



**Protein Foods and Nutrition Development
Association of India**

In Collaboration with

**Department of Food Engineering and
Technology, Institute of Chemical Technology,
Mumbai
&
Marico India Ltd.**

**Organizes
Nutrition Awareness Activity on**

Connecting Foods, Nutrition, and Technology for a Healthier Future

THIS ACTIVITY IS FOR UG & PG STUDENTS

- 1) Department of Food Technology, Premlila
Vithaldas Polytechnic, Juhu Campus, S.N.D.T.
Women's University
- 2) Sir Vithaldas Thackersey College of Home
Science, SNDT Women's University
- 3) Institute of Chemical Technology, Matunga
- 4) Smt. P.N.Doshi Women's College of Arts,
Ghatkopar (W)
- 5) B.M.N. College of Home Science
- 6) Nirmala Niketan College of Home Science
- 7) Institute of Chemical Technology, Mumbai



DATE

Thursday, September 24th



TIME

10:00 AM - 3:00 PM



LOCATION

Institute of Chemical Technology,
Mumbai



**REGISTER NOW
IT'S FREE**



scan to register

**SWIPE TO CHECK THE GUIDELINES
AND OTHER DETAILS**

THE PROGRAM WILL BE IN 3 PARTS:

- 1) *Recipe competition*
- 2) *Talks:*
- 3) *Quiz competition*



Tentative Program

Recipe preparation		9 to 10 am
Recipe Evaluation		10 to 11 am
Commencement of Program		
Chairman's address by Dr Shatadru Sengupta, Chairman, PFND AI		11 to 11:05 am
Welcome address by Dr Uday Annapure, HOD, Food Engineering and Technology, ICT		11:05 to 11:10 am
Theme address by Dr Malathy Venkatesan, Project Coordinator, PFND AI		11:10 to 11:15 am
Welcoming the speakers: Ms Simran Vichare, Nutritionist, PFND AI		
Breakfast science	Prof Suneeta Chandorkar	11:15 to 11:30 am
Health benefits of Oats	Dr Kejal Joshi, Marico Ltd	11:30 to 11:50 am
Smart Choices for Glycaemic Health: From Metabolic Links to Evidence-Based Dietary & Lifestyle Strategies	Dr Subhadra Mandalika	11:50 to 12:10 am
Strengthening Nutrition through Food Fortification	Strengthening Nutrition through Food Fortification	12:10 to 12:30 pm
Lunch		12:30 to 1:15 pm
Quiz competition		1:15 to 2:30 pm
Student interaction & winner's announcement		2:30 to 2:50 pm
Vote of Thanks		2:50 to 3:00 pm

GUIDELINES FOR THE RECIPE CONTEST

- This competition is for undergraduate as well as postgraduate students to create a recipe using provided Marico products.
 - You must prepare the dish at home, record a cooking video, and bring the final dish to the venue for judges to taste—only quick touches like reheating or shallow frying are allowed on-site.
 - Entries are scored out of 40 points
 - Judging will be done based on -
 - Recipe evaluation criteria: 10 points
 - Nutrition Information table, ingredient listing and recipe: 10 points
 - Label design with claims: 10 points
 - Recipe Presentation and sensory evaluation: 10 points
 - Last date to register - 19th Sept
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- Winners will be announced after the experts' talk, and the certificates and mementoes with Amazon vouchers will be presented to them.
 - All participants will also receive participant certificates.

Sr.No	Nutritional criteria	Score points
1	Protein	
	≥18 g per serve	2
	≥9- 17.9 g per serve	1
2	Dietary fibre	
	≥ 10 g per serve	2
	≥ 6-9.9 g per serve	1
3	Omega 3	
	≥0.3 g per serve	1
4	Added sugar	
	0 or ≤3 g per serve	1
5	Added Fat	
	0 or ≤5 g per serve	2
6	Major micronutrients (Iron, Calcium, zinc, Magnesium, B12 etc.) at minimum 15% RDA per serve	
	≥4	2
	2/3/2026	1
7	Saturated fats	
	>7 g per serve	-1
8	Sodium	
	>625 mg per serve	-1
9	Trans fat	
	>0.5 g per serve	-1
	Maximum points	10

GUIDELINES FOR THE QUIZ CONTEST

- Competition is open to under graduate as well as post graduate students of the above-mentioned colleges.
- Students will have to register in groups of three. Only 1 from them will have to register and provide details of the other participants.
- Last date to register - 21st Sept
- Questions based on Foods and Nutrition, Food Technology, Nutraceuticals, etc. will be projected, and the groups will have to press a buzzer to answer the questions.
- Whoever buzzes first will get a chance to answer the question.
- The group with high scores will move ahead for the next round. Likewise, there will be a final round between the top 2 groups.
- At the end, whichever group scores highest will win the competition.
- Winners will receive certificates, mementoes, and Amazon vouchers after the experts talk.
- All the students need to follow the official social media handles on Facebook and Instagram @pfndai

**WINNING REWARDS
FOR RECIPE CONTEST**

**1st Prize- Rs 2000 Amazon Voucher
with a memento**
**2nd Prize- Rs 1500 Amazon Voucher
with a memento**
**3rd Prize- Rs 1000 Amazon Voucher
with a memento**

**WINNING REWARDS
FOR QUIZ CONTEST**

**The winning group will receive a
3000 Rs Amazon Voucher with a
memento**

Kindly Note :
Participation certificate will be given to all
**Best entries will get featured on PFNDAI's social
media platforms.**

