

NUTRITION AWARENESS ACTIVITY

Wednesday 4th September 2019 at Mount Carmel College Autonomous, Bengaluru



REPORT BY -
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PFNDAI had organised a Nutrition Awareness Activity at Mount Carmel College, Autonomous in collaboration with their Department of Nutrition and Dietetics.

The total participation of students and professionals was about 250. Total five colleges from Bangalore had participated. The theme of the Activity was Nutrition Security: Wholesome Food- A challenge. The Sponsors of the event were **MARICO**, **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 five different colleges participated in the different competitions.

Three competitions were organized: Recipe Presentation, Digital Poster Presentation and Quiz Competition. There was huge participation in all the competitions. For the recipe competition the theme was Think Healthy, Eat Healthy for which the following samples were provided to the participants:

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

There were total 39 teams each having two participants for the recipe competition. Each team had prepared 2 recipes: one savoury dish with addition of the provided Fiber powder and one dessert with addition of the provided Protein powder. The Judges: Dr. Sandhya Singh, President- IDA Bangalore and Ms. Rinka Banerjee, Founder & Director at Thinking Forks Consulting took efforts in going through all the recipes, tasting them and evaluating to find the best three recipes. There was a tie for the 3rd place in two teams so both the teams were awarded.

First Prize was won by the participants from Mount Carmel College

1. Samreen Shrieff
2. Nausheera Bushra

Second Prize was won by the participants from Mount Carmel College

1. Navya Raj
2. Simran Khanam

Third Prize was won by the participants of:
Ramiah University of Applied Sciences

1. Samyuktha Alwar
2. Subodh

Mount Carmel College

1. P. Soujanya
2. Khushi Thakurel

From L- Dr. Sandhya Singh, Ms. Amritha Devnani, Ms. Jyoti Bhat





From L- Mr. Abhinav Srivastava & Mr. Sachin Achintalwar

The Digital Poster Presentation had 16 teams having two participants each. Students were asked to share a digital poster in ppt or pdf format. They were asked to make the poster based on the theme of Nutrition Security- Think Healthy, Eat Healthy and explain its significance which was evaluated by the Judge Ms. Amritha Devnani, Assistant R&D Manager- Nutrition & Health, Hindustan Unilever, India.

First prize: Aishwarya Deepika- Mount Carmel College

Second price- Shifa Fathima- Mount Carmel College

Third prize- Safiya Arfain K- Smt. V.H.D. Central Institute of Home Science

For the Quiz there were in total 16 teams having three participants each. There were multiple elimination rounds that took place for selecting six teams for the final round of quiz. Three teams with the highest scores were awarded the prizes.

First Prize was won by participants from Mount Carmel College

1. Humaira Khan
2. Sana Afreen
3. FaizaTabassum

Second Prize was won by participants from Mount Carmel College

1. Mariyam Maas Habeeb
2. Ekshetha Gowda
3. Vishrutha Thulasiram

Third Prize won by participants from Mount Carmel College

1. Pragna Swaroop
 2. Sannuti Jagadeesha
 3. Parshwi K. Doshi
- All the judges for the three competitions were highly appreciative of the efforts made by all the participants.

TECHNICAL SESSION

In the afternoon, the seminar was inaugurated by the lighting of the lamp. Dr. Sangeeta Pandey, HOD, Dept. of Nutrition and Dietetics, Mount Carmel College gave an inaugural address to the audience by highlighting the significance of the Nutrition month of September which is to be celebrated as "Rashtriya Poshan Maah".

Mr. Sachin Achintalwar, AFST

President- Bangalore delivered a talk on behalf of Marico on Plant Based Diets: Solutions for Climate Change & Nutrition Security. He gave a clarity of plant based foods that are comprised of mostly plant foods and does not mean vegetarian or vegan. He mentioned the benefits of consuming plant based diets in decreasing the risk of many chronic diseases. He also talked about the trending plant based meat and various technological aspects behind it. He talked about the scope of plant based meat in the coming years. He concluded by sharing the recent trends regarding the plant based meat and giving an insight of Indian acceptance of the same.

Mr. Abhinav Shrivastava, Head of Regulatory Policy, 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.

Hosts for the Quiz



Ms. Jyoti Bhat, Director, Product Innovation, Herbalife Nutrition, India presented a talk on Driving Health & Wellness: Time to upshift on optimum nutrition and physical activity. She firstly mentioned about the very critical universal issue of malnutrition. She also mentioned about the higher risk of the non-communicable diseases in Indians giving some relevant data and the Key behavioural risk factors include unhealthy diet and lack of physical activity. She stated that the need for dealing with such a situation is information accessibility and effective implementation by bring in the advanced science and focusing on the quality.

Dr. Bhavna Sharma, Head-Nutrition Science Department, Foods Division, ITC Limited talked on Food Fortification and Nutrient Bioavailability: future measures for ensuring Food Security in Indians. She defined food security and its

dimensions that are availability of food, accessibility of food and affordability of food. She shared world data as 100 people considering various dimensions such as literacy, poverty, housing, college degree, nutrition, etc. She also shared a date of undernutrition in men, women and children which indicates 45% of child deaths are linked to undernutrition. She listed some of the major challenges behind micronutrient deficiencies to which the two probable solutions would be food fortification and bioavailability and talked about various governments' initiatives and programs.

The seminar was followed by prize



Audience

distribution to the winners of all the three competitions. The speakers and the judges were awarded by a Token of appreciation by PFNDAI and the college. 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: **MARICO**, **HERBALIFE NUTRITION**, and **AMWAY** for extending their support towards this activity.

Organizing Team from the College





Some Recipes from the Recipe Competition



Mr. Abhinav Srivastava



Dr. Bhavna Sharma



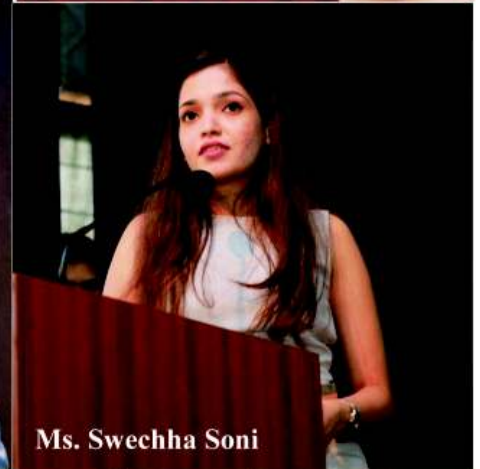
Dr. Sangeeta Pandey



Ms. Jyoti Bhat



Mr. Sachin Achintalwar



Ms. Swechha Soni



Ms. Amritha Devnani & Dr. Sandhya Singh awarding a winner



Organizers and Judges



Organizers, Speakers & Judges



Dr. Sangeeta Pandey & Ms. Swechha Soni with some of the winners