



Mohamed Sathak College of Arts and Science

(Sponsored by Mohamed Sathak Trust)
Approved by AICTE | UGC | Affiliated to University of Madras
(A Muslim Minority Institution), An ISO 9001:2015 Certified Institution
Sholinganallur, Chennai - 600 119.



DEPARTMENT OF HOME SCIENCE - CLINICAL NUTRITION AND DIETETICS

INTERDEPARTMENTAL COMPETITION REPORT

DAY 3 –NATIONAL NUTRITION MONTH

NAME OF THE EVENT : DAY 3- INTERDEPARTMENTAL COMPETITION REPORT
CRACK FIT, THINK AND LINK & POSHAN NRITYA

DATE : 22th SEPTEMBER 2026.

VENUE : Room no: 123, 217 & 312

PARTICIPANTS : MSCAS Students

ABOUT THE EVENTS

The Department of Home Science – Clinical Nutrition and Dietetics, in association with IQAC, organized Poshan Maah 2026 – Day 3: Interdepartmental Competitions as part of the theme “Dietary Diversity & Adequate Protein.” Three competitions were conducted on **Day 3**, namely **Crack Fit Saval, Think and Link, and Poshan Nritya**. The competitions provided students with an opportunity to assess their Physical fitness level, analytical thinking of nutritional knowledge, and create awareness about importance of nutrition through dance. The **Crack Fit Saval** competition was conducted at 10:00 AM in Room No. 123, with 36 participants. The competition focused on engaging students through nutrition and fitness related challenges, encouraging them to apply their knowledge of healthy lifestyle practices in an interactive manner. The Think and Link competition was conducted at 11:00 AM in Room No.216, with 52 participants. The activity encouraged students to connect nutritional concepts, identify relevant information and demonstrate logical thinking and problem-solving abilities related to nutrition and health. The Poshan Nritya competition was conducted at 12:30 PM in Room No. 312, with 9 participants. Through creative dance performances, participants communicated important messages related to nutrition, healthy food choices, dietary diversity and adequate protein, making nutrition education more creative and engaging. Overall 97 students participated and these competitions also aimed to develop teamwork, confidence, healthy competitive spirit, and awareness of nutrition among students.



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PROGRAM OBJECTIVES

- To create awareness among students about the importance of dietary diversity and adequate protein
- To promote physical fitness, active lifestyles, and the importance of regular physical activity among students.
- To develop students' knowledge of different food items through interactive food identification activities.
- To encourage students to apply their nutrition knowledge through interactive competitions.
- To develop confidence, coordination, and communication skills through physical and cultural activities.
- To promote nutrition awareness through creative dance performances by communicating messages on healthy food choices, dietary diversity, and adequate protein, making nutrition education more engaging and interactive.
- To foster healthy competition, team spirit, and cooperation among students from different departments.

OUTCOME

- A total of 97 students participated in the three interdepartmental competitions.
- Students gained greater awareness of dietary diversity, adequate protein and healthy lifestyle practices.
- Crack Fit Saval encouraged participants to demonstrate their knowledge and awareness of fitness and nutrition.
- Think and Link enhanced students' logical thinking, knowledge application and problem-solving abilities.
- Poshan Nritya provided a creative platform for students to communicate nutrition-related messages through performance.
- The programme strengthened teamwork, creativity, communication and active participation among students.



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CONCLUSION

The Day 3 Interdepartmental Competitions of Poshan Maah 2026 were successfully conducted with enthusiastic participation from students. The three competitions—Crack Fit Saval, Think and Link, and Poshan Nritya provided diverse platforms for students to demonstrate their knowledge, fitness level, creativity skills while promoting the central message of “Dietary Diversity & Adequate Protein.”

The programme successfully combined nutrition education with creativity, interaction and healthy competition, thereby contributing to greater awareness of healthy food habits and lifestyle among students. The enthusiastic participation of 97 students reflected the effectiveness of innovative approaches in promoting nutrition awareness and making Poshan Maah 2026 meaningful and engaging.

DIGNITARIES : Dr. M.S. MOHAMED JAABIR, Principal

Dr. M. SYED ALI, Vice Principal

EVENT COORDINATOR : Dr. S.PADMA PRIYA,

Dean, School of Physical Science & HoD, Home Science-
Clinical Nutrition and Dietetics

COORDINATING MEMBERS : Ms. Syeda Thaiyeba Fathima. & Mrs. R. Sandhiya.

EVENT SCHEDULE : 22rd SEPTEMBER 2026