

# NUTRITION AWARENESS ACTIVITY AT BHASKARACHARYA COLLEGE OF APPLIED SCIENCES, DELHI, ON TUESDAY 12TH FEB 2019



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Report By

&

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The Nutrition Awareness Activity Delhi was organized by Department of Food Technology, Bhaskaracharya College Delhi in collaboration with Protein Foods & Nutrition Development Association of and AFST (I) Delhi Chapter On Friday, 15th March 2019.

Participation in the activity was appreciable as 148 students and several staff members participated wholeheartedly in the event. From the food industry, representatives of PepsiCo, DuPont, Mother dairy and Marico and nutritionist attended the event.

The morning was devoted to intercollegiate competitions among students. Students from several colleges participated in different competitions –  
The event had two intercollegiate competitions, Value From Waste and Food Photography, for students of Food Technology, Food Sc., Home Sc., Dietetics and Nutrition

alongside a seminar on 'Good Food for Healthy Life' supported by Marico, Coca Cola, Kellogg India.

#### COMPETITION 1

Name: Value from Waste  
The motive of the competition was the development of a food product while utilizing food waste, the recipes were judged on parameters like innovation and waste utilization. The need for utilization of food waste can't be debated in a country with limited assets and an overwhelming number of 1.3 billion mouths to feed and rising. The event was a success with 16 entries from 7 colleges from Delhi and nearby areas. The top three recipes were awarded by PFNDAI. The efforts and innovation of the participants were widely lauded by judges and seminar attendees alike; one of the judges was found quoting "when the word waste utilization is heard the mind immediately associates it with a food product with compromised taste attributes but the students here changed that perception today".

The Competition was judged by  
1. Ms. Parma Badra - E.I. DuPont  
2. Dr. Prashant Bhatt -Mother Dairy

Name of Participating Organizations: Shyama Prasad Mukherji College Bhaskaracharya College of Applied Sciences, Institute Of Home Economics, Lakshmbai College, Lady Irwin College, Jamia Hamdard

Name of the winners:  
1st - Samta Saroya and Srashti Rajpoot from Bhaskaracharya College of Applied Sciences (Recipe -Nachos with hung curd dip)

2nd- Supriya Kumari and Shivani Bisht from Institute Of Home Economics (Recipe- Okra Muffins)

3rd- Ruqayya from Lakshmbai College (Recipe- Cauliflower green peel biscuits)

## COMPETITION 2

Name: Food Photography

The competition was conducted in two rounds. The theme for the first round was to click a healthy food and the criteria of selection of participants for the second round was to get the maximum number of likes on their pictures that were uploaded on the Facebook handle of Ambrosia. There were 10 participants for the second round which was conducted on 15th March 2019 in the Principal Block of Bhaskaracharya College of Applied Sciences. The theme for the same was "traditional dish -low in either of the two: fat, sugar or salt". The photographs were judged based on various criteria and three participants won attractive prizes and certificates.

The Competition was judged by

1. Dr. Sanjay Naphade
2. Dr. Vasudha Sharma

Name of the winners:

1st Position: Kriti Ahuja,  
Bhaskaracharya College of Applied Sciences.

2nd Position: Vikas Manjeda,  
Bhaskaracharya College of Applied Sciences.

3rd Position: Gaurav, St.  
Gregarious School

The technical event commenced with an inaugural speech by Dr. Balam Pani, Principal Bhaskaracharya College, he addressed the topic of 'Good Food for Healthy Life' and was followed by four technical sessions by exalted industrial and medical professionals. The competitions were held simultaneously in the principal's block of the college.

Dr. Eram Rao introduced the delegates about the AFST (I) Delhi Chapter and also welcomed the students, delegates and invitees. Ms. Anuja Rawool, Food Scientist PFNDAI introduced the delegates about NAA and the programs conducted by PFNDAI.

The technical session comprised of four technical sessions conducted by eminent speakers. The first session was presented by Dr. Sakshi Bhushan, Principal Nutritionist Marico. She spoke on Edible oils-Health beyond basic Nutrition. She highlighted about how fat plays an important part in our food and nutrition, its quality and quantity bears a huge impact on overall health. She also emphasized on the selection of the fats/oils consumed and its quantity has played large role in the etiology of CVD. Majority of these studies have been carried out on the composition of fatty acids consumed, its positional distribution in glycerol backbone and relative ratios of fatty acids.

The technical session two was presented by Ms. Mili Bhattacharya Scientific, Nutrition and Regulatory, Coca Cola. She spoke on Role of Functional Beverages for consumer choices and highlighted upon the beverage opportunity in India. Her focal point was about how to identify & develop successful functional beverage? She overviewed about the regulatory frame work & also highlighted about the journey of Production Diversification of Coca Cola.

The 3rd Session was presented by Dr. Neelanjana Singh, Former President IDA. She spoke on

Exposing the Myth of Whole Grain where she gave an overview about the history of whole grains. Dr. Neelanjana also discussed about the consumption of cereal grains, Glycemic index unprocessed food & what is the Role of Microorganism in the prevention of inflammation. The Refining process of bread and a brief history. Nutritional significance of phytates and phytic acid.

The last session was presented by Mr. Indranil Chatterjee on Making Food Product Healthier with Protein and Fibre. He introduced about protein and fibre & their health benefits. Importance of proteins in the diets of people belonging to different age groups, gender and those involved in activities like sports. He overviewed about PDCAAS, Protein Digestibility Corrected Amino Acid Score, is a new method of checking the quality of protein. Egg has the highest PDCAAS value. It contains all the essential amino acids and is easy to digest.

The seminar was followed by prize distribution to the student winners of the two competitions. The prizes were given away by the Judges and the speakers.

The program ended with the vote of thanks by Dr. Eram Rao.





Delegates



Dr. Sanjay Naphade Judging



Mr. Indranil Chatterjee



Dr. Neelanjana Singh



Dr. Sakshi Bhushan



Ms. Mili Bhattacharya

Speakers, Judges and BCAS staff





Dr. Neelanjaa and Dr. Sanjay



Dr. Eram Rao, Ms. Perama Bhadra and Dr. Rizwana



Faculty of Jamia Hamdard College, Delhi



Dr. Sakshi, Dr. Eram and Dr. Vasudha



Food Photography Competition



Mr. R. L. Goyal discussing with Ms. Anuja, Mr. Indranil Chatterjee, Dr. Jeevan Kumar and Dr. Sanjay Naphade