

Event Report Format

Name of the Programme:	Low - Cost nutritious demonstration, nutrition education and awareness program for Anganwadi, Hirdi, Trimbakeshwar-Taluka, Nashik.
Day and Date:	13/03/2024- Wednesday
Organizing Committee/ Department (Mention collaborating Agency, if any)	Dept. of Food Science & Nutrition in Collaboration with Anganwadi, Hirdi.
Time:	9.00 a.m. to 2.30 p.m.
Topic/ Theme:	To spread nutritional awareness among tribal women through recipe demonstrations and educational games and activities for children below 5 years of age.
Resource Person:	Mrs. Rekha Sonawane (Anganwadi Supervisor, Trimbakeshwar)
No. of students & staff attended the Programme:	11 students of T.Y. Bsc, 3 Teaching staff & 1 non-teaching staff.
Brief Summary:	<p>Every year the Department of Food Science & Nutrition of SMRK-BK-AK Mahila Mahavidyalaya organizes a field visit with the aim of spreading awareness about the importance of nutrition among women & children.</p> <p>This year a low cost recipe demonstration, nutrition education, activities and awareness program was conducted for Anganwadi, Hirdi tribal women and children below 5 years of age. The bare necessities required for the program were arranged by Mrs. Rekha Sonawane. With the introductory speech of Mrs. Rekha Sonawane, the program started at 11 am at Anganwadi centre. Followed by Mrs. Vishakha Gore welcomed all participants and briefed them about the program schedule.</p> <p>The first part of the program "Natika" was presented by third-year (N.D.) students, which highlighted the common myths around tribal communities along with simple dietary solutions.</p> <p>Students demonstrated three different nutritious, low cost recipes focusing on protein, calcium, iron and vitamin A nutrients and also explained the importance of all these nutrients in diet to promote growth and better health. Students also conducted nutritional activities and games for all the children present for the program.</p> <p>A group discussion in the form of a questions answers session including different queries from tribal women and their practical solutions from students and teaching staff of the FSN department was held at the end of the session.</p> <p style="text-align: center;">Mrs. Rekha Sonawane and Bharti Tai (Senior Anganwadi</p>

worker) concluded the program with a vote of thanks.
The program was attended by 50+ participants .

**Signature of the
committee In-
charge/ H.O.D.
(Attach
photograph)**

Mrs. Meenal Zavar.



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