

Departmental Activities

2024-2025

Seminars/Conferences/Webinars/Panel Discussions

- "Best Practices in Food Safety and Hygiene" – Panel Discussion by Prof. Pulkit Mathur at the Ayushman Bhav Samvad Dialogue Webinar Series organized by FSSAI on 29th March 2025.
- "Development of Home-Based Malnutrition Management Tool for Tuberculosis Patients" – Poster Presentation by Dr. Anjani Bakshi at the India Innovation Summit organized by ICMR, Central TB Division, MoHFW on 18th–19th March 2025.
- "Women-Led Innovation & Entrepreneurship Success Stories" – Panel Discussion by Prof. Pulkit Mathur at NIFTEM Kundli on the occasion of International Women's Day, 8th March 2025.
- "Implementing Nutrition Education: Challenges and Opportunities" – Panel Discussion by Prof. Pulkit Mathur, organized by Nourishing Schools Foundation and Partners on 7th March 2025.
- "Emerging Trends in Clean Labelling – What's Next for Food Transparency and Safety?" – Panel Discussion by Prof. Pulkit Mathur at the 11th Food Quality and Safety Congress 2025 on 27th February 2025.
- "Ultra-Processed Food and Its Association with Metabolic Health" – Paper Presentation by Prof. Pulkit Mathur at the 12th International Patient Safety Conference held at Bharat Mandapam, New Delhi, on 21st February 2025.
- "Strategies for Improving Diet Quality and Combating Malnutrition" – Paper Presentation by Prof. Pulkit Mathur during Hands-on Training on Staple Food Fortification at NIFTEM, Kundli on 20th February 2025.
- "Using Nutrient Profiling Models to Understand Nutrition Facts and Claims on Food Labels" – Paper Presentation by Prof. Pulkit Mathur in a Webinar organized by NSI GOA Chapter and the GOA Challenge of Home Science on 25th January 2025.
- "Parameters of Household Nutrition Security and Nutritional Status Assessment" – Paper Presentation by Prof. Pulkit Mathur during a Training Programme organized by IARI on 10th January 2025.

2023-2024

Seminars/Conferences/Webinars/Trainings/Workshops

- A special lecture on 'Measuring Food Environments and their Impact on Healthy and Sustainable Diets' by Shauna Downs, Associate Professor, Faculty, Health Behavior, Society and Policy, Rutgers University, was organised on 1st December, 2023.
 - A special lecture on 'Gut Dysbiosis & Chronic Diseases' was organized on 18th January, 2024. Dr. Tom O'Bryan, Expert on gut health, microbiome, autoimmune diseases and metabolic disorders delivered the lecture.
 - A special lecture on 'Nutrient Assessment & Analysis' delivered by Ms. Gurdeep Kaur Shetty, Dietician, AIIMS, New Delhi was organised by the department on 26th February, 2024. It was attended by MSc Previous, Final, PGDDPHN students and PhD scholars. Special lecture by Shauna Downs, 1st December, 2023
- 21 Lady Irwin College 92nd Annual Report 2023-24

- An International webinar on “Microgreens - Current Trends and Entrepreneurial Opportunities” by Dr. Nidhi Dalal, PhD in Food Science, University of Naples “Federico II”, Italy was organised by the Department in collaboration with FT Professional chapter on 19th March, 2024.
- An International webinar on “Professional Skills for Empowered Career Ahead” was organised on 12th April, 2024 by the Department in collaboration with FT Professional chapter. Dr. Pratima Khandelwal, Founder FlyHigh, Bengaluru was the resource person. Skill Development Trainings / Workshops
- A workshop on “Sustainability and Life Cycle Assessment” was conducted by the department on 16th September 2023.
- A workshop on “Enhancing Nutrition Counselling Skills for Promoting Correct Infant and Young Child Feeding Practices for University Students” was organised on the occasion of Rashtriya Poshan Maah in collaboration with NIPCCD, from 25th -26th September 2023.
- A sensitization workshop on ‘Front of pack labels, What and Why?’ was organised by the department in association with consumer voice on 15th February 2024 for UG and PG students. • An interactive session on ‘Global Food Laws and Entrepreneurship’ was organized by the department on 24th February, 2024 to celebrate 65 years of excellence. It was conducted by All India Safe Food Cadre Professionals (Batch 22-23).
- A workshop on “Unhealthy Pre-Packaged Foods and Beverages Decoding the Nutritional Information on Labels” was organised by the department in collaboration with NAPI, India on 19th March 2024. Resource person for the event was Ms. Nupur Bidla, National Coordinator, BPNI & Member, NAPI.
- A workshop was organised on “Theory of Change and Logical Framework” on 25th April 2024 with Ms. Sancheeta Ghosh as the expert
- Hands-on training of M.Sc. Final Year (Clinical Nutrition Group) students was organised on Sports day, 4th March 2024. Students prepared and sold standardized lemon flavoured isotonic drink and earned profit 22 Lady Irwin College 92nd Annual Report 2023-24 of 35% through the hydration court, in addition to spreading hydration awareness among college athletes, as part of their Sports Nutrition practical.
- A “Physical fitness assessment camp” was organised by Prof. Priti Rishi Lal, Dr. Aparna Aggarwal and Dr. Neha Bakshi, on 20th October 2023, conducted by the students of Skill Enhancement course on “Fitness and Nutrition” from B.Sc. Programme. In collaboration with the Sports Committee and Food Technology Professional Chapter, students also organised a food court with innovative food products for recovery, making this event a session for hands-on- training on extension activities (210 adults including all members of Sports society were assessed and 63 counselled) and entrepreneurship (Food Technology group made a 72% profit). A sponsorship of Rs 6000/- was also received by the SEC students from two different agencies, for conduct of this camp. Hydration Court, 4th March, 2024
- Students of PGDDPHN organised a Canteen project on 27 February 2024 as part of their quantity cookery practical held by Dr. Anjani Bakshi and earned profits of 70.3%

2022-2023

Seminars/Webinars/Workshops/Conferences/Trainings/Special Lectures

Special Lectures and Seminars

- “Food Safety- Relevant issues and Challenges in the region” was organized on 13th July 2022 by Ms. Shashi Sareen, Senior International Food Safety, Quality and Nutrition expert.
- “Digital Nutrition” talk by Ms. Ritika Sammadar, Chief Dietician, Max Hospital, Saket and Panel discussion with Ms Radhika and Ms Megha Mukhija and Dr Anjani Bakshi as moderator was organised by LICAA FN Professional Chapter on 30th July 2022.
- “Nutrition in Dialysis” by Ms. Pramila Kabra was organised in collaboration with LICAA FN Professional Chapter on 30th September 2022.
- “Leave No One Behind” on World Food Day, by Prof. Rakesh Mohan Joshi, Director, Indian Institute of Plantation Management, Bangalore on 27th October 2022.
- “Ayurveda and Nutrition” by Dr (Vaidya) Saurabh Sharma, Ayurveda Expert and Dr. Alka Mohan Chutani, ex- Chief Dietician, AIIMS on 17th December 2022.
- “Mushroom Processing Technology”, by Dr. Anuradha Srivastava, ICAR- Directorate of Mushroom Research Chambaghat, Solan (HP) on 23rd January 2023.
- “Millets: Superfoods” by Ms. Palak Arora Founder Satguru Superfoods on 3rd February 2023.
- “Dairy Manufacturer Perspective on Net Zero and Sustainability”, by Prof. Prafulla Salunkhe, SDSU, Brookings, USA on 2nd March 2023.
- “Basics of Diabetes Mellitus Management” by Ms. Manju Panda, Head L&D with Healthifyme and Senior Diabetes Educator on 10th March 2023.

Skill Development Courses/Trainings/Workshops

- “Enhancing Counselling Skills for Infant Feeding and Use of Mother and Child Protection Card for counselling mothers” on 26th September 2022 in collaboration with NIPCCD.
- “Plant based Foods and Sensory Evaluation” workshop in collaboration with Plant Based Food Industry Association on the occasion of Navratri Campaign on 4th Oct, 2022.
- Roll out workshop by University of Delhi for launch of VAC. Workshop was conducted by Hansraj College and Session was coordinated by Lady Irwin College on 20th October 2022 with 45 faculty members from University of Delhi.

- FDP workshop on “Ayurveda and Nutrition: Integrated Approach to Personalised Nutrition and Practical Pedagogy” in association with TDU, Bangalore and Vivekananda College, DU on 10th November 2022 with 27 faculty members as participants.
- FDP workshop on Ayurveda and Nutrition: Indian food and rich sources of Nutrition in association with BCAS, DU on 19th November 2022 with 35 faculty members as participants.
- “Getting Ready for Food Industry” training session taken by Mr. Areeb Irshad, Online Educator and International Certified Career Coach (Level-1) on 21st Feb 2023.
- Workshop on Sensory Evaluation in association with TagTaste Foods Pvt. Ltd. on 22nd February 2023 with participation of 56 Food Technology final year students.
- FDP technical sessions for workshop on Ayurveda and Nutrition: Theory, course progression and practical pedagogy conducted at Aurobindo College on 7th June 2023 with participation of 72 faculty members from University of Delhi.
- A canteen project was run by PGDDPHN students on 12th and 14th June 2023 to provide them a hands-on experience of handling a small food service unit involving quantity food production and budgeting.

Internships

- **M.Sc. (Previous) students** underwent one month internship at National Centre of Excellence and Advanced Research on Anaemia Control (NCEAR-A), FSSAI, AIIMS, Lady Hardinge Medical College and associated Kalawati Saran Children’s Hospital, Anuvaad Solutions, The Coalition for Food and Nutrition Security, Public Health Foundation of India, The George institute of Global Health, Hriday, Bikanervala, Jubilant Food works, Mother Dairy and Nestle.
- A three-month internship of **PGDDPHN students** was organized in various hospitals including branches of Max Super Speciality Hospital (Max Smart Saket, Patparganj), Lok Nayak Jai Prakash Hospital, Kailash Hospital, Noida, Sir Ganga Ram Hospital, Fortis Escorts Okhla, Fortis Hospital (Shalimar Bagh), Indraprastha Apollo Hospital, Fortis Memorial Hospital Gurgaon, and BLK Super Specialty Hospital.
- Students of second- and third-year **B.Sc. (Hons.) Food Technology** interned at Haldiram Snacks Pvt Ltd, Delhi Milk Scheme, Fric Bergen (Vivian Foods Pvt Ltd), Safefood Mitra Pvt. Limited Jaipur, Mother Dairy Fruits & Vegetables Pvt Ltd, Dhudmansagar Dairy (AMUL), IMT Manesar, M/s ITC Limited Village: Jhalthikriwal, Kapurthala Punjab, Bikanervala Foods Pvt Ltd, Delhi Milk Scheme West Patel Nagar, DABUR India Limited, Kaushambi, Vadilal Industries Ltd., Saras Dairy Dugdh Utpadak, Hindaun City, Karauli, Rajasthan, Alwar Sweets and Namkeen , Gurgaon, DS Spiceco Pvt. Ltd.

Field Trips/ Extension Activities

- PGDDPHN students participated in the Nutrition education program and need assessment at Mother and Child Welfare Centre, Delhi on 18th July, 2022.
Coordinator- Dr. Lalita Verma

- PGDDPHN students conducted a workshop with the theme “Step-up for Breast feeding: Educate and Support” for ASHA, AWW and ANM workers for celebrating Breast Feeding Week, 2nd August 2022. Coordinators: Dr. Lalita Verma and Dr. Prachi Shukla.
- Dr. Anjani Bakshi conducted a session on “Eating Disorders and Transition in Eating Habits” for teachers and parents at Sir Ganga Ram Hospital, New Delhi on 2nd September 2022.
- Dr. Neha Bakshi delivered lecture on ‘Nutrition from locally available foods to community members associated with Magic Bus Foundation under Poshan Maah, 7th September 2022.
- Dr. Aparna Agarwal conducted a millet recipe demonstration along with a talk for students and Food Safety Officers at an event organised by Department of Food Safety, Govt of NCT of Delhi on 12th September 2022.
- M.Sc. final year students participated during Hindi Pakhwada on 12th September 2022. They sensitized the RAK Nursery school children about Hindi rhymes and stories.
- NDMC primary school children were sensitized about hygienic practices in daily routine by the FT students on 21st September 2022.
- M.Sc. students visited the Defence Institute of Physiology and Allied Sciences, DRDO, Delhi, 28th September 2022.
- B.Sc. FT third year and M.Sc. Final Group C students visited Mother Dairy, Patparganj, Delhi, 29th September 2022.
- M.Sc. Final group A students visited AIIMS Dietetics OPD, 24th January 2023
- PGDDPHN students visited PHC, Najafgarh, 6th February 2023.
- M.Sc. Final, Group A students prepared and served isotonic rehydration sports drinks, on Sports Day celebrated on 8th February, 2023, as part of their hands on and extension experience. Teachers convening this activity were Prof. Priti Rishi Lal and Dr. Kanika Aggarwal.
- B.Sc. (Hons.) students visited NIPCCD and attended a workshop on Infant and Young Child Feeding, on 23rd February 2023.
- PGDDPHN and B.Sc. (Hons.) students visited NIPCCD, 16th March 2023.
- B.Sc. FT (second- and third-year students) visited Global Millets -Shree Anna Exhibition, inaugurated by the Prime Minister Shri Narendra Modi on 18th March 2023.

Department’s Outreach

- Dr. Dipesh Aggarwal as a certified FoSTaC trainer conducted Food Safety Supervisor training in seven Food and Dairy Industries in the year 2022-23 under the aegis of FoSTaC, FSSAI, Government of India.
- College as State Level Training Institute and DSIIDC as State Nodal Agency conducted eight days beneficiary training under PMFME scheme with the domain “Grain processing: Ready to eat namkeens”, 6th September 2022. Trainers: Dr, Aparna Agarwal, Dr. H Memthoi.

- Training on “Maternal and Child Nutrition” organised for 150 ANW and AWH in collaboration with HCL Foundation on 27th September 2022 by Prof. Neena Bhatia.
- Training of State Master Trainers for Adolescent Friendly Health Service under the Rashtriya Kishor Swasthya Karyakram (RKSK) of the Ministry of Health and Family Welfare, GoI by Prof. Pulkit Mathur between September–October 2022.
- Training of the staff of Child Survival India on the Eat Right India Movement and the importance of nutrition and food safety for children by Prof. Pulkit Mathur on 29th November 2022.
- Dr. Pooja Raizada and Dr. Aparna Agarwal were mentors for Blue Planet Sustainability Fellowships Program, Blue Nudge Collective Responsibility Drive (CRD), offered by Delhi Effective Education and Pedagogy Cluster (DEEP-C) in partnership with Blue Planet Environmental Solutions (BPES), February’ 2023.

Other Important Events

A poster competition was organised to celebrate the **World Breastfeeding Week**, 1st-7th August 2022 with undergraduate and postgraduate students of the college participating in the event.

For **Poshan Maah** celebrations in the month of September two major events were organised:

- Video making contest on the importance of physical activity through the life cycle from 2nd - 5th September 2022.
- National Seminar on ‘Early Childhood Care and Development’ in collaboration with ONGC on 6th September 2022 at Constitution Club of India, Delhi.

For **World Food Day Celebrations** on 27th October 2022, several inter-college competitions were organised:

- Food-O-Pedia (Quiz Competition)
- Sensory Archadia (Sensory evaluation competition)
- Food-O-Graphy (Photography competition)

Golden Jubilee of the PGDDPHN program was celebrated by organising a **Nutrition Mela** on 4th November 2022. The event was partly funded by LICAA. Several NGOs participated by putting up stalls at the event. The students were actively involved in the preparations. They put up stalls on nutrition games, nutritional assessment and counseling. The Food Technology students also participated by putting up Food Courts, displaying food engineering models and displaying simple tests of food adulteration. About 100 NDMC school children visited the Nutrition Mela besides the teaching and non-teaching staff and students of the college.

The **49th Kamla Puri Sabharwal Memorial Lecture** was held on 23rd November 2022. A lecture on “‘Like Mother - Like Daughter: A Story of Transgenerational Transmission of Diabetesity’” was delivered by Dr Chittaranjan S. Yajnik, Director, Diabetes Unit, KEM Hospital and Research Centre, Pune.

An **Orientation Programme** for the new batch of M.Sc. previous and PGDDPHN students was organised on 7th February 2023 to welcome them to the college and Department. A panel

discussion on ‘Career Pe Charcha’ was also arranged with prominent alumni of the Department.

2021-2022

Seminars/Webinars/Workshops/Conferences/Trainings/Special Lectures

Webinars/ Lectures

Several experts were invited to give talks on contemporary and emerging issues in the field of food science, technology and nutrition. These were attended by not only students from Lady Irwin College but several other colleges across the country. These webinars enriched the coursework and provided students with a platform to interact with national and international experts in the field. The following is a list of webinars held during the academic year:

- **‘Orientation to Basics of mentorship Skills’** by Dr. Renu Kishore (Former Faculty, DU) Dr. Bipin K Tiwary (Associate Professor, DU) on 3rd July 2021.
- **‘Startups and Business opportunities in Food Processing Sector’**, by Mr. Arnabb Guha (Founder, Director and Chief Visionary officer, Agri Health Food Startup, NutriHub, IIMR, Ms. Shikha Singh Chauhan and Ms. Somya Singh (Co-founder SOHA Organics) on 21st July 2021.
- **‘Sustaining Breastfeeding: challenges and Solutions’**, by Dr. Anita Gupta (CMO (SAG) Department of Community Medicine, UCMS, GTB Hospital, Delhi) on 6th August 2021.
- Webinar on **‘Food Labelling and Packaging Guidelines for Food industries’** by Dr. Mamatha Mishra (Food Safety and Nutrition Expert, Founder Green Tick Food Tech Pvt Ltd) and Dr. Subba Rao M Gavaravarapu (Deputy Director and Head Nutrition Information) on 10th September 2021.
- **‘Networking Food and Nutritional Sciences for innovative Food technologies’**, by Dr. V. Prakash (FRSC, Former Director of CFTRI) on 15th September 2021.
- **‘Nutrition entrepreneurship’**, by Mr. Nikesh Desai (Founder, Dietician Entrepreneurs Academy) on 9th October 2021.
- **‘Recent Advances in Food Processing’**, by Dr. C. Anandharamkrishnan (Director, NIFTEM, MoFPI, GOI) on 21st October 2021.
- **‘A counselling Session on oBe 2021’** by Ms. Adiba Akram and Ms. Yashmayi Bhoi (B.Sc. Food Technology) on 1st December 2021.
- **‘Getting ready for the Food industry’** by Mr. Areeb Irshad (International Certified Career Coach (level-1) on 28th January 2022.
- **‘Weight management: evidence based practice and experiences of Dieticians’** a seminar organised along with LICC-FN Professional Chapter on 29th January 2022.
- **‘Overview of Plant Based Beverages’** by Mr. Hemang Dholakia (leader, Processing, Solutions and Equipment, TetraPak SE Asia ltd.) on 4th February 2022.
- **‘Biodiversity of North east india: A special focus on pigmented rice value chain’**, by Ms. Rubeka Idrishi (Research Fellow, IIT- Guwahati) on 8th February 2022.
- **‘Future Prospects and management of healthcare industry in india’**, presented by Ms. Divya Aggarwal (Associate Dean-Admission and Accreditation IIHMR Delhi) and Ms. Shikha Bassi (Programme Manager -Academics IIHMR Delhi) on 19th February 2022.

- **‘NAFLD-current insights to Nutritional Approach’** by Dr. Swapna Chaturvedi (Senior Dietician AIIMS) on 19th February 2022.
- **‘Epilepsy-ketogenic diets’** by Dr. Mala Manral (Senior Dietician AIIMS) on 3rd March 2022.
- **‘Medical Nutrition therapy for Liver Disease’** by Dr. Namrata Singh (Senior Dietician AIIMS) on 9th March 2022.
- **‘Recent Advances in Prevention and control of hepatitis B &c’** in collaboration with Institute of Liver and Biliary Sciences, New Delhi on 12th March 2022.
- **‘Women’s Nutrition- importance, challenges and Way Forward’** in Association with PFNDIA on 9th April 2022.

Special Lecture

Kamla Puri Sabharwal memorial Lecture was delivered by Dr Meera Shekar on **‘Addressing all forms of malnutrition: Lessons from global experience’** on 12th November 2021.

Skill Development courses/trainings

- Skill Development Course on **‘Sensory evaluation of Food and Beverages’**, in collaboration with Tag taste on 23rd July, 2021 Course Organizers were Dr. Aparna Aggarwal and Dr. H. Memthoi.
- A one-day Course was organized on **‘hospital Food Delivery System’** on 24th July 2021 with Dr. Kajal Pandya Yephtho, Ph.D., Chief Dietician, Indraprastha Apollo Hospital and Ms. Ritika Samaddar, RD, (Chief Clinical Nutritionist, Regional Head, Dept. of Clinical Nutrition and Dietetics) as resource persons. Course Organizers were Dr. Lalita Verma, Ms. Prachi Shukla, Dr. Neha Bakshi, Dr. Kanika Agarwal and Dr. Poonam Singh.
- A two-day Course was organized on **‘resume Writing and excellent Job interviews’** on 31st July 2021 presented by Ms. Deepti (Vice President, TaskUs) in collaboration with IQAC. Course Organizers were Prof. Priti Rishi Lal and Dr. Kanika Agarwal
- A two-day Course was organized on **‘Statistical Data Analysis using Software R’** on 11 and 12th September 2021 with Mr. Kabir Nagpal (Cooperate Professional, Expert Trainer Data Analytics and Machine Learning) as resource person. Course Organizer: Prof. Ravinder Chadha, Dr. Dipesh Agarwal and Dr. Neerja Chawla
- A one-day course was organized on **‘online Data collection and Qualitative research in Nutrition’** on 25th September 2021 with Dr. Deepika Bahl (Qualitative Research Associate, PHFI) and Dr. Jaspreet Kaur (Associate Professor, Pearl Academy) as resource persons. Course Organizers were Prof. Manisha Sabharwal, Dr. Swati Jain, Dr. Neha Bakshi and Dr. Anjani Bakshi
- Five-day Value-added course on **‘Preparation of m.Sc. Food and Nutrition and Food technology entrance examination’** with 10 different National and International speakers from 22nd June to 26th June 2021. Course Organizers were Dr. Aparna Aggarwal, Dr. Kanika Agarwal, Dr. H. Memthoi and Dr. Bindu.

Workshops

A Workshop on **‘Sensory evaluation of Food and Beverages’** on 23rd July, 2021, with Ms. Raj Prity Sabharwal (Head Sensory and Research Tag Taste Foods Pvt. Ltd) as resource person.

Trainings

- PM Formalization of Micro Food Processing Enterprises (PM-FME) Scheme **online training for District Level trainer on entrepreneurship Development Programme** was organized in September 2021. Prof. Manisha Sabharwal and Dr. Aparna Agarwal were the Nodal Officers, SLTI, and Dr. Nidhi Jaiswal and Dr. Neha Bakshi were the master trainers.
- An online training for **State Level District training on Bakery and confectionary oDoP, PmFme Scheme**, in September 2021; Trainer: Dr, Aparna Agarwal, Dr. H Memthoi. Organized by: Department of Food and Nutrition and Food Technology Lady Irwin College, University of Delhi.
- As a **training Partner for FoStac, FSSAI**, trainings were conducted for Basic Manufacturing, Basic and Advanced Catering Level along with special sessions on COVID-19 for various undergraduate and postgraduate students of University of Delhi and other Colleges as well as organisations. There were 2 training courses conducted in all and 51 participants were trained including food handlers from Lal Bahadur Shastri National Academy of Administration.

Internships

M.Sc. (Previous) students underwent one month internship training at Lady Hardinge Medical College and associated Kalawati Saran Children's hospital, Public Health Foundation of India (PHFI), Hriday, National Centre of Excellence and Advanced Research on Anemia Control, School Health Annual Report Programme (SHARP), Agricultural and Processed Food Products Export Development Authority (APEDA), Food Future Foundation, AMUL (Dudh Mansagar Dairy), Council For Promotion Research and Trade of Traditional Foods during the month of June, 2022 as a part of their curriculum.

A three months internship of PGDDPHN students was organized in various hospitals including branches of BLK-MAX Super Specialty Hospital, Govind Ballabh Pant Hospital, Indra Gandhi Hospital Dwarka, Guru

Teg Bahadur Hospital, Max Super Specialty Hospital (Max Smart Saket, Shalimar Bagh), Lok Nayak Jai Prakash Hospital, Sir Ganga Ram Hospital, Dr. L H Hiranandani Hospital, Mumbai, Maharashtra, Holy Family Hospital, Okhla, New Delhi.

Students of second- and third-year B.Sc. (Hons.) Food Technology underwent one month training at DMS, Mother Dairy, Britannia, Fortis, Bokaro Dairy, Varun Beverages, Jeeto dilli organization and other food industries, and FSSAI.

Field trips/ extension Activities

- Ms. Prachi Shukla delivered a talk on **“Fats for healthy heart”** in a webinar on Nutrition and Diet Care organized by Ubuntu Foundation, Goa on 17th July 2021.
- More than 40 Trainings in different food industries as a certified food safety supervisor trainer for **Advance manufacturing, milk and milk products, Street Food Vending etc. under the FoStac, FSSAI, Government of india** by Dr. Dipesh Aggarwal.
- A special lecture was presented by Dr. Anjani Bakshi **‘managing mind & Body through Food’** for Lions Club New Delhi Alaknanda members on 12th September 2021.

- Common people were sensitized on nutrition through “**Poshan ke Anmol mantra**” activity using social media portals (Instagram and Facebook) between 1-30th September 2021. Teachers involved were Dr. Lalita Verma, Prachi Shukla, Dr. Swati Jain and Dr. Anu Taneja.
- A virtual **industrial tour** was organized to **haldiram’s** for Food technology students on 28th October 2021. Teachers involved Dr. Aparna Agarwal, Dr. H. Memthoi Devi
- Dr. Nidhi Jaiswal spoke on “**Setting up a home-Based catering Unit**” on 8th January 2022, to Delhi Lion’s Club members.
- PGDDPHN students along with Dr. Lalita Verma **visited a Primary health centre (PHC)** and provided counselling to general public on the topic Maternal and Child Nutrition at Najafgarh, Delhi on 28th February 2022.
- Dr. Lalita Verma presented a webinar on **Post-coViD Diet and Nutrition** at NSS NSUT West Campus on 1st March 2022.
- A counselling session was organized by M.Sc. Final year students on 4th March 2022 on the topic: **Personal hygiene and Food Safety during coViD 19 Pandemic** at Cherish canteen staff, Lady Irwin College. The teacher involved was Dr. Anjani Bakshi.
- More than 30 PGDDPHN students along with Dr. Lalita Verma **visited mid-Day meal kitchen** on 18th Lady Irwin College 90th Annual Report 2022 May 2022 to provide them with a holistic understanding of food production and distribution.
- To gain practical experience in recipe standardization, scale up and setting up a small business, PGDDPHN students organized a successful **canteen project** on 2th June 2022 with 47.8% profit.

Other important events

- A **panel discussion** was organized to celebrate **World Breast Feeding Week** in collaboration with Association of Obstetricians and Gynaecologists of Delhi Outreach Team on ‘Breastfeeding: Myths and Facts’ on 4th August, 2021, with Dr. Achla Batra (President AGOD), Dr. Anupa Siddhu (Director, Lady Irwin College), Dr. Veena Acharya (Former Prof at SMS Medical College and MGM College Jaipur), Dr. Ranjana Sharma (Senior Consultant, Obs and Gyne, Indraprastha, Apollo Hospital), Dr. Anita Sabharwal (Executive, AGOD), Dr. Ravinder Chadha (Professor, Lady Irwin College), Dr. Pooja Raizada (Associate Professor, Lady Irwin College), Dr. Lalita Verma (Associate Professor, Lady Irwin College) as resource persons.
- An **inter-college e-poster competition** was organized for **celebrating World Breastfeeding Week** August 2021. A total of 37 entries were received from various colleges. Results were declared for first, second and third positions. All valid entries were given certificate of participation
- A **Special Youth Lead Food System Dialogue** on ‘Healthy and Sustainable Meals at School, Colleges or Nursey’ on 10th September 2021, as a presummit event to United Nations Food System Summit 2021 in collaboration with Food Future Foundation.
- In celebration of **National Nutrition month/ Poshan maah** various events were organised in the Department - a **recipe contest** on ‘Promoting traditional and indigenous recipes for children’ and a **doodle competition** on ‘Road to good health-Eating healthy and staying fit.’
- ‘**Assessment of Nutrition Status in children in Dual Nutrition Burden era**’ lecture on 18th September 2021, presented by Dr. Prema Ramachandran (Director, Nutrition Foundation of India) as a part of **Poshan Maah** Celebration.

- **‘Integrative Approach to Personalized Nutrition’**, by Prof. Gurmeet Singh (Prof. & Head Centre for Biology & Holistic Nutrition, University of Trans disciplinary Health Sciences and Technology) on 30th September 2021.
- **World Food Day** was celebrated with competitions like - CIBUS-E-ART (Art making from food waste), Oh My Veggies (Mocktail recipe from vegetables), Let’s Meme It! (Making memes on Nutritional Food vs Junk Food) and webinar on **‘recent Advances in Food Processing’** on 21st October 2021, presented by Dr. C. Anandharamkrishnan (Director, NIFTEM, MoFPI, GOI).
- The Department also bid **farewell** to two Laboratory Assistants - Mr Suberam of the Food Microbiology and Food Safety Lab on 21st December 2021 and Mr Shankar Lal Saini of the Food Product Development Lab on 31st January 2022.
- **Nutrition Awareness Activity** organized in collaboration with PFNDAI in April 2022 with a National level contest for making digital posters on ‘Women’s health’ and ‘iron rich’ recipes.

2020-2021

Seminars/Webinars/Workshops/Conferences/Trainings/Special Lectures

Webinars

Experts were invited to give talks on contemporary and emerging issues in the field of food science, technology and nutrition. These were attended by not only students from Lady Irwin College but several other colleges across the country. These webinars enriched the coursework and provided students with a platform to interact with national and international experts in the field. The following is a list of webinars held during the academic year:

- **‘Dietary Diversification: Imperative for Attaining Good Health and Immunity’** on 23rd July, 2020, presented by Dr. Shavika Gupta (Free Lancer and Public Health Consultant).
- **‘Anti-ageing realm-Tapping molecular mechanisms for development of nutraceuticals’** on July 28th, 2020 presented by Dr. Sonam Chawla, Assistant Professor, Dept. of Biotechnology, Jaypee Institute of Information Technology.
- **‘Packaging of Food: Trends and Prospects’** on 30th July, 2020 presented by Dr. R.K. Jain, Technical Expert, United Nation Industrial Development Organisation, Former Director & Scientist G, Central Pulp & Paper Research Institute.
- **‘Innovations in Food and Dairy Business: Opportunities for Food Technologists’** on 31st July, 2020 presented by Dr. T.S.R. Murali (Founder and Head, Urjita Food Business Consultant).
- **‘Scope of Food Technology in Emerging Industries’** on 4th August, 2020 presented by Dr. Munesh Kumar Tyaagi (Consultant Excell Foods).
- **‘Electronic Diet Management in Hospitals’** on 6th August, 2020 presented by Ms. Ritika Samaddar (RD, Regional Head-South Zone, Max Super Speciality Hospital, New Delhi).
- **‘Nutrition Requirements in extreme climatic conditions’** on 7th August, 2020 presented by Dr. Som Nath Singh (DIPAS, DRDO).

- **‘Nutritional Management of COVID 19 Patients at Multiple Stages of Disease’** on 27th August, 2020 presented by Ms. Richa Jaiswal (RD, Senior Dietician, AIIMS).
- **‘Informatics: Relevance and Research Scope in Public Health and Nutrition’** on 29th August, 2020 presented by Dr. Ashish Joshi (Senior Associate and Dean of Academic and Student Affairs, City University, New York Graduate School of Public Health and Health Policy, Founder of Foundation of Healthcare Technologies Society).
- **‘Food & Nutrition Challenges Faced by Indigenous Communities in the COVID Crisis’** on 31st August, 2020 presented by Dr Suparna Ghosh Jerath (Public Health Foundation of India).
- **‘Role of Quality Indicators to Improve Nutrition Care Process’** on 12th September, 2020 presented by Ms. Charu Dua (Chief Consultant Nutritionist, Max Health Care).
- **‘Traceability and Recall in Foods’** on 1st Oct, 2020 presented by Dr. Ashutosh Upadhyay, Professor, Department of Food Science & Technology and Dean Academic, NIFTEM.
- **‘Green Perspectives in Food Processing’** on 15th Oct, 2020 presented by Dr. H N Mishra Professor I/C & Nodal Officer, Agri Business Incubation Centre Professor of Food Technology, Agricultural and Food Engineering Department, IIT Kharagpur.
- **‘Novel Technologies for Sustainable Food Systems’** on 17th Oct, 2020 presented by Dr. Brijesh K. Tiwari, Principal Research Officer, Teagasc Food Research Centre, Ashtown, Dublin, Editor, Journal of Food Processing and Preservation Wiley.
- **‘Nutritional Management of Cancer in Children’** on 21st November, 2020 presented by Ms. Rosy Sarkar and Ms. Manasi Dichvalkar (Cuddles Foundation).
- **‘Career opportunities in Food Science and Technology’** on 6th Feb, 2021 presented by Mr. Sanjeev Kumar Sharma (Mondelez India, Enterprenuer).
- **‘Nutritional Support for Children and Adolescents in Sports’** on 14th March, 2021 presented by Dr. Keran Susan Cherian (Scientist-B, ICMR-NIN).
- **‘Creating Bubble containing Food Structures’** on 22nd June 2021 presented by Professor Keshavan Niranjana (Professor of Food Bioprocessing, Department of Food and Nutritional Sciences, University of Reading, Reading, UK).
- **“Advances in Processing of Fermented Dairy Products”** on 24th June 2021, presented by Dr. Richard Ipsen (Professor Emeritus, University of Copenhagen, Denmark).

Workshops

A series of online workshops were organized for the skill enhancement and capacity building of our undergraduate and postgraduate students. The themes of these workshops are presented here:

- **‘Technical Writing and Online Research Methods’** on 5th September, 2020 by Dr. Deepika Bahl, Dr. Srishti Arora and Dr. Kanika Agarwal.
- **‘Thrust Areas of Research’** held on 19th September, 2020 by Dr. Sangeeta Goomer, Dr. Aparna Agarwal, Dr. Nidhi Jaiswal and Dr. Swati Jain.
- **‘Tackling the Open book exams’** by Ms. Bhavya Sachdev and Ms. Divya Aggarwal on 9th Dec and 10th Dec, 2020 for undergraduate and post graduate students
- **‘Preparing for a Job: Resume Writing, Group Discussions and Interviews’** on 20th February, 2021 presented by Mr. Bhupinder Negi, Head, HR, VFS Global for North and East India, Nepal, Bangladesh, Israel, Bhutan and Palestine.

- ‘Internal Auditor training’ was conducted on 27th March, 2021 for B.Sc. Hons. Food Technology and M.Sc. Food and Nutrition students.
- ‘Food Safety Management System’ a 5 day hands on training workshop was conducted from 27th March, 2021 for B.Sc. Hons. Food Technology and M.Sc. Food and Nutrition students.

Trainings

- As a **Training Partner for FoSTaC, FSSAI**, trainings were conducted for Basic Manufacturing, Basic and Advanced Catering Level along with special sessions on COVID-19 for various undergraduate and postgraduate students of University of Delhi and other Colleges as well as organisations. There were 8 trainings conducted in all and the total number of participants trained were 179.

Special Lectures

- **The 47th Kamla Puri Sabharwal Lecture** on the topic ‘Importance of Maternal Nutrition for Child Health and Development’ was held on 11th November, 2020 and was presented by Dr. Usha Ramakrishnan, Professor, and Chair, Emory University, Atlanta, USA.

Internships

- M.Sc. (Previous) students underwent one month internship training at Lady Hardinge Medical College and associated Kalawati Saran Children’s Hospital, Public Health Foundation of India (PHFI), Agricultural and Processed Food Products Export Development Authority (APEDA), IIP and Haldi Institute, Foundation of Healthcare Technologies Society (FHTS) during the month of June, 2020 as a part of their curriculum.
- A three month internship of PGDDPHN students was organized in various hospitals including branches of Max Super Speciality Hospital (Max Smart Saket, Patparganj), Lok Nayak Jai Prakash Hospital, Asian Institute of Medical Science, Sir Ganga Ram Hospital, Sri Balaji Action Medical Institute, Shanti Mukund Hospital, Fortis Escorts Okhla, Fortis Hospital (Shalimar Bagh), St. Stephens Hospital, Indraprastha Apollo Hospital, SKIMS, Fortis Memorial Hospital Gurgaon, Medanta- the Medicity, and BLK Super Specialty Hospital.
- Students of second- and third-year B.Sc. (Hons.) Food Technology underwent one month training at DMS, Mother Dairy, Britannia, Varun Beverages, DSM, Coca Cola and other food industries, MoFPI, and FSSAI.

Field Trips/ Extension Activities

As this was a pandemic year, the students did not go physically for trips. However, some virtual trips were organized for them.

- A virtual trip of Lady Irwin College campus was organized on 14th September, 2020, as a part of *poshanmaah* activities, for the students to showcase the fruit trees, plants and herbs growing on campus, especially in the Horticulture and Botanical labs. A

film was prepared demonstrating how a pot is prepared for planting. This activity was done in collaboration with the Department of Science.

- A Virtual trip was organized for students from different colleges to Yakult Danone India Private Limited on 24th March, 2021.

Department's Outreach

- Under the PMFME Scheme, as State Level Technical Institution, Faculty were trained in different domains as National Level Master Trainers and a 3-day **District Level Resource Person Training** was conducted in the month of June, 2021.
- **Frontline workers of Railway Children India**, an NGO were trained on Infant and Young Child Nutrition by Dr Pulkit Mathur, Dr Manisha Sabharwal and Dr Lalita Verma in March-April 2021.
- **Infosys employees** were sensitized about the 'Role of Nutritious Diet and Work Life Balance' in a session organized by CII and Infosys on 18th March 2021 by Dr. Pulkit Mathur.
- An interactive Workshop on "Nutrition from my kitchen" on the occasion of National Nutrition month was conducted for underserved women and children of communities adopted by the **Magic Bus India Foundation** on 27th September 2020 by Dr. Pulkit Mathur and another workshop on "Nutrition from locally available food for adolescent and school children" was conducted on 7th April 2021 by Dr. Neha Bakshi.
- The **National Service Scheme (NSS) Unit** of SVKM's Usha Parvin Gandhi College of Arts, Science and Commerce, Mumbai was sensitized about 'Eating Right for Staying Healthy and Building Immunity during the Covid 19 Pandemic' on 6th September 2020 by Dr. Pulkit Mathur.
- Dr. Pooja Raizada was a panelist for a discussion on Menopause on a show "Kya Baat Hai" on **Ten News Live**, on 10th July 2020.
- Dr. Lalita Verma sensitized **Anganwadi workers at Department of Women and Child Welfare** about "Nutritional Requirements during first 1000 days".
- **Sensitization and capacity building of Anganwadi workers** on kitchen gardening /potted plants and demonstration of low cost recipes for first 1000 days of life was conducted on 16th September, 2020 by Dr. Rupa Upadhyay, Dr. Pooja Raizada, Dr. Lalita Verma and Mrs. Prachi Shukla.
- A **training cum awareness program** on 'Hygiene and Sanitation Practices during COVID-19' for **housekeeping staff** of Lady Irwin College was conducted on 28th September, 2020 by Dr. Pooja Raizada (Convenor), Ms. Anjana Kumari, Dr. Aparna Agarwal, Dr. Bindu and Dr. H. Memthoi Devi.
- Children, parents and faculty of **National Institute for the Empowerment of Persons with Intellectual Disabilities, (Divyangjan) (NIEPID)** were given a talk on 'Kuposhan se hai jung zaruri: poshan ke paanch aadhaar' by Dr Lalita Verma on 30th September 2020.

Other Important Events

- A Review meeting on '**Revised Nutrient Requirements and Impact on Curriculum Transaction**' was organised for all colleges teaching papers on nutrition under the Department of Home Science on 10th Oct, 2020.

- A **Technical Review Board meeting** was held on 29th October, 2020 to evaluate the research proposals of the M.Sc. Final year students. The resource persons for the review were Dr. Nagin Chand, Dr. Suparna Ghosh Jerath and Dr. Marwah.
- **Poshan Maah** was celebrated during the month of September by organizing various activities.
- An online seminar on the topic '**Gestational Diabetes Mellitus-Current Perspectives and Challenges**' on 19th September, 2020. The speakers included Dr. Vatsla Dadhwal, Dr. Vidushi Kulshrestha and Dr. Anubhuti Rana (AIIMS).
- A session on '**Challenges in Facility Based Care Management of Children with Severe Acute Malnutrition**' on 22nd September, 2020 by Ms. Anuja Agarwala (AIIMS).
- A talk on the topic '**Identification and Management of Severe Acute Malnutrition**' on 26th September, 2020 by Dr. Praveen Kumar (Lady Hardinge Medical College).
- **Intercollege competition on Slogan writing/e-Poster** on Importance of nutrition in the first 1000 days of life
- '**Me and My sapling**' - an activity in collaboration with Kitchen Garden Association of India to sensitize faculty, students and others about the joys of growing fruits and vegetables in their own kitchen garden. People were encouraged to send in photographs of their kitchen gardens.
- Intercollege competition on **food preservation methods** used at home.
- Inter college competition on **quick, easy, nutritious chutneys and dips recipe video**.
- Graduate and post graduate students along with faculty members contributed to a '**Poshan Kosh**' - A collection of recipes of complementary foods using locally available ingredients.

World Food Day Celebrations

To celebrate the World Food Day on 16th October 2020, intercollege competitions were organized on case studies, videography and article writing on food fascination.

2019-2020

Seminars / Conferences/ Workshops /Training

- A workshop on "**Thrust Areas in Research**" was organized on 7th August, 2019 to help the Postgraduate students to identify the topics for MSc. Dissertation with experts in fields of Public Health Nutrition, Clinical Nutrition and Food Science. The experts were Dr. Arti Bhanot, Dr. Vani Sethi and Dr. Mansi Chopra.
- A **seminar on Celiac Disease** was organized in collaboration with Celiac Support Organization on 4th September, 2019 to give a basic introduction to Celiac disease, its investigation and management to the faculty and the students. The panelists for the session were Prof S.K. Mittal, Dr Sushma Narayan and Dr Raghvendra Singh.
- An **Orientation Program** for MSc Previous and PGDDPHN students was organized

on 23rd September, 2019 with the focus on “**Career Opportunities in Food and Nutrition**” along with the Annual General Meeting of the Lady Irwin College Alumnae Association Food and Nutrition Professional Chapter. In the event distinguished alumni of the Department graced the occasion with their presence and interacted with the students sharing various career paths possible in the field of nutrition.

- **National Nutrition Week** was organized by the Department of Food and Nutrition on 6th September, 2019. The theme of the event was “**Feeding Smart from the Start**” and students participated from various colleges of University of Delhi. Talks were given by Ms. Iksha Chhabra, nutritionist and entrepreneur on “Internship Opportunities and placements in Industry & Social Business Venture” and Ms. Avni Kaul. Inter-college competitions were held for various activities like recipe demonstration, slogan writing and food photography. The theme of the recipe competition was “Complementary feeding”. Participants came up with new and nutritious recipes. The theme for slogan writing and food photography competitions was “Nutritional choices in regional diets for complementary food”. The event was sponsored by Earthspired- A Mrida Group Initiative. Ms Iksha Chhabra, Business Head, Earthspired.
- **A Career Orientation and Personality Development Workshop** was organized for sensitizing the undergraduate students about future career prospects on 25th September, 2019 . The speaker for the session was Mr. Saurabh K Pandey, CEO of Imperial School of Agri Business (ISAB) and Skill Advisory. The second- and third-year students of B.Sc. Food Technology participated actively in the workshop that emphasized on the aspects of the ‘Personality Development’, which is vital for career development. He explained various types of personalities such as realistic, investigative, artistic, social, enterprise and conventional in an efficient way using examples of various eminent personalities.
- **A special lecture** on women's health and nutrition was organized for students and faculty on 13th September, 2019. The invited speakers were Dr Rahul Manchanda, Pushpawati Singhanian Research Institute (PSRI) and Dr Sebanti Ghosh, Alive and Thrive. After the welcome address by Dr Manisha Sabharwal, Dr Rahul Manchanda talked about women's health and ways to tackle common problems. Dr Sebanti Ghosh talked about initiatives undertaken to improve maternal health and nutrition. The students had an interactive session with the experts.
- **The Technical Review Board** meeting was held on 15th October, 2019 with experts Dr Sushma Sharma, Dr Nagin Chand and Dr Piyush Jain. The comments and suggestions given by expert members helped the students to refine their research proposals prior to submission for ethical review and approval by the Institutional Ethics Committee.
- **A Nutrition Awareness Activity** was conducted with a seminar on “Food Systems & Dietary Diversity-Facing the Challenges of 21st Century” on 28th February, 2020. It included sessions on “Nutritional Aspects of Blending in Edible oil”, by Ms. Nidhi Agarwal, Marico, “Dairy: Evolution to Personalised Nutrition”, by Ms. Mani Misra, Mother dairy, “ Food Fortification: Enriching Foods, Enriching Lives”, by Ms. Deepti Gulati, GAIN, “Food Psychology & Consumer Preferences” by Ms. Swechha Soni, PFNDAI, Protein Foods & Nutrition Development Association of India. Marico, MotherDairy, Nutrela, Hexagon Nutrition, and Kellogg's sponsored the entire event. A

total of 183 participants registered for the event, out of which 77 students were from B.Sc. Food technology and 37 from B.Sc. Home Science respectively, from Lady Irwin College and 69 students were from other colleges like Lady Shri Ram College, Vivekanand College, SPM College, Bhaskaracharya College of Applied Sciences and Lakshmi Bai College. There were 24 teams for recipe competition and 15 teams for poster competitions. All the participants were given certificates and the first three winners of both competitions were given certificates and goodies by the sponsors. The sessions were thought-provoking, interactive and enhanced the knowledge of the students. With the enthusiastic and tireless support of the faculty and students, the event was a great success.

- An **International seminar on “Scope of Public Health Nutrition: A Global Perspective”** was organized by the Department of Food and Nutrition and NCEARD on 3rd January, 2020. The speakers were Kay Stearns Bruening, Nutrition Programs Syracuse, Syracuse University, New York, USA who spoke on “Implementing nutrition-focused physical examination in the dietetics curriculum”, Ms Prachi Shukla, Assistant Professor, Department of Food and Nutrition, Lady Irwin College. who presented on “Dietary Management post Bariatric Surgery”, Dr Suparna Ghosh-Jerath, Professor, Indian Institute of Public Health-Delhi Head, Community Nutrition, Public Health Foundation of India, Intermediate Fellow who spoke on “Current Concerns in Public Health Nutrition in India and PHN initiatives at Public Health Foundation of India” and Dr. Mansi Chopra, Consultant, NCEARD who spoke on “Maternal Nutrition Initiatives of NCEARD”
- A **special lecture on "Role of Yoga and Traditional Practices in Disease Management"** by Dr. Mantu Saha, Senior Scientist, Defence Institute of Physiology and Allied Sciences, Delhi was organised on 16th October, 2019 for PGDDPHN students.
- **Career Prospects in Food Technology: Role of budding Food technologists** was organized on 9th September, 2019. The speaker was Dr. TSR Murali, Founder Urja Consultants, Gurgaon.
- **Resume writing workshop** was being organized for FT students on 9th September, 2019. The workshop was conducted by Ms. Prabhjot Kaur Sabharwal, Ph.D. Scholar IIT Delhi, she covered different aspects of the resume and also how to write a professional resume etc.
- **Training session on scientific concepts of sensory tasting of foods and beverages** was organized on 21 October, 2019 by the Tagtaste Company along with the Chef Association for B.Sc. H Food Technology students. Session was very well received.
- A **workshop on Capacity Building & Sensitization on Anemia Mukht Bharat- T3 Camps & Financial Efficacy** was held at Lady Irwin College on 14th January, 2020. It was co-organized by NCEARD and Nutrition Society of India, Delhi Chapter.

- **A workshop on Draft Notification on -Safe Food and Healthy Diets for School Children Regulations 2019 of FSSAI** was organized at Lady Irwin College on 29th November, 2019. It was co-organized by NetProFaN Delhi Chapter, Nutrition Society of India, Delhi Chapter and Department of Food and Nutrition, Lady Irwin College.

Lecture series at Lady Irwin college (August-September 2019)

NCEARD conducted a lecture series for M.Sc. students, Ph.D. scholars and faculty at Department of Food and Nutrition, Lady Irwin College. Lectures were conducted on introduction to review of literature, systematic reviews, referencing style, referencing using Zotero software, Data Analysis using SPSS software-1, Data Analysis using SPSS software-2, Use of KoBo Collect for tool development, data collection and extraction of data.

One-day lecture on “Women’s health and nutrition” Lady Irwin College on September 13, 2019. NCEARD organized a one-day lecture on “Women’s health and nutrition” for students and faculty of Lady Irwin College. The lecture by Dr. Rahul Manchanda, PSRI addressed women's health and how to tackle common problems in women.

Television and Radio Programs

Telecast of ‘Arogya Bharat - Mission POSHAN’ on Adolescent Health and Nutrition on DD1 on December 2, 2019. The program was prepared by NCEARD in collaboration with DD 1, UNICEF, FSSAI and MoHFW.

Radio programme on “Adolescent Health and Nutrition” was hosted by Dr. Manisha Sabharwal and aired on AIR FM (Rainbow) Radio on December 11, 2019. Phone in questions were answered from across India on diets, nutrition, healthy eating habits etc.

Telecast of ‘Arogya Bharat - Mission POSHAN’ on Maternal Obesity and associated conditions, diet and lifestyle management on DD1 on January 6, 2020. The show focused on creating awareness about healthy eating and lifestyle among obese pregnant women. The show comprised, Introductory video of facts and figures of maternal obesity, Expert panel talk on diet, nutrition and healthy lifestyle for obese pregnant women by Dr. Nandini Paleshtkar, President FOGSI, Dr. Rahul Manchanda, and Dr. Manisha Sabharwal, Lead, NCEARD, Lady Irwin College. Snack replacement and meal replacement recipe demonstration titled –“ Poshan ki Rasoi ” were

telecast from Saroja Nutrition Studio, Department of Food and Nutrition , Lady Irwin College.

Telecast of 'Arogya Bharat - Mission POSHAN' on Maternal Anemia on DD1 on February 10, 2020. Dr Anjani Bakshi, Assistant Professor, Department of Food and Nutrition, participated as a Panelist in the discussion.

Telecast of 'Arogya Bharat - Mission POSHAN' on Food Safety and Adulteration telecast on 2nd March 2020 on DD1. Dr Pulkit Mathur, Assistant Professor, Department of Food and Nutrition, participated as a Panelist in the discussion.

Webinars

- Career prospects and scope of the three specializations of Food and Nutrition on 12th May 2020 conducted through Zoom. Speakers were Dr. Manisha Sabharwal, Incharge, Department of Food and Nutrition, Moderator, Dr. Sangeeta Goomer, Associate Professor, Resource Person, Dr. Ravinder Chadha, Associate Professor, Resource Person, Dr. Anjani Bakshi, Assistant Professor, Resource Person
- Regulatory Aspects of Nutraceuticals on 23rd May, 2020 conducted through Google Meet by Dr. Pooja Raizada, Dr. Shailly Nigam and Dr. Aparna Agarwal (DBT Star Grant). Speaker was Dr. Prabodh S. Halde, Marico Ltd.

Field Trips/Extension Activities

A visit was organized to Stree Shakti Mid- Day Meal Kitchen Alipur, Delhi for M.Sc. Group A and B students on 26th September 2019. The students conducted sessions on the importance of breastfeeding, anemia prevention, recipe demonstration for complementary feeding, reinforcement of food safety and hygiene among MDM workers.

A visit was organized to Stree Shakti Mid- Day Meal Kitchen, Ranhola Safipur, Delhi on 5 February 2020. Students visited all the sections of the Stree Shakti Mid- Day Meal Kitchen and counselled the women of MDM kitchen about various hygiene and sanitation practices to be followed in quantity food production in order to keep the food safe for the children. They also made them aware of the various factors involved which should be considered to keep the food safe while transporting the food from the central kitchen to various schools.

An awareness session on diet and hygiene with the CHASE- cleaning staff of the college was conducted by the students of BSc IInd yr (Pass) on 19th September, 2019. The topics covered were healthy eating practices, rich sources of nutrients, iron and calcium rich recipes and personal hygiene.

A visit was organized to the Primary School- Chilla Village, Mayur Vihar Extension on 13th September, 2019 for students of PGDDPHN. The students participated in awareness creation on hygiene, sanitation and healthy eating practices. Approximately 300 school students from Class III-V took part in the various activities.

PGDDPHN students participated in outreach activities at Anganwadi centers on 11 March 2019. Low cost recipes were developed and demonstrated at community level. Students also explained through IEC material about anemia and rich sources of iron. They also counselled pregnant ladies about healthy dietary practices. This activity was

conducted under the Anemia Mukht Bharat campaign.

NDMC School Handwash Campaign : M.Sc students Group A participated in the Poshan Maah campaign on 9 September 2019 at the NDMC school at Babar Road. The theme was handwashing practices. They reached out to more than 150 students of class Ist to Vth. Students made them aware about the right method of hand washing and personal hygiene.

A visit was organised to FSSAI for B.Sc. H Food Technology third year students on 12 Feb 2020.

Selected student volunteers participated during the second Eat Right Mela and National Street Food Festival organized by NASVI and FSSAI between 26th- 29th December, 2019.

A visit of M.Sc. final year students to Cardio-Thoracic Sciences Centre at All India Institute of Medical Sciences (AIIMS), Delhi on 20th August, 2019 was organized to give exposure to hospital setup, patients and to get an insight into functioning of departments like CNC and Oncology.

The National conference on micronutrients “Micronutrition 2019” on 8th September, 2019 was attended by M.Sc. Students. It was organized by Pediatric & Adolescent Nutrition Society in collaboration with Nutrition

International and Alive & Thrive at Gulmohar Hall, India Habitat Centre, Lodhi Road, New Delhi emphasizing the importance of micronutrients in growth, metabolism and management of stress through their antioxidant potential.

A quiz on Nutrition and Food Safety was conducted for participants during the culmination function of Swasth Bharat Yatra organized by FSSAI on 29th January 2019. The students of BSc Honours Food Technology performed a street play on 'Eating Right'

A team of FoSTaC trainers from the Department visited and inspected different fruit and vegetable mandis of Delhi for various aspects of food safety and hygiene and also imparted training at the INA market in Delhi.

Other Important Events

Kamla Puri Sabharwal Annual Memorial Lecture was held on 22nd October, 2019 on the topic “The Burden of Child and Maternal malnutrition - The NNM Targets”, by Dr. Hemalatha R, Director, ICMR-National Institute of Nutrition, Department of Health Research, Ministry of Health and Family Welfare, Hyderabad.

The Department of Food and Nutrition and Food Technology organized **World Food Day** on 16th Oct 2019. Students from various colleges of Delhi NCR participated in events such as Sensory evaluation competitions and Quiz competitions. Food Court was organized by FT students and the profit earned was 70 %.

A **Food Court** was set up by B.Sc. (Hons) Food Technology students at North East Expo and AIWEFA conference on 30th October, and 1st November, 2019. This gave hands-on experience to the students in upscaling the food products, packaging, costing and marketing. The students planned, standardized recipes, and conducted market surveys to obtain good quality raw material.

A **Canteen project** was conducted by PGDDPHN students on 3rd and 10th February, 2020. This project was undertaken to provide hands-on experience of handling a small food service unit involving quantity food production and budgeting. The students planned, standardized recipes, and conducted market surveys to obtain good quality raw material at best prices.

The Department switched to **Online mode of teaching from March 2020** to facilitate continuous teaching-learning process through various digital platforms like Google, Zoom etc. The new syllabi based on Learning Outcomes based Curriculum Framework (LOCF) was adapted for undergraduate and postgraduate students.

Online PTMs were conducted to make the students aware of online curriculum transactions and online mode of exam and to address the various queries regarding online mode of teaching. The PTMs conducted for MSc, PGDDPHN and undergraduate students were attended by faculty members, students and their parents.

2018-2019

The National Centre of Excellence and Advanced Research on Diets (NCEARD), established at Department of Food and Nutrition, Lady Irwin College, New Delhi is a technical resource centre for the Maternal health division, Ministry of Health and Family Welfare, Government of India on research and policy formulation for women's nutrition. NCEARD has conducted pre-testing of maternal nutrition packages to test the operational feasibility and challenges of integrating maternal nutrition into routine Antenatal Care (ANC) and Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA).

Over the past one year, NCEARD along with the support from various government ministries, partner organizations and individuals has been involved in the following activities:

Research: Operational Feasibility-Development and ongoing pilot testing of draft maternal nutrition guidelines and toolkit across the country with the objective of integrating maternal nutrition into routine antenatal care (ANC)

Jan Andolan: *Rashtriya POSHAN Maah: Jan Andolan* activities at Test, Treat and Talk (T3) camps under *Anemia Mukh Bharat* (AMB) in collaboration with National Centre of Excellence and Advanced Research on Anemia control (NCEARA), All India Institute of Medical Sciences (AIIMS), New Delhi; National Street Food Festival, Eat Right Mela; PMNCH Forum; and *POSHAN Pakhwada* Volunteer 4 Indian Women Campaign and Visiting Dieticians' Model for PMSMA.

Policy: Release of *Janani Shishu Suraksha Karyakaram* Dietary Norms Guidelines; desk reviews, consultations and networking for promoting healthy diets through local food systems; Guidelines for TB in pregnancy; and Maternal Nutrition Technical Expert Consultation (2 and 3).

Capacity Building: National Level Training of Master Trainers for implementation of MNP (facility and community level) at National Institute of Nutrition (NIN), Telangana, Ramgarh, Ranchi, Jharkhand and Patna Medical College and Hospital; Design, test and deliver trainings on nutrition epidemiology and other courses - First module of Nutrition Epidemiology course on "Survey methods" and second module on 'Data Management

Seminars / Conferences/ Workshops /Training

- An **International Lecture Series** was organised on 23rd August, 2018, attended by MSc and PGDDPHN students studying Clinical and Therapeutic Nutrition. The speakers were Pamela Von Hurst, Massey University, New Zealand and Dr Ravi Gooneratne, Lincoln University. Pamela Von Hurst PhD who is Associate Professor, School of Sport, Exercise and Nutrition gave a lecture on "The Importance of Vitamin D in Early Life". Dr Ravi Gooneratne, who is an Associate Professor in the Agriculture and Life Sciences Division at Lincoln University, lectured on the "Impact of Climate Change on Future Safety and Security and the Agricultural sector in Agricultural countries".

- A **special lecture** was organised on "How to set up a Food based Enterprise?" on 27th August, 2018 and the resource person was Dr. Salila Thomas. It was attended by 27 PGDDPHN students and 8 M.Sc. Final Group A students studying Food Service Management and Institutional Food Management respectively.

- **Orientation Program** for M.Sc Previous and PGDDPHN students was organized on 6th September, 2018. The resource persons for the event were Ms Ritika Samaddar, Dr. Suparna Ghosh, Dr. Joshita Lamba and Ms. Megha Makhija.

- **National Nutrition Week:** The Department of Food and Nutrition, Lady Irwin College, University of Delhi, celebrated National Nutrition Week on 7th September, 2018 in collaboration with Mrida Group (Earthspired) a social Enterprise. The theme of the Seminar was, 'Nutrition Awareness Creation and Promotion of Health through Underutilized Millets and Amaranth'. Intra-College Recipe Competition and display was organised for millet and Amaranth based Earthspired products. Ms Iksha Chhabra, Business Head (Earthspired) and also Alumni of Lady Irwin College coordinated the competitions and inspired students to develop new products using millets and amaranth.

- Inter-College Poster Competition was organised on the theme, 'Reviving healthy traditional palates with millets and Amaranth. Dr. Vandana Shiva, an environmental activist and a food sovereignty advocate was the Chief guest for the NNW celebration and Seminar. Dr. Shalini Gaur (Senior Scientist, ICAR-IARI) spoke on 'Nutritional and Nutraceutical profile of millets with emphasis on Pearl Millet, Sorghum and Quinoa'. Ms. Para Dholakia (Assistant Professor, Shaheed Rajguru College, DU) spoke on the topic, 'Amaranth, an ancient grain and its application in creating foods with high nutritional value'. Mr. Arun Nagpal, MD, MRIDA Group presented a thoughtful lecture for budding entrepreneurs on the power of thinking small and how to convert it into a big opportunity. He also emphasized on collaborative and innovative research in association with Lady Irwin College. He also highlighted possibilities of internships for students, product/recipe development, research collaborations, innovation hub, and so on.

- A **special lecture** was delivered on "Bariatric Surgery" by Ms. Prachi Shukla on 12th September 2018 for PGDDPHN students and M.Sc. Final students (Clinical Nutrition) studying Therapeutic Nutrition and Advanced Clinical Nutrition respectively.

- A **special lecture** was organised on 'Role of Management in Achieving Universal Health Coverage, on 27th September 2018 for final year UG students. The speakers were from the International Institute of Health Management Research (IIHMR), Delhi.

- **Technical Review Board** meeting was held on 27th September, 2018. The technical experts invited were- Dr. Sushma Sharma, Dr. Peeyush Jain and Dr Nagin Chand. The comments and suggestions given by expert members helped the students to refine their research proposals prior to submission for ethical review and approval by the Institutional Ethics Committee.

- A **Training Programme** was conducted for National Abilympic Vocational Skill participants during the 3-day training camp organized by National Abilympic Association of India (NAAI) in Lady Irwin College, New Delhi on September 29, 30 and October 1, 2018, on Restaurant Services. The primary objective of this training was to provide a platform for PwDs to enhance their skills for the national competitions. A training module was developed to cover various aspects of restaurant services-Types of menu, styles of service, table setting and napkin folding techniques; salad, sandwich and beverage preparation, and hygiene and sanitation in the restaurants.

- An **International Cuisine demonstration** was conducted by Ms. Renu Thomas (Nestle India) on 14th February, 2019, to provide practical exposure to students for skill development in menu planning, quantity food production within specific budgets, managing resources in a food catering business and learning exotic dishes for catering for various orders. It was attended by MSc Final Group A, BSc III year (Pass), BSc II year (Hons) with subjects Entrepreneurship in Food Service, Home Based Catering, Entrepreneurship in small catering units. The demonstration included dishes like: Apple Strudel, Broccoli cheese soup, Shepherd's Pie.

- A **special lecture** was organised on 18th February 2019 by the Department of Food and Nutrition in collaboration with Association of Food Scientists and Technologists of India, Delhi Chapter. The topic was 'Keeping Fit: Role of Nutraceuticals and Health Supplements'. Speaker was Ms Honey Thaker (M.Sc. Sports Nutrition and Fitness Science), from Glanbia, a Global Nutrition company. The merits and demerits of different types of fitness supplements in use today was discussed. Students of MSc Final and Previous, PGDDPHN, BSc Pass and Hons students of Home Science and Food Technology, from 2nd and 3rd year attended the lecture.

- A **canteen project** was conducted by PGDDPHN students on 26th February 2019. This project was undertaken to provide hands-on experience of handling a small food service unit involving quantity food production and budgeting. The students planned, standardized recipes, and conducted market surveys to obtain good quality raw material at best prices.

- A **special lecture** on patient assessment with specific focus on Subjective Global Assessment (SGA) was delivered by Ms. Ritika Samaddar, RD, Regional Head, Dept. of Clinical Nutrition, Max Healthcare on 1st March, 2019 to MSc Final and PGDDPHN students.

- A **workshop** on 'Couverture Chocolate: process of using chocolate to convert it into various types of bars' was conducted by Chef Mr. Astik Oberoi, Academy of Pastry Arts on 14th March, 2019, to enhance capability of students, for recipe standardisation, quantity cooking for exotic dishes and entrepreneurship in food service establishments.

- A **training program** was conducted on hygiene and sanitation for food service workers in the college canteen, on 14th March, 2019 by M.Sc. Final (Group A) for the subject Entrepreneurship in Food Service.

- A **workshop** was organised for college cleaning staff (CHASE) with students of III year B.Sc. Home Science (Hons.) on 14th March'19. The beneficiaries were sensitized about balanced diet, rich sources of nutrients, healthy eating habits and personal

hygiene.

Field Trips/Extension Activities

- A visit was organised to Sports Authority of India for B.Sc. (Pass) students taking the skill enhancement course on “Nutrition and Fitness” on September 26, 2018.
- A visit was organised to “Defence Institute of Physiology and Allied Sciences” for B.Sc. (Pass) students taking the skill enhancement course on “Nutrition and Fitness” on September 28, 2018.
- An educational trip to attend NSI Conference, was organised for the M.Sc. Previous and PGDDPHN students. A total of 17 students, along with the faculty went to attend the NSI Conference, in Hyderabad from 15th November, 2018 to 17th November, 2018. The theme of the Conference was: India’s Transition from Food Security to Nutritional Security’.
- M.Sc. Group A and PGDDPHN students of Lady Irwin College conducted Nutrition and Health Education workshop on Promotion of IYCF practices and nutrition and health care during pregnancy among vulnerable groups of community at Anganwadi, Mayur Vihar on October 11, 2018 and at Primary Health Centre, Najafgarh on September 28, 2018 respectively. Students learnt about various activities of RHTC Najafgarh. Students were exposed to various services provided in the RCH camps.
- PGDDPHN Students visited all the sections of the Stree Shakti Mid- Day Meal Kitchen which included pre-preparation area, cooking area, storage area, washing and cleaning area.
- A visit to BLK Hospital Kitchen was organised for M.Sc. students to enhance their practical knowledge in the field of Hospital Food Management in November, 2018.
- M.Sc. and PGDDPHN students volunteered and demonstrated several diabetic desserts at the Annual Convention of the Foundation organized by Diabetic Self Care Foundation on November 11, 2018. The students also counselled and provided diabetes self-management education to the patients, for diabetes self-care to improve the quality of life.
- PGDDPHN students attended a workshop on Obesity Management organised by the Department of Nutrition and Dietetics, Sri Ganga Ram Hospital on January 10, 2019. The various topics discussed were nutritional and lifestyle management of obesity, psychological aspects of weight control, binge eating and disordered eating in obesity, bariatric surgery update, role of Ayurveda in weight loss, etc.
- Students of PGDDPHN semester II conducted a Nutrition education programme at an Anganwadi centre at Patparganj, Delhi on 11th March, 2019. They organized a recipe demonstration and counselling session using material developed by NCEARD. The topics covered included nutritional care during pregnancy and lactation, hygiene and sanitation. This Program was conducted under Anemia Mukh Bharat Campaign of 2018.
- Students of PGDDPHN semester II conducted a Nutrition education programme at a health centre Babar Road, New Delhi on April 15, 2019. Students organised a recipe demonstration with teaching aids in the programme. The topics included nutrition and health care during antenatal and postnatal period along with messages on hygiene and sanitation.

Other Important Events

- **Kamla Puri Sabharwal Memorial Lecture** was held on 23rd October 2018. Dr. Vinod K. Paul, Member, Health and Nutrition, NITI Ayog, Government of India, delivered the Lecture, “POSHAN Abhiyaan: Towards a Kuposhan Mukht Bharat”.

- A two day **food court** was organized on 2nd November, 2018 by BSc (Hons) Food Technology, II Year students as a part of their subject Entrepreneurship Development to equip them with skills for setting up an enterprise and its management. The tasks which students conducted included standardization of recipe, costing, ingredient collection, preparation, setting up a food court, serving, etc. The food court was appreciated and a positive feedback was received with around 45 % profit.

- The Department of Food and Nutrition, in Collaboration with Nutrition Society of India, Delhi Chapter organized a half day **workshop** on “Foodpreneur: From Concept to Business” on February 28, 2019. This was in sync with the nationwide campaign of “Skill India” and “Startup India”, encouraging the youth to not just look for employment but instead generate employment. The primary aim of this workshop was to sensitize students of University of Delhi who would graduate this year as well as other food technologists and scientists about the scope of being an entrepreneur in the food and beverage industry.

This skill enhancing workshop brought together professionals who could help and guide the students from University of Delhi as well as members of Nutrition Society of India. Lectures were delivered by : Mr Vijay Kumar, Director, MSME Development Institute on– Overview of the process of setting up a micro/small scale business enterprise. Mr AK Ojha, Assistant Director, MSME Development Institute spoke on - What it takes to become a food business operator. Ms Neeti Gadgoli – Lead, FINE, FSSAI-The Food Innovators Network (FINE) spoke on Guidance and Mentorship for Entrepreneurs. Dr. S. Lakshmi Devi, Hony. Director Centre for Entrepreneurship and Career Oriented Program spoke on - Women Entrepreneurship in Food Processing.

Department’s outreach

- NCEARD team conducted various activities such as T3 camps, health talks and nutrition counselling during the **Poshan Maah** (September 2018) at various sites namely MoHFW, Nirman Bhawan, MoWCD, Shastri Bhawan, AIIMS, NITI Aayog and Lady Irwin College. The activities included display of nutrient rich cards, iron rich recipes (freshly prepared and ready to eat recipes), and recipe books. Nutrition counselling sessions focusing on balanced diet, diet diversity, inclusion of iron and vitamin C rich foods and personal hygiene were also provided.

- To celebrate the **Rashtriya Poshan Pakhwada**, NCEARD with support of collaborating partners and M.Sc. Food and Nutrition and PGDDPHN students of Lady Irwin College conducted several activities from March 8-22, 2019 at various sites across Delhi. A stall was set up in the **Yuva Shakti Mela** to create awareness among children, adolescents and caregivers regarding health and nutrition issues like obesity, underweight, anemia, HIV, diabetes, hypertension, tuberculosis with specific focus on maternal nutrition. Counselling on themes including importance of balanced diet, diet diversity, personal hygiene among adults, pregnant and lactating women and elderly was done at various Anganwadi centres and community settings. **Poshan Pledge** with local people and rally with slogans on health and nutrition topics on the street were also organised.

- **Volunteer 4 Indian Women Campaign 1st-15th June, 2019:** NCEARD in collaboration with MoHFW, NCEARA, AIIMS, New Delhi, UNICEF, Alive & Thrive, Institute of Economic Growth (IEG) and NSS-AIIMS organized a fifteen-day Campaign

titled 'Volunteer 4 Indian Women (V4IW) Campaign' under POSHAN *Abhiyaan* from June 1-15, 2019. The training focused on dietary counselling and nutrition awareness to masses especially women from community, urban slums, rural areas and metro stations across Delhi by trained volunteer dietitians/nutritionists/ students/interns.

- On June 10, 2019, 50 hospitals enlisted as PMSMA sites in Delhi/NCR, were visited by trained volunteer dietitians and nutritionists with NCEARD and NCEARA, AIIMS teams for Volunteer 4 Indian Women Campaign under POSHAN *Abhiyaan*. Nutrition assessment was done, and counselling was provided on healthy diet and lifestyle to women attending ANC with hemoglobin estimation across 25 sites by NCEARA. Pre- and post-counselling knowledge of the pregnant women were assessed. A total of 535 pregnant women from across 50 sites were assessed and counselled. All dietitians and nutritionists were provided one-day training before visiting the facility.