



# FOOD SCIENCE AND TECHNOLOGY

ANNUAL RECAP ~ JAN 2019– 2020

**MISSION:** Welcome to the Food Science And Technology Newsletter. Food Science and Technology is one of the largest department of Jinnah University for Women. It was established in 2014 by Prof.Dr.Rashida Ali.

The vision of the department is:

- ◆ To establish the understanding of safe and healthy food among all.
- ◆ To conduct basic and applied research in food science and technology for the ultimate benefit of the food industry and consumers.
- ◆ Innovating together to improve health through food

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## VIRTUAL SHELF

The new application for the Dept. of Food Science & Technology has been developed by the students of CS department under the name of ‘VIRTUAL SHELF’ The problem arose when the department didn’t have any backup database for secure their record and the communication gap between students and teachers. The solution is provided by (CS and SE) students, presented in the form of “Virtual Shelf” which

provides a database to secure their data and also see their past manufactured products in the shelf through augmented reality and virtual reality.

It also provides a platform to the students and faculty members to discuss their idea for new food product through discussion panel

*“Let food be thy medicine and medicine be thy food” - Hippocrates*

### DICE-AFS 2019

Students of the dept. of Food Science & Technology actively participated in DICE AFS Innovation-Event@ MNSUAM Multan scheduled on October 09 and 10 2019 at University of Multan.

34 projects from Dfst-JUW were hosted by Multan-Dice 2019 among which 2 major projects received special cash prizes of Rs 10000 were as 1 major innovative project received funds of Rs 2 lacs as well as the opportunity to appear in SHARK to be held at Abbotabad.

We are proud of these brains that are uncommonly good.

## DICE –HEALTH EXPO 2019

Among 300+ projects department of Food Science and Technology was shortlisted in top 10 and received the special cash prize for two astounding innovative ideas at Dice 2019 Exhibition.







*Mehran Spices team performing fun filled activities at JUW*

### **6-WEEK TRAINING COURSE "EMERGING STANDARDS FOR SUSTAINABLE FOOD BUSINESS BY NAFS"**

Certificate training course Six Week program conducted by Lt. Khurram Shahzad and Rana Awais Khan as titled 'EMERGING STANDARDS FOR SUSTAINABLE FOOD BUSINESS' jointly organized by Department of Food Science & Technology and National Alliance for safe food ( NAFS) on 21st September, 2019.



### **MEHRAN SPICES & FOODS ACTIVITY;**

Wonderful activity session conducted by Mehran spices ,hosted by Department of Food Science & Technology at Jinnah University for Women on 19th September,2019.

Exciting gifts and games were proposed to the audience as well as exquisite spice products from Mehran Spice Industry were showcased.

### **KASHMIR DAY:**

Students of DFST showed great enthusiasm for their Muslim brothers in Kashmir. An hour spent in solidarity with the people suffering from brutality in Kashmir on 6<sup>th</sup> February 2019.

### **FOOD EXPO:**

DFST celebrated Pakistan Day at JUW in full swing and in this esteemed event many Food Industries were warmly welcomed. Students also displayed their ideas and innovations.

## Seminar on Cancer & Nutrition:

### FUN FACT ABOUT FOOD:

#### **CHOCOLATE IS AS HEALTHY AS A FRUIT!**

Research has suggested that chocolate can be just as good for you as fruit. In tests that compared dark chocolate with fruit juices made from blueberries and pomegranate, dark chocolate was found to be higher in disease-fighting antioxidants. For maximum benefit it is best to choose dark chocolate over milk chocolate, as the dairy variety contains additional sugar and is much more processed which reduces the health benefits.

Agha Khan University hospital).

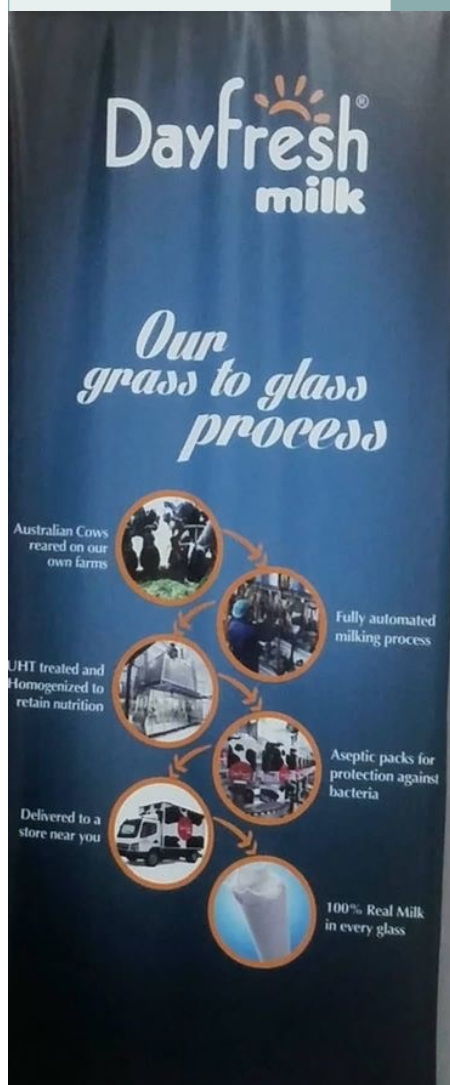
Seminar on the topic '**Cancer & Nutrition**' was held on 24<sup>th</sup> April 2019 at the Dept of Food Science & Technology, Jinnah University for Women. the **seminar** is delivered by academic experts Dr. Asif Iqbal (Chairperson Dept of Eastern Medicine & Allied Sciences, Hamdard University) and Ms. Sumaiya (Renal Dietitian from



## INDUSTRIAL VISITS

As a part of university program and an exposure towards the industry and corporate world students at DFST visits to industry on semester basis. Students observe and learn as to how theoretical concepts are put to into action, thereby aiding their practical learning.

This year student visited many food industries including Mehran Spices, National Foods, IFFCO pvt ltd., Pepsico, Popular Group of Industries, Shahi Foods, Dairyland, Al-Shaheer Corporation and many more.







*Shield-giving ceremony to guest speakers on the World Food Day*

*“Everything in food is science. The only subjective part is when you eat it”  
-- Alton Brown*

## WORLD FOOD DAY:

World Food Day is celebrated by more than 150 countries worldwide since it marks the day when the Food and Agriculture Organization of the United Nations (FAO) was founded. The aim of FAO is to eradicate hunger and create awareness among people about food security and find solutions to tackle these problems. Everyone has a role to play in achieving ZeroHunger, but countries, institutions and people need to work together to reach this goal. Thus, the slogan is “A #ZeroHunger World by 2030 is possible”.

This year’s theme was

“Addressing Food Security in times of crisis”. The session was conducted by different people that belong to food sector and have been serving since several years. The purpose was to make the audience realize the importance of healthy and sustainable food. Different speakers highlighted the serious food insecurity that is being experienced across the globe.



**WORLD  
FOOD  
DAY-OCT16**

## UPCOMING EVENTS: 2020

- ◆ NAFS International Conference
- ◆ Ariecon Conference
- ◆ Dawood University National competition 2020
- ◆ World Cancer Day
- ◆ World Leprosy Day

## 3RD THESIS DISPLAY-DFST BATCH 2016-2019

Department of Food Science & Technology has successfully completed the '3<sup>rd</sup> Thesis Display' of final year students from the batch 2016-2019 on January 22, 2020 at the exhibition hall, Jinnah University for Women.

In this event, a total of seventy-three students presented their final year projects, which covered a wide range of topics related to the innovation in food, the new technologies involved, enhancement of health with the improved ingredients and existing active ingredients and better ways to tackle environmental pollution with food. The students worked very hard on their individual projects throughout the semester, under the guidance of Chairperson Ms. Anum Liaquat and along with great encouragements and co-operation from the various mentors from the faculty; thesis supervisors and Co-supervisors, technologists from the industry, academicians, and students from various departments.



Department of Food Science & Technology – Jinnah University for Women

