



خواجہ معین الدین چشتی لینگوئج یونیورسٹی، لکھنؤ، اتر پردیش (ہندوستان)  
 ख्वाजा मुईनुद्दीन चिश्ती भाषा विश्वविद्यालय, लखनऊ, उत्तर प्रदेश (भारत)  
 Khwaja Moinuddin Chishti Language University, Lucknow, U.P. (India)



(U. P. State Government University)  
 Recognised U/S 2(f) & 12 (B) of the UGC Act 1956 & B.Tech. approved by AICTE

राष्ट्रीय सेवा योजना एवं सांस्कृतिक समिति  
 के सह-तत्वाधान में



नारी एक रूप अनेक

कार्यक्रम के अन्तर्गत

वेबिनार श्रृंखला



मुख्य वक्ता

डॉ० शालिनी श्रीवास्तव

वरिष्ठ आहार विशेषज्ञ, के०जी०एम०यू०, लखनऊ

एनीमिया में पोषण

दिनांक 19 अक्टूबर, 2020 समय 10:00 बजे पूर्वाह्न



मुख्य वक्ता

डॉ० स्मिता सिंह

मुख्य आहार विशेषज्ञ, मिडलैण्ड हेल्थ एण्ड रिसर्च सेन्टर, लखनऊ

पॉलीसिस्टिक अंडाशय सिंड्रोम और  
 किशोर स्वास्थ्य

दिनांक 20 अक्टूबर, 2020 समय 10:00 बजे पूर्वाह्न



मुख्य वक्ता

डॉ० उत्कर्ष बंसल

प्रोफेसर, बालरोग विभाग, एच.आई.एम.एस., लखनऊ

“पोषण और व्यायाम”

दिनांक 22 अक्टूबर, 2020 समय 10:00 बजे पूर्वाह्न



मुख्य वक्ता

स्मिता श्रीवास्तव

एन.आई.पी.सी.सी.डी. संकाय, क्षेत्रीय केन्द्र, लखनऊ

“बच्चों के यौन अपराधों में  
 संशोधन अधिनियम 2019 का संरक्षण”

दिनांक 24 अक्टूबर, 2020 समय 10:00 बजे पूर्वाह्न



सह-समन्वयक

डॉ० नलिनी मिश्रा

कार्यक्रम अधिकारी  
 राष्ट्रीय सेवा योजना



समन्वयक

डॉ० प्रियंका सूर्यवंशी

सदस्य,  
 सांस्कृतिक समिति



आयोजन सचिव

डॉ० तनवीर खदीजा

अध्यक्ष,  
 सांस्कृतिक समिति



संयोजक

डॉ० नीरज शुक्ल

समन्वयक,  
 राष्ट्रीय सेवा योजना

## MISSION SHAKTI WEBINARS (19 -24 October 2020)

CONVENOR: Dr. Priyanka Suryavanshi, Assistant Professor, Deptt. Of Home Science

### Webinar 1. Topic – Nutrition in Anemia

- Date- 19/10/2020
- **Dr Shalini Srivastava** (Chief Dietician at KGMU)
- Anemia is a condition in which there is a decrease in the hemoglobin content of the red blood cells (Erythrocytes) .Young children and pregnant women are the most affected group, prevalence is about 40 % and 50% respectively. In India its incidence in pregnant women is around 74-85 percent. Dietary deficiency, gender discrimination, late weaning of food in children and early marriage in adolescent girls are some of the causes of anemia.

Balanced diet rich in protein, vitamins and minerals should be consumed.

Food rich in folic acid like pulses, green leafy vegetables, dates, citrus fruits (vitamin-C) and egg should be included in the diet. Avoid consumption of foods and beverages like tea and tamarind.

### Webinar 2. Topic – Polycystic Ovary Syndrome (PCOS) and Adolescence Health

Date -20/10/2020

**Smita Singh ( Chief Dietician at Midland Health and Research Center, Lko.)**

Polycystic Ovarian Syndrome (PCOS) is an emerging disorder during adolescents and hence awareness creation, early screening in order to inculcate early life cycle modification and prevention of reproductive complications of disease. Effective approaches to nutrition and exercise improves endocrine and reproductive

functions. Diet and exercise need to be tailored to the individual's need and preferences.

#### WEBINAR 3. Topic –Nutrition and Exercise

- Date -22/10/2020
- **Dr Utkarsh Bansal**

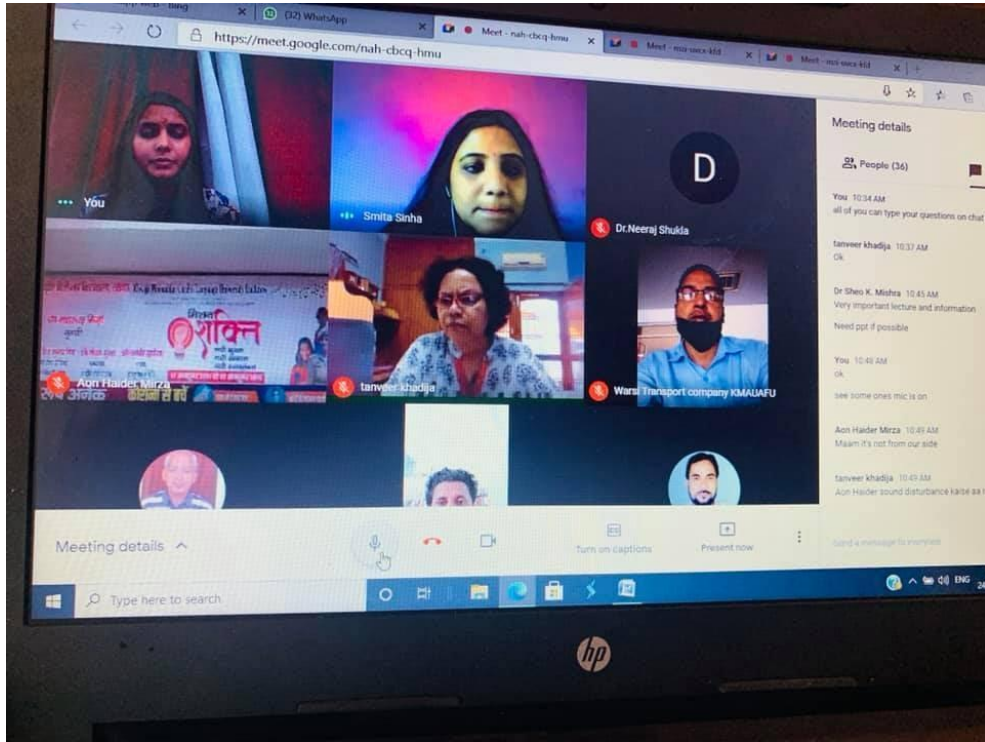
Professor Pediatrics Department, HIMS, Lucknow.

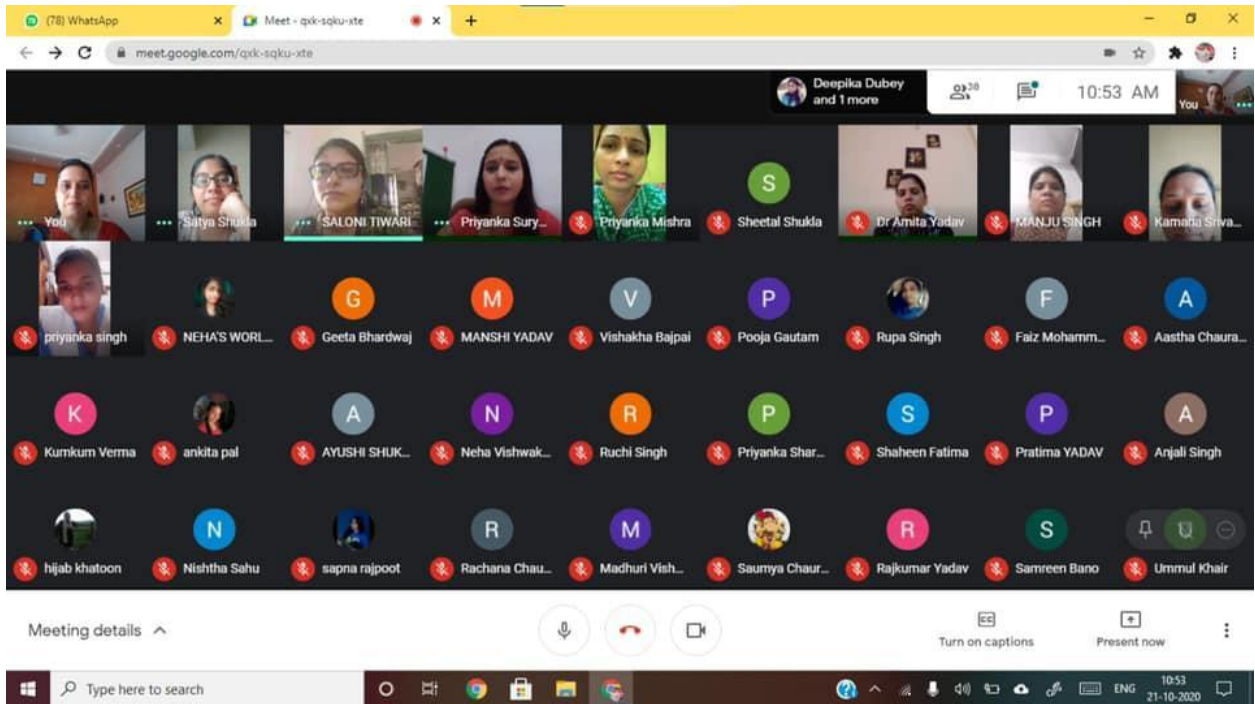
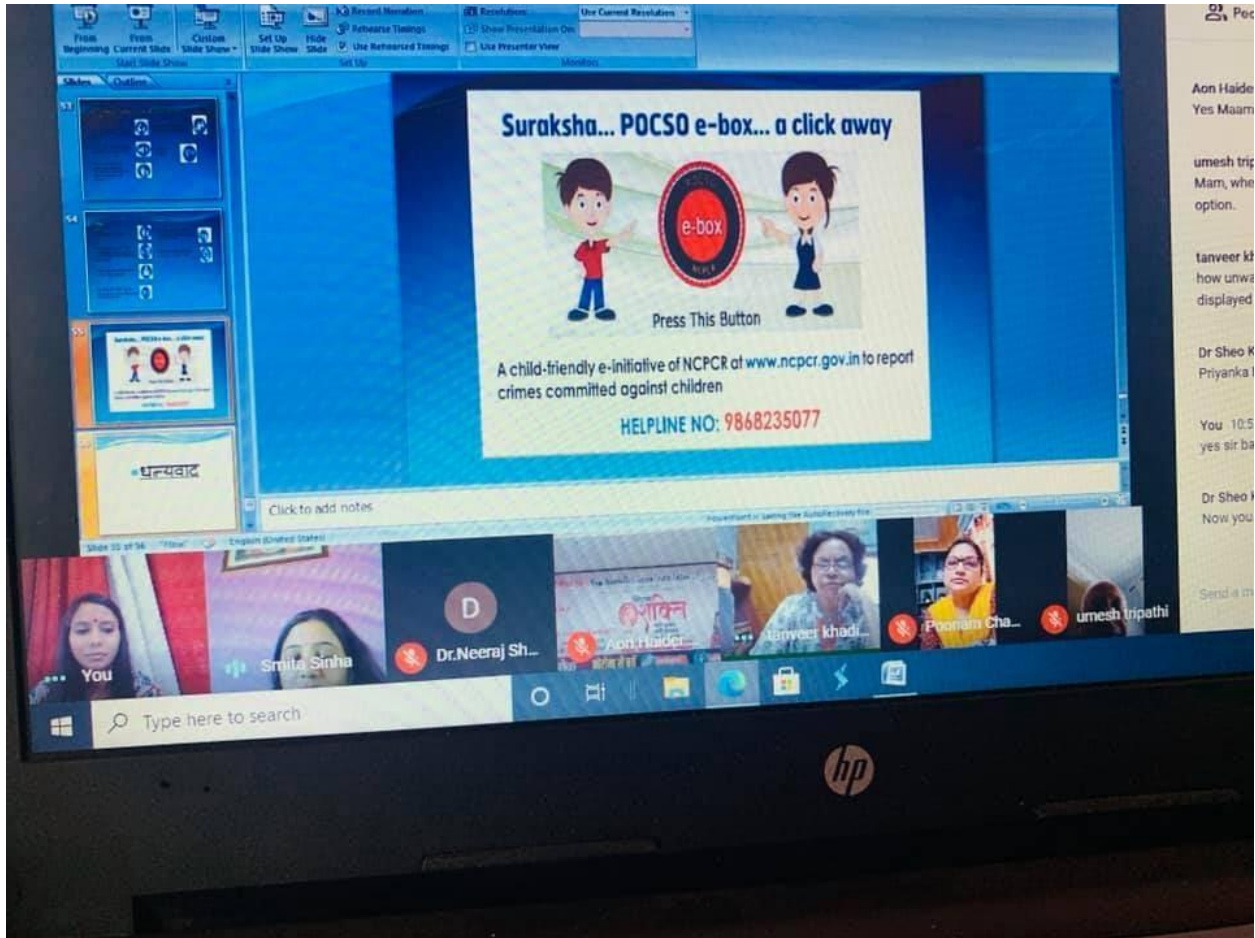
Proper nutrition and regular physical activity for 30-60minutes per day are very important for adolescent growth .Avoid junk food which high in fat, salt and sugar. Diet should be nutritionally appropriate .A colorful diet to ensure proper vitamins and minerals follow the food pyramid.

#### WEBINAR 4. Topic- PoCSO ACT (Protection of Children sexual offences amended act-2019

- Date -24/10/2020
- **Smita Srivastava (NIPCCD Regional Center Lucknow)**

Posco amendment Act, 2019 is a comprehensive law to provide for the protection of children from the offences of sexual assault, sexual harassment and pornography while safeguarding the interest of the child at every stage of judicial process by incorporating child friendly mechanism for reporting and recording. Raising awareness about the recently amended act to have necessary understanding on prevention and response to child sexual abuse.







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