

# MAHANTH MAHADEVANAND MAHILA MAHAVIDYALAYA, ARA

## ACTIVITY REPORT 2019-20

Name of the Department: Department of Home-Science

Name of activity: Folder making Competition on “ Alsi ” Products

Level of activity: Departmental/**Institutional**/State/National/International

Date of activity: 22.01.2020

Head of The department: Dr. Vijay laksmi

Name of Resource person/s: -

Number of teacher participated: 6

Number of students participated: 68

**Fruitful Outcome of the activity:** Students have prepared folder on health benefits of flax seed in order to create awareness in public. In that folder they have given accurate or specific information on importance and benefits of flax seed for human health. They explained Nutrition Facts of Flaxseed. The usual serving size of ground flaxseed is 2 tablespoons (tbsp). That serving includes:

- 75 calories
- 2.6 grams (g) protein
- 4 g [carbohydrate](#)
- 7.6 g fat , flaxseed is one of the best sources of the omega-3 fatty acid alpha-linolenic acid (ALA)
- 3.8 g fiber
- 90 milligram (mg) phosphorus
- 55 mg magnesium and 114 mg [potassium](#)

Signature  
Dr. Nidhi Sinha  
HOD  
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MEDIA COVERAGE/PHOTOGRAPHS

