

# Prasanta Chandra Mahalanobis Mahavidyalaya



(Accredited by NAAC)

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## REPORT

### **Capacity building Programme on soft skill development: Coconut Recipe and healthy lifestyle**

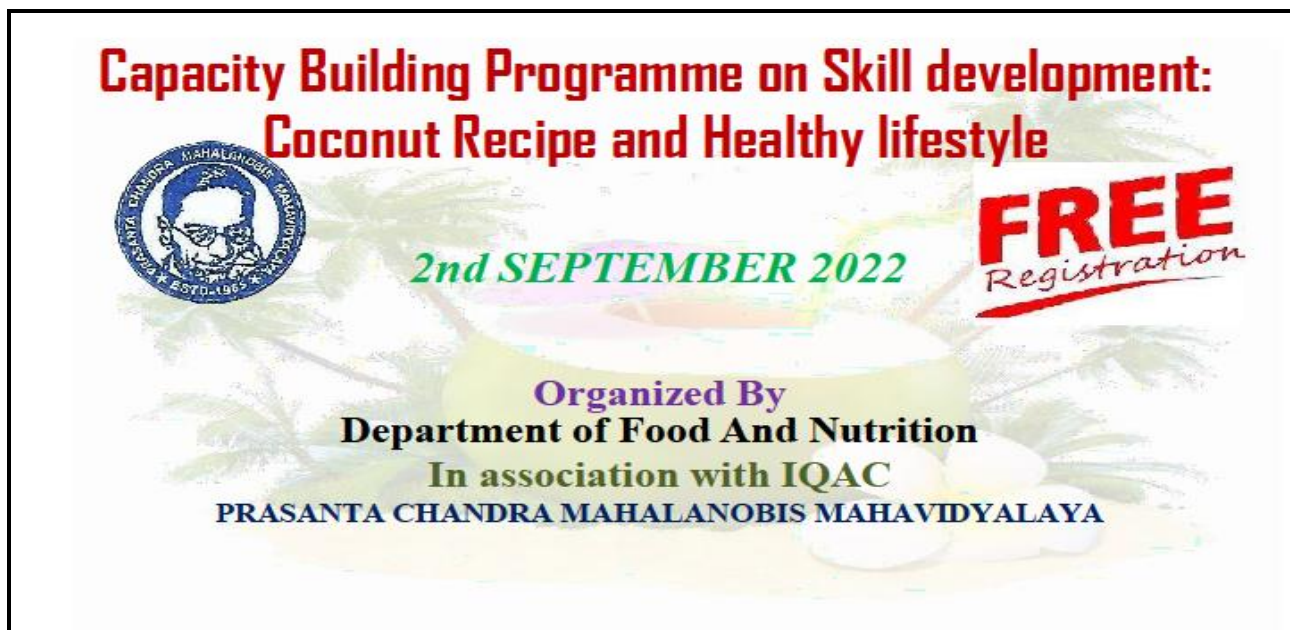
<b>Title of Programme</b>	Capacity building programme on soft skill development: Coconut Recipe and healthy lifestyle
<b>Organized By</b>	Department of Food and Nutrition in association with IQAC, Prasanta Chandra Mahalanobis Mahavidyalaya
<b>Date</b>	2 <sup>nd</sup> September 2022
<b>Time</b>	12noon – 3pm
<b>Venue</b>	Room Number- 15, Prasanta Chandra Mahalanobis Mahavidyalaya
<b>Number of Students attending</b>	59
<b>Organizing Committee</b>	Ms.Juthi Saha (Convenor), Dr.Tanima Paul Das, Dr.Guddi Tiwary and Dr. Priyadarshini Chakraborty. Department of Food and Nutrition

#### **Brief Description of the Event:**

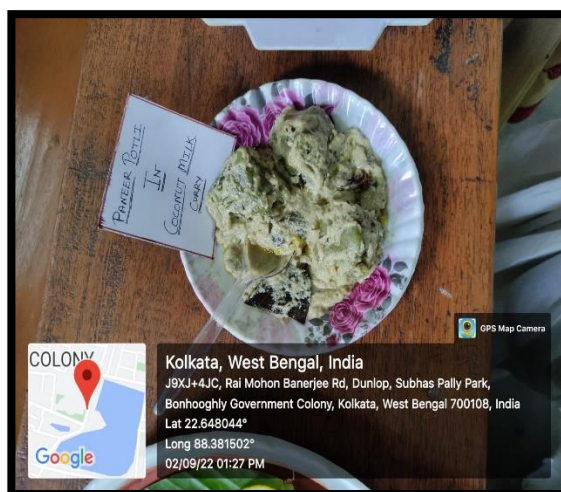
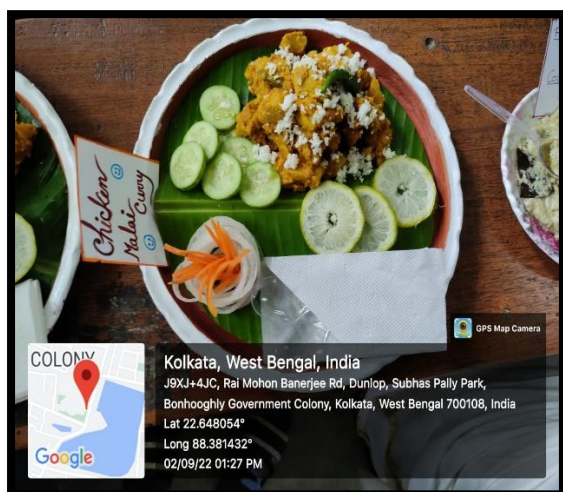
Capacity building programme on soft skill development: Coconut Recipe and healthy lifestyle was organized by department of Food and Nutrition in association with IQAC, Prasanta Chandra Mahalanobis Mahavidyalaya on 2<sup>nd</sup> September, 2022 at room no. 15 to encourage students to prepare innovative recipes using coconut. The program was conducted by Ms.Juthi Saha, Dr.Tanima Paul Das, Dr.Guddi Tiwary and Dr. Priyadarshini Chakraborty, the faculty members of department of Food and Nutrition. The focus of this program was to integrate soft skill development with practical workshops on coconut recipes and promoting a healthy lifestyle. This innovative approach aims to enhance participants' culinary skills, knowledge of nutritious food, and soft skills such as communication, teamwork, and time management.

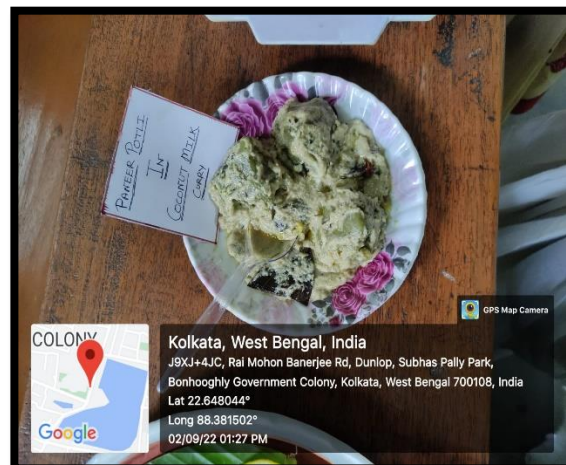
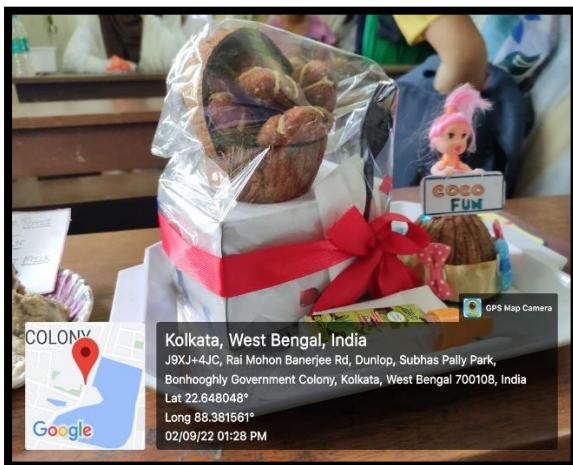
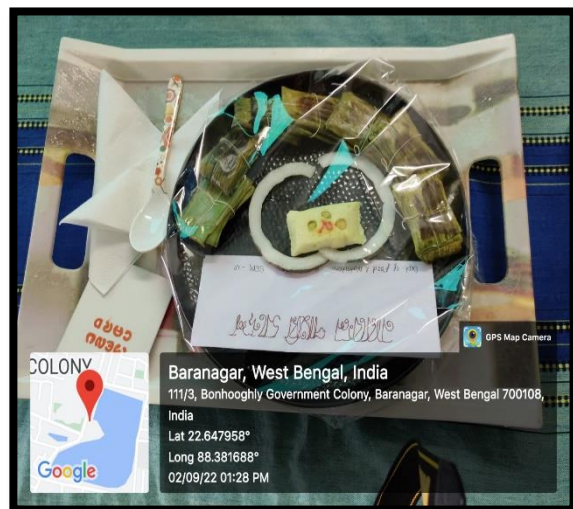
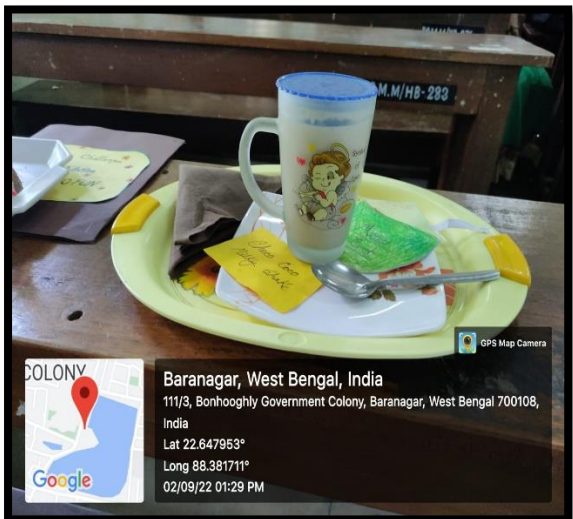
## Outcome of the program:

By integrating practical culinary skills with essential soft skills, participants are equipped to lead healthier lives and improve their effectiveness in various aspects of life. This innovative programme not only enriches their culinary repertoire but also strengthens vital soft skills that are crucial in today's world.



Banner of the program





Recipes prepared by the students

Juthi Saha

Signature of the Convener



Parthasarakshi Dutta

Signature of Teacher in Charge

# Capacity Building Programme on Skill development: Coconut Recipe and Healthy lifestyle



*2nd SEPTEMBER 2022*

**FREE**  
*Registration*

**Organized By**  
**Department of Food And Nutrition**  
**In association with IQAC**  
**PRASANTA CHANDRA MAHALANOBIS MAHAVIDYALAYA**