



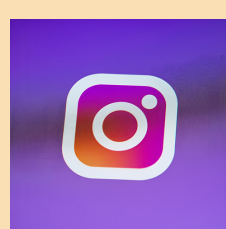
Department of Food Technology & Home Science
Vivekananda College, University of Delhi
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POSHAN MAAH CELEBRATION

NATIONAL NUTRITION MONTH -SEPTEMBER 2025

National Recipe Contest: Millets and Protein Rich Recipe Creation Competition



In association with
[instagram.com/afstdelhi](https://www.instagram.com/afstdelhi)



Create a recipe enriched with protein using any millet of your choice

Millets are nutritious and safe for each age group, providing essential nutrients like iron, calcium, and fiber. They support fetal development, prevent anemia, and regulate blood sugar levels in pregnant and lactating mothers. Incorporating millets into the diet can be done through porridge, salads, energy bars, snacks, and more. Let creativity shine and develop a unique recipe using millets.

Registration Deadline: 28th September 2025 7 PM.

Registration Link:

<https://forms.gle/QnFqhKwToZDaMZQt7>

Teacher Coordinators

Dr. Arushi Jain and Dr. C. L. Muanpuia

Teacher In Charge

Dr. Maanas Sharma

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Patron

Prof. (Dr.) Pinki Maurya

Student Coordinators:

Kritika Tyagi (8920870730) And Priyanshu Kumari Jha (8651253071)

**Cash Prize
For Winners**

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CONTEST GUIDELINES

- The food product needs to be prepared at home while wearing an apron/lab coat and head gear.
- The recipe should be created using millets as a major ingredient.
- The contest is open for all undergraduate students.
- The product should be attractively presented.
- Attach a video of entire process from start till end of preparation of recipe by yourself. The length of the video should not exceed 5 minutes. Maximum capacity of the video is 10 MB per person.
- The file name should include the participant's name and the name of the product. If required, attach a zip or compressed file.
- Attach a valid ID Card.
- The dish will be evaluated on the basis of nutritional adequacy, innovation, ease of preparation, and presentation.
- Only one participant per entry is allowed.
- Recipes shortlisted will have to be attractively presented physically in front of the jury for further evaluation.
- Decision of the judges will be considered final.
- Participation certificates will be given to all.
- Winners will be announced and rewarded suitably.
- Entries should be submitted only through the Google Form latest by 28th September 2025 till 11 PM.
- Link to Google Form: <https://forms.gle/QnFqhKwToZDaMZQt7>

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Let your imagination run wild – celebrate nutrition and innovation with millets!