

College of Home Science, Nirmala Niketan

Affiliated to the University of Mumbai

NAAC Accredited A+ Grade

Name of the Event:

National Nutrition Month: Activity by M.Sc. FPP

- **Title of the Program/s:** Iron-rich Recipes for Anemia Prevention
 - **Name of the Department Organized:** Department of Foods, Nutrition, and Dietetics
 - **Level:** Local
 - **Organizing Team:** Students of M.Sc. II (Home Science - Food Processing and Preservation)
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Event Details:

- **Day and Date:** 6th September 2023
 - **Time:** 2:00 pm
 - **Venue:** Room 7B, College of Home Science, Nirmala Niketan
 - **Participants:** 23 students
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Beneficiaries/Participants and Number:

- **Guests / Dignitaries:**
 - **Prof. Dr. Anuradha Bakshi**—In-charge Principal
 - **Ms. Vibha Hasija** – Head of the Department of Foods, Nutrition, and Dietetics
 - **Dr. Yasmina Dordi Avari** – Director, Self-financed Courses
 - **Management Representative:**
 - **Ms. Noella Dias** – Manager
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About the Event:

The event, titled *Iron-rich Recipes for Anemia Prevention*, was organized as part of the National Nutrition Month celebrations. The activity focused on promoting the importance of iron in the diet, especially for the prevention of anemia. Students from M.Sc. II (Home Science - Food Processing and Preservation) prepared and showcased various recipes that are rich in iron. The event aimed to raise awareness about the role of nutrition in preventing





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