

ii. National Workshop on Food Adulteration

1. DBT Sponsored National Workshop on Food Adulteration

A two-day national workshop on "Food adulteration" was organized by the Department of Chemistry on 27th & 28th Sept 2019 under DBT sponsored Star College Scheme founded by DBT New Delhi. 180 delegates (teaching faculty, research scholars and students) from different colleges and universities participated in the workshop.

FIRST DAY


The workshop was inaugurated by Principal Devindra Gupta followed by a brief note on star college scheme by Dr. Jahid Ali Malik Coordinator and introductory speech by Convenor Ms Amita Joshi. In first session, invited speaker & Chief guest **Dr. A. Madhavan** (Former advisor to Minister of State for Health and Family welfare Govt. of India) talked about oils, fats, healthy and unhealthy foods and explained terms like PUFA, MUFA and their effects on human health.

Dr A Madhavan gave his lecture on "**Edible Oils and Fats-Healthy and Unhealthy Food**". In the first half of the session Healthy and unhealthy food was discussed. He started with the important constituents of food as recommended by WHO and then explained difference between bad and good food, unsafe and safe food. He gave a brief outline of chemical contamination of food and how these chemical contaminants cause various diseases specially cancers and cardiovascular diseases. A seven-point questionnaire was discussed which included seven questions:

1. Are you eating the right food?
2. Do you have a balanced diet in your house?
3. What is nutritive value of your food
4. Does it give required vitamins, minerals and other nutrients?
5. Is there any toxin or unsafe material in it?
6. Is your water safe and healthy?
7. Are the cooking and handling practices right and hygienic?




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