DEPARTMENTAL PROFILE- FOOD & NUTRITION

Year of Establishment: UG General course 2006

About the Department: -

The department of Food & Nutrition was introduced in the college in the year 2006. It is offered as 3-year Pass (General course) course since 2022 and since introduction of National education policy it is reintroduced as MDC (Multi- Disciplinary Course). The course is guided by experienced faculty and the course is well-equipped with laboratory and library facility. The course is designed to enable students to progress in academic field and as well as be prepared for job market. The department aims to achieve its goals in mutually respectful environment.

Faculty Profile: -

Sl. No.	Name of the faculty	Educational qualification	Area of Interest	Designation	Teaching Experience
1	Dr. Snehasree Saha	M.Sc. PhD	Community Nutrition & Public Health Nutrition	Assistant Professor	9 Years

Snehasree Saha

Assistant Professor
Sneha.snehasree16@gmail.com
Ph- 91-8900285626

Work Experience

9 Years (June 2014 to till date) of experience as assistant Professor of Food & Nutrition for undergraduate courses in Udaynarayanpur Madhabilata Mahvidyalaya, University of Calcutta.

Research Project Lead-

‘’Health in ageing population: A situation analysis study to understand health & nutritional status of elderly population in west Bengal India’’- A study funded by University Grants Commission- Minor Research Fund. Period- 2017-2019. Status Completed.

Research Project Collaboration-

‘’Assessing effectiveness of front-of-pack nutrition labels (FOPNL) for pre-packaged processed foods in India – a study on formats, acceptability and potential use’’- Supported by: INDIAN COUNCIL OF MEDICAL RESEARCH. A multicentric study funded by ICMR, conducted across various state across the country. Role- Collaborator. Status- Completed.

Link- **https://www.nin.res.in/survey_reports/fopnl_report.pdf**

Education -

PhD- 2022- ICMR- National Institute of Nutrition, Affiliated to Osmania University.

Topic- ‘’Use of Food label Information for Healthy Food choice – A situation Analysis and development Sustainable Intervention strategies for promoting their use among adolescents’’ Submitted under guidance of Dr. Vemula Sudershan Rao and Dr. G.M. SubbaRao, Scientist ICMR-NIN.

M.Sc. – 2011- ICMR- National Institute of Nutrition, Affiliated to Dr. NTR University of Health Sciences. Subject- Applied Nutrition.

B.Sc. - 2009- Viharilal College of home and Social Sciences, University of Calcutta. Subject- Food & Nutrition.

Awards and Fellowship- ICMR-JRF and UGC-NET.

Travel Grants- International Travel Grant from DST for travelling to Argentina to present (oral) in International Conference of Nutrition, Argentina, 2017 and from UGC for travelling to Yokohama, Japan to present (poster) Asian Congress of Nutrition,2015.

Conference and Publication -

Snehasree Saha. “*Room for healthy aging in a home:- A qualitative investigation into quality of life, diet & nutritional status; perception effecting practices among geriatric population of West Bengal, India.”* National conference of Nutrition Society of India, 2019, Kerala , India.

Snehasree Saha, V SudershanRao,M Vishnu VardhanaRao,SubbaRao M Gavaravarapu . *Promoting food label information reading skills among urban adolescents in India – ‘Read-B4-U-Eat’ Study*. International Congress of Nutrition, Buenos Aires, Argentina, 2017. (Abstract Published in Annals of Nutrition & Metabolism, October 13, 2017)

Snehasree Saha, V SudershanRao , SubbaRao M Gavaravarapu**.** *Food label as nutrition communication tool :- Prospects and Possibilities in India* . International conference on Advances in Nutrition and Health Communication. Coimbatore, India, 2017.

Snehasree Saha ,V sudershanrao,M Vishnu vardhanarao,subbarao M Gavaravarapu. "*Assessing the effectiveness of 'read- b4-u-eat'- a multi-component educational kit in promoting the use of food label information for food choices among adolescents in a simulated shopping scenario".* Nutrition Society of India, Bangalore, 2016.

Snehasree Saha ,V Sudershan Rao, M Vishnu Vardhana Rao, SubbaRao M Gavaravarapu. *Food purchasing behaviours, perceived weight status, nutrition knowledge as food label use determinants among adolescents in India.* Asian Congress of Nutrition at Yokohama, Japan, 2015.

Snehasree Saha ,V Sudershan Rao,M Vishnu VardhanaRao, SubbaRao M Gavaravarapu. *Assessing determinants of usage of nutrition information panel on food labels among adolescents – Results from Read-B4-U-Eat study.* Nutrition Society of India national conference, Hyderbad, 2015.

Snehasree Saha, Sudershan RV, Vishnu Vardhana Rao M, SubbaRao GM. *''Identifying key areas for promoting the use of food labels- a situation analysis study on knowledge and practices among school-going adolescents in Kolkata, India.* Souvenir of international conference on food and nutritional technology for public health care at New Delhi, 2012.

Snehasree Saha, Vishnu Vardhana Rao M, SubbaRao GM. *''knowledge and practices of using food label information among school-going adolescents in Kolkata, India*. *Young Scientist community nutrition (junior) category Proceedings of 43rd annual conference of Nutrition society of India conference* at Hyderabad, 2011.

Publication -

Saha, S., Vemula, S. R., Mendu, V. V. R., & Gavaravarapu, S. M. (2013). Knowledge and practices of using food label information among adolescents attending schools in Kolkata, India. *Journal of nutrition education and behavior*, *45*(6), 773-779.

Boddula, S., Sudershan, V. R., Nagalla, B., Saha, S., & Gavaravarapu, S. R. M. (2014). Food risk perceptions of women in rural and urban households-A study in India. *European Journal of Food Research & Review*, *4*(4), 380.

Gavaravarapu, S. M., Saha, S., Vemula, S. R., & Mendu, V. V. R. (2016). Read-B4-U-Eat: A multicomponent communication module to promote food label reading skills among adolescents in India. *Journal of nutrition education and behavior*, *48*(8), 586-589.

Gavaravarapu, S. M., Konapur, A., & Saha, S. (2017). Role of education and communication interventions in promoting micronutrient status in India–what research in the last two decades informs. *Journal of Communication in Healthcare*, *10*(4), 238-249.

Saha, S., Vemula, S. R., & Gavaravarapu, S. R. M(2021). Health and nutrition claims on food labels–means of communication that can influence food choices of adolescents. Journal of Content, Community & Communication Vol. 13 Year 7, June – 2021 [ISSN: 2395-7514 (Print)]

Edited Book :-

Saha S (Edt)- *Nutrigram – Creative Communication of Nutrition* Published By Udaynarayanpur Madhabilata Mahavidyalaya . ISBN- 978-81-954644-0-1.

Other Assignment:-

Invited Lectures: -

Name of the speaker	Name of the lecture	Institute	Date
Dr. Snehasree Saha	"Diet Counselling"	St Aloysius College (autonomous) Mangaluru - 575003, karnataka - India	07-01-2021
Dr. Snehasree Saha	A critical analysis on food label policy	Department of Postgraduate studies and research in food science, St. Aloysius College(Autonomous),Mangaluru-75003	11-04-2022
Dr. Snehasree Saha	Learn with the Label	Govt. General Degree College, Narayangarh	12-09-2022
Dr. Snehasree Saha	Read the food label to scale up nutritional level	Internatioal Seminar to celebrate National Nutrition Month Asansol Girls' College	23-09-2023
Dr. Snehasree Saha	Consumption of Resilient Orphan Crops and Products for Healthier Diets	Food Festival - campaign & awareness programme on Nutrition aspects of Neglected & Underutilized Species (NUS) & organically produced crops on Development Research Communication and Services Centre (DRCSC)	23-12-2023

Class Routine

Days	10.30-11.30	11.30-12.30	12.30-1.30	1.30-2.30	2.30-3.30	3.30-4.30
Monday	-	-	-	-	-	-
Tuesday	5th Semester	-	1st Semester	3rd Semester	-	IDC
Wednesday	3rd Semester	1st Semester	-	1st Semester	5th Semester	IDC
Thursday	1st Semester	3rd Semester	5th Semester	-	5th Semester	IDC
Friday	-	-	1st Semester	1st Semester	3rd Semester	
Saturday	1st Semester	5th Semester	-	3rd Semester	5th Semester	

Syllabus Distribution & Lesson Plan :-

Multidisciplinary Course in the National Education Policy (NEP)

Sl. No	Semester	Course Name	Topic	Teaching Method	No. of Classes	Covered by
	1st semester	**BASIC FOOD SCIENCE**	Basic concept on Food, Nutrition and Nutrients. Classification of Food, Classification of Nutrients	Lecture, Power Point Presentation and Demonstration	06	S. Saha
			Carbohydrates- Definition, Classification, Structure and properties. Monosaccharides - glucose, fructose, galactose. Disaccharides - Maltose, lactose, sucrose Polysaccharides - Dextrin, starch, glycogen, resistant starch. Carbohydrates - Sources, daily requirements, functions. Effects of too high and too Low carbohydrates	Lecture , Power Point Presentation and Demonstration	18	S. Saha

			on health. Digestion and absorption of carbohydrate			
			Lipids -Definition, Classification & Properties. Fatty acids- composition, properties, types. Lipids - sources, daily requirements, functions. Digestion & Absorption of nutrients. Role & nutritional significances of PUFA, MUFA, SFA, W-3 fatty acid.	Lecture , Power Point Presentation and Demonstration	16	S. Saha
			Proteins- Definition, Classification, Structure & properties. Amino acids Classification, types, functions. Proteins - Sources, daily requirements, functions. Effect of too high - too low proteins on health. Digestion & absorption. Assessment of Protein quality (BV, PER, NPU). Factors affecting protein bio-availability including anti-nutritional factors.	Lecture , Power Point Presentation and Demonstration	16	S. Saha
			Dietary Fibre-Classification, sources, composition, properties & nutritional significance	Lecture , Power Point Presentation and Demonstration	05	S. Saha
		BASIC FOOD SCIENCE I (PRACTICAL)	Identification of Mono, Di and polysaccharides		03	S. Saha
			Identification of Proteins		02	S. Saha

			Identification of glycerol		02	S. Saha
		Skill Enhancement Course : FOOD SAFETY AND QUALITY CONTROL	Food Quality: Meaning and definition of food quality, Quality factors in foods, indicators of food quality, importance and ways of Food Quality Assessment	Lecture , Power Point Presentation and Demonstration	06	S. Saha
			Introduction to Food Hazards: Definition, types of hazard- physical, chemical (naturally occurring, environmental and intentionally added) and biological, factors affecting (food borne pathogens bacteria, viruses and eukaryotes; sea food and shellfish poisoning and mycotoxins)	Lecture , Power Point Presentation and Demonstration	12	S. Saha
			Hygiene and Sanitation : Principles of food hygiene, personal hygiene, kitchen hygiene and sanitation. water quality assessment, insect and pest control, waste treatment and disposal, food vending and packaging standards, employees' health	Lecture , Power Point Presentation and Demonstration	08	S. Saha
			Food Safety Management Tools: Basic concept, prerequisites- GHPs, GMPs. HACCP, ISO series. National Food Standards (BIS, AGMARK) and Food Laws (PFA and FSSAI).	Lecture , Power Point Presentation and Demonstration	06	S. Saha

		FOOD SAFETY AND QUALITY CONTROL (PRACTICAL)	Detection of adulterants in the following Foods- Milk, Edible Oil, Sugar, Spices, honey, Flours, Ghee, Beverages (one method of detection for each food item). 1. To detect the adulterants like dyes and argemone in the fats, oils and ghee. 2. To detect the presence of adulterants like water, urea, formalin, detergent, sugar and starch in the milk. 3. To detect the adulteration of insoluble substance, chalk powder and washing soda in sugar. 4. To detect the adulteration of brick powder in chilli powder, Metanil yellow in turmeric. 5. To detect colouring agents in fruit juices and sweets.		06	S. Saha
		Inter Disciplinary Course **BASIC NUTRITION AND FOOD SCIENCE (THEORY)**	Definition of Food, Nutrition, Nutrient, Nutritional status, Dietetics, Balanced diet, Malnutrition, Energy (Units of energy – Joule, Kilocalorie).	Lecture , Power Point Presentation and Demonstration	04	S. Saha
			Carbohydrate, Protein, Fat, Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine) - sources, classification, functions, deficiencies of these nutrients. Functions of water and dietary fiber.	Lecture , Power Point Presentation and Demonstration	16	S. Saha

			B.M.R: Definition, factors affecting B.M.R. and Total Energy Requirement (Calculation of energy of individuals).	Lecture , Power Point Presentation and Demonstration	04	S. Saha
			Basic five food groups: Nutritional significance of cereals, pulses, milk, meat, fish,vegetable, egg, nuts, oils, sugar.	Lecture , Power Point Presentation and Demonstration	10	S. Saha
			Principles and objectives of meal planning and balanced diet.	Lecture , Power Point Presentation and Demonstration	03	S. Saha
			Diet for a pregnant woman and Lactating mother	Lecture , Power Point Presentation and Demonstration	02	S. Saha
			Diet for an infant, preschool child, school child, Normal male and female of different occupation.	Lecture , Power Point Presentation and Demonstration	02	S. Saha
		BASIC NUTRITION AND FOOD SCIENCE (PRACTICAL)	Elementary idea of weight and measure.	Practical	01	S. Saha
			Planning and preparation of Balanced diet for an adult.	Practical	04	S. Saha

			Preparation of different types of nutritious tiffin for pre-schooler and school goingchildren.		03	S. Saha
	2nd Semester	**BASIC FOOD SCIENCE -II**	Minerals & Trace Elements, Bio-Chemical and Physiological Role, bio-availability & requirements, sources, deficiency & excess (Calcium, Sodium, Potassium Phosphorus, Iron, Fluoride, Zinc, Selenium, Iodine, Chromium)	Lecture , Power Point Presentation and Demonstration	26	S. Saha
			Vitamins - Bio-Chemical and Physiological Role , bio-availability and requirements, sources, deficiency & excess (Fat soluble and water soluble vitamins), Provitamin, Antivitamin, Pseudo vitamin and Vitamers.	Lecture , Power Point Presentation and Demonstration	22	S. Saha
			Water - Functions, daily requirements, Effect of excess and deficiency. Water balance.	Lecture , Power Point Presentation and Demonstration	05	S. Saha
		BASIC FOOD SCIENCC E-II (PRACTI CAL)	Determination of Ash content in food	Practical	08	S. Saha

			Determination of Moisture content in food	Practical	06	S. Saha
			Determination of calcium, iron, and Vitamin C content in foods.	Practical	12	S. Saha

Syllabus for Choice-based Credit System :-

Sl. No	Semester	Course Name	Topic	Teaching Method	No. of Classes	Covered by
	1st semester	**ELEMENTARY CHEMISTRY**	Law of conservation of mass, chemical and physical changes, Mechanical mixtures and chemical compounds	Lecture , Power Point Presentation and Demonstration	04	S. Saha
			Common Laboratory Processes: Sedimentation, Decantation, Filtration, Solution, Evaporation, Boiling, Desiccation, Distillation, Sublimation, Fusion, Ignition, Crystallisation, Efflorescence, Deliquescence.	Lecture , Power Point Presentation and Demonstration	03	,,
			Symbol, Valency, Formula, Equation, Naming of Compounds, Radicals.	Lecture , Power Point Presentation and Demonstration	03	,,
			General concept of acids, bases and salts, conjugate acids and bases, Classification of salts, Hydrolysis of salts, pH, Buffer solution. Equivalent weight of acids, bases and salts, neutralisation, Acid-Base indicators, Molar	Lecture , Power Point Presentation and Demonstration	13	,,

			solution, Normal solution and Formula solution.			
			Diffusion and Osmosis, Osmotic pressure, Isotonic solution, Definition and examples.	Lecture , Power Point Presentation and Demonstration	04	,,
			Colloids: Definition, Types of colloidal systems, Importantproperties of colloidal sols, Dialysis.	Lecture , Power Point Presentation and Demonstration	05	,,
			Structure of atom: Discovery of atomic nucleus, Rutherford's atomic model, concept of Stationary orbit, Electronic arrangement of elements (Hydrogen to calcium),Atomic number, Isotopes, Chemical bonds – Electrovalent, Covalent and coordinate – covalent bonds, Hydrogen bonds.	Lecture , Power Point Presentation and Demonstration	11	,,
			Chemistry of carbon compounds: Classification of organic compounds based on structural characteristics and functional groups, isomerism, Concept of optical isomerism. General methods of preparation, properties and reactions of structured and unstructured hydrocarbons, Aliphatic monohydric alcohols, Glycerol, Aldehyde, Ketones and fatty acids upto 3 atoms with nomenclature.	Lecture , Power Point Presentation and Demonstration	22	,,
			Fitting of simple apparatus, experiment involving solution, filtration, distillation, and	Practical	04	,,

			crystallization. Separation of constituents of mixture.			
			Titration of acids and bases. Determination of total hardness of water by soda reagent. Estimation of glucose.	Practical	08	,,
			Simple chemical tests for carbohydrate- Starch, glucose, cane sugar, lactose, and dextrin.	Practical	08	,,
			Qualitative tests-Protein in milk and egg, Calcium, phosphorus, and iron in foodstuff.	Practical	10	,,
	2nd Semester	**ELEMENTARY PHYSICS**	Units –C.G.S. and F.P.S. system	Lecture , Power Point Presentation and Demonstration	4	,,
			Measurement of mass and weight, common and spring balance.	Lecture , Power Point Presentation and Demonstration	4	,,
			Motion of body – displacement, velocity, acceleration units.	Lecture , Power Point Presentation and Demonstration	4	,,
			Gravity – Acceleration due to gravity.	Lecture , Power Point Presentation and Demonstration	4	,,
			Hydrostatistics–Pressure at a point, Archimedes Principles, Specific gravity, viscosity and surface tension.	Lecture , Power Point Presentation and Demonstration	5	,,
			Thermometry.	Lecture , Power Point Presentation and Demonstration	4	,,
			Calorimetry.	Lecture , Power Point Presentation and Demonstration	4	,,
			Transmission of heat, Thermoflask.	Lecture , Power Point	4	,,

				Presentation and Demonstration		
			Three types of matter, changes of state, pressure cooker, Ice-machine.	Lecture , Power Point Presentation and Demonstration	4	,,
			Static electricity – Changing by friction, conductor and Insulator.	Lecture , Power Point Presentation and Demonstration	4	,,
			Primary cell, storage cell.	Lecture , Power Point Presentation and Demonstration	4	,,
			Electroplating.	Lecture , Power Point Presentation and Demonstration	4	,,
			Definition of Potential, Current-relation between two.	Lecture , Power Point Presentation and Demonstration	4	,,
			Measurement of current by ammeter and potential differential by voltmeter.	Lecture , Power Point Presentation and Demonstration	4	,,
			Electricity and its application in daily life – lamp, Toaster, Geyser, iron, Microoven	Lecture , Power Point Presentation and Demonstration	4	,,
			Refrigerator, cold storage.	Lecture , Power Point Presentation and Demonstration	4	,,
			Electric fuse.	Lecture , Power Point Presentation and Demonstration	3	,,
			Use of balance(Weighing a body)	Practical	4	,,
			Determination of specific gravity of a solid (heavier and insoluble in water)	Practical	6	,,
			Determination of specific gravity of a liquid by hydrostatic balance	Practical	6	,,
			Determination of specific gravity of a liquid by specific gravity bottle	Practical	6	,,

			Reading of barometer	Practical	4	,,
			Determination of lower and upper fixed point of a thermometer	Practical	4	,,
			Fitting of electric fuses	Practical	2	,,
	3rd Semester	**ELEMENTARY PHYSIOLOGY**	Animal cell: Structure and function	Lecture , Power Point Presentation and Demonstration	05	,,
			Tissue: Definition, structure and functions of different types of tissue, e.g. epithelial, connective, nervous and muscular tissue (special emphasis on blood and bone) .	Lecture , Power Point Presentation and Demonstration	09	,,
			Digestive system: Structure involve in digestive system (mouth, esophagus, stomach, small intestine, large intestine, liver, pancreas, gall bladder) and their functions. Digestion and absorption of Carbohydrate, protein and fat.	Lecture , Power Point Presentation and Demonstration	16	,,
			Elementary idea of metabolism, enzymes and hormones- name and their important functions. Metabolism in brief (Glycolysis, Glycogenesis, Gluconeogenesis, Cori's cycle, Kreb's cycle, Deamination, Transamination. Role of hormones in carbohydrate Metabolism	Lecture , Power Point Presentation and Demonstration	30	,,
			Demonstration for determination of blood pressure of humans being- (a) systolic and b) diastolic.	Practical	08	,,
			Identification of slides (Blood cells, Stomach,	Practical	08	,,

			Small intestine, large intestine, Liver, pancreas).			
			Determination of Bleeding Time (BT) and Clotting Time (CT).	Practical	07	,,
			Detection of Blood group.	Practical	07	,,
	4th Semester	**BASIC NUTRITION AND FOOD SCIENCE**	Definition of Food, Nutrition, Nutrient, Nutritional status, Dietetics, Balance diet, Malnutrition, Energy (Unit of energy – Joule, Kilocalorie)	Lecture , Power Point Presentation and Demonstration	08	,,
			Carbohydrate, Protein, Fat, Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine)- sources, classification, functions, deficiencies of these nutrients. Functions of water and dietary fiber	Lecture , Power Point Presentation and Demonstration	18	,,
			B.M.R: Definition, factors affecting B.M.R. and Total Energy Requirement (Calculation of energy of individuals).	Lecture , Power Point Presentation and Demonstration	08	,,
			Basic five food groups: Nutritional significance of cereals, pulses, milk, meat, fish, vegetable, egg, nuts, oils, sugar.	Lecture , Power Point Presentation and Demonstration	08	,,
			Principles and objectives of meal planning. Diet for an infant (Breast feeding versus Bottle feeding).Preschool child, school child, Normal male and female of different occupation.	Lecture , Power Point Presentation and Demonstration	18	,,
			Elementary idea of weight and measure	Practical	03	,,
			Preparation of cereals, pulses, vegetable, egg, milk, fish, nuts	Practical	09	,,

			Demonstration of jam, jelly, squash, pickles	Practical	09	,,
			Planning and preparation of diet often adult male/female Modification of diet during pregnancy and lactation.	Practical	09	,,
	DISCIPLINE SPECIFIC ELECTIVE (DSE) COURSES					
	5th Semester	**COMMUNITY NUTRITION**	Concept and types of Community. Concept of community nutrition	Lecture , Power Point Presentation and Demonstration	04	,,
			Nutritional Assessment: Meaning, need, objectives and importance. A brief idea on methods of nutritional assessment.	Lecture , Power Point Presentation and Demonstration	10	,,
			Elementary idea of health agencies - FAO, WHO, ICMR, ICDS, ICAR, CSIR, ANP, VHAI, NIN and CFTRI. Role of voluntary health organisation in the improvement of Community health.	Lecture , Power Point Presentation and Demonstration	17	,,
			Nutritional Intervention programmes to combat malnutrition. Concept of food fortification and food enrichment.	Lecture , Power Point Presentation and Demonstration	14	,,
			Nutrition Education: Definition, objectives of nutrition education. Methods of imparting nutrition education.	Lecture , Power Point Presentation and Demonstration	15	,,
			Preparation of homemade ORS	Practical	04	,,
			Preparation of weaning foods for infants	Practical	08	,,
			Preparation of low cost and medium cost school tiffin	Practical	10	,,
			Diet survey by 24 hours recall method	Practical	08	,,

	6th Semester	**CLINICAL NUTRITION**	Definition of Dietetics, dietitian, Goals of Diet Therapy	Lecture , Power Point Presentation and Demonstration	04	,,
			Basic concepts of Diet Therapy: Therapeutic adaptations of the normal diet. Routine hospital diets –Regular, soft, full fluid, clear fluid diet. Specially modified therapeutic diets.	Lecture , Power Point Presentation and Demonstration	08	,,
			Obesity and underweight: Causes, risk factors, dietary and general management of overweight and underweight.	Lecture , Power Point Presentation and Demonstration	08	,,
			Diarrhoea, Constipation and Jaundice: Causes, symptoms and dietary management	Lecture , Power Point Presentation and Demonstration	09	,,
			Anaemia: Definition, causes, classification, and dietary management of Nutritional anaemia.	Lecture , Power Point Presentation and Demonstration	08	,,
			Hypertension, Atherosclerosis and Diabetes mellitus: Definition, Causes, Types, risk factors, Signs, Symptoms and dietary Management	Lecture , Power Point Presentation and Demonstration	12	,,
			Fever: Definition, causes, types, symptoms and dietary management	Lecture , Power Point Presentation and Demonstration	11	,,
			Planning and preparation of Therapeutic Diets for the following diseases: i) Diabetes mellitus ii) Hepatitis iii) Hypertension iv)Obesity	Practical	30	,,
	SKILL ENHANCEMENT COURSE(SEC)					

	3rd/ 5th Semester	**NUTRITION AND FITNESS**	Understanding Fitness: Definition of fitness, health and related terms. Assessment of fitness, Approaches for keeping fit.	Lecture , Power Point Presentation and Demonstration	06	,,
			Importance and benefits of physical activity: Physical Activity – frequency, intensity, time and type with examples Physical Activity, physical activity guidelines and physical activity pyramid.	Lecture , Power Point Presentation and Demonstration	08	,,
			Importance of nutrition Role of nutrition in fitness, Nutritional guidelines for health and fitness, Nutritional supplements.	Lecture , Power Point Presentation and Demonstration	08	,,
			Importance of diet and exercise for weight management.	Lecture , Power Point Presentation and Demonstration	08	,,
		GERIATRIC NUTRITION	Definition of ageing, senescence, old age or aged people, gerontology, geriatrics, and Geriatric Nutrition	Lecture , Power Point Presentation and Demonstration	06	,,
			Physiological changes during old age	Lecture , Power Point Presentation and Demonstration	06	,,
			Nutritional requirements and general dietary guidelines for elderly	Lecture , Power Point Presentation and Demonstration	09	,,
			Major nutritional and health problems during old age	Lecture , Power Point Presentation and Demonstration	09	,,

Programme Outcome

- Enhances understanding of human physiology, health-disease relationship
- Provides basic understanding dietary planning on several physiological and clinical condition
- Generate awareness on dietary practices, food taboos, best use of commonly available food
- Build up concept of prevention of disease in personal, family and society level
- Familiarize with national nutrition policies
- equip them for community health education
- enhances food safety, water safety knowledge

Programme Specific Outcome

- Helps in better understanding of human body physiology and helps to progress towards better health
- Make them able to measure and analyze normal body weight and track of any undesired changes
- Helps them to understand role of food and various nutrient on different physiological condition like pregnancy, lactation, ageing
- Equip students to guide sportsmen , athletes
- Helps them to prepare for basic management of metabolic disorder like diabetes mellitus , hypertension, cardio-vascular disease
- Nurture students understanding of life cycle and specific need for infant, geriatric people
- Provides basic understanding of food preservation method
- provides understanding of deficiency disorder like anemia and iodine deficiency and national policies to prevent them
- provides basic ideas of nutrition education
- Enable students in basic food processing & preservation
- Enable students to conduct dietary survey among population

Student – Centric Method

Educational Excursion

In collaboration with science faculty the dept of nutrition arranged a one-day tour to Bishnupur, a town famous for old heritage, architecture, and silk weaving industry. The tour was conducted on 19/02/2020.

For the excursion, the students of the department were asked to prepare a menu suitable for outdoor activities and travel. They were asked to arrange a suitable breakfast for the entire team. They were also asked to note down provided breakfast on the go and calculate calorie, protein, and carbohydrate. The outside meals were noted down as diet survey and later it was calculated for one day calorie intake and nutrient intake. The students were asked to write report on possible modification required for frequent traveler and working persons.

The excursion provided an excellent opportunity for team work, exploration, experience rich heritage and also dietary survey of a specific population.

WALL MAGAZINE

The department published a wall magazine on 27-09-2019 named ‘’ annyorong’’ . The name tried to bring a collation of two different words ‘অন্ন’ and ‘অন্য’ which sound similar in Bengali. One word means rice or staple food another word means different. The name tried to signify the theme ‘how food colour can communicate about nutrient’. The magazine showcased different coloured food and made a note of their nutritional benefit. The magazine was well appreciated by college administration and students of various departments. The students ability to portray the food like colour palate made an interesting nutrition education tool.

ONE –DAY DEPARTMENTAL SEMINAR

Date- 16/03/19

Mode- Offline

No. of participants- 51

Speaker- Arnab Chatterjee, Asst. Prof, Dept. of Food & Nutrition, Asansol Girls' College

and Madhumita Roy, Senior Research Fellow, SAI, Salt Lake campus

Theme- application and implications of nutrition and its policy in daily life

Outcome- The seminar focused on importance of nutrition in maintaining healthy life balance. The seminar was presented in interactive way. The students were encouraged to discuss many doubts with the guest faculties. They also presented healthy recipes to the guest speaker for evaluation.

Brief Report-

A one- day departmental seminar was organized by dept of food and nutrition. The seminar had two sections: - talk by invited speakers and students cooking exhibition.

The day was started by introductory address by our college principal Dr. Arabinda Ghosh. After the introduction the students showcased their healthy cooking for various diseases. The theme of the exhibition was low-fat low-calorie diet. The students prepared various salad, soups, and steamed food options. They also presented benefits and uses of such food products to the speakers.

Following the exhibition, the next part of the seminar was conducted in smart classroom. The presentation included audiovisual lecture method and interactive sessions. Arnab Chatterjee discussed in depth how biochemistry and physiology is interlinked with everyday's health and nutrition. His discussion encouraged to students to share their daily diet and attempted to understand their impact on health and wellbeing. Madhurima Roy shared her experience of working with national level athletes and their dietary need. Many of our students are actively involved in exercise and sports. The session helped them to get better understanding of managing diet and hydration for sports and physical activity.

The seminar was successful in terms of engagement, participation and interaction. The seminar also brought more enthusiastic performance in subject understanding. The department hopes to conduct such activities in future for students benefit.






Webinar organized by Dept of Food & Nutrition

Date & Time: - 9/6/2021, 4.00Pm

Mode: - Online

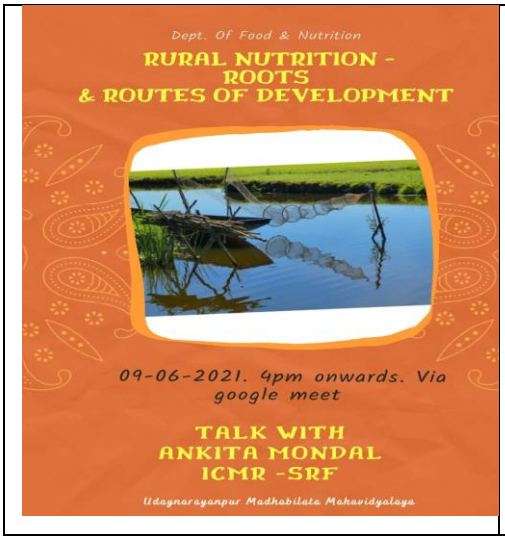
No. of participants:- 41

Speaker- Ankita Mondal, SRF, ICMR

Theme- Rural nutrition- Roots and Routes of development

Outcome- The seminar discussed Usage of solar enabled food drier in Bangladesh to improve nutrition diversity among rural women. The topic was relevant to the rural demographic condition of students of our college and generated useful discussion among the speaker and students.

BRIEF REPORT :- During the lockdown period we all shared education via online mode. It prohibited from necessary practical classes and field activities. But digital story sharing is also another way to engage students in the field beyond the text book. For this purpose the department invited a scholar whose work involved travelling in various localities to bring better nutrition. Nutrition diversity is still a major concern for women's health in India and developing countries. Women's often found themselves in deficient condition esp during seasons when fresh vegetables and fruits are not available. Our students mostly belong from rural areas where purchase capacity and nutrients diversity is a major concern. The speaker Ankita Mondal, a senior research fellow of Indian council of medical research explained how she conducted interviews and focus group to find dietary habits of rural women of Bangladesh. She also showed how use of solar drying technique can bring more sustainable nutrition for villages. The session was unique but resourceful to give a more practical and applicable ways to tackle malnutrition. The session ended with vote of thanks and wishes for sharing of many such experiences in future.



<u>One Day Departmental Seminar by Food & Nutrition in Collaboration With Dept. of Physical Education</u>

Date- 22-09-2022

Mode- Offline

No. of participants- 65

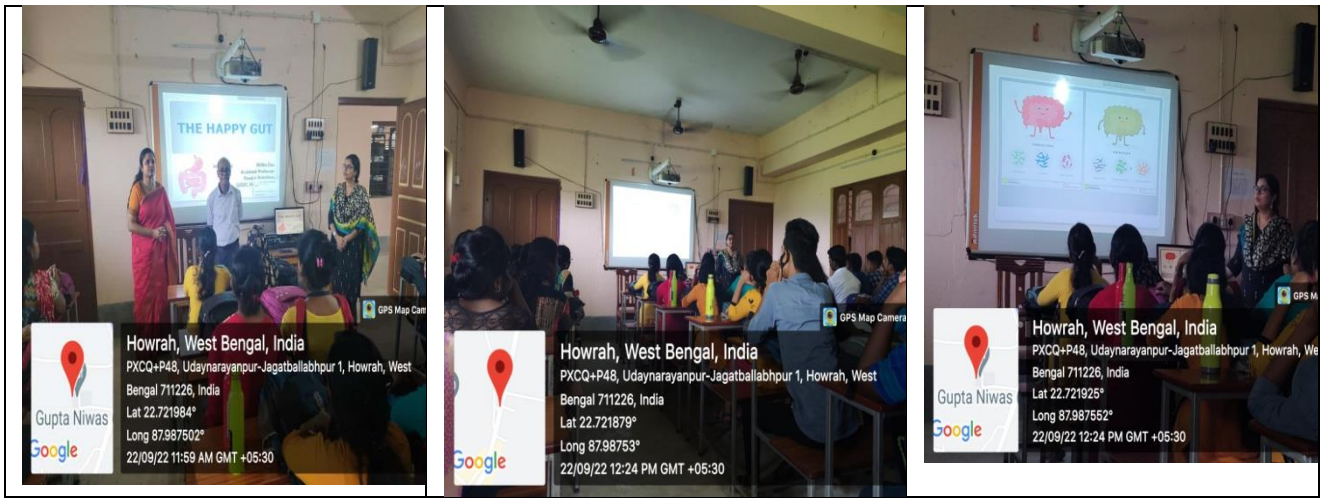
Speaker- Nilita Das, Assistant Professor, Narayangarh Govt. Degree college

Theme- The happy gut

Outcome- The lecture focused on importance of gut health and maintenance of gut health with daily traditional diet. The issue generated discussion over local food and their role in gut health.

BRIEF REPORT- The dept of food and nutrition in collaboration with dept of physical education conducted an intra departmental seminar. The seminar was initiated by welcome address by the principal of the college. The invited speaker Nilita Das is working as an Assistant Professor of food and nutrition in Government Narayangarh College. She conducted a session on the happy gut. The nutrition science has proved gut is the most important organ of human body to provide health, immunity and happiness. She took example of many of our traditional food items like curd, pantabhat, etc to showcase how they behave when consumed. The consumption of such products is linked with good bacteria in gut. The session included lots of examples and interaction and discussion regarding traditional diet among speaker and the students. The session created a spark among students to learn more about daily diet and it's impact on health.

The program ended with vote of thanks by Silpa Saha, faculty of dept of physical education.



ONE –DAY DEPARTMENTAL SEMINAR

Date- 15-06-2023

Mode- Offline

No. of participants- 47

Speaker- Mayukhmala Guha, Ex- State Program Manager, State Resource Center of Nutrition, West Bengal

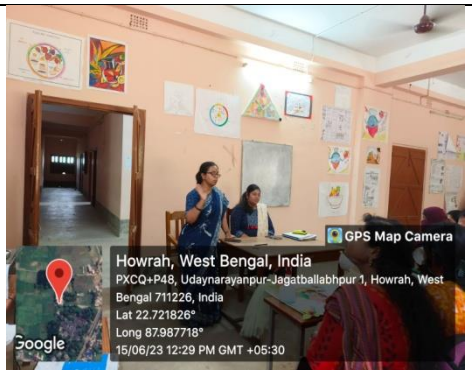
Theme- ‘’Navigating through NGO jobs - Learning from the leaders’’

Outcome- This programme was need of hour to encourage student to learn about applicability of nutrition in job market. The endless interaction even after the session and follow-up is a boost for the dept to conduct many such programs in future.

BRIEF REPORT- A program to find opportunities right after graduation was conducted. The course curriculum gives specific skills regarding surveys, dietary calculation, health surveys and understanding of community programs like Mid Day meal, ICDS etc. These skills are suitable for jobs in non-government organization who works on health and education for under privileged population. To match the need of the session, the department invited Mayukhmal Guha who has worked with very top NGOs of India and govt programs to reach underprivileged population. The program was formally introduced by Dr. Sreemoyee Banerjee, IQAC coordinator She has worked with *cini*, *sneha* and has worked with nutrition rehabilitation centre of west Bengal. Later she rose to the roll of program manager of unicef state centre in west Bengal. The vast experience was shared with our students to give them a perspective of how ngos work in real field. She explained variety roll available in NGOs and how big the job market is. She also gave an idea about the pay scale. She discussed in length about how to search and apply for these jobs. The discussion included skills and techniques required to face the interview. The explosions of doubts and questions end of the session validate need and success of the session.

The session was divided in two parts. In the second part the speaker was invited to attend the exhibition by students. Students exhibited their poster and drawings made for national nutrition Month. The speaker checked each poster and commented on the rights and wrongs of each poster. She matched the posters suitability with her experience in field counseling session. She a identified few posters as outstanding and suggested for proper display in the classroom for coming year students. The students found this experience cerebral and encouraging.

The program ended with vote of thanks by Head of The dept.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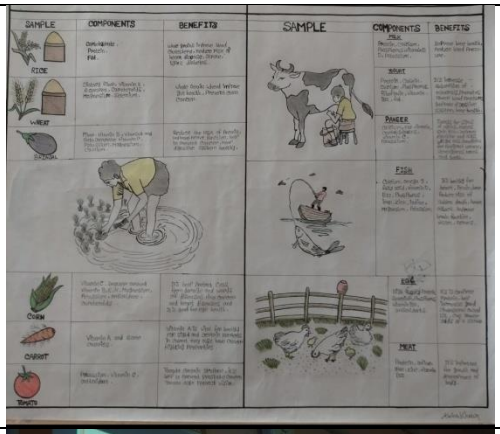
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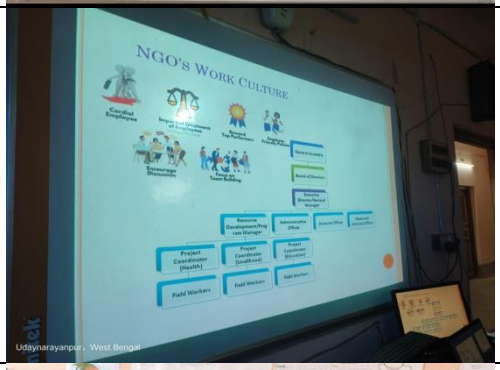
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ONLINE LECTURE SERIES

Date- 28-12-2023

Mode- online

No. of Participants- 141

Invited Speaker – Anindita Phani, M.Sc Student, Sister Nivedita University

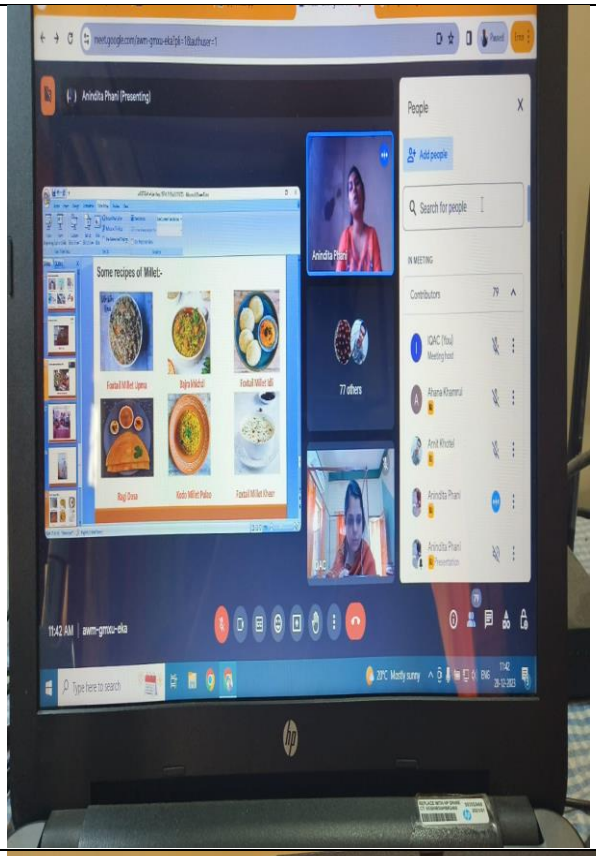
Theme- E- dialogue among students to brainstorm ideas to promote millet in Bengali diet

Outcome- The programme was designed in context of International year of millet. Traditionally Bengali diet lack millet as a food group. The programme generated awareness and curiosity among students to incorporate millet in variety form.

Brief Report- The global food system is facing challenges to meet demand and balance sustainability. Many of the popular staple cereal productions require huge amount of water, fertilizer, and land. The growing population and hidden hunger can be addressed by using millet as one of the cereal. Millet production requires lesser water and fertilizer. Millet also contains higher amount of micronutrient which can provide more balanced meal. The programme was initiated by welcome address by the Principal, Dr. Arabinda Ghosh. The session was mediated by Dr. Snehasree Saha. The session was interactive in nature. The speaker initiated the lecture with an explanation of food group and role of staples in our diet. The speaker shared training experience of millet preparation from her university. She showed the picture and shared the process of including millet in daily known food item. This helped to initiate lots of enquiries from students. Among the audience no one has ever tasted millet. Thus, the anticipation towards the food items was high. The session also attempted to display images of all varieties of millet across the country for identification purpose. The session also attempted to provide a linkage between common nutritional deficiencies among rural bengal and nutreint content of millet which can help to eradicate such deficiencies. The session was departmental effort to contribute in the global attempt to create awareness on millet consumption to reduce metabolic disorder and burden on environment due to crop production.

The session ended with a note for necessity to conduct offline workshop for millet preparation and sensory evaluation.


UDAYNARAYANPUR MADHABILATA MAHAVIDYALAYA
International Year of Millet, 2023
E-DIALOGUE AMONG STUDENTS TO BRAINSTORM IDEAS TO PROMOTE MILLET IN BENGALI DIET
OUR PLATFORM
Google meet - https://meet.google.com/awm-gmxu-eka
SPEAKER
Name : Anindita Phani
Msc Student,
Applied Nutrition and DieteticsSister Nivedita University, Newtown .
WHO CAN ATTEND
All faculties of our college and students of Nutrition dept.
MEETING ON
Promotion and possibilities of Millet inclusion in our diet
ON 28TH DECEMBER,2023.
11 AM ONWARDS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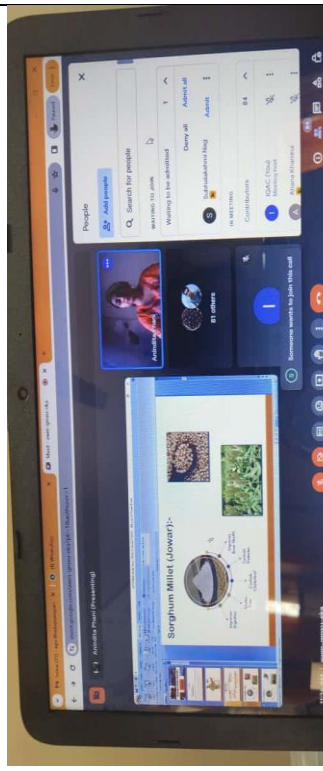
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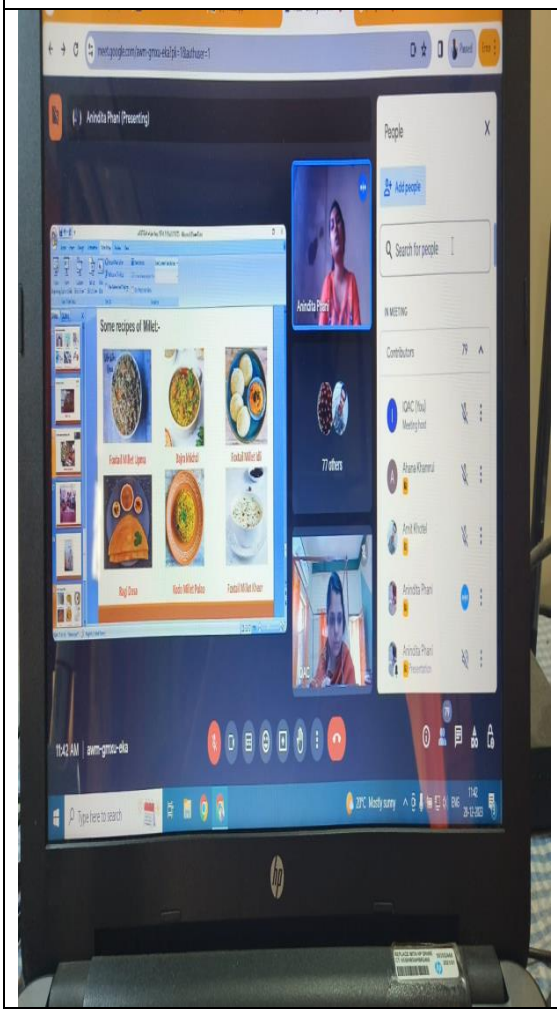
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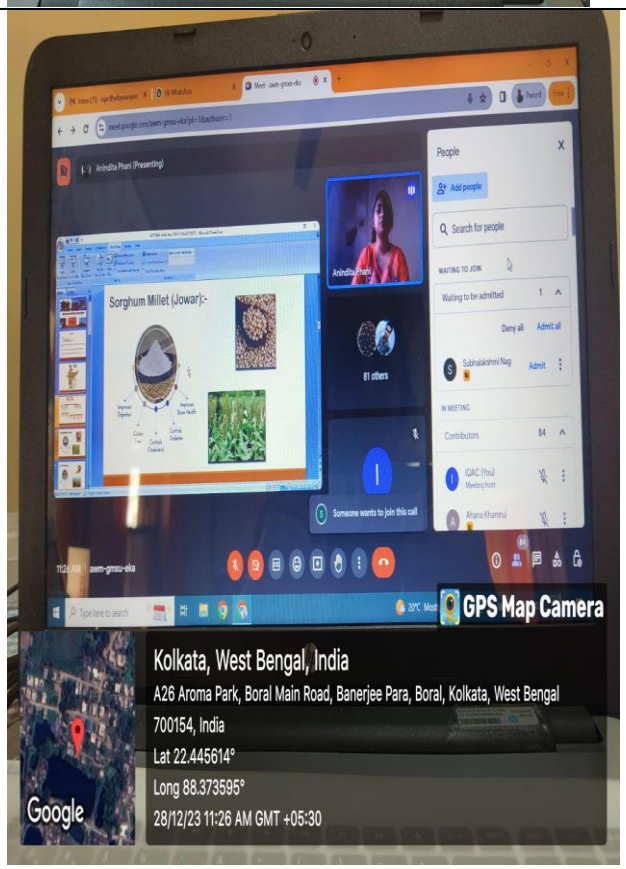
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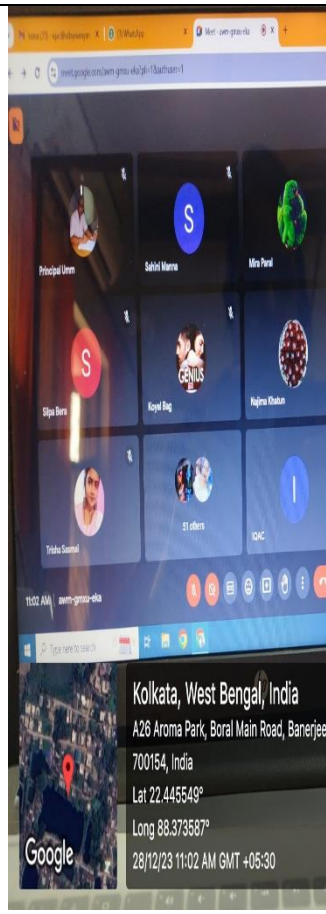
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Date- 21-01-2024

Mode- online

No. of Participants- 54

Invited Speaker – Arpita Banerjee, Assistant Professor, Dept. of Food & Nutrition, Sister Nivedita University

Theme- তরল ও তন্তু [Fluid and Fibre] – An Extended Lecture

Outcome- The session was conducted as a part of extended lecture for B.A./B.Sc. 1st semester for CCF and IDC course. The syllabus of this semester contains understanding of nutrient in daily diet and planning of diet for Indian population. The session included thorough discussion and Q & A session for preparation of examination.

Brief Report- This session was designed to provide opportunity for through discussion and check preparedness with an external faculty. Arpita Banerjee, Assistant Professor graciously accepted the invitation to address students of dept. of Food & Nutrition, UMM from both CCF and IDC course. After formal introduction by departmental faculty, the session went ahead with an hour-long presentation on source, importance, function, disease and health link of both fibre and fluid in Human Health. The power-point presentation included an impromptu question answer session. At the end of the session there was a dedicated Q & A session on the topic. Each student took turn to answer questions on live session.

The session helped students to gain confidence and recapitulate the syllabus. The lecture also provided a new angle to the syllabus. The session ended with a vote of thanks by head of the dept.


Arpita Banerjee (Presenting)
তরল ও তন্তু
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Interactive session on Nutrition
তরল ও তন্তু
BY ARPITA BANERJEE, ASSISTANT PROFESSOR,
SISTER NIVEDITA UNIVERSITY
ON 21-01-2024
Starts at 10.30 am / via
Google meet
https://meet.google.com/it
h-scej-odu
ORGANIZED BY
DEPT OF FOOD & NUTRITION, UDAYNARAYANPUR
MADHABILATA MAHAVIDYALAYA

Food Art Exhibition

Date- 21/02/2024

Theme- No-Cooked Food Art

An event was conducted by students of multi-disciplinary course who took Food & Nutrition as IDC (Inter- Disciplinary Course). The event was conducted on the college premises. The theme was designed to create awareness on fresh and minimally processed food consumption. The context of life-style disease shows alarming picture of high consumption of processed food. The barrier to consume fresh fruits and vegetables is often perceived. Generally people consider minimally processed foods to be of less variety and taste and less affordable. Even in rural areas adolescents and youngster are shifting away from fresh fruits and vegetables. The event used fresh fruits and vegetables along with nuts and cereals to shohwcase fast but healthy alternative. Around students participated in the event. Each showcased a different design like national flag , map of our country to variety flowers and dolls. They also prepared easy to make sweet and savory items. The programmes were highly praised by the college Principal and all faculty members and students of other departments.


Food Art Exhibition
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Edited Book from Department :-

Saha S (Edt)- *Nutrigram – Creative Communication of Nutrition* Published By Udaynarayanpur Madhabilata Mahavidyalaya . ISBN- 978-81-954644-0-1.