



SHAHEED BABA DEEP SINGH

Department of Home Science

FACULTY OF ARTS & SOCIAL SCIENCES

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SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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Ref. Ho/HSC/Notice/2017/2018/1

02/08/2017

Notice

Dear Students,

This is hereby informed that Department of Home Science shall start Value Added Courses (30 hrs) from 16.sept.2017. For further details and participation please contact program coordinators.

Program detail

S.No.	Name of Course	Programme Coordinator	Date
1	Counseling Techniques	Dr. Nishma	16/sep/2017
2	Food Preservation	Dr. Nishma	16/ Nov/2017
3	Early childhood Administartion	Dr. Nishma	08/Jan/2018
4	Diabetes educator course	Dr. Nishma	01/Feb/2018
5	Food Safety and Hygiene Management	Dr. Nishma	10/March/2018

All the above courses are free and a Certificate shall be provided at the end of the session.

Dr. Jyoti Galur

(Head Department of Home Science)

DEPARTMENT OF HOME SCIENCE  
Swami Vivekanand Subharti University, Meerut

Registrar  
Swami Vivekanand  
Subharti University  
MEERUT

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**Course Content**

**Lesson 1 SCOPE AND NATURE OF FOOD PRESERVATION**

Definition of food preservation

History of food preservation

Why do we preserve foods?

Overview of food preservation

Choosing a food preservation method

**Lesson 2 HOW FOOD DETERIORATES AND BECOMES UNSAFE**

Food spoilage

Food Microbiology

Food Spoilage by Enzymes

Food-borne Disease

Food-borne Infections

**Lesson 3 WAYS FOOD CAN BE PRESERVED**

Food preservatives

Food preservation - Use of Salt

Food preservation - Use of Acid

Food preservation - Use of Sugar

Other natural food preservatives – a summary

Artificial preservatives

**Lesson 4 FREEZING FOOD**

Why freeze food?

History of freezing food

Which foods can be frozen?

How to freeze food

Freezing fruits

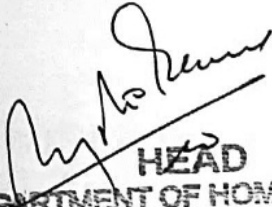
Freezing vegetables

Freezing meat and poultry

Managing the freezer

General considerations when freezing food

  
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HEAD  
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## **Lesson 5 PICKLES, CHUTNEY AND SAUCES**

General Guidelines

Pickles

Other pickles

Chutney

Sauces

Recipes

## **Lesson 6 JAMS AND JELLIES**

Pectin

Jam

Jelly

Marmalade

Recipes

## **Lesson 7 CANNING/BOTTLING FOODS**

Bottling

Preparation of Ingredients

Bottling methods

Recipe

Demystifying preserving kits

## **Lesson 8 DRYING FOOD**

Drying methods

Drying methods for selected produce

General tips with drying foods - a summary

## **Lesson 9 FERMENTATION**

Foods fermented by yeast

Foods fermented by bacteria

## **Lesson 10 OTHER FOOD PRESERVATION TECHNIQUES**

Smoking food

Pasteurisation and sterilisation

Sterilisation

Food irradiation

Vacuum packing

Food packaging materials

Using the freshest produce

## **Lesson 11 USING PRESERVED FOODS**


Starting a food preserving business

Deciding what to grow

How to set up your business

## **Lesson 12 GLOSSARY OF FOOD PRESERVATION TERMS AND TECHNIQUES**

Revised  
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Completion Report of Value Added Courses

2017-18

Course Name	Food Preservation
Conducted by	Dr. Nishma
No. of Registrations	95
Whether the certificates awarded or not	Awarded
No. of students Awarded certificates	95
Date of awarding of Certificate	15-Dec-2017
Collaborations	—



DEPARTMENT OF HOME SCIENCE  
Prof. (Dr.) Jyoti Gaur  
Swami Vivekanand Subharti University, Meerut

Head, FASS



Value Added Course- Food Preservation

Ajay ✓
Akshay Kumar
Bilal
Gagandeep Singh
Irfan Ali ✓
Kriti Gupta
Mehak Garg
Muskan Jain
Palak Gupta
Pranjal Joshi ✓
Priya Shanker
Sahil
Sakshi
Sameer Suhail Faridi
Sarthak Jolly
Shazaib Akram
Shivani Joshi
Urvashi
Ved Prakash Suthar
Yukti Bakshi
Drishti Nigam
Rushal
Deepak Kumar
Deepanshi Goyal
Shivani Tanwar
Ashish Kumar Rathor
Aradhana Chaudhary
Aditi Chopra
Anmol Tyagi
Aryan Thakur
Jasvinder Singh
Manish Bansal
Mohd. Faem
Rishab Ralhan
Satnam Singh
Vishal Kumar Singh
Arzoo Sisodiya
Abhinava Sagar
Apoorva Sagar
Sana Fatima
Gul Mehra
Aiwa
Yousif Mohammed Khalifa
Jitender Kumar
Monu Verma
Divya Ahuja
Jennifer John

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*(Handwritten signature)*

## Food Preservation

Venue: Department of Home science

Resource person: Dr.Nishma Singh

Shaheed Baba Deep Singh, Department of Home Science was started a value-added course on Food Preservation, 28 students was participated in this course. Dr. Nishma Singh started the session, on the very first day she introduced to the participants regarding the title.

Substances added to foods to inhibit the growth of micro-organisms. This action usually requires that the preservative be absorbed by the organism in question and thus the chemical structure must be such as to allow passage through the wall. Foods are multi-phase systems where one of the phases is often oil. Numerous surfactants are also likely to be present.

A wide variety of surfactants may also be added to foods; these are generally non-ionic. The known tendency for solutes that are sparingly soluble in water to become associated with surfactant micelles or aggregates leads one to expect that may also be found associated with micelles structures in foods; this has undoubted consequences for the activity (and reactivity) of these solutes. This chapter describes a stage in the development of a model for the distribution of **food preservatives** in multi-phase foods; it considers the quaternary system water + surfactant + oil + preservative to gain understanding of the affinity of surfactants for benzoic and sorbic acid. The implications of preservative-surfactant interactions are considered in the chapter for the specific case of the reaction between sorbic acids and thiols. The latter is potentially the most reactive species toward sorbic acid in foods.







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**Swami Vivekanand Subharti University**  
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**Certificate of Completion**

THIS ACKNOWLEDGES THAT

**Mehak Garg**

HAS SUCCESSFULLY COMPLETED  
 30 HOURS VALUE ADDED COURSE ON  
 'FOOD PRESERVATION'  
 (NOVEMBER16- DECEMBER 15, 2017)

**Dr. Jyoti Gaur**  
 Head, Department of Home Science

**Dr. Nishma Singh**  
 Program Coordinator

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**Certificate of Completion**

THIS ACKNOWLEDGES THAT

**Palak Gupta**

HAS SUCCESSFULLY COMPLETED  
 30 HOURS VALUE ADDED COURSE ON  
 'FOOD PRESERVATION'  
 (NOVEMBER16- DECEMBER 15, 2017)

**Dr. Jyoti Gaur**  
 Head, Department of Home Science

**Dr. Nishma Singh**  
 Program Coordinator

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**Certificate of Completion**

THIS ACKNOWLEDGES THAT

**Kriti Gupta**

HAS SUCCESSFULLY COMPLETED  
 30 HOURS VALUE ADDED COURSE ON  
 'FOOD PRESERVATION'  
 (NOVEMBER16- DECEMBER 15, 2017)

**Dr. Jyoti Gaur**  
 Head, Department of Home Science

**Dr. Nishma Singh**  
 Program Coordinator

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**Certificate of Completion**

THIS ACKNOWLEDGES THAT

**Pranjal Joshi**

HAS SUCCESSFULLY COMPLETED  
 30 HOURS VALUE ADDED COURSE ON  
 'FOOD PRESERVATION'  
 (NOVEMBER16- DECEMBER 15, 2017)

**Dr. Jyoti Gaur**  
 Head, Department of Home Science

**Dr. Nishma Singh**  
 Program Coordinator

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