

FSSAI Webinar on Therapeutic Benefits of Milk and Dairy Products

Dr. J.B. Prajapati, Chairman, IDA (WZ), was invited as the Guest Speaker in the **Ayushman Bhav Samvad webinar series organised by FSSAI on March 30, 2026**, where he delivered an insightful talk on the therapeutic benefits of milk and dairy products. The webinar was moderated by Dr. Monica Punia, Deputy Director, FSSAI, and witnessed the participation of over 230 attendees from across the country.

The session highlighted the nutritional, therapeutic and scientific importance of milk and dairy products. It addressed several misconceptions associated with milk consumption, presented a comparison between dairy and plant-based alternatives, and discussed the significant role of dairy foods in the management of lifestyle-related disorders.

During his presentation, Dr. Prajapati emphasised that milk is a nutritionally complete and functional food, and that regular consumption of dairy products contributes to overall health and longevity. He further noted that many of the negative perceptions surrounding milk are largely myth-driven rather than evidence-based, and urged consumers to rely on scientific facts instead of social media narratives while making dietary choices.

