

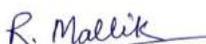
SEMINAR REPORT
SESSION:- 2023-24
DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

SEMINAR-1

Report

A seminar was conducted by the Dept. of Home Science on the topic **“Adolescent And Mental Health: A Need Of The Hour”** on dt 09.10.2023 at 11:00 am. Resource Person Mrs. Lily Mary Kujur, Lecturer in home science, Vesaj Patel College, Duduka briefly enlightened the students about today's adolescent's behavior. She also focused on how the different aspects affect the mental health of the adolescents and role of parents during adolescent period. 75 no.of students were present in the seminar.

At the end of the seminar presentation, a question answer session was done with the Resource person regarding the topic. The seminar was ended with a vote of thanks by the Lipi Biswal, lecturer in Home Science.


Head of Department Home Science
Sarwati Devi Women's College
Rajgangpur,-770017

H.O.D

Dept. of Home Science

DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

No. 28/SDWC/HSC

DATE: 01.10.2023

NOTICE

This is to inform that the Department of Home Science is going to organize a seminar on the topic **“ADOLESCENT AND MENTAL HEALTH: A NEED OF THE HOUR”** on 09.10.2023 at 11:00 AM in the Seminar Room no. 1 in the presence of the Resource Person **Mrs. Lily Mary Kujur**, Lecturer in Home Science, Vesaj Patel College, Duduka. Hence all the +3 degree students of 1st, 2nd and 3rd year are requested to attend the seminar positively.


Head of Department Home Science
Sarwati Devi Women's College
Rajgangpur,-770017

H.O.D

Dept. of Home Science



SEMINAR
ON
**“ADOLESCENT AND MENTAL
HEALTH: A NEED OF THE HOUR”**



RESOURCE PERSON:

Mrs. Lily Mary Kujur
Lecturer in Home Science
Vesaj Patel College, Duduka

DATE:- 09.10.2023

TIME:- 11:00 AM

**VENUE:- SEMINAR ROOM NO.1, S.D. WOMEN'S COLLEGE,
RAJGANGPUR**

:-ORGANIZED BY:-

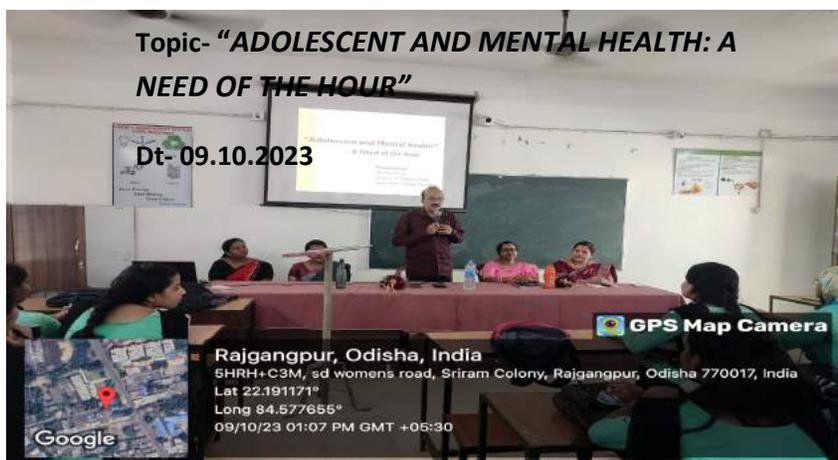
DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR



**DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR**

REPORT ON SEMINAR			
Title:	"ADOLESCENT AND MENTAL HEALTH: A NEED OF THE HOUR"		
Resource Person:	Mrs. Lily Mary Kujur, Lecturer in home science, Vesaj Patel College, Duduka		
Date of Conduct:	09/10/2023	Duration:	One day
Organized Department			Home Science
No. of Students Participated			75
Venue:	Seminar Room No.1, S.D. women's College, Rajgangpur		

- Students gained knowledge about adolescent, puberty and changes during adolescence.
- Learnt about adolescent's behaviors.
- Learnt about different aspects affect the mental health of the adolescents.
- Know about the role of parents during adolescent period
- Vote of thanks by **Miss Lipi Biswal**, Lecturer in Home Science.



R. Mallik
**Head of Department Home Science
Sarbati Devi Women's College
Rajgangpur, -770017**

HOD

[Signature]
**Principal
Sarbati Devi Women's College
Rajgangpur, -770017**

PRINCIPAL

09/10/2023

Today a seminar is organised by our department of Home science on "Adolescent & mental health" - a need of the hour" by our resource person Lipi Mary Kujur. Kujur Madam briefly discussed on the topic about how today's adolescents behave or react & Madam also enlightened the aspects which are affects the mental health of the adolescents. Madam also discussed about the role of parents, teachers & peers to shape the personality & mental health of the adolescents. In today's seminar 74 no. of students are present & participated actively. Our HOD Madam introduced our resource person. At the end of the seminar a questions & answers session was ~~carried out~~ held, where our resource person answer the questions of the students & satisfied their queries. Lipi Biswal madam gave a vote of thanks to all.

Rashmita Mallik
09/10/2023

Lipi Biswal / 09/10/2023

Fulmani Baid / 09/10/2022

Amisha Lakra
Nazraa Panwar
Roze Bano
Afra Khanam
Seeta Minz
Rashmita Khadija
Binati Toppo
Amisha Majhi
Mansuqa Barla
Gulabi Minz
Bandana Ramjilani
Julia Panwar
Arbiya Khatri
Meagan Mallick
Pratima Kujur
Priyanka Majhi
Suhita Barla
Ankita Gudia
Tapaswini Ekka
Rohini Minz
Nikita Euka
Donali Bagh
Laxmi Kerketta
Babina Pradhan
Arati Minz
Sonya Kallet
Sakuntala Ekka
Rachni Xaxo
Anjali Minz
Pushpa Lakra
Arati Barla
Rusini Zante
Prajina Toppo
Jamuna Barua

Suni Minz
Sushree Patna Prava Singh
Ranula Minz
Rajawari Behera
Teniva Tete
Ranjika Kulke
Pratima Xaxa
Seema Toppo
Sushmita Lakra
Priya Sunita Panna
Sonia Kinelo
Bina Lakra
Priya Aralibha Toppo
Seeta Lakra
Menciline Dangdung
Iyosha Barik
Supriya Xaxo
Suresha Toppo
Supriya Kinelo
Priya Haro
Ankita Barua
Priya Kujur
Pramita Hati
Namita Lakra
Laxmi Minz
Arati Kulla
Sonia Toppo
Pratima Barua
Namita Barua
Rashmita Barua
Namita Sahoo
Susmita Majhi
Salima Samad
Dipanjali Kujur

Neha Barla
Kiran Barla
Ipsita Kujur
Sabitri Majhi
Arati Suro
Kalyani Swin
Ritu Lakra



TOPIC: "ADOLESCENT AND MENTAL HEALTH: A NEED OF THE HOUR"

Dt: 09.10.2023

GPS Map Camera



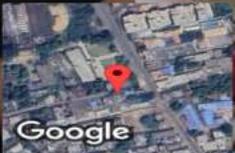
Rajgangpur, Odisha, India
5HRH+C3M, sd womens road, Sriram Colony, Rajgangpur, Odisha 770017, India
Lat 22.191171°
Long 84.577655°
09/10/23 01:09 PM GMT +05:30



TOPIC: "ADOLESCENT AND MENTAL HEALTH: A NEED OF THE HOUR"

Dt: 09.10.2023

GPS Map Camera



Rajgangpur, Odisha, India
5HRH+C3M, sd womens road, Sriram Colony, Rajgangpur, Odisha 770017, India
Lat 22.191171°
Long 84.577655°
09/10/23 01:11 PM GMT +05:30

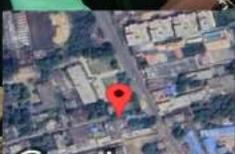
"Adolescent and Mental health"
- A Need of the hour
Presented by:
Lily Mary Kujur
Lecturer in Public Science
Nrupsi Patel College, Dufkuba



TOPIC: "ADOLESCENT AND MENTAL HEALTH: A NEED OF THE HOUR"

Dt: 09.10.2023

GPS Map Camera

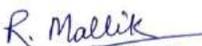


Rajgangpur, Odisha, India
5HRH+C3M, sd womens road, Sriram Colony, Rajgangpur, Odisha 770017, India
Lat 22.191171°
Long 84.577655°
09/10/23 01:07 PM GMT +05:30

SEMINAR-2

REPORT

A seminar was organized by the Department of Home science on the topic **“Promotive Health: An Important Aspect of Human Life”** on dt 23.10.2023 at 11:00 am by the resource Person Dr. Nandita Mohanty Reader in Home Science Priyadarshani Mahila Vidyalaya, Jalda, Rourkela. She briefly delivered this topic to the students. She discussed about health and different aspects. She also discussed how to maintain a good health by taking proper low cost locally available nutritional diet. **42** number of students were participated in the seminar. Principal Bipin Choudhury sir, HOD Mrs. Rashmita Mallik ma’am also actively participated in the seminar. At the end of the seminar question answer session was conducted and the seminar was concluded by the vote of thanks by the HOD Rashmita mallik ma’am.


Head of Department Home Science
Sarwati Devi Women's College
Rajgangpur,-770017

H.O.D

Dept. of Home Science

DEPARTMENT OF HOME SCIENCE

SARBATI DEVI WOMEN’S COLLEGE, RAJGANGPUR

No. 29./SDWC/HSC

DATE: 16.10.2023

NOTICE

This is to inform that the Department of Home Science is going to organize a seminar on the topic **“PROMOTIVE HEALTH: AN IMPORTANT ASPECT OF HUMAN LIFE”** on 23.10.2023 at 11:00 AM in the Seminar Room no. 1 in the presence of the Resource Person **Dr. Nandita Mohanty**, Reader in Home Science Priyadarshani Mahila Vidyalaya, Jalda, Rourkela. Hence all the +3 degree students of 1st, 2nd and 3rd year are requested to attend the seminar positively.


Head of Department Home Science
Sarwati Devi Women's College
Rajgangpur,-770017

H.O.D

Dept. of Home Science



SEMINAR ON “PROMOTIVE HEALTH”



RESOURCE PERSON:

Dr. Nandita Mohanty
Reader in Home Science
Priyadarshani Mahila Vidyalaya, Jalda, Rourkela

DATE:- 23.10.2023

TIME:- 11:00 AM

**VENUE:- SEMINAR ROOM NO.1, S.D. WOMEN'S COLLEGE,
RAJGANGPUR**

-:ORGANIZED BY:-

**DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR**



DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

REPORT ON SEMINAR			
Title:	"PROMOTIVE HEALTH: AN IMPORTANT ASPECT OF HUMAN LIFE"		
Resource Person:	Dr. Nandita Mohanty, Reader in Home Science Priyadarshani Mahila Vidyalaya, Jalda, Rourkela		
Date of Conduct:	23.10.2023	Duration:	One day
Organized Department			Home Science
No. of Students Participated			42
Venue:	Seminar Room No.1, S.D. women's College, Rajgangpur		
<ul style="list-style-type: none">• Students know what is promotive health.• She told health and different aspects.• Learnt about how to maintain a good health by taking proper low cost locally available nutritional diet.• Vote of thanks by Mrs Fulmani Bud, Lecturer in Home Science.			
<p>TOPIC- "PROMOTIVE HEALTH: AN IMPORTANT ASPECT OF HUMAN LIFE"</p> <p>Dt- 23.10.2023</p>  <p>Rajgangpur, Odisha, India 5RH+C3M, sd womens road, Sriram Colony, Rajgangpur, Odisha 770017, India Lat 22.191173° Long 84.577661° 13/10/23 02:26 PM GMT +05:30</p>			
<p><i>R. Mallik</i> Head of Department Home Science Sarbati Devi Women's College Rajgangpur,-770017</p> <p>HOD</p>		<p><i>[Signature]</i> Principal Sarbati Devi Women's College Rajgangpur,-770017</p> <p>PRINCIPAL</p>	

23/10/2023

Today a seminar is organized by our department of Home Science on "Promotive health".

Dr. Nandita Mohanty madam is our resource person, who briefly discussed on the topic & enlighten our students about the health & its different aspects. She also discussed about how we maintain our health by healthy taking nutritious diet which available to us in very low cost. Our ^{50 no. of} students actively participated the seminar. Our HOD madam introduced our resource person.

At the end of the seminar, a question and answer session was held between our students & resource person. Fulmani Bud madam gave a vote of thanks to all. Then we concluded our seminar.

Signature of principal

Dr. Vandita Bhalwal

Signature of Resource person.

R. Mallik

Signature of HOD

Fulmani Bud
Signature of Lecturer,

Tiji Bhusal
Signature of Lecturer.

Signature of students

- | | 5th sem | 3rd sem |
|-----|---------------------------|----------------|
| 1) | Priyanka Majhi | - 5th sem |
| 2) | Ankita Gudia | - 5th sem |
| 3) | Sunita Barla | - 5th sem |
| 4) | Rashmita Badaik | - 1st sem |
| 5) | Azoki Kullu | - 1st sem |
| 6) | Mercilene Durgdung | - 1st sem |
| 7) | Susmita Mahi | - 1st sem |
| 8) | Seeta Lakna | - 1st sem |
| 9) | Rashmi Lalxo | - 3rd sem |
| 10) | Arcati Barla | 3rd sem |
| 11) | Sushree Ratna Prava Singh | - 3rd sem |
| 12) | Ankita Barla | - 7th sem |
| 13) | Ranjana Minz | - 3rd sem |
| 14) | Namita Lakra | - 1st sem |
| 15) | Laxmi minz | - 1st sem |
| 16) | Arbiya Kharan | - 5th sem |
| 17) | Laxmi Karkela | - 5th sem |
| 18) | Barlana Durgdung | - 5th sem |
| 19) | Suni minz | - 3rd sem |
| 20) | Somya Kallet | - 5th sem |
| 21) | Sonia Kindo | - 3rd sem |
| 22) | Lejira Barla | - 3rd sem |
| 23) | Pratima Bahla | - 1st sem |
| 24) | Pratima Kujur | - 5th semester |
| 25) | Preeti Seema Bara | - 5th sem |
| 26) | Namita Barla | - 1st sem |
| 27) | puspa reini Lakra | - 1st sem |
| 28) | Anna Maniam Toppo | - 3rd sem |
| 29) | Rashmi minz | - 5th sem |
| 30) | Tapaswini Ekka | - 5th sem |
| 31) | Gulape minz | - 5th sem |

22. Jyotsna Barik - 1st sem
23. Preetika Hati - 1st sem
24. Neha Barla - 1st sem
25. Kiran Barla - 1st sem
26. Sabitu Majhi - 1st sem
27. Sonia Poppo - 1st sem
28. Ritu Lokren - 1st sem
29. Supriya xabro - 1st sem
30. Prity Sumita Panza - 3rd sem
31. Pralima xaxa - 3rd sem
32. Supriya Kinolo - 3rd sem

TOPIC- "PROMOTIVE HEALTH: AN IMPORTANT ASPECT OF HUMAN LIFE"

Dt- 23.10.2023



TOPIC- "PROMOTIVE HEALTH: AN IMPORTANT ASPECT OF HUMAN LIFE"

Dt- 23.10.2023



TOPIC- "PROMOTIVE HEALTH: AN IMPORTANT ASPECT OF HUMAN LIFE"

Dt- 23.10.2023



SEMINAR-3

Report

An Departmental seminar was organized by the Department of Home science on the topic "**Obesity: A deadly Alarm**" on dt 15.03.2024 at 11:00 am by a 4th semester student Miss Afrin Khanam under the guidance of HOD Mrs. Rashmita Mallik. She discussed about reason, risk factors, effects of obesity on our health and relations of obesity with other life style diseases. 42 no. of students were participated in the seminar. At the end of the seminar question answer session was held and the seminar concluded with the vote of thanks by HOD Mrs. Rashmita Mallik.


Head of Department Home Science
Sarwati Devi Women's College
Rajgangpur,-770017

H.O.D
Dept. of Home Science

DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

No. 30/SDWC/HSC

DATE: 11.03.2024

NOTICE

This is to inform that the Department of Home Science is going to organize a seminar on the topic "**OBESITY: A DEADLY ALARM**" on dt: 15.03.2024 at 11:00 AM in the Seminar Room no. 2. **Miss Afrin Khanam**, +3 4th Semester student of Dept. of Home Science, Sarwati Devi Women's College, Rajgangpur will present the seminar. Hence all the +3 degree students of 1st, 2nd and 3rd year are requested to attend the seminar positively.


Head of Department Home Science
Sarwati Devi Women's College
Rajgangpur,-770017

H.O.D
Dept. of Home Science



DEPARTMENTAL SEMINAR ON

“OBESITY: A DEADLY ALARM”

PRESENTER:

Miss Afrin Khanam
+3 4th Semester Students
Department of Home Science
Sarbati Devi Women's College, Rajgangpur

DATE:- 15.03.2024

TIME:- 11:00 AM

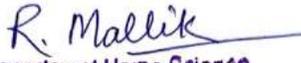
VENUE:- SEMINAR ROOM NO.2, S.D. WOMEN'S COLLEGE, RAJGANGPUR

-:ORGANIZED BY:-

DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR



DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

REPORT ON DEPARTMENTAL SEMINAR			
Title:	OBESITY: A DEADLY ALARM		
Resource Person:	Miss Afrin Khanam +3 4 th Semester Students Department of Home Science Sarbati Devi Women's College, Rajgangpur		
Date of Conduct:	15.03.2024	Duration:	One day
Organized Department:	Home Science		
No. of Students Participated:	42		
Venue:	Seminar Room No.2, S.D. women's College, Rajgangpur		
<ul style="list-style-type: none">• Students gained knowledge about risk and reason of obesity.• Learnt the effects of obesity on our health.• Study the relation of obesity with other life style diseases.• Discussed about the diet to prevent obesity.• Vote of thanks by Mrs. Rashmita Mallik, H.O.D. of Home Science.			
			
 Head of Department Home Science Sarbati Devi Women's College Rajgangpur, -770017 HOD		 Principal Sarbati Devi Women's College Rajgangpur, -770017 PRINCIPAL	

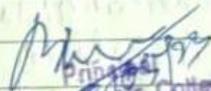
Seminar Report

Today a seminar is organized by our department of Home science by our students & faculty members. The topic of the seminar was "Obesity". Babina Pradhan, a student of 3rd semester presented the seminar in front of students & staffs. She discussed on the reason, risk factors, effects of Obesity on our health & relation of obesity with other life style diseases. She also discussed about the diet, which help us to prevent from obesity & make us healthy.

At the end of the seminar, student were asked to participate in question answer session. Rashmita Mallik madam, HOD of Home science gave vote of thanks & concluded the seminar.

Signature of Students .

1. Binati Toppo
2. Amisha Lakra
3. Rashmita Khadia
4. Sumita Barla
5. Tapaswini Ekka
6. Preeti Seema Bara
7. Ankita Gudia
8. Harmi Kerketta
9. Bandana Duni Duni
10. Ishu Swain
4. Somya Kallet
12. Rochae Minz
12. Seeta Minz


Rashmita Mallik
HOD. Home science.

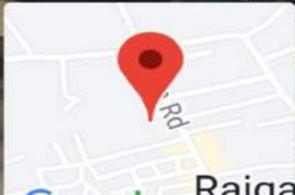
- 14 Muskan Mallick
- 15 Anati Minz
- 16 Gulabi Minz
- 17 Amisha Majhi
- 18 Pratima Kujur
- 19 Sushree Ratnaprava Singh
- 20 Sonia Kundo
- 21 Mustawin Khatun
- 22 Suni Minz
- 23 Priya Antibha Toppo
- 24 Bina Lakna
- 25 Anati Barua
- 26 Rajeswari Behara
- 27 Sushmita Lakna
- 28 Seema Toppo
- 29 Jamuna Barua
- 30 Kamala Munshi
- 31 Kavishona Bork
- 32 Anjalina Raba
- 33 Anjali Toppo
- 34 Aochana Mohanty
- 35 Aadi Kundo
- 36 Rujina Barua
- 37 Pratima Xaxa
- 38 Prity Sumita Panne
- 39 Supriya Kundo
- 40 Archana Barua
- 41 Precima Toppo
- 42 Ranjita Kullu

TOPIC- OBESITY: A DEADLY ALARM

Dt- 15.03.2024



GPS Map Camera



Rajgangpur, Odisha, India

5HRH+H25, Liploi Rd, Sriram Colony, Rajgangpur, Odisha 770017, India

Lat 22.191356°

Long 84.577392°

02/12/22 12:08 PM

TOPIC- OBESITY: A DEADLY ALARM

Dt- 15.03.2024

Junk food may
lead to
depression in
teenage

