



INSTITUTE OF DIABETOLOGY [IOD],  
MADRAS MEDICAL COLLEGE [MMC]

&



INDIAN INSTITUTE OF NUTRITIONAL SCIENCES [IINS]

in A Collaborative Initiative with



HOSTS

2<sup>ND</sup> INTERNATIONAL CLINICAL NUTRITION  
ADVANCED CONCEPTS UPDATES  
ON  
EVIDENCE-BASED MEDICAL NUTRITION THERAPY

**NUTRIFE[A]ST 2025**

**Policy, Principles & Practice of Nutrition**

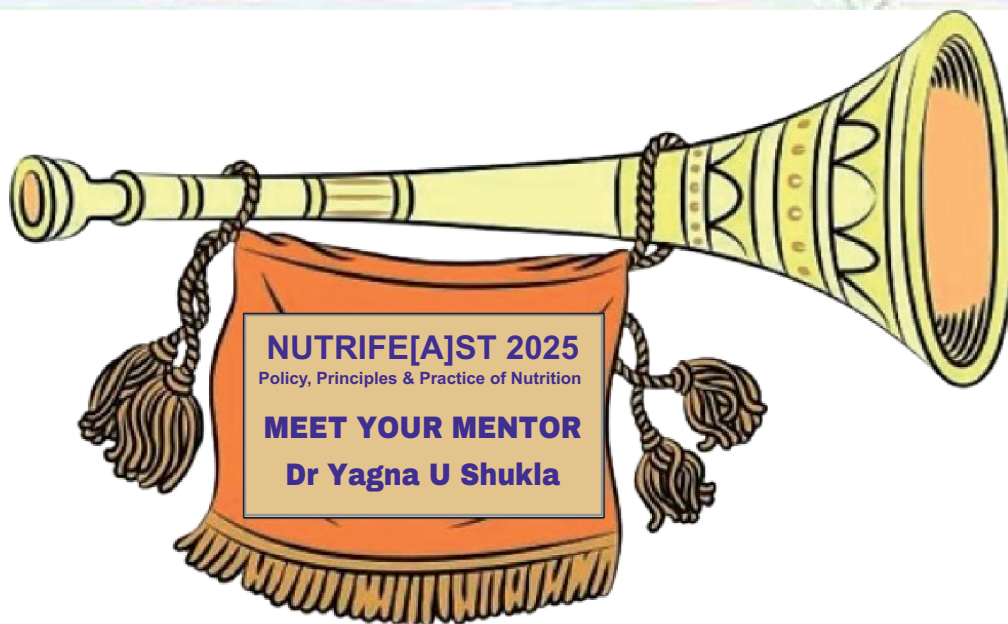
SYMPOSIUM &  
SKILL DEVELOPMENT WORKSHOPS

May 9 & 10, 2025

@ Madras Medical College,  
Chennai 600003



**EAT** To Grow  
[Be] Healthy & Fit



**DO NOT MISS THIS GOLDEN OPPORTUNITY TO MEET**



**Dr Yagna Unmesh Shukla,<sup>PhD</sup>**

**Chairperson**

**National Commission for Allied and Healthcare Professions**

**Ministry of Health & Family Welfare**

**Government of India**

**&**

**BE PART OF HISTORIC EVENT FOR  
NUTRITION & DIETETIC PROFESSIONALS**



From the Desk of Convenor/Organizing Chairperson

Dr Varsha PhD RD CCN [UK] CNIS [USA]

Founder Chair, IINS &

Course-Co-Ordinator - Clinical Nutrition, IOD, MMC

Dear Fellow Nutritionists & Dietitians,

WELCOME To CHENNAI To Be A SIGNIFICANT PART OF HISTORY ONCE AGAIN!

At the NUTRIFE[A]ST 2025, just as we witnessed the MAHA KUMBH MELA — the most auspicious festival in Prayagraj, Uttar Pradesh, it is going to be both a NUTRI-FEAST — an elaborate & abundant Food for Thought accompanied by NUTRI-FESTIVAL, a celebratory ceremony marking the historic confluence of Policy, Principles and Practice of NUTRITION.

At the NUTRIFE[A]ST 2025, there will be several historic firsts & you are offered the VANCHSHEEL" — FIVE-FOLD golden opportunity to witness, nay actively & significantly contribute to the creation of this history

- Dr. Yagna Unmesh Shukla, Chair, Allied & Healthcare Professions Regulatory Agency — NCAHP\*, affiliated to Ministry of Health & Family Welfare, GOI - INAUGURATES the Conference.
- Ms Harlivleen "Livleen" Gill, MBA, RDN, LDN, FAND, President, Academy of Nutrition & Dietetics - AND, USA — FELICITATES
- Access Academy of Nutrition & Dietetics through International Affiliation of Academy of Nutrition & Dietetics
- Fully funded Fulbright Fellowships for Indian citizens as well as e-library resources offered by United States-India Educational Foundation — USIEF, Chennai
- Get your competency certified on Nutrition Care Process [NCP] International Dietetics & Nutrition Terminology [IDNT] & Evidence Analysis Principles through leadership certification courses — CLIP [Clinical Lead Intrainship Programs] offered by Indian Institute of Nutritional Sciences — IINS, in collaboration with EF Myers Consulting, Inc, USA



Rise & Shine

## Patrons



Dr E Theraniranjan, MD DCH MRCPH [UK] FRCPH [UK]  
Dean, MMC & RGGGH

Dr Kavitha M, MD [Micro]  
Vice Principal, MMC



## Co-Patron



Dr P Dharmarajan MD, D,Diab  
Director, Institute of Diabetology

## Convenor/Organizing Chairperson



Dr Varsha PhD RD CCN [UK] CNIS [USA]  
Founder Chair, IINS &  
Course-Co-Ordinator - Clinical Nutrition, IOD, MMC

## Organizing Secretaries



Dr Puhpa Saravanan MD, D. Diab  
Assoc Prof, IOD MMC

Ms Kalarani R, Msc PGDND CNSC  
Chief Dietitian, RGGGH & MMC



### Conference Organising Committee - Scientific/Registration/Hospitality



Dr Sachdev Meenakshi, Chief Dietitian TNGMSSH



Ms Priyadharsini S, Chief Dietitian, IMH, MMC



Prof Dr AJ Hemamalini, HOD Dept Clinical Nutrition, SRFHS, SRIHER



Dr Vinitha Krishnan, HOD Dept of Clinical Nutrition, SMS



Ms Geethanayaki M, HOD, Dept of Clinical Nutrition, SMF

Ms Jayashree D, Dietitian, IOD, MMC



Ms Nisha SM, Dietitian, IOD, MMC

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Secretariat: [nutrifeast2025@gmail.com](mailto:nutrifeast2025@gmail.com) / 9841650958

Institute of Diabetology, Madras Medical College, Poonamallee High Road, Park Town,  
Chennai, Tamilnadu 600 003

### May 9, 2025 DAY 1: ADVANCED CONCEPTS SYMPOSIUM

Time	Topic	Speaker	Chair Persons / Moderators
<b>Session - 1:</b> 08:00am - 08:45am	Nutrition Care Process & Medical Nutrition Therapy & Evidence-based Medical Nutrition Therapy Guidelines	Dr Esther F Myers	Dr. P. Dharmarajan, M.D. [Int. Mde] Dr. C. Hariharan, M.D. [Int. Med] Ms. Kalarani R Ms. Vilasavathi Venkatachalam
08:45am – 09:15am	Strengthening Global & Local Partnerships: Collaboration for Excellence in Nutrition & Dietetics	Dr Sylvia E Kilnger	
09.15am - 09:20am	Discussion		
<b>09:20am - 10:20am</b>	INAUGURATION		
10:20am – 10:35am	COFFEE BREAK		
<b>Session-2:</b> 10:35am – 10:50am	Fulbright Fellowships for Indian citizens & e-library resources - United States-India Educational Foundation	USIEF, Chennai	Dr. Chitra, M.D. [SPM] Dr. Varsha
<b>Session-3:</b> 10:50am – 11:10am	Integrative & Functional Medicine Approach to Manage Diabetes & Associated comorbidities	Dr Sudha Raj	Dr. Shanthi M.D (GM) Dr. Pushpa Saravanan M.D D.Diab Dr. Hema Malini Ms. Jayashree
11:10 – 11:40am	Bridging the gap in Diabetes Management: The Essential Role of Dietitians & CDCES in Personalized Nutrition Care	Ms.Vandana Sheth	
11.40 – 11.45	Discussion		
<b>Session – 4:</b> 11:45 – 12:05pm	ERAS – Enhanced Recovery After Surgery & Prehabilitation in Diabetes: Using traditional ingredients & medical nutrition	Ms Vilasavathi Venkatachalam	Dr.Sudhakar MD (Anaesthesia) Dr.K.PremKumarMD DM(Gastroenterology) Dr. Vinitha Krishnan Ms. Nisha
12.25pm –12.25pm	The Role of Gut Microbiota in Kidney Disease – Using the Power of Gut Microbiota in Kidney Disease Management	Dr Judith A Beto	
12.25 – 12.30 pm	Discussion		
12.30 – 01:15 pm	LUNCH Poster Presentation Viewing – Ms. Priyadharshini S & Ms. Geethanayaki M		Ms.Priyadarshini S Ms.Geethanayaki M
<b>Session – 5:</b> 01.15pm –01.35pm	Heart Transplant Nutrition	Dr. Schadev Meenakshi	Dr. Mariappan MS MCH [CTVS] Dr. K. Premkumar M,D. D.M. [Hepatology] Ms. Priyadharshini S
01.35pm – 1.50pm	Liver Transplant Nutrition	Ms. Kalarani R	
1.50 – 2.10pm	Intestine Transplant Nutrition	Ms. Reshma Aleem	
02.10pm –02.15pm	Discussion		
<b>Session – 6:</b> 02. 15– 02.45pm	Consideration of VSED [Voluntary Stopping Eating & Drinking] Guidelines in patient palliative care	Dr Judith A Beto	Dr. Srinivasan M.D. D.M. [Nephro] Dr. Kannan M.D. D.M. [Oncology] Dr. Meenakshi Dr.Shanthi Dhandapani
02.45 – 03.05pm	Iatrogenic Malnutrition, Nutritional Adaptation & Nutrition Injury: General introduction to Concepts	Prof Dr Varsha	
03.05 – 3.35pm	Multicultural approach to modification of dietary & treatment patterns to promote kidney function preservation. What does diet have to do with it? Using practical strategies to preserve kidney function	Dr Judith A Beto	
3.35 – 3.40pm	Discussion		
3.40 – 3.55pm	COFFEE BREAK		
<b>Session – 7:</b> 3.55 – 4.25pm	NCP in Public Health – Population Based Nutrition Intervention [ADIME]	Dr Esther F Myers	Dr. Senthil Kumar, M.D. [SPM] Ms. Geetha Nayaki Dr. Rashmi Poojara
4.25 - 5:10pm	Revised 2024 Scope & Standards of Practice for Dieticians	Dr. Karen Lacey	
05:10 – 5:40pm	International Food Information Council Communications/Leadership	Dr Zenaida F Velasco	
5.40 – 5.45 pm	Discussion		
5.45 – 06.00pm	Concluding Remarks	Dr. Varsha	

### May 10, 2025 DAY 2: SKILL DEVELOPMENT WORKSHOPS Time

Time	Topic	
08.00am – 09.00am	Oral Presentations	Dr. Sachdev Meenakshi Dr. Hema Malini Dr. Vinitha Krishnan
09:00am – 12:00pm	<b>Workshop 1:</b> Nutrition Care Process: Let's Start from the Beginning	Dr Esther F Myers Dr Karen Lacey Ms Bamini M & Ms Geethanayaki
12:00nn – 01:00pm	<b>LUNCH</b>	
01:00pm – 04:00pm	<b>Workshop 2:</b> Nutrition Focused Physical Exam [NFPE] Modules	Ms Vilasavathi Venkatachalam Dr Judith A Beto Dr.Shanthi Dhandapani
04.00pm – 04.30pm	Certification & Valedictory Function	



## VISION

**"Partnership in Action" to Promote Documentation & Inclusion of Evidenced-based Medical Nutrition Therapy as Integral Component of Patient -Care.**

**Facilitating combined sessions between medical fraternity & clinical nutrition practitioners to enhance holistic patient care & foster "Medical-Nutrition Synergy" in Clinical Nutrition & Dietetic Practice through evidence-based programming of education & research.**

## OBJECTIVE

**IINS to facilitate organizing & collaborating with The International Affiliate of Academy of Nutrition and Dietetics [IAAND], USA for an "International Symposium". An endeavour herein facilitates access to the international platform for our nutrition & dietetics fraternity. IAAND's several projects with respect to latest advances in the area of nutrition & dietetics would be of interest, that universities & educational institutions should expose the students & practitioners alike through international exchange.**

## CONFERENCE SCOPE

- **Institute of Diabetology, is the first unit in India to introduce the Baccalaureate in Clinical Nutrition in Madras Medical College - oldest medical college in India as well as in Asia. In another pioneering effort the Institute of Diabetology collaborates with IINS to establish a strong "Partnership in Action" Link with primary objective to impart state-of-art relevant education that encourages adaptation of international guidelines and documentation of evidence-based practice as suited to the cultural nuances of Indian Population.**
- **Indian Institute of Nutritional Sciences - IINS Trust, established with the express objective to create a state-of-art facility that strives to improve the nation's nutritional health and advance the profession of nutrition and dietetics through education, research and therapy advocacy. IINS Vision - Nutritionally Healthy Indians, achieved through the transformative power of food as medicine in Community, Clinical and Commercial Nutrition. IINS Mission - to become the leading Nutrition Sciences Institution in India through Innovation and Acceleration of the Education, Awareness and Improvement in Clinical Nutrition, by Promoting Positive Nutrition Practices through Research, Evidence-Based programming and Policies for Medical-Nutrition Synergy in Clinical Nutrition and Dietetic Practice.**
- **IAAND-an international nutrition & dietetics community promoting health & well-being through food & nutrition, through 1000 members & supporters, including student members, living in more than 78 countries & in a wide variety of settings: colleges & universities, schools & the community, local hospitals & clinics, private practice & consultation, industry & food service facilities, government & military, research & development.**

## IAAND - Board of Directors

- Dr Judith Beto - President [USA]
- Dr Ahlam EL Shikieri - Past President [Saudi Arabia]
- Dr Zenaida Velasco - President-Elect [Philippines]
- Prof Dr Varsha - Secretary/Treasurer [India]
- Dr. Esther Myers - House of Delegate [USA]

## Chairs

- Ms Rupal Shah - Country Representative, India
- Dr Sylvia Klinger - Professional Development, USA
- Ms Karla Padrelanan - Strategic Comms, Qatar
- Dr Melisa Karabeyoglu - Executive Director, Turkiye



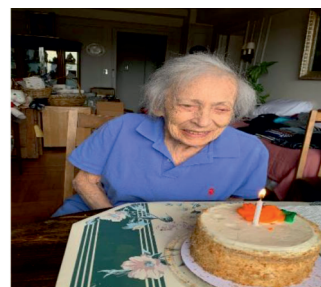
## IAAND - INDIA Leadership

- Ms Vilasvathi Venkatachalam-Member Services
- Ms Apeksha Pradhan - Student Services
- Ms Anju Rai - Student Services
- Ms Sohini Shah - Country Representative



**Dr Judith Beto**  
**IAAND President**  
**2024-2025**

**Ms Alice Wimppfheimer, MS RDN CDN**  
MS RDN CDN  
NUTRITION & DIETETICS SPECIALIST  
CENTENARIAN



★ **INDIAN DIETETIC & NUTRITION PROFESSIONALS - GRAB THE OPPORTUNITY TO ACTIVELY PARTICIPATE ON INTERNATIONAL PLATFORMS - IAAND OFFERS SPECIAL DISCOUNTED ANNUAL MEMBERSHIP - *Membership will be facilitated at the conference venue***

★ **Academy of Nutrition & Dietetics [AND] Publications be made available at the American Center Curtsy Wimppfheimer-Guggenheim Fund for International Exchange in Nutrition**



The U.S. Consulate General in Chennai warmly welcomes you to the American Center. Established in 1947, the Center (formerly and still sometimes known as the American Library) has played a special role in fostering relationships between the people of the United States and South India. People across the region have shared with us their memories of the American Center— how it inspired, informed, & changed them. Just as the U.S.-India partnership has risen to new levels, the American Center is also evolving in engaging its audiences. With an event space, DVD viewing kiosks, online databases, & much more, the American Center incorporates some of the latest trends & technologies. We have more than **15,000 books & printed materials\*** & one of the largest collections of American Studies materials in South Asia.

American Center organizes a wide range of interactive programs both virtually & in-person. Our dedicated staff provides a wide range of resources and services, offering accurate & current information. The American Center is open to all. We look forward to seeing you soon. **Membership Fee Structure: At this conference discounted annual membership is offered to the individuals by the American Center Avail this golden offer!! Membership to Non-profit/Profit/Corporate organisations too available.** Borrowing & Renewing: Members can check out terms & conditions in person at the Desk at the conference as well as by phone, or by email to [ChennaiAmCenter@state.gov](mailto:ChennaiAmCenter@state.gov). In addition, members can request inter-library loans from other American Centers in Kolkata, Mumbai, and New Delhi. Members can reserve books that are not on the shelf and a notification will be sent to the member when the item is available. Individuals can check out up to four books and two back issues of journals for three weeks. Institutions can borrow up to 20 books for a period of three weeks, & up to five DVDs and 10 back issues of periodicals for three weeks. In addition, Institutional & Corporate Members will receive Span Magazine, and other promotional material.

## LEARNING OBJECTIVES & OUTCOMES

May 9, 2025 DAY 1: ADVANCED CONCEPTS SYMPOSIUM

1.	 <p><b>Dr Esther F Myers</b> 08:00–08:45am: <b>The Future of Dietetics through the Lens of Nutrition Care Process &amp; Evidence-Based Nutrition Practice</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"><li>1. Identify the impact of Nutrition Care Process &amp; Terminology on the future practice, education &amp; research in the dietetics profession</li><li>2. Identify the impact of Evidence-Based Nutrition Practice on the future practice, education &amp; research in the dietetics profession</li><li>3. Identify the synergy when both EBNP &amp; NCP/T are combined</li></ol>
2.	 <p><b>Dr Sylvia E Klinger</b> 08:45–09:15am: <b>Strengthening Global &amp; Local Partnerships: Collaboration for Excellence in Nutrition &amp; Dietetics</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"><li>1. Strengthen Multi-Sector Collaboration in Nutrition &amp; Dietetics – Learn effective strategies for building partnerships between healthcare providers, policymakers, educators, &amp; community organizations to improve public health nutrition.</li><li>2. Apply Evidence-Based Approaches to Nutrition Challenges – Explore how collaborative efforts can drive impactful, science-backed interventions to address malnutrition, food insecurity, &amp; chronic disease prevention at local &amp; global levels.</li><li>3. Develop Community-Centered Nutrition Solutions – Gain practical tools to implement culturally relevant, sustainable nutrition programs through interdisciplinary teamwork and stakeholder engagement.</li></ol>
3.	 <p><b>Dr Sudha Raj</b> 10:50–11:10am: <b>Integrative &amp; Functional Medicine Approach to Manage Diabetes &amp; Associated comorbidities</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"><li>1. Recognize the philosophical basis &amp; practical approaches of complementary, alternative &amp; integrative healing paradigms that address chronic disease issues.</li><li>2. Describe health as an integrated function of biology, environment and behavior and as a product of physical, mental, social &amp; spiritual variables.</li><li>3. Describe the role of food as a determining factor in health &amp; disease using the example of insulin resistance and Type 2 diabetes.</li></ol>
4.	 <p><b>Ms Vandana Sheth</b> 11:10–11:40am: <b>Bridging the gap in Diabetes Management: The Essential Role of Dietitians &amp; CDCES in Personalized Nutrition Care</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"><li>1. Identify strategies for dietitians &amp; CDCES to enhance patient-centered diabetes management.</li><li>2. Identify key strategies for dietitians &amp; CDCES to collaborate with healthcare providers in delivering evidence-based, culturally inclusive, &amp; patient-centered diabetes care.</li><li>3. Apply practical, personalized Medical Nutrition Therapy [MNT] in diabetes care to enhance adherence &amp; improve metabolic outcomes in individuals with diabetes, considering behavioral counseling techniques and emerging digital health tools.</li></ol>



## LEARNING OBJECTIVES & OUTCOMES

May 9, 2025 DAY 1: ADVANCED CONCEPTS SYMPOSIUM

5.	 <p><b>Ms Vilasvathi Venkatachalam</b> 11:45–12:05pm: <b>ERAS – Enhanced Recovery After Surgery &amp; Prehabilitation in Diabetes: Using traditional ingredients &amp; medical nutrition</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Make a clear distinction between ERAS &amp; Prehabilitation in Diabetes</li> <li>2. Create solutions with traditional ingredients &amp; medical nutrition for various levels of resources</li> <li>3. A special focus on low resource solutions</li> </ol>
6.	 <p><b>Dr Judit A Beto</b> 12:05–12:25pm: <b>The Role of Gut Microbiota in Kidney Disease – Using the Power of Gut Microbiota in Kidney Disease Management</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe the composition and changes in gut microbiota in kidney disease.</li> <li>2. Identify factors that affect gut microbiota in kidney disease</li> <li>3. Evaluate future avenues of research and treatment in kidney disease.</li> </ol>
7.	 <p><b>Dr Judith Beto</b> 02:50–03:20pm: <b>Consideration of VSED [Voluntary Stopping Eating &amp; Drinking] Guidelines in patient palliative Care</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Understand the evolution and definition of VSED.</li> <li>2. Review the published VSED clinical guideline parameters within the context of application to selected patients with diminishing quality of life.</li> <li>3. Postulate VSED implications from ethical, social, cultural, and legal viewpoints.</li> </ol>
8.	 <p><b>Prof Dr Varsha</b> 03:20–03.50pm: <b>Iatrogenic Malnutrition, Nutritional Adaptation &amp; Nutrition Injury: General introduction to Concepts</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"> <li>1. To define Nutritional Terminology such as [a] Iatrogenic malnutrition [b] Anergy [c] Nutritional Adaptation [d] Nutritional Diagnosing [e] Nutri kinetics &amp; Nutri dynamics</li> <li>2. To understand             <ol style="list-style-type: none"> <li>a. Factors, causes, examples, symptoms, prevalence, consequences &amp; significance Of Iatrogenic Malnutrition &amp; components of estimating Anergy</li> <li>b. Nature, significance/importance of Nutritional Adaptation &amp; its use for comparative dietary &amp; nutritional adequacy, as well as in extreme environments</li> <li>c. Nutritional Diagnosing being a critical step of Nutrition Care Process &amp; its applications thereof</li> </ol> </li> </ol>
9.	 <p><b>Dr Judith A Beto</b> 03:50–04:20pm: <b>Multicultural approach to modification of dietary &amp; treatment patterns to promote kidney function preservation. What does diet have to do with it? Using practical strategies to preserve kidney function</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Review a cohort of dietary pattern changes versus strict renal diet &amp; their effect on kidney function.</li> <li>2. Evaluate the interactive of plant-based or plant-dominant with evidence based pharmacological therapies in protective effects of kidney function.</li> <li>3. Discuss metabolic implications of various modification strategies.</li> </ol>

## LEARNING OBJECTIVES & OUTCOMES

May 9, 2025 DAY 1: ADVANCED CONCEPTS SYMPOSIUM

10.	 <p><b>Dr Esther Myers</b> 04:20–05:10pm: <b>Describing &amp; Planning Your Public Health Interventions using the e-Nutrition Care Process Terminology (NCPT)</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"><li>1. Identify the types of terms(domains) that are available to describe community / public health nutrition care</li><li>2. Apply terms in an example scenario</li><li>3. Evaluate linkages in public health scenario</li></ol>
11.	 <p><b>Dr Karen Lacey</b> 05:10–05:40pm: <b>2024 Revised: Scope &amp; Standards of Practice for Dietitians</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"><li>1. Evaluate and incorporate professional standards to improve nutrition practice</li><li>2. Keep abreast of changes in practice &amp; in the practice environment that affect individual competence &amp; legislative scope of practice</li><li>3. Pursue &amp; embrace opportunities to advance practice</li></ol>
12.	 <p><b>Dr Zenaida F Velasco</b> 05:40–6:10pm: <b>International Food Information Council Communications / Leadership</b></p> <p><b>Learning Objectives/Outcomes:</b> Participants will be able to:</p> <ol style="list-style-type: none"><li>1. Understand the role of green technology in creating sustainable food systems &amp; its impact on nutrition &amp; public health.</li><li>2. Apply sustainable practices, such as waste reduction &amp; eco-friendly meal planning, in clinical &amp; food service settings.</li><li>3. Advocate for environmentally conscious dietary practices to promote sustainability within communities &amp; organizations.</li></ol>
<b>May 9, 2025 DAY 1: ADVANCED CONCEPTS SYMPOSIUM</b>	
13.	<p>09:00am – 12:00nn: <b>Workshop 1: Nutrition Care Process: Let's Start from the Beginning Workshop</b></p> <p><b>Faculty: Dr Esther F Myers; Dr Karen Lacey; Ms Bamini M &amp; Ms Geethanayaki</b></p> <p><b>Learning Objectives &amp; Outcomes</b></p> <ol style="list-style-type: none"><li>1. Identify the activities and components Nutrition Care Process Models</li><li>2. Identify the need for a standardized language, the eNCPT</li><li>3. Be able to construct basic PES statements and link Nutrition Interventions</li></ol> <p>Describe the linkages between the steps in the Nutrition Care Process</p>
14.	<p>01:00 – 04:00pm: <b>Workshop 2: Nutrition Focused Physical Exam [NFPE] Modules</b></p> <p><b>Faculty: Ms Vilasvathi Venkatachalam; Dr Judith Beto; Dr Shanti Dandapani</b></p> <p><b>Learning Objectives &amp; Outcomes</b></p> <ol style="list-style-type: none"><li>1. Definition of Nutrition-Focused Physical Examination in Health Assessment</li><li>2. Differentiate between Comprehensive vs Focused Assessments &amp; its Main Objective</li><li>3. Techniques used in NFPE &amp; Steps of a Physical Exam</li></ol>

## Online Registration

- Register Online: <https://iins.org.in/register.asp>
- Carefully read the instructions for online submission before submitting
- Last date for conference registration without late fee is March 31st 2025
- Last date for conference registration with late fee is April 20th 2025
- Workshop registrations limited to 100 — first come first basis Last date Mar 31st, 2025
- No spot registrations



## Call for abstract for Oral & Poster presentations

- Submit the abstract for oral & poster presentation online at <https://iins.org.in/abstract.asp>
- No hard copy of the abstract accepted
- Submit the abstract via the online submission form provided
- The deadline for the abstract submission is April 20th, 2025



## Note

- The presenting author must be a registered delegate for the conference
- There will be a best poster & best oral presentation award — experts will evaluate based on scientific content, presentation, & ability to answer the questions raised by the reviewing experts

## Registration

Participants/Participation Category		INR [Incl of GST]	
		Students	Dietitians/Academicians
1	Conference	1,500/-	2,500/-
2	Workshop 1: Nutrition Care Process - Nutrition Diagnosis & PES, eNCPT, & EAL	1,000/-	1,500/-
3	Workshop 2: Nutrition Focused Physical Exam [NFPE] Modules	1,000/-	1,500/-
4	Conference + Workshop 1	2,500/-	4,000/-
5	Conference + Workshop 1 + Workshop 2	3,500/-	5,500/-

## Terms & Conditions

- Cancellation requests have to be received in writing to the conference secretariat email ID
- Time stamp of email will be considered as official date of cancellation request
- All refunds will be provided by cheque 4 weeks after the conference

## Refund Policy

- 100% if the event is cancelled due to any government guidelines
- Requests received after April 20, 2025 - No refunds

ACCOMODATION Travel and accommodation as per Delegates convenience.

## Important Dates

Abstract Submission Deadline	On or Before April 20 th, 2025
Last Date for Registration	April 20, 2025

Official Email ID : [nutrifeast2025@gmail.com](mailto:nutrifeast2025@gmail.com)

Secretariat : [nutrifeast2025@gmail.com/9841650958](mailto:nutrifeast2025@gmail.com/9841650958)

Institute of Diabetology, Madras Medical College, Poonamallee High Road,  
Park Town, Chennai, Tamilnadu 600 003

Prof Dr Varsha [drvarsha.t@gmail.com](mailto:drvarsha.t@gmail.com) / 9841082244

***I FACILITATE THINKING***  
***I ENGAGE MINDS***  
***I LISTEN TO QUESTIONS***  
***I ENCOURAGE RISK***  
***I SUPPORT STRUGGLE***  
***I CULTIVATE DREAMS***  
***I LEARN EVERYDAY***  
**I TEACH**



*An Indian Institute of Nutritional Sciences Initiative [IINS]*  
<https://iins.org.in>