



DEVI AHILYA VISHWAVIDYALAYA, INDORE (M.P.)

Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)



Assorted Cookies

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On the auspicious occasion of 74th Independence Day, “A Handbook on Nutrition: Treasure of Health” is inaugurated by Hon’ble VC Prof. Renu Jain with other dignitaries of DAVV, Indore. This book is prepared by B.Voc. (Nutrition & Dietetics) II & IV Sem students under the guidance of faculty members.

I congratulate DDU-KK for exquisite enterprise, the *e*-bulletin ‘Assorted Cookies’ which has made an advantageous use of digital media to communicate concepts in clear ways. The words that students themselves wrote, will make concepts easily understandable for them and leave an everlasting impression in their minds. It will also promote their research routine by making them brainstorm every sentence they read or write while enhancing inquisitiveness and honing skills of deep dwelling into the subject matter. I wish success to the team in this innovative initiative.

Dr. Preeti Shukla
National Executive Member
Indian Dietetic Association & Registered Dietitian



Interior designing is a perfect combination of science to a larger extent with reasonable aesthetics. The available space is comparatively decreasing day by day whereas the demand of facilities, amenities and comfort is increasing. So now interior designers must be highly skilled in order to create interior environments that are functional, safe and adhere to building codes and regulations. They should go beyond the selection of colour palettes, furnishings and apply their knowledge on planning functional design and the effective use of space with healthcare regulations and sustainable design principles. The management and coordination of professional services should ensure that people can live, learn or work in an innocuous environment that is also aesthetically pleasing. At DDU-KK, we not only develop scientific and artistic pursuit but also promote research from many fields to provide a well-trained understanding of how people are influenced by their interior environments. I wish for full success of this new era of learning.

Mr. Rahul Bharade
Visiting Faculty, DDU-KK, DAVV

Indoor Plants in Interior Design



Indoor plants bring colour and texture into your decor. There are many plant choices for rooms with low morning or afternoon light. Here are some benefits of indoor plants:

- Boosts mood, productivity, concentration and creativity.
- Reduces stress, fatigue, sore throat and cold.
- Purifies indoor air by absorbing toxins, increasing humidity and producing oxygen.
- Increases liveliness in a sterile office, gives privacy and reduces noise levels. Some air-purifying plants which can be easily chosen for your indoor space are:
Snake plant, Pothos “cubicle plant”, Rubber plant, ZZ plant, Bird’s Nest Fern & Philodendron plant.



Vijesh Mane

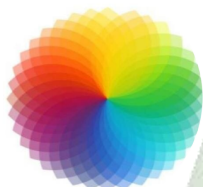


Afroz Adil

Wardrobe Lighting

Lighting is an important element of any space, especially in the wardrobe where any item should be visible without removing it from the wardrobe. There are a range of sleek lighting options available from small downlights to slim LED strips and even LED rails. A sensor can be installed to turn closet lights on automatically whenever the door opens. Things to be kept in mind while designing a wardrobe light:

- **Safety:** All light fixtures in a closet must be fully enclosed within a fixture housing with a cover.
- **Avoid halogen lights:** Halogen bulbs and fixtures get extremely hot, making them unsuitable for small, enclosed spaces and areas.
- **Use fluorescent lights:** Energy-efficient compact fluorescent lights can get closer to stored items without creating a fire hazard, and they use considerably less energy than standard incandescent and halogen bulbs.
- **Customized light:** There are many products that can be simply fixed in a place. Some models can be turned on and off by touching the light cover, while others utilize a switch or cord. Motion-active lights are also available.



Colour Psychology

Colours play a vital role in our day to day life. As they can convey information, create certain moods & even influence the decisions of people. Colours can be used to increase productivity of a workspace. Colour preference can depend upon factors like age, gender, ambience, etc.

The warm colours like red, orange, yellow can evoke emotion ranging from feelings of warmth & comfort, to feeling of anger & anxiety. The cool colours like green, blue, purple evoke calmness, peace, harmony & uniformity but sometimes derive boredom and loneliness too. Thus, the selection of colours must be made by acquiring information of user and the space with its purpose.



Colours aren't randomly used when we talk about interior designing. Each colour has its own importance & psychology. How light or dark a colour is, also matters. Darker colours tend to make a room feel compact and cozy, on the other hand, lighter colours, make it feel large and airy. Neutral colours like white, are ideal for rooms used for many different purposes. A room can be coloured using various colour schemes like monochromatic, analogous, complimentary, split complimentary etc.



Aviti Agrawal

गृह वाटिका (Kitchen Garden)



Ranu Solanki

- परिवार की आवश्यकता अनुसार ताज़ा फल एवं सब्जियां साल भर उपयोग होती रहती हैं। घर के आंगन में सब्जियां उगाई जा सकती हैं।
- घरेलू कामों में प्रयुक्त हो चुका जल पौधे की सिंचाई में सदुपयोग हो सकता है।
- घर में उगी सब्जियों में जहरीली दवाईयां एवं कीटनाशकों का प्रभाव नहीं होता है जो कि बाजार से खरीदी हुई सब्जियां में हो सकता है।
- पपीता, नींबू, अमरूद, टमाटर, मिर्च, सीताफल, करेला, मटर, मैथी पालक, धनिया, पुदीना आदि उगा सकते हैं।
- औषधीय गुणों से परिपूर्ण पौधे उगा सकते हैं जो कि खुशबुदार तो होते ही हैं साथ ही हमारी सेहत के लिए बहुत फायदेमंद होते हैं।
- Landscape design के द्वारा हम अपने kitchen garden को कई नए तरीकों से सजाकर और भी आकर्षक बना सकते हैं। तुलसी का पौधा घर में लगाने के भी कई फायदे हैं। तुलसी के पत्ते खाने से खून साफ रहता है। सर्दी जुकाम में तुलसी का काढ़ा बहुत फायदेमंद होता है। कई सारे औषधीय गुणों से परिपूर्ण पौधे हम उगा सकते हैं।
- Landscape design के द्वारा kitchen garden में अलग तरह की फेंसिंग लगा सकते हैं, जिससे की हमारा बगीचा सुरक्षित रहे।
- जैविक तरीकों से उगाए गए फल एवं सब्जियां सेहत के लिए काफी उपयोगी होती हैं।
- फलों और सब्जियों के छिलकों से घर में ही खाद बना कर उपयोग में लाई जा सकती है।

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