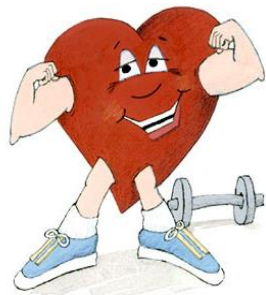


Health Fair- Food Fest 2016



Organized by
Department of Biochemistry
K.J Somaiya College of Sci and Com



It's a matter of great pleasure to announce that the **Biochemistry Department** of **K. J. Somaiya College of Sci & Comm, Vidyavihar, Mumbai** has organized an inter collegiate Health & Food festival, “**HEALTH FAIR – FOOD FEST - 2016**” on **8th December , 2016**. The event is open to the students from **all the streams** (Viz. Science, Commerce, Arts, Home-Science, Engineering etc.) - of both **Senior and Junior college**. This event aims at the interaction among the college students and to spread health & nutritional awareness amongst the youth.

On this occasion, the following competitions have been arranged :

- | | |
|---------------------------------------|--------------------------|
| 1) Poster Competition | 5) Bio Imagica |
| 2) Health Court | 6) Bio Pictionary |
| 3) Bio Treasure Signalling | 7) Bio Jingle |
| 4) Healthy Dessert Preparation | |

(VEGETARIAN ONLY)

DETAILS OF THE PROGRAMME :

General Rules :

1. For all the competitions participation is team wise with **TWO** participants per team
2. All participants are requested to carry their identity cards.
3. The decision of judges will be final & abiding on all participants.

Venue : Department of Biochemistry, Ground floor, K. J. Somaiya College of Sci. & Comm, Vidyavihar, Mumbai:400077.

Timings : 9.00 A.M. to 4:30 P.M.

Registration fees :

1. Participants can register individually for each event separately by paying Rs.50 per event (Maximum **3** events and **Without tea/breakfast/lunch**)
2. **Package: Rs.200/-** per person in which the participant can participate in maximum **3** events (**Inclusive of tea/breakfast/lunch**) .
3. Registration Fees should be sent in **CASH ONLY** along with the registration form. (**For submission of the completed registration forms & fees kindly contact our volunteers - Contact numbers are given below.**)

Last date for Registration : Registration forms duly filled along with registration fee should reach Dr. S.M. Pawaskar, Head Dept. of Biochemistry, K.J Somaiya College of Sc. & Com., on or before, 24th November, 2016. (Participation for each competition will be considered as first come first serve basis, late entries will be subjected to the availability for respective competition.)

1) Topics for Poster Competition :

(A) For Junior college:- (i) Healthy Living (ii) Aroma therapy (iii) Science and Yoga

(B) For Senior college:-

Under Graduate (i) We are what we eat (ii) Phobia (iii) Mythology and Science

(C) Post Graduate (i) Use of Nanotechnology in medicine (ii) Eating Disorders (iii) Bio-terrorism

Sr. No	Activity	Fees	Rules
1	Poster Presentation	Rs.50/-	<ul style="list-style-type: none"> • The size of poster should not exceed 25 X 30 inches. • The poster should be prepared in English and headed with title and name of authors, not mentioning the name of College. • Participants will be required to put up the posters in the morning at 8:30am. The required stationary to put up the posters (eg; Two way sticking tapes,pins,etc) should be brought by the participants.
2	Health Court	Rs.50/-	<ul style="list-style-type: none"> • Convince the health experts to go your way in the health court. Topics would be given on the spot. The teams qualifying in the preliminary round would be participating in the final round.
3	Bio Treasure Signalling	Rs.50/-	<ul style="list-style-type: none"> • Find your way to reach a health treasure in 90 minutes
4	Healthy Dessert preparation	Rs.50/-	<ul style="list-style-type: none"> • Participants need to carry all ingredients for Healthy Dessert preparation (Vegetarian only) and appliances like serving dish/bowl/glasses; accessories required for preparation & presentation. Provision for refrigeration, mixer-grinder, chopper, microwave can be made available on request. No pre-cut items, including for decoration purpose, would be entertained, failing which the team would be disqualified.

			<ul style="list-style-type: none"> • Time for preparation: 90 mins • The participating teams should submit in the morning a typed copy (Times New Roman, 14 font size) of one page write up, giving the entire list of all the ingredients to be used in Healthy Dessert preparation, detailed procedure & its nutritional importance,
5	Bio Imagica	Rs.50/-	<ul style="list-style-type: none"> • Participants will be required to create & enact an Advertisement, based on the health-related product given to them on the spot. Time: 30 minutes for the preparation of the Ad. & 3 minutes to actually enact it.
6	Bio Pictionary	Rs.30/-	<ul style="list-style-type: none"> • One of the team member would have to draw the picture of the given health related word which the other team member has to identify.
7	Bio Jingle	Rs.30/-	<ul style="list-style-type: none"> • There will be only one round for Bio-Jingle and the Jingle can be made prior on any topic related to Health & Nutrition. • Participants, if required, should bring their own musical instruments for playing the Bio Jingle.

LOOKING FORWARD TO YOUR PARTICIPATION

Dr. Samidha Pawaskar
Head, Department of Biochemistry

Dr. Vijay Joshi
PRINCIPAL

FOR ANY FURTHER ENQUIRY, PLEASE CONTACT :

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