



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

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### ***Abstract***

**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 percent of people who are obese have a feeling of negative stigma attached to their life.



### ***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. Dt. 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.

### ***Speaker Publications:***

1. Title: Psychological impact of process of diet planning on the persons who are undergoing the process of weight loss

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