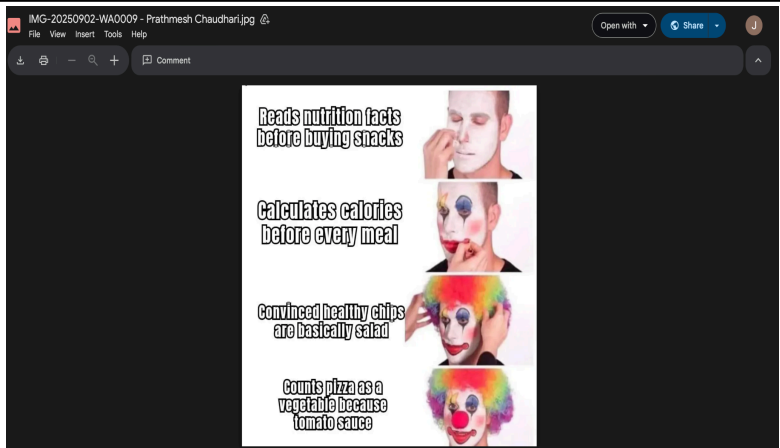
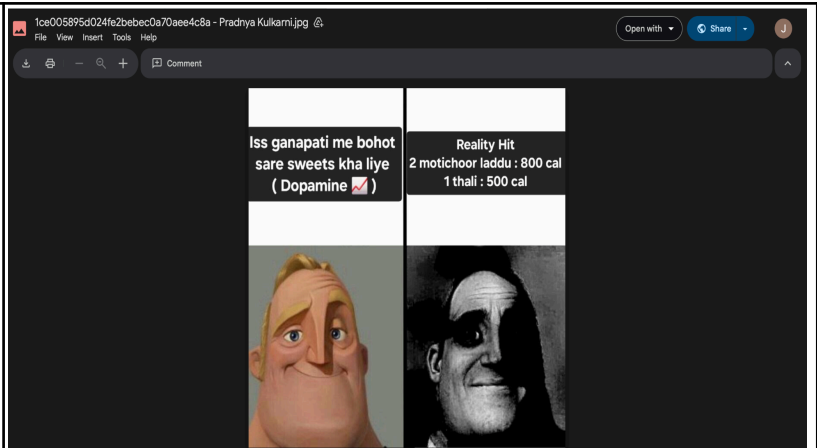


VPM's B. N. Bandodkar College of Science (Autonomous), Thane

Name of activity	NutriVerse competitions - NutriMeme
Objectives of the activity (maximum 40 words)	<ul style="list-style-type: none"> To spread awareness about nutrition, healthy eating habits, and lifestyle choices in a fun and creative manner. To encourage students to present nutrition-related messages using memes that are simple, engaging and impactful. To enhance creativity, critical thinking and digital communication skills among participants.
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	Undergraduate students of Bandodkar College
Remarkable outcomes / key takeaway messages	<ul style="list-style-type: none"> The NutriMeme activity effectively combined humour and creativity to communicate important nutrition messages. Participants demonstrated strong awareness of healthy eating habits, balanced diets, and common nutritional myths. The use of memes made nutrition education more relatable, engaging, and easily understandable for a wider audience.
Details of Teacher participants	M - 00 F - 04 T - 04
Details of Student participants	M - 03 F - 11 T - 14
Outsiders	01
In-house	13
Additional information	-
Name of Co-ordinator	Ms. Sayali Dapatardar
Geotagged photo	

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



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

ORGANIZES

NUTRIVERSE COMPETITIONS

NUTRICANVAS	NUTRIREEL	NUTRIMEME
<p>TOPICS</p> <ol style="list-style-type: none"> 1. Superfood for superhealth 2. Nutrition to fight lifestyle diseases 3. Eat right, stay bright <p>RULES</p> <ul style="list-style-type: none"> • Time limit: 2 hours • A3 size paper will be provided. • Bring your own stationery 	<p>TOPICS</p> <ol style="list-style-type: none"> 1. The importance of hydration 2. Nutrition Myth-busting 3. Sustainable food choices <p>RULES</p> <ul style="list-style-type: none"> • Maximum real time: 3 minutes • The content should revolve around the topic. • Mode of submission - online 	<p>TOPICS</p> <ol style="list-style-type: none"> 1. Diet goals vs. Reality 2. The morning after a cheat day 3. Nutrition facts vs. Reality <p>RULES</p> <ul style="list-style-type: none"> • One meme, per person. • The content should revolve around the topic. • Mode of submission - online
<p>DATE: 3rd September, 2025 TIME: 11am to 1pm VENUE: Room no. 21</p>	<p>Date of submission - 2nd September, 2025 TIME: Till 5pm</p>	<p>Date of submission - 2nd September, 2025 TIME: Till 5pm</p>

Scan & register for each competition separately

Winners will be awarded with exciting prizes on 4th September, 2025

REGARDS

Sayali Daptardar
INCHARGE, BIOCHEMISTRY

Dr. Vinda Manjeamkar
I/C PRINCIPAL

Attendance

Name

14 responses

Darshika Rajendra Kurkure

Yagya Bhandari

Anushka Shinde

Hetal Tamboli

Deepika sharma

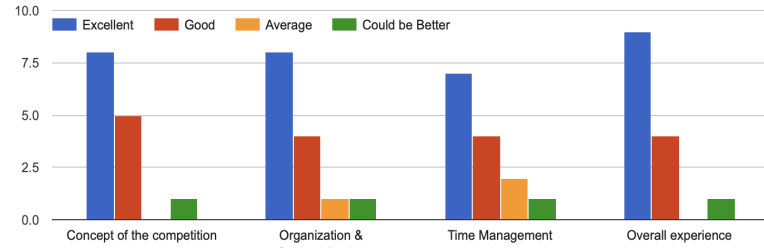
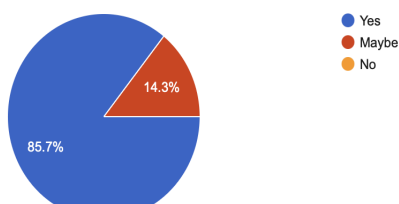
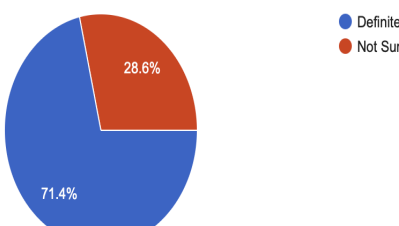
Kavya Sandip Vengurlekar

Iqra ansari

Anjali Kamble

Devendra A Vishwakarma

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

	<p>Namit</p> <p>Anushka Rajendra More</p> <p>Pradnya Ramchandra Kulkarni</p> <p>Prathmesh Chaudhari</p> <p>Dhanashree</p>																																							
<p>Feedback analysis</p>	<p>How do you rate the competition organized by Biochemistry department? Copy chart</p>  <table border="1"> <caption>How do you rate the competition organized by Biochemistry department?</caption> <thead> <tr> <th>Category</th> <th>Excellent</th> <th>Good</th> <th>Average</th> <th>Could be Better</th> </tr> </thead> <tbody> <tr> <td>Concept of the competition</td> <td>8.0</td> <td>5.0</td> <td>0.0</td> <td>1.0</td> </tr> <tr> <td>Organization & Communication</td> <td>8.0</td> <td>4.0</td> <td>1.0</td> <td>1.0</td> </tr> <tr> <td>Time Management</td> <td>7.0</td> <td>4.0</td> <td>2.0</td> <td>1.0</td> </tr> <tr> <td>Overall experience</td> <td>9.0</td> <td>4.0</td> <td>0.0</td> <td>1.0</td> </tr> </tbody> </table> <p>Did you find the meme topic interesting and creative? Copy chart</p> <p>14 responses</p>  <table border="1"> <caption>Did you find the meme topic interesting and creative?</caption> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Yes</td> <td>85.7%</td> </tr> <tr> <td>Maybe</td> <td>14.3%</td> </tr> <tr> <td>No</td> <td>0%</td> </tr> </tbody> </table> <p>Would you like to participate in a similar competitions in future? Copy chart</p> <p>14 responses</p>  <table border="1"> <caption>Would you like to participate in a similar competitions in future?</caption> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Definitely</td> <td>71.4%</td> </tr> <tr> <td>Not Sure</td> <td>28.6%</td> </tr> </tbody> </table>	Category	Excellent	Good	Average	Could be Better	Concept of the competition	8.0	5.0	0.0	1.0	Organization & Communication	8.0	4.0	1.0	1.0	Time Management	7.0	4.0	2.0	1.0	Overall experience	9.0	4.0	0.0	1.0	Response	Percentage	Yes	85.7%	Maybe	14.3%	No	0%	Response	Percentage	Definitely	71.4%	Not Sure	28.6%
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