

Annual Report 2021-22

Department of Foods & Nutrition

Extra-Curricular Activities

S. M. Patel College of Home Science

A CHARUTAR VIDYA MANDAL INSTITUTE

RE-ACCREDITED BY NAAC 'B++'

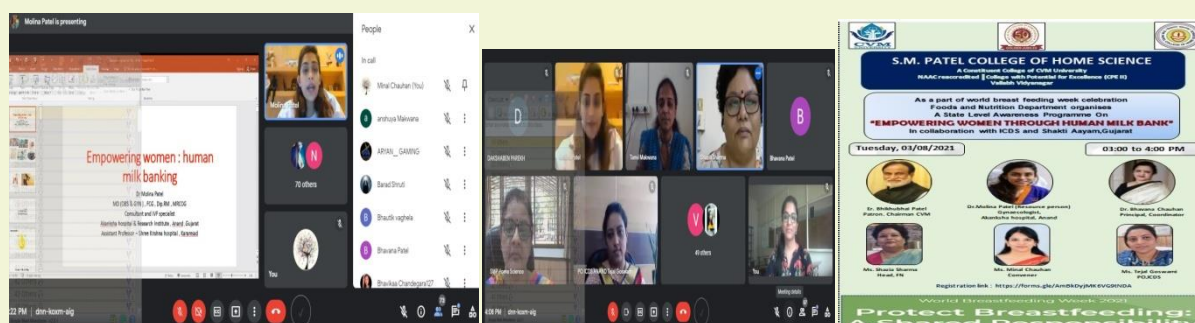
COLLEGE WITH POTENTIAL FOR EXCELLENCE (CPE-II)

AFFILIATED TO SARDAR PATEL UNIVERSITY

VALLABH VIDYANAGAR

ACADEMIC YEAR 2021-22

The department of Foods and Nutrition has organised various activities for the wellbeing of students, faculties, non-teaching staff and community. As a part of International mother's milk week celebration a state level awareness programme was organised on "Empowering women through Human milk Bank" for the Mukhyasevika, Health workers and students. Dr. Molina Patel was invited as a resource person. Ms. Tejal Goswami, PO, ICDS motivated health worker and Anganwadi worker. Around 169 people took part for the same. The convener of the programme was Dr. Minal Chauhan.



Mrs. Vijaya Agarwal has organised "Pre-Preparatory Workshop on Lactation Counselling" with an aim of opening a new area to students for their future prospects. The speaker was Mrs. Yashika Bhavsar (Nutritionist and Lactation Professional). There were total five sessions held at the workshop. There was a question answer session at the end of each session. A case study was given at the very end of the workshop and the attendees needed to answer them respectively. In the end a feedback form was filled by everyone and the event ended around 4 p.m. The workshop was a huge success with 50 students of Foods and Nutrition and Human Development participating.

A Competition for the formation of Obesity club- Name, logo and Tag line was conducted for the students under the leadership of Ms. Vijaya Agarwal on 8th September, 2021. Students actively participated for the same.

The department has organised a one day workshop in collaboration with In body Academia on body composition analysis under the in-charge ship of Ms. Tanvi Makwana. The invitees for the workshop are Faculties, administrative staff, gym trainers and students. Awareness talk on Importance of Bio-Impedance Analysis in comparison to BMI by Ms Ankita Ghag, Clinical Dietitian and NLP trainer, In body Academia, Bombay. Ms. Jigna Patel, Clinical Dietitian SRK hospital, Karamsad spoke on Malnutrition and its consequences. A talk on "Obesity" by Dr. Bhavana Chauhan, Principal, S.M. Patel College of Home Science. Around 98 participants were benefited by Body Composition Analysis



On the spot Quiz competition was conducted in which Ms.Esha Pandya got the first prize and Mr. Pinal Patel received appreciation award for having normal body composition.

A Competition for the formation of Diabetes club- Name, logo and Tag line was conducted for the students under the leadership of Ms.Vijaya Agarwal on 17th September, 2022. Total 07 students actively participated for the same.

Name : PEACE- LOVE- CURE

Tagline: YOU ARE GREATER THAN YOUR HIGHS AND LOWS



Logo:

An essay competition was organised in Collaboration with NetProFan on 8th October 2021 in which 11 students of Third year B.Sc took part. The competition was Judged by Ms. Amita Tamber Registered dietitian Surat and Ms.Esha Pandya, Ms.Saiyogi Panchal, Ms. Insiya Sadikot got the prize. The convener of the programme was Ms.Shazia Sharma. A Vlog competition was organised in collaboration with Ahani India On foods to fight Climate change in which Ms.Tulsi Joshi got first Prize.



To create awareness on heart disease, a poster making competition was organised on the Theme : Dil se Dil Tak for T Y Students and S Y students of the college under the Inchargeship of Ms.Vijaya Agarwal.Total 7 Students participated the same.



A National level webinar was organised by Foods and Nutrition department in collaboration with Rotary Anand Milkcity on 16th September 2021 as apart of Nutrition month celebration in which Dr.Ruchi Vaidya Asst. Professor Ramaiah Public health Institute Bangalore spoke on **Diet in Diabetes** and the second speaker was Ms.Jigna Patel Clinical Dietitian, Shree krishna Hospital Karamsad who spoke on **Diet and cardiovascular Health**. The convenor of the programme was Shazia Sharma and Dr Anil Gandhi, the whole programme was moderated by Ms. Vijaya Agarwal Under the guidance of Dr Bhavana Chauhan. Total participants were over 300.





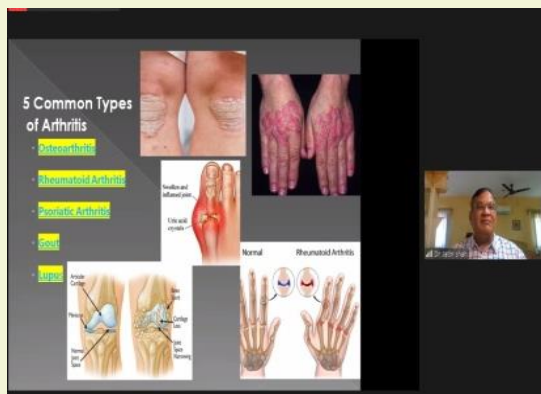
As a part of nutrition week celebration Foods and Nutrition department in collaboration with NSS unit organised a recipe competition on **Indigenous foods** on 9th September 2021 in collaboration with NetProFan Gujarat Chapter in which 10 students took part and recipes using pumpkin, drumstick, bittergourd, star fruit were prepared. The Judge for the competition was Dr.Minal Chauhan.



Ms TejalVaghela, diya Chauhan, krushiPokar were awarded cash prize sponsored by NSS Unit. And certificates were provided by NetProFan.Dr.Minal Chauhan took a lecture on the importance of Indigenous food for better health for our third year B.Sc Students. The whole programme was conducted under the guidance of Ms. Shazia Sharma, Dr. Nidhi Gupta and Ms. Trusha Lad., Ms.Bijal Ka Patel.



October 12 is observed as World Arthritis Day. In addition, World Osteoporosis Day (WOD) is celebrated globally on 20 October. In this regard A National Webinar on “Bone and Joint health-Preventive care for osteoporosis, osteoarthritis and back pain” was organized by the Foods and Nutrition Department in collaboration with IDA, Gujarat Chapter on 12th October 2021, from 2.00 pm to 5.00 pm through virtual zoom platform and telecasted live on youtube channel to celebrate World Arthritis Day and Osteoporosis Day together to focus on disorders including arthritis, back pain and osteoporosis, which includes awareness about prevention, disease management and treatment.



Participants actively participated by raising questions after each session, and resource persons answered those questions. Total 232 participants registered for the same. The webinar was conducted by the webinar convenor Dr. Minal Chauhan.

The department celebrated World Diabetes Day in which Memes were prepared to spread awareness for the community under the leadership of Ms. Vijaya Agarwal. 06 students took part for the same. A chart making competition on “Diabetes” was organised for third year B.Sc students on 13th January 2022. 56 students actively participated for the same.

A Six Day National Level Faculty Development Program on “**Sports Nutrition**” In collaboration with Association of Sports, Nutrition and Fitness Sciences (ASNFS), Mumbai was organised. Faculties for the session were Dr. Meena Godhia, Vice president of ASNFS, former Associate Professor, Food Nutrition and Dietetics, Sir VT College of Home Science, Mumbai. Gave a lecture on Basic concept of Sports, Exercise and Energy System.

Dr. Rupali Sen Gupta, Assist. Professor course coordinator P.G. Diploma in sports Nutrition, BMN College of Home Science, Mumbai delivered a talk on Macronutrients and Exercise. Dr. Subhadra Mandalika, Sr. Vice President, Associate Professor, College of Home Science, Nirmala Niketan spoke on Micronutrients and Exercise. Ms. Susmita Jyotsi, Regional Director, Sports Authority of India, Mumbai spoke on Water and Electrolyte strategies use of sports drink. Dr. Geetanjali Bhide, Secretary ASNFS, Sports Nutritionist-Army Rowing Node, Founder Nutritionist, sports institute, Curador Sports and Rehabilitation, Mumbai spoke on Nutrition Assessment of Athletes, Nutrition Challenges observed in different sports and Nutritional ergogenic aids. 58 people from all walks of life participated for the same.



All the activities were conducted under the guidance of Principal Dr. Bhavana Chauhan and the headship of Ms. Shazia Sharma, I/c Head Foods and Nutrition Department.