

Gokhale Education Society's
 SMRK-BK-AK MahilaMahavidyalaya, Nashik--422005
 SMRK-BK-AK/QM/7.2/01
 DEPARTMENT OF FOOD SCIENCE AND NUTRITION
EVENT REPORT

Name of Programme:	Celebration of National Nutrition Month , September 2024-25
Day and Date :	Tuesday 10 th Sept 2024
Organizing Committee/ Department (Mention collaborating Agency , if any)	Department of Food Science and Nutrition
Time :	10:00am - 12:15pm
Topic / Theme :	"Iron Rich Recipe Competition" and Lecture on "Infant and Young Child Feeding Practices"
Resource Person :	Dr. Charushila Ghongde
No.of students attended the Programme:	50 students and 5 teachers
Brief Summary	<p>Every year the Department of Food Science & Nutrition celebrates National Nutrition Month with the aim of spreading awareness about the importance of nutrition among all. September is observed as Poshan maah all over the nation and various activities are organized for the same. This year's prime focuses are:</p> <p>1. Anemia 2. Complementary feeding practices, 3. Poshan bhi padhai bhi, 4. Use of technology for governance, and 5. Ek ped maa ke naam</p> <p>Two activities were planned on 10th September as per themes:</p> <ol style="list-style-type: none"> 1. Cooking competition on Iron Rich Recipes,and 2. Lecture on Infant and Young Child Feeding Practices.

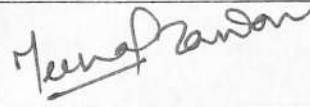
31 students of FY, SY and TY B.Sc. contested in the cooking competition and prepared Iron Rich Recipes .Chief Guest Dr. Charushila Ghongde and Mrs.Meenal Zawar, Incharge of FSN Department evaluated the recipes on nutritive value, taste, cost, availability of ingredients and iron content of the recipe.

4 winners were declared from all the participants:

- 1) Labhashree Lunawat (TY ND)
- 2) Aarifa Shaikh (SY BSc)
- 3) Ruchika Chajed (SY ND)
- 4) Bushra Shaikh (TY ND).

The lecture on **Infant & Young Child Feeding Practices** followed the cooking competition. Welcome and Introductory speech was given by the Mrs. Meenal N. Zawar, Incharge of FSN Department. The event was chaired and blessed by Honorable Respected Principal Dr Sandhya Khedekar madam, and the Chief Guest was felicitated by her. The lecture was delivered by Chief Guest Dr. Charushila Ghongde emphasizing on the significance of early initiation of breast feeding, exclusive breast feeding for 6 months, milk banks, psychological and physiological health benefits and also inclusion of different food groups in complementary feeding rather than formula feeds and packaged foods for infants ,toddlers and preschoolers. A question and answer session was conducted following the lecture.The Thank you speech was delivered by Mrs. Vishakha Gore.

Signature of the committee In-charge/ H.O.D.



(Attach Photographs)





Meena Zandan
14/9/24

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