

## DEPARTMENT OF FOOD & NUTRITION AND FOOD TECHNOLOGY

### ACADEMIC FESTIVAL 2021-22

The Department of Food and Nutrition & Food Technology (FNFT) celebrated its academic festival during the *Rashtriya Poshan Maah* in September 2021 under the theme 'Converging towards a healthy walk through life' / "कुपोषण छोड़ पोषण की ओर – थामे क्षेत्रीय भोजन की डोर". As a part of the celebrations, several competitions, community outreach programmes, a workshop and a webinar were organized by the Department during this month to enrich the students, faculty and the community at large about the important aspects of food, nutrition and lifestyle.

#### A. *Poshan Vatika*

A vegetable Garden "*Poshan Vatika*" was started in the college on 6<sup>th</sup> September 2021 by the FNFT Department in collaboration with the National Service Scheme (NSS) – IHE, Garden and Environment Committee and Community Outreach, and the Department of Biology, and Resource Management and Design Application. The



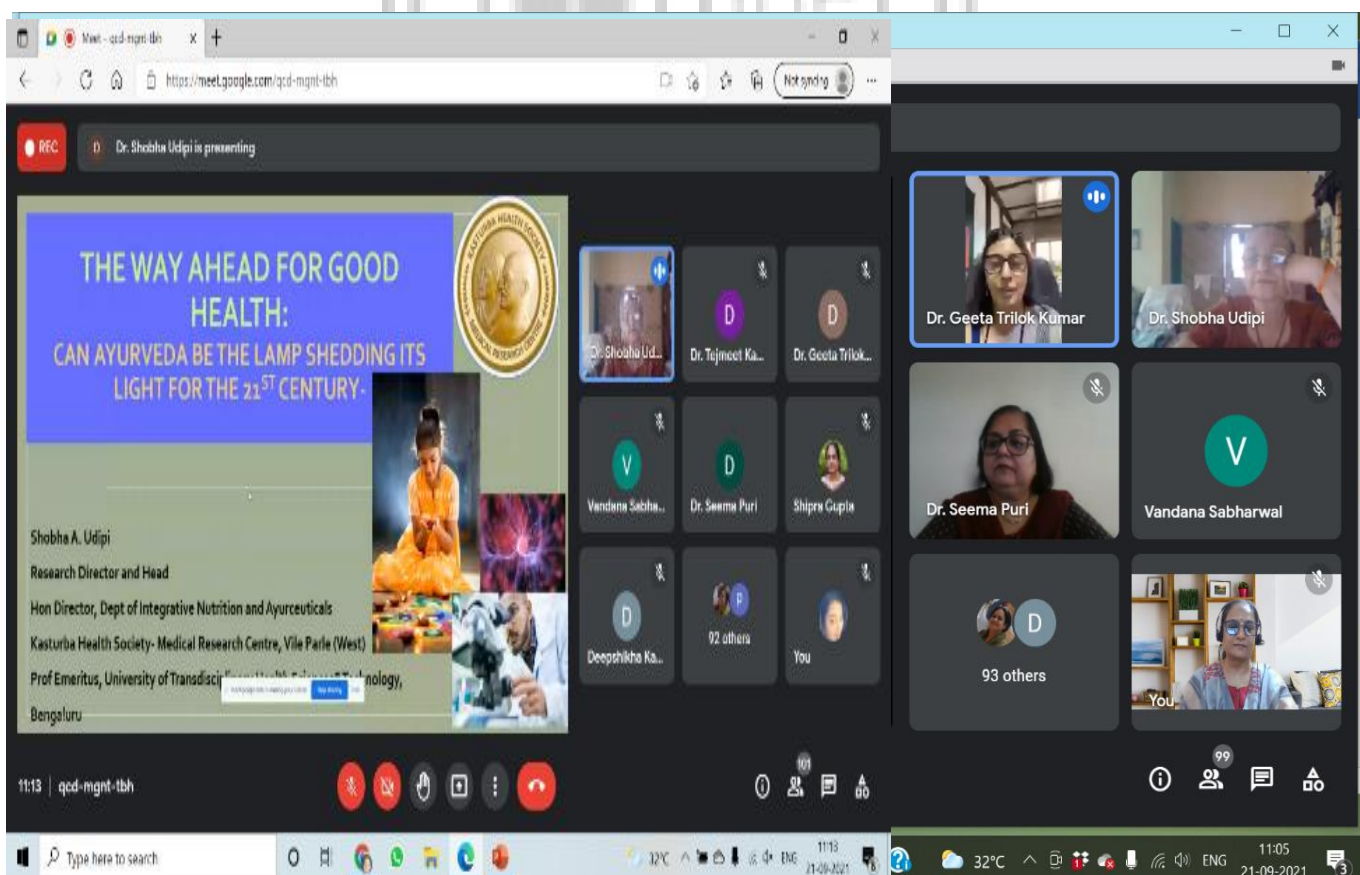
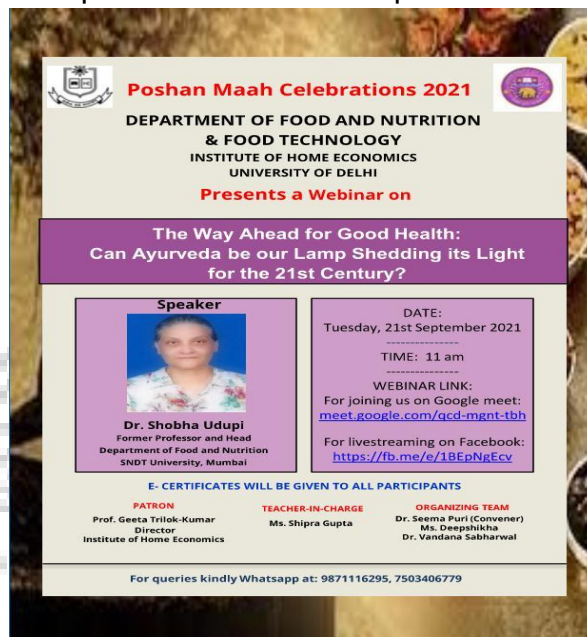
The poster is for the inauguration of the 'Poshan Vatika' vegetable garden. It features the logos of the Institute of Home Economics (University of Delhi) and the University of Delhi. The text reads: 'Celebrating 4th Rashtriya Poshan Maah', 'Inauguration of Vegetable Garden', '“Poshan Vatika”', 'Date : 6<sup>th</sup> September 2021', 'Day : Monday', 'Time : 2:30 PM - 5:30 PM'. Below this, it says 'Come and donate a vegetable / herbal / medicinal plant in a pot and support the initiative'. The organizing committee includes the National Service Scheme (NSS) – IHE, Garden & Environment Committee and Community Outreach, Eco-Club- IHE, Department of Resource Management and Design Application, Department of Biology, and Department of Food & Nutrition and Food Technology. Logos for IPCA, Eco-Club, RMDA, and the Department of Food & Nutrition are also shown. At the bottom, it says 'Supported By: IPCA' and 'Indian Pollution Control Association'.



students, faculty and staff donated vegetable/herbal/medicinal plants in pots for this initiative.

## B. Webinar

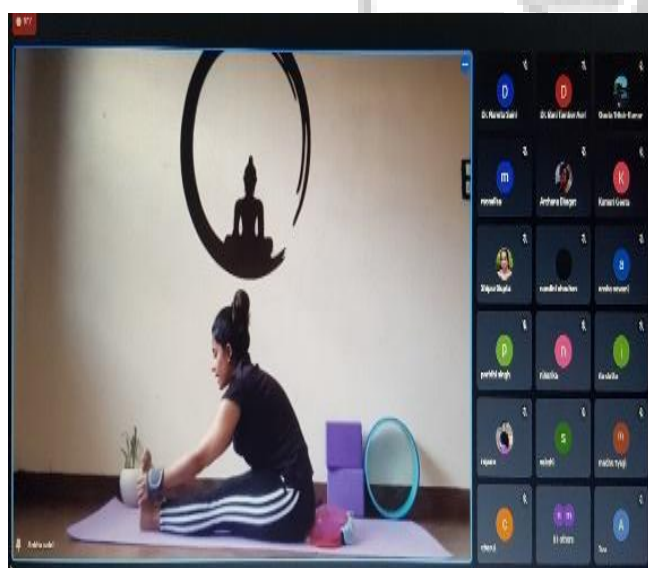
A webinar on **“The way ahead for good health: Can Ayurveda be our lamp shedding its light for the 21<sup>st</sup> century?”** was organized on 21<sup>st</sup> September 2021. The speaker at the webinar was Dr. Shobha A. Udupi, Research Director & Head, Honorary Director, Integrative Nutrition and Ayurvedicals, Medical Research Centre-Kasturba Health Society, Mumbai, and Professor Emeritus, University of Transdisciplinary Health Sciences & Technology, Bengaluru. She described the role of Ayurveda, its principles and role in determining nutrition, health and wellbeing of people. The webinar was attended by more than 100 students of B.Sc. (Hons.) Home Science, B.Sc. (Hons.) Food Technology and M.Sc. Food & Nutrition, faculty members and alumni of the Institute of Home Economics. Live streaming of the webinar was also done on the Facebook page of the FNFT Department.





### C. Yoga Workshop

In collaboration with the Department of Physical Education and Sports Sciences - IHE, the FNFT Department organized an online workshop on “**Yoga for Health and Fitness**” under the aegis of Internal Quality Assurance Cell (IQAC), IHE on 18<sup>th</sup> September 2021. The workshop was conducted by Ms. Ankita Saini, a yoga expert. She briefed the audience about the importance of yoga in our daily life, demonstrated some basic *asanas*, and explained their benefits in daily life. She also taught the correct technique of meditation and *pranayama*. More than a hundred participants attended this workshop and found it extremely useful.



Department of Food & Nutrition and Food Technology  
in collaboration with  
Department of Physical Education and Sports Sciences  
Institute of Home Economics  
University of Delhi

**CELEBRATING POSHAN MAHA 2021**  
(THEME: CONVERGING TOWARDS A HEALTHY WALK THROUGH LIFE)

present a  
**WORKSHOP**  
on  
**“Yoga for Health and Fitness”**  
by  
**Ms. Ankita Saini**  
(Yoga Instructor)

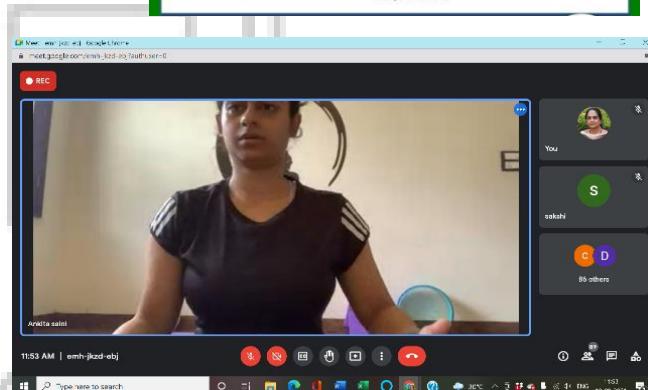
18<sup>th</sup> September 2021 at 11:00am  
Platform: Google meet  
Video call link: <https://meet.google.com/emh-jbf-efj>

**Patron**  
Prof. Geeta Tripathi-Kumar  
(Director, Institute of Home Economics)

**Organizing Committee**  
**Convenor**  
Ms. Shipra Gupta  
(Teacher-in-charge,  
Department of Food & Nutrition and  
Food Technology)

**Members**  
Dr. Tejmeet Rekhi  
Dr. Anshu Sharma  
Dr. Pragna Singh

**Dr. Namita Saini**  
(Teacher-in-charge,  
Department of Physical Education  
and Sports Sciences)



### D. Video-making competition

An inter-college video-making competition on the theme “**Grow Your Own Herbal Plant**” was organized by the Department on 20<sup>th</sup> September 2021. The participants had to make an original video clip of 30 to 45 seconds, showcasing themselves planting a herbal/medicinal plant, and sharing the benefits of the plant and caring tips on a placard or verbally. There were 37 entries from different colleges and universities all over India. All the participants were given participation certificates and the top three winners received cash prizes.

Department of Food & Nutrition and Food Technology  
Institute of Home Economics  
University of Delhi

**RASHTIYA POSHAN MAHA CELEBRATIONS 2021**

**An Inter-College  
“Grow Your Own Herbal Plant”  
Competition**

Open for Undergraduate and Post Graduate Students

**Rules of the Competition**

- Create a video showcasing yourself planting a herbal/medicinal plant.
- The video clip should be 30 to 45 seconds in digital format.
- Participant should also indicate the benefits of the plant and caring tips on a placard or in verbal format.
- Videos must be uploaded as one single file of good quality with high resolution.
- Size of the video should not be more than 100 MB.
- Only one entry per participant is allowed.
- Entries should be original.
- Entry should begin with a “title screen” that includes the following information: Participant’s name, College name, Title of video/Name of the plant.

Registration Link: <https://forms.gle/5Uexn5eCec54mSXEa>

Last date is extended to :  
20<sup>th</sup> September 2021

**Organizing Committee**  
**Convenor**  
Ms. Archana Bhagat

**Members**  
Dr. Sonal Gupta Jain - 9811749566  
Dr. Pragna Singh - 8800765908

All participants will be given e-certificates.  
The top three winners will receive prizes.

Ms. Shipra Gupta  
(Teacher-in-charge)

Following are the details of the winners of this competition:

Position	Name of Student	Institute
First	Sagarika Sharma	Institute of Home Economics, University of Delhi
Second	Ananya Sharma	Institute of Home Economics, University of Delhi
	Kritika Khator	Institute of Home Economics, University of Delhi
Third	Yash Rathore	Institute of Hotel Management, Pusa, New Delhi
Special Mention	Shraddha Nayak	Institute of Home Economics, University of Delhi
Special Mention	Nandini	Institute of Home Economics, University of Delhi
Special Mention	Shubhi Srivastava	Mahila Maha Vidyalaya, Banaras Hindu University, Varanasi

### E. Quiz Competition

A quiz competition 'Nutriquotient 2.0' was organized on 15<sup>th</sup> September 2021. Twenty multiple choice questions on areas related to triple burden of malnutrition, regional foods and dietary diversity were included in the quiz. Questions were sent to the participants through a Google form link. The competition was open for both undergraduate and post graduate students. One hundred and thirty five participants registered for the quiz, and 65 participants were able to submit their responses to the quiz questions within the given time. Based on accuracy and minimum time taken for submission of responses, the following were declared as the three winners:

- 1<sup>st</sup> Position: Neha from Institute of Home Economics (Score-18, Time-13:22 minutes)
- 2<sup>nd</sup> Position: Itu Dutta from Institute of Home Economics (Score-18, Time-13:27 minutes)
- 3<sup>rd</sup> Position: Prachi from DDUKK (Score-18, Time-13:3 minutes)



Department of Food & Nutrition and Food Technology  
Institute of Home Economics  
University of Delhi

**POSHAN MAAH CELEBRATIONS 2021**

**THEME**  
**CONVERGING TOWARDS A HEALTHY WALK THROUGH LIFE**  
**कुपोषण छोड़ पोषण की ओर - थामें क्षेत्रीय भोजन की डोर**  
**Participate in an interesting Online Quiz Competition**  
**'NUTRIQUOTIENT 2.0'**  
**On 15<sup>th</sup> September 2021, 1:15 pm**

**Rules for Competition**

- ❖ Questions will be sent through Google form link
- ❖ Open for Undergraduate and Post graduate students
- ❖ Winners will be assessed on accuracy and time taken for submission of answers
- ❖ Entries after 1.35 pm will not be considered
- ❖ Last date to register: 13<sup>th</sup> September 2021
- ❖ Registration link: <https://forms.gle/eiAqN6R1sCQbCWEV9>

Organizing Committee: Ms Shipra Gupta (TIC), Dr Tejmeet Rekhi (Convenor),  
Dr Seema Puri, Dr Vidhu Yadav, Dr Vandana Sablania

For queries,  
contact: 9643492208





## F. Recipe Competition

An inter-college traditional recipe competition was organized in the online mode on the theme **“Millets: Ancient grains for healthier life”** as part of the National Nutrition Month celebrations in September 2021. Students from different Universities and colleges from all over

the country participated in the competition. They were asked to prepare and submit a traditional recipe made with millets as the major ingredient/s. The recipes were submitted by the participants in a prescribed format with pictures of the ingredients and the prepared dish. The top three winners of the competition were given cash prizes of Rs. 1000, Rs. 600 and Rs. 400 respectively.

Following are the details of the winners:

- 1st Position - Charu Agarwal, Manav Rachna University (Dish: Rainbow Idli)
- 2nd Position - Anchal Tyagi, Gautam Budha University (Dish: Muthiya)
- 3rd Position - Anchita Paul, Delhi University (Dish: Patishapta Pitha)

**POSHAN MAAH CELEBRATIONS 2021**

Department of Food & Nutrition and Food Technology  
Institute of Home Economics  
University of Delhi

Presents Inter-college online  
**Traditional Recipe Competition**  
On the theme  
**“Millets - Ancient grains for healthier life”**

Win exciting prizes and e-certificates

Open for all college students

Register at  
<https://forms.gle/jiK1bypd3FhPEGPb7>  
by  
**September 13, 2021**  
Last date to send entries  
**September 16, 2021**

**PATRON**  
Prof. Geeta Trilok-Kumar  
Director  
Institute of Home Economics

**ORGANIZING COMMITTEE**  
Ms. Shipra Gupta (Teacher-in-charge)  
Ms. Deepshikha (Convenor)  
Mrs. Archana Bhagat  
Dr. K Geeta  
Dr. Priya Dangi Malik



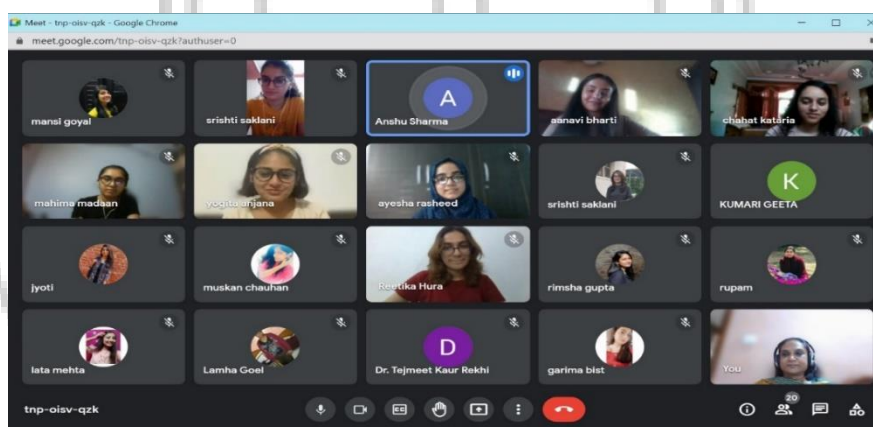
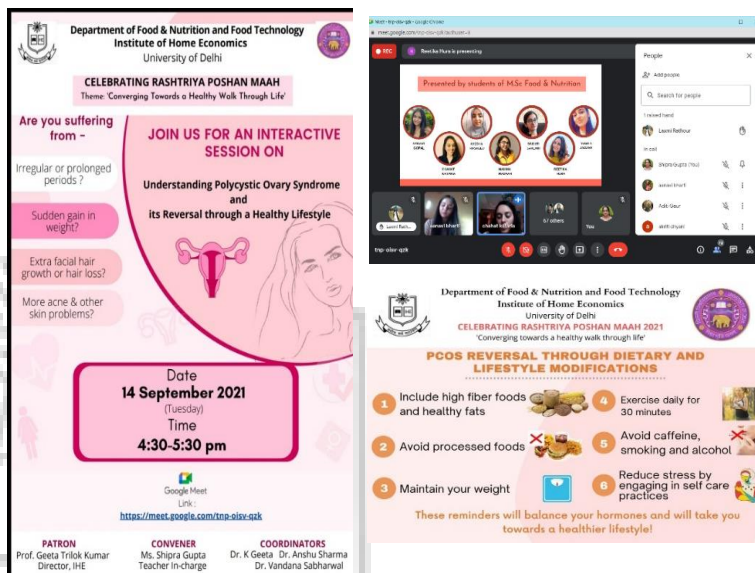
There were three special mentions too in this competition.

- Punitha D. (Dish: Milletizza)
- Abinaya Sri (Dish: Finger millet cookies)
- K.S. Priyadarshini (Dish: Ragi puttu rolls)

## G. Community Outreach Sessions

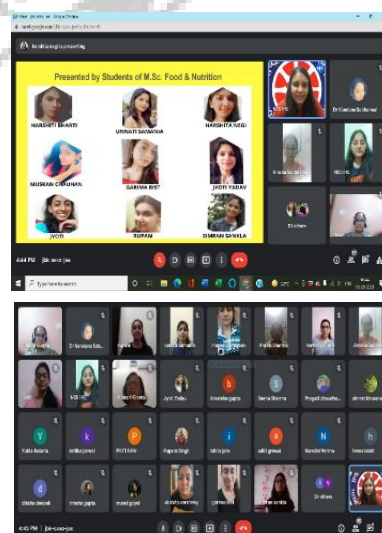
### i. Understanding Polycystic Ovary Syndrome and its Reversal through a Healthy Lifestyle

An online community outreach activity was conducted by students of M.Sc. Food and Nutrition on 14<sup>th</sup> September 2021 for creating awareness about “Polycystic Ovary Syndrome and its reversal through dietary and lifestyle modifications” among college-going girls. About 80 participants attended this interactive session. The session dealt with the introduction to PCOS, its prevalence, causes, symptoms, and diagnosis followed by recommended dietary and lifestyle modifications to manage PCOS. A takeaway message poster was also circulated among the participants.



### ii. Combatting Adolescent Obesity

Another online community outreach activity was conducted by M.Sc. Food and Nutrition students on 18<sup>th</sup> September 2021 in collaboration with the NSS unit of the college. This session aimed at creating awareness among adolescents and young females about obesity and how to combat it through dietary modification and regular physical activity. This session was attended by 60

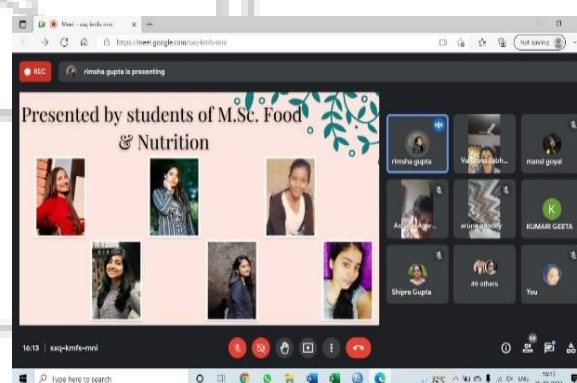
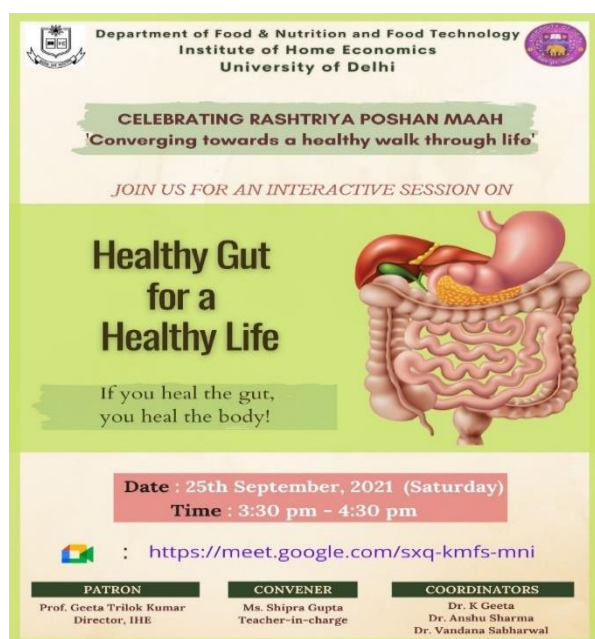




participants and covered various aspects of adolescent obesity, factors responsible for obesity, BMI and its relationship with obesity, and dietary and lifestyle modifications needed to fight against obesity. A takeaway message poster was also circulated among the participants.

### iii. Healthy Gut for a Healthy Life

An online session on "Healthy Gut for a Healthy Life" using Google Meet platform was organised by the students of MSc Food and Nutrition on 25<sup>th</sup> September 2021 with about 70 participants attending this interactive session. The purpose of this session was to



spread awareness about gut health and its enhancement through dietary and other lifestyle changes. The session included introduction to the gut, its function, importance, role of nutrition in gut health followed by recommended dietary and lifestyle modifications to enhance gut health. An interesting question-and-answer session was conducted post the session.

