



NUTRITION WEEK

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NATIONAL NUTRITION WEEK CELEBRATION

RG Hospitals, Marked The Observance Of National Nutrition Week Across All Units During The Initial Week Of September. The Focus Of The Week Centered Around The Theme, "Healthy Diet Going Affordable For All." The Dietetics Department At Each Unit Orchestrated A Range Of Activities Aimed At Commemorating Nutrition Week And Promoting Awareness About The Significance Of A Healthy Diet.

These Activities Encompassed A Poster Making Competition Highlighting Aspects Of Healthy Diet & Nutrition, A Quiz And Blindfold Food Tasting Competition, & A Food Competition Centered Around Crafting Healthy & Tasty Recipes At An Affordable Cost. The Various Engagements Aimed To Instill A Sense Of Consciousness And Understanding Regarding The Importance Of Nutrition And Accessible Healthy Eating Practices.

NATIONAL NUTRITION WEEK CELEBRATION



RG Hospitals, Khar Organized Various Activities, Categorized Into Individual & Group Competitions. The Winners Of The Group Activities Include Dr. Pankti, Ms. Prema, Bhagyashree (Sister), & Rajni (Sister) Who Secured The First Prize In The Quiz Competition. The Second Prize Went To Dr. Sanjay, Mr. Hassan, Ms. Pallavi, & Ms. Nikhita, While The Third Prize Was Claimed By Mr. Gazal, Ms. Sushma, Ms. Shweta, & Ms. Nikhita In The Same Competition. In The Cooking On A Budget Contest, The First Prize Was Awarded To Ms. Nima, Ms. Shweta, Gazal, & Ms. Sushma, Followed By Anita (Sister), Mr. Zende, Ms. Tejashree, & Ms. Ranjana In The Second Position, & Ms. Anudhini, Ms. Priyanka, & Ms. Ankita Securing The Third Prize.

Moving On To Individual Activities, Aditi (Sister) Clinched The First Prize In The Blindfold Challenge, With Dr. Mufid & Ms. Nima Securing The Second & Third Prizes, Respectively. In The Poster Making Competition, Mr. Mahadev Secured The First Prize, Ms. Nikhita Took The Second Prize, And Susmita (Sister) Earned The Third Prize.



NATIONAL NUTRITION WEEK CELEBRATION

 **PITAMPURA**

In The Blindfold Event, The 1st Prize Was Secured By Chitra Thomas (Nursing Incharge) & Indu (OT Tech). Reena (Supervisor) & Malka (Front Office) Claimed The 2nd Prize, While The 3rd Prize Went To Reena (Admission), Sushmita (Nursing), & Meera (IPD).

The Affordable Cooking Competition Saw Poonam (Nursing) Clinching The 1st Prize, Followed By Monika (Nursing) In The 2nd Position, & Brijesh (Nursing) & Nisha (Nursing) Jointly Securing The 3rd Prize.

In The Poster Making Competition, Seema (Nursing) Bagged The 1st Prize, Simran (Nursing) Took The 2nd Prize, And Reena (Admission) Was Awarded The 3rd Prize.



NATIONAL NUTRITION WEEK CELEBRATION

 **GAGAN VIHAR**

Discovered Nutritious And Delicious Recipes At A Pocket-Friendly Cost In Our Healthy & Tasty Recipes Food Competition.

Congratulations To The Winners:

1st Prize - Ms. Dolly | 2nd Prize - Ms. Khushi | 3rd Prize - Ms. Anita

Experienced The Thrill Of Blindfold Food Identification.

Kudos To The Champions:

1st Prize - Ms. Hema Rawat | 2nd Prize - Mr. Yashpal

In The Poster Making Competition, Creativity Soared High.

Cheers To The Victors:

1st Prize - Ms. Khushi & Mr. Raunak | 2nd Prize - Ms. Rubina



NATIONAL NUTRITION WEEK CELEBRATION

 **KOLKATA**

RG Hospitals, Kolkata Recently Hosted A Food Competition Featuring Healthy & Tasty Recipes At An Affordable Cost. The Winners Were Ms. Pinki Mondal (1st Prize), Ms. Jeshmine Debbarma (2nd Prize), And Ms. Suparna Das Along With Ms. Asha Debnath (3rd Prize).

Another Engaging Event Was The Blind Fold Food Identification And Quiz Competition. Securing The Top Positions Were Mr. Indrajit Maji And Ms. Sanjukta Chatterjee (1st Prize), Followed By Ms. Debanjali Joardar And Ms. Ananya Mukherjee (2nd Prize), And Mr. Amritendu Mullick Along With Mr. Dibyendu Ghosh (3rd Prize).

The Excitement Continued With The Poster Making Competition, Where The Winning Entries Were Crafted By Ms. Sanjukta Chatterjee (1st Prize), Ms. Sabita Halder (2nd Prize), And Ms. Jeshmine Debbarma (3rd Prize).



NATIONAL NUTRITION WEEK CELEBRATION

 EAST OF KAILASH

A- Blind Fold Food & Aroma Tasting Winners:

1st Prize: Ms. Ginni Sapra | 2nd Prize: Ms. Anju Bakshi | 3rd Prize: Ms. Neha

B- Poster Making Competition Winners:

1st Prize: Mr. Atul | 2nd Prize: Mr. Dinesh | 3rd Prize: Mr. Vijay

C- Healthy Recipes On A Budget With Good Nutritive Values (Calculated By Dt. Payal) Participants:

1 - Remya Sister, 2 - Mr. Umed, 3 - Ms. Pooja, 4 - Hansi Sister, 5 - Ms. Shilpi
6 - Mr. Vijay, 7 - Ms. Chandni, 8 - Mr. Ajay, 9 - Mr. Vikram



NATIONAL NUTRITION WEEK CELEBRATION

 LUDHIANA

A. The "Nutrition Quiz Show" Featured Four Teams, Namely Taste Makers, Cooking Kings, Flavour Queens, & Spice Masters, Each Comprising Four Members.

The Quiz Consisted Of Four Rounds:

Round 1 - "Who Is Nutrigenious": This Round Included Multiple - Choice Questions Related To Nutrition.

Round 2 - "Who Is Spice Master": Participants Engaged In Blindfolded Aroma Testing.

Round 3 - "Brainy Bites - Donut Give Up": Participants Deciphered Various Riddles To Identify Food Items.

Round 4 - "Act Foodie": Teams Played Dumb Charades To Act Out Food Items To Their Teammates.

B. In The Healthy And Tasty Recipes @ An Affordable Cost Food Competition, The Winners Were As Follows:

1st Prize - Team "Taste Makers" (Members: Ms. Rajni, Ms. Mandeep, Ms. Navdeep, & Ms. Meenakshi)

2nd Prize - Team "Cooking Kings" (Members: Dr. Harsh, Dr. Rocky, Mr. Parth, & Ms. Jaspreet Kaur)

Healthy Recipe @ Affordable Cost Winners:

Mrs. Daljeet Sethi (Front Desk) | Ms. Meenakshi (OPD Coordinator)



NATIONAL NUTRITION WEEK CELEBRATION

 **FARIDABAD**

At RG Hospitals, Faridabad, A Poster Making Competition Concluded With Ms. Radha From The OT Staff Securing The First Prize, Followed By Ms. Meenal From The Front Office In The Second Position, And Ms. Amita From The Nursing Department Clinching The Third Prize.

In The Healthy & Tasty Recipes At An Affordable Cost Food Competition, Ms. Ranjini, The Nursing Incharge, Claimed The Top Spot, With Ms. Jintu From The Nursing Team Securing The Second Prize, And Ms. Savitri From The Nursing Department Securing The Third Prize.



NATIONAL NUTRITION WEEK CELEBRATION

 **RAJOURI GARDEN**

At RG Hospitals, Rajouri Garden, The Blind Fold Food Identification Contest Saw Ms. Kashish Sethi Clinching The Top Spot, With Dr. Nandita Securing The Runner-Up Position. In The Poster Making Competition, Ms. Sanya Emerged As The Winner, Followed By Ms. Tabassum & Sumit Sharma In Second Place, And Mr. Basant In Third. The Quiz Competition Was Dominated By Mr. Arvind Yadav, Who Emerged As The Undisputed Winner.



COMMUNITY CONNECT



RG Hospitals, Khar Celebrated National Nutrition Week With A Seminar Focused On Women's Health & Nutrition. The Event, Organized By RG Khar, Hospitals, Covered Essential Topics Like Pregnancy, Menopause, Perimenopause, Personal Hygiene, Fitness, & Weight Loss. Dr. Rutuja Kolekar, Consultant Gynaecologist, & Dr. Saba Shaikh, Dietician Nutritionist, Conducted The Program. Over 30 Participants Actively Attended The Informative Session.



NATIONAL NUTRITION WEEK CELEBRATION

 CHENNAI

RG Hospitals, Chennai Celebrated National Nutrition Week With Various Engaging Activities:

Quiz Competition Winners:

Ms. Sandhiya | Ms. Celine Mary | Ms. Sudha | Mr. Pavithran

Poster Making Competition Winners:

1st - Dr. Thilagavathi | 2nd - Ms. Priyanka | 3rd - Ms. Krishnaveni

Healthy & Tasty Recipes @ An Affordable Cost Food Competition Winners:

1st - Ms. Geetha | 2nd - Ms. Arivu Mozhi | 3rd - Ms. Valarmathi



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OUR SPECIALITIES

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- Uterus Prolapse
- Ovarian Cysts
- Endometriosis
- Ectopic Pregnancy
- Female Infertility
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- Cosmetic Gynaecology

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- Overactive Bladder
- Post Delivery Urinary Problems
- Interstitial Cystitis
- Voiding Difficulty
- Urinary Tract Infections
- Painful Bladder Syndrome
- Neurogenic Bladder
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