

INTERNATIONAL CONFERENCE ON

Integrative Strategies for Metabolic Health

**PROTECT THE PRESENT,
 SAFEGUARD THE FUTURE**

Pre-conference workshop	Conference	Post-conference workshop
9th January, 2025	10th & 11th January, 2025	12th January, 2025
Thursday	Friday & Saturday	Sunday

 **Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Andheri (West), Mumbai, Maharashtra**

Academic Partners



The IPA-MSB's Bombay College of Pharmacy - Autonomous
 Approved by AICTE, PCI and Affiliated to University of Mumbai



B. K. Birla College, Kalyan
 (Empowered Autonomous Status)
 Conducted by Kalyan Citizens' Education Society
 Affiliated to University of Mumbai
College of Excellence status by UGC (2015-2020),
 Accredited by NAAC (with Cycle) with A++ Grade (CGPA - 3.51) (2024-31)

Knowledge Partners



Highlights of the Conference



Knowledge and Skill Oriented Four-Day Event

- **Two pre-conference workshops & one Post-conference workshop** for in-depth learning and hands-on training
- **Two days of main conference** packed with cutting-edge presentations and deliberations



Distinguished and Globally Renowned National and International Speakers

- Leading voices from medical and dietetics fields



Engaging Sessions

- **20+ Scientific Sessions:** Covering the latest research and advancements
- **3-4 Panel Discussions:** Featuring industry pioneers addressing critical and current issues in nutrition and health



Diverse Participation

- Practicing Dietitians
- Medical Experts
- Academicians
- Scientists
- Research Scholars
- Students
- NGOs
- Biotechnologists



Industry Representation

- Food Industry
- Nutraceutical Industry
- Hospitality Industry
- Healthcare Industry
- Fitness Industry
- Pharmaceutical Industry
- Entrepreneurs

Organizer



Lifeness Science Institute (LSI): Lifeness Science Institute (LSI) offers academic courses in Integrative Nutrition and Dietetics. LSI is also India's premier academic partner for prestigious institutions affiliated with University of Mumbai such as **Malad Kandivali Education Society Nagindas Khandwala College (Empowered Autonomous), B.K. Birla College (Empowered Autonomous) and The IPA-MSB's Bombay College of Pharmacy (Autonomous)** and offers undergraduate and postgraduate courses in Integrative Nutrition and Dietetics. LSI aims to impart exemplary training to nutrition and dietetics professionals towards implementing an integrated approach for fostering a healthy lifestyle and improving the quality of life of the community.

Academic Partners



MKES Nagindas Khandwala College (Empowered Autonomous): Nagindas Khandwala College was established on 21 July, 1983 by the visionary, dedicated and ever progressive Malad Kandivli Education Society, a trusted educational catering partner with a four-decade tradition of excellence, has now become an Empowered Autonomous institution with an A Grade (NAAC Accredited – 4th cycle) and is ISO 9001:2015 certified. Recently, in the year 2023-24, the Empowered Autonomous College status has been conferred on our institution by the University of Mumbai. Additionally, among autonomous colleges of India, they have received the 9th rank at the national level and the 5th rank at the state level.



B. K. Birla College, Kalyan (Empowered Autonomous Status)
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Reaccredited by NAAC (4th Cycle) with 'A++' Grade (CGPA - 3.51) (2024-25)

B. K. Birla College of Arts, Science and Commerce (Empowered Autonomous): B. K. Birla College, Kalyan a multi-faculty premier institution of higher learning, with an enrolment of more than 12,800 students (more than 8,400 in UG, PG and Research Programs and more than 4,400 in Junior College) is affiliated to the University of Mumbai (UoM). The College has been reaccredited (4th Cycle) in 2024 and awarded 'A++' Grade with CGPA 3.51. The College has been awarded the 'Best College Award' in the urban category, by the University of Mumbai in 2009. The College has been granted 'College of Excellence' Status by UGC (2015 to 2023). The College is ISO 9001:2015 certified. The College has been granted 'Empowered Autonomous Status' by University Grants Commission and University of Mumbai from the academic year 2023-24.



The IPA-MSB's Bombay College of Pharmacy (Autonomous): Bombay College of Pharmacy (BCP) is a pioneering institution in Pharmaceutical education in India. BCP was founded in 1957 by the Indian Pharmaceutical Association - Maharashtra State Branch (IPA-MSB) with financial assistance from the Government of Maharashtra and several pharmaceutical companies. It is approved by PCI, AICTE, UGC & DTE. It is recognized by DSIR as Scientific and Industrial Research Organization (SIRO) (Government of India). The College has been granted Autonomous Status from the academic year 2019-20. Mission of the Bombay College of Pharmacy is to educate and train students in the knowledge of Pharmaceutical Sciences and to contribute to the improvement of health of the society through educational and research programs.

Knowledge Partners



Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute: Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Mumbai, is a world-class medical facility renowned for its comprehensive healthcare services and cutting-edge treatments and is a preferred choice for both domestic and international patients seeking high-quality healthcare services. Its commitment to delivering excellence in patient care, medical research, and education has earned it several accolades and recognition within the medical community. The hospital is proud to be in the league of the world's leading JCI accredited healthcare providers, has attained NABH accreditation, accredited by CAP since January 2013, and their laboratory is accredited by NABL.



Nutrition Society of India, Mumbai Chapter (NSI): The Nutrition Society of India (NSI) established in 1967 is an association of nutrition professionals, programmers, and policy makers from India and abroad. NSI is the recognized Indian representative of International Union of Nutritional Sciences (IUNS), through the adhering body, Indian National Science Academy (INSA), and Federation of Asian Societies of Nutrition. NSI has 36 active zonal chapters of which Mumbai Chapter is one of the most active chapters. NSI Mumbai Chapter has approximately 400 active members.



Indian Dietetic Association, Mumbai Chapter (IDA): Indian Dietetic Association was founded in 1962 and is headquartered at Kolkata. It is a group of like-minded nutritionists, dietitians and workers in allied health fields resolved to form a scientific body to highlight the importance of dietetics and nutrition in the maintenance of health, and in the prevention and treatment of diseases. Currently there are 25 chapters of IDA in various parts of the country and has over 17000 members Pan India. The association is affiliated to the International Confederation of Dietetic Associations (ICDA) and Asian Confederation of Dietetic Associations (AFDA). The Indian Dietetic Association, Mumbai Chapter is one of the largest and most active chapters of the association.



Nutrition and Diabetes India: Nutrition and Diabetes India, A Core Group of IAPEN India Association for Parenteral and Enteral Nutrition: The Nutrition and Diabetes India, a core group of IAPEN is devoted to the study of Metabolic and Endocrine problems associated with diabetes and their nutritional implications and management. Trained healthcare professionals with sound knowledge about Diabetes and Nutrition play a vital role in aiding management and empowering the patient with the knowledge needed to manage his/her diabetes and prevent complications and ensure optimal treatment outcomes towards positive health goals.



Association of Sports, Nutrition and Fitness Sciences (ASNFS):

Association of Sports, Nutrition and Fitness Sciences (ASNFS) is a registered association which aims to provide a holistic platform for all sports science related areas including but not limited to exercise physiology, sports nutrition, sports medicine, sports psychology, sports physiotherapy, sports coaching and fitness training. The Association strives to bring experienced professionals and academicians from different sports and fitness related sciences under one umbrella for the exchange of evidence-based knowledge and practical insights to achieve excellence in athletic performance and holistic health in the community.



DENMA Healthcare Pvt. Ltd.:

DENMA Healthcare Pvt. Ltd. aims to cover offline, online and hybrid activities which design, plan and develop solutions in the health-care field with an expertise in diabetes, endocrinology, nutrition and metabolic disease, its comorbidities, complications and related health conditions. There are four arms. DENMA Academy (conceptualizes and executes academic seminars, conferences, workshops in Diabetes, Endocrinology, Nutrition and Metabolic disorders); community nutrition service; clinical nutritional counseling service and content writing in the field of diabetes and nutrition.



The Association of Food Scientists & Technologists (AFSTI), Mumbai Chapter

is a dedicated forum for food science professionals in India's financial capital. Established in 1970, it fosters collaboration and knowledge exchange among researchers, academicians, and industry experts within the food sector. The chapter strives to achieve several key goals. These include promoting food science education, disseminating scientific advancements in food technology, and advocating for food safety and quality standards. The AFSTI Mumbai Chapter organizes technical seminars, workshops, and industry visits, providing valuable learning and networking opportunities for its members, and host events to raise awareness about healthy food choices among the public. By promoting knowledge sharing and industry collaboration, the AFSTI Mumbai Chapter plays a vital role in advancing food science and technology in India.



Academy for Skills in Nutrition, Health and Research (ASNHR):

With an aim of imparting education beyond formal academics, Academy for Skills in Nutrition, Health and Research (ASNHR) fills the gap by conducting various short-term and long-term courses, masterclasses and workshops. ASNHR provides courses by industry experts & qualified professionals that help you to upskill and reskill with the latest advances and practices. ASNHR's vision is to make India a world leader in the field of integrative nutrition, health, and ethical research.

What is Metabolic Health?

Metabolic health refers to the optimal functioning of an array of metabolic processes within the body comprising energy metabolism, glucose regulation, lipid metabolism, and insulin sensitivity. Key components of metabolic health are stable blood glucose levels, healthy lipid profiles, appropriate body weight, and preserved insulin sensitivity. While metabolic health fosters vitality and longevity, metabolic disorders are a major risk factor for the development of chronic, non-communicable diseases, prevalence of which is rapidly increasing across the world. Genetics, diet, physical activity level, sleep quality, stress and environmental exposure influence metabolic health. Maintenance of metabolic health is crucial for leading a good quality of life and requires awareness on various healthy lifestyle strategies.

Aim of the Conference:

- To address the pressing challenges and promote preventive measures for optimizing metabolic health through evidence-based information.
- To catalyze transformative change towards prevention and management of metabolic disorders, safeguarding the health and well-being of current and future generations.

Beneficiaries of the Conference:

The conference would offer an integrated platform to health care professionals-diabetologists, endocrinologists, cardiologists, dietitians, nutritionists, along with academicians, students, NGOs, food industry, nutraceutical, pharmaceutical industry, fitness industry, hospitality industry, etc. to explore and formulate evidence-based, prevention and management programmes for metabolic disorders in India for widespread implementation.

Opportunities for Young Researchers:

This conference will provide an opportunity to young researchers from India and abroad to showcase and share their research achievements through posters and/or oral presentations. Good quality research outcomes would be compiled and shared in the form of proceedings with an ISBN.

Special Feature: Post-Conference Workshop

LSI VishwaSwasthyam 2025 is offering an exciting 'Post-Conference Workshop' complimentary to the participants who register for the Pre-Conference Workshops and the Main Conference. This workshop will be conducted by a renowned sports nutritionists RD Dr. Nancy Clark and Dr. Mridula Naik

LSI VishwaSwasthyam 2025
Programme Schedule
Day 1: 10th January, 2025

Time	Topic	Speaker
8.00 to 8.45 am	Registration & Breakfast	
9.00 to 10.00 am	Inaugural Session	
10.00 to 10.40 am	Keynote Address: Metabolic Risk- Prevent, Minimize and Manage	Professor David Simmons Professor of Medicine School of Medicine Director, Diabetes Obesity and Metabolism Translational Research Unit, Deputy Head of Department, Macarthur Diabetes Endocrinology and Metabolism Services (MDEMS)/SWSLHD, Campbelltown/Camden Hospitals, Australia
10.40 to 11.10 am	Metabolic Health in Rural & Tribal India	Dr. Tapas Chakma Director grade Scientist at ICMR-NIRTH, Jabalpur
Plenary Session-1		
11.10 to 11.50 am	Intergenerational Metabolic Health Risk - Undernutrition vs Overnutrition	Dr. C. Yajnik Director, Diabetes Unit, KEM Hospital, Pune
11.50 to 12.30 pm	Metabolic Obesity in Paediatric Population	Dr. Anura V. Kurpad Professor & Head of Physiology, St. John's Medical College, Bangalore
12.30 to 1.00 pm	Markers of Metabolic Health-Age Specific Criteria	Dr. Archana Juneja Consultant Endocrinologist, Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Mumbai
1.00 to 1.10 pm	Q & A	
1.10 to 2.00 pm	LUNCH BREAK	
2.00 to 2.30 pm	Precision Nutrition - The Omics Approach	Dr. Amol Raut (PhD) Founder Director, AIRGenomix Pvt Ltd.
2.30 to 3.00 pm	Personalised to Precision Nutrition - Tips for Planning Personalised Diets	Dr. Geeta Dharmatti Registered Dietitian and Director, NutriHeal
3.00 to 3.10 pm	Q & A	

3.10 to 4.10 pm	<p>1. Functional Foods and Genetics: The Missing Link</p> <p>2. Metabolic Benefits of Functional Foods - Nutraceutical vs Food - Based Approach</p> <p>3. Role Of Industry In Promoting Metabolic Health</p>	<p>Dr. Sylvia Escott Stump Teaching Faculty at University of Wisconsin - Madison, Indiana University of Pennsylvania Winterville, North Carolina, United States</p> <p>Dr. Jagmeet Madan Director, Post Graduate Self financed programs & Research, Innovation and Consultancy, SVT College of Home Science, National President, IDA</p> <p>Mrs. Subhaprada Nishtala Hon Vice President- AFST(I)</p>
4.10 to 4.20 pm	Q & A	
4.20 to 5.20 pm	Research Paper Presentations - LSI VishwaSwasthyam Researcher Award	
5.20 pm	High Tea & Networking	



LSI VishwaSwasthyam 2025
Programme Schedule
 Day 2: 11th January, 2025

Time	Topic	Speaker
9.00 to 9.40 am	Lifestyle Medicine - An Ideal Preventive Approach Towards Metabolic Health	Mr. Luke Coutinho Holistic Nutritionist, Integrative and Lifestyle Medicine Expert
9.40 to 10.10 am	Diet - Hormone Interactions in Metabolic Disorders	Dr. B. Sesikeran Former Director, National Institute of Nutrition, Hyderabad
Scientific Session - I Metabolic Risk Factors and Preventive Nutrition in Renal and Cardiovascular Diseases		
10.10 to 11.30 am	Metabolic Risk Factors and Need for Preventive Approach in Kidney Diseases	Medical Expert: Dr. Bharat Shah Director and Head of Department, Gleneagles Hospitals, Mumbai Nutrition Expert: Ms. Zamrud Patel Head, Department of Nutrition & Dietetics, Gleneagles Hospitals, Mumbai
	Metabolic Risk Factors and Need for Preventive Approach In Cardiovascular Diseases	Medical Expert: Dr. Sunil Wani Consultant, Cardiology, Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Mumbai Nutrition Expert: Ms. Bhakti Samant Chief Dietitian, Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Mumbai
11.30 to 11.40 am	Q & A	
Scientific Session - II Metabolic Risk Factors and Preventive Nutrition in Diabetes & Liver Diseases		
11.40 to 1.00 pm	Metabolic Risk Factors of Diabetes - Need for Preventive Approach	Medical Expert: Dr. Dheeraj Kapoor Head, Endocrinology, Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Mumbai

		<p>Nutrition Expert: Dr. Shilpa Varma Chief Clinical Nutritionist, BelleVue Multispeciality Hospital, Child Hormone Foundation, Mumbai</p>
	<p>Metabolic Risk Factors of Liver Diseases - Need for Preventive Approach (MAFLD VS NAFLD)</p>	<p>Medical Expert: Dr. Akash Shukla Director and Consultant at the Hepatology Department at Sir H. N. Reliance Foundation Hospital and Research Centre, Mumbai</p> <p>Nutrition Expert: Dr. Eileen Canday Head of Department of Nutrition & Dietetics at Sir H. N. Reliance Foundation Hospital and Research Centre, Mumbai</p>
1.00 to 1.15 pm	Q & A	
1.15 to 2.00 pm	LUNCH	
<p>Scientific Session - III Metabolic Benefits of Exercise & Mental Health</p>		
2.00 to 2.30 pm	<p>Impact of Exercise and Yoga on Stress and Metabolic Parameters</p>	<p>Dr. Anjana Mohan, MBBS, MD Managing Director of Dr. Mohan's Diabetes Specialities Centre, Chennai</p>
2.30 to 3.10 pm	<p>Integration of Exercise & Nutrition: Guidelines for Metabolic Health</p>	<p>Dr. Nancy Clark MS RD CSSD Sports Nutrition Counselor Secretary, Professionals in Nutrition for Exercise and Sport (PINES), USA</p>
3.10 to 3.40 pm	<p>Mental Well-being and Metabolic Health - Understanding the Intricate Connect</p>	<p>Dr. Rajesh Sagar Professor Department of Psychiatry All India Institute of Medical Sciences (AIIMS), New Delhi</p>
3.40 to 3.50 pm	Q & A	

3.50 to 4.30 pm	Alternative Diets - Ketogenic Diet, Intermittent Fasting, Low Carbohydrate Diets Applications in Metabolic Disorders - Hope or Hype	Metabolic Aspects: Ms. Datta Patel H.O.D. Department of Nutrition & Dietetics, Program Coordinator for Bachelor of Sports and Exercise Science, D.Y. Patil University Practical Aspects: Ms. Sonal Chandalia R.D. (Registered Dietician), Certified Diabetes Educator
4.30 to 5.10 pm	Valedictory Session: Innovative Use of Probiotics to Combat Malnutrition and Micronutrient Deficiencies & Future Directions for Metabolic Health	Dr. Sarath Gopalan President, Nutrition Society of India & Senior Consultant Pediatric Gastroenterologist and Hepatologist, Madhukar Rainbow Children's Hospital, New Delhi
5.10 to 5.30 pm	Prize Distribution	
5.30 to 5.40 pm	Vote of Thanks	
5.50 pm	High Tea & Networking	

Swasthyam

International Conference on Integrative Global Health

Prediabetes to Diabetes A Trajectory of Concern

Academic Partners:

B. K. Birla College (Empowered Autonomous), Kalyan
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Affiliated to University of Mumbai
College of Excellence award by UGC (2013-2020)
Recognized by MCI (All India Council of Medical Education) - 2186 (2014-21)

The IPA-MSB
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Knowledge Part



Pre-Conference Workshops
9th January, 2025

Workshop - 1: 10:00 am - 1:00 pm

Transforming Clinical and Research based Nutritional Landscapes with Technology

Expert:

Ms. Gurdeep Kaur, Creator of DietCal and Senior Dietician at AIIMS, New Delhi

Highlights:

- Comprehensive platform for nutrition professionals in various fields, supporting diet chart creation, nutrient calculation with pictorial food displays, food group analysis, and diet diversity scores.
- Facilitates management of large-scale research projects, including intake tracking via 24-hour recall and food frequency.
- Enhanced data security features and extensive validation by scientific teams, making it a crucial tool for improving nutritional practices and research.

Workshop - 2: 2:00 pm - 5:00 pm

**Empathetic Nutrition: A Guide for Mental Health Assessment and
Effective Counselling Skills for Dietetic Professionals**

Expert:

Dr. Archana Ainapure, President of Texas School of Mental Health, Director of the School of Beauty and Wellness at Symbiosis Skills and Professional University, Pune; Higher Education Advisor, Author and Global Award for Skills in Nutrition Education

Highlights:

- Deep understanding of the link between nutrition and mental health.
- Equip participants with tools for basic mental health assessment in a nutrition counselling setting.
- Develop skills for interpreting mental health findings to develop personalised nutrition plans.
- Access to standardised tools, mental health resources, and research findings.



**Post-Conference Workshops
12th January, 2025**

Workshop - 1: 9:00 am - 11:00 am

**Indian Contemporary Bollywood/Regional Movies/Folk/Western
Music Based Dance + Fitness Workshop For Adolescent Girls & Women**

**Taking High-Intensity Interval Training AND Dance to
Adolescent Girls/Women for Victory over NCDs (THANDAV)**

Dancing offers upbeat and inventive exercise that promotes an active lifestyle. Sociable, energizing and life-affirming. Dance has a whole host of body benefits from aiding joint flexibility, muscular endurance and stronger bones to boosting mental wellbeing and alleviating stress by releasing the 'happy hormones'.

Expert:

Dr. Ranjani H (CDE, PhD), Sr. Scientist and Head,
Dept. of Preventive and Digital Health Research, Madras Diabetes Research Foundation and
Dr. Mohan's Diabetes Specialities Centre, Chennai & Bengaluru

**An Initiative By Madras Diabetes Research Foundation &
Dr. Mohan's Diabetes Specialities Centre, Chennai, India**

Workshop - 2: 11:00 am - 1:00 pm

**Management of Eating Disorders and Disordered Eating in Professional Sports Persons and
Physically Active Individuals**

Expert:

Dr. Nancy Clark, MS RD CSSD, USA, Sports Nutrition Counselor, Secretary,
Professionals in Nutrition for Exercise and Sport (PINES)

Dr. Mridula Naik, PhD (Nutrition)

Trained in Ketogenic Diet Therapy & Therapeutic Food Plans, Institute of Functional Medicine, USA;
Consultant Nutritionist,
Additional Secretary, Association of Sports Nutrition & Fitness Sciences

Highlights:

- Identification of eating disorders among sports persons and fitness enthusiasts - tools of assessment and practical tips.
- Nutritional assessment of sports persons and fitness enthusiasts with eating disorders.
- How to manage eating disorders and disordered eating in sports persons and fitness enthusiasts .
- Nutrition and weight management coaching for sports and fitness.
- How to succeed as a sports nutritionist.

Our Eminent Speakers



Professor David Simmons

Professor of Medicine
School of Medicine | Director,
Diabetes Obesity and Metabolism
Translational Research Unit,
Campbelltown/Camden Hospitals,
Australia



Dr. Sarath Gopalan

Senior Consultant Pediatric
Gastroenterologist and
Hepatologist at Madhukar
Rainbow Children's Hospital,
Valedictory Address



Dr. Chittaranjan Yajnik

Director & Consultant - Diabetes
Unit, KEM Hospital, Pune



Dr. Anura V Kurpad

Professor,
Physiology, St. John's Medical
College, Bangalore



Dr. Archana Juneja

Consultant Endocrinologist,
Kokilaben Dhirubhai Ambani
Hospital and Medical Research
Institute, Mumbai



Dr. Geeta Dharmatti

Director: Geeta NutriHeal
Consultancy, Pune



Mr. Luke Coutinho

Lifestyle Coach,
Lifestyle Ambassador
Fit India Movement



Dr. B. Sesikeran

Former Director, National
Institute of Nutrition, Hyderabad



Dr. Dheeraj Kapoor

Head, Endocrinology,
Kokilaben Dhirubhai Ambani
Hospital, Mumbai

Our Eminent Speakers



Ms. Datta Patel

H.O.D. Department of Nutrition & Dietetics, D.Y. Patil University



Ms. Sonal Chandalia

Chief Dietician and Nutritionist
Dr. Chandalia's DENMARC



Dr. Sunil Wani

MBBS, MD - General Medicine,
DM - Cardiology, Kokilaben
Dhirubhai Ambani Hospital



Ms. Bhakti Samant

Chief Dietician at Kokilaben
Dhirubhai Ambani Hospital
(KDAH) in Mumbai



Dr. Bharat Shah

Consultant Nephrologist,
Sir H. N. Reliance Foundation
Hospital and Research Centre



Ms. Zamrud Patel

RD, Consultant Global
Hospitals Mumbai,
Convener - Indian Dietetics
Association, Mumbai Chapter



Dr. Akash Shukla

Director and Consultant at the
Hepatology Department at
Sir H. N. Reliance Foundation
Hospital and Research Centre



Dr. Eileen Canday

Head of Department of
Nutrition & Dietetics at
Sir H. N. Reliance Foundation
Hospital and Research Centre



Dr. Rajesh Sagar

MBBS, DM,
Professor, AIIMS
New Delhi

Our Eminent Speakers



Dr. R M Anjana

Managing Director, Dr. Mohan's Diabetes Specialities Centre and Vice President, Madras Diabetes Research Foundation



Dr. Nancy Clark

MS, RD, Certified Specialist in Sports Dietetics (CSSD) and a certified WellCoach, USA



Ms. Gurdeep Kaur

Creator of DietCal and Senior Dietician at AIIMS, New Delhi



Dr. Archana Ainapure

President, Texas School of Mental Health, Director, School of Beauty and Wellness at Symbiosis Skills and Professional University, Pune



Dr. Mridula Naik

Institute of Functional Medicine, USA; Consultant Nutritionist, Additional Secretary, Association of Sports Nutrition & Fitness Sciences



Dr. Tapas Chakma

Scientist 'G', ICMR-National Institute of Research in Tribal Health, Jabalpur



Dr. Jagmeet Madan

Director, Post Graduate Self financed programs & Research, Innovation and Consultancy, SVT College of Home Science, National President, IDA



Dr. Sylvia Escott Stump

Professor of Practice at Northern Illinois University, Dietetic Internship Director at East Carolina University



Dr. Amol Raut

Founder Director, AIRGenomix Pvt Ltd.



Dr. Ranjani Harish

Sr. Scientist and Head, Dept. of Preventive & Digital Health Research, MDRF, Chennai & Bengaluru

Registration Details

Conference Registration:

- ▶ Students: Final Year Graduates; Post Graduate Diploma & Masters' students need to upload a valid ID card to avail student discount.
- ▶ Ph.D. Scholars should register as working professionals and not as students.
- ▶ Professional: academicians, researchers, dieticians, nutritionists, food technologists, scientists, biotechnologists, NGOs, etc.
- ▶ Members of Nutrition Organisations: If you are a member of **Nutrition Society of India, Indian Dietetics Association, India Association of Parenteral and Enteral Nutrition or Association of Sports, Nutrition and Fitness Sciences**, please upload a valid membership ID card/certificate/receipt of payment of membership to any one of the 4 associations to avail the discount.
- ▶ If your paper is accepted for poster presentation, the presenting author should register for the conference and be present physically for presentation at Mumbai.
- ▶ The registration fee includes attendance at all scientific sessions, access to all conference material and networking opportunities, conference lunches, and refreshments during the tea and coffee breaks in the mornings and afternoons and a soft copy of conference proceedings.

Pre-Conference Workshop Registration:

- ▶ Participants can attend both the pre-conference workshops with one registration fee.
- ▶ Registration charges for pre-conference workshops are separate from that of the main conference.
- ▶ Participants can register only for the pre-conference workshop also.
- ▶ There are no student or member association discounts for pre-conference workshops.
- ▶ Limited seats for pre-conference workshops.
- ▶ Separate certificates will be issued for each pre-conference workshop.

Post-Conference Workshop Registration:

- ▶ Post-conference workshop is complementary to those who register for both pre-conference workshops and the main conference.
- ▶ Registration is free but mandatory for the post-conference workshop.
- ▶ Certificates will be issued for post-conference workshop.



Earlybird Registration

Category	Pre-Conference	
	Early bird (up to 1 st November, 2024)	2 nd November to 15 th December, 2024
* Students	1125	1200
* Professionals:		
* National Delegates	1320	1400
* International Delegates	110\$	150\$
Main Conference		
* Students	1595	1800
* Professionals:		
* Members of Nutrition Organisations	3960	5400
* Non Members	5940	7200
* International Delegates	220\$	300\$

*** Students:**

Final Year Graduates, Post Graduate Diploma & Masters

*** Professionals:**

Academicians, Researchers, Dieticians, Nutritionists, Food Technologists, Scientists, Biotechnologists, NGO, etc.

*** Members of Nutrition Organizations:**

If you are a member of **Nutrition Society of India, Indian Dietetics Association, India Association of Parenteral and Enteral Nutrition or Association of Sports, Nutrition and Fitness Sciences** and want to avail membership discount, please upload a valid membership id card/certificate/receipt of payment of any one of the 4 associations to avail the discount.



To know more about Conference: <https://lsiworld.in/vishwa-swasthyam/>

Register Now to secure your Spot: <https://lsiworld.in/vishwa-swasthyam/buy-now.php>

Last date of early bird registration: 1st November 2024

Abstract Guidelines

The organizing committee invites abstract submissions for E-poster/Oral Presentation at LSI VishwaSwasthyam 2025

- Abstracts of original research are invited for E-Poster/Oral Presentation
- Conference registration of the presenting author is mandatory for submission of abstract
- Please note, a single registration permits only one person to attend the conference. If co-authors would like to attend the conference, they have to register for the conference independently
- Registering for the conference will not guarantee acceptance of the paper for presentation
- Name of the presenting author must be underlined and bold
- The presenting author is required to ensure that all co-authors are aware of the content of the abstract before submission
- Abstract should be submitted in English with accurate grammar and spelling, suitable for publication
- Abstract should contain original unpublished research data
- Acceptance of abstract will be purely on the basis of its quality and originality
- The decision of the scientific committee regarding acceptance of the abstract for presentation would be final
- Abstracts previously presented will not be accepted
- Submit your abstracts to the scientific committee at **abstracts.vs@gmail.com**
- Accepted abstracts would be published in the conference proceedings with ISBN number
- **Only the presenting authors would receive a certificate of presentation**
- **Scientific committee will decide and inform the authors whether the abstract is accepted for oral or E-poster presentation**

Themes for abstract submission:

Abstracts can be submitted on research conducted in the area of metabolic disorders. Metabolic disorders include: Underweight/Overweight/Obesity, Diabetes, Hypertension, Renal disorders, Liver disorders, Thyroid disorders, Cardiovascular disorders and Hyperlipidaemia

Subthemes:

Abstracts can be submitted on research conducted in the area of Metabolic Disorders. Metabolic disorders include: Underweight/Overweight/Obesity, diabetes, Hypertension, Renal disorders, Liver disorders, Thyroid disorders, Cardiovascular disorders and Hyperlipidaemia

- Metabolic disorders, risk assessments and prevalence
- Role of physical activity, sleep and mental health
- Personalised nutrition (nutrigenomics and gut microbiome) for metabolic health
- Nutrition (diet therapy, functional foods, nutrition adjuncts, interventions) and metabolic disorders
- Malnutrition (over and under-nutrition & nutritional deficiencies) in metabolic disorders
- Alternative therapies for metabolic disorders
- Role of technology and counselling in metabolic disorders
- KAP studies on metabolic disorders

Guidelines for writing abstract:

- Type the abstract in microsoft word
- Font style - Times New Roman, Font size - 12, Line spacing - 1.5
- Submit the abstract as Word File and not as PDF
- Word limit - The abstract should not exceed 300 words (Excluding title, author name, institutional affiliations, references, keywords and funding source)
- No graphs/images/tables should be included in the abstract
- Title should be in UPPER CASE and bold (Limited to 25 words or less)
- Avoid the use of abbreviations in the title
- Mention the theme under which you are submitting the abstract below the title
- Author and Co-author details:
 - Surname followed by first name
 - Affiliation Details: Department, Institution, City, State
 - Authors from different institutions should be identified by superscript numbers at the end of that author's name. No title [Mr., Ms., Prof., Dr., etc.] or qualification [Ph.D, M.Sc., etc.] should be added
- The name of the presenting author should be bold and underlined
- Email ID and mobile number of the presenting author should be provided for correspondence
- The abstract should be in the structured format

Use the following format for writing abstract:

- Background: Indicate the objectives and rationale of the study
- Aims and Objective: State the aim of the study
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- References: Maximum 4 references can be included in abstract in APA format (references won't be a part of the competitive criteria for abstract review)
- Keywords: Give 4-5 keywords
- Funding Source: If the authors have received any funds for the study, authors should mention funding source at the end of abstract

Timelines:

Category	Last Date of Submission	Acceptance Intimation Date
Abstract Submission	15th November, 2024	30th November, 2024
Late Breaking Abstract Submission (Will be considered only for E-Posters)	15th December, 2024	30th December, 2024

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