

NUTRITION MONTH- 2023

Subject- Celebration of Nutrition Month 2023 By Department of Home Science, Shri Guru Nanak Girls Degree College in Collaboration with NIPCCD.

We The Department of Home Science, Shri Guru Nanak Girls Degree College are delighted to announce the celebration of Nutrition Month 2023, In collaboration with NIPCCD to raise awareness and emphasize the significance of proper nutrition and a healthy lifestyle. Nutrition month celebration purpose is to educate and empower individuals to make informed choices for their well-being. In line with this year's theme "**Fuel for the Future**" our college is committed to develop a culture of mindful and nutritional eating habits and making it a way of life.

Date- 29.09.2023

Following events are being organized and participation from students is invited.

- 1. Millets Based Recipe (preparation and presentation in Home Science lab)**
- 2. Poster Making (Topic:-Eat Healthy Be Nutrition Wealthy) ; Time:- 1hr (9:00am-10:00am), Please bring all the required materials.**

Please Contact- Dr. Sunita Sharan- 9451086022
Dr. Deepti Rai- 9670267081

(Dr. Surbhi G. Garg)
Principal