

ANNUAL REPORT OF THE DEPARTMENT OF FOODS, NUTRITION AND DIETETICS

YEAR – 2022-23

NAME OF THE DEPARTMENT: Foods, Nutrition and Dietetics

NUMBER OF FULL TIME PERMANENT TEACHERS: 05

- ❖ Mrs. Vibha Hasija: HOD, Assistant Professor
- ❖ Ms. Jacqueline Colaco: Associate Professor
- ❖ Ms. Fatima Kader: Assistant Professor (Ms. Fatima Kader on maternity leave till December and extended till January)
- ❖ Dr. Sheetal Joshi: Assistant Professor
- ❖ Dr. Minelly Rodrigues: Assistant Professor

FULL TIME ON MANAGEMENT POST:

Ms. Shalmalee Potdar - From July 2022- December 2023

FULL TIME POSTS IN SELF FINANCED SECTION - (03) (

Dr. Yasmina Avari - Director of Self Financed Courses)

- Dr. Beryl Nithya : Co ordinator of Self Financed Courses
- Dr. Tasneem Ravat
- Ms. Simran K

JRF - 01 (6 hours)

- Ms. Ayesha Kherani

CHB appointed at various periods of the year: 12

- Ms. Arwa
- Ujjainwala
- Ms. Aarti Jain
- Ms. Kasturi Deorukhkar
- Ms.Megha Jain
- Mr. Shubhankar Wadke
- Ms. Ruchi Jhakmola
- Ms. Priyal Gala
- Ms. Girija Damle
- Ms. Fizza Shaikh
- Ms. Raashi Billimoria
- Ms. Farida Gohil
- Ms. Megha Tiwatia

Visiting Faculty for MSc FND -03

- Ms. Apurva Surve
- Dr. Subhadra Mandalika
- Dr. Priya Sundarajan

NUMBER OF STUDENTS:

T.Y.BSc - 50

M.Sc. FND Part I - 12

MSc FND Part II - 12

M.Sc. FPP Part I - 23

MSc FPP Part II - 21

M.Sc. SN Part I - 17

MSc SN Part II - 21

P G Diploma - 20

PhD –

Value added course: (Nutrition for Exercise and Fitness - 40 students)

DEPARTMENTAL ACTIVITIES:

1. Admissions:

The TYBSc admissions were completed in the Month of June and the MSc admissions were completed in July.

Total MSc applications – 238

The entrance test was conducted in an online mode in premises of college with proctoring done. This was conducted with Onfees as our Tech partner. All teachers of the department both aided and self-financed were involved in this process.

Brochures were made and circulated for improving applications for Self-Financed courses.

Multiple levels of entrance tests were held for FPP and SN courses.

Sports Nutrition seats were not fulfilled and this needs to be addressed

2. World Breastfeeding Week Activities:

- World Breastfeeding Week celebration, “Step up in Support of Breastfeeding” was organized in the form of a workshop. Dr. Taru Jindal spoke on “Breastfeeding – Impact on Survival and prevention of NCDs”; Dr. Pooja Singhania imparted knowledge about “Techniques for effective Breastfeeding” and Ms. Shilpi Malhotra spoke about “Breastfeeding in sickness and health”.

Date: 4th Sept 2022

Venue : Marie Adelaide de Cice Hall

Staff Involved : Ms. Vibha Hasija, Ms. Sheetal Joshi, Dr. Minelly Rodrigues, Dr. Beryl Nithy

Students beneficiaries - TYBSc (FND) , MSc (FND, SN, FPP)

Collaborations: Nourish 1000 Days

Funds Received: Rs. 10,000 as sponsorship from Crimson Biocare for a stall and standee at the event.

- ### 3. Nutrition Month Activities:
- There were two major events organized to commemorate the National Nutrition Month

A. Prerna – Rise Inspired

Perna – Rise Inspired is the signature programme of the Department where every year an illustrious experienced alumna is felicitated with a Scroll of Honour and an oration in her name.

This year Ms. Ana Sinha – Recipe Formulation and Innovation Head, Nestle India was felicitated.

She shared her journey and nuggets of wisdom to our current students and alumnae and stunned the audience with the revelation as being the creator of legendary brand Maggie Masala Mix

This event was followed by a Panel Discussion on the theme in collaboration with Indian Dietetic Association, Mumbai Chapter, in commemoration of the National Nutrition Month. This event culminated with the award ceremony of the Research awards – Utkarsh, Gyan Rachna and Nirmal Seva. The funds used were from ALOK – a student and staff development fund instituted by the Indian Dietetic Association.

Day and Date: 26th September, 2022 **Time:** 2:00 pm - 4:30 pm

Venue: Marie Adelaide de Cice Hall, College of Home Science Nirmala Niketan

Organising Staff Team: All teachers from the department participated in organizing the event.

Organizing Student Team: Students of M.Sc. FPP, SN and PG Diploma

Programme:

- Inauguration and lightning of lamp and welcome address:

Dr Anuradha Bakshi -in charge Principal

Ms. Vibha Hasija- HOD

- Felicitation of our illustrious alumna with scroll of honor:

Ms. Ana Sinha- Recipe formulation and innovative head, Nestle, India

- Keynote address: Ms. Ana Sinha

- Message from: Ms. Zamurrud Patel- Convenor, IDA Mumbai Chapter

- **Panel Discussion titled – From Theme to Thought to Action** - on the themes of the National Nutrition Month. The topics deliberated were – Poshan Panchayat, Gender Sensitivity and inclusivity in Clinical Dietetics, Pediatric and Sports Nutrition, Food Product Development using Traditional Foods
Panelists –

Moderator: Dr. Anuradha Mitra, Senior Nutritionist and Ex HOD of Foods, Nutrition and Dietetics

- Ms. Sheetal Joshi- Assistant Professor, College of Home Science Nirmala Niketan

- Ms. Jayshree Paranjpe- Senior dietician, BYL Nair hospital

- Ms. Naaznin Husein- Founder: Freedom Wellness

- Ms. Tirtha Shah- Product Developer, Founder and Director: Trito foods Pvt Ltd

- Award Ceremony

1. Nirmal Seva Puraskar

2. IDA Utkarsh Awards

3. IDA Gyan Rachna Awards

4. Nutrikhoj Research Awards

B. . A Nutrition Workshop, Live Recipe Demonstration and Intercollegiate Recipe Competition in collaboration with California Walnuts Commission and IQAC, Department of Foods, Nutrition and Dietetics, Institution's Innovation Cell and the Women's Development Cell of the College of Home Science Nirmala Niketan.

This included a workshop session with the following topics - A brief history of the company by Ms. Pamela Gravier, Senior Marketing Director, California Walnuts Commission and Board and a talk on -

Walnuts an excellent source of Plant based omega 3 by Ms. Naaznin Husein – Founder of Freedom Wellness.

This was followed by a live recipe demonstration by Chef Nehal Karkera and the prize distribution of the winners of the Intercollegiate recipe contest.

Day and Date: Thursday, 29th September, 2022 **Time:** 11am -1pm

Organized by California Walnuts Commission, Foods, Nutrition and Dietetics department, Institution's Innovation Council and Women's Development Cell.

Collaborators (if any): California Walnuts Commission,

Venue: The workshop was held in Marie Adelaide de Cice Hall and the display of recipes in the Common Room, both of the College of Home Science Nirmala Niketan.

Platform used: The competition was Offline, but the recipe had to be uploaded on the participants' social media platforms and tag @CaliforniaWalnutsIndia and @chsc.nn

Lead Organising Faculty Members: Ms. Jacqueline Colaco, Dr. Beryl Nithya. All teachers of the Department played roles in the organizing of this event.

Student Organising Team: MSc 1 FND and PG Diploma students.

Programme:

10:30- 10:50 am: Registration and display of the recipes by the participants

11:00 - 11:45 am: Judging of the recipes.

1:00 pm: Felicitation of the prize winners.

Judges -

-Mrs.Vibhuti Khedekar (Assistant Professor, Department of Textile and Fashion Technology)

-Mrs.Sunita Jaiswal (Associate Professor, Department of Community Resource Management)

-Mr.Nehal Karkera (Professional Chef)

Funds generated: The expenses were borne by California Walnuts Commission and the College received Rs. 25,000 as charges for the venue and the administrative cost.

4. Research Awards Presentation

Every year the Department confers various awards to deserving students based on the research done at the TY or MSc level. There are three awards that are presented.

UTKARSH AWARD: This award is sponsored by the Indian Dietetic Association , Mumbai Chapter for Excellence in Research in Foods, Nutrition and Dietetics. Thirteen students participated for the Utkarsh Awards showcasing the research activities conducted by them. Since awards for 2019-2020, 2020- 2021, 2021-2022 were distributed together as the Prize distribution could not be conducted because of the Pandemic. 16 participants had participated for the Utkarsha Awards. The Awards were distributed at the Prerna - Rise Inspired event conducted on 26th Sep 2022.

The winners of the Utkarsha Awards were as follows,

Utkarsha Awards (2019-20)

1st Prize - Nikita Kanchan MSc 2 FPP
2nd Prize - Geeta Premani MSc 2 FND
3rd Prize - Mubasshira Mazhar MSc 2 FPP
3rd Prize - Arshiya Kadri MSc 2 FND

Utkarsha Awards (2020-21, 2021-22))

1st Prize - Sakina Tabha MSc 2 FND
2nd Prize - Salma Khokhar MSc 2 FND
3rd Prize - Pushpa Pal MSc 2 FND

NIRMAL SEVA PURASKAR - The Nirmal Seva Puraskar was instituted by the Department for the research project with the greatest impact on the community. The Awards were distributed at the Perna - Rise Inspired event conducted on 26th Seva Puraskar were as follows,

Nirmal Seva Puraskar (2019-20, 2021-22)

1st Prize - Arshiya Kadri
2nd Prize - Charmaine Dunn
2nd Prize - Olivia Crasto (2019-20)
3rd Prize - Briana Rodrigues

GYAN RACHNA- The IDA Mumbai Chapter Award for Generation of Creative Edutainment and Infotainment Resources in Foods, Nutrition and Dietetics for students of T.Y.B.Sc. Home Science (Foods, Nutrition and Dietetics).

Prizes for Gyan Rachana 2019-2020, 2020-2021 and 2021-2022 were awarded to students during Perna-Rise Inspired event held on 26th September 2022.

Gyan Rachana Winners(2019-2020)

1st Prize- Mitali Savla
2nd Prize- Gargi Shah
3rd Prize- Gautami Avalur

Gyan Rachana Winners(2020-2021)

1st Prize- Uneza Fakhi
2nd Prize- Vidula Karhadkar
3rd Prize- Sarah Vazir Ali Kalinawala

Gyan Rachana Winners(2021-2022)

1st Prize- Khadija Mohammed Ali
2nd Prize- Radhika Mishra
3rd Prize- Aashna Mehta

Gyan Rachana 2022-2023

The year 2023 has been declared by the United Nations as the International Year of the Millets. With this in view, a competition was planned to generate awareness about commonly consumed millets in our country. Participants were asked to make a model on either Nutritional Importance of Millets or Health

Benefits of Millets. The winners of this competition will be announced during the Prerna- Rise Inspired event in the academic year 2023-2024.

5. Faculty Development Seminar:

Statistical Analysis of Data in Research: The Department of Foods, Nutrition and Dietetics conducted a successful SPSS training program for faculty development, enhancing participants' data analysis skills and fostering a research-oriented mindset. The comprehensive curriculum, hands-on training, and expert facilitator contributed to its success. Faculty members expressed increased confidence in using SPSS for research and academic purposes. Building on this achievement, the Department plans to offer more faculty development programs to strengthen expertise in research methodologies and data analytics, aligning with its commitment to academic excellence.

Resource Person Invited: Dr. Neha Joshi

Date organized: 10th & 11th October 2022

Time: 2:30 pm to 5:00 pm

Venue: Cyber Café, 3rd Floor

Beneficiaries: (8)

- Mrs Vibha Hasija: HOD, Assistant Professor
- Ms Jacqueline Colaco: Associate Professor
- Mrs Sheetal Joshi: Assistant Professor
- Dr. Minelly Rodrigues: Assistant Professor
- Dr. Yasmina Avari: Director of Self-Financed Program
- Dr. Beryl Nithya: Co ordinator of Self Financed Courses
- Dr. Tasneem Ravat
- Ms. Simran K

6. Student Development Activities:

- A. Bridge Course: The College of Home Science, Nirmala Niketan conducted the Bridge course that aimed to enrich the knowledge and skills and to bridge the gap in students' understanding of their students in the fields of Basic Nutrition and Food Science, as well as Basic Meal Planning. It was a vital educational opportunity for those seeking to deepen their knowledge in these crucial domains. The blend of online and offline sessions, experienced instructors, comprehensive topics, and diverse assessment methods contributed to a holistic learning journey. The evaluation was done by submitting assignments and an examination towards the end of the course.

Resource People Invited:

Ms. Arti Kokane

Ms. Michelle Britto

Ms. Shalmalee Potdar

Ms. Arwa Ujjainwala

Ms. Gayatri Sabarad

Coordinator: Dr. Tasneem Ravat

Commenced from and Ended: 26 August 2022 to November 2022

Teaching Mode: Blended

Beneficiaries: Total Number: 44

MSc Foods, Nutrition and Dietetics, MSc. Food, Processing and Preservation, MSc Sports Nutrition, PG Diploma in Foods, Nutrition and Dietetics for a fee of Rs. 5000 per student.

B. Value Added Courses:

Nutrition and Exercise for Fitness: The Value-Added Certificate Course affiliated to University of Mumbai in Nutrition for Exercise and Fitness is being conducted by the Department of Foods, Nutrition and Dietetics. This is one of a kind course for anyone who would like to hone their knowledge and skills in the field of nutrition for fitness. The integration of value-added courses focuses on leveraging the aptitude and pioneering capabilities of the budding professionals to meet the needs of the contemporary dynamic business environment thus making the student more confident in the industry. The evaluation was done by submitting a project and an examination towards the end of the course.

Resource People Invited:

Ms. Kraney Shah,

Ms. Niti Dhulla,

Ms. Farida Gohil,

Mr. Nikhil Palani and

Mr. Tejas Rajaputhran

Coordinator: Dr. Beryl Nithya

Commenced from and Ended: February 2023 – June 2023

Teaching Mode: Blended

Beneficiaries: Total Number: 44

TY Foods, Nutrition and Dietetics, PG Diploma in Foods, Nutrition and Dietetics

C. Lecture Series:

a. Introduction to Physiology

The Department organized an online lecture series of 15 hours on Physiology for the benefit of the students of TYBSc (Foods, Nutrition and Dietetics) and MSc II (Foods, Nutrition and Dietetics). The lecture series was conducted by Dr. Silloo Patel. After completion students gave an online test. It was coordinated by Ms. Sheetal Joshi.

b. Research Methods and Statistics

A lecture series in Research Methods and Statistics was organized for students of T.Y.B.Sc. Home Science (Foods, Nutrition and Dietetics). It comprised 15 sessions and

was conducted by Prof. Subhadra Mandalika, Ms. Girija Damle and Ms. Kinjal Maru. A test was conducted upon the completion of the course and certificates were awarded- 9th December 2022 to 24th Jan 2023 (Coordinated by Dr. Minelly Rodrigues).

- c. A Continued Nutrition Education (CNE) was organized in collaboration with ASNFS (Association of Sports Nutritionists and Fitness Scientists) on 18th March 2023. The topics covered were “Understanding the psychology of endurance athletes, Nutritional guidelines and challenges in ultra endurance events, Assessment before participating in endurance events and Fat/Weight loss supplements in combat athletes. Renowned professionals from the field of Sports and Nutrition were the guest speakers for the same. The Speakers were Ms. Amruta Karkhanis, Ms. Apurva Surve, Ms. Gauri Murthy, Ms. Tvisha Parikh and Dr. Karen Cherian.

Beneficiaries: All students of MSc Sports Nutrition from College of Home Science and MSc of other colleges offering subjects of sports nutrition.students

D. Training in Microbiological Techniques: A series of practical training sessions on Microbiological techniques was organized for the students of MSc. II FPP by the college in order to demonstrate basic techniques required for microbiology experiments. This session helped the students gain basic information which helped them get direction to work on microbiology experiments for their dissertation. These sessions enhanced students' practical laboratory skills, bridged the gap between theory and application and helped students gain some hands-on experience on the practical work which would help the students work better with their thesis. The sessions exposed the students to techniques preparing them for future research and industry demands. For those pursuing microbiology careers, this workshop provided essential foundational knowledge and skill development. Since the gas pipes of the laboratory were worn out, new gas pipelines were installed which enabled the students to perform microbiology work efficiently. **This was funded from the previously generated Student Development Fund.**

Session 1:

Resource People Invited: Dr. Priya Sundarajan

Teacher In-charge: Dr. Tasneem Ravat

Date and Time: 17th November 2022: 9:00 am to 1:00 pm

Beneficiaries: Total Number: 20; MSc Food Processing and Preservation

Session 2:

Resource People Invited: Dr. Shruti Samant

Teacher In-charge: Dr. Tasneem Ravat

Date and Time:

16 & 19 December 2022: 12:30 pm to 4:00 pm

4 January to 7 January: 2:00 pm to 5:30 pm

Teaching Mode: Offline

Beneficiaries: Total Number: 20; MSc Food Processing and Preservation

E. Training in Anthropometrical, Fitness and Body Composition Analysis of Navy Personnel:

Ms. Naaznin Husein, Nutrition Advisor -INS HAMPLA (Joint Services Training Institute) approached the College to have a Fitness Booth Camp conducted for 1000 plus Naval Staff Officers, Sailors, and Trainees at INS HAMPLA, A Naval Base located at Marve, Malad West, Mumbai by the PG students. The assessment included Body Impedance Analysis test on IN BODY machine and testing Fitness Parameters.

Students Involved: MSc Sports Nutrition and PG Diploma in Dietetics and Applied Nutrition (35)

Dates of the booth camp: 18th July 2022 to 29th July 2022

Project JEET: To enable students obtain the expertise to conduct an Action Research Project in the area of Football, Project JEET was initiated. This consisted of two parts – The first to conduct a lecture series on Optimum Nutrition for Footballers. The syllabus was developed for this in collaboration with our Alumna Ms. Romaisa Khan. Students were evaluated on a continuous basis and at the end of the lecture series. For the second part of the project, 15 of the best performing students were selected to conduct an Action Research Group Project for their thesis. This was conducted in collaboration with Kenkre Football Academy. The students were placed in charge of the players and they conducted assessments and educational programmes. The lecture series of the course Jeet was very interesting and educative for the students. They could learn more information and practical knowledge on nutrition for football players, The students did excel in the qualifying examination. One challenge experienced was that the contact point with the [players were erratic and so data collection took a long time.

F. Nutrikhoj 2021-2022

A research competition ‘Nutrikhoj’ was conceptualized by the Department of Foods, Nutrition and Dietetics for students to showcase research conducted at undergraduate level. It was held for the very first time in the academic year 2021-2022. All the students of T.Y.B.Sc. Home Science: Foods, Nutrition and Dietetics totaling 50 in number participated in Nutrikhoj. 10 groups were formed comprising of 5 students each and a faculty member from the department was randomly allotted as a guide for each group.

A mini research project/ study was conducted by the students during the academic year and findings of the study were presented at Nutrikhoj research competition held on 23rd April, 2022 in physical mode. The prizes were awarded during the Prerna-Rise Inspired Event held on 26th September 2022.

WINNERS OF NUTRIKHOJ 2021-2022

Name of Student	Study Title	Guide's Name	Prize
Sarrah Dohadwala	Gut Stories	Ms. Vibha Hasija	FIRST PRIZE
Vidhi Gala			
Zainab Hinglawala			
Sumaya Kadge			

Vidhi Karia			
Khadija Ali	Fibre Bomb	Dr. Tasneem Ravat	SECOND PRIZE
Shareena D'Silva			
Nirali Gala			
Enola Gonsalves			
Shreya Tamse			
Sneha Nair	Changes in Snacking Behaviour during Online Classes among College Students	Ms. Jacqueline Colaco	THIRD PRIZE
Maryam Patrawala			
Dipti Shah			
Azra Shaikh			
Fiza Shaikh			

The competition was coordinated by Dr. Minelly Rodrigues from the Department of Foods, Nutrition and Dietetics.

Nutrikhoj 2022-2023

A research competition ‘Nutrikhoj’ was conducted by the Department of Foods, Nutrition and Dietetics for students of T.Y.B.Sc. Home Science: Foods, Nutrition and Dietetics. The students were asked to submit a research proposal on a topic of choice from the field of foods, nutrition and dietetics. The winners of this competition will be announced during the Perna- Rise Inspired event in the academic year 2023-2024.

2. Anubhav – Internship presentation
3. Inputs into Research Methods and Statistics for MSc 2 Students: Session on Research Methodology- Tools of Data Collection for students of M.Sc. II Home Science. Resource person- Prof. Subhadra Mandalika (11:00am to 01:00pm- 23rd September, 2022).
4. Ms. Kinjal Maru conducted two sessions on SPSS in
5. Internship Placements

7. Collaborative Events:

A. Collaboration with recipients of the Davis Peace Project from the University of Reed UK.:

The Department collaborated with Ms. Anoushka Goenka and Mr. Eshan Tatthe from Reed University, Portland, USA. The project was divided into three parts. The first part entails conducting an in-person survey of the households in Dharavi to acquire concrete information on household income and spending on food and other goods, and provision of subsidies and other ration by the government.. The second part involves market research for costs of common goods, which will aid in meal planning. The final

part includes working with nutritionists to come up with videos and recipes to maximize nutrient intake and to provide nutrition education

The students of TYFND were involved with this project. They formulated low cost, nutrient rich recipes using locally available ingredients. The students submitted the recipes to the teachers Dr. Sheetal Joshi and Ms. Shalmalee Potdar. A joint report was sent by the coordinating staff.

Date: 15th - 20th July 2022

Venue : Classroom activity

Staff Involved : Ms. Vibha Hasija, Ms. Sheetal Joshi, Ms. Shalmalee Podar

Students involved and attended - TYBSc (FND)

Collaborations: The Poshan Project (Ms. Anushka Goenka, Mr. Eeshan Thatte)

B. Collaboration with Indian Institute of Technology Bombay: IIT Collaboration

Collaborating Organization: Indian Institute of Technology Bombay

Principal Investigator: Prof. Sanjay Mahajani, a faculty at the Indian Institute of Technology Bombay

Project title: 'Research and Development in Jaggery Process and Product Development.'

Details: A study was conducted on "Open-label, Non-Randomized Actively-Controlled Trial, Comparative Study between market procured sugarcane jaggery (non-centrifugal sugar) and table sugar (centrifugal sugar) to determine the glycemic index (GI) clinically," The scientific literature lacked evidence-based data towards estimation of GI of sugarcane jaggery. Therefore, the proposed study monitored the changes in blood glucose levels as a function of the time period after orally administering jaggery/sugar/glucose to human participants. To conduct the proposed study, students from P.G. Diploma were selected who were involved in the following activities:

- Collecting 48-hr dietary recall information from all the participants.
- Collecting Anthropometry information from all participants; this includes measurement of waist-to-hip ratio, height, weight, and body composition analysis.
- Data entry.

Study Period: Starting 1st week of Feb 2023(2 months or till the completion of the data collection, whichever is earlier)

Time Duration: 9 am - 2 pm (6 hours/day)

Days: Monday to Saturday

Target Group: PG Diploma in Dietetics and Applied Nutrition students (20)

C. Paushticon Conference (Theme- Ensuring Sustainability in Food and Nutrition)

Dates: 27th and 28th January, 2023

Organised by Nutrition Society of India (NSI), Mumbai Chapter in collaboration with College of Home Science, Nirmala Niketan, Mumbai MGM, School of Biomedical Sciences, MGMIHS, Navi Mumbai Lifeness Science Institute, Mumbai.

The department staff was actively involved in the organization of this e-conference. This was attended by MSc students. Students also presented their research work in the poster category.

D. TANTRA 2.0 – Cortisol Stories: Cortisol Stories- Multipronged Stress Reduction from Research to Application.

A half day Seminar and a workshop on Guided Garbha was held in collaboration with IAPEN Mumbai Chapter. This well received event discussed various aspects of the impact of high cortisol on health and multi-pronged strategies to manage them. The Guided Garbha workshop was engaging and enjoyable with many learning touchpoints.

Day and Date: Saturday, March 25th, 2023 Time: 2pm to 7.30pm

Venue: Marie Adelaide De Cice Hall, College of Home Science Nirmala Niketan, Mumbai.

Funds generated: Rs. 10,000 for Hall Charges and Rs. 22,000 for student development fund

E. Verushka Foundation:

On the occasion of World Mental Health day to create nutritional awareness our college organized an event on Mindful Nourishment for children, adolescents and youth with Autism and Down's Syndrome in collaboration with Verushka Foundation. This group was enrolled with Verushka Foundation to learn culinary skills. The main goal was to educate them how to prepare nutritionally adequate foods.

Title of the activity: Mindful Nourishment for beneficiaries of Verushka Foundation

Day and Date: Monday, October 10th **Time:** 1:00 pm to 4 : 00 pm

Organised by : College of Home Science Nirmala Niketan, department of Food Nutrition and Dietetics

Collaborators : Verushka Foundation

Venue: 2nd floor cooking lab, College of Home Science, Nirmala Niketan, 49, New Marine Lines, Mumbai, Maharashtra, 400020

Teacher In Charge: Ms. Vibha Hasija

Student organizing team from MSc 1 FND:

Dsilva Shareena, Esha Sam, Gonsalves Alsitta, Gonsalves Shaina, Hemrajani Khushi, Patrawala Maryam, Rodrigues Cybel, Shaikh Annam, Tuscano Saniya, Ujjainwala Sakina, Vullamparti Praisya

Beneficiaries: 13 students enrolled with Verushka Foundation, 2 co ordinators and 2 assistants.

The beneficiaries expressed their satisfaction with the programme an Verushka Foundation expressed a further desire to further this collaboration with an MoU

The demonstrated recipes were converted into a flipbook: Flipbook:

https://www.canva.com/design/DAFOR87QWqk/hgtpRFs9OxOAawv17LIGnXg/view?utm_content=DAFOR87QWqk&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

1. PARTICIPATION IN ORIENTATION PROGRAMMES, REFRESHER, COURSES ETC

Sr.No	Programme	Duration	Organized by
1.	Dr. Sheetal Joshi	Two weeks (12 th July – 25 th July)	UGC HRDC – Gujarat University
2.	Dr. Minelly Rodrigues	One week FDP (12th July to 18th July 2022)	Jai Hind College (Autonomous), Mumbai and Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) of Ministry of Education.

2. PUBLICATIONS (DETAILS)

Paper /Article in Journal Publication									
Sr No	Name of the author name/names,	year of publication	title of the journal	Title of the paper	vol (issue) , page nos.,	ISBN	impact factor/H-index	Any other	
1.	Shanthi D, Myers EF, Madan J, Sauer K, Yuvaraj V, Murugesh B, Benjamin S, Canday E, Sudhakar R, Hasija V, Urooj A.	2022	J Acad Nutr Diet.	Clinical Dietetics Practice Audit in India: A Collateral Collaboration of Dietitians from India and the United States.	Aug;1 22(8): 1433-1451	2212 - 2672	6.124		

Article Publication in magazine/newspaper /Media Coverage or any other								
Sr No .	Name of the author name/names,	year of publication	title of the magazine/newspaper	Title of the paper	vol (issue), page nos.,	ISBN	impact factor/H-index	Any other
1.	Ms. Vibha Hasija	2022-23	Website nutritionwithvibha.com	15 blogs published				
2.								

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Paper /Article in Journal Publication								
Sr No .	Name of the author name/names,	year of publication	title of the journal	Title of the paper	vol (issue), page nos.,	ISBN	impact factor/H-index	Any other
1. 3	Dr. Jagmeet Madan , Ms. Vibha Hasija , Ms. Anuja Agarwala , Ms. Madhu Sharma , Ms. Naaznin Husein , Ms. Sheryl Salis , Dr. Kavita Bakshi , Ms. Shilpa Shirole, Dr. Eileen Canday, Dr Sachdev Meenakshi.	2022	The Indian Practitioner	Medical Nutrition Therapy for Management of COVID 19 for Adults – Compiled Guidelines by the Indian Dietetic	<i>The Indian Practitioner,</i>	ISSN : 0019 - 6169	IP Value 2.65	

				Association (2019-2022).				
2.	Ms. Sheetal Joshi, Ms. Veena Yardi	March 2023	Indian Journal of Nutrition and Dietetics	Eating Habits and Nutritional Adequacy of the Transgender (Hijra) Community Residing In and Around Mumbai	Vol 60, No.1	ISSN : 0022 - 3174; eISSN: 2348 - 621X		
3.	Ms. Denise Viegas , Ms. Sheetal Joshi	Sept 2022	International Journal of Multidisciplinary Educational Research	Association of body image perception, anxiety and dietary choices in relation to Nutritional status: A study in	Volume 11 Issue : 9,	ISSN : 2277 - 7881	Index Copernicus Value 5.16	

				Mumbai.				
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Article Publication in magazine/newspaper Media Coverage or any other								
Sr No .	Name of the author name/names,	year of publication	title of the magazine/newspaper	Title of the paper	vol (issue), page nos.,	ISBN	impact factor/H-index	Any other
1.	Dr. Tasneem Ravat, Dr. Veena Yardi	2022	Published by Nipro Renal Care India	Nutrition in Kidney Disease				
2.	Dr. Tasneem Ravat, Dr. Veena Yardi	2022	Published by Nirmaya Health Foundation	Maitriha Katta (Conversation among Friends) (to educate regarding Nutrition in Adolescence)				

3. SEMINAR, CONFERENCES, WORKSHOPS – PARTICIPATED, ATTENDED, ORGANIZED/CONDUCTED AND PRESENTED RESEARCH PAPER

NATIONAL LEVEL

Paper presented in Seminars, Conferences								
Sr No .	Name of the author name/names,	Title of the Paper	Name of the Conference/Seminar	Theme of the conference	Organized by	Place and Date	Sponsoring Agency	Any other
1.	Ms. Sheetal Joshi	Association of health status with	16th Avishkar Research		University of Mumbai	May 2022		

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		nutritional adequacy among transgender communities residing in and around Mumbai.	Convention					
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Invited As Chief Guest, Panelist, and Speaker							
Sr No.	Name of the Organization	Details of the event	Invited as	Place and Date	Topic of the talk/speaker/ panel discussion	Collaboration /Sponsoring Agency	Any other
1.	Dr. Sheetal Joshi	The Glenmark Nutrition Awards 2023	Member of Selection Committee	16th Jan 2023		idobro, RISE	

4. EXTENSION ACTIVITIES/ Industrial Visit:

A. DEPARTMENT LEVEL

Sr. No.	Name of the staff member	Organization Place and date	Type of Activity	Target group	Beneficiaries	Cost incurred
1.	Ms. Vibha Hasija, Dr. Sheetal Joshi and Ms. Shalmalee Potdar	Hyderabad	Industrial Visit and Attending of NSI conference	TYBSc and MSc 2 FND		Rs. 8500 per student
2.	Dr. Sheetal Joshi	Vaijapur	Extension work in the field of Community Nutrition	TYBSc (38 students)	School children and mothers in schools of Vaijapur	Rs. 1000 per student

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3.	Dr. Sheetal Joshi	Karajgaon	As a NSS Member	FY and SY students	School children mothers and villagers in and around Karajgaon	
4.	Ms. Jacqueline Colaco Dr.Minelly Rodrigues	Bombay Exhibition Centre, Mumbai.				
5.	Ms. Jacqueline Colaco Dr.Minelly Rodrigues	1. ICAR-National Research Centre for Grapes, Pune 2. Agrozee Organics, Pune 3. Chitale Bandu, Pune 4. Katraj Dairy, Pune 5. Venkateshwara Hatcheries (Venky's), Lonavla 6. Golden Brittles, Lonavla (13th March 2023 to 15th March 2023)	Industrial visit		Students of M.Sc. I FND M.Sc. I FPP M.Sc. II FPP	Rs. 6500/- (Inclusive of group insurance, transport, accommodation and food for 3 days)
6.	Dr. Beryl Nithya, Dr. Tasneem Ravat, Ms. Simran Khandagale	Varavne, Pen (6th and 8th February 2023); Varavne, Pen (23rd February 2023); Ashramshala,	Extension work in the field of Community Nutrition	PG Diploma in Dietetics and Applied Nutrition (20), MSc	School children in the schools	

		Pinglas. (16th February 2023)		Food Processing and Preservation 1 and 2 (40) and MSc Sports Nutrition (30)		
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B. INDIVIDUAL LEVEL

S. No.	Name of the staff member	Organization Place and date	Type of Activity	Target group	Beneficiaries	Cost incurred
1.	Dr. Sheetal Joshi	Bal Vikas Prkalpa Adhikari, Zilla Stariya Sakas Ahaar Puravtha Samiti	Consultant	ICDS Beneficiaries		
2.	Dr. Tasneem Ravat	Badri Mahal, Fort	Consultant		Approx. 30 people working for Badri Mahal (Dawoodi Bohra community)	

MOU/COLLABORATION WITH GO/NGO/ACADEMIC /RESEARCH BODIES:

- Dr. Sheetal Joshi was on the panel as a Consultant for Development of new recipes for Anganwadi beneficiaries (children) in Mumbai.

VALUE ADDED COURSES OF THE DEPARTMENT:

Name of the course	Number of students	Duration		Funds generated
		Commenced	Accomplished	
Nutrition for Exercise and Fitness	44	February 2023	June 2023	

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Bridge Course	44	26 August 2022	25 November 2022	225000
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FUNDS GENERATED IN SEMESTER I and II:

Type of the Activity	Beneficiaries	Date	Funds generated
Admissions			1,29,000
TYBs Practical – Canteens, events and Entrepreneurship			43,000
Bridge Course	MSc Foods, Nutrition and Dietetics, MSc. Food, Processing and Preservation, MSc Sports Nutrition, PG Diploma in Foods, Nutrition and Dietetics (45)	26 August 2022-25 November 2022	1,84,502
NEF Value added Course	TY FND students and PG Diploma in Dietetics and Applied Nutrition Students (40)	February 2023 – June 2023	1,03,000
Tantra - In collaboration with IAPEN			10,000 – Hall Charges 25,000 (Student Development Fund)
Collaboration from California Walnuts		September 2022	35,000
TOTAL			5,29,502

EQUIPMENT PURCHASE (2022-2023)

Sr. No	Item/ Description	Quantity	Details of supplier
1	Water Bath Shaker Incubator (reciprocate action)	01	Bio- Technics India
2	Cuvettes for UV-Visible spectrophotometer (1ml capacity, path length 1cm, Quartz)	1 pair	B. J. Scientific Company
3	Aspirator bottle with stop cock (5 litres)	4 nos	
4	pH meter (Portable, pen type)	1 no	
5	Microfuge tubes (1.5 ml capacity)	1 pack	
6	Racks for falcon tubes (15ml)- 20 mm x 20 holes	6 packs	
7	Racks for falcon tubes (50ml)- 32 mm x 12 holes	6 packs	
8	Racks for microfuge tubes (Rectangular, polypropylene 80 well)	3 packs	
9	Tips for micropipettes (1ml)	1 pack	
10	Tips for micropipettes (200 microlitres)	1 pack	
11	Boxes for micropipette tips (1ml)	1 pack	
12	Boxes for micropipette tips (200 microlitres)	1 pack	
13	Set of needles for magnetic stirrer	1 set	
14	Parafilm (4 inch roll)	1 roll	
15	Model KES DTL: Digestion Tube (Macro) 250ml Vol. HSN CODE: 7017	6nos	
16	Lab Scale, BL-P1D/20001 (NEW) Brand: KERRO 2kg/0.1g With Adapter HSN: 84239010	04	MxRady Lab Solutions Pvt. Ltd.