

## One Day workshop on “Awareness of Vitamin D deficiency among women”

The Department of Food and Nutrition, Era University organized a one day workshop on “Awareness of Vitamin D deficiency among women” on 18<sup>th</sup> July 2023. It was a wonderful and extremely informative workshop devoted to the awareness of deficiency of Vitamin D. The chief guest was Prof. (Dr.) Afrozul Haq, He is the founder Vice Chancellor of H.A. University, Imphal, Manipur.

There were eminent speakers who gave wonderful insights on Vitamin D and its deficiency. Prof. Afrozul Haq, spoke about Pharmacotherapeutics of Vitamin D in women suffering from its deficiency. Dr Zeba Siddiqi who is currently working as Professor in the Department of medicine in Era’s Lucknow Medical college and hospital, Lucknow. She spoke about Vitamin D metabolism, role, functions in human body”. Dr Poonam Tewari maam, senior dietician, Ram Manohar Lohia Hospital, Gomti nagar, Lucknow who is a registered dietician spoke about relation between diet and Vitamin D. Dr. Kahkasha Parvin, Head of Department, Food & Nutrition, Era University, Lucknow spoke about “How this intervention program will help in preventing Vitamin Deficiency”.

Dr Piyali Bhattcharya who is currently the consultant pediatrician at SGPGI Lucknow, spoke about the Impact of Vitamin D among women . Dr.Minhaj A Usmani, Associate Professor, Department of Food & Nutrition, Era University spoke about how to combat Vitamin D deficiency through food fortification.

The Vice Chancellor Prof. (Dr.) Abbas Ali Mahdi, Chief Guest Prof. (Dr.) Afrozul Haq, Dean Faculty of Science Dr. A.K.Srivastava, inaugurated the workshop. Apart from the presentations there were many activities for the students like blood pressure measurements, BMI calculation, poster competition (offline and digital), Vitamin D fortified cookies sampling, Free Vitamin D testing for screened candidates.



