



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



CERTIFICATE

This is to certify that following data includes Home science department extension activities for the academic years 2017-2022. As per available records the data has been found correct.



PRINCIPAL

[Handwritten Signature]
Principal
D.K.Govt. College for Women (A)
NELLORE.



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



ACADEMIC YEAR 2017-2018

Name of the event : Nutrition Week Celebrations

Name of the Organizers : Department of Home Science

Place of Event : MCHS Mulapet ,(RamayyaBadi)



National Nutrition Week was celebrated by Home science Department from 1st September to 7th September with an objective to bring awareness in the students about important tips of their health and well-being. Students through the national nutrition week Home science students educated other students on the importance of nutrients. To create awareness on nutrients, home science students went to Ramayya Badi near DKW College, Nellore

Outcome of the Programme:

1. Student's cognitive levels increased in the nutritional aspects.
2. They obtained knowledge on nutritional rich recipes.
3. School children came to know the importance of healthy diet.



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



ACADEMIC YEAR 2017-18

Name of the Event: KISHORI VIKASAM

Name of the Organizers: Home Science

Place of Event: Residential hostels like KGBVs, Welfare hostels and residential Institutions.

Kishori Vikasam is a scheme of government of Andhra Pradesh which is a motivational training given to adolescent girls in the areas of health, child rights, acts, career guidance, life skills etc. Having received the training the students in turn educate adolescent girls and make them strong in multifaceted areas of their lives. As Peer Group Trainers (PGTs) the students of DKW College initially trained and motivated the students of the college and then went to many residential girl hostels like KGBVs, Welfare Hostels and other government residential institutions to create awareness and empower them.







This type of counseling is necessary to adolescent boys and men who are the real perpetrators of discrimination, violence and so on. It is suggested compulsory counseling on moral values to different communities in the society.



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



ACADEMIC YEAR 2018-19

Name of the event : Awareness Programme on Breast Feeding Week **Name**

of the Organizers : Home Science

Place of Event : Anganwadi center, Sarojini nagar, PHC, Vengal Rao nagar

DATE	EVENT CONDUCTED
03-08-2018	Rally and awareness programme on "Foods to be taken during pregnancy and lactation" & advantages of breastfeeding
04.08.-2018	Poster presentation at PHC



To galvanize support and build an alliance locally with individuals and to sensitize on breastfeeding and nutrition issues in the community, the Department of Home Science had conducted an awareness programme on exclusive breastfeeding. Students explained the benefits of breastfeeding, importance of breastfeeding and composition of breast milk.

Outcome of the Programme: The participants got information on composition of breast milk advantages of breast feeding.



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



ACADEMIC YEAR 2019-20

Name of the event: YSR KISHORI VIKASAM -PHASE III

Name of the Organizers: Home Science

Place of Event: Municipal Corporation High Schools ,Nellore

DATE	EVENT CONDUCTED
10. 02.2020 to 12.02.2020	Training for students
03.03.-2019 to 06.03.2020	Awareness programme for Adolescent Girls and Boys.



The State Government opines that Young teenagers often find it difficult to cope up with the mental and physical changes that they go through.

To address this situation, and to help teenagers to control their mood swings, the AP state Government has announced a new project, names YSR Kishori Vikasam Scheme with assistance from Central government under Beti Bachao Beti Padao Programme. Under this project, teenagers will receive guidance from the experts.

PGTs conducted awareness programs for 5852 Adolescent boys and girls of 6th to 10th class students in twenty government Schools in Nellore urban area.

The themes for this year training and awareness programme are as follows:

- Child Marriage
- Child Abuse
- Child Trafficking
- Anemia & Nutrition
- Menstrual Hygiene Management for girls
- Women and Children Schemes and Activities
- Disha act

- Role of village and ward secretariats/ Volunteers and their involvement
- Mahila Mithra & Cyber Mithra







D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



ACADEMIC YEAR 2019-20

Name of the event : Awareness Programme on Breast Feeding Week

Name of the Organizers : Home Science

Place of Event : Anganwadi center, Vengal Rao Nagar

DATE	EVENT CONDUCTED
05-08-2019	Rally and Awareness program in the school Poster
06-08-2019	Presentation in the Auditorium
07-08-2019	Power point presentation in our college for other group students.

Department of Home science conducted awareness programme on Breast feeding during Breast Feeding Week from 1.08.2019 to 8.08.2019 to create awareness on value of Breast feeding at . In this connection students participated in various aspects like Nutritive values of Breast milk , benefits of breastfeeding, importance of breastfeeding and various positions and attachment of mother and baby while feeding.



Outcome of the Programme: The programme was very informative to the pregnant, lactating mothers and for future mothers.



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



ACADEMIC YEAR 2019-2020

Name of the event : Awareness programme on Consumption of Junk Food

Name of the Organizers : Department of Home Science

Place of Event : Veda Sanskrit School, Mulapet

Date of Event : 13.02.2020



The main aim of the programme is to create awareness among school children on adverse effects of consuming junk food. Children were informed about various unhealthy food items like kure kure, deep-fry bajji, bonda, noodles, pani puri which cause harmful effects like communicable diseases, heart diseases, obesity.

Outcome of the programme: Children came to know the impact of junk foods and its effects on health.



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



ACADEMIC YEAR 2020-2021

Name of the event : National Girl Child Day **Name**
of the Organizers : Department of Home Science
Place of Event : Mahila Pranganam ,Nellore



Girl child day was celebrated on 24th January, 2021 by Department of Home science, with the purpose to spread awareness among people about all the inequalities girls faces in the society. Our college Kishori Vikasam PGTs participated in Celebrations at Mahila Pranganam, Nellore. Joint Collector Dr Sri Prabhakar Reddy, ASP Venkataratnam , ICDS PD participated in the programme.



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



ACADEMIC YEAR 2021-2022

Name of the event : Awareness programme on Period Cramps

Name of the Organizers : Department of Home Science

Place of Event : Government Girls High school, Mulapet

Date of Event : 29.07.2022



Home science department organised awareness programme on Period Cramps in children at Government Girls High School ,Mulapeta on 29.07.2022.The main objective is to inquire about its prevalence and suggest suitable diet and solutions to overcome the difficulties.

Outcome of the programme: The school girls acquired knowledge about causes and remedies and medication for Period cramps.Besides our students thrown light on the life style and dietary remedies for the girls to overcome this menstrual cramps such as yoga and exercise.



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



ACADEMIC YEAR 2021-2022

Name of the event : Awareness among women on health benefits of Millets

Name of the Organizers : Department of Home Science

Place of Event : Kranthi Mahila Sadhan, Padarupalli, Nellore

Date of Event : 02.08.22



Students explained the benefits of millets for Diabetic and chronic illness patient's. They educated the rural community about the nutrition and protein content of millets with the help of charts and posters. They also prepared "Millet Laddu" before the audience. Students distributed Pamphlets on usage and benefits of millets, to spread knowledge in the community at large.

Outcome of the programme: Members of the community got knowledge on the millets, and this will get implemented in their households. They also learned different recipes with Millets.



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



ACADEMIC YEAR 2022-23

Name of the event : Awareness Programme on Breast Feeding Week

Name of the Organizers : Home Science

Place of Event : Government General Hospital, Nellore

DATE	EVENT CONDUCTED
01-08-2022	World Breastfeeding week Celebration Brochure opened by Principal .
02-08-2022	Pamphlets distributed to all the departments.
03-08-2022	An awareness programme in Government General Hospital, Nellore on "Foods to be taken during pregnancy and lactation" & Advantages of Breastfeeding, RDA for lactating women by students.
04-08-2022	Rally by students and staff
06-08-2022	Bulletin Board - slogans on breast feeding



On account of World Breast Feeding Week Celebration Department of Home Science conducted awareness among lactating mothers at Government General Hospital, Nellore about importance of breast feeding, and foods to be taken during lactation period and disadvantages of bottle feeding. In this connection pamphlets were distributed.

Department of Home Science conducted a rally to Niligiri sangam and gave awareness in that area about breastfeeding.



Outcome of the Programme: The participants gained knowledge on importance of breast feeding and the way it helps in boosting the immunity of the baby and lessens the chances of cancer risk in mothers.