

**One Day Workshop
on
“Healthy Nutrition – Healthy Living”
Organized By,
Department of Home Science
School of Health Sciences
Uttarakhand Open University, Haldwani
On September 4th , 2017**

Programme Schedule

Time	Session
9:00 am to 10:30 am	Registration of Participants
10:30 am to 11:20 am	Inaugural session <ol style="list-style-type: none"> 1. Lamp lightning 2. Kulgeet 3. Welcome note: Dr. Preeti Bora 4. Bouquet Presentation: Prof. R.C.Mishra, Director, School of Health Sciences & Registrar, UOU, Haldwani 5. Opening Remarks: Dr. R. S. Raghuvanshi, Professor and Dean, College of Home Science, GB Pant University of Agriculture and Technology, Pantnagar 6. Speech of Chair Person: Prof. Nageshwar Rao, Vice Chancellor, UOU 7. Mementoes Presentation 8. Vote of Thanks: Prof. R.C. Mishra, Director, School of Health Sciences & Registrar, UOU, Haldwani
11:20 am to 11:30 am	Tea
11:30 am to 12:30 pm	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
12:30 pm to 1:30 pm	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
1:30 pm to 2:30 pm	Lunch
2:30 pm to 3:30 pm	Session 3: Therapeutic Role of Nutrition by Prof. Lata Pandey, HOD, Department of Home Science, DSB Campus, Kumaon University, Nainital
3:30 pm to 4:00 pm	Valedictory Report of the workshop: Mrs. Monika Dwivedi Remarks of Participants Remarks by: Prof. Nageshwar Rao, Vice Chancellor, UOU Vote of Thanks: Prof. R.C. Mishra, Registrar, UOU, Haldwani