

# REPORT OF NUTRITION AWARENESS ACTIVITY AT AVINASHILINGAM INSTITUTE, COIMBATORE ON 26<sup>TH</sup> JULY 2019



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PFNDAI organised a Nutrition Awareness Activity at Avinashilingam Institute for Home Science and Higher Education for Women in collaboration with their Department of Food Science and Nutrition and Nutrition Society of India (Coimbatore Chapter).

The total participation of students was about 350. The students showed excitement and were very enthusiastic about the competitions. Total fifteen colleges from and outside Coimbatore had participated. The theme of the Activity was "Optimum Nutrition Now- better Health Tomorrow. The Sponsors of the event were AAK KAMANI, MARICO & KELLOGG INDIA. Recipe competition was sponsored by JRS India.

The event started with the lighting of the lamp followed by the Welcome Address by Dr. A. Thirumani Devi, Professor and Head- Department of Food Science and Nutrition, Avinashilingam Institute. The inaugural speech was given by PadmaShri Dr. P.R. Krishnakumar, Chancellor, Avinashilingam Institute.

The Inaugural Greetings were given by Dr. K.S. Kowsalya, Registrar; Avinashilingam Institute and Convensor Nutrition Society of India (NSI) - Coimbatore Chapter and Dr.PremavathyVijayan, Vice Chancellor, Dr.N.Vasugi, Dean Avinashilingam Institute. Ms. Swechha Soni, Nutritionist, 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. Students from fifteen different colleges participated in the different competitions.

Three competitions were organized: Recipe Presentation, Poster Competition and Quiz Competition.

There was huge participation in all the competitions. For the recipe competition the theme was Fibre Based Healthy Recipe for which Vitacel Wheat Fibre samples were sponsored by JRS India. The Poster Competition was based on the theme "Nutraceuticals and Functional Foods." The Quiz competition was conducted under the topic Holistic Health. Three winners from each competition were awarded by PFNDAI.



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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.

Dr. N. Ramasubramanian, VR Food Tech, presented a talk on Dietary Fibres. He explained the mechanical digestion of food in the human

system and what happens to dietary fibre in human system. He also talked about different types of fibres. He further mentioned about the weight loss benefits of fibre and Glycemic regulation associated with the consumption of Dietary fiber. He concluded Stating the RDA and Health Claims of Fibre.

Dr. Rohini Sharma, Consultant Nutritionist presented a talk on Oil Blending for Dyslipidemia Management on behalf of Marico. She explained the need for Fat in humans and its sources in our diet. She further talked about managing fat intake and shared the NIN guidelines for Visible Fat. She further added the benefits of blending oils that gives improved nutritional profiles.

Ms. Monika Kumari, 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.

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Ms. Swechha Soni, PFNDAI presented

a talk on Breakfast Matters on behalf of Kellogg India. She first defined the term breakfast and explained some of the benefits of consuming breakfast. She further explained the importance of breakfast by associating it with Cognitive performance, Nutrient Intake, Body Weight, Cardio metabolic Risk and type 2 Diabetes. She concluded by stating the consequences of skipping Breakfast which results in fatigue, obesity, less intakes of nutrients, etc and hence Breakfast matters.



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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. All the judges were also appreciated by PFNDAI for their efforts in judging the competitions. The program ended with the vote of thanks by Dr. Pa. Raajeshwari, Assistant Professor, Department of Food Science and Nutrition, Avinashilingam Institute.

We would like to thank our Sponsors: Marico, AAK Kamani, Kellogg and JRS India for extending their support towards this activity.





1st Prize Poster



2nd Prize Poster



3rd Prize Poster



Inauguration



Audience



2nd: Fibre Bite

Recipe Competition Winners



Poster Competition in Progress



1st: Piranda Cookies



3rd: Fried Fibre Fingers



Recipe Competition Judging



Quiz Competition in Progress



Dr. Ramasubramanian



Dr. Rohini Sharma



Ms. Monika Kumari



Ms. Swechha Soni

Speakers