

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

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

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## Flyer/ Notice

VPM'S B.N. BANDODKAR COLLEGE OF SCIENCE (AUTONOMOUS), THANE  
**DEPARTMENT OF BIOCHEMISTRY**  
*on the Occasion of National Nutrition Week*  
*(1st to 7th September, 2024)*  
**ORGANISES**  
**NUTRIBITES**  
**Healthy bites... happy life !!!**

- Registration is Free
- Open to all students of any stream
- Individual entries or team based entries are allowed [Max. 3 students per team]
- Recipes must be innovative and healthy.
- Maximum time for preparation is 120 minutes.
- Material and Food items to be brought by Participants.
- Ensure all recipes adhere to food safety guidelines.
- Competition will be judged by famous Nutritionists
- Certificate to all and Exciting Prizes to winners

**4th September, 2024**  
**9.00 am**  
**Yog Kendra**

**REGISTER NOW**

**Sayali Daptardar**  
**Incharge**

**Dr. Vinda Manjramkar**  
**I/C Principal**

## Attendance

S.No	Name with team members	Participants Code	Recipe Name	Sign
1	Nishikant D. More	NB01	Ruby Peral	
2	Shailya Tanveer Shaikh, Neha Khan, Sneha Shinde	NB02	SPROUTS DAHI BHALLE & NUTRITIOUS LADDOO	
3	Kirti - Nandini, Shafali Sawant, Anushi Patel	NB03	MOMOS and OATS CAKE	

S.No	Name with team members	Participants Code	Recipe Name	Sign
4	Satvik Tayde	NB04	sprouts & veggie salad and chickpea cutlet	
5	Arsha Akhanna, Komal Kante, Varsha Agawal	NB05	Minteshone magic	
6	Arsha Yadav, Harshika Pandey	NB06	Arsha noodles & yogurt dressing	

S.No	Name with team members	Participants Code	Recipe Name	Sign
7	Shikhar Guntakar, SIVA DATT, Anushka Sunde	NB07	Salads & Pumpkin, Pumpkin & Beet Bliss	
8	Saham R. Patel, Anu Ismail, Jyoti Yadav, Sachin Bhande	NB08	Pancake mushroom vata	
9	- Saharshi Alfa Jangar	NB09	Cucumber Puri	

S.No	Name with team members	Participants Code	Recipe Name	Sign
10	Simra Chetkar, Shreya Poojari	NB10	Cucumber, Sweet Potato, Avocado, Shake, Dole bites	
11	Bhumi Korte, Sonali Shastri	NB11	Nutri mock	
12	Khan Tanu Lal, madhusmita, madhusmita Diip yadav	NB12	SPROUTS CHEAT	

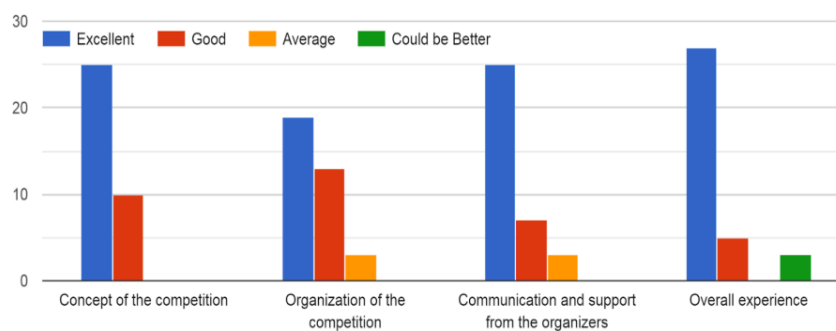
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S. No.	Name with team members	Participants Code	Roll No. Name	Sign
13	Shravan Nishad Fatima Ramnagar	NB13	1) Cucumbers 2) Sandwich with 3) cucumber 4) corn salad	<i>[Signature]</i>
14	Shruti Parmarajan Vekar Shamam Raja Shaikh Sulata R. Puri	NB14	Green Goddess Nugget	<i>[Signature]</i>
15	Tanishk Bhatnagar Nishikha Shankar Dey Nishu Anilash Singh	NB15	bechroot cucumbers salad healthy salad lasi salad	<i>[Signature]</i>
16	Sandhya Vinodra Chaudhary Parvati Mahapatra Kajal Mahapatra Madanika	NB16	1) Bhat 2) Sandwich	<i>[Signature]</i>

S. No.	Name with team members	Participants Code	Roll No. Name	Sign
17	1) Naina Jadhav 2) Shrawanree Acharya 3) Nishakha Prabhakar	NB17	Cucumber Beet & Cucumber Zucchini Salad	<i>[Signature]</i>
18	1) Jagya Kuldip Singh Shandani 2) Dushika Raghav 3) Mi Abhis Zaidi	NB18	Cucumber Beet Salad	<i>[Signature]</i>
19	1) Ummedha Dhanawade 2) Pooja Gajare	NB19	Momos Miyagi	<i>[Signature]</i>

## Feedback analysis

How did you rate the competition organized by Biochemistry department?



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