

SOPHIA GIRLS' COLLEGE
(AUTONOMOUS), AJMER



DEPARTMENT OF HOME SCIENCE

2021-22

Celebration of Poshanmaah



**Department of Home Science,
NSS & WDC
of Sophia Girls College in Collaboration
with The Department of Women and Child
Development, Ajmer Organizes**

POSHAN MELA



Venue: Sophia Girls' College (Autonomous) Ajmer
Time: 2:30 Onwards, Date: 30th September 2021

Date: 30th Sept 2021

Level: District

Venue: College Campus

Title of the event: Celebration of Poshanmaah

Total no of students: 30

Description:

The Department of Home Science, WDC and NSS Organized an Collaborative activity with the department of Women and Child Development to celebrate the Poshan Mela. 110 Nutritive Recipies were made for pregnant and Lactating mothers and were presented by anganwadi workers and the students of home science also Presented their nutritive recipies. The principal of the college along with the staff members did the godhbharai and annprashan function .

Learning Outcome: To provide knowledge to the students regarding the importance of Nutrition during pregnancy ,lactation and early childhood.







Medical Camp

ManipalHospitals
LIFE'S ON +

Sophia Girls' College (Autonomous), Ajmer
in association with
Manipal Hospital, Jaipur
is organizing Health Talk & Complimentary Health Check-up Camp

Investigations: RBS | BP | ECG | Height | Weight

Consultants:

Dr. Triveni Dhaka (Consultant, Plastic & Reconstructive Surgery)
Topic: Advancement in Plastic Surgery

Dr. Poonam Goyal (Consultant, Radiation Oncology)
Topic: Myths & Facts about Breast Cancer

Dr. Poonam
Medical Officer

CAMP Time : 10:00am to 3:00pm **HEALTH TALK** Time : 12:00pm to 1:30pm

Date : Thursday, 21st Oct. 2021 **Contact :** Mr. Sandeep Mathur
Venue: Sophia Girls College, Ajmer **+91 8306 994 001, +91 9358 110 096**

Date of activity-21st October 2021

Level:Inter Departmental

Venue: College Auditorium

Title of the event -Medical Camp

Total no of students:103

Resource Persons :1.Dr. Triveni Dhaka

(Consultant, plastic and Reconstructive Surgery), Manipal Hospital, Jaipur.

2.Dr.Poonam Goyal

(Consultant, Radiation Oncology), Manipal Hospital, Jaipur.

Description:

Health Talk and Complimentary Health Check-up Camp (21st Oct 2021) – was organized by the Department of Home Science in collaboration with WDC and NSS, a Health Talk and Complimentary Health Check-up was done for the students in association with Manipal Hospital, Jaipur. Students, faculty members and staff went

for free medical investigation of RBS, BP, ECG, Height and Weight under the supervision of medical officer Dr. Poonam. Experts gave talk on 'Advancement in Plastic Surgery' resource person- Dr. Triveni Dhaka (Consultant, plastic and Reconstructive Surgery), Manipal Hospital, Jaipur. Another talk was on 'Myths and Facts about Breast Cancer' by Dr Poonam Goyal (Consultant, Radiation Oncology), Manipal Hospital, Jaipur.

Learning Outcome: To make the Students aware about Health Check-up.





Diabetes Awareness Programme

**Department of Home Science with the
Collaboration of NSS
Sophia Girls' College (Autonomous),
Ajmer**



**Resource Person:
Dr. Rajneesh
Saxena**



**Topic: Talk on Diabetes Awareness
Venue: College Auditorium
Date: 16th November 2021
Time: 1:30 P.M.**

Date of activity-16th November 2021

Level: Inter Departmental

Venue: College Auditorium

Title of the event: Diabetes Awareness Programme

Resource Person-1. Dr. Rajneesh Saxena

2. Dr. Mahima Shrivastava

Number of Participants- 83 Students

Report:

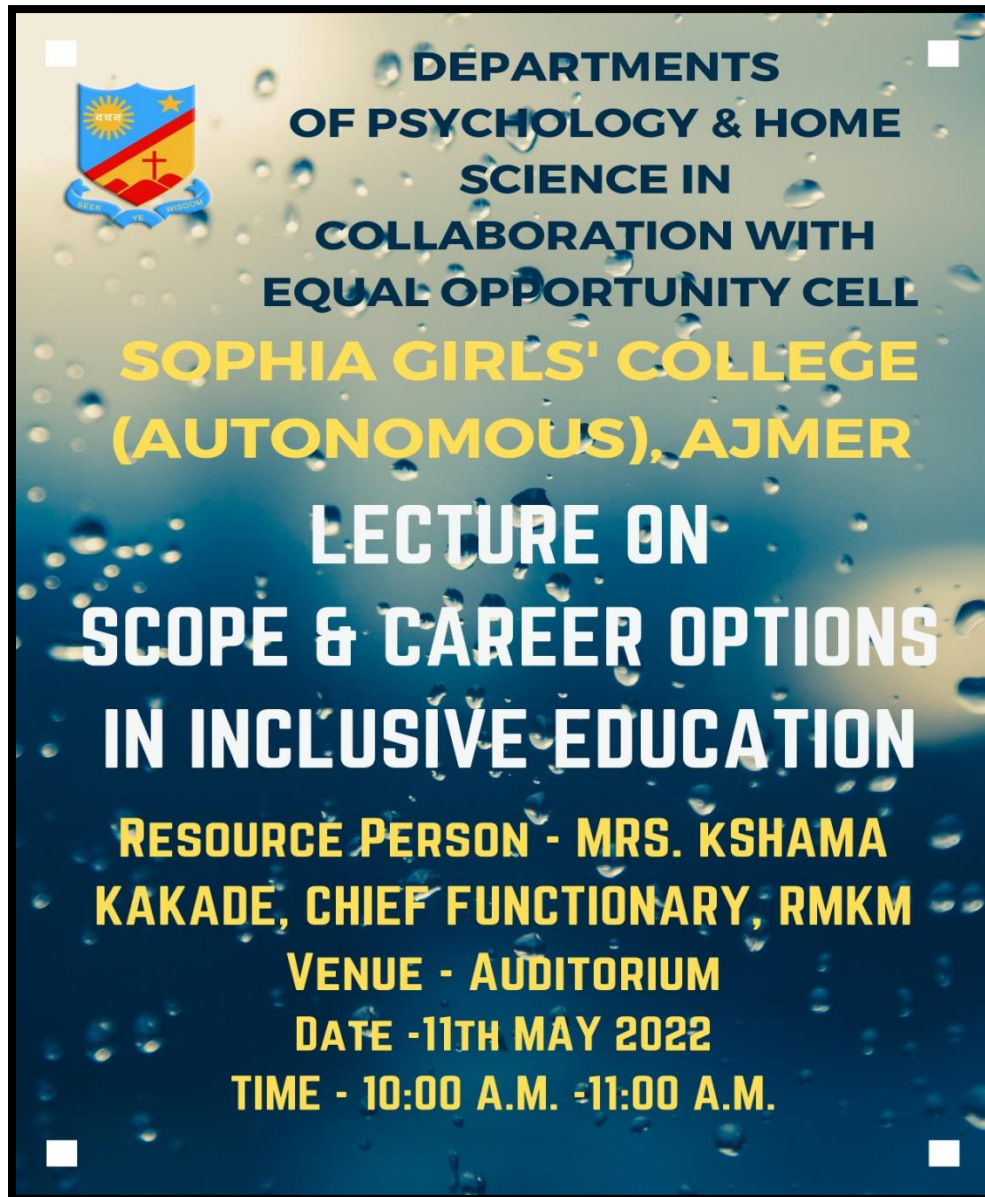
Every November, the diabetes community celebrates **Diabetes Awareness Month** with events and campaigns intended to educate the people and aware about diabetes. On **16th November** a seminar was organised for the staff, students and volunteers on “Diabetes” by Dr.Mahima Shrivastava - Professor JLN Medical College and Dr. Rajneesh Saxena- Diabetologist, Thyroid and Foot Care specialist. Dr.Mahima Shrivastava talked about the problem of PCODS in women and explained the symptoms and treatment. Dr.Rajnish Saxena gave useful information on diabetes and its complications and its preventive measures. The students interacted and asked questions. Lion Abha Gandhi enlightened the students on the same. The session ended with the believe to bring change and spread the gained knowledge in the society.

Learning Outcome: To make the students aware about diabetes and its complications





Title-“Scope and Career Options in Inclusive Education”



Activity Details :-

Date –11th May 2022

Level – Departmental

Venue –College Auditorium

Title of event – Scope and Career Options in Inclusive Education

No. of Participants –130

Resource Person –Mrs. Kshama Kakade, Chief Functionary, Rajasthan Mahila Kalyan Mandal (RMKM), Chachiyawas, Ajmer

Contact No. – 9413223809

Description:-

The Departments of Psychology and Home Science in collaboration with Equal Opportunity Cell of Sophia Girls' College (Autonomous), Ajmer organized a Guest lecture on “**Scope and Career Options in Inclusive Education**” as a part of MOU activity on 11th May from 10.00am – 11.00 am. **Mrs. Kshama**, the resource person of the lecture briefed the students about Inclusive Education and its scope in today’s scenario.

Learning Outcome

On the completion of the above activity the students will be able to –
Understand the importance and relevance of Inclusive Education in the today’s scenario.