

College of Home Science, Nirmala Niketan
Affiliated to the University of Mumbai
NAAC Accredited A+ Grade

Name of The Event:

Nourish and Flourish: Learn- Eat- Repeat

Exhibition of Work Done as Part of Electives

Name of the Department Organized: Department of Foods, Nutrition and Dietetics

Level: Local

Organizing Team:

- Ms. Vibha Hasija - Head of the Department of Foods, Nutrition and Dietetics
- Dr. Yasmina Dordi Avari - Director, Self-financed Courses
- Faculty Members:
 - Dr. Neha Joshi - Visiting Faculty, Department of Foods, Nutrition and Dietetics
 - Dr. Sheetal Joshi - Asst. Professor, Department of Foods, Nutrition and Dietetics
 - Ms. Fatima S. Nevrekar - Asst. Professor (Self-financed)
 - Ms. Protity Shuvra Dey - Asst. Professor (Self-financed)

Day and Date: Saturday, 3rd August 2024

Time: 10:00 am - 3:00 pm

Venue:

Marie Adelaide De Cice Hall, College of Home Science, Nirmala Niketan

Participants and Number:

Around 10 students each from:

- M.Sc. FPP (Food Processing and Preservation)
- M.Sc. SN (Sports Nutrition)
- PG Diploma in Nutrition and Dietetics

Management Representative:

Ms. Noella Dias, Manager, College of Home Science, Nirmala Niketan

Dr. Yasmina Dordi Avari - Director, Self-financed Courses, College of Home Science, Nirmala Niketan

About the Event:

The event "**Nourish and Flourish: Learn- Eat- Repeat**" was an exhibition organized as part of the elective courses offered by the Department of Foods, Nutrition, and Dietetics. The primary

objective was to showcase the work done by the students in their respective fields, particularly focusing on food nutrition, dietetics, and the scientific principles behind them. Students from various programs presented their projects, including research, innovations in food processing, and demonstrations of practical applications in nutrition and health.

The event attracted an enthusiastic crowd, with students explaining their work to faculty, guests, and peers. It was an excellent opportunity for students to engage in interactive learning, further strengthening the practical knowledge they had gained in their courses.

M.Sc. Food, Nutrition and Dietetics:

As a part of our elective practical Nutrition Communication and Health Sustainability we had 2 stalls put up along with a few interactive games challenging the nutritional knowledge and flexibility of the visitors. The posters, flip book, comic strip and a recipe book was displayed on the boards and one of the stalls. We had a snack at another stall i.e. Italian canape. Along with this we had a fitness challenges, on successful completion of this challenge earned the player a discount on the snack and a game “one step at a time” in which the participant had to correctly answer the question and take a step forward and finally win a discount on the snack. The event was supported by other departments as well. The response of the event was really good. The youth enjoyed playing the games and some played it just for knowing their own knowledge.

- Power of Breakfast”- a brochure highlighting the importance of breakfast for students.
- “What is Glycemic Index and Glycemic Load?”- a flipbook explaining the concept of glycemic index and load in a simple and engaging way.
- Brochure - Importance of Gut Health
- Hydration Nation - Comic Strip
- Two interactive stalls:
 - Snack stall offering Italian canapés.
 - Games like a fitness challenge and "One Step at a Time," which tested participants' nutrition knowledge.

M.Sc. Food Processing and Preservation:

Students, as part of their elective “Management of Micro Food Enterprises” showcased their entrepreneurial side by putting up display of their micro enterprise ideas in the form of charts and 3D models. The models highlighted the proposed funding, process flow and distribution channels for the products. Students also displayed and explained various government schemes for MSMEs that a potential entrepreneur can avail, and methods for applying to these schemes.

M.Sc. Sports Nutrition:

As part of their subject “Food Product Development for Sportsperson”, the students of M.Sc. Sports Nutrition worked on creating specialized food products aimed at enhancing the performance and recovery of athletes. The primary focus was on designing nutrition-packed products that address the specific dietary needs of sports professionals, taking into account factors like energy expenditure, muscle recovery, hydration, and overall well-being.

PG Diploma in Dietetics and Applied Nutrition:

As part of their subject “Entrepreneurship in Clinical Nutrition”, the students of PG Diploma in Dietetics and Applied Nutrition engaged in a series of activities focused on the application of clinical nutrition principles

to entrepreneurial ventures. This subject provided them with the knowledge and skills to develop business ideas and ventures in the field of nutrition, while integrating the practical aspects of dietetics and nutrition science. Based on the insights gained from their research, students worked on developing prototype products and services for their business plans.

The overall aim of these activities was to equip students with the practical skills needed to apply sports nutrition knowledge in real-world scenarios, while also considering the economic, cultural, and practical aspects of producing food products on a larger scale.

Event Flow:

- **10:00 am:** Registration of participants and visitors; welcome address by:

Ms. Noella Dias, Manager, College of Home Science, Nirmala Niketan

Prof. Dr. Vishaka Karnad, In-charge Principal, College of Home Science, Nirmala Niketan

Ms. Vibha Hasija - Head of the Department of Foods, Nutrition and Dietetics

Dr. Yasmina Dordi Avari - Director, Self-financed Courses

- **10:30 am - 12:30 pm:** Exhibition of student projects and presentations
- **12:30 pm - 1:00 pm:** Networking lunch
- **1:00 pm - 2:00 pm:** Exhibition of student projects and presentations
- **2:00 pm - 3:00 pm:** Closing remarks

Flyer of the Event:



Nirmala Niketan Institute's
College of Home Science Nirmala Niketan
NAAC Re-accredited "A+" Grade
Affiliated to the University of Mumbai
Department of Foods, Nutrition and Dietetics



Presents
NOURISH AND FLOURISH
Learn - Eat - Repeat

WHY VISIT US?

- **Interactive Games** - Test your nutrition knowledge and win exciting prizes.
- **Healthy Snacks** - Try healthy and delicious snacks that you'll love.
- **Resource Hub** - Access valuable information on nutrition, health, lactation management and complementary feeding, setting up microenterprise and entrepreneurship in the food processing and nutrition industry

SPECIAL HIGHLIGHT

**VENUE : MARIE ADÉLAÏDE DE
CICÉ, COLLEGE HALL
SAVE THE DATE : 03/08/2024
TIME: 10AM -3PM**

Fun Challenges - Participate in challenges and get discounts for your snacks.

Fitness camp - Check your fitness level with fun challenges

Practical knowledge - Learn about licensing and registration of food business and government MSME schemes

DO NOT MISS OUT

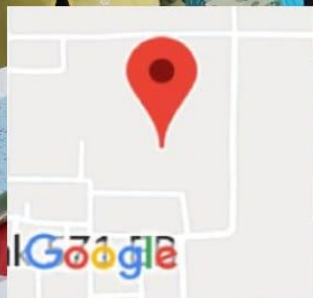
Bring your *friends* and make the most of this fun and informative event.



Feedback or Suggestions for Future:

- The event was appreciated for its informative and interactive nature.
- Students requested more time for one-on-one interactions during exhibitions.
- Future events could incorporate more live demonstrations of cooking or nutrition-related activities.
- A panel discussion or guest speaker session on emerging trends in nutrition could add value.

Photographs of the Event:

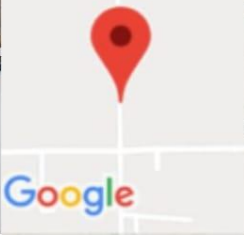


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7, Jolly Bhavan No. 2, Ground Floor, New Marine
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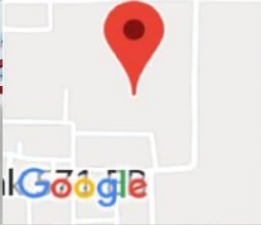
GPS Map Camera



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GPS Map Camera



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