



## September 2023, Issue 5

### • Editorial Desk

• Articles: Prenatal mental health and the effects of stress on the fetus and the child birth, FOAD, Paternal Obesity and its Implications during Pre-conception, Gestational Diabetes, PPD

• Superfood corner: Fenugreek Seeds, Green Moong, Garden cress Seeds

• Did you know? and Snippets

• World Affairs

• Myth or Fact?

• Riddle

• Games

• Teacher's Corner: Ms. Sugra Poonawala, Mrs. Vaishnavi Shukla

• Alumni corner: Ms. Mugdha Deshpande

• Interview: Ms. Madhavi Naik

• Recipes: Beetroot oats masala sticks, Chickpeas and spinach soup



Gayatri Patil, Aditi Vargante, Sakshi Mirashi, Payal Konde, Saloni Nevgi, Gayatri Kamat, Pradnya Bandal, Anushka Sahasrabuddhe, Anjum Inamdar, Saisha Kulkarni

## EDITORIAL DESK



### "SUPOSHIT BHARAT, SAKSHAR BHARAT, SASHAKT BHARAT" (NUTRITION-RICH INDIA, EDUCATED INDIA, EMPOWERED INDIA)



Ms. Aakanksha Salve

Nutrition awareness is often promoted through public health campaigns, educational programs, healthcare providers and various media outlets. It is a critical component in promoting general health and well-being and lowering the burden of nutrition-related disorders in populations. Individuals can improve their nutrition awareness by accessing credible information from reputable sources, interacting with qualified dietitians or nutritionists, and staying up to date on the latest advances in nutrition science and standards. One such method of creating awareness is through National Nutrition Month.

Originally National Nutrition week (NNW) was celebrated with great importance and was observed in the country from 1st to 7th September every year since 1982. The decision to celebrate September as the National Nutrition Month or 'Poshan Maah' came in the year 2018. The Government of India's flagship initiative, POSHAN Abhiyaan, has been instrumental in advancing nutritional outcomes for pregnant women, lactating mothers, adolescent girls, and children under 6 years of age in a comprehensive manner. Launched by Hon'ble Prime Minister, POSHAN (Prime Minister's Overarching Scheme for Holistic Nutrition) Abhiyaan operates in mission mode to combat the challenge of malnutrition. The Ministry of Women and Child Development is celebrating the 6th Rashtriya Poshan Maah throughout September 2023.

This year's goal is to combat malnutrition holistically using a life-cycle strategy, which is the cornerstone of Mission Poshan 2.0. Based on this strategy, the goal of Poshan Maah 2023 is to raise public knowledge about crucial human life periods such as pregnancy, infancy, childhood, and adolescence. The theme centred on "Suposhit Bharat, Sakshar Bharat, Sashakt Bharat" (Nutrition-rich India, Educated India, Empowered India). During the 15th Financial Commission period, Poshan Abhiyaan, the Anganwadi Services Scheme and the Scheme for Adolescent Girls were aligned under Mission Saksham Anganwadi and Poshan 2.0 to launch an integrated nutrition support programme aimed at strengthening content, delivery, outreach and outcomes. The focus remains on cultivating practices that foster health, wellness and immunity against diseases and malnutrition.

The theme "Nutrition-rich India, Educated India, Empowered India" reflects a vision for the future of our country, that emphasizes three key pillars: nutrition, education, and empowerment. This vision highlights the importance of these factors in improving the well-being and development of the country's population.

- **Nutrition-rich India:** This aspect emphasizes the need to address nutritional challenges in India. Malnutrition, both in terms of undernutrition and overnutrition, has been a significant concern in the country. A "nutrition-rich India" envisions a nation where people have access to and consume a balanced and nutritious diet, ensuring proper physical and cognitive development, especially in the at risk groups. This includes efforts to combat hunger, improve food security, and promote healthy eating habits.
- **Educated India:** Education is seen as a fundamental driver of progress and development. An "educated India" envisions a population with access to quality education, regardless of gender, socioeconomic status, or geographic location. Education not only imparts knowledge and skills but also empowers individuals to make informed decisions, pursue meaningful careers, and actively participate in the socio-economic and political aspects of society.
- **Empowered India:** Empowerment refers to the process of giving individuals and communities the tools, resources, and opportunities they need to take control of their lives and improve their socio-economic status. An "empowered India" envisions a society where people, particularly marginalized groups, have equal rights, access to economic opportunities, and a say in shaping their own destinies. This includes gender equality, economic empowerment, and social justice initiatives.

The concept of "Nutrition-rich India, Educated India, Empowered India" reflects a holistic approach to development, acknowledging that these three pillars are interconnected and mutually reinforcing.

- Education can empower individuals to make informed choices about nutrition and health.
- Improved nutrition can enhance cognitive development and, consequently, the quality of education.
- Empowered individuals are more likely to advocate for their rights, including the right to quality education and access to nutritious food.

Efforts to realize this vision require coordinated action from the government, civil society, and various stakeholders. Policies and programs related to healthcare, education, agriculture, women's empowerment, and social welfare all play critical roles in achieving these goals. By focusing on these pillars, India aims to create a society that is not only economically prosperous but also healthier, more educated, and socially equitable.





## PRENATAL MENTAL HEALTH AND THE EFFECTS OF STRESS ON THE FOETUS AND THE CHILD BIRTH



### SNIPPET

#### WOMB TRANSPLANT

We've all heard of procedures like IVF and surrogacy to help couples conceive, but have you ever thought about a uterus transplant?

The first successful womb transplant was performed in Sweden in 2013 to treat absolute uterine infertility, a medical issue that affects 1 in 500 women. Dr. Shailesh Puntambekar performed the nation's first uterine transplant in Pune in 2017.



<https://www.galaxycare.org/dr-shailesh-puntambekar-performed-indias-first-womb-transplant-in-pune>

### FUTURE FORECASTING WITH FETAL ORIGINS OF ADULTHOOD DISEASES: FOAD

Imagine a tiny fetus in your mom's womb with a notepad, scheming away. They're saying, "You know what would be funny? Let us mess with their health a bit and see how they handle it later!" Pun not intended...

Welcome to "fetal origins," where the science of your womb-time adventures collides with your adult health status. From conception to adulthood, an intricate interplay of genes and environment shapes our health. Surprisingly, some adult diseases have their origins in fetal development, known as the "Barker hypothesis." In this article, we will explore how your time in the womb can impact your lifelong health. Fetal malnutrition, simultaneously with maternal malnutrition affects heart development, which increases the risk of CVD in adulthood. High glucose exposure in the womb leads to insulin resistance, a precursor to type 2 diabetes. Fetal programming can disrupt appetite regulation and fat storage, contributing to obesity. Prenatal stress and nutrition can influence adult mental well-being, as well. Interestingly even your fetal cravings can affect your adult palate (any sweet tooth in the room?)

Understanding fetal origins reveals the profound link between early life experiences and lifelong health. Genetics matter, but the prenatal environment is equally vital. So how can we make a profound impact on making a big improvement on future generation? By prioritizing prenatal care, adopting healthy lifestyles, and supporting ongoing research, we can prepare the team of healthcare professionals from different fields and proactively reduce the risk of adulthood diseases. We must remember that "Health of your future self; start from day 0 of your life." (please note you cannot blame your breathlessness on your fetus self, cause it ain't the one eating triple loaded cheese pizza!!!)

During pregnancy, a mother's mental health can have a significant impact on both the developing foetus and the childbirth experience. Here are some key points to consider:

**Stress and Foetal Development:** High levels of maternal stress during pregnancy can potentially affect the developing foetus. Prolonged stress may lead to an increased release of stress hormones like cortisol, which can cross the placenta and influence foetal development. This can potentially lead to low birth weight, preterm birth, and other complications.

**Cognitive and Behavioral Effects:** Some studies suggest that exposure to maternal stress in the womb may have long-term effects on a child's cognitive and behavioural development. This can manifest as increased risk of anxiety, depression, and attention disorders later in life.

**Maternal Well-being and Childbirth:** Prenatal mental health also plays a crucial role in the childbirth experience. High levels of stress or anxiety during pregnancy can increase the likelihood of complications during labour and delivery. Additionally, it may affect a mother's ability to cope with pain and stress during labour.

**Postpartum Mental Health:** Prenatal mental health is closely linked to postpartum mental health. Women who experience high levels of stress or depression during pregnancy may be at a greater risk of experiencing postpartum depression or anxiety.

**Support and Intervention:** It's important for pregnant individuals to seek support and intervention if they are experiencing significant stress or mental health challenges during pregnancy. This can include counselling, therapy, or other forms of mental health care.

**Stress Reduction Techniques:** Practicing stress reduction techniques such as mindfulness, relaxation exercises, and maintaining a healthy lifestyle can help promote better prenatal mental health and reduce the potential impact of stress on the foetus and childbirth.

Remember that each individual's experience is unique, and the effects of stress during pregnancy can vary. It's crucial for expectant mothers to communicate openly with their healthcare providers about their mental health and seek appropriate support and guidance.



### FACTS

### MYTHS

**MYTH:** "You can't get pregnant while breastfeeding."

**FACT:** Breastfeeding can suppress ovulation, reducing the chances of conception, but it is not foolproof. It is still possible to get pregnant while breastfeeding.

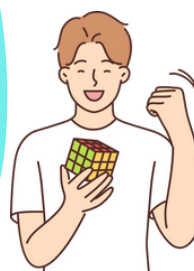
-Siddhi Zawar  
TYND

### Riddle

I don't quite look like my name. I have many forms, sometimes semi-solid, sometimes liquid, too much of me can harm you, I have more energy than other nutrients. Who am I ?

-Aditi Mandavkar  
M.Sc 1

Ans -  
Fats



## WORLD AFFAIRS



1. Chandrayan 3's Vikram lander created history by becoming the 1st nation to land the spacecraft on Moon's South Pole around 6:04 p.m. on August 23, 2023.
2. Prime Minister Narendra Modi announced 23 August 2023 as National Space Day, so the story of India's scientist success behind this mission reaches every future generation.
3. Prime Minister Narendra Modi announced that the African Union has been granted permanent member status in the Group of 20 top countries.
4. The UK's second largest city Birmingham declared bankruptcy as the city council doesn't have sufficient money to pay 760 million in equal pay claims it owes to the female government employees.
5. Researchers in Israel's Weizmann Institute of Science have successfully created a synthetic model of a 14-day old human embryo entirely from stem cells grown in a lab. These stem cells were reprogrammed from adult skin cells and other established lab-grown stem cell lines.
6. Aditya L1 satellite is dedicated to a comprehensive study of the Sun, to understand the Sun's behaviour including radiation, heat, particle flow, magnetic field and its impact on Earth.
7. Aditya L1 launched on 11.50 IST on 2nd September 2023.

## SNIPPET

### Fetoscopic Surgery

A neural tube defect called spina bifida is brought on by inadequate folic acid intake during pregnancy. It is a birth abnormality that develops in the first few weeks of foetal development when the spine doesn't close completely. It's a condition that has the potential to complicate a person's life seriously.

**Fetoscopic Repair of Spina Bifida, a minimally invasive surgery that lowers the dangers associated with a significant incision, allows for the correction of congenital deformity in utero.**

<https://women.texaschildrens.org/program/texas-childrens-fetal-center/procedures-offered/fetoscopic-repair-spi-na-bifida>



## TEACHER'S CORNER

### COME, STUDY, NUTRITION

How I wish I knew this before

The field of nutrition ain't a dance floor

Grades, marks and attendance do matter

What matters the most is the grey matter

What you remember, what you learnt

If not baked everyday, will get burnt

Organs, tissues, nucleus and cell

Food, nutrients, technology and kale

So much to grasp, so much to learn

Yet another assignment you will earn

Yet you will feel

One more day is all you need

To learn a little bit more

To tighten your core

Because all that matters is what's in your head

So keep that knowledge bug fed

--Mrs. Vaishnavi Shukla

## PATERNAL OBESITY AND ITS IMPLICATIONS DURING PRE-CONCEPTION

Traditionally, when we hear the word "conception", it is associated with motherhood, maternal health, and its effects on the growth of the child, right from its foetal stages up to the birth and further the developmental, cognitive, metabolic, and behavioural health of the child and into their adult life.

The areas of interest for females include maternal age during childbirth, maternal nutritional status, physical fitness (BMI), pre-existing comorbidities and their management, mental health, exposure to teratogens, and lifestyle. Although these factors are essential and affect foetal growth, aspects of paternal health are commonly just an afterthought and are taken into consideration during infertility treatments, although the areas of interest in such cases are limited to the functionality and viability of the sperm and the factors contributing to it.

The Developmental Origins of Health and Disease Hypothesis has shifted its focus in recent years to consider the potential impact of paternal health on embryonic development, foetal growth, and long-term child health. Our knowledge of the long-term paternal effects on the health of offspring is still limited, despite extensive research on the relationship between male health and sperm quality.

Similar to maternal obesity, paternal obesity is a significant factor in male reproductive health. Due to elevated amounts of circulating oestrogen, leptin and insulin, both of which affect the process of gonadotrophin production and hinder spermatogenesis. Obesity in males is thought to be caused by lower levels of testosterone. Additionally, increasing scrotal adiposity decreases sperm motility and increases DNA damage and oxidative stress levels. Increased levels of ROS have been linked to poor sperm quality factors such as improper chromatin condensation, high DNA fragmentation index, and aberrant methylation patterns in sperm.

The rate of fertilization and the growth of the embryo are correlated with obesity and sperm quality. Male obesity affects the time it takes to conceive, the rate of fertilization, the sperm's ability to undergo capacitation, and its capacity to bind to the egg.

Preimplantation embryo development rates are slowed down with the commencement of abnormal paternal genome activation, according to studies done in fertilized humans and animals. The aberrant glucose consumption and lactate production observed in the embryos of overweight males are indicators of decreased embryo viability. On the other hand, it has been found that paternal undernutrition causes changes in the metabolic profile.

Studies on male obesity in rodents during late gestation have revealed a delay in foetal development together with a considerable loss in placental weight. In contrast to being present at birth, the consequences of male obesity on offspring weight, abdominal diameter and adipose tissue distribution begin to manifest in early childhood.

Additionally, it has been demonstrated that children exhibit hypomethylation in particular imprinted loci known to be linked to cancer, CVDs, and brain disorders. For up to two generations, insulin resistance, glucose intolerance and increased obesity are observed in mouse offspring.

In contrast, paternal undernutrition results in offspring that have elevated growth patterns during pregnancy that are visible at birth. These offspring also have increased adiposity, cardiovascular dysfunction, impaired glucose tolerance and elevated levels of circulating inflammatory mediators, which compromise their metabolic and cardiovascular health.

This shows that parental obesity has a significant impact on the genetic susceptibility of children.

As a result, it is crucial to focus on paternal health during family planning in order to enhance the health outcomes of children.





## GESTATIONAL DIABETES



Gestational diabetes is characterized by the advent of diabetes mellitus in pregnant women who had never had the disease before. Pregnant women are affected by this kind of elevated blood sugar. The health of the unborn child and the pregnancy could be impacted by high blood sugar. Those who develop gestational diabetes are at higher risk of developing type 2 diabetes later in life.

It has become globally common with more than 1 million cases per year in India. The signs and symptoms include despair, a higher risk of pre-eclampsia (high blood pressure and proteinuria), the requirement for a caesarean section, macrosomia (larger-sized newborns) and the babies' increased risk of hypoglycemia and jaundice after birth. Diabetes also increases the risk of stillbirth if left untreated. Children have an increased long-term risk of being overweight and getting type 2 diabetes. The last three months of pregnancy are typically when it first appears.

Insulin resistance along with insulin insufficiency is one of the main causes of gestational diabetes. However, some pregnant women are unable to produce enough insulin to reverse insulin resistance. As a result, these women have gestational diabetes. Typically, a number of hormones control blood sugar levels. However, as a result of altered hormone levels during pregnancy, the body has a tougher time effectively processing blood sugar. This causes a spike in blood sugar.

Risk Factors of developing gestational diabetes are as follows-

- Having an excess of body fat.
- Not exercising regularly.
- Experiencing prediabetes.
- A previous pregnancy that resulted in gestational diabetes.
- Experiencing polycystic ovary syndrome.
- A diabetic member of one's immediate family.
- A prior delivery of a child weighing greater than 9 pounds (4.1 kilos).



Prevention of Gestational Diabetes through lifestyle modifications-

Maintaining a healthy weight and engaging in exercise before being pregnant can help prevent gestational diabetes. Gestational diabetes can be managed during pregnancy by eating well, exercising and if necessary, taking medication. Blood sugar management can ensure the health of both the pregnant woman and her unborn child and avoid a challenging birth.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7599681/>

-Manushree Maniyar  
TY B.Sc



## Superfood Corner

### Fenugreek seeds (methi dana)

Fenugreek seeds are often believed to have certain benefits during pregnancy, but it's essential to consult with a healthcare professional before incorporating them into your diet. Some potential benefits include:

**Rich in Nutrients:** Fenugreek seeds are a good source of iron, which is important during pregnancy to prevent anemia.

**Galactagogue:** Fenugreek is believed to help increase breast milk production, which can be beneficial for nursing mothers.

**Digestive Health:** They may aid in digestion and alleviate constipation, which can be common during pregnancy.

## ALUMNI CORNER

**Mugdha Deshpande**  
Ph.D. Health Sciences (Pursuing)  
Hirabai Cowasji Jehangir Medical  
Research Institute,  
Department of Health Sciences,  
Savitribai Phule Pune University



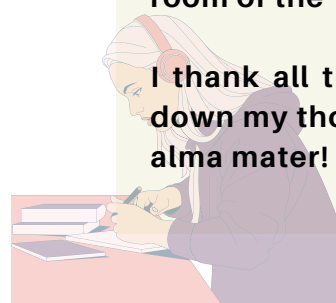
I have always been intrigued by the nutritional sciences and the power food holds, so much so that I wanted to study it in as much detail as possible. A constant need to know the how and the why behind nutrient processes led me to embark upon my journey, of which the fundamental station was SNTD University, Pune. The days I spent there studying, learning, enjoying, basically just 'being' were the some of the most defining moments of my professional career and personal growth. My professors taught me about food science, about biochemistry but most of all they taught me the values of responsibility, of accountability, they imbibed in me the ability to convert information into knowledge.

During my days there, the students were involved in various insightful discussions, one which particularly stayed with me was centered around the scope of dietetics and how students could pave a pivotal role in transforming our field; in improving credibility and visibility of the dietetics fraternity. One of the key points highlighted was establishing a norm that when every practicing dietitian would be a Registered Dietitian, a new era would rise where dietitians would be considered as an integral, irreplaceable part of the medical team, and we do see that now! This motivated me to study for and clear the RD exam with flying colors. When I was writing the RD exam, I could hear Anuja Kinikar mam's voice teaching the crux of disease pathology, of meal distribution, I could hear Dr. Manik Dixit mam's approach to biochemistry pathways; all to guide me even still. Good teachers really are rare, and I am so thankful to SNTD for giving me them. It's like Dr. Sarvepalli Radhakrishnan said 'The true teachers are those who help us think for ourselves'. The learnings at SNTD helped me discover my true passion- knowledge hunt: research. There is nothing I would rather do in my life than work in the nutrition and public health research.

My college experiences were so much more enthralling, and were not just limited to academics, I was blessed with several meaningful opportunities to explore myself in a plethora of extra-curricular activities. As an elected member of the Youth Forum, serving as General Secretary was one of the high points of my life experiences. It was a privilege to help win my college the title of 'Best All-round College' during my tenure, at Yuva Mahotsav. This leadership opportunity taught me empathy, the 'can-do' attitude and team work which will stay with me for lifetime. The art of smart work, multi-tasking and time management were all driven because of my time as GS. SNTD also gave me some of my closest friends yet and for than I am beyond thankful.

From thinking of dreaming to actually dreaming big and then watching my dreams manifest into a full-blown reality was what landed me to Sweden to present one of my Ph.D. papers. The confidence to dream big, to present my paper with conviction in front of delegates from more than 48 countries was a long way and it all started from that metal chair, 2nd row, roll no. 108, foods lab right beside the staff room of the 'Food Science and Nutrition Department'!

I thank all the faculty and staff for this opportunity to pen down my thoughts and offer a long due thank you note to my alma mater!





## TEACHERS CORNER

### RASHTRIYA POSHAN MAH 2023: INDIA DRIVES ITS FOCUS TOWARDS

#### **"Suposhit Bharat, Sakshar Bharat, Sashakt Bharat "**

To accelerate the efforts towards improving nutritional rates among women and children, this year the Government of India is focusing on key human life cycle stages—pregnancy, infancy, childhood, and adolescence—with the theme '**Suposhit Bharat, Sakshar Bharat, Sashakt Bharat**' (Well-Nourished, Well-Read And Empowered India).

**Malnutrition** and **Anemia** among women and children are major problems in India. As per the Global Hunger Index 2022 report, the prevalence of undernourished in the population stands at 16.3 %, child stunting is at 35.5 %, child wasting is at 19.3 % and child mortality rate is 3.3 %. About the status of Anemia in India, nearly 67% of children (6-59 months of age), 59% adolescent girls, and nearly 52% of pregnant women are anemic. Maternal undernutrition is a critical public health problem in India with almost one in four women in the reproductive age reported to be underweight. Maternal undernutrition leads to low birth weight (LBW) and LBW children grow as undernourished stunted children. Additionally, poor Infant and Young Child Feeding practices and repeated infections due to an unhygienic environment contribute to childhood stunting, micronutrient deficiencies and anemia. Failure to prevent malnutrition before and during pregnancy can have a devastating impact on mothers, and eventually, children. An undernourished mother gives birth to an undernourished baby, perpetuating an intergenerational cycle of under nutrition. A well-nourished and healthy mother would not only help in breaking this vicious cycle, but also reduce the burden of disease among the population. The first 1,000 days of life – the time span between conception and a baby's second birthday – is a unique period when the foundations of optimum health, growth, and neurodevelopment across the lifespan are established. This is the time period when maternal and child nutrition and health can determine the child's ability to grow. Poor nutrition in the first 1,000 days cause irreversible damage to a child's growing brain and body.

As we navigate through the different stages of life, from infancy to old age, nutrition becomes even more important. The early childhood years of life are a crucial period of growth and development and nutrition plays a pivotal role in laying the foundation for a healthy future. As the infant grows, the introduction of solid foods becomes a crucial milestone. It is during this time that establishing healthy eating habits becomes vital. Introducing a diverse range of nutrient-rich foods, such as fruits, vegetables, whole grains, and lean proteins, sets the stage for a lifetime of healthy eating habits. Studies have shown that early nutrition has a lasting impact on health outcomes later in life, including reduced risk of chronic diseases such as obesity, diabetes, and cardiovascular disease. The adolescence stage of life is characterized by rapid growth and increased physical activity, making proper nutrition essential for meeting the growing body's increased energy and nutrient requirements. As individuals transition into adulthood, nutrition is vital in maintaining overall health and preventing chronic diseases. Our choices about what we can eat profoundly impact our well-being and long-term health. A quote that best suits the adulthood stage, as stated by Ann Wigmore: ***The food you eat can be the safest and most powerful medicine or the slowest form of poison.***

Establishing regular eating patterns, avoiding skipping meals, and minimizing the intake of processed and sugary foods can promote a healthy weight, prevent chronic diseases and support overall well-being. Incorporating habits such as cooking at home, eating mindfully and practicing moderation can contribute to a balanced and nutritious diet in adulthood. As individuals age, their nutritional needs and challenges may change. Older adults may experience changes in appetite, taste preferences and digestive function, affecting their ability to obtain adequate nutrients from food. It leads to malnutrition, negatively impacting overall health, muscle strength, immune function and cognitive health. Therefore, older adults must pay close attention to their diet and ensure they get the necessary nutrients for their specific age-related needs.

#### **The way forward:**

- (1) **Nutritional Awareness:** Promoting **nutritional awareness** at the ground level is necessary by educating the public on the **importance and nutritional quality of locally available low-cost foods**.
- (2) **Early Detection of Malnutrition**
- (3) **Improving Health Care Facilities:** Improving the **primary health centers** and other health care services in **especially rural areas** will definitely improve the nutrition profile of women and children.
- (4) **Comprehensive Nutrition Profile:** Nutrition is more than food; it involves health, water, sanitation, gender perspectives, and social norms. Therefore, it is important that comprehensive policies are developed to address nutritional deficiencies.
- (5) **Availability, Accessibility, and Affordability:** Improved supplies and production of **food**, programs to increase purchasing power, and better agricultural guidance to help farmers yield better crops are essential for **nutritional security**.



**MS. SUGRA POONAWALA**  
**FACULTY AT SNT COLLEGE OF HOME SCIENCE**



#### **RECIPE**

#### **CHICKPEAS AND SPINACH SOUP**

##### **Ingredients -**

- Boiled Chickpeas
- Spinach
- Lemon juice
- Mint
- Carrom seeds /Ajwain powder
- Turmeric
- Ginger
- Salt to taste
- Vegetable oil



##### **Instructions -**

- 1.Puree the chickpeas and mint with 1 cup of water using mixer/blender.
- 2.Heat the oil and add the grated ginger & finely chopped spinach and cook for a minute on low flame.
- 3.Add in the ajwain powder, turmeric and continue to cook for 1-2 minutes.
- 4.Add the chickpeas puree to the spinach mix.
- 5.Add Salt and lemon juice as per taste & let it boil for 2-3 more minutes.
- 6.Chickpeas and spinach soup is ready to be served.

##### **Benefits-**

1. Helps Avert Neural Tube Defects
2. Prevention of Anaemia
3. Help develop the foetal brain and spinal cord.
- 4.Helps maintain blood pressure.
5. Reduces chronic inflammation.

-Tanaya Kumbhar  
NFP 2





**MS. MADHAVI NAIK**

Alumni of SNTD College of Home Science  
Co-editor and Director at Udyogprerana magazine  
Senior Manager Business Development at Prajakta Veg Power.



1. Where and how have you started your journey and how do you look at your journey so far?

Ans- I graduated from SNTD Women's University with a Master's degree in 2013. Between June 2013 and March 2015, I initiated my entrepreneurial journey with Iccha Food Products. I focused on producing nutritious flours, including millet-based and regional Maharashtrian varieties. Despite my efforts in manufacturing and marketing, the results were less than satisfactory, presenting numerous challenges. During this time, I felt the absence of a mentor. Subsequently, I transitioned to seeking employment and received an offer from Udyogprerana, then a consultancy firm. Throughout this journey, I've applied the knowledge and skills gained during my degree. I believe that my strong concepts have been instrumental in navigating my path.

2. What skills do you think every food and nutritional professional should acquire?

Ans- Every food and nutritional professional should acquire two key skills. Firstly, understanding the concept and its practical applicability is crucial. Secondly, you should have a broader perspective, be ambitious and possess a clear vision.

3. What changes do you suggest in the syllabus considering current trends in the food industry?

Ans- I suggest several changes in the syllabus to align with current food industry trends. Firstly, we should emphasize practicality and a strong connection to agriculture, which is the foundation of the food industry. Students should learn about backward linkage and traceability, critical for industry success. This aspect is often overlooked in colleges and should be included. Secondly, entrepreneurship should be a core course in the syllabus to foster innovation and business skills. Additionally, I recommend establishing incubation and training centers in every college. These centers can provide hands-on experience and teach students about machinery procurement.

4. Since you are a Senior Manager Business Development at Prajakta Veg Power, what was the idea behind dehydrated fruits, vegetables and flowers?

Ans- I must clarify that the idea for dehydrated fruits, vegetables, and flowers was not mine; it originated from the promoter. My role involves assisting in business development. The concept arose from the surplus produce issue in the market, where many fruits and vegetables remained unsold and farmers faced challenges in reclaiming them. Dehydration emerged as a solution to this problem.

5. How do you manage being Co-editor and Director at Udyogprerana magazine along with being Senior Manager of Business Development at Prajakta Veg Power?

Ans- Balancing my roles as Co-editor and Director at Udyogprerana magazine along with being a Senior Manager in Business Development at Prajakta Veg Power has been a journey of growth. I began in 2015 by writing just one article for the magazine. Over the past eight years, I've gradually taken on the responsibility of managing the entire editorial process single-handedly. Gradually practice, wisdom and exposure have become the key components that have allowed me to improve and effectively manage both roles. Moreover both the roles require many common skills like dedication, adaptability, applicability of knowledge and alertness.

6. What are some common misconceptions people have about your field?

Ans- One of the most prevalent misconceptions about the food industry is the belief that it's easy. This misconception can be detrimental to the industry. In reality, ensuring the safety of food products is a complex and highly regulated process. The responsibility for food safety lies squarely in our hands and we must adhere to rigorous food safety laws and regulations. Despite the stringent policies in place, it's crucial to maintain a constant awareness and meticulous care in our work to ensure food safety.

7. Can you describe a challenging situation you faced and how you overcame it?

Ans- Starting my own venture was my most challenging phase. I struggled with marketing and eventually had to close it. Now, as a mentor, I use my experience to help others succeed in their ventures, despite my own venture's failure.

8. Who is your role model? What is your personal mantra for a successful career?

Ans- My role model is my mentor- Mr. Atul Mardikar. I admire his dedication, passion, knowledge, and unique entrepreneurial perspective. I believe every entrepreneur should strive to embody some of these qualities.

9. What have you learnt through this entire journey so far?

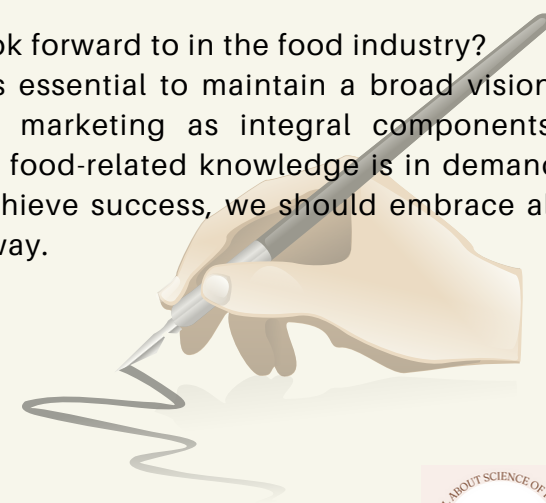
Ans- Throughout my journey, I've experienced three phases: accepting failure, emphasizing hard work and dedication, and balancing personal and professional life. These experiences have taught me valuable lessons and required sacrifices along the way.

10. There was a publication in which you had used ginger concentration. So how did this idea occur to you?

Ans- During my M.Sc. thesis, I decided to explore a spice-related product, influenced by our sponsorship from Pravin Masalawale, a spice company at the time. This led me to work on ginger concentrate. I discovered that it had a longer shelf life compared to standard products, and it was notably absent from the market, this is the situation even today. While I wished to launch this product, I realized it had limited commercial value. We lacked exposure at the time. However, circumstances may have changed since then. My advice is to be like a sponge, grabbing opportunities and making yourself capable. No one will hand you these chances; you must recognize them and take action.

11. Are there any things to look forward to in the food industry?

Ans- In the food industry, it's essential to maintain a broad vision, considering agriculture and marketing as integral components. Furthermore, our expertise in food-related knowledge is in demand across various sectors. To achieve success, we should embrace all opportunities that come our way.







## POST PARTUM DEPRESSION (PPD)

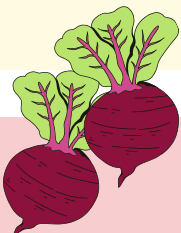


PPD is a form of depression observed in women after childbirth. It generally starts within 1 to 3 weeks or any time after delivery. Such women get strong feelings of sadness, anxiety, worry, tiredness and emptiness which may be prolonged after birth. It can make it hard for the mother to take care of the baby as she is emotionally unstable/unfit. Studies show that it results from a combination of physical and emotional factors. The mother is not at fault here and needs counselling and psychological support from family members.

Some vivid symptoms seen in a new mother are the changes in the way she thinks about herself or her baby. She may have trouble bonding with her baby or may have dangerous thoughts like hurting herself, killing herself or harming the baby. It may be perceived by other people as distant, disinterested and psychotic but this is a milder form of mental illness.

This condition may be caused by genes (history of depression, anxiety), change in hormone levels after pregnancy or a sudden drop in oestrogen and low levels of thyroid hormones. New motherhood, underage or geriatric motherhood, monetary insufficiency, absence of community backing and bereavement can influence the occurrence of this condition.

Being honest about these negative feelings and emotions with one's loved ones can greatly help a new mother. It can help her family provide the correct counselling and emotional support along with hormone therapy, if required. A new mother can also recite some positive affirmations to change her perspective and get some happy vibes. In such cases, the husband needs to be patient, loving and extremely supportive of his wife's condition to help her overcome this depression and enjoy her motherhood.



### BEETROOT OATS MASALA STICKS



Little masaledar, chatpata, tangy flavoured with the crispy texture of these homemade sticks that are nutritious as well as an absolute delight to our taste buds. This recipe can be a treat for adults as well as kids. This can be served as finger food which can replace chips or any other packaged foods. These are not your typical understated sticks! It includes 5 essential superfoods which are packed with loads of nutrients.

So, now we're getting to the specifics! Ingredients and procedure-

#### INGREDIENTS

Wheat flour - ½ cup

Roasted & finely grinded oats - 1 cup

Maize (Makka) flour - ½ cup

Rice flour - 1 ½ tbsp

Beetroot puree - 1 cup

Oil - 100 ml

White sesame seeds - 1 tsp

Ajwain - ½ tsp

Black pepper (crushed) - ½ tsp

Chaat masala - as per taste

Red chilli powder - as per taste

Salt - to taste

#### Procedure

- 1) In large mixing bowl, add wheat flour, maize flour, grinded oats and rice flour.
- 2) Then add white sesame seeds, ajwain, crushed black pepper, red chilli powder and chaat masala.
- 3) Add beetroot puree into the above ingredients.
- 4) Mix all the dry ingredients well and then add water to make a dough.
- 5) Let the dough rest for 10-15 minutes
- 6) After 15 minutes make small round out of dough and make a roti.
- 7) After making roti cut it into a straight line.
- 8) Fry it in hot oil till it gets crispy.
- 9) Take it out and let it cool for some time. Then sprinkle chaat masala and little amount of red chilli powder.
- 10) Your sticks are ready to eat, Enjoy!!!

Tip - Make small holes on roti before cutting it, this will make the sticks crispy.



Avanti Ashok Limbekar  
M.Sc CND 1



## SUPERFOOD CORNER

### Green moong

Green moong can be a nutritious addition to a pregnancy diet when prepared and consumed safely. Here are some considerations.

#### Benefits:

**Rich in Protein:** Green moong beans are a good source of plant-based protein, which is important for the growth and development of both the mother and the baby during pregnancy.

**Folate:** They contain folate (folic acid), which is essential for preventing birth defects and supporting fetal development.

**Fiber:** Green moong beans are high in dietary fiber, which can help alleviate constipation, a common issue during pregnancy.

**Iron and Vitamins:** They also provide essential minerals like iron and various vitamins, contributing to overall nutritional intake during pregnancy.



## MYTH VS FACT

**MYTH :** "Pregnant women should eat for two."

**FACT:** While you need extra nutrients during pregnancy, you do not need to eat twice as much. A balanced diet with increased nutrient intake is sufficient.

-Siddhi Zawar

TYND

## SUPERFOOD CORNER

### Gardencress seeds (aliv/halim)



Garden cress seeds have certain potential benefits during pregnancy, but it's crucial to consult with a healthcare professional before using them as a supplement.

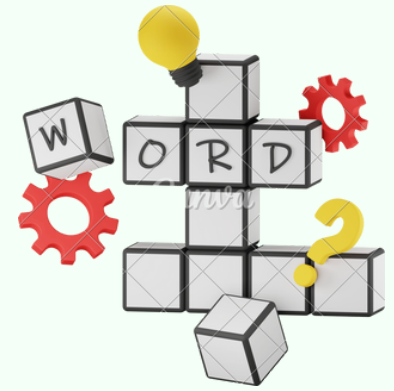
**Rich in Nutrients:** Garden cress seeds are a good source of vitamins and minerals, including iron and folic acid, which are essential during pregnancy.

**Folate Content:** Folate is crucial for the development of the baby's neural tube and can help prevent birth defects.

**Aid in Digestion:** Garden cress seeds may help alleviate digestive issues such as constipation, which can be common during pregnancy.



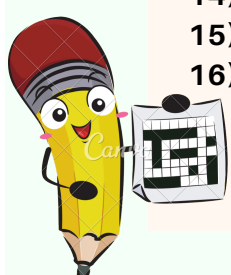




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- 1) The action of feeding a baby with milk from the breast
- 2) Of or relating to a mother
- 3) A state of complete physical, mental and social well-being and not merely the absence of disease and infirmity
- 4) A young person
- 5) To accustom (a young child or animal) to take food otherwise than by nursing
- 6) The time from the delivery of the placenta through the first few weeks after the delivery
- 7) The feeding practices in which any substances other than breast milk given to newborns before breastfeeding initiation, usually in the first 3 days of life
- 8) The process of eating the right kind of food so you can grow properly and be healthy
- 9) Defined as the process that starts when breast milk alone or infant formula alone is no longer sufficient to meet the nutritional requirements of infants, and therefore other foods and liquids are needed, along with breast milk or a breast milk substitute
- 10) One of the B complex vitamins extremely essential in pregnancy
- 11) Vitamin B12, which has a large and complicated molecule, in one form including a cyanide group, in all forms including a cobalt atom
- 12) A woman's health before she becomes pregnant
- 13) The care given to the mother and her newborn baby immediately after the birth and for the first six weeks of life
- 14) To give (someone) a vaccine to prevent infection by a disease
- 15) The act of giving birth
- 16) The uterus



-Divya Jagad  
M.Sc CND 1

## RIDDLE ME?

I am brown and tiny  
Good for your brain  
I have the omega which  
makes me great  
You can put me in your  
salads or eat me alone  
-Aditi Mandavkar  
M.Sc CND 1

Ans-  
Flaxseed







## COLLEGE ACTIVITIES

### PUNE MILLETS MELA



The Ministry of Food Processing Industries, Government of India, AIFPA, AFSTI Pune Chapter, CASMB and SNTD College of Home Science, Pune organized Pune millets mela on 12 July 2023 in Janaki Devi Bajaj Institute of Management and Research, SNTD Women's University, Pune Campus.

The event was Inaugurated and Addressed by Smt. Anita Praveen, Secretary, MoFPI GOI, Sh. Sunil Chavan, Agriculture Commissioner, GOMH, Dr. Raghav Jadli, President, AIFPA, Prof. Sachin Deore, Principal, SNTD College of Home Science, Pune and Sh. M.A. Tejani, Former President, AIFPA and M.D Gits Food Products.

### TARA MOBILE CRECHES (TMC), PUNE



In honor of National Nutrition Month, Tara Mobile Creches (TMC) Pune, in collaboration with SNTD College of Home Science, Pune, and the Nutrition Society of India (NSI) Pune chapter, has organized awareness activities for September 2023. TMC, an NGO dedicated to migrant communities at construction sites, focuses on child care, protection, education, health, and nutrition.

The main goal is to educate children about nutrition through play and entertainment. This community faces health issues like anemia, malnutrition, and early pregnancies, exacerbated by easy access to packaged foods. The theme is "Rashtriya Poshan Abhiyaan" (National Nutrition Mission)

### BREASTFEEDING WEEK ACTIVITY



On the occasion of World Breastfeeding Week 2023, students pursuing their 2nd year of Masters in Clinical Nutrition and Dietetics volunteered to provide nutritional awareness regarding breastfeeding, complementary feeding and its importance to women in various communities in association with SATHI (Support For Advocacy for Training to Health Initiatives) organisation working for women and children.

### NUTRITION MONTH ACTIVITY



On 2nd September, A fun Nutrition education activity for preschoolers was conducted By the Department of Food Science and Nutrition in association with Uprisers pre-school, Ravet Where the little ones had a blast learning about basics of Nutrition, Hygiene and Health with our students of MSc.CND1



## COLLEGE ACTIVITIES

### ROTARY MILLETS JATRA 2023



Rotary Millet Jatra 2023 (Kissan se..Kitchen tak) was organised by the Rotary Club, Camp and AgroZee Organics. The topic for Panel discussion: Industry-Academia Connect for Millet promotion and advocacy. Dr. Harshada Thakur, Assistant Professor, Food Science and Nutrition Department was invited to the panel discussion along with two students from MSc - Gayatri Patil (CND) and Vaishnavi Bhosale (NFP). The students spoke on Millet's promotion and advocacy: point of view from Genzee.

## Achievements

### Yuva Mohatsav Winners

1. Ahana Gholase - 3rd Prize - Poetry (English)
2. Saisha Kulkarni - 3rd Prize - Poetry (Marathi)
3. Himani Yakkundi - 3rd Prize - Elocution (English)
4. Mahima Verma - 3rd Prize - Essay Writing (Hindi)

Millet poster presentation held by MOFI  
Darha Thakur - Runner Up

Payal Konde wrote Article on 'Rise of Plant-based Meat Alternatives' published in PFNDAl e- magazine Volume 1 Issue 4

CONGRATULATIONS

WISHING YOU ALL A HAPPY  
AND HEALTHY  
NUTRITION MONTH !