

Prerna Rise Inspired 2024

Date: 22nd March, 2024

Timings: 2 to 4 pm

Venue: 2nd floor Lecture Room

‘Prerna Rise Inspired’ is an annual event of the department of ‘Foods, Nutrition and Dietetics’ to felicitate and acknowledge the achievements of outstanding Alumni in the field of Foods, Nutrition and Dietetics. It is also important to note that the entire programme was conducted in a Hybrid mode and six to eight participants had attended the programme online. Mr. Fauzan Hashmi had rendered the technical help for online viewing of the programme. For the academic year 2023-24 the department had planned to felicitate Dr Malati Ranganath, an academican and Nutritionist. Dr Malati was also teaching in College of Home Science Nirmala Niketan in the department of Foods, Nutrition and Dietetics (1979-1992).

The Principal In-charge Prof. (Dr.) Vishaka Karnad welcomed the gathering and Ms. Vibha Hasija the H.O. D. addressed the audience and informed the meaning of our event and the background. The Senior Professor Mrs. Mary Varghese and Sr. chief Dietician Gourpriya Khopikar shared about Dr. Malati Ranganath and then a recording of the video of Dr Malati Ranganath that was taken during a visit made at Bangalore. The token of appreciation was presented to Dr Malati at Bangalore and then after the video the Scroll of Honour was read.

Ms. Naaznin Husein (Chief Nutritionist of the Indian Navy) and Founder of Freedom Lifestyle & Wellness, also an Alumna of the college was the resource person and she delivered a talk on the topic ‘Creating a Limitless Dynamic Practice’.

There was a Panel discussion was organized by IDA Mumbai Chapter on the topic of ‘The Future scope of Career in Nutrition’ compered and moderated by Ms Shradha Vijan LEC IDA Mumbai Chapter, Sr. Dietician Bombay Hospital, RD, CDE

Panelists were:

- Ms. Nadiya Merchant: Associate Director- Nutrition at Kellogg India Private Ltd
- Dr. Pooja Singhanian- Phd, RD, CDE, Founder- Nourish 1000 days
- Ms. Delnaaz Chanduwadia: Chief Dietitian Jaslok Hospital
- Ms. Nidhi Gandhi: Research Analyst, Sir HN Reliance Foundation Hospital
- Ms. Kejal Juthani: RD, CDE
Private practitioner (Ghatkopar)

Ms. Zamurrud Patel also addressed the audience about the various awards that were instituted by the Indian Dietetic Association.

Ms. Fatima Kader announced the names of the winners as compiled by Dr. Minelly Rodrigues and Dr. Sheetal Joshi based on the judging of the competitions that took place a few days prior to the event. The various awards were as follows:

1. **Nirmal Seva Puraskar**
2. **Utkarsh**
3. **Gyan Rachna**
4. **Nutrikhoj**
- 5.

Details of which are as follows:

GYAN RACHNA

FOR STUDENTS OF T.Y.B.Sc. Home Science (Foods, Nutrition and Dietetics)

2022-2023 BATCH

The Indian Dietetic Association (IDA), Mumbai Chapter has instituted an award GYAN RACHANA for generation of creative edutainment and infotainment resources in Foods, Nutrition and Dietetics.

The year 2023 was 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.

The students were asked to make a model on any one of the following topics:

1. Nutritional Importance of Millets
2. Health Benefits of Millets

The judges for the competition were:

1. Dr. Eileen Canday

Head of Department (Nutrition & Dietetics)

Sir. H.N. Reliance foundation hospital

2. Ms. Vaidehi Nawathe

Chief Dietician

Bhaktivedanta Hospital & Research Institute
Mira Bhayandar

AWARD WINNERS

RANK	Name of the Student
I	Ms. Apeksha Pawar
	Ms. Khushi Savla
	Ms. Neyati Nandu
II	Ms. Pranjal Parmar
	Ms. Aaliya Shaikh
	Ms. Maseera Shaikh
III	Ms. Aditi Mogaveera
	Ms. Vidhi Shah
	Ms. Vriddhi Shah

NUTRIKHOJ RESEARCH COMPETITION

FOR STUDENTS OF T.Y.B.Sc. Home Science (Foods, Nutrition and Dietetics)

2022-2023 BATCH

The Department of Foods, Nutrition and Dietetics conducts a Research competition NUTRIKHOJ for students of T.Y.B.Sc. Home Science: Foods, Nutrition and Dietetics every year to encourage research at undergraduate level.

Students were asked to submit a research proposal on a topic of their choice. The research proposals were then judged based on the rationale, research methodology and the applicability of the findings.

The judges for this Competition were:

1. Ms. Sheetal Bhat

Visiting Faculty

College of Home Science Nirmala Niketan

2. Dr. Neha Joshi

Independent Researcher and Visiting Faculty

College of Home Science Nirmala Niketan

PRIZE WINNERS

RANK	Name of the Student
I	Ms. Fashtana Khan
II	Ms. Bushra Gandhi
III	Ms. Aaliya Skaikh

Certificates were also presented to students of 2022-2023 and 2023-2024 batch for successfully completing their exam for the lecture series in Physiology and Research Methods & Statistics

The Department of Foods, Nutrition and Dietetics conducts two lecture series- Physiology and Fundamentals of Research Methods and Statistics for students of T.Y.B.Sc. Home Science- Foods, Nutrition and Dietetics every year.

A strong need was felt for inclusion of concepts in Physiology at T.Y. level owing to its relevance to the study of nutrition. The lecture series in Research Methods and Statistics was formulated to help students develop scientific temper and research mind set.

Thereafter the vote of thanks was rendered by Dr. Minelly rodrigues. Students were given a snack box and all the guests, alumni and staff members were served refreshments in the adjoining classroom. The snack boxes and refreshments were sponsored by **Tru Healthy**.

Report written by Ms. Fatima Kader (Asst. Professor)



College of Home Science Nirmala Niketan

NAAC Re-accredited "A+" Grade
Affiliated to the University of Mumbai



Department of Foods, Nutrition and Dietetics
in collaboration with
Indian Dietetic Association, Mumbai Chapter
Under the Aegis of the Internal Quality Assurance Cell (IQAC)

Presents

PRERNA

RISE INSPIRED



Prerna - Rise Inspired is a signature event that is curated to honour our illustrious alumna and serve as a platform to celebrate achievements and inspire.



Date:
22nd March 2024



Time:
2:00 pm - 4:00 pm



Venue: Marie Adelaide De Cice Hall

Register now at: <https://bit.ly/3FFBJ8v>

College of Home Science Nirmala Niketan

NAAC Re-accredited "A+" Grade
Affiliated to the University of Mumbai



Department of Foods, Nutrition and Dietetics
in collaboration with
Indian Dietetic Association, Mumbai Chapter
Under the Aegis of the Internal Quality Assurance Cell (IQAC)

Presents

PRERNA

RISE INSPIRED



Video screening of the felicitation of our
Illustrious Alumna with the Scroll of Honour
Message from Dr. Malati Ranganath

ELEVATING WITH GUIDANCE



Dr. Malati Ranganath

Academician and Nutritionist
Alumna of the Department (MSc 1977)
Faculty of the Department (1979 - 1992)

CREATING A LIMITLESS DYNAMIC NUTRITION PRACTICE



Ms. Naaznin Husein

Chief Nutritionist of the Indian Navy
Founder - Freedom Lifestyle and Wellness



College of Home Science Nirmala Niketan

NAAC Re-accredited "A+" Grade
Affiliated to the University of Mumbai



Department of Foods, Nutrition and Dietetics
in collaboration with
Indian Dietetic Association, Mumbai Chapter
Under the Aegis of the Internal Quality Assurance Cell (IQAC)

Presents

PRERNA

RISE INSPIRED



SCHEDULE:

Time: 1:30 pm - 2:00 pm - Registration

Time: 2:00 pm - 2:15 pm

Inauguration and Lighting of Lamp And Welcome Address
Dr. Vishaka Karnad (In-Charge Principal) | Ms. Vibha Hasija (Head Of Department)

Time: 2:15 pm - 2:30 pm

Video screening of the felicitation of our Illustrious Alumna with the Scroll of Honour
Dr. Malati Ranganath (Academician and Nutritionist)
Alumna of the Department (MSc 1977) | Faculty of the Department (1979 - 1992)

Time: 2:30 pm-3:00 pm

Creating a Limitless Dynamic Nutrition Practice

A Talk by Ms. Naaznin Husein
Chief Nutritionist of the Indian Navy
Founder - Freedom Lifestyle and Wellness

Time: 3:00 pm - 3:10 pm

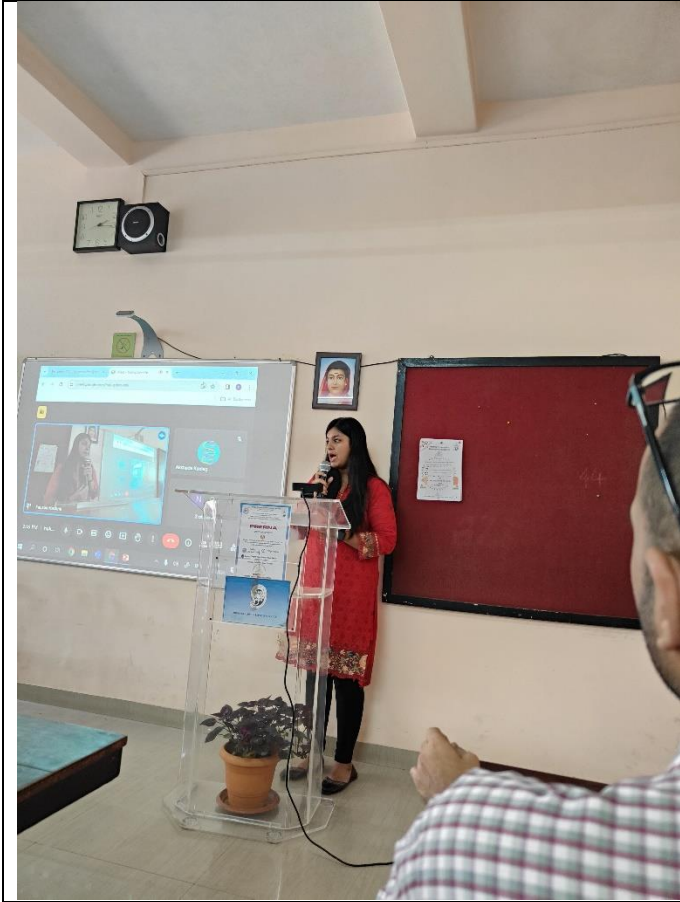
Address by Ms. Zamurrud Patel,
Convener, IDA, Mumbai Chapter

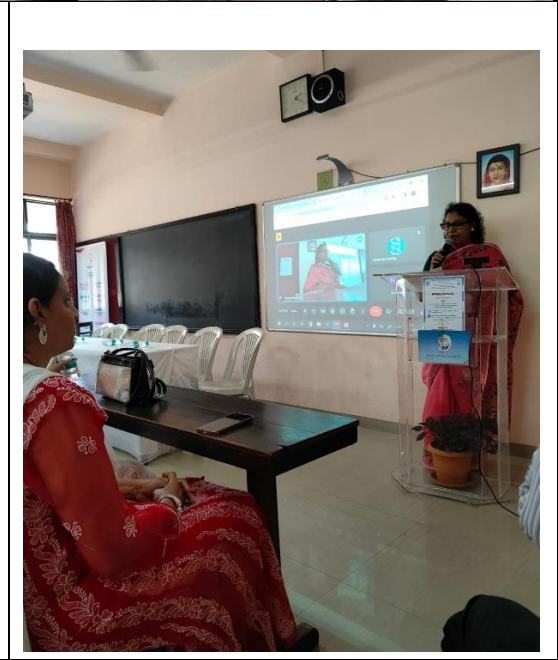
Time: 3:10 pm - 3:45 pm- Presentation of Awards

- Nirmal Seva Puraskar
- Utkarsh Awards
- Gyan Rachna Awards
- NutriKhoj Awards

Time: 3:45 pm - Vote of Thanks

High Tea





Kanoor

INCHARGE PRINCIPAL
COLLEGE OF HOME SCIENCE
Nirmala Niketan,
49, New Marine Lines,
Mumbai - 400 020.