

NUTRITION AWARENESS ACTIVITY

held on Wednesday
25th September 2019
at SVT College of
Home Science, Mumbai

PFNDAI had organized a Nutrition Awareness Activity at Sir Vithaldas Thackersey College of Home Science, Autonomous in collaboration with their Department of Food, Nutrition and Dietetics.

The total participation of students and professionals was about 200. Total six colleges from Mumbai had participated. The theme of the Activity was Food For Holistic Health. The Sponsors of the event were MOTHER DAIRY, HERBALIFE NUTRITION, and AMWAY. Recipe competition was supported by Herbalife Nutrition by providing ingredient mix for the competition.

The morning session started with the intercollegiate competitions among students. Students from six different colleges participated in the different competitions.

Three competitions were organized: Recipe Competition, Poster making competition and Street Play. There was huge participation in all the



REPORT BY -
Ms Swechha Soni,
Nutritionist, PFNDAI

There were two sub categories in the recipe competition, one was protein rich recipes and the other one was fiber rich recipes. There were total 32 teams (22 for the protein rich recipe category and 10 for the fiber rich recipe category) each team having two participants for the recipe competition. The Judges: Ms. Shilpa Joshi, RD; Dr. Ashlesha Parchure, Founder VR FoodTech; Ms. Sukhada Bhatte, Sr Manager Regulatory and Nutrition- Hexagon Nutrition and Ms. Ruby Sound, consultant dietitian took efforts in going through all the recipes, tasting them and evaluating to find the best three recipes for each sub category.

competitions. For the recipe competition the theme was Protein and Fibre Rich Recipes for which the following samples were provided to the participants by Herbalife Nutrition:

1. Herbalife Nutrition's Personalized Protein Powder
2. Herbalife Nutrition's Active Fiber Complex

Some of the recipes from the Recipe Competition



Representatives from PFNDAI and SVT College of Home Science



The Poster making competition had 17 teams having two participants each. Students were given the theme of Label Design for a Healthy Food conveying its benefits. The idea behind this theme was to evaluate the understanding of food labels among students. The students were asked to explain their food label posters. The posters were evaluated by Judges Ms. Gauri Iyer, Technical Services, Customer Innovation Centre, AAK Kamani and Ms. Nadiya Merchant, Manager-Nutrition, Kellogg India. First three winners were awarded.

Some Posters from the Poster Making Competition



For the street play we had total 3 huge teams having participants ranging from 10-15 in each team. The street play was based on the theme of Food Safety. The students had come up with some really amazing skits where they tried to show some good hygiene practices and some food safety principles that must be known to all the consumers

Street Play



and the small scale vendors. The skits were very interactive and lively and all the participants enjoyed it. One team was selected as a winner.

Winners

I. Intercollegiate Recipe Making Competition

a. Protein Rich Recipes
1st prize won by Ms.NikhataShaikh and Ms.SofiyaShaikh from Smt. Maniben M.P. Shah Women's College of Arts and Commerce

2nd prize won by AnchalKaushal Kishore Tiwari and Ayushi Parekh from College of Home Science NirmalaNiketn

2nd prize won by Karishma Sonawane and UjwalaGhule from Premlila Vithaldas Polytechnic College

3rd prize won by Dhruvi Jain and Ashvi Jain from Sir Vithaldas Thackersey College of Home Science (Autonomous), SNDTWU

II. Intercollegiate Poster Making Competition

1st prize won by Drashti Zatakia and Dhvinal Shah from Sir Vithaldas Thackersey College of Home Science (Autonomous), SNDTWU

2nd prize won by Siddhi Rai and Nishita Nandu from Sir Vithaldas Thackersey College of Home Science (Autonomous), SNDTWU
3rd prize won by Shaheena Patel and Sakina Rangwala from Sir Vithaldas

3rd prize won by Riya Gaglani and Vidhi Jain from Sir Vithaldas Thackersey College of Home Science (Autonomous), SNDTWU

b. Fibre Rich Recipes
1st prize won by Smita Tatkare and Isha Churi from Premlila Vithaldas Polytechnic College

Thackersey College of Home Science (Autonomous), SNDTWU

III. Intercollegiate Street Play Competition

Winners of the street play were the team from Sir Vithaldas Thackersey College of Home Science (Autonomous), SNDTWU having the following participants: Apurva Gaitonde, Vidhi Jain, Soumya Adarkar, Priyal Tailor, Shanaya Talati, Riya Gaglani, Tanishka Malvankar, Araina Trehon, Kashish Parekh, Zeel Shah, Riya Mishra and Srinidhi Bhangdiya.

TECHNICAL SESSION

In the afternoon, the seminar was inaugurated by the lighting of the lamp.

Dr. Jagmeet Madan, Principal, gave an inaugural address to the audience. She shared some data and insights about the carbohydrate consumption in the country and worldwide. She also shared a study on effect of diet rich in resistant starch on health.

Ms. Mani Misra, Scientific regulatory and Nutrition Affairs, Mother Dairy presented a talk on Role of Dairy Nutrition in National Nutrition Mission. She raised the most critical subject of Malnutrition and shared the data of the people affected by it worldwide.

She also talked about the Nutrition

Amway presented a talk on Importance of Supplementation & possible Economic Impact. He explained how Indians live a longer life but with poor health. He mentioned that the life Expectancy is increasing worldwide but with a decreased quality of Life, which may risk the life expectancy to go down.

He also mentioned about the various possible reasons of not living a healthy life. He further added that Global warming is one of the causes for nutrient loss.

He concluded by adding that there are solutions available such as targeted food supplements that could reduce the health risks and health care costs in consumers.

Dr. Jagadish Pai, Executive

Director, PFNDAI gave a brief talk on the current trends in the food industry. He pointed out the advances of the food processing industry. He also mentioned to the students the scope of food science and nutrition and the opportunities.

The seminar was followed by prize distribution to all the winners. The speakers and the judges were awarded with a token of appreciation by PFNDAI.

The program ended with the vote of thanks to the Sponsors, Speakers, Judges, Organizers, participants and the audience.

We would like to thank our Sponsors: **MOTHER DAIRY**, **HERBALIFE NUTRITION**, and **AMWAY** for extending their support towards this activity.

Ms. Mani Misra



Dr. Jagadish Pai



intervention Programs in India for tackling the issue. She further added the various dairy innovation offerings with fortified vitamins that can help target the issue of malnutrition.

Mr. Abhinav Shrivastava, Head of Regulatory Policy,

Mr. Abhinav Shrivastava





Recipe Making Preparation



Poster Making Preparation



Ms Ruby & Ms Sukhada evaluating the Recipes



Ms Shilpa & Dr Ashlesha judging the Recipes



Ms. Gauri Iyer evaluating the Posters



Ms. Nadiya Merchant evaluating the Posters



Organizers, Judges & Some Speakers



Ms. Swechha Soni



Dr. Madhuri Nigudkar



Ms. Madhavi Trivedi & Ms. Nadiya Merchant with the winners



Dr. Rekha Battalwar



Ms. Meenal Shrivastava