

Annual report
of
Nutrition & Health Education
(2022-2023)

- 1) The Nutrition & Health Education discipline together with Food Technology discipline of Home Science at Aditi Mahavidyalaya has organized ***Recipe competition, Theme: Tricolour recipe on the occasion of 75th Independence Day during Azadi ka Amrut Mahotsav- Har Ghar Tiranga, on 12th August 2022.*** Winners were given cash prizes and participation certificates were given to all participants.
- 2) Nutrition & Health Education department (NHE) together with Food Technology discipline of Home Science in collaboration with Indian Millet Initiative has organized ***Webinar series 01, entitled: Potential of indigenous millets and their role as functional foods, on 6th September 2022 to celebrate international year of millets.*** Speaker for the webinar was *Dr. Satyen Yadav (Founder Indian Millet Initiative)*. The webinar was attended by 80 participants including faculty members and students from various colleges of Delhi university like Vivekanand college, Daulat ram college, Shyama prasad Mukherjee college for women, Lady Irwin College, Bhagini Nivedita college.
- 3) Nutrition & Health Education department (NHE) together with Food Technology discipline of Home Science celebrated ***Poshan Maah & International year of millets. Recipe competition, theme: Millet based healthy recipe and Poster competitions, theme: Diversity in Indian Diet were organized on 11 October 2022.*** 10 entries were received for recipe and 15 for poster competition. Participation certificate were given to all participants.
- 4) Nutrition & Health Education department (NHE) had organised an ***orientation session on 4th November 2022*** for Semester 1 students to brief them about the course and laboratory facilities.
- 5) Nutrition & Health Education (NHE) together Food Technology discipline of Home Science organized a ***Food fest on 15th November 2022*** in college premises for entire college's

students, teaching and non-teaching staff members. During the fest various activities were organized like food stalls (including healthy snacks, beverages, cakes and confectionary), face painting, nail art, games and DJ music.

6) Nutrition & Health Education (NHE) and Food Technology (FT) disciplines of Home Science Department organized a **Rangoli making competition themed 'Nationalism'** on the eve of **"Republic Day", celebrated on 25th of January 2023**, at the corridors of the college. The students have participated as solo, in pair of two and a group of three. Competition was judged by Prof. Punita Gupta, Prof. Neetu Rana, and Prof. Sarita Dabas. The winners of the competition were as follows:

1st position: Prachi, Perna and Sonam of B.com

2nd position: Misha of BA Programe

3rd position: Vanshika, Isha and Nishu of B.el.ed



