

## **Department of Food Technology (Home Science)**

Food Technology and Nutrition wing of Department of Home Science was pulsating with academic and extra-curricular activities through out the year 2017-18. The most awaited event, the National Nutrition Week, was celebrated in the month of September with a number of activities and competitions. The event was inaugurated by Mr Rajesh Singh, Deputy Librarian (DU) with the celebrations which encompassed an Inter-college essay writing competition on 'Improving child health through optimal infant and young child feeding', an Inter-college poster cum slogan competition on 'Complementary feeding is the foundation of life', and an Intra-college competition on 'Healthy Recipes'. More than 60 students from different colleges participated actively. In line with the national theme, a public health lecture on 'Nutrition in Infants and Young Children' by Dr Praveen Kumar, Director Professor at Lady Hardinge Medical College was also organized in September. The department hosted a faculty workshop on Teaching and Evaluation for BA (Prog) FT, CBCS mode on 11<sup>th</sup> September, 2017.

The students and faculty members were invited by Indian Dietetic Association, Delhi chapter to participate at the National Dietetics Day celebration at Dilli Haat on 10 January 2018. In an endeavor to create awareness about food safety among the general public, Dr. Anita Malhotra spoke on 'Ensuring Safe And Nutritious Food' and students of second year put up a stall enthusiastically to demonstrate 'Detection of food adulterants' at the event. The stall was highly appreciated by the Chief Guest, dietitians, nutritionists and visitors. Later in the month of February, a workshop on 'Icing of cakes' was conducted in collaboration with Association of Food Scientists and Technologists of India. Chef Balender Singh, Director, Institute of Bakery and Pastry Arts made a presentation and demonstrated different types of cake icings to eager students who also got hands-on experience in this creative activity.

An educational visit to Swami Sivananda Memorial Institute (SSMI) East Punjabi Bagh was organized on 23<sup>rd</sup> February, 2018. The students visited two kitchens at Jahangir Puri serving hot cooked meals to the beneficiaries of Integrated Child Development Services (ICDS) – a flagship nutrition program of the country, which is largest in the world in terms of its reach.

The highly acclaimed entrepreneurial project of the department - Nutri Bite entered its second year and was inaugurated by Chairman Prof Babbar and Treasurer Prof Ragi. Charu Bhatia and Richa

Grover, the Project Investigators led a team of 15 students successfully and put up 8 stalls serving safe and nutritious savories and sweets to students and staff of the college throughout the year. They also catered on a large scale at the Book Fair organized by the college. For the Tunisian youth who visited the college under the National International Youth Exchange Program, the Nutri Bite team prepared and served traditional Indian snacks, which were relished and highly appreciated by the foreign visitors.

In February this year, the department has initiated a Project called *Parvarish- Nurturing the young children in slums*, to address the problem of malnutrition in Wazirpur slum area adopted by Lakshmibai College. The Project aims at assessing the incidence of malnutrition in the community, and collecting information on potential factors that escalate levels of malnutrition and providing corrective measures to reduce its incidence.

Our students made us proud by winning prizes at a national event. At the AFST(I) National Seminar organized on World Food Day, 16<sup>th</sup> Oct, 2017, Spriha Roy (GE nutrition) won 2<sup>nd</sup> prize at debate competition and Richa Grover, Food Technology III year bagged 3<sup>rd</sup> prize in poster making competition.

The department carried out its annual exhibition-cum-sale of processed and bakery products on Annual Day of the college.