



Sardar Vallabhbhai Patel University of Agriculture and Technology, Meerut, U.P.

College of Postharvest Technology & Food Processing

ABOUT THE COURSE

Food nutrition and food safety are increasingly recognized as a vital part of public and individual health. Around the world, we find ourselves facing global epidemics of obesity, Type 2 Diabetes and other predominantly diet-related diseases. To address these public health crises, we urgently need to explore innovative strategies for promoting healthful eating. There is strong evidence that global increases in the consumption of heavily processed foods, coupled with cultural shifts away from the preparation of food in the home, have contributed to high rates of preventable, chronic disease. In this course, learners will be given the information and practical skills they need to begin optimizing the way they eat. This course will focus on practices to maintain high nutrients in food ready to serve on table. By the end of this course, learners should have the tools they need to distinguish between foods that will support their health and those that threaten it. In addition, we will present a compelling rationale for a return to simple home cooking, an integral part of our efforts to live longer, healthier lives



**Hands-on- training on
Food Nutrition and
Safety for Health**

***A 30 HOURS VALUE
ADDED COURSE
15-20 MAY, 2023***

Hands-on- training on Food Nutrition and Safety for Health

Details of the value added course

Day 1

S.N.	Time	Lecture Topic	Instructor
1.	10:00-12:00 PM	Registration & Inaugural Session	Mr. Nityanand
2.	2:00-3:00 PM	An insight to Food Nutrition & Safety : India & The world	Dr. Pooja
3.	3:00-4:00PM	Basics of Food Substances: Food Groups, Classification	Dr. Pooja
4.	4:00-7:00 PM	Major nutrients in human nutrition: Macronutrients and Micronutrients	Dr. Pooja

Day 2

S.N,	Time	Lecture Topic	Instructor
1.	2:00-3:00 PM	Concepts of Balanced Diets: Meals for Different age groups	Dr. Pooja
2.	3:00-4:00PM	Meal planning: points to consider, Factors affecting meal planning	Dr. Pooja
3.	4:00-7:00 PM	Practical exposure to meal planning.	Dr. Pooja

Day 3

S.N,	Time	Lecture Topic	Instructor
1.	2:00-3:00 PM	Introduction to Food Safety and FSSAI Regulations	Mr. Chander Mohan
2.	3:00-4:00PM	Understanding Nutrition labeling on foods	Dr. Tarun Kumar
3.	4:00-7:00 PM	Practical exercise of nutritional labeling of food products	Dr. Tarun Kumar

Day 4

S.N,	Time	Lecture Topic	Instructor
1.	2:00-3:00 PM	Malnutrition and Obesity	Dr. Pooja
2.	3:00-4:00PM	Therapeutic Nutrition: Food for Diabetic and High BP Patient	Dr. Pooja
3.	4:00-7:00 PM	Food adulteration: Occurrence and its detection at home	Mr. Chander Mohan

Day 5

S.N,	Time	Lecture Topic	Instructor
1.	2:00-3:00 PM	Importance of diet in alleviating health risks	Dr. Pooja
2.	3:00-4:00PM	Food Contaminants & Detection	Mr. Chander Mohan
3.	4:00-7:00 PM	Theoretical and practical aspects of microbiological and chemical pesticide residue load on fresh food	Dr. Rekha Dixit

Day 6

S.N.	Time	Lecture Topic	Instructor
1.	2:00-3:00 PM	Hygiene and sanitation in food service establishments : Sources of contamination	Dr. Monika Satnekar
2.	3:00-4:00PM	Scope and opportunities as entrepreneurship in nutraceutical industries	Dr. Pushpendra Kumar
3.	4:00-5:00 PM	Phytochemicals and health benefits	Dr. Rashmi Singh
4.	5:00-7:00 PM	Queries and Valedictory session	Dr. Pushpendra Kumar

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Key Features of the course

- Learn the basics of Food Nutrition and safety measures
- Theory and practical classes shall be conducted in both Hindi and English mediums.
- Lectures from the eminent experts from the field
- Pesticide residues in food
- Food contamination, adulteration, and inspection



Eligibility

- Undergraduate students of allied disciplines
- Post graduate students of allied disciplines
- Doctoral students of allied disciplines
- JRF/ SRF / researchers



Expected Outcomes

The objective of this course is to provide basic knowledge about various groups of food, nutrition, food safety and food born ill health. On completion of this programme, the student will be able to describe the nutritional requirements for adults and the elderly people with the knowledge of harmful ingredients in foods and can assess food-related health risks. The specific outcome of the course is going to be the training of a personnel for self-employment, dietician and creating awareness and competency in food nutrition, healthy diet preparation, assessing food-related health risks, food safety measures etc .



Organizing Committee



CHIEF PATRON

DR. K.K. Singh
Hon'ble Vice- Chancellor
SVPUAT



PATRONS

DR. B.R. Singh
Registrar



COURSE DIRECTOR

DR. Pushpendra Kumar
Dean, College of PHT & FP

FACULTY COORDINATORS

Dr. Chander Mohan, Guest Faculty, College of PHT&FP
Dr. Pooja, SMS (Home Science), KVK, Muzaffarnagar-II
Dr. Rekha Dixit, Professor, MEBD, Biotechnology College

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Application form*

*Please take a print -out of the form. After filling, please submit to the organizers

1.	Name of the student:	
2.	Contact/ Mobile No.	
3.	Enrolment No.:	
4.	Department and College:	
5.	Educational Qualification:	
6.	Correspondence Address:	
7.	Permanent Address:	
8.	Email Id:	
9.	Signature :	
10.	Forwarded byh OIC/ HoD/ Dean	