



# ARMY INSTITUTE OF EDUCATION



Plot M-1, Pocket P-5, Sector Chi – 2, Greater Noida

Affiliated to GGSIP University, Delhi

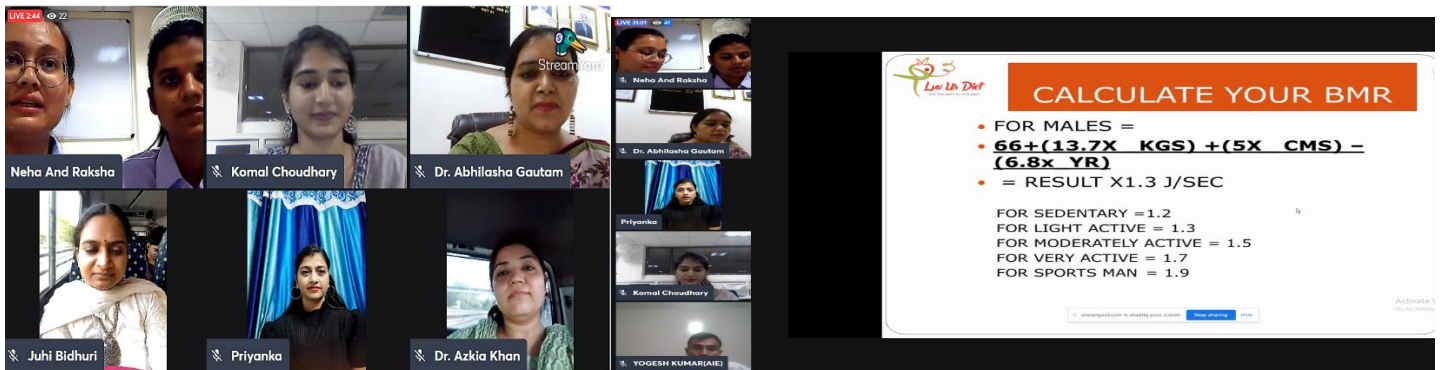
ISO 9001:2015 Certified, NAAC Accredited, NCTE & RCI Approved Institute

## 3 Days Webinar Series on “Rashtriya Poshan Maah” Held on 27-29 Sep 2022

AIE organised 3 Day Webinar Series on “Rashtriya Poshan Maah” from 27-29 Sep 2022. Objective of this webinar was to create awareness regarding malnutrition and to achieve improvement in the nutrition of both children and women. 160 student-teachers of B.Ed and B.Ed (Special Education) from the batch 2021-23 and 2022-24 and 11 Faculty members participated in this 3 Days Webinar Series. Ms. Komal Choudhary was the Event Coordinator for this webinar. Eminent speakers were invited for deliberations on various themes related to Nutrition.

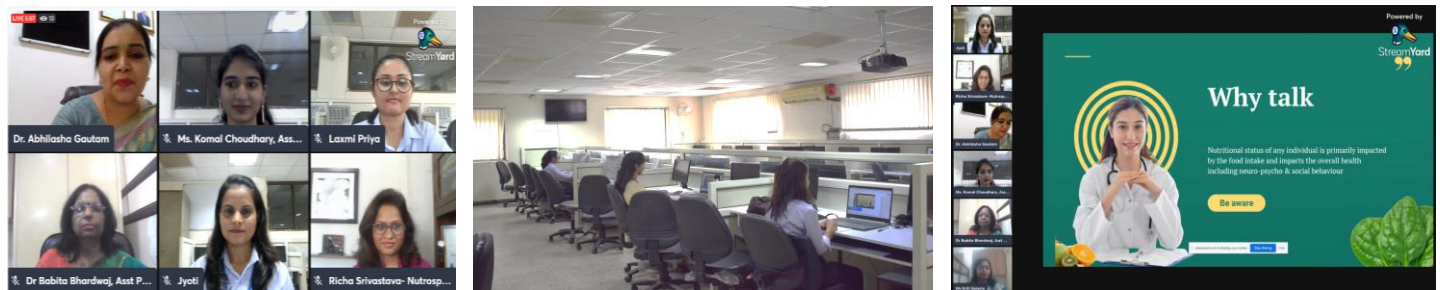
### Day 1

The theme for Day 1 of webinar was “Mahila and Swasthya” and it was streamed live on You Tube <https://www.youtube.com/watch?v=eM7TO9xCWwM> from 5:00 to 6:00 pm on 27.09.2022. The guest speaker for this session was Ms. Priyanka Bhardwaj (Counsellor and Dietician) and she discussed about the healthy food habits and to live quality life and how to stay away from medicines. This program was anchored by Raksha and Neha from B.Ed. Special Education Batch 2021-23.



### Day 2

The theme for Day 2 of webinar was “Nutrition in Autism Spectrum Disorder” and it was streamed live on You Tube <https://www.youtube.com/watch?v=Av0dJ3uixjw> from 11:00 to 12:00 pm on 28.09.2022. The guest speaker for this session was Dr. Richa Shrivastava (Nutritionist and Dietician) and she discussed that as each child with Autism is different so we can not give one particular diet to all. She also discussed the importance of Prebiotics & Probiotics and water in our diet along with Energy giving foods, Body Building foods and Protective foods. This program was anchored by Jyoti and Laxmi from B.Ed Special Education Batch 2021-23.



## Day 3

The theme for Day 3 of webinar was “Bacha & Shiksha Poshan bhi Padhai bhi” and it was live streamed on You Tube <https://www.youtube.com/watch?v=wdxyBJj0dEQ> from 2:00 to 3:00 pm on 29.09.2022. The guest speaker for this session was Dr. Shilpa Mittal (Nutritionist and Dietician) and she discussed about adverse effects of Malnutrition and Mall-Nutrition (having junks) and emphasized on eating healthy food like nuts (almonds and walnuts), legumes, dairy food etc. This program was anchored by Smeeta and Sadhana from B.Ed Special Education Batch 2021-23.



### Learning Outcomes:

All the student-teachers and faculty members of AIE became aware about the importance of nutrition for healthy life style. They also became aware about healthy diet which could be given to children with Autism Spectrum Disorder and awareness about ill-effects of malnutrition and mall-nutrition on health.



*Azkiya Khan*

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NSS Member

*Abhilasha Gautam*

Dr. Abhilasha Gautam  
Principal