

ANNUAL REPORT 2022-23

ASSIGNMENTS

- 1) **Food pyramid models:** I BSC –(ND)
- 2) **Creativity activity file:** II Sem –OE
- 3) **Color Scheme:** III Sem OE
- 4) **Review of Literature -Cardiac Diseases** -4th Sem ND
- 5) **Alcoholic liver diseases& Cholelithiasis-** 6TH Sem NDCZ
- 6) **Leavening Agents & Fermented Products** -2nd Sem ND
- 7) **Research projects** -6th Sem ND

WORKSHOPS

- 1) **Food preservation-** 16th January 2023 students prepared Amla jam, grated raw mango pickle and two variations, lemon Ginger Squash to study the process of crystallization, gelatinization and preservation using salt and sugar.
Resource person: Mrs. Neelam Bhargava -Culinary Expert
No of students: 21 OE +14 BA/B.Sc. Semester + 04 Faculty
- 2) **Tie and dye, Stencil Printing, Batik, and Block Printing:** - 31st May and 6th June 2023.
Resource person: Mrs. Poornima Bhat, Fevicryl – Pidilite Industries
No. of Students: 22, 4thsem BA/B.Sc
- 3) **Art Therapy Workshop:** 26th May 2023. Expressing Emotions through Art
Resource person: Mrs. Khushboo Khinvasara, Certified Counsellor, Regents University, London
No. of Students: 22, 6thsem BA/ B.Sc.
- 4) **Planning Diets for Type 1 and Type 2 Diabetes Mellitus:** 12th May 2023
Resource Person: Dr. Mary Regi, Associate Professor, Department of Nutrition, Mount Carmel College, Bengaluru.
No. of students: 31

GUEST LECTURES

1. **Public Nutrition:** 18th April 2023.
Resource Person: Ms. Aafreen Kaleem, Guys and Thomas, NHS Foundation, London.
No. of Students: 28+ 22+15 (B.SC ND 6thsem, BA/B.Sc. Home Science 6thsem, 1st M.Sc. 1stsem)

2. **Interpreting of RBC Indices:** 12th July, 2023
Resource Person: Dr. Sharmila Wesley, Head, Department of Biotechnology
No. of students: 27
3. **Counselling – Techniques, Process, Roles and Responsibilities of a Counsellor:**
13th July 2023
Resource Person: Mrs. Yallina Thomas
No. of students: 22 (BA/B.Sc.), 6th Sem.

VISIT

1. **Home for the Aged** -10th Feb 2023 to study the functioning of an old age home and to interact with the inmates.
No. of students: 22 students + 01 faculty.
2. **Visit to Nursery School:** Papagaya, Cleveland Town Bengaluru –2nd February 2023-visit to a nursery school to observe teaching practices and infrastructure.
No. of students: 22+ 01 Faculty
3. i) **Defence Food Research Lab Mysore** – on Mysore -6th June 2023 to observe preservation of foods for extreme climates for the defence personnel as well as Public Nutrition Institute.
ii) **KMF – Maddur** –to observe pasteurization techniques and production of milk products
No of students – 30 students + 02 Faculty
4. **Weavers Association**- 24th July 2023 II Hsc students were taken to Weavers society for a deeper understanding about the process of weaving.
No. of students: 22 + 01 Faculty

EXTENSION PROGRAMS

- 1) **Courage to say NO** – 2nd December, 2022 a role play cum presentation on the ill effects of tobacco and alcohol and the courage to say no to peer pressure was organized for the IIPUC HEPP /HEPS /PCBH students by the IIIIBA/BSc students
No of participants: 90 students
- 2) **Parent Education program** 4th February 2023– to educate parents of preschool children in the areas of types of parenting, needs of children, inculcating reading habits, behaviour problems, and nutritional needs of children. The program had a ppt, live demonstration of creative activities and display of the cooked ideal menu for a pre-schooler. This was organized by the IIIIBA/B.Sc. students for the parents

and children of UKG. Venue – Achieve School of Education, Chamrajpet, Bengaluru.

No. of Participants: 20

OTHER ACTIVITIES

- 1) **Open Day for II PUC** – 12th-13th December 2023 –a glimpse into the activities, curriculum and career opportunities in the field of home science

No. of participants: 75

- 2) **Hobby Exhibition** -16th and 17th December 2022 – a program to promote skill development and income generating activities, it was open to PUC and degree students as well as faculty members to display their skills and take orders for sale of their products

No. of Participants: 16

- 3) **Arogya Ahaara Mela** -23rd June 2023- to celebrate International Year of Millets, a one-day food mela highlighting the locally grown millets. Delicacies like ragi dosa, millibellebath, ragi maani, sprouts chaat, jowar papdichaat were cooked served and sold by the III BSc ND students.

No of students: 28

- 4) **Disha** 5th July 2023 -Inter collegiate fest -cook without fire. 10 teams took part from 5 colleges.

No. of participants: 10 Teams



Visits conducted by the department



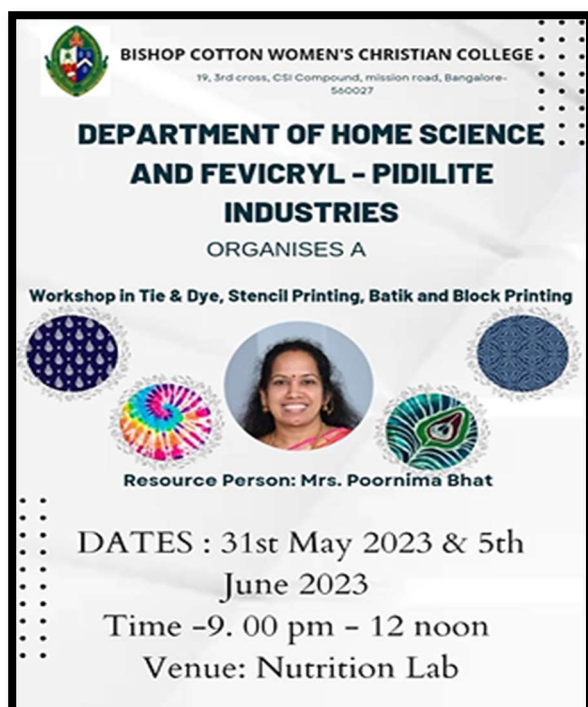
Guest Lectures conducted by the department



Extension Programme



Workshops conducted by the department



Workshop on Tie and dye, Stencil Printing, Batik, and Block Printing



Open Day for II PU



Visit to WEAVERS Association