

**ACTIVIES OF HOME SCIENCE DEPARTMENT FOR THE SESSION 2021-22**

<b>SL NO.</b>	<b>DATE: Seminar/webinar</b>	<b>Title of the seminar</b>	<b>Name of the Resource person</b>	<b>Brief report on seminar/ webinar</b>
1.	22-07-2021 WEBINAR	Vitamin C; Essential nutrients for human health	Aparajita Priyadarshini, Center of food science and technology, Sambalpur University	Explain about the different sources of vitamin c which fruits and vegetables are locally cultivated, its benefits on health, how it prevents us from various diseases
2.	16-12-2021 WEBINAR	Relationship between maternal diet and birth outcomes	Rashmita Mallik, Faculty in Home Science, Govt Womens; college, Sundergarh	Madam presents a brief report on how maternal diet is directly related with the health of fetus. She also discussed that how the other factors like rest, disease, age, sanitary practices and etc. of the mother are also effect the birth outcomes.
3.	10-02-2022 SEMINAR	Importance of fortified food	Dr. Indira Naik Reader in Home Science, Govt Womens; college, Sundergarh	Madam discussed about fortified food and its benefits. She also discussed the health risk of it and gives more idea about some commonly used fortified food.
4.	15-03-2022 SEMINAR	Freeze drying; noble drying techniques	Aparajita Priyadarshini, Center of food science and technology, Sambalpur University	Madam discussed on the importance and principles of freeze drying, its advantages and techniques.
5.	04-04-2022 SEMINAR	Menopause and its effect on health	Mrs. Charulata Naik, Lect in Home Science, Govt. Womens' college, Sundergarh.	Mrs. Charulata Naik present a paper on this topic and delivered a brief knowledge to the student about inernal structure of reproductive system , menstrual cycle, menopause, its definition, sign and symptoms of menopause to our students.

6.	28-04-2022 SEMINAR	Interdisciplinary seminar on fiscal federalism in India	Baikuntha Behera, Lect. in economics, Bamra	Behera sir present a paper on this topic and delivered a brief knowledge to the student about the meaning, impact and Niti Ayog and Planning commission, goods and services, tax and about 15 <sup>th</sup> finance commission to the students.
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