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Launch of New Era for Metabolic Health and Nutrition

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India's first scientific association dedicated exclusively to metabolic health and nutrition marks a landmark moment for the dietetics profession



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The corridors of Gleneagles Hospital, Mumbai, witnessed a historic moment on 13 May 2026 as the International Association of Dietitians for Metabolic Health and Nutrition (IADMN) was formally inaugurated. The event marked the culmination of months of meticulous groundwork and signalled a transformative shift in how India and the world approach the professional organisation of dietitians engaged in metabolic health and clinical nutrition.

With non-communicable diseases accounting for an escalating share of the global burden of illness, and metabolic disorders, including type 2 diabetes, chronic kidney disease, cardiovascular disease, and obesity at the forefront of this epidemic, the formation of IADMN arrives at a critical juncture. The association positions itself not merely as another professional body, but as a scientific movement: one committed to evidence-based practice, interdisciplinary collaboration, and elevating the global standing of the dietetics profession.

"We are not just launching an association â?? we are declaring that dietitians belong at the centre of metabolic healthcare."

From Concept to Constitution: The Making of IADMN

IADMN was incorporated on 28 October 2025 with its headquarters in Mumbai, Maharashtra. The association was conceived as a global platform rooted in Indian clinical reality yet expansive enough to embrace international collaboration.

The association's founders identified a distinct gap in the professional landscape: while numerous dietetic associations exist across India, none were exclusively focused on the intersection of metabolic health and clinical nutrition. This domain demands specialised, continuously updated, evidence-based frameworks. IADMN was designed to fill precisely that space.

Vision: To be a globally recognised scientific association that advances dietetics, metabolic health, and nutrition science through research, education, innovation, and collaborative action.

Mission: To strengthen the profession of dietetics through scientific advancement and professional development; to promote research and evidence-based practice in metabolic health and clinical nutrition; and to create platforms for education, international collaboration, and knowledge exchange.

The inaugural event brought together professionals from the field of nutrition and medicine. The programme included a scientific symposium, a formal inauguration ceremony, and a networking forum that allowed members and prospective members to engage with the association's vision at first hand.

Among those who graced the occasion was Dr Bharat Shah, Director and Head of the Department of Nephrology and one of IADMN's own Honorary Patrons, whose in-person presence lent the event considerable clinical gravitas. Joining him was Dr Mita Shah, Senior Diabetologist and Founder of the Narmada Kidney Foundation. Dr Hussain Nulwala, DGM-Head Medical Affair & Quality of Gleneagles Hospital Mumbai, also attended, his participation signalling the institution's wholehearted endorsement of IADMN's founding mission

The Executive Board of IADMN comprises seasoned professionals whose combined expertise spans clinical dietetics, renal nutrition, diabetes management, public health, and academic research. The Board is constituted as follows:

Executive Board Member	Designation
Ms. Zamurrud Patel	President
Ms. Jayashree Paranjape	Vice President
Ms. Niti Desai	President Elect 2027
Ms. Sukhada Bhatte	Secretary
Ms. Megha Terse	Joint Secretary
Ms. Ruby Sound	Treasurer
Dr. Eileen Canday	Joint Treasurer

The Board of Directors includes Ms. Sukhada Bhatte and Ms. Ruby Sound, both instrumental in the architecture of the association since its inception.

Honorary Patrons: A Constellation of Scientific Eminence

Perhaps the most compelling signal of IADMN's credibility and reach is the remarkable panel of Honorary Patrons who have lent their names and expertise to the association. This constellation of scientific luminaries spans clinical medicine, nutrition science, public health policy, and international academia:

Honorary Patron	Affiliation / Designation
Dr. Anoop Misra	Chairman, Fortis CDOC Centre of Excellence for Diabetes, Metabolic Diseases and Endocrinology
Dr. Sylvia Escott-Stump	Visiting Professor, University IBERO-Americana
Ms. Salome Benjamin	Ex Chief Dietitian, BYL Nair Hospital
Dr. Lalita Bhattacharjee	Nutrition Advisor, Nutrition Development Foundation Thailand; Senior Nutritionist, FAO (UN) Retd.
Dr. B. Sesikeran	Former Director, National Institute of Nutrition (ICMR)
Dr. Sanu Jacob	Director, FSSAI â?? National Food Laboratory
Dr. Bharat Shah	Director and Head of Department, Nephrology
Dr. Dilip Ghosh	Adjunct Fellow, NICM HRI, Western Sydney University, Australia
Ms. Layla Hussain Abbas	Ex Senior Dietitian, Kuwait Ministry of Health
Dr. Geeta Ibrahim	Ex-Principal, Nirmala Niketan, University of Mumbai

The breadth of this patronage that is stretching from India's premier nutrition research institutions to international universities and intergovernmental organisations speaks to the global aspiration embedded in IADMN's founding charter. These patrons bring not only reputational weight but a wealth of mentorship, research guidance, and policy insight to the association's activities.

Voices of the Patrons: Messages for the Inaugural Launch

Though prior commitments prevented several Honorary Patrons from attending the inauguration in person, their warmth, conviction, and commitment to IADMN's mission were powerfully conveyed through messages shared with the founding team on the occasion of the 13 May 2026 launch

> **â??** *Happy to know that the IADMN will be officially launched on May 13th. My good wishes and all success and a long fruitful existence.* **â?? Dr. B. Sesikeran** *Former Director, National Institute of Nutrition (ICMR)* | *Honorary Patron, IADMN*

> **â??** *I look forward to IADMN growing and making a positive societal impact on healthy lifestyles through its effective awareness/implementation programmes.* **â?? Dr. Sanu Jacob** *Director, FSSAI â?? National Food Laboratory* | *Honorary Patron, IADMN*

> **â??** *Thank you very much for selecting me as your Patron @ IADMN. It is my great honour to work with your great team* **â?? Dr. Dilip Ghosh** *Adjunct Fellow, NICM HRI, Western Sydney University, Australia* | *Honorary Patron, IADMN*

These messages, though brief, carry the weight of distinguished careers devoted to the advancement of nutrition science. The common thread running through each is affirmation â?? a recognition that IADMN addresses a genuine professional need, and a commitment to support its growth from the highest levels of the nutrition science community. For an association in its founding year, such endorsements are not merely ceremonial; they are foundational.

IADMN welcomes dietitians, nutritionists, nutrition researchers, medical professionals with an interest in metabolic health, academicians, and students into its fold. The association's membership framework is designed to be inclusive â?? recognising that progress in metabolic nutrition science requires perspectives from across the professional spectrum, not just those at the top of the clinical hierarchy.

Prospective members can register via the association's official website at www.iadmn.com, where information on membership categories, benefits, and the association's governing documents is publicly available. Those wishing to engage more immediately may contact the IADMN office at iadmnoffice@gmail.com or via WhatsApp at +91-9820023054.

In the months following its formal launch, IADMN has indicated plans to initiate several flagship programmes. These include the development of evidence-based nutritional protocols for metabolic conditions â?? with particular attention to the Indian dietary context â?? and the launch of an official scientific publication platform through which members can disseminate peer-reviewed research.

The association also intends to conduct a regular calendar of conventions, workshops, and symposia, both in-person and in hybrid formats, ensuring geographical accessibility for professionals across India and internationally.

Internationally, IADMN is positioning itself as a bridge between Indian dietetic practice and global scientific communities â?? an ambition reflected in the international composition of its patronage, which includes professionals from Australia, Thailand, the United States, and Kuwait.

"IADMN bridges the gap between nutrition research and its translation into clinical practice â?? a gap that costs lives in the context of metabolic disease."