

Nutrition Month 2025

Competitions for Students

As part of the Nutrition Month 2025 celebrations, the Department of Nutrition Biology is organizing student competitions to promote awareness on nutrition, health, and wellness.

Events & Competitions:

1. Poster Competition – 12/09/2025 (10 am onwards)
2. Quiz Competition – 18/09/2025 (2pm onwards)

Participation Guidelines:

- Open to all students.
- Separate entries for every event should be done.
- Registrations must be completed on or before (11/09/2025).
- Detailed rules and evaluation criteria for each event are provided below.
- Winners will be awarded prizes and all participants will receive certificates.

Poster Competition

Theme: As mentioned below

- Size: Chart paper of any color and size is allowed.
- Medium: Drawing, painting, collage, etc.
- Identification: Registration number and names.
- Submission: **Must be submitted before deadline (11/09/2025).**

NOTE

Please bring your own art material (Colours, chart paper, etc.)

Department will not provide any financial aid or material

Topics for Poster

1. Gut health, Whole health: The power of the Microbiome

2. Decoding Food Labels: The Science behind What We Eat
3. Personalized Nutrition: One Diet doesn't Fit All
4. Mindful Eating in a Fast-Paced World
5. Traditional Diets in Modern Nutrition Science
6. The Double Burden: Obesity and Malnutrition
7. Ultra-processed Foods: Convenience Vs Consequence
8. Nutrition and Climate Resilience: Feeding the Future in a Warming World
9. Beyond Calories: The Metabolic Signatures of Nutrition
10. From Farm to Fork to Gene: Systems Thinking in Nutrition

Quiz Competition

- Teams of 4 students.
- Rounds: Screening (MCQs), Final (Rapid Fire).
- No use of mobile phones or reference materials.
- Tie-breaker round in case of tie.
- **Scoring: Correct answer +10, Wrong answer 0 (negative marking optional).**
- Decision of judges will be final.

General Rules:

- Students must register in advance.
- One entry per student/team per event.
- Entries must adhere to deadlines.
- Certificates of participation will be given to all participants.

For registration and queries, please contact:

Preeti Ph: 8697651674, Anjali Ph: 7027031772 [Research Scholars (Dept. of Nutrition Biology)]

LINKS

Registration link for Poster Making Competition -

<https://docs.google.com/forms/d/e/1FAIpQLSeuE7HzRLvmHJeO7gp2c7TyKeIMPnWgEHdJZsQSAS6L14HFGA/viewform?usp=dialog>

Registration link for Quiz -

<https://docs.google.com/forms/d/e/1FAIpQLSdioRdVWxeQF2gM4y80CagiqXIel5rU2Y7xKglef06Vl6bqvw/viewform?usp=dialog>