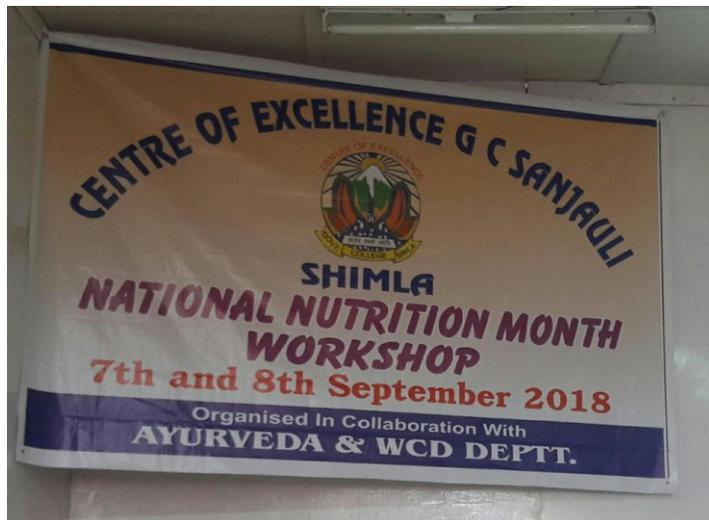


Report on Nutrition And Malnutrition

This workshop was organised w.e.f.7th and 8th September, during the national nutrition month in collaboration with **Ayurveda and Women and Child Development Department** in the Centre of Excellence, Govt. College Sanjauli. The basic objective of this workshop was to impart the knowledge regarding nutrition and malnutrition among the students. Hence,



various competitions such as slogan writing, painting, poster making, elocution and guest lecture were organised. The workshop focussed on the importance of food choices, developing sound eating habits and inculcating the habit of physical activities among the students.

On 7th September 2018, competition of painting, poster making and collage was organised in the college auditorium. This competition was supervised by Dr. Priyanka, Dr. Poonam and Dr. Anjana. The principal of the college, Prof. CB Mehta was the chief guest for the event. There was an overwhelming response from the students and a large number of students participated in this competition.

The participants also showed a great enthusiasm in the declamation contest which was



organised on the second day of the workshop. The declamation contest was on the same topic i.e. Nutrition and Malnutrition which was organised on 8th September, 2018 and 16 students participants in this contest.

The declamation contest took a start after welcoming the chief guest and guest of honour. The principle of the college and director ayurveda Dr. Shashikant Sharma were the chief guest and guest of honour respectively. The students spoke confidently and shared valuable ideas as well as knowledge on the topic of nutrition and malnutrition

After the elocution Dr. Shashikant Sharma firmly indicated the factors related to malnutrition. He told that the major cause of death in children and aged is undernutrition. He also told that under-nutrition becomes common in elders due to physical-physiological and social factors. He explained the reasons of strength, long life and healthy life of our ancestors. He also



elucidated that the pure and nutritious diets can help us to lead a happy and healthy life.

The judges for the day were Mrs. Bharti Bhagra, Dr. Anil Thakur, Dr. Deepak Kaprate and CDPO

Shimla Mrs. Mamta. They submitted a very fair and very reasonable report of results to Dr. Inder, the professor of Hindi. Dr. Inder announced the results and the principal of the college

boosted the morale of the prize winners.



As per the decision of the jury Miss Diksha, Miss Sapna and Miss Shabnam were awarded as 1st 2nd and 3rd Prize respectively in poster making.

Mr. Akshit, Miss.Monika and Mr. Satyam were awarded as 1st 2nd and 3rd prize respectively, in painting competition. Miss Kiran, Miss. Anjali and Miss. Gunjan were awarded as 1st 2nd and 3rd prizes respectively in slogan writing.

Whereas in the elocution Miss. Jahanvi, Mr. Akshay and Mr.Sudhanshu got 1st 2nd and 3rd prize respectively.

The function came to an end after vote of thanks by Dr, G.P. Kapoor, professor in economics and coordinator of Red cross cell and she also gave the message to eat healthy and balanced diet. The workshop gave a message to the students to eat a healthy and balanced diet.

