



R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai - 400 086, Maharashtra, INDIA.

Website : www.rjcollege.edu.in Email : rjcollege@rjcollege.edu.in Tel. No.: +91 22 25151763 Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act. 1956

Affiliated to UNIVERSITY OF MUMBAI II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

DATE: 4th September, 2022

NOTICE

Pavo Nature Club of Ramniranjan Jhunjhunwala College is organizing "Nourish and Flourish " celebrating National Nutrition Week on 7th September, 2022 at Stilt Area from 10:00 am to 11:00 am.

Participants have to chose any one Topic :

1. Healthy Snacks
2. Fruit Carving
3. Salad Dressing
4. Make Lunch Box for your School going siblings.

Students have to bring their own ingredients and have to assemble their Dish in the College.

To participate in the competition, Register yourself using the link and join the WhatsApp Group for further details: <https://forms.gle/kBEJ9E8xUTNdgnLB7>

All Participants will receive E-Certificates.

Top 3 Winners will get E- certificates and prizes.

Dr. Anil Avhad
Prof. In-Charge



PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA

2019 : Star College Status by DBT

2008 : Best College by University of Mumbai 2010 : IMC RBNQ Award 'Performance Excellence' for the year 2009

2011 : 'Best Teacher Award' by Government of Maharashtra 2013 : DST-FIST 2014 : DBT STAR College

2013 & 2014 : 'Jagar Jaanivancha Award' by Govt. of Maharashtra 2016 : ISO 14001:2015 2016 : ISO 9001:2015 2017 : ISO 27001:2013

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BROCHURE

NAAC Re-Accredited 'A' Grade
HVPS RAMNIRANJAN JHUNJHUNWALA
COLLEGE OF ARTS, SCIENCE & COMMERCE
(AUTONOMOUS)
PAVO NATURE CLUB
Presents
DBT star college activity

Nourish and Flourish

On the occasion of
National Nutrition Week

Participants have to choose any one Topic

- Healthy snacks
- Fruit Carving
- Salad Dressing
- Make lunch box for your school going siblings

Instructions:-

- Students have to bring their own Ingredients and have to decorate/carve in the college .
- No cooking allowed.

How to participate in the competition?

Register yourself using the link and join the WhatsApp group for further details :

<https://forms.gle/2wovmApknfLS3dna6>

Date :- 7th September, 2022
Venue :- Stilt Area
Timing :-10:00 am- 11:00 am

RSVP
Payal Chawan :9892085099
Siddhita Chandaliya:7304635488
Taram kusundal:9619874655



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REPORT

NAME OF ACTIVITY: NOURISH AND FLOURISH COMPETITION
(SALAD DRESSING AND CARVING)

DATE: SEPTEMBER 7, 2022

TIME: 10 : 00 AM TO 11:00 AM

ORGANIZED BY: PAVO NATURE CLUB

LOCATION: STLIT AREA (GROUND FLOOR)

OBJECTIVE : The objective behind organization of Nourish and Flourish competition is to bring out the creative expression of students .The objective behind the competition was to inculcate healthy food habits and awareness regarding the choice of food among the youth. The participants' creativity was revealed through the beautiful designs and patterns formed with different mouthwatering salad. The participants explained the specialty of their salad and the importance of including salad in our regular diet for maintaining good health and keeping diseases at bay. The main focus of the Competition was not only the preparation of salads but also upon their artistic presentation which carried an aesthetic aspect. Equal emphasize was on the hygienic considerations which was to be kept in view while preparing and dressing the final product. Cleanliness, safety, taste, and presentation were the basic criterion for the judgment. Judges exhorted upon the students to make salad eating a routine habit for enabling them to maintain a healthy life.



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PHOTO OF THE NOURISH AND FLOURISH COMPETITION HELD ON 7TH SEPTEMBER 2022



Students displaying Salads made by them for the competition.





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LIST OF STUDENTS WHO PARTICIPATED IN THE NOURISH AND FLOURISH – NATIONAL NUTRITION WEEK COMPETITION HELD ON 7TH SEPTEMBER 2022

1. ZEENAT BANO SHAIKH (First Prize)
2. ANSHIKA VERMA (Encouragement Prize)
3. AMAN PAL
4. LEENA J MAYEKAR
5. RAMA ANIL DUBEY

JUDGE: MS. RUCHIRA JAVKAR, BOTANY DEPARTMENT




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Certificate



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GHATKOPAR - (W) MUMBAI-400086

**PAVO NATURE CLUB
DBT STAR COLLEGE ACTIVITY
CERTIFICATE OF PARTICIPATION**

This is to Certify that

AMAN RAMESH PAL

had participated in "Nourish and Flourish - National Nutrition Week"
organised by the Pavo Nature Club on 7th September , 2022

Dr. Anil Avhad
Prof. In-Charge

Dr. Himanshu Dawda
Principal



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**PAVO NATURE CLUB
DBT STAR COLLEGE ACTIVITY
CERTIFICATE OF PARTICIPATION**

This is to Certify that

LEENA JAGDISH MAYEKAR

had participated in "Nourish and Flourish - National Nutrition Week"
organised by the Pavo Nature Club on 7th September , 2022

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