

Maniben Nanavati Women's College
Dept of Food and Nutrition and Dept of Sociology
Organised
National E- Conference
On
“Women’s Health: Social and Nutritional Perspective”
In association with Guardian GNC
27th - 28th June 2020

Programme Schedule: 2-5 pm

Venue: Zoom

DAY 1: 2:00 PM (27th JUNE 2020, SATURDAY)

The two day National Conference began with introduction by Ms. Mruga Dholakia, Co-convenor followed by Dr. Vivek Sharma, from Guardian GNC. The inauguration was done by Dr. Rajshree Trivedi, Principal of Maniben Nanavati Women’s College, Vile Parle West, Mumbai 400056. After that Dr Rita Patil, head of department- Food and Nutrition and Supervisor of degree college, gave details about the theme of the Conference.

2:15 P.M: Dr. Bindu Laxmi, Prof in Sociology, TISS, Mumbai “Gender Health and Justice: A Feminist Perspective on Care Ethics”

The first session began at 2:15 pm and the resource person of the session, Dr Bindulaxmi talked about Women as the Caretakers in the family and the romanticising of motherhood which confines a woman to her home and puts barriers on her freedom. Society plays a binary role where women are productive labour but have no decision making regarding the family size, but is important for her reproductive and sexual role. She discussed the case of women in Marathwada region employed in sugarcane fields. These women undergo hysterectomy as they want to avoid pregnancy which becomes a barrier in their work but sustains the family. She stressed the roles of women who are not only working at home but also outside home along with household duties and responsibilities and perpetually face domestic violence. She also discussed the domestic violence that women are facing due to the lockdown and Covid-19 situation, that they are subjected to different forms of violence which disturbs their mental peace and physical health. She stressed on the importance of mainstreaming Gender with dignity.

3:00 PM: The Resource Person for second session was **Dr. Niti Desai, she spoke on “The Right Diet in Mid Life”**. She began with the dietary habits of women and Indian food, along with the body shapes and diet for young, adolescent and menopausal stage. She discussed mid-life changes and the diet requirement and food intake required in these stages to avoid being overweight and underweight and staying healthy. She talked about the new fad diets and their effects in the long run along with the BMI. She highlighted unhealthy food and their

healthy replacements with certain modifications and additions along with lifestyle changes one should make to be healthy.

4:00 PM: There were 5 paper presentations. Ms. Shama Chavan, Dept of Food and Nutrition, and 4 other students. The session ended with questions and answers.

5:00 PM: Vote of Thanks was given by Dr. Rita Patil.

DAY 2: 28th JUNE 2020, SUNDAY

2:00 PM: The second day of the National Conference began with the welcome note and several insights about the importance of Health and the role of company Guardian, GNC, by Ms. Mruga Dholakia and Dr Vivek Sharma, followed by the introduction of the resource person for the first session; **Dr. Anuja Deshpande, Coordinator, P.G Dept of Psychology, M.N.W.C** who talked on “**Psychological Vulnerabilities in Women**”. She stressed on the mental health of women and the different stages in her life when she undergoes changes that disturb mental and overall health of women. She discussed about prenatal and postnatal stages and hormonal changes that cause anxiety, depression and bodily changes along with PTSD and OCD which are sometimes very dangerous and can also lead to suicide. The changes like weight gain and loss which also affects her morale and she is compelled to follow harmful fad diets, which can lead to eating disorders and can affect her overall health. She also discussed about the violence, anxiety and depression women are experiencing in lockdown during Covid-19 and stressed on discussion and sharing with friends, neighbours etc who can help you overcome it and reach for help.

2:45 PM: Ms. Manjari Chandra, Renowned Nutritionist

She gave detailed information on the topic “**How Nutritional needs for women change with Age? How to tackle it**” and the importance of local food and diet. She spoke about what women should follow for a healthy life. She discussed diets to be followed at different stages like menarche, pregnancy, menopause etc. which can help women to cope with hormonal changes and loss of blood. She stressed on using supplements of Calcium, iron, vitamins to overcome their deficiencies. The addition of vitamin C and lemon in food to enhance the absorption of iron was explained. She gave few tips on how to make food more nutritious and interesting with proportion size and addition of micro and macronutrients in your food for being healthy.

3:30 PM: PANEL DISCUSSION

- 1. Dr. Manjusha Molawne, Associate Prof, Ex J.D Higher Education, Ex Dy Sec MSCW, Dy Comm, ICDS**
- 2. Prof Dr. Gaurang Jani, Retr. Prof in Sociology, Gujarat.**
- 3. Dr Subhadra Mandalika, Convenor, NSI, Mumbai Chapter**
- 4. Ms. Zamurrud Patel, Convenor, IDA, Mumbai Chapter**

The panel discussion was moderated by Dr Rita Patil. She asked questions to the panellists and interconnected their answers which helped give insights on various topics like domestic

violence, anaemia, wholesome nutritious diet for family and early marriage and health of women and her role in family.

Dr Manjusha Molawne began with the role of women and her participation in work at home and outside home. The Domestic Violence she faces at home and many other types of violence she is subjected to outside home like offices and even on roads. She emphasised on the need for women to prove herself for being as good as men in her work in office and business. She also gave inputs on her diet and eating habits like less food and last to eat.

Dr Gaurang Jani stressed on the early marriage of girls and her incomplete education, with familial responsibilities and early motherhood which not only leads to various deficiencies but also mental stress and also early deaths. The women in lower classes are described as Nakusha, one who is not wanted although she is an integral part of family and is exploited by family and husband for their requirements. Dr Jani also emphasised on Vasudev Kutumbhkam and role of family, with the suffering's women face as widows, HIV infected, homosexuals and street children where widows and deserted women have no rights in familial property and society side lines these women. The society needs to change by bringing attitudinal change among people through education and reforms.

Ms. Zamurrud Patel

She gave insights on the simple diets and wholesome food prepared at home and the work Indian Dietary Association is doing by helping in the community through the Anganwadi workers and reaching out to lower income group families where the women who procure raw material from local market are given recipes so that the family can eat wholesome, nutritious food in small budgets and be healthy.

Dr. Shubhadra Mandalika

She focused on the role of Anganwadi workers to reach the community and the beneficiaries with the diet plans. She stressed on the research work which could not be completed without the help of Anganwadi workers and participants. She discussed the research done for AIDS affected individuals. She also gave insights on the planning of weekly menus for them.

4:30 PM: Ms. Purna Ramteke, Dept of Sociology presented a paper and the session ended with questions and answers.

5:00 PM: Vote of Thanks was given by Dr. Twinkle Sanghavi, Co-convenor of the Conference and HOD, Dept of Sociology, M.N.W.College, Mumbai.