

WORKSHOPS ORGANIZED FOR STUDENTS

Session: 2022-23

S.No	Date	Department	Program Title	Details (name, designation and address of resource persons)	Number of participants
1	18. April 2023	Home Science	Workshop on Millets	Ms. Shreya	26



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KANYA MAHA VIDYALAYA (AUTONOMOUS)

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Dept. of Home Science

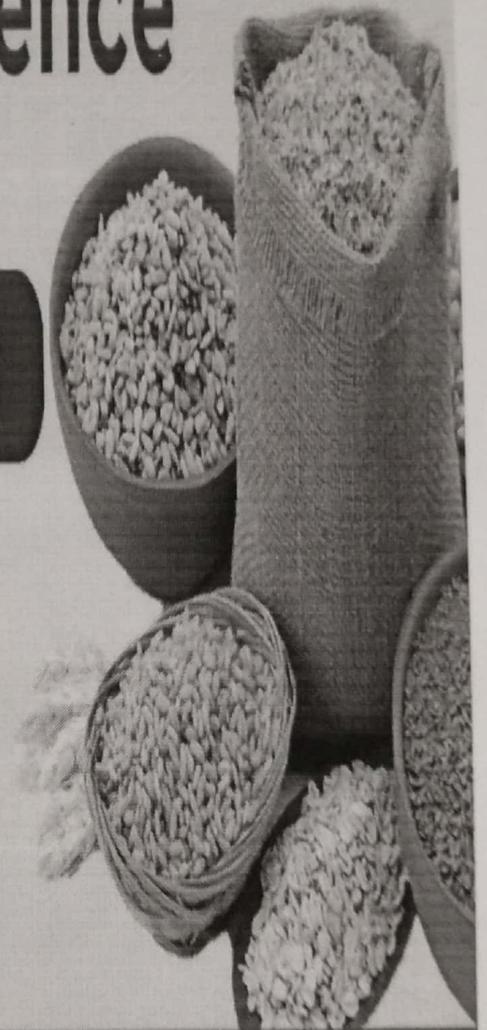
Organises

Workshop on Millets

Date : 18-4-2023

Resource Person

Ms. Shreya



Prof. (Dr.) Atima Sharma Dwivedi
Principal

Shreya

The Principal
Kanya Maha Vidyalaya
Talandhar city.

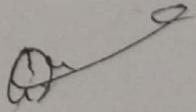
Respected Madam,

Please allow us to get
a workshop on 'Millets' conducted by
Miss Shreya on 18.4.23. ~~and 19.4.23.~~

She would also be putting up a stall
of the products i.e., biscuits and puffs
on sale.

Thanking you.

Yours sincerely,
Neeth Kapoor
17.4.23

Recommended for
your kind approval




Neeth

Report

Home Science Department of Kanya Maha Vidyalaya, Jalandhar has organised workshop on the topic "Millets" on 18th April 2023. A well experienced and qualified professional in the field of Entrepreneurship was there as a resource person Ms. Shreya. Students from B.Sc. Home Science, B.Voc. (Nutrition, Exercise & Health), B.A. (Home Science) actively participated in the Workshop by listening carefully. After the workshop, a lot of students asked questions and clear all their queries related to millets and entrepreneurship. The students were appreciated and motivated by the resource person as well as by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this lecture and practical knowledge about the use of millets, students learnt about how they can start up the new venture and also learnt about enhancing the lifestyle by incorporating nutrition in diet. Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Kapoor, Mrs. Mani Khera, Dr. Rupika Chopra, Ms. Tarandep Kaur, Ms. Palak and Ms. Shivani and Mrs. Reema Dhingra collectively organised and make the session comfortable for students.

Neeti







One Day Workshop on Millets18th April 2023

Department of Home Science

Attendance

<u>S. No.</u>	<u>Name</u>	<u>Roll No.</u>	<u>Class</u>	<u>Signature</u>
01.	Sukriti Pandit	226901	B.VOC (NEH) II	<u>Sukriti Pandit</u>
02.	Khushi	226924	B.VOC (NEH) II	<u>Khushi</u>
03.	Sangeeta	226927	B.VOC (NEH) II	<u>Sangeeta</u>
04.	Jasmeen	226908	B.VOC (NEH) II	<u>Jasmeen</u>
05.	Kajal Sharma	226916	B.VOC (NEH) II	<u>Kajal</u>
06.	Hansimran Kaur	227010	B.VOC (NEH) 6 th	<u>Hansimran</u>
07.	Rajji	227006	B.VOC (N.E.H) Sem VI	<u>Rajji</u>
08.	Jasleen Kaur	227012	B.VOC (NEH) 5 th - Jasleen	<u>Jasleen</u>
09.	Sonal	227001	B.VOC (NEH) SEM-VI	<u>Sonal</u>
10.	Ritu	226913	B.VOC [NEH] Sem-II	<u>Ritu</u>
11.	Manpreet Kaur Kauri	222851	B.Sc. Home Science (sem-1 st)	<u>Manpreet Kaur</u>
12.	Shailza	222877	B.Sc. Home Science Sem-VI	<u>Shailza</u>
13.	Akshita	227003	B.VOC (NEH) Sem-VI	<u>Akshita</u>
14.	Vishali	227004	B.VOC (NEH) Sem-VI	<u>Vishali</u>
15.	Ruchika	226952	B.VOC (NEH) Sem-IV	<u>Ruchika</u>
16.	Preetika Sharma	226951	B.VOC NEH Sem-IV Preetika	<u>Preetika</u>

^{2/2} Name	Roll No.	Class	Signature
Vanshika	222852	BSc.(H.S)IV	Vanshika
Bhupinder	222853	BSc.(H.S)IV	Bhupinder four
Vanshika	222876	BSc.(H.S)IV	Vanshika Jain
Amitoj Kaur.	222801	BSc(HS) II.	Amitoj
Sukhmeet Kaur	118	ECCE	Sukhmeet Kaur
Rekha Rani	102	ECCE	Rekha Rani
Shreya	225151	PGDND -II	Shreya
Rubble Shahi	225152	PGDND II	Rubble Shahi
Amandeep Kaur	226905	B.Voc(NEH)II	Amandeep
Hritika Kler	226909	B.VOC(NEH)-II	Hritika

Neethi

Feedback Form

Name of the Activity: One Day Workshop on Millets

Date: 18.04.23

Session 2022-23 (Even Semester)

Name: Farheen Kaur

Class: Semester - VII

Roll No.: 227012

Department: Home Science

How was the workshop?

I grasp lot of knowledge from this workshop and also very interesting.

Have you learned something from this workshop?

Definitely yes, I learned several sorts of millets like positive, negative and neutral grains. moreover, that was very interesting.

Would you recommend these kind of workshops should be held in future or not? If yes, why?

Yes, I will recommend these workshops to other because it aids to prevent several ailments.

Farheen
Signature

Next

Feedback Form

Name of the Activity: One Day Workshop on Millets

Date: 18.04.23

Session 2022-23 (Even Semester)

Name: Harsimran Kaur

Class: B.VOC CNEHD 6th

Roll No.: 227010

Department: Home Science

How was the workshop?

It was amazing + knowlegeable

Have you learned something from this workshop?

yes, I learned new Recipes which are healthy as well as easy to make.

Would you recommend these kind of workshops should be held in future or not? If yes, why?

yes, Because most of the people are less aware its our responsibility to create awareness

Harsimran Kaur
Signature

Devi

Feedback Form

Name of the Activity: One Day Workshop on Millets

Date: 18.04.23

Session 2022-23 (Even Semester)

Name: Rajji
Class: B.Voc (N.E.H) Sem 6th
Roll No.: 227006
Department: Home Science

How was the workshop?

It was very informative for me. After attending this workshop I get new information about health benefits of millets.

Have you learned something from this workshop?

Yes, I learned new healthy recipes which I can use in my to cure some diseases.

Would you recommend these kind of workshops should be held in future or not? If yes, why?

No, I am satisfied with this workshop fully with knowledge.

Rajji

Signature

Neethi

Feedback Form

Name of the Activity: One Day Workshop on Millets

Date: 18.04.23

Session 2022-23 (Even Semester)

Name: Sukriti Panelit

Class: B.Voc (NEH) II

Roll No.: 226901

Department: Home Science

How was the workshop?

It is very interesting workshop on millets. It is very beneficial to us.

Have you learned something from this workshop?

Yes, I have learned lot of about millets. It is very beneficial to us. It maintains our health and lots of benefits it gives us to maintain our health.

Would you recommend these kind of workshops should be held in future or not? If yes, why?

Yes, these kind of workshops should be held in future because it helps ^{to} know about millets and its benefits to our health.

Sukriti Panelit

Signature

noob

Feedback Form

Name of the Activity: One Day Workshop on Millets

Date: 18.04.23

Session 2022-23 (Even Semester)

Name: Khushi

Class: B. Voc (VSH) sem-II

Roll No.: 226924

Department: Home Science

How was the workshop?

The workshop was very informative and we got to know about millets for the first time that too in an elaborated manner and also practically

Have you learned something from this workshop?

Yes, I personally have learnt a lot about millets, their benefits, uses, etc and also that millets much more environment friendly as compared to wheat and rice.

Would you recommend these kind of workshops should be held in future or not? If yes, why?

Yes, I totally recommend these kind of workshops to be held as these are very informative and we learn about a lot of new things.

Khushi
Signature

Neets

Feedback Form

Name of the Activity: One Day Workshop on Millets

Date: 18.04.23

Session 2022-23 (Even Semester)

Name: Sangeeta

Class: B.Voc (NEH) II

Roll No.: 226927

Department: Home - Science

How was the workshop?

The workshop was very informative and very good for us we take very knowledge about the Millets.

Have you learned something from this workshop?

We gain very knowledge about the millet. The benefits of millets.

Would you recommend these kind of workshops should be held in future or not? If yes, why?

Yes, sure. I will recommend these kind of workshop should be held in future. This is very good for our health.

Sangeeta
Signature

20/04/23

Feedback Form

Name of the Activity: One Day Workshop on Millets

Date: 18.04.23

Session 2022-23 (Even Semester)

Name: Manpreet Kaur Kauri

Class: B.Sc. Home Science (Sem II)

Roll No.: 222851

Department: Home Science

How was the workshop?

Workshop was very good.

Have you learned something from this workshop?

Today, I learned about the food stuffs or (millets) items that we don't include in our daily lives but have higher nutritional value as compared to other. We learn different recipes made from millets.

Would you recommend these kind of workshops should be held in future or not? If yes, why?

Yes, this kind of workshops should be held on regular basis so that we can get more knowledge about the nutritional values of food that we don't know about.

Manpreet Kaur
Signature
Meets

Feedback Form

Name of the Activity: One Day Workshop on Millets

Date: 18.04.23

Session 2022-23 (Even Semester)

Name: Vanshika

Class: Bsc. HS (4th)

Roll No.: 222852

Department: Home Science

How was the workshop?

It was wonderful workshop.
Many information and their healthy
benefits were taught in the workshop.

Have you learned something from this workshop?

We learned about the benefits of
different kind of millets. We learned many
new recipes by using millets such as Dosa, cake, idli's.

Would you recommend these kind of workshops should be held in future or not? If yes, why?

Yes, these kind of workshops should be
held in future to create awareness
among people to eat healthy foods.

Vanshika
Signature

Heehi