



**POSHAN
Abhiyan**
PMU Doubling
Schools for Holistic
Nutrition



सब पका - सब पाए



NATIONAL WEBINAR ON RASHTRIYA POSHAN MAAH 2021 : HOLISTIC NOURISHMENT FOR WOMEN



**DATE - 30TH SEPTEMBER, 2021
TIME - 12.00 NOON TO 03.00 PM**

SUB THEMES :

1. COVID-19 AND VARIED NUTRITIONAL REQUIREMENTS
2. ADOLESCENT EDUCATION, DIET, AND AGE FOR MARRIAGE

Webinar link - <https://meet.google.com/wjd-uohk-zus>

:: ORGANIZED BY ::

**CENTRE FOR WOMEN'S STUDIES, PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR &
NATIONAL COMMISSION FOR WOMEN (NCW), NEW DELHI**



NATIONAL WEBINAR ON RASHTRIYA POSHAN MAAH 2021: HOLISTIC NOURISHMENT FOR WOMEN

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National Commission
for Women, India

राष्ट्रीय महिला आयोग

KEY NOTE ADDRESS



PROF. KESHARI LAL VERMA
VICE CHANCELLOR,
PT. RAVISHANKAR SHUKLA UNIVERSITY,
RAIPUR

SPEAKER



DR. ABHAYA R JOGLEKAR,
PROFESSOR, HOME SCIENCE DEPARTMENT,
D.B GOVT. GIRLS COLLEGE, RAIPUR

SPEAKER



DR. ANUP ADHIKARI
EXERCISE PHYSIOLOGY, LEVEL 4
ANTHROPOMETRIC, AND CRITERION
PHOTOSCOPIC SOMATOTYPE RATING, ISAK,
CANADA RED CROSS.

SPEAKER



DR. MUTAN
ASSISTANT PROFESSOR,
B.P.S. INSTITUTE OF HIGHER
LEARNING,
SONIPAT, HARYANA

CONVENOR



PROF. REETA VENUGOPAL
DIRECTOR, CENTRE FOR WOMEN'S STUDIES,
PT. RAVISHANKAR SHUKLA UNIVERSITY,
RAIPUR

TECHNICAL TEAM



PROF. P. SHRIVASTAVA,
ASSOCIATE DIRECTOR, CWS, PT.
RAVISHANKAR SHUKLA UNIVERSITY,
RAIPUR



ANIKSHA VARODA,
CWS, PT.RSU, RAIPUR



DR. AANURADHA CHATTERJEE
CWS, PT.RSU, RAIPUR



PRAGATI KRISHNAN
CWS, PT.RSU, RAIPUR



PROF. ADITI PODDAR
ASSOCIATE DIRECTOR, CWS, PT.
RAVISHANKAR SHUKLA UNIVERSITY,
RAIPUR



jk"Vh; i k" k ek] 2021% efgykvka ds fy, l exz i k" k

efgyk v/; ; u dhn] ia रविशंकर शुक्ल विश्वविद्यालय, रायपुर एवं राष्ट्रीय महिला आयोग, नई
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fy; k A

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çks ds kjh yky oek] ekuuh; dgyifr] ia रविशंकर शुक्ल विश्वविद्यालय रायपुर और प्रख्यात वक्ता डॉ-
vHk; k आर जोगलेकर, डॉ- अनूप अधिकारी और डॉ- uru dk Lokxr fd; k vk] efgykvka vk]
yMfd; ka ds fy, xkeh. k vk] 'kgjh nkuka {ks=ka ea i k" k vkgkj ij vi us fopkj l k>k fd, A vi us
eq; Hk" k. k ea çks ds kjh yky oek] l j us l cl s igys bl rjg ds mi ; kxh ofcukj ds vk; kstu ds
fy, efgyk v/; ; u dae dks c/kkbl nh vk] yMfd; ka vk] efgykvka ea , uhfe; k] dq k" k t h
chekjh dks jkdus ij vi us fopkj l k>k fd, A mlgkaus ; g Hkh l ckf/kr fd; k fd gekjs fo' ofo | ky;
us fo' ofo | ky; i fj l j ea LokLF; vk] fQVud vfHk; ku vk] dkfoM Vhdkdj. k vfHk; ku Hkh
vk; kftr fd; k gA mlgkaus vkxg fd; k fd ; kstuvka dk ykHk l ekt fo' kskdj fd' ksfj; ka vk]
xHkbrh efgykvka dks LoLFk j [kus ds fy, l ekt rd i gpuk pkfg, A

सत्र के प्रथम वक्ता डॉ- vHk; k vk] tkxydj] çkQd j] xg foKku foHkx] Mh-ch- 'kkl dh;
dlu; k egkfo | ky;] jk; ij us fd' ksj f' k{kk} fookg ds fy, vkgkj vk] vk; q vk] dkfoM&19 vk]
विभिन्न पोषण संबंधी आवश्यकताओं पर अपना व्याख्यान दिया। पावरपॉइंट प्रेजेंटेशन के माध्यम से
mlgkaus NRrh l x<h i doku , oa i k" k. kRed egRo ds ek/; e l s dq k" k dks nj] djus ea l gk; d
vkgkj ka ds ckjs ea cgr gh vkd"kd rjhds l s i k" k ds egRo dks Hkh foLrkj dks [kcl j rh l s
l e>k; k A सत्र के हमारे अगले वक्ता डॉ- uru] l gk; d çkQd j] [kk | , oa i k" k. k] ch-i h, l - mPp
f' k{kk l LFkku] l kuhi r] gfj; k. kk us अपनी पावरपॉइंट प्रस्तुति में कोविड-19 और विभिन्न पोषण संबंधी
vko' ; drkvka ij çdk' k Mkyk vk] vkxg fd; k fd egkekjh ds njs ku , d LoLFk vkgkj cuk,

j [kuk egroi wk gA mlgkaus Hkj rh; ka ds fy, i ksk.k l aalkh vko'; drkva ds ckjs ea Hkh pplz dh gs
 vkj dks kuk ok; j l egkekjh ds nks ku MCY; w pvks ds vkgkj dh Hkh fl Qkj 'k dh A 0; k; ke
 फिजियोलॉजी, , fks kesVd vkj ekunM Qk/kLdkfi d l ketVks/kbi jsvx dsuM; u jM dkl डॉ-
 vui vf/kdkjh us vHkh vkj fudV Hkfo"; ea dkfoM&19 egkekjh dks jkdus ds fy, 'kkjhfd
 xfrfof/k; ka ds l kFk&l kFk i ksk.k l aalkh vko'; drkva ds ckjs ea crk; kA mlgkaus i sy; ks MkbV vkj
 , jkfd 0; k; ke ds ckjs ea Hkh crk; kA fof'k"V vfrfk; ka }kj k fopkj&foe'kz ds ckn ç' u mUkj l =
 सह समूह चर्चा का आयोजन किया गया जिसमें प्रतिभागियों ने बड़े उत्साह के साथ भाग लिया। डॉ-
 vujk/kk pVthz us dk; bde dh estckuh dh vkj /ku; okn Kki u fn; kj vkj dk; bde dh rdudh
 l gk; rk vfu{kk oj kMk] vuq dku l g; kxh vkj l phi çxfr कृ".ku us fd; kA



REC Abhaya Joglekar is presenting

Adolescent education, diet and age for marriage & Covid-19
and varied nutritional requirements



Dr. Abhaya R. Joglekar
 Professor of Home Science
 Govt.D.B.P.G.Girls' (auto.) College,Raipur
 Chhattisgarh

NATIONAL WEBINAR ON RASHTRIYA POSHAN MAAS 2021

30.09.2021

Gunjeshree Gond has left the meeting


Turn off microphone (CTRL + D)

12:30 | wjd-uohk-zus

Keyur Rao, vc office, shweta rajput, Abhaya Joglekar, 88 others, You

SUDHA KIRAN TIGGA, Harsha Sahu, and 1 more have raised hands [Open queue](#)

REC



Seema Gauraha has left the meeting

Abhaya Joglekar

12:29 | wjd-uohk-zus

Keyur Rao, vc office, shweta rajput, ARCHANA SE..., 91 others, You

SUDHA KIRAN TIGGA, Harsha Sahu, and 1 more have raised hands [Open queue](#)

REC Abhaya Joglekar is presenting

Micronutrient deficiencies-

- Ca- bone deformities
- Iron-anaemia
- Vitamin-D- bone deformities
- Vitamin-A- skin, bone

12:42 | wjd-uohk-zus

People

Search for people

2 raised hands (first to last)

- SUDHA KIRAN TIGGA
- Subham Kumar

In call

- Ankisha Varoda (You)
- Aakriti Agrawal
- Abhaya Joglekar
- Abhaya Joglekar Presentation

REC Abhaya Joglekar is presenting

Thin Adolescent



Heavy Adolescent



Osteoporosis Risk

Over dieting (Zero figure) → Hurts the bone

↓

Now & in future

Lean body mass ↑ → **Bone density ↑**

Lean body mass + Fat → **Bone density ↑↑**

Fat ↑ → **Associated health risk factors**


vc office Keyur Rao Subham Kumar 80 others You

meet.google.com/vjst-uomw-zus

REC Dr Nutan is presenting


NUTRITIONAL REQUIREMENTS FOR INDIANS

• A Report of the Expert Group, 2020



Webinar Webinar Reeta venugopal anuradha chatt...
 Dr Nutan Sattu Vishkarma Kayur Rao
 Tara Chhattri 36 others You

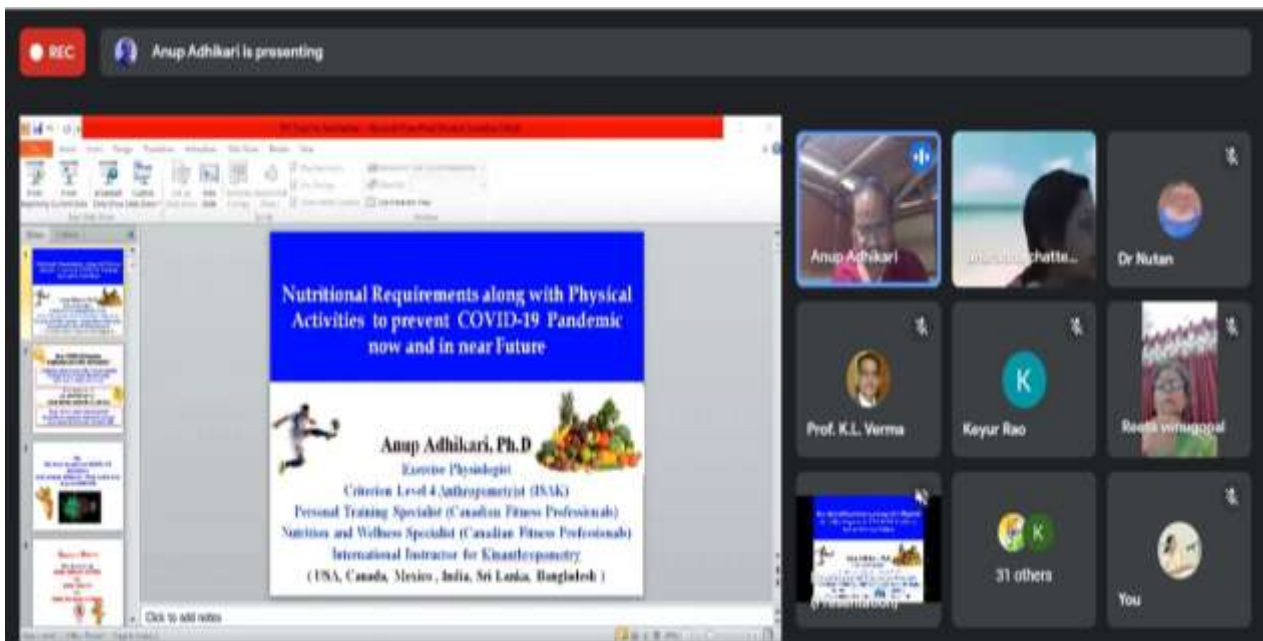
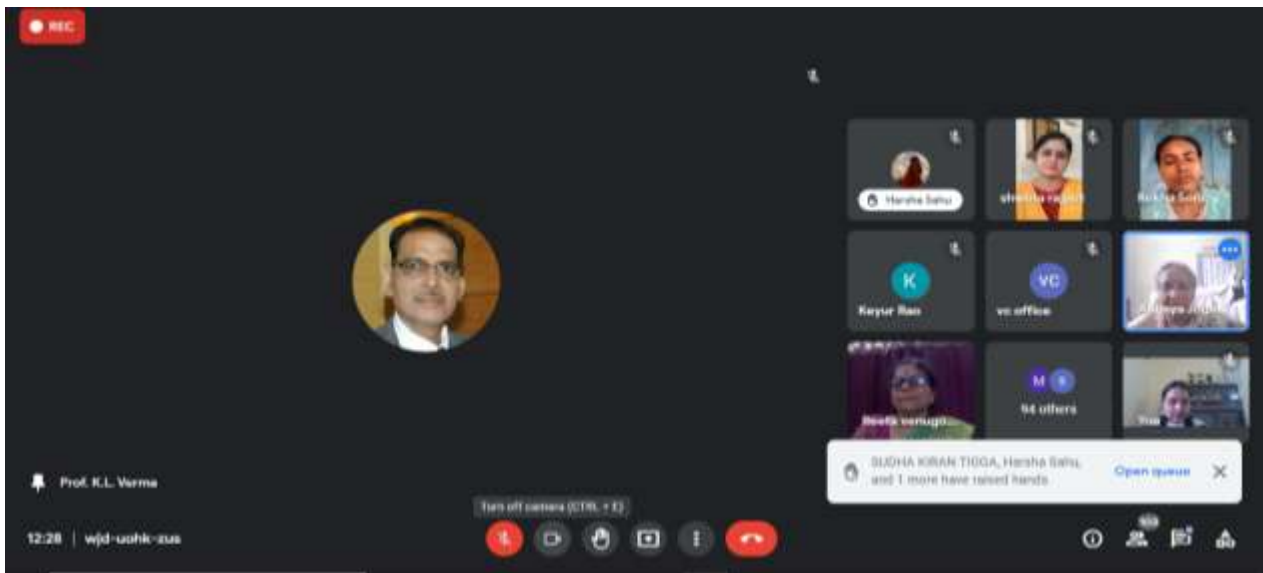
REC Dr Nutan is presenting



Vitamin D

- Stimulates the maturation of cells, including immune cells
- People who are housebound, institutionalized, night workers may have Vitamin D deficiency (something to consider in the current pandemic!)
- COVID-19 was first identified in Winter of 2019 in the Northern Hemisphere - affects mostly middle-aged and elderly people
- Vitamin D reduces the risk of acute respiratory infections
- In animal studies:
 - a decrease Vitamin D status reported in calves had been reported to cause the infection of bovine coronavirus
- The average daily recommendation is 600 IU
- The tolerable upper limit is 4 000 IU

Webinar Webinar Pragati Krishnan anuradha chatt...
 Dr Nutan Sattu Vishkarma Kayur Rao
 36 others You



NATIONAL WEBINAR ON RASHTRIYA POSHAN MAAH 2021:
HOLISTIC NOURISHMENT FOR WOMEN

Time	Programme Schedule	
12.00 to 12.05 PM	Welcome Address	Prof. Reeta Venugopal , Director, CWS, Pt. Ravishankar Shukla University, Raipur
12.05 to 12.10 PM	Key Note Address	Prof. Keshari Lal Verma Vice Chancellor, Pt. Ravishankar Shukla University, Raipur
12.10 to 13.00 PM	Speakers	Dr. Abhaya R Joglekar Professor, Home Science Department, D.B .Govt. Girls College, Raipur
13.00 to 14.00 PM		Dr. Anup Adhikari Exercise Physiologist, Level 4 Anthropometric and Criterion Photoscopic Somatotype Rating, ISAK, Canadian Red Cross.
14.00 to 15.00 PM		Dr. Nutan Assistant Professor, B.P.S. Institute of Higher Learning, Sonipat, Haryana
15.00 to 15.10 PM	Open Discussion	
15.10 to 15.15PM	Vote of Thanks	Prof. Aditi Poddar Associate Director, CWS, Pt. Ravishankar Shukla University, Raipur

Rashtriya Poshan Maah,2021: Holistic Nourishment for Women

A one-day national webinar on “Rashtriya Poshan Maah,2021: Holistic Nourishment for Women” was organized by the Centre for Women’s Studies, Pt. Ravishankar Shukla University, Raipur under the umbrella of National Commission for Women, New Delhi on 30.09.2021 from 12.00 pm to 3.00 pm which was attended by more than hundred participants. Prof. Reeta Venugopal, Director, Centre for Women’s Studies and Convener of the webinar welcomed the keynote speaker Prof. Keshari Lal Verma, honourable Vice Chancellor, Pt. Ravishankar Shukla University Raipur and the eminent speakers Dr. Abhaya R Joglekar, Dr. Anup Adhikari and Dr. Nutan and shared her views on nutritional diet for women and girls in both the rural and urban areas. In his keynote address Prof. Keshari Lal Verma sir firstly congratulate the Centre for Women’s Studies for organising such a fruitful webinar and shared his thoughts on curbing disease like Anaemia, malnutrition amongst girls and women. He also addressed that our university has organised the health and fitness campaign and also Covid vaccination campaign in the university campus. He urged that the benefits of the schemes should reach to the society especially to the adolescent girls and pregnant women in order to keep them healthier. The first speaker of the session Dr. Abhaya R Joglekar, Professor, Department of Home Science, D. B Govt. Girls College, Raipur delivered her lecture on Adolescent education, diet and age for marriage and Covid-19 and varied nutritional requirements. Through PowerPoint presentation she has beautifully explained the definition of POSHAN in a very lucid manner. Our next speaker of the session is DR. Nutan, Assistant Professor, Food and Nutrition, B.P.S. Institute of Higher Learning, Sonapat, Haryana. In her PowerPoint presentation she sheds light on Covid-19 and varied nutritional requirements and urged that maintaining a healthy diet during the pandemic is important. She has also discussed about the nutritional requirements for Indian and also recommended the WHO diet during the Coronavirus pandemic. Exercise Physiology, Level -4 Dr. Anup Adhikari described about nutritional requirements along with physical activities to prevent Covid-19 pandemic now and in near future. He also highlighted about the Paleo Diet and Aerobic exercise. After the deliberative lectures by the distinguished guests, the question answer session cum group discussion was held in which the participants participated with great enthusiasm. Dr. Anuradha Chatterjee hosted and proposed the vote of thanks while the technical support has been given by Ms Aniksha Vroda.