

## “HEALTH UTSAV 2022-2023” (Health and Fitness Carnival)



Organized by  
**Department of Biochemistry**  
K. J. Somaiya College of Sci. and Commerce  
(Autonomous)

in collaboration with

**Department of Biochemistry**  
SVKM's Mithibai College of Arts,  
Chauhan Institute of Science & Amrutben Jivanlal  
College of Commerce and Economics (Autonomous)



“**Azadi Ka Amrit Mahotsav**” is an initiative of the Government of India to celebrate and commemorate 75 years of progressive India and the glorious history of its people, culture and achievements. This movement has been initiated by **our Honorable Prime Minister and Home Minister** and it calls upon every Indian to create a youth centric activation for greater outreach of Amrit Mahotsav named ‘Badhe Chalo’, encouraging the youth of the country to come forward and imbibe the true spirit of our democracy and celebrate 75 years of India’s independence with youthful fervor.

**Under the aegis of the same**, it’s a matter of great pleasure to announce that the **Department of Biochemistry of K. J. Somaiya college of Science & Commerce** and **Department of Biochemistry of SVKM’s Mithibai College** has organized a three days intercollegiate Health and fitness carnival **“HEALTH UTSAV 2022-2023”**.

The carnival aims at the interaction amongst the students (schools and colleges) and common public to spread health and nutritional awareness amongst the masses, especially amongst the youth. Various events will be rolled out by the **Department of Biochemistry of K. J. Somaiya college of Science & Commerce** and **Department of Biochemistry of SVKM's Mithibai College of Arts, Chauhan Institute of Science & Amrutben Jivanlal College of Commerce and Economics** in collaboration during the said festival.



On the occasion of **Azadi ka Amrit Mahotsav**, the movement initiated by our **Honorable Prime Minister and Home Minister to commemorate 75 years of Independence**, It's a matter of great pleasure to announce that the **Department of Biochemistry, K. J. Somaiya college of Science and Commerce** has organized "**Health Fair 2022**" on 12<sup>th</sup> December 2022.

On this occasion, the following competitions have been arranged:

- **Poster competition**
- **Health Court (Debate)**
- **Bio Treasure Signalling (Treasure hunt)**
- **Bio Pictionary**
- **Nutritional Bawarchi (Health recipe)**
- **Bio Imagica (Ad Mad show)**
- **Bio Jingle**
- **Logo Competition**

**Venue:** Department of Biochemistry, K. J. Somaiya College of Sci. & Comm, Vidyavihar,  
Mumbai, 400077

**Date & Timings:** 12<sup>th</sup> December 2022, 9.00 A.M. to 4:30P.M.

### **General Rules:**

1. For all the competitions participation is team wise with **TWO** participants per team.
2. All participants are requested to carry their identity cards.
3. The decision of judges will be final & abiding on all participants.

Click here to  
register



**All participants will receive an e-certificate**  
**LOOKING FORWARD TO YOUR ACTIVE PARTICIPATION**

**Dr. Samidha. M. Pawaskar**  
**Head, Department of Biochemistry**

**Dr. Pradnya Prabhu,**  
**Principal**

For any further enquiry,

Please contact us on our Email id: [healthfair.kjsscbiochem@gmail.com](mailto:healthfair.kjsscbiochem@gmail.com)

Or Call/WhatsApp -

Mr. Siddharth Nakhwa: 9702986366

Ms. Shruti Kenjale: 9773393893

Mr. Rounak Parmeshwar: 9167291641

Dr. Ketan Ranade : 9322660738

for online payment : **UPI ID : nakhwasid@okicici or Gpay number : 9702986366**

## General rules of the competitions

**SPECIAL OFFER:**  
**Pay Rs. 100/-**  
**For 2 participants for**  
**ANY 3 EVENTS**

S. No	Activity	Fees for 2 participants in a team	Rules
1	<b>Poster Competition</b>	Rs.50/-	<ul style="list-style-type: none"> <li>The size of poster should not exceed 25 X 30 inches.</li> <li>The poster should be prepared (in English &amp;/or Hindi/Marathi) and headed with title and name of authors, not mentioning the name of College.</li> <li>Participants will be required to put up the posters in the morning at 8:30am. The required stationary to put up the posters (eg; Two way sticking tapes, pins, etc.) should be brought by the participants.</li> </ul> <p>Topics for School students / Jr. College:</p> <ol style="list-style-type: none"> <li>Eco-friendly sustainable development for India in the year 2047</li> <li>Recent trends in green and white revolution.</li> <li>Future of Food/Health sciences in India</li> <li>Techniques to handle peer pressure</li> <li>Occupational hazards on health</li> </ol> <p>Topics for UG / PG:</p> <ol style="list-style-type: none"> <li>Vedic science and artificial intelligence</li> <li>Nobel laureates of India</li> <li>Indian traditional Knowledge for Universal wellness (Mind, Body, Soul)</li> <li>Post COVID Psychological and Physiological health issues</li> <li>Nutritional diet for soldiers</li> </ol>
2	<b>Health Court</b>	Rs.50/-	<ul style="list-style-type: none"> <li>Convince the health experts to go your way in the health court. Topics would be given on the spot. The teams qualifying in the preliminary round would be participating in the final round.</li> </ul>
3	<b>Bio Treasure Signalling</b>	Rs.50/-	<ul style="list-style-type: none"> <li>Find your way to reach a health treasure in 90 minutes</li> </ul>
4	<b>Nutritional Bawarchi Healthy starters (Vegetarian only)</b>	Rs.50/-	<ul style="list-style-type: none"> <li>The theme is <b>“Celebrate Health with the world of flavours”</b>.</li> <li>Participants should come with core dish - <b>healthy starters</b>, (already prepared).</li> <li>They will be given 25-30 minutes to complete and plate out their preparation.</li> <li>Participation should bring along the nutritional importance of that dish.</li> </ul>
5	<b>Bio Pictionary</b>	Rs.30/-	<ul style="list-style-type: none"> <li>One of the team member would have to draw the picture of the given health related word which the other team member has to identify.</li> </ul>
6	<b>Bio Imagica (Ad mad)</b>	Rs.30/-	<ul style="list-style-type: none"> <li>Participants will be required to create &amp; enact an Advertisement, based on the health-related product given to them on the spot.</li> <li>Time: 30 minutes for the preparation of the Ad. &amp; 3 minutes to actually enact it.</li> </ul>
7	<b>Bio Jingle</b>	Rs.30/-	<ul style="list-style-type: none"> <li>There will be only one round for Bio-Jingle and the Jingle can be made prior indicative of the theme <b>“Celebrate Health with the world of flavours”</b>.</li> <li>Participants, if required, should bring their own musical instruments for playing the Bio Jingle.</li> </ul>
8	<b>Logo</b>	Rs.30/-	<ul style="list-style-type: none"> <li>You can imagine some name for your company/food start-up and prepare the logo accordingly.</li> <li>Logo should be in high resolution in JPEG/ PNG format or PDF.</li> </ul>

Organized by

Department of Biochemistry

K. J. Somaiya College of Sci. and Comm

on

12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> December 2022

**Venue:** Gargi plaza, Somaiya Vidyavihar campus, Vidyavihar, Mumbai, 400077

**Date & Timings:** 12<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> December 2022 9.00 A.M. to 4:30 P.M.

**Theme: "We are what we eat – Let the food be your medicine"**

Exhibition on Health, Food science, Nutrition & Dietetics will be rolled out for increasing general awareness about the health and healthy food habits. The topics that would be covered are briefed as follows :

**General nutrition and Thali concept:**

- |   |   |
|---|---|
| 1) Balanced diet (Indian thali)             | 2) Traditional diet vs modern food habits |
| 3) Staple diet concept (regional variation) | 4) Concept of organic & GM foods, etc.    |
| 5) Seasonal variations in food habits       |   |

**Life span nutrition:** Nutrition for different age groups (Infant & children, adult, old age, Nutrition during Pregnancy & Lactation, Menopause)

**Life style disorders and nutrition:** Nutrition for today's Lifestyle & the related disorders like diabetes, cardiovascular disorders, obesity, thyroid, cervical cancer, breast cancer, acidity, liver disorders, osteoporosis, kidney disorders etc.

**Food science and nutrition :**

- |                           |                             |
|---------------------------|-----------------------------|
| 1) Aspects of food safety | 2) Food preservation        |
| 3) Food spoilage          | 4) General food hygiene     |
| 5) Food allergy           | 6) Food adulterations       |
| 7) Food laws              | 8) Science in kitchen, etc. |

**Stress and stress management:** Types, causes & management. Alternate holistic healing methods e.g. yoga, meditation, aroma therapy, etc.

**Total body fitness :**

- |   |  |
|---|--|
| 1) Overall body fitness                               | 2) Effect of overdose & self-medication  |
| 3) First aid and emergency treatment                  | 4) Importance of annual health check-up, |
| 5) Disorders & their relevant biochemical tests, etc. | 6) Career options in health & Nutrition  |

**All The visiting schools / colleges will receive an e-certificate**  
**LOOKING FORWARD TO MEET YOU**

Click here to  
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**Head, Department of Biochemistry**

**Dr. Pradnya Prabhu,**  
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Organized by

Department of Biochemistry

K. J. Somaiya College of Sci. and Comm

on

13<sup>th</sup> & 14<sup>th</sup> December 2022

Venue: Seminar hall, K. J. Somaiya College of Sci. & Comm, Biochemistry, Vidyavihar, Mumbai, 400077

Date & Timings: 13<sup>th</sup> & 14<sup>th</sup> December 2022 10.00 A.M. to 4:00 P.M.

Date	Name of the speaker	Topic	Timing
13-12-2022	Dr. Sushma Sonavane (Psychiatrist)	Seminar on "Stress, Distress & Destress"	10.00 am - 11.00 am
	Dr. Rohan Nashikkar (Consultant Oral Surgeon) Dr. Prachi Deval (Consultant Prosthodontist)	"Renew Your Smile : Delivery at your doorstep"	11.00 am – 12.00 noon
	Dr. Vrunda Morepatil (Ophthalmologist)	"Better Eyes for a better life"	12.00 noon - 1.00 pm
	Mr. Hemant Parab (Certified Counsellor and Corporate Coach)	Workshop on "Personal excellence – Behaviour/ Communication/Stress management"	2.00 pm - 4.00 pm
14-12-2022	Dr. Chetan Vedpathak (Ayurvedic doctor/ Vaidya)	Panel discussion "Health and Fitness"	10.00 am - 12.00 noon
	Dr. Geeta Ibrahim (Biochemists/ Nutritionist)		
	Ms. Kshitija Sawant (Psychologist)		
	Ms. Dhanashri Khedekar Kale (Dietitian)		
	Dr. Rohan Kesarkar (Asst. Professor, Healthcare Management)	Seminar on Career Prospects of Healthcare Management	2.00 pm - 3.00 pm
	Mr. Narasimha Bhat (Empanelled trainer of FSSAI)	Career Prospects in Food Safety Regulatory Compliance	3.00 pm - 4.00 pm

All the participants attending full symposium (online/offline) will receive an e-certificate  
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