

Dec 22, 2014, New Delhi

## Jam-packed sessions on Day 2 of IDACON



Day 2 of IDA conference was packed with three scientific sessions, two orations, a plenary lecture, oral/poster presentations along with the Annual General Body Meeting and a Gala Dinner. Despite the biting cold weather, delegates turned up in large numbers and the hall was full to its capacity.

Session I focused on epidemiology and management of diabetes mellitus. Dr SK Wagnoo stressed on individualized approach for management of diabetes, Dr Rajiv Chawla focused on its epidemiology and Ms Sudha Vasudevan explained the dietary management of this epidemic that is growing rapidly in India. Session II covered complications of diabetes mellitus while current trends in the management of cancers were deliberated in the last session of the day.

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## Meet the Organizing Secretary IDACON 2014



**Dr Veenu Seth**  
Former Associate Professor  
Lady Irwin College (Delhi)

IC: Congratulations Dr Seth for such an overwhelming response of delegates to the conference! Can you brief us on the objectives of this conference?

VS: The main objective of this conference is to update nutrition and dietetics fraternity with the current advances supported by sound scientific evidence in the field.

IC: How would you evaluate Day 1 of the conference?

VS: The inauguration was short and crisp with a befitting keynote address that set the tone of the conference. The three workshops were well attended and highly appreciated by the delegates.

IC: What message would you like to give to the young dietitians and nutritionists?

VS: I am glad that so many of them have come to Delhi to participate in this conference. My message for the young dietitians and nutritionists is to strive for professionalism in a manner that they are appreciated and recognized by everyone.

IC: Thank you Dr Seth.



## Founder's Oration by Dr Anoop Misra

The Founders Oration commenced with televised messages from the Founders – Dr C Gopalan and Dr Kalyan Bagchi. Dr Bhakarachary and Mrs Rekha Sharma felicitated Dr Anoop Misra and presented him a memento of the Founders Oration.

In the Founder's Oration on "Diabetes and Cardiovascular Risk Factors: Different and More Morbid in Indians", Dr Anoop Misra drew attention to the changes that have occurred in the Indian population over the last few decades. People are becoming wealthier and accompanying this is the adoption of unhealthy lifestyle practices like smoking, consuming alcohol and consuming unhealthy foods rich in saturated fats and trans fats. In fact, obesity has become a status symbol and in the middle class, non-communicable diseases like diabetes, heart disease are occurring at an earlier age and the severity is greater.

He highlighted the fact that several studies have confirmed, that as compared to Caucasian populations the clustering of risk factors is a decade earlier in Indians. Moreover, Indians have more body fat and intra abdominal fat. The size of the adipocytes is also greater leading to the sick adipocyte syndrome. Fat is therefore deposited at other sites such as liver, heart and muscle. Fatty liver could be one of the manifestations. Indians also have higher levels of inflammatory markers, which may also be the cause for disorders such as heart attacks and Alzheimer's disease.

While it is well known that diabetes prevalence is high among Indians, it could contribute to more chronic kidney disease prevalence. The progression of diabetes to CKD is also faster in Indians than their western counterparts. CAD is also more prevalent in diabetic Indians as compared to Caucasians.

Dr Misra strongly reiterated that management of these problems is of great concern. Most cases come for medical intervention at a late stage. Lack of awareness, dependence on alternate therapies, faith in destiny all contribute to negligence of early symptoms by the patients. He made a strong case for generating greater awareness about and early detection of diabetes so that the quality of life of the affected persons could be ensured.

## Plenary Lecture on Physical Activity Guidelines by Dr Naval Vikram



Dr Naval K Vikram, Additional Professor, AIIMS delivered the Plenary Lecture on 'Physical Activity Guidelines for the Prevention of NCDs'. Stressing the fact that Indians are more sedentary and have more fat, less muscle mass and higher insulin resistance as compared to Caucasians, he justified the basis of formulating India-specific physical guidelines. Dr Vikram explained that at least 30 minutes of moderate-intensity aerobic activity, 15 minutes of work-related activity and 15 minutes of muscle-strengthening exercises per day are recommended for adults. In case of

children and adolescents, he emphasized on moderate-intensity physical activity for 60 minutes daily in the form of sport and physical activity along with moderate amount of resistance training and restricting screen time to less than 2 hours a day. He laid ample stress on physical exercise related the safety concerns and called for complete clinical evaluation, assessment of fitness level, increasing physical activity gradually overtime and use of safe equipment, to meet individualized health goals.

## Young delegates at IDACON-2014

A group of delegates from Government Medical College, Jammu gave their feed back on Scientific Session II on 'Complications of Diabetes Mellitus'.

"The session was enlightening as diabetes is so common now a days and we are interested in this field. This session was a real tonic for knowledge seekers. And the way Ms Gurdeep illuminated us with her knowledge was really awesome."

- **Satinder Kaur**

"I found the speaker Ms Gurdeep Kaur the best in today's session. She was very confident and what ever she said was very precise and clear."

- **Pooja Kochhar**

"I learnt that diabetic patient may not suffer from nephropathy if his blood sugar level is adequately controlled"

- **Neeraj Jamwal**



Left to right: Neeraj Jamwal, Satinder Kaur and Pooja Kochhar (Jammu)

## Amiya Kumar Bose Memorial Award for Dr Molly Joshi

The Amiya Kumar Bose Memorial Award Oration was presented by Dr Molly Joshi on "Past and Present Trends in Dietetics".

In a very enlightening talk, Dr Joshi traced the evolution of the dietetics profession through the ages both globally and nationally. Around 2500 BC, there were the first records of the dietetics profession when diet was used to relieve pain. Even in the 1950s, dieticians were considered to be cooks and those who would deliver the food to patients in hospitals.

The epidemiological transition in India has brought with it a shift from the focus on infectious diseases to chronic diseases. Nutritional transition also accompanied this with a shift from traditional diets to diets high in sugar, fat and animal foods. At present in India, we have a mixed disease profile; both communicable and non-communicable diseases coexist. Therefore the role of the dieticians is both in tackling infectious diseases as well as prevention and management of chronic diseases. Their role is vital often in conjunction with physicians.

Dr Joshi also highlighted the paucity of dieticians in our country with 0.002 dieticians per 10,000 populations and virtually none in rural areas. It is therefore imperative to increase the number of dieticians. The future role of the dieticians outlined by Dr Joshi included task sharing in disease management with clinicians, increased involvement in research, as well as greater collaboration with international colleagues.



### Welcome Sheela and her team

At the Annual General Body Meeting of India Dietetic Association, the results of Elections 2014 were declared. IDA extends a warm welcome to Sheela and her team.

#### The President

Ms Sheela Krishnaswamy

#### Vice Presidents

Dr Jagmeet Madan

Dr Seema Puri

Ms Mitali Palodhi (HQ)

#### General Secretary

Ms Ipsita Chakborthy

#### Joint Secretary

Ms Aparajita Saha

#### Treasurer

Mr Tapan Kumar Adhikari

Publication Secretary

Nina Singh

#### EC Members Elected

1. Dr Geeta Dharmatti (Pune)
2. Dr Priyanka Rohatgi (B'lore)
3. Ms Shilpa Joshi (M'bai)
4. Ms Anuja Agarwala (Delhi)
5. Ms Salome Benjamin (M'bai)
6. Dr Nirmala Jesudason (Chen)
7. Dr Janaki Srinath (Hyd)

#### HQs

Ms Vijaya Agarwal

Ms Piyali Biswas

Ms Sudeshna Matra Mang



### MEDIA COVERAGE

1. **IDA pledge to fast one day in a week to spare food for the economically deprived**  
<http://www.drugtodayonline.com/medical-news/city/1517-ida-pledge-to-fast-one-day-in-a-week-to-spare-food-for-the-economically-deprived.html>
2. **Obesity with malnutrition, India's new health threat**  
<http://www.wonderwoman.intoday.in/story/obesity-with-malnutrition,-indias-new-health-threat/1/113288.html>



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