

Post Graduate Government College for Girls, Sector 42

Department Of Home Science

MILLET COOKERY COMPETITION TO CELEBRATE THE NATIONAL NUTRITION MONTH - 2024

Date : 18.09.2024

The Department of Home Science, Post Graduate Government College for Girls, Sector 42, Chandigarh and Aahar Kranti Club jointly organized a “Millets Cookery Competition” in the college to celebrate the National Nutrition Month – 2024. Students of the college participated wholeheartedly and showcased their innovative talent of cooking different nutritious recipes such as millet waffles, ragi golgappe, jowar dhokla, barnyard cutlet, jowar idli, ragi chocolate banana cake, jowar kheer, jowar poha and millet pizza to name a few. Principal and Chief Guest, Prof. (Dr.) Binu Dogra congratulated the organizers and the students for their wonderful presentation of dishes and advised them to keep trying new millet recipes and create awareness about the consumption of millets among the masses as they are nutrient rich cereals. The event was judged by Mrs Jaswant Kaur and Mrs Anita Sharma, Ex Associate Professors of the Department of Home Science & Dr. Deepika Kansal, Head, Department of Chemistry. The event was graced by Dean, Mrs Anju Trikha and Vice Principal, Mr Rajeev Bhandari who appreciated the sincere efforts of the participants. The judges praised the students and mentioned that these competitions help in adopting healthier & nutrition enriched lifestyle thereby fulfilling the critical goal of the Poshan Abhiyaan that echos with the theme ‘ Nutritious Diets for Everyone’. The first prize was bagged by Ms. Sukhmandeep Kaur of class BSc III who made Ragi Dal Pakwan and Millet Panjiri. The second prize was bagged by Ms. Minki of class BCom I for her healthy Alu Millet Puri and Appe. The third prize was awarded to Ms. Shipu of class B.A III for her Barnyard Cutlets. Two consolation prizes were awarded to Ms. Barmmeet Kaur of class BA III for her Millet Cutlets and Ms.Jyoti Rani of BA III for jowar Chaat Papdi. Dr. Manpreet Kaur, Head Department of Home Science appreciated the sincere efforts of the students and encouraged them to keep their enthusiasm alive.





Principal
PGGCG-42,Chd