



A Report
on
Outreach Programme and Webinar
on
**COVID-19 AND VARIED NUTRITIONAL
REQUIREMENTS**
as a celebration of “POSHAN” Month

Sponsored by
**National Commission for Women, Government of
India**

Organized by
Central University Of Odisha, Koraput
26-27 September 2021

From the desk of the Coordinator



About The Programme

Dr. Kakoli Banerjee

Presiding Officer

Internal Complaints Committee (ICC)

Central University of Odisha

Coordinator of the Programme

The COVID-19 pandemic has all the makings of a perfect storm for global malnutrition. The crisis will damage the nutritional status of vulnerable groups through multiple mechanisms. We can expect a dangerous decline in dietary quality in low- and middle-income countries (LMICs) stemming from the income losses related to government-mandated shutdowns and de-globalization. This has led to the freezing of food transfer schemes such as school feeding programs and the breakdown of food markets due to both demand shocks and supply constraints. But malnutrition will also increase due to healthcare failures, as already strained healthcare systems are forced to divert resources from a range of nutritionally important functions – including antenatal care, micronutrient supplementation, and prevention and treatment of childhood diarrhea, infections, and acute malnutrition - toward combating COVID-19.

Central University of Odisha took the initiative of celebrating POSHAN month in two ways: (i) an Outreach Programme in the University adjacent adopted villages and (ii) the Webinar. The programme was organized to aware after the acute phase, specific rehabilitation should be performed to achieve respiratory improvement, functional and cognitive recovery, to decrease disability, and to improve quality of life for adolescents, pregnant women and lactating mothers.



ओड़िशा केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF ODISHA

(Established by the Parliament under the Central Universities Act, 2009)
P.O. NAD, Sunabeda, Koraput - 763 004, Odisha, India



Live Webinar on

COVID-19 AND VARIED NUTRITIONAL REQUIREMENTS



sponsored by
**National Commission for
Women, Government of India**



Organised by Internal Complaints Committee (ICC)

27 SEPT 2021 • 10:30 AM - 01:30 PM • Participation Free



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Register Here

<https://forms.gle/FLdYoAbHZbgHjVPP7>

E-Certificates will be provided to the registered participants
after submitting feedback form.

Join through Webex

<https://cuodisha.webex.com/cuodisha/j.php?>

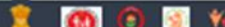
MTID=md944b16a6e6929f577b1ffe08d9da2fe

Event number: 2640 076 8215

Event password: 123456



<http://www.cuo.ac.in>



Website: www.cuo.ac.in



Chief Patron

Prof. Sharat Kumar Palita
Vice-Chancellor i/c
Central University of Odisha



Keynote Speaker

Dr. Sesikeran Boindala MD
Former Director

National Institute of Nutrition
Indian Council of Medical Research (ICMR)
Hyderabad, Telangana

Resource Persons



Prof. Meena Hariharan
Founder Director
Centre for Health Psychology
University of Hyderabad
Hyderabad



Dr. Payel Biswas Soo
Co-founder & Director
Institute of Human Sciences
for Holistic Health
Bangalore



Prof. Sarojini Sarangi
Senior Gynaecologist-
cum-Director
Sarojini Hospital, Cuttack
&
Former Professor
Dept. of Obstetrics & Gynaecology
S.C.B Medical College, Cuttack



Prof. Y. Avasan Maruthi
Department of Biosciences &
Biotechnology
University College of Arts and
Sciences (UCAS)
Krishna University, Machilipatnam

Coordinator

Dr. Kakoli Banerjee

Presiding Officer
Internal Complaints Committee (ICC)
Central University of Odisha



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ओड़िशा केन्द्रीय विश्वविद्यालय
(केन्द्रीय विश्वविद्यालय अधिनियम २००९ के तहत स्थापित)
Central University of Odisha
(Established Under the Central Universities Act, 2009)
PO-NAD, Sunabeda, Kesorput - 763 004, Odisha, India



Webinar on

COVID-19 AND VARIED NUTRITIONAL REQUIREMENTS



Sponsored by
**National Commission for
Women, Government of India**

[27th September 2021, 10:30 AM to 01:30 PM]

Programme Schedule

| | | |
|--------------------------|---------------------------------------|--|
| 10:30 am | Inauguration | |
| 10:30 to 10:35 am | Welcome Address and Intro to NCW, Gol | Dr. Kakoli Banerjee Presiding Officer, Internal Complaints Committee (ICC) Central University of Odisha |
| 10:35 to 10:45 am | Inaugural Address | Prof. Sharat Kumar Palita Vice Chancellor (I/c) Central University of Odisha |
| 10:45 to 10:50 am | Address by Curtain Raiser | Dr. Asit Kumar Das Registrar, Central University of Odisha |
| 10:50 to 10:55 am | Introduction to Keynote Speaker | |
| 10:55 to 11:25 am | Address by | Dr. Sesikeran Boindala MD Former Director, National Institute of Nutrition Indian Council of Medical Research (ICMR), Hyderabad |
| 11:25 to 11:30 am | Interactive Q&A Session | |
| 11:30 to 11:35 am | Tea Break | |
| TECHNICAL SESSION | | |
| 11:35 to 11:40am | Introduction to Resource Person - I | |
| 11:40to 11:55am | Address by | Prof. Meena Hariharan Founder Director, Centre for Health Psychology University of Hyderabad |
| 11:55 am to 12:00pm | Interactive Q&A Session | |
| 12:00 to 12:05pm | Introduction to Resource Person- II | |

| | | |
|-------------------|---------------------------------------|---|
| 12:05 to 12:20 pm | Address by | Dr. Payel Biswas Saa Co-founder & Director Institute of Human Sciences for Holistic Health, Bangalore |
| 12:20 to 12:25 pm | Interactive Q&A Session | |
| 12:25 to 12:30 pm | Tea Break | |
| 12:30 to 12:35 pm | Introduction to Resource Person - III | |
| 12:35 to 12:50 pm | Address by | Prof. Y. AvasaMaruthi Department of Biosciences & Biotechnology, University College of Arts and Sciences (UCAS), Krishna University |
| 12:50 to 12:55 pm | Interactive Q&A Session | |
| 12:55 to 1:00 pm | Introduction to Resource Person - IV | |
| 1:00 to 1:15 pm | Address by | Prof. Sarojini Sarangi Senior Gynaecologist-cum-Director, Sarojini Hospital and Former Professor, Dept. of Obstetrics & Gynaecology S.C.B Medical College, Cuttack |
| 1:15 to 1:20 pm | Interactive Q&A Session | |
| 1:20 to 1:25 pm | Summing up | Dr. Meera Swain Faculty, Department of Anthropology Central University of Odisha |
| 1:25 to 1:30 pm | Vote of Thanks | Dr. Rudrani Mohanty Faculty, Department of Odia Language and Literature Central University of Odisha |

*** REFRESHMENTS ***

Registration
(Google Form)

<https://forms.gle/G3UfbCggYXEamiUW9>

Joining
(Cisco Webex)

<https://cuodisha.webex.com/cuodisha/j.php?MTID=md944b16a6e6929f577b1ffe08d9da2fe>

Event number: 2640 076 8215

Event password: 123456

Live Streaming
(Facebook)

<https://www.facebook.com/people/Cuo-Koraput/100012575230448>

POSHAN Abhiyaan

PM's Overarching
Scheme for Holistic
Nourishment



सही पोषण - देश रोशन



Introductory Note

Dr. Kakoli Banerjee

Presiding Officer

Internal Complaints Committee (ICC)

Central University of Odisha

Coordinator of the Programme

POSHAN Abhiyaan aims to reduce malnutrition, through a life-cycle concept, adopting a synergised and result-oriented approach. Implemented by the Ministry of Women and Child Development (MWCD), Government of India, the target of the mission is to bring down stunting in children 0-6 years of age from 38.4% to 25% by 2022. It also aims to reduce anaemia among women and adolescent girls in the age group of 15-49 years and reduce low birth weight.

The POSHAN Abhiyaan intends to achieve its goals by focusing on: (i) mobile-based information technology tools for improved service delivery and monitoring to facilitate better outreach to beneficiaries during the critical first 1000-days nutrition impact; (ii) multi-sectoral planning and monitoring actions from the state to block level for improved nutrition outcomes; (iii) capacity building of Integrated Child Development Services (ICDS) functionaries on nutrition counselling of pregnant women and mothers of children up to two years of age; (iv) community mobilisation and behaviour change communication; and (v) providing performance-based incentives for community nutrition and health workers, and states.

The Ministry will also conduct a sensitization or awareness drive for COVID vaccination and observance of COVID protocols. There will be a special drive for height and weight

measurement for children (under 6 Years of Age) during the Poshan Maah. Poshan Abhiyaan is a noble initiative that intends to increase nutritional awareness and responsiveness among mothers of young children, adolescent girls, pregnant and lactating women, family members including husbands, fathers, mothers-in-law and community members, health care providers (ANM, ASHA, Anganwadi worker) about vital nutrition behaviours.

Central University of Odisha under the POSHAN MONTH CELEBRATION (from 7 to 30th September, 2021) sponsored by National Commission for Women, Govt. of India did its **OUTREACH PROGRAMME** on 26th September, 2021 from 10:30am to 12:30 pm. **It is PM's overarching scheme for holistic nourishment – *Sahi Poshan – Desh Roushan***. Its Government of India's Flagship Programme to improve nutritional outcomes for children, pregnant women and lactating mothers. The programme was organised at Prathamik Sevashram, Rajpalma village of Koraput. Beneficiaries included pregnant women and lactating mothers from 3 adopted villages of CUO namely Nuaguda, Rajpalma and Chakarliput.

The Internal Complaints Committee of the Central University of Odisha organized a **WEBINAR** on 27th September, 2021 on **“COVID-19 AND VARIED NUTRITIONAL REQUIREMENTS”** from 10:30am to 1:30 pm. Dr. Kakoli Banerjee, Assistant Professor, DBCNR and Presiding Officer, ICC started the programme by delivering the welcome address. In her address she gave a warm welcome to the speakers, Vice Chancellor I/c, Prof. Sharat Kumar Palita, all Faculties, Visiting Professors, Research Scholars and students. She thanked the National Commission for Women for sponsoring the programme and making CUO as a partner to such Flagship Programme of Govt. of India.



Chief Patron

Prof. Sharat Kumar Palita

Vice-Chancellor I/c

Central University of Odisha

The programme started with opening remarks in the form of a presentation on title: “Reproduction Health, Nutrition and COVID-19” 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. The confinement to one’s home has direct effects on one’s lifestyle, including dietary habits, eating and physical activity patterns. The low physical activity levels, even for short periods, could negatively affect physical and mental health.

Health outcome for women and girl are disproportionately affected by increasing scarcity of food, patriarchal social norms influencing intra-households food allocations, and workloads that influence the time allocated to nutritious food preparation. Global income and price elasticity’s of food demand for women and young girls are greater than those for men and young boys, particularly for fruits and vegetables.

There is a growing body of evidence of women’s disproportionate vulnerability to shocks and particularly during Pandemic their nutritional security assumes greater importance for individual and family together. The initiative of Honorable Prime Minister for “**Poshan Abhiyan**” (PM’s **Outreaching Scheme for Holistic Nourishment**) and declaring **September 2021 as “Poshan Month”** and efforts by NCW to organize seminar and symposia, webinars for creating greater awareness on varied nutrition are laudable efforts.



Prof. P. Durgaprasad
Visiting Professor
Department of Sociology
Central University of Odisha

Prof. P. Durgaprasad, Visiting Professor, Department of Sociology, Central University of Odisha has outlined on minimizing the nutrient deficiency by incorporating inexpensive nutrient content products such as groundnut and some minor millets could be an innovated strong changes over the poor people's health. Predominantly, the youth must be motivated to take part to organize such health beneficial programmes and also has suggested to collaborate with other organizers (HAL, NALCO, Paper Mill) for future research work.



Mr. K. Kosala Rao,
Finance Officer, Central
University of Odisha

Mr. K. Kosala Rao, Finance Officer, Central University of Odisha has outlined the different programmes that are existing in the University for promotion of women empowerment. He thanked the National Commission for Women, Govt. of India for sponsoring the POSHAN Webinar and the Outreach Programme. He emphasized on the POSHAN Abhiyaan of Prime Minister and appreciated the steps taken by Govt. of India for pregnant mothers in Covid-19 times.



Keynote Speaker

Dr. Sesikeran Boindala MD

Former Director

National Institute of Nutrition

Indian Council of Medical Research (ICMR)

Hyderabad, Telangana

Dr. Sesikeran Boindala MD, Former Director, National Institute of Nutrition, Indian Council of Medical Research (ICMR), Hyderabad, Telangana delivered the keynote address titled “Women’s Nutrition and Lifestyle Its Impacts in Health and Wellness”. He emphasized on the burden of malnutrition among the children and adults in India, CNNS and the causes and effects of anaemia which is a moderate to severe public health problems among preschoolers (41%), school-aged children (24%) and adolescents (28%). Female adolescents had a higher prevalence of anaemia (40%) compared to their male counterparts (18%). Children and adolescents in urban areas had a higher deficiency in contrast to rural areas.

The percentage of adolescents aged 10-19 years with deficiency of vitamin A, vitamin D and Zinc status (Male: 15.7%; Female: 15.5%), vitamin B12 and folate (Male: 34.9%; Female: 26.8%), pre-diabetic and diabetic status (Male: 11.4%; Female: 9.3%), hypertensive (Male: 4.7%; Female: 5.1%) and pregnancy in adolescents 15-19 years (Urban: 5%; Rural: 9.2%) by selected background characteristics, India CNNS 2016-18.

Highlighted the impact of COVID-19 on women’s: access to health care was difficult - possible impact on maternal, child morbidity and mortality whereas 80% of nurses and midwives were women and managed COVID-19 patients. Losses of 80% of jobs were of rural migrant women labour and they did 30% more housework than normal.

He concluded his talk with the beautiful thought of Rabindranath Tagore i.e.

“Where the minds of women is without fear and the head is held high

Where knowledge and nutrition is freely accessible

Where the clear stream of reason and equality has lost its way

Into the dreary desert sand of dead habit

Where the mind is led forward by thee

Into that heaven of freedom, my Father, let my country’s women awake”



Resource Person-I

Prof. Meena Hariharan

Founder Director

Centre for Health Psychology

University of Hyderabad

Hyderabad

Prof. Meena Hariharan, Founder Director, Centre for Health Psychology, University of Hyderabad, Hyderabad (Resource Person-I). She emphasized that food is not just the ingredients to supply nutrition. It is important factor in human life. Choice of food is influenced by biological (role in reproductive behaviour and health of progeny), cultural (cultural expectation of women's priority on nurturing self) and psychological factors (hormonal changes, depression, stress, body image).

Reflected on critical phases of women's life, nutritional needs (adolescence phase, pre-conception, antenatal, post-natal) and potential influencing factors (socio-demographic, personal, family related, peer related, school related, meal time and fast food habits). Also the factors influencing adult women's diet which includes moderate diet in women from high income, educated and psychologically healthy, social support directly influencing the adult women's diet and diet of women in preconception care influencing by support of spouse and self-efficacy.

She concluded with implications and counseling nutrition education an essential part in curriculum in high schools and spouse to be introduced dietary information and psychological assessment.



Resource Person-II

Dr. Payel Biswas Soo

Co-founder & Director

Institute of Human Sciences for Holistic Health

Bangalore

Dr. Payel Biswas Soo, Co-founder & Director, Institute of Human Sciences, for Holistic Health Bangalore (Resource Person-II). She presented her opinion on title “Nutrition During Lactation Period”. According to WHO and UNICEF, she recommended during six month after delivery exclusive breastfeeding to near universal could save more than 8 lakh lives/year. 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 (current dietary intake, nutrients and alteration in nutrient utilization).

She explained the specific risks for mothers and their new-born during the COVID-19 pandemic: limited access to nutritious foods and increase food process, fear of COVID-19 may cause also prevent women from seeking nutrition services and health care and limited essential nutrition services for women. Women exclusively breastfeeding their infants, the energy demands of lactation exceed pre-pregnancy demands by approximately 640 kcal/day during the first 6 month post partum.

She explained the nutritional requirement during lactation (protein, calcium, omega-3, maternal vitamin-D, iron, iodine, choline, carbohydrate and water) with different food groups (grains, cereals, pulses, non-veg, dark green leafy vegetable, other vegetables, dairy, nuts and seeds). She suggested diet/meal plan for lactating mother and the food to avoid or limit while breast-feeding (sea fish, caffeine, alcohol, smoky spicy food).



Resource Person-III

Prof. Y. Avasn Maruthi

Department of Biosciences & Biotechnology
University College of Arts and Sciences (UCAS)
Krishna University, Machilipatnam

Prof. Y. Avasn Maruthi, Department of Biosciences & Biotechnology, University College of Arts and Sciences (UCAS), Krishna University, Machilipatnam (Resource Person-III). She reflects her view on titled “Adolescents nutritional crisis during COVID-19”. She highlighted the global nutrition report 2020 (WHO), and said that socio-economic inequality was the major causes for malnutrition in India. There are four nutritional indicators: stunting among under-5 children, anaemia among women of reproductive ages, childhood overweight and exclusive breast feeding.

The nature of the COVID-19 pandemic has forced a significant income loss and increased unemployment level, micronutrient and maternal malnutrition. Multiple crises in adolescents were also observed i.e. increased school dropouts, stress and other mental health disorder and smart phone dependence issues. The WHO report revealed that in the age group 1-19y, 47% girls and 58 % boys were thin, 56% girls and 30% boys were anaemic, 2.4% girls and 31.7% boys were overweight and 2/1000 adolescent girls and 1/1000 adolescent boys suffer from diabetes.

Adolescent girls in developing countries, who often receive school meals, nutrition education in school are now not only missing out on their classes. Simultaneously, lots of junk food products are promoted by celebrities with catchy advertisements leading to adaptation of unhealthy food habits. The adolescents are also highly prone for eating disorders like anorexia nervosa or binge eating due to body dissatisfaction and depression.

She displayed some measures to be taken i.e. maximize maternal, infant and young child nutrition actions, protect food supply chain, manage cases of acute malnutrition, strengthen school feeding and nutrition and establish nutrition surveillance.



Resource Person-IV

Prof. Sarojini Sarangi

Senior Gynaecologist-cum-Director
Sarojini Hospital, Cuttack & Former Professor
Dept. of Obstetrics & Gynaecology
S.C.B Medical College, Cuttack

Prof. Sarojini Sarangi, Senior Gynaecologist-cum-Director, Sarojini Hospital, Cuttack & Former Professor, Dept. of Obstetrics & Gynaecology, S.C.B Medical College, Cuttack (Resource Person-IV). She 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. Meera Swain

Lecturer, Department of Anthropology
Central University of Orissa

Dr. Meera Swain, Lecturer, Department of Anthropology, Central University of Orissa, has summed up the webinar, who appreciated individual speaker's highlights points and the efforts which were taken up by CUO. She has also encouraged to conduct such informative programmes to create awareness regarding against COVID-19 to meet the nutritional requirement.



Dr. Rudrani Mohanty

Lecturer Department of Odia Language and Literature
Central University of Orissa

The programme concluded with a formal vote of thanks by Dr. Rudrani Mohanty, Lecturer Department of Odia Language and Literature, Central University of Orissa. She thanked all the eminent dignitaries and the ICC team under Dr Kakoli Banerjee for organizing the webinar. The programme was well attended comprising members of academic community and students from and outside CUO.

Audience profile: Live streaming in Facebook and Online Webex Attendees

No. of attendees: 226

Inside CUO: 150

Outside CUO: 76

Description of audience: Faculty members, Non-teaching staff, scholars, students, scientists, researchers from CUO and other Institutions

OUTREACH PROGRAMME

CONDUCTED BY CENTRAL UNIVERSITY OF ODISHA
ON 26TH SEPTEMBER 2021
ON '*POSHAN*'
SPONSORED BY
NATIONAL COMMISSION FOR WOMEN, GOVT. OF INDIA

A survey with the ICC members was done in the nearby villages on 24th and 25th September, 2021 in association with the Gram Mukhya, Asha didi 's and Anganbadididi's where 40 women were identified in the adopted villages of the University namely Nuaguda, Rajpalma and Chakarliput. After survey of the venue and beneficiaries the PrathamikSevashram in Rajpalma village was finalized for the programme of POSHAN.

Central University of Odisha under the POSHAN MONTH CELEBRATION (from 7 to 30th September, 2021) sponsored by National Commission for Women, Govt. of India did its outreach programme on 26th September, 2021 from 10:30am to 12:30 pm. **It is PM's overarching scheme for holistic nourishment – *Sahi Poshan – Desh Roushan*.** Its Government of India's Flagship Programme to improve nutritional outcomes for children, pregnant women and lactating mothers. The programme was organised at PrathamikSevashram, Rajpalma village of Koraput. Beneficiaries included 40 pregnant women and lactating mothers from 3 adopted villages of CUO namely Nuaguda, Rajpalma and Chakarliput (ANNEXURE I).

Welcome address was delivered by Dr. Kakoli Banerjee, Presiding Officer, ICC, CUO. The programme was inaugurated by Dr. Asit Kumar Das, Registrar, CUO. Other dignitaries present were Finance Officer Mr. Kosala Rao; Controller of Examinations, Dr. Ram Shankar; Nuaguda-Chakarliput Gram Mukhya Shri Bijay Kumar Khetriya; Two ward members, Ms. Laxmi Jani and Ms. Laxmi Oyal; Ms, Surekha Turuk, Asst. Teacher of the PrathamikSevashram, Asha didi's and Anganbadididi's.

Dr. Das in his address proclaimed cooperation of CUO for the adopted villages in the best possible manner. Dr. Shankar in his address also pointed out the need of such outreach programmes of our University with support of the villagers. Shri Khetriya in his address encouraged such programmes but also highlighted the need for water supply in the villages which is scarce.

The inaugural session was followed by distribution of health drinks, energy drinks, masks and sanitizers to all the mothers on behalf of University. It was coordinated by Dr. Meera Swain, ICC Member. After the distribution, the feedback of the programme was provided by two beneficiaries. They highlighted that they were not aware of such health drinks and their relation with Covid. The second beneficiary confirmed that they will take care of their children from Covid and will prevent themselves and their families too.

The programme ended with the vote of thanks delivered by Dr. Rudrani Mohanty, ICC Member.



Visit by Dr. Kakoli Banerjee, Presiding Officer, Dr. Rudrani Mohanty & Dr. Meera Swain, Members, ICC (CUO) at Nuaguda village, one of the adopted villages of CUO, Koraput for conducting outreach programme



Visit by Dr. Kakoli Banerjee, Presiding Officer, Dr. Meera Swain & Dr. Rudrani Mohanty, Members, ICC (CUO) at Chakarliput village, one of the adopted villages of CUO, Koraput for conducting outreach programme with the help of Ms. Geeta, Asha Didi



Planning of organizing and arranging the venue for conducting outreach programme at PrathamaikSevashram, Raj Palma



Finalization of venue at PrathamikSevashram, Raj Palma



Inaugural Programme at PrathamikSevashram, Raj Palma attended by Dr. Asit Kumar Das, Registrar (Middle), Sh. Ram Shankar, CoE (Left), Sh. K. Kosala Rao, Finance Officer (Right), Sh. Bijay Kumar Khetriya, Nuaguda-Chakarliput Gram Mukhya (Extreme Left) with PO and other members of ICC, CUO





Welcome address by Dr. Kakoli Banerjee, Presiding Officer, ICC before the esteemed guests and women villagers



Address by Dr. Asit Kumar Das, Registrar CUO



Addressed by Sh. Ram Shankar, CoE, CUO



**Addressed by Sh. Bijay Kumar Khatriya, Nuaguda-
Chakarliput Gram Mukhya**



Women present at Venue

Distribution of Health drinks, hand sanitizer and mask to women







Supervision by Dr. Meera Swain, Member, ICC during distribution



Vote of Thanks by Dr. Rudrani Mohanty, Member, ICC, CUO



Feedback from beneficiary 1



Feedback from beneficiary 2



The ICC members duly acknowledges the financial support received from NCW, Govt. of India



CONCLUSION & FUTURE PROSPECTS

The programme has focused on nutrition of adolescent girls and pregnant women, providing accurate interventions at the right age. The feedback from the outreach programme was highly influential as the tribal women stated that they were not aware of the different health drinks available for mothers. Moreover the help rendered by CUO in such programmes have encouraged them to take more precaution and care for their new babies and expecting mothers.

Proactive measures are needed to address the longstanding issues of malnutrition and food insecurity. The imperative is to devise structured, time-bound and location-specific strategies with due consideration to the effects of socio-economic factors, and the impact of the pandemic. It is also crucial to create a comprehensive approach that will address the different sectors and dimensions of nutrition. There are two complementary approaches to reducing under nutrition: direct nutritional interventions and indirect multi-sectoral approaches. Direct interventions, such as breastfeeding, complementary feeding and hand-washing practices, complement the long-term sustainable multi-sectoral approach.

Innovative approaches that are showing encouraging trends in fighting malnutrition should be sustained and accelerated. Active surveillance, enhancement of resources for nutrition programming, and micro-level participatory planning as well as monitoring, are necessary to achieve progress towards a malnutrition-free India. Strengthening convergence can also aid in better achieving nutrition and health outcomes during these challenging times.



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Live Webinar on

**COVID-19 AND VARIED
NUTRITIONAL REQUIREMENTS**

POSHAN
Abhiyan
National Commission for Women, Government of India

Organized by Internal Complaints Committee (ICC)

27 SEPT 2021 • 10:30 AM - 01:30 PM • Participation Free



Dr. Kakoli Banerjee, Assistant Professor, DBCNR and Presiding Officer, ICC started the programme by delivering the welcome address.

COVID-19

- COVID-19, a disease caused by a novel coronavirus, became a major global human threat that has turned into a pandemic.
- Since the outbreak of the COVID-19, **individual and community resilience** emerged as a main resource while remaining the **first line of defense** in emergency preparedness.
- In fact, **psychological and behavioral countermeasures** of both the **individual and the community** are **vital determinants to improve resilience and enhance the efficacy of public health approaches** vis a vis a pandemic of a magnitude similar to that of COVID-19.

Effect on Life Style during COVID-19

- The confinement to one's home has direct effects on one's lifestyle, including dietary habits, eating, and physical activity patterns.
- Confinement increases **sedentary behaviors** that involve activities with **very low energy expenditure**, performed mainly in a sitting or supine position.
- The low physical activity levels, even for short periods, could **negatively affect physical and mental health**.
- The state of lockdown and confinement could also lead to **irregular eating patterns and frequent snacking**, both of which are associated with higher caloric intake and increased risk of obesity.

COVID-19 and Women's Nutritional Status

- Health outcomes for women and girls are disproportionately affected by increasing scarcity of food, patriarchal social norms influencing intrahousehold food allocation, and workloads that influence the time allocated to nutritious food preparation.
- The gender disadvantage is also supported by evidence that income and price elasticity of food intake varies by gender and age.
- Global income and price elasticities of food demand for women and young girls are greater than those for men and young boys, particularly for fruits and vegetables.

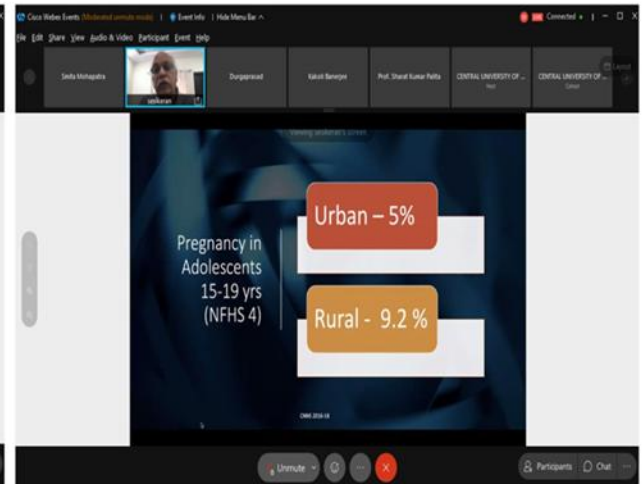
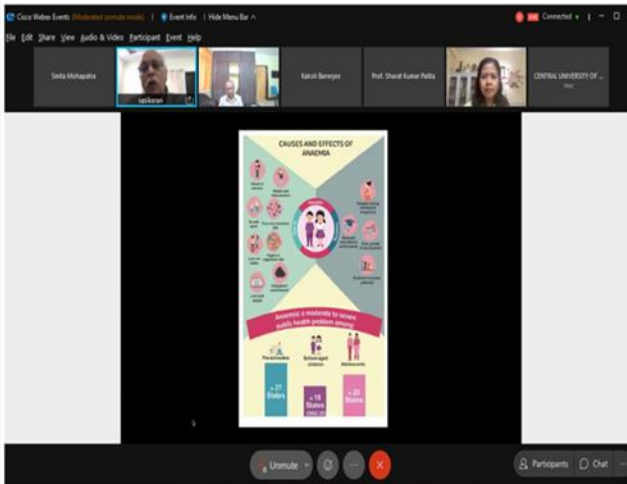
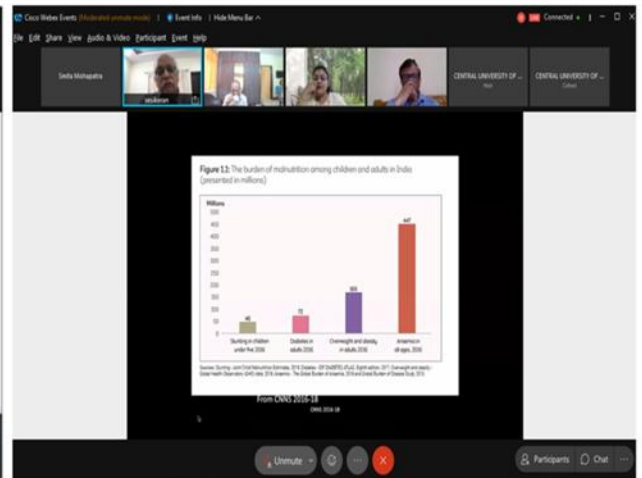
Source : Gupta et al. (2021)

Concluding Remarks

- There is a growing body of evidence of women's disproportionate vulnerability to shocks and particularly during Pandemic their nutritional security assumes greater importance for individual and family together.
- The initiative of Hon'ble Prime Minister for "**Poshan Abhiyan**" (**PM's Outreaching Scheme for Holistic Nourishment**) and declaring **September 2021 as "Poshan Month"** and efforts by NCW to organize seminar and symposia, webinars for creating greater awareness on varied nutrition are laudable efforts.
- We all need to contribute for this**

Thank You All !!!

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



Keynote speaker: Dr. Sesikera Boindala MD, Former Director, National Institute of Nutrition, Indian Council of Medical Research (ICMR), Hyderabad, Telangana.

Do we Eat just to satisfy nutritional needs?

- Food is not just the ingredients to supply nutrition
- It is an important factor in human life (*humans are the only living beings who can eat when not hungry*)
- Choice of food is influenced by biochemical, sociocultural & psychological factors- NOT JUST THE NUTRITION VALUE

What determines the Choice of Food?

- Developmental Model: Perception, Experience & Social learning
- Cognitive Model: Importance of dietary habit & belief of feasibility
- Psychophysiological Model: Role of hypothalamus & neurotransmitters on hunger, impact of senses on cognition & impact of stress on food

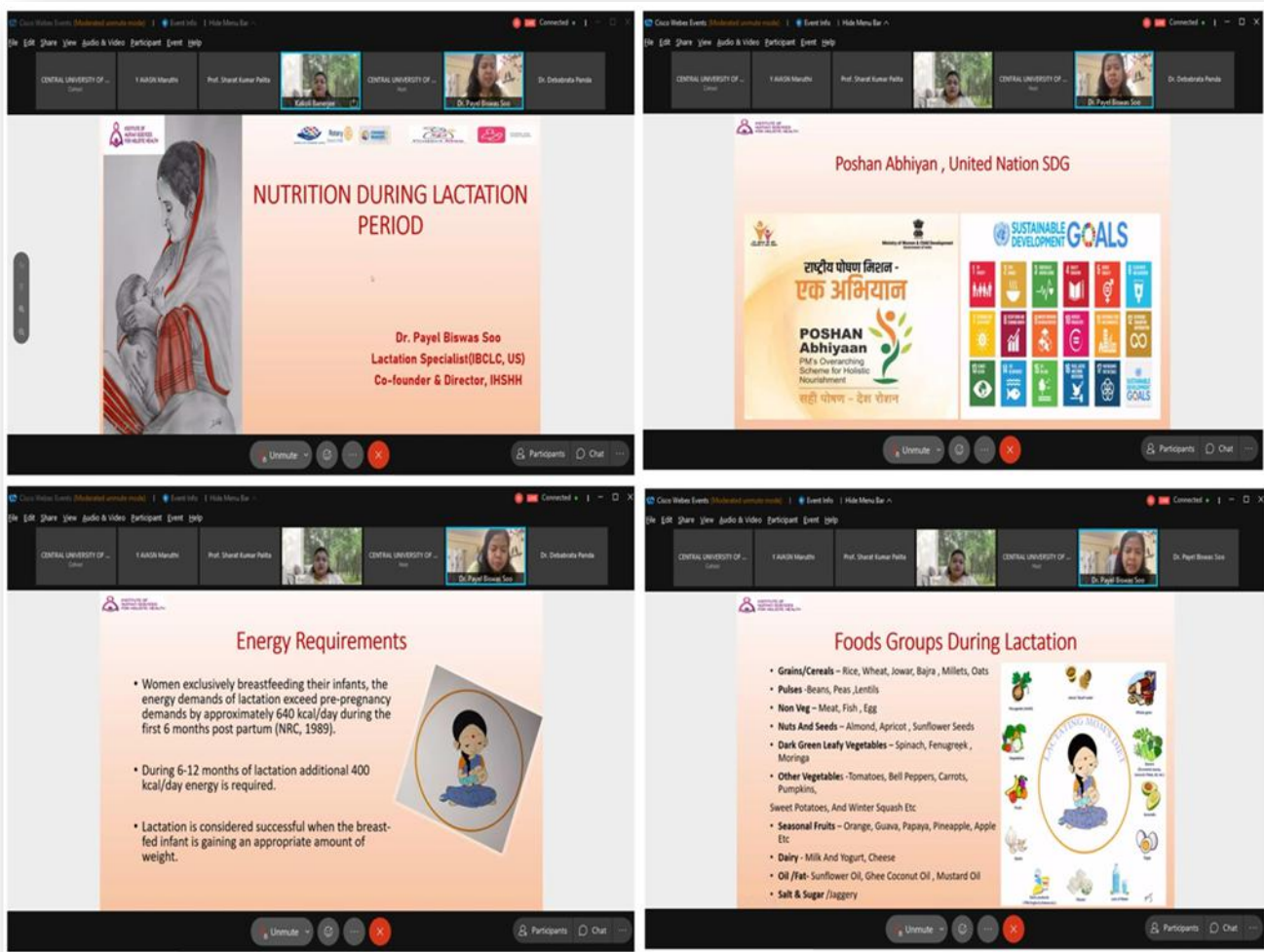
Significance of Women's Nutrition

- Biological Factors (Role in reproductive behaviour & health of progeny)
- Cultural Factors (Cultural expectation of women's priority on nurturing self)
- Psychological Factors (Hormonal changes, depression, stress, body image)

Implications on Counseling

- Nutrition Education an essential part in curriculum in high school
- Diet information & Psychological assessment- an essential part in diagnosis & treatment of disease
- Psychological assessment to be an essential component for pregnant women
- Counseling the spouse to be introduced in any treatment approach to women that involves dietary advice

Resource Person-I: Prof. Meena Hariharan, Founder Director, Centre for Health Psychology, University of Hyderabad, Hyderabad.



Resource Person-II: Dr. Payel Biswas Soo, Co-founder & Director, Institute of Human Sciences, for Holistic Health Bangalore

Viewing Y AVASN Maruthi

MALNUTRITION

Under Nutrition Over Weight

One of the major causes for malnutrition in India is Socio-economic inequality.

Viewing Y AVASN Maruthi

Adolescence WHO/UN definitions:

ADOLESCENT 10-19 YEARS YOUTH 15-20 YEARS YOUNG ADULTS 21-24 YEAR

Adolescence Latin = to grow to maturity, Le 'achieving an identity'

- ✓ Adolescence definition: "A period between childhood and adulthood" (Oxford's Dictionary)
- ✓ The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19. This age range falls within WHO's definition of young people, which refers to individuals between ages 10 and 24.

Viewing Y AVASN Maruthi

WOMEN ARE OVERWHELMINGLY INVOLVED IN UNPAID WORK

SHARE OF UNPAID ACTIVITIES IN TOTAL WORKING HOURS (PERSONS ABOVE 6 YEARS)

| Area | Unpaid Activities (%) | Paid Activities (%) |
|-------|-----------------------|---------------------|
| RURAL | 26.50 | 73.50 |
| URBAN | 12.10 | 87.90 |

SHARE OF PAID ACTIVITIES IN TOTAL WORKING HOURS (PERSONS ABOVE 6 YEARS)

| Area | Unpaid Activities (%) | Paid Activities (%) |
|-------|-----------------------|---------------------|
| RURAL | 14.00 | 86.00 |
| URBAN | 17.10 | 82.90 |

DIU

Viewing Y AVASN Maruthi

- ✓ The adolescents are also highly prone for eating disorders like **anorexia nervosa** or **binge eating** due to body dissatisfaction and depression.
- **Anorexia nervosa**: Lack or loss of appetite for food (as a medical condition) An emotional disorder characterized by an obsessive & lose weight by refusing to eat.
- **Binge eating**: The consumption of large quantities of food in a short time, typically as part of an eating disorder.

Resource Person-III: Prof. Y. Avasn Maruthi, Department of Biosciences & Biotechnology, University College of Arts and Sciences (UCAS), Krishna .University, Machilipatnam

The screenshot displays a Cisco Webex Events interface. At the top, it shows 'Cisco Webex Events (Moderated unmute mode)' and 'Event Info | Hide Menu Bar'. Below this is a menu bar with 'File', 'Edit', 'Share', 'View', 'Audio & Video', 'Participant', and 'Event Help'. A status bar indicates 'Speaking: Dr.Sarojini'. The main area is a grid of video thumbnails. The top-left thumbnail shows a woman speaking. The top-middle and top-right thumbnails are labeled 'Dr. Payel Biswas Soo' and 'Y AVASN Maruthi' respectively. The middle-left and middle-middle thumbnails are labeled 'CENTRAL UNIVERSITY OF O...' and 'CENTRAL UNIVERSITY OF O...'. The middle-right thumbnail shows a woman wearing a red headscarf. The bottom-left and bottom-middle thumbnails are labeled 'Dr. Payel Biswas Soo' and 'Meera Swain'. The bottom-right thumbnail is labeled 'Dr.Sarojini' and is highlighted with a blue border. On the right side, there is a 'Participants (79)' panel with a search bar and a list of participants including 'Kakoli Banerjee', 'CENTRAL UNIVERSITY OF ODISHA', 'Dr.Sarojini', and 'Dr. Payel Biswas Soo'. Below this is a 'Chat' panel with a message history and a text input field.

Resource Person-IV: Prof. Sarojini Sarangi, Senior Gynaecologist-cum-Director, Sarojini Hospital, Cuttack & Former Professor, Dept. of Obstetrics & Gynaecology, S.C.B Medical College, Cuttack

Outcome of the Programme

Webinar

1. The Webinar has brought the issue of the Maternal health and other related issues to limelight as these issues are otherwise not discussed or thought about in the society.
2. The webinar has provided valuable and correct information regarding maternal health and other related issues directly from the experts as there are lot of confusing and misleading rumours and practices in the society regarding the issues.
3. The webinar has raised awareness and created consciousness among the youth as this provided the students of the University and other educational institutions to participate and learn about maternal health and related issues. It is important that the student community learn about the issues as they are the future opinion leaders.
4. As Koraput is a tribal and remote area, the webinar has created awareness and spread consciousness among the local people who need it most.
5. The webinar will encourage Faculty members and researchers to take up issues related to maternal health for new research.

Village Outreach Programme

6. The poor, rural and tribal folk of Koraput are low on education and knowledge. The outreach programme created consciousness among the villagers.
7. The outreach programme provided a platform to rural women to exchange thoughts and expression on their core issues of woman care which are otherwise neglected as women are subdued.
8. The lactating women voiced their concerns in the programme which can be used as valuable pointers in future research and decision making. The feedback forms reveal these opinion.
9. The statistical figures have been validated and issue of malnutrition has been highlighted.
10. The health care facilities were also brought to notice of the rural woman.

Future Plans/ Recommendations

1. The University expects and may be provided with grants / funds for organizing and carrying out awareness programmes for pregnant women and lactating mothers on relevant issues related to maternal health care in Odisha and especially in Koraput region.
2. The University plans to prepare policy papers in the area of maternity health care as an extension of POSHAN project.
3. The University plans to conduct research projects in the area of maternity health care as an extension of POSHAN project.
4. Malnutrition should be treated with importance and necessary steps should be taken to sensitize the rural folk through traditional media and communication channels like Street Drama, songs & skits in local dialect on issues related to parental & natal care.
5. Various community extensions programmes involving students are planned to be organized in accordance with NCW guidelines and SOP.

Conclusion

The National Commission for Women and Central University of Odisha has collaborated in the POSHAN week to open up a new vista of awareness with a combination of intellectual and ground level activities. On one hand there are knowledge discourses on the issues of maternal health & nutrition and related issues. The need of the hour is to continue these kind of awareness programmes in tribal areas like Koraput. Therefore, it is expected that the NCW and CUO will continue the collaboration in policy research, women's studies, gender studies area with an objective of woman empowerment in Odisha.