



## Activity report of Observation of Rashtriya Poshan Maah 2021

1. **Name of the Activity:** Observation of Rashtriya Poshan Maah 2021
2. **Organized by:** Dept. of Clinical Nutrition & Dietetics in collaboration with Internal Quality Assurance Cell (IQAC), Gokhale Memorial Girls' College (GMGC)
3. **Aim of the Seminars/conferences/workshops:**
  - a. To raise public awareness about nutrition and healthy eating habits as better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.
  - b. Encouraging active participation of nutrition students in such programmes to inculcate importance of the subject they are studying and to enhance their overall knowledge and exposure
4. **Date :** 16<sup>th</sup>- 30<sup>th</sup> September, 2021
5. **Duration in hours (approximate):** 7. 3 hours
6. **Number of Participants (approximate):** 65+65 (2 Day Intra Dept. Students' Webinar), 40 (Inter college E- poster competition), 70 (Expert Talk), 7 (kitchen gardening video), 3 (yoga video), 6 (career prospects video), 1 (video compilation), 1 (poster making).
7. **Name of Speakers with title of their speech, designation and Affiliation:**

Event	Date	Name of Speakers/ Judges	Title of the speech	Designation	Affiliation
2 Days Intra Department Students' Webinar	16 & 21.09.2021	<b>Speaker:</b> 18 students of Semester V CNDV  <b>External Judge (Day 1):</b> Ms. Shubhangi Ghosh	Various Topics in field of nutrition	Students   Diet Coach & Consultant Nutritionist	Gokahle Memorial Girls' College, Kolkata  HealthifyMe; CIMS (Calcutta Institute of Maxillofacial Surgery & Research), Kolkata



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		<b>External Judge (Day 2):</b> Mr. Aritra Khan  <b>Internal Judge (Both days)</b> 1. Dr. Priyadarshini Chakraborty, (ex-student: 2006-2009) &  2. Ms. Asmita Bhattacharjee (ex-student: 2013-2016)		Clinical Nutritionist & Guest Faculty  SACT  Invited Special Lecture Faculty	KPC Medical College & hospital  Prasanta Chandra Mahalanobis Mahavidyalaya (PCMM) in dept of Food & Nutrition  CND Dept, GMGC
Expert Talk	18.09.2021	Sm. Bela Bose	Introduction	President- Calcutta Ekatma & Ex-Reader- Dept. Home Science, CU (Retd.), Former Pgm Officer, NSS, CU, GoI	Calcutta Ekatma
		Mr. Aritra Khan	Diet & Medicine	Clinical Nutritionist & Diabetes & Heart Failure	Dept. of Clinical Nutrition, Clinical Dietetics & Community Nutrition, KPC



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				Patient Educator; Guest Faculty; Scientific Nutrition Advisor (R&D),	Medical College & hospital; Nijji Pharmaceuticals
Inter College E- Poster Competition	30.09.2021	<b>Speaker:</b> Students  <b>Judge:</b> Ms. Preeti Kumari (ex-student: 2013-2016)	Combating Hidden Hunger	Student  Faculty	Different colleges  Dept. of Food Science & Nutrition at Yuvaraja's College, University of Mysore

**8. Sponsoring agency: Gokhale Memorial Girls' College, Kolkata**

**9. Sponsored amount: R. 3,000.**

**Outcome of the Activity:** Students' Webinar presentation as well as E-Poster competition, both, not only helped students gain knowledge but also develop skills for future projects. Best presentations of each day received Certificates of Recognition. Day 1: Twinkle Das (19/BSCV/0002) on topic 'Vegan Diet;' Day 2: Naba Kulsum (19/BSCV/0025) on topic 'Bariatric Surgery.' Winner of the E-Poster Competition was Ms. Pritha Bose, student of 2<sup>nd</sup> semester of Dept. of Clinical Nutrition & Dietetics, Ranchi Women's College & an ex- student of the department (2017-2020).

Expert talks were highly enriching as they discussed about kitchen gardening, low-cost nutritious recipes for children, role of student volunteers in community nutrition, role of dietician in diet modification as per drug prescription. Videos prepared and compiled by semester III & V CNDV students on Career Prospects of Course Clinical Nutrition & Dietetics, Health Benefits of Yoga, Kitchen Gardening & Overall Programme Summary helped spread awareness about health and nutrition among masses. Overall, whole programme was student participation oriented.



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10. Video link of the seminar (For webinar only, if available):

[https://www.youtube.com/watch?v=\\_uQ7MTPkyWU](https://www.youtube.com/watch?v=_uQ7MTPkyWU)

[https://www.youtube.com/watch?v=YkYdu\\_9RSA&list=PLuUEdaaVMibnzAXj3xzveavNTxt-QVugh&index=4](https://www.youtube.com/watch?v=YkYdu_9RSA&list=PLuUEdaaVMibnzAXj3xzveavNTxt-QVugh&index=4)

<https://www.youtube.com/watch?v=lchOp1AjMMI&list=PLuUEdaaVMibnzAXj3xzveavNTxt-QVugh&index=4>

<https://www.youtube.com/watch?v=gchrKx2vkjk&list=PLuUEdaaVMibnzAXj3xzveavNTxt-QVugh&index=2>

<https://www.youtube.com/watch?v=2T-uwavn0AI&list=PLuUEdaaVMibnzAXj3xzveavNTxt-QVugh&index=8>

<https://www.youtube.com/watch?v=1Z8eEQC89w&list=PLuUEdaaVMibnzAXj3xzveavNTxt-QVugh&index=7>

<https://www.youtube.com/watch?v=Ga6k5ta6Qww&list=PLuUEdaaVMibnzAXj3xzveavNTxt-QVugh&index=6>

## PHOTO GALLERY

The infographic titled "INFANCY (BIRTH- 12 MONTHS) :-" lists the following milestones:

- A newborn weighs about 2 to 3.5 kg at birth.
- Born with suckling reflex, rooting reflex, Moro reflex, Palmar grasp reflex, Babinski reflex.
- Turns their heads towards the source of sound and are startled by loud noises.
- Head and trunk control in the first few months.
- Can rolls over turning from the stomach to the back.
- They are gradually able to pull self into sitting positions.
- Crawling occurs soon after they learn to roll onto their stomach.
- They are able to stand while holding on to furniture.
- The child has separation anxiety.
- They form attachments to their caregiver.

A video thumbnail on the right shows a person speaking in a virtual meeting.



## GOKHALE MEMORIAL GIRLS' COLLEGE

**COMBATING HIDDEN HUNGER**

Building stronger food systems

Disaster management

Fortification

Supplementation

Women empowerment

Education on proper nutrition sanitation & hygiene

INDIA ranks 102 among 117 nations on the Hunger Index!!

RITIKA BISWAS

### Drug & Supplements Interaction

According to the U.S. Food & Drug Administration, 75% of Americans take dietary supplements. A dietary supplement is a vitamin, mineral, or herb you take to improve your health or wellness. However, when taken with prescription or over-the-counter medicines, dietary supplements can cause bad side effects. Supplements can affect the way a medicine acts, or the way that the body absorbs, uses, or gets rid of it.

3:51:17 / 2:12:57

### POSTMENOPAUSAL OSTEOPOROSIS

1. Osteoporosis, a bone disease associated with loss of bone mineral density and increased incidence of hip and vertebral fractures.
2. In postmenopausal females, the estrogen deficiency causes an increase in the RANKL which causes increase in the osteoclastic activity and hence, shifts the bone remodeling towards a bone resorbing balance which leads to osteoporosis.
3. Bone loss is maximum 3-5 years before menopause and also 3-5 years after menopause.

#### STAGES OF MENOPAUSE

#### OSTEOBLAST VS OSTEOCLAST

Play (k)