



**HIRALAL MAZUMDAR MEMORIAL COLLEGE FOR  
WOMEN DAKSHINESWER**

**EVENT ALBUM**  
**(FROM 2024 JULY -2025 JUNE)**

**HEALTH UNIT  
IN COLLABORATION WITH  
DEPARTMENT OF FOOD AND NUTRITION**

SESSION: JULY 2023-JUNE 2024

EVENT NAME	DATE	NO. OF PARTICIPANTS	DESCRIPTION
1. STUDENT'S SEMINAR	11.7.2024	12	<p>A one-day student seminar was organized by the Department of Food and Nutrition on 11th July 2024 from 12 PM to 2 PM. Fourth Semester Honours students presented on various topics related to nutrition education through posters, charts, models, and PPTs. A total of 12 students participated. The event was successful and informative.</p> 

<b>2. CAREER COUNSELLING SESSION FOR 6<sup>TH</sup> SEM STUDENTS</b>	<b>6.8.2024</b>	<b>Approx 40</b>	<p>Career counselling sessions arranged for 6<sup>th</sup> sem Department of Food and Nutrition in collaboration with Health unit. speaker was Dr Souvik Tewari Assistant Professor Department of Food and Nutrition SVU University.</p> 
<b>4. FREE HEALTH CHECK-UP AND NUTRITION COUNSELLING CAMP FOR COMMUNITY PEOPLE (AN INNOVATIVE DEPARTMENTAL WORK)</b>	<b>7.8.2024</b>	<b>APPROX 70</b>	<p>Department of Food and Nutrition successfully. Conducted a free health checkup and nutrition counselling camp on 7.8.24 from 12 noon where 6<sup>th</sup> sem Honours students measure height, weight ,BMI ,Blood pressure ,spO2 and diet counselling for the students community people and respected teachers and staff of our college.. its an innovative program run by department of food and nutrition each year.</p>

**5. WORLD  
BREASTFEEDING  
WEEK  
CELEBRATION  
AND STUDENTS'  
SEMINAR**

**2.9.24**

**12**



**World Breast Feeding week is celebrated each year from 1st to 7 th August. But due to running exam our department celebrated this week on 2.9.2024 by organising a student seminar where our 4 th semester students presented their thoughts on different topics of BENEFITS OF BREAST FEEDING .**


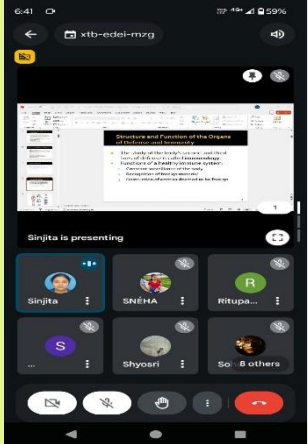
**6. NATIONAL  
NUTRITION  
MONTH  
CELEBRATION  
2024**

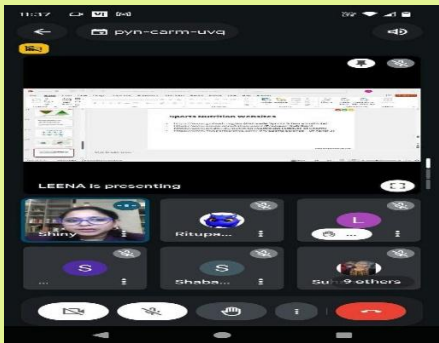
**SEPTEMBER  
2024**

**40**

**EVENT 1 :-The National Nutrition Month celebration 2024 commenced today with an intradepartmental on-ground cooking competition, held in collaboration with Nestle at our departmental lab. The exceptional quality of all dishes left the judges impressed. Congratulations are extended to all participants, with the top three dishes receiving awards from Nestle.**



<p>5. Extension lecture on “RECOVERY SPECIFIC PORTION OF DIET IN CRITICAL PATIENTS (ICU/ITU)</p>	<p>2.12.24</p>	<p>23</p>	<p><b>EVENT 2 :-National Nutrition Month 2024 Features an intradepartmental Students' Exhibition Highlighting the Importance of Nutrition Education and Poshan bhi, Padhai Bhi.</b></p>  <p>The Department of Food and Nutrition organized an extension lecture on “RECOVERY SPECIFIC PORTION OF DIET IN CRITICAL PATIENTS (ICU/ITU)”. Dr. Sujita Dutta, Associate Professor, Dept. of Community Medicine, PGIMER, SSKM Hospital, Kolkata, was invited as the resource person. The session was informative and well-received.</p> 
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<b>6. EXTENSION LECTURE ON SPORTS NUTRITION</b>	<b>11.12.2024</b>	<b>14</b>	<p>An extension lecture on “Tips for Sports Nutrition” was organized by the Department of Food and Nutrition. Mrs. Shinly Surekha, Consultant Sports and Preventive Health Dietitian, was the resource person. The session was informative and beneficial for the students.</p> 
<b>7. COMMUNITY NUTRITION EDUCATION AND DENGUE AWARENESS CAMP DURING STUDENTS' WEEK</b>	<b>31.12.2024-6.1.2025</b>	<b>20</b>	<p>As part of Students Week held at Hiralal Mazumdar Memorial College for Women ( 31st December 2024- 6th January 2025), we organised a Dengue Awareness Camp for NSS unit 1 of the college. Under the leadership of NSS PO Dr. Sujata Mukhopadhyay, the NSS volunteers sprayed bleach, kerosene and phenyl in open drains, sewerage pipes and makeshift bathrooms in the adopted slum Nibedita Colony. The students of the Department of Food and Nutrition went on a door-to-door campaign to talk about what food to intake along with their nutritional properties during Dengue.</p>



## 8. FSSAI FOOD LAB VISIT


3.1.2025

30






On 3<sup>rd</sup> Jan 2025 ERO and NFL Kolkata, organized a half-day session for students of Hiralal Mazumdar Memorial College for Women under the #EatRightChamp initiative. Students learned about food safety, explored food testing procedures and witnessed the detection of food adulteration firsthand .



<p><b>10. STUDENT SEMINAR ON NUTRITION EDUCATION AS A PART OF SEC PROJECT</b></p>	<p><b>7.2.2025</b></p>	<p><b>15</b></p>	<p>A student seminar on Nutrition Education was conducted as part of the SEC project. 3rd Semester Food and Nutrition Minor students participated and presented their work. The session was brief, informative, and successful.</p> 
<p><b>11. MILLETS EXHIBITION SANKALPA DURING THE ONE-DAY NATIONAL SEMINAR</b></p>	<p><b>15.2.2025</b></p>	<p><b>50</b></p>  	<p>Students of 1st and 3rd Semester Honours participated in the Nutrimillet Treat Contest, preparing innovative millet-based recipes like Bajra Wrap, Ragi Laddu, Ragi Chaat, and Veg Gold Coin. The event promoted the health benefits of millets. Winners were announced based on creativity and nutrition. The contest was a great success.</p> 



<p><b>12. FOOD EXHIBITION TO CELEBRATE INTERNATIONAL WOMEN DAY</b></p>	<p><b>8.3.25</b></p>	<p><b>15</b></p>	<p>On the occasion of Women's Day 2025, the 6th Semester Honours students of the Department of Food and Nutrition organized a special food stall titled "Nourishing Wellness from Within". The stall featured nutritious recipes like Hibiscus Tea, Tri-Colour Steamed Chicken Momo, Dahi Vada, and Ragi Sprouts Chaat—each promoting women's health and well-being. The initiative was well-received and highlighted the importance of nutrition in women's empowerment.</p> 
<p><b>13. 10 DAYS HOSPITAL INTERNSHIP PROGRAMME FOR 6 TH SEM HONOURS STUDENTS 2025</b></p>	<p><b>20.2.2025 TO 1.3.2025</b></p>	<p><b>13</b></p>	<p>6th Semester Honours students of the Department of Food &amp; Nutrition began their hospital internship at the Dietetic Department of Park Clinic, Kolkata, under the WBSU curriculum. This hands-on training offers valuable exposure to clinical nutrition, patient care, and therapeutic diet planning, enhancing their academic and professional growth.</p> 

<p><b>14. COLLABORATIVE STUDENT SEMINAR</b></p>	<p><b>11.4.25</b></p>	<p><b>26</b></p>	<p>The Departments of Chemistry, Botany, Physiology, and Food &amp; Nutrition jointly organized a Collaborative Student Seminar on Analytical Chemistry and Haematology at Mangalalok Seminar Hall. 26 students presented on interdisciplinary topics, making the event informative, interactive, and successful.</p> 
<p><b>15. HANDS-ON WORKSHOP ON DETECTION OF FOOD ADULTERATION OF COMMON FOOD STAFFS (LADDU, MILK, OIL, TURMERIC POWDER)</b></p>	<p><b>9.4.2025</b></p>	<p><b>13</b></p>	<p>The Department of Food and Nutrition, Hiralal Mazumdar Memorial College for Women, organized a Hands-on Workshop on the Detection of Common Food Adulterants on 9th April 2025 at 1:00 PM in the Food and Nutrition Lab.</p> <p>The session focused on practical techniques to detect food adulterants and understand their health effects. It was attended by 6th Semester Food and Nutrition Honours students, who actively participated in the interactive and educational session.</p>

