

**DEPARTMENTAL PROGRAMME DURING 2023--2024**  
**DEPARTMENT OF NUTRITION AND HEALTH EDUCATION**  
**RKMV, SHIMLA**

This is a compilation of brief reports of the activities being conducted by the Department of Nutrition and Health Education during session 2023-24.

**1. TRAINING PROGRAMME ON RANGOLI**

The Department of Nutrition and Health education organized one day Training programme on 17<sup>th</sup> July 2023 on topic Rangoli making for N.C.C cadet of R.K.M.V.34 students participated in it.

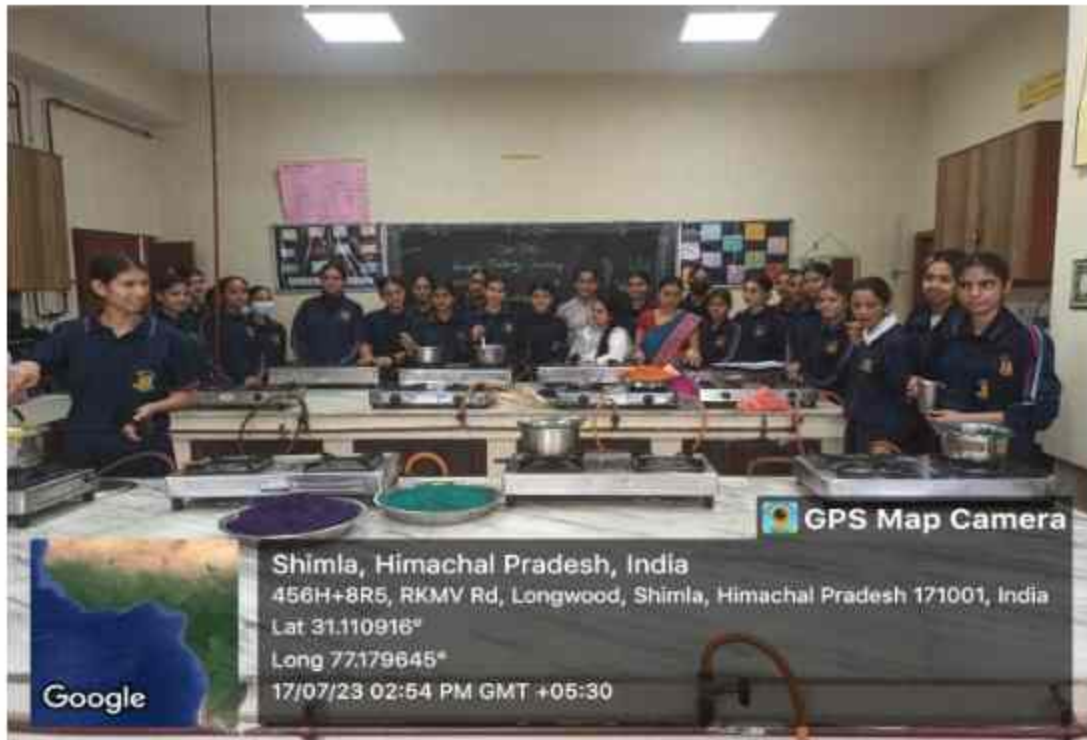
**OBJECTIVES**

- 1.To Teach students regarding Rangoli [making](#).
- 2.To give demonstration on color making.

**ACTIVITIES CONDUCTED**

1. lecture by Dr jyoti pandey on rangoli [making](#).
2. Demonstration on color making by Mrs Preeti Sood.
3. Participation of N.C.C cadet in Rangoli making activities.





## 2. World Breast feeding week

1st August 2023 to 7th August 2023

Department of Nutrition and health Education celebrated world Breast feeding week .various types of cultural,educational,social programme and extension activities were done on the occasion of world Breastfeeding week.The beneficiary of the programme was not only students of RKMV but also the community of nearby college.

### Objectives of #WBW2023

#### Inform

people about working parents' perspectives on breastfeeding and parenting

#### Anchor

optimal paid leave and workplace support as important tools to enable breastfeeding

#### Engage

with individuals and organisations to enhance collaboration and support for breastfeeding at work

#### Galvanise

action on improving working conditions and relevant support for breastfeeding

## ACTIVITIES CONDUCTED

Organization of Rally for spreading awareness regarding importance of Breast feeding week
Lecture on Theme of world World Breast Feeding week 2022 celebration. –by Mrs Preeti Sood
Calculation of Anthropometric Measurement of Lactating mother belonging to low income group families.
Discussion with lactating mothers on Importance of Breast feeding and problems they are facing with regards to breast feeding.
Organization of Lunch for Lactating mother belonging to low income group families
Diet planning of Lactating mother belonging to low income group families by Students of Nutrition and Health Education
Inter college competition on Topic—Breastfeeding and its importance
Programme on Breast feeding was organized by Department of Nutrition and health education ,RKMV in collaboration with Ministry of women and child welfare ,Shimla
Nukaar Natak by Students of I.G.Tribal Hostel ,RKMV
Workshop on Cooking of low cost bakery nutritious Recipes in Laboratory at Department of Nutrition and Health Education,RKMV,Shimla







### 3. TEACHERS DAY CELEBRATION

The day was celebrated by the students of department of Nutrition and Health education for the faculty of department.





#### 4. AUDITION FOR GROUP 1 ACTIVITY —RANGOLI

Audition for HPU Inter college Youth Festival Group 1 (Creativity)—rangoli competition were organized by department of Nutrition and Health education. Total 10 girls participated in it. The Theme for the audition was 'DIWALI'. Girls from the department showcase their talent in it. Two most creative and neat rangoli were selected.



## 5. CAMPUS RECRUITMENT DRIVE

For the students of B.A (Nutrition and Health education) 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> year, a campus recruitment drive was organized by career counseling and placement cell of the college in collaboration with centre of excellence Tourism and Hospitality on 13 th October 2023 at 11.30 in room no.3 of the college. It was the initiative of the Government of Himachal Pradesh Kaushal vikas Nigam (HPKVN) along with industry partner Lemon Tree Hotel JV mind leader India.

Students of the Department of Nutrition and Health education were selected for Industrial and on job Training at world executive skilling institute dedicated for hospitality professional.





## 6. HUNAR SE ROZGAR

19<sup>th</sup> October 2023

Hunar se Rozgar programme was organized at the Department of Nutrition and Health education

### OBJECTIVES OF THE PROGRAMME WERE AS FOLLOWS

1. To inform students regarding Scheme “Hunar se Rozgar”.
2. To create employable skill amongst student by motivating them to enroll in scheme “hunar se Rozar”.

### ACTIVITIES CONDUCTED

1. Lecture by Dr vivek, Assistant professor, IHM,kufri,H.P
2. Lecture by Dr Sapna, Assistant professor,IHM,kufri,H.P





## **7. ROTI MAKING ACTIVITY FOR ROTI BANK**

**4.03.2024**

To sensitize student towards underprivileged people and to teach them social work phenomena of "care and share" a roti making activity was conducted for donation at IGMC Hospital. It has been organized by Department of Nutrition and health Education on dated 4.03.2024

### **OBJECTIVES**

1. To teach the girls that selfless social work is what true self-worth is about.
2. To teach the students the virtues of caring, sharing and philanthropy so that they become a true citizen of our country and uphold Mahatma Gandhi's philosophy of just taking the minimum required.

### **ACTIVITIES CONDUCTED**

During the roti making activity students of Department of Nutrition and Health education Prepared 283 chapatis at laboratory of Home Science..They Donated it to an NGO "Almighty Blessings.

## **8. CELEBRATION OF "POSHAN PAKHWARE"**

### **EXPOSURE CUM INTERACTION VISIT**

#### **ONE DAY WORKSHOP**

**15<sup>th</sup> march and 16<sup>th</sup> march 2024**

At Department of Nutrition and health Education Poshan pakhware has been celebrated on 15<sup>th</sup> march and 16<sup>th</sup> march 2024.

### **OBJECTIVES OF POSHAN PAKHWARE**

1. To organize exposure cum Interaction visit for students of Department of Nutrition and health Education.
2. To Organise one day workshop on Millets.
3. To Participate in Poster making competition and millets recipe competition organized by Mission Shakti district programme officer, Shimla.
4. To Participate in a workshop cum awareness camp under "Mission Shakti" and "Poshan Abhiyaan" on 16<sup>th</sup> march AT Bachat Bhawan Shimla, H.P.

## ACTIVITIES CONDUCTED

1. Students participated in poster making competition at Bachat Bhawan, D.C. office complex, Shimla, H.P. on 16.3.24. Theme of the painting completion --- Nutrition. Three students won prizes in the same.
2. preparation of Millets recipes on 15.3.24 at the laboratory of Department.
3. Millet recipe exhibition at Bachat Bhawan, D.C. office complex, Shimla, H.P. on 16.3.24
4. Lecture of Dr Jyoti Pandey on Nutrition and Health.







## **9. VALUE ADDITION BAKERY WORKSHOP**

**15th march 2024 to 10th April 2024**

The Department of Nutrition and Health Education has imparted training in bakery to students in order to develop entrepreneurship and to create self-employment opportunities. Presently the Department is equipped with various baking food processing equipments to conduct training programmes on large scale.

### **VISION**

To provide trusted and valued knowledge, consistently through trainings to obtain high product quality, create employment opportunity, provide outstanding service to all customers (Bakery entrepreneurs, housewives & Bakery owners) and to be Indian best managed Bakery and processing consultant institute.

### **MISSION**

To apply strong and consistent production practices and principles in pursuit of our service and valued commitments, to generate economically sustainable value added Bakery owners and Bakery suppliers.



### OBJECTIVES

- Providing fundamental knowledge on Bakery and Value Addition
- Imparting knowledge on Bakery raw materials
- Hands on Training in preparation of Bakery & Value added products
- Imparting knowledge on Food hygiene, Sanitation and Safety
- Costing and Economics of Bakery and Value added products
- Promotion of bakery and Value Addition industry for economic empowerment
- Supply of quality human resource to the food industries



The Department has organized 30 hours 2 credit course for 25 students from 15<sup>th</sup> march to 10<sup>th</sup> april 2024. Students has also got certificate for the same.

## **10. COACHING CLASSES FOR FINAL YEAR STUDENTS**

### **Organized Online Coaching Classes for Final Year Students**

**6<sup>th</sup> -18<sup>th</sup> May, 2024**

#### **Objectives of the Coaching Classes:**

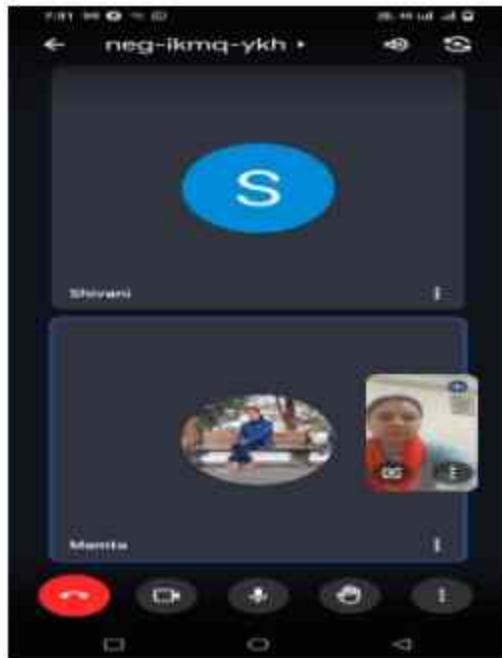
- To help students with upcoming entrance examinations
- To provide practice material
- To take doubt clearing sessions
- To take mock test for practice

#### **Brief Description of the Online Coaching Classes:**

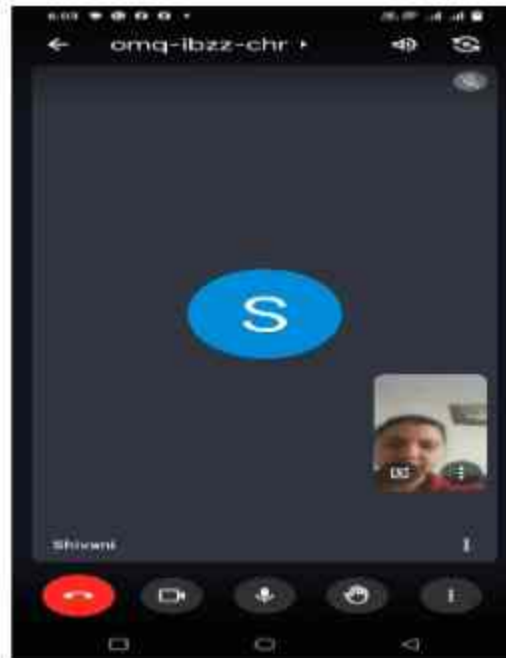
During the period of 5<sup>th</sup> to 18<sup>th</sup> May, total six classes were conducted online by the faculty of the Nutrition and Health Education Department for the Final Year Students of B.A. Nutrition and Health Education to acquaint them with the process of taking admissions to the Post Graduate Degree and Diploma Programmes related to the subject and prepare them for the same. Total four students of major Nutrition and Health Education had attended the online coaching classes. On 20<sup>th</sup> May, 2024, a mock test was conducted offline in the college hours to give them practice for the entrance examination.



## Schedule and Screenshots of Online Coaching Classes:



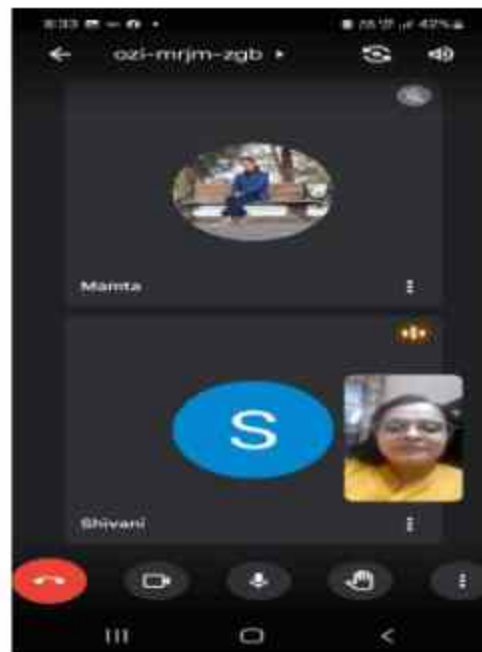
Picture 1



Picture 2



Picture 3



Picture 4

**Schedule of the online coaching classes conducted are as follows:**

<b>S.No.</b>	<b>Dates</b>	<b>Class Conducted by</b>	<b>Time</b>
1.	06.05.2024	Dr. Jyoti Pandey	One hour
2.	08.05.2024	Dr. Jyoti Pandey	One hour
3.	10.05.2024	Dr. Jyoti Pandey	One hour
4.	13.05.2024	Ms. Preeti Sood	One hour
5.	15.05.2024	Ms. Preeti Sood	One hour
6.	17.05.2024	Ms. Preeti Sood	One hour
7.	20.05.2024	Dr. Jyoti Pandey, Ms. Preeti Sood	One hour