



**K. L. MEHTA DAYANAND COLLEGE FOR WOMEN, FARIDABAD**

**Department Of Home Science**  
**Celebrates**  
**NATIONAL NUTRITION MONTH 2021**

**Convenor:**  
**Ms. Archna Dua**

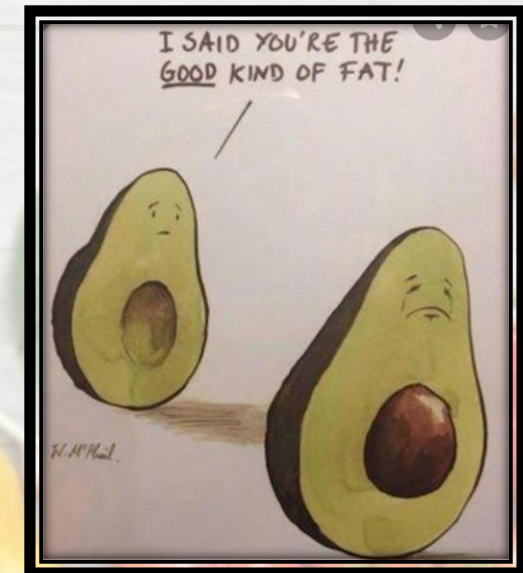
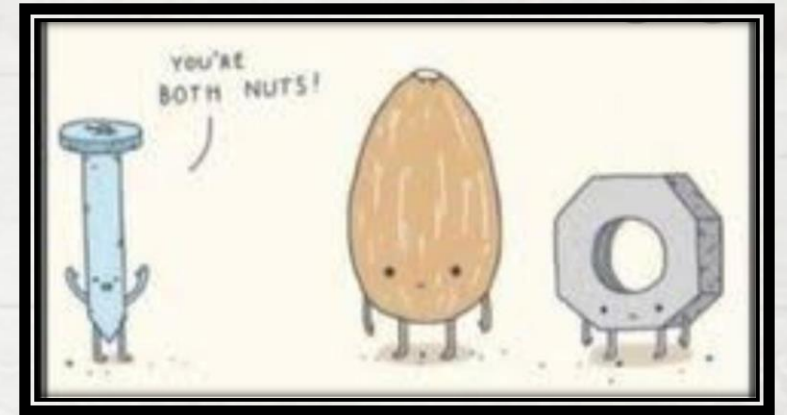
**Co Convenor:**  
**Dr. Sangeeta Kulshrestha**  
**Ms. Usha Pant**

**Patron:**  
**Dr. Vandana Mohla**  
**Officiating Principal**

# NUTRITION RELATED MEME COMPETITION

Theme: Nutrition and Humor

- Meme should be the original idea of the participant.
- It should be handmade on A3 size sheet.
- It should be humorous and related to the topic.
- A pdf containing the following images to be sent
  - I-Card of the student.
  - Collage of student performing the activity along with the final article.





# MEAL- IN- A POT COMPETITION



**Theme: One Pot Vegetarian Nutritious Dish**

- Participants have to prepare one dish complete in itself as a meal.
- Participants have to submit the Recipe of the dish also.
- A pdf containing the following images to be sent
  - I-Card of the student.
  - Photo of the student with the raw material, doing pre-preparations, while preparing the dish and with the final product.



**Prizes in each category:**

**First Prize: 700/-**

**Second Prize: 500/-**

**Third Prize: 300/-**

- Last date for submission: 28-9-2021.
- Result Declaration: 30-9-2021.
- All entries to be sent at: [klmhomescience@gmail.com](mailto:klmhomescience@gmail.com)
- For Queries please contact:

**Ms. Benu Mehta (9810584290)**

**Dr. Pragati Chitkara (8376930603)**