



# Swami Vivekananda University, Barrackpore, W.B., India

## Department of Food & Nutrition

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### ABOUT US

The Department of Food and Nutrition at Swami Vivekananda University (SVU) is a premier academic hub dedicated to the scientific study of dietetics, food processing, and community wellness. Designed to bridge the gap between theoretical biochemistry and practical health applications, the department offers a curriculum that covers everything from clinical nutrition to food microbiology. Students benefit from state-of-the-art laboratory facilities where they conduct nutritional analysis and food quality testing, preparing them for diverse careers as registered dietitians, food safety officers, and public health consultants. By emphasizing the role of "food as medicine"—echoing Hippocrates' famous scientific maxim, "Let food be thy medicine and medicine be thy food"—the department aligns with the university's mission of social service, empowering graduates to tackle modern health challenges like malnutrition and lifestyle-based chronic diseases.

## Central Bureau of Communication organized "Integrated Communication and Outreach Program"

The Integrated Communication and Outreach Program (ICOP), organized by the Central Bureau of Communication (CBC) at Swami Vivekananda University, Barrackpore on 11<sup>th</sup> September, 2025, served as a dynamic bridge between government initiatives and the student community. This comprehensive awareness campaign focused on the vision of "Viksit Bharat," utilizing a multimedia exhibition and technical sessions to educate the youth on flagship schemes such as Digital India, Skill India, and Aatmanirbhar Bharat. By integrating cultural performances from the Song and Drama Division with interactive segments like on-the-spot quizzes and elocution contests, the CBC successfully transformed complex policy information into engaging, digestible content for the academic audience. The collaboration between the university faculty and government officials emphasized the importance of "Jan Bhagidari," empowering students to become informed ambassadors of national development within their local communities. Through this grassroots approach, the program not only highlighted scholarship and entrepreneurship opportunities but also fostered a sense of civic responsibility among the thousands of attendees, concluding with a collective pledge to contribute toward a self-reliant and developed nation.



## Hackathon 2025

The Hackathon organized by **Swami Vivekananda University (SVU), Barrackpore**, on September 22nd, serves as a cornerstone for fostering a culture of innovation and competitive excellence among its diverse student body. Often aligned with the themes of the **Smart India Hackathon (SIH)**, the event challenges teams to develop technology-driven solutions for critical real-world problems in sectors like healthcare, agriculture, and rural development. Participants from various disciplines—including Engineering, Management, Food and Nutrition, Optometry—collaborate in an intensive environment to build prototypes that address specific problem statements, such as enhancing diagnostic tools for visual healthcare or creating digital marketplaces for legal service providers. Beyond the competition, this event acts as a vital bridge between theoretical academics and practical entrepreneurship, supported by the university's robust **Innovation and Startup Cell**. By involving industry experts as mentors and judges, the September 22nd Hackathon provides students with invaluable feedback and networking opportunities that extend far beyond the campus. This initiative not only sharpens the technical skills of the participants but also aligns with the broader national vision of **Viksit Bharat 2047**, empowering the youth to become proactive contributors to India's technological and economic self-reliance.





## Celebration of Rashtriya Poshan Maah, 2025

The celebration of **Rashtriya Poshan Maah** on September 23<sup>rd</sup> at the Swami Vivekananda University (SVU) campus in Barrackpore was a significant event led by the **Department of Food and Nutrition**. This 7<sup>th</sup> edition of the national campaign was transformed into a local "Jan Andolan" (People's Movement), focusing on the theme of "Suposhit Bharat" (Nutritional India). The university organized a comprehensive series of events, including **quiz competitions** and **poster presentations** designed to raise critical awareness about the impact of nutrition on long-term health. These activities were specifically aimed at educating the student body and local community on preventing anemia and monitoring growth, aligning the academic environment with the government's broader mission to eradicate malnutrition through evidence-based dietary practices. A key highlight of the September 23<sup>rd</sup> celebration was the integration of technical and sustainable strategies within the food sector. The event featured esteemed guest speakers and university leadership, such as the Head of the Department, who emphasized the importance of narrowing the gap between scientific nutritional findings and daily lifestyle choices. Students actively participated in paper presentations focused on **sustainable food strategies**, with exceptional contributions recognized through "Best Presentation Awards." By combining educational workshops with interactive cultural elements, SVU Barrackpore successfully reinforced the national "**Poshan Bhi Padhai Bhi**" initiative, ensuring that the message of holistic health and balanced nutrition resonated deeply across the campus community.



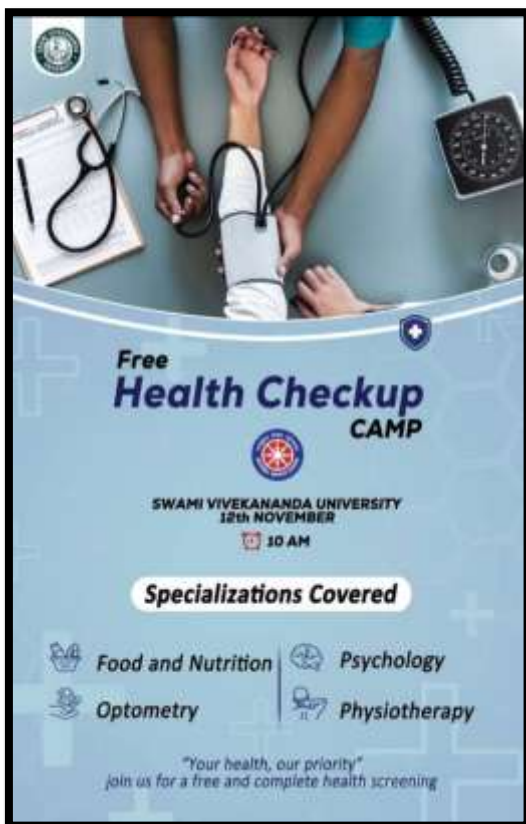
## Placement Drive for Apollo Pharmacies Limited

Our department successfully arranged a Placement Drive for the students of M.Sc. Food and Nutrition on 19.12.2025 in association with one of the most renowned healthcare organisations, Apollo Pharmacies Limited. The placement drive was conducted in a highly professional and well-organised manner in the presence of an experienced panel of Human Resource professionals, who evaluated the students through various stages of interaction and assessment. The drive provided an excellent platform for students to demonstrate their academic knowledge, professional skills, and understanding of nutrition-related concepts in a real-world healthcare context. Apollo Pharmacies Limited offered the students the position of Nutritional Product Advisor, a role that aligns closely with their academic training and equips them with practical exposure to the healthcare and pharmaceutical industry. The initiative not only enhanced students' employability but also strengthened the department's commitment to bridging the gap between academic learning and industry requirements, thereby supporting the career aspirations of aspiring nutrition professionals. Four of our students have been selected for the given job role.



## Health Checkup Camp

A free health checkup camp was organized at Swami Vivekananda University campus, Barrackpore, on 12<sup>th</sup> November 2025, including four departments such as Food and Nutrition, Psychology, Physiotherapy and Optometry. Students and faculties of the **Department of Food and Nutrition** actively participated in the event. The camp was organized to promote preventive healthcare and wellness among students, faculty, and staff. The camp offered basic health screenings, counseling and awareness of common health concerns. The event witnessed enthusiastic participation of our students and faculties to promote a holistic well-being.



## PhD Award from our Department

On **1st September 2025**, one of our Research Scholars Ms. Paromita Mukherjee, marked a significant academic milestone by being awarded a Doctorate. The event recognised the successful completion of doctoral research by the awardee(s), reflecting years of dedicated research, academic rigor, and meaningful contributions to the respective field of study. The ceremony highlighted the department's strong research culture, commitment to academic integrity, and continuous efforts to promote advanced learning and innovation. Faculty members, research scholars, External members, Directors and students participated in the occasion, making it a moment of pride and inspiration for the entire academic community. The PhD award conferred on this day stands as a testament to the department's role in nurturing high-quality research and contributing to the advancement of knowledge.





## Keynote Lecture on Addressing Obesity under Rashtriya Poshan Maah 2025

Dr. Souvik Tewari, Assistant Professor, Department of Food and Nutrition, Swami Vivekananda University, delivered an invited talk at a one-day seminar on “*Addressing Obesity: Reducing Consumption of Salt, Sugar, and Oil,*” organized as part of the Rashtriya Poshan Maah 2025 celebrations. The seminar was hosted by Mahishadal Girls’ College on 16 September 2025. The programme witnessed active participation from more than 100 students, making it a successful and impactful academic event focused on nutrition awareness and healthy lifestyle practices.





## Thesis Submission of Research Scholars

Three research scholars of department of Food and Nutrition—Prantika Sengupta, Samapti Bedi, and Joydeb Saha— have submitted their Ph.D. thesis under the supervision of Dr. Rupali Dhara Mitra, Dr. Souvik Tewari, and Dr. Jagannath Ghosh respectively.

## 'Nutriport' Committee and Editorial Board

**Editor (s):** Dr. Manisha Maity, Dr. Souvik Tewari, Dr. Paromita Mukherjee, Dr. Jagannath Ghosh, Dr. Moumita Dev, Dr. Moumita Das, Dr. Rupali Dhara Mitra, Shaonee Saha, Shreyasi Das