

**SHIVAJI UNIVERSITY, KOLHAPUR**  
**Annual Self Appraisal Report (ASAR)**

As per 7<sup>th</sup> Pay UGC Regulation 18<sup>th</sup> July, 2018 and

Govt. of Maharashtra Resolution 8<sup>th</sup> March, 2019

**For College Assistant / Associate Professor /  
University Assistant Professor**

Academic Year : 2021 - 2022

(Duration : From 1<sup>st</sup> Sept. 21 To 31<sup>st</sup> July 22)

**A. General Information**

- a) Name (Surname first) : Dr./Shri./Smt. Jitaje Neelam Swapnil
- b) Designation : Assistant Professor
- c) College / University : CNCVW, CSIBER, Kolhapur.
- d) Department : Food Technology
- e) Date of Birth : 22/11/1985
- f) Date of Appointment : July 2015
- g) Total Teaching Experience : UG: 01 PG: 04
- h) Permanent Address (with Pin code) : 570, R.K. Nayar, Kolhapur, 416013.
- Mobile No. : 9689258855
- Email : neelamjitaje1@gmail.com

**B. Academic Qualifications**

Sr. No.	Exam. Passed	University	Subject	Year	Grade / Class
1	S.S.C	Pune Board		2001	Distinction
2	H.S.C	Pune Board		2003	A (First)
3	B.A.M.S	RGVHS Bangalore		2008	A (First)
4	PGDND	SUK		2015	Distinction
5	M.Sc.	Symbiosis International University	Nutrition Dietetics	2018	A
6	UGC-NET	UGC	Home-Science	2018	Qualified

**C. Research / Fellowship / Research Training Program :**

Sr. No.	Research	Title of Work / Thesis	University / Institute
1	JRF/ SRF etc.		
2	M.Phil.		
3	Ph.D.		
4	Research Training Program		
5			

**D. Orientation / Refresher / Short Term Course Completed :**

Sr. No.	Course	Duration	University / Institute
1			
2			
3			
4			
5			

## Appendix II

**Table 1**  
**Assessment Criteria and Methodology for University/College Teachers**

Table 1.1: Teaching –

Activity	Percentage Obtained	Grade Claimed	Grade Verified
Teaching-  $\frac{A}{B} \times 100 = 83.4\%$ Where $\frac{50}{60} \times 100 = 83.4\%$ A: Number of classes (Lectures) taught B: Total classes (Lectures) assigned (Classes taught includes sessions on tutorials, lab and other teaching related activities)	83.4%	<del>Not satisfactory</del> Satisfactory / Good /	<del>Not satisfactory</del> Satisfactory / Good /

Grading Criteria : 80% & above - Good, Below 80% but 70% & above - Satisfactory  
 Less than 70% - Not satisfactory.

Note : Strike out whichever is not applicable.

**Table 1.2: Involvement in the University / College students related activities / research activities:**

Sr. No.	Activity	Grade Claimed	Grade Verified	Page No.
(a)	Administrative responsibilities such as Head, Chairperson/ Dean/ Director/ Co-ordinator, Warden etc. Number of activities : ...6...			1-13
(b)	Examination and evaluation duties assigned by the college / university or attending the examination paper evaluation. Number of activities : ...3...	<del>Not satisfactory</del> Satisfactory / Good /	<del>Not satisfactory</del> Satisfactory / Good /	4000
(c)	Student related co-curricular, extension and field based activities such as student clubs, career counselling, study visits, student seminars and other events, cultural, sports, NCC, NSS and community services.			1-13

	Number of activities :...4..			
(d)	Organizing seminars/ conferences/ workshops, other college/university activities. Number of activities :...5...			1 - 13
(e)	Evidence of actively involved in guiding Ph.D students. Number of Students :.....			-
(f)	Conducting minor or major research project sponsored by national or international agencies. Number of Projects : Major : ..... Minor : ....			-
(g)	At least one single or joint publication in peer reviewed or UGC list of Journals. Number of Publications : ..1..			14-16

**Grading Criteria :** Good - Involved in at least 3 activities

Satisfactory - 1-2 activities

Not-satisfactory - Not involved / undertaken any of the activities

**Note:** i) Number of activities can be within or across the broad categories of activities

ii) Strike out whichever is not applicable.

#### Overall Grading:

Sr. No.	Grade	Criteria
1	Good	Good in teaching (Table 1.1) and satisfactory or good in activity at Table 1.2.
2	Satisfactory	Satisfactory in teaching (Table 1.1) and good or satisfactory in activity at Table 1.2.
3	Not Satisfactory	If neither good nor satisfactory in overall grading

**Note:** For the purpose of assessing the grading of Activity at Table 1.1 and Table 1.2, all such periods of duration which have been spent by the teacher on different kinds of paid leaves such as Maternity Leave, Child Care Leave, Study Leave, Medical Leave, Extraordinary Leave and Deputation shall be excluded from the grading assessment. The teacher shall be assessed for the remaining period of duration and the same shall be extrapolated for the entire period of

assessment to arrive at the grading of the teacher. The teacher on such leaves or deputation as mentioned above shall not be put to any disadvantage for promotion under CAS due to his/her absence from his/her teaching responsibilities subject to the condition that such leave/deputation was undertaken with the prior approval of the competent authority following all procedures laid down in these regulations and as per the acts, statutes and ordinances of the parent institution.

Overall Grading				
Sr. No.	Grade Claimed	Overall Grade Claimed	Grade Verified	Overall Grade Verified
Table - 1.1	Good / Satisfactory / Not satisfactory	✓ Good / Satisfactory / Not satisfactory	✓ Good / Satisfactory / Not-satisfactory	✓ Good / Satisfactory / Not-satisfactory
Table - 1.2	Good / Satisfactory / Not satisfactory	Good / Satisfactory / Not-satisfactory	Good / ✓ Satisfactory / Not-satisfactory	Good / Satisfactory / Not-satisfactory

*Header*  
Signature of the Faculty

*Patil*  
Signature of HOD/Director/Co-ordinator

*Adcaled* 31.0.22  
Signature of Principal/ Director/ Vice Chancellor

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**Department of Food Technology: 2021-22**

**A REPORT ON INDUSTRY INSTITUTE INTERACTION**

Department of Food Technology have organised Industry Institute Interaction program on 18<sup>th</sup> April 2022 for the Food Technology students at Radhabai Shinde Hall CSIBER.

Objectives behind organizing the Industry Institute Interaction are-

- 1) To give industrial exposure to faculty members and students, thus enabling them to tune their knowledge to cope with the industrial culture.
- 2) To have closer linkage and to promote research suited to industry needs and consultancy which creates a sense of owing among students.
- 3) To identify the areas for executive development programs with respect to advances in recent technology.
- 4) To assist the departments in establishing rapport with industries for taking up minor and major projects.
- 5) To bring out MoUs and agreements between institutes and industries and to promote various forms of interactions.

Program inaugurated with 'Watering the plant' by all the dignitaries. Mrs. Shweta Patil, Head of department briefed about the program. Principal Dr. A.R Kulkarni gave the Presidential speech.

Mr. Chirag Mehta, Director at Quality Control, Mehta Dairies (Sphurti), Kolhapur was the Chief Guest for the program. He is into the Dairy Business since the year 2000. He looks after the development, quality, safety policies of the company.

The Speaker for the first session was Dr. Sharmila Mane, She is Director, Y.D. Mane Research Centre for Agricultural and Rural Development, Founder and CEO, PureMe Organics Private



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Limited, Kolhapur. Her topic was 'Entrepreneurship and Food Start Up'. She briefed her own journey to the students. She guided students on some basic principles of Entrepreneurship in the Food Sector. Also she cleared the doubts of students and made the concepts clear. She talked on 24 basic principles and their practical application with real life examples in food start-ups.

The Speaker for the second session was Dr. Dipalee Desai. She is Consulting Homeopath and practicing Dietitian. She works with several hospitals in Kolhapur in the field of Clinical Dietetics. Her topic was 'Role of a Clinical Dietitian'. She explained the role and responsibilities of a dietitian in hospital set up. She guided the students about practical approach of Dietetics. Also she discussed the importance of history taking and patient counselling in the field of dietetics.

The whole program comparing was done by Mrs. Yogita Mirajkar. Mrs. Ashwini Raibagkar introduced the speakers to the audience. Vote of thanks for the inaugural session was proposed by Ms. Sakshi Desai and for that of validictory was done by Ms. Nikita Jarag.

Beneficiaries of the program- (Total 169)

- 1. B.Sc. FTM students- 132
- 2. PGDND students- 12
- 3. M.Sc. FSN students- 25

Following is the list of Annexures-

- 1. Program Glimpses: Annexure I
- 2. Program Notice: Annexure II
- 3. Program Invitation: Annexure III
- 4. Program Schedule and Table Program: Annexure IV
- 5. Bio data and letters of the Speakers: Annexure V
- 6. Program attendance: Annexure VI
- 7. Program Feedback: Annexure VII
- 8. Program News in the local News Paper: Annexure VIII

*Head of*  
 Dr. Neelam Jirage  
 PGDND Co-ordinator



*Patil*  
 Mrs. Shiweta Patil  
 Head of Department

*Mukaled*  
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**Department of Food Technology**

A REPORT ON- 'Virtual STUDENT-PARENT'S MEET 2021-22'

Department of Food Technology have organised virtual Student-Parent's Meet for newly admitted students of the academic year 2021-22, through Google Meet platform. Meeting was organised jointly for the following programmes-

B.Sc. Food Technology and Management (first year) and  
 Post Graduate Students of Nutrition and Dietetics (PGDND)

The Meeting was organised on 01/10/2021; for both students as well as their parents with following objectives-

1. To encourage bonding between parents and college
2. To function together effectively for student's welfare.
3. To improve student's learning experience.
4. To take suggestions from parents for overall development of students and college.

The meeting was initiated with Sharada Stawan. Principal Dr. A.R. Kulkarni briefed about college, teaching pedagogy in the college, guidelines received regarding academic year from Shivaji University, the work culture in the college. Later on, Head of Department Mrs. Shweta Patil spoke about the Department, various activities conducted in the department, scope of Food technology, Placement activities, Job Opportunities and higher education after completion of the course. After that, PGDND Co-ordinator Dr. Neelam Jirage; spoke about PGDND programme, subjects included, scope after completion of the course and about future projections. Then afterwards, all the staff members of the department have given their introduction. This was followed by open discussion forum for



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5

the queries of parents and students. The main questions of the parents were regarding hostel facility provided by the college and regarding commencement of offline lectures. Principal and staff of the department has given satisfactory answers to the queries. The whole meeting was co-ordinated by Mrs. Ashwini Raibagkar. The meeting ended by proposing vote of thanks to the Management, Principal, HOD, Faculty members, Parents and Students.

Separate sheet is attached for the photos and attendance as Annexure I and II respectively.

Total number of students/parents registered for the meeting- 55

Total number of students/parents present for the meeting- 50

Neelam  
2/1/21

Dr. Neelam Jirage

PGDND Co-ordinator

Patil

Mrs. Shweta Patil

Head of Department



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Department of Food Technology

Post Graduate Diploma in Nutrition Dietetics 21-22

A Report on- Wall Paper Display.

Wall paper display was organized by the PGDND students on 18<sup>th</sup> December 2021. The topic for the same was- ANEMIA. Students were grouped into three different groups, 10 students in each group. Following were the subtopics-

1. Iron Deficiency Anemia
2. Vitamin 12 Deficiency Anemia
3. Folate deficiency Anemia

The objective behind this was to create awareness about Anemia. Anemia is the major public health problem amongst Indian community. Children of 0 to 5 age group, adolescent girls, pregnant and lactating women are the at risk age group for the same. According to the current statistic, more than 50% of Indian women are suffering from Anemia. This results in reducing the productivity of the people and ultimately productivity of the nation itself. Anemia can be better prevented with the help of proper diet and by inclusion of iron, folate and B12 sources in the diet. Thus there is a need to create an awareness about the same.

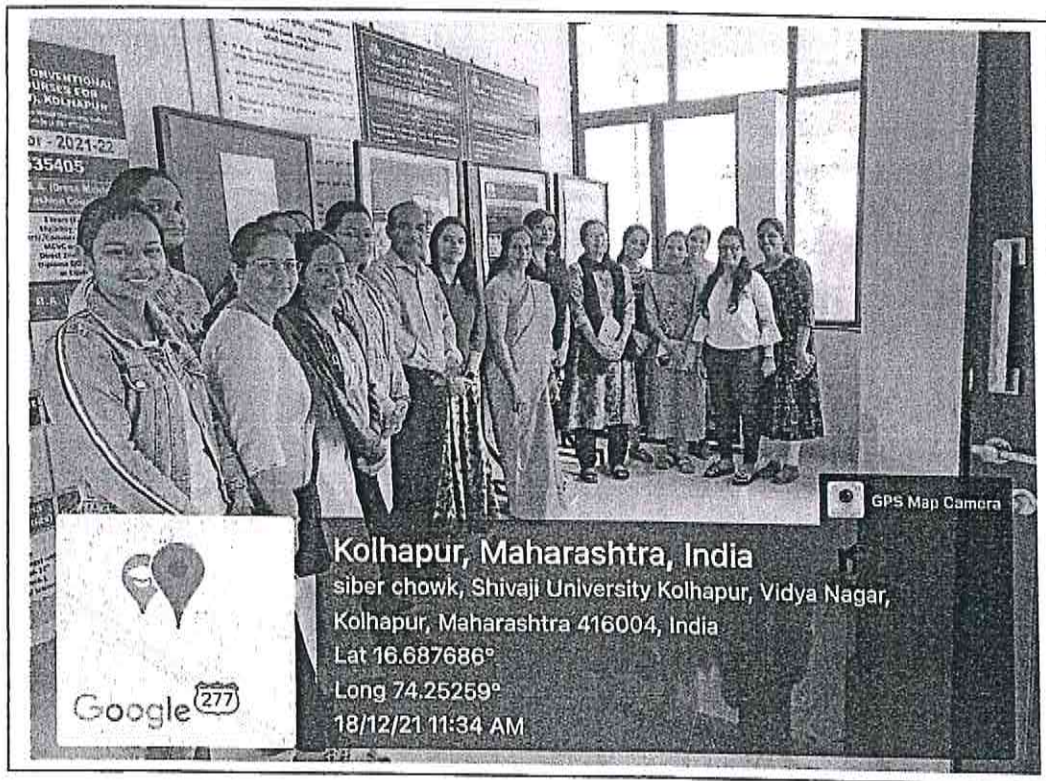
Total 20 students were present for the same (annexure 1).

Posters were displayed at the college entrance. (annexure 2).

Mrs. Anuja Khurandal, Centre Co-ordinator at Childline Kolhapur Sangli Mission Society was inaugurated the event. Principal Dr. A. R. Kulkarni, HOD Fashion Department Mrs. Jyoti Hiremath and HOD Food Technology Mrs. Shweta Patil were present for the same.



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*Neelam*  
 18/12/21  
**Dr. Neelam Jirage**  
**PGDND Co-ordinator**

*Shweta*  
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*Shweta*  
 18/12/2021  
**Mrs. Shweta Patil**  
**Head of Department**



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**Department of Food Technology**  
**PGDND 21-22**

**A Report on Virtual Guest Lecture**

Every year the World Food Day is celebrated on 16<sup>th</sup> October 2021 to commemorate the date of founding of United Nations Food and Agricultural Organisation in 1954. The mission of FAO is to combat Hunger and Malnutrition and provide Food Security. The theme of World Food Day 2021 was- Our Actions are our Future. Better production Better Environment and Better Life.

A Virtual Guest Lecture was organized for the students of Post Graduate Diploma in Nutrition Dietetics on the occasion of World Food Day i.e. 16<sup>th</sup> October 2021. Guest lectures are organized for following reasons-

1. To cover the essential topics which are not covered in the syllabus.
2. To make students aware about current trends in the market with respect to their field.
3. To bridge the gap between theoretical and practical knowledge.
4. To make students aware about the ongoing research in their field.

The topic for the guest lecture was- Food Microbiology. Mrs Shweta Patil, Assistant Professor and Head of Food Technology Department, CNCVCW CSIBER was the Resource Person for the same. She has covered following points on Food Microbiology-

1. Factors affecting Food Spoilage
2. Botulism and Staphylococcus poisoning
3. Spoilage of Milk and Milk Products
4. Spoilage of Cereal and Cereal Products
5. Food Spoilage and Preservation

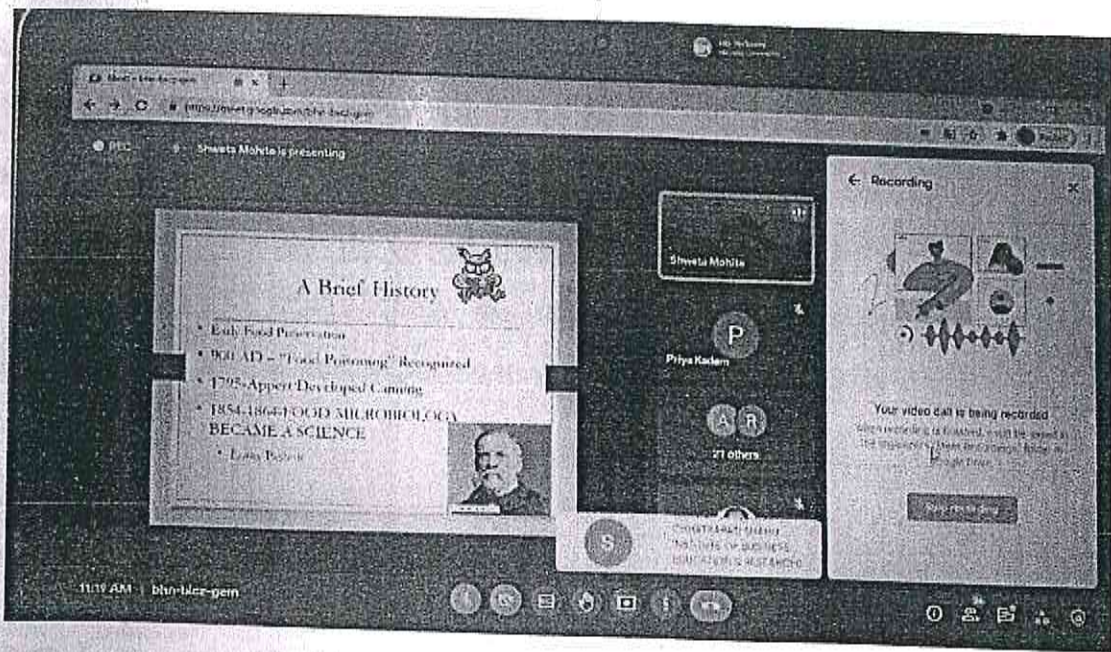


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Annexure II



Resource Person Mrs. Shweta Patil



Power Point Presentation of the Topic

*Jirage*

Dr. Neelam Jirage  
PGDND Co-Ordinator

*Patil*

Mrs Shweta Patil  
Head of Department

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10

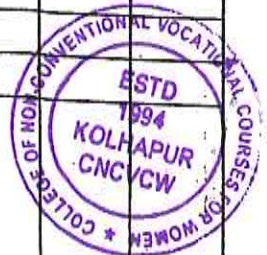
Speaker

PGDND 2021-2022

Name of the Teacher: Dr. Shamim Attar

Subject: Guest lecture on "Bone Health"

Roll No.	Name of Student	Date								Total
		Time	24/05							
1	Bamane Payal Anil									
2	Bunandre Priyanka Rahul									
3	Chakote Ashwini Shantiprasad									
4	Chandak Nikita Bajaranglal									
5	Dharmadhikari Ruta Sanjay									
6	Dixit Payal Rajendra									
7	Doiphode Nikita Omkar									
8	Ghule Vishakha Vinod									
9	Gosavi Sanskruti Gorakh									
10	Jadhav Vinaya Prakash									
11	Jitkar Pooja Krishnat									
12	Kadam Priyanka Omkar									
13	Kakade Samruddhi Sandeep									
14	Kapse Aishwarya Anil									
15	Khardekar Amruta Arun									
16	Khot Jyotsna Uttam									
17	Mali Dhanashri Satyapriya									
18	More Divya Ramdas									
19	Mudhale Rutuja Raghunath									
20	Mule Sanjivani Suresh									
21	Naik Aishwarya Shantesh									
22	Narkar Siddhi Sanjeev									
23	Patel Bhagyashree Jeevaraj									
24	Patil Priyanka Prashant									
25	Patil Reshma Prabodhan									
26	Patil Sukitri Rohan									
27	Patil Tejaswi Saurabh									
28	Pore Pallavi Abhijit									
29	Powar Asawari Prakash									
30	Sutar Manasi Laxman									
		Total	16							
Topic Covered		Dr. Shamim Attar-Sharma								



Principal,  
College of Non-Conventional  
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12/05/2022

12/05/2022



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**Department of Food Technology**

**Post Graduate Diploma in Nutrition Dietetics 2021-22**

**A REPORT ON VIRTUAL WORKSHOP ON Nutrigenomics**

Two day's virtual workshop was conducted for the students of Post Graduate Diploma in Nutrition Dietetics on the topic- Nutrigenomics.

The workshop was conducted by the Gene Support Pune. Total 21 students and one faculty member have participated for the same. Detail program of the workshop was as follows-

**DAY 1: 12<sup>th</sup> March 2022**

Time	Topic	Speaker
10 am to 12 pm	Introduction to Nutrigenomics	Dr. Amol Raut CEO, Gene Support
12:15 pm to 2:15 pm	Nutrigenomics Panels and Nutrigenomic Counselling	Ms. Aditi Dev Head, Nutrigenomics Counsellor, Gene Support

**DAY 2: 13<sup>th</sup> March 2022**

Time	Topic	Speaker
09 am to 12 pm	Sports Genomics and Fitness Genetics	Dr. R D Dixit Chief Executive Counsellor Gene Support
12:15 pm to 2:15 pm	Nutrigenomics- A Dietitians Perspective	Dr. Geeta Dharmatti Chief Nutrigenomics Counsellor, Gene Support

The workshop was conducted on zoom platform.

Certificates of attendance were provided to all the students.

Attendance of the students is attached herewith.

*Neelam Jirage*  
**Dr. Neelam Jirage**  
**PGDND Co-ordinator**

*Shweta Patil*  
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**Kolhapur**

*Shweta Patil*  
**Mrs. Shweta Patil**  
**Head of Department**





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 Department of Food Technology

Post Graduate Diploma in Nutrition Dietetics 2021-22

**PROPOSAL FOR**

**Two Days Online Workshop on NUTRIGENOMICS** jointly organised by  
 Department of Food Technology and Gene Support, Pune



*M. K. Kulkarni*  
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**Outcome-**

1. Students will be able to practice as a Nutrigenomic Counsellor.
2. Students will be able to impart skills of Nutrigenomics for making personalized diet plans.
3. Continual association of students with DNA Dcode and GeneSupport as Nutrigenomic Counsellor.

*Neelam*

Dr. Neelam Jirage

Workshop Co-ordinator

*Patil*

Mrs. Shweta Patil

Head of Department



*Shweta*  
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Neelam

104

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International Conference Organized by  
V. P. Institute of Management Studies & Research, Sangli  
(Maharashtra, India) on 27th August 2021

Special Issue, August 2021



SHREYAS PUBLICATION, AURANGABAD



  
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15



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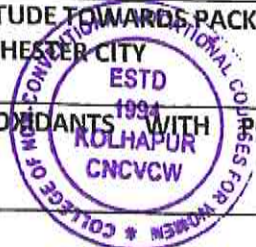
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International Conference Organized by V.P. Institute of Management Studies & Research, Sangli (Maharashtra, India) on 27<sup>th</sup> August 2021

IRJHIS Special Issue, August 2021

## INDEX

Sr. No.	Title & Author's Name	Page No.
1	An Appraisal of Indian Jaggery (Gur) Exports <i>Dr. Neeta U. Deshpande, Dr. Kabaly P. Subramanian and Dr. Christina Koutra</i>	01-07
2	An Effect of Covid-19 Pandemics on Mobile Banking Services with Reference to Sangli City, Maharashtra <i>Dr. S. T. Bhosale</i>	08-15
3	A study on Profitability and Liquidity Analysis of the Selected Indian Private Sector Banks <i>Poojan N. Parikh</i>	16-24
4	A Role of Data mining technique in Healthcare System of Lactating Animals <i>Dr. A. B. Patil</i>	25-29
5	Impact of Covid-19 on Small Business Management <i>Dr. Sudhir V. Mane</i>	30-35
6	WEB based library services <i>Prof. Kamlakar Suryawanshi</i>	36-41
7	Simple Electronic Circuit for Measuring Electrical Conductivity of Conducting Polymer Transducers <i>Dr. Hemant K. Chitte</i>	42-50
8	Artificial Intelligence and Business Development <i>Dr. Prakash Ratanlal Rodiya</i>	51-56
9	A Critical Analyses on the Impact of Covid-19 Pandemic on Teaching-Learning in Educational systems of India <i>Ramshankar Varma</i>	57-64
10	Issues and Challenges of Rural Migrant Labourers in Rose Farm Nurseries: Especially in the Context of Covid-19 <i>Dr. Kavitha G. N.</i>	65-70
11	Need of changing the approaches of Library services in Pandemic period of Covid 19 <i>Dr. Mrs. Kulkarni Aparna Makarand</i>	71-75
12	Impact of Covid-19 on Student's Learning Process ' with special reference to Higher Education System - In Navi Mumbai Area <i>Dr. Geeta Kohade and Indrayani A. Uthale</i>	76-85
13	A Study on the Experience of Virtual Learning among the Parents of School going Children with respect to Mumbai Region <i>Ms. Priya Nadar</i>	86-98
14	A PROFOUND REVIEW ON CUSTOMER ATTITUDE TOWARDS PACKED FOOD PRODUCTS WITH SPOTLIGHT ON SOUTH INDIA'S MANCHESTER CITY <i>Dr. J. MARYSARANYA and Ms. M. Deepthi</i>	99-103
15	INDIAN SPICES: PACKAGES OF ANTIMONYDANTS WITH POTENTIAL USE IN REHABILITATION PROCESS FROM COVID-19 <i>Dr. Neelam Jirage and Mrs. Shweta Patil</i>	104-111



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# INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

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## INDIAN SPICES: PACKAGES OF ANTIOXIDANTS WITH POTENTIAL USE IN REHABILITATION PROCESS FROM COVID-19

**Dr. Neelam Jirage**

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College of Non-Conventional Vocational  
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E-mail: neelamjirage1@gmail.com

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DOI No. 03.2021-11278686 DOI Link: <https://doi-ols.org/doi/10.2021-58942315/IRJHIS/ICPC/210815>

### ABSTRACT:

India is known for its varied Food System all over the globe. Though the difference lies in staple foods of different parts of India, one common thing in Indian cuisine is nothing but the use of Spices. Indian spices are always a centre of attraction particularly for western people. In Indian Kitchens, spices are basically used for enhancing colour, odour, taste and flavour of a particular food prepared. Spices are used medicinally since ancient times. India is the largest producer of spices. There are almost 80 varieties of spices grown all over the world. And around 50 varieties are grown in India. Since last decade, the Indian spices are gaining too much popularity for its medicinal values because of their physiological and pharmacological properties. The antioxidant



  
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