



LAL BAHADUR SHASTRI GOVT. DEGREE COLLEGE, SARASWATI NAGAR

in collaboration with

GIST

&

AAHAAR KRANTI

TRAIN THE TRAINER · NEW BATCH 2026

Poshan Rasayan Pragma: One-Week *International Skill Training Workshop* & *Faculty Development Program* on Nutrition, Wellness & Life Skills

INTERNATIONAL WORKSHOP · STUDENT TRAINING · CERTIFICATE PROGRAM · SIX SESSIONS

DURATION

7 Apr – 12 May 2026

DAY

Every Tuesday

TIMING

6:30 – 8:00 PM IST

FEE

No Registration Fee

Kindly register **only if you are truly committed** to attend all six sessions continuously. We do not want slots to go unattended.

After the completion of **several successful batches of Train-the-Trainer (TTT) workshops** during the years **2024 & 2025**, Aahaar Kranti and its partner organisations are proud to announce the **new batch for the year 2026**. Your learning journey continues — stronger, deeper, and more impactful than ever.

About the Programme

Poshan Rasayan Pragma is a dual-purpose **One-Week International Faculty Development Programme and Student Training Workshop** that blends modern nutrition science with the timeless wisdom of Ayurveda. Faculty members gain tools to integrate nutrition and wellness into their teaching practice, while students acquire practical life skills rooted in balanced eating, healthy living, and Ayurvedic principles — empowering both to become informed ambassadors of well-being in their communities.

No Registration Fee

Professional Certificate on Completion

12 Comprehensive Modules

For Faculty & Students

Ayurvedic Nutrition Principles

Lifespan Nutritional Guidance

Key Features

Professional Certificate

Awarded upon successful completion of all six sessions, issued jointly by LBSGDC, GIST & Aahaar Kranti.

Zero Registration Fee

Completely free to attend. All you invest is your time and commitment to all six sessions.

Ayurveda + Modern Science

A rare fusion of Ayurvedic principles of eating with evidence-based nutritional science.

Lifespan Coverage

From embryo to elderly — age-specific nutritional needs explored across the full human lifecycle.

International Collaboration

Organised with GIST — Global Indian Scientists & Technocrats' Forum — bringing global scientific perspectives.

Faculty & Student Focus

Faculty gain teaching tools; students build practical nutrition and life skills for lifelong well-being.

Session Schedule

SESSION	DATE	DAY	TIMING (IST)
S 1	7 April 2026	Tuesday	6:30 PM – 8:00 PM
S 2	14 April 2026	Tuesday	6:30 PM – 8:00 PM
S 3	21 April 2026	Tuesday	6:30 PM – 8:00 PM
S 4	28 April 2026	Tuesday	6:30 PM – 8:00 PM
S 5	5 May 2026	Tuesday	6:30 PM – 8:00 PM
S 6	12 May 2026	Tuesday	6:30 PM – 8:00 PM

* Each session is 90 minutes. Attendance in all six sessions is mandatory for certificate eligibility.

What You Will Learn — 12 Modules

The curriculum spans twelve carefully designed modules — beginning with the foundations of balanced nutrition and traversing the complete human lifespan, from embryo to the elderly, alongside Ayurvedic wisdom on how and what to eat.

01 Introduction to Balanced Nutrition

02 Macronutrients & Micronutrients Demystified

03 Prenatal & Embryonic Nutrition

04 Infant & Toddler Nutritional Needs

05 Nutrition for School-Age Children

06 Adolescent Health & Diet

07 Adult Wellness & Preventive Nutrition

08 Women's Health & Hormonal Nutrition

09 Geriatric Nutrition — Elderly Care

10 Ayurvedic Principles of Eating

11 Seasonal & Regional Food Intelligence

12 Practitioner Skills & Community Outreach

Keynote Speakers



Dr. YellojiRao Mirajkar
International Convenor, GIST Forum

GIST · USA



Dr. Rashmi Kulkarni
Aahaar Kranti Coordinator

AAHAAR KRANTI · DOHA



Dr. Mahadevan Sitaraman
Nutrition 360 Coordinator

NUTRITION 360 · USA

Coordinators & Organising Team



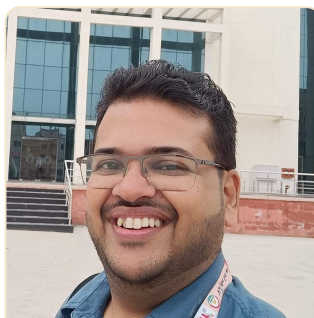
Dr. Poonam Mehta
Principal, LBS Govt. Degree
College, Jubbal

LBSGDC



Dr. Shallu Dogra
Assist. Prof. Chemistry,
LBSGDC · Programme
Coordinator

HOST INSTITUTION



Dt. Sumeet Gupta
National Coordinator, Aahaar
Kranti

NATIONAL



FT. Vrunali Panchal
Content Coordinator, Aahaar
Kranti

CONTENT

5

Vaidya Dhruv Trivedi
Aahaar Kranti Coordinator · West Zone

6

Vaidya Dhawal Rajde
Aahaar Kranti Coordinator · Central Zone

7

Vaidya Mamta Mishra
Aahaar Kranti Coordinator · NorthEast Zone

8

Dr. Manohar Sivan
Aahaar Kranti Coordinator · South Zone

Participating Cluster Colleges

[HOST] Lal Bahadur Shastri Govt. Degree College

Saraswati Nagar, Jubbal, Shimla – 171206, Himachal Pradesh

Raja Virbhadra Singh Government College

Seema, Rohru, Shimla, Himachal Pradesh

DAV Centenary College

Kotkhai, Shimla, Himachal Pradesh

Government College, Tikkar

Tikkar, Shimla, Himachal Pradesh

Organised By



Lal Bahadur Shastri Govt. Degree College (LBSGDC)

Host Institution · Saraswati Nagar, Jubbal, Shimla – 171206, H.P.

Lal Bahadur Shastri Government Degree College, Jubbal is a government-aided institution of higher education situated in the scenic Jubbal valley of Shimla district, Himachal Pradesh. The college is dedicated to providing quality education to students from rural and semi-urban backgrounds, fostering academic excellence alongside holistic personal development. Named after India's second Prime Minister, Lal Bahadur Shastri, the institution embodies the values of simplicity, integrity, and service to society. The college actively promotes co-curricular and community-outreach activities, and serves as a hub for academic programmes that bridge the gap between traditional wisdom and modern learning — making it the ideal host for the *Poshan Rasayan Pragya* initiative.

Govt. Aided Institution

Shimla District, H.P.

Rural Upliftment Focus

H.P. University Affiliated



GIST — Global Indian Scientists & Technocrats' Forum

International Partner

GIST is a global network of Indian scientists, technologists, and innovators dedicated to leveraging diaspora expertise for India's scientific and social advancement. A key implementing agency of the Aahaar Kranti mission alongside Vijnana Bharati (Vibha), Vigyan Prasar, and PRABHASS.



Aahaar Kranti

Knowledge Partner · Nationwide Nutrition Awareness Mission

“Uttam Aahaar – Uttam Vichaar” — Good Diet, Good Cognition

A nationwide mission launched in April 2021 by Dr. Harsh Vardhan, Union Minister for Science & Technology, to promote nutritional awareness across India. It addresses malnutrition by encouraging traditional, locally sourced foods and balanced diets rooted in Ayurvedic principles. Developed by Vijnana Bharati (Vibha) and GIST, the mission reaches citizens through education, multilingual digital content, and community nutrition ambassadors called *Aahaar Mitrs*. Aligned with **UN SDG 3** — promoting healthy lives and well-being for all — and complements India's Poshan Abhiyaan (National Nutrition Mission).

Dr. Shallu Dogra



Programme Coordinator · Assist. Prof. Chemistry

Lal Bahadur Shastri Govt. Degree College, Saraswati Nagar, Jubbal, Shimla – 171206

📞 9023444321

✉

Registrations Are Open Now

Fill the Google Form with your correct credentials — the same details will be used to issue your professional certificate.

[Register Now — It's Free ↗](#)

<https://forms.gle/mBR7VsfHZidG9GKG8> · Register only if you can attend all six sessions · No fee required

Poshan Rasayan Pragya — One-Week International Skill Training Workshop & Faculty Development Program 2026

LBS Govt. Degree College, Saraswati Nagar, Jubbal × GIST × Aahaar Kranti · 7 Apr – 12 May 2026 · Every Tuesday · 6:30–8:00 PM IST

Programme Coordinator: Dr. Shallu Dogra & middo

Principal

Principal

L.B.S. Govt. Degree College

Saraswati Nagar Distt Shimla H.P.

B.D.O-214

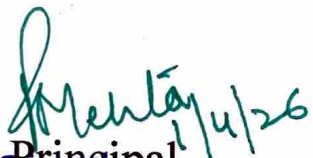
STAFF NOTICE

All the staff members are hereby informed that our institution, LBSGDC, Saraswati Nagar, is organizing the **“POSHAN RASAYAN PRAGYA: One-Week International Skill Training Workshop & Faculty Development Program on Nutrition, Wellness & Life Skills”**, both for Students & Faculty. The program will commence from 07.04.2026 via online mode and would be held every Tuesday at 6:30 pm – 8:00 pm till 12.05.2026.

The programme is being conducted under the recent MoU between the College, GIST Forum, and Aahaar Kranti, aiming to strengthen academic collaboration and promote nutrition awareness and skill development.

All the Teaching Staff Members and PG Students are encouraged to participate in this enriching initiative.

Please refer to the attached brochure for more information and the registration link.


Principal
LBS GDC, Saraswatnagar,
Distt Shimla HP-171205


Programme Coordinator
(Dr. Shallu Dogra)
Assistant Professor
Department of Chemistry

Lal Bahadur Shastri Govt. Degree College

Saraswati Nagar, Jubbal, Shimla – 171206, Himachal Pradesh

In Collaboration with GIST (Global Indian Scientists & Technocrats' Forum) & Aahaar Kranti

POSHAN RASAYAN PRAGYA*One-Week International Skill Training Workshop &
Faculty Development Program on Nutrition, Wellness & Life Skills***PROGRAMME REPORT**

April 7 – May 12, 2026 | Six Sessions | Online Mode (Zoom Platform)

Organising Institution

LBS Govt. Degree College, Jubbal

Programme Coordinator

Dr. Shallu Dogra

In Collaboration with

GIST & Aahaar Kranti

Mode / Platform

Online — Zoom

1. About the Programme

Poshan Rasayan Pragya — **One-Week International Skill Training Workshop and Faculty Development Program on Nutrition, Wellness and Life Skills** — was organised by **Lal Bahadur Shastri Government Degree College, Saraswati Nagar, Jubbal, Shimla**, in collaboration with **GIST (Global Indian Scientists and Technocrats' Forum)** and **Aahaar Kranti**. The programme was conducted entirely in **online mode via the Zoom platform**, across six consecutive Tuesday evening sessions from 7 April to 12 May 2026, from 6:30 PM to 8:00 PM IST.

Aahaar Kranti is a nationwide nutrition awareness mission launched in April 2021 by **Dr. Harsh Vardhan, Union Minister for Science and Technology**, standing on the principle of "**Uttam Aahaar, Uttam Vichaar**" — Good Food, Good Thought. The programme brought together faculty members, students, and participants from across India and internationally to build awareness and practical capacity in nutrition science.

Programme Objectives

- Create awareness about nutrition and its impact on physical, mental, and social health
- Encourage informed and mindful food choices aligned with Ayurvedic and modern science
- Empower faculty and students with evidence-based nutritional knowledge for community outreach
- Integrate traditional Ayurvedic dietary principles with modern nutritional science
- Build a trained network of nutrition educators across cluster colleges in Shimla district
- Complement national initiatives — Poshan Abhiyaan, RKSK, and UN SDG 3

2. Organising Committee

Role	Name	Organisation
International Convenor, GIST	Dr. YellojiRao Mirajkar	GIST Forum, USA
General Secretary, GIST	Mr. Nand Kumar Palkar	GIST
Content Coordinator	Ms. Kartiki Shastri	GIST / Aahaar Kranti

Role	Name	Organisation
National Coordinator	Dt. Sumeet Gupta	Aahaar Kranti
Content Coordinator	FT. Vrunali Panchal	Aahaar Kranti
West Zone Coordinator	Vaidya Dhruv Trivedi	Aahaar Kranti
Central Zone Coordinator	Vaidya Dhawal Rajde	Aahaar Kranti
NE Zone Coordinator	Vaidya Mamta Mishra	Aahaar Kranti
South Zone Coordinator	Dr. Manohar Sivan	Aahaar Kranti
Principal	Dr. Poonam Mehta	LBS Govt. Degree College, Jubbal
Programme Coordinator	Dr. Shallu Dogra	LBS Govt. Degree College, Jubbal

3. Session Schedule

Session	Date	Topics / Modules	Speaker(s)	Participants
Session 1	7 Apr 2026	Introduction to Aahaar Kranti & Balanced Nutrition (Modules 1 & 2)	Dr. YellojiRao Mirajkar, Dr. Ruma Bhattacharya	233
Session 2	14 Apr 2026	Viruddha Aahaar (Module 2A), Nutrition for Children (Module 3)	Dr. Ditimoni Goswami, Shyamalima Sharma	184
Session 3	21 Apr 2026	Pre-teens & Teenagers (4), Young Adults (6), Eating Disorders (7)	Dr. Kasturi Sirisha, Dr. Mansi Patil, Dr. Somesh Kaushik	159
Session 4	28 Apr 2026	Pre-teens & Teenagers (4)	Dr. Kasturi Sirisha	175
Session 5	5 May 2026	Young Adults (6), Adolescent Nutrition, Nursing Mothers (9)	Dr. Mansi Patil, FT. Vrunali Panchal, Shubhada Acharya Shirodkar	118
Session 6	12 May 2026	Eating Disorders (7) — Choices & Consequences	Dr. Somesh Kaushik	168
Session 7	19 May 2026	Ayurvedic Principles (12), Feedback & Valedictory	Rajesh Kanwar, Dr. Shallu Dogra, Dr. Poonam Mehta	98

* Each session was 90 minutes. Attendance in all six sessions was mandatory for certificate eligibility. The programme maintained consistent participation of 98–233 registered participants per session.

4. Session-Wise Detailed Report

Session 1 — 7 April 2026 | 233 Participants

Module 1: Introduction to Aahaar Kranti — Dr. YellojiRao Mirajkar

The inaugural session was conducted by **Dr. YellojiRao Mirajkar**, International Convenor, GIST Forum, USA, along with **Dt. Sumeet Gupta**, National Coordinator, Aahaar Kranti, and **Dr. Shallu Dogra**, Programme Coordinator. The session opened with an introduction to the Aahaar Kranti initiative — a national campaign for positive nutrition, aimed at promoting healthy dietary practices and preventing lifestyle-related diseases.

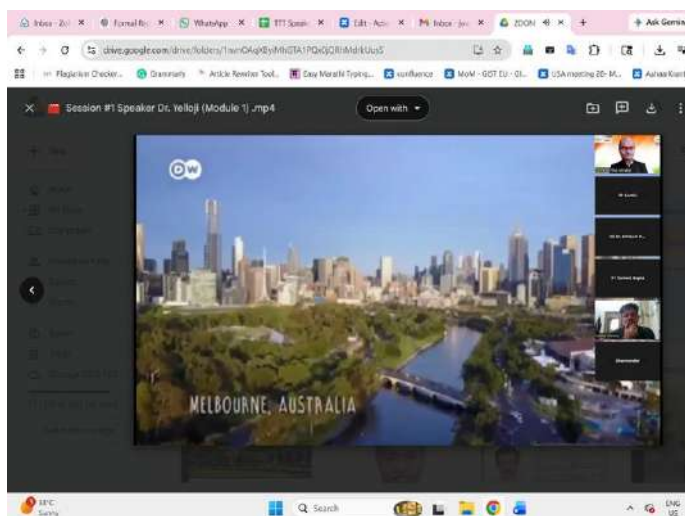
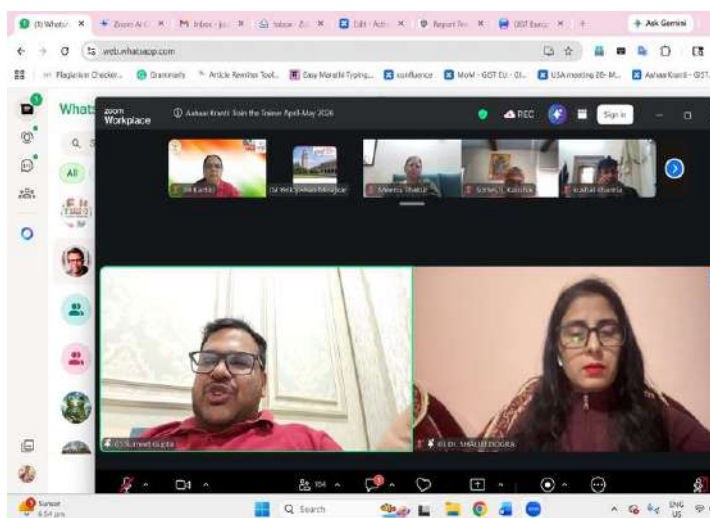
- 13 modules covering different population groups and nutrition themes
- Focus on holistic nutrition, lifestyle practices, and integration of modern science with Ayurveda

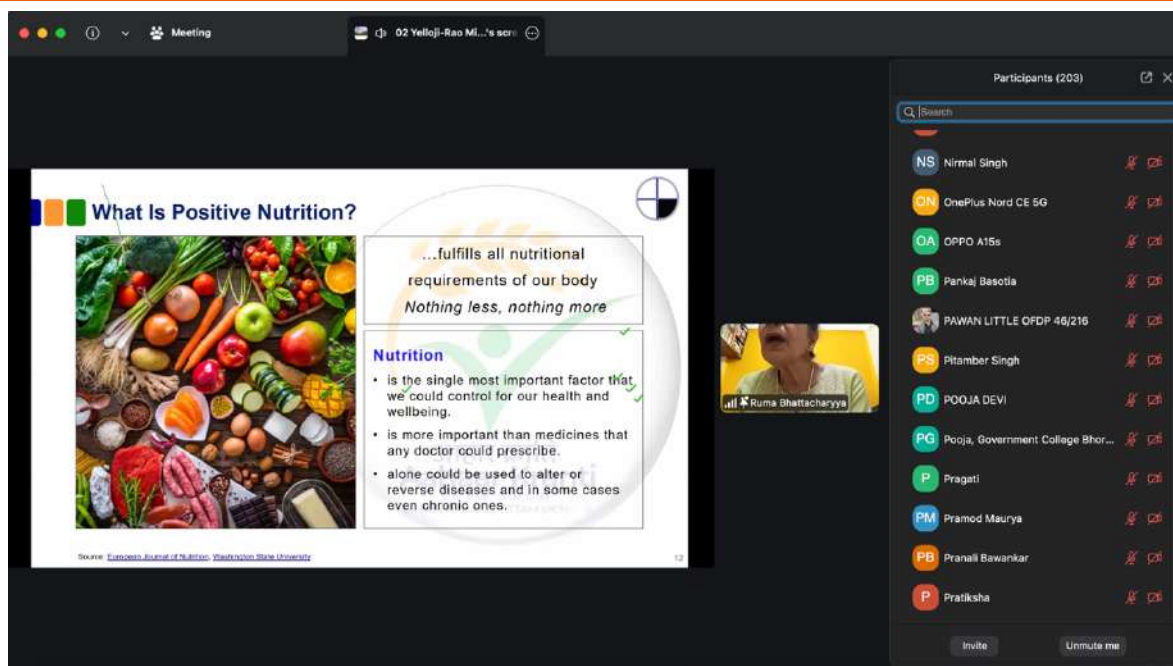
- Objective: create awareness, encourage informed food choices, and promote preventive healthcare through diet

Module 2: Balanced Nutrition — Dr. Ruma Bhattacharya

Dr. Ruma Bhattacharya conducted the Balanced Nutrition module, establishing the foundational principle that **"Nutrition is the most controllable factor affecting health"**. She emphasised that a balanced diet can prevent, manage, and even reverse diseases.

- Balanced diet: fulfils all nutritional requirements — nothing less, nothing more
- Supports brain development especially up to age 25; enhances memory, concentration, and cognitive skills
- Reduces risk of anxiety, depression, and neurological disorders
- Components: Macronutrients (carbohydrates, proteins, fats) and Micronutrients (vitamins, minerals)
- Spices: improve digestion, immunity, and reduce inflammation
- Gut microbiome: natural foods lead to better microbiome, stronger immunity, and improved mental health
- Practical advice: eat colourful fruits and vegetables, stay hydrated, avoid processed foods, maintain regular physical activity





Session 2 — 14 April 2026 | 184 Participants

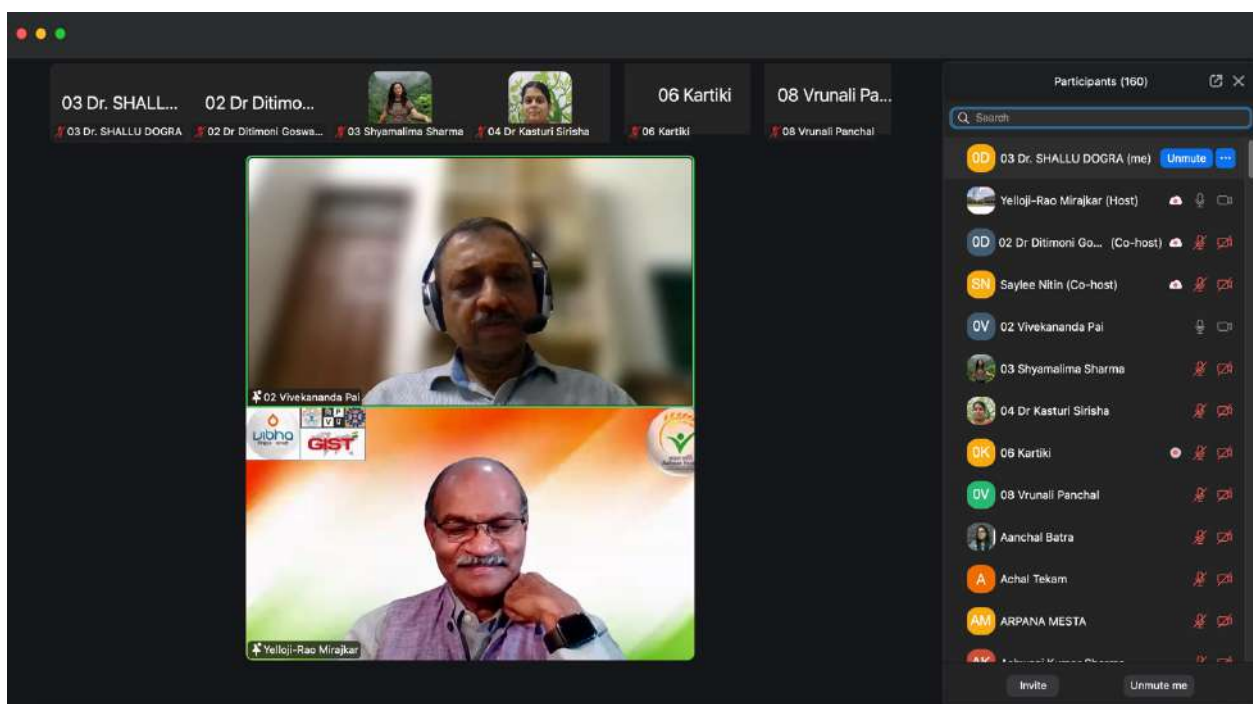
Module 2A: Viruddha Aahaar (Incompatible Foods) — Dr. Ditimoni Goswami

Dr. Ditimoni Goswami introduced the Ayurvedic concept of **Viruddha Aahaar** — incompatible food combinations that disturb digestion and metabolism. Identified in Ayurveda as a major cause of chronic diseases, incompatible foods lead to the formation of *Ama* — toxic, undigested substances that weaken immunity and tissues.

- Improper combinations: milk with citrus fruits, heating honey, hot and cold foods together
- Wrong farming practices: excess pesticides, hormones, genetically modified crops compromise food purity
- Improper processing: deep frying in reused oil creates oxidised fats and free radicals
- Ultra-processed foods: calorie dense but nutrient poor, contain artificial additives
- Solution: fresh, seasonal, locally grown foods; mindful eating; Ayurvedic Dinacharya and Rutucharya
- Diseases linked: digestive disorders, allergies, immune disorders, psychological issues, lifestyle diseases



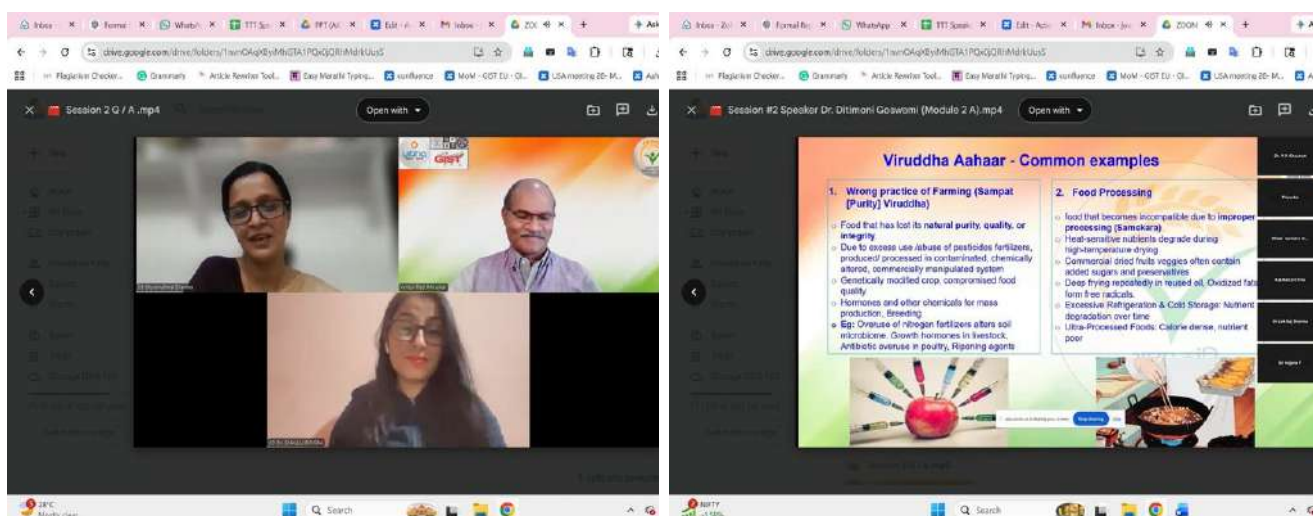
Guest Speaker **Shri Vivekananda Pai** highlighted the importance of collective and collaborative efforts in advancing Aahaar Kranti, emphasising that community participation and joint institutional initiatives are essential to scale nutrition awareness for long-term national impact.

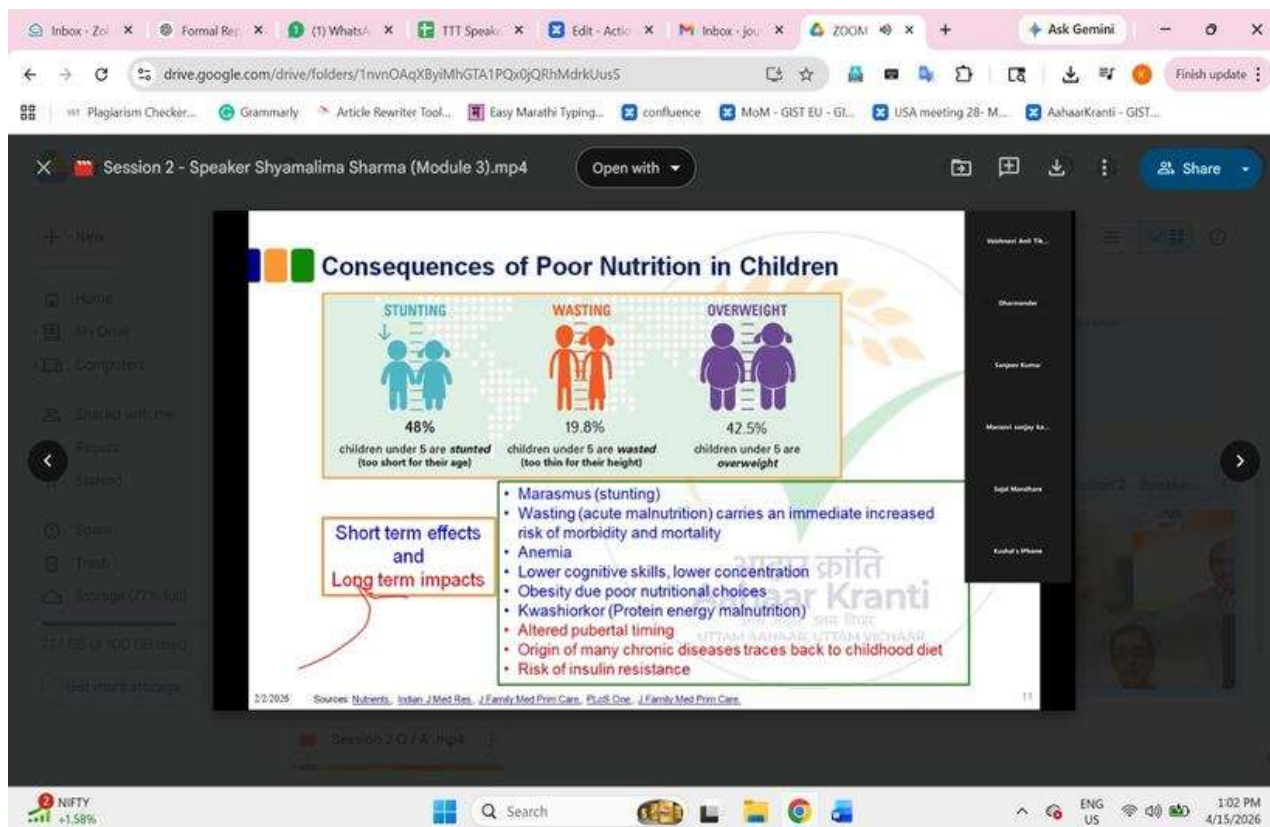


Module 3: Nutrition for Children (2–13 Years) — Shyamalima Sharma

Shyamalima Sharma presented data-backed insights on childhood nutrition. She highlighted India's triple burden of malnutrition: **48% of children under 5 are stunted, 19.8% are wasted, and 42.5% are overweight**. She linked poor childhood nutrition to marasmus, anaemia, Kwashiorkor, reduced cognitive ability, and the origins of adult chronic diseases.

- Nutrition critical for physical growth, brain development, and immunity in ages 2–13
- Causes of poor nutrition: junk food, inactivity, screen time, lack of awareness
- Recommendations: balanced diet with proteins, fruits, vegetables, grains, and dairy
- Customise nutrition based on age and gender needs; encourage physical activity early
- Core message: 'Strong bodies and strong minds' are built through proper nutrition from childhood





Session 3 — 21 April 2026 | 159 Participants

Session 3 was hosted by **FT. Vrunali Panchal** and continued the focus on child and youth nutrition. Alongside Module 3 (Nutrition for Children), the session included discussion of upcoming modules on Pre-teens, Young Adults, and Eating Disorders, engaging 146 participants.

Module 4: Pre-teens and Teenagers — Dr. Kasturi Sirisha

Dr. Kasturi Sirisha described adolescence as a "*second window of opportunity*" for growth — a period of rapid physical, emotional, and cognitive development. She presented gender-specific energy requirement data and emphasised that dietary habits formed at this stage determine long-term health outcomes.

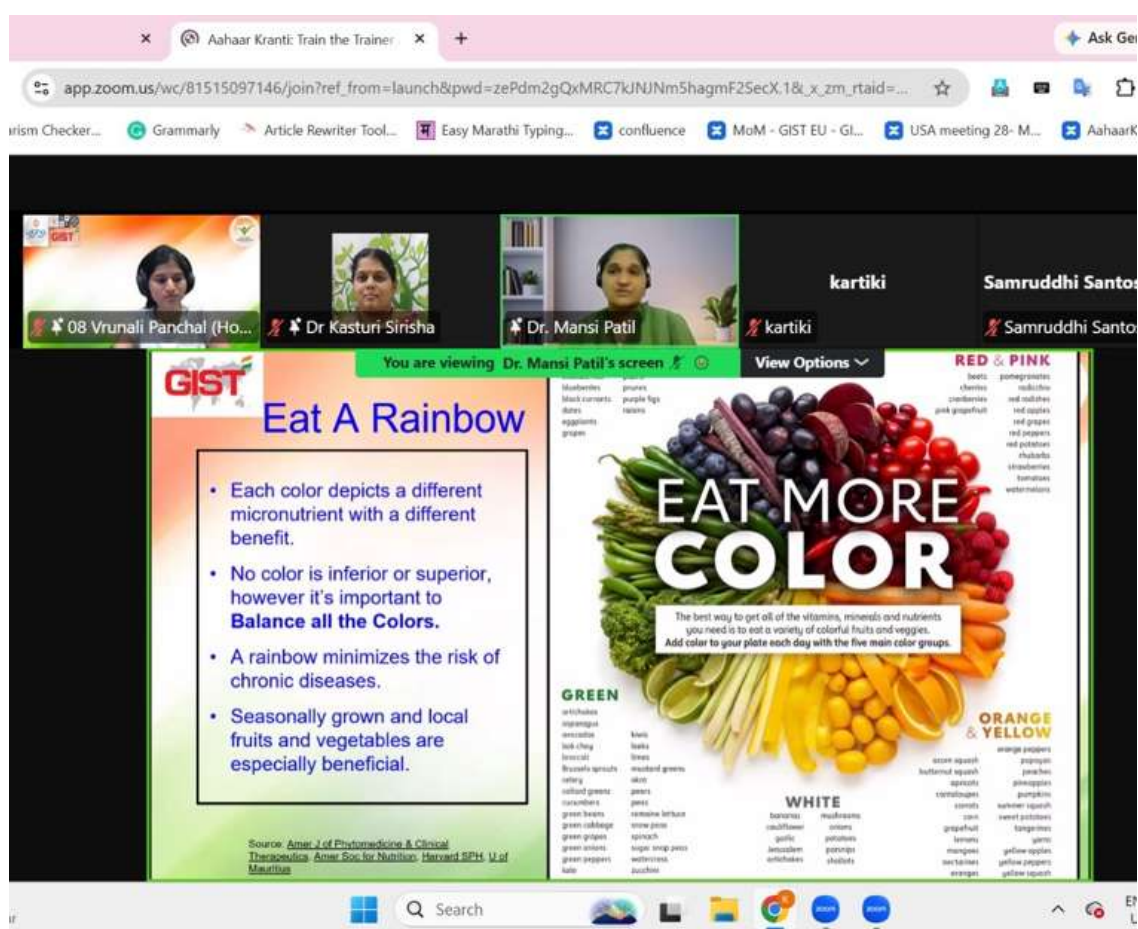
- Boys 10–12 yrs: 2,190 Kcal/day | Girls 10–12 yrs: 2,010 Kcal/day
- Boys 13–15 yrs: 2,750 Kcal/day | Girls 13–15 yrs: 2,330 Kcal/day
- Boys 16–17 yrs: 3,020 Kcal/day | Girls 16–17 yrs: 2,440 Kcal/day
- Strong connection between food choices and gut microbiota during adolescence
- Peer influence, social media, and lifestyle factors significantly affect teenage dietary habits
- Eight key questions framework introduced for understanding adolescent nutrition needs

Module 6: Young Adults — Dr. Mansi Patil

Dr. Mansi Patil focused on young adults as a transitional and highly influential stage between adolescence and adulthood. She discussed the **National Youth Policy 2014**, which identifies health and healthy lifestyle as one of its 16 core objectives, alongside education, employment, and community engagement. She highlighted rising nutritional deficiencies, obesity, and mental health concerns among young adults and stressed how nutrition shapes productivity and wellbeing.

- Risk-taking behaviours, lifestyle challenges, and nutritional deficiencies prevalent in young adults
- National Youth Policy 2014 objectives include: Health, Social values, Community engagement, Youth empowerment
- Nutrition plays a vital role in cognitive function, career performance, and social development

- 146 participants attended this session including international participants



Session 4 — 28 April 2026 | 175 Participants

Session 4 focused on **Module 4: Pre-teens and Teenagers**, conducted by **Dr. Kasturi Sirisha**. Hosted by **FT. Vrunali Panchal**, the session described adolescence as a critical 'second window of opportunity' for growth.

- Rapid physical, emotional, and cognitive development occurs during adolescence
- Dietary habits formed at this stage directly influence long-term health outcomes
- Boys 10–12 yrs: 2,190 Kcal/day | Girls 10–12 yrs: 2,010 Kcal/day
- Boys 13–15 yrs: 2,750 Kcal/day | Girls 13–15 yrs: 2,330 Kcal/day

- Boys 16–17 yrs: 3,020 Kcal/day | Girls 16–17 yrs: 2,440 Kcal/day
- Strong connection between food choices and gut microbiota during adolescence

Eight key questions framework introduced for understanding adolescent nutritional needs.

EIGHT Questions to Think About...

1. What distinguishes a teenager from an adolescent?
2. What common questions are asked by teenagers, adolescents, and young adults?
3. How do dietary needs differ between teenage boys and girls?
4. Is there a connection between food choices and gut microbiota?
5. What factors influence eating habits among teenagers?
6. What are the consequences of poor nutrition in teenagers?
7. How do we define and measure success?
8. What is the most effective approach to investing in our children?

Energy requirements for boys and girls

Age group	CATEGORY	BODY WEIGHTS	REQUIREMENTS	
			(Kcal/d)*	(Kcal/girls)
Boys	10-12 years	34.2	2,199	64
		35.0	2,010	57
Boys	13-15 years	47.0	2,750	58
		46.6	2,330	50
Boys	16-17 years	55.4	3,020	55
		52.1	2,440	47

Participants:

- Dr. JAJBIR SINGH
- sunita devi
- rashmi saxena
- vijayalakshmi
- Mrunal Korgao...
- Dr. SHALLU DOGRA
- Kavita Dhiman
- Vaishali kelkar
- Raquel
- Bhavna Kumari
- Saylee Nitin
- Diksha Kumari
- Samsung SM-A...
- Monal Khanwalkar
- Nirmal Singh
- Raj Kumar Par...

Session 5 — 5 May 2026 | 118 Participants

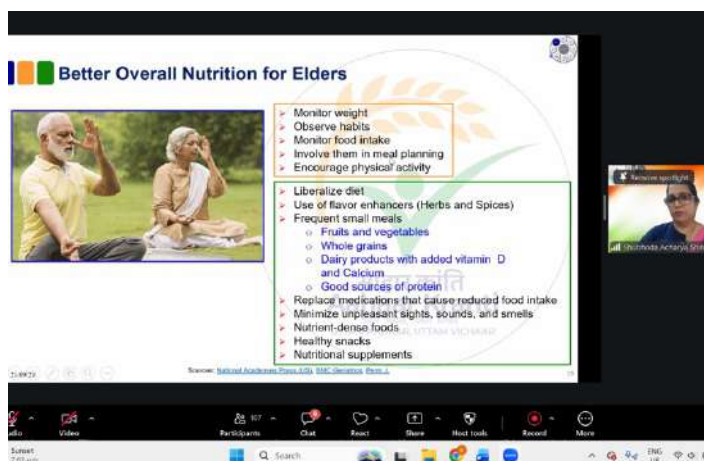
Session 5 was conducted by **FT. Vrunali Panchal** and **Shubhada Acharya Shiroadkar**. The session opened with a comprehensive programme overview by GIST Forum, reaffirming the 13-module structure and the mission of Aahaar Kranti across six sessions.

Adolescent Nutrition & Government Schemes — Shubhada Acharya Shiroadkar

Shubhada Acharya Shiroadkar presented government initiatives targeted at adolescent nutrition, highlighting how policy and outreach complement community-level awareness.

- Rashtriya Kishor Swasthya Karyakram (RKSK) — adolescent health and wellness programme
- Scheme for Adolescent Girls (SAG, 2022) — targeted at girls aged 14–18 in specific districts
- Weekly Iron Folic Acid Supplementation (WIFS) — addressing anaemia in adolescent girls

- School-based health and nutrition education programmes
- Menstrual hygiene management programmes

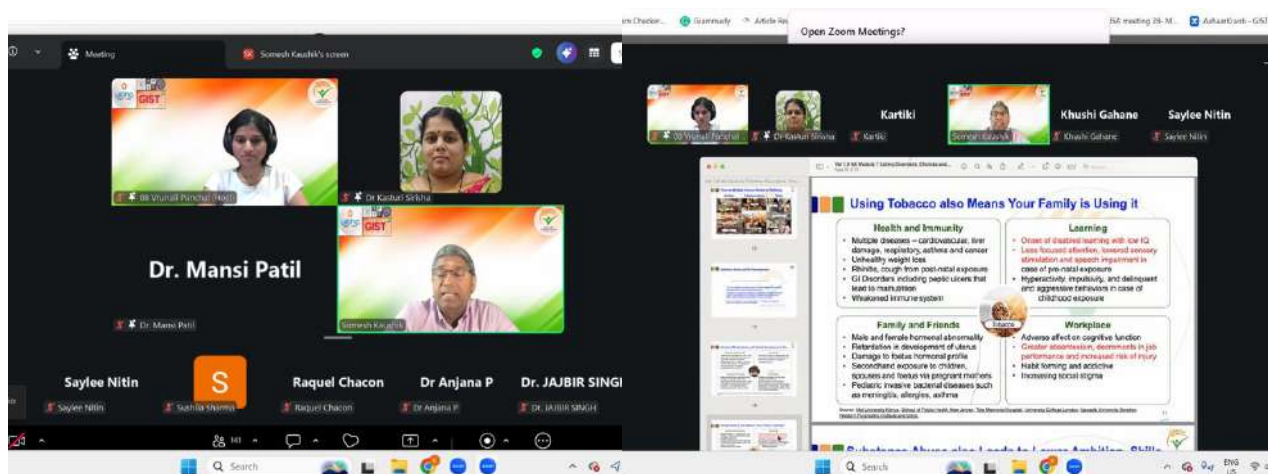


Session 6 — 12 May 2026 | 168 Participants

Module 7: Eating Disorders, Choices and Consequences — Dr. Somesh Kaushik

Dr. Somesh Kaushik brought attention to critical issues including eating disorders, negative body image, peer and social media influence, and substance abuse. He presented clinical data on how poor dietary choices and unhealthy lifestyle trends lead to serious physical, mental, and emotional consequences.

- Eating disorders: anorexia, bulimia, binge eating — linked to poor body image and social pressure
- Tobacco use: cardiovascular damage, respiratory disorders, impaired learning, hormonal abnormalities
- Secondhand tobacco exposure: serious risk to children, spouses, and fetuses via pregnant mothers
- Alcohol impact: neurological damage, career impairment, social stigma, addiction
- Core message: informed and responsible choices are essential for long-term health



Module 12: Ayurvedic Principles of Eating — Rajesh Kanwar

The session opened with **Rajesh Kanwar** presenting the Ayurvedic wisdom on eating, sharing the Appetizer Shloka from *Bhava Prakash*:

भोजनाग्रे सदा पथ्यं त्वणार्द्रक भक्षणम् । अग्निसंदीपनं रुच्यं जिह्वाकण्ठविशोधनम् ॥

"At the beginning of a meal, eating a little salt and ginger is always wholesome — it stimulates digestion and cleanses the tongue and throat." — Bhava Prakash

Dr. Vandana Barnwal discussing about Dinacharya and Dr. Rajesh Kanwar presenting Ayurvedic Appetizer Shloka from Bhava Prakash



Session 7 — 19 May 2026: The Valedictory Session | 98 Participants

The Valedictory Session of **Poshan Rasayan Pragya 2026** was held on **19 May 2026** via Zoom, bringing together resource persons from across the globe, participants from the cluster colleges, and the entire organising team of GIST and Aahaar Kranti. The session was a celebration of learning, gratitude, and a collective resolve to carry the mission of nutritional awareness to every household of India.

Introduction of Programme Coordinator — Dt. Sumeet Gupta

Dt. Sumeet Gupta, National Coordinator, Aahaar Kranti, welcomed all participants and formally introduced **Dr. Shallu Dogra, Programme Coordinator**. He highlighted her extraordinary commitment to public welfare that extends well beyond the classroom. He drew attention to her active leadership in campaigns against **plastic pollution, packaged and processed food awareness**, and several other community-driven initiatives — describing her as a rare combination of academic rigour and grassroots activism. He appreciated her role in building a meaningful partnership between LBSGDC and the global Aahaar Kranti movement, and in making this programme a reality for the faculty and students of the Jubbal cluster.

Welcome by Programme Coordinator — Dr. Shallu Dogra

Dr. Shallu Dogra thanked Dt. Sumeet Gupta for his kind words and then formally introduced **Dr. Poonam Mehta, Principal, LBS Govt. Degree College, Jubbal**. Dr. Shallu expressed her deep personal and professional gratitude to the Principal for her unwavering support, institutional backing, and encouragement throughout the planning and execution of the programme. She acknowledged that without the Principal's trust and active guidance, hosting an international-level programme from a small college in the hills of Himachal Pradesh would not have been possible.

Concluding Remarks — Dr. Poonam Mehta, Principal, LBSGDC

Dr. Poonam Mehta delivered a deeply thoughtful and inspiring set of concluding remarks. She anchored her speech in the ancient Indian understanding of food — drawing from the **Vedas and Upanishads**, where food is not merely physical sustenance but a sacred act that nourishes body, mind, and spirit.

- She quoted the ancient Vedic injunction — **Annam Brahma** (food is divine) — reminding participants that the wisdom of Poshan Rasayan Pragya is rooted in a civilisational tradition thousands of years old
- She emphasised that the Upanishads speak of food as the foundation of consciousness — '**Annamayakosha**' — the innermost physical sheath of the human being
- She connected this ancient knowledge with the modern mission of Aahaar Kranti — that awareness of right food (**Uchit Aahaar**) is not a new idea, but a return to India's greatest inheritance

- She spoke about how the programme will serve as a multiplier — every trained participant becomes a carrier of this knowledge to their families, students, and communities
- She described the role of the institution as a bridge between traditional wisdom and modern scientific understanding, between global knowledge and local need

In her closing, **Dr. Poonam Mehta** expressed her profound and heartfelt gratitude to **Dr. Yelloji Rao Mirajkar** and the entire GIST team — **Mr. Nand Kumar Palkar, Ms. Kartiki Shastri, Dt. Sumeet Gupta, FT. Vrunali Panchal**, and all the dedicated zone coordinators and resource persons from across the globe — for bringing world-class knowledge to the classrooms of Jubbal, for their selfless commitment to nation-building through nutritional awareness, and for choosing LBS Govt. Degree College as their partner in this beautiful mission.



Plan of Action — Carrying Aahaar Kranti to Every Household

The Valedictory Session concluded with a clear and inspiring **Plan of Action** for taking the Aahaar Kranti mission beyond the programme and into every household of India:

- **Each trained participant to conduct at least ONE nutrition awareness session in their community, family, or institution**
- Cluster college faculty to organise Nutrition Awareness Camps in nearby villages, panchayats, and schools
- LBSGDC to establish a Nutrition Awareness Cell to coordinate ongoing outreach activities

- Student volunteers to be trained as 'Aahaar Mitrs' — community ambassadors of nutritional awareness
- Integration of nutrition awareness into NSS, NCC, and other co-curricular activities of the college
- Future batches of Poshan Rasayan Pragya to be conducted with enhanced modules and wider reach
- Documentation and dissemination of learning materials in local languages for community access
- Coordination with local government bodies and health departments for outreach to rural families

The session ended on a note of collective resolve and optimism — that a **healthy, aware, and nourished India** is not a distant dream but a practical goal, achievable one kitchen, one classroom, and one community at a time. As Dr. Shallu Dogra summed up: *"The certificate we received today is a beginning, not an end. The real work starts now."*

5. Participation Summary

Session	Date	Modules Covered	Participants
S 1	7 Apr 2026	Introduction (1), Balanced Nutrition (2)	233
S 2	14 Apr 2026	Viruddha Aahaar (2A), Children (3)	184
S 3	21 Apr 2026	Pre-teens (4), Young Adults (6), Eating Disorders (7)	159
S 4	28 Apr 2026	Pregnant Mothers (8)	175
S 5	5 May 2026	Adolescent Nutrition, Nursing Mothers (9)	118
S 6	12 May 2026	Eating Disorders, Choices & Consequences (7)	168
S 7	19 May 2026	Ayurvedic Principles (12), Feedback & Valedictory	98

6. Participating Cluster Colleges

#	College	Location / Role
1	LBS Govt. Degree College	Saraswati Nagar, Jubbal, Shimla – 171206 (Host Institution)
2	Raja Virbhadra Singh Govt. College	Seema, Rohru, Shimla (Cluster Head: Dr. P.P. Chauhan, Principal)
3	DAV Centenary College	Kotkhai, Shimla, Himachal Pradesh
4	Government College, Tikkar	Tikkar, Shimla, Himachal Pradesh

7. Outcomes & Impact

Academic Outcomes

- Faculty and staff of four cluster colleges trained in lifespan nutrition science
- Twelve modules covering nutritional needs from embryo to elderly addressed across six sessions
- Integration of Ayurvedic dietary wisdom with evidence-based modern nutritional science achieved
- Participants equipped to deliver nutrition education within their respective institutions

Community Impact Potential

- Cumulative online audience of 400+ across all sessions, including international participants
- Faculty now capable of identifying and addressing nutritional deficiencies in students and families
- Awareness of government schemes — RKSK, SAG, WIFS, Poshan Abhiyaan — enhanced among educators
- Foundation laid for nutrition outreach programmes in panchayats and schools of Jubbal valley

Institutional Impact

- LBS Govt. Degree College positioned as a regional centre of nutrition awareness and community wellness
- Strengthened academic collaboration between LBSGDC and three cluster colleges
- Enhanced institutional visibility through international collaboration with GIST and Aahaar Kranti
- Demonstrated model for digital education delivery in rural Himachal Pradesh

8. Certification

Professional **e-Certificates** were issued to all participants who successfully attended all six sessions. Certificates were jointly issued by **LBS Govt. Degree College, Jubbal**, in collaboration with **GIST** and **Aahaar Kranti**. Each certificate carries the participant's name, the programme title, dates of completion, and the signatures of the Programme Coordinator and organising partners.





9. Participant Feedback

Participants across the six sessions provided enthusiastic and constructive feedback. The key themes from the feedback collected were:

- The programme significantly enhanced understanding of lifespan nutrition — from embryo to elderly
- The integration of Ayurvedic principles with modern science was described as unique and extremely relevant
- Participants appreciated the practical, applicable nature of every module
- The online format on Zoom was praised for accessibility from diverse geographic locations
- Multiple participants expressed intent to share learnings with their families, students, and local communities
- Strong demand expressed for future batches and advanced modules
- Several participants from RVS GC Seema and cluster colleges noted the programme enriched their teaching perspectives significantly

10. Conclusion

Poshan Rasayan Pragya stands as a landmark initiative for Lal Bahadur Shastri Government Degree College, Jubbal. It demonstrated that world-class nutrition education, delivered by globally positioned Indian scientists and educators, can reach the hills of Himachal Pradesh through the power of online collaboration. The programme successfully created a bridge between ancient Indian dietary wisdom and evidence-based modern nutritional science.

The sessions collectively reinforced that adopting balanced, mindful, and culturally rooted nutrition practices — along with collective action — can significantly improve public health and reduce lifestyle diseases. The knowledge shared across these six Tuesdays will travel from classrooms into kitchens, from faculty notes into community conversations, and from awareness into action.

The institution expresses sincere gratitude to **GIST**, **Aahaar Kranti**, all resource persons, zone coordinators, and every participant who made this programme a quiet revolution — *one plate, one mind, one community at a time*.

"Uttam Aahaar. Uttam Vichaar."



Programme Coordinator

Dr. Shallu Dogra

Asstt. Prof. of Chemistry

LBS Govt. Degree College

Saraswati Nagar, Jubbal, Shimla – 171206



Principal

Dr. Poonam Mehta

LBS Govt. Degree College

Saraswati Nagar, Jubbal, Shimla H.P.

B.D.O-214



Rampur (Himachal)

07-04-2026

सरस्वती नगर कॉलेज में अंतरराष्ट्रीय पोषण कार्यशाला आज से

रोहड़ू। लाल बहादुर शास्त्री राजकीय महाविद्यालय सरस्वती नगर में अंतरराष्ट्रीय पोषण कार्यशाला मंगलवार से शुरू होगी। इसमें कॉलेज के छात्र-छात्राओं को जागरूक किया जाएगा। यह कार्यक्रम महाविद्यालय की प्राचार्य डॉ. पूनम मेहता के नेतृत्व में आयोजित हो रहा है, जबकि इसका समन्वयन डॉ. शालू डोगरा करेगी।

कार्यशाला आहार क्रांति अभियान के अंतर्गत आयोजित की जा रही है, जिसका मुख्य उद्देश्य स्वस्थ भारत के निर्माण के लिए लोगों में संतुलित पोषण, बेहतर स्वास्थ्य और जीवन कौशल के प्रति जागरूकता फैलाना है। संवाद

Shimla Kesari

Apr 07, 2026 (IST)

पंजाब केसरी

सावड़ा कालेज में पोषण पर अंतरराष्ट्रीय कार्यशाला आज से

रोहड़ू, 6 अप्रैल (बशनाट): लाल बहादुर शास्त्री राजकीय महाविद्यालय सरस्वती नगर (सावड़ा) में पोषण रसायन प्रज्ञा: पोषण, स्वास्थ्य एवं जीवन कौशल विषय पर अंतरराष्ट्रीय कौशल प्रशिक्षण कार्यशाला एवं संकाय विकास कार्यक्रम 7 अप्रैल से शुरू होगा।

यह कार्यक्रम 12 मई तक प्रत्येक मंगलवार को आयोजित किया जाएगा। प्राचार्य डा. पूनम मेहता ने कहा कि यह आयोजन कालेज, ग्लोबल इंडियन साइंटिस्ट्स एंड टेक्नोक्रेट्स फोरम और विजनना भारती के बीच हुए समझौता ज्ञापन के तहत हो रहा है।

Aahar Kranti — Train the Trainer (TTT) Workshop

Participant Feedback Summary — April–May 2026 | 48 Responses

Overview

Metric	Value
Total responses	48
Average rating (out of 5)	4.60
Rated 5	34 (71%)
Rated 4	9 (19%)
Rated 3	5 (10%)
Rated 2	0 (0%)
Rated 1	0 (0%)

Interest in Future TTT Roles	Count
Option 1 - A Trainer (who can deliver 1–3 modules)	26
No interest indicated	17
Option 2 - A Master Trainer (who can deliver all modules)	5

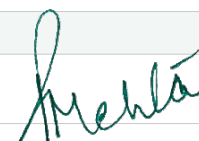
Feedback was overwhelmingly positive, with an average session rating of 4.6/5 across 48 respondents. Participants most frequently cited a desire to deepen their knowledge of nutrition, balanced diet (Ahar/Poshan), and to strengthen their own teaching and training skills as their primary motivation for joining. A notable share of respondents expressed interest in continuing as trainers for future TTT cohorts.

Response Detail

#	Name	Rating	Primary Motivation	Suggestions
1	Shailja Arora	5	To enhance my knowledge about food	Keep it up
2	Raquel Chacon	4	to improve my knowledge about Ayurveda Nutrition	For future training in Ayurveda Nutrition, I would suggest going a bit deeper and more practical. It would be...
3	Sat Paul	5	I joined to gain expert insights into Ahar and Poshan, aiming to integrate scientific nutritional principles into my teaching practices.	The modules were exceptionally well-structured, providing comprehensive and insightful knowledge on Poshan. S...
4	Dr. Om Sharma	5	The primary motivation for joining a Training of Trainers (ToT) or Faculty Development Program (FDP) is typically to enhance teaching effec...	This knowledge should be spread throughout in anganbadi workers
5	Dr. Sakshi Govardhan	5	To actually know each dimension of aahar and to guide my patients and people around me properly about aahar	Timing of this program is colliding with opd duty . It would have been great if it would have changed to othe...
6	Dr Reena Thakur	4	I want to enhance my knowledge about proper diet and nutrition	Keep it up
7	Dr Monika Airi	5	Eagerness to learn about healthy diet and healthy living	Great Sessions

#	Name	Rating	Primary Motivation	Suggestions
8	Vijay Luxmi	5	To know about balance diet and nutritional awareness	No suggestion. The entire programme is highly informative.
9	Neelam kumari sharma	5	I want to know about proper nutrition and guide others to adopt this.	This session has oivered all the spheres but some steps to check the adulteration in food items, use of pesti...
10	Ms. Kanchan Rani	5	To learn something new about food and any field that is related to it, that i was not known to or aware of.	Everything is very well organised.
11	Sahil Jindal	4	Want to know about food and nutrition	Recorded sessions should be provided
12	Sushila Sharma	5	enhance my knowledge of nutrition for various age groups	It would be very helpful to have simple posters or pamphlets of the 13 modules printed with lots of pictures,...
13	Kushmakshi	5	For the awareness of nutrition	
14	Kushmakshi	5	Awareness of health	
15	R. B. Rakshitha	5	As a future Ayurvedic doctor, I wish to learn more about nutrition and dietary aspects for treating my patients efficiently and also follow...	Nothing, it was a wonderful and lively session
16	Goverdhan Kumar Chauhan	5	Health	Keep it up
17	Dr. Shikha Rana	5	To learn about nutrition and diet chart	Time schedule should be more
18	Anjna kumari	5	It's topic and subject	No
19	Rakesh Sharma	5	Health awareness	Nil
20	Hemlata Pawar	5	Colleague motivated me to join	Nil
21	ARPANA MESTA	4	Getting to know about right and wrong food for different ages and to also contribute to the society, my students and to become a trainer	No suggestions as of now.
22	Dr.Sayali Rajderkar	5	Know about this more	No
23	Rohini Sandip Khiratkar	4	It is related to nutrition and health	No
24	Khushi Ramdas Gahane	3	Develop motivation expectations takeaway rating	Required
25	Mayuri Arvind Bhoyar	3	Ttt	No
26	Sakshi gurudeo somankar	4	For learning purpose	No
27	Kanchan prashant walde	4	To achieve knowledge by my curiosity and professional and personal growth	Boosting participant engagement ensuring practical application and providing clear materials.
28	Pragati hemraj dhote	5	The primary reason for joining a Training the Trainer (TTT) or Faculty Development Programme (FDP) is to continuously upgrade and refine pe...	Join more people
29	Pranali Pramod Bawankar	5	Best information	No

#	Name	Rating	Primary Motivation	Suggestions
30	Pragati Rajeshwar Rakhade	5	My primary reason for joining the TTT/FDP session was to improve my teaching skills, gain updated knowledge, and learn effective training m...	No
31	Shruti kishor lanjewar	3	Inhance knowledge	No
32	Akanksha Jitendra Nandeshwar	5	To improve knowledge and teaching skills, and to enhance professional development and classroom effectiveness.	Include more practical sessions, interactive activities, and real-life teaching examples to improve understand...
33	Samruddhi Santosh Gajbiye	5	To know about nutrition needs	
34	Ragini Tembhare	3	General knowledge	Language....if possible please explain in English
35	Simran Vilas Gajapure	5	My primary reason for joining the TTT/FDP session was to improve my teaching skills, gain new knowledge, and learn innovative teaching meth...	The sessions are very informative and well-organized. More interactive activities, practical demonstrations,...
36	Nikita Bhimrao Bhaire	5	My primary motivation was to enhance my instructional design skills and learn advanced pedagogical methodologies for better student engagem...	The program is excellent, but including more hands-on workshops or case studies in future sessions would be h...
37	Sonal Wasnik	5	The primary reason for joining the TTT/FDP session was to gain knowledge, improve teaching and communication skills, and learn new methods...	
38	Supriya Devkar	5	Yes	Good ■
39	Saloni Chetan Jambhulkar	5	Skill Enhancement: Learning to use advanced teaching methods and digital tools (like AI in the classroom) to keep education relevant and ef...	No
40	Rohini Sandip Khiratkar	4	We should aware about eating patterns	No
41	bhawana pradip munghate	5	session was motivated	nothing
42	Kashish Manoj Jawalkar	5	That i got to learn more about the nutrition, how can we implement it in our daily life	No, everything is good
43	Rashmi Rameshwar Dongarwar	5	The primary motivation for joining a Train-the-Trainer (TTT) or Faculty Development Program (FDP) is typically to master modern teaching pe...	No
44	Sanika Amol Gudup	5	Continuous Professional Growth: Fulfilling the inherent need to upskill, stay relevant in your domain, and advance toward academic excellen...	No
45	Khushbu Nalindra Raut	5	Primary reason for joining the TTT/FDP session was to gain knowledge about nutrition and health, improve teaching and communication skills,...	Include more interactive activities, real-life case studies, and practical demonstrations. Also, provide more...
46	Sejal Raju Mandhare	5	"I joined the TTT/FDP session to improve my teaching skills, gain new knowledge, and enhance my professional development."	No
47	Vaishnavi Patle	4	For Knowledge development	No
48	Sharvari Ravindra shivankar	3	The primary reason that motivated me to join the TTT/FDP session was to improve my teaching skills, gain new knowledge and teaching methods...	Good


Principal

Principal
L.B.S. Govt. Degree College
Sarawati Nagar Distt. Ghazala HDP,
D.D.O-214