



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Department of Nutrition & Dietetics

Faculty of Allied Health Sciences

On the Occasion of National Nutrition Month 2022

Organizes a Nukkad Natak and Quiz

Theme: “PADHAI BHI, POSHAN BHI”

Date, Time, Venue

Date: 21st September, 2022

Time: 10:30 AM to 02:00 PM

Venue: Government Middle School, Khera Khurrampur

Department of Nutrition & Dietetics, Faculty of Allied health Sciences organized Nukkad Natak and Quiz at Government Middle School, Khera Khurrampur village on 21 September 2022.

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E Brochure- NA

Brief Profile of the Incharge:

Dr. Vatsala Saharan is currently working as an Assistant Professor of Nutrition and Dietetics here in SGT University, Gurugram under Faculty of Allied Health Sciences. She has experience of 5 years and 11 months in health care sectors, research and academics. She did her Ph.D in Foods and Nutrition from CCS Haryana Agricultural University, Hissar and has cleared NET exam in year 2018. She has 5 research papers published in National and International journals. She has presented many research papers in national and international conferences and won best paper presentation award (oral) entitled “Proximate, energy and fatty acid profile activity in breads supplemented with Spirulina plaensis powder” at International conference held in Jawaharlal Nehru University, New Delhi. She is a member of Indian Dietetic Association. Her area of expertise is value added product formulation and nutrient analysis, intervention studies, food product standardization & processing.

Organizers: Department of Nutrition and Dietetics, Faculty of Allied Health Sciences in association with Steadfast Nutrition and Azzurra Pharmaconutrition Pvt. Ltd.

Report of the Webinar/ Event / FDP Program:

- a) **Introduction:** Department of Nutrition & Dietetics, Faculty of Allied health Sciences, in association with Steadfast Nutrition and Azzurra Pharmaconutrition Pvt. Ltd. organized **Nukkad Natak and Quiz** at Government Middle School, Khera Khurrampur village on 21 September 2022 coordinated by the faculty Dr. Vatsala Saharan. It was a golden opportunity for the students of undergraduate and postgraduate to participate in community work on the occasion of ‘POSHAN MAAH’ under the banner of ‘Samajik Vikash-SGT Ka Prayash’.

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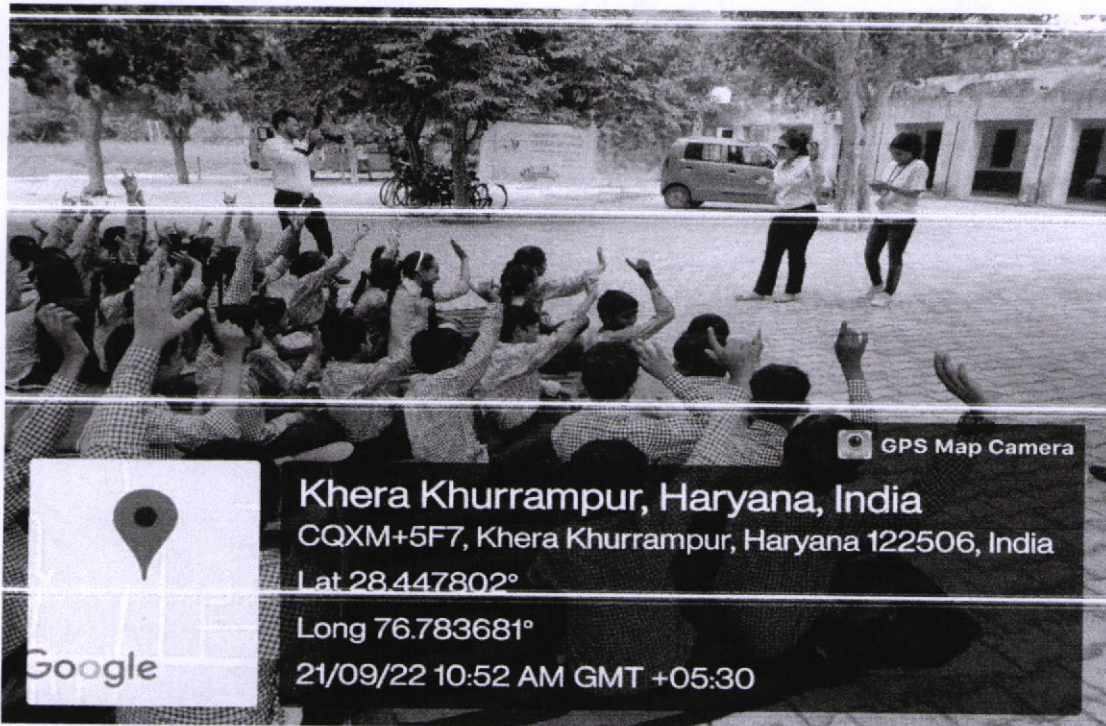
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- b) **Objective of the webinar/ Event / FDP:** The main objective of the event was to spread awareness regarding balanced diet and healthy food and healthy lifestyle.
- c) **Brief content of contest-** The topics of the program was PADHAI BHI, POSHAN BHI. The students conveyed a powerful message about healthy food habits and balanced diet to the school students through nukkad natak. The students listen to the quotes and slogans carefully and enthusiastically. Then a quiz was conducted and those students who answered correctly were praised by prizes. Students come up with creative ideas and participated wholeheartedly and made this event successful.
- d) **Screenshots of Webinar/ Picture of Event:** Good quality picture with legends is mandatory



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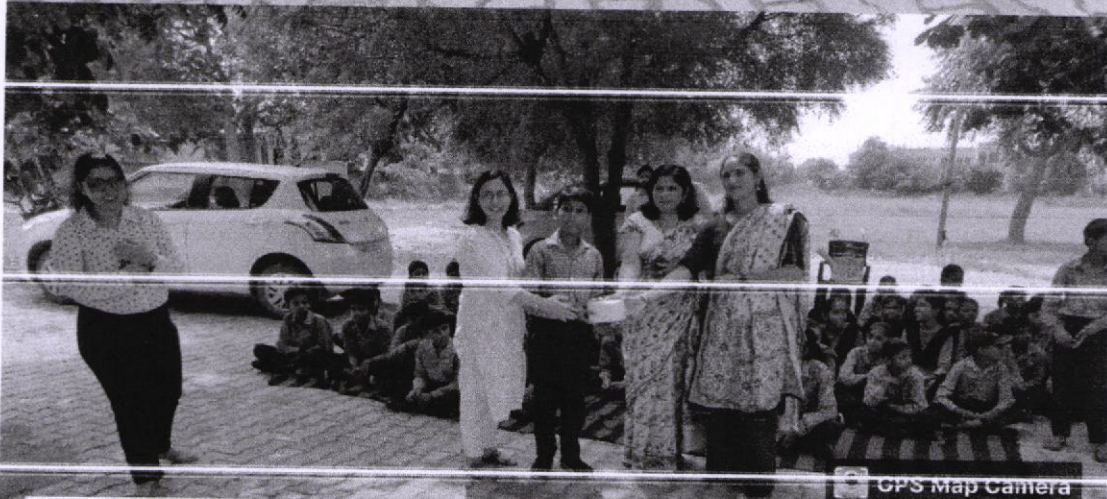
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Khera Khurrampur, Haryana, India
CQXM+5F7, Khera Khurrampur, Haryana 122506, India
Lat 28.447907°
Long 76.783669°
21/09/22 10:50 AM GMT +05:30



Khera Khurrampur, Haryana, India
CQXM+5F7, Khera Khurrampur, Haryana 122506, India
Lat 28.447832°
Long 76.783678°
21/09/22 11:13 AM GMT +05:30

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Total Number of Participants- 15

Attendance Sheet

Event Name: Nukad Natak

Department: Nutrition & Dietetics

Date: 21st Sept, 22

Venue: Govt. middle school Khona, Khurana

S.No.	Name	Registration Number	Course (Semester)	Signature
1.	Darui	210538019	MND (3 rd Sem)	<i>Darui</i>
2.	Manvi	210525007	BND (3 rd Sem)	<i>Manvi</i>
3.	Geetanjali	210525004	BND (3 rd Sem)	<i>Geetanjali</i>
4.	Jagmeet	210525006	BND (3 rd Sem)	<i>Jagmeet</i>
5.	Divya	210525003	BND (3 rd Sem)	<i>Divya</i>
6.	Preend	210525002	BND (3 rd Sem)	<i>Preend</i>
7.	Simsran	210525005	BND (3 rd Sem)	<i>Simsran</i>
8.	Subani	220525007	BND (1 st Sem)	<i>Subani</i>
9.	Shanti	220525006	BND (1 st Sem)	<i>Shanti</i>
10.	Anshika	220525001	BND (1 st Sem)	<i>Anshika</i>
11.	Rakhi	220525004	BND (1 st Sem)	<i>Rakhi</i>
12.	Pranjali	220525009	BND (1 st Sem)	<i>Pranjali</i>
13.	Sakshi	220525012	BND (1 st Sem)	<i>Sakshi</i>
14.	Manvi	220538004	MND (1 st Sem)	<i>Manvi</i>
15.	Tanu		MND (1 st Sem)	<i>Tanu</i>

Event Incharge

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Copy of E certificate for participants:

Steadfast NUTRITION SUSTAINING HEALTHY LIVES	SGT UNIVERSITY SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY (UGC & AICTE Approved) Gurugram, Delhi-NCR	AZZURRA nurturing human lives
<h3>Certificate of Participation</h3>		
S.No: SGTU/...../2022		
It is to certify that		
Mr./Ms. _____ of _____		
has successfully participated in "NUKKAD NATAK"		
organized by Department of Nutrition & Dietetics, Faculty of Allied Health Sciences, SGT University		
in Association with Steadfast Nutrition & Azzurra Pharmaconutrition Pvt. Ltd.		
on the occasion of "NATIONAL NUTRITION MONTH – 2022"		
held on 21st September 2022 at Government Middle School, Khera Khurrampur Village, Haryana, India.		
 Prof. M. Ejaz Hussain Dean, FAHS SGT University	 Dr. Barkha Bhatnagar HOD Department of Nutrition & Dietetics SGT University	 Dr. Vatsala Saharan Assistant Professor Nutrition & Dietetics SGT University
 Mr. Aman Puri Founder Steadfast Nutrition	 Mr. Neelesh Jain Director Azzurra Pharmaconutrition Pvt. Ltd.	

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