

Nutrition and Health
Education
St. Bede's college Shimla

MINUTES OF THE MEETING

Date: 22th July, 2023 Venue: Staff
Room Time: 2:30 PM

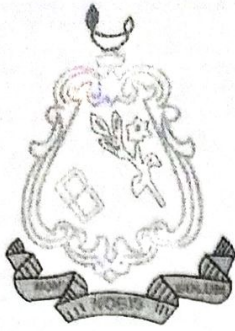
A meeting was held with Dr. Savita Rana (Department of Commerce & Management) for organizing an inter-department activity. The key details of the meeting are as follows:

- The activity will be conducted to celebrate the Nutrition Week on 6th September.
- A cooking competition will be organized for the students on Millets.
- The theme for the competition will be Fuel for the Future.
- The students will get the ready-cooked recipe from home.


Ms. Jaivanti Chauhan

Dr. Savita Rana





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MINUTES OF THE MEETING

Date: 12th September, 2022

Venue: Department of Mathematics

Time: 1:30 PM

A meeting was held with Mr. Susheel Kumar and Ms. Reena Thakur Conveners of the NSS Unit regarding celebration of **Poshan Maah**. The following were the key points discussed.

- Department of Nutrition will be presenting presentation on Obesity Management.
- Evaluation of Body Mass Index of NSS students will be done by students of Nutrition.

Ms. Jaivanti Chauhan

Ms. Susheel Kumar

Ms. Reena Thakur



MINUTES OF THE MEETING

Date: 19th July, 2021

Venue: Food and Nutrition Lab

Time: 10:30 AM

- A departmental meeting was held with Mr. Reggi Pappy (Lab Assistant) on following points:
- To conform the availability of cooking ingredients and other requirements of the lab.
 - Conducting of the practical's for the session.

Ms. Jaivanti Chauhan

Assistant Professor

Department of Nutrition & Health Education

Mr. Reggi Pappy

(Lab Assistant)



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MINUTES OF THE MEETING

Date: 20th July, 2023

Venue: Food and Nutrition Lab

Time: 2:30 PM

A Departmental meeting was held with Mr. Reggi Pappy (Lab Assistant) on following points:

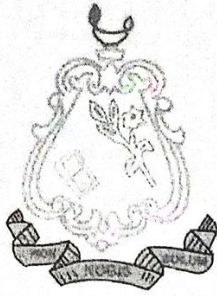
- To engaged in the proper functioning of the lab.
- Conducting of the practical's for the session.

M Chauhan

Ms. Jaivanti Chauhan
Assistant Professor
Department of Nutrition & Health Education

Reggi P

Mr. Reggi Pappy
(Lab Assistant)



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MINUTES OF THE MEETING

Date: 18th July, 2022

Venue: Food and Nutrition Lab

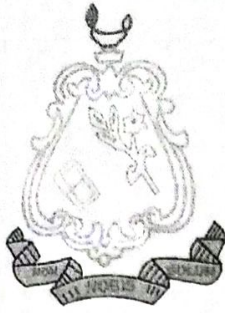
Time: 10:30 AM

A departmental meeting was held with Mr. Reggi Pappy (Lab Assistant) on the following points:

- To look into the requirements of the Lab.
- Conducting of the practical's for the session.
- Planning of the cafeteria in the Nutrition Lab for celebration of the Nutrition Week in the month of September.

Ms. Jai Vanti Chauhan
Assistant Professor
Department of Nutrition & Health Education

Mr. Reggi Pappy
(Lab Assistant)



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MINUTES OF THE MEETING

Date: 4th March, 2022

Venue: Food and Nutrition Lab

Time: 10:30 AM

A meeting for cooking competition was held with Mr. Anoop Ditta Convener of Health Club Society, where following points were discussed.

- A cooking competition will be on **Traditional Foods**.
- The students of Geography will do the cooking and nutritive value of the recipe will be calculated by the Nutrition students.
- The event was held on 9th March, 2022.

Ms. Jaivanti Chauhan

Mr. Anoop Ditta



MINUTES OF THE MEETING

Date: 18th November, 2022

Venue: Food and Nutrition Lab

Time: 1:30 PM

A meeting was held with Ms. Reena Thakur (Department of Microbiology) related to delivering of talk. The points discussed were as follows:

- To speak on Body Mass Index to the students of Microbiology.
- The event was to held on 23rd November in Nutrition Lab.

Ms. Jaivanti Chauhan

Jaivanti Chauhan

Ms. Reena Thakur

Reena Thakur