

Seva Pakhwada" (Service Week)

"Right Nutrition-A Brighter Future for the Nation competition on 24st September, 2025
at Khwaja Moinuddin Chishti Language University, Lucknow



Date: 24st September, 2025

Venue: Rusa Building 1st Floor, Department of Home Science, Khwaja Moinuddin Chishti Language University, Lucknow (UP)

Organizers:

Chief Patron: Prof. Ajay Taneja, Hon'ble Vice Chancellor K.M.C.L.U. Lucknow

Co-ordinator: Dr. Tatheer Fatma, Head and Dean Faculty of Sciences, K.M.C.L.U Lucknow

Organised by: Department of Home Science, K.M.C.L.U. Lucknow, (Faculty: Dr. Tatheer Fatma, Dr. Kalpana Devi & Dr. Kirtima Sachan)

Key Highlights:

- The Department of Home Science at Khwaja Moinuddin Chishti Language University, Lucknow, organized a public speaking competition on the topic of "Nutrition" on 24 September 2025, as part of its "Seva Pakhwada" (Service Week) activities. The theme of

competition on "Right Nutrition – A Brighter Future for the Nation." The program was held under the patronage of the University Vice-Chancellor, Prof. Ajay Taneja and under the direction of the Department Head, Dr. Tatheer Fatma.

- Participants delivered insightful speeches highlighting the importance of nutrition, health, and a balanced diet. The objective of the event was to raise awareness about nutrition among students, explain the benefits of a balanced diet, and encourage the adoption of a healthy lifestyle in society.
- Supervising the program, Dr. Kalpana Devi and Dr. Kirtima Sachan addressed the students, stating, "Nutrition is extremely important not only for physical development but also for mental and social development." During the program, several students from the Home Science Department and other departments presented insightful speeches on various comprehensive topics, including "The social and biological effects of malnutrition," "Balanced diet and its importance in daily life," "The role of micronutrients," "Special nutritional needs of children and adolescents," "Special nutrition for pregnant women," and "The effects of junk food and how to avoid it." These speeches, illustrated with examples, effectively highlighted the importance of nutrition.
- The students' thought-provoking presentations not only connected the audience with the scientific aspects of nutrition but also instilled a sense of social responsibility. In the concluding question-and-answer session, students shared their queries related to nutrition, which were addressed by the faculty. This event was not only an academic exercise for the students but also a creative initiative to spread nutrition awareness in the community. The students' participation, dedication, and the depth of their understanding throughout the event demonstrated that the next generation is not only conscious of its own health but can also become a driving force for health and nutrition awareness in society.
- A large number of students enthusiastically participated in the speech competition. Anam Akmal Khan (Home Science) secured first prize, Mahvish Qadir (CSI Department) second prize, and Jai Shiv Singh Rathore (CSI Department) third prize. All participating students shared their experiences and perspectives on nutrition. The students' remarkable participation and their effective presentation of their experiences and ideas on the importance of nutrition were noteworthy. This program aimed to further enhance nutrition awareness among students. This event stands as a memorable success, both academically and socially, for the department.

Glimpses of the Events



