



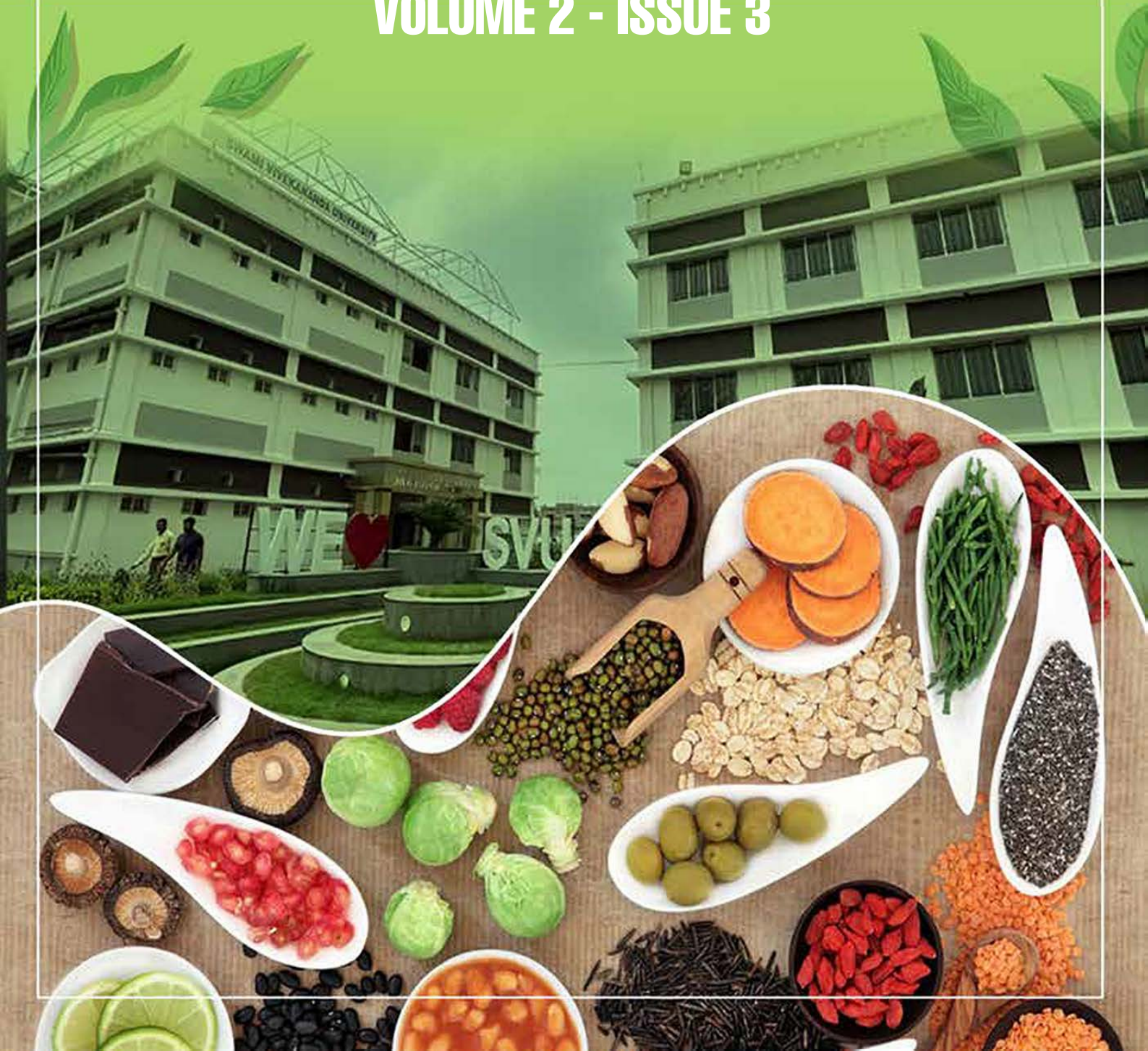
SWAMI VIVEKANANDA UNIVERSITY



DEPARTMENT OF FOOD & NUTRITION



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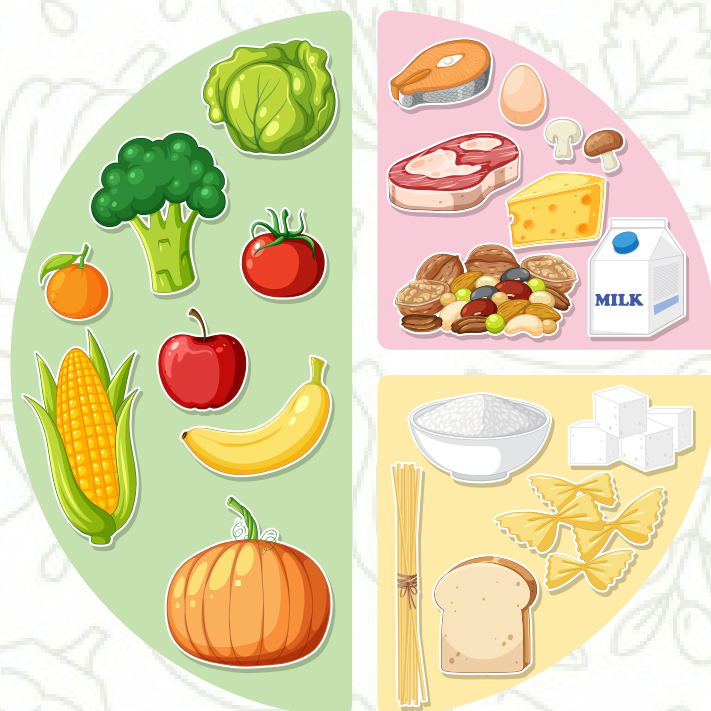




ABOUT US

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.





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.





Independence Day Celebration

Like every year, on 15th of August, Independence Day has been celebrated at our university in a very colourful manner to honor the nation's history and freedom. At our university, we celebrate this auspicious day by different events starting with flag hoisting ceremony, parade, singing of national anthem and other cultural activities. NCC Students of our department of Food and Nutrition took part in

parades and different cultural events in a very enthusiastic manner. University encourages students and staff to wear traditional attire and the colors of the national flag (saffron, white, and green). It's a simple way to get everyone involved in the celebration. Encourage students and staff to wear traditional attire or the colors of the national flag (saffron, white, and green). It's a simple way to get everyone involved in the celebration. Students and staff are encouraged to wear traditional attire or the colors of the national flag (saffron, white, and green). It's a simple way to get everyone involved in the celebration. By including a mix of educational, cultural, and interactive activities, the university's Independence Day Celebration became both enjoyable and meaningful.

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 education in the field, ensuring healthier futures for all.





Anti Ragging Week

Anti-ragging Weeks Celebrated from 12th August to 18th August, 2024 in Swami Vivekananda University, Barrackpore, with a motive of prevent ragging. Swami Vivekananda University has framed regulations on curbing the menace of ragging inside University premise. These regulations are abided by all the schools of University for implementation including the monitoring mechanism to ensure its strict compliance. University has also taken several proactive steps including the effective launch of a Media Campaign for preventing ragging. Films in ragging also shown to students of our university. Several programs' workshops and seminars organised inside premises. Renowned Eminent sociologists, professors, administrative personalities shared their thoughts to students to educate them about consequences of ragging. Program ended with a vote of thanks by our expert authorities.





National Nutrition Month-2024

National Nutrition Month (2024) is celebrated at our university in the month of September 2024. There were series of events such as quiz competition, poster presentations aiming to raise awareness about nutrition's impact on health, celebrate good dietary practices and also support government initiatives that promote better nutrition. Prof. (Dr.) Kakali Bandyopadhyay.



Dean of Academics, Guru Nanak Institute of Technology, inaugurated the programme and shared her excellent expertise in food processing and nutrition. Dr. G Niharika (Assistant Professor, Food Science and Technology, GITAM Deemed to be University, Hyderabad) was invited to share her insights as a guest speaker on this special occasion. Rashtriya Poshan Maah, also known as National Nutrition Month, is a key initiative under the POSHAN Abhiyaan aimed at improving nutritional outcomes for at-risk populations.

Celebrated each September, this year marks the 7th edition of Rashtriya Poshan Maah. 'Poshan Maah 2024' is a nationwide celebration that promotes nutrition awareness and drives action towards building a healthier India. This year, in its 7th phase, the Poshan Maah campaign focuses on critical themes such as anaemia prevention, growth monitoring, effective service delivery through good governance and technology, "Poshan Bhi Padhai Bhi," and supplementary nutrition.



International Conference on The Future of Sustainable Development: Challenges and Opportunities (ICFSDCO 2024)

The event began with the lighting of lamp by the Guest of Honor “Prof (Dr.) Nimai Chandra Saha”, Vice Chancellor, University of Burdwan, India. Dr Manisha Maity, Assistant Professor & Head of the Department gave the welcome address. The delegates and students presented papers based on sustainable strategies to be implemented in Food sector. The faculty participated with great zeal and motivated the students. Monalisha Chowdhary, Ashim Das and Poulomi Mistry were presented the “Best Presentation Award” by the session chairs. The conference concluded with remarkable insights related to bioavailability enhancement and superfoods intake for sustainable future. Dr Moumita Das, Assistant Professor, Department of Food and Nutrition gave the welcome address.





Smart India Hackathon

The Smart India Hackathon (SIH) is an initiative by the Government of India more specifically Digital India aimed to fostering innovation and problem-solving skills among different college students . The event provides a platform for students to work on real-time industry problems and come up with innovative solutions that can have a significant impact. Hackathon having the categories like both software edition and hardware edition. This is a unique platform in collaboration with various government departments, ministries, and industry partners that makes it more interesting for students. This year on 5th of September, 2024 we held this competition in our university. More than 60 students of different semesters of B.Sc. and M.Sc. of our department categorised in 10 teams had participated in this event . They submitted their idea proposal and most of them got selected in top 100 teams around all and qualified for the next round. The most exciting event is two teams of them have secured 3rd position as well.

Overall, hackathons are a great way to boost up the student bonding, innovation, teamwork, and learning in a fast-paced, exciting environment.

