



# ICT MARATHWADA CAMPUS Presents NUTRITION FIESTA 2.0



MARGJAL

## Nutrition Fiesta 2.0

EAT  
RIGHT



EAT  
HEALTHY



EAT  
SAFE



# INTRODUCTION & SIGNIFICANCE OF NUTRITION FIESTA

We all remember our moms telling us “An apple a day keeps the doctor away” to encourage us to eat more fruits. It is well known that eating a well-balanced diet rich in fruits, vegetables and whole grains provides the proper nutrition to support a healthy lifestyle. But what is “NUTRITION ” and how does it impact us?

Nutrition is an essential aspect of a healthy lifestyle and the importance of getting it right cannot be overstated. The food or liquids affect our body and health because each food or liquid contain particular nutrition which is very necessary for our physical and mental growth. A balanced diet is one which includes a variety of foods in adequate amounts and correct proportions to meet the day's requirements of all essential nutrients such as proteins, carbohydrates, fats, vitamins, minerals, water and fibre. Such a diet helps to promote and preserve good health and also provides a reserve of nutrients to withstand short durations of deprivation when they are not supplied by the diet.

Not only a proper diet but a right diet is also important. Diet patterns could be changed depending on people like children, adolescents, elderly people, pregnant women, or people with hypertension, diabetes or cholesterol

So, to be a part of this programme Institute of Chemical Technology, Mumbai, Marathwada- Jalna Campus started an event named as “Nutrition Fiesta” which was held in online mode in the year 2021 due to lockdown and by seeing a great participation in different events like Nutrchef, Nutrimaster, Poster making the students and the faculty decided to celebrate “Nutrition Fiesta 2.0” this year with same energy and enthusiasm.

## My Favorite Quotation

*food may be essential as fuel for the body but  
good food is fuel for the soul*

*- malcom forbes*



# WHY NUTRITION FIESTA



Also in 2019, the whole world faced a fatal pandemic “COVID-19”; During this phase, people came to know how important is a safe and healthy diet to build our immune system and fight infection. In India, people started taking kadhas, Haldi doodh, and chavanprash which are traditional recipes providing nutrition along with medicines prescribed by doctors.

To encourage awareness regarding nutrition and healthy eating Government of India launched National Nutrition Month which is mostly celebrated from the 1st - the 7th of September. It is said that to stay healthy; two things are mainly required – a balanced diet and an active and healthy lifestyle. Not only a proper diet but a right diet is also important. Diet patterns could be changed depending on people like children, adolescents, elderly people, pregnant women, or people with hypertension, diabetes, or cholesterol.

Therefore, Dr. Yogesh Gat Along with Abhinav Tidke and Nikhil Munde approached students to take part in different events like MasterChef, Nutrimaster, TedTalk, Poster Making, etc., and also a great thanks to our **Director, Dr. Uday S. Annapure** for his permission and constant support September 2014. It has been said and believed for ages that for any work to be accomplished it is important to have the right foundation which forms the platform for future work or any event to stand. This exactly stands true for Dr. Yogesh. He is the best teacher, great researcher, motivator, and a perfect role model and with this event, Yogesh sir provided the platform for being part of this event and encouraged everyone at every step. For the carnival program, sir visited different schools and colleges and encourage our participants. Without Yogesh sir, this event couldn't have achieved this much success.



# Dr. Yogesh Gat

Dear Readers,

I am pleased to introduce the first Limited Edition Nutrition Fiesta Magazine. This magazine is a glimpse of the thoughts, experiences, and talent of students and faculties. The magazine showcases the information and memories in form of photographs of various events conducted during the National Nutrition Month Celebration, Nutrition Fiesta 2.0.

Education is the most powerful tool to bring desirable changes in our personalities and also to bring positive changes in our societies. It is the only medium that enables you to move from darkness to brightness. This kind of publication provides encouragement for the students and the staff to share and spread the information.

Such value additions are essential for young technocrats, engineers, professionals, and scientists, whom the institute produces to demonstrate their ideas for a skillfully developed India. Reading this magazine would be an inspiration and motivation for all the students and staff to contribute even more to the upcoming years of Nutrition Fiesta.

I applaud the editorial team for the hard work and dedication they have invested in realizing this goal. I hope that this tradition, set by the students, will be carried through by the following generations of students to come. May all our students soar high in the uncharted skies and bring glory to the world and their profession with the wings of education.

Being the faculty in charge of Nutrition Fiesta 2.0, I would like to thank our Vice Chancellor, Prof. A. B. Pandit, and Director, Prof. U. S. Annapure, faculties, research scholars, and students who have always believed in us and our abilities.

-Dr. Yogesh Gat

(Assistant Professor and Faculty In-charge of NF)



# Dr. U. S. Annapure

*“When educating the minds of our youth, we must not forget to educate their hearts”*

*- Dalai Lama*

Education is the key to turn weakness into strength. It offers different tools and way to understand problems that lay ahead of us and helps resolve them and also improves our decision making capabilities. More importantly, education gives us considerable mental agility to make the right decisions and spring into action when needed. As said by one of the greatest mind, Albert Einstein, “The true sign of intelligence is not knowledge but imagination”. That being said, as part of education,

our institute conduct many activities, program and learning experiences that complement, in some way, to the academic curriculum. One such activity is a celebration of National Nutrition month by organizing different events throughout the month of September, namely “Nutrition Fiesta”.

ICT Marathwada campus, Jalna is still under its growing stage but looking at the enthusiasm of the students and efforts by faculties and research scholars to organize such event across India with limited amount of time and resources, which is not just only promote our campus but also does welfare to the society; ensures me that we are leading these young minds in right direction, who will not only excel in their field but will also lead the society to a better path breaking future.

“Nutrition Fiesta 2.0”, is the first limited edition magazine, which is being released to showcase the information and experience of various activities conducted during the Nutrition Fiesta 2.0. I would like to take this opportunity to praise all the students, research scholars and faculty for their hard efforts and dedication and appreciate all your efforts to make this event a successful hit. It also gives me immense delight to commend the work put in by the editorial committee to bring out this first limited edition NF magazine. I wish all the students of this institute for their all-round development and wish that they continue the creative angle live in them.

*- Dr. U. S. Annapure*

*- (Director, ICT Marathawada campus Jalna)*



# OPENING CEREMONY



An inaugural ceremony for unveiling of Nutrition Fiesta 2.0 as part of National Nutrition Month was held on Saturday 3rd September, 2022 at Institute of Chemical Technology, Mumbai, Marathwada Campus, Jalna to spread awareness regarding nutritious diet and proper nutrition. Mr. Ashish Mantri (Director of Shrihari Nutrition Pvt. Ltd.) was the chief guest in this inaugural event. The opening ceremony was led by Ketaki Patil, Darshan Munot (4th year Integrated M. Tech) and Sara Chimne (2nd year M. Tech FET).



The program commenced on a bright note with welcoming the guests and a formal procedure of lamp lightning to seek the blessings of Goddess Saraswati by our chief guest along with Dr. Uday S. Annapure, Director of ICT MARJ campus and group of dignitaries - Dr. Parag Nemade (Deputy Director), Mr. Sharad Lahoti (Associate Dean Industry) and Dr. Yogesh Gat [Course Coordinator (FET) & Faculty Incharge (Nutrition Fiesta)] followed by bowing to the Rasayan Devi with a prayer – ICT Vidyapeeth Geet.



The program began with showing a glimpse of Nutrition Fiesta 1.0, conducted online in 2021 of an idea that was executed to make this a successful event throughout the history of ICT MARJ. An overview of Nutrition Fiesta 2.0 was provided by the student in charge Nikhil Munde (2nd year M. Tech FET) & Abhinav Tidke (4th-year Integrated M. Tech) as how the event would be executed based on plenary and competitive events.

To continue, the flyers for different events like Poster making, MasterChef, NutriMaster, Exhibition, Awareness campaign, and Nutritional Carnival were unfolded by the dignitaries and the respective event heads gave a brief idea of the events such as the purpose, themes, deadlines, etc. that were going to happen in Nutrition Month.





# Enlightened



Dr. Uday S. Annapure, our respected Director encouraged the students with his talk on how right nutrition and a balanced diet is necessary for each individual depending upon their age, sex and lifestyle. Mr. Ashish Mantri, the chief guest; was happy that students of ICT MARJ have come forward to create awareness among the common people regarding proper nutrition for better well-being. Also, he evoked a thought process among the students about how a “vada pav” could be made in a way that it would satisfy hunger and provide complete nutrition.

The main theme for the Nutrition Fiesta 2.0 was “Eat Right, Eat Safe, Eat Healthy” and so different posters regarding the topic were put on the walls; of which each wall was explained by a set of students to the chief guest and other dignitaries. In addition, Diet Clinic led by Anushree Anil (2nd year M. Tech FET); was inaugurated by the chief guest wherein the BMI of individuals was calculated and they were provided with a proper diet chart depending upon their medical history and what kind of food they like to consume.







ICT MARATHWADA CAMPUS

IN ASSOCIATION WITH  
AFST(I), AURANGABAD CHAPTER

PRESENTS



NATIONAL NUTRITION MONTH CELEBRATION  
(3-27 September)

# NUTRITION FIESTA 2.0

EAT HEALTHY, BE NUTRITION WEALTHY.

## Plenary Events

### **TED TALK**

3rd-27th Sept

### **DIET CLINIC**

3rd-27th Sept

### **NUTRITION CARNIVAL**

3rd week of Sept

### **NUTRITION AWARENESS**

### **PROGRAMME**

4th week of Sept

## Competitive Events

### **POSTER MAKING**

1st week of Sept

### **NUTRI MASTER**

2nd week of Sept

### **MASTER CHEF**

2nd week of Sept

### **FLAVO-REEL**

3rd-27th Sept



FREE

REGISTER NOW

Student Incharge

ABHINAV TIDKE (9518319426)

NIKHIL MUNDE (8669137672)

Prof. Uday Annapure (Director, ICT JALNA)

Faculty Incharge

Dr. YOGESH GAT

# EVENTS

The various events were classified into two categories- Competitive Events and Plenary Events. The competitive events were open to students of all branches and were arranged in online mode so students throughout the country from any college could participate, the events organized were Poster Making, Nutri- Master, and Master Chef organized. ICT, Marj received a huge response of 350+ participants in competitive events from different colleges of all states across India.

## PLENARY

- Ted talk
- Diet clinic
- Nutritional carnival
- Nutrition awareness programme

## COMPETITIVE

- Poster Making
- Nutri Master
- Master Chef
- Flavo Reel



# NUTRITION FIESTA 2.0

Online

## POSTER MAKING COMPETITION

Last Date-: 15.09.22

Registration Link

<https://forms.gle/AFDQm5dXpEP8fjBg9>



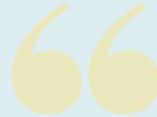
In Sponsorship with



# FOOD – कला

## Poster Making Competition

*कला' means 'art' in English. Art is a powerful way of communication where an individual can express his/her feelings and emotions through the medium of drawings and posters. Poster competitions can generate publicity and provide information and can increase knowledge, change attitudes and alter behaviours.*



It's an effective way to catch and hold the attention of different age groups, as well as helps to maintain their interest in a particular area. An online poster-making competition was organised as a part of Nutrition Fiesta 2.0 from 3rd – 20th September 2022; where students of B. Tech and M. Tech from different fields participated.

Various themes regarding nutrition and overall development were provided such as, Do or Diet, A-to-Zinc, Healthy mother, healthy child and others (awareness related to malnourishment, breastfeeding)

The main aim of this event was to create awareness amongst the students regarding the nutrition and proper diet an individual should consume which is need for today's generation to understand. 10-12 best-selected posters along with the winning posters were displayed during Nutrition Carnival at ICT MARJ campus as a guideline for students.





**Winner- Sakshi Hundare,**

*This was my first time participating in a poster making competition and the experience was really amazing "*

*" Finding a healthy balance can prove challenging when you're pregnant.*

*During this period, you have to be careful of what you eat for the sake of the baby as well as your health. The food you eat is your baby's main source of nourishment, so it's critical to get all of the nutrients you need."*



**1st Runner-up- Viraj Dandwate, MIT School of Food Technology, Pune**



**2nd Runner- up- S. Kavya Darshini, Kongu Engineering College, Perundurai, Erode**

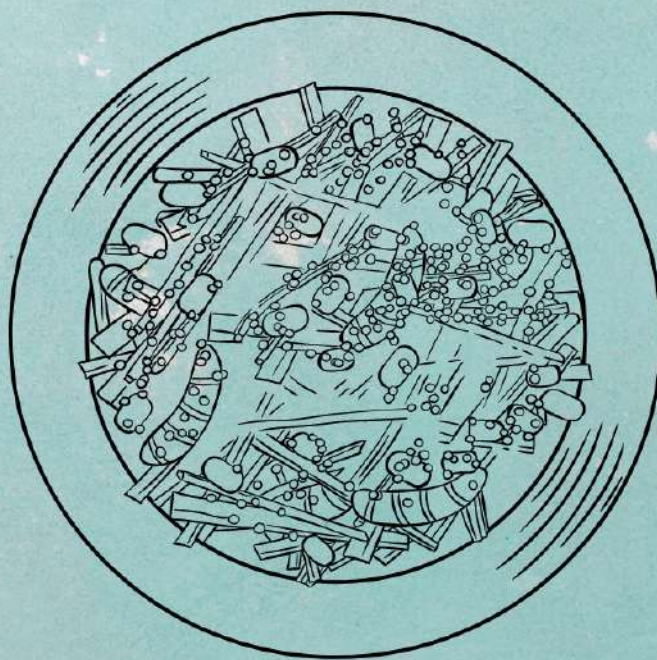


Presents

# NUTRITION FIESTA 2.0

## Rounds:-

- **Sept 10-** Food Storm
- **Sept 17-** Nutri Rumble



## Rounds:-

- **Sept 18-** Food Mania Hackathon (IDP)
- **Sept 24 & 25-** Grand Finale

# NUTRI-MASTER COMPETITION



Online

Last Date:- 08.09.2022

Registration Link

<https://forms.gle/AFDQm5dXpEP8fjBg9>





# Nutri-Master

## Competition

1. Remove the outside, cook the inside. Eat the outside, throw away the inside. What am I?
2. What is the national vegetable of India?
3. Little Chokha is famous food of which state?
4. Which state is known as Apple state of India?
5. I always try my best to keep up with mustard and BBQ sauce. Who am I?

Well, if you got all the answers right for the above questions, then you should have participated in Nutri – Master. Well, no worries, if you didn't participate or could not give correct answers, you will get chance next year! So, start preparing now!

**Nutri- Master** was arranged to provide a platform for students of not only Food Technology background, but for students of different courses and degrees to check their knowledge and skills regarding food and nutrition. It was a mind sports where participants were given set of different hurdles which they had to clear to become the MASTER of the event

It was a team event, with 2 members in each team. It was organized in four different rounds:-

- 1st round, called “**Food Storm**,” was conducted on the 11th of September,
- “**Nutri Ramble**” was the 2nd round hosted on 18th September,
- The final round for Nutri-Master was organized called “**Food Mania Hackathon- Grand Finale**” on 25th September

Nutri- Master received a total of 100 participants from throughout the country and the whole event was organized in online mode by the event head, Sarang Shindalkar and Ritesh Patil.

(Answers: 1- Corn; 2- Indian Pumpkin (Meetha Kaddu); 3- Bihar; 4- Himachal Pradesh; 5- Ketchup)

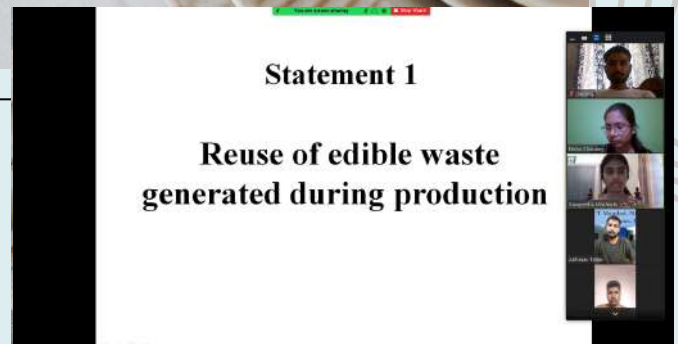
## Product Preview

1st round called “Food Storm” was conducted on 11th of September, where participants were given a set of 40 Multiple Choice type questions with time limit of 10 minutes. The top twenty candidates which were further qualified for 2nd round

• “Nutri Ramble” was the 2nd round hosted on 18th September, where all the twenty qualified candidates were randomly paired into teams of two and were given a particular food categories like...Sauce and Chutneys , Dairy Products, Alcoholic Beverages Etc.

All the candidates had to interact with their respective teammate and had to give a presentation of 10 minutes on the assigned topic. The contents which they had to include in their presentation were Information regarding the topic and recent developments in that food sector. This round was judged by Mr Pradeep Tandale and Ms Shilpa Pandey on five criteria- Novelty, Content, Presentation Skills, Creativity and Question- Answer. The top five teams which were qualified for next round were-

1. Priyanka Kumari & Gurpreet Singh,
2. Pooja Kesarkar & Insha Laeeq
3. Sangeetha Macherla & Neha Chaubey ,
4. Ishita Ashokkumar Surve & Ajit Munjal
5. S. Harish & Kushi Navin



### • Winner-

S. Harish from Kongu engineering college, Erode, Tamil Nadu  
Kushi Navin from CSIR- CFTRI, Mysore

### • 1st Runner- up-

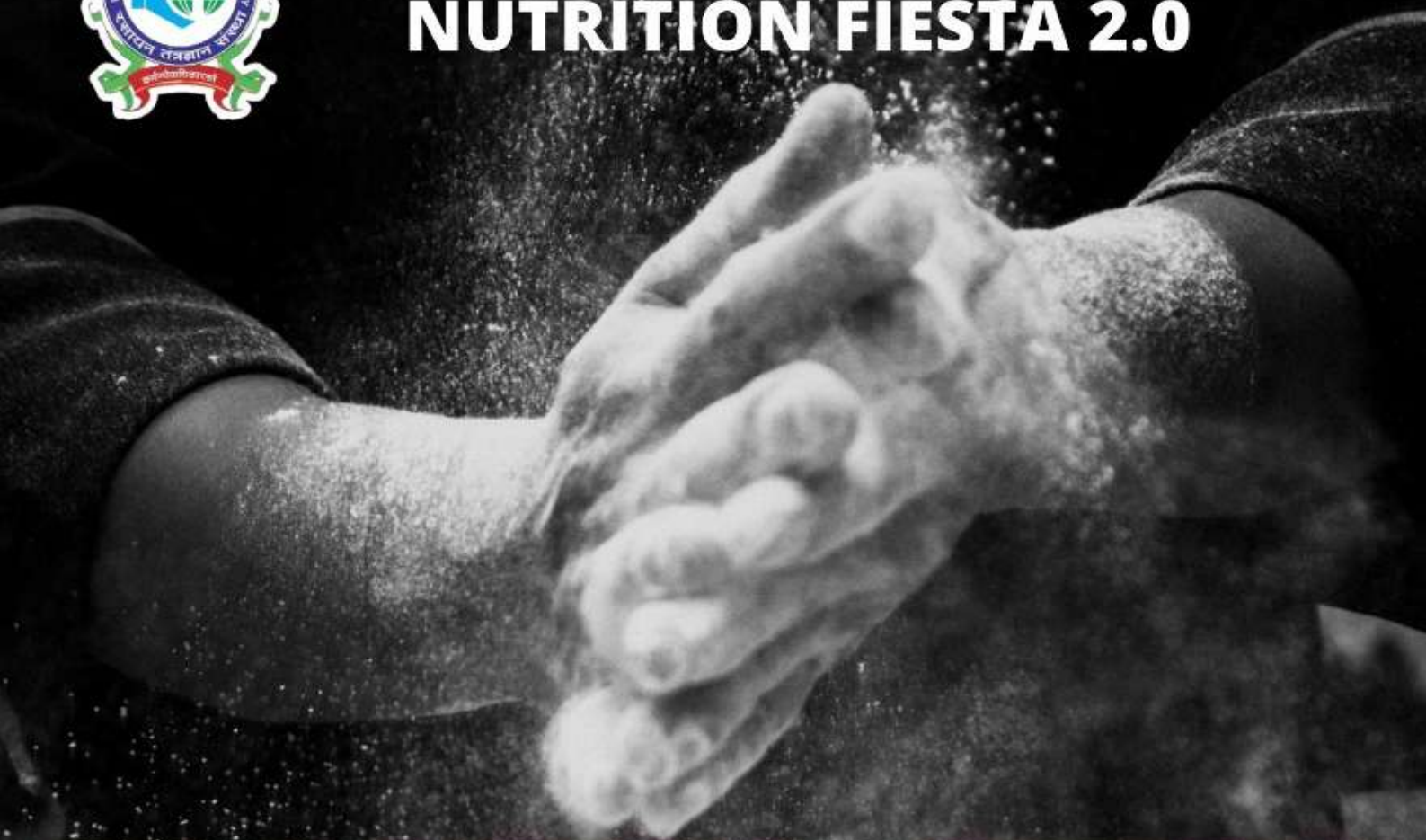
Sangeetha Macherla from ICT Mumbai, IOCB campus, Bhumneshwar  
Neha Chaubey from ICT Mumbai, IOCB campus, Bhumneshwar





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# NUTRITION FIESTA 2.0



# MASTER CHEF

**NEW  
PRODUCT  
DEVELOPEMENT**



<https://forms.gle/AFDQm5dXpEP8fjBg9>

**DEADLINE : 20-9-2022**



**EVENT INCHARGE: VAISHNAVE PHIRKE**  
9324026613

**FACULTY INCHARGE: DR. YOGESH GAT**





# Master Chef

## Competition

(NEW PRODUCT DEVELOPMENT)

*Everyone is creative in some or the other way, some are good at art, dance, singing, sports and there are some foodies who just love to cook and eat. So to bring out the inner chef of the people/students a competition was organized in online mode named as “Master Chef” where they can just let out their innovations. But there’s always a climax in an interesting movie, so there’s in this event. The people not only let out their innovations but they need to have an idea regarding the nutritional aspect of the product they are preparing.*

- (i) Millet Year 2022 – prepare a completely new product using millet as a main ingredient
- (ii) Nutraceuticals – prepare a product using 1-3 nutraceutical ingredients
- (iii) Sweet Tooth – prepare a product replacing sugars with natural sugar alternatives
- (iv) Waste to Wealth – prepare new product using wasted/unused parts of food materials as raw material

The participant had to send their innovations/recipes with Ingredients, Procedure, Selfie with final product and Picture of final product. Also, the participant had to send a short video (1 min) including the procedure of recipe as this criterion could be an advantage for them not copying any product from internet or any other source. The entries were to be evaluated on their innovation, nutritional composition and proper utilisation of the given theme.



**The winners of the event were:**

**Winner-**

**Kushi Navin – CSIR-CFTRI, Mysore  
[Pomegranate peel smoothie]**



**1st Runner-up- Tejas Jairange –  
ICT, Marathwada-Jalna Campus  
[Banana Macha Latte]**

**2ND RUNNER-UP- RIA  
SINGHVI – ICT, MUMBAI  
[MILLET NOODLES]**



**Some special mention who didnt win but were good!!!!**



Your paragraph text



**Different plenary events like Nutritex, Diet Clinic, Nutrition Awareness Program and Nutritional Carnival & Exhibition were organized. Most of this events were in offline mode while some were organized in both offline as well as online.**



ICT MUMBAI MARATHWADA CAMPUS  
**NUTRITION FIESTA 2.0**

presents

# NUTRITEX

The nutritional talk series

Meet leading Nutritionists, Dietitians and Entrepreneurs to get yourself a new perspective for a healthy diet and lifestyle.

**"Every amount of nutrient counts."**



3rd Sept - 23rd Sept  
2022



Join us at zoom  
meeting



4:00 pm - 5:00 pm (IST)



In Sponsorship with



**Event Incharge :**

**Tanisha Patni** (9834689694)

**Mrudul Shroff** (7738558611)

**Sara Chimne** (8975444696)

**Prof. Uday Annapure** (Director, ICT Jalna)

**Dr.Yogesh Gat** (Faculty Incharge)



# NUTRITEX

*The goal of this event was to promote and educate people on how to approach healthy way of life, in terms of all three aspects- physically, mentally as well as emotionally. Nutritionist, doctor, professor, businessman, sports person and other experts were invited to share their knowledge through short talks and presentation. The speakers who were invited are the experts of their field and shared their knowledge by their own life experiences, ideas, industrial growth and also interacting with audience by taking up their questions.*

1. Mayuri Handore on PCOD/ PCOS: What foods to eat and avoid
2. Dr. Sonali Jethliya on Balance between workout and diet
3. Mihira Khopkar on Sports Nutrition: Importance and Career opportunities
4. Garima Goyal on Diet for Mind, Body and Soul
5. Nupuur Patil on Tips for Healthier lifestyle from my own Transformation journey
6. Dr. Nikhil Kelkar on Nutraceuticals and Food Fortification
7. Professor Smita Lele on Traditional Wisdom and Modern Nutrition Wholistic approach

ICT MUMBAI MARATHWADA CAMPUS  
PRESENT

**NUTRITION FIESTA 2.0**

**NUTRITEX**

**PCOD/PCOS:  
What foods to eat  
and avoid**

**MAYURI HANDORE**  
CLINICAL DIETITIAN

**11 SEPT  
SUNDAY | 4:00 PM**

MEETING ID: 319 517 6500  
PASSCODE: 03NSMC

(Faculty Incharge)  
Dr. Yogesh Gat

Contact us :  
Tanisha Patni (9834689694)  
Mrudul Shroff (7738558611)

ICT MUMBAI MARATHWADA CAMPUS  
PRESENT

**NUTRITION FIESTA 2.0**

**NUTRITEX**

**Traditional  
wisdom and  
modern nutrition  
WHOLISTIC  
approach.**

**DR. SMITA LELE**  
EMERITUS PROFESSOR

**24 SEPT  
SATURDAY | 4:00 PM**

ICT MUMBAI MARATHWADA CAMPUS  
PRESENT

**NUTRITION FIESTA 2.0**

**NUTRITEX**

**DIET FOR MIND,  
BODY AND SOUL**

**GARIMA GOYAL**  
REGISTERED DIETITIAN ,  
DIABETES EDUCATOR

**14 SEPT  
WEDNESDAY | 4:00 PM**



ICT MARATHWADA CAMPUS PRESENTS

## NUTRITION FIESTA 2.0

# Diet Clinic



Venue: New Building.

Time: Every Wednesday.

*Eat Right Be Right*



EVENT INCHARGE: ANUSHREE ANIL  
9961348478

FACULTY INCHARGE: :  
DR. YOGESH GAT



# DIET CLINIC



## Diet Clinic

*In 2019, whole world saw beginning of dreadful infection began to spread from small part to all over world. In no time it took face of deadly infectious pandemic known as "Covid-19" world-wide. During that time, people all over globe realised one thing, how important it is to have good immune system and to consume nutritious diet. People in India turned their back towards junk foods and was back at their traditional nutritious diet. From little kids to elderly people, from working individual to house making individual, from literate to illiterate, all were concerned about what they were consuming or what is added into their food and how to have wholesome diet which includes proper proportion of all components. But not people could prepare their diet according to their nutritional needs.*

Considering this case, students of ICT MarJ campus, took initiative to create awareness about the importance of nutritious and balanced diet among people of Jalna region. Not only awareness, students of M.Tech- Food Engineering and Technology prepared a diet chart for all individual according to their metabolism.



On every Monday of this Nutrition fiesta month, event head Anushree Anil and Midhuna K and their team, arranged their stall called "Diet Clinic", where people came and by noting their weight, height, their medical history and what kind of food they like to consume, students prepared diet chart for each individual according to their likings. Students not only considered their nutritional requirement but also prepared chart with ingredients which are locally available and what an individual likes to eat.



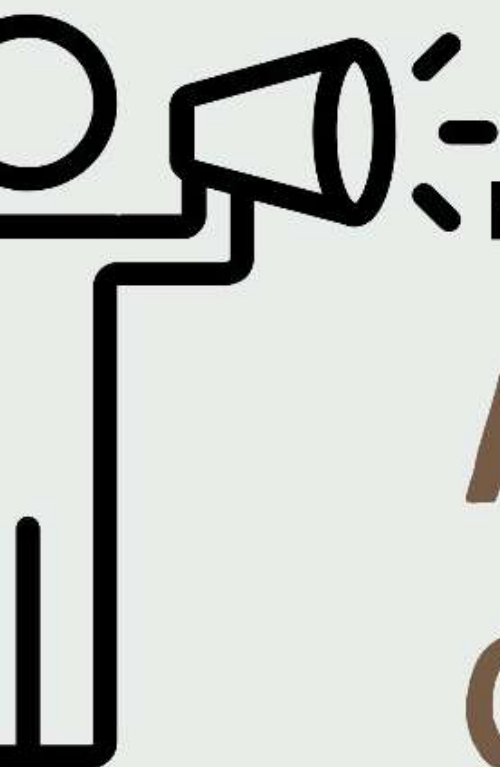
A diet chart provides direction to a person on what to consume and what not to consume according to their body's requirement. It is very important for an individual to consume right suitable food in appropriate amount. Anything in either less or in high quantity can have an adverse effect on our body. Also, it is interesting point to note that these kind of chronic diseases/ disorders which are seen in today's time, were not even known by the people of earlier times. This is due to the fact that, now-a-days, people don't have proper lifestyle where they sleep or wake up on time, have appropriate amount of physical activity and also have enormous amount of stress and anxiety. All this disrupted lifestyle leads to many health issues like obesity, diabetes, hypertension, vitamin deficiency, high cholesterol level and many more. On that account, different customised and personalised diet chart was being prepared and provided to the people who visited the stall.







ICT MARATHWADA CAMPUS  
PRESENTS



**NUTRITION FIESTA 2.0**

# **AWARENESS CAMPAIGN**

*eat right / eat safe / eat healthy*

**SEPTEMBER 24**



**EVENT INCHARGE:**

**KETAKI PATIL** 7588400117  
**PAPIHA GAWANDE** 9767706509

**FACULTY INCHARGE: DR. YOGESH GAT**

# NUTRITION AWARENESS

“Yogya Poshan, Desh Roshan”

On 9th June 2015, many Indians were heart broken when food regulator of India i.e., FSSAI (Food Safety and Standards Authority of India) put a national wide ban on sale of Maggi noodles.

Two minute Maggi noodles were introduced in India by Global FMCG Company called Nestlé in 1982 and over this time, until 2015, the brand captured 60% of the noodles market in India. It was found in every household, every nook of the country due to its affordability, portability and instant cooking. But people who put their trust in Maggi as well as in Nestlé felt cheated when FSSAI found higher than permissible levels of lead and presence of Monosodium glutamate (MSG) in April 2015 during surprise inspection for testing any possible food adulteration issue in Maggie's manufacturing unit in Barabanki district of Uttar Pradesh.

Although, this event led to a big controversy and banning of Maggi all over India for five months, but also opened the eyes of consumers who blindly trusted packed/ processed foods. But what's the solution? How could we find adulteration in our packed food products? Not all the people are aware of these kinds of tests. Being part of this prestigious university, students took this responsibility on their shoulders to make people aware of these kind of adulteration tests.



*(Awareness program Covered in Newspaper)*

With this motive, an Awareness Campaign each at Mahakal and Shahgadhi villages in tehsil Ambad was organized on 24th of September with The aim of this programme was to make people of the village aware about “Eat Right, Eat Safe, Eat Healthy” initiative under the Eat Right India Movement undertaken by the Government of India and the Food Safety and Standards Authority of India (FSSAI).

Under the guidance of faculty in-charge of Nutrition Fiesta 2.0, Dr. Yogesh Gat and event head Papiha Gawande (2nd year M.Tech- FET) and Ketki Patil (4th year Integrated M.Tech), and support from the authorities of the villages and school, the programme was a big success.





The programme was inaugurated by Shri Gadhve, Principal of Jilla Parishad Primary School Mahakal and Shri Dattatray Phuljhalke, Sarpanch of the village welcomed Director of ICT, Jalna Professor Dr. U. S. Annapure, in the presence of Shri Abasaheb Lahane, Deputy Sarpanch, Shri Vikas Patil Kavhale, Director of Samarth co-operative sugar factory, Ankushnagar, Dr. Iffat Hashmi, Medical Officer, Dr. Tandale, Community Medical Officer and Shri Vijay Kamble, Health Inspector. The Deputy Director from ICT, Jalna Dr. Parag R. Nemade, and faculties Dr. Yogesh Gat, Dr. Navnath Hatvate, Dr. Atul H. Bari, Dr. Sandeep P. Bhairat and PhD Scholars were also present.

The main objective of this campaign was to make people of villages, aware about different kind of adulteration tests which they could perform at home and identify and report any kind of adulteration. With the usage of household tools, these test were demonstrated among the local public.

But still the questions remained the same... Were they aware about the importance of eating right, safe and healthy? Were they aware why we should check for adulteration in our food? Were they aware why we should read the labels on the food packets? Were they aware why it is important for pregnant, breastfeeding women and infants to have a proper nutritious balanced diet? Were they?

To overcome the same problem, students delivered various performances to awaken the importance of having nutritious diet and how to consume the right and safe food, in which students of Jilla Parishad Primary School Mahakal also took part with great enthusiasm.











ICT MARATHWADA CAMPUS  
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# NUTRITION FIESTA 2.0

# FOOD CARNIVAL

SEPTEMBER

17

limited stalls!

Registration fees:

1000/-only

Deadline : 12 Sep



<https://forms.gle/AFDQm5dXpEP8fjBg9>



  
**Matrix Life Science**  
Innovate • Science • Life

**VIKRAM**  
TEA  
REFRESHING INDIA  
SINCE 1975

  
**श्रीहरी**  
SHRIHARI NUTRITION PRIVATE LIMITED  
Nurturing Lives



EVENT INCHARGE: ALTAMASH FAROOQUI  
8999088044

FACULTY INCHARGE: DR. YOGESH GAT



# NUTRITION CARNIVAL

*Nutritional Carnival was the last event of Nutrition Fiesta 2.0, but as we say “Last but not the least”, this was the most appreciated event creating awareness among the youth regarding the proper and safe nutrition. The day covered career guidance lecture, food adulteration awareness, skit, food wall exegesis and exhibition and various food and game stalls. More than 700 children along with their faculty members visited ICT MARJ to enjoy and learn. The schools/colleges visited were: Barwale College MS Jain English School Parth Sainik School Poddar International School Anil Jindal School*

## CAREER GUIDANCE SESSION

Academic career guidance is one of the most important guidance that students need to nurture their future. Students are considered as the future of a country and for a prosperous future, students need correct guidance, especially at an early stage of their academics. And so, ICT MARJ had organised a small guidance session which was addressed by Aditya Deshpande (General Secretary of ICT MARJ). The session included field choices after 10th and 12th standard according to students liking their knowledge about the subject. Moreover, Aditya tried to explain about the 5-year Integrated M. Tech course provided by ICT, Mumbai, MARJ Campus, which can be done after 12th standard. Basically, it is a Chemical Engineering course where students can choose their minors after completing three years as food, polymer, pharmaceutical, electrical or mechanical engineering. Out of 5 years (15 trimesters), the students would get 2 years of industrial exposure where he/she can think about their interests either research, job or to become an entrepreneur.





# FOOD FACTORY TOUR

Food is one of the basic needs of an individual. But how it's produced?? Food manufacturing refers to industrial processes that turn fresh produce into consumable food products. It involves various processes like sourcing, preparing, production, food packaging, and distribution. And so, to lure the young minds, students of 4th-year Integrated M. Tech, Ketaki Patil & Jidnyasa Chintamani explained chocolate and tomato ketchup processing through presentations and videos.



## Food Adulteration Awareness

We every time focus on eating a balanced diet but selection of the right food is the first step to ensure safe and good quality diet. Access to sufficient amounts of safe and nutritious food is key to sustaining life and promoting good health. Food safety, nutrition and food security are closely linked. Unsafe food creates a vicious cycle of disease and malnutrition, particularly affecting infants, young children, elderly and the sick. Therefore, to create awareness among the school students about various quick adulteration tests were demonstrated for daily use food products like milk and milk products, turmeric, chilli powder, vegetables, spices, salt and honey. These demonstrations were performed by Komal Dhanke & Harini Rao (1st year M. Tech- FET) under guidance of Ms Shilpa Pande (TARA Member).



They mentioned about the DART (Detect of Adulteration with Rapid Test) book by FSSAI, which is a compilation of common quick tests for detection of food adulterants at household by the citizens themselves so as to induce awareness among the consumers about food safety.







## Food Wall Exegesis

To provide more brief description about all three concept Eat safe, Eat Right and Eat Healthy. Three walls completely dedicated for each Eat Safe, Eat Right and Eat Healthy was designed and decorated by the Komal Dhanke student of 1st year M.Tech (FET), Sai Ragul Giridharparsad and Bawin from 2nd year M.Tech (FET) along with Ayush Redasni from 4th year Integrated M.Tech. Each food wall- Eat Safe, Eat Right and Eat Healthy, was explained by 1st year M.Tech students, Sonali Gavhane, Akshada Bhosle and Sagar Morvadiya respectively. “Eat Safe” wall was representing important concepts like Genetically Modified Foods (GMO), Foodborne Illness, Food allergy as well as instruction on how to store fresh and processed food safely. “Eat Right” wall was representing aspects like Healthy and unhealthy diet, Macro and micro nutrients required for healthy metabolism, Trans-fat A silent killer and consumption of sugar, salt and oil in low amount. While the final wall, “Eat Healthy” featured subjects like types of tea, consumption of water, 9 brain super-foods, foods which elevated moods and reduced anxiety and prebiotics and probiotics.





## Skit On “Eat Safe, Eat Right And Eat Healthy”

The students of 2nd year M. Tech- FET along with Ayush Gulhane (4th year Integrated M. Tech) as main lead performed a skit on “EAT SAFE, EAT RIGHT AND EAT HEALTHY” which is an initiative under the Eat Right India Movement undertaken by Government of India and FSSAI to create awareness among the students as well as the teachers visiting ICT MARJ during the Nutrition Carnival about the safe and right nutrition one should consume. It showcased what kind of food should be eaten according to different age groups and also for pregnant and lactating women and for girls on their menstrual cycle. There were various banners made presenting right food choices, checking labels on food packs etc.







ICT MARATHWADA CAMPUS

PRESENTS

# NUTRITION FIESTA 2.0 EXHIBITION

MODELS  
AND  
POSTER PRESENTATION

SEPTEMBER 17



EVENT INCHARGE: SHRUTI PATIL  
9730366027  
SAMIKSHA GHADGE  
9766119070

FACULTY INCHARGE: DR. YOGESH GAT



# Exhibition

The aim of the Exhibition was to showcase different aspects of important food segments in creative and dynamic way. Students of 1st year M.Tech prepared and explained different models. Total seven different models were made, namely:

- Eat Right Indian Healthy Thali by Janhavi Kailaje and Komal Dhanke
- Healthy- Unhealthy Model by Sulakshmi Shete and Neha Randive
- Food Pyramid by Akshada Bhosle
- Fortified foods by Harini Rao and Ishita Surve
- Vitamins: Live Model by Akansha Parsode and Sonali Gavhane
- Think before you Eat by Ganesh Bhosale and Sagar Morvadiya
- Nutrients of Healthy plate by Prashant Sonawane and Rishabh Kharat







ICT MARATHWADA CAMPUS  
PRESENTS

# NUTRITION FIESTA 2.0

# FOOD CARNIVAL

SEPTEMBER

17

limited stalls!

Registration fees:

1000/-only

Deadline : 12 Sep



<https://forms.gle/AFDQm5dXpEP8fjBg9>



  
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EVENT INCHARGE: ALTAMASH FAROOQUI  
8999088044

FACULTY INCHARGE: DR. YOGESH GAT



# Carnival



For decades, ICTians have contributed their best to India and the world. Every year, ICT prepares students to be job seeker or academician but also direct and groom students to be the one who provides the job... to be an entrepreneur. This event was organized with the same motto to bring out entrepreneurship and business skills among the students. Students were allowed to open up their stalls and trade with the public. Students were provided with space and set up for booths, apart from that, they had to bear all the expenses of raw materials required, and in turn, by doing trade, they need to recover their investment as well as had to make a profit. Various stalls were opened up, but some of them managed to Earn profit more than others



Among all the food stalls, two fun game stalls were also organized:

- The “7” Game: Pratham Shah and his team organized a fun speculation game revolving around the number “7”. Public had to participate in this game and were given chance to guess if the dice is going to show up number greater or smaller than number 7 or 7 itself.









### • Flavour Stall:

Mr. Pradeep Tandale (PhD scholar) along with his teammates Sai Ragul Giridharparsad and Bawin from 2nd year M.Tech (FET) and Ishita Surve from 1st year M.Tech (FET) organized a free stall which could be enjoyed by public. This stall was set up to test the sensory skills, solutions of different flavours which were provide by Aromax Creations and anyone from public could come and taste and guess which flavour it might be.



Among all these stalls, the stalls which made the most profit were awarded. The winners were:

Winner- (STALL NAME): Ayush Gulhane & team were selling different milk beverages like cold coffee, hot chocolate

*Ayush Gulhane*

*The Nutrition Carnival offered a fantastic chance for starting a small business, and the response was positive. I learned a lot about workforce management, strategy, and execution from this startup-lite stall, and it helped me to grow as a person who believes in taking risk.*

1st Runners-up- (STALL NAME): Rehan And Sharjil along with team were selling items like puff, mousse and pastries.

*Sharjil khan*

*As a kid me and my brother used to visit his college fest and often my attention used to be on stalls, we see college students arranging their own stalls of different things, different themes, different ideas and i find this too fascinating , it was kind of experience i want to bucket list. and in NF 2.0 we got this chance and i would say.. Yes!! we seized it, with my team , this stall thing was totally for fun.. we weren't competing ..love the banters we did for the bargain with Mtech 1st yr student!! overall it was a great experience*





# CLOSING CEREMONY

*Nutrition Fiesta 2.0 came to an end with closing ceremony held on October 3rd at Institute of Chemical Technology, Marathwada Jalna. The closing ceremony began with welcoming and felicitating the chief guest, Prof. R.R. Desmukh (Registrar, ICT) and guest of honour Prof. S. T. Mhaske sir (Dean, off campuses, ICT) and sponsors of the NF 2.0- Mr. Ashish Mantri (Shri hari nutrition pvt. ltd.), Mr. Bhavesh Patel (Vikram tea pvt ltd.), Mr. Manoj Peety (Thakurji Solvex Pvt. Ltd.) and the program was led by Papiha Gawande and Chaitanya Badgujar (2nd year M.Tech FET).*

To make this successfully chapter of Nutrition Fiesta, even more auspicious and enlightened the program commenced with taking blessing from Goddess Sarswati by lightening lamps followed by bowing to the Rasayan Devi with a prayer – ICT Vidyapeeth Geet. The program was set in motion, by showing the glimpse of Nutrition Fiesta 1.0, which was conducted in online mode in 2021, even though it was just 1st year of Nutrition Fiesta it received huge response and was celebrated with great enthusiasm. The events which were conducted last year were Nutrochef, Nutrimester, Poster making and also awareness program in Padali village and also few tedtalks. While this year, Nutrition Fiesta 2.0 received massive participation from 75 colleges from all over India, making it even more magnificent and victorious.

Further the program proceeded with inspiring and motivating words from chief guest Prof. R.R. Deshmukh (Registrar of ICT), guest of honour Prof. S. T. Mhaske sir (Dean, off campuses, ICT) and felicitation of awards was carried out. Special awards were given to PhD scholars- Mr. Pradeep Tandale, Ms. Shilpa Pande, Mr. Prashant Munde for success of flavour analysis and adulteration tests program, Ms. Shatabi Kamale (PhD scholar), Papiha Gawande and Chaitanya Badgujar (2nd year M.Tech FET) for success of awareness program conducted in Mahakala village, 1st M.Tech FET (2022 batch) for success of exhibition and 4th year Integrated M.Tech (2019 batch) for success of nutrition carnival event. Student co-ordinator of Nutrition Fiesta, Nikhil Munde (2nd year M.Tech FET) and Abhinav Tidke (4th year Integrated M.Tech)

were also awarded along with all the event heads and winners of all the events. Finally, the person who steered the path of Nutrition Fiesta 2.0, Dr. Yogesh Gat, Assistant Professor and Faculty head of NF 2.0 was also presented with an award. The closing ceremony finally came to an end with Vote of Thanks from Tanisha Patni (4th year Integrated M.Tech).

As Shah Rukh Khan rightly says “Picture abhi baki hai mere dost...”- ICT, MarJ assures to come back next year with more exciting events in Nutrition Fiesta 3.0.









# Editor's Note

Organizing Nutrition Fiesta is a great initiative taken by ICT, Marj, as it not only celebrates National Nutrition month and creates awareness among people but also provides a platform for the overall personality development of a student. It was fun to be a part of NF 2.0, but among all, my favorite event was the Nutritional Carnival and Exhibition, where I got a chance to interact with students of different schools and colleges through the Flavor Tasting stall. Working on this magazine after the completion of NF 2.0 was as much fun as during the events. I am glad I was given this opportunity to work with the editing team and present this event in my own words through this limited-edition magazine.



**-Ishita Surve**

*Drafter*



**-Sharjil Khan**

*Drafter, Editor*

Dear Readers, You have in your hand "Margjal (Nutrition fiesta 2.0), ICT Marj's official magazine. It captures the momentous moments of Nutrition Fiesta Month. We have tried our best to ensure this memoir of NF 2.0 helps you recapitulate your eventful Month of NF 2.0. "Nutrition fiesta" is a compilation of the immense effort put forward by the students of Imtech & Mtech (FET) and is also a specimen of their creativity. It tries to bind together every aspect of our very own ICT Marj family". This was a splendid Month, my favorite event was the Nutrition carnival very well organized by Altamash Farooqui, Isn't it rightly said, "A flower makes no garland?" Thus, this magazine is not the outcome of the effort put in by an individual but is the immense effort put forward by, first and foremost, our Yogesh sir. Then, the Event Heads Abhinav Tidke & Nikhil Munde, event coordinators, Ph.D. members, and this is just a small tribute to our NF Family. We hope you will cherish our efforts and enjoy our very own magazine

The Nutrition Fiesta magazine is a compilation of the immense efforts put forward by the students of ICT, Jalna in making the event an achievement. I liked the idea of celebrating the nutritional month in different way where students from different background could showcase their creativity through posters or putting forward their knowledge during the NutriMasters round. The best part of the NF 2.0 was the 'Awareness Program on Nutrition' held in Mahakala village in front of local community and school students. And talking about the magazine editing, it was great to work with Sharjil and Ishita on this limited-edition magazine.



**-Janhavi Kailaje**

*Drafter*



# VOTE OF THANKS



Matrix Life Science

*“No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude.”*

*– Alfred North Whitehead*

The success of Nutrition Fiesta 2.0 was primarily because of Prof. Uday Annappure (Director, ICT Jalna), as he permitted not only to celebrate the event in the campus but also inspired the students by his words during various events happening in the in whole month.

Nobody thought that a topic like “Nutrition” could be celebrated for a whole long month, but this was possible because of Dr. Yogesh Gat (Faculty Incharge, NF 2.0), who, with his constant efforts in making the event a success like last year along with Abhinav Tidke and Nikhil Munde (Student Incharge, NF 2.0).

A big thanks to all the sponsors for their great financial support;

- Mr. Ashish Mantri (Shri Hari Nutrition Pvt. Ltd.) - ₹25,000
- Mr. Bhavesh Patel (Vikram Tea Pvt. Ltd.) - ₹21,000
- Mr. Manoj Peety (Thakurji Solvex Pvt. Ltd.) - ₹21,000
- Mr. Anuj Kabra (Matrix Life Science) – ₹11,000
- Mr. Uday Naik (Aromaz Flavours & Fragrance Pvt. Ltd.) – ₹11,000

Thanks to all the event heads for organizing different kinds of events in a structured way where everyone can participate and showcase their talent. Also, the efforts of our Ph.D. scholars. MTech and I-MTech students cannot be overlooked who volunteered the events heads with utmost dedication. Last but not least, kind gratitude towards all the participants who participated in the events with immense joy.

We hope to continue the work like this and organize such events in the future for the betterment and upliftment of our students.

Thank you so much!!!