



DEVI AHILYA VISHWAVIDYALAYA, INDORE (M.P.)
Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)



Assorted Cookies

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Greetings from **Dr. Nina**. I am a pediatrician, a counselor & a national mentor for children with Down Syndrome. I am trying to help the parents having children with Down syndrome since past 20 years. Children, teens & adults with Down syndrome have endless potentials but unfortunately people are not aware. We started with awareness programs, early intervention programs, parenting sessions, road shows, blogs, YouTube videos, film shows, inclusion programs, buddy programs and many more. Things started changing & we could notice a positive shift but still there was a big gap between school & vocational training. The reason being, no school provides LIFE SKILLS TRAINING. I wanted to focus on life skills training & Corona period helped me to focus & frame the entire program. I started a life skills training program called SWASAKSHAM for young adults with Down syndrome & Ms. Poonam, the founder of an NGO Vishalwin, provided the platform to go ahead. It is rightly said that where there is a will, there is a way.

Towards the end of SWASAKSHAM I wanted to keep my hand into theirs. During the program I found that all of them were very much interested into food items & cooking. One can get ample recipes online but more important is to know about the nutrition & the ingredients. AUR KEHTE HAI AGAR KISI CHIZ KO DIL SE CHAHO TOH PURI KAYNAAT USSE TUMSE MILANE KI KOSHISH MAIN LAG JATI HAI. That was what exactly happened with us. Mrs. Maya Ingle popped up in our lives like an angel. Thanks to Shilpa, Prutha's mom who introduced us to Mayama'am. Mayama'am & her team designed the entire course, KNOW YOUR FOOD, specially for SWASAKSHAM students. We had a meeting where everyone diligently tried to understand our children. Our children are visual learners and I have no words to thank the team of Deen Dayal Upadhyay Kaushal Kendra, Devi Ahilya University, Indore for creating the ppts keeping the strengths of our children in mind. Each one enjoyed learning & the enthusiasm with which the teachers explained was commendable. The course lasted for 8 weeks but SWASAKSHAM never wanted to put an end....!

As all of our children understood the basics of nutrition, we started with healthy recipes.

Presently each one of us waits for Tuesday to know about the next recipe & Thursday when they practically prepare the dish. My sincere gratitude towards the Vice Chancellor ma'am Prof. Renu Jain, Dr. Maya Ingle, Dr Zainab, Mrs Deepa ma'am & the YOUTH JOSH Kajal, Priyanshi, Gunita, Nafeesa, Aditi, Radhika, Nishita & Prachi.

THANKS A TON....!



If i can rectify,

Thank you so much Maya ma'am. As you started with know your food, I felt good and happy. I learnt from you how to make new recipes and how to prepare food delicacies with which Ingredients to use and how to make newer (fusion) food items. Maya ma'am I wish I can attend Know your food whole day (forever).

#supporting teacher

Ayush Jain

I Liked the class - know your food because I like to cook with my friends. Now I like to eat healthy salad fruits, juices. it keeps my body healthy good skin and good hair.
I like teachers also. Thank you so much
Bimalsharma



I love to attend the program of know of food I learnt about the food which I took...

I learnt simple method of safe cooking.

I was enjoying to attend the online classes of know of food All madam and didi who took classes are very nicely explain..

Thank you for giving me a lovely opportunity

Dev

I like to cook very much. I like 'know your food' because all the teachers teaches us new new dishes. They teach us step by step, so we can understand better. They teach us very healthy recipes. They teach us nutritional values of food. I am enjoying to cook with my friends. Thank you Maya mam and my lovely friends.

Dinal Jain



I learnt about the healthy recipes, nutrition value, preparation of different types of food, eating methods. I enjoyed the sessions. Thank you so much Maya madam.

G. Sree Vaishanvi

I learned about the food which we should eat and we should not eat. It is an useful session. and also mam has taught simple and healthy recipes. I enjoy cooking and eating all these recipes. Thank you mam
V.D. Divya Sauthi



I am fond of eating tasty food so I look forward for 'Know My Food' sessions every week. The recipes are very simple n easy to make. They are also very healthy. I can collect all the ingredients easily. Thank you ma'am for giving us opportunity to learn new and healthy recipes.

Muskaan

मैंने इस प्रोग्राम से सीखा कि हमें भोजन बना खाना चाहिए जिससे हमारी सेहत अच्छी रहे। हम तंदुरुस्त रहें। हमने बकिया बकिया चीजें बनानी सीखी। मुझे बहुत मजा आया। मैं अपनी माँ के साथ मिलकर खाना बनाने लगी हूँ। माप को बहुत बहुत धन्यवाद।
नेहा पांथी



KNOW YOUR FOOD के course मे मैंने बहुत कुछ सीखा। थोड़ा-बहुत खाना मै बना लेती थी लेकिन अब जाना के जो कुछ हम खाते है उसमे से मिलता क्या है। और हम खाने को healthy कैसे बना सकते है। फल और सब्जी का RAINBOW एकदम याद रह गया। हाथ और मुठी से grains, fruits & vegetables, protein, fat & sugar की मात्रा तय कर ने वाली बात एकदम समज मे आ गई।

Madam और सब दीदीयोंने बहुत अच्छे से समजाया।

I'm loving it....!!

PALAK

Know your food class is my favorite class where I prepare various dishes and eat. In this class, I came to know about Vitamins, carbohydrates and fats. Madam also told me to see the ingredients and minerals in packed item. I started seeing expiry day date also of packed food. I love to cook and eat so I enjoyed preparing salads, soups, dahi bhalle, chikki, chocolate balls and may more items taught by madam. I am thankful to Maya madam (she is teacher of my mom also) for this workshop. I am thankful to Zenab madam and Deepa madam for teaching importance of food and nutrition's.

Prutha Bhalerao





I like KYF Program because I had learned healthy habits and healthy and yummy dishes my favourite was when I learned smoothies and chocolate lactoos I also want to learn more and more yummy dishes
I am very thankful
Parisha
Kishoreni
Scanned by TapScanner

मुझे know your food में बहुत मज़ा आता है। इसी की वजह से मैं healthy khana बनाना सीख पाई हूँ। मेरा बना हुआ खाना खा कर मम्मी, डैडी और दीदी बहुत खुश होते हैं, इसीलिए मैं भी खुश होती हूँ। आप सभी का शुक्रिया।
स्तुति दोशी



I am **Ananya Sawant**. I like food. Making food and eating food both. I learnt to make healthy food with know your food classes. I like to make recipes. My family likes the recipes. Didi and ma'am helped me make healthy food that is good for my health. I started eating sprouts. I loved making groundnut chikki the most. Thank you ma'am for teaching me how to make healthy food. I will always eat the right food and now I know what is right for



Shivans

1. मैंम ने सारे गॉरल्स के बारे में बताया।
2. मैंम ने समझाया कि कैसे खनी चाट्टी प्रोटीन।
3. मैंम ने समझाया कि हम सब कैसे प्रोटीन ले रहे हैं।
4. मैंम ने समझाया कि कैसे कार्बी हाइड्रेट्स खा रहे हैं।
5. मैंम ने समझाया कि क्या रवाले से बहुत कत सकता है।
6. मुझे वी पीर फ्रूट की क्लास में बहुत मज़ा आया।



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