



## DEPARTMENT OF FOOD & NUTRITION AND FOOD TECHNOLOGY

### ACTIVITIES (July 2021 to June 2022)

Amidst the Covid-19 pandemic scenario, we began another academic year in the online mode in August 2021, and along with that started another year of Department activities.

The Department of Food and Nutrition & Food Technology (FNFT) organized several activities for the students, faculty, and the community at large to enrich them about the important aspects of food, nutrition, and lifestyle in the academic year 2021 – 2022.

Following is a brief account of these activities:

#### I. SLOGAN COMPETITION

Each year, the first week of August is celebrated as World Breastfeeding Promotion Week. During this week, efforts are made to sensitize the target group, i.e., women in the reproductive age group, pregnant and lactating women, and their family members and friends, about the importance of exclusive breastfeeding. This year, the Department of Food & Nutrition & Food Technology organized a slogan competition for the students on the theme “Breastfeeding – A shared responsibility” during this week. We received a total of 53 entries for the competition from students studying in various institutions in and around Delhi. These entries were judged by an expert panel for their originality, creativity and relevance to the theme. The results of the competition have been presented in the following Table.

Position	Slogan	Name of Student	Institute
First	छः माह तक सिर्फ स्तनपान, तभी बनेंगे बच्चे बलवान	Varun Kumar Bharti	IHM, PUSA
First	Stanpaan me maata pita dono ki sajhedaari, hi hai sabse badi zimmedari	Yashaswi Vaid	IHE, DU
Second	माँ का दूध शिशु का सर्वोत्तम आहार है, बिमारियों से लड़ने की शक्ति दे वही तो माँ का प्यार है	Riya Sharma	Vivekananda, DU

Third	माँ का दूध है बच्चे का सबसे प्रथम प्राकृतिक टीका, आपके बच्चे को देगा रोग प्रतिरोधक शक्ति और कर देगा बिमारिओ को फीका	Aanavi Gopal Bharti	IHE, DU
Consolation	बीमारियों से बचना और हो बचाना; ६ मास तक स्तनपान अवश्य है कराना	Riddhi Vashi	SPTMC, Surat
Consolation	माँ का दूध सबसे उपयुक्त, बच्चा रहे रोग मुक्त	Priya Goyal	SPMC, DU

## II. POSHAN MAAH CELEBRATIONS

In September 2021, the Department celebrated *Rashtriya Poshan Maah* under the theme 'Converging towards a healthy walk through life' / "कुपोषण छोड़ पोषण की ओर – थामे क्षेत्रीय भोजन की डोर". As a part of celebrations, many activities were organized by the Department, such as:

- A. Poshan Vatika
- B. Webinar
- C. Yoga Workshop
- D. Quiz Competition
- E. Recipe Competition
- F. Community outreach programmes

A detailed report of these is given under the department academic festivals.

## III. QUIZ COMPETITION

The Department celebrated World Food Day 2021 under the theme 'Our Actions Are Our Future'. An **online quiz competition** was organized on 18<sup>th</sup> October 2021. One hundred and fifty-nine undergraduate and postgraduate students registered for the quiz, and 57 of them submitted their responses to 20 multiple-choice questions within the given time.

The first five winners were declared based on the accuracy of responses and the time taken for their submission.



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



### Celebrates WORLD FOOD day 2021

**"OUR ACTIONS ARE OUR FUTURE"**  
Participate in an interesting online quiz competition  
on 18th October 2021, 1:00 PM  
Open for Undergraduate and Post graduate students

**Rules for competition:**

- Questions will be sent through Google form link.
- Winners will be assessed on accuracy and time taken for submitting answers.
- Entries received after 1:15 PM will not be considered.
- Last date to register: 17th October 2021, 5:00 PM

Registration link:  
<https://forms.gle/MjGc7ZsfoX39M91L9>

**ORGANIZING TEAM**

Ms. Shipra Gupta  
Dr. Priya Dangli Malik

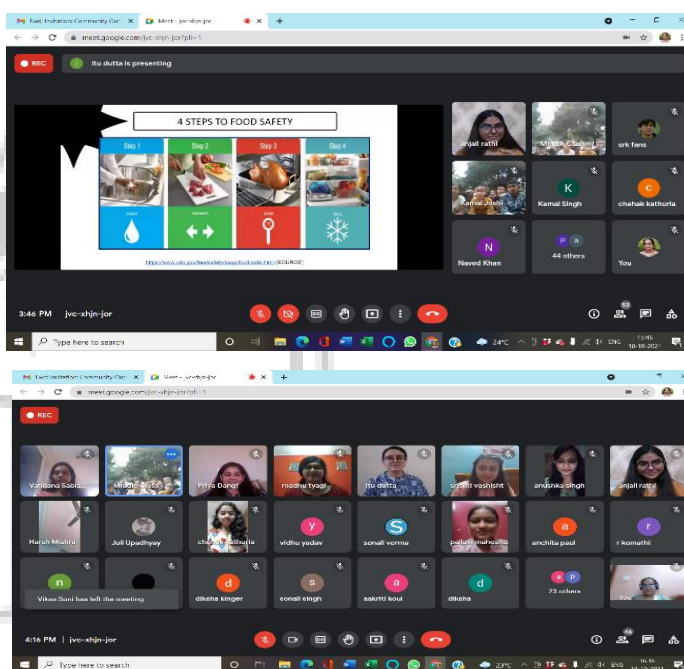
Dr. Vidhu Yadav  
Dr. Vandana Sablania

For queries, contact:  
9643492208

- 1<sup>st</sup> Position: Chehak Kathuria, Institute of Home Economics (Score-17, Time-12:31 minutes)
- 2<sup>nd</sup> Position: Ayesha Rasheed, Institute of Home Economics (Score-17, Time-14:20 minutes)
- 3<sup>rd</sup> Position: Sunny Kalyan, NDRI, Karnal (Score-16, Time-5:29 minutes)
- 4<sup>th</sup> Position: Jasni J.S., Pondicherry University (Score-16, Time-7:49 minutes)
- 5<sup>th</sup> Position: Ch. Anu Chowdary, Vignan University (Score-16, Time-11:59 minutes)

#### IV. COMMUNITY OUTREACH SESSION ON FOOD SAFETY

The Food Technology students of the Department conducted a community outreach program on **"Food Safety: Everyone's Business"** for 50 underprivileged children in collaboration with



Education in the Park (EITP) Foundation on 18<sup>th</sup> October 2021. The presentation focused on providing basic knowledge of food safety to students of class VIII - XII through videos and fun activities, and included various topics like safe and unsafe foods, food safety & its importance, food hazards, personal hygiene & hand hygiene, steps to keep food safe, highly perishable foods, storage of food, safety of cooked food, and Government schemes related to food safety.

#### V. VIDEO-MAKING COMPETITION

A video-making competition **"Zindagi Ka Safar Ek Plate Par"** was organized by the Food Technology students in October 2021 on three themes, i.e., **"Re-vis-eat"** where students had to revisit a memory related to any food and showcase it, **"Kafila"**, in which students had to showcase a favourite food from any city/place, and **"Char-eat-tra"** in which students had to talk about a food item that described them. The winners of this competition were:

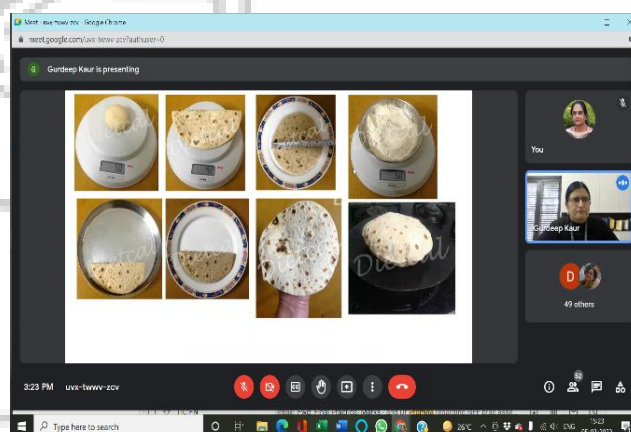
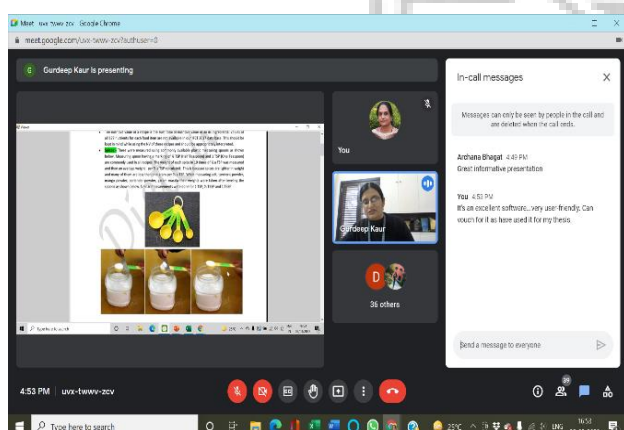
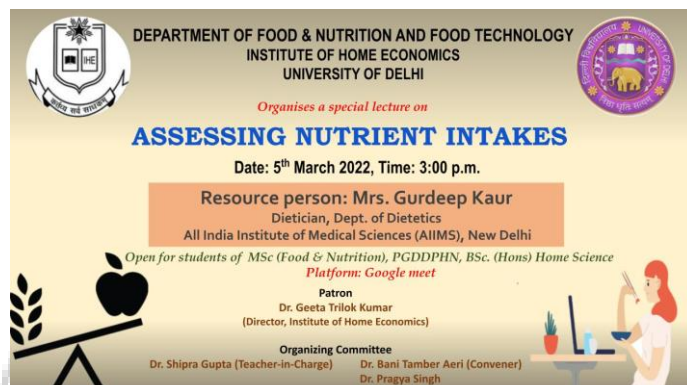
- 1<sup>st</sup> Position: Navneet Kaur
- 2<sup>nd</sup> Position: Ayushka Rathore
- 3<sup>rd</sup> Position: Anchita Paul & Kanishka Nagar





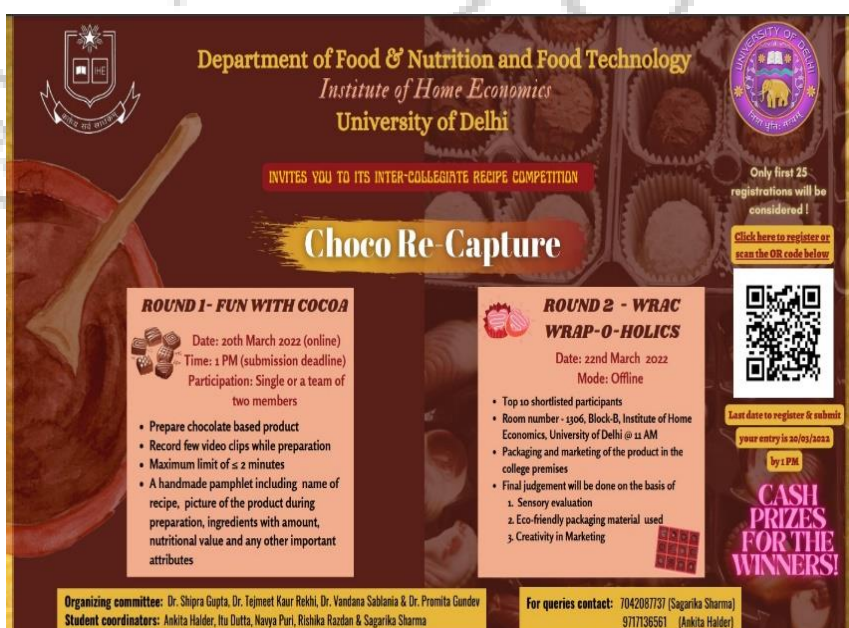
## VI. WEBINAR

The Department of Food and Nutrition & Food Technology organized a special lecture by Mrs. Gurdeep Kaur, Dietician, AIIMS-Delhi on **“Assessing Nutrient Composition of Diets”** on 5<sup>th</sup> March 2022. In this session, Mrs. Kaur explained in detail the process of using the DietCal software to estimate the nutrient intake of individuals. A total of 55 participants including students of M.Sc. Food and Nutrition, Post Graduate Diploma in Dietetics and Public Health Nutrition (PGDDPHN), BSc. (Hons.) Home Science, 6<sup>th</sup> semester and faculty attended this interactive session.

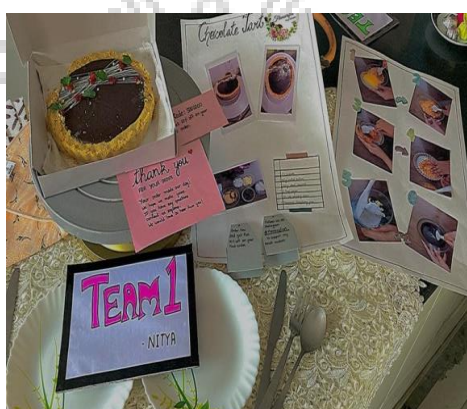


## VII. CHOCO RE-CAPTURE COMPETITION

A **chocolate-based recipe competition**, **“Choco Re-capture”** was organized by the Department of Food and Nutrition & Food Technology in March 2022 in hybrid mode. The competition was conducted in two rounds. In the online round, participants were required to make innovative chocolate-based products, shoot a video while preparing the product, and design a pamphlet including information about the product. In the final offline round, six shortlisted teams/participants were required to bring the packaged products they had made during the first round, and prepare a marketing strategy for their product. All the teams were given participation certificates and the top 3 winners were given cash prizes.



- 1<sup>st</sup> Position: Surbhi Yadav and Vanshika Singh, Department of Food Technology, Manav Rachna University (Chocolate Flax Bites)
- 2<sup>nd</sup> Position: Saumya Sharma and Khushi Gulhar, Department of Home Science, Institute of Home Economics (Coconut White Chocolate)
- 3<sup>rd</sup> Position: Nitya Adlakha, Department of Home Science, Institute of Home Economics (Chocolate Tart)



## VIII. COMMUNITY OUTREACH SESSION ON INFANT AND YOUNG CHILD FEEDING

A **community outreach session** was conducted by the students of M.Sc. Food and Nutrition at an Anganwadi in Neb Sarai, New Delhi on 25<sup>th</sup> March 2022 as a part of *Poshan Pakhwada* celebrations 2022. The theme of the session was “Infant and young child feeding” and the beneficiaries were 45 – 50 pregnant and lactating women. The students made an elaborate presentation about the importance of breastfeeding, weaning and complementary feeding. Some easy-to-make nutritious complementary food recipes were also demonstrated. Post-presentation, the participants were able to answer the questions related to the topic. It was an interactive session wherein the women asked their queries too which were attended to by the students.

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

**CELEBRATING RASHTRIYA POSHAN PAKHWADA**  
 21st March - 4th April 2022

**THEME**  
 • Integration of modern and traditional practices for healthy India



**शिशु और छोटे बच्चे का आहार आचरण**



**COMMUNITY OUTREACH PROGRAMME BY M.SC. STUDENTS**

**DATE : 25 March 2022**  
**TIME : 10 am - 12 pm**  
**VENUE : Anganwadi Centre, Neb Sarai**

**PATRON**  
 Prof. Geeta Trilok Kumar  
 Director, IHE

**CONVENER**  
 Dr. Shipra Gupta  
 Teacher in-charge

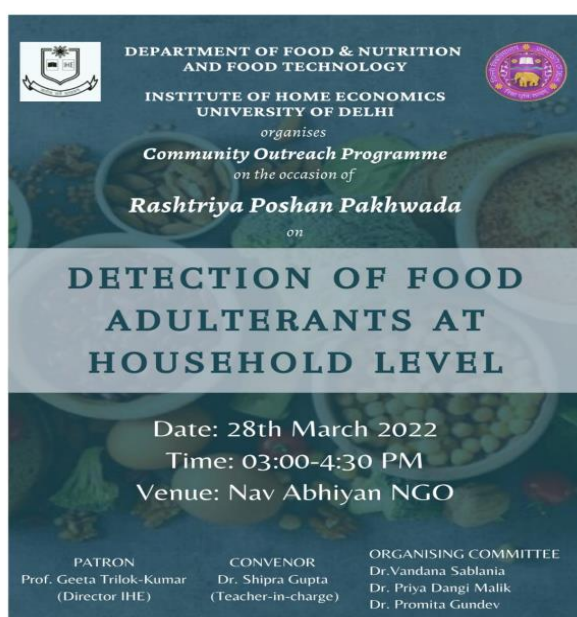
**COORDINATORS**  
 Dr. K Geeta  
 Dr. Anshu Sharma







## IX. COMMUNITY OUTREACH SESSION ON FOOD ADULTERATION

The students of Food Technology conducted a community outreach session on “**Detection of food adulterants at household level**” at an NGO, Nav Abhiyan in Jangpura, New Delhi on 28<sup>th</sup> March 2022. The aim of the session was to make people aware of various types and ways of food adulteration occurring commonly all over. The audience mainly included women from different sections of society who were shown the basic tests which could be performed easily at home to detect various adulterants present in food commodities like milk, sugar, honey, tea, coffee, food grains, oils, fats, and spices. A video by FSSAI was shown describing the certification required from the organization for selling a product in the market and the right to complain about the adulterated commodities being supplied. Some nutritious and healthy recipes were also shared with the audience by the students.




## X. WEBINAR ON WORLD HEALTH DAY

To celebrate World Health Day, a webinar on “**Lifestyle Management of Non-Alcoholic Fatty Liver Disease (NAFLD) - A Dietitian’s Perspective**” was organized by the Department on 8<sup>th</sup> April 2022. The speaker for the webinar was Dr. Namrata Singh, Assistant Professor, Discipline of Nutritional Sciences, School of Continuing Education, IGNOU and Former Dietitian, AIIMS, Delhi. Sixty two participants attended the webinar which included students of M.Sc. Food and Nutrition and B.Sc. (Hons.) Home Science along with faculty members of the Food & Nutrition and Food Technology Department. The speaker highlighted the risk factors, management, and preventive strategies for NAFLD in an interactive session which was enjoyed by all participants.



DEPARTMENT  
OF  
FOOD AND NUTRITION & FOOD TECHNOLOGY  
INSTITUTE OF HOME ECONOMICS  
(University of Delhi)  
On  
WORLD HEALTH DAY, 2022  
Presents a Webinar



**Speaker:**  
**Dr. Namrata Singh**  
Assistant Professor  
Discipline of Nutritional Sciences  
School of Continuing Education  
IGNOU

**Friday, 8<sup>th</sup> April, 2022**  
**3:30pm onwards**  
**Meeting URL : <https://meet.google.com/ssk-noyp-qfy>**

<b>PATRON</b> Prof. Geeta Trilok-Kumar <i>Director, IHE</i>	<b>TEACHER-IN-CHARGE</b> Dr. Shipra Gupta	<b>ORGANIZING COMMITTEE</b> Dr. Seema Puri (Convener) Dr. Vandana Sabharwal Dr. Sonal Gupta Jain
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