



SEPTEMBER 2022, ISSUE 1

- Principal's Message
- Editorial Desk: About nutrition month
- Articles: Millets- The old wisdom, A contribution towards Anaemia Mukht Bharat
- Snippets: Bake my story, The yellow magic
- Superfood corner: The green queen- Tulsi
- Did you know?
- Poem
- Teacher's corner
- Games
- Alumni corner: Vaidehi Kalzunkar
- Interview: Avanti Deshpande
- Recipes
- Important days
- Poshan Maah activities



Piyali Sengupta, Vaishnavi Kale, Mrunmayee Kolhatkar, Ananya Lele, Gayatri Kamat, Mrunmayee Salunkhe, Sakshi Mirashi, Aishwarya Mirashi, Baishakhi Mandal, Sakshi Pardeshi, Gayatri Patil, Aditi Vargante



PRINCIPAL'S MESSAGE

It is a matter of great pride and pleasure for SNDT College of Home Science, Pune to publish an E-Newsletter खाद्य-Fora, released by the Department of Food Science and Nutrition. This is a student-led activity, which will enable the readers to explore the science behind the food we eat, know the effect food has on our health and wellbeing and its applications in food development, processing and food safety. The college is releasing this Newsletter in the month of September, as a part of National Nutrition Month celebration.

As we all know, the month of September every year is celebrated as the Rashtriya Poshan Maah or the National Nutrition Month across the country. The Ministry of Women and Child Development is leveraging this occasion to intensively disseminate key messages to all intended beneficiaries on positive nutritional behaviours and practices.

This year, the theme of Poshan Maah 2022 is 'Mahila aur Swasthya' and 'Baccha aur Shiksha'. Through the fifth Rashtriya Poshan Maah, the Ministry plans to rope in the Gram Panchayats as Poshan Panchayats to carry out various activities focussing on the health of the women and children.

This Newsletter also aims to update the reader about the latest in the field along with interviews of some of the well-known people and also introduce the readers to our distinguished alumni.

I appreciate the efforts of the students and the teachers and wish them the best for the future.



PROF. SACHIN DEORE
PRINCIPAL

EDITORIAL DESK

National Nutrition Month Celebration in India

This year, we gear up to celebrate yet another September dedicated to importance of nutrition, comprehensive diet and nourishment. On March 8, 2018, Prime Minister Narendra Modi launched the Prime Minister's Overarching Scheme for Holistic Nutrition (POSHAN) Abhiyaan also known as National Nutrition Mission celebrated annually in the month of September.

The Nutrition Month is celebrated across to provide an opportunity to highlight issues related to health and nutrition and their severity. It provides a platform to discuss and catalyse a response to eliminate world hunger and malnutrition and also to connect with different people and their food across the world. A special theme is declared by the Government of India every year. The Ministry of Women and Children's Development, under Poshan Maah, actively decided to take efforts by holding various events revolving around the health and nutrition for women and children.

All in all, the nutrition month is getting bigger as the years pass by. The scope is expanding and the public interest is increasing, we look forward for a healthier and happier future ahead of us because "Healthy citizens are the greatest asset any country can have." -Sir Winston S Churchill.

A platform to deliberate insights on food and nutrition. A concept formed by the students, for the students to spread awareness and to improve the knowledge.

Look out for the E-newsletter every 3 months!



BAKE MY STORY



A doctor's clinic in Cusrow Baug, Colaba turned into a pastry shop has now grown to become a Pan-India chain of patisseries with around 85 outlets across Mumbai, Pune, Delhi, NCR, Hyderabad and Bengaluru. In Greek, Theobroma means 'Food of the Gods'. Kainaz Messman and her sister Tina borrowed money from their father for the initial costs at the store in Mumbai which had just 4 tables. Kainaz was working at The Oberoi and was told to find an alternate career due to a back injury. But look at Theobroma now.

Theobroma uses authentic recipes and some are even their mother's recipes. The ingredients used are free of preservatives and chemicals. The truffle brownies and chocolate truffle cake has been a Theobroma constant for all these years. 'The Theobroma story- Baking a dream' is a book which has their journey documented. It shares the joys and challenges of starting and growing a business in India. Theobroma is indeed the Food of Gods in India and is inspiring the youth to dream bigger.

MORINGA LEAVES VADI

Varsha More, MSc. NFP 2022
TERI Competition Winner

Ingredients:

Moringa leaves- 2 Bowls
Gram Flour- 1.5 bowl
Red chilli powder- 2 tsp
Turmeric powder- 1 tsp
Sesame seeds- 1 tbsp
Tamarind and Jaggery
Salt



Method-

Wash moringa leaves with water and take them in a mixing bowl. Add all the other ingredients and mix well. Make small round shapes and place them in an oil greased colander. Steam the vadi for 10-15 minutes. Cool, cut and serve.

- Moringa leaves are rich in iron, Vitamin C and A.
- It helps to normalize blood pressure.
- It improves digestion and immune system.
- Leaves are anti-fungal, anti-tumorous and anti-oxidant.



DID YOU KNOW?

An Indian agricultural scientist, Mahalingam Govindraj, based in Telangana, has won the prestigious 2022 Norman E. Borlaug award for developing world's first Biofortified Pearl millet.



MILLETS- THE OLD WISDOM

There is a famous saying in English that 'Old is gold'. We may invent something new, but old ideas, values and food have their place, they are irreplaceable. We often try something new, whether it may be fashion or food, but at the end of the day, we always crave the old wisdom. But why is there an emphasis on old wisdom? Today, in the fast and modern world, we are suffering from various lifestyle disorders and nutrient deficiencies. To cope with them, we need superfoods, don't we? And millets are considered as a superfood. For Indian society, millets are the old food. They are used as a staple and also as a therapeutic dietary agent.

Millets are very easy on our pockets and also can be easily harvested. In the old days, jowar, bajra or ragi bhakri was made daily and wheat roti was made only on special occasions. Due to urbanization and Green Revolution, wheat and rice were produced in more than sufficient quantities and then the use of millets became rare. But then again, we realised that the inclusion of millets can help us with our lifestyle disorders. As they are a good source of nutrients, women and children require them more than anyone. They are gluten free and packed with various nutrients like complex carbohydrates, proteins, fiber, zinc, iron, calcium, vitamin A, vitamin E and B complex vitamins. Millets are also called as coarse grains. It is beneficial for women at every stage of life. The adolescent girl who has reached her menarche, needs iron and protein. Millets are rich in both. For a woman who wants to conceive, millets like bajra, jowar, ragi are beneficial. Bajra is considered a galactagogue which increases production of breast milk. Millets may help in controlling blood sugar levels, preventing insulin resistance and protecting the mother from gestational diabetes in early pregnancy. Jowar and bajra pops can be given to women experiencing pregnancy related morning sickness. Millets also help to regulate hormonal cycle during menopause. During infancy, the baby is often fed ragi porridge as it gives bone strength. In childhood, bone and gut health can be improved by millets.

At the end, we cannot agree more with the quote of Millet Man of India, Dr. Khadar Vali, "Millets are the superfoods hiding in plain sight".

TEACHER'S CORNER "STAR"

She is beautiful, she is bold
She is always young and never old

Little things makes her happy
She'll always choose kulfi over frappy

Behind that smile is always a worry
She wants her kids not to feel sorry

Starting her day with nuts and tulsi
But by the end it is not very easy

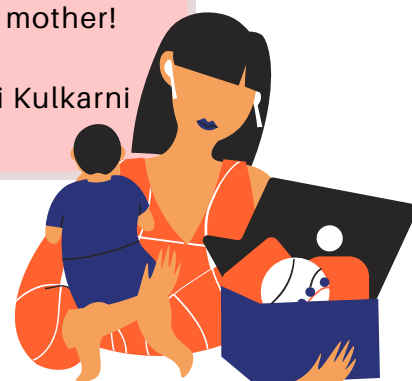
Be it fruit or plate of rice and curry
She'll always have it in a hurry

She's the one who taught us to eat
But why we always skip her beat

A roti and sabzi is her aim
She's a star but never got the frame

May it be ours or other
She's none other than our mother!

-Ms. Prithvi Kulkarni



A CONTRIBUTION TOWARDS ANAEMIA MUKT BHARAT

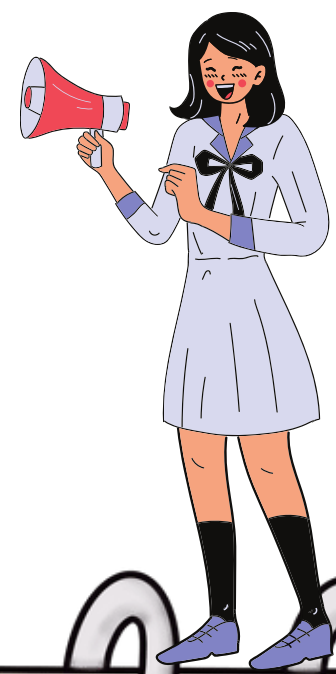
Anaemia is nothing new to us, right? In spite of several awareness projects and national prophylaxis programmes, anaemia is the most prevalent nutritional deficiency disease worldwide. According to WHO, 'anaemia is the condition in which the number of RBC's or haemoglobin concentration is lower than normal'. Anaemia has variable causes which include nutritional deficiency in iron, copper, folate, vitamins A and B12. It could also be due to abnormality in the structure of haemoglobin or infectious diseases. Children and women of reproductive age are the two most susceptible groups for anaemia.

According to WHO, 29.9% women of reproductive age are under prevalence of anaemia globally, while in India it is 57%. It took centuries to recognize the role of iron in haemoglobin formation and RBC function. Prof. Gustave Von Bunge admits in his book that, "the habitual consumption of food poor in iron may lead to anaemia". The main reasons of iron deficiency anaemia in adolescence are lack of dietary intake, socio-economic status, increased demand due to rapid growth and blood loss during menstruation, inadequate absorption and worm infestation. In case of pregnant anaemic adolescent girls, the risk of low birth weight baby, infant mortality and maternal mortality rates are much higher than pregnancy in older women. To decrease the prevalence and incidence of anaemia in women and children between 1-5 years of age, the Ministry of Health and Family Welfare of India initiated National Prophylaxis Programme in 1970 later known as National Nutritional Anaemia Control Programme (NNACP).

In 2007, the national policy of iron supplementation was revised to include adolescents in the NNACP. In spite of having many such programmes like ICDS, weekly iron and folic acid supplementation, National Iron Plus initiative, etc no marked improvement had been noticed in the magnitude of anaemia. Definitely it causes a devastating effect on human health.

Hence, to strengthen the existing mechanisms and foster new strategies, Anaemia Mukh Bharat was launched in September 2018 under Poshan Abhiyaan to combat against anaemia. National target of this program is to reduce anaemia amongst pregnant women from 50% in 2016 to 32% and women of reproductive age from 57% to 35% by 2022. According to the latest data, 47% of the target has been achieved upto June 2022. The main obstacles of combating anaemia are poor economic background, less awareness and to a certain extent, failure in the implementation of the programmes. But ultimately it is our duty to spread awareness as well as to be aware about the facts.

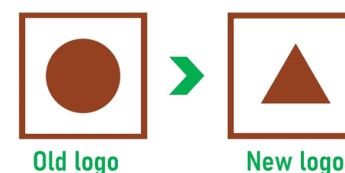
Helen Keller rightly says, "alone we can do so little, together we can do so much". So let's make a resolution together in this year's nutrition month that we will fight against this disease to become a healthy and wealthy nation. Anaemia Mukh Bharat shall not remain a dream.



DID YOU KNOW?

The non-vegetarian logo is now changed to help people suffering from colour blindness


Food Safety and Standards Authority of India has changed the logo regarding non-vegetarian foods.



TEACHER'S CORNER

"HER"

Her body, her mind, her soul
Why is mental health her goal?

Maybe she thought it was the trauma
That made her step away from the drama

After stuffing her body with chocolate and pastry
She decided one day, to cook something tasty

Good food made her heart smile
Good hormones kept her brain alive

She could now enjoy the rains and not feel shy
She could now look at the cake and say goodbye

She was herself again
When she got her priorities straight

She learned to love herself
Without looking at her weight

- Ms. Vaishnavi Jalihal

DID YOU KNOW?

Nitrogen gas is used to replace oxygen from your food packaging to increase its shelf life. Nitrogen being a heavier gas than oxygen, pushes it out, thereby making a seal. So next time when you're buying a packet of chips, you're also buying nitrogen gas.



ALUMNI CORNER

VAIDEHI KALZUNKAR

FSSAI DEPUTY DIRECTOR

The one thing that I have always loved is food, appreciating, critiquing and most of all enjoying it. My instinctive creative skills of an artist and the constant need to question why's and why not's, I wanted to understand the science behind the art of food.

Thus began my journey of finding answers to the questions that were relevant, important and necessary. Any dish becomes a delicacy when the right ingredients are added to it, and with years of practice. This process of culinary in my life was finessed by the mentorship I received at SNTD College of Home Science, Pune, that helped me carve my niche in my professional trajectories.

I did my BSc in Applied Nutrition from SVT College of Home Science, SNTD University, Mumbai. After I finished my MSc in Nutrition and Food Processing, the gates to the outer world opened for me and there was no stopping from there. From small organizations to big conglomerates, I kept growing, learning and becoming more and more of what I always wanted to be—someone who makes a difference.

With rising career opportunities rose the competitive spirit of the world around me, but I knew I wanted to make a niche in the world, and that's when I had the biggest breakthrough of my career. I was selected for the position of Scientist at FSSAI. Just how spice in food makes it more appetizing, I had to put my best foot forward by giving pan-India levelled exams and crack interviews to achieve my current position of Deputy Director (technical) at FSSAI.



The biggest achievement of all for me was finally being able to help the world move towards a healthier space in my own way. At FSSAI, I got involved in ensuring regulatory compliance of food businesses through conducting regular inspections and market surveillance, so that safe and nutritious food reaches the consumers. By conducting outreach programs and reaching out to everyone who produces, consumes and sells food, I trained them on awareness, mindfulness and ethical ways of consuming and producing food.

The success that was here to stay was only after I gave into the hardships that were demanded over the years. Thus, I take immense pride in calling myself the alumni of SNTD College of Home Science, Pune. And I thank all the faculties, staff and everyone closely associated with the college.

One chance is all we need and that chance only comes when you are looking for it. So, look out everywhere, keep looking until you have really made a difference because making a difference is what the world needs. This reminds me of the words that are now cast in stone in my life, said by Swami Vivekanand, "Arise awake and stop not until the goal is reached".



SUPERFOOD CORNER

THE GREEN QUEEN-TULSI

Ocimum tenuiflorum, commonly known as Tulsi, is an aromatic shrub in the basil family. It contains components like Eugenol which acts as an anti-inflammatory agent, Methylchavicol which acts on digestive problems, headaches and muscular ache.

Daily consumption of Tulsi is said to prevent disease, promote general health, longevity and assist in dealing with stress. Consumption of Tulsi also helps to prevent cancer by reducing DNA damage. It might help lower the blood sugar, act as an analgesic, might have anti-asthmatic activity. It also benefits in dental and oral health, skin and hair benefits and helps fight diabetes.



THE YELLOW MAGIC

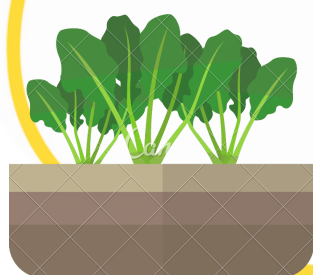
In the recent times due to improper food preparation and lifestyle modifications, almost half of the world's population is suffering from chronic diseases. To improve this scenario, more emphasis has been given to the consumption of functional foods and dietary supplements. The Indian households have been using turmeric for years.

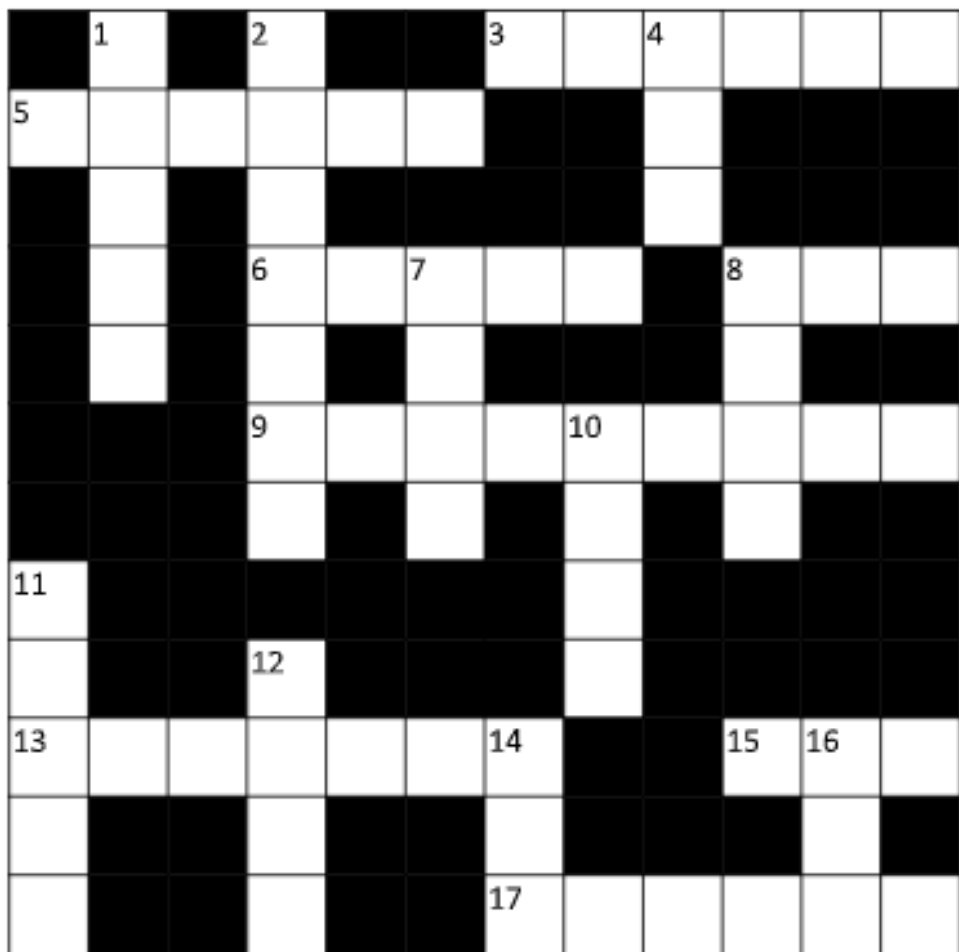
Curcumin, a yellow active ingredient is a polyphenol found in turmeric. It has antioxidant, anti-inflammatory, anti-cancer and anti-depressant properties. It also acts as antimicrobial agent, controls obesity and diabetes and improves brain function. Curcumin also modulates gene expression in human cancer cells in a time-and-concentration-dependent way. Turmeric as a plant has been used in Ayurveda for years as a natural antiseptic, disinfectant, analgesic. It aids digestion, improves intestinal flora and treats skin irritations.

India has won the turmeric patent battle against the USA, which was led by Dr. Raghunath Mashelkar which led to the creation of India's Traditional Knowledge Digital Library.

DID YOU KNOW?

Spinach is not the richest source of iron. Instead, include Fenugreek leaves, Amaranth leaves and Raddish leaves in your diet.





Across

3. Nutrient responsible for Menke's kinky disorder
5. Storage form of carbohydrate in plants
6. An alcoholic drink also known as palm wine
8. This reveals inorganic matter in food sample
9. Organ involved in digestion and absorption of foods
13. A type of pasta
15. Protein with highest biological value
17. A substance required for digestion of nutrients

Down

1. Meat sliced across muscle fiber
2. Nutrient required for growth and repair
4. Round bottom vessel used for cooking
7. A fruit obtained from palm tree
8. This substance in citrus fruit is responsible for its sour taste
10. One of the basic tastes
11. One citrus fruit
12. Mineral required for erythropoiesis
14. Solid form of water
16. A type of soluble fiber obtained as an exudate



RIDDLES

- 1) I am the king of spice
I can be powdered or eaten whole
Don't sniff me or you'll sneeze more
- 2) I am used in sweets and tea
I am a mouthfreshner, black or green
- 3) I'm used in various dishes, chocolates and candies
I enhance hot chocolate and coffee with my standards



RAGI BARFI

Rashmi Jadhav, MSc NFP II
TERI Competition Winner

Ingredients:

Ragi flour- 200g
Milk- 20ml
Sesame seed- 5g
Jaggery- 200g
Oil/ghee- 15ml

Method:

Take oil in a pan and roast the ragi flour until it gets brown in colour. Add grated jaggery into the roasted flour and let it melt. Mix the mixture and add milk into it. Mix it well and add sesame seeds into it. Let it cool. Grease the plate by oil or ghee and the put the mixture in the plate and spread evenly. With the help of a knife, cut it into small pieces and serve.

- Ragi is rich in Calcium, iron, fibre.
- It is anti-inflammatory
- Beneficial for lactation

Beneficial for elderly people as it is easy to digest



"SUNSHINE"

I pray you grow better and healthier
One woman to another, they build an empire
They choose wellness for the future unseen
And have their daily dose of nuts and greens

They hustle to work and lead the tribe
They eat their vitals and minerals, berries and lime
Defined by no wrinkles and fine lines
They start their day with a fruit and sunshine



Answers to Riddles
1. Black Pepper
2. Cardamom
3. Cinnamon





AN INTERVIEW WITH AVANTI DESHPANDE

Living by motto "We have one life, live it large", Avanti Deshpande completed her graduation in SNDT College of Home Science, Pune and PGSR, SNDTWU, Mumbai. She also specializes in Nutrigenomic counseling, transitional gut microbiotics in Human Nutrition, FODMAP for gut healing and PCOS nutrition. Featured as India's Top 10 Nutritionists by Khaleej Times, she currently works as a consulting nutritionist and provides a broad range of services in nutrition, product development, marketing communications and corporate wellness.

Interviewer- How do you look at your journey?

Avanti- It definitely wasn't easy for me, and I don't think it's easy for any entrepreneur. Not losing hope is important, for me that happened because I love this field and I can't imagine myself anywhere but here.

Interviewer- Who is your role model?

Avanti- Indira Nooyi and Jayanti Kathle are the two people who have inspired me. They have shown me what female entrepreneurship and leadership looks like. This has helped me tremendously.

Interviewer- - What does success look like to you after being featured as top 10 nutritionists in India by the Khaleej Times?

Avanti- I feel that success is the by-product of your hard work.

Interviewer- What inspired you to come up with your own line of products?

Avanti- That came about purely because of what is available in the market as healthy food and what I would imagine healthy food to be like. The products have been made keeping in mind people's need. Since I specialize in hormonal imbalance and gut health, I realised that staples like attas and oils have been affecting people's health all along. So there had to be a change. The cookbook is a compilation of some recipes that I have given as diet plans. It has 70 recipes which are disease specific.

Interviewer- As aspiring nutritionists we're more career centric, what advice would you give us to maintain a good work-life balance?

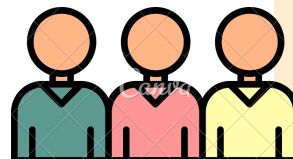
Avanti- You need to have an on and off switch, and compartmentalizing things is the key. It will be difficult at first, but you need to enjoy your life outside of work, even if your work is your passion.

Interviewer- What is your take on the use of social media?

Avanti- Don't try to mimic influencers or so-called nutritionists. Try to promote knowledge.

Interviewer- What advice do you have for current nutritionists, dieticians, food technologists and scientists?

Avanti- Get experience under different people because that gives you a 360 degree view of the world. You need to believe and have confidence in yourself. Have humility, be humble and find your niche.



IMPORTANT DATES

SEPTEMBER

21- World Alzheimer's Day
29- International Day of Awareness of Food Loss and Waste
29- World Heart Day
National Nutrition Month
Childhood Cancer Awareness Month
Blood Cancer Awareness Month
PCOS Awareness Month

OCTOBER

06- World Cerebral Palsy Day
10- World Mental Health Day
12- World Arthritis Day
15-19 World Obesity Awareness Week
16- World Food Day
20- World Osteoporosis Day
21- World Iodine Deficiency Day
24- World Polio Day
29- World Stroke Day
Breast Cancer Awareness Month

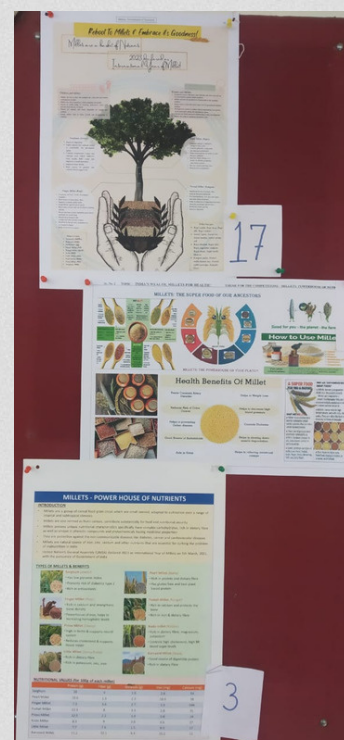
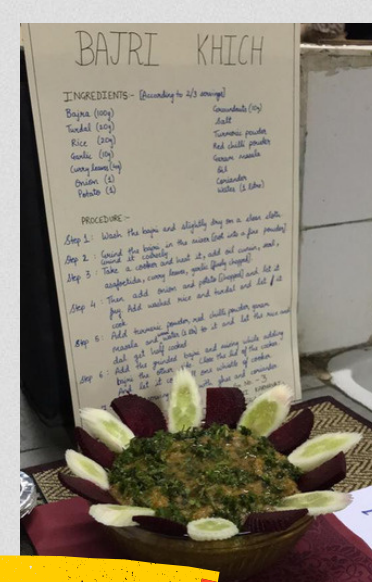
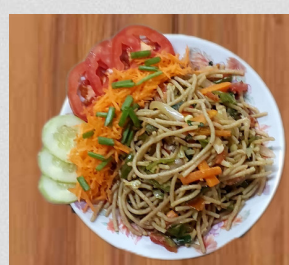
NOVEMBER

07- National Cancer Awareness Day
12- World Pneumonia Day
14- World Diabetes Day
19- World COPD Day
26- Anti Obesity Day



**WORKSHOP ON FSS ACT
2006 &
REGULATIONS 2011 BY
MR. AMRENDRA
MAHAMUNI ON THE
OCCASION OF AFST (I)
PUNE FOUNDATION DAY
& TEACHER'S DAY
CELEBRATION 2022**

POSHAN MAH 2022 CELEBRATION



WINNER

**Harshada Paliwal
Aishwarya Mirashi
Gautami Karnavat**

**Piyali Sengupta
Akshita Garge
Alekhya Kopparthi**



ALL ABOUT SCIENCE OF FOOD

खाद्य *Fora*





SNDT WOMEN'S UNIVERSITY
SNDT COLLEGE OF HOME SCIENCE, PUNE
DEPARTMENT OF FOOD SCIENCE AND NUTRITION



खाद्यFora

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