



L. R. SHAH HOMOEOPATHY COLLEGE

Managed by : Smt. T.V. Mehta Charitable Foundation

Report of Nutritional Week Cooking Competition

Venue: Gardi LRS Homoeopathy College

Date: 23rd September 2024

Time: 10 AM to 2 PM

Year: 2024

No. of Students: 50

Name of Faculty:

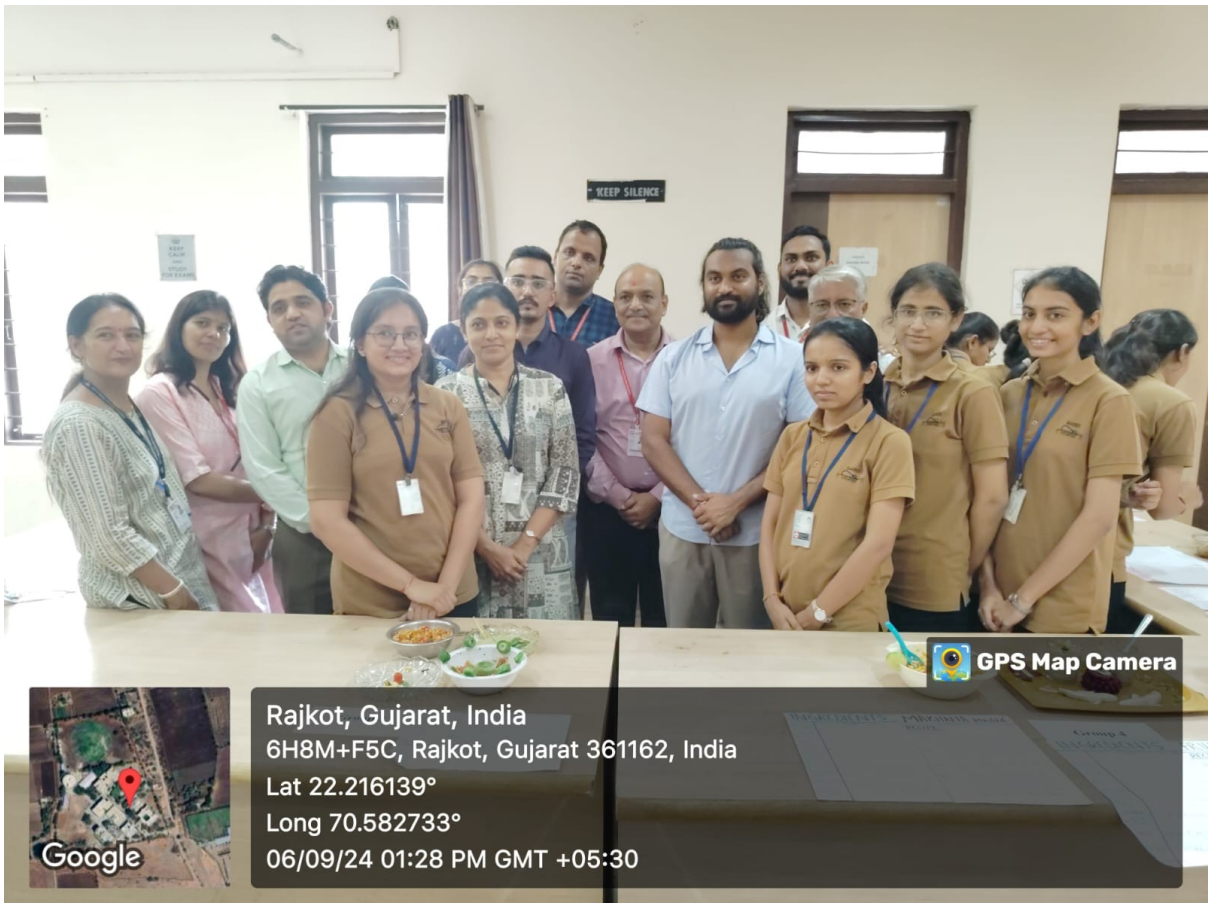
- Dr. Abhishek Mathur, Department of Community Medicine
- Dr. Leena Sharma, Department of Obstetrics and Gynaecology

Report Summary:

As part of Nutritional Week, a Cooking Competition was organized on 23rd September 2024 at Gardi LRS Homoeopathy College. The event aimed to promote healthy eating habits and nutritional awareness among students. A total of 50 students enthusiastically participated, preparing nutritious dishes that emphasized balanced diets and wellness.

The competition was accompanied by an informative seminar on breastfeeding, highlighting the importance of maternal and infant nutrition. Experts discussed the benefits of breastfeeding, essential nutritional requirements for mothers, and its long-term impact on child health.

The event was a great success, fostering awareness about nutrition and healthy lifestyle choices while encouraging students to apply their knowledge in practical ways.





INGREDIENTS MAKHANA MAGIC
RECIPE:
 Step 1: Wash makhana thoroughly, soak in water for 2 hours, drain and dry in a clean cloth.
 Step 2: Heat a pan, add makhana, salt, and oil. Roast until golden brown.
 Step 3: Add makhana to a bowl, drizzle with oil, and mix well.
 Step 4: Sprinkle with salt and mix well.
 Step 5: Sprinkle with oil and mix well.
 Step 6: Sprinkle with salt and mix well.
 Step 7: Sprinkle with oil and mix well.
 Step 8: Sprinkle with salt and mix well.

Group 4
INGREDIENTS FRUITY FUSION
RECIPE:
 Step 1: Wash and cut fruits into small pieces.
 Step 2: Add fruits to a bowl, drizzle with oil, and mix well.
 Step 3: Sprinkle with salt and mix well.
 Step 4: Sprinkle with oil and mix well.
 Step 5: Sprinkle with salt and mix well.

INGREDIENTS COCO
RECIPE:
 Step 1: Wash and cut fruits into small pieces.
 Step 2: Add fruits to a bowl, drizzle with oil, and mix well.
 Step 3: Sprinkle with salt and mix well.
 Step 4: Sprinkle with oil and mix well.
 Step 5: Sprinkle with salt and mix well.



Rajkot, Gujarat, India
 6H8M+F5C, Rajkot, Gujarat 361162, India
 Lat 22.216139°
 Long 70.582733°
 06/09/24 12:18 PM GMT +05:30

GPS Map Camera



Rajkot, Gujarat, India
 6H8M+F5C, Rajkot, Gujarat 361162, India
 Lat 22.216139°
 Long 70.582733°
 06/09/24 01:28 PM GMT +05:30

GPS Map Camera