

Ahmedabad Obstetrics & Gynecological Society



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We Are What We Eat



"Yatha Annam Tatha Mannam,"
which means that mental and
intellectual development is directly related to
the quality of our food intake.

As India celebrates **September** as

Poshan Maah / Nutrition Month

Please send your entry in the

Healthy Food Competition of AOGS

Details are as follows :

1. Entrant must be a member of AOGS
2. Your HEALTHY Recipe should be either an appetiser/ main course/ desert/ breakfast ...ie from soups to scoops
3. Only vegetarian and vegan items
4. Three prizes in each category of Male and female entry
5. Send detailed recipe along with ingredients and along with pics and video while preparing the dish (maximum 6 pics and 1 video of up to 15 MB)
6. Photographs of final dish to accompany the mention about health benefits
7. Please send your entry with your **name and contact details before 9 pm on 15 September 2020** on following email : healthyaogs@gmail.com

Hurry...!!

*It's Time to showcase your
culinary skills*

Program Co-Ordinators :



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Dr. Rajal Thaker
President



Dr. Sunil Shah
Hon. Secretary
And
Team AOGS 2020-21

