

Poshan Maah Celebrations 2020 Report

Department of Food Technology, Vivekananda College celebrated Poshan Maah September 2020 by organizing the following events virtually:

- Recipe Competition “Fermented Snack for Kindergarten Child”
- Nutrition Report Card Activity

Recipe Competition “Fermented Snack for Kindergarten Child”

Dr. Sukhneet Suri (Convenor), Mrs. Purnima Vir and Dr. Arushi Jain (Members)

A total of 36 students participated in inter-college recipe competition. Students from Lady Irwin College, Aditi Mahavidyalaya, **Vivekananda College**, Daulat Ram College and Lakshmi Bai College participated in this virtual event. The students shared the image of the step-by-step process of the product made along with product details in an online google form link shared with them.

(https://docs.google.com/forms/d/e/1FAIpQLSeqXYkby7LbpV28uKpQiXudCGd5PhDdC9p hFxJ5iqURDnW_fw/viewform?usp=sf_link)

The event was judged by experienced faculty and experts from food industry.

Ms. Gurmeet Kaur of Vivekananda College got the first prize for the recipe contest and Ms. Vanshika Gera from Lakshmibai College and Ms. Himanshi Sain from Vivekananda College got the second prize in the recipe contest. Ms. Tanvi Jain got the third prize in the recipe contest. E-certificates were given to all the participants and prize certificates were given to the position holders.

The photographs below will provide a glimpse of the recipes of the prize winners:





Second Prize



Third Prize

Nutrition Report Card Activity

As a social initiative of the Department of Food Technology with Dr. Sukhneet Suri (convenor) and Dr. Arushi Jain (member) Nutrition Report Card Activity was conducted online by sharing a google form (https://docs.google.com/forms/d/e/1FAIpQLSchUQf9d1XIvXe1DyArH-rUU4uTH0V0rkhQY70qhCAc1vnhNA/viewform?usp=sf_link) with college going girls to help them make healthier food choices during the pandemic. The participants were informed about their nutrition score by email. A total of 120 college girls undertook this online activity. The information collected was kept confidential. The average nutrition score was found out to be 31 out of 60 with lowest being that of 16 and the highest score of 44. Based on the responses and experience of the Nutrition Report Card Activity an online calculator was prepared and circulated among college going girls (<https://www.calconic.com/calculator-widgets/blank-calculator/5f6db835c03ba60029f8b1be?layouts=true>).