



## Nutrition Literacy and Improvement of Food Environments (NULIFE)

Let's Fix Our Food

### 3rd E- Dialogue Series

Date: 05 Feb 2026

Time: 10:30 am-12:30 pm IST

## Healthier Oils for a Healthier India: Re-shaping Dietary Fats to Prevent NCDs



**Welcome Address**  
(10.30 to 10.35 am)

**Dr. G. Bhanuprakash Reddy**  
Scientist G & Head, Biochemistry Division  
ICMR-National Institute of Nutrition

**Opening Remarks and Overview of LFOF**  
(10.35 to 10.40 am)

**Dr. SubbaRao M Gavaravarapu**

Scientist G & Head, NICHE Division, ICMR-National Institute of Nutrition



**Speakers (10.45 to 11.30 pm)**



Health Impacts of  
Dietary Fats and Oils:  
Why Do They Matter?

(15 mins)  
(10.45-11.00 am)

**Dr Padmini Angela De Silva**  
Regional Adviser, Nutrition,  
World Health Organization (WHO)



Roadmap for Replacing Trans  
Fats with Healthier Oils in India

(10 mins)  
(11.00-11.10 am)

**Dr J.S. Thakur**  
Professor & Head, Department of  
Community Medicine and School of  
Public Health, Postgraduate Institute of  
Medical Education and Research  
(PGIMER)



Innovations in Edible Oil  
Processing: Optimizing Quality,  
Safety, and Nutrition

(10 mins)  
(11.10- 11.20 am)

**Dr RBN Prasad**  
Former Chief Scientist and Head,  
Center for Lipid Research,  
CSIR-Indian Institute of  
Chemical Technology



Meeting Dietary Fat  
Requirements and Opportunities  
for NCD Prevention

(10 mins)  
(11.20- 11.30 am)

**Dr S Ahmed Ibrahim**  
Scientist G, Lipid Chemistry Division,  
ICMR - National Institute of Nutrition

**Panel Discussion (11.30 am - 12.15 pm)**

**Making Healthier Oils the Default Choice**



**Dr Swati Bharadwaj**

Senior Technical Advisor,  
Nutrition, India  
Resolve To Save Lives (RTSL)



**Dr Usharani**

Principal Scientist,  
CSIR-Central Food Technological  
Research Institute (CFTRI)



**Dr Kavitha Ramasamy**

Joint Director, Food Safety  
and Standards Authority of  
India (FSSAI)



**Dr Suneeta Chandorkar**

Associate Professor  
Department Of Foods & Nutrition  
Maharaja Sayajirao University of Baroda

**Q & A session (12.15 - 12.30 pm)**

**5 Key  
take away points**

Dr. SubbaRao M Gavaravarapu  
ICMR - National Institute of Nutrition



<https://us02web.zoom.us/j/83968525075>



**YouTube Link**