



NCEARD WEBINAR SERIES #1

COVID-19: Nutrition & Psychosocial Well-Being in Pregnancy

April 2, 2020; 1400-1600 hours IST

Good nutrition, healthy lifestyle and psychosocial support play a critical role in maintaining well-being and immunity of pregnant women. A weak immune system may increase risk of infections, including respiratory infections such as COVID-19.

THIS WEBINAR WILL DISCUSS:

- ❖ Are pregnant women at a higher risk for COVID-19?
- ❖ How can pregnant women maintain a healthy diet and lifestyle?
- ❖ Dealing with stress/anxiety: signs & how can families support pregnant women?
- ❖ Antenatal care & Obstetric emergency in quarantine period: danger signs & where to seek support?

PRESENTATION BY EXPERTS, FOLLOWED BY Q&A:

- ❖ Dr. Shahid Jameel, Virologist, New Delhi
- ❖ Dr. Ajay Khera, Commissioner (MCH), Ministry of Health and Family Welfare, GoI
- ❖ Dr. Renu Patel, Gynaecologist, Jag Pravesh Chandra Hospital, New Delhi
- ❖ Dr. Prabha Chandra, Psychiatrist, NIMHANS, Bangalore
- ❖ Dr. Neena Bhatia, Nutritionist, Lady Irwin College, New Delhi

APPEAL by FOGSI Treasurer: Dr. Suvarna Khadilkar

Moderator: Dr. Mansi Chopra, Nutritionist, NCEARD

REGISTER AT: https://unicef.zoom.us/webinar/register/WN_yclpfiYASsSjg9YMsYcoQ



@WeCan4Poshan @LadyIrwinNceard @UNICEFIndia

ORGANIZED BY ↓

- ❖ National Centre of Excellence and Advanced Research on Diets (NCEARD), Lady Irwin College
- ❖ UNICEF India
- ❖ WeCAN, IPE Global

FOR NUTRITION FACULTY, STUDENTS AND PRACTITIONERS