

CENTRAL UNIVERSITY OF ODISHA, KORAPUT  
OFFICE OF THE PUBLIC RELATIONS

PRESS RELEASE: DATE 27.09.2021

**CUO organizes webinar on "COVID-19 AND VARIED NUTRITIONAL REQUIREMENTS" as a celebration of "POSHAN" month sponsored by National Commission for Women, Government of India**

The Internal Complaints Committee of the Central University of Odisha organized a webinar on "Covid-19 and Varied Nutritional Requirements" accentuating India's flagship program Poshan Abhiyaan or the National Nutrition Mission to improve the nutritional status of children up to six years, adolescent girls, pregnant women, and lactating mothers. The Programme was organised by the Central University of Odisha's Internal Complaints Committee (ICC) with National Commission for Women. The programme started with opening remarks in the form of a presentation by Chief patron, Prof. Sharat Kumar Palita, Vice-Chancellor I/c, Central University of Odisha, who defined the effect of life style during COVID-19 and created a greater awareness on varied nutrition are laudable efforts. He thanked the National Commission for Women for making it possible for the Central University of Odisha to host this webinar at this crucial point in time. He also said that the university team visited and distributed fruits and nutrition drinks in the five adopted villages by the university as a part of the Poshan Abhiyaan program on Sunday.

Dr. Sesikeran Boindala MD, Former Director, National Institute of Nutrition, Indian Council of Medical Research (ICMR), Hyderabad delivered the Keynote address titled "Women's Nutrition and Lifestyle Its Impacts in Health and Wellness". He emphasized the difficulty of malnutrition among the children and adults in India. He said that "When a girl is married at an early age, she and her unborn children are more likely to be malnourished. In order to restrain the acute phenomenon, they need to have a precise understanding of the nutrients they want and the advantages nutrients can bring". He also stressed the causes and effects of anaemia and how it can have a detrimental impact on children's education. In his address, he touched upon the various issues that have been created by malnutrition like vitamin deficiency in children, adolescents, and married rural women. He hoped that malnutrition can be limited if nutrition security, health care security, equal access to work and pay, and continuing education can be improved.

Another resource person of the Programme Prof. Meena Hariharan, Founder Director, Centre for Health Psychology, University of Hyderabad spoke about the psychological factors and their impact on women's nutrition. Food is not only the substance we need to provide nutrition to our body; it is also an imperative element in human life. So, any health difficulty can be overcome if you get food with the proper nutritional value from time to time, she said. Speaking on the food buying habits of a women "Not only financial status but also proper eating habits are important to buy nutritious food," said Hariharan.

Resource person Dr. Payel Biswas Soo, Co-founder & Director, Institute of Human Sciences, for Holistic Health Bangalore delivered her talk on "Nutrition During Lactation Period" as per WHO and UNICEF. She focused on the nutrition requirements in lactation. In addition, she emphasizes that it is the mother's responsibility to ensure that the nutrients in breast milk are not depleted because breast milk is rich in nutrients that the baby needs to live a healthy life. She described the Poshan Abhiyan and United Nations of Sustainable Development Goals and why nutrition during lactation period is so important and its impact on human milk composition,

Prof. Y. Avasn Maruthi, Department of Biosciences & Biotechnology, University College of Arts and Sciences (UCAS), Krishna University, Machilipatnam delivered her talk on

"Adolescents nutritional crisis during COVID-19". She highlighted the global nutrition report 2020 (WHO), and said that socio-economic inequality is the major causes for malnutrition in India. The nature of the COVID-19 pandemic has forced a significant income loss and increased unemployment level, micronutrient and maternal malnutrition. She displayed some measures to be taken i.e. maximize maternal, infant and young child nutrition actions. Prof. Sarojini Sarangi, Senior Gynaecologist-cum-Director, Sarojini Hospital, Cuttack & Former Professor, Dept. of Obstetrics & Gynaecology, S.C.B Medical College, Cuttack spoke on the importance of macro and micronutrient during pregnancy and also mentioned the particular foods which to be taken. She suggested the pre and post-pregnancy precautions and strictly implemented the COVID-19 guidelines such as to avoid crowd areas and to maintain good hygienic practices in order to escape from miscarriage problems.

Dr. Kakoli Banerjee, Assistant Professor, DBCNR and Presiding Officer, Internal Complaint Council of CUO presided over the meeting and delivered the welcome note. Other dignitaries spoke on the occasion were Mr. K. Kosala Rao, Finance Officer, Prof. Akshyay Rout, Visiting Professor of Journalism & Mass Communication and Prof. P. Durgaprasad, Visiting Professor, of Sociology. Dr. Meera Swain, Lecturer in Anthropology summed up the webinar and Dr. Rudrani Mohanty, Lecturer in Odia proposed the Vote of Thanks. The Online webinar was attended by a large number of gathering including faculty members, staff, research scholars and students.

Dr. Phagunath Bhoi, Public Relations Officer