



Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh
Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

Criterion 1–Curricular Aspects

Key Indicator - 1.2 Academic Flexibility

1.2.1 Number of Certificate/Value added courses offered during the last five years.

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Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor Di. Gondia

सुचना

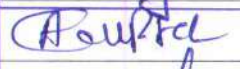

दि. 03/08/2018

महाविद्यालयी वी.एस्सी होमसायन्स
द्वितीय व तृतीय वर्षातील विद्यार्थिनींना तसेच
शिक्षक व शिक्षकेतर कर्मचाऱ्यांना सुचित
करण्यात येत आहे दिनांक 06/08/2018 ते
10/08/2018 पर्यंत महाविद्यालयामध्ये Personality
Development वर वर्कशाप घेण्याचे ठरविले
आहे. तरी आपली सर्वांगी उपस्थिती प्राधान्य
आहे.



Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

	Name of Teacher	Class	Sig
1	Asha Gupta	Bsc 2 nd	
2	Nitesh Jaeshwal	B.Sc. 3 rd	



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Syllabus for workshop On Personality Development

Course Duration: 30 hours (10 sessions of 3 hours each)

Course Description:

This workshop aims to empower women by enhancing their personality traits and developing essential life skills. Through interactive sessions, discussions, and practical exercises, participants will gain a deeper understanding of themselves, improve their communication skills, boost self-confidence, and learn strategies for personal growth and development.

Course Objectives:

1. To help participants understand the concept of personality development and its importance in personal and professional life.
2. To identify individual strengths and weaknesses and develop strategies to enhance positive traits.
3. To improve communication skills, including verbal and non-verbal communication techniques.
4. To enhance self-confidence and develop a positive self-image.
5. To provide tools for effective stress management and emotional well-being.
6. To foster interpersonal skills for building healthy relationships with family, friends, and the community.
7. To encourage personal growth through goal setting, time management, and decision-making techniques.

Session 1: Introduction to Personality Development (3 hours)

- Understanding the concept of personality development
- Importance of personality development in various aspects of life
- Self-assessment exercises to identify strengths and areas for improvement

Session 2: Communication Skills (3 hours)

- Verbal communication techniques: effective speaking and active listening
- Non-verbal communication cues: body language, facial expressions, etc.
- Role-playing exercises to practice effective communication

Session 3: Building Self-Confidence (3 hours)

- Understanding self-esteem vs. self-confidence
- Techniques to boost self-confidence
- Overcoming self-doubt through positive affirmations

Session 4: Stress Management (3 hours)

- Identifying stress triggers
- Stress reduction techniques: relaxation exercises, deep breathing, etc.
- Strategies for maintaining emotional well-being

Session 5: Interpersonal Skills (3 hours)

- Building healthy relationships with family, friends, and the community
- Conflict resolution techniques
- Empathy and active listening exercises

Session 6: Goal Setting and Time Management (3 hours)

- Importance of setting goals for personal growth
- Techniques for effective goal setting
- Time management strategies to prioritize tasks and achieve goals

Session 7: Decision Making (3 hours)

- Understanding the decision-making process
- Evaluating options and making informed decisions
- Case studies and group discussions on decision making

Session 8: Personal Growth and Development (3 hours)

- Identifying areas for personal growth
- Strategies for continuous learning and self-improvement
- Creating a personal development plan

Session 9: Presentation Skills (3 hours)

- Techniques for effective public speaking
- Overcoming stage fright and nervousness
- Practice sessions with feedback from peers

Session 10: Wrap-up and Reflection (3 hours)

- Reviewing key concepts covered throughout the workshop
- Sharing personal experiences and reflections on the journey of personality development
- Certificates distribution ceremony



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Faculty of Home Science

Department of English

Session: 2018-19

Semester: III & V

Student Attendance Sheet

06/08/2018

Workshop

Name of Activity: Personality development workshop

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5
1	Pramila Vishwanath Naik	P	P	A	P	P
2	Pragati Anandsao gedam	P	A	P	P	P
3	Manjusha S. Kove	P	P	P	A	P
4	Gitabai maruti Gahane	P	A	P	P	P
5	Sandhya R. Ramteke	P	P	A	P	P
6	Monika Geidhate Hatwar	P	P	P	A	P
7	Bharti Jaypal Barsagade	P	P	A	P	P
8	Haresh Khojekar Kappade	P	P	P	A	P
9	Paya Prakash Sapkal	P	A	P	P	P
10	Komal Dikumar Sheshor	P	P	P	A	A
11	Manisha K. Fulkumar	P	A	P	P	P
12	Shilpa Adarsh Kalam	P	A	P	P	P
13	Chhoy R. Bhoje	P	P	P	P	P
14	Pratima Shankar Thakare	P	P	P	A	P
15	Dayawati pusushottam pandhase	P	A	P	P	P
16	Nisha Naldeo Meshram	P	P	P	P	P
17	Vijaya galab raut	P	P	A	P	P
18	Kamibai A. Holi	P	P	P	P	A
19	Saeta hetam gahane	P	P	P	P	P
20	Pratibha Bai S. Ukey	P	P	A	P	P
21	CHABU Kedare Gahane	P	P	P	A	P
22	Vidya R. Netam	P	P	P	P	P
23	Ashwini N. Waltheore	P	P	A	P	P

A Gupta

Name of Faculty

Ashodevi Gupta

Amesh

Head of the Deptt

Rukhama Mahila Mahavidyalaya
Nawegaon/Bandh

Saimpale

Principal
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Department of Home Science

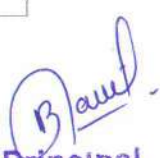
Session 2018-19

Semester: III and V

Date: 11th Aug 2018

Report on Personality Development

1. Event Title	:	Personality Development
2. Event Date	:	6 th August to 10 th August
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya Nawegaon/Bandh
5. Event Resource Person	:	Gautam Shende, Harsha Dongarwar & Nagma Sakhare
6. Event Coordinator	:	Ashadevi Gupta
7. Number of participants	:	24
8. Objective	:	<ol style="list-style-type: none">1. To help participants understand the concept of personality development and its importance in personal and professional life.2. To identify individual strengths and weaknesses and develop strategies to enhance positive traits.3. To improve communication skills, including verbal and non-verbal communication techniques.4. To enhance self-confidence and develop a positive self-image.5. To provide tools for effective stress management and emotional well-being.6. To foster interpersonal skills for building healthy relationships with family, friends, and the community.7. To encourage personal growth through goal setting, time management, and decision-making techniques.


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Department of Home Science

Session 2018-19

Semester: III and V

	9. Outcome	: <ol style="list-style-type: none">1. Student will develop skills to embrace change, handle setbacks, and thrive in dynamic work environments. □2. Build self-confidence, overcome self-doubt, and be able to assert oneself in professional settings.3. Improve both verbal and non-verbal communication abilities, active listening, and expressing ideas effectively.
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Photographs of the Program:



Mrs. Nagma Sakhare addressing the students on Personality Development


Offi. Principal
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Department of Home Science

Session 2018-19

Semester: III and V

Photographs of the Program:



Mr.Gautam shende addressing the students on Personality Development



Mrs. Harsha Dongarwar addressing the students on Personality Development

B. Desai
Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, Ja. A/Mor Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. *Shilpa A. Kalam*..... student of

B.Sc Home science *2nd* year has successfully completed 30 hours (6th to 10th August 2018)

Certificate Course entitled " Personality Development ".

We wish her good luck for the future endeavors.

HoD

Department of Home Science

Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 31/08/2018

महाविद्यालयातील वी.सुस्ती होमसायन्स द्वितीय वर्ष व तृतीय वर्षातील विद्यार्थीनी तसेच शिक्षक आणि शिक्षकेतर कर्मचारी यांना सुचित करण्यात येत आहे, कि. दिनांक 03/09/2018 ते 08/09/2018 पर्यंत महाविद्यालयामध्ये Repairिंगचे 08 Home appliances वर वकशाप घेण्याचे ठरविले आहे. तरी आपली सर्वाधी उपस्थिती प्राथमिक आहे.

K. Meshram
Head of the Deptt
Dukhama Mahila Manavidyalaya
Nawegaon/Bandh

Sr. No.	Name of Teachers	class	sig
1	Prashant K. Shahale	B.Sc II nd	<i>Prashant</i>
2	Tirpuati meshram	B.Sc - I st	<i>K. Meshram</i>



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Syllabus
workshop On Repairing of Home Appliances and Prolonging Lifespan

Duration: 30 hours

Objective:

The workshop aims to equip participants with the knowledge and skills necessary to repair common home appliances and implement practices that can extend their lifespan. Participants will gain practical experience in troubleshooting, repairing, and maintaining various household appliances, enabling them to save money, reduce waste, and contribute to sustainable living.

Session 1: Introduction to Home Appliance Repair (3 hours)

- Overview of the workshop objectives, structure, and expectations
- Importance of home appliance repair for sustainability
- Introduction to basic tools and safety precautions

Session 2: Understanding Common Household Appliances (3 hours)

- Overview of different types of home appliances
- Identifying common issues in appliances
- Introduction to electrical circuits and components

Session 3: Troubleshooting Techniques (4 hours)

- Step-by-step approach to troubleshooting appliances
- Identifying faulty components through visual inspection
- Using multimeters for electrical testing

Session 4: Repairing Small Kitchen Appliances (4 hours)

- Hands-on practice with repairing small kitchen appliances like blenders, toasters, or coffee makers
- Replacing faulty parts or components
- Cleaning and maintenance tips for optimal performance

Session 5: Repairing Major Home Appliances (4 hours)

- Hands-on practice with repairing major home appliances like refrigerators or washing machines
- Understanding common issues specific to each appliance type
- Replacing motors, compressors, belts, or other critical components

Session 6: Preventive Maintenance Techniques (3 hours)

- Importance of preventive maintenance for extending appliance lifespan
- Cleaning techniques for different appliances
- Regular maintenance schedules and checklists

Session 7: Energy Efficiency Tips (3 hours)

- Strategies for reducing energy consumption and increasing appliance efficiency
- Understanding energy labels and ratings
- Practical tips for optimizing appliance usage

Session 8: Recycling and Responsible Disposal (3 hours)

- Introduction to e-waste management and recycling
- Proper disposal methods for appliances at the end of their lifespan
- Encouraging sustainable practices in the community

Session 9: Final Project and Assessment (3 hours)

- Participants will work on a repair project under supervision
- Assessment of participants' understanding and skills acquired during the workshop.



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Faculty of Home Science
Department of Physics
Session: 2018-19
Semester: III

Student Attendance Sheet

03/09/2018

Workshop

Name of Activity: Repairing of home appliances.

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	Pramila Vishwanath Naik	P	P	P	P	A	P
2	Pragati Anuniao gedam	P	P	P	P	P	P
3	vidya R. Nekar	P	P	P	P	P	P
4	Gitabai maduti Gahane	P	A	P	P	P	P
5	Bharti Jayant Barsagade	P	P	P	P	P	P
6	Monika Giridharsi Hatware	P	P	A	P	P	P
7	Shilpa Atmaram Kulkarni	P	P	P	P	P	P
8	Haresh Khoslam Kurgate	P	P	A	P	P	P
9	Dayawati purushottam pandhare	P	P	P	P	A	P
10	Romal Driptkumar shahar	P	P	P	P	P	P
11	Chhaya R. Bhoje	P	P	P	P	P	P
12	Chhabu Kedar Gahane	P	P	A	P	P	P
13	Sandhya R. Ramteke	P	P	P	P	P	P
14	Pratima Shankar Thakare	P	P	P	A	P	P
15	Sujeeta hetam Gahane	P	P	P	P	P	P
16	Nisha Yadav Meshram	P	P	P	P	P	P
17	Vijaya Gulab Saut	P	P	A	P	P	P
18	Sunita Payal Prakash Sapat	P	P	P	P	P	P
19	Ashwini N. Walthare	P	P	P	P	P	P

Bahare

Name of Faculty

Prashant sohare

Amish

Head of the Deptt

Rukhama Mahila Mahavidyalaya
Nawegaon/Bandh

Sajimale
Jr. Principal

RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor. Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

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Department of Home Science

Session 2018-19

Semester: III

Date: 9th Sep 2018

Report on Repairing of Home Appliances

1. Event Title	:	Repairing of Home Appliances
2. Event Date	:	3 rd to 8 th Sept.
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon Bandh
5. Event Resource Person	:	Mr. Pravin Doye
6. Event Coordinator	:	Mr. Prashant Sahare
7. Number of participants	:	19
8. Objective	:	<p>The workshop aims to equip participants with the knowledge and skills necessary to repair common home appliances and implement practices that can extend their lifespan.</p> <p>Participants will gain practical experience in troubleshooting, repairing, and maintaining various household appliances, enabling them to save money, reduce waste, and contribute to sustainable living.</p>
9. Outcome1	:	<p>1. Observe & practice safety pre-cautions</p> <p>2. Identify & use all hand tools.</p> <p>3. Attending to minor faults in machines, their controls & appliances.</p> <p>4. Plan and organize the work related to the occupation.</p>


Off. Principal
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Department of Home Science

Session 2018-19

Semester: III

Photograph of the Program



Students learning to repair appliances



Mr. Pravin Doye addressing the students

B. Paul
Offl. Principal
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. *Harsha K. Kargate*..... student of

B.Sc Home science *2nd*.... year has successfully completed 30 hours (*3rd* to *8th* September 2018)

Certificate Course entitled “*Repairing of Home Appliances*”.

We wish her good luck for the future endeavors.

Harsha K. Kargate
HoD

Department of Home Science

Saima
Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 30/11/2019

महाविद्यालयातील सर्व विद्यार्थिनीना तसेच शिक्षक आणि शिक्षकेतर कर्मचारी यांना सुचित करण्यात येत आहे की दिनांक - 02/07/2019 ते 07/07/2019 पर्यंत महाविद्यालयामध्ये (LKR) विंग बदल वर्कशाप घेण्याचे ठरविलेले आहे. तरी आपली सर्वांगी उपस्थिती प्रार्थनीय आहे.

[Signature]

Women cell
incharge

[Signature]

Head of the Deptt
Dukhama Mahila Manavidyalaya
Nawegaon/Randh

Sr. No	Name of Teacher	Class	Sig.
1	Meena Raut	I st yr	<i>[Signature]</i>
2	Ashadvi Gupta	II nd	<i>[Signature]</i>
3	Nita Jaishwal	III rd yr	<i>[Signature]</i>



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Syllabus for workshop On Cake Making and Decorations.

Course Duration: 30 hours

Course Description:

This workshop is designed to provide participants with comprehensive knowledge and practical skills in cake making and decorations. Participants will learn various techniques and methods for creating delicious cakes and enhancing their visual appeal through decorative elements. The workshop will cover both theoretical concepts and hands-on practice, ensuring that participants gain a solid foundation in cake making and decorations.

Course Objectives:

1. To understand the basic principles of cake making, including ingredients, measurements, and baking techniques.
2. To learn various cake decorating techniques, such as icing, piping, fondant modeling, and sugarcraft.
3. To explore different types of cakes, fillings, frostings, and glazes.
4. To develop creativity in designing and decorating cakes for different occasions.
5. To acquire knowledge on food safety practices related to cake making.

Course Outline:

Session 1: Introduction to Cake Making (5 hours)

- 1.1 Overview of the workshop
- 1.2 Introduction to basic ingredients and their functions
- 1.3 Understanding measurements and conversions
- 1.4 Baking techniques for different types of cakes

Session 2: Cake Decorating Techniques (4 hours)

- 2.1 Introduction to different types of icings
- 2.2 Piping techniques for borders, flowers, and writing
- 2.3 Introduction to fondant modeling
- 2.4 Basic sugarcraft skills

Session 3: Types of Cakes (4 hours)

- 3.1 Exploring various types of cakes (e.g., sponge cakes, chiffon cakes)
- 3.2 Understanding different fillings, frostings, and glazes
- 3.3 Hands-on practice in baking a selected type of cake

Session 4: Advanced Cake Decorations (5 hours)

- 4.1 Advanced piping techniques for intricate designs
- 4.2 Fondant covering and sculpting
- 4.3 Creating edible decorations using molds
- 4.4 Designing themed cakes

Session 5: Special Occasion Cakes (4 hours)

- 5.1 Designing wedding cakes
- 5.2 Creating birthday cakes with personalized themes
- 5.3 Techniques for creating celebration cakes

Session 6: Food Safety Practices (4 hours)

- 6.1. Importance of hygiene in cake making process
- 6.2. Safe handling of ingredients
- 6.3. Storage guidelines for finished products

Session 7: Practical Application (4 hours)

- 7.1. Participants will have the opportunity to apply the knowledge gained throughout the workshop by working on
- 7.2. individual or group projects under the guidance of instructors.



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Faculty of Home Science

Department of Nutrition

Session: 2019-20

Semester: I, III & V

Student Attendance Sheet

02/09/2019

Workshop

Name of Activity: cake fair for students.

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1.	Gitabai M. Gahane	P	P	P	P	P	P
2.	Chhabu K. Gahane	P	P	P	P	P	P
3.	Monika G. Matwar	P	P	P	P	P	P
4.	Komal D. Shahane	P	P	P	P	P	P
5.	Haesha K. Kargate	P	A	P	P	A	P
6.	Khemlata M. Mandave	P	P	P	A	P	P
7.	Harsha P. Doye	P	P	A	P	P	P
8.	Kiran V. Mulkam	P	P	P	P	P	P
9.	Pallavi K. Maske	P	P	P	P	A	P
10.	Priti M. Maske	P	P	P	P	P	P
11.	Rohini Umendra Kosarkare	P	P	A	P	P	P
12.	Puja Doye	P	P	P	P	P	P
13.	Achal Meshram	P	P	P	P	P	P
14.	Ravina D. Meshram	P	P	P	P	P	P
15.	Priyanka Vikey	P	P	P	P	P	P
16.	Achal Mankar	P	A	P	A	P	P
17.	Kaishma M. Kamble	P	P	A	P	P	A
18.	Geetali D. Gondhale	P	P	P	P	P	P
19.	Chitra M. Kose	P	P	P	P	P	P
20.	Puram H. Mankar	P	P	P	P	P	P
21.	Vanita D. Daware	P	P	P	P	P	P
22.	Tejashri Tarone	P	A	P	P	P	P

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Department of Home Science


Session 2019-20

Semester: I, III, V

Date: 8th July 2019

Report on Workshop on cake fair

1. Event Title	:	Workshop on Cake Fair
2. Event Date	:	2 nd – 7 th July.
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon bandh
5. Event Resource Person	:	Archana pawar, Rashmi pawar
6. Event Coordinator	:	Meena Raut
7. Number of participants	:	35
8. Objective	:	<ol style="list-style-type: none">1. To understand the basic principles of cake making, including ingredients, measurements, and baking techniques.2. To learn various cake decorating techniques, such as icing, piping, fondant modeling, and sugarcraft.3. To explore different types of cakes, fillings, frostings, and glazes.4. To develop creativity in designing and decorating cakes for different occasions.5. To acquire knowledge on food safety practices related to cake making.
9. Outcome	:	Students will be able to learn different types of cakes.


Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor. Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com Email ID: Rukhama.nawegaon@gmail.com

Department of Home Science

Session 2019-20

Semester: I, III, V

Photograph of the Event



Student learning cake making process



Students participation in cake fair workshop

Bansal
Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor. Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. *Poiti...M....Maske*.....

student of B.Sc Home science .*2nd*... year has successfully completed 30 hours (*2nd* to *7th*

July 2019) workshop on “**Workshop On Cake Fair**”.

We wish her good luck for the future endeavors.

HoD

Department of Home Science

Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 17/08/2019

महाविद्यालयातील वी सरस्ती होमसायन्स
प्रथम वर्षातील लसेस शिक्षक आणि शिक्षकेतर
कर्मचारी यांना खुचित करव्यात येत आहे की
दिनांक 19/08/2019 ते 24/08/2019 पर्यंत
महाविद्यालयामध्ये Vedic Mantra इ बद्दल वर्कशाप
चे आयोजन करव्यात येत आहे तरी आपली
उपास्थेती प्रार्थनिय आहे -

Rukhama

Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

sr. No	Name of Teachers	class	sig
1	Nita Jaiswal	1st	<i>Nita</i>



Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh
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Syllabus for Vedic Maths Workshop

Duration: 30 hours (10 sessions of 3 hours each)

Objective:

The objective of this workshop is to introduce the participants to the principles and techniques of Vedic Mathematics, enabling them to perform complex calculations with ease and speed. By the end of the workshop, participants will have a strong foundation in Vedic Maths and be able to apply these techniques in various mathematical operations.

Session 1: Introduction to Vedic Mathematics (3 hours)

- 1.1 Overview of Vedic Mathematics
- 1.2 History and significance
- 1.3 Benefits of learning Vedic Maths
- 1.4 Introduction to sutras (formulae) and their applications

Session 2: Basic Operations - Addition and Subtraction (3 hours)

- 2.1 Techniques for mental addition
- 2.2 Techniques for mental subtraction
- 2.3 Practice exercises

Session 3: Basic Operations - Multiplication (3 hours)

- 3.1 Techniques for mental multiplication
- 3.2 Multiplication using base method
- 3.3 Practice exercises

Session 4: Basic Operations - Division (3 hours)

- 4.1 Techniques for mental division
- 4.2 Division using base method
- 4.3 Practice exercises

Session 5: Advanced Techniques - Squaring and Cubing (3 hours)

- 5.1 Squaring numbers mentally
- 5.2 Cubing numbers mentally
- 5.3 Practice exercises

Session 6: Advanced Techniques - Square Roots and Cube Roots (3 hours)

- 6.1 Finding square roots mentally
- 6.2 Finding cube roots mentally
- 6.3 Practice exercises

Session 7: Speed Calculation Methods (3 hours)

- 7.1 Speed multiplication techniques
- 7.2 Speed division techniques
- 7.3 Practice exercises

Session 8: Applications in Algebraic Equations (3 hours)

- 8.1 Solving linear equations using Vedic Maths techniques
- 8.2 Solving quadratic equations using Vedic Maths techniques
- 8.3 Practice exercises

Session 9: Applications in Geometry and Trigonometry (3 hours)

- 9.1 Applying Vedic Maths in geometry problems
- 9.2 Applying Vedic Maths in trigonometry problems
- 9.3 Practice exercises

Session 10: Review and Assessment (3 hours)

- 10.1 Recap of all techniques learned
- 10.2 Problem-solving exercises
- 10.3 Final assessment to evaluate participants' understanding and progress



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Faculty of Home Science
Department of Physics
Session: 2019-20
Semester: I

Student Attendance Sheet
Workshop

19/08/2019

Name of Activity: vedic math workshop

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	poja doye	P	P	P	A	P	P
2	Achal Mankar	P	P	P	P	P	A
3	Karishma M. Kamble	P	P	A	P	P	P
4	Priyanka Vikey	P	P	P	P	P	P
5	Ravindra D. meshram	P	P	P	A	P	P
6	Ashvini R. Walde	P	P	P	P	P	P
7	Punam H. Mankar	P	P	P	P	P	P
8	chitra M. Kose	P	P	P	P	P	P
9	Achal meshram	P	P	P	P	P	P
10	Swati D. Gondhale	P	P	A	P	P	P
11	Tejashri Tarone	P	P	P	P	P	P
12	Dhaeti C. Yezne	P	A	P	P	A	P
13	Shubhangi S. Yezpude	P	P	P	P	P	P
14	Manika K. Mandal	P	P	P	A	P	P
15	Damini S. Kodwale	P	P	P	P	P	P
16	Sneha N. Newase	P	P	P	A	P	P
17	Vishakha R. Badole	P	P	P	P	P	P
18	Paatima B. Dhawale	P	A	P	P	P	P
19	Anita J. Lathre	P	P	P	P	P	P
20	Minatai N. Kohare	P	A	P	A	P	P
21	vanita D. Dayare	P	P	P	P	P	P
22	Vidya B. Khewade	P	P	P	P	P	P

Saimwale
Om. Principal
RUKHAMA MAHILAMV
N/Bandh, Ia. A/Mor Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

Tah- Arjuni/ Mor. Dist- Gondia-441702

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Department of Home Science

Session 2019-20

Semester: I

Date: 25th August 2019

Report on Vedic maths

1. Event Title	:	Workshop on Vedic Maths
2. Event Date	:	19 th August to 24 th August
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon/ Bandh
5. Event Resource Person	:	Mahesh Lanje & Akshay Meshram
6. Event Coordinator	:	Akshay Behare
7. Number of participants	:	29
8. Objective	:	The objective of this workshop is to introduce the participants to the principles and techniques of Vedic Mathematics, enabling them to perform complex calculations with ease and speed.
9. Outcome	:	By the end of the workshop, participants will have a strong foundation in Vedic Maths and be able to apply these techniques in various mathematical operations. Sharpens your mind, increases mental agility and intelligence.


Offi. Principal
RUKHAMA MAHILA MV
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Department of Home Science

Session 2019-20

Semester: I

Photograph of the Program



Mr. Akshay Meshram addressing the students on Vedic Math.



Mr. Mahesh Lanje addressing the students on Vedic Math.


Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor. Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. *Ashwini R. Walde*..... student of

B.Sc Home science *1st* year has Participated in 30 hours (**19th to 24th August**

2019) Certificate Course on “ **Vedic Maths**”.

We wish her good luck for the future endeavors.

Ashwini R. Walde
HoD

Department of Home Science

Sajmaale
Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 21/09/2019
 महाविद्यालयील सर्व प्रवेशिल
 विद्यार्थीनीना तसेच शिक्षक आणि शिक्षकेतर
 कर्मचारी यांना सुचित करण्यात येत आहे
 की दिनांक - 23/09/2019 ते 28/09/2019 पर्यंत
 महाविद्यालयामध्ये National Nurturing Week
 वदल कार्यक्रम -चे आयोजन करण्यात येत
 आहे. तरी आपली सर्वांगी उपस्थिती प्राधान्य
 आहे.

Rukhama

Head of the Deptt
 Rukhama Mahila Manavidyalaya
 Navegaon/Bandh

Sl. No	Name of Teacher	class	sig
1	X Komal Sakhare	B.Sc - 1 st	<i>Sakhare</i>
2.	Nita Jaiswal	B.Sc. II nd	<i>Nita</i>
3	X Meena Raut	B.Sc III rd	<i>Raut</i>



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Email ID: Rukhama.nawegaon@gmail.com

Syllabus for workshop On Nutrition Week Celebration

Title: Duration: 30 hours

Objective:

The Nutrition Week Celebration Workshop aims to provide participants with comprehensive knowledge and practical skills related to nutrition, promoting healthy eating habits, and understanding the importance of a balanced diet. Participants will gain insights into various aspects of nutrition and its impact on overall health and well-being.

Session 1: Introduction to Nutrition (3 hours)

- Importance of nutrition in maintaining good health
- Basic concepts of macronutrients and micronutrients
- Understanding the role of nutrition in disease prevention

Session 2: Balanced Diet Planning (3 hours)

- Principles of a balanced diet
- Food groups and their nutritional value
- Meal planning for different age groups and lifestyles

Session 3: Nutritional Assessment (3 hours)

- Techniques for assessing nutritional status
- Identifying common nutritional deficiencies
- Interpretation of body mass index (BMI) and waist-to-hip ratio (WHR)

Session 4: Healthy Eating Habits (3 hours)

- Factors influencing food choices
- Portion control and mindful eating techniques
- Strategies for overcoming emotional eating

Session 5: Nutrition for Women's Health (3 hours)

- Nutritional requirements during different life stages (adolescence, pregnancy, menopause)
- Addressing common women's health issues through diet
- Role of nutrition in hormonal balance

Session 6: Sports Nutrition (2 hours)

- Understanding the nutritional needs of athletes
- Pre-, during-, and post-workout nutrition guidelines
- Hydration strategies for optimal performance

Session 7: Special Dietary Considerations (3 hours)

- Vegetarianism, veganism, and plant-based diets
- Gluten-free, lactose-free, and other dietary restrictions
- Nutritional challenges faced by individuals with specific medical conditions

Session 8: Cooking Demonstrations & Healthy Recipes (4 hours)

- Practical cooking demonstrations of nutritious and delicious recipes
- Incorporating local and seasonal ingredients into meals
- Tips for meal prepping and time-saving techniques

Session 9: Nutrition Education and Counseling (3 hours)

- Effective communication strategies for nutrition counseling
- Promoting behavior change through education
- Addressing common misconceptions about nutrition

Session 10: Culminating Activity & Evaluation (3 hours)

- Group discussions on key takeaways from the workshop
- Q&A session to address any remaining doubts or queries
- Workshop evaluation and feedback collection



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Faculty of Home Science

Department of Nutrition

Session: 2019-20

Semester: I, III & V

Student Attendance Sheet

23/09/2019

Workshop

Name of Activity: National Nutrition week celebration

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1.	Chhabu K. Gahane	P	P	P	A	P	P
2.	Gitabai M. Gahane	P	P	P	P	P	A
3.	Haresha K. Kavgate	P	P	P	P	P	P
4.	Kornay D. Shohane	P	P	P	P	P	P
5.	Monika G. Matwar	P	A	P	P	P	P
6.	Pragati A. Gadam	P	P	P	P	A	P
7.	Harsha P. Doye	P	P	P	P	P	P
8.	Dipali W. Karande	P	P	P	P	P	P
9.	Khemlata M. Mandwe	P	P	A	P	P	P
10.	Kiran V. Mudam	P	P	P	P	P	P
11.	Pallvi K. Maske	P	P	P	A	P	P
12.	Rina Asjun Basmhankar	P	P	P	P	P	P
13.	Rohini Umendra Kasarkar	P	P	A	P	P	P
14.	Puja Doye	P	P	P	P	P	P
15.	Achal S. Mankar	P	P	P	P	P	P
16.	Kaishma M. Kamble	P	P	A	P	P	P
17.	Priyanka Vikey	P	P	P	P	P	P
18.	Rivina D. Meshram	P	A	P	P	P	P
19.	Ashvini R. Walde	P	P	P	P	P	P
20.	Punam H. Mankar	P	P	P	P	P	P
21.	Achal Meshram	P	P	A	P	P	P
22.	Swati D. Gonchale	P	P	P	P	P	P
23.	Nita R. Ghuguskar	P	P	P	P	P	P
24.	Vanita D. Dayare	P	A	P	P	P	P
25.	Dhatri C. Yegne	P	P	P	A	P	P
26.	Ashwina D. Furdle	P	P	P	P	P	P
27.	Tejashri Tapone	P	A	P	P	P	P

Saimale
Off. Principal
RUKHAMA MAHILAMV
N/Bandh, Ia. AMor Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

Tah- Arjuni/ Mor. Dist- Gondia-441702

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Department of Home Science

Session 2019-20

Semester: I, III, V

Date: 29th Sep. 2019

Report on Workshop on National Nutrition week

1. Event Title	:	Workshop on Nutrition Week
2. Event Date	:	23 rd -28 th Sep
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya
5. Event Resource Person	:	Ms. Rohini Shivankar
6. Event Coordinator	:	MS. Ashadevi Gupta
7. Number of participants	:	57
8. Objective	:	The Nutrition Week Celebration Workshop aims to provide participants with comprehensive knowledge and practical skills related to nutrition, promoting healthy eating habits, and understanding the importance of a balanced diet.
9. Outcome	:	Participants will gain insights into various aspects of nutrition and its impact on overall health and well-being

Photograph of the Event



Rangoli decoration using vegetables and pulses in the workshop

B. Dewf
Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

Tah- Arjuni/ Mor. Dist- Gondia-441702

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Department of Home Science

Session 2019-20

Semester: I, III, V



Ms. Rohini Shivankar addressing students about nutritional values in vegetable


Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. Harsha P. Doye..... student of B.Sc

Home science 2nd year has Participated in 30 hours (23rd to 28th September 2019)

Certificate Course on “ National Nutrition Week ”.

We wish her good luck for the future endeavors.


HoD

Department of Home Science


Principal

Rukhama Mahila Mahavidyalaya N/B



Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh
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Syllabus for Hands-on Microsoft Office Workshop

Course Duration: 30 hours

Course Description:

This workshop is designed to provide a comprehensive understanding of Microsoft Office applications. Participants will gain hands-on experience in using Microsoft Word, Excel, PowerPoint, and Outlook. The course aims to enhance participants' digital literacy skills and empower them to effectively utilize these essential tools for personal and professional purposes.

Course Objectives:

1. Develop a solid foundation in Microsoft Office applications.
2. Acquire practical skills in creating, editing, and formatting documents using Microsoft Word.
3. Gain proficiency in organizing data, creating formulas, and generating reports using Microsoft Excel.
4. Learn how to create visually appealing presentations using Microsoft PowerPoint.
5. Understand the basics of email management and scheduling with Microsoft Outlook.
6. Enhance problem-solving abilities through hands-on exercises and real-world scenarios.

Session 1: Introduction to Microsoft Word (6 hours)

- Overview of the Word interface
- Creating, saving, and opening documents
- Formatting text and paragraphs
- Working with tables
- Inserting images and graphics
- Page layout and printing options

Session 2: Advanced Features of Microsoft Word (6 hours)

- Styles and formatting techniques
- Headers, footers, and page numbering
- Table of contents creation
- Mail merge functionality
- Collaboration tools (track changes, comments)
- Document protection

Session 3: Introduction to Microsoft Excel (6 hours)

- Understanding spreadsheets and workbooks
- Data entry techniques
- Formatting cells and worksheets
- Basic formulas and functions
- Sorting and filtering data
- Creating charts

Session 4: Advanced Features of Microsoft Excel (6 hours)

- Advanced formulas (IF statements, VLOOKUP)
- Data validation techniques
- PivotTables for data analysis
- Conditional formatting options
- Protecting worksheets and workbooks
- Collaboration and sharing features

Session 5: Introduction to Microsoft PowerPoint (4 hours)

- Creating and formatting slides
- Inserting text, images, and multimedia
- Slide transitions and animations
- Design themes and templates
- Slide show delivery techniques

Session 6: Introduction to Microsoft Outlook (2 hours)

- Navigating the Outlook interface
- Managing emails, folders, and attachments
- Calendar management and scheduling appointments
- Contacts and address book usage



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Faculty of Home Science

Department of Physics

Session: 2020-21

Semester: I

Student Attendance Sheet

14/12/2020

Workshop

Name of Activity: Microsoft office workshop
for students.

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	Ashhlini W. Meshram	P	P	P	P	A	P
2	Dipawali O. Meshram	P	P	P	P	P	P
3	Kalyani V. Meshram	P	P	P	P	P	P
4	Mamta A. Dongarwar	P	P	P	P	P	P
5	Naita B. SONWANE	P	P	P	P	P	A
6	Padma P. Kamble	P	P	P	A	P	P
7	Diksha L. Gotefode	P	P	A	P	P	P
8	Durga. S. Zingare	P	P	P	P	P	P
9	Khushbubai. R. Faye	P	P	P	P	P	P
10	Laxmibai B. BHARDWAJ	P	P	P	P	A	P
11	Manisha A. Jengure	P	P	A	P	A	P
12	Priya K. Nagure	P	A	P	P	P	P
13	Muskan A. Shekh	P	P	P	P	P	P
14	Bahat M. Salgyad	P	P	P	P	P	P
15	Sneha H. Mankar	P	P	P	P	P	P
16	Joshinda D. Lade	P	P	P	A	P	P
17	Pujal L. Amade	P	P	P	P	A	P
18	Ravina D. Sakharre	P	P	P	P	P	P
19	Veishnavi J. Nandeshwar	P	A	P	P	P	P
20	Achal M. Haldule	P	P	A	P	P	P
21	Damini T. Walke	P	P	P	P	A	P

Saimpale
Jm. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor Di. Gondia



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Department of Home Science

Session 2020-21

Semester: I

Date: 20th Dec. 2020

Report on Workshop on Microsoft Office

1. Event Title	:	Workshop on Microsoft office
2. Event Date	:	14 th to 19 th Dec.
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon bandh
5. Event Resource Person	:	Mr. Dupendra Bisen
6. Event Coordinator	:	Ms. Komal Shahare
7. Number of participants	:	32
8. Objective	:	<ol style="list-style-type: none">1. Acquire practical skills in creating, editing, and formatting documents using Microsoft Word.2. Gain proficiency in organizing data, creating formulas, and generating reports using Microsoft Excel.3. Learn how to create visually appealing presentations using Microsoft PowerPoint.4. Understand the basics of email management and scheduling with Microsoft Outlook.5. Enhance problem-solving abilities through hands-on exercises and real-world scenarios.
9. Outcome	:	Participants will develop a solid foundation in Microsoft Office applications


Offi. Principal
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Department of Home Science

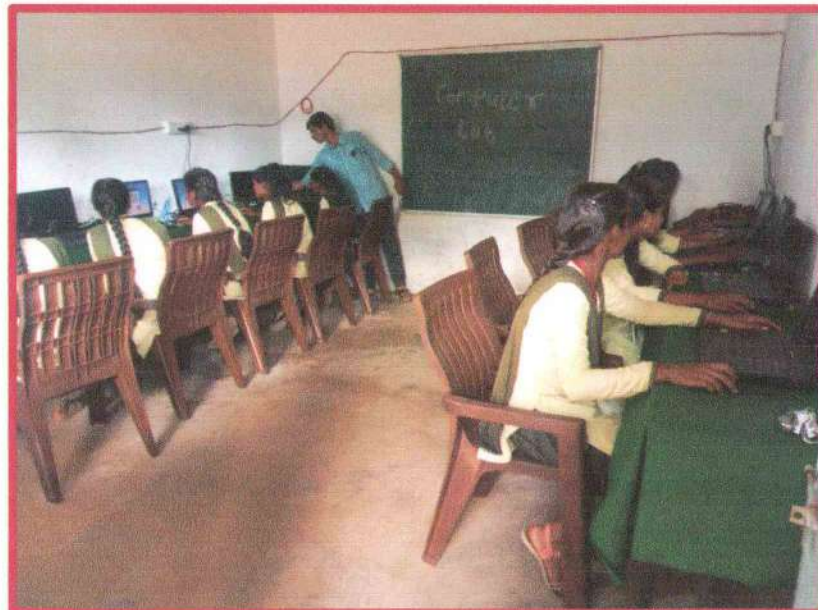
Session 2020-21

Semester: I

Photograph of the Event



Students learning MS Office at computer lab



Mr. Dupendra Bisen Teaching hands on MS Office.


Offl. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. ...*Durga S. Zingare*..... student of

B.Sc Home science ..1st.. year has successfully completed 30 hours (14th to 19th Dec.

2020) Certificate Course entitled " **Microsoft Office** ".

We wish her good luck for the future endeavors.

HoD

Department of Home Science

Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 03/04/2021

महाविद्यालयालील वी.रुस्सी होमसायन्स
द्वितीय वर्षालील व तृतीय वर्षालील तसेच शिक्षक
शिक्षकेतर कर्मचारी यांना सुचित करण्यात येत
आहे की दिनांक - 05/04/2021 ते 10/04/2021
पर्यंत महाविद्यालयामध्ये vermicompost पाद
vermicompost बद्दल वर्कशाप ये आयोजन
करण्याचे ठरविले आहे. तरी आपली सर्वांशी
उपाखेती प्रार्थना आहे.

Amal

Head of the Deptt
Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

Sl. No	Name of Teachers	class	sig
1	X Komal sahare	B.Sc - II nd	<i>Sahare</i>
2	M. B. Pawar	B.Sc. III rd	<i>Pawar</i>



Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh
Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

Syllabus for workshop On Vermicompost and Vermiculture

Duration: 30 hours

Course Description:

This workshop aims to provide participants with a comprehensive understanding of vermicomposting and vermiculture techniques. Participants will learn the principles, benefits, and practical applications of vermicomposting, as well as the basics of vermiculture. Through hands-on activities and theoretical sessions, participants will gain the necessary knowledge and skills to implement vermicomposting practices effectively.

Course Objectives:

1. To introduce participants to the concept of vermicomposting and its significance in sustainable waste management.
2. To familiarize participants with various types of worms used in vermiculture.
3. To provide practical guidance on setting up a vermicomposting system.
4. To educate participants about the benefits of using vermicompost in gardening and agriculture.
5. To promote environmental awareness and encourage sustainable practices among participants.

Course Outline:

Session 1: Introduction to Vermicomposting (3 hours)

Definition and importance of vermicomposting
Benefits of vermicompost over traditional composting methods
Role of worms in the decomposition process

Session 2: Types of Worms Used in Vermiculture (3 hours)

Identification and characteristics of commonly used worms (e.g., red wigglers)
Understanding their feeding habits and preferences
Sourcing worms for vermiculture projects

Session 3: Setting Up a Vermicomposting System (4 hours)

Choosing an appropriate container for vermiculture
Creating a suitable bedding material for worms
Maintaining optimal moisture levels in the composting system
Managing temperature, pH levels, and oxygen supply

Session 4: Feeding Worms (4 hours)

Identifying suitable organic waste materials for worm consumption
Balancing carbon-to-nitrogen ratios in the vermicomposting system
Avoiding harmful substances and potential issues

Session 5: Harvesting and Using Vermicompost (4 hours)

Techniques for separating worms from vermicompost

Storing and curing vermicompost

Utilizing vermicompost in gardening, agriculture, and household plants

Session 6: Troubleshooting and Maintenance (4 hours)

Identifying common problems in vermicomposting systems

Preventing odor, pests, and other challenges

Regular maintenance practices for a healthy vermiculture setup

Session 7: Vermiculture Applications (4 hours)

Vermiculture in urban settings: balcony gardens, community projects, etc.

Large-scale vermiculture for agricultural purposes

Vermicomposting as a business opportunity

Session 8: Field Visit and Practical Demonstration (4 hours)

Visit to a local vermicomposting facility or garden using vermiculture techniques

Hands-on demonstration of setting up a small-scale vermiculture system



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Faculty of Home Science
Department of Life Science

Session: 2020-21

Semester: IV, VI

Student Attendance Sheet

05/04/2021

Workshop

Name of Activity: workshop on vermiculture and
vermicomposting.

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	Achal S. Mankar	P	P	P	P	A	P
2	Ashvini E. Walde	P	P	A	P	P	P
3	Ashwina D. Funne	P	P	P	P	A	P
4	Bhagyashri C. Sayam	P	P	P	P	P	P
5	Darshana B. Neware	P	P	A	P	P	P
6	Dikshatai R. Tulavi	P	P	P	A	P	P
7	Durga N. Kohole	P	P	P	P	P	P
8	Kajal P. Male	P	A	P	P	P	P
9	Karishma M. Kamble	P	P	P	P	P	P
10	Kumabi D. Ulkey	P	P	P	P	P	P
11	Pallavi H. Bangare	P	A	P	A	P	P
12	Pratima B. Dhawale	P	P	P	P	P	P
13	Prayanka H. Ulkey	P	P	P	P	P	P
14	Purnam H. Mankar	P	P	P	P	P	P
15	Sneha P. Bakhare	P	P	P	P	P	P
16	Snehalata N. Neware	P	A	P	A	P	P
17	Kiran V. Malkam	P	P	A	P	P	P
18	Rina A. BRAMHAKAR	P	P	P	P	P	P
19	Dipali H. KARANDHE	P	P	P	P	P	P
20	PRITI M. MASKE	P	P	P	P	P	P
21	Nikita M. Kargate	P	P	P	P	P	P
22	Pallavi K. Maske	P	P	P	P	P	P

Behare
Akshay Behare

Anesh
Head of the Deptt
Rukhama Mahila Mahavidyalaya
Nawegaon/Bandh

Seemla
Om. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor. DI. Gondia



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Department of Home Science

Session 2020-21

Semester: IV, VI

Date: 11th April 2021

Report on Workshop on Vermiculture and vermicompost

1. Event Title	:	Workshop on Vermiculture and vermicompost
2. Event Date	:	5th -10th April
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya
5. Event Resource Person	:	Dr. R.F. Raut
6. Event Coordinator	:	Mr. Akshay Behare
7. Number of participants	:	22
8. Objective	:	<ol style="list-style-type: none">1. To familiarize participants with various types of worms used in vermiculture.2. To provide practical guidance on setting up a vermicomposting system.3. To educate participants about the benefits of using vermicompost in gardening and agriculture.4. To promote environmental awareness and encourage sustainable practices among participants.
9. Outcome	:	Participants got introduced to the concept of vermicomposting and its significance in sustainable waste management.


Offi. Principal
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Department of Home Science

Session 2020-21

Semester: IV, VI

Photograph of the Event



Students participation in vermicompost workshop

B. Prasad
Offi. Principal
RUKHAMA MAHILAMV
N/Bandh, Ia. A/Mor. Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. ...*Kiran V. Malkam*..... student of B.Sc Home science *3rd* year has successfully completed 30 hours (*5th to 10th April 2021*) Certificate Course on "Vermicomposting & Vermiculture".

We wish her good luck for the future endeavors.

Kiran V. Malkam
HoD

Department of Home Science

Sajmaale
Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 19/10/2021

महाविद्यालयीय सर्व प्रवेशित विद्यार्थीनीना तसेच शिक्षक आणि शिक्षकेतर कर्मचारी यांना बुधित करण्यात येत आहे की दिनांक - 20/10/2021 ते 28/10/2021 पर्यंत महाविद्यालयामध्ये Fashion Designingचे sponsored by Usha Shilpi Machine बंद होत आहे. तरी सर्वांनी महाविद्यालयामध्ये उपस्थित राहणे.

Rukhama

Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

Sl. No.	Name of Teacher	class	Signature
1.	M. B. Raut	B.Sc. I st	<i>[Signature]</i>
2.	Komal Sahare	B.Sc - 2 nd	<i>[Signature]</i>
3.	Ashadevi Gupta	B.Sc - 3 rd	<i>[Signature]</i>



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Syllabus for
workshop On Fashion Designing sponsored by usha shilai machine

Course Title: Duration: 30 hours

Course Description:

This workshop is designed to introduce students to the fundamentals of fashion designing. It will cover various aspects of fashion designing such as understanding body types, color theory, fabric selection, pattern making, and garment construction. Students will also learn about the history of fashion and current trends in the industry. The workshop will include both theoretical and practical sessions to provide students with a comprehensive understanding of fashion designing.

Learning Objectives:

- To understand the basics of fashion designing
- To learn about different body types and how to dress them
- To gain knowledge about color theory and its application in fashion
- To develop skills in fabric selection and pattern making
- To learn garment construction techniques
- To explore the history of fashion and its impact on current trends

Course Outline:

Day 1: Introduction to Fashion Designing (2 hours)

- Definition of fashion designing
- Importance of fashion in society
- Career opportunities in the field of fashion designing

Understanding Body Types (2 hours)

- Different body types and their characteristics
- How to dress different body types
- Practical exercise: Dressing mannequins according to different body types

Day 2: Color Theory (3 hours)

- Basics of color theory
- Color schemes and their application in fashion
- Practical exercise: Creating a color scheme for a collection

Fabric Selection (3 hours)

- Types of fabrics used in fashion designing
- Factors to consider when selecting fabrics
- Practical exercise: Identifying different fabrics

Day 3: Pattern Making (4 hours)

- Introduction to pattern making
- Basic pattern making techniques
- Practical exercise: Creating a basic bodice pattern

Garment Construction (4 hours)

- Techniques for cutting, stitching, and finishing garments
- Practical exercise: Stitching a simple garment

Day 4: History of Fashion (3 hours)

- Evolution of fashion through different eras
- Influential designers and their contributions
- Impact of historical fashion on current trends

Current Fashion Trends (3 hours)

- Latest trends in the fashion industry
- How to stay updated with changing trends
- Practical exercise: Creating a mood board for a trend

Day 5: Final Project (6 hours)

- Students will work on a final project where they will apply all the skills and knowledge gained during the workshop
- Presentations and feedback session



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Faculty of Home Science

Department of Textile

Session: 2021-22

Semester: I, III, V

Student Attendance Sheet

20/10/2021

Workshop

Name of Activity: fashion designing sponsored by usha
shitei machine

Sr. No	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7	Day-8
1	Chhaya S. Meshram	P	P	P	P	P	A	P	P
2	Shareque A. Absalam	P	P	P	P	P	P	P	P
3	Sanjana D. Deshmukh	P	P	P	P	P	P	P	P
4	Babida. G. Sambhule	P	P	P	P	A	P	P	P
5	Deepal T. Hozhule	P	P	P	P	P	P	P	P
6	Durga Sunil Zingase	P	P	P	P	P	P	P	P
7	Shashina M. Karble	P	P	P	P	P	P	P	P
8	Sapna Y. Gote.	P	P	P	P	A	P	P	P
9	Pritya N. Chaube	P	P	P	P	P	P	P	P
10	Durga Jayendra Wikey	P	P	P	P	P	P	P	P
11	Dimpal D. Raut	P	P	P	P	P	P	P	P
12	Vaishya G. Zalke	P	P	P	P	P	P	P	P
13	Joshana D. Lade	P	P	P	P	P	P	P	P
14	Kajal M. Borghade	P	A	P	P	P	P	P	P
15	Karishma G. Meshram	P	P	P	P	P	P	P	P
16	Neha dharmath manker	P	P	P	P	P	P	P	P
17	Manisha W. Raut	P	P	P	P	P	P	P	P
18	Padma pandharaj Karble	P	P	P	P	P	P	P	P
19	Geeta R. Mooneshwar	P	P	P	P	P	P	P	P
20	SNEHA R. MESHARAM	P	P	P	A	P	P	P	P
21	Omита M. Hatzade	P	P	P	P	P	P	P	P
22	Arati S. Madevi	P	P	P	P	P	P	P	P
23	Rohini G. Mendhe	P	P	A	P	P	P	P	P

(Signature)
Jm. Principal

Sr. No	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7	Day-8
24	Gneeta M. Chughuskar	P	P	P	P	P	P	P	P
25	Bhmeshwaris. Naitam	P	P	P	P	P	P	P	P
26	Shubhangi L. Dongarwar	P	P	P	P	P	P	P	P
27	Nirmala. P. Borghate	P	P	P	P	A	P	P	P
28	Pallavi S. Walke.	P	P	P	P	P	P	P	P
29	Ravind D. Sakharde	P	P	P	P	P	P	P	P
30	Mohini A. Masai	P	P	P	P	P	P	P	P
31	Dipali A Waghmare	P	P	P	P	P	P	P	P
32	Anjana N. Padoti	P	P	P	P	P	P	P	P
33	Timeshwari P. Galbra	P	P	P	P	A	P	P	P
34	Darshana B. Neware.	P	P	P	P	P	P	A	P
35	Vaishnavi N. Pawar	P	P	P	P	P	A	A	P
36	Amitei R. Gherpet	P	P	P	P	P	P	P	P
37	Babita. G. Jambhale	P	P	P	P	P	P	P	P
38	Nirmala P. Boshare	P	A	A	P	P	P	P	P
39	Urwashi T. Naitam	P	P	P	P	P	P	P	P
40	Darshini N. Kumbharae	P	A	P	A	P	P	P	P
41	Shubhangi J. Meshram	P	P	P	P	P	P	P	P
42	Nikita M Ghutke	P	P	P	P	P	P	P	P
43	Savita A. Jugnahake	P	P	P	P	P	P	P	P
44	mehti J. Koram	P	P	P	P	P	P	P	P
45	Urwashi. T. Naitam	P	P	P	P	P	P	P	P
46	Kazuna H. wadgaye	P	P	P	P	P	P	P	P
47	Vidya G. Zode	P	P	P	P	P	P	P	P
48	Kavita H. Wadgaye	A	P	A	P	P	P	P	P
49	Homeshwari U. Manelle	A	P	P	P	P	P	P	P
50	Praya H. Suryanwanshi	A	P	A	P	P	P	P	P

Shahare

Name of Faculty

Komal. P. Shahare

Amesh

Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

Saimada

Off. Principal

Principal
RUKHAMA MAHILAMV

N/Bandh, Ia. A/Mor Di. Gondia



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Department of Home Science
Session 2021-22

Semester: I, III, V

Date: 29th Oct 2021

Report on Workshop on Fashion designing sponsored by Usha Shilai Machine

1. Event Title	:	Workshop on fashion designing sponsored by Usha Shilai Machine
2. Event Date	:	20 th -28 th October
3. Event Duration	:	30 hours
4. Event Venue	:	Jayvanti Enterprises, Siregaon bandh
5. Event Resource Person	:	Mrs. Rachana Gahane
6. Event Coordinator	:	Ms. Komal Sahare
7. Number of participants	:	50
8. Objective	:	<ul style="list-style-type: none">To understand the basics of fashion designing- To learn about different body types and how to dress them- To gain knowledge about color theory and its application in fashion- To develop skills in fabric selection and pattern making- To learn garment construction techniques- To explore the history of fashion and its impact on current trends
9. Outcome	:	Participants were able to learn the basics of fashion designing and its application and new trends.


Offi. Principal
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Department of Home Science
Session 2021-22

Semester: I, III, V

Photograph of the Event



Mrs. Rachana Gahane addressing students about the fashion designing



Mrs. Rachana Gahane, RMM College staff and Students participation

Baunf.
Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss.*Neha D. Mankar*..... student of B.Sc

Home science *2nd* year has successfully completed 30 hours (20th to 28th Oct. 2021)

Certificate Course on “ **Fashion designing sponsored by Usha shilai machine** ”.

We wish her good luck for the future endeavors.

[Signature]

HoD

Department of Home Science

[Signature]
Principal

Rukhama Mahila Mahavidyalaya N/B



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Rukhama Mahila Mahavidyalaya Nawegaon/

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Syllabus for workshop On Skills of Language

Course Duration: 30 hours (10 sessions of 3 hours each)

Course Description:

The Skills of Language Workshop is designed to enhance the language. This workshop aims to improve participants' abilities in reading, writing, speaking, and listening, with a focus on effective communication in various contexts. Through interactive activities, discussions, and practical exercises, participants will develop their language skills and gain confidence in expressing themselves.

Course Objectives:

1. Improve reading comprehension skills through analysis and interpretation of various texts.
2. Enhance writing skills by practicing different writing styles and techniques.
3. Develop effective speaking skills by engaging in discussions, debates, and presentations.
4. Strengthen listening skills through active listening exercises and comprehension activities.
5. Expand vocabulary and improve grammar usage for clearer communication.
6. Foster critical thinking and analytical skills through language-related tasks.

Session 1: Introduction to Language Skills (3 hours)

- Overview of the workshop objectives and expectations
- Diagnostic assessment to identify individual language strengths and areas for improvement
- Introduction to effective reading strategies

Session 2: Reading Comprehension (3 hours)

- Understanding different types of texts (fiction, non-fiction, articles)
- Strategies for improving reading speed and comprehension
- Analyzing text structure and identifying main ideas

Session 3: Writing Skills (3 hours)

- Developing strong paragraphs with clear topic sentences
- Practicing different writing styles (descriptive, persuasive, narrative)
- Techniques for organizing ideas effectively

Session 4: Speaking Skills (3 hours)

- Building confidence in public speaking
- Engaging in group discussions on various topics
- Delivering effective presentations with visual aids

Session 5: Listening Comprehension (3 hours)

- Active listening techniques for better understanding
- Identifying main points from spoken content
- Practicing note-taking skills during lectures or presentations

Session 6: Vocabulary Expansion (3 hours)

- Strategies for learning and retaining new vocabulary
- Contextual understanding of words and phrases
- Building a personal vocabulary bank

Session 7: Grammar Refinement (3 hours)

- Reviewing common grammar rules and structures
- Identifying and correcting common errors
- Practicing grammar exercises for improved accuracy

Session 8: Critical Thinking in Language (3 hours)

- Analyzing arguments and logical reasoning in language
- Developing critical thinking skills through language-related tasks
- Applying critical thinking to reading, writing, speaking, and listening activities

Session 9: Language in Everyday Life (3 hours)

- Applying language skills to real-life situations (e.g., job interviews, social interactions)
- Role-playing exercises for practical language use
- Strategies for effective communication in different contexts

Session 10: Final Assessment and Wrap-up (3 hours)

- Review of key concepts covered throughout the workshop
- Final assessment to measure progress and identify areas of improvement
- Reflection on personal growth and setting future language learning goals



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Faculty of Home Science

Department of English

Session: 2021-22

Semester: II, IV, & VI

Student Attendance Sheet

7/03/2022

Workshop

Name of Activity: SKILLS of language

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	Arati S. Madari	P	P	P	P	P	P
2	Karishma G. Meshram	P	P	A	P	P	P
3	Vrilya H. Chaurse	P	P	P	P	P	P
4	Shashina M. Kamble	P	P	P	P	P	P
5	Dampal J. Nandule	P	P	P	P	P	P
6	Zanyana D. Deshmukh	P	P	P	P	P	P
7	Durga Sunil Zingare	P	P	P	A	P	P
8	Babula G. Jambhule	P	P	P	P	A	P
9	Shareque A. Absalom	P	P	P	P	P	P
10	Vidya G. Zode	P	P	A	P	P	P
11	Durga Jayandra Wkey	P	P	P	P	P	P
12	Jashana D. Lade	P	P	P	P	P	P
13	Neha D. Manket	P	P	P	P	P	P
14	Dimpal D. Raut	P	P	P	P	P	P
15	Kajal M. Borgose	P	P	P	P	P	P
16	Padmapandhraj Kamble	P	P	P	P	P	P
17	Geeta M. Ghughuskar	P	P	P	P	P	P
18	Ravina D. Sukhale	P	P	A	P	P	A
19	Nirjala P. Barghall	P	P	P	P	P	P
20	Manish W. Raut	P	P	A	P	A	P
21	Tineshwari P. Galutam	P	P	P	P	P	P
22	Shubhangi L. Dongarwar	P	P	P	P	P	P
23	Omida M. Hatzade	P	A	P	P	A	P
24	Darshana B. Neware	P	P	P	P	P	P
25	Geeta R. Mureshwar	P	P	P	P	P	P
26	Pallavi S. Walke	P	P	P	P	P	P
27	Sneha R. Meshram	P	A	P	P	A	P

Saimale
Jini/Principal
RUKHAMA MAHILAMV
N/Bandh, ia. A/Mor Di. Gondia

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
28	Priya H. Suryawanshi	P	P	P	P	P	P
29	Sapna Y. Gode.	P	P	P	A	P	P
30	Bhmeshwari S. Nartam.	P	P	A	P	P	P
31	Rohini G. Meudhe	P	P	P	A	P	P
32	Dipali A. Waghmare	P	P	P	P	P	P
33	Amiter R. Chhabert	P	P	P	P	P	P
34	Vaishnavi N. Pawar	P	P	P	P	P	P
35	Uvashi T. Naitam	P	P	P	P	P	P
36	Dayal A. Katenje	P	P	P	P	A	P
37	Vansha G. Zake	P	P	A	P	A	P
38	Anjana N. Padoti	P	P	P	P	P	P
39	Urvashi T. Naitam	P	P	P	P	P	P
40	Puja A. Bhogare	P	A	P	P	A	P
41	Babita G. Jambhale	P	P	P	P	P	P
42	Malti J. Kosam	P	P	P	P	P	P
43	Shimla P. Borhase	P	P	P	P	A	P
44	Karuna H. Waghare	P	P	P	P	P	P
45	Nikita M. Ghute	P	P	P	P	P	P
46	Simini N. Kumbhar	P	P	P	P	P	P
47	Chhaya S. Meshram	P	A	P	P	P	P
48	Mohini A. Marai	A	P	A	P	P	P
49	Kavita H. Dulgaye	A	P	P	P	P	P
50	Hemeshwari V. Manale	A	P	P	P	P	P
51	Gavita A. Jugnanake	A	P	A	P	P	P
52	Shubhangi J. Meshram	A	P	P	P	P	P

Komal sature

Shahare

Name of Faculty

Komal Shahare

Meshram

Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawangan/Bandh

Rajwade

Offi. Principal

Principal
RUKHAMA MAHILA MV
N/Bandh, 1a, A/Mor Di. Gondia



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Department of Home Science


Session 2021-22

Semester: IV andV1

Date: 13th March 2022

Report on Skills of a Language

1. Event Title	:	Workshop on Skills of a language
2. Event Date	:	7 th March-12 th March
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh
5. Event Resource Person	:	Tirupati Meshram
6. Event Coordinator	:	Komal Shahare
7. Number of participants	:	51
8. Objective	:	<ol style="list-style-type: none">1. Improve reading comprehension skills through analysis and interpretation of various texts.2. Enhance writing skills by practicing different writing styles and techniques.3. Develop effective speaking skills by engaging in discussions, debates, and presentations.4. Strengthen listening skills through active listening exercises and comprehension activities.5. Expand vocabulary and improve grammar usage for clearer communication.6. Foster critical thinking and analytical skills through language-related tasks.
9. Outcome	:	Students will heighten their awareness of correct usage of English grammar in writing and speaking


Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

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Website: www.rukhamamahilamy.com

Email ID: Rukhama.nawegaon@gmail.com

Department of Home Science

Session 2021-22

Semester: IV and V1

Photograph of the Program



Mr. Tirupati Meshram addressing the students on Skills of language

B. Paul
Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor. Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. ...*Darshana*.....*B.*.....*Neware*..... student
of B.Sc Home science *3rd* year has successfully completed 30 hours (7th to 12th March 2022)

Certificate Course on “Skills of a Language”.

We wish her good luck for the future endeavors.

Aneshpan

HoD

Department of Home Science

Saimale

Principal

Rukhama Mahila Mahavidyalaya N/B

शुचना

दि. 16/07/2022

महाविद्यालयातील बी.एससी
होमसायन्स द्वितीय वर्ष व तृतीय वर्षातील
विद्यार्थ्यांनी तसेच शिक्षक आणि शिक्षकेतर
कर्मचारी यांना रुचित करण्यात येत आहे की
दिनांक - 18/07/2022 ते 23/07/2022 पर्यंत
महाविद्यालयामध्ये Live Skill building वदकल
वकशाप ये आयोजन करण्यात येत आहे.
तरी आपली सर्वांची उपस्थिती प्रायनिय
आहे.

Amesh

Head of the Deptt

Dukhama Mahila Manavidyalaya
Nawegaon/Randh

Sl. No	Name of Teacher	Class	Signature
1.	Monika Hatwar	B.Sc - II nd	M Hatwar
2.	M. B. Patel	B.Sc. III rd	M Patel



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Syllabus for Live Skill Building Workshop

Course Duration: 30 hours

Course Description:

The Live Skill Building Workshop is designed to provide hands-on training and practical experience in various live skills, including salad making, glass work, cloth coloring, food decorations, and clay diyas color art. This workshop aims to enhance the creativity and practical skills of the participants, enabling them to develop their artistic abilities and explore new avenues of self-expression.

Learning Objectives:

By the end of this workshop, participants will be able to:

1. Demonstrate proficiency in salad making techniques.
2. Apply glass work techniques to create unique glassware.
3. Utilize different methods for cloth coloring.
4. Create visually appealing food decorations.
5. Employ clay diyas color art techniques for festive occasions.

Session 1: Salad Making (6 hours)

- Introduction to salad making
- Selection and preparation of ingredients
- Techniques for cutting and arranging vegetables
- Dressing preparation and presentation
- Hands-on practice and demonstration

Session 2: Glass Work (6 hours)

- Introduction to glass work
- Safety precautions while working with glass
- Techniques for cutting, shaping, and assembling glass pieces
- Creating decorative items using glass work techniques
- Hands-on practice and demonstration

Session 3: Cloth Coloring (6 hours)

- Introduction to cloth coloring techniques
- Different methods of dyeing fabrics
- Tie-dyeing techniques
- Block printing on fabric
- Hands-on practice and demonstration

Session 4: Food Decorations (6 hours)

- Introduction to food decorations
- Techniques for creating edible garnishes
- Cake decorating methods
- Fruit carving basics
- Hands-on practice and demonstration

Session 5: Clay Diyas Color Art (6 hours)

- Introduction to clay diyas color art
- Clay molding techniques for diya making
- Color application methods on clay diyas
- Traditional designs and patterns for clay diyas color art
- Hands-on practice and demonstration.



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Faculty of Home Science

Department of FRM

Session: 2022-23

Semester: III, V

Student Attendance Sheet

18/07/2022

Workshop

Name of Activity: Live skill building

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	Pramila Vishwroth Naik	P.V.N	P.V.N	P.V.N	P.V.N	P.V.N	P.V.N
2	Tineshwari P. Glautam	TPG	TPG	TPG	TPG	TPG	TPG
3	Geeta M. Ghugnusuke	gmg	gmg	gmg	gmg	gmg	gmg
4	Amita Raju gherbade	ARG	ARG	ARG	ARG	ARG	ARG
5	Varsha G. Zalka	V.G.2	V.G.2	V.G.2	V.G.2	V.G.2	V.G.2
6	shvbangl Jayendra meshram	SJM	SJM	SJM	SJM	SJM	SJM
7	Karishma Gajanan Meshram	KGM	KGM	KGM	KGM	KGM	KGM
8	Ushashi T. Naikam	U.T.N	U.T.N	U.T.N	U.T.N	U.T.N	U.T.N
9	Nikita M. Ghutke	N.M.G	N.M.G	N.M.G	N.M.G	N.M.G	N.M.G
10	manisha waman Patil	m.w.P	m.w.P	m.w.P	m.w.P	m.w.P	m.w.P
11	Nirmala Premlal Borhase	N.P.B	N.P.B	N.P.B	N.P.B	N.P.B	N.P.B
12	Ashwini Vilas meshram	A.V.M	A.V.M	A.V.M	A.V.M	A.V.M	A.V.M
13	Durga Sunil Zingade	DZ	DZ	DZ	DZ	DZ	DZ
14	Bhureshwari S. Naikam	Bn	Bn	Bn	Bn	Bn	Bn
15	Kajal Mohanlal Bhoghabe	Km	Km	Km	Km	Km	Km
16	Ankita Anraaj Kumbhare	A.AK	A.AK	A.AK	A.AK	A.AK	A.AK
17	Omika Manohar hatzade	OMH	OMH	OMH	OMH	OMH	OMH
18	Neha Pruthvidaj Madavi	NM	NM	NM	NM	NM	NM

Name of Faculty
 Monika Hatwar

Head of the Deptt
 Rukhama Mahila Mahavidyalaya
 Nawegaon/Bandh

Offi. Principal
 RUKHAMA MAHILAMV
 Nawegaon/Bandh, Tal. Ambr. Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

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Department of Home Science
Session 2022-23

Semester: III, V

Date: 24th July 2022

Report on Workshop on life skill building

1. Event Title	:	Workshop on life skill building
2. Event Date	:	18th -23rd July
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon bandh
5. Event Resource Person	:	- Ms. Meena Raut
6. Event Coordinator	:	Ms. Monika Hatwar
7. Number of participants	:	18
8. Objective	:	To meet the needs of the present and future generations through skill building and equitable use of resources, without causing any damage to the environment.
9. Outcome	:	Students will be equipped with the knowledge and attitudes necessary to make informed decisions and take actions that promote Life skills building.

Photograph of the Event



Ms. Meena Raut addressing students how to build life skill by using different resources.



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. *Urwashi T. Naitam*..... student of

B.Sc Home science *2nd* year has successfully completed 30 hours (**18th to 23th July**

2022) Certificate Course on “ **Live skill Building Workshop for students** ”.

We wish her good luck for the future endeavors.

HoD

Department of Home Science

Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 23/09/2022

महाविद्यालयातील वी.एस.सी.
होमस्टाफवत प्रथम वर्षातील विद्यार्थ्यांनी तसेच
शिक्षक आणि शिक्षकेतर कर्मचारी यांना सुचिल
करव्याल येत आहे की दिनांक - 19/09/2022 ते
दिनांक - 24/09/2022 पर्यंत महाविद्यालयामध्ये
Lecture and Ass. for student बदल करणारे
ये आयोजन करव्याल येत आहे. तरी आपली
सर्वांची उपस्थिती प्रार्थनिय आहे.

Amesh

Head of the Deptt

Pukhama Mehra Manavidyalaya
Nawgaon/Randh

Sl. No	Name of Teacher	class	Signature
1.	Tirupati L. Meshram	B.Sc. 1 st sem	<i>Ameshram</i>



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Syllabus for Creative Art Workshop

Course Title: Duration: 30 hours (10 sessions of 3 hours each)

Course Description:

This workshop is designed to introduce students to various forms of creative art and help them develop their artistic skills. Through hands-on activities, students will learn the fundamentals of drawing, painting, and crafting. They will also explore different mediums and techniques to create unique and meaningful pieces of art. This workshop aims to foster creativity, self-expression, and critical thinking among the participants.

Learning Objectives:

- Understand the basic principles of drawing, painting, and crafting
- Develop proficiency in using different mediums such as pencils, watercolors, acrylics, and clay
- Learn various techniques like shading, blending, layering, and sculpting
- Enhance creativity and imagination through art-making
- Gain confidence in expressing oneself through art
- Appreciate the value of art in personal growth and well-being

Course Outline:

Session 1: Introduction to Drawing (3 hours)

- Understanding the elements of drawing: line, shape, form, texture
- Practicing basic drawing techniques with pencils
- Creating simple still life drawings

Session 2: Introduction to Painting (3 hours)

- Exploring color theory and color mixing
- Learning different brush strokes and techniques
- Painting a landscape or nature scene

Session 3: Introduction to Watercolors (3 hours)

- Understanding the properties of watercolor paints
- Practicing wet-on-wet and wet-on-dry techniques
- Creating a watercolor floral painting

Session 4: Introduction to Acrylics (3 hours)

- Learning about acrylic paints and their uses
- Experimenting with layering and blending techniques
- Painting an abstract piece using acrylics

Session 5: Introduction to Clay Sculpting (3 hours)

- Understanding the properties of clay
- Learning hand-building techniques like pinch pots and coils
- Creating a small sculpture or figurine

Session 6: Mixed Media Art (3 hours)

- Combining different mediums and techniques to create a unique piece of art
- Using found objects and recycled materials in art-making
- Creating a mixed media collage or assemblage

Session 7: Introduction to Printmaking (3 hours)

- Learning about different types of printmaking techniques
- Creating prints using simple materials like foam, leaves, or vegetables
- Making a series of prints with a common theme

Session 8: Crafting with Paper (3 hours)

- Exploring paper cutting, folding, and quilling techniques
- Making paper flowers, cards, or other decorative items
- Incorporating paper crafts into home decor

Session 9: Textile Art (3 hours)

- Understanding the basics of fabric painting and dyeing
- Experimenting with different textile art techniques like tie-dye, batik, or block printing
- Creating a textile art piece like a scarf or wall hanging

Session 10: Final Project (3 hours)

- Applying the skills and techniques learned throughout the workshop to create a final project
- Encouraging self-expression and creativity in the final project
- Sharing and discussing the final projects in a group setting



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Faculty of Home Science
Department of FRM
Session: 2022-23
Semester: I

Student Attendance Sheet
Workshop

19/09/2022

Name of Activity: Creative art workshop.

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	Pramila Vishwanath Naik	P.V.N	P.V.N	P.V.N	P.V.N	P.V.N	P.V.N
2	Tineshwari P. Gautam	TPG	TPG	TPG	TPG	TPG	TPG
3	Geeta M. Shukhale	Gema	Gema	Gema	Gema	Gema	Gema
4	Amida Reje Ghosai	A.Rg	A.Rg	A.Rg	A.Rg	A.Rg	A.Rg
5	Varsha G. Zalka	V.G.2	V.G.2	V.G.2	V.G.2	V.G.2	V.G.2
6	Shubangl Jayendra Meshram	S.J.M	S.J.M	S.J.M	S.J.M	S.J.M	S.J.M
7	Kerishma Gejendra Meshram	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M
8	Ushwathi T. Naik	UTN	UTN	UTN	UTN	UTN	UTN
9	Nitika Mahesh Ghutke	N.M.G	N.M.G	N.M.G	N.M.G	N.M.G	N.M.G
10	Manisha Waman Raut	M.W.R	M.W.R	M.W.R	M.W.R	M.W.R	M.W.R
11	Nirmala Premal Borhure	N.P.B	N.P.B	N.P.B	N.P.B	N.P.B	N.P.B
12	Ashwini Vilash Meshram	A.V.M	A.V.M	A.V.M	A.V.M	A.V.M	A.V.M
13	Durga Sunil Zingare	Dz	Dz	Dz	Dz	Dz	Dz
14	Bhmeshwari S. Naikam	Bn	Bn	Bn	Bn	Bn	Bn
15	Kajal Mohanlal Bhoghae	Km	Km	Km	Km	Km	Km
16	Ankita Angraaj Kumbhare	A.A.K	A.A.K	A.A.K	A.A.K	A.A.K	A.A.K
17	Omika Manohar Hartzade	OMH	OMH	OMH	OMH	OMH	OMH
18	Neha Pruthviraj Madavi	NM	NM	NM	NM	NM	NM
19	Dimpal D. Raut	D.R	D.R	D.R	D.R	D.R	D.R
20	Pabita Gajanan Jambhule	P.J	P.J	P.J	P.J	P.J	P.J
21	Pratiksha N. Shende	PS	PS	PS	PS	PS	PS
22	Puja J. Chanap	P.C	P.C	P.C	P.C	P.C	P.C
23	Raginia B. Kumbhare	RK	RK	RK	RK	RK	RK
24	Prati L. Shende	PS	PS	PS	PS	PS	PS
25	Rajini A. Hazkhande	RAH	RAH	RAH	RAH	RAH	RAH
26	Ravina M. Bude	R.b	R.b	R.b	R.b	R.b	R.b
27	P.Siya A. Sodele	P.S	P.S	P.S	P.S	P.S	P.S

creative art u

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-
28	piyanka p. konam	P. Konam	P. Konam	P. Konam	P. Konam	P. Konam	P. Konam
29	Nikita. S. Tembhurne	N.S. Tembhurne	N.S. Tembhurne	N.S. Tembhurne	N.S. Tembhurne	N.S. Tembhurne	N.S. Tembhurne
30	Roshika K. Kawadkar	R.K. Kawadkar	R.K. Kawadkar	R.K. Kawadkar	R.K. Kawadkar	R.K. Kawadkar	R.K. Kawadkar
31	Puja C. Chavhare	P. Chavhare	P. Chavhare	P. Chavhare	P. Chavhare	P. Chavhare	P. Chavhare
32	Pratiksha A. Neware	P.A.N	P.A.N	P.A.N	P.A.N	P.A.N	P.A.N
33	Payal D. Gadhane	PdG	PdG	PdG	PdG	PdG	PdG
34	Prati W. Bolankar	PW	PW	PW	PW	PW	PW
35	Prabhati B. Shil	P.B.S.	P.B.S.	P.B.S.	P.B.S.	P.B.S.	P.B.S.
36	Prinyanka D. Dumbare	Prinyanka	Prinyanka	Prinyanka	Prinyanka	Prinyanka	Prinyanka
37	Prinyank D. Muduki	Prinyank	Prinyank	Prinyank	Prinyank	Prinyank	Prinyank
38	Pranjha S. Kapgate	Pranjha	Pranjha	Pranjha	Pranjha	Pranjha	Pranjha
39	Pallavi T. Raut	Pravul	Pravul	Pravul	Pravul	Pravul	Pravul
40	pallavi D. Sakhare	Pravul	Pravul	Pravul	Pravul	Pravul	Pravul
41	Nutan N. Kaseti	NKaseti	NKaseti	NKaseti	NKaseti	NKaseti	NKaseti
42	Nikita H. Walke	NW	NW	NW	NW	NW	NW
43	Neha D. Madavi	N.D.M	N.D.M	N.D.M	N.D.M	N.D.M	N.D.M
44	Shubhangi J. Shahar	S.J.S	S.J.S	S.J.S	S.J.S	S.J.S	S.J.S
45	Shital M. Gedam	S.M.G	S.M.G	S.M.G	S.M.G	S.M.G	S.M.G
46	Vaishnavi D. Sayam	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi	Vaishnavi
47	Yamunai P. Waghmare	Y.P.W	Y.P.W	Y.P.W	Y.P.W	Y.P.W	Y.P.W
48	Vanita D. Zode	V.D.Z	V.D.Z	V.D.Z	V.D.Z	V.D.Z	V.D.Z
49	vaishali P. Bramhankar	V.P.B	V.P.B	V.P.B	V.P.B	V.P.B	V.P.B
50	vithabai S. Madavi	Vithabai	Vithabai	Vithabai	Vithabai	Vithabai	Vithabai
51	Sandhya N. Kokode	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya	Sandhya
52	Yamina M. Mungulmase	Yamina	Yamina	Yamina	Yamina	Yamina	Yamina
53	Shubhangi N. Malkam	S.N.M	S.N.M	S.N.M	S.N.M	S.N.M	S.N.M
54	Yashodhara d. Kapagate	Y.d.Kapagate	Y.d.Kapagate	Y.d.Kapagate	Y.d.Kapagate	Y.d.Kapagate	Y.d.Kapagate
55	Soniya P. DONGARE	Soniya	Soniya	Soniya	Soniya	Soniya	Soniya
56	Swati K. Meshram	Swati	Swati	Swati	Swati	Swati	Swati
57	Rina M. Kumbhane	Rina	Rina	Rina	Rina	Rina	Rina
58	Usha R. toram	Usha	Usha	Usha	Usha	Usha	Usha
59	Ruchika P. Poream	Ruchika	Ruchika	Ruchika	Ruchika	Ruchika	Ruchika

Meena S. Raut
Name of Faculty

Amesh
Head of the Deptt
Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

Sojmale
Off. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor. Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

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Department of Home Science

Session 2022-23

Semester: I

Date: 25th Sept. 2022

Report on Creative art workshop

1. Event Title	:	Creative art workshop
2. Event Date	:	19 th to 24 th Sept.
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon Bandh
5. Event Resource Person	:	Rita Meshram, Ashwini Halmare
6. Event Coordinator	:	Meena Raut
7. Number of participants	:	59
8. Objective	:	<p>Understand the basic principles of drawing, painting, and crafting</p> <ul style="list-style-type: none">- Develop proficiency in using different mediums such as pencils, watercolors, acrylics, and clay- Learn various techniques like shading, blending, layering, and sculpting- Enhance creativity and imagination through art-making- Gain confidence in expressing oneself through art- Appreciate the value of art in personal growth and well-being
9. Outcome	:	<p>Engage in exploration and imaginative play with materials.</p> <p>Through experimentation, build skills in various media and approaches to art making.</p>


Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor Di. Gondia



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Email ID: Rukhama.nawegaon@gmail.com

Department of Home Science

Session 2022-23

Semester: I

Photograph of the Program



Miss. Rita Meshram addressing the students



Students learning Creative art skills

(Signature)

Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor. Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARIUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. *Soniya P. Dongare*.....

student of B.Sc Home science *1st* year has successfully completed 30 hours (19th to
24th Sept. 2022) Certificate Course on “ **Creative Art Workshop for student** ”.

We wish her good luck for the future endeavors.

[Signature]
HoD

[Signature]
Principal

Department of Home Science

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 10/12/2022

महाविद्यालयीक वी.रूसी होमसायन्स
द्वितीय वर्ष, तृतीय वर्ष तसेच शिक्षक आणि शिक्षकेतर
कर्मचारी यांना सुविधित करण्यात येत आहे की
दिनांक - 12/12/2022 ते 17/12/2022 पर्यंत
महाविद्यालयामध्ये Awareness about Health
वर वर्कशाप बेव्याये ठरविण्यात आलेले आहे.
तरी आपली सर्वाधी उपस्थिती प्रार्थनिय आहे.

Head of the Deptt

Pukhama Mahila Manavidyalaya
Nawegaon/Bandh

#	Name of Teacher	Class	sig
1	Komal Shahre	B.Sc II nd	
2	M.R. Patil	B.Sc III rd	



Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh
Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

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Syllabus for workshop On Health Awareness

Duration: 30 hours (10 sessions of 3 hours each)

Objective:

The objective of this workshop is to educate and empower women with knowledge and skills related to their health and well-being. It aims to create awareness about various health issues that affect women and provide them with practical tips and strategies to maintain a healthy lifestyle.

Target Audience:

This workshop is designed for female students of the Home Science degree college who are interested in learning about women's health.

Session 1: Introduction to Women's Health (3 hours)

- Importance of women's health
- Common health issues faced by women
- Factors affecting women's health
- Role of nutrition in maintaining good health

Session 2: Reproductive Health (3 hours)

- Understanding the female reproductive system
- Menstrual cycle and its phases
- Common menstrual problems and their management
- Importance of regular check-ups and screenings

Session 3: Mental Health (3 hours)

- Definition of mental health
- Common mental health disorders in women
- Coping mechanisms for stress, anxiety, and depression
- Self-care practices for maintaining good mental health

Session 4: Nutrition for Women (3 hours)

- Nutritional requirements for women at different stages of life
- Balanced diet and its components
- Healthy eating habits for better physical and mental well-being
- Tips for meal planning and preparation

Session 5: Exercise and Fitness (3 hours)

- Benefits of regular physical activity for women
- Types of exercises suitable for women at different ages
- Importance of proper form and technique while exercising
- Creating a personalized fitness plan

Session 6: Sexual and Reproductive Health (3 hours)

- Understanding sexual and reproductive rights
- Safe sex practices
- Contraception methods
- Prevention, detection, and treatment of sexually transmitted infections

Session 7: Preventive Healthcare (3 hours)

- Importance of preventive healthcare
- Common health screenings and tests for women
- Early detection and prevention of diseases
- Vaccinations and their role in maintaining good health

Session 8: Managing Menopause (3 hours)

- Understanding the menopausal transition
- Symptoms and management strategies
- Importance of hormone replacement therapy
- Lifestyle changes for managing menopause

Session 9: Women's Health and Environment (3 hours)

- Impact of environmental factors on women's health
- Common environmental hazards and their effects
- Tips for creating a healthy and safe living environment
- Sustainable practices for better health

Session 10: Self-Care and Empowerment (3 hours)

- Importance of self-care for women's health
- Strategies for self-care in daily life
- Building self-esteem and confidence
- Resources for seeking help and support



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Faculty of Home Science
Department of Health & Nutrition
 Session: 2022-23
 Semester: III, V

Student Attendance Sheet
Workshop

12/12/2022

Name of Activity: Health awareness for students.

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1)	Pramila Vishwanath Naik	P.V.N	P.V.N	P.V.N	P.V.N	P.V.N	P.V.N
2)	Tineshwari P. Gadutam	TPG	TPG	TPG	TPG	TPG	TPG
3)	Geeta M. Anshusuke	gema	gema	gema	gema	gema	gema
4)	Amrita Raju Gharsat	A.R.G	A.R.G	A.R.G	A.R.G	A.R.G	A.R.G
5)	Varsha G. Zalka	V.G.2	V.G.2	V.G.2	V.G.2	V.G.2	V.G.2
6)	Shybangi Jayendra Meshram	S.J.M	S.J.M	S.J.M	S.J.M	S.J.M	S.J.M
7)	Karishma Gejjan Meshram	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M
8)	Udwashi T. Naik	U.T.N	U.T.N	U.T.N	U.T.N	U.T.N	U.T.N
9)	Nithita M. Ghutke	N.M.G	N.M.G	N.M.G	N.M.G	N.M.G	N.M.G
10)	Manisha Uman Raut	M.U.R	M.U.R	M.U.R	M.U.R	M.U.R	M.U.R
11)	Nismala Premal Borkar	N.P.B	N.P.B	N.P.B	N.P.B	N.P.B	N.P.B
12)	Ashwini Vilash Meshram	A.V.M	A.V.M	A.V.M	A.V.M	A.V.M	A.V.M
13)	Durga Sunil Zingare	Dz	Dz	Dz	Dz	Dz	Dz
14)	Bhmeshwari S. Naikam	Bn	Bn	Bn	Bn	Bn	Bn
15)	Kajal Mohanlal Bhoghake	Km	Km	Km	Km	Km	Km
16)	Ankita Anand Kumbhar	A.A.K	A.A.K	A.A.K	A.A.K	A.A.K	A.A.K
17)	Omika Munhar hatzade	OMH	OMH	OMH	OMH	OMH	OMH
18)	Neha Pruthviraj Madavi	NM	NM	NM	NM	NM	NM
19)	Dimple D. Raut	D.R	D.R	D.R	D.R	D.R	D.R
20)	Babita. Gajanan Jambhule	Bee	Bee	Bee	Bee	Bee	Bee
21)	Pratiksha N. Shende	P.S	P.S	P.S	P.S	P.S	P.S

AKASH G. PESHNE

Name of Faculty

AKASH G. PESHNE

Amesh

Head of the Deptt

Rukhama Mahila Mahavidyalaya
 Nawegaon/Bandh

Sajmala
 Jt. Principal

RUKHAMA MAHILAMV
 N/Bandh, p. 11/ Mor. Di. Gondia



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Department of Home Science

Session 2022-23

Semester: III, V

Date: 17th Dec 2022

Report on Awareness of Health for Students

1. Event Title	:	Awareness of Health for Students
2. Event Date	:	12th -17th Dec
3. Event Duration	:	30 hrs
4. Event Venue	:	Rukhama Mahila Mahavidyala, Nawegaon bndh
5. Event Resource Person	:	Dr. S. B. Buddhe
6. Event Coordinator	:	Mr. Akash Peshne
7. Number of participants	:	21
8. Objective	:	The objective of this workshop is to educate and empower students with knowledge and skills related to their health and well-being. It aims to create awareness about various health issues that affect people and provide them with practical tips and strategies to maintain a healthy lifestyle.
9. Outcome	:	Students will be more aware of the diseases and the preventive measures to be taken

Photograph of the Program



Dr. S. B. Buddhe addressing the students on health awareness

B. Buddhe
Off. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor. Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. *Shubhangi J. Meshram*..... student
of B.Sc Home science *2nd*.... year has Participated in 30 hours (12th to 17th Dec. 2022) Certificate
Course on “Awareness about Health”.

We wish her good luck for the future endeavors.

Meshram
HoD

Department of Home Science

Prinwal
Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 07/01/2023

महाविद्यालयीक बी.एससी होमसायन्स
द्वितीय वर्ष, तृतीय वर्ष तसेच शिक्षक आणि
शिक्षकेतर कर्मचारी यांना सुचित करण्यात येत
आहे की दिनांक - 09/01/2023 ते 14/01/2023
पर्यंत महाविद्यालयामध्ये Development and
Sustainable Mapping Techniques वरून
वकशाप ये आयोजन करण्यात येत आहे. तरी
सर्वाने जास्वीत प्रार्थना आहे.

Amish

Head of the Deptt

Dikshana Mahila Manavidyalaya

Nawegaon/Bandh

Sr. No.	Name of Teacher	Class	sig.
1	Akash G Peshne	B.Sc II nd year	<i>Akash</i>
2	M. B. Raut	B.Sc. III rd	<i>Raut</i>
3			



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Syllabus
workshop On Skill Development and Sustainable Draping Techniques

Course Duration: 30 hours

Course Description:

This workshop aims to provide participants with the necessary skills and knowledge in sustainable draping techniques. Participants will learn various draping methods that are eco-friendly and promote sustainability in the fashion industry. The workshop will cover both theoretical and practical aspects, allowing participants to gain hands-on experience in draping sustainable garments.

Learning Objectives:

1. Understand the concept of sustainable fashion and its importance in the current fashion industry.
2. Learn different draping techniques that are environmentally friendly.
3. Develop skills in creating sustainable garments using draping methods.
4. Gain knowledge on fabric selection for sustainable draping.
5. Explore innovative approaches to sustainable design through draping.

Course Outline:

Day 1: Introduction to Sustainable Fashion (5 hours)

- Understanding the concept of sustainability in fashion
- Importance of sustainable practices in the fashion industry
- Exploring eco-friendly materials for garment production

Day 2: Basics of Draping Techniques (4 hours)

- Introduction to basic draping tools and equipment
- Learning different types of fabric manipulation techniques
- Practice basic drapes on dress forms

Day 3: Sustainable Draping Methods (5 hours)

- Introduction to sustainable draping techniques
- Exploring zero-waste pattern cutting methods
- Creating garments using upcycled materials

Day 4: Fabric Selection for Sustainable Drapes (4 hours)

- Understanding different types of eco-friendly fabrics
- Evaluating fabric properties for sustainability
- Hands-on activity: Fabric selection for a sustainable garment

Day 5: Innovative Approaches to Sustainable Design through Draping (4 hours)

- Exploring creative ways to incorporate sustainability into designs through draping techniques
- Experimenting with unconventional materials for sustainable garments
- Group project: Designing a unique, sustainably draped garment

Day 6: Practical Application of Sustainable Drapes (4 hours)

- Applying learned techniques to create a complete garment from start to finish using sustainable practices.
- Troubleshooting common issues during the construction process.

Day 7: Finalizing Sustainable Garments (4 hours)

- Finishing touches on garments created during the workshop.
- Presentation and critique session for participants' final projects.

Resources Required:

1. Dress forms or mannequins for each participant or group.
2. Basic sewing tools (scissors, pins, measuring tape, etc.)
3. Assorted fabrics (including eco-friendly options) for practice and final projects.
4. Reference books or online resources on sustainable fashion and draping techniques.



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Faculty of Home Science
Department of Textile
 Session: 2022-23
 Semester: IV, VI

Student Attendance Sheet

09/01/2023

Workshop

Name of Activity: Skill development and draping technique

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	Pramila Vishwnath Naik	P.V.N	P.V.N	P.V.N	P.V.N	P.V.N	P.V.N
2	Tinashwari P. Gautam	IPG	IPG	IPG	IPG	IPG	IPG
3	Geeta N. Akushusuke	sem	sem	sem	sem	sem	sem
4	Amida Raju Ghosh	ARG	ARG	ARG	ARG	ARG	ARG
5	Varsha G. Zalka	V.G.2	V.G.2	V.G.2	V.G.2	V.G.2	V.G.2
6	Shubangl Jayendra Meshram	SJM	SJM	SJM	SJM	SJM	SJM
7	Karishma Gejjanan Meshram	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M
8	Uvashi T. Naitam	U.T.N	U.T.N	U.T.N	U.T.N	U.T.N	U.T.N
9	Nikita M. Ghutke	N.M.g	N.M.g	N.M.g	N.M.g	N.M.g	N.M.g
10	Manisha Umesh Raut	M.W.R	M.W.R	M.W.R	M.W.R	M.W.R	M.W.R
11	Nirmala Premlal Boshare	N.P.B	N.P.B	N.P.B	N.P.B	N.P.B	N.P.B
12	Ashwini Vilash Meshram	A.V.M	A.V.M	A.V.M	A.V.M	A.V.M	A.V.M
13	Durga Sunil Zingare	Bz	Bz	Bz	Bz	Bz	Bz
14	Rhmeshwari S. Naitam	Bn	Bn	Bn	Bn	Bn	Bn
15	Kajal Mohanlal Bhoghate	Bm	Bm	Bm	Bm	Bm	Bm
16	Ankita Anandraj Kumbhare	A.AK	A.AK	A.AK	A.AK	A.AK	A.AK
17	Omika Manohar hatzade	OMH	OMH	OMH	OMH	OMH	OMH
18	Neha Pauthviraj Maclavi	NM	NM	NM	NM	NM	NM
19	Dimpal D. Raut	D.R	D.R	D.R	D.R	D.R	D.R
20	Rabita Gejjanan Jambhule	Bee	Bee	Bee	Bee	Bee	Bee

Meenal Saut
 Name of Faculty
 Meenal Saut

Amesh
 Head of the Deptt
 Rukhama Mahila Mahavidyalaya
 Nawegaon/Bandh

Sajmal
 Offi. Principal
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 N/Bandh, Gondia



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Department of Home Science

Session 2022-23

Semester: IV, VI

Date: 15th Jan 2023

Report on Skill Development and Sustainable Development

1. Event Title	:	Skill Development And Sustainable Development
2. Event Date	:	9th to 14th Jan.
3. Event Duration	:	30 Hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon bandh
5. Event Resource Person	:	Ms. Komal Shahare, Ms. Meena Raut
6. Event Coordinator	:	Ms. Meena Raut
7. Number of participants	:	20
8. Objective	:	To meet the needs of the present and future generations through sustainable and equitable use of resources, without causing any damage to the environment.
9. Outcome	:	Students will be equipped with the knowledge and attitudes necessary to make informed decisions and take actions that promote sustainable development.


Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

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Department of Home Science

Session 2022-23

Semester: IV, VI

Photographs of the Event



Ms. Komal sahare teaching draping techniques to students



Students learning draping techniques

B. Paul
Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor Di. Gondia.



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. *Kajal M. Borghare*..... student

of B.Sc Home science *3rd* year has Participated in 30 hours (*9th to 14th Jan. 2023*)

Certificate Course on “ **Skill Development and sustainable Draping Techniques** ”.

We wish her good luck for the future endeavors.

Amesham
HoD

Department of Home Science

Sajimale
Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 17/02/2023

महाविद्यालयीन वी.एस्सी
होमसायन्स द्वितीय वर्ष, तृतीय वर्षीय
विद्यार्थिनी तसेच शिक्षक, शिक्षकेत्तर कर्मचारी
यांना सुचित करण्यात येत आहे की दिनांक -
20/02/2023 ते 25/02/2023 पर्यंत महाविद्यालय
Career Counselling या बंदकल वर्कशाप
चे आयोजन करण्यात येणार आहे. तरी
आपली सवायी उपस्थिती प्रायनिय आहे.

Amesh

Sojmal
Offi. Principal

RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor. Di. Gondia

Sr. No.	Name of Teacher	Class	Signature
1.	Meena Raut	2 nd	<i>Meena</i>
2	Chhabu Chone	3 rd	<i>Chone</i>



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Syllabus for workshop On Career Options in Home Science

Duration: 30 hours (10 sessions of 3 hours each)

Objective:

The objective of this workshop is to provide comprehensive career counseling guidance to the students of Women's Home Science, enabling them to make informed decisions about their future career paths. The workshop will focus on exploring various career options, developing essential skills, and providing practical tools for successful career planning.

Session 1: Introduction to Career Counseling (3 hours)

- Understanding the importance of career counseling
- Identifying personal interests, values, and strengths
- Introduction to different career paths related to home science

Session 2: Exploring Career Options in Home Science (3 hours)

- Overview of various specializations within home science
- Guest speakers from different fields sharing their experiences
- Identifying potential job opportunities and growth prospects

Session 3: Developing Essential Skills for Career Success (3 hours)

- Identifying transferable skills and their relevance in different careers
- Enhancing communication and presentation skills
- Time management and organizational skills for professional success

Session 4: Resume Writing and Interview Skills (3 hours)

- Crafting an effective resume highlighting relevant skills and experiences
- Preparing for job interviews - mock interview practice
- Tips for successful networking and building professional connections

Session 5: Entrepreneurship Opportunities in Home Science (3 hours)

- Introduction to entrepreneurship as a viable career option
- Identifying business ideas related to home science
- Understanding the basics of starting and managing a business

Session 6: Personal Branding and Online Presence (3 hours)

- Building a personal brand through social media platforms
- Creating an online portfolio or website showcasing skills and achievements
- Utilizing LinkedIn for professional networking

Session 7: Work-Life Balance and Stress Management (3 hours)

- Strategies for maintaining work-life balance in demanding careers
- Recognizing signs of stress and developing coping mechanisms
- Importance of self-care and well-being for career success

Session 8: Professional Development and Continuous Learning (3 hours)

- Identifying opportunities for professional development and growth
- Importance of lifelong learning and acquiring new skills
- Resources for staying updated with industry trends

Session 9: Career Planning and Goal Setting (3 hours)

- Setting short-term and long-term career goals
- Developing a personalized career action plan
- Strategies for overcoming obstacles and staying motivated

Session 10: Panel Discussion and Wrap-up (3 hours)

- Panel discussion with successful professionals from various fields
- Q&A session to address specific queries of participants
- Recap of key learnings from the workshop



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Faculty of Home Science
Department of Extension
Session: 2022-23
Semester: IV,VI

Student Attendance Sheet
Workshop

20/02/2023

Name of Activity: Corees options in home science

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	pramila vishwanath Naik	P.V.N	P.V.N	P.V.N	P.V.N	P.V.N	P.V.N
2	Tineshwari P. Glutam	TPG	TPG	TPG	TPG	TPG	TPG
3	geeta M Ghushasuke	gema	gema	gema	gema	gema	gema
4	Amita Raju gharod	A.R.G	A.R.G	A.R.G	A.R.G	A.R.G	A.R.G
5	Varsha G. Zalka.	V.G.Z	V.G.Z	V.G.Z	V.G.Z	V.G.Z	V.G.Z
6	shrbangl Jayendra meshram	SJM	SJM	SJM	SJM	SJM	SJM
7	karishma gajanan meshram	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M
8	Umeshi T. Naitu	U.T.N	U.T.N	U.T.N	U.T.N	U.T.N	U.T.N
9	Nitika M. ghutke	N.M.G	N.M.G	N.M.G	N.M.G	N.M.G	N.M.G
10	manisha woman Raut	M.W.R	M.W.R	M.W.R	M.W.R	M.W.R	M.W.R
11	Nirmala Pratul Borhase	N.P.B	N.P.B	N.P.B	N.P.B	N.P.B	N.P.B
12	Ashwini Vilas meshram	A.V.M	A.V.M	A.V.M	A.V.M	A.V.M	A.V.M
13	Durga Sunil Zingare	Bz	Bz	Bz	Bz	Bz	Bz
14	Bhumeshwari S. Naitam	Bn	Bn	Bn	Bn	Bn	Bn
15	Kajal mohankal Bhoghabe	Km	Km	Km	Km	Km	Km
16	Ankita Angraj kumbhare	AKK	AKK	AKK	AKK	AKK	AKK
17	Omika Manohar hatzade	OMH	OMH	OMH	OMH	OMH	OMH
18	Neha Pruthviraj Madavi	NM	NM	NM	NM	NM	NM
19	Dimple D. Raut	D.R	D.R	D.R	D.R	D.R	D.R
20	Babita Gayanan Yambhule	B	B	B	B	B	B

AKASH C PESHNE
 Name of Faculty
AKASH C PESHNE

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Head of the Deptt
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 Nawegaon/Bandh

Saimale
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Department of Home Science

Session 2022-23

Semester: IV and VI

Date: 25th Feb 2023

Report on Career Counselling for women's Home Science

1. Event Title	:	Career Counselling workshop for women's Home Science
2. Event Date	:	20 th Feb.- 25 th Feb.
3. Event Duration	:	30 hours
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon/Bandh
5. Event Resource Person	:	Vanmala Hinge, Rita Meshram, Narayan Dumbhare & Ashwini Halmare
6. Event Coordinator	:	Akash Peshne
7. Number of participants	:	20
8. Objective	:	1. The objective of this workshop is to provide comprehensive career counseling guidance to the students of Women's Home Science, enabling them to make informed decisions about their future career paths. 2. The workshop will focus on exploring various career options, developing essential skills, and providing practical tools for successful career planning.
9. Outcome	:	Students were able to gain clarity on career goals, identify job market trends, evaluate one's skills and competencies, gain knowledge about various industries, and explore different career paths.


Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. A/Mor Di. Gondia



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Department of Home Science

Session 2022-23

Semester: IV and VI

Photographs of the Program:



Mr. Narayan Dumbhare addressing the students on Career Counselling



Mrs. Vanmala Hinge addressing the students on Career Counselling

B. Hinge
Off. Principal
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor. Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

Tah- Arjuni/ Mor. Dist- Gondia-441702

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Department of Home Science

Session 2022-23

Semester: IV and VI

Photographs of the Program:



Mrs. Ashwini Halmare addressing the students on Career Counselling



Mrs. Rita Meshram addressing the students on Career Counselling


Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor. Di. Gondia



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYALAYA

NAWEGAON BANDH, Tah- ARJUNI/MOR, DIST- GONDIA 441702

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. *Bhmeshwari S. Naitam*..... student of B.Sc

Home science *.2nd* year has successfully completed 30 hours (20th to 25th Feb. 2023) Certificate

Course on " Career Options in Home Science ".

We wish her good luck for the future endeavors.

Jyeshtha
HoD

Department of Home Science

Sajwal
Principal

Rukhama Mahila Mahavidyalaya N/B