

# PAUSHTIC N

2023

National E-Conference Organized By

**Nutrition Society of India, Mumbai Chapter**

In Collaboration With

**College of Home Science Nirmala Niketan, Mumbai**

**MGM, School of Biomedical Sciences, MGMIHS, Navi Mumbai**

**Lifeness Science Institute, Mumbai**



**LSI**  
Lifeness Science Institute

# Ensuring Sustainability in Food & Nutrition



27 January, 2023 - 3 to 6.30 pm  
28 January, 2023 - 9 am to 4.30 pm

**E- Conference via Zoom**



## About Nutrition Society of India, Mumbai Chapter

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 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. **NSI Mumbai chapter would hosting the conference and managing the session with subtheme Responsible Consumption and Production**



## About College of Home Science Nirmala Niketan

The College of Home Science Nirmala Niketan is a prestigious educational institution that is affiliated to the University of Mumbai and NAAC accredited with an A + grade in the 4th cycle. The Department of Foods, Nutrition and Dietetics of the College is well renowned and celebrates its golden jubilee this year. It offers a robust undergraduate programme with a specialization in Foods, Nutrition and Dietetics as well as three Masters programmes in Nutrition, Food Processing and Sports Nutrition as well as a P.G. Diploma in Dietetics and Applied Nutrition. **College of Home Science Nirmala Niketan would be managing the sessions with subthemes - Zero Hunger & Climate Change**



## MGM, School of Biomedical Sciences, MGMIHS

MGMSBS is a constituent unit of MGM Institute of Health Sciences it's a Deemed to be University having NAAC A++ grade. School of Biomedical Sciences is successfully running Allied health sciences and paramedical undergraduate, post graduate and Ph D courses. **MGM School of Biomedical Sciences would be managing the sessions with subthemes - Good Health & Well Being and Industry, Innovation and Infrastructure.**



## About Lifeness Science Institute

Lifeness Science Institute (LSI) is a specialised educator in the field of Integrative Nutrition and Dietetics. They provide collaborative educational services for Bachelors, Masters, Diploma programmes in Integrative Nutrition & Dietetics offered by various colleges affiliated to University of Mumbai such as Nagindas Khandwala College (Autonomous), Malad, Mumbai; IPA-MSB's Bombay College of Pharmacy (Autonomous), Santacruz, Mumbai and B. K. Birla College (Autonomous), Kalyan, Thane. **Lifeness Science Institute would be managing the sessions with subtheme - Quality Education.**

## The Theme of PaushtiCon 2023:

# Ensuring Sustainability in Food and Nutrition

The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. There are 17 sustainable development goals. These integrated 17 SDGs recognize that action in one area will affect outcomes in others, and that development must balance social, economic and environmental sustainability. United Nations also declared year 2022 as the International Year of Basic Sciences for Sustainable Development and focuses on links between basic sciences and the Sustainable Development Goals. Much of India's development agenda is mirrored in the Sustainable Development Goals. Hence, the theme for the 1st PaushtiCon was selected as "Ensuring Sustainability in Food and Nutrition".

## Subthemes:

From the 17 SDGs, we selected 6 themes for PaushtiCon 2023 which are connected closely to Food, Nutrition and Health.

2  
ZERO  
HUNGER



### SDG 2: Zero Hunger

Aim of SDG2 is to end hunger, ensuring food security through appropriate agricultural practices. India ranked 101 out of the 116 countries on Global Hunger Index indicating the urgent need to address the SDG of Zero Hunger in India.

### SDG 3: Good Health and Well-Being

Appropriate nutrition can prevent or reduce the severity of many health issues such as non-communicable diseases (NCDs) (obesity, diabetes, hypertension, dyslipidemia) as well as micronutrient deficiencies and improve quality of life.

3  
GOOD HEALTH  
AND WELL-BEING



4  
QUALITY  
EDUCATION



### SDG 4: Quality Education

SDG4 aims to ensure inclusive and equitable quality education and promote lifelong learning opportunities for all. Imparting evidence-based nutrition knowledge to people of various age groups can improve their food intake and thereby promote health and wellbeing.

### SDG 9: Industry, Innovation and Infrastructure

SDG9 highlights the need to build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation. Innovations in food industry like nano-technology, use of recyclable packaging etc. can give rise to a more sustainable health for all.

9  
INDUSTRY, INNOVATION  
AND INFRASTRUCTURE



12  
RESPONSIBLE  
CONSUMPTION  
AND PRODUCTION



### SDG 12: Responsible Consumption and Production

As per the Food Waste Index Report 2021, around 931 million tons of food waste were generated in 2019. In India alone, the household food waste was estimated to be 50 kg per capita per year. Hence, creating awareness about various food recycling initiatives will make consumers more responsible.

### SDG 13: Climate Action

Aim of SDG13 is to take urgent action to combat climate change and its impact. There is a significant bi-directional relationship between food, nutrition and climate change. Hence, awareness regarding the effect of climate change on nutrition and ways to reduce carbon foot print & environment damage is the urgent need.

13  
CLIMATE  
ACTION



**With these 6 sub-themes, PaushtiCon 2023 will abreast food and nutrition students, academicians, researchers, and working professionals with the latest developments in food and nutrition. This will empower them to ensure health and wellbeing for themselves and the community at large.**




**PaushtiCon 2023 invites oral and poster presentations on original research work from scientists, academicians, researchers, Ph.D. Scholars and students (Post Graduate Diploma or Masters) on the above subthemes of the conference.**

**Details for abstract submission are provided later in the brochure.**

## Schedule Day 1: 27th January 2023

| Time                                      | Topic   |
|---|---|
| <b>Inauguration &amp; Keynote Address</b> |   |
| 3.00 - 3.15 pm                            | <b>Inauguration</b>   |
| 3.15 pm to 4.00 pm                        | <p style="text-align: center;"><b>Key Note Address: Ensuring Sustainability in Food and Nutrition</b><br/> <b>Dr. Hemalata R.</b><br/>                     Director National Institute of Nutrition,<br/>                     Indian Council of Medical Research, Hyderabad</p>                  |
| <b>Subtheme - Zero Hunger</b>             |   |
| 4.00 pm to 4.45 pm                        | <p style="text-align: center;"><b>Efforts of Indian Government towards Zero Hunger</b><br/> <b>Dr. Rupal Dalal</b><br/>                     Adjunct Associate Professor, Centre for Technology Alternatives for Rural Areas (CTARA), Indian Institute of Technology Bombay (IIT-B), Mumbai</p>  |
| 4.45 pm to 5.30 pm                        | <p style="text-align: center;"><b>Food Security: Challenges and Solutions</b><br/> <b>Dr. Suparna Ghosh-Jerath</b><br/>                     Program Head, Nutrition,<br/>                     The George Institute of Global Health India, Delhi</p>   |
| <b>Subtheme: Climate Change</b>           |   |
| 5.30 pm to 6.15 pm                        | <p style="text-align: center;"><b>Biofortification and Climate Change</b><br/> <b>Dr. Sesikeran Boindala</b><br/>                     Former Director, National Institute of Nutrition,<br/>                     Indian Council of Medical Research, Hyderabad</p>                             |

## Schedule Day 2: 28th January 2023

| Time   | Topic   |   |
|--|---|---|
| <b>Subtheme - Good Health &amp; Well-being</b>           |   |   |
| 9.00 am<br>to 9.45 am                                    | <p><b>Nutritional Anaemia</b><br/> <b>Dr. Prema Ramachandran</b><br/>                     Director Of Nutrition Foundation Of India, Delhi</p>  |   |
| 9.45 am<br>to 10.30 am                                   | <p><b>Nutritional Status of Vitamin B12 and Vitamin D -<br/>                     The Indian Scenario</b><br/> <b>Dr. Anuradha Khadilkar</b><br/>                     Director Hirabai Cowasji Jehangir Medical Research Institute,<br/>                     Jehangir Hospital, Pune</p> |  |
| 10.30 am<br>to 10.45 am                                  | <b>Tea</b>  |   |
| <b>Subtheme: Industry, Innovation and Infrastructure</b> |   |   |
| 10.45 am<br>to 11.30 am                                  | <p><b>Foodomics in the Realms of the Periodic Table of Foods</b><br/> <b>Dr. Thingnganing Longvah</b><br/>                     Former Director, National Institute of Nutrition,<br/>                     Indian Council of Medical Research, Hyderabad</p>                             |  |

## Schedule Day 2: 28th January 2023

| Time   | Topic   |   |
|--|---|---|
| <b>Subtheme - Responsible Consumption and Production</b> |   |   |
| 11.30 am<br>to 12.15 pm                                  | <p><b>Potential of Food Waste for Value Addition</b><br/> <b>Dr. Rekha Singhal</b><br/>           Professor and Head, Department of Food Engineering and Technology, Institute of Chemical Technology, Mumbai</p>   |    |
| 12.15 pm<br>to 1.00 pm                                   | <p><b>Food Recovery to Feed the Hungry</b><br/> <b>Dr. Sanu Jacob</b><br/>           Regional Director Southern Regional Office, Food Safety and Standards Authority of India (FSSAI), Chennai</p>  |    |
| 1.00 pm<br>to 2.00 pm                                    | <b>Lunch &amp; Display of Posters</b>   |   |
| <b>Subtheme - Quality Education</b>                      |   |   |
| 2.00 pm<br>to 2.45 pm                                    | <p><b>Integrating Mindful Eating in Curriculum - Begin Early</b><br/> <b>Dr. S. Kowsalya</b><br/>           Professor &amp; Registrar, Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore</p> |  |
| 2.45 pm<br>to 3.15 pm                                    | <p><b>Consumer Friendly Label Sensitivity</b><br/> <b>Dr. Sheetal Gupta</b><br/>           Joint Director Western Regional Office, Food Safety and Standards Authority of India (FSSAI), Mumbai</p>   |  |
| 3.15 pm<br>to 4.00 pm                                    | <p><b>Nutrition Communication Through Social Media:<br/>How Responsible Are We?</b><br/> <b>Luke Coutinho</b><br/>           Holistic Lifestyle Coach.<br/>           Chief Mentor, Lifeness Science Institute, Mumbai</p>  |  |
| 4.00 pm<br>to 4.30 pm                                    | <b>Valedictory &amp; Vote of Thanks</b>   |   |

## Abstract Submission

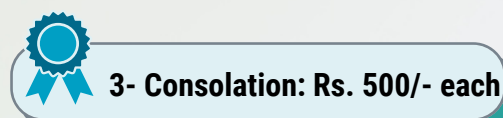
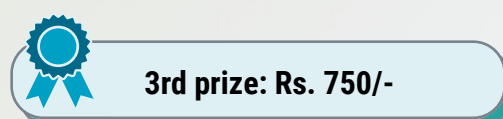
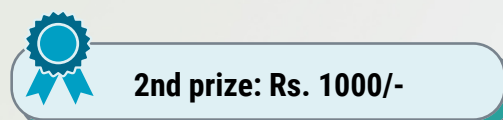
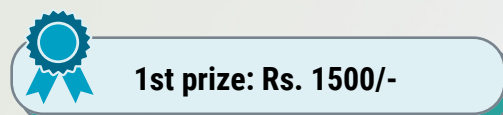
The organizing committee invites abstract submissions for poster presentation at PaushtiCon 2023.

- Abstracts of only participants registered for the conference would be accepted for presentation (only poster). Please note, a single registration permits only one person to attend the E-conference. If co-authors would like to attend the conference, they have to register for the conference independently
- Abstract should be submitted in English with accurate grammar and spelling of a quality suitable for publication. Kindly take assistance of a native English speaker or copy editor prior to submission if required to review your abstract.
- Registering for the conference will not guarantee acceptance of the paper for presentation.
- Paper selection 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.
- The presenting author is required to ensure that all co-authors are aware of the content of the abstract before submission.
- The presenting author must be underlined and bold.
- Submitted abstracts should include non-published data.
- Abstracts previously presented will not be accepted.
- You may submit more than 1 abstract.
- Last date for online submission of abstract is **15th December, 2022**.
- Submit your abstracts to the scientific committee at [paushticon@gmail.com](mailto:paushticon@gmail.com).
- ***Accepted abstracts would be published in the conference proceedings with ISBN number (to be released after the E-conference).***
- All presenting authors would receive a participation certificate.

Kindly note that the scientific committee will screen your abstract and notify you about the acceptance by 1st January 2023.

All accepted posters would be displayed on NSI Mumbai Chapter Website as well as during the conference

### 6 prizes for Poster Presentation



Abstracts should be based on 1 of the following 6 sub-themes:

***Zero Hunger***  
***Good Health, Well Being and Nutrition***  
***Nutrition Education***  
***Industry Innovations for Food Sustainability***  
***Climate Action and Food & Nutrition Security***  
***Responsible Food Consumption and Production***

### Guidelines for Writing of 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 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 structured.

### Use the Following Format for 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 results.
- **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



## Guidelines for Making Posters:

- Posters should be made using the template provided by the conference.
- Guidelines would be mailed along with the template to make poster to all participants whose abstracts are accepted.

## Registration Details:

- Students (Final Year Graduates, Post Graduate Diploma & Masters), academicians, researchers, dieticians, nutritionists, food technologists, scientists, biotechnologists, NGO's, Ph.D. Students etc. can register for the E-conference.
- Conference will be hosted via ZOOM. Registering for conference is compulsory to obtain Zoom links for E-conference.

## Registration Fees:

|               | NSI Member | Non-NSI Member |
|---------------|------------|----------------|
| Students      | Rs. 200/-  | Rs. 300/-      |
| Professionals | Rs. 350/-  | Rs. 500/-      |

**All Registered Participants Would Receive Participation E-Certificate**

## Registration Procedure

- Please make the payment via **NEFT/ Online Transfer** (bank details given below).
- Take screenshot of payment confirmation.
- Once you have made payment, kindly fill the **Registration Form** (link given below).
- Make sure to fill in all the details and attach the screenshot of the payment.
- Please make sure you enter correct email id and mobile number.
- The registration for conference will be confirmed only after you fill the Registration Form via email.
- You will receive an email from paushticon@gmail.com within 3-4 days of filling the Registration Form.

### Bank Details:

**Account Name: N. S. I. Mumbai Chapter**  
**Bank: Union Bank of India**  
**Branch: Juhu Tara, Mumbai**  
**Account Number: 369102010803686**  
**IFSC code: UBIN0536911**

**Registration form link:** <https://forms.gle/7irPcPiSHLaR2Te6A>

## Organising Committee Members:

### Chairpersons

**Mrs. Anuradha Shekar**

### Organizing Co-Chairpersons

**Dr. Subhadra Mandalika**

### Secretary

**Dr. Rupali Sengupta**

### Joint-Secretary

**Dr. Neha Sanwalka Rungta**

### Finance Secretary

**Dr. Neha Joshi**

### Scientific Committee

**Dr. Anuradha  
Mitra**

**Dr. Priyanka  
Pareek**

**Dr. Minelly  
Rodrigues**

### Executive Committee

**Dr. Lakshmi Menon  
Dr. Monal Velangi  
Dr. Priyanka Pareek  
Dr. Minelly Rodrigues  
Dr. Sheetal Gupta  
Dr. Tasneem Ravat  
Mr. Gopal Sharma  
Mr. Vipul Solanki  
Mr. Luke Coutinho**

**Ms. Aasia Radiowala  
Ms. Amrita Behel  
Ms. Chandni Chopra  
Ms. Madhavi Sathe  
Ms. Purabi Mahajan  
Ms. Rashi Mundhara  
Ms. Shama Chavan  
Ms. Sonu Mishra**

# PAUSHTICON N

## 2023

### Important Dates

|  |                    |
|--|--------------------|
| Abstract Submission Deadline                 | 15th December 2022 |
| Initial Intimation of Acceptance of Abstract | 1st January 2023   |
| Last Date of Registration                    | 20th January 2023  |
| Submission of e-posters                      | 10th January 2023  |

### Contact Details

#### Website

<https://nsimumbai.org/>

#### Emails

paushticon@gmail.com  
nsimumbai@gmail.com  
nsimumbai.sm@gmail.com

### For Registration Queries

(WhatsApp Only):

Dr. Neha Sanwalka Rungta- 8108009900

### For Other Queries:

Dr. Neha Joshi - 81693 22302