



Online Workshop
on

Eat Right during COVID-19 Crisis

(15.05.2020 to 16.05.2020)

TARGET GROUP : **UG Students of CCSHAU, Hisar**

EVENT VENUE : **The online platform using ZOOM cloud platform**

LAST DATE TO REGISTER : **13.05.2020**

NUMBER OF SEATS : **30**

NOTE:

- No registration fee for the participants.
- Institutional (CCSHAU) e-mail ID is mandatory.
- Participation certificate will be issued.
- Interested UG students must send their details i.e. Name, Admission Number and Contact Number by e-mail latest by 13th May 2020 (12:30PM)

FOR MORE DETAILS, CONTACT:

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Institutional Development Plan
National Agricultural Higher Education Project
Chaudhary Charan Singh Haryana Agricultural University, Hisar



CCSHAU, HISAR AT A GLANCE

Chaudhary Charan Singh Haryana Agricultural University (popularly known as HAU) is one of the Asia's biggest agricultural university, located at Hisar in the North Indian state of Haryana. HAU was initially a campus of Punjab Agricultural University, Ludhiana. After the formation of Haryana in 1966, it has become an autonomous institution on Feb. 2, 1970 through a Presidential



Ordinance, later ratified as Haryana and Punjab Agricultural Universities Act, 1970, passed by the Lok Sabha on March 29, 1970. It is named after India's seventh Prime Minister, Chaudhary Charan Singh. It is a leader in agricultural research in India and contributed significantly to Green Revolution and White Revolution in India in the 1960s and 70s, respectively. The university got appreciation in the shape of the Indian Council of Agricultural Research (ICAR), Best Institution Award (1997) and Sardar Patel Outstanding ICAR Institution Award (2016) and one of the top ranked universities of ICAR (Ranking 2018). It has a very large green campus and has several research centres throughout the state.

ABOUT NAHEP

NAHEP has been formulated by ICAR with a total cost of US\$ 165 million (Approx. Rs. 1100 crores). The project is proposed on 50:50 cost sharing basis between the World Bank and the Government of India, implemented by PIU-NAHEP, ICAR, New Delhi. Overall, the project aims to develop resources and mechanism for supporting infrastructure, faculty and student advancement, and providing means for better governance and management of agricultural universities, so that a holistic model can be developed to raise the standard of current agricultural education system that provides more jobs and is entrepreneurship oriented and on par with the global agriculture education standards.

IDP-NAHEP-CCSHAU

CCSHAU, Hisar has been awarded the ICAR-NAHEP project entitled "Strengthening Institutional Capacity to Produce Skilled Professional for Market Driven Agriculture" funded by World Bank and GoI with worth of Rs. 24.83 crores in F.Y. 2017-18 under Institutional Development Plans (IDP) of National Agricultural Higher Education Project (NAHEP).

ABOUT WORKSHOP

In the wake of the current and unprecedented COVID-19 pandemic, World Health Organization (WHO) has recently emphasized the importance of appropriate diet and lifestyle measures including adequate nutrition to protect the immune system. A healthy immune system plays a vital role in defending our body against disease by fighting infection. Eating a balanced diet, getting enough sleep and exercising daily are important for your overall health and wellness. Now more than ever with the COVID-19 outbreak, there is urgent need to find ways to boost the immune system as much as possible. During this health crisis brought about by the corona virus, many are already stressed and feeling anxious. The unexplained dilemma may lead to emotional or stress eating for other people. It is well known that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

To make aware the students regarding balanced diet for maintaining health and supporting the immune system during crisis two days workshop on Eat Right during COVID-19 Crisis is being organized by COA, Bawal for the UG students of CCSHAU, Hisar

**OBJECTIVE
OF THE
WORKSHOP**

To acquaint the students about balanced diet during pandemic COVID-19

To make aware about immune boosting measures of AYUSH and WHO for self care

Supporting health during crisis

SPEAKERS/EXPERTS

Name	Topic	Date	Time
Dr. (Mrs.) Sashi Vashistha	Food and nutrition in times of crisis	15.05.2020	4.30 PM
Dr. Neeraj Sharma	Potato agri-food systems in food security during global crisis (Part-I)	15.05.2020	5.15 PM
Dr. (Mrs.) Sashi Vashistha	Measures of AYUSH and WHO for boosting immune system	16.05.2020	4.30 PM
Dr. Neeraj Sharma	Potato agri-food systems in food security during global crisis (Part-II)	16.05.2020	5.15 PM

CHIEF PATRON**PROF. K. P. SINGH**Hon'ble Vice-Chancellor, CCSHAU, Hisar
IDP-NAHEP, Team Leader**CO-PATRON****DR. S. K. SEHRAWAT**Director of Research
PI, IDP-NAHEP**DR. R. K. JHORAR**Dean, COAE&T
Co-PI, IDP-NAHEP**DR. ASHA KAWATRA**Dean, PGS
Co-PI, IDP-NAHEP**DR. MUKESH SAINI**Assistant Professor, GPB
Liaison Officer, IDP-NAHEP**WORKSHOP COORDINATOR****DR. NARESH KAUSHIK**Principal
COA, Bawal