

**DEPARTMENT
OF
FOOD & NUTRITION
PRESENTS**

**NATIONAL WEBINAR
ON
TRADITIONAL INDIAN FOOD:
A TREASURE OF NUTRITION**

27th

JANUARY 2021

9:30 am to 1:00 pm

Zoom Meeting ID - 84487821342

Passcode-353100



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 benefits, 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 benefits 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 fight 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 qualified 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: <https://forms.gle/Ji6NU8mHXL13pb7VA>

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 Singh Rashuvanshi**
(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-Convener & Assistant Professor, Food and Nutrition
Era University, Lucknow





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