

# MAHANTH MAHADEVANAND MAHILA MAHAVIDYALAYA, ARA

## ACTIVITY REPORT 2018-19

Name of the Department: Department of Home-Science

Name of activity: Workshop on Product development

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

Date of activity: 15.04.2020

Head of The department: Dr. Vijay laksmi

Name of Resource person/s: -

Number of teacher participated: 6

Number of students participated: 27

**Fruitful Outcome of the activity:** In this activity students have prepared nutritious recipes of flax seed. They explained the nutritional importance of alsin (flax seed). They stated that by consuming recipes of alsin like (Laddu, Paratha, Pitha, Dry chutney) person can get many health benefits. Flaxseed is commonly used to **improve digestive health or relieve constipation**. Flaxseed may also help lower total blood cholesterol and low-density lipoprotein (LDL, or "bad") cholesterol levels, which may help reduce the risk of heart disease, etc.

Signature

Dr. Nidhi Sinha  
HOD

Department of Home-Science  
M.M.Mahila College

## MEDIA COVERAGE/PHOTOGRAPHS

