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### Psychological impact of process of diet planning on the persons who are undergoing the process of weight loss

**W**eight either Overweight or Underweight is a major reason for concern and a matter of tension for both either one is trying to lose some pounds or gain some pounds. It is one of the most psychological effects that leave a deep trauma on the individuals who started following a particular diet plan or diet procedure for weight loss.

Weight loss have certain physical benefits as a person experiences the control of certain physical conditions as body changes, Diabetes cure, Reduction in the chance of heart diseases, any sort of physical discomfort. About 95 per cent of people who are obese have a feeling of negative stigma attached to their life. That leads to the low self-esteem of an individual leading to depressive symptoms. It is so very important duty on the dieticians or weight loss experts to have a close check on the psychological conditions also along with the physical condition.

Behavioural change can be both positive and negative. The study keeps a check on the individuals that are following a particular weight loss diet and how that diet is affecting them as a individual. Are there any noticeable changes in there positive view about life and the Lifestyle pattern that needs to be checked and if in any case they are not losing weight on a particular pattern that they should be then the negative feeling has to be handled properly. Weight loss is proportionally related to the behavioural pattern. A person feels very positive after all the appreciations that he receive after the successful regime of weight loss.

Conclusion- A person should be told clearly about each and every step of the weight loss pattern. He or she should be fully aware of the consequences of the weight loss. Otherwise there will always be a sort of confusion or comparison with others. And a common statement that every Diet control expert has to hear is How come I am not losing weight after following everything that you have asked me to do?

Joint Event

21<sup>st</sup> World Congress on

**Nutrition and Food Chemistry**

3<sup>rd</sup> Euro-Global Summit on

**Probiotics & Nutraceuticals**

August 24, 2022

**WEBINAR**

## Biography

Ranjan Tyagi is a Diet and Nutrition expert working in the field of Weight loss Diets from 12 years. Her diet plans are available under the registered name FITPOINT. Her own venture she is famous for making the person loss weight by just following certain changes in the normal diet pattern. Her diet plans follow a pattern of losing weight naturally so that there are no changes in the weight pattern once the person start living normal life. Ranjan have been part of ICDA. Have attended conferences worldwide and presented her papers in the Oral and Poster presentations. She has been part of ICD conference held in Sydney in 2012 and in Granada in 2016. She has also attended conferences held every year in various parts of India by Indian Dietetic Association.

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