NUTRITION FOR HEALTH AND WELLNESS



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Protein Foods & Nutrition
Development Association of India
organized a webinar to
commemorate the National
Nutrition month in collaboration
with the Department of Food
Technology, Bhaskaracharya
College of Applied Sciences on
"Nutrition for Health and
Wellness" on 2nd September
2021.

The webinar was enthusiastically attended by approximately 270 participants from Delhi University colleges - Lady Irwin, Institute of Home Economics, Rajguru College of Applied Sciences and BCAS. Besides. students and faculty members from other Universities in Delhi NCR region like Amity, NIFTEM, Manav Rachna and Sharda University also enthusiastically participated. The

event was sponsored by Marico, Hexagon Nutrition, Kellogg's and Samyog Health Foods supported by AFST(I) Delhi chapter.

Prof. Jagadish Pai, Executive
Director PFNDAI welcomed the
participants and the speakers and
emphasized on the importance of
Nutrition in the human life cycle.
He emphasized that good nutrition
combined with regular physical
activity is the cornerstone for good
health. Healthy scholars learn better.
People with adequate nutrition are
more productive. On the other hand,
poor nutrition can lead to reduced

immunity, increased vulnerability to disease, impaired physical and mental development, and reduced productivity.

Dr Eram S Rao, Associate Prof. Department of Food Technology delivered the inaugural address and stressed the importance of regularly consuming a diet which is not only healthy, balanced, nutrient dense but also diverse. The traditional Indian thali is a classic example of a healthy eating plate which includes dietary diversification, seasonal, regional and culturally acceptable foods which promote sustainability are consumed in moderation.



PFNDAI Oct 2021



Protein Foods & Nutrition Development Association of India & Bhaskaracharya College of Applied Sciences, Department of Food Technology Jointly Organise



Webinaron "NUTRITION FOR HEALTH & WELLNESS" Under **Nutrition Awareness** Activity

- Event Coordinator



Dr Eram S. Rao Vice Principal & Associate Professor Dept of Food Technology, Bhaskaracharya College of Applied Sciences

Speakers



Lead-Tech Marketina Hexagon Nutrition Pvt.Ltd



Senior Man oger - Nutrition Kellogg India Pvt Ltd



Regulatory Affairs,



Samyog Health Foods Pvt Ltd

Knowledge Partners









marico Hexagon Nutrition 530

Ms. Nadia Merchant, Senior Manager at **Nutrition** Kellogg's India spoke on "Evolution of breakfast meals with respect to changing nutritional needs

and environments"

and highlighted the importance of eating a wholesome breakfast regularly with at least three food groups i.e. proteins, carbohydrates and fruits and vegetables. Further, she emphasized on the consumption of nutria-cereals and whole grains and which should be an integral part of our diet. They are a rich source of dietary fibre and micronutrients and help

Ms Meenu Yadav, Manager at Tech. Regulatory affairs, Marico focussed on "Healthy fats as a booster to Health" and how all fats are not unhealthy.

prevent diet-related

chronic NCDs.

She emphasized on the role of essential fatty acids such as omega-6 and omega-3, which play a significant role in boosting immunity and health and wellness. She highlighted the benefits of dietary fats and WHO recommendations for consumption of fats.

Mr Devendra Chawla, Founder of Samyog

Health Foods Pvt. Ltd stressed that proteins are required for growth, development, maintenance and expression of immune response. Today plant proteins are proposed as preventive, cost effective and sustainable alternatives

for growing populations. Therefore. Mr. Chawla justified the

"Overcoming Health Hurdles with the help of Proteins".

He pointed out numerous benefits of consuming plant



proteins that included weight loss, reducing the risk of NCDs, LDL, cholesterol etc.as they are higher in unsaturated fats which are healthier fats and significantly help in reducing the risk of heart diseases.



Ms Meghna Mandke, Lead-Tech. Marketing at Hexagon Nutrition Pvt. Ltd spoke on "Role of micronutrients in immunity building and overall health". She explained the role of immune system and how our body protects us against infections and foreign threats. Ms. Megha stressed the need for consuming micronutrient foods daily as they play an important role in boosting our immunity.



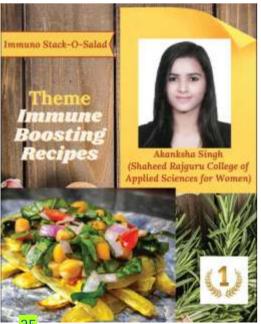
She emphasized the significance of gut health and how 80% of our immunity is in our gut microbiota. Fortified foods which are now available in the market is another way to ensure regular intake of micronutrients by the consumers.

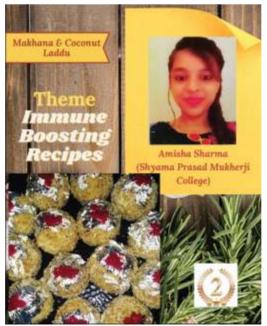






WINNING POSTERS & RECIPES







Digital Poster Making Contest - Topic: Maintaining Health in a Work from Home Model

The nutrition activity for the undergraduate college students included the "Digital Poster Contest". The theme was "Maintaining health in a work from home model". A total of 28 entries were received from the students and it was judged by Dr. Rohini Sharma. Consultant Nutritionist, Food Technologist and Wellness Coach and Ms. Aparna Tandon, Sr. Manager- Nutrition & NPD. Signutra. Hitikk Chawla, Lakshay Goyal and Aman Yadav all from BCAS, DU

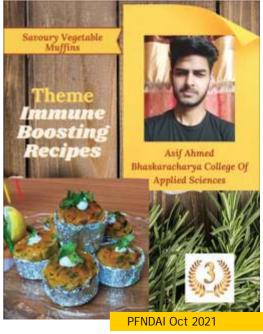
won the 1st, 2nd and 3rd prizes respectively.

Recipe Contest - Topic: Immune Boosting Recipes

The "Immune Boosting Recipe Making Competition" was to promote and sensitize the students on the importance of nutrients and immunity. They were asked to prepare a recipe and upload it as a video. A total of 22 entries were received from the contestants and were

judged by Dr Ashlesha Parchure, Director- VR Food Tech Pvt Ltd and Ms Purvi Varma, Sr. Manager **Nutrition Science Marketing** Abbott. The entries were evaluated based on the selection of ingredients, innovation, presentation and video output. The prizes were bagged by Akanksha Singh from Shaheed Rajguru College of Applied Sciences (SRCAS), Amisha Sharma from Shyama Prasad Mukherjee College and Asif Ahmed from Bhaskaracharya College of Applied Sciences as 1st, 2nd, and 3rdrespectively.

The program was concluded by a formal vote of thanks, which was proposed by Ms Anuja Padte, Food Scientist, PFNDAI.



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