



Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women (Autonomous)
Affiliated to University of Madras - Re-Accredited with 'A+' Grade by NAAC,
Chromepet, Chennai - 600 044

DEPARTMENT OF HOME SCIENCE

SWASTHYAM

THE NUTRITION MAGAZINE

THEME OF NATIONAL NUTRITION MONTH - 2K23:
NOURISHED INDIA; EDUCATED INDIA; EMPOWERED INDIA



M.Sc. Food Science, Nutrition and Dietetics
B.Sc. Clinical Nutrition and Dietetics
B.Sc. Nutrition, Food Service Management and Dietetics

ACKNOWLEDGEMENT

On behalf of the Department of Home Science, I am so grateful to our management, Principal, Senior Vice Principal, Vice Principal, Dean of New Age Science and technology and our Head of the Department for their constant support and guidance in all our endeavors.

I extend my heartfelt gratitude to my fellow professors of the Department of Home Science for their support and hard work. I would like to thank all the wordsmiths of this "Swasthyam - Nutrition Magazine" and My Student Coordinators - Ms. Abinaya S. and Ms. Dhakshaini VNG for their Contributions. Nevertheless, I thank God Almighty for always being our Pillar of Strength.

Ms. Anu Priya N
Magazine Coordinator

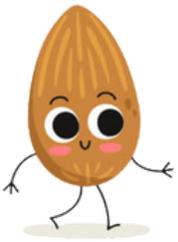
ABOUT THE COLLEGE

Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women was started in 1968 with a generous donation of 10 acres of land by our Late Founder Chairman Shri Nanalal Bhatt and 6 lakhs donated by Cork Industries Charities Trust. The College is named after the Late Founder Chairman's wife Smt. Devkunvar. This college is the first women's college in Kancheepuram District, Tamil Nadu. The College has been affiliated to the University of Madras from 1968 and accredited by NAAC (National Assessment and Accreditation Council) with A+ Grade and listed in the National Institutional Ranking Framework (NIRF), Ministry of Human Resource Development, Government of India.

ABOUT THE DEPARTMENT

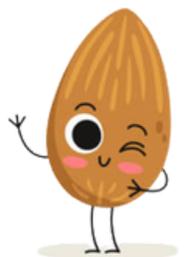
The changing scenario in the health care and hospitality sector paved the way for the establishment of the Department of Home Science in the year 2013, with an undergraduate course in Clinical Nutrition and Dietetics. The three-year program, since its inception, has worked towards excellence in developing the skill-sets and innate talents of the students. The Department of Nutrition, Food Service Management & Dietetics blossomed in the year 2016. It was started with the mission to create young women enriched with knowledge to keep abreast with the society and industry.

The Department of M.Sc. Home Science Food Science Nutrition and Dietetics was established in 2018 with the motto of empowering students to be influential leaders in the Nutrition, Dietetics and Food Science industry. The primary objective of this programme is to integrate theoretical knowledge and its practical application in the fields of Food Science and Nutritional Science.



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THEME NOTE



POSHAN MAAH 2023 – REACHING ITS GLORY IN THE AMRIT KAAL

Addressing malnutrition is a long-term complex endeavour that necessitates innovation in policy making and implementation, multisectoral collaboration, continuous attention, sustained commitment and adaptability. The flagship initiative of the Indian Government, POSHAN (Prime Minister's Overarching Scheme for Holistic Nutrition) Abhiyaan, operates relentlessly to combat malnutrition. It also cultivates practices to foster health and wellness. The Ministry of Women and Child Development encapsulates a holistic approach through Mission Poshan 2.0 to tackle India's nutritional challenges. The sixth Rashtriya Poshan Maah celebrations focus on "Suposhit Bharat, Sakshar Bharat, Sashakt Bharat" which equates to Nutrition-rich India, Educated India, Empowered India.

The theme showcases a critical interplay between empowerment, education, and nutrition to amplify our country's inclusive development. Suposhit Bharat, a nationwide approach, fosters nutritional relevance across the life-cycle. It is an integral component of human development and the cornerstone of India's public health. It emphasizes optimum nutrition for cognitive and physical growth, immune system function, and prevention of lifestyle diseases. The food-based nutrition interventions through the Suposhit Bharat initiative intends to conceptualize and develop nutritious food services at the institutional and local level. Such measures would therapeutically address non-communicable diseases and malnutrition in the overall population. The multisectoral approach also includes household food security, physical activity intervention, hygiene and sanitation measures to facilitate rapid nutrition transition in the country.

The *Sakshar Bharat* mission offers universal access to quality education by leveraging online resources and technology. An array of educational initiatives under the scheme has reached underserved and remote communities to provide a lifelong learning perspective. The *Sarva Shiksha Abhiyaan* grants elementary education to all children and bridges the gender gap.

The National Education Policy 2020 focuses on core academic strengthening, skill development and holistic growth. This mission also reinforces adult education and vocational training for those who have crossed the age of formal education. The increased access to education imparts functional literacy, positive societal impact and better job prospects that propel the nation towards steadfast growth.

Only an empowered society can contribute to the mission of nation-building. Empowering India through the *Sashakt Bharat* initiative holds the foundation to unlock India's potential. Women, the primary caregivers, ensure a pivotal role in their family's nutritional well-being. However, the manifold challenges faced by women owing to the lack of education and employment make them economically dependent, thereby impacting food security. The mission thus emphasizes women's empowerment at the grassroots. The Ministry of Skill Development and Entrepreneurship provides financial assistance to women entrepreneurs and empowers them through skill development.

Thus, the proactively instituted initiatives by our government, accentuate sound nutrition, attainment of holistic education and empowerment to facilitate our nation's glory in the *Amrit Kaal*. The concentrated and coordinated efforts of every citizen across the nation can build a robust country and successfully commemorate our journey of freedom and progress. It is time to fuel for the future with the right blend of nutrition, education and empowerment.

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MILLETS – THE GLORIOUS COMEBACK

"The rice eater is frictionless like a bird; the one that eats Jowar is powerful like a tiger; one that eats Ragi remains nirogi." (An old saying). Millets have been in vogue since the Indus Valley civilization. They find mention in the Yajurveda too where foxtail millet is called *priyangava*, barnyard millet *aanava* and black finger millet *shyaamaka*.

Food security has become a major challenge around the world. Even today food is not accessible to every person. United Nations has set a target " food for everyone by 2030" but still, we are too far away from achieving food security .Millets play a predominant role as it assures the three A's -Availability, Accessibility and Affordability and we can rephrase it as four As by including Absorptivity. Millets are a four season crop, which are cultivated globally .But post-green revolution era their cultivation significantly declined due to more inclination towards rice and wheat.

The present global spectacle of climate alternate compelled us to sustain our natural resources. In this case, millets are the ones that are cultivated in poor and less fertile soils. They require minimum water requirement and there is less usage of pesticides and fertilizers for millet cultivation which provides many nurturing benefits to our ecosystem. The inclusion of millet into the daily diet of an individual prevents many health complications.

As per Garima Singh's recent report in the Economic Times, "Once known as inferior coarse grains, millets are now known as super grains for the huge health, economic and environmental benefits they offer. The United Nations, the government, fitness experts, startups, FMCG giants and almost everyone who is health conscious is talking of millets. Those who aren't talking of millets must have heard of them when the United Nations had declared 2023, the International Year of Millets, and the Indian government has unleashed a mega publicity campaign to promote millets. The Indian Army wants its soldiers to eat millets. Twenty-five per cent of the authorized entitlement of cereals (rice and wheat atta) in rations for troops will now be millet flour. The Army is not following a health fad. Almost half a century ago, millets were very much a part of soldiers' daily food. According to Dr. Ruchika Bhardwaj, Millets Breeder, Department of Plant Breeding and Genetics, PAU, "Millets known as "Nutri-cereals/wonder grain/super grain" are highly nutritious, non-glutinous (gluten-free), high in dietary fiber and have many nutraceutical and health promoting properties. They are rich in minerals and are a good source of micronutrients. Furthermore bioavailability of iron and zinc from millets is better as compared to other cereals"

In short, there is a glorious comeback for millets at present with its economic ,eco-friendly and wholesome health benefits for mankind.

*Mrs. Uma maheswari M.Sc. (PhD)
Assistant Professor,*

Department of Home Science - CND

FOODS FOR THOUGHT



- Indian indigenous foods encompass a diverse range of nutrient-rich ingredients integral to traditional cuisine.
- Turmeric, renowned for curcumin's anti-inflammatory properties, features prominently in curries.
- Tulsi is revered for its immune-boosting attributes and stress-relieving qualities, commonly used in teas and dishes.
- Amaranth, a gluten-free grain, packs protein, fiber, and essential minerals like calcium, iron, and magnesium, frequently found in porridges and sweets.
- Jaggery, an unrefined sugar, provides iron and sweetens many Indian desserts.
- Drumstick offers vitamins C and A, calcium, and iron, widely employed in various dishes for its medicinal value.
- Amla, rich in vitamin C and antioxidants, stars in pickles and preserves, celebrated for its health benefits.
- Bajra is a drought-resistant grain high in protein and minerals, often used for making flatbreads and porridges.
- Jackfruit's versatility in curries, desserts, and savory preparations offers fiber, vitamins, and minerals.
- Black Rice, abundant in antioxidants and fiber, is a staple in traditional dishes and sweets.
- Finally, Ashwagandha, an adaptogenic herb, eases stress and anxiety, commonly consumed as a powder mixed with milk or water.
- These indigenous foods constitute a treasure trove of nutritional value and cultural heritage within the Indian cuisine.

*Mrs. Geetha S
Assistant Professor,*

Department of Home Science - NFSMD

YOUNG RESEARCHERS CORNER



The study performed by Ms. Rithika S (2021 - 2023) Under the guidance of Dr. Renu Agarwal ma'am, was published under Journal of the Asiatic Society of Mumbai. It was focussed on observing developmental aspects among children of late childhood age with activity-based teaching-learning, assessing the developmental aspects among children of the test group before and after the intervention and comparing developmental aspects between two groups - Conventional and Activity-based teaching learning. It was an Applied - Observational design with an experimental-pre-post-test. A sample of 37 Children (23 boys and 14 girls age group 7 years) studying in CBSE School were selected from Chennai city for the study. Questionnaires, Activities and Games were used for data collection and analysed statistically. Obtained data reveals that Activity based learning has shown improvement in children's performance in developmental areas such as Motor, Language, Creativity and Social, more among the test group respondents as compared to the control group respondents. The concluding aspect is that Teaching-Learning strategies encourage children in their Academic Performance. The pre and post test scores used to assess the academic performance of the children showed that there is no significant difference.



*Sri Varshni J
II year M.Sc. FSND*

NUTRIPRENEURS



Name - R.S. Rakshita

Brand Name - Mor2s Bakes

Product - customize cake's

Batch - B.Sc. HS - CND (2021 - 2024)



Immersed in a fervor for baking, I embarked on a journey of online learning, delving into the intricacies of this culinary art and expanding my knowledge base. The kitchen became my laboratory, where I passionately experimented with recipes, striving to perfect the alchemy of flavors. Fueled by this commitment, I took a bold step forward and initiated the creation of my own baking haven on Instagram. The journey didn't stop there; I sought to share my creations beyond the virtual realm. With determination and entrepreneurial spirit, I secured stalls within the premises of my college, transforming ordinary Saturdays into extraordinary ones every third week of the month. The response was nothing short of encouraging - a testament to the power of dedication and the love for crafting delightful treats. As my baking enterprise gained momentum, its resonance within the college community caught the attention of those in influential positions. The positive feedback and strong performance didn't go unnoticed, leading to the college recognizing my potential. In a significant turn of events, the institution decided to throw its weight behind my venture by establishing a dedicated baking unit exclusively for my business. It was a validation of the hard work and creative flair that had gone into each batch of delectable creations. My aspirations stretch beyond mere recognition within the confines of my college. With a vision to become a renowned baker, I set my sights on crafting not just tasty, but also health-conscious dishes. The goal is to establish a distinctive brand, one synonymous with quality and wholesomeness, where every ingredient tells a story of meticulous curation. The journey has been transformative, not just in terms of business growth but also on a personal level. My dedication and accomplishments were recently acknowledged on a global stage - World Youth Skills Day 2023 bestowed upon me an award, a recognition of the skills and expertise I had cultivated in the realm of baking.



In expressing my gratitude for this recognition, I extend my heartfelt thanks to IIC for their unwavering support. This journey is a testament to the power of passion, dedication, and the ability to turn a simple love for baking into a flourishing enterprise with a promising future.



Name: *Thasbeeha banu Z*

Brand: *Thaazhai creations*

Product: *Lemongrass powder, health mix, medicinal plants and seeds.*

Batch: *B.Sc. Physics (2020 - 2023)*

I started this business as a small desire for a new journey in my life. Initially I bought a lemongrass plant as a small terrace plant for gardening. By seeing its growth in a very small pot, I was enthusiastic to grow it more. When it grew more I was even more enthusiastic to make a profit out of it. Initial stages gave me very less production in terms of quantity. But I was pursuing it with hope. Then with the support of our college and IIC, I came to know about the potential of this and the need among people. My product was not the one people wanted but the one which people needed. So I went on a further expansion by investing in extra plants and better packaging.

Hence, it was greatly welcomed by the consumers. I am still traveling towards success, finding my own way, striving through hardships and perseverance. With God's will I hope I will achieve my dreams in the future.





MYTHS VS FACTS



No.1

MYTH : Skipping meals or having various smaller meals is good for my metabolism

FACT : Every time you eat, you jump, Start your metabolism. Since your body tries to process what you've consumed. Having various mini-meals throughout the day instead of fewer, large ones makes your metabolism shift into a higher gear more often and burns a few more calories. On the other hand, fasting or consuming only liquids does not help your body to eliminate excess fats or toxins. In fact, skipping meals (Usually breakfast) does not mean weight loss. Studies show that people who skip breakfast, eat fewer times during the day. This is because skipping a meal makes you feel hungrier and pushes you to overeat at the next meal and pays less attention to your satiety cues.



No.2

MYTH: Eggs are bad for my heart.

FACT: Eggs contain a substantial amount of cholesterol in their yolks about 170 mg per large egg. Cholesterol is the stuff in our blood that contributes to clogged arteries and heart attacks. But labeling eggs as "Bad for your heart" is connecting the wrong dots. Most healthy people can eat an egg a day without any problem, since the body simply compensates the cholesterol intake by manufacturing less cholesterol itself. The Chief heart disease culprits are saturated and trans fats, which have a much greater impact on raising blood cholesterol, especially in people prone to such conditions (For Eg. family history of high serum cholesterol). Just because you are young and healthy doesn't mean you should be eating three egg omelet every morning. Your daily cholesterol intake should be less than 300 mg/day. As an alternative one whole egg and additional egg whites alone can be included in our daily dietary intake for satiety and for our protein requirement.



No.3

MYTH: The keto diet is the best way to lose weight

FACT: That has become an awful myth, "Dr. Hunnes says, "because again, our muscles and our brains thrive on carbohydrates". A ketogenic diet is a very high protein and fat diet. Sometimes prescribed to hospital patients (For eg: Epileptic Patients) in need of extremely regulated to low-carbohydrate, high-fat, high-protein regimen. A ketogenic diet is very specific and requires your body to be in ketosis condition always, says Dr. Hunnes. Ketosis is a process by which the body, lacking sufficient carbohydrates, turns to fat as a fuel source.

JOY OF COOKING

INGREDIENTS

- Amarnath - $\frac{1}{2}$ cup
- Button mushroom - 1 $\frac{1}{4}$ tbsp
- Shitake mushroom - 1 $\frac{1}{2}$ tbsp
- Portobello mushroom - 1 $\frac{1}{4}$ tbsp
- Dried mushroom powder - 1 tbsp
- Onions - 1 tbsp
- Leeks - 1 tbsp
- Celery - 1 tbsp
- Garlic - 1 tbsp
- Fresh cream - 15 ml
- Butter - 2 tbsp
- Oil - 15 ml
- Salt to taste
- Pepper - 1 tbsp
- Mozzarella cheese - 4 tbsp
- Millet flour - 2 tbsp
- Amarnath flakes - $\frac{1}{2}$ cup

AMARNATH (RAJGIRA) MUSHROOM WITH ARANCINI



METHOD

- Boil the amaranth for about 5-7 minutes . strain and retain the millet water .
- Wash and chop mushrooms finely and keep them aside.
- In a separate pan add oil, onion, leeks, garlic, celery and chopped mushrooms, saute on medium low heat for 5 mins until mushrooms are slightly soft .
- Add the boiled amaranth and millet water . season with salt and pepper
- Cook on medium low heat until mixture is dry. Finish with fresh cream and butter
- Roll risotto into small balls until smooth, stuffed with mozzarella cheese
- Make batter with millet flour and water, add the seasoning
- Coat the balls with batter and crumb them with amaranth flakes
- Heat oil in a pan, deep fry arancini for 5 mins until golden brown.
- drain on a kitchen paper before serving
- Serve hot with chopped onions and sauce of your taste.



RAGI MAKHANA SMOOTHIE

INGREDIENTS

- Ragi (finger millet) flour - 5 tbsp
- Makhana - $\frac{1}{4}$ cup
- Apple - $1\frac{1}{2}$ gala apple
- Almonds - 5 nos
- Milk - 1 cup
- Dates - 5 nos
- Flaxseeds - 1 tbsp
- Ground cardamom - 4-5 nos



METHOD

- Use regular or sprouted ragi flour.
- Use roasted makhana for the smoothie.
- roast them on low heat for 4-5 mins until they crisp and let them cool down completely
- Choose fresh, ripened and sweet apples. $\frac{1}{2}$ gala apples should be taken.
- Soak almonds in hot water for 15 minutes and peel off the skin. Almonds are great sources of protein, fiber rich and healthy fats.
- Use almond milk in this smoothie, you can also use soy, oat or any other types of milk
- Take pitted dates. they naturally sweeten your smoothie without the need for added sugar
- Add flaxseeds for extra protein, fiber as well as omega-3. Which gives a nice aroma and flavor to the smoothie
- You can have either after chilling it in the refrigerator or can consume fresh.



ALUMNA TESTIMONIAL



**Mrs. Sharmila Rajkumar,
Senior Health care assistant,
Foxley Geriatric Care Ltd.,**

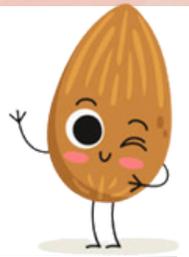


I completed my Bachelors in Clinical nutrition and dietetics (2015 - 2018) in SDNB Vaishnav college for women (Chennai). During my bachelor's degree, every day was a tapestry woven with knowledge and growth. Yet, what made this experience truly remarkable was the unwavering support of my professors and the dedicated staff. Which kindled my interest towards the subject. So, I opted for a Post Graduate Diploma in public health nutrition at Avinashilingam university (Coimbatore) and I pursued my Master degree in Food Innovation at University of Greenwich (London). With their guidance, I started applying & Searching for a job when I was pursuing my degree.

In hindsight, my master's program wasn't just about acquiring knowledge; it was a transformative phase where mentors and staff became catalysts, shaping not just my education but also my career trajectory. And finally I started my career as a healthcare Professional in the Geriatric care sector.

My job roles and responsibilities include hands-on assistance with daily living activities, medication and dietary management, and medical appointments for elderly residents. Fostered a nurturing environment, prioritizing residents' emotional well-being and social engagement. Collaborated with healthcare professionals, families, and support services to optimize care plans. Maintaining detailed records of residents' progress and health status, ensuring accurate documentation. I am deeply grateful for SDNBV College for igniting my interest towards nutrition and for the constant guidance and enlightenment.

FIND ME! IF YOU CAN



C	O	B	X	A	Y	E	N	E	R	G	Y	O	Q	O	P	V	W	I	L
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Y	C	O	N	E	N	C	E	Y	I	V	I	T	A	M	I	N	T	E	D
P	A	D	K	L	S	K	T	D	P	A	N	W	A	T	E	R	I	R	L
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NUTRI-PUZZLE



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SWASTHYAM

ACROSS

3. Which vitamin is present in citrus fruit and is known for its role in boosting the immune system
5. Which fruit is best known to have healthy fats apart from olives
6. The lack of iron in your diet can cause _____
9. Which nutrient is important for healthy vision
11. Sugars found in milk are called
13. Vitamin A, D, E and K are ____ Soluble vitamins
14. What is the unit of measurement for energy produced by heat
15. Being Straight in structure and tightly packed fats are _____ at room temperature

DOWN

1. Which nutrient is used for the formation of tissues
2. How many glasses of water should a person drink daily
4. The Waxy fat like substance that comes from animals and contain saturated fat is called
7. Essential nutrient for bone growth
8. vitamin C and B are _____ soluble vitamins
9. Our body synthesizes _____ Vitamin when exposed to sunlight
10. Hormone that control the body sugar
12. Carbohydrates are major source of

ANSWERS:

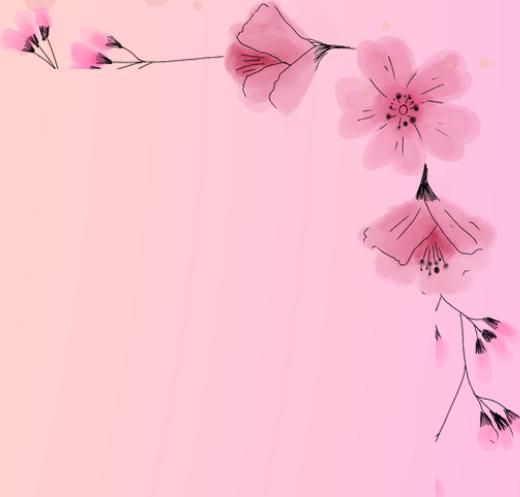
Nutri-Puzzle

1. Protein, 2. Eight, 3. Vitamin C, 4. Cholesterol, 5. Avocado, 6. Anaemia, 7. Calcium, 8. Water, 9. Vitamin D, 9. Vitamin A (Across) 10. Insulin, 11. Lactose, 12. Energy, 13. Fat, 14. Calorie, 15. Solid

Find Me ! If you can

Digestion, Water, My plate, Protein, Grains, Calorie, Food, Energy, Cholesterol, Fruit, Iron, Exercise, Carbohydrate, Constipation, Calcium, Vegetable, Sodium, Oil, Vitamin, Minerals, Dairy, Bread, Snacks, Air, Teeth





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