

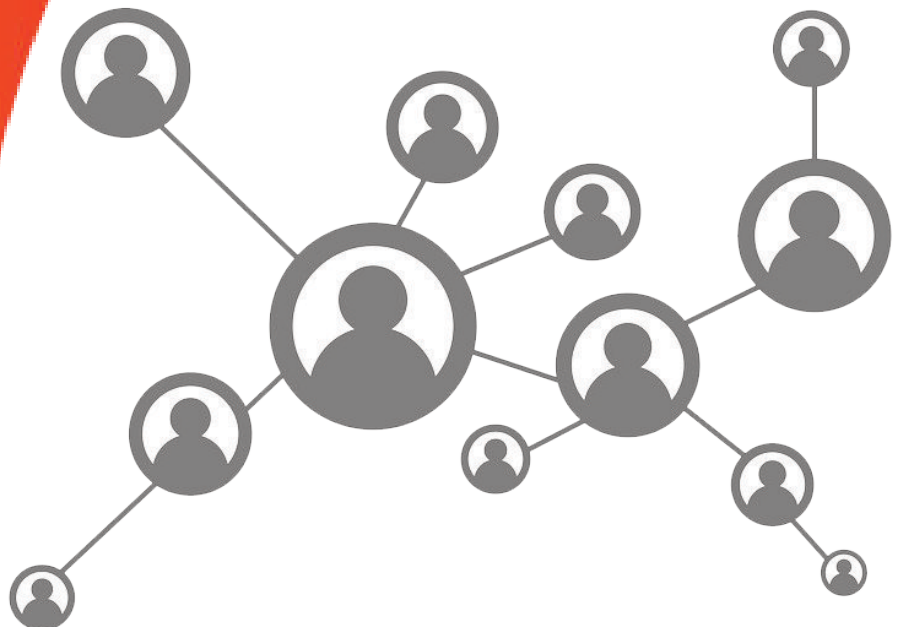


# NetProFaN

NETWORK OF PROFESSIONALS  
OF FOOD AND NUTRITION

## Newsletter

2020



It's heartening to see how the NetProFaN community has grown since its co-creation in 2019. The technical expertise of the members in varied areas is an asset for the country especially in these testing times of COVID-19. Their knowledge, expertise, skill and outreach will go a long way in strengthening the food systems of the country for not only tackling the current pandemic but also for the preparedness of future.



**Ms. Rita Teotia, Chairperson, FSSAI**

NetProFaN is a unique platform which helps in engaging with multilateral professionals who share their diverse experience and knowledge to combat food safety and nutrition problems in the country. They act as our arms in this testing situation of COVID-19 by helping in disseminating a uniform messaging. It is heartening to see their efforts in scaling up of activities of FSSAI at grassroots level.



**Mr. Arun Singhal, CEO, FSSAI**

# Editor's note

Dear Readers

The Food Safety and Standards Authority of India has created a common platform for professionals in the field of food and nutrition. Network of Professionals of Food and Nutrition (NetProFaN) creates the opportunity to synergise the strength of its seven associations in contributing to improving consumer health status and building a robust ecosystem of safe and nutritious food in the country.

With this newsletter we wish to capture the extensive work carried out by different NetProFaN chapters. NetProFaN has been a constant support in scaling up the Eat Right India movement. Some of the major activities performed by the members include developing new resource material, translation and validating current resources in regional languages, showcasing the initiatives in various conferences/seminars at individual or chapter level, organising workshops/ Eat Right Melas for various stakeholders and providing technical inputs where required.

On behalf of FSSAI, I thank all the members of the network for keeping the momentum going and disseminating the messages to the grassroots level. I would also like to acknowledge Ms. Subhprada Nishtala Director Incharge, ITCFSAN; Ms. Nidhi Agarwal and Mr. Mihir Bhayye from AFST(I) who

helped in compiling the large amount of work performed by each chapter into this newsletter. Please do go through this issue to know more about the innovative activities conducted by our chapters to reach the masses.

Hope this issue motivates you to join the NetProFaN network and expand the reach.



The network was co-created on 22<sup>nd</sup> March, 2019



Manifesto was launched on 7<sup>th</sup> June, 2019



National Steering Committee was formed in November, 2019



The network started with 18 active chapters



Pune, Nagpur, Salem, Kochi, Varanasi, Coimbatore and Vellore recently joined taking the count to 25

Warmly,  
Inoshi Sharma, Director SBCD  
FSSAI, India

# Reflections

NetProFaN is envisioned as a collective of professional bodies and experts in the areas of food, nutrition and public health to come together to contribute to national efforts to improve the status of food safety and nutrition in the country. This network was co-created on 22nd March, 2019 with six professional associations and was joined by the 7th association in November, 2019.



Every Pinch **COUNTS**

The following Professional Associations are part of this one-of-a-kind network; Association of Analytical Chemists, India Chapter (AoAC), Association of Food Technologists and Scientists (AFSTI), Indian Dietetic Association (IDA), Indian Federation of Culinary Associations (IFCA), Indian Medical Association (IMA), Indian Public Health Association (IPHA) and Nutrition Society of India (NSI). Besides these seven associations any individual who wishes to join the network but is not a member of any of the association can provide support to the Eat Right India movement and join the network as an ambassador.

The network has been formed to support and expand the outreach of various flagship programmes under Eat Right India initiative of FSSAI. A two-tier steering committee one at national level and second at state level has been formed. The members have the power to select its own city chapter convener and co-convener. The activities are performed by NetProFaN members at individual and team level especially in their settings at home and workplace. The network will increase the knowledge-base of the profession through collaboration across disciplines.

The main driving force of this network is social and behavioural change for which due recognition is given by FSSAI. A matrix of suggested activities is provided with the point-system for an individual and a chapter in the manifesto. Chapters and Individuals can become members on the NetProFaN website and upload their activities and earn points.



Since its inception more than 400+ sensitization activities have been conducted by the chapters. Some of the notable activities performed by the members were developing resource material, books, videos etc for FSSAI. Members have contributed to 'The Purple Book: People's User-friendly Resource for Practicing and Learning to Eat-Purple-Book on Diets for Diseases'. This book will serve as a guide for clinical dieticians, nutritionists and doctors and function as a resource book in their practice. Another book is Eat Right during COVID-19- A handbook for citizens and regional healthy recipes for the Orange Book-Eat Right at the workplace. Members have actively contributed in the expert speak section of FSSAI website and MyGov through short informative videos and also shot webinars for the aspirants who want to pursue a career in the field of food safety and nutrition. All the associations have also contributed questions for the online Eat Right Quiz.

Many states have successfully conducted workshops on food fortification for different stakeholders with support of state FDA. Members are also helping stakeholders to create Eat Right Schools and Eat Right campuses in their states. Five Eat Right Melas were conducted by the city chapters at Barpeta, Mumbai, Indore, Chennai and Raipur. The mega event of Chennai Eat Right Mela was inaugurated by Honourable Chief Minister Edappadi K Palaniswami and was highly appreciated. Chapters like Mumbai, Chennai and Trivandrum mentored new chapters and motivated them to perform the activities.



Professionals, in their individual capacity are also involved in regular media and radio interactions, writing newspaper articles, and as members of technical committees of FSSAI and state FDAs. They also represent Eat Right India at various events, surveillance drives, panel discussion to name a few. Through the chapters there is an active participation of college students in eat right

challenges. During the salt challenge FSSAI invited suggestions for reducing salt content in home and restaurant cooked meals/snacks and received an overwhelming response.

Each chapter has its own unique journey and key focus areas depending on the need of the region. This newsletter will provide a glimpse of the activities conducted. We expect NetProFaN chapters to work in coordination with the district officers to participate in the Eat Right Challenge launched in July, 2020. We appreciate the support of members in scaling-up the initiative and hope we continue the good work.



# Chapter Activities & updates

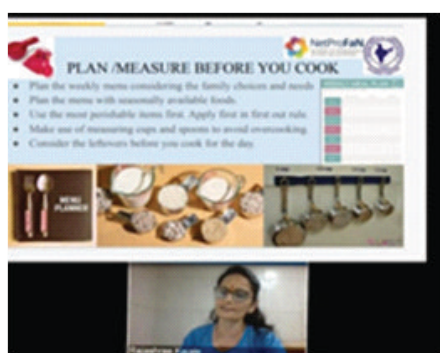


## Ahmedabad Chapter


**Convener-** Dr. Bhavna Baid (idagujarat@gmail.com)

**Co-convener-** Dr. Swati Dave (vedi.swati@gmail.com)

**N**etProFaN Ahmedabad chapter was launched on 12th April 2019. The chapter is associated with a vibrant network of professionals and a team which consists of members from FDCA Gujarat, AFSTI, NSI, IDA, AOAC, IMA. The Ahmedabad chapter is working closely with the state FDA and has formed a state level steering committee. They are actively involved in the Eat Right Challenge as well.



In July 2019 a seminar was organised for better understanding on Edible oil fortification in Ahmedabad followed by a divisional training session on oil fortification and quality assurance in August 2019. September month was celebrated as national nutrition month, many events were conducted for different stakeholders like for anganwadi workers, hospital staff, students etc focussing on aspects of health care and nutrition. Anganwadi workers were trained on five



sutras of nutrition, healthy iron rich recipes, low calorie recipes, a training was also organised with FSSAI for certification in international auditing systems, a talk was delivered on Eat Right and Eat Healthy at MVM science and home science college along with poster making competition.

World food safety week was celebrated from 7th-14th June 2020 by conducting webinars on food fortification and on food safety training for food handlers in hospitals. Planning the way forward NetProFaN Gujarat chapter has decided to utilise this time and conduct webinars on food safety and nutrition for public awareness, online training, organising competitions for students on Eat Right Theme and to develop videos with respect to food safety awareness on social media platforms. The chapter has proposed to mentor and open new chapters in Anand, Vadodara, Rajkot, Surat to expand the outreach of the activities.



## Bangalore Chapter

Convener- Dr. A. Sundaravalli (asvalli\_27@yahoo.com)

Co-convener- Dr Sandhya Singh (idabangalorechapter@gmail.com)

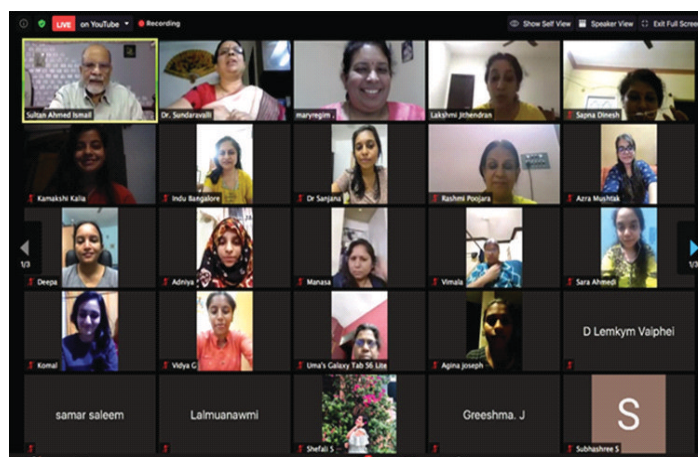
**N**etProFaN Bangalore chapter was inaugurated on 11th April, 2019 in an event organised at Hotel Radisson Blu by IFCA. Since then Bangalore chapter has conducted many activities at social level to spread awareness in the society about health and hygiene.



Activities like workshops, seminars, webinars, competitions, etc were organized at various levels in the community. Starting in September 2019, a state level workshop for CDPO in collaboration with Food and Nutrition Board, Govt of India was organised followed by celebration of National Nutrition Mela Week, themed “Poshan Maah” with Mount Carmel College.

A workshop was also conducted in collaboration with Regional Office South, FSSAI for higher institutions on Food Safety and Applied Nutrition. A series of webinars was conducted by the chapter starting at PIMS Institute along with AFSTI on Food Adulteration.

A number of activities were conducted during the lockdown period to educate people about the importance of health and nutrition in life. Another webinar was conducted to help people understand the strategies to tackle COVID-19, which was delivered by Dr. Dinesh Kumar Bhardwaj, Vice president NSI. A webinar on the occasion of World Breastfeeding week was



conducted by NSI with discussions on the importance of the first 1000 days of life. Students are engaged in many challenges and competitions including salt challenges. Some of the most interesting projects undertaken during COVID-19 times include standardisation of menus and recipes for patients in quarantine facilities, training of hospital staff and students of hospitality management.

In the upcoming year chapter has planned to work in collaboration with AFSTI, IDA, NSI and IFCA in different institutes across Bangalore focusing on food regulatory hands on projects, social media awareness contents on Food, Nutrition and Dietetics, School Nutrition Education Programmes, Eat Right Campus along with FSSAI, Food Safety Training and Certification Program. All these programmes have been proposed with selected colleges and universities. Some important programs of Village adoption, knowledge sharing activities, health tips regarding anaemia and protein energy malnutrition(PEM) to rural people are planned with Jain University, Bangalore. Chapter also proposes to start new chapters in Mysore and Mangalore to create a better coverage in the State.



## Bhubaneswar Chapter

Convener: Dr. Gandham Bulliyya (gbrmrcicmr@gmail.com)

Co-convener: Ms. Sunita Sahoo (odishaida@gmail.com)

The chapter is always in the forefront of organizing seminars, events, interactive programs etc. with the objective in mind to educate individuals and groups so that consumers start adopting healthy eating habits. The chapter is well supported with a good network of dieticians, nutritionists, health care professionals. They contributed to various community programs to increase outreach to promote the importance of nutrition among people. In March 2019, a session on “Anaemia Mukt Bharat” under “Poshan Abhiyan” at Slum Sabarsahi Nayapalli, Bhubaneswar was organized to disseminate the awareness around the problem of anaemia and the importance of iron rich food in our daily life. To catch more attention of participants, the program was made more attractive by arranging food show displaying recipes of some interesting food items such as healthy laddoo, poshtik dosa, fruit chaat and various other recipes of high nutritional value especially higher iron content that will help to improve the haemoglobin level.



On special occasion of International Yoga day which is celebrated on 21st June every year, team planned to conduct two sessions, one on 17th June 2019 with Ayush Department AIIMS Bhubaneswar while another on 30th June 2019 with Capital Hospital to create awareness about yoga and physical fitness along with the importance of balanced diet to lead a healthy life.

Nutrition week on 14th September 2019 was organised on the theme "Panchasutra". Students from Bhubaneswar and from other cities actively participated in seminars as well as in poster competition. Towards continued efforts of the chapter to spread awareness of nutrition in daily life, the new year 2020 started with an event in January on Dietetics day on the theme "Dieticians Reaching the Unreached". It was aimed to educate the low strata population in 2 slum areas which was well organised with an interactive session by senior dieticians and students. It was impactful that women were encouraged to ask queries and eventually helped them to get the message to adopt healthy eating habits. Subsequently in next month on 4th February 2020 which is recognised as "World Cancer Day", the chapter partnered with KRIAA foundation and organised a seminar to educate the students about the facts and myths of diet related to co-morbidity of breast cancer. Henceforth, the chapter is proactive in taking up the theme to increase the reach to such people who are unreached in villages, slum areas etc. and spread awareness on safe and balanced diet.

## Chandigarh Chapter

**Convener:** Mr. Sukhwinder Singh (s.sukhwinder@gmail.com)

**Co-convener:** Chef Vikas Chawla (corehospitality@gmail.com)

**N**etProFaN Chandigarh chapter was launched on 25th February 2020, and since its inception many activities focusing on healthcare and nutrition, food safety and hygiene were conducted by the chapter. On the occasion of World Food Safety Day the



chapter organised a seminar for the newly recruited police staff of Chandigarh police to make them aware about safe and healthy food and hygiene practices. World Health Day, 2019 was celebrated with the students of Govt. Middle School, Chandigarh, Puppet shows were organized to make school children aware about food safety and hygiene.

A workshop on safe and nutritious food @ school was conducted in MCM - DAV college on 13th August 2019, the speakers for the session were Dr. Amarjeet Singh and Sukhwinder Singh, D.O CHD. The students, teachers and food handlers were enlightened and motivated to join Eat Right School program. 200 Students participated in this session. Special camps were organised in health and wellness centres on 3rd July, 2019 to create awareness among patients visiting the centre, doctors and staff about food safety and nutrition. Home based adulterant detection tests were also demonstrated in the workshop. 200 people participated in the workshop. NetProFaN in collaboration with IDA conducted a quiz contest in the Post Graduate Institute of Medical Education and Research on 17th July, 2019. A knowledge sharing session was also conducted on Dietetics by Mrs. Sunita Malhotra. A hygiene rating workshop was conducted in hotel Hometel for the staff of various nearby hotels.



A 3-day training programme was also organised to sensitize hospital patients and kitchen staff about the importance of food safety and hygiene and around 460 persons participated in the workshop.

The chapter celebrated National Dietetics day on 9th January 2020, the theme for this year of reaching the unreached. The event was held in the Industrial area civil dispensary for the industrial area worker women. Awareness was given to pregnant mothers and also a blood donation camp was organized to strengthen the anaemia mukt bharat campaign. Many farmers in the rural sides of Chandigarh practice organic farming, considering this a workshop was organized for the members of organic farmers association to make them aware about the various provisions of laws related to organic products manufacturing, packaging, labelling and licensing. Dietetic Department, National Ayush Mission in association with IDA & NSI Chandigarh Chapter celebrated Rashtriya Poshan Mah in Chandigarh in September 2019, Dr. G. Dewan, Director Health and Family Welfare, U.T Chandigarh inaugurated the Poshan Maah.



The chapter set its further steps with the food department to spread awareness about food safety and hygiene during COVID-19 with mobile testing vans announcing jingles of food safety and hygiene. An online training was conducted by Mr. Mahesh Prajapati (FSATO) and Mr. Sukhwinder Singh on how to maintain hygiene and sanitation in hotels during COVID times. NetProFaN Chandigarh chapter with Punjab State Cooperative Milk Producers Federation, Chandigarh distributed Milk amongst the children on the occasion of World Milk day on 1st June, 2020. On the Occasion of World Food Safety Day 2020, a special drive for checking of used Edible oil was conducted in various part of Chandigarh. The Oil was tested with TESTO 270 instant testing equipment. FBOs were made aware about the harmful effect of repeatedly used cooking oil on human health and on their business. A poster competition was also carried out along with a webinar conducted in collaboration with AFSTI, FSSAI, Eat Right India and ITCFSAN on nourishment during covid-19 and influence and handling of edible oil by Dt. Manisha Arrora and Chef Vikas Chawla. The session was inaugurated by Dr. Gajinder Kumar Dewan, Director Health and Family Welfare Chandigarh

## Chennai Chapter

Convener- Dr. Meenakshi Bajaj (meenakshibajaj@hotmail.com)

Co-convener- Ms Dhanupriya S (dhanupriya@gmail.com)

**N**etProFaN Chennai chapter has an enthusiastic network of professionals from IDA, IFCA, FSSAI, NSI, etc. With such a professional network many initiatives have been run by the Chennai chapter. Starting from awareness programmes, trainings and workshops many programmes have been conducted by this chapter.

On 25th August,2019 a conference was organised for the dieticians of Chennai on the motive of freedom from NCD. “EAT RIGHT MELA” 2019 was organized at Island Grounds Chennai, from 13th to 15th September 2019 by



Food Safety Department, Govt. of Tamil Nadu with participation of NetProFaN (Tamil Nadu) supported by FSSAI, World Bank, and NULM. The three day “Street Food Festival and Eat Right Mela” themed as ‘Madarasapattinam Virundhu – Back

to the roots’ was attended by several dignitaries along with many volunteers from Chennai chapter. More than a lakh people were part of this event. The Eat Right Mela concluded with NetProFaN Chennai Chapter induction workshop. The NetProFaN manifesto, initiatives and resources were introduced to the members by Dr. Joshita Lamba, Mrs. Meenakshi Bajaj Convenor, NetProFaN, Chennai Chapter, Dr. Usha Antony Convenor NSI, Chennai Chapter. This was followed by prize distribution for the various competitions held to conceive the ‘Eat Right Movement’.

IDA has organised various activities towards NetProFaN Chennai chapter some of which include :

- 01 Breast Feeding Week celebrations by IDA Chennai Chapter: August 3, 2019
- 02 First 1000 days Out Reach Program as part of National Nutrition Month, September 2019
- 03 Safe & Nutritious food at College, NATIONAL NUTRITION MAH, September, 2019
- 04 Dissemination of history and importance of food fortification seminar -3rd October, 2019
- 05 NCD FREE INDIA- World Diabetes Day was celebrated in November, 2019
- 06 Prevention of NCD and SNF at College Level Out Reach Program 23rd November ,2019
- 07 Prevention of NCD outreach programme, 1st February, 2020
- 08 World Kidney day at TNGMSSH, Chennai, 7th March 2020
- 09 World Food Safety Day Celebrations –7 June, 2020
- 10 IFCA & World Association of Chefs Societies webinar 21st May, 2020 Webinar
- 11 World Gastronomy Day 8 June,2020

AFSTI Chennai chapter is one of the major supporters of NetProFaN Chennai chapter in many events such as salt challenge, conference on whole grain technology, power talk on food science and nutrition, FOSTAC training, seminar on lifestyle management. The chapter has also mentored new chapters like Salem, Coimbatore and Vellore.



## Delhi Chapter

Convener- Dr. Anita Jatana (idadelhichapter@gmail.com)

Co-convener- Shilpa Thakur (shilpachadhathakur@gmail.com)



NetProFaN Delhi has organised various workshops, competitions and seminars for the students, health nutrition groups, dieticians, hospitals and the general public.

A training programme was arranged for the nutritionist with IDA, Delhi to help them communicate the importance of healthy eating to general public in layman language. A hidden hunger challenge was organized for nutritionists in collaboration with IDA, Delhi chapter. 120+ nutritionists participated in the event. Many other events related to guidance on Cancer Cachexia & Malnutrition, seminars on update on clinical nutrition, etc were given in the month of July, 2019.

In the month of September, 2019 nutrition week was celebrated in collaboration with IDA and various hospitals in Delhi and NCR. The nutrition week was planned with various themes for the week like Poshan ke 5 Sutra, Anaemia Mukht Bharat, First 1000days, Poshtik Aahar, Diarrhoea prevention Wash, Sanitization & Hygiene, etc. Nutrition week was celebrated in the presence of lead dieticians across Delhi and NCR. A Nutrition awareness activity was organised for the youth of Lakshmbai college in collaboration with NSI on 26th September 2019.

November activities were conducted in collaboration with IDA, Delhi with events like nutrition updates on obesity, Social media awareness activities on world diabetes day, etc. One of the major events the chapter actively participated was the Eat Right Mela organised by FSSAI on 26th - 29th December in Delhi. A Panel Discussion was also conducted on Role of NetProFaN in the Eat Right India Movement.



The first event for 2020 was the dietetics day celebration on 10th Jan, the event was themed on “dietitians reaching the unreached”. The event was organised for general public, lawyers and judges in collaboration with IDA, more than 200 lawyers participated in the event. Dietetics day was also celebrated across hospitals of Delhi and NCR. To spread awareness on food fortification a workshop was conducted in association with NSI. Other Programmes such as breast week celebration, protein week celebration, world hepatitis day celebration, social media quizzes and awareness programmes on international yoga day were also conducted in association with IDA, Delhi chapter.

*“NetProFaN platform is effectively communicating and demonstrating importance of hygiene, checking food adulterants, healthy diets, benefits of buying fortified, use of safe ingredients, help to determine nutritional adequacy and safety of food supply, simple tips on food safety, reduction and recycling of food waste etc to support the national efforts in improving food and nutrition indicators. Dr. Shrinivas Joshi, President: India Section of AOAC INTERNATIONAL”*

## Guwahati Chapter

Convener: Ms Mitali Palodhi (palodhimitali@gmail.com)

Co-convener: Dr SA Husain (alamdar.amu@gmail.com)



The Eat Right Mela was organised by District Authority of Barpeta, Assam in Collaboration with Coalition for Food Nutrition Security. World Bank was also involved in the programme dated 14th June 2019 at Barpeta District Library. The Objectives was to sensitize people about healthy eating habits and make them aware about the importance of balanced diet, diversification of food, use of local/Seasonal indigenous fruits & vegetables rich in various micronutrients and of homemade complementary foods through Discussion, Interactive sessions, Diet Counselling for women & adolescent girls and display of various low-cost recipes. The chapter was formerly launched in August, 2020 and developed a robust roadmap which would sensitize various stakeholders and mentor opening of new chapters in North East under

the leadership of Sh. Subhas Bhattacharjee, member AFST and consultant -NER, CSIR-CFTRI.





## Hyderabad Chapter

Convener: Dr. (Mrs) Jyothirmayi T (jyothirmayi@cftri.res.in)

Co-Convener: Dr. Latha Sashi (drlatha\_s@fernandezhospital.com)

Hyderabad Chapter is actively associated with NIN, AFST Hyderabad chapter, OTAI (SZ), NSI, IDA, AOAC, IMA, Chef association. Various lectures were delivered by professionals in CFTRI resource centre for students of UG and PG of various colleges. Lectures and workshops were conducted on numerous topics of food safety and nutrition. A workshop was conducted on bakery products in FTAPCI Hyderabad followed by EDP lecture on value addition, branding, FSSAI registration and warehousing. In Hyderabad on 16th August, 2019 a national conference was organised on recent trends in chemical, petroleum, food, textile and allied technologies for sustainable development. International conference on AGRITEX 2019 was held at Hitex, Hyderabad from 5th-7th September, 2019. Many such seminars and workshops on cluster development under AEP project for mango under APEDA, food fortification seminar, technical seminar at Tech Osmania, Quality control training



programme, hands on training programme on food preservation and food processing were organised by NetProFaN at CFTRI, DRDA and Osmania University, etc.

The way forward for Hyderabad chapter include sensitisation of student population from various food and nutritional sciences background, delivering lectures to build competency in food safety, nutrition and dietetics, organization of quiz competitions, Recipe development for healthy diets, sensitizing pregnant and lactating women, organising Eat Right campaigns and awareness about minimizing water and food waste.



**“N**etProFaN acts as a bonding platform to the Regulator, FBOs and Consumers triad in the Eat Right India Framework to transmit the objective of Safe and Nutritious Food to all for Happy Healthy India- Sh. P Muthumaran, Regional Director, South, FSSAI”

## Indore Chapter

**Convener:** Ms. Vinita Jaiswal (indoreida@gmail.com)

**Co-Convener:** Ms. Amita Singh (amitachadha56@gmail.com)

NetProFaN Indore chapter has conducted various activities for the welfare of the society since its inception. Different activities were conducted in Madhya Pradesh covering various topics health & hygiene, dietetics, nutrition education, etc. Started in July, 2019 NetProFaN Indore chapter organized its first talk on healthy cooking practices, organic foods and harmful effects of trans-fat which was delivered by Padmashree Hon. Janak Palta. A session was organized providing health tips to the pregnant ladies of anganwadi about the importance of diet for the first 1000 days of child birth. A training was also organised for nursing staff of Vishesh hospital about the importance of diet during pregnancy and lactation period. Multiple programmes at school



level and pre-school level like Eat Right and Healthy drawing competition, eat right awareness seminars at government and non – government schools were also conducted.

## Eat Right Mela

The “EAT RIGHT MELA” 2019 was organized at Prestige Institute of management and Research, Indore M.P. on 8th September, 2019 by NetProFaN, IDA M.P. Chapter and AFSTi Indore chapter with the support of World Bank, FSSAI and FDA M.P. Eat Right Mela was attended by 300+ delegates including college students, parents, teachers,

association members, street food vendors and the general public. Throughout the event the message “EAT RIGHT, LIVE RIGHT... AAJ SE THODA KAM” was echoed.



लॉकडाउन में खुद को फिट रखने के लिए बैलेंस डाइट लेना बहुत जरूरी

## डिटोक्स वॉटर से रखें बाँडी को हाइड्रेट, एक्सरसाइज से बढ़ाएं इम्यूनिटी



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फिटनेस PLUS रिपोर्टर

इंदौर • लॉक डाउन पीरियड में इम्यूनिटी और एक्सरसाइज को बढ़ाकर पूरी तरह से बदल दिया है। खुद को फिट रखने के लिए बैलेंस डाइट लेना बहुत जरूरी है। लंबे समय तक ऊपर उठाने और हेवी वुट को डाइट में शामिल करना है तो इसके साथ डाइट भी देखने को मिलते हैं ऐसे में इस समय सही डाइट लेना बहुत जरूरी है जो लॉक डाउन खुलने के बाद के लिए भी आपको बाँडी को पूरी तरह से तैयार कर सके।

### रोज व्यायाम जरूरी

हर दिन एक घंटा यात्रा योग, स्ट्रेचिंग जैसी एक्सरसाइज को दें, इससे बाँडी में हेवीमेटाबोलिज्म रिलीज होते हैं जिससे मन स्वास्थ्य और शरीर ऊर्जावान बन रहा है। स्ट्रेचिंग नहीं आ रही है ऐसे में अंडरलिट दालों को डाइट का हिस्सा बनाएं। इसमें प्रोटीन और फाइबर शरीर को मिलेगा। नींबू, पानी और अजला का जर्जरिन सेवन करें। इसे विटामिन सी मिलता है जो काफ़ी लाभदायक है। इसके अलावा पसले में ज्योरा तुफान उन्नी पोटनी या रास का सेवन करना चाहिए, यह होमोसिस्टिन बढ़ाने में मददगार होता है।  
- प्रीति शुक्ला, डाइटिशियन



### शरीर को रखें हाइड्रेट

अभी सर्दियों में ही है ऐसे में बाँडी को हाइड्रेट रखना बहुत जरूरी है। इसके लिए फल, नारियल पानी, डिटोक्स वॉटर और नींबू पानी का सेवन करें। हर छोटी-छोटी टेर में पानी पीते रहें। इम्यूनिटी बूट करने के लिए अदक, हल्दी, लहसुन, दाल, पुदीना, अजला और फल शामिल करें।  
- विनिता जाधवराव, डाइटिशियन



### सुपाच्य भोजन लें

आज जब हम घरों से बाहर नहीं जा रहे हैं तो ऐसे समय पर हमारी अधिक कैलोरी बन रही है ऐसे में हमें साधारण, सुपाच्य व अधिक फाइबर वाले भोजन को चुनना चाहिए। जैसे दालें, बेसन, चिन्नी, अंडरलिट अजला या सूखे अजला से बने व्यंजन। ये सभी घरों में उपलब्ध हैं और कम बजट में हैं।  
- भावना चौधरी



### गर्म पानी का करें प्रयोग

संक्रमण से बचने के लिए और बाँडी टॉक्सिन बाहर निकालने के लिए गर्म पानी का सेवन करें। सूबे दाल, पौष्टिक, दालों का मूत्र, टमाटर और स्ट्रॉबेरी का मूत्र, साबुदा, ड्रिपिंग टिफिन को डाइट का हिस्सा बनाएं। प्रोटीन ए, सी और ई का सप्लू सेवन करें। स्ट्रीचिंग एक्टिविटी को शरीर को तैयार कर सकते हैं।  
- सोनली सचदेवा, न्यूट्रीशियन

In September, 2019 NetProFaN started its campaign for spreading awareness regarding the use of double fortified foods in diet regime. The first session was conducted at SAGE university. Heart Mela was conducted in Indore on the occasion of World Heart Day, diet counselling was given to the general public focusing on replacement of unhealthy foods and removal of trans fat from diet. Focusing towards the rural areas, health and hygiene are some unexplored concepts in villages/ rural India. To eliminate this gap a health talk was organized for the women of Indore district focusing on hygiene, hand washing, consumption of iron rich foods, etc. Nutrition



competition and recipe competition was also run among anganwadi women to spread awareness on healthy eating and to enhance a creative way to healthy recipes. A two-day nutrition fest was held at DAVV university in which many students participated and won exciting prizes. A workshop on myths and facts of nutrition was also conducted in DAVV university In the subsequent years, NetProFaN Indore proposed to open new chapters in Madhya Pradesh and aims to run many such initiatives for public welfare.

## Jaipur Chapter

**Convener** - Dr. Nimali Singh (drnimalisingh@gmail.com,)

**Co-convener** - Dr. Richa Chaturvedi (vainavi\_ch@rediffmail.com)

**N**etProFaN Jaipur chapter was officially launched on 13th August, 2019 in the presence of Dr. Subhash Garg, Hon'ble Technical Education Minister, Rajasthan.

In the past one-year chapter has conducted numerous activities and marked its presence at National Level. Rajasthan chapter is associated with a large number of dieticians, food industry professionals, etc. This network helps in conducting various seminars, training and other events at school and community level across Rajasthan.



With such a strong base this chapter has conducted various events in Rajasthan focusing on health and wellness. Just after its inception the chapter conducted an event for the hostel students of PG Mahila Mahavidyalaya to spread awareness on Poshtik Ahaar. 350 adolescent age girls were made aware about food as a solution for common health problems faced during this age. Dr. Richa Mittal delivered a session to build community awareness about Diet-Diversity, nutrition and health. Sharing the Importance of Nutrition in first 1000 days and for school going children, how hygiene and sanitation plays an important role in healthy life, an awareness session was organized at Jagriti Gyan Vidya Mandir followed by a talk on Fit India campaign for general population on 7th September, 2019 by Surbhi Pareek.



Members of the chapter organized numerous activities throughout the National Nutrition month. Various resource materials were developed based on FSSAI resource books for the purpose. A special focus was given on the Poshtik Ahaar programme by targeting the OPD's of some of the hospitals in Jaipur, with the help of NSS students of Jaipur colleges to communicate the



importance of balanced diet and the right food in the society.

A guest lecture series at primary and higher secondary schools in Jaipur to spread awareness about healthy eating habits, junk food, physical activity, diabetes and hypertension and also on the aspects of the importance of Nutrition in first 1000 days a, how hygiene and sanitation plays an important

role in healthy life were conducted.

- The start of 2020 was marked with celebration of Dietetics Day and multiple activities in various rural areas for creating awareness among the masses at grass root level. A one-day workshop was held on Anaemia mukt gram panchayat in Jaipur to create awareness among health workers. February was a month of academic feast for the members with International Conference on sports nutrition IASMCON2020 and continuous medical education sessions. NetProFaN collaborated with 16 agencies both National and International, for the event 'Sports Nutrition 360 Degree'. Several speakers delivered sessions on sports nutrition with 1000+ participants.

- Social media posters were created for understanding the myths and facts of COVID -19. A national webinar was also held to assess the challenges and measures taken by Government on issues related to livelihood of migrant workers during COVID-19.



## Kolkata Chapter

**Convener-** Malbika Dutta (idabengal@gmail.com)

**Co-convener-** Sumona Mondal (19sumona@gmail.com)



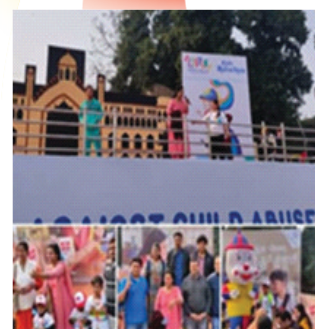
Various programs have been conducted to create awareness and counsel people about the prevalence of anaemia and strategies to tackle them. The program included awareness talks using puppets, display of various locally available iron rich food, making of soya milk, making of soya cottage cheese, distribution of locally available iron rich food, printed recipes for iron rich food items shared. Similar program for adolescent girls was also organised at United Missionary Girls' High School with around 400 beneficiaries and quiz competition was also conducted and Iron rich chikki were distributed as prizes.

Importance of breastfeeding through awareness camp was conducted at Aikya Sammilani Club. Niranjana Sen Nagar. Dunlop with 100+ beneficiaries which also included distribution of protein, vit C & iron rich food for nursing mothers. Similar awareness drives are conducted at hospitals and old age homes to sensitize people about eating right. The key of the events is distribution of healthy snacks to motivate people to adopt these practices in their life.

## Lucknow Chapter

**Convener:** Ms. Shalini Srivastav (shalinishishir@gmail.com)

**Co-convener:** Prof Uday Mohan (lucknow.ida2012@gmail.com)



Lucknow Chapter proactively adopted the NetProFaN agenda to widespread the launch of Eat Right India across Lucknow city by organizing several seminars and public lectures etc. with eminent speakers like Prof. Neelam Singh, Prof. U. Mohan, Dr. Shalini Srivastava . The similar outreach was conducted for schools and colleges such as Little Millennium School, Isabella Thoburn College, Nehru Gram Bharti School etc. The importance of healthy eat habits was taught and certain options were displayed through “Healthy Lunch Box”. So, in this way, the awareness was spread to more than 1000 citizens.

## Aaj se Thoda Kam

On the other hand, the key message of Eat Right India which is “Aaj se Thoda Kam” was disseminated through seminars and workshops by elaborating about the benefits of adopting it, while leading life without a balanced diet would adversely affect one’s health. Dr. Shalini shared expert knowledge about “Breast Cancer Survivor and Fighters nutrition”. And Prof. Anita Saxena, Nephrologist at SGPGIMS, Lucknow had talked on the topic “Prevent Lifestyle disorders with FSSAI initiatives”.

September being national nutrition awareness month was celebrated keeping main agendas in place like Sahi Poshan Desh Roushan Seminar, Anaemia Mukta Bharat Seminar, Sampourn Poshan +F Seminar, Food Safety on wheel workshop and Dart Book Workshop. Holistically, 360-degree coverage of topic to give a wider perspective of importance of diet as well as food safety is shared among participants.

Leveraging all the special days like International Women’s Day was even utilized to educate on the most important

important topic which is “Anaemia Prevention” by Prof. Uma Singh and Dr. Shalini. Breastfeeding week and World Cancer Day was turned out to be great events with the seminar on Healthy diet vs Food Plate and the total outreach was exceed 1000 participants.

· The theme “Vocal for Local” was widely deployed by organizing a few online recipe contests to promote more traditional food and regional dishes. From various cities around Lucknow like Agra, Allahabad, Kanpur etc. approximately 50 participated for contest which did sensitize the traditional values as well as its associated nutritional benefits.

· COVID-19 being an alarming situation to understand the importance of Food Safety and Eat Right. In the same context, training programs conducted to spread awareness on food safety and security, avoid wastage, sample diet plan, importance of sanitization of kitchen and surroundings. This benefited the wide range of consumers like the general public, students, official staff etc. and total outreach was more than 500.

*“This pandemic has taught us the definition of Wealth has been changed to Health means w has been replaced by h. NetProFaN united diversified disciplines on one platform to direct extensive years of experience and knowledge towards a common goal. It's indeed an exemplary step towards making a difference and AFST India is proud to be a partner of this journey. Dr. Prabodh Halde, Immed Past President, AFST”*



## Mumbai Chapter

**Convenor:** Shri Nilesh Lele, (nileshlele@gmail.com)

**Co-convenor:** Ms. Naaznin Hussian, (naaznih@gmail.com)

**N**etProFaN Mumbai chapter is one of the strongest in the western region with very important stakeholders from the government, industry and various associations like IDA, NSI, IFCA, AOAC, AFSTI, IMA. The first stakeholder meeting was held on 24th April 2019. In August, 2019 a meeting was held with key industry stakeholders on more understanding about Eat Right Campus. Many stakeholders from railways, food industry, entrepreneurs, super markets and retail outlet chains, IDA, AOAC joined the event. The chief guest for the event were Mr. Pawan Agarwal, CEO, FSSAI and Dr. Jagmeet Madan,

President, IDA. On 18th May, 2019 Mumbai chapter successfully conducted season 3 of NetProFaN AFST(I) Power Talk. The Chief Guest for the event was Dr. Dadasaheb Wadikar Scientist, DRDO-Defence Food Research Laboratory, Secretary of AFST(I) HO. The event was supported by FOSTAC an initiative of FSSAI. The season witnessed participation from 36 speakers from various food related fields.

AFST Mumbai Chapter and NetProFaN Mumbai chapter along with FSSAI Western



Region and FDA Maharashtra, organized World Food Safety Day on 7th June 2019 at Institute of Chemical Technology, Matunga. Guest of Honour for the event was Dr. Yogesh Kamat, IRS-Director FSSAI-Western Region, and Chief Guest was Prof. G. D. Yadav, Vice Chancellor, Institute of Chemical Technology Mumbai. There were technical talks by Ms. Jayanti Kathale, Owner of Purnabramha Chain of Restaurants wherein she briefed on Hygiene & Food Safety in restaurants, and Ms. Chinmayee Deulgaonkar, MD FoodChain ID, spoke on Food Safety beyond Hygiene. The pace of food safety awareness should continue, and this pace can be increased and maintained by student connect. In Mumbai NetProFaN along with other partners is connected to many such colleges. NetProFaN along with Eat Right India conducted a Eat Right Mela at Guru Nanak Khalsa college Mumbai. The main purpose of the Mela was to communicate food safety awareness and eat right methods to the consumers and general public, empowering people for food safety. Many street food vendors and students from various colleges participated in the event. The event was conducted under guidance of the industry professionals and members from IDA,

AFSTI and chef association were also present. Eat Right Traditional Food Mela was also conducted at SVT college of Home Sciences. Speakers from IDA, AFSTI and Chef Association were invited to deliver talks on Revival of traditional foods in healthy formats. The event was held on 24th September, 2019 and 500 students participated in this event. During the course of lockdown Mumbai chapter along with AFST Mumbai conducted a 10-day, 10



webinar series for the student. More than 5000 students attended the series. On the location of World Food Safety Week NetProFaN Mumbai Chapter Along with AFST organised Web series on topics related to farmer empowerment, food safety for caterers, Myth busters, Food safety in sports nutrition, etc. NetProFaN Mumbai chapter has also worked with IDA for conducting webinar series on topics like health recipe innovation, sugar movement, swastha bharat yatra, job cell, etc. They actively mentored new city chapter in Maharashtra and formed chapter at Pune & Nagpur.

## Nagpur Chapter

**Convener:** Dr. Renuka Mainde (rcmainde@gmail.com)

**Co- convener:** Dr. Kavita Bakshi (kavitabakshingp@gmail.com)

**N**agpur chapter was inaugurated on 28th May, 2019 in the presence of Maharashtra convener Mr. Nilesh Lele. Nagpur chapter hosted its first event on the occasion of World Food Safety Day on 7th June 2019 with a lecture on food safety, personal hygiene and environmental hygiene by esteemed speakers Dr. Vijay Karadbhajane and Dr. Renuka Mainde to the food handlers, service boys and kitchen staff. On 12th July, 2019 an awareness lecture on organic food regulations was delivered by Dr. Prabodh Halde, AFSTI to the students, nutritionist and general public to motivate them for a start-up plan in the healthy food business. To celebrate National Nutrition Month and poshan maah a sensitisation programme on use of right oil for good health was organized by Nagpur chapter in Mahindra and Mahindra farm unit Nagpur. The workers in the unit, staff and stakeholders were made aware about healthy cooking oil, how to store oil, difference between single pressed oil and filtered oil, education on trans fat and RDA for fats. Eat right initiatives of Nagpur NetProFaN targeted to outreach the diverse sections of society, decided to join the prestigious movement of FSSAI to introduce the concept of Sahi Khao/Eat Right to the population. Under this Eat Right Initiative Nagpur Chapter conducted a series of events from September, 2019 - March, 2020. Some of which include -

- 01 19th September, 2019 - Nutrition Education to female Farmers on first 1000 days of life on the occasion of panch sutra of poshan maah
- 02 2nd October, 2019 - Eat Right Mela diet exhibition cum counselling
- 03 14th November, 2019 - Eat Right diabetic seminar in AIIMS for the patients
- 04 15th November, 2019 - Eat Right Education for diabetic employees of Mahindra and Mahindra Nagpur.
- 05 4th December, 2019 - Eat Right School Campus activity along with FDA Nagpur FDA commissioner Dr. Pallavi Darade Madam
- 06 11th January, 2020 - Eat Right Activity for truck drivers.
- 07 24th January, 2020 - Awareness lecture for Students of Hislop college Nagpur on health implication by consumption of Junk food
- 08 17th February, 2020 - Awareness lecture for IT company Excelon software Nagpur unit.



09 25th February 2020 - Eat Right Concept introduction to students of agricultural University.

10 9th March, 2020 - Women's Day function at Engineer college Rasoni University Nagpur



In collaboration with MSVSTF- Mahindra CSR, IDA, NetProFaN Nagpur Chapter conducted a nutritional status assessment camp at Palasgaon Wardha district of children of female farmers. 40 kids aged between 6 months to 10 years were assessed. Nagpur Chapter launched Pahal Nutrition intervention programme along with MSVSTF - Mahindra CSR partnership programme covering 195 kids from wardha district. The programme was extended to 55 anganwadi of Wardha district and 100 anganwadi workers were trained on food safety and accuracy required during anthropometric measurements by Dr. Kavita Bakshi and Dr. Renuka Mainde.

#### AWARENESS SESSION FOR FEMALE FARMERS- CELEBRATE PANCH SUTRA OF POSHAN MAAH



On 2nd World Food Safety Day, a webinar was delivered by Dr. Sashank Joshi on the role of vitamin and mineral supplementation, Dr. Sabiha Vali on Eat Right during COVID-19. Dr. Chinmayee Deulgaokar on Food safety and by Dr. Nilesh Amritkar on workplace and house sanitation. Nagpur Chapter has also developed awareness videos on Eat right during COVID-19 times with the help of many industry professionals in Hindi and English.



## Puducherry Chapter


**Convener:** Dr. Sunderamoorthy Haripriya (shprieya@gmail.com)

**Co-convener:** Dr. Haripriya Suresh Kumar (harirama1978@gmail.com)



The Puducherry Chapter was inaugurated on 16th October, 2019. The chapter has previous active participation in the Swasth Bharat Yatra as well from the students of Department of Food Science and Technology, Pondicherry University on 17th October, 2018. The National Nutrition Month – POSHAN ABHIYAN was celebrated on 13th September, 2019 at the Puducherry Municipality Office, Nellithope. Nearly 200 SHG women participated.

Eat right Mela was conducted on 31st September, 2019 at Chettipet Village, where NetProFaN, Puducherry chapter along with IDA and ICAR- Perunthalaivar Kamaraj Krishi Vigyan Kendra jointly organized the programme. Around 300 farmers and their families participated in the mela. A seminar was conducted on World Diabetes Day was celebrated in



Mother Theresa Nursing College Hospital and Research Institute, Puducherry. Over all 300 nursing students and dietitians attended the program. The World Food Day was celebrated on 16th of October,2019 in the Department of Food Science and Technology, Pondicherry University where various competitions on Paper collage, Spray painting, posters making were participated by the students of Pondicherry University. World Food Safety Day was celebrated 7th June,2020 where an online quiz on the theme of food safety was conducted and around 1070 students across the various institution of India participated in the program and an International Webinar on the Theme 5S –In/During/After COVID-19 on 12th June, 2020 was also organized.

## Pune Chapter

**Convener:** Ms. Shilpa Shirole (shiroleshilpa@yahoo.com)

**Co-convener:** Ms. Rupa Kanvinde (cherishfoods@gmail.com)



Immediately after its inception from 31st July 2019, the chapter with great enthusiasm and high spirit organized its first seminar on 30th August 2019 in collaboration with NSI Pune, IAPEN on the theme of “Nutrition and Malnutrition Screening”. It was followed by other programs such as Nutrifair on 18th September 2019 along with NSI Pune and IDA Pune Chapter and on 29th September 2019, food safety educational programs conducted for food handlers and housekeeping staff.

A full day event organised on 11th January 2020 focussing on consumer centric design for an effective entrepreneurship. In inter

school event along with Khelo India and Fit India campaign conducted multiple nutrition session and approximate reach out was 25000 children, while 2 days state level seminar (8-9 February 2020) was organized in IGNOU and Vidya Pratishtan and one day event at Sharda Pratishtan college on 10 February 2020.

Special Occasion “International Women’s Day” celebrated on 8th March 2020 was well planned for an event in collaboration with Khadki Corporators to reach out to Khadki women residents. The theme of the event was “Healthy Women, Healthy Nation” to make them understand that how important is nutrition for their health to make them fit



and deal with daily stressful life to manage home. While, “2nd World Food Safety Day” was celebrated on 12th June 2020 through digital mode presented the food safety, hygiene and safety requirements for restaurants, street food vendors and caterers in regional Marathi language based on surveys conducted on street food vendors and caterers around Pune city.

COVID-19 the recent pandemic has nudged to prioritize safety in one’s life. FSSAI has introduced FOSTAC Certified Awareness program on COVID-19 Management, was conducted through the mode of webinar in association with AFSTI, Envirocare labs and FOSTAC team on 27th May 2020. On the other hand, strategizing to boost immunity is a most demanding area which was discussed in detail among students in full day webinar organized along with IDA, IAPEN on 14th July 2020.

In addition to this, chapter was actively involved in other activities like sharing inputs and suggestions on FSSAI draft notification related to new requirements to regulate safe food and diets for school children, few innovative Maharashtrian recipes for FSSAI “Orange Book”, conducting studies related to hypertension.

*“NetProFaN has been a milestone step of FSSAI, to bring professionals from seven National Associations to leverage their strengths for the National Mandate of Eat Right. One of the salient outcomes has been engagement with young students and adults across India to deliver these important messages to the community at large. Indian Dietetic Association looks forward to joining hands with FSSAI through NetProFaN in contributing to Nation’s wellbeing!! Dr. Jagmeet Madan, National President, Indian Dietetic Association”*

## Raipur Chapter

**Convener:** Ms. Shilpi Ramkishan Goel (idachhattisgarhchapter@gmail.com)

**Co-convener:** Dr. Abhaya Joglekar Professor (joglekarabhaya@gmail.com)

Raipur being the capital city of newly established India state “Chhattisgarh”, is enthusiastic in displaying rich biodiversity. Leveraging the opportunity of celebrating Chhattisgarh Foundation Day as “Rajyotsav”, IDA in collaboration with NetProFaN Raipur had organised “Eat Right Mela” on 1st November 2019. Other professional bodies like NSI, IMA, AFST had also actively participated in the event in coordination with state FDA officials. The theme of the event was “Bano Khabo - Bane Rahibo, Poshan Abhiyan”. Encouraging people with a message of Eat regional, local and seasonal. Diversified food items were displayed from a variety of rice, 25 varieties

of green leafy vegetables and few uncommon fruits like star fruit etc. to showcase the goodness of nature filled with nutrition. Various innovative food such as biscuits, chikki, laddoo etc. prepared from moringa powder and some low-cost food such as murra laddoo, kari laddoo, channa laddoo were promoted. Disseminating the awareness of “Less Sugar, Less Fat, Less Salt” was done at mass level. More than 500 visitors enjoyed the event and were supported by eminent professionals in resolving health related queries. Eventually, the event was effective in spreading awareness to minimize the risk of micronutrient deficiency in the community.



## Ranchi Chapter

**Convener:** Ms. Ghazala Matin (ghazala.diet11@gmail.com)

**Co-convener:** Ms. Anamika Chandra (anamika.chandra02@gmail.com)

Active engagement of Ranchi Chapter with academics, research institutions to build capacity, they were successful in coordinating various activities since December 2019. The following are highlights of the activities organised by the Chapter: During the Dietetics Day, 2020 Celebration in Ranchi Women's College Ranchi poster and quiz competition was organised for students on the three pillars of Eat Right India. Various counselling sessions were organised for parents focussing on Healthy eating & cooking methods. The chapter has organised free health & nutritional assessment camp at various venues for different age groups such as for students at Ursuline Convent High School Ranchi, which concluded with personal counselling sessions. In continuation to the previous event a similar camp was set up at Old Age Home Bariyatu Ranchi on 13th January, 2020. The message about the importance of healthy eating was delivered through interactive games. One camp was also set up at BSF Hazaribagh for the officials focussing on dietary and lifestyle modification for a healthy living. Several training sessions are also conducted for the college students at Malnutrition Treatment Centre, Doranda Ranchi about nutritional assessment and treatment of SAM children. While celebrating World Kidney Day training sessions were conducted for dieticians on healthy eating during renal disorders.



To create awareness among different stakeholders a Food Mela was organised at Ranchi women's college Ranchi, Total 18 food counter was made by CND PG final year students. Beneficiary – 350 (Department of CND and Home Science). Topic - \*Healthy food for summer.\* Foods for Healthy skin and hair.\* High Iron diet.\* High calcium diet.\* Antioxidant food.\* Locally available nutritious food.\* Low cost diet with good nutrition.\* Balance diet.\* Vitamins and minerals containing recipe

Eat Right School program is also one of the initiatives adopted by the chapter. Workshops and awareness about registration and practicing safe and nutrition diets at school. One such event was conducted at Maryland Public School Ranchi.





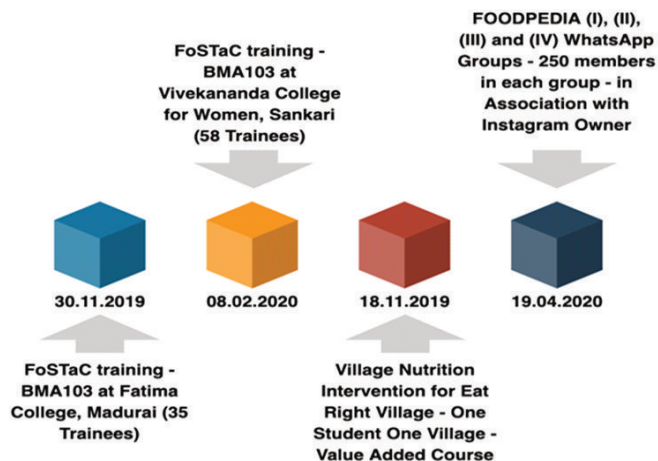
During COVID-19 innovative ways were adapted to educate people, one such activity was initiating a free online and telephonic dietary advice regarding locally available immunity boosting foods to all OPD Patients who visited earlier. conducted a series of webinars and created videos on dietary awareness and specially during COVID-19 and disseminated through social media.

## Salem Chapter

**Convener:** Dr Poongodi Vijaykumar (poonvija@gmail.com)



The chapter was launched on 7th November, 2019 under the mentorship of Sh. Muthumaran, Regional Director, South, FSSAI and Ms. Meenakshi Bajaj, Convener, Chennai chapter. The initial activities of chapter include awareness generation about Eat Right India initiatives for different stakeholders. Eat Right Campus is one of the key initiatives promoted by the chapter. A lecture series on Eat Right Campus was conducted in Pereyra University, SRC College for women, Sri Sharadha College for women and IIFPT. Very innovative activities are planned from July 2020- June 2021, such as Eat Right online competitions App development, Registration and Licensing Drive for food enterprise through EDII-TN funded Pereyra University Business Incubation Confederation ([www.pubics.org](http://www.pubics.org)), Eat Right Individual and Eat Right Household online Competitions at various districts and Eat Right Village MOOC Course Content Development (details are described under innovative learning section).



## Thiruvananthauram Chapter

**Convener:** Dr. Anooja Thomas (anoojam@gmail.com )

**Co-convener:** Dr. K.K. Abdul Rasheed (rashwah1963@gmail.com)



Thiruvananthapuram is one of the active NetProFaN chapters with a large network of eminent dietitians, nutritionists, scientists etc. from IDA, IMA, AFSTI, NSI, IFCA, AoAC to elevate Eat Right Mission to the next level. The chapter is very proud to get supported by IAS Dr. Rethan Kelkar, Former Commissioner of Food

Safety and Sri A.R. Ajayakumar, IAS, Commissioner of Food Safety. In collaboration with all the members, various activities were launched with support from IAS Dr. Rethan Kelkar, Former Commissioner of Food Safety and Sri A.R. Ajayakumar, IAS, Commissioner of Food Safety and focussed approach of spreading the key message of balanced diet and making right food choices to lead healthy life. Subsequent to the establishment of the chapter in May 2019, the first steering committee meeting was conducted on 16th June 2019 to brainstorm the way forward for the first 6 months.

NSS Cell of APJ Abdul Kalam technological University conducted Induction training program for NSS Program Officers of engineering colleges of South Kerala. On 27th June, Dr.K.K. Abdul Rasheed handled a session to introduce the audience with the Eat Right India movement.

A widespread key message of Eat Right Movement, through a one day symposium was organized at Lourde Matha College for Management and Catering Technology on 16th July 2019, wherein students from colleges and higher secondary schools participated. The similar awareness program was planned on 30th August 2019 for young kids studying in LKG and UKG at various schools to educate them through some activities about the importance of breakfast and avoid junk food and healthy habits. Students were distributed with sweets made of multi grains and dry fruits.

September 2019 being Poshan Maah celebrated through various activities all over Kerala in association with Kerala Health Department. Various nutrition awareness program and eat



right campaign were done specially to create awareness among adolescent children about importance of balanced diet. While healthy snack competition announced by the name “NUTRISYM 2019” on 28th September 2019 for anganwadi workers and college students.

SNF@School was actively followed in Oct 2019 to reach out different schools and approximately 1000 students were benefited through the program, while a one day workshop planned on Fortified Food at Home Science Department, Government Women’s College, Thiruvananthapuram. For diabetes day celebration, a rural area in Trissur was selected for a program of 3 days (14-16th November 2019) to be conducted. It was a well organized program, where more than 2000 anganwadi workers, preliminary workers and local people participated and benefited with the basic understanding of nutrition in daily life.

Leveraging the maximum outreach possibility through radio, Ms Reshmi Rajan, FSO Thiruvananthapuram and Nutritionist Uma Kalyani gave a talk on Eat Right initiatives in 92.7 Big FM Radio on 27th November 2019. And on 26th December 2019, Eat Right Campaign recognised celebrity Chef Ramu Butler and conducted a session on Millet based pastas and plant-based protein.

An interesting program organised on 9th January 2020 by the name “ARDRAM” at Tagore Theatre. The program started with a walkathon at 7 am of around 2 km. Seven hundred students along with the Cavalry wing of Kerala Police participated in the Walkathon. The meeting was inaugurated by Sri. Rishiraj Singh IPS, DGP of Kerala Police with a beautiful introduction of the Eat Right campaign. This was followed by the opening remarks by Dr Rathan Kelkar IAS, Commissioner of Food Safety. And Dr Muthumaran P, Director, Regional Office of FSSAI Chennai also addressed the students.

Further, in next few months, lots of other activities conducted such as Inter College Quiz Competition, Salt Challenge, programs to spread awareness of bariatric nutrition which is low fat, salt and sugar, awareness sessions on “Women Health and Food” which were well supported by other institutes IDA, IMA, different local school and colleges, NGO - RED (Responsible Eating Drive) made them successful in spreading key message of EAT RIGHT MOVEMENT and was broadly impacted the city positively. The chapter is constantly mentoring new chapters in the state of Kerala. Dr. K.K. Abdul Rasheed leverage the support in the opening of recently formed Kochi chapter.

## Tirupathi Chapter

**Convener:** Dr. Sucharitha K V (suchivenkata@gmail.com)

**Co-Convener:** Dr K Manjula (manjukola.dr@gmail.com)



Under Eat Right India campaign the chapter proactively organized events and nutrition camps etc. for creating awareness on balanced diet, functions and sources of nutrients etc. On the occasion of nutrition week, a campaign to assess BMI of the university students and create awareness among students on their own nutritional status was conducted along with that, students organised exhibitions and displayed food models on healthy diets. They displayed a stall exclusively on functional foods and nutraceuticals. On World Food Day 2019 students of Sri Venkateswara University organised a campaign in the campus to

spread awareness on the importance of food and ways to avoid food wastage. All the students actively participated with various innovative ideas. With the theme of “Dietitians Reaching the Unreached” Dietetics day, 2020 was celebrated. Posters with a message of “Good Food” designed and displayed in the foyer of the main building of the university. Students even prepared slide shows and projected good eating habits to educate others. The chapter engages the youth by educating and leveraging their reach to create awareness among citizens.

*Innovative Idea*

# Eat Right Village – One Student One Village



Food Safety and Standards Authority of India has launched Eat Right India Movement. To inculcate right food consumption among the public, Department of Food Science and Nutrition, Periyar University, Salem has introduced a value added programme on “Eat Right Village Intervention” with one student one village concept from the academic year 2019 – 2020. The programme is co- partnered with a Registered NGO named Arogyabharathi – North Tamil Nadu.



## Significance of the Intervention

The performance based learning aims to train the food and nutrition discipline students to do a village nutrition survey; nutrition care process of a community or individual; sensitization of village people on setting up of nutrition garden at their backyard or terrace, food safety, hygiene and sanitation, food adulteration, food fortification; implementation of FSSAI regulations; citizen participatory learning on role of Poshan Abhiyaan, Mid-Day Meal, Eat Right India Movement and Anemia Mukta Bharat Schemes.



## Operational Flow of the Intervention

- Step 1: Registration of the Food and Nutrition or Relevant Discipline students
- Step 2: Adoption of his or her own village
- Step 3: Creation of an execution team in the adopted village
- Step 4: Village nutrition survey
- Step 5: Training the students on village nutrition intervention components
- Step 6: Implementation of defined activities by the students in the adopted village
- Step 7: Monitoring and Evaluation of the impact of







implementation

Step 8: Upgradation of nutrition intervention components

## Expected Outcome of the Intervention

The trained students will act as village nutritionists throughout their life time for the adopted village and ensure on



A. Sustainable food and nutrition care process in the village through participatory approach

B. Continuous monitoring and evaluation on impact of nutrition intervention

C. Generation of robust village nutrition care model

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FOOD SAFETY AND STANDARDS  
AUTHORITY OF INDIA

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