

Nutrition Awareness Activity

at **SNDT WOMEN'S UNIVERSITY, PUNE,**
on **TUESDAY 12TH FEB 2019**

Report By



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The Nutrition Awareness Activity at Pune was organised by Department of Food Science & Nutrition, SNDT Women's University, Pune in collaboration with Protein Foods and Nutrition Development Association of India (PFNDAI) on February 12, 2019 at Tarapore Hall, SNDT College of Home Science Pune. The Activity was supported by Ruchi Soya, Kellogg India and AAK Kamani. The theme for the activity was "Choose Wise Eat Right".

Participation in the activity was appreciable as 163 students and several staff members participated wholeheartedly in the event. From the food industry, representatives of Ruchi Soya, Tata Chemicals and nutritionist attended the event.

The morning was devoted to intercollegiate competitions among students. Students from eight colleges participated in different competitions – Three competitions

were organized: Quiz, Food Photography and Recipe Competition.

The theme for the entire activity was Proteins for Health. Many students took part in all the competitions. For the recipe competition, the theme was protein-rich recipes from Soya where the Soya Granules and Chunks were sponsored by Ruchi Soya Industries. The first, second and third prizes for these was sponsored by PFNDAI and Ruchi Soya, respectively.

There were many entries for the recipe competitions. The number of entries for the various competitions was:
The number of entries for various competitions was

1. Nutrition Quiz – 32
2. Food Photography – 32
3. Recipe competition – 49

All the judges for the three competitions were highly appreciative of the efforts made by the students. The quiz was very well organized and the audience also enthusiastically participated in this activity.

The **Recipe Competition** was judged by 2 judges
1. Dr. Malathy Venkatesan, Tata Chemicals
2. Mrs. R. Kapila, Nutritionist.

The **Food Photography Competition** was judged by 2 judges
1. Dr. B. L. Satyanarayana, Food Technologist.
2. Dr. Shilpa Shirole, Sr. Dietitian.

The **3rd Nutrition Quiz Competition** was judged by 2 judges
1. Dr. Geeta Dharmatti – Nutritionist
2. Dr. Prabhakar Kanade – Food Technologist

The Winner for the Recipe Competition: Healthy Soya Recipe

Prize	Name of the Student	Name of the College	Name of the Recipe
1st	Harshada Kale	SNDT College of Home Science	Spicy Soya Cake
2nd	Kiran Achari	SNDT College of Home Science	Soya Tikki
3rd	Shriya Kotwal	NAFARI	Soya Kebab



The Winner for the Food Photography Competition

Prize	Name of the Student	Name of the College
1st	Madhura Shah	SNDT College of Home Science
2nd	Rachita Gupta	Communication Media for Children
3rd	Ganesh Jakhar	NAFARI

The Winner for the 3rd Nutrition Quiz Competition

Prize	Name of the Student	Name of the College
1st	Zainab Bagwan Pratibha Nadar	SNDT College of Home Science
2nd	Shubhangi Verma Vyshnavi Vodapalli	SNDT College of Home Science

are important in the etiology of obesity. Experimental studies on food consumption among adolescents routinely find that caloric information or nutrition is not a major consideration in food selection. Taste, hunger, peer preferences and other factors appear to be more important.

which is not a nutrient content Claim, Dietary Guidelines, Nutrient Function, Other function, and Disease risk reduction

The third speaker Dr.Priyali Shah, Tata chemicals, spoke about the validation of claims by clinical studies. She gave an explanation about planning a Clinical Study & its study design what are the outcome measures. She also overviewed about the Test Product & Suitable Control Selection and what are the Implication of Clinical trails

Ms.Anuja Rawool, Food Scientist PFNDAI was the last speaker of the day spoke about the “Benefits of Soy Protein”. Her presentation highlighted the protein gap in India and causes for the same. She described in considerable detail the health benefits of including soy protein in general and for women and children.

The seminar was followed by prize distribution to the student winners of the three competitions. The prizes were given away by the Executive Director, PFNDAI and the speakers.

The program ended with the vote of thanks by Mrs. Anuja Kinikar, Sr. Faculty, SNDT College of Home Science.

The Quiz was well organized by Mrs. Anuja Kinikar, Mrs. Shraddha Patankar, Ms. Shraddha Adsul, teaching faculty SNDT College of Home Science.

TECHNICAL SESSION

In the afternoon, a seminar was wherein various experts were invited to speak on selected topics. The seminar started with a brief welcome address by Dr.Chandrakala Mannuru, Head Dept of Food Science and Nutrition, SNDT College of Home Science. Ms.Swechha Soni, Nutritionist PFNDAI introduced the delegates about NAA and the programs conducted by PFNDAI.

The first speaker was Mrs.Shilpa Joshi – Consultant Dietitian & Diabetic Educator spoke on Psychology of food choices, food purchase and eating behavior wherein she spoke on higher risk of developing obesity, genetic and environmental factors

The second speaker, Dr. J. I. Lewis, Vice Chairman, Regulatory Affairs committee, PFNDAI, discussed the Nutrient and Health Claims. He outlined the framework of Claims where Nutrition Claims maybe about nutrient content or nutrition comparative one. On the other hand, Health Claims specify about the nutrient function, other beneficial effects and disease risk reduction. He differentiated between the Claims spectrum- Nutrient Content, Nutrient Comparative, Statement of fact,

Judges Ms. Shilpa Shirole and Dr. Geeta Dharmatti with Ms. Swechha Soni and Ms. Anuja Rawool





Dr. Anuja Kinikar



Ms. Shilpa Joshi



Dr. J. I. Lewis



Dr. Priyali Shah



Dr. Chandrakala Mannuru



Ms. Anuja Rawool



Ms. Swechha Soni



Audience



Audience



Judges Dr. Kanade, Dr. Satyanarayana, Dr. Malathy, Mrs. Kapila with Organisers



Winners being Awarded



Audience



Audience