



10TH EDITION

CAHOCON

**20
26**

First ISQua Regional Conference For South Asia

PRE-CONFERENCE WORKSHOP

**NUTRIHABILITATION: UNLOCKING THE
POTENTIAL OF NUTRITION IN REHABILITATION**



**Friday
10th April
2026**



**8:00 AM
TO
3:30 PM**



**NRI Met Auditorium,
Vijaya Health Centre**



**REGISTER
NOW**

**FEES
1000 INR**

SPOC Information
Ms. Manimegalai Sakthivel | +91 9787566144
Dr. Divya | +91 9566124567
No.434, Arcot Road (N.S.K. Salai),
Vadapalani, Chennai, TamilNadu600026

TIME	TOPIC	SPEAKER	MODERATOR
8.00 AM - 9.00 AM REGISTRATION			
WELCOME ADDRESS - MS. YAMINI PRAKASH			
9.00 AM – 9.10AM	Importance of Nutrition in Rehabilitation (Nutri-habilitation)	Ms. Sanghamitra Chakravarti	Context Setting & Introduction
9:10 AM – 9:30 AM	Nutritional care – A Key Component in Post Hospitalization	Dr Arvind Krishnamurthy	Ms. Richa Shukla
9:30 AM – 9:50 AM	Science of Recovery - Post Critical Illness	Dr P C Vijayakumar	Ms.Manimegalai Sakthivel
9:50 AM – 10:10 AM	Nutritional Needs – A Big Picture of Macro & Micro Nutrients	Dr. Sabanayagam V Dr. Divya Choudhary	Ms. Vijayasree N
10.10 AM – 11.40 AM INAUGURATION & COFFEE BREAK			
11.40 AM – 12.00 PM	Managing Fluid & Electrolytes – The Elixir of Life	Dr Kalavathy Moses	Ms. Edwina Raj
12.00 PM – 12.45 PM	Understanding Dysphagia - Restore Nutrition	Dr Vidhyadharan Shivkumar Ms. Charu Dua Ms. Nayantara Nambiar	Dr. Kavitha V
12:45 PM – 1:15 PM	Panel Discussion on ONS – The Bridge Over Troubled Waters!	Ms. Manimegalai Sakthivel Ms. Richa Shukla Ms. Susan Itty	Dr. Kavitha V
1:15 PM – 2:15 PM LUNCH BREAK			



TIME	TOPIC	SPEAKER	MODERATOR
2:15 PM -2:35 PM	Exercise: A Hidden Reservoir of Resilience	Dr Rajendran A J	Ms. Sujatha Stephen
2:35 PM – 2:55 PM	Prescribing Cascade Journey: Symphony of Side Effects	Dr. T.S Naveen Venkatesh Ms. Edwina Raj	Ms. Susan Itty
2:55 PM – 3:30 PM	Panel Discussion on Vanguard of Wellness - Rehabilitation Journey	Dr. G. Balamurali Ms. Yamini Prakash & Team	Ms. Sujatha Stephen
3.30 PM VOTE OF THANKS - MS. MANIMEGALAI SAKTHIVEL			

PATRONS



DR. VIJAY AGARWAL
President CAHO



DR. LALLU JOSEPH
Secretary General CAHO

ORGANISING CHAIRPERSONS



MS. SANGHAMITRA CHAKRAVARTI
Head of Nutrition and Dietetics
Manipal Hospitals EMB, Kolkata
Chairperson, CDF - CAHO



DR. S V ANIL KUMAR
Chief Medical Officer, Vijaya Health
Centre, Chennai

CHIEF ORGANISING SECRETARY



MS. MANIMEGALAI SAKTHIVEL
Chief Dietitian, Christian Medical College,
Vellore Secretary - CDF CAHO



MR. SUDIP DEY
Head Quality & Academics Woodlands
Multispecialty Hospital, Kolkata, Mentor, CDF -
CAHO

MENTOR

JOINT SECRETARIES



MS. YAMINI PRAKASH
Chief Dietitian, Kauvery Hospital, Chennai



MS. SUJATHA STEPHEN
Chief Dietitian, Yashodha Hospital,
Malakpet, Central Zone Head, CDF
CAHO

ORGANISING MEMBERS



MS. VIJAYASREE N

Chief Dietitian, MGM Healthcare,
Chennai



DR. DIVYA

Quality Head, Vijaya Health Centre,
Chennai



MS. EDWINA RAJ

Chief Dietitian, Aster Hospitals,
Bangalore, Co-chairperson, CDF,
CAHO



MS. SUSAN ITTY

Chief Dietitian, Aster Hospitals,
Kerala, Co-chairperson, CDF, CAHO



DR. KAVITHA V

Chief Dietitian, PSG Hospitals,
Coimbatore, Co-chairperson, CDF,
CAHO



DR. DIVYA CHOUDHARY

Chief Dietician,
Rajiv Gandhi Cancer Institute and
Research Centre, New Delhi, Co-
chairperson, CDF, CAHO



MS. CHARU DUA

Chief Dietitian, Amritha Hospitals,
Faridabad, North Zonal Head, CDF,
CAHO



MS. RICHA SHUKLA

Chief Dietitian, Jehangir Hospital,
Pune, West Zonal Head CDF, CAHO

SPEAKERS



MS. SANGHAMITRA CHAKRAVARTI
Chairperson, CDF - CAHO,
Head of Nutrition and Dietetics
Manipal Hospitals EMB, Kolkata



DR. ARVIND KRISHNAMURTHY
Professor, Surgical Oncology, Cancer
Institute (WIA), Adyar, Chennai



DR. P C VIJAYAKUMAR
Senior Intensivist and
Anesthesiologist Sooriya Hospital,
Chennai



DR. DIVYA CHOUDHARY
Chief Dietician,
Rajiv Gandhi Cancer Institute and
Research Centre, New Delhi, Co-
chairperson, CDF, CAHO



DR. SABANAYAGAM V
Senior Consultant and Clinical Lead,
Department of Multidisciplinary ICU,
MGM Healthcare



DR. KALAVATHY MOSES
Senior Consultant, Critical Care, SIMS
Hospital, Chennai.



DR. VIDHYADHARAN SHIVKUMAR
Head & Neck Oncologist, Apollo
Proton Cancer Centre, Chennai



MS. CHARU DUA
Chief Dietitian, Amritha Hospitals,
Faridabad, North Zonal Head, CDF,
CAHO



MS. NAYANTHARA NAMBIAR
Speech Pathologist · SIMS Hospital,
Chennai



MS. MANIMEGALAI SAKTHIVEL
Secretary - CDF CAHO,
Chief Dietitian, Christian
Medical College, Vellore



MS. RICH A SHUKLA
Chief Dietitian, Jehangir Hospital,
Pune, West Zonal Head CDF, CAHO



MS. SUSAN ITTY
Chief Dietitian, Aster Hospitals,
Kerala, Co-chairperson, CDF, CAHO



DR. RAJENDRAN A J
Senior Consultant and Clinical
Lead Rehabilitation Medicine, MGM
Healthcare, Chennai



DR. T.S. NAVEEN VENKATESH
Cluster Senior Manager for
Pharmacy and Supply Chain
Management
Dr Mehta's Hospitals, Chennai



MS. EDWINA RAJ
Chief Dietitian, Aster Hospitals,
Bangalore, Co-chairperson, CDF,
CAHO



DR. G. BALAMURALI
Spine Senior Consultant and
Neurosurgeon at Kauvery Hospital



MS. YAMINI PRAKASH
South Zonal Head -CDF CAHO
Chief Dietitian, Cauvery
Hospital, Chennai