



# SWAMI VIVEKANANDA UNIVERSITY

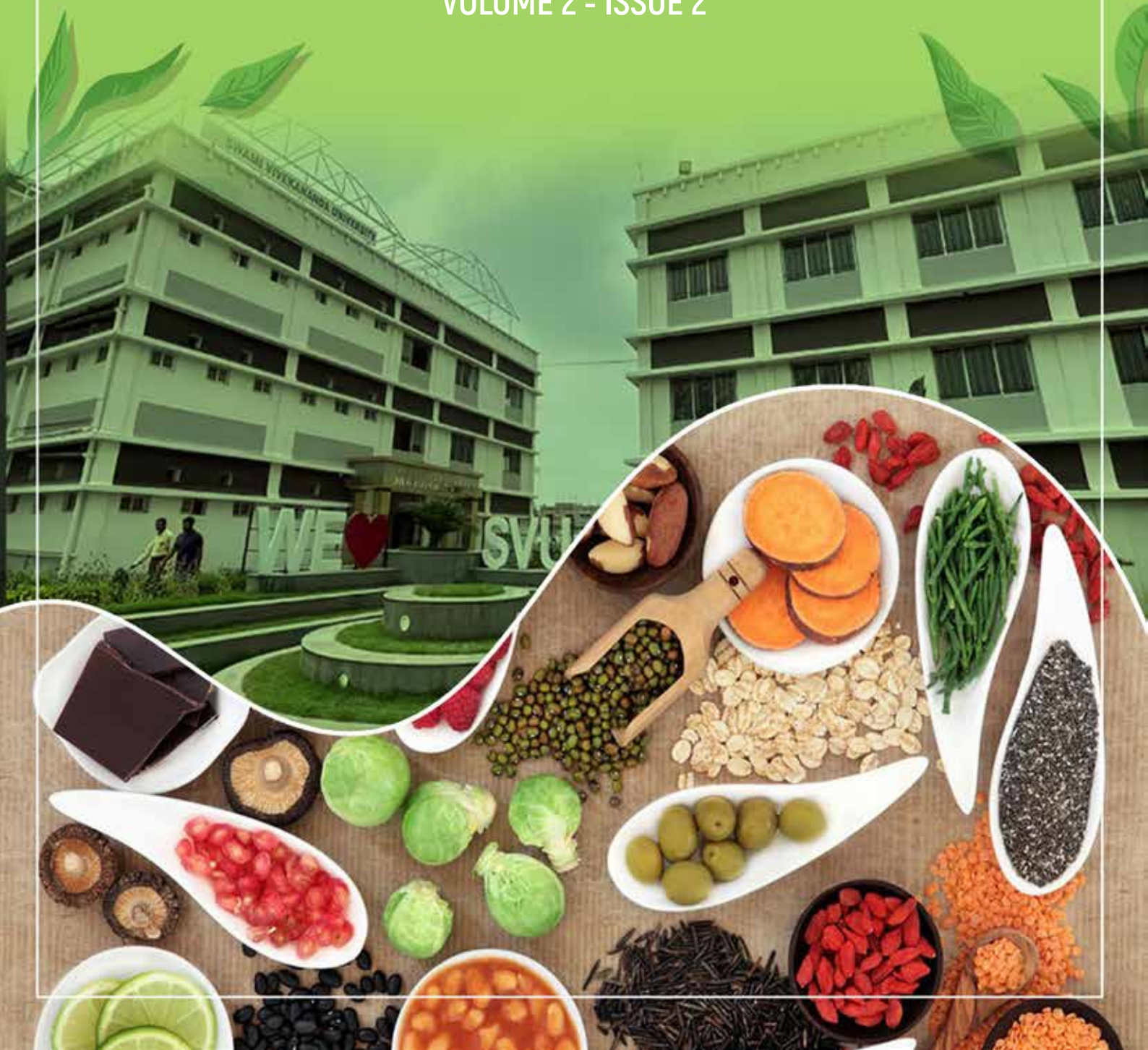


DEPARTMENT OF FOOD & NUTRITION



## NUTRIPORT 2024

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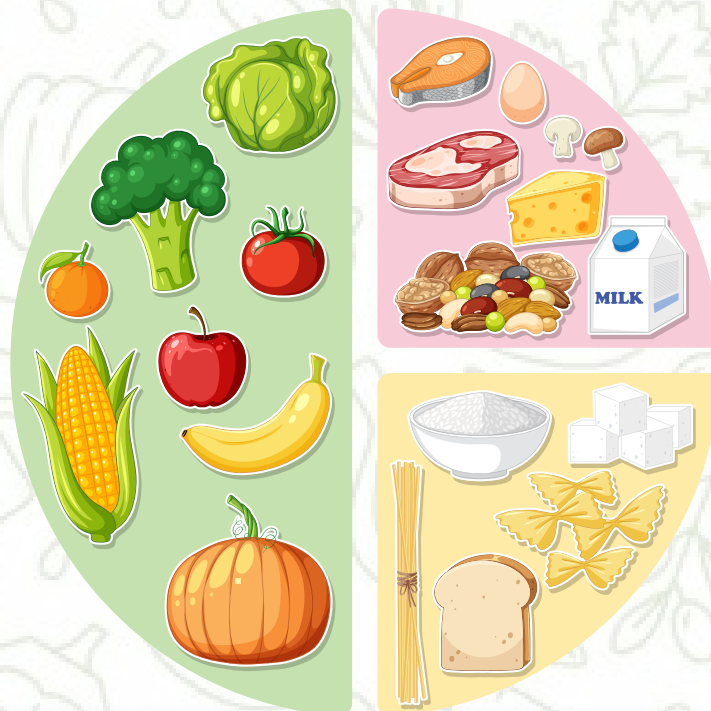




# ABOUT US

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.





## Message from HOD

### Dr. Manisha Maity

Assistant Professor and Head, Department of Food and Nutrition, Swami Vivekananda University, Barrackpore, West Bengal, India.

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## 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 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 from 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 Convenor, my role is not only to provide my own 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 Editors

### Dr. Souvik Tewari

Assistant Professor and Research & Development Co-ordinator, 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, SwamiVivekananda 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.







## Student Induction programme

Student induction programme is conducted for the first-year students during the period of one month. A student induction program is a crucial component of any undergraduate program, especially in fields like food and nutrition. It serves as a bridge between the students' previous academic experiences and their new journey in higher education. It ensures a smooth transition into higher education, familiarizing students with the department, facilities, and academic expectations. By reviewing core concepts and developing essential skills like laboratory techniques and research methodologies, it builds a strong foundation for future learning.







## Industrial Visit Report Industry- Bhagwati Food's Pvt. Ltd. (Dhulagori, Howrah- 711302)

The fully automated plant of Bhagwati Food's Pvt. Ltd. was founded in 1929 in Vile Parle, Mumbai, by the Chauhan family. This plant manufactures products like biscuits, cookies, chocolate etc. The plant is equipped with NABL certified Quality control, Research and development and Microbiology laboratories where they perform and analyze the quality of the manufactured products and also focus on developing new products. The plant has separate sections for manufacturing and storing different products. They have well developed machines and equipment for manufacturing, temperature and pressure control and storage. They focus on maintaining hygienic conditions at all the stages of manufacturing till transportation and marketing. The plant also has a factory outlet where they sell the manufactured products to the consumers. Visit to a food industry is an integral part of M.Sc. Food and Nutrition course. It helps to experience that how food production, processing, packaging works in a food industry, along with the maintaining the food safety and standards code given by FSSAI and FAO. Overall, it was a wonderful experience for students.





## International Conference on Scientific Advances in Life Sciences, Agriculture and Food & Nutrition- ICSA 2024

The ICSA is the platform of inspiration for extensive innovations and expansive research contributions with aim towards demand driven research, development and innovation. It's an idea sharing platform for extensive research and expansive innovations. Ms. Paromita Mukherjee, Assistant Professor & Coordinator gave the welcome address. The event began with the lecture by Guest speaker "Dr Patruni Kiran, Assistant Professor, GITAM Deemed to be University, Hyderabad. The delegates and students presented papers based on scientific advances to be implemented in Food sector. The faculty participated with great zeal and motivated the students. The session was headed by the session chairs. The conference concluded with remarkable insights related to innovations and nutritive enhancement in focus to Health and Food Industry. Dr Moumita Das, Assistant Professor, Department of Food and Nutrition gave the Vote of Thanks.

