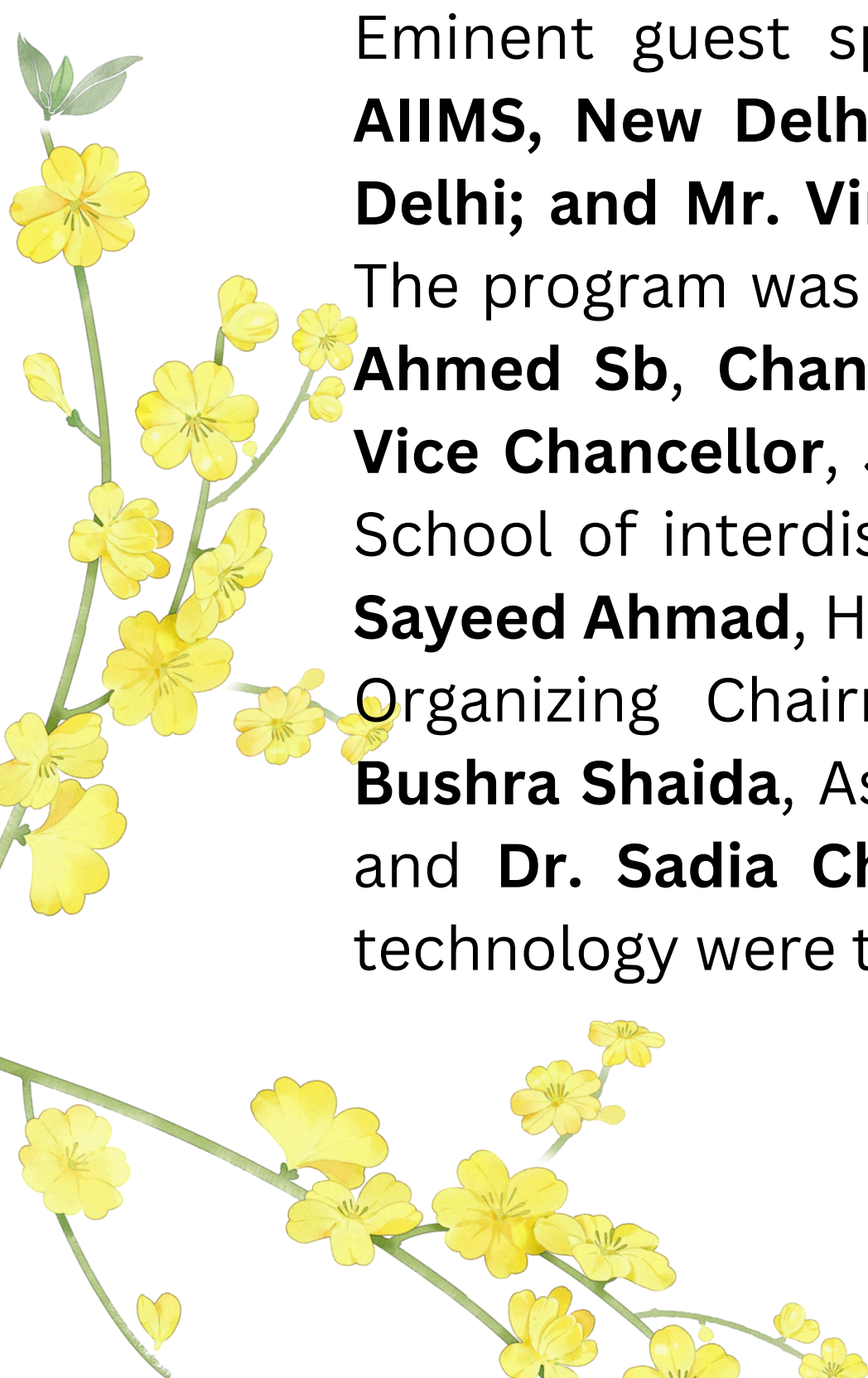




# HAMDARD NUTRIVOICE 2.0

## Report on Nutrition Month Celebration 2025, Jamia Hamdard “Poshan Maah- A Step Towards a Healthier Tomorrow”

The **Department of Food Technology, Jamia Hamdard** organized Hamdard Nutrivoice 2.0, a two-day event and workshop titled **“Bakes and Basics: Nourishing Through Functional Foods” on 24th and 25th September 2025**, as part of the **Nutrition Month celebrations**. The event was envisioned to promote nutritious foods in baking, bariatric nutrition, food diversity, and food safety. With a focus on nutrition, community engagement, food innovation, the event featured an interactive and learning activities like hands on bakery workshop, exhibitions, student led food stalls with innovative recipes, free diet counseling, free health check-up, and competitions, proudly sponsored by Rex remedies limited and Klinickart. The event also featured food stalls offering healthy millet-based recipes and an exhibition promoting the benefits of functional foods, aiming to encourage healthier eating habits among attendees. The event drew enthusiastic participation from students, faculty, and nutrient enthusiasts successfully fostering awareness about nutrition and functional foods.



The event was inaugurated by **Chief guest Prof. Pradeep Kumar Prajapati, Director, All India Institute of Ayurveda (AIIA), New Delhi**. Eminent guest speakers included **Dr. Richa Jaiswal, Dietician at AIIMS, New Delhi; Dr. Shalini Gaur, Senior Scientist at IARI, New Delhi; and Mr. Vinod Pandey, Food Safety and Quality Consultant**. The program was organized under the patronage of **Janab Hammad Ahmed Sb, Chancellor, Jamia Hamdard** and **Prof. M. Afshar Alam, Vice Chancellor, Jamia Hamdard**. **Prof. (Dr.) Selvanpandiyan**, Dean, School of interdisciplinary sciences and technology, and **Prof. (Dr.) Sayeed Ahmad**, Head of the Department of Food technology, was the Organizing Chairman and Organizing Secretary respectively. **Dr. Bushra Shaida**, Assistant professor, Department of food technology and **Dr. Sadia Chishty**, Assistant professor, Department of food technology were the program convenors.






## Hamdard Nutrivoice 2.0: Day-1

The programme was inaugurated by our **Chief Guest, Prof. Pradeep Kumar Prajapati, Director of the All-India Institute of Ayurveda**, highlighted the role of Ayurveda and holistic nutrition in maintaining wellness and addressing lifestyle-related diseases.


The event was marked by several significant highlights. **A recipe booklet titled “Oven to Wellness” and Department of food technology newsletter “Foodnaama”** was launched. The Recipe booklet showcases functional and health-focused baking recipes developed by **M.Sc. Nutrition and Dietetics students**. The compilation was spearheaded by **Dr. Bushra Shaida** and **Dr. Sadia Chishty**, and reviewed by **Prof. (Dr.) Sayeed Ahmad**. Following the launch, a series of expert talks enriched the academic experience of participants. **Dr. Richa Jaiswal, Dietitian, AIIMS, New Delhi**, discussed the basics of bariatric nutrition and the importance of balanced eating. **Dr. Shalini Gaur, Senior Scientist, IARI, New Delhi**, provided valuable insights into innovative research in baking and functional foods. **Mr. Vinod Pandey, HACCP Specialist and Food Safety Consultant**, gave a highly practical talk on the technical aspects of food safety, hygiene, and HACCP practices, emphasizing their crucial role in ensuring food quality and consumer health. Complementing the expert lectures, an exhibition was organized by M.Sc. Nutrition and Dietetics students, which highlighted the health benefits of millet-based products, antioxidant-rich beverages, and innovative functional food concepts. This exhibition not only demonstrated the creativity of students but also encouraged visitors to adopt healthier dietary choices.

## Hamdard Nutrivoice 2.0: Day 2

A hands-on baking workshop was conducted by **Mrs. Bhavana Tyagi, expert trainer and founder of Cake Closet**, who demonstrated innovative methods of incorporating functional ingredients into bakery products. The workshop provided students with practical exposure to healthy baking techniques, bridging the gap between theory and practice. Alongside, a series of student-centered competitions were held to encourage creativity and awareness in nutrition.










These included a **reel-making contest** to promote nutrition education through social media, a **PowerPoint presentation competition on protein-rich recipe development**, a **poster design contest focusing on food diversity**, and a **flameless cooking competition** under the theme “**No Sugar and No Refined Flour**,” students experimented with innovative healthy recipes without using refined ingredients.

In addition to workshops and competitions, the event featured several community engagement activities such as free diet counseling, health check-ups, and healthy food stalls offering millet-based dishes and functional recipes. These stalls attracted significant attention and served as live demonstrations of how traditional and modern foods can be blended to promote health and wellness. The sponsorship support from Rex Laboratories and Klinickart added strength to the program, making it possible to host such diverse activities.

**Hamdard Nutrivoice 2.0** successfully combined academic learning, practical training, innovation, and community engagement. It provided an opportunity for students to interact with eminent experts in the field of nutrition, dietetics, food science, and food safety, while also allowing them to showcase their own skills and creativity. With enthusiastic participation from students, faculty members, and nutrition enthusiasts, the program significantly contributed to raising awareness on the role of functional foods in health promotion and sustainable diets. The event concluded on a high note, with participants carrying forward the key message of the National Nutrition Month—“**Eat Right for a Better Life.**”












**HAMDARD**  
**NUTRIVOICE- 2.0**

**OVEN TO WELLNESS**  
*A Nutritious Baking Recipe Booklet*



**DEPT. OF FOOD TECHNOLOGY**  
**SIST**  
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