



**SIR VITHALDAS THACKERSEY COLLEGE OF HOME SCIENCE  
(EMPOWERED AUTONOMOUS STATUS),  
S.N.D.T. WOMEN'S UNIVERSITY, MUMBAI**

in collaboration with  
**ZYDUS WELLNESS INSTITUTE  
AND**

**HEALTH FOODS AND DIETARY SUPPLEMENTS ASSOCIATION  
(HADSA)  
organizes**

# **INTER-COLLEGIATE COMPETITIONS**

as a part of

## **POSHAN MAAH CELEBRATIONS 2023**

Theme – Suposhit Bharat, Sakshar Bharat, Sashakt Bharat





# INTER-COLLEGIATE COMPETITIONS

**25TH SEPTEMBER 2023**

**RECIPE MAKING COMPETITION**

(Offline for Mumbai Participants  
Online for Outside Mumbai Participants)

**REEL MAKING COMPETITION**

(Only offline)

**QUIZ COMPETITION**

(Only offline)

**VENUE - SIR VITHALDAS THACKERSEY COLLEGE OF HOME SCIENCE,  
JUHU TARA ROAD, SANTACRUZ WEST, MUMBAI - 400049**

Last date of  
registration is  
22nd September,  
2023

College website - [www.svt.edu.in](http://www.svt.edu.in)  
Department email ID - [fnd.dept@svt.edu.in](mailto:fnd.dept@svt.edu.in)



## INTER-COLLEGIATE COMPETITIONS

25TH SEPTEMBER 2023

# RECIPE MAKING COMPETITION

## Categories for the Competitions (Offline - For Mumbai Participants Only).

### 1. Millets Cooking Fiesta

Prepare a recipe using millets in an innovative manner for healthy ageing

### 2. Sahi Poshan, Ujjwal Bhavishya

Prepare a recipe using **Complan**, a 100% milk protein based HFD (Health Food Drink), to create micronutrient rich **recipes for children**. Any flavours available can be used.

### 3. Sehat Bhi, Mithas Bhi

Prepare a nutritious sweet dish/beverage using either of the following products

a. **Sugar free Green** - A sugar substitute based out of Stevia. Powder form can be used. One measured spoon is equivalent to one tsp of sugar in sweetness.

b. **Sugar free Natura** - Sucralose based sugar substitute. It can be used for baking and other forms of cooking. One measured spoon is equivalent to one tsp of sugar in sweetness.



The last date for registration for the competitions is 22nd September 2023



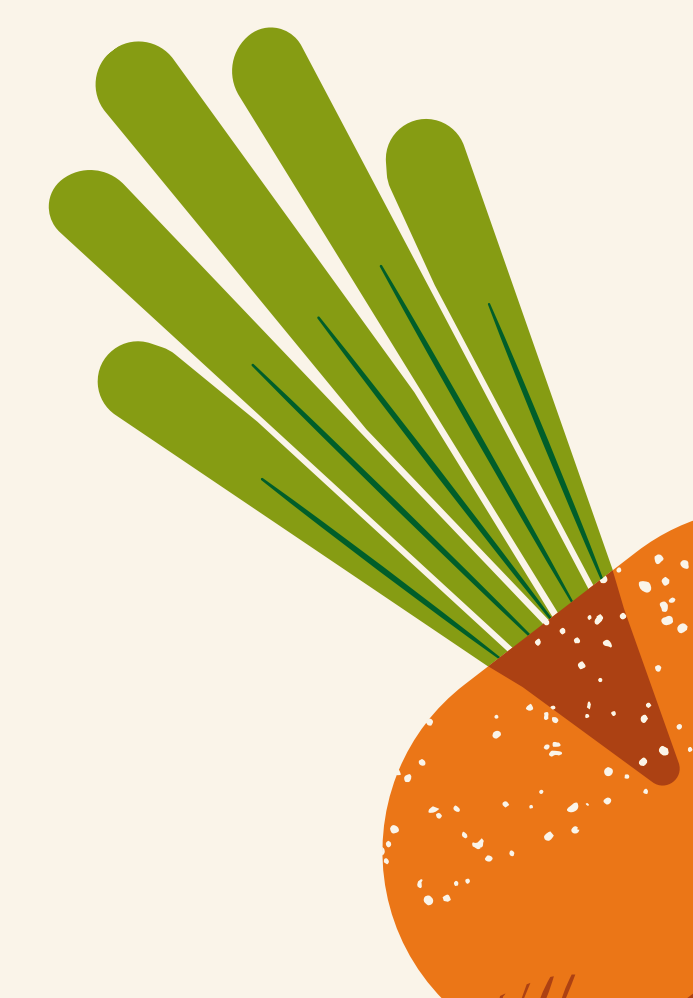
## INTER-COLLEGIATE COMPETITIONS 25TH SEPTEMBER 2023

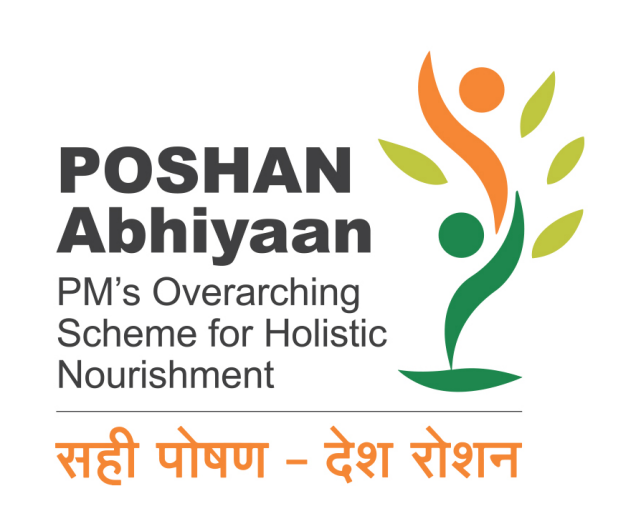
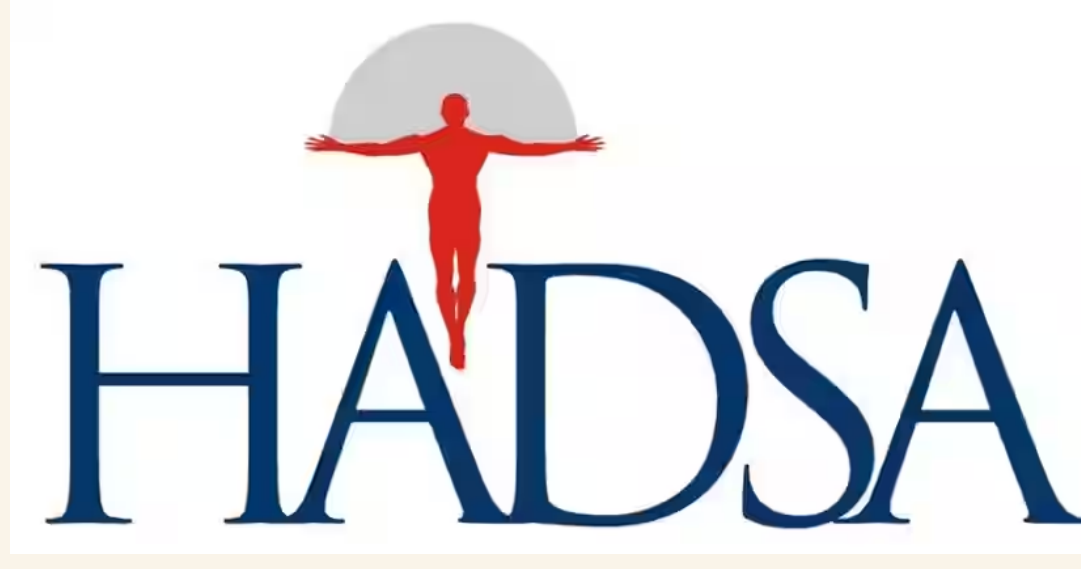
### RECIPE MAKING COMPETITION

#### RULES AND GUIDELINES FOR THE OFFLINE COMPETITIONS

1. **Undergraduate and Postgraduate** Students can participate in all the categories.
  2. **Participation** – Individual Participants
  3. **Reporting Time** – 9:45 a.m
  4. **Venue:** 007 Lab (Dept. of Food, Nutrition & Dietetics, SVT College of Home Science (Empowered Autonomous Status), Juhu Tara Road, Santacruz West, Mumbai - 400049)
  5. **Recipe Display:** 10:00 a.m. to 11:00 a.m.
  6. **Judging:** 11:00 a.m. to 12:30 p.m.
  7. **Judging Criteria** - Creativity/Innovation, Relevance to the theme, Presentation, Sensory Appeal (Colour, Taste and Flavour) and Appropriate use of a product.
  8. Each participant should **prepare a recipe in advance (2 servings)** which should include in appropriate amounts the ingredient/product mentioned in the respective categories.
  9. **Prepared recipe has to be displayed at the venue.**
  10. Participants have to **carry display materials with them** - plates/ spoons etc.
  11. No cooking/ reheating will be allowed at the venue.
  12. Students have to clear up all the displayed recipe at the end of the competition.
  13. The details of the recipe has to be filled in the recipe template shared below and a hard copy has to be submitted with the displayed recipe. A name tag for the recipe must be typed and printed and brought along.
- Template Link** - <https://drive.google.com/file/d/1F4VTd3FYjX8Ejm1ZPP2K4-XgvdsNSIDI/view?usp=sharing>
14. Please note: Two hard copies to be submitted, one without any identity details while other with full details of the participant- Full name, college, contact number, email id. It should be typed.
  15. E-certificates will be provided to all participants.

**The last date for registration for the competitions  
is 22nd September 2023**





## INTER-COLLEGIATE COMPETITIONS

25TH SEPTEMBER 2023

### REEL MAKING COMPETITION

(Only offline)

1. **Undergraduate and Postgraduate students** can participate in the competition.
2. **Theme for Reel Making – Lifestyle changes for Prevention of Non-Communicable Diseases**
3. **Participation** – Individual or Pairs (If pairs both students need to register)
4. **Reporting Time** – 11 a.m.
5. **Venue:** Virtual Room (SVT College of Home Science (Empowered Autonomous Status), Juhu Tara Road, Santacruz West, Mumbai - 400049)
6. **Timing for Competition:** 11:30 a.m.
7. **Judging:** 11:30 onwards
8. **Judging Criteria** - Content, Creativity/Picturization, Presentation, and Adherence to the Theme.
9. **Link for Submission of Reel** - <https://forms.gle/ya7h9TAKi3PFiCtJA>
10. **Last Date for Submission of Reel** - 23rd September, 2023, 11:30 pm
11. Participation is free but registration is compulsory.
12. One entry per participant.
13. The content must be original. Anyone found infringing on others' copyright would be disqualified from the competition. The Department of Food, Nutrition and Dietetics, S.V.T. College of Home Science (Empowered Autonomous Status), HADSAs and Zydus does not bear any responsibility for copyright violations or infringements of intellectual property carried out by the participants.
15. **It should be within 50 MB. Video should not be more than 30 seconds.**
16. Video file must be titled with participants name, college name and whether UG or PG.
17. **Oral presentation of reel on 25th Sept - Participant has to describe the reel in English or Hindi in a maximum of 50 words.**
18. **Immediately after the oral presentation**, the reel needs to be posted on Instagram by the participants in collaboration with SVT College Instagram handle - [@svtcollege](https://www.instagram.com/svtcollege) The engagement on the reel shall be assessed 24 hours of posting the same.
19. The video should be related to the topic.
20. Any dispute or any issue related to this competition will be decided by the organizers which will be final and binding.
21. Video should not contain any vulgar, abusive, obscene, defamatory, libelous, offensive, anti-national, anti-social, hateful, discriminatory, objectionable with respect to race, religion, creed, national origin or gender or otherwise violates any law.
22. Marking will be given based on content, creativity/picturization, presentation, adherence to the theme and social media engagement.
23. Winners will receive certificates and prizes.
24. Decision of judges will be final and binding.





# INTER-COLLEGIATE COMPETITIONS

25TH SEPTEMBER 2023

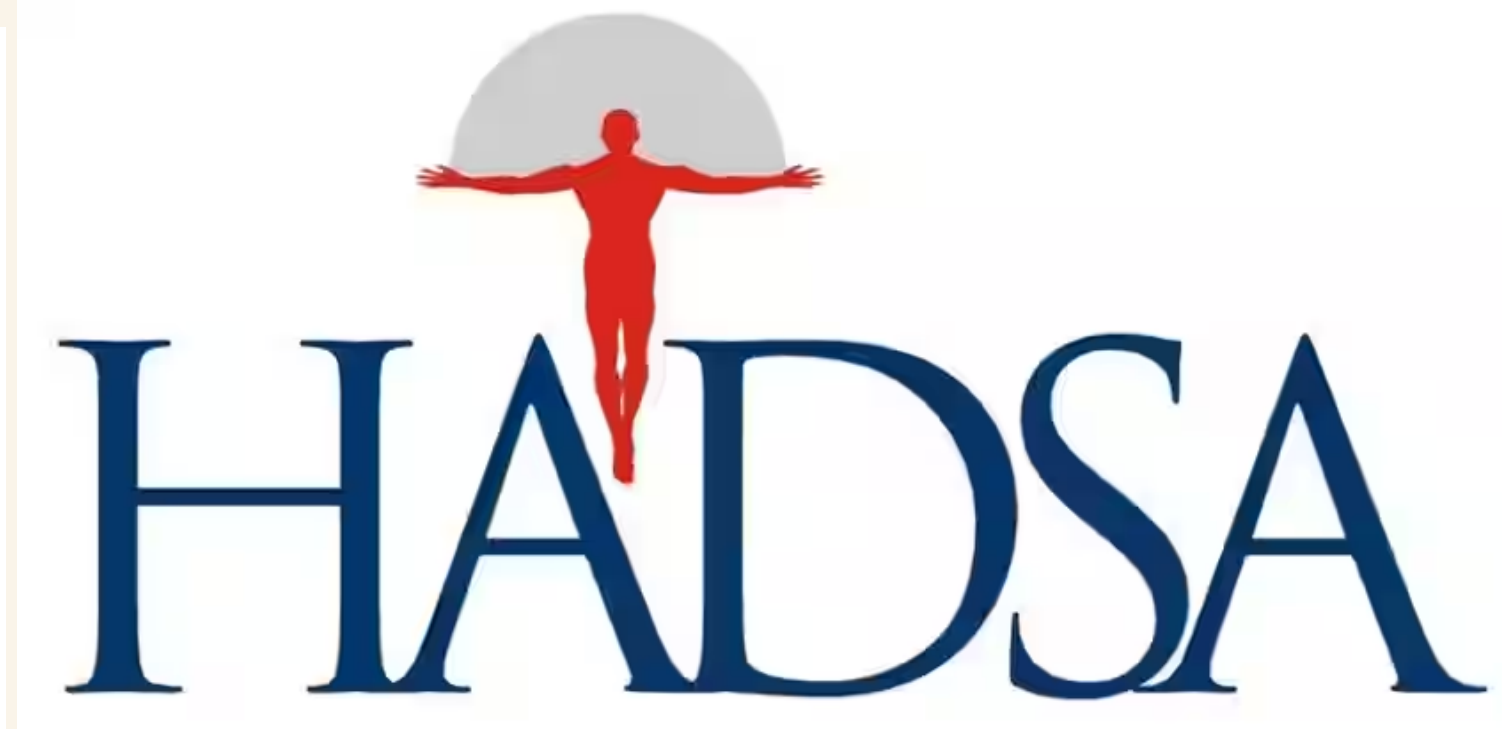
## QUIZ COMPETITION

(Only offline)

1. **Topic for Quiz:** The Lifecycle of Suposhan- Nutrition Across Ages
2. **Participation:** Pairs
3. **Reporting Time:** 10:15 a.m.
4. **Venue:** Room No 119 (SVT College of Home Science (Empowered Autonomous Status), Juhu Tara Road, Santacruz West, Mumbai - 400049)
5. **Timing for competition:** 10:30 a.m. (Preliminary round) and 2:00 p.m onwards remaining rounds
6. Undergraduate and Postgraduate students can participate in the quiz.
7. Registration is free but mandatory to participate in the competition.
8. Kindly refer to the general guidelines for the registration form link.

The last date for registration for the competitions is 22nd September 2023





# INTER-COLLEGIATE COMPETITIONS

25TH SEPTEMBER 2023

## RECIPE MAKING COMPETITION

Category for the Online Competition  
Online - Only For Participants Outside Mumbai  
(Pan India)

**Poshan Bhi, Mithas Bhi**

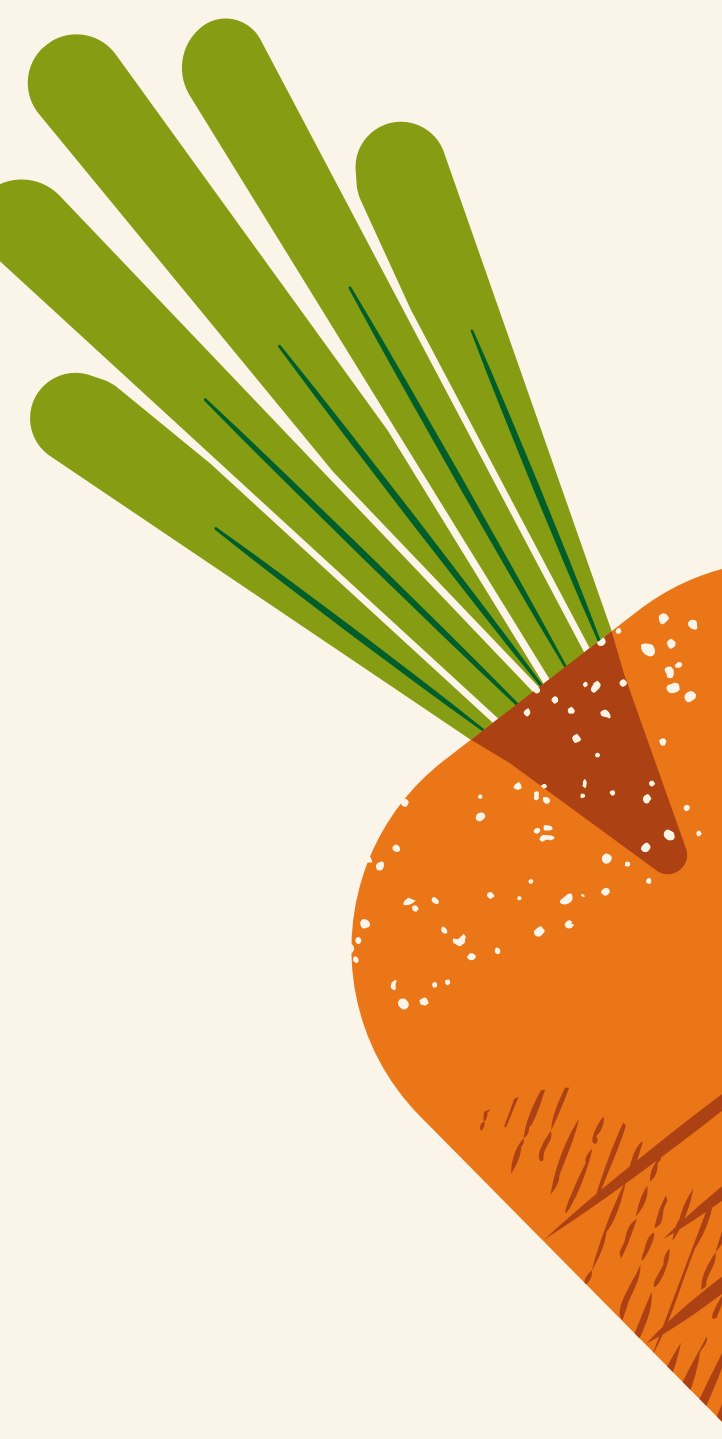
Prepare a sweet dish using either of the following products

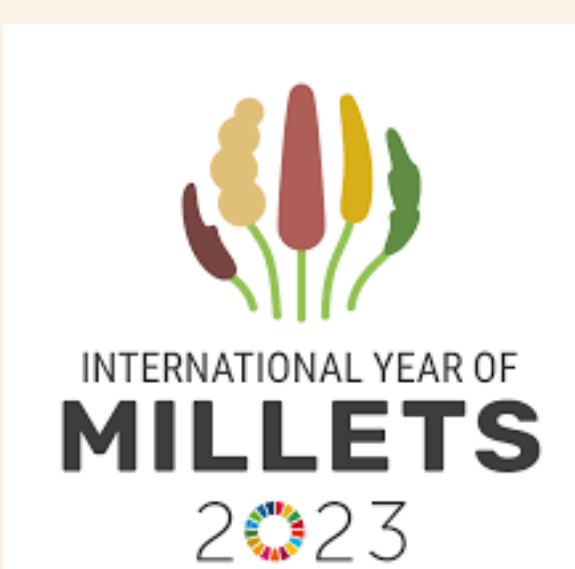
- 1. Sugar free Green** - A sugar substitute based out of Stevia. Powder form can be used. One measured spoon is equivalent to one tsp of sugar in sweetness.
- 2. Sugar free Natura** - Sucralose based sugar substitute. It can be used for baking and other forms of cooking. One measured spoon is equivalent to one tsp of sugar in sweetness.

The last date for registration for the competitions  
is 22nd September 2023

Registration for the online recipe competition -  
<https://forms.gle/Jg3JAgaCwij1oDqn6>

The last date for submission of recipes  
is 23rd September 2023





## INTER-COLLEGIATE COMPETITIONS

25TH SEPTEMBER 2023

### RECIPE MAKING COMPETITION

#### RULES AND GUIDELINES FOR THE ONLINE COMPETITION

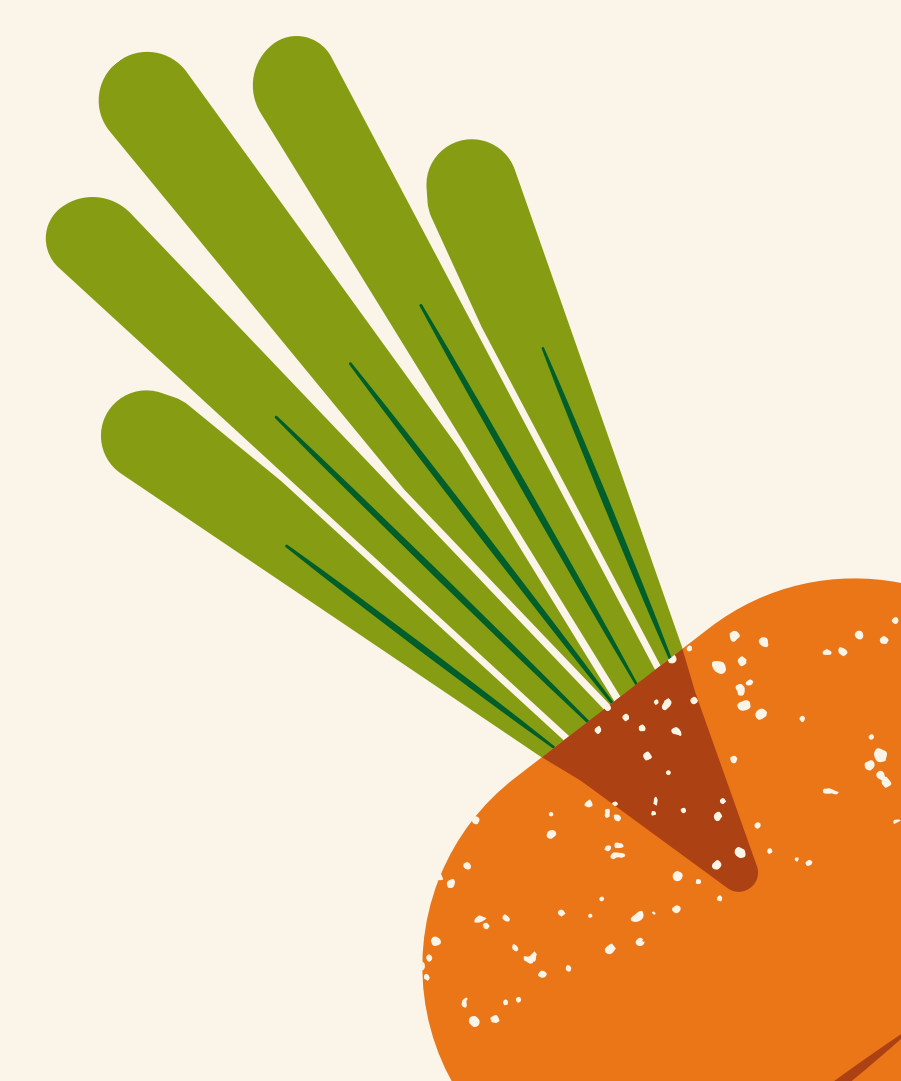
1. **Undergraduate and Postgraduate** Students can participate in all the categories.
2. **Participation** – Individual Participants
3. **Last Date for Recipe Submission - 23rd September, 2023, 11.30 pm**
4. **Judging Criteria** - Creativity/Innovation, Relevance to the theme, Presentation of the dish and Appropriate use of the non-nutritive sweeteners, **Sugar free Green and Sugar free Natura** .
5. The dish/recipe should be home cooked. Each participant should prepare a recipe (**2 servings**) which should include **appropriate amounts of any one of the two** products mentioned above.
6. The details of the recipe has to be filled in the **recipe template shared and submitted via the submission google form.**

**Template Link - <https://drive.google.com/file/d/1F4VTd3FYjX8Ejm1ZPP2K4-XgvdsNSIDI/view?usp=sharing>**

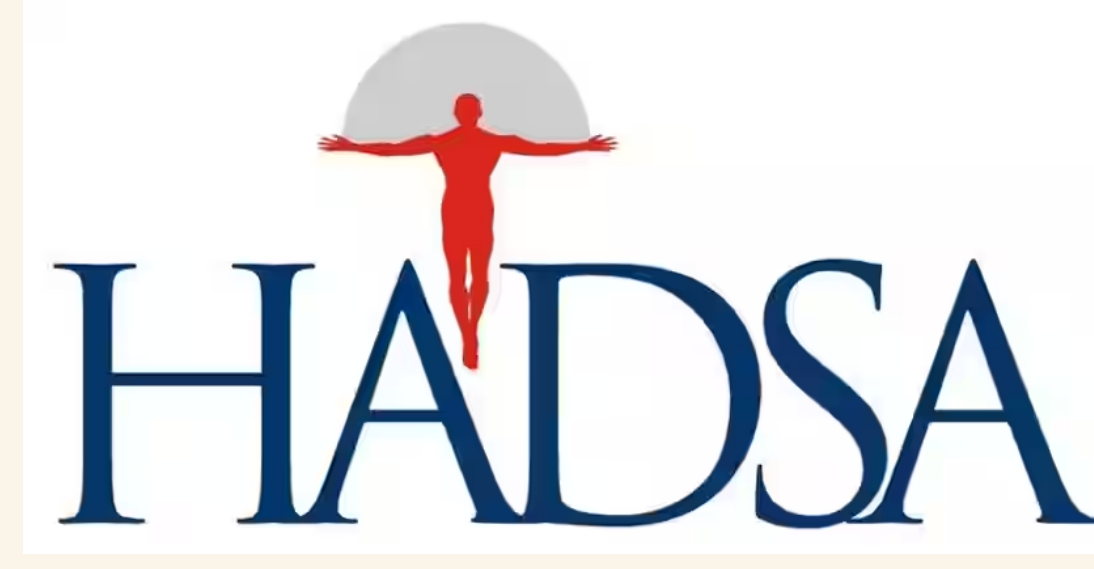
7. Only one entry is allowed per participant. Entries sent should be an original creation.
8. Participants have to submit 3 photographs in high resolution in JPG/JPEG format.
  - One photo consisting of all the ingredients used in the dish (size should not exceed 4 mb)
  - One photo of the dish prepared by him/her (size should not exceed 4 mb)
  - One photo of him/her along with the dish (size should not exceed 2 mb)
9. The photograph must be original and no watermark of any kind should be on the photographs. No filter to be used, raw image to be sent. AI inspired photographs will not be allowed.

**The last date for registration for the competitions is 22nd September 2023**

**The last date for submission of recipes is 23rd September 2023**







## INTER-COLLEGIATE COMPETITIONS

25TH SEPTEMBER 2023

### RECIPE MAKING COMPETITION

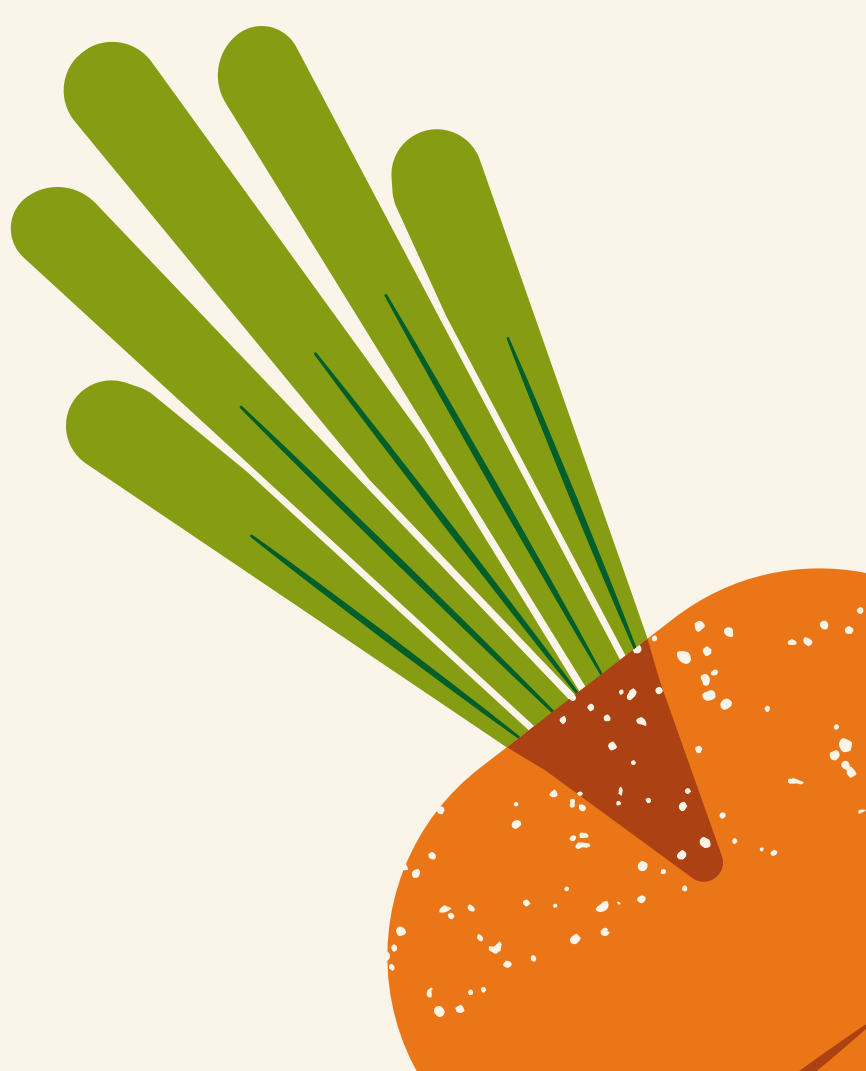
#### RULES AND GUIDELINES FOR THE ONLINE COMPETITION

10. Submission of the photos and recipe template will be using the following google form link - <https://forms.gle/zMoJ3PJF3LkYGMnR8> Entries submitted through any other mode will not be considered for evaluation.
11. Submission of the dish (Photo) must be original. If any entry found infringing on others, the entry will be disqualified from the competition.
12. The winners will be declared during the seminar on 26th September, 2023.
13. Organizers reserve the right to reject any entry that does not feel is suitable or appropriate or which does not conform to any of the rules and guidelines listed above.
14. S.V.T. College of Home Science (Empowered Autonomous Status), HADSAs and Zydus hold the right to use the photographs as per its requirement.
15. Judges' decisions concerning all matters related to this contest are final.
16. E-certificates will be provided to all participants.

**Registration for the online recipe competition -**  
<https://forms.gle/Jg3JAgaCwij1oDqn6>

**The last date for registration for the competitions is**  
**22nd September 2023**

**The last date for submission of recipes**  
**is 23rd September 2023**





# INTER-COLLEGIATE COMPETITIONS

## 25TH SEPTEMBER 2023

RULES AND GUIDELINES FOR THE COMPETITIONS

### General Guidelines

- All participants should carry their individual college identity cards.
- The decision of the judges shall be final and conclusive.
- The competition winners will be announced at the seminar on 26th September, 2023.
- Registration for the competitions is free but compulsory.
- E-certificates will be given to all the participants.
- Registration form link for the offline competitions - <https://forms.gle/8aA2wnU8qoxDcxft9>
- Registration for the online recipe competition - <https://forms.gle/Jg3JAgaCwij1oDqn6>

The last date for registration for the competitions is 22nd September 2023

**\*NOTE:- TO PARTICIPATE IN THE COMPETITIONS, REGISTRATION FOR THE SEMINAR IS COMPULSORY.**

**VENUE - SIR VITHALDAS THACKERSEY COLLEGE OF HOME SCIENCE,  
JUHU TARA ROAD, SANTACRUZ WEST, MUMBAI - 400049**

