

**Annual report**  
**of**  
**Nutrition & Health Education**  
**(2024-2025)**

- 1) Nutrition & Health Education department (NHE) had organised an ***orientation session*** on ***4th Septemberr 2024*** . for Semester 1 students to brief them about the course and laboratory facilities,
- 2) Student visited to ***Aanganwadi*** in Bawana to spread awareness about ***“Importance of cleanliness and hygiene for healthy living”*** on ***26<sup>th</sup> September 2024*** during Rashtriya Poshan Maah.



- 3) Student *participated in Intra-college Garba competition* organized by cultural committee of Aditi Mahavidyalaya on ***08 October 2024***.



- 4) Nutrition & Health Education department (NHE) had organised an **Poster making competition** on **18<sup>th</sup> October 2024** during Rashtriya Poshan Maah.

There were total 20 participation among which 10 were shortlisted for judgment.

1<sup>st</sup> Prize: Sadhna, B.A.(Prog) 3<sup>rd</sup> year

2<sup>nd</sup> Prize: Sheshadri, B.A.(Prog) 1<sup>st</sup> year

3<sup>rd</sup> Prize: Diya Chhabra, B.A.(Prog) 1<sup>st</sup> year

Consolation Prize: Kavya, B.A.(Prog) 1<sup>st</sup> year, and Sneha Khan, B.A.(Prog) 1<sup>st</sup> year.



- 5) The Philositos Club of the Nutrition and Health Education & Food Technology disciplines, Department of Home Science, Aditi Mahavidyalaya, proudly hosted **FOOD FEST-25: "Small Bites"** on **February 25, 2025**, at the college campus. The event was inaugurated by Prof. Mamta Sharma, Principal of Aditi Mahavidyalaya (University of Delhi), who ceremoniously cut the ribbon, accompanied by Prof. Upasna Seth, Prof. Poonam Lakra, Ms. Shashi Prabha, Ms. Vandana Aarya, and the office bearers of the Philositos Club, marking the official commencement of the much-anticipated fest. The heart and soul of the festival were the vibrant and diverse stalls, set up by students from various interdisciplinary departments of the college. A total of 15 stalls showcased an array of mouth-watering food items, including *Kanji, Poha Aaloo Tikki, Bhel Puri, Sandwiches, Cakes, Pastries, Pizza, Vada Pav, Drizzled Strawberries, Popcorns, and beverages such as Squashes, Jal Jeera, Mocktails, and Soft Drinks*. In addition to the food stalls, the fest also featured *Body Paints, Mehndi, and Game stalls*, offering an exciting mix of experiences for all attendees. The cultural program began with a soulful rendition of Saraswati Vandana by Ms. Priyal, Executive Head of the Philositos Club.

This was followed by a captivating solo semi-classical dance performance by Ms. Shristi Ghosh, Secretary of the Philositos Club. The Regina Crew, the dance society of Aditi Mahavidyalaya, delivered a high-energy group dance performance, leaving the audience mesmerized. The musical performances by the talented budding singers *Mr. Rohit and Mr. Dhanraj Sharma* added a magical touch, with their melodious voices creating a captivating ambiance. As the evening progressed, the energy peaked with the entire college dancing to the beats of the DJ, creating an electrifying atmosphere of pure joy and celebration.

Certificates of participation were awarded to all stall owners in recognition of their contribution. The Best Food Stall awards were presented to: Kanji and Poha Aaloo Tikki by Nishigandha, a second-year student from the Nutrition and Health Education discipline, and Squashes by Asma and Shikha Pandey, second-year students from the Food Technology discipline. *FOOD FEST-25: "Small Bites"* was not only a spectacular event but also a remarkable achievement for the department, demonstrating its ability to organize and execute such a large-scale and successful celebration.

**ADITI MAHAVIDYALAYA**  
(University of Delhi)

**FOOD TECHNOLOGY & NUTRITION AND HEALTH EDUCATION DISCIPLINES**  
(Department of Home Science)

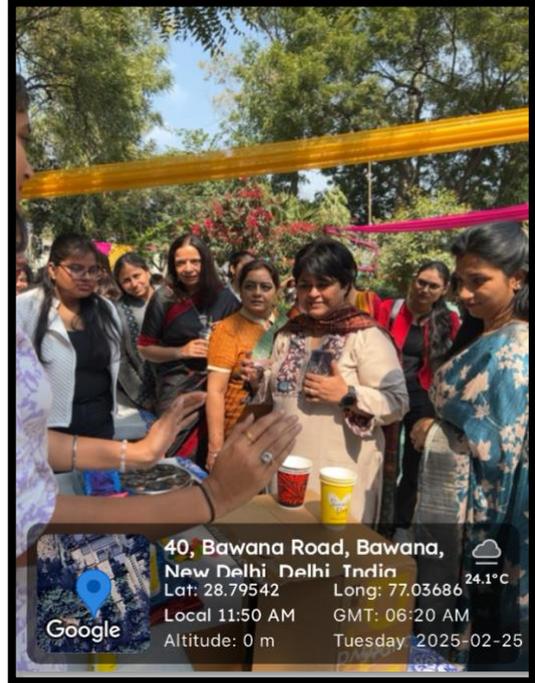
**PHILOSITOS CLUB**  
Invites you to Food Fest  
**Small Bites '25**

**Date & Time: 25th February 2025, 11:00 am onwards**  
**Venue: College ground**

<b>Co-ordinators</b> Ms. Shashi Prabha Ms. Vandana Arya	<b>Organisers</b> Prof. Upasna Seth Prof. Poonam Lakra	<b>Principal</b> Prof. Mamta Sharma		
<b>President</b> Sakshi	<b>Vice President</b> Riya Dwivedi	<b>Secretary</b> Shristi Ghosh	<b>Joint Secretary</b> Romila Bhandari	<b>Treasurer</b> Khushi Kumari

**Co-Sponsored by Sehrawat PG**







- 6) A workshop titled *"Awareness about Dangers of Pre-Packaged Ultra-Processed Foods and the Importance of Reading Labels"* was organized under the flagship of Viksit Bharat on *9th April 2025 at 10:30 AM* in the Reading Hall of Aditi Mahavidyalaya (University of Delhi). The event was conducted under the joint initiative of the *Nutrition and Health Education (NHE) and Food Technology (FT) disciplines, Department of Home Science, in collaboration with NAPi (Network for Advocacy in Public interest).*

The aim of the workshop was to raise awareness among students and faculty about the growing consumption of ultra-processed foods and the potential health hazards associated with them. Emphasis was laid on educating attendees about how to identify ultra-processed and unhealthy foods and the significance of reading nutrition labels before purchasing food items. The total participants registered for the workshop were 61, however 48 attended. Their participation was enthusiastic and instrumental in promoting nutritional literacy, especially in the context of growing concerns over lifestyle-related health issues. The collaborative efforts of the faculty and students contributed to the success of this educational initiative.

Key Takeaways:

- Understanding the composition and identification of ultra-processed foods.
- Learning about the health risks posed by excessive consumption of such foods.
- Gaining practical knowledge on how to read and interpret food labels to make informed dietary choices.

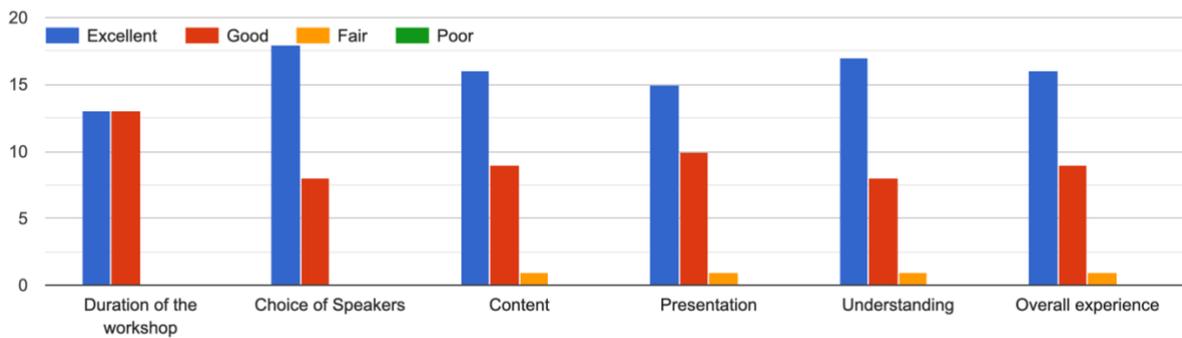
The organizing team included:

- Principal: Prof. Mamta Sharma
- Coordinators: Prof. Poonam Lakra (DIC-NHE) and Prof. Upasna Seth (DIC-FT)

- Co-Coordinator: Ms. Shashi Prabha and Ms. Vandana Arya
- Nodal Officer (Viksit Bharat): Prof. Pooja Khanna

Feedback of the participants were recorded after the session through google form and the analysed responses are as follows:

Give the rating for the workshop:



Few glimpses of the workshop



**ADITI MAHAVIDYALYA  
(UNIVERSITY OF DELHI)**



**NUTRITION AND HEALTH EDUCATION & FOOD TECHNOLOGY**  
(Department of Home Science)  
in collaboration with NAPI organizes a seminar

**“Awareness about Dangers of Pre-Packaged Ultra-Processed Foods and the Importance of Reading Labels”**

 **9th April 2025, 10:30 am**      **Reading hall**



**What to Expect:**

- Understanding what constitutes ultra-processed foods and unhealthy foods
- The health risks associated with overconsumption
- How to interpret food labels to make informed choices

Registration link: <https://forms.gle/UEqhxUtHgmsvswRs5>

**Principal**  
**Prof. Mamta Sharma**

**Coordinators**  
**Prof. Poonam Lakra (DIC-NHE)**  
**Prof. Upasna Seth (DIC-FT)**

**Co-coordinators**  
**Ms. Shashi Prabha**  
**Ms. Vandana Arya**

**Nodal Officer**  
**Viksit Bharat**  
**Prof. Pooja Khanna**





New Delhi, Delhi, India  
Bawana Road, Bawana, New Delhi, Delhi  
110039, India  
Lat 28.795586, Long 77.037155  
04/09/2025 11:26 AM GMT+05:30  
Note : Captured by GPS Map Camera



New Delhi, Delhi, India  
Bawana Road, Bawana, New Delhi, Delhi  
110039, India  
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Bawana Road, Bawana, New Delhi, Delhi  
110039, India  
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Note : Captured by GPS Map Camera



### ATTENDANCE SHEET

College Name: Dept. of Home Science NHE -Aditi Mahavidyalaya, (University of Delhi)	Date: 9/4/2025
Address: Delhi Auchandi Road, Bawana, Delhi-110039	Signature of the Teaching Supervisor:

S.no	Student Name	Grade	Signature
1.	Riya Bajaj	3 <sup>rd</sup> Year	
2.	Khushboo	3 <sup>rd</sup> Year	
3.	Anushka Singh	3 <sup>rd</sup> year	
4.	Varsha	3 <sup>rd</sup> year	
5.	Shruti Singh	3 <sup>rd</sup> Year	
6.	Bejan Mariya Bruce	3 <sup>rd</sup> year	
7.	Khushi Tiwari	3 <sup>rd</sup> year	
8.	Shubhi Kaulik	3 <sup>rd</sup> year	
9.	Vandana	3 <sup>rd</sup> year	
10.	Shikha Yadav	3 <sup>rd</sup> year	
11.	Riya Ojha	3 <sup>rd</sup> year	
12.	Sneha	2 <sup>nd</sup> year	
13.	Riya Dwivedi	2 <sup>nd</sup> year	
14.	Sonika Kumari	2 <sup>nd</sup> year	
15.	Vaichali Gupta	2 <sup>nd</sup> year	
16.	Gayatri Jain	2 <sup>nd</sup> year	
17.	Annu	1 <sup>st</sup> year	

S.no	Student Name	Grade	Signature
18.	Poochi	1st year	Poochi
19.	MISTHI	1st year	misthi
20.	Romila	2nd Year	Romila
21.	Gauri Joshi	1st Year	gaurijoshi
22.	Sachana Singh	3rd	Sachana
23.	Khushi Kumari	2nd	Khushi
24.	Akshiti	3rd	Akshiti
25.	Juhi Kumari	2nd	Juhi
26.	Gauri Singh	2nd	Gauri
27.	Priyal yadav	1st year	Priyal
28.	Kaavya Bansal	1st year	Kaavya
29.	Ritika	1st year	Ritika
30.	Chaiti	1st year	Chaiti
31.	Ranjana	1st year	Ranjana
32.	Shrishi Ghosh	1st year	Shrishi
33.	Nivedita Maharaj	3rd yr	Nivedita
34.	Shruti Mukherjee	3rd Year	Shruti
35.	Anisha Garg	2nd Year	Anisha
36.	Aakshya Yadav	2nd Year	Aakshya
37.	Sakshi	2nd year	Sakshi
38.	Poonam-Rao	2nd year	Poonam
39.	Diya Limon	2nd year	Diya Limon

S.no	Student Name	Grade	Signature
40.	Samridhi Gupta	II <sup>nd</sup> year	Samridhi
41.	Kanjika Kumari	III <sup>rd</sup> year	Kanjika
42.	Manjira Kumari	III year	Manjira
43.	Poochi Tiwari	II <sup>nd</sup> year	Poochi
44.	Nishigandha Mudgal	II <sup>nd</sup> Year	Nishigandha
45.	Shruti Mukherjee	III <sup>rd</sup> Year	Shruti
46.	Sheshadri	II <sup>nd</sup> Sem	Sheshadri
47.	Jhanvi	II <sup>nd</sup> Sem	Jhanvi
48.	Parul	VI Sem	Parul
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7) A lecture on the "**Importance of Food Safety and Quality Control in Viksit Bharat**" was successfully organized by the Nutrition and Health Education (NHE) discipline of the Department of Home Science under the flagship of Viksit Bharat on **11th April 2025, commencing at 11:00 AM** in library reading hall.

The session was graced by Prof. Sarvesh Rustagi, who delivered an insightful and informative lecture emphasizing the critical role of food safety and quality assurance in the development of a healthy and progressive nation. Prof. Rustagi highlighted key concepts, challenges, and

modern strategies to ensure food safety in the context of the Viksit Bharat initiative. Total 31 students actively participated in the event.

The event aimed to sensitize students about the importance of maintaining food quality standards and understanding the health implications of unsafe food practices.

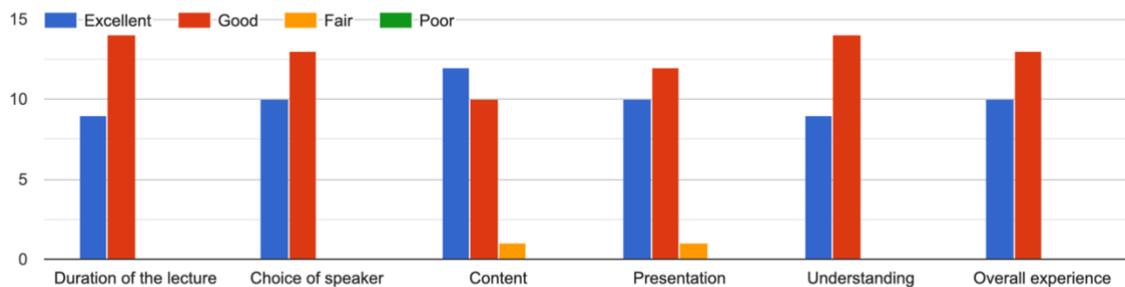
The session concluded with an interactive Q&A segment, where students engaged with the speaker and discussed practical applications of food safety protocols in daily life and future professional roles. Overall, the lecture was a great success, contributing significantly to students' academic enrichment and awareness on a nationally relevant issue.

The organizing team included:

- Principal: Prof. Mamta Sharma
- Coordinator: Prof. Poonam Lakra (DIC-NHE)
- Co-Coordinator: Ms. Shashi Prabha
- Nodal Officer (Viksit Bharat): Prof. Pooja Khanna

Feedback from the students were recorded via google form, wherein students have marked their responses which are as follows:

Give the rating for the lecture :



Few glimpses of the event:

**ADITI MAHAVIDYALYA**  
(UNIVERSITY OF DELHI)

**NUTRITION AND HEALTH EDUCATION**  
(DEPARTMENT OF HOME SCIENCE)

invites you to the lecture

**"IMPORTANCE OF FOOD SAFETY AND QUALITY CONTROL IN VIKSIT BHARAT"**

DATE & TIME: 11<sup>TH</sup> APRIL 2025, 11:00 AM  
VENUE : LIBRARY READING HALL

**SPEAKER**

**Prof. Sarvesh Rustagi**  
(Professor in Department of Food Science and Technology, School of Engineering at Maya Devi University, Dehradun, Uttarakhand)

Registration link: <https://forms.gle/nR1sUPkyjshvVnJ6A>

**Principal**  
Prof. Mamta Sharma

**Organizers**  
Prof. Poonam Lakra  
Ms. Shashi Prabha

**Nodal officer Viksit Bharat**  
Prof. Pooja Khanna







Attendance sheet

Lecture, 11<sup>th</sup> April 2025  
Registration / Attendance

Name	Roll no. & Course	Sem	Roll no. & Sign
① Sneha Bhasini	2301519 (NHE+HINDI) B.A. Prog.	2nd year (4th)	Sneha
② Bhumi Modak	2401316 (Ba Prog.) (NHE+ Sociology)	1 <sup>st</sup> Year (2nd)	Bhumi
③ Tanvi Natche	2401279 (Ba Prog.) (NHE + Sociology)	1 <sup>st</sup> year (2nd)	Tanvi
④ Divyanti	2401052 (Ba Program NHE + Sociology)	1 <sup>st</sup> year (2nd)	Divyanti
⑤ Shubhangi	2401348 " "	" (2nd)	Shubhangi
⑥ Sheshadri	2401073 [NHE+HINDI]	1 <sup>st</sup> year (2nd)	Sheshadri
⑦ Anisha garg	2301709 (NHE+ Sociology)	2nd year (4th)	Anisha
⑧ Akshiti	2201101 (NHE + Sociology)	3 <sup>rd</sup> year (Sem 6)	Akshiti
⑨ Riya Dwivedi	2301569 BA Prog. (NHE + Sociology)	2 <sup>nd</sup> year	Riya
⑩ Nistigandha Mudgal	2301553 B.A. Prog. (NHE + Hindi)	2 <sup>nd</sup> Year	Nistigandha
⑪ Khushi Kumar	2302215 B.A. Prog. (NHE)	2nd year	Khushi
⑫ Ishi Mishra	2801950 B.A. Prog. (NHE)	2nd year	Ishi
⑬ Prachi	2301423 BA Prog. (NHE)	2nd year	Prachi
⑭ Priyanshi Jain	2301337 B.A. Prog "	"	Priyanshi
⑮ Khushi Tiwari	2201309 BA Prog (Hindi+NHE)	6 <sup>th</sup> Sem	Khushi Tiwari
⑯ Shubhi Kaulik	2201291 BA Prog (NHE+Socio)	6 <sup>th</sup> Sem	Shubhi Kaulik
⑰ Sneha	2201056 B.A. Prog (NHE+Hindi)	6 <sup>th</sup> Sem	Sneha
⑱ Moksha	2201038 BA Prog (NHE+Socio)	6 <sup>th</sup> Sem	Moksha
⑲ Manu Kumar	2201318 " "	6 <sup>th</sup> Sem	Manu

(20)	Anvesha Singh	BA Prog. (Socio. NHE)	Vth Sem. 2201339	<u>Ag</u>
(21)	Yashika	BA Prog. (Socio. + NHE)	VI <sup>th</sup> Sem. 2201103	<u>Yashika</u>
(22)	Vandana	B.A Prog. (Hindi + NHE)	2201215	Vandana
(23)	<del>Shanti Singh</del>	<del>BA Prog. (Socio + NHE)</del>	<del>2201232</del>	<del>Shanti</del>
(24)	<del>Bejan Maurya</del>	<del>BA Prog. (FTT + Geo)</del>	<del>2201040</del>	<del>Bejan</del>
(25)	Aditi Singh	BA Prog. (NHE + Sociology)	2301653	Bingli
(26)	Anushka Sinha	BA Prog. (NHE + Socio)	2301352	Anushka
(27)	shikha Yadav	B.A. Program (NHE + Socio)	2201074	<u>shikha</u>
(28)	Sadhana Singh	B.A. Program (NHE + Socio)	2201340	Sadhana
(29)	Princa	B. A program (Hindi + NHE)	2201153	Princa
(30)	Muskan Bhagat	BA programme (Hindi + NHE)	2201063	Muskan
(31)	Parul	B.A. Program (Hindi + NHE)	2201109	Parul
(32)	Suhani	BA Program (Hindi + NHE)	2401377	Suhani
(33)	Sanjerna	B.A Program (Hindi + NHE)	2401277	Sanjerna
(34)				