

ONE DAY WORKSHOP
ON
"SUPOSHIT MAHILA SASHAKT SAMAJ"
(Nutrition Month 1-30 September)
14th September, 2022

POSHAN campaign is Prime Minister's overarching scheme for holistic nutrition under the Government of India's flagship programme, "National Nutrition Mission", to improve nutritional outcomes for children, pregnant women and lactating mothers. POSHAN campaign (Prime Minister's Overarching Scheme for Holistic Nutrition) was launched by the Prime Minister Narendra Modi on the occasion of the International Women's Day on 8 March, 2018. (<https://www.niti.gov.in/poshan-abhiyaan>)

POSHAN Abhiyaan is a Jan Andolan or "People's Movement" by incorporating inclusive participation of public representatives of local bodies, government departments of the States/UTs, social organizations and the public and private sector at large. In order to ensure community mobilization and bolster people's participation, every year, the month of September is celebrated as POSHAN MAAH across the country. Month of September, 2018 was celebrated as Rashtriya POSHAN MAAH. The activities in POSHAN MAAH focused on Social Behavioural Change and Communication (SBCC). The broad themes were: antenatal care, optimal breastfeeding (early and exclusive), complementary feeding, anaemia, growth monitoring, girls' - education, diet, right age of marriage, hygiene and sanitation, eating healthy - food fortification. (<https://www.niti.gov.in/poshan-abhiyaan>)

More than 12.2 Crore women, 6.2 Crore men and over 13 Crore children (male and female) were reached through the various activities undertaken during POSHAN Maah. It is worth mentioning that 30.6 Crore people were reached in 30 days. POSHAN MAAH has given a major impetus to the Abhiyaan. (<https://www.niti.gov.in/poshan-abhiyaan>).

This year, the COVID-19 pandemic has potentially reversed much of the progress made towards meeting the second of the Sustainable Development Goals (SDGs): ending hunger, achieving food security, and improved nutrition. Budget 2020-218 witnessed an enhanced allocation of INR 35,600 crore for nutrition-related programs and an additional INR 28,600 crore for women-related programs.

With the vision to make Indian women strong in every manner possible the National Commission of Women (NCW) espouses the dream of Hon'ble Prime Minister Narendra Modi to be part of PM's Overarching Scheme for Holistic Nourishment (POSHAN). NCW has planned to celebrate September 7-30th, 2022 as POSHAN Month in which several activities are planned to focus specially on the methodologies to be adopted for improving the nutritional outcomes for adolescents, pregnant women and lactating mothers by leveraging technology, targeted approach and convergence. Keeping in mind the above said mandate, NCW has planned to organize webinars with the objective of creating awareness, getting an insight into the relevant subject

One day workshop on "SUPOSHIT MAHILA SASHAKT SAMAJ" was organized by Centre for Women's Studies, Pt. Ravishankar Shukla University, Raipur in association with National Commission for Women (NCW), New Delhi & CHHATTISGARH POSHAN ABHIYAAN SAMITI on 14th September, 2022 which was attended by more than 190 participants both males and females from different parts of Chhattisgarh, including teaching faculties, employee, research scholars, students of science and social science streams, NGO and doctors.

The program was presided over by the Vice Chancellor, Prof. Keshri Lal Verma, Pt. Ravi Shankar Shukla University. Appreciating the event, he talked about conducting programs related to nutrition and health of girls in future also with the help of organizations like Women's Commission and Poshan Abhiyan Samiti. Also apprised about the work being done in this direction through Centre for Women's Studies of the university.

Mrs. Rekha Sharma said that today we are going to talk about the level of nutritious diet and its proper quantity, not starvation. The importance of dietary nutrients has now become part of our thinking, this is a huge change. Only a well-nourished woman will give birth to a healthy child.

As a special guest, Harshita Pandey, former chairperson of Chhattisgarh Women's Commission, raised the slogan of 'SahiPoshan-Desh Roshan' on this occasion and urged NGOs, women self-help groups, Anganwadi centers and students to run the nutrition program as a national nutrition campaign. She said that now we have to show that every woman of the country becomes so empowered that she is able to get justice not only in her family and society.

Professor Mitashree Mitra, Professor at Swami Vivekanand Vidyapeeth and Retired Professor from SOS in Anthropology of Pt. Ravi Shankar University gave important information regarding

balanced diet to maintain nutritional quality for better health through power presentation and her personal research and survey.

In the end, subject expert Senior Dietician Mrs. Kavita Pujara highlighted the difference between nutritionist and dietician, importance of diet chart and nutrients of diet along with giving information about employment opportunities in the field of dietician. The meeting was conducted by ML Sarraf, Advisor of the Pharmacy Department of the University, Dr. Nitesh Kumar Mishra, Director of the Department and Sharad Srivastava of the Chhattisgarh Nutrition Campaign Committee. In the second session of the workshop, the questions and queries related to nutrition and diet of the participants were resolved by the experts.

On this occasion, Dr. Namrata Sharma, Amarjit Chhabra, Ajay Tiwari, Dr. Nitish Kumar Mishra, Professor Rajiv Chaudhary, Dr. Daharwal, Dr. Kamlesh Shukla, Dr. Banshu, Professor Kavita Thakur, Dr. Anuradha Chakraborty, Dr. Aniksha Varoda, KB Rao, Upasana, Deepshikha, Dr. Bharvi Vaishnav, Rinki Aggarwal, Anikasha and Mr. Rao, along with a large number of professors, students and members of the Chhattisgarh Nutrition Campaign Committee were present.





सशक्त भारत की नींव है सुपोषित महिला: रेखा शर्मा

सुपोषित महिला सशक्त समाज विषय पर पोषण माह में कार्यशाला

रायपुर। राष्ट्रीय महिला आयोग नई दिल्ली की राष्ट्रीय अध्यक्ष श्रीमती रेखा शर्मा ने कहा कि सुपोषित महिला ही सशक्त समाज की नींव होती है और प्रधानमंत्री नरेन्द्र मोदी ने इसे करने का संकल्प लिया है। हमें उनके इस स्वप्न को साकार कर दिखाना है।

श्रीमती शर्मा बुधवार को यहां एक कार्यशाला को संबोधित कर रहीं थीं। पं. रविशंकर शुक्ल विश्वविद्यालय के फार्मसी संस्थान स्थित एम.एल. सर्राफ़ सेमिनार हॉल में 'सुपोषित महिला सशक्त समाज' विषय पर यह कार्यशाला केंद्र सरकार द्वारा 1 से 30 सितंबर तक घोषित राष्ट्रीय पोषण माह की कड़ी में आयोजित थी। श्रीमती शर्मा ने कहा कि आज हम भुखमरी की नहीं पोषक आहार के स्तर और उसकी उचित मात्रा की बात करने जा रहे हैं। आहार के पोषक तत्वों की महत्ता अब हमारे सोच में शामिल हो चुकी है, यह एक बहुत बड़ा बदलाव है। सुपोषित महिला ही स्वस्थ शिशु को जन्म देगी। अध्यक्षता पं. रविशंकर शुक्ल विश्वविद्यालय के वाइस चांसलर प्रो. केशरीलाल वर्मा ने की।



सही पोषण, देश रोशन: हर्षिता पाण्डेय

बतौर विशेष अतिथि छत्तीसगढ़ महिला आयोग की पूर्व अध्यक्ष हर्षिता पाण्डेय ने इस मौके पर 'सही पोषण-देश रोशन' का नारा लगवाते हुए पोषण कार्यक्रम को राष्ट्रीय पोषण अभियान के रूप में संचालित करने एनजीओ, महिला स्व-सहायता समूहों, आंगनबाड़ी केंद्रों और विद्यार्थियों से पुरजोर योगदान देने का आह्वान किया।

उन्होंने आयोजन की सराहना कर भविष्य में भी महिला आयोग और पोषण अभियान समिति जैसी संस्थाओं के सहयोग से बालिकाओं के पोषण व स्वास्थ्य संबंधी कार्यक्रम संचालित करने की बात कही। साथ ही इस दिशा में विश्वविद्यालय के विद्यार्थियों व एनएसएस के जरिए किए जा रहे कार्यों के बारे में बताया।