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Report on

Extension Activity for Villagers- Cleaning and Cooking Properly

In collaboration with NSS

SESSION -I

Date and Time: Thursday, 1st September 2022, 11:00 am.

Venue: Ghamroj Village, Gurugram, Haryana

Event type: Extension Activity

Mode of Activity: Offline

Target Group: Residents of Village Ghamroj

Coordinators: Ms. Jyoti Sehrawat

Organized by: School of Hotel Management & Catering Technology in collaboration with NSS

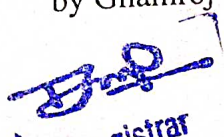
Number of Participants: 21 (village women and students)


INTRODUCTION:

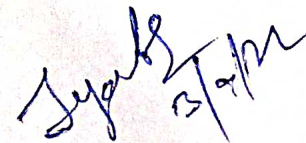
SOHMCT organized an extension activity, on 1 September 2022. the activity was on "cleaning and cooking properly-sanitary kitchen practices, washing and cleaning vegetables". The activity was designed to explain about how and why sanitary kitchen practices are important in the post covid era.

OBJECTIVES

- To make the people of Ghamroj aware about different practices to keep their vegetables, fruits and kitchen clean.
- To make the people of Ghamroj aware about why they should follow sanitary kitchen practices especially post the corona times.
- To get the students acquainted with different cleaning practices followed in the kitchen by Ghamroj residents.


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CONTENT

Teaching different methods to clean, sanitize the vegetables, fruits and keeping the kitchen clean in the village

How to avoid contamination of raw and cooked food at home.

Usage of FIRST IN FIRST OUT (FIFO) rule so that the vegetables and fruits are not wasted.

How to keep the kitchens, kitchen equipment's etc. neat, clean and sanitized and why is it important to keep everything sanitized.

ATTENDEES

Students of SOHMCT 3rd year and residents of Ghamroj Village

ACTIVITY OUTCOME


The residents of the Ghamroj village learned the importance of sanitizing their home kitchens and why and how can they clean and sanitize fruits and vegetables.

Also the students learned how the residents of the village keep their vegetables and fruits stored and keep them from getting rancid.

CONCLUSION

This was a highly informative session for the students of SOHMCT and the residents of the village Ghamroj, both learned about different techniques of cleaning and sanitizing kitchens and fruits and vegetables and the importance of both.


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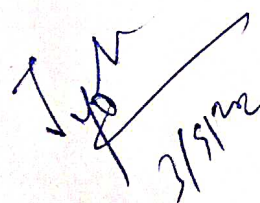

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Photo 1: The students explained about various sanitation practices to villagers.

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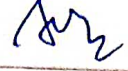
Photo 2: Cyclic menu for Mid-day meal.

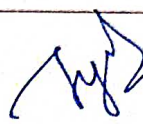
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Report prepared by	
Report verified by Event Coordinator	[Jyoti, Signature and 03-09-22]
Report Seen by Dean / Club Coordinator / Activity	[Jyoti, Signature and -03-09-22]
Coordinator/ IQAC Director / Registrar	[Jyoti, Signature and 03-09-22]

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E D U C A T I O N F O R L I F E
(Recognized by UGC and a member of AIU)

SOHMCT LIST OF STUDENTS

S.NO	NAME	COURSE	SEMESTER	Date- 01/09/2022	SIGNATURE
1	ABHISHEK CHAUDHARY	BHMCT	5		Abhishek
2	ANKIT KHATANA	BHMCT	5		AB
3	HARSH GARG	BHMCT	5		Harsh
4	ISHMEET KAUR	BHMCT	5		Ishmeet
5	MAHEK SAXENA	BHMCT	5		Mahek
6	TEJAS SHARMA	BHMCT	5		Tejas

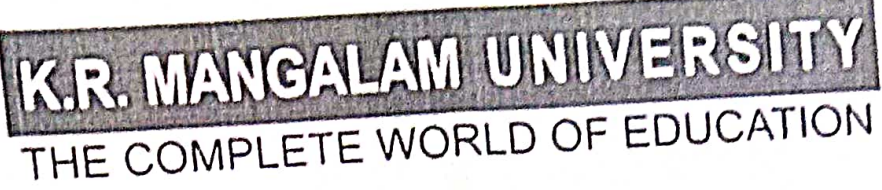
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2/9/22



ATTENDANCE RECORD OF PARTICIPANTS

1/01/22

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S.NO	NAME OF PARTICIPANTS	PHONE NO	SIGNATURE
1	Anuja		अनुजा
2	Deepthi		दीप्ति
3	Latika		लता
4	Malti		मालती
5	Kali		काली
6	Kamlesh		कमलेश
7	Kamla		कमला
8	Tyoti		तुषी
9	Mukesh		मुकेश
10	Kishan		किशन
11	Kirti		कीर्ति

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