

1st HEALTHY FOOD SYMPOSIUM on Friday, 29th September 2017

Cardiological Society of India, Delhi Branch, organized “1st Healthy Food Symposium” at All India Institute of Medical Science, New Delhi on Friday, 29th September 2017, at JLN Auditorium, AIIMS, New Delhi.



The Theme of the symposium was “oils, nuts & fiber eat what you love, love what you eat”. The symposium was attended by Dr. Priyanka Chugh(PT), Faculty BCIP. The programme was convened by Dr. Sanjay Sood & Ms. Charu Dua. Various Esteemed Cardiologists and dieticians enlightened the delegates about “oils for heart”, “fats-the good, the bad, & ugly infographic, and last but not the least , the oil parade was done, in which various traditional oils pros and cons were discussed. Finally the session was concluded by free dispersal of healthy saffola oats packets.