



**Scientific program**

# **Nutrition for Health (Food as medicine)**

**7<sup>th</sup> April 2018**

**Day 1**

**Coordinator: Dr Shipra Bhardwaj, Dr Smriti Rastogi, Dt Nikha Sharma, Dt Bhavana**

**(Open Mike forum session 1)**

09:30 to 10:30 AM

**Talks by Participant (5 minutes per participants)**

10:30- 10:45 AM

About Nutrition for Health Program, ISMN  
About Omega 3 Deficiency Awareness Campaign  
**By Executive Committee members**

10:30 – 11:30 AM

**INAUGURATION  
Of  
Nutrition for health Program  
Natural products and Medical food Exhibition  
Launch of Omega 3 Deficiency Awareness Campaign  
By  
Chief Guest  
PROF. MLB BHATT  
Vice Chancellor King Georges Medical University  
Lucknow**

**Guest of Honor  
SMT. SANYUKTA BHATIA  
Mayor, Lucknow**

**And other respected special guest**

**EXCLUSIVE TALKS**

11:00 -11:30 NOON

**“Role of food in preventing cancer”**

Prof. M.L.B Bhatt

Vice chancellor, KGMU, Lucknow

11:30 – 12:00 PM

**“Nutrition for optimal sports and exercise performance”**

Dr. Kenjom Ngomdir

Head; Sports Medicine and Sports Sciences Centre,  
Central Reserve Police Force, New Delhi.

**SPECIAL TALKS**

12:00-12:15 PM

**“Let’s be fooducate”**

Dt. Poonam Tiwari

Senior Dietician

Dr RMLIMS, Lucknow

12:15-12:30 PM

**“Diet and lifestyle modification in prevention and treatment of hypertension”**

Dt. Ritu Singh

Jagnani Hospital, Lucknow

12:30- 12.45 PM

**Importance of Nutrition in Hypertension**

Dr Dinesh Kumar

MBBS, MD

12.45- 01.00 PM

**Policy Perceptive of Nutritional Challenges in India**

Mr. Mukesh Kumar Maurya

Assistant Director

NIPCCP Lucknow, Ministry of women and child development Government of India.

**TRAINING SESSION**

01.00- 01:20 PM

**The truth about fats: the good, the bad and the in betweens**

Mrs. Smita Singh

Senior dietician, Midland Hospital, Lucknow

01:20-1-40 PM

**How to choose Right cooking oil in metabolic diseases??**

Er Dr .Kshitij Bhardwaj

Secretary International society for medical food and nutrition

Fellow International college of Nutrition

01:40-2:00 PM

**Role of food and nutrition to Control metabolic diseases**

**Dr Kausar Usmaan**

Professor Department of Medicine

King Georges medical University, Lucknow

2:00-02.30 PM

**Lunch**

**2:30-2:45PM**

**Prevention and control of iron deficiency anemia in pregnancy.**

Dt. Archana Sinha

Senior Dietician

(SGPGI, Lucknow)

2:45-03.10 PM

**Role of Nutrition in PCOS Management**

Prof. Pushplata Sankhwar

MBBS, MS, MHA, FUCS, FICOC, MNAMS.

King Georges medical University Lucknow

**Special Talk**

3:10 PM -3:30PM

**“Food for Eye health and Good vision”**

**Dr Alok Maheshwari**

M.S. Ophthalmics Vitreo Retinal Eye Surgeon

Shri Hari Kamal Netra Nilayam and Laser Centre

3:30 to 5:00 PM

**Healthy Cooking Workshop**

Learn easy ways to make your cooking healthy

Guest: **Master Chef Pankaj Bhadhoria**

Dt Neha Sinha, Dt Mridul Vibha, Dt smita Singh, Dr Kshiti Bhardwaj

5:00 PM to 6:00 PM

**(Open Mike forum session for Exhibitors)**

Explore new exclusive products in exhibitions

**8 April 2019**

**Day 2**

**9:00 AM to 10:00 AM**

**(Open Mike forum session 3)**

**Special Talks**

**10:00AM-10:15 AM**

**Health awareness for Healthy life style**

Dt. Suneeta Saxena (KGMU), Lucknow

**10:15:10:30 AM**

**Nutrition in Liver Disease**

**Assessment, Requirement, Copying with efficiencies, Management**

Dt.Reeta Anand

SGPGI ,LUCKNOW

**Presidential Talk**

**10:30-11:30 AM**

**Natural way to treat diseases**

**“What to eat? When to eat? How to eat?”**

Prof. Narsingh Verma

Professor, King George’s medical university Lucknow

President International society of Medical food and Nutrition

## **SPECIAL SESSION ON DIABETES**

### **Diabetic Nephropathy clinical and dietary approach**

Dt. Rama Tripathi (Senior Dietician)  
SGPGI, Lucknow

**11:30 AM – 11:45 AM**

### **Food to Control Diabetes**

#### **How to manage diabetes Naturally**

Prof. Anuj Maheshwari  
MD, FICP, FIACM, FIMSA  
Professor and Head of Medicine Department

**11:45 – 12:00 Noon**

### **Carbohydrates counting in diabetes**

Dt. Nirupma Singh  
SGPGI, Lucknow

12:00-12:20 PM

### **“Nocturnal Eating Syndrome in young onset diabetes”**

Dr. Abhishek Arun  
MBBS, MD, M. Med, MRCP, FRCP, Professor Hind Institute of Medical Sciences  
Consultant and Diabetologist Chandan Hospital

12:20-12:45

### **“Role of ocimum sanctum in diabetes mellitus”**

Dr Ghizal Fatima  
Assistant Professor Era University, Lucknow

**12:20-01:00 PM**

### **Serious Discussion**

**Panelist – Heads of Department/ faculty and Nutritionalist**

### **Impact of food toxicity and Role of food safety and food security on our health**

Food toxicity – A major Burden on Society

Moderator

**Dr Shipra Bhardwaj**- Women Scientist DST

#### **Panelists**

**Dr Mukul Das** - Chief Scientist, Indian Institute of Toxicology Research

**Dr Huma Mustafa** - Joint Director UPCST

**Dr Narsingh verma** – Professor King George’s Medical University Lucknow

**Exclusive session**

**01:00-01:30PM**

**Role of food in prevention of Heart Diseases**

Prof. Rishi Sethi

MD, DM (Cardiology), FACC, FESC, FRCP (Edinburg), FSCAI, FAPSIC, FCSI FISC, MAMS  
King Georges medical University Lucknow

**1:30-01:45**

**Ketogenic diet in refractory Seizures and other clinical conditions**

Dt. Shilpi Pandey (SGPGI)

**01:45-2:00PM**

**effect of nigella sativa on various parameters of metabolic syndrome**

Dr. Afroz Abidi

Designation- Prof & Hod, Pharmacology. Era Medical College

**Lunch**

**Special Session**

**2:30PM to 3:00 PM**

Nutrition in India

**Prof Narsingh verma**

3:00 to 3:30 PM

**Role of food and nutrition in prevention and management of cancer.**

**Prof. Madhup Rastogi**

Head and Professor

Department of Radiation oncology

Dr. RML Institute of Medical sciences

3:30-4:00 PM

Question and Answers Session for Public and Media

**Executive committee of ISMN**

**Awards for Best Presenter in Open Mike forum**

**Best Product Award in field of natural Product and medical food form Exhibitors**

**Appreciation award for work in Nutrition**

**Appreciation to speakers**

**Vote of thanks**

**Other events**

**Free Health and Nutrition Camp for Children's  
All Day from 10 AM to 6 PM  
Public Awareness Program 3:30-4:30 8<sup>th</sup> April  
With High Tea**