WE THE PEOPLE: GETTING TO KNOW OUR CONSTITUTION
Dr. Subhash C. Kashyap

On 26 November, 1949, “We, the people of India…in our Constituent Assembly” resolved to “adopt, enact and give to ourselves” the Constitution of India. It was discovered every year celebrated as the Constitution Day or the Law Day. The Chairman of the Drafting Committee, Dr. Ambedkar and the President of the Assembly, Dr. Rajendra Prasad, speaking on 25 and 26 November, 1949 sounded words of wisdom and warning for us. Dr. Ambedkar said:

“However good a Constitution may be, it is sure to turn out bad because those who are called to work it, happen to be a bad lot…Who can say how the people of India and their parties will behave”. Dr. Rajendra Prasad in his concluding speech said, in almost the same vein: “If the people who are elected are capable and men of character and integrity, they would be able to make the best even of a defective Constitution. If they are lacking in these, the Constitution cannot help the country…India needs today nothing more than a set of honest men…of strong character, men of vision, men who will not sacrifice the interests of the country at large for the smaller groups and areas”.

The Constituent Assembly consisted of some of the wisest men and women – distinguished lawyers, scholars, patriots and freedom fighters. It accomplished the tremendous task of working out an acceptable Constitution for a highly diverse and fragmented society with many divergent pulls and formidable problems.

The Constitutions was finally signed by members of the Constituent Assembly on 24 January 1950 - the day of the last sitting of the Assembly. Our Constitution came into opera-

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FOOD SCIENCE AND NUTRITION AS A CAREER
Manisha Choudhury

Food Science and Nutrition as a subject emphasizes on ideas, interdisciplinary mindset, collaborative thinking; and the commitment to apply the knowledge to resolve various societal dilemmas related to food and nutrition security. Food Science and Nutrition as a subject uses interdisciplinary tools from different sectors like Food & Nutrition, Dietetics, Food Service Management, Public Health Nutrition among others. Food Science and Nutrition has its uniqueness which can be linked to many more subjects and has a vast scope both in clinical and development sectors.

As we know, India has been facing double burden of malnutrition problem, i.e. both under nutrition and over nutrition. Public health nutritionist trained under Food Science and Nutrition stream can play an important role in designing different nutrition interventions to address malnutrition issues on a large scale. It has a key role to play in growth and development of the vulnerable groups like children and women of reproductive age group. It is one of the most applied and interdisciplinary subject in our present educational system. Moreover, with a rising concern about health and eating habits, the field of Nutrition and Dietetics is gaining a lot of importance day by day. Due to growing concern about obesity, diabetes, hypertension, ulcers and other major diseases arising due to faulty eating habits, the role of nutritionist has increased many folds.

Scope of Food and Nutrition under Public Health

Government sector: Food and Nutrition has a vast scope in Government sector like Health, Social Welfare departments, Food and Nutrition Board, Sports Authority of India etc. In the Health Department Nutrition Consultants, Programme Executives (Nutrition), Nutrition Counsellors, Dieticians are required with Food and Nutrition background.

Under Social Welfare Departments, many Child Development Programme offices and Supervisors under Integrated Child development Scheme (ICDS) are from nutrition background. Recently, Government has launched Nutrition Mission under Social Welfare department in some states, where consultants and other technical officials from Food and Nutrition background have been given preference. They are appointed both at national and state level to implement the programmes successfully in the field. As the programme is implemented throughout the country people from Food and Nutrition background will have wide scope.

Food and Nutrition Board of India under Ministry of Women and Child Development is having technical positions to cater to Food and Nutrition background persons. Depending on the number of vacancies available, UPSC conducts interviews for posts of Food & Nutrition Board (FNB).
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Researcher, Technical Officers, Research Associate, etc.

- Sports Authority of India (SAI), Autonomous organization under the Ministry of Youth Affairs and Sports appoints sports nutritionists, research officers, dieticians, pharmacists, and nutrition background. Many students from these fields have been absorbed and have been working with them.

Developmental NGOs: Nutrition has a lot of scope under national and interna-
tional bodies like UNICEF (United Nations Children's Fund), Save the Children, United Nations Development Programme, World Food Programme, ACF (Action against Hunger/ACF International), CRY (Child Rights and You), World Vision, Care International, Melinda Gates Foundation etc. International bodies like UNICEF, Save the Children, World Food Programme give technical advice and support to government departments like Social Welfare and Health & Family Welfare both at the state and national level. These have been mainly support to strengthen the health and nutrition interventions under ICDS and National Health Mission (NHM) programs. Many NGOs have taken up work using teams of experts who have been working in different sports hostels and athletes camps. Health and recreation clubs, canteen catering, and canteen services also require the services of nutritionists and dieti-
cians.

Food Service, Institutional Catering: Planning, supervising and preparing nutritious and well-balanced meals for schools, colleges, restaurants, factories or office cafeterias is done under supervising the expert dietitians. In some colleges, universities, and hospitals, nursing homes, weight man-
agement clinics, health resorts, wellness spas and fitness centres. Dieticians are also in demand in today’s world of life style diseases. To become a nutritionist, besides an interest in food & nutrition and its related fields, stu-
dents should have expertise in research and administrative skills and good communication skills too. All these areas are closely related to Food and Nutrition which are provided by different Universities and colleges across the country. The demand in the field can be a good counselor in future.

Sports, Fitness and Health Clubs: Dietetics, a health professional division, Nutrition/Diet consultants in wellness/fitness centres are emerging job opportunities. The students from Nutrition/Dietetics major can practice in sports hostels and athletes camps. Health and recreation clubs, canteen catering, and canteen service, they also require the services of nutritionists and dieti-
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Food and Neutraceutical Industries/ Food Product Companies: Food Analyst, Nutrition Consultant, Manager, Researcher, etc. are also from this field. They are presently working in different Food Industries. Planning and research on new products and check the nutritional quality of their products are done under supervision of Nutritionists/Food Quality experts.

Research and Development: Under Research and development, Food and Nutrition has a vast scope both in our country and abroad. Research on various food items locates right type of food which provides a balanced mix of the essentials like vitamins, minerals needed for the body are emerging topics for research which come under applied science.

Technical Education: Schools, colleges, and hospitals require people to conduct courses in nutrition and dietet-
ics. For these qualified teachers in the field are required.

FMCGs and Pharmaceutical Companies: FMCGs and Pharmaceutical Companies are also having positions for nutrition people.

Media and Publishing houses: For producing books, articles, promotional, television programmes on optim-

um dietary practices (TV, radio, magazines, newspapers) people having background knowledge in the area are being employed in many health and nutrition related magazines publish articles on health and nutrition where experts from this field are being given"