

Inaugural Session

The Inaugural session started with the welcome address of Dr. Sivakumar, Director, NIN. He said that NIN, ICMR and WHO (World Health Organisation) need to work in close cooperation to further nutrition research and achieve the objectives spelt out in the Millennium Development Goals. He praised the high quality research work carried out by Dr.Ghafoorunissa in the field of Dietary Fats and opined that she was the apt choice to organize the workshop and NIN is the best choice as venue.

Dr. N.K. Ganguly, Director-General, Indian Council of Medical Research (ICMR), complimented Dr Ghafoorunissa on her work on dietary fats and health and for accepting WHO invitation to organize this workshop. He stressed the role of effective nutritional management in the early part of life for the prevention of NCDs. He also said that right balance between different kinds of edible oils is critical for the upkeep of one's health. He exhorted social scientists to provide pragmatic approaches in affecting desirable behavioral changes among masses vis-à-vis dietary fats.

Dr. Cherian Verghese, Coordinator (NMH), WHO India Country Office, cautioned about the emerging threat of NCDs in the country as it is increasingly affecting middle aged population, leading to greater incidences of morbidity and mortality. He urged the authorities to educate the population groups on the risk factors such as increased use of alcohol and tobacco based products, faulty dietary habits and lack of physical activity, all of which precipitate ill-health.

Dr. Ghafoorunissa, Organising Secretary of the workshop set the agenda for the two-day deliberations and stressed the need for the formulation of appropriate guidelines on ideal fat consumption among Indians. She emphasized that it is a challenging task to translate the scientific work into tangible guidelines for the people to follow. She felt that the negative effects of dietary fats have been overemphasized, while only moderation in total fat intake is desirable. Hence there is a definite need to educate all the stakeholders, policy makers, bureaucrats, media, industrialists, NGOs, researchers as well as general public about these aspects.

TECHNICAL SESSION -I

Chairperson - Dr Bela Shah,
Sr. Dy. Director General, Indian Council of Medical Research.

Rapporteurs - Dr B.Sesikeran, Dy. Director, NIN
Mr. T. Longvah, Dy. Director, NIN