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राष्ट्रीय स्वास्थ्य प्रणाली संसाधन केंद्र

Ministry of Health and Family Welfare

Government of India

L. No. – NHSRC/12-13/QI/01/LS

Date: April 16, 2024

Subject: Online Lecture Series on Standard Treatment Guidelines

Dear madam/sir,

Nutritional deficiency means that the body lacks some essential micro and macro nutrients which are important in order to perform some essential bodily functions such as growth and body repair. The body's inability to absorb these essential nutrients could lead to long-term health complications like skin disorders, digestion problems, cardiovascular diseases, obesity and defective bone growth. It also impacts on mental and cognitive growth. Common signs of nutritional deficiency include stunted growth, general weakness, trouble breathing, poor eating habits and lack of concentration. Sleepiness, unusual food cravings, dry skin, or hair and suffering from chronic infections could also be signs of poor nutrition.

In most cases the nutritional deficiency starts in the mother's womb. Lack of various nutrients in the mother such as folic acid, calcium, omega-3, vitamin D and iodine could result in the newborn's health problems hence the importance of prioritizing maternal nutrition. In toddlers the most common causes of inadequate nutrition are poor food intake, unhealthy eating habits, frequent, or chronic illness and picky eating behaviour. The inability of the body to absorb the nutrients from the food can also be caused by disease.

India has the highest burden of anaemia. The prevalence of anaemia is around 60% in children. Additional to anaemia, India is having Vitamin B₁₂, vitamin A and vitamin D deficiencies range between 14 and 31 % for pre-school children and adolescents. Therefore, focusing on this important healthcare problem, the next session in this lecture series "Nutritional Deficiencies in Children" has been scheduled on 20th April 2024 and the speakers are Dr Sangeeta Sharma, President DSPRUD, Dr. AP Dubey, Former Director Professor & Head, Department of Paediatrics, MAMC & LN Hospital, New Delhi and Dr. Puneet Kaur Sahi, Associate Professor, Department of Pediatrics, MAMC & LN Hospital, New Delhi.

You are requested to disseminate the information to all public healthcare facilities and available clinicians, nursing and other healthcare professionals may be encouraged to join the webinar. The agenda of the session is placed at **Annexure 'A'**.

Link for the online lecture is given below -

Date: 20.04.2024

Time: 2.30 PM to 5.00 PM

Registration WebEx link from PC, Mac, iOS or Android:

<https://nhsr-india.webex.com/webex/register/r8d3be250bcc808c3327e6f258f76dbbc>

Warm regards

Yours Sincerely

Maj Gen (Prof) Atul Kotwal

To,

ACS | PS | Secretary Health – All States & UTs

Copy:

- Mission Director NHM - All States & UTs
- State Nodal Officer, Quality Assurance – All States & UTs



**Series -2 of Lecture on
Standard Treatment Guidelines
Agenda**

<p style="text-align: center;">NHSRC-DSPRUD STG series 8th Session</p> <p style="text-align: center;">20 April 2024 (Saturday)</p>		
Time	Topic	Resource Person
02.45 PM to 3.00 PM	Online Registration	
03.00 PM to 03.15 PM	Pre- Training Evaluation	
03.15 PM to 03.20 PM	Welcome & Objective of Lecture series	Dr. J. N. Srivastava, Advisor-QPS, NHSRC
03.20 PM to 03.25 PM	Address by the Chief Guest	Maj Gen (Prof) Dr Atul Kotwal, SM, VSM, Executive Director, NHSRC
03.25 PM to 3.35 PM	Nutritional disorders in children: Myths & Facts	Dr. Sangeeta Sharma, Professor-IHBAS and President, DSPRUD
03.35 PM to 04.15 PM	Nutritional disorders in children	Dr. AP Dubey, Former Director Professor & Head, Department of Paediatrics, MAMC & LN Hospital, New Delhi
04.15 PM to 04.45 PM	Common nutrition deficiencies in Children	Dr. Puneet Kaur Sahi, Associate Professor, Department of Pediatrics, MAMC & LN Hospital, New Delhi
04.45 PM -05.00 PM	Q & A	
05.00 PM- 05.15 PM	Post Training Evaluation & closing	