

Circular

21-3-2023

Sr. No. 600

Women Cell

Maharaja Agrasen College, Jagadhri


To celebrate Poshan Pakhwara (a Ministry of Women and Child Development programme) and International Year of Millets, Women Cell of the college is organising an **Exhibition cum Competition 'My Healthy Plate'** on April 1, 2023 at 11.00 AM in the college Conference Hall. The objective is to raise awareness about the importance of nutrition and promote healthy eating habits among students.

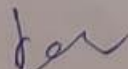
Those who want to participate are required to submit entries through the following google form link up to March 29, 2023 and meet the undersigned incharge for further details:

<https://forms.gle/SEgQL7TUfeYrgo26>

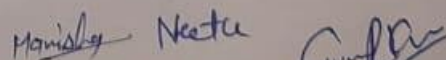
Rules for Participation:

- The recipes should be on the theme of **HEALTHY FOOD**. Millets Recipes will be appreciated.
- The recipes must be displayed on play card clearly and easily readable to the visitors.
- All the material required should be brought by the participants. No fire will be allowed.
- Recipes will be judged on the following criteria:
 - 1) Nutrition
 - 2) Creativity & Originality
 - 3) Taste
 - 4) Ease of Use in tiffin boxes
 - 5) Recipe Presentation
 - 6) Cleanliness.
- Judges decision will be final and binding.
- Winners will be awarded with certificates and prizes.


Principal


Dr. Karuna

Incharge, Women Cell


Ms Manisha, Ms Neetu, Ms Guneet

Coordinators