

**ACTIVIES OF HOME SCIENCE DEPARTMENT FOR THE SESSION 2022-23**

SL NO.	DATE: Seminar/webinar	Title of the seminar	Name of the Resource person	Brief report on seminar/ webinar
1.	11-11-2022 SEMINAR	Nutritive value and antioxidant activity of PITALU	Dr. Sadhni Induar  Former resource scholar of Bio-tech dept, Sambalpur University	Explain about the different health benefits of Pitalu (a root like potatoes which is used mostly by tribals). Pitalu is rich in so many antioxidants and also have some nutrients. It is used for medicines too.
2.	03-12-2022 SEMINAR	Impact of life style behaviors on Cancer	Mrs, Kalpana Dalei, Lecturer in Zoology, Dalmia college, Jharbeda.	Madam presents a brief report on the cause and risk factors of cancer, where she focused mostly on life style, obesity and eating of junk food. She also discussed about the effect of cancer on our life style.
3.	06- 05- 2023 SEMINAR	Iron deficiency Anemia	Mrs. Nupur Agrawal, Former lecturer of Home Science, S.D.Womens' college	Madam Agrawal focused on the importance of iron rich food in our life, especially for teenage girls, pregnant ladies and lactating mother. She discussed about the iron deficiency anemia and its preventions.
4.	08-05-2023 DEPARTMENTAL SEMINAR	OBESITY: a deadly alarm	Babina Pradhan, student of 4 <sup>th</sup> semester, S.D. Womens' college, RGP	Babita discussed about the reasons, effects and risk factors of obesity. With the help of this seminar she wants to make aware to her friends, seniors and juniors. She also suggests them to exercise for at least 5days in a week and 20 minutes in a day.





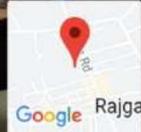
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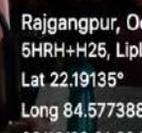
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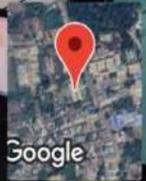
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