



Avinashilingam Institute for Home Science and Higher Education for Women Deemed to be University

Estd. u/s 3 of UGC Act 1956 Category 'A' by MHRD (now MoE), Re-accredited with A++ Grade by NAAC.
CGPA 3.65/4, Category I by UGC, Coimbatore - 641 043, Tamil Nadu, India

58th Annual Conference of Nutrition Society of India

"Food and Nutrition- Leaving No One Behind"



October
9 & 10
2026

**Venue: Avinashilingam Institute for Home
Science and Higher Education for Women,
Coimbatore, Tamil Nadu**





58th Annual Conference of NUTRITION SOCIETY OF INDIA

9th & 10th October, 2026

Venue: Avinashilingam Institute for Home Science and Higher Education for
Women, Coimbatore

Theme: “Food and Nutrition – Leaving No One Behind”



INAUGURATION

9 th October 2026 Thiruchitrambalam Auditorium		
9:00 – 9:08 am	Prayer Song and Invocation	Department of Music
9:08 – 9:10 am	LIGHTING THE LAMP	
9:10– 9:20 am	Inviting the Dignitaries and Overview on the Conference	Prof. M. Sylvia Subapriya Convenor, 58 th Annual Conference of the Nutrition Society of India, Dean, School of Home Science, AIHS&HEW
9:20– 9:30 am	Inaugural Address	Dr. V. Bharathi Harishankar Vice Chancellor, AIHS&HEW
9:30– 9:35 am	Chancellor’s Address	Dr. T.S.K. Meenakshisundaram Chancellor & Managing Trustee, Avinashilingam Education Trust, AIHS&HEW
9:35– 9:40 am	Secretary’s Report	Dr. SubbaRao M Gavaravarapu Secretary, Nutrition Society of India
9:40– 9:50 am	Presidential Address	Dr. Sarath Gopalan President, Nutrition Society of India
9:50 – 9.55 am	Greetings	Dr. H. Indu Registrar, AIHS&HEW
9:55 – 10:10am	Keynote Address Ensuring Nutrition for All: From Policy Intent to Last-Mile Impact	Dr. M. Srinivas Hon’ble Member (Health), NITI Aayog, Government of India, New Delhi
10:10–10:15am	RELEASE OF CONFERENCE SOUVENIR	
10:15–10:20 am	Brief Introduction to FANS and Asian Conference of Nutrition 2027	Dr. Mahenderan Appukutty President, Nutrition Society of Malaysia, Leader, Federation of Asian Nutrition Societies
10:20–10:30 am	Vote of Thanks	Prof. PA. Raajeswari Convenor, 58 th Annual Conference of the Nutrition Society of India, Dean, Student Affairs, AIHS&HEW
10:30 – 11:00 am	INAUGURATION OF STALLS & TEA BREAK	
10:30 – 12:30 pm	POSTER SESSION – I Food Science and Nutrition	

PLENARY SESSION - I**Title: Food and Nutrition- Leaving No One Behind***Chair: Dr. V. Prakash, Former Director, CFTRI, Mysuru, Former President, NSI & Former VP, IUNS**Co-chair: Dr. K. Madhavan Nair, Scientist 'F' (Retd.),**ICMR-NIN, Hyderabad & Former Vice president, NSI*

11.00 am – 12.20 pm

	Speaker	Title
11.00 – 11.05 am	Opening Remarks by Dr. V. Prakash (Chair)	
11.05 – 11:15 am	Dr. V. Bharathi Harishankar Vice Chancellor, AIHSHEW	Nutrition and NEP 2020: A Journey towards Viksit Bharat 2047
11.15 – 11:25 am	Dr. Vishwajeet Kumar Chairman & Chief Scientific Officer, Community Empowerment Labs, Lucknow	From Evidence to Population Impact: The Science of Taking What Works to Scale
11:25 – 11:35 am	Dr. K. Madhavan Nair Scientist ‘F’ (Retd.), ICMR-NIN, Hyderabad & Former Vice president, NSI	Diet Diversity for Nutrition – Leaving No One Behind
11.35 – 11.45 am	Dr. Sudha Narayanan Senior Research Fellow, Development Strategies and Governance Unit, IFPRI, Cornell University, Chennai.	Beyond Calories: Reorienting Indian Agriculture for Health and Well-being
11:45 – 11:55 am	Dr. William Joe Associate Professor, Institute of Economic Growth, New Delhi	Beyond Food Security: The Economics of Nutrition Equity in India
11:55 – 12:05pm	Dr. B. Prakash Professor, Department of Biotechnology, School of Life Sciences, VELS Institute of Science, Technology and Advanced Studies, Chennai, Tamil Nadu	AI Enabled Nutrition: Transforming Food Science for a Healthier Future
12:05 – 12:20 pm	Q & A and Closing Remarks (by Chairs)	
PANEL DISCUSSION Title: Indian Knowledge Systems in Nutrition Moderator: Dr. G. Bhanuprakash Reddy, Scientist G, ICMR-NIN, Hyderabad 12.20– 1.30 pm		
12.20 – 12.30 pm	Opening Remarks – Dr. G. Bhanuprakash Reddy (Moderator)	
12.30 – 1.20 pm	Moderated Panel Discussion	
	Panelists	
	Dr. Megha Associate Professor, Centre for Ayurveda Biology and Holistic Nutrition, University of Trans-Disciplinary Health Science and Technology, Bengaluru, Karnataka	
	Dr. Somit Kumar Director, Research, Arya Vaidya Pharmacy (AVP) Research Foundation in Coimbatore, CEO of AVP Baltics	
	Dr. Prabodh Halde Head Global Regulatory, Public Policy & Advocacy Marico Limited, India	
	Dr. Nimali Singh Parmar Professor, Department of Community and Applied Science University of Rajasthan, Jaipur	
	Dr. V. Supriya Associate Professor, Department of Clinical Nutrition Faculty of Allied Health Sciences Sri Ramachandra Institute of Higher Education and Research (DU), Chennai, Tamil Nadu	
01.20– 01.30 pm	Discussion, Q & A and Closing Remarks	
01:30 –2:00 pm	LUNCH	

PARALLEL SESSIONS 2:00 - 4:00 pm			
2:00 – 4:00 pm	Session	Category	Venue
	Young Scientist Award Session–I	Junior Award (Experimental Nutrition & Community Nutrition)	Thiruchitrambalam Auditorium
	Oral Presentations – Session-I	Community Nutrition-I Experimental Nutrition-I Food Science Nutrition-I Sports Nutrition, Nutrition, Health Policy Research	Seminar Halls
	Poster Session – II	Community Nutrition Experimental Nutrition Clinical Nutrition Nutrition Education and Communication Sports Nutrition, Nutrition Health Policy Research	Poster Display Ground (Near Ayya Avargal Mandapam)
PARTNER SESSION (Venue: Thiruchitrambalam Auditorium) <i>Chairperson: Dr. Jamuna Prakash, Professor (Retd.), Dept. of Food Science and Nutrition, University of Mysore</i> <i>Co-chairperson: Dr. Pranati Das, Professor, Dept. of Food Technology, The Assam Royal Global University</i>			
	Speaker	Title	
4:00 - 4:10 pm	Ms. Rima Shrinivas Rao US Cranberries	H. Pylori and Gut health: Evaluating the Protective Role of Cranberries	
4:10 - 4:20 pm	Ms. Poonam Vaswani Chilean Prunes	The Role of Dietary Prunes in Bone and Gut Health	
4:20 - 4:30 pm	Ms. Sakshi Mhatre Senior Clinical Dietitian and Level 2 BCA Specialist, Inbody HQ, South Korea	Importance of Body Composition Analysis in Clinical Practice	
4:30 - 4:40 pm	Dr. Divya Tripathi Consultant UNICEF, India	Let’s Fix Our Food: Understanding the Food Environment and What We Can Do About It	
4.40 - 4:50 pm	Dr. Sachin Ambirwar Senior Manager – Medical Affairs & Clinical Research, Sun Pharmaceuticals	Muscle Maintenance in Weight Watchers	
4:50 - 5:00 pm	Q & A and Summing up by Chairs		
3.15- 4.45 pm	Expert Round Table on <i>Pre-pregnancy Nutrition Care (Parallel Session by Nutrition International)</i> Dr. Asha Rao , Member, FOGSI Dr. Kavitha Venugopal , Chief Dietician, PSG Multi Specialty Hospital Dr. Mini Varghese , Country Director, Nutrition International Dr. Teena Dasi , Scientist D, ICMR-NIN	Venue: Hi Tech Seminar Hall	
4.45 -5.00 pm	High Protein Milk Foods , Milky Mist, Protein Partner		
5.00 - 6:00 pm	TEA & Executive Committee Meeting		
6.00 - 6:45 pm	38th Dr. S.G. SRIKANTIA MEMORIAL AWARD LECTURE on Integrated Interventions for Combating Anemia in India by Dr. Bharati Kulkarni Director, ICMR-National Institute of Nutrition, Hyderabad		
6:45 pm - 7.30 pm	50th GOPALAN ORATION on Fire of life: Basal Metabolic Rate- History, Measurement and Applications by Prof. Christiani Jeyakumar Henry Senior Advisor, Global Centre for Asian Women's Health National University of Singapore		
7:30 - 8:30 pm	Cultural Programme - Students of Avinashilingam Institute		
8:30 pm onwards	Dinner		

DAY-2: 10 th October 2026			
8:15 – 9:15am	Annual General Body Meeting		
PARALLEL SESSIONS			
9:15 - 10:45 am			
9:15 - 10:45 am	Session	Category	Venue
	Young Scientist Award Session–II	Senior Award (Experimental Nutrition & Community Nutrition)	Thiruchitrambalam Auditorium
	Oral Presentations - Session-II	Community Nutrition-II Experimental Nutrition-II Food Science Nutrition-II Sports Nutrition, Nutrition Health Policy Research	Seminar Halls
10:45 - 11.00 am	Tea Break		
11:00 - 11.15 am	Presentation of 13thDr. B.K. ANAND MEMORIAL AWARD to Dr. Nimmathota Arlappa Scientist G & HoD, Division of Public Health Nutrition ICMR-National Institute of Nutrition, Hyderabad		
11:15 am - 12.00 pm	17th DR. RAJAMMAL P DEVADAS MEMORIAL AWARD LECTURE on Nourishing the Lifespan: Nutrient Requirements and Body Composition by Dr Rebecca Kuriyan Raj Professor and Head, Division of Nutrition St John’s Research Institute, Bengaluru		
DEBATE Plant Based Vs Animal Based Diets–Which is More Sustainable? Moderator: Dr. Sarath Gopalan, President, NSI 12.00 - 1.20 pm			
12.00 - 1.20 pm	Flagging the Issues Dr. Mahenderan Appukutty President of the Nutrition Society of Malaysia, Leader, Federation of Asian Nutrition Societies		
	For Plant Based Protein Foods		
	Speaker 1: Dr. Swati Bharadwaj Senior Technical Advisor, Nutrition, Resolve to Save Lives	Speaker 2: Dr. Meenakshi Bajaj Dietitian, Tamil Nadu Government Multi Super Speciality Hospital, Chennai	
	For Animal Based Protein Foods		
	Speaker 1: Dr. J. B. Prajapati Chairman, Verghese Kurien Centre of Excellence, Institute of Rural Management, Anand	Speaker 2: Dr. S. P. Muthukumar Scientist G CFTRI, Mysuru	
1:10 - 1:20 pm	Discussion		
1:20 - 2:00 pm	Lunch		

PLENARY SESSION - II**Title: Smart Foods, Food Technology and Precision Nutrition***Chair: Dr. Pulkit Mathur, Professor, Lady Irwin, College, New Delhi & Joint Secretary, NSI**Co-chair: Dr. Asna Urooj, Professor (Retd.), PG Department of Food Science & Nutrition, University of Mysore, Mysore, Karnataka*

2.00 - 3.00 pm

2:00 - 2:10 pm	Dr. P. Lalitha Director, Research and Development, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore	From Molecule to Meal- Exploring the Chemistry Behind Nutrition
2.10 – 2.20 pm	Dr. Rita Bhargava HoD, Dietetics, Care Hospital, Nagpur	Precision Nutrition for Metabolic Health Translating Personalized Nutrition into Clinical Practice
2:20–2.30 pm	Dr. Jenit Osborn Associate Professor, Department of Community Medicine, PSG Institute of Medical Research, Coimbatore	Beyond Treatment: Lifestyle Medicine for Lifelong Community Wellness
2.30 – 2.40 pm	Prof. N. Srividya Professor, Food and Nutritional Sciences and Dean, Faculty of Sciences, Sathya Sai Institute of Higher Learning, Puttaparti, Andhra Pradesh	Microgreens – The Next Generation Smart Food – Technology, Nutrition and Health Benefits
2.40 – 2.50 pm	Dr. Kanthi Kiran Kondepudi Scientist F, BRIC-National Agri-Food and Biomanufacturing Institute, Mohali, Punjab	From the Farm to the Fork to the Gut
2.50 – 3.00 pm	Q & A and Closing Remarks by Chairs	
CONCLUDING CEREMONY/ AWARD PRESENTATIONS 3:00 – 4:00 pm		
3.00 – 3.10 pm	Invocation	Department of Music
3.10 – 3.15 pm	Welcome	Dr. K. Devi Assistant Professor, Department of Food Science and Nutrition, AIHSHEW
3.15 – 3.25 pm	Report of the Conference	Dr. S. Thilakavathy Associate Professor, Department of Food Science and Nutrition, AIHSHEW
3.35 – 3.45 pm	Valedictory Address	Dr. V. Anuradha District Designated Officer, Food Safety Department, FSSAI, Coimbatore
3.45 – 3.50 pm	Felicitations	Dr. H. Indu Registrar, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore
3.50 – 4.00 pm	Closing Remarks	Dr. Sarath Gopalan President, Nutrition Society of India
4.00 – 4.30 pm	Announcement of Awards	
4.30 – 4.40 pm	Vote of Thanks	Dr. R. Balasasirekha Assistant Professor, Department of Food Science and Nutrition, AIHSHEW
4.40 pm	National Anthem	