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FUTURE VARSITY EDUCATION GROUP

Vishwa Swasthyam 2025

Organized by

LSI Lifeness Science Institute

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
6th floor, Future Varsity Education Group Campus, Marve Road, Malad West, Mumbai 400064	Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Andheri (West), Mumbai, Maharashtra	6th floor, Future Varsity Education Group Campus, Marve Road, Malad West, Mumbai 400064

Academic Partners

MKES KHANDWALA COLLEGE
LEARNERS BECOMING LEADERS

Bombay College of Pharmacy Autonomous
Estd 1957 Affiliated to University of Mumbai

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),
Reaccredited by NAAC (4th Cycle) with 'A++' Grade (CGPA - 3.51) (2024-31)

Knowledge Partners

Kokilaben Dhirubhai Ambani hospital & medical research institute
Every Life Matters

Nutrition Society of India – Mumbai Chapter

Indian Dietetic Association 1962 – Mumbai Chapter

Nutrition & Diabetes India – A Core Group of IAPEN India

ASNFS Association of Sports Nutrition and Fitness Sciences

AFSTI Mumbai Chapter
Headquarters: Mysuru (www.afsti.org)

ASNHR Academy for Skills in Nutrition Health & Research

Diabetes Endocrinology Nutrition Metabolism Academy – DENMA

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**	
Chief Guest		
Honourable Prof. (Dr.) Ravindra D. Kulkarni M. Tech. Ph. D. FMASc, FICS, Vice-Chancellor University of Mumbai		
Keynote Address		
Chairpersons: **Dr. Dhaval Bhatt** General Manager, Clinical Administration, Kokilaben Dhirubhai Ambani Hospital **Dr. Anuradha Mitra** Academic Advisor, LSI		
10.00 to 10.40 am	**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
Plenary Session - I		
10.40 to 11.10 am	**Metabolic Health in Rural & Tribal India**	**Dr. Tapas Chakma** Director grade Scientist at ICMR-NIRTH, Jabalpur
11.10 to 11.50 am	**Intergenerational Metabolic Health Risk - Undernutrition vs Overnutrition**	**Dr. C. Yajnik** Director, Diabetes Unit, KEM Hospital, Pune
Plenary Session - II		
Chairpersons: **Mrs. Anuradha Shekar** HOD & Associate Professor (Retd), Dr. BMN College of Home Science, Ex-Convener NSI (Mumbai Chapter) **Dr. Manoj Chadha** Consultant Endocrinologist, PD Hinduja National Hospital, Mumbai		
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**	

Scientific Session - I		
Chairpersons: **Dr. Neha Sanwalka Rungta** Director, Academy for Skills in Nutrition, Health & Research (ASNHR) and NutriCanvas, Associate Professor, HCJMRI, Jehangir Hospital, Pune. **Mrs. Vibha Hasija** HOD, Dept of Foods, Nutrition & Dietetics, College of Home Science, Nirmala Niketan		
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**	
Scientific Session - II		
Chairpersons: **Dr. Prabodh Halde** Head, Global Regulatory, Marico Ltd. **Dr. Rekha Singhal** Professor of Food Technology, Institute of Chemical Technology, Mumbai		
3.10 to 4.10 pm	**1. Functional Foods and Genetics: The Missing Link**	**Dr. Sylvia Escott Stump** Teaching Faculty at University of Wisconsin - Madison, Indiana University of Pennsylvania Winterville, North Carolina, United States
	2. Metabolic Benefits of Functional Foods - Nutraceutical vs Food - Based Approach	**Dr. Jagmeet Madan** Director, Post Graduate Self financed programs & Research, Innovation and Consultancy, SVT College of Home Science, National President, IDA
	3. Role Of Industry In Promoting Metabolic Health	**Mrs. Subhaprada Nishtala** Hon Vice President- AFST(I)
4.10 to 4.20 pm	**Q & A**	
4.20 to 5.20 pm	**Research Paper Presentations - LSI VishwaSwasthyam Best Researcher Award**	
5.20 pm	**High Tea & Networking**	

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

Time	Topic	Speaker
Chairpersons: **Prof (Dr.) Subhadra Mandalika (Rtd.)** Academic and Research Advisor, LSI-FVEG, Mumbai; Senior vice president: Association of Sports, Nutrition & Fitness Sciences **Ms. Hardika Vira** Head Mentor, Lifeness Science Institute, Mumbai.		
09.00 to 09.40 am	**Lifestyle Medicine - An Ideal Preventive Approach Towards Metabolic Health**	**Mr. Luke Coutinho** Holistic Nutritionist, Integrative and Lifestyle Medicine Expert
Scientific Session - III **Metabolic Risk Factors and Preventive Nutrition in Renal and Cardiovascular Diseases**		
Chairpersons: **Dr. Shekhar Ambardekar** Sr. Consultant Interventional Cardiologist, S.L. Raheja Hospital, Mahim, Mumbai **Ms. Varsha Gorey** Senior Clinical Dietician, Apollo Hospitals, CBD Belapur		
09.40 to 10.20 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. Zamurrud Patel** Head, Department of Nutrition & Dietetics, Gleneagles Hospitals, Mumbai
10.20 to 11.00 am	**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
11.00 to 11.20 am	**Q & A**	

Scientific Session - IV
Metabolic Risk Factors and Preventive Nutrition in Diabesity & Liver Diseases

Chairpersons:

Dr. Sarath Gopalan

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

Ms. Gourpriya Koppikar

Consultant Dietician, Koppikar Nutrition Clinic, Mumbai

11.20 to 12.00 pm	**Metabolic Risk Factors of Diabesity - Need for Preventive Approach**	**Medical Expert: Dr. Dheeraj Kapoor** Head, Endocrinology, Kokilaben Dhirubhai Ambani Hospital and Medical Research Institute, Mumbai **Nutrition Expert: Dr. Shilpa Varma** Chief Clinical Nutritionist, BelleVue Multispeciality Hospital, Child Hormone Foundation, Mumbai
12.00 to 12.40 pm	**Metabolic Risk Factors of Liver Diseases - Need for Preventive Approach (MAFLD VS NAFLD)**	**Medical Expert: Dr. Akash Shukla** Director and Consultant at the Hepatology Department at Sir H. N. Reliance Foundation Hospital and Research Centre, Mumbai **Nutrition Expert: Dr. Eileen Canday** Head of Department of Nutrition & Dietetics at Sir H. N. Reliance Foundation Hospital and Research Centre, Mumbai
12.40 to 01.00 pm	**Q & A**	
01.00 to 2.00 pm	**LUNCH**	

Scientific Session - V
Metabolic Benefits of Exercise & Mental Health

Chairpersons:

Dr. Kasturi Sen Ray

Retired Prof. in Community Nutrition, Tata Institute of Social Sciences; University Dept of Food Science and Nutrition, SNDT WU, Mumbai

Dr. Nilesh Shah

Psychiatrist, Sion Hospital, Mumbai

2.00 to 2.30 pm	**Impact of Exercise and Yoga on Stress and Metabolic Parameters**	**Dr. Anjana Mohan, MBBS, MD** Managing Director of Dr. Mohan's Diabetes Specialities Centre, Chennai
2.30 to 3.10 pm	**Integration of Exercise & Nutrition: Guidelines for Metabolic Health**	**Dr. Nancy Clark** **MS RD CSSD** Sports Nutrition Counselor Secretary, Professionals in Nutrition for Exercise and Sport (PINES), USA

3.10 to 3.40 pm	**Mental Well-being and Metabolic Health - Understanding the Intricate Connect**	**Dr. Rajesh Sagar** Professor Department of Psychiatry All India Institute of Medical Sciences (AIIMS), New Delhi
3.40 to 3.50 pm	**Q & A**	
Scientific Session - VI **Alternative Dietary Strategies**		
Chairpersons: **Dr. Jyoti Vora** Proprietor and CEO, Dhirang Consultants, Mumbai; Nutritional consultant at Raleigh Medical Centre, North Carolina **Ms. Nazneen Hussain** Founder Director, Freedom Wellness Management; Co-Founder: Shamrock Nutrascience		
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
Valedictory Address		
Chairpersons: **Dr. Rupali Sengupta** Coordinator, Smt. Manjulaben Gunvantrai Shah Department of PG Studies, Dr. B.M.N. College of Home Science (Empowered Autonomous Status) Matunga, Mumbai; Convenor, Nutrition Society of India, Mumbai Chapter **Dr. Tapas Chakma** Director Grade Scientist, ICMR-NIRTH, Jabalpur		
4.30 to 5.10 pm	**The Potential Innovative Use Of Probiotics To Combat The Triple Burden Of Malnutrition And Promote 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**	

Glimpse of VishwaSwasthyam 2024

The organizer reserves the right to make the final determination on any conference-related matter.

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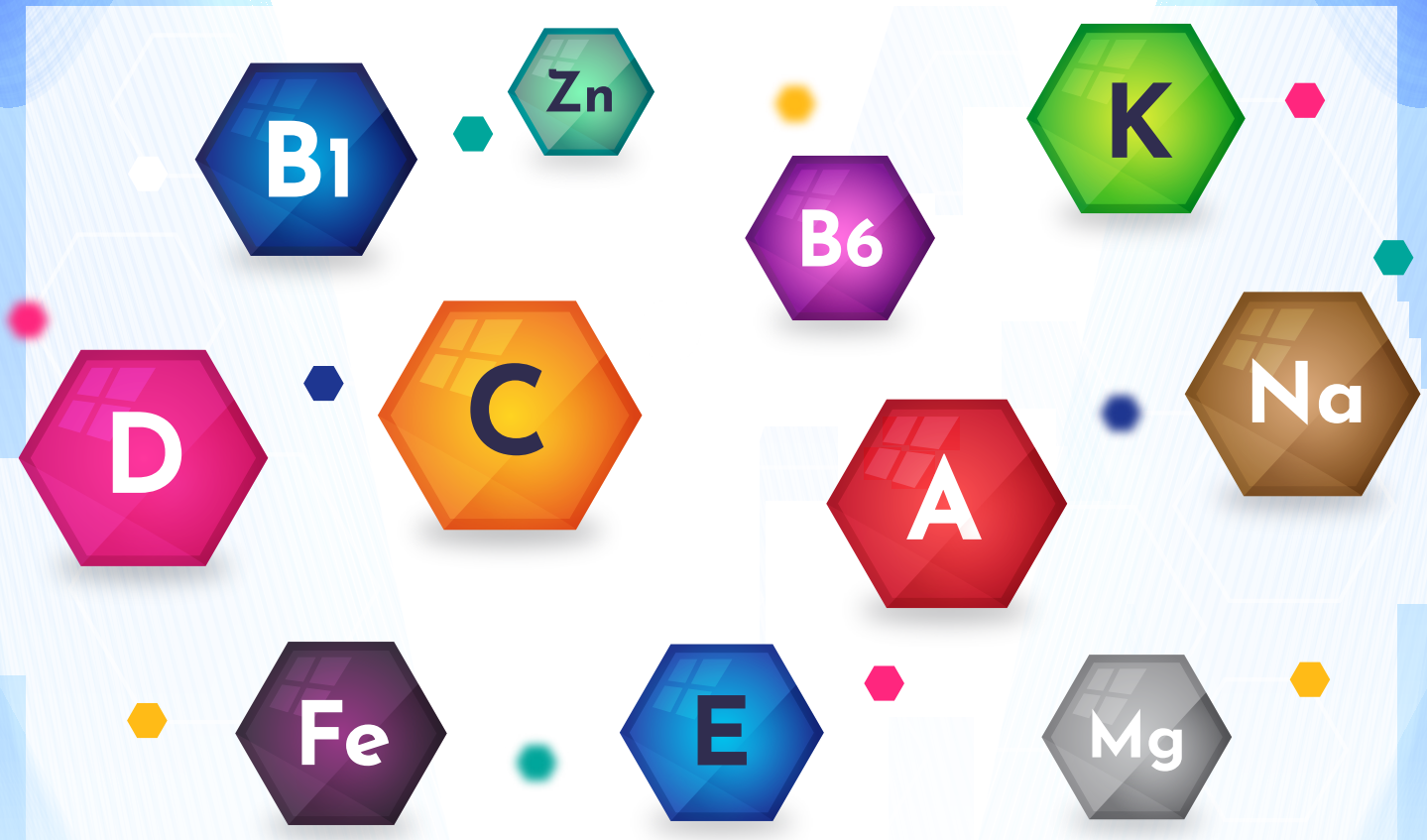

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