



## Department of Nutrition & Health Education St. Bede's College, Shimla

### NUTRITION AND HEALTH EDUCATION ACTIVITIES (2023-2024)

#### CELEBRATION OF WORLD BREAST FEEDING DAY

Dated: 2<sup>nd</sup> August, 2023

Event Name: Poster Making Competition

**Description:** A poster making competition was organized on the theme “**Educate and support breastfeeding**” to celebrate World Breast feeding week. The students of BA 2<sup>nd</sup> & 3<sup>rd</sup> year participated in the event. The posters were made by the students which were judged by the **Mr Manu Mahajan and Ms Unnati Chauhan**. The result for the competition was as follows:

1<sup>st</sup> position – Indu Kanwar

2<sup>nd</sup> position – Neha Thakur

3<sup>rd</sup> position – Sejal Patre





*Department of Nutrition & Health  
Education  
St. Bede's College, Shimla*





## *Department of Nutrition & Health Education St. Bede's College, Shimla*

### **VISIT TO MATERNAL HOSPITAL**

**Dated: 5<sup>th</sup> August, 2023**

**Event Name: Significance and Benefits of Exclusive Breast Feeding**

**Description:** On occasion of World Breastfeeding Week, Department of Nutrition celebrated by visiting the maternal hospital and presented the presentation on importance of exclusive breast feeding and nutritional requirement of lactating women. The family members of the lactating and pregnant women was made aware on importance of breast feeding and also nutritional assessment of women was done by the students. The students also got information on Care Companion Program (CCP).





*Department of Nutrition & Health  
Education  
St. Bede's College, Shimla*





## Department of Nutrition & Health Education St. Bede's College, Shimla



### CELEBRATION OF NUTRITION WEEK

Dated: 6<sup>th</sup> September, 2023

Event Name: Fuel For the Future

**Description:** To celebrate the Nutrition Week, a cooking competition was organised by the Department of Nutrition & Health Education with collaboration with Commerce and Management Department. The cooking competition was on recipes of Millets, on a theme 'fuel for the future.' The students of Nutrition and Commerce Department participated and made healthy and interesting recipes on millets. The competition was judged by the **Dr. Sapna and Dr. Anupama Tomar** and following were the results:

- 1<sup>st</sup> position – Pushpangi (Commerce & Management)
- 2<sup>nd</sup> position – Jhanvi (Commerce & Management)
- 3<sup>rd</sup> position – Fiza Shah (Nutrition & Health Education)



# Department of Nutrition & Health Education St. Bede's College, Shimla

St. Bede's College

Department Of Nutrition & Health Education  
collaborating with  
Commerce & Management

Organizing cooking competition  
On a theme "Fuel for the future"  
To celebrate  
**Nutrition Week**

Venue:- Nutrition lab  
Date:- 6-9-2023  
Time:- 10:40 am onwards





*Department of Nutrition & Health  
Education  
St. Bede's College, Shimla*



**Dated: 7<sup>th</sup> September,2023**

**Event Name: Rangoli Competition**

**Description:** To celebrate the Nutrition Week, a Rangoli competition was held in the Department of Nutrition & Health Education. The students of Nutrition participated in the event and competition was judged by the **Dr. Deepti and Dr. Savita Rana**. The results were as follows:

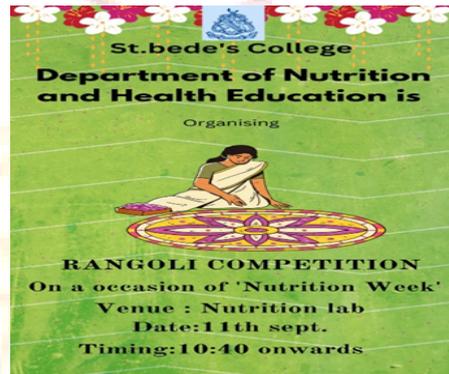
1<sup>st</sup> position – Fiza Shah

2<sup>nd</sup> position – Pema Tsomo

3<sup>rd</sup> position -Sejal Patre



*Department of Nutrition & Health  
Education  
St. Bede's College, Shimla*





*Department of Nutrition & Health  
Education  
St. Bede's College, Shimla*

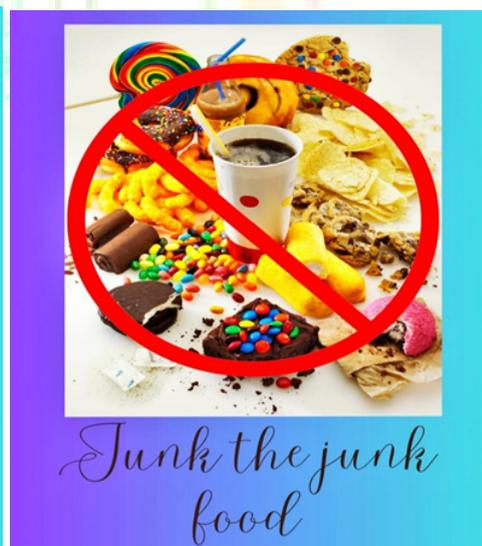
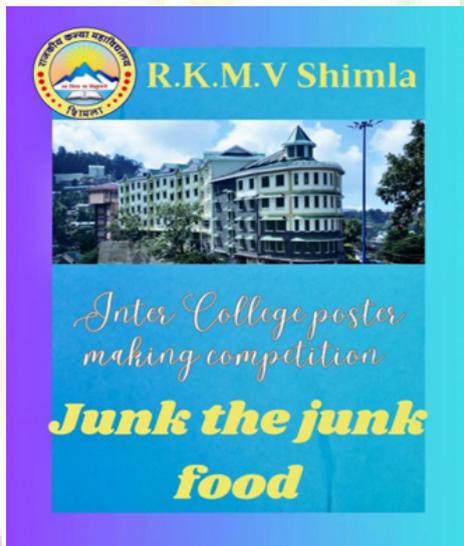
**INTER COLLEGE POSTER MAKING COMPETITION**

**RASHTRIYA POSHAN MAAH/ NATIONAL NUTRITION WEEK**

**Dated: 27<sup>th</sup> September, 2023**

**Event Name: Poster making competition**

**Description:** On occasion of Rashtriya Poshan Maah the **Department of Zoology RKMV Shimla** had organised an online inter college poster making competition. The theme for the competition was '**JUNK THE JUNK FOOD**'. The students of Department of Nutrition participated in the event and won First and Second prize. Pema Tashi stood first and Pema Tsomo second.





*Department of Nutrition & Health  
Education  
St. Bede's College, Shimla*

