



NATIONAL WORKSHOP ON



LIFESTYLE AND METABOLIC DISEASES IN CHILDREN AND ADOLESCENTS: ROLE OF MILLETS & BEYOND

1st March, 2023
LT - 1, PGIMS, Rohtak



Organized by : MULTIDISCIPLINARY RESEARCH UNIT (MRU)
Pt. B.D. Sharma PGIMS, UHS Rohtak

About the Workshop:

The Government of India has led the campaign for year 2023 to be earmarked as the **International year of Millets (IYM)**. The declaration has been instrumental for the Government of India to be at the forefront in celebrating the IYM. There has been steep rise in Lifestyle and Metabolic diseases like Obesity, Diabetes Mellitus, PCOD in children and adolescents during last decade. Millets have various health benefits pertaining to these lifestyle diseases. This programme will create awareness among doctors as well as the paramedical staff regarding better nutritional management of said diseases. Eminent experts in the field of Food Technology as well as medical experts of respective fields have been invited to share their knowledge with the delegates.



Organizing Committee

Chief Patron

Dr. Anita Saxena
Vice-Chancellor, UHS

Patron

Dr. S.S. Lohchab
Director
Pt. B.D. Sharma PGIMS

Organizing Chairperson

Dr. Simmi Kharb
Nodal Officer (MRU) &
Sr. Prof. & Head Biochemistry
Pt. B.D. Sharma PGIMS

Co-Chief Patron

Dr. H.K. Aggarwal
Registrar, UHS

Co-Patron

Dr. K.S. Laller
Dean
Pt. B.D. Sharma PGIMS

Organizing Secretary

Dr. Anjali
Coordinator (MRU) &
Associate Professor Pediatrics
Pt. B.D. Sharma PGIMS



Programme Schedule

National Workshop on “Lifestyle and Metabolic diseases in children and adolescents: Role of Millets & Beyond”

Date: 1st March, 2023

Time	Topic	Speaker
10:00AM to 10:10AM	Registration	-
10:10AM to 10:50AM	Millets as key to Food and Health Security	Dr. Baljeet S. Yadav (Prof., Dept. of Food Technology, MDU, Rohtak)
10:50AM to 11:10AM	Patronage address Recent updates Present scenario	Dr. Anita Saxena Dr. H.K. Aggarwal Dr. S.S. Lohchab
11:10AM to 11:30AM	Tea & Refreshment	-
11:30AM to 12:00PM	Practical approach to a child with Obesity	Dr. Rajni Sharma (Additional Prof., Pediatrics, AIIMS, New Delhi)
12:00PM to 12:30PM	Pediatric Diabetes: What, when and how much to eat?	Dr. Medha Mittal (Associate Prof., Pediatrics, Chacha Nehru Bal Chikitsalya, New Delhi)
12:30PM to 01:00PM	Recent advances in Management of PCOS	Dr. Pushpa Dahiya (Sr. Prof. & Head, Obs. & Gynae, PGIMS , Rohtak)
01:00PM to 01:15PM	Vote of Thanks