



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

Summary Table:

Sr. No.	Theme of the Activity	Date	Brief Description
1.	Awareness about Consumer rights	22/7/2022	Class of TY CRM – 41 students participated. Workshops on Consumer Awareness, Food adulteration, and fake products
2.	Importance of breastfeeding	4/8/2022	Class of TY and MSc FND, FPP, SN – 156 students participated. Sessions - “Step up in Support of Breastfeeding, Breastfeeding – Impact on Survival and prevention of NCDs”; “Techniques for effective Breastfeeding”, “Breastfeeding in sickness and health”, “Street play on its importance.



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Dr. Anuradha J. Bakshi
IC Principal

3.	Importance of healthy eating	29/9/2022	<ul style="list-style-type: none"> · Talk - Walnuts an excellent source of plant-based omega-3 by Ms. Naaznin Husein – Founder of Freedom Wellness. (About 120 students participants) · Live recipe demonstration by chef Nehal Karkera (About 156 students participants) · Intercollegiate recipe contest on the theme of Innovative healthy tiffin meals for children or working women (About 30 participants)
4.	Importance of mental health	10/10/2022	Workshop - Zentangle Session and a talk session by Dr Harish Shetty on “Mental health and well-being” on the occasion of World Mental Health Day - About 120 students participated.
5.	Sensitization towards protection of endangered species and environment safety	29/1/2023	Flamingo watching cum nature trail - 5 students and 2 staff members participated in the activity
6.	Sensitization towards people with visual disabilities	6/3/2023	Workshop - “Antarchakshu: The Inner Eye” 45 students participated.
7.	Prevention of sexual harassment	8/3/2023	<p>‘Vicchar Dhara’ – online idea generation competition. 11 students participated.</p> <p>‘Provoked’ movie screening - Women’s Development Cell, Vishaka committee, on International Women’s Day. 12 students participated.</p>
8.	Awareness, appreciation of traditional Indian crafts and artisans	Across the year	Traditional Textiles and Swadeshi Swag events across the year . About 50 students participated.



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- 1. 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.



- 2. Importance of breastfeeding:** Sessions - “Step up in Support of Breastfeeding, Breastfeeding – Impact on Survival and prevention of NCDs”; “Techniques for effective Breastfeeding”, “Breastfeeding in sickness and health”, “Street play on the importance” - Department of Foods, Nutrition and Dietetics. (4-8-2022).



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- 3. 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 on the theme of Innovative healthy tiffin meals for children or working women (29/9/2022).

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 walnut inspired healthy tiffin recipe suitable for working women or students and share the recipe with pictures on your social media profile with #MakingEverydayHealthy.

Also, showcase the recipe on 29th September, 2022 to the jury, with a write-up of the recipe justifying why you consider it healthy for the target group. The excitement doesn't end here; the top 3 recipes will win an exciting gift hamper from California Walnuts.

Don't forget to tag @CaliforniaWalnutsIndia and @chsc.nn in all your posts. Please go through all T&Cs carefully before registering for the contest.

1. Prepare an innovative walnut-inspired healthy tiffin recipe for the target group you have selected using California walnuts and present two servings of your product at 10.30 am on 29th September, 2022. Venue : College 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 need to be brought by the participants. A microwave will be available for heating if required.
2. Participants will have to submit two copies of their recipe on an A4 sheet mentioning ingredients, amounts, method and explanation of why you feel it is a healthy recipe. Your name should not be disclosed anywhere on the sheet.
3. Post a picture of the dish along with the detailed recipe on Facebook/Instagram and tag @CaliforniaWalnutsIndia and @chsc.nn in your posts.
4. Make sure to use #MakingEverydayHealthy in your contest posts across all your social media platforms.
5. No other nut except California walnuts should be used in the recipe.

- 4. 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).



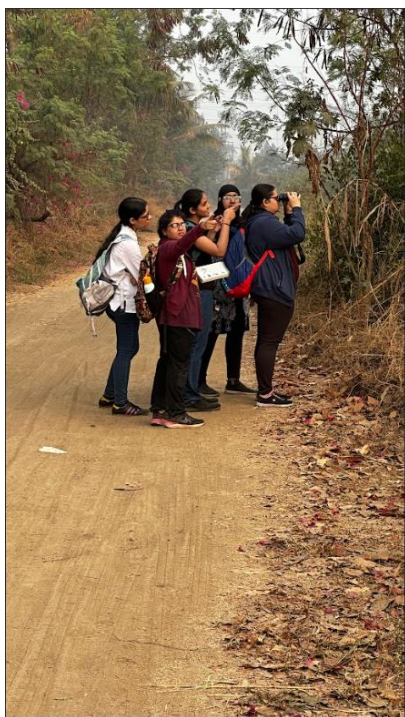
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5. **Sensitization towards protection of endangered species and environment safety:** Nature club organized a Flamingo watching cum nature trail on 29th January 2023 to sensitize students with respect to protection of endangered species.



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6. **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.



7. **Prevention of sexual harassment:** ‘Vicchar Dhara’ – online idea generation competition, ‘Provoked’ movie screening - Women’s Development Cell, Vishaka committee, on International Women’s Day (8-3-2023).



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