



DEPARTMENT OF FOOD & NUTRITION AND FOOD TECHNOLOGY

ACADEMIC FESTIVAL (July 2022 to June 2023)

About the Department

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 2022 – 2023. To widen the horizon of the students, the department holds seminars, workshops and lectures delivered by eminent people working in the related fields. The department actively participates in community-based programs aimed at disseminating nutrition and health messages to vulnerable segments of society, including adolescent girls, pregnant women, nursing mothers and school students. Faculty members and students of the department actively engage in professional societies such as the Nutrition Society of India, the Indian Dietetics Association, and the Association of Food Scientists and Technologists, India.

National Nutrition Month (Poshan Maah-2022)

The department of FNFT organized various activities to mark the celebration of Poshan Maah in September 2022. As part of the Poshan Maah, activities like webinar on women's health, poster competitions, online drive to spread awareness on nutrition, extension and outreach activities were conducted. Following activities were conducted as part of Poshan Maah.

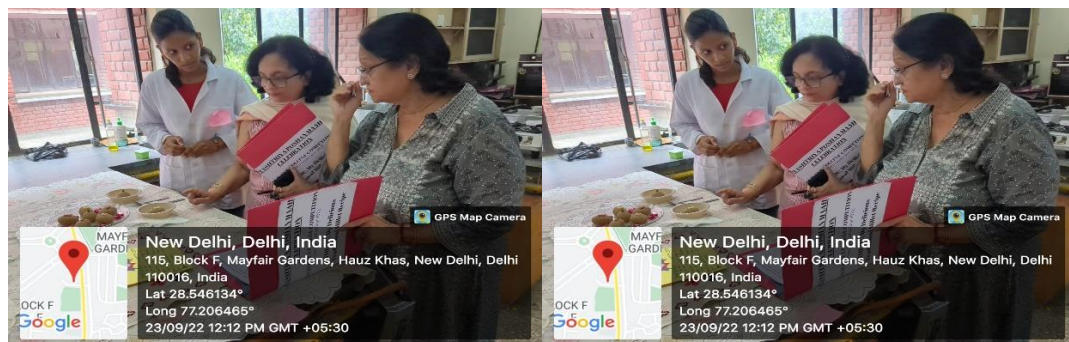
- Webinar on "Women's health awareness-Bridging the gap between knowledge and practice"
- Recipe competition on "My delicious traditional millet recipe"
- Poster competition on "Women and health"
- Online awareness drive on "Traditional grains for women and child health"
- Community outreach programs
- Launch of Diet counselling center



1. **NATIONAL WEBINAR “Women's Health Awareness- Bridging the gap between knowledge and practice”**- Department of FNFT, IHE; NSI Delhi Chapter and AZZURA Pharmaconutrition organised a national level webinar on the 16th September 2022 on the Zoom platform. Prof Geeta Trilok Kumar gave the inaugural address which was followed by the Lecture by Dr. Zubeda Tumbi, Clinical Nutritionist and Diet Consultant from Mumbai on the topic: Nutrition for PCOS- Managing Myths and Facts. This was followed by a panel discussion on the topic: Busting Taboos Around Women Health. Panelists were Ms. Rama Tripathi, Sr. Dietitian, SGPGIMS, Lucknow; Ms. Neelanjana Singh, Nutritionist and Wellness Consultant; Prof. (Dr.) Seema Puri, Dept of Foods and Nutrition; Institute of Home Economics, University of Delhi and Dr. Neetu Singal, HOD and Associate Director Radiation Oncology, Sarvodaya Hospital & Research Centre, Faridabad.

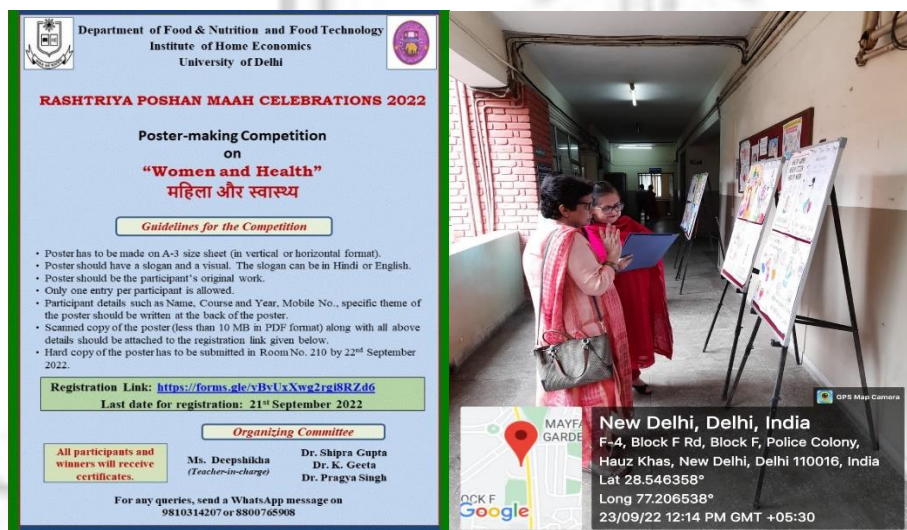


2. Recipe competition: “My delicious traditional millet recipe”- An inter-college recipe competition was organized on the theme of “Traditional Millets”. Almost 22 students from different institutions across Delhi participated in the competition



3. POSTER-MAKING COMPETITION

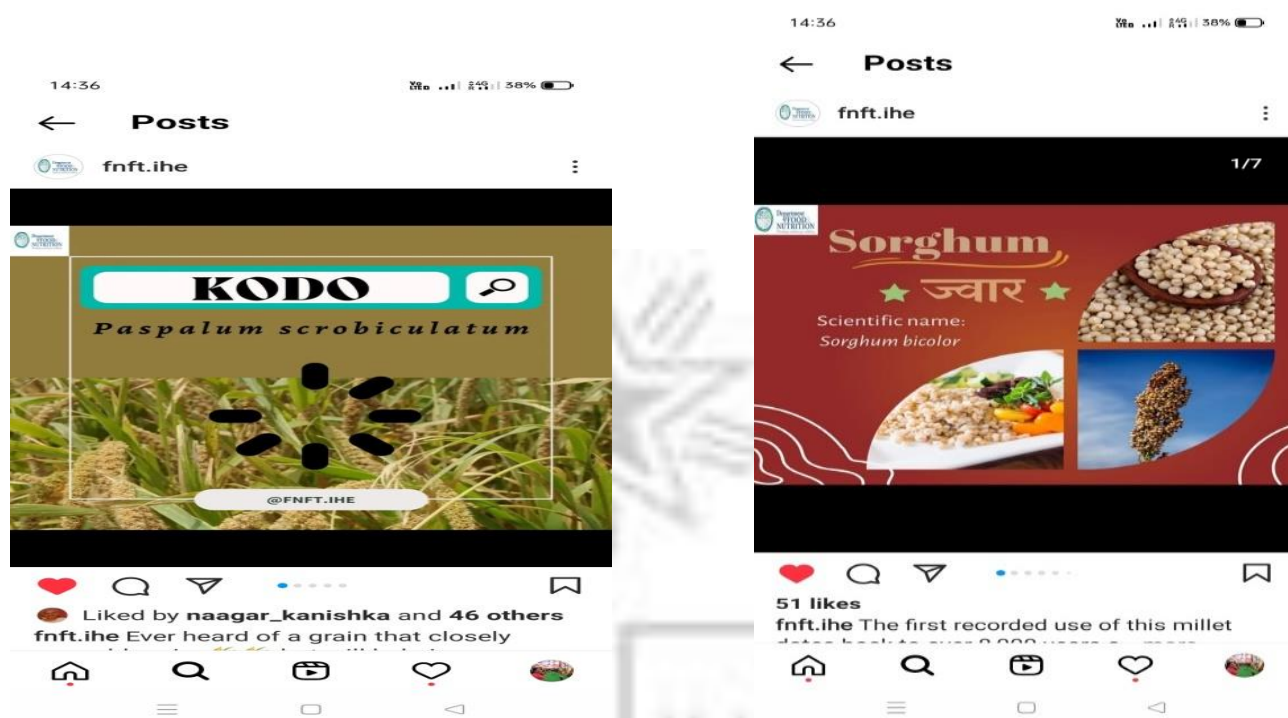
An intra-college Poster-making Competition on the theme “Women and Health” was organized by the Department of Food & Nutrition and Food Technology, Institute of Home Economics during the Rashtriya Poshan Maah 2022. The organizing committee for this competition comprised Ms. Deepshikha Kataria (Teacher-in-charge), Dr. Shipra Gupta (Convener), Dr. K. Geeta and Dr. Pragya Singh. Ninety-eight entries were received from students enrolled in different undergraduate and postgraduate courses of our college for the competition.



GLIMPSES OF THE POSTER-MAKING COMPETITION

4. Reaching masses through ONLINE DRIVE - “CAMPAIGN FOR NUTRITION AWARENESS ON VARIOUS MILLETS”

The Department of Food & Nutrition and Food Technology conducted an online drive highlighting the importance of millets through social media platforms such as LinkedIn and Instagram to celebrate “Rashtriya Poshan Maah”. Over the course of 10 days starting from 19th September 2022 to 28th September 2022 information regarding millets such as Ragi, Kodo, Sorghum, Little Millet, Barnyard millet, Foxtail, Brown Top, Pearl millet, Proso and Buckwheat was shared through daily interactive social media posts and stories.



5. COMMUNITY OUTREACH ACTIVITY

A. CONDUCTED ON MILLETS IN KENDRIYA VIDHYALAY

As a part of nutrition awareness about “millets and their nutritional value” the Department of Food & Nutrition and Food Technology, Institute of Home Economics, University of Delhi, in association with Nutrition Society of India, Delhi Chapter conducted an outreach activity program on millets. Some of the students from under-graduate and post graduate visited Kendriya Vidyalaya, INA on 24th Jan, 2023 in order to make school students aware of the various millets and their health benefits. The school students from 6th to 10th standards were informed about various millets, their importance in regular diet, and their utilization by making healthy recipes.



B. COMMUNITY OUTREACH PROGRAM- शिशुओं का पोषण और देखभाल (राष्ट्रीय पोषण माह सितंबर 2022)

As a part of activities to be conducted to celebrate “POSHAN MAAH” in September, the Food and Nutrition Department of the Institute of Home Economics conducted a community outreach programme on the importance of nutrition for infants. The programme was conducted in an Anganwadi Center in Neb Sarai in Delhi on 21st September 2022. The beneficiaries were pregnant and lactating women and non-pregnant and non-lactating women too.



6. Diet Counselling Centre- The Department of Food and Nutrition & Food Technology started the 'Diet Counselling Centre' for the students and staff of the college in the year 2022. It was inaugurated by the Director, (Prof.) Geeta Trilok Kumar during the POSHAN MAAH celebrations on the 23rd of September, 2022. A Health Camp was organized by the PhD scholars of FN department in the college on the day of the inauguration, where the height, weight, BMI and body fat percentage of 35 students and staff were measured and they were counselled based on their parameters, under the guidance of Dr. Seema Puri, Dr. Bani Tamber Aeri and Dr. Sonal Jain. The centre has been functional since the 26th of September, 2022 every Monday and Wednesday from 11 a.m. to 2 p.m at the second floor, cubicle opposite the lift on the 2nd floor. The Centre caters to the dietary requirements of its visitors and provides a customized diet plan and counselling to the visitors. It is open to all students and staff of IHE and also to their family members and relatives.

