



## **Mittal Institute of Education**

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

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Session 2022-23



## **REPORT ON NATIONAL NUTRITION WEEK CELEBRATION**

**DATED –1<sup>st</sup> -7<sup>th</sup> September 2022**

**VENUE – MITTAL INSTITUTE OF EDUCATION**

**TIMING – 09:30AM**

## **NATIONAL NUTRITION WEEK CELEBRATION**

National Nutrition Week is observed from September 1-7 in India to raise awareness among people about the value of healthy eating practices and proper nutrition for upholding a healthy lifestyle.

Each year, National Nutrition Week is celebrated with a unique theme. The theme for this year is “**Celebrate World of Flavours**” which encourages people to have a healthy lifestyle while enjoying the flavors of food.

Department of Clinical Nutrition and Dietetics, Mittal Institute of Education have organized various activities on account of National Nutrition Week Celebration.

The activities that took place in the whole week are:-

<b>S. No.</b>	<b>Date</b>	<b>Activity Name</b>
1	1-9-2022	Presentation of Flameless recipes
2	2-9-2022	Flameless Cooking Competition

Coordinator of the Program – Ms. Rohini Chourasiya

### **DAY – 1**

#### **Presentation of Flameless Recipes:-**

On 1<sup>st</sup> September Ms. Rohini Chourasiya gave presentation on flameless cooking recipes to students in computer lab. 11 students of B.Sc. Bio were there.

Several recipes' were shown in the presentation such as coconut laddu, sprouts salad, sandwich, bhel, fruit shake, fruit salad etc.

After the presentation of the recipes various queries of students were answered.

## **DAY – 2**

### **Flameless Cooking Competition:-**

On 2<sup>nd</sup> September Flameless cooking competition was organized at 1<sup>st</sup> floor of Mittal Institute of Education at 1 pm. 17 students participated in the competition and presented several recipes such as sandwich, cucumber shots, sprouts, coconut mithai, healthy burger, veg sushi and sandwich, delicious bread roll, biscuit shots etc.

Judgement of Flameless Cooking Competition was done by Dr. Ashish Manigauha sir (Principal, MIP), Prof. Mano S Deep sir (Principal, MIN), Prof Achint Chugh sir (Dean, MIT), Dr. Malika Pal (Principal, MIE).

Winners of the competition were:-

1. Megha Rao (Biotech 2<sup>nd</sup> year)
2. Rimjhim Sahu (Biotech 1<sup>st</sup> year)
3. Smita Thakur (Biotech 3<sup>rd</sup> year)



Name of Students who participated –

1. Megha Rao
2. Rimjhim Sagu
3. Smita Thakur
4. Amrita Thakur
5. Lipsa Benupani
6. Diksha Lodhi
7. Mashera
8. Vivek Rajput
9. Anshu Prajapati
10. Radhika
11. Roshini Dangi
12. Shalu Lodhi

