

**2021**

**Ayurveda  
Week  
Oct 2021**

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**SHRI BABA MASTNATH AYURVEDIC  
COLLEGE**

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**POSTER COMPETITION**

**26TH OCT, 2021**

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**[AYURVEDA WEEK]**



## Shri Baba Mastnath Ayurvedic College

(Recognised by Ministry of AYUSH, NCISM New Delhi)

Asthal Bohar, Rohtak, NH-10 NCR, Haryana



Invites you all for



# POSTER COMPETITION

on the occasion of

## 6<sup>th</sup> National Ayurveda Day

Wednesday, 26<sup>th</sup> Oct. 2021 || 10:00 AM to 12:00 Noon

Venue : Mini Auditorium, BMU Campus

### Instructions for participants:

- » Theme of poster - Various Aspects of Nutrition
- » It is an on-the spot competition.
- » Category for participation: Hand-made.
- » Language for poster should be either Hindi, English or Sanskrit
- » Students should write their name & batch year below the posters.
- » All the participants must carry their own materials for the Competition, no item shall be provided by the College.
- » All participants are requested to carry their valid College ID cards



**Exciting Prizes Will Be Awarded**

Co-ordinator  
**Dr. Nisha Jaglan**  
8529606000

Co-ordinator  
**Dr. Deepti**  
7357600134

**Dr Neeraj Kumar Khare** (Convener)  
**Organizing Committee**

Poster competition was organized on 26<sup>th</sup> Oct. 2021 with theme Ayurveda for Poshana. Total 52 students participated & the winners of poster competition are:-

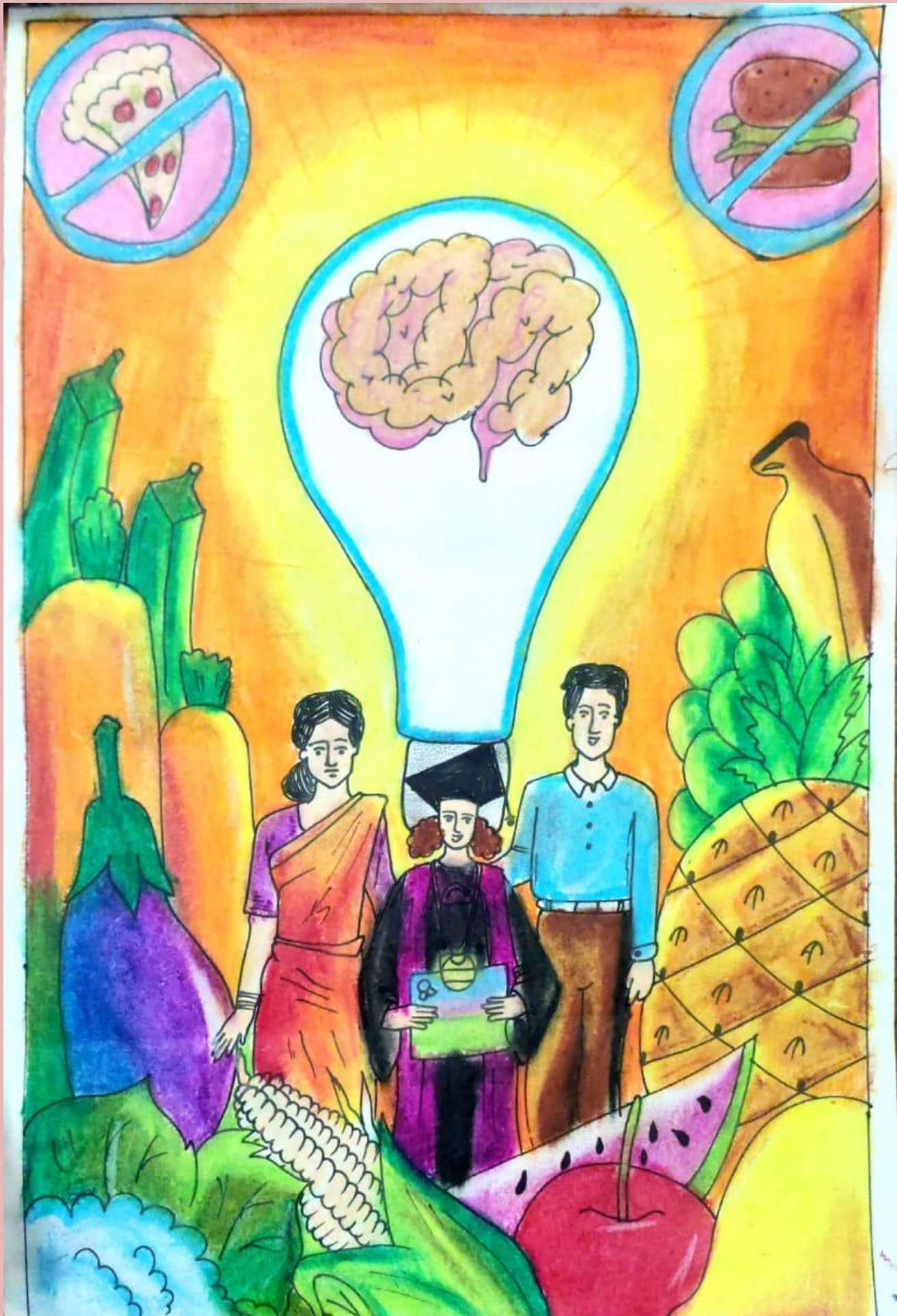
1<sup>st</sup> Position: - Kajal, Prachi, Ruby

2<sup>nd</sup> Position: Yuvraj, Shashikant

3<sup>rd</sup> Position: - (i) (Nishika, Sahiba

(ii) Radhika, Diya, Monika





# NUTRITION

Vitamin A (RETINOL)

Vitamin B (THIAMINE)

Vitamin C (ASCORBIC ACID)

Vitamin D (CALCIFEROL)

Vitamin E (TOCOPHEROL)

Vitamin K (PHYLOQUINONE)



- Nutrients are substances used by an organism to survive, grow, & reproduce.
- Carbohydrates, fibers, fats, protein, mineral, vitamin & water are also included in nutrients.
- Nutrition is the biological & Physiological Process by which organism uses food to support its life.

HEALTHY

V/S

JUNK

EAT  
HEALTHY

AVOID EATING  
JUNK FAST

TO  
STAY  
FIT &  
MAKE  
YOUR

FUTURE HIT



