

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:

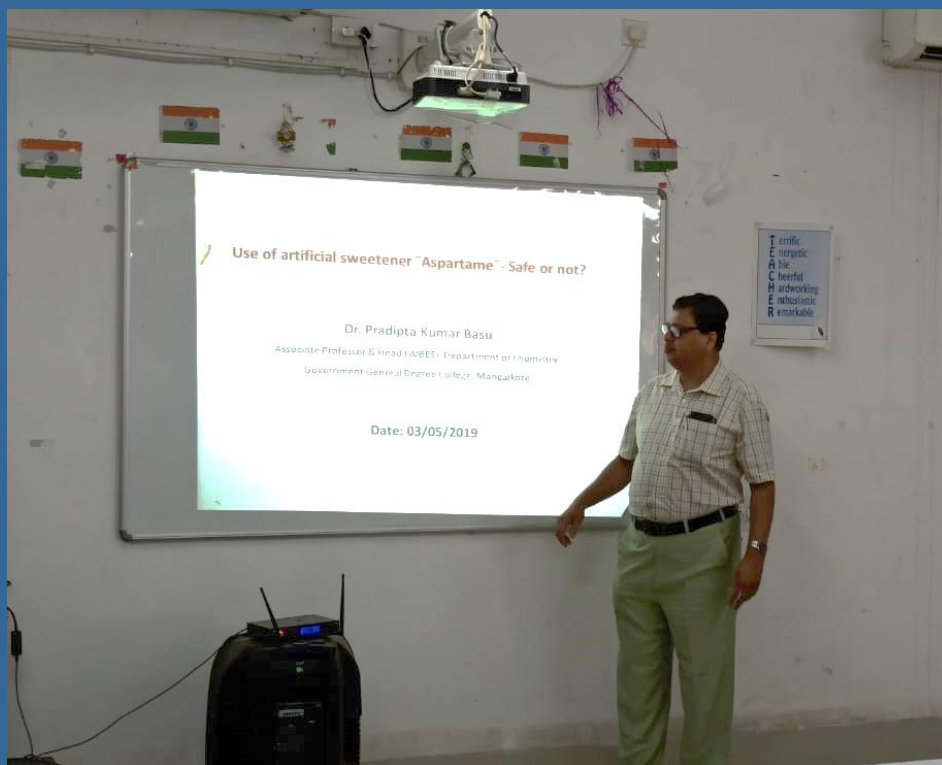
NO. OF STUDENTS REGISTERED FOR THE PROGRAMME: 45

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.

GLIMPSES FROM THE SEMINAR



PIC.1: THE SPEAKER WITH HIS PRESENTATION ON 03.05.19



PIC.2: THE SPEAKER DELIVERING HIS LECTURE ON 03.05.19

GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

UGC-SEMINAR COMMITTEE

DATE: 03/05/2019

TITLE OF SEMINAR: Use of artificial sweetner "Aspartame" - safe or not?

STUDENTS ATTENDANCE CUM PARTICIPATION REPORT

SL. NO.	NAMES OF REGISTERED STUDENTS	STREAM	YEAR / SEMESTER	SIGNATURE OF STUDENT
1	MRINMOY GARAI	ZOOLOGY	PT. III	Mrinmoy Garai
2	SHREYASREE DEY	ZOOLOGY	PT. III	Shreyasree Dey
3	SK NUR ALAM	ZOOLOGY	PT. III	SK Nur Alam
4	SUNANDA DEY	ZOOLOGY	PT. III	
5	INDRAJIT GHOSH	ZOOLOGY	SEM IV	Indrajit Ghosh
6	JANMENJOY SARKAR	ZOOLOGY	SEM IV	Janmenjoy Sarkar
7	KRISHNA PAL	ZOOLOGY	SEM IV	Krishna Pal
8	PUJA MONDAL	ZOOLOGY	SEM IV	Puja Mondal
9	RUMI GHOSH	ZOOLOGY	SEM IV	Rumi Ghosh
10	SANJU PAL	ZOOLOGY	SEM IV	Sanju Pal
11	IPSITA MONDAL	ZOOLOGY	SEM II	IPSITA mondal
12	ITI MONDAL	ZOOLOGY	SEM II	ITI mondel
13	JANNATUNNESA KHATUN	ZOOLOGY	SEM II	Jannatunnesa khatun
14	KAKALI SAMANTA	ZOOLOGY	SEM II	
15	PAYEL MUKHERJEE	ZOOLOGY	SEM II	
16	RAJIB PAL	ZOOLOGY	SEM II	Rajib Pal
17	RIMA MONDAL	ZOOLOGY	SEM II	Rima Mondal
18	NARGIS KHATUN	SOCIOLOGY	PT. III	Nargis khatun
19	MANDIRA DAS	SOCIOLOGY	SEM IV	
20	SAHELI DUTTA	SOCIOLOGY	SEM II	Saheli Dutta
21	SANCHITA DUTTA	SOCIOLOGY	SEM II	
22	SOUMEN PAL	ENGLISH	PT. III	Soumen Pal

Sulismita Das

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GGDC, MANGALKOTE

23	SOURENDRA NATH GHOSH	ENGLISH	SEM IV	
24	JAYANTI HANSDA	ENGLISH	SEM II	Jayanti Hansda.
25	MANASHI HALDAR	ENGLISH	SEM II	
26	CHANCHAL MAJHI	HISTORY	PT. III	Chanchal Majhi
27	NAYAN JYOTI ROY	HISTORY	SEM IV	Nayan Joyoti Roy
28	RIMA KHATUN	HISTORY	SEM IV	
29	ROBINA KHATUN	HISTORY	SEM IV	
30	SUPRIYA GHOSH	HISTORY	SEM II	Supriya Ghosh
31	UJJAL SARDAR	HISTORY	SEM II	U. Sundar
32	UMEDA PARVIN	HISTORY	SEM II	Umeda Parvin.
33	SUDWIPTA PAL	BENGALI	PT. III	
34	NIRMAL DAS	BENGALI	PT. III	Nirmal Das
35	TINKU SARDAR	BENGALI	SEM IV	
36	SOMA DAS	BENGALI	SEM II	Soma Das
37	SOUMIKA PINE	BENGALI	SEM II	
38	ASHOK DAS	POL. SC.	SEM II	Ashok Das
39	DEBABRATA PAL	POL. SC.	SEM II	Debabrata Pal
40	SK NASIMUDDIN	BA GEN.	PT. III	Sk. Nasimuddin
41	ANUSRI PRAMANIK	BA GEN.	PT. III	
42	JOYDEB DAS	BA GEN.	SEM IV	Joydeb Das.
43	NABI MALLICK	BA GEN.	SEM IV	Nabi Mallick.
44	SUKARNA PANJA	BA GEN.	SEM II	
45	SUNANDA ADHIKARY	BA GEN.	SEM II	

Sudhismita Das

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Basu
Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
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Dt. Purba Bardhaman, West Bengal- 713132



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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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.

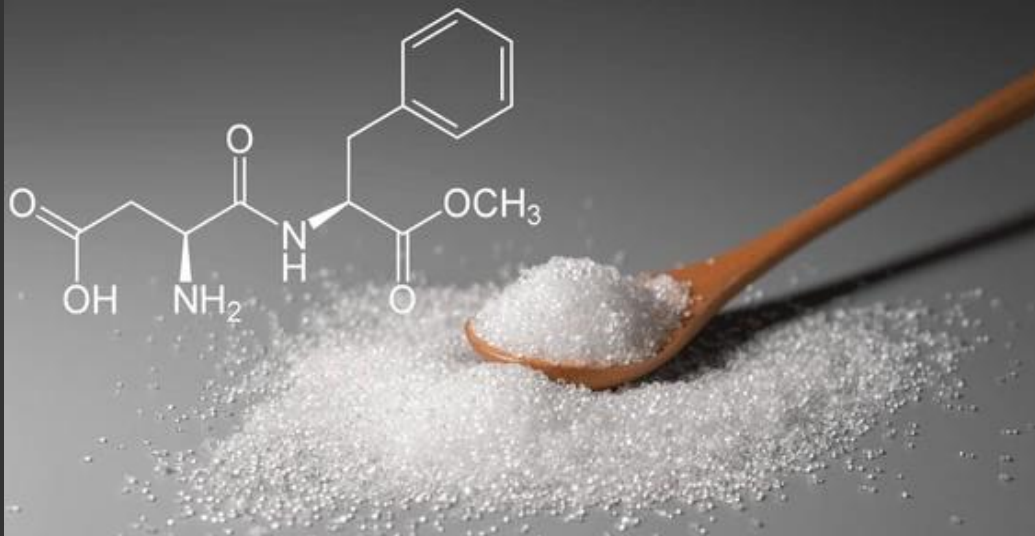
TARGET AUDIENCE:

U.G. Students of GGDC, Mangalkote

SPEAKER:

DR. PRADIPTA KUMAR BASU

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



Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132



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PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE
P.O. - MAJHIGRAM; BLOCK - MANGALKOTE; SUB DIVISION - KATWA
DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA
Email: ggdcmangalkote@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.

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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.

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GGDC, Mangalkote



Pradipta
Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dk. Purba Bardhaman, West Bengal- 713132

**CERTIFICATES OF THE
PARTICIPATING
STUDENTS HAVE BEEN
ATTACHED BELOW**



Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.,
Government General Degree College, Mangalkhata
Dt. Purba Bardhaman, West Bengal-713132



GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE

CERTIFICATE OF PARTICIPATION

*This is to certify that MRINMOY GARAI of Part III, Dept. of ZOOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on ‘**USE OF ARTIFICIAL SWEETENER “ASPARTAME” – SAFE OR NOT?**’ held on 03.05.2019 at Government General Degree College, Mangalkote, West Bengal*

Officer in Charge

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Coordinator, IQAC

Convener,
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*This is to certify that CHANCHAL MAJHI of Part III, Dept. of HISTORY, GGDC, Mangalkote has successfully participated in the Seminar on ‘**USE OF ARTIFICIAL SWEETENER “ASPARTAME” – SAFE OR NOT?**’ held on 03.05.2019 at Government General Degree College, Mangalkote, West Bengal*

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*This is to certify that NIRMAL DAS of Part III, Dept. of BENGALI, GGDC, Mangalkote has successfully participated in the Seminar on ‘**USE OF ARTIFICIAL SWEETENER “ASPARTAME” – SAFE OR NOT?**’ held on 03.05.2019 at Government General Degree College, Mangalkote, West Bengal*

Officer in Charge

Dr. Pradipta Kumar Basu
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This is to certify that DEBABRATA PAL of Semester II, Dept. of POLITICAL SCIENCE, GGDC, Mangalkote has successfully participated in the Seminar on ‘USE OF ARTIFICIAL SWEETENER “ASPARTAME” – SAFE OR NOT?’ held on 03.05.2019 at Government General Degree College, Mangalkote, West Bengal

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