

RAJKOT HOMOEOPATHIC MEDICAL COLLEGE



REPORT ON PROTEIN ENERGY MALNUTRITION WITH ITS PREVENTION

LIVE WEBINAR IN
COLLABORATION WITH
HOMEOPATHY 360 AND PARUL
UNIVERSITY



DATE: 03.04.2025

This insightful session under **HomeoTalks 2025**, a collaborative initiative by **Homeopathy 360 and Parul University**.

Today, we delve into Protein-Energy Malnutrition is a major nutritional disorder, especially affecting children and vulnerable populations in low-income regions. It results from a deficiency of protein and calories in the diet, leading to serious health complications such as stunted growth, weakened immunity, and developmental delays.

In this session, we will explore the causes, signs, and effects of PEM, and most importantly, discuss practical and effective strategies for its prevention. By increasing awareness and promoting nutritional education, we can work together to combat malnutrition and improve health outcomes in our communities.





03.04.2025

Report summary:

Date	APRIL 03 2025
Time	8 PM to 9 PM
Event	Live webinar
Organized by	Homeopathy360 and Parul
	university
Organizing coordinator	Dr. Anup Kuma Das
No. of students	357
no. of faculty	22

HomeoTalks 2025

This webinar aims to raise awareness about Protein-Energy Malnutrition (PEM), a significant public health concern, particularly in developing countries. It will cover the causes, symptoms, and types of PEM, such as marasmus and kwashiorkor, and discuss its short and long-term effects on growth and development.

Objectives:

Understand what PEM is and its impact on health.

Identify vulnerable populations, including children, pregnant women, and the elderly.

Explore causes like poverty, poor dietary intake, and infections.

Learn strategies for early detection and management.

Prevention Strategies:

Promoting breastfeeding and proper weaning practices.

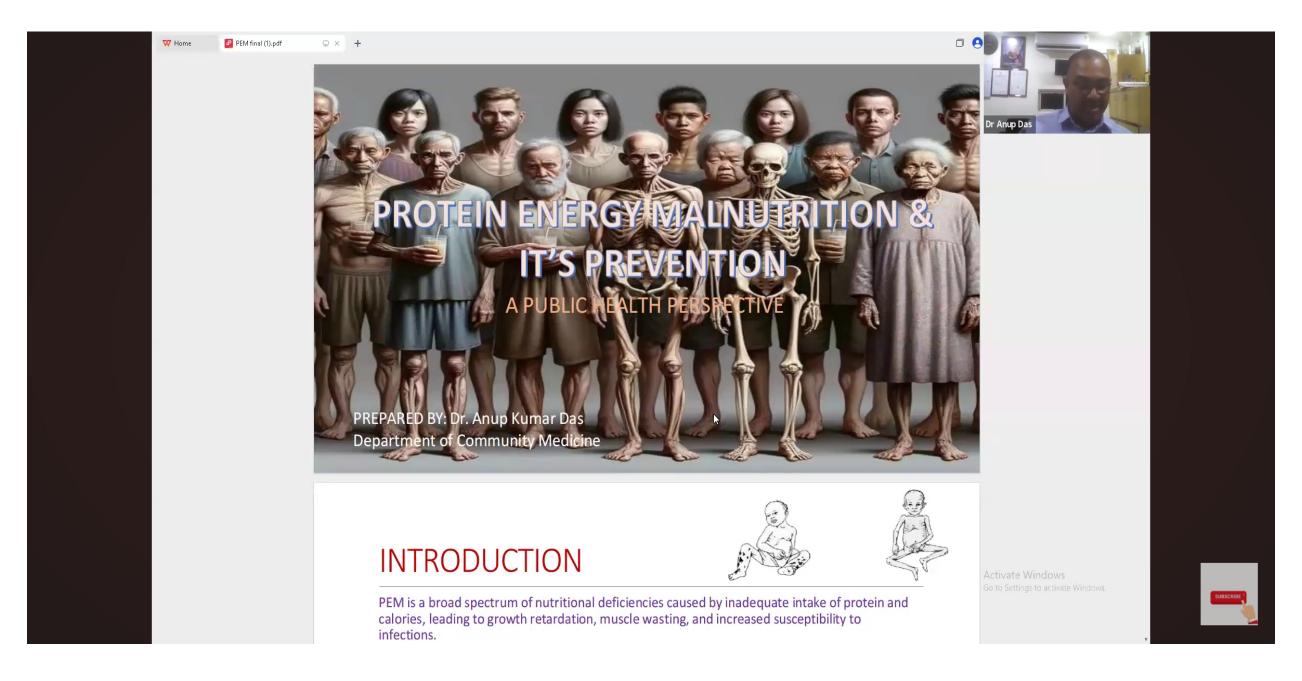
Ensuring access to balanced, nutritious diets.

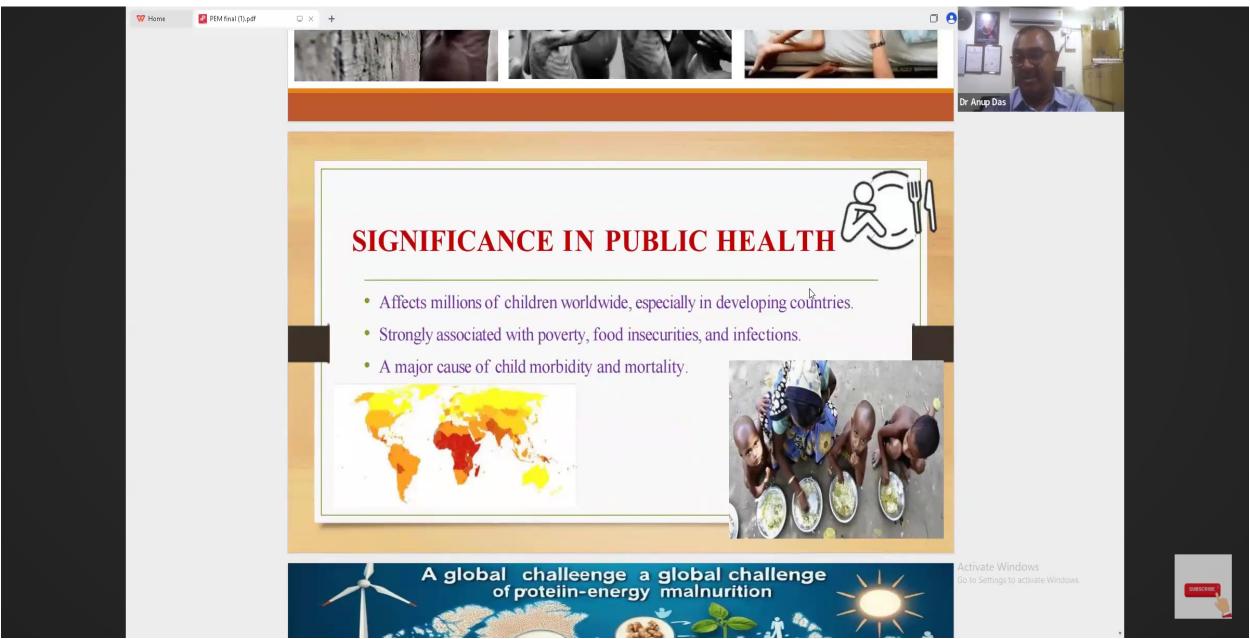
Implementing community nutrition programs.

Educating families and caregivers on proper feeding practices.

Strengthening healthcare systems for early identification and treatment.

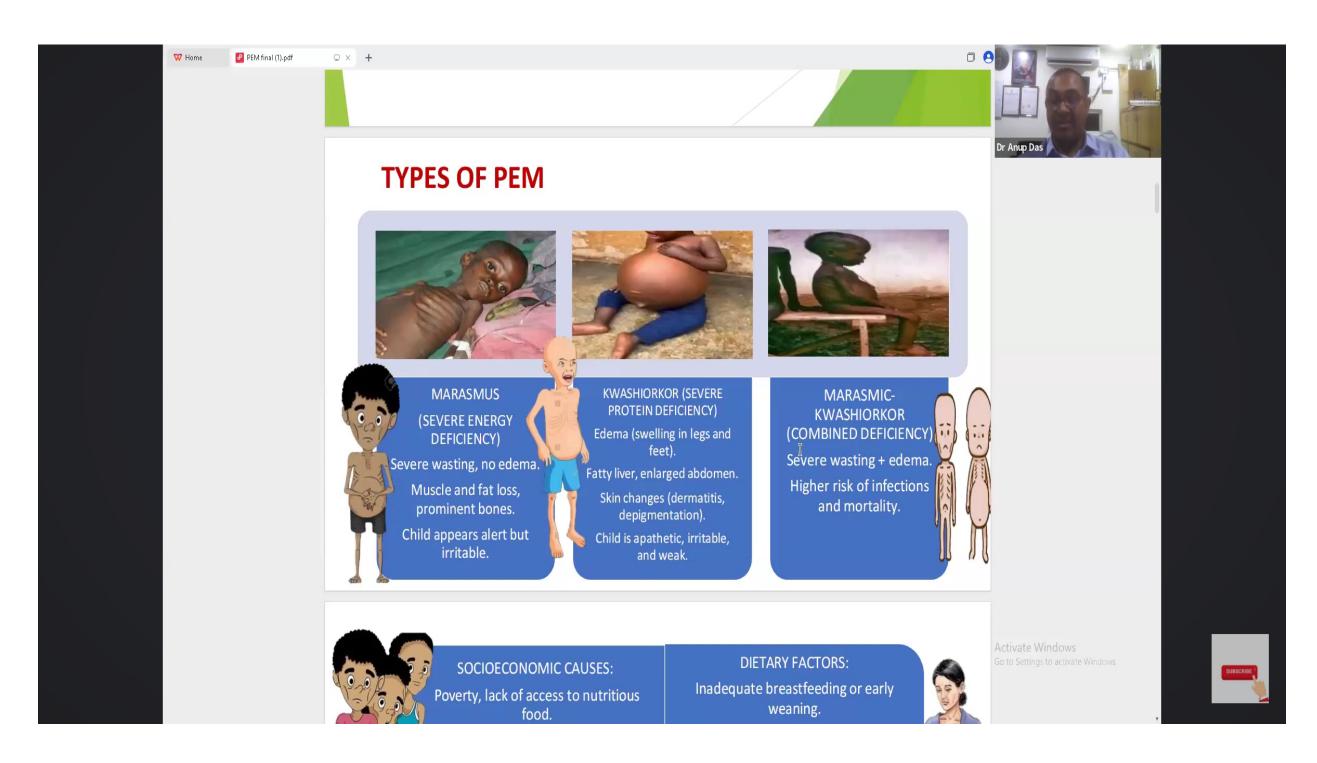




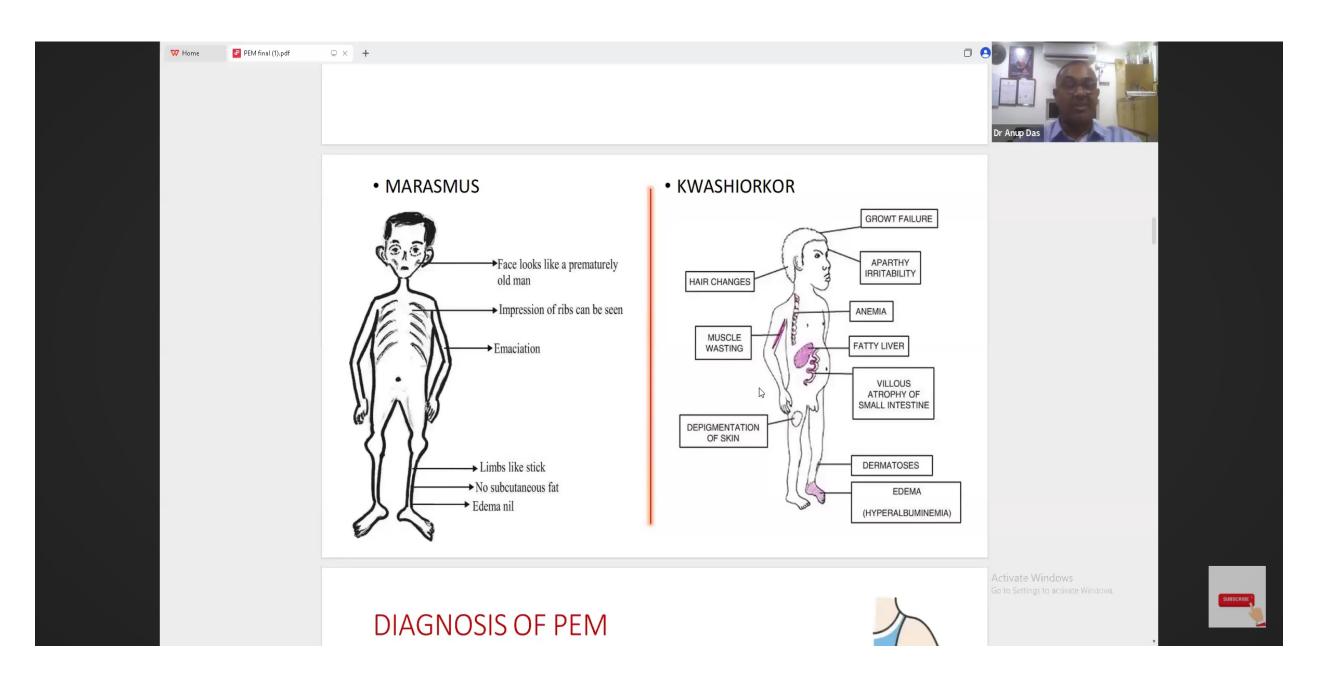














OUTCOME:

By the end of this webinar, participants will have a clear understanding of Protein-Energy Malnutrition (PEM), its causes, symptoms, and health impacts, especially in vulnerable populations. They will be equipped with knowledge of effective prevention strategies, including proper nutrition, early detection, and community-based interventions. This awareness aims to support better health outcomes and reduce the prevalence of PEM in at-risk communities.