



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

Criterion5-Student Support and Progression (140)

Key Indicator-5.1 Student Support

5.1.2 Capacity Development and Skills Enhancement Activities are Organised For Improving Students' Capability

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- 1. Circular of the program**
- 2. Attendance sheet**
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- 4. Sample of Certificates**


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



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh


Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

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Department of Home Science

Sr. No	Year	Name of the Activity	Date of Activity conducted
1	2018-19	Workshop on Personality Development	06/08/2018 to 10/08/2018
2	2018-19	Workshop on repairing of home appliances	03/09/2018 to 08/09/2018
3	2019-20	Workshop on cake fair	02/07/2019 to 07/07/2019
4	2019-20	Workshop on national nutrition week	23/09/2019 to 28/09/2019
5	2020-21	Workshop on Microsoft office	14/12/2020 to 19/12/2020
6	2021-22	Workshop on fashion designing sponsored by usha shilai machine	20/10/2021 to 28/10/2021
7	2022-23	Workshop on Skills of Language	07/03/2022 to 12/03/2022
8	2022-23	Workshop on yoga practices	16/07/2022
9	2022-23	Workshop on live skill building	18/07/2022 to 23/07/2022
10	2022-23	Workshop on sport event celebration	10/09/2022
11	2022-23	Workshop on creative art	19/09/2022 to 24/09/2022
12	2022-23	Cybersecurity	01/10/2022
13	2022-23	Health Awareness	12/12/2022 to 17/12/2022
14	2022-23	Guidance on Competitive Exam	10/03/2023


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

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 सवाधी उपस्थिती प्रार्थनेय
आहे.



Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

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



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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 Geidhaji Hatwar	P	P	P	A	P
7	Bharti Jaypal Barsagade	P	P	A	P	P
8	Haresh Khajekar Kuppate	P	P	P	A	P
9	Pavai 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 Adarsham 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 Puro Meshram	P	P	P	P	P
17	Vijaya galab Jaut	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	CHHABU Kedare Gahane	P	P	P	A	P
22	Vidya R. Netem	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
RUKHAMA MAHILA MV
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Department of Home Science

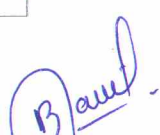
Session 2018-19

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	:	21
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.


Off. Principal
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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
RUKHAMA MAHILA MV
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Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

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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
RUKHAMAMAHILA 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 appl'वाचे वर वकशाप घेण्याचे ठरविले आहे. तरी आपली सर्वाधी उपस्थिती प्राथमिक आहे.

Kmeshram
Head of the Deptt
 Dikhama 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-III rd	<i>Kmeshram</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 madati Gahane	P	A	P	P	P	P
5	Bharti Jayant Barsagade	P	P	P	P	P	P
6	Monika Giridharsi Hatwar	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	Romaj Driptkumar shahare	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 soshare

Amish

Head of the Deptt

Rukhama Mahila Mahavidyalaya
Nawegaon/Bandh

Sajimale
Jr. Principal

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



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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>


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



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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
Off. 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

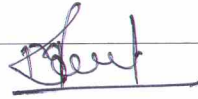
Saimab
Principal

Rukhama Mahila Mahavidyalaya N/B

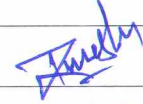
सुचना

दि. 30/11/2019

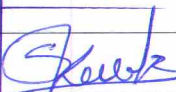
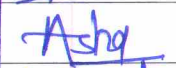
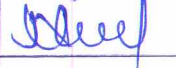
महाविद्यालयातील सर्व विद्यार्थिनीना तसेच शिक्षक आणि शिक्षकेतर कर्मचारी यांना सुचित करणार्थ येत आहे की दिनांक - 02/07/2019 ते 07/07/2019 पर्यंत महाविद्यालयामध्ये एक दिवस बढकल वर्कशाप घेण्याचे ठरविलेले आहे. तरी आपली सर्वांगी उपस्थिती प्राधान्य आहे.



Women cell
incharge



Head of the Deptt
D.ikhama Mahila Manavidyalaya
Nawegaon/Bandh

sr. No	Name of Teacher	Class	sig.
1	Santoshi Katarre	I st ye	
2	Ashadvi Gupta	II nd	
3	Nita Jaishwal	III rd ye	



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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

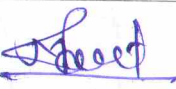
Name of Activity: cake fair for students.

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. Dayare	P	P	P	P	P	P
22.	Tejashri Tapone	P	A	P	P	P	P

Saimdale
Off. 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
23.	Vaishnavi B. lanjeware	P	P	P	P	P	P
24.	Dhaeti C. Yeene	P	P	A	P	P	P
25.	Vidha. B. Kharewade	P	P	P	P	P	P
26.	Anita S. Luthre	P	P	P	P	A	P
27.	Ashwini D. Funne	P	P	P	P	P	P
28.	Shoshana B. Neware	P	P	P	P	P	P
29.	Kumari D. Vikey	P	P	P	A	P	P
30.	Somita. W. Bhoyar.	P	P	P	P	A	P
31.	Damini S. Kodwale.	P	P	P	A	P	P
32.	Durga N. Kohale	P	P	P	P	P	P
33.	Manika K. Mandal.	P	P	P	P	P	P
34.	Sneha D. Sakhare	P	P	P	P	P	A
35.	Pallavi H. Bangare	P	P	P	P	P	P
32	K						


Name of Faculty

Meena R. Rauf



Head of the Deptt
Rukhama Mahila Manavidyalaya
Nawegaon/Bandh


Principal

Principal
RUKHAMA MAHILA MV
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, 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.


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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

B. Prasad
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 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.

[Signature]

HoD

Department of Home Science

[Signature]
Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 21/09/2019
 महाविद्यालयीक सर्व प्रवेशित
 विद्यार्थीनीना तसेच शिक्षक आणि शिक्षकेतर
 कर्मचारी यांना सुचित करण्यात येत आहे
 की दिनांक - 23/09/2019 ते 28/09/2019 पर्यंत
 महाविद्यालयामध्ये National Nutrition Week
 वृद्धल कक्षाप - ये आयोजन करण्यात येत
 आहे. तरी आपली सर्वांगी उपस्थिती प्राधान्य
 आहे.

Rukhama

Head of the Deptt
 Rukhama Mahila Manavidyalaya
 Nawegaon/Bandh

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



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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.	Harsha K. Kavgate	P	P	P	P	P	P
4.	Kornay D. Shohare	P	P	P	P	P	P
5.	Monika G. Matwar	P	A	P	P	P	P
6.	Pragati A. Gredam	P	P	P	P	A	P
7.	Harsha P. Doye	P	P	P	P	P	P
8.	Dipali B. 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 Baramhankar	P	P	P	P	P	P
13.	Rohini Umendra Kasarekar	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.	Purnam 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 MAHILA MV
N/Bandh, Ia. AMor Di. Gondia



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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. <i>Ashadevi Gupta</i>
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, 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, 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.

Harsha P. Doye
HoD

Department of Home Science

Principale
Principal

Rukhama Mahila Mahavidyalaya N/B



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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	Ashkline 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	Pritya K. Nagure	P	A	P	P	P	P
13	Muskan A. Shekh	P	P	P	P	P	P
14	Rahat M. Salyad	P	P	P	P	P	P
15	Sneha H. Mankar	P	P	P	P	P	P
16	Joshina D. Lade	P	P	P	A	P	P
17	Pujal L. Amade	P	P	P	P	A	P
18	Ravina D. Sakhare	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. Walle	P	P	P	P	A	P

Saimpale
Jr. 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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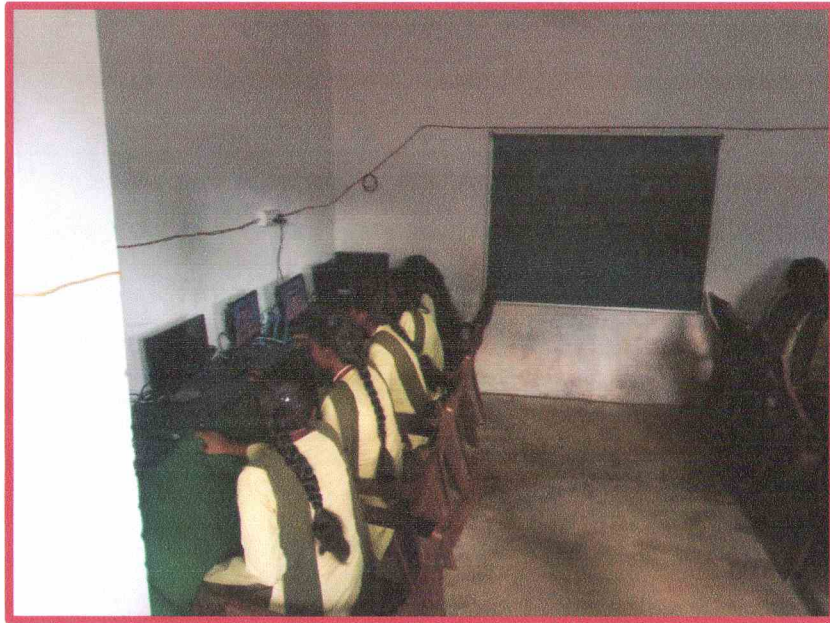
Email ID: Rukhama.nawegaon@gmail.com

Department of Home Science

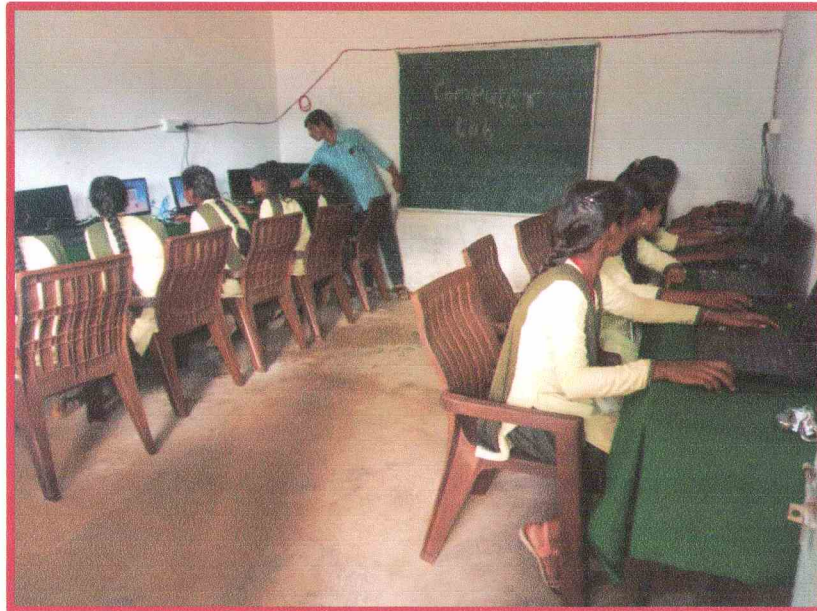
Session 2020-21

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. 19/10/2021

महाविद्यालयतील सर्व प्रवेशित विद्यार्थ्यांनीना तसेच शिक्षक आणि शिक्षकेतर कर्मचारी यांना सूचित करण्यात येत आहे की दिनांक - 20/10/2021 ते 28/10/2021 पर्यंत महाविद्यालयामध्ये Fashion Designingचे इंपॉन्सर्ड by Usha Shilpi Machine बद्दल वकशाप घेण्याचे ठरविलेले आहे. तरी सर्वांनी महाविद्यालयामध्ये उपस्थित राहणे.

Rukhama

Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

Gr. 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

20/10/2022

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. Hozale	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	Preraj N. Chaube	P	P	P	P	P	P	P	P
10	Durga Jayendra wike	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. Muneswar	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	Geeta 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. Borghale	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. Gheret	P	P	P	P	P	P	P	P
37	Babita. G. Jambhale	P	P	P	P	P	P	P	P
38	Nirmala P. Borshare	P	A	A	P	P	P	P	P
39	Umeshi 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	R	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	Medhi J. Kozam	P	P	P	P	P	P	P	P
45	Urwasli. 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	Pritya H. Suryanwasli	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

Saimade

Off. Principal

Principal
RUKHAMA MAHILAMV

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



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

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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

Bhand
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.

Rameshram

HoD

Department of Home Science

Saimale
Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 05/03/2022

महाविद्यालयील सर्व विद्यार्थीनीना तसेच शिक्षक आणि शिक्षकेत्तर कर्मचारी यांना सुचित करण्यात येत आहे की दिनांक - 07/03/2022 ते 12/03/2022 पर्यंत महाविद्यालयामध्ये उच्च वरळ Language बदल वकशाप घेण्याच्या ठरविण्यात आलेले आहे. तरी आपली उपस्थिती प्राथमिक आहे.

Rameshram

Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

Sl. No	Name of Teacher	class	Signature
1.	Meena Raut	1st	<i>Meena Raut</i>
2	Komal Shahare	2nd	<i>Komal</i>
3	Ashadevi Gupta	3rd	<i>Ashadevi</i>



Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
Rukhama Mahila Mahavidyalaya Nawegaon/

h

Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

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. Nodule	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	Snelia 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. Gote.	P	P	P	A	P	P
30	Bhmeshwar G. 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	Amitee 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	Vaisha G. Zake	P	P	A	P	A	P
38	Anjana N. Padoti	P	P	P	P	P	P
39	Urushi T. Naitam	P	P	P	P	P	P
40	Puja A. Bhogare	P	A	P	P	A	P
41	Babita G. Jambhule.	P	P	P	P	P	P
42	Meeta J. Koram	P	P	P	P	P	P
43	Jhimala P. Boshare	P	P	P	P	A	P
44	Karuna H. Waghare	P	P	P	P	P	P
45	Nikita M. Ghutke	P	P	P	P	P	P
46	Ammini N. Kumbhade	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	Homeshwasi V. Manelle	A	P	P	P	P	P
50	Gavita A. Jugnanake	A	P	A	P	P	P
51	Shubhangi J. Meshram	A	P	P	P	P	P

Komal Sahare

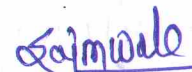

Name of Faculty

Komal Sahare



Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawangan/Bandh



Offi. Principal

RUKHAMA MAHILAMV
N/Bandh, 1a, A/Mor Di, Gondia



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Department of Home Science


Session 2021-22

Semester: IV and V1

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
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Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

Department of Home Science

Session 2021-22

Semester: IV and VI

Photograph of the Program



Mr. Tirupati Meshram addressing the students on Skills of language

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. ..*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.

HoD

Department of Home Science

Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. 14/07/2022

महाविद्यालयातील वी.यू.सी. होम. प्रथम वर्षातील लसेच शिक्षक आणि शिक्षकेतर कर्मचारी यांना सुविधेस करण्यात येत आहे की दिनांक 16/07/2022 ला महाविद्यालयामध्ये योगा-सन, पॅकशाप (योग प्रॅक्टिस Workshop) चे आयोजन करण्यात येत आहे तरी आपली सर्वांची उपस्थिती प्रार्थनिय आहे.



Head of the Deptt
Dukhama Mahila Manavidyalaya
Nawegaon/Bandh

Sr. No	Name of Teacher	class	Signature
1	Komol shahane	B.Sc - 1 st	(Kshahane)

Kukhama Mahila Mahavidyalaya, Nawegaon Bandh
Yogo practice workshop

16/07/2022

Sr.No.	Name of student	Signature
1	Soraya P. Dongare	S.P.D
2	Nutan N. Kotete	N Kotete
3	Shilal A. Madawi	shilal madawi
4	Yamina. M. Mungulmare	yaminial
5	yshodhara. D. Kargate.	Kargate.
6	Nikita. H. Wauke	N. H. Wauke
7	Prabhut B. Sbi	P-B. Sbi
8	Keena M. Mauje	K.M. mauje
9	sharda. T. Nagarikar	S.T. Nagarikar
10	vithabai S. madawi	vithabai
11	shubhangi N. malkar	S.N. malkar
12	savita N. Casunte	Savita
13	Nunita D. Zoole	N. D. Zoole
14	vaishnavi D. Sayam	V. D. Sayam
15	Payal. D. Gabhame	P.D. Gabhame
16	yemutai P. Waghade	y.p. Waghade.
17	Shital. M. Gredam	S.M. Gredam
18	Swati K. Meshram	S.K. Meshram
19	Ruchita P. Puzam	R.P. Puzam
20	Usha R. Tarani	Usha. R. Tarani
21	Neha D. madavi	Neha.
22	vaishali P. Bahamankare	vaishy
23	Nikita S. Tembhurne	N.S. Tembhurne
24	Prajakta S. Kargate	Prajakta
25	Rina. M. Kumbhede	R. M. Kumbhede
26	Sandhya. N. Kokode	S.N. Kokode.
27	Suviata N. Lasunte	S.N. Lasunte
28	Kajal. G. Meshram	K. G. Meshram
29	Pallavi T. Raut	P. T. Raut
30	Prati. D. shende	Prati
31	kalyani C. tanje	kalyani C. tanje.

So. No.	Name of student	signature
33	Nogeshwati M. Sanyal	Nogeshwati
34	Kajal A. Agrawal	<u>Kajal</u>
35	Amita Raju GHARAT	A.R. GHARAT
36	Dimpal D. Raut	<u>D.Raut</u>
37	Reenu M. Mautje	<u>Reenu</u>
38	Pratiksha A. Neware	P.A. Neware
39	Durga S. Zingare	D.S Zingare
40	Kajal. M. Borghare	K.M. Borghare
41	saasha G. Zalke	S.G zalke
42	Nikita . m. Ghatke	Nikita
43	Phanjali J. meshram	P.J. meshram
44	Karishma G. meshram	<u>K.Gee</u>
45	Aswini vicar meshram	<u>A.V. meshram</u>
46	Dipali V. Purshore	<u>Dipali V. Purshore</u>
47	Jyoti . K. Bharade	J.K. Bharade
48	Pritya A. Godele	Pritya A. Godele
49	Ravina M. Boddole	<u>Ravina B.</u>

K. Shaban

Prashant K. Shaban

Shreshth

Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawangan/Bandh

Sajinade

Offi. Principal

RUKHAMA MAHILAMV
N/Bandh, Ja. A/Mor. Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

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Department of Home Science


Session 2022-23

Semester: I

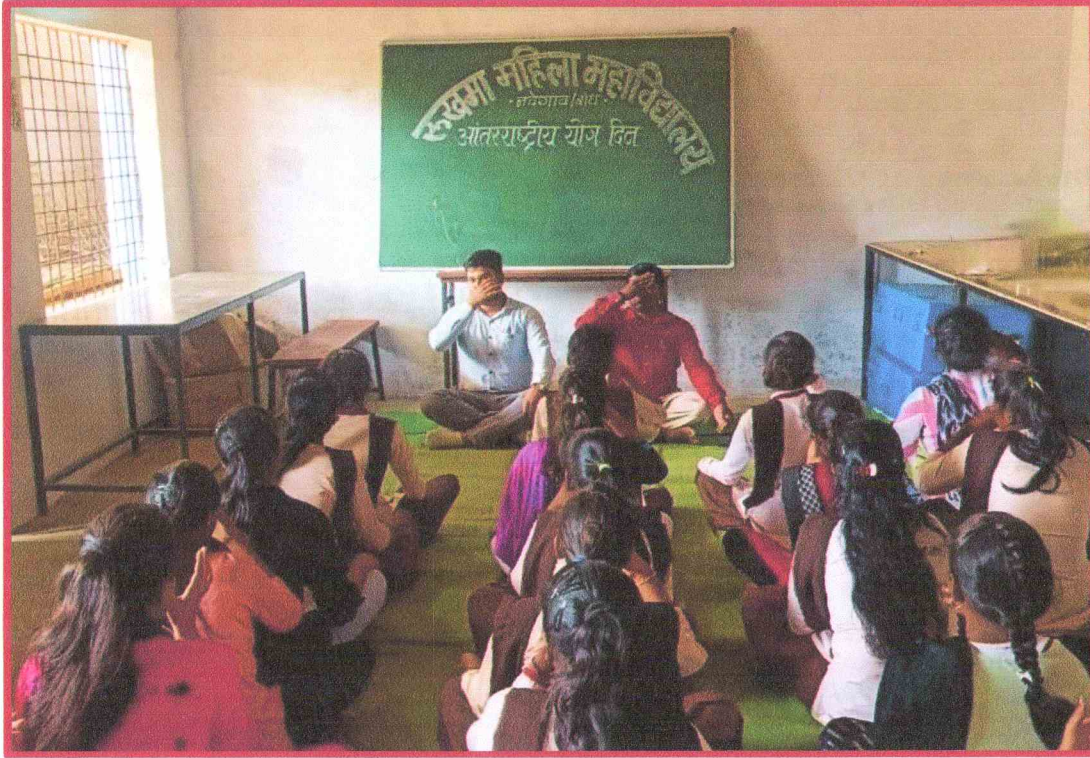
Date: 16 July 2022

Report on Yoga Fitness Workshop


1. Event Title	:	Yoga Fitness Workshop
2. Event Date	:	16 July 2022
3. Event Duration	:	1 Day
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon Bandh
5. Event Resource Person	:	
6. Event Coordinator	:	Mr. Prashant Sahare
7. Number of participants	:	49
8. Objective	:	To attain a higher level of consciousness. To practice mental hygiene. To enable the students to have good health. To possess emotional stability. To integrate moral activities. To integrate spiritual ability. To increases concentration and self-control. To increase productivity in life.
9. Outcome	:	Regular yoga practice creates mental clarity and calmness


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

Photograph of the Event



Mr. Prashant Sahare teaching Yoga practices to the students in Yoga fitness workshop


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

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 प्राधान्य
आहे.

Amelia

Head of the Deptt

Dukhama Mahila Manavidyalaya
Nawegaon/Randh

Sl. No	Name of Teacher	Class	Signature
1	Monika Hatwar	B.Sc - II nd	<i>M Hatwar</i>
2	M.R. Patel	B.Sc - III rd	<i>Patel</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 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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Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh
Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

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 buidling

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. ghughusuke	gmg	gmg	gmg	gmg	gmg	gmg
4	Amrita Raju gherbaf	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	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M
8	Urwashi 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 Preetal 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	kaljal mohanal Bhioghabe	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

Monika Hatwar
Name of Faculty

Monika Hatwar

Amesh

Head of the Deptt

Rukhama Mahila Mahavidyalaya
Nawegaon/Bandh

Sejmal
Offi. Principal
RUKHAMA MAHILAMV
Principal
N/Bandh, Ta. Ambr. 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 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	:	23
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.

Ameshram

HoD

Department of Home Science

Saimale

Principal

Rukhama Mahila Mahavidyalaya N/B

सूचना

दि. 08/09/2022

महाविद्यालयील सर्व विद्यार्थीनीं
ससेय शिक्षक आणि शिक्षकेतर कर्मचारी यांना
सुचित करमात येत आहे की दिनांक-10/09/2022
ला महाविद्यालयामध्ये ११:०० मध्ये सुरु होईल
यावेळी वकिल वकिलापुत्रे यांच्या
करण्याचे ठरविले आहे. तरी आपली सर्वांशी
उपस्थिती प्राधान्य आहे.

(Signature)

Head of the Deptt

Dikshama Mahila Manavidyalaya
Nawegaon/Bandh

Sr No	Name of Teacher	class	Signature
1.	M. R. Raut	I st	<i>(Signature)</i>
2.	Monika Hatwar	II nd	M. Hatwar
3.	Komal shahre	III rd	R. shahre

Rukhama Mahila Mahavidyalaya, Nawegaon Bandh,

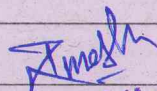
sports event celebration

10/09/2022

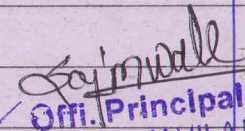
Sl.No.	Name of students	signature
1	Ruchita P. Puroam	R.P. Puroam
2	Neha D. madawi	Neha
3	yamina. M. mungulmare	yamina
4	Pallavi T. Raut	P.T. Raut
5	Nikita. H. Walke	N.H. Walke
6	Rina. - M Kumbhaje	R. M Kumbhaje
7	Nutan N. korete	N.Korete
8	Nikita M. Madaskolhe	M.M. madaskolhe
9	sharda T. Nagarkar	S.T Nagarkar
10	Soraya P. Dongare	S.P.D
11	Shubhangi N. malikam	S.N. malikam
12	N. Shital A. Madawi	Shital madawi
13	Venita D. Zode	V.D. Zode
14	yshodhara. D. kaggate	Y.D. kaggate
15	Payal. D. Gabame	P.D. Gabame
16	Prabhat B. sbil	P.B. Sbil
17	Shital M. Gadam	S.M. Gadam
18	Savita N. Casunte	Savita
19	Reena M. mauje	R.M. mauje.
20	vithabai S madawi	vithabai
21	Vaishnavi D. Sayam	V. D. Sayam
22	Jemadai - P. waghade.	J.P. waghade



G.K. GAHANE



Head of the Deptt
Rukhama Mahila Mahavidyalaya
Nawegaon/Bandh



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



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Department of Home Science

Session 2022-23

Semester: I, III, V

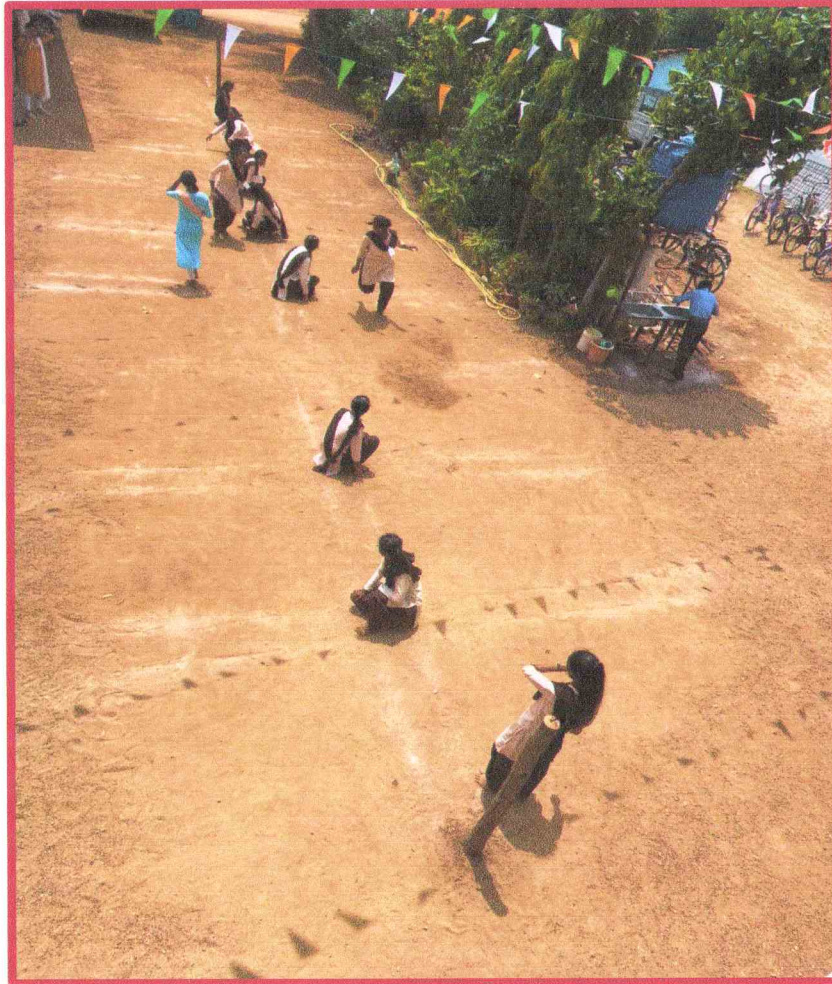
Date: 10 Sept. 2022

Report on Sport Activity

1. Event Title	:	Sport Activity
2. Event Date	:	10 September 2022
3. Event Duration	:	1 Day
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon Bandh
5. Event Resource Person	:	
6. Event Coordinator	:	Ms. Chabbu Gahane
7. Number of participants	:	22
8. Objective	:	<ul style="list-style-type: none">To teach the basic skills of each particular sport.To foster a healthy interaction with teammates.To engender the essence of fair play.To encourage the total support of faculty, students, and parents.To foster an appreciation of the value of winning, losing, and their related consequences.
9. Outcome	:	Keep Participants positive, fresh, energetic and go a long way in making them more productive.


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

Photograph of the Event



Students playing Kho-kho in sports event celebration at RMM, Nawegaon bandh

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

शुधना

दि. 23/09/2022

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

Amesh

Head of the Deptt

Pukhama Mehra Manavidyalaya
Nawgaon/Bandh

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



Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
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Tah- Arjuni/ Mor. Dist- Gondia-441702

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Email ID: Rukhama.nawegaon@gmail.com

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

19/09/2022

Workshop

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. Shughusuke	Gema	Gema	Gema	Gema	Gema	Gema
4	Amida Raju Ghosast	A.Rg	A.Rg	A.Rg	A.Rg	A.Rg	A.Rg
5	Vansha 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 Gejjanand Meshram	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M	K.G.M
8	Uxwari T. Naita	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. Naitam	Bn	Bn	Bn	Bn	Bn	Bn
15	Kajal Mohanlal Bhoghate	Km	Km	Km	Km	Km	Km
16	Ankita Anraj Kumbhare	A.A.K	A.A.K	A.A.K	A.A.K	A.A.K	A.A.K
17	Omika Manohar Hutzade	OMH	OMH	OMH	OMH	OMH	OMH
18	Neha Pruthivisaj 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	PJB	PJB	PJB	PJB	PJB	PJB
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.Siyer A. Sodele	P.S	P.S	P.S	P.S	P.S	P.S

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	P.W.	P.W.	P.W.	P.W.	P.W.	P.W.
35	Prabhati B. Shil	P.B.S.	P.B.S.	P.B.S.	P.B.S.	P.B.S.	P.B.S.
36	piyanka D. Dumbare	Piyanka	Piyanka	Piyanka	Piyanka	Piyanka	Piyanka
37	Priyanka D. Muduki	P.D.	P.D.	P.D.	P.D.	P.D.	P.D.
38	Pratiksha S. Kapgate	P.S.K	P.S.K	P.S.K	P.S.K	P.S.K	P.S.K
39	Pallavi T. Raut	P.T.R	P.T.R	P.T.R	P.T.R	P.T.R	P.T.R
40	pallavi D. Sakhare	P.D.S	P.D.S	P.D.S	P.D.S	P.D.S	P.D.S
41	Nutan N. Kaseti	N.Kaseti	N.Kaseti	N.Kaseti	N.Kaseti	N.Kaseti	N.Kaseti
42	Nikita H. Walke	N.H.W	N.H.W	N.H.W	N.H.W	N.H.W	N.H.W
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	R.P.	R.P.	R.P.	R.P.	R.P.	R.P.

Meena S. Raut
Name of Faculty
Meena S. Raut

Amesh
Head of the Deptt
Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

3ojmale
Off. Principal
RUKHAMA MAHILA MV
Principal
N/Bandh, Ia. AMor. Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

Tah- Arjuni/ Mor. Dist- Gondia-441702

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Email ID: Rukhama.nawegaon@gmail.com

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	:	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
9.	Outcome	:	Engage in exploration and imaginative play with materials. Through experimentation, build skills in various media and approaches to art making.


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



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

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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. 30/09/2022

महाविद्यालयातील की-रस्सी
होमसायन्स विलीय वर्ष, तृतीय वर्ष तसेच
शिक्षक आणि शिक्षकेतर कर्मचारी यांना खुशिल
करव्याल येत आहे की दिनांक - 01/10/2022
ला Cyber Security सेमिनार ठेवण्याचे
ठरविले आहे. तरी आपली सर्वाची उपस्थिती
प्राप्तिय आहे.

Anesh

Head of the Deptt

B. Khama Mehta Manavidyalaya
Nawegaon/Randh

क्र. No	Name of Teacher	Class	Signature
1.	Ms. Raveed	B.Sc. III rd	<i>Raveed</i>
2.	Chhabu Gahane	B.Sc. - II nd	<i>Chhabu</i>



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Email ID: Rukhama.nawegaon@gmail.com

Faculty of Home Science
Department of Physics
Session: 2022-23
Semester: III, V

Student Attendance Sheet

01/10/2022

Name of Activity: Seminar on cyber security

Sr.No.	Participant Name	Signature
1	AB SALAAM S. ANJAUM	Anjaum
2	Babita Gajanan jumbhule	Babibhule
3	Varsha G. Zalke	Zalke
4	Shubhangi Jayendra meshram	Shm
5	Manisha Inaman Raut	M.Raut
6	Geeta M. Ghughuskar	Geeta
7	Dimple J. Raut	D.Raut
8	Urwashi T. Naitam	U. T. Naitam
9	Dikha G. Gotehode	D.G
10	Chhaya S. Meshram	Chhaya
11	Pramila Vishwanath naik	Pratik
12	Nikita Mahesh ghutke	N. Ghutke
13	Karishma Gajanan meshram	Karishma
14	Ashwini Vilash meshram	A. Meshram
15	Asha R. Lade	A. R. Lade
16	Bhumeshwari S. Naitam	B. Naitam
17	Neha Dharmesh Kumbhar	N. Kumbhar
18	Nirmala Premal Borhade	N. B.
19	Tinashwari Pushpraj Gautam	T. Gautam
20	Ankita Anraj Kumbhारे	A. Kumbhारे
21	Durga Sunil Zingare	D. S. Zingare
22	Omika Manohar hatzade	O. M.
23	Amrita Raju Ghareat	A. R. Ghareat

Bahare
Prashant Bahare

Amith
Head of the Deptt
Rukhama Mahila Mahavidyalaya
Nawegaon/Bandh

Saimale
Offi. Principal
RUKHAMA MAHILA MV
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 2022-23

Semester: III, V

Date: 01st Oct 2022

Report on Workshop Cyber Security

1. Event Title	:	Workshop Cyber Security
2. Event Date	:	01 st Oct
3. Event Duration	:	1 day
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon bandh
5. Event Resource Person	:	Mr. Akash Waghade (Traffic police N/B)
6. Event Coordinator	:	Mr. Prashant Sahare
7. Number of participants	:	23
8. Objective	:	To ensure secure storage, control access and prevent unauthorized processing, transfer, or deletion of data.
9. Outcome	:	Protect and defend computer systems and networks from cyber security attacks.

Photograph of the Event



Mr. Akash Waghade addressing the student's seminar on cyber security


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

सुचना

दि. 10/12/2022

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

Amesh

Head of the Deptt

P.ikhama Mahila Manavidyalaya
Nawegaon/Bandh

Sr. No.	Name of Teacher	Class	Signature
1	Komal Shahre	B.Sc II nd	<i>Komal</i>
2	M.R. Patil	B.Sc III rd	<i>Patil</i>



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Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

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. Anushuk	gema	gema	gema	gema	gema	gema
4)	Amrita Raju Gharsat	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)	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)	Dawashi 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 Bhoghar	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 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. 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 Dept

Rukhama Mahila Mahavidyalaya
 Nawegaon/Bandh

Sajmala
 Jiji Principal

RUKHAMA MAHILAMV
 N/Bandh, P. A. Mor. Di. Gondia



Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

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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


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. *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

Joimala
Principal

Rukhama Mahila Mahavidyalaya N/B

सुचना

दि. ०९/०३/२०२३

महाविद्यालयालील बी.एस्.सी. होमसायन्स द्वितीय वर्ष, तृतीय वर्षाच्या विद्यार्थी तसेच शिक्षक, शिक्षकेतर कर्मचारी यांना सुचविण्यात येत आहे की दिनांक - १०/०३/२०२३ ला महाविद्यालयामध्ये COACHES OF GUIDANCE OR COMPETITIVE EXAM बद्दल सेमिनारचे आयोजन करण्यात येत आहे. तरी सर्वांनी सेमिनारला उपस्थित राहणे.

Jyeshth

Head of the Deptt

Rukhama Mahila Manavidyalaya
Nawegaon/Bandh

Singale

Off. Principal

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

Sl. No.	Name of Teacher	Class	Signature
1.	Meena Sawd	3rd	<i>[Signature]</i>
2.	Komal Shahare	2nd	<i>[Signature]</i>



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

Student Attendance Sheet

Date: 10/03/2023

Seminar

Name of Activity: Guidance on competitive exams

Sr. No.	Participant Name	Signature
1	Nikita mahesh ghutke	N Ghutke
2	Ankita Anandaj kumbhारे	AKumkare
3	Urushi T Naitam	U.T. Naitam
4	shrbhany Jayendra meshram	Sm
5	Omika Manohar hatzade	Om
6	Manisha Indaman Raut	M Raut
7	Diksha L. Gudekade	D.g
8	Nirmala Premal Borkare	N.B.
9	Chhaya S. Meshram	Chhaya
10	Amita Raju gharat	A. R. Gharat
11	AB SALAM S. ANJUM	Anjum
12	Karishma Gajanan meshram	Karishma
13	geeta m. gughusekar	geeta
14	Tinashwari Pushraj Gautam	T Gautam
15	Babita Ganwan jimbhule	Bimbhule
16	Varsha G. Zalke	Zalke
17	Ashwini vilash meshram	A Meshram
18	Durga sunil zingare	D.S zingare
19	Bhmeshwari S. naitam	Naitam
20	Kajal Mohanlal Borkare	K.M. Borkare
21	Pramila Vishwanath Naik	P Naik
22	Neha Preraj Kharbure	Neha
23	Dimpal D. Raut	D Raut

Behore

Name of Faculty

Prashant sahare

Prashant Sahare

Head of the Deptt

Rukhama Mahila Mahavidyalaya
Nawegaon/Bandh

Simale
Offil Principal

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



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Department of Home Science

Session 2022-23

Semester: IV and V1

Date: 10th March 2023

Report on Guidance on Competitive Exams Preparation

1. Event Title	:	Guidance on Competitive Exams Preparation
2. Event Date	:	10 th March
3. Event Duration	:	1 day
4. Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon/Bandh
5. Event Resource Person	:	Mr. Prashant Sahare, Mr. Kashinath Sarathe & Mr. Pravin Tirpude
6. Event Coordinator	:	Mr. Prashant Sahare
7. Number of participants	:	23
8. Objective	:	<ol style="list-style-type: none">1. Understand the importance of competitive exams in career development.2. Identify different types of competitive exams and their respective syllabi.3. Develop effective study techniques and strategies for exam preparation.4. Enhance time management skills to optimize study schedules.5. Improve problem-solving abilities through practice exercises.6. Build confidence in facing competitive exams through mock tests and simulations.7. Learn stress management techniques to handle exam pressure effectively.
9. Outcome	:	Student will be confident and develop right attitude to acquire knowledge and soft skills in terms of career planning, Goal setting and enhance their communication.


Off. 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. Prashant Sahare addressing the students on Competitive Exams



Mr. Kashinath Sarathe addressing the students on Competitive Exams


Off. 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 and V1

Photographs of the Program



Mr. Kashinath Sarathe addressing the students on Competitive Exams

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