



## **Mittal Institute of Education**

(Approved by NCTE, New Delhi & Affiliated to BU, Bhopal M.P.)

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Session 2021-22



### **Report on National Nutrition week Celebrations**

**Dated 1<sup>st</sup> September to 7 September**

# INTRODUCTION

- In India, the National Nutrition Week is observed every year from September 1 to September 7 to raise public awareness about nutrition and healthy eating habits. The week is observed to make people understand the importance of nutritional and adaptive eating habits so that they can maintain a healthy lifestyle.
- Food and nutrition are mandatory for overall physical and mental health and ever since the pandemic has wreaked havoc, awareness about healthy food and nutrition has started to spread in every nook and corner. If you need an active life with growth and development, then a balanced diet is a must.
- During the National Nutrition Week, the government takes up various initiatives to spread awareness about the right nutrition. A healthy mind resides in a healthy body and for that, we must take the adequate amount of nutrients such as proteins and vitamins in our daily diet.
- Nutrition week (NNW) is an annual Nutrition event of great importance and is observed in our country from 1<sup>st</sup> to 7<sup>th</sup> September every year since 1982 to compel us to be aware of the importance of nutrition for human body and well being of one's health.
- Dept. of clinical Nutrition and dietetics, Mittal Institute of Education (affiliated to Barkatullah University) have organized a mega virtual Nutri-fest2021 and conducted various activities on account of Nutrition week celebration.
- Events list
  1. Day-1 BE THE FOOD DOCTOR (E-nutri-slogan writing competition)
  2. Day-2 NUTRIFY-INDIA (E-poster making & demonstration competition)
  3. Day-3 Nutritionist-Ninja(E- Nutritional recipe contest)
  4. Day-4 Nutrimetrix(E-nutri quiz competition)

- The activities that took place in the Whole week were -

S.No.	Date	Activity Name
1	01/09/2021	Slogan making Competition
2	02/09/2021	Diet/Menu plan Competition
3	03/09/2021	Poster making Competition
4	04/09/2021	Quiz

- Coordinators of the Program- Mrs.Nimra Fatima.
- As per Covid-19 appropriate behavior, students were instructed to submit their creations (Slogans, Posters and Photographs) to the concerned faculty member in digital format to the mail id.
- All the details and rules were also shared to all the Students through whatsapp link itself After the successful completion of all these activities, result declaration Ceremony was also held on last day of i.e. 7<sup>th</sup> of September 2021.It was graced by the presence of Dr. Vinita mevada ,State Nutrition consultant , National health mission ( Govt. of Madhya Pradesh).

Dr. Malika Pal Mam and all the other members of the Education Department. Following the Covid-19 protocol it was a online zoom meeting.

- **Learnings from all the Activities collectively-**

Food and nutrition are mandatory for overall physical and mental health and ever since the pandemic has wreaked havoc, awareness about healthy food and nutrition has started to spread in every nook and corner. If you need an active life with growth and development, then a balanced diet is a must.

This also helped in boosting the confidence of our Students and making them feel acknowledged, recognized and important which indirectly upgrades their academic performances.

Approx 200 under graduate and post graduate students from various colleges got themselves registered through the registration link to participate in the event.

Sl. No.	Instamp	Name	Institution/college	Contact	Participating in	Participating in	Email id
1	25/08/2021	22:40:40	Nirna fatima	Mittal group of Institutions	9685890102	All	Smin.diva@gmail.com
2	26/08/2021	10:42:38	Harshit kushwaha	Mittal Institute of Education	6263396827	Nutrition week	Wellharshitkushwaha@gmail.com
3	26/08/2021	10:43:55	Sanjeet Singh Jat	Mittal group of institutions	9617587288	National nutrition week	sanjeetjat570@gmail.com
4	26/08/2021	12:49:02	Jaya lodhi	Mittal group of institute	7000214565	Be the food doctor	lodhijay94@gmail.com
5	26/08/2021	13:01:44	Anchal khadse	Mittal institute of nursing	8602105162	Be the food doctor ( slogan writing)	aanchalkhadse10@gmail.com
6	26/08/2021	13:02:02	Chaitali Sonare	School of information tech	9179717689	Nutrimatrix	chaitalisonare2003@gmail.com
7	26/08/2021	13:04:28	Anchal khadse	Mittal institute of nursing	8602105162	Be the food doctor ( slogan writing)	aanchalkhadse10@gmail.com
8	26/08/2021	13:11:25	Anchal khadse	Mittal institute of nursing	8602105162	Nutrimatrix ( quiz competition)	aanchalkhadse10@gmail.com
9	27/08/2021	09:35:33	SAMUEL PAUL	Mittal college of Nursing	9425300582	Quiz	samuelpaul9695@gmail.com
10	27/08/2021	09:58:35	Dr. Ritu bajad	FIMS	9685749202	Nutrimatrix	dr.ritubajad1994@gmail.com
11	27/08/2021	10:02:32	Sunithi Shukla	Fortis hospital	8770261942	National Nutrition week	sunithi19@gmail.com
12	27/08/2021	10:05:48	Maharaja's Bharti	Gold's Gym Fitness Institute	9818268966	Be the food doctor	maharajabharti@gmail.com
13	27/08/2021	10:09:55	Shraddha Gadit	Gold's Gym Fitness Institute			gohi.shraddha@gmail.com
14	27/08/2021	10:11:02	Mrs.Ranu Malviya	SRV Mamata Hospital	9833200737	Nutrimatrix	kruti.h.malviya@gmail.com
15	27/08/2021	10:13:30	Misbah Samir	IIT Bombay	8369243962	Nutrimatrix	misbah.321@gmail.com
16	27/08/2021	10:17:03	Harpreet kaur Gujral	Maistry college Delhi uni	9717486724	E- Nutritional recipe	harpreet.gujral20@gmail.com
17	27/08/2021	10:43:14	Amardeep Arora	NA	8860630039	Quiz	amararora@outlook.com
18	27/08/2021	10:46:04	Subhangi Agarwala	Calcutta university	8159853123	Nutritionist ninja	nynameshishinuk.1234@gmail.com
19	27/08/2021	10:46:06	Sripama Karak	University of calcutta, De	9593162455		ksripama97@gmail.com
20	27/08/2021	10:47:09	Hamidur Rahaman Mondal	Vidyasagar College	7319289488		hamidurahamanmondal591@gmail.com
21	27/08/2021	10:48:20	Kousani Chakraborty	Department of home scie	9903329498	Nutrimatrix and NUTRIFY-INDIA	kousanicchakraborty69604@gmail.com
22	27/08/2021	10:48:14	Mitali Das	University of Calcutta	6291614678		mitalidas9719@gmail.com
23	27/08/2021	10:48:42	Sripa Banerjee	Department of Home Scie	8910167285	E-poster making	nutriban@gmail.com
24	27/08/2021	10:50:08	Ananya Thakur	University of Calcutta			ananya274@gmail.com
25	27/08/2021	10:52:09	Sudeshna Jana	University of Calcutta Dep	9883125540	Nutrimatrix	sudeshna.jana802@yahoo.com
26	27/08/2021	10:52:29	Oikantika Sinha	Womens college calcutta	7278369430	Nutritionist - Ninja	oikantikasinha20@gmail.com
27	27/08/2021	10:53:05	Shubhashree Saha	University of Calcutta Hor	9748319927		shubhashreesaha123@gmail.com
28	27/08/2021	11:00:05	Ahana Pal	Seth Anandaram Jaipuria	8961103692	Nutrimatrix	ahanapal896@gmail.com
29	27/08/2021	11:03:36	Varsha Lala	University of Calcutta	7003082107	NA	varshalala0012@gmail.com
30	27/08/2021	11:04:19	Sritama Sahoo	University Of Calcutta Dep	9749034729	Nutrimatrix (E-nutri quiz Competition)	sahoosritama@gmail.com
31	27/08/2021	11:08:41	ToobaNasar	Mansarovar global univers	9981594181	Slogan writing competition and quiz competition	Hayanasar@gmail.com
32	27/08/2021	11:09:24	Mrittika Ghosh	University of Calcutta dep	7047284203	Food and Nutrition	mrittikaghosh2002@gmail.com
33	27/08/2021	11:12:03	Swetha Jain	None	9920107472	Nutrimatrix	swethajain4@gmail.com
34	27/08/2021	11:14:22	Sayel Sarkar	Vidyasagar College, Kol	9902048469	Nutrimatrix ( quiz competition )	sayelsarkar11@gmail.com
35	27/08/2021	11:14:32	Anannya Dey	Department of Home Science, University of Calcutta	7007766451		deyanannya92@gmail.com
36	27/08/2021	11:17:56	Swati Bhardwaj	Sant Hirdaram Girls Colle	9877664511		swatibhardwaj15@gmail.com
37	27/08/2021	11:19:36	Shreyasee Dey	Sister nivedita govt gener	9123056559	Nutrimatrix	shreyasee.dey711@gmail.com
38	27/08/2021	11:28:00	Tisha Roy	Maharani Kasiswari Colle	8697398118		roytisha774@gmail.com
39	27/08/2021	11:32:35	Megha Dhali	Vidyasagar college	7980383529		meghadhali145@gmail.com
40	27/08/2021	11:35:26	Megha Dhali	Vidyasagar college	7980383529		meghadhali145@gmail.com
41	27/08/2021	11:36:30	Swastika Saha	University of Calcutta,Department of home science			swastika.sahas2002@gmail.com
42	27/08/2021	11:39:39	Reema Dhara	Maharani kasiswari colleg	8972704615	Be the food doctor	reemadhara2002@gmail.com
43	27/08/2021	11:41:38	Zareen Khan	Sndt University	9167480343	E nutri recipe contest. Quiz competition	zareen7045@gmail.com
44	27/08/2021	11:41:59	Suprakash Pradhan	Prabhat Kumar College, C	9002910097	Slogan	pradhansuprakash@gmail.com
45	27/08/2021	11:45:30	Sameen Fatima	Sant hirdaram girls college	8085660552	Nutrimatrix , nutritionist ninja ,	sameenfatima4400@gmail.com
46	27/08/2021	11:45:42	Aditi Pal	University of Calcutta Dep	7003151622		aditipal142@gmail.com
47	27/08/2021	11:48:36	Anapollita Bhownick	Maharani kasiswari college	8103637959	Yes	anabhownick10@gmail.com
48	27/08/2021	11:56:30	Piyasa Majumder	University of calcutta	8777461843		piyasa003@gmail.com
49	27/08/2021	12:03:52	Aditi Mukherjee	Viharilal college of Home	9123375832		aditimukherjee642@gmail.com
50	27/08/2021	12:06:15	Sovana Kotla	Maharani Kasiswari Colle	9903740964	Seminar	sovanakotla94@gmail.com
51	27/08/2021	12:09:30	Azra yasmeen faridi	Sary hirdaram girls college	7231840249	Nutrition	Yasmeenazra1901@gmail.com
52	27/08/2021	12:15:52	Ruchira Swarnakar	Sister nivedita govt gener	6290851410	Nutritionist-Ninja(E-Nutritional recipe contest)	ruchiswarna2001@gmail.com
53	27/08/2021	12:52:52	Jaya Lodhi	Mittal group of institute	7000214565	Tha food doctor	lodhijay94@gmail.com
54	27/08/2021	13:02:45	Dimple Sawani	Sant Nirdharan Girls Colle	7987710214	Nutritify India	Sailani simple.2104@gmail.com
55	27/08/2021	13:03:19	Monika Lodhi	Mittal institute of nursing	7354658206		lodhimonika807@gmail.com
56	27/08/2021	13:09:24	Naba Kulsum	Gokhale Memorial Girls C	7890632584	Virtual Nutri Fest 2021	nabakulsum88035@gmail.com
57	27/08/2021	13:10:58	Rajrupa Sarkar	Gokhale memorial girls college	9062959340	E quiz	rajrupasarkar439@gmail.com
58	27/08/2021	13:11:23	Nikhil KHATOON	GOKHALE MEMORIAL COL	7070024615	Be the food doctor	nikhilkhatoon098@gmail.com
59	27/08/2021	13:11:30	Varsha malviya	Mittal group of institutions c	8103637959	Yes	Varshamalviya10@gmail.com
60	27/08/2021	13:12:55	Muskan ahirwar	College	7747945716	Nutritify india	mussu1106@gmail.com
61	27/08/2021	13:15:04	Soumi Chowdhury	Vidyasagar college	9123872629	Be the food doctor	soumi1649@gmail.com
62	27/08/2021	13:15:58	Soniya malviya	Mittal institute of nursing	7974832623	National nutrition week	soniyamalviya788@gmail.com
63	27/08/2021	13:16:44	Madhu lodhi	Mittal institute nursing	8305545141	Madhu lodhi	Madhu lodhi 747475.com@gmail.com
64	27/08/2021	13:24:35	Raveena lodhi	Mittal institute of nursing	7415617809	Raveena lodhi	lodhiravina5155141.com@gmail.com
65	27/08/2021	13:39:27	Anusuya Haldar	Calcutta University (Vihar	8335051809	E-Nutritional recipe contest	anusuyahaldar5@gmail.com
66	27/08/2021	13:40:47	Arpita Das	Gokhale memorial Girls c	81165 09203		imaarpitadas@gmail.com
67	27/08/2021	13:42:29	MuskanAhirwar	mitta institution of nursing	7509560076	Yes	muskan Ahirwar46@gmail.com
68	27/08/2021	13:42:30	Sabitha Noor Warsi	Gokhale Memorial Girls'College			noorsabitha52@gmail.com
69	27/08/2021	13:44:01	Shreyasee Dey	Sister nivedita govt gener	9123056558	Nutritionist- ninja	shreyasee.dey711@gmail.com
70	27/08/2021	13:58:58	Priya Chatterjee	Vidyasagar college	9621969517		lampriyachatterjee@gmail.com
71	27/08/2021	14:00:55	ARPITA PATTA	UNIVERSITY OF CALCUT	9748914794	Nutrimatrix	arpita123patra@gmail.com
72	27/08/2021	14:01:20	Mariya Jamal	Gokhale Memorial Girls' College			jamaalmariya19@gmail.com
73	27/08/2021	14:13:19	Suhanya Chandra	Gokhale Memorial Girls' College	6290373606		suhanyachandra@gmail.com
74	27/08/2021	14:15:22	Nishi Dubey	Mata jibabai government g	7225866563	Yes	nishidubey92@gmail.com
75	27/08/2021	14:16:13	Laxmi saini	Sant hirdaram girls college	7223837408	E nutri slogan writing competition	laxmisaini343@gmail.com
76	27/08/2021	14:18:24	Antara Ghosh	Maharani kasiswari colleg	9830620895	Nutritionist-Ninja,Nutrimatrix	antaraghosh469@gmail.com
77	27/08/2021	14:28:52	Pranga Adhikari	Gokhale memorial girls' c	9883009945		adhikaripranga@gmail.com
78	27/08/2021	14:32:12	Sonam Ahirwar	Mittal institute of educatio	7440754017	Yes	sonamahirwar915@gmail.com
79	27/08/2021	15:12:07	Anusika Das	Maharani Kasiswari Colle	9830388793	Nutrimatrix	anusihadass@gmail.com
80	27/08/2021	15:59:51	Anupama	IGNOU	88097 77322		annu28.com@gmail.com
81	27/08/2021	16:06:02	Sangita Pal	Gokhale memorial girls c	9073173610	National nutrition week	sangitapal131@gmail.com
82	27/08/2021	16:29:18	Monika kushwaha	Sant hirdaram girls college	9752962265		nik312966@gmail.com
83	27/08/2021	16:35:10	Tasneem shakir	IGNOU	9626789603	Quiz	tasneem.shakir@gmail.com
84	27/08/2021	16:45:23	Sayantani Sarkar	Budge budge college	6291323492		sayantisarkar415@gmail.com
85	27/08/2021	16:46:11	Sayantani Sarkar	Budge budge college	6291323492		sayantisarkar415@gmail.com
86	27/08/2021	17:32:59	Ravi Sen	Mittal institute of nursing	6262145570	Nutrimatrix (E-nutri quiz competition)	ravisen68962@gmail.com
87	27/08/2021	18:18:02	Amrita Halder	Women's college, Calcutt	8276962873		amrita.halder2309@gmail.com
88	27/08/2021	18:29:44	Piyasa Majumder	University of calcutta			piyasa003@gmail.com
89	27/08/2021	18:48:20	Pinkii Saha	Indira Gandhi open univers	8981276036		Pinkis4smile@gmail.com
90	27/08/2021	18:49:17	Sonali Das	Kanchrapara college	9883801181		sonalidas66601@gmail.com
91	27/08/2021	18:50:12	piyalpal064@gmail.com	Sarada Ma Girls' College	8334826294	E nutri quiz competition	piyalpal064@gmail.com
92	27/08/2021	18:59:02	Aishani Hazra	Ramkrishna Vivekananda	8910850141	Quiz	aishani.ah@gmail.com
93	27/08/2021	19:08:49	Riya Ghosh	Bishnupur Ramananda co	8617638685	Nutritionist- Ninja	riyaghoshpuchu@gmail.com
94	27/08/2021	19:09:52	Shalu Jain	IGNOU	9890048348	E nutri quiz competition	shalujain70@yahoo.com
95	27/08/2021	19:15:05	Diksha Halder	University of calcutta, dep	9874326814	E nutritional recipes	dikshahalder2203@gmail.com
96	27/08/2021	19:23:30	Poonam vanshkar	Mittal institute of nursing	7987397132	1.be the food doctor (e nutri-slogan writing competit	poonamvanshkar384@gmail.com
97	27/08/2021	19:48:22	Swati Mandal	Midnapore city College	8617342752	Nutritional - Ninja , Nutrimatrix	swatimandal26@gmail.com
98	27/08/2021	20:08:48	Soumi Sasmal	Sarada Maa Girls College	9475143748		sasmalsoumi413@gmail.com
99	27/08/2021	20:08:56	Puja Das	Maharani kaseswar	8910707883		ddpoppyr@gmail.com
100	27/08/2021	20:49:27	ToobaNasar	Mansarovar global univers	9981594181	E-poster	Hayanasar@gmail.com
101	27/08/2021	20:58:04	Shila Das	Department of Home Scie	9748013802		dshila278@gmail.com
102	27/08/2021	21:03:34	Soumi Sasmal	Sarada Maa Girls'College			sasmalsoumi413@gmail.com
103	27/08/2021	21:14:15	Brati Chakraborty	Maharani Kasiswari College			bratichakraborty191@gmail.com
104	27/08/2021	21:17:48	Sagata saha	Ramkrishna Vivekananda	8276051640	Nutrimatrix	sagatasaha1581999@gmail.com
105	27/08/2021	21:41:32	Shubhenduc Chattopadhyay	Kanchrapara College	9007491843	Nutrimatrix	shubhenduc Chattopadhyay 772@gmail.com
106	27/08/2021	22:02:24	Aditi Khandav	Maharani Kasiswari Colle	6290373606		adityakhandav26@gmail.com
107	27/08/2021	22:15:22	Trisha Das	Women's college, Calcutt	9647323163	UQ	trishadas749@gmail.com
108	27/08/2021	22:34:07	Dr. Samir Kumar	Dr. S.K.'s Diet Clinic and H	9429936276	E Nutri	Sk.dietic@gmail.com
109	27/08/2021	23:40:20	Sayantani Ghosh	Vidyasagar College	9038737533	Nutritionist-Ninja	sayantanighosh524@gmail.com
110	28/08/2021	00:12:32	Soumya Kanungo	Mata Jibabai Government	7770839443	E-nutri quiz competition	soumyakanungo1998@gmail.com
111	28/08/2021	00:26:58	SK Alisa Mahammad	University of Calcutta,Vih	7872365050	Nutritionist Ninja	alisamahammad883@gmail.com
112	28/08/2021	06:45:24	Anjana Dey	Amta Ramsadai college	7908669703	Student	anjanadey705@gmail.com
113	28/08/2021	06:48:28	Anjana Dey	Amta Ramsadai college	7908669703	Student	anjali.dey111222@gmail.com
114	28/08/2021	09:57:58	SHREOSI SAHA	SETH ANANDRAM JAIPU	8240547652	Nutrimatrix(quiz competition)	sahashreosi@gmail.com
115	28/08/2021	10:23:33	Soumi Sasmal	Sarada Maa Girls'College			sasmalsoumi413@gmail.com
116	28/08/2021	10:33:31	Soumi Sasmal	Sarada Maa Girls'College			sasmalsoumi413@gmail.com
117	28/08/2021	10:34:26	Sonali Das	Kanchrapara college	98838 01181	Nutritional recipe contest	sonalidas6601@gmail.com
118	28/08/2021	10:47:13	Monowhita Banerjee	Sister Nivedita Governme	7596993666	Be Food Doctor, Nutrimatrix	monowhitaBanerjee@gmail.com
119	28/08/2021	11:18:42	Preeti Mandal	Viharilal College Campus	9874436676	Seminar	Preetimandal1610@gmail.com
120	28/08/2021	11:28:33	NEHA JAISWARA	Seth Anadram Jaipuria c	8820511711	BE THE FOOD DOCTOR / NUTRITIONIST NINJA	nuti0410@gmail.com
121	28/08/2021	11:54:24	Pama Goral	Bankura Christian College		Yes	123rohitblackbary@gmail.com
122	28/08/2021	11:59:56	Vivek Pandey	Mumbai university	9594858330		bivekpandey15@gmail.com
123	28/08/2021	12:44:17	Diparwita Chail	Sarada Maa girl's college	8944027033	Nutritionist ninja	nehadiparwita@gmail.com
124	28/08/2021	13:33:41	Soumita Ghosh	Gokhale Memorial Girl's C	9836037537	Nutritionist-Ninja	ghoshsoumita30@gmail.com
125	28/08/2021	13:44:52	Anamta gohar	Mittal group of education	9171284120	National nutrition week	Anamtagohar150@gmail.com
126	28/08/2021	14:11:22	Geetesh sahu	Mittal group of education	7987527997		geeteshsahu546@gmail.com

128	28/08/2021 14:12:53	Geetesh sahu	Mittal group of education	7987527997		geeteshsahu54@gmail.com
129	28/08/2021 14:38:57	Pragati bhargava	Mittal group of education	6264665183	Nutrimetrix	bhargavpragati70@gmail.com
130	28/08/2021 14:40:14	Ritika bhargava	Mittal group of education	6260665183	Nutrimetrix	bhargavaritika8@gmail.com
131	28/08/2021 14:42:28	Basanti mali	Mittal institute of education	8305599720		vanshikamali61@gmail.com
132	28/08/2021 14:52:43	Taniya Sabnam	Gokhale memorial girls college	8348051583	E nutritional recipe making	tanyasabnam125@gmail.com
133	28/08/2021 16:22:48	Sachin Vishwakarma	Mittal institute	6261899711	Nutrition program	sachinvishwakarma971@gmail.com
134	28/08/2021 16:37:19	Priti Singh	Mittal Institute of pharmacy	8770712061	No	pritisingh4205@gmail.com
135	28/08/2021 16:47:08	Snehasis Polley	Ramsaday college	8777727971		polleysima1234@gmail.com
136	28/08/2021 16:55:35	Karan bharti	Mittal institute of education	6260652485	न्यूट्रीफाई-इंडिया (ई-पोस्टर बनाना और प्रदर्शन प्रतियोगिता)	bhartikaran002@gmail.com
137	28/08/2021 17:22:41	Ajay pal	Mittal group of industries	8461932271	54	ajaypal8461932271@gmail.com
138	28/08/2021 17:36:32	Monika kushwaha	Sant hirdaram girls college	9752962266		mk3128266@gmail.com
139	28/08/2021 17:39:13	Dr. Aditi Pandey	Know your food	9399883905	E- nutri Slogan writing competition	jeweladiti1107@gmail.com
140	28/08/2021 17:43:59	Faiza Naz	Jsshs	9808058275		Naz16faiza@gmail.com
141	28/08/2021 17:48:58	Ayantika Pramanik	Ramsaday College	ayantikapramanik62@gmail.com	Nutrimetrix	ayantikapramanik62@gmail.com
142	28/08/2021 17:55:14	Pushpanjali singh	Sant hirdaram girls college	7047092047	Pushpanjali	Pushpanjaliflp@gmail.com
143	28/08/2021 18:32:38	Ayantika Pramanik	Ramsaday College	8017903667	Nutrimetrix	ayantikapramanik62@gmail.com
144	28/08/2021 18:42:07	satyam lodhi	government malikhedi school	9302030759	satyam	satyamlodhi647
145	28/08/2021 19:36:18	Maysara Najaf	Sant Hirdaram Girls College	8839271932	E poster	maysaranajafrozi@gmail.com
146	28/08/2021 21:07:53	Kirti Raghuvanshi	MLB clg	9770238453	Self Practice	Keertiraghuv029@gmail.com
147	29/08/2021 07:25:01	MOUSUMI BACHHAR	VIHARILAL COLLEGE HOSUR	7439770927	D. QUIZ COMPETITION	mousumbachhar2002@gmail.com
148	29/08/2021 11:10:09	Deepak Kumar	Vinayaka mission University	9370361234	Slogan	deepakvindhya@gmail.com
149	29/08/2021 11:11:35	Vindhya kumari	Vinoba Bhawe university	9370361234	Slogan	deepakvindhya@gmail.com
150	29/08/2021 13:57:01	Paromita Sarkar	Calcutta University	9635978203	1.Nutlify India, 2.nutritionist ninja	paromitasarkar738@gmail.com
151	29/08/2021 15:13:37	Dr Poonam Brahmabhatt	Unmehta hospital	9377755466	M	brahmabhattpoonam@gmail.com
152	29/08/2021 19:26:32	Pawan	Mittal group of institute	7898051963	Mittal group of institute	Pawan.bairagi7898@gmail.com
153	29/08/2021 20:11:20	Ayan shah	Mittal group of education	9770776924	National nutrition week	ayanshah9770@gmail.com
154	29/08/2021 20:11:44	Rishita Podder	Gokhale Memorial Girls College	7980089532	Nutritionist ninja	rishitaa7@gmail.com
155	29/08/2021 20:12:53	Rishita Podder	Gokhale Memorial Girls College	7980089532	Nutrimetrix	rishitaa7@gmail.com
156	29/08/2021 22:07:34	Roshni Niranjani	Mittal Institute of Education	9302661126	National Nutrition week	Roshnininiranjani93@gmail.com
157	29/08/2021 23:09:45	SHIHA CHANDRA	BEHALA COLLEGE	9123395818	Nutlify india	ishchand14@gmail.com
158	29/08/2021 23:18:32	Divya shakya	Mittal institute of education	9755966204	Divya	shakyakapil711@gmail.com
159	29/08/2021 23:21:10	Divya shakya	Mittal institute of nursing	9755966204	Divya	shakyakapil711@gmail.com
160	29/08/2021 23:25:43	Divya shakya	Mittal institute of education	9755966204	Divya shakya	shakyakapil711@gmail.com
161	30/08/2021 01:07:47	Sanufa Siddiqui	S.A.Jaipuria College	9681280661	E quiz	sanufasiddiqui@gmail.com
162	30/08/2021 10:47:56	Debolina Das	Gokhale Memorial Girl's College	6290025344	B.Sc	debolinadas2607@gmail.com
163	30/08/2021 10:49:02	Debolina Das	Gokhale Memorial Girl's College	6290025344	Nutrimetrix	debolinadas2607@gmail.com
164	30/08/2021 17:17:35	Anisha parveen	Viharilal college for home science	7003856971		munnamondal717@gmail.com
165	30/08/2021 17:31:26	Soumya Kanungo	Mata Jibabai Government College	7770839463		soumyakanungo1998@gmail.com
166	30/08/2021 21:15:33	Husaina Loomwala	Sant Hirdaram girls' College	9111987153	Nutrimetrix, Nutlify-India, Nutritionist Ninja	husainaloomwala@gmail.com
167	30/08/2021 22:21:00	Atul Goswami	Mittal institute of technology	9174962791	BE the food Doctor	atulgoswami080@gmail.com
168	30/08/2021 22:48:36	Ananya Basu	Department of Home Science	8240427254	1. E slogan , 2. Nutlify India, 4. Quiz	a.basuko198@gmail.com
169	30/08/2021 23:00:07	SWATI MANDAL	Midnapore city college	8617342752	Nutritionist - Ninja , Nutrimetrix	swatimandal26@gmail.com
170	30/08/2021 23:07:37	Mohima Das	University of Calcutta	9874025412	Nutrimetrix	dmoihima2000@gmail.com
171	31/08/2021 08:09:24	Ajay	Mittal institute of technology	6265764631		ajaykamdi 2000@gmail.com
172	31/08/2021 08:16:01	Faiyaj Alam	Mittal institute of technology	7477203992		faiyaja50@gmail.com
173	31/08/2021 11:46:22	Deepika prajapati	Mittal institute of education	8269604395	National nutrition week	deepikaprajapati1102@gmail.com
174	31/08/2021 11:57:00	Shivanshi Singh Gour	Mittal Institute	9174127904	Slogan competition	shivanshi0211@gmail.com
175	31/08/2021 12:08:55	Shalini Sarkar	University of Calcutta Department of Home Science			b2shalini@gmail.com
176	31/08/2021 12:10:15	Shalini Sarkar	University of Calcutta Department of Home Science			b2shalini@gmail.com
177	31/08/2021 13:30:14	Prakriti Dasgupta	Maharani Kasiswari College	90518 17964	Nutrimetrix	dasguptaprakriti1507@gmail.com
178	31/08/2021 18:34:12	Sniparna Karak	University of Calcutta, Dept	9593162455		ksriparna97@gmail.com
179	31/08/2021 18:34:18	Sritanya Chakraorty	Women's College, Calcutta	9002360702		sritanya.keka@gmail.com
180	31/08/2021 18:35:43	Ronita Dey	Calcutta University. Home Science	8274869801		ronitadey698@gmail.com
181	31/08/2021 18:37:20	Ronita Dey	Calcutta University. Home Science	8274869801		ronitadey698@gmail.com
182	31/08/2021 18:55:13	Souryasree Bhattacharya	Women's college Calcutta	8981895818	Nutlify India	souryasree16bhattacharya@gmail.com
183	31/08/2021 22:59:19	Divya shakya	Mittal institute of education	9755966204	Quiz	shakyakapil711@gmail.com
184	31/08/2021 23:54:07	Fatima Bi	Berhampur university	8249857460	Webinar	fatimabi727@gmail.com
185	01/09/2021 10:35:36	Sandhya Lodhi	Mittal institute of Bhopal	9630408019	Nutrition week	lodhishandhaya@gmail.com
186	01/09/2021 10:37:00	Sandhya Lodhi	Mittal institute of Bhopal	9630408019	Nutrition week	lodhishandhaya@gmail.com
187	01/09/2021 10:40:47	Sandhyalodhi	Mittal institute of Bhopal	9630408019	Nutrition week	lodhishandhaya@gmail.com
188	01/09/2021 11:38:05	Dr.Anshmalia Singh	Mediliv liver and Multi Speciality Hospital	9343292949	Nutrition week	Ansh01707@gmail.com
189	01/09/2021 14:32:26	Ranveer singh	Mittal institute of nursing	9569801053	Quiz	rs2540134@gmail.com
190	01/09/2021 15:03:53	Muskan Ahirwar	Institution of nursing	7509560076	yes	muskan ahirwar46 Gmail .com
191	01/09/2021 15:45:27	Muskan Ahirwar	Mittal institute of education	9302937251	Slogan competition	muskansongra840@gmail.com
192	01/09/2021 16:47:13	Pooja ahirwar	Mittal off institute nursing	7224826110	Pooja ahirwar	poojachoudhry744@gmail.com
193	01/09/2021 16:48:38	Pooja ahirwar	Mittal off institute nursing	7224826110	Pooja ahirwar	poojachoudhry744@gmail.com
194	01/09/2021 17:59:17	Ayantika Pramanik	Ramsaday College	8017903667	Nutrimetrix	ayantikapramanik62@gmail.com
195	01/09/2021 19:12:10	sandhya	mittal institute of education	9630408019	nutrition week	lodhishandhaya@gmail.com
196	02/09/2021 09:00:14	Sneha Mallick	Gokhale Memorial Girl's College	7063266428	Nutritionist-ninja, Nutrimetrix	snehamallick99@gmail.com
197	03/09/2021 08:49:31	Rahul goswami	Mittal institute of technology	860		goswamirahu2007@gmail.com
198	03/09/2021 17:39:08	Anamta gohar	Mittal group of education	9171284120	National nutrition week	Anamtogohar150@gmail.com
199	03/09/2021 19:17:21	Swati Agarwal	Gokhale Memorial Girls' College	9051208635	Nutrimetrix	swatiagarwal658@gmail.com
200	04/09/2021 17:12:07	Anukrati Chiroliya	Mittal group of education	7610703163	Slogan writing and meal planning	anukratihiroliya@gmail.com
201						

1	Timestamp	Score	NAME	EMAIL ID	CONTACT
2	8/31/2021 5:49:05	34 / 50	Nimra	Smin.Diva@gmail.com	9685890102
3	9/3/2021 21:32:06	16 / 50	Anshika singh	anshikasingsh574@gmail.com	8382034169
4	9/3/2021 21:36:46	38 / 50	Swetha Jain	swethajain4@gamil.com	9920107472
5	9/3/2021 21:39:17	38 / 50	Suman Santra	sumansantra298@gmail.com	7074122201
6	9/3/2021 21:41:02	40 / 50	Swastika Saha	swastika.sahas2002@gmail.com	6290855659
7	9/3/2021 21:41:09	18 / 50	Banti Meena	meenasad423@gmail.com	8269363906
8	9/3/2021 21:44:01	30 / 50	Dhirendra Pratap Singh	dhirendrapratapsingh1994@gmail.com	7898279643
9	9/3/2021 21:55:25	24 / 50	Jaya lodhi	lodhijaya94@gmail.com	7000214565
10	9/3/2021 22:02:40	34 / 50	SANJEET SINGH JAT	sanjeetjat570@gmail.com	9617587288
11	9/3/2021 22:12:07	20 / 50	Laxmi sainsi	laxmisainsi343@gmail.com	7223837408
12	9/3/2021 22:13:54	46 / 50	Neetu ahirwar	neetuahirwar039@gmail.com	7869535133
13	9/3/2021 22:20:07	40 / 50	Insha ali	ainshaali09@gmail.com	7000895109
14	9/3/2021 22:23:15	36 / 50	Misbah Samir	Misbah.321@gmail.com	8369243962
15	9/3/2021 22:46:54	40 / 50	Megha Gupta	meghaguptaa14@gmail.com	9868727467
16	9/3/2021 22:58:21	24 / 50	Shivanshi Singh Gour	shivanshi0211@gmail.com	9174127904
17	9/3/2021 22:58:52	18 / 50	Shivani	shivanithakurshivanithakur@gmail.com	8319335683
18	9/3/2021 23:07:49	32 / 50	Anchal khasdev	aanchalkhasdeo10@gmail.com	8602105162
19	9/3/2021 23:15:08	32 / 50	Shreyasee Dey	shreyasee.dey711@gmail.com	9123056558
20	9/3/2021 23:48:08	18 / 50	Muskan ahirwar	mussu1106@gmail.com	7747945716
21	9/3/2021 23:49:02	12 / 50	Anshika singh	anshikasingsh574@gmail.com	8382034169
22	9/4/2021 0:03:35	34 / 50	Megha Dhali	meghadhali145@gmail.com	7980383529
23	9/4/2021 0:13:26	24 / 50	Sonam	sonamahirwar915@gmail.com	7440754017
24	9/4/2021 0:13:27	24 / 50	Muskan Ahirwar	Muskanahirwar46 @Gmail.com	7509560076
25	9/4/2021 0:32:35	14 / 50	Anamta gohar	Anamtagohar150@gmail.com	9171284120
26	9/4/2021 0:46:40	16 / 50	Geetesh sahu	geeteshsahu546@gmail.com	7987526997
27	9/4/2021 0:49:08	32 / 50	Mrs.Ranu Malviya	krutii.h.malviya@gmail.com	9833200737
28	9/4/2021 0:57:14	46 / 50	Mrs.Ranu H.Malviya	krutii.h.malviya@gmail.com	9833200737
29	9/4/2021 2:08:23	12 / 50	Ajay pal	ajaypal8461932271@gmail.com	8461932271
30	9/4/2021 2:17:35	30 / 50	Roshni Niranjana	Roshniniranjana93@gmail.com	9302661126
31	9/4/2021 2:45:38	20 / 50	Dt. Aditi Pandey	adirav.pandey@gmail.com	9399883905
32	9/4/2021 2:54:08	42 / 50	Amardeep Arora	amararora@outlook.com	8860630039
33	9/4/2021 2:54:42	34 / 50	Shw	K	
34	9/4/2021 2:58:16	50 / 50	Sweta		
35	9/4/2021 3:48:18	48 / 50	Sudeshna Jana	sudeshna.jana02@yahoo.com	9883125540
36	9/4/2021 3:48:30	42 / 50	ToobaNasar	Hayanasar@gmail.com	9981594181
37	9/4/2021 3:52:12	42 / 50	ToobaNasar	Hayanasar@gmail.com	9981594181
38	9/4/2021 4:54:49	10 / 50	Dt Poonam Brahmabhatt	brahmabhattachapoonam@gmail.com	9377755466
39	9/4/2021 5:28:21	28 / 50	Shanu silawat	Shanusilawat26@gmail.com	8109348251
40	9/4/2021 5:32:39	36 / 50	Suniti Shikha	shikha.suniti19@gmail.com	8770261942
41	9/4/2021 5:48:26	34 / 50	Poonam vashkar	poonamvashkar384@gmail.com	7987397132
42	9/4/2021 6:01:45	36 / 50	SAMUEL PAUL	samuelpaul9695@gmail.com	9425300582
43	9/4/2021 6:09:47	22 / 50	Ravi Sen	ravisen68962@gmail.com	6262145570
44	9/4/2021 6:29:48	26 / 50	Arti Oswal	artioswalktg@gmail.com	7470862251
45	9/4/2021 6:51:47	14 / 50	Mitali malviya	mitalmalviya2333@gmail.com	7898560108
46	9/4/2021 22:59:10	30 / 50	Nishita	Nishitakushwaha143@gmail.com	7879402355
47	9/4/2021 23:22:11	50 / 50	Anchal khasdev	aanchalkhasdeo10@gmail.com	8602105162
48	9/6/2021 0:08:00	38 / 50	Neetu	nutri.neetu@gmail.com	9650305222
49	9/7/2021 6:05:25	18 / 50	Dt. Aditi Pandey	jeweladiti1107@gmail.com	9399883905
50	9/9/2021 0:09:08	42 / 50	Varsha Lala	varshalala0012@gmail.com	7003082107
51					

The results of Quiz competition were as follow



# MITTAL INSTITUTE OF EDUCATION BHOPAL

## Mega VIRTUAL NUTRI-Fest 2021 "

**"FEEDING SMART RIGHT FROM START"**

### **EVENTS LIST :**

1. BE THE FOOD DOCTOR  
(E-NUTRI-SLOGAN  
WRITING COMPETITION)
2. NUTRIFY-INDIA (E-POSTER  
MAKING & DEMONSTRATION  
COMPETITION)
3. NUTRITIONIST-NINJA (E-  
NUTRITIONAL RECIPE  
CONTEST)
4. NUTRIMETRIX  
(E-NUTRI QUIZ COMPETITION)

**Judge for All Event**



**Dr. Vinita Mewada**

**State Nutrition consultant**

**National Health Mission**

**Government of Madhya Pradesh**

**E- certificates will be provided to all  
registered participants**

**Eligibility- open for all UG and PG students**

**Registration is free but mandatory**

**The following are the Winners of first 4 activities or competitions-**

**Slogan competition**

1. Laxmisaini
2. Muskansongra
3. Anchal khashdeo

**Poster Making**

1. Tooba Nazar
2. Roshni Niranjana
3. Sanjeet Singh jat

**Diet/Menu plan**







1. Tooba Nazar
2. Jaya Lodhi

**Quiz**

1. Sudeshna Jana
2. Ranu H.malviya
3. Neetu Ahirwar

## Glimpses of the entries submitted by students



6 KEY NUTRIENT GROUPS. 1 year	
	Protein = Growth, Immune System, Strong muscles
	Omega 3s = Memory, brain Development
	Calcium = Bones, teeth, muscle & nerve function
	Iron = Healthy blood, Brain Development
	Fiber = Tummy health.
	Vitamins = Vision, bones, Immune system, heart muscles, blood clotting, overall health.

BABY'S FIRST FOODS

MITTAL INSTITUTES OF EDUCATION

NAME OF STUDENT = ROSHNI NIRANJAN

BRANCH = B.Sc [C.B-Z] 1<sup>st</sup> YEAR

DATE = 01-09-2021

TOPIC = SLOGAN

### \* NUTRITION AND DISEASE \*

"The doctors of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."

"Good nutrition will prevent 95 percent of all disease".

WHEN DIET IS WRONG,  
MEDICINE IS NO USE.  
WHEN DIET IS CORRECT,  
MEDICINE IS OF NO  
NEED.

Shivanshi Singh Groux  
B.Sc  
Mittal Institute

Date - 01/09/2021

Theme -

Nutrition and Disease

"Slogan"

“घर का हेल्थी खाना खाओ, ताजी सब्जियाँ, फल ले आओ ॥”

“हेल्थ की दे पहले स्थान, तभी होगा बिमारियों का निदान ॥”

“पहले रखोगे अपने शरीर का ध्यान, फिर तभी कर सकेगे सारे काम ॥”

“तन की तुम बलवान बनाओ,  
जंक फूड की दूर भागाओ ॥”

**BE THE FOOD DOCTOR...**

**THEME- NUTRITION AND DISEASE...**



**\*Eat the right kinds of foods  
everyday ,to smash disease away ...**

**\* Nutritious foods in your plate ,  
then the disease will always be away  
from you ...**

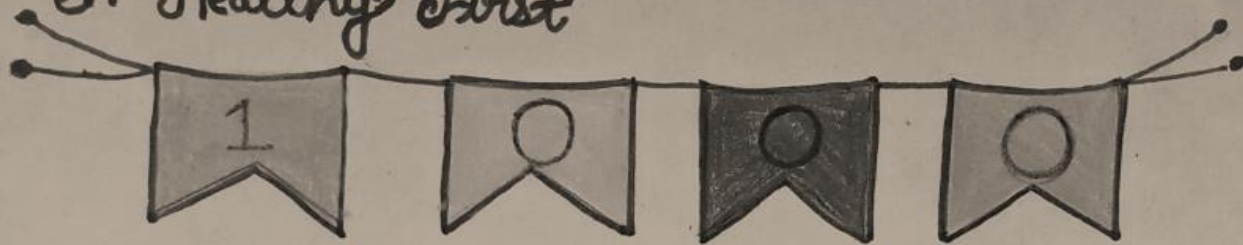


*the skill to heal. The spirit to care*

# NATIONAL NUTRITION WEEK 2021

## THEME - FEED SMART RIGHT FROM THE START

### A Healthy First



Days

**PREGNANCY**  
Pregnancy - Birth  
270 days

**INFANCY**  
Birth - 6 Months  
365 days

**TODDLERHOOD**  
6 Months - 2 Years  
365 days

The first 1,000 days is the most rapid phase of brain growth and development in a child. It is such a critical time in your child's life because it lays the foundation for their future health and well-being.

## PREGNANCY

**NUTRITION -** Your nutrition before conception and during pregnancy can affect your baby's physical and mental health.  
**DO'S** in pregnancy: So Pump up iron, Pop up Prenatal vitamins daily, Boost protein, Much on fruits and veggies.  
**DON'T** in pregnancy: Avoid alcohol, No to Tobacco, Don't take stress, Avoid Medication especially antibiotics & NSAIDS.

## BABY/INFANT (0-1 year)

Breast milk is superfood for babies and serves as the first immunization against illness and disease. Both mom's and baby's health & well-being are also essential during this period. For the first 6 months, exclusive breastfeeding is recommended. It is further recommended that breastfeeding continue alongside solid food to 1 yr.

## TODDLER (1-2 years)

This sensitive period or window of opportunity to eat healthy nutritious diets protects against risk of childhood obesity and other chronic diseases. Toddlers should eat a variety of nutritious foods, such as fruits, veggies, wholegrains, legumes & proteins, carbohydrates. Avoid foods that high in sugar & salt. Children who get the right nutrition in the first 1000 days enjoy improved health & economic security as adults.

## BE THE FOOD DOCTOR SLOGAN

- "Let food be thy medicine, and let medicine be thy food"
- The doctor of the future will no longer treat the human frame with drugs but rather will cure and prevent disease with nutrition.

JAYA LODHI  
B.Sc. NURSING  
1<sup>st</sup> YEAR

## Slogan

"Diseases can be killed  
Healthy food act like pills"