

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

5.1.3 Percentage of students benefitted by guidance for competitive examinations and career counseling offered by the Institution

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

Page No.: Date: व्यक्ति। 16 - 09/03/2023 महाविद्यालयातील की राश्सी ब्दिलीय वर्षे, त्रलीय शिक्षक, शिक्षकेलार कर्मधारी यांना स्क्रिय येल आहे की दिनांक -10/03/2023 मलाविद्याल याम्य course of Guidance competitive Exam बढढल रनेमिनारचे आयो यत आहे तरी सवीकी Head of the Deptt RUKHAMA MAHILA MV Dukhama Mahila Manavidvalaya N/Bandh, Ia. A/Mor. Di. Gondia Nawegaon/Randh Name of Teacher Class Meena Round komal shahare and



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 English

Session: 2022-23 Semester: IV,VI

Student Attendance Sheet

Date: 10/03/2023

Seminar

Name of Activity: Guidance on competitive exoms

Sr. No.	Participant Name	Signature
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3	Urwashi T Neistan	V.T. Naitam
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Name of Faculty

Head of the Deptt

Prashant sahare Nawegaon/Bandh

RUKHA Principal LA MV N/Bandh, Ia. A/Mor Di. Gondia



Tah- Arjuni/ Mor. Dist- Gondia-441702

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

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	:	 Understand the importance of competitive exams in career development. Identify different types of competitive exams and their respective syllabi. Develop effective study techniques and strategies for exam preparation. Enhance time management skills to optimize study schedules. Improve problem-solving abilities through practice exercises. Build confidence in facing competitive exams through mock tests and simulations. 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.

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



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Email ID: Rukhama.nawegaon@gmail.com

Department of Home Science Session 2022-23

Semester: IV and V1

Photographs of the Program



Mr. Prashant Sahare addressing the students on Competitive Exams



Mr. Kashinath Sarathe addressing the students on Competitive Exams

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



Tah- Arjuni/ Mor. Dist- Gondia-441702

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Department of Home Science Session 2022-23

Semester: IV andV1

Photographs of the Program



Mr. Kashinath Sarathe addressing the students on Competitive Exams

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



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 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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Email ID: Rukhama.nawegaon@gmail.com

Faculty of Home Science Department of Extension

Session: 2022-23 Semester: IV,VI

Student Attendance Sheet

20102/2023

Workshop

Name of Activity: Coreex options in home science

Sr.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
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Name of Faculty
AKASH Ca PEIMNE

Head of the Deptt
Pikhama Mahila Manavidvalava
Naweuson-Bandh

RUKHAMA MAHILA MV N/Banah, 18. Anno Bi, Go

Tah- Arjuni/ Mor. Dist- Gondia-441702

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

Department of Home Science Session 2022-23

Semester: IV and V1

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	The objective of this workshop is to prove comprehensive career counseling guidance to students of Women's Home Science, enabling the to make informed decisions about their future care paths. The workshop will focus on exploring varie career options, developing essential skills, a providing practical tools for successful care planning.				
9.	Outcome	Students were able to gain clarity on career go identify job market trends, evaluat one's skills competencies, gain knowledge about vari industries, and explore different career paths.				

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

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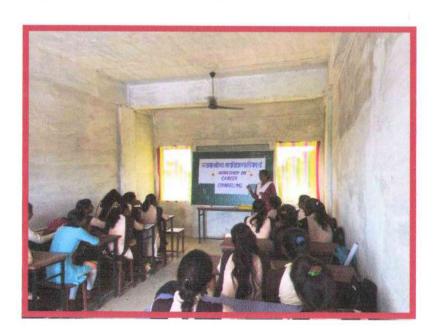
Website: www.rukhamamahilamv.com Email ID: Rukhama.nawegaon@gmail.com

Department of Home Science Session 2022-23 Semester: IV andV1

Photographs of the Program:



Mr. Narayan Dumbhare addressing the students on Career Counselling



Mrs. Vanmala Hinge addressing the students on Career Counselling

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Tah- Arjuni/ Mor. Dist- Gondia-441702

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

Department of Home Science Session 2022-23

Semester: IV and V1

Photographs of the Program:



Mrs. Ashwini Halmare addressing the students on Career Counselling



Mrs. Rita Meshram addressing the students on Career Counselling

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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. Bhumeshwari S. Naitam student of B.Sc

Home science . 2... 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.

HoD HoD

Department of Home Science

Principal Principal

Rukhama Mahila Mahavidyalaya N/B

न्युशनगा

महाविद्यालयातील वी रएरमी होमसायूट्य दिनीय वर्ष व स्तीय वर्षातील विद्यार्थीनी तर्तेष बिह्मक आठि शिक्षकेलर कर्मथारी यांना रक्षियत करव्यात येत आहे की हिनांक-18/07/2022 ते 23/07/2022 पर्यत् महाविद्यालयामध्ये Live skill bulding बढ्ढल वक्शाप ये आयोजन करव्यात येत आहे. तरी आपकी स्विची उपार्थिती प्रायिनिय

Linesh

Head of the Deptt

Dukhama Mahila Manavidvalaya Nawegaon/Randh

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1 16	8.SC. 111	M.B. Rouet	2.



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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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 building

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Name of Faculty
Monika Hatwar

Head of the Deptt

Prikhama Mahila Manavidvalava
Nawegaon/Bandh

RUKHAMA MAHILAMV N/Bandh Principal Di. Goods



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	: 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.

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. Urwashi T. Naitam student of

B.Sc Home science 2.... 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.

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HoD

Principal Principal

Department of Home Science

Rukhama Mahila Mahavidyalaya N/B

Page No.:	VOUVA
Date:	Aggan

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महाविद्यालगातील की र्यस्की होमसायल्य प्रमम वर्णातील विधायीं निस्तेय शिक्षक आणि शिक्षकेल्य कर्मयारी यांना स्तुयिल, करण्यात्न येघ आहे की दिनांक - 19/09/2022 ते दिनांक - 24/09/2022 पर्यत् संख्यात्याम्ह्ये ८ त्रथ्यां प्रथित में कि उत्तर्धियो बढदल वर्षशाप् यो आयोजन करण्यात्न येघ आहे . तरी आपली स्तविद्यी उपार्श्यिती प्रार्थनिय उनाहे .

Linesh

Head of the Deptt

Pukhama Mahila Manavidvalava Nawegaon/Bandh

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Website: www.rukhamamahilamv.com 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



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: I

Student Attendance Sheet

19/09/2022

Workshop

Name of Activity: Creative Ort Workshop.

Sr., No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
27	Promila vishwanath Naik Tineshwaxi P. Glaytam	P.V.N TPG	PUN	PVN	P. V.N	P.V.N	PVN
3)	geeta M. ghughusuke,	gens.	gema	Seme)	Sem 9	Jeng	gens
25	Amida Reelle Shorast	A.R.9	A.R.9	A.R.9	Air.9	A.R.g.	AB9
5)	Varsha G. Zalka	V.G.2	V.C.2	V.G.2	v.00.5	V.8.2	V.6,2.
6)	Shubanal Jayenday medycar	SIM	SIM	S.JM	SUM	5.1M	5.1.M
47	Keisistra gajanan mesharan	K.GI.M.		(KG.M)	WIM	KAM	K.G.M
. 87	Drivas M. T. Naita	UTN	DIN	UTN	UTN	VTN	UTN
9)	Nitika mahesh Shutke	H.mg.	M.M.G.	N.M.G	MMA	N.M.G	N.M.G
70	manisha waman Rout	mul	m.w.R	mound	m-wA	M-wood	M-w. R
11]	Nixmula Premid Boxhare	N.P.B	N.PB	NPA	N.P.B	NPB	N.P.B
12	A shuini Vilash meshoun	A.V.m	A.V.m	A.V.	ANM	A.Von	A.V.m
131	Durga Sunil Zingase	Bz	BZ	BZ	B	Bz	Dz
121	Bhymeshwari S. Naitam	\$ n	5 n	Son	Kn	50	15 n
19	kajal mohanlal Bhoghah	(RM	(Km	(RM	Km	the	BOA
16		ALAM	ACAK	ACAKO	ACAK	AJAK	AME
17	Omita Marphae hatzade	COMP	onne	OMH	CAMH	CMH	COMH
18	Neha Pruthvisai Madavi	DW.	0M	@m	Om	WW.	(n) M
19	Dimpal D. Raut	DR	D.R	D.R	DAR	D.R	D-R
20	Rabita Eaganan Jambhule.	100	SEN	Bus	En.	Bre	RE-
24	Preutiksha N. Shende	(PS	(PS	(PS_	(PS_	(PS	(PS
20		P.C	P.C	p.C	D.C	p.C	D.C
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24		(P3)	PS	PS	PS.	DS .	R)S
25		RAH	RAH	RAH	RAH	RAH	RAH
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27		pica	Pacq	pz	piz	POZ	100
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	(4)						ist.
Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-
28	priyanta p. Konam	b. kenay	p.konon	phorony	D. Corel	PKorcal	P-tora
295	Nikiter. S. Temphyone		ALJ. Tembs		10.7		
30)	Roshika K. Kawadkar						y R-Letrawa
31>	Puia C. Charhare						p. chavane
32>	Pratiksha A. Neware	P.A.N	CA. DI	(P.A.N	P.AN	PAN	PAN
33>	Paval D. Gabbane	(Pd G	(Pder	Pdo	Edu	(Pdo	(Pdo
34)	Porti W. Bolankar	Dan	Pour	Die	Du	Dru	E Ju
355	Peabhati B. Shil	P.B.S.	P.B.S	P.B.S	P. B.S.	P.B.S	P.B.S.
36>	Priyanka . D. Dumbare .	Priyante	payank		priyanto		priyant.
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40]	Palavi D. sakhare	Back	Don't	Deer K	Porto k	Premi	Brogato
41)	Nutan N. Kareti	(Kered	Okasti	Okard	MKezeli	Okazel	Okazed
42)	Nikita H. Walke	amla	Myla	Mula		Why	
43)	Neha D. Madavi	N.D. La	N.D.W	N.D.M	N.D.M	N.D.M	N.D.M
44)	Shubhangi . T Shahaz	S.T.S	S.J.S	S.J.S	S.J.S	5.J.S	S.J.S
45/	Shital M. Gedam	8.M.G	5.M.6	8.M.G	S. M.G	8.MG	5. M.G.
16)	Vaishnavi D. Sayam	Vaish	ovi Paish	hew daish	Baishn	Gaishne	Gaishna
47)	Yeoutai P. Duppade	7. P. W	y. P. a	M. Pia	y. P.a	7. P.W	y. P.w
48)	Vainites @. zode	N.D.Z.	V. D. Z	V.87.2	VA.Z.	N. D. Z.	V.D.Z.
197	vaishali P. Bramhankar		V.P.B		VPP	V.P.B	V.PB
500	Vithabai S. Madavi		Withabai				
51)	Sandhya N. Kokode	Gandhy	Sandhys	Sanahyo	Sarahy	Bandry	Gandhya
52)	Yamina . M. Mungulmase	Yamin	yamip	yamin	Yamin	Yamin	Yermino
537	Shubhangi N Malkan	S.M. Mak	SINTO	EN S. D. MK	SN. MO	8.10.15	ganiya
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56	Swati · k · mesheam	Swati	Swali	Swatz	Sacritic	Sacati	Sawate
57)	Rina M. Kumbhane -	Reench			Rind		Rind
58)	usha R. tovam	Coha		usha		usha	Usha
59)	Ruchika P. Puran	Ream	River	Rem	Quy	Rober	Que
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Name of Faculty
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Head of the Deptt

Dukhama Mahila Manavidvalaya
Nawedaon/Bandh

RUPHACIPALAMV N/Bandh, ra. A/Mor Di. Gondia



Tah- Arjuni/ Mor. Dist- Gondia-441702

Website:www.rukhamamahilamv.com

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	:	19th to 24th Sept.
3.	Event Duration	:	30 hours
4.	Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon Band
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 artmaking - 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 MAHILA MV
N/Bandh, Ia. A/Mor Di. Gondia



Tah- Arjuni/ Mor. Dist- Gondia-441702

Website:www.rukhamamahilamv.com

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

Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, Ia. 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 .1.51. 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.



Principal



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

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

<u>Syllabus</u> 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.



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 Textile

Session: 2022-23 Semester: IV, VI

Student Attendance Sheet

09/01/2023

Workshop

Name of Activity: 5Kill development and draping technique

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
2 3 47 5 61 41 81 91	Pramila vishwnoth raik Tineshwazi P. Glautam geeta M. ahughusuke Amida Raju Cihand Varsha G. Zalka Shvbangl Jayendra meshrem Karishma Giojanan Meshram Varyashi T. Naitam Nikity Mam. ghutke manisha uzuman Raut	ARG SJM R.G.M N.M.9	ARJ- N.G.2 SIM K.G.M U.T.N IN.Mg	TPG ARG SIM KGM N.T.N N.M.g	A.R.J. V.GC. SJM K.G.M. V.I.N. N.M.J	Genson Alg N.G.2 SIM V.T.N N.M.9	AR9 Schin
15 15 15 15 15 15 15 15 15 15 15 15 15 1	Nimala Premial Borhure Ashwini Vilush meshaum Durga Sunil Zingare Bhoghabe Kalal mohanial Bhoghabe Annite Angroaj Kumbhare Omita Munahar hatzade Neha Pruthvirai Madavi Dimpal D. Raul	A.V.m B-Z	N. P.B	N.P.B	N.P.B	NPB	N.P.B A.V.M D. R. AKE OMHD DIR DIR

Name of Faculty
Meenal Court

Head of the Deptt

Pikhama Mahila Manavidvalava
Nawegaon/Bandh

RUKHAMA MAHILA MV N/Bandh, Bringipal Di. Gondie



Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

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, Ia. A/Mor Di. Gondia



Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

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

Offi. Principal
RUKHAMA MAHILA MV
N/Bandh, ia. A/Mor Di. Gondie



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 3.... 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.



Principal Principal

सुरामा

महाविद्याक्र शानी व्यक्त प्रवेशिन महाविद्याक्र भागी शिक्षकेलर कर्मियारी वांना ब्रह्मिन कर्ञ्यान येन आहे. की किंगिक र्यानियामको न्यां क्रिक्षकेलर पर्यान येन आहे. की महाविद्याक्र महाविद्याक्यामको न्यां क्रिक्षकेलर प्रदेशिन कर्ज्यान येन आहे. की महाविद्याक्र स्वाविद्याक्र स्वाविद्याक्ष स्वाविद्याक्य स्वाविद्याक्ष स्वाविद्याक्य स्वाविद्याक्य स्वाविद्याक्ष स्वाविद्य स्वा

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Head of the Deptt

Rukhama Mahila Manavidvalaya Nawegaon/Bandh

6r.		Name of Teacher	class.	Big),	
	Mo.		,	d	
	1.	M.R. Rauf	B. Sc. Ist.	Beef	
	2	Komal sahare	B.&c - 2nd	Rhehore	
	3	Ashederi Capto	B. Sc - 38el	Archy	



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 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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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 Textile Session: 2021-22

Semester: Ţ,Ⅲ,又

Student Attendance Sheet

20/10/2022

Workshop

Name of Activity: Foshion designing sponcered by 4sho shire machine

Sr. No	Participant Name	Day-	Day-	Day-	Day-	Day-	Day-	Day-	Day-
				10	7	J. s. IFO	1015	107	14
1	Chhaya S. Meshram	P	P	P	P	P	A	P	P
2	Shareque A. Abgalan	P P	P	P	P	P	f	P	P
3	Sangana D. Deshmul	7.4	P	P	P	P	P	P	P
4	Babilla. G. Jambhule	P	P	P	P	A	P	P	P
S	Demopol T. Hospile	P	P	P	P	P	P	P	P
6	Durga Sunil Zingase	P	P	P	P	P	P	P	P
7	shushina M. Kamble	P	P	P	P	P	P	P	P
8	Sarna 4. Gote.	P	P	P	P	A	P	P	P
Og	pringa M Chambe	P	P	P	P	P	P	P	8
10	Dusgo Jayandra wilog	P	P	P	P	P	P	P	P
11	Dimpal D. Raut	P	f	r	P	P	P	P	P
12	Valsha G. Zalke	P	P	P	P	P	P	P	P
13	Joshana D. Lade	P	P	P	P	P	P	P	P
14	Keelad M. Bodghave	P	A	8	P	P	P	P	P
15	Karishma a. Meshsan	P	9	P	P	P	P	P	P
16	Neha dharmath many		P	P	P	P	P	P	P
17	Manisha W. Raut	P	P	P	P	P	P	P	P
19	Padma pandbarj kambe	P	P	P	r	P	P	P	P
19	Geefa R. Mysneshwar	P	P	P	P	P	8	P	P
20	SNEHA R. MESHRAM	P	r	P	A	P	P	P	P
21	Omita M. Hatzade	P	P	P	P	P	P	P	P
22	Arati S. Madavi	P	P	P	P	P	P	P	P
23	Rohim' G. Mendhe	P	P	A	P	P	P	P	P

Sr. No	Participant Name	Day-	Day-	Day-	Day-	Day-	Day-	Day-	Day-
24	cheeta M. Chughyskas	P	P	P	P	P	P	P	P
25		p	P	P	P	P	P	P	P
26		P	P	r	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	Ravina D. Sakhuze	P	P	P	P	P	P	P	P
-	Mohini A. Marai	P	P	P	P	P	f	P	P
31	Dipali A Waghamor	e P	P	P	P	P	P	P	P
32	Anjang M. Padoti	P	P	P	P	8	P	P	P
33	Timeshwazip. Galdon	P	P	P	P	A	P	P	P
34	Darshana . B. Newar	P	P	P	P	P	P	A	P
35		P	P	P	P	P	1	9	P
36	Amiter R. Caherret	P	P	P	P	P	P	P	P
37	Babita. 6. Jam offele	P	P	P	P	P	P	P	P
38	Nizmalo P. Boshare	P	A	A	P	P	P	P	P
39	Vewashi T. naitam	P	P	P	P	P	P	P	P
40	Dammi N. kumbhax	P	A	f	A	P	P	P	8
41	-1 1 1	R	P	8	P	P	P	P	P
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	mouti J. Koram	8	P	P	P	P	P	P	P
LES	urwagui. T. Nairan	P	P	P	P	P	P	P	P
	kazuna H. wadgaye	P	ſ	8	1	P	P	P	P
47		P	P	P	P	8	P	P	P
48	Karnita H. Waygaye	A	P	A	8	P	P	P	P
49	11 1 11 11 11	A	P	P	P	P	P	P	P
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Brahare.

Name of Faculty
Komol. D. shahare

Herrigh

Head of the Deptt

Pikhama Mahila Manavidvalaya
Nawegann/Bandh

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



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	:	20th -28th 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	:	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, ia. A/Mor Di. Gondie



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

Photograph of the Event



Mrs. Rachana Gahane addressing students about the fashion designing



Mrs. Rachana Gahane, RMM College staff and Students participation

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 2.... 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.



Principal Principal

Department of Home Science

Rukhama Mahila Mahavidyalaya N/B

Page No.:

Date:

स्पर्धाना

Te-05/03/2022

महाविद्यालय । तील सर्व विद्यार्थी नीना तरमेश शिक्षक आणि शिक्षकेत्तर कर्मशारी यांना स्कृशिन करण्यान येम आहे की विनांक - 07/03/2022 ते 12/03/2022 पर्यत्न मलाविद्यालयामस्य उप्पीर गर्द Language , बद्दल वर्जशाप खण्यास्था करवित्यान आले आहे तरी आपकी उपास्थिती प्राथिनय आहे.

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Head of the Deptt

Rukhama Mahila Manavidvalava Nawedaon/Bandh

Sho	Name of Teacher	class-	819
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2	komal Shahare	2nd	Keps.
3	Ashadevi Gupto	-229	Arcipta
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Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

Rukhama Mahila Mahavidyalaya Nawegaon/

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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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 English Session: 2021-22

Semester: II, IV, & VI

Student Attendance Sheet Workshop

7/03/2022

Name of Activity: SKIIIS of language

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
110.							
1	Arati S. Madavi	P	P	P	P	P	P
2	Karishma in Meshram	P	P	A	P	P	P
3	Volya 11 chambe	P	P	P	P	P	P
4	Prfya H chambe shashing M. Kamble	P	P	P	P	P	P
5	Dampol - T. Hordule.	P	P	P	P	P	P
6	Sanjang D. Deshmutch,	P	P	P	P	P	P
7	Durga sunis zingare.	P	P	P	A	P	P
8	Bobila. Gi. Sombliele	P	r	P	P	A	P
9	Shareque A. Absolom	P	P	P	8	P	P
0)	Vidya G. Zode	P	P	A	P	P	P
11	Dusga Tayandra Ellery	P	P	P	P	P	P
12	Joshana D. Lade	P	P	P	P	P	P
13	Neta D. manker	P	P	P	P	P	P
14	Dimpal D. Rawt	P	P	P	P	P	P
15	ratal M. Borghoe	P	P	P	r	P	P
16	padma pandhorg kamble.	P	P	P	P	P	P
	'weeta' M. Chughuskas	P	P	P	P	P	P
18	Raving O. Sakhare.	P	P	A	P	-r	A
19	Nirmala, P. Borghall	P	P	8	P	P	P
		P	P	A	P	A	P
21	Tipeshwari P. Gialitam	P	P	P	P	P	P
22	Shubhangi L. Dongarwar,	P	P	P	P	P	P
	Omita M. Hatzade	P	A	P	P	A	P
24	Darshana B. Neware.	8	P	P	P	P	P
25	Geeta R. Mymeshwar	P	P	P	P	P	P
-		P	P	P	P	P	P
27	snelia R. meshean	P	A	Simulo	P	A	P

RUKHAMA MAHILA MV 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. Suryanwanshi	P	P	P	P	P	P
29	Supray. Gote.	P	P	P	A	P	P
30	Bhumeshwars S. Nartam.	P	P	A	P	P	P
31	Rohini G. Meudle	P	P	P	A	P	P
32	Dipali A Waghamare	P	P	P	P	P	P
33	Amiter R. Cuherset	P	P	P	P	P	P
34	Vaishingvi N. Pawer	P	P	P	P	P	P
35	Vewashi T. naitam	P	P	P	P	P	P
36	Payal A. Katengle	P	P	P	P	A	P
37	Varisha G. Zake	P	P	A	P	a	P
38	Aniana N. Padati	P	P	P	P	f	P
39	Vrwoglu'. T. Naulan	P	P	P	P	P	P
30	Puja- A. Bhoggree	P	A	P	P	A	P
41	Babita. G. Jambhale.	P	P	P	P	P	P
42	malti J. Koram	P	P	P	P	P	P
43		P	P	P	P	A	P
44		P	P	P	P	P	P
US	1010	P	P	P	P	P	P
46	Dimini N. Kumbhaze	P	P	P	P	P	P
47	Chhaya So Meshram	P.	A	P	P	P	P
48		A	P	A	P	P	P
48		A	P	P	P	P	P
59	Homeshwasi V. Manelle	A	P	P	P	P	P
50		A	P	A	P	P	P
SI	Shubhangi J. Meshram	A	P	P	P	P	P
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Komal sahare

Brafiele Name of Faculty Kornal Sheihar

Head of the Deptt

Nawegaon/Randh

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

Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

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	:	52
8.	Objective	•	 Improve reading comprehension skills through analysis and interpretation of various texts. Enhance writing skills by practicing different writing styles and techniques. Develop effective speaking skills by engaging in discussions, debates, and presentations. Strengthen listening skills through active listening exercises and comprehension activities. Expand vocabulary and improve grammar usage for clearer communication. 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

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

* KNAW ORAND BARRY

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: IV andV1

Photograph of the Program



Mr. Tirupati Meshram addressing the students on Skills of language

RUKHAMA MAHILA MV N/Bandh, Ia. A/Mor. Di. Gondia THE RESERVE THE PROPERTY OF TH

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 3..... 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.

phus pan

HoD

Principal Principal

Department of Home Science

Rukhama Mahila Mahavidyalaya N/B



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

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon a gmail.com

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

box students.

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
1	ASHWINI W. Meshadm.	P	P	P	P	A	r
	DiPawaLio. Meshram	P	P	P	P	P	P
3.	Kalyani V. Mesheam	P	P	P	P	P	P
	Marnta A. Dongaz Wuz	P	P	P	P	P	r
Sh		P	P	P	P	P	A
6)	Padma P. Kamble	P	P	P	A	P	P
4)	Diksha L. Gotefode	P	P	A	P	P	P
8)		P	P	P	P	P	P
91	Khushbubai. R faye	P	P	P	P	P	P.
10	Laxmibai B. BHaRDwa)	P	P	P	P	A	P
11)	0	P	P	A	P	A	P
12)		P	A	P	P	P	P
13	Muskan A Shekh	P	P	P	P	P	P
14)		P	P	P	P	P	P
	Sneha H. Mankar	P	P	P	P	P	P
	Joshand D. Labe	P	P	P	A	P	P
	Pyrad L. Ambade	P	P	P	P	A	P
	Ravina D. Sakhare	P	P	P	P	P	P
	Veushauvi J. Nundeshwer	P	A	P	P	P	P
	Achal M. Hardule.	P	P	A	P	P	P.
-	Damini T. Walke	P	P	P	P	A	P
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RUKHAMA MAHILA MV N/Bandh, ia. A/Mor Di. Gondia

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
	Damping T. Hazdule	P	P	P	P	A	P
	Duega J. vikey	P	A	P	P	P	P
24		P	P	P	P	8	A
25	kajal A. Wikey	P	P	P	P	· P	P
	Neha D. mankar	P	P	P	A	8	P
27	Scinita M. Wikey	P	P	P	P	P	P
28	Vaishnavi T. Joshi	P	P	P	P	P	P
29)	Sapria M. Pardeke	P	P	P	P	P	P
307	larmi H. kursunge	P	P	P	P	P	P
31	Kamla P. Tadeam	P	A	P	P	P	P
321	Priya G. Kumbhare	P	P	A	8	A	P
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Name of Faculty
Kemal D. Shahare

Head of the Deptt

Pukhama Mahila Manavidvalaya
Nawegaon/Bandh

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



Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

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	:	 Acquire practical skills in creating, editing, and formatting documents using Microsoft Word. Gain proficiency in organizing data, creating formulas and generating reports using Microsoft Excel. Learn how to create visually appealing presentations using Microsoft PowerPoint. Understand the basics of email management and scheduling with Microsoft Outlook. 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
RUKHAMA MAHILA MV
N/Bandh, 1a. A/Mor Di. Gondia



Tah- Arjuni/ Mor. Dist- Gondia-441702

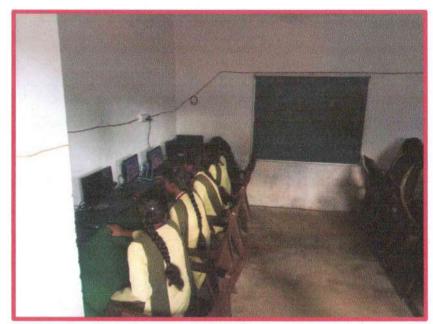
Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

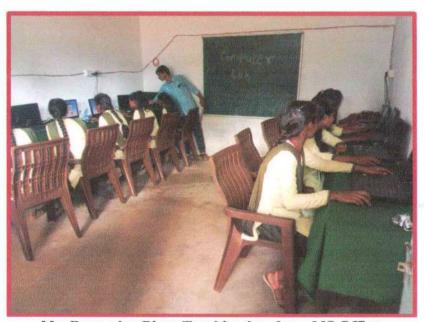
Department of Home Science Session 2020-21

Semester: I

Photograph of the Event



Students learning MS Office at computer lab



Mr. Dupendra Bisen Teaching hands on MS Office.

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. Durga S. Zingare student of

B.Sc Home science .1.5. 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.

Hon

HoD

Department of Home Science

Principal

Rukhama Mahila Mahavidyalaya N/B

Page No.:

Date:

22/101

महाविद्यालेशालील वी ग्रस्नी होम्सायल विदेशीय वर्षातील व त्तीय वर्षातील तसे य शिक्षक शिक्षकेत्व कर्ण्याल यस शिक्षके की दिनाक - 05 04 2021 ते 10 04 2021 पर्यल महाविद्यालयामध्ये परक्षां त्यां परक्षां त्यां व आयोजन कर्ण्याचे अरविले आहे. तरी आपकी यनवां यो उपार्शिन प्रार्थी प्रार्थीनय अगरे.

Head of the Deptt

Rukhama Mahila Manavidvalaya Nawedaon/Bandh

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	2.	M. B. Raud	d.sc. 111	1000



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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

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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Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

Faculty of Home Science Department of Life Science

Session: 2020-21 Semester: JV, 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
ŋ	Achal s. Mankar	P	P	P	8	A	8
2	Ashvini . L. Walde	P	P	A	8.	P	P
3.	Ashwina D. Funne	P	P	P	P	A	P
6.	Bhogyashni 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	DURGO N. KOHOLE	P	P	P	P	8	P
8.	Katal P. Male	P	A	P	P	P	P
9.	Karsishma M. Kamble.	P	P	r	P	P	P
10	kumahi D. Ulkey	P	P	P	P	P	P
1)	Pallavi H. Bangare	P	A	P	A	P	P
12	Pratima B. DHawale	P	P	P	P	P	P
13	Priyanka H. Ulkey	P	P	P	P	P	P
14	PUNAM H. Mankar	P	P	P	P	P	P
15	Sneha P. Bakhaze.	P	P	P	P	P	P
16	Gnehalata. N. newaxe	P	A	P	A	P	P
17	Kison V. Malkam.	P	P	A	P	P	P
8	Rina A. BRAMHankas	P	P	P	P	P	P
(e)	Dipali H. KARANDLE	P	P	P	P	P	P
207	PRITI M. MASKE	P	P	8	P	P	P
-1>	Nikita M. Kapgate	P	P	P	P	P	P
22)	Pallavi K maske	P	P	P	P	P	P
,	Streeth					marlo	1 1

Head of the Deptt

Diikhama Mahila Manavidvalava Nawegaon/Randh

RUKHAMAMAHILAMV N/Bandh, ra. A/Mor Di. Gondo



Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

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

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



Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

Department of Home Science

Session 2020-21 Semester: IV, VI

Photograph of the Event



Students participation in vermicompost workshop

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. Kiran V. Malkan student of B.Sc Home

science 3..... 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.

HoD

Department of Home Science

Principal Principal

Rukhama Mahila Mahavidyalaya N/B

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Page No.:

स्क्रीसना

G. 30/11/2019

महाविद्यालयातील सर्व विद्यार्थीनीन।
तर्नेय शिक्षक आणि शिक्षकेल्नर कर्मयारी यांना
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Women cell

Twelly

Head of the Deptt

Nawegaon/Randh

GY.	Name of Teacher	Class	Sig
1	Meena Raut	75t y2	Mark
2	Ashadri Gupta	IInd	Ashq
3	Wita Jaishwal	III You	Deel



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

Website: www.rukhamamahilamy.com

Email ID: Rukhama.nawegaon@gmail.com

Faculty of Home Science
Department of Nutrition
Session: 2019-20

Semester: I, III & V

Student Attendance Sheet Workshop

02/09/2019

Name of Activity: Coke Fair For Students

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
D.	Gitabai M. Gahane	P	P	P	P	P	P
2.	Chhaby K. Gahane	P	P	P	P	P	P
3.	Monika G. Matular	P	P	P	P	P	P
4.	Komal D. Shahane	P	P	P	P	P	P
5.	Harsha K. Kapaate.	P	A	P	P	A	P
6.	Khemlata M. Mandwe	P	P	P	A	P	P
7.	Harsha p. Doye,	P	P	A	P	P	P
8.	kirkan . V. Malkam	P	P	P	P	P	P
og.	Pallow K Maske	P	P	P	P	A	P
10	Priti. M. Maske	P	P	P	P	P	P
11.	Rohini Umendra Kosarkars	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. meshbam	P	P	P	f	P	P
15.	Priyanka Vikey	P	P	P	P	P	P
	Achal Mankaro	P	A	P	A	P	8
17.	Karishma M. Kamble	P	8	A	P	8	A
8.	Scarti D. Grondhale *	P	P	P	P	P	P
19.	Chitau M. Kode	P	P	P	P	P	P
20.	Pupam H. mankar	P	P	P	P	P	P
21. Vanita D. Daycuze			P	P	P	P	P
22.	Tejashpi Tapone	P	A	P	P	P	P

RUKHAMA MAHILA MV 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. lanjewas	P	P	P	P	P	P
24.	Dhasti C. Yeene	P	P	A	P	P	P
25.	Vidha. B. Kharwade	P	P	P	P	P	P
26.	Anita o Lathe	P	P	P	P	A	P
27	Ashwing D. Funne	P	P	P	P	P	P
	Throshana B. Newgre	P	P	P	P	P	P
	Kumaei D. Vikey	P	P	P	A	8	P
30.	Somita. W. Bhoyas.	P	P	P	P	A	P
	Damini S. Kodwale	P	P	8	A	8	P
32.	Durga N. Kohale	P	P	8	8	8	8
	Manika K. Mandal.	P	P	8	8	P	P
34.	Sneha D. Sakhaze	P	P	8	P	P	A
35.		P	P	P	P	18	P
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Name of Faculty
Meena &, Round

Head of the Deptt Diikhama Mahila Manavidvalaya Nawegaon/Bandh

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

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

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 Coordinat	Meena Raut
7. Number of partic	cipants : 35
8. Objective	 To understand the basic principles of cake making including ingredients, measurements, and baking techniques. To learn various cake decorating techniques, such as icing, piping, fondant modeling, and sugarcraft. To explore different types of cakes, fillings, frostings, and glazes. To develop creativity in designing and decorating cakes for different occasions. To acquire knowledge on food safety practices related to cake making.
9. Outcome	: Students will be able to learn different types of cakes

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

HILA MATALOGIA PLANA *

Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh

Tah- Arjuni/ Mor. Dist- Gondia-441702

Website: www.rukhamamahilamy.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

Offic Principal
RUKHAMA MAHILA MV
N/Bandh, ia. A/Mor. Di. Gondia



Kamalgovind United Wellfare 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. Poili M. Maske

student of B.Sc Home science . 2.... 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.

Hand Dalm

HoD

Department of Home Science



Rukhama Mahila Mahavidyalaya N/B



Page No.:

स्टिन्

महाविद्यालयातील सर्व प्रवेशित विद्याश्रीं नीना तस्तेश शिक्षक आणि शिक्षकेलर कर्मथारी याना स्वशित करण्यात येम आहे की दिनांक- 23109/2019 ते 28/09/2019 पर्यत्न महाविद्यालयामध्ये National Numition Week बढदल वर्ष्याए न्ये आयोजन करण्यात येत आहे तरी आपकी सर्वाधी उपार्थिती प्राचीनिय

Thusky

Head of the Deptt

Rukhama Mahila Manavidvalava Nawegaon/Bandh

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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

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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Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

Faculty of Home Science Department of Nutrition Session: 2019-20

Semester: I, III & V

Student Attendance Sheet

23/09/2019

Workshop

Name of Activity: Notional Nutrition week celebration

Sr. No.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
NO.					1-1		
1.	chhabu k. Gahane	P	P	P	A	P	P
2.	Gitabai m. Gahane	P	P	P	P	P	A
3.	Haesha k. Kapgate	P	P	P	P	P	P
4.	Komey D. Shortane	P	P	P	P	P	P
5.	Monika Gr. Hatwar	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.	Oipali bl. Karande	P	P	P	P	P	P
9.	Khemlata .M. Mandwe	P	P	A	P	P	P
10.	Kizan . V. Madam	P	P	P	P	P	P
11	Pallyl k Maske	P	P	P	A	P	P
12.	Ring asin Brumhankas	P	P	P	P	P	P
13.	Rohini Umendre Kosar Kor	P	P	A	P	p	P
14.	puta boye	P	P	P	P	P	P.
15.	Achal S. Mankar	P	P	P	P	P	P
16.	Korishma M. Kamble.	8	P	A	P	P	P
17.	Pryanka Vikey	P	P	P	P	P	P
18.	Ravina D. meshham	P	A	P	P	P	P
19.	Ashvini R. Walde	P	P	P	P	P	P
20.	Punam H. Mankax	P	P	P	P	P	P
21-	Achal meshram	P	P	A	P	P	P
22.	Scorti D. Gondale	P	P	P	P	P	P
23.	Nita. R. Ghuguskan	P	P	P	P	P	P
24.	Nita. R. Ghuguskan Vanita D. Dayare	P	P	P	P	P	P
25.	Draeti C. Yegne	r	P	P	A	P	P
26.	Ashwina D. Funde	P	P	P	P	P	P
27	Tejashpi Tapone	P	A	P	P	P	P

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

Sr. Partic	ipant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
28 chitra	1. Koze	P	P	P	P	P	P
29 Vidha. B.	that Dade	8	A	P	P	P	P
30 Durga N		P	P	P	P	P	P
31 Puid N.	Ambedage.	P	P	A	P	P	P
32 Pratima	3. Phawale	P	P	P	P	P	P
	Male	P	P	P	P	P	P
	D. Kumbhaze	P	P	P	P	P	P
1 - V	+ Bangaree	P	P	A	P	P	P
36. Dipali T.	Kumphase.	P	P	P	P	P	P
37 Bhaayashs	1 C. Sayam	P	A	P	P	P	P
38 Vaishnayir	v. Palvat	P	P	P	P	P	P
	- Kosatkar.	P	P	P	P	P	P
	Latthe.	P	P	A	P	P	P
41. Sangita M.	meshegm	P	P	P	A	P	P
	. Kodyale.	P	P	P	P	P	P
43. Tipeshwari		P	P	A	P	P	P
44 pikshata		P	P	P	P	P	P
	. Mandal	P	P	P	P	P	P
46 Sneha T). Sakhare	P	P	P	P	P	P
47 pooja d.	Dudhkausere	, P	P	P	P	P	P
48 Shilper A.	Kalam	P	P	P	P	P	P
49. Nivastap.	puran	P	A	P	P	P	P
50 Kumazi 1	D. VIKEY	P	P	P	P	P	P
51 Nanda N.		P	P	P	P	P	P
52 Menatai N.		P	P	P	P	P	P
53. Vishakha	R. Badole,	P	A	P	P	P	P
54 Bhumeshwa	12° K Pendam	A	P.	P	P	P	P
55 Dhoshand	B. Newere	A	P	P	P	P	P
56. Snehlata	N. Newase	A	P	P	P	P	P
	D. Bhoyae.	A	P	P	P	P	P
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Name of Faculty

Ashodevi Gypta

Zuesh

Head of the Deptt
Pilkhama Mahila Manavidvalava
Nawedaon/Bandh

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



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

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

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



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



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. Poye 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.



Department of Home Science



Rukhama Mahila Mahavidyalaya N/B

Page No.: YOUV Date: रमुशन। Te. 03/08/2018 महाविद्याल्याली वलीय वर्षातील शिक्षक व शिक्षकेलर कमेशायाना वरव्यात येत आहे विमाक 06/08/2018 7 महाविद्यालयामस्यो Personality 10/08/2018 पर्यत Development ox वर्कशाय आहे तरी आएली सर्वाधी आह Head of the Deptt Rikhama Mahila Manavidvalava Nawegaon/Randh Mame of Teacher Class Asha Guftal Niter Jaeshwal B. Sc. 350



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 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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Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

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
5-1	6					
V	Pramila Vishwanath Neik	P	P	A	P	P
2	Psagati Anandsao dedam	P	A	P	P	P
	Manusha S. Kove	P	P	P	A	P
4	Gittebas moruti Gahane	P	A	P	P	P
5	Sandhya R. Ramteke	P	P	A	P	P
6	Monika Giridhari Hotwar	P	P	P	A	P
7	Bharti Jaypal Barsa hade	P	P	A	P	P
8	HOLEST KhoJEan Rapgate	P	P	P	A	P
9	Ponial Parise and Carlon	P	A	P	P	P
10	LODIOY DITTEUDION Mushon	P	P	P	A	A
11	right grid R. Thurk dw all	P	A	P	P	0
12	Shilper Atmuseum Kalam	P	P	P	P	0.
13	Chhox R. Phope	P	P	P	P	P
14	Peating shankar Thakare.	P	P	P	A	P
15	Dayawati pususpottam pandhasa	P	A	P	P	0
16	Nisha Maclo Mosh ram	P	P	P	P	D
17	Kaminbou A Holi	P	P	A	P	P
16	Kamihbau A Holi	P.	P	P	P	A
19	Batella heteam auhune	P	P	P	P	P
18	Prolyankaba, 8. VIKEY	P	P	A	P	P
19	CHHABU KEDAR Gahane	P	P	P	A	P
20.	Vidya R. Nestan	P	P	P	P	P
21.	Ashwini No Walthone	P	P	A	P	P

Name of Faculty

Ashoderi Gupta

Head of the Deptt

Nawegaon/Bandh

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

Tah- Arjuni/ Mor. Dist- Gondia-441702

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

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
			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.
8.	Objective	:	5. To provide tools for effective stress management and emotional well-being.
			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.

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

MARAMORALAYA * "

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 2018-19

Semester: III and V

		 Student will develop skills to embrace change, handle setbacks, and thrive in dynamic work environments. □
9. Outcome	:	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.

Photographs of the Program:



Mrs. Nagma Sakhare addressing the students on Personality Development

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

Tah- Arjuni/ Mor. Dist- Gondia-441702

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

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

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

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

B.Sc Home science . 2.... 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.

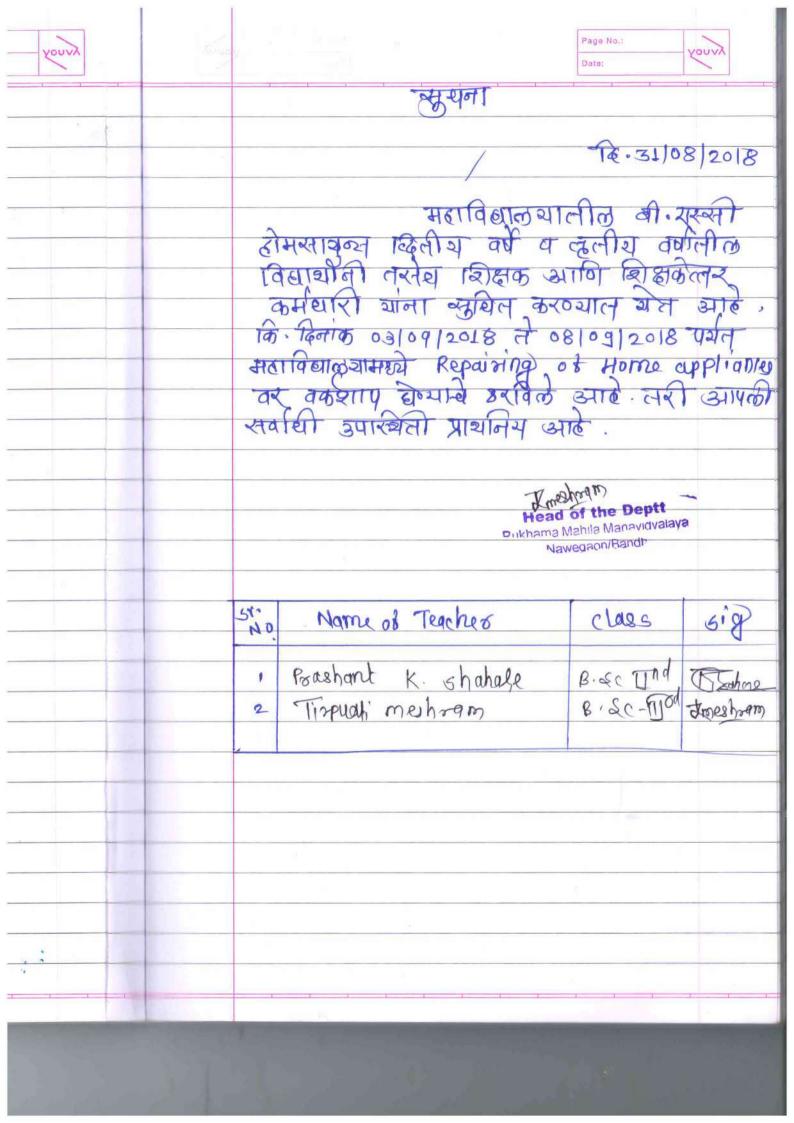
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HoD

Department of Home Science

Principal

Rukhama Mahila Mahavidyalaya N/B





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 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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Website: www.rukhamamahilamv.com

Email ID: Rukhama.nawegaon@gmail.com

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

Semester: Ill

Student Attendance Sheet

03/09/2018

Workshop

Name of Activity: Repairing of home oppulances.

Sr.	Participant Name	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6
No.							
1	Promila Vishwanith Maix	P	P	P	P	A	P
2	Pragati Anuniao, gedam	P	P	P	P	P	P
3	vidya R. Nestam	P	P	P	P	P	P
4	Gitabal marati Glahane	P	A	P	P	P	P
5	Brusti Toy pul Barragade	P	P	P	P	P	P
6	Monika Greidhari Hatpar	P	P	A	P	P	P
7	Shi lou Atmureum Kulaum	P	P	P	P	P	P
8	Harsh knorram kupgate	P	P	A	P	P	P
9	Dayawati purushottam pandhare	P	P	P	P	A	P
10	formal Dripkumon shohone	P	P	P	P	P	P
11	chhaya R. Bhope	P	P	P	P	P	P
12	Chhaba Kedar Gahane	P	P	P	P	P	P
13	Sandhya R. Ramtelie	P	P	P	P	P	P
14	Prafima shankare Thalacre	P	P	P.	A	P	P
15		P	P	P	P	P	P
16	Nisha Vadoros Mesham.	P	P	P	P	P	P
17	vilaya gulab scrut	ρ	P	A	P	P	P
18	Guerra Payay RPsakash Saptal	P	P	P	P	P	P
19	Ashwens N. Walthorse	P	P	P	P	P	P

Name of Faculty
Proshont sohere

Head of the Deptt

Diikhama Mahila Manavidvalaya
Nawegaon/Bandh

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

A MANARA WAR

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 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	:	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.
9.	Outcome1	:	1.Observe & practice safety pre-cautions 2.Identify & use all hand tools. 3.Attending to minor faults in machines, their controls & appliances. 4.Plan and organize the work related to the occupation.

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



Tah- Arjuni/ Mor. Dist- Gondia-441702

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

Department of Home Science Session 2018-19

Semester: III

Photograph of the Program



Students learning to repair appliances



Mr. Pravin Doye addressing the students

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



Kamalgovind United Welfare Society Nawegaon Bandh

RUKHAMA MAHILA MAHAVIDYA MAYILA WAYA

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

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

This is to certify that Miss. Harsha K. Kapgade student of

B.Sc Home science 2.... 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.



Department of Home Science



Rukhama Mahila Mahavidyalaya N/B