

# NUTRITION AWARENESS AT LADY IRWIN COLLEGE, DELHI ACTIVITY



**AUTHOR**  
Ms. Swechha G. Soni,  
Manager: Food & Nutrition,  
PFNDAI

Protein Foods and Nutrition Development Association of India (PFNDAI) and the Department of Food and Nutrition, Lady Irwin College jointly organised a Nutrition Awareness Programme for UG students of Food & Nutrition at Lady Irwin College, on 28th of Feb 2020. The theme of the event was "Food System & Dietary Diversity - Facing the challenges of 21st century". The sponsors were Marico, Hexagon Nutrition, Ruchi Soya, Mother dairy and Kellogg India. Recipe competition was supported by Mother Dairy by providing ingredients for the competition. Students from four different colleges had participated namely- Lady Irwin College, Vivekananda College, Lady Shri Ram College for Women.

The morning session started with the intercollegiate competitions among students.

Two competitions were organised for the students

1. Recipe competition – Protein Rich Recipes
2. Poster Competition – Kuposhan Mukh Bharat

For the recipe competition Mother Dairy had provided the following ingredients to the participants for their recipe making:

1. Mother dairy paneer
2. Safal whole Green Gram

There were in total 24 teams for the recipe competition. The recipes were evaluated by Ms Aparna Tandon, Nutritionist – Lead & NPd, Signutra; Ms. Shilpa Thakur, General Secretary, IDA Delhi Chapter and Ms. Latika Bhandari, Senior Executive, Corporate R&D, Mother Dairy. The evaluation criteria were innovation/ creativity, taste, presentation & Nutritive Value.

For the poster making competition, 15 teams had participated in all and conveyed thoughtful messages highlighting the concern of malnourishment and measures for eradicating it. The posters were evaluated by Mr. Abhinav Srivastava, Head- Regulatory Policy & Intelligence, Amway India and Ms. Sonika Sharma, Nutrition Health & Wellness Associate, Nestle, India.

Three teams from each competition were selected and were awarded by PFNDAI. All the winners received gift hampers from Ruchi Soya. Hexagon Nutrition presented gift hampers to all the poster winners.

**TECHNICAL SESSION**  
Seminar on Food System & Dietary Diversity-Facing the challenges of 21st century

In the afternoon, the seminar was inaugurated by Dr. Anupa Siddhu with an inaugural speech where she highlighted a figure with markers which showed that almost all the states in India are deficient in some of the important nutrients like vitamin B, vitamin B12, Iron, etc. She also mentioned that modern lifestyles have made it difficult for all to acquire these nutrients through natural sources, which rather must be focused on by having more healthy and diverse diets.

Ms. Nidhi Agarwal, Technical and Regulatory Associate, Marico Ltd talked on Scaling up of Nutrition through edible oil where she emphasized more on fats.

She talked about two of the biggest challenges in today's time that is Obesity and Underweight. Most people blame fats for obesity which is not true if consumed in right combination (vegetable oils) and amounts. She also talked about oil blending and oil fortification mentioning numerous benefits.

Ms. Deepti Gulati, Head of Programs, GAIN gave an insightful presentation on Food Fortification in India. She gave a brief description of the scenario of Nutrition in Indian Constitution. With this she gave statistics of various challenges India faces today such as consuming less than minimum energy requirements, malnutrition, and hunger which is affecting India severely. She shared factsheet Data from Nation Family Health Survey (NFHS-4) pointing these Nutrition & Health indicators in children and adults which indicated that under nutrition is not really a poverty issue & that poor consumption of

micronutrient-rich foods and anaemia affect all. The three measures to control these issues are supplementation, Dietary Diversification & Staple food fortification and the advantages are many on being filling the gap between "intake from regular dietary sources and daily needs"

Ms. Mani Misra, Corporate Nutritionist, R&D, Mother Dairy talked on Dairy: Evolution to Personalised Nutrition. She principally talked about dairy products which are sources of wide range of micronutrients including vitamins, minerals & trace elements. Moreover, there are plenty of fortified dairy products available so that the nutrients reaches to all as dairy is consumed by most of the Indian population.

Ms. Swechha Soni, Nutritionist, PFNDAI talked on Food Psychology & Consumer Preferences. Through her

presentation she talked on how the eating behaviour of an individual is linked with several concepts and thought processes, which vary among individuals and become the basis of their food preferences. She defined Food psychology and various concepts associated with it like psychological perception, psychological beliefs, psychological factors affecting food choice and also some insights from the food psychology. She concluding by stating that having a control how the mind thinks is one of the biggest challenges in today's time as the food preferences of consumers are influenced by many factors.

The seminar was followed by prize distribution to all the winners. Ms. Manisha Sabharwal, In-charge, Department of Food and Nutrition, Lady Irwin College closed the seminar by delivering a vote of Thanks to all the Sponsors, Speakers, Judges, Organizers, participants and the audience.







Organisers with judges, speakers and the faculty



Dr Anupa  
Siddhu



Ms Nidhi Agarwal-  
Speaker



Ms. Deepthi Gulati-  
Speaker



Ms. Mani Misra-  
Speaker



Judges & Co-ordinators





Nutrela Stall & Representatives



Hexagon Stall & Representatives



Ms. Swechha Soni

Hexagon  
Stall  
Standee



Audience





Kababecious Idli- 3rd Prize



Day & Night Pudding-  
1st Prize



Proteicuts- 2nd Prize



Poster signifying Kuposhan Mukta Bharat

Poster Making



Ms Sonika & Mr Abhinav  
judging the Poster  
Competition







Organisers & the Judge



Organisers with the Judge



Audience





Felicitation



Felicitation of the Winners

Ms. Deepti Gulati  
& Ms. Manisha  
Sabharwal



Felicitation of the Winners



Winners being awarded with PFNDAl certificates  
& Nutrela hampers

