DEPARTMENTAL PROFILE- FOOD & NUTRITION

Year of Establishment: UG General course 2006

About the Department: -

The department of Food & Nutrition was introduced in the college in the year 2006. It is offered as 3-year Pass (General course) course since 2022 and since introduction of National education policy it is reintroduced as MDC (Multi- Disciplinary Course). The course is guided by experienced faculty and the course is well-equipped with laboratory and library facility. The course is designed to enable students to progress in academic field and as well as be prepared for job market. The department aims to achieve its goals in mutually respectful environment.

Faculty Profile: -

Sl. No.	Name of the faculty	Educational qualification	Area of Interest	Designation	Teaching Experience
1	Dr. Snehasree Saha	M.Sc. PhD	Community Nutrition & Public Health Nutrition	Assistant Professor	9 Years

Class Routine

Days	10.30-11.30	11.30-12.30	12.30-1.30	1.30-2.30	2.30-3.30	3.30-4.30
Monday	-	-	-	-	-	-
Tuesday	5th Semester	-	1st Semester	3rd Semester	-	IDC
Wednesday	3rd Semester	1st Semester	-	1st Semester	5th Semester	IDC
Thursday	1st Semester	3rd Semester	5th Semester	-	5th Semester	IDC
Friday	-	-	1st Semester	1st Semester	3rd Semester	
Saturday	1st Semester	5th Semester	-	3rd Semester	5th Semester	

Syllabus Distribution & Lesson Plan

Sl. No	Semester	Course Name	Topic	Teaching Method	No. of Classes	Covered by
	1st semester	**ELEMENTARY CHEMISTRY**	Law of conservation of mass, chemical and physical changes, Mechanical mixtures and chemical compounds	Lecture, Power Point Presentation and Demonstration	04	S. Saha

			Common Laboratory Processes: Sedimentation, Decantation, Filtration, Solution, Evaporation, Boiling, Desiccation, Distillation, Sublimation, Fusion, Ignition, Crystallisation, Efflorescence, Deliquescence.	Lecture , Power Point Presentation and Demonstration	03	,,
			Symbol, Valency, Formula, Equation, Naming of Compounds, Radicals.	Lecture , Power Point Presentation and Demonstration	03	,,
			General concept of acids, bases and salts, conjugate acids and bases, Classification of salts, Hydrolysis of salts, pH, Buffer solution. Equivalent weight of acids, bases and salts, neutralisation, Acid-Base indicators, Molar solution, Normal solution and Formula solution.	Lecture , Power Point Presentation and Demonstration	13	,,
			Diffusion and Osmosis, Osmotic pressure, Isotonic solution, Definition and examples.	Lecture , Power Point Presentation and Demonstration	04	,,
			Colloids: Definition, Types of colloidal systems, Importantproperties of colloidal sols, Dialysis.	Lecture , Power Point Presentation and Demonstration	05	,,
			Structure of atom: Discovery of atomic nucleus, Rutherford's atomic model, concept of Stationary orbit, Electronic arrangement of elements (Hydrogen to calcium),Atomic number, Isotopes, Chemical bonds – Electrovalent, Covalent and	Lecture , Power Point Presentation and Demonstration	11	,,

			coordinate – covalent bonds, Hydrogen bonds.			
			Chemistry of carbon compounds: Classification of organic compounds based on structural characteristics and functional groups, isomerism, Concept of optical isomerism. General methods of preparation, properties and reactions of structured and unstructured hydrocarbons, Aliphatic monohydric alcohols, Glycerol, Aldehyde, Ketones and fatty acids upto 3 atoms with nomenclature.	Lecture, Power Point Presentation and Demonstration	22	,,
			Fitting of simple apparatus, experiment involving solution, filtration, distillation, and crystallization. Separation of constituents of mixture.	Practical	04	,,
			Titration of acids and bases. Determination of total hardness of water by soda reagent. Estimation of glucose.	Practical	08	,,
			Simple chemical tests for carbohydrate- Starch, glucose, cane sugar, lactose, and dextrin.	Practical	08	,,
			Qualitative tests-Protein in milk and egg, Calcium, phosphorus, and iron in foodstuff.	Practical	10	,,
	2nd Semester	**ELEMENTARY PHYSICS**	Units –C.G.S. and F.P.S. system	Lecture, Power Point Presentation and Demonstration	4	,,
			Measurement of mass and weight, common and spring balance.	Lecture, Power Point Presentation and Demonstration	4	,,

			Motion of body – displacement, velocity, acceleration units.	Lecture, Power Point Presentation and Demonstration	4	,,
			Gravity – Acceleration due to gravity.	Lecture, Power Point Presentation and Demonstration	4	,,
			Hydrostatistics–Pressure at a point, Archimedes Principles, Specific gravity, viscosity and surface tension.	Lecture, Power Point Presentation and Demonstration	5	,,
			Thermometry.	Lecture, Power Point Presentation and Demonstration	4	,,
			Calorimetry.	Lecture, Power Point Presentation and Demonstration	4	,,
			Transmission of heat, Thermoflask.	Lecture, Power Point Presentation and Demonstration	4	,,
			Three types of matter, changes of state, pressure cooker, Ice-machine.	Lecture, Power Point Presentation and Demonstration	4	,,
			Static electricity – Changing by friction, conductor and Insulator.	Lecture, Power Point Presentation and Demonstration	4	,,
			Primary cell, storage cell.	Lecture, Power Point Presentation and Demonstration	4	,,
			Electroplating.	Lecture, Power Point Presentation and Demonstration	4	,,
			Definition of Potential, Current-relation between two.	Lecture, Power Point Presentation and Demonstration	4	,,
			Measurement of current by ammeter and potential differential by voltmeter.	Lecture, Power Point Presentation and Demonstration	4	,,

			Electricity and its application in daily life – lamp, Toaster, Geyser, iron, Micro oven	Lecture, Power Point Presentation and Demonstration	4	,,
			Refrigerator, cold storage.	Lecture, Power Point Presentation and Demonstration	4	,,
			Electric fuse.	Lecture, Power Point Presentation and Demonstration	3	,,
			Use of balance(Weighing a body)	Practical	4	,,
			Determination of specific gravity of a solid (heavier and insoluble in water)	Practical	6	,,
			Determination of specific gravity of a liquid by hydrostatic balance	Practical	6	,,
			Determination of specific gravity of a liquid by specific gravity bottle	Practical	6	,,
			Reading of barometer	Practical	4	,,
			Determination of lower and upper fixed point of a thermometer	Practical	4	,,
			Fitting of electric fuses	Practical	2	,,
	3rd Semester	**ELEMENTARY PHYSIOLOGY**	Animal cell: Structure and function	Lecture, Power Point Presentation and Demonstration	05	,,
			Tissue: Definition, structure and functions of different types of tissue, e.g. epithelial, connective, nervous and muscular tissue (special emphasis on blood and bone) .	Lecture, Power Point Presentation and Demonstration	09	,,
			Digestive system: Structure involve in digestive system (mouth, esophagus, stomach, small intestine, large intestine, liver, pancreas, gall bladder) and their functions. Digestion	Lecture, Power Point Presentation and Demonstration	16	,,

			and absorption of Carbohydrate, protein and fat.			
			Elementary idea of metabolism, enzymes and hormones- name and their important functions. Metabolism in brief (Glycolysis, Glycogenesis, Gluconeogenesis, Cori's cycle, Kreb's cycle, Deamination, Transamination. Role of hormones in carbohydrate Metabolism	Lecture, Power Point Presentation and Demonstration	30	,,
			Demonstration for determination of blood pressure of humans being- (a) systolic and b) diastolic.	Practical	08	,,
			Identification of slides (Blood cells, Stomach, Small intestine, large intestine, Liver, pancreas).	Practical	08	,,
			Determination of Bleeding Time (BT) and Clotting Time (CT).	Practical	07	,,
			Detection of Blood group.	Practical	07	,,
	4th Semester	**BASIC NUTRITION AND FOOD SCIENCE**	Definition of Food, Nutrition, Nutrient, Nutritional status, Dietetics, Balance diet, Malnutrition, Energy (Unit of energy – Joule, Kilocalorie)	Lecture, Power Point Presentation and Demonstration	08	,,
			Carbohydrate, Protein, Fat, Vitamins and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluorine)- sources, classification, functions, deficiencies of these nutrients. Functions of water and dietary fiber	Lecture, Power Point Presentation and Demonstration	18	,,
			B.M.R: Definition, factors affecting B.M.R.	Lecture, Power Point	08	,,

			and Total Energy Requirement (Calculation of energy of individuals).	Presentation and Demonstration Presentation and Demonstration		
			Basic five food groups: Nutritional significance of cereals, pulses, milk, meat, fish, vegetable, egg, nuts, oils, sugar.	Lecture, Power Point Presentation and Demonstration	08	,,
			Principles and objectives of meal planning. Diet for an infant (Breast feeding versus Bottle feeding).Preschool child, school child, Normal male and female of different occupation.	Lecture, Power Point Presentation and Demonstration	18	,,
			Elementary idea of weight and measure	Practical	03	,,
			Preparation of cereals, pulses, vegetable, egg, milk, fish, nuts	Practical	09	,,
			Demonstration of jam, jelly, squash, pickles	Practical	09	,,
			Planning and preparation of diet often adult male/female Modification of diet during pregnancy and lactation.	Practical	09	,,
	DISCIPLINE SPECIFIC ELECTIVE (DSE) COURSES					
	5th Semester	**COMMUNITY NUTRITION**	Concept and types of Community. Concept of community nutrition	Lecture, Power Point Presentation and Demonstration	04	,,
			Nutritional Assessment: Meaning, need, objectives and importance. A brief idea on methods of nutritional assessment.	Lecture, Power Point Presentation and Demonstration	10	,,
			Elementary idea of health agencies - FAO, WHO, ICMR, ICDS, ICAR, CSIR, ANP, VHAI, NIN and CFTRI. Role of voluntary health	Lecture, Power Point Presentation and Demonstration	17	,,

			organisation in the improvement of Community health.			
			Nutritional Intervention programmes to combat malnutrition. Concept of food fortification and food enrichment.	Lecture, Power Point Presentation and Demonstration	14	,,
			Nutrition Education: Definition, objectives of nutrition education. Methods of imparting nutrition education.	Lecture, Power Point Presentation and Demonstration	15	,,
			Preparation of homemade ORS	Practical	04	,,
			Preparation of weaning foods for infants	Practical	08	,,
			Preparation of low cost and medium cost school tiffin	Practical	10	,,
			Diet survey by 24 hours recall method	Practical	08	,,
	6th Semester	**CLINICAL NUTRITION**	Definition of Dietetics, dietitian, Goals of Diet Therapy	Lecture, Power Point Presentation and Demonstration	04	,,
			Basic concepts of Diet Therapy: Therapeutic adaptations of the normal diet. Routine hospital diets –Regular, soft, full fluid, clear fluid diet. Specially modified therapeutic diets.	Lecture, Power Point Presentation and Demonstration	08	,,
			Obesity and underweight: Causes, risk factors, dietary and general management of overweight and underweight.	Lecture, Power Point Presentation and Demonstration	08	,,
			Diarrhoea, Constipation and Jaundice: Causes, symptoms and dietary management	Lecture, Power Point Presentation and Demonstration	09	,,
			Anaemia: Definition, causes, classification, and dietary management of Nutritional	Lecture, Power Point Presentation and Demonstration	08	,,

			anaemia.			
			Hypertension, Atherosclerosis and Diabetes mellitus: Definition, Causes, Types, risk factors, Signs, Symptoms and dietary Management	Lecture, Power Point Presentation and Demonstration	12	,,
			Fever: Definition, causes, types, symptoms and dietary management	Lecture, Power Point Presentation and Demonstration	11	,,
			Planning and preparation of Therapeutic Diets for the following diseases: i) Diabetes mellitus ii) Hepatitis iii) Hypertension iv)Obesity	Practical	30	,,
	SKILL ENHANCEMENT COURSE(SEC)					
	3rd/ 5th Semester	**NUTRITION AND FITNESS**	Understanding Fitness: Definition of fitness, health and related terms. Assessment of fitness, Approaches for keeping fit.	Lecture, Power Point Presentation and Demonstration	06	,,
			Importance and benefits of physical activity: Physical Activity – frequency, intensity, time and type with examples Physical Activity, physical activity guidelines and physical activity pyramid.	Lecture, Power Point Presentation and Demonstration	08	,,
			Importance of nutrition Role of nutrition in fitness, Nutritional guidelines for health and fitness, Nutritional supplements.	Lecture, Power Point Presentation and Demonstration	08	,,
			Importance of diet and exercise for weight management.	Lecture, Power Point Presentation and Demonstration	08	,,
		GERIATRIC NUTRITION	Definition of ageing, senescence, old age or	Lecture, Power Point	06	,,

			aged people, gerontology, geriatrics, and Geriatric Nutrition	Presentation and Demonstration		
			Physiological changes during old age	Lecture, Power Point Presentation and Demonstration	06	,,
			Nutritional requirements and general dietary guidelines for elderly	Lecture, Power Point Presentation and Demonstration	09	,,
			Major nutritional and health problems during old age	Lecture, Power Point Presentation and Demonstration	09	,,
	1st Semester – NEP Syllabus	**BASIC FOOD SCIENCE**	Basic concept on Food, Nutrition and Nutrients. Classification of Food, Classification of Nutrients.	Lecture, Power Point Presentation and Demonstration	06	,,
			Carbohydrates - Definition, Classification, Structure and properties. Monosaccharides - glucose, fructose, galactose. Disaccharides - Maltose, lactose, sucrose Polysaccharides - Dextrin, starch, glycogen, resistant starch. Carbohydrates - Sources, daily requirements, functions. Effects of too high and too Low carbohydrates on health. Digestion and absorption of carbohydrate.	Lecture, Power Point Presentation and Demonstration	13	,,
			Lipids -Definition, Classification & Properties. Fatty acids- composition, properties, types. Lipids - sources, daily requirements, functions. Digestion & Absorption of nutrients. Role & nutritional significances	Lecture, Power Point Presentation and Demonstration	12	,,

			of PUFA, MUFA, SFA, W-3 fatty acid.			
			Proteins- Definition, Classification, Structure & properties. Amino acids Classification, types, functions. Proteins - Sources, daily requirements, functions. Effect of too high - too low proteins on health. Digestion & absorption. Assessment of Protein quality (BV, PER, NPU). Factors affecting protein bio-availability including anti-nutritional factors.	Lecture, Power Point Presentation and Demonstration	12	,,
			Dietary Fibre- Classification, sources, composition, properties & nutritional significance	Lecture, Power Point Presentation and Demonstration	04	,,
			Identification of Mono, Di and polysaccharides	Practical	10	,,
			Identification of Proteins	Practical	03	,,
			Identification of glycerol	Practical	02	,,
	SKILL ENHANCEMENT COURSE(SEC)					
		NUTRITION AND HEALTH EDUCATION	Concept, objectives and importance of nutrition and health education	Lecture, Power Point Presentation and Demonstration	06	,,
			Principles of health education	Lecture, Power Point Presentation and Demonstration	04	,,
			Nutrition Educators' - criteria. Target groups for Nutrition and Health education: Infants, pre-schooler, school children, adults, and elderly	Lecture, Power Point Presentation and Demonstration	12	,,
			Nutrition and health education communication process	Lecture, Power Point Presentation and Demonstration	08	,,

			Steps in planning health and nutrition education.	Lecture, Power Point Presentation and Demonstration	08	,,
			Channels for nutrition Education in the community	Lecture, Power Point Presentation and Demonstration	08	,,
			Methods involved in nutrition and health education	Lecture, Power Point Presentation and Demonstration	08	,,
			Evaluation of nutrition and health education programmes	Lecture, Power Point Presentation and Demonstration	12	,,
	2nd Semester			Lecture, Power Point Presentation and Demonstration		
		BASIC FOOD SCIENCE-II	Minerals & Trace Elements, Bio-Chemical and Physiological Role, bio-availability & requirements, sources, deficiency & excess (Calcium, Sodium, Potassium Phosphorus, Iron, Fluoride, Zinc, Selenium, Iodine, Chromium)	Lecture, Power Point Presentation and Demonstration	20	,,
			Vitamins - Biochemical and Physiological role, Bio-availability and requirements, sources, deficiency & excess (Fat soluble and water-soluble vitamins), Provitamin, Antivitamin, Pseudo vitamin and Vitamers.	Lecture, Power Point Presentation and Demonstration	20	,,
			Water - Functions, daily requirements, Effect of excess and deficiency. Water balance.	Lecture, Power Point Presentation and Demonstration	05	,,
			Determination of Ash content in food	Practical	04	,,
			Determination of Moisture content in food	Practical	04	,,

			Determination of calcium, iron, and Vitamin C content in foods.	Practical	07	,,
	SKILL ENHANCEMENT COURSE(SEC)	**NUTRITIONAL EPIDEMIOLOGY & PUBLIC HEALTH**	Definition of Health, Dimension of Health: Positive health versus Absence of disease, Determinants of Health, Indicators of health – Mortality, Morbidity, Disability, Nutritional Status, Health care Delivery, Environmental, Socioeconomics, Health care Policy	Lecture, Power Point Presentation and Demonstration	06	,,
			Epidemiology: Definition, Aims, Tools of Measurement – Rates, Ratios and Proportions. Study designs in epidemiology, Descriptive epidemiology, Analytical epidemiology, Data collection and sources of data.	Lecture, Power Point Presentation and Demonstration	06	,,
			Secondary Sources of Community Health data: Sources of relevant vital statistics of infant, child & maternal mortality rates, Under- 5 mortality, Birth Rate, Crude death rate.	Lecture, Power Point Presentation and Demonstration	06	,,
			Immunization: Importance and Immunization schedule for children, adults and for foreign travellers.	Lecture, Power Point Presentation and Demonstration	08	,,
			Water and Waste Management: Importance of water to the community, etiology and effects of toxic agents, water borne infectious agents, sources of water, safe drinking water, potable	Lecture, Power Point Presentation and Demonstration	12	,,

			water, waste and waste disposal, sewage disposal and treatment, solid waste and disposal, liquid waste disposal.			
			Communicable and infective disease control: Nature of communicable and infectious diseases, infection, contamination, disinfections, decontamination, transmission-direct & indirect, vector borne disease infecting organisms and positive agents, environmental agents and epidemiological principles of disease control.	Lecture, Power Point Presentation and Demonstration	08	,,
			Public health hazards due to contaminated foods: Food borne infections and intoxications: symptoms, mode of transmission and methods of prevention, investigation and detection of food borne disease out-break.	Lecture, Power Point Presentation and Demonstration	12	,,

Programme Outcome

- Enhances understanding of human physiology, health-disease relationship
- Provides basic understanding dietary planning on several physiological and clinical condition
- Generate awareness on dietary practices, food taboos, best use of commonly available food
- Build up concept of prevention of disease in personal, family and society level
- Familiarize with national nutrition policies
- equip them for community health education
- enhances food safety, water safety knowledge

Programme Specific Outcome

- Helps in better understanding of human body physiology and helps to progress towards better health
- Make them able to measure and analyze normal body weight and track of any undesired changes
- Helps them to understand role of food and various nutrient on different physiological condition like pregnancy, lactation, ageing
- Equip students to guide sportsmen , athletes
- Helps them to prepare for basic management of metabolic disorder like diabetes mellitus , hypertension, cardio-vascular disease
- Nurture students understanding of life cycle and specific need for infant, geriatric people
- Provides basic understanding of food preservation method
- provides understanding of deficiency disorder like anemia and iodine deficiency and national policies to prevent them
- provides basic ideas of nutrition education
- Enable students in basic food processing & preservation
- Enable students to conduct dietary survey among population

Student – Centric Method

Educational Excursion

In collaboration with science faculty the dept of nutrition arranged a one-day tour to Bishnupur, a town famous for old heritage, architecture, and silk weaving industry. The tour was conducted on 19/02/2020.

For the excursion, the students of the department were asked to prepare a menu suitable for outdoor activities and travel. They were asked to arrange a suitable breakfast for the entire team. They were also asked to note down provided breakfast on the go and calculate calorie, protein, and carbohydrate. The outside meals were noted down as diet survey and later it was calculated for one day calorie intake and nutrient intake. The students were asked to write report on possible modification required for frequent traveler and working persons.

The excursion provided an excellent opportunity for team work, exploration, experience rich heritage and also dietary survey of a specific population.

Wall Magazine

The department published a wall magazine on 27-09-2019 named ‘’ annyorong’’ . The name tried to bring a collation of two different words ‘অন্ন’ and ‘অন্য’ which sound similar in Bengali. One word means rice or staple food another word means different. The name tried to signify the theme ‘how food colour can communicate about nutrient’. The magazine showcased different coloured food and made a note of their nutritional benefit. The magazine was well appreciated by college administration and students of various departments. The students ability to portray the food like colour palate made an interesting nutrition education tool.

ONE –DAY DEPARTMENTAL SEMINAR

Date- 16/03/19

Mode- Offline

No. of participants- 51

Speaker- Arnab Chatterjee, Asst. Prof, Dept. of Food & Nutrition, Asansol Girls' College

and Madhumita Roy, Senior Research Fellow, SAI, Salt Lake campus

Theme- application and implications of nutrition and its policy in daily life

Outcome- The seminar focused on importance of nutrition in maintaining healthy life balance. The seminar was presented in interactive way. The students were encouraged to discuss many doubts with the guest faculties. They also presented healthy recipes to the guest speaker for evaluation.

Brief Report-

A one- day departmental seminar was organized by dept of food and nutrition. The seminar had two sections: - talk by invited speakers and students cooking exhibition.

The day was started by introductory address by our college principal Dr. Arabinda Ghosh. After the introduction the students showcased their healthy cooking for various diseases. The theme of the exhibition was low-fat low-calorie diet. The students prepared various salad, soups, and steamed food options. They also presented benefits and uses of such food products to the speakers.

Following the exhibition, the next part of the seminar was conducted in smart classroom. The presentation included audiovisual lecture method and interactive sessions. Arnab Chatterjee discussed in depth how biochemistry and physiology is interlinked with everyday's health and nutrition. His discussion encouraged to students to share their daily diet and attempted to understand their impact on health and wellbeing. Madhurima Roy shared her experience of working with national level athletes and their dietary need. Many of our students are actively involved in exercise and sports. The session helped them to get better understanding of managing diet and hydration for sports and physical activity.

The seminar was successful in terms of engagement, participation and interaction. The seminar also brought more enthusiastic performance in subject understanding. The department hopes to conduct such activities in future for students benefit.

<u>Webinar organized by Dept of Food & Nutrition</u>

Date & Time: - 9/6/2021, 4.00Pm

Mode: - Online

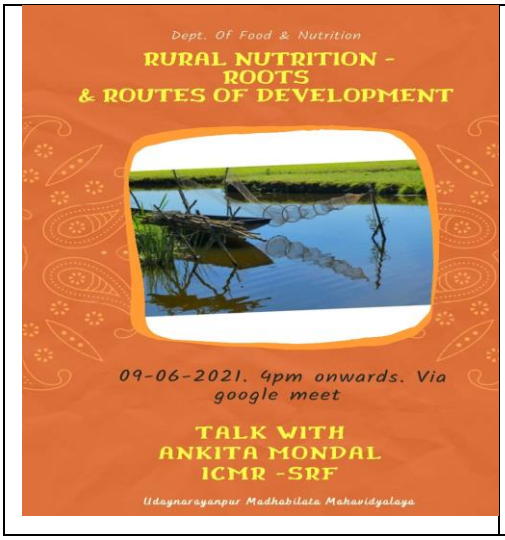
No. of participants: - 41

Speaker- Ankita Mondal, SRF, ICMR

Theme- Rural nutrition- Roots and Routes of development

Outcome- The seminar discussed Usage of solar enabled food drier in Bangladesh to improve nutrition diversity among rural women. The topic was relevant to the rural demographic condition of students of our college and generated useful discussion among the speaker and students.

BRIEF REPORT: - During the lockdown period we all shared education via online mode. It prohibited from necessary practical classes and field activities. But digital story sharing is also another way to engage students in the field beyond the text book. For this purpose the department invited a scholar whose work involved travelling in various localities to bring better nutrition. Nutrition diversity is still a major concern for women's health in India and developing countries. Women's often found themselves in deficient condition esp during seasons when fresh vegetables and fruits are not available. Our students mostly belong from rural areas where purchase capacity and nutrients diversity is a major concern. The speaker Ankita Mondal, a senior research fellow of Indian council of medical research explained how she conducted interviews and focus group to find dietary habits of rural women of Bangladesh. She also showed how use of solar drying technique can bring more sustainable nutrition for villages. The session was unique but resourceful to give a more practical and applicable ways to tackle malnutrition. The session ended with vote of thanks and wishes for sharing of many such experiences in future.



<u>One Day Departmental Seminar by Food & Nutrition in Collaboration With Dept. of Physical Education</u>

Date- 22-09-2022

Mode- Offline

No. of participants- 65

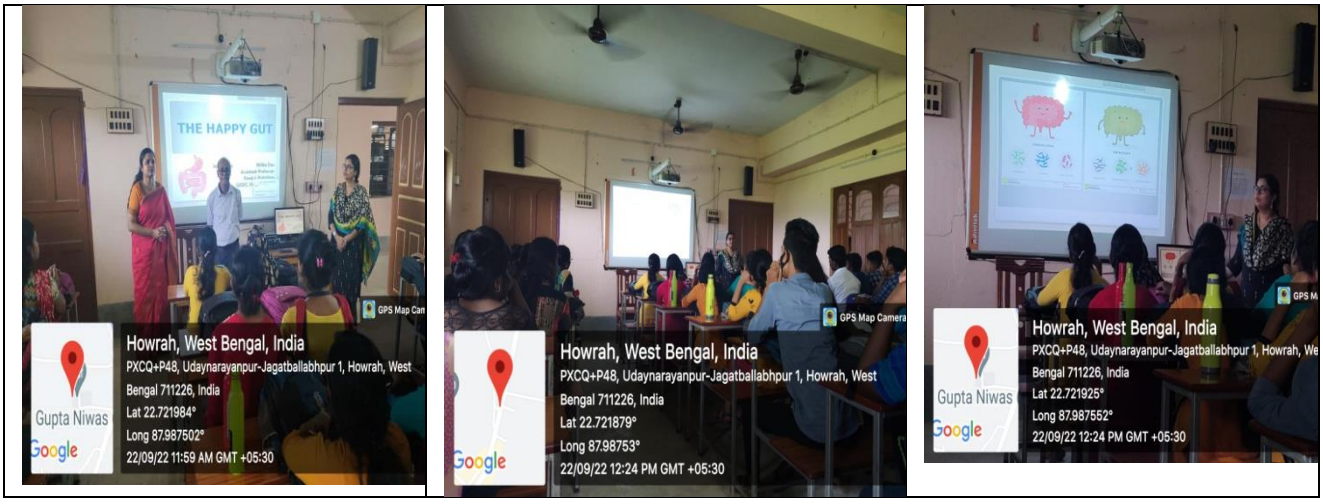
Speaker- Nilita Das, Assistant Professor, Narayangarh Govt. Degree college

Theme- The happy gut

Outcome- The lecture focused on importance of gut health and maintenance of gut health with daily traditional diet. The issue generated discussion over local food and their role in gut health.

BRIEF REPORT- The dept of food and nutrition in collaboration with dept of physical education conducted an intra departmental seminar. The seminar was initiated by welcome address by the principal of the college. The invited speaker Nilita Das is working as an Assistant Professor of food and nutrition in Government Narayangarh College. She conducted a session on the happy gut. The nutrition science has proved gut is the most important organ of human body to provide health, immunity and happiness. She took example of many of our traditional food items like curd, pantabhat, etc to showcase how they behave when consumed. The consumption of such products is linked with good bacteria in gut. The session included lots of examples and interaction and discussion regarding traditional diet among speaker and the students. The session created a spark among students to learn more about daily diet and it's impact on health.

The program ended with vote of thanks by Silpa Saha, faculty of dept of physical education.



ONE –DAY DEPARTMENTAL SEMINAR

Date- 15-06-2023

Mode- Offline

No. of participants- 47

Speaker- Mayukhmala Guha, Ex- State Program Manager, State Resource Center of Nutrition, West Bengal

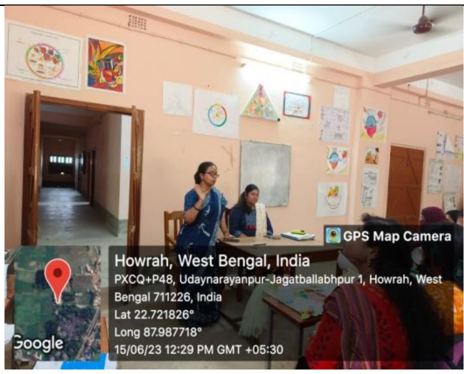
Theme- ‘’Navigating through NGO jobs - Learning from the leaders’’

Outcome- This programme was need of hour to encourage student to learn about applicability of nutrition in job market. The endless interaction even after the session and follow-up is a boost for the dept to conduct many such programs in future.

BRIEF REPORT- A program to find opportunities right after graduation was conducted. The course curriculum gives specific skills regarding surveys, dietary calculation, health surveys and understanding of community programs like Mid-Day meal, ICDS etc. These skills are suitable for jobs in non-government organization who works on health and education for under privileged population. To match the need of the session, the department invited Mayukhmal Guha who has worked with very top NGOs of India and govt programs to reach underprivileged population. The program was formally introduced by Dr. Sreemoyee Banerjee, IQAC coordinator She has worked with *cini*, *sneha* and has worked with nutrition rehabilitation centre of west Bengal. Later she rose to the roll of program manager of unicef state centre in west Bengal. The vast experience was shared with our students to give them a perspective of how ngos work in real field. She explained variety roll available in NGOs and how big the job market is. She also gave an idea about the pay scale. She discussed in length about how to search and apply for these jobs. The discussion included skills and techniques required to face the interview. The explosions of doubts and questions end of the session validate need and success of the session.

The session was divided in two parts. In the second part the speaker was invited to attend the exhibition by students. Students exhibited their poster and drawings made for national nutrition Month. The speaker checked each poster and commented on the rights and wrongs of each poster. She matched the posters suitability with her experience in field counseling session. She a identified few posters as outstanding and suggested for proper display in the classroom for coming year students. The students found this experience cerebral and encouraging.

The program ended with vote of thanks by Head of the dept.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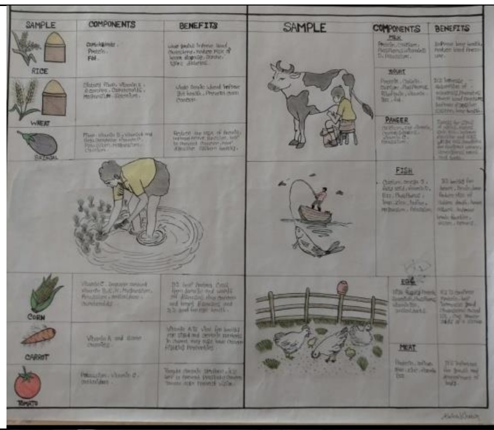
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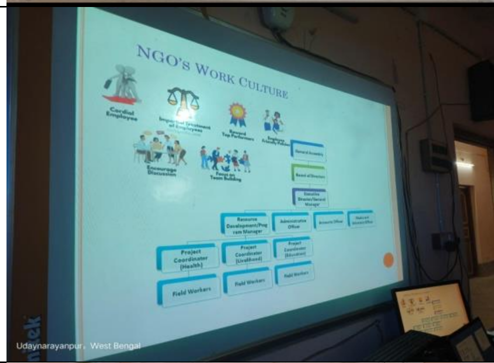
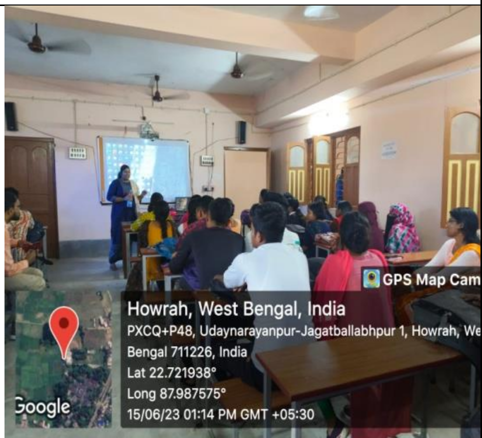

NGO's Work Culture
Udaynarayanpur, West Bengal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Bengal 711226, India
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Google


GPS Map Camera
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PXCQ+P48, Udaynarayanpur-Jagatballabhpur 1, Howrah,
West Bengal 711226, India
Lat 22.722013°
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15/06/2023 14:57


Chocolate
Egg
Meat
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