



7.2.1 Two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

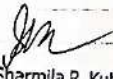
Best Practice No 01: - Celebration of Nutrition Week Academic Year 2021-2022


Matoshree Vimlabai Deshmumahavidyalaya, Amravati
Internal Quality Assurance Cell (IQAC)
Activities undertaken Academic Session 2021-2022
Name of the department / Committee: Food and nutrition
Name of the Teacher: Dr. Sharmila Kubde

Sr.No.	Name of the Activity	Types of Activity	Day/Date	Name of the Event	No of Participants	Objectives	Outcome
1.	Celebrate National Nutrition Week	Departmental Activity	1/09/21 to 7/09/21	1.Recipe competition	05	1. To create awareness of nutrition 2. To inculcate competitive spirit 3.To understand the self nutritional status 4. To develop skills in recipe and rangoli competition	1. Awareness to some extent was created. 2.Competitive and team spirit was inculcated 3. Students could understand their own nutritional status and discussed their nutritional problem.
				2.Chittaranjan Yadav, Raipur	Students and staff members		
				3.Jyoti Kambale Nagpur	Students and staff members		
				4.Nutrition Queen Competition	52		


DR. S. D. THAKARE
 Coordinator, I.Q.A.C.
 Matoshree Vimlabai Deshmumahavidyalaya




Prof. Dr. Sharmila R. Kubde
 Professor
 Department of Food and Nutrition
 Matoshree Vimlabai Deshmumahavidyalaya, Amravati.


Offi. Principal
 Matoshree Vimlabai Deshmumahavidyalaya, Amravati

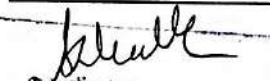
Matoshree Vimlabai Deshmukh Mahavidyalaya, Amravati


Department: Food & Nutrition 2021

Notice

All the students of Arts, Home Science and Science faculty are hereby informed that the Food and Nutrition department is organising a competition on the occasion of National Nutrition Week 2021. The winners in the competition will be given certificate and cash prizes, So the willing candidates must enroll their names to Dr. Sharmila Kubde, Food and Nutrition department. On 25/08/2021 or before 30/09/2021. The time and date of the competitions are as follows:


Date/Day	Competition	Venue and time
1/09/2021 Wednesday	Inauguration Nutrition Queen Competition 1, & 2 round	Food & Nutrition Lab. 12.00-2.00
2/09/2021 Thursday	Recipe Competition	Online mode 12.00- 2.00
4/09/2021 Saturday	Guest lecture by dietitian Mr Chittaranjan Yadav on severe acute malnutrition child	Online mode 12.30 - 1.30 pm
6/09/2021 Monday	Nutrition Queen competition 3&4 round	Food and nutrition department 12.00-2.00pm
7/09/2021 Tuesday	Guest lecture by Jyoti Gujar on post covid -19 diet	Online mode 12.30-1.30 pm


Coordinator, Food & Nutrition
Matoshree Vimlabai Deshmukh Mahavidyalaya
Amravati


DR. S. D. THAKARE
Coordinator, I.Q.A.C.
Matoshree Vimlabai Deshmukh Mahavidyalaya
Amravati



Principal


Off. Principal
Matoshree Principal
Matoshree Vimlabai Deshmukh Mahavidyalaya
Shivaji Nagar Amravati 444603 (M.S.)



श्री शिवाजी शिक्षण संस्था, अमरावती द्वारा संचालित
मातोश्री विमलाबाई देशमुख महाविद्यालय

शिवाजी नगर, अमरावती - ४४४ ६०३ (महाराष्ट्र राज्य)

नेक (NAAC) द्वारा 'ब' श्रेणीने पुनर्मानांकित

फ़ोन नं. जे.-02-01-044 • पे.यु.नं.-036 • युवायस क्र. 27071505414

फ़ोन ०२१-२६६०३५५ (कार्यालय), २६६४९२९ (फैक्स)

e-mail : clg_amt_mvds@ssesa.org • website : www.mvdcollge.org



अध्यक्ष
पा.श्री. हर्षवर्धन प्र. देशमुख
श्री शिवाजी शिक्षण संस्था, अमरावती

प्राचार्य
डॉ. सी.सी.एन. विधळे
एम.एस्सी., एम.फिल., एम.एच.डी.

संस्थापक अध्यक्ष
डॉ. पंजाबराव उपाख्य भाऊसाहेब देशमुख
एम.ए., बी.फिल., एम.एल.डी., बार-ऑक्ट-नॉ

जा.क्र. : माविदेम/277/2021

दिनांक : 1/9/2021

Na

प्रति,

श्री. चित्तरंजन यादव

आहारतज्ञ, रायपूर

महोदय,

१ सप्टेंबर ते ७ सप्टेंबर २०२१ दरम्यान संपन्न होणाऱ्या राष्ट्रीय पोषण सप्ताह निमित्त
शनिवार दि. ४ सप्टेंबर २०२१ रोजी ऑनलाईन पद्धतीने आपले व्याख्यान आयोजित केले आहे.
आपण आमच्या आमंत्रनाचा स्वीकार करून उपकृत करावे ही विनंती.

दीनांक : ४/९/२०२१

वेळ : दु. १२.३० वाजता

स्थळ : मातोश्री विमलाबाई देशमुख महाविद्यालय, अमरावती.

संयोजिका

डॉ. शर्मिला कुबडे

Dr. Sharmila R. Kubde

प्रा. प्राची भाबुरकर
Matoshree Vimalabai Deshmukh Mahavidyalaya
Amravati.



प्राचार्य

Prachar
डा. सी.सी.एन. विधळे

मातोश्री विमलाबाई देशमुख महाविद्यालय,
अमरावती

DR. S. D. THAKARE
Coordinator, I.Q.A.C.

Matoshree Vimalabai Deshmukh Mahavidyalaya
Amravati

Dr. Sharmila R. Kubde
Associate Professor, Food and Nutrition
Matoshree Vimalabai Deshmukh Mahavidyalaya
Amravati.

Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati

Internal Quality Assurance cell (IQAC)

Department of Home Science

Food and Nutrition

Name of the Event/Program: - Celebration National Nutrition Week 2021

Date: 21/09/2021 Day: Thursday Time: 12.00 - 2.00 P.M.

In collaboration with: Home Economics

Name of the Guest: Competition : Recipe Competition (online Mode)

Participant: Students No. of Participants: 05

Objective 1. To create skills among students.

2. To enhance practical application of nutritious recipe.

Action Taken 1. Organised Recipe Competition for students.

Outcome 1. Nutritious recipes served for boosting health.

2. To enhance knowledge of students about nutrition.

Sr. No.	Name of the Participant	Signature / class
1	Sakshi R. Jawanjalkar 9604072404	B.A. I
2	Priyanka Tembhurne 8080342196	B.Sc. I (Homesc.)
3	Sakshi Sudhir Durge 9130416579	B.A. I
4	Vaishnavi R. Mahalle 9370498791	B.Sc. I
5	Jayashri N. Shirbhate 7276656133	B.A. I.
6		
7		
8		
9		
10		
11	DR. S. D. THAKARE Coordinator, I.Q.A.C.	
12	Matoshree Vimalabai Deshmukh Mahavidyalaya Amravati	Offi. Principal Matoshree Vimalabai Deshmukh Mahavidyalaya Shivajinagar Amravati 444603 (M.S.)
13		

Amravati Mahavidyalaya
Amravati



E-Certificate of Participation

This is to certify that
Sakshi Jawanjalkar

has participated in the event "Recipe Competition" on the occasion of celebration of
National Nutrition Week held from 1st to 7th Sept'2021

Organized by :

Department of Food and Nutrition

Dr. Chhaya Vidhale

Offl. Principal
MVDM, Amravati

Dr. Sharmila Kubde

Coordinator
MVI, Amravati



Dr. Chhaya Vidhale
Principal
Amravati Mahavidyalaya, Amravati



MATOSHREE VIMLABAI DESHMUKH
MAHAVIDYALAYA, AMRAVATI



Department of Food and Nutrition

Organizing one day webinar on

" IDENTIFICATION OF SAM (SEVERE ACUTE
MALNUTRITION) CHILD "

66

LIVE ON  zoom

DATE : 4th Sept 2021

TIME : 2:00 PM



Resource Person
Mr. Chittaranjan Yadav
Dietician



Offi. Principal
Dr. Chhaya Vidhale



Organizer
Dr. Sharmila Kubde



CERTIFICATE

OF APPRECIATION

This certificate is presented to

Mr. Chittaranjan Yadav

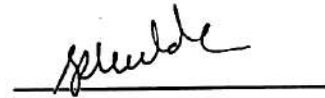
for sharing his valuable knowledge as a Guest Speaker on the occasion of **National Nutrition Week** held on 4th Sept 2021

Organised by

Food and Nutrition Department , MVDM Amravati



DR. CHHAYA VIDHALE
Offi. Principal



DR. SHARMILA KUBDE
Organiser

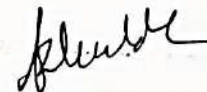
Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati
Department - Food and Nutrition
Nutrition Queen Competition 2021-2022
Students List


Sr.No	Students List	Weight	Height	B.M. I
1	Ashvini Kanhuji Gade	40	156 cm	UN
2	Bhagyashri Manikrao Chavan	46	151	OW
3	Darshana Ravishrao Gangasagar	69	158	OW
4	Dhiraj Raju Gawali			
5	Dipali Kailasrao Wanve	45	152	N
6	Komal Rameshrao Ruikar	50	150	N
7	Neha Kunjilal Yadav	50	153	N
8	Nikita Prakash Somkuwar	43	161	VW
9	Nikita Wasudeo Damle	45	150	N
10	Pallavi Vijay Raut	46	153	N
11	Payal Vinodrao Sonone	49	155	N
12	Pooja Nilkanth Rane	47	148	N
13	Rajni Vinod Sharma	50	150	N
14	Rashmi Naresh Karde	38	145	VW
15	Rutuja Ashvanil Patil	46	157	VW
16	Sakshi Raju Parise	44	156	VW
17	Sanjivani Babarao Tataskar	50	155	N
18	Shubhangi Devidas Wajage	45	145	N
19	Shubhangi Gajananrao Dhotre	40	161	VW
20	Sushma Rameshrao Lakhpurkar	34	144	VW
21	Takshashila Milind Wankhade	40	150	VW
22	Tanaya Vijay Jawarkar	41	155	VW
23	Tejaswini Dnyaneshwar Sagane	65	156	OW
24	Vaishnavi Ashok Meshram	30	135	VW
25	Vaishnavi Jagdish Utane	40	147	VW
26	Vaishnavi Virendra Hiwase	33	152	VW
27	Achal Pavanrao Rode	61	150	VW
28	Amruta Shridharao Chaudhari	46	161	N
29	Aniket Surdas Ganvir			
30	Apeksha Jagdish Utane	45	153	VW
31	Asmita Subhashrao Parise	36	142	VW
32	Khushi Rameshwar Kanthale	48	149	N
33	Komal Sanjay Gulhane	43	155	VW
34	Megha Shyam Chandan	38	147	VW
35	Neha Pritam Ingale	47	155	N
36	Nikhil Dnyaneshwar Dupare	4		
37	Nikita Dhanraj Wankhade	45	148	N
38	Nikita Marotrao Kurwade	50	140	OW
39	Nisha Chandu Jondhale	58	150	OW
40	Nisha Diapk Nagapure	53	153	N

41	Pallavi Sunil Raut			
42	Pooja Harishchandrarao Tagde	35	154	UW
43	Pragati Rangrao Bansod	53	155	N
44	Pratiksha Pradiprao Gawali	49	158	N
45	Priyanka Prabhakar Tembhurne	45	158	U.W.
46	Punam Baburao Kadu	50	153	N
47	Reshma Gulab Dudhmochan	42	155	UW
48	Sakshi Sunil Dhole	30	141	UW.
49	Shalinidevi Vinodkumar Tiwari	40	147	UW.
50	Unnati Dhanraj Khedakar	52	163	N.
51	Vaishanavi Nandkishor Gaygole	48	149	N
52	Vaishanavi Rajesh Mahalle	36	142	U.W.
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IQAC Coordinator
 DR. S. D. THAKARE
 Coordinator, I.Q.A.C.
 Matoshree Vimalabai Deshmukh Mahavidyalaya
 Amravati


Dr. S. D. Thakare
 Associate Professor, Food and Nutrition
 Matoshree Vimalabai Deshmukh Mahavidyalaya
 Amravati.


 Off. Principal
 Matoshree V.
Principal
 Principal
 Matoshree Vimalabai Deshmukh Mahavidyalaya
 Shivaji Nagar Amravati 444603 (M.S.)




Nutrition Queen 2021


DR. S. D. THAKARE
 Coordinator, I.Q.A.C.
 Matoshree Vimalabai Dashmukh Mahavidyalaya
 Amravati





Dr. Sharmila R. Kude
 Associate Professor, Food and Nutrition
 Matoshree Vimalabai Dashmukh Mahavidyalaya,
 Amravati.



Hridhale
 Offr. Principal
 Matoshree Vimalabai Dashmukh Mahavidyalaya, Amravati



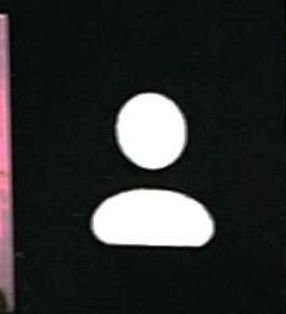
Chhaya Vidhale




Prachi Bhamburkar Vidhale




Sharmila Kubde




Jyoti Kamble




Sharmila Kubde



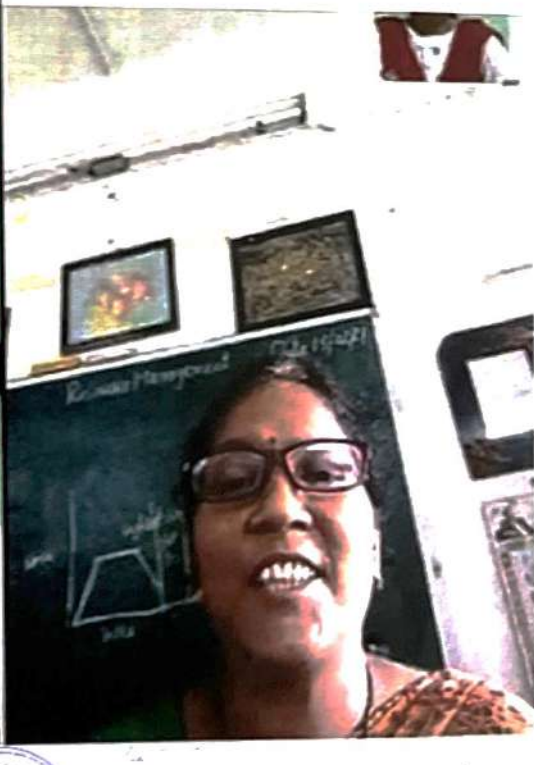
Jyoti Kamble



Chhaya Vidhale



Prachi Bhamburkar Vidhale



Dr. D.R. Bambole

S

Sharmila Kubde (Host, me)

Dr. D.R. Bambole

Jyoti Kamble

A

Aarwini

A

Archana Hame


CV

Chhaya Vidhale

KUMUD CHAUDHARY

PK

Poonam Kadu



Dr. D.R. Bambole
Principal
Pimpri Chinchwad Education Trust

CERTIFICATE

OF APPRECIATION

This certificate is presented to

Mrs. Jyoti Kamble

for sharing her valuable knowledge as a Guest Speaker on the occasion of **National Nutrition Week** held on 7th Sept 2021

Organised by

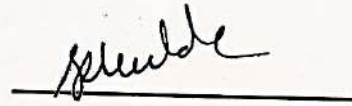
Food and Nutrition Department , MVDM Amravati



DR. CHHAYA VIDHALE

Offi. Principal

Matoshree Vimelabai Deshmukh,
Mahavidyalaya Amravati.



DR. SHARMILA KUBDE

Organiser



मातोश्री विमलाबाई देशमुख महाविद्यालयात राष्ट्रीय पोषण सप्ताह उत्साहात साजरा

अमरावती/प्रतिनिधी:- मातोश्री विमलाबाई देशमुख महाविद्यालया अमरावती येथे राष्ट्रीय पोषण सप्ताह १ ते ७ सप्टेंबर २०२१ या काळात छत्र अंतर्गत गृह विज्ञान व गृहअर्थशास्त्र विभागाद्वारे साजरा करण्यात आला. यावर्षी सप्टेंबर महिन्यात थीम वर आधारित पोषण महिना देशभरात साजरा करण्यात येत आहे. यात प्रत्येक आठवड्यात वेगवेगळ्या थीम देण्यात आलेले आहे.

थीम १) : १ ते ७ सप्टेंबर पोषण वाटिका म्हणजेच वृक्ष रोपण करणे थीम २) ८ ते १५ सप्टेंबर : पोषणासाठी योग आणि आयुष्य थीम ३,) १६ ते २३ सप्टेंबर : अंगणवाडी लाभार्थ्यांना क्षेत्रीय पोषण किट वितरण थीम ४) २४ ते ३० सप्टेंबर : अतिकुपोषित बालकांचा शोध घेऊन पोषक अन्नाचे वितरण तसेच या वर्षी Feeding smart right from start ही थीम होती.

सर्वांना पोषणाचे महत्त्व समजून देणे तसेच यासंदर्भात जागरूकता निर्माण करून लोकांना निरोगी तसेच चांगली जीवन शैली स्वीकारण्यासाठी प्रोत्साहित करणे आणि देशातील सर्व लोकांच्या सर्वांगीण विकासातील मुख्य अडथळ्या असणाऱ्या कुपोषणाच्या समस्येवर मात करण्यासाठी हा राष्ट्रीय पोषण सप्ताह दरवर्षी साजरा करण्यात येतो. या सप्ताहात महाविद्यालयात विविध उपक्रम राबविण्यात आले यात मा. प्राचार्य डॉ. छाया विघळे मॅडम यांनी अध्यक्ष पद स्वीकारले व पोषण सप्ताहाचे उद्घाटन केले. यासाठी महाविद्यालयातील सर्व प्राध्यापक उपस्थित होते.

या सप्ताहात पाककला स्पर्धा, प्रश्नमनुषा विद्यार्थ्यांसाठी आयोजित करण्यात आल्या होत्या.

त्यात विद्यार्थ्यांनी ऑनलाइन पद्धतीने उत्कृष्ट सहभाग घेतला. दिनांक ४ सप्टेंबर रोजी आहार तज्ञ श्री चित्तरंजन यादव, रायपूर यांचे severe acute malnutrition child या विषयावर व्याख्यान झाले त्यात त्यांनी या विकाराची लक्षणे, काळजी, त्याची ओळख तसेच या काळात घेण्यात येणारा आहार यावर योग्य मार्गदर्शन केले. दिनांक ७ सप्टेंबर रोजी प्राध्यापक ज्योती कांबळे यांनी करोना काळातील आहार यांचे व्याख्यान आयोजित करण्यात आले होते या संपूर्ण कार्यक्रमाचे आयोजन प्राध्यापक डॉ. शर्मिला कुबडे व प्राध्यापक प्राची भांबुरकर यांनी केले. या कार्यक्रमाच्या यशस्वितेसाठी महाविद्यालयातील सर्व प्राध्यापक, शिक्षकेतर कर्मचारी यांचे सहकार्य लाभले.

जाहीरनामा/सायटेशन

अमरावती येथील १ ते ७ सप्टेंबर पोषण सप्ताह (पोषण सप्ताह) यावेळी, १.१५.२०२१, अमरावती येथील पोषण सप्ताहाच्या उद्घाटन सोबत, १.१५.२०२१

Smt. Shobha Vijay Sonwane +6

वर्षा : २०२१

- उद्घाटन : १. Smt Shobha Vijay Sonwane, Age 57 y. Occu.: Household
2. Anil Vijayrao Sonwane, Age 36 y. Occu. Service
3. Anita Anilrao Sonone, age 46y. Occu. Household
4. Shubham Anilrao Sonone, age 25, Occu. Pvt. Job,
1 to 4 Satyadev Furniture, Line Gadge Nagar, Amravati
5. Satish N. Anilrao Sonone Age 57y. Occu. Service
6. Smt. Manish Satish Sonone Age 49 y. Occu. Household



Principal

Matoshree Vimalabai Deshmukh Mahavidyalaya
Shivaji Nagar, Amravati 444603 (M.S.)

Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati


Internal Quality Assurance Cell (IQAC)

Activities undertaken Academic Session 2021-2022


Name of the department / Committee: Food and nutrition

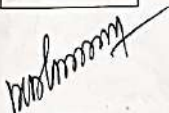
Name of the Teacher: Dr. Sharmila Kubde

Sr.No.	Name of the Activity	Types of Activity	Day/Date	Resource Person	No of Participants	Objectives	Outcome
1.	Inauguration of Diet Counselling cell in Food & Nutrition Department.	Departmental Activity	30/04/22	Principal Dr. Smita Deshmukh	10	1. To educate the students regarding the nature of the disease. 2. To advice the students on personal hygiene, individual instructions on diet. 3. Diet counselling makes the patient aware of the fact that diet plays an important role in the treatment of the disease.	1. Diet counselling helps to reduce the risk of some illness by appropriate counselling. 2. Dietary counselling provides individual nutritional care for encouraging the modification of eating habits.


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Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati


PRINCIPAL
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amravati.

Matoshree Vimlabai Deshmukh Mahavidyalaya Amravati

Internal Quality Assurance Cell (IQAC)

Department of Home science: Food and Nutrition

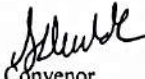
Name of the program: Diet Counselling Centre Inauguration on date 30 April 2022


Report


Diet counselling centre was inaugurated by H^{ble} Principal Dr.Smita Deshmukh on 30 April 2022 due to covid -19 students and people were facing health related problems, therefore start of such centre in the college under the guidance of the principal and diet experts, benefited the students and the society.

In this year total 10 students were guided in the diet counselling centre where first of all height, weight and BMI of the candidate were taken and then waist, hip ratio is also taken, this will help in determining whether the candidate is underweight, overweight or normal . The health-related information like diseases or any medications that candidate is using is also collected by asking related questions to the candidate, similarly that related information like food habits, liking and disliking of particular foods is also collected, after collecting above information suitable diet plan will be suggested to the candidate. It is also suggested to the candidate to follow this plan and they are asked to visit counselling centre after 1 month to take follow up as per the need.

This is how diet counselling centre provide guidance and counselling to the importance of food, choosing the right kinds of food that promote health and awareness on diet. Healthy eating is the main focus of this activity.


Convenor
Prof. Dr. Sharmila R. Kumbhar
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Mahavidyalaya, Amravati.


Coordinator
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IQAC
Coordinator, I.Q.A.C.
Matoshree Vimlabai Deshmukh Mahavidyalaya
Amravati


Principal
PRINCIPAL
Matoshree Vimlabai Deshmukh
Mahavidyalaya, Amravati.

Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati

Notice

Date:-25/04/2022

It is informed to, all the students of our college that department of Food and Nutrition
Is organizing a programme of Inauguration of Diet on date. 30/04/2022
Counselling Centre

Time:- 11.00 to 12.00 PM.

Venue:- Zoology Laboratory.

Note :- Compulsory to all the students

Faculty :-

B.A- I *SP*
B.A-II *SP*
B.A-III *SP*
B.Sc(H.Sci)-I *SP*
B.Sc (H.Sc)- II *SP*
B.Sc (H.Sc)- III *SP*
B.Sc- Part I *SP*
B.Sc-Part II *SP*
B.Sc- Part III *SP*

SP
Programme Incharge
Prof. Dr. Sharmila R. Kubde
Professor
Department of Food and Nutrition
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amravati.



SP
DR. S. D. THAKARE
Coordinator, I.Q.A.C.

Matoshree Vimalabai Deshmukh Mahavidyalaya
Amravati

SP
PRINCIPAL
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amravati

Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati

Internal Quality Assurance cell (IQAC)

Department of Home Science

Food and Nutrition

Name of the Event/Program: - Diet Counselling For Student.

Date: 1 to 7 May 2022 Day: One week. Time: 3.00 to 4.00 P.M.

In collaboration with: _____

Name of the Guest: Expert :- Dr. Sharmila Kubde.

Participant: College Students No. of Participants: 10

Objective To educate the students and advice on personal hygiene and individual diet.

Action Taken Guidance to underweight Students for improving their weight.

Outcome Diet Counselling provides individual nutritional care for encouraging the modification in diet.


Sr. No.	Name of the Participant	Signature
1	Reha Dhanraj Wankhade	N. D. Wankhade
2	Aarchal Kishor Chauhan	Aarchal
3	Pooja Hareeshchandra Tagade	Pooja Tagade
4	Megha Shyam Chandan	Megha Chandan
5	Sakshi Rajiv Ughade	Sakshi Ughade
6	Apeksha Jagdish Utane	Apeksha Utane
7	Pallavi Sunil Raut	Pallavi Raut
8	Shrawani Rajesh Raut	S. Raut
9	Chhankvi Anil Bhongale	C. A. Bhongale
10	Anjali Suresh Khedkar	Anjali Khedkar
11		
12		
13		



Dr. Sharmila R. Kubde
Professor
Department of Food and Nutrition
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amravati.


Prof. Dr. Sharmila R. Kubde
Professor
Department of Food and Nutrition
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amravati.



Inauguration of Diet Counselling centre by the hands of Principal Dr. Smita Deshmukh on 30/04/2022


DR. S. D. THAKARE
 Coordinator, I.Q.A.C.
 Matoshree Vimalabai Deshmukh Mahavidyalaya
 Amravati



Prof. Dr. Sharmila R. Kubde
 Professor
 Department of Food and Nutrition
 Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati


PRINCIPAL
 Dr. Smita Deshmukh
 Mahavidyalaya, Amravati.

[illegible]

ब) वर्ज्य/ टाळावयाचे पदार्थ :

क) द्यावयाचे पदार्थ :

ड) मर्यादित प्रमाणात घेता येणारे पदार्थ:


सही

एकूण अन्नपदार्थांची मात्रा


अक्र.	अन्न वर्ग	प्रमाण
1.	तृणधान्य	
2.	डाळी	
3.	कडधान्य	
4.	तेल व तूप	
5.	साखर	
6.	दूध व दुग्धजन्य पदार्थ	
7.	हिरवी भाजी	
8.	इतर भाजी	
9.	अंडी /मास	
10.	फळे	


ड) आहारविषयक सवयी

- १) सकाळी उठल्यावर काय घेता?
- २) दिवसातून चहा कॉफी किती वेळा घेता ?
- ३) डाळीचा वापर रोज करता का?
- ४) तृणधान्यांचे रोजचे प्रमाण किती आहे?
- ५) अंकुरित धान्य आठवड्यातून किती वेळा खाता?
- ६) कच्चे सलाद किती वेळा खाता ?
- ७) लोणची पापड यांचा वापर किती वेळा करता?
- ८) दूध व दुधाचे पदार्थ किती वेळा घेता?
- ९) दही किती वेळा खाता?
- १०) तेल तुपाचा वापर किती प्रमाणात करता?
- ११) तिखट व मसालेदार पदार्थ आवडतात का?
- १२) अन्नपदार्थ योग्य शिजवलेले, आरोग्यपूर्ण पद्धतीने तयार केले असतात का?
- १३) जेवताना ताण तणाव असतो का ?
- १४) मांसाहार ,अंडी आठवड्यात किती वेळा घेता ?
- १५) जेवणातून गोड पदार्थ आठवड्यातून किती वेळा घेता?
- १६) फळे किती वेळा घेता?
- १७) हिरवी भाजी रोज घेता का ?
- १८) दिवसातून किती वेळा आहार घेता?
- १९) कुटुंबातील सदस्यांबरोबर जेवण करता का?


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DR. S. D. THAKARE
Coordinator, I.Q.A.C.
Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati.

तुम्हाला जास्त आवडणारे पदार्थ कोणते व न आवडणारे पदार्थ कोणते?

- २१) इतर आवडीनिवडी /छंद कोणते ?
- २२) कोणत्या प्रकारचे व्यसन आहे का?
- २३) आहार विषयक सवयीन मध्ये त्रुटी आढळल्यास त्या बदलण्याची मानसिकता व तयारी आहे का?
- २४) नाश्ता जेवण कधी, केव्हा आणि कोणाबरोबर करता ?
- २५) पोषण विषयक ज्ञान वाढविण्याचा प्रयत्न करता का? आणि कसा?
- २६) सप्लिमेंट घेता का?
- २७) वैद्यकीय सल्ल्याने / मनाने?
- २८) फूड ऍलर्जी आहे का ?
- २९) भूक लागणे, अन्न चावणे, पचन, शौच नियमित होणे या क्रिया सहजपणे होतात का?
- ३०) लघवीचा रंग कसा आहे?
- ३१) झोप किती तास घेता?
- ३२) शरीर सुदृढ राहण्याकरता व्यायामाचा कोणता प्रकार करता?


मोबाईल नंबर :

तारीख :


पत्ता :




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Shivaji Nagar Amravati 444503 (M.S.)

Matoshree Vimalabai Deshmukh Mahavidyalay , Amaravati

Internal Quality Assurance cell (IQAC)

Activity undertaken (Academic Session 2021-2022)

Department – Home Economics

Name of the teacher – P. B. Shamburkar

Sr. No	Name of the activity	Type of the activity	Day/Date	Resource person/guest	Participants / Numbers	Objective	Outcome
1	Nutrition week	Celebration of Nutrition week <i>guest</i>	04 th Sept 2021 07 th Sept 2021	Mr. Chittaranjan Yadav Prof. Jyoti Kamble	20	To Create the awareness about nutrition	Participants of guest lecture get the knowledge about nutrition in day to day life.

online

Midhale
Offl. Principal
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amaravati



DR. S. D. THAKARE
DR. S. D. THAKARE
Coordinator, I.Q.A.C.
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Amaravati

Bor



से विद्यार्थी विद्या मयः, अमरावती नृत्य मण्डलिका
मातोश्री विमलाबाई देशमुख महाविद्यालय

विद्यार्थी मंत्र, अमरावती - ४३१ २५३ (महाराष्ट्र राज्य)

मेल (N.M.C.) द्वारा ई-मेलिंग सुव्यवस्था

फ़ोन नं. २ - ४८५०५५५ • २६२२ - ४८५ • सुव्यवस्था, अमरावती

ई-मेल - info@nmcc.ac.in (अमरावती), info@nmcc.ac.in (पुणे)

ए-वार्ड - www.nmcc.ac.in • वेबसाइट - www.nmcc.ac.in



अध्यक्ष
म. सं. विद्यापीठ १, अमरावती
से विद्यार्थी मण्डल मयः, अमरावती

सचिव
डॉ. सी. सी. नर. विद्या
म. सं. विद्यापीठ १, अमरावती

सहायक अध्यक्ष
डॉ. राजेश्वर विद्यापीठ १, अमरावती
म. सं. विद्यापीठ १, अमरावती

व. सं. मण्डलिका/२७७/२०२१

दिनांक ११/९/२१

प्रति,

श्री. ज्योती कांबडे मुखर

सेवादार नहिना महाविद्यालय, अमरावती

महोदय,

१ सप्टेंबर ते ९ सप्टेंबर २०२१ दरम्यान संपन्न होणाऱ्या राष्ट्रीय योग्यता स्पर्धा वीरल संग्रहाकर दि. ९ सप्टेंबर २०२१ रोजी ऑनलाईन पद्धतीने आपले व्याख्यान आयोजित करू आहो. आपण आपल्या जागेवरच्या तयारी करून उपस्थित करावे ही विनंती.

दिनांक: ९/९/२०२१

वेळ: दु. १२:३० वाजता

स्थळ: मातोश्री विमलाबाई देशमुख महाविद्यालय, अमरावती

तपासिका

डॉ. शनिता कुबडे

श्री. प्राची मांडुकर

सचिव

Inidhole
डॉ. छया विद्या

मातोश्री विमलाबाई देशमुख महाविद्यालय,
अमरावती



Sharmila Kubde



Chittranjan Yadav



Chhaya Vidhale



Prachi Bhamburkar



DR. S. D. THAKARE
Coordinator, I.Q.A.C.
Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati



- PB Prachi Bhamburkar Vidh... (me)
- S Sharmila Kubde (Host)
- Jyoti Kamble
- A Archana Harne
- CV Chhaya Vidhale
- H Harshalisawarkar
- PD Prerana dongare
- SM Sadhana Mohod



[Signature]
Principal
Matoshree Vimalabai Deshmukh Mahavidyalaya
Shivaji Nagar, Amravati 444603 (M.S.)

Best Practice No 02: - Wall magazine
Academic Year 2021-2022

Wall Magazine Committee

2021-22

Report

The objective of the Wall magazine is to spread the knowledge through photographic presentation. In view of this, it was decided to form the magazine committee. Accordingly, we have conducted the meeting of all the departmental heads & teachers for the said committee.

We have explained the objective of committee to all the dept heads & teacher. We have also explain how to prepare the the wall magazine and how to select the topics. We have also suggested them to involve student for the same from all the department.


This year we have include Commerce faculty in the magazine committee .

We have prepared the format for the wall magazine presentation & and same was circulated to all the department & among the students of all respective department. Notice to that effect was also circulated & requested to all to prepare the wall magazine presentation.

As per the guideline issued by the committee to all the departmental heads subject teacher & student has overwhelming responded to the activity & make the program success.

Within the stipulated time all the departmental heads,subject teachers students has submitted their work.

Our honorable principal Dr.S.S.Deshmukh inaugurated wall of magazine for the month of September also she took review monthly of the wall magazine activity. The way student & subject teacher presents their idea through wall magazine was marvelous. All the faculty members & student participate with full enthusiasm .


DR. S. D. THAKARE
Coordinator
Matoshree Vimalabai Mahavidyalaya
Amravati




PRINCIPAL
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amravati.

Shri Shivaji Education Society , Amravati's

Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati

Wall Magazine Committee

Notice

All the senior college teaching staff members are hereby informed that the WALL MAGAZINE of all the subject/departments is expected to display on board outside the department during the period as per the schedule given under.

Sr. No.	Name of the Department	Month	Signature
1	Food and Nutrition	November	<i>[Signature]</i>
2	Home-Economics		<i>[Signature]</i>
3	Marathi		<i>[Signature]</i>
4	Hindi		<i>[Signature]</i>
5	Home Science and extension	December	<i>[Signature]</i>
6	Home Science		<i>[Signature]</i>
7	Economics		<i>[Signature]</i>
8	Co-operation		<i>[Signature]</i>
9	Textile	January	<i>[Signature]</i>
10	Biology		<i>[Signature]</i>
11	English		<i>[Signature]</i>
12	Political Science		<i>[Signature]</i>
13	Human Development	February	<i>[Signature]</i>
14	Resource Management		<i>[Signature]</i>
15	Sociology		<i>[Signature]</i>
16	Community Development and Extension		<i>[Signature]</i>
17	Chemistry	March	<i>[Signature]</i>
18	Bio-Chemistry		<i>[Signature]</i>
19	Physical Education		<i>[Signature]</i>
20	Library Science		<i>[Signature]</i>
21	Physics	April	<i>[Signature]</i>

Bon.
Convenor
Wall of Magazine
Committee
2021-22

[Signature]
PRINCIPAL
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amravati.

Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati

B.Sc. (Science) Teaching Staff

Sr. No.	Name of Professor	Subject	Month	Signature
1	Miss. Ravina Pawar	Chemistry	November	<i>Ravina Pawar</i>
2	Miss. Rashmi Thakare			<i>Rashmi Thakare</i>
3	Miss. Mayura Farkade			<i>Mayura Farkade</i>
4	Miss. Vaishnavi Jagtap	Physics	December	<i>Vaishnavi Jagtap</i>
5	Miss. Pranali Gondchar			<i>Pranali Gondchar</i>
6	Mrs. Poonam Deshmukh	Zoology	January	<i>Poonam Deshmukh</i>
7	Miss Shital Madar			
8	Mr Shrikant Shelke	Botany	February	<i>Shrikant Shelke</i>
9	Mr. Akash Dhotre			<i>Akash Dhotre</i>
10	A. B. Shinde	Mathematics	March	<i>A. B. Shinde</i>
11	A. H. Chakrapani			<i>A. H. Chakrapani</i>
12	Miss. Snehal Vidhale	English/ Marathi	April	<i>Snehal Vidhale</i>
13				

B. B. W.
convenee
wall of Magazine
committee
2021-22

M. Deshmukh
PRINCIPAL
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amravati.

Shri Shivaji Education Society, Amravati's
Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati
Wall Magazine Committee 2021-22

Wall Magazine Subject

Sr. No.	Name of the Department	Wall Magazine Subject
1	Food and Nutrition	अभिलेख
2	Home-Economics	काविल
3	Marathi	अपेक्षे ही ऐवढी
4	Hindi	निराला के काव्य भंडारालाजिक
5	Home Science and extension	अपेक्षे ही अपेक्षे अपेक्षे
6	Home Science	Importance of Home-Science
7	Economics	function of money
8	Co-operation	—
9	Textile	Regional embroidery of India
10	Biology	Uses of Microorganisms.
11	English	Nobel Laureates in English Literature
12	Political Science	भारतल शरल
13	Human Development	—
14	Resource Management	—
15	Sociology	—
16	Community Development and Extension	निराला अपेक्षे
17	Chemistry	—
		—

18	Bio-Chemistry		
19	Physical Education		what is the Defect betain Tecnic and Peactice
20	Library Science		दि-युग २२०११ १९२१
21	Physics		Compuete technics in Medical science

B.D.
(convene)

S. D. Thakare
DR. S. D. THAKARE
Coordinator, I.Q.A.C.
Matoshree Vimalabai Deshmukh Mahavidyalaya
Amravati



Bushmm
PRINCIPAL
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amravati.

Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati

B. Sc. (Science) Wall Magazine Subject 2021-22

Subject	Wall Magazine Subject
Chemistry	Isomers
Physics	Physics Alphabet
Zoology	components of RBCs & WBCs
Botany	keystone species conservation
Mathematics	function of calculator
English/ Marathi	Parts of speech

B.S.D.
convene

Dr. S. D. Thakare
DR. S. D. THAKARE
Coordinator, I.Q.A.C.
Matoshree Vimalabai Deshmukh Mahavidyalaya
Amravati



Principal
PRINCIPAL
Matoshree Vimalabai Deshmukh
Mahavidyalaya, Amravati.

Matoshree Vimlabai Deshmukh Mahavidyalaya

Wall Magazine Committee

2021-22



Matoshree Vimlabai Deshmukh Mahavidyalaya

Wall Magazine Committee

2021-22



Principal
Principal

Matoshree Vimlabai Deshmukh Mahavidyalaya
Shivaji Nagar, Amravati 444603 (M.S.)