



Annual Report 2022-23

Department of Foods & Nutrition

Extra-Curricular Activities

S. M. Patel College of Home Science

A CHARUTAR VIDYA MANDAL INSTITUTE

RE-ACCREDITED BY NAAC 'B++'

COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE-II)

AFFILIATED TO SARDAR PATEL UNIVERSITY

VALLABH VIDYANAGAR

FOODS AND NUTRITION DEPARTMENT ACTIVITIES 2022-23

The Foods and Nutrition department celebrated international Mothers Milk week from August 1-8 2022 and conducted various activities in collaboration with ICDS Anand, and on 3rd August 2022 in which Reliance Anganwadi Block 3 was selected and we conducted 3 activities one was Roleplay on the "Importance of Anganwadi and anganwadi worker", the convener of the Programme was Ms. Vijaya Agarwal. The third year students demonstrated recipe rich in lactogouges to the beneficiaries enrolled in anganwadi and the other mukhsevikas and other workers from the health sector had also joined in with their recipes. The Convener of the programme was Ms. Tanvi Makwana

Dr. Minal Chauhan gave a lecture on importance of lactogouges and gave information regarding milk bank. Total beneficiaries were 30. Over all Incharge was Shazia Sharma –Department Incharge.



The Foods and Nutrition department of S.M.Patel College of Homescience in collaboration with on 5th september under the guidance of Dr.Bhavana Chauhan and Convenership of Shazia Sharma participated in programme organised by ICDS Anand on the occasion of Poshan Maah organised the inaugural of Poshan Maah and Bhulka Mela with honorable minister of Women and Child development Shrimati Manisha ben Vakil, in which recipes promoting use of millets were demonstrated by TY Nutrition students and SY Nutrition students to the Hon. Minister Manishaben Vakil and Principal Secretary Shri K.K.Nirala(IAS), Shri.Manoj Daxini (IAS),Collector of Anand,Sh.D.N.Modi Commissioner WCD, Jt.Director WCD Avantika Darji Sh.Milind Bafna DDO of Anand and Shri.Mitesh Patel,MLA of Anand, PO Tejal Goswami and other dignitaries along with various anganwadi workers ,block development officers,CDPO's etc. and Students also demonstrated skit on the topic "Importance of Nutrition for Adolescents " by TY FN students.

The whole programme was supported Dr.Minal Chauhan, Ms. Tanvi Makwana, Ms Vijaya Agarwal and Ms, Bijal Patel.



The department also organised a workshop on Body Composition Analysis- Interpretation of the Data Sheet” in collaboration with In body Academia, Mumbai for the third year students and Ms. Ankita Ghag was the Faculty for the same and convener for the Programme was Dr.Minal Chauhan.



On 27th September 2022 the department conducted Body Composition Analysis for the adolescent girls enrolled in nearby schools. Shri R.C. Talati Hon.Secretary Charutar Vidyamandal inaugurated the programme and it was attended by Ms. Rita Patel Principal Gojo Sharda Mandir, Mr. Vijay Patel Principal T.V.Patel High School, Mr. Dipak Patel Principal Sardar memorial school Karamsad. The convener of the programme was Dr. Minal Chauhan under the Headship of Dr. Bhavna Chauhan Principal, around 200 students were assessed.





The Foods and Nutrition department organised a virtual workshop on DietCal Software for the third year students of Foods and Nutrition department where they learnt to operate the software for computing nutritive value of the foodstuff. The resource person was Dt. Gurdeep Kaur serving in AIIMS , New Delhi.

The Foods and Nutrition Department in collaboration with Chhe Gam Patidar Samaj and Dharohar Foundation organized a various activity for the promotion of millets as 2023 has been announced by the Hon. Prime Minister Shri. Narendra Modi as year of millets. On 23rd December 2022 the department organized various activities, Dr.Bhavana Chauhan Principal, gave lecture on importance of Millets in our day today life, which was followed by demonstration of 15 recipes made of millets by Second year Foods and Nutrtrion students the faculty incharge was Ms. Vijaya Agarwal. A recipe contest was organized for the ladies of Chhe Gam Patidar Samaj and in that 12 ladies participated the Judge for the competition was Ms.Tanvi Makwana and Ms. Darshana Patel President Mahila wing Patidar samaj. The faculties have designed a boklet on recipes on millet and it will be published by them. Certificate for the participation in recipe contest will be provided to them. The programme was supported by Ms. Bijal Ka Patel, and Dr. Minal Chauhan. The Overall convener of the programme was Ms. Shazia Sharma.





The faculties of the department also published a booklet of recipes rich in Millets in association with Dharmochar Foundation, dharmaj on 12th January 2023 on the occasion of Dharmaj day.



The Foods and Nutrition department was a part of organizing committee in Charutar Vidyamandal's GIA colleges for organizing Panch Prakalp Millets recipe competition on the occasion of International year of millets on 23 January 2023. The third year nutrition students demonstrated recipes rich in millets under

the guidance of Dr.Minal Chauhan and Dr.Tanvi Makwana and two students from the first year took part in the competition and Ms. Kasish Patel got first prize in college category.



Ms. Tanvi Makwana received her Doctoral degree in Foods and Nutrition on the topic –“Effect of different Elicitors on the Antioxidant Potential of Commonly consumed Legumes” from S.P. University.

Dr.Minal Chauhan presented a paper in International conference on “Millets 2023” organized by Ramnarain Ruia Autonomous College, Mumbai on “Development of Functional food product ladoo using response surface Methodology” on 30th and 31st January on online mode.

Dr.Minal Chauhan presented a paper in International conference on “Impact of Environment, Food & Nutrition on Human Health “International Society for Life Sciences (ISLS), Jaipur on” Impact of functional food products supplementation on bone health of 40-70 years of population” on December 21-24, 2022.

Dr.Minal Chauhan got best Oral presentation award for the paper entitled “Association of Diet and Lifestyle with Bone Mineral Density among people aged 40 years and above from two cities of Central Gujarat” at International conference on Public Health & Dietary Lifestyle on 10th & 11th May 2023.

Ms. Biajl Patel cleared her first level in CDPO exam.

Department also participated in the in Millets Mela organized by Sardar Patel University and Gujarat Tourism had a stall and sold recipe rich in Millets prepared by students on 13th and 14th February 2023. Kashvi Desai prepared recipe chocolate made with Rajagira and Ragi balls. The beneficiaries were the general public of Vallabh Vidyanagar an Anand and nearby villages. Sold booklets on millets.



Millets Packed Recipe competition was organized in association with Human development department on 22nd February 2023. Ms. Jagruti Gajjar and Ms. Nayana Sharma were invited as a judge. Ms. Shazia Sharma and Dr. Tanvi Makwana conducted the activity.



હોમસાયન્સમાં પેકડ મિલેટ લંચ સ્પર્ધાનું આયોજન



આણંદ, તા. ૨૬
ચાક્રતર વિદ્યામંડળ સંચાલિત એસ.એમ.પટેલ કોલેજ ઓફ હોમસાયન્સમાં હુમન ડેવલોપમેન્ટ અને ફૂડ્સ એન્ડ ન્યુટ્રીશન શાખા દ્વારા પેકડ મિલેટ લંચ રેશીપી સ્પર્ધાનું આયોજન ડૉ. મિત્તલ બારોટ અને સાહિયા શર્મા દ્વારા પ્રિન્સિપાલ ડૉ. ભાવના ચૌહાણના માર્ગદર્શન હેઠળ ઝવેરબા નર્સરી સ્કૂલમાં જ-

૨૦ ના નેજા હેઠળ કરવામાં આવ્યું હતું.

આ સ્પર્ધામાં નિર્ણાયક તરીકે કોલેજના ભૂતપૂર્વ વિદ્યાર્થીનીઓ સી.વી.એમ. હાયર સેકન્ડરીના શિક્ષિકા નયના પટેલ અને જાગૃતિ પટેલ હાજર રહ્યાં હતાં. પેકડ મિલેટ લંચની રેશીપીમાં ગણેય વર્ષની વિદ્યાર્થીનીઓ બાલવાડીના વાલીઓ તેમજ વિદ્યાર્થીનીઓની માતાઓએ બહોળી

સંખ્યામાં ભાગ લઈ સ્પર્ધાનો આનંદ માણ્યો હતો.

કોલેજના વ્યાખ્યાતા ડૉ. મિનલ ચૌહાણ, ડૉ. તન્વી મકવાણા, ડૉ. વંદના મોદી, જૈમિની ચક્રોબર્તી, અલ્પા સાપરીયા, મિત્તલ રોય તેમજ સમગ્ર સ્ટાફ કાર્યક્રમમાં ઉપસ્થિત રહી મિલેટની જુદી જુદી વાનગીને નિહાળીને તેમના મંતવ્યો રજૂ કરીને કાર્યક્રમને સફળ બનાવ્યો હતો.