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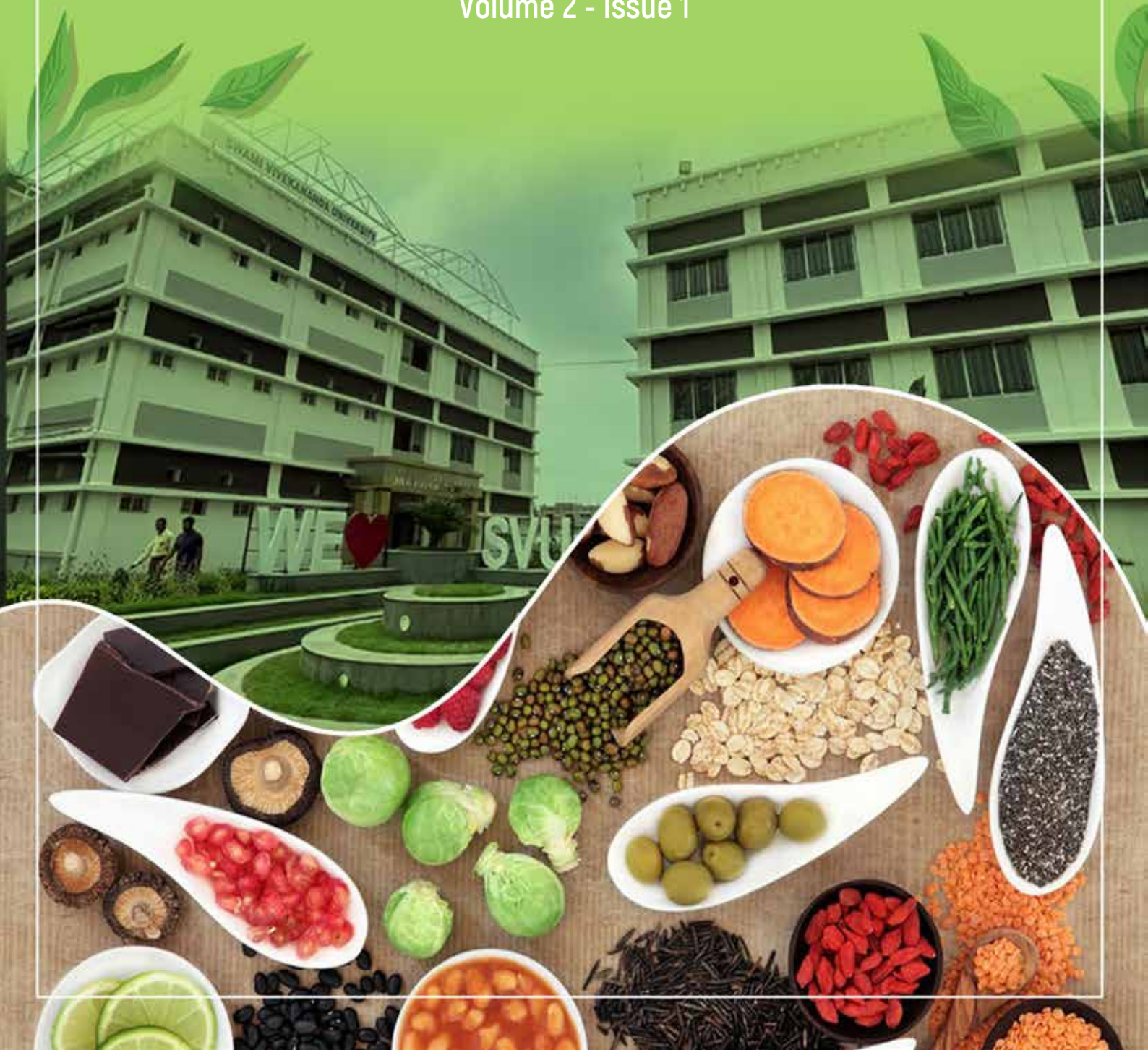


DEPARTMENT OF FOOD & NUTRITION



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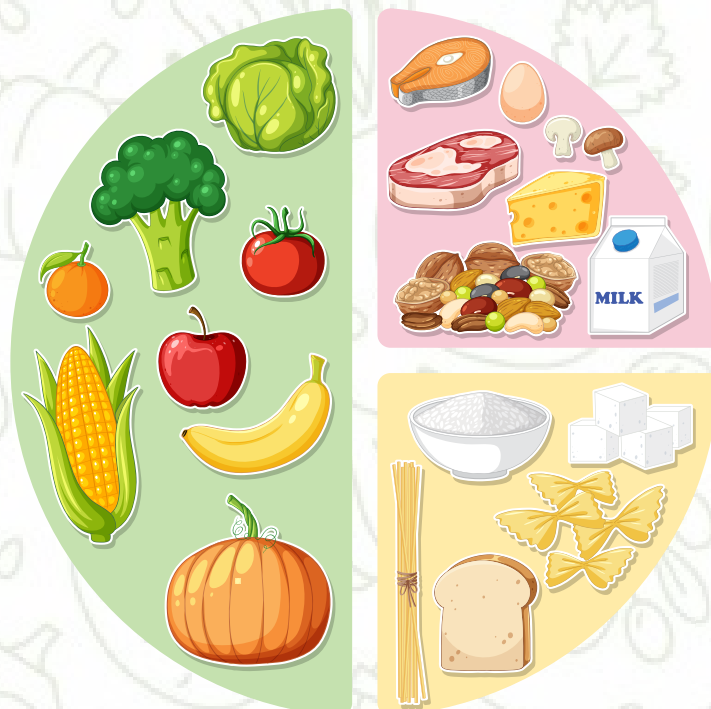




ABOUT US

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.





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Message from HOD

Dr. Manisha Maiti

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 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, 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.





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World Diet etics Da y Celebration, 10th Januar y, 2024

World Dietetics Day, is celebrated annually on 10th of January every year at Swami Vivekananda University by the department of Food and Nutrition. This programme underscores the vital role of dietitians and nutritionists in improving global health. This year the theme of Dietetics Day was ... "The Role of Nutritionist and Dietician on Public Health". We expressed our immense thanks to Dr. Payel Kumar Roy, HOD of Dietetics Department, Techno India Dama Multi-Speciality Hospital and her team for this wonderful session.

This day recognizes the expertise in guiding individuals and communities toward healthier lifestyles through evidence-based dietary practices. Proper nutrition is a cornerstone of preventing and managing chronic diseases, enhancing mental well-being, and supporting overall physical health. Dietitians play a crucial role in tackling issues such as malnutrition, obesity, and food insecurity, making their contributions indispensable to public health. By celebrating this day, we honour the dedication of dietetics professionals and encourage continued innovation and





FSSAI FOSTAC Training

Food Safety Training and Certification (FOSTAC) is an initiative by FSSAI whereby food safety trainings are conducted for target groups in the food business to maximise knowledge and awareness of food safety regulations and policies to ensure food safety and hygiene. On February 5th, 2024, a certificate training programme of FSSAI FoSTaC (Food Safety Training and Certification), marking a significant milestone in enhancing the knowledge and skills of both our faculty and students from the B.Sc. Clinical Nutrition and M.Sc. Food and Nutrition. The training aimed at fostering a deeper understanding of food safety, hygiene, and regulatory standards, seamlessly aligning with the core topics covered in our Food and Nutrition





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Sona Biscuits Ltd (SOBISCO) Internship

This internship at Sona Biscuits Ltd, Sheoraphuli, West Bengal 712223 provided hands-on training to students of M.Sc. in Food and Nutrition, Swami Vivekananda University, Barrackpore. It helped the students to develop analytical skills for research and development in Food Industry. Krishnendu Biswas, Indrajit Karmakar, Sagarika Mondal and Satyajit- students of M.Sc. (IV Sem) Food and Nutrition, were selected based on the interview for one month internship. They gained remarkable experience after the internship.

