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REPORT ON FIBRE FAIR

AIM:

To organize a Fibre Fair competition for B.Sc. FND , B.Sc Home Science and M.Sc. FSN students on account of Constipation Awareness Month

OBJECTIVE:

- To educate the students on the importance of incorporating fibre into their daily diet for better health
- To encourage the students to make healthier food choices
- To encourage the students to create innovative fibre-rich delicacies

OUTCOME:

- The students gained a deeper understanding of the importance of the inclusion of fibre in the diet
- The students showcased their innovative culinary skills by presenting fibre-rich delicacies
- The competition aided as a platform for all to learn various culinary skills and presentation

REPORT:

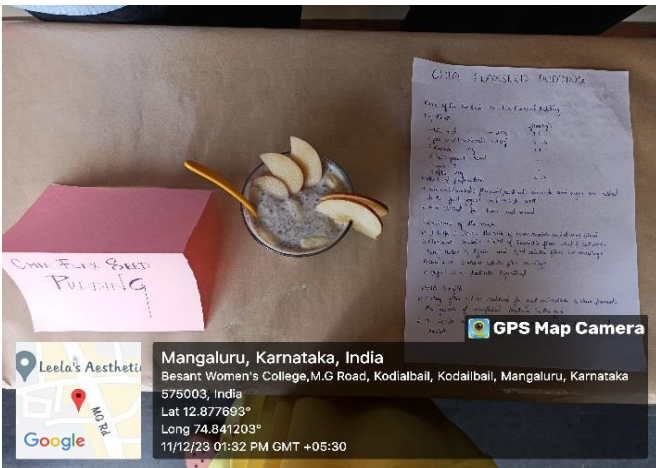
In connection to Constipation Awareness Month (December 2023) , the Department of PG Studies in Food Science & Nutrition organized a Fibre Fair on 11th December 2023 at 1 pm for B.Sc. FND, B.Sc Home Science and M.Sc. students in M.Sc. FSN block on the topic "***Fibre: A Gut Savior***". The faculty in charge of the competition was Ms. Indira. A total of 7 teams participated in the competition and displayed their innovative delights. On completing the competition, the students were given a feedback link, and e-certificates were given to those who had filled out the feedback form. Ms. Soumya N.V. Senior Dietitian Father Mullers Medical College Hospital and Ms. Vidya Bhat, Assistant Professor, Besant Women's College judged the competition. The teams enthusiastically displayed their delicacies for the judging. The novel high fibre treats were judged on the criteria of acceptability, simplicity of preparation, presentation, originality, and look. Of the seven teams, the team of Krithika and Sunayana of 2nd M.Sc.; the team of Salwa and Shafa of 2nd B.Sc. FND secured 1st prize and the results were announced.



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