



WORKSHOP ON NUTRITIONAL MANAGEMENT OF MATERNAL AND CHILD HEALTH REPORT





WORKSHOP ON NUTRITIONAL MANAGEMENT OF MATERNAL AND CHILD HEALTH

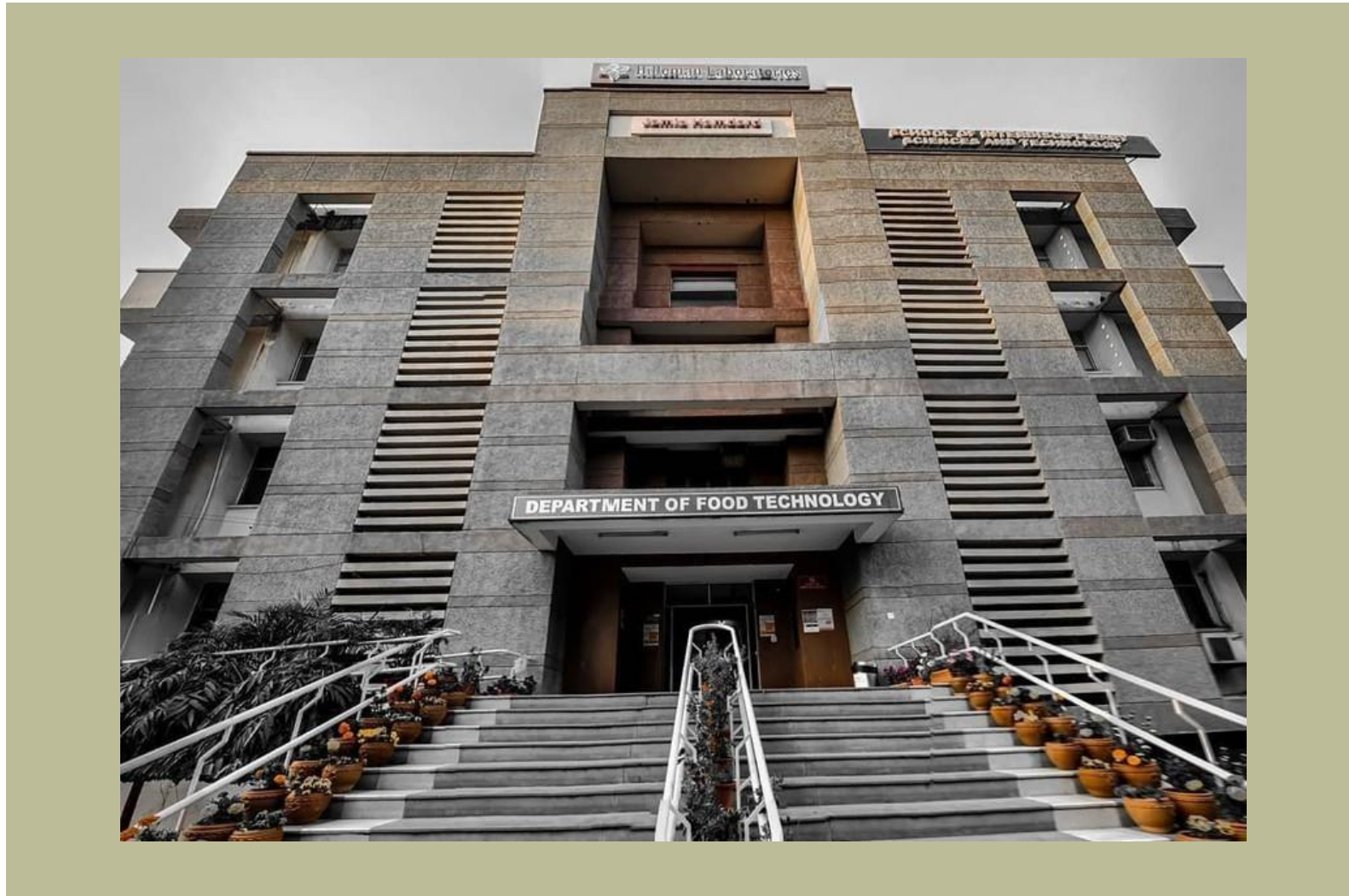
7th FEBRUARY 2024
VENUE: AUDITORIUM
CENTRE OF EXCELLENCE IN UNANI MEDICINE
TIMINGS: 10:00 AM TO 04:00 PM



ORGANIZED BY
DEPARTMENT OF FOOD TECHNOLOGY
SCHOOL OF INTERDISCIPLINARY SCIENCES AND
TECHNOLOGY JAMIA HAMDARD, NEW DELHI-110062
www.jamiahamdard.edu

In Association with
PANACEA BIOTEC
Innovation in support of life

Jamia Hamdard



Jamia Hamdard, established in 1989, is a deemed university located in New Delhi, India. It was founded by Hakim Abdul Hameed as a part of the Hamdard National Foundation. The university focuses on integrating modern education with traditional Islamic teachings, emphasizing fields such as health sciences, pharmacy, and natural sciences. Jamia Hamdard is known for its commitment to research, education, and community service. It offers a range of undergraduate, postgraduate, and doctoral programs across various disciplines.

School of Interdisciplinary Sciences and Technology

The School of Interdisciplinary Studies promotes education and research in interdisciplinary sciences. The School provides opportunities to researchers and academicians having specific expertise to cross the boundaries of their respective subject areas and think across them. It encourages researchers to pool their approaches and modify them so that they are better suited to the problems at hand. The school is currently offering B. Tech and M. Tech. in Food Technology, M.Sc. in Nutrition and Dietetics and Ph.D. in Bio-informatics, Chemo-informatics and Food & Fermentation Technology. The Department of Food Technology in the school received a substantial grant of Rs. 75 lakhs in 2010 from Ministry of Food Processing Industries to strengthen the laboratories and infrastructure of the Department as the demand of professionals and trained personnel in the food industry as well as in research and development in government and industrial set-up is immense.

Department of Food Technology

The Food Technology program at Jamia Hamdard aims: To produce professionally competent, proficient and highly skilled personnel in the field of food technology, with a knowledge of various aspects of food science and technology including the quality of raw material, packaging standards and methodology, health and hygiene parameters, processing techniques, storage and food value; To impart technical and techno-managerial skill to the unemployed youth and the agrarian society; To promote R&D in the field and assist in the implementation of the food processing, safety and quality management of the food regulating bodies like FSSAI, BIS, ISO, CODEX.

M.Sc. Nutrition and Dietetics

The M.Sc. in Nutrition and Dietetics is a postgraduate program that typically focuses on advanced studies in nutrition science and dietetics. This program is designed to provide students with a deeper understanding of nutrition, dietary patterns, and their impact on health. Coursework often covers subjects such as clinical nutrition, community nutrition, therapeutic nutrition, research methods, and food service management.

Graduates of M.Sc. in Nutrition and Dietetics programs are equipped to work in diverse settings, including hospitals, community health organizations, research institutions, and the food industry. They may pursue careers as clinical dietitians, nutrition consultants, researchers, or educators, contributing to the promotion of healthy lifestyles and the prevention of nutrition-related diseases.

What is Malnutrition?

Malnutrition refers to deficiencies or excesses in nutrient intake, imbalance of essential nutrients or impaired nutrient utilization. The double burden of malnutrition consists of both undernutrition and overweight and obesity, as well as diet-related noncommunicable diseases. Undernutrition manifests in four broad forms: wasting, stunting, underweight, and micronutrient deficiencies.

Major Highlights of the Workshop Includes Highly Motivating Lectures By Eminent Speakers

- To enhance participants' understanding of the importance of nutritional care in maternal and child health.
- To encourage the development of sustainable strategies for promoting healthy nutritional practices in communities.
- To provide training for the management of SAM as per WHO guidelines.
- Provide guidance to the students regarding clinical practices to handle nutritional health.
- National Guidelines on Infant and Young Child Feeding (IYCF) infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health and thereafter, to meet their evolving nutritional requirements.

Steps have been taken by Government to ensure Infant and Young Child Feeding

- Infant Milk Substitutes Feeding Bottles, and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1993, as amended 2003, has been enacted in the country to promote and support breastfeeding.
- Under the Anganwadi Services Scheme, counselling is provided to Pregnant Women and Lactating Mothers on Infant and Young Child Feeding Practices.
- The Pradhan Mantri Matru Vandana Yojana (PMMVY), which is a centrally sponsored Conditional Maternity Benefit scheme of the Government for pregnant and lactating women, under which cash incentives are provided
- The POSHAN Abhiyaan focuses on social and behavioural change communication and to promote a transformative change, to address the malnutrition.

Chief Patron



Janab Hammad Ahmad
Chancellor
JAMIAHAMDARD

Patron



Prof. M Afshar Alam
Vice Chancellor
JAMIA HAMDARD

Organizing Chairman



Prof. Suhel Parvez
Dean,
Department of Food
Technology, SIST
JAMIA HAMDARD

Organizing Secretary



Prof. Sayeed Ahmad
Head,
Department of Food
Technology, SIST
JAMIA HAMDARD

Convenors



Dr. Bushra Shaida
Assistant Professor
Department of Food
Technology
JAMIA HAMDARD



Dr. Sadia Chishty
Assistant Professor
Department of Food
Technology
JAMIA HAMDARD

Organizing Committee

Dr. Vasudha Sharma

Assistant Professor, Department of Food Technology

Dr. Kulsum Jan

Assistant Professor, Department of Food Technology

Dr. Sweta Joshi

Assistant Professor, Department of Food Technology

Dr. Khalid Bashir

Assistant Professor, Department of Food Technology

Dr. Aastha Bhardwaj

Assistant Professor, Department of Food Technology

Er. Jinku Bora

Assistant Professor, Department of Food Technology

Eminent Speakers



Mrs Krishna Bhattacharya
Nutrition Consultant
Kalawati Children Hospital,
Lady Hardinge Medical College, New Delhi



Mrs Rekha Pal Shah
Assistant Dietitian
AIIMS, New Delhi



Ms Garima Sharma
Technical Specialist Content Development
I Tech India



Ms Fariya Siddiqui
Certified Councelling Specialist and National
Trainer, IYCF
Worked Breast feeding Promotion Network of India (BPNI)



Specialized Session

Student Volunteers

Shweta Singh
Nancy Deswal
Aiman Khan
Jahnavi Seth
Fayeza Anjum

Asfiya Ishrat
Nabiha Siddiqui
Kaneez Fatima
Ibra Habeeb
Saafiya Khan

Zoha Fatima Khan
Zeba Firdaus
Zainab Perveen

Important Dates : 7th February ,2024

Registration Open: 31st January ,2024

01

Link for registration :

<https://docs.google.com/forms/d/1Li-YTCcxQZFnrDPzLvKjeZwV0G2DmCbH24CFphiAmZE/edit?chromeless=1#responses>



02

**Share the screenshot of payment details on: 8287813530,
9330036623**

03

Payment mode (UPI/QR): 9330036623



04

Category

Delegates /Students (PhD/Masters/Bachelors) : ₹500

For further details:

Contact: 8287813530,9330036623

Dr. Bushra Shaida (Assistant Professor)

Dr. Sadia Chishty (Assistant Professor)

Department Of Food Technology,SIST

Jamia Hamdard University,New Delhi-110062

WORKSHOP ON NUTRITIONAL MANAGEMENT OF MATERNAL AND CHILD HEALTH

7th FEBRUARY, 2024

INAUGURAL PROGRAM

10:00 a.m.	Arrival of Chief Guest
10:00-10:10	Recitation of the Holy Qur'an
10:10-10:20	Welcome & felicitation of guest by HOD
10:20-10:30	Intro SIST by Dean (Prof. Suhel Parvez sir)
10:30-10:35	Address by Chief Guest
10:35-10:40	Address by Chancellor
10:40-10:45	Address by Vice Chancellor
10:45-10:55	Presidential Remarks by Hon'ble Vice Chancellor
10:55-11:00	Vote of Thanks by Dr. Bushra Shaida
11:00-11:30	High tea
11:30-12:30	Mrs. Rekha Pal Shah
12:30-01:30	Mrs. Krishna Bhattacharya
01:30-02:00	Lunch
02:00-03:00	Panacea Session
03:00-03:45	Ms. Garima Sharma
03:45-04:30	Ms. Fariya Siddiqui
04:30-05:00p.m.	Certificate Distribution Vote of Thanks by HOD Sir & National Anthem

7:8: Panacea Biotec

JAMIA HAMDARD

DEPARTMENT OF FOOD TECHNOLOGY
SCHOOL OF INTERDISCIPLINARY SCIENCES AND TECHNOLOGY



Speaker

Mrs Krishna Bhattacharya
Nutrition Consultant
Kalawati Children Hospital,
New Delhi



Speaker

Mrs Rekha Pal Shah
Assistant Dietitian AIIMS,
New Delhi



Chief Patron

Janab Hammad Ahmed
Chancellor, Jamia Hamdard



Chief Guest
IAS

Dr. Rakesh Sarwal
Managing Director, NAWADCO
Chairman-cum-Managing Director, NMDFC



Patron

Prof. M. Afshar Alam
Vice Chancellor, Jamia Hamdard



Speaker

Ms Fariya Siddiqui
Certificate Counselling
Specialist and National
Trainer, IYCF



Speaker

Ms Garima Sharma
Technical Specialist
Content Development I
Tech India

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innovation in support of life

Organises

WORKSHOP

On

**NUTRITIONAL MANAGEMENT OF MATERNAL AND
CHILD HEALTH**

WELCOME DELEGATES

Day & Date: 7th February, 2024, Wednesday | Timings: 10:00 AM-04:00PM

VENUE: AUDITORIUM, CENTRE OF EXCELLENCE IN UNANI MEDICINE

REGISTRATION OF DELEGATES



The workshop received more than 100 registrations from various participants, including the students and faculties from Aligarh Muslim University, Sharda University, and Galgotias University.

INAUGURAL FUNCTION



FELICITATION



HIGHTEA



ADDRESSES



LUNCH



Expert Talk-1 Mrs. Rekha Pal Shah



Mrs. Rekha Pal Shah currently works as an assistant dietician at AIIMS New Delhi. She gave her presentation on the topic “Maternal Nutrition”. She focused on preventing malnutrition in pregnant and breastfeeding women. She talked about the journey of motherhood which is a remarkable and transformative experience, and ensuring a healthy pregnancy is of utmost importance. Furthermore, she shed light on how maternal diet and nutrition is an important component that has a major effect on the health of both the mother and the baby as they grow. Proper nutrition during pregnancy provides essential nutrients, supports the development of the foetus, reduces the risk of complications, and lays the foundation for a healthy start to life.

Expert Talk-2

Ms. Garima Sharma



Ms. Garima Sharma, a Technical Specialist in Content Development at I Tech India, delivered an informative workshop on juvenile diabetes. She discussed the autoimmune nature of type 1 diabetes and its lifelong management. Ms. Sharma highlighted the emotional impact on children and families. Practical aspects of managing the condition, including blood sugar monitoring and insulin therapy, were also covered. She emphasized personalized treatment plans and advancements in diabetes technology. Overall, attendees gained insights into the complexities of juvenile diabetes and a renewed commitment to supporting affected individuals.

PANACEA SESSION

Dr. Naveen Kr. Jain



Dr. Naveen Kr. Jain, Vice President at Panacea Biotech Limited, delivered a presentation focusing on maternal and childhood nutrition's critical role in child development. He emphasized the significance of nutrition during birth and the child's growth phase. Additionally, Dr. Jain discussed "Nutraceutical drug delivery approaches and nutritional management in Children," highlighting innovative strategies for delivering essential nutrients to support children's health. His presentation likely covered topics such as the importance of balanced diets, micronutrient supplementation, and innovative approaches to deliver nutrients effectively. Overall, Dr. Jain's talk provided valuable insights into optimizing maternal and childhood nutrition for better child health outcomes.

Expert Talk-3

Mrs. Krishna Bhattacharya



Mrs. Krishna Bhattacharya, a nutrition consultant at Kalawati Children Hospital, Lady Hardinge Medical College, New Delhi, delivered a speech on Severe Acute Malnutrition (SAM) in children. During her presentation, she likely discussed the prevalence, causes, and consequences of SAM, emphasizing its detrimental effects on child health and development. Mrs. Bhattacharya also addressed the importance of early detection and intervention strategies to manage SAM effectively. Her speech covered nutritional interventions, therapeutic feeding programs, and the role of community-based approaches in tackling SAM. Overall, Mrs. Bhattacharya's presentation provided valuable insights into addressing SAM in children to improve their health and well-being.

Expert Talk-4 Ms. Fariya Siddiqui



Ms. Fariya Siddiqui, a certified counseling specialist and national trainer at IYCF, delivered a presentation emphasizing the importance of breastfeeding and Infant and Young Child Feeding (IYCF) practices. She discussed various types of breastfeeding and highlighted how insufficient breastfeeding increases the risk of ovarian and breast cancer. Ms. Siddiqui shed light on the numerous advantages of breastfeeding, including providing essential nutrients, boosting the immune system, and fostering mother-child bonding. Her presentation underscored the critical role of breastfeeding and optimal IYCF practices in promoting maternal and child health.

VALEDICTORY FUNCTION



FELICITATION



FELICITATION



FELICITATION





Concluding Note

The Workshop on Nutritional Management of Maternal and Child Health, in association with Panacea Biotec, was a resounding success, thanks to the insightful presentations delivered by distinguished speakers such as Ms. Garima Sharma, Dr. Naveen Kr. Jain, Mrs. Krishna Bhattacharya, and Ms. Fariya Siddiqui. Their expertise and passion for improving maternal and child health were evident as they discussed various aspects of nutrition, breastfeeding, and childhood feeding practices. The workshop provided a platform for knowledge exchange and collaboration among healthcare professionals, researchers, and stakeholders, with a shared goal of advancing maternal and child health outcomes. The valuable insights gained from the workshop will undoubtedly inform future initiatives and strategies aimed at promoting optimal nutrition and well-being for mothers and children.