



Nirmala Niketan Institute's  
College of Home Science Nirmala Niketan  
(Autonomous)

49, New Marine Lines, Mumbai - 400020, Maharashtra - India

NAAC Re-accredited A+ Grade

Presents

**International Conference (Hybrid Mode - Online & Offline)**  
**ENHANCEMENT OF QUALITY OF LIFE**  
**Echoes of the Past, Vision for a Sustainable Resilient Future**

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**GOLD SPONSORS**

BHARAT DAFTARY FOUNDATION



**DATE**

16th - 17th  
January, 2026

**VENUE**

College of Home Science  
Nirmala Niketan  
49, New Marine Lines, Mumbai 400020

**MODE**

Hybrid  
(Offline/Online)

**REGISTER HERE** >

**ACADEMIC PARTNERS**



Dr. BMN College of  
Home Science



Christ College



Women's Christian  
College



Ban Secours  
College



Institute of Chemical  
Technology

**ASSOCIATION PARTNERS**



International Agency of  
Cancer Research -  
World Health Organisation



The Textile  
Institute



FIT  
India



Nutrition Society of India  
Mumbai Chapter



Home Science  
Association of India



Indian Technical Textile  
Association (ITTA)



Indian Dietetic Association  
Mumbai Chapter



Association of Food  
Scientists and Technologists,  
Mumbai Chapter



Diabetes Endocrinology  
Nutrition Metabolism  
Academy

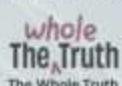


Neuro Nutrition  
IAPEN



Education  
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**NOURISHMENT PARTNERS**



The Whole  
Truth  
The Whole Truth

# **PROGRAMME FLOW**

## **DAY 1: FRIDAY, 16<sup>TH</sup> JANUARY 2026**

### **REGISTRATION AND BREAKFAST {8.00am to 9.00am}**

### **PLENARY - I GLOBAL RESEARCH PERSPECTIVE** **Hybrid Mode {09.00am - 10.00 am}**

Keynote Speaker: Dr. Sabrina D. Ramsamy-Iranah

Senior Lecturer/Design Consultant, Department of Applied Sustainability & Enterprise Development (DASED)

Faculty of Engineering, University of Mauritius

Topic: Adaptive and Assistive Design and Technology

Keynote Speaker: Prof. Dr. Archana Hegde

Department of Human Development and Family Science,  
College of Human Health and Behaviour, East Carolina University, USA

Topic: Enhancement of quality of life: Echoes Of The Past, Vision For A Sustainable Resilient Future-  
A Childhood and Education Perspective!

### **INAUGURATION CEREMONY**

### **Hybrid Mode {Online & Offline}**

**10.00 AM - 11.00 AM**

#### **INVOCATION & PRAYER**

**Ms. Noella Dias**

Manager, College of Home Science Nirmala Niketan, Mumbai

#### **OPENING REMARKS & WELCOME ADDRESS**

**Dr. Asha Mathew**

Chairperson of the Conference & Principal  
College of Home Science Nirmala Niketan, Mumbai

#### **ADDRESS BY MANAGEMENT**

**Ms. Philomena Sequeira**

President, Nirmala Niketan Institute

#### **CONFERENCE OVERVIEW**

**Prof. Dr. Kamini Prakash Rege**

Conference Convener & IQAC Coordinator  
College of Home Science Nirmala Niketan, Mumbai

#### **ADDRESS BY CHIEF GUEST**

**Prof. (Dr.) Arun Sawant**

Director, Waste to Energy Research Technology  
Council (WTERT-India)

Former Joint Director of Higher Education , Mumbai  
Former Pro Vice-Chancellor, University of Mumbai  
Former Vice-Chancellor, University of Rajasthan, Jaipur

#### **VOTE OF THANKS**

## **PLENARY - II SIGNATURE PLENARY ADDRESS**

**Hybrid Mode {11.00 am - 01.00 pm}**

**Venue: Marie Adelaide de Cice Hall**

**Keynote Speaker: Prof.(Dr.) Hemraj B. Chandalia**

Director, Endocrinology, Diabetes and Metabolism, Jaslok Hospital and Research Centre, Mumbai

Director; Diabetes Endocrine Nutrition Management and Research Centre, Mumbai (DENMARC)

**Topic: Health Care Practitioner and Patient Interaction: Impacting Outcomes**

Theme: Health and Wellbeing

**Keynote Speaker: Dr. Sasikumar N. Menon**

Director, Institute of Advanced Research in Interdisciplinary Sciences (TDM Lab) Mumbai

**Topic- "Sustaining Biodiversity for Human Survival: An Overview"**

**Distinguished Speaker: Dr. Mickey Mehta**

Global Leading Holistic Health Guru/Spiritual Life Coach

**Topic: A & A Reversal - (Age And Ailment Reversal)**

**Acknowledgements**

**Collaborating Institutions And Industry Partners**

**LUNCH BREAK {01.00 pm - 02.00 pm}**

## **PARALLEL SESSION - I BREAK INTO SEPARATE ROOMS**

### **FOODS, NUTRITION AND DIETETICS**

Parallel Session - I and Oral Research Paper Presentation

Hybrid Mode {02.00 pm - 05.30 pm}

Session 1 (A): Dr. Navina Singh Center Head, Birla Fertility Institute Infertility Specialist & Gynaecologist	<b>Topic:</b> Empowered Womanhood: Understanding Fertility, Health and Wellbeing in the Reproductive Years <b>Theme:</b> Health and Wellbeing, Cultural Roots as National Identity
Session 1 (B): Ms. Sonal Chandalia Founder, DENMA Consultant Nutritionist, Jaslok Hospital	<b>Topic:</b> Nutritional Therapy For Metabolic Health Of Women <b>Theme:</b> Health and Wellbeing, Cultural Roots as National Identity
Session 1(C): Dr. Shobha Udupi Hon Director-Integrative Nutrition and Ayurceuticals, Medical Research Centre, Kasturba Health Society	<b>Topic:</b> Integrating Ayurveda into Modern Science for Women's Health <b>Theme:</b> Health and Wellbeing, Cultural Roots as National Identity
Session 2 : Dr. Meghna Motwani Vice President, Clinical Research Nutrova	<b>Topic:</b> Aging with Grace - Nutrition for Skin, Hair and Healthy Ageing <b>Theme:</b> Health and Wellbeing, Entrepreneurship, Innovation and Start up ecosystems

Oral Research Paper Presentation - Hybrid Mode - Online & Offline

## **HUMAN DEVELOPMENT**

Parallel Session - I Hybrid {02.00 pm - 05.30 pm}

Theme: Human Development Across Time and Transformation: Culture, Wellbeing, Inclusion, Innovation, and Digital Futures

Oral Research Paper Presentation -Hybrid Mode - Online & Offline

## TEXTILE AND FASHION TECHNOLOGY

Parallel Session – I Hybrid Mode - Online & Offline {02.00 pm - 05.30 pm}

### PANEL DISCUSSION AND ORAL RESEARCH PAPER PRESENTATION

#### Panel Discussion I

**Title** Entrepreneurial Pattern: Digital Transformation in Fashion and Textile Ecosystem

**Theme 3:** Digital Literacy and Transformation **Theme 6:** Entrepreneurship, Innovation and Start-up Ecosystems and **Theme 7:** Transformative Education for Nation Building

**Moderator:** Dr. Pratima Goyal: Head- Textile and Fashion Technology, College of Home Science, Nirmala Niketan, Mumbai – India

#### Panellist:

**Dr. Sachin Laddha:** Director-Innovation, Incubation & Linkages; M.Pharm., PhD (BIT, Ranchi),, R.Ph., FCRSI., FACS Director (Add.), SNDT Women's University, Mumbai. Principal, Premlila Vithaldas Polytechnic, SNDT Women's University, Mumbai India

**Mr. Rohit Bose:** Social Media Influencer and Creative Founder Daily Digitals Known as the Modern Dhoti Man, "Drape it like Bose" with 566K Followers Mumbai India

**Ms. Bhavini Parekh:** Bunko Junko Founder - Social Entrepreneur, Independent Researcher, Inspirational Mentor, Visionary Sustainability Consultant, Champion of the Circular Economy, TEDx Speaker, Climate Catalyst, Member – United Nations Fashion & Lifestyle Network Mumbai India

**Ms. Sharda Bhatia and Ms. Krishna Merchant:** Co-Founders, Rustic Blends Mumbai India

**Mr. Ajay Shrivastav:** SME and Start-Up Consultant, Co-founder, Gingerblu & Fempowerment Foundation Mumbai India

#### Panel Discussion II

**Title:** Looms of Learning: Integrating Textile Knowledge for Resilient and Inclusive Economic Systems

**Theme 01:** Cultural Roots as National Identity and **Theme 05:** Inclusivity, Self-reliance and Livelihood Security

**Moderator:** Prof. Dr. Vishaka Karnad: Professor, Textile and Fashion Technology, College of Home Science, Nirmala Niketan, Mumbai – India

#### Panellist:

**Ms. Bela Shangvi:** Founder, Navanidhi Design Solutions Pvt. Ltd. Mumbai India

**Ms. Shobitha Kedlaya:** Founder, Protovillage Andhra Pradesh India

**Dr. Gurvinder Kaur Gundev:** Traditional Indian Textile Designer & Enthusiast, Tarun Tahiliani Design Pvt. Ltd. Mumbai India

**Mr. Haji Badshah Miyan:** Independent Designer and Master Artisan, Leheriya Jaipur India

**Mr. Mobin Ansari:** Director, Ayana Fashions, Banarasi Brocade Manufacturer and Exporter of Banarasi Sarees to Thirty Countries Varanasi India

Oral Research Paper Presentation - Hybrid Mode - Online & Offline

## COMMUNITY RESOURCE MANAGEMENT

Parallel Session – I and Oral Research Paper Presentation

Hybrid Mode - Online & Offline {02.00 pm - 05.30 pm}

**Session 1:** Ms. Nawaz Karanjia  
Travel Academician

**Topic:** Footsteps in the Hills of India - Sustainable and Responsible Tourism.

**Theme 1:** Cultural Roots as National Identity

**Session 2:** Ms. Nivedita Mukharjee  
Safety, Health, Environment & Quality Officer

**Topic:** Beyond Landfills: How Countries Can Tackle the Waste Crisis Through Integrated Waste-to-Energy Systems

**Theme 2:** National Identity Health & Well Being

Oral Research Paper Presentation Hybrid Mode - Online & Offline

"Crafting Creativity: A Live Workshop on Home Décor Arts" - by Pidilite Industries

## HIGH TEA INTERACTION AND VISITING STALLS

**05.30 pm – 06.00 pm**

# DAY 2: SATURDAY, 17<sup>TH</sup> JANUARY 2026

## REGISTRATION AND BREAKFAST {8.00am to 9.00am}

### PARALLEL SESSION - II BREAK INTO SEPARATE ROOMS

#### FOODS, NUTRITION AND DIETETICS

Parallel Session - II Hybrid Mode - Online & Offline {09.00am - 12.30pm}

Session 3: The New-Age Nutritionist: Gut Health & Quality of Life	<b>Dr. Samantha Huey</b> Research Associate & Nutrition Group Lead, Joan Klein Jacobs Centre for Precision Nutrition and Health, Cornell University	<b>Topic:</b> Precision Nutrition and the Gut Microbiome: New Evidence and Learnings <b>Theme:</b> Health and Wellbeing
Session 4: Digital Health - Revolutionising Wellness and Quality of Life	<b>Ms. Shambhavi Kamat</b> Senior Dietitian Bombay Hospital	<b>Topic:</b> What to feed the gut microbiome to better health <b>Theme:</b> Health and Wellbeing
	<b>Ms. Daniyah Irfan</b> Holistic Nutritionist & Lifestyle Medicine Coach Hyderabad	<b>Topic:</b> Achieving Gut Health in Nutrition Practice - Case Studies <b>Theme:</b> Health and Wellbeing
	<b>Ms. Naaznin Husein</b> Co-Founder & CEO of Reework / ReeCoach Mumbai	<b>Topic:</b> Galvanising Technology and AI for Efficient Nutrition Care <b>Theme:</b> Health and Wellbeing; Digital Literacy and Transformation, Entrepreneurship, Innovation and Start up ecosystems
	<b>Ms. Khushboo Verma</b> Director- V Care Cordia , Denmark	<b>Topic:</b> Digital Health Solutions - Governments to Communities to Individuals
	Digital Health Expert	<b>Theme:</b> Health and Wellbeing; Digital Literacy and Transformation, Entrepreneurship, Innovation and Start up ecosystems
	<b>Dr. Christian Budtz</b> Chief Medical Officer	<b>Topic:</b> Digital Tracking to Improve Efficacy of GLP-1 Therapies
	Co - Founder vCare Denmark	<b>Theme:</b> Health and Wellbeing; Digital Literacy and Transformation, Entrepreneurship, Innovation and Start up ecosystems
	Associate Professor, Denmark Technical University	
	<b>Prof. Dr. Rekha Singal</b> Department of Food Technology; Institute of Chemical Technology Mumbai	<b>Topic:</b> Novel And Indigenous Ingredients for Food Products for Wellbeing
	<b>Panel Discussion:</b> Sustainable Food Processing Practices for Quality of Life	<b>MODERATOR:</b>
		<b>Prabodh Halde</b>
		Head - Global Regulatory, Public Policy & Advocacy, Marico Ltd, Mumbai
	<b>PANELISTS:</b>	
	<b>Dr Geeta Ibrahim</b>	Retd. Principal, College of Home Science Nirmala Niketan, Mumbai
	<b>Dr. Uday Annapure</b>	Department of Food Engineering and Technology; Institute of Chemical Technology, Mumbai
	<b>Prof. Dr. Rekha Singal</b>	Department of Food Technology; Institute of Chemical Technology, Mumbai
	<b>Ms. Subhaprada Nishtala</b> , Director In Charge, ITCFSAN Mumbai	
	<b>Dr. Kejal Joshi Reddy</b> , Nutrition Manager Marico Ltd, Mumbai	

## HUMAN DEVELOPMENT

Parallel Session – II Hybrid Mode - Online & Offline {09.00am – 12.30pm}

<b>Session 1: Ms. Ottolie Anban</b> Founder and Director of 'Evolve Lives Foundation', Dharwad, Karnataka, India	<b>Topic:</b> Entrepreneurship, Innovation, and Start-up Ecosystems - Resilient Minds, Creative Futures: The Psychology of Entrepreneurial Growth <b>Theme:</b> Entrepreneurship, Innovation, and Start-up Ecosystems
<b>Session 2: Dr. Anuradha Sovani</b> Trustee and Consultant, Institute for Psychological Health, Thane	<b>Topic:</b> Youth identity and agency in a globalized world <b>Theme:</b> Cultural Roots as National Identity
<b>Session 3: Dr. Nirmala Almeida</b> Consultant Psychologist to schools, colleges and the Corporate Sector	<b>Topic:</b> Creating safe spaces for our youth: Enhancing Health and Wellbeing <b>Theme:</b> Health and Well-Being
<b>Session 4: Prof. Dr. Archana Hegde</b> Department of Human Development and family Science, College of Human Health and Behaviour, East Carolina University, USA	<b>Topic:</b> Transformative Education for Nation Building": What Does That Mean For the field of Early Childhood Care and Education (0-8 Years)? <b>Theme:</b> Transformative Education for Nation Building
<b>Session 5: Ms. Ritika Sahni</b> Founder, TRINAYANI Advocate for Inclusive Education	<b>Topic:</b> Enhancing quality of life through inclusive community ecosystem <b>Theme:</b> Inclusivity, Self-Reliance and Livelihood Security

## TEXTILE AND FASHION TECHNOLOGY

Parallel Session – II - Hybrid Mode - Online & Offline {9.00am – 12.30pm}  
PANEL DISCUSSION AND ORAL RESEARCH PAPER PRESENTATION

### Panel Discussion III

**Title:** Weaves of Identity - Cultural Roots As National Heritage

**Theme 1:** Cultural Roots as National Identity & **Theme 3:** Transformative Education for Nation Building

**Moderator:** Dr. Ritu Madhan: Associate Professor, Textile and Fashion Technology, College of Home Science, Nirmala Niketan, Mumbai - India

**Panellist:**

Dr. Sharmila Dua Dean, Academics National Institute of Fashion Technology (NIFT) Mumbai - India

Dr. Toolika Gupta Director Indian Institute of Crafts and Design (IICD), Jaipur - India

Dr. Anjali Karolia Former Dean Director Institute of Fashion Technology Maharaja Sayajirao University of Baroda (MSU) - India

Dr. Megha Phansalkar Founder, Tisser Artisans Trust, Mumbai - India

Dr. Ela Dedhia Founder, Anveshanam Foundation and Former, HOD, Former Incharge Principal College of Home Science Nirmala Niketan Mumbai - India

Dr. Manju Hundekar Director, School of Fashion Technology (SOFT) Pune - India.

### Panel Discussion IV

**Title:** Functional, Protective and Performance Textiles

**Theme 2:** Health and Well Being & **Theme 4:** Environment and Sustainability

**Moderator:** Mr. V R Sai Ganesh: Chief Operating Officer Zydex Pvt. Ltd. Vadodara India

**Panellist:**

Dr. Nandan Kumar Founder and Director, High Performance Textiles and Vice Chairman Indian Technical Textile Association (ITTA) Panipat India

Mr. Ashok Kulkarni Founder, Canopus Wet Wipes, Bengaluru India

Ms. Poonam Badhiye Archroma International Pvt. Ltd. - Director (Commercial Excellence, Specialty Chemicals & Brands Management). Chandigarh, India

Dr. Manjiri Paranjape Vice President - R&D, Rossari Biotech Ltd. Mumbai India

Oral Research Paper Presentation Hybrid Mode - Online & Offline

## COMMUNITY RESOURCE MANAGEMENT

Parallel Session - II and Oral Research Paper Presentation

Hybrid Mode - Online & Offline {9.00am - 12.30pm}

Session 3: Dr Anuradha Ramesh	Topic: Breaking Barriers and Building Sustainable Sufficiency: an Inclusive Approach in Organizations Theme: Inclusivity, self-reliance, and livelihood security
Session 4: Dr. Lata Ghanshamnani Eye Surgeon , Co founder NGO, R Nisarg Foundation	Topic: Sustainability as a Mantra: Rethinking Our Future Theme: Environment and Sustainability
Session 5: Adv. Anand Patwardhan Advocate	Topic: Transformative Education For Nation Building -Your Role In Nation Build Theme: Transformative Education for Nation Building

### Oral Research Paper Presentation Hybrid Mode - Online & Offline

Session 6: Mr. Sanjay Minz ,Founder Corner-Stone Enterprises.	Topic: Innovations in Contemporary Interior Design: Integrating Material Protection Technologies as a Performance-Driven Design Strategy Theme -6- Entrepreneurship, Innovation and Start-up Ecosystem.
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## LUNCH BREAK {12.30 pm - 1.30pm}

## PARALLEL SESSION - III BREAK INTO SEPARATE ROOMS

### FOODS, NUTRITION AND DIETETICS

Parallel Session - III -Hybrid Mode - Online & Offline {1.30pm to 2.30pm}

Session 6: Empowering Communities: Nutritional Strategies for Wellness	Dr. SubbaRao M. Gavaravarapu Scientist & Head, Nutrition Information, Communication & Health Education (NICHE) Division, ICMR-National Institute of Nutrition, Delhi	Topic: Health Communication as a Tool to Empower Communities Theme: Health and Wellbeing, Transformative Education for Nation Building, Inclusivity self- reliance and livelihood security
	Dr. Sripriya Shaji Programme Officer - Neuro Nutrition Core Group, Founder, Srisha Counselling - A Centre for Nutritional & Psychological Well-Being Kozikode, India	Topic: Holistic Management of Disordered Eating for Improved Quality of Life Theme: Health and Wellbeing

## HUMAN DEVELOPMENT

Parallel Session - III - Hybrid Mode - Online & Offline {1.30pm to 2.30pm}

Session 6:	Dr. Vidya Satish Director, SIES Institute of Comprehensive Education, Sion, Mumbai	Topic: From Awareness to Agency: Empowering Digital Citizens Across the Lifespan" Theme: Digital Literacy and Transformation titles
Session 7:	Dr. Sangeeta V Sharma Director (I/c), SIES Indian Institute of Environment Management, Navi Mumbai	Topic: Environment and Sustainability - Nurturing the Human-Nature Connection: Pathways to a Sustainable Future. Theme: Environment and Sustainability

## TEXTILE AND FASHION TECHNOLOGY

Parallel Session - III -Hybrid Mode - Online & Offline {1.30 pm - 2.30 pm}

### Panel Discussion V

**Title:** Sustainable Systems: Ecological Ethics and Responsibilities; **Theme 4:** Environment and Sustainability

**Moderator:** Mr. Anjani Prasad Managing Director & Head Of Brand Performance Of Archroma, Global Head Of New Business Development

**Panellist:**

Mr. Prasad Pant Director, ZDHC South Asia

Ms. Leonie Vaas General Manager - Group Sustainability (Sri Lanka / Bangladesh / Ethiopia / Vietnam)

Hirdaramani Apparel

Mr. Swapneshu Baser Founder and Managing Director, Deven Supercritical Pvt. Ltd. (DSPL)

Ms. Prachi Gupta Independent Consultant for Sustainability Schemes and Certifications

## COMMUNITY RESOURCE MANAGEMENT

Parallel Session - III -Hybrid Mode {1.30pm to 2.30pm}

Sessions 7: Mr. Amol Ghogare CEO,  
Texon Corporation

Topic: Empowering Ergonomics: Tools, Tech & Techniques for  
Risk-Free Workplaces  
Theme: Digital Literacy and Transformation

## PLENARY - III DISTINGUISHED PLENARY SESSIONS

2.45pm to 4.00pm

Venue: Marie Adelaide de Cice Hall

### Keynote Speaker: Dr. Inge Huybrechts

PhD, Nutritional Epidemiologist & Scientist,  
Nutrition and Metabolism Branch, International Agency for Research on Cancer  
(IARC), World Health Organization (WHO), Lyon, France

Topic: Prevention of Cancer - Lessons and Way Forward

Theme: Health and Wellbeing; Environment and Sustainability

### Speaker: Dr. Alka Walavalkar

Director, Resonance Wellness Clinical Nutritionist  
Official Ambassador - Fit India Movement

Fit India Movement - Building Active Communities for a Healthier India

### Keynote Speaker: Mr. Anjani Prasad

Managing Director & Head of Brand Performance of Archroma, Global Head of New Business Development

Title: Environment and Sustainability: Roadmap to a Resilient Future

Theme: Environment and Sustainability

## VALEDICTORY CEREMONY SATURDAY, 17th JANUARY 2026

Time: 4.00pm to 5.30pm Hybrid Mode {Online & Offline}

Venue: Marie Adelaide de Cice Hall

### ADDRESS BY THE CHIEF GUEST

Fr. Dr. John Rose SJ

Director & Professor in IT - Xavier Institute

### GUEST OF HONOUR

Dr. Harish Shetty

MBBS, MD - Psychological Medicine Psychiatrist;  
Dr L H Hiranandani Hospital - Mumbai, India

### RELEASE OF THE CONFERENCE PROCEEDINGS

Dr. Asha Mathew

Chairperson of the Conference and Principal  
College of Home Science Nirmala Niketan, Mumbai

### BEST PAPER AWARDS

### CONFERENCE REFLECTIONS AND WAY FORWARD

Dr. Ritu Madhan

Associate Professor & Co-Convenor of the Conference  
College of Home Science Nirmala Niketan, Mumbai

### FEEDBACK & PHOTO-SESSION

### VOTE OF THANKS

### HIGH TEA INTERACTION AND VISITING STALLS

05.30 pm - 06.00 pm