

NUTRITION AWARENESS ACTIVITY (ONLINE)

26TH SEPTEMBER 2020 WITH SVT COLLEGE OF HOME SCIENCE, MUMBAI



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The program began with the webinar on “Curing present and

Securing Future with Healthy Foods”. Ms Shilpa John, Faculty member of SVT College welcomed the speakers and delegates. She gave a brief introduction of speakers.

Dr J.S. Pai, Executive Director, PFNDAI thanked Dr Jagmeet Madan and her team for the collaboration. He thanked all the speakers for their presence and the sponsors for their support towards the activity. He gave a brief introduction about PFNDAI and what the activities of the association are in the past few decades.

Dr Jagmeet Madan, Principal of SVT College gave an inaugural address to the audience. She spoke on the theme of the program where she mentioned the challenges faced by the families for meeting the nutritional needs in the lockdown period and also briefed about the Poor and Good Dietary habits. She also shared a study of the Life cycle of SARS-Cov-2 and the Immune Modulating Micronutrients like Vit C, Vit D, and Zinc. She also gave good nutrition insight and some takeaway messages.

Mr Prakash Chawla, Director

Samyog Health Foods Pvt Ltd presented a talk on “Finding the Right Balance” where he spoke about some of the aspects such as Nutrition, Taste, Sustainability and Affordability. He explained about the balanced macronutrient and the primary role and also about the carbohydrate-rich diet. Mr Chawla also mentioned about the Balance Health vs. Taste and variables affecting the taste sensitivity. He further added about the effect of Balance Sustainability and Growth where he spoke on an Impossible burger i.e. Meatless – Veg protein and also shared some data of plant-based milk and vegetarian food statistics.

Mr Zafar Khan, Head Scientific, and Regulatory Affairs, Mondelez India presented a talk on Well-being through Snacks where he briefed on what the nutritional gaps are identified in India and also about the cost of malnutrition of young children which are between the age group of 5-9 years & 10-19 years. He also talked about the studies done by Mondelez on Indian Snacking insights with new Consumer research from the Harris Poll. He mentioned the percent RDA through snacks and gave insight on how can an Indian use snacks to manage the nutrition and control portion. He ended his talk by giving some technical and regulatory norms.

PFNDAI had organized this event with Department of Food, Nutrition, and Dietetics of Sir Vithaldas Thackersey College of Home Science, Autonomous. The sponsors of the event were MARICO, MONDELEZ INTERNATIONAL, and SAMYOG FOODS. The total participation was about 250 including students, faculty and industry professionals.

Ms Gayatri Dawda, Nutritionist, Marico Foods presented a talk on Unfolding Science behind Whole Grains where she spoke on Indian Meal Composition and the science behind it & also what are the different mechanism. She focused on wheat in her topic & explained the overall grain structure & also about the physiological mechanism present in wholegrain. She spoke on the commercial food grain markets and on the hypothesis of the whole grain which included the Antioxidant, Action of anti-nutrient, and food structure. She mentioned about the specific bio-actives of Indian wholegrain like Oats, Bajra, Rye, Buckwheat, and Amaranth. She concluded her talk by giving brief information on oats and the clinical studies performed for the oats products.

Ms Swechha Soni, Manager – Food & Nutrition, PFNDAI then moderated the Q&A session where the eminent speakers cleared all the doubts raised by the attendees.

Dr Madhuri Nigudkar, Head, Department of Food, and Nutrition & Dietetics talked about the competition which were held for the activity and congratulated all the participants. This year the Competition for Digital Nutrition Awareness Activity was taken online where students of 6 different colleges from Mumbai had participated in different competitions. Two competitions were organized – E-Poster Making Competition and Video Making Competition.

➤ E-Poster Making Competition theme was “Jago Grahak Jago”

for which 35 students had participated. The judges for the competitions were Ms Nidhi Agarwal – Technical and Regulatory Affairs, Marico & Ms Geeta Parab Sr. Manager R&D AMEA General Mills. Following winners were announced by Dr Nigudkar.

E-Poster Making Competition Winners:

1. Ms Prashita Patil - SVT College of Home Science
2. Ms Sthuti Choudhary - SVT College of Home Science
3. Ms Vaishnavi Damohe - SVT College of Home Science

Video Making Competition theme was “Poshan Ke Liye Paudhe” for which 7 students had participated. The judges for the competitions were Dr Bhavna Sharma Head Nutrition Science, ITC Food Division & Ms Apurva Pandey Marketing Communication Specialist South Asia, Dupont Nutrition & Biosciences. The following winners were announced by Dr

Nigudkar.

➤ Video Making Competition Winners:

1. Ms Sakina Rangwala – SVT College of Home Science
2. Ms Neha Rokade - SVT College of Home Science
3. Ms Zainab Kagalwala - Nirmala Niketan College of Home Science

Ms John thanked Dr Nigudkar for coordinating the competition part and closed the session by congratulating all the Winners and Participation. The program ended with the Vote of thanks by Ms Swechha Soni to all the sponsors, speaker’s judges, organizers, participants, and the audience.

We would like to thanks our sponsors: MARICO, MONDELEZ INTERNATIONAL, and SAMYOG FOODS for extending their support towards this activity.



