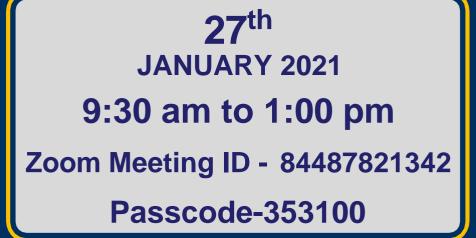


DEPARTMENT OF FOOD & NUTRITION PRESENTS

ON TRADITIONAL INDIAN FOOD: A TREASURE OF NUTRITION





ABOUT THE WEBINAR

India has outshined itself on the World's Map. Indian food, cuisine, herbs, and yoga have been attracting people from all over the world. Indian Traditional lifestyle has proved to be the most healthy, unadulterated, easy, simple, and inexpensive way to lead a good productive life which also prepares the body for future damages. In pandemic times too, Indian diet and herbs have been proved to be the best immunity boosters.

This webinar will walk us through the better understanding and recognition of Indian food (herbs) which are available in every household, their bene ts, and the impact of nutrition on individuals as well as at the community level. Convenience food is a new practice in a society that has its additional bene ts and harms, but still, it is widely accepted. The pandemic has altered eating habits leading to increased lifestyle problems. It is important to learn how to protect the body from lifestyle damages. In the absence of deterring COVID-19 outcomes therapeutically, enhancing immunity, the body's natural defense system plays a vital role in preventing the disease. A lot of people have turned to use of roots, leaves and rhizomes for example like tulsi, ashwagandha, turmeric, neem, etc. having medicinal properties, and as a preventive measure to ght against COVID-19, given the importance of building a strong immune system.

ABOUT THE DEPARTMENT

Department of Food and Nutrition (Era University) was established for giving professional experience to interested students of this discipline. The department provides excellent learning and research opportunities for the students through its highly quailed and professional mentors. The department currently provides B.Sc., M.Sc. and Ph.D. courses.

TELEGRAM GROUP LINK- https://t.me/joinchat/SkjNLyx7CrgkDFuH PLEASE JOIN THE GROUP FOR UPDATES Link for Registration: <u>https://forms.gle/Ji6NU8mHXL13pb7VA</u> Email ID: Webinarfoodandnutrition2021@gmail.com

Webinar Schedule

Wednesday, 27 January 2021, 09:30 A.M-01:00 P.M **INAUGURATION**

Welcome note Dr. Kahkashan Parvin Convener & Head: Food and Nutrition Era University, Lucknow

About The University Dr. Anu Chandra Co-Patron & Registrar Era University, Lucknow

University's Future Projects/Plans Dr. Ghazala Zaidi Co-Patron & Assistant Registrar Era University, Lucknow

About The Department Dr. Arvind k. Srivastava Convener & Dean, Faculty of Science Era University, Lucknow

Blessing by Dr. Farzana Mahdi Patron & Vice Chancellor Era University, Lucknow

1st Session

Topic:Current eating practices, lifestyle and it's impact on health Time:10:00 A.M-11:00 A.M (last 15 minute for questions and answers) Speaker:**Prof. (Dr.) Rita SinghRashuvanshi** (Ex-Dean, GBPUA & T, Pantnagar, Uttrakhand)

1st Session

Topic:Convenience Foods: Boon or Curse Time:11:00 A.M-12:00 P.M (last 15 minute for questions and answers) Speaker:**Dr. Radha Reddy Chada** (RD, Ph.D, Senior Dietician, Sunshine Hospital, Hyderabad)

Concluding Note/Thank You Session by Dr. Minhaj Akhtar Usmani Co-Conveneer & Assistant Professor, Food and Nutrition Era University, Lucknow





















EU ERA UNIVERSITY





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