

S. M. PATEL COLLEGE OF HOME SCIENCE

Activity Report under Unnat Bharat Abhiyan

(2019-2023)

The Foods and Nutrition Department of the College conducted an activity on National Nutrition Month in adopted village of **Shili** on 25th August, 2023. Under this initiative, a special program was organized for the adolescent girl students of the higher secondary school in Shili village.

To improve and maintain the health status of the girls, they were sensitized with an expert talk by Dr. Tanvi Makwana on “balanced diet and its importance in daily life”. Apart from that, the third year students of the Department of Foods and Nutrition explained the importance of food and nutrition along with entertainment by playing various beautifully designed games. Like, Nutrition bingo, riddles on nutritious food, quiz competition, drawing of foods as per different food groups etc.

The whole program was conducted by Dr. Tanvi Makwana as a convener, under the able guidance of the principal Dr. Bhavana Chauhan and in charge Head of the Department Ms. Shazia Sharma.





