



March 2025, Issue 11

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EDITORIAL DESK



Ms. Shraddha Patankar
ASSISTANT PROFESSOR

NOURISH YOUR MIND, THINK SMART, EAT SMART



In today's fast-paced world, distractions are endless and pressures are unescapable. Therefore, what we eat, how we think, and the overall nourishment of our body as well as mind often takes a backseat. However, many traditional literatures and new researches emphasize on the importance of treating our minds and bodies as interconnected systems. The first mention of the phrase 'you are what you eat' came from the 1826 work, in which French author Anthelme Brillat-Savarin wrote: "Tell me what you eat and I will tell you what you are." When we feed our bodies well, we also nourish our minds, enabling sharper thinking, better decision-making, and improved emotional well-being.

There is a link between the nourishment we provide to our body and our cognitive health and hence, mindful eating is a key to nourish your mind.

It's a well-known fact that the brain is one of the most energy-intensive organs in the human body, consuming a good portion of body's total energy. This energy largely comes from the food we eat. Nutrients such as omega-3 fatty acids, antioxidants, vitamins, and minerals play a critical role in brain function and development. For instance, omega-3 fatty acids found in foods like flaxseeds and walnuts, are essential for maintaining the structural integrity of brain cells. Evidence suggests that omega-3 fatty acid supplementation, particularly DHA, helps in reducing amyloid plaque burden and improving cognitive function in animal models of Alzheimer's disease. Antioxidants, found in fruits and vegetables, combat oxidative stress and inflammation, which are linked to cognitive decline.

Poor dietary choices, on the other hand, have the opposite effect. Diets high in sugar, saturated fats, trans fats and processed foods providing empty calories are associated with impaired memory, reduced focus, and an increased risk of mental health conditions like anxiety and depression.

Thinking smart is a product of mental and physical well-being. Thinking smart doesn't just mean being intellectually capable; it also means making informed decisions and solving problems effectively without getting stressed. To think smart, one needs to be mentally alert and emotionally balanced. Nutrition plays a key role in this. Foods that support stable blood sugar levels—such as whole grains, lean proteins, dietary fibre and healthy fats help in maintaining consistent energy and alertness throughout the day.

When we talk about nourishing our body and mind, hydration cannot be overlooked. Dehydration, even in mild forms, can impair short-term memory and decision-making. Drinking enough water is one of the simplest yet most effective ways to keep the brain functioning optimally. If you pair this with mindful practices such as meditation, physical activity; you will see fantastic results.

Eating smart is about making balanced and informed food choices that serve both the body and the mind. A smart diet includes a variety of whole, unprocessed foods that provide the nutrients necessary for optimal brain function. Here are some tips to eat smart:

1. Focus on Brain-boosting foods: Incorporate foods rich in omega-3s (e.g. walnuts, flaxseeds, fatty fish like salmon), antioxidants (e.g. citrus fruits, berries) and vitamins like Vitamin B complex, E and C and Minerals like Magnesium.
2. Limit processed and sugary foods
3. Practice portion control
4. Stay Consistent: by focusing on sustainable habits that can be maintained over the long term.

When we combine smart eating habits with practices that nourish the mind, such as reading, engaging in meaningful conversations, and pursuing creative hobbies, we create a synergy that enhances every aspect of our lives.

So, let's make conscious decisions to feed our bodies and minds with the care they deserve, ensuring a brighter, sharper, and healthier tomorrow.



MINDFUL EATING: HOW TO DEVELOP A HEALTHIER RELATIONSHIP WITH FOOD



The concept of mindful eating encourages awareness, appreciation, and thoughtfulness in our food choices and eating habits. By fostering balance, minimizing emotional eating, and enhancing overall wellness, it helps establish a more constructive mental relationship with food. Food serves as one avenue for nutrition. You can practice mindful eating in the following ways:

1. Eat with intention:

Pay attention to the colors, textures, and scents of your food.

Savor each bite by chewing slowly and taking small portions.

Avoid distractions like television and scrolling on your phone while eating.

2. Pay Attention to Your Body's Signals of Hunger and Fullness:

Ask yourself, "Am I eating because I'm bored or because I feel good?" Assess your demands using the hunger-fullness scale, where 1 represents starvation and 10 represents excessive fullness.

When you are full, not stuffed, stop eating.

3. Eat with Intention, Not Emotion:

Identify the emotional factors that cause thoughtless eating, such as tension, melancholy, and boredom. Look for healthy coping strategies, such as writing, walking, or deep breathing.

4. Select Nutrient-Dense Foods:

Go for minimally processed, unprocessed foods such as lean proteins, whole grains, fruits, and vegetables.

Respect your body's demands by concentrating on nutrition rather than restriction.

5. Express Gratitude for Your Meals: Acknowledge the origins of your food and the effort involved in its production by taking a moment to appreciate your meal before eating.

6. Establish a Peaceful Dining Environment: Choose a quiet dining place and take a seat there. To encourage portion control without making people feel deprived, use smaller dishes.

7. Steer Clear of a Restrictive and Guilt-Inducing Mindset: Allow yourself the enjoyment of all foods in moderation. Rather than focusing on extremes like deprivation and bingeing, prioritize balance instead.

8. Reflect on Your Eating Habits: Maintain a mindful eating journal to track patterns and emotions connected to food. Regularly assess how different foods influence your mood.

Engage in Mindful Eating:

1. The raisin practice: Take your time to eat a raisin, appreciating its taste, texture, and scent.

2. Mindful Eating Meditation: While having a meal or snack, follow a guided meditation.

3. The hunger and fullness exercise: Pay attention to your hunger and satiety signals while eating.

"Consume with purpose and awareness, enjoying every bite and tuning into your body's signals of hunger and fullness."



- By Bhumi Shah,
M.Sc. CND 1

CURRENT AFFAIRS

1) Genome India Project (GIP): Launched in 2020 by the Department of Biotechnology, the project has successfully made genomic data from 10,000 individuals publicly available.

2) Personalized Cancer Vaccines: The UK's Cancer Vaccine Launch Pad (CVLP) is developing mRNA-based vaccines tailored to individual cancer patients.

3) HPV Vaccination in India: India plans to introduce a nationwide HPV vaccination program in 2025, a major step in cancer prevention.

4) NexCAR19 CAR-T Therapy: India's first indigenously developed CAR-T therapy, NexCAR19, is the world's most affordable CAR-T treatment, created through a collaboration between IIT Bombay, Tata Memorial Centre, and ImmunoACT.

5) The Earth Returning: NASA astronauts Sunita Williams and Barry Wilmore safely returned to Earth after being stranded for 9 months in the Boeing's Starliner Spacecraft at the International Space Station (ISS).



1) Myth: Mindful eating is just eating slowly

Fact: While slowing down is part of mindful eating, it's not the whole picture. Mindful eating is about fully engaging with the eating experience—being aware of the taste, texture, and aroma of food, as well as recognizing hunger and fullness cues.

2) Myth: Carbs are bad for brain health

Fact: The brain relies on glucose for energy, and healthy carbohydrates (like whole grains, fruits, and legumes) are essential. The key is choosing complex carbs over refined ones.

3) Myth: Skipping meals boosts mental focus

Fact: Not eating can cause brain fog, irritability, and decreased concentration. Regular, balanced meals help maintain steady energy and cognitive function.



NOURISH YOUR MIND

THINK SMART EAT SMART

Nutrition Facts

8 Servings per container
Serving size 3/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value
• Total Fat 8 g	10 %
• Saturated Fat 1 g	5%
• Trans Fat 0 g	
• Cholesterol 0 mg	0 %
• Sodium 160 mg	7 %
• Total Carbohydrate 37 g	13 %
• Dietary Fiber 4 g	14 %
• Total Sugars 12 g	
• Includes 10 g Added Sugar	20 %
• Protein 3 g	

• Vitamin D 2 mcg	10%
• Calcium 260 mcg	
• Iron 8 mg	
• Potassium 235 mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice

Serving Size :

Check to see if the serving size is realistic for the amount you are going to eat

Why Daily Value Matters ?

- % DV are based on 2,000 calories diet.
- Aim for less than 5% of saturated fat, cholesterol and sodium

Fiber is a carb

- Net carbs are what gets digested as sugar (lower the better)
- Total Carbs - Fiber = Net Carbs
- Aim for > 2.3 g of fiber/serving

More Protein Less added Sugar

- Ideally find products with higher protein content than added sugar.
- Look for snacks with less than 10 g of sugar



Ingredient List

- The most important section !

Choose food products that have simple, real and minimal ingredients.



Often when we are watching movies or TV series, we tend to have snacks with it, even when we are full. Is it because eating is a psychological habit while we are watching a movie or is it simply because we are hungry?

What could be the consequences of eating without awareness?

Firstly, weight gain. Our brains need time to process what we have eaten and if it is enough provision of energy or not. This process requires time. When we tend to watch movies or scroll while watching, we usually tend to overeat and eat too fast. We don't pay attention to how much we are eating. And if we look at the foods we consume, it is always something salty or sugary. Very rarely or next to no one eats a salad while watching the TV, right?

Secondly, blood sugar imbalances, digestive issues, nutrient deficiencies, hormonal imbalances, disrupted sleep, increased stress and anxiety are all seen with unmindful eating.

What is mindful eating? Why is it important?

Mindful eating is when we are conscious about what we are eating. It involves noticing and enjoying the colour, texture, flavour of the food, eating the food slowly so it gives time to our body to process the food we have eaten and promote the feeling of satiety. This has a lot of benefits like:

1. Helps in weight management. Mindful eating helps us to eat only the amount that is required by the body.
2. Aids in digestion and reduces bloating. Indigestion and bloating can also be caused because of rushed eating. Mindful eating helps in preventing that.
3. It causes a balance in the hunger hormones. It regulates hormones like Ghrelin (hunger hormone) and leptin (satiety hormone).
4. It supports gut health by reducing inflammation.



- By Taanya Mehta,
M.Sc. CND 2

The heart of any home often beats in the kitchen, and the rhythm is set by the methods we employ to transform raw ingredients into nourishing meals. Cooking, an art form as old as civilization itself, continues to evolve, offering a fascinating spectrum from cutting-edge innovation to comforting simplicity.

The way we choose to cook our food and what we put in our meals has a big impact on how much goodness we actually get.

Knowing a few different cooking tricks can really help you whip up tasty and healthy dishes that keep you going strong.

One of the smartest moves in healthy cooking is using gentle heat. Think about steaming, poaching, and simmering. These methods are like a spa day for your veggies and proteins, helping them hold onto their important vitamins and minerals that can easily disappear with too much heat. Steamed broccoli stays bright green and crunchy, packed with all its good stuff.

Poaching fish or chicken in a flavorful broth keeps them super moist and doesn't add any extra unhealthy fats. And when you simmer soups and stews, all the flavors mingle beautifully while keeping all the nutritious bits intact.

Roasting and baking can also be your allies in healthy eating, as long as you do them the right way. Roasting veggies at a moderate temperature brings out their natural sweetness and makes them taste amazing, without losing too many nutrients. Using just a drizzle of oil and lots of herbs and spices makes them even better for you. Baking lean meats and chicken without the skin is a much healthier swap for frying.

On the flip side, cooking methods that use really high heat, like deep-frying, tend to soak up a lot of unhealthy fats and can actually zap some of the good stuff out of your food. It's okay to enjoy fried treats sometimes, but focusing on cooking with less fat is a smart move for your overall health.

Beyond just the cooking method, how you put your ingredients together can really boost the nutritional power of your meals.

Here are a few ideas to keep in mind:

- 1) **Pile on the veggies:** Make it a goal to have a rainbow of colorful vegetables on your plate at every meal. They're packed with fiber, vitamins, minerals, and antioxidants - all the things your body loves. Toss them into stir-fries, omelets, pasta sauces, and even sneak them into your smoothies!
- 2) **Go for lean proteins:** Choose options like fish, chicken (without the skin), beans, lentils, tofu, and lean cuts of meat. These give you the essential building blocks for your muscles without loading you up on unhealthy saturated fats.
- 3) **Love your whole grains:** Swap out white bread, white rice, and other refined grains for whole wheat bread, brown rice, quinoa, and oats. Whole grains are full of fiber, which is great for your digestion and helps keep your blood sugar steady.
- 4) **Don't fear healthy fats:** Include good fats like those found in avocados, nuts, seeds, and olive oil. These are actually really good for your heart and help your body absorb important nutrients.
- 5) **Spice things up (the healthy way!):** Instead of relying on lots of salt and unhealthy fats for flavor, get creative with fresh and dried herbs and spices. They add amazing taste and often come with their own health perks.
- 6) **Watch your portions:** Even healthy foods can lead to weight gain if you eat too much. Pay attention to how much you're putting on your plate to keep your calorie intake in check. By being mindful about how you cook and choosing whole, unprocessed ingredients, you can turn your everyday meals into powerful tools for nourishing your body and setting yourself up for a healthier future. So, get into your kitchen, try out some new ideas, and discover how delicious and satisfying healthy cooking can be!

- By KhadyaFora Team

ALUMNI CORNER
Ms. Sweety Agarwal
REGISTERED DIETITIAN, FOUNDER OF NUTRISE

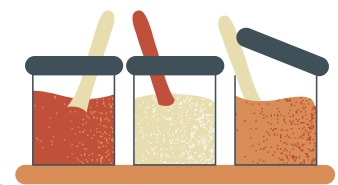


SNDT College of Home Science has been a cornerstone in shaping me as a Dietitian, and a Healthy Baker. While I may not have fully grasped its significance during my college days, in hindsight, I realize how deeply it influenced my career. I always gravitated towards practical learning—diet calculations, planning, and reasoning fascinated me more than theoretical study. I owe a great deal to our esteemed faculty, especially Kinikar Ma'am and Kapila Ma'am, whose unwavering guidance made even the most complex concepts, easier to understand. I remember asking Kinikar ma'am for help with understanding fat metabolism, she actually explained it to me thrice & made sure that I understand the concept.

Stepping into the real world—working in hospitals and interacting with patients—felt different at first, but my strong foundational learning from SNDT made the transition seamless. The principles I absorbed in college became the backbone of my professional journey.

Interestingly, my passion for healthy baking emerged much later. Even though I was never fond of conventional cooking, I was drawn to experimenting with nutritious alternatives. Many discouraged me, saying that healthy baking wasn't a lucrative business, but I felt strongly about it. Before diving in, I remember calling Kapila Ma'am, who not only recognized me instantly but also took the time to discuss the potential challenges and rewards of this niche. That conversation reaffirmed my decision, and today, Healthy Treats by Nutrise is a reality—rooted in my passion for wellness and the solid academic foundation SNDT provided.

There's still a long road ahead, but I'm grateful for how SNDT has molded me into the professional I am today.



WHOLESUME AVOCADO & CHICKPEA TOAST
(PROTEIN-PACKED & TRENDING)

This recipe is inspired by the latest trends in high-protein, plant-based, and gut friendly foods. It's simple, nutritious, and perfect for mindful eating with an Indian touch.

Ingredients (Serves 1):

- 1 slice whole-grain or sourdough bread
- ½ ripe avocado
- ¼ cup mashed chickpeas
- ½ tsp lemon juice
- ½ tsp olive oil
- ½ tsp chili flakes (optional)
- A pinch of salt & black pepper
- Microgreens or chopped parsley for garnishing
- Take 1 Tbsp curd, 5 grams of pudina and coriander each, add black salt, make a paste, then add in the curd and spread on the bread

Instructions for making:

1. Mash & Mix - In a bowl, mash avocado and chickpeas together. Add lemon juice, olive oil, salt, and pepper.
2. Toast the Bread - Toast your whole-grain or sourdough bread until crispy.
3. Assemble - Spread the mixture made with curd and the avocado-chickpea mix over the toast. Sprinkle chili flakes and garnish with microgreens.
4. Eat Mindfully - Take small bites, eat slowly, savor the textures, and appreciate each flavor and ingredient.

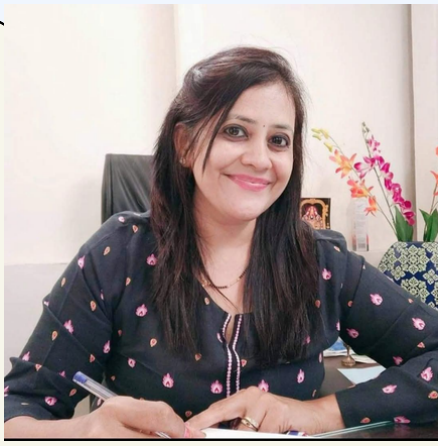
Why It's Trending?

- ✓ High-Protein & Fiber-Rich - Chickpeas + avocado = satisfying and nutritious.
- ✓ Gut-Friendly - Sourdough & whole grains support digestion.
- ✓ Sustainable & Affordable - Plant-based and simple ingredients.

- By Fiza Pathan
M.Sc. NFP 2



INTERVIEW



Ms. Archana Rairikar
DIETITIAN AND FOUNDER OF
SATWA WELLNESS CLINIC

1) Can you tell us about your educational background and certifications as a dietitian?

Ans. My educational foundation includes a BSc in Nutrition, a PG Diploma in Dietetics, and an MSc. I've also pursued numerous certifications to broaden my scope of practice. These include a Post-Graduation Diploma in Diabetes Education, a Post-Graduation Certification in Nutrigenomics, and certifications in naturopathy, pranic healing, reiki, Bach flower remedies, counseling, and, for a bit of fun and fitness, Zumba. This diverse training reflects my commitment to a holistic approach to wellness, addressing the mind, body, and spirit.

2) What initially ignited your passion for dietetics, and what led you to establish Satwa Wellness & Nutrition Clinic?

Ans. Initially, a friend's experience sparked my interest. However, once I delved into the field, I discovered a profound passion for helping people improve their health through nutrition. After 12 years of working in a hospital setting, I felt a strong desire to provide more personalized care. This led me to establish Satwa Wellness & Nutrition Clinic, where I can offer flexible services and tailored dietary guidance. I also worked at Deenanath Mangeshkar Hospital, focusing on the ketogenic diet for uncontrolled epilepsy, which is a very fulfilling aspect of my career.

3) What is the mission of Satwa Wellness & Nutrition Clinic?

Ans. The mission is to promote good nutrition and health by offering personalized care, affordable products, and practical dietary guidance.

4) How do you approach client management, particularly when it comes to ensuring dietary adherence?

Ans. I believe in a collaborative approach. I give 100% effort in providing guidance and support, but I understand that achieving 100% adherence can be challenging. Therefore, I aim for a realistic 70% adherence from my clients. I avoid imposing rigid diets and instead focus on education and counseling to foster understanding and commitment. I create flexible diet charts and provide detailed explanations of the nutritional benefits of each food, empowering clients to make informed choices and integrate changes into their lifestyles.



5) What are some of the common challenges and misconceptions you encounter regarding ketogenic diet?

Ans. For patients with epilepsy, the ketogenic diet is a medically supervised intervention, and I provide thorough explanations and support. For weight loss, I present it as a short-term strategy. Many people have misconceptions about its high-fat content, fearing it will lead to weight gain or heart problems. I address these concerns by emphasizing calorie control and explaining how the body uses fats for energy instead of glucose. I also stress the importance of pre-diet counseling and ongoing monitoring to manage potential side effects and ensure safety.

Common side effects include constipation, fatigue, and the "keto flu" during the initial adaptation phase. Long-term monitoring is essential to address any nutritional deficiencies or other potential issues.

While the exact mechanism is still being researched, the ketogenic diet's effectiveness in managing epilepsy is attributed to the production of ketones, particularly beta-hydroxybutyrate (BHB). These ketones have anti-epileptic effects, reducing the frequency and severity of seizures in some individuals.

6) How do you incorporate cultural and regional dietary practices into your recommendations?

Ans. I believe in respecting and integrating cultural and regional dietary practices. I start by understanding my clients' dietary histories and preferences. Then, I provide tailored recipes and suggestions that align with their cultural backgrounds. This approach extends to international clients, demonstrating adaptability and cultural sensitivity.

7) What are your thoughts on the growing role of artificial intelligence in dietetics?

Ans. I acknowledge that AI is becoming increasingly prevalent in dietetics field. We can really learn about it and it can be use a an effective tool for business promotion and writing good articles.

However, I firmly believe that the emotional connection and personalized interaction between dietitians and clients remain indispensable. AI can be a valuable tool, but it cannot replace the human element of empathy and understanding.

8) Finally, what message would you like to share with future dietitians?

Ans. I advise future dietitians to treat each patient as an individual, emphasizing empathy, kindness, and honesty. Building trust through genuine connection is crucial for effective patient care. While technology can enhance our work, the human element cannot be replaced.





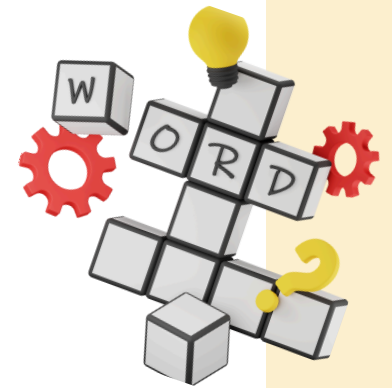
WORD SEARCH GAME



Smart foodies

M	P	D	Y	V	I	T	M	I	T	P	E	S	T
A	R	S	H	I	G	H	F	A	T	A	T	D	A
A	E	F	T	D	A	I	S	R	O	V	F	P	E
A	S	B	S	A	A	E	V	U	H	C	R	I	H
D	E	M	L	E	B	R	S	I	G	O	A	S	W
D	R	I	I	A	B	A	I	D	C	A	L	E	D
I	V	A	S	L	I	R	L	E	E	O	R	I	E
T	A	C	C	C	K	C	S	I	Y	D	I	I	N
I	T	I	E	G	T	S	I	R	S	M	I	T	I
V	I	D	I	H	E	I	O	F	I	E	T	A	F
E	V	I	S	D	C	E	K	L	I	L	R	D	E
S	E	T	E	T	E	I	E	R	I	T	R	S	R
H	S	Y	I	A	F	A	T	I	I	D	R	C	S
G	M	O	D	I	F	I	E	D	R	S	S	A	U

- SUGAR
- FRIED
- MILKSOLIDS
- ADDITIVES
- PROCESSED
- REFINEDWHEAT
- PRESERVATIVES
- HIGHFAT
- ACIDITY
- MODIFIED
- STABILISERS
- ARTIFICIAL



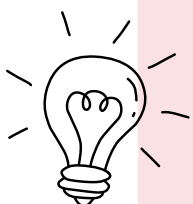
GUESS WHAT?

1) I sit on a box, a bottle, or a can,
Telling you what's inside, my friend.
I list the good, the bad, and the key,
Check me before you eat with glee!
Who am I?

2) I don't rush, I take my time,
Chewing slowly, in rhythm and rhyme.
I help your stomach feel just right,
No overeating, light as a kite!
What am I?

3) I wear bright colors and seem so cool,
Full of sugar, I make kids drool.
But read my label, don't be fooled,
Too much of me? Your health is ruled!
What am I?

Answers: 1) Nutrition Label 2) Mindful eating 3) Sugary drinks or processed snacks



DID YOU KNOW?

- 1) Omega-3 fatty acids can improve mood and memory. Foods like walnuts, flaxseeds, and fatty fish are rich in omega-3s and support brain health.
- 2) Dehydration can shrink brain volume. Staying hydrated is key to keeping mind sharp.
- 3) Probiotics and fiber-rich foods can boost serotonin production, improving mood and reducing anxiety.
- 4) Mindfulness meditation can physically change brain. It increases gray matter density in areas linked to memory, learning, and self-awareness.
- 5) Spending just 20 minutes in nature can reduce stress hormones and improve mental clarity.





ACHIEVEMENTS



<p>1st Prize Product Name: Soya Momos Ms. Samruddhi Jadhav SNDT College of Home Science, Pune</p> 	<p>2nd Prize Product Name: Soya Cookies Ms. Mahima Verma SNDT College of Home Science, Pune</p> 	<p>Consolation Prize Product Name: Soya Thalipeeth Ms. Shravani Kandge SNDT College of Home Science, Pune</p> 
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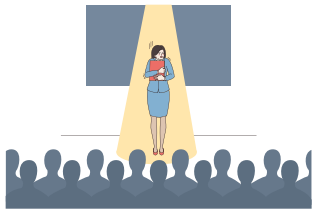
Protein Foods & Nutrition Development Association of India (PFNDAI), organized innovative soyachunks recipe contest in collaboration with SNDT College of Home Science, Pune.

Theme- "Create Innovative Food Products by Using ITC Aashirvaad Soya Chunks - Prioritizing Health and Sustainability". The contest was sponsored by ITC Ltd.

First prize - Samruddhi Jadhav(B.Sc. TY FSQC)
Second prize - Mahima Verma (B.Sc. TY ND)
Consolation prize - Shravani Kandge (B.Sc. SY ND)

The winner of the Mocktail Competition organized for M.Sc Nutrition and Food Processing students (NFP 2):-
Melonwood Twist Cocktail prepared with muskmelon and wood apple
Team members:- Pragati Jambhale, Sakshi Chougule, Priya Atanur and Snehali Jadhav

COLLEGE ACTIVITIES



As part of the Nutrition And Health Research Conference 2025,

- 1) Himani Yakkundi from M.Sc. CND 2 presented an E-poster titled "A study of the consumption patterns, perceptions, and awareness about soy-based products among pre-menopausal women".**
- 2) Saloni Nevgi from M.Sc. CND 2 presented an E-poster titled "The association of micronutrient rich food sources with premenstrual syndrome among young women".**

The students of M.Sc. CND 1 attended the 2nd NutriBolism conference in Mumbai organized by Laparo Obeso Centre, Pune where the theme was "Innovations in Nutrition, Fuelling Metabolism for Optimal Health".





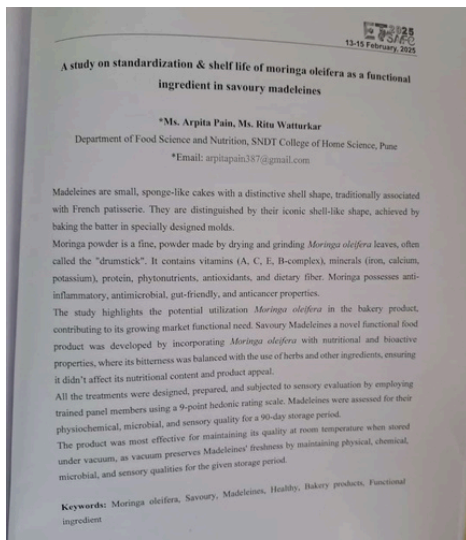
The students of M.Sc. Clinical Nutrition and Dietetics (CND 2) attended the VishwaSwasthyam 2025 International conference at Kokilaben Dhirubhai Ambani Hospital, Mumbai. The theme for the conference was "Integrative Strategies for Metabolic Health".



The students of M.Sc. CND 1 and CND 2 attended the Nutrition and Health Research (NHRC) Conference organized by Hirabai Cowasji Jehangir Medical Research Institute, Pune with Nutrition Society Of India, Mumbai Chapter at Dr. BMN College of Home Science, Mumbai centered around the theme "Nutraceuticals and Functional Foods In Health".



The students of M.Sc. CND 2 visited a rural school in Shikrapur, Mukhai as Nutribuddies (an initiative by HarvestPlus Solutions as a part of the Nutri-Pathshala project in collaboration with AgroZee Organics). They educated the students of 1st to 8th grade and their parents about the importance of nutrition and healthy eating habits through a thoughtful street play. The HANSA (Health and Nutrition for School Age Children) models of Nutri Pathshala and Nutri Dabba provided to students as a part of the Mid Day Meal Scheme (MDMS) were emphasized.



Abstract on "A study on standardization and shelf life of moringa oleifera as a functional ingredient in savoury madeleines" by Arpita Pain, from M.Sc. NFP 2 got published in ETSAF, 2025 organized by the Department of Food Engineering and Technology, Tezpur University, Assam.



M.Sc. CND 1 and CND 2 students attended a panel discussion on "Almonds' Impact On Blood Sugar Regulation For Pre-Diabetics and Post Exercise Recovery." The session was organized by the Indian Dietetic Association (Pune Chapter) and the Almond Board of California. It was led by Ms. Ritika Samaddar (Regional Head-Dietetics, Max Healthcare, New Delhi).

