

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




Name of activity	NutriVerse Competition – NutriQuiz
Objectives of the activity (maximum 40 words)	<ul style="list-style-type: none"> ● To spread awareness about nutrition, balanced diets, and healthy living through an engaging quiz platform. ● To inspire participants to explore and strengthen their understanding of nutrition in an interactive manner. ● To present scientific nutrition concepts in a simplified way, making them easier to remember and apply. ● To create a dynamic and competitive environment that makes learning about nutrition enjoyable. ● To leverage quiz-based activities as an effective approach to reach and educate a broader audience about positive nutrition practices.
Organizing department/s	Department of Biochemistry
Collaborative institute	-
Date	02/09/2025
Venue	-
Mode	Online
Details of Resource Person/ Speaker (name, designation, institute)	-
Key Participants	Open to all
Remarkable outcomes / key takeaway messages (max. three)	<ul style="list-style-type: none"> ● The NutriQuiz activity effectively used an interactive quiz format to enhance awareness and understanding of nutrition concepts in an engaging manner. ● Participants displayed strong knowledge of balanced diets, healthy food choices, and lifestyle-related health issues through their responses. ● The activity strengthened critical thinking, quick recall, and decision-making skills while reinforcing fundamental nutrition principles..
Details of Teachers participants	M - 00 F - 04 T - 04
Details of participants	M - 10 F - 77 T - 87
Outsiders	-
In-house	M - 10 F - 77 T - 87
Additional information	-
Name of Co-ordinator	Ms. Sayali Daptardar

Geotagged photo



I'm part of the B-complex family.

My deficiency leads to cracks at lip corners, sore tongue, burning eyes.

I am found in milk , eggs , and green leafy .

Who am I?

- Vitamin B2 (Riboflavin)
- Vitamin B1 (Thiamine)
- Vitamin B12 (Cobalamin)
- Vitamin B9 (Folic acid)

Which of the following foods is richest in iron?

- Spinach
- Cheese
- Apple
- Banana

Choose the correct alternative that represents "Nightshade family."

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- 

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Flyer/ Notice



VPM'S B. N. BANDODKAR COLLEGE OF SCIENCE
(AUTONOMOUS), THANE (W)

DEPARTMENT OF BIOCHEMISTRY

JEEVIKA CLUB

On the occasion of Nutrition week
1st to 7th September, 2025

Nutri-QUIZ COMPETITION

'FOOD FOR THOUGHT'

All hungry brains, scan here to compete!
E-certificate will be issued to participants
who qualify the passing criteria



RULES

- It is FREE for anyone and everyone
- Questions are in English language
- Total 50 marks: 50% is passing
- No negative marking
- No Time Limit

Link will be active from 1st to 7th September, 2025
For any enquiry mail us at bnbbiochem@gmail.com

REGARDS

Sayali Daptardar
INCHARGE, BIOCHEMISTRY

Dr. Vinda Manjramkar
I/C PRINCIPAL

Attendance

Full name

87 responses

Nihal Gupta

Kavya Sandip Vengurlekar

Neha Rayees Khan

Faizan Sayed

Disha Yadav

Gssfbh grscbj

Chetan Sitaram Moynak

Sakshi sunil kharatmol

Ayesha Shaikh

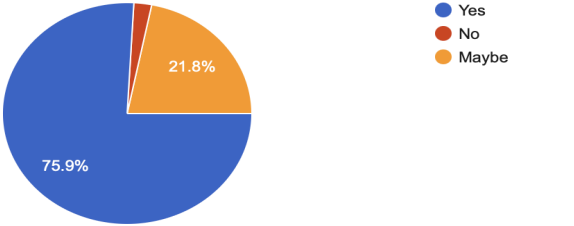
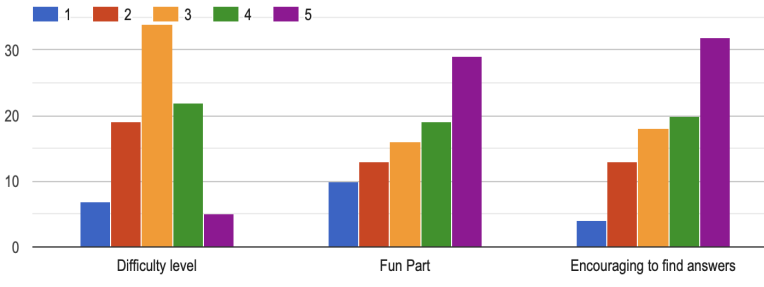
VPM's B.N. Bandodkar College of Science (Autonomous), Thane

	Shreya Satish Mayekar
	Priya Mangesh Bhadawalkar
	Shalaka Gupte
	Sneha Rajendra Shinde Suvarna
	Arthi Manohar
	Shrushti Pukale
	Janhavi Yadav
	Madhuri Dilip Kumar yadav
	Hetal kailas tamboli
	Mishkaat Shaikh
	Pratiksha Dattatray Dhayagude
	Vidhi uttam kasurde
	Anjali kamble
	Veena Jadhav
	Dhanashree Ahire
	Shraddha sampat sawant
	Gauri lange
	Harshita Pandey
	Bhavana solanki prabhuram
	Ritika Chaurasiya
	Glory Ashok Maskikar
	Khan kaaz samad
	Dr Vaishali Vishwanath Dhanke
	Darshika Rajendra Kurkure
	MUSKAN PANDEY
	Anushka Rajendra More
	Prathmesh Chaudhari
	Tarannum Shaikh
	Swara
	Juilee Bandu Patil
	Prathamesh Mahadu More
	Deepika santosh kumar sharma
	Iqra Jamaluddin Shaikh
	Geeta patel
	Juie Kiran Patankar

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

	Drushti Somnath Patil
	Chaitrali Dhepe
	Sakshi Rajaram Gawade
	Komal surender shukla
	Indraneel Girish Chippalkatti
	Pradnya Ramchandra Kulkarni
	Thakur Ali Akeel
	Iqra Ansari Bilal Ahmed
	Saneelah Vasaikar
	Shaziya Tasneem
	Yadav Antima Dilip
	Kaivalya desai
	Kaniz Fatima Shamsheer Khan
	Shaikh Aqsa Riyaz Ahmed
	Tarannum Mohd Aslam shaikh
	Shruti Ajit Kamble
	AISHWARYA MARKAS AUTADE
	Penugonda Purnima Sadhashiv
	Atharva
	Kirti Nautiyal
	Yashashree sunil kakuste
	Jayashree Markas Autade
	Yagya Kuldip Singh Bhandari
	SHINDE TEJ PURNA ANIL
	Prachi Ramchandra Kulkarni
	Rajeshwari Kenchappa Guravi
	Pranali Ashok Bhoir
	Pooja choudhary
	Piyusha Santosh Parab
	rutuja chavan
	NISHIGANDHA MORE
	Sneha Bhole
	Pranjal Pathare
	Sonam Dinesh Mishra
	Alfa Laiqali Sahibole
	Aachal Khot

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

	<p>Shreya Padwale</p> <p>Heba Alvi</p> <p>Simran Sunil Galphade</p> <p>Mariyam Baitullah Khan</p>																																
<p>Feedback analysis</p>	<p>Would you like to attend such competitions organized by our department in future?</p> <p>87 responses</p>  <table border="1"> <caption>Survey Results: Would you like to attend such competitions organized by our department in future?</caption> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>75.9%</td> </tr> <tr> <td>No</td> <td>~1.8%</td> </tr> <tr> <td>Maybe</td> <td>21.8%</td> </tr> </tbody> </table> <p>Rate the quiz in in following terms (1 is least low and 5 is most)</p>  <table border="1"> <caption>Rating of Quiz Components</caption> <thead> <tr> <th>Component</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> <th>5</th> </tr> </thead> <tbody> <tr> <td>Difficulty level</td> <td>~7</td> <td>~19</td> <td>~34</td> <td>~22</td> <td>~5</td> </tr> <tr> <td>Fun Part</td> <td>~10</td> <td>~13</td> <td>~16</td> <td>~19</td> <td>~29</td> </tr> <tr> <td>Encouraging to find answers</td> <td>~4</td> <td>~13</td> <td>~18</td> <td>~20</td> <td>~32</td> </tr> </tbody> </table> <p>Copy chart</p>	Response	Percentage	Yes	75.9%	No	~1.8%	Maybe	21.8%	Component	1	2	3	4	5	Difficulty level	~7	~19	~34	~22	~5	Fun Part	~10	~13	~16	~19	~29	Encouraging to find answers	~4	~13	~18	~20	~32
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