

Nutrition in Teenage and Adolescent

(11th September 2022)

Objective:

- To make the students aware about the importance of healthy nutrition during the critical stages of adolescence.

Description:

Adolescents should be encouraged to consume iron rich foods (green leafy vegetables, jaggery, meat) complemented with a Vitamin C source like Citrus fruits (oranges, lemon) and Indian gooseberry (Amla). Adolescent girls need additional requirement of Iron to compensate for menstrual blood loss; Banarsidas Chandiwala Institute of Physiotherapy has organised a 1-day webinar on "Nutrition in Teenage and Adolescent" on 11th Sept'2022. It was mentored by Dr. Priyanka Khanna, from batch 2009 came to address the students.

The webinar emphasized the unique nutritional requirements of teenagers and adolescents due to their rapid growth and development. Participants learned about the importance of consuming a balanced diet that includes essential nutrients such as proteins, carbohydrates, fats, vitamins, and minerals.

The "Nutrition in Teenage and Adolescent" webinar shed light on the crucial role of nutrition in the lives of teenagers and adolescents. It emphasized the need for a balanced diet to support their growth, development, and overall well-being. By providing insights into healthy eating habits, addressing nutritional challenges, and offering practical recommendations, the webinar aimed to equip participants with the knowledge and tools to make informed dietary choices. Ultimately, the webinar aimed to empower teenagers, parents, and caregivers to prioritize nutrition and foster a healthier future for the younger generation. The seminar was a huge success. Dr. Nidhi Kalra (PT), Officiating In-Charge felicitated Dr. Priyanka Khanna with a token of gift at the end of the session.



BANARSIDAS CHANDIWALA INSTITUTE OF PHYSIOTHERAPY

on the occasion of
World Physiotherapy Day
Presents
free webinar
ON



Nutrition In Teenage and Adolescent

LEARN HOW TO FUEL YOURSELF



Dr. Anvita Dutta

Head of Department, Dietetics,
Portia Laxipana



Dr. Shazia Yegor Siddiqui

Consultant Psychotherapist
Healthy Mind Neuro & Behavioural
Science centre, Lucknow



E- CERTIFICATE WILL BE PROVIDED
REGISTRATION DETAILS
9952192783 (MR. HIMANSHU)

11TH SEPTEMBER
12:30 PM TO 2PM

