GUJARAT TECHNOLOGICAL UNIVERSITY &

Sarvajanik College of Engineering and Technology



National Service Scheme



A Report On A virtual workshop Healthier You-Healthier Society

31st March, 2021

By

NSS SCET, SURAT



Academic year (2021-2022)





Gujarat Technological University In association with Sarvajanik College of Engineering & Technology **Organises**

A virtual workshop: Healthier You-Healthier Society

पोषण पखवाडा

31st March 2021 | 11:30 am





- To create awareness about nutritional status of NSS volunteers.
- To generate awareness about balanced diet.
- To demonstrate healthier cooking practices.
- To guide in developing Nutrigardens for nutrient security.





Dr. Manisha Vvas Dr. Shilpee Agrawal Department of Food Science and Nutrition, Sheth P.T. Mahila College of Arts and Home Science, Vanita Vishram



Registration

https://forms.gle/3KJtqAR7fxETxKCc6



Organising Committee

Dr. Niket Shastri Program Officer, NSS, SCET

Dr. Alpesh Dafda Program Coordinator, NSS GTU



E-certificate will be provided to the participants on completion of workshop successfully.

A need to bring out awareness about Nutrition and factors affecting nutritional status is perceived. A virtual workshop on "Healthier you-Healthier society" is organized with the following objectives:

- 1. To create awareness about nutritional status of NSS volunteers.
- 2. To generate awareness about balanced diet
- 3. To demonstrate healthier cooking practices.
- 4. To guide in developing Nutrigardens for nutrient security.

The workshop will help the participants to serve the community by creating awareness about the much demanded Food and Nutrition education which help in combating malnutrition.

Department of Food Science and Nutrition Department of Food Science and Nutrition

Resource Persons:

1. Dr. Manisha Vyas

M.Sc., B.Ed., PhD, NET Assistant Professor

2. Dr. Shilpee Agrawal

M.Sc., B.Ed., PhD, NET-JRF, ICMR-SRF **Assistant Professor**

Sheth P.T. Mahila College of Arts and Home Science

Key points discussed during Webinar:

Methods of Nutritional Assessment

Direct Methods

- Anthropometric methods
- Biochemical- laboratory methods
- Clinical methods
- Dietary evaluation method

> Indirect Methods

- Ecological variables including crop production
- Economic factors eg. per capita income, population density & social habits
- Vital Health statistics

FOOD AND DIET

5 Food Groups

- 1. Cereal and cereal products
- 2. Pulses and Legumes
- 3. Milk and Meat Products
- 4. Fruits and Vegetables
- 5. Fats and Sugars

HEALTHIER COOKING PRACTICES

PREPARATION STEPS BEFORE COOKING

- 1. Washing
- 2. Peeling and scraping
- 3. Cutting
- 4. Grating
- 5. Grinding
- 6. Mashing

COOKING METHODS

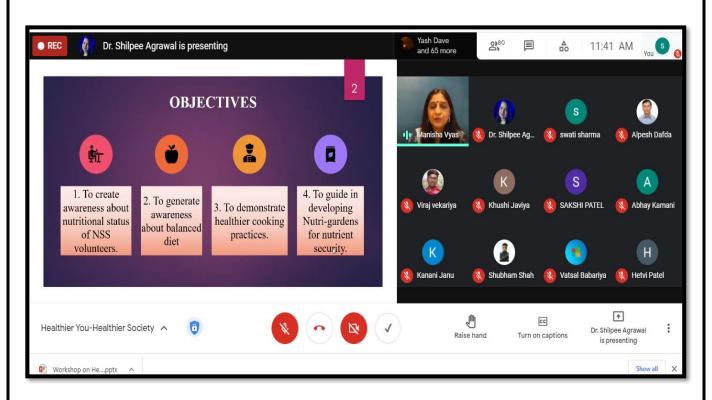
- 1. DRY HEAT COOKING
- 2. . MOIST HEAT COOKING
- 3. FAT COOKING

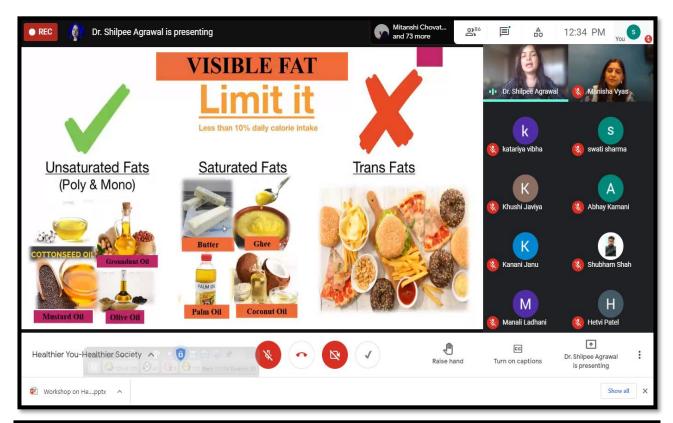
Nutrient Enhancement Nutri-Gardens

Participation:

There were 134 volunteers from different NSS units of GTU who enthusiastically attended the workshop.

Few Screenshots of the Workshop:







Acknowledgement

We extend our sincere thanks to our principal, Dr. Hiren Patel for his constant support and motivation in facilitating such activities.

We are very much thankful to managing trustees and office bearers of the Sarvajanik Education Society for their support.

We thank one and all for their direct or indirect support.

Dr. Niket Shastri NSS Program Officer SCET Prof. (Dr.) Keyur Rana DEAN, SAWC SCET