



GOUR MAHAVIDYALAYA

DEPARTMENTAL NEWSLETTER



FOOD & NUTRITION

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About the Department

Good food and nutrition are vital to good health and wellbeing, and reduce the risk of disease. Healthy eating means choosing the right food and knowing how much to have.

This is an innovative interdisciplinary course which combines components from Diet Therapy and Counselling, Biochemistry, Human Physiology, Food Microbiology, Food Preservation, Public Health, Community Nutrition, Epidemiology, Sports Nutrition, Health and Nutrition Education, Food Fermentation.

Vision

A vision of food and nutrition course is a stated below...
To empower learners with the knowledge and skills to make informed food choices, plan and prepare healthy meals, and promote nutrition awareness in their communities.

To provide a comprehensive and interdisciplinary education on the science, culture, and politics of food and nutrition, and their implications for human and environmental health.

To foster a critical and creative understanding of the complex relationships between food and nutrition, and the social, economic, and environmental factors that shape them.

To inspire learners to explore the diversity and richness of food and nutrition traditions, practices, and innovations around the world, and to appreciate their cultural and ethical dimensions.



Department Rules

- Attendance as per the University norm is mandatory for appearing in the final examination.
 - Appearing in Class-Test, Annual Test Examination is mandatory.
 - Students must engage themselves in various departmental activities
- Students must help to maintain a healthy academic atmosphere and the sanctity of the department
- Students are requested to switch off the lights and fans when leaving the department

Students Activity

Health Checks up Camp

The college has arranged health checkup camp free of cost on regular basis for the benefit of the students most of whom are economically not sound. However, the teachers and the non-teaching staff also avail the facility. Experienced doctors from nearby health center/hospital visit the camp and go over the health problems and provide them necessary advice. Arrange this type of camp in each student week since 2022.



Students Industrial Visit



Tea industry visit 28th March 2019, Jalpaiguri.

Gita's Pickle Factory
had been visited on
16th December 2022

1. Observe the quality control measures used by the factory.
2. Understand the safety protocols and hygiene standards employed in food production.



Internship on Therapeutic Nutrition

26.04.22-25.05.22



In this specific course students can learn about the clinical features of dietary management. The etiological factors along with the signs and symptoms of various diseases are studied. Understanding, critically assessing, and knowing how to use each diet in specific conditions. Interpreting and using food composition tables and databases properly. Designing and carrying out health status assessment protocols. Applying scientific knowledge of diet plans for every stage of life.



Internship on Pathology

16.06.22 to 22.06.22



Understand the basics of pathology, divisions, basics of cell injury in human body. Understand normal and abnormal fluid balance, circulatory disorders associated with it.



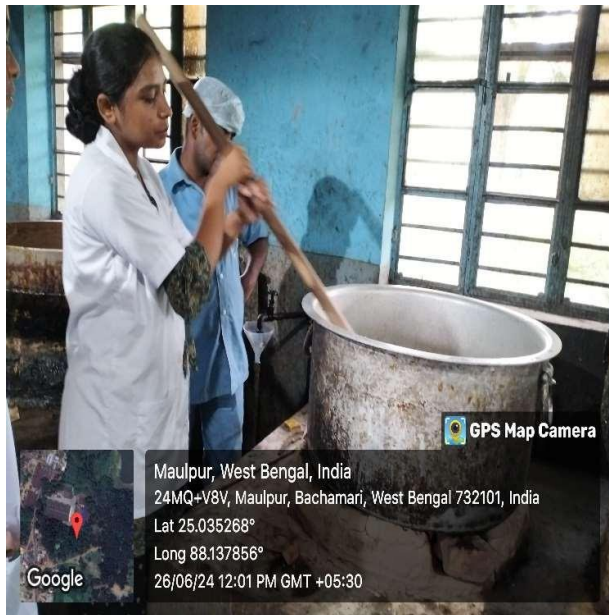
Internship on Industry

15.06.2024



Malda Mango

Co-operative Society Ltd is located in Old Malda, West Bengal which was established in 1991. It is a manufacturing, exporting, supplying, retailing food industry of chilli sauce, mixed pickle, mango pickle, mango kasundi pickle, mango chutney, fruit squashes, fruit jellies, fruit jam, fruit beverages, chilli pickle, tomato sauce etc finished products.



Maulpur, West Bengal, India
24MQ+V8V, Maulpur, Bachamari, West Bengal 732101, India
Lat 25.035268°
Long 88.137856°
26/06/24 12:01 PM GMT +05:30



Malda, West Bengal, India
24PP+3Q5, Old Malda Rd, Malda, Old Malda, West Bengal 732101, India
Lat 25.035466°
Long 88.137824°
21/06/24 11:08 AM GMT +05:30

Outreach Programme

Visit I.C.D.S Center

The largest community-based programme in the world is called the **Integrated Child Development Services (ICDS)** programme.



ICDS plays a vital role in reducing the effects of malnutrition, fostering cognitive development, and improving general well-being by offering vital health services, supplemental nutrition, and early childhood education. Notwithstanding these successes, a number of issues are noted in the study that require attention, including unequal implementation, limited resources, and gaps in service delivery. In order to more effectively reach marginalized communities in the future, it will be necessary to fortify monitoring mechanisms, improve frontline worker training, and increase coverage.

Outreach Programme

Health Check Up Camp (23.11.2024)

To promote awareness of nutritional health and well-being while offering basic health assessments and guidance to the community.



Outreach Programme

Food Stall in Book Fair (13.01.25-20.01.25)

Promoting Nutritional Awareness through a Food Stall at the Book Fair.

