

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur Rukhama Mahila Mahavidyalaya Nawegaon/ Bandh Tah- Arjuni/ Mor. Dist- Gondia-441702

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Best practices-I: Adoption of village

Sr.No.	Year	Name of the activity	Number of	Date From – To	Page No.
			Participants		
1	2018-19	Awareness on no use of plastic	49	28 th July 2018	2-5
2	2018-19	Awareness on save and clean water	18	28 th Feb 2019	6-9
3	2018-19	Road safety awareness program for community	77	9 th Mar 2019	10-14
4	2019-20	Swatchh bharat abhiyan	53	19 th Sep 2019	15-19
5	2022-23	Awareness about health with ashaworker	23	27 th Aug 2022	20-23
6	2022-23	Fire free Diwali awareness for village	76	17 th Oct 2022	24-29
7	2022-23	Importance of bachhat gat for womens	22	18 th Oct 2022	30-33

Best practices-II: Entrepreneurship Development

Sr.No.	Year	Name of the activity	Number of	Date From – To	Page
			Participants		No.
1	2018-19	Workshop on repairing of home appliances	19	3 rd – 8 th Sept 2018	34-40
2	2019-20	Workshop on cake fair	35	2 nd - 7 th July 2019	41-48
3	2020-21	Workshop on vermiculture and vermicomposting	22	$5^{th} - 10^{th}$ Apr 2021	49-55
4	2021-22	Workshop on fashion designing sponsored by usha shilai machine	50	$20^{\text{th}} - 28^{\text{th}} \text{ Oct}$ 2021	56-62

cipal **RUKHAMA MAHILA MV** N/Bandh, Ia. A/Mor. Di. Gondia



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Department of Home Science

Session 2018-19

Semester: I, III, V

Date: 28th July 2018

Report on Awareness on No use of Plastic

1.	Event Title	: Awareness on No use of Plastic
2.	Event Date	: 28 th July 2018
3.	Event Duration	: 1 day
4.	Event Venue	: Nawegaon bandh village
5.	Event Resource Person	: NA
6.	Event Coordinator	: Priya Palekar
7.	Number of participants	: 49
8.	Objective	To reduce the risk for human being and other creatures to survive on earth
9.	Outcome	: Students and the community was able to understand how ecofriendly will it be not to use plastic.

Photograph of the Event



Students making villagers aware on no use of plastics

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Semester: IV, VI

Date: 28th Feb 2019

Report on Awareness on Save and clean water

1.	Event Title	:	Awareness on save and clean water
2.	Event Date	:	28 th Feb 2019
3.	Event Duration	:	1 day
4.	Event Venue	:	Nawegaon Bandh Village
5.	Event Resource Person	:	
6.	Event Coordinator	:	Akshay Behare
7.	Number of participants	:	18
8.	Objective	:	To maintain the continuity of life on the earth to improve water quality, wastewater treatment and safe reuse.
9.	Outcome	:	Villagers will be more aware about reduce pollution, preserve our biosphere, protect endangered species, and help preserve the earth's natural resources

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Semester: IV, VI

Photograph of the Event



Students making aware villagers for save and clean water



Students rally on save and clean water awareness

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Department of Home science Session 2018-19

Semester: II, IV, VI

Date: 9th Mar 2019

Report on Road Safety Awareness Program For Community

1.	Event Title	:	Road safety awareness program for community
2.	Event Date	:	9 th March
3.	Event Duration	:	1 day
4.	Event Venue	:	Nawegaon
5.	Event Resource Person	:	-
6.	Event Coordinator	:	Mr. Prashant sahare
7.	Number of participants	:	77
8.	Objective	:	To reduce road traffic accidents, minimise fatalities and injuries resulting from road accidents, and enhance road infrastructure to make it safer and more efficient.
9.	Outcome	:	Community will acquire knowledge and understanding of the road traffic, transport environment, signals and traffic signs

Photograph of the Event



Students rally for road safety awareness for villagers of Nawegaon bandh

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Department of Home Science

Session 2019-20

Semester: I, III and V

Date: 19th Sept. 2019

Report on Swatchbharat Abhiyan

1.	Event Title		Report on Swatchbharat Abhiyan
2.	Event Date	:	19 th Sept. 2019
3.	Event Duration	:	1 day
4.	Event Venue	:	Nawegaon Bandh Grampanchayat & Railway station
5.	Event Resource Person	:	Ms. Meena Raut
6.	Event Coordinator	:	Ms. Meena Rout
7.	Number of participants	:	53
8.	Objective	•	 To make India clean through behavioural change. To promote the idea of Smart City To eliminate the burden of communicable disease which India has like Malaria, Diarrhea, Cholera. To ensure availability and sustainable management of water and sanitation for all.
9.	Outcome	:	significantly improved health outcomes

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Department of Home Science Session 2019-20

Semester: I, III and V

Photograph of the event



Student cleaning gram panchayat premises



Student cleaning Railway station premises

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Department of Home Science Session 2022-23

Semester: III, V

Date: 27th Aug 2022

Report on RMM with Asha workers Awareness Program On Health

1.	Event Title	:	RMM with Ashaworkers Awareness Program On Health
2.	Event Date	:	27th Aug
3.	Event Duration	:	1 day
4.	Event Venue	:	Nawegaon Bandh
5.	Event Resource Person	:	-
6.	Event Coordinator	:	MEENA RAUT
7.	Number of participants	:	23
8.	Objective	:	ASHA will provide information to the community on determinants of health such as nutrition, basic sanitation & hygienic practices, healthy living and working conditions, information on existing health services and the need for timely utilization of health & family welfare services.
9.	Outcome	:	ASHA will mobilize the community. Village health and sanitization will improve

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Department of Home Science Session 2022-23

Semester: III, V

Photograph of the Event



Students telling health awareness to villagers



Students health awareness rally with Asha worker at Nawegaon bandh

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Department of Home Science

Session 2022-23

Semester: I, III, V

Date: 17th Oct 2022

Report on Awareness on Fire free Diwali

1.	Event Title	:	Awareness on Fire free Diwali
2.	Event Date	:	17 th Oct 2022
3.	Event Duration	:	1 day
4.	Event Venue	:	Nawegaon/bandh
5.	Event Resource Person	:	
6.	Event Coordinator	:	Mr. Prashant Sahare
7.	Number of participants	:	76
8.	Objective	:	To spread awareness among the villagers regarding the bad effect of crackers on environment.
9.	Outcome	:	Villagers will understand that the pollution caused by the crackers is hazardous and hence should celebrate eco - friendly Diwali.

Photographs of the event



Student rally for awareness on fire free diwali

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Department of Home Science
Session 2022-23

Semester: I, III, V



Students spreading importance of fire free Diwali

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Department of Home Science Session 2022-23

Semester: III, V

Date: 18th Oct 2022

Report on Wokshop for Women on Importance of Bachat gat

1.	Event Title	:	Workshop for Women on Importance of Bachatgat
2.	Event Date	:	18 th Oct 2022
3.	Event Duration	:	1 day
4.	Event Venue	:	Satyamev Prabhagsangh Nawegaon/Bandh
5.	Event Resource Person	:	
6.	Event Coordinator	:	Meena Raut
7.	Number of participants	:	22
8.	Objective	:	To organize women and enable them to self-help. To create a financial source of the loan.
9.	Outcome	:	Women of the village were able to understand that they can get help in the form of loans at very low interest rate, savings and returns.

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Department of Home Science
Session 2022-23

Semester: III, V

Photograph of the Events



Students and village women's present in the workshop



Mr. Pravin Gahane addressing students on importance of bachat gat

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<u>Syllabus</u> workshop On Repairing of Home Appliances and Prolonging Lifespan

Duration: 30 hours

Objective:

The workshop aims to equip participants with the knowledge and skills necessary to repair common home appliances and implement practices that can extend their lifespan. Participants will gain practical experience in troubleshooting, repairing, and maintaining various household appliances, enabling them to save money, reduce waste, and contribute to sustainable living.

Session 1: Introduction to Home Appliance Repair (3 hours)

- Overview of the workshop objectives, structure, and expectations
- Importance of home appliance repair for sustainability
- Introduction to basic tools and safety precautions

Session 2: Understanding Common Household Appliances (3 hours)

- Overview of different types of home appliances
- Identifying common issues in appliances
- Introduction to electrical circuits and components

Session 3: Troubleshooting Techniques (4 hours)

- Step-by-step approach to troubleshooting appliances
- Identifying faulty components through visual inspection
- Using multimeters for electrical testing

Session 4: Repairing Small Kitchen Appliances (4 hours)

- Hands-on practice with repairing small kitchen appliances like blenders, toasters, or coffee makers
- Replacing faulty parts or components
- Cleaning and maintenance tips for optimal performance

Session 5: Repairing Major Home Appliances (4 hours)

- Hands-on practice with repairing major home appliances like refrigerators or washing machines
- Understanding common issues specific to each appliance type
- Replacing motors, compressors, belts, or other critical components

Session 6: Preventive Maintenance Techniques (3 hours)

- Importance of preventive maintenance for extending appliance lifespan
- Cleaning techniques for different appliances
- Regular maintenance schedules and checklists

Session 7: Energy Efficiency Tips (3 hours)

- Strategies for reducing energy consumption and increasing appliance efficiency
- Understanding energy labels and ratings
- Practical tips for optimizing appliance usage

Session 8: Recycling and Responsible Disposal (3 hours)

- Introduction to e-waste management and recycling
- Proper disposal methods for appliances at the end of their lifespan
- Encouraging sustainable practices in the community

Session 9: Final Project and Assessment (3 hours)

- Participants will work on a repair project under supervision
- Assessment of participants' understanding and skills acquired during the workshop.



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Department of Home Science Session 2018-19

Semester: III

1.111

Date: 9th Sep 2018

Report on Repairing of Home Appliances

1.	Event Title	: Repairing of Home Appliances
2.	Event Date	: 3 rd to 8 th Sept.
3.	Event Duration	: 30 hours
4.	Event Venue	: Rukhama Mahila Mahavidyalaya, Nawegaon Bandh
5.	Event Resource Person	: Mr. Pravin Doye
6.	Event Coordinator	: Mr. Prashant Sahare
7.	Number of participants	: 19
8.	Objective	The workshop aims to equip participants with the knowledge and skills necessary to repair common home appliances and implement practices that can extend their lifespan. Participants will gain practical experience in troubleshooting, repairing, and maintaining various household appliances, enabling them to save money, reduce waste, and contribute to sustainable living.
9.	Outcome1	 1.Observe & practice safety pre-cautions 2.Identify & use all hand tools. 3.Attending to minor faults in machines, their controls & appliances. 4.Plan and organize the work related to the occupation.

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Department of Home Science Session 2018-19

Semester: III

Photograph of the Program

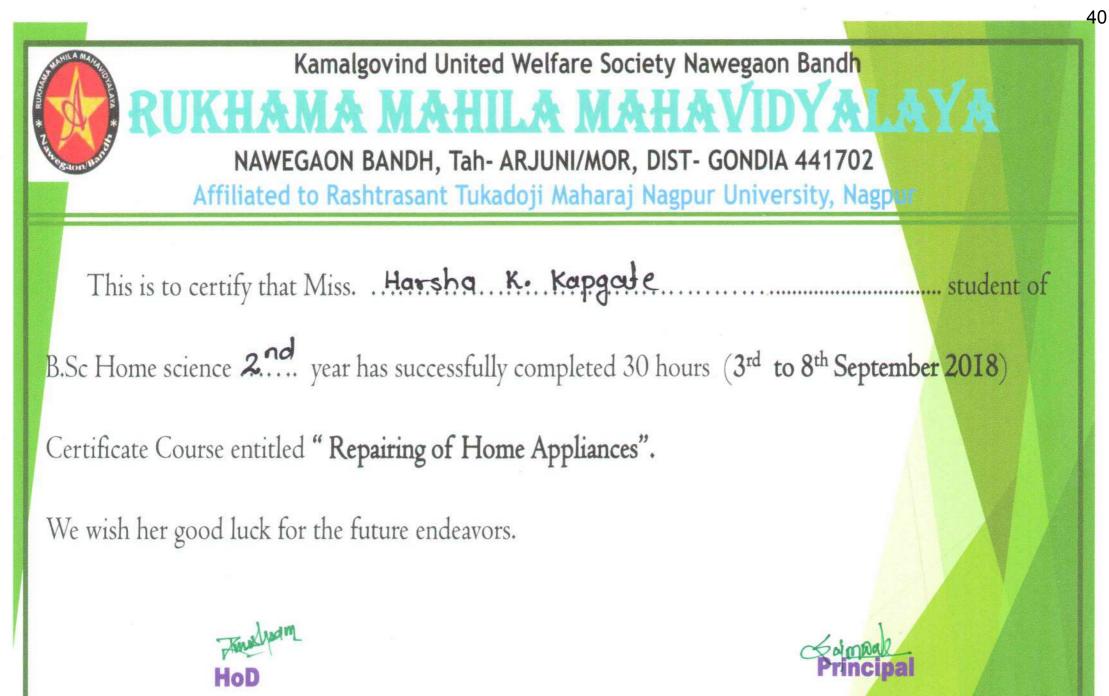


Students learning to repair appliances



Mr. Pravin Doye addressing the students

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Syllabus for workshop On Cake Making and Decorations.

Course Duration: 30 hours

Course Description:

This workshop is designed to provide participants with comprehensive knowledge and practical skills in cake making and decorations. Participants will learn various techniques and methods for creating delicious cakes and enhancing their visual appeal through decorative elements. The workshop will cover both theoretical concepts and hands-on practice, ensuring that participants gain a solid foundation in cake making and decorations.

Course Objectives:

1. To understand the basic principles of cake making, including ingredients, measurements, and baking techniques.

- 2. To learn various cake decorating techniques, such as icing, piping, fondant modeling, and sugarcraft.
- 3. To explore different types of cakes, fillings, frostings, and glazes.
- 4. To develop creativity in designing and decorating cakes for different occasions.
- 5. To acquire knowledge on food safety practices related to cake making.

Course Outline:

Session 1: Introduction to Cake Making (5 hours)

- 1.1 Overview of the workshop
- 1.2 Introduction to basic ingredients and their functions
- 1.3 Understanding measurements and conversions
- 1.4 Baking techniques for different types of cakes

Session 2: Cake Decorating Techniques (4 hours)

- 2.1 Introduction to different types of icings
- 2.2 Piping techniques for borders, flowers, and writing
- 2.3 Introduction to fondant modeling
- 2.4 Basic sugarcraft skills

Session 3: Types of Cakes (4 hours)

- 3.1 Exploring various types of cakes (e.g., sponge cakes, chiffon cakes)
- 3.2 Understanding different fillings, frostings, and glazes
- 3.3 Hands-on practice in baking a selected type of cake

Session 4: Advanced Cake Decorations (5 hours)

- 4.1 Advanced piping techniques for intricate designs
- 4.2 Fondant covering and sculpting
- 4.3 Creating edible decorations using molds
- 4.4 Designing themed cakes

Session 5: Special Occasion Cakes (4 hours)

- 5.1 Designing wedding cakes
- 5.2 Creating birthday cakes with personalized themes
- 5.3 Techniques for creating celebration cakes

Session 6: Food Safety Practices (4 hours)

- 6.1. Importance of hygiene in cake making process
- 6.2. Safe handling of ingredients
- 6.3. Storage guidelines for finished products

Session 7: Practical Application (4 hours)

7.1. Participants will have the opportunity to apply the knowledge gained throughout the workshop by working on

7.2. individual or group projects under the guidance of instructors.



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Semester: I, III, V

Date: 8th July 2019

Report on Workshop on cake fair

1.	Event Title	:	Workshop on Cake Fair
2.	Event Date	:	2 nd – 7 th July.
3.	Event Duration	:	30 hours
4.	Event Venue	:	Rukhama Mahila Mahavidyalaya, Nawegaon bandh
5.	Event Resource Person	:	Archana pawar, Rashmi pawar
6.	Event Coordinator	:	Meena Raut
7.	Number of participants	:	35
8.	Objective	:	 To understand the basic principles of cake making, including ingredients, measurements, and baking techniques. To learn various cake decorating techniques, such as icing, piping, fondant modeling, and sugarcraft. To explore different types of cakes, fillings, frostings, and glazes. To develop creativity in designing and decorating
9.	Outcome	:	cakes for different occasions.5. To acquire knowledge on food safety practices related to cake making.Students will be able to learn different types of cakes

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Semester: I, III, V

Photograph of the Event



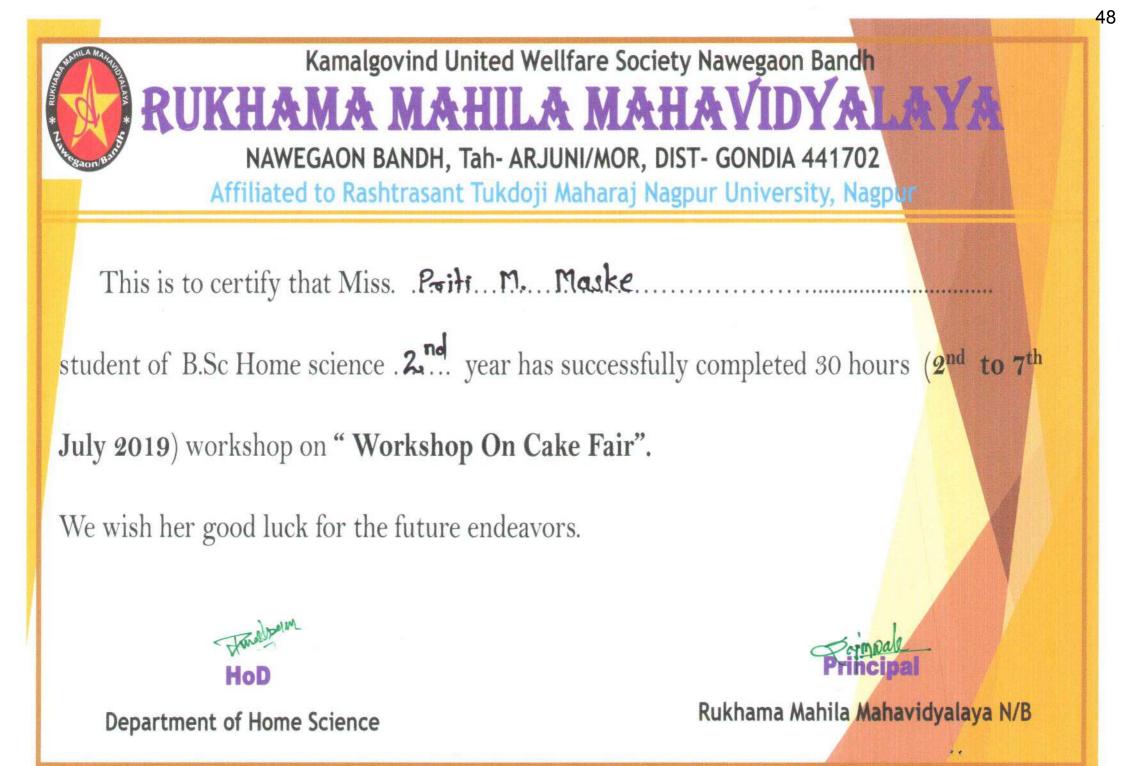
Student learning cake making process



Students participation in cake fair workshop

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Syllabus for workshop On Vermicompost and Vermiculture

Duration: 30 hours

Course Description:

This workshop aims to provide participants with a comprehensive understanding of vermicomposting and vermiculture techniques. Participants will learn the principles, benefits, and practical applications of vermicomposting, as well as the basics of vermiculture. Through hands-on activities and theoretical sessions, participants will gain the necessary knowledge and skills to implement vermicomposting practices effectively.

Course Objectives:

1. To introduce participants to the concept of vermicomposting and its significance in sustainable waste management.

2. To familiarize participants with various types of worms used in vermiculture.

- 3. To provide practical guidance on setting up a vermicomposting system.
- 4. To educate participants about the benefits of using vermicompost in gardening and agriculture.
- 5. To promote environmental awareness and encourage sustainable practices among participants.

Course Outline:

Session 1: Introduction to Vermicomposting (3 hours)

Definition and importance of vermicomposting Benefits of vermicompost over traditional composting methods Role of worms in the decomposition process

Session 2: Types of Worms Used in Vermiculture (3 hours)

Identification and characteristics of commonly used worms (e.g., red wigglers) Understanding their feeding habits and preferences Sourcing worms for vermiculture projects

Session 3: Setting Up a Vermicomposting System (4 hours)

Choosing an appropriate container for vermiculture Creating a suitable bedding material for worms Maintaining optimal moisture levels in the composting system Managing temperature, pH levels, and oxygen supply

Session 4: Feeding Worms (4 hours)

Identifying suitable organic waste materials for worm consumption Balancing carbon-to-nitrogen ratios in the vermicomposting system Avoiding harmful substances and potential issues

Session 5: Harvesting and Using Vermicompost (4 hours)

Techniques for separating worms from vermicompost Storing and curing vermicompost Utilizing vermicompost in gardening, agriculture, and household plants

Session 6: Troubleshooting and Maintenance (4 hours)

Identifying common problems in vermicomposting systems Preventing odor, pests, and other challenges Regular maintenance practices for a healthy vermiculture setup

Session 7: Vermiculture Applications (4 hours)

Vermiculture in urban settings: balcony gardens, community projects, etc. Large-scale vermiculture for agricultural purposes Vermicomposting as a business opportunity

Session 8: Field Visit and Practical Demonstration (4 hours)

Visit to a local vermicomposting facility or garden using vermiculture techniques Hands-on demonstration of setting up a small-scale vermiculture system



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Department of Home Science Session 2020-21

Semester: IV, VI

Date: 11th April 2021

Report on Workshop on Vermiculture and vermicompost

1.	Event Title	:	Workshop on Vermiculture and vermicompost
2.	Event Date	:	5th-10th April
3.	Event Duration	:	30 hours
4.	Event Venue	:	Rukhama Mahila Mahavidyalaya
5.	Event Resource Person	:	Dr. R.F. Raut
6.	Event Coordinator	:	Mr. Akshay Behare
7.	Number of participants	:	22
8.	Objective	:	 To familiarize participants with various types of worms used in vermiculture. To provide practical guidance on setting up a vermicomposting system. To educate participants about the benefits of using vermicompost in gardening and agriculture. To promote environmental awareness and encourage sustainable practices among participants.
9.	Outcome	:	Participants got introduce to the concept of vermicomposting and its significance in sustainable waste management.

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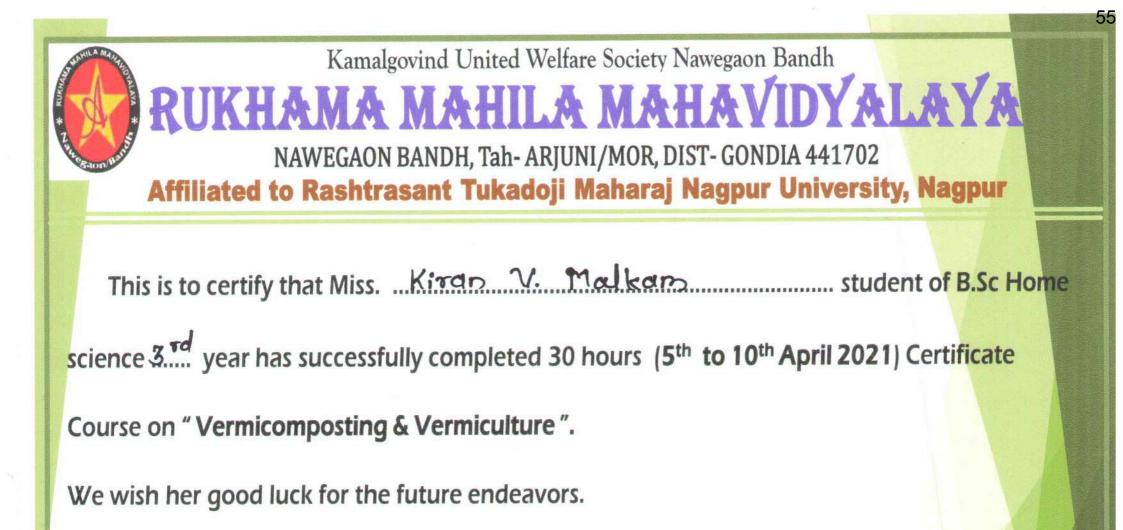
Department of Home Science Session 2020-21 Semester: IV, VI

Photograph of the Event



Students participation in vermicompost workshop

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<u>Syllabus for</u> workshop On Fashion Designing sponsored by usha shilai machine

Course Title: Duration: 30 hours

Course Description:

This workshop is designed to introduce students to the fundamentals of fashion designing. It will cover various aspects of fashion designing such as understanding body types, color theory, fabric selection, pattern making, and garment construction. Students will also learn about the history of fashion and current trends in the industry. The workshop will include both theoretical and practical sessions to provide students with a comprehensive understanding of fashion designing.

Learning Objectives:

- To understand the basics of fashion designing
- To learn about different body types and how to dress them
- To gain knowledge about color theory and its application in fashion
- To develop skills in fabric selection and pattern making
- To learn garment construction techniques
- To explore the history of fashion and its impact on current trends

Course Outline:

Day 1:Introduction to Fashion Designing (2 hours)

- Definition of fashion designing
- Importance of fashion in society
- Career opportunities in the field of fashion designing

Understanding Body Types (2 hours)

- Different body types and their characteristics
- How to dress different body types
- Practical exercise: Dressing mannequins according to different body types

Day 2:Color Theory (3 hours)

- Basics of color theory
- Color schemes and their application in fashion
- Practical exercise: Creating a color scheme for a collection

Fabric Selection (3 hours)

- Types of fabrics used in fashion designing
- Factors to consider when selecting fabrics
- Practical exercise: Identifying different fabrics

Day 3:Pattern Making (4 hours)

- Introduction to pattern making
- Basic pattern making techniques
- Practical exercise: Creating a basic bodice pattern

Garment Construction (4 hours)

- Techniques for cutting, stitching, and finishing garments
- Practical exercise: Stitching a simple garment

Day 4:History of Fashion (3 hours)

- Evolution of fashion through different eras
- Influential designers and their contributions
- Impact of historical fashion on current trends

Current Fashion Trends (3 hours)

- Latest trends in the fashion industry
- How to stay updated with changing trends
- Practical exercise: Creating a mood board for a trend

Day 5:Final Project (6 hours)

- Students will work on a final project where they will apply all the skills and knowledge gained during the workshop

- Presentations and feedback session



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Department of Home Science Session 2021-22

Semester: I, III, V

Date: 29th Oct 2021

<u>Report on Workshop on Fashion designing sponsored by</u> <u>Usha Shilai Machine</u>

1.	Event Title	:	Workshop on fashion designing sponsored by Usha Shilai Machine
2.	Event Date	:	20 th -28 th October
3.	Event Duration	:	30 hours
4.	Event Venue	:	Jayvanti Enterprises, Siregaon bandh
5.	Event Resource Person	:	Mrs. Rachana Gahane
6.	Event Coordinator	:	Ms. Komal Sahare
7.	Number of participants	:	50
8.	Objective	:	 To understand the basics of fashion designing To learn about different body types and how to dress them To gain knowledge about color theory and its application in fashion To develop skills in fabric selection and pattern making To learn garment construction techniques To explore the history of fashion and its impact on current trends
9.	Outcome	:	Participants were able to learn the basics of fashion designing and its application and new trends.

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Department of Home Science Session 2021-22

Semester: I, III, V

Photograph of the Event



Mrs. Rachana Gahane addressing students about the fashion designing



Mrs. Rachana Gahane, RMM College staff and Students participation

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