

POSHAN MAAH

10.09.2021

On 10th of September 2021, a departmental event was organized to celebrate POSHAN MAAH for the year. The convenor of this event was Dr. Anindita Ray (Chakravarti), HOD, Food and Nutrition Department.

NOTICE

Minutes to departmental online meeting will be held on 23rd August 2021 at 10 am through zoom mode

The department of Food and Nutrition is going to celebrate POSHAN MAAH on 10th September 2021 in online mode due to this pandemic situation. The online recipe presentation will be organized in this programme. Students will make video recording for their nutritious recipe preparation and needs to be sent to our departmental email id. An online meeting will be held on 23rd August 2021 at 9 am to discuss about the programme and the number of students participating etc. All teachers are requested to join the online meeting in the aforesaid time and date to discuss about this programme.

Anindita Ray (Chakravarti)

Anindita Roy Chakraborty
HOD Dept of Food and Nutrition

Report of POSHAN MAAH 2021

An online recipe presentation was organized by the department of Food and Nutrition of Maharani Kasiswari College named NUTRILICIOUS - A COLLECTION OF HEALTHY & TASTY RECIPES WITH IMMUNO BOOSTERS to celebrate Poshan Maah held on 10th September 2021.

12 students participated in this online programme. They prepared healthy recipes at home and took video recording of the full preparation of the recipe and that particular day they demonstrated that video by zoom platform with live YouTube streaming. All nutrition departmental teachers have joined that zoom platform that time and watched the live performance.

Participants list with their recipes.

Sl.No.	Name	Recipe
1.	Aditi Yadav	Chilli garlic soup
2.	Swarnali Saha	Chicken stuffed rice ball

3.	Sanchita Debnath	Bharali chingri
4.	Srijita Ghosh	Cabbage roll
5.	Prakriti Dasgupta	Egg and chicken sandwich
6.	Ankita Parui	Green gram chilla
7.	Jayeeta Saha	Stuffed sattu paratha with chutney
8.	Pragya Mishra	Corn chat
9.	Rima Dhara	Cloud egg
10.	Antara Ghosh	Protein salad
11.	Puja Das	Scrambled egg oats upma
12.	Ananya Sheikh	Fruit custard





Pictures of Recipes on POSHAN MAAH