

# **BSC FOOD SCIENCE, NUTRITION AND DIETETICS DEPARTMENT ACTIVITIES REPORT 2021-22**

## **REPORT ON WEBINAR**

**TITLE:** - Emotional well-being of students during pandemic

**DATE:** -08-06-2021

**PLATFORM:** - Ms Teams

**SPEAKER:** -Dr. Samson Gandhi

**Introduction:** A webinar on "emotional wellbeing of students during pandemic" was organized for UG Food Technology and Management and Food Science Nutrition and Dietetics students and faculty by Loyola academy, Hyderabad on 8th June 2021 at 10:50AM. Number of participants for the webinar was 190.

The webinar was started by addressing the speaker by the HOD of B.Sc. Food Technology and Management department.

**Purpose:** Dr. Samson Gandhi started the webinar by grabbing everybody's attention by giving a familiar example from a well-known Bollywood movie called "3 idiots" where the main lead imitates a Nepali Ghurkha (watchman) who says " nothing to worry, don't get disturbed, ALL IS WELL. I am watching over you, you sleep tight". Then he comes to the actual topic where he focussed on the importance of being healthy both mentally and physically, citing various examples from the everyday life. The webinar was aimed at fostering students to understand and practice emotional well-being and take note of their daily activities and how are they affecting their minds. 'Dr. Samson Gandhi' (Faculty, Person to Person Institute for Christian counselling) headlined the webinar and also explained the types of emotions which is positive emotions and negative emotions. Where he referred positive emotions as 'roses of fragrance' which includes love, joy, peace, patience, kindness, gentleness and self-control; and negative emotions as 'thorns in the flesh'.

The webinar started with an interactive session with students where students were allowed to identify the emotions seen on the slide shared by him. The motive of the webinar was to make the students aware that they are not alone facing issues but all of them have some kind of stress and emotional breakdowns. Also, the fact that physical and mental health go hand in hand was also exemplified. The webinar mainly focused on the fact of conquering negative emotions like anxiety, fear, anger, guilt/shame, depression which he related with the current pandemic situation and also, he said to accept the truth, face it and deal with it and be thankful for what we have and live in the present; and he also talked about the connection between emotional and spiritual balance in life, which is followed by a questionnaire round where students and faculties queries were solved.

**Outcome:** The students and faculty really enjoyed the webinar and also felt relieved sharing their day-to-day issues and feedbacks on the webinar. The faculty members appreciated his sweet words.

The webinar concluded with the students being provided forms to fill, in order to be a part of this webinar.

**Recorded Webinar Video link:**

[https://ladc-my.sharepoint.com/:v:/g/personal/esther\\_sandhya\\_loyolaacademy\\_edu\\_in/Edqis-ONjY9Jh17RrgTF6sYBoINpSBVA450FjB4esaxLSA](https://ladc-my.sharepoint.com/:v:/g/personal/esther_sandhya_loyolaacademy_edu_in/Edqis-ONjY9Jh17RrgTF6sYBoINpSBVA450FjB4esaxLSA)



## LOYOLA ACADEMY

DEGREE & PG COLLEGE  
(AUTONOMOUS & AFFILIATED TO OSMANIA UNIVERSITY)  
RE-ACCREDITED WITH GRADE 'A' GRADE (III CYCLE) BY NACC  
A 'COLLEGE WITH POTENTIAL FOR EXCELLENCE' (CPE) BY UGC

DEPARTMENT OF B.SC. FOOD TECHNOLOGY AND MANAGEMENT  
AND B.SC. FOOD SCIENCE, NUTRITION AND DIETETICS

**Invites You to the webinar**

**"EMOTIONAL WELL-BEING OF STUDENTS DURING PANDEMIC"**

**Speaker: Dr. Samson Gandhi**, Executive Director of Person to Person-Institute for Christian Counselling.

**Qualification:** M.B.A., Doctor of Ministry (D. Min.)

**Credentials:** ACC Certified Level 3 Counsellor  
ACC Certified Supervisor & Honorary Member of ACC, U.K.

**Area of Specialization:**

Christian Counselling - Counselling Theory and Practice,  
Integration of Theology & Psychology  
Stress & Interpersonal Counselling



**DATE AND TIME OF WEBINAR:**  
08/06/2021 11:00 AM TO 12:30 PM

**WEBINAR PLATFORM: MICROSOFT TEAMS**

**E-CERTIFICATE WILL BE GIVEN TO THE PARTICIPANTS AFTER FILLING THE FEEDBACK-FORM. (WILL BE PROVIDED AFTER WEBINAR)**

65% 11:33 a.m. 73% 12:32 p.m.

Webinar on EMOTION... 07:27 190 attendees

LOYOLA SIX 111718021021 111720021007 LOYOLA SIX

1 111720034042 111720034043 ANUSHA M MAYURI S

1 111719021002 111720034050 111720034043 111718021027

ESTHER SANDH... RASHMI SINGH

Webinar on EMOTION...

14:04 200 attendees

You've joined a meeting that is being recorded. [Privacy Policy](#)

0 of 0

Tap to return to meeting 14:11

**In meeting (200)**

	111718012050 Attendee	
<span style="background-color: #c0c0c0; border-radius: 50%; padding: 2px 5px;">1</span>	111718021007 Attendee	
<span style="background-color: #c0c0c0; border-radius: 50%; padding: 2px 5px;">1</span>	111718021008 Attendee	On hold
<span style="background-color: #f0f0f0; border-radius: 50%; padding: 2px 5px;">1</span>	111718021009 Attendee	
	111718021012 Attendee	
	111718021021 Attendee	
	111718021024 Attendee	
	111718021027 Attendee	

## REPORT ON WEBINAR

TITLE: - SPORTS NUTRITION

DATE: -29-08-2021

PLATFORM: - Ms Teams

SPEAKER: -Mrs. Manisha Ghodke

**Introduction:** A webinar on "sports nutrition" was organized for UG Food Science, Nutrition and Dietetics students and faculty by Loyola academy, Hyderabad on 29<sup>TH</sup> August, 2021 at 10:00AM on the occasion of "NATIONAL SPORTS DAY". The number of participants for the webinar are around 150.

The webinar was started by addressing the speaker – Mrs. Manisha Ghodke by the HOD of Food Science, Nutrition and Dietetics.

**Purpose:** The webinar focused on What makes an athlete different from a normal human being, benefits of proper nutrition, performance nutrition- Foundation nutrition and Performance nutrition, how much should a player consume can be determined by: Height, Weight, Fat-Muscle, Hours of play, etc. The webinar was aimed at fostering students to understand and practice 5 rules to plan your nutrition, Competition Nutrition Advice, Top 5 superfoods, Carbohydrate rich foods for athletes, Power packed Proteins, Super athlete's secrets. The webinar started with an interactive session with students where students were allowed to clarify their queries regarding sports nutrition.

**Outcome:** The students and faculty really enjoyed the webinar. The webinar concluded with a sports student sharing her experience and students being provided forms to fill, in order to be a part of this webinar.

The screenshot displays a Microsoft Teams meeting window. At the top, the title bar reads "National Sports Day ( Guest lecture)". Below the title bar, there are controls for "Request control" and "Leave". The main area shows a PowerPoint presentation slide titled "NUTRITION SPORTS ATHLETES" with the subtitle "COMPONENTS OF A HEALTHY SPORTS NUTRITION PLAN". The slide content includes a list of questions: "What do sports athletes eat?", "Requirements", "Do you know how foods are broken down?", "Is junk food good for athletes?", and "Do you know the food that will make the world's best athlete?". The slide also features the logo for "GUA NUTRITION SIGNATURE NUTRITION CLINIC" and the name "Manisha Ghodke, Dietitian". The bottom of the slide says "Click to add notes". The bottom of the screenshot shows the Microsoft Teams participant list with names like "Manisha (Guest)", "ch. Anil (Guest)", "KRUPA SATYAVEDAM V", and "Manisha (Guest)". The system tray at the bottom shows the time as 11:52 on 28-08-2021.



## REPORT ON NATIONAL NUTRITION MONTH CELEBRATIONS

**TITLE:** - Converging towards a healthy walk-through life

**DATE:** -17-09-21

**PLATFORM:** - Offline (Inigo Hall)

**SPEAKER:** - C. Anjali Devi.

**Introduction:** National Nutrition week was celebrated by the department of Food Science, Nutrition and Dietetics on 17<sup>th</sup> September 2021, from 10 am onwards in Loyola Academy. The total number of participants for the event are around 300.

**Purpose:** The event started by the welcoming and the introduction by the emcees on why is 'nutritional month' celebrated. The main reason, was to make people more aware about the problem of malnourishment in India. The programme began with the skit, where students tried to convey a thought-provoking message and also make people aware about different diseases. They also talked about some of the very prevalent problems like alcohol addiction and eating disorders.

All the respected Fathers were requested to step on to the stage and were felicitated by the lecturers of the department of Food Science, Nutrition and Dietetics and were invited to address the gathering. Dignitaries brought out attention towards the problem of malnourishment in our country and made everyone understand the importance of mental health and said that physical and mental health are co related. Finally, the guest speaker C. Anjali Devi talked about the theme and her experiences as a professor. Then the competitions started with the first one being Recipe contest where every participant presented their dishes and talked about their dishes.

Other competitions like vegetable carving, followed by poster presentation and quiz were conducted where students from different departments and colleges took part and displayed their talents. Soon after the completion, a valedictory ceremony was conducted where prizes were distributed for all the respective competition winners along with participation certificates.

**Outcome:** It was indeed a knowledge gaining and joyous celebration as every individual were made aware of nutritional importance in everyone's day to day life.

The programme concluded on a good note, by congratulating the participants and the winners.

[Link for the event](https://drive.google.com/folderview?id=1rBmu2Frs3IVDv5TZLuEfAIDNB_lksaDv)

[https://drive.google.com/folderview?id=1rBmu2Frs3IVDv5TZLuEfAIDNB\\_lksaDv](https://drive.google.com/folderview?id=1rBmu2Frs3IVDv5TZLuEfAIDNB_lksaDv)

## REPORT ON MEDICAL CAMP

TITLE: - Free Medical Camp  
DATE: -04-03-22  
PLATFORM: - Offline (Loyola Hall)  
SPEAKER: - NA

**Introduction:** Free medical camp was organised by the department of Food Science, Nutrition and Dietetics on 04<sup>th</sup> March 2022, from 11 am onwards in Loyola Academy. For setting up the medical camp, department collaborated with Vijaya Diagnostic centre. The total number of participants for the event are around 150.

**Purpose:** The camp started by welcoming and the introduction of the technicians of Vijaya Diagnostic centre. Free full body check-up camp was setup inside the hall. The camp was exclusively organised for the non-teaching staff and workers inside the campus who hardly can afford quality treatment for their physical issues. After check-up, people were prescribed necessary actions and precautions if needed to be taken. Beside the health check-up, dietician counselling was also setup by the department.

**Outcome:** The teaching and non- teaching faculty were really benefitted with the free medical camp and also felt relieved sharing their day-to-day issues and feedbacks on the camp.

The camp concluded on a good note, by thanking management of Vijaya Diagnostic centre.

### **Link for the event**

<https://drive.google.com/drive/folders/1dTPbCsHBc5sZ56xnLgAr3ar5LaiMELoD?usp=sharing>

## **REPORT ON NUTRITIONAL SURVEY**

TITLE: - Nutritional survey

DATE: -11-03-2022

PLATFORM: - NA

SPEAKER: - NA

**Introduction:** Nutritional survey was conducted by 3<sup>rd</sup> year students from the department of Food Science, Nutrition and Dietetics on 11<sup>th</sup> March 2022 Zilla Parishad High School, Nuthankal village. The total number of participants for the event are around 500.

**Purpose:** The main purpose of the survey was to create awareness regarding nutrition among the school children. It was very well planned and all the student's prepared models and charts on some of the topics regarding nutrition and explained it to the school students. And students made them release the importance of nutrition in day-to-day life. Staff and students went around the kitchen of the school to observe sanitary conditions where mid-day meal is prepared. The children were asked about the menu that is provided every day and it was observed that the menu is not repeated within the week.

**Outcome:** The visit to school was absolutely a knowledge gaining one and students enjoyed sharing their experiences related to nutrition and diet to the children. The visit was concluded by doing a survey on school children to know their nutritional and economic status.

### **Link for the event**

<https://drive.google.com/drive/folders/11s58iLC8LM63nOeZgyS1tuEueYvSHKLH?usp=sharing>

## **REPORT ON INDUSTRIAL VISIT**

**Introduction:** The students of B.Sc. Food, Science, Nutrition and Dietetics (1<sup>st</sup> and 2<sup>nd</sup> year) have visited Gayatri sugar factory, Kamareddy on 16<sup>th</sup> March, 2022. They started from the college at 9:30am and reached the destination by 12:00pm.

**Purpose:** Industrial visits are a part of the course curriculum which helps the students to gain practical knowledge and industrial exposure

After reaching the industry, they are instructed about safety and hygienic practices to be followed inside food industry. The students were taken to various preparation and packaging sections of the sugar factory. Later, they were guided to the godown where one of the industry staff has explained them about the storage conditions and quality analysis done for sugar and the related products.

**Outcome:** The visit was really a good experience for the students to gain insight knowledge on the processing of sugarcane into sugar, jaggery, etc.

**Link for the visit:**

[https://drive.google.com/drive/folders/1eIC0I6GJEGY\\_p\\_bjXhRzaJ94g80bMpKu?usp=sharing](https://drive.google.com/drive/folders/1eIC0I6GJEGY_p_bjXhRzaJ94g80bMpKu?usp=sharing)