

SEMINAR REPORT
SESSION: - 2024-25
DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

SEMINAR-1

Report

A seminar was organized by the Department of Home science on the topic "**NUTRITION FOR AN ACTIVE INDIVIDUAL**" on dt 04.09.2024 at 11:00 am by the **Dr. Mahendra Tanty**, general Physician, Govt Hospital, Rajgangpur. He discussed the benefits of nutrition in the day-to-day life. He also discussed the effects of nutrition on the health of the individual and its consequences. 60 no. of students participated in the seminar. Our Principal, Dr. Sasmita Lenka also participated in the seminar. At the end of the seminar question answer session was held and the seminar concluded with the vote of thanks by seminar secretary Mrs. Nupur Agarwal, L/H.Sc.



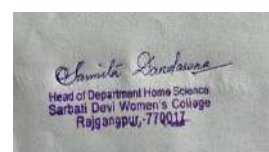
DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

No. 29/SDWC/HSC

DATE: 01.09.2024

NOTICE

This is to inform that the Department of Home Science is going to organize a seminar on the topic "**NUTRITION FOR AN ACTIVE INDIVIDUAL**" on 01.09.2024 at 11:00 AM in the Hall Number 1 in the presence of the Resource Person **Dr. Mahendra Tanty**, general Physician, Govt Hospital, Rajnagpur. Hence all the +3 degree students of 1st, 2nd and 3rd year are requested to attend the seminar positively.





SEMINAR ON

“Nutrition for an active individual”



RESOURCE PERSON:

Dr. Mahendra Tanty
General Physician
Govt Hospital Rajgangpur

DATE:- 04.09.2024

TIME:- 11:00 AM

VENUE:- SEMINAR ROOM NO.5, S.D. WOMEN'S COLLEGE,
RAJGANGPUR

-: ORGANIZED BY:-

DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR



SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

REPORT ON SEMINAR			
Title:	NUTRITION FOR AN ACTIVE INDIVIDUAL"		
Resource Person:	Dr. Mahendra Tanty General Physician Govt Hospital Rajgangpur		
Date of Conduct:	04.09.2024	Duration:	One day
Organized Department:	Home Science		
No. of Students Participated:	60		
Venue:	Seminar Room No.5, S.D. women's College, Rajgangpur		
- Students gained knowledge about nutrition. - Learnt the effect of nutrition on health. - Learnt about how to overcome malnutrition in India - Delivered about various types of nutrition in India. - Vote of thanks by Mrs. Nupur Agarwal, L/H.Sc.			
HOD		PRINCIPAL	

Seminar-1

04/09/2024

Today, a seminar is organised by our department of Home science on "Nutrition for active individual". Dr. Mahendra Tanti is our resource person who briefly discussed on the topic and enlightened our students about nutrition and its effects. He also discussed about health and nutrition for active person and how can a person be active by eating nutritious food. Our 60 no of students actively participated the seminar. Our HOD madam introduced our resource person.

At the end of the seminar, a question and answer session was held between our students and resource person. Nupur Agrawal madam gave a vote of thanks to all. Then we conclude our seminar.

Signature of members

Samita Dandasepa
Sachin Min
Alisha Mohanty
04-09-24

Dhruv Toppe

Signature of students

- 1- Mustafian Khatoun
- 2- Rajeswarai Behera
- 3- Anjali Minz
- 4- Sushmita Lakra
- 5- Jamuna Barua
- 6- Seena Toppe

Signature of resource person

Signature of Principal
Sarbajit Devi Women's College
Raipatpur, -770017

Nupur Agrawal
Signature of lecturer

- 7- Sujjan Barla
- 8- Sakuntala PKKa
- 9- Prasima Toppo
- 10- Supriya Kindo
- 11- Priya Haro
- 12- Surekha Toppo
- 13- Ranjita Kullu
- 14- Pralima xaxa
- 15- Suni Mint
- 16- Prity Sumita panna
- 17- Archana Bara
- 18- Sonia Kindo
- 19- Dipanjali Kujra
- 20- Namita Barla
- 21- pratima Bahla
- 22- Prity Kujra
- 23- Sonia Toppo
- 24- Supriya xalxo
- 25- Galima Samad
- 26- Ankita Barla
- 27- Seeta Lakra
- 28- Sabitri Majhi
- 29- Ritu Lakra
- 30- Ibsita Kujra
- 31- Kalyani Sunan
- 32- Aruna Kujra
- 33- Neha Barla
- 34- pratima Bahla
- 35- Bhumnika Kispotta
- 36- Sreedha gupta
- 37- neha Kumari Singh
- 38- nandhini kispotta
- 39- Sita Lakra
- 40- Kirean barla



SEMINAR REPORT
SESSION: - 2024-25
DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

SEMINAR-2

Report

A Departmental seminar was organized by the Department of Home science on the topic **"FOOD AND NUTRIENTS"** on dt 04.02.2025 at 11:00 am by the **Ms Aroti Kullu, +3 3rd semest**
student. She discussed about the definition and important of food and Nutrition. She also dicussed
the classification of food and nutrients. 43 no. Of students were participated. The seminar cncluded
with the vote of thanks by Mustarian Khatun, seminar secretary.


Head of Department Home Science
Sarbatl Devi Women's College
Rajgangpur,-770017

DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

No. 30/SDWC/HSC

DATE: 01.02.2025

NOTICE

This is to inform that the Department of Home Science is going to organize a seminar
on the topic **"Food and nutrients"** on 01.02.2025 at 11:00 AM in the room Number 1. Hence
all the +3 degree students of 1st, 2nd and 3rd year are requested to attend the seminar
positively.


Head of Department Home Science
Sarbatl Devi Women's College
Rajgangpur,-770017



SEMINAR ON “Food and nutrients”

PRESENTED BY: -

Ms. AROTI KULLU
+3 3rd semester

DATE:- 04.02.2025

TIME:- 11:00 AM

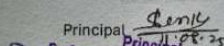
**VENUE:- SEMINAR ROOM NO.5, S.D. WOMEN'S COLLEGE,
RAJGANGPUR**

-:ORGANIZED BY:-

**DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR**



SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

REPORT ON SEMINAR			
Title:	Food and Nutrients"		
Presented by:	Ms. Aroti Kullu +3 3 rd semester student		
Date of Conduct:	04.02.2025	Duration:	One day
Organized Department:	Home Science		
No. of Students Participated:	43		
Venue:	Seminar Room No.5, S.D. women's College, Rajgangpur		
- Students gained knowledge about nutrition. - Learnt the classification of nutrients. - Learnt about classification of food - Vote of thanks by Ms Mustarian Khatun, seminar secretary.			
 GPS Map Camera Rajgangpur, Odisha, India 5HRH+H25, Liploi Rd, Sriram Colony, Rajgangpur, Odisha 770017, India Lat 22.191378° Long 84.577294° 04/02/25 01:09 PM GMT +05:30 Google			
 Head of Department Home Science Sarbati Devi Women's College Rajgangpur, -770017		 Principal Sarbati Devi Women's College Rajgangpur - 770017	
HOD		PRINCIPAL	

Seminar Report - 3

04/02/2025

Task

A Departmental seminar was conducted by our Home Science Department on dt. 04.02.2025 on the topic "Food and Nutrients". The seminar was presented by Ms. Anshu Khatun, a student of +3 3rd semester of our Department. She presented and discussed the importance and characteristics of various nutrients. She also discussed the source of various nutrients and various deficiency diseases of the nutrients. All the staffs of the Department and other faculties were present on the seminar. Total 43 students were present on the seminar. Vote of thanks was proposed by Muskan Khatun, seminar secretary.

Signature of members

Rashmi Khatun
Namita Sandhu
Nupur Agrawal
Sachin Mini
Phuqem Toppo

Signature of
Principal
Smt. Devi Women's College
Balsampur - 716017

- x
- 1- Tyotsna Banik
 - 2- Ananta Lugun
 - 3- Lily Pulhika Kyjor
 - 4- puja Ekka
 - 5- Bhumiika Toppo
 - 6- Tyoshna minze
 - 7- Santani disingi
 - 8- Manisha / Lugun
 - 9- Kiran Toppo
 - 10- Saloni Ekka

- 11 - Sujata Minz
- 12 - Anjali Lim
- 13 - Kamina Lakra
- 14 - Dipanjali Kujur
- 15 - Upama Toppo
- 16 - Anadi Barla
- 17 - Namita Barla
- 18 - Prafima Bahla
- 19 - Pretty Kujur
- 20 - Sonia Toppo
- 21 - Supriya xalxo
- 22 - Ipsita Kujur
- 23 - Sabitar Majhi
- 24 - Kalyani Sunin
- 25 - Ritu Lakra
- 26 - Ankita Barla
- 27 - Sumita Majhi
- 28 - Fulmani xalxo
- 29 - Kircan Barla
- 30 - Rashmita Badaik
- 31 - Merciline Dungkang
- 32 - Anoti Kullu
- 33 - Lily pushpika Kujan
- 34 - Sakoni EKKa
- 35 - Bhumsika Kisputta
- 36 - Bhumsika Toppo
- 37 - puja Toppo
- 38 - Prati Lakra
- 39 - Neligrace Kujan
- 40 - Sushmita Toppo
- 41 - Sonia Toppo
- 42 - Ankita Barla
- 43 - Seeta Lakra





FOOD IS ANY SUBSTANCE OF ANIMAL, VEGETAL, OR MINERAL ORIGIN
THAT CAN BE USED AS A SOURCE OF NUTRIENTS

NUTRIENTS ARE CHEMICAL SUBSTANCES THAT HELP OUR BODIES TO
STAY HEALTHY AND

NUTRIENTS ARE



 **GPS Map Camera**



Rajgangpur, Odisha, India
5HRH+H25, Liploi Rd, Sriram Colony, Rajgangpur, Odisha 770017, India
Lat 22.191378°
Long 84.577294°
04/02/25 01:09 PM GMT +05:30

SEMINAR REPORT
SESSION: - 2024-25
DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

SEMINAR-3

Report

A Departmental seminar was organized by the Department of Home science on the topic **"BASIC NUTRIENTS"** on dt 21.03.2025 at 11:00 am by the **Ms Rejina Barla, +3 5th semester** student. She discussed about the definition and important of nutrients. She also discussed the classification of nutrients and their source and their daily requirement. 45 no. of students were participated. The seminar concluded with the vote of thanks by Ms Archana Bara., +3 5th semester student.


Head of Department Home Science
Sarbati Devi Women's College
Rajgangpur,-770017

DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

No. 31/SDWC/HSC

DATE: 18.03.2025

NOTICE

This is to inform that the Department of Home Science is going to organize a seminar on the topic **"Basic nutrients"** on 21.03.2025 at 11:00 AM in the room Number 5. Hence all the +3 degree students of 1st, 2nd and 3rd year are requested to attend the seminar positively.


Head of Department Home Science
Sarbati Devi Women's College
Rajgangpur,-770017



SEMINAR ON “BASIC NUTRIENTS”

PRESENTED BY: -

Ms. REJINA BARLA
+3 5th semester

DATE:- 21.03.2025

TIME:- 11:00 AM

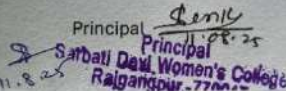
**VENUE:- SEMINAR ROOM NO.5, S.D. WOMEN'S COLLEGE,
RAJGANGPUR**

-:ORGANIZED BY:-

**DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR**



SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

REPORT ON SEMINAR			
Title:	Basic Nutrients		
Presented by:	Ms. Rejina Barla +3 5th semester student		
Date of Conduct:	21.03.2025	Duration:	One day
Organized Department:	Home Science		
No. of Students Participated:	45		
Venue:	Seminar Room No.5, S.D. women's College, Rajgangpur		
- Students gained knowledge about nutrients. - Learnt the classification of nutrients. - Learnt about classification of food. - Learnt the various sources of various nutrients and their RDA - Vote of thanks by Ms Archana Bara, +3 5th Semester student.			
 The most concentrated form of food energy (calories) - Food Sources: - Butter, vegetable oils, salad dressings, nuts and seeds, dairy products (more with whole milk or cream, and ghee) - Function in the Body: - Provides calories for growth and healthy skin - Helps in the absorption of fat-soluble vitamins - Helps in the absorption of fat-soluble vitamins - Helps in the absorption of fat-soluble vitamins GPS Map Camera Rajgangpur, Odisha, India 5HRH+H25, Liploi Rd, Sriram Colony, Rajgangpur, Odisha 770017, India Lat 22.191376° Long 84.577295° 21/03/25 1:02 PM GMT +05:30			
 Head of Department Home Science Sarbati Devi Women's College Rajgangpur, -770017		 Principal Sarbati Devi Women's College Rajgangpur - 770017	
HOD		PRINCIPAL	

Seminar Report 4

21.03.2025

A departmental seminar was organized by our Home Science Department on the topic "Basic Nutrients" on dt 21.03.2025. The seminar was presented by Ms. Rejina Bara, a student of +3 5th semester of Department. She discussed the sources, importance and category and classification of nutrients. She also discussed the deficiency diseases of nutrients. A question answer session was conducted among students. All the members of staffs of the Department were present. A total no of 45 students were present. Vote of thanks was proposed by Ms. Archana Bara +3 5th Semester student.

Rashmita Mallick

Phuljani Topno
Nupur Agrawal
Samita Sandasera
Sachin Minj L/His

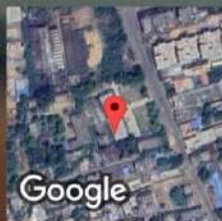
Principal
Sarab Devi Women's College
Rajnagar, 770011

- 1- Ansh Kullu
- 2- Jyotsna Banik
- 3- Lily Puspika Kujar
- 4- Jyotsna Minze
- 5- Kiran Topno
- 6- Ananta Lugun
- 7- Bhumiika Topno
- 8- puja Ekka
- 9- Saloni Ekka
- 10- Manisha Lugun
- 11- Sandani Sisengi
- 12- Sujita Minz
- 13- Dipanjali Kujar

- 14 - Chaiti Chin
- 15 - Basanti Lakra
- 16 - Arzati Bauria
- 17 - Karuna Lakra
- 18 - Dipanjali Kujur
- 19 - Upama Toppo
- 20 - Namita Barla
- 21 - Prity Kujur
- 22 - Prathma Bahla
- 23 - Sabitri Majhi
- 24 - Supriya xalxo
- 25 - Kalyani Sunin
- 26 - Sonia Toppo
- 27 - Ipsita Kujur
- 28 - Ritu Lakra
- 29 - Ankita Barla
- 30 - Subrata Majhi
- 31 - Kiran Barla
- 32 - Fulmani xalxo
- 33 - Merciline Dung²
- 34 - Arati Kallu
- 35 - Rashmita Badaik
- 36 - Lily pushpika Kujur
- 37 - Peya Toppo
- 38 - Arachi Lakra
- 39 - Sushmita Toppo
- 40 - Bhenuka Kispotta
- 41 - Sonia Toppo
- 42 - Salima sanal
- 43 - Ankita Barla
- 44 - Reshmita xalxo
- 45 - Seeta Lakra



 GPS Map Camera



Google

Rajgangpur, Odisha, India

5HRH+H25, Liploi Rd, Sriram Colony, Rajgangpur, Odisha 770017, India

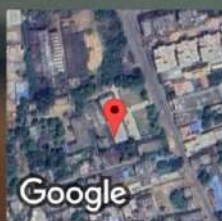
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 GPS Map Camera



Google

Rajgangpur, Odisha, India

5HRH+H25, Liploi Rd, Sriram Colony, Rajgangpur, Odisha 770017, India

Lat 22.191376°

Long 84.577295°

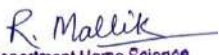
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SEMINAR REPORT
SESSION: - 2024-25
DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR
SEMINAR-4

Report

A seminar was conducted by the Dept. of Home Science on the topic **"PCOD: A life style disease"** on dt **26.03.2025** at 11:00 am. Resource Person Mrs. Lily Mary Kujur, Lecturer in Home Science, Vesaj Patel College, Duduka briefly enlightened the students about today's PCOD among female. She also focused on how the different aspects nutrition and life style affect the health of the individual and role of nutrition and life style affect the PCOD and increase the risk. 60 no.of students were present in the seminar.

At the end of the seminar presentation, a question answer session was done with the Resource person regarding the topic. The seminar was ended with a vote of thanks by the Ms Sasmita Dandasena, lecturer in Home Science.


Head of Department Home Science
Sarbat Devi Women's College
Rajgangpur,-770017

H.O.D

Dept. of Home Science

DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

No. **32/SDWC/HSC**

DATE: 24.03.2025

NOTICE

This is to inform that the Department of Home Science is going to organize a seminar on the topic **"PCOD: A life style disease"** on 24.03.2025 at 11:00 AM in the Hall Number 1 in the presence of the Resource Person **Mrs. Lily Mary Kujur**, Lecturer in Home Science, Vesaj Patel College, Duduka. Hence all the +3 degree students of 1st, 2nd and 3rd year are requested to attend the seminar positively.


Head of Department Home Science
Sarbat Devi Women's College
Rajgangpur,-770017

H.O.D

Dept. of Home Science



SEMINAR ON “PCOD: A LIFE STYLE DISEASE”



RESOURCE PERSON:

Mrs. Lily Mary Kujur
Lecturer in Home Science
Vesaj Patel College, Duduka

DATE:- 26.03.2025

TIME:- 11:00 AM

VENUE:- HALL NUMBER NO.1, S.D. WOMEN'S COLLEGE,
RAJGANGPUR

-:ORGANIZED BY:-

DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

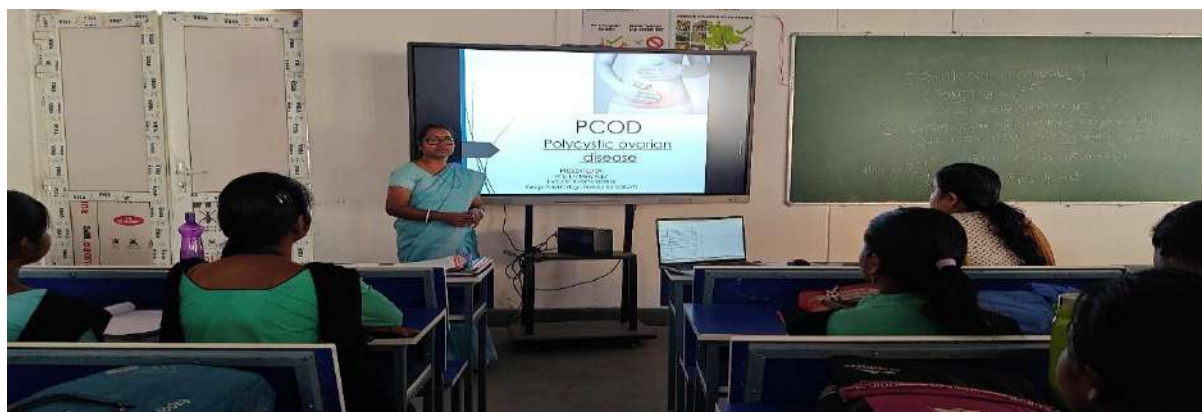


DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

REPORT ON SEMINAR

Title:	"PCOD: A LIFE STYLE DISEASE"		
Resource Person:	Mrs. Lily Mary Kujur, Lecturer in home science, Vesaj Patel College, Duduka		
Date of Conduct:	26.03.2025	Duration:	One day
Organized Department			Home Science
No. of Students Participated			60
Venue:	Hall Number No.1, S.D. women's College, Rajgangpur		

- Students gained knowledge about PCOD.
- Learnt about impact of PCOD.
- Learnt about different aspects affect the mental health by the PCOD.
- Know about the role of nutrition and life style during PCOD
- Vote of thanks by **Miss Sasmita Dandasena**, Lecturer in Home Science.



R. Mallik
Head of Department Home Science
Sarbati Devi Women's College
Rajgangpur, -770017.

HOD

Principal *Sasmita*
Sarbati Devi Women's College
Rajgangpur, -770017.

PRINCIPAL

Seminar-2

26/03/2025

A seminar was conducted by our department on the topic 'PCOD - a life style disease' on dt-26.03.2025. Mrs Lily Mary Kujur was the resource person for the seminar. She delivered different causes, symptoms and complications of PCOD. She also discussed how to avoid PCOD by various prevention methods. A question answer session was also conducted. A total no of 60 students were present on the seminar. Miss Samula Dandarena YHB. proposed the vote of thanks.

Signature of members

1. Roshmita Mallick

2. Samula Dandarena

Sachin Minz

Phulgom Tipno

Signature of students

1. Mustawar Khatoon

2. Rajeswari Behera

3. Sushmita Lakra

4. Seema Tipno

5. Anjali Minz

6. Arati Barla

7. Jeneva Tete

8. Jamuna Barua

9. Karishma Beek

10. Ranjita Kulk

11. Bina Lakra

Lily Mary Kujur
Signature of Resource Person

Signature of Principal
Principal
Sanku Devi Women's College
Belpahar, -770017

12. Priya Pratibha Toppo
13. Rameja Mundu
14. Suni minz
15. Sakantala Ekber
16. Rashmi Xalto
17. Pratima Xaxa
18. Sonice Kinabo
19. Puresima Toppo
20. Supriya kindo
21. Sushree Ratnaprava Singh
22. Archana Bara
23. Sweekha Toppo
24. Anna Mariam Toppo
25. Jyotsna Barik
26. Seeta Lakna
27. Fulmani Khalkho
28. Sonia Toppo
29. Ankita Barla
30. Namita Sahoo
31. Prity Kujur
32. Pupa nani lakna
33. Pratima Bahlai
34. Dipanjali Kujur
35. Namita Barla
36. Sabitra Majhi
37. Ritu Lakna
38. Ibaita Kujur
39. Sonia Toppo
40. Salima Samad
41. Kalyani Surin
42. Supriya xabo
43. Ankita Barla
44. Aruna Kujur
45. Neha Barla
46. Rashmita Badarik
47. Kiran Barla
48. Meriline Dingalung
49. Anoti Kullu
50. Susmita Majhi
51. Neha Humani sing
52. Shandha Gupta
53. Nandan Kispota
54. BhumiKa Kispota
55. Lilipushpika Kujur
56. Aniti Lakna
57. Sujita Toppo
58. Neligrace Kujur
59. BhumiKa Toppo
60. puja Toppo

