

DEPARTMENT OF PG STUDIES IN FOOD SCIENCE & NUTRITION



Nutrigen

PG Studies in Food Science & Nutrition,
Alvas College, Moodbidri

NAME OF THE EVENT

**RECENT TRENDS IN
FOOD SCIENCE AND
TECHNOLOGY.**

ORGANISER

**AFST, DAVANGERE
CHAPTER IN
ASSOCIATION WITH
FOOD TECH FORUM.**

EVENT ADDRESSED BY

Dr. Avinash P Sattur

Chief Scientist and HOD of
Microbiology, CSIR—CFTRI, Mysore

Dr. R Ananthan

Scientist, Asst Director, Food
Chemistry, NIN, Hyderabad

Dr. Vidyashankar srivatsan

Scientist, Dept of Bio-Technology, CSIR -
Institute of Himalayan bioresource
technology, Himachal Pradesh

Dr. R Ananthan

Head R&D Britannia, pvt. Ltd. Bangalore

DATE

12 - 6 - 21 / 13 - 6 - 21

TIME

10:30 – 1:00PM

PLACE

GOOGLE MEET 

TOPICS THAT WERE ADDRESSED ARE

It's already known –
CFTRI case studies

Indian food composition
tables and it's significance.

Food and nutraceutical
applications of algae and
industrial perspective.

Food supplements and it's
physiological and health relevance
at different age groups.

DEPARTMENT OF PG STUDIES IN FOOD SCIENCE & NUTRITION



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Alvas College, Moodbidri

NAME OF THE EVENT

**“ HEALTHY EATING
TOWARDS
SUSTAINABILITY”**

ORGANISER

**THE YENEPOYA
INSTITUTE OF ARTS,
SCIENCE, COMMERCE
AND MANAGEMENT,
MANGALORE.**

EVENT GUEST

Dr. Archana Prabhat,

Co-ordinator and HOD
Dept of PG studies in
Food Science and
Nutrition at Alva's
college, Moodbidri.

DATE

22-06-2021

TIME

10:00-11:00 AM

PLACE

GOOGLE MEET 

EVENT ALL ABOUT

**The event was about
healthy eating and
what and all it takes
to practice a good
eating for
sustainable
development**

DEPARTMENT OF PG STUDIES IN FOOD SCIENCE & NUTRITION



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PG Studies in Food Science & Nutrition,
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NAME OF THE EVENT

**“ FOOD SAFETY
REGULATORY FRAMEWORK
IN INDIA AND CAREER IN
FOOD LAW.”**

DATE

JUNE 7,2021

TIME

10:30 – 1:00PM

ORGANISER

**DEPARTMENT OF PG
STUDIES IN FOOD
SCIENCE & NUTRITION,
ALVAS COLLEGE,
MOODIBIDIRE**

PLACE

GOOGLE MEET 

EVENT HOST BY

**Mr. Pratap Singh
Shekhawat**

Food Law Expert

**Ms. Protity Shuvra
Dey**

Food Expert

TOPICS THAT WERE ADDRESSED ARE

**The workshop aimed
at giving in depth
details about safety
standards authority
of India(FSSAI) and
food safety
standards act,2006.**

DEPARTMENT OF PG STUDIES IN FOOD SCIENCE & NUTRITION



Nutrigen

PG Studies in Food Science & Nutrition,
Alvas College, Moodbidri

NAME OF THE EVENT

**ENTREPRENEURSHIP - CUM
- SKILL DEVELOPMENT
TRAINING PROGRAMME ON
VALUE ADDED PRODUCTS
FROM AND VEGETABLES**

ORGANISER

**ICAR- DIRECTORATE
OF CASHEW
RESEARCH**

EVENT ADDRESSED BY

Mrs. Jissy George ,
Subject Matter Specialist,
Home science. ICAR-KVK
Alappuzha

Mr. Rajkumar
Scientist, Food Technology

DATE

25-11-2021 TO 30-11-2021

TIME

10:00-11:00 AM

PLACE

zoom 

EVENT ALL ABOUT

it was indeed a great experience to learn and acquire knowledge about the topic it was very helpful and extremely informative and the webinar conducted will surely be helpful for everyone in future especially ones interested in industrial fields.

DEPT OF PG STUDIES IN FOOD SCIENCE & NUTRITION

DATE- 22-06-2021

EVENT PLACE- GOOGLE MEET

TIME- 10:00-11:00 AM

REPORT ON THE NATIONAL WEBINAR

“Healthy eating towards sustainability”

ORGANIZER - THE YNEPOYA INSTITUTE OF ARTS,
SCIENCE, COMMERCE AND MANAGEMENT, MANGALORE

EVENT GUEST -

Dr. ARCHANA PRABAT

CO Ordinator and HOD for PG Studies in Food
Science and Nutrition at Alva's college, Moodbidri.

WHAT WAS THE EVENT ALL ABOUT :-

The event was about healthy eating and what and all it takes to practice a good eating for sustainable development. The event enlightened us about the healthy diet, Pros and cons different eating habits and its impact on human beings.

The quality of life is improved once the person knows what a healthy food is and what it is to have a mindful choice when it comes to food. A plate should have half of its portion only fruits and vegetables, a part of protein and grains. For a proper physiological process one has to keep their body hydrated so that all the toxins are flushed out and maintain constant internal body temperature i.e., homeostasis.

There are many adverse effects on health due to poor choices of eating habits which leads to obesity, CVD's, diabetes, etc. Food should be consumed in such a way that it should function as a medicine to the body instead of hogging or gorging mindlessly leading to severe health issues. Cutting down on junk foods, caffeine and high dense calorie food stuffs will protect from suffering due to severe health repercussions. These unhealthy food habits will take a toll on physical, mental and social well being of a person subsiding their abilities to participate actively in day to day activities. Since practicing bad food habits will disturb hormone levels in the body which affects sleep, leads to depression, anxiety, stress, one should avoid over indulging on unhealthy food such as junk, processed foods, pizzas, burgers, carbonated beverages, etc.

Healthy snacking such as fruits, sprouts, dry fruits can be inculcated in your routine. To have a sustainable life one should know what quantity of food goes in as per the requirements. Saving food from unnecessary wastage will reduce the burden on the ecological balance. Choose wisely and choose healthy

CONCLUSION

It was an insightful event and I'm very thankful to our beloved HOD Ma'am for sharing her insights on defining what a healthy eating is and how to inculcate healthy practices of eating to have a better life. I also thank the organisers for conducting such a good event and making it a fruitful opportunity for the students. GOOD FOOD, GOOD VIBES, GOOD LIFE!!!

SUBMITTED BY - JYOTHI N