

DEPARTMENT OF HOME SCIENCE
MILLET COOKERY COMPETITION TO CELEBRATE THE
NATIONAL NUTRITION MONTH - 2023

04.10.2023

The Department of Home Science, Post Graduate Government College for Girls, Sector 42, Chandigarh organized a “Millets Cookery Competition” to celebrate the National Nutrition Month – 2023. Students participated wholeheartedly and showcased their innovative talent of cooking different nutritious recipes such as waffles, ragi golgappe, jowar dhokla, barnyard cutlet, jowar idli, ragi chocolate banana cake, jowar kheer, jowar noodles and millet muffins to name a few. Principal and Chief Guest, Prof. (Dr.) Nisha Aggarwal congratulated the organizers and the students for their entries and advised them to keep trying new millet recipes and create awareness about the consumption of millets among the masses.. The event was judged by Dr. Deepika kansal, Head, Department of Chemistry & Dr Shweta Bali, Head, Department of Computer Applications. The event was graced by Dean, Mr Suresh Kumar and Vice Principal, Mr Jaganath who appreciated the sincere efforts of the participants. The judges praised the students and mentioned that these competitions help them in adopting healthier & nutrition enriched lifestyles thereby fulfilling the critical goal of the Poshan Abhiyaan that is to create Suposhit Bharat, Sakshar Bharat and Sashakt Bharat. The first prize was bagged by Ms. Sukhman of BA III for her novel entry of a foxtail millet salad with papaya and Ragi laddu. The second prize was bagged by Ms. Anjali Kaushik of B.A III for her healthy *Jowar idli*. The third prize was awarded to Ms. Khushi of B.A III for her tangy ragi golgappas. Two consolation prizes were awarded to Ms. Avleen Kaur BA III for her dish jowar kheer and Ms.Ankita of BA III for jowar waffles. Dr. Manpreet Kaur, Head Department of Home Science appreciated the efforts of the students and encouraged them to keep their enthusiasm alive.





Hand

Head , Dept. of Home Science
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Nisheesh
Principal

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