

## DEPARTMENTAL ACTIVITIES 2014-15

### **Expert Talk**

The Department of Foods and Nutrition Celebrated Dietetics Day in association with the Indian Dietetic Association Chapter Anand Club on 10th January 2015. The day was celebrated to create awareness among people regarding "New Approaches to Deal with Diabetes Mellitus" by Ms.Jigna Patel Clinical Dietitian at Shree Krishna Hospital Karamsad.

A talk on Sports nutrition & wellness by Dr. Nayanjeet Chaudhary for students of FN,FSQC and add-on course in Sports Nutrition.



### **Teachers-Parents meeting**

Like every year this year also Teachers-Parents meeting to focus student's specific strength and weakness in individual subjects and to discuss a student's progress is carries out along with open house by Nutrition students

### **Education Trip**

The saying "I hear and I forget, I see and I remember, I do and I understand," provides the backbone to the theory of retaining more information when visually experiencing activities in the chosen environment. Taking into this in consideration an education trip to Adani oil Factory-Mundra Kutch ,Cheese plant-Khatraj, Mother dairy-Ahmedabad was organized.



### Workshop

Workshop on “Culinary Skills” as well as Salad decoration & sauces were conducted. “CNE on oils for Heart Health” in collaboration with saffola oils.



### Community Work done by the Department

The main purpose for this by the department is to educate and promote wellness in local communities about disease prevention, improve food safety, resolve food insecurity, and develop best health practices.

Developing kitchen garden at primary school to combat malnutrition among children and Demonstration of recipes made out of soyabean like tofu, soyamilk, saundesh at Devrajapura.

Demonstration on detection of Adulteration in day-to-day foods at Aashi village in collaboration with Community science centre, Vallabh Vidyanagar, Sri Sri Ravishankar Vidya mandir in Science fare, Devrajapura and Dehmi village.

Consultancy to Akashganga Foods on Product formulation & process parameters in developing ethnic foods & khakhara.





Nutritional assessment of Higher Secondary Students of Home Science Stream in collaboration with IDA Anand Club.

### WORLD BREAST FEEDING WEEK CELEBRATION

World Alliance for Breast Feeding Action (WABA) celebrates World Breast Feeding Week every year in 1st week of August with the theme that responds to the current Millennium Development Goals countdown process by asserting the importance of increasing & sustaining the protection, promotion & support of breast feeding.

The theme for the World Breast Feeding week 2014 was "Breast Feeding: A Winning Goal for Life".

World Breast Feeding Week - 2014 was celebrated during 1-7<sup>th</sup> August by Staff & Students of Foods and Nutrition Department. An expert talk on Mother's Milk: A boon to an Infant was arranged. Exhibition of Charts & Posters on Mother & Child care, Workshop on 'Breastfeeding & Malnutrition' was conducted. Data collection and discussion on KAP of mother's visiting Anganwadies, In collaboration with Community Science center, S.P. University. Workshop on, 'Mother's milk -A step towards Eradication of Malnutrition' as well as workshop in collaboration with DDO Anand, under CPE, Extension scheme. ICDS workers and TY (FN & FSQC) students took the benefits of these events.



### GLIMPSES OF NUTRITION WEEK CELEBRATION

National Nutrition Week is celebrated each year from 1<sup>st</sup> September to the 7<sup>th</sup> September to aware the people about important tips of their health and well-being. As a part of celebration various activities were carried out like:

- ✓ Demonstration of Recipe's for different diseases, Demonstration to detect Adulteration in common foods using household methods and BMI checkup camp at Krishi Vigyan Kendra, Arnej for villagers and farmers to create awareness regarding health and nutrition.
- ✓ Talks by faculties on Importance of Nutrition Under IDA Chapter Anand Club in various schools & colleges at Anand & Vallabh Vidyanagar as well as Talk on 'Nutrition during Menopause' by Dr Bhavana Chauhan
- ✓ Publication of Booklet 'Satvik Ahar & Poshan' in collaboration with chh Gaam Patidar Samaj & Jalaram Trust Dharmaj.
- ✓ Demonstration of recipe's for Menopausal women residing in Dharmaj
- ✓ Group Discussion on Latest trends of Diet in Cardiovascular Diseases by TY B.Sc Students in collaboration with IDA Anand Club.

