

# Prasanta Chandra Mahalanobis Mahavidyalaya



(Accredited by NAAC)

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## International webinar on “Quinoa processing: sustainable protein source”

organized by

Department of Food and Nutrition and IQAC

Date: 18.05.2023

Time: 9.30 a.m.

Venue: Online, Google Meet

Number of Participants: 52 (Including Teachers, Students, All Faculties)

Name and Designation of Resource Person(s): Dr. Amrita Ray ,

MILLING SPECIALIST, NORTHERN CROPS INSTITUTE, NORTH DAKOTA STATE UNIVERSITY, FARGO, USA

Organizing Committee: Department of Food and Nutrition in association with IQAC, PCMM.

Dr.Tanima Paul Das, Convenor, Dr.GuddiTiwary and Ms.JuthiSaha.

**Brief Report:** The inaugural session of the event started with welcoming the honorable invited speaker (Dr. Amrita Ray). An opening speech was delivered by Dr. Tanima Paul Das, HOD, Department of Food and Nutrition. The speaker was heartily welcomed by Dr. Arnab Ghosh, Principal, PCM Mahavidyalaya. After that, the speaker was introduced by Ms. Juthi Saha, Faculty, Department of Food and Nutrition.

The next and main phase of the event was the lecture delivered by Dr. Ray on “Quinoa Processing: a sustainable protein source”

She told Quinoa is a superfood being promoted as a source of sustainable protein source. It contains all amino acids in the right proportion, lysine content is also important, minerals, phytochemicals are also high in content. Apart from nutritive importance, the structure, processing of quinoa was also elaborated in detail. She motivated the audience to consume if feasible 60 – 80 gms/day/head although not a conventional grain in our daily diet. The edge of quinoa over wheat is because particularly suitable for people with gluten intolerance.

The motivating lecture session was followed by an interesting interactive session with lots of questions from the students as well as teachers. The IQAC Coordinator of our college , Dr Alpana Ray asked how to remove stickiness from quinoa, the speaker said it is because of its amylopectin content and the starch shouldn't be swelled enough. Students also asked if quinoa is suggested for liver disease , the speaker said yes it's very suitable for lifestyle disorders.

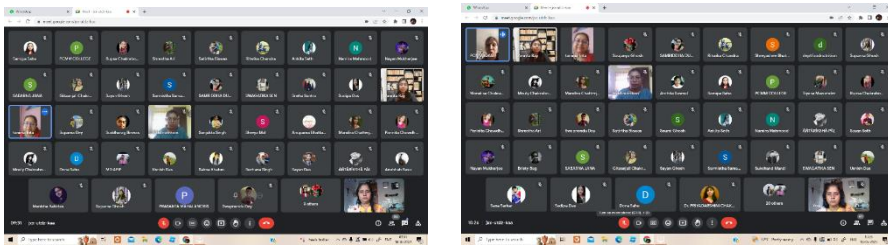
The event ended with a vote of thanks by Dr.GuddiTiwary, Department of Food and Nutrition.

Students and faculties benefitted in the following way:

- Both the students and faculty members learnt about quinoa, it's structure, processing, its importance in diet
- Eliminated some gabout quinoa
- Lastly the event threw light on how to include quinoa in our diet.
- Both the students and teachers can share the knowledge gathered with their near and dear ones and spread awareness on such an important issue.



Photo of the Banner



During the webinar

*Ag Ghosh*  
Principal  
Prasanta Chandra Mahalanobis Mahavidyaaya  
111/3, B. T. Road, Kolkata-108

(Dr Arnab Ghosh)  
Principal

