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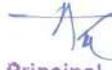
National Nutritional Week

2020-2021

| Sr. No | Activity | Date |
|--------|---|------------|
| 1 | Nutrition Week – ‘Mother as nutritionist’ & Covid 19 Diet | 11/09/2019 |


IQAC Co-ordinator
Mahila Mahavidyalaya
Amravati




Principal
Mahila Mahavidyalaya
Amravati



2.3.1 Student centric methods- Experiential learning used for enhancing learning experiences (20)

Department: **Home –economics**

Date: **11.09.2019**

Type of Activity: **Nutrition Week**

Name of the Activity: Lecture on 'Home-makers as Nutritionist'

Objectives of the Activity:

- * To promote the role of home makers in the consumption of healthy food.
- * To create awareness amongst the students regarding the importance on diet and regular exercise to maintain physical and mental health
- * To spread awareness about the care to be taken by home-makers to provide balanced diet to the family

Number of participants/ beneficiaries:
40

Outcome:

- * The activity helped the students to create health and nutritional awareness in the institute
- * The activity offered an opportunity to the students to get information on healthy foods to be incorporated in daily life
- * The activity was successful to instill awareness about the required amount of nutrients in daily diet
- * The lecture was a guide to the diet and exercise management, risks and illness etc.

Details of the Activity:

Department of Home-economics organized a lecture for celebrating "National Nutrition Week". A lecture was organized on the opening ceremony of nutrition week on '**Diet in Lockdown**'. Dr. Sampada delivered a lecture on the care tips, cleanliness and disinfection of the homes during COVID-19 situation as well as diet to be taken in lockdown.

On the occasion, Bhavna Wasnik, Head, Department of Home-economics delivered a key note.

The program was successfully hosted by the Study Circle, Department of Home Economics, Mahila Mahavidyalaya, Amravati.

