



53<sup>rd</sup> IDACON 2020 VIRTUAL INTERNATIONAL CONFERENCE OF INDIAN DIETETIC ASSOCIATION, INDIA

SIG WELLNESS

19<sup>th</sup> December, 2020 (Saturday)

03:00PM Introduction to Concept of the IDA Wellness Subject Interest Group Ms. Naaznin Husein

03:08PM Welcome Address Dr. Jagmeet Madan

03:18PM Inauguration of IDA WELLNESS SIG by Virtual Planting of Tree

03:20PM Key Note Address - The Roots of Wellness: Finding Ikigai Through Functional Medicine Ms. Aarti Batavia

03:50PM Vote of Thanks Ms. Shiny Surendran

IDA WELLNESS TED-X Blockbuster

Moderated By



Ms. Sheela Krishnaswamy Nutrition and Wellness Consultant Founder, Nutrition Nectar Former National President ,IDA



Ms. Rima Rao National Executive Committee Member, IDA Associate Professor Sadguru Home science College, Rajkot

04:00PM Digital Wellness - a way forward Ms. Priya Karkera

04:10PM Rebooting with Goodness of Traditional Yogic Science Ms. Naaznin Husein

04:20PM Prudent Plant-based Diets Ms. Shiny Surendran

04:30PM Follow your Gut to Wellness Ms. Neelanjana Singh

04:40PM Fashioning a Healthier day with Physical Fitness Ms. Nikita Suresh

04:50PM Mental and Behavioral Wellness - Not a destination but a process Ms. Kaehalee Shinde

05:00PM Integrated Dietetics - The Way Forward Dr. Dharini Krishnan

05:10PM Sleep, Health and Wellness - A scoping Review Dr. Nileena

05:20PM Panel discussion with TED-X Experts

06:00PM Vote of thanks Ms. Shilpi Goel

Click Here to Register https://ida2020.live/