



SRINIVASAN MEDICAL COLLEGE AND HOSPITAL DHANALAKSHMI SRINIVASAN UNIVERSITY

Samayapuram, Trichy-621112



NUTRITION WEEK CELEBRATION

THEME-

'FUEL FOR THE FUTURE'

SEPTEMBER 1-7, 2023

Department of Pediatrics



RATIONALE

TO PROMOTE SUSTAINABILITY AND HIGHLIGHT THE SIGNIFICANCE OF SUSTAINABLE DIETS, THEIR ROLE IN REDUCING OUR CARBON FOOTPRINT, AND THE BENEFITS THEY OFFER FOR BOTH INDIVIDUAL HEALTH AND GLOBAL ECOSYSTEMS.



TO PROTECT THE ENVIRONMENT AND EDUCATE THE COMMUNITY ABOUT THE ENVIRONMENTAL CONSEQUENCES OF OUR DIETARY CHOICES AND THE TANGIBLE STEPS WE CAN TAKE TOWARDS MITIGATING THESE IMPACTS.





HEALTHY FOOD RECIPES CONTEST FOR ALL FACULTIES

Why to join?

1. Showcase your culinary skills
2. Learn from the fellow participants and their healthy recipes
3. Win prizes and gain recognition for your skills.



- Participants can submit their original sustainable kids friendly nutritious recipes cooked with less fuel or fire.
- Recipes will be judged based on sustainability, nutrition, aesthetic presentation and taste.
- Winners will be awarded eco-friendly prizes and have their recipes featured in a newsletter
- You should bring precooked foods along with A4 sheet describing the recipe name and its special nutrients and benefits.
- Only one recipe is eligible for submission per participant.
- Contact Department of Pediatrics for more details.



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Contest details

Date: 4-Sep-23

Time: 10.00 Am

Venue: Demonstration hall, Department of Pediatrics



DIGITAL POSTER CONTEST FOR THE STUDENTS

Theme:

All posters must align with the theme of

"Fuel For the Future"



Promoting Sustainable and Environmental Friendly Diet Practices ."

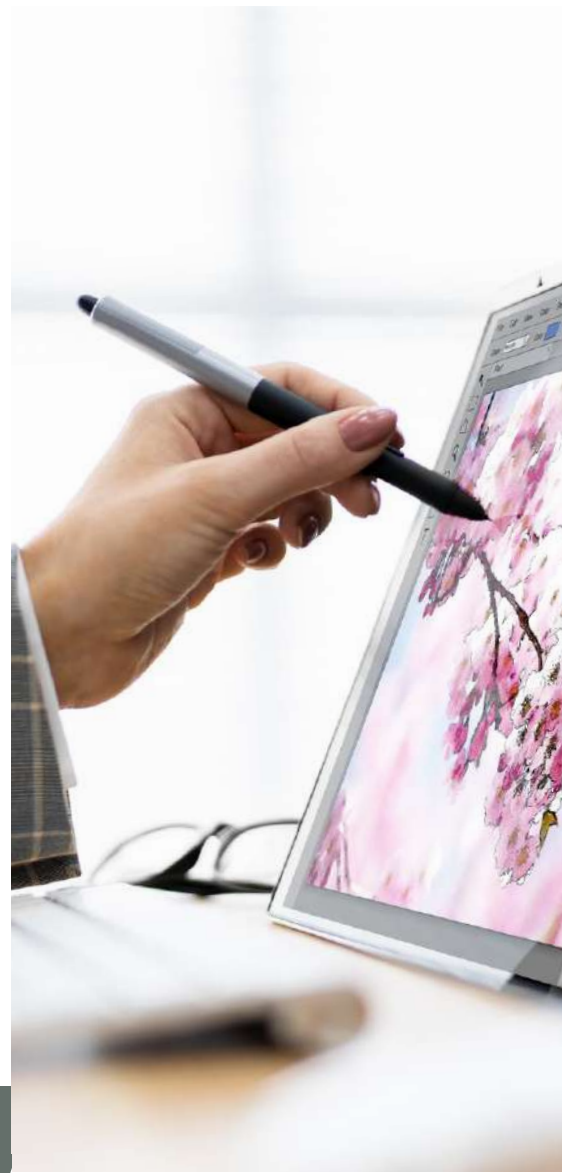
Students can participate individually or in teams of up to only three members and can create & submit digital posters that elucidate the importance of sustainable and environmental friendly diet practices.

Poster Size & Format

- Digital posters should be designed in A3,or A4 size.
- File format should be in high-resolution JPEG or PNG.
- File size must not exceed 10MB.

Content

- The poster should include a title, the name(s) of the participant(s), Contact number and the year of study.
- Posters should be original and self-created.
- Any form of plagiarism will result in immediate disqualification.
- The content should be scientifically accurate.





DIGITAL POSTER CONTEST -INSTRUCTIONS

Design & Creativity:

- Emphasis will be given to originality, creativity, and the clarity of the message.
- Use of copyrighted images or graphics without proper citation or permission is strictly prohibited.

Submission:

SEPTEMBER 1-7, 2023

- Digital posters must be submitted via specified email.
- The submission should also include a brief description (100-150 words) summarizing the poster's content.
- Late entries will not be entertained.
- Winning posters may be featured on the institution's website, social media channels, or other platforms.

General:

- By participating, students grant the institution the right to use their poster, name, and likeness for advertising, publicity, and promotional purposes without any compensation.
 - by submitting an entry, participants acknowledge that they have read, understood, and agreed to abide by the above rules and regulations.
- paragraph text

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Digital posters should be sent to mail id smchpaeds@gmail.com
before 6th September 2023