

# REPORT ON NIRMAL SEVA AND UTKARSHA AWARDS

## 2022-23 AWARDED IN 23-24

Nirmal Seva Puraskar is an award instituted in the College by the Department of Foods, Nutrition and Dietetics for the research project conducted by our students with the greatest impact on the community.

The UTKARSHA Award is instituted by the Indian Dietetic Association, Mumbai Chapter for Excellence in Research in Foods, Nutrition and Dietetics.

Students at the post graduate level i.e. Masters and Post Graduate Diploma programmes are eligible for both these awards.

A total of 5 students participated in the Nirmal Seva Puraskar and 8 students participated in the Utkarsha Awards for their research work complete in the Academic Year 2022-23.

The Online Presentations were held on 20<sup>th</sup> and 21<sup>st</sup> March.

The judges for the same were

Dr. Veena Yardi and Dr. Ratnaraje Thar for Nirmal Seva Puraskar

Dr. Subhadra Mandalika and Dr. Jayshree Paranjpe for the Utkarsha Awards

The following were the winners for the Nirmal Seva Puraskar

Ms. Pankti Gala – 1<sup>st</sup> Prize for the research titled “Development, validation of PM POSHAN scale and testing its efficacy for effective monitoring of the PM POSHAN scheme” Cash Prize of Rs.1500/-



The following were the winners for the Utkarsha Awards. The 1<sup>st</sup> Prize was shared

1<sup>st</sup> Prize – Ms. Amatullah Sehrawala for her Research titled “A Pilot study on Knowledge, Attitudes and Practices regarding Hygiene, Nutrition and FSSAI compliance in Small and Street Food Businesses” Cash Prize Rs. 5000/-

1<sup>st</sup> Prize – Ms. Pankti Gala “Development of A Multicomponent Model for Optimising Adolescent Nutrition in – Mumbai's lower socio-economic settings - A solution based Approach” Cash Prize Rs. 5000/-

2<sup>nd</sup> Prize – Ms. Urvi Sanghavi - “Development of fresh soyabean flavoured Cheese and study its nutritional, microbial, chemical and sensory evaluation” Cash Prize Rs. 3000/-

This year the Awards were given away at the signature Event of the Department “Perna – Rise Inspired” on 28<sup>th</sup> March 2024

  
  
INCHARGE PRINCIPAL  
COLLEGE OF HOME SCIENCE  
Nirmala Niketan,  
4B, New Marine Lines,  
Mumbai - 400 020.