



# National Nutrition Month 2021

**Department of Community Medicine &  
School of Public Health, PGIMER, Chandigarh**

*Invites you to*

## **Creative Coalition in Poshan Maah: A Convergence of Nutrition Messengers**

**Join us in spreading nutrition awareness via  
your participation.**

### **Competitive Events:**

- Quiz-offline - 02-09-2021
- Social Network Ambassadors - open for all - 05-09-2021 to 18-09-2021
- Poster making (Hindi/English) - upto undergraduate - 08-09-2021
- Poem Recitation (Hindi/English) - upto 12th standard. - 13-09-2021
- Healthy Recipe competition - open for all - 17-09-2021
- Paudhe se Poshan (plantation drive) - photograph sharing
- Valedictory Session (Poshan Awards, e-chaupal, results) - 30-09-2021

### **Tentative Themes:**

Feeding smart right from the start;  
Personalise your plate; safe food for healthy tomorrow.

### **Further information will be updated in WhatsApp group**

**You Tube @SUPOSHAN PGIMER, CHD**

**www.suposhan.net**

**CLICK HERE**

Scan to Register



### **Certificates for participants and best performers**

**Timing: September, 2021**

**Hashtags#**

**Mode: Online**

**#nnm2021; #suposhan; #millets2023**

**No Registration Fee**

### **Contact**

Mobile No.: 8700055011 | suposhanpgi@gmail.com | Register at: <https://forms.gle/FepuMHq3MU2chEe47>





# Social-Network Ambassadors For Nutrition

Organised by  
Department of Community Medicine & School of Public Health,  
PGIMER, Chandigarh

We invite you to become a **SOCIAL-NETWORK AMBASSADOR** during National Nutrition Month, 2021 to **promote nutrition** using social-network platforms.

## Prospective Activities

1. Social network posts (Facebook, Twitter, Instagram, Blog post, LinkedIn)
2. To get information from google about nutritional topics.
3. Creative posts - Meme, Videos, Pics, Drawings etc.
4. Use hashtags - **#nnmpgimer2021**, **#suposhan** & **#millets2023** with each post.

## Learnings:

- Boosting nutrition knowledge.
- Development of creative abilities.
- Social-media handelling.
- Management skills.

Prizes for best performers

Certificates for all participants

**Usages:** Facebook, Twitter, Instagram, Google-blog, LinkedIn, Google drive

**Duration:** Two weeks  
**Mode:** Online

**Available slots:** 50  
**No registration fee**

**Register at**

**CLICK HERE**

**Contact**

suposhanpgi@gmail.com

<https://forms.gle/FePuMHq3MU2chEe47>

Scan to Register

