

# Nutrithink Nexus - Bengaluru Chapter

The Chancery Pavilion, Bengaluru, 12th-13th December 2023.

## Day 1: 12<sup>th</sup> December 2023

09:00 – 10:00

**Registration & Networking**



10:00 – 10:15

**Inauguration & Lamp Lighting**

10:15 – 10:35

**The Market for Nutraceuticals: Trends & Future Directions**



- Moving away from a one-size-fits-all approach
- Increased investment in R&D and Innovation to cater to evolving customer preferences
- New Approaches to improve the delivery formats and ingredients
- Future of Nutraceuticals industry and how it is evolving at faster rate

**Rushikesh Aravkar**, Associate Director – Consumer Reports South APAC (India and Thailand) – Food and Drink, **Mintel India**

10:35 – 11:35

**Panel Discussion: Regulatory Updates: Challenges in Current Regulations and Licensing of Nutraceuticals**



- Quality and safety concerns related to product development.
- Addressing the gaps in regulation and challenges in ensuring product authenticity
- Discuss the issues related to substandard and counterfeit nutraceutical products.

**Moderator:**

**Purnima Thakur**, Assistant Director, **FSSAI, Ministry of Health & Family Affairs, GOI**

**Panelists:**

**Dr. Suresha KB**, President, **AFSTI – Bangalore Chapter**

**Romic Mevada**, Assistant Director QA & Regulatory Affairs, **Food Chain ID India**

**Sachin Achintalwar**, Former President - **AFSTI Bangalore Chapter**

11:35– 12:05

**NETWORKING COFFEE BREAK**



12:05 – 12:50

**Panel Discussion: Progress and Breakthroughs in Nutraceutical Research & Development**



- Challenges faced in nutraceutical research, such as regulatory issues, sourcing quality ingredients, or ensuring product efficacy
- Contribution of technological advancements to nutraceutical R&D, like precision nutrition, personalized supplements, or novel delivery systems.
- Safety concerns related to nutraceutical products
- Role of evidence-based research and the need for reliable testing methods.
- Focus on sustainable sourcing, ethical considerations, and eco-friendly practices in the nutraceutical industry

**Moderator:**  
**Sharanya S.,** Head – New Product Development, **Food Safety Works**

**Panelists:**  
**Arjun Dasoondi,** AVP- Wellness and Communities, **Amway India Enterprises Private Limited**  
**Babu UV,** Director of Research Development, **Himalaya Wellness Company**  
**Salman Mehkri,** Head Business Development, **Bio-gen Extracts**  
**Dr. Atul Mishra,** Lead, Medico-Marketing, Medical Affairs, **Signutra USA**

12:50 – 13:50

**NETWORKING LUNCH BREAK**



13:50 – 14:20

**Unlocking the potential of plant based technologies to address various need states of consumers**



**Amit Mani,** Commercial Director – Applied Health & Nutrition, **Kerry Ingredients, India**

14:20 – 15:05

**Panel Discussion: Nourishing Health and Sustainability: Unleashing the Power and Potential of Plant-Based Nutrition**



- Increased consumer inclination towards vegan foods
- Rapid implementation of advanced technologies & innovation in new plant-based meat sources
- Health benefits of plant-based nutrition in reducing the risk of chronic diseases and promoting overall well-being.

**Moderator:**  
**Vaibhav Dwivedi,** Co Founder & COO, **Urban Tiller**

**Panelists:**  
**Roma Roy Choudhury ,** Founder & COO, **Evolved Foods**  
**Dr. Bhavesh Patel,** Business Development Director – ProActive Health, **Kerry Ingredients, India**  
**Apeksha Jain,** Co-Founder, **Get Sain**  
**Dr. Dhruti Bal,** Founder, **NutriNEEV, Ex: Britannia Industries**

15:05 – 15:20

**“Towards Sustainability: The role of sustainable supply chain of Ingredient in Formulation Manufacturing.”**

- The Importance of sustainability for a formulation brand
- Challenges for the brand
- Benefit of having a good ingredients for the formulation

**Viraj G. Patel,** Director, **K. Patel Phyto Extractions Private Limited**

15:20 – 15:50

**NETWORKING COFFEE BREAK**



15:50 – 16:35

**Fireside Chat: Potential of Ayurvedic Nutraceuticals in Disease Prevention and Management**



- Challenges in adoption of ayurvedic nutraceuticals

- Need for standardized production and quality control measures to ensure safety and purity of ayurvedic nutraceuticals
- Health Benefits of Ayurvedic Nutraceuticals
- Future Prospects

**Moderator:**

**Dr. Kriti Soni**, Director - R&D, **Kapiva Ayurveda**

**Panelists:**

**Dr. Venkateshwarlu**, Founder & Head, **Ayurlife Health Solutions**

**Dr. Shridevi Gothe**, Assistant Professor, **The University of Trans-Disciplinary Health Sciences and Technology**

16:35

End of Day 1

## Day 2: 13<sup>th</sup> December 2023

10:30 - 10:45

**Registration & Networking**



10:45 – 11:30

**Panel Discussion: Applications of Nutraceuticals for Optimal Metabolic and Immune Health**



- Important role of nutraceuticals in promoting metabolic & supporting immune function
- Integration of nutraceuticals into balanced diet to enhance metabolic and immune health

**Moderator:**

**Dr. Yashawant Kumar**, Co-Founder & CEO, **Benefic Nutrition**

**Panelists:**

**Suraj Chetan**, Founder, **Hands on Tummy**

**Veena Sharma**, Head -Regulatory Affairs ; Nutrition and Nutraceuticals (India & Emerging Markets), **Dr Reddy's Laboratories**

**Neha Pandit Tembe**, Founder, **Snack Right**

**Dr. Shridevi Gothe**, Assistant Professor, **The University of Trans-Disciplinary Health Sciences and Technology**

11:30 – 12:00

**NETWORKING COFFEE BREAK**



12:00 – 12:20

**Endocannabinoids: An emerging trend in the management of pain and inflammation**

**Dr. Sushma Mehkri**, Scientific Advisor, **Biogen Extracts**

12:20 – 13:05

**Panel Discussion: Recent Innovations and Advancements in Nutraceutical Approaches for Cancer Prevention**



- Recent advancements in identifying novel nutraceutical compounds with anti-cancer properties
- Principles of Nutrigenomics and Nutrigenetics in Cancer Prevention
- Role of Probiotics and Micronutrients in preventing and treating Cancer

**Moderator:**

**Sangeetha Narayana Swamy**, Founder and Nutritionist, **The Healthy Binge**

**Panelists:**

**Apeksha Jain**, Co-Founder, **Get Sain**

**Sheryl Salis**, Founder, **Nurture Health Solutions**

**Ranjani Raman**, Founder & Chief Dietician, **Nutrition Tattva**

**Dr. Subba Rao**, Professor of Cellular and Molecular Biology,CEMR Laboratory, Department of Biochemistry, **JSS Medical College**

13:05 – 14:05

**LUNCH & NETWORKING BREAK**



14:05 – 15:35

**Fireside Chat: Emerging trends and Advancements in Nutraceuticals in Enhancing Athletic Performance**



- Role of Nutraceuticals in energy metabolism for increased endurance and improved performance
- Importance of Personalized Nutrition
- Adaptogenic Nutraceuticals to ensure improved performance and manage stress
- Safety considerations and potential risks related to nutraceuticals, as well as the importance of avoiding banned substances in sports

**Moderator:**

**Dr. Shunmukha Priya**, Research Supervisor & Faculty, **Institute of Nutrition and Fitness Sciences**

**Panelists:**

**Dr. Kunal Shah**, Founder, **Essenzaa Nutrition Pvt. Ltd**

**Samit Gupta**, Founder & CEO, **Neulife**

**Biswajit Sahoo**, Certified Coach & Nutritionist, **FITTR**

15:35 – 16:00

**NETWORKING COFFEE BREAK**



16:00 – 16:30

**Nutraceuticals' Role in Enhancing Healthy Aging and Extending Longevity**



- Anti-aging Properties of Nutraceuticals
- Impact of Nutraceuticals on aging processes
- Role of nutraceuticals in supporting brain health, memory, and cognitive function during aging

**Vijayaraghavan Seshadri**, Director- Scientific Affairs, **Velbiom Probiotics Pvt. Ltd**

16:30 – 17:00

**Impact of nutraceuticals in fostering cognitive and emotional wellbeing across different life stages**



- Role of nutraceuticals in brain development during infancy and early childhood
- Challenges in research & development on nutraceuticals for cognitive & emotional wellbeing.
- Importance of personalized nutrition to meet the nutritional requirements across different life stages.

**Vandita Tewari**, Co - Founder, **Iyurved**

17:00

**End of Day 2**