

GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE

SEMINAR REPORT

ON

*USE OF ARTIFICIAL SWEETENER "ASPARTAME" - SAFE OR
NOT?*

ORGANISED BY: UGC-SEMINAR COMMITTEE

DATE: 03.05.19

TIME: 2.00 pm – 3.30 pm

VENUE: Seminar Hall, 2nd Floor

OBJECTIVE OF THE SEMINAR:

The objective of the seminar was to make the students aware about artificial sweeteners which have become very popular on various platforms of advertisement. Even though they are marketed to be safe and prescribed for the diabetic they have certain safety issues which have cropped up in the recent years. The programme aimed to discuss all these issues.

SPEAKER:

Dr. Pradipta Kumar Basu, Associate Professor and Head, Department of Chemistry, GGDC, Mangalkote

PROCEEDINGS OF THE SEMINAR:

The speaker began by describing the chemical, aspartame (L- α -aspartyl-L-phenylalanine methyl ester) which is the principal artificial, non-saccharide low-calorie sweetener used to sweeten a wide variety of low- and reduced-calorie foods and beverages, including low-calorie tabletop sweeteners. Then, he described its chemical composition - it is composed of two amino acids, aspartic acid and phenylalanine, as the methyl ester. He went on to describe amino acids as the building blocks of protein. He further stated that aspartic acid and phenylalanine are found naturally in protein containing foods, including meats, grains and dairy products. Methyl esters are also found naturally in many foods, such as fruits and vegetables and their juices. Further, he stated that 'Aspartame' used to make Nutrasweet / Equal / Sugarfree is sometimes labelled as phenylalanine in products, has been the subject of heated controversy—both because of safety issues and the shady circumstances surrounding its approval. Describing the health issues of aspartame, he mentioned that it is not safe for the patients with Phenylketonuria (PKU), a rare inherited disease that prevents the essential amino acid phenylalanine from being properly metabolized and causing health problems including mental retardation. Although there are controversies considering possible connections between aspartame and diseases such as brain tumours, brain lesions and lymphoma, and taking into account alleged conflicts of interest during the approval process, the safety of aspartame has been proven again and again, backed by more than three decades of research and over 200 scientific studies. He presented the data regarding the certification of aspartame as safe for human consumption by The European Food Safety Authority (EFSA), national regulators in Japan, Australia, New

Zealand, and Australia. Moreover, the WHO's JECFA certified Aspartame as safe for human consumption and around 100 countries around the world, including India, allowing the use of aspartame. Additionally, leading health authorities, such as the American Medical Association, the American Dietetic Association, and the American Diabetes Association, agree that aspartame is safe. Finally, the speaker ended his lecture by highlighting the controversy it has given rise to emphasizing further researches in this field.

PARTICIPANT DETAILS:

NO. OF STUDENTS REGISTERED FOR THE PROGRAMME: 45

NO. OF STUDENTS ATTENDED THE PROGRAMME: 30

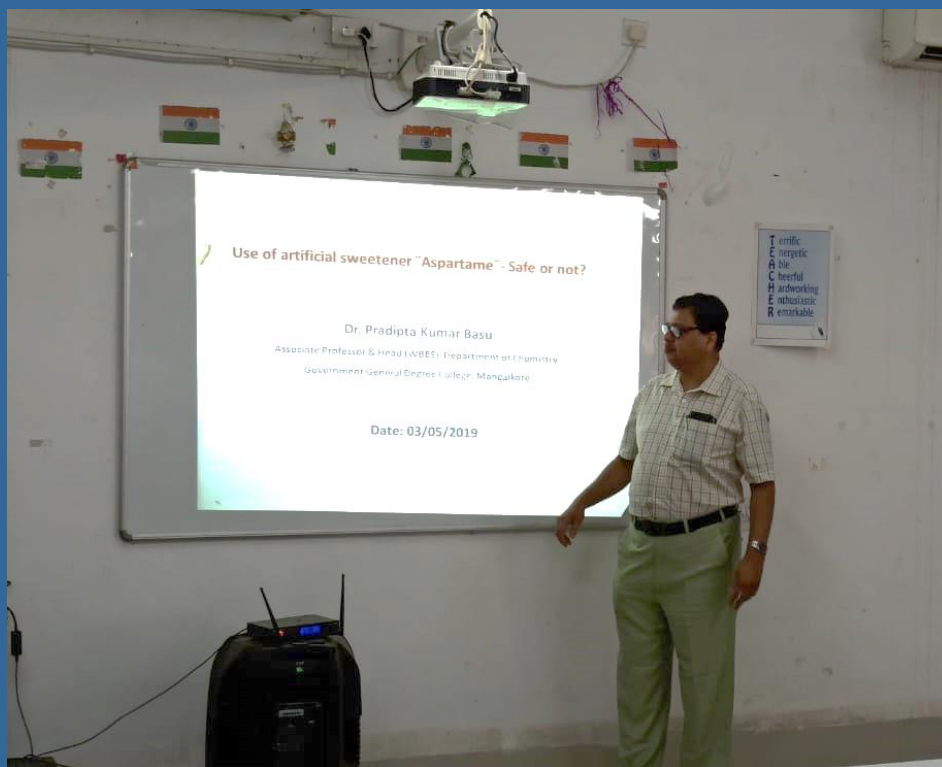
OUTCOME OF THE PROGRAMME:

The students came to know about artificial sweeteners, the controversy surrounding them and their health issues.

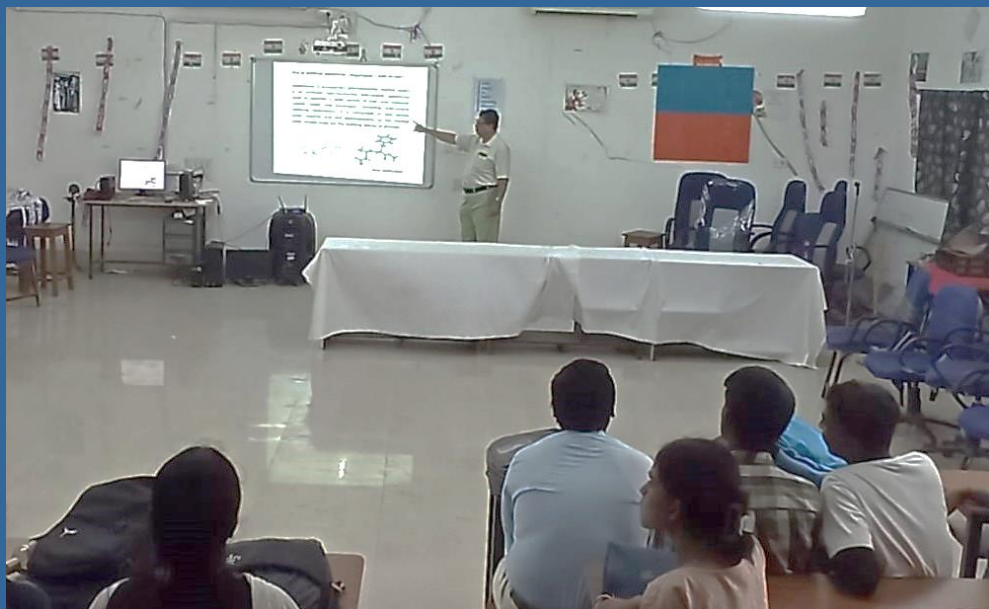


Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.D.S.S.
Government General Degree College, Margachhasi
Dr. Pulin Choudhury, West Bengal-713132

GLIMPSES FROM THE SEMINAR



PIC.1: THE SPEAKER WITH HIS PRESENTATION



PIC.2: THE SPEAKER DELIVERING HIS LECTURE

GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

UGC-SEMINAR COMMITTEE

DATE: 03.05.19

TITLE OF SEMINAR: USE OF ARTIFICIAL SWEETENER “ASPARTAME” – SAFE OR NOT?

SPEAKER: Dr. Pradipta Kumar Basu, Associate Professor and Head, Department of Chemistry, GGDC, Mangalkote

STUDENTS ATTENDANCE CUM PARTICIPATION REPORT

SL. NO.	NAMES OF REGISTERED STUDENTS	STREAM	YEAR / SEMESTER	PRESENT/ABSENT
1	MRINMOY GARAI	ZOOLOGY	PT. III	PRESENT
2	SHREYASREE DEY	ZOOLOGY	PT. III	PRESENT
3	SK NUR ALAM	ZOOLOGY	PT. III	PRESENT
4	SUNANDA DEY	ZOOLOGY	PT. III	ABSENT
5	INDRAJIT GHOSH	ZOOLOGY	SEM IV	PRESENT
6	JANMENJOY SARKAR	ZOOLOGY	SEM IV	PRESENT
7	KRISHNA PAL	ZOOLOGY	SEM IV	PRESENT
8	PUJA MONDAL	ZOOLOGY	SEM IV	PRESENT
9	RUMI GHOSH	ZOOLOGY	SEM IV	PRESENT
10	SANJU PAL	ZOOLOGY	SEM IV	PRESENT
11	IPSITA MONDAL	ZOOLOGY	SEM II	PRESENT
12	ITI MONDAL	ZOOLOGY	SEM II	PRESENT
13	JANNATUNNESA KHATUN	ZOOLOGY	SEM II	PRESENT
14	KAKALI SAMANTA	ZOOLOGY	SEM II	ABSENT
15	PAYEL MUKHERJEE	ZOOLOGY	SEM II	ABSENT
16	RAJIB PAL	ZOOLOGY	SEM II	PRESENT
17	RIMA MONDAL	ZOOLOGY	SEM II	PRESENT
18	NARGIS KHATUN	SOCIOLOGY	PT. III	PRESENT
19	MANDIRA DAS	SOCIOLOGY	SEM IV	ABSENT
20	SAHELI DUTTA	SOCIOLOGY	SEM II	PRESENT
21	SANCHITA DUTTA	SOCIOLOGY	SEM II	ABSENT
22	SOUMEN PAL	ENGLISH	PT. III	PRESENT

Sulismita Das

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23	SOURENDRA NATH GHOSH	ENGLISH	SEM IV	ABSENT
24	JAYANTI HANSDA	ENGLISH	SEM II	PRESENT
25	MANASHI HALDAR	ENGLISH	SEM II	ABSENT
26	CHANCHAL MAJHI	HISTORY	PT. III	PRESENT
27	NAYAN JYOTI ROY	HISTORY	SEM IV	PRESENT
28	RIMA KHATUN	HISTORY	SEM IV	ABSENT
29	ROBINA KHATUN	HISTORY	SEM IV	ABSENT
30	SUPRIYA GHOSH	HISTORY	SEM II	PRESENT
31	UJJAL SARDAR	HISTORY	SEM II	PRESENT
32	UMEDA PARVIN	HISTORY	SEM II	PRESENT
33	SUDWIPTA PAL	BENGALI	PT. III	ABSENT
34	NIRMAL DAS	BENGALI	PT. III	PRESENT
35	TINKU SARDAR	BENGALI	SEM IV	ABSENT
36	SOMA DAS	BENGALI	SEM II	PRESENT
37	SOUMIKA PINE	BENGALI	SEM II	ABSENT
38	ASHOK DAS	POL. SC.	SEM II	PRESENT
39	DEBABRATA PAL	POL. SC.	SEM II	PRESENT
40	SK NASIMUDDIN	BA GEN.	PT. III	PRESENT
41	ANUSRI PRAMANIK	BA GEN.	PT. III	ABSENT
42	JOYDEB DAS	BA GEN.	SEM IV	PRESENT
43	NABI MALLICK	BA GEN.	SEM IV	PRESENT
44	SUKARNA PANJA	BA GEN.	SEM II	ABSENT
45	SUNANDA ADHIKARY	BA GEN.	SEM II	ABSENT

Sushismita Das

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GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

UGC-SEMINAR COMMITTEE

DATE: 25.04.19

NOTICE

All concerned are hereby notified that a Seminar on 'USE OF ARTIFICIAL SWEETENER "ASPARTAME" – SAFE OR NOT?' has been scheduled to be organised by the UGC-Seminar, GGDC, Mangalkote on 03.05.19 from 2.00 pm – 3.30 pm (venue – Seminar Hall, 2nd Floor). The programme aims to make the students aware about the health effects of artificial sweeteners. Dr. Pradipta Kumar Basu, Associate Professor and Head, Department of Chemistry, GGDC, Mangalkote will act as the in-house resource person in the said programme.

Accordingly, all the departments are requested to encourage their students for maximum participation in the said programme and register for the same. The brochure will be shared soon.

COUNTERSIGNED



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GGDC, MANGALKOTE**



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GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE
UGC SEMINAR COMMITTEE

Invites you to join the

SEMINAR

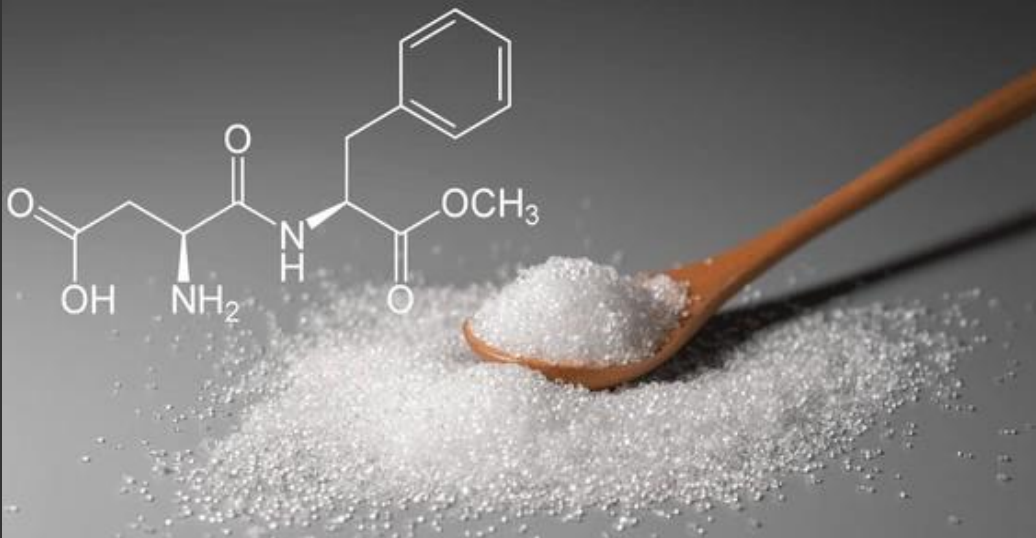
on

Use of artificial sweetener
"Aspartame"- Safe or not?

on **03.05.19**

at: **02.00 P.M.**

Venue: **Seminar Hall, 2nd Floor**



ABOUT THE PROGRAMME:

The rising use of artificial sweeteners in the past few years as a healthy alternative to sugar that can prevent diabetes has caught the attention of the researchers. Several studies have found that these artificial sweeteners can cause more harm to human health contrary to the advertisements. The programme aims to discuss these effects of artificial sweeteners and the related health complications.

TARGET AUDIENCE:

U.G. Students of GGDC, Mangalkote

SPEAKER:

DR. PRADIPTA KUMAR BASU

ASSOCIATE PROFESSOR & HEAD,
DEPARTMENT OF CHEMISTRY,
GGDC, MANGALKOTE



Basu
Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
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Government of West Bengal
Office of the Principal
GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE
PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE
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DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA
Email: ggdcmanagalkote@gmail.com; Website: https://mangalkotegovtcollege.org

To,

Dr. Pradipta Kumar Basu

Associate Professor and Head

Department of Chemistry

GGDC, Mangalkote, Burdwan

Sub: Invitation to deliver a Special Lecture titled “*Use of Artificial Sweetener “Aspartame” – Safe or Not?”* in the in-house seminar organized by UGC-Seminar Committee, GGDC, Mangalkote on 03.05.2019 at 02:00 PM.

Sir,

It is our honour to invite you as a speaker to deliver a Special Lecture titled “*Use of Artificial Sweetener “Aspartame” – Safe or Not?”* in the in-house seminar organized by UGC-Seminar Committee, GGDC, Mangalkote on 03.05.2019 at 02:00 PM. We sincerely hope that it will be an enriching experience for the students to listen to your thought provoking and pertinent deliberation.

We shall be highly obliged if you kindly accept our invitation.

**Officer-In-Charge
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DISTRICT – PURBA BARDHAMAN; WEST BENGAL; PIN CODE – 713132; INDIA
Email: ggdcmangalkote@gmail.com; Website: <https://mangalkotegovtcollege.org>

Certificate of Appreciation

This certificate is awarded to:

Dr. Pradipta Kumar Basu
Associate Professor and Head, Department of Chemistry
GGDC, Mangalkote

In recognition of his valuable contribution as an in-house speaker in the seminar entitled “*Use of Artificial Sweetener “Aspartame” – Safe or Not?*” on 03.05.2019, organized by the UGC-Seminar Committee, GGDC, Mangalkote.

Officer-In-Charge
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Pradipta
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