



**Accreditation Partners:**



# नारीNutricon

**Global Women Health & Nutrition Congress  
2025**

 **The Leela Ambience Convention Hotel  
Yamuna Sports Complex , New Delhi**

 **October 25<sup>th</sup> , 2025**

 **8:30 AM- 5:00 PM**



# नारीNutriCON

## Message from the Founder

**“This is not just a conference. This is a movement.”**

Naarinutricon 2025 is more than an event—it’s a mission. A global women’s empowerment revolution wrapped in the science, soul, and strength of Nutrition & Health. As the founder of NIND, I am deeply humbled and proud to bring together the most brilliant minds, compassionate hearts, and bold voices across disciplines, geographies, and experiences to celebrate the true essence of nourishing women at every stage of life.

Our vision is clear: to create a global ecosystem where women’s health is not sidelined but spotlighted, where clinical science meets compassionate care, where tradition merges with modern evidence, and where every delegate returns empowered—to heal, to lead, and to transform.

Our mission is to celebrate, educate, and revolutionize the way we approach women’s wellness – with science, sensitivity, and solidarity. Through power-packed panels like Nourish Her Roots, Power Her Plate, and Balance Her Hormones, we aim to address every layer of women’s physiological, emotional, and nutritional journeys

For too long, women’s health has been overlooked, misunderstood, and under-prioritized. From adolescence to pregnancy, menopause to metabolic disorders, the nuanced needs of women remain unaddressed in mainstream healthcare systems. Naarinutricon 2025 is not just a conference – it’s a movement to bridge this critical gap, bringing together experts, students, practitioners, researchers, policy-makers, and empowered voices from across the globe.

This is your moment to rise, to connect, to be seen.

**Be the witness. Be the voice. Be the change.**

This is your chance to witness history in the making – to learn, lead, and leave a legacy. Let us rise together to honor HER health, HER story, and HER strength.

**Warm regards**

**Neha Vijh**

**Founder, Navast Institute of Nutrition & Dietetics**

**(NIND)**

**Curator, Naarinutricon**

**Global Women’s Health & Nutrition Congress 2025**



# नारीNutriCON

## Our Gems Meet Our Chief Guests



**Dr Pawan Agrawal**  
CEO , Food Future  
Foundation  
Former CEO FSSAI  
Secretary to Govt Of  
India



**Dr Gita Prakash**  
Ex- Army Veteran  
Humanitarian  
Model  
General Physician with  
30+ years of experience  
Currently with Max  
Hospitals



**Mr Nishant Sharma**  
Logical Intuition &  
Spiritual Healing  
Expert  
Founder , AuraEye  
Solutions

**Honoring a Legacy of Leadership in Healing,  
Empowering, and Transforming Lives.**



**Saturday**  
25th October 2025



**Time**  
8:30 AM- 5:00 PM



**Venue**  
The Leela Ambience  
New Delhi

**JOIN NOW**



[www.nindofficial.org](http://www.nindofficial.org)



+91-9773904249



[info@nindofficial.org](mailto:info@nindofficial.org)



# नारीNutriCON



## Our Esteemed Guests

### **Dr ( Prof) R. S Sharma**

Distinguished Professor School of Biosciences & Technology , Galgotias University ,  
Former Sr Deputy Director General , Head & Scientist -G, ICMR , MoHFW, Govt of  
India, New Delhi

### **Dr Ankita Marwaha**

PepSico- Director R&D AMESA life Sciences

### **Ms Shilpa Sindhvani Wadhwa**

Nestle - Head Nutrition, Health & Wellness

### **Dr Swapna Chaturvedi**

AIIMS, New Delhi - Senior Dietician

### **Dr Shivani Chandel**

University of Delhi - Associate Professor , Department Of Anthropology

### **Ms Rohini Saran**

Vedanta Group - Head , Key Verticals

### **Ms. Deepti Khatuja**

Fortis Healthcare - Chief Clinical Nutritionist

### **Ms. Shilpa Thakur R.D**

Gen secretary , IAPEN India Delhi Chapter

### **Ms Anita Jatana**

Vice President , IAPEN India Delhi Chapter  
Consultant , Apollo Hospitals

# Global Women Empowerment Leaders



**Neha  
Vijn**

Founder , Patron &  
Chairperson



**Dr Monika Seth**

Vice Chairperson  
Program Director



**Sushila Sharangdhar**

Organising  
Chairperson



**Binu Bhatia**

Organising  
Co- Chairperson



**Ufi Alam**

Head  
Student Committee



**Aparna Pandey**

Head  
Documentation Committee



**Gesu**

Head  
Sponsors Committee

# Agenda

Conference Theme:

# नारीNutriCON

Global Women Health & Nutrition Congress 2025

## Date and Time

25<sup>th</sup> October 2025

8:30 am - 4:30 PM



## Location

Coral & Turquoise Hall

The Leela Ambience, New  
Delhi



Agenda	Presenter	Start Time	Duration
<b>Welcome and Introductions</b> <ul style="list-style-type: none"><li>Inauguration</li><li>Welcome Speech</li></ul>	Moderators Founder VC	8:30 am	1 hour
<b>Phase 1 - Nourish Her Roots ( Adolescent Nutrition)</b> <ul style="list-style-type: none"><li>Introduction to Speakers &amp; Panelists</li><li>Expert Presentation</li><li>Panel Discussion</li></ul>	Moderators Expert Speakers	9:30 AM	55 Minutes
<b>Tea &amp; Coffee Break</b> <ul style="list-style-type: none"><li>Proceed for Tea ,Coffee &amp; Snacks</li></ul>	Moderators	10:30 AM	15 Minutes
<b>Phase 2 - Power Her Plate ( Pregnancy &amp; Lactation)</b> <ul style="list-style-type: none"><li>Introduction to Speakers &amp; Panelists</li><li>Expert Presentation</li><li>Panel Discussion</li></ul>	Moderators Expert Speakers	10:45 AM	50 Minutes
<b>Phase 3 - Balance Her Life ( PeriMenopause &amp; Menopause)</b> <ul style="list-style-type: none"><li>Introduction</li><li>Expert Presentation</li><li>Panel Discussion &amp; Q/A</li></ul>	Moderators Expert Speakers	11:40 AM	60 Minutes
<b>Phase 4 - Thriving Gracefully ( For 60+ Women)</b> <ul style="list-style-type: none"><li>Introduction to Speakers &amp; Panelists</li><li>Expert Presentation</li><li>Panel Discussion</li></ul>	Moderators Expert Speakers	12:45 PM	40 Minutes
<b>Bonus Phase - Glow Her Naturally</b> <ul style="list-style-type: none"><li>Introduction</li><li>Expert Presentation &amp; Q/A</li></ul>	Moderators Expert Speakers	1:25 PM	25 Minutes
<b>Lunch</b>	Host	1:50 PM	40 Minutes

# Agenda

Conference Theme:

# नारीNutriCON

Global Women Health & Nutrition Congress 2025

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Agenda	Presenter	Start Time	Duration
<b>Face Yoga Session</b> <ul style="list-style-type: none"><li>Introduction</li><li>Face Yoga Exercises</li></ul>	Moderators Face Yoga Expert	2:35 PM	15 min
<b>Psycho Spiritual Session</b> <ul style="list-style-type: none"><li>Introduction</li><li>Breathwork , Healing &amp; Meditation</li></ul>	Moderators Psycho Spiritual Coach	2:55 PM	15 Minutes
<b>Important launches from NIND</b> <ul style="list-style-type: none"><li>Introduction</li><li>Important Launches</li></ul>	Moderators Founder VC	3:15 PM	15 Minutes
<b>Award / Recognition Ceremony</b> <ul style="list-style-type: none"><li>Award Distribution</li></ul>	Moderators Guests Nominees	3:30 PM	45 Min
<b>Vote of Thanks</b> <ul style="list-style-type: none"><li>Thank you Speech</li></ul>	Moderators Founder VC	4:15 PM	20 Minutes
<b>High Tea</b> <ul style="list-style-type: none"><li>High Tea and Snacks</li></ul>	All Guests	4:35 PM	20 Minutes

For Details Regarding Speakers and Themes please refer next page

# Themes & *J* Peakers

October 25<sup>th</sup> 2025

## Agenda

## Themes

## Speakers

### Phase 1

#### **Nourish Her Roots**

Rewriting the Future of Adolescent Wellness & Hormonal Resilience

- Fueling Her Firsts: The Untold Power of Nutrition in a Young Woman's Becoming"
- The Teenage Tipping Point: Nutrition, Hormones & Body Confidence in a Changing World

- ❖ Dr Charu Arora
- ❖ Dr Ruchi Tandon
- ❖ Ms Pranati
- ❖ Rachna Shukla Sharma



#### Moderators :

- ❖ Ankeeta Vaidya
- ❖ Saurav Kumar Gupta

### Phase 2

#### **Power Her Plate**

Functional Nutrition Across Fertility, Pregnancy & Postpartum Realities

- Beyond Bumps and Births: The Missing Links in Modern Women's Reproductive Nutrition
- Cycle to Cradle: Decoding Fertility, Pregnancy & Postpartum Nutrition in the Real World

- ❖ Binu Bhatia
- ❖ Kanupriya Khanna
- ❖ Saurav Kumar Gupta
- ❖ Chetna Luthra
- ❖ Dr Sapna Madan

#### Moderators :

- ❖ Ankeeta Vaidya
- ❖ Ufi Alam

#### Note:

# Themes & Speakers

October 25<sup>th</sup> 2025

## Agenda

## Themes

## Speakers

### Phase 3

#### Balance Her Life

Nourishing the Midlife Woman Through Hormonal Crossroads (Perimenopause and Menopausal Health)

- Pause to Power: The Functional Nutrition Blueprint for Menopause Mastery"
- Redefining Her Midlife: Hormones, Healing & the New Language of Food
- Ask What You've Never Been Told: Real Questions for Real Women

- ✿ Dr Monika Seth
- ✿ Ms Pranati
- ✿ Dr Swapna Chaturvedi
- ✿ Dr Sapna Madan

#### Moderators :

- ✿ Ankeeta Vaidya
- ✿ Deepali Verma

### Phase 4

#### Thriving Gracefully

Nourishing Women 60+ for Strength, Sanity, Self-Worth & Self-Love

- Not Fragile, But Forgotten: The Silent Nutrition Stories of Women 60+
- From Frailty to Fierce: A 360° Approach to Health, Strength & Dignity After 60

- ✿ Sushila Sharangdhar
- ✿ Kanupriya Khanna
- ✿ Chetna Luthra

#### Moderators :

- ✿ Saurav Kumar Gupta
- ✿ Ufi Alam

#### Note:

# Themes & Speakers

October 25<sup>th</sup> 2025

## Agenda

## Themes

## Speakers

### Bonus Phase Glow Her Naturally

Skin, Hair & Holistic  
Wellness

Where Food Meets Glow,  
and Beauty Starts from  
Within

- The Glow Protocol: Root-Cause Nutrition for Radiant Skin & Resilient Hair
- Real Beauty, Real Struggles: Let's Ask What Google Doesn't Tell Us

✿ Dr Preeti Khanna

Moderators : ✿ Ufi Alam

✿ Deepali Verma

### Face Yoga Session Feminine Radiance & Inner Balance

Redefine Age. Redefine  
Beauty. Redefine You.

Because healing isn't just within — it shows on your face. Discover the science of serenity, sculpt, and self-love through every breath and movement.

✿ Ms Garima

Moderators : ✿ Ankeeta Vaidya

**Note:**

# नारीNutriCON 2025

## Registration

Categories	Early Bird (Till Sep 30 <sup>th</sup> )	Regular fee (Till 24 <sup>th</sup> October)	On the Spot (25 <sup>th</sup> oct 2025)
Students	2000	2500	3000
Lifetime NANP Members	2000	2500	3000
Non-Members	2500	3000	3500
Award Nominees	3000	3500	5000
Foreign Students	USD 70	USD 200	USD 250
VIP members	14000	15500	20000

## Benefits for all attendees

- ✓ Conference Registration Access
- ✓ Welcome Kit (with merchandise, notepad, pen, and other event essentials)
- ✓ Lunch, AM & PM Snacks
- ✓ Internationally Recognized Certificate (IAO, ACTD-USA accredited)
- ✓ Conference Magazine Access ( India's First Nutrition Magazine)
- ✓ Professional Photos, Event Coverage & Social Media Tags
- ✓ Access to Recordings for Limited Time

**PS – Category specific are listed on Weblink ,Click on Register now button to Register for the Conference)**

[Register Now](#)

# POSTER SUBMISSION GUIDELINES

All submissions must align with the theme: Global Women's Health and Nutrition Congress. Topics may include (but are not limited to): PCOS, fertility nutrition, menopause, adolescent health, hormonal health, therapeutic nutrition, cancer nutrition, mental well-being, Ayurveda, gut health, public health nutrition, and maternal & child nutrition.

## Eligibility

- Open to students, young researchers, dietitians, and healthcare professionals.
- Maximum 3 authors per submission. Only 1 presenting author will be eligible for certificate and stage presentation.

## Abstract Submission Guidelines

- **Word Limit:** 250–300 words
- **Font:** Times New Roman, 12 pt, 1.5 spacing
- **Structure:**
  - Title
  - Authors and Affiliations
  - Introduction/Background
  - Objectives
  - Methodology
  - Results/Expected Outcomes
  - Conclusion
  - Keywords (3–5)

## Poster Presentation Guidelines

- **Poster Size:** 36 x 48 inches (vertical preferred)
- **Font size:** Should be readable from 1 meter distance
- **Design:**
  - Use clear headings and high-resolution images/charts
  - Avoid dense text. Use bullet points, visuals, and flowcharts
  - Logos of institutions (if applicable) should be included at the bottom

**"DON'T LET YOUR MIND SETTLE FOR LESS—  
CHALLENGE, GROW, AND THRIVE EVERY DAY. AND SAY  
HELLO TO UNSTOPPABLE CREATIVITY!"**

## Evaluation Criteria

- Relevance to theme
- Scientific accuracy
- Innovation and originality
- Clarity of visuals and content
- Presentation skills (for shortlisted candidates)

## Submission Deadline

- All abstracts and posters must be submitted by October 10<sup>th</sup> via email to:  
[info@nindofficial.org](mailto:info@nindofficial.org)

## Additional Information

- Selected participants will receive a certificate of recognition.
- Top 3 posters will be awarded during the Valedictory Session.
- Ensure topic clearly aligns with the conference theme; off-theme submissions will not be considered.





# ANNUAL RECOGNITION AWARDS

Recognizing the Stars Among Us.

 25th October 2025

 3:30PM - 4:30 PM

**The Leela Ambience  
Convention Hotel  
New Delhi**

Registration  
Before: October  
10th 2025

**Nominate Now**

**SELECT FROM THE  
CATEGORIES BELOW**

**[Info@nindofficial.org](mailto:Info@nindofficial.org)**





# नारीNutriCON

## Award Nomination Criteria

### **Dr. Indira Hinduja Award for Excellence in PCOS & Fertility Nutrition**

Breakthroughs in PCOS management, fertility enhancement, and reproductive nutrition protocols.

### **Florence Nightingale Award for Therapeutic Nutrition in Clinical Care**

Excellence in hospital and clinical settings, focusing on therapeutic recovery diets.

### **Anandibai Joshi Award for Cancer Care Nutrition Excellence**

Significant contributions in oncology nutrition, cancer recovery, and palliative diets.

### **Savitribai Phule Award for Adolescent Nutrition Advocacy**

Work on adolescent health—anaemia, PCOS, obesity, and body image through nutrition.

### **Mother Teresa Award for Geriatric & Palliative Nutrition Service**

Nutrition support in senior care, terminal illness, or hospice through compassion-driven interventions.

### **Kalpna Chawla Award for Innovation in Hormonal & Women's Health Nutrition**

Innovative approaches to hormonal imbalances (thyroid, estrogen, mood-hormone axis).

### **Lata Mangeshkar Award for Mental & Emotional Wellbeing through Nutrition**

Focus on anxiety, depression, cognitive health, and emotional nutrition support.

### **Helen Keller Award for Neurological & Developmental Nutrition**

Pioneering work in autism, ADHD, neurodegeneration, or sensory diets.

### **Mary Kom Award for Excellence in Sports & Performance Nutrition**

Outstanding contribution to athletic performance, body composition, and recovery nutrition.



# नारीNutriCON

## Award Nomination Criteria

### **Kiran Bedi Award for Metabolic Nutrition & Weight Management**

Bold results in insulin resistance, obesity care, and metabolic healing.

### **Rukmini Devi Arundale Award for Holistic Wellness & Ayurvedic Nutrition**

Blending classical Ayurveda with modern nutrition practices for holistic healing.

### **Mira Behn Award for Detox, Herbal & Anti-inflammatory Diets**

Use of natural food, herbal combinations, and anti-inflammatory principles.

### **Anasuya Sarabhai Award for Functional Nutrition & Chronic Condition Reversal**

Root-cause based chronic disease reversal using personalized nutrition.

### **Malala Yousafzai Award for Nutrition Education & Youth Empowerment**

Spreading awareness among youth via education programs or campaigns.

### **Aruna Roy Award for Community & Tribal Nutrition Empowerment**

Work in rural, tribal, or underrepresented regions on nutrition and food access.

### **Medha Patkar Award for Public Health Nutrition Policy & Advocacy**

Influence in nutrition policy, school feeding, or public dietary reforms.

### **Sarojini Naidu Award for Global Women Leadership in Nutrition**

For women leading impactful global programs, research, or institutional change.

### **Amrita Devi Award for Sustainable & Planet-Friendly Nutrition**

Contributions to eco-diets, zero-waste kitchens, or sustainable nutrition.

### **M.S. Subbulakshmi Award for Culinary Innovation in Therapeutic Diets**

Creating meals that support healing and improve patient compliance.

### **Aryabhatta Award for Scientific Excellence in Nutrigenomics & Research**

Research excellence in gene-nutrition interactions, metabolism, or diagnostics.



# नारीNutriCON

## Award Nomination Criteria

### **Dr. Rukhmabai Award for Gut-Brain Axis & Microbiome Nutrition Excellence**

Advanced work in gut flora, leaky gut, SIBO, or mental health-gut link.

### **Bachendri Pal Trailblazer Award for Women in Extreme Nutrition Fields**

Nutritionists working in high-altitude, armed forces, expeditions, or disaster zones.

### **Global Women Nutritionist Icon Award**

For consistent, lifelong contributions to clinical and therapeutic nutrition.

### **Wellness Influencer of the Year**

Evidence-based social media impact in nutrition education and community building.

### **Lifetime Achievement in Women Empowerment**

For decades-long work towards uplifting women's health and leadership.

### **Student Excellence Award**

For top-performing student showing exceptional skill and practical application.

### **Best Student Research Poster Award**

Top research poster selected based on innovation, presentation, and relevance.

### **Rising Star in Nutrition Award (Student)**

Recognizing emerging talent among undergraduate/postgraduate nutrition students.

### **Outstanding Nutrition Educator of the Year**

For teachers revolutionizing academic and applied nutrition education.



# नारीNutriCON

## Guidelines For Nominations

To ensure fairness, transparency, and credibility, the following guidelines must be adhered to by all applicants and nominators for the Naarinutricon 2025 Awards:

### Eligibility Criteria

- **Minimum Experience:** All nominees must have at least 5 years of relevant professional experience in the field of nutrition, dietetics, public health, clinical practice, research, education, or advocacy. (This criterion does not apply to student-specific awards.)
- **Lifetime Achievement Award:** Nominees for the Lifetime Achievement in Women Empowerment through Nutrition must demonstrate a minimum of 20 years of consistent and impactful work in the field.
- **Student Awards:** The following student awards are open only to currently enrolled or recently graduated students (within the past 1 year):
  - Student Excellence Award
  - Emerging Nutrition Leader – Student Award
  - Best Student Research/Internship Project Award

### Nomination Submission

• Self-nomination and third-party nominations are both accepted through the website only, the link is : [https://nindofficial.org/naarinutricon2025-2/#awards\\_recognition](https://nindofficial.org/naarinutricon2025-2/#awards_recognition)

### •Each nomination must include:

- Completed nomination form
- Resume/CV of the nominee
- Short statement (300–500 words) highlighting the nominee’s contribution aligned with the award category
- Supporting documents (e.g., testimonials, articles, publications, impact reports) are encouraged but optional



# नारीNutriCON

## Guidelines For Nominations

### Judging Process

- Nominations will be reviewed by an expert jury comprising leading academicians, clinical experts, researchers, and public health professionals.
- Final decisions will be based on impact, innovation, relevance to women's health/nutrition, and alignment with award vision.

### Important Notes

- Deadline for nominations: October 10<sup>th</sup> 2025**
- A nominee can apply for only one award category
- Award recipients must be available to attend the Naarinutricon 2025 Conference to accept the award.

[Nominate Now](#)

