



**National
Nutrition
Month**

*Make this month
a time for
healthier food choices
and developing better
eating habits*

National Nutrition Month

PRESIDENT'S ADDRESS

SECRETARY ADDRESS

OUR ACHIEVERS

AFMC ACTIVITY REPORT

NATIONAL NUTRITION MONTH

NUTRITION AWARENESS

CHAPTER ACTIVITIES

IAPEN INDIA COURSES

- 7 PRAYAGRAJ CHAPTER**
- 9 CHENNAI CHAPTER**
- 13 BANGALORE CHAPTER**
- 14 BHOPAL CHAPTER**
- 18 KOCHI CHAPTER**
- 19 CHENNAI CHAPTER**
- 20 VARANASI CHAPTER**
- 21 SURAT CHAPTER**
- 25 KOLKATA CHAPTER**
- 26 GUWHATI CHAPTER**
- 31 LUCKNOW CHAPTER**



IAPEN INDIA

 info@iapenindia.org

 www.iapenindia.org

National Nutrition Month

Hon. National President's Address

My dear friends,

Warm wishes to my friends

This is my maiden address to this new letter as a honorary president of IAPEN INDIA. I thank our national executive committee for having faith and confidence on me and elevated me to this honorable post. I assure you all that I will fulfill all your expectations and bring honours to this respectable chair!

It's a fruitful start for our association under the new leadership!

Ahmedabad chapter accounts are brought under our custody before it get into the wrong hands. Thanks to the energetic and tireless directors of our association Mrs. Shilpa Varma and Mansi Patel to achieve this with our chartered accountant Mrs. Pooja. Our efforts of rejuvenating that wonderful chapter with ethical personalities are on the way to success.

We are happy to be the only PEN society from India recognized by the prestigious ESPEN. The recent joint executive committee meeting of ESPEN & IAPEN INDIA was a grand success and it regained the old confidence of them to continue the LLL courses in India through our society.

IAPEN INDIA actively participated in the national nutrition month. Many of our chapters took up the themes suggested by our government of India and celebrated the events all the 4 weeks in the month of September.

The educational activities like webinar in various subjects of nutrition was seen in big numbers and every corner of our country heard our voice in the last few months loudly.

I appreciate the NEC members for their hard work in getting to bring laurels to our association. We are meeting regularly in the virtual platform and all our decisions are democratically taken for execution.

I request the members of our association to get more new members to us to strengthen our movement. We made the membership procedure more simple and easy for you to execute this request.

Dr. P.C. Vijaykumar
Director Academics, Chief anaesthesiologist and Intensivist,
Sooriya Hospital, Chennai



HON. NATIONAL PRESIDENT
IAPEN INDIA

Dr. P.C. Vijaykumar

National Nutrition Month

Hon National Secretary's Address

Greetings from IAPEN India.

It is a pleasure to get connected to you all again. I am very pleased to share that, with the entire National Executive Committee and all office bearers of IAPEN INDIA we look forward working under the positive guidance of Dr P C Vijayakumar, Hon President IAPEN India and Dr Biju Pottakkat, Hon Vice President IAPEN INDIA (Medical) and Mr. Shivshankar Timmanpyati, Hon Vice President (Nutrition).

The National Executive Committee of IAPEN INDIA with its member's and Chapter office bearers conducted a meeting on 17 September 2021. We had representatives from all chapters. The concerns and queries were clarified to the members and the crucial decision of the position changes was also shared. The National Executive Council had to take the above crucial decision, to follow the true name and spirit of our Association.

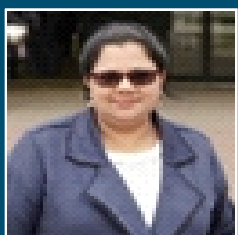
We return with brilliant sections, "IAPEN INDIA Nutrition month activity Recap" which is filled with highlights and activities from our various chapters and also, we had e-launch of IAPEN India Kolkata Chapter. Various activities pan India, under IAPEN INDIA banner were conducted in Poshan Maha, the nutrition month in September 2021.

We, at IAPEN India applauds our members Dr Shilpa Varma and Dr Sunaina Arora for successfully completing the ESPEN Diploma in Clinical Nutrition and Metabolism. We also had many of our IAPEN INDIA members who have successfully completed the LLL Course conducted in the ESPEN 2021 Congress. My heartfelt Congratulation to all of them.

The second wave of coronavirus was devastating for all. Now, the numbers have dropped and people have almost returned back to their daily routines, reopening of schools are ongoing. It's important that now we understand the true meaning of the saying "Health is Wealth". We take care of ourselves first. As professional, it is equally our responsibility to ensure that we present this pressing need to our future generation also continuously. This would help us to ensure that our kids are healthy, environments are safe and there is perfect harmony leading to more productivity and safety.

LEKHA SREEDHARAN

Honorary Secretary -IAPENINDIA
DGM & HOD: Clinical Dietetics
Apollo Children's & Women's Hospital



Hon National Secretary,
IAPEN India

LEKHA SHREEDHARAN

National Nutrition Month



Our Achiever's

With great joy and gratitude, I share having been bestowed the prestigious European ESPEN Diploma in Clinical Nutrition and Metabolism. The LLL programme in Clinical Nutrition and Metabolism is an innovative and effective educational programme for healthcare professionals, including medical doctors, dietitians, nurses, pharmacists etc. The LLL programme offers online training and live courses using a variety of modern training methodologies and resources.

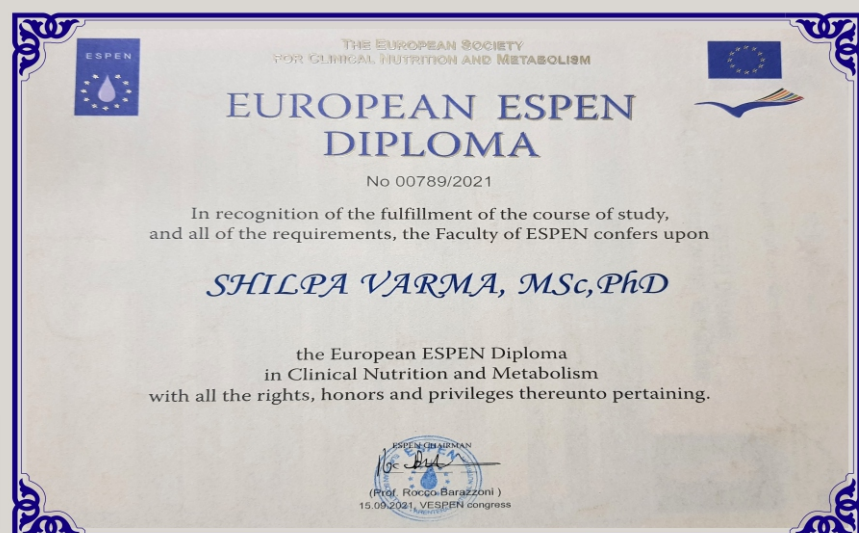
The LLL programme in Clinical Nutrition and Metabolism is based on an Educational Curriculum offering 120 training modules created and peer reviewed by recognized experts in the field.

The LLL Programme in Clinical Nutrition and Metabolism is a global effort of ESPEN to provide post-graduate qualification in Clinical Nutrition and to improve daily practice. The LLL programme offers online training and live courses. On-line training and training at live courses awards Credits.

Each topic successfully completed online grants up to 4-6 CME credits. Participation in a live course grants 4 CME credits for each topic after successful test pass. Credit accumulation gives the opportunity to apply for final examination for the ESPEN Diploma in Clinical Nutrition. There are no fees for registration and participation in online activities.

ESPEN Diploma confirms that the recipient has earned at least 150 CME credits in Clinical Nutrition from the educational system of the European Society of Clinical Nutrition (ESPEN). It provides recognition of skills and competences in Clinical Nutrition to the recipient of the Diploma and it has all the prestige of ESPEN.

At IAPEN INDIA, as a global sister ESPEN PEN Society, we are committed to bring these evidence-based learnings to India for greater accessibility to all IAPEN India members and ESPEN Block Members.

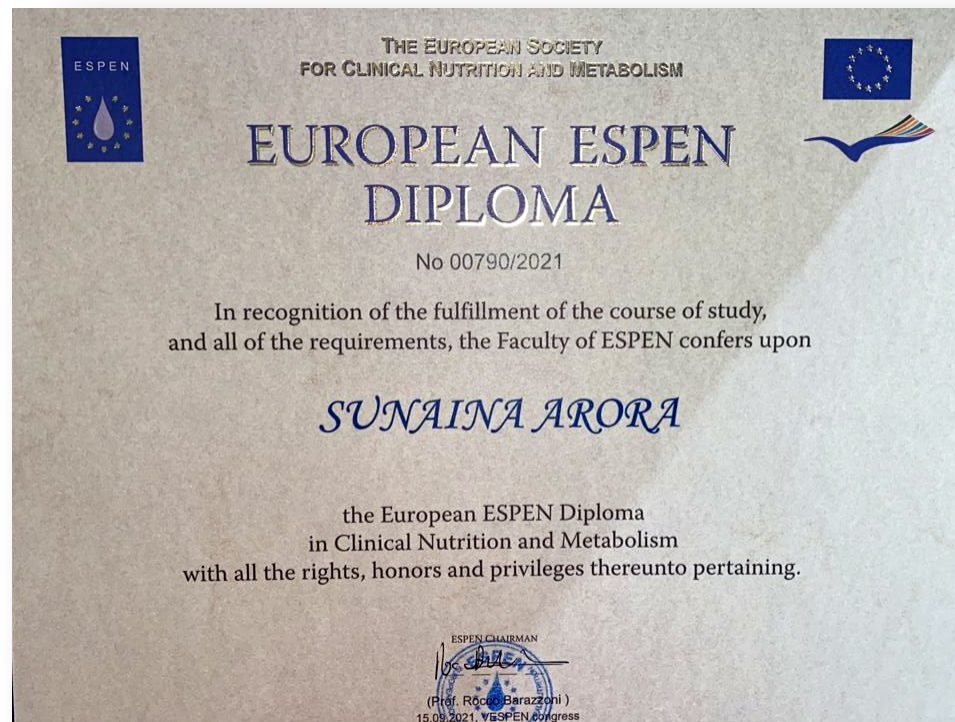


National Nutrition Month

Our Achiever's



I am glad to share my ESPEN European Diploma certificate with IAPEN India. As a busy pediatrician, I was always looking for a course that I can fit into my practice. I am a keen learner and I always had a tendency to learn Metabolic medicine and pediatric obesity as my career path. I found this course the best opportunity. I did 7 live courses in Krakow, Poland and post covid various webinar's conducted in India and Greece to get the credits. Online credits were always easy to do whenever I got time in my schedule. Finally, I got an opportunity to write the ESPEN Diploma exam online and I passed with maximum marks. I would like to thank ESPEN LLL Board for making this happen. Also, I would like to congratulate IAPEN India to be a part of the ESPEN Society and disseminating knowledge of nutrition pan India.



National Nutrition Month

CHIEF EDITOR

DR. MANSI PATIL, PHD

Asha Kiran JHC Hospital,
Pune, India Jt Secretary and
Treasurer IAPEN India
Association for Parenteral
and Enteral Nutrition Chief
Program Officer,
Hypertension and Nutrition,
India - A Core group of
IAPEN Committee Member,
International Society of
Hypertension Committee
Member, American Society
of Preventive Cardiology

EDITORS

DR. NAMRATA HANGE

MBBS MPH
Eurasian Cancer Research
Council, India

DR. MARIA KEZIA LOURDES PORMENTO MD MHA

Ateneo School of Medicine
and Public Health,
Philippines.

Book on Lifestyle management in hypertension

We are delighted to present to all healthcare professionals- clinicians, paramedics, allied health care providers, students- the first edition of the Manual of Lifestyle modification and Hypertension. This book was conceived to present a holistic and comprehensive outlook towards the management of hypertension and prehypertension. It includes chapters ranging from dietary management to stress management and de-addiction, among others. The journey of this book has been incredible, and experts from various fields have contributed to it. This unique book focuses on an integrative approach to managing hypertension and other Non-communicable diseases.

This *Manual* covers vast topics and yet is based on the guidelines established worldwide. Although the causes of hypertension remain obscure in most individuals, clinical research has pioneered an era of documenting results of interventions, encouraged a comprehensive view towards its management, and advanced the need for lifestyle modification as a vital modality of management.

Recent guidelines from various Hypertension societies have been included for those looking for a quick reference for daily management of raised blood pressure along with the protocols for control, monitoring, and measuring blood pressure. With the world moving towards telemedicine, this Manual includes practice guidelines and possible avenues in this field to enable readers to use technological advances in the best possible way. De-addiction from alcohol, tobacco, and screen has been included, along with chapters on substance abuse and its effect on hypertension.

In depth discussions on the management of hypertension with nutrition has been included in this book. The essential factor in this Manual is that different diets- Paleo, and DASH, Mediterranean, TLC, etc. have been discussed in the perspective of hypertension, and an additional chapter on the use of research-based nutraceuticals in hypertension has been added. Another chapter has been dedicated to managing salt and sugar, and techniques to reduce their intake has been detailed. A module has also been included in this Manual on the non-pharmacological management of raised blood pressure in special populations. Each of these population sets- pediatric, geriatric, pregnant mothers, young adults- has been dealt with separately. We are sure that this Manual will be a pleasant and useful read.

LIFESTYLE MANAGEMENT AND HYPERTENSION

MODULES:

Introduction to hypertension
Nutritional Management
Stress Management
Physical Activity
Hypertension in Special Populations
Substance Abuse
Latest advances in Hypertension

EDITOR:

Dr. Mansi Patil



National Nutrition Month

PRAYAGRAJ CHAPTER

Nutrition is an ever evolving science. Continuous change in our physical, emotional, social and environment makes it imperative for those in this fraternity, to embrace and employ the most recent science in their every day prescription for the most befitting and responsive selection of treatment suited best for each individual. Medical nutrition therapists should constantly learn, unlearn and relearn the ever evolving nutrition science in the prevention, management and cure of a great variety of diseases. As we firmly believe in nutrition being community science, it's the prerogative of the common man to be informed of the evidence based nutrition choices to make able decisions in their everyday life. With this in mind, the IAPEN Prayagraj chapter conducted a series of events during this nutrition month viz. September 2021.

We began with a webinar on “**Nutrition in Kidney disease**” on September 17, Dr Anita Saxena graciously accepted to convene the session while Ms Himani Puri spoke on “MNT in Nephrolithiasis” and Ms Archana Sinha on “MNT in CKD”. This topic was chosen to bridge the gap between putting acquired knowledge in practice and it gives me immense pride to say that our speakers excelled in it, making it an enriching session of fruitful interaction with all present. September 24 we conducted a webinar on “**Nutrition in the Contemporary World**” which was convened by Dr Anuja Agarwala while Ms Priya Karkera spoke on “Social media platforms for Nutritionists” and Dr Mansi Patil enlightened us on “Research paper presentation- from conception to publication”. It received maximum appreciation from all present for the manner in which our distinguished speakers made it sound so simple and possible.

Health camp was conducted on September 26, at Saket hospital, for our staff members to ascertain their physiological health, measuring and recording vital health parameters and also offering them individualized health counselling. were counselled in person.

Salad Making and Poster Writing competition by our Nursing students on September 30, received an overwhelming response marked by enthusiastic participation by our students. First and Second prizes were awarded to the deserving students by our honorable chapter president Dr Neeta Verma.

The same day we also had another much awaited webinar on “MNT in Diabetes- the practical way” which was convened by Dr Meenakshi Bajaj and “MNT in OHA” was spoken on by Dr Manju Panda while Dr Anagha Palekar spoke on “MNT in Insulin Therapy”. A one of a kind experience was to hear experts share their expertise with all present. The above have been some activities which have reiterated our faith in disseminating quality nutrition practical advice to all concerned and as from the chapter, lots more is coming!



SUSHMA TIWARI

Hon Chapter Secretary,
IAPEN India Prayagraj Chapter

National Nutrition Month



PRAYAGRAJ CHAPTER



National Nutrition Month



CHENNAI CHAPTER

To mark the occasion of National Nutrition month and world heart day the Department of Nutrition and Dietetics of Madras Medical Mission conducted the 13th Annual Nutrition education program - NUTRIUTSAV 2021 on September 29th and 30th. The following events were organized as part of the National Nutrition Month activity.

Week 1 Developing high protein energy snacks and drinks by dieticians.

Week 2 Awareness Program for Children and their Parents on theme - "Feeding Smart Right from Start". Nutrition education cartoons & games were organized. This was conducted in a day care center supported by the Govt. of India. Low cost healthy snacks recipes were given to the parents.

Week 3 & 4 CONFERENCE AND WORKSHOP

This conference was aimed to enhance the clinical nutrition knowledge and practice among the Nutrition support team. The conference was inaugurated by Dr. Mullasari Ajit Director Cardiology & Mr. George Cherian, Director-Administration. Professor Dr. Jagmeet Madan- National President, Indian Dietetic Association was invited as the Guest of Honor.

The eminent speakers for this conference were Dr. Suma Malini Victor, Dr. Meenakshi Bajaj, Ms. Ranjitham Anderson, Ms. Dhivya Priya, Ms. Bamini M, Dr. P. C. Vijayakumar and Dr. Bhuvaneshwari Shankar. Moderators were Dr. Jacob Jamesraj, Dr. Shivakumar Ganesh Babu, Dr. Sujatha & Dr. Nirmla Jesudason. Around 350 Delegates attended the live webinar and benefited. A workshop was conducted on 30th September 2021. This workshop was conducted by joining hands with department of nursing on topic "Feeding Techniques and monitoring skills of nurses on enteral and parenteral nutrition". 35 nurses attended this work shop.

A competition for developing nutrition education videos were announced on the theme- Pregnant and Pediatric Nutrition. The videos were screened by the Judges- Board member Mr. Mohan Daniel and Ms. Shiny Surendran. The First and second prizes were felicitated in the inaugural program.



MADRAS MEDICAL MISSION

Hon Chapter Secretary,
IAPEN India Chennai Chapter



MS. Merina E Alex

National Nutrition Month

**IAPEN INDIA
ASSOCIATION**
For
Parenteral and Enteral Nutrition

AFMC ACITVITY REPORT

College of Nursing AFMC, Pune InterCommand CNE on " Critical Care Nutrition: A Game changer in patient Outcome" on 27 & 28 August 2021 along with collaborative partners IAPEN INDIA Association for Parenteral and Enteral Nutrition was very well received and an academic fest par excellence bringing the best in critical care nutrition.

Collaborative
CNE on
Critical Care
Nutrition with
Armed
Forces
Medical
College



With topics ranging from Critical Illness effect on metabolism, nutritional needs to practical aspects of nutritional calculations and feeds in ICU and critically ill patients and the guidelines around the same and considerations of pediatric critical care nutrition to nutrition in trauma and surgery, and nutritional considerations in compromised gut, and panel discussions, this CNE was a great success.



DR. SHILPA VARMA

National Nutrition Month

AFMC ACITVITY REPORT

Some glimpses of the CNE.



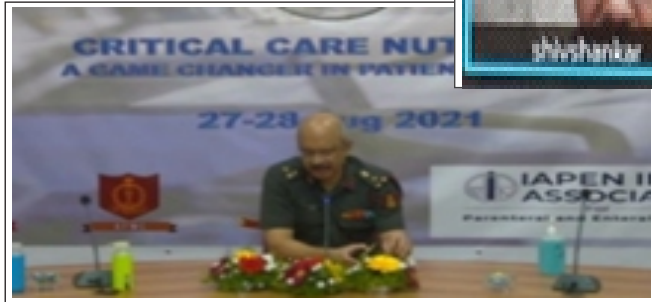
Datta Patel



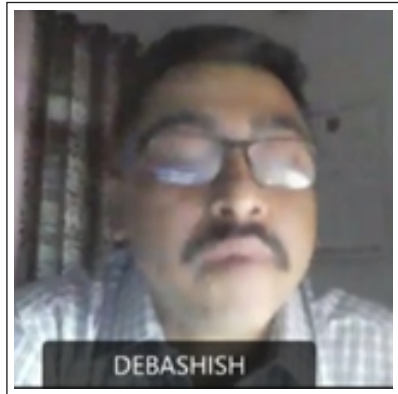
Biju Pottakkatg



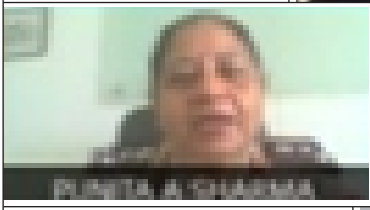
shivhanikar



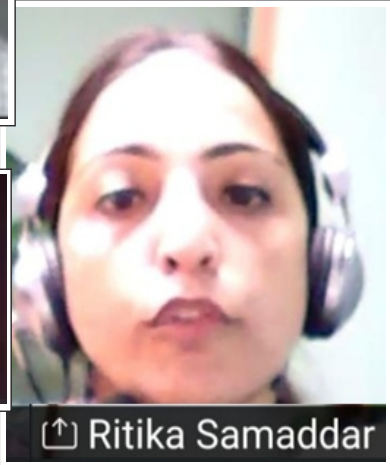
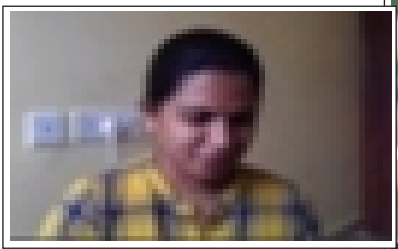
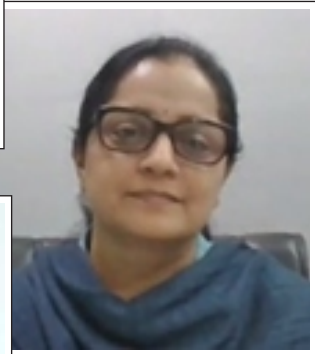
DR. MANOJ DURAIRAJ



DEBASHISH



N. ANITA SHARMA



Ritika Samaddar



National Nutrition Month

Workshop on Severe Acute Malnutrition

This year, as India celebrates the Azadi Ka Amrit Mahotsav, to ensure speedy & intensive outreach, the entire month has been subdivided into weekly themes for focused and assimilated approach towards improving Holistic Nutrition. Theme 4 includes Identification of children with Severe Acute Malnutrition (SAM), supervised Supplementary Feeding Program for children up to 5 years old with SAM, and sensitization for Community Management of Acute Malnutrition to be celebrated from 24th – 30th September which will broadly focus on Understanding Malnutrition, Measuring Undernutrition and Types of Undernutrition.

IAPEN India Association for Parenteral and Enteral Nutrition collaborated with SHARP (School Health Annual Report Programme) is a PAN-India Non-Government Organization established in 1999, to discuss the challenges faced in the management of SAM children in the community.

The eminent speakers, Dr. Shilpa Varma (National executive member IAPEN India), Dr. Parmeet Kaur (IAPEN India Delhi Chapter), Dr. Mansi Patil (National executive member IAPEN India) and Dr. Subhashree Ray spoke at length about the myths surrounding nutrition in children, the need for better surveillance and monitoring of existing systems and need for community based approach to combat SAM and improve the nutritional status of children both in the rural and urban set up. The experts agreed that it is the need of the hour to address the issue of triple burden of malnutrition faced by our country and a cohesive effort is needed to tackle the same.

This webinar, held on 25th September, 2021 (Saturday) from 4 PM to 5:30 PM over Zoom was attended by public health professionals, school teachers, hostel wardens from across the country. There was animated discussion on improving nutritional quality of the food consumed by children and the concept of kitchen garden.

IAPEN India Association for Parenteral and Enteral Nutrition celebrated “Rashtriya POSHAN Maah'2021” to intensify behaviour change efforts required to comprehensively address the problem of malnutrition as envisaged under POSHAN Abhiyaan..



DR. MANSI PATIL

National Nutrition Month

BANGALORE CHAPTER

IAPEN Bangalore chapter celebrated the National Nutrition Month 2021 by creating awareness through innovative activities that also brought the dietitian community together.

Three activities were planned for the month. 'Nutrition from your Backyard' - A Kitchen Garden Contest, where the participants had to showcase the vegetables/fruits and herbs that they cultivated in their backyard. There was amazing participation with many entries. The contestants also shared their skill on IAPEN- Bangalore social media handles for the benefit of all viewers. Top 3 winners of this contest were selected based on the nutrition related content, knowledge shared, health benefits, variety of plants grown, creativity and presentation. Our esteemed judge, Dr. Rita Patil, who is an extremely qualified and skilled nurturer of a resourceful kitchen garden, did great justice in selecting the winners. We express our sincere gratitude to her.

The second activity, a crossword puzzle was a test to the nutrition quotient of the practicing dietitians. It was indeed a brain teaser which had an enthusiastic participation. Top 3 scores were the winners.

The third activity- a true academic feast, was a webinar titled 'Severe and Moderate Acute Malnutrition- Diagnosis to Rehabilitation' which aimed at familiarizing the clinical nutritionists in assessments, feeding strategies and rehabilitation of SAM and MAM children across the nation. Our eminent faculty for this session were Dr. Sheila Aiyar - Prof & HOD - Pediatrics, GMC, Baroda, Dr. Nijaguna N- Prof of Pediatrics, Indira Gandhi Institute of Child Health and Dr. Rajendra Shinde- Assistant Prof, Pediatric Medicine, IGICH. It was an enriching experience to learn the nuances of treating pediatric malnutrition from the stalwarts of this field. With the culmination of an eventful month we are happy to announce our proud winners of the contests.



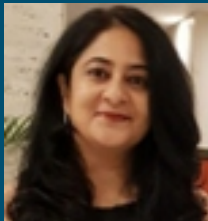
Hon. Chapter President
Dr. Harish Ambekar
Senior Consultant, Critical Care Medicine
Fortis Hospitals, Bengaluru.



Hon. Chapter secretary
Ms. Suneetha Rao
Clinical Nutritionist and Chief Dietitian,
NU Hospitals, Bengaluru.



Hon. Vice President
Ms. Ranjani Raman
Dietitian and Nutrition Therapist,
Founder, Nutrition Tattva



Hon. Chapter Treasurer
Ms. Sheetal Joshi
Clinical Dietitian
Divakar Specialty Hospital
Bengaluru

'Nutrition from Your Backyard'



First Prize
Ms. Malarmeni Magesh



Second Prize
Ms. Akshaya Kumari

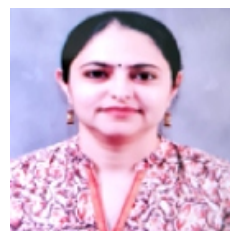


Third Prize
Ms. Keerthana E

Crossword contest



First Prize
Meena K.



Second Prize
Nehal Vishnav



Third Prize
Deepika L.Ganesan

National Nutrition Month

**FIRST CAMP
OF IAPEN
BHOPAL
CHAPTER
UNDER THE
BANNER OF
IAPEN IN
BHOPAL AT
AASHIMA
MALL
15.09.2021**

**IAPEN INDIA
ASSOCIATION**
For
Parenteral and Enteral Nutrition

BHOPAL CHAPTER

· On occasion of **National Nutrition Month** a camp was organized by IAPEN Bhopal Team Dr. Ratna Mulay and Mrs. Mehar Jamil at AASHIMA MALL Bhopal on 15.9.2021 from 12:00 – 3:00 pm

· Sponsored by Fresenius Kabi

· Body indexing was done for the employees of ANADI NEWS CHANNEL and local people those who were interested. The total turnout was 31 persons, both males and females.

· Their socio economic status/health issues/alcohol consumption etc was noted in a questionnaire. And body composition parameters were noted down which includes Height, Weight, body fat %, BMI, BMR, VF, fat and muscle percentage of whole body etc.

· Individual consultation was given by Dr. Ratna Mulay after doing the analysis of their reports.



National Nutrition Month

As per the mutual understanding we selected the committee for 2021-2022

Programme discussion:

President – Dr. Ratna Mulay
M.B.B.S, MD
(pediatrician and adolescent consultant)
Secretary – Mrs. Mehar Jamil
M.Sc., ICCN (Consultant Dietitian)
Treasurer – Mrs. Tazeen Sultan
(Consultant Dietitian)
Executive member: Samrah Hussain
Consultant Dietitian

ACTIVITY	SPEAKER	TIME
Inauguration	Dr. R Mulay	4pm
Welcome speech	Mehar Jamil	4:05pm
Presentation of Agenda	Dr. R Mulay	4:15pm
Selection of committee		4:40 – 5:15pm
Presentation by Azurra	Mr. Raj Asthana	5:15 – 5:25pm
conclusion		5:25 - 5:30pm

Following points Agendas were discussed –

- # Increase the IAPEN membership, membership drive for life members, and contact doctors and paramedics aware of IAPEN India and it's works. We agreed to form a body to create a pool of knowledge and to provide better healthcare services.
- # Involvement of students o be increased and motivate them to go for various courses and create awareness about IAPEN.
- # It was decided that we will do at least an activity every month under the banner of IAPEN with cooperation of all the members.
- # Case study/patient review to be discussed amongst doctors and dietitians.
- # Committee selection for 2021 till dec 2022 was done.
- # Suggestion by president to arrange a lecture for students in upcoming month.
- # Highlights on IAPEN courses were done, how and why IAPEN they are use full and helpful for all of us.
- # Discussion on funds - How to manage the work on local basis, because for camps and seminars we may need fundings for routine works.

Foundation day of
Bhopal Chapter

14.09.2021

IAPEN Bhopal chapter has been formed in presence of other IAPEN lifetime members. It was a first general body meeting at Hotel Rajhans Reagent, ISBT Bhopal on 14.09.2021

Anchoring
Mrs. Mehar Jamil

The meeting was followed by high tea which was sponsored by Azurra pharmaceuticals.



National Nutrition Month

Activity report of Collaborative CNE with Nutrition Society of India, and Symbiosis Institute of Health Sciences.

Anthropometry has a long tradition of assessing nutritional and health status of children and adults as this is an inexpensive, non-invasive method that provides detailed information on different components of body structure and growth, especially muscular and fat components. Moreover, anthropometric measurements are highly sensitive to the broad spectrum of nutritional status, whereas biochemical and clinical indicators are useful only at extremes of malnutrition. Among the widely used anthropometric measurements, body mass index (BMI) and mid-upper-arm-circumference (MUAC) are most significant and reliable.

Anthropometrics is the practice of taking measurements of the human body and provides categorised data that can be used by designers. It is important to use the correct anthropometric measure to assess the health of an individual. With the strides in the medical field, it is imperative that we understand the learn to take the correct measurements for different ages and disease states.

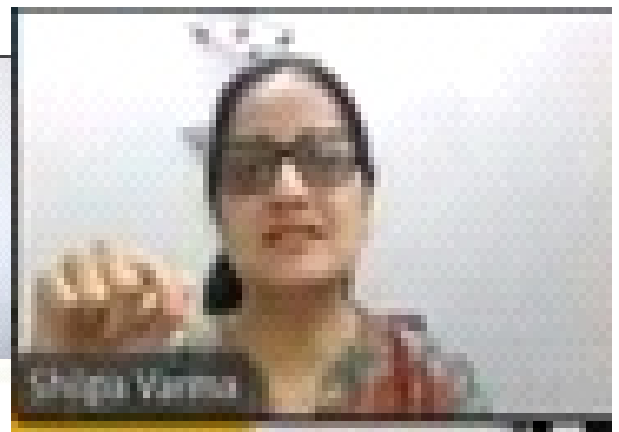
Rationale: With this workshop, we propose to learn the traditional as well as the newer anthropometric measures we can employ in our routine practice for different ages (childhood, adults and geriatrics in community and clinical settings).

SYMBIOSIS
INSTITUTE OF
HEALTH SCIENCES
—
NUTRITION
SOCIETY OF INDIA
IN
COLLABORATION
WITH
IAPEN INDIA
ASSOCIATION OF
ENTERAL AND
PARENTAL
NUTRITION (IAPEN)

“E-WORKSHOP
SERIES ON
UNDERSTANDING
NEW MEASURES
OF
ANTHROPOMETRY
IN COMMUNITY &
CLINICAL
SETTINGS”

Dates:

27th September
28th September
30th September



Common measures for different ages

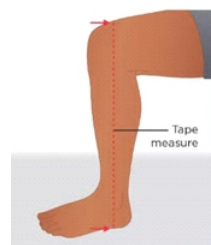
Age	Weight	Height	BMI	MUAC
0-6 months	3-4 kg	50-60 cm	12-15	11-13 cm
6-12 months	7-10 kg	65-75 cm	12-15	13-15 cm
1-5 years	10-15 kg	80-100 cm	12-15	13-15 cm
6-11 years	15-25 kg	120-150 cm	12-15	13-15 cm
12-18 years	20-30 kg	150-170 cm	12-15	13-15 cm
19-30 years	25-35 kg	160-175 cm	12-15	13-15 cm
31-40 years	25-35 kg	160-175 cm	12-15	13-15 cm
41-50 years	25-35 kg	160-175 cm	12-15	13-15 cm
51-60 years	25-35 kg	160-175 cm	12-15	13-15 cm
61-70 years	25-35 kg	160-175 cm	12-15	13-15 cm
71-80 years	25-35 kg	160-175 cm	12-15	13-15 cm
81-90 years	25-35 kg	160-175 cm	12-15	13-15 cm
91-100 years	25-35 kg	160-175 cm	12-15	13-15 cm

Appetite test

For each child identified as acutely malnourished (MAM/SAM)

Aim:

- To see if the child is able to eat a nutritional product to record
- The loss of appetite in a child can indicate a serious pathoph



National Nutrition Month

SYMBIOSIS
INSTITUTE OF
HEALTH SCIENCES
—
NUTRITION
SOCIETY OF INDIA
IN
COLLABORATION
WITH
IAPEN INDIA
ASSOCIATION OF
ENTERAL AND
PARENTAL
NUTRITION (IAPEN)

“E-WORKSHOP
SERIES ON
UNDERSTANDING
NEW MEASURES
OF
ANTHROPOMETRY
IN COMMUNITY &
CLINICAL
SETTINGS”

Dates:
27th September
28th September
30th September



Radhika Hedao

**IAPEN INDIA
ASSOCIATION**
For
Parenteral and Enteral Nutrition

Agenda for Collaborative CNE with NSI and Symbiosis Institute

Day & Date: Monday, 27 th September, 2021	
Time	Session & Speaker
1:30 pm - 1:40 pm	Virtual assembly of participants
1:40 pm - 1:45 pm	Welcome address Dr. Rajiv Yeravdekar , <i>Dean, Faculty of Health Sciences, SIU</i>
1:45 am to 1:55 pm	Setting the context Dr.Laxmaiah, Convenor , <i>Nutrition Society of India, Hyderabad, National Institute of Nutrition, Hyderabad</i>
1.55 pm to 2:00 pm	Introduction of the Speaker : Dr.Mansi Patil , <i>Consulting Dietician, National Executive Member, IAPEN India Association of Parenteral and Enteral Nutrition, Pune Committee member International Society of Hypertension</i>
2.00 pm to 2:15 pm	Anthropometric assessment and use of reference charts
2.15 pm to 2:30 pm	Skin fold thickness and ethnicity
2.30 pm to 3.15pm	New measures of anthropometry in community settings
3:15 pm -3:30 pm	Questions and answers sessions
Day & Date: Tuesday, 28 th September, 2021	
Time	Session & Speaker
1:30 pm - 1:40 pm	Opening remarks Dr.Sammita Jadhav <i>Deputy Director, SIHS</i>
1:40 pm - 1:45 pm	Setting the context Dr.Kavitha Menon , <i>Head Dept. of Nutrition & Dietetics, SIHS</i>
1:45 am to 1:55 pm	Introduction of the Speaker : Dr.Datta Patel , <i>Consulting Dietician, Head of the Department, Nutrition & Dietetics, D.Y.Patil Hospital, Navi Mumbai</i>
2.00 pm to 2.30 pm	Practicality of using anthropometric measurements in dietetics practice
2.30 pm to 3:00 pm	New measures of anthropometry in clinical dietetics practice
3.00 pm to 3.15 pm	Case studies on Anthropometry in clinical settings
3:15 -3:30 pm	Questions and Answers Session
Day & Date: Thursday, 30 th September, 2021	
Time	Session & Speaker
1:30 pm - 1:40 pm	Setting the context Dr.Mansi Patil , <i>National Executive Member, IAPEN India</i>
1:40 pm - 1:45 pm	Introduction of the Speaker : Dr.Shilpa Verma , <i>Clinical Dietician, Bellevue Multispecialty Hospital, Mumbai</i>
1:45 am to 2:15 pm	Practicality of using anthropometric measurements for Pediatric population
2. 15 pm to 3:00 pm	New measures of Anthropometry for pediatric population
3:00 pm to 3: 15pm	Case studies in Pediatrics
3:15 pm to 3:30 pm	Questions and Answers Session
3:15 -3:30 pm	Vote of thanks by Radhika Hedao , Assistant Professor, SIHS

National Nutrition Month

**IAPEN INDIA
ASSOCIATION**
For
Parenteral and Enteral Nutrition

Kochi Chapter

IAPEN Kochi chapter in Collaboration with Aster Medcity, Cochin has organized Nutrition Month awareness programs, from 1st Sept 2021 to 30th September.

Quiz Competition for staffs on 10/9/2021



**Weaning
recipe
competition
for Staffs
on
17/10/2021**



**Nutritious Kit
distributed for 30
kids in Anganwadi “
in association with
Aster Volunteer’s
which include Ragi,
Rice flakes , Sesame
seeds, Pea nut,**



**Nutritious desserts served for
the staff with recipes which
can be tried at home which
include Apple Smoothie, Tex
Mex Que, Rice flakes milk,
Ginger Melon every
Thursdays.**

Hon Chapter Secretary,
IAPEN India Kochi



Susan Itty

National Nutrition Month

CHENNAI CHAPTER

RECIPE BOOK RELEASE



QUIZ



NUTRIFEST 2021

NATIONAL NUTRITION MONTH CELEBRATION

The Women and Child Development (WCD) Ministry on August 29, 2021, announced that the 4th POSHAN Maah also the National Nutrition Month will be celebrated as 'Thematic POSHAN Maah' across India throughout September 2021. The entire month of September will be sub-divided into weekly themes for a focused and assimilated approach towards improving Holistic Nutrition. Since 2018, every year, the POSHAN Maah is celebrated during September under the POSHAN Abhiyaan, also known as National Nutrition Mission.

The Department of Nutrition and Dietetics, MGM Healthcare, Chennai in association with IAPEN – India, Chennai chapter celebrated the National Nutrition Month – POSHAN MAAH 2021 by conducting various events like releasing – “Your Little cook Book”, delicious healthy recipes starting from the age of 6 month to 2 years on 3rd september 2021, on this event Dr. Deepa Easow – Senior Consultant, Pediatrics shared her knowledge on - “Feeding Smart Right From the Start”, followed by the cookery demo of Healthy recipes by the Food and Beverage department. In addition to this a Poster Competition on 9th september 2021 – themed, “Nutrition for The First 1000 days of life” and a Quiz themed, “Malnutrition to Nutrition” on 25th september was conducted as part of the Nutrition Month Celebration. Over 100 delegates including doctors, nurses, paramedics and patients participated in all these programmes.

POSTER COMPETITION



National Nutrition Month

VARANASI CHAPTER

Nutrition is the science or practice of consuming and utilizing foods. A balanced diet is important for good health and well-being. The National Nutrition Week which is observed in India from September 1 to September 7 is to create awareness about good nutrition and health.

The purpose behind celebrating is to spread awareness about good nutrition, and health. Initiatives have been taken up by the government focussing on nutrition, good food, healthy body, mind, and lifestyle.

The theme for National Nutrition Week 2021 was "Feeding smart right from start".

As the name suggests, this year the government wants to lay stress on the importance of child nutrition and how kids can benefit from a nourishing diet right from birth. This time theme focuses on the main source of nutrition which should be chosen wisely and requires you to explore the nutritious food options which are provided by mother nature and are available easily in local market. Hence, the role of dietitian became more important in making people aware of local foods of high nutritive value.

To discuss on this theme, on 6th of Sept. "Dietitian Meet" was organised at DS Research Centre, Varanasi. It was a Chit Chat Show where dietitians from various hospitals participated and talked on various practices and malpractices in hospitalized and ICU patients. Discussion also highlighted how to deal with the problem of malnutrition with local available foods in place of costly foods items available in the market.

To mark The National Nutrition Month, A CME was organised at DS Research Centre, Varanasi on 16th of Sept. on "Diet in Gall Stones—Myths and Facts. The speaker was Mrs. Mansha Singh, Dietician, Oriana Hospital, Varanasi. She enlightened the audience about the occurrence of GB stones, the do's and don'ts about the problem.

Although it was known by the organisation about Varanasi Chapter, but it was the day of 27th Sept. when it officially came into existence. Varanasi Chapter of IAPEN was launched both offline and online. Our Honorary Guest Speakers Mr. Y.T. Shivshankar (Vice president Nutrition, IAPEN and Dr. Mansi Patil, Executive Member joined online and showered their blessings and enlightened the audience about the IAPEN. Other Speakers included Dr. Sunita Asthana (Jt. Sect, Varanasi Chapter), Mrs. Vandana Arora, Dietician and Ms. Ritu Puri, dietician. Welcome Address was given by Mrs. Manjari Bajpai, (Sect. Varanasi Chapter) and Vote of thanks given by Mrs. Rekha Gupta (Vice-President, Varanasi Chapter).

It's our privilege to be a part of the organisation. We look forward to do a lot more in the field of nutrition and to work together to eradicate malnutrition under the expert guidance of our esteemed and renowned mentors.



MANJARI BAJPAI

National Nutrition Month

SURAT CHAPTER

Surat Chapter Committee Members



Dr. Shilpee Agrawal

Dr. Shilpee Agrawal is a Doctorate in Food and Nutrition from Punjab Agricultural University, Ludhiana. She has done Masters in Food, Nutrition and Dietetics from SHIATS, Allahabad. Presently, she is working as Assistant Professor in department of Food Science and Nutrition, Sheth P. T. Mahila College of Arts and Home Science, Vanita Vishram, Surat. She had cleared UGC NET with JRF and was also ICMR SRF Fellow. She has a keen inclination towards research. She had presented and published any research papers at national and international level. She was selected and successfully completed the esteemed Bangalore Boston Nutrition Collaborative (BBNC) on International Nutrition Research method at St. Johns Research Institute, Bangalore in January 2020 among 30 research aspirants internationally.

Founder – Nutriventure Specialty Nutrition Clinic

Qualified Sports Nutritionist (Fitness, Sports & Nutrition from IAPEN)

Certified Diabetes Educator (Christian Medical College, Vellore) Qualified

RD-Registered dietitian with Indian Dietetic Association

MSc. (Food & Nutrition) from Acharya. N. G. Ranga Agricultural University.

Gold Medalist.

Life member IDA, IAPEN

Involved in developing healthy snack bars and desserts for marathon runners and fitness enthusiast.

Area of Interest:

Functional foods, Nutritious Product Development (Weaning food, Nutri-bar, healthy desserts and smoothies) Chronic Disease Management/Reversal with diet and lifestyle modification. Preventive Nutrition., Sports nutrition



Ms. Meena K Hardasani
RD,CDE

Dr Keta is a consulting dietitian and nutritionist,
certified pregnancy nutritionist,
Experienced in weight management and other lifestyle diseases



Dr. Keta Shah
(B.A.M.S., Masters in Dietetics)

M.Sc. DFMS (Dietetics and Food Service Management),

P.G.D in Dietetics, CNS

Trained on Community Based Management of Acute Malnutrition (CMAM), organized by NHM-Gujarat in collaboration with UNICEF – Gandhinagar, Gujarat.

Trained on Management of Malnutrition of Functionaries of ICDS and NRHM of Western State, organized by NIPCCD, Indore, M.P.

Currently working as Consultant Nutritionist at Bombay Multi Specialty Hospital, Althan Surat (for last 10 years).

Working as a weight management Nutritionist with Fit and Fine (FNF) Fitness Center at Ramnagar Rander Road, Surat.

Working as a guest Nutrition and Biochemistry Lecturer at Government College of Nursing, Surat, New Civil Hospital Campus (for last four years).

Formerly worked as Surat Regional Programme Associate Nutrition, with State Nutrition Cell, Health Department of Government of Gujarat for Three Years (May 2015 to March 2018).

LEC member IDAGC, life member of IDA, IAPEN, NSI.



**MS. Geeta B.
Chandani**

National Nutrition Month

SURAT CHAPTER COMMITTEE MEMMERS

Surat Chapter Committee Members



Dr. Jayesh Shah



Dr. PIYUSH H. DESAI



Dr. Ankit Dave



Dr. Ronak Nagoria



Dr. Manisha Vyas

M.S., Surgeon/Oncology

Senior Oncosurgeon and consultant at Anand Hospital, Surat.

He obtained fellowship at Memorial Sloan Kettering Cancer Centre, New York, USA. He is a Faculty at Jhonson and Jhonson as well as to the surgeons on Human cadavers. He is also a faculty and invited speaker in many national and international conferences (e.g. Beijing, Cairo, Tokyo and Bangkok)

He has been awarded a gold medal for best Laparoscopic video presentation at AMASICON 2013, Hyderabad. He had been invited as operating faculty in IAGES at Srinagar and Hyderabad.

M.D. (Internal Medicine) ,D.Diab, C.Diab(Mumbai), FCCP(UK), PG Diploma (Endocrine, UK)

He is a renowned Diabetologist of the Surat city ,consultant at Desai Diabetes and Endocrine clinic and Advanced Diabetes Centre PVT.Ltd.

He is member of Association of Physicians Of India, Endocrine Society, USA, American college of clinical endocrinologist, RDSDI, Indian Endocrine Society, Bone and Mineral research Society, Indian Thyroid Society.

- He has been a principal investigator for many national and international studies.
- He is the achiever of award for young diabetologist at Diabetes India-world congress and 'Legend of Surat award.
- He has served as a faculty at regional, state, as well as at International academies and conferences.

MD, DM(Neurology)

He is a renowned and experienced Neurophysician of Surat, Visiting Neurophysician in all major Multispeciality Hospitals of the city and consultant Neurophysician at DAVE NEURO CLINIC. He has more than 10 publications in National and International journals.

Intensivist, Maitrey Hospital, Surat MBBS, MD anaesthesia ,

Ex.Tutor in forensic medicine,
IDCC, Apollo Hyderabad
FCCCM ,

Intensivist at Maitrey Hospital, Surat
Active member IMA , ISCCM, BGDC

I/C Deputy Registrar of Vanita Vishram Women's University, Surat Experience of 25 years in academics. Former Principal of L. P. Savani school. Clinical Director - Special Olympics, Healthy athletes, USA National coordinator - Global Tour and Travel Partnership GTTP, USA

National Nutrition Month

SURAT CHAPTER ACTIVITIES

As a part of this year's theme "Protect Breastfeeding : A shared responsibility", IAPEN Surat Chapter held an awareness program at Urban ICDS unit WZ/39, EWS aawas, SMC, an Angadwadi centre, on 6th August 2021



National Nutrition Month

IAPEN INDIA ASSOCIATION
For
Parenteral and Enteral Nutrition

Virtual Kitchen Garden Workshop
4th Sept, 2021



National Nutrition Month September 2021 activities



Virtual talk by Ayush Expert, 9th September, 2021



Therapeutic Diet recipe competition at Government Nursing college, Surat , 20th September 21

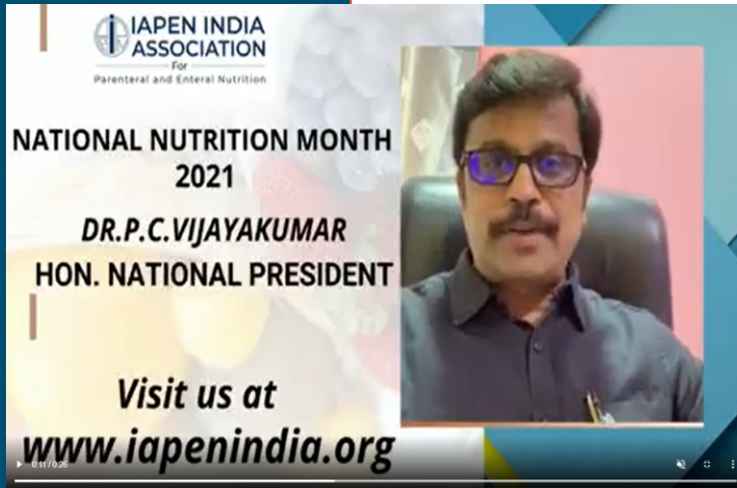
Nutrition education at Tapi Diploma Engineering college, Surat, 24th September, 2021



National Nutrition Month

**IAPEN INDIA
ASSOCIATION**
For
Parenteral and Enteral Nutrition

KOLKATA CHAPTER



IAPEN India kolkata chapter had been launched officially on 4th September, 2021 during National Nutrition Month. It was inaugurated by National President Dr. P.C Vijaykumar followed by Mr Shivshankar Timmyanpyati, National Vice president. The webinar was enriched by their valuable speech and experience with IAPEN. Chapter President Dr. Abhijit Paul greeted all and expressed the positive approaches towards health and nutrition. There was one scientific session entitled as " Nutrition during the Twilight years" and the speaker was Dr Rimita Dey, HOD in Critical Care Medicine, Ruby General Hospital. The moderators were chapter vice president Ms. Sudeshna Maitra Nag and chapter secretary Ms. Koyel Pal Chowdhury. The program was successfully designed by the executive committee members of the chapter and they are Ms. Babita G. Hazarika, Ms. Ipsita Chakravarti , Ms. Arpita Ghosh Deb, Ms. Sanghamitra Chakravarti and Ms. Poulami Pandit. We at Kolkata Chapter look forward to working with the IAPEN team in promoting the science of nutrition.



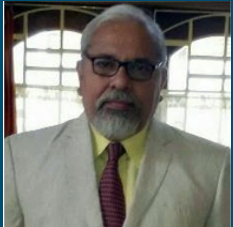
Koyel Pal Chowdhury

THE
CORE
GROUPS

DIABETES
HYPERTENSION
RENAL
ONCOLOGY
ERAS
NEURONUTRITION
DYSPHAGIA

National Nutrition Month

GUWAHATI CHAPTER



Hon. Chapter President
Dr. Bikash Bhattacharjee

Educational Qualifications - MBBS,1976, Guwahati Medical College, Guwahati University. GDip DC (2005), New Castle University, Australia. MDC (2007) New Castle University, Australia. Fellow RSSDI
Affiliation - Sun Valley Hospital, Guwahati
Designation – Director & Senior Consultant Diabetologist
Association with other societies- Executive Member, RSSDI (East Zone);Vice President, All India Association for Advancing Research in Obesity (AIAARO); Vice President, NEDS.



Hon. Chapter secretary
Dr. Ananya Kashyap

Educational Qualifications – Ph.D.
Affiliation – H.P.B. Girls' College, Golaghat, Assam
Designation – HoD
Association with other societies- IDA, HSAI, NSI, SFE
Field of Interest in Nutrition – Antioxidants, Diabetes mellitus, CKD, GI



Hon. Treasurer
Nomi Mohan

Educational Qualifications – MSc. DFSM
Affiliation – Dispur GNRC Hospital, Guwahati, Assam
Designation – Senior Dietician
Association with other societies- IDA
Field of Interest in Nutrition – Dietary concerns related to CKD, DM and other NCDs.

ACTIVITY 1

Date of Activity- 27/07/2021

Topic- Sports Nutrition: Beyond the realm of secondary sources

Number of people attended - 145

Nature of activity- National Webinar

Speakers- 1. Mr. Bibhu Moni Singha, Fitness Expert and Sports Nutritionist, Guwahati

2. Sultana Afrin Kausar Goney, Sports Science Specialist, Directorate of Sports and Youth Welfare, Bhopal

Winners if any- Not applicable

ACTIVITY 2

Date of Activity- 07/08/2021

Topic- Breast Cancer facts: It's time for Breast Health

Number of people attended - 68

Nature of activity- International Workshop

Speakers - 1. Dr. Deepjyoti Bhuyan, Research Fellow/Lecturer, NICM, Western Sydney University

2. Mr. Shivshankar Timmanpyati, Chief Clinical Nutritionist, Tata Memorial Hospital, Mumbai

Winners if any- Not applicable

National Nutrition Month

GUWAHATI CHAPTER

ACTIVITY 1

National Webinar
on
Sports Nutrition: Beyond the realm of secondary sources

Date: 27/07/2021
Time: 11am

Inaugurator

Dr. Bipul Chandra Bhuyan
Principal, H.P.B. Girls' College, Golaghat

Organized by:
Grihamalini Forum
Department of Home Science
H.P.B. Girls' College, Golaghat

In association with:
IAPEN
and
IQAC, H.P.B. Girls' College, Golaghat

Link for registration:
<https://forms.gle/CVApApz1mNmdu2MH7>

Resource persons


Dr. Ananya Kashyap
HoD, Dept. of Home Science
H.P.B. Girls' College


Mr. Bibhu Moni Singha
Fitness Expert and Sports
Nutritionist, Guwahati


Afrin Kausar Sultana
Sports Science Specialist
Directorate of Sports
and Youth Welfare, Bhopal


Dr. Palash Handique
IQAC Coordinator,
H.P.B. Girls' College


Ms Nomi Mohan
Senior Dietician
Dispur GNRC Hospital

A national level webinar entitled “Sports Nutrition- Beyond the realm of secondary sources” was organized by Grihamalini Forum, Dept. of Home Science in association with IAPEN (India Association for Parenteral and Enteral Nutrition) and IQAC, H.P.B. Girls' College on 27th July, 2021. Principal Dr. Bipul Chandra Bhuyan inaugurated the webinar. Dr Palash Handique, Coordinator IQAC delivered the welcome speech. Resource person Mr. Bibhumoni Singha, Fitness Expert and Sports Nutritionist of Guwahati talked elaborately on evidence based recommendations of nutrition and hydration guidelines for athletes and general fitness enthusiasts. Another keynote speaker Ms Sultana Afrin Kausar Goney, Sports Science Expert, Directorate of Sports and Youth Expert, Bhopal delivered her lecture on nutritional guidelines for sports persons. Dr. Ananya Kashyap, HoD, Dept. of Home Science along with Ms. Nomi Mohan, Senior Dietician, Dispur GNRC Hospital coordinated the session.

ACTIVITY 2

International Workshop
on
Breast Cancer facts: It's time for Breast Health

Date: 07/08/2021
Time: 11am

Inaugurator

Dr. Bipul Chandra Bhuyan
Principal, H.P.B. Girls' College, Golaghat

Jointly organized by:
Grihamalini Forum
Department of Home Science
H.P.B. Girls' College, Golaghat
&
IAPEN

Link for registration:
<https://forms.gle/vbewsdeSW4om3uX8>

Coordinators

Dr. Ananya Kashyap
HoD, Dept. of Home Science
H.P.B. Girls' College

Resource persons


Dr. Deepjyoti Bhuyan
Research Fellow/Lecturer,
NICM, Western Sydney
University


Mr. Shivshankar Timmanpyati
Chief Clinical Nutritionist
Tata Memorial Hospital,
Mumbai


Ms. Nomi Mohan
Senior Dietician
Dispur GNRC Hospital,
Guwahati

E-certificates will be provided

An international workshop entitled “Breast Cancer facts: It's time for Breast health” was organized on 7th of August, 2021 by Grihamalini Forum, Dept. of Home Science in association with IAPEN (India Association for Parenteral and Enteral Nutrition). Principal Dr. Bipul Chandra Bhuyan inaugurated the workshop. Ms. Nomi Mohan, Senior Dietician, Dispur GNRC Hospital delivered the welcome speech. Resource person, Dr. Deepjyoti Bhuyan, Research Fellow cum Lecturer of NICM, Western Sydney University, Australia talked ornately on role of natural bioactive compounds in breast cancer treatment. Another keynote speaker Mr. Shivshankar Timmanpyati, Chief Clinical Nutritionist from Tata Memorial Hospital, Mumbai delivered his lecture on onconutrition with special emphasis on breast cancer. Dr. Ananya Kashyap, HoD, Dept. of Home Science coordinated the session. Sixty eight participants all over India and few participants from abroad benefitted from the workshop.

National Nutrition Month

Activity 1

Grihamalini Forum, Dept. of Home Science in association with IAPEN (India Association for Parenteral and Enteral Nutrition) organised a regional webinar entitled “Nutrition During Pregnancy and Lactation”. The webinar was a part of various activities initiated by the Department of Home Science to celebrate National Nutrition Month (Poshan Maah) which is celebrated each year in the month of September. This year the theme is “Converging towards a healthy walk through life”. Dr. Ananya Kashyap, HoD, Dept. of Home Science briefly discussed the importance of the webinar along with history of Poshan Maah in her welcome speech. Principal Dr. Bipul Chandra Bhuyan inaugurated the webinar. Resource person Ms. Nomi Mohan, Senior Dietician, Dispur GNRC Hospital, Guwahati talked ornately on role of various nutrients during the period of pregnancy and lactation. She also emphasized the importance of first 1000 days in child’s life. The myths and superstitions related to food during pregnancy and lactation were also discussed to aware the audiences. The audiences mostly teachers and students of the college benefitted by the enlightening session.



Regional Webinar
on
Nutrition during Pregnancy and Lactation
On the occasion of
National Nutrition Month, 2021
Theme :
Converging towards a healthy walk through life

Date:-
17/09/2021
Time: 11am

Inaugurator
Dr. Bipul Chandra Bhuyan
Principal
H.P.B Girls' College, Golaghat

Co-ordinator
Dr. Ananya Kashyap
HoD, Dept. of Home Science
H.P.B. Girls' College, Golaghat

Resource person
Ms. Nomi Mohan
Senior Dietician
Dispur GNRC Hospital,
Guwahati

Jointly organized by:
Grihamalini Forum
Department of Home Science
H.P.B. Girls' College, Golaghat
&
IAPEN

Activity 2

Grihamalini Forum, Dept. of Home Science in association with IAPEN (India Association for Parenteral and Enteral Nutrition) organized a national webinar entitled “Identification of SAM Children in Community Level” on 25th September, 2021 as a part of National Nutrition Month (Poshan Maah) celebration. As a component of Jan Andolan this webinar was an attempt to sensitize the audiences about the dreaded effects of malnutrition especially on children. Dr. Ananya Kashyap, HoD, Dept. of Home Science briefly highlighted the importance of this webinar in the current scenario as still India is facing the ill-effects of under nutrition in her welcome speech. Principal Dr. Bipul Chandra Bhuyan inaugurated the webinar. Resource person, Ms Sangita Saikia, Public health Nutritionist, Tezpur Institute of Medical Sciences Towards Pvt. Ltd. (TimeS) delivered her lecture on “Identification of SAM Children in Community level”. Ms. Chaudhury had given a detailed view in her talk about under nutrition, its root causes and treatment protocol of it. District wise report of number of SAM (Severe Acute Malnutrition) children in Assam is alarming. In many districts its increasing gradually. So she emphasized growing of kitchen garden in households and inclusion of nutritious food in daily diet of children under the age group of 5yrs. She also mentioned during her speech the government initiatives to overcome from the ill-effects of acute malnutrition on child’s overall health. Ms. Nomi Mohan, Senior Dietician, Dispur GNRC Hospital, Guwahati moderated the session. The audiences which were mainly the teachers and students of the college benefitted by the informative session.



National Webinar
on
Identification of SAM children in Community Level
On the occasion of
National Nutrition Month, 2021
Theme-
Converging Towards a Healthy walk through Life

Date:-
25/09/2021

Inaugurator
Dr. Bipul Chandra Bhuyan
Principal
H.P.B. Girls' College, Golaghat

Coordinators
Dr. Ananya Kashyap
HoD, Dept. of Home Science
H.P.B. Girls' College

Resource Person
Ms Sangita Saikia
Public Health Nutritionist

Ms Nomi Mohan
Senior Dietician
Dispur GNRC Hospital
Guwahati

Jointly Organized by:
Grihamalini Forum
Department of Home Science
H.P.B. Girls' College, Golaghat
&
IAPEN

National Nutrition Month

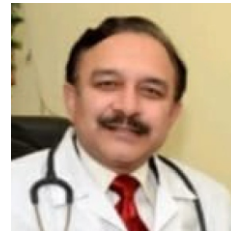
 **IAPEN INDIA
ASSOCIATION**
For
Parenteral and Enteral Nutrition

IAPEN INDIA MEERUT CHAPTER PRESENTS



Dr. PARAMVIR CHHAUHAN

WEBINAR ON “DIABETES IN INDIAN CONTEXT”
DATE 13 JUNE TIME 5 PM



Dr. PANKAJ JAIN

**WEBINAR ON “CONVALESCENCE & IMMUNITY:
ROLE OF NUTRITION”**
DATE 20 JUNE TIME 5 PM



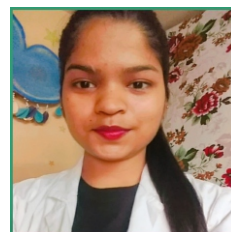
Dr. PRASHANT BENDRE

**WEBINAR ON “NUTRITION IN DIALYSIS
PATIENTS”**
DATE 25 JUNE TIME 6:30 PM



Dr. CHHAVI GOEL

**WEBINAR ON “THE ROLE OF CGM IN
MANAGING DIABETES”**
DATE 1 JULY TIME 6 PM



**AALIYA SARFARAZ
QUIZ ON HEPATITIS**

DATE 28 JULY TIME 10 AM



SLOGAN WRITING COMPETITION
THEME “PROTECT BREASTFEEDING - A
SHARED RESPONSIBILITY”
DATE 01-07 AUGUST RESULT 15 AUGUST



DR BHAVNA GANDHI
“IMPORTANCE OF NUTRITION IN LOCATION”
DATE 3 AUGUST TIME 12 PM

National Nutrition Month



Dr. VINOD RAJEEV

“Protect Breastfeeding a shared responsibility”
DATE 4 AUGUST TIME 2 PM



RECIPE CONTEST

TOPIC HEALTHY TIFFIN FOR SCHOOL GOING
DATE 15-24 AUG RESULT 1 SEPT



Dr. RISHI SINGHAL
THE OBESITY CLINIC
Dr. RAJEEV AGARWAL (CHAIRPERSON)
Mrs. ANSHU MEHRA (MODERATOR)
DATE 12 SEPT TIME 10-11 AM



Dr. BHAVNA GANDHI
“Feeding smart from the start”
DATE 7 SEPT TIME 12 PM



Dr. RAJEEV AGARWAL
“Save heart from heart attack”
DATE 29 SEPT TIME 1 PM

FREE NUTRITIONAL CAMP

NUTRITION COUNSELLING FOR

Weight Management Diet, Diabetic Diet, Anti Hypertensive Diet, Renal Diet, Anemia Diet Etc.

FREE CHECKUP

Weight, Height, B.P., Sugar, Hand Grip Strength

Consultant	Ms. Shweta Tyagi, Ms. Khushboo		
DATE	4 SEPTEMBER	TIME	10 AM TO 2 PM
Consultant	Dt. Aditi Jain, Dt. Ritika Sharma		
Date	18 SEPTEMBER	TIME	10 AM TO 2PM

**IAPEN
INDIA
MEERUT
CHAPTER
PRESENTS**

National Nutrition Month

LUCKNOW CHAPTER

On the occasion of
National Nutrition Month , September 2021.



Health awareness activity in primary school



जागरूकता कार्यक्रम में नौनिहालों को बताए स्वस्थ रहने के तरीके



बिमारियों के प्रति बच्चों व अभिभावकों को किया गया जागरूक

नौनिहालों को बताये गये स्वस्थ रहने के तरीके



On 9 Sept, Health awareness activity has been done in a primary school of mishrpur, Lucknow in collaboration with ICDS & NIPCCD .
In this activity , kids & their parents have been given awareness on balanced diet, iron rich diet, anaemia, malnutrition etc with the help of posters .
Various lectures on different health related topics has been delivered by **Dr Ashutosh, Dt Smita Singh, Dt Ranu Singh & Dt Azam Khan.**

National Nutrition Month

LUCKNOW CHAPTER

Activity done by Kanpur Region under IAPEN , Lucknow Chapter



RANU SINGH

A series of Nutrition Awareness & counselling camp was organized by ICDS & IAPEN Lucknow chapter (kanpur Region) on the occasion of national nutrition month on 15th ,18th, 20th & 21st of September 2021 at different primary schools & Aganwadi Centers of kanpur city with the help of Dietician Sharjeel, Dietician Shalu, Dietician Sadhna Yadav , Regency hospital, Mrs Chaya Sharma (ASHA) , Dietician Sonali BMC Hospital & Uma Shri (ASHA) other AWWs. All these activities has been done under the supervision of Dt Rohit yadav & Dt Subhash yadav.

The theme of the National Nutrition Month this year is "converging towards a healthy Walk through life".

The main beneficiaries of these camps are 1-6 year children, pregnant women, lactating women and adolescent girls.

Dt Sharjeel & Dt Shalu, Students from CSJM University has given a talk on awareness on Malnutrition.

Dt. Sadhna Yadav from Regency hospital , awares the beneficiaries about the importance of local foods. She also gives information about how can low income group can use locally available food items in their diet for better health.

Dt.Sonali talks regarding which kind of diet should be taken by pregnant and lactating women.

Activities

Activities done in the camp are as follows-

1. Ht and Wt of 1-6 children
2. Ht and Wt of pregnant and lactating women
3. Ht and Wt of adolescent girls

Ht and Wt of the 1- 6 year children, pregnant and lactating women and adolescent girls has been done in the camp to know the nutritional status of these group by using Stidiometer and weighing machine.



Health awareness camp at primary school , Luthaura. Done by Dt Sharjeel & Dt Shalu on 15th September, 2021.

Health awareness camp at primary school , Gujaini . Done by Dt Sakshi Shrivastav on 15th September, 2021.

National Nutrition Month



LUCKNOW CHAPTER

Nutrition Awareness for Anganwadi's



Media Presence for Kanpur Region

8 कानपुर न्यूज़

बच्चों की एजुकेशन क्वालिटी में सुधार करना पहली प्राथमिकता

संपर्क फाउंडेशन ने समाज कल्याण विभाग के 15 बच्चों को जॉब ऑफर लेटर दिया

DG दीनार टाइम्स

कानपुर में लगा राष्ट्रीय पोषण शिविर

102 पोषण संबंधी झलकियां पेश की गईं

INDIA

कानपुर में लगा राष्ट्रीय पोषण शिविर

102 पोषण संबंधी झलकियां पेश की गईं

National Nutrition Month



LUCKNOW CHAPTER

IAPEN Lucknow Chapter in Association with Isabella Thoburn College Presents

POSTER MAKING COMPETITION



PRIZE DISTRIBUTION



Team Lucknow Chapter



Malnutrition in Critical Care

Despite its prevalence, it remains one of the least researched; most overlooked and under treated cancer associated adverse events. Cancer patients are at high risk for malnutrition because both the disease and its treatments threaten nutritional status. It is estimated that the deaths of 10–20% of patients with cancer can be attributed to malnutrition rather than to the malignancy itself. Recent studies in many hospitals across the globe found that only 30%–60% of patients with cancer who were at risk of malnutrition actually received nutritional support. According to the National Cancer Institute (NCI), up to 80% of cancer patients are affected by malnutrition, which is responsible for nearly 20 percent of cancer-related deaths.

CAUSES: Both cancer itself and cancer treatments may cause side effects that contribute to malnutrition.

- a) **Side effects of cancer.** Cancerous tumors compete with your body for resources, altering your metabolism and contributing to starvation and loss of lean body mass. Side effects from cancer may cause anorexia and cachexia.
- b) **Location of the cancer:** cancers located in the head, neck, esophagus, stomach, intestines, pancreas, or liver make it difficult for many patients to consume enough nutrients due to blockages, malabsorption, difficulty swallowing and digestive issues.
- c) **Treatments:** Patients undergoing immunotherapy, chemotherapy, radiation therapy, hormone therapy may experience side effects that interfere with eating and digestion, often requiring dietary changes. Also, surgery increases the body's need for nutrients for proper healing and recovery. Stem cell transplants increase the body's risk of infection, so more nutrients are required.

SYMPTOMS: Loss of appetite, weight loss, Weakness and fatigue, Nausea, Vomiting, Dry mouth, Sores in the mouth or throat, Altered taste, Difficulty in swallowing or painful swallowing, Feeling full after eating a small amount of food, Constipation, Diarrhea are common symptoms during the treatment. In severe cases, malnutrition can progress to cachexia, characterized by loss of lean body mass, muscle wasting, and impaired immune, physical and mental function.

IDENTIFICATION: Left untreated, malnutrition is a serious condition that affects the survival and the quality of life of cancer patients. Early detection of malnutrition is an important key factor for effective and efficient nutritional therapy.

CONSEQUENCES: of malnutrition include both higher morbidity and mortality including increased length of hospital stays, impairment of immune functions and re-admission rates, compromised quality of life etc. In addition, responses to treatment are decreased, treatment induced toxicity and complications are more frequent and severe, and survival times are shortened. Patients are often unable to withstand the aggressive treatments reducing the dosage or increase in breaks in treatment translating to poor cancer outcomes. It is also associated with significant increase in healthcare-related costs.



Dr. DIVYA CHOUDHRY

Nutrition Awareness

Malnutrition in Cancer Care

MANAGEMENT AND TREATMENT: Managing malnutrition helps you maintain your body weight, recover from taxing surgery or treatments, and elevate your overall quality of life. Here are tips to help you ease some of the difficulties: **Maintaining your weight:** Before, during and after cancer treatment, your body needs extra calories to maintain your weight and help you heal and recover.



Managing eating problems: From appetite changes to changes in taste buds from treatment side effects, getting proper nutrition may become a challenge. **Anorexia:** Try eating more frequently, using meal replacement shakes and supplements high in protein.

Nausea and vomiting: Stick with bland, easy-to-digest foods. Use of mint, saunf or ginger can be helpful. Drink plenty of water. **Mouth sores, sore throat, dry mouth and difficulty swallowing:** Choose soothing foods such as milkshakes, broth, pudding or scrambled eggs, Avoid citrus and spicy foods.

Constipation: plenty of water, fiber-rich foods and probiotic supplements are great ways to combat constipation.

Diarrhea: Drink room-temperature liquids, eat small meals throughout the day, and avoid spicy, greasy or overly seasoned foods. Try binding foods such as bananas, sago and potatoes.

Support when you can't eat normally: If you're unable to consume the calories and nutrients your body needs orally, ask your care team about nutrition support interventions. A feeding tube can also be inserted directly into the stomach for supplementing nutrition.

PREVENTION: A focus on healthy eating will help feel better and preserve strength and energy. The body needs a variety of nutrients to remain robust during treatment. A clinical nutritionist specialized in "onco - nutrition" can work with patients and their families to counsel them on ways to improve the patient's nutrition. She gives care based on the patient's nutrition and diet needs. Changes to the diet are made to help decrease symptoms. These changes may be in the types and amount of food, how often a patient eats, and how food is eaten (for example, at a certain temperature or taken with a straw).

Nutritional intervention accompanying curative treatment has an additional and specific role, which is to increase the tolerance and response to the oncology treatment, decrease the rate of complications and possibly reduce morbidity. In palliative care, nutritional support aims at improving patient's QOL by controlling symptoms and pain related to food intake and postponing loss of autonomy. The literature review supports that nutritional care should be integrated into the global oncology care because of its significant contribution to QOL. Healthy Eating practices are of utmost importance in mitigating the harmful effects of malnutrition. Early intervention with nutritional supplementation has been shown to halt malnutrition, and may improve outcomes.

Nutrition Awareness

Following a Healthy Diet

Eating healthy has many health benefits from helping you loose weight to improve your energy levels, reduce risk of chronic diseases and boost your mood. Despite of so many benefits, it is still challenging to maintain a healthy diet and lifestyle. If you are someone, who is struggling to follow a healthy diet and lifestyle regime, then this article will surely benefit you. Keep reading to know more.....

As a Nutritionist, I am sharing few ways that will help you stick to healthy diet.

Founder & Nutritionist,
Oh so nutritious by Ridhima



RIDHIMA PATHAK

Start with realistic goals and expectations: It is important to set more realistic and achievable goals that can help you keep motivated and keep you away from getting discouraged. Goals which are realistic may even lead to greater weight loss.

Focus on what motivates you: Always be positive. Keep reminding yourself about your motive behind choosing to eat healthy. Think of why you want to eat healthy? What's your target? What are your fitness goals? These affirmations will always give that extra push when you feel like giving up.

Avoid fasting and feasting: Unnecessary fasting, not eating at all which make you eat more and thus lead to calorie imbalance. Starving yourself, to loose those extra kilos will not help you out in fact you land up binge eating due to those cravings. On the other hand, avoid feasting as well. Keeping a control over your mind and choosing healthy will keep you away from overeating. When you are tempted, you tend to over indulge. Thus you find yourself eating way far too many empty calories. So, it is essential to have a balance and practice moderation when it comes to eating your favourite food along with portion control.

Pack healthy snacks: Sticking to healthy eating habits can be really challenging especially when your away from home. This is time, when you land up grabbing whatever is available to you. And yes, when hunger stikes.... It's always something unhealthy which you grab! So, carrying some high protein, on the go snacks and be helpful as they will not only be fulfilling, nutritious and healthy but also will keep you away from munching on unhealthy stuff!

Exercise and diet go hand - in - hand: It is very important to follow a good exercise regime along with a proper, well balanced diet when it comes to achieving your fitness goals. Only focusing on exercise and not following a healthy diet is not going to give results or vice versa. Simultaneously, starting with exercise and changing your eating habits increases your chances of healthy lifestyle success.

Practice mindful eating: Mindful eating is a skill that is developed over time with practice. It helps you maintain a positive relationship with food. Mindful eating is all about enjoying your food, appreciating it and how it nourishes you. This not only help you build a healthy relationship with your food but also reduces your chances of binge eating.

Track and monitor your progress: Studies suggest that keeping a track of your progress and continous monitoring helps you keep motivated. Also, it helps you stick to healthy eating habits and give you greater results.

Start you day with a high protein and fat breakfast: Breakfast is the most important meal of your day. It helps you keep energized all day long and prevents those brain fogs. Including a protein and fat rich meal for your breakfast will keep you full for long and prevent those hunger pangs which lead to munching on unhealthy food items. So, never skip your breakfast!

Be patient: Just like achieving any of your goals in life requires patience, the same goes with sticking to healthy eating habits. It takes time to change habits, being patient will help you stay focused and boost you towards achieving your target.

The bottom line, changing your habits and sticking to healthy lifestyle routine is a tough task. However, these simple strategies can definitely help you stick to healthy diet plans and loose weight. Managing your expectations and the most important keys to a successful diet is to find out and understand what works for you best in the long term.

So, if your looking to loose weight, get in shape or maintain a healthy lifestyle then these strategies can give you significant results.

Nutrition Awareness

Prediabetes : An opportunity to stop Diabetes!

India has become the second largest capital of diabetics in world after China. Around 78 million people were diabetics, and around 44 million people are undiagnosed diabetics. These pre diabetics have risk of turning into diabetics in coming next 3-6 years.

The trend of lifestyle disorders in India is on rise due to the pandemic lockdown which forced the community to be locked inside their homes, working from cozy couches for long hours with no physical activity and wrong eating habits. The culprits in the diet are sugar-refined flour-increase intake of simple carbs. Sugar is known to be an empty calorie providing almost no nutrient. 1 gm. sugar provides 4 calories, more the intake more the calories. These calories are meant to be utilized by the body during day to day activity. In today's scenario when people are working from homes there is hardly any energy [calorie] utilized, which in turn is stored in form of fats for future use, resulting in unhealthy weight gain, taking the person into radar of unhealthy or morbid BMI of obesity, which is known to be a high risk category of getting affected with lifestyle diseases like diabetes, heart diseases.

Way out : the opportunity to avoid diabetes lies in following a balanced meal plan and having a physical activity of minimum 30 minutes. Balanced meal here means the diet which our dadis & nanis used to have and lead a healthy, atleast better than today's urban individual person's life. Shifting or inclusion of complex carbs in daily diet is of utmost benefit for a pre diabetic than daily consumption of simple carbs, so as to reduce the amount of calories converted after intake of simple carbs. Simple carbohydrates consists of sugar, refined flour [maida], rice, wheat, corn, potato, fruits like bananas, which have short or simple chain of 2 glucose molecules which is released in blood stream within 15 minutes to 40 minutes after intake of these carbs. Whereas the better carbs or complex carbohydrates come with a long chain of glucose molecules, which takes more than 3-4 hours for them to release the glucose in blood, after they are digested. This window of glucose release plays a vital role in terms of less calorie availability & less fat storage, moreover the sugar released in blood in longer period. Complex carbs consist of millets [jowar-bajra-ragi], pulses , fruits other than banana, amaranth, brown rice, red rice, vegetables other than rhizomes, tubers, dryfruits. These complex carbs apart from being low glycemic, provide good amount of proteins & fiber necessary for sugar metabolism and weight reduction as well. So if you are planning for a weight loss regime don't forget to include them.

Risk test for prediabetes : an overweight person of age above 30 years should get a risk test for pre diabetes done , which includes 1]GTT, 2]HBA1C 3]Sr insulin[f].

If already detected with pre diabetes, one should start shifting from simple carbs to complex carbohydrates, start an exercise schedule and most important is to be in touch with your physician & dietician/nutritionist to monitor the sugar variation in blood and march towards the goal of keeping the diabetes away!

Recommended amount of fiber for an adult person is from 20-35 gms, which is beneficial in keeping you tummy full for longer time. 0.5-0.8 gms of protein intake is recommended per kg body weight to maintain a healthy body and healthy muscle.

Let us all win this battle with prediabetes to keep our nation healthy and avoid the expenses on health due to these lifestyle disorders.



Dr Mahesh patil
Nutriaxis
Life member IAPEN.

Nutrition Awareness

Brain foods

It has long been suspected that the relative abundance of specific nutrients can affect cognitive processes and emotions. Although food has classically been perceived as a means to provide energy and building material to the body, its ability to prevent and protect against diseases is starting to be recognized. For instance, a diet that is rich in omega-3 fatty acids is garnering appreciation for supporting cognitive processes in humans and up regulating.

Gut hormones are also associated with cognition. In addition to the capacity of the gut to directly stimulate molecular systems that are associated with synaptic plasticity and learning, several gut hormones or peptides, such as leptin, ghrelin, glucagon-like peptide 1 (GLP1) and insulin have been found to influence emotions and cognitive processes

Newly described influences of dietary factors on neuronal function and synaptic plasticity have revealed some of the vital mechanisms that are responsible for the action of diet on brain health and mental function. Several gut hormones that can enter the brain, or that are produced in the brain itself, influence cognitive ability. In addition, well-established regulators of synaptic plasticity, such as brain-derived neurotrophic factor, can function as metabolic modulators, responding to peripheral signals such as food intake. Understanding the molecular basis of the effects of food on cognition will help us to determine how best to manipulate diet in order to increase the resistance of neurons to promote mental fitness.

The effects of nutrients on brain function

Hon Treasurer,
IAPEN INDIA DELHI



**SOMYA
SHRIVASTAVA**

Nutrition Awareness

ONION - King of The Kitchen

Onion is a mass-cultivated vegetable consumed worldwide for 4000 years. The genus *Allium* is at its most diverse in the Mediterranean region, with China and India the largest onion-producing countries in the world. It is consumed in various forms and used in various dishes.

It has its own properties and benefits. It is one to nature's most healing foods.

No particular nutrient stands out when one examine the composition of onion. The 38kcal/100gm that it provides comes primarily from its glucose, saccharose and other carbohydrates(6.83%). Proteins are also present but in a small proportion(1.16%). All vitamins and minerals are present in small amounts (except potassium 157mg).

Among trace elements the most abundant is sulphur , which forms part of the onion's assence. Alkalizing effect this bulb facilitate the elimination of waste products from the body which are acidic.

The onion are rich in quercetin, one the most active flavonoids. Flavonoids and essential oil making substances are attributed with the most of the onion's properties:- antibiotic, decongestant, anti-asthmatic, heart and arterial protector, diuretic and anticarcinogenic.

Its enzymes oxidase and diastase have a strong good effect on digestive process. Fiber present in onion contributes to the lipid lowering and anti diabetic action.

Onions are mucolytic, expectorant and antibiotic on gram positive germs. All respiratory infections, from sinusitis to pneumonia, improves with onion consumption, preferably raw, although also boiled , baked or syrup. In the pediatric clinic of the University Ludwig-Maximilians in Munich (Germany), it was proven that thiosulfinate, one of the components of the onion's essential oil is capable of stopping bronchial allergic reaction in asthma cases. It was also shown that thiosulfinate from onions acts on the respiratory center of the brain stem as well, producing dilatation of the bronchial passages.

Reference book: *Healthy Foods* by George D. Pamplona-Roger, M.D.



Hon Secretary,
IAPEN INDIA Mohali



SHIVANI THAKUR

Nutrition Awareness

 **IAPEN INDIA
ASSOCIATION**
For
Parenteral and Enteral Nutrition

Editorial Team



MANSI PATIL
CHIEF EDITOR



SHIVANI THAKUR
ASSISTANT EDITOR



SOMYA SHRIVASTAVA
CONTENT MANAGER

Designed at

WinSoftTM

 wa.me/911724660664

Nutrition Awareness

JOIN IAPEN INDIA

Let us beat Malnutrition

- ✓ Leaders and Experts to guide
- ✓ Beat the Therapeutic Inertia
- ✓ Stay Updated
- ✓ Be a part of the latest advances in Nutrition
- ✓ Contribute to the Community nutrition Programs
- ✓ Be the game changer of Critical Care Nutrition
- ✓ Specialise with the Specialist Courses
- ✓ Collaborate with PEN societies worldwide
- ✓ Learn through the ESPEN LLL programs

- Special interest groups as per specialities
- Courses
- Research

- Conference
- Journal
- Webinars
- Competitions

**Core
Groups**

Learning

Network

Rewards

- Doctors
- Dietitians
- Nurses
- Physiotherapists
- Public Health experts

- Competitions
- IAPEN Insight Newsletter
- Core Groups

Contact us at
Visit us at

membership@iapenindia.org
www.iapenindia.org

Nutrition Awareness



NUTRITION & DIABETES INDIA

A CORE GROUP OF IAPEN

Nutrition & Diabetes, India is a core group of IAPEN (The Indian Association for Parenteral and Enteral Nutrition) devoted to the study of metabolic problems associated with diabetes and their nutritional implications and management.

Six Months Certificate Course in Diabetes Care and Education

Course fee -

INR 12650/- + 18% GST
(for non IAPEN members)
INR 11650/- + 18% GST
(for IAPEN members)

Course Details

Modules :4
Distance Mode /online
#Application based learning system

Course includes

Project work
Manuscript preparation
Journal Submission
Online Examination

Course Modules

Introduction to Diabetes
Diabetes Education
Diabetes Management
Diabetes Life cycle

Eligibility - Graduate in Nutrition or Nursing (Bsc & above), Pharmacist (B Pharmor above), Bachelors of physiotherapy, occupational therapy, Doctors, Nutrition Graduates.

Life Long Learning

The IAPEN Lifelong Learning Initiative provides stimulating, congenial, and varied opportunities designed specifically for lifelong learners in advanced clinical nutrition.

Nutrition Awareness

CERTIFICATE COURSE IN LIFESTYLE MANAGEMENT AND HYPERTENSION



Course Fees - **100 USD** / Course Duration - **8 hours**

FACULTY



PROF. GAVIN LAMBERT
Module 1 -
Introduction to Hypertension



DR. MANSI PATIL
Module 2 -
Nutrition Therapy in Hypertension



DR. SHILPA VARMA
Module 2 -
Using Nutraceuticals in hypertension



DR. AMRIT KAUR
Module 3 -
Physical Activity and Hypertension



DR. NAMRATA HANGE
Module 4 -
Stress Management



DR. MAHESH MITRA
Module 5 -
Substance Abuse and De-Addiction



DR. RAVI MODALI
Module 6 -
Non-Pharmacological Management of
Hypertension in Special Populations



DR. CHING SIEW MOOI
Module 7 -
Latest Guidelines and Tele-Medicine

www.iapen.docmode.org

Contact us for
More Information

@ support@docmode.org

90821 70046

In Partnership with
 **DocMode**
www.docmode.org

**Nutrition
Awareness**

 **IAPEN INDIA
ASSOCIATION**
For
Parenteral and Enteral Nutrition

IAPEN INDIA INSIGHT



**Advertise your Brand,
Clinic, Hospital,
Company with us in the
Quarterly Newsletter which
reaches all Health Care
Professionals throughout India**



Website - www.iapenindia.org



Email - iapeninsight@gmail.com

Nutrition Awareness

IAPEN INDIA ASSOCIATION
For
Parenteral and Enteral Nutrition

In ICU & Critical Conditions Achieving MNT Goal for Volume Restriction / Fluid restriction is a Big challenge

Rely on

Celnutra™ 2.0

High Protein...High Calorie

Nucgnex



5 Scoops



70 ml water = Volume 110 ml

220
Kcal / ml

245
Kcal

18 gm
Protein

Dosage	Serving Size	Dilution	Volume	Energy (Kcal)	Protein (gm)	Carb (gm)	Fat (gm)	Fiber (gm)	Sodium (mg)	Potassium (mg)	Phosphorous (mg)
Per Scoop	10 gm	14 ml	22 ml	49	3.6	4.6	1.75	0.92	13.2	2.9	14.2
Serving of (5 scoops)	50 gm	70 ml	110 ml	245	18	23	8.75	4.61	66.93	104	71.2
Per 100 gm Powder				490	36	46.25	17.5	9.3	133	209	142
Per 100 ml Feed			100 ml	222	16.3	20.9	7.95	4.19	60.8	95.4	65.45



Standard Polymeric EN Formula Formulated on basis of ESPEN Guidelines

Celnutra™ 1.0

Suitable for Hospital & Home care setup

For Faster Recovery



5 Scoops



170 ml water = Volume 210 ml

1.00
Kcal / ml

210
Kcal

10.5 gm
Protein

Celnutra 1.0 Powder	Water	Total feed Volume	Energy	Protein (gm)	Carb (gm)	Fat (gm)	Fiber (gm)	Sodium (mg)	Potassium (mg)
50 gm / 5 scoops	170 ml	210 ml	210 Kcal	10.5	29.4	4.67	4.2	62.5	104.5
59.5 gm / 6 scoops	200 ml	250 ml	250 kcal	12.5	35	5.56	5	75	125.4
119 gm / 12 scoops	400 ml	500 ml	500 kcal	25	70	11.11	10	150	250.8
238 gms / 24 scoops	800 ml	1000 ml	1000 kcal	50	140	22.22	20	300	501.6



Nucgnex Lifesciences Pvt. Ltd. 371, Kothrud, Pune - 411 029, Maharashtra, India.,

• Email id: info@nucgnex.com • Website: www.nucgnex.com • SMS helpline – 08329154611

Nutrition Awareness

IAPEN INDIA ASSOCIATION
For
Parenteral and Enteral Nutrition

HEALTHY HEY NUTRITION



over 200 supplements to choose from...



www.healthyhey.com
call : 730 30 30 101

Disclaimer- This product has not been evaluated by IAPEN India and IAPEN India does not support/endorse the use of any nutritional