



# Nutrition Literacy and Improvement of Food Environments (NULIFE)

Let's Fix Our Food

1st E- Dialogue Series



Date: 13 May 2025

Time: 3-5 pm IST

# Salt Reduction - A Key Public Health Priority

Welcome Address  
(03.00 to 03.05 pm)



**Dr. Bharati Kulkarni**

Director,  
ICMR- National Institute of Nutrition  
(ICMR-NIN), Hyderabad

Opening Remarks  
(03.05 to 03.10 pm)



**Dr. SubbaRao M Gavaravarapu**

Scientist F & Head, NICHE Division, ICMR-NIN, India



Overview of LFOF-NULIFE  
(03.10 to 03.15 pm)

**Dr. Imran Syed Farooq**

Executive Director, Resolve to Save Lives, India

Speakers (03.15 to 03.45 pm)

Reducing Salt Intake:  
Why Does It Matters?



**Dr. Kathy Trieu**

BAppSc (ExSpSc&Nutr), MPH, PhD  
Program Lead, Nutrition Implementation Research, Food Policy Director  
WHO CC Salt Reduction Conjoint Senior Lecturer, Faculty of Medicine,  
UNSW Sydney, National Heart Foundation Future Leader Fellow

Evidence-based salt  
reduction interventions  
- What works?



**De Silva Padmini Angela**

WHO Collaborating Centre for  
Community Nutrition and Food Safety

Achieving the Goal of  
30% Population-Level  
Salt Reduction: How  
India Can Lead the Ways



**Dr. L Swasticharan**

Addl. DDG & Director (EMR), Ministry of Health and  
Family Welfare, Goa

Panel Discussion (03.45 to 04.45 pm)

Salt reduction as a key intervention for  
hypertension prevention and management



**Dr. Roopa Shivashankar**

Scientist E, Indian Council of Medical  
Research, New Delhi



**Prof. Atul A Gokhale**

Director, Symbiosis School of Culinary  
Arts & Nutritional Sciences, Pune



**Jiya Choudhary**

Grade 12  
Evergreen Public school



**Puneeta Singh**

Biology Educator at  
Nasr Girls School, Hyderabad

Q & A session (04.45 to 05.00 pm)

5 Key  
take away points

**Dr. SubbaRao M Gavaravarapu**  
ICMR – National Institute of Nutrition

<https://us02web.zoom.us/j/88109479929>

<https://youtube.com/live/cbj038hjNLI?feature=share>