

Annual report - Food Technology

(2024-2025)

- 1) Department of Food Technology had organized an orientation session on 9th September 2024 for Semester 1 students to brief them about the course and laboratory facilities.
- 2) The World Food Day-24 Celebration was held on **14th November 2024** at **Aditi Auditorium**, organized by the **Department of Food Technology** in collaboration with the **Nutrition Society of India, Delhi chapter**. The event aimed to promote awareness about **food security, nutrition, and food safety**, and was attended by around **50 students and faculty members**. The celebration began with a **traditional Saraswati Vandana and lamp lighting ceremony**, followed by a **Ganesh Vandana** performed by first-year students. The **Principal** delivered an opening address on the significance of food security and sustainable practices. The **keynote speaker, Prof. Rajni Chopra**, shared insights on **used cooking oil safety** and global food challenges.

Highlights of the event included:

A **skit** titled "*Adrishya Khatron Ka Swad*" on food safety by first-year students.

A **poem narration** by a third-year student focused on food and nutrition.

Poster competition results announcement by the NHE Department, recognizing students for creative expression on food-related issues.

The event concluded with a **vote of thanks**, appreciating the contributions of all participants and organizers. Overall, the event was a **successful, engaging, and informative** celebration that reinforced the importance of healthy eating and food safety.

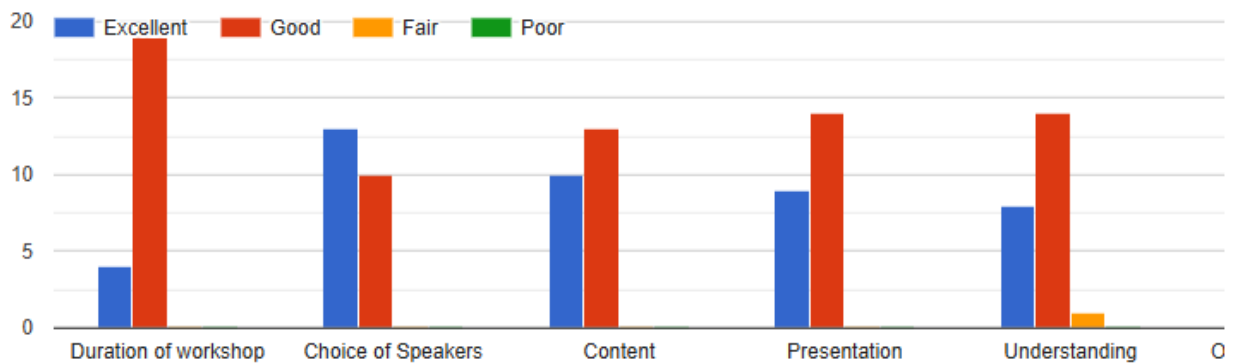
FEW GLIMPSES







FEEDBACK FOR THE SEMINAR



**LIST OF FACULTIES AND STUDENTS PARTICIPATED IN WORLD FOOD DAY
EVENT-24 HELD ON 14 NOVEMBER 2024**

S.No	Name of the Faculty and Staff
1	Prof. Dr.Upasna Seth
2	Prof.Poonam Lakra
3	Prof.Dr.Reema Lamba
4	Ms.Neerja Nagpal
5	Dr.Lakshmi Bhatia
6	Ms.Vandana
7	Ms.Shashi
8	Dr.Pukhraj Meena
9	Ms.Pawan
10	Ms.Sudesh

S.No	College Roll No	Name of the Student
1	2201131	Khushboo
2	2201271	Riya Ojha
3	2201168	Anjali
4	2201300	Anushka
5	2401121	Diya Chahbra
6	2401216	Athithya AP
7	2401064	Mishti
8	2401045	Rashi
9	2401137	Parul chauhan
10	2401142	Annu
11	2401147	Ranjana
12	2401206	Jhanvi
13	2401062	Prachi
14	2401035	Gauri Joshi
15	2401201	Srishti Ghosh
16	2401266	Madhvi

17	2401137	Priyal Yadav
18	2401402	kanishka
19	2401384	Anshika
20	2401415	Elisha
21	2401315	Laiba
22	2301603	Aasma Yadav
23	2301333	Alishba Ahmad
24	2301600	Diya Limbu
25	2301604	Gauri Singh
26	2301670	Juhi Kumari
27	2301595	Kavita Yadav
28	2301392	Komal Singh
29	2301512	Poonam Rao
30	2301182	Sakshi
31	2301527	Samridhi Gupta
32	2301058	Shalini Gautam
33	2301718	Shikha Pandey
34	2301639	Sneha Yadav
35	2301498	Sonika Kumari
36	2201040	Bejorn
37	2201131	Khushboo
38	2201186	Diksha Maan
39	2201168	Anjali Kumari
40	2201161	Isha Shrivastva
41	2201232	Shruti Singh
42	2201252	Riya Bajaj
43	2201249	Shruti Mukhrjee

44	2201271	Riya Ojha
45	2201273	Varsha
46	2201280	Sneha Gupta
47	2201300	Anushka Srijja
48	2201353	Kanjika Kumari
49		Sneha khan
50		Anchal yadav
51		saniya sharma
52		Khyati
53		Sadhana Singh
54		Nishigandha Mudgal
55		Kaavya Bansal
56		Sheshadri
57		Ritika

- 3) **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 Arya, 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.





- 4) A **Career Counselling Session on Food Technology** was held on **26th March 2025** at **11:00 AM** in **Aditi Auditorium** for **44 undergraduate students** from the **Home Science (NHE and FT)** streams. The session was led by **Prof. Dr. Lakhwinder Kaur**, Professor and Research Director at the Department of Nutrition and Dietetics, Manav Rachna International Institute of Research and Studies.

The session aimed to:

- **Guide students** on academic and career opportunities in **Food Science, Nutrition, and Technology**.
- Highlight **emerging trends, required skills, and educational pathways** including bridge courses from BA to M.Sc in Food Technology.

- Emphasize career roles in **food safety, quality control, research and innovation, product development**, and **processing industries**, both in **national and international markets**.

Prof. Kaur also shared her **personal journey**, inspiring students and offering practical advice on skill development, internships, and further studies. The session concluded with an **interactive Q&A** where students asked about **job prospects** and **research opportunities**. Additionally, **Ms. Misha**, an alumni and budding entrepreneur, shared her perspective on career avenues in Food Science. The event ended with a **vote of thanks** from the department, appreciating the insights shared and the enthusiastic participation of the students. Overall, the session was **informative and motivational**, offering a clear roadmap for students interested in building a career in Food Technology and Nutrition.

ADITI MAHAVIDYALAYA
(University of Delhi)

Department of Food Technology
(Home Science)

CAREER COUNSELLING

TOPIC:
AVENUES and SCOPE
of FOOD SCIENCE,
NUTRITION and
TECHNOLOGY

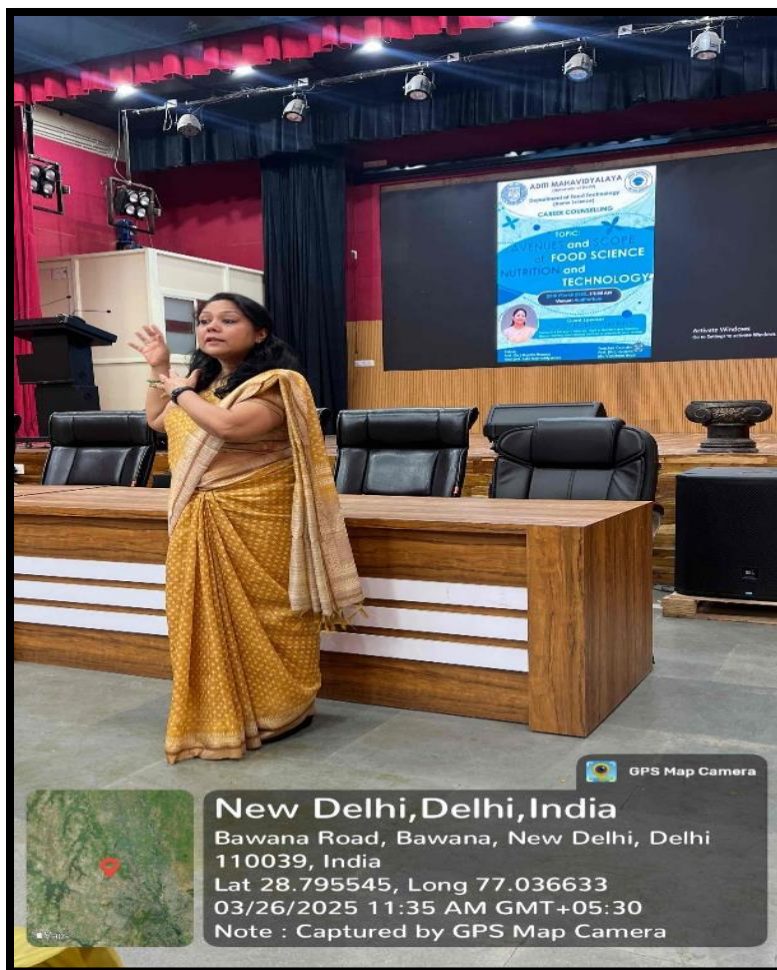
26th March 2025, 11:00 AM
Venue: Auditorium

Guest Speaker
Prof (Dr.) Lakhvinder Kaur
Professor & Research Director, Dept of Nutrition and Dietetics,
Manav Rachna International Institute of research and studies

Patron
Prof. (Dr.) Mamta Sharma
Principal, Aditi Mahavidyalaya

Teacher Coordinators:
Prof. (Dr.) Upasna Seth
Ms. Vandana Arya

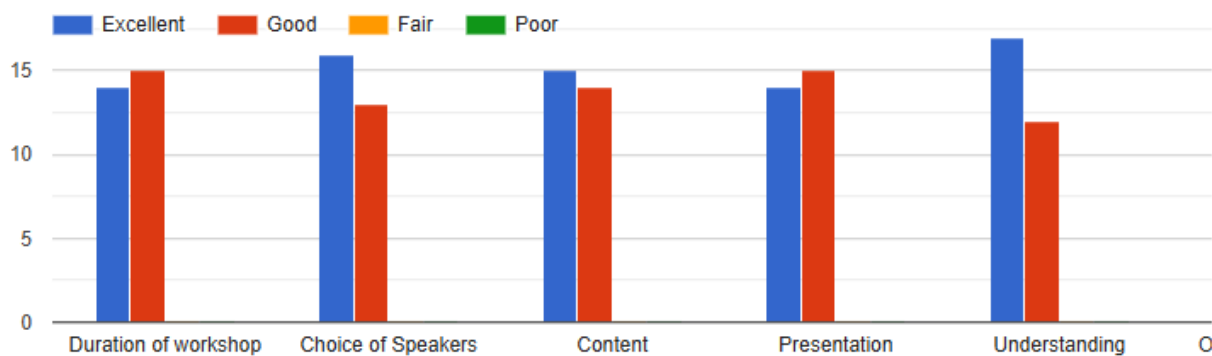




FEEDBACK OF THE SEMINAR

Give the rating for the workshop

[Copy chart](#)



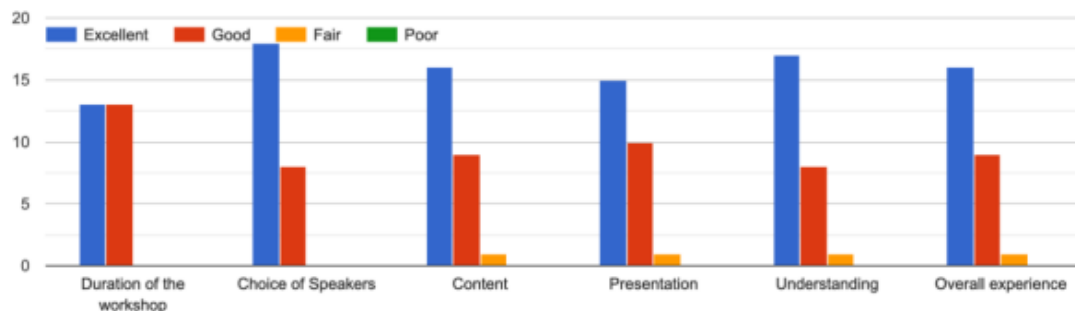
ATTENDANCE SHEET

LIST OF STUDENTS → CAREER COUNSELLING SESSION [26 th March, 20]			
1. 2401142	Ranjana	Ranjana	II nd Sem
2. 2401266	Priyal Yadav	Priyal	II nd Sem
3. 2401035	Shruti Ghosh	Shruti	II nd Sem
4. 2401021	Madhvi	Madhvi	II nd Sem
5. 2401984	Anshika Divali	Anshika	II nd Sem
6. 2401062	Gauri Joshi	Gauri	II nd Sem
7. 2301595	Kavita Yadav	Kavita	4 th Sem
8. 2201131	Khushboo	Khushboo	VI th Sem
9. 2301600	Diya Limbu	Diya	4 th sem
10. 2301603	Aasma Yadav	Aasma	4 th sem
11. 2401064	Misti	Misti	II nd sem
12. 2301527	Pamvicki Gupta	Pamvicki	IV th Sem
13. 2201953	Kanjika Kumari	Kanjika	VII th Sem / 3 rd year.
14. 2401206	Preeti	Preeti	II nd Sem / 1 st year.
15. 2401147	Tranvi	Tranvi	II nd Sem / 1 st year.
16. 2301947	Vidya Singh	Vidya	IV th Sem / 2 nd year.
17. 2301670	Juhi Kumari	Juhi	IV th Sem
18. 2301604	Gauri Singh	Gauri	IV th Sem
19. 2301498	Sonika	Sonika	IV th Sem
20. 2201168	Angali Kumari	Angali	VI th Sem
21. 2201103	Yashika	Yashika	VI th Sem
22. 2201339	Anvika	Anvika	VI th Sem
23. 2201215	Vandana	Vandana	VI th Sem
24. 2201056	Sneha	Sneha	VI th Sem
25. 2301337	Bhargavi Jain	Bhargavi	IV th Sem
26. 2301569	Riya Dandevi	Riya	IV th Sem
27. 2301524	Ronita Bhandari	Ronita	IV th Sem
28. 2301718	Shikha Pandey	Shikha	IV th Sem
29. 2301058	Snigdha	Snigdha	IV th Sem
30. 2201063	Muskan Bhagat	Muskan	VI th Sem
31. 2201109	Parul	Parul	VI th Sem
32. 2201068	Manisha Yadav	Manisha	VI th Sem
33. 2201252	Riya Bajaj	Riya	VI th Sem
34. Poonam Rao	2301512	Poonam	IV th Semester
35. Sakshi	2301182	Sakshi	IV th Sem
36. Latika Hussain	2401315	Latika	II nd Semester
37. Jyoti	2201196	Jyoti	VI th Semester
38. Shubhi	2201291	Shubhi	VI th Sem
39. Kajal	2201301	Kajal	VI th Sem
40. Khushi	2201309	Khushi	VI th Sem
41. Bejani	2201040	Bejani	VI th Sem
42. Komal Singh	2301792	Komal	IV th Sem
43. Annu	2401137	Annu	I st Sem
44. Nishigandha	2301553	Nishigandha	IV th Sem


- 5) 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-Coordinators: 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





ATTENDANCE SHEET

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

S.no	Student Name	Grade	Signature
1.	Riya Bajaj	3 rd year	Riya
2.	Khushboo	3 rd year	Khushboo
3.	Anushka Singh	3 rd year	Anushka Singh
4.	Varsha	3 rd year	Varsha
5.	Shruti Singh	3 rd year	Shruti
6.	Byjari Mariya Bawa	3 rd year	Byjari
7.	Khushi Tiwari	3 rd year	Khushi Tiwari
8.	Shubhi Kaulika	3 rd year	Shubhi Kaulika
9.	Vandana	3 rd year	Vandana
10.	Shikha Yadav	3 rd year	Shikha Yadav
11.	Riya Ojha	3 rd year	Riya Ojha
12.	Sneha	2 nd year	Sneha
13.	Riya Dwivedi	2 nd year	Riya
14.	Sonika Kumari	2 nd year	Sonika
15.	Vaishali Gupta	2 nd year	Vaishali
16.	Gayatri Jain	2 nd year	Gayatri
17.	Annu	1 st year	Annu

S.no	Student Name	Grade	Signature
18.	Ruchi	1 st year	Ruchi
19.	Misti	1 st year	Misti
20.	Romila	2 nd year	Romila
21.	Gauri Joshi	1 st year	Gauri Joshi
22.	Sadhana Singh	3 rd	Sadhana
23.	Khushi Kumari	2 nd	Khushi
24.	Akshita	3 rd	Akshita
25.	Juhi Kumari	2 nd	Juhi
26.	Gauri Singh	2 nd	Gauri
27.	Priyal Yadav	1 st year	Priyal
28.	Kaavya Bansal	1 st year	Kaavya
29.	Ritika	1 st year	Ritika
30.	Chanshi	1 st year	Chanshi
31.	Ranjana	1 st year	Ranjana
32.	Shruti Ghosh	1 st year	Shruti
33.	Nivedita Mahapatra	3 rd year	Nivedita
34.	Shruti Mukherjee	3 rd year	Shruti
35.	Anisha Garg	2 nd year	Anisha
36.	Arjun Yadav	2 nd year	Arjun
37.	Sakshi	2 nd year	Sakshi
38.	Pooja Rao	2 nd year	Pooja
39.	Divya Lohar	2 nd year	Divya Lohar

S.no	Student Name	Grade	Signature
40.	Samridhi Gupta	II nd year	Samridhi
41.	Kanjika Kumari	III rd year	Kanjika
42.	Manika Kumari	III rd year	Manika
43.	Pooja Tiwari	II nd year	Pooja
44.	Nishikanta Mudgal	II nd year	Nishikanta
45.	Shruti Mukherjee	III rd year	Shruti
46.	Shruti	II nd year	Shruti
47.	Shruti	II nd year	Shruti
48.	Pooja	VII th Sem	Pooja
49.			
50.			
51.			
52.			
53.			
54.			
55.			
56.			
57.			
58.			
59.			
60.			

LIST OF ATTENDEES