



**GOVT MEDICAL COLLEGE & HOSPITAL, CHANDIGARH**  
**DIETETICS DEPARTMENT**

**INVITE FOR THE POSTER MAKING AND RECIPE MAKING COMPETITION**

The Dietetics Department is organizing a poster competition and recipes making competition on the eve of world dietetics day and international year of millets 2023. The theme of poster making competition is "Nutritional Management in Cardiovascular Disease" and the theme of recipe making competition is the "Importance of millets." The competition is among the MBBS, Nursing & B.Sc students of all home-science college GMCH 32, Dietetics Interns of GMSH-16, PGIMER Sector-12 Chandigarh and various hospitals from tricity and students of different colleges from Chandigarh, Patiala, Yamunanagar, Ludhiana or any individual interested may also participate for this competition on 10<sup>th</sup> January 2023. It is a one day programme from 10:30 am to 04:30 pm. The venue is level I, Block-C near Department of Dietetics, GMCH-32. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and consolation prizes will be given to the winners of the poster competition and millets recipes. All the participants will get the certificate.

**Guidelines for preparing the poster making on cardiovascular disease**

1. Poster on nutritional management of cardiovascular diseases should be prepared on regular good quality white chart paper (size 30"x22" approx.) and must reach the department till 10<sup>th</sup> January 2023 i.e, Tuesday till 08:00 am to 09:00 am.
2. Posters should be self explanatory with minimum of text which may be either in English or in Hindi language. Each participant can submit only one poster. The poster should be original, handmade.
3. The name of participant, name of institute, mobile no. and email address should be written on the reverse of the poster.
4. The participant should be present on 10<sup>th</sup> January to explain his/her poster in front of the judges.
5. Posters once submitted shall be the property of GMCH.

**Guidelines for millets recipe making are:**

1. Recipe should be well presented.
2. Use of millets as main ingredients.
3. Calculate calories, protein, fiber and iron of the recipe.
4. The timings for display of final recipe is 08:30 am on 10<sup>th</sup> January.
5. The recipes will be judged on the spot.

**Hoping for your active participation.**

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**Contact :-**

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