

# CALCIUM RICH RECEIPE CONTEST

#### **TOTAL ENTRIES:-** 38

JUDGES-FOOD & NUTRITION DEPT.-M.S. UNIVERSITY -BARODA

1.Prof. Vanisha Nambiar

2.Ms. Nikita Wadekar -AP

3.Ms. Keshvi Pandya - AP

4.Ms. Kama Jam - AP

DR. PUSHPA SETHI

**PRESIDENT-IMS** 

DR. ARTI GUPTA

**GENERAL SECRETORY-IMS** 

DR. BINAL SHAH

NATIONAL CHAIRPERON

IMS CLUB 35+ PUBLIC AWARENESS COMMITTEE

#### WINNERS OF RECIPE WITH DAIRY PRODUCTS

## DR. A GEETHALAKSHMI - CHENNAI MENOPAUSE SOCIETY RECIPE -DAHI PANEER KABAB



#### 2ND PRIZE

### DR. TEJAL SHAH - SURAT MENOPAUSE SOCIETY RECIPE -MENOPAUSE MUNCHIES



#### 3RD PRIZE

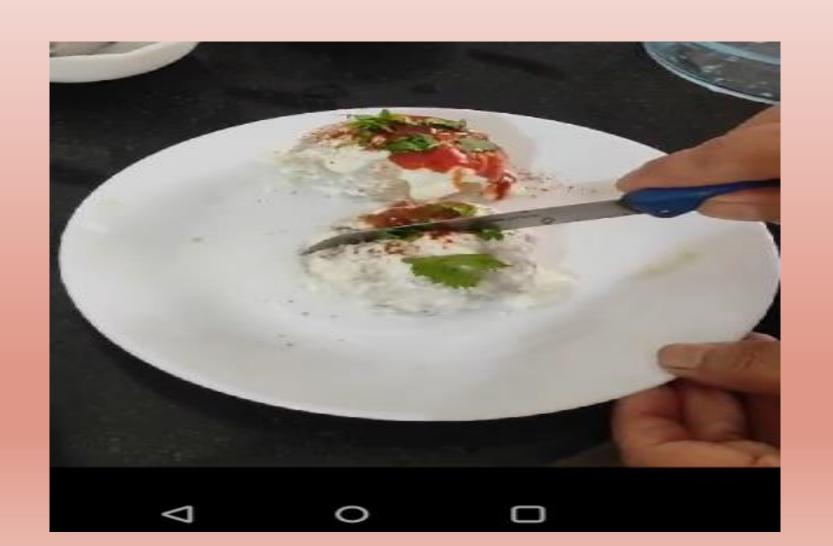
DR. VARSHA PRAPANNA - VADODARA MENOPAUSE SOCIETY RECIPE- RICE PHIRNI PUDDING



## DR. NILAM PATEL -SURAT MENOPAUSE SOCIETY RECIPE -AMARANTH KHEER



## STH PRIZE ANITA DUBEY - JABALPUR MENOPAUSE SOCIETY RECIPE -CUCMBER DAHIWADA



#### RESULTS OF RECIPE WITHOUT DAIRY PRODUCTS

#### 1ST PRIZE

### DR. RANJAN PAREKH - VADODARA MENOPAUSE SOCIETY RECIPE -CALCIUM RICH ENCHILADA



#### **2ND PRIZE**

### DR. SARLA NIHLANI - RAIPUR MENOPAUSE SOCIETY RECIPE -CALCIUM RICH PIZZA



#### **3RD PRIZE**

DR. SAKSHI VAISHAMPAYAN - JABALPUR MENOPAUSE SOCIETY RECIPE -RAGI TOFU HONEY DELIGHT



#### 4<u>TH PRIZE</u> SHIVALI TANDON - NOIDA RECIPE -SOYA KABAB



# DR. SUJATA EDIBAM - SURAT MENOPAUSE SOCIETY RECIPE- CALCIUM SALAD BOWL



#### APPRECIATION RECIPE - NON VEG (EGG)

# MISS MARY MAGDALENE SANTA S & DR. JAYSHREE GOPAL -CHENNAI MENOPAUSE SOCIETY RECIPE- DAHI RAGI PANIYARAM

