



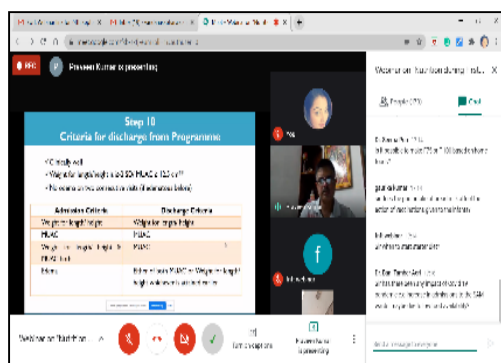
## Academic festival

### DEPARTMENT OF FOOD & NUTRITION AND FOOD TECHNOLOGY

The Academic Fest Month for The Department of Food & Nutrition and Food Technology is the National Nutrition Month, better known as '*Poshan Maah*' which is celebrated every year throughout the month of September. The FNFT department organized several activities such as webinars, competitions and online community outreach programs during the month of "*Poshan Maah*" in September 2020.

#### Webinars

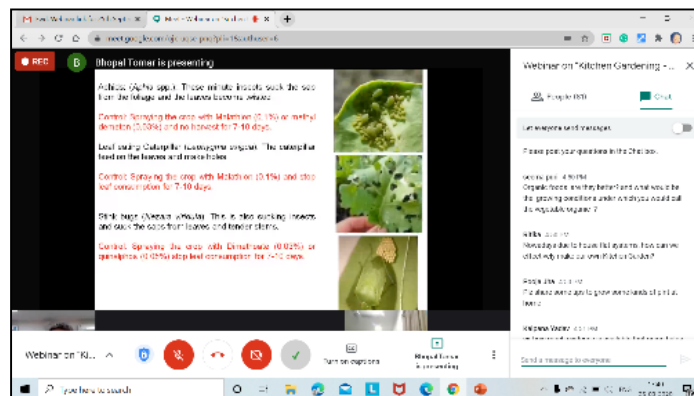
- A webinar was organized on "Nutrition during first 1000 days and severe acute malnutrition" on 24<sup>th</sup> September 2020. The invited speakers were Prof. A. K. Rawat (National Technical Expert, Project Planning and Monitoring Unit - KSCH, New Delhi) and Dr Praveen Kumar (Paediatrician, KSCH, New Delhi). Prof. Rawat emphasised the importance of good health and nutritional status of the mother not only during ante-natal and post-natal period but also even before she conceives. And then the benefits of nutrition in the first 1000 days of life were highlighted. Dr Kumar shared his in-depth knowledge and hands-on experience with children suffering from Severe Acute malnutrition, which is one of the top-priority agendas of the government under PoshanAbhiyaan. He extensively dealt with the causes, consequences, detection, treatment modalities and management of SAM at different levels - hospital and home. It was brought out quite clearly why and how the children suffering from SAM should be dealt with in a very different way.
- Second in the series of webinars was one on "Kitchen Gardening – A sustainable option for health and nutrition". The speaker, Dr B.S. Tomar (ICAR, Pusa) emphasized the importance and miracle of kitchen gardening in changing the present scenario of nutrient deficiencies in our population. He emphasized that kitchen gardening should be taken up on priority basis to address the micronutrients deficiencies. He dealt with the different aspects of kitchen gardening quite extensively.





## Slogan Writing Competition

The Department of Food and Nutrition and Food Technology, IHE organised an Inter College Slogan writing competition as part of POSHAN MAAH Celebrations, 2020. The theme was "FIRST 1000 DAYS OF LIFE". The contest was open to undergraduate and post graduate students. We had 90 entries from different colleges all over India. The slogan committee shortlisted 30 entries from the 90 received for the second round of evaluation. The first prize was secured by Nisha (Vivekananda College), Aman Yadav (Bhaskaracharya College of Applied Sciences), Kalpana Yadav (IHE), Sarita Chandrakant Gaikwad (St George's Hospital) and Nisha Varma (IHE) secured the second, third, fourth and fifth positions respectively. The winner slogans have been uploaded on the IHE college website.



## Quiz Competition

Department of Food and Nutrition and Food Technology, Institute of Home Economics conducted a Quiz competition on 24<sup>th</sup> September 2020, 1 p.m. The theme of the quiz 'NUTRIQUOTIENT' was SAM and first 1000 days. Twenty questions were asked to test the knowledge of concepts SAM (Severe Acute Malnutrition) and first thousand days of life. It was a national-level time-bound quiz competition for students. We received 644 entries from different colleges and universities of India. On the day of competition, 252 registered participants completed the quiz in the given time limit of 15 minutes. Out of 252 successful participants seven scored full marks. Winners were declared according to the time taken to attempt the quiz. Top three winners were Gauri Bhatnagar (Institute of Home Economics, University of Delhi), Swati Dwivedi (Institute of Home Science Khandari Campus Agra) and Shailja Sharma (Lady Irwin College University of Delhi).

## Show what you grow – A selfie

In view to celebrate the 'POSHAN MAAH', the Department of Food and Nutrition and Food Technology, Institute of Home Economics, Delhi university organized a photography competition titled "Show what you grow" – A healthy selfie campaign. The purpose of the competition was to inculcate the importance of kitchen garden and provide students an



opportunity to participate in an inter-college event. That said, the kitchen garden has never been more valuable. Often separate from the ornamental garden, a kitchen garden comprises

fruit, vegetables, greens and micro greens, and in India, we often see them on balconies, window sills, terraces or even inside a room. In the case of the lockdown, it boosts your household's access to fresh food while keeping you at home.

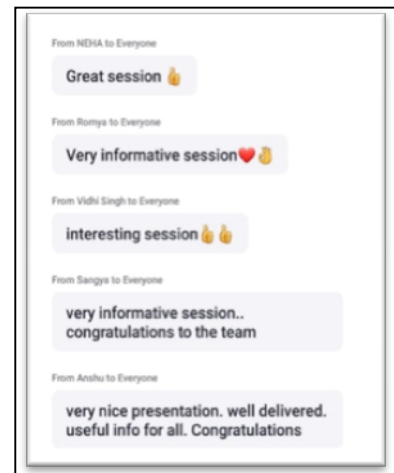
The competition started in mid of September with the explanation of rules and regulation to be followed while clicking the pictures and judgement criteria to the students. Many students from different colleges and universities. There were a total of 30 participants. Pooja Khadka (Shyma Prasad Mukherji College for women) bagged first prize. Second prize was awarded to Soni Sachdeva, (Institute of Home Economics) and Jayshree Kumari (Manav Rachna International Institute of Research and Studies) got the third prize.

Therefore this competition helped to recognize the creative side of the students along with the efforts they put in developing their gardens.

## **Community Outreach Activities**

### **Reading Food Labels - Simplified**

- As part of celebration for Pooshan Maah, a community outreach activity was conducted by students of MSc Food and Nutrition (Group B). The purpose of the activity was spreading awareness about reading and understanding nutrition information of food labels and decoding food claims for making healthier food choices.
- An online session using Zoom platform on "READING FOOD LABELS SIMPLIFIED" was organized on 26<sup>th</sup> of September 2020 with help of RWA of Meera Bagh, Paschim Vihar which was attended by 40 participants. Post session, an open discussion session was initiated to resolve any queries from the participants. The session was appreciated by the participants and a request was also made to conduct the session again. There were suggestions for conducting such online sessions on topics like food additives, nutrition for children, gut microbes etc. The team plans to conduct more such session in future and also create YouTube videos for greater outreach.



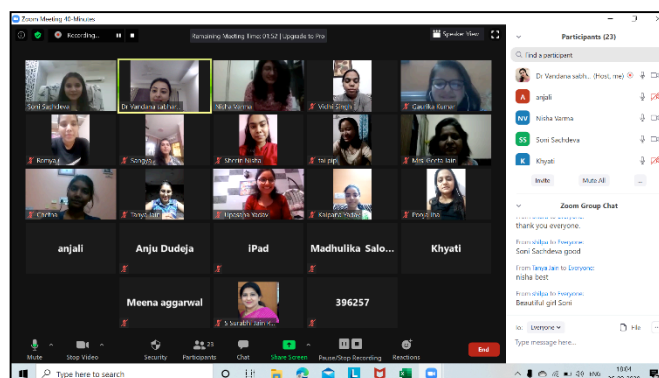
## Menstrual Hygiene and Anaemia

Students of MSc. III semester Group A, connected with community's adolescent girls and young women on virtual platform and addressed the issues of menstrual hygiene:

- Importance of health and hygiene during menstruation,
- Diets during menstruation,
- Myths and stigmas relating to menstruation and
- Does and don'ts during menstruation.

Students also addressed the issues of anaemia in different age groups and the related concerns:

- What is anaemia and its causes,
- Prevalence of anaemia in different age groups,
- Preventive measures of anaemia,
- Different Government initiatives through which the problem is addressed, their target groups, strategies and the package of services,
- Various digital platform through which Government is trying to reach the community and individual to create awareness regarding preventive measures and their services.





### **Importance of Millets**

As a part of “Poshan Maah” celebrations, a community reach activity was organised by the M.Sc. Food and Nutrition (Group B – Public Health Nutrition) students on 30<sup>th</sup> September 2020. They made an online presentation on millets. Millets are so important but at present the forgotten part of our diet. Emphasis was made on the importance of millets, how they are beneficial for our health and the different ways we can incorporate them in our daily meals. It was a short 15 minutes presentation and was much appreciated by the audience.

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