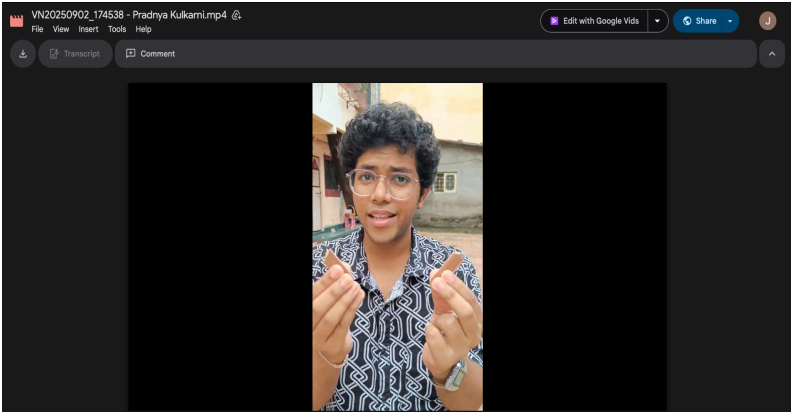
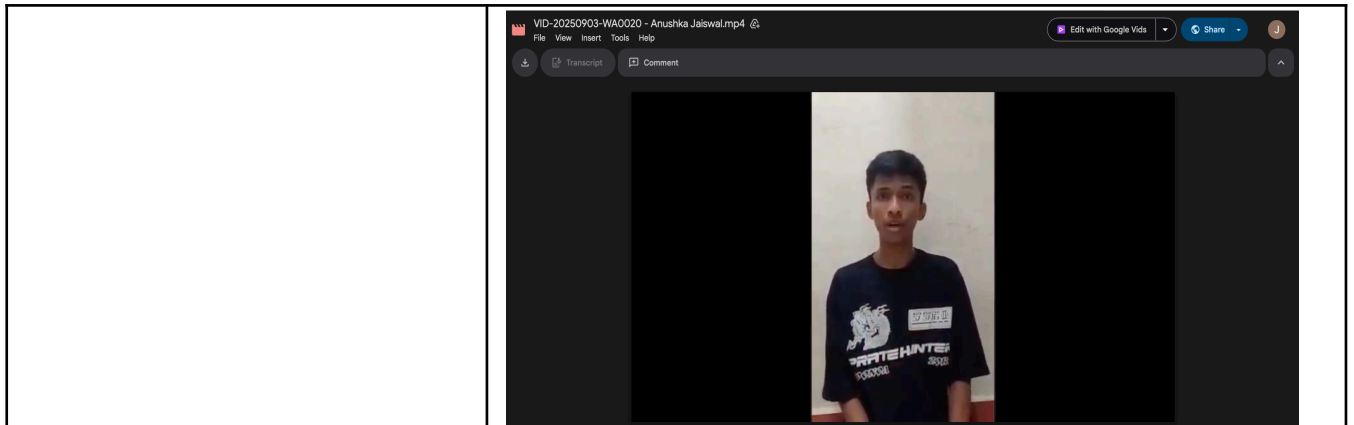


VPM's B. N. Bandodkar College of Science (Autonomous), Thane

Name of activity	NutriVerse Competitions – NutriReel
Objectives of the activity	<ul style="list-style-type: none"> To create awareness about nutrition, balanced diet and healthy lifestyle practices through reels. To encourage participants to promote nutrition concepts creatively using audio-visual media. To promote digital storytelling and media skills for effective health communication. To motivate youth to adopt and promote healthy food and habits.
Organizing department/s	Department of Biochemistry
Collaborative institute	Nil
Date	02/09/2025
Venue	-
Mode	Online
Details of Resource Person/ Speaker (name, designation, institute)	-
Key Participants	-
Remarkable outcomes / key takeaway messages (max. three)	<ul style="list-style-type: none"> The NutriReel activity effectively utilized short video formats to promote nutrition awareness in an engaging and relatable manner. Participants demonstrated a clear understanding of healthy eating practices, food choices, and lifestyle-related health concerns. The activity enhanced digital literacy and creative communication skills while reinforcing core nutrition concepts.
Details of Teachers participants	M - 00 F - 04 T - 04
Details of participants	M - 01 F - 03 T - 04
Outsiders	M - 01 F - 00 T - 01
In-house	M - 00 F - 03 T - 03
Additional information	-
Name of Co-ordinator	Ms. Sayali Daptardar
Geotagged photo	

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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

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 reel 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 memo, per person. - The content should revolve around the topic. - Mode of submission - online
<p>DATE: 1st September, 2025 TIME: 11am to 1pm VENUE: Room no. 21</p>	<p>Date of submission - 2nd September, 2025 TIME: Till 6pm</p>	<p>Date of submission - 2nd September, 2025 TIME: Till 6pm</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 Manjramkar
I/C, PRINCIPAL

Attendance

Name

4 responses

Shefali sawant

Iqra Ansari

Janhavi Yadav

Satvik Tayde

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

Feedback analysis

How do you rate the competition organized by Biochemistry department?

[Copy chart](#)



Would you like to participate in a similar competitions in future?

4 responses

