

DEPARTMENT OF HOME SCIENCE: VARIOUS ACTIVITIES OF 2024-25

ORGANIZED PRE PHD COURSE WORK PROGRAMME IN HOMESCIENCE UNDER SHIVAJI VIDAPEETH
KOLHAPUR DURING 13/4/2024 TO 13/5/2024






NUTRITION AND TEXTILE LECTURES ORGANIZED FOR PRE PHD COURSE WORK PROGRAMME IN HOMESCIENCE UNDER SHIVAJI VIDAPEETH





CELEBRATION OF NATIONAL NUTRITION WEEK 2024-25: BROCHER ON DIETARY GUIDELINES FOR RAJARAMIANS ON 5/9/2025






Rajaram College, Kolhapur
Department of Home - Science

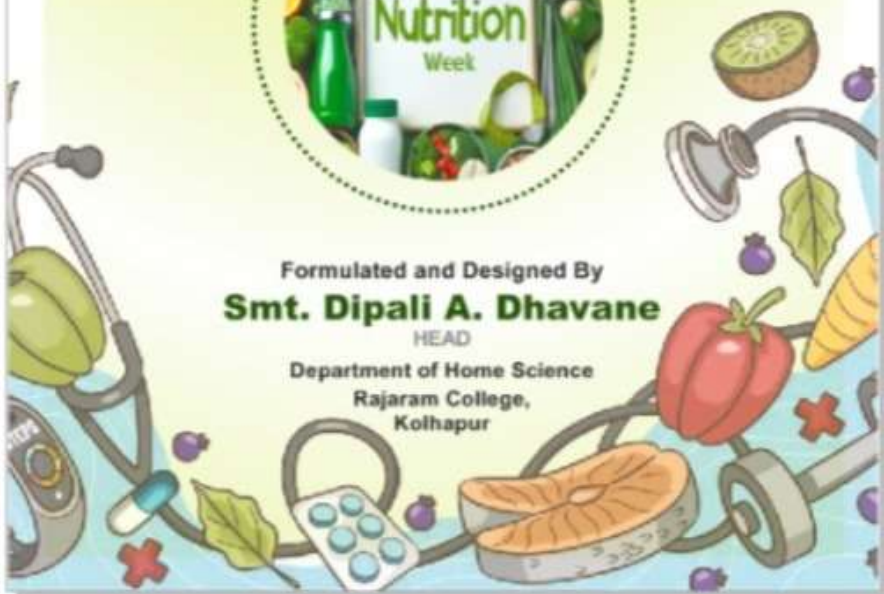
CELEBRATION OF NATIONAL NUTRITION WEEK

1 TO 7 SEPTEMBER 2024-25

DIETARY GUIDELINES FOR RAJARAMIANS



Formulated and Designed By
Smt. Dipali A. Dhavane
HEAD
Department of Home Science
Rajaram College,
Kolhapur



Broucher Titled DIETARY GUIDELINES FOR RAJARAMIANS

DIETARY GUIDELINES FOR RAJARAMIANS

Objectives of Dietary Guidelines for Rajaramians

- Wellbeing of Health and enhancement of Nutritional status of Staff members ■
- Nutritional awareness through Nutrition Education ■
- Extension Education ■
- Celebration of national Nutrition Week 2024-25 ■



HAVE A BALANCED AND CALORIE DEFICIT DIET
Calorie consumption is lesser than calorie expenditure. (With our sedentary working life style, must have watch on calories consumption to maintain energy equilibrium which controls obesity and further life style diseases like Diabetes, Heart diseases, Cancer, etc)



MAINTAIN REGULAR WATCH ON INTAKE OF REFINED CARBOHYDRATES
(Avoid bakery products, sweets, carbonated drinks
Say no to Empty Calories-food contains only calories without vitamins and minerals)



SAY NO TO PROCESSED AND READY TO EAT PACKAGED FOODS
(Processed and ready to eat packaged foods contains food additives like chemical artificial colours, sweeteners, flavours which are carcinogenic and having empty calories)



BE FRIENDLY WITH PROTEINS AND PROTEIN RICH FOODS
(As a Essential macro nutrient, protein is very essential for cell generation, wear and tear repairing function and for tissue formation in body. Our body needs 1gm of protein for every kilogram of our body weight. Therefore we must include protein rich foods like Pulses, legumes, milk and milk products, fish, eggs and poultry, nuts and oil seeds regularly)



HAVE SPECIAL EFFORTS FOR YOUR GUT HEALTH
(Include sufficient amount of Dietary fibers, pre and pro biotic foods, water, antioxidants, whole grains and fresh fruits and vegetables regularly
Disturbed gut health may cause colon cancers)



LECTURE ORGANISED ON DIETARY GUIDELINES FOR RAJARAMIANS FOR ALL TEACHING AND NON TEACHING STAFF MEMBERS

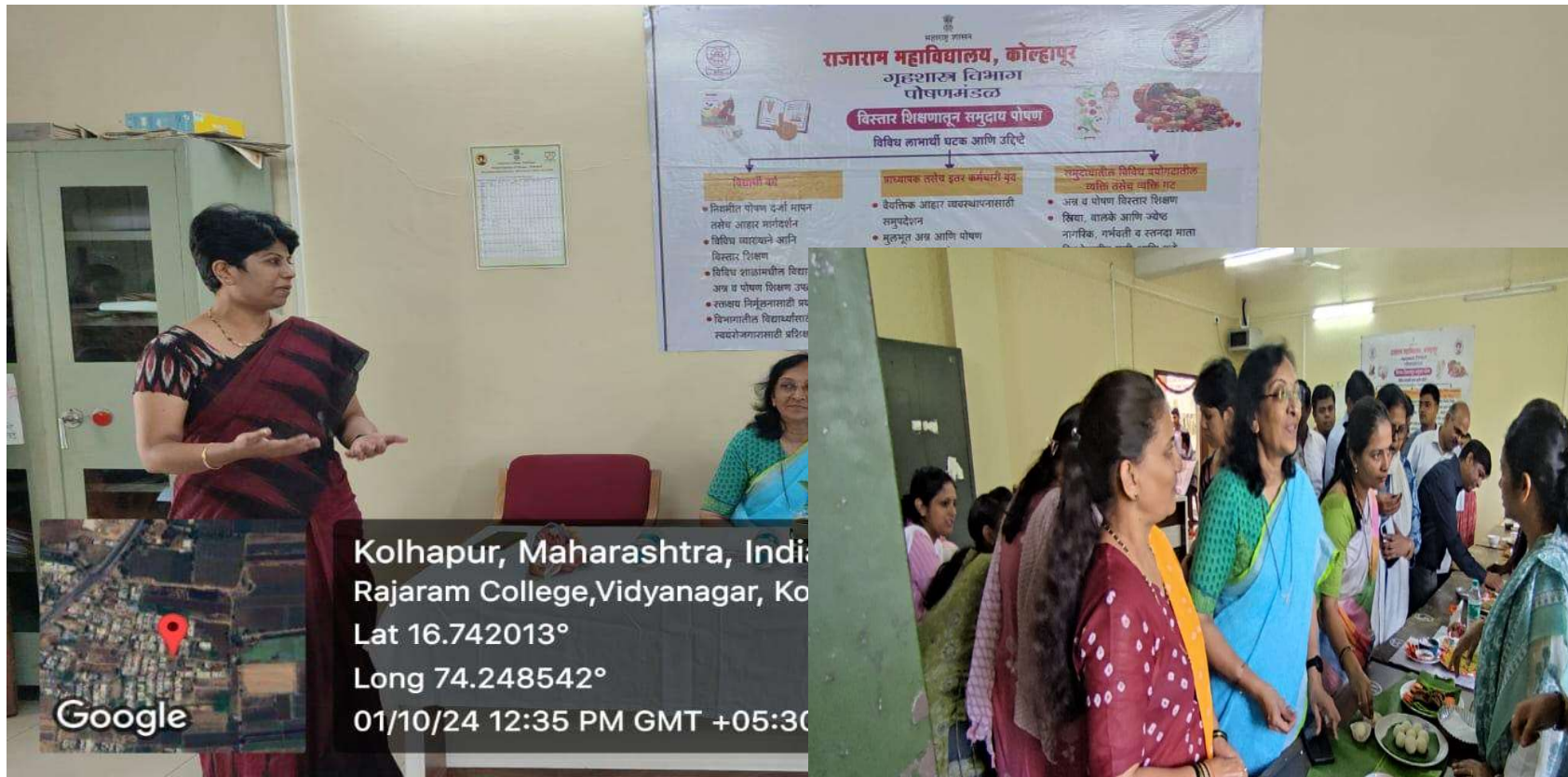


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ORGANIZED INDIGENEOUS RECEPIES COMPETITION AND EXHIBITION TITLED आईच्या हातचं आजीच्या तालमीतून' ON 1/10/2024 AT HOME SCIENCE DEPARTMENT



INAUGRATION OF INDIGENEOUS RECEPIES COMPETITION AND EXHIBITION TITLED आईच्या हातचं आजीच्या तालमीतून'



Kolhapur, Maharashtra, India
Rajaram College, Vidyanagar, Kolhapur
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Long 74.248542°
01/10/24 12:35 PM GMT +05:30



**INDEGENEOUS RECEPIES
EXHIBITION**

**STUDENT PARTICIPANT
WITH NUTRITIOUS AND
TRADITIONAL RECEPIES**





Shot on OnePlus
By Shourya

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ଝିକାର ଚୋଟି....



Kolhapur, Maharashtra, India
Rajaram College, Vidyanagar, Kolhapur 416013
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SOLAPURI TRADITIONAL NUTRITIOUS RECEPIES



श्रीमंतापुरी
पुढाई

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 **GPS Map Camera**

Kolhapur, Maharashtra, India
Rajaram College, Vidyanagar, Kolhapur 416013
Lat 16.742013°
Long 74.248542°
01/10/24 12:32 PM GMT +05:30



EXTENSION ACTIVITY: DELEIVERED LETURE ON IMPORTANCE OF ORGANIC FARMING IN RELATION TO HEALTH AND NUTRITION AT ARJUNWADA VILLAGE , RADHANAGARI

