

DEPARTMENT OF HOME SCIENCE

K. N. Government PG College Gyanpur , Bhadohi



Organizes

A

Certificate Course

On

NUTRITION AND HEALTHY LIFE STYLE FOR WOMEN

Course Details :


Course Type: Certificate

Preamble

Nutrition is important in every stage of life. The status of women's health and nutrition is central to the quality of their lives . It is also the key determinant to the survival of a country's future generation. Women needs proper nutrients to stay healthy and strong . Healthy diet and fit life style are crucial for addressing multiple micronutrient deficiencies that commonly produce various ailment in females . Nutrition knowledge plays an important role in building good habits long with this proper balanced and well portioned diet and exercise , leads to a conducive life style.

Objective of Course

1. To explain the importance of Nutrition Education.
2. To understand and explain the fads and myths related to the eating habits of females in reference to food industry
3. To describe common communicable and non-communicable diseases in women with special reference to Covid19 and their diet management .


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Learning Outcome

Impart the Nutrition education and encourage them to modify their life style and eating habits .

Eligibility Criteria-

Fees: Free of Cost

Duration: 7 days

Dates: 1st September to 8th September

Lecture Mode : Online & Offline

Registration Link : <https://forms.gle/rimRXwzVX2boAEES7>

Course Co-Coordinator: Dr. Ira Tripathi

Oragnizing Committee Dr Madhu and

Jhanvi Tripathi

Syllabus :

Day	Topics to be Covered	Speaker
1	Food and its constituents	Dr Ira Tripathi
2	Methods of Cooking	DrMadhu
3	Nutrition and Development in Children	Jhanvi Tripathi
4	Food additives and food Labels	DrMadhu
5	Sustainable Eating	Dr Ira Tripathi
6	Non communicable diseases in Children	Jhanvi Tripathi
7	Communicable diseases in Children , Covid 19 and their diet management.	Dr Ira Tripathi

- **A Special Lecture by Sudha Pandey Mam ,Principal Government Degree College Sewapuri , Varanasi**

One

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KASHI NARESH GOVT. P.G. COLLEGE GYANPUR,
BHADOHI UTTAR PRADESH 221304

Department of Home Science



CERTIFICATE OF PARTICIPATION

This certificate is Presented to
PRINCEE DUBEY

For Participation in the “Seven Days Online Certificate Course” on “Nutrition and Healthy Life Style For Women” Organized by the Department of Home Science , K.N.Govt.PG College , Gyanpur, Bhadohi on the occasion of **National Nutrition Week** from 1-7 September 2021, and also successfully completed test .

Dr. Ira Tripathi
Co-ordinator

Dr. Madhu
Convener

Janhvi Tripathi
Convener

Dr. P.N Dongre
Principal & Patron

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List of participants with date wise Attendance:

S. No	Name of the student	Class/ Stream	Date							
			01-09-21	02-09-21	03-09-21	04-09-21	05-09-21	06-09-21	07-09-21	08-09-21
1.	Seeta Patel	MA II SEM	P	P	P	P	P	P	P	P
2.	Km. Manashi Tiwari	MA II SEM	P	P	P	P	P	P	P	P
3.	Kavita Singh	MA II SEM	P	P	P	P	P	P	P	P
4.	Rubeena Bano	MA IV SEM	P	P	P	P	P	P	P	P
5.	Saumya Malviya	MA IV SEM	P	P	P	P	P	P	P	P
6.	Muskan Modanwal	MA IV SEM	P	P	P	P	P	P	P	P
7.	Shivangi Malviya	MA II SEM	P	P	P	P	P	P	P	P
8.	Ranjana Devi	MA II SEM	P	P	P	P	P	P	P	P
9.	Sneha Singh	MA II SEM	P	P	P	P	P	P	P	P
10	Jaya Maurya	MA II SEM	A	P	P	P	P	P	P	P
11	Kusum yadav	MA II SEM	A	P	P	P	P	P	P	P
12	Neha Maurya	MA II SEM	P	P	P	P	P	P	P	P
13	Km. Reena Maurya	MA II SEM	P	P	P	P	P	P	P	P
14	Shakshi Mishra	MA II SEM	P	P	P	P	P	P	P	P
15	Pooja shukla	MA II SEM	P	P	P	P	P	P	P	P
16	Shivangi Sahu	MA II SEM	P	P	P	P	P	P	P	P
17	K R Ravita	MA II SEM	P	P	P	P	P	P	P	P
18	Komal Dubey	MA IV SEM	P	P	P	P	P	P	P	P
19	Arati Saroj	MA II SEM	P	P	P	P	P	P	P	P
20	Km. Julee Dubey	MA II SEM	P	P	P	P	P	P	P	P
21	Km. Kavita Yadav	MA II SEM	P	P	P	P	P	P	P	P
22	Anushka Tiwari	MA II SEM	P	P	P	P	P	P	P	P
23	Poonam Kumari	MA IV SEM	P	P	P	P	P	P	P	P
24	Ankita Pandey	B.Sc II Year	P	P	P	P	P	P	P	P
25	Shraddha Tiwari	MA II SEM	P	P	P	P	P	A	P	P
26	Nistha Maurya	MA IV SEM	P	P	P	P	P	P	P	P
27	Mamita Saroj	MA IV	P	P	P	P	P	P	P	P
28	Sandhya maurya	MA II	P	P	P	P	P	P	P	P
29	Ritu Singh	BA II	P	P	P	P	P	P	P	P
30	Komal Mishra	MA IV	A	P	P	P	P	P	P	P
31	Priya	MA II	A	P	P	P	P	P	P	P
32	Shubhi	MA II SEM	A	P	P	P	P	P	P	P
33	Pooja Patel	MA II	P	P	P	P	P	P	P	P
34	Km Akhlesha Devi	MA II SEM	A	P	P	P	P	P	P	P
35	Sonali Tiwari	BA II	P	P	P	P	P	P	P	P



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36	Neha yadav	B.A II	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Mohita	BA II	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	Bharti Maurya	BA II	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Ankita.Gautam	BA II	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	Arti	BA II	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	Neha dubey	B.Sc II SEM	A	P	P	P	P	P	P	P	P	P	P	P	P	P
42	Princi Dubey	BA II Yr	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	Ruchi Shukla	B.Sc II Yr	A	P	P	P	P	P	P	P	P	P	P	P	P	P
44	Reema Yadav	MA II SEM	P	P	P	P	P	P	P	P	P	P	P	P	P	P
45	Saumya Singh	MA II SEM	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46	Nisha Vishwakarma	MA II SEM	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	Neelam Verma	MA II SEM	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	Rani	MA II SEM	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	Mamta Vishwakarma	MA II SEM	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	Jyoti Sharma	B-A II Yr	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	Kshirprā Yadav	M.Sc II SEM, DDUGU ,Gorakhpur	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	Deepika Ghoshal	M.Sc GDGDC,Gorakhpur	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	Vidisha Dubey	BA III SAKPG,Varanasi	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	Richa Upadhyay	MA SAKAIC, Varanasi	A	P	P	P	P	P	P	P	P	P	P	P	P	P
55	Parvati	Ph.D, BHU, Varanasi	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	Priya Pandey	M.Sc III SEM, GDGDC Gorakhpur	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	Shalinee Singh	M.Sc, GDGDC College, Gorakhpur	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	Priya Jaisawal	MA I SEM, MGKVP, Varanasi	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	Divyani.Tripathi	BA II Yr, SAKPG Varanasi	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	Sonam Chaurasiya	Ph.D ,GNGPG College,	A	P	P	P	P	P	P	P	P	P	P	P	P	P

for Dupate
30/09/22

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15 FEBRUARY 2022
31-12-2021

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