

**UGC-CPE FUNDED THREE DAY STATE LEVEL WORKSHOP
ON
HEALTHY FOOD HABITS**

29th -31st January 2019



Organized by

**Department of Food and Nutrition
&**

Internal Quality Assurance Cell (IQAC)

Barrackpore Rastraguru Surendranath College

85, Middle Road and 6, River Side Road, Barrackpore, Kolkata-700 120 (W.B.)

Ph. (033) 2594 5270, 25920603

Venue:

Seminar Hall (Room No-202), 6 Riverside Road College Campus

Background

Food Nutrition and Health are the three basic pillars for sustenance of life. Food forms the basic platform for getting optimum nutrition. It is an external resource which may create wondrous or disastrous consequences of health. Nutrients both macro and micro play diverse role in maintaining the quality of life. The components of nutrients may be varied or manipulated by biotechnology or alteration in geographical parameters.

Community health is the health of each and every individual living in the community. This is influenced greatly by food habits, hygienic practices, life style, environmental and many other factors.

Thus healthy food practices may help to create awareness among population which in turn enhances the quality of life.

Objective

- To generate healthy food practices.
- To create awareness regarding proper lifestyle
- To explore the latest trends in nutrition and research.

Registration

Participants are requested to register well in advance by sending the duly filled registration form along with registration fee. Cash will be received in the college office.

Registration fee for participants =Rs 350/-

The Organizer

The Barrackpore Rastraguru Surendranath College was found in the year 1953. It is an UGC recognized college and reaccruited by NAAC. The vision of the college is to make it a centre for excellence and an institution of national acclaim. The mission of the college is to ensure quality education, value based and value added education, install self confidence among students, inject vigour and energy among youth so that they can evolve as responsible citizen of our country, The college is affiliated to West Bengal State University. Almost all college activities are computerized and it follows technology enabled learning.

The Department of Food and Nutrition of the college was established in the year 2006 with Hons, and earlier was affiliated to the University of Calcutta. From the session 2008-2009 it is affiliated to West Bengal State University. Post Graduation in Food and Nutrition was started in the year 2010.

The Venue

The name Barrackpore originates from the English word barracks. Barrackpore acquired the name as the site of the first military base of the British East India Company that was established in 1772. Prior to that Barrackpore was known as Chanak, and mentioned that as in the Manasamangal. Arguably it is also believed that during the regime of Mughal emperor Aurangzeb, this place has been a major collection centre of Khajna -taxes and then it was named Barbakpur from the name Jaigirdar- owner of land. With time the name changed to Barrackpore. Two rebellions against British authority took place in Barrackpore in the 19th Century; the first of these was in 1824, under Sepoy Binda Tiwary. In 1857 Barrackpore was the scene of an incident that possibly initiated the Indian rebellion of 1857.

Organizing Committee

Patron: Sri Deb Roy Chowdhury

President: Dr Monojit Ray

Coordinator: Sutapa Ghosh Dastidar

Convener: Smt. Parama Bhattacharya

Treasurer: Smt Susmita Roy

Other members of Organizing Committee: Smt. Rama Das, Dr. Rakhi Dey Sharma; Mrs. Ina Mukherjee; Dr. Sutripta Sarkar; Dr. Debasree Ghosh