



**INTEGRAL
UNIVERSITY**

**A⁺ ACCREDITED
BY NAAC**

**NABH
ACCREDITED
820 BEDDED HOSPITAL**

**NABL
ACCREDITED
LABS**

**ICAR
ACCREDITED
AGRICULTURE PROGRAM**



Faculty of Pharmacy, Integral University, Lucknow

Organizes

Pharma Nutrition: Fireless Delight

Objective:

To provide a platform for students to integrate pharmaceutical knowledge with practical health management.

On the occasion of

World Pharmacist Day, 2025

Theme: "Think Health Think Pharmacist"

Guidelines for Participants:

- Each recipe should focus on the management of a specific disease condition (e.g., diabetes, hypertension, etc.)
- Students can prepare a variety of dishes without using fire, such as salad, sandwiches, smoothies, energy balls, etc. (**no flame or induction**)
- Student can use equipment such as mixer, chopper, blender etc.
- **Team size:** Max 2 members; **Max 10 teams** allowed.
- A chart/poster (A4 size) should be prepared along with the recipe, during competition, explaining: The name of the dish, the List of Ingredients, Nutritional significance, and Relevance to the selected disease condition.
- Participants should bring their own ingredients and utensils.
- Time allotted for preparation and presentation: **45 minutes**.
- All students must wear a clean apron during competition.
- All participants will get certificate.

Venue: U-Block, First Floor, Faculty of Pharmacy, IU

Google Form Link: <https://forms.gle/dVCer4FnJGrhQs3VA>

Co-coordinator Details

Dr. Gazala Noor

Ms. Arzoo Khanam

Ms. Nargis Ara

Ms. Archita Kapoor

Mr. Shahnawaz

Mr. Syed Mehdi Hasan Zaidi

8840925714

7985855754

9621915957

8853532663

8601128381

7379250373