POSTER COMPETITION

The Department of Food and Nutrition, Institute of Home Economics (University of Delhi) organised an inter-college Poster making Competition on “Healthy Eating and Lifestyle during COVID-19 Pandemic”, in the last week of April. This particular topic was picked up so that students read about the importance of a healthy lifestyle to improve immunity which helps to cope with COVID-19 Pandemic. The main idea was to sensitize the students on this issue. The response for this contest was overwhelming. A total of 79 entries of college students were received majorly from University of Delhi and few from other colleges all over India.

The winning entries of the competition are

1. Ms Shivani Bisht (Institute of Home Economics, University of Delhi)
2. Ms. Ananya Tyagi (Banasthali Vidyapith)
3. Ms Deepali (Janki Devi Memorial College, University of Delhi)
Corona is ruling with its communicable shastra

Stay home, stay healthy. To stop this, it's the only mantra!

- Use sanitizer
- Download Aarogya setu
- Avoid large crowds
- Use mask properly
- Have temp. checked regularly
- Wash hands often
- Avoid touching your face
- No smoking
- No alcohol
- Learn Phytochemicals
- Garlic
- Probiotic
- Milk
- Egg
- Vit E
- Vit C
- Vit A

*Citrus*
पैद्धिक खाओ इस्तुनिटी बढ़ाओ रख जीवनरौली में बदलाव से कोरोना भगाओ
चिंता करो! साथ लड़ना।

साहित्यक का सेवन करें।
फलों का सेवन करें।
सब्जियों का सेवन करें।
गर्म पानी का सेवन करें।
मास्क लगाकर बाहर आएं।
सामान्य दूरी काए।
हाथों के पहरे पर न लगाए।
चार्ट पर रहें।
हाथों को साबुन से धोएं।
हाथ न मिलाएं।