

S.D Mania Manaviyalaya Narwana

**National service scheme  
Home Science & Physical Education Department**

**Are  
Organising  
National level Online speech Competition**

**"राष्ट्रीय पोषण माह"**

### Rules

Mode of Participation is fully online.  
Students from any stream or Class can participate  
Decision of judges will be final and binding  
Winners will be awarded e-certificate and cash prize  
Time limit for speech video is 4 to 5 minutes  
Mention your full personal details  
Result will be declared on 28-09-2022

Topics for speech competition -

1. Effect of fast food on youth.
2. Players & Nutrition
3. Anime and nutritional diet in girls
4. Effect of Microwave on food
5. symptoms of healthy human development
6. Balance diet.

Send your entries at  
[sdmmvnrw@gmail.com](mailto:sdmmvnrw@gmail.com)  
last date 26-09-2022

For queries  
contact 9416802554

**Dr. Anjana Lohan (Principal)**  
**Dr. Shallu Sachdeva (NSS Programme Officer)**  
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**Ms. Manisha (Phy. Edu department)**  
**Ms. Reena (Home Sc. Dept.)**