

**Symbiosis International (Deemed University)**  
**Symbiosis School of Biological Sciences**

**National Nutrition Month 2018**

Theme: “Ensuring focused intervention on addressing under-nutrition during  
First 1000 days of the child: Better Child Health”

Symbiosis School of Biological sciences celebrated the National Nutrition month from 1st September to 30th September 2018. A total of 65 M.Sc. Nutrition and Dietetics students participated in various events organized by the Department of Nutrition and Dietetics. Following events were held with ample zest and enthusiasm:-

**Nutri- Fair**

**Date: 4<sup>th</sup> September 2018**

**Venue: Nutrition Classroom**

The Nutri- Fair witnessed over 50 Nutrition and Dietetics students from Semester I & III plan and design nutritious recipes, diet counseling sessions and fitness tests. More than 20-25 recipes in form of nutritious snacks and beverages were prepared and sold at a reasonable selling price. The fair was open to everyone and offered tasting opportunities, interactive activities, diet counseling sessions, body composition analysis, fitness activities and dissemination of information about diet, food, health and lifestyle through posters. This event was designed to help people make informed decisions about nutrition and lifestyle as well as to create awareness about the Nutrition month.

**Guest Lectures**

**Date: 5<sup>th</sup> September 2018**

**Venue: Nutrition Classroom**

**Speaker: Ms. Sonali Shivlani, Lactation Consultant Executive Director CAPP  
International**

**Topic: Lactation Counseling and its importance.**

Students of Nutrition & Dietetics semester I and semester III attended 2 hours interactive session on “Lactation counseling and its importance” by Ms. Sonali Shivlani, Lactation Consultant Executive Director CAPP International, India.

CAPP is an international certification organization for Childbirth Educators and Lactation Educators and has certified thousands of perinatal professionals. The topics covered by lactation consultant elaborated on physiology of lactation, changes during pregnancy and the post partum period, Importance of support and information for the lactating post partum mother and family, early breastfeeding concerns and importance of nutrition during lactation. The session was appreciated by students. The objective of this session was to make students understand the

nutrition and lactation counselling techniques while conducting nutrition counselling session for pregnant and lactating women.

**Date: 27<sup>th</sup> September 2018**

**Venue: Seminar Hall**

**Speaker: Dr. Malhar Ganla**

**Designation: Founder and Managing Director of School Sports Program and Obesity Task force**

**Topic: Nutrition for physically active obese child**

Guest lecture by Dr Malhar Ganla was arranged for the first and second year students of Nutrition and Dietetics. The topic of his lecture was "Nutrition for the physically active Obese Child. Balancing physical activity and weight goals". The speaker spoke in length about the different stages of adolescents in terms of the difference in their body composition, nutritional requirements and effective counseling strategies required while handling issues specifically related to this age group. Feedback from the students was that the lecture topic was very interesting, unique and it gave them very important practical tips required for effective patient counseling.

### **Poster Making**

**Date: 7<sup>th</sup> September 2018**

**Venue: Displayed at SSBS reception and 3<sup>rd</sup> floor lobby**

**Topic: Nutrition during First 1000 days of the child: Better Child Health**

This year 2018 was a privileged year for the Nutrition fraternity as our Hon. Prime Minister had declared the whole month of September as the Nutrition month instead of the celebration restricted to only a week (1<sup>st</sup>-7<sup>th</sup> September). To celebrate this, a month long display of posters made by second year M.Sc students on the theme 'Importance of nutrition during first 1000 days of life' was conducted. Various concepts like, exclusive breastfeeding for first six months of life, ill effects of bottle feeding, initiation of healthy and nutritious complementary foods post six months of life, what are the IYCF practices, importance of first 1000 days of one's life, vaccination, etc were developed by the students in form of posters. The posters were well appreciated and its display at appropriate places attracted attention of all which also served as an awareness tool for them.

### **Quiz competition**

**Date: 7<sup>th</sup> September 2018**

**Venue: Nutrition Classroom I**

**Topic: Nutrition & Dietetics Quiz**

An interdepartmental Nutrition Quiz Competition 'Quiz-Up' was held at Symbiosis school of Biological Sciences (SSBS), SIU, Pune on Tuesday, September 7<sup>th</sup> 2018 from 10: am to 11:00 am. It was organized by Ms.Ria Jain, Alumni and Project assistant, SSBS.M.Sc.

Nutrition and Dietetics students Semester I and semester III enrolled themselves as participants for the competition. Participants were divided into 6 groups and the competition was completed in 3 rounds. Nutritional importance and health benefits of all the questions asked were explained to all the participants, after each round.

### **IDA CNE**

**Date: 7<sup>th</sup> September 2018**

**Venue: ELTIS, Model Colony**

Symbiosis School of Biological Sciences in collaboration with Indian Dietetics Association (IDA), Pune chapter had organized a CNE to celebrate the National Nutrition Week on 7<sup>th</sup> September 2018. The CNE delivered an insight on diverse topics in Pediatric Nutrition by eminent speakers. Certificate of participation and a delegate kit were provided to all registered candidates. Over 115 delegates (practicing dietitians and students) participated enthusiastically in the CNE.

**Topics for the CNE were as follows:**

| <b>Topic</b>                                                           | <b>Speaker</b>                                                                                                                |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| 1000 days - Pediatric Perspective                                      | Dr. Suhas Jog<br>Associate consultant in Pediatrics KEM Hospital, panel Consultant at DMH and Sahyadri Hospital, Pune         |
| Breastfeeding - Best feeding                                           | Dr. Vaijayanti Patwardhan<br>Consultant Gynaecologist & Project Co-ordinator,<br>KEM Hospital Research Centre, Pune           |
| Lactation management: Handling practical problems through case studies | Ms. Amrita Desai<br>Asst. Manager- Lactation<br>Cloudnine Hospital, Pune                                                      |
| Complementary feeding: Building the foundation for life                | Ms. Vaishali Madkaikar,<br>Consultant Pediatric Nutritionist<br>Deenanath Mangeshkar Hospital, Pune<br>Founder, Nutrition Hub |

## Photographs



IDA CNE: Welcome address by Prof. Vinay Rale



IDA CNE :Felicitation of guest



**IDA CNE :Vote of thanks by Ms. Shilpa Shirole (Vice-president, IDA, Pune**



**IDA CNE: Guest speakers with SSBS faculty**



**M.Sc. Nutrition & Dietetics Students at the Nutri Fair with Faculties**



**M.Sc. Nutrition & Dietetics Students at the Fitness Test event during the Nutri Fair**



**M.Sc. Nutrition & Dietetics winners of quiz competition**



**Guest lecture by Dr. Malhar Ganla**



Guest lecture by Ms. Sonali Shivlani



M.Sc. Nutrition and Dietetics students with their displayed posters