

**Notice No. 210**

**Date: 30.08.2024**

This is to notify for general information of all concerned that the Department of Nutrition of our college is going to organize a two-day workshop on “**Nutrition for optimal wellbeing**” which will be held on 2<sup>nd</sup> September, 2024 and 3<sup>rd</sup> September, 2024. The workshop aims to provide a comprehensive understanding of the importance of nutrition in achieving optimal wellbeing.

**Details of the Workshop:**

Dates: September 2-3, 2024

Time: 11:00 a.m. onwards

Venue: College Premises

**Day-1: All teaching staff, non-teaching staff and students**

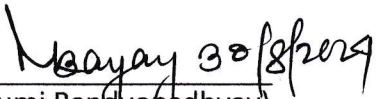
- ☞ Health camp (following parameters will be examined):
- ☞ Height, Weight, BMI, Blood Pressure, Blood Sugar, Oxygen saturation level and pulse rate.

**Day-2: All students, teaching staff and non-teaching staff**

- ☞ Invited Lecture on “**Nutrition for optimal well-being**”
- ☞ Demonstration of anemia detection methods
- ☞ Self-assessment for anemia detection
- ☞ Demonstration of preparing low cost iron rich foods
- ☞ Tasting and sensory evaluation of the prepared food items.

All students are encouraged to participate in the above workshop on those days. All Faculty members and staff members are also invited to participate in the said workshop as per given schedule. Don't miss this opportunity to enhance your knowledge on nutrition for optimal wellbeing!

All concerned will please note.

  
(Dr. Mausumi Bandyopadhyay)  
Principal & Secretary  
Mahishadal Girls' College