



VIDYAVATI MUKAND LAL GIRLS COLLEGE

GHAZIABAD

Department of B.Sc (H.Sc) and M.Sc (Foods and Nutrition)

Presents

NATIONAL NUTRITION WEEK

01ST - 07TH September 2022

Theme :- "Celebrate a World of Flavours"

Events

1st September (Thursday) : Rangoli competition

2nd September (Friday) : Slogan competition

3rd September (Saturday) : Debate competition

6th September (Tuesday) : Poster competition

7th September (Wednesday) : Off fire cooking competition

- Reporting time – 9:30 am
- Celebration time – 10:00 am to 1:00 pm
- Only 2 participants allowed for each event
- Bring your own material for each event

Winners will be given trophy and certificates!!

Only 12th appearing students of Home Science & Biology are allowed

Kindly give the name of participants before 29th August



Guidelines For Participants

1. Rangoli Competition:-

- 1. Rangoli art should be of 2ft x2ft*
- 2. Maximum time will be give 1:30 hrs.*
- 3. Rangoli theme will be*

2. Slogan writing competition:-

- 1. Slogans must not be longer than 8-12 words.*
- 2. Entries can be made in English and Hindi .*
- 3. Topic :- Food as an Immunity Booster**
- 4. Slogans should be original.*

3. Poster making competition:-

- 1. It should be original and hand made.*
- 2. The Poster must be made on the A3 size sheet with margins.*
- 3. Photographs , wires and printout of 3D objects won't be acceptable.*

4. Debate competition:-

- 1. Facts presented in a debate must be accurate.*
- 2. Time limit will be maximum 5-7 minutes.*
- 3. Topic :- Food Supplements**

5. Off fire cooking competition:-

- 1. Participants should not bring any pre-cooked items.*
- 2. Time limit is 1 hours.*
- 3. Cutting of vegetable and fruits should be done on the spot. No prior preparation allowed.*
- 4. Heating by any method is not permitted.*