



## Assorted Cookies

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*"Fortunate is the one who has learned to Admire, but no to envy. DDU-KK wishes all the readers a very joyous Diwali & a prosperous New Year with plenty of Peace & Prosperity".*

Health communication has much to celebrate and contribute. The field is gaining recognition in part because of its emphasis on combining theory and practice in understanding communication processes and changing human behaviour towards better health. This approach is pertinent at a time when many of lifestyle based threats to global public health (through diseases and environmental calamities) are widespread.

I congratulate the DDU-UKK, DAVV team for taking such a challenging task of bringing together researchers and practitioners from diverse disciplines in providing update knowledge of health and nutrition.

My best wishes for a long lasting continuation of the bulletin.

**Dr. Munira Hussain**, Head, Home Science Department,  
Mata Jijabai Govt. P.G. College, Indore.



### Anjeer and Banana Smoothie

Nutrition recipe book is a wonderful book by students of Nutrition and Dietetics, DDU-KK, DAVV, Indore. It includes so nutritious and easy to make recipes and the best thing is that it includes starters, main course, desserts, dips everything.

From this I made Anjeer and Banana Smoothie as my son does not like milk at all. So I tried this recipe to make him drink milk. And it did a miracle, it came out so delicious that now my son ask for it every day. A very healthy combination of banana, anjeer, milk, cashew, almonds and honey and so easy and quick to prepare.

Thanks to whole team for this wonderful book.



**Mrs. Sheetal Gupta**  
(B.Voc. ND student  
Barkha Mittal's sister)



### White Sauce Macaroni (Pasta) Rich in Vitamin B6

- Helps in metabolism of protein carbohydrate and fat.
- Deficiency can cause anemia, weakness, vomiting and abdominal pain.

I have recently learned how to cook so for me the book is best. The recipes are so simple and well defined in total it was easy to make. I made white sauce pasta and it tastes so good. As the name suggests "**A Handbook on Nutrition: Treasure of Health**" it surely do stick with its literal meaning. With all the amazing recepies it also has diet plans in it. The thing I liked the most was that the diet plans were assorted according to energy needs being sedentary, moderate and heavy. The students have definitely done a great job because it requires a lot of research and hard work to come up with this all. In today's time where people are so busy with all their stuff that they do not take care of their body and the nutrition intake this book surely will help them a lot.



**Ms. Niriksha Rathore**  
(B.Voc. ND student  
Saloni Patidar's cousin)



### **Apple Suji Halwa**

Delicious dessert and prepared in just 10 min and that too with healthy ingredients like apple and milk. What happens when you get to know some guests are arriving, you are alone without any helping hand and a baby of 5 months to take care of. Above this unavailability of things at home.

In such critical time, this recipe from Nutriease recipe book was shared by my sister. First I was sceptical dessert without ghee, without any complication, without many ingredients, just with suji, milk, banana and sugar and in just 10 min....how will it come out. Will people like it? But when I made it, it came out amazing and to my surprise liked by all.

Thanks for such easy and nutritious recipes.



**Mrs. Swati Gupta**  
(B.Voc. ND student  
Barkha Mittal's sister)



### **Risotto**

जब मुझे किताब "A Handbook on NUTRITION : Treasure of Health" प्राप्त हुई तब मैं बहुत ही उत्साहित हो गयी की सेहत के लिए हमें घर बैठे ही नयी वैरायटी सीखने को मिल गयी। क्योंकि इस कोरोना काल में हम सब अपनी सेहत की महत्वपूर्णता को समझ गए है और सामाजिक दूरी के चलन के तहत आपस में मिलना जुलना भी कम हो गया है। आज टेक्नोलॉजी की मदद से हमें सारी चीज़े घर बैठे आसानी से प्राप्त हो रही है। मैंने विटामिन बी १ से भरपूर डिश **रिसोटो** बनाया और वह बहुत स्वादिष्ट बना। मेरी मंगलकामना है न्यूट्रीशन एवं डायटेटिक्स के छात्रों के लिए के वे आगे भी ऐसी आसान रेसिपीस से हमें अवगत करवाते रहे।



**श्रीमती जया उपरीत**  
(B. Voc. ND students  
Palak Parashar's Sister)



### **Salad of sprouted stuff with supporting vegetable arranged in aesthetic sense.**

Salad prepared from sprouted stuff Moong, Chavla, Month with coriander leaves, green chili, onion chops, tomato pieces, crush coconut lemon, roasted meera. Rich in fibrous protein iron and vitamin C. Best intake for breakfast especially after workout.

Here I express my special regards for Dr. Maya Ingle who took special efforts to introduce such a useful course under Deen Dayal Upadhyay Kaushal Kendra, DAVV Banner which will not only cover food & nutrition part, but fitness aspect as well for healthy lifestyle.

Thanks once again...



**Mr. Apurva Chaudhari**  
(Diploma in Fitness  
Nutrition I sem student)



### **Editorial Team**

**Ms. Mona Dharamsey**  
Co-ordinator, DDU-KK

**Ms. Anshika Jain**  
Multi-Tasking Staff, DDU-KK

**Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)**

2<sup>nd</sup> Floor, Vigyan Bhawan, Takshashila Campus, Khandwa Road, Indore (MP)-452001,

Contact: +91 9424889872, 9424450170 e-mail: ddukkdavv@gmail.com