



“येथे बहुतांचे हित”

MARATHWADA MITRA MANDAL'S  
**COLLEGE OF COMMERCE**

Affiliated to Savitribai Phule Pune University, Re-Accredited by NAAC with “A” Grade  
ISO 9001:2015 Certified, Awarded as Best College by Savitribai Phule Pune University

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**NOTICE**

16/01/2025

We are thrilled to announce “**The Healthy Bowl Competition**” for all the students! This exciting event challenges participants to create nutritious, balanced, and innovative meals without using any open flames or heat sources. Show off your skills and creativity while promoting healthy eating!

Date: 22/01/2025

Time: 9.00 am to 10.00am

Venue- Hall No 3, Commerce Building

**Competition Guidelines: Theme: Prepare a healthy, nutritious bowl meal (e.g., salads, grain bowls, smoothie bowls, etc.) with no use of open flames, stovetops, or any traditional cooking methods that require heat.**

- All participants must bring their own ingredients and necessary tools (e.g. bowls, utensils and cutting boards).
- The competition will follow strict health and hygiene protocols.
- Participants must ensure their final dish is ready for tasting and presentation within the given time.
- Eligibility: Participants can compete individually or in teams (maximum 2 members per team).
- Ingredients: You are encouraged to use fresh, wholesome and nutritious ingredients. No processed foods allowed.
- Judging Criteria:
  - Taste
  - Creativity
  - Health Factor (nutritional value, balance of ingredients)
  - Presentation
  - Sustainability (use of eco-friendly and minimal waste practices)

Registration Link / QR Code: <https://forms.gle/iXSumqHdt7yxSWLMA>



This competition provides a great opportunity to showcase your cooking talents, discover new healthy ingredients, and promote wellness. Let's make healthy eating fun and creative!

**For more details or enquiries, please contact.**

Jay Palimkar- 9022037391

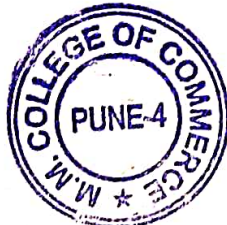
Aishwarya Kulkarni-8669976609

Aarya Pandhare- 8446448698.

Last date for registration is 21/01/2025

*Murali*

Cultural Coordinator



*[Signature]*

Principal (I/C)