



Uttarakhand Open University
cordially invites you to
One Day Workshop
on
“Healthy Nutrition- Healthy Living”

On September 4th, 2017



Organized
by
Department of Home Science
School of Health Sciences
Uttarakhand Open University,
Teen Pani Bypass, Haldwani-263139

Venue

Conference Room
Uttarakhand Open University,
Teen Pani Bypass

About Uttarakhand Open University

Higher education is the most critical element of growth in this era of knowledge economy. The National Knowledge Commission has brought out valuable documents outlining the critical role of higher education. In this context, the role of Open and Distance Learning System (ODL) becomes significant and unique. Distance education provides many vocational, professional and technical courses, specialized programmes oriented towards the higher end of technology usage. It has the potential to reach the unreached, marginalized and excluded people residing in distant places and difficult terrains. Strictly in tune with the philosophy of ODL system, Uttarakhand Open University (UOU) was established by an Act of Uttarakhand Legislative Assembly in 2005 (Act No. 23 of 2005) with the aim of disseminating knowledge and skills through distance learning, using the flexible and innovative methods of education to ensure 'independent learning'. The University uses novel educational programmes, various modes of communication technology and contact sessions to make distance learning more effective. The major objective of the University is to cater to the educational needs of the target groups to create skilled and knowledge based human resource for speedy upliftment and development of the State. The University aims to impart quality education by maintaining high academic standards. UOU is especially focusing on the educational needs of women, the tribals and other marginalized sections. It has extended its reach to most distant and difficult places and has made its presence felt even in the remotest corners of the state. The vision of the University is to provide the most critical components of growth, through quality higher education, to the state of Uttarakhand. UOU offers its programmes through 300+ Study Centres established at different locations in the state under eight Regional Centres at Dehradun, Roorkee, Pauri, Uttarkashi, Dwarahat, Bageshwar, Haldwani and Pithoragarh. The University has also signed Memorandum of Understanding with several leading research institutions, companies and professional bodies for the benefit of its students.

About the Workshop

The one day workshop on “*Healthy Nutrition: Healthy Living*” focuses on creating nutritional awareness among people in order to live a healthy life. This workshop is a part of educational campaign of National Nutrition Week which is celebrated each year from 1st September to the 7th September to create awareness amongst people about important tips of health and well-being. Through the national nutrition week campaign people are educated about the diet and nutrition to get better health for their better living and to make people aware about proper health by having proper balanced diet. The main objective of this workshop is to provide handy information to professionals, teachers and students about different aspects of nutrition and make them aware about its diverse applications in different areas.

Sessions of Workshop:

Session 1: Nutrition for Managing Stress and Food Intolerance/ Allergies by Dr. R. S. Raghuvanshi, Professor and Dean, College of Home Science, GB Pant University of Agriculture and Technology, Pantnagar

Session 2: Imparting Nutritional Knowledge and Creating Nutritional Awareness Through Distance Education by Prof. Deeksha Kapur, Deptt. of Nutritional Sciences, School of Continuing Education, IGNOU, New Delhi

Session 3: Therapeutic Role of Nutrition by Prof. Lata Pandey, HOD, Department of Home Science, DSB Campus, Kumaon University, Nainital

About the Department of Home Science

Department of Home Science is one of the departments under the School of Health Sciences, Uttarakhand Open University. The Department is offering a diploma programme in Public Health and Community Nutrition and Bachelor of Arts in Home Science presently. The main objective of the Department is to provide quality education to students and work to cater to the educational needs of the target groups through the open system of learning. It also aims to promote dissemination of learning and knowledge through distance education including the use of communication technology.

Registration:

On the spot registration will be done at the registration counter on the day of workshop.

Registration fee:

Faculty members and Professionals: Rs. 200/-
Students: Rs. 100/-

For other details and queries please contact:

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