



# खाद्यFora

ALL ABOUT SCIENCE OF FOOD

Dec 2024, Issue 10

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## EDITORIAL DESK



Good nutrition throughout the lifespan helps prevent degenerative diseases. Older adults generally have lower calorie requirements, but increased nutrient needs compared to younger adults. This is often due to less physical activity, changes in metabolism, or age-related loss of bone and muscle mass. Nutrient needs in this population are also affected by chronic health conditions, use of multiple medicines, and changes in body composition. Therefore, following a healthy dietary pattern and making every bite count is particularly important to this age group.



MS. SUGRA POONAWALA  
VISITING FACULTY

As we age, our bodies undergo various physiological changes that can impact our nutritional needs. Reduced appetite, changes in taste and smell, and decreased absorption of certain nutrients can all contribute to the challenge of maintaining a balanced diet. Therefore it becomes essential to ensure that we get the right nutrients for supporting immune function, managing chronic conditions, and promoting healthy aging.

Key nutrients that help the body as we grow older are:

- Calcium
- Vitamin D
- Protein
- Dietary fibre
- Antioxidants

Healthy eating tips for aging well:

- Include a variety of foods from each food group to help reduce the risk of developing diseases such as hypertension, diabetes, and heart disease.
- Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding beans, peas, and lentils, lean meat, soya and paneer to the meals.
- Add sliced or chopped fruits and vegetables to meals and snacks.
- Reduce sodium intake by seasoning foods with herbs and citrus foods such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients.
- Avoid sugary drinks.

Lifestyle changes for aging well:

- Staying socially engaged through activities, classes, clubs, or volunteering.
- Challenging the mind regularly with puzzles, reading, or learning new skills.
- Prioritizing quality sleep by sticking to a regular schedule.
- Avoiding smoking and limiting alcohol to support overall health.
- Managing stress through relaxing activities like meditation or deep breathing.

Ways to stay active as one ages:

- Looking for activities that one truly enjoys to stay motivated, like gardening, or certain kinds of sports.
- Start slowly and modify exercises or use chairs/walls for support as needed.
- Involve friends or family members to make it more fun.
- Take advantage of low-cost community resources like parks and recreation centers.







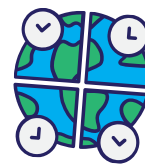
## ALUMNI CORNER - MS. SUMEDHA MULYE



I have completed my Bachelor's in Food Science and Quality Control from SNTD College of Home Science, Pune (Batch 2013-15). Today, I am proud to work in New Zealand with the Ministry of Primary Industries in Biosecurity. I feel incredibly fortunate to have received my education at this esteemed institution, where the professors and faculty truly shaped my career.

The food science department at SNTD University provided a strong foundation in the field. I was always impressed by the professors' dedication and their commitment to ensuring that we not only understood the concepts but also applied them practically. The extra classes, detailed notes, and the willingness of the faculty to go the extra mile were invaluable in building my confidence and academic performance.

Had it not been for the solid education and guidance I received, I truly believe I wouldn't have been as successful in advancing to my Master's in Food Science, nor would I have been prepared for the opportunities I've had today. The education I received here is highly respected, and it has been instrumental in my ability to gain recognition in overseas universities and industries. The foundation laid by the department was the key to my career progression, and I am forever grateful for the experience.



## INTERESTING FACTS



### Blue Zones :

These are the regions in the world where people live exceptionally longer, beyond the age of 80 years; possible reasons being local diet, lifestyle, low stress levels, social interactions. These zones include - Okinawa (Japan), Ikaria (Greece), Nicoya Peninsula (Costa Rica), Loma Linda (California, USA). The term Blue Zone was coined during the survey, where blue circles were drawn as markings. The Blue Zone Diet include plant-based food with plenty of fruits, vegetables, nuts, seeds and limited portions of animal-based food.

## आजीचा बटवा (GRANDMA'S WISDOM)



Ajjicha batwa, grandmother's wisdom, is a treasure trove of knowledge accumulated throughout her life. This wealth of knowledge stems from a lifetime of rich experiences and through the highs and lows of the life. Every little penny of wise-ness from Ajjis batwa has the power to enrich our lives, make it better and give solutions to our problems.

**Mouth ulcers:** Eat dry coconut pieces while chewing it mindfully.

**Acidity:** Consumption of साळीच्या लाह्या (which are easily available in market) can help with acidity.

**For stomach aches:** Take a सागरगोटा which is a seed. Crack its outer shell and crush the seed inside it and take the same amount of jaggery, mix the crushed powders of both and make small tablet-shaped laddos out of it and consume it 3 times a day.

**For indigestion and loose motions:**

- 1) Chew coconut and some nutmeg.
- 2) Squeeze lemon in black coffee and drink.
- 3) Soak half a spoonful of fenugreek seeds in curd at night (the curd should be enough to soak the fenugreek seeds) and eat all of it in the morning.

**For cough:** If you have phlegm, you should grind the linseed powder a little, put a spoonful in a glass of water and strain it and drink it.

**For cold and fever:** Make a decoction of the tea grass (गवती चहा) and steam it first and immediately drink the decoction and sleep. (Add गवती चहा, ginger, cinnamon, cloves, jaggery in the extract).

Like this Ajjis batwa has numerous solutions for all our problems. We simply need to ask her, spend time with her, and listen attentively to the stories she shares. These stories are rich in insights and knowledge about how to live our lives effectively.



## MYTHS & FACTS



**MYTH:-** Depression and loneliness are normal in older adults.

**FACT:-** Depression and loneliness are not normal parts of aging, though some older adults may feel lonely at times. These feelings can lead to depression, anxiety, and sadness. If they persist, they can negatively impact physical and mental health. It's important to address these emotions and not dismiss them as normal.



## CURRENT AFFAIRS

1) **Global Hunger Crisis:** There is a rising food insecurity crisis, with reduced humanitarian aid due to declining contributions from major donors like the US and Germany.

2) **India's historic victory:** Gukesh Dommaraju, the 18-year-old chess prodigy from India, became the youngest-ever World Chess Champion in December 2024. He defeated reigning champion Ding Liren in the FIDE World Chess Championship held in Singapore, winning with a score of 7.5-6.5.

3) **NASA's Parker Solar Probe:** The probe achieved a record-setting close approach to the sun on December 24, 2024, coming within 3.8 million miles of its surface and enduring extreme conditions. This mission aims to uncover new insights about the sun's behavior and its impact on the solar system.

4) **Climate Change:** Scientists warn that global temperatures may have already surpassed the critical 1.5°C threshold, with 2024 being the hottest year on record. Rising ocean temperatures are fueling extreme weather, and ecosystems like coral reefs and the Amazon rainforest are at critical tipping points, signaling urgent environmental concerns.

## HEALTHY AGING!

Aging brings about physiological, psychological and immunological changes which influence the nutritional status of a person. Nutrition influences overall well-being of a person, specifically in the elderly. Healthy eating habits and proper nutrition including the process of food intake along with its absorption, biosynthesis, catabolism and excretion. The elderly usually have more trouble with the digestion and absorption of food, reduced intake of nutrient rich foods because of inability to chew, xerostomia, decreased appetite, loss of mobility, psychosocial changes, decreased gastric secretions and sensory impairment. Inadequate nutrient intake leads to deficiency related disorders such as anaemia and osteoporosis. Chronic diseases include cardiovascular diseases like atherosclerosis and hypertension, diabetes.

Nutrition plays a preventive and protective role in the process of aging. Intake of foods rich in nutrients and antioxidants significantly reduce the oxidative stress in the body which is known to cause inflammatory and degenerative changes in the body.

Here are some tips for healthy aging:

1. **Include variety of foods in your diet:** A rainbow of fruits and vegetables (antioxidant rich), lean meats and fish (anti-inflammatory Omega 3 rich), whole grains, nuts (omega-3) and seeds, legumes and dairy.
2. **Smaller portions of meals:** With age the calorie requirement of the body reduces, having smaller portion sizes is helpful in meeting these reduced needs.
3. **Drink enough fluids:** Make sure to have fluids along with every meal such as fruit juices, buttermilk, lemonades etc. Reduce the intake of tea and coffee. Drink 6-8 glasses of water everyday.
4. **Be Physically active:** Taking a walk before meals is usually helpful in increasing the appetite. Mild to moderate exercise for 4 days a week helps to maintain the muscle tone and prevent muscle wasting.

- By Vaidehi Thakare B.Sc. TYND

## ANTI-AGEING FOODS FOR SENIORS



- **Green Tea**

Polyphenols found in green tea are skin protective, slowing down signs of aging.

It contains antioxidants, anti-wrinkle, anti-inflammatory, anti-melanogenic properties.

- **Nuts**

It is a great source of antioxidants and anti-inflammatory agents.

- **Tomatoes**

It contains skin protective and free radical-fighting vitamin C, lycopene, and lutein.

- **Dark Chocolate**

It has antioxidant and anti-inflammatory properties.

It has flavonoids that have healing properties for better skin health, protection from UV rays, and improved blood flow.

- **Spinach**

Healthy source of fiber and vitamin A, C, E and K1

Vitamin C helps to boost cell turnover.

- **Pomegranate Seeds**

Contains compounds that inhibit the breakdown of collagen.

It has antioxidant compounds that strengthen your skin barrier to keep it healthy and hydrated.

- **Papaya**

Great source of antioxidants and nutrients for good skin health.

It contains vitamin C and E which improves skin health.

- **Garlic**

It contains sulphur compounds important for collagen synthesis and structural integrity.



## DID YOU KNOW?

- By the time you're older, you may have lost up to half of your taste buds.
- Constipation becomes more common with age due to slower digestion. Consuming fiber-rich foods like whole grains, fruits, vegetables, and legumes can promote regularity and gut health.
- Older adults are more prone to dehydration because the sensation of thirst diminishes with age. Drinking water, herbal teas, or eating water-rich foods like cucumbers and watermelon can help.





## INTERVIEW



**MS. RASHMI KANITKAR KELKAR**  
**DIRECTOR AT FPS SIMPLYMEAL PVT LTD**

1) What inspired you to pursue a career in food science and nutrition?

Ans. Initially, I wasn't aware of this field but knew I wanted to work in food. I considered catering or hotel management until my aunt introduced me to this course. With my interest in Chemistry, Maths, and Biology, food science and nutrition seemed fascinating, especially as it combined nutrition and food processing, which wasn't common 20 years ago. This led me to pursue a B.Sc. in Food Science and Quality Control.

2) How has SNTD College of Home Science, Pune, helped you in your journey?

Ans. SNTD provided the foundational knowledge through both my graduation and post-graduation. Its reputation helped me secure my first job and establish credibility in the industry, even when working remotely in Bhutan.

3) Can you share highlights of your professional journey and transition into entrepreneurship?

Ans. After completing my Master's degree, I started in a Pune-based food manufacturing company to gain experience. Inspired by my senior, who balanced career and family beautifully, I aimed to do the same. In 2015, after gaining sufficient experience, I started my own consultancy, Food Patron Services. Recently, in January, I transitioned to a Private Limited Company.

4) Tell us about your experience as R&D Assistant Manager and Deputy Manager at Aachi Group of Companies.

Ans. The experience was enriching. Though an outsider in Chennai, I learned Tamil to integrate into the team. My management skills helped me excel, and within a year, I led the team, developing products like North Indian masalas, which helped Aachi expand its spice portfolio nationwide.

5) What inspired you to create Pantry Pods?

Ans. As a working mother of two, I needed quick, nutritious meal solutions without preservatives. I developed products like Upma premix and dal mixes initially for personal use and later realized their potential for others. Now, Pantry Pods offers fresh, home-style premixes from various cuisines across India.

6) Could you tell us about your products in more detail, particularly for the geriatric population, since our theme is focused on nutrition and aging?

Ans. Our products are balanced meals that offer convenience for all, including seniors. We provide pre-mixed ingredients for home-cooked meals, such as dal, vegetables, and salad dressings, which can be quickly prepared. These meal kits cater to a senior's preference for simple, nutritious home-cooked food with correct portion sizes, and are designed for a five-day workweek.

7) How has the food industry evolved in recent years, and what trends do you foresee in the future?

Ans. The food industry is currently mixed, with some products labeled as healthy despite being high in unhealthy ingredients. There's a focus on taste and marketing, but a few brands are genuinely working on healthier options, although these often come with a higher cost.

8) What kind of packaging material do you use for your products?

Ans. Currently, we use eco-friendly packaging, but it's not biodegradable due to cost concerns. However, we're working toward adopting biodegradable packaging in the future once the products are trusted and established.

9) Is there any turning point in your life that you're grateful for?

Ans. I think I'm still waiting for that moment. Starting my private limited company was a significant step, but it feels like just the beginning. Once I achieve something substantial or reach stability, I'll consider that my turning point. Let's hope that happens in the next five years!

10) How do you manage and balance both home and work?

Ans. Balancing home and work requires clarity and planning. Early in my career, I prioritized my job, but when my children were young, I slowed down while staying connected to the industry. Starting my own work gave me the flexibility to balance both. With passion and determination, it's manageable.

11) What message would you give to aspiring students in this field?

Ans. Gen-Z is full of energy and innovation but often lacks patience and dedication, which are essential for success. Combining their tech-savviness with hard work and focus can ensure a bright future.







## RIDDLES

I help your muscles stay strong and lean,  
Found in eggs, beans, and fish unseen.  
As you age, I'm a must-have friend,  
For healing and strength until the end.  
What am I?

Answer: Protein

I'm tiny yet mighty, you'll find me in seeds,  
Regulating sugar and meeting your needs.  
For healthy aging, I'm a key part,  
In insulin and energy, I play a smart start.  
What am I?

Answer: Magnesium

With age, your body needs me more,  
To keep your heart healthy and your joints  
in store.  
Fatty fish and nuts are where I hide,  
For sharp minds and hearts worldwide.  
What am I?

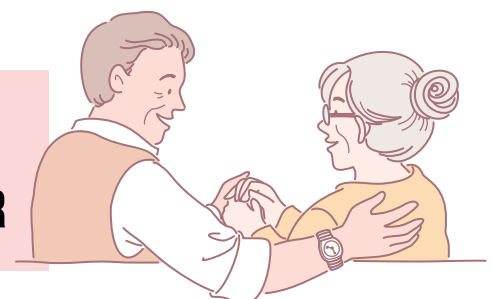
Answer: Omega-3 fatty acid

As time goes on, I fade away,  
But in green leafy veggies  
I keep your red blood cells in check,  
Protecting health as you trek.  
What am I?

Answer: Iron



### NUTRITION FOR ELDERLY MS. MANASI PESHAVE-JEJURIKAR



What is the equivalent of I LOVE YOU for all elderly people?

**"YOU DON'T LOOK THAT OLD!!"**

Yes, anyone who is aging will obviously love if someone thinks that they don't look old or of a specific age. Well, for some its pure genetics and for some, its their care and hardwork!

As a dietitian, in my practice, I have seen different types of geriatric patients. Some are very disciplined and some need a little push. But if they follow the regimen seriously, then it really works wonders on their health.

The major and common health concerns in geriatric people are diabetes, blood pressure, cholesterol and orthopaedic issues. Weight is also an issue for them, but at that age maintaining overall health should be the primary goal.

Another not much glamourised problem is gut health. Many elderly people face various gut issues. Some have dental problem due to which they cant eat certain foods, and have lot of limitations because of acidity, gases, ulcers etc.

Having strong mental health is also a great tool for achieving great health.

But if we make some changes in their lifestyles it will be an easy ride for them-

- 1) Exercising is very important. Moderate intensity exercises like walking, yog or suryanamaskar are best for them. I have seen people who exercise from young age have better muscle, bone health, better coordination, better gut health in their 70s.
- 2) Eating home cooked small meals is good. It should include local, simple food with good amount of nutrients like seasonal vegetables, fruits, whole grains, nuts seeds.
- 3) Having calcium is crucial so daily 1-2 servings of dairy is necessary. If anyone is allergic to dairy, they can eat rajgeera or ragi on a daily basis.
- 4) Having jeera water, methi water has helped many of my clients. Eating millets based diet, cooked form of fibers, including different pulses legumes, seasonal fruits, traditional recipes have not only improved their health issues, but also their overall health, lifestyle and mental health.



## PREVENTING MALNUTRITION OCCURRING DUE TO AGING IN ELDERLY PEOPLE

Aging is a phase which affects physiological, metabolic and psychological systems in the body. Some problems encountered due to malfunction of various systems include a drop in intake, digestion and metabolism of food, bone mass, muscle mass and physical activity. A drop in intake of food can occur due to improper sensitivity of taste buds, reduced appetite, dental maladies, improper secretion of gastric hydrochloric acid, digestive disorders, being bedridden or having chronic illnesses (infections of the respiratory, GIT and urinary tract, joint ailments, diabetes, heart diseases, Parkinson's, dementia, cancer), or unable to cook food for oneself etc. All of these problems can ultimately lead to malnutrition, compromised immunity, increased porosity of bones as well as impaired mineralisation of bone.

To be active, an elderly person can engage in exercise which is compatible with his/her capacity, health and nutritional status. Along with an active exercise regime, one has to maintain a proper nutritious diet as well. Elderly people should include antioxidant rich foods to reduce oxidative stress and fibrous foods such as fruits, vegetables and salads to ensure smooth bowel movement. They can include a variety of whole grains, millets and pulses, one to two glasses of low-fat milk or the same quantity of milk products, healthy oils such as sunflower, safflower, groundnut, olive, canola, and soybean and for all the non-veg lovers, lean chicken, fish and egg whites are nourishing options.

Elderly people benefit from consuming small frequent meals at regular intervals. They are advised to minimise gaps in meals which should not be less than 2-3 hrs. Skipping breakfast is not prudent. Early dinners can be a favourable option. Cooking methods should be switched from frying to boiling/steaming/roasting/grilling to prevent excess fat intake. They should abstain from consuming alcohol, outside food, bakery products, packaged food, spreads and dips and instead go for whole foods and inherently protective foods like garlic, tomatoes, onion, fruits etc.



### MYTHS & FACTS

**MYTH:** Older adults should avoid exercise and physical activity .

**FACT:** Everyone should exercise, regardless of their age. Exercise keeps the body active and the mind fresh. Regular physical activity can also help manage certain chronic conditions and is beneficial for both mental and physical health.

**MYTH:** Developing dementia in older people is inevitable .

**FACT:** No, dementia is not a normal part of ageing. Although the risk of dementia increases as people grow older but it is not inevitable.



## ANTI-AGING DRINKS



### 1) Amla Drink-

1 amla , 10 Kadipatta leaves, jaggery, 1 teaspoon kali mirchi powder

Blend everything in a mixer by adding half glass of water, strain it and then, it is ready to drink.

### 2) Apple Beetroot Juice-

Take an apple and a beetroot and cut them into pieces. Take half glass of water and blend them well in a mixer, strain it, and it is ready to drink.

You can have these two drinks alternatively.

Healthy and abundant with vitamins and antioxidants, they help keep your skin young and glowing.



## ESSENTIAL NUTRIENTS FOR HEALTHY AGING

Aging is a natural process that occur over a period of time, characterized by deterioration of the physiological functions necessary for survival. During early middle age (age 35-44), many bodily functions start declining. Healthy aging refers to postponement/reduction in the undesired effects of aging. The goals are: maintaining physical and mental health, avoiding disorders and remaining active. Nutritious diet, regular physical activity, avoiding cigarette smoking and alcohol use can help. A well balanced diet with some specific nutrients plays vital role in healthy ageing:

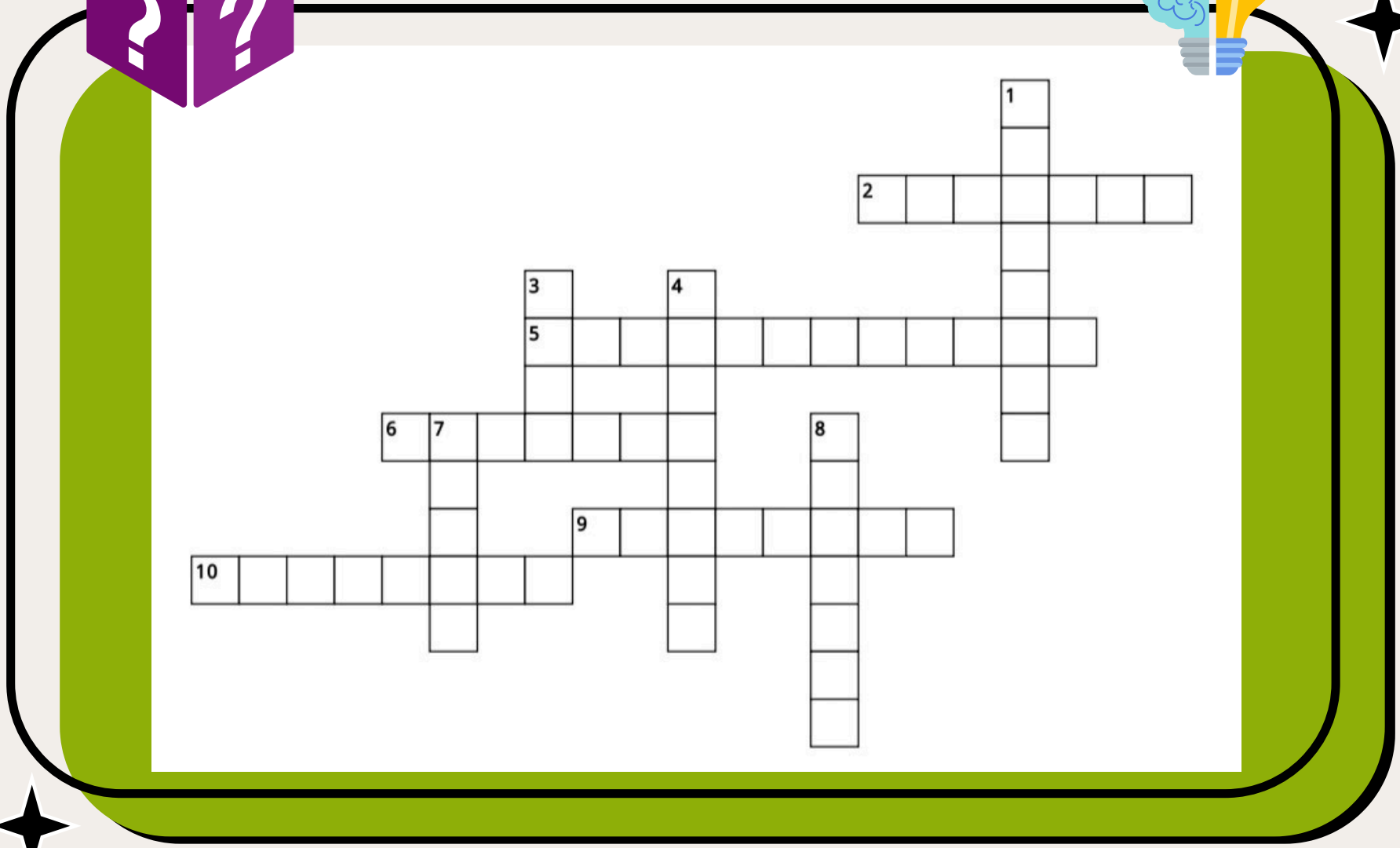
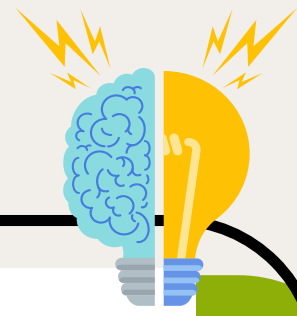
- With aging, muscle mass is lost and body fat increases, resulting in decreased metabolic rate. The goal is to prevent excess weight gain by reducing calories, fat intake and consuming adequate dietary protein. This will help prevent chronic diseases.
- Bones become less dense due to loss of minerals. This leads to osteoporosis and risk of fractures. Include foods rich in calcium such as dairy products, leafy greens (blanched), amaranth and fortified cereals. Exposure to sun increases vitamin D synthesis in body which enhances calcium absorption.
- Antioxidants help maintain healthy skin by fighting free radicals that damage cells and organs and are linked to several diseases (arthritis, cancer, cardiovascular, neurodegenerative diseases).
- 1) Vitamin E- Almonds, peanuts, sunflower seeds/oil, broccoli, avocados
- 2) Vitamin C- Citrus fruits, guava, strawberry, amla
- 3) Beta-carotene- Yellow-orange fruits and vegetables, leafy greens
- 4) Selenium- Almonds, seafood, whole grains
- Muscles in the digestive tract weakens slowing down the digestion. This can lead to constipation. A high fiber diet that includes whole grains, fruits/vegetables with skin, legumes and beans with adequate fluid helps in regular bowel movement. Fiber has prebiotic effect i.e. it flourishes the gut microbiota which has some immune functions.
- Omega-3 fatty acids appear to be neuroprotective and improves cardiovascular function. These may help slow cognitive decline and risk of dementia which are age-related conditions. Sources include salmon, mackerel, flaxseeds, walnut, chia seeds.
- Avoid/limit- Sugar, fried/processed foods, sodium intake, red/processed meat.

- By Nidhi Purohit M.Sc. CND 1





# CROSSWORD

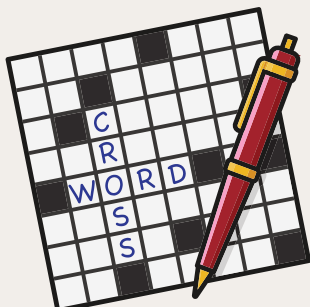


## ACROSS

- 2. This nutrient helps repair cells and is vital for muscle maintenance
- 5. A condition common in aging characterized by weak and brittle bones.
- 6. A type of fiber that promotes gut health and is found in oats and barley.
- 9. This antioxidant is vital for protecting skin and cells from aging.
- 10. A hormone that declines with age and affects calcium absorption.

## DOWN

- 1. A vitamin necessary for red blood cell production, often supplemented in seniors.
- 3. A plant-based protein source often used in vegetarian diets.
- 4. A condition characterized by memory loss, often linked to aging.
- 7. A fatty acid important for brain and heart health, often found in fish.
- 8. A leafy green high in lutein, which helps prevent age related macular degeneration.



## ANSWERS:-

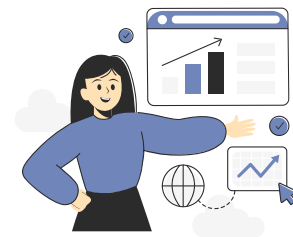
1.vitamin B, 2.protein, 3.tofu, 4.dementia,  
5.osteoporosis, 6.soluble, 7.omega, 8.spinach,  
9.vitamin c, 10.estrogen

- By Shamika Chikhalikar, B.Sc. TYND





# ACTIVITIES



## Faculty voices on All India Radio:

Two of our esteemed faculty members were invited by the All India Radio, Akashvani Pune as guest speakers for two distinct interviews.

Dr Anuja Kinikar Ma'am gave an insightful interview that focused on Youth and Nutrition, which aired on October 19, 2024. In celebration of World Food Day, an interview with Prof. Ritu Watturkar Ma'am was broadcasted on October 16, 2024. Both the interviews were hosted by Ms Anuja Bhise, student of M.Sc. CND 1.



## In the 56th Annual National Conference of the Nutrition Society Of India (NSI) co-organised by Symbiosis International University at Lavale campus, Pune.

### Our alumni from M.Sc. CND:-

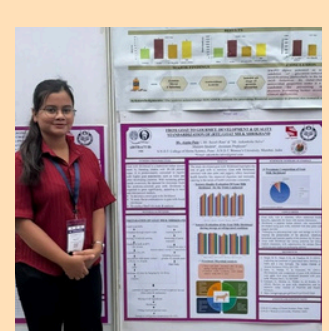
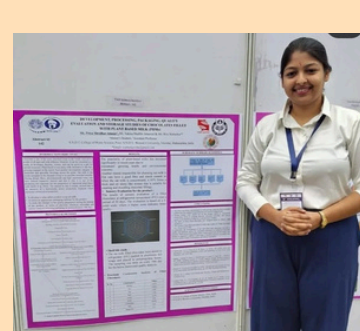
- 1) Pranjali Chandawad presented her research study in the Oral Free Communication on the topic 'Diet diversity and Micronutrient adequacy in working women of reproductive age'.
- 2) Aditi Vargante presented her research study in the poster presentation titled "Developing a tool to assess KAP on Microplastics and Endocrine Disrupting Chemicals consumption through foods, cosmetics, and personal care products".
- 3) Isha Shah presented her research study in the poster presentation titled "Chrononutrition in children based on obesity".

### The students of M.Sc. CND 2:-

- 1) Saloni Nevagi presented a poster titled "Association of perceived stress, quality of sleep and hedonic hunger among medical students".
- 2) Payal Konde presented a poster titled "A study on the interrelation of dietary and lifestyle habits on dysmenorrhea".

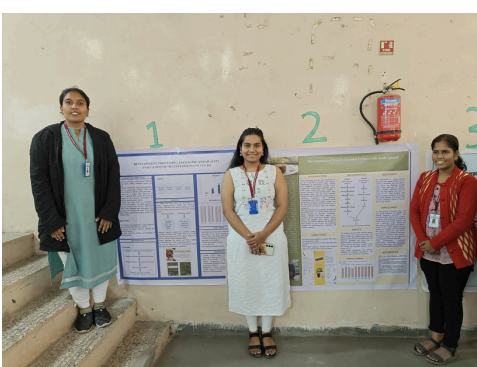
### The students of M.Sc NFP 2:-

- 1) Megharani Jadhav presented a poster titled "Innovative sattv drink cubes: development and quality evaluation of convenient nutrition beverage".
- 2) Priya Atanur presented a poster titled "Development, processing, packaging, quality evaluation and storage studies of plant based milk chocolates".
- 3) Arpita Pain presented a poster titled "Development and quality standardization of RTE goat milk shrikhand".

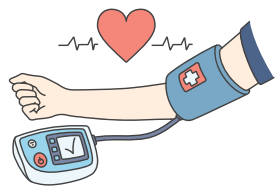


## In the Maharashtra State Inter University Research Competition(Pune Zone), Aavishkar 2024, students of M.Sc. NFP 2 presented posters on food product development in Pure Science domain:

- 1) Megharani Jadhav presented "Development, processing, packaging, and quality evaluation of Multi-flour pesto sticks".
- 2) Sejal Dethé and Priyanka Dhaigude presented "Development of zucchini fritters with seeds spread".
- 3) Radhika Joshi and Gauri Kardekar presented "Ready to serve drink with jelly-Jellobean".







# ACTIVITIES



A Health and Nutrition Assessment Camp was organised for the teaching and non-teaching staff which measured the height, weight, body composition, and blood pressure. A unique 'Know your Tiffin' activity explained the importance of a healthy plate method in tiffin. A small food exhibition displaying healthy snacks were kept for selling developed by the students.



# ACHIEVEMENTS



In the 56th Annual National Conference of the Nutrition Society Of India (NSI) co-organised by Symbiosis International University at Lavale campus, Pune,  
  
Ms. Anuja Kinikar (Assistant Professor and Head of Food Science and Nutrition Dept) won the 'Best Poster' in the Clinical Nutrition category for the research study "String test for obesity: a pilot study".



In Poshan Sangam, a national level recipe contest organised by HarvestPlus in collaboration with SSCANS and NSI Pune chapter,  
1) Saloni Nevgi from M.Sc. CND 2, secured 1st prize for her recipe, Atta besan cookies.  
2) Megharani Jadhav and Priyanka Dhaigude, from M.Sc. NFP 2 secured third prize for their recipe, Ragi dates ladoo.



Our alumni from M.Sc. NFP, Sanjana Patil and Vaishnavi Bhosale won the 1st and 2nd prize respectively for the best two dissertations and were awarded the Suhana Scholarship.







Happy New Year

2025

