

College of Home Science Nirmala Niketan NAAC Re-Accredited "A+" Grade

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7.1.9 - PROGRAMMES ORGANIZED FOR SENSITIZATION OF STUDENTS AND EMPLOYEES OF THE INSTITUTION TO THE CONSTITUTIONAL OBLIGATIONS: VALUES, RIGHTS, DUTIES AND RESPONSIBILITIES OF CITIZENS

• Awareness about Consumer rights: As part of Extension Education and Development an input session on "Food Adulteration and Fake Product" was organized on 22nd July 2022 in college of Home Science Nirmala Niketan. The resource person was Mr. Gajanan Patil from Jago Grahak Jago. Mr. Patil is a Consumer Activist conducting awareness campaign along with Food and Drug Administration India.



• Importance of breastfeeding: Sessions - "Step up in Support of Breastfeeding, Breastfeeding – Impact on Survival and prevention of NCDs"; "Techniques for effective Breastfeeding",

AQAR – 2022-2023: Criterion VII

"Breastfeeding in sickness and health", "Street play on the importance" - Department of Foods, Nutrition and Dietetics. (4-8-2022).

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| E CTD3 | Affiliated to the University of Mumbai |
| 2501 | NAAC Accredited A+ grade |
| 1999 - 19 - 19 - 19 - 19 - 19 - 19 - 19 | THE DEPARTMENT OF FOODS, NUTRITION & DIFFETICS |
| | |
| | organises a seminar to celebrate |
| | WORLD BREASTFEEDING WEEK |
| | 1-7 August |
| | |
| | Step up in |
| | |
| 0 | Support of |
| 11 | Breastfeeding |
| 00 | Dieastreeulig |
| 11 | A ANA Resource persons: |
| 12 | Dr. Taru Jindal |
| n |) ///// Dr. Pooja Singhania |
| (6) | Ms. Shilpi Malhotra |
| LIC | |
| | 4th August, Thursday 130 to 4.45 pm |
| 1-0 | |
| 0 | Venue: Marie Adelaide De Cice Hall |
| 5 | Resistration link |
| | https://forms.gle/SCLBzamH4M6OCRzx8 |





Importance of healthy eating: This included a talk on Walnuts an excellent source of Plant • based omega 3 by Ms. Naaznin Husein - Founder of Freedom Wellness. This was followed by a live recipe demonstration by Chef Nehal Karkera and the prize distribution of the winners of the Intercollegiate recipe contest (26/9/2022).



Here's your chance to showcase your passion for food by curating a unique and innovative recipe with your culinary skills. All you need to do is put together a unique California walanut-inspired healthy tiffin recipe suitable for working won or students and share the recipe with pictures on your social media profile with aMakingEverydayHealthy.

howcase the recipe on 29th September, 2022 to the jury, with a write-up of ipe justifying why you consider it bealthy for the target group. The ment doesn't end here; the top 3 recipes will win an exciting gift hamper alifornia Walnuts.

get to tag @CaliforniaWalnutsIndia and @chsc.nn in all your posts

- go through all T&Cs carefully before registering for the contest.
- Prepare an innovative walnut-inspired healthy tiffin recipe for the target group you have selected using California walnuts and present two servizy of your product at 10.03 on 0.2gth September, 2022. Venue: I.Oilege of Home Science, Nirmala Niketan (ground floor) "Recipe to be made at home and brought to the venue. Final plating and presentation to be done at the venue. Serving dishes no to be brought by the participants. A microwave will be available for heatin if recuired.

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- Participants will have to submit two copies of their recipe on an A4 sheet mentioning ingredients, amounts, method and explanation of why you fee it is a healthy recipe. Your name should not be disclosed anywhere on the sheet.
- Post a picture of the dish along with the detailed recipe on Facebook/Instagram and tag @CaliforniaWalnutsIndia and @chsc.nn in your posts.
- Make sure to use #MakingEverydayHealthy in your contest posts across all
- No other nut except California walnuts should be used in the recipe

• **Prevention of sexual harassment**: 'Vicchar Dhara' – online idea generation competition, 'Provoked' movie screening - Women's Development Cell, Vishaka committee, on International Women's Day (8-3-2022).



• Importance of mental health on World Mental Health Day: Workshop - Zentangle Session by Zainab Bhinderwala and a session by Dr Harish Shetty on "Mental health and well-being" was organised by the Department of Human Development on the occasion of World Mental Health Day (10-10-2022).





• Sensitization towards people with visual disabilities: Workshop - "Antarchakshu: The Inner Eye" was organised for students of the Department of Human Development on 6-3-2023.



• Awareness and appreciation of traditional Indian crafts and artisans: Traditional Textiles and Swadeshi Swag events organized across the year by Department of Textile and Fashion Technology.



• Sensitization towards protection of endangered species and environment safety: Nature club organized a Flamingo watching cum nature trail on 29th January 2023 to sensitize students with respect to protection of endangered species.

