

Workshop on “Good Food habits for Women” organized by ICAR-NBFGR, Lucknow

The Women’s cell of ICAR- NBFGR organized a workshop on 20th May, 2017 at 4 PM on “Good Food Habits for Women” at K. C. Jayaram Hall of ICAR-NBFGR, to commemorate the Mothers’ day. The workshop was intended to spread awareness on nutrient values of different food and good eating habits, which will not only improve nutritive well being, but also prevent deficiency diseases. The expert on the topic was Dr. Anjali Gupta, Institute Doctor and all the women staff of the institute and the family members of the staff were invited for the same. The programme was presided over by Dr. Rehana Abidi, Former Chairman, Women’s Cell, ICAR NBFGR and Dr. Vindhya Mohindra, Chairman Women’s cell, ICAR-NBFGR. A total of 50 women participants attended the workshop. Participants were given an opportunity to exchange and discuss their point of view.

During the workshop, Dr. Anjali stressed on the importance of a balanced and nutritious diet for the well being of women. A thoroughly descriptive presentation for the dissemination of nutritional information was used during the talk. Doctor advised the participants to ensure that they consume the required nutritional elements on a daily basis and also undergo regular and periodic check-ups. The ideal foods to be taken in case of any diseases like diabetes, blood pressure or back pain or for special requirement like weight loss and belly fat reduction was also dealt in detail during the lecture. She also emphasised the importance of calcium, iron, vitamins and minerals in their diet during different stages of life and also discussed various sources to be incorporated in the diet. Importance of spices for weight loss, various types of food to boost metabolism and negative calorie foods were also discussed. Special mention of the benefits of green tea, bananas, coconut water, almonds as healthy snacks were also done. In the ending note, the necessity of regular physical activity to improve health and reduce the risk of diseases was emphasised. She stressed on the role of Suryanamaskar, a set of 12 yogasana, to vitalise mind and body.

Participants interacted with the doctor regarding their personal health queries and were advised accordingly. It was felt by participants that such workshop/talks by professionals may be organised on a regular basis to enhance the awareness and knowledge of nutrition related behaviours, which would be valuable in helping individuals to make successful changes in their dietary practices. The participants also suggested other topics such as Child Psychology, to help to deal with daily stress among children.

The workshop ended with a vote of thanks and was followed by a light refreshment at NBFGR Cafeteria.

