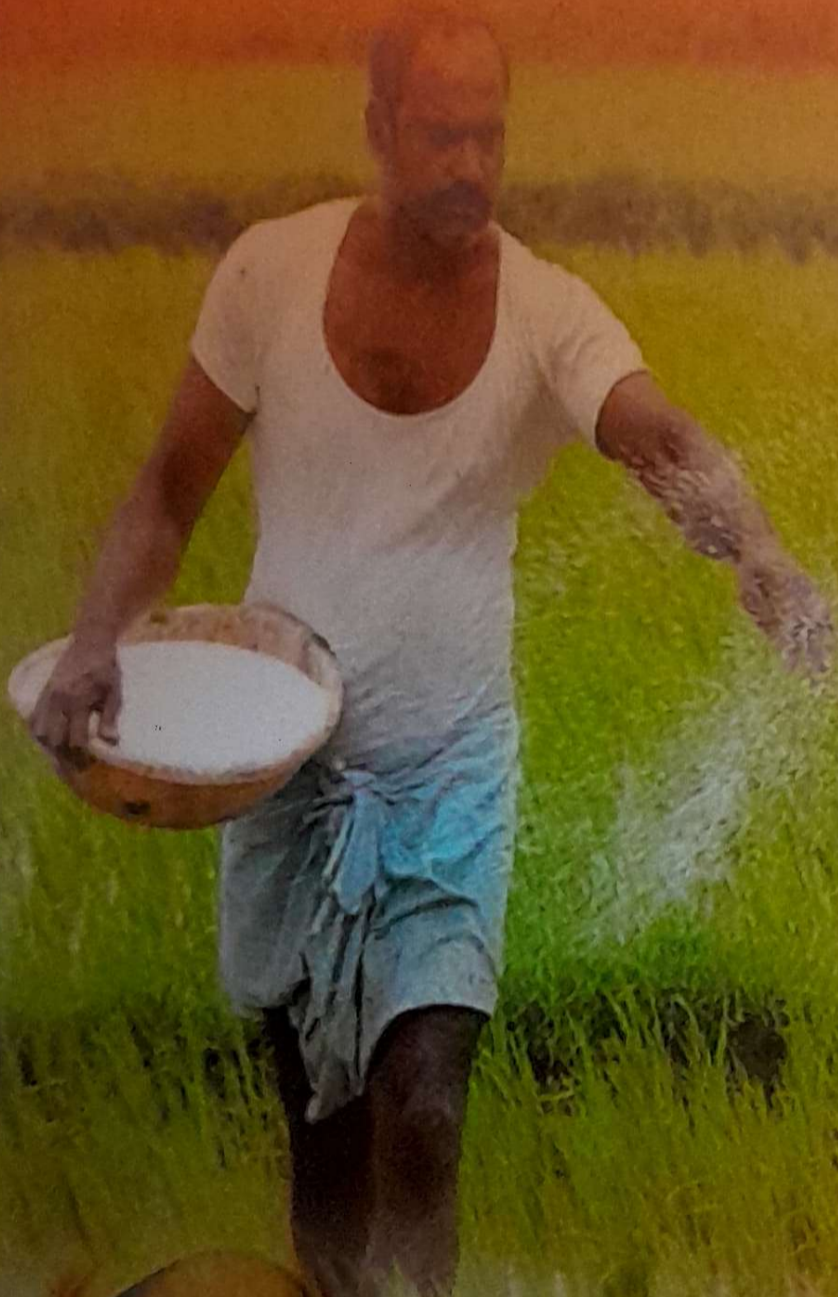


ENSURING HEALTH & NUTRITIONAL SECURITY THROUGH NUTRI - SENSITIVE AGRICULTURE DURING PANDEMIC



Editor : Dr. Pragati



**One Day International Seminar on
"Ensuring Health & Nutritional Security Through
Nutri- Sensitive Agriculture During Pandemic"**

**Organised by
University Department of Home Science
L. N. Mithila University, Darbhanga**

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Dr. Pragati**



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CONTENTS

- 1. Ensuring Health & Nutritional security through Nutri-sensitive Agriculture during Pandemic**
Prof. Usha Singh & Dr Pragati1
- 2. Nutrition- Sensitive Intervention: Linking Appropriate Technologies for Nutritional Security**
Prof. Rekha Sinha7
- 3. Physical and Mental well-being during Pandemic**
Mrs Rimjhim Modi14
- 4. Nutrition during Pandemic (Covid 19) & Nutrition security with kitchen/Home Gardening**
Mrs. Anila Hritu Samuel18
- 5. Nutrition in our Children During the COVID-19 Pandemic**
Dr. Niru Prasad24
- 6. Role of Immunity Booster Diets and COVID-19 Pandemic**
Dr. Sanjeeta Rani31
- 7. Millets- The Immune Booster**
Dr N. Chanda44
- 8. COVID 19: Maintain your Health with Nutritious Diet**
Dr. Sweta Shree48
- 9. Super Food Moringa Olifera: Nutritional Properties and Health Benefits**
Miss Kiran54
- 10. Immunity Booster Diet and COVID-19 Pandemic**
Dr. Prity Kumari60
- 11. Ensuring Health and Nutritional Security Through Nutri-Sensitive Agriculture During Pandemic**
Dr. Shashi Bala Uniyal69

CONTENTS

- 12. Moringa Oleifera: A Panacea to Combat Malnutrition among Children**
Puja Kumari72
- 13. Immunity and Health**
Nainshi Kumari82
- 14. Nutritional Aspect with Reference to Fight CORONA**
Dr. Aprajita88
- 15. Immunity Booster Diets and COVID-19 Pandemic**
Jyoti Prakash95
- 16. Immunity Booster Food: COVID-19**
Mrs Rangoli Saxena, & Dr. Archana Gupta97
- 17. Role of life style and food intake in Overweight and Obese Women (A study in Patna, Bihar)**
Mrs. Afshan Jaamal, & Dr. Bandana Singh105
- 18. Development and Standardization of Blended Tomato-Aloe Vera (Aloe Succotrina) Leaves Chutney**
Kumari P, Prasad R & Gupta A113
- 19. Immunity booster diets and covid 19 pandemic**
Dr. Neelam Kumari118
- 20. Importance of Aquatic Nuts in Relation to Human Nutrition during Covid-19 Pandemic**
B. R. Jana, B.P. Bhatt & Anuradha Srivastava125
- 21. Role of Immunity during pandemic**
Dr. Seema Kumari133
- 22. Organic Farming: An Approach for Food & Nutrition Security**
Madhumala Kumari144

CONTENTS

- 23. Role of Immunity in Preventing COVID-19**
Dr. Biswajit Paul & Dr. Manash Das153
- 24. Role of Nutrients for Faster Post COVID-19 Recovery**
Mrs. Nikhat Parveen & Dr. Divya Rani Hansda160
- 25. Optimal Nutrition to Fight against COVID-19**
Dr. Shweta Priyadarshini169
- 26. Optimal Nutrition to Fight against COVID-19**
Shweta Kumari172
- 27. Optimal Nutrition to Fight against COVID-19**
Sonam Kumari & Ajay Kumar181
- 28. Tackle Malnutrition Among Children Through Kitchen Garden**
Puja Kumari185
- 29. Ensuring Health and nutritional Safety Through Safe Food Practices in Indian Families**
Vaishnavi Bhushan196
- 30. रोग प्रतिरोधक क्षमता बढ़ाने वाले अहार और कोविड-19 महामारी**
नेहा साहनी204
- 31. रोग प्रतिरोधक क्षमता और स्वास्थ्य**
डा० सोनी कुमारी211
- 32. कोविड-19 से उत्पन्न समस्या एवं महिलाओं की चुनौतियाँ**
आरती कुमारी215
- 33. खाद्य सुरक्षा और पोषण पर कोविड-19 महामारी का प्रभाव**
डॉ. कुमारी माधवी218
- 34. कोविड-19 के विरुद्ध हमारे आहार में परिवर्तन की आवश्यकता**
नुतन कुमारी221

CONTENTS

35. कोरोनावायरस रोक-थाम में प्रभावी इम्यून सिस्टम: एक अध्ययन
डॉ० कल्पना कुमारी226
36. भारत में जैविक कृषि, खाद्य सुरक्षा एवं संस्कृति के विविध सामाजिक आयम
राजीव चौधरी232
37. प्रतिरोधी क्षमता वर्द्धक आहार और कोविड-19 महामारी
माला कुमारी237
38. कोविड-19 महामारी से लड़ने में इम्यूनीटी बूस्टर डाइट की अहम भूमिका
डॉ० अर्चना कुमारी243
39. रोग प्रतिरोधक क्षमतावर्धक आहार एवं कोविड-19
डॉ० स्नेह लता248
40. कोरोना वायरस से लड़ने में विटामिन डी की महत्ता
डॉ. दिलीप कुमार ठाकुर251
41. प्रतिरोध क्षमता और स्वास्थ्य
विजय लाल255
42. वर्त्तमान समय में बढ़ते महामारी को रोकने के लिए इम्युनिटी बुस्टर बढ़ाने वाले उपाय
एवं आहार की भुमिका
सीमा कुमारी257
43. पोषक तत्व – तत्कालीन परिपेक्ष्य में प्रासांगिकता
कंचन कुमारी261
44. इम्युनिटी एंड हेल्थ
कंचन कुमारी कर्ण264
45. प्रतिरक्षा और स्वास्थ्य
माला सिन्हा265
46. रोग प्रतिरोधक क्षमतावर्द्धक आहार और कोविड-19 महामारी
डॉ० ममता झा268

CONTENTS

47. बच्चों को कोरोना वायरस से लड़ने में स्वस्थ और प्रतिरक्षा की भूमिका
ममता कुमारी271
48. ग्रामीण स्तर पर केंद्रीय ग्रामीण स्वच्छता कार्यक्रम का प्रभाव एक विश्लेषणात्मक
अध्ययन
रविणा कुमारी274
49. जैविकीय खेती और खाद्य सुरक्षा : एक विश्लेषणात्मक अध्ययन
श्वेतम कुमारी275
50. कुपोषण का हल पोषण वाटिका
सोनी कुमारी सिंह279
51. स्वस्थ रहने में महामारी के विरुद्ध इम्युनिटी की भूमिका
एरम जमा283
52. पारिवारिक संबंधों पर कोविड-19 के प्रभावों का विश्लेषण
उर्वशी कोइराला288
53. संक्रमण बीमारियों को रोकने में इम्युनिटी बढ़ाने वाले आहार की भूमिका
शादमीन फातमा291
54. बच्चों में पोषण और खाद्य सुरक्षा एक चुनौती
प्रो. श्यामा चौधरी296
55. कोविड-19 महामारी में बच्चों की खाद्य सुरक्षा चिंता का विषय
शिवांगी300
56. पोषण उद्यान: खाद्य सुरक्षा और विविधता के लिए एक सतत मॉडल
रघुबर प्रसाद सिंह & नेहा304

Optimal Nutrition to fight against COVID-19

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We are in a country where people are more concern about taste than nutrition, those who are prosperous. Another segment of Population is struggling for one time meal, the concept of nutrition is beyond their imagination. Considering all these scenarios we are in urgent requirement to Plan an optimal nutrition to fight against COVID-19.

Optimal nutrition involves balancing of food ingredients and nutritions to meet the requirements of a person for basic maintenance of physiological function, for growth and for reproduction and lactation.

Most people know good nutrition and physical activity can help to maintain a healthy weight. But the benefits of good nutrition go beyond weight. Good nutrition can help to reduce the risk of some infections and diseases including heart disease, diabetes stroke. Some cancers and osteoporosis.

Optimal nutrition has been visualized as that which maintain a level of metabolic normalcy so that when the organism is exposed to stress, the normal protective homeostatic mechanisms can be put into operation rapidly, with a minimum of strain, and for as short a time as possible. Because of this zone of homeostasis, it is difficulty to establish the quantities of nutrients which provide optimal nutrition. These may vary considerably, depending upon individual biologic variability, sex, age, and both exogenous and endogenous stress. Balanced and optimal macro-and micro-nutrient intake provides an important foundation for good health. Micro nutrients are essential for a myriad of body functions, Playing indispensable and diverse roles as coenzymes, structural components, pro-hormones, components of body fluids, antioxidants and many more. Today's lifestyle and eating habits often result in 'Unbalanced' diets with many people not even meeting RDA levels of all essentials nutrients. Also, because each individual has his or her own "biochemical individuality", or distinct nutritional needs which must be met for optimal well-being, the RDA may not be adequate. Many factors can further increase individual nutrients requirements, such as smoking, alcohol abuse, chronic dieting. Eating

a well-balanced diet rich in fruits and vegetable and taking a high quality, scientifically balanced multiple vitamins/mineral supplement is an excellent way to ensure. That our individual nutrient needs are met.

Nutrients that have been identified as critical for the growth and function of immune cells include vitamin, vitamin C, Vitamin D, Zinc, Selenium, iron and protein (including the amino acid glutamine)

Give your immune system a boost with healthful, Plant based foods:

As corona virus (COVID-19) has impacted communities around the world, many people have wondered whether there are steps they can take to stay healthy.

Diet :

Eating a low fat, plant, based diet may help give the immune system a boost. The immune system relies on white blood cells that produce antibodies to combat bacteria, viruses and other invaders.

A Plant-based diet has also been shown to reduce inflammatory biomarkers.

Vitamins, Minerals and Antioxidants:

Studies have shown that fruits and vegetables provide nutrients - live beta carotene, Vitamin C and Vitamin E that can boost immune function. Because many vegetables, fruits, and other Plant-based foods are also rich in antioxidant, they help to reduce oxidative stress.

Beta-Carotene :

Beta-Carotene is a powerful antioxidant that can reduce inflammation and boost immune function by increasing disease-fighting cells in the body. Excellent sources include sweet potatoes, carrots and green leafy vegetables.

Vitamin C and E :

Vitamin C and Vitamin E are antioxidants that help to destroy free radicals and support the body's natural immune response. Sources of Vitamin C include red peppers, oranges, Amla, Strawberries, gauva, broccoli, mangoes, Lemons and other fruits and vegetables. Vitamin E sources include nuts, seeds, spinach and broccoli.

Vitamin D :

Research shows Vitamin D supplementation may reduce the risk for viral infections, including respiratory tract infections, by reducing. Production of proinflammatory compounds in the body. Increased Vitamin D in the blood has been linked to Prevention of other chronic disease including tuberculosis, hepatitis and cardiovascular disease. Food sources of Vitamin D include fortified cereals and plant based milks and supplements.

Zinc :

Zinc is a mineral that can help boost white blood cells which defend against invaders. Sources include nuts, pumpkin, seeds, sesame seeds, beans and lentils.

Summary :

No one food is recommended over another and eating a variety of foods will help to maintain a health balance diet. And ofcourse "Good hygiene practice remains the best means of avoiding infection".

Good nutrition supports the body throughout the life course, from birth to old age. A balanced diet, including all food groups, supports an effective immune system and may provide protection against infections and other diseases.

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