



## March 2024, Issue 7

- Editorial Desk
- Articles: Chilling Out: The Cooling Science Behind Ice during Summer
- Superfood corner:  
Kokum  
Coconut  
Water-rich fruits  
Amla
- Did you know?
- World Affairs
- Riddles
- Games
- Teacher's Corner:  
Ms Ritu Watturkur  
Dr. Harshada Thakur
- Alumni Corner: Ms.Pavithra Krishna Prasad
- Interview: Dr. Geeta Dharmatti
- Recipes:  
Solkadhi  
Strawberry Yogurt  
Cocoa Oats Pudding



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

## EDITORIAL DESK



"Sustainability and Summer" shows how seasonal activities and environmental awareness interact dynamically. Summertime provides a special opportunity to promote sustainable behaviours because it is frequently linked to leisure and outdoor activities. Here are some ways in which sustainability and summer intertwine:

**Sustainable Travel:** Summertime is a popular season for trips and holidays. Reducing carbon emissions from traditional means of transportation like driving or flying can be achieved by adopting sustainable transportation options like biking, walking, or taking public transportation. To further reduce environmental effect, choose eco-friendly lodging and patronize nearby companies that put sustainability first.

**Farmers markets and regional produce:** An abundance of fresh produce is available during the summer months. Consumers can acquire locally grown, seasonal produce while lowering their carbon footprint by shopping at farmers markets or signing up for a community-supported agriculture (CSA) program. Selecting pesticide- and organic-free products helps to further promote sustainable farming methods.

**Purpose-driven Outdoor Recreation:** The summer months provide a plethora of options for outdoor activities, ranging from swimming and picnics to hiking and camping. Participating in environmental conservation initiatives and fostering a stronger connection with nature are two benefits of beach cleanups, trail maintenance, and tree planting.

**Water Conservation:** Summertime may be hard on water supplies because of the higher temperatures and more water used outside. Water conservation during the summer months can be achieved by putting water-saving techniques into practice, such as employing drought-resistant landscaping, collecting rainwater for irrigation, and repairing leaks.

**Reduction of waste:** significant amounts of waste can be generated by summer activities such as barbecues, picnics or outdoor events. In order to reduce the environmental impact and promote a more sustainable approach to summer gatherings, it is possible to choose reusable tableware, plates and containers, as well as to properly dispose of or compost waste. **Education and Advocacy:** Summer presents an opportunity to educate and advocate for sustainability initiatives within communities. Hosting workshops, participating in environmental campaigns, or volunteering with local conservation organizations can raise awareness and inspire others to take action towards a more sustainable future.

Individuals can enjoy the summer season, contribute to environmental protection efforts and increase their appreciation of nature through a combination of sustainability with outdoor activities.

Responsible citizens can implement various sustainability practices during the summer to minimize their environmental impact. Here are some examples:

### Reduce Energy Consumption:

- Use natural ventilation instead of air conditioning whenever possible.
- Set thermostats to higher temperatures to reduce cooling costs.
- Install energy-efficient lighting and appliances.
- Consider using solar-powered devices for outdoor activities.

### Water Conservation:

- Fix leaks in faucets, hoses, and irrigation systems.
- Water outdoor plants early in the morning or late in the evening to minimize evaporation.
- Install rain barrels to collect rainwater for watering plants.
- Choose drought-resistant plants for landscaping.



PROF. SACHIN DEORE  
PRINCIPAL (ADDL. CHARGE)  
SNDT COLLEGE OF HOME SCIENCE, PUNE



### Waste Reduction:

- Bring reusable water bottles, utensils, and containers for picnics and outdoor events.
- Avoid single-use plastics such as straws, cups, and bags.
- Practice proper recycling and composting to divert waste from landfills.
- Opt for digital tickets and electronic communication to reduce paper usage.

### Sustainable Transportation:

- Walk, bike, or use public transportation for local travel.
- Carpool or use ride-sharing services when driving is necessary.
- Plan vacations and day trips to destinations accessible by sustainable transportation options.

### Support Local and Sustainable Food:

- Shop at farmers' markets for locally grown produce.
- Choose organic and sustainably sourced foods.
- Reduce food waste by planning meals, storing food properly, and composting scraps.

### Engage in Eco-Friendly Outdoor Activities:

- Participate in beach cleanups, trail maintenance, or park restoration projects.
- Practice Leave No Trace principles when hiking, camping, or enjoying other outdoor activities.
- Choose eco-friendly recreational gear and equipment made from sustainable materials.

### Educate and Advocate:

- Raise awareness about environmental issues and sustainability practices within your community.
- Support policies and initiatives that promote sustainability and conservation efforts.
- Volunteer with local environmental organizations or participate in advocacy campaigns.

### Practice Responsible Tourism:

- Choose eco-friendly accommodations that prioritize sustainability and environmental stewardship.
- Respect wildlife and natural habitats when visiting parks, beaches, and other natural areas.
- Minimize your carbon footprint by offsetting travel emissions or choosing eco-friendly transportation options.

**Did You Know?**

Did you know that Peanut Butter is good in summer?

Peanut butter is high in magnesium, fiber and vitamin E. There is a lot of sweating in the summer and along with sweat, magnesium is also released. Thus, peanut butter is a good source of replenishment.

Vitamin E acts like a shield against the UV rays of the Sun.



Taanya Mehta  
M.Sc CND 1



## CHILLING OUT: THE COOL SCIENCE BEHIND ICE DURING SUMMER

Hey there, summertime adventurers! As the mercury climbs and the sun blazes, we are all looking for ways to beat the heat and keep our cool. Well, fear not, because we are about to dive into the coolest topic around - the effects of having ice during summer! So, grab your shades, kick back, and let us chill out together while we uncover the icy wonders that summer has to offer.

First off, let us talk about that instant cool-down sensation you get when you pop an ice cube in your mouth or sip on a frosty beverage. It is like a mini-Arctic blast right in the middle of July, am I right? Well, that's because when ice meets your mouth, it triggers a magical reaction called vasoconstriction. That is just a fancy way of saying your blood vessels shrink up a bit, which helps dissipate heat and leaves you feeling refreshed and ready to take on the summer heatwave.

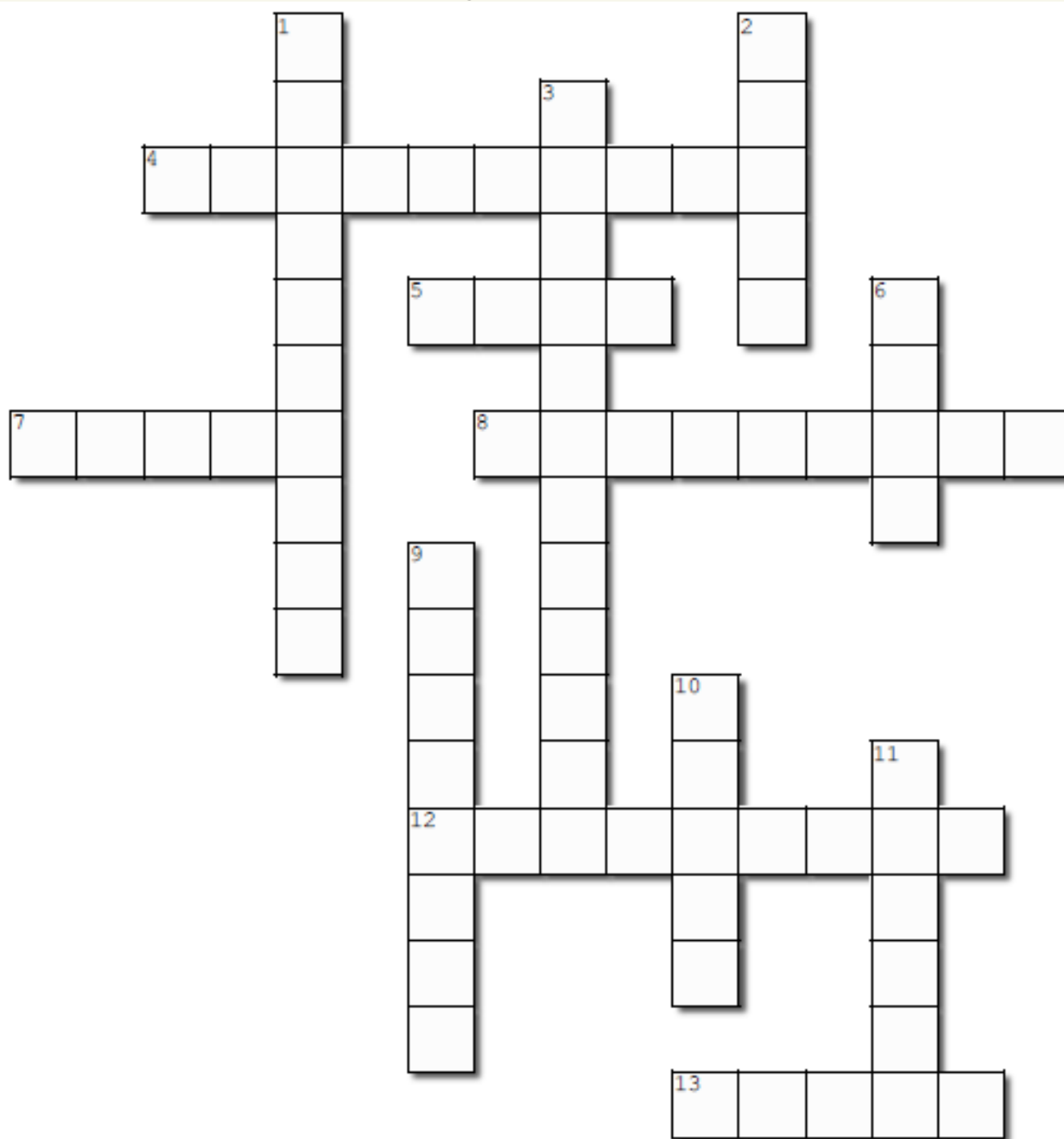
But wait, there is more! Did you know that slurping on ice-cold drinks can help keep you hydrated? Yup, it is true! When you are feeling the heat, your body craves fluids to stay cool, and what better way to quench your thirst than with a frosty beverage? Plus, studies have shown that people tend to drink more when their drinks are chilled - it is like your body knows exactly what it needs to beat the heat!

Now, let us talk about metabolism - yeah, we are getting scientific up in here! Turns out, sipping on ice-cold drinks can give your metabolism a little boost. That is right, your body must work a bit harder to warm up that chilly beverage to match your internal temperature. So, while you are lounging poolside with an icy drink in hand, your metabolism is revving up like a turbocharged engine - talk about a win-win!

But hey, it is not all about cooling down - ice has some serious superhero powers when it comes to pain relief too. Got a headache from the scorching sun? Ice pack to the rescue! Sore muscles from too much fun in the sun? Ice bath, anyone? It is like having your own personal superhero on standby, ready to swoop in and save the day whenever summer throws a curveball your way.

So, there you have it, folks - the cool science behind ice during summer! From instant refreshment to hydration heroics, metabolism-boosting benefits, and pain relief prowess, ice is the ultimate summertime sidekick. So next time you are feeling the heat, remember to reach for that frosty beverage or grab a handful of ice cubes - your body will thank you, and you will be ready to conquer summer like a true chill-seeker.

Cima G Momin  
M.Sc CND I



Did you know that onions are beneficial during summer?

Onions have a high-water content, and they help us maintain overall water balance in the body.

Onions contain an antioxidant flavonoid called Quercetin.

It is anti-inflammatory anti-allergic and it may prevent sunstroke as well! It also helps in maintaining blood pressure.

Taanya Mehta  
M.Sc CND 1

#### ACROSS

4. A sweet watery pink, yellowish, or red pulp, and usually many seeds

5. An herb with a bright, sweet menthol flavor and scent, is used fresh and dried for tea, drinks, sauces, and more

7. The sun-dried version is called aamsul, and is used mainly in Maharashtrian, Konkan and Gujarati cuisine

8. The fruits are true berries with many small seeds and are a deep indigo to black colour when ripe

12. Melons known for their musky-scented sweet juicy orange flesh

13. A round vegetable with a brown skin that grows underground

#### DOWN

1. The liquid left behind after churning butter out of cultured cream

2. National fruit of India

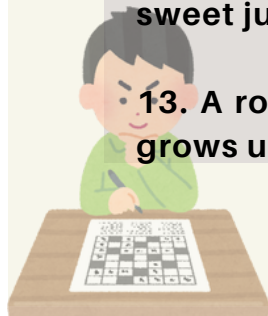
3. Widely used in India as an after-dinner breath freshener (mukhvas)

6. A substance formed from the coagulation of milk by acid or rennet

9. A long thin vegetable with a hard green skin and wet transparent flesh. It is eaten raw in salads and also in sandwiches

10. An excellent source of vitamin C and flavonoids

11. Often eaten as a vegetable but is a fruit, rounded reddish in colour, has lycopene



**ALUMNI CORNER**  
**MS. PAVITHRA KRISHNA PRASAD**

I'm Pavithra Founder of Food Safety Genie (FSG FoodWorks) - we are a team of food safety auditors and trainers enabling food establishments to maintain hygiene standards. We bridge the gap between food establishments and regulatory body. We are a one stop solution for all food safety needs and our vision is to make food safety indispensable.

At present we are serving 25+ establishments and serviced nearly 250+ establishments. We consult various small scale/medium scale restaurants and start ups to enable them meet the regulatory standards . We also guide small scale manufacturing units on the process of food formulation to packaging and labeling.

We were chosen as one of the Top 50 Women Start-up's in India by IIMB and Goldman Sachs. The program opened many doors for my company and also gave critical financial support when the pandemic caused most businesses to fail.

Above all, it connected me to many inspiring women who share the same passion and thoughts.

Till date via our website we have hosted our own podcast and live sessions (via Instagram) with experts from different verticals sharing their thoughts about the industries and a lot about food safety.

On a personal note, I pursued my PG on Msc. food Processing from SNTD College of Home Science, Pune. (2013-2015). The course helped me develop skills on new product development , which will soon be one of the services we would offer. The university has given us the necessary exposure to develop a product of our own from scratch.

Every individual develops a natural interest in a particular subject and thats been my story too of how I found my career in quality control and food safety. I urge every food science enthusiast to pursue a PG from this prestigious 100+ year old university of great repute, the SNTD Women's University.

The university has also helped in providing necessary skills for entrepreneurship as i now realise. For someone who is from food processing background, it is important to always have your ears to the ground for the new trends and continuously refresh your knowledge. Beyond that; leadership skills, time management, and money management are the basic foundations of any startup and any entrepreneur.

I hailed from Chennai and i had to absorb the cultural shift after i was here. And in this regard too, the city and the university helped me nurture my talents and mould my personality made me the person i am today. I am indebted and grateful to the professors and people i have met during this course.

You can visit our website [www.foodsafetygenie.com](http://www.foodsafetygenie.com)

Recently, published a book "Certified Safe" - 'Basics of food safety and hygiene practices to grow your business' was published. The book is not only for the small scale, but also for kiosk , street food vendors and cloud kitchen who want to enable the regular hygiene standards for their business.



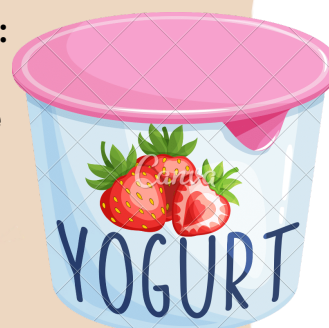
**RECIPE**

**STRAWBERRY YOGHURT**

As the summer has just begun, and it's also the season for strawberries let's make something which taste amazing and has a lot of health benefits.

Ingredients and amount:

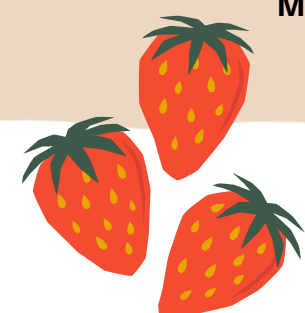
1. Strawberry : 3 whole
2. Normal Dahi : 75 ml
3. Salt : 1/4 tablespoon



Procedure:

1. Wash the strawberries through roughly and damp them with a cloth and cut them into pieces.
2. Take curd as per measurement and add in the mixer jar, further adding the cut strawberries and 1/4 teaspoon salt. If you wish you can add a teaspoon of sugar for sweetness.
3. Beat the summer heat with this amazing and refreshing flavoured strawberry yogurt.

Gayatri Pawar  
M.Sc CND II



## COCOA OATS PUDDING

As there are many gym freaks and constantly struggling with their diets and want to eat something healthy yet tasty here is a fun recipe which is powder packed with different nutrients.

Ingredients and amounts :

1. Oats : 4 tablespoons
2. Milk : 100 ml
3. Protein powder (optional) : 1 scoop (any available)
4. Almonds: 4 pieces (crushed)
5. Raisins ( Black and orange) : 6 pieces
6. Chia seeds : 1/4 tablespoon
7. Pumpkin seeds : 1/2 tablespoon
8. Sunflower seeds: 1/2 tablespoon
9. Flax seeds : 1/2 tablespoon
10. Cocoa powder: 1/4 tablespoon
11. Any fruit ( Apple, Strawberry, Banana) : few slices as per preference.

The sweetness can be obtained from fruits and raisins instead of adding sugar, honey, jaggery.

Procedure:

1. Add oats as per measurement in a cup, followed by chia seeds, protein powder, coco powder, almonds (crushed), raisins mix them well.
2. Add milk into the mixture and rest it in the fridge overnight
3. The next morning cut fruits you prefer and add them into the pudding for sweetness. Further add flax seeds, sunflower seeds and pumpkin seeds over it for garnishing.



Gayatri Pawar  
M.Sc CND II

## SUPERFOOD CORNER

### WATER-RICH FRUITS

Summers also welcome water-rich fruits like watermelon, berries, grapefruits, pineapple, peaches, mango, et al. These fruits will keep you from getting dehydrated and ensure you are refreshed. You can blend these fruits in to delicious juices or eat them as is.

### AMLA

The overpriced acai berries. They are packed with Vitamin C and antioxidants, and are known to boost immunity, reduce bad cholesterol, control blood sugar, and improve your skin and hair. This yellow-green berry may be sour, but don't let that deter you. Add a few pieces while you're cooking sabzi or making fruit juice and it'll blend right in. Amla is surprisingly versatile and can be pickled into an achar or ground into a lip-smacking chutney.



## DID YOU KNOW

Did you know that red grapes and berries are amazing during summer? Red Grapes and Berries have an antioxidant called Resveratrol. Resveratrol is excellent for maintaining good skin health during summer. It has anti-inflammatory effects, and it also protects from sun damage.

Taanya Mehta  
M.Sc CND 1



## ONLINE COURSES – SELECT THEM WISELY!

Studying online or through distance learning mode has become a viable option for many people, providing the flexibility of time and place. Online courses are usually easily accessible, virtual and convenient. Online courses and programs can be especially appealing to nutritionists, dieticians, entrepreneurs, and students in the field of nutrition, food science, and dietetics. It broadens the knowledge of the specific field, surges the potential client base, increases the offerings and diversifies the revenue streams. Online courses also offer a whole new way of learning which is more personalized and highly engaging.

Recently University Grants Commission (UGC) has notified few parameters for consideration by students before selecting any open and distance learning program.

1. Students should ensure the UGC recognition status of higher education institute (HEI) and the offered program/course.
2. Students should check that the HEI is not debarred to conduct open or distance learning programs.
3. Aspirants should ensure that the program's nomenclature, duration and entry qualifications adhere to UGC notifications.
4. Students should confirm that the course/program is not offered under franchising mode.

### Here are some pointers before selecting any online courses:

- Goal: The goal of the aspirant could be to get a recognized qualification or an add on certificate to enhance the resume or just a better knowledge of a particular specialty in the field of nutrition/dietetics.
- Money: Budget of an individual to be spent for an online course.
- Time: Though online courses are convenient, commitment of a few hours every day or every week is involved. Hence availability of the time to pursue online courses is necessary to be considered.
- Quality content of the course: Always check the curriculum for its scientific base and look for the qualifications of the individuals who have developed the content/course syllabus.
- Clear learning objectives: Precisely mentioned objectives help the learner to understand whether the course will match his/her expectations from the course.
- Assessment: A well-designed courses usually have assessments as a mandatory component for completion of the course.
- Qualified faculty: Qualified faculty is very important to be able to deliver a good and scientific knowledge of the subject.
- User-friendly platform: It will be definitely essential to make the online learning experience efficient.

DR. HARSHADA THAKUR  
ASST. PROFESSOR  
SNDT COLLEGE OF HOME SCIENCE, PUNE



## INTERVIEW



Dr. Geeta Dharmatti, a nutrition and dietetics expert with 30 years of experience, holds a PhD from Nagpur. Specializing in molecular nutrition, she transitioned from hospital work in 2012 to a freelance career. Dr. Dharmatti also serves as an adjunct professor at Tilak Maharashtra University she also focuses on molecular nutrition and the mechanisms of health and disease.



**DR. GEETA DHARMATTI**

**DIRECTOR & FOUNDER: GEETA NUTRI HEAL CONSULTANCY**

Q- What are your thoughts on summer and sustainability?



A- We've noticed significant environmental changes in the recent past. Climate change poses a challenge, emphasizing our need to adapt to it. To me, sustainability means adjusting my body to the changing environment rather than complaining about it. Hydration is crucial, but so is maintaining a balance between water and food, electrolytes are essential for hydration. Additionally, summer brings challenges like viral fevers, immunity issues, and heat strokes, which can be addressed through a diet rich in nutrients, vitamins and beverage foods. A holistic approach is also necessary, where we can say that I can sleep well, pass good motions, and feel hungry. That's the best way where I can say that I'm in the best of health without having pains and aches. Personalized health and nutrition approaches are key, as each person may experience climate change differently. Understanding our body's signals is crucial for adapting to climate change effectively.



Q- Given your experience with the hospital industry, how can sustainability and hospital food management can go hand in hand?

A- In every setting, whether it's parties, weddings, or hospitals, there's a tendency to cook more food than necessary. Our homes also follow this trend. In hospitals, where I worked for nearly 20 years, I observed that patients often receive more food than they can consume, leading to anxiety and food wastage. As a nutritionist, I believe in a quantitative approach, understanding each patient's appetite, adjusting and gradually increasing the food quantities. Having dietitians look after particular wards can help reduce wastage and improve the overall food management system in hospitals. Additionally, communication between chefs, dietitians, and nutrition experts is crucial to minimize plate wastage and ensure that patients receive the right amount of food. Implementing decentralized kitchens, where food is transported to and served within the same ward, can also help improve food management and reduce waste. Overall, addressing these issues can lead to a more sustainable and efficient food management system in hospitals.

Q- What tips can you give, so that we can practise sustainability at a household level?

A- Maintaining a record of your monthly shopping expenditures is crucial for efficient budget management. With the availability of grocery delivery services these days, it's simple to forget what and how often you're buying. You can better understand your spending habits and reduce wastage by quantifying your purchases. Children may learn about budgeting and avoiding food waste by helping to plan and prepare meals. The next generation can learn these concepts and develop a sense of responsibility by having a rotating kitchen and budget.



Q- Many people embark on weight loss journeys after festive seasons like Diwali and Christmas. What strategies do you employ to support your clients in this endeavour?

A- In summer, with longer days, I encourage clients to utilize early mornings for exercise. Harnessing that post-exercise endorphin rush motivates them to sustain their routine year-round. Additionally, dispelling the myth that summer means staying indoors helps. Avoiding peak UV hours (11 AM to 3 PM) ensures safer outdoor activities. Balancing food and water intake is crucial. Despite consuming fewer calories and more water, our body's homeostasis maintains appetite, often leading to compensatory eating. Hence, weight loss isn't solely about hydration but rather about overall balance.

Q-Summer vacations often disrupt dietary and exercise routines, increasing the risk of dehydration, especially for families travelling with children. How can we mitigate these challenges and maintain health?

A- Traveling signifies freedom from routine, making strict diets impractical. Instead, I advise clients to carry electrolyte pouches and remain vigilant for any bodily signals. With environmental changes and altered food habits during travel, maintaining balance is key. Opt for a balanced approach: indulge in one meal, opt for rice-based meals for another, and prioritize hydration for the third. This ensures equilibrium amidst the joy of travel.



Q- Have you encountered any innovative and sustainable approaches or technologies to enhance food system sustainability?

A- Embracing traditional Indian values, we can reduce food waste by repurposing leftovers into nutritious breakfast options. This practice aligns with sustainability goals while providing essential macronutrients.

Q- Despite completing your education years ago, your social media presence reflects a deep understanding of cutting-edge advancements in our field. How can we merge traditional knowledge with emerging advances?

A- Adapting to evolving fields like geriatrics and molecular nutrition underscores the dynamic nature of nutrition science. Understanding gut health and nutrient digestion is paramount. By mastering these fundamentals, nutrition experts can collaborate effectively with medical professionals in any domain.

Q- What are key considerations for aspiring dietitians to excel in their careers and truly impact patients' lives?

A- Ethical integrity is paramount; avoid promoting products solely for financial gain. Cultivate curiosity and a holistic mindset; continuous learning is key. Embrace diverse experiences and interdisciplinary collaboration. Make passion, not monetary gain, your driving force. Explore various avenues within nutrition, find your niche, and make your journey enriching and impactful.





## SOLKADHI

The soothing drink from Konkan

Ingredients For SolKadhi Recipe: (1 serve)

1 cup of shredded fresh coconut  
 1 green chilli slit as required  
 Finely chopped coriander leaves as required  
 1/2 teaspoon crushed garlic  
 10-12 Kokum  
 1/2 teaspoon cumin powder  
 1/2 teaspoon black salt  
 Salt as required  
 1 cup hot water

### STEP 1.

Transfer the fresh coconut to a blender. Add hot water and close the lid to keep it aside for about 10 minutes. On a medium flame heat up the pan. Add the kokum and a little water.

### STEP 2.

Cook the kokum on medium heat for about 7-8 minutes. While cooking mash the kokum. Let the mixture cool down completely and aagal is ready. Blend the fresh coconut for a minute or two.

### STEP 3.

Take a bowl. Put a strainer on it and a cotton cloth in the strainer. Strain the coconut milk through it. Again transfer the coconut into a blender, add hot water and blend. Now strain the milk, you can repeat the procedure 2-3 times. Strain the kokum mixture into the coconut milk. About 4 tsp aagal will be required. Add garlic, green chilli, black salt and salt.

### STEP 4

Mix everything well together. Strain the sol kadhi through the strainer as we have added crushed garlic and green chilli and give it a blend.

Sol Kadhi is ready.

Sol kadhi can be served with or without meals. Garnishing it with coriander can make it look more tempting.



## COCONUT



In the West, rich folk pay a premium for this trending fruit. Luckily, we don't have to. It's local. Tender coconut water is low calorie and filled with nutrients, making it great for replenishing electrolytes on a hot, summer day. The inner fruit is rich in fiber, minerals, and healthy fats, and tastes great whether eaten plain, as a chutney or ground into a spicy Kurma.

Priya Atanur  
M.Sc NFP 1



## WORLD AFFAIRS

The consecration or 'pran pratishtha' ceremony of Shri Ram Lalla at the Shri Ram Janmabhoomi temple in Ayodhya was held on January 22, 2024. Prime Minister Narendra Modi presided over the rituals which took place in the Abhijit Muhurat.

The BAPS Swaminarayan Temple is the first public Hindu temple in Abu Dhabi, UAE, which was inaugurated by Prime Minister Narendra Modi on 14th of February 2024.

External Affairs Minister S Jaishankar meets Bangladesh Prime Minister Sheikh Hasina on the sidelines of the Munich Security Conference and appreciated her willingness in taking the 'India-Bangladesh Maitri' forward.

Mumbai, Hyderabad, Delhi, Chennai, and Lucknow have been listed under top 100 best food cities in the world according to Taste Atlas, the experiential travel online guide.

India remains the fastest-growing large economy and its growth is projected to reach 6.2 per cent in 2024.

South Korea has projected its fertility rate is likely to fall further to 0.68 in 2024, with the country's population of 51 million on track to halve by the end of this century.



## FOOD PHOTOGRAPHY- A FEAST FOR THE EYE



**MS. RITU WATTURKAR**  
ASSISTANT PROFESSOR,  
SNDT COLLEGE OF HOME SCIENCE, PUNE.

Food photography is a genre of photography that focuses on capturing beautiful, appetizing and appealing images of food. Whether it's for a cookbook, a restaurant menu, advertisements or a food blog, food photography is an important tool for showcasing delicious dishes and inspiring people to try new foods. There are six types of food photography which are- product detailing, food packaging, lifestyle, recipe creation, advertising and documentary.

In food photography, capturing various characteristics of food is essential for conveying the sensory experience of the food to the viewer. First and foremost, food photography is a form of visual storytelling. Consider the story or mood you want to convey through your food photography. Whether it's capturing the warmth of a homemade meal or the elegance of a gourmet dish, aim to evoke emotion and engage the viewer. By using lighting, composition, and styling techniques, a food photographer can create a narrative that draws the viewer in and makes them want to try the dish.

Another important aspect of food photography is capturing the textures and colours of the food. Use selective focus to draw attention to specific areas of the food that exhibit interesting textures. Food can be appealing, with rich colours and interesting textures that can be highlighted with careful lighting and styling. Consider how styling can enhance the perception of texture in your photographs. Experiment with techniques such as drizzling sauces, sprinkling garnishes, or arranging ingredients to create contrast and visual effects. Choose props and backgrounds that complement and enhance the mood of the photo. Select props and backgrounds for your food photography that are sustainable and eco-friendly. Choose reusable plates and utensils made from natural materials like wood, bamboo, clay, ceramic or linen instead of single-use plastics or disposable materials.

One of the biggest challenges of food photography is capturing the essence of the dish without making it look unappetizing. This requires careful styling and lighting techniques to make the food look fresh and appealing, while still conveying its true nature. The use of natural sunlight or diffused artificial light sources may help achieve a soft, even illumination. Whenever possible, utilize natural light for your food photography. Natural light is not only more flattering for food but also reduces energy consumption associated with artificial lighting. Position your shooting area near windows or outdoor spaces to take advantage of natural light.

Food photography is also important for promoting healthy eating and sustainability. By showcasing creative images of healthy, sustainably sourced, locally available foods, a food photographer can help inspire people to make healthier choices and support local farmers and producers. This is especially important in a world where fast food and highly processed foods are becoming more prevalent.

Remember, food photography is as much about creativity and storytelling as it is about technical skill. It's a great way to explore your creativity, experiment with new techniques, and connect with others who share your passion for food.

Have fun experimenting and capturing delicious moments during vacation!!

By: **MS. RITU WATTURKAR**



### KOKUM

**Kokum has been used for centuries on the Konkani Coast to aid digestion, protect the liver, and treat heat exposure. Kokum sherbet is a great way to beat soaring summer temperatures with a cold, healthy drink. This sour fruit can also be used to make rasam, kadi or tea.**

**Priya Atanur**  
M.Sc NFP 1



### RIDDLES

1. I capture what you can't see, and turn it in something you can use without burning or moving. What am I?
2. I'm full of holes but can hold a lot of water, helping everything grow. What am I?
3. I'm both a problem and a solution, hidden in plain sight. Reduce me to win, in this environmental fight. What am I?

**Radhika S Joshi**  
M.Sc NFP 1

Answer: 1.A solar panel 2.Soil 3.Carbon Footprint







## COLLEGE ACTIVITIES



A field visit to the Army Sports Institute, Pune was arranged for the MSc CND 1 students, where the students were explained how nutrition and lifestyle plays a key role in shaping the athletes' health and performance.



On 9th March, M.Sc. NFP students went on a field trip to Parag Foods, Go Cheese located at Manchar. They observed the various processes of milk extraction, cheese manufacturing and packaging, and the different equipments used for freezing, sensory for different types of cheese. And visited the bhagalakshmi plant of cows.



On March 15 field visit and lectures were organised for CND II students, at KEM Hospital Pune. The students along with the hospital dieticians visited gynecology and obstetrics dept, pediatric dept NICU and human milk bank. Presentation were given by lactation consultant on breastfeeding and infant feeding.



On 17/1/24 street plays were performed by TY ND students at Sarasbag, Pune with the collaboration of Urban 95. The street plays were performed to create nutritional awareness in the community.

### DIETETICS DAY COMPETITION WINNERS:

## CONGRATULATIONS

**1st Rank: Topic - Gastro-esophageal reflux disease**  
By Siddhi Sanghavi, Rajeshwari Pratap, Prarthana Pawar, Renuka Ghorpade, Cima Momin, and Mrunal Gunnal of MSc CND 1

**2nd Rank: Topic- Nutrition and Emotions**  
By Taanya Mehta, Divya Jagad, Mayuri Jadhav, Vidhi Dhiran, and Nishika Gogawale of MSc CND 1

**3rd rank: Topic-Brain Booster Game Model**  
By Manushree Maniyar and Sanika Neve from TY ND

On the occasion of Dietetics Day (10th Jan 2024), in collaboration with the Indian Dietetic Association (IDA) Pune Chapter, an inter-class competition was organised by the Department of Food Science and Nutrition to prepare informative nutrition aids. The students prepared creative audio-visual models to educate people about a healthy diet and lifestyle.

