Dietitians - Reaching the Unreached

Indian Dietetics Association Nagpur chapter is pursuing the theme Dietitians - Reaching the Unreached by initiating a project Pahal Nourishing Future India - Nutrition Intervention Programme in collaboration with Mahindra Rise CSR initiative, MVSTF of government of Maharashtra. On 14 November 2019 on the occasion of Childrens Day at Palasgaon Anganwadi, Wardha we initially took anthropometric measurements of anganwadi children, then 25 gms of locally prepared high protein and high calorie nutritious mix were supplied for 5 days in a week with the mid day meal program. 40 kids were scrutinized out of which 5 were under Moderate Acute Malnutrition (MAM) 10 kids were in borderline malnutrition, 20 were underweight, 5 kids showed Stunting. On 16 January 2020 reassessment was done for all the kids and found they had significant changes in weight, height and MUAC under the guidance of Dr Sabihah Vali retired professor Food and Nutrition and Head of PG Department of Homescience Nagpur University with the team of Dr Renuka Mainde, Dr Kavita Bakshi and Dr Kavita Gupta.

Seeing the success of the pilot study triggered M&M to take this initiative at larger scale by covering 1935 kids from all 23 villages in Deoli and Arvi block at Wardha district to combat food hunger and malnutrition. With this purpose we launched PAHAL-Nourishing Future India one more step in our initiative in gracious presence of Dr Sachin Ombase CEO of Wardha Zilla Parishad, Mr Vipul Jadhav Dy CEO along with Dr Kavita Bakshi Dietitian/Convener IDA –NC, Dr Renuka Mainde M&M Nutritionist, Akshaya Kadam-MSVTF CM fellow, Mr Pravin Kurhe-MSVTF Wardha district co-ordinator, Mr Abhijeet Deo CSR Champion, Ms Yogini Soman and other ESOPS volunteers. On this occasion exclusive whole day training session was carried out for anganwadi sevikas from 23 villages by Dr Renuka Mainde and Dr Kavita Bakshi.

We are also promoting “Good Health Lies In Your Kitchen” And “no Plate Waste” for women Farmers and corporate canteens.
Food Drug Interactions

.....an insight

Many factors contribute to the reduced absorption of drug by the body system. The type of food ingested, the presence of nutrients, the rate of gastric emptying of the food, like high fiber meals or high fat diets have delayed gastric emptying and may reduce drug absorption. For e.g., Thyroxin is best absorbed on empty stomach. Another example - the absorption of iron supplements may be decreased by 50% when taken with food. Iron supplements should be best taken with citrus fruits or its juice as it enhances iron absorption, one should avoid taking iron with high phytate foods - tea, coffee or calcium supplements as it may bind and thereby decrease iron absorption. Effect of Vitamin K rich foods like green leafy vegetables, red meat, soya products may hamper the drug effectiveness of anticoagulants i.e. warfarin, should be explained to patient on these drugs.

While taking patient history detail drug information should be taken. MNT should include information on how to take the drug whether with food or without food, if any specific beverages to avoid while on the drug regime. For example antibiotics like tetracycline or ciprofloxin should not be taken with milk or other dairy products as the minerals – calcium, magnesium, zinc present in dairy, hamper effectiveness of the drug. Antibiotics like Cefuroxime or antitubercular drugs are best taken after a meal for its maximum effective bioavailability.

Corticosteroids like prednisone result in sodium and water retention along with increased potassium and calcium excretion, hence a low sodium, high potassium diet should be advised along with calcium and vitamin D supplements to prevent osteoporosis in Rheumatoid Arthritis patients who are on these drug regime. Similarly RA patients on Methotrexate should be given folic acid supplementation, as MTX is a folic acid antagonist. Similarly absorption of Levodopa is reduced if taken with protein meal, proper spacing of medicine and protein source in diet should be taken care of while meal planning for patient with Parkinson.

Alcohol/Ethanol produces additional toxicity when taken with medications like antidepressants and may result in further drowsiness. Alcohol with drugs such as aspirin or NSAID may result in Gastric ulcers and GI bleed. Ethanol further should be avoided if on drugs like methotrexate, acetaminophen as they being hepatotoxic or even for diabetic patients on insulin dose, alcohol may cause hypoglycemia episode.

Hence knowledge of important food drug interactions, which may cause drug toxicity or alter response to medicines or alter nutrient absorption, enables a health care professional to achieve the therapeutic goals effectively.

Dr. Rita Bhargava
Past Convener, IDA- NC
Food Waste: Is It Sustainable??

In a developing country like India where many are malnourished, food waste is of great concern for the progress of the nation. A very important issue in FOOD SECURITY is when edible items go waste or un consumed including plate waste during social gatherings, marriages, festivals, and in establishments such as restaurants, cafeterias, schools, hospitals, corporate kitchens, etc. Globally food waste has become an issue of great concern. Food waste is an unfortunate fact of life. In health institutions, the most significant food waste concern is on plate waste. In hospitals, estimated average plate waste is 30%. Anorexia, nausea, pain, stress, personal food habits, cultural diversity are few of the reasons for food plate waste in a hospital environment. Assessment on sustainability and economic viability should be an objective of study on food waste. A study on food plate waste by patients in a private hospital set-up, is it sustainable in the long run? The study found that the quantity by weight of food served to the patient was 45800 grams per day. In a month, the mean quantity of food served was 1440 kilograms and plate waste was 135 kilograms. A significant quantity 9.65% of food plate waste was observed in the study. Food plate waste can be substantially reduced by strategic planning. Reducing plate waste at home is a good way to boost Kid's Nutrition and save money as well. Family style serving meals allowing children to select foods they want in appropriate portions, storing left over's properly to enjoy later and education at school as well as home on hard work and resources that goes to bring the food on the table. Though plate waste abounds, schools and communities throughout the country should step up to fight the issue with creative solutions. This is the need of hour as more than half the population of 1.3 billion people stay below poverty line.

As Mahatma Gandhi rightly said “There is enough for everyone’s need but not for greed”.

Dr. Minal Gujrathi   
Co-convenor IDA-NC

Intermittent Fasting

Periods of voluntary abstinence from food and drink (i.e., intermittent fasting) has been practiced since many decades all over the world. There are different types of intermittent fasting regimens that are hypothesized to impact health outcomes.

Alternate Day Fasting: These regimens involve alternating fasting days (no energy-containing foods or beverages consumed) with eating days (foods and beverages consumed as desired).

Data suggest: modest weight loss and may have a positive impact on metabolic parameters.

Modified Fasting Regimen: It allows consumption of 20–25% of energy needs on fasting days. This regimen is the basis for the popular 5:2 diet, which involves severe energy restriction for 2 non-consecutive days a week and normal eating the other 5 days.

Data suggest: weight loss of 3.2% in comparison to a control group, with modest and mixed effects on glucoregulatory markers, lipids, and inflammatory markers. However, little evidence to suggest that there is superior weight loss or metabolic changes in comparison to standard energy restriction regimens.

Time-Restricted Feeding: Subjects are allowed to consume ad libitum energy intake within specific time period. Studies of <3 meals per day are indirect examinations of a prolonged daily fasting period. Incorporation of regular fasting intervals and eating in accordance with normal daily circadian rhythms may be effective for maintaining optimal metabolic function.
Religious Fasting - Variety of fasting regimens are followed for religious or spiritual purposes.

Ramadan Fasting - Fasting from dawn to sunset during the holy month of Ramadan. Here subjects consume one large meal after sunset and one lighter meal before dawn. Therefore the feast and fast periods of Ramadan are approximately 12 hours in length. It results in transitory weight loss, with mixed evidence for improvements in metabolic markers. However, this feeding pattern is in opposition to human circadian rhythms and therefore unlikely to be followed as a desirable weight loss intervention.

Other Religious Fasting - Paryushan is the most prominent fasting in Jainism, lasting for 8 to 10 days. Navratri (9days) fasting, Shravan somwar are few to be mentioned. Long term randomized control trials are needed, for at least 1 year to observe behavioral and metabolic changes and if any long term effects on biomarkers of aging and longevity occur.

Dr. Kavita Gupta
Hon.Secretary IDA-NC

Synbionts

A synbiotic is defined as a “mixture of probiotics and prebiotics that beneficially affects the host by improving the survival and activity of beneficial microorganisms in the gut. Synbiotics are those products in which the prebiotic compound selectively favors the growth of probiotics and their metabolite production. Synbiotic effects can occur in two ways by improvement in the host's health after ingestion of a mixture of probiotics and probiotic strains or by the promotion of indigenous beneficial microflora such as bifidobacteria after ingestion of probiotics alone. Synbiotics were developed to overcome possible survival difficulties for probiotics. It appears that the rationale to use synbiotics is based on observations showing the improvement of survival of the probiotic bacteria during the passage through the upper intestinal tract.

A more efficient implantation in the colon as well as a stimulating effect of the growth of probiotics and ubiquitous bacteria contribute to maintain the intestinal homeostasis and a healthy body. Studies carried out on humans and animals on the effectiveness of synbiotics have proven synergistic health effects in the host. The probiotic strains used in synbiotic formulations include Lactobacilli, Bifidobacteria, L. plantarum, B. longum etc., while the major prebiotics used comprise of oligosaccharides like fructooligosaccharide (FOS), and xylooligosaccharides (XOS), indra, prebiotics from natural sources like chicory and yacon roots, etc.

The health benefits claimed by synbiotics consumption by humans include:

1) Increased levels of lactobacilli and bifidobacteria and balanced gut microbiota,
2) Improvement of liver function in cirrhotic patients,
3) Improvement of immune modulating ability,
4) Prevention of bacterial translocation and reduced incidences of nosocomial infections in surgical patients, etc.

Typically Anbhi which is prepared during Mahalaksmi Prasad a traditional prepared by pearl milked soaked in buttermilk and kept for fermentation for 10-12 hrs. Presently research is focused on the development of pre and probiotics food and drinks combinations are being developed.

Dr. Renuka Mainde
Treasurer IDA-NC

Food and Mood

Human body and its systems are an absolute miracle. With little or no effort you can remember simple and complicated facts and events, so that by the time you reach adulthood you are a rich canvas of experiences, memories and relationships. Who you are depends totally on the working of your nervous system. Millions of functions that we perform everyday require effective communication of these neurons and the neurotransmitters.

At least 40 neurotransmitters have been identified that regulate brain function including memory,
mental function, mood, movement and the wake sleep cycle. Disruption of even one neurotransmitter dramatically alters nerve cell function and can have a profound effect on any or all of the body, emotional and mental processes.

For eg., too little of the neurotransmitter acetylcholine results in memory loss, while too little of nor-epinephrine causes depression. In contrast too high concentration of nor epinephrine result in mental disorder called mania.

Nutrition plays a vital role in intellect, memory, thinking and that brain power fluctuates depending on what and when you eat. Research has clearly identified the profound and lifelong effect of malnutrition in early life (that is from conception through the first two years of life when the nervous system is developing.

For eg.
- Low iodine levels-severe mental retardation
- Low Folic acid levels-Neural tube defects
- Low protein and calories-small head and brain size, low IQ & intellect
- Low iron-Apathy and lowered IQ

The four neurotransmitters that are manufactured directly from food components are serotonin, dopamine, nor epinephrine and acetylcholine.

Hence rightly said YOU ARE WHAT YOU EAT.

Dr. Chanchal Sahni
Joint Secretary IDA NC

Steven's Johnson Syndrome

Steven's-Johnson's Syndrome also called as SJS is rare but serious problem. Most often, it's a severe reaction to a medicine you have taken. It causes your skin to blister and peel off. It affects your mucus membrane too. Blisters also form inside your body, making it hard to eat, swallow, even Passerine. A part of disease spectrum known as the SJS/TEN spectrum wherein SJS & TEN (Toxic Epidermal Necrolysis), differ only by their extent of skin detachment.

More than 100 drugs can cause SJS. Some of the most common:
- Anti-gout Medication, such as allopurinol.

Medication to treat seizures & mental illness (anticonvulsions & antipsychotics) with added risk if you also undergo radiation therapy.
- Penicillin, Pain relievers, such as acetaminophen. (Tylenol, others), ibuprofen (Advil, Motrin IB, others) and Naproxen Sodium (Aleve)
- Infections that can cause SJS include: Herpes Virus (Herpes Simplex or Herpeszoster), Pneumonia, HIV, Hepatitis A
- Symptoms commonly seen are fever, fatigue, burning eyes, sore mouth and throat cough, widespread skin pain, Blister on skin and mucous membrane of mouth, nose, eyes & genitals, shedding of skin within days after blister formation.

Among people with HIV, the incidence of SJS is 100 times greater. Person with a weakened immune system or with a history of SJS with some drug reaction, positive family history are at risk.

MEDICAL NUTRITION THERAPY Energy: 30-35Kcal/Kg/day. Protein 1.2 to 1.5 gm is recommended per kilogram per day. Upon recovery, high protein diet, high vitamin A, vitamin C (to promote wound healing). Early & continuous enteral nutrition decrease risk of stress, ulcers, bacterial translocation.
**Seed Cycling: A Boon For Managing Pcos**

Poly cystic ovarian syndrome (PCOD) is the most common endocrine disorder found in women associated with the symptoms of irregular menstrual cycle, ovarian cyst, acne, obesity, hirsutism. It is associated with a significant increase in risk factors such as cardiovascular disease, type 2 diabetes and infertility.

Seed rotation also known as seed cycling include cyclic rotation of seeds in proper quantity in diet which provide raw elements needed to support optimal hormonal balance. During follicular phase (day 1 to 14) flaxseeds and pumpkin seeds are included as they boost the estrogen levels to initiate the formation of endometrium. Lignans found in flax seeds increase the level of sex hormone binding globulin (SHBG) thereby decreasing levels of free testosterone in blood and ovulation occurs properly. Pumpkin seeds contain beta-sitosterol which inhibit the enzyme 5 alpha reductase responsible for converting testosterone to its biologically potent form DHT.

From day 15-28 (luteal phase) sunflower seeds and sesame seeds are incorporated in diet, they naturally stimulate the progesterone production, which helps in thickening the uterus lining and get it ready for implantation. High content of Zinc, vitamin E in the seeds along with L arginine are involved in progesterone synthesis.

Seed cycling is helpful in balancing the hormones naturally to treat pcos, also shows wonderful results to the patients with PMS and menopause symptoms without any adverse affects. The micronutrients present in the seeds when given with balanced diet possess many health promoting benefits and at the same time cures acne and hair fall problems caused due to PCOs.

**Bone Marrow Transplant**

A bone marrow transplant is a procedure to replace damaged or destroyed bone marrow with healthy bone marrow stem cells. Bone marrow is the soft, fatty tissue inside your bones. There are two types of transplant: Autologous (self cell) and allogenic (donor cell) bone marrow transplant both are given high-dose chemotherapy or radiation treatments, then stem cells are put back in your body to make normal blood cells.

Mucositis or inflammation of the gastrointestinal mucosal lining is a common, painful and dose-limiting complication associated with high dose chemotherapy. It has served as an important clinical endpoint in a variety of studies in HSCIT. The management of oral and gut mucositis is controversial and optimal treatments are still not clarified. There are studies which showed that the use of Glutamine in patients with high dose chemotherapy has less incidence and severity of mucositis. Glutamine has protein-anabolic effects and Anti-inflammatory effects that has shown a clear reduction of complications in patients undergoing BMT who exhibit post-transplant body protein wasting, gut mucosal...
injury leading to mucositis of gastrointestinal tract, acute graft versus host disease and immuno deficiency. Dose of 24g/day has shown good results for oral mucositis for the patient undergoing Autologous transplant.

We conducted a study on 28 patients of autologous transplant receiving BEAM conditioning. are equally divided into 2 groups 14 in control group and 14 in the study group.

Glutamine supplementation of 20g/day which is 15gm sachet (10gm of L-glutamine) dissolve in 200ml water was given to the study group patients twice a day from post transplant day +1 to day +23 and the grading of oral mucositis and diarrhea for both the study and control groups was tabulated daily. according to WHO scale of grading for oral mucositis. The incidence of grade 2 – 4 mucositis is significantly less in the study group ( p = 0.006 ) in patients undergoing autologous BMT ( n = 14), glutamine use was associated with significantly less mouth pain and and decreased opiate requirements between both the groups.

Dr. Gargi Rai
NCI Nagpur

Achievements By Nagpur Ida Members.........

Seema Chaikhore –Was selected one of 15 delegates from all over world, all of whom work in pediatric diabetes and have a keen interest in developing research at 14th ISPAD (International society of pediatrics and adolescents diabetes) science school for health professionals at Innsbruck Austria. She is a Chief dietician and Diabetes Educator at Diabetes Clinic and Research Centre, Dr. Sharad Pendaye

Nutristar Award

Nutristar - Dr. Vinita Mehta
Runners up - Dr. Shazina Yusuf

Palak Pathak – Cleared RD Exam
Ashan Ali - Cleared RD Exam
Priya Cholani - First Prize in poster competition in breast-feeding week.
Savarna Nitaware - Published recipes in Just for Heart
Priya Cholani - Published article in Just for Heart
Radini Bodhavde - Published article in Just for Heart
Truppi Chaware - Published recipes in Just for Heart
Dr. Kavita Bakshi – Convener – Received Doctorate from RTMNU.
Dr. Kavita Gupta – Hon Secretary - Received Doctorate from RTMNU.
<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Date</th>
<th>Program</th>
<th>Venue</th>
<th>Facilitator</th>
<th>Beneficiaries</th>
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<tbody>
<tr>
<td>1</td>
<td>10 January</td>
<td>Dietetic day was celebrated on the theme <em>Anaemia Mukt Bharat</em>, Dr. Avinash Goswami, Associate Professor &amp; Pediatrician, Govt Medical College, Nagpur, delivered a lecture on the theme. 3 Newsletter <em>Nutri-voices</em> was released at the hands of Dr. Shivswaroopa, Director IGNOU, Nagpur. New team - Kavita Bakhshi as convenor, Kavita Gupta as secretary of IDA Nagpur chapter was installed at the hands of Prof. A. N. Radha, Dr. Sabitha Vally, Ex-Head of the Department, Food and Nutrition, followed by a Cultural Program including songs, dance and Nutritious Ramp show by the working Dietitians and students of PG Diploma in Dietetics WTERI.</td>
<td>Chitravani center</td>
<td>Dr. Kavita Bakhshi Dr. Kavita Gupta</td>
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<td>2</td>
<td>14 February</td>
<td>IDA organised cancer day in collaboration with Mahindra and Mahindra and RST cancer hospital organized an oral screening camp for employees. A lecture was given by Mrs. Kavita Bakhshi on <em>Dietary Tips For Prevention of Cancer</em>. Diet consultation was conducted by Kavita Bakhshi, Kavita Gupta and Dr. Renuka Maitre for approx 120 cell members.</td>
<td>Mahindra &amp; Mahindra</td>
<td>Dr. Kavita Bakhshi Dr. Kavita Gupta Dr. Renuka Maitre</td>
<td>120</td>
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<td>3</td>
<td>23 February</td>
<td>IDA-ANC organized a CNE on <em>Nutrition in the critically ill</em> by Dr. Rajan Banakar, internal medicine specialist, Aditya critical care hospital, Nagpur and Alkaline Shakes for good health* by Dr. Hema Gadam, Nutritional chemistry expert, at Chitravani centre Nagpur. MRS Kavita Bakhshi convenor Nagpur chapter gave the welcome address and kavita Gupta Secretary proposed vote of thanks. The sessions were chaired by Prof. Nimita Joshi and Dr. Ritu Unnava. The program was coordinated by Dr. Sonal Kohle. CNE was attended by working dietitians in large numbers.</td>
<td>Chitravani centre</td>
<td>Dr. Kavita Bakhshi Dr. Kavita Gupta Dr. Sonal Kohle</td>
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<td>4 Feb</td>
<td>IDA organised a talk on Importance of Maternal Nutrition in Indian context for Hospital staff and ANC Patients.</td>
<td>Mukherjee Hospital</td>
<td>Chanchal Sahani</td>
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<td>5 Mar</td>
<td>IDA celebrated Women's Day for Care hospital staff. Speaker was: Balance for better life Diabetes in Women Calcium in bone health Anaemia and home remedies.</td>
<td>CARE Hospital</td>
<td>Dr. Rita Bhagava, Dr. Kavita Gupta, Dr. Minal Gahteli, Dr. Suvama Nirmawa, Dr. Prachi Sawalkar</td>
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<td>6 Mar</td>
<td>A talk on Antenatal Care and Maternal Nutrition on occasion of International Women's Day.</td>
<td>Dr. Shilpa Mukherjees hospital</td>
<td>Chanchal Sahani</td>
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<td>7 Apr</td>
<td>IDA, NEUFSSAI collaborated to celebrate World Health Day on the theme: &quot;Universal Health Coverage - Everyone Everywhere&quot;. Welcome address by Prof. A N Radha, Theme address by Dr. Pemuna Karnakdar, consultant Nephrologist. Lecture on Resistant Stroke and Health by Dr. Pratima Shanti, former head of Food technology, JLT and Opportunities in Food Safety Training &amp; Certification (F rapT act) by Dr. Asmita Thakur, FSSAI Certified Food Safety Trainer.</td>
<td>Badalika Ramson College</td>
<td>Dr. Kavita Bakshi, Dr. Rema Sai Mande</td>
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<td>28 May</td>
<td>NetProfac organized its first meeting and inauguration. Meeting began with the welcome address by Kavita Bakshi convener IDA-NC followed by context setting, mission and activities to be undertaken under the banner of netprofac by Dr. Nilesh Lala convener Maharashtra, Hon. Secretary Kavita Gupta proposed vote of Thanks.</td>
<td>LIT Chemical Engineering Department, Nagpur.</td>
<td>Dr. Kavita Bakshi, Dr. Rema Sai Mande</td>
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<td>15 June</td>
<td>Indian Dietetics Association in collaboration with Hexagon organized a CME. Dr. Shashidharar Ummangmgi from Tata Cancer Memorial hospital spoke on brown-selling in cancer patients. Mrs. Geeta Reji chief of Dietian NCI did the case presentation on BMT (Bone Marrow Transplant) patients and use of Glutamine. The session was chaired by Dr. Sashi Vahi and Dr. Kavita Bakshi. Atish Ali and Palak Pathak (Alumni WIDER) was facilitated for clearing RD exam. Sakina Raguib conducted the programme.</td>
<td>Hardeo Hotel</td>
<td>Dr. Kavita Bakshi, Dr. Kavita Gupta</td>
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<td>10</td>
<td>Indihm Diestics Association organized a CNE on Nutrition in Critical Care. The programme commenced with a welcome address by Dr Kavita Rakesh, HD Sahayee, Benjamin Sr. Division Chief Hospital, Mumbai. The session focused on Nutrition in critically ill patients. The session also highlighted the role of Nutrition in Acute Kidney Injury followed by panel discussion. The questions were answered by Dr Shalini Mahapatra, Dr Nirmal Joshi, Jr. Dr Prashant Bhandarkar, and Dr. Kavita Gupta. Dr. Kavita Gupta proposed vote of thanks. Dr. Shalini Kam were conducted the programme.</td>
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<td>11</td>
<td>Novo Nordisk organised a scientific symposium at LTIC Navi Mumbai, Welcome address by Dr. Madhurani Bhatnagar, both the speakers were introduced by Dr. Kavita Rakesh. The convener of the symposium was Dr. S.C. Khanna. The session focused on food safety standards and nutrition. The guest speaker was Dr. Prabhodh Halbe, Head of Regulatory Services, Merck. The session also featured a panel discussion on start-up plans for Food and Nutrition. The session was conducted by Dr. Kavita Rakesh, Dr. Renuka Maini, and Dr. Kavita Rakesh, Dr. Renuka Maini.</td>
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<td>12</td>
<td>IDA-NCC celebrated No Food Waste Day in collaboration with Mahindra Farm division of Mahindra &amp; Mahindra, ski and clay court in awareness seminar. No plate waste was organized.</td>
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<td>13</td>
<td>3-4 Sept 2019 नागरिक शिक्षण अभियान, नागपुर: माही-द्वितीय दिवसीय उद्योगोत्सव, Lecture on Diet, Diabetes Care and Research Centre Nagpur. The session was conducted by Dr. Kavita Rakesh, Dr. Kavita Gupta, and Parvinder Bhetatali, Shari, Waniy, Angla Shinde.</td>
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<td>14</td>
<td>4 Sept 2019 Educational talk about fruits and vegetables, Nutritional value, benefits recommended daily intake, shelf life etc. The session was conducted by Dr. Chanchal Sahani.</td>
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<td>Contact Information</td>
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<td>8 Sept 2019</td>
<td>Lecture and Nutrition counselling session for pregnant lactating mothers</td>
<td>Hingna PHC, Nagpur</td>
<td>Dr. Renuka Matude</td>
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<td>9 Sept 2019</td>
<td>Poshakti ahar and amneka, Awareness on poshakti ahar, balance meal, include all food group in daily meals for prevention of iron deficiency and anemia</td>
<td>RVM Koradi</td>
<td>Dr. Rina Bhargava</td>
<td>For 200 children of KG 2 and std 1 to 9 children</td>
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<td>12 Sept 2019</td>
<td>Lecture on lifestyle modification adopting healthy dietary practices</td>
<td>SFS College - Seminary Hills, Nagpur</td>
<td>Dr. Kavita Gupta</td>
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<tr>
<td>12 Sept 2019</td>
<td>Poshakti Ahar and Amneka, Awareness on poshakti ahar, balance meal, include all food group in daily meals to get macro-micronutrient intake for healthy growth</td>
<td>LAD college - Seminary Hills, Nagpur</td>
<td>Dr. Kavita Bakhsh</td>
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<td>17 Sept 2019</td>
<td>Orientation on the theme and its pouch sutra explained Different types of anemia and causes of iron &amp; vitamin C rich food 1000 golden days starting from conceiving till the 2 birthday of child, pointing each and every step from breast feeding till lactation</td>
<td>Vivekanand Mission Hospital</td>
<td>Dr. Kavita Bakhsh</td>
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<td>19 Sept 19</td>
<td>Following topics were covered i. Nutrition In First 1000 Days 2. Importance of macro and micronutrients and balanced diet 3. Kitchen Garden and Nutrition 4. Menstrual Hygiene and Anemia 5. Quiz And Nutrition Games</td>
<td>Village - Kawathla, Dist. Wardha</td>
<td>Dr. Kavita Bakhsh</td>
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<td>21 Sept 19</td>
<td>Talk on Anaemia and Handmade Food Jewellery Competition</td>
<td>Czir Care Hospital</td>
<td>Dr. Shahina Vasaif</td>
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<td>Date</td>
<td>Event Description</td>
<td>Venue</td>
<td>Participants</td>
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<td>22 20th Sept 19</td>
<td>Rangoli and Poster Competition</td>
<td>Platina Heart Hospital</td>
<td>Dr. Shubhangi Chauke</td>
<td>20-25</td>
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<td>23 20th Sept 19</td>
<td>Awareness Lecture on “Functional Foods”</td>
<td>Public Health Centre, government hospital</td>
<td>Dr. Kavita Bakshi</td>
<td>80</td>
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<td>24 21st Sept 19</td>
<td>World Heart Day Rally</td>
<td>Care Hospital &amp; Peace Foundation</td>
<td>Dr. Prachi Sawalkar, Dr. Rita Bhangava, Dr. Vinita Mehta, Dr. Aradhana</td>
<td>300-400</td>
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<td>25 23rd Sept 19</td>
<td>Interactive session on importance of Har Ghar Poshan vyavhar, Panchsutra for MAAH</td>
<td>Anganwadi Kendra, Datta Mandir hall, Chincholiwatan</td>
<td>Dr. Kavita Bakshi, Dr. Kavita Gupta, Dr. Vinita Mehta</td>
<td>120 Anganwadi Workers, Pregmant women and children</td>
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<td>26 23rd Sept 19</td>
<td>Talk on Anaemia control and personal hygiene</td>
<td>Chitnavis Centre</td>
<td>Meenal Gujarali</td>
<td>10</td>
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<tr>
<td>27 2nd Oct 19</td>
<td>Eat Right Mela, Health Expo and Diet Exhibition and Skit</td>
<td>Mahindra and Mahindra</td>
<td>Dr. Kavita Bakshi, Dr. Renuka Maisdev, Dr. Rita Bhangava, Dr. Vinita Mehta</td>
<td>600-700</td>
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<td>28</td>
<td></td>
<td>PALINGAN</td>
<td>Dr. Kavita Bakshi, Dr. Renuka Maisdev</td>
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<td>29 14 Nov 19</td>
<td>Sauron-2019 on occasion of Diabetes Day</td>
<td>Surush Bhati Stadium</td>
<td>Dr. Kavita Bakshi, Dr. Kavita Gupta</td>
<td>1500</td>
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<tr>
<td>30 14 Nov 19</td>
<td>Celebration of Diabetes Day by displaying Diet Exhibition for patients, staff, medical students</td>
<td>AIIMS</td>
<td>Dr. Kavita Bakshi, Dr. Kavita Gupta, Dr. Meera Khushwinder, Dr. Sowreya Niteshware, Dr. Priya Chelani, Dr. Arunek Gauri</td>
<td>100-150</td>
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<tr>
<td>31 28 Nov</td>
<td>Diet Exhibition for 15 school children</td>
<td>Surush Bhati Stadium</td>
<td>Dr. Kavita Bakshi, Dr. Kavita Gupta, Dr. Rita Bhangava</td>
<td>500-600</td>
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</tbody>
</table>
Nagpur Chapter Committee 2019-2022

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Prof. A. N. Radha

Past Convenor
Dr. Rita Bhargava

Convenor
Dr. Kavita Bakshi

Co-Convenor
Minal Gujarathi

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Dr. Kavita Gupta

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Joint Secretary
Chanchal Sahani

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Suvarna Nitsaware

Prachi Sawalkar

Vinuta Mehta

Priya Chelani

Sakina Raghib

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Dr. Rekha Sharma

Mrs. Sushma Chatterjee

A Tribute to Dr C Gopalan

We the members of Indian Dietetic Association Nagpur Chapter pay our respectful homage to the legendary nutrition scientist Dr C Gopalan who left for his heavenly abode on 3rd October 2019. Dr Gopalan was a Padma Bhushan awardee and Fellow of Royal Society of London, a brilliant and an outstanding scientist and rightly referred to as the architect and “Father of Nutrition Research.” He held several posts of significance during his career and had innumerable academic honours to his credit. Among many prestigious positions held by Dr Gopalan, his major contributions as President, Nutrition Foundation of India, Director-General Indian Council of Medical Research and Director, National Institute of Nutrition, Hyderabad during his career spanning for more than six decades are noteworthy. The book “Nutritive Value of Indian Foods” which serves as a valuable asset to all nutritionists and dietitians was the brainchild of Dr Gopalan. So you shall be always remembered for your immense contribution in the field of nutritional sciences by the present and the future generation of nutritionists and dietitians.

A Tribute to Mrs Sushila Shingewar

We the members of Indian Dietetic Association Nagpur Chapter also pay our respectful homage to Mrs Sushila Shingewar, Chief Dietitian, Government Medical College, Nagpur. The pioneer of the fraternity. Mam you shall be remembered for your immense contribution, dedication and hard work and “smiling face.”

EDITED AND COMPILED BY - DR. KAVITA BAKSHI, DR. RENUKA MAINDE, DR. KAVITA GUPTA