



Nutrition and Health Research Conference (NHRC 2025)

Theme

Nutraceuticals and Functional Foods in Health

Date -12th March 2025, Wednesday

Time - 8.00 AM to 5.30 PM

Venue

Shri Visanji Ravji Auditorium,
Smt. Parmeshwaridevi Gordhandas
Garodia Educational Complex,
338, R.A. Kidwai Road, Matunga
Mumbai- 19



Digital Partner



Nutrition and Health Research Conference (NHRC 2025)

organized by

**Hirabai Cowasji Jehangir Medical Research Institute,
Jehangir Hospital, Pune**

in collaboration with

Nutrition Society of India, Mumbai Chapter

Seva Mandal Education Society's

Dr. B. M. N. College of Home Science

(Empowered Autonomous Status),

Smt. Manjulaben Gunvantrai Shah Department of Post Graduate Studies

NAAC Re-accredited 'A+' Grade with CGPA of 3.69 /4

Smt. M. M. P Shah Women's College of Arts & Commerce (Autonomous),

Department of Home Economics

NAAC Re-accredited B++ with CGPA 2.88/4

Digital Partner:

Academy for Skills in Nutrition, Health & Research

Background and Rationale

- The field of nutraceuticals and functional foods is rapidly evolving, offering innovative solutions for enhancing health and preventing chronic diseases. These food products, derived from natural sources, are designed to provide additional health benefits beyond basic nutrition, addressing global challenges like obesity, diabetes, cardiovascular diseases, and malnutrition.
- With growing consumer awareness and advancements in research, the integration of nutraceuticals and functional foods into daily diets has become a promising approach to health management. This conference seeks to explore the latest scientific developments, innovations, and policy implications in this dynamic field.

Objectives

1. To disseminate cutting-edge research on nutraceuticals and functional foods and their role in promoting health and managing diseases.
2. To foster collaboration between academia, healthcare professionals, policymakers, and the food industry.
3. To highlight traditional and indigenous functional foods and their relevance in contemporary health practices.
4. To address regulatory frameworks and challenges in the commercialization of nutraceuticals and functional foods.

Expected Outcomes

1. Strengthened interdisciplinary collaboration in the field of functional foods and nutraceuticals.
2. Enhanced understanding of the scientific and regulatory landscape.
3. Practical insights into the development and application of these products for public health improvement.
4. Networking opportunities to drive future research and innovation.

PROGRAM DETAILS

8 AM - 9 AM

Registration and Breakfast

INAUGURAL SESSION

9 AM - 10 AM

**Guest of Honor:
Dr. SubbaRao M Gavaravarapu**

Scientist 'F' & Head Nutrition Information,
Communication & Health Education (NICHE),
National Institute of Nutrition, ICMR, Hyderabad
National Secretary, Nutrition Society of India

10 AM -10:45 AM

**Keynote Address: Role of Nutraceuticals
and Functional Foods in Health**

Dr. D.B. Ananth Narayana
Chief Scientific Officer, Ayurvedye Bangalore
Research and Training Trust, Bengaluru

SESSION 1- ADVANCES IN FUNCTIONAL FOODS

10:45AM-11:15AM

**Plenary Address: Health Advantages of
Fermented Indian Foods: A Multi-omics
Approach**

Prof. Dr. Jyoti Prakash Tamang
Department of Microbiology, School of Life
Sciences, Sikkim University, Sikkim

11:15AM -11:45 AM

**Vitamin D & Calcium Supplementation
for Bone Health**

Dr. Anuradha Khadilkar
Deputy Director and Consultant Pediatrician,
Hirabai Cowasji Jehangir Medical Research
Institute, Jehangir Hospital, Pune

11:45AM - 12:15 PM

**Functional Foods for Endocrine
(Hormonal) Health**

Dr. Shilpa Varma
Chief Nutritionist, Bellevue Multispeciality
Hospital, Mumbai

PROGRAM DETAILS

12.15 AM – 12.30 PM

Q & A

12.30 PM TO 1.30 PM

Lunch break

SESSION 2: INDUSTRY TRENDS AND REGULATORY LANDSCAPE

1.30 PM TO 2.00 PM

Nutraceuticals for Women's Health: A Growing Market

Dr. Geeta Dharmati

Geeta Nutriheal Consultancy, Pune

2.00 PM TO 2.30 PM

Regulatory Aspects of Health Supplements & Nutraceuticals Labelling

Dr. Sheetal Gupta

Joint Director and Incharge National Food Laboratory, FSSAI, Navi Mumbai

2.30 PM TO 2.45 PM

Q & A

SESSION 3: RESEARCH CHALLENGES & OPPORTUNITIES

2.45 PM TO 3.15 PM

Overcoming Barriers in Nutraceutical RCTs

Mr. Dharmendra Ved

COO, Jehangir Clinical Development Center, Jehangir Hospital, Pune

3.15 PM TO 3.30 PM

Bioavailability Optimization of Functional Ingredients

Dr. Milind Patole

Laboratory Director Linq Labs, Pune

PROGRAM DETAILS

SESSION 4: PANEL DISCUSSION & VALEDICTORY ADDRESS

3.30 PM TO 4.15 PM

Protein Supplements: Myths, Science, and Innovations

Moderator: Ms. Sheryl Sallis

Founder and Director, Nurture Health Solutions, Mumbai.
Founder, CANQC.

4.15 PM TO 4.45 PM

Valedictory Address: Spices as Nature's Pharmacy: Unlocking Their Therapeutic Potential

DR. G. Bhanuprakash Reddy

Scientist 'G' & Head Biochemistry, National Institute of Nutrition, Hyderabad
National Vice-president, Nutrition Society of India

4.45 PM TO 5.30 PM

Prize distribution & Vote of Thanks

Abstract submission

- Abstracts of original research are invited for E-Poster presentation.
- E-poster presentations will be conducted online on 10th March 2025 online via Zoom
- Conference registration of the presenting author is mandatory for E-poster presentation
- 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.
- Abstract should be submitted in English with accurate grammar and spelling, formatting suitable for publication.
- Abstract should contain original unpublished research data. No review papers to be accepted
- 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.
- Accepted abstracts would be published in the conference proceedings with ISBN number
- All registered co-authors would receive an e-certificate of presentation.
- Scientific committee will inform the authors regarding acceptance of the abstract.

To submit abstracts, scan The QR Code or copy paste the link in the browser:



https://docs.google.com/forms/d/e/1FAIpQLSevVMPFGB-CsFjIGj8iwodycpt0SXUs3gtr_S697woABv5C7Ysg/viewform?usp=dialog

Themes for Abstract Submission

- Community Nutrition & Health Surveys
- Nutraceuticals in Health and Disease
- Functional Foods in Health and Disease
- AI, Digital applications in Health and Disease
- Therapeutic Food Product Development

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.
- 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.

Format for writing abstract

- **Background:** Indicate the objectives and rationale of the study.
- **Aims and Objective:** State the aim of the study.
- **Materials & Methods:** Describe the setting/location of the study, study design, study population, data collection, materials and/or methods used for analysis.
- **Results:** Summarize the findings/outcome of the study.
- **Conclusions:** Write the observed conclusions based on your findings
- **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

End of abstract submission: 25th February 2025

Acceptance confirmation: 2nd March 2025

Submission of E-posters: 6th March 2025

E-poster presentation: 10th March 2025

Essay Writing Competition for Working Professionals

Theme: Nutraceuticals & Functional Foods For Health

Rules:

- Word Limit: 1000 words (excluding title & references). Give an attractive title to your essay.
- 5-8 references, APA style.
- Less than 10% plagiarism, Check plagiarism level using free checkers before submitting the essay. Do not use AI/ ChatGPT to write the essay.
- Who can participate: **Professionals in nutrition, healthcare, pharmaceuticals, food technology, and related industries.**
- Font: Times New Roman, 12 size & 1.5 spacing.
- **Registration & attendance for NHRC 2025 compulsory to participate in the competition. Prizes will be declared during the conference.**
- All accepted essays to be published in conference proceedings with ISBN number.
- Essays would be judged on basis of originality, creativity, sound scientific basis, grammatical accuracy.

**1st Prize:
Rs. 10,000/-
2nd Prize:
Rs. 5,000/-
3rd Prize-
Rs. 2,500/-**

To Submit Essays, Scan The QR Code or copy paste the link in the browser:



<https://docs.google.com/forms/d/e/1FAIpQLSezBFdtKfxVhJeczPFrcUZ7SgFHmAKQb9J9HeLWgSYCMHJZ9A/viewform?usp=dialog>

**Last Date of submission of essay
28 February 2025**

Who Can Attend the Conference?

- Researchers and academicians in nutrition, food science, and public health.
- Healthcare professionals, including dietitians and medical practitioners.
- Representatives from the nutraceutical and functional food industry.
- Students and young researchers in allied fields.

Registration Fees:

	Early Bird (Before 20th February 2025)	Regular (21 st February onwards)
Students	Rs. 750/-	Rs. 1000/-
NSI Life Members	Rs. 1500/-	Rs. 1750/-
Academicians, Dietitians, Nutritionists	Rs. 2000/-	Rs. 2500.-
Nutraceutical & Pharmaceutical Industry	Rs. 3500/-	Rs. 4500/-

Click Here To Register: <https://www.hcjmri.org.in/conference/register-online>

For any queries, write to us at nhrpune@hcjmri.org.in

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