

# Food and Health in Cross-Cultural Perspective

## Policies and Practices

### Programme

1-3 March 2012

The current trends of inflation, failing economies, rising inequities and poverty are making it near impossible for the marginalized to access the basic requisites that ensure a reasonable quality of life. In order to raise the bar, decision-makers in all countries need to draw and lead programmes that ensure the improvement of the people's well-being at every stage of life, through well-defined and tangible deliverables. These should include programmes to create adequate access to nutrition, education, sanitation and healthcare. In the absence of poverty traps, one hopes that good nutrition and access to adequate healthcare will lead to better standards of living, ensuring early identification of illness/absence of ill health, leading to gainful employment, thereby offering a substantive opportunity to live a full and productive life. There is an urgent need to invest in holistic and comprehensive plans and policies which will result in an increase in the overall quality of life of the citizens, and thus provide for a more socially and economically secure, safe and productive future.

The conference aims at exploring and understanding the inextricable linkages between food, health and mental health, from a cultural perspective. It seeks to create a platform for knowledge and experience sharing from the best of scientific, social and health research and practice. This will enable participants to engage in a dialogue and debate on creating plans and policies resulting in better health outcomes, and an improved quality of life.

**1<sup>st</sup> March 2012**

**9.15 - 10.15**

**Eric Denis (FIP): *Presentation of the French Institute of Pondicherry***

**Dr. Lakshmi: *Presentation of the Banyan and BALM***

**Brigitte Sébastia (FIP) and Dr. Lakshmi (BALM): *Introduction to the Conference 'Food and Health in Cross Cultural Perspective'***

**10.15 - 10.30**

*Tea*

**10.30 - 12.45**

*food security and agricultural issues*

**Alain Clément, Department of Economics, University Francois Rabelais of Tours, France.**

***Price volatility and food security in Europe: The intellectual theories and their contribution to the contemporary debates.***

**Satheesh Periyapatna, Director of Deccan Development Society, Pastapur**  
***Centre-Staging the Marginalised: Millets into India's Public Food Policy***

**Mira Kandar, Independent Researcher, World Policy Institute, New York**  
***After Bt Brinjal: The Promise and Perils of GMOs and Indian Agriculture***

**12.45 - 13.45**

*Lunch*

**13.45 - 16.00**

*Improving food security in communities*

**Thanuja Mummidi, Anthropologist, Pondicherry University**

***Threatening Nutritional Security: State Induced Dietary Change among the Konda Reddis, South India***

**Vandhana Ramadurai, Doctoral candidate, Department of communication at Texas A&M University, US**

***Application of the Culturally Sensitive Model of Health Communication to understand health and hunger issues in an Indian slum***

**Salome Yesudas B., Deccan Development Society DDS, Pastapur**

***Programme to revival the dalit traditional food system in Medak (Andhra Pradesh)***

**16.00 - 16.15**

*Tea*

**16.15 - 17.45**

*Promoting traditional food system*

**A. Shahin Sultana, Dept. of Social Work, Pondicherry University**

***Mainstreaming Early and Exclusive Breastfeeding for ensuring Child's Mental health, Health and Survival***

**Salamatou Sow, Ethnolinguist, University of Abdou, Niger**

***Kosam ja'banii gawri, 'the milk supplement millet' Food practices and representations in Peuls of Sahel***

**19.30**

*Cocktail and Dinner*

**2<sup>nd</sup> March 2012**

**9.00 - 11.15**

***Diet and metabolic diseases***

**Louise Borst**, Master student in anthropology; University of Copenhagen Denmark  
*Social aspects of negotiating a diabetic diet: extended cases from rural Tamil Nadu*

**V.Raji Sugumar**, Associate professor, Bharatidassan women college, Pondicherry  
**R. Srinivasan** Associate Professor, Dept of Econometrics, University of Madras.  
*Dietary Transition and Life Style Disorders: Counteracting the Hypocratic Maxim*

**Tristan Fournier**, Post-doctorate, CERTOP, University Toulouse Le-Mirail, France  
*Changing eating habits for health reasons? Commensality and living situations must be considered*

**11.15 – 11.30**

***Tea***

**11.30 - 13.00**

***Balanced diet and health***

**Mohamed Houbaida**, Historian, University Ibn Tofail, Kénitra, Maroc  
*Dietary and food security in Maghreb in a historical perspective*

**Susan Bose**, Clinical dietician, public health nutritionist and researcher, Bangalore  
*Nutritional needs of the mentally-challenged, with a focus on a balanced diet for women from low-income families*

**13.00 - 13.45**

***Lunch***

**13.45 - 16.00**

***Food, Health and Mental Health***

**Sadhana Rajkumar**, Diet and Fitness Consultant, Chennai  
*Good Diet and Nutrition for promotion of health and prevention of diseases (with special focus on diabetes and mental health)*

**Anbu Durai**, Psychiatrist, The Banyan, Chennai  
*Route Map to 'Well-th'*

**Renu Weiss**, Physician, The Banyan, Chennai  
*Physical Health and Mental Health – (Interlinkages)*

**16.00 - 16.15**

***Tea***

**16.15 - 17. 45**

***Food and work***

**Mythri Prasad**, Post-doctoral student, French Institute of Pondicherry  
*Class and caste through the lens of food: Migrant workers in Kerala*

**Ajeet Jaiswal**, Anthropologist, University of Pondicherry  
*A Study on the Intake and Expenditure of Calories among the Manufacturing Worker*

**6..30**

**Alliance Francaise – Conference dansée by Céline Pradeu-Kanagasabi**  
**Auditorium: 58, Suffren Street, Pondicherry**

**3<sup>rd</sup> March 2012**

**9.00 - 10.30**

***Food and Mental Health***

**Sanjeev Jain**, Psychiatrist, NIMHANS, Bangalore

***Famine and the Nature of Schizophrenia***

**Gayatri**, Director of SNEHA, Chennai

***'SNEHA – Services, Outreach, and Care for the Depressed'***

**10.30 - 10.45**

***Tea***

**10.45 - 12.15**

***Alcohol, Health and Mental Health***

**Sunil Kumar**, Psychologist, Wisdom Hospital, Chennai

***Familial and Societal Influences on Substance Abuse Disorders and vice versa.***

**Paul Sounderapandian**, User Survivor, Wisdom Hospital, Chennai

***Substance Abuse Disorders – A user – survivor perspective***

***Discussion***

**13.00**

***Lunch***