

5.1.3 Yoga

World Yoga Day was celebrated on 21st June 2021 at Kalikadevi College on behalf of National Service Planning Department. Yoga Guru NSS Program Officer **Dr. Sandeep Sampal** gave yoga lessons.



Annual Activity Report Of Home Science Department

Academic Year 2020-2021

Because of Covid 19 Pandemic offline teaching was completely stopped. But our department has tried its best to provide online education to our students. Despite of various technical problems in rural areas with our students as well as us, we had provided online education to students through Whatsapp group, zoom app, youtube links, PDF study material, PPT and self made videos. We had prepared more than 50 videos of our department and shared with our students through whatsapp and youtube.

In March we had conducted one offline **Health Awareness program for school and college students on behalf of World Women Day.**



Also we had organised Adolescent Interaction program regarding Nutrition awareness for Adolescent students and Nutritional needs during Covid 19 period.



In this academic year our students had conducted surveys in their native villages on different social problems such as;

1. **Problems of children of sugarcane workers: a study**
2. **Study of overall health of women in Shirur (Kasar) area**
3. **A study of girls' perceptions and misconceptions about menstruation and**
4. **A study of women's thoughts about menstruation**

H.O.D. Home Science



Dr. Chetana V. Donglikar