

Dada Ramchand Bakhru Sindhu Mahavidyalaya, Nagpur

A premier higher education linguistic minority institutes run by Sindhi Hindi Vidya Samiti



FOOD COMMITTEE INCHARGE

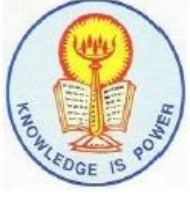
DR. MUKESH KAUSHIK

MEMBERS

**DR JAYANT WALKE
DR ANITA CHANDAK
DR KAVITA APKAJE**




Officiating Principal
Dada Ramchand Bakhru
Sindhu Mahavidyalaya, Nagpur-17



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OBJECTIVES

- To introduce healthier food options and educational programs to promote nutrition awareness among students and staff, encouraging them to make healthier food choices
- To organize Food related events, such as food festivals and cooking competitions, to celebrate cultural diversity and promote social interaction among students.
- To introduce initiatives to reduce food waste and encourage responsible consumption among students and staff.
- Collaborate with nutritionists or dieticians to develop balanced meal plans and promote healthier food choices within the college campus




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FOOD COMMITTEE PROGRAMME LIST

SESSION	EVENT	GUEST	DATE	NO. OF PARTICIPANTS
Session 2023-24	Intercollegiate Recipe Competition	1) Mrs. Sufala Andhare. 2) Tarun Motwani	10 th October 2023	29
Session 2022-23	An exhibition :know your millets	Sport Personalities	16 October 2022	800
Session 2021-22	Nutrition And Supplements Improve Intrinsic Immunity	Dr Ajay Soni	26 October 2021	168
Session 2020-21	Diet For Immunity	1) Mrs. Jayshree Pendharkar, Dietician CIIMS-Nagpur	24 October 2020	353
Session 2020-21	Diet : an investment	Dr. Mrs. Pratima Shastri, Ex-Head, Dept. of Food Tech, LIT	24 October 2020	353
Session 2019-20	Food and Eating Habbits	Dr Sangeeta Rughwani	28 December 2019	65




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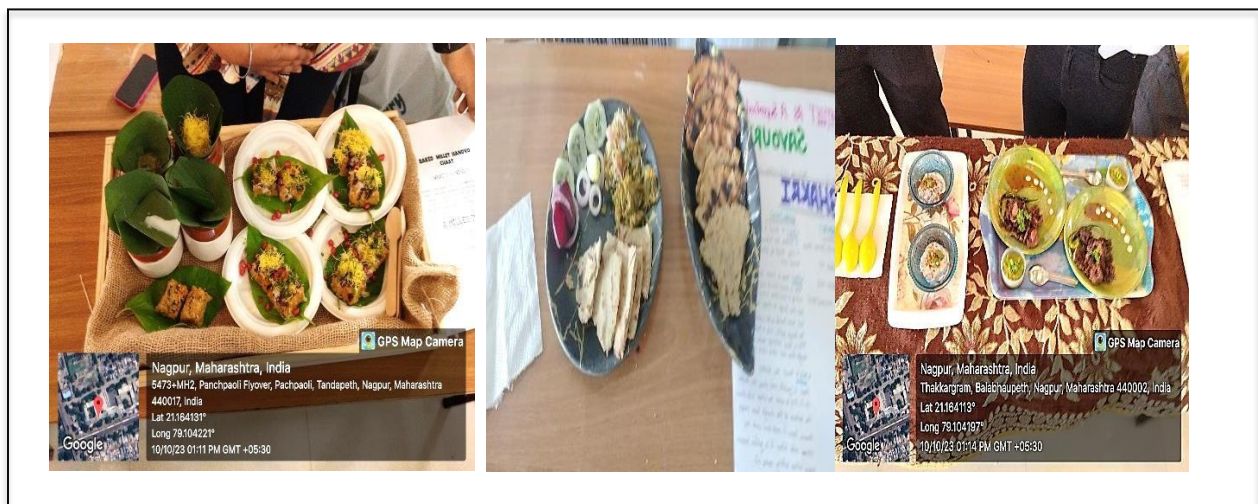
FOOD COMMITTEE INTERNATIONAL MILLET YEAR 2023

Report on An Intercollegiate Recipe Competition

Millet as a superfood

10th October 2023.

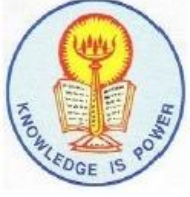
Session 2023-24



Food committee of Dada Ramchand Bakhru Sindhu Mahavidyalaya, Nagpur, organized Inter Collegiate Recipe Competition on theme “Millet as superfood” to celebrate International Millet Year 2023 on 10th October 2023. Millet has garnered global interest in the recent past. Millets are also excellent grains to alleviate malnutrition. Millet’s consumption confers several benefits and helps in managing lifestyle diseases. The competition aims to encourage students to innovate new




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millet-based healthy recipes and to engage, excite and enable people about the benefits of Millet. Brochure was prepared and circulated on social media. Links for registration and participation and all the desired information and instructions about the competition had been provided on the brochure. The registration of participants started on 15th September 2023 to 30th September 2023. Students enthusiastically participated in the competitions by their creative and innovative recipes. Certificates were distributed to all the participants.

Whole event made successful under the unwavering support and guidance of Principal Dr. V. M. Pendsey. The coordinator of the program Dr. Mukesh Kaushik, provides the valuable support to the event. This event was actively and enthusiastically completed under the conveners Dr. Anita Chandak and Dr. Kavita Apkaje. The Organizing Committee Member, Dr. Jayant Walke also accomplished their responsibility and made the event a big success. The program was nicely conducted by Ms Harsha Brijwani and Ms Kareena Chhablani. Sakshi Gundanwar proposed her vote of thanks to the dignitaries and participants and winners of the competition which marked the conclusion to the programme.

Enrollment of student participant:

Total 50 students participated in the recipe competition. Out of which 30 entries from Dada Ramchand Bakhru Sindhu Mahavidyalaya, Nagpur and remaining 20 from other institutions. T

The students enthusiastically exhibited their culinary skills in the competition with the theme “MILLET AS A SUPERFOOD”. Students actively participated and doled out nutritious yet delectable delicacies out of millets.

The items were judged on the basis of a certain criteria comprising namely of taste, appearance and presentation. The judges for the competition were Mr. Tarun Motwani and Mrs. Sufala Andhare.

The following students were the prize winners:

1st Prize: (Bajra laddu) Dilprit kaur biji, DRB Sindhu Mahavidyalaya, Nagpur.

2nd Prize: (Ragi Chocolate cake) Khushi Sarapalli, DRB Sindhu Mahavidyalaya, Nagpur.

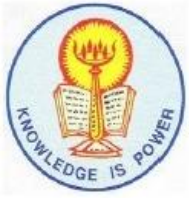
3rd Prize: (Millet's cutlets) Vaidehi Patel, K.D.M. Girls College, Nagpur.

Consolation Prize : (Millet's kabab) Jayashri Nitnavre, Rajkumar Kewalramani Mahavidyalaya Nagpur.

Brochure prepared for the Recipe Competition




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How to register

- Registration fee 50 Rs.
- If an applicant chooses to participate in more than one category, a registration form for each must be submitted.
- Submission of a completed entry form means acceptance to abide by the Rules and Regulations which are detailed later.
- No change of category will be allowed once the application has been accepted

Registration link:
<https://forms.gle/xqVkaJsCdkoYiqi7>

WhatsApp Link:
<https://chat.whatsapp.com/iYMGWOYj03GaM208cc72y>

Participant category

UG and PG student of any fa (B.Com., B.Sc., BBA, M.Com., M.S)

Attractive Priz

I, II, III & Consolation

Last Date of Registration: 30/09/

COORDINATOR & FOOD COMMITTEE INCHARGE

DR. MUKESH KAUSHIK

CONVENER'S

DR. ANITA CHANDAK
DR. KAVITA APKAJE

ORGANISING COMMITTEE

DR. JAYANT WALKE

Patrons

HONORABLE
DR. I. P. KESWANI
(PRESIDENT)
SINDHI HINDI VIDYA SAMITI

HONORABLE
DR. VINKY RUGHWANI
(CHAIRMAN)
SINDHI HINDI VIDYA SAMITI

HONORABLE
SHRI. N. H. BAKHRU
(GENERAL SECRETARY)
SINDHI HINDI VIDYA SAMITI

HONORABLE
SHRI. A. H. BAKHRU
(SECRETARY)
COLLEGE AFFAIRS

Stimulators

DR. V. M. PENDSEY
(OFFICIATING PRINCIPAL)

DR. S. V. TEWANI
(VICE PRINCIPAL)

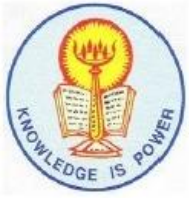
DR. A. G. THADANI
(VICE PRINCIPAL)

DR. M. M. SHINKHEDE
(VICE PRINCIPAL)

DR. Y. V. BHUTE
(IQC COORDINATOR)




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Inauguration by the hands of guest



JUDGING OF DISHES



✓
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Nagpur, Maharashtra, India
5473+MH2, Panchpaoli Flyover, Pachpaoli, Tandapeth, Nagpur,
Maharashtra 440017, India
Lat 21.164202°
Long 79.104159°
10/10/23 02:20 PM GMT +05:30

Nagpur, Maharashtra, India
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AN EXHIBITION :KNOW YOUR MILLETS Session 2022-23

Date:16/10/2022

Time: 6.30 p.m

No. of beneficiaries: 800

Food Committee of Dada Ramchand Bakhru Sindhu Mahavidyalaya organized an Exhibition: Know your Millets on 16/10/2022 at 6.30 p.m .on occasion of International food day. Institute Dada Ramchand Bakhru Sindhu Mahavidyalaya in the session witnessed the golden jubilee year which will be embedded in the history of the college. On this day Sports personalities visited the exhibition

Dr.V.M Pendsey Principal Dr. Mukesh Kaushik, Incharge Food Committee

Dr Anita Chandak, Dr Kavita Apkaje Dr Jayant Walke

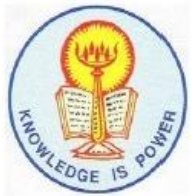
Dr. Mukesh Kaushik, Incharge Food Committee took active part in organizing the programme Present on the occasion were Vice Principals Dr.S.V. Tewani, Dr A G Thadani and Dr Milind Shinkhede, all the teaching staff members from Commerce, Management and Science department and students from all the departments of the college. All the students and faculty members were highly benefitted by the *valuable advice and knowledge*



of the guest.




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Samiti



REPORT ON ONE DAY WEBINAR On World Food Day 2021 NUTRITION AND SUPPLEMENTS IMPROVE INTRINSIC IMMUNITY Session 2021-22

Date: 26/10/2021

Time: 9.30 am

Mode of conduct: Zoom platform /you tube

Recourse person: Dr Ajay Soni

No. of beneficiaries: 168

Food Committee of Dada Ramchand Bakhru Sindhu Mahavidyalaya organized an awareness program on the topic “Nutrition And Supplement improve Intrinsic Immunity” on 26/10/2021 at 9.30 a.m. The Chief guest and resource person for the webinar was Dr Ajay Soni, founder MD &CEO of Soni Clinical Laboratory.

Dr.V.M Pendse, Principal presided over the programme and also made the introductory speech.

Dr. Ajay Soni *told about the importance of vitamins D,C,E and zinc to fight diseases because a well-balanced diet of nutritious foods helps support a strong immune system , every bite is either fighting a disease or feeding it. He enlightened the students towards good eating habits, what should be included in our food and also about the food which should be avoided for a healthy life.*

Dr Anita Chandak, Asst. Prof , Department of Microbiology conducted the programme Dr Jayant Walke Asst. Prof. Department of Languages ,introduced the guest and Dr Anushree Mahajan Asst Prof Dept of Commerce ,proposed a vote of thanks.

Dr. Mukesh Kaushik, Incharge Food Committee took active part in organizing the programme Present on the occasion were Vice Principals Dr.S.V. Tewani, Dr A G Thadani and Dr Milind Shinkhede, all the teaching staff members from Commerce, Management and Science department and students from all the departments of the college. All the students and faculty members were highly benefitted by the *valuable advice and knowledge* of the guest.

Youtube link




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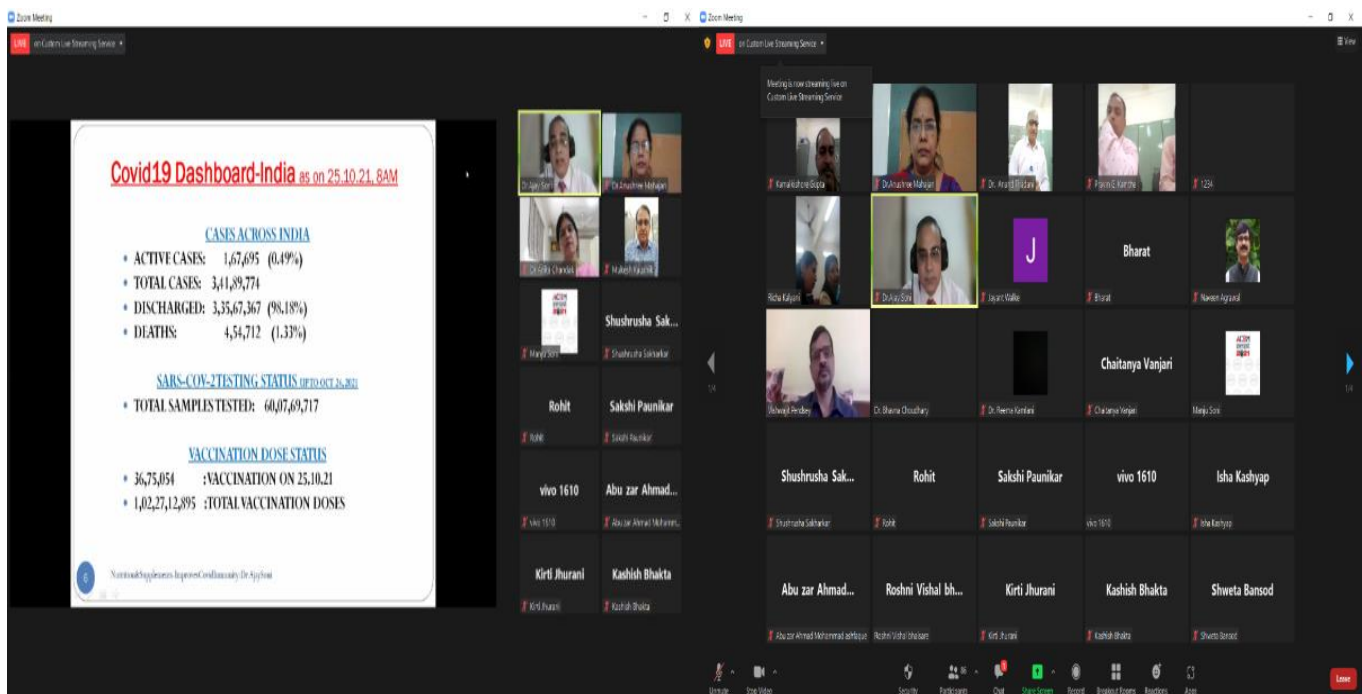
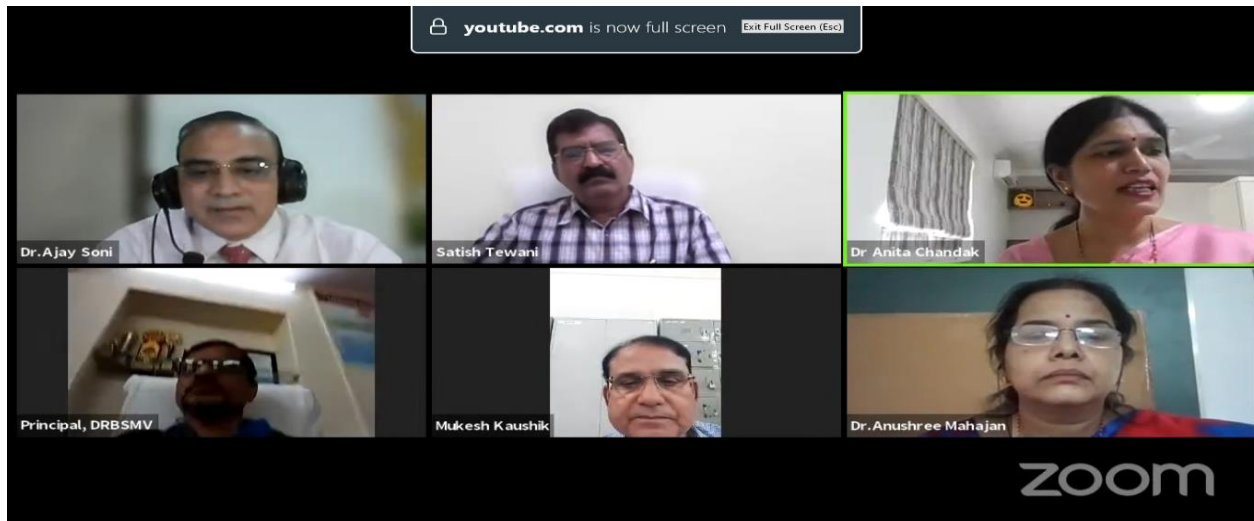


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food sources of ZINC

Beef, Wheat Germ, Larders, chicken, cocoa powder, chickpeas, makhana, Spinach, Pumpkin seeds, crabs, Oysters

29 NutritionSupplements-ImprovesCordHealth-Dr.AjagSoni

Participants: Dr. Ajag Soni, Dr. Anu/Preet Mishra, Dr. Anu Chandra, Jayant Walke, Mahesh K. Patil, Gitesh Soni, Chaitanya Vanjari, Dr. Agasth Mishra, Chaitanya Vanjari, Amit S Nanwani, Dr. Annu Bhatnagar, Principal, DRBS..., Principal, DRBS..., Manoj...

VITAMIN C

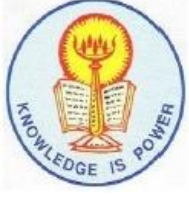
Fruits and Vegetables as Vitamin-C source

30 NutritionSupplements-ImprovesCordHealth-Dr.AjagSoni

Participant: Dr. Ajag Soni



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Sindhi Hindi Vidya Samiti's Dada Ramchand Bakhru Sindhu Mahavidyalaya, Nagpur (MS)



FOOD COMMITTEE

On The Occasion Of

World Food Day

Organizes

One Day Webinar

On

*Nutrition And Supplements Improve
Intrinsic Immunity :- Covid-19 Era*

**Tuesday | 26-10-2021 | Time :- 9.30 am Onwards
On Zoom Platform**

Coordinator And Food
Committee Incharge

Dr. Mukesh Kaushik

Convenor

Dr. Anita Chandak

-: Organising Committee :-

Dr. Jayant Walke

Dr. Kavita Akaje

Dr. Anushree Mahajan

Mr. Navin Agrawal



SPEAKER

DR. AJAY SONI

M.Sc, D.Ph, Ph.D (Biochem)
MD & CEO, Soni Clinical Lab, Nagpur, India
National President, Asso. of Clinical Biochemists
& Microbiologists, India

PATRONS

Honorable

Shri. H. R. Bakhru ▶ President

Honorable

Dr. Vinay Rughwani ▶ Chairman

Honorable

Dr. I. P. Keswani ▶ General Secretary

Stimulators

Dr. V. M. Pendsey ▶ Officiating Principal

Dr. Satish Tewari ▶ Vice Principal

Dr. Anand Thadani ▶ Vice Principal

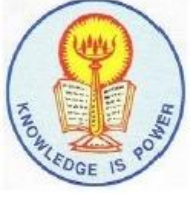
Dr. Milind Shinkhede ▶ Vice Principal

Dr. Yogesh Bhute ▶ IQAC Coordinator

Sindhi Hindi Vidya Samiti




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REPORT ON ONE DAY WEBINAR On World Food Day 2020 SESSION 2020-21

GUEST SPEAKERS

1. Mrs. Jayshree Pendharkar, Dietician Ciims-Nagpur Topic: Diet For Immunity
2. Dr. Mrs. Pratima Shastri, Ex-Head, Dept. Of Food Tech, Lit Topic: Diet: An Investment

Number of Beneficiaries: 353

Date: 24th October 2020. Time: 10.00am
onwards

International food day is celebrated every year in month of October world wide. Food committee of Dada Ramchand Bakhru Sindhu Mahavidyalaya organised an one day Webinar on **GROW, NOURISH & SUSTAIN TOGETHER** on occasion of international food day on 24/10/2020.

Both speakers have vast experience in Food Science and with their talk enlightened the gathering about importance of food habit in current pandemic situation. Mrs Pendharkar emphasised on Importance of breakfast, complete protein, and menu planning in our day to day life. She also put light on importance of traditional food. Dr Mrs Shastri emphasised on how the complete food as fuel




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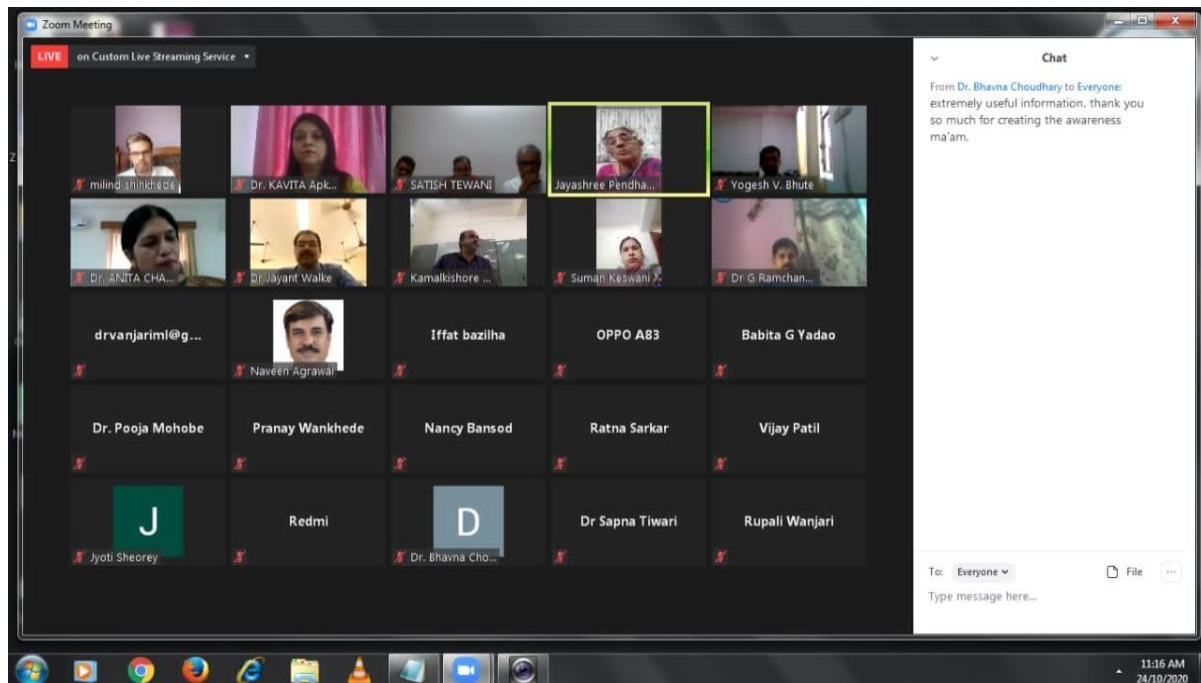


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will be beneficial for everyone to increase our performance in pandemic situation. Dr S.V Kasbekar Off. Principal, Dr Satish Tewani and Dr Anand Thadani Vice Principal addressed the audience on the occasion. Dr Mukesh Kaushik, was coordinator the of the programme. Dr Anita Chandak conducted the programme and Dr. Kavita Apkaje introduced the guest and worked hard for success of the programme. Technical support was provided by Mr Naveen Agrawal , Dr Jayant Walke



proposed vote of Thanks and Dr Suman Keswani introduced the guest all the team supported in smooth organization of the event. Webinar was attended by all faculty members and students of the college




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DADA RAMCHAND BAKHRU SINDHU MAHAVIDYALAYA

REPORT ON "FOOD AND EATING HABITS" (2019-20)

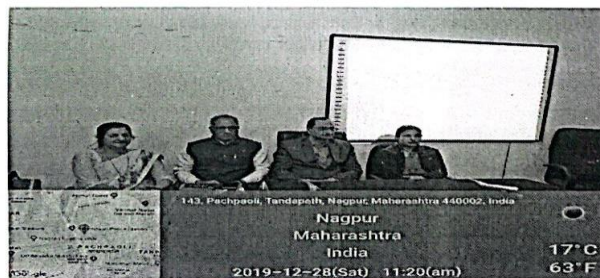
Food and Drug Committee of Dada Ramchand Bakhru Sindhu Mahavidyalaya organized an awareness programme on the topic "Food and Eating Habits" on 28/12/2019 at 10.00 a.m. The guest speakers of the programme were Dr. Sangeeta Rughwani, an eminent doctor from the MCV Department and Dr. Suman Keswani, Assistant Professor, Language Department. Dr. S. V. Kasbekar, Principal who presided over the programme also made the introductory speech. Dr. A.G. Thadani, Vice-Principal spoke about advantages of hygiene and cleanliness.

Dr. Sangeeta Rughwani enlightened the students towards good eating habits, what should be included in our food and also the things which should be avoided for a healthy life. Dr. Suman Keswani, Assistant Professor, Language Department explained the students about the advantages of having a healthy breakfast and the consequences of skipping it. Dr. Anushree Mahajan, Assistant Professor, Commerce Department also gave 10 useful tips regarding how to develop good eating habits through a power point presentation.

Miss. Divya Gehani, a student of B.Com Sem IV conducted the programme and Mr. Harsh Gaure of B.Com Sem II proposed a vote of thanks.

Present on the occasion were all the teaching staff members from Commerce, Management and Science department and students from all the departments of the college.

Dr. M.L. Vanjari, Dr. Mukesh Kaushik, Dr. Jayant Walke, Dr. Reema Kamlani, Dr. Richa Kalyani, Dr. Bhavna Choudhary and Dr. Amit S. Nanwani took active part in organizing the programme.




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