

DEPARTMENT OF FOOD AND NUTRITION & FOOD TECHNOLOGY

ACADEMIC AND DEPARTMENT ACTIVITIES – JULY 2020 TO JUNE 2021

The Department of Food and Nutrition & Food Technology 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 2020 – 2021.

Following is a brief account of these activities:

I. POSHAN MAAH CELEBRATIONS

As a part of 'Poshan Maah' celebrations, the Department of Food and Nutrition & Food Technology organised the following activities in the month of September 2020.

A. Webinars

- i. A webinar on the theme “**Nutrition during first 1000 days and severe acute malnutrition**” was organized on 24th September 2020. The invited speakers were Prof. A K Rawat (Professor & Head Pediatrics and Former Dean, Medical College Sagar, Madhya Pradesh and National Technical Expert, Project Planning and Monitoring Unit – Kalawati Saran Children’s Hospital, New Delhi) and Dr. Praveen Kumar (Director-Professor of Pediatrics, Lady Hardinge Medical College & Associated Kalawati Saran Children’s Hospital, New Delhi). Prof. Rawat

DEPARTMENT OF FOOD AND NUTRITION & FOOD TECHNOLOGY
INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI

Poshan Maah Celebrations 2020

Webinar on
Nutrition during First Thousand Days and Severe Acute Malnutrition

Speakers

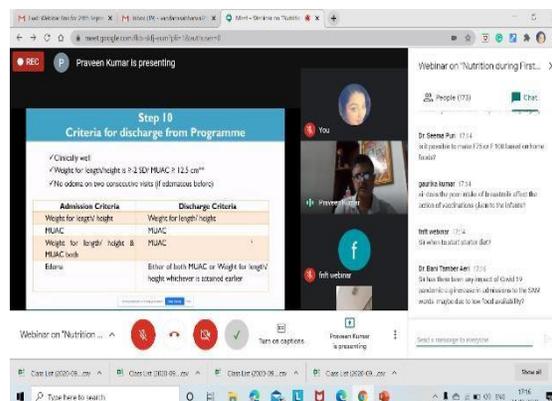
 Dr AK Rawat Professor & Head Pediatrics and Dean (Former) Medical College Sagar, Madhya Pradesh	 Dr. Praveen Kumar Director-Professor of Pediatrics Lady Hardinge Medical College & Associated Kalawati Saran Children's Hospital
---	---

DATE: Thursday 24th September 2020 TIME: 4 pm
REGISTRATION LINK: <https://forms.gle/1TBNC4jW7AYha1m7>
WEBINAR LINK: <https://meet.google.com/fkb-skfj-eum>

E- CERTIFICATES WILL BE GIVEN TO ALL PARTICIPANTS

PATRON Dr Geeta Trilok-Kumar Director, Institute of Home Economics	ORGANIZING TEAM Ms Shipra Gupta Dr K Geeta Dr Vandana Sabharwal Dr Anshu Sharma
--	--

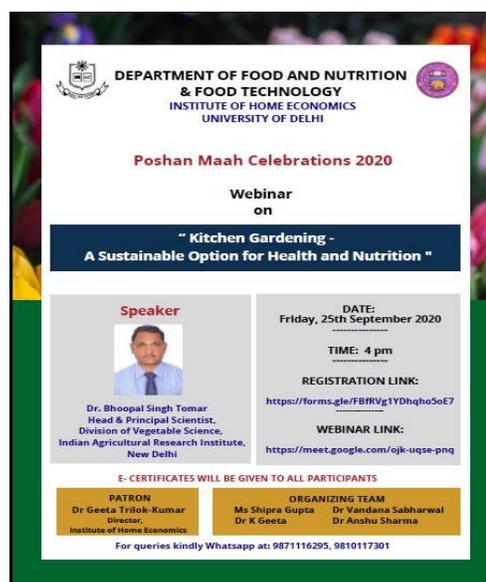
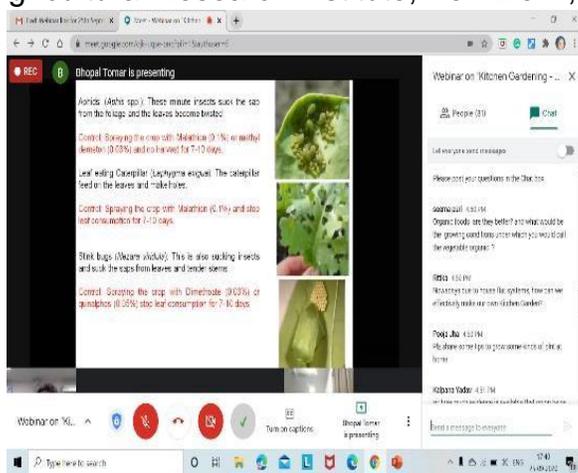
For queries kindly Whatsapp at: 9871116295, 9013384116



emphasised the importance of good health and nutritional status of the mother not only during ante-natal and post-natal period but even before she conceived, followed by the benefits of nutrition in the first 1000 days of

life. 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 *Poshan Abhiyaan*. He extensively dealt with the causes, consequences, detection, treatment modalities and management of SAM at different levels - hospital and home. The webinar was attended by about 180 participants including students and faculty from various colleges of Delhi NCR and others working in the field of food and nutrition.

- i. Second in the series of webinars was on the theme “**Kitchen Gardening – A sustainable option for health and nutrition**”. The speaker, Dr. Bhoopal Singh Tomar, Head & Principal Scientist, Division of Vegetable Science, Indian Agricultural Research Institute, New Delhi, 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. The webinar was attended by approximately 210 participants.

- ii. A webinar was organized on the topic “**Investments to reduce child stunting or wasting: what should policy makers decide?**” by the alumni association of the Department (IFNAA) on 28th September 2020. The speaker for this webinar was an alumna of the Department, **Dr. Kajali Paintal Goswami**, Nutrition Specialist, World Bank, Washington DC. The webinar was attended by approximately 85 participants including the alumni, faculty and the students.

B. Slogan Writing Competition

An Inter-college slogan writing competition on the theme "**First 1000 Days of Life**". The contest was open to undergraduate and post graduate students. Ninety entries were received 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 from Vivekananda College, University of Delhi. Aman Yadav (Bhaskaracharya College of Applied Sciences), Kalpana Yadav (IHE), Sarita Chandrakant Gaiwad (St George's Hospital) and Nisha Varma (IHE) secured the second, third, fourth and fifth positions respectively.



C. Quiz Competition 'NUTRIQUOTIENT'

An online Quiz competition '**NUTRIQUOTIENT**' was organized on 24th September. The theme of the quiz was Severe Acute Malnutrition (SAM) and First 1000 days of Life. Twenty questions were asked to test the knowledge of concepts SAM and first thousand days of life. It was a national-level time-bound quiz competition for students.

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

POSHAN MAAH CELEBRATIONS 2020

Participate in an interesting Online Quiz Competition
'NUTRIQUOTIENT'

"Test your knowledge on concepts of SAM and first thousand days of life"

On 24th September 2020, 1 p.m.

Open to All Students

Rules for Competition:

- ❖ Questions will be sent through Google form link.
- ❖ Entries after 1.20 p.m. will not be considered.

Registration link: <https://forms.gle/THbo6pXFDPBrqwEW7>

Last Date for registration: 22-9-2020

For query Contact:
Dr. Pragya Singh (8800765908), Dr. Vandana Sablania (9643492208)

All Winners will get e-certificate

QUIZ TIME!

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 Gowri 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).

D. A Healthy Selfie Campaign “Show What You Grow”

An inter-college photography competition entitled “Show What You Grow” – A Healthy Selfie Campaign” was organized with the aim to create awareness about the importance of kitchen gardening among students. The competition started in mid-September with the explanation of rules and regulations to be followed while clicking the pictures and judgement criteria to the students. There were a total of 30 participants. Pooja Khadka (Shyama Prasad Mukherji College for Women, DU) 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. This competition helped to recognize the creative side of the students along with the efforts they put in developing their gardens.

DEPARTMENT OF FOOD AND NUTRITION & FOOD TECHNOLOGY
Institute of Home Economics
University of Delhi

CELEBRATING POSHAN MAAH
Plantation Drive – Poshan Ke Liye Paudhe
September 2020
Announces

**“SHOW WHAT YOU GROW”
A HEALTHY SELFIE CAMPAIGN**

GUIDELINES:

- Contest is open for UG/PG students.
- Click a selfie along with your plant from Kitchen Garden.
- The picture should be of good quality with a high resolution.
- Soft copy must be sent in JPG format.
- Only one entry per participant is allowed.
- Maximum file size 100 MB.

Best entries will be displayed on the college website and given e-certificate

Kindly send your entries to <https://forms.gle/dw79LAvz2kCz7cX8>
Last date of entry: 22nd September 2020

FOR QUERIES WHATSAPP AT
981176295
9811749366
9013384118

Institute of Home Economics, P-4, Hauz Khas Enclave, New Delhi 110016

E. Community Outreach Activities

i. Theme: Reading Food Labels – Simplified

A community outreach activity was conducted by students of MSc Food and Nutrition, specializing in Public Health Nutrition. The purpose of the activity was spreading awareness about reading and understanding nutrition information of food labels



Have you ever wondered...

The food you buy is healthy or not?

How to interpret nutrition facts on a label? | How to decode the food labels?

If yes, please join us for a session on

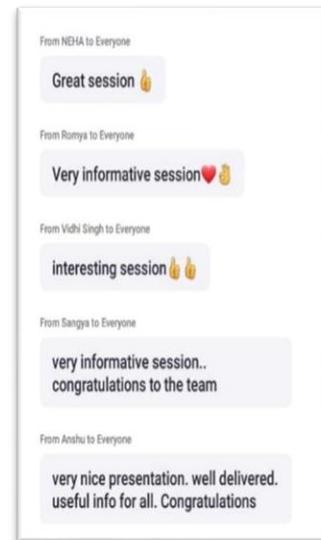
READING FOOD LABELS... SIMPLIFIED

Health Benefits

DATE:
26th September 2020
(Saturday)
Time: 5.30 pm

For any queries, Contact us at: 9990878121, 9953119067
Department of Food & Nutrition and Food Technology
Institute of Home Economics, University of Delhi

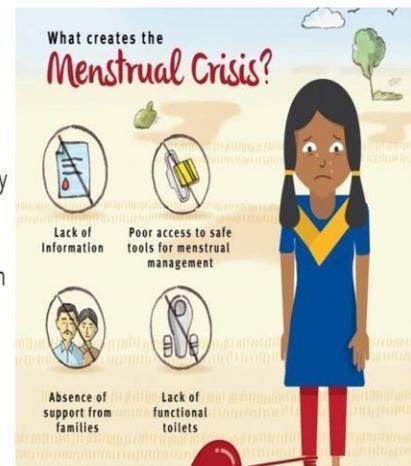
and decoding food claims for making healthier food choices. An online session using Zoom platform was organized on 26th of September 2020 with help of RWA of Meera Bagh, Paschim Vihar, which was attended by 40 participants. Post session, an open discussion session was initiated to answer any queries 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.



ii. Theme: Menstrual Hygiene and Anaemia

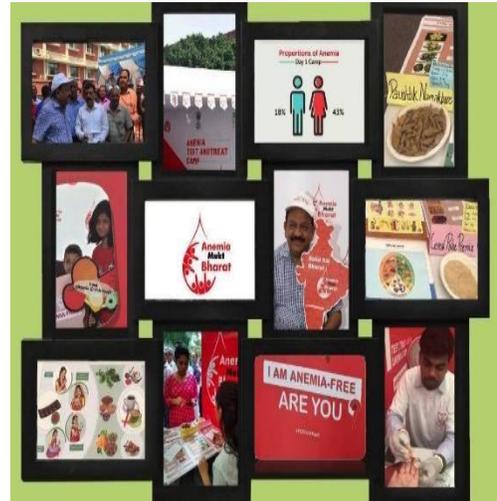
Students of MSc Food and Nutrition, specializing in Clinical Nutrition, connected with community's adolescent girls and young women on virtual platform and addressed the issues of menstrual hygiene, such as:

- Importance of health and hygiene during menstruation,
 - Diets during menstruation,
 - Myths and stigmas relating to menstruation and
 - Does and don'ts during menstruation.
1. Stigma, culture of silence & lack of information
 2. Lack of access to sanitary napkins & menstrual absorbents
 3. Absence of support from family
 4. Lack of access to water and sanitation facilities
 5. Lack of safe disposal facilities



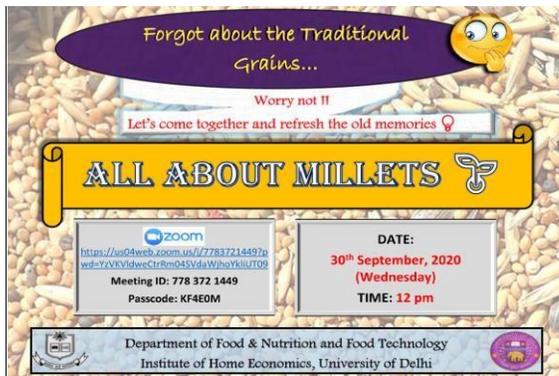
Students also addressed the issues of anaemia in different age groups and the related concerns:

- 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.



iii. Theme: Importance of Millets

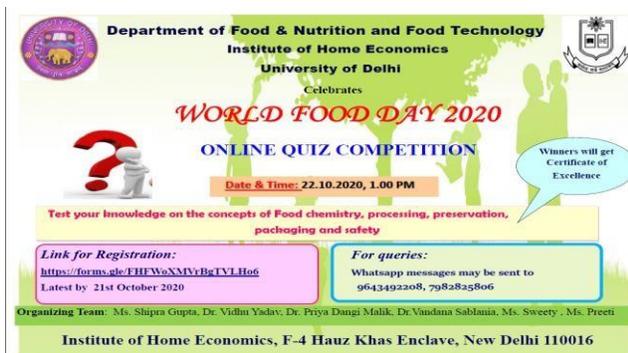
Another community outreach activity was organised by the MSc Food and Nutrition (Public Health Nutrition) students on 30th September 2020. They made an online presentation on the importance of millets, which are a forgotten part of our diet.



Emphasis was made on the health benefits of millets and the different ways in which millets can be incorporated in daily meals. It was a short 15 minutes presentation and was much appreciated by the audience.

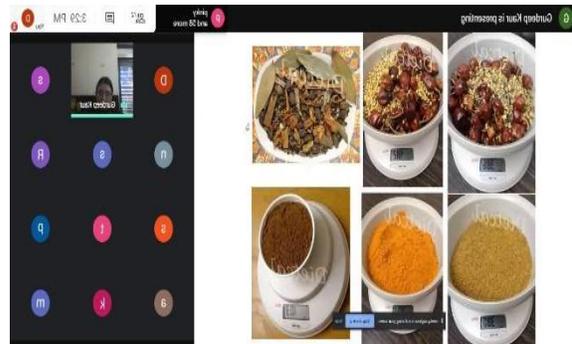
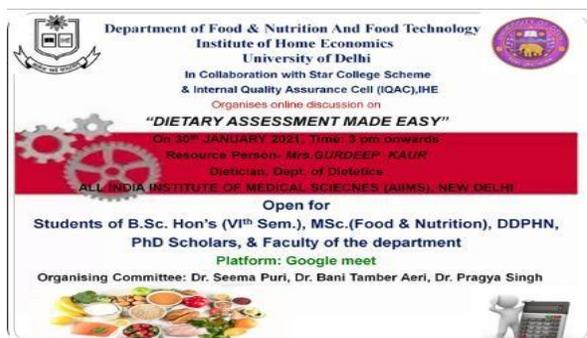
II. WORLD FOOD DAY CELEBRATIONS - Quiz Competition

An online quiz competition was organized on 22nd October 2020 to celebrate the World Food Day. Eighty-eight participants from different organizations like Delhi University, Pondicherry University, GJUS&T, ICAR-NDRI, ICT Mumbai, NIFTEM, ICAR-CFTRI, etc. participated in the quiz. Ms. Amisha Khurana from Lady Irwin College secured first position, Ms. Anukriti Singh from Institute of Home Economics secured second position and Mr. Abhimanyu Singh from CSIR-CFTRI secured third position in this competition.

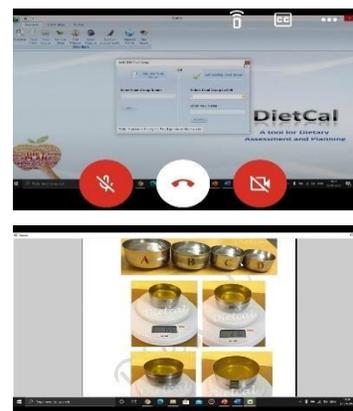


III. Webinar on 'DIETARY ASSESSMENT MADE EASY'

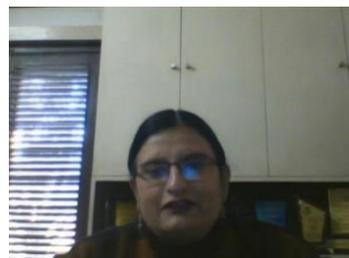
A webinar on "DIETARY ASSESSMENT MADE EASY" was organized in collaboration with Star College Scheme and Internal Quality Assurance cell (IQAC) of IHE on 30th January 2021. The resource person for this online interactive session was



Mrs. Gurdeep Kaur, Dietician in the Department of Dietetics, All India Institute of Medical Sciences (AIIMS), New Delhi. Mrs. Gurdeep explained the steps to be taken to use DietCal software for dietary assessment, starting from taking accurate dietary intake and calculating each and every nutrient present in it to plan/assess a therapeutic/normal diet. She emphasized on how to identify indigenous food products and use them correctly in the planning. She explained how any number of new

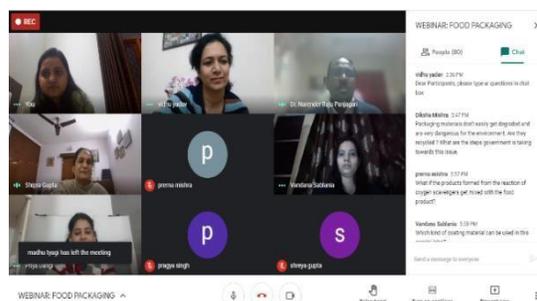


packaged food items could be added in the given list and how the software could be updated. Mrs. Gurdeep also elaborated the standardization of recipes in a very simple way. She gave future prospects and scope of using this software for the students of dietetics and the nutrition fraternity. A total of 72 participants including students of BSc Honours (VI Semester), MSc (Food and Nutrition), Post Graduate Diploma in Dietetics and Public Health Nutrition (PGDDPHN), PhD scholars and faculty of the department attended this session.



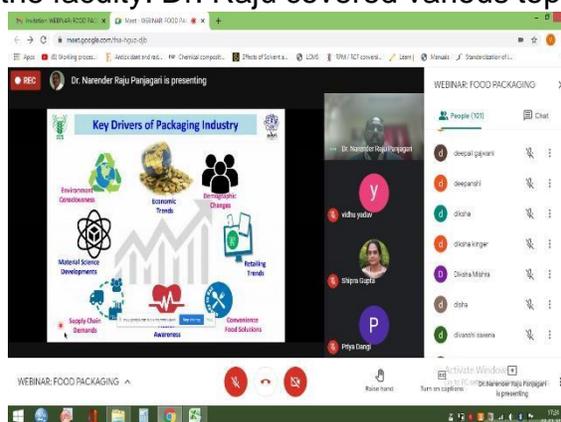
IV. Webinar on ‘FOOD PACKAGING: EMERGING CONCEPTS’

A webinar on “Food Packaging: Emerging Concepts” was organized on 8th February, 2021 under the aegis of Star College Scheme. The invited speaker for the



webinar was Dr. P. N. Raju, Senior Scientist from National Dairy Research Institute, Karnal. The webinar was attended by more than 100 participants including students of BSc and MSc, PhD Students along with the faculty. Dr. Raju covered various topics in his presentation including:

- Status of Global and Indian packaging industry
- Key drivers of packaging
- Packaging design framework
- Emerging packaging techniques
- FSSAI Packaging regulations 2018
- Labelling and Display Regulation 2020

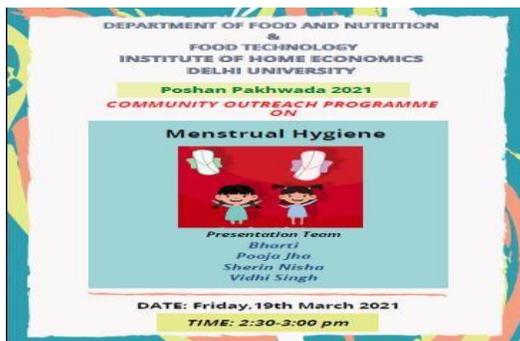


The lecture gave deep insights into the emerging trends related to packaging of food and food products. Dr. Raju revealed some interesting facts about active packaging, intelligent packaging, edible films, biodegradable and sustainable packaging and use of nanocomposites in packaging and their application in food industry. Dr. Raju also

discussed that how smart phones can be integrated with intelligent packaging so that consumers are aware what different colors correspond to. Furthermore, he focused on how labeling regulations for food products has changed over the years. It was an extremely enriching and interactive session which was thoroughly enjoyed by the participants.

V. POSHAN PAKHWADA

On 19th March 2021, an online community outreach activity was conducted by the



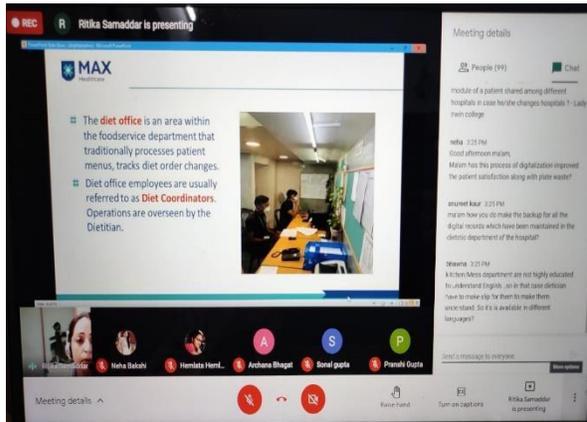
students of MSc Food and Nutrition (Public Health Nutrition) for ICDS beneficiaries at Neb Sarai, New Delhi on the theme 'Menstrual Hygiene' to celebrate *Poshan Pakhwada* under the aegis of *POSHAN Abhiyaan*. It was attended by approximately 40 enthusiastic participants who posed several queries to the presenters.

VI. Webinar on 'DIETARY MANAGEMENT AND REVERSAL OF DIABETES'

In collaboration with Star College Scheme and Internal Quality Assurance cell (IQAC) of the college, the Department conducted an interesting webinar on **"DIETARY MANAGEMENT AND REVERSAL OF DIABETES"** on 8th April 2021. The resource person for the webinar was Ms. Shilpa Joshi, Director, Mumbai Diet and Health Centre as well as a practising Dietician, Diabetic Educator from Mumbai. Ms. Shilpa Joshi explained the steps to be taken for planning a diabetic diet while dealing with the patients coming from various backgrounds. She emphasized on how to identify indigenous low glycaemic index food products and use it for reversal of diabetes. She further explained the importance of calculating macro as well as micro nutrients which should go along with



couple of years and digitalization has emerged as a boon to all stakeholders including the health workers and patients. She presented a video regarding the medical nutrition



management of the department of dietetics of a tertiary care hospital emphasizing on technology being an asset to them for patient care. She discussed the various processes followed in the dietetics department and emphasised that digitalization has helped in nutritional screening of OPD patients, online patient diet census, nutritional assessment compliance, discharge diet

compliance, OPD consults, virtual support, electronic meal ordering system, increasing customer satisfaction, financial viability, better chances of accreditation where accessing electronic health records of all patients is important. She projected a clear understanding of the hospital-wide electronic medical record (EMR) on the way dietitians collect routine data for their assessment and its impact on their clinical documentation and service provision. Further she said that digitalisation has made hospitals completely paperless and helped in continuity of patient care with just a click and aimed at transferring a manual system to a completely automated one. The presentation concluded with an animated question and answer session.

