



AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN
DEEMED TO BE UNIVERSITY ESTD. U/S 3 OF UGC ACT 1956, CATEGORY 'A' BY MHRD (NOW MOE)
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COIMBATORE - 641 043, TAMIL NADU, INDIA



WABA | WORLD BREASTFEEDING WEEK 2024

Department of Food Science and Nutrition

Nutrition Association, Nutrition Society of India, Coimbatore Chapter

&

Dr. Rajammal P. Devadas CHAIR

WORLD BREASTFEEDING WEEK - AUGUST 2024

THEME "CLOSING THE GAP: BREASTFEEDING SUPPORT FOR ALL"

COMPETITIONS

1. PENCIL SKETCHING
2. CROSSWORD / PUZZLE
3. FLIP CARDS
4. E - POSTER MAKING
5. VIDEO MAKING
6. RECIPE BOOKLET - STAFF
(TEACHING & NON - TEACHING)
(10 RECIPES)
7. RECIPE BOOKLET (STUDENTS)
(10 RECIPES)

LAST DATE FOR SUBMISSION - 05.08.2024

**COORDINATORS : DR. S. THILAKAVATHY, ASSOCIATE PROFESSOR
DR. R. BALASASIREKHA, ASSISTANT PROFESSOR**



INSTRUCTIONS

1. PENCIL SKETCHING:

Theme - 'Need for Breastmilk Bank'

- All sketches must reflect the given theme.
- Sketches must be created using pencils only, Use of colored pencils is allowed but avoid other mediums like ink, markers, or paints.
- Sketches must be done on an A3 sheet, Only one side of the sheet should be used.



2. CROSSWORD/PUZZLES:

Theme - 'Breastmilk - Holistic Feed for Infants'

- All crossword puzzles must be related to the given theme.
- Each puzzle must contain a minimum of 15 questions. Attach an answer key with the submission.
- Puzzles must be hand-drawn and neatly presented in A4 Sheet.





3. FLIP CARDS:

Theme - Health Benefits of Breastmilk to Mother'

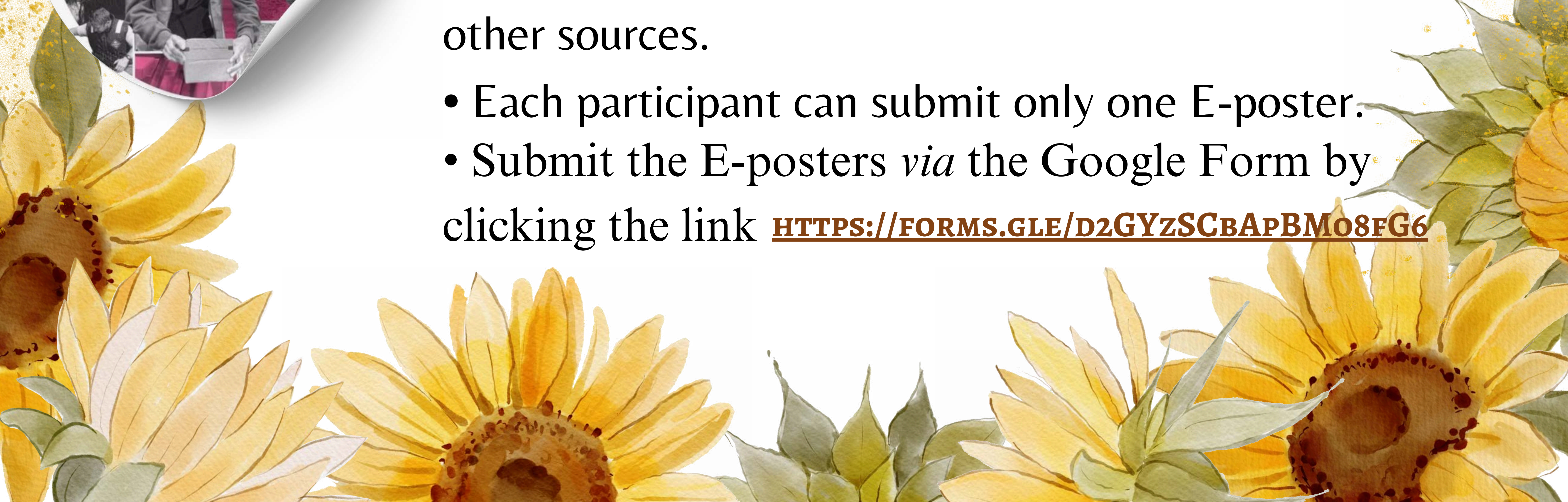
- All flip cards must relate to the given theme.
- Each set must contain a minimum of 10 cards, Cards should be of uniform size (Post Card Size 14×9 cm).
- Each card should have a question or fact on the front and the answer or explanation on the back.
- Images or diagrams are encouraged but must be appropriate and relevant.
- Cards must be hand-drawn and neatly presented. Use durable Material.



4. E - POSTER MAKING:

Theme - ' Why Breastmilk to Infant?'

- All E-posters must reflect the given theme.
- The E-poster should be in digital format (PDF). The file size should not exceed 10MB (9:16 Wide-screen Format).
- Ensure the design is original and not copied from other sources.
- Each participant can submit only one E-poster.
- Submit the E-posters *via* the Google Form by clicking the link [HTTPS://FORMS.GLE/D2GYZSCBAPBM08FG6](https://forms.gle/D2GYZSCBAPBM08FG6)

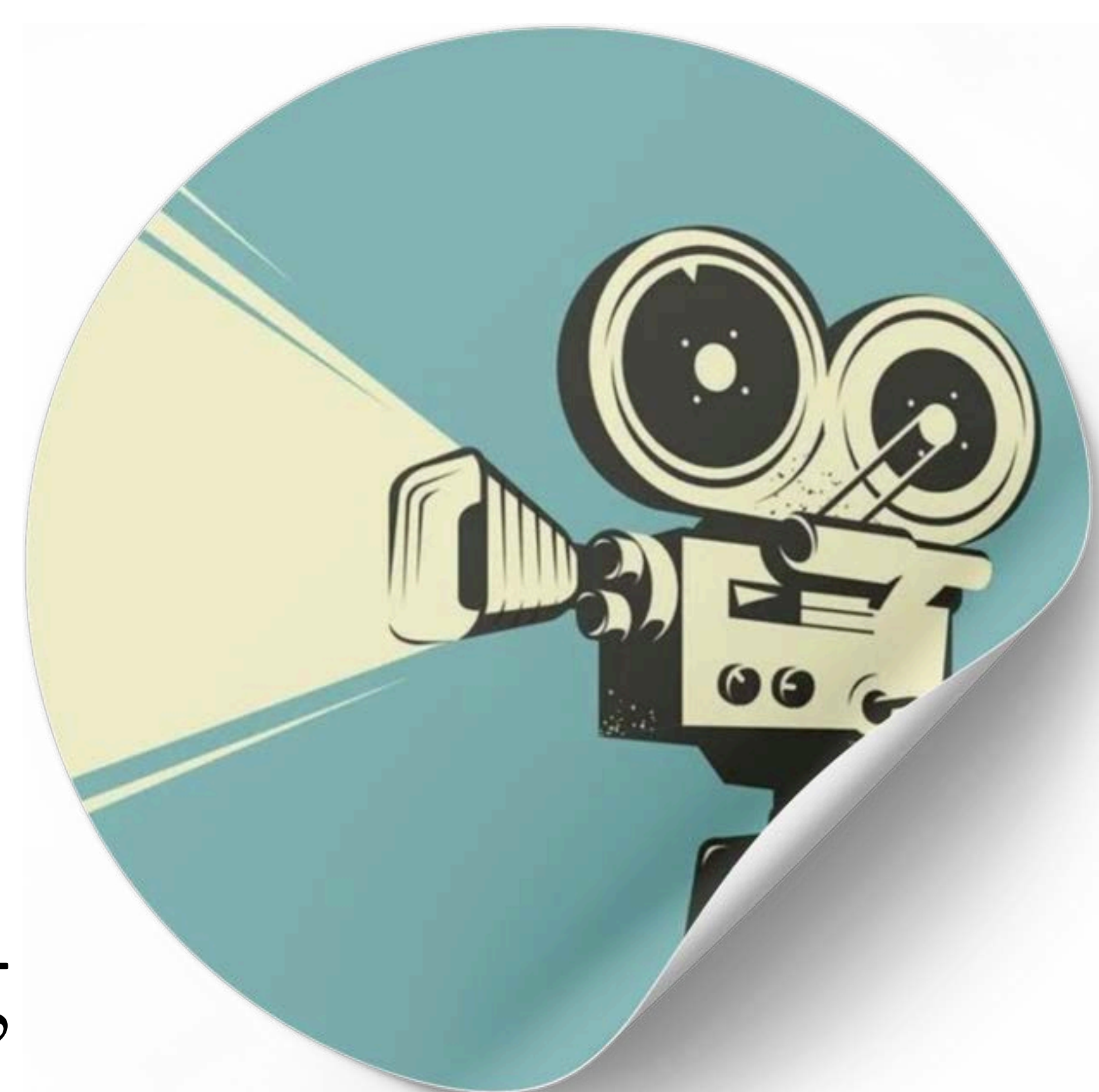




5. VIDEO MAKING:

Theme - 'Awareness on BreastFeeding'

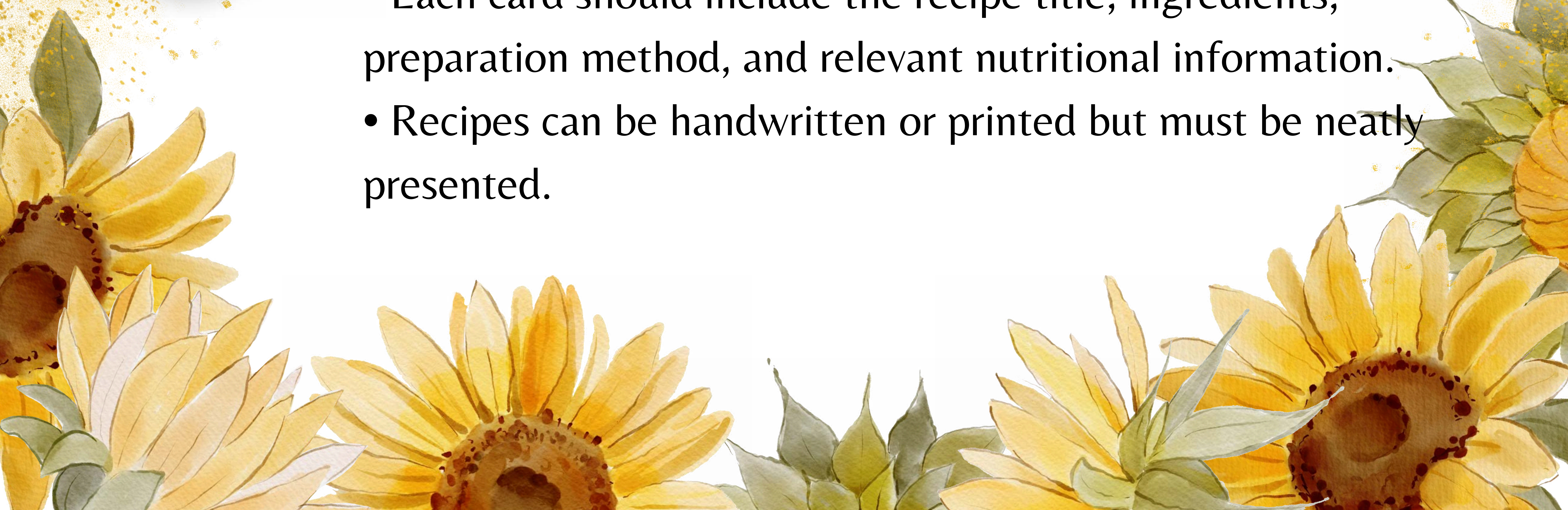
- Videos must reflect the given theme.
- The video should be a maximum of 3 minutes in length.
- The video file size should not exceed 75 MB.
- Each participant can submit only one video.
- Submit the Video *via* the Google Form by clicking the link [HTTPS://FORMS.GLE/9QPofCL5FA75LUBY8](https://forms.gle/9QPofCL5FA75LUBY8)



6. RECIPE BOOKLET:

Theme - 'Traditional Recipes for Lactating Mothers'

- All recipes must relate to healthy and nutritious recipes suitable for the given theme.
- Open to teaching staff, non-teaching staff, and students. Separate categories may be considered for staff and students.
- Each recipe card should be A5 size (half the size of an A4 sheet).
- Each participant must submit a minimum of 10 recipes.
- Each card should include the recipe title, ingredients, preparation method, and relevant nutritional information.
- Recipes can be handwritten or printed but must be neatly presented.





GENERAL INSTRUCTIONS

- Write your name, class, department and contact details on the back of the sheet.
- All submissions must be original and created by the participant.
- All the works must be submitted before 05 August 2024. Late submissions will not be accepted.
- E - Posters & Videos should be uploaded in the respective Links.
- Pencil Sketch, Crosswords, Flip Cards and Recipe Booklet should be submitted before 05 August 2024 at Room No. , Ground Floor, Home Science Block.
- Winners will be announced on 08 August 2024.
- E - Certificate will be provided for all Participants.

LAST DATE FOR SUBMISSION: 05.08.2024

**SUBMIT ENTRIES AT DEPARTMENT OF FOOD SCIENCE AND NUTRITION, ROOM NO.217,
GROUND FLOOR, HOME SCIENCE BLOCK.**

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Disclaimer - The entries provided herein are intended for publication purposes

