

Report on Nutrition Month Celebration, Jamia Hamdard

“The Journey to health Begins with Nutritious Food”

Nutrition Month is a global celebration to highlight the vital role of proper nutrition and healthy eating habits in promoting overall well-being. This observance seeks to address regional nutritional challenges while uniting people worldwide in recognizing the power of nutrition in preventing diseases and enhancing health.

In India, this initiative is observed as **‘Rashtriya Poshan Maah’** (National Nutrition Month) every September. Part of the **Poshan Abhiyaan** (National Nutrition Mission) launched in 2018, this campaign is led by the Ministry of Women and Child Development. It aims to improve nutritional outcomes for key populations, including children, adolescents, pregnant women, and lactating mothers, contributing to the nation’s health and prosperity."

The focus areas for the 2024 nutrition month are anaemia; growth monitoring, complementary feeding and poshan bhi padhai bhi; technology for better governance; and environment protection.

"**Hamdard NutriVoice** stands for celebrating nutrition, promoting healthy choices, and raising awareness. This aim to foster a deeper understanding of nutrition that empowers individuals to make informed decisions for a healthier and more sustainable lifestyle.

Hamdard NutriVoice '24 is a vibrant celebration of Nutrition Month, **organized by the Department of Food Technology, School of Interdisciplinary Sciences, Jamia Hamdard.** It was held from **18th to 20th September 2024**. This dynamic three-day event, titled **“Unlocking Wellness: A Workshop on Innovative Approaches to Health and Wellness,”** focused on key areas such as nutrition, community engagement, food innovation, and technology.

Hamdard NutriVoice '24 featured a range of interactive activities, including exhibitions, food stalls, free nutrition counselling, health check-up camps, and various competitions. The event was proudly sponsored by **Hamdard Food Division, India, and Dabur**, offering a platform for learning, engagement, and the promotion of healthier choices.

The event featured the following highlights:

- To exchange knowledge among Nutrition experts, Food Technologists, professionals, and students through guest lectures and interactive sessions.
- To provide a platform for students and professionals to express their ideas on nutrition through various activities.

The program commenced with the inauguration by **Prof. M. Afshar Alam**, Vice Chancellor of Jamia Hamdard. The program was attended by more than 80 participants. We were honoured by the presence of our **Guests of Honour**, **Dr. Prema Ramachandran**, Director of the Nutrition Foundation of India, and **Dr. K. Kalaivani**, Deputy Director of NFI. The event was further distinguished by our **Chief Guest**, **Dr. Baidyanath Mishra**, R&D Head - Healthcare Research at Dabur India Limited. The program featured dynamic interactive sessions between speakers and participants, facilitating engaging discussions and meaningful exchanges of ideas.

The program was meticulously organized under the expert supervision and guidance of **Prof. (Dr.) Sayeed Ahmad**, Head of the Department of Food Technology, Jamia Hamdard by the collective efforts of three convenors **Dr. Bushra Shaida**, Assistant Professor, Department of Food Technology, Jamia Hamdard, **Dr. Sadia Chishty**, Assistant Professor, Department of Food Technology, Jamia Hamdard and **Dr. Sweta Joshi**, Assistant Professor, Department of Food Technology, Jamia Hamdard.

We also extend our heartfelt gratitude to **Prof. Suhel Parvez**, Dean of the Department of Food Technology, SIST, Jamia Hamdard. Without his steadfast support, this event would not have been possible.

Program Schedule

Day 01 - 18th September 2024 (Theme: Healthy Approaches for Combating Nutritional Challenges)		
Venue	Timing	Program
CoE Auditorium	10:00 am to 11:00 am	Inauguration
CoE Auditorium	11:00 am to 01:00 pm	Speakers - Dr Baidyanath Mishra Dr Prema Ramachandran Dr K. Kalaivani
Exhibition (Food products and Teaching Aid)		
CoE Auditorium	02:30 pm to 03:30 pm	Speaker - Prof. (Dr) Pulkit Mathur
G-7, Department of Food Technology	02:00 pm to 03:00 pm	Poster-making competition

Day 02 - 19th September 2024 (Theme: Introduction to Biostatistics and Data Analysis of Micronutrient Deficiency)		
Venue	Timing	Program
CoE Auditorium	10:00 am to 01:00 pm	Speakers - Prof. (Dr) Surinder Chauhan Prof. (Dr) Vandana Mishra Mr. Ramasheesh Yadav
Exhibition (Food products and Teaching Aid)		
G-7, Department of Food Technology	02:00 pm to 03:00 pm	Fireless Cooking Competition

Day 03 - 20th September 2024 (Theme: Nutritional Labelling and Food Supplement)		
Venue	Timing	Program
CoE Auditorium	10:00 am to 12:00 pm	Speaker - Prof. (Dr) Seema Puri
Exhibition (Food products and Teaching Aid)		
G-7, Department of Food Technology, Jamia Hamdard	02:00 pm to 03:00 pm	Ad Mad show
CoE Auditorium	03:00 pm to 04:00 pm	Valedictory Session

To focus on the benefits of making healthy choices through engaging stalls, exhibition, and creating informative content. The event had different theme for three days:

Day 01 - 18th September 2024. The Theme was Healthy Approaches for Combating Nutritional Challenges.

Dr. Baidyanath Mishra, R&D Head of Healthcare Research at Dabur India Limited was the Chief guest, underscored the crucial importance of integrating various disciplines. He highlighted how the convergence of different fields can drive innovative solutions and enhance advancements in healthcare and nutrition.

Dr. Prema Ramachandran our Guest of honour, delivered insightful presentations on the "**Public Health Approach to Food Fortification in India**" and the "**Community-Based Management of Undernutrition in Under-Five Children.**" She emphasized the critical role of food fortification and addressed the issue of micronutrient deficiencies.

Dr. K. Kalaivani was our second guest of honour. She spoke on "**Anaemia – Dimensions, Causes, Consequences, & Intervention Programmes for Prevention and Control,**" highlighting comprehensive strategies for tackling anaemia effectively.

Prof. (Dr.) Pulkit Mathur from Lady Irwin College, Delhi University, talked on "**Nutrient profiling for evaluating healthfulness of products and the ultra-processed food controversy**" She provided insights into various nutrient profiling models and discussed the harmful effects of ultra-processed foods on health.

Day 02 - 19th September 2024. Theme of the day was Introduction to Biostatistics and Data Analysis of Micronutrient Deficiency.

Prof. (Dr.) Surinder Chauhan from the University of Melbourne shared his expertise on the linkages between ecosystems, livestock health, and human health, focusing on improving cattle health through technology to produce better livestock.

Prof. (Dr.) Vandana Mishra from the Department of Environmental Sciences, Delhi University, presented on "**Introduction to Statistical Analysis for Population-Based Studies,**" offering a foundational understanding of statistical techniques.

Mr. Ramasheesh Yadav, Statistician at the Research Department of Sitaram Bhartia Institute of Science and Research, discussed practical approaches in biostatistics and data analysis with a focus on micronutrient deficiencies.

Day 03 - 20th September 2024. Theme was Nutritional Labelling and Food Supplement.

Prof. (Dr.) Seema Puri from the Institute of Home Economics, Delhi University, provided a comprehensive session on "Nutrition Labelling, Claims, and Advertisement," emphasizing the significance of accurate nutrition information for consumers.

The event offered a variety of a series of engaging competitions. It hosted both online and offline competitions: the online segment included recipe card making and essay writing competitions, while the offline competitions featured poster making and a fireless cooking challenge. These diverse events aimed to inspire creativity, promote healthy eating, and engage

participants in celebrating nutrition in different ways. The event was successfully ended with the valedictory function.

Day – 01





Inauguration of Nutrivoice'24, Food Stalls, Free Health Check-Up and Free Diet Counselling

Day – 02



Felicitation of Eminent Speakers





Evaluation of Fireless Cooking and Poster Making Competition

Day – 03



Felicitation of Eminent Speaker and Valedictory Function

Hamdard NutriVoice is not just a knowledge-gaining initiative; it is also a pathway to achieve wellness.