

VPM's B.N. Bandodkar College of Science (Autonomous), Thane

Name of activity	Nutribites – Healthy bites.... Happy life
Objectives of the activity (maximum 40 words)	<ul style="list-style-type: none"> • To inspire students to explore and experiment with a variety of ingredients and cooking methods • To encourage the creation of innovative and novel dishes that showcase creativity and culinary skill. • To Provide a platform to learn about the importance of balanced nutrition and healthy eating habits.
Organizing department/s	Department of Biochemistry
Collaborative institute	
Date (DD / MM / YYYY)	04/09/2024
Venue	Yog Kendra & Biochemistry Lab
Mode (Online/Offline/ Hybrid)	Offline
Details of Resource Person/ Speaker (name, designation, institute)	
Key Participants	All students of B N Bandodkar college of Science (Autonomous), thane
Remarkable outcomes / key take away messages (max. three)	<ul style="list-style-type: none"> • Students gain insight into the nutritional value of different ingredients and how to create meals that meet dietary needs. • Competition was about confidence boosting and it explored innovative approaches to cooking as well. • Students demonstrated their innovative cooking and presentation skills while also engaging with judges through questions.
Details of Teachers participants	M 5 F 5 T 5
Details of Student participants	M 7 F 38 T 45
Outsiders	02
In-house	50
Additional information	The competition was judged by Ms. Sonali Patil and Ms. Riya Mhatre experienced nutritionists and

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	food professionals along with college staff members Mrs. Kalpita Muley and Ms. Shradha Pagare, whose expertise in nutrition and food science provided valuable insights.
Name of Co-ordinator	Ms. Sayali Daptardar

Geotagged photo

GPS Map Camera

Thane, Maharashtra, India
Building No 4, Jnandweep, Chendani Bunder Road, Jambli Naka, Thane West, Thane, Maharashtra 400601, India
Lat 19.188816° Long 72.980272°
04/09/24 09:37 AM GMT +05:30

Google

GPS Map Camera

Thane, Maharashtra, India
2, Chendani Bunder Road, Jambli Naka, Thane West, Thane, Maharashtra 400601, India
Lat 19.188829° Long 72.980134°
04/09/24 01:39 PM GMT +05:30

Google

Flyer/ Notice



Attendance

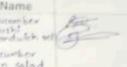
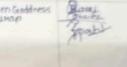
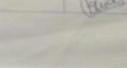
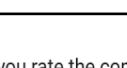
NUTRIBITES Food Preparation Competition Registration Sheet				
S.No	Name with team members	Participants Code	Recipe Name	Sign
1	Nishigandha D'Monte	NB01	Ruby Revival	
2	Shazya Tasneem Shaikh Neha Khan Sneha Shinde	NB02	SPROUTS DAHI BHALLE & NUTRITIOUS LADDOO	
3	Karti - Nandini Shafali Sawant Anwati Patil	NB03	MOMOS and OATS CAKE	

NUTRIBITES Food Preparation Competition Registration Sheet				
S.No	Name with team members	Participants Code	Recipe Name	Sign
4	Satvika Tayade	NB04	SPROUTS & VEGGIE SALAD and CHICKPEA CUTLET	
5	Ekta Shethia Komal Komate Vanshika Agarwal	NB05	Miraclestone MAGIC	
6	Disha Yadav Maanisha Pandey	NB06	Asian noodles & YOGURT DRESSING	

NUTRIBITES Food Preparation Competition Registration Sheet				
S.No	Name with team members	Participants Code	Recipe Name	Sign
7	Shradhanjali Ghatkar Gauri Patil Anushka Sende	NB07	EGGLESS CHOCOLATE CHIP COOKIES	
8	Soham - R. Patil Arun - Ismail Jyoti - Yadav Siddhesh - Bhatke	NB08	PANEER MASHROOM ROLL	

NUTRIBITES Food Preparation Competition Registration Sheet				
S.No	Name with team members	Participants Code	Recipe Name	Sign
10	Lumia Chinchkar Shreya Paavani	NB10	Carrot shake, Buttermilk, Avocado shake, Date bites	
11	Bhumika Korpe Sonalee Wankhede	NB11	Nutri mocktail	

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NUTRIBITES Food Preparation Competition Registration Sheet				
S. No.	Name with team members	Participants Code	Recipe Name	Sign
13	Steven Michael Fatima Ramnath	NB13	①Cucumber doughnut with ②Cucumber curd salad	
14	Devendra Pramodkumar Valas Bhavna Raja Shailth Siddhi R. Patel	NB14	Quorn goodness wraps	
15	Jambani Brijesh pandya Nikhil shankar dasi yashu amitab s. rai	NB15	bacon+ cucumber+ roti+ healthy sandwich	
16	Sandhya Virendra chokan Parvati Virendra galav Kajal Hitesh sharma Modi	NB16	① Bhel ② Sandwich	
17	Diksha Tadkar Dharmashree Akilesh Vishalika Prataprao	NB17	Cucumber Bread & Cucumber Rushi roll	
18	Yagnya Kuldeep Singh Bhundari Dushita Roshni Kutre	NB18	Cucumber Bread Rushi	
19	Jyotimeshna Dharwadkar Priyali Gujare	NB19	Momo's Muffins	

Feedback analysis

How did you rate the competition organized by Biochemistry department?

