



(Sponsored by Women's National Education Society)

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REPORT ON REPORT ON THE DIGITAL POSTER COMPETITION

AIM:

To conduct a digital poster competition for the UG & PG students of Besant Women's College, Mangalore on the topic "*Fibre-the key to healthier gut*".

OBJECTIVE:

- To educate the students on the health benefits of fibre in gut health.
- To enhance their technical knowledge on using Canva app.

OUTCOME:

- The students understood the importance of fibre to prevent constipation.
- The competition gave an exposure to various features of canva app in a creating a digital poster.

REPORT:

The Department of PG Studies in Food Science & Nutrition had organized a digital poster competition for the UG & PG students of the Besant Women's College, in connection with the Constipation Awareness Month on the theme "*Fiber-the key to healthier gut*". The students were provided with the guidelines for the competition & were instructed to submit the poster in JPEG form through google form (<https://forms.gle/QkyfY5vwZbT7Pc856>) by 09th December 2023. The faculty in charge for the competition was Ms. Nireeksha V of MSc FSN department. A total of 14 students from different streams took part in the competition. On the completion of the program, the students were provided with the feedback link & e-certificates were given to the students who had successfully filled the feedback form. The competition was judge by Mr. Manthan Revankar, Digital Artist (Let's Surprise) Data Engineer (Riskonnnect Services Pvt. Ltd) Mangalore & Ms. Vaishnavi N, Lecturer, Department of Food Science, YIASCM, Mangalore who considered the aspects like relevance to the theme, originality, artistic composition, visual impact & neatness to select the top 3. Out of 16 the first place was secured by Aysha Suhaima (2nd BSc FND), second place by Mariyam Mufeeda (2nd MSc FSN)

& third place by Charishma S (3rd BSc FND). The results were announced on 12th December 2023 & the posters of the winners were displayed on the notice board.

Digital poster competition

Aysha suhaima

E-certificates of participation