

REPORT:

NOURISH INDIA @ 100

A national level seminar titled Nourish India @ 100 - Marching Ahead to a Suposhith Bharat was conducted by Smt. Manjulaben Gunvantrai Shah Department of Post Graduate Studies - M.Sc. Clinical Nutrition & Dietetics & PG.Diploma in Sports Science Fitness Nutrition, Dr BMN College of Home Science (Autonomous), Matunga, Mumbai on September 28th, 2022 to celebrate Rashtriya Poshan Maah 2022 & commemorate Azadi ka Amrit Mahotsav.

Eminent speakers from the field of nutrition, medicine and food processing were invited to provide their insights on a range of health and food related matters that need to be addressed with a vision for India in the year 2047. The seminar was attended by 200 delegates from the health and nutrition fields from all across Mumbai. The hybrid mode enabled attendees from outside Mumbai/Pan India to be a part of this event.

The inauguration of the formal programme, hosted by Ms Bhavisha Sancheti, commenced with the ceremonial lighting of the lamps by the Chief guest, keynote speaker ,Principal, and honorable dignitaries. This was followed by a song performed by students Sakshi Mhatre and Riddhi Shah about the university. Dr. Dilip Trivedi, President of Seva Mandal Education Society, then delivered the Welcome Address and urged the aspiring dieticians to, along with their theoretical learnings, lay emphasis on a practical approach while guiding patients.

Prof. Dr. Mala Pandurang, Principal of Dr. BMN College of Home Science in her welcome address presented the achievements of the institution and the department to the delegates and dignitaries. The theme of the national level seminar was introduced by Dr Rupali Sengupta, Organizing Member - Nourish India @ 100 where she spoke of the need to envision India as a well nourished country by the 100th year of independence.

Ms Sonu Mishra, Organizing Secretary- Nourish India @ 100 introduced Ms Pritee Choudhary, IRS, Regional Director, FSSAI, Western Region. The keynote address by Ms. Choudhary highlighted four key points for consideration in sectors of food production and processing towards establishing food security in India. Ms Choudhary was felicitated by Shri Pravin Shah, Chairperson, SMES.

The inauguration proceeded with the speech of Chief Guest Shri Pawan Agarwal, IAS, Senior Advisor PATH & former CEO FSSAI, New Delhi, who was introduced by Ms Lakshmi Menon, Organizing Member - Nourish India @ 100. Dr Dilip Trivedi, President SMES felicitated Mr Agarwal. The inauguration was then concluded by a Vote of Thanks by Ms Sonu Mishra, followed by the National Anthem.

The technical sessions commenced with the first speaker for the day **Smt. Sushmita Jyotsi, Regional director sports authority of India, Mumbai** who put forth a presentation on **Future perspectives of Indian Athletes and Sports Nutrition @ 100** where she called attention

towards the psychological significance associated with food, and how the role of a nutritionist greatly impacted the performances of athletes. ____ felicitated Smt Jyotsi post an incredible presentation. The pre-seminar activities that took place over the preceding month in preparation for Rashtriya Poshan Maah 2022 were then briefly displayed. Activities included Learn & Earn (food stalls) under EECH, Nutritional Education Programs conducted for school going children and Recipe competition where students of undergraduate and postgraduate from colleges like SVT College of Home Science, Nirmala Niketan , Smt. HM Nanavati College, Anjuman Islam College , MGM College and Dr. BMN College of Home Science participated with full zeal enthusiasm as they donned their 'Chef Caps' to exhibit their culinary skills in ' Flavors of India - Traditional and Indigenous Foods of India Recipe Competition ' held on 22nd September ,2022 in Dr. BMN College of Home Science, organized by Dr. BMN College Of Home Science (Department of Post Graduate Studies) under the guidance of Ms. Sonu Mishra. Dishes were judged on nutrition, taste and its originality by esteemed judges Mrs.Tirtha

Gala and Dr. Jyoti Gokhale, who were felicitated by Mrs. Sonu Mishra and Dr. Rupali Sengupta. A Pool Campus Placement was organized on 24th September, 2022 at Dr. BMN College of Home Science (Department of Post Graduate Studies) for students of Post-Graduate section from various colleges of India who qualified for Job Mela's All India Food Professional Calibration Exam (AIFPCE) organized online by Foodtech Pathshala on 18th September, 2022. After viewing the enthusiastic and inspiring video, the seminar proceeded towards the next speaker, **Dr Sajjan Shenoy - Rheumatologist KMC Hospital, Mangalore** - who logged in live on the online platform addressing **Autoimmune diseases & lifestyle in Indians @ 100**. Dr Shenoy simplified in a gist of what the field of Rheumatology holds , its interrelation with nutrition along with the importance of an appropriate and early diagnosis.

The next speaker was none other than the subject expert **Dr. Rupal Dalal, Director of Health and Nutrition, Shrimati Malti Dahanukar trust, Adjunct Faculty, IIT Bombay- CTARA**, Founding Medical Director, Foundation for Mother & Child health, Mumbai, India who addressed **Community Nutrition Initiatives @ 100**. Dr. Dalal's outstanding presentation truly made an impact alongside her empowering journey. Ms Anuraddha Shekhar felicitated her.

Followed by a nourishing meal, the seminar resumed with **Dr Rema Menon. Former HOD, Transfusion services, Apollo Hospitals, Chennai** 's session on **Creating a healthy blood donor pool @ 100**. In addition to highlighting the value of blood donation, Dr. Rema also discussed the role that iron plays in the process as well as how individuals can become eligible donors and assist others in doing the same.

Dr. Jagdish Pai, Executive Director, Protein Foods & Nutrition Development Association of India was the next in line speaker who elaborated on **Future linkages of food and nutrition- an Industry Perspective**. After a session Dr Subhadra Mandalika was requested to kindly felicitate Dr Pai. Finally, the eagerly anticipated Panel discussion on **"Paving the Way to a Healthy India at 100"** could begin. Dr Laxmi Menon took this opportunity to introduce Panel moderator, **Dr Subhadra Mandalika**, who then took over and led the panelists in discussion,

- **Mr. Nilesh Lele** [Co founder- Foodtech Pathshala]
- **Mr. Prabodh Halde** [Head Regulatory Marico Ltd]
- **Ms. Ankita Marwaha** [Associate Director, Nutrition Science, PepsiCo India]

- **Mr. Devendra Chawla** [Founder- Samyog Health Foods Pvt. Ltd.]

The panel discussion put forth quite thought provoking insights actively engaging the delegates through an interactive session. An energetic valedictory was addressed by Mr Prabodh Halde, where he highlighted the day's learnings, followed by the Vote of Thanks by Organizing Member Dr Rupali Sengupta.