**Work shop on Evidence Based Nutrition**

The College of Nursing and Department of Cardiology, in collaboration with the Physicians Association for Nutrition India (PAN-India), organized a CME on Evidence-Based Nutrition on June 28th, 2024, in the Auditorium for 6th and 8th Semester MBBS students and First- and Second-year BSc Hons. Nursing students. The program began with registration at 8:30 AM, followed by the first talk on lifestyle modifications by Dr. Amritha Ganesh. He emphasized on the six pillars of life style modification to be incorporated in the day today practice.

At 10 AM, the inaugural session was held in the presence of Honourable Director & CEO Prof. Dr. Madhabanada Kar, Dean Academics Prof. Dr. Shreemanta Kumar Dash, Dr. Regina Shahin (Managing Director PAN India), Medical Superintendent Dr. Vineet Thomas, Dr. Amirtha Ganesh (Organizing Chairperson, HOD Dept. of Cardiology), Prof. Dr. Danasu R (Principal & CNO), and all faculty members. In his address, Prof. Dr. Madhabanada Kar reinforced the need for nutrition in patient care and encouraged students to learn and explore different diet plans and their importance in clinical practice.

Following the inauguration, Dr. Regina Shahin provided an overview of The Physicians Association for Nutrition India (PAN-India), the Indian branch of PAN International, a global NGO dedicated to eliminating diet-related deaths worldwide. She highlighted PAN India's mission to integrate evidence-based nutrition interventions into healthcare systems. Dr. Sharang Wartikar from PAN India discussed "The Right DIET, To Not DIE-YET," while Prof. Dr. Kalaiselvan Ganapathy illustrated emerging trends in nutrition.

After lunch, a panel discussion on "Nutritional Needs in Special Populations" was moderated by Dr. Muthuvenkatachalam S, Associate Professor at the College of Nursing. Panelists Dr. Amirta Ganesh, Dr. Sharang Wartikar, Mr. Sharun NV, Mr. Sudheendra M, Mrs. Priya .M, and Mrs. Sandhya C discussed the nutritional requirements of pregnancy, children, the elderly, and diabetes groups. They explained the significance and contributions of plant-based nutrition across different age groups.

The final session featured a quiz competition organized by Mrs. Komakula NKS Santhoshi, Nursing Tutor at the College of Nursing. The program concluded with a valedictory presentation and vote of thanks by Mr. Sharun NV, Organizing Secretary and Associate Professor at AIIMS Mangalagiri.







