



Indian Dietetic Association Newsletter



Wishing each and every one of you a Successful, Prosperous, Healthy & Fun-filled 2017!

15 members from IDA attended the International Congress of Dietetics (ICD) 2016 in Granada, Spain. The Indian delegation presented papers, posters, conducted workshops and enthusiastically participated in all the events of the conference. We even managed to dine at an all-vegetarian restaurant in Granada, thanks to our ICDA friends. Check out more details on the ICDA website.

IDACON 2016 saw a record turnout of participants and many first-time activities. IDACON 2017 beckons you to Kolkata in December.

Visits to IDA chapters by the RD Board Chairperson, Ms Salome Benjamin, and the National President, have begun in all earnest. 3 chapters - Delhi, Lucknow

and Gujarat have been covered thus far. Visits to chapters have been initiated for the first time in IDA with the intention to meet and interact with the members of each chapter. The meetings give an opportunity for the National President and the RD Board Chairperson to update the members regarding IDA and its various activities (present and future). The face-to-face interaction helps to answer pressing questions from members, related to IDA in general and RD in particular.

We are very excited about a new project that has come our way from the Ministry of Health and Family Welfare, Government of India. IDA will join hands with the ministry to develop a nutrition app which can be used by the general public. A core team has been formed to take this forward.

IDA has developed its own code of ethics and the document is on the website along with the membership form. Let's follow the code and be ethical at all times.

Sheela Krishnaswamy
National President
IDA



IDA is a member of the International Confederation of Dietetic Associations and the Asian Federation of Dietetic Associations.

What's Inside

Dietetics Day Reports

RD Board Report

IDACON 2016 Report

IDACON 2017 -
announcement

From the Editor's desk

Congratulations to all IDA chapters for the grand success of the Dietetics Day celebrations on 10 January 2017, based on the theme "CONSULT A DIETITIAN - GET FOODUCATED". Ms Sandhya Singh from Bangalore Chapter coined this very trendy slogan.

IDA through this initiative of celebrating Dietetics Day every year across the country has done a remarkable job of unraveling the complexities of nutrition and dietetics for the common man. This year also, we have reports from several chapters showing a very enthusiastic participation of different groups of the community getting "fooducated". Interestingly, the celebrations moved away from clinical/academic settings to book stores, shopping malls, social media and traditional theatre forms. The events also grabbed plenty of media attention with news clips, TV spots etc.

With the increasing number and diversity of activities undertaken by the different chapters, it has become difficult to showcase all of them in a single newsletter and so the Media Committee has taken a decision that in the February - March issue, the coverage will be of Dietetics Day celebrations and IDACON while the September - October issue will carry the Annual Reports of the Chapters.

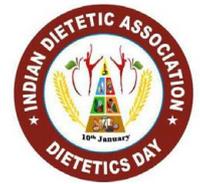
In the meantime, put on your thinking caps and coin a slogan for the Dietetics Day 2018!

Media and Communication Committee
Indian Dietetic Association

Indian Dietetic Association Celebrated Dietetics Day on 10th January 2017

The theme: Consult a Dietitian- Get Fooducated

A glimpse of the events held on this day by the various chapters of IDA



ANDHRA PRADESH

The dietetics day celebrations was jointly organised by IDA, AP Chapter and NIN. In line with the theme a NUTRIMENT EXPO was organized. The welcome address was delivered by Dr. K.Bhaskarachary, Scientist, NIN. Dr. M.Raghunath, Director in charge, NIN also addressed the gathering on this occasion. The inauguration of the exhibition was done by the Chief Guest Dr. B. Dayakar Rao, Principal Scientist, Indian Institute of Millet Research, Hyderabad. In his inaugural address Dr Rao described the importance of millets and emphasized on the transition in eating patterns from ancient to modern times and the shift in cereal consumption from millets to rice which has played a major role in increasing the non-communicable diseases in the past few years.



The Expo was kept open to public where 12 stalls were organized. Each stall was held by the reputed registered dietitians and academician of the state.

The stall on infancy, pregnancy and lactation were held by Dr. Latha Shashi, Chief Dietitian, Fernandes Hospitals with her team. She presented on portion distortion and described how portion sizes and water consumption play a major role in controlling gestational diabetes.

The stall on Preschool and school going children was organised by Ms. Santoshi Kulkarni, Assistant Professor, Osmania University college. They described easy and healthy packed lunches.

Dr. B. Janaki provided free diet counseling representing from Daita Clinic and Suvitas Rehabilitation hospitals. She

provided counseling for adolescent to elderly.

Ms, Madhurima Sinha, Chief Dietitian, Care Hospitals had given handouts on how to avoid or manage CVDs and also provided free diet counseling on various CVDs.

The Apollo Sugar clinics had a stall and provided free blood glucose and BMI check and counseled the public on diabetes management. Ms. Sowmya, RD from Apollo Sugar Clinic and her team represented this stall.

Dr P Janaki Srinath, representing Health Signz Technologies and Nutrifit counseled people concerned with obesity. She also presented models on portion sizes.

Ms. Chitkala Rajan, HOD, Department of Nutrition along with her UG and PG students from Sarojini Naidu Mahavidyalaya presented health albums on food labelling and models on oilless and flameless cooking which grabbed public attention.

Ms.Tarrunum Fatima and Dr.Avanthi from Madina Degree College represented their stall on fermented foods and their importance. They presented unique recipes of hummus, tameez, vegetable pizza which are usually high calorie. The fermentation method of processing used in the preparation of these recipes made them low calorie, healthy and nutritious.

Dr. Meena Patangay and Ms. Kiranmayi from Department of Food and Nutrition, St. Anns Degree College for women put up a stall on Junk Foods and the role they play in altering the health and various methods to control eating junk foods.

Dr. K. Uma Maheshwari and her students from Jayashankar Telangana State University presented a stall on Millets and its importance in the human diet. The role of millets in managing lifestyle related disorders and on major non communicable diseases was also discussed. The event grabbed public attention and many people from various age groups attended the EXPO and made it successful.

BANGALORE

IDA Bangalore Chapter celebrated the much awaited Dietetics Day in various zones in Bengaluru. The theme “Consult a Dietitian – Get FOODUCATED ” was the need of the hour.

Information on IDA, criteria for professionally qualified dietitian, responsibilities of dietitians and varied roles was shared. Interactive sessions on right nutrition across life span and life style disease at hospitals, institutions and malls were conducted. Our National President- Ms Sheila



Krishnaswamy message on the theme was viral reaching to many people who shared their views. Dietetics Day 2017 was also special since the slogan chosen was contributed by our member, Dr Sandhya Singh.

BENGAL

In a unique initiative, Indian Dietetic Association (IDA) Bengal Chapter celebrated the Dietetics Day this year by educating the residents of Tridhara Sammilini, Gariahat about various aspects of nutrition which need urgent attention. Since women are the primary caregivers and foundation of our society, issues like infant feeding, food hygiene and healthy cooking techniques were focussed upon. President, Mr. Ahin Mahapatra and Secretary, (Mrs.) Malabika Dutta were the chief planners and organisers of the event and also Ms. Samapti Maity, treasurer, IDA Bengal Chapter and Dietician at SGCCRI.

Mrs. Mitali Palodhi, Demonstration Officer, Food and Nutrition Board, Ministry of Women and Child Development, Govt. of India, highlighted upon the significance of exclusive breastfeeding and colostrum. She said breast milk reduces morbidity and mortality rates in infants and helps in their complete growth and development. She also touched upon other topics of discussion like food hygiene and nutrient conservation. She also gave a very useful tip for removal of excess pesticides from fruits and vegetables- “wash them under running tap water and soak in 2% salt solution for minimum half an hour.” She said consumers should be very careful while purchasing non vegetarian foods due to use of chemicals like formalin and rhodamine to give them a fresh look. Any purchased meat if found to be affected by disease should be immediately discarded.

CHANDIGARH

The Indian Dietetic Association (Chandigarh Chapter) celebrated dietetics day on 11th January at Government Home Science College (GHSC), Chandigarh.

The program was jointly organized by Food and Nutrition Department-GHSC, Chandigarh, IDA Chandigarh Chapter and Fortis Hospital, Mohali.

The programme was hosted by Mrs. Namrata Sethi, Assistant Professor Foods and Nutrition GHSC followed by lamp lighting. Inaugural talk on the introduction of theme “Consult a dietitian –get Fooducated” was given by Ms. Madhu Sharma, President IDA Chandigarh Chapter, which was followed by address on Preventive role of diet in medicine by Dr. Parvinder Chawla, Consultant Internal Medicine, Fortis Hospital, Mohali.

Scientific talk was given on “Nutrition Care Management: Dietitian and Doctors- A Collective Responsibility” by Sonia Gandhi, Chief Dietitian, Fortis Hospital, Mohali. She highlighted the roles and responsibilities of clinical

True to the objectives of Dietetics Day, members joined hands to increase visibility of IDA and respect for dietitians across chapter.

Mrs. Ipsita Chakravarti, Chief Dietician at CMRI, gave various useful tips on scientific methods of cooking to conserve nutrients like soaking, sprouting, pressure cooking, avoiding excess cooking, etc. Mrs Aparajita Saha, Joint Secretary of IDA Bengal Chapter headquarters and former Chief Dietician of Shambhu Nath Pandit Hospital enlightened the audience about techniques for maintenance of food hygiene.. Post lectures, there were one to one discussions among women from community and speakers regarding their queries.

Ms Pratyasha Agrawal, Consultant Nutritionist, Lecturer and Course Coordinator, Dept. of CNDV Gokhale Memorial Girls’ College requested the audience to go through the posters and recipe demonstrations prepared by her 2nd and 3rd year students who were student members of IDA, Bengal Chapter. Students displayed posters on exclusive breastfeeding, complementary feeding, method of preparation of malt and premix, scientific ways of cooking and conservation of nutrients and food hygiene in local language in different stalls allotted to them.

Food items prepared by the students were tasted and highly appreciated by the participants from community. The programme was successful and participants left with lots of take home messages and a will to incorporate the knowledge gathered in their daily life.

nutritionists and dietitians as per latest guidelines and why and how a coordinated team approach of health care professionals is important in improving the quality of nutrition care and expected outcome in the clinical setting. A Health Mela was inaugurated by the Principal of GHSC and conducted by the dietitians, where BMI, blood sugar levels of individuals were measured and diet consultation was given accordingly. The same was attended by college students, faculty and senior citizens of Chandigarh, Panchkula and Mohali.



CHENNAI

To create awareness amongst the public and the medical fraternity, the Chennai Chapter used media as a means to deliver the theme. "As we are operating in a world where one good video can lead to awareness"- this was the idea behind whatsapp video messages from the medical fraternity and the dietitians across Chennai to spread the message and make it viral over the social media.

Videos emphasizing the theme were obtained from the IDA National President Ms. Sheela Krishnasamy, President and Secretary of the IDA, Chennai Chapter, renowned city dietitians, neurologists, cardiologists, neurosurgeons, nephrologists and diabetologists which were shared viral on social media.

A video was also prepared by the Chennai Chapter emphasizing the role of dietitians in providing nutrition therapy for patients with various health complications (renal, pediatric, diabetic, critical care etc)

Also, various competitions like poetry writing, slogan writing was held in order to voice the message in a common man's language. The poetry and slogan competition spread the message of importance of a dietitian in health and disease in all the leading social sites and created a worthy impact.

The Villupaatu served as a creative medium to emphasize on the need of consulting a qualified dietitian to get fooducated.

The live Villupaatu was performed with a touch of both traditional and contemporary version of a qualified dietitian which was well received by the audience. The day's celebration would have been incomplete without the impactful and informative talk by Dr. Nirmala Jesudason who threw light upon the importance of becoming a qualified dietitian and consulting one.

The day ended on a cheerful note by distribution of prizes to the winners of the above mentioned competitions which encouraged the participants.

The Dietetics Day event hosted by the Chennai Chapter served as an effective tool to emphasize the importance of qualified dietitian. It was celebrated with all pomp and glory by the Chennai Chapter.



COIMBATORE

The dietetics day celebration was held at several places- university, college, 2 hospitals around Coimbatore and Trichy district. A guest lecture was organized at Avinashlingam University for Women for young budding dietetic students were sensitized and encouraged to take up the future challenges in the field of dietetics and the dietary management of various disease conditions. Mrs. M. Bamini, General Manager, I.P, Nutrition and Food Service in Sundaram Medical Foundation, Chennai addressed the students on the topic **Dietitian is the fulcrum for Health Promotion and Disease Management**" complementing dietitians as a pillar of health care system and a bridge between the patients and doctors. She highlighted the unique qualities and skills that dietitians should possess in the management of therapeutic diet. She also gave simple practical approaches on effective diet. Display of charts, posters, and certain healthy recipes for the public in the Hospital campus was also done. Dr. Suma Natarajan, Obstetrician and Gynecologist addressed the students on the subject of Diabetes in women. Briefing students on the causes, specific symptoms, biometric parameters types, she emphasized the important role of dietitians in the management of diabetes with special reference to gestational diabetes. Dr. S.Uma Mageswari President IDA_ Coimbatore chapter welcomed the gathering, Dr. S. Kowsalya, Registrar, Avinashilingam university for women presided and Dr.PL Sridevi Sivakami Secretary IDA Coimbatore proposed the vote of thanks.. At Seethalakshmi Ramaswami College,

Tiruchirappalli a rally of dietitians, as ambassadors of health and nutrition was organized. Colorful thematic posters were carried by the participants depicting the concept of "Dietitians will no longer treat the disease, they will cure and prevent". About 100 students participated in the rally and nearly 5000 students viewed it. The students took oath to reduce the morbidity rate of the community through their profession. The rally was inaugurated by the Principal, Dr.M.Jayanthi and vice principal Dr.M.Selvameena on 11.01.2017.



"Tiruchirappalli Vibrant Students Rally Dietitians- Ambassadors for Health and Nutrition"

Nutrition Education on Healthy Eating habits to high school children (around 600 students) at PSG Sarva Jana higher secondary school, Peelamedu, Coimbatore. Lecture and

interactive session for staff at PSG IMSandR Hospitals was given on the topic ‘Eat Healthy to stay healthy’ to educate them on safe food handling. Display of nutrition tips at various OPDs was put up. An introduction of Millet based healthy lunch in the Faculty Dining hall of the hospital was done. A

DELHI

The 2017 Dietetics Day’s public forum at Delhi was a step towards empowering the common man to achieve better health through nutrition awareness. Although the internet and social media is bursting with all kinds of information about diets, nutrition fads and trends, much of it is not trustworthy. In this context, the dietitian plays a crucial role in guiding people to understand scientific facts in a way that can be applied and practiced with ease. Right at the beginning of the event, it was emphasized by Dr Seema Puri, Vice President, IDA, that a dietitian who is qualified and with good counselling skills can be instrumental in this process. The audience was informed that the IDA website-www.idaindia.com – can help in reaching out to qualified dietitians. The website displays a list of Registered Dietitians (RD) in the country.

The venue for this event was the Oxford Bookstore, Connaught Place, which is located in the heart of Delhi. This popular bookstore, although an unconventional setting for this purpose, proved to be an apt one as it helped to connect with consumers who were keen to know more on the subject of food and its impact on health.

Renowned professionals in the field of dietetics and allied sciences were present at the venue to interact and advice the audience. The experts shared scientific knowledge and data in the realm of nutrition in simple, practical ways that the audience could comprehend and put into practice.



The Chief Guest, Dr.M.C Misra with IDA Delhi members at the event

The experts who were available at the event for consultation and discussion were:

- Ms Rekha Sharma, Former Chief Dietitian AIIMS
- Dr. Seema Puri, Associate Prof, Institute of Home Economics, DU
- Ms. Neelanjana Singh, President IDA, Delhi Chapter
- Ms Shilpa Thakur, Chief Dietitian, Asian Institute of Medical Sciences
- Ms Ishi Khosla, Consultant and Entrepreneur
- Dr Anita Malhotra, Associate Prof, Laxmibai College, DU
- Ms Ritika Sammadar, Chief Dietitian, Max Hospitals
- Ms Anuja Aggarwal, Pediatric Dietitian AIIMS

Competition for PSG Nursing students was conducted on the theme on “Healthy Eating for a Healthy Living” and prizes were distributed. Display of charts, posters, and certain healthy recipes for the public in the Hospital campus was also done.

Ms Rijuta Pandav, Public Health Consultant FSSAI

The event was inaugurated by Dr. M. C. Misra, Director, AIIMS. In his address, Dr. Misra emphasized the importance of the right diet for all his surgical patients. He said that in the absence of appropriate nutrition, wound healing is compromised and even the best surgical procedures can fail. Dr. Misra expressed satisfaction that conducting such programs go a long way to dispel misconceptions about diet and foods.

Ms Sanghamitra Chakraborty, Editor, Reader’s Digest spoke about how the media plays a big role in shaping food choices. She talked about the responsibility of the media in bringing forth correct information to its readers.



Q and A session with the experts

Discussions with the experts during the event covered varied topics including practical tips on losing weight, fad diets, choosing healthy oils for cooking and how to identify healthy snacks on the market shelves and more. Food safety issues such as correct procedure to wash vegetables and fruits was also suggested.

The behavior and communication expert addressed the issue of how parents need to be good role model for children. She pointed out that choosing and stocking the right foods (particularly snacks) at home is also critical. Shopping for grocery when hungry is not a good idea as unhealthy food choices are bound to take place in this state.

The event gallery at Oxford Bookstore was jam packed with the audience participating actively in the program of ‘Fooducation’. The evening turned out to be both informative and interesting. Myth busting sessions, contests, quiz and games were interspersed between the sessions of expert advice.

The Doordarshan team was present at the event. Quotes from the experts present at the event were telecast on a show ‘Good Evening India’ on 17th January.

GUJARAT

IDA Gujarat Chapter was fortunate to have the IDA National President, Ms. Sheela Krishnaswamy and IDA RD Board Chairperson Ms. Salome Benjamin present at the time of national seminar and workshop. Their interaction with about 280 practicing diet experts and students helped the delegates clear their doubts regarding RD exams, flexibility and facility for RD training, job opportunities and role of dietitians in healthcare industry. Ms. Salome Benjamin and the chapter members gave an exclusive interview to the local newspaper to bring to limelight the significant role of dietitians / nutritionists in improving the overall health of the society.

On Dietetics Day, dietitians across the state delivered

lectures in hospital OPDs, educational institutions, and conducted programs on social forums and public places with the help of students of nutrition. Awareness programs were organized under the themes like Eat Smart Live smart, and Healthy foods and good eating habits. Renal patients were counselled for diet and maintenance good health. Morning walkers in various gardens/health centers were handed over with leaflets about various functional foods and their benefits. A display of functional foods along with nutritional status assessment and counseling was carried out.

JAMMU & KASHMIR

J and K Chapter-Srinagar region celebrated National Dietetics Day on 10th Jan 2017. The inaugural session was presided over by IDA State President, Dr Tahira Shafi, by displaying the message from IDA National President, Sheela Krishnaswamy, on the theme for 2017. On this occasion, several Skims and private dietitians and nutritionists and students members did counseling and question answer session with patients attending gynecology and under five Child Health Clinic. A poster presentation related to the theme was also made. The beneficiaries were impressed by talking directly to the health professionals.



LUCKNOW

Lucknow Chapter celebrated Dietetics Day -2017 at Lucknow Cancer Institute, Lucknow.

An Introductory Lecture about IDA - past, Present and Future was given by Ms Shalini Srivastava, Sr. Dietician, KGMU and secretary, IDA Lucknow Chapter

A patient and care takers education program on cancer awareness and information about prevention of cervical cancer by vaccine was conducted. A Panel Discussion on Role of a Specialist to Fooducation and Significance of a Dietician was also conducted. Panelist were Mrs. Nirmala Pant, Director of Lucknow Cancer Institute, Mrs Kusum Bharti, Journalist, Dainik Jagran, Dr. Rajeev Pant, Radiation Oncologist, Medical Superintendent, LCI, Lucknow, Dr. Smita Singh, Sr.Dietician,

Dr. Manisha Kakaji, Dietician, SGPGIMS, Lucknow. Program was followed by Nutrition quiz and prize distribution. Tea and Snacks were served to the audience.



LUDHIANA

A 'Nutrition and Health Carnival' on 15th January, 2017 was organized at Pavilion Mall from 3 pm to 7 pm.

This four-hour event (3-7 pm) which saw the mall jam packed and brimming with activity, incorporated lot of interesting activities like

- Free checking of Body fat and calculation of Body Mass Index for the visitors
- A nutrition quiz wherein gift vouchers / hampers were distributed.
- Fun games related to nutrition with take away prizes were arranged for the public.
- The public and members of IDA present there swayed their bodies to the tunes of ZUMBA!
- Under privileged children from a slum school being run by an NGO were invited to enjoy the nutrition games with some away memories n experience.
- Banners and standees with take home messages
- Choreography with a relevant take home message by "Bollywood Dreams Dance Academy".
- Nukkad naatak pertaining to the theme, by dietetic students of Govt. College for Girls, Ludhiana.
- A flash mob show with messages on healthy eating; by students of DCM presidency school.
- Distribution of informative, attractive and educative

pamphlets on what qualifications to look out for in a dietitian and some tips on healthy eating.

- A catchy 'PHOTO BOOTH' for some interesting memories and a health message was created.
- A young student Aagam Jain enthralled the public with a song with a health message in his melodious voice.
- Health Foods display / tasting stalls by participating companies / company.

Most members from the chapter attended and participated in the carnival including Dr. Molly Joshi, Dr. S Mann, office bearers of the Ludhiana chapter besides the leading practicing dietitians of the city.



MADHYA PRADESH

IDA M.P. Chapter celebrated "National Dietetics day-2017" largely with lot of activities both at Indore and Bhopal. The chapter kept talks and seminars for the students and nursing staffs.

A symposium was held at the GDC College Indore by Ms. Raksha Goyal for the students pursuing their career in the field of dietetics, empowering them with the knowledge and boosting their confidence as well as the opportunities in this field.

In Bombay hospital, Indore Dr. Priyanka Chauhan spread the awareness for the need and importance of a dietitian in hospital setup as well as educated the nursing department regarding food myths and faulty food practices in patient care.

Dealing with IDA theme of this year 2017 "consult a dietitian :get fooducated", Mrs. Rashmi Shrivastava conducted a workshop in cricket academy Bhopal on nutrition in sports and

how a dietitian can help in results of the sports man.

A panel discussion on Theme "consult a dietitian: get fooducated" was organized at Bansal hospital, Bhopal by Dr. Vinita Mewada. Discussion was why still in this era, we are not working as a medical nutrition team to achieve good health for our patients.



MYSORE

The Mysore chapter decided to commemorate the Dietetics day in various hospitals in Mysore city to emphasize that Dietitian's are crucial for health and well being in hospital. The first program was held at Sigma hospital, Mysore on 17th Jan 2017 between 11 am and 1 pm at the OPD of Sigma Hospital. Similar programs will follow at many other hospitals across the city.

The occasion was used by the IDA-Mysore Chapter to create awareness about the role of Dietitian in healthcare systems by educating the professionals working in hospitals; posters and power



point presentations were used to sensitize the gathering. An orange was distributed to the audience symbolizing initiation towards healthy eating.

The President of the Mysore chapter Prof. Asna Urooj, Secretary - Ms. Greena Menezes, Joint Secretary- Dr. Sushma Appaiah, Treasurer

–Mr. Chandan Vinay spoke on the occasion. The vote of thanks was proposed by the Vice President Ms.Nandini Murthy. The event was witnessed by a gathering of around 75 members comprising of Consultants from Sigma hospital, nurses, nursing students, patients, members of IDA Mysore chapter and members of the chapter.

NAGPUR

Working towards achieving the theme IDA Nagpur Chapter organized 2 events one for juvenile diabetics to fooducate and the other for dietitians and nutritionists.

On 8th Jan. Sunday, we conducted a workshop on Diabetes and Dietary management at Juvenile Diabetes Parents Association residential camp for JD's at Sahas, Wadgaon, Nagpur District 8am- 11am. The session included talk on Wellness with Diabetes by Dr.Rita Bhargava, Nutri quiz by Kavita Bakshi and Kavita Gupta, Minal Gujarathi conducted the program, followed by a panel discussion, skit was performed by interns of Care and students of WTERI. Around 40 juvenile diabetics along with 35 parents attended the nutrition session.

Dietetics Day was celebrated by organized a CNE on Therapeutic Role of Fiber for IDA members. The speakers were – Kavita Bakshi who spoke on Fiber-its definition and RDA, Minal Gujarathi oriented the members on Types and sources of fiber, Kavita Gupta spoke on Diabetes and Fiber, Dr.Renuka Mainde elaborated on Fiber and Cardiovascular diseases whereas Dr.Rita Bhargava highlighted Therapeutic

role of fiber in GI disorder – IBS, Constipation, etc, shared a few studies on dyslipidemia and diabetes. The CNE was chaired by Senior Dietitians – Jayshree Pendharkar, Sushma Chatterjee, Nilima Joshi. Program was conducted by Chitranjan Yadav and Afshan Hussain, Chanchal Sahni proposed vote of thanks. Quiz on fiber was also held after the session. The program was attended by around 45 IDA members and well appreciated.



RD BOARD REPORT

RD exam was conducted on 12th Nov. 2016.

Total Applicant: 363

Appeared: 288

Results: on IDA Website

Next RD Exam Date: 11th Nov. 2017

Crash diets cause deficiencies and internal injuries: Preeti

● OUR STAFF REPORTER
R008

Trending crash diets and quick weight loss programmes might work in short-term but they are not responsible for deficiencies and internal injuries, said dietitian Preeti Shukla.

Making people aware about dieting disasters, Preeti is trying to raise awareness about correct dieting practices prior to Dietetics Day, which will be celebrated nation-wide on January 10 by Indian Dietetic Association.

The theme of this year's celebration is 'Consult a dietitian - get fooducated'. A workshop following the same theme will be organised in GDCC College and new GDCC College from 11 am to 1:30 pm on January 10.

Elaborating on the topic of discussions in the workshop, Preeti said, "With the power of internet at their fingers, people feel that they can make their own diet plan but they don't realise its consequence. She observed that many diets advertised on net are harmful for body.

"What a person eats affects his/her organs and the entire system, which means the food we eat can damage everything inside or help in



Preeti Shukla



Raksha Goyal

Amran (name changed) was suffering from hypertension and diabetes. Because of taking unnecessary protein supplements, his kidney could be deteriorated and he lost his kidney in months," Preeti said. She elaborated that his kidney could have been saved with right treatment and proper diet.

Further, talking about weight loss diets, dietitian Raksha Goyal said, "Most people often get paranoid about their weight and opt for 'quick weight loss crash diets', which are published on social media." She explained that these diets are published online to attract more audience to their website.

"These are not tested or recommended by a registered dietitian, on more than benefiting, the harm a person's body," she

making it erroneous," Preeti said. Sharing a case that also recently came across, she talked about a patient who had advanced kidney failure by having protein supplements. "Amran (name changed) had been feeling breathless, when he met medicine salesman, who advised him to take protein supplements," Preeti said.

National Dietetics Day commemorated

Srinagar, Jan 10: Indian Dietetics Association J&K Chapter commemorated National Dietetics Day here on Tuesday.

In a statement, Media spokesperson Quratul Aun, (MIDA,MPHA) said the inaugural session was presided over by Dr Tahira Shah, President IDA J&K Chapter by displaying message from National President

the theme "Consult a Dietitian - getting Fooducated."

Group counseling to mothers, lactating mothers, pregnant women was done by working Dietitians of SKIMS, Private practicing dietitians. The event was aimed to educate masses about the role, functioning and essentiality of Dietetics sector in the promotion of health and wellness," she said.

Poster presentation, an Anthem of the association was displayed by Khushnima. On the occasion, participants raised queries which were answered by the professionals.

Among others who participated in the event included Nasreen (HOD, D&T Department), Kousar Parveen, Khaliida, Sakina, Hinna, Romana besides students.

Ludhiana Chapter of Indian Dietetic Association organised Health Carnival

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City: **Am News/Author(s):**

Ludhiana, January 15, 2017: Ludhiana Chapter of Indian Dietetic Association (IDA) organised a 'Nutrition & Health Carnival' on Sunday at Pavilion Mall from 3 pm to 7 pm. The carnival was celebrated to observe National Dietetics Day which falls every year on 10th January. The theme of 'National Dietetics Day' for the year 2017 is 'Consult a Dietitian - Be Fooducated'. Announcement for holding of this function was made at recently held meeting of executive office bearers of Ludhiana Chapter of IDA.

According to Mr. Iku Sushakar, Joint Director, Training and President of Ludhiana Chapter of IDA, organising of this function is a combined effort of all members of Ludhiana Chapter of IDA. All the practicing dietitians of Ludhiana region, who are also members of IDA, joined hands to create awareness among public on importance of trained and authentic, dietetic and nutrition professionals, who can guide them in staying healthy.

The event was held with Pavilion Mall as the venue partners.

This 4-hour event (3-7 pm) incorporated lot of interesting activities such as

- Free checking of body fat and calculation of Body mass Index for the visitors
- A mobil on quiz, literature gifts/vouchers / hampers were distributed.
- Fun games related to nutrition with take away prizes were arranged for the public.
- Banners and standees with take home messages
- Choreography with a relevant take home message.
- Mukhok market pertaining to the theme, by dietetic students.
- A flash mob show with messages on healthy eating.
- Distribution of informative, beautiful and attractive educative pamphlets.
- A catchy PHOTO BOOTH for some interesting memories.
- Health Foods display / tasting stalls by participating companies / company.

Others present were Dr. Jazpreet Kaar, General Secretary of Ludhiana IDA and other office bearers of executive council of the Ludhiana chapter of IDA besides the leading practicing dietitians of the city.



A time at 'Nutrition and Health Carnival' organised by the Ludhiana chapter of the IDA at a mall in Ludhiana. (PHOTO COURTESY: VENUS)

Health carnival

Ludhiana chapter of the Indian Dietetic Association (IDA) organised a 'Nutrition and Health Carnival' at Pavilion Mall. The carnival was celebrated to mark National Dietetics Day. The theme of the day for the year is 'Consult a Dietitian - Be Fooducated'. Ritu Sudhakar, Chief Dietitian of the DMCH and

president of Ludhiana unit of the IDA, said the function was a combined effort of all members of the Ludhiana chapter of the IDA. All dietitians who are also members of the IDA's Ludhiana unit came together to create awareness among public about the importance of trained and authentic, dietetic and nutrition professionals, who can guide them in staying healthy. — TNS



हर किसी को रखना चाहिए डाइट का ख्याल

जागरण संवाददाता, लखनऊ : आज की आपाधापी भरी जिंदगी में लोगों का खानपान बिल्कुल बदल चुका है। ऑफिस में काम की व्यस्तता के चलते समय पर लंच न कर पाना। ऐसे बहुत से कारण हैं जिसके चलते लोग समय पर ब्रेकफास्ट, लंच और डिनर नहीं कर पाते हैं। फलस्वरूप, लोग बीमारियों का शिकार हो जाते हैं। इनसे बचने के लिए समय पर संतुलित आहार लेना बहुत जरूरी है।

कुछ ऐसे विचार थे, लखनऊ के सर हास्पिटल की डायरेक्टर, निर्मला पंत के। मंगलवार को नेशनल डाइटेशियन डे के मौके पर इंडियन डाइटेटिक एसोसिएशन, यूपी चैप्टर की ओर से आयोजित सेमिनार में उन्होंने कहा कि आज हास्पिटल में डाइटेशियन की भूमिका भी उतनी ही महत्वपूर्ण है जितनी कि एक डॉक्टर की होती है। एसोसिएशन की सेक्रेट्री व डाइटेशियन शालिनी श्रीवास्तव ने कहा कि मरीज को कब, कैसे और कितनी डाइट देनी है इसका बहुत अच्छी तरह ज्ञान होता है।

सेमिनार में हास्पिटल के रेडियोलॉजिस्ट व क्रीमोथेरेपी डिपार्टमेंट के कंसल्टेंट, मेडिकल सुपरिंटेंडेंट, डॉ. राजीव पंत ने कहा कि हमें ऐसी डाइट को प्रमोट करना है जो प्रोटेक्टिव पाटीकल्स को कम करे या खत्म करे। वहीं, अपनी डाइट में साठ प्रतिशत वैं फूड शामिल करें।

सेमिनार में डॉ. सिमता सिंह, डॉ. निशी श्रीवास्तव सहित लखनऊ व अन्य शहरों से भी डाइटेशियन और डॉक्टर मौजूद थे।

कामकाजी और गृहिणी की ऐसी हो डाइट

● स्वस्थ और संतुलित आहार के लिए डाइटेशियन सलाह देते हैं कि नाश्ता राजाओं की तरह, दिन का भोजन सैनिक की तरह और रात का भोजन एक फकीर यानी किसी गरीब की तरह करना चाहिए।

● हर रोज दिनभर में पांच-छह बार थोड़ा-थोड़ा और नियमित अंतराल पर कुछ न कुछ जरूर खाएं।

● रोज समयानुसार कम से कम 200 मिली दूध जरूर पिएं या फिर आधा किलो तक दूध या दूध से बने उत्पाद जरूर खाएं।

● रोज 30 से 50 ग्राम दाल को भोजन में जरूर शामिल करें।

● दो किस्म की पत्तेदार और हरी सब्जियां भोजन में जरूर लें।

● कम से कम सौ ग्राम सीजनल फ्रूट हर रोज खाएं।

● रोज दस से पंद्रह गिलास पानी जरूर पिएं।

● विटामिन, आयरन, बी-कॉम्प्लेक्स, विटामिन डी का सेवन करें। सूर्य की रोशनी विटामिन डी का अच्छा स्रोत है।

● ऑफिस में काम के दौरान बीच-बीच में थोड़ा-थोड़ा स्नैक्स लेती रहें।

● दिन भर में छाछ, कोकोनट वाटर, फ्रेश फ्रूट जूस या कोई भी साबुत फल, फ्लेवर्ड योगर्ट या दही और नींबू पानी में से किसी भी एक चीज का सेवन करें।

● हर तीन घंटे में भुना चना, भेलपूरी, पॉपकॉर्न, भुट्टा आदि में से कोई भी एक चीज खाएं।

Get fooducated: Don't depend on net, consult a nutritionist or doctor

WHAT DOCTORS RECOMMEND

- Do not trust the information given on the internet blindly
- All supplements are not safe, consult a doctor or a nutritionist before use
- Read the nutritional label and caution printed before trying any product
- Every body type is different and so are their nutritional requirements
- Do not increase the dosage of any supplement without consulting expert for faster results

Dr. Vinay Sancheti (Nutritionist) and **Vicky Asnani** (Dietitian) are featured in the article.

'Clear misconceptions towards dieting practices'

FREE PRESS (19 January 2017) www.freepressjournal.in/1934159

OUR STAFF REPORTER AMITA SINGH

Consult a dietician, get fooducated

Microscopy into health care... bringing awareness to dieting... Dr. Pratiksha Chaudhary... workshop on 11 Jan 2017...

'फिटनेस नहीं तो पदक भी नहीं'

वर्ल्ड डायटिटिक-डे के उपलक्ष्य पर खिलाड़ियों से हुई डाइट पर चर्चा में एक्सपर्ट्स ने कहा

FITNESS TIPS

सिटी रिपोर्टर - स्कूल और कॉलेज में पढ़ रहे ऐसे कई खिलाड़ी हैं, जो स्टेट और डिस्ट्रिक्ट लेवल पर अच्छा परफॉर्म कर रहे हैं, लेकिन परफेक्ट फिटनेस न होने के कारण वे पीछे रह जाते हैं और पदक चूक जाते हैं। यह जरूरी है कि दिनभर वर्कआउट करने वाले प्लेयर्स अपनी डाइट में फेट की मात्रा भी बढ़ाएं, ताकि उनकी मेहनत जाया न जाए। यह बात साइरा की स्पोर्ट्स डॉ. नेहा शर्मा व डॉ. रश्मि श्रीवास्तव ने। वे वर्ल्ड डायटिटिक डे के...



डाइट में बढ़ाएं फेट की मात्रा

डॉ. नेहा ने कहा कि नई रिसर्च के मुताबिक, खिलाड़ियों को टैडिशनल डाइट चार्ज की बजाय कीटोजेनिक डाइट और ग्लूकोसियोजेनिक डाइट फॉलो करना चाहिए। इसमें 75% फेट होता है, जबकि 15% प्रोटीन और सिर्फ 5% फाइबर कार्बोहाइड्रेट होता है। ग्लूकोसियोजेनिक डाइट मसलस की ट्रेनिंग में मददगार होती है। उन्होंने कहा कि एक खिलाड़ी के दिनेज बलने में 50% जहां कोच की ट्रेनिंग मददगार होती है, लगभग उतना ही हाथ उसकी फिटनेस और पॉवर डाइट का भी होता है।

खान-पान में गड़बड़ी से बढ़ रही बीमारियां

इंदौर : नगर प्रतिनिधि। शरीर को किस प्रोटीन, विटामिन या मिनरल की जरूरत है, ये गुगल नहीं बताएगा। यदि गुगल देखकर डाइट अपनाएंगे, तो पहले तो वजन कम होगा, लेकिन बाद में तेजी से बढ़ने लगेगा। आज युवा यही कर रहा है। उसके लिए सब कुछ गुगल ही है। यह कहना है ग्रेटर केलाश हास्पिटल की वरिष्ठ आहार विशेषज्ञ विनीता जायसवाल का। आज 'इंडियन डाइटिटिक्स डे' पर वे बात कर रही थीं। इस साल इंडियन डाइटिशियन डे की थीम 'कंसल्ट ए डाइटिस्ट' है।



विनीता ने खाने के सही तरीके बताए

होना चाहिए। कई बार थकान और भूख के वक्त हमें जिस खाने की जरूरत होती है, वो न खाते हुए कुछ और खा लेते हैं, जो गलत है। बेहतर यही है कि आहार विशेषज्ञ से सलाह लें। इस थीम पर इसलिए काम किया जा रहा है क्योंकि खान-पान की गड़बड़ी की वजह से मोटापा है और बीमारियां भारतीय खाना हमने जंकफूड को अपनाया है। आज तनाव, खून की कमी, उम्र से अधिक दिखने की समस्या और सबसे ज्यादा प्रजनन क्षमता की कमी (इम्फर्टिलिटी) के मरीज हैं। लड़कियां दुबले होने के लिए खाना छोड़ देती हैं। उल्टे-सीधे रास्ते

Many hospitals in Mysuru lack qualified nutritionists: IDA

Special Correspondent

MYSURU: January 19, 2017 00:00 IST
Updated: January 19, 2017 04:11 IST

Patients admitted to hospitals for treatment of various ailments, including life-threatening diseases, are often left to fend for themselves when it comes to their diet and nutritional needs. The situation is so shocking at a few hospitals in the city that even patients recovering from heart ailments, like myocardial infarction, had been found eating high-protein and high-fat diets, much to the consternation of the members of Indian Dietetic Association (IDA) Mysuru chapter.

Even though a qualified dietician or a nutritionist is considered to play a crucial role in prevention and management of diseases and disorders, a majority of the hospitals in Mysuru do not have a qualified dietician, regretted president of IDA, Mysuru chapter, Asna Urooj, who is also the professor and chairperson of the Department of Studies in Food Science and Nutrition, University of Mysore.

"Of the 25 government or private hospitals with more than 50 beds in the city studied by IDA members, only 13 have dietitians. Only 11 of the 25 hospitals have dietary departments, where nutrition is provided to the patients by the hospital," she said. The percentage of dietitians in smaller hospitals could be even less. The post of a dietician is lying vacant even at K.R. Hospital here for the last several years, she added.

With a view to creating more awareness about the role of a dietician in healthcare system, IDA, Mysuru chapter, began an awareness campaign in hospitals from Tuesday as part of its efforts to commemorate the Dietetics Day. The first in the series of such programmes was held at Sigma Hospital in the city on Tuesday where the members of IDA used posters and power point presentations to educate professionals working in the hospital about the importance of qualified nutritionists. IDA will next move to Cauvery Hospital and Chandrakala Hospital, where similar programmes will be held.

IDA was founded on January 10, 1962 and is commemorated as Dietetics Day with a specific theme for 2017 "Consult a dietician - Get Fooducated". The IDA's Mysuru chapter will conduct campaigns in different hospitals of Mysuru to emphasise that dietitians are crucial for health and well-being in hospitals.

"Nutrition is a science. Hence, you need to be guided by a well-qualified person when it comes to your diet and nutritional needs. In this context, utilising the services of a professional dietician/nutritionist also assumes greater importance in prevention and management of diseases and disorders," said Dr. Urooj. Secretary of IDA, Mysuru chapter, Greena Menezes, joint secretary Dr. Sushma Appaiah, treasurer Chandan Vinay and executive members Dr. Anitha C. and Dr. Henalatha M.S. participated in the programme.

Consult a dietitian - Get 'Fooducated'!

Principal Correspondent

THE exercise if not supported by proper and timely diet then it affects the health of human being. The role of dietician, nutritionist has increased in our day to day life. So, everybody should consult his or her dietician to get themselves educated of diet.

Indian Dietetic Association, celebrates Dietetic's Day all over India since last 2 years.

Indian Dietetic Association, (IDA) is a renowned scientific association. Elaborating on dietitian and nutritionist Dr Rita Bhargava, President of Indian Dietetic Association (IDA) said, "Dietitian is person with a qualification in nutrition and dietetics, recognized by national authority, applies the science of nutrition to the feeding and education of individuals or groups in health and disease. Nutritionist is a person with a qualification in nutrition from an accredited college."

Secretary of IDA Kavita Bakshi pointed out, "Start your day with a healthy breakfast, a combination of cereal, pulse or dairy, fruits and nuts. Let breakfast be a heavy balanced meal to energise you for the entire day. Its important to have a midmorning, evening light snack be it a fruit or few nuts or dates, aligher lunch which should incorporate chapati, vegetables, pulses and salads along with curds. Dinner should be the lightest of all the meals. Indian vegetarian diets are lacking in proteins, incorporate one protein source in your main meals like dals, sprouts, legumes, milk, curd, paneer, soya, nuts. Maximize your daily vegetable and fruit intake. Minimize intake of sugar, salt, fat and oils. Drink atleast 10-12 glasses of water daily." According to Kavita Gupta wellness and healthy lifestyle are interconnected. A good dietary practice with regular exercise i.e a holistic approach would prevent lifestyle diseases like diabetes, obesity, heart diseases in future. Why wait for this to happen, why not consult a Dietitian for prevention?, asks Kavita Gupta.

Dr Bhargava warns on rampant eating of junk food. She said, "Eating junk foods on regular basis and sedentary lifestyle in children is rampant which leads to early onset of childhood obesity which can be prevented by traditional foods like sprouts, idli, chilla, vegetable paratha, poha chana, vegetable upma, butter milk, lemonade, etc along with outdoor games. School and college canteens must provide healthy snacks for children instead of fast foods like pizza, burger, noodles, cold drinks. Teaching institutes must appoint a dietician on their panel for meal planning."

Similarly corporate offices and industries should be 'fooducated' for wellness and healthy lifestyle for a better tomorrow. Regular health checkups, know your BMI, diet and nutrition awareness programmes must be promoted.

Bakshi said, "Stack your home, your fridge by healthy foods. If you keep good food in Stack your home, your fridge by healthy foods. If you keep good food in your fridge you will tend to eat healthy. Resolution for 2017 - Eat right, Eat healthy, Eat fresh, say No to junk and street foods. Let's healthify India by fooducating ourselves the right way."

IDA conducted a workshop a Juvenile Diabetic Parent Association on January 8 at Sahu camp Wadgaon. Many members participated in the workshop.



Dr Rita Bhargava, Kavita Gupta, Kavita Baxi and others during the programme.

DIETETICS DAY TODAY

CNE today

CNE on Therapeutic role of Fibre is organised on Wednesday to celebrate Dietetics Day. Members who are working for the success of the program are Renuka Maide, Minal Gujarathi, Kavita Gupta, Kavita Bakshi, Dr Rita Bhargava, interns of Care Hospital and students of WTERI.

The 49th Annual Indian Dietetic Association Conference (IDACON 2016) was hosted by the Indian Dietetic Association, Mumbai Chapter at Hotel Sahara Star, Mumbai from 23rd to 25th September 2016. IDACON 2016, was a product of deep thought, introspection where it was imperative to represent each stake holder. Thus, with much deliberation the theme “**Joining Hands to Nourish India-Nutrition beyond Nutrients**” was conceived. This conference brought together an interdisciplinary group of professionals working in the field of nutrition and dietetics. Throughout the conference, more than 150 experts in the field shared their knowledge with the 2500 attendees of the conference, the largest one yet since the conference’s inception in 1977. IDACON 2016 was a grand success under the leadership of Dr. Jagmeet Madan, Chairperson, Ms. Salome Benjamin, Co Chairperson, Ms. Naaznin Husein, Organising Secretary and Ms. Shilpa Joshi, Scientific Chairperson.



4 Pillars of IDACON 2016

Objectives of the conference:

- Enable the stakeholders to join hands together for the progressive growth and development in areas of research, academic enrichment and industrial growth.
- Foster evidence-based practice for nutrition and dietetics.
- Promote and advance nutrition and dietetics to overcome the nutritional challenges in India
- Form strategic alliances/ partnerships to improve the health of our country in India
- Foster the advancement of nutrition and dietetics internationally
- Endorse food and nutrition knowledge and skills across the community
- Advocate for a safe and nutritious food supply in which the community has confidence
- Promote attitudes and environments conducive to the enjoyment of food

- Set standards and accredit programs of study in dietetics and/or nutrition Promote a culture of ethical conduct
- Promote excellence through a program of continuing professional development

Vision

To create an enriching and learning atmosphere to exchange scientific evidence based knowledge and practices with international standards that are successfully implemented in the Indian Scenario. To empower Dietitians to be effective educators, communicators and clinicians. To facilitate and strengthen ties with key stake holders such as the government, pharmaceutical, nutraceutical and FMCG industry leaders where the dietetic fraternity can work in synergy to improve the health of our nation.

Scientific Partners

IDACON 2016 would not have come to be if it were not for the actual joining of hands, minds and wills by multiple stake holders:

- Association of Food Scientist and Technologist (India) (AFSTI)
- All India Association for Advancing Research in Obesity (AIAARO)
- Association of Physicians in India (API)
- Food and Agriculture organisation (FAO)
- Health Foods and Dietary Supplements Association (HADSA)
- Global Hospitals
- Mumbai Obstetrics and Gynaecological Society (MOGS)
- Narmada Kidney Foundation (NKF)
- Protein Foods and Nutrition Development Association of India (PFNDAI)
- Rotary District 3141
- Research Society for Study of Diabetes (RSSDI)
- Dr. BMN College Of Home Science
- Nirmala Niketan College of Home Science, Mumbai
- SVT College of Home Science

E Registration

A very first ever initiative at IDACON 2016 was the **E registration** for the conference. The entire registration process, right from the application for registration, verification, payment, confirmation and registration receipts for national and international delegates. For the very first time receipts were issued prior to the conference with exact details of the chosen pre-conference workshops. The prompt, hassle free experience was cherished as a pleasant experience.

Pre Conference Workshops

The conference hosted a wide variety of pre conference workshops :

- Entrepreneurial Workshop
- Food Composition Data – Training Workshop in association with FAO
- Clinical Nutrition in ICU – Are we doing it the right way
- Food Safety, Health and Nutrition in association with AFSTI

- Workshop on Renal Nutrition-A synergy between Nephrologists and Nutritionists, in association with Global Hospitals.



Renal workshop

CEO Conclave



CEO Conclave - A Team Effort By LEC, IDA, Mumbai Chapter

For the very first time at the Annual Indian Dietetic Association Conference, a CEO Conclave was organised to appreciate and thank our industry partners for their continuous and ongoing association with the dietetic fraternity. The Conclave was a platform for interaction between all stake holders - the industry, institutes, regulatory bodies and various associations, sponsoring representatives, heads of major leading Mumbai hospitals, chapter presidents of IDA, institution heads, associate partners and key opinion leaders to showcase their outstanding contribution. This was enabled to further foster newer ties and opportunities to



Launch of the job cell by IDA, Mumbai Chapter

work synergistically together in the nutrition and wellness. IDA, Mumbai Chapter launched their JOB CELL to facilitate the industry in their search for young, energetic, qualified, dynamic professional dietitians and vis a vis the dietitians get a platform to search for the best career opportunities.

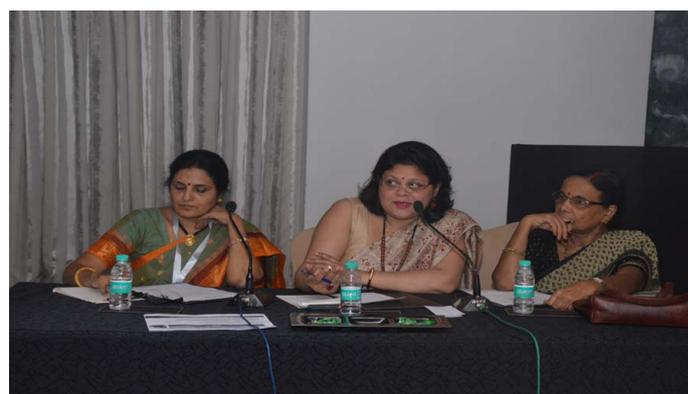
We were honoured to have in our presence, the first lady of Maharashtra, Mrs. Amruta Fadnavis, Chief Guest for IDACON 2016, who sincerely appreciated the multi factorial approach integrating various stake holders coming together. She envisions that IDACON 2016 will create enormous changes towards the health of the nation.



Honouring our Chief Guest - First Lady of Maharashtra - Mrs. Amruta Fadnavis

The Key Note Address on 'Endocrine Disruptors and Foods' was delivered by Padma Shree awardee Dr Shashank Joshi. The Founders Oration award was conferred upon Padma Shree awardee Dr. V Mohan, practicing for 30 years in Chennai, renowned internationally acclaimed diabetologist. Professor Amaya Bose Lecture was awarded to our very own Ms. Gourpriya Koppikar, who gave a mesmerising oration on the evolution of dietetic practice over the last 36 years.

The Research and Review Committee witnessed a tremendous influx of papers for oral and poster presentation in all categories which was reviewed in an unbiased manner by scientific experts from every field. In our endeavour, to minimise our carbon foot print for the very first time, we had e poster presentations which was a pleasurable welcome in truly conducting the conference as per international standards. As dietetics is an ever-growing field of practice where the need of the hour is super specialisation, a host of



Oral and Poster presentation

parallel workshops were organised to focus on key areas of interest such as

- Diabetes in association with RSSDI
- Flab to Fab: An Obesity Management workshop in association with AIAARO
- Cardiac Workshop in association with API
- Nutritional Issues in Gynaecology in association with MOGS
- RD Update

There was an overwhelming response for each and every workshop. All delegates discerned the scientific evidence based knowledge disseminated was very useful in their daily practice. They had an opportunity to discuss the challenges faced in everyday practice and learnt strategies to overcome them from the pioneers in their respective fields.

The Court Room – an initiative to discuss, deliberate and debate on various myths in the practice of dietetics was well received by young, emerging as well as practicing dietitians.

As they saying goes - ‘All work and No Play Makes Jill A Dull Girl’. Another first at IDAOCN 2016 was fitness breaks organised at regular intervals across all parallel workshops and the main hall. At Gala Dinner, the enthusiastic students of SVT College of Home Science and Nirmala Niketan College of Home Science organised a series of marvellous performances engaging and encouraging participation from all the delegates. All senior and young dietitians enjoyed shaking a leg and swaying to their favourite beats.

In our efforts to reach out to the society at large, a Public

Forum was organised, free of cost for the citizens of Mumbai in association with the Rotary District 3141. Healthy nutrition in Diabetes, eating right, mindful eating were emphasised. A practical workshop on how to incorporate easy exercises in or daily lives was well appreciated. Cooking healthy is the key – thus, a chef demo by the head Chef Salil Fadnis was extremely well appreciated as they got to learn that healthy cooking can be easy and simple.



Chef Salil Fadnis, Head Chef, Hotel Sabara Star demonstrating quick healthy eating at the public forum

IDAICON 2016 was truly a synergistic blend of delegates from across all the 23 chapters, academia of various institutions and organisations, medical fraternity, industry partners – pharmaceutical, nutraceutical and FMCG, government and private associations and the community. It was indeed a dedicated effort towards joining hands with all stake holders to create a healthy nation!



Delegates shaking a leg during the fitness breaks



For the very first time an international workshop in association with FAO (Food and Agriculture Organisation)



Delegates shaking a leg during the fitness breaks



NEC members

MARK YOUR CALENDAR

1-7 September 2017 National Nutrition Week

18-20 December 2017, IDACON 2017, Kolkatta, India

16 October 2017 World Food Day

10 January 2018 Dietetics Day

IDACON 2017



INVITE YOU ALL TO
IDACON 2017



50th Annual National Conference
Of
Indian Dietetic Association
Organized by Bengal Chapter

- Theme** - Let's Nourish to Flourish Nutrition for Health and Economic Development
- Venue** - Science City, Kolkata
- Dates** - 18th, 19th & 20th December 2017

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Mitali Palodhi

Organising Secretary
Ipsita Chakravarti

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