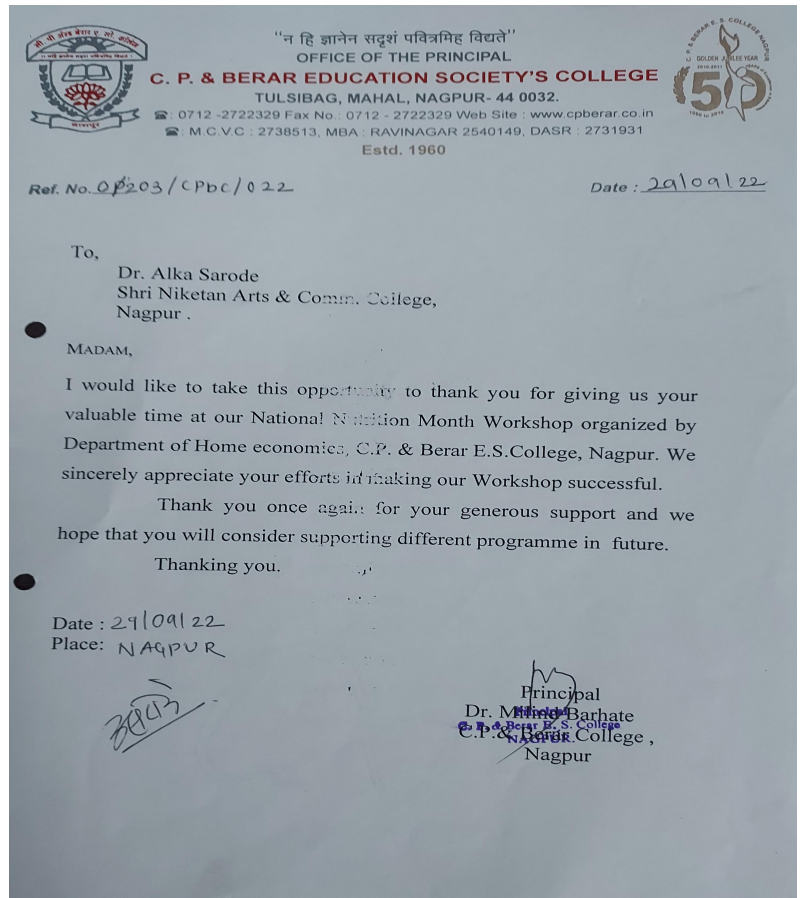
दि. 25/09/22

गृहअर्थशास्त्र विभागातील बी. ए. भाग 2 च्या सर्व विद्यार्थीनींना सूचित करण्यात येते कि, दि. 27/09/2022 ते 29/09/2022 या 3 दिवसांच्या व्याख्यानाला गृहअर्थशास्त्र विभागातील अध्ययन मंडळाद्वारे राष्ट्रीय पोषण महीना निमित्त 'निरोगी जीवनशैली साठी पौष्टिक आहार' या विषयावर व्याख्यानाचे आयोजन करण्यात आले आहे. सर्व विद्यार्थीनींनी सकाळी 10.30 वाजता गृहअर्थशास्त्र विभागात कार्यक्रमाकरिता हजर राहावे. सर्वांची उपस्थिती अनिवार्य आहे. याची सर्व विद्यार्थीनींनी नोंद घेण्यात यावी.

  
आदेशानुसार



Invitation Letter  
to Guest Speaker



Thanksgiving Letter  
to Guest Speaker

# Programme Report

## Programme Report

On the occasion of 'National Nutrition Month' the Department of Home Economics organized 3 days workshop on 'Nutrition Diet for Healthy Life Style 'निरोगी जीवनाशैली साठी पौष्टिक आहार' on 27/09/2022 to 29/09/2022 in the presence of Dr. Alka Kotamkar (Associate Prof. Shri Niketan Arts & Commerce College, Nagpur).

- On first day she gave information to Home Economics girls students what is nutritious diet? Why it is important in our day to day life? and taught some nutritious recipe to our girl students in workshop.
- 2<sup>nd</sup> & 3<sup>rd</sup> days she taught Mix Vegetable Paratha, Sprouted Mix Usal, Gum Laddu and Aaliv Kheer. And told the students that how can these recipes will help to build up better health. She explained through various examples that how Home economics subject is useful in our daily life.
- The program was introduced by Professor Prerana Ratnaparkhi (Head of Home Economics). The event was assisted by Hon'ble Principal Dr. Milind Barhate. Hon'ble Vice-Principal Dr. Mahajan Sir, they gave best wishes on this occasion to our students, the program ended with vote of thanks.

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

Prerana  
4/10/22

## List of the Students

**C.P. & Berar Education Society's College, Nagpur**

**Home Economics Department organized**


**3 Days Workshop on 'Nutritious Diet for Healthy Life Style'**

on the occasion of National Nutrition Month.

Dt. 27<sup>th</sup> to 29<sup>th</sup> September 2022

List of the students

| SR. NO. | STUDENTS NAME           | SIGNATURE<br>27/9/2023 | SIGNATURE<br>28/9/2023 | SIGNATURE<br>29/9/2023 |
|---------|-------------------------|------------------------|------------------------|------------------------|
| 1       | Vishakha V. N. N. N. N. | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 2       | Shweta G. Kerkar        | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 3       | Rohini M. Kerkar        | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 4       | Rukaiya K. Sheikh       | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 5       | Vaishnavi C. P. P.      | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 6       | Rakhi R. Thakur         | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 7       | Ankita D. Dekate        | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 8       | Mansi Bode              | Mansi                  | Mansi                  | Mansi                  |
| 9       | Shital R. R. R.         | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 10      | Kamini R. R. R.         | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 11      | Mansi M. M. M.          | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 12      | Tanya K. K. K.          | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 13      | Tanya S. S. S.          | Tanya                  | Tanya                  | Tanya                  |
| 14      | Pooja P. P. P.          | <i>[Signature]</i>     | <i>[Signature]</i>     | <i>[Signature]</i>     |
| 15      | Devika P. P. P.         | Devika                 | Devika                 | Devika                 |
| 16      |                         |                        |                        |                        |
| 17      |                         |                        |                        |                        |
| 18      |                         |                        |                        |                        |
| 19      |                         |                        |                        |                        |
| 20      |                         |                        |                        |                        |

  
 Principal  
 C. P. & Berar E. S. College,  
 NAGPUR.

*[Signature]*  
 4/10/22

# Feedback Form Sample

सी.पी.एन्ड बेरार महाविद्यालय, महाल, नागपूर.

Feed back form

3 Days Workshop on 'Nutritious Diet for Healthy Life Style'

on the occasion of National Nutrition Month. Dt. 27<sup>th</sup> to 29<sup>th</sup> September 2022

१. विद्यार्थ्यांचे नाव: Rohini Murdhar Kuvale  
२. वर्ग : BA 5<sup>th</sup> Sem  
३. रोल नंबर : 9222  
४. मोबाईल क्रमांक : 9822412403  
५. स्वाक्षरी: Plumle

प्रश्न १. निरोगी जीवनशैली साठी पौष्टिक आहार या कार्यशाळेचे आयोजन कसे होते?

१. विषयाला अनुसरून होते     २. चांगले होते     ३. समजलेच नाही

प्रश्न २. खालील विधानाशी आपण सहमत आहत किंवा असहमत आहात हे त्या विधाना सामोरील अंकाला गोल करून सूचित करा.

| अनुक्रमांक | विधान   | खूप जास्त सहमत आहे | सहमत आहे | दोन्हीपैकी एकही नाही | असहमत आहे | खुप जास्त असहमत आहे |
|------------|---|--------------------|----------|----------------------|-----------|---------------------|
| १          | "निरोगी जीवनशैली साठी पौष्टिक आहार या विषय तुम्हाला अगदी योग्य वाटला  | ५                  | ४        | ३                    | २         | १                   |
| २          | पौष्टिक खाद्यपदार्था विषयी तुम्हाला यापूर्वी माहिती होती  | ५                  | ४        | ३                    | २         | १                   |
| ३          | 'निरोगी जीवनशैली साठी पौष्टिक आहार या कार्यशाळेला आलेल्या अतिथींनी सहज आणि सोप्या भाषेतून योग्य माहिती दिली | ५                  | ४        | ३                    | २         | १                   |
| ४          | पौष्टिक आहाराचे महत्व आणि पदार्थ विषयी उपयुक्त माहिती या कार्यशाळेमुळे तुम्हाला मिळाली                      | ५                  | ४        | ३                    | २         | १                   |
| ५          | महाविद्यालयातील मुलींसाठी अश्या प्रकारच्या आहारविषयक व्याख्यानाचे आयोजन सतत करावेत                          | ५                  | ४        | ३                    | २         | १                   |

प्रश्न ३ . अभ्यास मंडळांतर्गत आणखीन कोणकोणत्या विषया संबंधी व्याख्यान आयोजित करावे असे तुम्हाला वाटते .

मात्सा असे वाते. अभ्यास मंडळांतर्गत  
वेळीच महत्त्व, व गभवती रती (वेळीच,  
कोणत भाजार विषयावर इ. संवधा व्याख्यान  
आयोजित करावे.

## Feedback form report

### Feed back form report


The Department of Home Economics on the occasion of National Nutrition Month, Dt. 27/09/2022 to 29/09/22. In the presence of Dr. Alka Kotamkar (Associate Prof. Shri Niketan Arts & Commerce College, Nagpur).

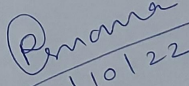
She gave full information to the students of B.A. 2nd and 3rd class on how to prepare healthy and delicious food so that it will get proper nutrients for healthy lifestyle.

- All the questions in the feedback form filled in by the students were answered in the affirmative. 50% girls did not know about the nutritious diet and this lecture gave them useful information about the nutritional diet of school-going children.

100% girls said that they got very good and useful information about the nutrition for healthy lifestyle and how important it is to consider the nutrient components while making their foods.



  
Principal  
C. P. & Berar E. S. College,  
NAGPUR.

  
4/10/22

# Photo Gallery



Students preparing Nutritious Dishes in workshop Dt. 27/09/22



Students express their views during the workshop Dt. 29/09/22

