

## **Observance of POSHAN MAAH (Nutrition Month)**

### **(Recipe Competition)**

**Date: 14.09.2021**

**Time: 10.00-12.00 noon**

**Theme: Nutritive food for Pregnant women**

**AISHE Code: U-0451**

#### **Event Report:**

The Ministry of Women and Child Development has announced the celebration of POSHAN MAAH (Nutrition Month) across the Country during the month of September, 2021. As a part of this activity the NSS and UBA Chettinad Academy of Research and Education has conducted Recipe competition on “Nutritious food for Pregnant women.”. Students from various constituent colleges of Chettinad Academy of Research and Education-Chettinad Hospital and Research Institute including Faculty of Allied Health Sciences, Chettinad College of Nursing, Chettinad School of Law, Chettinad School of Pharmaceutical Sciences, Chettinad School of Physiotherapy and Chettinad School of Architecture participated in the competition. Prof.Yaga Jeyanthi, NSS, Programme Officer, CARE organized the event.

#### **Recipe Competition:**

Totally 10 students were participated in Recipe competition. Students were given 30 min to prepare the recipe focusing on nutritious food for pregnant women. Participants were presented with the calorie value and it was evaluated based on the criteria like relevancy to the topic, taste, usage of ingredients, creativity in preparation, nutritive value etc.

#### **Judges:**

1. Dr. Renu Girotra, Assistant Professor, Chettinad School of Law.
2. Prof. Yaga Jeyanthi, HOD-Community Health Nursing, CCN
3. Assist. Prof. Deepa Merin Jose, OBG Department, CCN

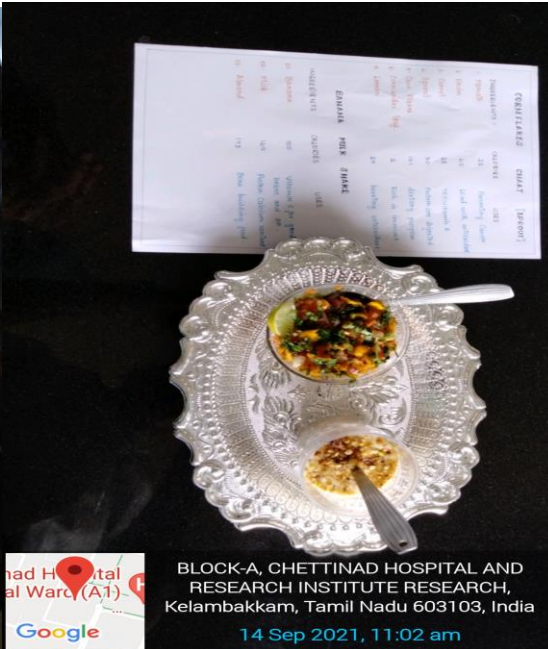
#### **Winners:**

1<sup>st</sup> prize: Loga Priya, B. Pharm

2<sup>nd</sup> prize: Ankit, B.Pharm

3<sup>rd</sup> prize: Miriyam Sharon, B.Sc(N)

**Event photos:**





BLOCK-A, CHETTINAD HOSPITAL AND RESEARCH INSTITUTE RESEARCH, Kelambakkam, Tamil Nadu 603103, India

14 Sep 2021, 11:11 am



BLOCK-A, CHETTINAD HOSPITAL AND RESEARCH INSTITUTE RESEARCH, Kelambakkam, Tamil Nadu 603103, India

14 Sep 2021, 11:03 am