

Webinar on “Challenges in Nutrition – Addressing Nutritional gaps and Food Security”

The State Development Policy Council (SDPC) conducted a Webinar on “Challenges in Nutrition – Addressing Nutritional gaps and Food Security” today (29.05.2020) under the Chairmanship of Thiru. C. Ponnaiyan, Hon’ble Vice-Chairman, SDPC with stakeholder departments viz. ICDS, Social Welfare and Nutritious Meal Programme, Health, Agriculture, Civil Supplies and Consumer Protection, School Education etc. and domain experts. Thiru. Anil Meshram, IAS, Member Secretary, SDPC briefed on the significance of the Webinar.



The main objective of the Webinar was to highlight the challenges in Nutrition and addressing the gaps appropriately. The following officials/ domain experts presented their topics in the context of the Webinar:

1. Dr. M. Senthil Kumar, Deputy Director (Health), ICDS &
Tmt. Gunasekari, Deputy Director (Nutrition), ICDS, Chennai
- **“Challenges in Nutrition among under 5 children”**
2. Tmt. Rekha Deenan,
Part-time Consultant (Health & Nutrition), SDPC
- **“Common Minimum Programme to overcome Anaemia in TN ”**
3. Dr. P.L.T. Girija,
Ayurvedha doctor, Sanjeevani Ayurvedha and Yoga Centre
- **“Malnutrition and Anaemia among children”**
4. Tmt. Shiny Chandran,
Sports, Fitness, Preventive Health Nutritionist
- **“Lifestyle modification towards fit Tamil Nadu”**
5. Tmt. Lekha,
Head – Department of Clinical Dietetics,
Apollo Children’s Hospital & Apollo Women’s Hospital
- **“Reducing Stunting and Wasting – Challenges in Nutrition”**

The unanimous recommendation of the Webinar especially in the context of the Health Emergency COVID-19 is preventive care by enhancing immunity through indigenous foods, giving thrust to physical fitness, following healthy lifestyle and educating the public about the Nutritional values of native foods.

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