

NUTRITION

Webinar on **'Nutritional Security and Care of Children'** for parents and frontline workers
Observance of Government of India Rashtriya Poshan Maah - 2020
Theme: **'Complementary Feeding'**
On **8th September 2020** @ Shanti Ashram Via Online Platform

The Government of India, has urged, September 2020 to be observed as 'Rashtriya Poshan Maah'. A much needed area, nutrition and food security is closely linked to the impact of COVID 19 on vulnerable communities. It is also emerging as an area for critical public education and action. **This year's theme is: 'Complementary Feeding'**.

POSHAN: Abhiyaan is also an overarching scheme for holistic nourishment it aims to reduce malnutrition from the Country in a phased manner, through the life cycle concept, by adopting a synergized and result oriented approach

Combating malnutrition needs community participation and involvement. In addition to hunger and food security, the changing food consumption pattern and sedentary lifestyle leads to rise in childhood obesity, diabetes mellitus, hypertension, leading to non-communicable diseases even in less affluent communities. The need for increasing community awareness about nutrition and healthy lifestyles therefore need to be emphasized. At ICPH, we have set up a community nutrition hub where nutritional assessment, dietary advice, community outreach, field research, child-friendly training programme and services are provided.



Programme:

- 3.00 p.m.** Interfaith Prayer by Shanti Ashram Staff
- 3.05 p.m.** Context Setting
Dr.Subhadra Iyengar
Coordinator, Public Health Desk, International Center for Child and Public Health (ICPH)
- 3.10 p.m.** **Why the focus on Food Security and Family Budgeting during COVID 19**
Dr.S.R.Subramanian, Head, Sustainable Development Programme, Shanti Ashram
- 3.30 p.m.** **'Significance and impact of 'Complementary feeding in early childhood development'**.
Dr. S.Kowsalya
Registrar
Avinashilingam Institute for Home Science and Higher Education for Women
- 3.50 p.m.** **Food Platter: A practical approach to ensuring nutritional security at household level**
Ms.Ranisha, Nutrition counselor, (ICPH)
- 4.05 p.m.** **Q and A session facilitated by**
Shri.G.Vijayaragavan, Head, Youth Leadership Programme
- 4.50 p.m.** **Wrap up: ICDS's contribution to 'Rashtriya Poshan Maah'**
Ms.Roopa, Child Development Project Officer, ICDS-Madukkarai

