



आहार क्रांति ऑनलाइन व्याख्यान श्रृंखला

Aahaar Kranti Online Lecture Series

Every Monday
Jul 26 to Aug 23, 2021
7 to 8pm IST

Open to Every Teacher

Session 1, July 26

- Overview
- Introduction to Aahaar Kranti
- How can Aahaar Kranti make Bharat an Atma Nirbhar, Samridha and Vishwa Guru nation

Session 2, August 2

- Importance of Positive Nutrition for Young Children
- Importance of a Healthy Gut Microbiome for Overall Health

Session 3, August 9

- Importance of Positive Nutrition for Pregnant Women, Lactating Mothers and Toddlers
- Existing Policies for Women and Child Welfare
- Societal Support

Session 4, August 16

- Importance of Positive Nutrition for Adolescents, Youth and Adults
- Inter-generational Impact of Drugs, Alcohol and Tobacco

Session 5, August 23

- Importance of Positive Nutrition for Women and the Elderly
- Manthan and Suggestions about the Modules, Training Methodology
- Recruiting more volunteers

Aahaar Kranti is a nationwide movement led by Global Indian Scientists and Technocrats Forum and Vijnana Bharati to bring about awareness for positive nutrition in India and globally.

This lecture series in partnership with Shiksha Shilpi is part of the various activities to reach 31.5 crore students via our incredible teachers.

Interactive Sessions on Nutrition

**Open to Every Teacher –
Primary School to College Level**

Activities for Every Participant

**A Chance to be Part of Aahaar Kranti,
a Nationwide Movement**

**Certificates and a Gift to Every
Successful Participant**

Virtual Sessions

Register by July 24, 2021

<http://shikhashilpi.vvm.org.in/aahaarkranti>

आहार क्रांति
Aahaar Kranti

उत्तम आहार उत्तम विचार
UTTAM AHAAR UTTAM VICHAR



Register at <http://shikhashilpi.vvm.org.in/aahaarkranti>