

## G S Science, Arts and Commerce College, Khamgaon

Title of the Activity	State Level Poster Competition – “Eat Right Bite By Bite”
Organizing Department	Home economics
Date	01 to 07 Sept 2020
Venue	Online
Guest/ resource persons	-
No of Beneficiaries	Students__32_____ Teachers_03 Others__01
Brief Report about event	A Poster Competition was organized on the occasion of Nutrition Week from 1 <sup>st</sup> to 7 <sup>th</sup> September under the department of Home Economics, college of G. S. Science, Arts and Commerce Khamgaon. A total of 32 contestants participated in this compation.Ahamadnager ,Nagpur,Akola ,Amravati , Akot participated from various areas . First prize in all the competations ms. Ruchita Akotkar-Vidarbha science,Arts, commerces college Amravati , Second Prize Ms. Reena Kuril – Indira Bai Meghe College Amravati ,Third prize Deveshri Chaudhari –shri shavaji college Akot and consolation prize ku.Harsha Meshram shri shivaji college Akot and Anikit wankhade –G.S.Sciences , Arts and Commerces college Khamgaon. As external Examiner of this competition Dr.Vishal S. Karpe VES Sarvajanik Arts ,Commerces college Nandurbar and Internal Examinar prof. Arvind Tayde, Dr. Hanumant Bhosale, prof. Sachin Shigane . This Competition was organized by Dr.Neeta Boche Head of Dept Home economics.

Activity In charge

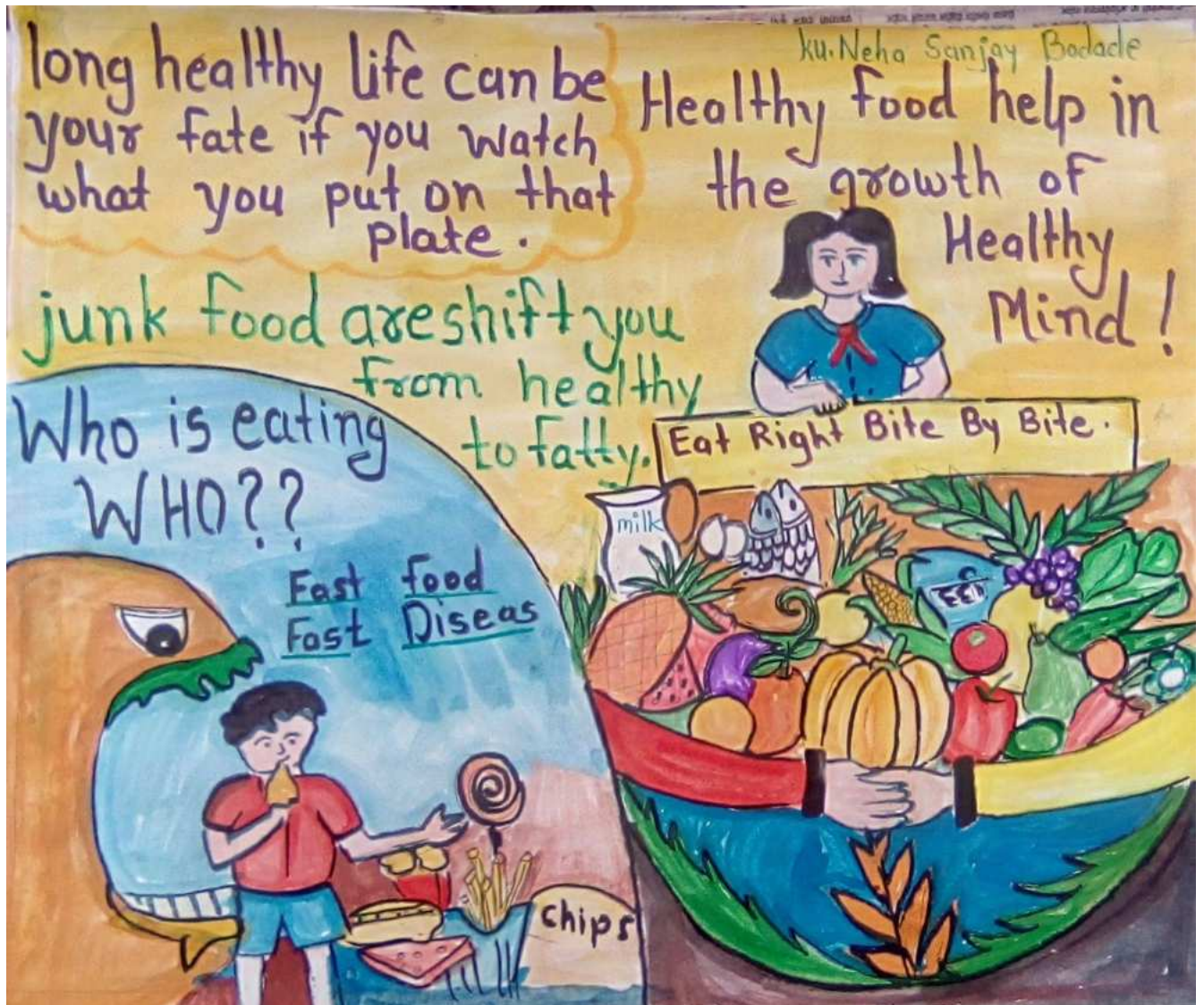
Dr. Neeta B. Boche



  
**Principal**  
 Dr. D. S. Talwankar  
**Principal**  
 G.S.Sci., Arts & Commerce  
 College, Khamgaon-444363

# G S Science, Arts and Commerce College, Khamgaon

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# संतुलित आहार

रीना कुरीम  
B.A. II  
2020-21

40% सब्जियां  
Vegetables

10% फल  
Fruits

25% प्रोटीन  
Protein

25% अनाज  
Grains



**पर्याप्त पानी**

आपकी सेहत  
आपकी थाली

**हेल्दी ऑइल**

वैक्य ही है असली खाना जो वैक्य नही उसे पिबन कर है रोना

जलवायु के अनुसार आहार करें, मौसमी सब्जियों का उपयोग करें।

**तन को तुम बलवान बनाओ,  
जंक फूड को दूर हटाओ!**



तेल, पसा, चीनी और नमक कम मात्रा में खाएं

मांस भरपूर दुग्ध उत्पाद और दुग्ध भंडे सामान्य रंग में खाएं

देना अगर किसी सही आवश्यकता को पूरा न करे तो उसे खाने से बचना चाहिए।

- अनाज, आकार और दाल :- कार्बोहाइड्रेट और प्रोटीन
- सब्जियां और फल :- विटामिन और खनिज
- दुग्ध एवं दुग्ध उत्पाद, छोटे मांस एवं मछली :- प्रोटीन एवं कैल्शियम
- तेल, वृद्ध फल और तिलहन :- ऊर्जा और विटामिन

फल, सब्जी, और अनाज का सेवन छोटे-छोटे फास्ट फूड से बचें, और बचिर जो अवश्य बनाएं

\* सब्जियां और फल ताज़गी में खें

\* अनाज और दालें इससे पूरे खाद्य पर्याप्त प्राप्त मात्रा में खाएं!

संतुलित आहार का विनियमित प्रयोग करना बहुत महत्वपूर्ण है, अन्यथा अच्छी नहीं रहे, बिमारी हो सकती है।

**DON'T EAT TOO MUCH**

**DON'T EAT TOO LESS**

**"EAT RIGHT, BITE BY BITE"**



**GO FOR**

- EATING SEVERAL SMALLER MEAL THROUGHOUT THE DAY
- NATURAL SUGAR
- WHOLE GRAINS
- FRESH FRUITS
- GOOD FATS, PROTEIN
- BROWN RICE
- SWEET POTATO
- WHEAT BREAD
- PLENTY OF VEGETABLE & WATER
- UNREFINED FOOD

**AVOID**

- EATING VERY LARGE MEAL 1-2 TIME DAILY
- ADDED SUGAR
- CHIPS, WAFERS [PACKED]
- REFINED, PROCESSED FOOD
- FRENCH FRIES, SAUCES
- BAKED GOODS
- PACKED FRUIT JUICES
- BAD FATS
- WHITE BREAD
- ALCOHOL, PACKED DRINKS

**'EVERYTHING EATEN BEYOND LIMITS IS POISON.'**







**G S Science, Arts and Commerce College, Khamgaon**

Vidharbh Shikshan Prasarak Mandals

**G. S. Science, Arts & Commerce College, Khamgaon  
Dist. Buldhana-444303**

**Nutrition Weak -2020**

1<sup>st</sup> to 7<sup>th</sup> September, 2020

**Poster Competition Result**

<b>Sr. No</b>	<b>Name of Participant</b>	<b>Class/ College Name</b>	<b>Rank/ Prize</b>
1	Ku. Rucheeta Promod Akotkar	<b>MSC-I</b> , Government Vidarbha Institute of Science & Humanities, Amravati	I
2	Ku.Reena Nandlal Kureel	<b>B.A.III</b> , Indirabai Meghe Mahila Mahavidhyalay, Amravati	II
3	Ku. Deveshri Santosh Chaudhari	<b>B.A.III</b> , Shri Shivaji Arts, Commerce & Science College, Akot, Dist. Akola	III
4	Ku. Harsha Ganeshrao Meshram	<b>B.A.III</b> , Shri Shivaji Arts, Commerce & Science College, Akot, Dist. Akola	Consolation Priz
5	Aniket Arun Wankhade	<b>B.A.II</b> , G.S. Science, Arts & Commerce College, Khamgaon, Dist. Buldhana	Consolation Priz

Examiner:-

**Dr. Vishal Shivajirao Karpe**

VES'Sarvajanik Arts & Commerce College,  
Visarwadi, Dist. Nandurbar (MS)

**Prof. Arvind Tayde**  
Dept. of Computer Science,  
G.S. College, Khamgaon

**Dr. Hanumant Bhosale**  
Dept. of Economics,  
G.S. College, Khamgaon

**Prof. Sachin Shingne**  
Dept. of Mathematics  
G.S. College, Khamgaon

**Dr. Neeta B. Boche**

Convener,

Dept. of Home Economics,  
G.S. Science, Arts & Commerce College, Khamgaon

