



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

PLATINUM SPONSOR



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



Bon Secours
College



Institute of Chemical
Technology

ASSOCIATION PARTNERS



World Health
Organization
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
World

NOURISHMENT PARTNERS



PROGRAMME FLOW

DAY 1: FRIDAY, 16TH 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	Topic: Empowered Womanhood: Understanding Fertility, Health and Wellbeing in the Reproductive Years Theme: Health and Wellbeing, Cultural Roots as National Identity
Session 1 (B): Ms. Sonal Chandalia Founder, DENMA Consultant Nutritionist, Jaslok Hospital	Topic: Nutritional Therapy For Metabolic Health Of Women Theme: Health and Wellbeing, Cultural Roots as National Identity
Session 1(C): Dr. Shobha Udipi Hon Director-Integrative Nutrition and Ayurceuticals, Medical Research Centre, Kasturba Health Society	Topic: Integrating Ayurveda into Modern Science for Women's Health Theme: Health and Wellbeing, Cultural Roots as National Identity
Session 2 : Dr. Meghna Motwani Vice President, Clinical Research Nutrova	Topic: Aging with Grace - Nutrition for Skin, Hair and Healthy Ageing Theme: 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., FCRSL, FACS Director (Add.), SNDT Women's University, Mumbai. Principal, Premila 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 Catalyzer, 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 Shanghvi: Founder, Navanidhi Design Solutions Pvt. Ltd. Mumbai India

Ms. Shobitha Kedlaya: Founder, Protovillage Andhra Pradesh India

Dr. Gurvinder Kaur Gunde: 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, 17TH 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	Dr. Samantha Huey Research Associate & Nutrition Group Lead, Joan Klein Jacobs Centre for Precision Nutrition and Health, Cornell University	Topic: Precision Nutrition and the Gut Microbiome: New Evidence and Learnings Theme: Health and Wellbeing
	Ms. Shambhavi Kamat Senior Dietitian Bombay Hospital	Topic: What to feed the gut microbiome to better health Theme: Health and Wellbeing
	Ms. Daniyah Irfan Holistic Nutritionist & Lifestyle Medicine Coach Hyderabad	Topic: Achieving Gut Health in Nutrition Practice – Case Studies Theme: Health and Wellbeing
Session 4: Digital Health – Revolutionising Wellness and Quality of Life	Ms. Naaznin Husein Co-Founder & CEO of Reework / ReeCoach Mumbai	Topic: Galvanising Technology and AI for Efficient Nutrition Care Theme: Health and Wellbeing; Digital Literacy and Transformation, Entrepreneurship, Innovation and Start up ecosystems
	Ms. Khushboo Verma Director- V Care Cordia , Denmark Digital Health Expert	Topic: Digital Health Solutions – Governments to Communities to Individuals Theme: Health and Wellbeing; Digital Literacy and Transformation, Entrepreneurship, Innovation and Start up ecosystems
	Dr. Christian Budtz Chief Medical Officer Co – Founder vCare Denmark Associate Professor, Denmark Technical University	Topic: Digital Tracking to Improve Efficacy of GLP-1 Therapies Theme: Health and Wellbeing; Digital Literacy and Transformation, Entrepreneurship, Innovation and Start up ecosystems
Session 5: Food Industry Initiatives in Health Enhancement	Prof. Dr. Rekha Singal Department of Food Technology; Institute of Chemical Technology Mumbai	Topic: Novel And Indigenous Ingredients for Food Products for Wellbeing
	Panel Discussion: Sustainable Food Processing Practices for Quality of Life	MODERATOR: Prabodh Halde Head – Global Regulatory, Public Policy & Advocacy, Marico Ltd, Mumbai
	PANELLISTS: Dr Geeta Ibrahim Retd. Principal, College of Home Science Nirmala Niketan, Mumbai Dr. Uday Annapure Department of Food Engineering and Technology; Institute of Chemical Technology, Mumbai Prof. Dr. Rekha Singal Department of Food Technology; Institute of Chemical Technology, Mumbai Ms. Subhaprada Nishtala , Director In Charge, ITCFSAN Mumbai Dr. Kejal Joshi Reddy , Nutrition Manager Marico Ltd, Mumbai	

HUMAN DEVELOPMENT

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

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