



Sarojini Naidu College for Women

(Govt. Sponsored)

30 Jessore Road, Kolkata - 700 028

Phone : 2559-2583, 2529-1985

Ref. No. :

Date :

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REPORT ON ONE DAY STATE LEVEL SEMINAR- FOR THE CELEBRATION OF RASHTRIYA POSHAN MAAH 2019

Introduction : A one day state level seminar was conducted on 'Rashtriya Poshan Maah' (National Nutrition Month) by the **Department of Food and Nutrition of Sarojini Naidu College for Women (SNCW)** on **23rd September, 2019** in **college seminar hall**. The programme started off with the students welcoming our guests and sharing the theme of the event with the august gathering.

Content: The event started with the felicitation of our chief guests, Dr. Sankar Kr. Nath, Consultant Oncologist, Kolkata and Dr. Sruti Kumar Bera, Ex-Asst. Deputy Superintendent & Emergency Medical Officer In-Charge, R.G. Kar Medical College and Hospital. A remarkable presentation was given by **Dr. Sankar Kr. Nath, Consultant Oncologist, Kolkata** on the preventive dietary measures for cancer. He gave lecture on several strategies to prevent cancer by avoiding fast food and junk food, inclusion of fish in diet, preventing measures of food adulteration, role of antioxidants and so on by unique interactive way.

Urmita Hal
Principal
Sarojini Naidu College
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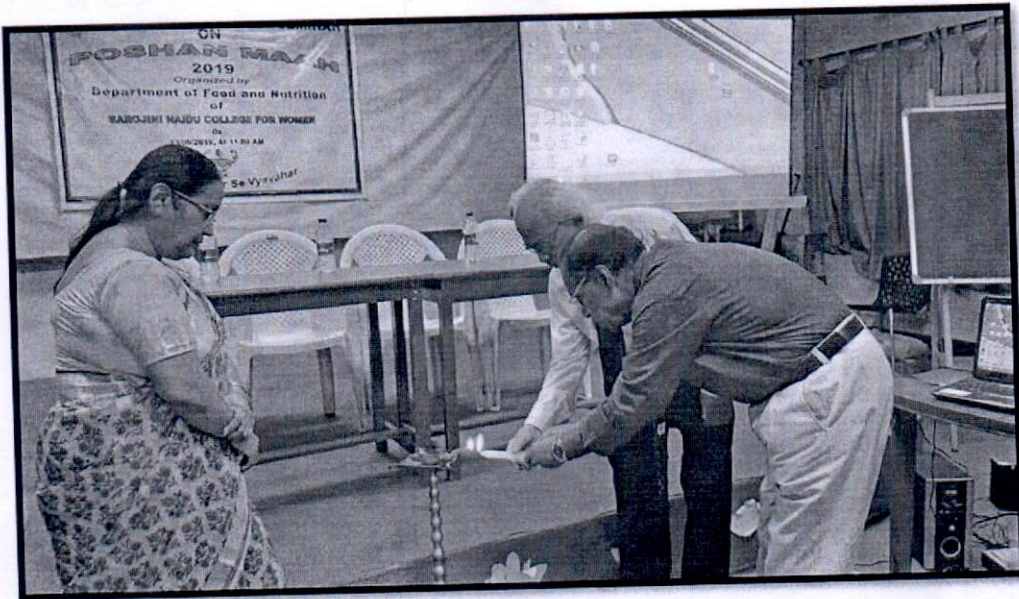
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Lamp Lighting Ceremony observed at the seminar hall before the commencement of the programme

Dr. Sruti Kumar Bera, Ex-Asst. Deputy Superintendent & Emergency Medical Officer In-Charge, R.G. Kar Medical College and Hospital, also delivered an astounding speech on general dietary guidelines.

Ushila Wili
Principal
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Outcome: The seminar was followed by the penultimate segment i.e. poster presentation and food stalls organized by the departmental students. Posters on Rashtriya Poshan Maah (National Nutrition Month), Low cost food, Adolescence eating disorders diet, Cancer, Nutrition Mahalaya, Carbohydrate digestion and absorption and Food adulteration were made by the students under the guidance of departmental teachers.

On the other hand, mouth-watering food stalls on Spicy Corn Salad, Cheesy Onion Uttapam, Creamy Poached Chicken salad, Tawa Fish Tikka, Tri-Coloured Pilaf, Grilled Chicken with Creamy Sauce, Layered Carrot Halwa and Oreo Milk Shake were put up by the enthusiastic students of the department.

Urmila Ukil

**Principal
Sarojini Naidu College
for Women
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Student-ID	Student's Name	Mobile	eMail-ID
SN190620	Aishani Banerjee	9163612337	aishanipiki11@gmail.com
SN190957	Anindita Maity	9830987297	iamsunity55@gmail.com
SN190660	Anisha Saha	8777732733	anishasaha252000@gmail.com
SN190675	Anwasha Banerjee	9007569583	anweshabanerjee729@gmail.com
SN190824	Bithika Gain	7980411734	gainbithi@gmail.com
SN190114	Mahua Mukherjee	7449534568	moumukherjee2232@gmail.com
SN190238	Monidipa Santra	6290380868	dsantra150@gmail.com
SN191049	Nilanjana Roy	8777015360	samitaroy80588@gmail.com
SN190659	Oliva Mondal	8240246728	olivamondal28295@gmail.com
SN190832	Pallabi Podder	7278258487	pallabipodder01@gmail.com
SN191059	Prantica Chowdhury	8116844632	pranticachowdhury15@gmail.com
SN190662	Pritha Sen	7439636510	senpritha369@gmail.com
SN190708	Protiva Dey	7439963902	madhusudandey64@gmail.com
SN190792	Rituja Das	8617747889	ritujadas19@gmail.com
SN190930	Riya Ghosh	9330403369	riya.tulighosh@gmail.com
SN190716	Sanjukta Saha	8334074108	sanjuktatommy2001@gmail.com
SN190643	Sarmila Nandi	6289731173	sarmilanandi64@gmail.com
SN190667	Shreya Acharjee	8910989757	shreyaacarjee125@gmail.com
SN190646	Sk Sohini	7449646905	sohinimegna@gmail.com
SN190787	Srija Mitra	7001014293	srijman@gmail.com
SN190564	Srimayee Ghosh	9831690048	srimateeeghosh2008@gmail.com
SN190271	Subhangi Mukherjee	9748686597	subhangimukherjee63@gmail.com
SN191058	Sumedha Ghosh	6290385564	sumedhaghoshmisti123@gmail.com
SN191203	Susmita Roy	9831644392	susmitaroyrai@gmail.com
SN190797	Swagata Chatterjee	7679094366	swagatachatterjee1999@gmail.com
SN190914	Titir Karmakar	8777628364	titirkarmakar3@gmail.com

Usmila Naitil
Principal
Sarojini Naidu College
for Women
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