



**FOODS AND NUTRITION
DEPARTMENT
ANNUAL REPORT
2025-2026**

The Department of Foods and Nutrition actively organized various academic and community oriented activities to promote nutrition education, research, and public awareness.

On 22-09-2025 Educational Exhibition titled ***“Rediscovering the Flame: Exploring India’s Food Heritage”*** was organized by First Year Food, Nutrition and Dietetics students under the guidance of Dr. Minal Chauhan to promote experiential learning and understanding of India’s culinary history. The target group was all the college students, Higher Secondary students, with approximately 60 participants. As an outcome, students gained practical knowledge of traditional foods, cooking methods, and cultural food practices.



On 22-08-2025 a Product Development Activity on ***Nutraceuticals and Functional foods*** was conducted to enhance skills in developing health-oriented food products. The target group was SY M.Sc. Foods and Nutrition students, with around 25 participants. The activity was organized by the Department of Foods and Nutrition under the guidance of Dr. Minal Chauhan and Ms. Vijay Agarwal. As an outcome, students developed innovative food products with added health benefits.



A practical session on ***Meal Makeover for Lactating Mothers*** was conducted on 6-08-2025 to promote balanced nutrition for maternal health. The target group included lactating mothers, with approximately 20 beneficiaries. The activity was organized by the Department of Foods and Nutrition, and the resource person was Dr. Tanvi Makwana. As an outcome, participants learned to plan nutritious meals supporting lactation.



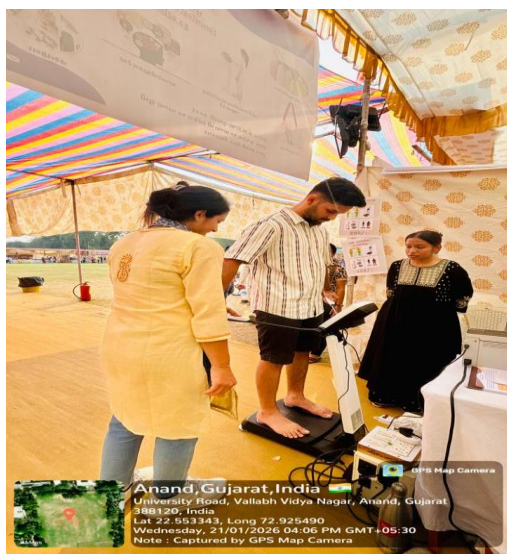
An **Awareness Talk on Breastfeeding** was organized on 06-08-2025 to educate mothers about the importance of breastfeeding, especially for physically disabled children. The target group was lactating mothers, with around 25 participants. The activity was organized by the Department of Foods and Nutrition, with Dr. Dharti as the resource person under the supervision of Dr. Tanvi Makwana and Ms. Vijaya Agrawal. As an outcome, participants gained awareness of breastfeeding benefits and practices.



On 19-08-2026 Behaviour Modification Activity through **Oil and Sugar Awareness Boards** was conducted to promote healthy dietary habits. The target group was community members, with approximately 40 participants. The activity was organized by the Department of Foods and Nutrition under the supervision of Ms. Vijaya Agrawal. As an outcome, participants became aware of the risks of excessive oil and sugar consumption.



On 19-01-2026 to 21-01-2026 **Body Composition Analysis** was organized during the Open House program to assess nutritional status. The target group included community members, with around 100 participants. The activity was organized by the Department of Foods and Nutrition under the convenorship of Ms. Shazia Sharma. As an outcome, participants gained insights into their body composition and health status.



On 19-01-2026 Workshop on “**Seed to Startup: Food and Nutrition Entrepreneurship**” was organized to develop entrepreneurial skills among students. The target group was SY and TY Foods and Nutrition students, with approximately 80 participants. The activity was organized by Dr. Minal Chauhan In collaboration with the Innovation Club. The resource person was Ms. Riddhi Patel, Co-Founder of Nutribud Foods, Ahmedabad. As an outcome, students gained knowledge about startup development in the food sector.



A Parent Teacher Meeting was organized on 28-02-2026 to discuss students' academic progress and development. The target group included parents of Foods and Nutrition students, with around 50 participants. The activity was organized by the college with involvement of the Department of Foods and Nutrition. As an outcome, improved communication between parents and faculty was achieved.

Participation in Millet Expo was undertaken on 21-03-2026 to 22-03-2026 to promote awareness about the nutritional and sustainable benefits of millets. The target group was TY Foods and Nutrition students, with approximately 20 participants. The activity was organized by the Municipal Commissioner and Khet Kalyan Sarkar Vibhag, Government of Gujarat, with participation from the Department of Foods and Nutrition. The activity was conducted under the guidance of Dr. Minal Chauhan. As an outcome, students showcased innovative millet based products such as millet chocolates and millet cake and enhanced their practical exposure to food innovation and public engagement.

