

GOVERNMENT COLLEGE OF EDUCATION, SECTOR 20-D,
CHANDIGARH

NSS CELL



September 6, 2021

NATIONAL WEBINAR ON

RELEVANCE OF BMI IN DIET:

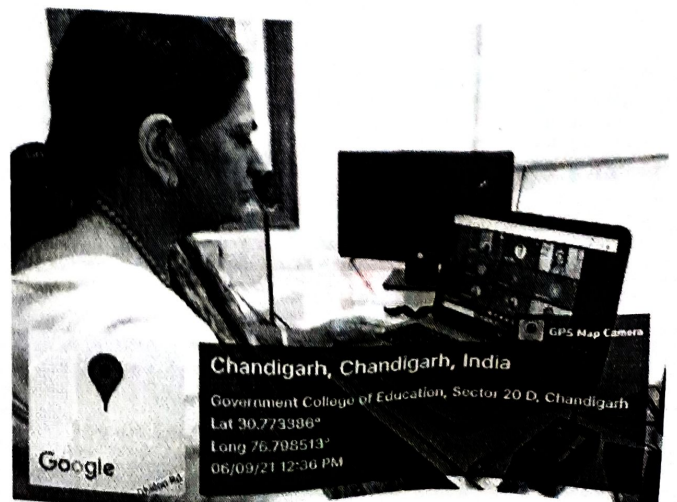
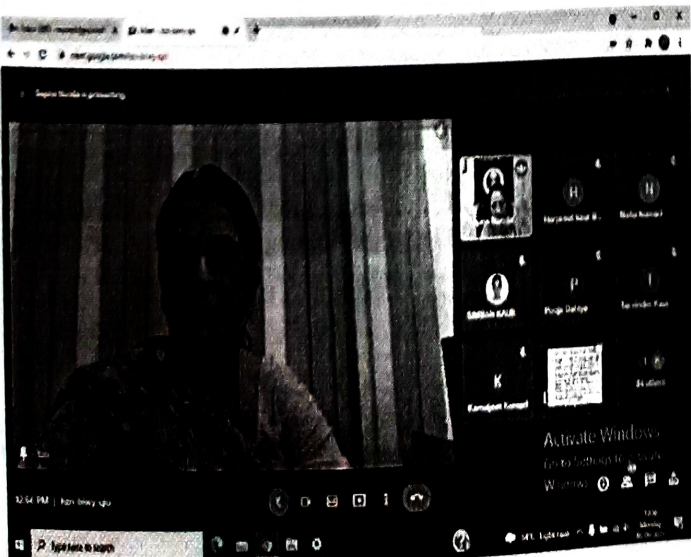
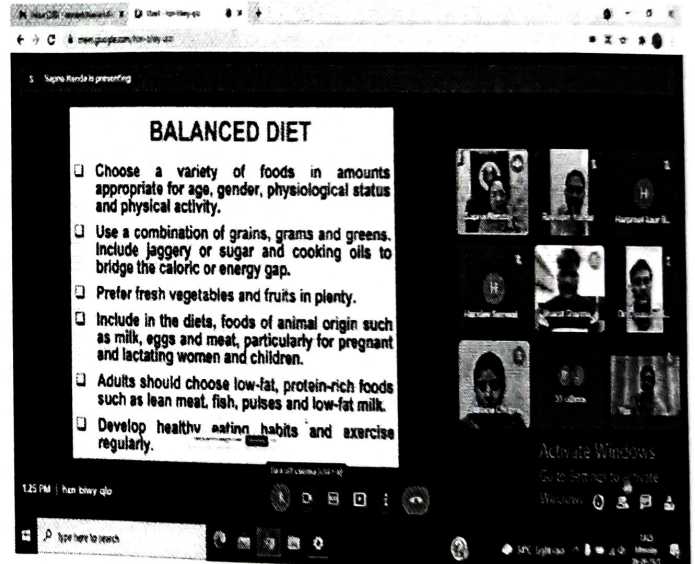
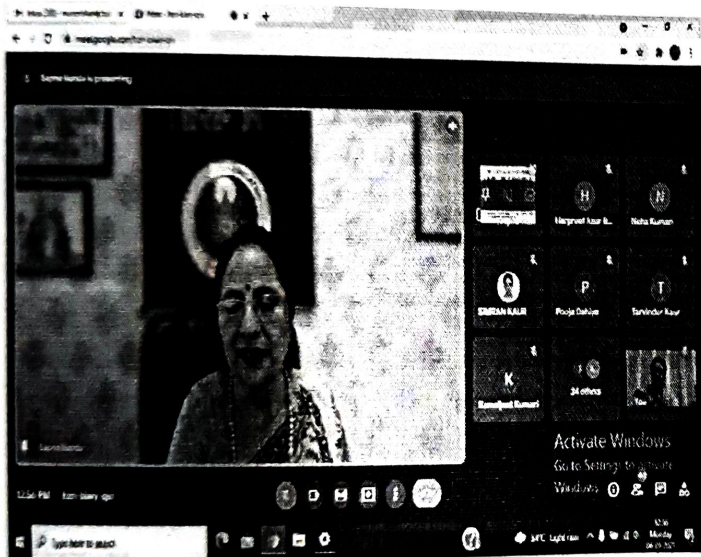
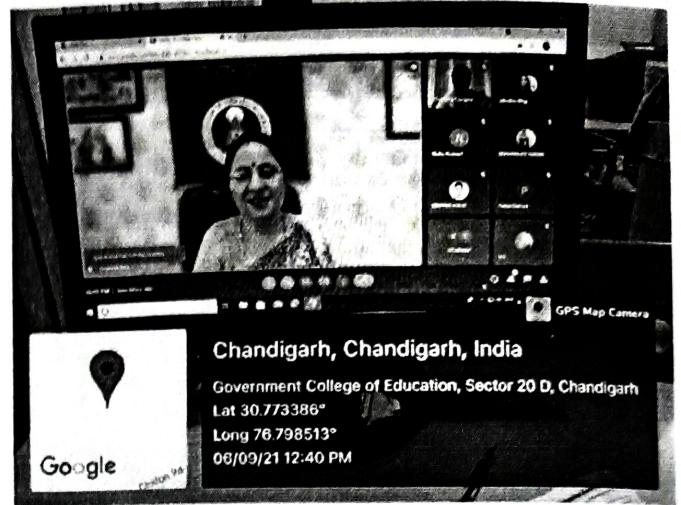
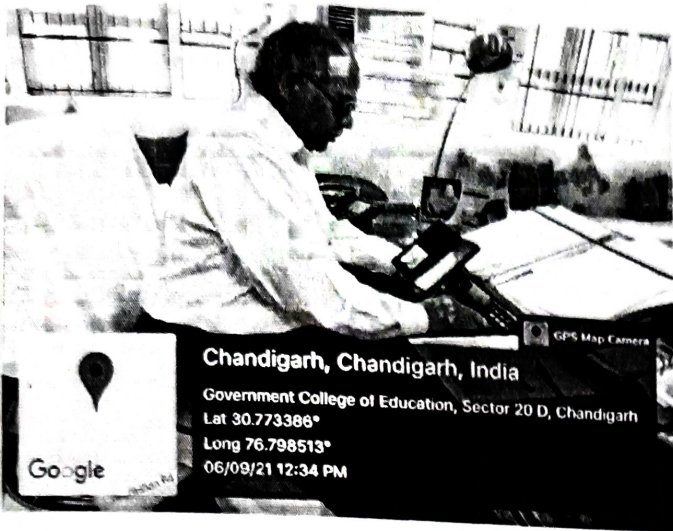
FEEDING SMART RIGHT FROM THE START

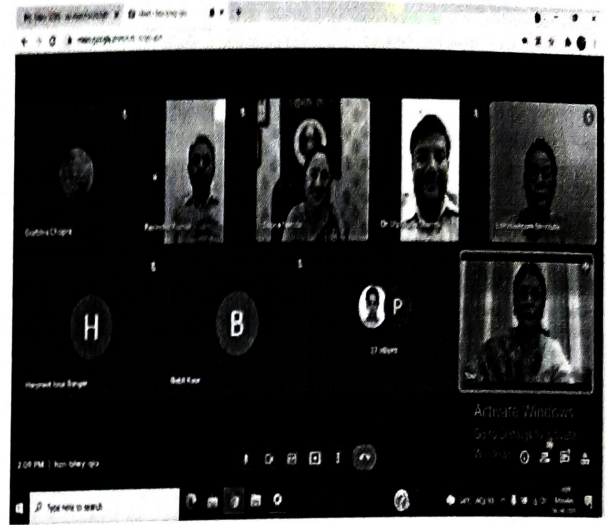
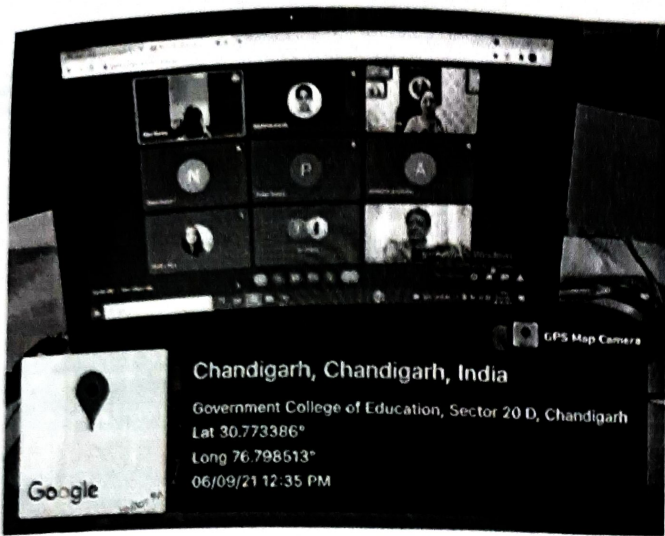
The NSS cell of the Government College of Education of Chandigarh organized a National webinar on relevance of BMI in diet feeding smart right from the start. The webinar was initiated by Dr.Ravneet Chawla addressing Dr.Sapna Nanda and humbly welcomed her. Soon, the Principal Dr.A.K.Srivastava addressed all the teachers and students and highlighted the role of education in spreading knowledge of nutrition to the community who marked their presence. He also added that nutrition is a vital aspect of every individual's life, especially for the youth of the nation as they form the base of the future generation. The principal ended his address on an optimistic note. Dr.Sapna Nanda, shared her journey as an academican and related accomplishments. Dr.Sapna Nanda began the talk and discussed at length on overview of the major themes; Distribution of 'Regional Nutrition Kit' to Anganwadi beneficiaries of high burdened districts, Identification and severe Acute malnutrition children and distribution of nutritious food

- Highlights of NNM 2021 (National Nutrition Month)-Feeding smart right from the smart
- The dietary goals of NNM and dietary guidelines
- The role of nutritionally adequate diet along with the concept and importance of **Balanced Diet**
- A variety of factors on which the diet of an individual depends
- Role of good nutrition for children and women
- Problems like, low birth rate, underweight, malnourished and anemia
- The concept of **Personalizing your Plate**
- followed by National Nutrition Week 2021 Quotes

The Webinar was further followed by an interactive session, where the speaker and the students interacted with each other and questions were very well dealt. Dr.Ravneet Chawla and Mr. Ravinder Kumar closed the session on a very healthy note and thanked Dr.Sapna Nanda for joining as well as sharing her views on the concerned topic.

Glimpses:





Dr. Ravneet Chawla
 6/17/2021
Dr. Ravneet Chawla
 Convenor (NSS PO)
 Associate Professor
 GCE – 20D, Chandigarh

Mr. Ravinder Kumar & Dr. Dipanshu Sharma
Mr. Ravinder Kumar & Dr. Dipanshu Sharma
 Webinar Organizers (NSS POs)
 Assistant Professors
 GCE – 20D, Chandigarh

Dr. A.K. Srivastava
 06/09/21
Dr. A.K. Srivastava
 Patron National Webinar
 Principal
 GCE – 20D, Chandigarh