



TARA DEVI HARA KH CHAND KANKARIA JAIN COLLEGE

Affiliated to University of Calcutta & Re-Accredited by NAAC with B+ grade (2024)
[Recognized under section 2(f) of UGC Act 1956]

(A self-financed Govt. approved Minority Institution run under the auspices of Shree S.S. Jain Sabha)

6, RAM GOPAL GHOSH ROAD, COSSIPORE, KOLKATA – 700 002
TEL.: 033 25326056 Mob: 9831378911/9831368911

Brief report on

Awareness campaign on ‘Drink Buttermilk, Stay Healthy’

Buttermilk has several health benefits. Buttermilk is a natural medicine in conditioning gut health. Consuming buttermilk every day, can improve digestion and assimilation system of human body. Department of Microbiology, THK Jain College Kolkata in collaboration with Microbiologists Society, India (West Bengal Unit) has organized an **Awareness Campaign “Drink Buttermilk, Stay Healthy” on 7th April, 2025, to celebrate World Health Day, 2025.**

Students of Semester VI of dept. of Microbiology distributed buttermilk to Principal Madam, teachers and office staff and also explained its importance as probiotic. The programme has ended with a great success.





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Brief report on

Buttermilk Awareness Campaign for Underprivileged Children

Date: 8th April, 2025.

Number of children: 23 (Twenty three)

Number of mothers: 5 (five)

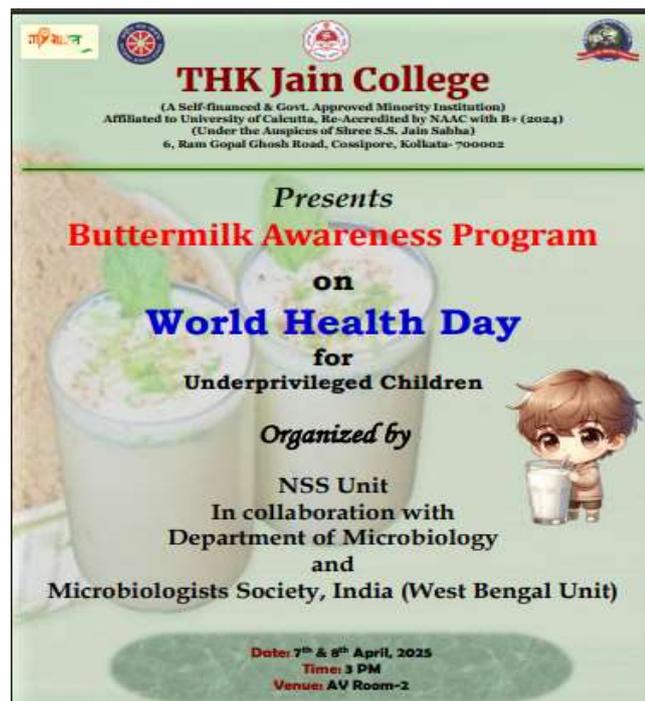
Department of Microbiology, THK Jain College, Kolkata in collaboration with NSS unit of the College and Microbiologists Society, India (West Bengal Unit) has organized an 'Awareness Program on Buttermilk for underprivileged children' on 8th April, 2025 to celebrate World Health Day, 2025.

The program mainly focused on promoting awareness and distributing buttermilk to the needy children and their mothers of nearby locality.

Miss Khushboo Mishra, student of Semester VI of dept. of Microbiology has elaborated the method of preparation of homemade butter milk and its importance for children. Buttermilk is a natural medicine in conditioning gut health. Consuming buttermilk every day can boost immune system of human body to a great extent. It's a good source of calcium, which is crucial for developing strong bones and teeth in growing bodies. Buttermilk also contains beneficial bacteria that promote a healthy gut and can aid in digestion.

NSS volunteers took active participation for making the event a great success.

Flyer of the event:





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Brief report on

Food Mania, 2025

Department of Microbiology, THK Jain College Kolkata in collaboration with Microbiologists Society, India (West Bengal Unit) has organized a **Fermented Food Festival** event “**Food Mania**” on **8th April, 2025** to celebrate World Health Day. 2025.

Objectives of the event:

1. To create an awareness about the importance of fermented delicacies.
2. To motivate students to engage in culinary arts and share food preparing skills amongst themselves.

Outcomes:

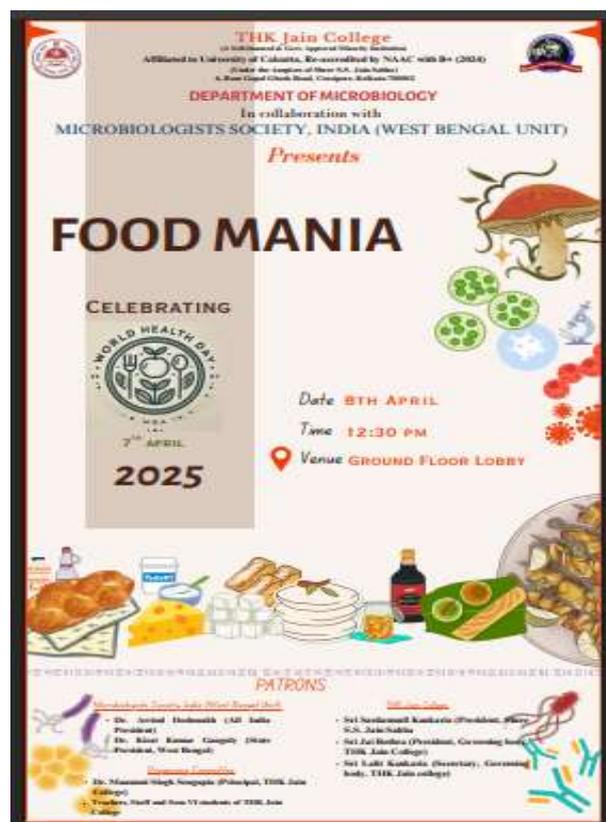
1. This event helps the students to present their skills with a touch of creativity.
2. They understand the beneficial effects of fermented food products.
3. They learn how to manage profit and loss for each item prepared and sold.

Number of Semester VI students participated: 26

Number of Stalls: 5

Different stalls exhibited a variety of food items ranging from Lassi, Buttermilk, Cheese ball, Cakes, Idli, Baked dahi, Dahi-vada, Mushroom delicacy etc. All items were prepared by the Semester VI students themselves and the food festival event received a very good response from teachers, staff and students of the college.

- Flyer





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Photographs of the event

