



खाद्यFora

ALL ABOUT SCIENCE OF FOOD



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A KEY TO IMPROVE LIFESTYLE

Welcome to our e-newsletter focusing on the impact of lifestyle changes on health....

Today's fast-paced society frequently causes us to overlook our health and wellbeing, which results in a variety of lifestyle diseases. The occurrence of lifestyle disorders has grown significantly in modern life. The way people spend their lives and the environment they are surrounded by are the main contributing factors to these lifestyle disorders. The sedentary lifestyle, poor eating habits, stress, sleep deprivation, and increasing screen time are some of the major causes of these illnesses. But even a few little, healthy lifestyle modifications can make a big difference in our ability to maintain good physical and mental health.

One of the most crucial lifestyle modifications that might have a big impact on our health is regular exercise. Exercise helps people stay at a healthy weight and lowers their risk of developing diseases including diabetes, hypertension, and heart disease. Moreover, it enhances mental health and happiness. The importance of a healthy diet cannot be overstated. A balanced diet rich in different types of fruits, vegetables, whole grains, lean protein, and healthy fats can lower the risk of lifestyle illnesses and enhance general health.

Health problems are frequently caused by stress. Deep breathing exercises, yoga, and other stress-reduction techniques can help boost mental health and lower stress levels.

To maintain good health, one must get enough sleep. Our physical and mental health can be impacted by not getting enough sleep, which can cause a number of health problems. Adults should attempt to sleep for a minimum of 7-8 hours each night.

Screen time has increased across all age groups in the last few years. Even though screens play a significant role in modern life, too much screen time can be harmful to one's health, especially if it prevents one from engaging in healthy behaviors like physical activity and social interaction. It is advised to set limits on screen time and give other healthful activities top priority.

In conclusion, simple lifestyle adjustments like regular exercise, a balanced diet, stress management, getting enough sleep, and limiting screen time can have a big influence on our health and wellbeing. By making these beneficial lifestyle adjustments, we can avoid and treat a number of lifestyle problems and live longer, healthier lives.

Stay healthy and fit.....!!



SMT. ANUJA KINIKAR
HEAD OF THE DEPARTMENT
FOOD SCIENCE AND NUTRITION



DID YOU KNOW?

The gut-brain connection
Are gut feelings that real? According to certain research and expert studies, your gut is linked to your mental health and immunity and plays a vital role in mood and digestion that is regulated by the enteric nervous system often called the second brain.

-PAYAL SANJAY KONDE



CHOOSE STRETCHING OVER STRESSING



Lifestyle is a way of life. It is a reflection of what you are, what you want to be in your life. Sleep, diet, exercise, relaxation, stress management, social health, time management, environmental factors, balance between personal and professional life are all the features of a lifestyle. A good lifestyle is said when all these aspects of a lifestyle have harmony in them.

In this modern world of chaos and competition it is very difficult to maintain a balance of everything. Then, is there any solution for this? Yes, definitely there is a solution. You will be amazed to know that the tool against the modern world's stress, anxiety and fear is the ancient science of 'Yoga'.

Thousands of years ago our ancestors used to practice yoga; which brought stability, security and balance in their lives which helped them to understand the philosophy of the life in a better way. But with the rise of modern world's problem we have forgotten to introspect and spare some quality time for ourselves.

But the awareness regarding yoga is rising which could be seen through celebration of international yoga day, acceptance of yoga by the people throughout the world and going beyond that; Saudi Arabia is all set to introduce yoga in curriculum of universities. But yoga should not be practised blindly because it is been practised by western countries instead, everyone should try to understand the science behind it.

Yoga can be understood as a way to keep you healthy; not just physically but also mentally and emotionally. Yoga helps to slow down the ageing and brings life on the right track hence it gives a right path and direction to our life which is way more important than just a speed.

It helps us to realize the immense strength which our body and mind has and reminds us of infinite potential we have. Therefore anyone irrespective of gender, age, socio-economic status can learn asanas, pranayama and meditation and no special equipment is needed, you just need a hope and willingness to live a life to its fullest.

Yoga improves the flexibility of our body, helps to maintain a healthy weight, it relaxes muscles and ligaments, reduces the stress and teaches us to change the perspective rather than running away from the problem. Diseases like constipation, obesity, diabetes, asthma, sinusitis, acidity can be prevented and cured with the asanas and also helps our body to get rid of toxic materials. Asanas can be beneficial in the treatment of backache, headache and most importantly it boosts the confidence, improves communication skills and thereof helps to establish good social relations. Daily practice of yoga boosts immunity and stamina, improves sleep quality and assures longevity.

The above benefits of yoga can surely act as reasons for all of us to practice yoga every day. When you do anything regularly without a break, it not only becomes a habit but, it also becomes a part of you. Let yoga become a part of you.

As the Sanskrit word Yuj (from which word Yoga is derived) suggests, let us build a connection between our mind and body and choose stretching over stressing.

-HARSHADA PALIWAL
TYND



INDOOR PLANTS: TO GROW YOUR MENTAL PEACE



'To plant a garden is to believe in tomorrow'
-Audrey Hepburn.

Plants have this soothing aura ; we feel more alive when we step out of the concrete jungle and step into greener world. According to psychology green color brightens our mind and brings you luck. The nature lovers are now planting their solace inside their home by doing 'Indoor Gardening'.

Indoor gardening has become new fun activity now . Here's what research says about indoor plant's .

·INDOOR PLANTS MAY HELP IN REDUCING STRESS:

We believe plants possess the positive energy because whenever we are around plants we instantly feel good. Thus to have indoor plants is a good way to reduce stress just by being surrounded by them.

·WORKING WITH PLANTS CAN BE THERAPEUTIC:

Researchers have used Horticulture therapy for people suffering from Anxiety, depression, dementia .And the research has been found effective.

·IT HELPS IN RECOVERING FROM ILLNESS:

Have you all ever noticed plants inside hospitals, if yes, you must agree that plants help us feel soothed and calmer and we stay in good mood and we recover faster with a healthy mind.

Points to remember, if you are planting indoor plants :

·Water them daily, look after them.

·Indoor plants may collect dust so it may need to be wiped down regularly.

Happy gardening you all.



POMOGRAATE ICE POPSICLES

Ingredients :

Pomegranate - 100mg

Lemon juice - 5ml

Mint leaves - 3 to 5

Honey - 5g

Water- 20 ml



Procedure :

·Cut and peel the pomegranate

·Take 100 g pomegranate in a mixer and add 20ml water

·Grind it well

·Strain the juice out of it

·Add lemon juice , mint leaves , honey and stir well

·Transfer this juice into popsicle mould.

·Freeze it for 5-6 hours





Remember when you listen to fast music while completing assignments, working out?

This is because it increases focus, makes you feel more alert and enables to concentrate. Your favorite playlists make you feel joyful, sad at times, sometimes you feel like dancing, crying and what not! As it influences us with its relaxing effects on our minds and bodies, in turn, it also helps to relieve stress. Stress can definitely be reduced with the help of music, particularly classical music. Especially, Indian classical music is rich in terms of ragas which contain different rasas or bhaavas or emotions. It highly impacts one's mood and emotions which is why different ragas are sung at different times of the day. The pitch set of a raag and its characteristic phrase establishes the flavour and mood of the raag. This slow and quiet genre has shown to slow down the pulse and heart rate, in turn reducing stress. A raag affects the body as there is a strong connection between the Sur(note) produced and the chakras present in the body and mind. The chakras are cleansed by the ragas that help the body heal and also bring an overall positive change in a person.

Raag Bhairavi one of the ancient ragas has shown to be effective in the management of depression, anxiety and other mental health problems. Studies have shown that ragas with emotional labels of happiness/calmness like Raag Hansadhvani, Yaman, Tilak Kamod, Jog, Rageshree and many more have helped lighten moods (differs for every individual).

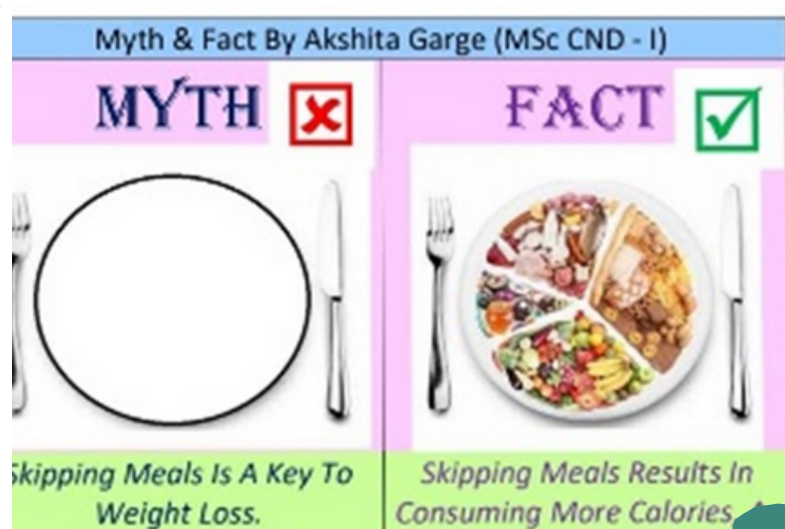
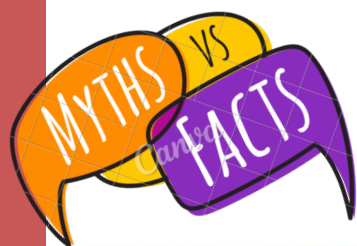
Similarly Raag Malhar pacifies anger, Yaman evokes devotion and peace

Bhatiyar which an early morning Raag has a soothing impact, Bhupali improves memory

Bahaar/Bihag for sound sleep, and the list goes on and on.

Another example is, Tansen had composed Raag Darbari Kanada for king Akbar to relieve his tensions.

To quote an example of recent times, Padmavibhushan N. Rajan who is a senior violinist of Indian Classical Music, had performed certain Ragas for a coma patient. Her consistent playing brought back the patient from coma. This again shows how deeply music reaches the mind at subconscious level too. In today's stressful environment where life has become very fast, we need to slow down and rethink about our priorities and abilities. Music or any other form of art assures us of leading a stress free life.



Health is wealth

'WAKING UP EARLY' HERE'S WHAT YOU CAN KNOW!



In some cultures, the time before sunrise has been considered an ideal one for spiritual practices like prayer and meditation. The environment is pure and calm and soothing. Waking up just before sunrise puts us in perfect synchronization to the natural clock. At this time there is positive flow of energy and mental faculties are at their highest. By rising at this time, the body can synchronize with the rhythm of sun. This time is hailed as the best time to learn, especially learn and realize subtler aspects of philosophy and spiritual growth. Also the average human body's temperature reaches its minimum around this time.

We all know that the quality of our sleep decides our energy level for the day. Circadian rhythm has a direct influence on the performance of an individual across the day. Circadian rhythms can influence important functions in our bodies such as hormone release, eating habits and digestion, body temperature and sleep patterns. Most people notice the effect of circadian rhythms on their sleep patterns. Studies mentioned the effect of circadian rhythms on sleep cycle. The suprachiasmatic nucleus, or SCN controls the secretion of melatonin, a hormone that makes us sleepy. Melatonin surges when the sun sets and vanishes during the day. Drinking caffeinated beverages or the blue light from the electronic devices during this surge, can suppress melatonin and can disrupt sleep which could allow one to wake up before sunrise or maybe just a little before their regular time. Hence, waking up early in the morning might seem difficult.

So, is your day in synchronization with the natural clock? If your answer is no, here are two tips that can help one be in synchronization with the nature!

1. In the initial stage, don't force yourself beyond your limits to wake up early.
2. Start sleeping 15 minutes early to wake up 15 minutes early. Increase this period slowly, and there it is! Once you have started making these little changes, it won't be very long till you have achieved your goal!



KODO MILLET KHEER

Ingredients:

milk - 1 liter
Jaggery - ½ cup,
Kodo millet - ¼ cup
Cardamom powder, dry ginger powder, almond, pistachio, cashews.



Procedure-

- Soak kodo millet in ½ cup of water for 1 hour
- Place heavy saucepan over high heat and pour milk.
- Bring to a boil, stir it continuously. Now add soaked kodo millet into it and continue to cook on medium heat and stir it till the milk has thickened and reduced by half, about 25 min
- Add ½ cup jaggery, cardamom powder, dry ginger powder and dry fruits and cook the mixture for 2 to 3 minutes
- Remove from heat and transfer into serving bowl





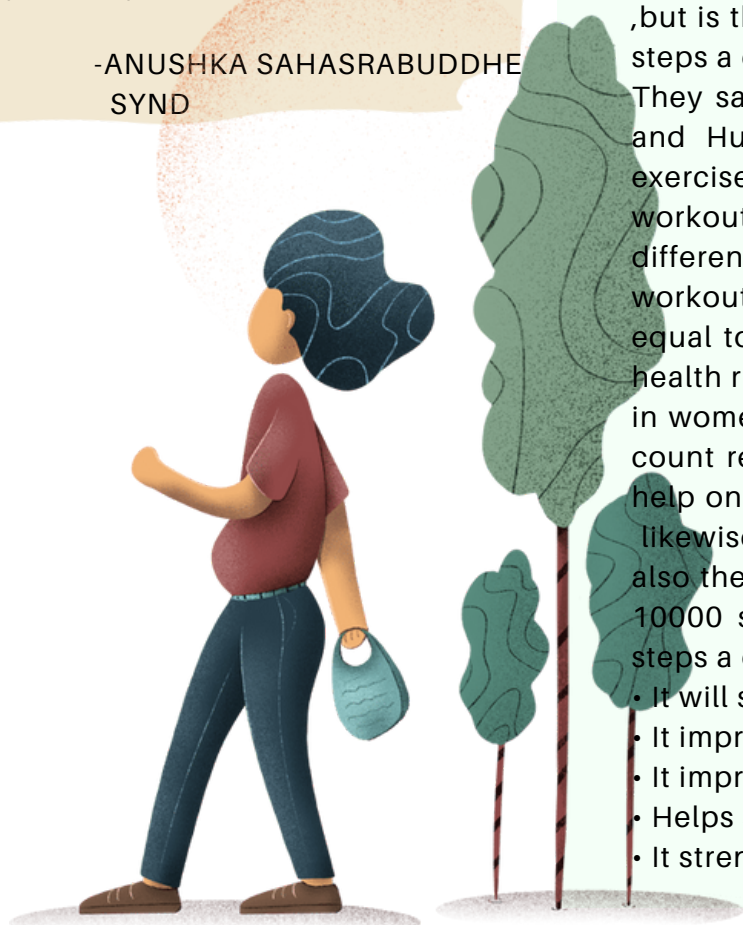
MILLETS AND HEALTH

Millets are nutri-cereals comprising of Jowar (sorghum), Bajra (pearl millet), Ragi (finger millet), Jhangora (barnyard millet), Barri (proso or common millet), Kangni (foxtail/ Italian millet) and Kodra (Kodo millet). They have a unique and diverse phenolic profile. Phenolic compounds such as flavonoids, phenolic acids, and tannins together with insoluble fibres, xylo-oligosaccharides, and some peptides present in millets contribute to its efficacy in human health. These polyphenols found in abundance act as antioxidants, anti-inflammatory and antiviral agents and play a crucial role to enhance the body's immune system. The main function of millets, being gluten free themselves, is to cut down the effects of celiac disease (an auto immune problem where the irritant is gluten consumption) by reducing aggravation caused by gluten containing cereals.

Significant nutrients such as calcium, dietary fibre, and proteins are abundant in millets. The hazard of life-threatening diseases such as cancer, diabetes is greatly diminished with the incorporation of these grains in the diet. In opposition to cereals (rice, wheat), abundant quantities of energy and thiamine, riboflavin and niacin are seen in pearl millets. As a result of inclusion of crucial amino acids (lysine, valine, and threonine), the protein acquired from finger millets is considered to be of top quality. Millets promote greater excretion of bile salts from the body, reduce cholesterol and thus prevent heart disease. This is characterised by the occurrence of phytochemicals in these grains. A boost in energy levels and enhancement in muscular system is often seen after consumption of these grains. Research suggests that plant-based diets tend to safeguard against different kinds of diseases.

Now that we have seen the perks of consuming millets, let us pledge to include them in our diets today for a healthier tomorrow. Get Millet-ary Healthy!!

-ANUSHKA SAHASRABUDDHE
SYND



ALUMNI CORNER

MS.ARTI BHALERAO CHIEF DIETICIAN AT SYMBOISIS UNIVERITY HOSPITAL AND RESEARCH CENTER



I am extremely happy to have given an opportunity to introduce myself as an alumni of this college, on this platform of Khadya Fora.

God has been extremely grateful to guide me all through my path but in a true sense, to train me personally he has been through as my teacher to tutor, mentor and shape me to what I have achieved today.

I would like to thank Anuja ma'am for this opportunity and all my teachers of SNTD who have stood by me through thick and thin and they stand by me today also. This is a moment to calm down and sit down and look back in my memory lane and even the thought of the lovely college days brings a sparkle in the eyes, bright smile on the face and happiness in the heart which is priceless.

Dear friends, I have been a student of SNTD College of Home science, Pune for 5 years, I have completed 3 years BSc in FSQC and then persuaded my masters in Nutrition and Food Processing. I still remember the first day I walked in the college as a BSc student and the last day when I had finished my masters.

Life has been unstoppable since then. The knowledge, skill, vision, groundedness and discipline that the college has given me stays with me forever and reflects in me always. By God's grace it is these qualities that have made me a better human being and help me to serve humanity through my work.

Today I work as the head dietitian with Symbiosis University Hospital and Research Center, which is a 850 bedded multi specialty hospital and the role required to be played is a unique one where in you are required to be empathetic to the patients at the same time be a strong administrator to ensure food safety to all the patients admitted, relatives and staff.

To a doctor you are a reliable support to understand the physiology, biochemistry and translate the patient's requirements and preferences into a nutritional prescription. Now I really feel that it's a unique role. Through my journey from a trainee to mentor, has molded me to understand me in a better role to contribute to society and to reciprocate the good I received all through my journey now and way ahead.

Finally, I would stop here, thanking my beloved teachers and conclude my conversation, with a quote by Reverend Edward A Malloy, which I do firmly believe on "A college degree is not a sign of finished product but an indication a person prepared for life "

10,000 STEPS A DAY: A HEALTH MYTH OR A FACT?

This generation tends to follow every new trend that pops up on social media. Recently, a new health activity has been suggested by WHO i.e. 10,000 steps a day, but is this new activity really that beneficial for your health? Does walking 10,000 steps a day actually burn your extra calories?

They say 'some activity is better than no activity'. The US. Department of Health and Human service recommends 150 minutes a week of moderate intensity exercise. But Don't rush you don't have to immediately jump on 150 minute workout routine. Those 150 minute walk can gradually be completed in many different ways. Every person has a different workout schedule, some aim for 45 min workout while others have 10-30 min workout daily. But does walking 10000 steps equal to 150 min workout. Research found that women in her 70's reduced heart health risk by 40 %, walking 4,400 steps a day. Also the risk of early death dropped in women walking 5000 steps a day but noticeable benefits were found when the count reached to 7,500 steps a day. So in other words 10,000 steps a day might help one live longer. But wait as a coin has two sides, the other research last year likewise found out 10000 steps a day is not necessary for one to live longer and also the health Benefits were slight. But, today's science suggest we do not need 10000 steps for our health & longevity Some health benefits of walking 10000 steps a day:

- It will strengthen your lungs.
- It improves your concentration level.
- It improves flexibility.
- Helps stabilize blood sugar level.
- It strengthen your bones.



SUPERFOOD CORNER AN 'OAT'FUL MEAL

We all are aware of oats as one of the healthy breakfast options out there. Since the onset of a gluten-free and fiber-rich diet, oats have gained traction in nearly all parts of the world. Holding a rich nutritional profile of carbs, protein, antioxidants, and soluble fiber, as well as a rich source of vitamins and minerals like B vitamins, iron, selenium, manganese, copper, magnesium, zinc, and phosphorus, oats are also known to reduce stress and anxiety levels by releasing serotonin which improves mood.

Doesn't this seem to be a completely nutritious meal that is filled with the goodness of maximum macro and micronutrients? To make it more nutrient-dense, add some berries, nuts, and seeds like almonds, walnuts, pumpkin seeds, or chia seeds for the extra crunch to your delicious oatmeal.



-PAYAL SANJAY KONDE
TYND

DO YOU KNOW OUR PET NAMES?



Sorghum:



Pearl millet:



Finger millet:



Kodo millet:



Foxtail millet:



Barnyard millet:

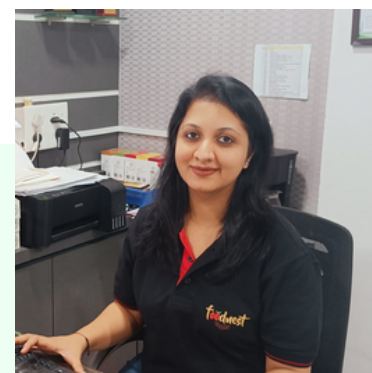


Proso millet:



AN INTERVIEW WITH

PREETI DESHMUKH- FOUNDER AND CEO OF FOOD NEST AND FOOD MATTERS



1.What is Food Nest and Food Matters?

Food nest is a product manufacturing company for healthy packaged foods (millet bars, sugar-free bars , healthy spreads etc.)

Food Matters is a healthy meal service delivering calorie and protein counted meal all across Pune.

2.How did it start?

Food Matters started from my home kitchen to slowly shifting to a larger scale, while Food Nest started as my real interest was in product development ,while being a 2nd runner up at a millet-based recipe competition, motivated me to start a product manufacturing company.

3.What was the idea behind Food Nest and Food Matters?

Food matters started in 2017 , after finding the gap in the theoretical diet plans to fit into the lifestyle. To provide nutrition through lunch boxes to bridge in the gap of diet plans for health professional, athletes, working professional etc.

Food nest started in 2019, where the vision was to fill gap of a good Healthy packaged food to provide nutritious meal replacements or snacks.

4.How has it turned out for you?

It has turned out great for me, it wasn't easy, there were many ups and downs during this journey but ultimately to do what you love is amazing.

5.What have you learnt through this journey?

This journey has taught me to talk more about your struggles , create more entrepreneurs and that anyone can be a nutripreneur.

6.What made you change your role as a Dietitian to a nutripreneur?

The gap between the diet plans and availability made me think, plunged to this journey, without knowing the challenges. The role of dietitian is still there, but instead of being from one to one it is now one to many at a time.

7.What challenges did you face?

There were various challenges during the journey , starting from a financial loan to start food nest to understanding the basics of entrepreneurs and to learn business.

8.Do you miss working as a Dietitian?

I want to be that between the patients / clients and healthy foods , even if I'm not there working as a Dietitian, i want my products to be there.

9. How was your TEDx experience?

TEDx was a completely new experience. Great example of if you believe in it / manifest it, right people coming to you through your channel. It was very challenging to tell your story about your struggles , failures in a time limit while keeping your emotions in control.

10.What is the story behind your mantra "superwoman to happy woman"?

Every women goes through this pressure of being good in everything , to handle the peer pressure, in the process you feel burnt out, when help is available at one voice, why beat myself and struggle, so to lower your expectations , let everyone take up responsibility and help you, in order to be a happy woman.

11.Whom do you think as your role model?

Frankly I couldn't write one answer. I look up to many of my mentors. I consider myself as my role model because I imagine the vision and motivate myself to keep going and be bigger than now.

12.Do you have any new plans / ideas for upcoming years?

I have 2 plans for coming years

1.To restart the online certification nutripreneurship course validated by IDA Pune chapter.

2. To create an army of nutritionists from India in this model to create a Concious, honest & ethical nutrition manufacturers in food industry.

13.Word of advice for the students?

Find what is your passion. Keep reading and grab on information about everything & understand your forte. Be happy to work even on holidays & be happy to wake up.





SELF CARE IS THE BEST CARE

You must have heard the phrase "self help is the best help". Let me tell you what is "self care is the best care". Today life is moving fast within a blink the sun rises and the sun sets. You barely get time for yourself. The same goes for emotions we're at the peak of our emotions within a fraction of second our emotions go out of hand and we react so quickly sometimes without even thinking what will be the outcome. Stress symptoms can affect your body, your thoughts and feelings, and your behaviour. Not only stress the amount of time which we spend on our phone screens also affects us. This can lead to several health issues. But you can prevent all these things from your Diet by just doing lifestyle modification. Nature is a gift to human kind. Just sitting on a bench in a park and watching birds chirping can make your day. Or talking to someone who you can rely on can make your day. You can listen to music and do some exercises and yoga to feel better. Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. That's why it's important to experiment and find out what works best for you. Lifestyle management is one of the most important things to be aware of for lasting health. Building of healthy habits into a person's regular routine. These habits, whether they are small changes or large shifts in perspective and practice, can have a lifelong effect on physical health and overall wellbeing. It's one of the best things you can do to prevent illness and live a happier, more balanced life.

There are five factors at the forefront of lifestyle management:

1. Sleep
2. Diet
3. Exercise
4. Relaxation
5. Social health

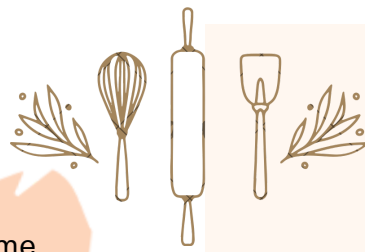
All five of these are inextricably linked and must be given the proper attention in your daily life to enjoy your best health. Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had." If there is no struggle, there is no progress.

-TUBA SAMAR SYED QAYYUM



IMPORTANT DATES

International Millet Year
 8 March- International Women's Day
 10 March- World Kidney Day
 17 March- World Sleep Day
 20 March- World Oral Health Day
 22 March- World Water Day
 26 March- World Epilepsy Day
 7 April- World Health Day
 11 April- World Parkinson's day
 19 April- World liver day
 April- IBS Awareness Month
 3 May- World Asthma Day
 5 May- World Hand Hygiene Day
 17 May- Hypertension Day
 29- World Digestive Health Day



TUPACHYA BERICHI BURFI

-MANASI SANTOSH BIBAVE
 TYND



Berichi barfi is a simple yet tasty, healthy, and traditional recipe prepared from leftover ghee residue called beri. So this recipe is also going to utilise your leftover rotis / chapatis avoiding the wastage or else you can use fresh chapatis too. Basically our both the main ingredients are the leftovers. This recipe is also going to be sugar-free replacing sugar by jaggery. Let's start..

Ingredients

Beri-1/2 cup

Jaggery-1/2 cup

Chapatis the medium size -2 nos

Ghee-1 and 1/2 tsp

Slice nuts - almond and cashews (optional)

Cardamom powder- 1tbsp

1. Take leftover chapatis, crush it and add into grinder and make fine powder.

2. Add ghee in pan toss sliced almonds and cashews and remove it.

3. Then add 1 tsp of ghee in pan add the fine powder of chapatis and saute it for 2-3 minutes

4. Add 1/2 cup jaggery or jaggery powder as per your choice and mix it well till jaggery melts.

5. Then add beri and mix gently. saute it for 1 minute then add cardamom powder and roasted nuts and mix.

6. Grease the tray or tin with ghee or oil. Transfer the mixture on the tray or tin and decorate it with dry fruits.

7. Keep it for 1 hour on room temperature..

8. Tadaaa your beri burfi is readyy.

TIP-1. Cut the required amount of jaggery finely so it melts easily and quickly

2. And follow the whole procedure by keeping medium gas flame.

RIDDLES

-PAYAL SANJAY KONDE
 TYND

- I get high when you wake up, feel low when you sleep, and get released when you are too sweet and stressed. Who am I?
- Sweeter when you think, Bitter when you taste, Harder when you Chew, and Darker than you thought. Hearty and Healthy. Who am I?

Coriisol, Dark Chocolate

PROTEIN FOODS & NUTRITION DEVELOPMENT ASSOCIATION OF INDIA (PFNDIAI) IN COLLABORATION WITH SNT COLLEGE OF HOME SCIENCE, PUNE 'POSTER CONTEST WINNERS'

THEME: MAINTAINING HEALTH WITH MILLETS, AND A SLOGAN RELATED TO MILLETS.

- First Prize: Samiksha Nitin Shewalkar
- Third Prize: Zahra Huzaifa Batliwala
- Consolation Prize: Payal Konde, Savani Ranjit Pharande, Anuja Ankush Bhise

Hearty congratulations to Anjali Shinde TYND for receiving PFNDIAI Merit cum means scholarship 2022

