

ADARSH SHIKSHAN SANSTHA BEED'S
KALJKADEVI ARTS, COMMERCE & SCI COLLEGE TG,
SHIRUR (KA) DIST- BEED



DEPARTMENT PROFILE
OF HOME SCIENCE

PROFILE OF DEPARTMENT

➤ SCOPE OF DEPARTMENT

Home science has its own unique features which distinguishes itself from other subjects. It helps in improving the domestic skills like housekeeping, food preservation, stitching, interior decoration, cookery, home decoration, child rearing etc. which is of wide application now a days. Opting for home science as a college major may get many eyes rolling upward, wondering what could possibly lead you choose home making as a career. But you can look them in the eye and forgive them for their lack of knowledge. Careers in home science exist galore.

The area of specialization with a degree in home science generally lies in Nutrition and Dietetics. The various careers considered working in the health care field are:

- **Health care:** Dieticians can work in hospitals and clinics. They can further specialize in therapeutics, teaching, food administration, etc.
- **Social welfare:** A nutritionist on board is an important part of development and welfare programmes, as nutrition is an integral part of public health.
- **Institutional catering:** In various organizations and fields dieticians are required to plan and prepare nutritious and balanced meals.
- **Food services:** Here the task generally involves these professionals to perform a variety of tasks ranging from product development and promotion to menu planning and promotion.
- **Mass media:** Information dissemination is at an important age when most people are health conscious. Being a part of television programmes or writing a cook book are great options.
- **Research and development:** Commercial food service industry is constantly into research and development and seeks nutritionist and dieticians.

Besides this scope for career in other areas through Home science is:

- **FOODS ANDS NUTRITION:**
 - Processed Food Products
 - Production of Ready to Cook Foods
 - Production of Supplementary Foods

- Food Production Factories
- Development of CNDC Clinics
- Grooming Centers
- **HUMAN DEVELOPMENT :**
 - Child Guidance and Parent Counseling Center
 - Counseling Center for Special Children
 - Adolescent Counseling Center
 - Vocational Counseling Center
 - Pre Marital and Post Marital Counseling Center
 - Child Development and Women Welfare Programme Officer
 - Developing Psychological Clinics
 - Organization of Nursery and Preschools Along With Baby Care Center
 - Developing Old Age Homes
 - Rehabilitation Centers for Children with Special Needs
- **TEXTILE AND CLOTHING :**
 - Development of Small Scale Textile Industries
 - Fashion Designing
 - Boutiques, Fashion Houses
 - Dry-cleaning and Laundries
 - Tailoring Institute and Garment Decoration Institute
- **FAMILY RESOURCE MANAGEMENT**
 - Interior Decoration and Furniture Designing
 - Architect Assistant
 - Home Management and Decoration Guidance Center
 - Developing Different Household Business
 - Human Resource Management in Different Sectors
 - Home Accessories Center
 - Hobby Centers
- **INSTITUTIONAL MANAGEMENT**
 - Hotel and Hostel Management
 - Event Management
 - Catering Management and Food Services
 - Personnel Management

-Financial Management and Accountancy

-Diet Therapy and Dietetic Management

-Confectionery and Bakery

- **HOME SCIENCE EXTENSION EDUCATION**

-Family Counseling and Guidance in Police station and Courts

-Informal Extension Education Center

-Extension Worker in Various Rural Development Programs

- Extension Worker in Various Child and Women Development Programs

-Social Worker and Formation of N.G.Os

-Anganwadi Supervisor

- **IMPORTANCE OF THE SUBJECT**

The subject of Home Science is concerned with every area of home life including cooking, clothing, furnishing and decoration of the house, childcare, household purchases and family relationships. It teaches people how to eat better food, dress up well, look after their homes and spend money wisely and how to lead a happy home life.

- The knowledge of Home Science improves the quality of life: the study of home science provides the homemaker with the knowledge and skills required to manage a home effectively.
- Helps in the best utilization of resources to get maximum satisfaction and returns : Family resource management provides knowledge necessary to make intelligent decisions regarding the Purchases budgeting and other managerial activities.
- Teaches the application of modern science and technology to improve domestic life: Modernization of the world is reflected in home also. High-tech products and modern equipment's have entered our homes especially kitchens.
- Helps to improve family relationships: The study of home science includes the area of human relationship, which teaches people how to get along with one another and how to solve problems within the family.
- Develops in the students the necessary skills and techniques required for better homemaking and family living: Home science prepares the students for greatest of all profession i.e., being a homemaker.

- Help to solve the day-to-day problems: The changing society not only increases the managerial problems concerning the use of human and material resources but also requires different methods of meeting the problems.
- Helps in changing the values, attitudes and interests: Home science is not only confined to development of homemaking skills, it also makes the person aware of changing world.
- Home science promotes the moral, familial and spiritual aspects of family living: Moral values of honesty, truthfulness, dependability and objectivity and decision making are some important values that a home is expected to develop in its members.
- Enables the person for many career opportunities: Use of new techniques and modern equipment's has helped the housewife to make efficient use of her resources.
- Home science has an important role to play in society: Home science aims at promoting satisfactory personal family and community life by developing the qualities needed for responsible and creative living.
- The importance of Home science has further increased to meet the demands of the modern society. The knowledge of Home science is derived from physical, social, and biological sciences and many arts, which is applied towards achieving better, healthier and happier homes.

➤ **OBJECTIVES OF DEPARTMENT:**

- To prepare individual for self-employment and develop a vocational understanding that a home scientist can take up.
- To retrain adolescents for the changing requirements of jobs and family life and develop a positive attitude towards family as a basic unit of a successful society.
- To improve the nutritional and health status of children, woman, men and senior citizens.
- To develop an understanding of the dual role of a modern woman as a home maker and a wage earner in girls of rural area.
- To develop a skill of correct method for upbringing and nurturing child.
- To give a lifelong education.

➤ **MISSION OF DEPARTMENT:**

To cultivate Life Skills among the students and make them self-independent

➤ **INTRODUCTION**

Home Science as a department was first established in our college in academic year 2002. Management took an effort to introduce this new trend of education especially for rural girls. In our college home science is a part of arts faculty so, girls selecting arts faculty can choose home science as an optional subject. But with changing trend boys are also gaining interest for home science and select home science as an optional subject.

Home Science is a development oriented, applied, unique, professional programme that helps to meet basic human needs at their origin i.e within families, professional and social perspectives and spread the benefits across the community, regions and nation.

Home Science is an interdisciplinary field of knowledge which draws upon many disciplines such as chemistry, physics, physiology, biology, hygiene, economics, rural development, child development, sociology and family relations, community living, art, food & nutrition, fabric & apparel designing, clothing, textiles, Human Development, Resource Management and Communication, and home management.

The home science aims at achieving and maintaining the welfare and wellbeing of home, social and family life in an ever changing society. Home management requires skill and scientific knowledge which does not limit itself to activities within the home but also forms the basis of a challenging profession. Management of available family resources, and derive the best value, to conserve time, energy, money, space and labour. The home maker must plan wisely to provide out of the available resources, the best possible food, clothing, shelter, health, education and recreation for the members of the family.

Home Science is an academic discipline extremely popular among girl students. The course is not necessarily aimed at making women better housewives, but useful to the society to enable them to provide expert advice to enrich social and family life. Home Science subject is largely scientific in nature and hence requires an analytical mind and scientific acumen. A practical approach, aesthetic, creative and rational attitude will be required to be in this field.

➤ **ROLE OF DEPARTMENT IN PROVIDING VALUE BASED EDUCATION**

- Home Science sensitize students to social realities such as incidence of morality, morbidity, malnutrition, social dropout, juvenile delinquency, disturbed families, men women relationships, gender bias, women status in society, adolescent depression, frustration and social distraction and various socially unacceptable physio-psycho-sociological diseases such as sex related diseases, fads and problems, AIDS, prostitution etc.
- Home science education increases people's capacity to work and contribute to national development by basic rights, that is freedom, food, shelter, health, education and a source of income.
- Various national programmes related to home science provide a thrust for developing the rural sector and human potentials to its maximum extent for socio-economic growth.
- Home science lays the foundation for proper psychological, physical and social development of the student.
- Home science provides adolescent girls and home makers to inculcate a better understanding of family life problems and woman's status in society.

➤ **YEAR OF ESTABLISHMENT:** June 2002-2003

➤ **COURSES OFFERED:** Only UG

➤ **COURSE STRUCTURE:** Semester Pattern

➤ **NO OF TEACHING POSTS:** 02

➤ **FACULTY PROFILE WITH NAME, QUALIFICATION, DESIGNATION, AREA OF SPECIALIZATION, EXPERIENCE AND RESEARCH UNDER GUIDANCE**

Name	Qualification	Designation	Specialization	No. of Years of Experience	No. of Ph. D. Students guided for the last 4 years
Dr.DonglikarChetanaVishwanathrao	M.A., Ph. D	Associate Professor	Home Science	15	03
Assit. Prof.SayyadAfroj	M.A., M. Phil	Assistant Professor	Home Science	16	00

➤ **PUBLICATIONS:**

Name of the Faculty	Total No. of Publication	Chapter in Books	Books Edited	Seminar/ Conference
Dr.DonglikarChetanaVishwanathrao	48	11	04	60
Assit. Prof.SayyadAfroj	28	----	01	30

➤ **PARTICIPATION OF FACULTY IN ACADEMIC EVENTS ORGANIZED BY UNIVERSITIES / OTHER INSTITUTIONS**

Sr. No.	Academic Events Attended	Papers presented		Sessions chaired	
		Dr. C. V Donglikar	Assit. Prof. Sayyad	Dr. C. V Donglikar	Assit. Prof. Sayyad
1	Conferences/ Seminars	56	28	02	01
3	Workshops	08	02	00	00
4	Symposia	00	00	00	00
5	F D Programmes	03	02	00	00
6	Total			02	01

➤ **DOCTORAL GUIDANCE**

Sr. No	Description	Total
1	Enrolment of Ph. D. students (during the last years)	03
2	Ph. D. degree awarded to students (during the last 5 years)	00
3	Pursuing Ph.D (as on date)	03

➤ **AWARDS RECEIVED BY THE FACULTY MEMBERS**

Sr. No.	Name of Faculty	No. of State Level Awards	No. of National Level Awards	No. of International Level Awards
	Dr DonglikarChetanaVishwanathrao	01	02	02
	Miss.SayyadAfroj	01	00	01

➤ RESEARCH PROJECTS

S. No.	Title of the project	Major/ Minor/ Other Projects	Period of the Project		Funding Agency UGC/ICSSR /AICTE/ Others	Amount of fund
			From	To		
Nil						

➤ **SEMINARS/ CONFERENCES/WORKSHOPS ORGANIZED AND THE SOURCE OF FUNDING (In Last Three Years)**

Sr. No	National / International, Seminars / Conferences /Workshops Organized	Source Of Funding	Year
1	International Conference on, “Changing Perspectives of Education”	Management	2021-2022
2	75 Years of Independence and Women in India	ICSSR	2022-2023

➤ **DETAILS OF MOUS AND LINKAGES.**

Sr. No	Organization	Nature of Collaboration Research/Faculty Exchange /Student Exchange/Others	Year
1	Please mention Name of the University	Nil	
2	Please mention Name of the Institutions	Research and Extension Activities Collaboration with, <ul style="list-style-type: none"> • Home Science and B.CA College Loni, Pravra Nagar • Arts, Science and Commerce College Gadhi • KSK College Beed and • MohekarMahavidhyalayaKalamb 	2017 2019 2021 2021
3	Please mention Name of the Research Centres	KSK College Beed	2021
4	Please mention Name of the Industry	Nil	
5	Please mention Name of the Any Other organization	Nil;	

➤ **TEACHING METHODS ADOPTED TO IMPROVE STUDENT LEARNING:**

- ✓ Preparation of Charts, Posters, Calendar, Folders, Models, Videos
- ✓ Practical
- ✓ Use of ICT (Information communication Technology) resources
- ✓ Guest lecture
- ✓ Class seminar / Group discussion

➤ **STUDENTS’ PERFORMANCE EVALUATION**

- ✓ Class Test
- ✓ Google Test
- ✓ Class Seminar / Group Discussion

➤ **COURSE OUTCOME**

After completion of course Students will be able to;

- Acquire knowledge about food & Nutrition and improve the quality of their foods.
- Know the importance of balanced diet, health and hygiene and different concepts related to food and nutrition.
- Study of nutrients will enable students to maintain the health of whole family as well as self
- Introducing the field of human development will be helpful in explaining stages and areas of development.
- Understanding various concepts of Child Development
- Learners will gain the knowledge of Reproductive system
- Understanding prenatal development will help the students to understand pregnancy in a better way
- Explain the characteristics of prenatal period
- Describe the ways in which life begins with emphasis on preliminary stages
- Learn about the different stages of prenatal period and learn the outstanding characters of this period
- Learn the different factors influencing child development and will be able to learn the physical hazards of this period
- Students can experiment with various measurements and various methods of cooking.
- Knowledge of different food groups and its nutritional importance.
- Student can enrich the knowledge about Human Development through different communication skills.
- Identify different types textiles fibers
- Gain knowledge about properties of yarn and fabric
- Learn various aspects of clothing construction.
- Students can solve the problems to new situation applying acquired knowledge facts techniques.

- A compile information together in addition way by combining elements in a new pattern or proposing alternative solutions.
- Students can apply knowledge about saving & investments in various areas.
- Students will be aware of basic information for textile and clothing
- Students can understand meanings, importance and need of extension education.
- To apply the principles of management to the extension education.
- Students understand the process of communication in development work.

➤ **DETAILS OF INFRASTRUCTURAL FACILITIES**

- ✓ One Computer
- ✓ Two Fans
- ✓ Two Tables
- ✓ Four chairs
- ✓ Six Cupboards
- ✓ Practical Material

➤ **DETAILS OF STUDENT ENRICHMENT PROGRAMMES**

- ✓ Educational Tours
- ✓ Field Visits
- ✓ Project Work
- ✓ Poster Presentations
- ✓ Exhibitions
- ✓ Guest Lectures
- ✓ Demonstration
- ✓ Online Lecture Series
- ✓ Handicraft Trainings

➤ **PARTICIPATION IN INSTITUTIONAL SOCIAL RESPONSIBILITY (ISR) AND EXTENSION ACTIVITIES from 2012 to 2022**

Dr. Chetana Vishwaanathrao Donglikar		
Sr. no.	Chairman of Committee	Academic Year
1	Member of Board of Studies of Home Science, of Dr. BabasahebAmbedkarMarathwada University Aurangabad.	
2	Member of Board of Studies of Home Science, of Savitribai Phule Pune University	
3	Chairman of UG Home Science Exam Board, of Dr. BabasahebAmbedkarMarathwada University Aurangabad.	
4	Has worked as external examiner for Practical and Project assessment of university	
5	Has worked as paper setter for University Home Science PET Exams	
1	Has worked as Flying Squad for PG University Examinations	
2	IQAC Coordinator	2020- till today
3	RUSA Coordinator	2021- till today

4	Chairman Of Teaching Diary Committee	2009-2014
5	Chairman Of Sexual Harassment Prevention Cell	2012 to 2014
6	Chairman Of ICT Lecture Forum	2015- Till today
7	Chairman Of ISO Committee	2015- Till today
8	Chairman Of Health care center	2015-2016
9	Chairman Of NIRF Committee	2015- 2021
Sr.No	Member of committee	Academic Year
1	Member Of College Development Cell	2010- Till Today
2	Member Of Cultural Committee	2012 – till today
3	Member Of Competitive Exam & Placement Cell	2012-2013
4	Member Of Internal Complaint Committee	2014 – Till today
5	Member Of Academic Calendar Committee	2015 –Till Today
6	Member Of Stock Verification Committee	2015 – Till Today
7	Member Of Exhibition Committee	2016 – Till Today
8	Member Of Life Long Education Committee	2015 – Till Today
9	Member Of Botanical Garden Committee	2015 – Till Today
10	Member Of Student Welfare Committee	2015 – Till Today

Assit. Prof. Sayyad Afroj			
Sr.No.	Name of Committee	Academic year	Position
01	(IQAC III criteria)Research Consultancy and Extension	2020-2021 TO 2022-23	Member
02	B.A.F.Y Admission Committee	2019-2020 TO 2022-23	Member
03	Internal Woman Sexual Harassment Committee	2008-2009TO 2022-23	Member
04	Anti Ragging Committee	2008-2009 TO 2022-23	Member
05	Parents Teacher Association Committee	2017-2018 TO 2022-2023	Member
06	Health Centre Committee	2020-2021 TO 2022-23	Chairman
07	Grievance Redressal Committee	2019-2020 TO 2021-22	Member
08	Sow KesharkakuSonajiraoKshirsagar Debate Committee& College Competition Committee	2019-2020 TO 2021-22	Member
09	Women Grievance Redressal Cell (Internal Complaints Committee)	2008-2009 TO 2022-23	Member
10	Innovative practices	2020-2021 TO 2021-22	Member
11	Vocation Course & Placement Cell Committee	2020-2021 TO 2021-22	Member
12	Cultural Committee	2019-2020 TO 2021-22	Member
13	Exhibition Committee	2019-2020 TO 2021-22	Member
14	Innovative practices	2019-2020 TO 2021-22	Member

➤ **SIGNIFICANT ACHIEVEMENTS**

- Organised One day National e-Conference on, 'Changing Perspectives of Education' in collaboration with KSK College Beed on 04 September 2021
- Received grants of 200000 Rs. From ICSSR, for organizing National Conference on behalf of *AzadiKaAmritMahotsav*, entitled, '75 Years of Independence and Women in India'. Successfully organized the conference on 17 February 2023.
- Dr.Chetana V. Donglikar has been elected as **Member of Board of Studies** of Dr. Babasaheb Ambedkar Marathwada University Chattrapati Sambhajinagar in academic year 2022-2023
- Dr.Chetana V. Donglikar has been appointed as **Nominated Member of Board of Studies** Savitribai Phule Pune University in academic year 2022-2023
- Dr.Chetana V. Donglikar has been appointed as **Chairman of UG Home Science Exam Board** of Dr. Babasaheb Ambedkar Marathwada University Chattrapati Sambhajinagar in academic year 2022-2023

➤ **LIST OF DISTINGUISHED ALUMNI.**

Sr. No	Name of Alumni	Current Designation
1	Shaikh Yasmin Abdul	Anganvadi Sevika
2	Nannajkar Shraddha Dharmraj	Beauty Parlour
3	Funde Sachin Vasant	Pathology Lab Attendant
4	Bahir Shaila Ambadas	ASHA Worker
5	Uma Khole	Beauty Parlour
6	Jadhav Sujata Prahlad	Anganwadi Sevika Village Kanhobachi Wadi
7	Pathan Asim Ishan	Preparing for MPSC.
8	Misal Vikas Prahlad	Transport Office Mumbai
9	Gadekar Preeti Dilip	Primary Teacher Taluka Vashi Osmanabad.
10	Kamble Komal Madhukar	Nurse.
11	Ugle Sadhana Vikram	Prarak, Adult Literacy India Mission Ghazipur.
12	Gadekar Sarika Suresh	Teacher, Primary Teacher KSK College Beed.
13	Babita Dilip Gadekar	Advocate Aurangabad
14	Bade Kishore Shivaji	Police, Maharashtra Security Force Mumbai Goregaon Group No.8.
15	Kashid Chaya Dilip	Pathology Lab Technician Mumbai
16	Bhingare Surekha Dilip	Stitching Business Zapewadi
17	Saravade Pallavi Bhivasen	Nurse.

11. FUTURE PLANS OF DEPARTMENT

- Collaborate with small scale industries for providing job opportunities to students.
- Start Certificate Courses.
- Organize Community Engagement Projects through students.
- Motivate students for field Projects.
- Submit proposals for financial support to carry on research activities.
- Organize Industrial Visits and Educational Tours.

➤ SWOC ANALYSIS OF THE DEPARTMENT

Sr.No	Strength	Weakness	Opportunities
1	Qualified Faculty and coordinational relation with students and stakeholders	Drop out of Female Students	To collaborate with Small scale industries for providing training to students.
2	Good Society Oriented Extension Activities	Lack of departmental instrumentation facility	To collaborate with Gov. and NGO for involving students in Rural Development.
3	Students' Research On social problems	Lack of Infrastructural facilities to meet academic requirements of masters and Ph.D. students	To mentor students for lifelong education.
4	Strong research base of teachers	Lack of Syllabus and reference books in college Central library	To Build entrepreneurial skill oriented certificate courses for students and stakeholders

➤ **BEST PRACTICES OF DEPARTMENT:**

1. Upbringing of Nutrition awareness among primary school students each year on behalf of World Nutrition Week.

➤ **Goals:**

To bring awareness regarding nutrition

To provide nutrition education to primary school students and improve their nutrition knowledge.

➤ **Context:**

Many different types of interventions are commonly quoted when discussing how the lives of people in developing countries can be improved. Typically, these are measures in the area of infrastructure, production methods, policies (regarding trade, agriculture, etc.), environment, and so on. Nutrition education is hardly ever included in such a list. For prospering societies, nutrition education, particularly in schools, can indeed contribute significantly to sustainable development in poor countries. Among the many pillars that form the basis of a thriving nation, three are particularly important: nutrition, health and education. School-based nutrition education – properly done - touches upon all of them. It almost goes without saying that health is important to development – without it, a country and its population cannot function properly. Good nutrition is another pillar of development, and not only because food is the most basic human need. Without proper nutrition, health is impossible. The amount and kinds of foods people eat, and their nutritional quality and safety, have direct effects on people's health and well-being, and hence on their ability to act to improve their own lives.

➤ **Practice:**

Each year on behalf of world nutrition week we visit to primary schools of Shirur (ka) and nearby villages to educate primary school students regarding good nutrition and health benefits. We educate these students with the help of posters, calendars, charts, speech and songs. We also interact with them and try to know their knowledge and clear their various misunderstandings and doubts regarding food and nutrition.

➤ **Evidence of Success:**

Each year we interact with students after completion of program personally and also tell them about nutritious foods they could afford to eat. Each year near about 70-85 students are benefited by our program.

2. Interaction program with adolescent girls regarding health and hygiene.

➤ Goals:

To elicit the beliefs, conception and source of information regarding menstruation among the study population and

To find out the status of menstrual hygiene among adolescent girls.

➤ Context:

Menstruation is a phenomenon unique to the females. The onset of menstruation is one of the most important changes occurring among the girls during the adolescent years. The first menstruation (menarche) occurs between 11 and 15 years with a mean of 13 years.

Adolescent girls constitute a vulnerable group, particularly in India where female child is neglected one. Menstruation is still regarded as something unclean or dirty in Indian society. The reaction to menstruation depends upon awareness and knowledge about the subject. The manner in which a girl learns about menstruation and its associated changes may have an impact on her response to the event of menarche. Although menstruation is a natural process, it is linked with several misconceptions and practices, which sometimes result into adverse health outcomes.

Hygiene-related practices of women during menstruation are of considerable importance, as it has a health impact in terms of increased vulnerability to reproductive tract infections (RTI). The interplay of socio-economic status, menstrual hygiene practices and RTI are noticeable. Today millions of women are sufferers of RTI and its complications and often the infection is transmitted to the offspring of the pregnant mother.

Women having better knowledge regarding menstrual hygiene and safe practices are less vulnerable to RTI and its consequences. Therefore, increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of women.

➤ Practice:

We contact with ASHA workers and ZILHA PARISHAD SCHOOL authorities of nearby villages and ask them to co-operate us to communicate with adolescent girls from villages and schools. In these groups we with the help of posters and blackboard diagrams we explain about menstrual cycle and personal hygiene.

➤ Evidence of Success:

After our group discussion we discuss about various doubts and questions regarding menses orally or through chits. Each year we communicate with at least 50-70 students of nearby villages of each school.

3. We organize demonstrations and exhibitions for students to enhance their art abilities.

➤ Goals:

To provide a platform for student's art abilities and creativity.

To up bring stage courage in students.

➤ Context:

Well-performed lecture demonstrations play an important role in teaching for many students, exciting demonstrations are what keep them interested and motivated. The demonstrations also help the teacher to change the pace of the lecture and prevent students from losing their concentration; the average attention span for college students is about 15–20 minutes. There is a lot of discussion about different ways of presenting the demonstrations and their effectiveness in promoting student understanding of different concepts. As much as students enjoy the demonstrations, there is ample evidence that just seeing a demonstration is insufficient for the majority of them

Exhibitions, In its original form, is the public expression by a student of real command over what he/she's learned, It's the first real step towards coming up with some ideas of their own. The question of performance- based assessment must be addressed at an even broader and deeper level. If a school or college believes its chief task is to help students master thoughtful habits of mind, then the demonstration or exhibition of that mastery- not the accumulation of credits, or the passing of time- must be the sole criterion by which students qualify for graduation.

➤ Practice:

To cultivate art and culture among students and develop entrepreneurship, each year we organize HOME SCIENCE EXHIBITION. In this exhibition we display various handicraft materials prepared by students in practical. We invite school students, Self-Help-Group women and our management members to visit our exhibition.

➤ Evidence of Success:

Because of this exhibition self-help-groups of Shirur (Ka) had invited us for providing trainings to their group members. Also students interested in preparing handicraft materials were benefited through it.

4. Distribution of WIFS tablets to Adolescent Girls under RKSK program.

➤ **Goals:**

- To improve health of adolescent girls
- To reduce instance of Anemia from society within adolescent girls and women.

➤ **Context:**

Anemia prevalence in young children continues to remain over 70% in most parts of India and Asia despite a policy being in place and a program that has been initiated for a long time. The irreparable damage that anemia in childhood can cause particularly to the development of a young child on one hand and the knowledge and mechanism available for its control on the other, makes this silent morbidity completely unacceptable in modern times where we strive for millennium development Goal 4. This article reviews in detail the magnitude of child anemia and the mechanism for its occurrence, and deals, in detail, about what needs to be done, what difficulties we face, and how to overcome them, with the primary focus on iron-deficiency anemia (IDA).

➤ **Practice:**

We organize regular HB testing camp of adolescent girls of junior and senior college students. For this we invite team of Primary Health Care Center of Shirurtaluka. They check the instance of Iron deficiency in them with the help of HB testing kit. The doctor invited for the camp examines the iron deficiency symptoms among girls. We provide WIFS tablets to the girls who are found anemic which are provided to Home Science department by Primary Health Care Center of Shirurtaluka under Rashtriya Kishore SwasthyaKaryakram.

➤ **Evidence of Success:**

We are distributing WIFS tablets to near about 112 students under Rashtriya Kishore SwasthyaKaryakram to adolescent girls from last two years. Each year 125 to 140 girls of junior and sinior college take the benefit of health check up camps. Hence we are trying our best to abolish Anemia among adolescent girls and women of Shirur (Ka).

5. We organize health checkup camps for adolescent girls and women in society.

➤ Goals:

Prevent various health problems such as obesity, eating disorders, dental caries, iron deficiency anemia and Calcium Deficiency among adolescent girls and women.

To develop healthy eating habits, proper cooking methods and improve their diet knowledge.

➤ Context:

Adolescent girls demanded special attention in their health and nutritional care. Apart from that, this life cycle stages has been important from the preventive intervention point of view , as any intervention at this stage will have a lasting impact on the life cycle of an individual. Intervention at this stage can rectify the development defects of early child. Adulthood is a significant phase of transition accompanied by physical and psychological changes. This is the time to make adolescent aware of and informed about various facets of life in order to promote a healthy way of living. Awareness of health, nutrition, life style related behavior and adolescent reproductive and sexual health need to be positioned easier transitions to women hood. During the period nutritional originating earlier in life as well as those occurring during the period itself can addressed. Going beyond this adolescent girls need to be viewed not just in terms of their needs but even as individuals who would become productive members of society in future. To better address concern for women and child, it is necessary to design intervention for adolescent girls.

➤ Practice:

We organize health checkup camps for students and women of shirur (Ka) with the help of Primary Health Care Center of Shirurtaluka. They provide us their team with along with doctors and necessary medicines to distribute. We call students, their parents and other women from society.

➤ Evidence of Success:

Students of High school, Junior College and Senior College along with their mother parent and other women from society get benefited from these camps, we provide WIFS tablets and Calcium syrup and tablets free of cost along with free medical opinion.

6. **We conduct MahilaMelawa and try to empower women through various guest lectures on health, legal matters and economic independence.**

➤ **Goals:**

To empower women regarding various women problems and current issues related to women like; education, legal rights, human rights, health and nutrition and financial independence.

➤ **Context:**

Knowledge is life of every Indian woman. It results with the experience that she gains from environment and the supporting world around her, which allow her to live as knowledgeable productive members of the society.

Today women play the leading role in developing the society. Society cannot be created without the active contribution of women. In India women do not use their rights and neither are considered independent to take any decision. In order to provide equal status in the society women need to be empowered. Women's empowerment in India is heavily dependent on many different variables that includes geographical location (urban/rural), educational status, social status (caste and class), and age. Policies on women's empowerment exist at the national, state, and local (Panchayat) levels in many sectors, including health, education, economic opportunities, gender-based violence, and political participation.

➤ **Practice:**

On behalf of Makarsankranti each year we organize MAHILA NELAWA and invite women from different fields; like school teachers, office staff, nagarsevikas and home makers. On this occasion we distribute informative folders, pamphlets and gifts to them.

➤ **Evidence of Success:**

Each year women from local community and mother parents of our college students visit to our college enthusiastically whenever invited and give positive remarks regarding our programs.

Head of Department
Dr.ChetanaDonglikar