



सत्यमेव जयते



Nutrition and Substance Abuse Prevention

"Conquer addiction with nutritious nutrition"

16th November to 30th November, 2021



ONLINE PROGRAMS ORGANIZED BY MSJE THROUGH NCDAP, NISD FROM 15th to 30th November, 2021

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S.no.	Date	Training name	Target group	Resource person	Time	Program Link for Webex Platform	Prerna
1	15.11.2021	Role of Nursing students in Substance Abuse Prevention and Treatment	B.R. College of Paramedical Sciences and Nursing Gangyal, Jammu	Dr. Raghav Shah, DM Addiction Psychiatry (PGIMER, Chandigarh) Consultant Psychiatrist, Rajasthan Hospital, Jaipur	11:30am - 1:30pm		Purva
2	16.11.2021	Appropriate Diet and activity for recovery from SUD	IRCA Counsellor, nurse/ward boy	Tithi Prabhakar (Nutritionist)	9:30 am- 11:30am	https://nisd1.webex.com/nisd1/j.php?MTID=m1a730f37c92c1356afb9250e1c72718	Prerna
3	18.11.2021	Prevention of Substance Abuse among Students: Role of Counsellors and Targeted Interventions	Psychologist and school counsellor	Dr Sareeta Behera Consulting Psychologist Founder and Managing Director, Aashna Zindagi: Hope for Life Master Trainer, Nasha Mukh Bharat Abhiyan	3:00pm - 5:00pm	https://nisd1.webex.com/nisd1/j.php?MTID=mc5238298990d0ce80c3df9481845134e	Prerna
4	22.11.2021	Importance of nutrition in preventing relapse	IRCA Counsellor, nurse/ward boy		11:00am - 1:00pm	https://nisd1.webex.com/nisd1/j.php?MTID=m6f06562e4e702aebdf405465ab15d59e	Prerna
5	23.11.2021	Nutrition triggers the same reward centres in the brain as substance do	CPLI Trainer cum Counsellor & ODIC Centre In charge cum Counsellor	Ms. Stutii Samanvay (Co-founder of Conquering My Own Everest & renowned behavioural trainer)	11:00am - 1:00pm	https://nisd1.webex.com/nisd1/j.php?MTID=m88d2549be3d8135fab142f22ff47522d	Prerna
6	25.11.2021	Healthy habits after completing the SUD treatment	AA / NA groups		11:00am - 1:00pm	https://nisd1.webex.com/nisd1/j.php?MTID=ma6ac5707e4a360334b607f814e3cd611	Purva
7	26.11.2021	Self-care and healthful lifestyle to stay away from psychoactive substance	Staff Working in Corporate offices		11:00am - 1:00pm	https://nisd1.webex.com/nisd1/j.php?MTID=m0603ee7fe6a5aa2297d9143e1fd5e5c7	Prerna
8	29.11.2021	Nutrition therapy for Substance abuse	IRCA Counsellor, nurse/ward boy	Dr. Suruchi Singh (Nutritionist, & assistant professor, Food and Nutrition Department of Shri Vaishnav Vidyapeeth University, Indore.	11:00am - 1:00pm	https://nisd1.webex.com/nisd1/j.php?MTID=m002593bb7c49d2037eb0040837d0f6fc	Prerna
9	30.11.2021	Nutrition deficiencies leading to SUD and healthy habits to prevent SUD	NGO functionaries working in various fields		11:00am - 1:00pm	https://nisd1.webex.com/nisd1/j.php?MTID=m9d024c4da18092bd3d1563fe7cb290d8	Prerna