

**President****NEFOSTA (Lumbini Chapter)**

It is an honour to be elected as president of the Nepal Food Scientists and Technologists Association (NEFOSTA), Lumbini Chapter. I would like to acknowledge all members for this opportunity and try to accomplish the assigned duties faithfully and truthfully in line with NEFOSTA objectives.

By working together, I plan to focus on strengthening the fruitful relationship between NEFOSTA and its other related stakeholders. We know that NEFOSTA is a solely autonomous, professional and non-profit making organization in the domain of Food Science and Technology in Nepal. Over the years, the association has moved on a long journey of many climbs and decants. The opening of Lumbini Chapter itself would be a milestone to extend NEFOSTA activities in this region. Lumbini Chapter aims to develop a valuable network among food scientists and technologists working in Nawalparasi (BSW), Rupandehi, Kapilavastu, Palpa, Gulmi, Arghakhanchi and other nearby districts with NEFOSTA.



It aims to provide technical assistance to industries, food professionals, consumers and other stakeholders in our society. Contribution towards food processing, preservation, food safety, nutrition and novel research in these areas are prime concerns for our success. Our major activities would be training, paper publications, conducting seminars, collaborations and technical counseling which have been expected to make valuable contributions to solving problems related to quality and safety at the production and consumption level in the agro-food processing sector.

For our current members and prospective members, I would like to assure you that this 1st Executive Committee will develop NEFOSTA as a dynamic organization in line with NEFOSTA objectives. I look forward to inviting each of you working in this region to update your membership, participate in chapter activities and most important be involved with us.

The organization is strength. Let's stand for NEFOSTA and for our professional development.

Finally, I would like to acknowledge Mr. Ajit Kumar Sah, Executive committee member for his continual effort in finalizing this News Letter in this get up. Thanking you all.

This issueNEFOSTA Lumbini Chapter **P.1**Message from Ex- General Secretary **P.2**Food Scientists and Technologists Directory **P.3****NEFOSTA (Lumbini Chapter)
Formation of Executive**

The First General Assembly of NEFOSTA (Lumbini Chapter) was held on 4th June 2022 under the chairmanship of 15th NEFOSTA executive committee president Mr. Upendra Ray at the Food Technology and Quality Control Office Hall, Bhairahwa, elected the first executive committee of the association as follows:

NEFOSTA

Lumbini chapter

Key Message from Ex-General Secretary



Hikmat Thapa

Group General Manager

Dangote Industries Ltd. Lagos, Nigeria

1. President: Mr. Bimal Kumar Dahal
2. Secretary: Mr. Amar Basyal
3. Treasurer: Mr. Deepak Kumar Yadav
4. Member: Mr. Arjun Adhikari
5. Member: Mr. Ajit Kumar Sah
6. Member: Mr. Subash Sigdel
7. Member: Ms. Mamata G.C.

The general assembly was attended by 24 food scientists and technologists working in the government, semi-government and private sectors in the districts around Bhairahawa and Butwal.

The role of this chapter is to offer development and connections with others in the field of food technology and enhance the business profile of food technologists. It will provide local and regional support to the association and increase the personal interaction and engagement opportunities for the food scientists and technologists of Butwal-Bhairahwa nearby districts.

Lumbini Chapter will use virtual webinars as a gathering tool for members between face-to-face meetings. Virtual learning and professional development could help boost member engagement at the local level.

Food Technology plays a vital role in the industrialisation and economic development of a country like ours where the economy majorly depends on raw agricultural products. For that, Food Technologists carry out research, develop products and processes, manage production cycle, control quality standards and ensure customers' food safety.

I believe that NEFOSTA has been trying to unite Nepalese food technologists and enhance for strengthening their capacity to serve them to national and international food sectors since its inception. It is our pride that Nepali Food Technologists are now playing a key role in the food sector's development at the national and international levels. Inside the country also Food Technologists are contributing as a significant technical actor in the economy.

I wish to congratulate the newly established Lumbini Chapter of the NEFOSTA for uniting the food technologists of that region and supporting strengthening their professional careers in food science & technology as well as the country's economic sector.

SCENERIO OF FOODBORNE DISEASES

Each year worldwide, unsafe food causes 600 million cases of foodborne diseases and 420,000 deaths. 30% of foodborne deaths occur among children under 5 years of age. World Health Organization (WHO) estimated that 33 million of healthy lives are lost due to eating unsafe food globally each year and this number is likely an underestimation.

Each year in South -East Asia region due to foodborn diseases more than 150 million people fall ill, out of which 175,000 dies. Among this, 60 million children ageing less than 5 years fall ill, out of which 50,000 dies per year.

Diarrhoeal diseases are responsible for majority of deaths. Key causes: are Norovirus, Non-typhoidal *Salmonella*, Pathogenic *E. coli*.
(Source: WHO International)

Tea Promotion as a Health Drink

Tea contains polyphenols, of which the most prominent components are flavanols, commonly known as catechins. Flavanols are regarded as the biologically active constituents of tea, constituting around 36% of the dry weight of tea. The main flavanols found in green tea and to lesser extent in black tea are EGCG, EGC, ECG and EC. EGCG have the highest antioxidant properties. Aromatic volatile components also supplement flavor to the tea extract. Antioxidant of green tea has been associated with cancer prevention, therapy of hypercholesterolemia, and prevention of hypertension.

Green tea may lower blood pressure and thus reduce the risk of stroke and coronary heart diseases. It also strengthens the immune system action because it protects it against oxidants and radicals. As mentioned above there are numerous health benefits that are provided by regular consumption of green tea. So people in Nepal are paying more attention to consumption of green tea. This is positive response from commercial point of view for the emerging green tea industries in Nepal.

(Collected by: Mr. Hemanta Gautam)

Directory of Food Scientists and Technologists

(Butwal-Bhairahwa nearby districts)

SN.	Name	SN.	Name	SN.	Name
1	Abhash Gaire Tigers Brewery Ind. Pvt. Ltd., Suddhodhan 9827310136	15	Bhawana Bhujel Trimurti Industries Pvt. Ltd., Butwal 9810515967	29	Manju Bhattraï Yashoda Foods Pvt. Ltd., Tillotamma, Rupandehi
2	Abhash Roi Vijay Distillery Pvt. Ltd. Ramgram, Parasi 9861611297	16	Chandra Kant Dhamala Raj Brewery Pvt. Ltd, Parasi 9802265047	30	Naresh Shrestha Food Technology and Quality Control Divisional Office, Palpa 9842680500
3	Abiral Dhungana Hilife Foods, Tilottama 9862075337	17	Chiranjivi Belbase Nebico Bhairahwa Pvt. Ltd., Rupandehi 9861177266	31	Nirajan Magar Food Import Export Quality Certification Office, Krishnanagar 9857055728
4	Ajit Kumar Sah Food Import Export Quality Certification Office, Belhiya 9865015796	18	Deepak Kunwar Food Import Export Quality Certification Office, Belhiya 9857010861	32	Nischal Guragai Varun Beverages Pvt. Ltd. Nepal 9801142073
5	Alisha Adhikari Triveni, Parasi	19	Deepak Kumar Yadav Food Technology and Quality Control Office, Bhairahwa 9842529310	33	Padam Raj Bhusal Food Technology and Quality Control Office, Bhairahwa 9857035345
6	Amar Basyal Nebico Bhairahwa Pvt. Ltd., Rupandehi 9849254022	20	Devraj Bansi Siddhivinayak Food Product Pvt. Ltd. (Noodles)	34	Prakash Chaudhary Raj Brewery Pvt. Ltd, Parasi 9806868959
7	Amul Ghimire Raj Brewery Pvt. Ltd., Parasi 9851180337	21	Dewas Acharye Raj Brewery Pvt. Ltd, Parasi 9861140977	35	Prakash Thapa Paicho Pasal Pvt. Ltd. Ruru, Gulmi 9842203383
8	Anil Neupane Odat Beverage Pvt. Ltd. (Pran RFL Group) 9866147960	22	Diwas chaudhary Odat Beverage Pvt. Ltd. (Pran RFL Group) 9849132642	36	Rama Paudel Mahabaleshwor Dairy Pvt. Ltd., Butwal Sub-Metropolitan city
9	Ananta Raj Neupane Varun Beverages Pvt. Ltd. Nepal 9801142091	23	Hemanta Gautam Food Technology and Quality Control Office, Bhairahwa 9842086841	37	Raj Kumar Ghimire SR Foods Pvt. Ltd., Rupandehi 9857016108
10	Arjun Adhikari Food Import Export Quality Certification Office, Krishnanagar 9857056078	24	Jyotsna Sharma Adhikari Food Technology and Quality Control Office, Bhairahwa 9847542562	38	Richa Karn Food Technology and Quality Control Divisional Office, Palpa 9862008530
11	Asmita Gyawali Siddhivinayak Food Product Pvt. Ltd (Biscuit)	25	Krishna Sundar Shrestha Yashoda Foods Pvt. Ltd., Tillotamma 9841957023	39	Saroj Khanal Food Technology and Quality Control Divisional Office, Palpa 9857031495
12	Bikash Sapkota Yashoda Foods Pvt. Ltd., Tillotamma Rupandehi	26	Mahesh Shrestha Food Import Export Quality Certification Office, Krishnanagar 9844688552	40	Shrawan Kumar Dhungana Food Technology and Quality Control Office, Bhairahwa 9847473711
13	Bimal Kumar Dahal Food Technology and Quality Control Office, Bhairahwa 9842703620	27	Manoj Adhikari Food Technology and Quality Control Office, Bhairahwa 9842818463	41	Shiva Shankar Mishra Food Technology and Quality Control Divisional Office, Taulihwa, Kapilbastu
14	Basanta Kunwar Siddhivinayak Food Product Pvt. Ltd.(Biscuit) 9807484730	28	Mamata G.C. RaunakAadhunik Tel Udhog, Omsatiya, Rupandehi 9866553530	42	Shiva Raj Sharma Odat Beverage Pvt. Ltd. (Pran RFL Group) 9803723680

SN.	Name	SN.	Name	SN.	Name
43	Shubha Karki Capital Foods Pvt. Ltd., Kapilbastu 9851131157	47	Sumeer Maske Tigers Brewery Ind. Pvt. Ltd., Suddhodhan 9855059082	51	Tsudip Rai Vijay Distillery Pvt. Ltd. Ramgram, Parasi 9842404688
44	Suman Thokar Tamang Food Import Export Quality Certification Office, Belhiya 9843594459	48	Subash Gaire Paicho Pasal Pvt. Ltd. Ruru, Gulmi 9844720659	52	Umesh Thapa Janata Agro Pvt. Ltd. 9812517315
45	Suraj Khadka Hilife Foods, Tillottama 9811375710	49	Subash Sigdel Raj Brewery Pvt. Ltd, Parasi 9867130368	53	
46	Samikshya KC Daune Flour Mill Pvt. Ltd. 9808186964	50	Thakur Limbu Odat Beverage Pvt. Ltd. (Pran RFL Group) 9829387557		

Upcoming Events

Talk Program: A talk program will be conducted in co-ordination with senior Food Scientists and Technologistist working at national or international level. The date, time and venue of this program will be imformed in **NEFOSTA Lumbini Chapter** Facebook group.



NEFOSTA

Lumbini chapter

Bhairahwa, Rupandehi
info.lumbiniNEFOSTA@gmail.com

Note: Intrested Food Scientists and Technologists working all around the world, are requested to submit their relavent short articles, news, milestone, etc. for the upcoming August-Sept (volume 1, 2nd issue) of News Letter to: info.lumbiniNEFOSTA@gmail.com

© NEFOSTA Lumbini Chapter