

NUTRITION FOR HEALTH AND WELLNESS



AUTHOR

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

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

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.

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

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.

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





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



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.

Webinar on “NUTRITION FOR HEALTH & WELLNESS” Under Nutrition Awareness Activity

Speakers



Ms Megha Mandke
Lead- Tech. Marketing,
Hexagon Nutrition Pvt.Ltd



Ms Nadiya Merchant
Senior Manager – Nutrition
Kellogg India Pvt Ltd



Ms Meenu Yadav
Manager-
Tech. Regulatory Affairs,
Marico



Mr Devendra Chawla
Founder
Samyog Health Foods Pvt Ltd

Event Coordinator



Dr Eram S. Rao
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Applied Sciences



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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 prevent diet-related chronic NCDs.

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.



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



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.





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 3rd respectively.

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

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 & NP. Signutra. Hitikk Chawla, Lakshay Goyal and Aman Yadav all from BCAS, DU

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WINNING POSTERS & RECIPES

