

GOUR MAHAVIDYALAYA

DEPARTMENTS OF FOOD AND NUTRITION



## **2.3. Teaching- Learning Process:**

**2.3.1. Student centric methods, such as experiential learning, participative learning and problem solving methodologies are used for enhancing learning experiences:**

*Answer: Yes, 19 Departments conduct various student centric activities throughout the year. The learning becomes more experiential, participatory and socialistic by organizing activities like Seminar/Workshop, Assignment, Student Seminar, Tour/Field visit and preparation of Project report, Exhibition, Quiz, Debates and writing articles. Different committees organize cultural programme, and extension/outreach activities. Our students actively participate in co-curricular activities.*

## **1. EXPERIMENTAL LEARNING:**

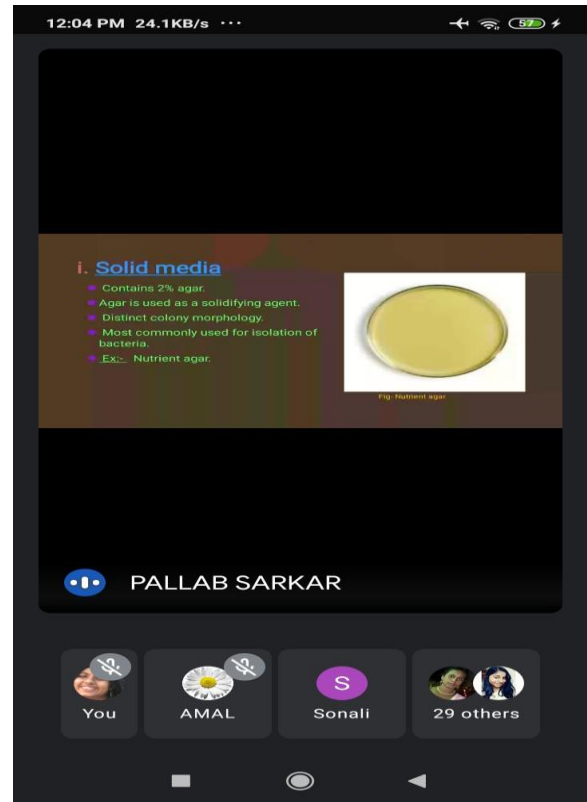
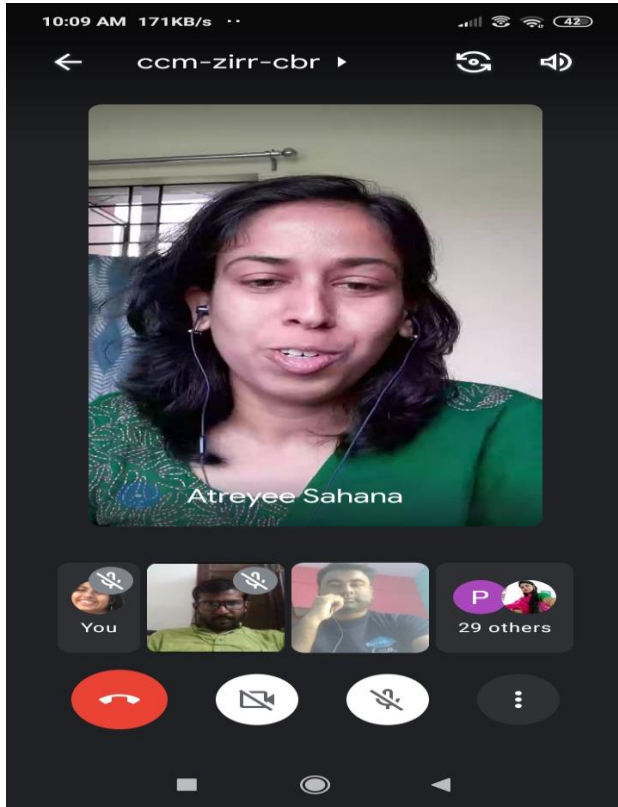
*One example of experiential learning is going to the factory or Yoga centre and learning through observation and interaction with the environment. as it is food nutrition department We visit nearby food factory,*



## **2. Seminar/Workshop:**

*Gour Mahavidyalaya Alumni Association organized a National level seminar on “Research Methodology”. The basic objective is to bring together academicians*

*and experts from different parts of the country and abroad to exchange knowledge and ideas. It provides an in-depth analysis of subjects and updates the knowledge of the participants and students .Our Teachers and Students participated.*



### 3. PARTICIPATORY LEARNING:

**(a)Assignment:** *Students are asked to submit assignments to check their level of understanding on the subject.*

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Anindita Sarkar

#### Constipation|

Constipation is difficult or infrequent passage of stool, hardness of stool, or a feeling of incomplete evacuation. Having fewer than three bowel movements a week is, technically, the definition of constipation. No bodily function is more variable and subject to external influences than defecation. Bowel habits vary considerably from person to person and are affected by age, physiology, diet, and social and cultural influences. Some people have unwarranted preoccupation with bowel habits. In Western society, normal stool frequency ranges from 2 to 3/day to 2 to 3/week.

#### Etiology

Acute constipation suggests an organic cause, whereas chronic constipation may be organic or functional

In many patients, constipation is associated with sluggish movement of stool through the colon.

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**(c)Tour/Field visit and submission of project report:** *Students are also taken to field/ industry visits, study tours in India. It exposes them to the world of practical knowledge .Preparation of project report creates interest in research work.*

