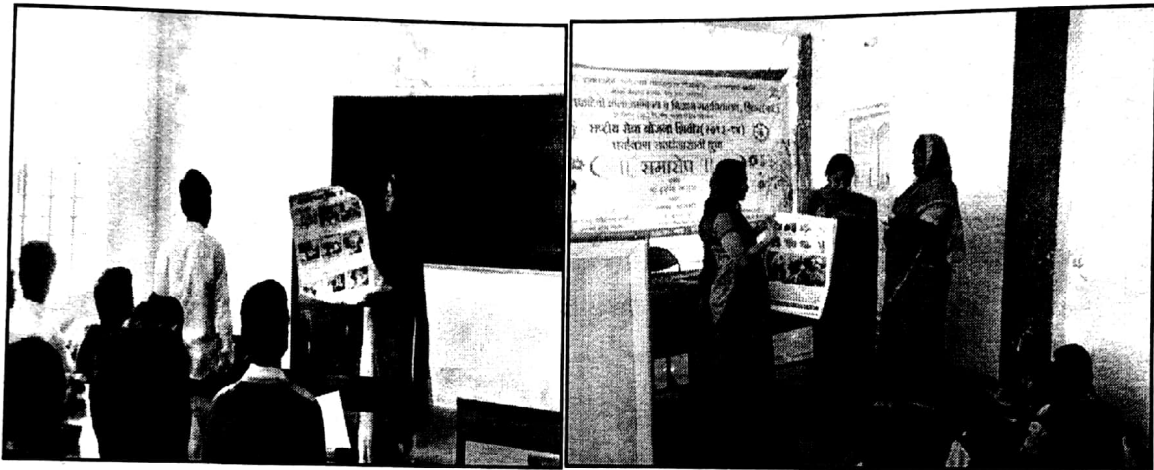
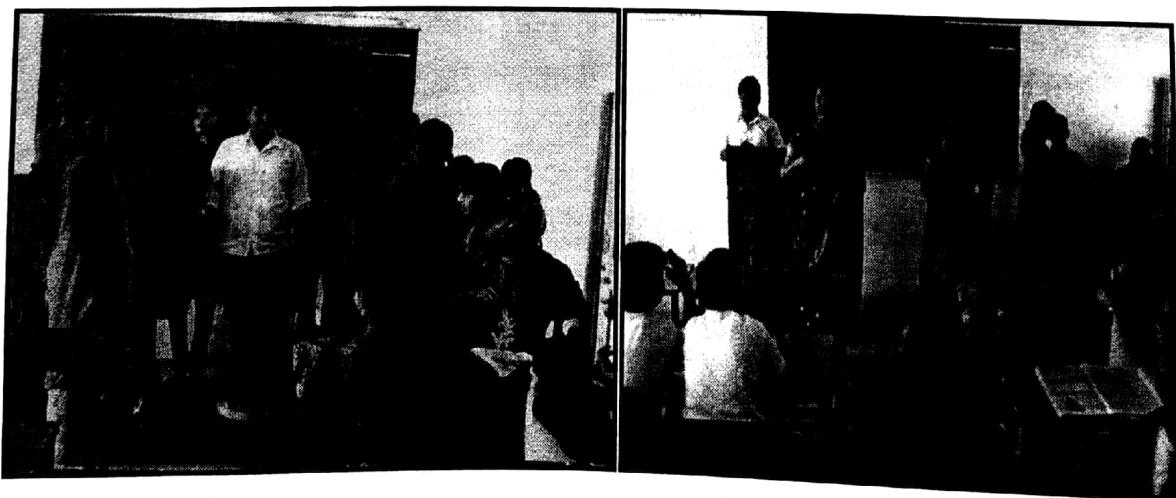


## PROGRAMME REPORT

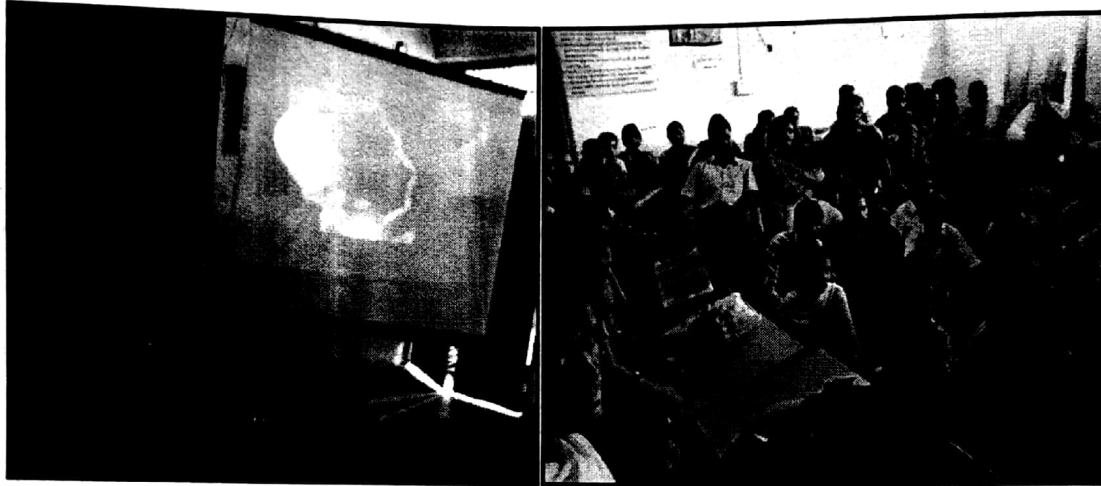
- On behalf of **World Nutrition Week**, our students visited primary school of nearby village Dahiwandi and explained the students' nutritional importance of various foods. School students along with their teacher participated in this activity very enthusiastically. We conducted this visit on 02/08/2014. We shared this information to students with the help of Calendars, Posters, Stories and songs.



- Also we conducted weight measurement of Obsess school children, for which Assis. Proff. Suvarna Joshi of Sawarkar College was invited in College on 04/08/2014. In which she explained students about health hazards of eating Fast Foods and Physical inactivity. Also she told them the benefits of healthy foods, outdoor games, physical exercise and healthy life skill tips.



- In this Week we had arranged a PowerPoint presentation for all faculty students regarding **Prenatal Development and Nutritional Needs of Pregnant Women** on 07/08/2014. For this presentation near about 50 students and some faculty members were also present. After presentation students asked some questions out of their curiosity, such as how twins are formed, what is test-tube baby, about menses problems, about nutritional needs and deficiencies of pregnant women and measures to be taken for healthy child birth.

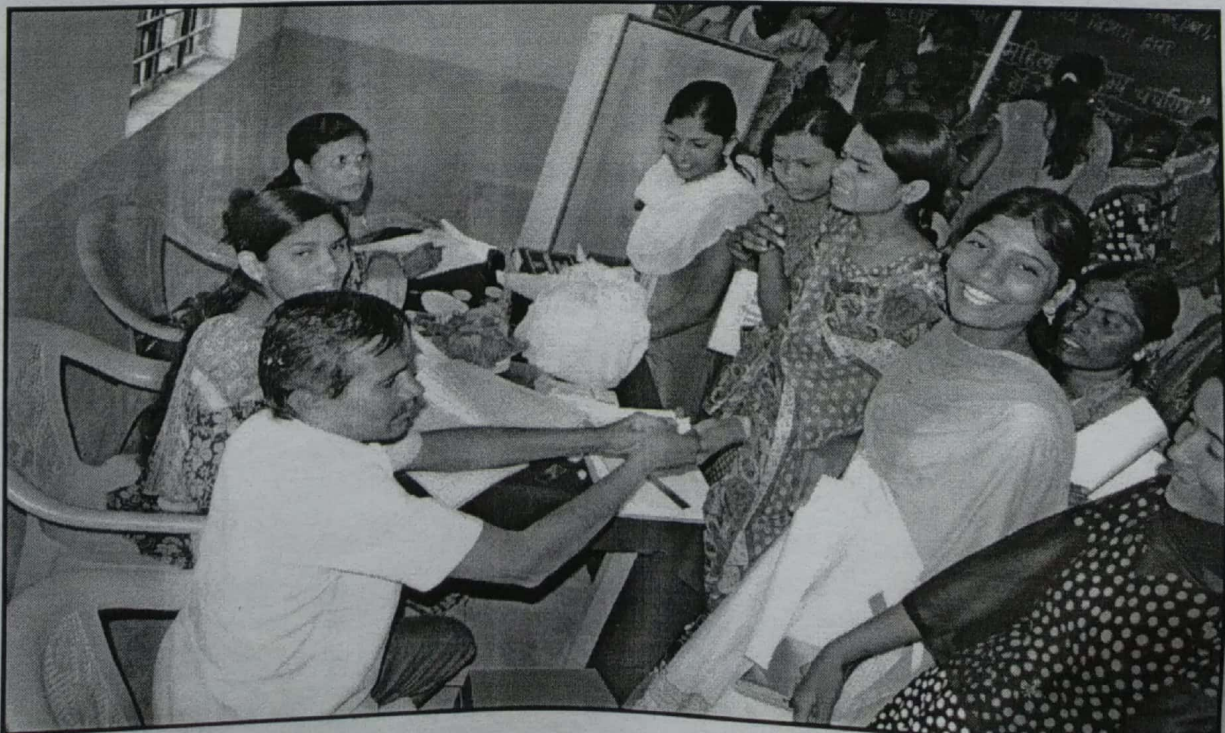


- To develop art of Handicraft among students, Home Science department had conducted a **Short Training of Bamboo Root art and lamp Preparation** out of waste material. This training was conducted on 04-05/10/2014 on occasion of commemoration day of Late Saw. Kesharbai Kshirsagar (Kaku), Founder of our college. In this training along with Home Science students of commerce and science faculty also had also participated. They prepared some beautiful items from Bamboo Root and Lamps from waste Bamboo tokries.



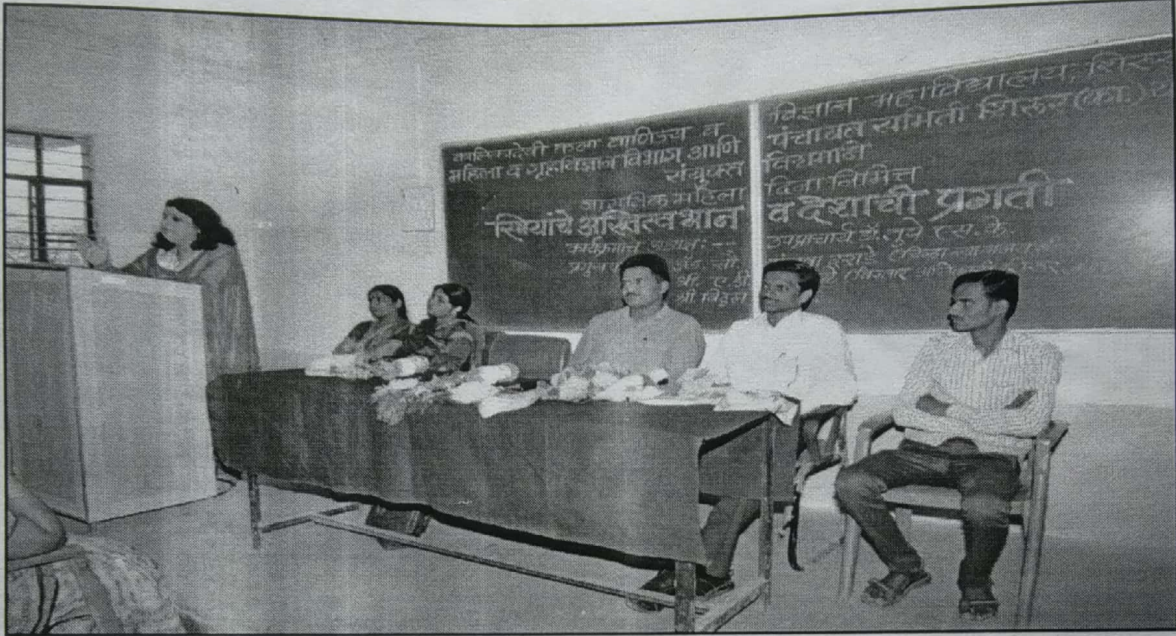


- To study the Nutritional Status of Adolescent Girls of Shirur (Ka) **HB Testing Camp** was conducted on 04/02/2015. In this camp 65 Junior and Senior College students and some women from society were participated. First they all were clinically examined for nutritional deficiency symptoms and then who were severely deficient were recommended for HB testing. For this HB testing camp team of Doctors from Raimoha Rural Hospital was invited. Along with HB testing them also provided some Iron- Folic Acid tablets, Calcium and Vit D3 tablets, Paracetamol and some packets of ORH to those who needed it. On this occasion Principal. Dr. P.B. Deshmane madam addressed all students and women and asked them to take care of inner beauty than external beauty.



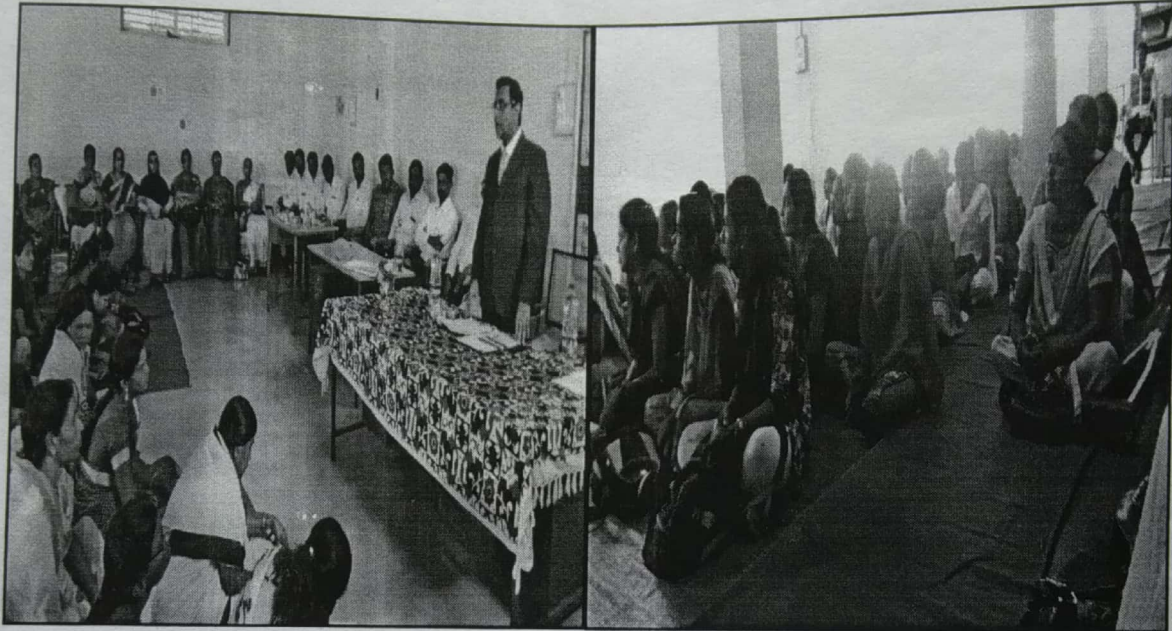


- On behalf of World Women's Day on 12/03/2015 Advocate Manjusha Darade from Beed District Court was invited in college to deliver lecture on "Different Laws Related to Women". For this Program Women of Self-Help-Group working under Panchayat Samiti Shirur (Ka) were present. This Program was held in collaboration with Shirur (Ka) and Kalikadevi College.

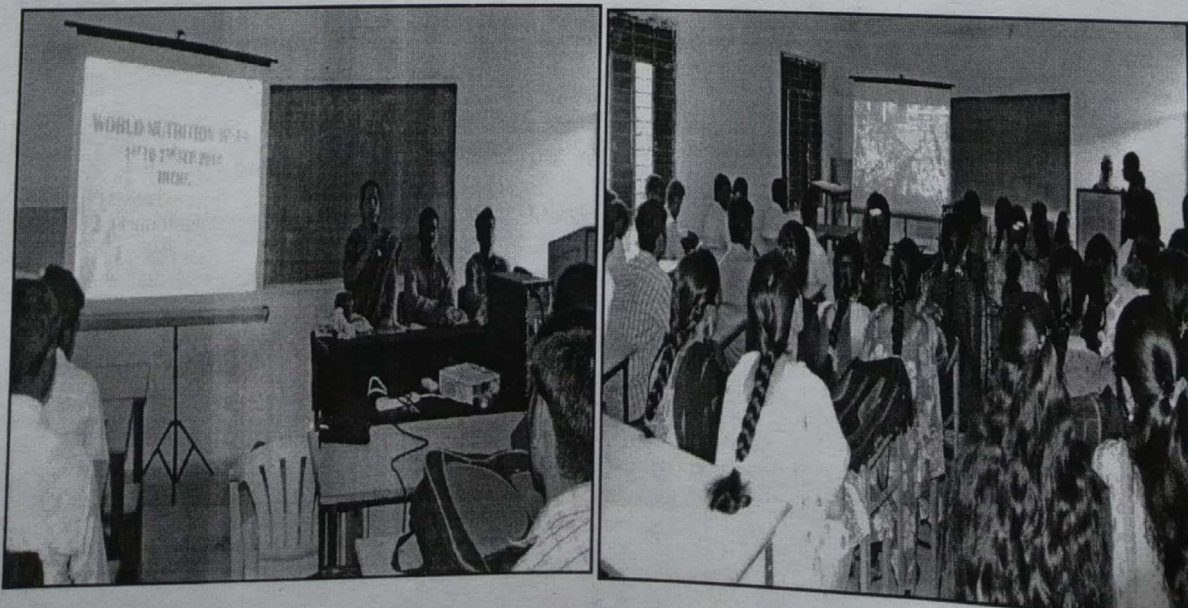




- As a part of curricular activity we visited ICDS office on 20/08/2016 and participated in meeting of Anganwadi workers to know the method of their work, their problems and various government schemes implemented through them. We also had interaction with Anganwadi workers. For this visit Anganwadi Supervisor Mrs. Urankar and Mrs. Kulkarni had co-operated us and guided our students.

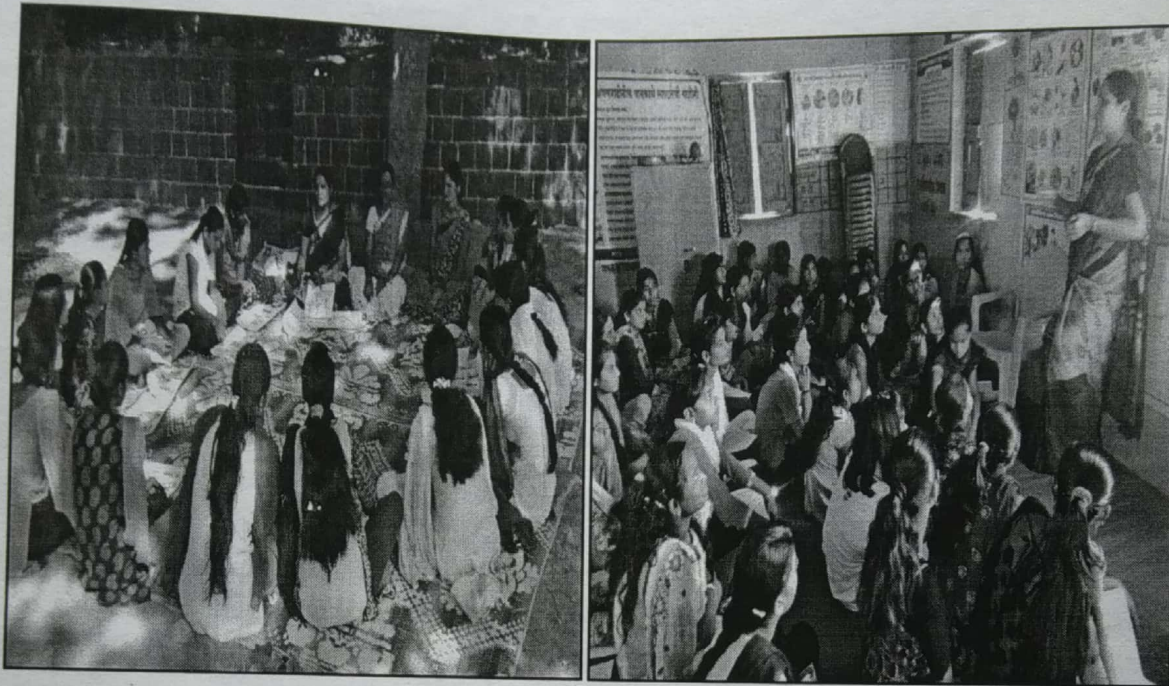


- On behalf of World Nutrition Week on 01/09/2016 we conducted a guest lecture of ICDS supervisor Mrs. Karpe and Mrs. Urankar. They gave their lecture on importance of Nutrition in Adolescence. We also arranged a power point Presentation of different programmes planned and implemented by Government of India to eradicate Malnutrition of Society.

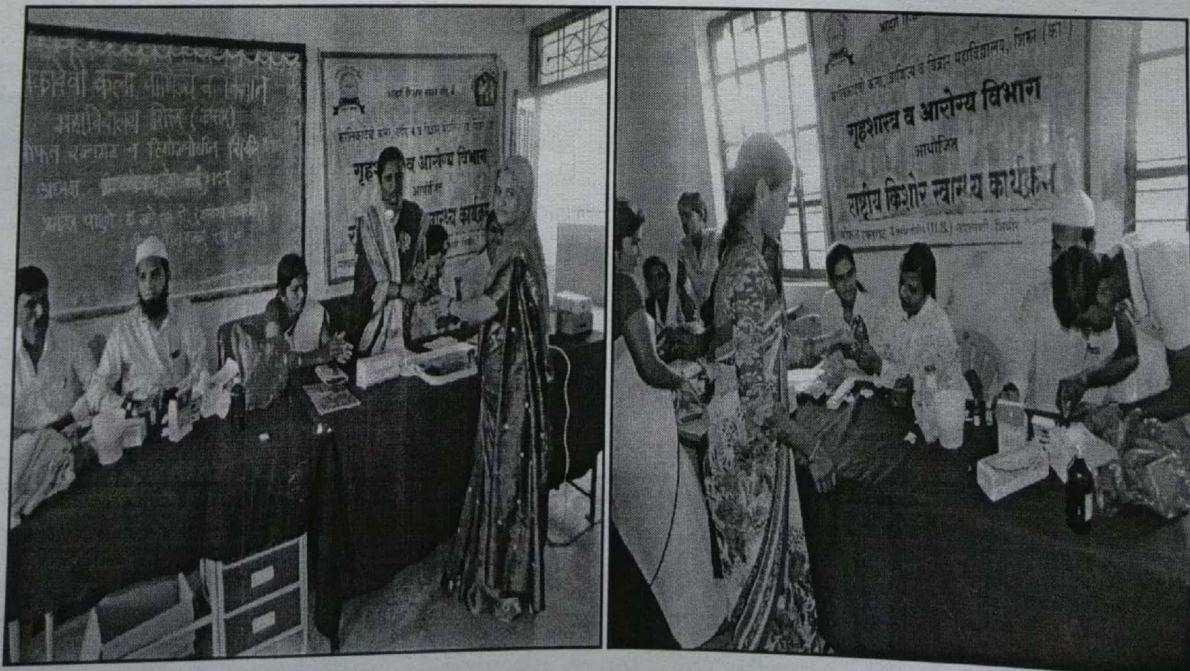




- As a part of World Nutrition Week we arranged Adolescent Interaction Programme in various schools between 03/09/2016 to 07/09/2016 while interacting with them we discussed about their health problems.



- On 29/09/2016 in collaboration with Primary Health Care Center of Shirur (Ka) Home Science Department had organized HB testing and WIFS tablet distribution programme for adolescent girls. For this programme Primary Health Care Center of Shirur (Ka) co-operated by providing their team.





- **Implementation of Rashtriya Kishore Swasthya Karyakram.**

Today anemia is the major problem of adolescent girls not only in India but in whole world. Condition of adolescent girls from Shirur (Ka) taluka is not different rather it's more worse. From different health tests conducted by our department from last two years we realized that there is an urgent need to implement some firm action for improvement of adolescent's health. So we decided to implement **Rashtriya Kishore Swasthya Karyakram** in our college for junior and senior students. For implementation of this programme Dr. Ramesh Tandale MD of Shirur (Ka) and nursing officer Mrs. Waghulkar, of PHC Shirur (Ka) helped us lot to provide WIFS tablets for distribution.

For implementation of this programme our Principal. Dr. P.B. Deshmane was very eager as she was very well aware of Iron deficiency and she thought this was the great opportunity to overcome this problem up to some extent. So on behalf of Sawitribai Phule Jayanti, we organised its inaugural function for which we invited PHC Officer. Dr. Sonali Sanap, Nursing officer Mrs. Waghulkar, Mrs. Megha Machale Madam and Dr. Shinde madam from KSK College Beed as chief guest.

The beneficiary group of 11<sup>th</sup> class students and students of senior college belonging to 16-19 year age group were also present. In this programme Dr. Sonali Sanap and Mrs. Waghulkar explained the importance of WIFS in adolescence period especially for girls. They also distributed tablets of IF to few students as representative of beneficiary group.

After implementation of this programme we started distributing tablets to students of junior and Siniour College of 16-19 year age group. Today overall 72 girls; 46 of junior and 26 of senior college students are getting its benefit.

### **Calcium Testing Camp:**

Calcium, the king of minerals is the fifth most common element and the most prevalent cation found in the body which has a very important role to play in skeletal mineralization, blood coagulation, neuromuscular conduction, maintenance of normal tone and excitability of skeletal and cardiac muscle, stimulus secretion of exocrine glands and preservation of cell membrane integrity and permeability, particularly in terms of sodium and potassium exchange.

Hence calcium estimation has great clinical importance in many diseases. In our country, malnutrition is quite a common problem, thereby influencing the health of an individual in all meance.

Considering this we organized calcium testing camp for woman of Shirur (Ka) belonging to 40-70 year age group. As this age is age of post menopause in which calcium deficiency is prominent. On 16 October 2015 we had arranged Calcium testing camp in collaboration with healthcare center of our college in Kalikadevi temple of Shirur (Ka) in Navratri period. The calcium test of women was performed by Bone Mass Density Method (BMD). 220 women were benefited by this camp. At the end of camp it was noticed that woman belonging to 40-60 year age group were having Osteopenic syndromes whereas woman belonging to 60-70 age group were majorly suffering from Osteoporosis. Also majority of woman were Anemic and suffering from Illness, Fatigue, Hypertension, High BP and Asthma.



To conduct this camp Dr. Ujwala Shinde of Beed along with her team was invited. Our Principal Dr. Deshmane madam was very enthusiastic regarding conducting this programme as she thought that, this was the best way of reaching up to the needy persons and benefit of this camp at its extent. Students of home Science contributed at their par for success of this programme. For inaugural function of this programme Principal. Dr. Deshmane P.B was present as chairperson, Dr. Sanjay Tupe, Trustees of Temple Shri. Gadekar, Woman from nearby villages and other Staff members were present.

❖ **Demonstration Eco-Friendly Decoration:**

Considering Global Environment and E-Waste Management issues our department took an initiative by using E-Waste material for decoration, by participating in workshop conducted by Sociology and Commerce department of Eco-Friendly Ganesha preparation. On 15 September 2015. Students of home science department demonstrated decorative items prepared from waste CDs such as Toran, Rangoli and Wall Hangings. This demonstration was appreciated by our Management member Mrs. Priya Prakashrao Mahindre, Principal Dr. P.B. Deshmane and chief guest Dr. Jogendra Gaikwad from Sawarkar College.



**Deshmane**  
**Principal**  
Kalikadevi Arts, Comm. & Sci. College,  
Shirur (Ka.), Dist. Beed.