

STALLS ON  
'1<sup>ST</sup> COME 1<sup>ST</sup>  
SERVE'  
BASIS

First time in the history of Daman

UT Administration of Daman and Diu is organizing

"POSHAN MELA" A Nutrition Festival!!

FREE  
ENTRY

1. Healthy Cooking Competition: Calling all cooking experts in the following categories of: 1. Post Pregnancy food, 2. Regional Cuisines, 3. Cuisines of Daman
4. Healthy Tiffin

"Each category will have attractive cash prizes"

\*\*NOTE – No chaats, No Fast Food, No Junk Food

2. Fancy dress competition for Children below 6 yrs to dress up as Fruits and Vegetables
3. Counseling by Nutritionist on Healthy Diet

Entertaining  
Cultural  
program by our  
Youth of Daman

Hurry.. Entry Closes by 18<sup>th</sup> September, 2018

Fun, Food, Frolic, Entertainment

Free entry for all to enjoy the Mela!!

Know your BMI  
Get yourself  
tested for  
Anemia &  
Sugar

Save the date!!

22<sup>nd</sup> September 2018  
Venue : Moti Daman Jetty  
Time : 04:00 PM onwards

For application forms and other details Contact 1.Ms. Ekta- 7383500145 2. Ms. Himani-7574829803



**'POSHAN MELA' on 22<sup>nd</sup> September 2018**

**Application Form**

Sr.no	Details	Description
1.	Name:	
2.	Address:	
3.	Telephone number	
4.	Category	
5.	Name of Dish:	
6.	Any History/Religious story/Belief associated with the dish:	
7.	Ingredients:	
8.	Nutritional Values:	
9.	Cost per servings:	
10.	Any other information related to dish:	