

## REPORT OF THE RESEARCH UNIT

### **Name of the Project:**

कॉलेज ऑफ होम सायन्स निर्मला निकेतन ह्यांचे मारफत किचन गार्डन माध्यमातून भाज्यांची लागवड करुन आदिवासी मुलामुलीचं पोषण पातळी वाढवणे

### **Project Commenced in December 2023**

**No. of schools:** 8 schools

### **Project's Aim:**

- Development of Kitchen Garden and to use the produce in the daily
- Nutrition and Cleanliness awareness camps and anthropometry recording.
- Awareness of health and hygiene and compare the nutritional progress of students.

### **I] Development of Kitchen Garden and to use the produce in the daily**

From 2022 to 2024 land preparedness, cultivation and harvest

- Recess done to select appropriate plots for development.
- Land cleaning work done
- Land preparation for cultivation
- Four schools, chafewadi, savarsai, bhalewadi, and varvane were fully made ready for cultivation.
- In 2024, harvests recorded and produce added to the daily meals in the respective ashramshallas.
- Vegetables for eg. Leafy vegetable like green and red maat, palak, moola, kakadi, methi, tandulsa, allu, bhendi, gavar, chawli, doodhi, pumkin, padwal, shirali, suran etc have been harvested and the process is continued.
- May 2024 onwards the remaining four schools [i.e Pinglas, Varsai, Pathrej, Sanegaon] plots have been cleaned and prepared for sowing, cultivated and will be harvested shortly.
- Vegetables eg. Leafy vegetable like green and red maat, palak, moola, kakadi, methi, tandulsa, allu, bhendi, gavar, chawli, doodhi, pumkin, padwal, shirali, suran etc have been sowed in June 2024.



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INCHARGE PRINCIPAL  
COLLEGE OF HOME SCIENCE  
Nirmala Niketan,  
49, New Marine Lines,  
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### **II] Nutrition and Cleanliness Awareness Camps**

- Students of Nutrition from Nirmala Niketan College of Home Science visited each school in 2023 and 2024 to educate children about
  1. Importance of healthy food habits
  2. Nutritional values of indigenous vegetables ‘
  3. Cleanliness awareness
  4. Anthropometry recording

### **III] Awareness of health and hygiene and compare the nutritional progress of students.**

- Students of Nutrition from Nirmala Niketan College and Sophia College visited each school in 2023 and 2024 to spread awareness regarding nutrition using gamification as their main tool.

<b>Areas visited</b>	<b>Schools visited</b>
Pen	Karjat
Savarsai ashramshala	Bhalivadi ashramshala (all-girls school)
Warvane ashramshala	Pinghlas ashramshala
Varsai ashramshala	Pathrej ashramshala
	Chafewadi ashramshala
	Sanegaon ashramshala



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Bhalewadi plot initial state

After cleaning and preparing



Savarsai palakharvests.



Varvane harvests....



Chafewadi raan bhajya prashikshan



Pinglas anthropometry



Sanegaon nutrition games



*Kausar*

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NIRMALA NIKETAN INSTITUTE'S  
**COLLEGE OF HOME SCIENCE**  
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**RESEARCH UNIT**

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NAAC Accredited 'A+' Grade

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- Contact Person: Dr. Ratnaraje Thar (Director)
- Contact No.: 9820136367
- Email Address: [ratnarajethar@nnchsc.edu.in](mailto:ratnarajethar@nnchsc.edu.in)
- No. of students involved:
  - 2022- 2023 – no of students
    - FPP 1- 23
    - FPP2- 22
    - SN 1- 17
    - SN2-20
    - PG-21
  - 2023- 2024 - no. of students
    - FPP1 –17
    - FPP 2- 23
    - SN 1- 14
    - SN2- 17
    - PG- 23
- No. of teachers involved: 8
- No. of beneficiaries: 3000 Ashramshalla Students
- Dates of project activities: (Visits/Meetings/Activities)
  - 6<sup>th</sup> February 2023 Nutrition Camp
  - 8<sup>th</sup> February 2023 Nutrition Camp
  - 15<sup>th</sup> February 2023 Nutrition Camp
  - 27<sup>th</sup> February 2024 Nutrition Camp
  - 28<sup>th</sup> February 2024 Nutrition Camp