

**A.S.D Government Degree College for Women (Autonomous)  
Department of Home Science**

**Activities conducted during 2023-24**

1. On 15<sup>th</sup> July 2023, students of III B.Sc Home Science along with the staff members Dr.M.Suvarchala and Smt.L.Malleswari visited Uppada weaving units and observed the process of weaving



2. Department of Home Science conducted Adolescent Health and Wellness programme for the students of IX standard of Municipal Girls High School, Jagannaickpur, Kakinada from 18-7-2023 to 31-7-2023. The adolescent girls were educated on body physiology, male and female reproductive system, importance of menstrual hygiene, nutritional requirements during adolescence, balanced diet, mental health, communication skills, 21<sup>st</sup> century skills, awareness of good touch and bad touch. As a part of the programme a questionnaire was given to the

students to study their awareness levels before the commencement of the activity and on the last day of the programme, the same questionnaire was given. It was observed that the awareness of the students has improved after the programme



3. Poster presentation competition was conducted on 2<sup>nd</sup> August 2023 to create awareness on breast feeding and its importance as a part of World Breast Feeding Week which is observed from August 1<sup>st</sup> to 7<sup>th</sup> every Year. Smt M.Vasantha Lakshmi, IQAC Coordinator and Smt.R.R.D Sirisha, Incharge, Department of Commerce acted a judges for the competition



4. One day workshop was conducted for the Anganwadi workers of Kakinada Rural was conducted on 3<sup>rd</sup> August 2023 in collaboration with Lions Club Sankalp, Kakinada. Dr.Ramya,Director ,Ramya Hospitals and Dr. Geetha Sree, Gynaecologist , Government General Hospital, Kakinada enlightened the participants on breast feeding and its importance and also they educated the Anganwadi teachers on the increasing cases of teenage pregnancy and Smt P.Suguna, Child Protection Officer, Kakinada acted as the resource persons.



5. On 4<sup>th</sup> August 2023, an awareness session was organized on the importance of breast milk for both the baby and the mother in collaboration with Dhatri Milk Bank, Kakinada. They gave a detailed session about the collection, treatment and storage of breast milk



6. National Handloom Day was organized on 7<sup>th</sup> August 2023 to create awareness on the health benefits of wearing handlooms and the plight of the handloom workers and the need to support them by purchasing handlooms. A rally was organized to create awareness even in the nearby community of the college



7. Department of Home Science conducted a Diabetic camp in collaboration with Lions Club Sankalp, Kakinada. Sugar levels of the teaching and non-teaching staff were checked and necessary instructions were given



- As a part of Handloom Day celebrations, a Fashion show was conducted for both the staff and students. They were dressed in handlooms and performed ramp walk on the stage.



- An awareness programme was conducted on the Safe disposal of ewaste in collaboration with Maitreyi Women's organization, Kakinada on 8<sup>th</sup> August 2023. Smt. Susi, President of the organization explained about the importance of safe disposal of ewaste and Ms. Radhika, from Sahas Zero Waste, Hyderabad explained about the various methods of recycling ewaste



10. Department of Home Science organized a stall in SAMANA exhibition on 11<sup>th</sup> August 2023 .The handicrafts and the art works prepared as a part of Incubation and Innovation Center were exhibited in the stall



11. Department of Home Science organized a Certificate Course in Maggam Work in collaboration with Lions Club Sankalp, Kakinada from 9-9-2023 to 9-10-2023 for 45 hours .50 students successfully completed the certificate course







12. Department of Home Science conducted a State level workshop on 29<sup>th</sup> September 2023 on “Millets-The Super Foods”. Sri Srinivasulu, District Food Safety Officer acted as the resource person o the programme. The students from various colleges of the Kakinada, East Godavari and West Godavari participated in the workshop. He gave a detailed explanation on the nutritional importance of millets and he also elaborated on food adulteration emphasizing on the importance of consuming home cooked food.



13. Power Point Presentation competition was organized as a part of the state level workshop on “Millets-The Super foods”. Students from various colleges actively participated in the competition. Smt.N.N.S.Eswari, Incharge Computer Science and Dr.P.Sanjotha, Incharge, English Department acted as judges for the competition



14. Video making competition was organized as a part of the state level workshop on “Millets-The Super foods”. Students from various colleges actively participated in the competition. Smt.N.N.S.Eswari, Incharge Computer Science and Dr.P.Sanjotha, Incharge, English Department acted as judges



15. Poster Presentation competition was organized as a part of the state level workshop on “Millets-The Super foods”. Students from various colleges actively participated in the competition. Smt.Eswari, Incharge Botany and Kumari Swati, Incharge, Hindi Department acted as judges for the competition



16. Millet Art competition was organized as a part of the state level workshop on “Millets-The Super foods”. Students from various colleges actively participated in the competition. Dr.M.Sulakshana, Lecturer in Botany and Smt.Madhavi, Lecturer in Zoology acted as judges for the competition



17. Nutritious Millet Recipe Cooking competition was organized as a part of the state level workshop on “Millets-The Super foods”. Students from various colleges actively participated in the competition. Dr.P.Jhansi Rani and Smt.D.Jayasree, Incharge, Microbiology Department acted as judges for the competition



18. On 10<sup>th</sup> October 2023, a guest Lecture was organized on the importance of mental Health and she has also enlightened the audience about the importance of identifying and undergoing treatment for mental health issues and avoid the taboos around mental health problems.



19. A certificate course in Cross Stitch was organized by the department of Home Science from 1-11-2023 to 2-12-2023 for a period of 45 hours 25 students have completed the course successfully



20. On 8<sup>th</sup> November 2023, Parents meeting was organized in the department of Home Science. Department Incharge Dr.M.Suvarchala addressed the parents about the importance of regular attendance, performance in internal and semester end examinations and also the CSP and internships to be taken up by the students as a part of the course.21 parents, students and faculty of the department participated in the meeting



21. On 22<sup>nd</sup> december 2023, conducted a one day workshop for students of Home Science on Personal Safety Education in collaboration with Padala Charitable Trust





22. From 23rd December 2023 to 30<sup>th</sup> December students of HomeScience conducted awareness sessions on Personal safety for the children of various schools of Kakinada town. As a part of this nearly 500 school children were educated about Good Touch, Bad touch and personal safety.



