



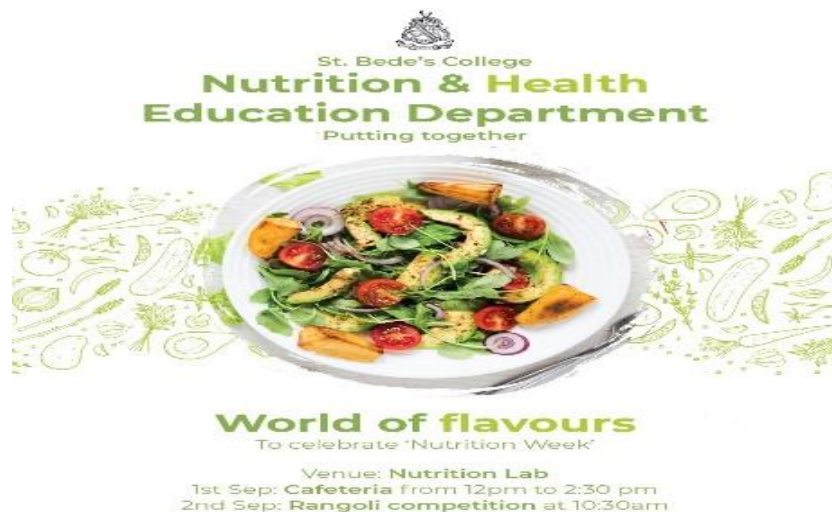
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St. Bede's College, Shimla*

SESSION 2022-23

NUTRITION WEEK

Flavors of the world

On September 1st, 2022, a cafeteria themed "Flavours of the World" was arranged to commemorate Nutrition Week. The purpose of this event was to educate BA 2nd and 3rd year students on the fundamentals of food service management and entrepreneurship. The students enjoyed nutritious and diverse cuisine from various cultures and learned about food production control.





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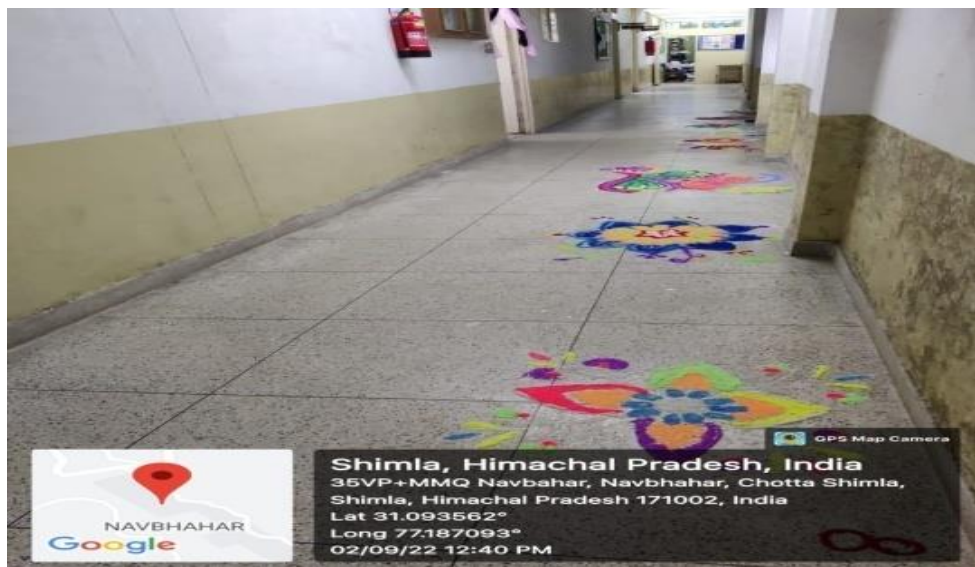
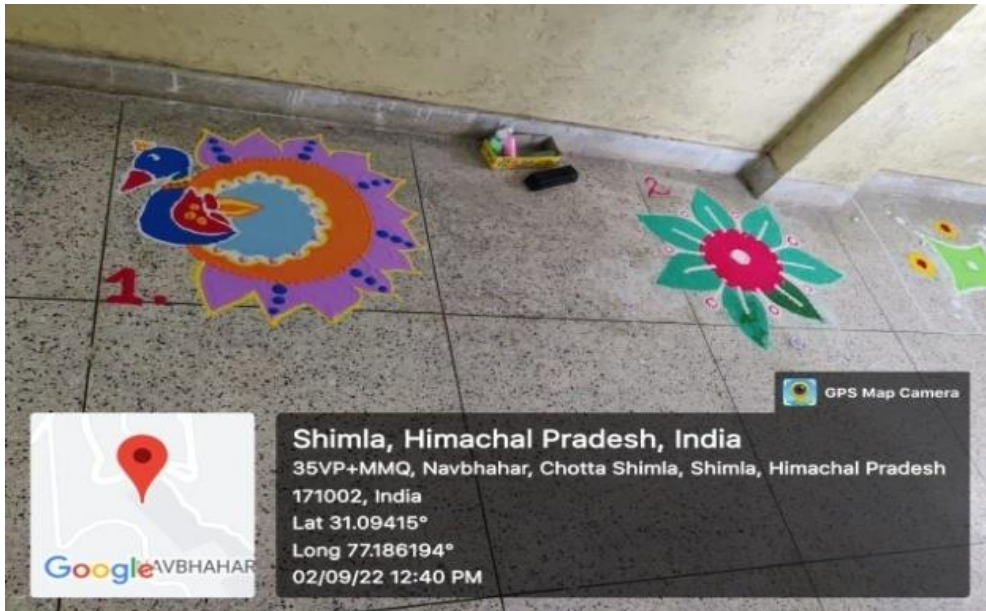
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RANGOLI COMPETITION

On September 2nd, 2022, a Rangoli competition was held with the participation of BA 2nd and 3rd year students. The competition was judged by Dr. Shramja Munjal and Ms. Poonam Chauhan. The winners of the competition were as follows:

1st position – SNEHA & VIBHUTI

2nd position – FIZA





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NUTRITIONAL ASSESSMENT OF PREGNANT AND LACTATING WOMEN

On September 7th, 2022, a group of BA 3rd year students went on an educational trip to Kamala Nehru Hospital. The purpose of the trip was to educate pregnant and lactating women and to gain practical knowledge in the field of dietetics. During the visit, the students gave a presentation on the topic of nutritional needs during pregnancy and lactation.





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PRESENTATION ON OBESITY MANAGEMENT

On 17th September 2022, a presentation on obesity management was given to the NSS students. The purpose of the presentation was to educate the students about the nutritional requirements and the importance of exercise during overweight and obesity.

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N.S.S UNIT
in collaboration with

**NUTRITION & HEALTH EDUCATION
DEPARTMENT**

Celebrates

POSHAN MAAH
(September 1 - 30, 2022)

Activities organized are:

1. Poshan Pledge
2. Talk on Obesity Management
3. PPT on Water Management.
4. Quiz on Nutrition Awareness.
5. Essay writing Competition on 'Nutritional and Functional food'.
6. Poster making Competition on 'Celebrate a World of Flavours'.
7. Slogan writing Competition on 'Nutrition for a healthy body'.
8. Health Status Evaluation using BMI.



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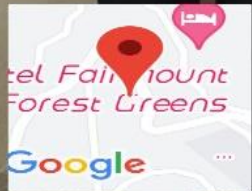
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VISIT TO ANGANWADI

Nutritional assessment of preschoolers by anthropometry

On November 21, 2022, third-year BA students visited the Anganwadi Kendra Vihar Sanjauli Shimla to evaluate the nutritional status of preschoolers. The students measured the anthropometry of the children and calculated their BMI. They also took information about the dietary intake of the children from their mothers and provided them with counseling regarding their food intake. During the visit, the students were educated about the Mid-day Meal and ICDS programmes that are being implemented in the country.





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TALK ON BODY MASS INDEX

On November 23rd, 2022, Ms. Jaivanti Chauhan from the Department of Nutrition gave a talk to the students of microbiology about Body Mass Index (BMI). During the talk, the WHO classification of BMI was discussed, and the students were provided with nutritional guidelines based on their BMI.

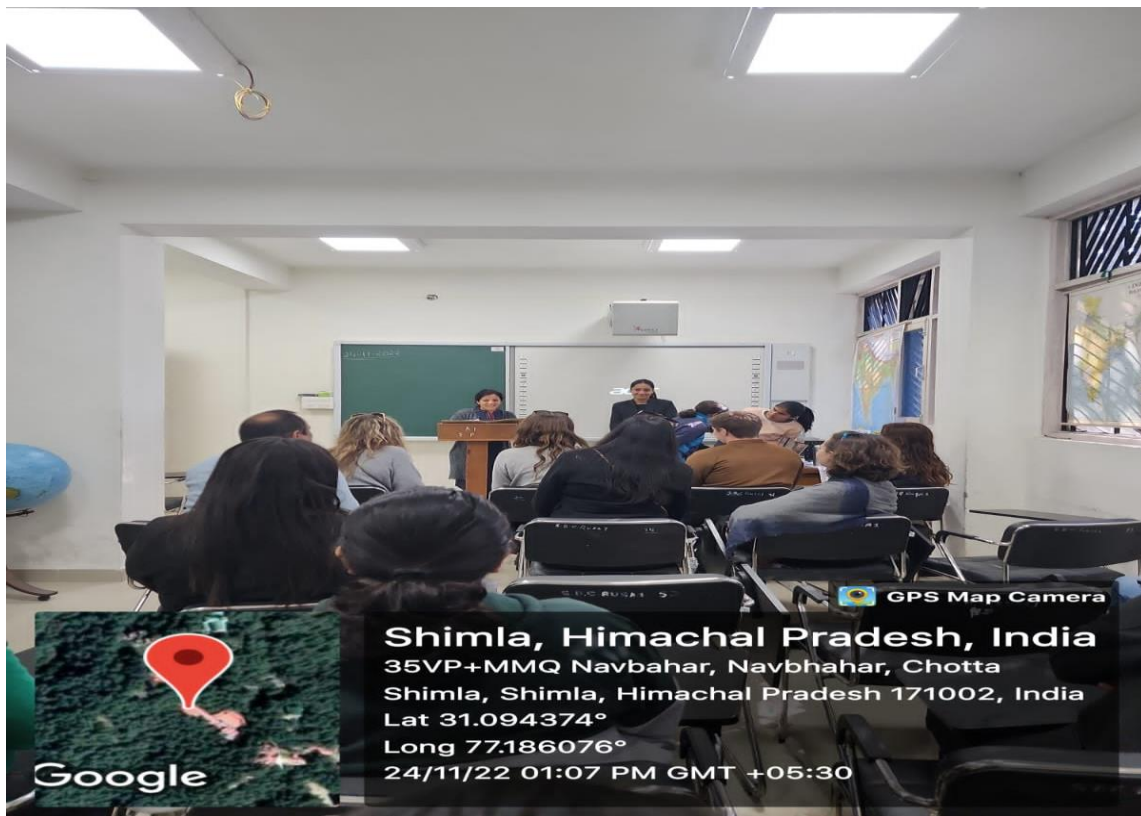




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EXCHANGE PROGRAM- PRESENTATION ON TYPES OF NUTRIENTS COMPONENTS

On November 24th, 2022, a group of interns and a professor from the Nutrition and Dietetics department at Seattle Pacific University visited the Nutrition Department. During their visit, Neha Thakur, a student in her second year of BA, gave a presentation on nutrient components which was highly appreciated. The visitors also had the opportunity to visit the library and were very grateful for the experience.





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