

“Education for Knowledge, Science and Culture”  
-Shikshah Maharshi Dr. Bapuji Salunkhe  
**VIVEKANAND COLLEGE, KOLHAPUR**  
(AUTONOMOUS)  
**INTERNAL QUALITY ASSURANCE CELL**  
2020-21



**Quality Initiatives/ Activities Report**

1. **Name of Department:** Home Science
2. **Name of Organized Activity:** National Week - “Online Quiz ”
3. **Aims and Objectives:** To create awareness about nutrition at social and educational level.
4. **Date/ Duration:** 1<sup>st</sup> Sept. to 8<sup>th</sup> - Sept -2021
5. **No. of beneficiaries:** Total Participant- 210  
Teacher-13  
Student male-21 student female- 161 others female 15
6. **Expenditure & funding agency:**


**7. Brief description:**

The National Nutrition week is celebrated from 01<sup>st</sup> to 07<sup>th</sup> September by the Department of home science. ON Women and Child Development Health Government of India. On this occasion Department of Home Science in association with IQAC has organized a ‘Online quiz Competition ’ to create awareness about food & Nutrition. Many women, teachers, official staffs from the community & Students took part in this quiz.

8. **Outcomes:** 1. Participants got information about nutrition.  
2. Participating Students learned how to have balanced diet.

**9. Photo:**

**10. Signatures of coordinator/organizer:**

  
Mrs. S. S. Patil



Head of the  
Department of Home Science  
Vivekanand College, Kolhapur



# National Nutrition Week - Online Quiz

राष्ट्रीय पोषण सप्ताह (National Nutrition Week) दि. १ ते ७ सप्टेंबर हा भारत सरकारच्या महिला व बालविकास आरोग्य विभागातर्फे साजरा केला जातो. या निमित्ताने वेगवेगळ्या कार्यक्रमांचे आयोजन केला जातो. आमच्या विवेकानंद कॉलेज (स्वयत्त) कोल्हापूरच्या च्या IQAC व गृहविज्ञान विभागातर्फे सामाजिक व शैक्षणिक स्तरावर पोषण विषयक जनजागृती करण्याच्या उद्देशाने Online Quiz (प्रश्नमंजुषा) आयोजित केली आहे. तसे समाजातील सर्व सम्माननीय, शिक्षक, प्राध्यापक, अधिकारी, कर्मचारी तसेच नागरिक आणि विद्यार्थ्यांनी या स्पर्धेत सहभागी व्हावे. सहभागी स्पर्धकांना ई-प्रमाणपत्र आपल्या ई-मेलवर प्राप्त होईल.

आयोजक-  
विभागप्रमुख- श्रीमती उर्मिला खोत  
IQAC प्रमुख- डॉ. श्रुती जोशी  
प्राचार्य- डॉ. आर. आर. कुंभार

\*Required

1. Email \*

2. Name of Participant \*

3. Name of Institution

4. उच्च दर्जाची प्रथिने देणारा पदार्थ कोणता? \*

Mark only one oval.

तृणधान्य

दूध व दुधाचे पदार्थ

फळे

भाज्या

2 points

5. डोळ्यांच्या आरोग्यासाठी आवश्यक असणारे जीवनसत्त्व कोणते? \*

Mark only one oval.

अ

ड

ई

के



6. जीवनसत्त्व क चे उत्तम स्रोत कोणते आहे?

Mark only one oval.

- आवळा  
 चिकू  
 केळी  
 डाळिंब

7. हिमोग्लोबिन च्या निर्मितीकरिता कोणत्या घटकांची आवश्यकता असते?

Mark only one oval

- कॅल्सी  
 लोह  
 जीवनसत्त्व  
 प्रथिने

8. दात आणि हाडांच्या आरोग्याकरिता कशाची आवश्यकता असते?

Mark only one oval.

- लोह  
 कॅल्शियम  
 जीवनसत्त्व  
 कर्बोदके

9. कोणते अन्नपदार्थ रोगप्रतिकार शक्ती वाढवणारी म्हणून ओळखले जातात?

Mark only one oval.

- आंबट आणि रसाळ फळे  
 तांदूळ  
 गहू  
 तेल

10. खालीलपकी कोणत्या अन्नपदार्थातून लोह जास्त मिळते?

Mark only one oval.

- तांदूळ  
 पोहे  
 अळीव  
 गहू



11. पालेभाज्यांमधून काय मिळते?

2 points

Mark only one oval.

- प्रथिने  
 स्निग्धे  
 जीवनसत्त्व व खनिजे  
 लॅक्टोज

12. एक ग्रॅम कर्बोदकांपासून किती कॅलरी मिळतात?

2 points

Mark only one oval.

- ४  
 ६  
 ८  
 ९

13. श्री व्हाइट्स ही संज्ञा कोणत्या पदार्थाच्या समूहासाठी वापरली जाते?

2 points

Mark only one oval.

- मीठ, साखर व मैदा  
 साखर, मैदा व रवा  
 दूध पावडर व चिरमुरे  
 साखर, दूध व तांदूळ

14. तज्ज्ञ कोणते पदार्थ खाण्याची शिफारस करतात?

2 points

Mark only one oval.

- ताजे व शिजवलेले  
 पॅकबंद पदार्थ  
 प्रक्रिया केलेले  
 तळलेले

15. खालीलपैकी कोणते फास्ट फूड नाही?

2 points

Mark only one oval.

- पिझ्झा  
 बर्गर  
 थालिपीठ  
 बटाटेवडा



16. प्रौढ व्यक्तीने दिवसभरात किती ग्लास पाणी प्यावे?

2 marks

Mark only one oval.

- ६ ते ८
- ८ ते १०
- १० ते १२
- १२ ते १४

17. तंतूमय पदार्थांचा पुरवठा होण्याकरिता आहारात कशाचा समावेश करावा?

Mark only one oval.

- साखर
- मैदा
- फळे व भाज्या
- दूध

18. पोषणा संबंधी आजारास काय म्हणतात?

Mark only one oval.

- कुपोषण
- पोषणाचा समतोल
- पोषणाची विद्राव्यता
- योग्य पोषण

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