

DEPARTMENT OF CHEMISTRY

SHYAM LAL COLLEGE, DELHI UNIVERSITY

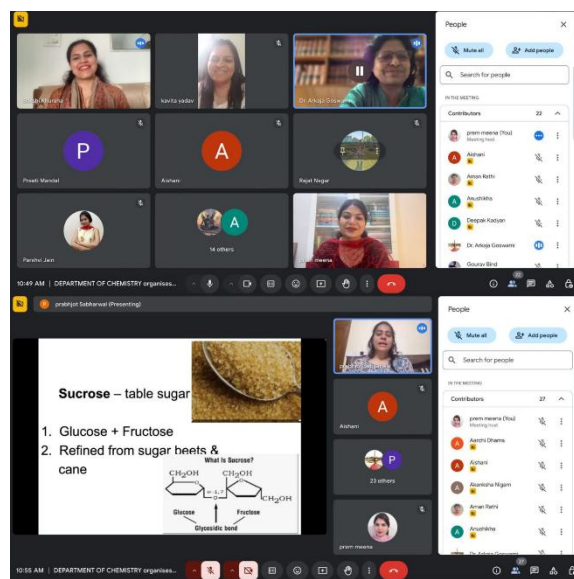
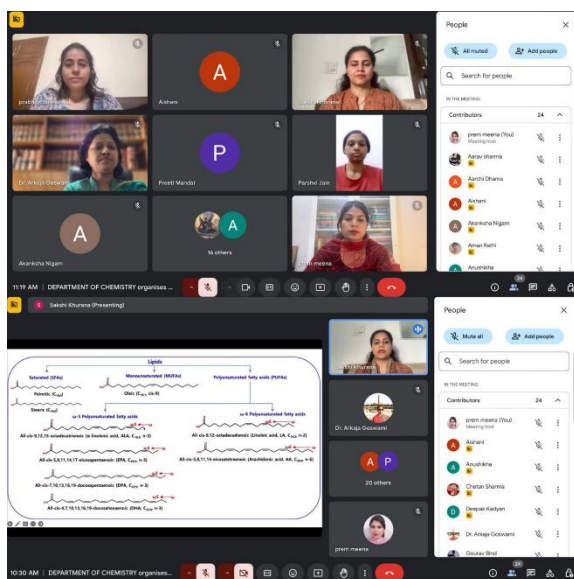
NAAC A++

Report on Symposium on ‘Decoding Delicious: The Chemistry Behind Food’

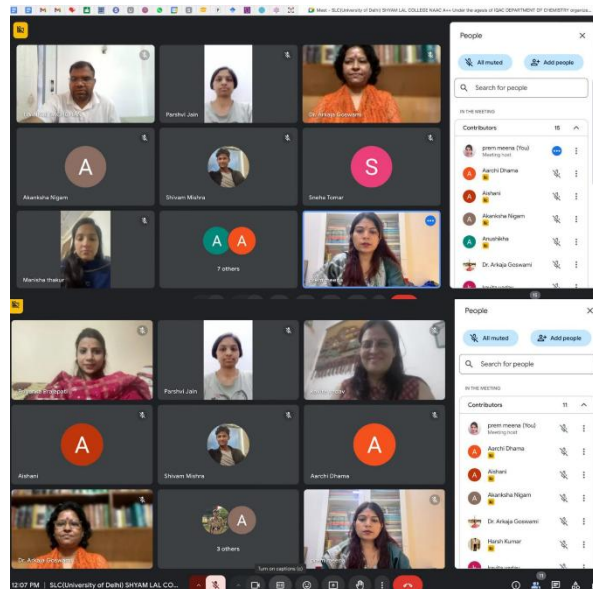
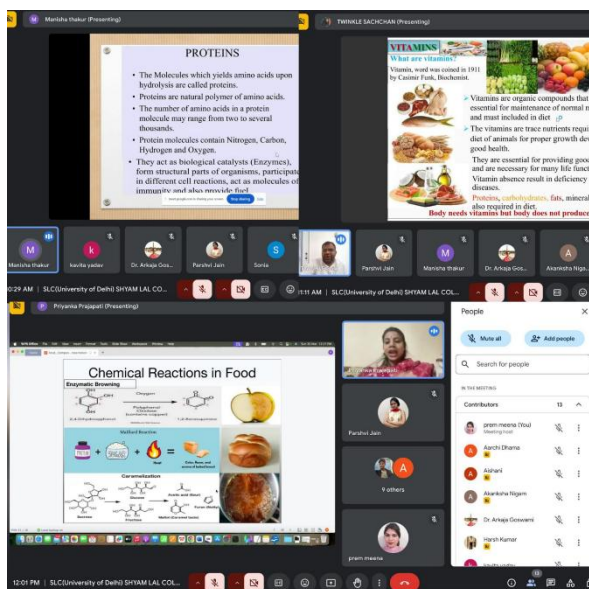
The Department of Chemistry, Shyam Lal College, Delhi University, organized a two-day symposium on *Decoding Delicious: The Chemistry Behind Food (29th-30th March, 2025)*. The event covered key aspects of food chemistry for B.Sc. (H) Chemistry and B.Sc. (P) Physical Sciences with Chemistry students, also attracting participants from various disciplines.



The first day featured insightful lectures on the chemistry of fats and carbohydrates. **Dr. Sakshi Khurana** (Lady Irwin College, DU) explained *fats and lipids*, their structures, dietary roles, and health impacts. **Dr. Prabhjot Kaur Sabharwal** (Shaheed Rajguru College, DU) discussed *carbohydrates*, their classifications, digestion, and role in energy metabolism. The day concluded with student presentations showcasing research in food technology.



The second day focused on proteins, vitamins, and essential food components. **Mrs. Manisha Thakur** (Bhaskaracharya College, DU) covered **proteins**, their functions, and dietary sources. **Dr. Twinkle Kumar Sachchan** (Shaheed Rajguru College, DU) discussed **vitamins and minerals**, emphasizing their nutritional significance. **Mrs. Priyanka Prajapati**, a research scholar, elaborated on **essential food components** and their health benefits.



The symposium successfully enhanced students' understanding of food chemistry, encouraging further research in food science and technology.