



Indian Dietetic Association Newsletter



Wishing each and every one of you a very Healthy & Successful 2018!

IDACON 2017, the 50th conference of IDA, saw a number of participants from across the country. Mrs Priti Sen, founding member of IDA and a very senior dietitian from Kolkata, graced the conference inaugural session and received a standing ovation while being felicitated.

IDA website has a new look with added features. For the first time, the website was used as a tool for the online application process for RD exam.

IDA Facebook page has been started by the Media and Communications Committee. If you wish to contribute your articles, do submit them through your Chapter President. Your byline will appear along with the article.

Do read the first issue of JIDA for 2017 which has been published and circulated to the National Executive Committee

members and Chapter Presidents.

IDA has drafted guidelines for Clinical Dietitians and Food Service Dietitians. These documents offer suggestions to practicing dietitians and the management of hospitals regarding the role of dietitians in a hospital set-up. The guidelines are up on the website.

The RD Board and the Media and Communications Committee are working on the Clinical Dietetics Manual 2nd edition and Position Paper on Dietary Fibre, respectively.

Bihar, Jharkhand and Bengal chapters have been visited by the RD Board Chairperson and the National President this year.

Most importantly, IDA is gearing up for national elections. The National Election Officer is preparing the required documents to begin the process soon. I request all the life members to please vote for your choice of candidates. The new team will take over from the current team on January 01, 2019 and run the association till December 31, 2021.

Sheela Krishnaswamy
National President
IDA



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

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IDACON 2018 -
announcement

From the Editor's desk

Greetings to IDA members!

It is interesting to see that IDA is emerging as a very vibrant body and its members are engaging in a wide variety of activities related to nutrition and dietetics.

The lead article in this newsletter by Ms Neelanjana Singh focuses on use of probiotics, evidence of the benefits of which are now going beyond the digestive system to encompass even hyperlipidemias and cancer.

On Dietetics Day, which was celebrated pan India, every chapter conducted some activity based on the Theme: Ensuring Safe and Nutritious Food". It was interesting to see the scope of using diverse approaches to get the same message across. Activities ranged from public talks to panel discussions, street plays to flash mobs, demonstrations to competitions and nutrition games to social media apps.

Since IDA has been growing by leaps and bounds this newsletter cannot do justice to the activities undertaken at chapter level. Please do access the IDA website for Chapter reports/ newsletters.

Dr Seema Puri
Head, Media and Communication Committee
Indian Dietetic Association

Neelanjana Singh, Nutrition Consultant, Heinz Nutri Life Clinic



For centuries bacteria were dubbed as enemies of the human body. They were thought to only cause disease and infection and a sterile bacteria free world was the safest. The tables seem to be turning and the 'Hygiene Hypothesis' suggests that a decreased microbial diversity in infancy may predispose to an increased risk of allergic diseases later in childhood. The hypothesis suggests that trying to achieve the almost sterile standards of personal and environmental cleanliness leads to an imbalance of the microbial flora and an altered immune response.

The human body is teeming with bacteria which are ten times more than the human cells of the body. Many of these are vital for survival, maintaining health and development, as well as the development and maturation of the immune system. We are also aware of the conditions that favour the growth of beneficial microbes in our gut. Diet is one major factor that can influence what kind of microbes will inhabit our system. Plant-based diets with adequate indigestible fibre, nuts, seeds, veggies and fruits keep the good bugs teeming and happy within our system.

It is also fascinating to know that the link between the gut and the brain is becoming more apparent and stronger. The ability of these microbes to communicate with each other and their ability to influence our mood, emotions, appetite and even the risk of depression is no longer fictional. There is evidence to indicate that dysbiosis of the enteric milieu is marked by an increase in anxiety, depressive behavior and memory impairment. Evidence suggests, albeit in relatively small cohorts, that Autistic Spectrum Disorders may be associated with an alteration in microbiota composition and metabolism. Recent preclinical data supports the concept that probiotics affect enteric nervous system and brain signaling thus improving symptoms of anxiety, depression and cognition. Perhaps in the future, treatment of disorders like autism and anxiety will be routed through the gut!

The composition of the otherwise stable intestinal microbiota fluctuates over time with inter current infections, treatment with oral antibiotics, stress and ageing. An alteration in the balance results in dysbiosis and this is being identified as a cause for clinical disease expression. More than 25 disorders are associated with a dysbiotic microbiota and as researchers unravel the mysteries of the balance, they are entering a new frontier: altering the microbiome for improvement of health. The focus has therefore shifted to favorable manipulation of the microbiota to restore the balance between beneficial and harmful microbes without wiping out all the microbes. It is therefore not surprising that Fecal Microbiota Transplantation (FMT) is now being

used as a treatment option for treating Clostridium difficile infection which is a stubborn infection and can often be fatal.

While options for how to improve our microbiota is still growing, the concept of probiotics has gained momentum. Probiotics are "live microorganisms which when administered in adequate amounts confer a health benefit to the host". Operationally, a probiotic may be defined as a mimic of the beneficial effects of the intestinal microbiota. It is one of the well established methods of altering the gut microbiota in our favour. Many different species of bacteria as well as yeasts have been used as probiotics. The most common are Lactobacilli and Bifidobacteria; as of now, the yeast Saccharomyces boulardii and bacteria that comply with the current definition of probiotics including species of Streptococcus, Enterococcus, Bacillus and Escherichia coli are being used as probiotics.

Probiotics work in many ways - by increasing the beneficial microbes, activate the immune system, inhibit the pathogenic organisms, produce vitamins, aid nutrient absorption and restore epithelial barrier defects and more. Scientific and clinical evidence for their use in improvement of health and prevention of disease has progressed rapidly. There is both clinical interest and academic excitement in their utility for reducing the risk of disease.

Given that the intestinal tract is the largest reservoir of microbes in the human body, it is not surprising that the use of probiotic organisms in diseases has been investigated extensively in intestinal disorders. Some of these conditions where there is compelling evidence (from randomized placebo controlled trials) have been put forth.

Diarrhoea

The bulk of data points to the use of probiotics in preventing diarrhea. The evidence from studies on viral diarrhoea is more convincing than those from bacterial or parasitic infections. The European Society for Pediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) and the European Society of Pediatric Infectious Diseases Expert Working groups have stated that selected probiotics with proven clinical efficacy and in appropriate dosages and strains may be used as an adjunct to conventional therapy for the management of acute gastroenteritis in children being given rehydration therapy. An analysis of 63 Randomized Controlled Trials that included 11811 participants concluded that the use of probiotics could be linked to a reduction in Antibiotic Associated Diarrhoea (AAD). One of the most dreaded outcomes of a course of antibiotics is colonization with Clostridium difficile which is responsible for around 10-20% of all cases of AAD. A systematic review and meta-analysis of 20 trials with 3818 participants concluded that probiotics reduced

the incidence of Clostridium difficile Associated Diarrhoea by 66%. A large community based study done in India also suggests that probiotics could be useful in reducing the risk of diarrhoea in children under five years of age.

Irritable Bowel Syndrome (IBS)

Irritable Bowel Syndrome (IBS) is the most common gastrointestinal disorder affecting at least 15% of the population. The risk for developing this condition include factors that disturb the gut microbiota such as antibiotics, gastrointestinal surgery and infections. Differences in the gut microbiota are evident in IBS sufferers and controls, with the former demonstrating significantly lower concentrations of Bifidobacteria and Lactobacilli and higher concentrations of Streptococci, E. coli and Clostridia. A review of 19 RCTs done with 1650 patients of IBS concluded that probiotics were better than placebo with a number needed to treat of 4. Several mechanisms of activity may be involved including a change in the intestinal microbiota. This change resulted in lower numbers of potentially harmful bacteria and less gas production, increased short chain fatty acid and fecal microbiota mass as well as improved bile acid metabolism. However, given the heterogeneity of IBS patients and symptoms, research that focuses on the use of probiotics for specific IBS subgroups, for specific IBS related symptoms, would provide a clearer picture for its treatment in the future.

Inflammatory Bowel Disorders (IBD)

Given the potential for probiotics to modulate the microbiota and provide beneficial immuno-modulatory effectors suggests that a probiotic strategy might be a viable treatment option for patients with IBD. However, benefit has been reported in some, but not all human trials. Investigations have focused mostly on remission, maintenance rather than treatment of active disease. The evidence was strongest for Pouchitis, followed by Ulcerative Colitis and Crohn's Disease respectively.

Helicobacter pylori infections

As indicated in a meta-analysis of 14 randomized trials, probiotics proved to be effective adjuncts to H. pylori antibiotic regimens. Probiotic strains were effective in increasing eradication rates and may be considered helpful for patients with eradication failure as well. The point to be noted is that there is currently insufficient evidence to support the concept that a probiotic alone (without concomitant antibiotic therapy) would be effective.

Hepatic function

Recent studies suggest that the composition of the gut microbiome is linked with cognition in patients with liver disease and probiotics may be useful as adjuncts to conventional therapy in patients with Non Alcoholic Fatty Liver Disease (NAFLD) and Hepatic Encephalopathy (HE) etc. From a 2017 review article, it is clear that probiotics used

in people with minimal HE can lead to improvements in the quality of life, reduced plasma ammonia concentrations and delay in the development of overt HE when compared with placebo or no intervention groups.

Allergies

Incidence of atopic eczema in babies during the first four years was reduced by 50% when probiotics were administered to pregnant women one month before delivery and to the babies for six months after birth. Even seven years later, the children's risk of developing eczema was significantly lower although the difference was significantly less. Several studies have shown a persistent and significantly reduced rate of atopic dermatitis for up to 7 years following probiotic consumption. However, studies on asthma and rhinitis have given mixed results. Recent studies have also indicated the ability of probiotics to reduce the risk of upper respiratory tract infections because of their ability to increase Natural Killer (NK) Cell activity and Secretory IgA levels.

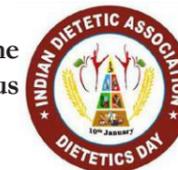
Cancers

Differences in microbiota are associated with different types of cancers but whether this is a cause or consequence of the disease remains to be determined. Some gut bacteria produce carcinogenic substances and de-conjugate bile acids, and these processes are accelerated by consuming a westernized diet. Many probiotic mechanisms of activity are relevant to cancer, prompting studies which have generally used biomarkers to evaluate benefit. The European Union funded SYNCAN study tested the effect of oligo-fructose along with 2 probiotic strains in patients at risk of developing colonic cancer. The symbiotic preparation decreased the expression of biomarkers for colorectal cancer. In a large intervention trial on 398 subjects who had at least two colorectal tumors removed and were given wheat bran and/probiotic, showed that the rate of progression of new tumors in the probiotic group was reduced although it did not reduce the incidence of the tumor. One population based case control study retrospectively evaluated 306 cases with breast cancer and 662 matched controls. The authors concluded that regular consumption of the probiotic strain and isoflavones since adolescence was inversely associated with breast cancer incidence in Japanese women. Other probiotics helped reduce the incidence of bladder cancer and other types of cancer.

Metabolic Diseases

Around the world the prevalence of obesity and metabolic diseases are all on fast slopes upwards. New insights suggest that the microbiota plays a crucial role in the pathogenesis of metabolic syndrome resulting in a paradigm shift in our approach to battle the obesity and diabetes syndrome. Both these conditions are associated with divergent changes in the gut microbiota.

Early studies in mice and humans have shown that obesity



is associated with lower microbial diversity and an increased ratio of Firmicutes to Bacteroidetes. More recently, it has been shown that babies delivered by cesarean section may be at an increased risk of developing obesity in early childhood. Animal studies have shown that C-section babies lack the microbes associated with lean bodies, which are Bacteroidetes, Ruminococcaceae, Clostridiales. An interesting solution to this problem was proposed by one of the leading researchers in this field. A swab of the mother's vagina to be wiped on the infant's face just after birth to pass on the relevant bugs. This is how important bugs are right from day one of life and also for the future of medicine and nutrition.

Demystifying probiotics

It is vital to remember that not all probiotics are the same and are determined by their strains. There is growing evidence to show that they support health in different ways. Another point to remember is that the effect of one probiotic strain cannot be extrapolated to another even if it belongs to the same genus and species. Each probiotic strain should be supported by its own scientific data with studies done with recommended numbers for consumption. Strictly speaking the term Probiotic is reserved for live microbes that have shown to demonstrate a health benefit in controlled human studies. There is no general minimal level for the probiotic count. The viable count is strain specific and probably depends on the type of benefit sought for.

When to be cautious

Probiotics may be ill advised in specific patient populations for e.g. those with bacteremia and sepsis. It also remains to be determined whether patients with severe immune deficiencies could pose too great a risk for the development of serious complications

The right approach

It is important to remember that probiotics are not drugs; they are not alternatives or substitutes for conventional therapy. They are supplements and like many naturally occurring agents, modest benefits should be expected when used as adjuncts with conventional therapy. Nutritional science aims to maintain health and thereby reduce the risk of disease rather than to tackle it with a pharmaceutical agent. Nutrition intervention that focus on preventive strategies and reduction of risk factors through probiotic use may well be the answer to many health woes.

Suggested Readings

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Dietetics day is celebrated every year on 10th January, by Indian Dietetic Association with the aim of creating awareness among common public regarding healthy lifestyles and nutritious food. This year the theme of Dietetics Day was “Ensure safe and Nutritious Food”.

BENGAL

Following this theme, IDA Bengal chapter organized a scientific seminar on 27th January 2018, Saturday at WBVBHAI to celebrate Dietetic Day. About 125 members including student members and life members were participated in this scientific seminar.



The seminar began with small introductory speech by the secretary of IDA Bengal chapter, Mrs. Malabika Datta. She explained the importance of Dietetics Day celebrations and the role of dietitians in our society.

Mrs. Kalpana Chowdhury, RD, Senior Dietitian of SSKM hospital Kolkata was the invited speaker. She talked about “Ensure Safe and Nutritious Food.” In her presentation,



she explained about food born disease, public health risk, and prevention food born disease, she also encouraged all to incorporate low cost seasonal food in our daily diet. The other speaker was Mrs. Sumona Mondal, Lecturer, Institute of Hotel Management Catering Technology and Applied Nutrition Kolkata, She talked on “Importance of food safety in our daily life”. In her presentation she explained about HACCP- different chemical, physical, microbial hazards, and also critical control point. She gave detailed explanation on Good Hygiene practice (GHP), Temperature Danger Zone (TDZ), safe food handling. She also explained the role of FSSAI. At the end there was open question answer session. Students and members actively participated in this session. The programme ended with vote of thanks by the secretary of IDA Bengal Chapter Malabika Datta.

Overall this seminar was knowledge- filled and informative for students and dietitians also. It was a small contribution towards our society to ensure safe, nutritious and healthy food habit, which is essential for healthy lifestyle.

BANGALORE

IDA Bangalore Chapter celebrated Dietetics Day 2018 “Ensuring Safe and Nutritious Food” in a unique way with Chapter members sensitizing the community at hospitals, institutions, schools in various zones in namma Bengaluru with innovative approaches.



Dietetics Day message by our National President- Ms Sheela Krishnaswamy went viral as always reaching to community. Dietetics Day logo was displayed prominently to ensure visibility to the event. Salient aspects of Safe and Nutritious Food explained in presentation by Ms Aneesha Rao, our team member, was screened at institutions, workplace and social media.

At institutions, the concept of safe and nutritious food was explained through informative posters, cartoon strips, games, models, flash mob and workshop. Hands on competitions like posters, games ensured inculcation of food safety principles. School children who are the foundation of healthy nation were also introduced to the concept. Apart from creating awareness to the nutrition

fraternity, doctors, paramedical staff, support staff, food handlers, people from different walks of life were the beneficiaries of the Dietetics Day.

Dietetics Day undoubtedly has been a day to look forward in the coming years.

CHANDIGARH

The Dietetics Day, Jan 10th, 2018, was celebrated with full enthusiasm and interaction (on 16th January 2018) with the theme of 'Ensuring Safe and Nutritious Food –a shared responsibility', at GSSH Hospital Sec 16, Chandigarh in association with the Chandigarh Chapter of IDA. The seminar was inaugurated by the Director Health Services, Chandigarh Administration in the presence of Mrs. Madhu Sharma, President IDA, Chandigarh Chapter, other dietitians and nutritionists and general public from

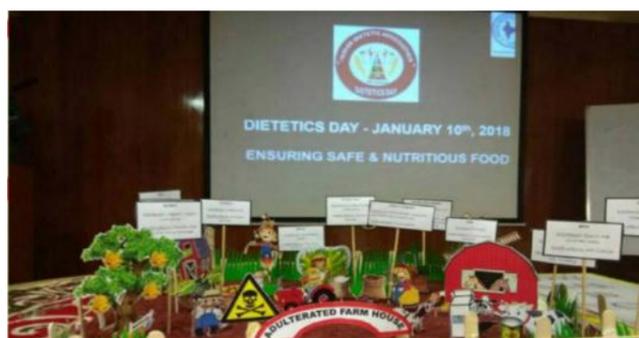


across the various Institutes of the tricity. Dr. Poonam Khanna, Assoc Prof (Nutrition), Public Health Dept. PGIMER, Chandigarh deliberated on the importance of nutritious food and Mr. Sukhwinder Singh, Designated

CHHATTISGARH

IDA Chhattisgarh organized on Dietetics Day, an Awareness Programme by IDA member Ms. Tanzeel Ansari, Apollo Hospitals Bilaspur, on "Ensuring Safe & Nutritious Food" at Govt. High School, Mopka, Bilaspur, Chhattisgarh. The audience was more than 200 students. On the same day, Dr. Aruna Palta, IDA EC member conducted a CNE on "Ensuring Safe & Nutritious Food" at the same venue. She is Principal of Dr. Radhabai Govt. Navin Girls College, Raipur, Chhattisgarh. 52 dietitians, Nutritionist & students attended. An awareness show by Dr. Rachana Saxena, Nutritionist & Dietician on Ensuring Safe & Nutritious Food" was conducted at Saibaba Hospital, Raipur, Chhattisgarh for more than 60 visitors.

At Apollo Hospitals Bilaspur, Chhattisgarh a CNE on "Ensuring Safe & Nutritious Food" was held for over



Officer cum Licensing Authority, Food Safety, Chandigarh Administration, dwelt at length on issues involved in food safety guidelines and detection of adulterants in various commonly consumed foods. An added attraction was the demonstration of detecting adulterants in food samples which were brought by the audience for free testing. In addition, a mobile food testing van was parked in the premises, courtesy, Chandigarh Administration for exhibiting a food testing lab improvised within. Mrs.



Maneesha Dhingra, Chief and Head of the Dietetics Dept of the Hospital and the host of the event, proposed the vote of thanks. It was highly appreciated by all.



26 Clinical Dietitians & Dietetic Interns. A Camp on "Ensuring Safe & Nutritious Food" was also conducted at Vyapar Mela, Bilaspur, Chhattisgarh with more than 75 visitors.

CHENNAI

On January 10th, 2018 Indian Dietetic Association, Chennai Chapter in collaboration with Tamilnadu Government Multi Super Specialty Hospital, Chennai celebrated Dietetics Day and the 4th continuing nutrition education seminar which was themed on the concept of "Ensuring safe and Nutritious food" at the T.N.G.M.S.S.H, Chennai. The Chief Guest for the day was Dr. Narayana Babu, Director of Medical Education i/c, Dean, Government Medical College, Omandurar and the Guest of honour was Dr. R. Jayanthi, Dean, Madras Medical College and Rajiv Gandhi Government General Hospital. Keynote address was given by Dr. Usha Antony, Convenor, Nutrition Society of India, Chennai Chapter and Professor, Centre for Food Technology, Anna University.



We had eminent speakers from the field of Clinical Nutrition and Dietetics, discussing on various topics such as Food Processing and Health concerns by Dr. Annette Beatrice, How safe is the food on our plate by Dr. Sultan Ismail,

COIMBATORE

As part of the Dietetics Day celebrations 2018, based on the theme "Ensuring Safe and Nutritious Food" an awareness programme was conducted to 225 school students of Sai Baba Vidyalaya Middle School, Coimbatore. Exhibition on "Food Safety And Quality Assurance" was conducted to create awareness to the public using various visual and audiovisual aids by Sri Seethalakshmi Ramasawamy College for Women, Trichy. Guest lectures on Hygienic Practices while Cooking was arranged for Aganwadi and Balwadi workers from Integrated Child Development Services Scheme, Trichy. Various competitions based on the theme was arranged for the employees from PSG IMR, Hospitals, and GKNM, Hospital, Coimbatore & demonstration on nutritious & healthy food was explained by the Dietitians.

A Dietitian Enclave was conducted. Mrs. Shylaja Nair, Life Skill Consultant, 3c's Proprietor, Coimbatore, delivered a talk on "Patient Friendly Dietitians". The sessions were highly interactive, interesting and fun filled. Dr. P. Thamil

Birds eye view on ERAS by Dr. Nirmala Jesudasan and Nutrition Assessment And Management of CKD by Mrs. Merina Alex and Mrs. Bamini. We also had distinguished academicians such as Dr. Mary Premila, Mrs. M. Sangeetha, Mrs. V. Bhavani, Mrs. B. Karthika, sharing their inputs on Food safety and Health concerns, and Dr. Jayalakshmi, Mrs. Daphnee and Mrs. Meenakshi Bajaj provided valuable insights on pathogenesis of CKD of unknown origin (Farm to Fork).

It was indeed a tremendous delight to witness such enthusiasm from the participants, amongst who were aspiring dietetic students and practicing dietitians. The event was a great success with over 350 delegates attending the CNE Programme.



Selvan, Clinical Psychologist, Department of Psychology, PSG College of Arts And Science, Coimbatore, delivered a special lecture on "Stress Management for Health Care Professionals".



Bangalore

Bengal



Chandigarh



Coimbatore



Chennai



Delhi

Gujarat



Mumbai



Nagpur



Odisha

DELHI

True health begins with selecting the food that one eats, which is why the business of eating right is so crucial. In order to highlight the importance of nutrition and diet, Dietetics Day is celebrated across India on the 10th of January. To mark this day, theme-based nutrition programs are organized and for the year 2018, 'Ensuring Safe and Nutritious Food' was chosen as the theme for the public awareness campaign.

Delhi Chapter of the Indian Dietetic Association organized this event at Dilli Haat, which is a popular food and exhibition destination in central Delhi. Renowned experts in the field of dietetics from Delhi and NCR got together to celebrate the awareness event by participating in a panel discussion. Scientific knowledge in the field of nutrition was explained in simple, practical ways that the audience

In addition to food safety, the science and art of healthy eating was elaborated on by Dr Seema Puri, Associate Professor at Institute of Home Economics, Delhi University, and by Ms Anuja Agarwala, Paediatric Dietitian at AIIMS. The importance of reading and understanding food labels was discussed by Ms Shilpa Thakur, Chief Dietitian at Asian Institute of Medical Sciences.



Other experts who participated in the program were Ms Ritika Sammadar, Ms Charu Dua, Ms Binu Bhatia, Dr Bhavna Gandhi and Ms Neelanjana Singh.

The day turned out both informative and interesting with myth-busting sessions, quizzes and games, interspersed with interactions with the experts. The Chief Guest, Ms Rashmi Krishnan, Secretary, Health and Family Welfare, Government of Delhi, congratulated and encouraged the members and office bearers of Delhi Chapter, for this endeavour.

The audience displayed keen interest in the street play staged by students of IHM Pusa on this theme. Students of Laxmibai College demonstrated quick tests for food adulteration, while students of Lady Irwin College and Manav Rachana International Institute engaged the audience in educational games with messages on the theme. The FSSAI's Food Safety mascots, Master and Miss Sehat, had a 'meet and greet session' with the audience to reinforce the message of food safety.

The sunny winter afternoon was all about fun and learning, and it concluded with a healthy meal appropriate for the season.



found easy to adopt and follow.

Among the experts was Dr Uma Khanduri, Former Head of Laboratory Sciences, St Stephen's Hospital, who pointed out the way in which many infective agents reach our food and damage our health.

Mr Kajal Debnath, Deputy GM, Scientific and Regulatory Affairs, gave an update on the role that Mother Dairy plays in ensuring the safety and nutritive value of the food that reaches the consumers. Dr Sakshi Bhushan, Nutrition Lead at Marico, enlightened the audience with tips on how to choose and use healthy cooking oils.

Ms Suneti Toteja, Director, Food Safety and Management Systems, FSSAI, talked about the training programs for food handlers and its implementation process.

GUJARAT

IDA Gujarat Chapter celebrated Dietetics Day with array of activities to justify and fulfil the theme "Ensuring Safe & Nutritious Food". Nutriwalk, diet counselling, exhibitions, interactive games, nutrieducating lectures, skit, fooducating quiz, flashmob, demonstrations, MNA screening, food adulteration detection and nutritional counselling were organized by the clubs across the state to spread the message of safe and nutritious food amongst school children, parents, teachers, anganwadi workers, patients in hospitals, hospital staff, nursing students, visitors in malls and general public. The activities were planned and executed

by the teams of diet experts, college teachers and students with tremendous zeal and innovations. Talking in terms of numbers of beneficiaries / recipients, it was over 200 in Rajkot, 340 in Baroda, 150 in Anand, 50 in Surat and 40 in Jamnagar. The activities received hearty response from the target groups and media.

The Rajkot Club organized Nutriwalk and quiz for students. Students of the Home Science College walked the roads with placards highlighting messages/slogans on nutrition and food.

The Baroda Club organized seminar, exhibition, quiz, flashmob

MUMBAI

IDA Mumbai Chapter initiated a new project as Nutrition Partner with ADAPT (Spastic Society of India) at Bandra centre. Under the guidance of Dr. Rita Patil, the students of Maniben Nanavati College run the nutrition clinic on a weekly basis, wherein the parents, caregivers and child counseling



and skit to increase awareness and propagate the importance of safe and nutritious food.

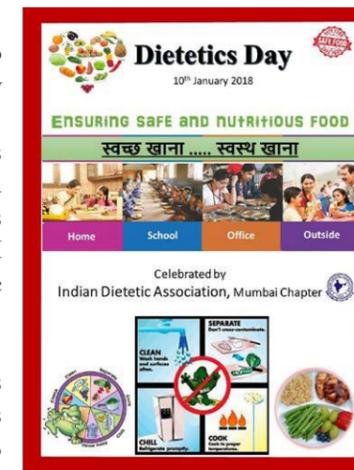
The highlights of activities by Anand and Surat Club included nutrieducating lectures and nutrition counselling.

Diet experts actively contributed in this mission by organizing counselling sessions in hospitals, schools and anganwadis, the hubs of nutritionally vulnerable groups.

sessions are provided to these special physically challenged children.

Also, nearly 300 patients along with social health workers in 7 Diabetes Clinics under MCGM were also educated on the 10th Jan 2018.

Special lecture was arranged for Naval Wives Welfare Association at INS Hamla by Ms. Naaznin Husein to educate them on the occasion of Dietetics Day 2018.



NAGPUR

Dietetics Day was celebrated in morning on 10 January 2018 in Nagpur with Powergrid office executives. An orientation talk by Dr. Rita Bhargava on Safe and Nutritious Food to prevent NCDs was delivered. Later Dietetics Day was celebrated in presence of 60 practicing Dietitians of the city along with 15 Dietetics students from WTERI. The chief guest speaker was Dr. Asmita Thaokar, an FSSAI trainer who spoke on importance of food safety standards; she emphasized frequent washing hands by food handlers and training Dietitians as FSSAI supervisors in hospital and the food industry. The welcome address was given

by Dr. Rita Bhargava, President IDA Nagpur Chapter, a quiz was conducted by Prachi Sawaikar, games by Sakina Raghiv, MOC was Nagma Ali and vote of Thanks by Hon. Secretary Kavita Bakshi. The senior members present were Jayshree Pendharkar, Nilima Joshi, Tanushree Bhattacharya, LEC members, dietitians and students of WTERI. Suvarna Nitnawre, Ajay Bhakre, Dipti Patle supported the program to make it a grand success.



ODISHA

Dietetics Day was celebrated by the Indian Dietetic Association (Odisha Chapter to promote the theme "Ensuring Safe and Nutritious food" at IMA hall, Bhubaneswar. About 40 dietitians including all government and public setups attended the seminar, making it a very successful program. A video message by our National President (IDA) was screened to all the participants in this auspicious occasion.

Dr Dipankar Dasgupta emphasized the need of safe and nutritious food and elaborated importance of kitchen garden as an effective way to achieve it. Mr Sanjay Mishra, chief dietitian, vividly described about the safety aspects of Dietary supplements and mentioned to use it in judicious and scientific manner. This session was chaired by Chapter President, General Secretary & Organising secretary and

ended with vote of thanks.

The entire program was highlighted in our local daily newspaper (The Sambad).



PUDUCHERRY

Dietetics day was celebrated on 10th January 2018 by Indian Dietetic Association, Puducherry Chapter by conducting a workshop in a simple manner for primary school students of Ramakrishna Vidhyalaya - Puducherry.

IDA life members and the school staff participated in the program with the key message - that personal hygiene and cleanliness of both food handlers and consumers is the base for a safe and nutritious food. Colorful posters and charts were also presented by life members based on the theme.

Mrs. Laxmy, Secretary, IDA Puducherry Chapter had a casual interaction with the children and staff about safe food. Miss Peraulta Lavanya and some of the life members explained about the importance of safe and nutritious food with small stories and puzzles. The session generated a lot of enthusiasm and the vote of thanks was given by Mrs. HariPriya, president, IDA Puducherry Chapter. The LEC members of Puducherry Chapter prepared a small power point presentation with a key point as "Ensuring Safe and Nutritious Food from Farm to Plate."

PUNE

Members of IDA Pune chapter celebrated Dietetics Day on 10th January 2018, in their organizations / institutes through various activities.

Faculty and students of M.Sc. Nutrition and Dietetics from Symbiosis School of Biological Sciences celebrated Dietetics Day at their institute. Students prepared and displayed self explanatory posters about food safety and Healthy foods. They also distributed small healthy snack with a message about healthy food to all staff at the institute.

Dietetics departments of various hospitals in Pune, like Ruby Hall Clinic, Sant Dyaneshwar Hospital, D. Y. Patil Hospital, Surya Hospital, Jupiter Hospital arranged sessions on health awareness, Personal /hygiene, Safe Food Handling, for the hospital employees.

Dietitian at Sant Dyaneshwar Hospital, Moshi gave a talk and then counseling on "Ensuring Safe and Nutritious Food" to OPD patients. Lectures on the Dietetics day theme and fun games on healthy food habits was organized for the hospital.



TELENGANA

Dietetics Day was Celebrated on 10th January -2018 by the Indian Dietetic association, Telangana chapter by conducting a workshop for practicing dietitians and Nutritionists on the Theme: 'Ensuring Safe and Nutritious Food" at Aster Prime Hospital Ameerpet, Hyderabad with the key message: For Safe advise consult qualified Nutritionist, dietitians. Over 110 dietitians and IDA life members attended. The

workshop was inaugurated by Former Director, National Institute of Nutrition Dr. B. Sesikeran, who stressed the need to seek Safe food advise from qualified and trained nutritionists and dietitians only for scientific and accurate diet guidance. Speaking on the occasion, Dr. Uma Maheshwari, University Head, Dept of Foods & Nutrition, PJS AU, Vice President IDA, Telangana chapter emphasized the need to



evolve a standard curriculum for training qualified dietitian, Nutritionists. Dr. Janaki Srinath, Consultant Nutritionist, National executive member, IDA, stressed the urgency for passing the Allied health bill to define the key role of nutritionists in patient care and community and weed out quacks. Mr. Venkateshwar Rao, President, IDA Telangana chapter stressed on recruitment of qualified dietitians in all medical colleges and hospitals in Telangana immediately. Dr. Bhaskarachary, Deputy Director National Institute of Nutrition highlighted the need for being prudent in interaction with media and communication with patients. Dr. B. Janaki, Vice President, IDA Telangana chapter pointed out the critical role media is playing in creating nutritional awareness and cautioned against unverified nutrition messages on social media. Dr. Naga Malleshwari, Vice President, IDA, Telangana chapter, Senior dietitian, emphasized the key role of dietitians play in all major hospitals in auditing food supply for ensuring patient safety and quick recovery.

Dr. B. Sesikeran, Former Director, NIN, Member Scientific panel on food supplements and Nutraceuticals, FSSAI delivered the key note address on Safety issues of nutritional supplements and functional foods. High lighting the need for authenticity on dosage, duration, safety for different

age groups for effectiveness and value for money spent. Ms. Chitkala Rajan and Ms Santoshi explained the steps in microbiological quality monitoring for food safety in hospital kitchens and patient food service. Mr Alpesh Jain, Head, Quality Creamline Dairy products Ltd explained the food safety issues of milk and milk products for daily use. Dr. A. V. Sharma, Sanzyme ltd., highlighted the criticality of nutrient and drug interactions in hospitalized patients. Dr. V. Anita, Pesticide Residue Analyst, PJTSAU focused on pesticide residues in vegetables, fruits and grains effecting our health, Dr. A. Muthukumar, Scientist, National Research Centre on Meat, described the facets of food safety issues in meat and meat products in cooking, storage and processing and Dr. Deepa Agarwal, Consultant Nutritionist explained the role of probiotics in health. Dr. P. Janaki Srinath, NEC, member, Indian Dietetic Association was the coordinator of the workshop.



Dear members,

Please submit scientific papers/ articles/ reviews for the Journal of Indian Dietetic Association (published bi-annually) at the following email

editorialboardjida@gmail.com



Elections

National elections process has already begun. Nomination forms will reach the members shortly. Ballot papers will reach the members in a couple of months. Make sure you vote for the candidates of your choice.

Do participate in the IDA elections.



MARK YOUR CALENDAR

6-8 July 2018. 7th Asian Congress of Dietetics, Hong Kong

107 September 2018. National Nutrition Week

30 Sept – 2 Oct 2018. 51st IDACON 2018, Indore, India

16th October 2017- World Food Day

15-17 November 2018. Golden Jubilee Conference of Nutrition Society of India, Hyderabad, India

15th – 18th September 2020- International Congress of Dietetics ICD 2020, Cape Town, South Africa

INDIAN DIETETIC ASSOCIATION
1962

51st IDACON 2018
30 SEP 02 OCT 2018 | INDORE

IDACON 2018
51st Annual National Conference of
INDIAN DIETETIC ASSOCIATION
30th September–2nd October 2018
Brilliant Convention Centre

**For Registration & Any Other Query
Please Contact:**
Dr. Preeti Shukla (Organizing Secretary)
Phone: 09977600104
Email: idacon2018@gmail.com
For Online Registration Visit www.idacon2018.com

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