



SREE CHAITANYA MAHAVIDYALAYA
NATIONAL NUTRITION WEEK CELEBRATION 2020

Organised

by

Food & Nutrition Dept.



Theme: Eat right for Healthy Life .

Date: 07/09/2020 Time: 11.30A.M. Onwards

Join Whatsapp Group: <https://chat.whatsapp.com/LcapjzGwan72u4HlgZ1zDY>

Activities of the Day

- **E-POSTER COMPETITION**
- **E-COOKING COMPETITION**
- **E-SLOGAN COMPETITION**

All students are requested to send their documents in this [E-mail: fnt.scm@gmail.com](mailto:fnt.scm@gmail.com)

Last date of submission 6th sep.2020.

Result announced on the scheduled date

Rules and Regulation

1. For E-poster competition

TOPIC: Healthy cooking practice, Diabetes diet, Immunity boosting food, Healthful choice in every second of life

- The size of E-poster should be one A4 size paper in PDF / JPEG Format.
- Participants NAME, SEM, COURSE NAME, and COLLEGE ROLL NO. must be appear in the poster.
- Participants should submit one entry only.

If any query contact: 7908379961

2. For E-cooking competition

TOPIC: Immune boosting diet

- Participants need to share a single picture of the dish and a picture of the participant with the dish.
- Kindly refer to the format given below to submit your recipe.
- Participants should submit one entry only.

If any query contact: 7865912659, 9836645463

PROFORMA FOR RECIPE

NAME OF PARTICIPANT:

Format:

Preparation Time:

Cooking Time:

Serves: Ingredients:

Ingredients	Amount

INSTRUCTIONS:

- Write the method in steps.
- Try to be as creative as possible.
- The judges will mark you on the innovation, concept, looks of the dish, how well you have used the ingredients etc.

Photographs:

3. For E-Slogan competition:

No words limit in text for submission. It may be submitted in any one language among Bengali, English and Hindi.

If any query contact: 8910751982

N.B. Any Participants found violating rules and regulations or any kind of abusive language can lead to disqualification from competition. Judges decision will be considered final.

N.B. Winners will get E-certificate.