



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

Department of Food & Nutrition



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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 continue. 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 the wrong. Fad diets and crash diets popularised by celebrities are furthermore adding to the woes. In such scenario, the role played by Nutritionists and Dietitians become even more crucial as it is their responsibility to establish science over mis-information, food facts over fads.

Here, at the Food and Nutrition Department of Swami Vivekananda University, under the guidance of our respected Advisory Board Members, are striving each day to narrow down 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.

PLACEMENT DRIVE WITH WOW! MOMO

Swami Vivekananda University successfully conducted a placement drive on 15th May, 2025 in collaboration with Wow! Momo, a leading name in the food industry. The initiative provided an excellent platform for B.Sc. 5th Semester Clinical Nutrition and Dietetics and M.Sc. 4th Semester Food and Nutrition students to engage with industry professionals and gain first-hand recruitment experience. The selection process included various stages, such as group discussions and specialized personal interviews, allowing students to showcase their skills, subject knowledge, and communication abilities. Recruiters appreciated the confidence and competence displayed, acknowledging the university's efforts in preparing students for industry challenges. Participants responded positively, noting that the event broadened their career perspectives and enhanced their professional readiness. Faculty members also highlighted that such collaborations strengthen academic-industry partnerships while creating meaningful opportunities for students. The drive concluded successfully, leaving both recruiters and participants satisfied, and stood as a proud achievement for the Department of Food and Nutrition.



EDUCATION INTERFACE 2025

The much-awaited Education Interface 2025 was held at the Netaji Indoor Stadium on 17th May, bringing together leading universities, colleges, and institutions under one roof. The event served as a dynamic platform for students, educators, and academic leaders to exchange knowledge and explore future opportunities in higher education. One of the major highlights of the event was the enthusiastic participation of Swami Vivekananda University, which showcased its academic excellence and innovation. Students from the university actively took part in various sessions earning appreciation from dignitaries and fellow participants alike. The event also witnessed the participation of many reputed universities from across the country, making the platform a diverse hub of educational interaction. From discussions on cutting-edge research to guidance on career opportunities, the program provided a holistic view of India's evolving education landscape. The exhibition stalls, career counseling sessions added great value to the event. Students had the opportunity to directly engage with faculty members, alumni, and representatives from different institutions, enabling them to make informed choices about their future. Education Interface 2025 was more than just a gathering – it was a celebration of knowledge, learning, and collaboration. The participation of Swami Vivekananda University and several other prestigious institutions made it a truly enriching experience for everyone present.



PRE-SUBMISSION SEMINAR OF RESEARCH SCHOLARS

The Department of Food and Nutrition, Swami Vivekananda University was pleased to announce the successful conduction of the Pre-Submission Seminar of our research scholars, Prantika Sengupta and Mr. Joydeb Saha on 5th and 14th June 2025, respectively at the departmental seminar hall.

Prantika Sengupta presented her pre submission thesis titled “Adolescent obesity and PCOD in girls due to food habit and life style in rural area of Hooghly district in West Bengal’ conducted under the expert supervision of Dr. Rrupali Dhara Mitra, Assistant Professor, Department of Food & Nutrition, Swami Vivekananda University, Barrackpore, and joint supervision of Prof (Dr.) Kakali Bandyopadhyay , Dean of Science Food Technology Department, Guru Nanak Institute of Technology ,west Bengal. The presentation provided a comprehensive overview of the research objectives, methodology, major findings, and the broader implications of the study. Faculty members, research scholars, and students from the department actively participated in the session. The seminar concluded with an insightful discussion and recommended for thesis submission. She has published four research papers and one patent as recognition of her work.

Joydeb presented doctoral research work entitle, “A Study on Socio-Demographic and Nutritional Status of Aged Tribal People Communities of Bankura District, West Bengal”, carried out under the esteemed supervision of Dr. Jagannath Ghosh, Assistant Professor, Dept. Food & Nutrition, Swami Vivekananda University, Barrackpore and Joint Supervisor, Dr. Subhash Kanti Roy, Associate Professor, Dept. of Biotechnology and Biochemistry, Oriental Institute of Science and, Technology, Burdwan. The presentation comprehensively highlighted the research objectives, methodology, key findings, and implications of the study. Faculty members, research scholars, and students from the department actively participated in the session. The seminar was followed by an engaging discussion and constructive feedback from the audience, which will enrich the final submission of the thesis.

The Department extends best wishes to Mrs. Pran tika Sengupta and Mr. Joydeb Saha for the successful completion of their Ph.D. journey and looks forward to their valuable academic and research contributions in the future.



WORLD BREASTFEEDING WEEK CELEBRATION

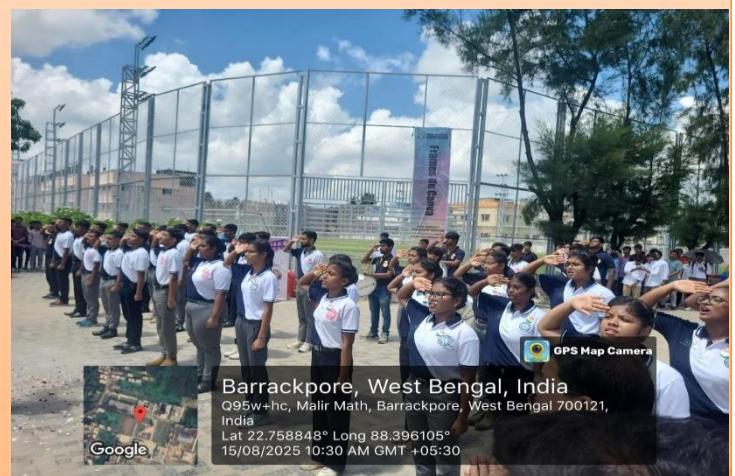
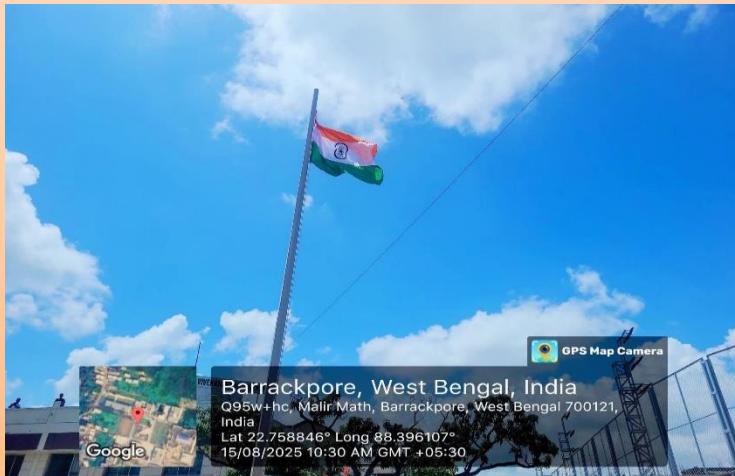
World Breastfeeding Week was celebrated at Swami Vivekananda University on 5th of August, 2025. To celebrate this occasion department of Food and Nutrition collaborated with Nabajatak Child Development Centre, CDC Apollo Multispecialty Hospital. World Breastfeeding Week is celebrated every year in the first week of August, championed by WHO, UNICEF, Ministries of Health and civil society partners around the globe. It's a time to recognize breastfeeding as a powerful foundation for lifelong health, development, and equity. Under the banner of WHO's ongoing ***Healthy Beginnings, Hopeful Futures*** campaign, World Breastfeeding Week will shine a particular spotlight on the ongoing support women and babies need from the healthcare system through their breastfeeding journey. This means ensuring every mother has access to the support and information she needs to breastfeed as long as she wishes to do so - by investing in skilled breastfeeding counselling, enforcing the International Code of Marketing of Breast-milk Substitutes, and creating environments—at home, in healthcare, and at work—that support and empower women. Breastfeeding delivers a hopeful future not only for children, but for societies. It reduces healthcare costs, boosts cognitive development, strengthens economies, and sets children up with healthy beginnings.

World Breastfeeding Week 2025 is more than a symbolic observance—it is a call to action for coordinated efforts across disciplines and sectors: healthcare, community, policy, workplace, and family. When we prioritize breastfeeding and build sustainable systems to support it, we promote healthier generations, stronger economies, gender equality, and a more sustainable planet.



CELEBRATION OF 79TH INDEPENDENCE DAY

Swami Vivekananda University organised a big celebration for 79th Independence Day. It happened on 15.08.2025, and everyone – students, teachers, and staff – came together to remember and honor the people who helped India become free. We started the day by raising the Indian flag and singing our national anthem. On that special day Blood Donation Camp, Blood Group Identification Camp, Blood Sugar Checkup Camp, Eye Checkup Camp and Spectacles Distribution , Nutrition Camp , Intelligence Test and Physiotherapy Camp were also organised. There were also performances with music and dancing that made everyone feel proud and happy. The celebration was like a special day to appreciate our country and the people who worked hard for its freedom. It reminded us that we all play a part in making our country better and stronger. The day was not just about the past; it was a time for us to think about how we can contribute to India's progress in the future.



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