

REPORT OF NUTRITION AWARENESS ACTIVITY AT SADGURU MAHILA HOME SCIENCE COLLEGE, GUJARAT ON 5TH JULY 2019



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PFNDAI organised a Nutrition Awareness Activity at Rajkot, Gujarat on 5th July 2019 in collaboration with the Indian Dietetic Association - Gujarat Chapter and Department of Home Science of Sadguru Mahila Home Science College.

About 170 persons including students and several staff members from the host college as well as the other nearby colleges participated whole heartedly in the event. The theme of the Activity was "Building your roots with Healthy Foods. The Sponsors of the event were AAK KAMANI, MARICO & RUCHI SOYA.

The event started with the lighting of the lamp followed by the inaugural speech given by Dr. Rima Rao who is the convenor of Sadguru Home Science College and

also the member of National Executive Council of the Indian Dietetic Association (IDA). Ms. Anuja Rawool, Food Scientist, PFNDAI then introduced PFNDAI and its activities to the participants as well as the audience. The morning session started with the intercollegiate competitions among students and the IDA members. Students from three colleges and IDA members participated in the different competitions.

Three competitions were organized: Recipe Competition, Poster Competition for the students while Nutrieducative game model presentation by the IDA members. There was good participation in all the competitions. For the recipe competition the theme was Oats Based Healthy Recipe for which Suffola Oats were sponsored by Marico Limited. The Poster Competition was based on the

theme "Aaj se Thoda Kam." The Nutrieducative game was based on the theme Childhood Obesity.

Three winners from each competition were awarded by PFNDAI while a Gift Hamper was awarded by Ruchi Soya (Nutrella) to all the 3 Recipe Winners.

Also, Mr. Gokul Krishnan from Amul Dairy awarded cash prize to all the 4th runner ups from each competition for encouraging them and appreciating their participation.

All the judges for the three competitions were highly appreciative of the efforts made by the students and the IDA members. In the afternoon, there was a seminar where the professionals from food and nutrition industries shared their knowledge on selected topics.



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Mr. Gokul Krishnan from Amul Dairy highlighted the Milk, Health and Dairy technology. In very simple terms he explained how milk is an essential food having so many nutrients that aids in maintaining good health. He also, explained the dairy technology giving the reasons for why is the milk pasteurized and/or sterilized. He further talked about the different dairy products and the principle of their processing techniques.

Dr. Bhavana Vaid from IDA Gujarat Chapter presented a talk on Edible Oil- A Nutritionist's perception on behalf of Dr. Sakshi Bhushan from Marico. She started with explaining the importance and sources of fat followed by mentioning the RDAs for Indians given by the NIN. She also mentioned about the oils that are commonly consumed by Indians while categorizing them into SFA rich, PUFA rich and MUFA rich. Finally she concluded by giving some excellent tips on its storage, use and some good practices.

Dr. Rima Rao, Convener of SadguruMahila Home Science College and member of National Executive Council of the Indian Dietetic Association (IDA) presented on exposing the Myths of Whole Grains which she started by giving a brief history and current

scenario of its cultivation and consumption. Clarifying various myths of whole grains supported by various studies, she concluded her talk by giving a positive message for consuming whole grains.

Ms. Monika Kumari from AAK Kamani gave her talk on Dietary Oils and Fats and its role towards Supplementation. She talked about good and bad fats and defined SFAs, MUFAs, PUFAs and Trans fats explaining their impacts on human health. She also highlighted about health risks of consuming trans-fat. Further, she listed down the RDAs for the different types of fats. She also explained the applications of vegetable oils and fats. She also focused on the different types of the

omegas and their sources.

Ms. Swechha Soni from PFNDAI talked on Soya Benefits on behalf of Ruchi Soya. She highlighted the importance of consuming soya as it contains all the essential amino acids. She explained the processing techniques of several soya products like soybean oil, soy milk, tofu and texturized soy protein along with their nutritional profiles. She also mentioned about the health benefits of consuming soya in Heart conditions, post-menopausal symptoms, osteoporosis, breast cancer, etc. and supported the same with various studies. She concluded by giving ideas on making different dishes based out of soy and consuming the same which will help in maintaining health.

The seminar was followed by prize distribution to the winners of the three competitions. The speakers were awarded by a Token of appreciation by PFNDAI, IDA Gujarat Chapter and Dr. Arjun Singh Rana Sports Foundation. All the judges were also appreciated by PFNDAI and Dr. Arjun Singh Rana Sports Foundation for their efforts in judging the competitions. The program ended with the vote of thanks by Dr. Rima Rao. We would like to thank our Sponsors: Marico, Ruchi Soya and AAK Kamani for extending their support towards this activity.



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Speakers & Organisers



Banner



Nutrela (Ruchi Soya Stall)



Audience



Winners Getting Awards



Audience



AWARD WINNING RECIPES



Mr. Gokul Krishnan



Prof. Rima Rao



Dr. Bhavana Vaid



Ms. Monika Kumari



Ms. Swechha Soni

SPEAKERS