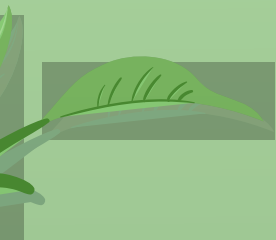




SWAMI VIVEKANANDA UNIVERSITY

NEWSLETTER VOLUME 3, ISSUE 1





About us

Hippocrates said, "Let food be thy medicine, let medicine be thy food", the quest for promoting good nutrition and healthy dietary practices, as a preventive strategy against lifestyle and metabolic diseases continues. The internet with its pool of readily available, un-verified and unscientific information regarding food, has become a menace to the general population. It is nearly impossible for the layman to distinguish right from wrong. Fad diets and crash diets popularised by celebrities are furthermore adding to the woes. In such a scenario, the role played by Nutritionists and Dietitians becomes even more crucial as it is their responsibility to establish science over misinformation, and food facts over fads.

Here, at the Food and Nutrition Department of Swami Vivekananda University, under our respected Advisory Board Members' guidance, we strive each day to narrow the gap between scientific findings and practical day-to-day life. We are trying to understand the several dynamics of food—the chemical constituents, their biochemical aspects, as well as their interaction with the host and environment, across myriad geographical and demographic boundaries.





Message from HOD

Dr. Manisha Maity

Assistant Professor and Head, Department of Food and Nutrition, Swami Vivekananda University, Barrackpore, West Bengal, India. At Swami Vivekananda University, we embrace an analytical, job-oriented, and skill-based educational approach aligned with Swami Vivekananda's ethos. In today's fast-evolving tech landscape, we prioritize bridging the gap between academic knowledge and practical skills to equip students for the dynamic industry demands. Our Department of Food & Nutrition fosters a unique learning experience through an industry-focused curriculum, aimed at nurturing students' professional proficiencies in food processing, food science, and nutrition. With a dedicated faculty committed to maximizing student growth and potential, we ensure a seamless transition from academic intellect to practical expertise, empowering students for their future pursuits.



Message from Convener

Mrs. Paromita Mukherjee

Assistant Professor and Departmental Coordinator, Department of Food and Nutrition, Swami Vivekananda University, Barrackpore, West Bengal, India. As I sit down to write this message, I am filled with a sense of pride and accomplishment.

Our department has come a long way since its inception, and it's all thanks to the tireless efforts of our all-faculty members and Students and the unwavering support from our Superior authorities. In this issue of our Newsletter, we showcase some of the remarkable work that's being done by our department. From innovative projects that are pushing the boundaries of what's possible, to heart-warming stories of individuals who are making a real difference, we're proud to share these stories with you. As a Convenor, my role is not only to provide my ideas but also to listen and learn. I'd like to take this opportunity to express my gratitude to each and every one of you for your support and contributions. Whether you're a long-time member or just joining us, your presence is valued and appreciated.





Message from Editor

Dr. Souvik Tewari

Assistant Professor and Research & Development Coordinator, Department of Food and Nutrition, Swami Vivekananda University, Barrackpore, West Bengal, India. Welcome to the latest edition of the Newsletter of the Department of Food and Nutrition, Swami Vivekananda University, Barrackpore, West Bengal. It is with immense pride and enthusiasm that we bring to you a comprehensive insight into the academic, research, and community engagement activities of our department. In this issue, you will find highlights of recent achievements, ongoing research initiatives, workshops, and seminars conducted by the department. Special attention is given to our community outreach programs, which aim to raise awareness about sustainable nutrition practices and promote health education. As always, we welcome your feedback and suggestions, which help us grow and improve with each edition. Thank you for being a part of our journey toward academic and societal excellence.



Unlock Your Future: Exciting Internship Opportunities at KPC Medical College

The KPC internship organized by Swami Vivekananda University for undergraduate and postgraduate students, is a valuable program designed to provide hands-on experience to students in various fields. It offers participants the opportunity to work on real-world projects, enhancing their practical knowledge and skills. Students get to interact with experienced dietitians, gaining insights into the professional work environment. The program includes workshops, seminars, and practical assignments, ensuring a comprehensive learning experience. It emphasises innovation, problem-solving, and teamwork, preparing students for future career challenges. Interns receive certifications and letters of recommendation, adding value to their academic and professional profiles. The internship also fosters networking opportunities with professionals and fellow interns.





Celebration of 76th Republic Day

Swami Vivekananda University marked the 76th Republic Day with great enthusiasm, showcasing the spirit of patriotism and unity. The event commenced with the hoisting of the national flag followed by the singing of the national anthem. In this ceremony, the Vice-Chancellor highlighted the significance of the Constitution and encouraged students to uphold its values. A series of cultural performances, including patriotic songs, dances, and skits depicting India's freedom struggle, captivated the audience. Students also participated in debates and essay competitions on the theme of "India's Journey Towards Progress." A special tribute was paid to Swami Vivekananda, emphasizing his vision of youth empowerment and national development. The event concluded with a pledge to contribute towards the nation's growth and uphold its democratic principles. The celebrations at Swami Vivekananda University reflected the pride and commitment of the institution towards nation-building, inspiring students to work towards a brighter future for India.

Faculty Development Programme on Ethical Guidelines and Good Clinical Practice for Researchers

Swami Vivekananda University is now on the verge of promoting great research and academics for each and every discipline. Every discipline actively contributing to ensure the best quality of research, whereas human participants in any domain pertain to a broad range of scientific enquiry aimed at developing generalizable knowledge that improves health, increases understanding of disease and is ethically justified by its social value, as well. Every research has some inherent risks and probabilities of harm or inconvenience to participants/communities. Therefore, protection of participants should be built into the design of the study.

Considering the above fact now it is extremely important to have a training programme on Ethical issues and Good Clinical Practices for smoother conduction of human-based research programs. Henceforth, a faculty development programme on ' Ethical Guidelines and Good Clinical Practice for Researchers ' was organised by SVU on 11th January 2025.





48th Kolkata International Bookfair

Swami Vivekananda University proudly participated in the prestigious 2025 Book Fair, held at Boimela Prangan, Karunamoyee, Saltlake from 28th January to 9th February. The event brought together renowned authors, publishers, academicians, and literature enthusiasts from across the country, celebrating the power of knowledge and creativity. The university's dedicated stall showcased a diverse range of publications, including research journals, academic textbooks, literary works, and innovative student projects. Faculty members and students actively engaged with visitors, highlighting the university's contributions to education, literature, and research. Special book launches and interactive sessions were organized, featuring discussions on contemporary academic and literary topics. One of the highlights was the panel discussion hosted by Swami Vivekananda University, where distinguished scholars shared insights on the role of literature in modern education. The university also organized workshops on creative writing, digital publishing, and research methodologies, which were well-received by aspiring writers and researchers. The participation of Swami Vivekananda University at the 2025 Book Fair reaffirmed its commitment to intellectual growth and literary excellence. With an overwhelming response from students, scholars, and book lovers, the university continues to promote a culture of learning and innovation. We extend our gratitude to all who visited our stall and participated in our sessions. We look forward to more such opportunities to share knowledge and inspire minds!



Nutriport's Committee and Editorial Board

Editor (s): Dr Manisha Maity, Mrs. Paromita Mukherjee, Dr. Souvik Tewari, Dr. Rupali Dhara Mitra, Dr. Jagannath Ghosh, Dr. Moumita Dev, Ms. Shreyasi Das, Dr. Moumita Das, Dr. Parul Thapar, Ms. Megha Roy