

my abstract will be accepted so that I can present my work to my fellow peers. Going to the Symposium will also be a fantastic opportunity to learn about other areas of research that dietitians are involved in.

Q In the 2013 Student Survey, across all subjects was the lack of feedback from staff to students. Is this something you have come across? Have you got any advice?

In my first year I was elected to the course management team for Dietetics at Nottingham. Each year group has a rep and it's our role to collate feedback from our cohort. I use our year's private Facebook group to ask for feedback on the course. I then bring the responses to the tutors who consider them and make changes accordingly. The aim is to prevent the same problem for the following year. Feedback has been an issue and using this system Nottingham has a 21 day policy for coursework/feedback to be returned. Students can book 1-2-1 meetings with their tutors for more detailed feedback. I know instances where an entire class has faced the same issues and the university has conducted an open group session where they discussed the problems en masse. The best advice I can give is to be pro-active as the tutors and lecturers are busy but more than happy to help. **DR**

Q The BDA Research Symposium is only a few months away (December), we hear you have submitted a paper – tell us more!

During my summer break I had no holiday plans and I was eager to get some voluntary experience. I was lucky enough to gain the opportunity to work with Slimming World's nutrition and research team. I was working on an exciting diabetes project where I analysed Slimming World's members managing their diabetes pre and post Slimming World intervention. Coming from an ethnic background where there is a high frequency of diabetes development, it was fascinating to see the results achieved by some members. I was made aware of this opportunity to submit the research by one of my lecturers Amanda Avery, who really helped me develop my research skills and to whom I am very grateful. I'm hopeful that

employment and also from my savings. However, I spoke to my course tutor and the department paid half of the cost for myself and a fellow student. I know that this year there were some free places for student volunteers and a 50% reduction in ticket prices for students – but for everyone interested for Live 2015, it is worth asking your university about funding – get in touch if you need any tips!

Q You mentioned attending BDA Live 2013 – what did you think of this year's conference? Is it useful for students?

Definitely! I really enjoyed both Live 2013 and Live 2014. The conference is an eye opening experience for students as you learn about all different areas and aspects of dietetics. You can have informal discussions with current practising dietitians from various specialisms and Live provides an opportunity for you to network with fellow students and registered dietitians. BDA Live also makes you aware of current issues that dietitians face but also identifies the recent triumphs that dietitians have achieved, it's really inspiring. BDA Live gives you a good chance to mix with dietitians who work across all of these areas. Listening to their sessions and speaking to them in the social spaces is a fantastic way to taste the variety the profession has to offer.

Q There were no free places for students last year – how did you manage to pay the cost?

I really wanted to go and would have managed to fund the place from my current

Fascinating fact: Ravi's family business have made and supplied the dancing shoes for *Strictly Come Dancing!*

Favourite food: Mum's homemade chicken curry and chapattis

- Nestle Peppermint Crisp chocolate bar
- you can only buy in South Africa.

Reasons for training to be a dietitian:

- wanting to help people
- impact nutrition has on health
- under-rated career

Get in touch with Ravi:

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Ravi Nagar, student representative on the BDA Council

Interview

STUDENT

VITAL STATISTICS

Name: Ravi Nagar
 Age: 24
 Sex: Male
 Nationality: British Asian
 Course: Nutrition and Dietetics MNutr at University of Nottingham - 3rd year



I didn't know you could be on the BDA Council as a student – it was only when talking to Rachel Stewart (the outgoing rep) at BDA Live 2013 that I realised it was an option. Rachel really brought the role to life and I was really keen to be involved. Thanks to everyone who voted for me!

Q What made you decide to represent students on the BDA Council?

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