

Vote Of Thanks By
Mr N M Kejriwal, President, ILSI-India
At
Conference On
Health And Longevity Through Chai: The Wonder Beverage

Ms Sen, Mr Panandiker, Ms Sinha and Friends

Tea has been a subject of research for last few years. It is not only beautiful in color whether green, golden or black but contains many health giving properties. While there is a good control over communicable diseases, the incidence of non communicable diseases is on the rise not only in the developed countries but in the emerging economies and the developing countries as well.

The reasons are well known, that is change in lifestyle, consumption of foods containing high amounts of fats and oils, salt and sugar and lack of physical activity. The incidence of overweight and obesity is on the rise. Abdominal obesity is the fat around abdominal area. According to a latest survey, the prevalence of abdominal obesity in Delhi is as high as 68.5% - 74.8% for women and 68.5% for men. No wonder that along with leading the world in growth story, India is moving fast towards acquiring many NCDs. India is considered as diabetic capital of the world. There is high incidence of cardio vascular diseases, hypertension and certain types of cancer particularly in the urban areas. While this scenario is a cause of concern, it requires research and formulation of suitable policies by, Government, research organizations, industry, NGOs and international organizations.

ILSI-India has been looking at food based approaches combined with lifestyle modifications for dealing with the emerging health challenges including NCDs. Tea is being considered as elixir of good health. It has a role in lowering cholesterol, reducing hypertension, reducing incidence of certain types of cancers including skin and colon cancer, slowing down Alzheimer and boosting immunity. It also helps with fat metabolism, improves insulin sensitivity and increases mental alertness. ILSI and its branches have been focusing and researching on components found in tea which provide health benefits. It is in this context that ILSI-India decided to organize today's

Conference. I hope that you will all find the presentations and discussions useful and participate actively in the deliberations.

With these words, I would like to propose a hearty vote of thanks to our chief guest Ms Roshni Sen, Deputy Chairman, Tea Board. We are grateful to you Madam Sen for joining today's Conference and sharing your thoughts with us.

I am grateful to ILSI-India Chairman, Mr Panandiker for providing his guidance to the program.

We are grateful to the Tea Board, Ministry of Commerce and Industry, National Tea Research Foundation and National Institute of Nutrition for co-sponsoring the Conference. We also appreciate that Brooke Bond Tea Council, Synthetite and DSM have extended support to this program.

Dr Sesikeran and Dr Prakash are always a source of strength to ILSI-India and I am very grateful to them for joining the Conference today. Thank you Dr Prakash and Dr Sesikeran.

I am grateful to Dr Hara a well known tea scientist and who is very closely working with ILSI Japan Committee on Tea for joining the Conference today.

I am also grateful to Dr Ferri, Dr Panda, Dr Chaudhuri, Dr Bandopadhyay, Dr Madhulika Prakash, Dr Khurana, Dr Muraleedharan, Dr Virkar, Dr Bannerjee, and Dr Dharini Krishnan for sparing their time to join us today.

A special word of thanks to those who have come from Kolkata inspire of the festival season when everyone wants to be with his or her family.

I am also grateful to the media for their participation. I hope that you will provide coverage and carry the message for tea drinkers and non tea drinkers about the health benefits. While scientists can provide information on health benefits, it is the media which has to act as the conduit for carrying messages to general public. Media has to play a very important role. No single organization has the reach that media has.

I would also like to thank ILSI-India Secretariat for their untiring efforts.