

**Mount Carmel College, Autonomous, Bengaluru**

**Department of Nutrition and Dietetics**

**International e-conference 2020**

The Dept of Nutrition and Dietetics organised an International e Conference themed “Novel Nutrition Approach & Emerging Opportunities to Sustain in Pandemic Scenario”. The 4 days ( 15/06/2020-18/06/2020) International E-Conference kicked off with an introduction to the theme of the conference by the Head of Department of Nutrition and Dietetics, Mount Carmel College, Dr Sangeeta Pandey. She spoke about the pandemic and how supercharging the immune system can help combat the virus. She also gave a few reasons on why and how the theme of the conference was decided - the issues of parent and child malnutrition and its burden post Covid. The Conference was inaugurated by The Principal in absentia. The Vice Principal of Mount Carmel College, Dr Charmaine Jerome, took over the inauguration. The whole conference was broadcasted live to the world via YouTube.

**Day 1:**

The sessions comprised of a key note address by Dr Anindita Shukla (Chief consultant, Nutrition, Midday meal Scheme- MHRD), on the topic – Mid Day Meal Scheme: Bringing changes in Child Health in India and a session on Nutrigenetics and Nutrigenomics approach for Nutrition Research, by Dr Vimal S Karani.

The first session began with Dr Shukla asking the attendees about how hunger has affected them in any instance. She went on to elaborate how midday meal is doing “God’s work” in improving child health in India, posing as an incentive for more children to attend school. She spoke about the objectives of the midday meal scheme. Dr Anindita also spoke about the community participation in the MDMS, e.g. – “Mother groups” taste the meals daily before it is served to the children. She also gave a brief review of the new initiatives under the MDMS before she ended her talk. She gave a few examples- School Health Programmes (SHP) which comes under Ayushman Bharat. A new addition under this is the COVID Closure – where food grains are distributed even during closure of schools due to COVID. Poshan Abhiyan is also an initiative that comes under this umbrella.

The speaker of the second session was Dr Vimal S Karani, who is an Associate Professor in Nutrigenetics and Nutrigenomics at University of Reading, UK. He spoke about the study of the role of nutrition in gene expression – Nutrigenetics; when a certain nutrient goes to the cell and reaches the cytoplasm there are several factors which bind to the nutrient. He presented certain studies which gave insight knowledge on the subject.

**Day 2:**

The key speaker of this session was Dr. Asna Urooj who addressed on the topic – Public health nutrition and immune nutrition. The topic was divided into i) public health, ii) Immunity and iii) Immuno-nutrition. Then she continued with public health strategies and public health model. To talk about immunonutrition she defined it first and highlighted the roles of various nutrients and added the list of main immune boosters which are naturally available.

After the session E-poster presentation was there in which around 107 posters were submitted and 85 shortlisted and 20 presentations were displayed in front of our expert jury members

**Day 3:**

The key speaker of this session was Dr. Khyati Tiwari who enlightened the participants on malnutrition and food nutrition insecurity in India, added risks due to COVID -19, Global recommendations for essential nutrition service delivery. She touched upon the various aspects of food and nutrition in the growth phase and the impact on food price index on economic effects of COVID 19. After that there was a panel discussion on the topic being “Emerging Opportunities in Nutrition to sustain Pandemic Scenario”. There were three panel members; the first panel member was Ms. Poornima Shankar, who is a senior research scientist in The

Himalaya Drug Company. Secondly it was Dr. Anagha Palekar who is a dietician in B.Y.L Nair Hospital, Mumbai. Thirdly, it was Dr. Nikitha Suresh who is a Freelance Nutritionist.

Ms. Poornima Shankar started off with the various compilation of the current situation and also brought about various opportunities for future. She spoke about how people are changing their food habits, the types of meals, types of foods and their concern to food wastage due to unavailability of the resources. She threw light on how the food industry scenario has been changing to cope up with the current situation.

Dr. Anagha Palekar, she spoke about the clinical aspects of emerging opportunities in the current scenario, and also some effective strategies. Like increasing the protein through food or ONS, monitoring patients with poor appetite.

Dr. Nikitha Suresh, who spoke about the general overview of being a freelance Nutritionist. She started with how to develop one's business opportunities by starting online diet consultations, webinars, start-ups, writing articles. She spoke about how to move forward by getting our knowledge digitalised.

Day 4:

The last day of this conference had a topic on “Comprehensive National Nutrition survey: Latest Evidences on Malnutrition status of Children in Karnataka and impact expected post COVID on Malnutrition Burden” for the first session and the speakers for this session were Dr. Praween K Agarwal and Dr. Robert Johnston. Firstly Dr. Agarwal explained about the situation before the CNN survey. He said that there was lack of data on micro nutrient deficiencies as well as physical activity data for three age groups such as under 5 years, middle age (5-14 years) and adolescent age group (15-19 years). After which he added that all the missing information was collected by implementing this survey using various measurements and bio markers. Later, Dr. Johnston gave the view on the lesson learned from CNNS. He explained about the data quality assurance efforts throughout survey period. He told about the monitoring and supervision of the survey which was divided into three levels and taken care by data quality assurance team of 10 members. He said that all the procedures that were carried are standardized with the assistants and anthropometrists. He also discussed about what UNICEF is doing for nutrition under policy level, technical support, data collection and evidence generation, coordination and partnership. Lastly he concluded by giving a view of what everyone can do for nutrition under personal, community and state level so that we can protect ourselves from getting sick.

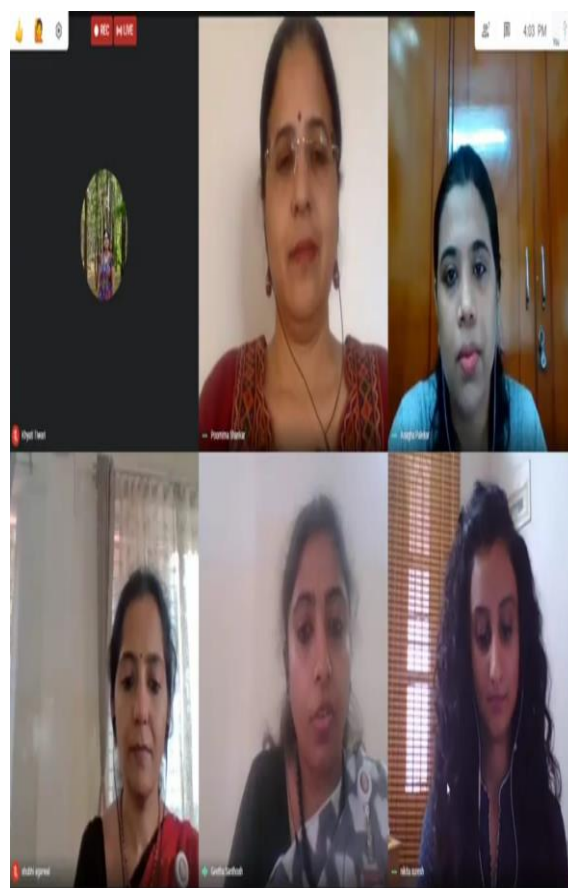
The topic of the next session was about Malnutrition and current pandemic scenario- Role of Epidemiology. This session was presented by Dr Giridhar R Babu at 3pm. Dr Giridhar Babu started the session by highlighting the current prevalence of malnutrition across all regions of the world. Then he spoke about the double burden of malnutrition in India and emphasized on the multiple determinants of malnutrition. He also explained about the link between malnutrition and immunity, which was briefly connected with the current pandemic. The prevalence of different co morbidities among Covid cases in the world was highlighted. . He concluded the session by emphasizing on the further scope of these nutritional programmes and what changes could be adapted further to help tackle the current pandemic scenario like use of evidence based measures, considering the needs of migrant workers, cash transfer, promotion of right investments in agriculture and enhancing the state support systems.



#### PROGRAM SCHEDULE

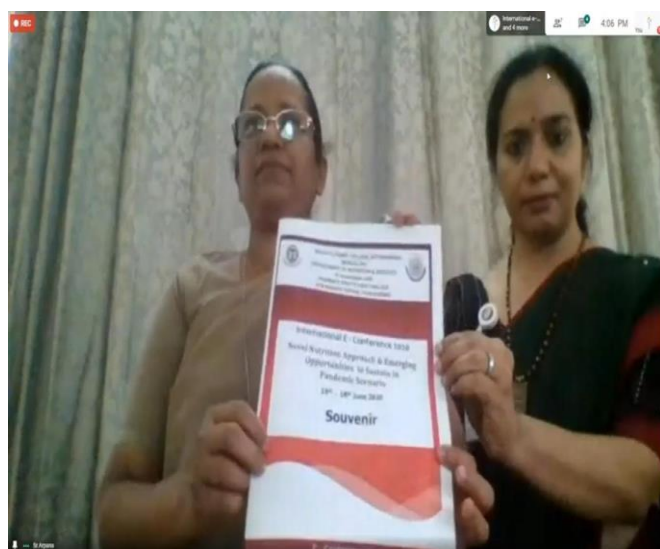
15 June 2020, MONDAY	
2.30 pm	Inauguration Dr. Sr. Arpana, Patron & Principal, Mount Carmel College, Autonomous
2.40 - 3 pm	Key Note Address Mid Day Meal Scheme: Bringing Changes in Child Health in India - Dr. Anindita Shukla, Chief Consultant (Food & Nutrition) TSG - MDM, MHRD
3 - 4 pm	Nutrigenetics & Nutrigenomics Approaches for Nutrition Research - Dr. Vimal S Karani, Associate Professor in Nutrigenetics & Nutrigenomics, University of Reading, UK
16 June 2020, TUESDAY	
3 - 4 pm	Public Health Strategies and Immunonutrition - Dr. Asna Urooj, Professor & Chairperson Dept. of Studies in Food Science & Nutrition, University of Mysore
4 pm	E - POSTER PRESENTATION
17 JUNE 2020, WEDNESDAY	
3 - 4 pm	Impact of COVID-19 on Child and Maternal Malnutrition : Global Recommendations for Essential Nutrition Service Delivery - Dr. Khyati Tiwari, Nutrition Specialist UNICEF, INDIA
4 - 4 : 45 pm	PANEL DISCUSSION "Emerging Opportunities in Nutrition to Sustain in Pandemic Scenario" •Ms. Poornima Shankar, Nutritionist, The Himalaya Drug Company •Dr. Anagha Palekar, Dietician, B.Y.L Nair Hospital, Mumbai •Dr. Nikitha Suresh, Freelance Nutritionist
18 JUNE 2020, THURSDAY	
2 - 3 pm	Comprehensive National Nutrition Survey: Latest Evidences on Malnutrition Status of Children in Karnataka and Impact Expected Post COVID on Malnutrition Burden Dr. Robert Johnston, Nutrition Specialist, UNICEF, New York Dr. Praveen Agarwal, Nutrition Monitoring and Evaluation Specialist UNICEF, India
3 - 4 pm	Malnutrition and Current Pandemic Scenario - Role of Epidemiology - Dr Giridhara R Babu, Professor & Head, Life course Epidemiology, Public Health Foundation of India

E - Conference 2020



E-brochure

Panel discussion



Honourable Principal ma'am with Head of the Department releasing Conference Souvenir



Conference participation e - certificate

