

Annual Report 2020-21

Department of Foods & Nutrition

Extra-Curricular Activities

S. M. Patel College of Home Science

A CHARUTAR VIDYA MANDAL INSTITUTE

RE-ACCREDITED BY NAAC 'B++'

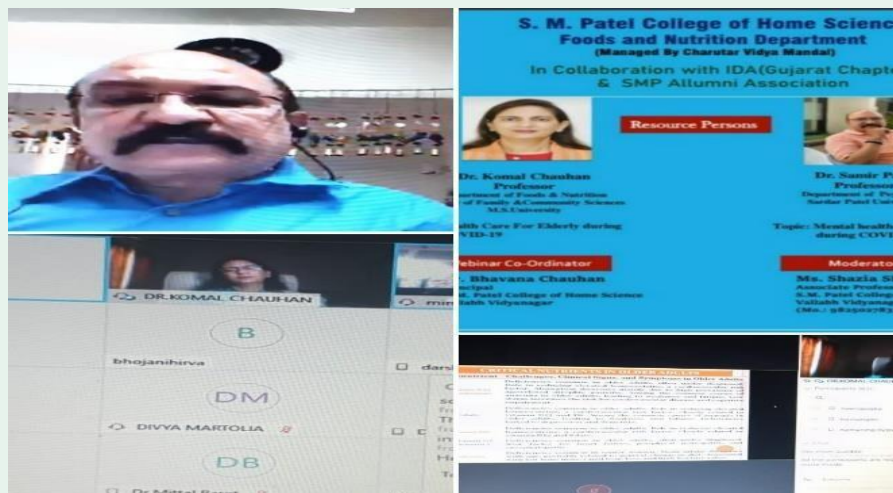
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE-II)

AFFILIATED TO SARDAR PATEL UNIVERSITY

VALLABH VIDYANAGAR

Academic Year 2020-21

On 26TH of May 2020 during COVID 19 outbreak a national webinar was organized in collaboration with IDA- Gujarat Chapter and Alumni Association. The topic of the webinar was “Health of the Elderly during Covid-19” The resource person of the webinar was Dr Komal Chauhan, Professor, department of Food and Nutrition, Faculty of Family and Community Sciences, M.S. University and Dr Samir Patel Professor, Faculty of Psychology, Sardar Patel University. The coordinator for the webinar was Dr. Bhavana Chauhan and Moderator Ms. Shazia Sharma. Total number of beneficiaries were 98.



One day state level webinar dated on 4th June 2020 was conducted on the topic “Postering Wellness During COVID 19 Outbreak Through Yoga and Healthy Dietary Practices”. The resource person was Dr. Neeraj Silawat, Professor, Faculty of Physical Education and Sports Science. The other speaker was Dr.

Bhavana Chauhan, Principal S.M. Patel College of Home science. Total number of beneficiaries were 511.

ONE DAY WEBINAR ON
FOSTERING WELLNESS DURING COVID-19 OUTBREAK
THROUGH YOGA AND HEALTHY DIETARY PRACTICES

4th JUNE 2020
10:30AM TO 12:00NOON



DR. NIRAJ SILAYAT
 PROFESSOR,
 FACULTY OF PHYSICAL EDUCATION &
 SPORT SCIENCE, GUJARAT
 VIDYAPITH, SADRA



DR. BHAYANA CHAUHAN
 PRINCIPAL,
 S. M. PATEL COLLEGE OF HOMESCIENCE,
 VALLABH VIDYANAGAR

PROGRAMME	TIMING
WELCOME BY MR. RANJIT BHAGORA	5- MIN
SPEECH BY DR. BHAYANA CHAUHAN	30- MIN
QUESTION ANSWER SESSION	10- MIN
SPEECH BY DR. NIRAJ SILAYAT	30- MIN
QUESTION ANSWER SESSION	10- MIN
VOTE OF THANKS BY PROF. VIJAYA KUMAR	5- MIN

REGISTRATION LINK :-
<https://forms.gle/iwJSHxtVSnPkS1Le8>

ORGANISED BY
 S. M. PATEL COLLEGE OF HOME SCIENCE
 NAAC ACCREDITED 'A' GRADE
 (MANAGED BY CHARUTAR VIDYA MANDAL)
 IN COLLABORATION WITH IQAC

CO-ORDINATOR
 MR. RANJIT BHAGORA
 PHYSICAL INSTRUCTOR
 S. M. PATEL COLLEGE OF HOME SCIENCE

National webinar was organized on “Nutrition in Sports” dated on 25th June. The resource persons were Dt Nimisha Shah, Divya Physiotherapy Clinic Ahmedabad, and Dr Ronak Kothari, Physiotherapist, Sports Authority, Nadiad, Beneficiaries were students, dietitians and faculties. Total number of participants was 218.

International Breastfeeding Week is celebrated every year from 1-7 August. On August 8TH 2020, on this day virtual talk was organized for the second-year students on the topic “Importance of Galactagogues for Lactation”. The resource person for the same was Dr. Hetal Patel Gynecologist from Nadiad.

Quiz Competition was organized for S.Y.B. Sc Students on 8TH August, as a part of International Breast-feeding week celebration and the topic was Galactagogues.

NATIONAL NUTRITION month is celebrated every year in September so to celebrate this year various activities were carried out in collaboration with Indian Dietetic Association and NetProFan Gujarat Chapter -students of FN and FSQC participated in national level competition Chart, poster, jingle and videos were made topic given was FOOD SAFETY AND FOOD HYGIENE on 10th September 2020.

Jingle competition was conducted on the topic “EAT RIGHT AND MALNUTRITION”

Video making was conducted on 11th September topic was “FOOD SAFETY AND FOOD HYGIENE” all the entries were sent to NetProFan Gujarat chapter.

The convener for same were Ms. Tanvi Makwana and Ms. Minal Chauhan.

A National Level Webinar on REFRAMING STEPS TO CURB MALNUTRITION Was organized in collaboration with Indian dietetic Association Gujarat Chapter dated on 29th September 2020. Resource persons for the talk were Dr Jagmeet Madan, President of Indian Dietetic Association, Principal SVT Home science, SNTD university and Dr Kavita Sharma Nutrition specialist UNICEF, Gujarat. Total number of attendees were 1247 including dietitians, students and faculties. The Convener and Moderator of the Programme was Ms. Vijaya Agarwal.



To promote use of microgreens and herbs in Covid-19 the department organized with all the second year and third year Foods and Nutrition and FSQC students to plant one herb or any other vegetable or medicinal plant at home and sent their photos. More than 100 students took part in the activity. The convener of the Programme was Ms. Vijaya Agarwal.

A Webinar on 17th October 2020. In collaboration with NetProFan was organized and the topic was Being Sense -itive while eating. The resource person for the talk Dr Dipti Gulati, Head of Programmes at Global Alliance for Improved Nutrition (GAIN) in India and Miss Rima Rao (Associate Professor, Sadguru College Rajkot). Topic for this programme “HEALTH BENEFITS OF MICROGREENS”. Total number of participants were 740 faculty students, health professionals and professionals from FSSAI. The convener of the Programme was Ms. Vijaya Agarwal and Moderator Ms. Shazia Sharma.

VIRTUAL TRAINING PROGRAMME for students that was organized on 16th January 2021 in association with IDA GUJARAT CHAPTER AND YAARI QUALITECH where students attended virtual training and, in the end, evaluation was done by the experts and certificates were given. Total number of participants were around 75 students both from Department of Food and Nutrition, Food Science and Quality Control.

For the third year T.Y.B. Sc FN and FSQC students an expert talk in the field of medical nutrition therapy was kept and the speaker was Ms. Jigna Patel, Clinical dietitian Shri Krishna Hospital, Karamsad. Attended by around 70 students. The Topic was diet and Cancer. The convenor of the Programme was Ms. Shazia Sharma.