



**ICAR Sponsored Winter School  
On**

## “Health Foods for Sustainable Living”



**Course Director:**

**Dr. Mamoni Das**

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**Co-Directors:**

**Dr. Premila L Bordoloi**

Assistant Professor,

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College of Community Science, Assam Agricultural University, Jorhat-785013

**Dr. Manisha Choudhury**

Assistant Professor,

Department of Food Science and Nutrition,  
College of Community Science, Assam Agricultural University, Jorhat-785013

## Agenda

### Day 1 : 30<sup>th</sup> November'2022 (Wednesday)

Sl. No	Topic	Time	Resource Person/Facilitators
1	Registration	9:00- 9:30 am	Registration committee, Dept. of FSN
2	Inauguration	9:30- 10:00am	
3	Rethinking our food systems for a sustainable future	10:00-10:30 am	<b>Dr. B. C.Deka,</b> Vice Chancellor, Assam Agricultural University, Jorhat-13, Assam
4	Conservation, consumption and commercialization of native food wisdom	11:30- 1:00 pm	<b>Fr. Samir Rajan Bordoloi,</b> General Secretary, SPREAD NE, Guwahati
5	<ul style="list-style-type: none"> <li>• Edible Insects as a source of alternative food and therapeutics</li> <li>• Ethics in research</li> </ul>	2:00 - 3:00 pm	<b>Dr. Jatin Kalita,</b> Principal Scientist, RPBD Division CSIR-NEIST ,Jorhat
6	Bio-resources to Bio-wealth	3:00-4:00 pm	<b>Fr. Samir Rajan Bordoloi,</b> General Secretary, SPREAD NE, Guwahati
7	Discussion	4:00 - 4:30 pm	<b>Dr. Manisha Choudhury</b> <b>Dr. Premila L Bordoloi</b>

### Day 2: 1<sup>st</sup> December'2022 (Thursday)

Sl No	Topic	Time	Resource Person/Facilitators
8	Nutrition transition in India: In the last few decades	9:30 -10:30 am	<b>Dr.Ruma Bhattacharyya,</b> Professor & Head, Dept. of Food Sc. and Nutrition, College of Community Science, AAU, Jorhat
9	Nutrition linkage in the food chain	10:30-11:30 am	<b>Dr. Ananta Saikia,</b> Professor, Dept. of Horticulture , AAU, Jorhat
10	Importance of Iron Nutrition	11:30 am-12:30 pm	<b>Dr. Mridula Saikia Barooah,</b> Professor, Dept. of Food Sc. and Nutrition, College of Community Science, AAU, Jorhat
11	Can plant-based foods be a potential meat replacer	12:30-1:30 pm	<b>Dr. Manashi Purkayastha,</b> Assistant Professor, Food Sci. and Technology Programme Dept. of Horticulture Assam Agricultural University, Jorhat
12	Dietary Diversification: The need of the hour	2:30-3:30 pm	<b>Dr. Mamoni Das,</b> Dean and Course Director, College of Community Science, AAU, Jorhat
13	Group Activity on plant-based foods	3:30 - 5:00 pm	<b>Dr. Abnita Thakuria,</b> Assistant Professor, <b>Dr. Nimi Baruah</b> Dept. of Food Sc. and Nutrition, College of Community Science, AAU, Jorhat

**Day 3: 02.12.22 (Friday) HOLIDAY**

**Day 4: 03.12.22**

Sl No	Topic	Time	Resource Person/Facilitators
14	Ultra processed foods : Its impact on health	9:30-10:30 am	<b>Dr. Arun Gupta,</b> MD, FIAP, Central Coordinator, Breastfeeding Promotion Network of India (BPNI) Convener, Nutrition Advocacy in Public Interest(NAPi) Former Member PM's Council on India's Nutrition Challenges
15	Nutraceuticals versus pharmaceutical in contexts to health and wellbeing	10:45-11:45 am	<b>Dr. B Dinesh Kumar,</b> Former Scientist 'G' & HoD, Drug Safety division, NIN, ICMR,
16	Millet: Food for the future , health benefits and value addition	12:00 -13:00 pm	<b>Dr. Sangappa,</b> Scientist, Agricultural Extension Indian Institute of Millet Research (IIMR), ICAR Hyderabad
17	Future smart foods	2:00-3:00 pm	<b>Dr. Mamoni Das,</b> Dean and Course Director, College of Community Science, AAU, Jorhat
18	Practical on Fitness games	3:00-4:30 pm	<b>Dr. Abnita Thakuria,</b> Assistant Professor, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat <b>Ms. Yashmin Nongrum</b> Nutritionist

**Day- 5: 04.12.22: Sunday**

**Day 6: 05.12.22 (Monday)**

Sl No	Topic	Time	Resource Person/Facilitators
19	Nutrition Communication and public health promotion	9:30-10:30 am	<b>Dr. Subba Rao M Gavaravarapu,</b> Deputy Director & Head, Nutrition Information Communication & Health Education NIN, ICMR Hyderabad.
20	Behaviour Changed theories	10:30-11:30 am	
21	Health and Nutrition Communication research, campaign planning and implementation	11:30 am- 12:30 pm	
22	Leveraging agriculture for nutrition	12:30-1:30 pm	<b>Dr. Ranjit Kr. Bhattacharyya,</b> Retd. Professor and Head, Department of Horticulture , AAU
23	Group activity on behavioural change	2:30-4:30 pm	<b>Dr. Subba Rao M Gavaravarapu,</b> Deputy Director & Head, Nutrition Information Communication & Health Education NIN, ICMR, Hyderabad

**Day 7: 06.12.22 (Tuesday)**

Sl No	Topic	Time	Resource Person/Facilitators
24	Food labelling, safety and regulations	9:30-11:00 am	<b>Dr. Subba Rao M Gavaravarapu</b> , Deputy Director & Head, Nutrition Information Communication & Health Education, NIN, ICMR, Hyderabad.
25	Organic agriculture and its impact on green economy	11:00-12:00 pm	<b>Dr. Nevedita Deka</b> , Professor and Head, Department of Agricultural Economics and Farm Management AAU, Jorhat
26	Population-Food-Nutrition: Challenges and Options before India	12:00 am-1:00 pm	<b>Dr. Anup Das</b> , Director of Post Graduate Studies, Assam Agricultural University, Jorhat-13
27	Nanotechnology approaches for food fortification	2:00-3:00 pm	<b>Dr. Archana Moni Das</b> , Principal Scientist and Head, NEIST, Jorhat
28	Group activity on creating a healthy snacking plate	3:00-4:30	<b>Dr. Priyanka Nath</b> <b>Dr. Nimi Baruah</b> , Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat

**Day 8: 07.12.22 (Wednesday)**

Sl No	Topic	Time	Resource Person/Facilitators
29	Newer application of mushroom and algae in health management	9:30 -10:30 am	<b>Dr. Tankeswar Nath</b> , Assistant Professor, Department of Agricultural Biotechnology AAU, Jorhat
30	Mushroom: A potential food for diseases prevention	10:30-11:30 am	<b>Dr. Palash Debnath</b> , Professor & Head, Department of Plant Pathology, AAU.
31	Local food movement for promotion of healthy eating	11:30-12 :30 pm	<b>Mr. Karthikkeyan</b> , CEO, NEATEHUB, AAU, Jorhat
32	New dimensions in Nutrition enhancement in agricultural crops	12:30-1:30 pm	<b>Dr. Ashok Bhattacharyya</b> Director of Research (Agri), Assam Agricultural University, Jorhat
33	Millet processing for value added products	2,30-3.30pm	<b>Dr. Premila L. Bordoloi</b> <b>Assistant Professor</b> Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
34	Group Activity: The veggie guessing bag	3:30-5:00 pm	<b>Dr. Mamoni Das</b> , Dean and Course Director, College of Community Science, AAU, Jorhat <b>Dr. Nimi Baruah</b> Dept. of Food Science and Nutrition.

**Day 9 : 08.12.22 (Thursday)**

Sl No	Topic	Time	Resource Person/Facilitators
35	GM foods for Food and Nutritional Security	9:30-10:30 am	<b>Dr. Sumita Acharjee,</b> Assistant Professor, Department of Biotechnology AAU, Jorhat
36	Ethno medicinal plants: Role in wellness management	10:30-11:30 am	<b>Dr. Ishwar Baruah</b> Principal Scientist, Department of Agronomy Assam Agricultural University, Jorhat
37	Plant proteins and human health	11:30 am-12:30pm	<b>Dr. Ananta Madhab Baruah,</b> Professor, Department of Biochemistry and Agricultural Chemistry AAU, Jorhat
38	Nutrition Economics	12:30-1:30 pm	<b>Dr Nivedita Deka,</b> Professor and Head, Department of Agricultural Economics and Farm Management, AAU, Jorhat
39	Meat analogues : Future smart protein for healthy leaving	2.30-3.30pm	<b>Dr. Premila L. Bordoloi</b> <b>Assistant Professor</b> Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
40	Personality Enhancement and stress management	2:30-4:30 pm	<b>Mr. Rangan Bhuyan,</b> Soft skill trainer, Consultant-Sustainability, Tea Research Association, Kolkata & Director of a Tea Company based in Jorhat. Cum Soft skill trainer.

**Day 10: 09.12.22 (Friday)**

Sl No	Topic	Time	Resource Person/Facilitators
41	Sustainable integrated fish farming system for sustainable health	9:30-10:30 am	<b>Dr. Bibha Chetia,</b> Principal Scientist, Directorate of Research (Agri) Fisheries Research Centre AAU, Jorhat
42	Food wastage and its prevention	10:30-11:30 am	<b>Dr. Bipul Deka,</b> Principal Scientist, Department of Soil Science, AAU, Jorhat
43	Edible insects and food security	11:30 am-12:30 pm	<b>Dr. Badal Bhattacharyya,</b> Professor and Head, Department of Entomology, AAU, Jorhat
44	Role of food industry in achieving the 2030 UN Sustainability Goals	12:30-1:30 pm	<b>Amrit Dewrah,</b> Aasray Concept Foods, Guwahati
45	Activity on formulation of new generation healthy foods (PRACTICALS )	2:30-4:00 pm	<b>Dr. Priyanka Nath</b> Assistant Professor, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat <b>Dr. Abnita Thakuria,</b> Assistant Professor,

Sl No	Topic	Time	Resource Person/Facilitators
			Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
46	Fitness oriented class	4:00-5:00 pm	<b>Mr. Rakesh Rihan Baruah</b> Fitness instructor, Jorhat

**Day 11: 10<sup>th</sup> Dec' 2022 (Saturday)**

Sl No	Topic	Time	Resource Person/Facilitators
47	Urban agriculture and nutrition security	9:30-10:30 am	<b>Dr. Ananta Saikia,</b> Professor, Department of Horticulture AAU, Jorhat
48	Lifestyle Management of Diabetes Mellitus	10:30-11:30 am	<b>Dr. Premila L Bordoloi,</b> Assistant Professor, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
49	Phenols and human health	11:30 am-12:30pm	<b>Dr. Ranjan Kandali,</b> Professor, Department of Biochemistry & Agricultural Chemistry Assam Agricultural University, Jorhat
50	Beta Glucan: Health Benefits in Obesity and metabolic syndrome.	12:30-1:30 pm	<b>Dr. S. Bhashya,</b> Professor and Head, Department of Biochemistry Agricultural Chemistry Assam Agricultural University, Jorhat
51	Field visit	2:30-4:30 pm	<b>Fr. Samir Ranjan Bordoloi</b> <b>Dr. Premila L Bordoloi</b> <b>Dr. Manisha Choudhury,</b> Assistant Professor, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat

**Day 12: 11<sup>th</sup> Dec'22 (Sunday)**

**Day 13: 12<sup>th</sup> December'22**

Sl No	Topic	Time	Resource Person/Facilitators
52	Thermal processing of food: Potential Health Benefits	9:30-10:30 am	<b>Dr. Kshirod Dash,</b> HOD,, Department of Food processing Technology, GKCIET, Siliguri
53	Gut microbiome and Cancer prevention	11:30 am -12:30 pm	<b>Dr. Deepjyoti Bhuyan,</b> Research Support Program Fellow - Healthy Ageing: Therapeutic Potential of Natural Products, NICM Health Research Institute
54	i. GMO's –Preclinical safety evaluation and role of stakeholders.	2:00-3:30 pm	<b>Dr. B Dinesh Kumar,</b> Former Scientist 'G' & HoD, Drug Safety division, NIN, ICMR,

Sl No	Topic	Time	Resource Person/Facilitators
	ii. Nutrition-pollution interaction: An emerging research area		

**Day 14: 13<sup>th</sup> December'22 (Tuesday)**

Sl No	Topic	Time	Resource Person/Facilitators
55	Biodiversity and sustainable development	9:30-10:30 am	<b>Dr. Dhritiman Das</b> , Field Scientist, Pygmy Hog Conservation Programme Durrell Wildlife Conservation Trust, UK
56	Super foods: Nuts and oil seeds	10:30-11:30 am	<b>Dr. Ruma Bhattacharyya</b> , Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
57	Super foods: Role of Sprouts, micro greens and edible flowers in human diet	12:30-1:30 pm	<b>Dr. Preeti Hatibarua</b> , Assistant Professor, Department of Horticulture, Assam Agricultural University, Jorhat.
58	Advances in fish and fish products processing and preservation	2.30-3.30pm	<b>Dr. Premila L. Bordoloi</b> <b>Assistant Professor</b> Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
59	Group activities on planning on rainbow diet and designing My Plate (PRACTICAL)	3:30-4:30 pm	<b>Dr. Mamoni Das</b> , Dean and Course Director, College of Community Science, AAU, Jorhat <b>Dr. Nimi Baruah</b> , Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat

**Day 15: 14<sup>th</sup> Dec'2022 (Wednesday)**

Sl No	Topic	Time	Resource Person/Facilitators
60	How to create a healthy Snacking habit?	9:30-10:30 am	<b>Dr. Moloya Gogoi</b> , Associate Professor, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
61	Fast food and its health effects	10:30-11:30 am	<b>Dr. Mridula Saikia Barooah</b> , Professor Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
62	Disaster management	12:30-1:30 pm	<b>Shri Tapan Gohain, ACS</b> Registrar, Assam Agricultural University, Jorhat

Sl No	Topic	Time	Resource Person/Facilitators
63	Medicinal and Ayrveda food	11:30-12:30 pm	<b>Dr. Basanta Bora,</b> Assistant Professor, Department of Biotechnology AAU, Jorhat
64	Planetary Diet : Its benefits for human health	1:30-2:30 pm	<b>Dr. Manisha Choudhury,</b> <b>Assistant Professor</b> Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
65	Group activity on Nutri-Games	2:30-4:30 pm	<b>Dr. Manisha Choudhury,</b> <b>Dr. Abnita Thakuria,</b> Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat

**Day 16: 15<sup>th</sup> Dec'2022 (Thursday)**

Sl No	Topic	Time	Resource Person/Facilitators
66	Traditional food of Indian origin: role in disease prevention and management	9:30-10:30 am	<b>Dr. Mantu Bhuyan,</b> Principal Scientist, CSIR-NEIST, Jorhat
67	Recent trends in rice research for food security	10:30-11:30 am	<b>Dr. Prasanna Kumar Pathak,</b> Director of Extension Education, Assam Agricultural University, Jorhat-13
68	Fermented soyabean foods and its health benefits against metabolic disorder	11: 30 am-12:30 pm	<b>Dr. Prasenjit Manna,</b> Principal Scientist CSIR-NEIST, Jorhat.
69	Organic farming for healthy food production	12:30-1:30 pm	<b>Dr. Mrinal Saikia,</b> Assoc. Director of Research (Agri), Assam Agricultural University, Jorhat-13
70	Superfoods: Role of Sprouts, micro greens and edible flowers in human diet	2:30-3:30 pm	<b>Dr. Manisha Choudhury,</b> <b>Assistant Professor</b> Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
71	Development of value-added products from millets & maize (PRACTICAL )	3:30-4:30 pm	<b>Dr. Mamoni Das</b> Dean and Course Director, College of Community Science, AAU, Jorhat <b>Dr. Priyanka Nath,</b> Assistant Professor Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat



**Day 17: 16<sup>th</sup> Dec'2022 (Friday)**

Sl No	Topic	Time	Resource Person/Facilitators
72	Maize: Its role in human health and wellbeing	9:30-10:30 am	<b>Dr. Moloya Gogoi,</b> Associate Professor, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
73	Sodium and health: Concordances and controversies	10:30-11:30 am	<b>Dr. Ruma Bhattacharyya,</b> Professor & Head, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
74	Innovative techniques for maximum retention of nutraceutical in processed food	11:30 am-12:30 pm	<b>Dr. Mansi Purkhyastha,</b> Assistant Professor, Food Science and Technology Programme Department of Horticulture Assam Agricultural University, Jorhat
75	<i>Poitabhat</i> : A promising traditional food for holistic health and wellness	12:30-1:30 pm	<b>Dr. Madhumita Baruah,</b> Professor, Department of Agricultural Biotechnology Assam Agricultural University, Jorhat
76	Food production, Health under changing climate scenario.	2:30-3:30 pm	<b>Dr. Jayanta Deka,</b> Dean ,Faculty of Agriculture AAU, Jorhat
77	Activities on low sodium diet	3:30-4:30 pm	<b>Dr. Priyanka Nath,</b> Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat

**Day 18: 17<sup>th</sup> Dec'2022 (Saturday)**

Sl No	Topic	Time	Resource Person/Facilitators
78	Dietary fibres and its potential role in health and diseases	9:30-10:30 am	<b>Dr. Charulata Mahanta,</b> Professor, Department of Food Engineering & Technology School of Engineering Tezpur University, Tezpur-784028, Assam
79	Linking Agriculture, Natural Resource Management and Nutrition (LANN)	10:30-11:30 am	<b>Dr. Manisha Choudhury,</b> Assistant Professor, , Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
80	Healthy fat replacer	11:30 am-12:30 pm	<b>Dr. Charulata Mahanta,</b> Professor, Department of Food Engineering & Technology School of Engineering Tezpur University, Tezpur-784028, Assam
81	Sustainable nutrition support system	12:30-1:30 pm	<b>Dr. Premila L Bordoloi,</b> Assistant Professor, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat

Sl No	Topic	Time	Resource Person/Facilitators
82	Climate resilient farming: A way forward and field visit	2:30-4:30 pm	<b>Fr. Samir Rajan Bordoloi,</b> General Secretary, SPREAD NE, Guwahati

**Day 19: 18<sup>th</sup> Dec'2022 (SUNDAY)**

**Day 20: 19<sup>th</sup> Dec'2022 (Monday)**

Sl No	Topic	Time	Resource Person/Facilitators
83	Functional foods and its health implications	11:30-12:30 pm	<b>Dr. Mamoni Das,</b> Faculty of Community Science, AAU, Jorhat
84	Healthy Oil for CVD management	10:30-11:30 am	<b>Dr. Ruma Bhattacharyya,</b> Professor & Head, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
85	A glimpse on immune modulatory vegetables	11:30-12:30 am	<b>Dr. Dipanwita Banik,</b> Principal Scientist, CSIR-NEIST JORHAT
86	North East Traditional Famine Food Plants in the Realm of Food Security	2:00-3:00 pm	<b>Dr. Pankaj Bharali</b> Scientist CSIR-NEIST, JORHAT
87	Diet and lifestyle management of Parkinson and Alzheimer's disease	3:00-4:00 pm	<b>Dr. Sanjib Baruah,</b> Anesthesiologist, Jorhat Christian Medical Centre, Jorhat, Assam

**Day 21: 20<sup>th</sup> Dec'2022 (Tuesday)**

Sl No	Topic	Time	Resource Person/Facilitators
88	Nutrition Rehabilitation & Movie (Nutrition)	9:30-10:30 am	<b>Dr. Manisha Choudhury,</b> Assistant Professor, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
89	Recent trends in management of diet and lifestyle of geriatric	9:30-10:30 am	<b>Dr. Mridula Saikia Barooah,</b> Professor, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
90	Post Evaluation	10:30-11:30 pm	<b>Dr. Premila L. Bordoloi,</b> Assistant Professor, Department of Food Science and Nutrition, College of Community Science, AAU, Jorhat
91	Conclusion and Certificate distribution	11:30-1:00 pm	Guests
<b>Lunch</b>			