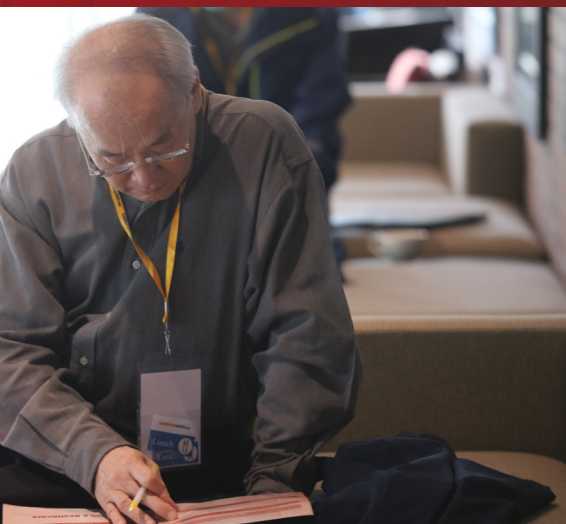


International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Workshop (Day 1)

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



## Shubhangi Gaikwad

*Saudi German Hospital, UAE*

### Associated problem in obesity & tools to combat the related issues

Obesity is stated as excessive fat accumulation in body, and is considered as one of the major epidemic in today's world. It is a multi-factorial disorder imposing various negative effects on physiological system of the body. In an obese or an over-weight individual, generally various systemic diseases as hypertension, cardiovascular diseases are focused, but many associated issues get ignored. The main focus in this study is to address over the various associated issue an overweight person goes through such as postural deformities, imbalance in musculoskeletal system, breathing difficulties and behavioral problems. To date, there are many researches which focused on how obesity gives an impact on bone and joint disorders, respiratory pattern and behavioral issues. In recent past, evidence indicates that obesity may also have profound effect on soft tissue structures such as tendon, fascia and cartilages. Reports even shows that due to excessive weight, there are alterations in normal bio-mechanics of many joints and risk of overload injuries. As it is very clear that, an obese not only struggle on weighing machine but also has many associated problems to combat with. Hence, while dealing with an overweight or an obese person the aim should be total wellbeing not just the weight. In the workshop we will practice how a healthcare practitioner can incorporate the various tools such as postural assessment and corrective techniques, soft tissue release techniques targeting fascia and muscles and relaxation techniques to bright out over all wellbeing in overweight or obese individual.

### Biography

Shubhangi Gaikwad has completed Master of Physical Therapy from Ayushmann College, Barkatullah University, India. She is currently working as a Senior Physiotherapist in Saudi German Hospital, Dubai. She is having vast experience of more than 8 years dealing with musculoskeletal, neurological and lifestyle disorders. She has an expertise in ergonomics, manual therapy, fascial and functional training and is a certified Dry Needling Practitioner.

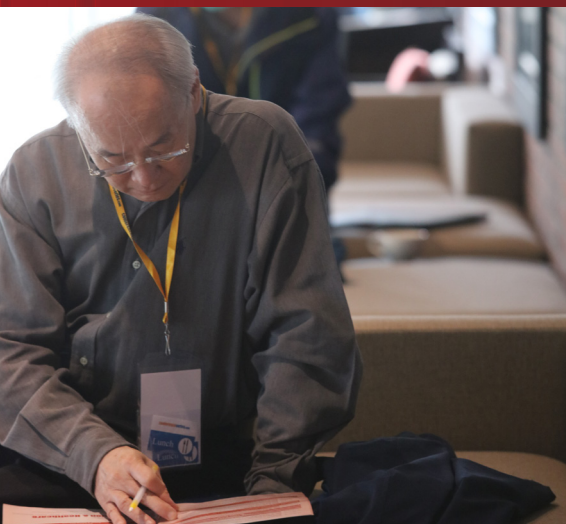
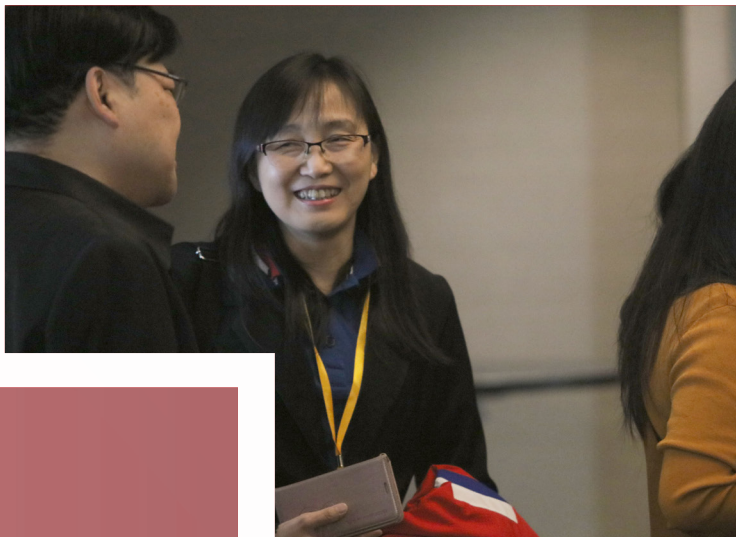
[shubhangigaikwad06@gmail.com](mailto:shubhangigaikwad06@gmail.com)

### Notes:

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia

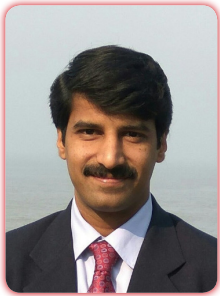


Special Session (Day 1)

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



## Perungo Thirumarai Chelvan

*Asian Bariatrics, India*

### Bariatric surgery for weight loss

#### Biography

Dr. Perungo Thirumarai Chelvan is a Bariatric, Metabolic and Gastrointestinal surgeon from Chennai, India. He is the Unit Head of the Chennai Division of the Asian Bariatrics hospital. Dr. Perungo Thirumarai Chelvan obtained his MBBS degree in the year 2004 from the prestigious Stanley Medical college hospital in Chennai. His passion for surgery made him pursue his Master's in the General Surgery from the famous Chengalpet Medical college hospital between 2006 and 2008. After graduation, he underwent his basic laparoscopic training at the Lifeline multi-specialty hospital - a high volume Gastrointestinal surgery center in Chennai. In the year 2013, he went on to super specialize in Surgical Gastroenterology and Advanced Laparoscopic Surgery from the renowned Madras Medical College Hospital, Chennai. Dr. Perungo mastered the technique of bariatric surgery at the Asian Bariatrics hospital under the able guidance of the doyens in the field namely Dr. Mahendra Narwaria and Dr. Sanjay Patolia. Asian Bariatrics hospital, being one of the Asia's largest weight loss surgery center with 20 years of experience and having performed more than 6000 successful bariatric procedures provided Dr. Perungo an opportunity to hone his skills from the very best. Dr. Perungo has a surgical experience of more than 10 years. His bariatric surgical experience spans over 1000 successful procedures including sleeve gastrectomy, Gastric bypass, Revision bariatric surgeries and Metabolic surgery. He has pioneered and excelled in the novel Laproscopic bariatric surgery, commonly called as the "Weekend bariatric surgery" which is a key hole, minimally invasive, pain free, short stay, tailor made, safe and fast track procedure. Ever since his Master's program, Dr. Perungo has been an active researcher in the field of Gastrointestinal surgery. His research contributions have won him many accolades including the prestigious 'Sundaram Best Paper' award in the ASI state conference in 2009. He won the 'Best e-poster' award at the National conference IASGCON 2015. Moreover, in the 'Torrent Young Scholar Award' competition, he won the second and third prize at the zonal and the national level respectively. He is also an invited faculty to talk on Bariatric and Metabolic surgery at the state level and national level conferences. He is currently actively involved in performing various public awareness programs including live television interviews. Dr. Perungo Thirumarai Chelvan is also a Fellow of the Royal College of Surgeons, Edinburgh since the year 2011. In addition, he is a Registered Member of the General Medical Council, UK.

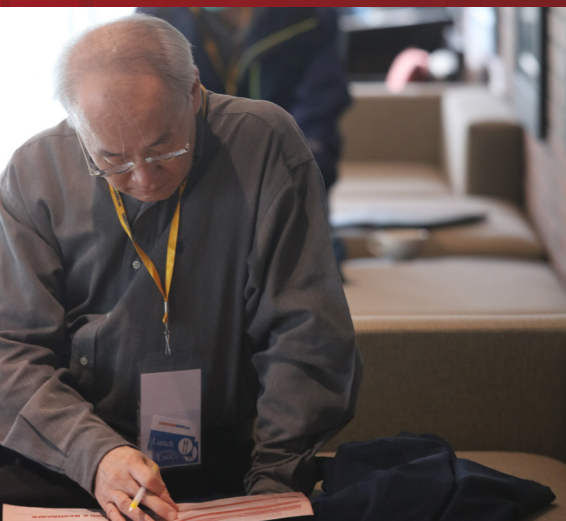
[dr.perungo@gmail.com](mailto:dr.perungo@gmail.com)

#### Notes:

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Scientific Tracks & Abstracts (Day 1)

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia

## Imbalanced diet: Effects and causes

Kevin Jesser Z Uclaray  
University of Santo Tomas, Philippines

Nutritional environment that affects our weight status: existing medical condition, sedentary lifestyle, personal stresses, psychological and emotional factors, work pressure, family habits and traditions, supermarket trends, hearsay nutrition, media misinformation, economic dwindling (money value). Dietary guidelines to manage obesity, know your personal daily calorie requirements, eat the correct nutrient ratio: 55% complex CHO, 20% protein and 25% fats, enjoy more fruits and vegetables daily, minimize sugar and fatty desserts, consume less salt and salty foods, try smaller meals and snacks, drink more water daily and minimize sugar sweetened beverages, limit alcoholic beverages, minimize your caffeine to 150-250 mg, be physically active 3-5 times a week or more. Opting for a balanced, adequate and varied diet is an important step towards a happy and healthy lifestyle. Vitamins and minerals in the diet are vital to boost immunity and healthy development. A healthy diet can protect the human body against certain types of diseases, in particular non-communicable diseases such as obesity, diabetes, cardiovascular diseases, some types of cancer and skeletal conditions. Healthy diets can also contribute to an adequate body weight. Healthy eating is a good opportunity to enrich life by experimenting with different foods from different cultures, origins and with different ways to prepare food. The benefits of eating a wide variety of foods are also emotional, as variety and colour are important ingredients of a balance diet.

## Biography

Kevin Jesser Z Uclaray has completed his Bachelor's degree in Nutrition and Dietetics at University of Santo Tomas. He had his training as Diabetes Educator in Philippine Association of Diabetes Educators and also had his workshop in University of the Philippines to be a Sports Nutritionist Consultant. He has worked in Quirino Memorial Medical Center, worked as the Clinical Dietitian Manager in Renal Nutrition and also as the Assistant Secretary of Department of Health League of Registered Nutritionist-Dietitians Inc., Philippines. He is currently pursuing his Master's degree in Clinical Nutrition in Philippine Women's University.

kevinuclaray.rd@gmail.com

## Notes:

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia

## The importance of using cereals in functional foods

Romina Alina Vlaic, Sevastița Muste, Andruța Elena Mureșan, Vlad Mureșan, Ramona Suharoschi, Crina Mureșan  
Faculty of Food Science and Tehnology, University of Agricultural Sciences and Veterinary Cluj Napoca, Romania

In the last decades, consumer demand for functional food is growing. Consumers want not only food to satisfy their sense of hunger or sensorial pleasure, but also food that will provide them with nutrients that help improve health or prevent certain diseases. Functional foods are products that contain various biologically active compounds and which, consumed in a current diet, contribute to maintaining the optimal state of physical and mental health of the humankind. Functional foods contain a number of functional ingredients such as fibers, oligosaccharides, polyalcohols, peptides and proteins, prebiotics and probiotics, phytochemicals and antioxidants, polyunsaturated fatty acids, etc. Cereals are one of the world's main food sources. Wheat is the major cereal consumed around the world, but once refined, its nutritional qualities are decreasing. Based on these considerations, the interest in whole grains and less widely used cereals, as feedstocks for functional foods, has increased. World Health Organization reports confirm the benefits of whole grain cereal consumption as reducing the risk of non-communicable diseases (eg type 2 diabetes, cardiovascular disease, hypertension and obesity). New trends suggest strategies and processing technologies to improve the content and bioavailability of nutrients and bioactive compounds in cereal foods. Our suggestions come with suggestions for using functional foods using cereals such as rye, oats, buckwheat, quinoa with protein additions.

### Biography

Postdoctoral researcher Vlaic Romina Alina has more than 6 years' experience in exploitation of food science, development and optimization of functional food products, extraction and analysis of bioactive compounds (polyphenols, volatile oils, natural pigments, vitamins, proteins, fiber, essential fatty acids, sugars), and determination of food products quality parameters. She started the PhD stage (2012-2015) in the field of Agriculture. In 2016 and 2017 she was awarded with Excellence Diploma at the International Salon of Inventions Prominent approved by Ministry of Education and the Academy of Technical Sciences of Romania and in 2017-2018 she is responsible for 4 innovation projects.

romina.vlaic@usamvcluj.ro

Notes:

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Keynote Forum (Day 2)



International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Workshop (Day 2)

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



## *Mahendra Shah*

*Zen Resort Bali, Indonesia*

### **The 21<sup>st</sup> century obesity imperative for healthy eating and sustainable lifestyles**

In the 21<sup>st</sup> century, the escalating worldwide adoption of modern lifestyles; often characterized by unhealthy food habits especially overeating and obesity in combination with inadequate physical, psychological and spiritual exercises, stress at home, stress at work and living in an increasingly polluting environment, is resulting in widespread ailments and diseases, including diabetes, depression and mental stress, blood pressure and hypertension and more. This escalating adoption of modern lifestyles around the world is of concern as most countries will simply not have the Medicare resources to confront these emerging health burdens. At Zen Resort Bali, our vision is to create holistic wellness systems where guests experience the knowledge and means to achieving personal harmony with their body, mind and spirit through healthy nutrition and diet in combination with Ayurveda therapy, yoga, meditation, pranayama and holiday recreational activities as well as emotional wellbeing. We need to draw on the vast knowledge of traditional medicine from around the world and integrate this with modern medicine, recognizing that a human being is a whole living organism rather than merely a combination of parts, systems and symptoms. The challenge here is to integrate traditional and modern medicine and health care to deliver the right mix of preventive, restorative and curative care to enhance and balance body, mind and spiritual health. The aim of the workshop, recalling Hippocrates, “Food is thy medicine and medicine is thy food” is to initiate a dialogue amongst the participants on how governments and civil society can be mobilized for a compact to change course towards adopting healthy food consumption and sustainable lifestyles, especially through school and college healthy eating programs as well as mobilizing science and research towards ensuring sustainable and nutritionally balanced food production and consumption. We will also present a number of innovations at Zen including Zendiet comprising dosha balanced food consumption and Zenchi physically, mentally and spiritually balanced exercise.

### **Biography**

Mahendra Shah has more than 40 years of professional experience in academia at University of Nairobi and University of Cambridge, United Nations organizations and agencies such as FAO, WFP, UNDP, etc. and the World Bank and international scientific and policy research institutes like International Institute for Applied Systems Analysis (IIASA) and Consultative Group on International Agricultural Research (CGIAR). His professional work is concerned with food security, nutrition and health, sustainable agricultural development and international trade, sustainable development, climate change and international negotiations. In the private sector, since 2004, he is the Founder and President-Director of Zen Resort Bali, where the vision is to create holistic wellness systems where guests experience the knowledge and means to achieving personal harmony with their body, mind and spirit through healthy nutrition and diet in combination with Ayurveda therapy, yoga, meditation, pranayama and holiday recreational activities as well as emotional healing.

[shahmmr@gmail.com](mailto:shahmmr@gmail.com)

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



## *Ujjwala Baxi*

*Poshan-Cure thru Diet, Singapore*

### Probiotics in Gut Health and Obesity Management

#### Biography

Ujjwala Baxi is a Registered Dietitian and Diabetes Educator, has been in the health industry since 11 years. She has helped thousands of people around the globe achieve optimum health and weight, look younger, feel better and transform their lives through balanced diet and lifestyle management with long term results. She has also healed individuals with varied health complications such as diabetes, renal disorders, cancer, hormonal disorders, etc. in hospitals and clinic. In Singapore, she is a Health Promotion Board Youth Ambassador and an Accredited Nutritionist by Singapore Nutrition and Dietetics Association (SNDA). She actively promotes wellness through her talks, workshops and consultations to name a few.

[ujjwalabaxi@rediffmail.com](mailto:ujjwalabaxi@rediffmail.com)

Notes:

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia



Scientific Tracks & Abstracts (Day 2)

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia

## The energy and macronutrient 7-day diary observations on Transylvania lactating women diet that impact early life nutrition and long term effects on metabolic pathways

Ramona Suharoschi<sup>1</sup>, Simona Codruta Heghes<sup>2</sup>, Ioana Ecaterina Pralea<sup>2</sup>, Laura Ioana Gavrilas<sup>2</sup>, Lorena Filip<sup>2</sup>, Adela Viviana Sitar Taut<sup>2</sup>, Angela Cozma<sup>2</sup>, Adriana Fodor<sup>2</sup>, Crina Muresan<sup>1</sup>, Raluca Muresan<sup>1</sup>, Oana Lelia Pop<sup>1</sup>, Carmen Muresan<sup>1</sup> and Cristina Adela Iuga<sup>2</sup>

<sup>1</sup>University of Agricultural Sciences and Veterinary Cluj-Napoca, Romania

<sup>2</sup>Iuliu Hatieganu University of Medicine and Pharmacy, Romania

**Background:** During the lactation the intake of dietary energy, protein and other macro and micro-nutrients should be substantially increased, though these special increments can be different. Moreover, the composition of food intake represents one of the most important factors for successful milk production and mother's health and well-being.

**Objective:** To comprehensively evaluate the energy diet and composition in nutrients (macronutrients as well micronutrients) that reflect the quality of breast milk and its potential effect on early childhood development and impact of early life nutrition and long term effects.

**Design:** A total of 33 lactating women living in Cluj County, on the middle of Transylvania, Romania were surveyed and average food intake was recorded by 7-day prospective food diary template and a general characteristic questionnaire, both designed by the research team. An experienced member of the research team met and trained every woman on measuring food portions.

**Results:** The results indicate that lactating mothers have an inadequate intake of energy (1879.00 kcal/day for mothers in G1 vs. 2744 kcal/day recommended and 1770.08 kcal/day for mothers in G2, G3, G4 vs. 2803 kcal/day recommended). Results from the current study and from similar studies in different countries which reflect that lactating mothers have a poor energy and nutrient balance can be attributed to low intakes of nutritious food categories such as fruits, vegetables, legumes, low-fat dairy and oily-fish and high intakes of saturated fat rich foods. With such inadequate food intake, mothers might be at risk of depleting their energy and nutrient reserves, therefore affecting breast milk composition and having a negative health impact on both their babies and themselves.

**Conclusion:** In the present study, lactating mothers did not meet dietary recommendations regarding energy intake and macronutrient distribution, except for proteins. These results highlight the importance that women, during breastfeeding, should receive proper dietetic information from healthcare professionals in order to improve their overall diet and health outcomes of the infant. Sustained nutrition education and counselling are a top priority to improve dietary practices and achieve a balanced, diverse and adequate diet in this sensitive population group.

### Biography

Ramona Suharoschi has more than 19 years' experience in the field of applied nutrigenomics in food science, development and optimization of nutritional intervention of functional food products, food safety and food toxicology. She has completed PhD in the field of Veterinary Medicine at University of Reno, Nevada USA and University of Ulster, Coleraine, Northern Ireland, having as research topic "In silico Studies of Prostate Cancer". She has published more than 50 papers in national and international journals of scientific flow.

ramona.suharoschi@usamvcluj.ro

### Notes:

International Conference on

# OBESITY AND DIET IMBALANCE

November 29-30, 2018 Bali, Indonesia

## How to Prevent Future Obesity

**Shubhangi Gaikwad**

Saudi German Hospital, UAE

The obesity epidemic has grown worldwide in both the developed and developing countries. We are the “present” of the era with ever increasing growth of obesity; the coming generation is our “future”. Future of obesity largely depends on how we are handling it in present. Overweight and obesity prevailing in children has multiple causes from genetic factor, hormonal imbalance to environmental factors, lifestyle preferences and cultural practice. Keeping apart the hormonal, genetic and any physiological causes of obesity which are not in direct control, the remaining factors such as lifestyle, environment and cultural background which can be modulate to help eliminating percentage of existing and future obesity. Evidences have suggested that the major cause of obesity is imbalance between food habits and physical activity. Additional factors as per the recent researches show that excessive use of smartphones has increased the overweight issues and also increases the anxiety among the user. Childhood obesity has maximum chances to develop into adulthood obesity. Therefore, to eradicate the future obesity, there is need to increase the awareness of do's & don'ts to prevent obesity and also the educated common people to know about the pros & cons of obesity. This paper is inclined towards the various preventive and educational measures to avoid obesity in the future.

## Biography

Shubhangi Gaikwad has completed Masters of Physical Therapy from Ayushmann college, Barkatullah University, India. She is currently working as senior Physiotherapist in Saudi German Hospital, Dubai. She is having vast experience of more than 8 years dealing with musculoskeletal, neurological and lifestyle disorders. She is an expertise in ergonomics, manual therapy, fascial & functional training and Certified Dry needling practitioner.

shubhangigaikwad06@gmail.com

**Notes:**