

APPLICATION FORM FOR PARTICIPATION IN WINTER SCHOOL

**Significance of Bioactive Ingredients and Supplements in Health Foods**

(1<sup>st</sup> to 21<sup>st</sup> January 2019)

1. Full Name (in block letters): \_\_\_\_\_
2. Designation: \_\_\_\_\_
3. Present Employer : \_\_\_\_\_
4. Address to which reply should be sent (along with mobile, telephone, email) : \_\_\_\_\_  
\_\_\_\_\_
5. Date of birth: \_\_\_\_\_
6. Sex: \_\_\_\_\_
7. Teaching/ Research/ Professional experience (mention post held) during last 5 years and number of publications: \_\_\_\_\_
8. Marital Status : \_\_\_\_\_
9. Mention if you have participated in any research seminar, summer/ winter school/ short course during the previous years under ICAR/ other organizations : \_\_\_\_\_
10. DD/Postal Order No. \_\_\_\_\_ dated \_\_\_\_\_ for Rs. 50/- towards registration (non-refundable). Postal order may be sent in the name of Dean, College of Dairy and Food Science Technology (CDFST), payable at Udaipur (Rajasthan), India.

11. Academic record :

Degree	Discipline	Year	Class	University
Ph. D.				
Masters				
Bachelor				

- Date: \_\_\_\_\_  
Place: \_\_\_\_\_ Signature of the applicant
12. Recommendation of Forwarding Institute:  
It is certified that information furnished by the candidate has been verified and found correct.

Signature of Sponsoring authority and seal

**UDAIPUR AT A GLANCE**

Udaipur is a beautiful city of legend patriot Maharana Pratap; lakes, palaces, gardens and fountains attract large number of tourists from different parts of the country and abroad. Serene in the shadows of dark green hills, Three Lakes-Pichhola, Fatehsagar and Udaisagar, as shimmering jewels from the opal surface of which rise snow white palaces, Jagmandir and Jagniwas. The famous temple of Shrinathji at Nathdwara (50 km) and Chittorgarh fort (110 km), Kumbhalgarh fort (70 km), Jai Samand largest lake in Asia (50 km) are other places of interest. Udaipur is well connected by air from Delhi and Mumbai. It is also connected by super-fast trains from Jammu, Delhi, Mumbai, Ahmedabad, Patna and Calcutta. Luxury Volvo buses are available to and from Jaipur, Delhi, Ahmedabad, Baroda, Mumbai, Bhopal and Indore.



All correspondence may be addressed to

**Dr. Arun Kumar**

Course Director

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ICAR Sponsored  
**WINTER SCHOOL**  
on



**Significance of Bioactive Ingredients and Supplements in Health Foods**

(1<sup>st</sup> to 21<sup>st</sup> January 2019)



————: Course Director : ————

**Dr. Arun Kumar**

————: Course Coordinator : ————

**Dr. Nikita Wadhawan  
Sh. Kamallesh K Meena**

Department of Dairy and Food Chemistry  
COLLEGE OF DAIRY AND FOOD SCIENCE TECHNOLOGY  
Maharana Pratap University of Agriculture & Technology  
UDAIPUR-313 001 (Rajasthan)



## PREAMBLE

Indian food processing industry is one of the largest industries in India ranking fifth in terms of production, consumption and export. Despite being the largest food producer, only 6% of the perishable commodities produced in over country are converted into value added products.

With the rapid increase in per capita income and purchasing power along with increased urbanization, improved living, the consumer are able to spend substantial amount on health foods. Consumers' choices and novel food processing technologies are the main forces behind the influx of new foods into the market. Earlier the main aim of eating food was to meet the nutritional requirements, but due to the worldwide occurrence of non-communicable diseases like diabetes, cancer, obesity, cardiovascular disorders etc. on account of changing life styles and dietary patterns, a paradigm shift has been noticed among health conscious consumers towards health foods.

## ABOUT THE COURSE

India is the second largest producer of food in the world next to china, which caters to the food needs of over 120 crore people every day. This course is primarily designed to develop insight and inculcate awareness of the various functional and healthful attributes of foods which are enhanced by incorporating ingredients like DHA, fibers, lycopene, CLA, phytosterols, prebiotics, probiotics, fructo-oligosaccharides etc. into the foods. Health foods are receiving good response from the consumers. However, challenges like shelf life, statutory requirements, validation of nutritional / health benefits, cost effectiveness of the food products etc. need to be addressed so that these products can play a key role in encouraging food processing industries and stake holders to build healthy nation.

## OBJECTIVES

1. Create awareness about the present scenario of bioactive ingredients and supplements available for health foods.
2. Targeting various lifestyle or non-communicable diseases such as obesity, diabetes, cardiovascular disease, cancer etc. by using novel health foods.
3. Emphasis on continuous research for developing more novel functional ingredients leading to unveil the potential health benefits to the masses.

## COURSE OUTLINE

The course contents will be covered with theme wise delivery of lectures and hands-on-practice at University Farms, Laboratories and Industries. The course content will broadly cover:

- Present scenario and recent trends in health foods.
- Reduction of cholesterol in food products.
- Application of nanotechnology in developing functional foods.
- Intelligent packaging for long shelf life of health foods.
- Technologies for production of bioactive peptides.
- Technologies for production of phytochemical enriched foods.
- Health benefits of the various functional ingredients and supplements to fight various non-communicable diseases like obesity, cancer, heart diseases, diabetes etc. promoting national health.
- Tapping the international market of health foods by introducing functional foods and nutraceuticals with enhanced health attributes using some of these ingredients and supplements.

## ELIGIBILITY

The course is open for scientists/ teachers/ extension specialists working in ICAR institutes and SAU's. A total of 25 candidates shall be registered based on the following eligibility criteria.

1. Master's degree in any branch of Dairy and Food Science /Agriculture/Horticulture/Animal Science/ /Agricultural Engineering/Home Science/Any other related subject.
2. Working in a position not below the rank of Scientist/Assistant Professor.

## TRAVEL, BOARDING & LODGING

The participants will be paid for to and fro journey by rail/bus as per university norms. Actual TA will be paid on the production of tickets. TA will be paid from the place of duty to summer school at Udaipur and back by the shortest route. Free lodging and boarding will be provided at the college premises in the University Guest House/ Scientist Hostel.

## NOMINATIONS

Applications are invited from eligible candidates in the given format along with registration fee (Non-refundable) of Rs 50/- as DD/Postal order in the name of Dean, CDFST, Udaipur payable at Udaipur, Rajasthan. It is advised to apply online as follows:

1. Visit the website <http://www.iasri.res.in/cbp/> or Click on 'Capacity Building Program' link under <http://www.icar.org.in>
2. Login using your User Id & Password. To create User Id use "Create New Account" link.
3. After login, click on "Participate in Training" link and fill the Performa.

Take a printout and send duly signed copy through proper channel to the Director Summer School by post along with registration fee (Application form can also be downloaded from website [www.mpuat.ac.in](http://www.mpuat.ac.in) or [www.ctae.ac.in](http://www.ctae.ac.in)). The last date for receiving the nomination is 25<sup>th</sup> November, 2018. The advance scanned copy of the nomination may be sent by E-mail.

Note: The candidates will be notified about selection latest by 5<sup>th</sup> Dec, 2018.

