



FOODS AND NUTRITION DEPARTMENT

Activity Report 2024-2025

The Department of Foods and Nutrition organized a wide range of academic, extension, community outreach, and awareness activities during the academic year 2024 to 2025. These activities focused on promoting nutritional awareness, experiential learning, community engagement, and professional development among students.

International Breastfeeding Week Celebration

To celebrate International Breastfeeding Week on the theme "Closing the Gap: Breastfeeding Support for All," the department organized several educational and community based activities in collaboration with ICDS and Rotary Club.

A Lactagogue Rich Recipe Competition Incorporating Millets was organized on 6th August 2024 for Foods and Nutrition students and Anganwadi workers. The competition encouraged the preparation of nutritious recipes that support lactation while promoting the use of millets. The event was judged by Dr. Viraj Roghelia and Ms. Rita Parmar and was coordinated by Dr. Minal Chauhan. Students from the department secured the top three positions.



An expert talk on the Importance of Lactagogues was delivered by Dr. Viraj Roghelia to create awareness regarding foods that help improve breast milk production among lactating mothers. The session benefited students and Anganwadi workers. Dr Minal Chauhan coordinated the event.

In collaboration with Rotary Club, a Recipe Competition “Smita Smriti” in memory of Smita Ghandhi our alumni, for Anganwadi workers, District level Block -3 ICDS and lactating mothers was organized on 7 August 2024 at the district level. The activity promoted healthy and economical recipes suitable for maternal nutrition. Dr Minal Chauhan, Ms Sejal Bhalavat served as a judge. The event was coordinated by Ms Shazia Sharma.



An Awareness Talk on the Importance of Breastfeeding was delivered by Dr. Tanvi Makwana for Anganwadi workers, lactating mothers, and students. The session coordinated by Ms Shazia Sharma, highlighted the health benefits of exclusive breastfeeding for both mother and child.



Student Enrichment Activities

To strengthen nutritional knowledge among students, the department organized Quiz Quest for the Best on 12 August 2024 for Foods and Nutrition and Higher Secondary students. The competition enhanced students' understanding of nutrition through an interactive quiz, and winners were awarded prizes.

During the First Year orientation programme, a Nutri Quiz and Nutrition Games session was conducted for newly admitted students. The activity made learning enjoyable while introducing students to the fundamentals of nutrition and healthy eating habits. Dr Minal Chauhan and Dr Tanvi Makwana coordinated the event.

National Nutrition Week Celebration

As part of National Nutrition Week, M.Sc. Foods and Nutrition students organized a Food Adulteration Demonstration in collaboration with the Department of Family Resource Management during Consumer Week Celebration on 6th September 2024. The demonstration created awareness about common food adulterants and simple household methods for their detection among college students. Ms Vijaya Agarwal coordinated the event.

Participation in National Conference

Faculty members of Foods and Nutrition Department and students actively participated in the National Conference "Nutri Power 2024: Unleashing the Power of Nutrition," organized by Saksham Society, Jaipur, from 24th to 29th September 2024. Around sixty participants attended the conference, while seventeen research papers were presented and published in the conference proceedings. The event provided an excellent platform for scientific learning, research dissemination, and professional networking.

Community Outreach Programme

As part of the department's extension activities, students conducted Anthropometric Measurements and Screening for Anaemia Symptoms among Anganwadi children at Bakrol Village on 30th September 2024. To promote healthy nutrition practices, roasted chana and

jaggery were distributed to the children. The activity helped students gain practical experience in community nutrition assessment while creating awareness about childhood nutrition. Dr Tanvi Makwana coordinated the event.

As apart of breast feeding week celebration, a recipe competition for block 1 anganwadi workers was organised in association with ICDS and Rotary Anand Milkcity. Dr Tanvi Makwana gave a talk on the Importance of nutrition during lactation. Beneficiaries were lactating mothers of Sangodpura Anganwadi workers. Under the guidance of MS Rita Arora, Anganwadi worker Ms Shazia coordinated the whole event. Prizes were distributed by Rotary Anand Milk City. Ms Payal Meghani, an alumni served as a judge.



Bone Health Awareness Programme

Students actively participated in a series of activities organized to promote bone health awareness as part of the Bone Health Club programme. A poster competition on the theme "Strong Bones, Strong Future" encouraged students to creatively highlight the importance of maintaining healthy bones. An elocution competition on "Preventive Measures for Fractures at a Younger Age" provided a platform for students to discuss strategies for preventing bone related problems through proper nutrition and lifestyle. The celebration also included a Jumping Jack Challenge, which promoted the importance of regular group exercise in improving bone strength and overall fitness. Dr. Jatin Shah from Anand Orthopedic Hospital served as a judge. The programme was coordinated by Dr. Minal Chauhan.



Open House Exhibition

During the University Open House held on 27th and 28th December 2024, the Department of Foods and Nutrition showcased a range of student developed products and health services. The department conducted Body Composition Analysis under the guidance of Ms. Shazia Sharma. Students also prepared and marketed Mixed Vegetable Pickle and Orange Squash under the guidance of Ms. Vijaya Agarwal, Millet Upma Mix under the guidance of Dr. Minal Chauhan, and Upma Mix under the guidance of Dr. Tanvi Makwana. The event provided students with valuable hands on experience in product development, food entrepreneurship, marketing, and consumer interaction while engaging visitors from educational institutions and the local community. It also served as an opportunity to promote nutritional awareness and healthy food choices.



Green Peas Competition

In collaboration with Rotary Club Anand Milk, the department organized a Green Peas Competition on 18 February 2025 for college students and women from the community. The competition encouraged participants to develop innovative, nutritious, and value added recipes using green peas while promoting healthy eating habits. Ms Shazia Sharma coordinated the event.

NSS Extension Activity

The department also organized a Recipe Demonstration during the NSS Camp at Sihol Village. The programme focused on preparing nutritious, affordable, and locally available recipes to improve community awareness regarding balanced diets and healthy cooking practices.

The above activities were successfully organized under the guidance of the Principal, Dr. Bhavana Chauhan, with the active support and coordination of the faculty members of the Department of Foods and Nutrition.