

# NEWSLETTER








FEBRUARY, 2024



## DATE

## TOPICS

- |  |   |
|--|---|
|  9th Feb, 2024                      | National Online Symposium on “Pre-Diabetes”           |
|  13th Feb, 2024                   | Symposium on “Battling Cancer with Science”           |
|  22nd Feb, 2024<br>23rd Feb, 2024 | Department of Human Development and Childhood Studies |
|  27th Feb, 2024                   | Genetically Modified Foods                            |
|  28th Feb, 2024                   | Green Chemistry                                       |



# NATIONAL ONLINE SYMPOSIUM ON :

# PRE-DIABETES

One day On-Line National Symposium was organised by the Department of Biochemistry, Institute of Home Economics, University of Delhi on 9th February, 2024. The symposium was held in collaboration with Zirtiri Residential Science College, Aizwal, Mizoram under the Vidya Vistar Scheme (VVS). The major objective of the seminar was to create awareness regarding pre-diabetes, insulin resistance, its consequences and lifestyle interventions. More than 50% of the pre-diabetics are undiagnosed. Pre-diabetes increases the risk of developing type 2 diabetes, heart disease and stroke. The onset and progression of macrovascular disease occurs during the pre-diabetes phase.

The symposium was well received and attended by undergraduate and postgraduate students and faculty of IHE, University of Delhi and Zirtiri College, Aizwal, Mizoram. The light was thrown on understanding pre-diabetes and screening tests, etiology and consequences of insulin resistance (IR), finally management of pre-diabetes by our esteemed resource persons.

The Vidya Vistar Scheme (VVS) is based on the principle of mutual respect, cooperation and sharing between two Colleges/Departments of both the universities as equal partners.



Institute of Home Economics

IHE is one of the premiere colleges of University of Delhi offering various undergraduate and post-graduate courses. The college empowers girl students to contribute to the intellectual, professional and capacity building endeavors of the nation and to face the challenges of a globalized world while remaining rooted in the values and practices of their own culture.

Govt. Zirtiri Residential Science College

Government Zirtiri Residential Science College was the first science college established in Mizoram by the government with a view to cater to the need of undergraduate science education. The college has been disseminating quality education in diverse fields of science and technology for over forty years.



Scientific Programme: 9 Feb, 2024



18:00 IST  
"Welcome Address"  
Prof. Radhika Bakshi,  
Director, IHE,  
University of Delhi.



18:10 IST  
"Welcome Address"  
Prof. B. Zollana  
Principal, GZRSC



18:20 IST  
"Understanding Prediabetes"  
Prof. Archana Burman,  
Teacher-in-charge  
Department of Biochemistry, IHE,  
University of Delhi.



18:40 IST  
"Insulin Resistance: Etiology  
and consequences"  
Dr. Savita Bansal,  
Assistant Professor,  
Department of Biochemistry,  
IHE, University of Delhi.



19:00 IST  
"Management and Prevention  
of Pre-diabetes"  
Dr Meenakshi Vachher,  
Assistant Professor,  
Department of Biochemistry, IHE,  
University of Delhi.

19:30 IST : Vote of thanks






## VIDYA VISTAR SCHEME

DEPARTMENT OF BIOCHEMISTRY  
INSTITUTE OF HOME ECONOMICS  
UNIVERSITY OF DELHI  
(under the aegis of IQAC)  
AND  
DEPARTMENT OF BIOCHEMISTRY  
ZIRTIRI RESIDENTIAL SCIENCE COLLEGE, AIZAWL  
PRESENT  
ONLINE SYMPOSIUM ON  
**PRE-DIABETES**

PRE-DIABETES

**Patrons**  
Prof. Radhika Bakshi  
*Director, IHE*  
Prof. B. Zollana  
*Principal, GZRSC*

**Convenors**  
Prof. Archana Burman  
*HOD, Dept. Biochemistry, IHE*  
Dr. Fanal Lalsangluai  
*HOD, Dept. Biochemistry, GZRSC*

**Co-Convenor**  
Dr Savita Bansal

**Coordinator**  
Dr Sandeep Yadav

**Organizing Team**  
*Faculty, Department of Biochemistry,  
IHE*  
*Faculty, Department of Biochemistry,  
GZRSC*

**DATE**  
9th February, 2024

**Time**  
6:00pm Onwards

Scan HERE to register:  


Registered participants  
will receive E-certificates

For Queries, Please contact:  
9899901053 or 9416342264



GLUCOSE LEVELS CHART

The intricate relationship of different types of obesity, metabolic syndrome, insulin resistance (IR), dyslipidemia, hyperuricemia and inflammation was discussed in detail. The role of lifestyle in reversing and managing pre-diabetes including dietary modifications, weight loss and exercise and maintenance of circadian rhythm was demonstrated with latest studies. The lectures were enriched with videos, web resources. The program ended with enriching and informative discussion.

This Symposium as a part of Viksit Bharat@2047 spread awareness about Pre-diabetes and lifestyle interventions to prevent and even reverse the disease.

<http://ihe.du.ac.in/wp-content/uploads/2024/02/Pre-Diabetic-Poster.pdf>



## SYMPOSIUM "BATTLING CANCER WITH SCIENCE"



Tuesday, February 13, 2024



The symposium started with a welcome and introduction of the guest speakers by Director, IHE. Prof. Niranjn Chakraborty, Convenor, INSA, Delhi Chapter, introduced the audience to the Indian National Science Academy and Science Promotion. Prof. Subrata Sinha, National Science Chair (SERB), AIIMS, gave a very insightful talk on "Introduction to Biology of Cancer."

## BATTLING CANCER WITH SCIENCE

A National Symposium on cancer awareness, "Battling Cancer with Science" was organized at the Institute of Home Economics (IHE), University of Delhi, in collaboration with Indian National Science Academy (INSA) and UGC-MMTTC (Formerly GAD-TLC) on 13rd February 2024. Various faculty members and students from various undergraduate and post graduate courses including BSc (Hons) Biochemistry, BSc(Hons) Microbiology, BSc (Hons) Food Technology, MSc (Food and Nutrition), DDPHN (Diploma in Dietetics Public health and Nutrition), BSc (Hons) Home Science and other courses attended the symposium.

INSA (DELHI CHAPTER) & INSTITUTE OF HOME ECONOMICS  
UNIVERSITY OF DELHI  
in collaboration with UGC-MMTTC (Formerly GAD-TLC)  
Under the aegis of IQAC  
invites you to a talk on Cancer Awareness

### BATTLING CANCER WITH SCIENCE

 Prof. Subrata Sinha National Science Chair (SERB) AIIMS, New Delhi	 Prof. Archana Singh Professor, Dept. of Biochemistry AIIMS, New Delhi	 Dr. Shuvandeep Ganguly Scientist C, Dept. Of Medical Oncology, Dr. B.R.A. IRCH AIIMS, New Delhi
 Prof. Niranjn Chakraborty, Professor of Eminence, National Institute of Plant genome Research.	 Dr. Karthikeyan Pethusamy Assistant Professor, Dept. of Biochemistry, AIIMS, New Delhi	

A link for an online platform will be shared with students to access the content of the talk.  
Registered participants will get an e-certificates.

DATE: February 13, 2024  
TIME: 10 am onwards  
LOCATION: Conference Room

PATRON: Dr. Radhika Bakhshi  
COORDINATORS: Dr. Bhawana, Dr. Meenakshi Vachher, Dr. Kohinoor Kaur

# DEPARTMENT OF HUMAN DEVELOPMENT & CHILDHOOD STUDIES

## 22nd & 23rd February



The academic fest of Department of Human Development and Childhood Studies was held on 22nd and 23rd February 2024. The fest aligned with the vision of the Viksit Bharat 2047 Mission announced by prime minister in December 2023. Youth being one of the pillars of the Viksit Bharat or Developed India mission were the main target group for the academic fest.

The Viksit Bharat mission, the Voice of Youth highlights the role of educational institutions in an individual's personality development. The academic fest attempted to engage in this transformative agenda through youth movement ideas. It further helped connect not only our college youth, but youth from other colleges as well, and simultaneously encouraged them to contribute their ideas to explore their potential capabilities.



The major sessions organised by the department and department societies (Urja and VOICES: The Mental Health Society) included: 'Exploring the lived experiences of transgender persons in India and the Transgender Act', 'Wellbeing of LGBTQIA+ Community' by Nazariya Foundation, 'The Art of Story Telling', 'A Mental Health Workshop' and a 'Career Counseling workshop'. Apart from the interactive sessions, various competitions were also organised.

# DEPARTMENT OF FOOD & NUTRITION AND FOOD TECHNOLOGY

## GM FOODS

NEW

22ND FEB, 2024



The students from our partner college – Zirtiri Residential Science College, Aizwal also attended the event online. The event was very helpful for the students to understand the basics of genetically modified foods. Professor Niranjan discussed various case studies and also highlighted his research in the area of genetic modification of potatoes.



The Department of Food & Nutrition and Food Technology under the aegis of IQAC and Viksit Bharat Abhiyaan organized a talk on “Designer crop for the future: Application of biotechnology to increase nutritional value on 27th February’ 2024.

**INSTITUTE OF HOME ECONOMICS**  
(UNIVERSITY OF DELHI)

**Department of Food & Nutrition and Food Technology**  
Under the aegis of  
**IQAC AND VIKSIT BHARAT ABHIYAAN**

Organizes  
**A TALK ON**  
**DESIGNER CROP FOR THE FUTURE:**  
**APPLICATION OF BIOTECHNOLOGY TO**  
**INCREASE NUTRITIONAL VALUE**

**Speaker**  
**Prof. Niranjan Chakraborty,**  
**Professor of Eminence,**  
**National Institute of Plant**  
**genome Research**

**CONFERENCE ROOM, IHE 27 FEBRUARY 2024 10:00 am**

**PROF. RADHIKA BAKSHI** **MS. DEEPSHIKHA KATARIA** **DR. VIDHU YADAV**  
**PATRON** **Teacher In-Charge** **Nodal Officer**  
**ENFT** **Viksit Bharat Abhiyaan**

Professor Niranjan Chakraborty from National Institute of Plant Genome Research was the resource person for the event. More than 100 students of B.Sc (H) Food Technology, B.Sc (H) Microbiology , B.sc (H) Biochemistry, M.Sc Food & Nutrition and DDPHN attended the program.

# The Department of Sciences

28TH FEBRUARY, 2024

The Department of Sciences of IHE, hosted its academic fest on 28th February, 2024 with the theme "Green Chemistry". The event was a part of the Viksit Bharat Initiative and an approach that strives for sustainability, minimal environmental impact, and the preservation of resources. The event was graced with the presence of Prof. Dr. Rakesh Kumar Sharma, who is the Coordinator of Green Chemistry Network Centre.

Under the aegis of IQAC  
Presents  
**SciTrend**  
Academic Fest 24  
28th. February 2024  
Events

Seminar-11:00AM-12:00PM  
Topic- Green Chemistry Education for Sustainable Tomorrow  
Venue- Conference Room  
Prof. R.K Sharma  
Department Of Chemistry, University of Delhi

Workshop -12:30PM-3:00PM  
Topic-Genesis of Green Products  
Venue- Chemistry Lab  
Dr. Arti Jain  
Assistant Professor, Daulat Ram College

COMPETITION  
•Logo Making Competition (Department Of Science)  
•Poster Making Competition  
(Topic-Biology,Chemistry,Physics, Environmental Sciences)

Exciting Prizes for winners!!

Prof. Dr. RK Sharma delivered a seminar on the topic "Green Chemistry Education for Sustainable Tomorrow." He informed about various renowned scientists, the harmful effects of radiation, and the amount of pollution caused by plastic bottles, cell phones, etc. in various parts of the world. Green Chemistry is about reducing waste, materials, hazards, risks, energy, environmental impact, and cost. He also conducts various workshops every year to spread awareness about Green Chemistry.



This seminar was followed by a workshop conducted by Dr. Arti Jain, an Assistant Professor at Daulat Ram College, DU on the topic "Genesis of Green Products". She demonstrated how to make organic soap, hand sanitizer, lip balm, and lipstick easily with the help of easily available ingredients like coconut oil, etc. Green Chemistry Education plays a vital role as a Viksit Bharat initiative, as it is important in shaping a sustainable tomorrow. It catalyzes future leaders, fostering a culture of environmental consciousness. Through networking and collaboration, it strengthens the foundation for a greener, more resilient future.

