

REPORT ON POSHAN MAAH CELEBRATION 2026

Slogan Writing & Hot Cooked Meal Recipe Competition

Organised by: Food & Nutrition, Department of Home Science, Bhagini Nivedita College, University of Delhi

Date: 08 October 2026 (Thursday)

Time: 10:00 AM onwards

Venue: NHE Lab, Bhagini Nivedita College

Theme: “Poshan Se Pragati: Sahi Poshan Desh Roshan”

As part of Poshan Maah Celebration 2026, the Food & Nutrition Department, Department of Home Science, Bhagini Nivedita College, University of Delhi, organised two student competitions aimed at promoting awareness about healthy nutrition, balanced diets and appropriate food choices for young children.

The competitions were: (1) Slogan Writing Competition – focusing on good nutrition for Anganwadi children; and (2) Hot Cooked Meal Recipe Competition – focusing on nutritious, affordable, child-friendly and culturally appropriate meals for Anganwadi children aged 3–5 years.

The event received enthusiastic participation from students. The entries were assessed on the basis of creativity, relevance to the theme, nutritional value, practicality, affordability and presentation. Prof Ruby Mishra appreciated the event and encouraged the students.

WINNERS

1. Slogan Writing Competition

Position	Name of Student	Roll No.	Course
1st Prize	Tamalisha Ghosh	246022	B.Sc. (Hons.) Home Science, Semester V
2nd Prize	Sneha Shukla	246106	B.Sc. (Hons.) Home Science, Semester V
3rd Prize	Swati	236038	B.Sc. (Hons.) Home Science, Semester VII

2. Hot Cooked Meal Recipe Competition

Position	Name of Student	Roll No.	Course
1st Prize	Anshu	236022	B.Sc. (Hons.) Home Science, Semester VII
2nd Prize	Khushi Kumari	236015	B.Sc. (Hons.) Home Science, Semester VII
Consolation Prize	Nidhi Thakur & Palak Shukla	206118	B.Sc. (Hons.) Home Science, Semester I

The competitions provided students with an engaging platform to demonstrate their creativity, nutrition knowledge and practical understanding of healthy food preparation for young children. The activities successfully highlighted the importance of adequate and balanced nutrition during early childhood and reinforced the message of “Poshan Se Pragati: Sahi Poshan Desh Roshan.”

The event concluded with appreciation of all participants and recognition of the winners for their enthusiastic participation and contribution towards the objectives of Poshan Maah Celebration 2026.

Organising Committee

Ms. Anupama Aggarwal (TIC)

Ms. Punita Sethi

Dr. Suman Mohan

Dr. Akanksha Jain





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Poshan se Pragati: Sahi Poshan Desh Roshan

Organised by
Food & Nutrition, Department of Home Science
Bhagini Nivedita College



08 October 2026
(Thursday)



10:00 AM
onwards



NHE Lab,
Bhagini Nivedita College

As part of Poshan Maah Celebration 2026, the Department of Home Science is organising competitions to promote awareness about healthy nutrition and well-being among young children.

1. SLOGAN WRITING COMPETITION

Theme :
"Poshan se Pragati:
Sahi Poshan Desh Roshan"

Rules :

- Original, creative, short and theme-based slogan.
- May be in Hindi, English or bilingual format.
- One entry per participant.
- Focus on nutrition and healthy eating

2. HOT COOKED MEAL RECIPE COMPETITION

Theme :
"Nutritious Hot Cooked Meals for Anganwadi Children (3-5 Years)"

Rules :

- Recipe should be nutritious, affordable, child-friendly and culturally appropriate.
- Use of locally available and easily accessible ingredients is encouraged.
- Suitable for preparation and serving at an Anganwadi centre.
- Participants must prepare the recipe in advance.