



Best Practice I Activities 2023-24

Training programs for women adolescent girls and children regarding Home Science activities.

Every year Department of Home Science organize various training programs and activities for women, adolescent girls and children. During academic year 2023-24 Home Science department motivated college students for participation in various activities like online, as well as offline presentations, poster presentations, lectures. During the academic year 2023-24 activity planned and implemented are given below-

Sr.No.	Name of the activity	Date	Number of Beneficiaries
1	Diet to prevent intestinal cancer awareness was created by displaying newspaper article on WhatsApp groups on the date	20th July 2023	49
2	Breakfast importance and care awareness was created among Students by displaying newspaper article on that	21st July 2023	88
3	Diet during Rainy season awareness was created by displaying newspaper article on WhatsApp group on date	23 July 2023	76
4	Care of eyes newspaper article was displayd on WhatsApp group on the date		52
5	Modern lifestyle changed hair colour Diet and Precaution suggested by doctors was displayed on date	24 July 2023	58
6	Online Hand embroidery practical was displayed on WhatsApp group on	August 10,2023	42
7	Pre School management online YouTube		47

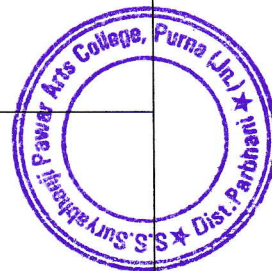




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Date : / / 2024

	guest lecture was displayed on	12th August 2023	
8	Knitting Rib YouTube video practical demonstration was displayed on	12th August 2023	36
9	Knitting crochet YouTube video demonstration was displayed on WhatsApp group on	12,22 Aug. 2023	48
10	Vitamin D for Calcium Absorption and skin health newspaper article display on WhatsApp group on the date	August 23 2024	42
11	Vitamin A vitamin D vitamin E and vitamin K in detail video lecture was displayed on WhatsApp group on August 26 2024	Aug.26 2024	42
12	Covid 19 effect on diet culture part first and part second YouTube video lecture was displayed on WhatsApp group on 26 August 2023	26 August 2023	78
13	Knitting sweater 60 patterns was displayed on WhatsApp group on September 10, 2023	September 10, 2023	46
14	Anemia in Adolescent Diet Care and	September 11, 2023	82

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Mob. No. 9423443615

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	Prevention newspaper article was a displayed on WhatsApp group on September 11, 2023.		
15	Prevention of intestinal cancer newspaper article was displayed on WhatsApp group on September 2023	September 2023	47
16	Crosha work Demonstration YouTube video was displayed on WhatsApp group on	Sept. 11 and Oct.13 2023	43
17	Two colour sweater designs YouTube video was displayed on WhatsApp group on September 11 2023	Sept. 11 2023	42
18	Hand embroidery YouTube video and images display on group on	Sept.12,14,19,21,22 Nov.8,dec.18 &27 April	49
19	Development and care during infancy video lecture was displayed on group on	October 6 2023	51
20	Awareness about Home Science subject was created by displaying YouTube lecture on	October 6 2023	52
21	Soft toy YouTube video was a display on group on	14 October 2023	52
22	Greeting cards YouTube video display on group on October 14 2023	Oct. 14 2023	38
23	BMI awareness created in adolescent Girls and hands on training for calculation of BMI was given.	Oct. 16 and 17 2023	47
24	Lecture on compost farming and	26th October	57

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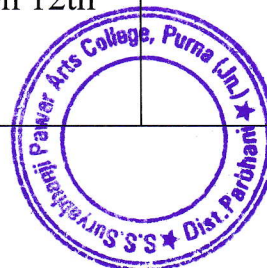
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	agriculture entrepreneur was organised Late K.M.. Deshmukh lecture series.	2023	
25	One day interdisciplinary offline National seminar on Women and Health was participated by all students on	30th October 2023	63
26	Best out of waste activity YouTube video was displayed on group on	Nov. 2, 2023	49
27	Importance of curry leaves and its recipes awareness was created among adolescent Girls on	18 Dec. 2023.	58
28	50 college students participated in knowledge, college ,village sahaj jal Bodh Abhiyan on	26 th Dec. 2023.	78
29	Guest lecture at Vidya prasarani school for Adolescent Girls on Diet Care, Personal Hygiene and Care was delivered by Dr Surekha Bhosle on 1st Jan. 2024.	1st Jan. 2024.	110
30	Student awareness was created about care for elderly by providing PDF of Manual Care for age developed by the national Community Engagement Academic Network Undawali Foundation, Tamilnadu on 10th Jan. 2024	10th Jan. 2024	190
31	Todays youth for future youth lecture was conducted on occasion of Swami Vivekananda birth anniversary on 12th Jan. 2024	12th Jan. 2024	56

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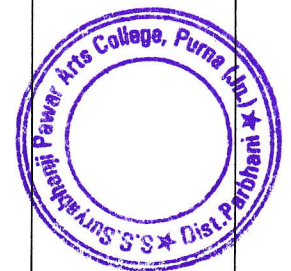
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32	Student Rally was conducted on the theme care for elderly to convey the message in society about care of elderly, 16 slogans were spread in society.	30th Jan. 2024	54
33	Visit to two old age Homes Matoshree and Sneha was organised at village Asola in Parbhani district and distributed fruits, shawls and created awareness among students on old age problems and care for Elderly	13 Jan. 2024	38
34	Home visits by students were given to collect data about old age present situation in society.	15 Jan. 2024	20
35	Group discussion and seminar presentation on collected data by student was conducted on	25th January 2024.	56
36	A detailed report on 5 objectives: 1) Today's youth for future youth awareness lecture 2) Care for elderly Rally 3) Visit to old age Homes 4) Home visits by students for data collection to learn present situation of elderly in society 5) Group discussion and seminar presentation on collected data. Was written and submitted	30 th Jan. 2024	42

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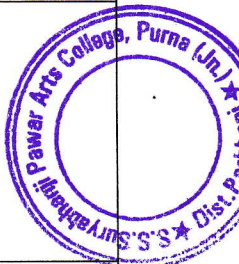
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	to NCEAN National Community Engagement Association Network Undawali Foundation Tamilnadu and online certificate of appreciation for college was collected.		
37	Batik textile printing techniques and its uses for decorative frame making was displayed on	27th Jan. 2024	64
38	Bridal blouse designs YouTube display on	Feb. 3,4 2024	53
39	Assessment of Nutritional Status of Anganwadi Children by Anthropometry at Pangra Dhone Villeg	13 Feb.2024	25
40	Guidence to Teen Age Girls in school at Pangra Dhone about Menstrual Cycle personal hygene care and Diet.	13 Feb.2024	160
41	Baby cap making YouTube video display on	Feb. 24 2024	38
42	old clothes reuse and repair ideas video display on	April 12,2024.	39
43	8 project proposals were written and uploaded on subject expert group panel IIT Delhi for entrepreneurship development of women in villages.and displayed on college walls.	March 2024	750
44	one SEG project on development of spices industry on agriculture production was sanctioned by UBA in	May 2024.	56

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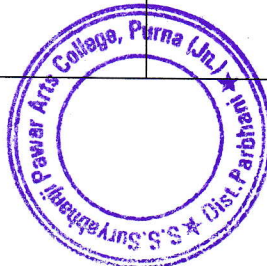
Action taken report Best practice – I

Academic year 2023-24

Action planning	Action taken
- To make aware women and girls about women right - To create nutrition and health awareness among rural women adolescent girls children's and youths - To plan environment awareness activities among school children and college youths - To motivate rural youth for entrepreneurship development and new startup - To create entrepreneurship awareness among women and girls - To create awareness of millets among rural women and farmers - To plan and organize online guest lectures of renown experts in various fields	- Women and girls make aware about women right by organizing women national seminar 30 oct.2023 - online and offline platform was created for nutrition and health awareness of women and girls during 2023-24 - Online platform was made available for students for environment awareness : students participated in knowledge ,college ,villegge sahaj jal bodh abiyen.2023-24 - Innovative start ups displayed on college walls. during academic year - Created millet awareness among students,farmers and house wifes.2023-24 - Online guest lectures platform made available to students - Details of activities with date pls see in previous table.

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Best practice II
Activities 2023-24

Child Guidance and Nutrition Counselling center

This center was established in February 2017 in the Department of Home Science, from its establishment various activities were run through the center in the academic year

2023- 24 following activities were taken by C G N C

Sr.No.	Name of the activity	Date	Number of beneficiaries
1	BMI calculation	June 2023-May 2024	260
2	Diet counselling	June 2023-May 2024	82
3	Theraphetic diet counselling	June 2023-May 2024	135
4	Counselling to pregnant women	June 2023-May 2024	36
5	Counselling to lactating women	June 2023-May 2024	47
6	Diet counselling to middle age women	June 2023-May 2024	52
7	Diet counselling to old age women	June 2023-May 2024	29
8	Assessment of nutritional status of preschool children	June 2023-May 2024	83
9	Assessment of intelligence quotient IQ of Preschool and school children	June 2023-May 2024	81



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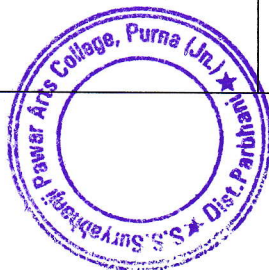
Best practice- II Child Guidance and Nutrition Counselling center

Activities 2023-24

Action plan	Action taken
- To give diet counselling to people in the community, college students and staff during the academic year 2022-23 - To give guidance and counseling about scientific care and hygienic practices about prevention of viral infections - To give nutrition counseling to all age group individuals - To give therapeutic diet counseling - To access nutritional status of children through anthropometry and compared with growth standards - To access intelligence quotient IQ of preschool and school going children by applying age suitable IQ test - To calculate BMI of students and individuals who are visiting CGNC centre.	- BMI body mass index of 260 individuals was calculated by using a body weight and height and formula of BMI calculation $BMI = \text{weight in kg} / \text{height in meter square}$ - Diet counseling to 82 individuals in community was given during the academic year 2023-24 - Therapeutic diet counseling was given to 135 individual about jaundice, fever, anemia diabetes etc. - Diet counseling to pregnant women was given to 36 pregnant women residing in Purna - Diet counseling to lactating women was given to 47 lactating women residing in Purna - Diet counseling to 52 middle age women was given about symptoms of middle age menopause and diet care during middle age. - Diet counseling to 29 old age was given about special care of diet during old age. - Assessment of nutritional status of 83 preschool children was carried out in child guidance and nutritional counselling center - Assessment of intelligence quotient (IQ) of 81 preschool and school going children was

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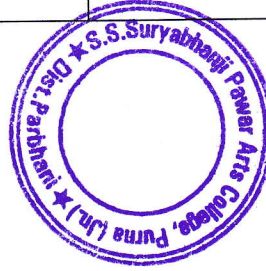
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calculated in CGNC by applying age suitable test.




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