

# REPORT ON NUTRITION AWARENESS ACTIVITY WITH THEME **PROTEINS - THE POWER RANGERS** OF OUR **LIFE** ORGANIZED BY **PFNDAI** WITH **SVT COLLEGE OF HOME SCIENCE**

AUTHOR

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PFNDAI organized a Nutrition Awareness Activity at Sir Vithaldas Thackersey (SVT) College of Home Science, SNDT Women's University Mumbai in collaboration with the Department of Food Nutrition & Dietetics. The total participation of students was about 250. The students showed excitement and were very enthusiastic about the competitions. More than 7 Colleges from Mumbai participated in the

activity. The seminar was also live broadcasted via Zoom where more than 100 participants joined.

The theme of the Activity was "Proteins-The Power Rangers of Our life". The Sponsors of the event were [Samyog Health Foods](#), [Marico](#), [Kellogg's](#), and [Zyduz Wellness](#). The recipe competition was sponsored by Marico & the theme for the competition was Incorporating Plant-Based Protein in our Daily Foods/ Meals to Make it Protein Rich.

The morning session started with intercollegiate competitions among students. Students from different colleges participated in competitions. Two

competitions were organized: Quiz Competition & Recipe Competition.

There was huge participation in both competitions. For the recipe competition, the theme was Incorporating Plant-Based Protein in our Daily Foods/ Meals to Make it Protein Rich for which [Soya Chunks](#) samples were sponsored by [Marico](#). The quiz competition was based on the Food & Nutrition theme.



Judges of Recipe Competition



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Winning Recipes



The judges for both competitions were highly appreciative of the efforts made by the students and the organizing team. The judge for the Recipe competition was Ms. Purvi Varma, Associate Director Marketing - CVM & Dr. Alka Walavalkar Founder, Resonance L Nutrition Director (Fuel & Programs), Satya Health Sciences, Novoliver. The judge for Quiz Competition was Ms. Naaznin Husein Founder Director-Freedom Wellness Management Chairperson - Nutrify India Dietetics.

The winners from each competition were awarded by

PFNDAI.

### Winners of the Recipe Competition

**1. First Prize Winner -** Ms. Bushra Qureshi & Ms. Mitali Raval from SVT College of Home Science SNDTWU, Recipe - Soya Burger

**2. Second Prize Winner -** Ms. Vidhi Tukaram Prabhu & Ms. Nisha Ramlal Pal from Premlila Vithaldas Polytechnic, SNDTWU, Recipe - Soya Aluwadi

### 3. Third Prize Winners

**I.** Ms. Palak Mistry & Ms. Ishita Shah from Premlila Vithaldas Polytechnic, SNDTWU, Recipe - Soya Muffin

**II.** Ms. Sara Nazim Sakarkute & Ms. Aayat Shakir Batliwala from SVT College of Home Science SNDTWU, Recipe - Soya Falafel Pocket

### Winners of the Quiz Competition

• **First Prize Winner -** Ms. Nisha Ramlal Pal, Ms. Vidhi Tukaram Prabhu & Ms. Riddhi Ramchandra

Kamble from Premlila Vithaldas Polytechnic, SNDTWU

• **Second Prize Winner -** Ms. Zoya Shaikh, Ms. Nandini Zanwar & Ms. Stuti Rathi from SVT College of Home Science SNDTWU

• **Third Prize Winner -** Ms. Tanishka Shah, Ms. Unaiza Shaikh & Ms. Jaiba from SVT College of Home Science SNDTWU







Lighting Of  
Lamp

## TECHNICAL SESSION

The event started with the lighting of the lamp followed by the Welcome Address by **Dr J S Pai**, Executive Director, PFNDAI. The inaugural speech was given by **Dr Jagmeet Madan**, National President, IDA, Principal & Professor- Dept. of Food, Nutrition & Dietetics SVT College of Home science SNTWU. **Ms. Dolly Soni**, Manager of Marketing & Projects, Seminar Convenor, PFNDAI then introduced Protein Foods & Nutrition Development Association of India and its activities to the participants as well as the audience and introduced all the speakers.

**Dr Jagmeet Madan**, presented a talk on Protein and Sarcopenia, wherein she briefed on why is metabolic health important. Dr Madan spoke about Sarcopenia and its



Dr Pai gives  
Welcome Address

types and elaborated more on the etiology of sarcopenia and various other aspects such as complications faced due to sarcopenia & progression of sarcopenic obesity. She further added about the study of cross-sectional study in Indian adolescents and young adults

(2020 - 2021) which was done to explore snacking patterns and its association with body composition in adolescents and young adults, aged 16-25 years in Mumbai, India. She ended her talk with take away message where she mentioned, “No single food is super food & no single nutrient is magic nutrient”

## Dr Pratipanna Dash,

Product Development Manager, Marico presented on **Increasing Protein Consumption in Daily Diet**, where she spoke on Protein & What is quantity vs quality of proteins in which she

mentioned about nutritional classification of proteins like complete proteins, partially complete proteins & incomplete proteins. She further spoke on Protein Digestibility Corrected Amino Acid Score (PDCAAS) & also

highlighted protein consumption in India & showed a study of intake and reference distribution of protein (g/kg/d) in rural and urban populations. She ended her talk by mentioning on what are the certain ways to consume protein & the various choices of products available in the market.

The third speaker for the day was **Ms Nadiya Merchant**, Associate Director- Nutrition, Kellogg India Pvt Ltd she presented on the topic of **Plant Protein Insights and Trends**. Ms Nadiya talked



Ms Nadiya  
Merchant

about which factors are considered by people when choosing their proteins. She also focused on the study of the Plant-based market, which she mentioned that in 2020, the India plant-based protein market attained a volume of nearly 11,250 tons & the market is projected to grow at a CAGR of 12.4% between 2021 and 2023. She ended her talk by briefing the audience about the rising trend of healthier and premium food options. These fortified with natural plant protein are available in meat substitutes based on plant protein for the health-conscious consumer.



Dr Pratipanna  
Dash



Dr Jagmeet  
Madan



Dr Madhuri Nigudkar  
felicitating Ms Arohi Bapna

**Ms Arohi Bapna**, Senior Manager (Sci. Affairs & Research, R&D), Zydus Wellness Ltd presented on the topic **Advantages of Milk protein for Growing Children**. Ms Arohi briefed the audience about the growth spurt among children where she mentioned that growth spurts happen at different stages in children, depending on their age & a major growth spurt happens in adolescence. Further, she mentioned that the consumption of an adequate, well-balanced diet is important for proper growth and development. She also displayed a Recommended Daily Allowance of nutrients table for the adolescence. She explained to the audience the types of protein & their roles. She ended her talk by explaining about Role of milk and its nutrients in the growth and development of school children & what are the Dairy consumption guidelines from the National Institute of Nutrition (NIN).

The final speakers for the day were **Ms Dolly Soni**, and **Ms Prerana Patil**, Food Technologist, PFNDAI presented on the topic of **Soy Protein**.

Ms Prerana covered the scientific aspect of soy protein

& explained how Soy is a complete protein more than other plant proteins and briefed the audience about the composition of soybeans. She further spoke about the form of protein & mentioned that soy protein products are utilized in food systems such as whole beans, flours, and grits, soy protein concentrates and isolates, and textured products. She also spoke about soy based meat analogues where has been reported that when soy protein is used, the final product could mimic the texture, appearance, taste, smell, and functionality of red meat.

Ms Dolly in her talk covered all the marketing aspects of soy protein. She briefed the audience about how Soy can be beneficial for people who consume a vegetarian diet, and what types of various protein options are available in the market. She spoke on several myths which are heard about soy and how can we debunk such myths. She



Ms Dolly Soni



Dr Madhuri Nigudkar  
felicitating Ms Prerana Patil

explained to the audience how we can make awareness of soy protein and its benefit to the common people as the problem of protein deficiency is going around for a long time now and what are the marketing ways to create such awareness. She also spoke on the industry perspective and how the industries can create a buzz about their products.

The seminar was followed by prize distribution to the winners of the competitions. The program ended with a vote of thanks by **Dr Madhuri Nigudkar**, Associate Professor & Head (I/C) Dept. of Food, Nutrition & Dietetics.

Please click the link for the Speakers Presentation:  
<https://www.pfndai.org/association-news.html>







Audience during Quiz Competition



Organizing Team