

Webinar on “Child Nutrition”

**Organized by: Department of Kaumarabhritya
Santhigiri Ayurveda Medical College, Palakkad**

Date: 28th July 2025 (Monday)

Time: 11:00 AM to 12:30 PM

Platform: Online Webinar

Beneficiaries: Final Professional BAMS Students and Kaumarabhritya House Surgeons

1. Introduction:

The Department of Kaumarabhritya, Santhigiri Ayurveda Medical College, organized a webinar on the topic “Child Nutrition” on 28th July 2025 as part of academic enrichment for undergraduate students and interns. The objective was to provide a comprehensive understanding of nutritional needs in various pediatric age groups, with a special focus on integrative Ayurvedic perspectives.

2. Resource Person:

Dr. Deepty Nair (Professor & Head, Dept. of Swasthavritta & Yoga, Dr. Vasant Parikh Ayurvedic Medical College, Vadnagar, Gujarat and Former Principal, RK University Ayurvedic College & Hospital, Rajkot)

With her distinguished background in Ayurveda and preventive medicine, Dr. Deepty Nair delivered a deeply insightful session grounded in both Ayurvedic and modern perspectives of pediatric nutrition.

3. Topics Covered:

- 1. The session addressed the following key areas:**
- 2. Age-related nutritional requirements of infants, children, and adolescents**
- 3. Assessment tools and methods used in evaluating pediatric nutrition**
- 4. Classification of nutritional status, including undernutrition and overnutrition**
- 5. Preventive strategies and practical approaches to ensure balanced nutrition in early life stages**

4. Participation:

Final Professional BAMS Students

Kaumarabhritya House Surgeons (Interns)

5. Outcome & Feedback:

Students gained clarity on nutrition principles with contemporary pediatric dietetics.

They expressed appreciation for the practical relevance of the session to their clinical practice.

6. Conclusion:

The webinar proved to be highly beneficial in enhancing the clinical and conceptual understanding of child nutrition. It served as a valuable academic exercise underlining the importance of early-life nutrition in establishing a healthy life trajectory.

The Department of Kaumarabhritya extends sincere thanks to Dr. Deepty Nair for her excellent delivery, to the Principal for the support and approval, and to all the enthusiastic participants who made the session a success.



Meet - Webinar on Child N... x +

meet.google.com/yig-bcgt-pcy

Dr Deepti Nair (Presenting, annotating)

1 Health alert: 30% of regular children overweight or obese, says study

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CHILD MALNUTRITION IN INDIA

11:26 | Webinar on Child Nutrition by Dr Deepti Nair Pro...

Meet - Webinar on Child N... x +

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Dr Deepti Nair (Presenting, annotating)

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INFANTS (0-12 MONTHS)

The first year of life is characterized by **rapid growth and development**:

- ***0-6 months**: Exclusive breastfeeding is recommended, providing all necessary nutrients, antibodies, and promoting bonding.
- ***6-12 months**: Complementary feeding is introduced while continuing breastfeeding. First foods should be iron-rich (like iron-fortified cereals), followed by pureed fruits, vegetables, and mashed dal.
- ***Energy requirements**: Approximately 108 kcal/kg/day for the first 6 months, decreasing slightly to 98 kcal/kg/day from 6-12 months.
- ***The transition to solid foods should be gradual, introducing one food at a time to monitor for allergies and intolerances.**

11:46 | Webinar on Child Nutrition by Dr Deepti Nair Pro...

11:46 AM 7/28/2025

Meet - Webinar on Child N... x +

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Dr Deepti Nair (Presenting, annotating)

The slide content is as follows:

PREVENTIVE MEASURES

- I. Health promotion –
 - i. Nutrition of pregnant and lactating ladies,
 - ii. Breast feeding,
 - iii. Low-cost weaning foods,
 - iv. Improve family diet,
 - v. Nutritional education,
 - vi. Home economics,
 - vii. Family planning and spacing of births,
 - viii. Family environment

12:21 | Webinar on Child Nutrition by Dr Deepti Nair Prof... 85°F Windy 12:21 PM 7/28/2025

Meet - Webinar on Child N... x +

meet.google.com/yig-bcgt-pcy

Dr Deepti Nair (Presenting, annotating)

The slide content is as follows:

CONCLUSION

- Child nutrition is supported by Mother's nutrition – Ensure good gestational care
- Ensure appropriate Breast feeding
- Plan the Weaning judiciously
- Analyse the nutritional requirements of the child and plan the diet; make child nutrition a vital part of family meals
- Social media – think wisely

12:30 | Webinar on Child Nutrition by Dr Deepti Nair Pro... Trending videos Predator: Badlan... 12:30 PM 7/28/2025