

## GYAN RACHANA

2023-2024

[FOR STUDENTS OF T.Y.B.Sc. Home Science (Foods, Nutrition and Dietetics) 2022-2023 BATCH]

The Indian Dietetic Association (IDA), Mumbai Chapter has instituted an award GYAN RACHANA for generation of creative edutainment and infotainment resources in Foods, Nutrition and Dietetics.

The year 2023 was declared by the United Nations as the International Year of the Millets. With this in view, a competition was planned to generate awareness about commonly consumed millets in our country.

The students were asked to make a model on any one of the following topics:

1. Nutritional Importance of Millets
2. Health Benefits of Millets

A total of 4 entries were received from students of the 2022-2023 batch. These were then evaluated. Prizes were then presented at Prerna Rise Inspired annual event held by the department on 22<sup>nd</sup> March 2024.

The judges for the competition were:

**1. Dr. Eileen Canday**

Head of Department (Nutrition & Dietetics)

Sir. H.N. Reliance foundation hospital

**2. Ms. Vaidehi Nawathe**

Chief Dietician

Bhaktivedanta Hospital & Research Institute

Mira Bhayandar

### AWARD WINNERS

RANK	Name of the Student	Prize Amount
I	Ms. Apeksha Pawar	Rs. 1,000/-
	Ms. Khushi Savla	Rs. 1,000/-
	Ms. Neyati Nandu	Rs. 1,000/-
II	Ms. Pranjali Parmar	Rs. 750/-
	Ms. Aaliya Shaikh	Rs. 750/-
	Ms. Maseera Shaikh	Rs. 750/-
III	Ms. Aditi Mogaveera	Rs. 500/-
	Ms. Vidhi Shah	Rs. 500/-
	Ms. Vriddhi Shah	Rs. 500/-

Ms. Jacqueline Colaco and Dr. Minelly Rodrigues were coordinators for the competition.



Group I

Group II

Group III

Group IV

**Flyer of the event:**

**Department of Foods, Nutrition and Dietetics**  
**College of Home Science, Nirmala Niketan**  
49, New Marine Lines, Mumbai-400020  
 (Affiliated to University of Mumbai)  
 NAAC Accredited 'A' Grade.  
 In association with  
**Indian Dietetic Association, Mumbai Chapter**  
 presents  
**GYAN RACHANA**  
 2022-2023

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The year 2023 has been declared by the United Nations as the International Year of the Millets. With this in view, a competition has been planned to generate awareness about commonly consumed millets in our country.

You are required to make a model on any one of the following topics:

1. Nutritional Importance of Millets
2. Health Benefits of Millets

**Eligibility criteria:**

- ❖ This competition is open to students from T.Y.B.Sc. (Home Science): Foods, Nutrition and Dietetics (2022-2023).
- ❖ Group entries (3 students per group) will be accepted

**Guidelines:**

- ❖ Register on <https://forms.gle/ufF55Mh75LlWwR29> latest by 12noon on 1<sup>st</sup> March.
- ❖ Prepare a model/ exhibit to generate awareness about the nutritional importance of millets OR the health benefits of millets.
- ❖ Dimensions (Base- Not more than 0.5 x 0.5 metres).
- ❖ The model/ exhibit should be made from inexpensive material.
- ❖ The information/model should be self-explanatory.
- ❖ Prepare a 1 min reel of the model.
- ❖ Do not mention your name or identify yourself in any way on the model or the reel (Only put the code number that will be provided on the model and reel).

**Criteria for judging:**

- ❖ Since the aim of the competition is to provide information to the public, your model will be evaluated on accuracy of content, creativity, cost effectiveness and presentation.

**Deadline for Submission:**

- ❖ Reel to be submitted on 10<sup>th</sup> March, 2023 (Kindly email it to [deptfidevents@gmail.com](mailto:deptfidevents@gmail.com)) mentioning Gyan Rachana and your code number in the subject line.
- ❖ The date for display of the model in college will be notified later.

In case of queries, kindly contact:  
 Ms. Jacqueline Colaco  
 Dr. Minelly Rodrigues

**Dr. Minelly Rodrigues**  
**Coordinator**  
**Department of Foods, Nutrition and Dietetics**

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**INCHARGE PRINCIPAL**  
**COLLEGE OF HOME SCIENCE**  
 Nirmala Niketan,  
 49, New Marine Lines,  
 Mumbai - 400 020.