



**Nirmala Niketan Institute's
College of Home Science Nirmala Niketan**

(Autonomous)

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ENHANCEMENT OF QUALITY OF LIFE

**Proceedings of the
International Conference
ENHANCEMENT OF QUALITY OF LIFE
ECHOES OF THE PAST, VISION FOR A
SUSTAINABLE RESILIENT FUTURE
16th & 17th January 2026**

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ISBN: 978-93-5635-055-7



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49, New Marine Lines, Mumbai 400020.



**Proceedings of the
International Conference
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Sustainable Resilient Future**

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ISBN Number: 978-93-5635-055-7



Published by the College of Home Science Nirmala Niketan
© Proceedings of the International Conference

ENHANCEMENT OF QUALITY OF LIFE
ECHOES OF THE PAST AND VISION FOR A SUSTAINABLE RESILIENT FUTURE

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Printed on: 17th January, 2026

Printed by: Modern Copies

Tel.: 9867889999

Email: moderncopies@gmail.com

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for Research on Cancer



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Organising Committee of the
International Conference on
“Enhancement of Quality of Life – Echoes
of the Past, Vision for a Sustainable,
Resilient Future.”

10 January 2026

Dear Organising Committee,

It is a pleasure to extend my warm congratulations to the College of Home Science, Nirmala Niketan, for organising the International Conference on “Enhancement of Quality of Life – Echoes of the Past, Vision for a Sustainable, Resilient Future.” The theme of this conference is both timely and deeply significant, reflecting the growing global recognition that quality of life must remain central to all public health, nutrition, and wellbeing discourses.

I am particularly encouraged to see an academic platform that brings together diverse perspectives—academicians, researchers, clinicians, and professionals—to deliberate on evidence-based approaches that address health not merely as the absence of disease, but as a holistic state of physical, mental, social, and environmental wellbeing. Such Scholarly deliberations play a critical role in shaping sustainable solutions and informing policies that can truly impact populations across the life course.

The focus on quality of life strongly resonates with my own work in nutritional epidemiology and public health nutrition, where improving population health outcomes, reducing inequities, and supporting sustainable systems remain central priorities. Quality of life is a fundamental tenet of global public health frameworks and aligns closely with the broader vision of international health agencies, including the World Health Organization, in advancing resilient, inclusive, and health-promoting societies.

I am pleased to support this academic endeavour and commend the organising team for curating a conference that bridges science, policy, and practice. I am confident that the discussions, insights, and collaborations emerging from this conference will contribute meaningfully to the ongoing global dialogue on health, nutrition, and wellbeing.

I wish the organisers and participants every success and look forward to the positive outcomes and lasting impact that this conference will undoubtedly generate.

With best wishes,

Inge Huybrechts, PhD

International Agency for Research on Cancer
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उप महानिदेशक
Mayank Srivastava, IPS
Deputy Director General



भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA

Subject: Best Wishes for the International Conference on Enhancement of Quality of Life

Dear Members of the Organising Committee,

I am pleased to extend my warm greetings and best wishes to the College of Home Science, Nirmala Niketan, on the occasion of organising the International Conference on "Enhancement of Quality of Life - Echoes of the Past, Vision for a Sustainable, Resilient Future." The theme of the conference is highly relevant in the present context, where there is a growing emphasis on preventive health, sustainable wellbeing, and holistic approaches to quality of life.

I am encouraged to note that the conference places strong emphasis on the integration of physical activity, nutrition, and lifestyle as interconnected pillars of health. Such multidisciplinary academic deliberations are critical for nurturing informed communities, empowering young professionals, and strengthening the nation's preventive health ecosystem.

The focus on quality of life resonates strongly with the objectives of the Fit India Movement, which seeks to inspire citizens to adopt active lifestyle, make fitness a way of life, and contribute to a healthier and more productive society. Initiatives such as this conference reinforce the importance of collective responsibility and collaborative efforts in building a fit and resilient nation.

The initiative to provide an academic platform for meaningful dialogue among academicians, researchers, practitioners, and students reflects a thoughtful and forward-looking approach towards addressing contemporary health challenges. I am confident that the deliberations and outcomes of this conference will contribute constructively towards advancing knowledge and best practices in the domain of health and wellbeing.

I wish the organising committee, speakers, and all participants every success and hope that the conference achieves its intended objectives.

With best wishes,

Mayank Shrivastava

Message from President

NIRMALA NIKETAN INSTITUTE

38, New Marine Lines Mumbai - 400 020
Tel.: 2200 2615 / 2207 6509

To
The Principal and Organising Committee,
College of Home Science Nirmala Niketan Autonomous,
Mumbai -20

It gives me great pleasure to extend my warm greetings to the organisers, delegates, academicians, researchers, and students participating in the International Conference on "*Enhancement of Quality of Life – Echoes of the Past, Vision for a Sustainable, Resilient Future.*" I commend the College of Home Science, Nirmala Niketan, for conceiving and organising a conference that addresses one of the most pressing and universal aspirations of our times—the pursuit of a meaningful, balanced, and sustainable quality of life.

Quality of life is not merely an outcome of economic growth or technological advancement; it is deeply rooted in values, relationships, health, education, and our collective responsibility toward society and the environment. As we navigate a rapidly changing world, it becomes imperative to revisit the wisdom of the past, integrate it with scientific inquiry, and shape pathways that are resilient, inclusive, and humane. I take great pride in seeing the College of Home Science Nirmala Niketan, engage in such meaningful academic deliberations that not only enrich scholarship but also contribute thoughtfully to national development and nation-building. This conference provides an important academic platform to reflect on these intersections and explore solutions that are both evidence-based and ethically grounded.

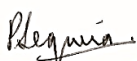
I strongly believe that education plays a pivotal role in shaping not only skilled professionals but also compassionate, socially responsible individuals. Institutions of higher learning must continue to nurture critical thinking, interdisciplinary collaboration, and a sense of purpose among students and young professionals. Conferences such as this encourage dialogue beyond disciplinary boundaries and inspire participants to view health, nutrition, sustainability, and wellbeing as interconnected dimensions of human development.

I am particularly heartened to see the emphasis on preventive health, holistic wellbeing, and sustainability—areas that demand collective action and long-term commitment. The deliberations, research presentations, and shared experiences during this conference have the potential to influence practice, policy, and future scholarship in meaningful ways.

I extend my sincere appreciation to the organising committee, faculty members, collaborators, and students whose dedication has made this conference possible. I wish all participants enriching discussions, insightful learning, and renewed inspiration to contribute positively to society.

May this conference serve as a beacon of thoughtful inquiry, responsible leadership, and hope for a healthier and more sustainable future.

With warm wishes for the success of the conference,


Philomena Sequeira
President,
Nirmala Niketan Institute

Message from Secretary

NIRMALA NIKETAN INSTITUTE

38, New Marine Lines Mumbai - 400 020
Tel.: 2200 2615 / 2207 6509

To the Principal and Organizing Committee,
College of Home Science Nirmala Niketan,
Mumbai -20

It is a privilege to extend my warm greetings to the organisers, distinguished delegates, academicians, researchers, and students participating in the International Conference on "*Enhancement of Quality of Life – Echoes of the Past, Vision for a Sustainable, Resilient Future.*" I congratulate the College of Home Science, Nirmala Niketan, for envisioning and organising a conference that speaks to the deeper purpose of education—one that goes beyond knowledge acquisition to shaping lives, communities, and the future of our nation.

In today's complex and interconnected world, quality of life must be understood not only in terms of physical wellbeing, but also through the lenses of education, social responsibility, sustainability, and ethical leadership. Academic institutions carry a special responsibility in this regard. They are not merely centres of instruction, but spaces where young minds are trained to think critically, act compassionately, and contribute meaningfully to society.

I am proud to see the College of Home Science engage in such purposeful academic deliberations that bring together science, values, and societal relevance. Through initiatives such as this international conference, the College continues to strengthen its role in advancing scholarship while also contributing to the larger goals of national development and human wellbeing.

The themes of preventive health, nutrition, sustainability, and holistic wellbeing addressed in this conference are of profound importance to the future of our society. Research, dialogue, and interdisciplinary collaboration in these areas can create pathways that empower individuals and communities to lead healthier, more balanced, and more resilient lives.

I commend the faculty, organisers, and students whose commitment and dedication have made this academic endeavour possible. Their efforts reflect the strong foundation of governance, teamwork, and institutional integrity that Nirmala Niketan seeks to uphold.

I wish all participants insightful discussions, meaningful learning, and the inspiration to translate knowledge into action. May this conference serve as a catalyst for innovative thinking, responsible leadership, and enduring contributions to the quality of life of our people.

With best wishes for the success of the conference,


Ms. Noella Dias
Secretary
Nirmala Niketan Institute

Message from the Chairperson & Principal



NIRMALA NIKETAN INSTITUTE'S
COLLEGE OF HOME SCIENCE,
NIRMALA NIKETAN AUTONOMOUS

NAAC Accredited 'A+' Grade

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It gives me great pleasure to present the proceedings of the *Two-Day Multi-Disciplinary International Conference on "Enhancement of Quality of Life: Echoes of the Past, Vision for a Sustainable Resilient Future"*, held on 16th and 17th January 2026.

The idea of *quality of life* cannot be viewed in isolation; It is deeply connected to our cultural roots, our approach to health and well-being, the way we educate our young minds and the sustainability of our environment. This conference was conceived with the aim that effective solutions for the current problems and meaningful ideas for the future would emerge from a thoughtful engagement with the past, informed by rigorous research and interdisciplinary dialogue.

The deliberations of this conference strongly resonate with the vision of the **National Education Policy 2020**, which calls for a transformative shift in higher education—from content-driven teaching to **research-oriented, multidisciplinary, experiential learning**. The range of papers presented across themes such as cultural identity, health, education, sustainability, entrepreneurship, digital transformation, and inclusive economic development reflects the spirit of NEP 2020 in action. Of particular significance is the emphasis on research that is contextual, community-responsive, and socially relevant.

At Nirmala Niketan College of Home Science, we view research not merely as an academic requirement but as a responsibility—one that bridges theory with practice and knowledge with societal impact. This conference provided an important platform for faculty, researchers, and students to engage critically, share evidence-based insights, and explore innovative pathways for nation-building and sustainable development.

I sincerely acknowledge the commitment and academic rigour of the Organising Committee, the contributing authors, and the distinguished speakers whose scholarship has enriched these proceedings. I am confident that the research documented here will serve as a valuable resource for further inquiry and will inspire continued dialogue and collaboration across disciplines.

I hope these proceedings reach a wide academic readership and contribute meaningfully to ongoing conversations on enhancing quality of life in a rapidly changing world.

Dr. Asha Mathew

Chairperson of Conference & Principal

Nirmala Niketan College of Home Science, Mumbai



CONVENOR'S MESSAGE

Dear Esteemed Colleagues, Scholars, and Partners,

It is with profound gratitude and immense pride that I reflect on the unequivocal success of our Two-Day International Conference on “Enhancing Quality of Life: Echoes of the Past, Vision for a Sustainable Resilient Future,” held on 16th and 17th January 2026. This distinguished event represented a seminal milestone in our collective endeavours to advance sustainability, resilience, and social development, exemplifying the transformative efficacy of interdisciplinary collaboration.

As Convenor, I had the distinct privilege of overseeing the meticulous orchestration of ideas, expertise, and commitment that realized this ambitious vision. From inception, our objective was resolute: to establish a preeminent platform for scholarly discourse, integrating historical insights, traditional knowledge systems, cultural practices, and contemporary innovations. Confronting imperatives such as climate change, urbanization, and socio-economic disparities, we examined the multifaceted dimensions of quality of life—encompassing health, education, environmental stewardship, technological progress, and community well-being. These deliberations yielded pragmatic strategies to bridge historical lessons with forward-looking paradigms for sustainable advancement. This conference aims to bring together global experts, practitioners, and academics from a range of disciplines to explore the multifaceted concept of "quality of life" and how it has evolved in response to historical, cultural, and environmental changes. At its core, the conference seeks to integrate insights from the past, drawing from traditional knowledge systems, cultural practices, and innovations, to inform a sustainable, resilient, and thriving future for communities worldwide.

The theme of the conference was both timely and profoundly relevant in the contemporary global context. Today, **Quality of Life** is no longer understood merely through economic or material indicators; rather, it is recognised as a holistic and multidimensional construct encompassing physical and mental well-being, social equity, gender justice, cultural continuity, environmental sustainability, ethical governance, and resilience in the face of rapid change. By envisioning a sustainable and resilient future, the conference consciously aligned its deliberations with global imperatives, particularly the **United Nations Sustainable Development Goals (SDGs)**—notably **Good Health and Well-being (SDG 3)**, **Quality Education (SDG 4)**, **Gender Equality (SDG 5)**, **Reduced Inequalities (SDG 10)**, **Sustainable Cities and Communities (SDG 11)**, and **Responsible Consumption and Production (SDG 12)**—thereby reinforcing the role of higher education institutions in advancing national and global development agendas.

This international conference served as a **vibrant, inclusive, and interdisciplinary academic platform**, bringing together scholars, researchers, educators, professionals, policymakers, practitioners, and students from diverse disciplines and geographical regions. Through **keynote addresses, plenary sessions, panel discussions, and 122 research paper presentations**, participants critically examined the evolving dimensions of quality of life in the context of **climate change, urbanisation, technological advancement, socio-economic disparities, and community resilience**. These scholarly engagements promoted **interdisciplinary research, innovation, and evidence-based policy recommendations**, strengthening the interface between **academia, industry, and governance**, and contributing to informed decision-making and sustainable societal transformation.

As Convenor, I had the distinct privilege of overseeing the **conceptualisation and meticulous orchestration** of ideas, expertise, and collective commitment that realised this ambitious academic endeavour. From its inception, the objective was resolute: to establish a **preeminent forum for scholarly discourse** that bridges **historical insights, traditional knowledge systems, cultural practices, and contemporary innovations** with future-oriented paradigms. By confronting pressing global challenges, the deliberations not only enriched academic understanding but also generated **action-oriented and policy-relevant strategies** for sustainable development and resilient communities, effectively linking lessons from the past with forward-looking approaches for inclusive progress.

In explicit alignment with **NAAC and IQAC quality benchmarks**, the conference emphasised **research quality and impact, ethical and responsible scholarship, innovation and best practices, faculty professional development, student research engagement, and international collaboration**. These outcomes directly contribute to **institutional excellence, accreditation preparedness, and continuous quality enhancement**, while nurturing **socially sensitive, ethically grounded, and professionally competent graduates** capable of contributing responsibly to society, governance, and nation-building. At its core, the conference reaffirmed the role of higher education as a catalyst for **policy innovation, community engagement, and sustainable, resilient futures**, grounded in knowledge from the past and vision for the future.

Nirmala Niketan Institute's, College of Home Science Nirmala Niketan reaffirms its longstanding commitment to academic excellence in Home Science and interdisciplinary research through this convocation. Dedicated to fostering innovation, intellectual rigor, and social responsibility, the Institute provides an unparalleled environment for critical inquiry, thought leadership, and collaborative scholarship.

I extend sincere appreciation to the Management for their strategic oversight and unwavering support; to Principal Dr. Asha Mathew for her incisive guidance in shaping the conference vision; and to Ms. Noella Dias, Manager, for her exemplary organizational precision.

The Core Conference Team, comprising dedicated faculty, staff, and students, demonstrated exceptional proficiency in program design, speaker coordination, and participant engagement. The Scientific and Advisory Committees provided invaluable expertise in theme curation, submission review, and academic integrity, ensuring discussions of utmost relevance and diversity.

Our distinguished speakers, moderators, and experts from India and abroad enriched the proceedings with authoritative scholarship and empirical insight. Your rigorous presentations and global perspectives catalysed innovative approaches to research, policy, and practice; we are deeply honoured by your contributions, particularly those who travelled internationally.

The Finance and Sponsorship Teams secured essential funding and strategic partnerships; the Technical Team ensured seamless hybrid execution; the Registration Team managed delegate processes with consummate efficiency; the Food and Hospitality Teams delivered impeccable service and ambiance; and logistical teams' upheld operational excellence. Faculty members lent their scholarly expertise, shaping conference themes and ensuring discussions were anchored in academic rigor and practical relevance. Non-teaching staff managed critical infrastructure—logistics, technical operations, and essential details—with seamless precision. Student volunteers provided invaluable support, engaging speakers and infusing the event

with collaborative energy and enthusiasm. These collective endeavours epitomized institutional synergy.

The conference's substantive outcomes successfully bridged academia, industry, and policy, fulfilling our core objective. These dynamic exchanges have laid a robust foundation for sustained collaborations, with the forthcoming Book on “*Enhancing Life Quality: Resilience and Sustainability from Past to Future*” poised to serve as an enduring scholarly legacy of the conference's intellectual contributions.

To our valued collaborators, sponsors, partners, and contributors, your generosity transcended mere financial support, embodying a profound alignment with the core principles of sustainability, social responsibility, and educational advancement that defined this conference. Your strategic partnerships not only enabled the event's realization but also amplified its reach and impact, fostering meaningful connections that will endure beyond these proceedings. We are profoundly grateful for your visionary commitment, which has enriched our collective mission and set a benchmark for future endeavours.

In conclusion, this conference stands as a testament to the transformative impact achievable through unified purpose, interdisciplinary expertise, and resolute collaboration. The intellectual capital and momentum generated here will catalyse enduring initiatives, policy innovations, and strategic partnerships, propelling us toward a more sustainable and resilient future. I eagerly anticipate the continued journey of discovery and impact that will emerge from this landmark gathering.

Warm regards,

Prof. Dr. Kamini Rege

Convenor, EQOL International Conference

IQAC Coordinator

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

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**International Conference (Hybrid Mode - Online & Offline)
ENHANCEMENT OF QUALITY OF LIFE
Echoes of the Past, Vision for a Sustainable Resilient Future
16th & 17th JANUARY 2026**

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Prof. Dr Kamini Rege
Dr Ritu Madhan

About the College

The College of Home Science Nirmala Niketan, located in the heart of Mumbai, is an autonomous institution committed to empowering individuals through interdisciplinary education, research, and community engagement. Established by the Nirmala Niketan Institute with a vision to promote the holistic development of individuals, families, and communities, the College integrates scientific knowledge with cultural sensitivity and social responsibility.

Affiliated with the University of Mumbai and granted Autonomous Status in recognition of its academic excellence, the College has evolved into a hub for innovative learning and socially relevant research. Its diverse academic programs span key areas such as nutrition, human development, textiles and fashion, resource management, social work, and education — all grounded in the broader field of Home Science.

The institution is deeply rooted in values of social justice, inclusivity, and sustainability. It provides students with opportunities to engage in real-world challenges through outreach, policy advocacy, and interdisciplinary collaboration. The College's commitment to blending traditional wisdom with contemporary innovations resonates with its ongoing efforts to enhance the quality of life at local, national, and global levels.

As a forward-looking academic community, the College of Home Science at Nirmala Niketan plays a pivotal role in shaping thought leadership and providing practical solutions that address the complex, interconnected challenges of our times.

Academic Programmes

1. B.Sc. (Home Science) – 3 years

In the first two years of the programme, every student studies a core curriculum that includes subjects from the four specializations, namely:

- **Branch I:** Foods, Nutrition and Dietetics
- **Branch II:** Human Development
- **Branch III:** Textile and Fashion Technology
- **Branch IV:** Community Resource Management

For the third year, students may opt for a specialization in either Foods, Nutrition and Dietetics / Human Development / Textile and Fashion Technology / Community Resource Management. Admission to a particular specialization in T.Y.B.Sc. will be based on the **academic performance of the student (Semester I to Semester IV) / entrance examination / overall attendance** or a combination of all the above as decided by the College. Due consideration is given to the preferred option selected by the student. However, admission to any particular branch cannot be guaranteed.

2. Post-Graduate Aided Programmes M.Sc. (Home Science) – 2 years

The following M.Sc. (Home Science) programmes are offered:

- Foods, Nutrition and Dietetics
- Human Development
- Textile and Fashion Technology

The M.Sc. programme in Community Resource Management will be announced shortly.

3. Post-Graduate Self-Financed Programmes M.Sc. (Home Science) – 2 years

The following M.Sc. (Home Science) Self-Financed Programmes are offered:

- Food Processing and Preservation (FPP)
- Sports Nutrition (SN)

4. Postgraduate Diploma (Dietetics and Applied Nutrition) – 1 year

Admission to these Post-Graduate Aided and Self-Financed Degree and Diploma programmes is **based on entrance examinations**, details of which are posted on the college website at the appropriate time each year.

5. Doctoral Programme Ph.D. (Home Science)

6. Self-Financed Design Certificate, Diploma & Advanced Diploma Programmes

I) Certificate Course in Home Science

II) Fashion Designing

- Diploma in Fashion Designing · Advanced Diploma in Fashion Designing

III) Graphic Designing and Visual Communication

- Certificate Course in Graphic Designing and Visual Communication
- Diploma in Graphic Designing and Visual Communication
- Advanced Diploma in Graphic Designing and Visual Communication

IV) Interior Designing

- Certificate Course in Interior Designing · Diploma in Interior Designing
- Advanced Diploma in Interior Designing

Details regarding admission to these Self-Financed Design Certificate, Diploma & Advanced Diploma Programmes are posted on the college website at the appropriate time each year.

7. Add-On and Value-Added Courses

To supplement the curriculum and to better prepare students to meet industry demands—while also allowing them to develop their individual interests and aptitudes—the College offers a range of Add-On and Value-Added Courses. These courses are conducted after regular class hours. Students may apply for any course of their choice, provided they meet the eligibility criteria.

I) Add-On Certificate Courses (Affiliated to the University of Mumbai)

- Nutrition and Exercise for Fitness · Entrepreneurship in Textile Crafts
- Visual Merchandising · Workstation Design and Applied Ergonomics
- Add-On Certificate Course in Creative Parenting
- Add-On Online and Offline Certificate Course in Design Thinking, Innovation and Start-Ups
- Add-On Certificate Course in Technological Skills for the 21st Century

II) Add-On Diploma Courses (Affiliated to the University of Mumbai)

- One-Year Diploma Course in CAD, CAM and Computer Technologies in the Apparel Industry
- Add-On Online & Offline Diploma Course in CAD, CAM and Computer Technologies in the Textile and Apparel Industry — Intermediate
- Add-On Online & Offline Diploma Course in CAD, CAM and Computer Technologies in the Textile and Apparel Industry — Advanced
- Add-On One-Year Diploma Course in Basic Indian Sign Language (Online)
- Add-On Diploma Course in Personal Styling, Grooming and Fitness

For further details regarding admission to the undergraduate programme, please visit:

www.nirmalaniketan.com

Concept Note of the International Conference

The International Conference “Enhancement of Quality of Life: Echoes of the Past, Vision for a Sustainable Resilient Future” is both timely and imperative, emerging at a moment of profound global convergence, where climate emergencies, public health crises, widening social and economic disparities, and disruptions in education, livelihoods, and food systems intersect and intensify. These challenges are deeply interconnected and cannot be solved through isolated, technical fixes; they demand a fundamental rethinking of values, systems, and priorities.

This conference seeks to advance holistic, inclusive frameworks that elevate well-being, equity, sustainability, and resilience above narrow economic measures. It will explore how traditional knowledge systems, when meaningfully integrated with innovation, science, and policy, can offer grounded solutions for sustainable living. With a strong emphasis on cross-disciplinary collaboration, the conference will bring together academia, communities, industry, and policymakers to co-create actionable insights that inform decision-making at local, national, and global levels.

By centring lived experiences, especially of women, children, the elderly, and marginalized populations, alongside scientific research and cultural heritage, the conference aims to catalyze inclusive, context-sensitive strategies for enhancing quality of life. India, with its rich diversity, grassroots innovations, and complex challenges, provides a compelling context aligned with global and national priorities including the United Nations Sustainable Development Goals (SDGs), India’s G20 agenda on inclusive and women-led development, the National Education Policy 2020’s call for multidisciplinary and holistic learning, and growing industry and CSR focus on ESG and community well-being.

Hosted by the College of Home Science, Nirmala Niketan, renowned for its legacy of academic excellence and real-world engagement, this conference represents both a culmination of past efforts and a launchpad for transformative ideas, partnerships, and actions toward a more resilient, equitable, and sustainable future.

“Let’s Shape Tomorrow, Together”

The College of Home Science, Nirmala Niketan (Autonomous) proudly opens its doors and hearts to thought leaders, educators, researchers, professionals, and changemakers across the globe...As we journeyed through the theme **“ENHANCEMENT OF QUALITY OF LIFE ECHOES OF THE PAST, VISION FOR A SUSTAINABLE AND RESILIENT FUTURE,”** we endeavoured towards a collective pursuit of knowledge that transforms, of ideas that inspire, and of actions that endure, making this two-day international conference not just be an event, but a movement where disciplines merged, perspectives expanded, as futures are being reimagined through the lens of Home Science. This event brought us together in a thought transforming, world-shaping dialogue. Because the future deserves our best today. We collaborated meaningfully and look forward to creating sustained impact.

Conference Themes

-  **Cultural Roots as National Identity**
-  **Health and Well Being**
-  **Transformative Education for Nation Building**
-  **Environment and Sustainability**
-  **Inclusivity, Self reliance and Livelihood Security**
-  **Entrepreneurship, Innovation, and Start-up Ecosystems**
-  **Digital Literacy and Transformation**

PROGRAMME SCHEDULE



**NIRMALA NIKETAN INSTITUTE'S
COLLEGE OF HOME SCIENCE NIRMALA NIKETAN (AUTONOMOUS)**
NAAC RE-ACCREDITED A+ GRADE
MUMBAI - INDIA

Presents

**INTERNATIONAL CONFERENCE ON
ENHANCEMENT OF QUALITY OF LIFE**
Echoes of the Past, Vision for a Sustainable Resilient Future

SPONSORED BY



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MINISTRY OF EDUCATION

REGISTER HERE >



DATE
16th - 17th
January, 2026



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



MODE
Hybrid
(Offline/Online)

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



whole
The Truth
The Whole Truth

PROGRAMME FLOW

DAY 1: FRIDAY, 16th JANUARY 2026

REGISTRATION AND BREAKFAST {8:00 a.m. to 9.00 a.m.}

PLENARY - I GLOBAL RESEARCH PERSPECTIVE

Hybrid Mode {09:00 a.m. – 10:00 a.m.}

Venue: Marie Adélaïde de Cicé Hall

Keynote Speaker: Dr. Sabrina D. Ramsamy-Iranah

Director – Academy of Design And Innovation – Ministry of Industry, Mauritius

Topic: Adaptive and Assistive Design and Technology – 'AI Fashion, Disability and Inclusive Digital Style'

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 a.m. – 11:00 a.m.

**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 a.m. – 01:00 p.m.}

Venue: Marie Adélaïde de Cicé 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 p.m. – 02:00 p.m.}

PARALLEL SESSION – I BREAK INTO SEPARATE ROOMS

FOODS, NUTRITION AND DIETETICS

Parallel Session – I and Oral Research Paper Presentation

Hybrid Mode {02:00 p.m. – 05:30 p.m.}

Session 1 (A): Dr. Navina Singh Center Head, Birla Fertility Institute & IVF, 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): 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

Jury for Oral Presentation

Ms. Vibha Hasija
Assistant Professor and Head
College of Home Science
Nirmala Niketan

Ms. Fatima Kader
Assistant Professor
College of Home Science,
Nirmala Niketan

Dr. Sheetal Joshi
Assistant Professor
College of Home Science
Nirmala Niketan

Dr. Rupali Sengupta
Convenor,
Nutrition Society of India
Mumbai Chapter

Dr. Rita Patil
Member-National Executive Committee

IAPEN India
Dr. Vinaya Vishampayan
Vice Principal and Associate Professor
Dr.BMN College of Home Science
Mumbai Chapter

Ms. Jayashree Paranjpe
Joint Secretary
Indian Dietetic Association
Mumbai Chapter

Dr. Aasia Ahmed Radiowala
I/C Principal
Anjuman-I-Islam's, BJIHAH C
(Affiliated to SNDT WU)

Dr. Annette Beatrice
Associate Professor
Women's Christian College
Chennai

Dr. Yasmina Dordi Avari Director – Self Finance Courses College of Home Science Nirmala Niketan	Dr. Minelly Rodrigues Assistant Professor College of Home Science Nirmala Niketan	Dr. Meena Mehta Independent Director Hexagon Nutrition Mumbai
HUMAN DEVELOPMENT Parallel Session – I Hybrid Mode {02:00 p.m. – 05:30 p.m.} Theme: Human Development Across Time and Transformation: Culture, Wellbeing, Inclusion, Innovation, and Digital Futures Oral Research Paper Presentation - Hybrid Mode (Online & Offline) Jury for Oral Presentation		
Dr. Vidya Satish , Director, SIES Institute of Comprehensive Education, Sion, Mumbai Ms. Rhonda Divecha , Senior Assistant Professor, Department of Human Development, College of Home Science, Nirmala Niketan, Mumbai – India.		
Prof. Dr. Archana Hegde , Professor, Department of Human Development and family Science, College of Human Health and Behaviour, East Carolina University, USA. Ms. Linda Dhakul , Head of the Department of Psychology, St Xavier's College (Autonomous, Empowered), Mumbai, India. Ms Payal Maheshwari , Associate Professor, Head Department of Human Development, College of Home Science, Nirmala Niketan, Mumbai – India.		
Dr. Rachana Bhangaonkar , I/C Head of the Department of Human Development and Family Studies, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda, Vadodara, Gujarat, India. Prof Dr Kamini Rege , Professor Department of Human Development, College of Home Science, Nirmala Niketan, Mumbai – India. Ms. Khyati Sampat , Assistant Professor, Department of Human Development, College of Home Science, Nirmala Niketan, Mumbai – India.		
TEXTILE AND FASHION TECHNOLOGY Parallel Session – I – Hybrid Mode (Online & Offline) {02:00 p.m. – 05:30 p.m.} PANEL DISCUSSION AND ORAL RESEARCH PAPER PRESENTATIONS		
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.), SNTD Women's University, Mumbai. Principal, Premila Vithaldas Polytechnic, SNTD 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. Kailash Gajara , Founder & Managing Director of Atulsia Technologies & CEO of Megastores.com		
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, Navamidhi Design Solutions Pvt. Ltd. Mumbai India Ms. Shobitha Kedlaya , Founder, Protovillage Andhra Pradesh India Dr. Gurvinder Kaur Gundeve , Traditional Indian Textile Designer & Enthusiast, Tarun Tahiliani Design Pvt. Ltd. Mumbai India Mr. Haji Badshah Miyan , Independent Designer and Master Artisan, Leheriya Jaipur India		

Oral Research Paper Presentation – Hybrid Mode (Online & Offline) Jury for Oral Presentation	
Ms Vrinda Udiaver, Assistant Professor Textile and Fashion Technology College Of Home Science Nirmala Niketan Mumbai India	
Ms. Vibhuti Khedekar, Assistant Professor Textile and Fashion Technology College of Home Science Nirmala Niketan 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.	
Dr. Anjali Srivastava, Assistant Professor Textile and Fashion Technology College of Home Science Nirmala Niketan Mumbai India	
COMMUNITY RESOURCE MANAGEMENT Parallel Session – I and Oral Research Paper Presentation Hybrid Mode (Online & Offline) {02:00 p.m. – 05:30 p.m.}	
Session 1: Ms. Navaz 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 Jury for Oral Presentation	
Ms. Nawaz Karanjia, Travel Academician	
Dr Roopa Rao, Associate Professor, Community Resource Management, College of Home Science, Nirmala Niketan, Mumbai – India	
"Crafting Creativity: A Live Workshop on Home Décor Arts" - by Pidilite Industries Pvt. Ltd.	
HIGH TEA INTERACTION AND VISITING STALLS 05:30 p.m. – 06:00 p.m.	

DAY 2: SATURDAY, 17th JANUARY 2026

REGISTRATION AND BREAKFAST {8:00 a.m. to 9:00 a.m.}

PARALLEL SESSION – II BREAK INTO SEPARATE ROOMS

FOODS, NUTRITION AND DIETETICS

Parallel Session – II Hybrid Mode (Online & Offline) {09:00 a.m. – 12.30 p.m.}

Session 1: 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: Dr. Geeta Ibrahim Retd. Principal, College of Home Science Nirmala Niketan, Mumbai
	PANELLISTS: Dr. Shalini Arya Department of Food Engineering and Technology; Institute of Chemical Technology, Mumbai Ms. Subhprada Nishtala , Director In-Charge, ITCFSAN Mumbai Ms. Naaznin Husein Co-Founder & CEO of Recwork / RecCoach, Mumbai	
Session 2: 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 3: Digital Health – Revolutionising Wellness and Quality of Life	Ms. Naaznin Husein Co-Founder & CEO of Recwork / RecCoach, 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

HUMAN DEVELOPMENT	
Parallel Session – II Hybrid Mode (Online & Offline) {09:00 a.m. – 12:30 p.m.}	
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) {9:00 a.m. – 12:30 p.m.}	
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. Vadodra 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 Ms. Manjiri Paranjape , Vice President - R&D, Rossari Biotech Ltd. Mumbai India	
Oral Research Paper Presentation Hybrid Mode - Online & Offline	
Jury for Oral Presentation	
Mr. V R Sai Ganesh , Zydex Chief Operating Officer Vadodra India Dr. Neha Mulchandani , Assistant Professor Textile and Fashion Technology College Of Home Science Nirmala Niketan Mumbai India Ms. Manjiri Paranjape , Vice President - R&D, Rossari Biotech Ltd. Mumbai India Ms. Sanghmitra Navalgund , Assistant Professor Textile & Fashion Technology College of Home Science Nirmala Niketan	

COMMUNITY RESOURCE MANAGEMENT		
Parallel Session – II and Oral Research Paper Presentation Hybrid Mode (Online & Offline) {9:00 a.m. – 12:30 p.m.}		
Session 3: Dr. Anuradha Ramesh Assistant Professor Department of Resource Management Sir Vithaldas Thackersey (SVT) College of Home Science (Autonomous), SNDT Women's University, in Mumbai, India	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 Jury for Oral Presentation		
1. Dr. Anuradha Ramesh , Assistant Professor Department of Resource Management Sir Vithaldas Thackersey (SVT) College of Home Science (Autonomous),, SNDT Women's University, in Mumbai, India 2. Ms Sunita Jaiswal Associate Professor Textile and Fashion Technology College Of Home Science Nirmala Niketan Mumbai India		
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.	
LUNCH BREAK {12:30 p.m. – 1:30 p.m.}		
PARALLEL SESSION – II BREAK INTO SEPARATE ROOMS		
FOODS, NUTRITION AND DIETETICS		
Parallel Session – III - Hybrid Mode (Online & Offline) {1:30 p.m. to 2:30 p.m.}		
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) {1:30 p.m. to 2:30 p.m.}

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 p.m. – 2:30 p.m.}

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

Panelist:

Mr. Prasad Pant, Chief Technical and Education Officer ZDHC foundation, South Asia

Ms. Leonie Vaas, General Manager – Group Sustainability (Sri Lanka / Bangladesh / Ethiopia / Vietnam)
Hirdaramani Apparel

Dr. 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 {1:30 p.m. to 2:30 p.m.}

Sessions 7: Mr. Amol Ghogare CEO, Texon Corporation	Topic: Empowering Ergonomics: Tools, Tech & Techniques for Risk-Free Workplaces Theme: Digital Literacy and Transformation
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PLENARY - III DISTINGUISHED PLENARY SESSIONS

2:45 p.m. to 4:00 p.m.

Venue: Marie Adélaïde de Cicé Hall

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

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: 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

VALEDICTORY CEREMONY
SATURDAY, 17th JANUARY 2026
Time: 4:00 p.m. to 5:30 p.m.
Hybrid Mode {Online & Offline}
Venue: Marie Adélaïde de Cicé 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 p.m. - 06:00 p.m.

EMINENT SPEAKERS

INAUGURATION CEREMONY

OFFLINE: HYBRID

Chief Guest for the Inauguration Ceremony

Prof. (Dr.) Arun D. Sawant

Director of the Waste to Energy Research and Technology Council (WTERT–India)

Prof. (Dr.) Arun D. Sawant is a distinguished academician, scientist, and higher education administrator with an illustrious career spanning over four decades in teaching, research, environmental science, and university governance. A PhD in Chemistry from the University of Mumbai, he has served as Vice Chancellor of the University of Rajasthan, Pro Vice-Chancellor of the University of Mumbai, and Joint Director of Higher Education, Mumbai Region, contributing significantly to academic and administrative reforms in Indian higher education. Dr. Sawant has played a pivotal role in policy formulation, including contributions to the Maharashtra Private University Act, the Law University Act, and the implementation of autonomy statutes for universities and colleges in Maharashtra. His leadership at the University of Rajasthan led to landmark achievements, including recognition as a University with Potential for Excellence and attaining the highest H-index among Indian universities during his tenure. An accomplished researcher, Dr. Sawant has executed over 20 national and international research projects, including one funded by the IAEA, Vienna, guided 26 PhD scholars, and published over 170 research papers in reputed national and international journals. His work on environmental pollution, particularly lead poisoning, played a crucial role in India's transition to unleaded petrol, marking a significant contribution to public health and environmental protection. Currently, Dr. Sawant serves as Director of the Waste to Energy Research and Technology Council (WTERT–India) and President of several environmental organizations. He continues to work actively in the areas of waste management, water management, sustainable development, and technology transfer, while advising universities and institutions in India and abroad. A recipient of numerous awards, including the Lifetime Achievement Award of the Indian Chemical Society, Prof. Dr. Arun D. Sawant is widely respected for his scholarly excellence, visionary leadership, and enduring commitment to environmental sustainability and higher education reform.

PLENARY – I GLOBAL RESEARCH PERSPECTIVE

Adaptive and Assistive Design and Technology – AI Fashion, Disability and Inclusive Digital Style

OFFLINE: HYBRID

Keynote Speaker : Dr. Sabrina Devi Ramsamy Iranah

Director – Academy of Design And Innovation, Mauritius

Director@adi.ac.mu

Dr. Sabrina Ramsamy is an experienced academician with a strong background in higher education, research, and design. She holds a PhD in Tactile Design and Technology and a Master's in Textile Design and Computer Applications from Heriot-Watt University. Her work bridges the domains of traditional textile practices, technology, and innovative design methodologies. Dr. Sabrina has extensive experience in lecturing, teaching, and e-learning, and is highly skilled in statistics, research design, and applied textile studies. She has contributed to curriculum development, academic mentorship, and research supervision, fostering both practical and theoretical knowledge in students. Her research interests focus on textile design innovation, tactile learning, and technology-driven creative processes, combining hands-on craft knowledge with modern computational approaches. Dr. Sabrina's expertise positions her at the intersection of education, research, and textile design practice, where she continues to inspire the next generation of designers and scholars while advancing the academic discourse in textile technology.

Key Points: Indian textile handicrafts including weaving, embroidery, printing and painting had begun facing existential challenges since the advent of mass manufacturing. Some of the earliest documents of independent India talk about these challenges. Thanks to considerable conscious efforts of many individuals, almost eighty years post-independence, in the age of the 5th Industrial Revolution our cultural roots are still expanding, and creating visibility of our national heritage. It is entirely in our hands to safeguard our national identity.

PLENARY – I GLOBAL RESEARCH PERSPECTIVE

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

OFFLINE: HYBRID

Keynote Speaker: Prof. Archana Hegde

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

hegdea@ecu.edu

Dr. Hegde brings nearly three decades of experience as a researcher, educator, and mentor, and her work has shaped the way teachers, families, and communities understand child development. Throughout her career, she has led major federal and state-wide projects supporting early childhood teachers, secured over 20 million dollars in research funding, and published extensively on topics ranging from classroom quality to food-based learning, inclusive education, and teacher professional development. Her work has earned her numerous awards, including the Outstanding Researcher Award, Outstanding Scholarship Award, and the prestigious Nancy Darden Distinguished Professorship for her exemplary work in the field of early childhood. She has mentored countless undergraduate and graduate researchers, trained

interdisciplinary professionals (e.g. licensed social workers, psychologist, nurses), championed international learning experiences, and consistently centers equity, inclusion, and community impact in everything she does. She considers herself as a global scholar and a servant leader who is always ready to learn and share knowledge.

Key Points: In this presentation we will discuss how does our past dictate our present from a childhood and education perspective. Education was a part of our everyday learning; we learned through observing our elders, interacting with people within our respective cultures, traditions, and life. Respect, ethics, compassion, being a part of the nature was embedded within our everyday learning and environment. However, the current system of education and childhood is facing several different challenges. We will discuss how to circumvent some of these challenges, what should be the call of action and understand the true meaning of sustainable and resilient childhood and education.

PLENARY - II SIGNATURE PLENARY ADDRESS

Health Care Practitioner and Patient Interaction: Impacting Outcomes

OFFLINE: HYBRID

Keynote Speaker: Dr. Hemraj Chandalia,

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

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

- Faculty, University of Alabama Medical Centre, Birmingham, USA (1967-1970),.
- Faculty of Grant Medical College, Mumbai (1971 to 2000).
- Eighty two articles, originals and reviews in scientific journals.
- Twenty authorship, editorship or contributions to books
- Editor, International Journal of Diabetes in Developing Countries 1991-2012, now listed as Founder, Editor of the same Journal.

Key Points: Health-Care Professionals and Patient Interaction Impacting Outcomes

HCP- Patient relationship is based on Trust. The patient's responsibility is to accept the treatment offered, adhere to the same and maintain the continuity of care. The HCP's responsibility is full application of mind, explaining the nature of disease and giving clear guidelines to follow. In addition, the HCP must educate the patient with regards to her illness and setup a follow up strategy.

A glaring example of our failure can be illustrated by the poor achievement of glycemic goals in people with diabetes. The goals are more difficult to achieve in most chronic diseases, more so where a significant change in lifestyle is involved.

A major source of conflict in this situation arises from our cultural background and alternate systems in medicine. (Chandalia, H. B., Interaction of Indian culture and Ayurveda with modern medicine. *JAPI*, June 2025) Religio-spiritual background coupled with poor health education aggravates this conflict.

Myths and misunderstandings are highly prevalent in many illnesses, but more so in chronic diseases and NCD's

Ayurveda is widely accepted by people, relatively inexpensive and mostly free of adverse effects. However, its growth has been insignificant from the day of Patanjali. A large number of scientific studies on Ayurveda are available, but randomized, blinded, controlled studies are very few.

Modern medicine is a scientific discipline, growing by leaps and bounds and researched intensively. It has successfully treated most of human illnesses, if not by a cure but by offering significant relief.

Trust deficit is another important issue in this relationship. This is not new, but has existed for millennia even between ayurvedic practitioners and patient. This can only be improved by open communications, transparency and mutual cooperation between HCP and patient. Health Education can improve this relationship very effectively. It improves, the acceptance of medical advice and adherence. It may reduce willful negligence.

How do we reconcile these two systems? An open mind and scientific temper are the basic requirements. Majority of diabetics in India are on Ayurvedic compounds. How do you win their confidence? Can we put these systems together? Many such issues require a continuing dialogue amongst the concerned groups.

PLENARY - II SIGNATURE PLENARY ADDRESS

Sustaining Biodiversity for Human Survival: An Overview

ONLINE: HYBRID

Keynote Speaker: Dr. Sasikumar N. Menon

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

Dr. Sasikumar N. Menon (M.Sc., Ph.D.) is a distinguished scientist, academician, and research leader with over four decades of experience spanning drug toxicology, human clinical research, herbal medicines, and interdisciplinary life sciences. He currently serves as Director of the Institute of Advanced Research in Interdisciplinary Sciences (TDM Lab.), Mumbai, where he leads advanced research programs at the intersection of pharmaceutical sciences, human health, and applied biological research.

Dr. Menon is also a former Associate Professor of Pharmaceutical Analytical Sciences at KAUSHAL Kendra, Ramnarain Ruia Autonomous College, Mumbai, and has been associated with the Department of Zoology at Ramnarain Ruia College since 1983. Over his long academic career, he has played a pivotal role in shaping research capacity, mentoring young scientists, and strengthening institutional research ecosystems within the University of Mumbai.

A recognized Research Guide of the University of Mumbai, Dr. Menon has successfully guided twenty three Ph.D. scholars and two M.Sc. students, many of whom have gone on to contribute meaningfully to academia, industry, and regulatory research. His research leadership is further reflected in his extensive role as Principal Investigator and Study Director, having overseen more than 350 human drug trials, over sixty cosmeceutical and nutraceutical trials in humans, and 150+ toxicological studies in animal models. This breadth of experience places him among a select group of Indian scientists with deep, hands-on expertise across the full spectrum of pre-clinical and clinical research.

Dr. Menon has also served as Co-Investigator on multiple nationally funded projects, supported by the Department of Biotechnology (DBT), Department of Science and Technology (DST),

and the Ministry of AYUSH, Government of India. His work reflects a rare blend of scientific rigor and translational relevance, particularly in areas such as drug toxicology, herbal and traditional medicines, drug action mechanisms, reproductive physiology, and male contraceptive research, alongside interests in ecology and biodiversity conservation.

An accomplished author, Dr. Menon has published over hundred research papers in national and international peer-reviewed journals and serves as a reviewer for more than twenty scientific journals, contributing actively to the global scientific review ecosystem. His scholarly impact is reflected in an H-index of twenty four and over 2,000 citations (Google Scholar). He is also the author of a Springer Nature book titled “Ultrastructural Investigations on the Pituitary–Gonadal Axis”, which is widely referenced in reproductive biology research. In addition, Dr. Menon is a patent holder for an Indian herbal mosquito repellent, underscoring his commitment to applied science and socially relevant innovation. With his deep scientific grounding, extensive regulatory-grade research exposure, and commitment to interdisciplinary inquiry, Dr. Sasikumar N. Menon brings exceptional credibility and insight to discussions on human health, drug safety, translational research, and evidence-based integration of traditional and modern sciences.

PLENARY - II SIGNATURE PLENARY ADDRESS A & A Reversal – (Age and Ailment Reversal)

OFFLINE: HYBRID

Distinguished Speaker: Dr. Mickey Mehta

Global leading Holistic Health Guru and visionary wellness leader.

Dr. Mickey Mehta, a Global Leading Holistic Health Guru/ Corporate Spiritual Coach, has completed 54 years of yoga and 45 years as the pioneer of the Health and Wellness Industry in India, the highest number of years in this profession in the world.

He has been awarded as ‘Health and Wellness Icon of India’ by the Times of India Economic Times. He has been awarded as “Pioneer of Holistic health in India for 44 years of Career” by Jagran Awards.

Also awarded “Pioneer of Holistic Health” in Switzerland by the Indian Association of Switzerland in partnership with Indian High Commission to name a few of many.

Spoken at the likes of Harvard, IIM’s, IITs apart from many other prestigious institutions. The author of 7 books ‘PhysYog’ with Dr. Ali Irani-the global authority on Sports Medicine, ‘The Shoonyam Quotient’, ‘Lose weight Gain shape’, ‘Immunity +’ with Padmashri super Chef Sanjeev Kapoor, ‘Weightless- Unburden’, ‘Curd-Karma’, and ‘Sanyaas in the city’ in collaboration with the OTT Health and Wellness tycoon Adarsh Gupta of Brilliant Wellness.

He has written many medical research articles, published in medical journals in India and worldwide.

Associated with Tata Memorial Hospital, Jaslok Hospital, Asian Cancer Institute, Breach Candy Hospital, Cumballa Hill Hospital and Beramji Hospital.

Key Points: The Age & Ailment Reversal Program, designed by Dr. Mickey Mehta, is a personalized, individualized and customized integrative healing journey of purification, regulation and fortification. It is designed to slow premature aging, restore vitality and reverse early-stage ailments by addressing root causes rather than symptoms. Grounded in ancient wisdom traditions

that now meet modern scientific frontiers, the program recognizes that aging is largely biological and modifiable, shaped by lifestyle, nutrition, stress, movement and mindset. Contemporary science now validates what Yoga and Ayurveda articulated thousands of years ago, which is the importance of coherence between the head and the heart, consonance between the human frontal cortex and greater cosmic intelligence and resonance of the limbic brain with universal consciousness. These principles, once preserved in classical texts, are today acknowledged and supported by modern thought leaders such as Dr. Bruce Lipton, Dr. Joe Dispenza and Dr. Deepak Chopra, affirming the timeless science of conscious, integrative healing. Through the sciences of neuroplasticity and epigenetics, both deeply rooted in ancient wisdom traditions, the human system can be consciously rewired, regulated and renewed, and thus magic can be created. Through a structured approach, the program supports cellular repair, hormonal and metabolic balance, nervous system regulation and emotional resilience. Working alongside conventional medical care, it empowers those individuals, especially between 40 and 65 years, to move beyond disease management into conscious, sustainable vitality. This is not symptom control, but biological renewal with awareness, enabling an ageless body, a timeless mind and long-term well-being.

PLENARY - III DISTINGUISHED PLENARY SESSIONS

Prevention of Cancer – Lessons and Way Forward

Theme: Health and Well-being; Environment and Sustainability

ONLINE: HYBRID

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

Nutritional Epidemiologist & Scientist, Nutrition and Metabolism Branch, *International Agency for Research on Cancer (IARC), World Health Organization (WHO)*, Lyon, France. Dr. Inge is a nutritional epidemiologist & methodologist with >15 years of experience in nutrition research (key focus on obesity). She investigated lifestyle causes (diet, physical activity, sedentary & sleep behavior and stress), & health consequences of nutrition related diseases, addressed by methods in clinical & general epidemiology. She is author in >200 peer-reviewed scientific papers. She coordinated several projects in the field of epidemiology & public health.

Key Points:

Background & Objectives: Previously published studies of providing iron either through supplements or fortification in children have suggested an adverse shift in the gut microbiota, with higher proportions of potentially pathogenic bacteria. Given the importance of providing additional iron in the critical developmental window of early childhood, particularly in settings with high prevalence of iron deficiency and iron deficiency anemia, it is essential to test whether food-based approaches have a similar negative impact. In this manuscript, we report the effect on the gut microbiome of 9 months' daily consumption of meals prepared with iron/zinc-biofortified pearl millet (FeZnPM), compared to control pearl millet (CPM), in children living in urban slums of Mumbai, India as part of a randomized controlled feeding trial (Clinical Trials.gov ID: NCT02233764).

Methods: Children (12–18 months, N=223, hemoglobin >9 g/dL) were randomized to receive either FeZnPM- or CPM-based foods (8.70 mg Fe/100 g, vs 3 mg Fe/100 g). Rectal swabs and blood samples were collected across follow-up using a random serial sample design, in addition to demographic, clinical, and anthropometric data. Shotgun metagenomic sequencing was

carried out on rectal swabs, reads were aligned to the Web of Life v2 reference phylogeny and assigned to operational genomic units (OGUs). Diversity indices, function and differential abundance analyses were performed using R at and between baseline and endpoint, and random intercept models were used to examine the effect of FeZnPM on OGU abundances and diversity. Endpoint KEGG pathways were also examined using co-occurrence networks in Gephi using the Yifan Hu algorithm.

Results: Baseline microbiota composition featured high relative abundance of Pseudomonadota (~57%), dominated by *Escherichia* and *Enterococcus*, alongside low overall evenness. Alpha diversity (Chao richness, Shannon diversity, Faith's PD) increased significantly over time in both arms ($p < 0.001$), with no significant differences found between them ($p > 0.05$). Additionally, β -diversity remained unaffected by intervention. In FeZnPM recipients, longitudinal analyses indicated increases in Bacillota (*Roseburia*, *Ruminococcus*, *Blautia*) and declines in certain pathogens (e.g., *Neisseria*, *Treponema porcinum*) in FeZnPM recipients. Functional pathway analysis revealed modest, targeted changes at endpoint in FeZnPM, including increased biosynthesis of antioxidants (glutathione, lipoic acid) and antibiotics (phenazine, monobactam), and reduced pollutant degradation pathways, consistent with a healthier gut ecosystem. Independent of intervention, the maturing microbiome showed increased diversity and enhanced metabolic capabilities for processing diverse dietary substrates and reduced reliance on host-derived substrates.

Conclusions: Unlike traditional iron supplementation, FeZnPM consumption did not adversely affect the developing gut microbiome and may support beneficial metabolic adaptations. These findings suggest biofortified crops could provide a sustainable approach to addressing iron deficiency while maintaining healthy microbiome development in early life.

PLENARY - III DISTINGUISHED PLENARY SESSIONS

Fit India Movement – Building Active Communities for a Healthier India

Theme: Health and Well-being; Environment and Sustainability

OFFLINE: HYBRID

Keynote Speaker: Dr. Alka Walavalkar

Director, Resonance Wellness Clinical Nutritionist

Official Ambassador – Fit India Movement

Director, Resonance Wellness

Clinical Nutritionist

Official Ambassador – Fit India Movement

Dr. Alka Walavalkar is the Director at Resonance Wellness, which specializes in community and corporate public health programs. She is also associated in advisory and consulting capacities with healthcare, genomics, and digital health organisations in India and internationally. She is a Clinical Nutritionist and Nutrition Scientist with over 25 years of experience. A Certified Diabetes Educator, she believes in and actively works towards disease reversal through evidence-based lifestyle interventions. She further specializes in Integrative Health and Medicine from the University of Minnesota. A recipient of the Academic Excellence Award, presented at the hands of Dr A. P. J. Abdul Kalam (1996), she has worked with reputed institutions such as Bhabha Atomic Research Centre, the Institute of Science, and Dr. Dalal's Diabetes Care. She is an Ambassador of the Fit India Movement, a flagship

initiative of the Government of India, and a Pinkathon Ambassador, actively promoting women's health and fitness. Dr. Alka has built a distinctive career at the intersection of clinical nutrition, metabolic and liver health, diabetes care, nutrigenomics, and public health, spanning roles in clinical leadership, healthcare consulting, scientific affairs, and program development. She has advised and collaborated with healthcare platforms, diagnostics and genomics organisations, digital health companies, and wellness initiatives in India and internationally.

Key Points:

Enhancing quality of life requires moving beyond disease-centric models of health toward approaches that emphasize functional capacity, mental well-being, and sustainable daily practices. Despite advances in medical care, the rising prevalence of lifestyle-related disorders highlights the need for preventive, population-based strategies that are simple, inclusive, and scalable. The Fit India Movement provides a powerful national framework to address these challenges by promoting fitness as a way of life rather than an elite or resource-intensive pursuit. This keynote presentation explores Fit India through a holistic lens, integrating four foundational pillars of health—physical activity, mindfulness, nutrition, and sleep—within the broader context of quality of life, sustainability, and resilience. Drawing inspiration from traditional Indian lifestyles, where movement, yogic practices, seasonal nutrition, and natural sleep rhythms were seamlessly embedded into daily living, the talk connects the “echoes of the past” with contemporary public health needs. Central to the Fit India philosophy is the simple yet impactful slogan “Aadha Ghanta Roz,” which underscores the value of just thirty minutes of daily physical activity as a gateway habit for overall well-being. When this daily movement is complemented with mindful breathing and yoga, appropriate nutrition, and adequate sleep, it creates a synergistic effect that supports metabolic health, mental resilience, functional independence, and emotional balance. The presentation emphasizes that meaningful health transformation does not require high-end interventions, specialized equipment, or complex protocols. Instead, small, consistent daily actions—adopted at the individual and community level—can significantly enhance quality of life while reducing long-term healthcare burdens. By fostering active, mindful, and well-rested communities, the Fit India Movement has the potential to contribute to a healthier, more resilient, and sustainable future for the nation.

A widely invited speaker and keynote presenter, Dr. Alka has addressed forums across industry bodies, academic institutions, hospitals, government platforms, corporates, and community health programs, speaking on topics including metabolic health, diabetes, liver health, nutraceutical science, obesity, food security, millets, and lifestyle-based disease prevention. She is also a regular media contributor, featured across print, digital, radio, and television platforms as a trusted expert voice in nutrition and lifestyle medicine. Deeply committed to social impact, she actively champions women's health, fitness, and community well-being, and is associated with multiple nationally recognised public health and social initiatives. Her work in lifestyle nutrition and integrative health is supported by accredited research, presented and published in national and international journals, and widely covered by national and regional media. Beyond her professional work, Dr. Alka believes strongly in walking the talk of health and wellness. She is trained in Indian classical music, enjoys singing and dancing as stress busters, enjoys swimming and is also an avid endurance athlete, having completed multiple marathons, including the Pune–Mumbai (169 km) ultra-marathon. She is married to Dr. Girish Walavalkar and is a proud mother of two sons.

PLENARY - III DISTINGUISHED PLENARY SESSIONS

Environment and Sustainability: Roadmap to a Resilient Future Keynote

Theme: Environment and Sustainability

OFFLINE: HYBRID

Keynote Speaker: Mr. Anjani Prasad

Archroma Pvt. Ltd. Managing Director & Head of Brand Performance of Archroma, Global Head Of New Business Development anjani.prasad@archroma.com

Mr. Anjani Prasad is a distinguished textile industry leader with vast experience spanning textile operations, chemicals, and innovation. He also holds prominent positions as Co-Chair of ASSOCHAM, Chairman of SDC EC, and Director of the Indian Technical Textile Association (ITTA). Mr. Prasad began his career with Century Mills and BTRA, gaining hands-on experience in textile processes. In 1991, he joined Clariant India as a Technical Executive and progressed through roles including Product Manager and Head of Country for the Textile, Leather, Emulsion, and Paper Division, overseeing a team of 400 employees. In 2010, he relocated to Singapore with Asia-Pacific responsibilities, supporting marketing, sustainability, and innovation initiatives for regional retailers and customers. With the formation of Archroma in 2013, he was appointed Global Head of New Business Development for the textile chemicals business. In 2015, he became Managing Director for Archroma India, Nepal, and Sri Lanka, leading business operations and driving growth and sustainability initiatives across the region. Mr. Prasad holds a B.Sc. (Tech) and M.Sc. (Tech) in Textile Chemistry from the Institute of Chemical Technology, Mumbai, and is a Chartered Colourist. He serves on the boards of the Dyestuffs Manufacturers Association of India and the Indian Specialty Chemical Manufacturers' Association, and contributes to the editorial boards of Colourage and the Journal of Textile Association. His career combines technical expertise, strategic leadership, and innovation, making him a key influencer in sustainable textile chemistry and industrial growth.

Key Points: The textile and fashion industry stands at a defining intersection of environmental responsibility, social impact, and economic resilience. As we reflect on the echoes of the past, the industry's growth has delivered scale, affordability, and livelihoods—but often at the cost of natural resources and ecological balance. Today, sustainability must serve as a roadmap that enhances quality of life while securing a resilient future for generations to come. Sustainable systems demand an ethical shift from reactive compliance to proactive responsibility. Environmental stewardship must be embedded across the value chain—from raw materials and chemical inputs to processing efficiency, waste management, and circular design. Such integration not only reduces environmental footprint but directly improves health, safety, community well-being, and workforce dignity. Resilience in sustainability lies in balancing innovation with inclusivity. In emerging economies, solutions must be scalable, affordable, and adaptable to local realities. Science-based targets, responsible chemistry, digital transparency, and credible certification frameworks enable this transition while strengthening trust across stakeholders. The vision for a sustainable future is not merely environmental protection, but enhanced quality of life through ethical governance, collaborative action, and long-term value creation. By learning from the past and acting responsibly today, the textile industry can lead the transformation toward a sustainable, resilient, and equitable future.

VALEDICTORY CEREMONY

OFFLINE: HYBRID

Chief Guest for Valedictory Ceremony

Fr. Dr. John Rose SJ

Director and Professor in IT

Academic Background: Ph.D, Electrical Engineering, MS in Computer Engineering
Work Experience: Director at Xavier Institute of Engineering, June, 2018 – Continuing;
Professor, Xavier Institute of Engineering, June 2018- Continuing;
Research Assistant and Teaching Assistant at Electron Devices Laboratory, USA. May 2012 - July 2015; Member of IEEE since 2009, SIGMA Xi Scientific Research Society
Several Research Publications are cited in renowned peer reviewed journals of National and International acclaim. His expertise lies in "3D Gait analysis of children treated for idiopathic Congenital Talipes Equinovarus after completion of Ponseti treatment"; "Steganalysis on Data Embedded Medical Image"; Exploring the Relationship Between Foot Arch and Lower Extremity Gait Kinematics in Healthy Adults: A Comprehensive Analysis"; "Prediction of joint moments from kinematics using machine learning in children with congenital talipes equino varus and typically developing peers"; "Cerebral palsy detection using vision impairment and machine learning"; "Gray Counters for Non-Volatile Memories"; Modeling and Experimental Verification of TIGBT Detailed Internal Electric Fields which Lead to Breakdown"; "Modeling of Detailed Internal Electric Field in a Trench Insulated Gate Bipolar Transistor using Variational Thermodynamic Methodology"; "Variational thermodynamic and finite element analysis models of the Metal-Oxide- Semiconductor capacitor; "Using algebraic signatures to compress built-in self-test on a chip"; "Combinatorial and Rectangular Layouts as Building Blocks for Local Reconstruction Codes; "Needles in a Haystack: How pooling can limit error rates in tests"; "Modified Virtual Air Guitar: A concept realized using Image Processing Techniques"; "RESAR: Reliable Storage at Exabyte Scale Reconsidered"; and many more.

Civilizational Awakening in Bharat

OFFLINE: HYBRID

Guest of Honour: Dr. Harish Shetty

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

Dr. Harish Shetty is a distinguished psychiatrist and community mental health leader with over 35 years of experience in mental health advocacy, suicide prevention, and peace-building in India. He holds MBBS, MD, DPM, and DCM degrees and is fluent in English, Hindi, Marathi, Gujarati, Konkani, Tulu, Kannada, and Tamil.

Dr. Shetty serves as President of My Home India, promoting national integration, and as a Governing Board Member of the National Testing Agency. He conducts weekly mental health workshops in schools, suicide prevention programs in communities, and trains diverse groups—including judiciary, law enforcement, medical professionals, educators, and corporates—on mental health awareness. He has also led support groups for families affected by COVID-19 and teaches Sanghatan Shastra to various organizations. His disaster relief work includes providing mental health support after the Latur earthquake (1993), Kandla cyclone, 2002 Gujarat riots, and Mumbai floods (2005), as well as aiding seafarers kidnapped by Somali pirates (2012–2016). He has assisted in building mental health systems for schools, NGOs,

counseling centers, and rehabilitation facilities. Dr. Shetty has collaborated with the Bombay High Court on initiatives such as pre-litigation centers, rehabilitation of children with mental disabilities, and petitions to expand learning disability testing centers, prevent segregation in schools, and reunite recovered patients with families.

A seasoned trainer, researcher, and columnist, he has taught at TISS, Symbiosis Law School, and other institutions, contributed to national and international media, and conducted public webinars, including a COVID-19 awareness program. His work spans clinical practice, teaching, research, advocacy, and capacity-building in mental health across India.

Key Points: India is a young nation but Bharat is an old civilization. It's the only civilization whose lineage continues without disruption. An oral, culture we have preserved our stories not only on stones but also in memories passed on through generations. This transmission has been through rituals, stories, inscriptions, literature, archaeology, valour and many forms of art; drama, art, paintings and others. Mauled by invaders from Timur, Chengiz Khan, Mughals, Dutch, French, Portugese, British and a million others we have survived. The Egyptian, Greek, Sumerian, Akkadian, Roman and many other civilizations collapsed with the advent of Abrahamic religions but a small geography known as Bharatvarsh yet breathes a whiff of fresh air

India is a symphony without synchrony where the asynchrony is beautiful. It is not a homogenous herd that follows one thought, one leader, one treatise or one stone. Indigenous narratives and a long history is like a banyan tree with infinite branches.

India is atleast a trillion layered sandwich with every layer defining the plurality, the nuances that are ever growing, defining and redefining its origin, its journeys, its radiance and also the hundreds of pitfalls and muck too it has gathered.

In the Vedas, Upanishads, Puranas, Bhagwad Gita and infinite literary texts, lie the secrets of living, rules of existence, philosophy of life and narratives that may be paradoxical yet meaningful. We have been inclusive and also absorbed Charwak, a philosopher who condemned the Vedas and gave him the title of a saint

Our history has many defining moments where extraordinary individuals changed the course and the trajectory of our highways. To name a few, Vishnugupta, Shivaji Maharaj, Baji Rao Peshwa, Rani Abbaka, Babasaheb Ambedkar, Veer Savarka, Maharishi Kanaad, Aryabhata, Swami Ramdas, Sant Dnyaneshwar and innumerable others. The numbers of revolutionaries that shaped our mountains and the landscapes of our minds are infinite.

But, today we are at a crossroad! Across the world a crusade is on as the American President George Bush described after 9/11. Violence has been normalised with many theatres of war active, crushing indigenous cultures and causing mayhem. The one book, one God theories refuse to recognise that the earth has nurtured a plethora of beliefs and traditions that have been dynamic, overlapping and constantly rejuvenating. God is the finest imagination of man and if he or she exists there are innumerable paths to reach Heaven the supremacy or the only highway to nirvana are strongly propagated by some causing strife, conflict and unrest. In this backdrop lies a country covered by oceans on three sides sandwiched by conflicting thought processes, religions and ideologies that are determined to change our Demography and Destiny.

DISTINGUISHED SPEAKERS AND EXPERTS OF THE PARALLEL SESSIONS FOODS NUTRITION AND DIETETICS

Empowered Womanhood: Understanding Fertility, Health and Well-being in the Reproductive Years

OFFLINE: HYBRID

Theme: Health and Well-being, Cultural Roots as National Identity

Session Focus: Integrated approaches to hormonal balance, metabolic health, and women's well-being.

Dr. Navina Singh, Center Head, Birla Fertility Institute & IVF, Infertility Specialist & Gynecologist, M.R.M (London), D.R.M (Germany), F.R.M (India), MS (OBGYN), Diploma in Medico-Legal, Senior Consultant - Birla Fertility & IVF, Mumbai Network.

Secretary - Indian Fertility Society (IFS), Greater Mumbai Chapter, Healthcare Leadership ISB
Dr. Navina Singh is a distinguished fertility specialist with extensive expertise in managing poor responders and women with diminished ovarian reserve. Her clinical philosophy emphasizes achieving parenthood using couples' own gametes, even in the most challenging cases.

With over a decade of experience in assisted reproduction, Dr. Singh has served in leadership roles at renowned institutions like Sir H.N. Reliance Hospital, Lilavati Hospital, and Indira IVF (Hyderabad), where she was the Centre Head. She has led multidisciplinary teams, developed clinical SOPs, and actively participated in training programs and IUI workshops across India. An advocate for evidence-based, patient-centred care, Dr. Singh combines hands-on excellence in IVF procedures with a compassionate approach to counseling. She has several academic presentations and publications to her credit and was recently honoured by Voice of Healthcare (VOH) as Rising Voice In Reproductive Medicine in 2025 and Emerging IVF Specialist of The Year 2024 for her contributions to the fertility field.

Session Overview: Women's health is not limited to the absence of disease; it is deeply connected to physical well-being, mental resilience, reproductive health, social support, and self-empowerment across every stage of life. From the onset of puberty to the transition into menopause, a woman's body undergoes profound biological, hormonal, and psychological changes that directly influence her quality of life.

The session will be focusing on fertility, pregnancy, contraception, lifestyle diseases, stress (Reproductive, and Adolescent Health) and the growing burden of stress, obesity, and endocrine disorders that affect women's productivity, family life, and emotional well-being. Special attention will be given to how nutrition, physical activity, sleep, and mental health support play a central role in maintaining hormonal balance and long-term health.

The aim of this presentation is to empower students and future professionals of home science to understand women's health as a **continuum**, where early awareness, preventive care, and lifestyle interventions can significantly improve well-being, dignity, and productivity throughout a woman's life.

Integrating Ayurveda into Modern Science for Women's Health

OFFLINE: HYBRID

Dr. Shobha Udipi

Hon. Director-Integrative Nutrition and Ayurceuticals at Medical Research Centre, Kasturba Health Society.

Professor Emeritus- The University of Transdisciplinary Health Sciences & Technology, Bengaluru. Former Professor and Head, Dept of Food Science and Nutrition, SNDT Women's University. Guided twenty PhDs to completion, presently guiding three PhDs Conducted more than fifty projects supported by National and International projects Started Diploma in Diabetes Care and Education at Dept of Food Science and Nutrition, SNDT Women's University in collaboration with DENMARC under guidance of Dr HB Chandalia Started MSc in Clinical Nutrition & Dietetics at Dept of Food Science and Nutrition, SNDT Women's University. Authored 4 books, 9 chapter in books, 123 papers in international and national journals.

Session Overview: In the 21st century, the human body has to tackle technology, economic demands and pressures, environmental toxins, unhealthy diets, meal timings out of sync with biological rhythms, lack of rest, stress, and poor sleep quality. Thus, prevalence of non-communicable diseases has increased. Prevention is imperative and Ayurveda the ancient science of life can help achieve and maintain good health. *Prakriti* the unique mind-body constitution is formed at birth, remaining constant throughout life. Ayurveda recognizes subtle imbalances early, facilitating adjustment of choices. It goes beyond symptom management, as it helps to understand the root causes and can contribute to making choices that promote healing, vitality, immune function. Understanding *Prakriti* (physical and psychological), helps to align lifestyle measures, dietary choices and helps to maintain doshik equilibrium seasonally, promote good health and restore health in disease conditions. Ayurveda highlights that diet and therapy is personalized. The talk will briefly delineate personalize nutritional approaches and dietary diabetes management as an example, to integrate modern nutrition and Ayurvedic principles. There needs to be scientific scrutiny integrating modern scientific methods and instruments, with Ayurvedic knowledge, to provide scientifically validated information; so as to complement modern nutrition and dietetics approaches.

Beyond Beauty: Skin Health as a Marker of Longevity and Healthy Ageing

Session Focus: Exploring the science of skin health as a reflection of longevity, integrating nutrition, metabolism, and cellular ageing

Theme: Health and Well-being, Entrepreneurship, Innovation and Start up ecosystems
Ageing with Grace - Nutrition for Skin, Hair and Healthy Ageing

OFFLINE: HYBRID

Dr. Meghna Motwani is the Vice President, Clinical Research Nutrova Biotechnology – University of Westminster (London)

MSc. Nanotechnology & Regenerative Medicine – University College London; PhD. Stem Cell and Biomaterial Research – King's College London; Certificate in Nutrition and Health: Macronutrients and Overnutrition – Wageningen University (The Netherlands).

Dr. Meghna has strong exposure to research with her PhD work focusing on regenerating bone and cartilage (her group's work was published in the prestigious *Nature Materials*). Meghna joined Nutrova's founding team in 2015, using her strong technical background to oversee clinical research conducted by the company. In 2019, she led a first-of-its-kind clinical study in India, where the effects of Nutrova Collagen + Antioxidants were evaluated on several skin health parameters (the study has been published in the *Journal of Cosmetic Dermatology*).

Session Overview: This presentation examines how targeted, science-led nutrition can influence ageing across the skin, hair, musculoskeletal system and overall metabolic health. Aimed at nutrition practitioners and students, it integrates foundational nutrition principles with current clinical evidence relevant to practice.

Ageing is described as a progressive decline in collagen synthesis, protein turnover and antioxidant defences, driven by oxidative stress, inflammation and gut health disturbances. Healthy ageing is framed as the preservation of structure, function and resilience across systems, with longevity defined by quality of life rather than lifespan alone. Key dietary metrics of longevity are discussed, emphasising adequacy, balance and low inflammatory load over extreme dietary approaches.

The presentation highlights the critical role of protein in healthy ageing, particularly in the Indian context where protein inadequacy is common. Special focus is given to collagen peptides as a targeted nutritional intervention. Their unique amino acid composition, intact absorption as di- and tri-peptides, and bioactivity in stimulating collagen, elastin and hyaluronic acid synthesis are reviewed. Human clinical evidence, including Nutrova's study on an Indian population, demonstrates benefits for skin ageing, hair strength and wound healing. Additional sections address nutrition for hair follicle biology, bone and joint health, and the role of micronutrients, omega-3 fatty acids, antioxidants and gut health in modulating inflammation and supporting tissue repair. The session concludes with an integrated, evidence-based framework for nutrition-led healthy ageing applicable to clinical and community nutrition practice.

The New Age Nutritionist: Gut Health and Quality of Life

ONLINE: HYBRID

Session Focus: Integrating gut health, digital nutrition solutions, and novel sustainable food processing into modern nutrition practice to enhance quality of life.

Precision Nutrition and the Gut Microbiome: New Evidence and Learnings

Theme: Health and Well-being

Dr. Samantha Huey

Research Associate & Nutrition Group Lead, Joan Klein Jacobs Center for Precision Nutrition and Health, Cornell University.

Dr. Huey is a nutrition scientist whose research focuses on the intersections of nutrition, the gut microbiota, and immune function in maternal and child health, with particular emphasis on applications of precision nutrition. She previously served as a 2022–2023 NIH T32 Maternal and Child Nutrition Postdoctoral Fellow and as a Postdoctoral Associate in the Division of Nutritional Sciences. Dr. Huey earned her B.S. in Biology, with minors in Nutrition and Global Diseases, from Cedar Crest College in 2013, and her PhD in Nutritional Sciences from Cornell University in 2020. Her doctoral training concentrated on International Nutrition, with minors in Epidemiology and Immunology & Infectious Diseases, under the mentorship of Dr. Saurabh Mehta. Her research examines data from two randomized controlled trials conducted in Mumbai and South India that evaluated the efficacy of bio fortified crop-based foods on child growth, immune function, and cognition. During her PhD, Dr Huey lived in Mumbai for two years to facilitate the first trial, which involved a complex study design across 20 urban slum field sites and the management of hundreds of personnel (ClinicalTrials.gov ID: NCT02233764). She also led an acceptability study conducted prior to trial implementation. Her dissertation research on nutritional status and the gut microbiome among participating children has been published in leading nutrition and microbiology journals. Dr. Huey's current research explores the impact of bio fortified crops on the gut microbiome and investigates whether micro biome profiles predict longer-term health outcomes, with particular interest in inter-individual variability in response to nutrition interventions. She also contributes to the NIH Nutrition for Precision Health (NPH) Initiative as a member of the Data & Analytics Team for the Research Coordinating Center, co-led by Cornell University and RTI International (Co-MPIs: Drs. Saurabh Mehta and Marie Gantz). In addition, Dr. Huey leads and contributes to evidence syntheses on vitamin D supplementation, bio fortification, obesity, precision nutrition, vitamin A at the point of care, diagnostic test accuracy, the gut microbiome and maternal and child health, supporting translation to policy and practice, including guideline development for organizations such as the World Health Organization.

What to feed the gut microbiome to better health?

OFFLINE: HYBRID

Ms. Shambhavi Kamat, MSc, RD, CDE, CBN

Ms. Shambhavi is the Senior Dietician, Bombay Hospital & Medical Research Centre, Mumbai. Scientific & Patient education content writer for MVD Healthcare.

Educational Background & Key Achievements:

BSc. Home Science- Specialization: Dietetics (*SNDT Women's University, Juhu, Mumbai, India*). Awarded Ms Tejaswini (Best Student of the University)

Completed MSc Dietetics and Applied Nutrition (*WGSMA, Manipal Academy of Higher Education, Manipal, India*) in 2017. Certified Diabetes Educator (*National Diabetes Educator Programme*), Certified Bariatric Nutritionist, National Topper in Registered Dietician Exam Certification in Nutrigenomics (*University of Reading, UK & Institute of Nutrigenetics, India*) Certification in Gut Microbiomics & Counselling (*University of Reading, UK & Institute of Nutrigenetics, India*). Certificate in Basic Ayurveda Nutrition (*TDU University, Bengaluru, India*). Certificate in Advanced Ayurveda Dietetics (*TDU University, Bengaluru, India*)

Pursuing Course in FODMAP & Diet for IBS (*Monash University, Canada*) Presented scientific papers & posters at various conferences. Her areas of interest: critical care nutrition, renal nutrition, food psychology

Session Overview: Recent advances in research have led researchers to call the gut as the human body's "second brain", "metabolic hub" and "communication centre". This is because the functions of the gut are varied, including- but not limited to- absorption and assimilation of nutrients. The gut also plays an important role in regulating the metabolism, immune response, hormone balance and mental health of an individual. The Gut-Brain Axis (GBA) plays a major role in mediating these effects. While the Vagus nerve sends signals to the brain, activated by various physical and chemical stimuli, the brain releases neurotransmitters which regulate mood, appetite, satiety, immunity and even the absorption of nutrients.

Considering the above factors, there has been a lot of interest in finding out which foods promote gut health. One of the largest studies in this area is the "American Gut Project" which enrolled 15,000+ participants and studied their gut microbiome over a period of 8 years (2012-20). Some of their key findings include:

- Individuals consuming 30+ plant-based foods in a week had the highest microbial diversity
- The gut microbiome of healthy individuals was very different from those suffering from mental illness.
- Higher microbial diversity is associated with higher levels of CLA (Conjugated Linoleic Acid) which strengthens the gut barrier and promotes a healthier microbiota.
- Higher dietary diversity is associated with better protection against the 'resistome' (collection of all the Antibiotic-Resistant Genes in the gut microbiome)

Some nutrients which have shown beneficial effects on gut health:

1. Prebiotics: Increased diversity; Produces SCFAs (Short-chain Fatty Acids)
2. Probiotics: Introduces live microbes and alters microbiome
3. Omega-3 Fatty Acids: Reduces inflammatory response
4. Vitamin A: Cell growth and differentiation
5. Zinc: Co-factor in microbial enzyme action
6. Selenium: Co-factor in microbial enzyme action
7. Polyphenols: Fermented into highly bioactive compounds

Achieving Gut Health in Nutrition Practice – Case Studies

OFFLINE: HYBRID

Ms. Daniyah Irfan

Daniyah Irfan is a Holistic Nutritionist & Lifestyle Medicine Coach

Ms. Daniyah is a nutrition strategist and gut-brain health practitioner who believes healing begins when we stop treating symptoms in isolation and listen to the body as a whole. She is the founder of *Define Your Diet*, an online healing practice offering personalised, lifestyle-based care through video consultations.

Her work explores the gut–brain connection and how digestion, emotions, hormones, immunity, and early life experiences influence health. She has presented research on the holistic reversal of erosive gastritis, depression, and adolescent weight challenges, supported by peer-reviewed publications. Her contributions have earned her several recognitions, including the RND Sadhana Award 2026. She is also the author of *Aspire to Inspire – For Every Woman Who Pauses and Then Performs*. Today is especially meaningful as Daniyah is an alumna of this college (batch of 1098), returning as someone who once sat where our students sit today. Through her practice, she integrates nutrition, microbiome health, movement, breathwork, and emotional healing to achieve lasting health outcomes. Please join us in warmly welcoming back one of our own as she invites us to rethink gut health as a gateway to whole-body healing.

Session Overview: This session explores gut health as the foundation of holistic healing, moving beyond digestion to reveal the gut’s deep connection with the brain, hormones, immunity, and emotional regulation. Drawing from both science and lived clinical experience, the session reframes chronic gut disorders as intelligent bodily responses to prolonged stress, emotional overload, and an unsafe internal environment—rather than isolated dietary failures. The talk traces how modern lifestyles disrupt gut function despite “healthy eating,” emphasizing the role of the nervous system, emotional patterns, and daily rhythms in sustaining or resolving symptoms. Through two real-life case studies—one involving chronic hemorrhoids and another on erosive gastritis—the session demonstrates how integrative interventions addressing nutrition, emotional release, breath, and lifestyle helped restore both physical health and inner stability.

The session concludes by highlighting that true healing is an inward process, where restoring safety allows the body to shift from protection to repair. It also redefines the role of the dietitian as a holistic guide—one who works beyond meal plans to support mind–body coherence, behavioral change, and sustainable healing. The core takeaway is that Gut health is not just about what we eat, but about how safely the body experiences life—and the dietitian’s role lies in helping create that internal environment where healing becomes possible.

Digital Health – Revolutionising Wellness and Quality of Life

OFFLINE: HYBRID

Theme: Health and Well-being; Digital Literacy and Transformation, Entrepreneurship, Innovation and Start up ecosystems

Galvanising Technology and AI for Efficient Nutrition Care

Session Focus: Examining the role of digital tools, data analytics, and connected health solutions in redefining wellness and long-term health outcomes.

Ms. Naaznin Husein

Co-Founder & CEO of Reework / ReeCoach. Co-Founder Shamrock Nutrascience Private Ltd. Founder of FREEDOM Lifestyle and Wellness Centre, specializing in Clinical Nutrition, Nutraceutical, Fitness, Sports nutrition, exercise. Nutrition Advisor-Indian Navy- JSTI (Joint Services Technical Institute) -INS Hamla. (A training institute for the Indian Navy, Army, and

Airforce). Co-Convenor Netprofan Maharashtra. Trained expert for Nutrigenomics, bariatric nutrition, FODMAP and Food Sensitivity and gut health. National executive committee member IDA (2019-2022) and Ex-President of Indian Dietetic Association, Mumbai Chapter (2014-2018). Chairperson for Nutrify Today -Dietetics .Nutrition Advisor to many Bollywood Celebrities, Sports personalities, and Media celebrities.Chief Nutritionist INDIA RUSH SOCCER-STEADFAST ACADEMY.

Digital Health Solutions – Governments to Communities to Individuals

ONLINE: HYBRID

Ms. Khushboo Verma Director- V Care Cordia, Denmark.
MBA, B.Tech, Computer Science

Seasoned digital transformation leader with twenty one years of experience in health tech, specializing in clinical digital implementation and telemedicine. Proven ability to bridge the gap between healthcare, technology, and policy to drive innovation and improve patient outcomes. Strong advocate for leveraging digital solutions to enhance holistic and compassionate care. Extensive experience working in clinical digital health projects across Denmark, USA, UK, Canada, Finland, Netherlands, and India. Founder, CEO, vCare Denmark, developed digital platform Cordia® for chronic disease management, maternity care, AI driven diet management and research data collection & analytics. Product Manager, National Telemedicine Implementation. (FUT), Denmark – Led the development and deployment of telemedicine solutions at a national scale. Member, Political Advisory Network for Digital Health, ruling party Socialdemokratiet – Provided insights on digital health policies and clinical technology advancements. Member, India-Denmark Chamber of Commerce (IDCC) – Focused on strengthening clinical digital collaborations between India and Denmark. Group Leader, Women in Life Sciences, Denmark – Advocated for female leadership in clinical health innovation and women's health research. Member, Federation of Danish Industries – Engaged in industry-wide clinical technology advancements and policy discussions. Member and Speaker, Telemedicine Society of India – Active contributor to the discourse on telemedicine advancements and clinical digital transformation. Expertise in implementing clinical digital solutions, optimizing telemedicine workflows, and integrating technology with patient care.

Session Overview: Digital Health is often framed as a technology initiative—platforms, data systems, and digital tools. In practice, however, its success depends far more on change management than on technology itself. Sustainable impact is achieved only when digital solutions are aligned with policies, care delivery models, community practices, and individual behaviors.

This session presents Digital Health as a system-wide transformation journey, moving from government-led strategy and infrastructure, through community and provider adoption, to individual empowerment. Drawing on implementation experiences from different regions of the world, the session highlights what it takes to translate policy into practice and pilots into scale.

Key learnings from our global experience include: frontline adoption determines success more than central design; community ownership accelerates scale and sustainability; and Individuals must be treated as active participants, not passive end users.

The session offers practical insights for leaders designing Digital Health programs with real-world impact.

Digital Tracking to Improve Efficacy of GLP-1 Therapies

ONLINE: HYBRID

Dr. Christian Budtz

Medical Doctor, B.Eng. IT, Biomedical Designer - Healthcare Innovation Pioneer. Medical Doctor (MD), B.Eng. IT, Biomedical Designer. Five years of clinical experience and 7 years in healthcare IT engineering. Chief Medical Officer at vCare Denmark. Associate Professor in health technology at Technical University of Denmark. Head of IT section, Dept. of Clinical Immunology at Copenhagen University Hospital. Founder of medicIT (since 2018) and vCareIt.

Session Overview: Incretin treatment requires ongoing monitoring, dose adjustments, and management of side effects, but limited consultation time makes this difficult in routine care. Key elements such as patient education, data collection, and adherence support are often insufficient when confined to brief clinic visits. By moving parts of monitoring and follow-up outside the consultation and using structured care plans, clinicians can individualize treatment more effectively. Digital platforms that support continuous follow-up, patient-reported data, and decision support enable earlier interventions, improve adherence, and empower patients to take an active role in their treatment. This approach helps clinicians use their time more efficiently while improving clinical outcomes.

Sustainable Food Industry Initiatives in Health Enhancement

OFFLINE: HYBRID

Theme: Health and Well-being, Sustainability and Environment, Cultural Roots as National Identity

Session Focus: Sustainability-driven food innovation, novel ingredients, indigenous knowledge, and future-ready nutrition solutions.

Novel and Indigenous Ingredients for Food Products for Well-being

Dr. Rekha Singal

Professor of Food Technology, Institute of Chemical Technology (ICT), Mumbai,

Dr. Rekha Singhal is a full professor at the Institute of Chemical Technology, Mumbai. She received her bachelor's, master's, and doctoral degrees in Food Technology in 1984, 1986, and 1990, respectively. She has more than thirty years of experience in teaching and research in broad areas of food science and technology (carbohydrate chemistry and technology, microencapsulation, food product development), bioprocess technology (fermentation and downstream processing of enzymes, polysaccharides, therapeutic compounds and nutraceuticals), Indian traditional foods, and supercritical carbon dioxide extraction of biomolecules of food and nutraceutical interest. Dr. Rekha has supervised more than forty two doctoral and hundred master's students, and serves on several committees of national interest in India,

while also evaluating projects for other international agencies. She has handled sponsored projects from the government and industry and collaborated with scientists both within and beyond the country. She is the recipient of several honors and awards - recently fellowships from the Indian National Science Academy (2022) and the International Bioprocessing Association (2017-2018). She has worked as an Associate editor with the Journal of Food Science and Technology (2012 to 2015) and more recently with Carbohydrate Polymers (2020 to 2022). Prof. Singhal has co-authored a book, *Handbook of Food Quality and Authenticity*, published by Elsevier, and several book chapters. She has more than 400 publications and 14000+ citations on Scopus.

PANEL DISCUSSION

Sustainable Food Processing Practices for Quality of Life

OFFLINE: HYBRID

Moderator: Dr. Geeta Ibrahim

Dr. (Mrs.) Geeta Ibrahim is a highly respected academician in the fields of Biochemistry and Nutrition, with over four decades of distinguished service in teaching, research, institutional leadership, and national academic governance. She is the Former Principal of the College of Home Science, Nirmala Niketan, University of Mumbai, and has been a central architect in shaping nutrition and biochemistry education. Holding a PhD in Biochemistry from the University of Mumbai, Dr. Ibrahim has served for decades as a recognized postgraduate and doctoral guide in both Biochemistry and Nutrition, mentoring many undergraduate, postgraduate, and doctoral students. She has guided more than 70 postgraduate dissertations, supervised multiple PhD scholars, and led research projects funded by the University Grants Commission and University of Mumbai, including pioneering work on PCOS, micronutrients, diabetes, obesity, cardiovascular risk, and nutraceuticals.

Her research portfolio includes over 50 peer-reviewed publications in national and international journals spanning metabolic disorders, inflammatory markers, nutrigenomics, functional foods, bariatric surgery biomarkers, and public health nutrition. She has presented her work globally, including at conferences in the UK, Australia, China, and India, and has received numerous awards for research excellence and scientific contribution.

Beyond academia, Dr. Ibrahim has been a powerful force in academic governance, serving as Chairperson and member of multiple Boards of Studies, Research Review Committees, Ethics Committees, University Academic Councils, and NAAC accreditation teams. She has also contributed to Fit India, AFST, IDA, RUSA, and nutraceutical advocacy platforms, ensuring that science meaningfully informs public health policy and professional practice.

In recognition of her exceptional scholarship, leadership, and lifelong contribution to nutrition and health sciences, Dr. Geeta Ibrahim serves on the Conference Advisory Board, bringing to the conference a rare blend of academic depth, research integrity, and visionary leadership that elevates the quality and impact of its deliberations.

Dr. Shalini Arya

OFFLINE: HYBRID

Dr Shalini S. Arya is currently faculty at Food Engineering and Technology Department Institute of Chemical Technology, Mumbai. She works in the area of Indian traditional foods, in particular cereal based staple foods such as chapatti, phulka, thepla, khakhara, thalipeeth, naan and kulcha. Her work is focused on various aspects such as product development and standardisation, nutritional improvement and characterisation, chemistry and technology, staling, extension of shelf life using various technologies (MAP, oxygen scavenger, chemical, freezing etc) for these products, all of which would have far reaching significance in improving public health in India and that too based on the resources that are locally available and food staples that are regularly consumed by the locals. She has more than 100 publications in national and international journals of high repute. Dr Shalini and her research group have developed Indian traditional food products having low glycaemic index using low cost and locally available ingredients. For this reason her work was internationally recognised by International Life Science Institute (ILSI) USA who awarded her prestigious Malaspina International Award-2015. AFST Young scientist award 2017 by AFST India. CNPQ TWAS POST DOCTORAL FELLOW.

Ms. Subhaprada Nishthala

OFFLINE: HYBRID

Expert in Quality Assurance, Labelling & Claims, FSMS. Master's in Food Science and Technology, CFTRI Mysore. 28 years of experience in industry, Consulting & Certification Worked with Coca-Cola India, Al Kabeer Exports Pvt Ltd. ISC Pvt Ltd. Currently Head-Academic Programs at ITCFSAN. Member of FOSTAC Steering Committee. FSSAI AFST Food Safety Professional of the year 2019. Past President AFST Mumbai Independent Board Member to midcap company

Health Communication as a Tool to Empower Communities

Theme: Health and Well-being, Transformative Education for Nation Building, Inclusivity Self Reliance and Livelihood Security

Dr. Subbarao M. Gavaravarapu

Scientist & Head, Nutrition Information, Communication & Health Education (NICHE) Division, ICMR-National Institute of Nutrition

OFFLINE: HYBRID

Working in the broad area of health communication, he ventured into the largely uncharted territory of nutrition communication. With over two decades of experience in nutrition science, public policy, and community engagement, Dr. Gavaravarapu has made significant contributions to nutrition communication, food safety, and public health. His research explores the contextual, cultural, and communicative processes that shape food environments. His work covers key areas such as food labelling, vendor education, workplace nutritional well-being,

and the management of misinformation during health crises. Notably, his studies on food labelling have informed policy and regulation in India, and he served on the expert committee that formulated the Dietary Guidelines for Indians 2024. He currently leads the “Let’s Fix Our Food” consortium—a multi-pronged initiative aimed at improving adolescent food environments by reducing the consumption of high fat, sugar, and salt (HFSS) foods. He also spearheaded the development of Nutrition Atlas 2.0 <https://www.nutritionatlasindia.in>, a web application that geo- visualizes nutrition and health data from national surveys across various age and physiological groups. He has also co-developed innovative nutrition apps like NutriAIDE and Nutrifly India Now (Version-1). A prolific researcher, he has over ninety two peer-reviewed publications, contributed sixteen book chapters, and edited three volumes. In recognition of his contributions to nutrition science, although, originally trained as a social scientist, he has been recognised as Professor in the Faculty of Medical Research by the Academy of Scientific and Innovative Research (AcSIR). He has supervised or co-supervised over seven doctoral dissertations and several Master's theses.

His leadership roles include chairing the Scientific Panel on Food Labelling at FSSAI, serving on the Working Groups of NITI Aayog, Codex Committees on Food Labelling and the Bureau of Indian Standards, and advising organizations such as the Jharkhand State Nutrition Mission, HRIDAY, and the Akshyapatra Foundation. He also contributes to several editorial boards, including the Journal of Nutrition Education and Behaviour, Indian Journal of Nutrition & Dietetics and previously served as the Asian Editor for the American Journal of Health Behavior. Until July 2023, he chaired the Health Communication Working Group of the International Association of Media and Communication Research (IAMCR). In addition to his academic and policy work, Dr. Gavaravarapu has actively engaged in community outreach. He conducted over 300 awareness sessions, participated in several television, radio programmes, developed educational videos and wrote more than eighty popular articles on nutrition and food safety, significantly enhancing public understanding and fostering evidence-based nutrition practices.

His contributions have been recognized with numerous awards, including the Outstanding Nutrition Scientist Award from the Federation of Asian Nutrition Societies, the Buti Science Communication Award from the Gujarat Science Academy, the Dr. Coluthur Gopalan Endowment Lecture Award, the VN Patwardhan Prize from ICMR, and the Mid-Career Award from the American Society of Nutrition. He is a fellow of both the National Academy of Agricultural Sciences (FNAAS) and the Royal Society for Public Health (FRSPH), UK.

Holistic Management of Disordered Eating for Improved Quality of Life **Theme: Health and Well-being**

ONLINE: HYBRID

Dr. Sripriya Shaji

Programme Officer – Neuro Nutrition Core Group

Founder, Srisha Counselling – A Centre for Nutritional & Psychological Well-Being

Dr. Sripriya Shaji integrates dietetics, psychology, and neuroscience to strengthen nutritional–mental health care in India. A graduate in Nutrition & Dietetics, with postgraduate and doctoral

qualifications in Psychology and a Master's degree in Dietetics & Food Service Management, she works as an independent researcher, Counselling Psychologist and Nutritionist.

Beginning her professional journey in 2001, she brings over 25 years of experience. After 16 years in multispecialty hospitals, she established Srisha Counselling and Srisha Academy, advancing psychological care, nutrition education, and applied research. Her work spans Eating Disorders, ADHD, Autism, neurodegenerative disorders, maternal mental health, and geriatrics. She has authored 20 research publications, presented 23 scientific papers, contributed to book chapters, and is a recognised speaker at national and international conferences on food–mind science.

Ms. Sripirya Shaji is certified in Strategic Centre for Obesity Professional Education (SCOPE) Certified in Nutritional Psychology and Microbiota–Gut–Brain Axis with diet–mental health relationship. Monash University certified in Disordered Eating in GI Disorders and Low FODMAP Diet Therapy, Diploma in Art Therapy, Certified in Advanced Nutrigenomics. Founder & Secretary, Community Nutrition Forum, Kerala. Chief Program Officer, Neuro Nutrition Core Group, IAPEN India. Co-Editor, Mind Matters International Magazine. She continues to write, research, and teach, bridging food, mind, and culture in India's evolving health landscape.

Session Overview: Disordered eating is a multidimensional condition characterized by dysregulation across neurobiological, endocrine, gastrointestinal, and psychological systems, exerting significant impact on health-related quality of life. Neurobiologically, altered hypothalamic appetite regulation and corticolimbic reward circuitry disrupt hunger–satiety signalling, impulse control, and stress responsiveness. Dysregulation of dopamine, serotonin, and gamma-aminobutyric acid pathways, compounded by hypothalamic–pituitary–adrenal axis hyperactivation, promotes cortisol-mediated metabolic and behavioral instability. At the gut–brain axis level, irregular eating patterns and nutritional inadequacy modify gut microbiota composition, intestinal permeability, immune signalling, and vagal afferent activity. These changes influence neurotransmitter synthesis, inflammatory tone, and emotional regulation, reinforcing maladaptive eating behaviors. Gastrointestinal symptoms commonly observed in disordered eating further perpetuate avoidance and restrictive patterns.

From a nutritional physiology perspective, disordered eating involves both energy imbalance and micronutrient insufficiency. Deficits in iron, zinc, magnesium, B-complex vitamins, essential fatty acids, and amino acids impair neurotransmission, mitochondrial efficiency, glycemic stability, and interoceptive awareness.

Holistic management integrates nutritional rehabilitation, neuroendocrine stabilization, gut health restoration, and psychological intervention. Structured meal timing, nutrient repletion, and metabolic predictability facilitate recalibration of appetite signaling and cognitive-emotional regulation. This systems-based approach aims to restore physiological resilience, functional capacity, and sustained quality of life. Such integrative strategies reduce relapse risk and support sustained stability.

HUMAN DEVELOPMENT

Entrepreneurship, Innovation, and Start-up Ecosystems - Resilient Minds, Creative Futures: The Psychology of Entrepreneurial Growth

ONLINE: HYBRID

Theme 6: Entrepreneurship, Innovation, and Start-up Ecosystems

Ms. Otilie Anban

Founder and Director of 'Evolve Lives Foundation', Dharwad, Karnataka, India

Ms. Otilie Anban, holds a master's degree in Psychological Counselling and is a practicing psychotherapist and motivational speaker. As a mental health professional, she works against verbal, physical and sexual abuse. Over the last 20 years she has extended her work to educational and corporate training. As a civic leader and social activist, she founded the Evolve Lives Foundation, an NGO. As an entrepreneur she is a partner at ekLakshya Academy LLP which is a premier educational training and research company. She is the co-founder of Dharwad District's Center for Learning, Innovation, Creativity and Startups.

She serves on several governing councils and advisory committees of government, aided and private organisations, including IIT Dharwad, Karnataka Medical College and Research Institute (KMC-RI), KLE Technological University, SDM College of Engineering and Technology, JSS Institute of Architecture and Institute of Business Management and Research (IBMR). Otilie is a government empanelled citizen advisor for the prestigious Hubballi Dharwad Smart City project, extensively involved in environmental conservation and sustainability and is also a civic leader and social activist. As an environmentalist she has led various initiatives for environmental conservation through the GoGreen Hubballi-Dharwad Project and is instrumental in protecting, rejuvenating and developing more than 1,700 lakes. She has been honoured with several awards including the Karnataka Women Achievers' Award for Leadership 2020, Dynamic Citizen Impacting the Society, Green Warrior, Inspiring Woman of Substance, Young Civic Leader Transforming Society Award, Youth Icon, Social Impact 2020 'Corona Warrior' Award, Covid Hero Award, The Rising Star, Dr. B. R. Ambedkar's Mooka Nayaka Silent Hero Award and Biodiversity Conservationist Award.

Youth Identity and Agency in a Globalized World

OFFLINE: HYBRID

Theme 1: Cultural Roots as National Identity

Dr. Anuradha Sovani

Trustee and Consultant, Institute for Psychological Health, Thane, Maharashtra, India.
anuradhasovani@gmail.com

Dr. Sovani is a psychologist and psychotherapist with a distinguished academic, clinical, and community mental health career. She is Former Professor and Head, Department of Psychology, and Former Dean, Faculty of Humanities at SNTD Women's University, and has

also served as Head, Department of Applied Psychology, University of Mumbai. She has been a member of the Academic Council, Management Council, and Senate. Currently, she is Trustee and Consultant at the Institute for Psychological Health, Thane; National Core Committee Member and Ethics Committee Chairperson, Association of Adolescent and Child Care India; Ethics Committee member, Jaslok Hospital; and co-founder of NoahClique, an innovative online consulting platform. Her work spans teaching, training, POSH consultancy, TEDx talks, media engagements, workshops, and manual development for national and international projects. She has contributed to women's welfare and safety initiatives with police committees, pre-litigation counseling projects with the High Court, and cyber safety programs. An M.A., M.Phil., and Ph.D. from the University of Mumbai, she is a Chancellor's Gold Medallist and recipient of several prestigious awards, including the UGC Research Fellowship, Best Research Paper Award (Indian Psychological Association), Lifetime Achievement Awards, and state awards for children's literature. She has guided seventeen doctoral scholars. Dr. Sovani has authored twelve Marathi books, over 70 research papers, and a widely used SAGE textbook on Abnormal Psychology from a neuroscience perspective. A prolific writer and effective communicator, she works across Indian languages through community radio, webinars, and print media. Her interests include community mental health, child and women's mental health, addiction prevention, and schizophrenia rehabilitation, including recent manuals developed under a Paul Hamlyn Foundation-funded project.

Key Points: The talk focuses on globalization and digitalization, and their effects on the quality of life of youth and on youth identity. After outlining the essential characteristics of youth in this first quarter of the 21st century, it touches upon the what, who, where, when and why, seeking psychological and sociological understanding. It moves on to explore what is missing, and what is needed, and makes suggestions for remedies.

Creating Safe Spaces for our Youth: Enhancing Health and Well-being

OFFLINE: HYBRID

Theme 2: Health and Well-Being

Dr. Nirmala Almeida

Consultant Psychologist to Schools, Colleges and the Corporate Sector

Dr. Nirmala Almeida is a blend of a teacher, researcher, practitioner and counsellor trainer. She is an MA in Clinical Psychology and a PhD in Psychology from the University of Mumbai, securing the first rank among the candidates at the MA Psychology Examination and the Second Rank in the Arts Stream. Her Doctoral work is in the area of Rational -Emotive Behaviour Therapy and her thesis is entitled, "Effectiveness of Rational -Emotive Behaviour Therapy with Aggressive Subjects as a Function of Size of Therapeutic Collectivity and Level of Intelligence." She was the Head of the Department of Human Development, College of Home Science, Nirmala Niketan and also the In-Charge Principal of the College for a brief period of time. Dr. Almeida has 38 years of experience in teaching BSc and MSc students

specializing in Human Development in subjects such as Advanced Study of Counselling and Psychological Testing, Intervention Strategies across the Life Span, Human Exceptionality and Psychological Disorders, Social Psychology, Organizational Behavior and Assessment and Counselling Practicum and has guided over 60 postgraduate students for their dissertation. She is also a University recognized PhD guide and three research scholars have been awarded their PhD degree under her guidance. Currently, she is a Visiting Faculty at the Xavier's Institute of Counselling Psychology and the Department of Comprehensive Education, SIES College. She is also a consultant psychologist to schools, colleges and the corporate sector, is the counsellor at St Xavier's College and has her own private practice.

Key Points: Students across India are experiencing alarming levels of stress, compounded by declining physical and psychological safety. With student suicides exceeding 13,000 in 2022 (NCRB), the need for safe spaces that foster resilience has become urgent. Drawing on extensive counselling experience, the author notes that nearly 75% of adolescents seeking support present with family-related issues such as parental conflict or abuse. Strengthening parental relationships is therefore critical, as family dynamics profoundly influence adolescent well-being. Parents must be sensitized to the harmful impact of constant conflict, poor monitoring, and negative role modelling on teens. Peer-related challenges—including rejection, bullying, and cyberbullying—are also significant stressors, requiring interventions that empower adolescents to cope effectively. Increasingly, youth engage in romantic relationships, some of which are abusive; helping them recognize and exit toxic relationships is essential. Similarly, with premarital sexual activity becoming more common, adolescents need guidance to make informed and healthy choices. Academic pressure continues to intensify, underscoring the role of parents and teachers in creating supportive, predictable learning environments while gradually introducing complexity. Safety concerns on college campuses, including sexual assault and stalking, demand vigilance, institutional accountability, and strict enforcement of preventive measures. The pervasive influence of social media has contributed to online harassment, screen addiction, sleep disruption, and reduced physical activity, making digital hygiene vital. Rising mental health concerns—such as panic attacks, anger outbursts, and depression—can be addressed through timely intervention and skill-building. Teaching adolescents stress management skills, including emotional regulation, boundary-setting, and positive self-talk, is crucial. Ultimately, creating safe spaces for youth requires coordinated efforts from families, educators, institutions, and mental health professionals.

Transformative Education for Nation Building”: What Does That Mean For the field of Early Childhood Care and Education (0-8 Years)?

OFFLINE: HYBRID

Theme 3: Transformative Education for Nation Building

Prof. Dr. Archana Hegde

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

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Dr. Hegde brings nearly three decades of experience as a researcher, educator, and mentor, and her work has shaped the way teachers, families, and communities understand child development. Throughout her career, she has led major federal and state-wide projects supporting early childhood teachers, secured over 20 million dollars in research funding, and published extensively on topics ranging from classroom quality to food-based learning, inclusive education, and teacher professional development. Her work has earned her numerous awards, including the Outstanding Researcher Award, Outstanding Scholarship Award, and the prestigious Nancy Darden Distinguished Professorship for her exemplary work in the field of early childhood. She has mentored countless undergraduate and graduate researchers, trained interdisciplinary professionals (e.g. licensed social workers, psychologist, nurses), championed international learning experiences, and consistently centers equity, inclusion, and community impact in everything she does. She considers herself as a global scholar and a servant leader who is always ready to learn and share knowledge.

Key Points: In this presentation, we examine the vision and concept of transformative education from a national and international perspective. We delve deep into the concepts of quality education, trauma informed practices, and investigate benefits and challenges to multilingual education. Relevant research pertaining to this topic is presented.

From Access to Belonging through Inclusive Community Ecosystems

Theme 5: Inclusivity, Self-Reliance and Livelihood Security

OFFLINE: HYBRID

Ms. Ritika Sahni

Founder, TRINAYANI; Advocate for Inclusive Education

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Ritika Sahni is a Gold Medalist with a Master’s degree in Music and a Bachelor’s degree in Deaf Education, uniquely combining her twin passions as a singer-performer and a disability inclusion campaigner. She is a trainer and consultant in Disability Inclusion, with professional experience as a special educator and communication therapist. For over three decades, she has taught, lectured, and conducted sensitization workshops for a wide range of academic institutions and corporate organizations, including L’Oréal, Tata Realty, Pepsico, Bengaluru Airport, CISF, Indigo Airlines, IITs, Yes Bank, National Trust, and Air India. In 2006, she

founded TRINAYANI, an initiative dedicated to promoting diversity and inclusion. Through TRINAYANI, she conducts interactive workshops, publishes illustrated books and poetry, broadcasts radio shows, creates award-winning educational and awareness films, and curates inclusive group activities and public events. She also performs in The Learning Factory, a musical puppet play designed to advocate for diversity and inclusion in education. Ritika co-designed and implemented Celebrating Diversity – The Difference is in Knowing, a year-long disability awareness campaign conducted in four Delhi Public Schools during the 2015–16 academic year. Her poem “I Am Special, So Are You” was included in the CBSE Class X English Communicative curriculum, reflecting the national impact of her work. With extensive experience in the Bollywood entertainment industry, Ritika integrates music and performing arts to promote a tolerant and inclusive society. She has also co-developed Towards Inclusion, an innovative 6-in-1 educational card game kit designed to sensitize schools and communities toward inclusive practices.

Key Points: Inclusive community ecosystems play a critical role in enhancing quality of life, particularly for persons with disabilities and other marginalized groups. Drawing from field-based work at Trinayani, the session highlights how inclusive education, community engagement, and livelihood initiatives can create environments that foster self reliance, dignity, and long-term well-being. The presentation also examines the psychological impact of exclusion. The session reframes quality of life as a shared outcome shaped by access, opportunity, and inclusion, offering insights for educators, policymakers, and practitioners working toward communities grounded in dignity and agency.

From Awareness to Agency: Empowering Digital Citizens Across the Lifespan

Theme 7: Digital Literacy and Transformation

OFFLINE: HYBRID

Dr. Vidya Satish

Director, SIES Institute of Comprehensive Education, Sion, Mumbai

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Dr. Vidhya Satish is an accomplished academic leader, trainer, and researcher with over 25 years of experience in teacher education, early childhood education, counselling, and inclusive practices. She currently serves as Director of the SIES Institute of Comprehensive Education, a premier institution specializing in the preparation of teachers, counsellors, and special educators. She holds a Doctorate in Human Development from the University of Mumbai, with research examining the developmental appropriateness of educational software for children aged 4–7 years in the Mumbai and Navi Mumbai regions. She also possesses dual Master’s degrees in Human Development and Education, and secured the University First Rank in Human Development from the University of Madras. Dr. Satish is a sought-after speaker and trainer, conducting motivational programs, curriculum design workshops, and empowerment sessions for teachers, parents, and students. Her areas of expertise include school readiness, language and literacy, executive functioning, multiple intelligences, early science education, assessment and evaluation, creative writing, and 21st-century skill development. An active researcher, she has presented over 30 papers at national and international conferences and has

authored or co-authored six book chapters, along with numerous scholarly articles. Her research interests focus on ICT in education, teacher training, counselling education, and inclusive practices. Recently, she served as a Keynote Speaker at an International Conference organized by NIEPA, New Delhi, where she addressed Digital Literacy and Transformation, highlighting technology integration and innovative ICT strategies in the foundational years. Dr. Satish is also actively engaged in professional leadership as Hon. Secretary of the Association for Early Childhood Education and Development (AECED), Mumbai Chapter, and Joint Hon. Treasurer at the National Chapter.

Environment and Sustainability – Nurturing the Human–Nature Connection: Pathways to a Sustainable Future.

Theme 4: Environment and Sustainability

OFFLINE: HYBRID

Dr. Sangeeta V. Sharma

Director (I/C), SIES Indian Institute of Environment Management, Navi Mumbai
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Dr. Sangeeta Sharma is the Director (I/C) of the SIES Indian Institute of Environment Management, Navi Mumbai. She holds a Ph.D. in Environmental Management from the Indian Institute of Technology, Bombay, specializing in Life Cycle Assessment (LCA) of Solid Waste Management, providing her with a strong foundation to address complex energy, environmental, and sustainability challenges. Dr. Sharma has contributed to numerous national and international projects, including the Japan Bank for International Cooperation (JBIC) Environmental Impact Assessment for Renewable Energy Projects, the AIST project in Japan, ERIA projects in Indonesia, and the Environmental Education Project at Nanyang Technological University, Singapore. She has also contributed to the Maharashtra State Development Report for the Planning Commission and the State of Environment Report for the Ministry of Environment and Forests, India, and serves as an Expert Advisor and Consultant for various organizations. Her research interests span energy, environmental, and socio-economic issues with a strong focus on sustainable development. Current projects include LCA, Corporate Social and Environmental Responsibility (CSER), ESG studies, waste management, energy trade in East Asia, green finance, carbon capture, utilization, and storage (CCUS), and the intersection of women and the environment. A prolific researcher and educator, Dr. Sharma has authored policy reports and academic papers presented nationally and internationally. She actively organizes academic events, workshops, and training programs, demonstrating her commitment to advancing environmental management, sustainability, and practical solutions for global and local environmental challenges.

TEXTILE AND FASHION TECHNOLOGY

PANEL DISCUSSION I

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

OFFLINE: HYBRID

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

Dr. Pratima Goyal is an accomplished academician with over 36 years of expertise in the Department of Textile and Fashion Technology. Holding a Ph.D. from the University of Mumbai, she has made significant contributions through her research and teaching in areas such as Fibre Science, Fabric Design, Garment Technology, and Sustainable Textiles. Currently serving as the Head of the Department of Textile and Fashion Technology at the College of Home Science, Nirmala Niketan, Mumbai, Dr. Goyal has guided over 40 postgraduate and doctoral students and published extensively in national and international journals. Her passion for innovation and education has earned her multiple research grants and accolades. She is also an active member of several professional and academic committees and has played a pivotal role in curriculum development and academic policy across various universities in India.

Session Overview: The fashion and textile ecosystem is undergoing rapid transformation driven by digital technologies, reshaping traditional entrepreneurial models. This panel discussion examines digitalization as a key enabler of innovation, competitiveness, and sustainability in the industry. Entrepreneurs, industry experts, and academicians discuss the adoption of tools such as e-commerce, data analytics, artificial intelligence, supply chain digitization, and sustainable manufacturing technologies. The session highlights how startups and established enterprises leverage digital transformation to enhance design efficiency, production processes, market responsiveness, and consumer engagement. It also addresses challenges including skill gaps, technological adaptation, and investment barriers. The discussion offers insights into emerging entrepreneurial strategies shaping the future of the fashion and textile sector.

PANEL MEMBERS

Dr. Sachin Laddha

M.Pharm., PhD (BIT, Ranchi), R.Ph., FCRSI., FACS Director (Add.),
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An accomplished Educational Administrator, Edupreneur, and Researcher with over 22 years of experience, he currently serves as Principal, Premilila Vithaldas Polytechnic, SNDT Women's University, Mumbai, and Director – Innovation, Incubation & Linkages, SNDT Women's University. He led PV Polytechnic to become the only NSQF-aligned polytechnic in

Maharashtra, offering NEP-aligned skill programmes to over 1,700 students. Formerly Director at the University of Mumbai and PAH Solapur University, he pioneered the StartUp Clinic, supported 57 startups, reached 15,000+ rural youth, holds 12 Indian patents, and has 20 international research publications.

Discussion Summary: The fashion and textile ecosystem is entering a new phase in which the core competitive advantage is shifting from low-cost production to intelligent coordination of data, culture, and distributed creativity. Entrepreneurs are no longer only makers of garments; they are architects of digital narratives, custodians of cultural motifs, and managers of micro-supply chains that extend from the artisan's loom to the consumer's avatar. Digital tools are erasing long-standing barriers. A neighbourhood tailor can now operate a virtual fitting room. A craft cluster can protect its cultural identity through geotagging and digital provenance. Young designers can test ideas without maintaining warehouses or sewing samples. As visibility replaces inventory, the entrepreneurial risk model begins to change. The most interesting developments are emerging in zones where textiles intersect with other fields: materials science, sports physiology, biomonitoring, and sustainability. Clothing that responds to heat or movement, fabrics that age more responsibly, and digital wardrobes that accompany users across physical and virtual environments point to a different vocabulary for the sector. Taken together, these shifts suggest that the future of fashion entrepreneurship will revolve around personalization with low waste, cultural authenticity with global reach, and technological fluency without sacrificing human sensibility. That combination has meaningful implications for livelihoods and quality of life.

Mr. Rohit Bose

Social Media Influencer and Creative Founder Daily Digitals Mumbai - India
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Known as the Modern Dhoti Man, Strong Indian Social Media Influencer “Drape it like Bose” with 566K Followers, Co-founder, Director at Daily Digital, (2015-Present), DAILY DIGITALS, Co-founder at ScrollDroll (2014-Present), Former Senior Graphic Designer at Center for Knowledge Societies, October 7, 2014- September 1, 2015. Former 2D Animator at Trihedron Pvt. Ltd, 2007-2009, Worked at Centre for Knowledge Societies (CKS), Worked at Think Health Services, Motion Graphics, Compositing, Editing with Thakur Vivek Shahi, Former 3D animator at CDL, [instagram.com/Boseoninsta](https://www.instagram.com/Boseoninsta)

Rohit Bose is a dhoti draping artist, cultural revivalist, content creator, and workshop facilitator who is redefining how Indian heritage is experienced in the modern world. Practicing dhoti draping since childhood, Rohit has transformed an ancient traditional garment into a powerful medium of cultural expression, inclusivity, and contemporary identity. Widely known as the founder of the concept “Modern Dhoti Guy,” Rohit works extensively with dhoti draping styles from different regions of India, highlighting their historical significance while presenting them in a fresh, relatable format. Since 2020, he has actively used digital platforms to educate, inspire, and engage audiences—especially youth and Gen Z—encouraging them to reconnect with their roots and proudly wear the dhoti as a gender-neutral, versatile garment. Rohit's impact extends far beyond social media. He has conducted hands-on workshops and live demonstrations across India and internationally, including cities such as Belgaum, Chennai, and Mumbai. His workshops focus on traditional and regional draping techniques, breaking gender stereotypes, and blending heritage with modern styling, making cultural learning

accessible and experiential. With a strong following across Instagram, YouTube, and Facebook, Rohit combines deep cultural knowledge with modern storytelling and visual communication. His work bridges the gap between ancient tradition and contemporary fashion, proving that heritage can be both relevant and empowering. Social Media Presence on Instagram with 545K+ followers, YouTube: 445K+ subscribers, Facebook: 151K+ followers. These platforms are used to educate, inspire, and experiment with dhoti draping in a modern, relatable format.

Discussion Summary: As a dhoti draping artist and social media creator, my work focuses on bringing traditional draping practices into everyday contemporary conversations. Draping has always been a part of our culture, heritage, and lived traditions, and digital platforms have helped me reconnect people to this knowledge in a simple and relatable way. Through short-form visual content, I am able to reach younger audiences and show how traditional garments can be worn with confidence today. Social media has turned draping into a form of storytelling, learning, and entrepreneurship. For me, digital transformation is not about changing tradition, but about keeping it visible, relevant, and alive for future generations.

Ms. Bhavini Parikh

Founder – Bunko Junko Social Entrepreneur, Independent Researcher, Inspirational Mentor, Visionary Sustainability Consultant, Champion of the Circular Economy, TEDx Speaker, Climate Catalyzer, Member – United Nations Fashion & Lifestyle Network, Women's Empowerment Advocate, Global Speaker, SDG 12 & 5 Action Leader, Bunko Junko Mumbai - India

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Founder & CEO: Bunko Junko - India's first textile upcycle manufacturer registered with the Textile Ministry, Government of India. Founder & Former Director: Dezinelifelife Social Welfare Foundation - focused on sustainable livelihoods and women's empowerment, Ex Secretary Zalawad Charitable Trust - working towards community development and education State President - Maharashtra Skill Development Council: Women's Indian Chamber of Commerce & Industry (WICCI). Board of Studies Member: Amity University, Chhattisgarh, Member: Catalyst 2030 (Global Social Entrepreneur Network Indian Merchants' Chamber (IMC), Global Council for the Promotion of International Trade (GCPIT), Retailers Association of India (RAI), Clothing Manufacturers Association of India (CMAI), RAI, The UN Fashion & Lifestyle Network (The UNFLN). Bhavini Parikh is a visionary entrepreneur and founder of Bunko Junko, a sustainable fashion brand focused on upcycling textile waste into innovative, eco-conscious designs. Driven by a deep commitment to environmental responsibility, she addresses the fashion industry's growing waste challenge by transforming discarded materials into stylish, functional products. Through close collaboration with skilled artisans and local tailors, she promotes ethical production while supporting sustainable livelihoods. A strong advocate of conscious consumerism, Bhavini actively highlights how upcycling significantly reduces carbon emissions and environmental impact. Her work exemplifies the powerful intersection of creativity, sustainability, and social responsibility, positioning her as an influential voice in the sustainable fashion movement.

Discussion Summary: Digital transformation is redefining entrepreneurial models in the fashion and textile ecosystem by improving efficiency, transparency, and sustainability.

Entrepreneurs are using digital tools to enable circular practices, strengthen supply chains, and enhance market access. This shift supports inclusive growth while driving innovation and long-term competitiveness.

Ms. Sharda Bhatia & Ms. Krishna Merchant

Co-Founders Rustic Blends Mumbai - India

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Ms. Sharda is the Co-founder of Rustic Blends, a contemporary fashion and lifestyle brand inspired by India's rich craft heritage. A mother of two, avid traveller, nature lover, and committed vegan, she brings a mindful, purpose-driven approach to design and entrepreneurship. Her deep connection with Indian culture began early, shaped by extensive travel across the country and a childhood fascination with traditional artefacts, textiles, and jewellery. These experiences became the foundation of her creative journey. In her early twenties, Sharda formally entered the world of design, working closely with handloom traditions such as Mangalgiri and Ikat from South India, along with Dabu and Sanganeri prints from Rajasthan. These formative years laid the groundwork for her design sensibility rooted in authenticity and craft. Following marriage and motherhood, Sharda chose to step away from her professional path. A pivotal life phase in 2012 prompted deep reflection on purpose and passion, leading her to reconnect with India's rural arts and crafts. This rediscovery resulted in the co-founding of Rustic Blends in January 2014. Through her work, Sharda champions the fusion of heritage crafts with contemporary design and evolving sustainable practices. She believes in creating timeless collections that offer meaningful experiences rather than transient trends, while honouring artisans, culture, and conscious living.

Ms. Krishna Merchant is an entrepreneur and Co-Founder of Rustic Blends, a Mumbai-based sustainable fashion brand rooted in artisan-led design, ethical sourcing, and slow fashion principles. With over a decade of hands-on experience, she works closely with artisans and women-led self-help groups to create handcrafted apparel and accessories that celebrate India's rich textile heritage while enabling sustainable livelihoods. Rustic Blends focuses on natural fabrics and traditional techniques such as handloom weaving, hand block printing, and craft-based surface embellishment. Under Krishna's leadership, the brand has successfully built a strong presence across exhibitions, flea markets, corporate gifting platforms, and digital retail channels, while maintaining its commitment to ethical production and conscious consumption. Krishna manages end-to-end business operations including production coordination, vendor and inventory management, customer engagement, e-commerce operations, logistics, and B2B and B2C sales. She has represented the brand at leading exhibitions such as Lil Flea, Sanskriti Arts Festival, and Bharat Tex, and has developed a sustainable corporate gifting vertical using handcrafted Indian textiles. A key milestone in her entrepreneurial journey includes exporting handcrafted products to the UK for over four years and initiating an export-focused ethical trade vertical, "Krishnaa." Krishna holds a Bachelor of Commerce and a Diploma in Fashion Designing, blending business acumen with creative and social impact.

Discussion Summary: Digital transformation is redefining how handcrafted and sustainable fashion brands are built, scaled, and sustained. Entrepreneurs are using technology to connect artisan communities directly with conscious consumers across geographies. Digital tools enable small-batch production, reduced waste, and greater transparency in sourcing and processes.

Storytelling through social media and e-commerce platforms helps preserve craft heritage while building strong brand identity. Data-driven decisions allow brands to respond to demand without overproduction. Digital supply chains empower artisans with visibility, fair opportunities, and consistent livelihoods. Direct-to-consumer models give founders control over pricing, narratives, and customer relationships. Overall, technology acts as an enabler—amplifying craftsmanship, sustainability, and purpose-led entrepreneurship rather than replacing human skill.

Mr. Kailash Tulsi Gajara

Founder & Managing Director of Atulsia Technologies

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Kailash Tulsi Gajara is an award-winning entrepreneur, public speaker, and coach with over 15 years of experience in software technologies and enterprise solutions. He is the Founder & Managing Director of Atulsia Technologies, which has delivered 300+ software solutions to global brands, and the Founder & CEO of Megastores.com, a sustainable marketplace empowering thousands of artisans across India. A passionate mentor, he has delivered 100+ talks at platforms such as Meta, Josh Talks, IIT Kanpur, Manipal University, and the Ministry of Textiles. He also serves as General Secretary of the 95-year-old Shree Kutchhi Bhanushali Seva Samaj Trust, driving social impact initiatives.

Discussion Summary: From a startup consultant's perspective, the fashion and textile ecosystem is rapidly transforming through digital technologies that are redefining entrepreneurial models. This panel discussion explores digitalization as a critical driver of innovation, competitiveness, and sustainability. The session highlights how startups and established enterprises adopt tools such as e-commerce, data analytics, artificial intelligence, supply chain digitization, and sustainable manufacturing to improve design efficiency, production agility, market responsiveness, and consumer engagement. Key challenges including skill gaps, technology adoption, funding constraints, and scalability are examined. The discussion provides practical insights into entrepreneurial strategies and digital pathways essential for building resilient, future-ready ventures in the fashion and textile sector.

PANEL DISCUSSION II

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

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Professor, former I/C Principal, former Chairperson Ad-hoc Board of Studies in Home Science. She is a distinguished academic and researcher known for her expertise in textiles, heritage studies, and sustainable fashion. She has contributed extensively to academia through teaching,

research, and publications that bridge tradition with innovation with thirty papers presented and published, one patent, two doctoral scholars guided and numerous masters projects guided. Her work integrates cultural preservation with contemporary applications, inspiring students and professionals alike. A sought-after speaker, she actively engages in conferences, workshops, and collaborative projects worldwide. She continues to mentor the next generation with a vision of sustainability, creativity, and cultural integrity. Known for blending deep subject expertise with creative teaching, she encourages critical thinking and innovation. Her approachable nature and dedication to excellence make learning an engaging journey. With a commitment to holistic education, she guides students not just toward academic success but also professional growth.

Session Overview: This session explores the role of textile knowledge as a foundation for building resilient and inclusive economic systems. It highlights how traditional craftsmanship, academic research, and modern technological innovations can be integrated to strengthen the textile and fashion ecosystem. The discussion emphasizes knowledge transfer, skill development, entrepreneurship, and sustainable practices that support livelihoods across diverse communities. By examining interdisciplinary approaches and real-world applications, the session underscores the importance of education-driven innovation in promoting economic resilience, cultural preservation, and inclusive growth. The session aims to engage students, educators, policymakers, and industry professionals in rethinking textiles as a catalyst for sustainable and equitable economic development.

PANEL MEMBERS

Ms. Bela Shanghvi

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A life-long chronicler of Indian textiles and handicrafts, the speaker brings over 25 years of experience in design, research, revival, and consultancy within the handloom sector. Working extensively at the grassroots level, her work focuses on preserving traditional textile techniques while empowering artisans through skill upgradation, design innovation, and sustainable livelihood development. Founder of Studio Aavartan and Founder-President of the Crafts Council of Maharashtra, her work has been exhibited in over 23 countries and represented in international museums including the Victoria and Albert Museum, London. Currently, authoring a book on Textile Techniques of India. Professional Practice & Design Leadership, Navanidhi Design Solutions Pvt. Ltd. – Providing multidisciplinary design solutions with a core focus on handloom and handicrafts, Purnakala – A marketing umbrella for products developed through my design philosophy, Studio Aavartan (Founded October 1990) – Established with the objective of revival and sustenance of antiquated weaving styles of traditional Indian textiles and handicrafts.

Discussion Summary: Training and documentation play a vital role in sustaining complex heritage weaves by ensuring the transmission of intricate skills, techniques, and cultural knowledge across generations. Structured training maintains technical precision, while systematic documentation of weave structures, motifs, materials, and processes preserves traditional knowledge and supports education, revival, and research. Traditional crafts can remain relevant without losing authenticity by adapting form and application rather than core

techniques. Authenticity lies in preserving traditional processes, materials, and cultural context while responding to contemporary needs through thoughtful design. Collaboration among artisans, designers, and institutions enables respectful innovation, ensuring crafts remain living traditions that are culturally rooted, economically viable, and relevant today.

Ms. Shobitha Kedlaya

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Ms. Shobitha Kedlaya holds a degree in Textile Design and a Master's in Management Studies. She began her career in the corporate sector with J.K. (Bombay) Ltd. and Huhtamaki Van Leer, gaining extensive experience in marketing and product development within the paper and packaging industry. Following this, she embarked on an entrepreneurial journey, founding Crimson League, a corporate gifting company, and Inspira, a couture garment label. Driven by a deeper engagement with sustainability and social change, Shobitha transitioned to the social sector and joined Protovillage, an intentional community in Andhra Pradesh. There, she practices permaculture and contributes to developing an education model centered on context-enabled, purpose-oriented learning. Currently, she is the Founder of Lumenova Business Solutions, Book-A-Loom, and Enso Circles; Director of Protovillage India Association; Board Member of the Digital Empowerment Foundation; Trustee of PunarJeeva; and a Member of Kanaka Sabha Performing Arts Center. A trained Bharatanatyam dancer and an author, Shobitha seamlessly integrates creativity, sustainability, and purposeful enterprise in her work.

Discussion Summary: In India's traditional economic system, fabrics played an integral role. Largely a rural ecosystem, the village-based structure fostered resilient, interdependent lifestyles that sustained communities for generations. Over time, however, these systems have weakened due to the rise of cheap, mass-produced goods and individually owned, profit-centred organisations. Traditionally, India functioned as a producer economy, where the needs of a community were met through highly skilled, generational labour. Each occupation fulfilled a specific role, fitting together like parts of a larger whole. This system can be likened to a fabric, where each skill formed a yarn in the warp and weft, creating a tightly knit community. Every member was essential to sustaining the ecosystem. With urban migration and industrialisation, this fabric has been torn apart yarn by yarn, giving rise to a consumer economy. The impact of this shift is evident in the decline of Indian handlooms, once celebrated for their craftsmanship, cultural value, and community-based production. The question remains: can these ecosystems be preserved and nourished to ensure that all members of a community are meaningfully occupied?

Dr. Gurvinder Kaur Gunde

Traditional Indian Textile Designer & Enthusiast Tarun Tahiliani Design Pvt. Ltd. Mumbai - India

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Dr. Gurvinder Kaur Gunde is a PhD scholar whose doctoral research is dedicated to reviving Phulkari in its true essence, with a strong focus on authenticity, symbolism, and cultural

continuity. Her work bridges academic inquiry with lived craft traditions, positioning Phulkari as both heritage and contemporary practice. She has been invited as a speaker on national platforms and has presented and published research papers and posters at several national and international conferences and workshops. As a design expert, she serves on expert panels of the Development Commissioner (Handicrafts) and the All India Artisans and Craftworkers Welfare Association (AIACA). Her work was showcased in the prestigious “Sutr Santati” exhibition by the Abheraj Baldota Foundation at the National Museum, New Delhi, and commemorating 75 years of India through a contemporary interpretation of Indian crafts. She has also been part of expert panels training artisans under the New India Artisan Fellowship Programme initiated by Fair Trade Forum India.

In addition to her research and practice, she has authored and reviewed field-relevant textbooks for vocational courses in collaboration with PSSCIVE, Bhopal (NCERT). Her award-winning artwork explores the Tree of Life motif, drawing symbolic connections between Sainchi Phulkari and Darshan-Dwar Phulkari, reflecting her deep engagement with meaning, narrative, and tradition.

Discussion Summary: Luxury fashion can play a vital role by investing in long-term partnerships with artisan communities, supporting skill transmission, and valuing time-intensive handcrafted processes. By integrating heritage textiles into high-value, limited-edition collections, luxury brands can justify premium pricing while ensuring fair remuneration to artisans. Documentation, traceability, and storytelling around techniques and provenance add cultural and market value, strengthening brand identity. Innovation in product applications—such as couture, accessories, and interiors—allows traditional textiles to reach new markets, ensuring both cultural preservation and economic resilience. Young designers should develop the skill of empathetic collaboration—the ability to work respectfully with artisans, understand cultural contexts, and co-create rather than impose design ideas. This fosters inclusivity, ethical practice, and sustainable innovation while honoring traditional knowledge systems.

Mr. Haji Badshah Miyan

Independent Designer and Master Artisan Leheriya, Jaipur – India

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Mr. Haji Badshah Miyan, a distinguished master artisan of Leheriya, the traditional Rajasthani tie-and-dye craft from Jaipur. Representing a legacy of nearly 700 years, he is renowned for preserving and innovating this heritage textile tradition through the exclusive use of natural dyes derived from fruits, flowers, and leaves. Mr. Badshah Miyan is a recipient of several prestigious honours, including the Shilp Guru Award, National Award, National Merit Award, Indira Gandhi Priyadarshini Award, and the Rajasthan Gaurav Award, recognising his outstanding contribution to Indian handicrafts. Early in his career, he enhanced his technical and design expertise through training with the All India Handicraft Board, Ministry of Textiles. In 2003, he established the Institute of Natural Dyes in Jaipur, where he has trained artisans and students from leading design institutions. He has also served as a guest faculty at NID and NIFT, and has represented Indian textile heritage internationally through lectures, workshops, and exhibitions in countries including Japan and Brazil. Through his mastery and mentorship, Mr. Badshah Miyan continues to inspire future generations while safeguarding India’s rich textile traditions.

Discussion Summary: Haji Badshah Miyan के अनुसार, लेहरिया केवल एक वस्त्र तकनीक नहीं है, बल्कि राजस्थान की सांस्कृतिक पहचान और पीढ़ियों से चली आ रही जीवनशैली का प्रतीक है। वे मानते हैं कि पारंपरिक हस्तशिल्प में निहित ज्ञान आज के समय में भी उतना ही प्रासंगिक है, जितना सैकड़ों वर्ष पहले था। उनका विचार है कि प्राकृतिक रंगों का उपयोग न केवल पर्यावरण के लिए सुरक्षित है, बल्कि मानव स्वास्थ्य और वस्त्रों की गुणवत्ता के लिए भी अत्यंत लाभकारी है। फल, फूल और पत्तियों से प्राप्त रंग प्रकृति के साथ संतुलन बनाए रखते हैं और टिकाऊ फैशन की दिशा में एक सशक्त कदम हैं। श्री बदशाह मियाँ यह भी कहते हैं कि परंपरा और नवाचार का संतुलन ही किसी भी हस्तकला को जीवित रख सकता है। आधुनिक डिज़ाइन सोच के साथ पारंपरिक तकनीकों को जोड़कर ही युवा पीढ़ी को इस क्षेत्र से जोड़ा जा सकता है। उनके अनुसार, प्रशिक्षण और ज्ञान-साझा करना उतना ही महत्वपूर्ण है जितना स्वयं शिल्प का अभ्यास करना। अंततः, उनका मानना है कि यदि कारीगरों को सम्मान, सही मंच और सतत समर्थन मिले, तो भारतीय वस्त्र परंपराएँ न केवल जीवित रहेंगी, बल्कि वैश्विक स्तर पर भारत की सांस्कृतिक शक्ति को भी सुदृढ़ करेंगी।

PANEL DISCUSSION III

Research Trends in Textile and Fashion Technology Enhancing Quality of Life: Echoes of the Past, Vision for a Sustainable Resilient Future

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

Moderator: Dr. Ritu Madhan Associate Professor, Department of Textile and Fashion Technology, College of Home Science Nirmala Niketan, Mumbai, India.
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Dr. Ritu Madhan is an Associate Professor with more than 24 years of teaching experience in the Department of Textile and Fashion Technology, College of Home Science Nirmala Niketan affiliated to University of Mumbai, India. The areas of expertise are in the subjects related to Fabric Structure and Construction, Finishing of Garments and Textiles, Testing & Evaluation of Textiles, Marketing & Management, and Entrepreneurship in Textiles & Apparel, Traditional Indian & Historic World Textiles, Draping and Pattern Drafting & Apparel Making. She uses varied and innovative techniques for introducing curriculum, such as creative expression through case studies, markets, demonstrations, workshops and hands on experience with graduate and post graduate students. Several research students have been guided and presented and published research papers at National and International level in the related fields. She is also a recognized guide for Ph.D under the University of Mumbai and is currently guiding students for their research. She is associated as a member of multiple organizations, such as Textile Association of India, Indian Science Society, Society of Dyers & Colourists and also on Board of Studies of colleges as well as co-opted member of the esteemed HSAI (Home Science Association of India)

Session Overview: This session explores emerging research trends in textile and fashion technology that contribute to enhancing quality of life by bridging traditional knowledge with modern innovation. It reflects on the wisdom embedded in heritage textiles and examines how these insights inspire sustainable, resilient, and inclusive practices for the future. The

discussion highlights advancements in eco-friendly materials, smart textiles, circular fashion, and ethical production systems, envisioning a future where technology-driven textiles support environmental sustainability, cultural preservation, and human well-being.

Dr. Sharmila Dua

Design Educator | Textile Researcher | Academic Leader

Former Dean (Academics), National Institute of Fashion Technology (NIFT)

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Dr. Sharmila Dua is a distinguished academic and design education leader with over 36 years of experience, 33 of which were dedicated to shaping the National Institute of Fashion Technology (NIFT), India's premier fashion institution. Her career has been driven by a commitment to excellence in pedagogy, innovation in curriculum, and advocacy for Indian craft traditions. As Dean Academics (2016–2020), she led CURE – NIFT's largest curriculum transformation initiative – impacting 10+ programs with industry-aligned content. She initiated and oversaw pioneering projects including IndiaSize (India's first body sizing survey), Visionxt (a national forecasting platform), NIFT's Incubator, and the Centre of Excellence for Khadi. Her PhD work on Ajrakh, the ancient block-printed textile of Gujarat, traced its motif evolution from the 11th century to today, exemplifying her dedication to textile research. International fellowships at FIT New York and Nottingham Trent University further informed her approach to blending tradition with global design pedagogy. She led the Ministry of Textiles' nationwide initiative to establish Design Resource Centres in Weaver Service Centres, presenting India's handloom heritage in curated, museum-quality environments. Her industry collaborations include projects with Reebok, KVIC, DMRC, and Mazgaon Dock Ltd, bridging academic insights with real-world design solutions. Beyond administration and research, Dr. Dua has been a pivotal mentor to hundreds of students and faculty members. She played an instrumental role in setting up NIFT's Mumbai campus, initiated global academic exchanges through partnerships with Bunka Gakuen (Japan) and BUFT (Bangladesh), and represented NIFT at platforms like IAF and IFFTI. Her core competencies include Design Research & Methodology, Traditional Indian Textiles, Craft & Fashion Studies, Trend Forecasting, and Creative Pedagogies. Even post-retirement, she continues to consult, mentor, and contribute to conversations around sustainability, heritage, and contemporary design.

Discussion Summary: Weaves of Identity: Cultural Roots as National Heritage Traditional textiles not only are a cultural legacy for a country but represent identity as visual and material manuscripts. Across every corner of the country, these textiles have served as more than just functional items—they embody stories, identities, and centuries of craftsmanship. Indigenous textile techniques are rich with symbolism, passed down through generations to reflect the values, history, and environments of native communities. Patterns, colours, and techniques often serve as "badges of identity" that announce a person's background to the world. They communicate the regional ethos, social and marital status, traditions, rituals and aesthetics of a community and its people. In addition to being the repositories of shared memories and community identity, they empower individual narratives to emerge as cultural beacons in the National Heritage landscape. Textiles become symbols of national pride or resistance against external forces like the swadeshi movement which embodied India's freedom movement and self reliance. In a rapidly industrializing world, preserving these age-old traditions has become both a cultural imperative and an opportunity for sustainable innovation.

Dr. Toolika Gupta

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Dr. Toolika Gupta is the Director of the Indian Institute of Crafts and Design (IICD), Jaipur, a position held since 2017. With a career spanning over two decades, she embodies the roles of researcher, designer, author, educator, and academic administrator. After completing postgraduate studies at Lady Irwin College, Delhi University, she began her career as a designer in 1996 and joined NIFT, New Delhi in 2005 to pursue academics. Driven by research interests, she completed a PhD at the University of Glasgow (2012–2016), while also serving as a PhD fellow at the Center for Textile Research, Denmark, inspiring the vision for a dedicated textile and clothing research center in India. This vision led to the formation of the Textiles and Clothing Research Center (TCRC), Delhi, where she served as Secretary (2016–2022) and was elected Chairperson in 2024. Research interests include fashion and textile history, revival of Indian handicrafts, craft cluster initiatives, and craft business incubation. She also serves as Dean of Product Design at Rajasthan ILD Skills University and as President of the Alliance Française, Jaipur (since 2022), while contributing to multiple Boards of Studies in design institutes. Through IICD, She works to advance crafts, rural development, collaborations, and education, passionately nurturing knowledge, culture, and sustainable craft practices in India. She was recently awarded a French Knighthood as being conferred the Insignia of Chevalier de l'Ordre National du Merite “Knight in the National Order of Merit”

Discussion Summary: Identity has shaped all of us, our traditional identities are woven with the tacit knowledge of our culture and its heritage that is passed down to us. Weaving is a skill, which is acquired and practiced from a young age by the weaver communities. The threads and stories are both woven together to create fabrics and lives that protect us and take us closer to our roots. They give us a grounding, an identity and a standing. In today's fast paced world, these culturally rooted expressions of our national heritage create hope for a sustainable future!

Dr. Anjali Karolia

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Dr. Anjali Karolia, PhD, Retired Dean of the Faculty of Family and Community Sciences at The Maharaja Sayajirao University of Baroda, Vadodara. She has served in several key academic leadership roles, including Head of the Department of Clothing and Textiles, and played a pivotal role in establishing the Institute of Fashion Technology at the university. With a career spanning over 36 years in teaching and research, Dr. Karolia has been recognized with eight fellowships and awards for her significant contributions to the field of textiles and fashion. Notably, she was awarded the Fulbright-Nehru Visiting Lecturer fellowship, which enabled her affiliation with the Department of Textiles, Apparel, and Design at the University of Nebraska, Lincoln, where she served as the primary instructor for the graduate course “Indian Textiles and Costumes—Perspectives and Potential.” Dr. Karolia's research focuses on natural dyes and printing, minor fibers, value addition, product diversification, and traditional textiles and costumes, with over 75 research papers published in reputed national and international journals. Her work combines scholarly rigor with practical insights, contributing to both academic knowledge and the promotion of India's textile heritage. Her

dedication to research, innovation, and education has established her as a prominent figure in the fields of textiles, fashion, and traditional crafts.

Discussion Summary: India's cultural roots are not museum-bound artefacts but living traditions woven into everyday life—through textiles, food, rituals, and practices. Across regions, distinctive textile traditions carry local knowledge, identity, and pride, preserving stories across generations while continuing to evolve. Weaving in India is not just an art form; it is a vital livelihood that empowers artisans, especially women, and gives heritage real social and economic meaning. India's national identity draws its strength from this diversity, in which unity emerges from the coexistence of many local traditions.

Preserving cultural roots requires more than conservation—it demands nurturing craft ecosystems and recognising artisans as knowledge holders. Design education plays a crucial role by bridging tradition and contemporary practice through research, curricula, and ethical engagement. Policy must act as a catalyst, viewing craft clusters as living centres of innovation rather than remnants of the past. In a globalised world, Indian textiles remain a powerful visual language of national identity when rooted in authenticity, inclusivity, and respect. Ultimately, India's identity is continuously woven—dynamic, collective, and resilient—shaped by the everyday relevance of its cultural roots and the people who sustain them.

Dr. Megha Phansalkar

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Dr. Megha Phansalkar is a distinguished Urban Regional Planner and social innovator with over 27 years of leadership in the development sector. As the Founder of Tisser Artisans Trust, she leads one of India's most impactful craft-based livelihood movements, working to empower rural and tribal communities—particularly women—through sustainable, technology-enabled value chains. Her mission is to impact one million lives, guided by her pioneering framework of Waste, Women, and Wealth, which drives circular economy models, women-led entrepreneurship, and income generation rooted in India's craft heritage. Dr. Phansalkar has served as a global thought leader, holding key positions such as Steering Committee Member & Governance Chair at WSSCC (UNOPS, Geneva), representing South Asia, and currently as a Steering Committee Member of Catalyst Now (Indian Chapter) spanning 174 countries. Her advisory roles with the World Bank Group, FAO, AILSG, IL&FS, and multiple state and national governments underscore her expertise in innovations, data-driven development, and public systems strengthening. A gold medalist and UGC fellow with a Doctorate in System Design for Resource Planning and Management, Dr. Phansalkar brings a rare blend of technical depth, sectoral experience, and entrepreneurial vision. Her work continues to influence policy, strengthen institutions, and inspire large-scale development models across South Asia.

Dr. Ela Dedhia

Founder, Anveshanam Foundation and Former HOD and Former Incharge Principal College of Home Science Nirmala Niketan Anveshanam Foundation Mumbai - India
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Dr. Mrs. Ela Manoj Dedhia, Retired Faculty of College of Home Science Nirmala Niketan. During her tenure she fulfilled various roles and responsibilities as follows
Incharge Principal College of Home Science Nirmala Niketan, HOD Textiles and Fashion Technology, IQAC Coordinator. She was involved in various roles and fulfilled successfully all the responsibilities entrusted. Currently the Founder Managing Trustee and President of registered Alumni Association of College of Home Science. She has over four decades of dedicated expertise to the realm of education, research, and sustainable development. As the Director of Anveshanam Foundation, a Section 8 Company which is 80G and 12A Certified, she is committed to Education, Research, Innovation, Publication of Technological Advancements in Industry, Reviving Indian Traditional Crafts and contributing to the Health Sector. She actively engages in projects promoting the three R's - Recycle, Reduce, Reuse. Her pioneering work involves rejuvenating traditional processes and exploring advanced technologies, with a particular focus on eco-friendly practices in the textile and apparel industry. She works extensively in skill development of the differently abled and economically challenged section of society. Her extensive publication record includes over 100 papers in prestigious national and international journals, as well as authored books such as "Ajra-kh-Expressions and Impressions", "The Dye Alchemist: Exploring Natural Colours, Textiles and Healing", "Eco-Friendly Finishes" Natural Antimicrobial Finishes for Textiles etc. Her focus on coloration with natural dyes on eco-friendly fabrics through sustainable processes has created great impact on artisans and natural dye sector. Currently she is representing NCCIP - AICTE, as a Regional Coordinator for the Central Region of India (covering Gujarat, Madhya Pradesh, and Chhattisgarh), and as a Resource person for Universal Human Values. She is involved with UHV since July 2020

Discussion Summary: Weaving traditions are living expressions of cultural roots that shape national identity through shared values, skills, and community knowledge. Traditional textiles reveal harmonious coexistence between communities, nature, and materials, reflecting Universal Human Values in everyday practice. Dyeing and Printing traditions such as Ajra-kh and Bandhani of Kutch, Kalamkari of Shrikalahasti, demonstrate ecological responsibility through natural dyes, careful water use, and respect for natural rhythms. Weaving traditions including Bhujodi weaving from Kutch, Patola and Mashru of Patan, Kota Dorias of Kota, Ikat of Pochampally, Paithanis of Paithan and Himroo of Aurangabad, Jamdani of Bengal, Gadwal of Gadwal, Chanderis of Chanderi, Maheshwari of Maheshwar, etc. and many traditional embroidery and surface ornamentation traditions, exemplifies prosperity with dignity by sustaining livelihoods through community participation rather than mass production. These traditions rely on trust, interdependence and intergenerational knowledge transfer, strengthening the social fabric of national heritage. However, meaningful engagement with such traditions requires transformative education rooted in Universal Human Values. Value-based education enables youth to understand coexistence, patience, responsibility and respect before engaging in creative or economic activity. Experiential learning in hand-spinning, hand-weaving, printing, and natural dyeing translates values into lived practice. Such engagement cultivates focus, creativity, and respect for labour while deepening awareness of sustainability and cultural continuity. Even contemporary practices like Khadi school uniforms quietly reinforce dignity of labour and ecological responsibility. Engaging youth as artisans and conscious consumers enables weaving traditions to contribute to personal transformation,

social harmony, and nation building. “These weaving traditions thus serve as powerful tools for both reinforcing national identity and enabling transformative, value-based education for nation building.”

Dr. Manju Hundekar

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Dr. M. M. Hundekar is a distinguished academician, educationist, and sustainability advocate with extensive expertise in Textile and Fashion Technology. She is the Founder-Principal and Professor Emeritus of the School of Fashion Technology (SOFT) and serves as Director – Development Cell, MKSSS, and Secretary, Green Fashion India, promoting environmentally responsible practices in fashion education and industry.

She holds a Ph.D. in Textile and Fashion Technology from the University of Mumbai, an Executive MBA in Human Resource Management, a M.Sc. in Textiles and Clothing, and has completed specialized teacher training at NIFT, New Delhi. Dr. Hundekar has served as an External Ph.D. Examiner for leading universities, having assessed seven doctoral theses, and is the Editor of “Marathi Vastra Nirmity Mahitikosh,” a Government of Maharashtra publication. Her contributions have been recognized with prestigious honours including the Maharshi Karve Award of Excellence and the EGN Award of Excellence in Education. A prolific researcher and author, she has presented papers at national and international conferences and co-authored impactful publications on Ajrakh textiles, waste management, sustainable fashion, and handicrafts well-being. Dr. Hundekar is a sought-after Keynote Speaker, having addressed forums at MS University Baroda and the STREE Conference 2024 at MANIT Bhopal, and continues to influence discourse on green fashion, education, and sustainable design innovation.

Discussion Summary: The traditional weaves, are not merely the warp and weft but they are threads of culture that run deep, weaving together a community's core values and identity, spanning thousands of years. Indian traditional weaves, like the revered Paithani, have captivated global admirers with their unparalleled beauty and craftsmanship. The unique, scientific processes behind these weaves have ensured their durability, but the artisans who created them often remained unrewarded. As fashion professionals, it's crucial to acknowledge the impact of adaptations on these traditional weaves. The environmental and ecosystem consequences of these changes are significant, and we must recognize the importance of preserving this cultural heritage. By embracing sustainable practices and with the intentional deliberations towards the Co- Existence, we can ensure the continued relevance of these timeless traditions.

PANEL DISCUSSION IV

Functional, Protective and Performance Textiles

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

Moderator: Mr. V R Sai Ganesh

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Currently serving as Chief Operating Officer – Textiles Division at Zydex Industries, the speaker brings over 25 years of experience in the textile and specialty chemicals industry. Their career spans leadership roles with leading European multinational corporations including BASF (India) Ltd., Ciba Specialty Chemicals (India) Ltd., DyStar India Pvt. Ltd., and Atul Ltd., with a strong focus on business development, key account management, and technical-commercial integration. Recognized for excellence in customer engagement, they received the Best Key Account Manager Award at Ciba in 2000 and 2002. In 2010, they played a pivotal role in initiating the AADTT programme at DyStar, in collaboration with Alok Industries, as a bridge course addressing skill gaps within the textile industry.

Actively engaged in education and professional development, they serve as Visiting Faculty at technical textile and fashion institutes. They have also served as Honorary Chairman (2017–2019) of the Society of Dyers and Colourists (SDC), India – Education Charity, contributing extensively to training and knowledge dissemination. In recognition of their efforts in promoting textile education and training in India, they were awarded the Bronze Medal by SDC, UK.

Session Overview: This session focuses on the evolving role of functional, protective, and performance textiles in addressing modern lifestyle, industrial, and environmental needs. It explores how advanced fibers, smart materials, and innovative textile finishes enhance comfort, safety, durability, and performance across applications such as healthcare, sports, defense, construction, and everyday wear. The session highlights recent technological advancements, sustainability considerations, and market trends driving innovation in technical textiles. By integrating research insights with industry perspectives, the session aims to provide participants with a comprehensive understanding of how functional and performance-driven textiles are shaping the future of the global textile ecosystem.

PANEL MEMBERS

Dr. Nandan Kumar

Founder and Director High Performance Textiles Panipat-India, Vice Chairman Indian Technical Textile Association (ITTA)

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Dr. Nandan has over fifteen years of experience in the field of Protective Textiles. He did his MSc and PhD from the University of Leeds, U.K. His company High Performance Textiles Pvt Ltd (HPT) specializes in the spinning of technical composite yarns using p-aramid, m-aramid, modacrylic, UHMWPE, FR Nylon, FR viscose, stainless steel and other high-performance fibres using innovative spinning technologies. He has also established the Institute of Technical Textiles Pvt. Ltd, a NABL accredited laboratory specializing in the 'commercial' testing &

development of protective & automotive textiles. He is currently the Vice Chairman of Indian Technical Textile Association ITTA.

Discussion Summary: The demand for functional, protective and performance textiles has grown significantly over the last few years, driven by a number of factors—rising safety regulations, rapid industrialisation, defence modernisation, and the expansion of high-risk manufacturing sectors such as automotive, electronics, energy, and infrastructure. In defence and homeland security, the need for lightweight, flame-resistant, cut-, ballistic- and chemical-protective systems is increasing as forces seek higher mobility without compromising protection. Similarly, manufacturing units are adopting stricter safety norms, creating strong demand for advanced protective clothing, gloves, and barrier materials. However, supplying this market is not just about producing fabric—it requires deep understanding of high-performance fibres such as aramids, UHMWPE, PBO, glass, basalt, and advanced blends, along with knowledge of their processing limitations, ageing behaviour, and real-world performance. Equally critical is familiarity with global test standards—cut, abrasion, heat, arc flash, chemical and electrostatic performance—because without validated data, even the best materials cannot enter regulated markets. This is where students and researchers play a strategic role. Through the Indian Technical Textile Association (ITTA) Student Chapter, we are creating a bridge between academia and industry, enabling young talent to engage directly with companies via internships, short projects, and hands-on workshops. This ecosystem will help India build not just products, but deep technological capability in protective and performance textiles. Thank you, Nandan

Mr. Ashok Kulkarni

Founder Director Canopus Wet Wipes, Bengaluru - India

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A Chartered Textile Engineer and Fellow of The Textile Institute, Manchester (UK), with over 27 years of international experience across the UK, France, Thailand, Nigeria, and Canada, working with leading global textile organizations. His career spans senior leadership roles as CEO, Director, and Executive Director, covering fibers, yarns, weaving, knitting, nonwovens, polyester plants, specialty textiles, and advanced manufacturing systems.

Began his professional journey as a Research Scientist at VJTI, Mumbai, followed by senior technical roles at the Textile Committee of India. His industry experience includes leadership positions at Shriram Fibers Ltd. (Quality Head, trained in Japan at UNITIKA), IPCL Baroda (Polyester, DMT & MEG plants), Sunflag UK (CEO – ring spinning, open-end, weaving, terry towels, knitting, African prints), Microsynth UK (CEO/President – microfilaments), and SARL Polytext France (Director General – polyester plant). He also served as Executive Director at Lavino, commissioning India's first nonwoven line, and later as CEO & Director at Precot.

He is the Founder of Canopus Wet Wipes, Bengaluru, and have consulted for organizations including ITC Bengaluru (Cigarette Plant) and Biocon R&D Complex. He actively contributes as faculty at ITTA Mumbai, expert panel member for Nonwovens (ITAMMA), visiting faculty at multiple universities, and Advisor to the Government of Karnataka (Textile Committee).

Discussion Summary: Functional textiles with hygiene finishes are highly relevant to wet wipes, as these products are designed for direct skin contact and frequent use. Wet wipes require textiles with properties such as antimicrobial activity, softness, high absorbency,

strength in wet condition, and skin safety. Hygiene finishes help control microbial growth during use and storage, enhancing product safety and shelf life. In baby care, personal hygiene, and medical applications, non-irritating and dermatologically safe finishes are essential. With rising environmental concerns, there is growing focus on biodegradable fibres and eco-friendly hygiene treatments. Thus, functional textiles enable wet wipes to combine effectiveness, hygiene, comfort, and sustainability.

Ms. Poonam Badhiye

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Strategic and visionary business leader with 18+ years of experience in managing end-to-end operations across textiles, chemicals, and specialty solutions in South Asia. Proven ability to lead multiproduct portfolios across fiber sizing, dyes, finishes, and co-producer solutions with integrated brand-to manufacturing execution. Recognized for delivering sustainable growth through innovation, channel strategy, and high-impact customer engagement. Adept at navigating complex B2B ecosystems, scaling operations, and unlocking new markets through agile leadership and cross-functional collaboration.

Lead Commercial Excellence initiatives driving sales growth, net working capital optimization, channel development, and product management.

P&L owner for a multi-product business across South Asia, managing fiber sizing solutions, dyes, functional finishes, and co-producer models in India, Bangladesh, and Southeast Asia.

Scaled the Liquid Indigo business to USD 100M+, positioning Archroma as a leader in the global denim value chain. Drove branding, manufacturing partnerships, and customer co-creation by aligning brand requirements with production capabilities.

Managed 50+ strategic denim and woven accounts, increasing share of wallet and securing long-term contracts.

Led cross-functional teams across sales, laboratories, supply chain, and innovation to deliver integrated customer solutions and new product launches.

Represented Archroma at global denim and textile forums, strengthening market visibility and industry credibility.

Developed go-to-market and pricing strategies to improve market share and margins in highly competitive environments.

Discussion Summary: Brand development and market value of textile performance finishes are driven by their ability to deliver visible functionality, reliability, and differentiation. Performance finishes such as antimicrobial, moisture-wicking, stain-resistant, UV-protective, and easy-care enhance product appeal and justify premium pricing. When brands communicate these benefits clearly through certification, labeling, and storytelling, consumer trust and loyalty increase. In competitive markets, performance finishes help brands position themselves as innovative, health-conscious, and sustainable. With rising demand for functional and eco-

friendly textiles across apparel, home, and technical segments, performance finishes contribute significantly to value addition, market competitiveness, and long-term brand equity.

Ms. Manjiri Paranjape

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As the Vice President of R&D at Rossari Biotech Ltd., Mrs. Manjiri Paranjape is a distinguished leader with over 23 years of specialized experience in textile processing and performance chemicals. She holds an M.Tech. in Textile Chemistry from the Institute of Chemical Technology (ICT). Joining Rossari in 2001, she progressed from a Chemist to her current executive role, where she now manages new product development and technical services across Textiles, Cleaning Chemicals, and Polymers. Furthermore, she actively bridges industry and academia as a Guest Speaker at prestigious institutions.

Discussion Summary: The global textile industry is undergoing a paradigm shift toward high-performance materials that bridge the gap between extreme protection and circular sustainability. Functional finishes are no longer mere additives; they are transforming fabrics into sophisticated tools for safety and hygiene. A critical driver of this evolution is the "Green Chemistry" revolution, where bio-based products and biosurfactants are replacing toxic, petroleum-derived chemicals.

By utilising renewable feedstocks, the industry is effectively tackling long-standing challenges like water pollution and carbon intensity.

The industry is increasingly adopting safer chemical formulations and innovative alternatives to ensure textile processing protects human health without sacrificing product performance. Looking forward, the integration of advanced technology like plasma, nano and AI-driven digitisation ensures that the next generation of textiles is precision-engineered, ethically transparent, and resilient enough to meet the demands of a changing climate.

PANEL DISCUSSION V

Sustainable Systems: Ecological Ethics and Responsibilities

Theme 4: Environment and Sustainability

Moderator: Mr. Anjani Prasad

Global Head, Archroma

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Anjani Prasad is a distinguished textile industry leader with over 30 years of experience spanning textile operations, chemicals, and innovation. He currently serves as Vice President, South Asia, and Global Head of Innovation for Dyes and Coatings at Archroma. He also holds prominent positions as Co-Chair of ASSOCHAM, Chairman of SDC EC, and Director of the Indian Technical Textile Association (ITTA). Mr. Prasad began his career with Century Mills and BTRA, gaining hands-on experience in textile processes. In 1991, he joined Clariant India as a Technical Executive and progressed through roles including Product Manager and Head of Country for the Textile, Leather, Emulsion, and Paper Division, overseeing a team of 400

employees. In 2010, he relocated to Singapore with Asia-Pacific responsibilities, supporting marketing, sustainability, and innovation initiatives for regional retailers and customers. With the formation of Archroma in 2013, he was appointed Global Head of New Business Development for the textile chemicals business. In 2015, he became Managing Director for Archroma India, Nepal, and Sri Lanka, leading business operations and driving growth and sustainability initiatives across the region. Mr. Prasad holds a B.Sc (Tech) and M.Sc (Tech) in Textile Chemistry from the Institute of Chemical Technology, Mumbai, and is a Chartered Colorist. He serves on the boards of the Dyestuffs Manufacturers Association of India and the Indian Specialty Chemical Manufacturers' Association, and contributes to the editorial boards of Colourage and the Journal of Textile Association. His career combines technical expertise, strategic leadership, and innovation, making him a key influencer in sustainable textile chemistry and industrial growth.

Session Overview: Environment and Sustainability: Roadmap to a Resilient Future

The textile and fashion industry stands at a defining intersection of environmental responsibility, social impact, and economic resilience. As we reflect on the echoes of the past, the industry's growth has delivered scale, affordability, and livelihoods—but often at the cost of natural resources and ecological balance. Today, sustainability must serve as a roadmap that enhances quality of life while securing a resilient future for generations to come. Sustainable systems demand an ethical shift from reactive compliance to proactive responsibility. Environmental stewardship must be embedded across the value chain—from raw materials and chemical inputs to processing efficiency, waste management, and circular design. Such integration not only reduces environmental footprint but directly improves health, safety, community well-being, and workforce dignity. Resilience in sustainability lies in balancing innovation with inclusivity. In emerging economies, solutions must be scalable, affordable, and adaptable to local realities. Science-based targets, responsible chemistry, digital transparency, and credible certification frameworks enable this transition while strengthening trust across stakeholders.

The vision for a sustainable future is not merely environmental protection, but enhanced quality of life through ethical governance, collaborative action, and long-term value creation. By learning from the past and acting responsibly today, the textile industry can lead the transformation toward a sustainable, resilient, and equitable future.

PANEL MEMBERS

Mr. Prasad Pant

Chief Technical and Education Officer at ZDHC Foundation

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OFFLINE: HYBRID

Mr. Prasad Pant is a textile chemist and a leading expert in sustainable chemical management, restricted substances, and resource efficiency in the textile and leather industries. Early in his career, he gained extensive experience in textile processing, dye and auxiliaries manufacturing, and marketing of chemicals to the textile and leather sectors, developing deep insights into industry operations and challenges.

Since joining the ZDHC Foundation in 2018, Mr. Pant has been instrumental in connecting industry stakeholders with sustainable chemical management practices. He has driven

engagement across South Asia through workshops, events, implementation projects, and active participation of textile, leather, and chemical manufacturers on ZDHC platforms such as the Gateway and Academy. He has also successfully on-boarded leading companies as ZDHC Contributors to foster proactive collaboration. Currently, Mr. Pant leads the ZDHC Competence Centres, which include Sustainable Chemical Management, Water, Air, and Fibres & Materials. His work focuses on integrating safer chemistry into key impact areas such as water stewardship, greenhouse gas emissions, biodiversity, and circularity. Through his efforts, he bridges technical expertise and stakeholder engagement, promoting sustainable practices across the textile and leather sectors in line with ZDHC's vision of "a world in which better chemistry leads to the protection of life, land, air, and water." Mr. Pant's dedication combines scientific rigor with practical industry experience, making him a key voice in driving the transition to safer and more sustainable chemical management globally.

Discussion Summary: Ethical businesses are no longer a compliance issue but a voluntary responsibility. We do not have another planet that can nurture life. Hence we just cannot continue business as usual by wantonly extracting earth's resources and piling up waste and greenhouse gases that continue to disrupt our ecological systems. Simple measures like use of safe chemicals, optimisation of processes and implementing systems to monitor and manage environmental impacts can ensure that we are sustainable and our business remains sustainable!

Ms. Leonie Vaas

General Manager Group Sustainability (Sri Lanka, Bangladesh, Ethiopia, and Vietnam) Group Sustainability at Hirdaramani Apparel, Sri Lanka.

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ONLINE: HYBRID

Dr. Leonie Vaas is a senior sustainability leader with over 17 years of experience in the global apparel and textile industry, specializing in decarbonization, circular economy transformation, and ESG governance across complex, multi-country manufacturing operations. She currently serves as General Manager – Group Sustainability at Hirdaramani Apparel, leading the group-wide sustainability strategy across Sri Lanka, Bangladesh, Ethiopia, and Vietnam. Since July 2024, Dr. Vaas has been responsible for driving the organization's Future First and Future First 2.0 strategies, embedding Science Based Targets initiative (SBTi) commitments, strengthening Scope 3 supplier engagement, and operationalizing circular economy principles across facilities and value chains. Her expertise spans climate mitigation and adaptation, water stewardship, biodiversity, waste-to-value initiatives, supplier decarbonization, and alignment with global frameworks such as GRI, ISO standards, UN Sustainable Development Goals (SDGs), and ZDHC. She is recognized for translating sustainability strategy into measurable operational outcomes while balancing commercial and business realities. Dr. Vaas holds a PhD in Sustainability Management from IIC University of Technology, Cambodia. Her doctoral research developed a data-driven Circularity Index framework to support circular economy transitions in the Sri Lankan export apparel industry. A UN Global Compact SDG Pioneer (2021), she is a frequent international speaker, visiting lecturer, and advocate for industry-academia-policy collaboration.

Discussion Summary: Sustainability in the textile and fashion value chain must move beyond aspiration and become a daily practice rooted in environmental responsibility and ethical decision making. True progress requires companies to integrate sustainability frameworks such as SBTi, GRI, and circularity models into real operational systems rather than treating them as reporting exercises. Implementation challenges remain significant particularly in data

accuracy, supplier engagement, and bridging the gap between policy and on ground execution. Industry accountability is crucial, supported by transparent disclosure, credible verification, and continuous improvement. Collaboration across brands, manufacturers, academia, and policymakers is no longer optional it is the only pathway to scalable change. To shape the future, we must invest in innovation, strengthen supply chain partnerships, and redesign business models towards circularity, resilience, and shared value creation.

Dr. Swapneshu Baser

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Dr. Swapneshu Baser is a distinguished Chemical Engineer, holding an M.Tech. in Polymer Science & Engineering from IIT Delhi (1988) and a Ph.D. in Chemical Engineering from IIT Bombay (1993). He served as Adjunct Associate Professor in the Department of Chemical Engineering at IIT Bombay until 2006, contributing significantly to research and academic mentorship. He is the Founder of Deven Supercriticals Pvt. Ltd. (DSPL) and a pioneer in the design, development, and Founder and Managing Director commercialization of Supercritical Fluid (SCF) Processing Technology in India. Through close collaboration with IIT Bombay and DSPL, he has successfully led the manufacture and supply of 26 SCF processing plants in India and internationally between 2000 and 2024. Dr. Baser holds three international patents (USA, Europe, and India) in SCF technology and has received numerous prestigious awards, including Excellence in Entrepreneurship in Research and Innovation (2021), Most Innovative MSME (2020), Technology Developer Award – IGCW (2019), INAE Young Engineer Award (2000), and NOCIL Award – IChE (1997). He has showcased SCF technology at global “Made in India” exhibitions in Israel, Indonesia, and China, and is part of the Fashion for Good Innovation Programme, Amsterdam.

Discussion Summary: For ‘sustainability’ to be respected by the end consumer, it needs to be transparent and traceable. In this regard: Sustainability should be audited not only based on the saving of water & energy but also based on the reduction in use of hazardous chemicals in the whole life cycle of the product; While encouraging and adopting newer sustainable alternative raw materials, we also need to facilitate the use of sustainable processing for dyeing & finishing operations, which presently have a major contribution towards environmental impacts; Synergising sustainable materials with truly sustainable processing would bring maximum benefits and value addition, which is the need of the hour for the entire value chain of the textile industry, as well as of the environmentally conscious global end consumer.

Ms. Prachi Gupta

Independent Consultant for Sustainability Schemes & Certifications, Mumbai - India
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Independent Consultant for Sustainability Schemes & Certifications from Jan-2025: I am currently working as a consultant on projects with the goal of achieving ISO 17065. Standard and ESG professional in the field of textiles, with 15 years of work experience. The key activity areas include quality assurance, understanding of cotton supply chain, data analysis, traceability of cotton from farm to retail, stakeholder engagement, impact assessment, ISEAL codes, consulting international stakeholders, she w standard setting, accreditation, and

certification. She has developed new systems and processes, including certification procedures, chemical recipes, and testing laboratories, and have conducted investigations and complaints. Enveritas Inc, a US based company providing sustainability assurance for the coffee and cocoa industries, BluWin Limited, UK-based, sustainable textile solution provider for textile chemical industry, Global Organic Textile Standard | Germany Liaising with leading international bodies like ISEAL, ITC, WWF, OECD for GOTS alignment., CHT (India) Private Limited, Apan IMEX Pvt. Ltd and is a proud alumnus of ICT

Discussion Summary: Today, sustainability exceeds simple terminology—it is a transformative paradigm that requires comprehensive organisational strategies encompassing environmental, social, and economic aspects to achieve lasting impact. Emerging standards and frameworks must emphasise performance-based metrics linked to verifiable environmental impacts, such as decreased greenhouse gas emissions, reduced carbon footprints, and strong social compliance, in order to effectively support workforces. Ethical transparency within textile supply chains necessitates comprehensive end-to-end visibility—from farm/source origins to final products—employing tamper-proof data protocols to address greenwashing and uphold accountability at all levels. Data integrity, maintained through standard regulations and geospatial verification, fosters trust by enabling brands to benchmark suppliers, exchange verifiable insights, and manage risks proportionally to volumes. In this manner, certifications that develop by integrating elements such as digital traceability technologies such as blockchain, IoT sensors, and standardised ESG data schemes offer stakeholders immutable records concerning labour, chemicals, and emissions—enhancing conformance, fostering consumer confidence, and meeting continuous improvement requirements that go beyond mere compliance. Organizations adopting these initiatives go beyond implementing the sustainability system—they weave resilience into every operation, from supply chains to governance

COMMUNITY RESOURCE MANAGEMENT

Footsteps in the hills of India Sustainable and Responsible Tourism Approach toward Waste Management in the hills of India.

Theme 1: Cultural Roots as National Identity

OFFLINE: HYBRID

Ms. Navaz Karanjia

Travel Academician

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Ms. Nawaz Karanjia is an accomplished academician and a passionate tourist who has travelled to many destinations in India. Being adventurous she loves the hill stations. She has covered almost all the hill stations of India. Thus her today's topic of the conference "Footsteps in the Hill stations of India....Sustainability and Responsible Tourism." She holds a Bachelor of Law (LL.B.) degree from K.C. Law College, Mumbai, and further enriched her interdisciplinary expertise by completing a Postgraduate Diploma in Tourism from Davar College. Her unique blend of legal acumen and tourism knowledge has consistently informed her pragmatic, industry-aligned approach to teaching and curriculum design. Since the early 2000s, Ms. Karanjia has served as a core faculty member at the Garware Institute of Career Education and Development, University of Mumbai, where she has contributed to shaping the careers of numerous students across diverse streams within travel, tourism, and service industry domains. With over 20 years of teaching experience, she has established herself as a trusted educator known for her clarity of instruction, professionalism, and strong grounding in industry practices. Between 2015 and 2018, Ms. Karanjia held the position of Course Coordinator for the Bachelor of Management Studies (BMS) in Tourism at St. Xavier's College, Mumbai, one of India's most prestigious academic institutions. During her tenure, she played a pivotal role in curriculum structuring, academic mentorship, and aligning the course with contemporary industry demands—thus enabling a high degree of employability among graduates. Ms. Karanjia is frequently invited as a resource person for lectures, workshops, and academic enrichment sessions by premier industry and academic training centres. These include the Thomas Cook Centre of Learning (COL), Kesari Travel Academy (KTA), SNTD Women's University (Matunga and Vile Parle campuses), the School of Excellence (BCD Travels), and the Patkar Varde College of Hospitality Management. Her expertise spans key topics such as itinerary planning, tourism operations, legal dimensions of travel, and customer experience in the hospitality sector. She is also an active contributor to curriculum planning and academic governance. She currently serves as a Member of the Board of Studies at multiple reputed institutions, including St. Xavier's College, SVT College of Home Science, Maniben Nanavati Women's University, and Dr. Bhanuben Nanavati College of Home Science. In these roles, she advises on curriculum enhancements, assessment practices, and academic audits—ensuring alignment with national education standards and evolving industry needs. Adding to her academic portfolio, Ms. Karanjia is also an author. She has penned a reference book titled "Assimilating Itinerary Planning Management: A Comprehensive Guide of Efficient Tools for Travel Planning." The book serves as a valuable resource for students, practitioners, and trainers in the travel and tourism sector, offering structured insights into itinerary design, resource allocation, and customer-centric planning. Ms. Nawaz Karanjia's academic journey reflects a deep commitment to student empowerment, industry integration, and curriculum innovation. She remains a sought-after mentor and speaker in the tourism education ecosystem and continues to contribute meaningfully to the growth of travel and hospitality studies in India.

Key Points: Unregulated tourism development in the foothills of India has resulted in severe environmental stress manifested through water scarcity, traffic congestion, vehicular and noise pollution, unmanaged waste, and degradation of fragile hill ecosystems. Popular hill stations such as Manali and Mussoorie illustrate how over-tourism, inadequate infrastructure, and weak waste- management systems have transformed once-pristine summer retreats into unsustainable destinations. This study examines sustainable tourism with a specific focus on responsible waste management practices in the hill region of Dhanaulti in the Kaudia Range, Uttarakhand. These frameworks are critically analysed in relation to contemporary sustainability challenges in hill tourism, including carrying capacity, over-construction, pollution, and community well- being. The study emphasizes the integration of sustainable mobility, responsible tourist behaviour, and policy-driven waste management systems to mitigate environmental degradation. By aligning modern sustainable tourism practices with indigenous ecological wisdom, the research proposes a culturally rooted, community-centric approach that can generate employment, promote heritage technology, and ensure long-term ecological balance.

The findings underline that achieving sustainable tourism is a continuous process requiring constant monitoring, preventive measures, and active participation from government bodies, local communities, and tourists alike. Sustainable tourism emphasizes minimizing negative impacts while enhancing environmental, cultural, social, and economic benefits for host destinations. Closely linked with sustainable mobility, it requires continuous planning, monitoring, and the implementation of preventive and corrective measures. In the Indian context—particularly in hill stations facing pressure from unregulated tourism growth—this approach is increasingly critical. Responsible tourism, understood as both behavior and management practice, seeks to maximize tourism’s positive outcomes by fostering environmental integrity, socio-cultural justice, and economic growth. Guided by the Global Sustainable Tourism Criteria (GSTC), which focuses on effective planning community benefits, cultural heritage conservation, and environmental impact reduction, this paper highlights the need to distinguish between sustainable and responsible tourism in practice. It advocates an application-based framework for integrating GSTC principles into India’s tourism policies, aiming to enhance destination credibility while sustainably increasing both domestic and inbound tourist inflow.

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

Theme 2: National Identity Health & Well Being

OFFLINE: HYBRID

Mrs. Nivedita Mukherjee

Safety, Health, Environment and Quality Officer
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Mrs. Nivedita Mukherjee is an accomplished Environmental, Health, Safety, and Quality (SHEQ) practitioner with over 14 years of cross-sectoral experience spanning energy, manufacturing, construction, and infrastructure. She has built her career on the foundation of technical expertise, regulatory compliance, and a deep-rooted commitment to workplace health & safety and environmental sustainability. Nivedita’s professional journey includes significant contributions to both public and private sector projects in the UK and internationally. Her role has consistently centered around developing, implementing, and continuously improving SHEQ management systems that align with both local regulatory frameworks and global best practices. Whether on-site at complex infrastructure developments or in boardroom-level

policy discussions, she brings a solution-oriented mindset and a keen eye for systemic improvement. Her core competencies include risk assessment and mitigation, incident investigation, ISO auditing and legal compliance audits across high-risk sectors. She has led the development and execution of integrated management systems in accordance with ISO 14001, ISO 45001, and ISO 9001 standards. In each of her roles, she has worked collaboratively with cross-functional teams to embed a culture of safety, environmental consciousness, and continuous improvement. A hallmark of Nivedita's professional ethos is her ability to translate regulatory and technical language into practical, action-driven strategies for frontline workers and leadership alike. This has been critical in ensuring behavioural change and operational excellence in projects she has overseen. Her proactive engagement with health, safety and environmental protection, particularly in energy, construction and manufacturing environments, has helped organisations not only meet compliance but also exceed sustainability targets. Nivedita holds a Master of Science (MSc) degree in Environment, Health and Safety. She is also a Certified Member of the Institution of Occupational Safety and Health (IOSH) and en-route to becoming a Chartered Member of IOSH (CMIOSH), a testament to her continued commitment to professional development and excellence in the field of occupational safety and health. Throughout her career, she has contributed to the training and mentoring of emerging SHEQ professionals and actively participated in industry forums and workshops. Her approach combines rigorous compliance with a human-centered perspective—ensuring that health and safety are not just obligations but enablers of organisational resilience and employee well-being. Nivedita's global outlook, grounded expertise, and strong communication skills make her a trusted advisor and leader in her field. Whether developing ESG (Environmental, Social, and Governance) frameworks, leading root cause investigations, or crafting SHEQ strategies for multi-stakeholder environments, she operates with integrity, insight, and impact. Her current professional interests include safety culture transformation, climate-positive workplace strategies, digital innovations in SHEQ management systems, and aligning SHEQ practices with corporate sustainability and resilience goals.

Key Points: Rapid urbanisation and increasing waste generation have placed significant pressure on traditional disposal practices, with landfilling becoming a major environmental, public health, and land-use concern in many countries, including India. Poorly managed landfills are associated with air and groundwater pollution, greenhouse gas emissions, and adverse health impacts on surrounding communities, highlighting the need for more resilient and well-governed waste management systems.

India has already taken steps towards Waste-to-Energy (WtE) through the development of municipal solid waste-based plants in several urban centres. However, mixed operational outcomes have demonstrated that WtE cannot be effective in isolation and must be implemented as part of a wider, integrated waste management framework. Drawing on practical experience from within the waste-to-energy sector, this contribution reflects on how countries such as the United Kingdom and Singapore have reduced reliance on landfill by adopting integrated approaches in which WtE plays a clearly defined role in treating residual waste, following waste reduction, segregation, recycling, and organic waste diversion. Key conditions influencing the responsible and effective use of WtE are discussed, including waste quality, regulatory oversight, environmental controls, operational competence, and public trust. By linking international practice with practical industry insight, the discussion highlights lessons relevant to the Indian context and demonstrates how integrated waste management systems can reduce environmental and health risks while contributing to improved quality of life and long-term sustainability.

About the Workshop

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

OFFLINE: HYBRID

It is with great pride and enthusiasm that we announce a special creative arts workshop at this year's international conference, led by Pidilite Industries India, a household name in the field of art, craft, adhesives, and home décor innovation. In a generous collaboration, Mr. Yatin Negandhi, Marketing Manager of Pidilite Industries, has graciously agreed to facilitate this vibrant 45-minute hands-on session, aimed at unlocking the power of creativity in crafting functional and aesthetic home décor pieces. This workshop promises to be a unique blend of tradition, innovation, and expression—perfectly suited to the interdisciplinary ethos of our conference. The session will be conducted by the exceptionally talented Ms. Aparna Sethi, a renowned artist and senior Pidilite trainer with over two decades of teaching experience. Known for her ability to demystify complex art techniques and make them accessible to beginners and seasoned enthusiasts alike, Ms. Sethi has inspired countless learners through her engaging teaching style and mastery over diverse art forms. Participants can look forward to an inspiring demonstration of techniques such as:

- Decoupage – the elegant art of decorating objects with paper cut-outs, blending surface preparation, layering, and finishing into timeless craft.
- Ceramic Art – exploring texture, colour, and form using versatile materials to create decorative pieces with cultural richness.
- Bottle Craft – transforming everyday glass bottles into statement décor items through paint, embellishment, and imagination.
- Lamasa Art – a South American clay-based craft ideal for sculpting delicate floral and ornamental motifs.
- Madhubani Art – an iconic Indian folk art style, known for its intricate patterns and natural themes, often used on home accessories and wall panels.

This workshop is not only a celebration of craft but also a deeper inquiry into the role of creativity in our living spaces—how tactile engagement with artistic forms can elevate interiors, inspire mindfulness, and promote cultural preservation. The session is designed to be interactive and inclusive, with live demonstrations, material samples, and Q&A opportunities for all participants.

Whether you are an artist, educator, student, designer, or simply a curious soul, this session is sure to awaken your creative instincts and provide practical skills to enhance your personal or professional practice. All materials for the workshop will be arranged by Pidilite, ensuring a seamless and enriching experience for attendees. We are deeply grateful to Pidilite Industries and to Ms. Aparna Sethi for bringing this special initiative to our conference. This collaboration is a testimony to the synergy between industry expertise and academic engagement, and we look forward to welcoming you to what promises to be an inspiring and colourful session.

Breaking Barriers and Building Sustainable Sufficiency: An Inclusive Approach in Organizations

Theme 5: Inclusivity, Self reliance and Livelihood Security

OFFLINE: HYBRID

Dr. Anuradha Ramesh

Assistant Professor Sir Vithaldas Thackersey College of Home Science (Autonomous),
SNDT Women's University, Mumbai.
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Dr. Anuradha Ramesh is an accomplished academician and administrator currently serving as Assistant Professor at Sir Vithaldas Thackersey College of Home Science (Autonomous), SNDT Women's University, Mumbai. With over 27 years of rich professional and academic experience, she brings a rare blend of industry exposure, international teaching experience, and academic leadership to higher education. Dr. Ramesh holds a strong academic foundation with qualifications including B.Sc., PG Diploma, M.Sc., and Ph.D. Her areas of expertise span Hospitality Management, Nutrition, Food Service Management and Dietetics, Business Management, and Service Management, making her interdisciplinary approach particularly valuable in today's evolving academic and industry landscape.

She currently plays a pivotal leadership role as the Lead for SVT IIC – Entrepreneurship, Incubation and Placement Cell, where she actively contributes to fostering innovation, entrepreneurship, and employability among students. In addition, she is presently heading several postgraduate programmes at her institution, including Master's in Specialized Dietetics (Renal Nutrition), M. Design (Fashion Design), Entrepreneurship Management, and Business Development. Her role in steering these diverse programs reflects her versatility and strong academic vision. Dr. Ramesh has been closely associated with international colleges and universities, contributing significantly to curriculum design and academic planning. Her global exposure is further strengthened by her international teaching and training experience in Hospitality Studies and Management Studies in the USA and the UK, which has enabled her to integrate global best practices into Indian higher education. Before transitioning fully into academia, Dr. Ramesh gained valuable industry experience by working in Food and Beverage, Front Office, and Sales and Marketing departments of reputed 4-star hospitality properties in India. This industry grounding enhances her classroom teaching by bridging theory with real-world application. Her research contributions are noteworthy. She has received a research grant from ICSSR for work in Hospitality Education and has presented and published research papers in national and international journals and forums, earning Best Paper Awards in 2020 and 2021. She has also served as Project Coordinator (Administration) for an international research project on Calcium Intake, Calcium Status, and Calcium Fortification, reflecting her engagement in impactful, collaborative research. Dr. Ramesh has played a key role as Coordinator for the Safe & Nutritious Food Program for Schools, conducted in association with FSSAI, focusing on nutrition education, anaemia prevention, and the importance of whole-grain cereals. She is also actively involved in guiding postgraduate students in their master's research, mentoring future professionals and researchers. Through her sustained commitment to teaching, research, curriculum development, and student mentorship, Dr. Anuradha Ramesh continues to make significant contributions to academia and society at large.

Key Points: In an era marked by workforce shortages, burnout, and rising stakeholder expectations, organizations across hospitality, healthcare, and education face a shared challenge: sustaining performance without exhausting people. Research shows that organizational inclusion—when embedded within sustainability strategies—enhances

employee well-being, retention, and performance, forming a foundation for sustainable sufficiency. Nearly half of employee's report burnout, yet inclusive workplace environments can reduce this risk by up to 50% (Boston Consulting Group, 2024). Sector-specific studies confirm that inclusive leadership improves retention and service quality in hospitality (International Journal of Hospitality Management, 2025), strengthens workforce commitment in healthcare (Chennai hospital study, 2025), and addresses persistent burnout in higher education.

Beyond organizational outcomes, inclusion advances quality of life, self reliance, and livelihood security, aligning directly with SDG 8: Decent Work and Economic Growth. Equitable workplaces empower women, persons with disabilities, and marginalized groups to access opportunities, build skills, and achieve economic independence, fostering sustainable employment and social resilience. In India, inclusion is supported by legal frameworks such as the POSH Act and RPwD Act, complemented by industry initiatives like FICCI's Diversity & Inclusion Task Force and the NASSCOM–Aon DE&I Assessment Framework, which provide benchmarks for representation, belonging, equity, and leadership accountability. Sector-specific research—including the INCLUDE Framework for hospitality and WICCI's gender equity studies—demonstrates that system-wide inclusion strengthens operational sustainability. By embedding inclusion into leadership, policies, and daily practices, organizations not only build resilience and sustainable sufficiency but also advance SDG 8, ensuring decent work, economic empowerment, and livelihood security for all employees.

Sustainability as a Mantra: Rethinking Our Future

Theme 4: Environment and Sustainability

OFFLINE: HYBRID

Dr. Lata Ghanshamnani

Eye Surgeon

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Dr. Lata Ghanshamnani is a practicing ophthalmic surgeon with over two decades of clinical experience, having served in the field of eye care since the year 2000. In addition to her professional medical practice, she is the co-founder of the RNisarg Foundation, a not-for-profit organization dedicated to addressing critical environmental issues with a focus on sustainable waste management practices. The foundation's core areas of intervention include menstrual hygiene waste, pharmaceutical waste, and biomedical waste, all of which intersect with larger concerns of public health, environmental sustainability, and social awareness. Dr. Ghanshamnani holds lifetime memberships in several prominent medical and healthcare management bodies, including the Indian Medical Association (IMA), the Association of Medical Consultants (AMC), and the Indian Society for Hospital Waste Management (ISHWM). Her work reflects a rare combination of medical expertise and civic responsibility, and she has emerged as a prominent advocate for sustainable healthcare practices in urban India. Her contributions have been widely recognized and honored across platforms. She was conferred the prestigious Thane Gaurav Award, acknowledging her exemplary leadership and impact in the waste management sector. During the COVID-19 pandemic, her service was further recognized with the Covid Warrior Award, presented to her by the Governor of Maharashtra, in appreciation of her unwavering dedication during a time of crisis. In recognition of best practices in environmental management at the community level, she has been awarded the ICICI Swachh Society Award and the Green Building Award by the

Maharashtra Pollution Control Board (MPCB). Additionally, she has been recognized by the reputed newspaper Lok Satta for her impactful interventions in civic cleanliness and healthcare waste handling. Dr. Ghanshamnani was also selected as a recipient of the Swachhta Saarthi Fellowship, a flagship initiative under the Waste to Wealth Mission of the Office of the Principal Scientific Adviser to the Government of India. This fellowship recognizes grassroots change-makers who are promoting sustainable solid waste management practices in India.

Further amplifying her stature as a national thought leader in healthcare-linked sustainability, she was recently awarded the Ecoduocr Award for Best Waste Management Practice, further validating her commitment to bridging the gap between medical service delivery and ecological accountability. Dr. Ghanshamnani continues to inspire and mentor professionals and youth alike through her consistent efforts in community education, professional training, and policy dialogue in the domain of sustainable healthcare systems. Her journey illustrates how one individual can meaningfully integrate clinical expertise with environmental stewardship to shape healthier, cleaner, and more responsible communities.

Key Points: Sustainability today is no longer an abstract concept—it is a way of thinking, living, and acting. At R Nisarg Foundation, sustainability is practiced as a mantra that guides everyday decisions, systems, and community engagement. With over a decade of experience in waste management and environmental education, R Nisarg’s work demonstrates that meaningful change begins at the intersection of awareness, action, and accountability. Our initiatives address critical yet often overlooked waste streams such as sanitary waste, household pharmaceutical waste, diabetic waste, and multi-layered plastic. By combining citizen awareness, institutional collaboration, and decentralized solutions, R Nisarg has worked across schools, urban slums, housing societies, healthcare facilities, and municipal systems. Projects such as Green Pharmacy, Sakhi, and Prarambh emphasize that sustainability must be inclusive, locally relevant, and behaviour-centric rather than purely technological. Rethinking our future requires moving beyond end-of-pipe solutions to adopting preventive, responsible consumption and segregation at source. Sustainability, when embraced as a collective mantra, empowers citizens to become stakeholders rather than spectators. RNisarg’s journey reinforces the belief that sustainable futures are built not by isolated interventions, but through consistent community participation, youth leadership, and strong partnerships—transforming environmental responsibility into a shared civic culture.

Transformative Education for Nation Building -YOUR ROLE IN NATION BUILDING

Theme 3: Transformative Education for Nation Building

Advocate Anand V Patwardan

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OFFLINE: HYBRID

Practicing as Advocate and Business Management Consultant since 1989. He is Proprietor of M/s A & A Law; The office setup comprises of 10 junior Advocates, with Associate firms, in Delhi, Mumbai, Pune and Kolhapur. Specialised in Consumer Protection Laws with 52 reported judgments till date. Have worked out amicable settled out of Court 36,072 cases. Practicing in Criminal and Civil Laws, Economic Offences, and Prevention of Corruption Act; Debt Recovery Laws; Matrimonial Laws; Human Rights; Co-operative Laws; Consumer Laws, Arbitration matters. He has handled many Public Interest litigations in the High Court of Bombay. Was Advisor and Consultant to the Economic Offence Wing of GBCB CID. He has worked out amicable settlement and conciliated more than 36,000 cases. Has done three years

of C.A. Article ship with U.G. Devi & Co, was in-charge of major audits like the Chief Minister Relief Fund, the National Textile Corporation, National Refineries, ITC –Centaur, many Co-operative banks, etc. An accredited mediator, emplaned with the Mediation Centre of the High Court of Judicature at Bombay. An accredited mediator, emplaned with the Mediation Centre of the National Consumer Disputes Redressal Commission, New Delhi.

Well recognised as a Consumer and RTI Activist having been nominated for the National Youth award in 1990. Has walked/tracked through entire Gujarat, Rajasthan, Punjab, Haryana, Himachal Pradesh, Uttaranchal, Jammu and Kashmir, Leh and Laddak during various trekking and mountaineering expeditions. Awarded the fastest trekker in 1979 and 1982. Instrumental in getting recognition for Consumer awareness, in the Bombay University NSS programme. Visited many Middle East and European countries for negotiating joint-ventures & Camp; collaboration deals for Indian Companies; Has been a guest on hundreds of TV shows and daily prime time news and Radio talks as an expert and consultant; Popular on CNBC –Awaaz “Property Guru” and on Door Darshan, NDTV, Star News, TV18 and CNN channels. Has been the first to be interviewed as Guest at the launch of the Prasar Bharati’s “FM 100.7 Mhz” and also the first guest to be interviewed when the said FM100.7 Mhz, became an all Asia broadcast. Has been a regular weekly columnist on Consumer issues, since the past 18 years. initially for Asian Age, an English daily, then for Maharashtra Times, a Marathi daily-column “Vichara Tuhmi, sangto amhi” (Your questions our answers), Mumbai Samachar, a Gujarati daily. Quoted as expert many times in Money outlook, Hindustan Times, DNA, Indian Express etc. Has been founder member of the Traffic Warden Scheme, introduced in 1983, for Mumbai city, by the Traffic Department of the Maharashtra Police. Was on the Bombay Police-Public Committee, and played an important role during the 1993 riots. Has conducted full day workshops, for the Bombay Chamber of Commerce, Indian Merchants Chambers, and seminars for Council for Fair Business Practices and many Consumers NGO’s, Lions Clubs and Rotary Clubs. Has been invited as a speaker by the Legal Aid Services Authority on many occasions to address on newly introduced laws, to the Magistrates and Judges of the City civil Court, Mumbai. Also organized conferences and workshops for all the Consumer Fora Presidents and members, for training programme.

Key Points: When we think of education, we often imagine classrooms, books, and exams. But transformative education is more than that, it’s about shaping minds, nurturing values, imaginative products and of empowering individuals to contribute meaningfully to society. It has to be the kind of education that not only imparts knowledge but also develops character, critical thinking, imagination of newer designs and social responsibility.

1. Understanding Transformative Education: Transformative education is a concept focussing on holistic development. In other words practical training. It should encourage students to go beyond rote learning into inducing a person to ask:
 - ❖ Who am I?
 - ❖ What is my potential?
 - ❖ What is my role in society?
 - ❖ How can I make a difference?

As Home Sciences students, this approach is especially significant. You learn about nutrition, family welfare, community health, and sustainable living, all areas directly linked to the well-being of a family which expands into nation.

2. Home Science as a Catalyst for Change: Think about it when you apply the knowledge of nutrition, hygiene and child development, you are directly strengthening families, the building blocks of society. By promoting sustainable practices, you are contributing to environmental

stewardship. When you work in community health, you help reduce inequalities and empower marginalized groups. In essence, your education beyond the lab or classroom is capable of generating the power to transform communities, and in turn, strengthen the nation.

3. Skills for Nation Building: Transformative education equips you with:

- Identifying problem: to recognise the requirements/need of the hour
- Critical thinking: To solve societal problems innovatively.
- Leadership skills: To inspire and guide communities.
- Empathy and social responsibility: To understand and address societal needs.
- Entrepreneurial thinking: To create solutions that are sustainable and scalable.

4. It's not just about knowing facts, but about:

- Thinking critically: questioning and solving problems;
- Acting responsibly: applying knowledge for the greater good;
- Leading with empathy: Understanding the needs of others and getting people to do it in their common interest.
- Influencing people: Being able to convince the target community to understand their common interest and benefit;

When you apply these skills, you are actively participating in nation-building, not just as professionals, but as change-makers.

5. The Vision Ahead: Imagine a country where every family is healthy, every child receives proper education and communities thrive sustainably. This vision is possible when education transforms learners into responsible citizens. As future Home Scientists, your role is central to this vision.

Every lesson you learn, every skill you develop, and every initiative you take can ripple through society, creating a stronger, healthier and more equitable nation.

To conclude, transformative education is not just about personal success; it is about collective progress. As Home Science students, you are uniquely positioned to turn knowledge into action, ideas into change, and education into nation-building. So, let us embrace education not merely as a pathway to a career, but as a powerful tool to transform society. Together, with knowledge, compassion, and creativity, we can shape a nation that is healthy, inclusive, and progressive. Many of us think education is just about passing exams or getting a highly remunerative job. But transformative education goes beyond that, it has to shape minds, builds character, and empowers people to bring positive change in society. As Home Science students, you are learning skills that can directly impact families, communities, and even the nation.

Think of one skill you've learned in Home Sciences—like nutrition planning or community health awareness. How could that skill help improve your family or neighbourhood?

Eg: Kutumb Sakhi Trust, Peoples Action for Development, My concept of using the NSS units for consumer awareness, Inquiry counters and security/first aid concerns,

6. Home Science a tool for Nation Building: Your field is unique because what you learn impacts real lives: Nutrition and health → healthier families, fewer illnesses, Child development and education → smarter, confident children, Sustainable living → protecting the environment for future generations, Community empowerment → women and families gaining self reliance. For example, imagine conducting a nutrition awareness campaign in your locality.

You teach mothers about balanced diets, and soon, children grow healthier, school performance improves, and the community becomes stronger. This is nation-building in action!

7. Skills you gain for Nation Building: Transformative education gives you skills that go far beyond textbooks: Problem-solving and critical thinking; Leadership and teamwork; Creativity for social innovation; Empathy and social responsibility; Every skill you master allows you to turn small actions into big social impact.

8. How You Can Make a Difference: Even small steps count:

- ❖ Organize health or nutrition workshops within your residential building
- ❖ Start sustainable practices in your community, like Le, Lions, Rotary club
- ❖ Volunteer for child development or elderly care programs

These actions strengthen families and communities, the very foundation of a strong nation.

To sum up: education is not just for personal growth—it is a tool to transform society, to knit the society into a strong resource.

As Home Science students, you have the knowledge, skills, and opportunity to make lives healthier, communities stronger, and the nation better.

Remember: Transform yourself first, then transform your neighbourhood, then transform your community and then expand to transform the nation!

Innovations in Contemporary Interior Design: Integrating Material Protection Technologies as a Performance-Driven Design Strategy.

Theme-6- Entrepreneurship, Innovation and Start-up Ecosystem

OFFLINE: HYBRID

Mr. Sanjay Minz

Founder Corner –Stone Enterprises

Sanjay K. Minz is the Founder of Corner-Stone Enterprises, Mumbai, and a seasoned professional with over three decades of distinguished experience in leadership, operations, and technology-driven solutions. His career reflects a rare synthesis of strategic vision, operational excellence, and a deep commitment to innovation across applied domains, particularly within contemporary interiors and performance-oriented design. With more than thirty-three years in senior managerial roles within the aviation sector, Mr. Minz has cultivated a robust understanding of complex systems, precision-driven operations, and safety-critical environments. These experiences have shaped his approach to enterprise-building—anchored in reliability, efficiency, and forward-thinking problem-solving. His transition into entrepreneurship through Corner-Stone Enterprises represents a natural evolution of this expertise, translating high-performance industry standards into solutions for the built environment.

At Corner-Stone Enterprises, he champions performance-driven materials and systems that enhance durability, functionality, and long-term value. His work foregrounds the integration of material performance, technological innovation, and sustainability, offering solutions that are not only aesthetically refined but also environmentally responsible and economically viable. By aligning design intent with measurable performance outcomes, he advances a model of practice that is both pragmatic and future-facing. Mr. Minz maintains an active engagement

with academic institutions, contributing to seminars, workshops, and conferences. Through these platforms, he brings industry-grounded perspectives into scholarly spaces, enriching academic discourse with real-world insights. His interactions with students, researchers, and educators reflect a strong belief in knowledge exchange as a catalyst for meaningful progress. He consistently advocates for curricula and research that respond to evolving industry needs while embedding principles of sustainability and innovation. His professional philosophy is rooted in the conviction that industry practice and academic research must not operate in silos. Instead, he envisions a collaborative ecosystem where empirical research informs application, and field realities shape scholarly inquiry. This commitment to bridging domains is evident in his work, which harmonizes technological advancement with responsible design. Through his leadership at Corner-Stone Enterprises and his continued engagement with academia, Sanjay K. Minz exemplifies a practice-led, research-informed approach to sustainable innovation—one

Key Points: Contemporary interior design is increasingly positioned at the intersection of aesthetics, material performance, sustainability, and user experience. As interior environments adopt refined and high-value materials such as natural stone, engineered wood, glass, leather, and metal finishes, issues of surface vulnerability, lifecycle efficiency, and maintenance sustainability have emerged as critical design concerns. This shift necessitates a reconceptualization of interior design practice from a predominantly visual discipline toward a performance-driven and technology-integrated framework.

This paper critically examines the role of advanced material protection technologies — specifically nano-coatings and surface protection films—as an emerging innovation within contemporary interior design. Operating at micro and nano scales, these technologies form transparent, non-intrusive protective layers that enhance resistance to abrasion, staining, moisture ingress, ultraviolet degradation, and microbial accumulation. Unlike conventional surface treatments, these systems preserve intrinsic material characteristics, including colour fidelity, texture, and tactile response, thereby maintaining design authenticity and material expression central to contemporary interiors.

The study situates material protection technologies within a broader theoretical discourse on sustainable interior design and material lifecycle performance. Through analytical evaluation of their application across residential, commercial, hospitality, healthcare, and institutional interiors, the paper demonstrates how such technologies enable designers to extend material longevity, reduce maintenance intervention, and mitigate premature material obsolescence. This integration facilitates greater design freedom while simultaneously addressing functional and environmental imperatives.

From a sustainability perspective, extending material lifespan through preventive protection strategies contributes to reduced resource consumption, minimized waste generation, and enhanced economic efficiency across the interior lifecycle. These outcomes align with global sustainability frameworks and support evidence-based interior design practices.

The paper concludes that integrating material protection technologies represents a significant epistemological shift in contemporary interior design, wherein material science becomes an active design parameter rather than a post-design consideration. By embedding performance and durability within the design process, interior designers can create resilient, sustainable, and user-centred environments. This research advocates for the inclusion of material protection strategies within interior design pedagogy, professional practice, and future scholarly inquiry.

Empowering Ergonomics: Tools, Tech & Techniques for Risk-Free Workplaces

Theme 7: Digital Literacy and Transformation

OFFLINE: HYBRID

Mr. Amol Ghogare. CEO Texon Corporation

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The rise in work-related musculoskeletal disorders (WMSDs) across industrial and office environments has placed ergonomics at the forefront of health and safety interventions. This session, led by Mr. Amol Ghogare, the proprietor of TEXON Corporation, will offer a hands-on demonstration of cutting-edge ergonomic tools, equipment, and software solutions designed to identify, assess, and mitigate ergonomic risks in real-world work settings. TEXON Corporation has been a pioneering supplier in the domain of ergonomic solutions, offering a wide range of products from adjustable furniture and anti-fatigue tools to advanced risk assessment software. In this session, participants will gain live exposure to key ergonomic measurement tools including REBA (Rapid Entire Body Assessment), RULA (Rapid Upper Limb Assessment), and NIOSH lifting tools, among others. Through case-based examples, Mr. Ghogare will illustrate how data-driven assessments can be conducted using TEXON's proprietary and internationally aligned software platforms to evaluate posture, force, repetition, and environmental conditions. A special focus will be placed on affordable and scalable solutions for Indian MSMEs, where ergonomic injuries are often under-reported but highly impactful. The demonstration will also cover how AI-powered analytics and sensor-based data capture are transforming proactive ergonomics management in both manufacturing and service industries. Whether you are a safety officer, production head, HR manager, or a student of occupational health, this session offers valuable insights into creating safer, more productive, and compliant workplaces through practical ergonomic interventions. Attendees will also have the opportunity to interact directly with the expert, explore sample setups, and access exclusive offers on TEXON's assessment kits and training modules. Join us to witness how ergonomics can be made measurable, manageable, and meaningful—starting with the right tools.

PAPER PRESENTATIONS - ABSTRACTS

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	THEME 1: CULTURAL ROOTS & NATIONAL IDENTITY
T1101	Development and Evaluation of Kurdu Sandage: A Traditional Ready-To-Cook Food Product <i>Bhekre Riya*, Ajgaonkar Bhagyashree, Ahuja Dhun, Shaikh Kaenat, Sengupta Rupali, and Menon Lakshmi</i>
T1102	Development of a Fenugreek Microgreens–Based Functional Food Spread Theme: Cultural Roots as National Identity <i>Vaishnavi Bhoir*, Patil Janhavi, Gawas Gaonkar Siddhi, Syal Jhenkar, Menon Lakshmi, Sengupta Rupali</i>
T1103	Cluster Fig Sabji: Reconnecting Tradition, Nutrition and Culture <i>Raut Sanika*, Jadhav Ishwari, Pandey Mansi, Singh Anjali, Menon Lakshmi and Sengupta Rupali</i>
T1104	Development and Evaluation of Plant-Based Gluten Free Chocolate Muffin Using Sangri Flour (Prosopis Cineraria) and Ragi Flour (Eleusine Coracana) <i>Shaikh Sana*, Patel Aaisha, Khan Bushra, Ansari Sadiya, Menon Lakshmi and Sengupta Rupali</i>
T1105	Formulation of a Protein-Rich Traditional Jhunka Fortified With Takla Bhaji (Cassia Tora) <i>Shaikh Ayesha*, Qureshi Raina, Khan Bushra Zubair, Menon Lakshmi, Sengupta Rupali</i>
T1106	Culture Through Nutrition: The Ayurvedic Identity <i>Prakriti Sharma</i>
T1107	Aambadi (Hibiscus sabdariffa L.): Reviving an Indigenous Leafy Vegetable for Nutritional Security and Cultural Preservation <i>Suryavanshi Dipti*, Pawar Aditi, Pal Avani, Patil Urmi, Menon Laxmi, Sengupta Rupali</i>
T1108	Preserving Cultural Roots: Nutritional Evidence for Kalna Flour and Water Spinach (Ipomoea Aquatica) as Pillars of Maharashtra's Food Heritage and Identity <i>Prajapati Revati, Shah Virti, Sirodariya Nishita, Yeole Sejal* Menon Lakshmi, Sengupta Rupali</i>
T1201	Co-curricular Activities in Catholic Schools: Perceived Benefits among High School Students <i>Seraphina Panmei* and G S Prakasha</i>
T1301	Threads of Identity: Indigenous Textile Heritage as a Living Expression of Cultural Roots and National Identity <i>Kathe Shweta Deepak* and Kaur Manpreet</i>
T1302	Fashioning Heritage: Reviving Dogra Costumes through Adolescent-Centred Innovation <i>Mamta Khajuria* and Neeru Sharma</i>

	THEME 2: HEALTH & WELL-BEING
T2101	PCOS and Lifestyle <i>Neha Shekhawat* and Shilpa Rathore</i>
T2102	Systematic Development of Synbiotic Food Prototypes Using Integrated Consumer Metrics and Sensory Quality Assessment <i>Anukrati Sekhri* and Ragini Ranawat</i>
T2103	Systematic Review and Meta-Analysis of Amino Acid Requirements during Pregnancy <i>Harsha Jain* and Ragini Ranawat</i>
T2104	Too Tempted to Wait: Cognitive-Behavioural Dysregulation and Distress in Overweight Young Adults <i>Simran Dhankar</i>
T2105	Normal Weight Obesity Phenotype among Adults Residing in Urban Vadodara: It's Prevalence and Associated Factors <i>Jyotismita Borbora* and Vijayata Sengar</i>
T2106	Nutritional Status and Health Awareness of Women belonging to Self-help Groups (SHG) in North Chennai, India <i>Ayswarya MN</i>
T2107	A Survey on Perceptions and Attitude towards Healthy and Unhealthy Eating Pattern <i>Christina Beryl Edward*, Gowri V Ramesh</i>
T2108	Eating Disorder among Adults (18-30 Years) in Urban Bengaluru, India <i>Siddikha I*, Navaneetha R, Kavyamala S, Kushma J, Monisha C and Afiya Atta</i>
T2109	Consumption of Ultra - Processed Foods among Adults <i>Madiha Naz* and Navaneetha R</i>
T2110	Identifying Gaps in Nutritional Status and Dietary Diversity Assessment of Adolescent Girls (15–18 Years) in a Rural Area <i>Vijayata Sengar and Kashish Jain*</i>
T2111	Assessment of Nutritional Status and Lifestyle of Advocates in Bengaluru City <i>Rakshitha N Padiyar* and Navaneetha R</i>
T2112	Evaluation of Nutritional Quality and Consumption Patterns of Street Foods Available in Vadodara City, Gujarat, India <i>Venugopal Shonima, Mehta Maulik and Singh Khushi*</i>
T2113	Assessment of Nutritional Status of Women with Breast Cancer <i>Hafsa Kausar* and Neeta Pattan</i>
T2114	Traditional Nutritional Practices as Preventive Tools: Enhancing Health and Quality of Life in the Era of Lifestyle Disorders <i>Ajay Kumar Patel* and Shipra Banerjee</i>
T2115	Estimation of Pesticide Residues in Fruits and their Implications for Quality of Life <i>Chavan Shama* and Mehta Meena</i>
T2116	Knowledge, Attitude and Practices of Complementary Feeding Among Lactating Mothers in Bengaluru, India <i>Azeema Bi* and Neeta Pattan</i>

T2117	TMI vs BMI - A Better Predictor for Childhood Adiposity <i>Sancheti Bhavisha* and Ibrahim Geeta</i>
T2118	Assessment of Body Image, Dietary Intake and Body Composition of School-Going Female Middle Adolescents <i>Hotelwala Zainab and Lakshmi Menon*</i>
T2119	Neisseria Gonorrhoea <i>A. Rojapriya</i>
T2120	Poly-Cystic Ovary Syndrome (PCOS) <i>Swetha M</i>
T2121	Empyema - A Serious Complication of Community-Acquired Pneumonia (CAP) in Children <i>Priyadharshika P</i>
T2122	Breast Fibroadenomas, Common Benign Conditions - Exhibit Distinct Clinical and Histopathological Features <i>Sivasankari S</i>
T2123	Dental Biofilm - A Highly Organized and Species-Rich Community that forms on Tooth Surfaces within the Oral Cavity <i>Suvetha G</i>
T2124	Development and Characterization of Millet-Derived Edible Films: Advances in Biodegradable Food Packaging <i>Zoya Deshmukh* and Rajeshree Shinde</i>
T2125	Assessing Infant and Young Child Feeding Practices in Relation to the Nutritional Status of Young Children (6 - 23 months) in an Urban Setting <i>Vijayata Sengar, Sanjana Dhakad and Bhumika Jain*</i>
T2126	Evaluating the Diversity and Quality of Young Children's Diets in Rural Settings within the Age-Group of 6 months to 2 years <i>Vijayata Sengar, Janvi Pawar and Nanshi Srivastava*</i>
T2127	Ranking Protein Sources in Indian Diets Using GWPRO: Integrating Nutrition and Sustainability <i>Salwa Shaikh*, Anuradha Ramesh, Jagmeet Madan</i>
T2128	Impact of a Digitally Supported Holistic Health Coaching Programme on Quality of Life: A Case Series <i>Alefiya Morkas*, Vibha Hasija, Anuradha Mitra, Khushboo Verma</i>
T2129	Assessment of Dietary Protein Consumption with Muscle Mass and Hand-Grip Strength in Children Aged 9-14 years <i>Sheikh Sarah*, Ansari Mehvish, Mirkar Rimsha, Shaikh Rumaiza, Menon Lakshmi, Sengupta Rupali</i>
T2130	Enhancing Health and Well-Being through Katlu - A Traditional Poly-Herbal Functional Food incorporated in Bakery Foods <i>Mistry Ishita*, Hawaldar Masira, Tulaskar Anushka, More Shrawani, Menon Lakshmi and Sengupta Rupali</i>
T2131	Traditional Fiber Snack For Sustainable Eating—Bamboo Chi Kaap <i>Chowdhari Samiya*, Mistry Vidhi, Shaikh Ifra, Verma Manya, Menon Lakshmi and Sengupta Rupali</i>

T2132	Development of Frozen Paratha Stuffed with Takla (Cassia Tora) as a Ready-To-Heat Food Product <i>Dhanashree Logade*, Khan Uzma, Achhra Prashansa, Shinde Kshitija</i>
T2133	Deployment of Multimedia Tools to Improve Nutrition Counseling and Education amongst Caregivers of Paediatric Oncology Patients in India <i>Nikita Mahaka*, Anju Morarka and Sripriya Venkiteswaran</i>
T2134	Development and Sensory Evaluation of an Iron rich Snack- Cressy Pops <i>Neha Mir* and Vibha Hasija</i>
T2135	Hyperlipidaemia - Therapeutic Product Development <i>Rasika Bidkar</i>
T2136	Effect of Drinking Tea on Blood Pressure of Adults Aged Between 30–65 Years of Vinoba Bhave University, Hazaribagh, Jharkhand, India <i>Sukanta Bhunia, Suprakash Pradhan, Shaoli De* and Amit Kumar Jana</i>
T2137	Application of Artificial Intelligence into Modern Nutritional Science and Dietetics <i>Dr. Upasana</i>
T2138	Enhancement of Quality of Life Echoes of the Past, Vision for a Sustainable Resilient Future <i>Rima Udeshi and Sonal Chandalia</i>
T2201	Development and Validation of a Psychosocial Well-Being Scale for the Elderly: From Concept to Application <i>Soumya Kammar* and Jinamoni Saikia</i>
T2202	Impact of Physical Frailty on Quality of Life Elderly Population <i>Aditi Dave* and Komal Patel</i>
T2203	Resilient Adolescents for a Sustainable Future: Integrating Biological, Psychological and Socio-cultural Foundations for Enhanced Well-being and Quality of Life <i>Yashika Malhotra* and Shraddha Kapoor</i>
T2204	Eco-psychological Implications of Climate Disasters and Development for Young Adult Well-being in Uttarakhand <i>Namrataa Mamgai*, Punya Pillai, Mila Tuli</i>
T2205	The Interplay of Childhood Trauma and Self-Concept: A Review of Theoretical Frameworks and Empirical Findings <i>Farheen Nahar* and Alka Pandey</i>
T2206	Coaching Culture and the Mental Well-being of Students: A Review of Competitive Exam Preparation in India <i>Loveleen Mishra* and Dimple Rangila</i>
T2207	Body Image Perception and Self-Esteem among Adolescents of Jammu: Implications for Good Health and Well-being (SDG 3) <i>Neeru Sharma and Tanisha Jain*</i>
T2208	Maternal Stress in Context of their Work Role during COVID 19 Lockdown: Implications for Crisis-Time Childcare <i>Sonakshi Anand* and Neeru Sharma</i>
T2209	Communication about Sexual and Reproductive Health: Insights from Adolescent Girls of Jammu <i>Sonia Rani* and Neeru Sharma</i>

T2210	The Lure and the Betrayal in Modern Choice Biographies: Some Reflections from Eastern Philosophies <i>Mamatha Karollil</i>
T2211	Assessment of Mental Health Status of Adolescents and Family Communication Patterns <i>Monalee Akoijam, Sumati Rajkumari* Rajkumari Latasana Devi, Rajkumari Sanatombi Devi</i>
T2212	Review Article on Alzheimer's Disease <i>S. Sivaranjani</i>
T2213	Revenge Bedtime Procrastination: An Analysis of Emerging Sleep Related Concerns Among Urban College Students <i>Anushri Soni</i>
T2214	The Relationship of Social Media Use, Life Satisfaction, Life Skills and Psychological Well-being. <i>Noorani Sakina</i>
T2215	Disciplining Methods employed by Parents and their Perceived Impact on Children Aged 3–6 Years: A Post-Pandemic Study in Bangalore, India <i>Aisha Humaira Sayed* and Rhonda Divecha</i>
T2216	Relationship between Perceived Marital Satisfaction, Gratitude, and Forgiveness Practice among Married Individuals <i>Khyati Sampat and Haley Chheda*</i>
T2217	Correlation between Perceived Relationship Satisfaction and Partner Phubbing among Individuals in a Committed Relationship. <i>Shingre Anushka* and Lakhani Vrutika</i>
T2218	The Well-Being 'Hearticle' <i>Thomas Philip and Moinuddin Peerzaada</i>
T2301	Craft over Screens: Exploring Non-Digital Creative Practices as Pathways to Psychological Well-Being <i>Nidhi Meet Soni and Dr. Pratima Goyal</i>
T2302	Redisgning Healing: Mastoid Dressings for Hygiene and Comfort <i>Ms. Boxwala Ummesalema and Dr. Ritu Madhan</i>
T2401	Food Adulteration and Consumer Perception: Evidence from a Study in Uttar Pradesh, India. <i>Rashmi Singh*, Aelena Takhellambam and Swapnil Singh</i>
T2402	CMDQ-Based Assessment of Musculoskeletal Health and Work Well-Being among Delivery Agents in Uttarakhand India <i>Pooja Shah* and Seema Kwatra</i>
T2403	Assessment of Burnout among Female Nurses <i>Komal Sutar*, Manju Mehta and Renu</i>
T2404	Art, Ageing and Well-being: The Role of Community Painting Workshops in Enhancing Quality of Life in Mauritius <i>Arvin Ombika</i>
T2405	Walk Bright, Walk Free : A Smart Mobility Aid for Seniors <i>Sarah D'Souza, Sailee Gaikwad, Sanskruti Gami, Parija Vaidya and Dr. Roopa Rao</i>

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T3102	A Snack-Based Health Support Model: Development of a Nutritious Cookie and Visual Learning Activity Set for Children with Developmental Delays <i>Gujral Sufleen Kaur*, Thanyao Kasar, Vibha Hasija</i>
T3201	Early Educator Support (EES) Program: A comprehensive model of Mentorship and Quality for North Carolina Preschool Teachers within Child Care settings. <i>Hegde Archana, Whited Jennifer*, Bridges Stephanie*, Lambert Rich*</i>
T3202	The Practices of Montessori School Teachers to Develop Agency in Students <i>Jose Ninu</i>
T3203	Mindful Lawfulness: A Transformative Educational Framework for Nation Building <i>Junnarkar Mohita, Nair Vasundhara S, Malik Rohini*</i>
T3204	Play: A Medium of Holistic Development During Early Childhood Years <i>Jairam Monica* and Chopra Geeta</i>
T3205	Transformative Education for Nation Building <i>Punjabi Divya Nirmalkumar</i>
T3206	Parental Perception on School Support Services for Children with Learning Disabilities <i>Mehta Bhamini*, Jain Archana, Kanadia Zaynab</i>
T3207	Awareness Of Learning Disability Among Middle School Teachers and Their Perception About Inclusion in Their Schools <i>Cutleriwala Rabab*, Mehta Bhamini</i>
T3208	Enhance Quality of Life with Proper Education <i>Basu Bibekananda</i>
T3301	Sustainable Pedagogy Through Heritage: Embedding Indian Knowledge System In Fashion Education <i>Malik Singh Renu*, Chakraborty Abhishek</i>
	THEME 4: ENVIRONMENT & SUSTAINABILITY
T4101	Evaluation of Prebiotic Potential and Encapsulation Efficiency of Fruit Peel Powder of Orange and Guava <i>Kamat Deepali Gangadhar, Logade Anzala Zuber*, Jaisinghani Renu Narendralal</i>
T4102	Transforming the Soybean By-Product, Okara, Into Fibre and Protein-Rich Okara Cookies <i>Shaikh Halima Faiyaz, Shirke Manasvi Mangesh *, Rao Bansari</i>
T4103	Eco-Innovations in Active Packaging: A Nanotechnology Perspective on Food Safety and Shelf Life <i>Shinde Rajashree*</i>
T4301	Eco-friendly Mulching Materials from Recycled Textile Waste <i>Dhoka Trupti *, Karnad Vishaka</i>
T4302	Sustainable Applications of Tie-Dyeing Technology in Modern Textiles: A Review <i>Kumar Sachin * Dutta Sudev</i>

T4303	Promoting Sustainable Fashion Through Reversible Dresses <i>Mariat Ann Treesa * and Devi Rajani T.R</i>
T4304	A Critical Review on Application of ABO3 Ferrites for Photocatalytic Wastewater Remediation Applications <i>Mehra Garima *, Mahajan Pallavi , Kaur Varinder, Kumar Sachin, Singh Anupinder, Malhi Parambir Singh</i>
T4305	Reviving Traditional Plant-Based Dyeing Practices for Sustainable Livelihoods <i>Phukon Rajashree *</i>
T4306	Sustainable Craft Ecologies: Linking Biodiversity, Natural Dyes and Kotpad Weaving Communities of Odisha <i>Rani Savitri * and Banerjee Shipra *</i>
T4307	Threads of Change Beyond the Label: How Consumer Awareness Catalyses Sustainable Fashion and Textile Waste Reduction <i>Singh Amisha*</i>
T4401	Innovative Testing System for Evaluating Air Purification Materials <i>Jalgaonkar Kirti *, Jagajanantha P., A. S. M. Raja, Kumar Manoj Mahawar</i>
T4402	Environment and Sustainability: A systematic review and synthesis <i>Kumari Sarita *, Deepmala Kumari</i>
T4403	Assessment of Environmental Awareness and Adoption of Sustainable Practices among College Students <i>Machhi Smital *, Patel Komal</i>
T4404	Exploring Health Risks And Safety Awareness Regarding Household Cleaning Agents: A Study Of Homemakers Of Vadodara City <i>Saraswat Shilpi *, Philip Padmakiran *, Saini Tanvi *</i>
T4405	Pedagogical Interventions for Fostering Environmental Mindfulness among Urban Undergraduate Students <i>Patel Anjali</i>
T4406	How is India Moving Towards Green Energy: Solar Energy <i>Yadav Gunjan</i>
T4407	Towards Sustainable Packaging in Fashion <i>Bansode Purva*, Goyal Pratima**</i>
T4408	Recycling Pre-Consumer Home Furnishing Waste into Eco-Friendly Handbags <i>Makwana Isha*, Goyal Pratima**</i>
T4409	Bio-Polymers from Seaweed for Sustainable Fashion Accessory Development Research Student <i>Mahuwawala Fatema S*, Goyal Pratima**</i>
T4410	Vetiver Roots for Sustainable Textile Innovation <i>Shaikh Falak*, Karnad Vishaka**</i>
T4411	Decorative Techniques Using Colorful Yarns Derived from Knitted Fabric Waste for Product Development <i>Shelar Sanika Balkrishna*, Karnad Vishaka**</i>
T4412	Reimagining Plastic Waste: Upcycling Waste Plastic into Durable Product <i>Shetty Advika*, Goyal Pratima**</i>

	THEME 5: INCLUSIVITY, SELF RELIANCE & LIVELIHOOD SECURITY
T5201	Cultivating Fairness and Belonging: A Pluralistic Exploration of Diversity, Equity and Inclusion (DEI) as Transformative Practice <i>Vidhya Satish and Nitya Vijaykumar*</i>
T5301	Inclusive Design Interventions for Enhancing Quality of Life in Special Needs Education: A Case Study at Rangers Foundation Centre, Mauritius <i>Lall Kumar Ruttun</i>
T5401	Sustainability Livelihood Status of Farm Women in Salemgahar Village <i>Renu Duggal*, Kiran Singh and Komal</i>
	THEME 6: ENTREPRENEURSHIP & INNOVATION
T6101	Development And Acceptability Study of Nutfit: A Seed and Nut Enriched Chocolate Dessert <i>Pallavi Pyasi, Vibha Hasija</i>
T6201	Fostering Entrepreneurial Thinking in Pre-Service Teacher Education: Sowing seeds for Future Success <i>Vidya Rao</i>
T6301	Reviving of Drawn Thread Work in Home Textile Products <i>Pategar Simran*, Karnad Vishaka</i>
	THEME 7: DIGITAL LITERACY & TRANSFORMATION
T7101	A Survey of Nutrition and Dietetics Mobile Applications Available in App Stores in India <i>Michelle Britto* and Dr. Minelly Rodrigues</i>
T7201	Navigating the Nuances of Gender and Media: A Theoretical review of Gender Media Literacy Studies <i>Ayushie Chauhan* Dr Dimple Rangila</i>
T7202	An Exploratory Study on FoMO (Fear of Missing Out) and Self-awareness in Female Emerging Adults <i>Mary Fernandes* Anushri Soni, Dr. Bhamini Mehta</i>
T7203	The Role of Digital Literacy in Empowering Women, Children, the Elderly, and Marginalized Populations for Social Transformation <i>Ms. Shilpa S. Sawalakhe</i>
T7205	Shifting Teaching Practices in the Digital Age: A Study of Digital Literacy in Teacher Education <i>Riya Sheth</i>
T7301	Digital Literacy in the Fashion Goods Industry <i>Mr. Apurva Kanyalkar</i>
T7302	Transforming Fashion Consumption: The role of Digital Literacy Shaping Online Apparel Buying Among Jammu's (J&K) Youth <i>Sanmeet Kaur* and Rajni Dhingra</i>
T7303	Digital Literacy in Handloom Craft: Pathways to Transformation and Sustainability <i>Ms. Sohoni Swati</i>
T7401	The Role of Digital Literacy and Transformation in overcoming Language Barriers through Mobile App <i>Sabandy Nuckcheddy Shabnam</i>



“A nation's culture resides in the hearts and in the soul of its people.”

- Mahatma Gandhi

Theme 1

Cultural Roots and National Identity

The collection of studies explores the interconnectedness of food, nutrition, culture, education, and material heritage as foundational elements of identity, sustainability, and social continuity. Several papers focus on the development and evaluation of traditional and indigenous food products, such as Kurdu Sandage, Cluster Fig Sabji, Jhunka fortified with Takla Bhaji, gluten-free plant-based baked products using Sangri and Ragi flours, and fenugreek microgreens-based functional spreads. These studies highlight how traditional ingredients can be adapted into ready-to-cook or functional foods, balancing nutritional enhancement, sensory acceptability, and cultural relevance.

Another set of studies emphasizes the role of indigenous foods and Ayurvedic principles in shaping cultural and national identity. Research on Aambadi (*Hibiscus sabdariffa*), Kalna flour, water spinach, and Ayurvedic dietary concepts demonstrates how reviving traditional food systems contributes to nutritional security, cultural preservation, and sustainable diets, reinforcing food as a carrier of collective memory and identity.

Beyond nutrition, the collection extends to education and cultural expression, with studies examining the perceived benefits of co-curricular activities in Catholic schools and the role of indigenous textiles and traditional costumes in expressing cultural roots. Research on indigenous textile heritage and the revival of Dogra costumes through adolescent-centred innovation illustrates how fashion and material culture function as living traditions, transmitting identity across generations.

These studies position nutrition, education, and textile heritage as powerful vehicles for preserving cultural roots, fostering innovation, and strengthening national identity, while responding to contemporary nutritional, social, and sustainability challenges.

T1101

Development and Evaluation of Kurdu Sandage: A Traditional Ready-To-Cook Food Product

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The present study focused on the development and evaluation of *Kurdu Sandage*, a traditional ready-to-cook food product prepared from Kurdu leaves (*Celosia argentea*), an underutilized indigenous leafy vegetable widely consumed in rural Maharashtra during the monsoon season. Kurdu, belonging to the Amaranthaceae family, is valued for its nutritional richness and cultural significance but remains largely absent from commercial food systems. The objective of the study was to enhance the shelf life, sensory appeal, and convenience of Kurdu through sustainable processing while preserving traditional culinary practices. Kurdu leaves were combined with pulses (chana dal, moong dal, and urad dal) and traditional spices, followed by dehydration to prepare Kurdu Sandage. Three formulations were developed and evaluated using hedonic sensory analysis to assess taste, texture, color, and aroma. The third trial demonstrated the highest overall acceptability and was selected as the standardized formulation. Nutritional analysis revealed low moisture content (11.81%) and low-fat content (0.75 g/30 g), indicating good shelf stability. Sensory evaluation of both dehydrated and rehydrated forms showed consistent quality and favourable consumer response. The study highlights Kurdu Sandage as a nutritious, protein-rich, culturally relevant food product with potential for long-term storage and commercialization, supporting the promotion of indigenous vegetables and sustainable dietary practices.

Keywords: Kurdu Sandage, Indigenous Foods, Product Development, Sensory Evaluation, Sustainable Nutrition

T1102

Development of a Fenugreek Microgreens–Based Functional Food Spread Theme: Cultural Roots as National Identity

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Functional foods are increasingly sought for their health benefits and convenience. Fenugreek (*Trigonella foenum-graecum*), commonly known as Methi, has long been valued in Indian cuisine and traditional medicine for its distinctive aroma, culinary versatility, and therapeutic properties. When consumed as microgreens, fenugreek becomes a nutrient-dense ingredient rich in calcium, iron, and bioactive compounds with antioxidant potential. Reimagining this culturally familiar ingredient as a minimally processed spread offers an opportunity to preserve traditional relevance while meeting contemporary nutritional and lifestyle needs.

This study aimed to design and evaluate a fenugreek microgreen–based functional food spread combining cultural acceptability with convenience. Dehydrated fenugreek microgreens powder was used as the primary ingredient, supplemented with dates for natural sweetness, tamarind for sourness, and traditional Indian spices. Multiple formulations were developed, and the most acceptable variant was selected. Sensory evaluation was conducted by 20 semi-trained panellists using a 9-point hedonic scale to assess colour, aroma, taste, texture, aftertaste, ease of use, and overall acceptability. Product safety and stability were evaluated through pH measurement, soluble solids estimation, and microbiological analysis. Laminated packaging pouches were selected to ensure quality preservation and consumer convenience.

The final product exhibited a balanced sweet–sour–spicy flavour with a smooth, spreadable texture and achieved a high overall acceptability score of 8.0 out of 9. Nutritional analysis revealed appreciable mineral content, with calcium at 7.44 mg/100 g and iron at 2.0 mg/100 g. The spread showed 20° Brix, a mildly acidic pH of 5.5, and microbiological counts within acceptable limits for short-term refrigerated storage. The study demonstrates the potential of fenugreek microgreens as a culturally rooted, healthier functional food alternative.

Keywords: Fenugreek Microgreens, Functional Food, Sensory Evaluation, Spread

T1103

Cluster Fig Sabji: Reconnecting Tradition, Nutrition and Culture

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Indigenous food practices are an integral part of cultural heritage and contribute significantly to nutrition and quality of life. Cluster fig (*Ficus racemosa*), locally known as Umbar or Goolar, is an indigenous fruit commonly found in Western India, particularly in forested and water-rich regions. Traditionally harvested in its unripe form during spring and early summer, cluster fig is used in curries, pickles, and household preparations. However, modernization, changing food habits, and limited awareness have led to the gradual disappearance of such indigenous foods from regular diets, resulting in underutilisation despite their abundance and minimal cultivation requirements.

The present study aimed to promote the use of indigenous foods by documenting and evaluating cluster fig sabji as a culturally relevant and nutritionally beneficial preparation. The objectives included documenting the traditional preparation method, assessing nutritional quality, evaluating consumer acceptability, and highlighting its potential to enhance dietary diversity and preserve culinary heritage.

A food development and evaluation approach was adopted. Traditional household methods of preparing cluster fig sabji were explored and standardized to retain cultural authenticity while ensuring ease of preparation. Nutritional analysis confirmed the presence of iron in the prepared dish. Sensory evaluation conducted using a 5-point hedonic scale demonstrated high acceptability for taste, texture, aroma, and overall appeal. The dish was

also appreciated for its affordability, local availability, and suitability for regular consumption with traditional staples such as bhakri.

The study concludes that cluster fig sabji is a culturally acceptable, affordable, and nutritious traditional dish with strong potential to revive indigenous food practices and support improved household dietary choices.

Keywords: Indigenous Foods; Cluster Fig, *Ficus Racemosa*, Cultural Identity; Quality of Life; Traditional Diet; Nutritional Evaluation; Food Safety

T1104

Development and Evaluation of Plant-Based Gluten Free Chocolate Muffin Using Sangri Flour (*Prosopis Cineraria*) and Ragi Flour (*Eleusine Coracana*)

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Traditional Indian food resources possess immense nutritional and cultural value, yet their use in contemporary food products remains limited. The present study aimed to develop and evaluate a plant-based, gluten-free chocolate-flavoured muffin incorporating *sangri* (*Prosopis cineraria*) and ragi (*Eleusine coracana*), with the objective of reconnecting traditional ingredients with modern dietary preferences. Sangri, derived from the *khejri* tree, holds deep cultural, ecological, and culinary significance in the arid regions of India, particularly Rajasthan, while ragi is an ancient millet widely recognized for its nutritional benefits.

The muffin batter was formulated using *sangri* flour and ragi flour along with natural sweeteners. Two formulations were developed through seven trials to optimize product quality. Sensory evaluation was conducted using a 9-point Hedonic Scale with untrained panelists. Proximate and physicochemical analyses, including ash and moisture content, were performed to assess nutritional quality and shelf-life potential.

Results indicated that 73% of panelists accepted the product based on overall palatability. Appearance recorded the highest acceptance (77%), while aroma showed the lowest acceptance (37%). Taste achieved a mean score of 7.27, indicating good acceptability. Physicochemical analysis revealed an ash content of 1.6% and acceptable moisture levels. The developed muffin met the criteria for classification as a high-protein product. This study demonstrates the potential of adapting indigenous ingredients into modern bakery products to promote nutritional benefits and cultural heritage.

Keywords: *Prosopis Cineraria*, Khejri, Finger millet, Muffin, Cultural Heritage, Indigenous Food

T1105

Formulation of a Protein-Rich Traditional Jhunka Fortified With Takla Bhaji (Cassia Tora)

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Traditional foods play a vital role in preserving cultural identity while ensuring nutritional security. Jhunka, a traditional Gujarati preparation, is widely consumed due to its simplicity and acceptability; however, it offers scope for nutritional enhancement. Takla bhaji (*Cassia Tora*), a culturally significant seasonal leafy vegetable grown in the Konkan region of Maharashtra, is known for its high calcium content. Incorporating such indigenous greens into traditional recipes provides an effective strategy to improve nutritional quality while maintaining cultural relevance.

The present study aimed to develop a protein-rich traditional food product by incorporating Takla bhaji into Jhunka and to evaluate its nutritional value. The formulated Jhunka was prepared using a blend of three protein-rich flours along with Takla bhaji powder. Fresh Takla bhaji leaves were cleaned, blanched, oven-dried, and ground into a fine powder to enhance nutrient retention and facilitate incorporation. The standardized product was prepared using traditional cooking methods to ensure acceptability.

Nutritional analysis of the developed product revealed a significant improvement in its nutrient profile. The fortified Jhunka provided 16.9 g of protein, indicating effective protein enrichment, and 72.8 mg of calcium, reflecting the contribution of Takla bhaji. The product successfully retained its traditional characteristics while offering enhanced nutritional benefits. This study highlights the value addition of a traditional Gujarati dish through the use of a locally available indigenous leafy green. The incorporation of Takla bhaji promotes the utilization of underused seasonal resources and demonstrates the potential of traditional foods as vehicles for nutritional enhancement. The fortified Jhunka offers a sustainable, culturally acceptable, and practical approach to improving dietary protein and calcium intake.

Keywords: Jhunka, Takla bhaji, protein-rich food, traditional foods, nutritional enhancement

T1106

Culture Through Nutrition: The Ayurvedic Identity

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India's national identity is closely intertwined with its rich cultural traditions, with Ayurveda serving as a holistic framework for health and well-being. Within Ayurveda, nutrition (Ahara) plays a fundamental role in supporting physical, mental, and social health, while simultaneously reflecting the country's cultural heritage. The objectives of this study were to explore how Ayurvedic nutritional principles contribute to India's national identity, examine their integration into later post-independence policies, and

assess the role of Ayurvedic nutrition in enhancing India's global image through wellness tourism and international health markets. To achieve these objectives, a secondary research approach was adopted. Classical Ayurvedic texts were systematically reviewed to identify central dietary concepts, including Aahara Vidhi, Pathya–Apathya, and the principles of Rasa, Guna, Veerya, and Vipaka. Government documents, including FSSAI regulations and policy frameworks under the Ministry of AYUSH, were analysed to understand institutional support for Ayurvedic nutrition and its integration into later post-independence national health initiatives. In addition, global literature on Ayurveda-based wellness services, holistic health practices, and international wellness tourism was examined to assess India's positioning within global health and wellness markets. Symbolic and visual elements associated with Ayurvedic nutrition, such as the Ayurveda Aahara logo, Pancha Mahabhuta representation, and the use of both Devanagari and English scripts, were also considered to evaluate cultural representation and the promotion of national identity. The findings indicate that Ayurvedic nutrition is positioned as a cornerstone of India's cultural heritage. Classical dietary principles guide daily eating practices and lifestyle choices, reinforcing national identity, promoting cultural continuity, and instilling a sense of pride in traditional practices. Later Post-independence policies have institutionalized these principles, fostering self reliance, promoting cultural pride, and integrating Ayurveda into national health programs and AYUSH therapies. Moreover, Ayurvedic nutrition has emerged as a central feature of wellness tourism, with resorts and health centers across Kerala, Uttarakhand, and Goa offering programs for lifestyle management, preventive health, and rejuvenation that draw on traditional dietary practices. Evidence from the Indian Brand Equity Foundation (IBEF) indicates that the Ayurvedic products market in India is projected to reach US\$ 16.27 billion by FY 2028, while the broader AYUSH sector, encompassing both manufacturing and services, was valued at over US\$ 50 billion in 2024. The wellness tourism sector, largely driven by Ayurveda and holistic wellness practices, was valued at US\$ 19.43 billion in 2024, demonstrating India's growing global influence and recognition as a hub for traditional health and wellness. In conclusion, Ayurvedic nutrition strengthens India's cultural identity, reinforces national pride, and serves as a bridge between traditional heritage and contemporary global health priorities. Its incorporation into later post-independence policies and wellness tourism initiatives positions India as a custodian of holistic health, while also enhancing the country's soft power and international visibility.

Keywords: Ayurvedic Nutrition, National Identity, Cultural Heritage, AYUSH Policies, Wellness Tourism

T1107

Aambadi (*Hibiscus sabdariffa* L.): Reviving an Indigenous Leafy Vegetable for Nutritional Security and Cultural Preservation

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Micronutrient malnutrition continues to pose a major public health challenge in India despite ongoing nutritional interventions. Indigenous and underutilized foods offer culturally

appropriate and sustainable approaches to addressing dietary deficiencies. This study examines *Aambadi* (*Hibiscus sabdariffa* L.), a neglected indigenous leafy vegetable, to evaluate its nutritional value, therapeutic potential, and cultural significance, and to advocate its reintegration into contemporary diets while preserving culinary heritage and agrobiodiversity. A comprehensive literature review was conducted using peer-reviewed studies published between 2018 and 2025, sourced from PubMed, Google Scholar, institutional repositories, ethnobotanical surveys across nine Indian states, food composition databases, and phytochemical analyses.

The findings indicate that *aambadi* possesses pan-Indian cultural relevance, reflected in its diverse vernacular names such as *gongura*, *ambadi*, and *khata palanga*, and its ceremonial use in regional food traditions. Nutritional evidence demonstrates high nutrient density, providing more than 100% of the recommended daily allowance for vitamins A and C per 100 g, along with significant amounts of iron, zinc, calcium, B-complex vitamins, and dietary fibre. Favourable antinutrient-to-mineral ratios enhance micronutrient bioavailability. Phytochemical studies confirm antioxidant, anti-inflammatory, antihypertensive, and antidiabetic properties, supporting traditional medicinal uses.

The study concludes that *aambadi* is a climate-resilient, affordable, and nutritionally rich indigenous food with strong potential to improve micronutrient security. Integrating such foods into dietary guidelines and food systems can promote sustainable nutrition, biodiversity conservation, and the preservation of cultural food heritage.

Keywords: Indigenous Foods, Hibiscus Sabdariffa, Traditional Ecological Knowledge, Micronutrient Security, Cultural Food Systems, Ethnobotany, Nutritional Biodiversity

T1108

Preserving Cultural Roots: Nutritional Evidence for Kalna Flour and Water Spinach (*Ipomoea Aquatica*) as Pillars of Maharashtra's Food Heritage and Identity

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Traditional foods play a significant role in maintaining nutritional health and preserving cultural identity. In Maharashtra, indigenous foods such as Kalna flour and water spinach have been consumed for generations but are increasingly being replaced by refined and processed foods. Despite their nutritional richness, these traditional foods remain underutilized in modern diets. This study aims to evaluate Kalna flour and water spinach as nutritionally valuable indigenous foods and explore their potential role in preserving Maharashtra's food heritage. A systematic literature review was conducted using authentic sources focusing on indigenous foods, pulse–cereal combinations, and water spinach. Studies examining nutritional composition, bioactive compounds, antioxidant properties, functional characteristics, and traditional preparation methods were included. The findings indicate that Kalna flour, a traditional blend of jowar and urad dal, offers improved protein quality, sustained energy, and essential vitamins and minerals. Water spinach is rich in protein, calcium, iron, potassium, and antioxidants, contributing to overall nutritional adequacy. Traditional cooking practices associated with these foods support nutrient

retention and enhance their health benefits. The study concludes that Kalna flour and water spinach have strong potential to address nutritional gaps while supporting culturally appropriate and sustainable dietary practices. Promoting these foods can contribute to improved nutrition and the preservation of Maharashtra's traditional food heritage.

Keywords: Indigenous foods, Kalna flour, Water spinach, Traditional diets, Nutritional composition, Bioactive compounds, Food heritage, Sustainable nutrition, Maharashtra

T1201

Co-curricular Activities in Catholic Schools: Perceived Benefits among High School Students

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The study explored and tried to understand the role of co-curricular activities in fostering confidence, leadership, and interpersonal skills among students in Catholic schools in India. The research seeks to understand students' perception on co-curricular activities, particularly how these activities contribute to student's personal growth and the challenges faced in practice. Data were collected through semi-structured interviews with 25 senior teachers and focus group discussions with students from five purposively selected Catholic schools. The key findings of the thematic analysis are condensed into three main themes: confidence building, holistic development, and participant challenges. Each theme is discussed in conjunction with its corresponding subthemes. Findings indicated that co-curricular activities, such as sports, literature, and cultural events, significantly enhance students' confidence, resilience, and leadership skills, aligning with Catholic values. These activities provide a platform for students to explore their potential, develop talents, and build meaningful relationships. For further study, a large-scale survey across Catholic schools throughout India is recommended to examine the availability of co-curricular opportunities.

Keywords: Catholic School, Co-curricular Activities, Confidence Building, Holistic Development, Leadership Skills

T1301

Threads of Identity: Indigenous Textile Heritage as a Living Expression of Cultural Roots and National Identity

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Textiles are more than material objects; they are woven narratives of culture, memory and identity. Indigenous textile techniques embody the cultural roots of communities, shaped by geography, ecology and lived traditions. Practices such as handloom weaving, natural dyeing, resist printing and surface embellishment have evolved through generations, carrying ancestral knowledge encoded in fibres, motifs and processes, while remaining responsive to changing social and economic contexts. This review poster examines textile heritage as a living expression of cultural roots and national identity, where tradition survives not through static preservation but through continuous practice, adaptation and reinterpretation. The findings

highlights how indigenous textile traditions function as cultural bridges linking the past with the present through embodied skill and generational transmission, connecting local craft systems with global sustainability and balancing heritage with innovation. While traditional looms and hand processes safeguard inherited knowledge systems, contemporary design interventions, conscious consumer engagement and supportive policy frameworks enable these techniques to evolve and remain relevant in modern markets without losing authenticity. By foregrounding artisans as custodians of intangible cultural heritage, this review emphasizes textiles as dynamic cultural threads that actively contribute to cultural sustainability, self reliance, livelihood security and inclusive nation building in an increasingly globalized world.

Keywords: Textiles, Indigenous, Heritage, Identity, Sustainability, Innovation

T1302

Fashioning Heritage: Reviving Dogra Costumes through Adolescent-Centred Innovation

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Jammu, the winter capital of Jammu and Kashmir, is a place rich in traditions and cultural diversity. The local Dogra community is well-known for its unique clothing, textiles, and accessories that showcase its strong cultural identity; however, modernisation and global fashion influences have led to a declining awareness and acceptance of traditional clothing, especially among young people. This study focuses on Dogra girls aged 15 to 19 from the Jammu area and seeks to generate their interest in traditional Dogra attire through creative and engaging methods. A systematic approach was used, involving flashcards displaying different styles of traditional clothing to assess adolescents' preferences for outfits suitable for school, home, and special occasions. Based on these preferences, a series of modern dress designs was created, combining contemporary styles with traditional Dogra patterns and motifs. Awareness sessions were held to educate participants at various schools of Jammu, about Dogra heritage, textiles, and accessories. These sessions highlighted everyday clothing made from cotton and terry-cotton, including *Suthan* (bottom wear), *kurta* (top wear), and *Odni* (headgear), as well as special occasion outfits made from velvet and wool, adorned with *Gota* (embellishment) and *tilla* embroidery. Traditional local jewellery was also introduced. Using the adolescents' preferences, sketches of modern dress designs were created, incorporating their preferred traditional elements with contemporary styles. The intervention successfully raised awareness, appreciation, and acceptance of Dogra heritage, demonstrating how cultural education and design innovation can help revitalise traditional crafts and strengthen the cultural identity among Dogra youth.

Keywords: Dogra Culture, Dogra Costumes, Traditional Costumes, Adolescent Girls, Jammu, Contemporary Design, Cultural Revival



“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”
— World Health Organization

Theme 2

Health and Well-being

The abstracts under **Health and Well-being** collectively underscore a multifaceted approach to enhancing quality of life through nutrition, lifestyle interventions, mental health, and preventive practices. Numerous studies address nutritional challenges, including PCOS management via balanced diets and exercise, synbiotic food development for gut health, amino acid needs in pregnancy, ultra-processed food consumption, and iron-rich or millet-based functional snacks to combat deficiencies and promote sustainable eating. Traditional and indigenous foods (e.g., Katlu, Bamboo Chi Kaap, Takla-stuffed paratha) emerge as preventive tools against lifestyle disorders, while assessments of nutritional status highlight vulnerabilities among adolescents, women in SHGs, breast cancer patients, and urban professionals like advocates and delivery agents.

Mental and psychosocial well-being receive equal emphasis, with explorations of body image, self-esteem, marital satisfaction, gratitude, forgiveness, revenge bedtime procrastination, partner phubbing, childhood trauma, and burnout among nurses. Post-pandemic insights reveal shifts in parenting, discipline, and adolescent resilience, alongside eco-psychological impacts of climate disasters and arts-based interventions for healthy ageing. Musculoskeletal health, food adulteration awareness, and ergonomic concerns in gig work further link occupational and environmental factors to overall well-being. Together, these contributions align with holistic, culturally rooted strategies to foster physical vitality, emotional resilience, and sustainable health practices, contributing to a resilient future.

T2101

PCOS and Lifestyle

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Polycystic Ovary Syndrome (PCOS) is a very common condition that affects many women, generally those of reproductive age. It is categorized by a range of hormonal variations that can lead to irregular periods, weight gain, and issues with insulin levels. These insulin issues are particularly important as they can cause high blood sugar levels, which in turn can affect ovulation and lead to the development of cysts on the ovaries. Recent studies emphasize that making lifestyle changes can be incredibly beneficial for managing PCOS. This includes adopting a well-balanced diet, engaging in regular physical activity, getting sufficient sleep, and finding effective ways to manage stress. For example, eating a low-glycemic, nutrient-dense diet and being more active physically and incorporating moderate exercise can significantly improve health, support regular ovulation, and ultimately enhance the quality of life for those with PCOS. It's also crucial to encourage behaviors that can result in maintaining these healthy habits over the long term. A personalized approach that emphasises sustainable lifestyle changes often proves to be the most effective way to alleviate symptoms and improve overall well-being.

Keywords: PCOS; Lifestyle; Stress; Nutrition.

T2102

Systematic Development of Synbiotic Food Prototypes Using Integrated Consumer Metrics and Sensory Quality Assessment

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Any acceptable food product must simultaneously meet consumer expectations and achieve satisfactory sensory quality, a balance that is particularly critical in the development of synbiotic formulations. The present study implemented a structured, multi-stage framework to guide the systematic conceptualization and evaluation of synbiotic food products incorporating yogurt, banana and flaxseed. Fifteen preliminary product concepts were generated and assessed through a large-scale consumer survey (n=200) to characterize preference patterns and identify formulations with the greatest potential for acceptance. The ten most preferred concepts were subsequently prepared and evaluated by a trained sensory panel (n=15) using a standardized 10-point scale covering essential sensory attributes. Consumer preference insights and expert sensory evaluations were integrated to obtain a comprehensive understanding of product appeal, identify critical sensory determinants, and support evidence-based screening of the formulations. This approach highlights the value of combining consumer-driven metrics with trained sensory profiling to inform the rational development of synbiotic food products.

Keywords: Synbiotic Foods; Consumer Preference Analysis; Sensory Evaluation; Product Development, Functional Food Formulations.

T2103

Systematic Review and Meta-Analysis of Amino Acid Requirements during Pregnancy

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Maternal nutrition is a critical determinant of fetal growth, organ development, and pregnancy outcomes, with amino acids serving as essential substrates for protein synthesis, placental function, and metabolic regulation. Despite extensive research, existing evidence on specific amino acid requirements during pregnancy remains heterogeneous and often inconclusive. The present study undertook a systematic review and meta-analysis to consolidate and quantify the current evidence on amino acid needs in pregnant women. Comprehensive literature searches were conducted across major scientific databases in accordance with PRISMA 2020 guidelines. Studies were included if they involved pregnant women and reported quantitative data on amino acid intake, metabolism, or requirements during pregnancy. Peer-reviewed original human studies published in English were included, while reviews, animal studies, and studies without relevant amino acid data were excluded. Reference management and study screening were performed using Zotero and Rayyan software to ensure methodological transparency and reproducibility. Quality appraisal and quantitative synthesis were carried out using R software with the meta and metafor packages. The meta-analytic synthesis demonstrated considerable variability across studies in reported amino acid requirements, reflecting differences in study design, population characteristics, and assessment methodologies. Despite this heterogeneity, specific amino acids consistently exhibited significant associations with favourable maternal and fetal outcomes, including improved fetal growth metrics and optimal pregnancy progression. These integrated findings consolidate fragmented evidence into a coherent quantitative framework, thereby enhancing current understanding of amino acid dynamics in pregnancy. The results provide robust evidence on the amino acid profile most critical during pregnancy, forming a scientific basis for the development of targeted nutritional interventions and supporting future innovations in maternal nutrition. This systematic review and meta-analysis thus bridge the gap between clinical nutrition evidence and practical dietary guidance for improving maternal and fetal health outcomes.

Keywords: Amino Acids; Pregnancy Nutrition; Maternal and Fetal Health; Fetal Development, Systematic Review, Meta-Analysis.

T2104

Too Tempted to Wait: Cognitive-Behavioural Dysregulation and Distress in Overweight Young Adults

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The prevalence of overweight and obesity among Indian young adults has increased substantially, contributing to heightened risk for non-communicable diseases and cognitive dysfunction. Elevated Body Mass Index (BMI) has been consistently associated with

impairments in executive functions and increased psychological distress; however, evidence from Indian populations remains limited. The present study examined differences in response inhibition, decision-making, and psychological profiles among Indian young adults with normal and overweight BMI. A cross-sectional design was employed with 428 participants aged 18–25 years ($M = 20.57 \pm 1.76$). Participants were classified according to Asian BMI criteria into normal weight ($BMI < 23 \text{ kg/m}^2$) and overweight ($BMI \geq 23 \text{ kg/m}^2$) groups. Measures included the Depression Anxiety Stress Scale-21, Barratt Impulsiveness Scale-11, Iowa Gambling Task, and Go/No-Go task, administered online using PsychoPy (v2023). Independent samples *t*-tests were conducted for group comparisons. Results indicated significantly poorer cognitive performance among overweight participants. The overweight group demonstrated lower Iowa Gambling Task net scores ($p < .001$) and committed significantly more commission errors on the Go/No-Go task ($p < .001$), along with slower reaction times ($p = .001$). Psychologically, overweight participants reported higher anxiety and stress levels, with small effect sizes. Behavioral assessment revealed significantly higher motor and non-planning impulsivity, while no differences were observed in attentional impulsivity. Overall, findings highlight cognitive and emotional vulnerabilities associated with elevated BMI among Indian young adults. Impairments in inhibitory control and decision-making, alongside increased psychological distress, underscore the importance of integrating cognitive and emotional regulation strategies into weight-management interventions for this at-risk population.

Keywords: Overweight; Body Mass Index (BMI); Executive Functioning; Decision-Making; Response Inhibition; Impulsivity; Psychological Distress; Young Adults; Indian Population.

T2105

Normal Weight Obesity Phenotype among Adults Residing in Urban Vadodara: It's Prevalence and Associated Factors

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Normal weight Obesity (NWO) is characterized by a normal Body Mass Index (BMI) but high body fat percentage and is prevalent in South Asian populations posing significant metabolic and cardiovascular risk. Despite the increasing recognition of NWO and its health implications, there is a dearth of scientific evidence regarding dietary, physical activity and lifestyle factors associated with this condition. Thus, present study was planned to fill the existing gap in knowledge regarding NWO. The objectives were to assess the prevalence and factors associated with NWO Phenotype among adults residing in urban Vadodara. A cross-sectional study on NWO was conducted among the free-living adult population of Urban Vadodara. Data on Socio-economic status, Family and Medical History, Anthropometry and Body Composition, Biophysical measurement, Dietary practices and Lifestyle factors was obtained from the 451 enrolled subjects. Around 30% of participants had NWO, with males having higher systolic and diastolic blood pressure. The prevalence of abdominal obesity increased with age, with younger individuals at 15.9% and middle-aged individuals at 36.1%. Most participants exhibited increased body fat, with 5.9% showing high visceral fat levels. Skeletal muscle analysis showed that 68.8% of participants had low muscle mass, suggesting normal weight obese tend to have higher body fat percentages and lower muscle mass. A significant portion (61.5%) were vegetarian, with most reporting breakfast 4-6 times per week. Additionally, the research evicted body age, waist circumference, dietary fat consumption, and physical activity as key factors determining NWO, with physical activity exhibiting the

strongest association with body fat percentage. The study explored the prevalence of Normal Weight Obesity (NWO) and its relationship with socio-economic, medical, anthropometric, dietary, and lifestyle factors. Despite maintaining a normal BMI, many displayed elevated body fat levels, diminished muscle mass, and central obesity, increasing their risk for metabolic disorders.

Keywords: Normal Weight Obesity; Body Fat Percentage; Body Composition; Abdominal Obesity; Physical Activity; Dietary Fat Intake; Urban Adults; South Asian Population; Metabolic Risk.

T2016

Nutritional Status and Health Awareness of Women Belonging to Self-Help Groups (SHG) in North Chennai, India

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Lifestyle and dietary habits play a significant role in determining the risk of developing metabolic disorders, particularly among women in low-income communities. This study was undertaken to assess the nutritional status and health awareness of women belonging to Self-help Groups (SHG) in North Chennai and to implement a targeted Nutrition Education Program. The study included 150 participants and involved the collection of demographic data, anthropometric measurements (height, weight, BMI, waist circumference, and skinfold thickness), blood pressure recording and dietary assessment using a food frequency questionnaire and a 3-day food record. A pre- and post-test questionnaire was used to evaluate the effectiveness of the Nutrition Education Program. The findings revealed that many participants had unhealthy eating patterns, including low intake of whole grains, fruits and green leafy vegetables, along with frequent consumption of refined oils and fried snacks. Most of the participants were overweight or obese with elevated BMI and skinfold thickness and were hypertension. Nutrient analysis showed excessive intake of energy, carbohydrate and fats, with deficiencies in Iron and Vitamin D. The Nutrition Education Program significantly improved participants' knowledge of balanced diets and healthy lifestyle practices. The study concluded that awareness and education can serve as effective tools in improving nutritional habits and reducing the risk of lifestyle-related disorders in community settings.

Keywords: Lifestyle and Dietary Habits; Nutritional Status; Nutrition Education Program; Self-Help Groups (SHG); Low-Income Women; Metabolic Disorders; Obesity; Hypertension; Community Nutrition; Health Awareness.

T2107

A Survey on Perceptions and Attitude towards Healthy and Unhealthy Eating Pattern

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The aim of this survey was to assess perceptions and self-reported behaviours related to healthy and unhealthy eating pattern among people across various age groups. The study included a cross-sectional design, and convenience sampling was used to select 150 participants for the study. The survey comprised of a questionnaire to evaluate the participant's instinctive eating

habits, their self-perception of diet quality, awareness of nutritional concepts and attitude towards policy solutions. The questionnaire was structured to capture both behavioural patterns such as eating during distraction or responding to hunger cues, and cognitive awareness such as perception of cost barriers and support for institutional education. The analysis of the responses revealed significant insights into the dissonance between nutritional knowledge and daily practice. Key findings highlight the prevalence of impulsive or convenience driven eating, gaps in self-assessed dietary impact (such as portion control), and varying levels of familiarity with basic metrics. Furthermore, the data clarifies public sentiment regarding the most effective levers for change, specifically contrasting the perceived importance of affordability versus education as primary solutions to combat malnutrition.

Keywords: Eating Behaviour; Dietary Perception; Nutrition Awareness; Instinctive Eating; Convenience Eating; Portion Control; Nutrition Education; Policy Attitudes; Cross-Sectional Survey.

T2108

Eating Disorder among Adults (18-30 Years) in Urban Bengaluru, India

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Eating disorders (EDs) are complex mental health conditions characterized by disturbed eating behaviors that adversely affect physical and psychological well-being. The present descriptive cross-sectional study aimed to assess the prevalence of eating disorder risk, associated factors, and awareness levels among adults aged 18–30 years in urban Bengaluru. The study also tested the hypotheses that there is no significant difference in eating disorder risk between males and females and no association between Body Mass Index (BMI) and eating disorder risk.

A total of 501 participants (328 females and 173 males) were selected using simple random sampling from the general urban population, including students and working adults. Data were collected using a structured, pre-tested questionnaire covering socio-demographic characteristics, anthropometric measurements, dietary patterns, lifestyle factors, clinical symptoms, and disordered eating behaviors. The Eating Attitudes Test (EAT-26), adapted and validated for local conditions, was used to assess eating disorder risk.

Results indicated that 56% of respondents scored above 20 on EAT-26, suggesting a higher risk of eating disorders, while 44% were at low or no risk. Although 68% of respondents reported awareness of eating disorders, only 15% had been clinically diagnosed. Common symptoms included overweight, dry hair, dry skin, and headaches. The age group 27–28 years showed the highest risk, possibly influenced by emotional stress, body image concerns, and lifestyle transitions. No statistically significant associations were observed between eating disorder risk and gender, BMI, physical activity, screen time, or dietary diversity. Following data collection, awareness regarding eating disorders was provided using educational visual aids. The study highlights the need for continued nutrition and mental health education to promote healthy eating behaviors and overall well-being among young adults.

Keywords: Eating Disorders; EAT-26; Young Adults; Urban Population; Dietary Patterns; Body Image; Nutrition Awareness; Mental Health.

T2109

Consumption of Ultra - Processed Foods among Adults

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Ultra-processed foods (UPFs) are industrial formulations derived from food substances and additives, subjected to intensive processing, resulting in products that are energy-dense, palatable, shelf-stable, and nutritionally poor. Increased consumption of UPFs has been strongly associated with the rising burden of non-communicable diseases (NCDs) such as obesity, diabetes, hypertension, cardiovascular diseases, and certain cancers. In India, NCDs account for approximately 66% of all deaths, highlighting the urgency of addressing dietary risk factors. This study aimed to assess the consumption patterns, awareness, and health implications of UPFs among adults aged 30–33 years residing in urban Bengaluru, a population particularly vulnerable to NCDs.

A cross-sectional study was conducted among 100 adults (60 males and 40 females) selected through random sampling. Data were collected using a structured and validated questionnaire capturing socio-demographic details, dietary habits, frequency of UPFs consumption, awareness, nutritional knowledge, and self-reported health issues. Educational awareness was provided to all participants using visual aids highlighting the adverse effects of UPFs. Statistical analysis was performed to identify significant associations.

Results revealed that 41.4% of respondents consumed UPFs occasionally, while 35.4% consumed them 1–2 times per week. Fast foods, salty snacks, and sugary snacks were the most commonly consumed UPFs. Taste and convenience were the primary reasons for consumption. Although 67.7% correctly identified UPFs and 88% acknowledged that reducing intake would improve health, barriers such as lack of time and limited access to healthy alternatives were reported. Awareness regarding nutrition label reading was low. The study concludes that while awareness of UPFs exists, behavioral and environmental barriers limit healthy dietary practices, emphasizing the need for sustained nutrition education and supportive food environments to prevent NCDs.

Keywords: Ultra-Processed Foods; Non-Communicable Diseases; Dietary Habits; Nutrition Awareness; Urban Adults; Food Labeling; Lifestyle Diseases.

T2110

Identifying Gaps in Nutritional Status and Dietary Diversity Assessment of Adolescent Girls (15–18 Years) in a Rural Area

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Adolescence is a critical phase of growth characterized by increased nutritional requirements; however, adolescent girls in rural India remain highly vulnerable to under-nutrition and poor dietary quality. The present cross-sectional study aimed to assess the nutritional status and dietary diversity of adolescent girls aged 15–18 years in rural Vadodara district, Gujarat.

Using a multistage random sampling technique, one rural block was selected, followed by 63 *Anganwadi* Centres. Four to five registered adolescent girls from each centre were enrolled, resulting in a sample of 300 participants. Anthropometric measurements, including height, weight, and body mass index (BMI), were recorded and interpreted using WHO 2007 Growth Standards. Dietary intake was assessed using a Food Frequency Questionnaire and Dietary Diversity Score (DDS) adapted from the FAO's Minimum Dietary Diversity for Women (MDD-W). Results revealed considerable nutritional vulnerability among participants. Mean BMI ranged from 18.3 to 19.5 kg/m². Based on BMI-for-age Z-scores, 3% of girls were severely thin, 17% moderately thin, and 31.6% mildly thin, indicating widespread chronic energy deficiency. Stunting was also highly prevalent, with 10.3% severely stunted and 36.3% moderately stunted, reflecting long-term nutritional deprivation. Dietary assessment showed heavy reliance on staple cereals, while intake of animal-source foods, fruits, dry fruits, and vitamin A-rich foods was notably low. Although pulses and vegetables were consumed regularly, protein-rich foods such as eggs, meat, and fish were rarely included. The mean DDS was 6.06 ± 1.21 ; despite over 90% meeting minimum diversity criteria, gaps in micronutrient-rich food consumption persisted. The study highlights persistent under-nutrition and suboptimal dietary quality among rural adolescent girls, emphasizing the need for targeted nutrition education, improved dietary diversification, and strengthened adolescent-focused nutrition interventions.

Keywords: Adolescent Girls; Nutritional Status; Dietary Diversity; Rural Population; Stunting; Thinness; Anganwadi Centres; India.

T2111

Assessment of Nutritional Status and Lifestyle of Advocates in Bengaluru City

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Advocates perform demanding professional roles that require sustained cognitive effort, emotional regulation, and ethical responsibility. These occupational demands, combined with irregular work schedules and high stress levels, can adversely affect their nutritional status, lifestyle behaviours, and overall health. The present study aimed to assess the nutritional status and lifestyle patterns of advocates practicing in Bengaluru city and to create nutritional awareness among them. A cross-sectional study was conducted among 100 advocates (81 males and 19 females) aged 25 years and above, selected through random sampling from the Chief Metropolitan Magistrate Court and City Civil Court Complex, Bengaluru. Data were collected using a structured questionnaire covering socio-demographic information, dietary habits, physical activity, stress levels, and personal habits. Anthropometric measurements including height, weight, waist circumference, and hip circumference were recorded using standard protocols, and Body Mass Index (BMI) was classified according to WHO guidelines. The study was carried out in three phases: data collection, anthropometric assessment, and nutrition awareness intervention. Statistical analysis involved descriptive statistics and Chi-square tests using SPSS. Results indicated that nearly half of the male (49.4%) and female (42.1%) advocates had normal BMI, while a considerable proportion were overweight or obese. No significant gender difference was observed in BMI distribution. However, a statistically

significant association was found between gender and waist-to-hip ratio, with all female respondents classified as having abdominal obesity, highlighting greater cardio-metabolic risk despite comparable BMI. Smoking and alcohol consumption were relatively low. Nutrient intake analysis revealed deficiencies in energy, protein, iron, and calcium, while fat and vitamin C intake were adequate. Despite reasonable awareness, regular mindful eating practices were limited. The study emphasizes the need for targeted nutrition education and lifestyle interventions to improve health outcomes and long-term well-being among advocates.

Keywords: Advocates; Nutritional Status; Lifestyle Patterns; Body Mass Index; Waist-to-Hip Ratio; Occupational Stress; Urban Professionals; Nutrition Awareness

T2112

Evaluation of Nutritional Quality and Consumption Patterns of Street Foods Available in Vadodara City, Gujarat, India

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The prevalence of overweight and obesity in India is rising at a rate surpassing the global average. One notable aspect of this shift is the increasing consumption of street food, which serves as an affordable and convenient meal option for billions worldwide. Approximately 2.5 billion individuals consume street food on a global scale daily. In India, the proportion of households eating outside their homes monthly increased from 23% in 1994 to 39% in 2010. This study aimed to evaluate the nutritional quality of street foods in Vadodara and to assess consumer behaviors and perceptions toward these foods. A convenience sample of 146 street vendors were recruited from the top 10 areas of street food consumption in Vadodara, with a maximum of 15 vendors per area. Additionally, five consumers from each vending site were included in the study (n=730). Nutritional classification of the street foods was based on the major and minor ingredients used, and consumer data was gathered using a semi-structured questionnaire. The survey identified 1,452 food items from street vendors, with 81.1% classified under the red and amber nutritional categories, indicating high levels of fat, salt, or sugar. Students and full-time employees were the primary consumers, with 27.7% consuming street food 2-3 times per week. The majority consumed street foods as a snack while 37 % had it as a complete meal. Taste, affordability, variety, and easy access were the major reasons for the consumption of street food. Among 98 frequently consumed items, 72.5% were categorized as red and amber, posing significant dietary concerns. A link was observed between higher education levels and awareness of the health risks associated with excessive street food consumption. The study also found that 88.4% of street vendors were men, with 37% using frying as the main cooking method. Additionally, 35.6% of vendors offered beverages, and 4.1% practiced seasonal product rotation. Conclusion: In conclusion, there is a critical need for interventions targeting street food vendors and consumers to raise awareness about high-fat, salt, and sugar (HFSS) foods and to promote healthier food choices.

Keywords: Street Food; Street Food Vendors; Oil Management; Consumers; HFSS, Nutritional Quality.

T2113

Assessment of Nutritional Status of Women with Breast Cancer

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Breast cancer is the commonest malignancy among women globally. Female gender is the strongest breast cancer risk factor followed by increasing age, obesity, and family history, history of radiation exposure, reproductive history and postmenopausal hormone therapy. The objective of the study is, to assess the nutritional status of women with breast cancer and to study the influence of diet in management of breast cancer. The study comprised a questionnaire including socio-demographic data, anthropometric data, biochemical parameters, clinical signs and symptoms, dietary data and management of breast cancer was developed. The hundred women participants under an age bracket of 40 to 65 years with breast cancer were included. The data collected was subjected to statistical analysis as percentage, standard deviation, chi-square test and ANOVA. Majority of the respondents (53%) were diagnosed with breast cancer at above 50 years of age group. The majority of respondents (53%) were classified as overweight, with a BMI ranging from 25 to 29.9. A maximum number of respondents (70%) were non-vegetarians followed by vegetarians and ovo vegetarians. Maximum number of respondents (97%) were in stage I to III of cancer, undergone either chemotherapy or surgery. Correlation between diet and the stage of cancer showed that majority of the respondents with stage I, II and III were with non-vegetarian as dietary pattern. Early diagnosis, nutrition counselling, healthy lifestyle choices and initiatives to manage breast cancer can play a key role in managing breast cancer.

Keywords: Breast Cancer; Nutritional Status; Treatment; Lifestyle; Management.

T2114

Traditional Nutritional Practices as Preventive Tools: Enhancing Health and Quality of Life in the Era of Lifestyle Disorders

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Traditional nutritional practices, rooted in cultural wisdom and natural food systems, have long served as effective preventive tools for maintaining health and well-being. In the modern era, lifestyle disorders such as diabetes, obesity, hypertension, and cardiovascular diseases are increasing due to processed food consumption, sedentary habits, and stress-driven dietary behaviours. This study explores the significance of indigenous diets—rich in seasonal, plantbased, and minimally processed foods—and their role in boosting immunity, maintaining metabolic balance, and promoting sustainable nutrition. Practices like fermentation, mindful eating, and the integration of herbs and spices contribute to improved gut health, stronger antioxidant defences, and better disease resistance. By revisiting traditional dietary knowledge, individuals can adopt cost-effective, eco-friendly strategies that enhance overall quality of life while reducing dependence on medical interventions. The paper emphasizes the need for integrating traditional nutritional wisdom with modern health education to foster healthy

communities. Promoting these holistic dietary practices can play a transformative role in combating lifestyle disorders and supporting long-term public health.

Keywords: Traditional Diets; Preventive Nutrition; Lifestyle Disorders; Indigenous Food Practices, Holistic Health, Sustainable Nutrition, Wellness, Gut Health, Immunity, Quality of Life.

T2115

Estimation of Pesticide Residues in Fruits and Their Implications for Quality of Life

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Fruits are a vital component of a healthy diet and are strongly associated with improved nutritional status, disease prevention, and overall quality of life. However, the increasing reliance on pesticides in modern agriculture has raised significant concerns regarding food safety and long-term human health. While pesticides have historically enhanced agricultural productivity and food security, their indiscriminate use threatens sustainability, consumer safety, and well-being. In the context of building resilient and sustainable food systems, it is essential to examine the implications of pesticide residues in fruits on quality of life. The present study aimed to estimate pesticide residues in commonly consumed fruits and examine their potential impact on quality of life from a public health and sustainability perspective. Fruit samples—strawberry, grapes, and pomegranate—were collected from urban retail markets across multiple seasons to reflect routine consumption patterns. Laboratory analysis was conducted to quantify pesticide residues, with particular emphasis on fungicides and insecticides. Detected residue levels were compared with established Maximum Residue Limits (MRLs) to assess regulatory compliance. In addition, consumer awareness and fruit-handling practices were assessed to understand exposure pathways and perceived health risks. Results revealed the presence of multiple pesticide residues, with certain compounds, including copper-based fungicides and systemic insecticides, detected at levels approaching or exceeding permissible limits. Fruits commonly consumed raw demonstrated greater residue retention, increasing potential dietary exposure. Chronic low-level exposure to such residues may negatively affect physical health and psychological well-being, thereby influencing overall quality of life. The study offers a holistic perspective by integrating pesticide residue analysis with a quality-of-life framework, underscoring the need for stronger regulatory enforcement, promotion of integrated pest management, and enhanced consumer education to ensure safe, sustainable, and health-promoting food systems.

Keywords: Pesticide Residues; Fruit Safety; Quality of Life; Food Safety; Sustainability; Public Health; Consumer Awareness.

T2116

Knowledge, Attitude and Practices of Complementary Feeding among Lactating Mothers in Bengaluru India

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Complementary feeding plays a vital role in meeting the nutritional requirements of infants beyond six months of age, as breast milk alone is insufficient to support optimal growth and development. Maternal knowledge, attitudes, and practices (KAP) related to complementary feeding significantly influence infant nutrition and health outcomes. The present study aimed to assess the KAP regarding complementary feeding among mothers of infants aged 6–24 months in urban Bengaluru. A cross-sectional study was conducted among 100 lactating mothers selected using purposive sampling. Data were collected using a pre-tested, structured questionnaire comprising socio-demographic characteristics, infant profile, and maternal knowledge, attitudes, and practices related to complementary feeding. Data were analyzed using descriptive statistics and percentages. Statistical analysis was performed using IBM SPSS Statistics version 29.0, with significance set at $p < 0.05$. Socio-demographic findings revealed that most mothers were homemakers (67%), belonged to joint families (58%), and were predominantly from the Muslim community (74%). Infant profiles showed that the majority were aged 6–12 months (64%), 62% were male, and 58% were delivered by caesarean section. Almost all infants were exclusively breastfed for the first six months. Knowledge assessment indicated that 38% of mothers initiated complementary feeding after six months, with family and friends serving as the primary source of information (72%). Attitudinal assessment showed positive perceptions, with 84% of mothers expressing willingness to continue breastfeeding up to two years, and 79% acknowledging the importance of initiating complementary feeding at six months alongside breastfeeding. In practice, 97% introduced complementary foods at six months; however, challenges such as food refusal (48%) and lack of knowledge (9%) were reported. The study concludes that although mothers demonstrated moderate to good knowledge and positive attitudes, gaps in feeding practices highlight the need for continuous nutrition education and professional guidance to improve complementary feeding practices.

Keywords: Complementary Feeding; Knowledge Attitude Practices; Lactating Mothers; Infant Nutrition; Breastfeeding; Urban Bengaluru.

T2117

TMI V/S BMI - A Better Predictor for Childhood Adiposity

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The global childhood obesity epidemic is escalating at a faster rate than adult obesity, with the World Obesity Atlas 2024 projecting that India will have approximately 14.79 million overweight children aged 10–19 years by 2030. Accurate screening tools for assessing adiposity in children are therefore essential. This study aimed to compare the accuracy of Body Mass Index (BMI) and Triponderal Mass Index (TMI) in predicting adiposity among school-aged children.

A cross-sectional study was conducted among 285 students aged 10–15 years from a private school in Mumbai. Anthropometric measurements, including height and weight, were recorded by a trained nutritionist, and BMI and TMI were calculated. Body fat percentage was assessed using a bioelectrical impedance analysis (BIA) body composition analyzer and served as the gold standard. Overweight and obesity were classified using Indian Academy of Pediatrics (IAP) 2015 body fat percentile cut-offs. BMI classifications were based on IAP BMI-equivalent cut-offs, while TMI cut-offs $\geq 12 \text{ kg/m}^3$ were used for comparison.

Of the participants, 55.44% were boys and 44.56% were girls, with a mean age of 13 years. TMI demonstrated a higher sensitivity (0.93) compared to BMI (0.47), indicating superior ability to correctly identify children with excess adiposity. Conversely, BMI showed higher specificity (1.0) than TMI (0.76), suggesting better exclusion of non-adipose children. BMI yielded a higher number of false negatives, whereas TMI produced more false positives.

The findings suggest that TMI is a more effective screening tool for identifying adiposity in children aged 10–15 years, as it minimizes missed diagnoses. BMI may serve as a complementary or confirmatory tool due to its higher specificity. Incorporating TMI into routine pediatric screening may enhance early detection and prevention of childhood obesity.

Keywords: Childhood Obesity; Triponderal Mass Index; Body Mass Index; Adiposity; Bioelectrical Impedance Analysis; Fat Percentage; School Children; India.

T2118

Assessment of Body Image, Dietary Intake and Body Composition of School-Going Female Middle Adolescents

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Adolescence is a critical developmental period characterized by rapid physical and psychological changes that strongly influence body image perception, dietary behaviors, and body composition. Body image dissatisfaction during this phase often predisposes adolescents to unhealthy dietary practices, including restrictive eating, extreme dieting, and the development of eating disorders. In the Indian context, evidence examining the interrelationship between body image, dietary intake, and body composition among female middle adolescents remains limited. The present study aimed to assess body image perception, dietary intake, and body composition and examine their associations among female adolescents aged 14–17 years in Byculla, Mumbai. A descriptive cross-sectional study was conducted among 328 female adolescents selected through purposive sampling. Data collection included anthropometric measurements, 24-hour dietary recall, and assessment of perceived body image using standardized tools. Body composition analysis using bioelectrical impedance was performed on a subsample of participants ($n = 50$). Results indicated high levels of body image dissatisfaction, with 63.1% of participants expressing a desire for a thinner body, 21.2% preferring a larger body, and only 15% reporting satisfaction with their body image. Anthropometric assessment revealed that 38.19% of participants were underweight, 46.88% had normal weight, and 14.93% were overweight. Body image dissatisfaction showed a significant positive association with higher BMI, highlighting the influence of societal and media-driven beauty ideals. Dietary analysis demonstrated that mean energy intake was

significantly below the Recommended Dietary Allowance, meeting approximately half of daily requirements. A weak association was observed between fat intake and body image dissatisfaction. The mean body fat percentage among the subsample was 27.31%, with some individuals exhibiting elevated values; however, no direct association was found between body composition and body image perception. The findings underscore the need for interventions promoting body positivity, balanced nutrition, and healthy lifestyle behaviors among adolescent girls, addressing both nutritional inadequacies and psychosocial influences.

Keywords: Adolescent Girls; Body Image Dissatisfaction; Dietary Intake; Body Composition; Body Mass Index; Eating Behaviors; India.

T2119

Neisseria Gonorrhoeae

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The rapid global increase in *Neisseria gonorrhoeae* infections, coupled with rising antimicrobial resistance, presents a major public health challenge and necessitates reliable, accessible antimicrobial susceptibility testing (AST) methods. Although agar dilution remains the gold standard for minimum inhibitory concentration (MIC) determination, its labor-intensive and resource-demanding nature limits routine and high-throughput use. This study aimed to develop and validate a scalable 96-well microtiter assay as an alternative AST method and to evaluate the performance of a simple-defined Kellogg's supplement compared with the CLSI-recommended complex-defined growth supplement. Seventeen well-characterized *N. Gonorrhoeae* laboratory strains representing diverse resistance profiles were tested against azithromycin, ceftriaxone, ciprofloxacin, and gentamicin. MIC values obtained using the 96-well microtiter assays were compared with those generated by the agar dilution method. Performance was assessed based on essential agreement (EA), categorical agreement (CA), and error rates. Both microtiter assays demonstrated no major errors across all antimicrobials tested. Minor errors were observed primarily with azithromycin, while gentamicin showed consistent minor discrepancies and the greatest variability across methods. Overall EA and CA ranged from 33% to 100%, depending on the antimicrobial agent, with ceftriaxone and ciprofloxacin showing the highest agreement. Importantly, the assay incorporating Kellogg's supplement performed comparably to the CLSI-recommended supplement. This study establishes the 96-well microtiter assay using Kellogg's supplement as a reliable, efficient, and cost-effective alternative for *N. gonorrhoeae* AST. The method significantly reduces time and resource requirements while maintaining acceptable accuracy, supporting high-throughput resistance surveillance and facilitating evaluation of novel therapeutic agents. This approach may enhance laboratory capacity to respond to the growing threat of drug-resistant gonorrhoea and other fastidious pathogens.

Keywords: *Neisseria gonorrhoeae*; Antimicrobial Resistance; Antimicrobial Susceptibility Testing; Minimum Inhibitory Concentration; 96-Well Microtiter Assay; Kellogg's Supplement; Public Health Surveillance.

T2120

Polycystic Ovary Syndrome (PCOS)

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Polycystic ovary syndrome (PCOS) is one of the most common endocrine and metabolic disorders affecting women of reproductive age and is characterized by hyperandrogenism, ovulatory dysfunction, insulin resistance, obesity, and polycystic ovarian morphology. The etiology of PCOS is multifactorial, involving complex interactions between genetic susceptibility, lifestyle and dietary factors, environmental exposures, neuroendocrine dysregulation, obesity, and metabolic disturbances. These mechanisms contribute to chronic hyperinsulinemia, oxidative stress, androgen excess, impaired folliculogenesis, menstrual irregularities, and an increased risk of metabolic syndrome. Growing evidence highlights gut microbiota dysbiosis as a critical contributor to PCOS pathophysiology through its role in insulin resistance, inflammation, and hormonal imbalance, prompting interest in novel, non-invasive therapeutic approaches. This review synthesizes current evidence on the prevalence, etiological factors, and pathophysiological mechanisms underlying PCOS and critically evaluates conventional and emerging treatment strategies. Lifestyle modification remains the cornerstone of management and, when combined with pharmacological therapies such as metformin, combined oral contraceptives, and ovulation-inducing agents including clomiphene citrate, can significantly improve reproductive and metabolic outcomes. Emerging interventions, including probiotics, prebiotics, fecal microbiota transplantation, and microRNA-based therapies, show promise in addressing underlying metabolic and inflammatory pathways. The review emphasizes the importance of individualized, patient-centered and multidisciplinary management strategies tailored to clinical phenotype, symptom severity, and reproductive goals. It also provides exercise professionals with evidence-based physical activity recommendations, advocating 150–300 minutes of moderate-intensity or 75–150 minutes of vigorous-intensity aerobic exercise weekly. Recognizing the psychological burden associated with PCOS, interventions should be delivered in a supportive and inclusive manner to optimize long-term health, fertility, and quality of life.

Keywords: Polycystic Ovary Syndrome; Insulin Resistance; Gut Microbiota; Hyperandrogenism; Lifestyle Modification; Exercise Prescription; Women's Health; Infertility.

T2121

Empyema - A Serious Complication of Community-Acquired Pneumonia (CAP) in Children

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Empyema is a severe complication of community-acquired pneumonia (CAP) in children, characterized by the accumulation of purulent fluid in the pleural space and associated with significant morbidity. This scoping review protocol examines the epidemiology, causative pathogens, and broader research landscape related to paediatric empyema and pneumonia, while also contextualizing challenges within the global research workforce. Key bacterial pathogens implicated include *Streptococcus pneumoniae*, *Staphylococcus aureus*, and Group

A *Streptococcus*, with *S. pneumoniae* remaining a leading cause of CAP, empyema, and meningitis worldwide. The review highlights the growing threat of antimicrobial resistance (AMR), which has reduced the effectiveness of first-line treatments such as β -lactams, macrolides, and fluoroquinolones. Resistance mechanisms include altered penicillin-binding proteins, ribosomal target modifications, efflux pumps, and plasmid-mediated resistance. Despite advances in vaccination strategies and artificial intelligence-based tools, AMR continues to undermine pneumonia management, underscoring the need for novel therapeutic and preventive approaches. A bibliometric analysis identified 22,694 pneumonia-related publications, with global research output doubling over the study period. While the United States, United Kingdom, and Japan were the most productive contributors, China showed rapid growth, and outputs from low- and middle-income countries tripled, though they remain underrepresented. International collaboration accounted for approximately 19% of studies, particularly in sub-Saharan Africa and South Asia. Funding analysis from the United Kingdom revealed increased investment in translational pneumonia research between 1997 and 2013. The paper also addresses researcher well-being and workforce sustainability, highlighting challenges such as job insecurity, high workloads, and funding instability, particularly among cardiovascular disease researchers. Strengthening researcher support systems, diversifying funding, and fostering collaboration are essential to sustaining high-quality research and addressing the global burden of pneumonia and its complications.

Keywords: Empyema; Community-Acquired Pneumonia; *Streptococcus pneumoniae*; Antimicrobial Resistance; Pediatric Infections; Research Workforce; Bibliometric Analysis; Global Health.

T2122

Breast Fibroadenomas, Common Benign Conditions Exhibit Distinct Clinical and Histopathological Features

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Breast fibroadenomas are the most common benign breast tumors, predominantly affecting adolescents and young women, and are characterized by well-circumscribed, mobile, painless masses arising from proliferation of stromal and epithelial components. Fibroadenomas are hormonally responsive, often enlarging during puberty, pregnancy, or with oral contraceptive use, and may regress after menopause. Clinical presentation typically includes palpable lumps, breast pain, or changes in appearance, which correlate with underlying glandular and stromal composition. Diagnosis relies on a combination of clinical examination, imaging, and tissue sampling—the “triple test.” Ultrasound is preferred in younger women, while mammography, often combined with ultrasound, is recommended in older women. Biopsy, either fine-needle aspiration or core, provides definitive histopathological confirmation, particularly in atypical or multiple fibroadenomas (MFAs). Fibroadenomas in male breasts are rare, often associated with gynecomastia or hormonal therapy, with isolated cases reported in conjunction with other malignancies. Management is individualized based on age, tumor size, symptoms, patient anxiety, and risk profile. Non-operative approaches, including regular monitoring, are appropriate for asymptomatic or small lesions, as spontaneous regression occurs in many cases. Surgical excision is indicated for symptomatic, enlarging, or suspicious lesions. Minimally invasive procedures, such as vacuum-assisted excision, offer improved cosmetic outcomes, while ablative therapies remain experimental. Although fibroadenomas carry a very low risk of malignant transformation, appropriate evaluation is essential to distinguish them from other

lesions and ensure optimal care. A patient-centered, multidisciplinary approach—combining careful clinical assessment, shared decision-making, and ongoing follow-up—maximizes both medical and psychosocial outcomes.

Keywords: Breast Fibroadenoma; Benign Breast Tumor; Multiple Fibroadenomas; Male Breast Fibroadenoma; Ultrasound; Biopsy; Management; Hormonal Responsiveness.

T2123

Dental Biofilm - A Highly Organized and Species-Rich Community that Forms on Tooth Surfaces within the Oral Cavity

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Dental biofilm is a complex, structured microbial community that forms on tooth surfaces and represents a key factor in the pathogenesis of oral diseases such as dental caries and periodontal disease. Biofilm formation is a multistep, dynamic process, beginning with the attachment of early colonizing bacteria to enamel via specific adhesion molecules. Subsequent proliferation and secretion of extracellular polymeric substances (EPS) lead to the development of a three-dimensional, multispecies community embedded within a protective matrix. This extracellular matrix enhances microbial survival by shielding resident bacteria from mechanical disruption, host immune responses, and antimicrobial agents, thereby increasing pathogenic potential and treatment resistance. Modern molecular techniques have revealed that dental biofilm harbors approximately 1,000 bacterial species, nearly double the number identified by traditional culture methods. Beyond the oral cavity, biofilms are ubiquitous and can form on natural surfaces, medical devices, and industrial materials, emphasizing their adaptability and ecological significance. The unique characteristics of dental biofilm necessitate advanced approaches for prevention and management. This review examines the stages of biofilm development and evaluates therapeutic strategies for its control. Conventional methods, including antibiotics and herbal medicines, are discussed alongside emerging interventions such as antimicrobial peptides, nanoparticles, probiotics, cold atmospheric plasma, quorum sensing inhibitors, and enzymatic agents. Enzymatic treatments—including Dispersin B, deoxyribonucleases (DNases), mutanase, and dextranase—target structural components of the biofilm matrix, showing particular promise in disrupting biofilm integrity. Understanding the formation, architecture, and adaptive behavior of dental biofilms is critical for developing effective strategies to prevent and manage biofilm-associated oral diseases.

Keywords: Dental biofilm; Oral microbiome; Extracellular polymeric substances; Biofilm disruption; Antimicrobial peptides; Enzymatic therapy; Nanoparticles; Oral disease prevention.

T2124

Development and Characterization of Millet-Derived Edible Films: Advances in Biodegradable Food Packaging

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Growing environmental concerns and increasing demand for safer, sustainable food packaging have led to the exploration of biodegradable and edible materials. Millets, underutilized yet nutrient-rich grains, present a promising source of starch for the development of edible films and sheets. Their biodegradability, availability, and functional properties make them a viable alternative to conventional plastic packaging. This review aims to synthesize recent research on millet-based edible films, evaluate the impact of natural additives and starch modifications on film properties, and assess their potential as eco-friendly food packaging materials. A comprehensive literature search was conducted using databases such as ScienceDirect, PubMed, and Google Scholar, focusing on studies published over the last decade. Research on barnyard, proso, pearl, finger, sorghum, and foxtail millet starches was included, with emphasis on the effects of natural additives, cross-linking agents, and plasticizers on physicochemical, mechanical, and functional characteristics. The studies indicate that chemical and physical modifications of millet starch enhance elasticity, tensile strength, moisture resistance, and biodegradability. Incorporation of natural additives—such as κ -carrageenan, curcumin, fenugreek oil, and borage seed oil—improved antioxidant activity, flexibility, and sensory acceptance. Further enhancements through cross-linking and plasticization resulted in films with superior transparency, stability, and barrier properties. Overall, millet-based edible films represent a sustainable, health-promoting innovation in food packaging. By leveraging the inherent functionality and regional availability of millets, these materials can reduce packaging waste, enhance consumer safety, and contribute to a circular, sustainable food system, supporting both environmental and nutritional objectives.

Keywords: Millet Starch; Edible Films; Biodegradable Packaging; Starch Modification; Natural Additives; Sustainable Food Packaging; Plastic Alternatives.

T2125

Assessing Infant and Young Child Feeding Practices in relation to the Nutritional Status of Young Children (6 - 23 months) in an Urban Setting

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The period between 6–23 months of age is critical for growth and development, as nutrient requirements exceed what breast milk alone can provide. Adequate complementary feeding is

essential during this window to prevent undernutrition and support optimal growth outcomes. This cross-sectional study aimed to assess growth and Infant and Young Child Feeding (IYCF) practices among children aged 6–23 months in urban Vadodara. A total of 87 children were enrolled from randomly selected Anganwadi centres. Data collection included anthropometric measurements, dietary diversity assessment, and evaluation of IYCF practices. Ethical approval was obtained from the Institute's Ethical Clearance Committee. The study revealed suboptimal IYCF practices. Only 58.6% of the mothers, initiated breastfeeding within one hour of birth, though 96.5% reported exclusive breastfeeding for the first six months. About 80.5% adhered to timely complementary feeding practices. Despite these reported practices, undernutrition was prevalent: severe wasting affected 8.04% of children, severe stunting 11.5%, moderate stunting 10%, and severe underweight 9.2%, with higher prevalence among children aged 13–23 months (11.8%) than 6–12 months (5.6%). Dietary diversity was limited, with 58.6% of children not meeting the Minimum Dietary Diversity (MDD) criterion; no child consumed all eight food groups, while 3.4% consumed only one and 2.3% consumed seven food groups. Mean daily energy intake was lower among males than females. Although reported IYCF practices were satisfactory, high rates of undernutrition indicate gaps in dietary quality and complementary feeding. These findings underscore the need for targeted interventions to improve complementary feeding practices, enhance dietary diversity, and strengthen assessment techniques to support the growth and nutritional well-being of young children.

Keywords: Complementary Feeding; IYCF Practices; Under-nutrition; Dietary Diversity; Growth; Young Children; Urban Vadodara.

T2126

Evaluating the Diversity and Quality of Young Children's Diets in Rural Settings within the Age Group of 6 Months to 2 Years

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Dietary diversity is a useful qualitative tool for assessing dietary intakes however, it only provides information on food groups that are included and not the quantity of food thus, and evaluating diet quality of children can be an efficient way of assessing dietary intakes. Diet Quality Assessment Tool DQAT 2023-K was developed for assessing diet quality of children aged 6 mo. to 2 years. The present study was designed to assess the dietary intakes of children who resided in rural Vadodara after obtaining informed consent from mothers. Around 82 children were enrolled from randomly selected Anganwadi centres of rural Vadodara. For dietary diversity assessment FAO's MDD IYCF and for diet quality assessment DQAT 2023-K were used. DQAT 2023-K consisted of 15 components namely breastmilk; grains; roots and tubers; legumes; nuts; dairy products; flesh foods; eggs; vitamin A-rich fruits; vitamin- rich vegetables; other fruits; other vegetables; high-fat, sugar, and salt foods; total fat; added sugar. The institute's Ethical clearance committee approved the present study. Results: Nearly 72% of the children were able to meet minimum dietary diversity with children between 13-23 months having a better diversity as compared to the younger group. Older age groups reported a significantly higher consumption of grains, roots, tubers, legumes and nuts as compared to their younger counterparts. Mean DQAT scores component wise for children aged 6-12 months

and 13-23 months revealed no significant difference gender wise. However, total scores reflected that scores of males were higher as compared to females. Diet Quality analysis showed that 2% of subjects needed quality upgrades in their diet and 98% were consuming poor quality diets. Good dietary diversity may be accompanied by poor diet quality, which highlights the urgent need to identify and close complementary feeding practice gaps using techniques like DQAT.

Keywords: Dietary Diversity; Diet Quality; Complementary Feeding; Infants and Young Children; DQAT 2023-K; MDD-IYCF; Rural Population; Anganwadi Centres; Child Nutrition.

T2127

Ranking Protein Sources in Indian Diets Using GWPRO: Integrating Nutrition and Sustainability

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Sustainable diets are essential for ensuring nutrition security while mitigating environmental impacts, particularly in rapidly urbanizing populations. Protein deficiency remains prevalent in India, yet data on environmentally sustainable protein sources are limited. This study evaluates protein food choices in urban Mumbai using the Protein-Mediated Global Warming Potential Ratio (GWPRO), which integrates protein quality and quantity with environmental footprint. A cross-sectional study recruited 105 adults from diverse socioeconomic backgrounds. Dietary intake was assessed via 24-hour recall, and protein sources were analyzed using the Indian Food Composition Tables (IFCT), Digestible Indispensable Amino Acid Score (DIAAS), and life cycle assessment (LCA) data. Foods were ranked using the GWPRO metric, which expresses global warming potential per unit of digestible protein. Statistical analyses included ANOVA, correlation matrices, and post-hoc tests to compare dietary patterns, age, and gender groups. Protein intake and environmental footprints varied significantly across dietary and socioeconomic subgroups. Non-vegetarian, higher-income participants consumed protein-rich foods with higher carbon footprints, whereas vegan and vegetarian diets showed lower environmental impact but risked protein inadequacy. Mean total daily dietary GWP was 2.321 ± 1.546 kgCO₂eq, with non-vegetarian diets highest (3.37 ± 2.349 kgCO₂eq) and vegan diets lowest (1.303 ± 0.412 kgCO₂eq, $p < 0.05$). GWPRO ranking identified Whole Wheat Flour, Bengal Gram, and Moong Dal as the most sustainable protein sources, whereas White Rice and Goat Meat exhibited high GWPRO scores. Integrating protein quality with environmental impact using GWPRO provides a practical framework for promoting nutritionally adequate and environmentally sustainable diets. This metric can inform dietary guidelines, consumer choices, and urban food policy, advancing nutrition security while addressing climate change challenges in India.

Keywords: Sustainable diets; Protein intake; GWPRO; Environmental impact; Urban nutrition; Dietary protein quality; Life Cycle Assessment

T2128

Impact of a Digitally Supported Holistic Health Coaching Programme on Quality of Life: A Case Series

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With the rising prevalence of metabolic health concerns, individuals often struggle to adopt and sustain lifestyle changes due to limited guidance and support. Beyond clinical markers, perceived quality of life and overall well-being are critical for long-term health outcomes. Holistic health coaching models, augmented with digital tools, may provide structured and continuous support for lifestyle modification. The study aimed at exploring the impact of a holistic health coaching model, supported by a digital application, on perceived quality of life and selected health outcomes using a case study approach. Four adult participants were enrolled in the Raphael Route Method, a personalised health coaching programme emphasizing mindset, nutrition, lifestyle habits, emotional well-being, and self-awareness. Participants were onboarded onto the Cordia App, which facilitated self-assessments, tracking, educational resources, reminders, and communication with the dietitian. Behavioural changes were introduced gradually, with regular coaching touchpoints, one-on-one interactions, and continuous monitoring. Primary outcomes focused on perceived quality of life and health, assessed via a 4-item self-rating scale at baseline and post-intervention. Secondary outcomes included anthropometric and selected biochemical markers. All participants demonstrated improvements in perceived quality of life over two months. Mean energy and physical functioning scores increased from 3.5 ± 0.58 to 5.0 ± 0.00 ; emotional well-being from 3.38 ± 0.95 to 4.25 ± 0.50 ; confidence in managing health from 3.25 ± 0.96 to 4.38 ± 0.48 ; and overall quality of life from 4.5 ± 0.58 to 5.0 ± 0.00 . Individual case outcomes included reduced bloating, weight loss, reversal of fatty liver from Grade 3 to Grade 1, and reduced osteoarthritis-related knee pain. Holistic health coaching, supported by a digital adjunct, may enhance perceived quality of life and well-being while facilitating gradual improvements in health parameters. Such models offer a promising approach for supporting lifestyle change and managing metabolic health conditions.

Keywords: Holistic Health Coaching; Digital Health Tools; Lifestyle Modification; Quality of Life; Metabolic Health; Well-being; Case study.

T2129

Assessment of Dietary Protein Consumption with Muscle Mass and Hand-Grip Strength in Children Aged 9-14 years

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Early adolescence (9–14 years) is a critical period marked by rapid physical growth and increased dietary protein requirements, essential for muscle development and overall

musculoskeletal health. Handgrip strength serves as a practical indicator of muscular and nutritional status in children. The aim of the study was to assess dietary protein consumption, muscle mass, and handgrip strength in children aged 9–14 years. The objectives were to evaluate dietary protein intake using a Food Frequency Questionnaire (FFQ); assess muscle mass via bioelectrical impedance analysis (BIA); and measure muscle strength using a hand dynamometer. A descriptive cross-sectional study was conducted among 50 school-going children in an urban population. Dietary protein intake was recorded using a structured FFQ. Muscle mass was measured through BIA, and handgrip strength was assessed using an electric dynamometer. Handgrip strength increased with age in both sexes, with boys consistently demonstrating higher values. Mean muscle mass was 25.67 ± 5.04 kg. Muscle strength in boys increased from 12.02 ± 4.81 kg to 16.73 ± 5.89 kg at ages 13–14, and in girls from 12.02 ± 4.81 kg to 13.85 ± 5.13 kg. Only 17.65% of participants consumed high biological value proteins. Muscle mass showed a strong positive association with handgrip strength ($p < 0.001$). Children consuming higher quality protein demonstrated significantly greater muscle mass and strength. Muscle strength and mass increase with age, influenced by sex differences and dietary protein quality. Adequate intake of high-quality protein supports optimal musculoskeletal development during early adolescence. The paper emphasizes the importance of dietary protein quality in supporting muscle development, highlighting the need for nutrition education and public health interventions to enhance musculoskeletal health in growing children.

Keywords: Adolescence; Dietary Protein Quality; Muscle Mass; Handgrip Strength; Bio-Electrical Impedance; Musculoskeletal Development.

T2130

Enhancing Health and Well-Being through Katlu-A Traditional Polyherbal Functional Food Incorporated in Bakery Foods

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Katlu is a traditional polyherbal formulation originating from Gujarat and is well documented in Unani and folk medicinal literature. It has been historically consumed during the postpartum period and winter months to support digestion, lactation, strength, and overall well-being. In Unani medicine, the postpartum period is considered a phase of physiological weakness characterized by a dominance of cold temperament following childbirth. Polyherbal formulations such as Katlu are therefore recommended to restore warmth, vitality, and maternal health. The Unani system emphasizes the therapeutic use of multiple herbs and spices in combination, as this approach enhances synergistic effects, improves digestibility, and supports multiple physiological functions simultaneously. The present study aimed to explore the health-promoting potential of Katlu and to adapt this culturally rooted formulation into a convenient, easy-to-use polyherbal premix suitable for contemporary dietary practices, while preserving its traditional identity. An experimental, evidence-based approach was employed. Information on the traditional composition, preparation methods, and cultural significance of Katlu was compiled from documented scientific literature and published research studies. The functional properties of individual ingredients were reviewed to support product development. The concept was derived from the traditional Katlu Methi Pak, and multiple trials were

conducted to incorporate Katlu into different product forms such as laddus, jelly, and biscuits. Based on feasibility and versatility, a standardized Katlu-enriched premix was developed using composite flours and functional ingredients, enabling its incorporation into modern food products such as pancakes, cookies, and cakes. The findings revealed that traditional Katlu comprises 32 herbs and spices, whereas commercially available formulations contain only 10–12 ingredients, which nonetheless exhibit galactagogic, digestive, anti-inflammatory, and strength-enhancing properties. This study demonstrates the successful transformation of an indigenous polyherbal formulation into a consumer-friendly functional premix. However, further clinical and interventional studies are required to validate its health benefits and support wider application.

Keywords: Katlu; Polyherbal Premix; Functional Food, Health and Well-being.

T2131

Traditional Fiber Snack for Sustainable Eating—Bamboo Chi Kaap

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Modern dietary patterns characterized by frequent snacking, high-fat processed foods, low dietary fibre intake, and irregular bowel habits contribute to gastrointestinal discomfort, metabolic stress, and reduced overall well-being. Common complaints such as constipation, bloating, low satiety, and overeating are increasingly observed among young and adult populations. These routine digestive disturbances highlight the need for simple, preventive, seasonal, and sustainable nutrition strategies. Traditional foods offer an accessible approach to improving gut function and quality of life. The present study explored *Bamboo chi Kaap* as a traditional, seasonal, fibre-rich snack with potential benefits for digestive health, controlled snacking, and sustainable eating. The objectives were to document the traditional preparation of *Bamboo chi Kaap* as consumed in Goan–Konkani tribal and coastal communities; describe the nutritional relevance of bamboo shoot dietary fibre for bowel movement, satiety, and digestion; assess its potential as a healthier alternative to high-fat processed snacks; and identify its scope for preventive nutrition application. *Bamboo chi Kaap* is a monsoon-season recipe prepared from tender bamboo shoots that are sliced, soaked or boiled to remove bitterness and cyanogenic compounds, seasoned, and shallow-fried. Bamboo is a fast-growing, low-input crop, supporting local and sustainable food systems. Key findings indicate that bamboo shoots are rich in insoluble dietary fibre, primarily cellulose, hemicellulose, and lignin, which enhance stool bulk, promote regular bowel movement, and improve digestive comfort. Fibre also increases satiety, aiding controlled snacking and potentially reducing excessive calorie intake. Replacing ultra-processed fried snacks with this high-fibre, shallow-fried preparation may support healthier eating patterns while retaining culinary familiarity. In conclusion, *Bamboo chi Kaap* represents a culturally rooted, seasonal, and sustainable snack option that may support digestive health, energy regulation, and preventive nutrition. Further research is warranted to evaluate acceptability, gastrointestinal responses, and broader dietary integration.

Keywords: Bamboo Shoots; Bamboo chi Kaap; Dietary Fibre; Digestive Health; Traditional Foods; Sustainable Nutrition; Preventive Nutrition; Healthy Snacking; Gut Health.

T2132

Development of a Frozen Paratha Stuffed with Takla (Cassia Tora) as a Ready-To-Heat Food Product

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Rapid urbanization and changing lifestyles have increased dependence on ready-to-eat convenience foods, often at the cost of nutritional quality. Traditional indigenous leafy vegetables such as Takla (Cassia tora), though valued for their health benefits, remain underutilized due to their seasonal availability. This study aimed to develop and evaluate a frozen, ready-to-heat stuffed paratha incorporating Takla leaves, combining traditional culinary practices with modern food processing techniques to enhance dietary diversity and nutritional quality. Frozen stuffed parathas were formulated using a composite flour base and a stuffing composed of dehydrated Takla leaves, gram flour, and spices to improve nutritional value and sensory acceptability. The parathas were partially cooked, cooled, packaged in food-grade polyethylene, and frozen. Nutritional composition was calculated using the Indian Food Composition Table (IFCT, 2017). Microbiological safety was assessed through total plate count and yeast and mould count over 72 hours of frozen storage. Sensory evaluation of the reheated product was conducted by a semi-trained panel using a 9-point hedonic scale. The developed Takla paratha demonstrated an improved nutritional profile, providing 11.2 g of dietary fibre and 12.6 g of protein per 60 g serving. Microbiological analysis showed total plate counts ranging from 1.5×10^2 to 2.0×10^2 CFU/g, while yeast and mould counts remained below 10 CFU/g, confirming product safety during frozen storage. Sensory evaluation yielded a high overall acceptability score of 8.4, indicating strong consumer acceptance. This study highlights the successful incorporation of a seasonal, underutilized indigenous leafy vegetable into a convenient, ready-to-heat food product. The frozen Takla paratha demonstrates potential for household use and small-scale commercial production, promoting functional nutrition, sustainable food resource utilization, and improved health and well-being.

Keywords: Cassia tora, Takla, functional food, frozen stuffed paratha, ready-to-heat product, indigenous leafy vegetables, nutritional quality, food safety, dietary diversity

T2133

Deployment of Multimedia Tools to Improve Nutrition Counseling and Education amongst Caregivers of Pediatric Oncology Patients in India

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Cuddles Foundation collaborates with government and charitable hospitals across India to provide comprehensive nutrition support and counseling to pediatric oncology patients and their caregivers. Trained nutritionists are embedded within pediatric oncology departments, where they assess the nutritional status of children, review treatment protocols and associated side effects, and develop individualized nutrition care plans. In addition to personalized dietary counseling, the Foundation provides nutritional supplements, ration bundles, and continuous caregiver support through in-person consultations and group meetings. Caregivers of children undergoing cancer treatment often face challenges such as low literacy levels, emotional

distress, and information overload in hospital settings, which can limit comprehension and adherence to nutrition advice. Recognizing the potential of multimedia tools to enhance understanding and reinforce learning, as supported by previous research, Cuddles Foundation introduced short educational videos to supplement in-person nutrition counseling. These videos were designed to address the most frequently asked questions raised by caregivers and covered topics such as the importance of nutrition and protein, hygiene practices, preparation of calorie-dense meals, and management of common treatment-related side effects. The videos were developed in English and seven Indian languages to ensure accessibility for caregivers from diverse linguistic backgrounds. Each video was 2–3 minutes long and used simple animations, graphics, and visuals for easy comprehension. Caregivers were also provided access to the videos for repeated viewing at their convenience. To evaluate the impact of this intervention, a structured questionnaire was administered to caregivers after viewing the videos. Results indicated that 100% of caregivers found the videos helpful, with all respondents acknowledging the need to modify their child's current dietary practices. Additionally, 98.7% reported learning new information and expressed increased confidence in managing treatment-related side effects. The findings suggest that multilingual multimedia education is an effective adjunct to nutrition counseling, enhancing caregiver knowledge, confidence, and capacity to support their child's nutritional care during cancer treatment.

Keywords: Multimedia Tools; Paediatric Cancer; Malnutrition; Treatment Outcomes.

T2134

Development and Sensory Evaluation of an Iron rich Snack- Cressy Pops

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Iron deficiency is a common nutritional problem among children and can affect growth, immunity, and learning ability. However, many snacks consumed by children are highly processed and lack essential nutrients. Parents often find it difficult to choose snacks that are both healthy and acceptable to children. Therefore, this study aimed to develop Cressy Pops, an iron-rich, child-friendly functional snack using natural and locally available ingredients. Cressy Pops was prepared using garden cress seeds (*Lepidium sativum*) as the key functional ingredient due to their high iron content. Dates were used as a natural sweetener and binding agent, while cashew nuts and almonds added protein and healthy fats. Cocoa powder was included to enhance taste and visual appeal, and puffed amaranth (rajgira) provided a crunchy outer coating. Ghee was used to improve texture and mouthfeel. The product development process involved idea generation, market survey, recipe standardization, and sensory evaluation. A market survey was conducted among 22 parents of children aged 2–10 years to understand snack preferences, awareness of iron deficiency, and price acceptability. Most parents preferred snacks that are nutritious, naturally sweetened, preservative-free, affordable, and easy to carry. Children were reported to prefer sweet and chocolaty snacks, supporting the chosen formulation. The majority of parents were willing to purchase a 30 g pack in the price range of ₹40–₹50. The final standardized product provided approximately 1.14 mg of iron per 16 g serving. Sensory evaluation was carried out using a 5-point hedonic scale. The overall mean sensory scores ranged from 3.7 to 4.6, indicating good acceptability. Appearance received the highest score (4.6 ± 0.52), followed by taste (4.4 ± 0.61) and flavour (4.3 ± 0.65). Texture scored 3.9 ± 0.78 , while aroma received the lowest score (3.7 ± 0.83), suggesting scope for improvement. Mouthfeel scored 4.1 ± 0.70 . In conclusion, Cressy Pops is a nutritious,

affordable, and child-friendly snack with good sensory acceptability. The study shows that garden cress seeds can be successfully used in innovative snack products to help improve iron intake among children.

Keywords: Iron Rich; Nutritious Snack.

T2135

Hyperlipidemia- Therapeutic product development abstract

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Hyperlipidemia, characterized by elevated levels of blood lipids such as cholesterol and triglycerides, is a major risk factor for cardiovascular diseases. Dietary modification remains the first-line strategy in its management, emphasizing low-fat, high-fiber, and antioxidant-rich foods. The present practice focuses on the formulation and standardization of a disease-specific therapeutic food, HeartSmart Sprouts Cutlet, designed specifically for individuals with hyperlipidemia. The product is developed using a blend of sprouted legumes including moong, chana, matki, moth beans, and green peas, which are known for their high fiber content, plant-based protein, and lipid-lowering properties. Sprouting enhances nutrient bioavailability, improves digestibility, and increases antioxidant activity. A small quantity of boiled potato is incorporated solely as a binding agent without significantly increasing fat or caloric content. Dill leaves (*Anethum graveolens*), coriander leaves, ginger, turmeric, and cumin are added to improve sensory appeal while contributing functional benefits such as antioxidant, anti-inflammatory, and cholesterol-lowering effects. The cutlets are prepared using a shallow-roasting technique with minimal oil to maintain a low-fat profile. Nutritional evaluation of the product demonstrates its suitability for hyperlipidemia management, providing approximately 140–160 kcal per serving with low total fat (2.5–3 g), zero dietary cholesterol, high dietary fiber (4–5 g), and moderate protein content (6–7 g). The formulation supports LDL cholesterol reduction, promotes satiety, aids weight management, and aligns with heart-healthy dietary guidelines. Sensory evaluation using the 9-point hedonic scale indicated high overall acceptability, confirming that therapeutic foods can be both nutritious and palatable. In conclusion, the HeartSmart Sprouts Cutlet represents an effective, affordable, and culturally acceptable low-fat therapeutic food product for individuals with hyperlipidemia. Its clean-label formulation, functional ingredients, and favorable sensory attributes make it suitable for inclusion in clinical nutrition practice, community health programs, and academic discussions on disease-specific diet formulation.

Keywords: Hyperlipidemia; Therapeutic Foods; Sprouted Legumes; Low-Fat Diet; Dietary Fibre; Functional Foods; Heart-Healthy Nutrition; Disease-Specific Diet; Sprouts Cutlet; Nutrient Bioavailability.

T2136

Effect of Drinking Tea on Blood Pressure of Adults Aged Between 30–65 Years of Vinoba Bhave University, Hazaribagh, Jharkhand

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Hypertension is a major public health concern and a leading risk factor for cardiovascular morbidity and mortality worldwide. Lifestyle factors, including consumption of caffeinated beverages, psychological stress, and nutritional status, play a critical role in blood pressure regulation. In India, tea is the most widely consumed caffeinated beverage; however, evidence on its consumption patterns and association with blood pressure and related clinical complications is limited. This study aimed to examine tea consumption patterns, assess the prevalence of stress-related and physiological complications, explore their association with blood pressure, and evaluate the combined influence of demographic, anthropometric, and tea consumption-related factors on mean blood pressure among adults. A cross-sectional analytical study was conducted among 250 adults aged 30–65 years using a structured interviewer-administered questionnaire. Data on socio-demographic characteristics, body mass index (BMI), tea consumption frequency and quantity, awareness regarding recommended intake, and self-reported clinical complications were collected. Blood pressure was measured using standardized protocols. Descriptive statistics summarized participant characteristics, Chi-square tests assessed associations between complications and blood pressure, and a univariate General Linear Model (ANOVA) evaluated the combined effect of age, gender, BMI, tea consumption, and awareness on mean blood pressure. Results indicated high prevalence of complications, including nervousness/anxiety (40.0%), headache (40.0%), insomnia/disturbed sleep (37.2%), stomach upset/nausea (31.2%), and hypertension (25.2%). Elevated blood pressure was significantly associated with these complications ($p < 0.05$). ANOVA revealed a significant combined effect of predictors on mean blood pressure ($F = 11.26$, $p < 0.001$), explaining 32.4% of variance. BMI and daily tea consumption emerged as the strongest predictors. In conclusion, higher tea intake and increased BMI are linked to elevated blood pressure and stress-related symptoms, highlighting the importance of lifestyle modification, weight management, moderation of caffeine consumption, and routine blood pressure monitoring in public health strategies.

Keywords: Tea Consumption; Blood Pressure; Hypertension; Clinical Complications; BMI.

T2137

Application of Artificial Intelligence into Modern Nutritional Science and Dietetics

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Artificial Intelligence (AI) technologies are rapidly emerging as indispensable tools in food, nutritional science, and dietetics research. AI technologies are being utilized to promote public health nutrition, manage chronic diseases, enhance nutritional evaluation, personalize nutrition regimens, and provide digital coaching. It has become a vital tool, improving our ability to evaluate meals, create personalized nutrition plans, and manage complex healthcare issues. The objective of this study is to identify research gaps, provide an insightful review of the existing literature on AI applications in nutrition, and explore potential future directions. This review paper employs a narrative review methodology, working with databases which include PubMed, Scopus, the Web of Science, and Google Scholar to gather information. The search results were made better by using Boolean operators (AND, OR). The accuracy of nutritional tracking is being revolutionized by technologies like chatbot applications, wearable technology, and machine learning models, which make it faster than ever to offer customized solutions for people and communities. These developments are helping to prevent diseases linked to diet and promote better eating behaviours. AI has made substantial progress in dietary evaluation, where it has greatly reduced the inaccuracies that are typical of conventional methods. The calculation of the nutritional content of a meal or product may now be analysed with remarkable accuracy thanks to tools that integrate deep learning, visual recognition, and mobile applications. It can significantly alter nutrition research by emphasizing high-quality data, resolving ethical issues, and giving user requests top attention. AI has the potential to improve healthcare's effectiveness, accessibility, equity, and personalization. This paper provides a forward-looking path for utilizing AI to establish intelligent, inclusive, and sustainable food-health ecosystems by integrating the healthcare, nutrition, dietetics, and industrial sectors.

Keywords: Artificial Intelligence, Nutritional Science, Dietetics, Personalised Nutrition, AI Applications

T2138

Enhancement of Quality of Life Echoes of the Past, Vision for a Sustainable Resilient Future

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The increasing prevalence of Type 2 diabetes in India has led to the widespread use of various dietary approaches, emphasizing the need for structured and evidence-based medical nutrition therapy. Glycated hemoglobin (HbA1c), which reflects average blood glucose levels over approximately three months, is a key indicator of long-term glycemic control. This study aimed to evaluate the impact of a specifically designed hypocaloric, low glycemic index (GI),

balanced diet on HbA1c levels in individuals with Type 2 diabetes. A case study method was employed involving six individuals attending a specialized endocrine and metabolic clinic. Baseline data included anthropometric measurements, medical history, laboratory parameters, and nutrition assessment. Several participants presented with comorbidities such as dyslipidemia, hypertension, fatty liver, and overweight status. Individualized diet counselling was provided, incorporating a 1200 kcal hypocaloric plan comprising 50–52% carbohydrates, 23–25% protein, and 20–23% fat. The diet emphasized low GI whole grains, pulses, green leafy vegetables, skim milk products, lean protein sources, controlled fruit intake, and appropriate oil usage. Weekly follow-ups supported adherence and dietary modification. After approximately three months, mean HbA1c levels decreased from 8.7% to 6.85%, representing an average reduction of 18.7%. Additional improvements in gastrointestinal comfort and appetite regulation were observed. The findings highlight the effectiveness of a structured low GI hypocaloric diet in improving glycemic control.

Keywords: Type 2 diabetes, HbA1c, Low Glycemic Index Diet, Hypocaloric Diet, Medical Nutrition Therapy.

T2201

Development and Validation of a Psychosocial Well-Being Scale for the Elderly: From Concept to Application

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Psychosocial well-being among the elderly is a dynamic construct encompassing emotional, cognitive, spiritual, physical, and social domains that collectively determine the quality of life in later years. Recognizing the need for a standardized and culturally sensitive instrument in the Indian context, the present study developed and validated the Psychosocial Well-Being Scale for Elderly (PSWSE). The 60-item scale addressed nine dimensions namely, Cultural Engagement (CE), Spiritual Wellness (SW), Physical Wellness (PW), Subjective Well-Being (SWB), and Interpersonal Relationships (IR) on a five-point Likert scale. The scale was employed on 466 elderly respondents (60 and above) in Assam and Karnataka for standardization, and the scale was found to have excellent reliability (Cronbach's $\alpha = 0.898$) and robust validity (KMO = 0.828: Bartlett's $\chi^2 = 2645.867$, $p < 0.001$). Application of the PSWSE in the study revealed significant differences across generation, residence, and gender. Baby Boomers exhibited higher levels of cognitive, cultural, and subjective well-being than the Silent Generation, while the latter showed greater emotional and spiritual wellness, reflecting adaptive emotional regulation and faith orientation. Non-institutionalized elderly reported higher psychosocial well-being in most dimensions, supported by stronger familial ties and autonomy, whereas institutionalized respondents showed lower scores due to reduced social interaction and dependence. Male respondents displayed higher cognitive and economic independence, while females demonstrated superior emotional and spiritual wellness, attributed to stronger affective networks and religious involvement. Overall, the PSWSE proved to be a valid, reliable, and culturally responsive tool for assessing the holistic well-being of elderly populations, with implications for policy design and interventions promoting active and dignified aging.

Keywords: Elderly Psychosocial Well-Being; Scale Development; Generational Difference.

T2202

Impact of Physical Frailty on Quality of Life Elderly Population

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Physical frailty is a common condition among the elderly, characterized by reduced strength, endurance, and physiological reserve, which increases vulnerability to adverse health outcomes. This study aimed to assess the impact of physical frailty on the quality of life among the elderly population. A cross-sectional study was conducted involving 150 elderly participants aged 65 or more than 65 years, using standardized tools to measure frailty and quality of life. The findings revealed a significant negative correlation between the degree of physical frailty and overall quality of life, with frail individuals exhibiting lower physical, psychological, and social well-being compared to non-frail counterparts. Factors such as age, comorbidities, and level of physical activity were found to influence both frailty status and quality of life. These results underscore the importance of early identification of frailty and the implementation of targeted interventions, including physical exercise programs, nutritional support, and social engagement activities, to enhance the well-being and independence of the elderly population.

Keywords: Frailty; Physical Frailty; Quality of Life.

T2203

Resilient Adolescents for a Sustainable Future: Integrating Biological, Psychological and Socio-cultural Foundations for Enhanced Well-being and Quality of Life

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Mental health and well-being are increasingly recognized as not merely private concerns but collective experiences that influence individuals, institutions, and society at large. They serve as public resources, shaping personal capacities while informing the inclusiveness and functionality of social systems. Adolescents, as both the current and future drivers of these systems, are particularly vulnerable to mental health challenges. Globally, one in seven individuals aged 10–19 experiences a mental disorder, with half of all adult mental health conditions emerging by mid-adolescence. Despite this, many cases remain undiagnosed, underscoring the need for early intervention. This review synthesizes contemporary strategies for fostering resilience among adolescents, integrating scientific insights with culturally sensitive approaches drawn from the Indian subcontinent. Resilience development is framed through an integrated model encompassing neurobiological, psychological, emotional, and sociocultural dimensions, highlighting the importance of emotional regulation, coping strategies, and community support. Evidence-based interventions combined with culturally relevant practices can enhance adolescents' adaptive capacities, equipping them to navigate stressors, improve psychosocial well-being, and contribute positively to society.

Fostering adolescent resilience has both immediate and long-term benefits, ensuring quality of life and sustainable development of social systems. By creating supportive environments that acknowledge cultural context while leveraging scientific knowledge, stakeholders—including families, educators, and policymakers—can facilitate holistic development. This integrated approach offers a pathway to cultivate resilient, adaptive adolescents capable of building thriving, inclusive communities and contributing to a socially sustainable future.

Keywords: Mental Health; Well-being; Adolescence; Resilience; Social Sustainability.

T2204

Ecopsychological Implications of Climate Disasters and Development for Young Adult Well-being in Uttarakhand

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Contemporary climate change and recurring environmental disturbances have intensified concerns around livelihoods, governance, and well-being, particularly in ecologically sensitive regions. In India, these concerns are reflected in a 9.5% decline in forest cover between the 1970s and 2000 and projections of a 1.5°C rise in global temperatures by the early 2030s. The Indian Himalayan Region (IHR) is a critical ecological zone, serving as a source of water, energy, and food security, yet it faces escalating hydro-meteorological hazards including floods, cloudbursts, glacial lake outbursts, and landslides. Uttarakhand, within the IHR, has experienced major disasters between 2001 and 2025, such as the 2013 Kedarnath flood, the 2021 Chamoli glacial flood, and the 2025 Dharali cloudburst. Concurrently, rapid post-2000 development—hydropower projects, road construction, and tourism expansion—has amplified environmental vulnerability. Despite these challenges, the mental health and well-being of young adults (18–35 years) remain understudied. This paper proposes a comprehensive ecopsychological framework to understand the interplay between climate disasters, development-induced environmental degradation, and youth well-being in Uttarakhand. Using a scoping review methodology, the study synthesizes multidisciplinary literature from disaster psychology, clinical ecopsychology, developmental psychology, climate science, and indigenous knowledge systems. Sources include peer-reviewed publications (1990–2025), government reports from the India Meteorological Department and National Disaster Management Authority, and empirical case studies. The framework highlights socio-ecological determinants of well-being, emphasizing the interconnection of environmental, developmental, and psychological factors. It aims to guide contextually relevant interventions, inform policy, and shape future empirical research, supporting holistic approaches to resilience and mental health among youth in climate-vulnerable and indigenous communities.

Keywords: Eco-Psychology; Well-being; Climate Crisis; Natural Disasters; Uttarakhand, Young Adults.

T2205

The interplay of Childhood Trauma and Self Concept: A review of Theoretical Frameworks and Empirical Findings.

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Childhood Trauma can have a profound influence on an individual's concept of self. This review paper explores the intricate weaving of childhood adversities into an individual's sense of self by integrating the existing theoretical frameworks and empirical findings. The existing literature provides evidence that exposure to trauma especially in early years can significantly disrupt the formation of a positive and stable self-concept, resulting in low self-esteem, distorted identity, impacting their overall health and well-being. Protective factors such as healthy relationships and social support can act as a buffer within the interplay of trauma and self-concept, however, much of the existing evidence is limited by cultural bias, lack of cross-sectional inclusivity and lack of focus on strength and resilience. This paper highlights the need for a culturally specific, cross-sectional inclusive, and trauma informed approach, especially in countries like India, which is known for its collectivism. This paper is concluded by identifying critical gaps in research and recommendations for future research directions for a more inclusive and deeper understanding of the impact of trauma on our daily lives and to build effective interventions to support and re-build resilience.

Keywords: Childhood Trauma; Self-Concept; Identity Formation; Resilience; Protective Factors; Psychosocial Well-Being; Trauma-Informed Approaches; Cultural Context.

T2206

Coaching culture and the Mental Well-being of Students: A Review of Competitive exam preparation in India

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Every year in India, millions of students prepare for highly competitive examinations such as JEE and NEET which are renowned for their rigorous nature and high stakes. This has led to the proliferation of coaching culture across India. This high-pressure competitive environment often causes stress, anxiety and depression among students. The aim of this review paper is to analyze the determinants of mental distress among students, examine the existing institutional and policy framework supporting their mental health and identify gaps to suggest evidence-based recommendations for alleviating mental distress. This paper deploys a review-based analysis synthesizing the existing literature on mental health outcomes of students preparing for competitive exams and situating these outcomes within the broader structural and cultural realities of the coaching industry in India. It also draws upon educational and governmental policies to examine institutional and policy responses to mental health challenges among students. Research that directly examined the experiences of students preparing for high-stakes competitive examinations and were published in the last two decades were included, while studies outside this context were excluded. Recurring themes across the reviewed literature included risk factors- parental pressure, financial strain, and heightened performance expectations and protective factors- peer support, resilience, and access to counselling services

were identified, though often limited in availability. Systemic influences also emerge including the limited capacity of academic institutions to provide academic and emotional support. This review contributes to educational research by explicitly linking student mental health outcomes with the systemic realities of India's coaching culture. By consolidating fragmented evidence, it highlights the multifaceted psychological burdens students carry and underscores how commercialization magnifies these pressures. The findings hold implications for policymakers working to regulate coaching practices, educators and counsellors seeking to develop student support systems, and researchers aiming to create more holistic frameworks that integrate education and well-being.

Keywords: Competitive Exams; Students' Mental Health; Academic Stress; Anxiety; Depression; Coaching Culture

T2207

Body Image Perception and Self-Esteem among Adolescents of Jammu: Implications for Good Health and Well-being (SDG 3)

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Sustainable Developmental Goal 3 (Good Health and Well-being) extends beyond physical health to include mental, emotional and social well-being. This paper focuses precisely on the psychosocial dimensions by examining body image perception and self-esteem, which are core indicators of adolescent mental health. The present study examined the relationship between body image perception and self-esteem among adolescents aged 12–18 years, belonging to four banareas of District of Jammu and Kashmir. Data was collected through school visits using the Background Information Datasheet, Body Self-Image Questionnaire by Rowe DA. (2005) and Rosenberg Self-Esteem Scale (1965), and the results were analyzed using MS Excel and IBMSPSS (Statistical package for social science research 26th version). Results revealed that adolescents had a mean age of 14.4 ± 0.98 years and an average educational level of 8.5 ± 0.50 years, with no significant differences in background variables. Results showed that while most adolescents reported normal self-esteem yet majority expressed dissatisfaction with their body image. A significant association was found between body image satisfaction and self-esteem, as adolescents with lower self-esteem were more likely to report dissatisfaction with their appearance. Even among those with normal self-esteem, body image concerns were commonly reported. No significant differences in body image or self-esteem were observed across age or sex, although girls showed greater vulnerability in areas related to body fat distribution. The findings highlight the strong link between body image and self-esteem for health and well-being of adolescents and underscore the need for supportive interventions in schools and families to promote healthy self-perception and psychological well-being. Based on findings recommendations have been given for adolescents and their schools.

Keywords: Adolescence; Health and Well-being; Body image; Self-Esteem.

T2208

Maternal Stress in Context of their Work Role during COVID 19 Lockdown: Implications for Crisis-Time Childcare

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The COVID-19 pandemic caused widespread disruption, profoundly affecting personal and professional lives worldwide. Lockdowns altered daily routines, parenting responsibilities, and family dynamics, generating stress across populations. Mothers, as primary caregivers, faced unique challenges, balancing household duties, childcare, and professional obligations. In the Indian context, many mothers worked onsite during the crisis, compounding their stress, yet limited research has examined these experiences. This study assessed maternal stress in relation to work roles during COVID-19 using the standardized Parenting Stress Index-4 (PSI-4).

The sample comprised 90 mothers divided into three groups: Homemakers (HM, n=30), Working from Home (WFH, n=30), and Frontline Working Onsite (WO, n=30). Results indicated that overall maternal stress remained within the normal range; however, group-specific differences were observed. WO mothers scored higher on the Child Domain, reflecting challenges in managing children while working in potentially unsafe environments. WFH mothers scored higher on the Parent Domain, highlighting difficulties in balancing personal and professional responsibilities. Significant differences across Child and Parent Domains, Total Stress, and Life Stress demonstrated that maternal stress during the crisis was influenced by work role. Educational qualifications also moderated stress responses. Among HMs, education positively correlated with child adaptability, while WFH mothers' qualifications correlated with multiple subdomains, indicating effective multi-role management despite heightened stress. For WO mothers, education correlated with depression, role restriction, and child adaptability, reflecting emotional strain and insufficient support during onsite work.

Findings emphasize the need for targeted mental health and childcare support for mothers, particularly those working from home or onsite during crises. The study offers policy-relevant recommendations for partners, employers, and policymakers to support maternal well-being and adaptive parenting during emergencies.

Keywords: COVID-19, Lockdown; Parenting Stress; Mothers Work Role; Homemakers; Mothers Working from Home; Mothers Working Onsite; Child Domain; Parent Domain; Total Stress; Life Stress.

T2209

Communication about Sexual and Reproductive Health: Insights from Adolescent Girls of Jammu

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World Health Organization (WHO) has defined Adolescent as a person between age group 10 to 19, a unique stage of human development laying foundation of good health. SDG 3 indicated Good Health and Well-being, but even today the adolescent girls are more susceptible to

challenges due to lack of awareness regarding Sexual and Reproductive Health concerns such as pubertal changes, poor menstrual hygiene, and STDs/STIS, HIV/AIDS, PCOD/PCOS, even though many efforts have been done in this direction by the concerned authorities, since long, in India. Research shows that girls' capacity to make educated decisions about their bodies and health is hampered by cultural taboos, gender-based disparities, and a lack of access to reliable information. The present research was conducted on adolescent girls (13 to 18 Years) studying in Government Schools of Jammu District of Jammu and Kashmir. Simple random sampling was used to select sample of study, comprising of 60 Adolescent girls, 30 from urban area and 30 from rural areas of Jammu. Data was collected using a self-devised interview schedule focusing on sexual and reproductive health (SRH) awareness. The data was analysed using SPSS, and the results highlighted significant gaps in adolescent girls' awareness regarding major SRH issues such as pubertal changes, Mensuration, HIV/AIDS, STIs/STDs, and PCOD/PCOS. Some of them had heard about the terminologies but were not aware of their meanings or potential health risks. They said that talking about menstruation and other SRH issues was a taboo in families and even their schools could not provide required information for awareness. Awareness is the first step to prevention and improvement of SRH. The study highlights the need for comprehensive, age-appropriate, school and community based SRH education for adolescent girls in both urban and rural settings. Strengthening Parent Adolescents communication, Teacher Adolescent communication, awareness programs and integrating SRH into school curricula could play an important role in bridging these knowledge gaps and promoting healthier outcomes for young women. Recommendations have been framed for educational institutions, teachers and parents, based on the findings.

Keywords: Adolescent Girls; Sexual and Reproductive Health; Awareness Programs, Menstrual Health, PCOS/PCOD; Parent Adolescent's Communication; Teacher Adolescents' Communication.

T2210

The Lure and the Betrayal in Modern Choice Biographies: Some Reflections from Eastern Philosophies

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The emphasis on “interiority” and individuality versus that on relationality and collective meaning-frameworks (the community, social identities, “traditions”) has been a key axis through which cultural comparisons are drawn in both the positivistic cross-cultural psychology and constructivist cultural psychological traditions. This has implications for the structure of the self, the values, norms and goals marking everyday life and relationships, as also the visions of the good life or in other words, what makes a happy life. This study explores these questions of the self and the happy life through an examination of the life-stories (“love” stories and “work” stories) of 32 young adults across three sites- a village in India, a city in India and the United Kingdom. In an increasingly globalized world (both economic and cultural globalization), the study finds similarities in the self-structure, the values and goals pursued by people in urban upper SES India and the UK on the one hand and urban lower SES India and rural India. Thus, the people in the former contexts were led by the proclivities, interests and satisfactions of their individual self, whereas in the latter contexts, there was collective pursuit of life goals, anchored in normative social identities (gender, religion, eg.), also revealing differing constructions of meanings associated with “love” and “work”. Significantly, the study

shows how the individualistic orientation to the pursuit of happiness has within it many processes that together form the seeds of its own impossibility. Whereas the cultural psychological study of happiness or subjective well-being (SWB) tends to take a relativistic stance in exploring cultural constructions of happiness, against this relativism, this paper attempts to problematize the emphasis on the pursuit of the satisfactions of the individual self and gestures at the cultural restraints espoused in Eastern philosophies as a possible anti-dote to these quintessentially “modern” malaises.

Keywords: Subjective Well-being; Individualism; Cultural Psychology; Happiness.

T2211

Assessment of Mental Health Status of Adolescents and Family Communication Patterns

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Mental health encompasses the emotional, psychological, and social aspects of human well-being. It includes the ability to manage stress, form meaningful relationships, adapt to change, and maintain a sense of purpose. According to the World Health Organization (WHO), mental health is fundamental to overall health and quality of life, influencing how individuals think, feel, and behave. Adolescence is a vulnerable period due to rapid biological, emotional, and social changes leading to heightened risk of mental health issues, such as anxiety, depression, and behavioral disorders. Family communication plays a crucial role in shaping mental health, emotional well-being, resilience and self-esteem in adolescents. Need of the study: According to the WHO (2022), about 10-20% of adolescents worldwide experience mental health conditions, yet these often remain undiagnosed and untreated. Poor mental health in adolescence can have long-term implications. The objectives were to examine the mental health of adolescent boys and girls and to explore family communication patterns. A descriptive cross-sectional research design was adopted. A stratified random sampling method was used to select 200 adolescents) aged 13–21 years from government and private schools and colleges. A structured questionnaire was used for data collection, covering demographics, mental health status, and family communication. Data was analysed using percentage analysis. Result and discussion: Results revealed that 38% of males and 49% of females frequently felt sad or anxious, while 31% of females had sleep disturbances. Family communication was often lacking, with 41% of males rarely discussing emotions. Majority of the respondents have major issues of feeling isolated and lonely. Family communications influence adolescent mental health. Enhancing family support, school-based mental health programs, and government interventions to promote better adolescent well-being.

Keywords: Adolescents; Mental Health; Well-being; Communication.

T2212

Review Article on Alzheimer's Disease

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Alzheimer's disease (AD) is the most common cause of dementia and a leading neurodegenerative disorder worldwide, with prevalence and incidence rising sharply with advancing age. The disease poses a growing global health challenge due to its complex and multifactorial etiology, involving aging, genetic predisposition, and environmental influences. Current understanding of AD pathogenesis encompasses multiple interconnected hypotheses, including cholinergic dysfunction, amyloid- β aggregation, tau hyper phosphorylation, neuroinflammation, oxidative stress, metal ion dyshomeostasis, glutamate excitotoxicity, dysregulation of the microbiota-gut-brain axis, and impaired autophagy. Clinically, AD is characterized by progressive cognitive decline, closely associated with degeneration of cholinergic neurons. Despite extensive research, the precise interactions among these pathological mechanisms and the primary initiating events of AD remain incompletely understood. Neuropathologically, AD is defined by two hallmark lesions: intracellular neurofibrillary tangles composed of hyper phosphorylated tau protein and extracellular amyloid- β plaques. Owing to the disease's complexity, numerous interrelated therapeutic targets have been identified, including oxidative stress and metal ion accumulation, driving the development of multitarget therapeutic strategies aimed at slowing disease progression and restoring neuronal function. However, many candidate drugs have failed in clinical trials due to limited efficacy or unacceptable adverse effects. Currently approved therapies largely provide symptomatic relief, although recent FDA approvals of the anti- amyloid antibodies aducanumab and lecanemab suggest potential disease-modifying benefits. Nevertheless, their long-term efficacy and safety remain under active investigation. This research article examines the molecular mechanisms underlying AD pathogenesis and evaluates emerging therapeutic strategies. We focus on recent advances in the identification and development of selective and dual-target inhibitors, allosteric and covalent modulators, proteolysis-targeting chimeras (PROTACs), and protein-protein interaction modulators, highlighting their potential to address the unmet clinical need for safe and effective disease-modifying treatments for AD.

Keywords: Alzheimer's Disease; Neurodegeneration; Amyloid- β ; Tau Protein; Cholinergic Dysfunction; Oxidative Stress; Neuroinflammation; Multitarget Therapeutics; PROTACs; Disease-Modifying Strategies.

T2213

Revenge Bedtime Procrastination: An Analysis of Emerging Sleep Related Concerns among Urban College Students

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Increasing use of digital devices, lifestyle pressures, and stress among college students have contributed to an emerging behavioral concern known as revenge bedtime procrastination. This phenomenon involves voluntarily delaying sleep without a pressing reason, often by engaging in activities such as watching television, browsing social media, or scrolling through phones.

The term “revenge” reflects a perceived act of reclaiming personal time in response to busy schedules, although it often leads to fatigue and reduced functioning the following day. The present study aimed to assess the prevalence of revenge bedtime procrastination among college students, identify its common causes, examine its impact on sleep quality, sleep duration, and productivity, and explore strategies students use to improve sleep. An exploratory research design was employed, with 113 participants recruited through purposive sampling. Data were collected using a self-constructed online questionnaire focusing on revenge bedtime procrastination and related concerns. The majority of participants were female (77%), and most were undergraduates (59%). Results indicated that most students slept 1–2 hours later than planned, with 71% reporting bedtimes after 12 a.m. Leading causes included increased smartphone use, along with personal and academic responsibilities. Key consequences included difficulty waking up (50%), headaches (49%), and daytime fatigue (43%), missed deadlines (65%), reduced concentration (46%), and decreased academic performance (43%). Despite many obtaining 7–8 hours of sleep on weekdays, 42% rated their sleep quality as only average. These findings highlight the need for interventions to improve sleep hygiene and manage digital media use among college students. Further research is warranted to explore the long-term effects of revenge bedtime procrastination on well-being and academic outcomes.

Keywords: Revenge Bedtime Procrastination; Sleep Quality; Sleep Duration; College Students; Digital Device Use; Smartphone Addiction; Academic Performance; Daytime Fatigue; Lifestyle Stress; Sleep Hygiene.

T2214

The Relationship of Social Media Use, Life Satisfaction, Life Skills and Psychological Well-Being

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The current study aimed to find the relationship between social media use, life satisfaction, life skills and psychological well-being. Participants were 150 emerging adults. The participants completed an online survey which included measures of Multidimensional Facebook Intensity Scale (MFIS) for social media use, Satisfaction with Life Scale (SWLS) for life satisfaction, LS-ABC Scale for life skills and Flourishing Scale (FS) for psychological well-being. The results found from the study were that there was a significant positive relationship between social media use with Life satisfaction ($r=.197$, $p<0.05$) and life skills ($r=.441$, $p<0.01$). However the relationship between social media use and psychological well-being was not significant ($r=-.010$, $p=.901$). Additionally, there was a significant relationship between life satisfaction and life skills ($r=.441$, $p=0.01$), life satisfaction and psychological well-being ($r=-.501$, $p<0.01$) and life skills and psychological well-being ($r=-.306$, $p<0.01$). Furthermore, we also investigated the relationship with type of social media use i.e. adaptive use and problematic use and factors of life skills i.e. affective, behavioural and cognitive factors.. It was found out that adaptive use had a significant relationship with life satisfaction. However, there was no significant relationship between problematic use and life satisfaction. Life skills had a positive relationship with both adaptive and problematic use of social media. For life skills all the 3 factors i.e. affective, behavioural and cognitive factors had a significant positive relationship with social media use and life satisfaction. However, for psychological well-being, the affective and cognitive factor had a negative relationship whereas for behavioural factor, it did not have a significant relationship with psychological well-being.

Keywords: Social Media Use; Life Satisfaction; Life Skills; Psychological Well-Being.

T2215

Disciplining Methods Employed by Parents and Their Perceived Impact on Children Aged 3–6 Years: A Post-Pandemic Study in Bangalore India

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This study examined the disciplinary practices employed by parents of children aged 3–6 years in Bangalore and explored parents' perceptions of the social and emotional impacts of these practices. The post-COVID-19 context introduced new parenting stressors while simultaneously increasing parental involvement in children's daily routines. Using a mixed-methods approach, the study identified commonly used disciplinary strategies, levels of parental satisfaction, and perceived effectiveness. Findings indicate a predominant reliance on authoritative practices, alongside continued use of punitive methods. All participants reported employing positive strategies such as reasoning, explaining, negotiating, and supervision; however, most also used aversive methods, including yelling or threatening (92%) and imposing penalties such as restricting play or screen time (88%). More than half of the parents reported withdrawing affection (68%) or using physical punishment (60%). Aversive techniques (e.g., yelling, spanking, withdrawing affection) were typically used when children were perceived as noncompliant after repeated instruction. In contrast, reasoning and supervision were more often applied when children made mistakes during tasks. Supervision was perceived as the most effective strategy (60%), followed by penalties (38%) and reasoning (26%). Physical and verbal punishment were reported as largely ineffective. Parents identified both positive and negative emotional outcomes for children depending on the disciplinary approach, and many reported feeling distressed after using aversive methods. Given the significant shifts in household dynamics during the pandemic, the findings underscore the need to re-evaluate parenting strategies in early childhood. Parents recommended adopting positive guidance practices, including consistent communication, patience, modelling appropriate behaviour, and reducing reliance on yelling or physical punishment.

Keywords: Discipline; Preschoolers; Parenting Style; Authoritative Parenting; COVID-19; Parental Perception; Emotional Influence.

T2216

Relationship between Perceived Marital Satisfaction, Gratitude and Forgiveness Practice among Married Individuals

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The study explored the relationship between marital satisfaction, level of practice of gratitude, and forgiveness among married individuals. An exploratory and correlational research design was used. The objectives were to ascertain the levels of perceived marital satisfaction, practice of gratitude, and forgiveness, and to examine their interrelationship. The sample consisted of 101 legally married individuals who had been married for at least six months and were living with their spouses. Standardised instruments were used, including the Couples Satisfaction Index (CSI-32), the Gratitude Questionnaire (G-20), and the Bolton Forgiveness Scale, complemented by semi-structured interviews for the qualitative component. Quantitative findings indicated high levels of marital satisfaction (94), gratitude (101), and forgiveness (47) among participants, with particularly

strong scores in interpersonal gratitude and decisional forgiveness domains. Correlational analyses revealed significant positive associations between marital satisfaction and level of practice of gratitude ($r = .305, p < .01$), marital satisfaction and level of practice of forgiveness ($r = .368, p < .01$), and level of practice of gratitude and level of practice of forgiveness ($r = .424, p < .001$). Independent samples t-tests were conducted with gender as the grouping variable, and the t-test results for all three variables were found to be non-significant (all $p > .05$), indicating no significant gender-based differences. The integration of findings confirmed that gratitude and forgiveness function as vital relational strengths that foster and sustain marital satisfaction. The study contributes to existing literature by offering empirical evidence from the Indian cultural context, where limited research exists on these constructs. The findings hold practical implications for marital counselling, relationship education, and psychological interventions, suggesting that cultivating gratitude and forgiveness can serve as effective strategies for strengthening marital relationships. The limitations of the study and future recommendations were discussed.

Keywords: Marital Satisfaction; Gratitude; Forgiveness; Couples; Relationship Strengths; Indian Cultural Context; Relational Well-Being; Psychological Interventions.

T2217

Correlation between perceived relationship satisfaction and partner phubbing among individuals in a committed relationship.

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Smart phones have become central to daily life, often used even during face-to-face interactions. “Phubbing” refers to using a phone in the presence of others, and “partner phubbing” occurs when this behavior happens in the presence of a romantic partner. Given its growing prevalence and potential impact on relationship dynamics, this study examined the correlation between perceived relationship satisfaction and partner phubbing among individuals in committed relationships. A quantitative, correlational design was employed with 120 adults (48 men, 72 women) aged 18–61 in committed relationships. Standardized measures included the Partner Phubbing Scale (PPhubbing9) and the Couples Satisfaction Index (CSI-32). Results indicated that most participants reported high relationship satisfaction ($n = 110$), while a small number reported moderate satisfaction ($n = 10$). Independent-samples t-tests revealed a significant gender difference in relationship satisfaction, with males reporting higher satisfaction than females, $t(118) = 2.37, p = .019$, mean difference = 7.58 points. Regarding partner phubbing, the majority perceived moderate levels ($n = 60$), followed by low ($n = 52$) and high ($n = 8$), with no significant gender differences, $t(118) = 0.86, p = .39$. Correlational analysis revealed a moderate negative association between relationship satisfaction and partner phubbing ($r = -0.347, p < .001$), suggesting that higher relationship satisfaction is linked to lower perceived partner phubbing. This study contributes to the literature on digital behaviors and relational well-being, providing empirical evidence from an Indian context. Findings reinforce that healthier and more satisfying committed relationships are moderately associated with reduced partner phubbing, highlighting the importance of mindful smartphone use to foster relational quality, communication, and emotional intimacy.

Keywords: Partner Phubbing; Relationship Satisfaction; Romantic Relationships; Smartphone Use; Digital Behavior; Relational Well-Being; Communication Patterns; Indian Adults.

T2218

The Well - Being ‘Hearticle’

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Chronic non-communicable diseases such as cardiovascular disease and type 2 diabetes account for a substantial proportion of global morbidity and mortality, despite being largely preventable through lifestyle modification. According to the World Health Organization, up to 80% of such conditions may be prevented through changes in sleep, nutrition, physical activity, and stress management. However, modern health discourse frequently prioritizes aesthetic fitness and short-term performance outcomes over sustainable well-being. This paper examines the disconnection between awareness and application in preventive health behaviours and argues for a holistic framework grounded in simplicity and consistency. Authentic fitness is conceptualized not as physical appearance, but as an integrated state of metabolic efficiency, psychological resilience, immune robustness, and functional capacity. The study highlights three foundational pillars—adequate sleep, whole-food nutrition, and intentional movement—as evidence-based determinants of long-term health. It further challenges prevalent misconceptions surrounding dieting, emphasizing nourishment over deprivation. Importantly, mental health is positioned as a critical yet often neglected determinant of overall well-being, with chronic stress identified as a mediator of both physiological and behavioural health outcomes. By reframing prevention as a series of small, deliberate, and repeatable actions rather than complex or restrictive interventions, this paper underscores the feasibility of sustainable lifestyle change. The findings advocate for a preventative model of health that integrates physical and psychological dimensions, promoting resilience over aesthetics and consistency over intensity. Such an approach may significantly reduce the global burden of preventable chronic disease.

Keywords: Preventive Health, Lifestyle Medicine, Chronic Disease Prevention, Mental Health, Holistic Well-being.

T2301

Craft over Screens: Exploring Non-Digital Creative Practices as Pathways to Psychological Well-Being

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In an increasingly screen-dominated lifestyle, prolonged exposure to digital media has been linked to rising levels of psychological stress, mental fatigue, and reduced emotional balance. This study explores non-digital creative practices, particularly art and craft activities, as alternative pathways to achieving psychological well-being. Emphasizing the concept of craft over screens, the research examines how engagement in hands-on creative activities can contribute to stress reduction, emotional regulation, mindfulness, and overall psychological balance.

The study adopts a survey-based approach to understand current stress-management behaviours and preferences. The survey investigates the mediums individuals commonly use to cope with stress, such as screen-based entertainment, physical activities, social interaction, or creative practices including craft, art, and handwork. It further explores participants' awareness and prior engagement with craft-based activities as tools for psychological well-being. For respondents who do not currently engage in such practices, the survey assesses their interest and willingness to participate in creative craft activities as a means of stress relief in the future.

By analysing responses across different demographic groups, the study aims to identify patterns in stress management choices and perceptions toward craft-based engagement. The findings are expected to highlight the potential of creative practices as accessible, sustainable, and culturally adaptable alternatives to screen dependency. The research contributes to the broader discourse on health and well-being by positioning craft activities not merely as leisure pursuits, but as meaningful interventions for enhancing psychological well-being in contemporary life.

Keywords: Psychological, Well-being, Creative, Craft, Practice.

T2302

Redesigning Healing: Mastoid Dressings for Hygiene and Comfort

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Mastoid dressings play a crucial role in post-operative care following ear surgeries by providing protection, compression and stabilization to the wound site. However, the designs of the traditional ear dressings are old fashioned, bulky and painful for patients. The aim of this study focusses on redesigning these dressings to enhance the comfort and fit along with handling pseudo-cyst situations. Feedback from ENT doctors was taken through Google forms, which revealed that although mastoid dressings are extensively used, patients experience discomfort due to their shape and application. Therefore, two textile-based prototypes are developed, viz. A 3D printed pseudo-cyst dressing and Mastoid dressing with a better structure. Feedback from ENT specialists indicated that both the prototypes are innovative, practical and can be integrated in the healthcare field.

Keywords: Mastoid Dressing, Post-operative Ear Care, Pseudo-cyst Management, 3D-Printed Medical Textiles, Patient-centered Design.

T2401

Food Adulteration and Consumer Perception: Evidence from a Study in Uttar Pradesh

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Food adulteration has emerged as a significant public health concern in India, where consumers often unknowingly purchase and consume adulterated products that pose serious health risks. This study aimed to assess consumer awareness regarding food adulteration, identify

commonly adulterated food items, and explore the detection methods used by consumers in Uttar Pradesh. A total of 60 women who regularly purchased food items for household consumption were selected as participants. Data were collected through structured questionnaires focusing on their experiences, perceptions, and detection practices related to food adulteration. The findings revealed that 30% of respondents had encountered adulterated food products during food preparation. The majority stated that they would avoid consuming adulterated foods due to their potential health hazards, including stomach disorders and other illnesses. However, 40% of the respondents believed that some adulterants might not be toxic and could be consumed without immediate harm. Frequently adulterated food items identified in the study included groundnut paste, chilli powder, tomato paste, and honey. Reported adulterants ranged from flour and artificial colourants to chalk powder and Sudan IV dye. Most respondents relied on sensory and textural characteristics such as colour, smell, and consistency to detect adulteration, as advanced laboratory testing was considered costly and inaccessible. The study highlights the urgent need for enhanced consumer education, stricter regulatory enforcement, and affordable detection mechanisms to safeguard public health and promote the consumption of safe, unadulterated food products.

Keywords: Food Safety; Consumer Awareness; Detection Methods; Public Health.

T2402

CMDQ-Based Assessment of Musculoskeletal Health and Work Well-Being among Delivery Agents in Uttarakhand

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Delivery agents of e-commerce perform physically demanding tasks such as lifting, sorting, riding and continuous mobility, which expose them to a high risk of musculoskeletal discomfort. This study aimed to assess the pattern of work-related musculoskeletal symptoms among delivery agents operating in the urban centres of Rudrapur and Haldwani in Uttarakhand. A total of 200 delivery agents were selected using a random sampling technique. Data were collected through a structured questionnaire along with the Cornell Musculoskeletal Discomfort Questionnaire (CMDQ), enabling a comprehensive evaluation of discomfort, frequency and interference across major body regions. Findings from the CMDQ revealed prominent discomfort in areas commonly associated with repetitive loading and awkward postures, including the neck, lower back, hips, shoulders and upper back. Discomfort patterns indicated that prolonged riding, continuous parcel handling and time-bound delivery pressures significantly contribute to musculoskeletal strain. The interference scores suggest that these symptoms not only affect physical well-being but also influence work efficiency and daily functioning. The study underscores the urgent need for ergonomic interventions, targeted training, posture improvement strategies and organizational support to improve the health and well-being of delivery workers. As the gig-economy workforce expands, prioritizing musculoskeletal health is essential for sustainable occupational performance and overall workforce welfare.

Keywords: Cornell Musculoskeletal Discomfort Questionnaire (CMDQ); Delivery Agents; Ergonomic Interventions; Gig Economy Workforce; Musculoskeletal Discomfort; Work-Related Strain.

T2403

Assessment of Burnout among Female Nurses

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Women are fundamental to the economy and subsequently the future of any country. These days domestic activities are shared between men and women, leading to equal social and economic progress. The concept of burnout, initially coined by Freudenberg in 1974, as a state of emotional, physical and mental exhaustion resulting from prolonged stress. It delves into the physical and mental symptoms, highlighting the impact on productivity, client satisfaction, and institutional reputation. The study emphasizes its broader effects, including musculoskeletal disorders, depression, and absenteeism, drawing attention to the significance of addressing burnout in various contexts. The study was conducted in two districts of Haryana state having medical college were selected randomly. Female nurses were the sample of study. A list of female nurses of each medical college was obtained and out of the list 45 nurses were randomly selected thus maintaining a total sample of 90 nurses. For collection of primary data, a questionnaire was prepared in accordance with the objectives of the study. The developed questionnaire was pretested before finalizing it for collects the data. Result showed that majority of the respondents fall within the age range 21-28 years and was married. Most of the nurses belonged to urban areas and had diplomas as their educational qualification. The family types varied, with joint families being the most common. The annual family income was mainly in the range of 1-6 lakh. A huge number of nurses who had 1-5 years of job experience and the socioeconomic status were predominantly upper middle. The study found that emotional exhaustion, depersonalization and personal achievement were more prevalent among nurses in Rohtak compared to Hisar and the majority of nurses experienced moderate stress levels.

Keywords: Burnout; Perceived Stress; Nurses.

T2404

Art, Ageing and Well-being: The Role of Community Painting Workshops in Enhancing Quality of Life in Mauritius

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This study explores the contribution of community-based painting workshops to the health and well-being of older adults in Mauritius, through a case study of programmes conducted by the Academy of Design and Innovation (ADI) in collaboration with the University of the Third Age Mauritius (U3AM). The workshops offer a structured framework for lifelong learning that nurtures cognitive stimulation, emotional expression, social connectedness, and a renewed sense of purpose in later life. Through observation of workshop sessions and analysis of participant feedback, the research examines how regular engagement in creative practice supports mental well-being, reduces social isolation, and enhances overall quality of life. The findings indicate that painting functions not only as an artistic activity but as a low-cost, culturally grounded intervention that promotes active and healthy ageing, while simultaneously strengthening intergenerational ties and community cohesion. At the same time, the study recognises contextual challenges, including limited funding, inadequate infrastructure, and

uneven access to arts-based programmes, which constrain their wider health-promoting potential. The paper argues for stronger policy support, cross-sector collaboration and investment in arts education as integral components of holistic public health strategies. By positioning arts-based initiatives within broader social and economic development agendas, this research highlights how creative practices can foster resilience, dignity, and well-being among older adults, contributing meaningfully to the enhancement of quality of life in small island developing states such as Mauritius.

Keywords: Healthy Ageing, Community-Based Art, Painting Workshops, Older Adults, Quality of Life; Mauritius.

T2405

Walk Bright, Walk Free: A Smart Mobility Aid for Seniors

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With the increase in the elderly population, greater attention is being directed toward assistive devices that provide more than just physical support. Mobility aids are now expected to ensure safety, independence, and emotional comfort for older adults. Walking sticks have continued to be used due to their ease and availability, but most conventional designs have not been upgraded to meet evolving safety and usability needs. Features such as automatic lighting for visibility, user tracking, and power independence are usually not included in existing models. Conversely, advanced assistive devices that do incorporate smart technologies frequently depend on external power sources, creating usability challenges for elderly users. In response to these limitations, this study presents the designing and development of a piezoelectric-powered smart walking stick focused on improving elderly safety, autonomy and overall quality of life. The study aims to develop a self-powered walking stick that integrates piezoelectric energy harvesting with a safety illumination system and GPS-based location tracking. Evaluation of elderly-specific ergonomic needs is used to ensure comfort, stability and ease of use during prolonged mobility. Design parameters such as grip form, height adjustability, weight balance and structural strength are examined to reduce fatigue, injury and support safe handling. Safety risks associated with elderly mobility, particularly during low-light conditions and at night movement, forms a key focus of the study. Limited visibility significantly increases the likelihood of falls and accidents among older adults. To address this issue, the proposed walking stick incorporates an LED safety light that operates using electrical energy generated through piezoelectric elements embedded within the device. These elements convert mechanical energy generated during walking into electrical output that is used immediately, eliminating the need for energy storage or frequent external charging and supporting continuous operation. In addition to improving visibility, the integration of a GPS tracking system enhances user safety by enabling real-time location monitoring. This feature assists caregivers and family members in tracking movement patterns and responding promptly in situations involving disorientation, wandering or in times of emergencies. The study evaluates the role of location-tracking technology in maintaining a balance between independent mobility, supervised safety for elderly individuals and data privacy. The research further involves the development and testing of a functional prototype, emphasizing lightweight construction, mechanical reliability and ergonomic efficiency. The feasibility of incorporating piezoelectric energy harvesting within a walking stick is assessed through simulated walking conditions to evaluate energy output, system performance and operational

reliability in a situation. The ability of the harvested energy to consistently power both the LED light and GPS module is critically analysed. Results demonstrate that piezoelectric energy harvesting offers a practical and sustainable solution for powering low-energy assistive technologies. By combining ergonomic design, safety illumination and real-time tracking within a single device, the proposed smart walking stick supports safer mobility, greater Independence and enhanced psychological well-being among elderly users. The study aligns with the principles of health and well-being by promoting active ageing, reducing mobility-related risks, and improving the autonomy and quality of life of the elderly population.

Keywords: Ergonomic Design, Piezoelectric Energy Harvesting, Smart Walking Stick, Elderly Safety, GPS Tracking, Assistive Technology.



“Education is fundamental for achieving full human potential, developing an equitable and just society, and promoting national development.”

— National Education Policy 2020 (Adapted from official vision statement)

Theme 3

Transformative Education for Nation Building

Transformative education is a powerful catalyst for nation building, as it nurtures individuals who are healthy, ethical, skilled, inclusive, and future-ready. The collective insights from the abstracts under this theme highlight education as a lifelong, holistic process that begins in early childhood and extends through higher education, shaping both personal well-being and societal progress. Several studies emphasize the importance of strong foundations in early years through nutrition education, play-based learning, Montessori practices, and educator mentorship, all of which foster agency, cognitive growth, and socio-emotional development. Inclusive education emerges as a critical pillar, with focused attention on learning disabilities, parental perceptions, teacher awareness, and supportive school services, ensuring that no learner is left behind.

The theme also foregrounds values-based education through mindfulness, lawfulness, ethics, and self-mastery, positioning learners as responsible, compassionate, and law-abiding citizens. At the same time, innovation and sustainability are addressed through the integration of Indian Knowledge Systems, sustainable pedagogy, and context-aware digital tools such as accessible AI in higher education. Together, these contributions align with national priorities such as NEP 2020 and the vision of a resilient, equitable, and developed India. Transformative education thus emerges not merely as academic reform, but as a strategic pathway to enhancing quality of life and building a sustainable nation grounded in knowledge, values, inclusion, and innovation.

T3101

Nutrition Education for Grades 3–8: Creating Awareness through School Curriculum

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Nutrition plays a vital role in the healthy growth and overall development of children. In the present digital era, widespread access to information through social media and online platforms has made it increasingly difficult to differentiate between evidence-based nutritional guidance and misleading advice. Consequently, many individuals unknowingly adopt unhealthy dietary and lifestyle practices. This growing exposure to misinformation highlights the importance of introducing accurate nutrition concepts at an early age, when food-related habits and attitudes are still developing. Schools, therefore, serve as a crucial platform for promoting informed and healthy food choices among children. The present study aimed to examine the importance of incorporating nutrition education into the school curriculum to create awareness among students from Grade 3 to Grade 8. Specifically, the study assessed students' basic nutritional knowledge, eating habits, and perceptions regarding healthy food choices, as well as their views on learning nutrition in school. A descriptive research design was adopted. Data were collected using a structured questionnaire comprising both objective and subjective questions covering awareness of food groups, understanding of a balanced diet, frequency of junk food consumption, hydration habits, and opinions on nutrition education. The questionnaire was administered through Google Forms, and data were analysed using frequency and percentage distribution, while subjective responses were thematically categorized. The findings revealed that although students possessed basic knowledge of commonly consumed foods, significant gaps existed in their understanding of balanced nutrition and healthy lifestyle practices. A higher preference for processed and junk foods was noted among older students. Encouragingly, the majority expressed interest in learning nutrition as part of the school curriculum, particularly younger students. The study concludes that integrating age-appropriate nutrition education from early grades can promote healthier dietary habits, counter misinformation, and support the holistic development of children.

Keywords: Nutritional Education; School Curriculum; Nutrition Awareness; Healthy Eating Habits; Children (Grades 3–8) Digital Influence on Nutrition.

T3102

A Snack-Based Health Support Model: Development of a Nutritious Cookie and Visual Learning Activity Set for Children with Developmental Delays

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Snack time is often viewed as a routine break in a child's daily schedule; however, for children with developmental delays such as Autism Spectrum Disorder, Down syndrome, and Intellectual Disability, it represents an underutilized opportunity for both nutritional enhancement and meaningful engagement. Commonly consumed snacks are frequently low in

nutritional value, and learning activities are typically addressed separately from daily routines. This study explores whether snack time can be transformed into a context that simultaneously supports nourishment and learning. The purpose of the study was to develop a nutrient-dense, sensory-appropriate soft cookie and integrate it with a visually guided learning mat to create a holistic snack-time experience tailored to the needs of children with developmental delays. A phase-wise developmental research approach was adopted. Phase 1 involved the formulation and standardization of a soft cookie using wheat flour, ragi flour, jaggery powder, skim milk powder, and butter, selected to enhance energy, protein, calcium, iron, and dietary fibre while maintaining a soft, easy-to-chew texture. Sensory evaluation using a 5-point hedonic scale with semi-trained panellists demonstrated high acceptability across appearance, texture, taste, and overall quality. Phase 2 focused on the design of a low-demand visual learning mat incorporating one-step activities to introduce basic concepts such as size, shape, colour, and spatial awareness, while minimizing cognitive and sensory overload during snack time. The central insight from this developmental work is that nutrition and engagement need not function independently; when thoughtfully integrated, a nutrient-rich food product and a structured visual activity can convert a routine eating occasion into a supportive developmental experience. The novelty of the study lies in combining food product development with functional cognitive support within an everyday context. Phase 3 will involve expert validation of the learning mat, followed by Phase 4, which will assess real-world applicability in centres serving children with developmental delays through observational evaluation of engagement and usability. This integrated model highlights the potential of re-envisioning snack time as a therapeutic and learning-supportive moment, offering practical implications for caregivers, educators, and healthcare professionals seeking simple and scalable interventions.

Keywords: Soft cookie; Ragi; Snack-Time Learning; Visual Mat; Developmental Delays

T3201

Early Educator Support (EES) Program: A comprehensive model of Mentorship and Quality for North Carolina Preschool Teachers within Child Care Settings

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Quality Education is a central goal of the United Nations Sustainable Development Agenda, with Target 4.2 emphasizing universal access to quality early childhood development, care, and pre-primary education, supported by a well-qualified teaching workforce. In alignment with this global vision, the Education Evaluation Services (EES) unit supports and strengthens early childhood education by providing high-quality mentoring, coaching, and evaluation services to licensed teachers and those working toward licensure in the state of North Carolina, USA. This presentation outlines the comprehensive coaching and mentoring framework implemented by EES to ensure sustained quality within the NC Pre-K program and Developmental Day settings across non-public and childcare environments. Key areas discussed include the internal quality assurance mechanisms adopted by EES units; collaborative partnerships with NC Pre-K and Developmental Day teachers that enhance early learning outcomes; and the range of services offered to teachers during initial licensure and throughout continuing licensure cycles. The presentation further explains the Interrater Reliability (IRR) standards developed and consistently applied by EES to ensure uniformity

and fairness in observation and evaluation practices among mentors and evaluators statewide. Strategies for supporting EES personnel are also highlighted, including structured professional development opportunities such as training in effective coaching practices, guided book study sessions, facilitation of Professional Learning Communities (PLCs), and participation in local, state, and national conferences. As state employees, EES staff are additionally supported to pursue higher education at no personal cost, strengthening professional competence and leadership capacity. By employing an evidence-based coaching and mentorship model—integrating self-assessment, Professional Development Plans (PDPs), mentoring through coaching, observation, and evaluation—EES upholds high standards of quality and accountability. Through this presentation, the authors aim to foster international dialogue, shared learning, and global collaboration in advancing sustainable, high-quality early childhood education and teacher training.

Keywords: Quality Early Childhood Education; Teacher Mentoring and Coaching; Professional Development; Evaluation and Interrater Reliability; NC Pre-K Programs; Sustainable Development Goal 4.

T3202

The Practices of Montessori School Teachers to Develop Agency in Students

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To build a stronger and transformed education system, schools must cultivate autonomy in early-childhood students, enabling them to become active learners throughout their life. Student agency is a core principle of Montessori education, emphasizing independence, choice, and responsibility in learning. This study aimed to explore how Montessori teachers cultivate student agency through teaching practices, curriculum, and classroom structures. A qualitative case study was conducted in a Montessori school in South India catering to children 3 to 6 years, using semi-structured interviews of teachers, classroom observations, and document analysis. Triangulation of data strengthened credibility by validating patterns across methods. Five themes emerged: Prepared Environment, Individualized pedagogy, Development of Student Agency, Socio-emotional relationships, and Collaborative ecosystem with Educational Alignment. Findings showed that a prepared environment fostered independence, while tailored lessons and observation-based planning of teachers supported individual progress. Student agency was nurtured through choice, self-correction, guidance, and collaborative practices. The autonomy developed when children actively construct knowledge in supportive environments aligning with Montessori philosophy, agency theory, and constructivist learning perspectives. Some challenges arose due to parental expectations and pressures of Grade 1 admission. The study highlights context-specific insights into Montessori practice in India and recommends enhancing parent education, strengthening teacher capacity and classroom management skills in mixed-age classrooms. Formally integrating Montessori teaching practices with the National Curriculum Framework (NCF) can support the expansion of Montessori principles into mainstream early childhood education, aligning with India's vision for holistic and agency-driven education.

Keywords: India; Montessori; Qualitative Case Study; Student Agency; Teaching Practices.

T3203

Mindful Lawfulness: A Transformative Educational Framework for Nation Building

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There is an increasing rate of juvenile crimes in India, highlighting the urgent need to instil transformative principles in the educational system. 31,365 juvenile cases were reported in the NCRB 2023 report, showing a rise of 2.7% from 2022. Lawfulness is the internalised adherence and conformity to the law. Mindfulness is defined as non-judgmental and nonreactive awareness of the present moment, including experiences such as emotions, thoughts, and bodily sensations. Research indicates that mindfulness enhances cognitive performance, emotional regulation, and prosocial behaviour, while lawfulness education boosts civic consciousness. The study explores how the theoretical integration of lawfulness and mindfulness education into the school curriculum can enhance ethical reasoning, decrease impulsive behaviour, and motivate young people to become law-abiding and compassionate citizens. Lawfulness and mindfulness are essential for self-improvement and empowering citizens. Both contribute to fostering self-awareness, morals, professional values, and ethics in those who practice them. Creating an educational system that combines mindfulness and lawfulness, mandatory for all levels from primary to graduation, can act as a catalyst for community development and nation building by contributing to achieving SDG 3 (good health and well-being), 4(Quality Education) and 16 (Peace, Justice & Institutions). By tackling the problem of multitasking and teaching students professionalism, ethics, empathy, love, self-acceptance, and self-control, it can help them make logical decisions and reduce crime rates within the educational framework. **Keywords:** Lawfulness; Mindfulness; Sustainable Development Goals.

T3204

Play: A Medium of Holistic Development During Early Childhood Years

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Early childhood years is a stage of golden opportunities. Children during these years are in the sensorimotor and pre-operational stage of cognitive development. This means, children during these years learn through touching, looking, listening, biting the things. Children in this stage think imaginatively and realistically. Play during these years becomes a source to provide these opportunities to the children. Play helps children to practice their developmental characteristics. Play serves as a major and essential source of stimulation for children in this stage. It has ability to develop children holistically at the same time, make them understand about pre-number concepts, basic science concepts, shapes, size and texture. Play allows children to express anger, overcome with traumas and manage emotions. Play allows children to practice imagination by taking roles, make relationships, take turns amongst other. Current paper is one such effort, to understand the ways in which play was used in selected early childhood centres to teach children. The study was qualitative in its nature using purposive

sampling technique. The sample size of the study was ten selected early childhood education centres. The method of data collection was non participant observation technique. The paper will try to reflect upon the settings in which play episodes were conducted; the method in which play were held; the materials that were being used and which opportunities play provided to children.

Keywords: Play; Pre-Number Concepts; Early Childhood Years; Qualitative Study; Early Childhood Education.

T3205

Transformative Education for Nation Building

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India's vision for 2047 positions education as a central driver of national transformation, with the aspiration of *Viksit Bharat* emphasizing the development of a technologically advanced, innovative, and self-reliant nation. Aligned with the National Education Policy (NEP, 2020) and the National Curriculum Framework (NCF), this study examines the role of transformative education in cultivating future-ready learners capable of contributing meaningfully to national growth and global progress. The study responds to the widening disconnect between industrial-era schooling models and the competencies required in an innovation-driven, rapidly evolving world. The objectives of the study were fourfold: (a) to analyse the conceptual foundations of transformative education within national and global policy frameworks; (b) to understand learner needs in the post-pandemic BANI (Brittle, Anxious, Non-linear, Incomprehensible) context, with particular emphasis on emotional resilience and self-mastery; (c) to examine the DREAMTIME Learner Profile as a neuroscience- and behaviour-informed framework for future readiness; and (d) to evaluate the Dreamtime Learning System, specifically its ABSORB–INTERACT–CREATE pedagogical model, as a mechanism for experiential and socio-emotional learning. A qualitative exploratory research design was adopted. Document analysis included NEP 2020, NCF documents, UNESCO future-skills frameworks, and contemporary scholarly literature on transformative learning, socio-emotional development, and neuroscience-informed pedagogy. A conceptual analysis of the DREAMTIME Learner Profile and the Dreamtime Learning System—developed by Dreamtime Learning under the leadership of Lina Ashar—was undertaken to assess their theoretical coherence and practical alignment with future-readiness outcomes. Additionally, insights drawn from three decades of practitioner experience in school leadership, curriculum design, and teacher professional development were integrated to contextualize implementation considerations. Findings indicate that the global shift from a VUCA to a BANI world has intensified learners' emotional, cognitive, and adaptive demands. The construct of *self-mastery*—encompassing emotional regulation, resilience, adaptability, and well-being—emerged as foundational for higher-order competencies such as creativity, collaboration, design thinking, and complex problem-solving. The DREAMTIME Learner Profile is identified as a comprehensive model that nurtures learners as reflective practitioners, emotionally intelligent individuals, metacognitive thinkers, design innovators, and growth-oriented contributors.

The Dreamtime Learning System, particularly the ABSORB–INTERACT–CREATE model, demonstrates how intentional curriculum design can operationalize transformative learning through storytelling, sensory engagement, experiential tasks, emotional check-ins, unstructured

play, and observation-based assessment. These practices promote learner agency, deep understanding, and lifelong learning dispositions.

The study concludes that transformative education is essential for preparing learners to navigate uncertainty, lead with empathy, and innovate with purpose. Aligning curriculum, pedagogy, and assessment with neuroscience, behavioural science, and future-skills frameworks can enable Indian schools to cultivate conscious, resilient, and future-ready citizens. Transformative education thus emerges as both a national imperative and a global responsibility.

Keywords: Transformative Education; Future-Ready Learners; National Education Policy 2020; Socio-Emotional Learning; Neuroscience-Informed Pedagogy; Self-Mastery.

T3206

Parental Perception on School Support Services for Children with Learning Disabilities

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A study was conducted to explore parental perceptions on support services for children with Learning Disabilities. The Persons with Disability Act (2016) includes Learning Disability, however, the state of children hasn't changed much. The study thus focused on perceptions of parents (12, 8 mothers and 4 fathers) who have children with learning disability about their understanding of the condition and the school's role and support in children's learning. A qualitative approach was used to understand parental perceptions. The parents were approached through remedial education centers and by using snowball technique. Interviews were conducted using an interview guideline. Analysis was done through the thematic approach to identify the patterns in data and also to bring out implicit responses. These responses were further categorized and represented in the form of frequency tables, to make sense of the data. The study revealed that 3 of the parents believed that children would outgrow the condition, and 4 of them were not very clear about the condition. Out of 12 parents, 7 expressed concerns that most of the teachers lacked proper understanding of learning disabilities. 8 parents actually vocalized that the teachers were not supportive. Regarding counselling, 6 parents confirmed that their child had access to counselling. Also awareness of shadow teachers and additional support services was more common among upper middle-class and middle-class parents. Five out of 12 parents (2 from the upper middle class and 3 from the middle class) acknowledged familiarity with such services. In contrast, limited awareness or lack of utilization was more prevalent among parents from lower socio-economic backgrounds. Seven out of 12 parents were unaware of shadow teachers. These findings provide insights into the broader social and familial factors affecting children with Learning Disability and emphasize the need for more accessible, inclusive, and well-structured support services that cater to diverse family backgrounds and needs.

Keywords: Learning Disabilities; Parental Perceptions; School Support Services; Inclusive Education; Counselling and Remedial Services; Socio-Economic Factors.

T3207

Awareness of Learning Disability among Middle School Teachers and Their Perception about Inclusion in Their Schools

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This research aims to study the level of awareness among school teachers regarding children with learning disabilities and the extent to which inclusive education practices are implemented in their schools. The study investigates whether schools employ at least one special educator and follow the guidelines and policies recommended by the government for supporting students with special needs. Additionally, it explores teachers' knowledge about the facilities, aids, and services that should be provided to children with learning disabilities. Through this research, we aim to understand existing gaps in awareness and implementation and highlight the need for improved training and resources to ensure that all children receive equal and supportive educational opportunities.

Keywords: Teacher Awareness; Learning Disabilities; Inclusive Education Practices; Special Educators; Educational Support Services; Policy Implementation.

T3208

Enhance Quality of Life with Proper Education

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Enhancement of quality of life is often understood as being content with what one has while simultaneously striving for better achievements, without losing patience when desires remain unfulfilled. True happiness does not emerge from avoiding problems but from confronting life's challenges with resilience, adaptability, and constructive problem-solving. Such an approach leads to deeper and more sustainable happiness. With the objective of understanding the pursuit of true happiness, this paper explores the realities of life and examines how education plays a central role in shaping attitudes that promote happiness and well-being.

The study adopts a multidisciplinary literature review approach, drawing upon published works of philosophers, educationists, and scholars to analyse the relationship between education, happiness, and quality of life. The review highlights that happiness is closely linked to the nature of education received—education that extends beyond the acquisition of degrees and focuses on values, behaviour, skills, and practical wisdom. As emphasized by Swami Vivekananda, the purpose of education is to develop self-reliant individuals capable of earning a livelihood and leading a dignified and meaningful life. However, in contemporary society, education is often narrowly perceived as the accumulation of academic qualifications, leading to confusion between being *learned* and being *educated*. The findings suggest that true education significantly enhances quality of life by fostering economic stability, health awareness, emotional maturity, tolerance, ethical conduct, civic responsibility, and problem-solving skills. In contrast, individuals with high academic degrees may still lack social sensitivity, discipline, or moral values if education remains purely theoretical. The paper

concludes that happiness and a peaceful life are outcomes of right education—education that nurtures positive thinking, ethical behaviour, and holistic human development—rather than academic achievement alone.

Key words: Education; Culture; Degree; Knowledge; Mental Health.

T3301

Sustainable Pedagogy through Heritage: Embedding Indian Knowledge System in Fashion Education

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The present inquiry wanders sometimes a bit off-course through the lively overlap of heritage and sustainability inside Indian fashion classrooms. We put forward (perhaps too cheerfully) the idea that weaving the Indian Knowledge System (IKS) right into the design syllabus can nudge pedagogy toward a greener, more rooted stance. Adopting a qualitative-exploratory, design-based approach, the study gathered impressions from 28 semi-structured interviews, two focus-groups, and a handful of mini case-studies. These conversations probed how blending traditional craft skills and indigenous knowledge with studio-based teaching might foster sustainable and culturally textured learning. Preliminary glimpses suggest a pleasant double effect: students become not only more inventive but also more attuned almost instinctively to environmental limits and cultural nuance. Both educators and learners voice genuine enthusiasm for heritage-anchored lessons, though they also flag hurdles: timetable reshuffles, faculty re-training, uneven access to craft resources, the usual headaches. Still, the emerging picture sketches a pedagogical scaffold that resonates rather neatly with the National Education Policy (NEP) 2020 vision for holistic, sustainable education in fashion.

Keywords: Sustainable Pedagogy; Heritage-Based Learning; Indian Knowledge System (IKS); Fashion Education; Design-Based Research; Craft Heritage; Cultural Sustainability; NEP 2020; Artisan Collaboration; Sustainable Fashion.



"The greatest threat to our planet is the belief that someone else will save it."

– Robert Swan

Theme 4

Environment and Sustainability

The sub-theme Environment and Sustainability presents a diverse array of research dedicated to harmonizing human development with ecological preservation. Central to this theme is the circular economy, with studies demonstrating innovative waste-to-value transformations, such as converting fruit peels into prebiotics and soybean by-products into nutrient-rich functional foods.

Sustainability in the textile and fashion sectors emerges as a critical focus area. Researchers explore eco-friendly alternatives to synthetic materials through the development of biodegradable mulching mats from textile waste, the revival of traditional plant-based dyeing, and the promotion of "slow fashion" through reversible garments. Furthermore, the application of nanotechnology in active packaging and the use of ferrites for photo catalytic wastewater remediation highlight the role of advanced science in enhancing food safety and water quality. Underpinning these technical innovations is the vital role of environmental education and policy. From assessing solar energy transitions in India to cultivating environmental mindfulness among urban youth, this theme underscores that a sustainable future requires a synergy of traditional wisdom, technological innovation, and conscious consumer behaviour to stay within our planetary boundaries.

T4101

Evaluation of Prebiotic Potential and Encapsulation Efficiency of Fruit Peel Powder of Orange and Guava

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Fruit peel waste is rich in bioactive constituents and dietary fiber, but its utilization through encapsulation for functional beverage development has not been extensively investigated. The objective of this study was to investigate the prebiotic potential of fruit peels of Orange and Guava and to optimize the encapsulation efficiency of fruit peel powder within alginate beads by examining the stability of the formulated beads in beverage system. Fruit peel powder of Orange and Guava were analyzed for phytochemicals, soluble dietary fiber, total phenolic content, antioxidant activity (DPPH). To assess prebiotic potential, *Lactobacillus paracasei* strain shirota was cultured in MRS broth containing varying concentrations of peel powder, and growth, pH, and titratable acidity were monitored for 24 hrs. Peel powder was encapsulated into alginate beads via ionotropic gelation to evaluate encapsulation efficiency and suitability for functional beverage development. Phytochemicals such as alkaloids, flavonoids, tannins, saponins, glycosides, phenols, terpenoids, steroids, and anthraquinones were present in both the peels. The peel powder exhibited good compatibility with *Lactobacillus paracasei* strain shirota, promoting its growth at lower concentrations and increasing titratable acidity over 24 hrs. Peel powder encapsulated within alginate beads and added to skimmed milk showed the production of SCFAs, which were detected by TLC. These findings indicate that alginate-based bead encapsulation is a viable approach for incorporating fruit peel bioactives into functional beverage, thereby supporting sustainable waste utilization.

Keywords: Fruit Peel Powder; Prebiotic Potential; *Lactobacillus Paracasei* Strain Shirota; Alginate Encapsulation; Functional Beverage; SCFA Production

T4102

Transforming the Soybean By-Product, Okara, into Fibre and Protein-Rich Okara Cookies

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Okara is a by-product obtained after the processing of soymilk and tofu. In wet okara, high-fibre ~50-60%, ~15-34% protein, ~6-16% fat, significant minerals (calcium, potassium, iron), and phytochemicals (isoflavones) can all be found. One of the most notable characteristics is the fibre level; according to certain reports, dried okara contains more than 40% dietary fibre. The purpose of this research is primarily to utilise the largely discarded okara in the production of a more demanding bakery product. The wet okara, when discarded, causes a foul smell and high BOD/COD when dumped in water. The wet okara was dehydrated to a dry okara and later ground into flour. Standardised cookie recipe with Okara flour, Sugar, Oil, mashed ripe banana, Vanilla extract, Baking powder, and Salt, was curated. Okara flour was used to make the cookies and crackers; also, cookies were made in combination with wheat flour and flavours,

but the first trial of okara cookies with vanilla flavour was finalised. According to IS techniques, the created cookies had 54.29 g of carbohydrates, 18.80 g of protein, 16.61 g of dietary fibre, 17.90 g of fat, 6.32 g of moisture, and 2.69 g of ash per 100 g. Using UV-visible spectrophotometry, the tannin concentration was determined to be 138.67 mg/100 g. Microbial study with the spread plate technique revealed unquantifiable proliferation (>300 colonies) at a 10^{-5} dilution, with diminished colony counts at elevated dilutions (10^{-6} and 10^{-7}). The microbial load (CFU/g) could not be accurately calculated since the counts were outside the permitted range. The acceptability of the product was also checked by sensory evaluation and recorded. For the sensory evaluation part, it received positive feedback, with the highest scores for flavour (4.4) and overall acceptability (4.3). Participants suggested that there could be a minor improvement in the texture and crispness. Overall, the product was well-liked and appreciated for its taste, concept and sustainability. Since the cookie is soft on the inside, it will be acceptable to the elderly section of society. The study contributes to sustainability by converting waste into a valuable product that is rich in nutrients. Also, this study supports the circular economy principle and functional food development. The finding suggests that the okara flour can be used as a multipurpose flour for commercial bakeries and the food industry. The research had two limitations. Firstly, the cookies lacked crispness and also a uniform brown colour. Further research needs to be done to increase the scalability, the shelf life of the cookies, the antibiotic properties, their stability, and their acceptance across different age groups.

Keywords: Okara, Soybean By-Product, Dietary Fibre, Protein-Rich Cookie, Sustainable Food Production, Bakery Innovation, Texture Improvement.

T4103

Eco-Innovations in Active Packaging: A Nanotechnology Perspective on Food Safety and Shelf Life

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Background: Food spoilage and loss during storage and distribution pose persistent challenges to food security and safety. Nanotechnology offers innovative solutions through active packaging systems that extend shelf life, inhibit microbial growth, and enhance barrier and mechanical properties. Recent developments in metal and metal-oxide nanoparticles (Ag, ZnO, TiO₂, CuO), polymer nanocomposites, nanoemulsions, and nanocarriers have shown promising functional outcomes. **Objective:** To systematically review literature published between 2015 and 2025 on nanotechnology-enabled active food packaging, with emphasis on: (1) nanomaterial types and functional roles, (2) performance outcomes such as antimicrobial, antioxidant, and barrier effects, and (3) safety, toxicology, and regulatory considerations. **Methods:** A systematic search following PRISMA guidelines was performed across Scopus, Web of Science, ScienceDirect, PubMed/PMC, and Google Scholar using defined keyword combinations. Eligible studies included peer-reviewed experimental and review papers reporting on nanomaterial synthesis, characterization, and performance in active food packaging. Data extraction covered nanomaterial type, polymer matrix, test methods (e.g., microbial challenge, antioxidant assays, WVP, OTR), release kinetics, and reported toxicology or migration findings. **Results:** Incorporation of nanomaterials generally improved mechanical strength, reduced water-vapour and oxygen permeability, and imparted significant

antimicrobial or antioxidant activity. Controlled release systems using nanoemulsions or nanocarriers enhanced bioactive stability. However, safety evaluations and regulatory harmonization remain limited, especially regarding nanoparticle migration and long-term toxicity. Conclusions: Nanotechnology has substantially advanced active packaging innovations, yet commercial translation requires standardized testing, comprehensive safety assessment, and scalable, biobased, low-migration designs.

Keywords: Active Packaging; Nanotechnology; Nanocomposite; Nanoparticles; Nano emulsion; Controlled Release; Migration; Food Safety.

T4301

Eco-friendly Mulching Materials from Recycled Textile Waste

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Agriculture remains central to India's economy. Agrotextiles—textiles designed for agricultural use—are a rapidly growing segment of the technical textile industry. The global agrotextile market, valued at USD 4.62 billion in 2021, is expected to reach USD 6.98 billion by 2030 at a 4.7% CAGR, with the Asia-Pacific region contributing over 48% of global revenue. Meanwhile, India generates nearly 7.8 million tonnes of textile waste annually from fibers, yarns, and fabrics. Growing adoption of modern farming practices, rising demand for crop-protection materials, and increasing focus on sustainability are key drivers of the agrotextile sector.

A variety of agrotextiles are used to support crop production, including shade nets, mulch mats, anti-hail nets, sunscreens, windbreaks, ground covers, insect meshes, and packaging materials. The choice of agrotextile varies depending on the crop and its specific requirements. Traditionally, these products are made from synthetic fibers such as polyolefins. However, growing environmental concerns have led to increased interest in developing agrotextiles from natural fibers as sustainable alternatives. Therefore, a study was undertaken in which cotton and wool waste fibres were used in varying proportions (100%, 50:50 and 70:30) and needle punched non-woven fabrics were developed. Mulching is primarily (of polypropylene and plastic films) used to reduce evaporation or water erosion, maintain soil temperature, increase the capacity of the soil to hold water and control weeds. In this study, natural composites made from textile waste fibres were laid as mulch for chilli cultivation in the farms of Nashik city. The developed composites were tested on physical parameters as well as for specialised properties. It was found that 100% cotton was completely biodegradable and 50:50 wool: cotton had 97% UV blocking capacity with 8.6% moisture content. This research illustrates that textile waste fibres can be recycled to produce nonwovens which show good potential as mulch materials instead of polypropylene or plastic films thus reducing the negative environmental impact and supporting sustainable agricultural practices.

Keywords: Sustainable; Agrotextiles; Composites; Mulch

T4302

Sustainable Applications of Tie-Dyeing Technology in Modern Textiles: A Review

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This is one of the oldest resist-dyeing methods, going back to the Six Dynasties period and based on Chinese folk traditions. There is a growing desire for textiles that carry cultural value, emotional connection, and visual richness. This new way of looking at things has brought back interest in traditional crafts, especially those that are considered part of intangible cultural heritage. Tie-dyeing is one of the oldest resist-dyeing methods in China. Its appeal lies not only in its visual richness but also in its ability to reconnect people with cultural memory and traditional ways of making. This review paper brings together existing studies on tie-dyeing methods, materials, and design applications, focusing on how the technique is being reinterpreted for contemporary textile development. Special attention is given to its sustainable potential, including low-energy processes, adaptability to natural dyes, and small-scale production. The review highlights how traditional tie-dyeing can successfully bridge heritage and modern design, offering a thoughtful path toward culturally grounded and environmentally responsible textile practices. Characterized by its handmade nature and unique, unrepeatable patterns, tie-dyeing represents both technical skill and cultural expression. Tie-dyeing is known for its unique patterns and handmade quality. In the last few years, tie-dyeing has been used on more than just traditional clothing. It focuses on how traditional techniques are being adapted to suit modern aesthetic preferences and environmental concerns. By looking at both design value and sustainability, the review shows how tie-dyeing can serve as a bridge between past knowledge and present needs, offering a meaningful path forward for responsible and culturally rooted textile development. Celebrated for its handcrafted nature and distinctive, unpredictable patterns, tie-dyeing reflects both technical skill and cultural identity, making it a compelling bridge between heritage and contemporary textile innovation. What distinguishes tie-dyeing in the modern context is its deeply human character. Known for its handcrafted quality and the unique, organic patterns it produces, tie-dyeing embodies both cultural identity and creative skill, offering a bridge between historical craft knowledge and contemporary textile innovation.

Keywords: Tie-Dyeing; Sustainable Textiles; Aesthetic Design; Traditional Craft; Modern Textiles

T4303

Promoting Sustainable Fashion through Reversible Dresses

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The fashion industry, though culturally and economically influential, faces significant sustainability challenges due to fast fashion's high resource consumption and waste generation. There is an urgent need to shift towards more responsible and sustainable fashion practices. Sustainable fashion includes using eco-friendly materials, fair labour, and reducing waste. Reversible dresses are a smart solution that combines style, function, and sustainability in one garment. This study aimed to assess awareness and preference for sustainable clothing, design and develop reversible dresses, and evaluate their utility. A preliminary survey was conducted

among 100 adolescent girls in urban Ernakulam using a structured questionnaire. Most adolescents showed awareness of sustainable fashion and preferred eco-friendly, durable, and cruelty-free clothing. However, ownership of reversible garments was still very low. Respondents showed interest in styles like Kurti, Top, Palazzo, Skirt, Crop Top, Kaftan, Pant, and Shrug with a preferred price range of ₹500–₹1500. Based on the styles, fabrics, and trims preferred by the respondents, eight reversible garments were designed and developed. These garments were evaluated by 15 adolescent girls using a scorecard and the results were analyzed statistically. Among the garments developed, the kurti scored highest in utility, followed by the skirt and top, with strong agreement on the effectiveness of reversibility. The reversible dresses developed in the study were found to be cost-effective, stylish, and practical. The study concludes that reversible garments are a practical and sustainable solution that combines aesthetics, functionality, and affordability, supporting conscious consumption and sustainable fashion practices.

Keywords: Sustainable Fashion; Reversible Garments; Adolescent Preferences; Conscious Consumption; Utility Evaluation.

T4304

A Critical Review on Application of ABO₃ Ferrites for Photocatalytic Wastewater Remediation Applications

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WATER – this five-letter word is of paramount importance to all the living beings on earth. However, due to advancements in technology, water is being utilized at an unprecedented rate and has become a scarce resource today. Water pollution is on rise and the one of the major reason which stands behind this impediment is textile and dyeing industry. Untreated effluent wastewater being directly discharged into water bodies with dyes getting accumulated into the marine life has caused serious threat to the overall biodiversity. Although there are conventional wastewater treatments that are available since decades which includes primary and secondary methods, but they are extremely time-consuming, requires large set-up space and huge manpower to work upon. Hence, in past few years, a recent shift towards advanced wastewater treatment methods, particularly on photocatalytic dye degradation of dyes has been witnessed which is efficient for the degradation of synthetic dyes in short period of time, which otherwise are extremely difficult to degrade. Various rare earth metals have been used as ABO₃ based ferrites, which are synthesized via various methods and it has shown almost complete degradation of dyes under various light irradiation conditions. Thus, the focus of this paper is to critically analyse application of ferrites for photocatalytic degradation of textile dyes to remediate water and ensure sustainable practice.

Keywords: Wastewater Treatment; Photocatalytic Degradation; Ferrites; Sustainability; Textile Dyes.

T4305

REVIVING TRADITIONAL PLANT-BASED DYEING PRACTICES FOR SUSTAINABLE LIVELIHOODS

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Traditional plant-based dyeing practices are a vital part of Assam's cultural heritage, offering eco-friendly alternatives to synthetic dyes while supporting sustainable livelihoods. This study aims to revive these indigenous techniques by standardizing dyeing protocols for two plant-based sources including the bark of Cochin Goraka (*Garcinia xanthochymus*) and the bark of the Achu tree (*Mirinda angustifolia*), applied on cotton yarn. The dyed samples were systematically evaluated for colourfastness to sunlight, washing, perspiration, and rubbing, and the quality of the cotton fibre post-dyeing was assessed. Results revealed that all samples exhibited excellent colourfastness across the tested parameters importantly, the dyeing process did not compromise yarn quality, some samples even demonstrated improved fibre strength, indicating that the natural dyes positively influenced the physical properties of the yarn. These findings highlight the dual benefits of natural dyes aesthetic enhancement and structural improvement of the fibres. The study emphasizes the potential of traditional plant based dyeing to promote sustainable livelihood, preserve cultural heritage, and contribute to environmentally friendly textile production. By integrating indigenous knowledge with scientific evaluation, this research provides model for combining environmental conservation with rural economic empowerment. The outcomes underscore the relevance of natural dyeing practices in supporting green production, eco conscious entrepreneurship, and sustainable development in rural communities.

Keywords: Plant-Based Dyes; Sustainable Livelihoods; Colourfastness; Eco- Friendly Textiles.

T4306

Sustainable Craft Ecologies: Linking Biodiversity, Natural Dyes and Kotpad Weaving Communities of Odisha

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Sustainable craft ecologies represent an integrated relationship between biodiversity conservation, traditional knowledge systems, and community livelihoods. This study explores the interlinkages between natural dye resources, ecological sustainability, and indigenous Kotpad weaving communities in Odisha, India. Kotpad weaving, renowned for its distinctive red and maroon hues derived from the Aal (*Morinda citrifolia*) tree, exemplifies a craft practice that is deeply rooted in local biodiversity and forest-based resources. This paper synthesizes the existing literature on the ecological significance of natural dye plants, traditional dyeing and weaving techniques, and the socio-cultural heritage of Kotpad artisans. The study also involved interaction with artisans to obtain a deep insight into the process and procedure of creating these sustainable indigenous weaves. It further examines how sustainable harvesting practices, community-led conservation, and evolving market dynamics influence the resilience

of craft ecosystems. By situating Kotpad weaving within the broader discourse on sustainable crafts and bio-cultural diversity, this study highlights challenges such as resource depletion, climate variability, and commercialisation pressures, while also identifying opportunities for eco-friendly textile innovation, policy support, and heritage preservation. This study underscores the importance of preserving indigenous knowledge and biodiversity as interconnected pillars for sustaining traditional crafts and promoting environmentally responsible textile practices.

Keywords: Eco-friendly textile practices; Indigenous weaves; *Morinda Citrifolia*, Natural Dyes; Sustainable Ecologies; Traditional knowledge system.

T4307

Threads of Change Beyond the Label: How Consumer Awareness Catalyses Sustainable Fashion and Textile Waste Reduction

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The global fashion industry has a substantial environmental impact because of its unsustainable production methods, ineffective supply chains, excessive output of textile waste, and excessive consumption. To reduce the eco-degrading effects of the fashion industry, circular fashion seeks to establish a closed-loop system in which materials are recycled, reused, altered, upcycled, and so forth, resulting in waste reduction. Adopting sustainable practices and slow fashion can significantly contribute to the development of an eco-friendly fashion industry. However, consumer ignorance seriously hinders the widespread adoption of sustainable fashion practices. This study aims to evaluate the level of awareness among Indian consumers aged 18 years and above regarding sustainable fashion choices through an online survey. The convenience sampling method was employed in this study to facilitate the selection of participants based on ease of accessibility and availability. This study utilised a questionnaire consisting of 14 questions administered in India on 200 individuals. The Likert scale questions assess participants' knowledge and education regarding the environmental impacts of the fashion industry, slow fashion and circular economy. A Spearman's rank order correlation analysis was used to examine the effect of income and education on participants' knowledge of circular economy, slow fashion and their willingness to adopt eco-friendly textile disposal methods. Spearman correlation analysis suggests a strong positive correlation between educational level and economic condition, with knowledge of circular fashion and slow fashion. The information reveals a notable disparity in people's understanding of circular fashion, slow fashion, and the environmental impact of the fashion industry. These results highlight the significance of education in encouraging sustainability in the fashion sector. Gaining insight into the degree of consumers' knowledge concerning slow and circular fashion may contribute to improving public outreach efforts on how consumer purchases affect social, economic, and environmental sustainability. This research provides valuable insights into the correlation between consumer characteristics, education, and their needs concerning sustainable fashion.

Keywords: Circular Fashion; Slow fashion; Sustainability; Textile waste; Upcycling, Second-hand clothing.

T4401

Innovative Testing System for Evaluating Air Purification Materials

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Air filtration is essential for maintaining both indoor and outdoor air quality, requiring reliable methods to assess filter performance. This study reports the design, development, and evaluation of a Filter Quality Testing System (FQTS) capable of accurately measuring the filtration efficiency of diverse air filter materials. The system consists of a compact tabletop test jig with controlled inlet and outlet chambers, advanced sensors for PM_{2.5}, PM₁₀, total volatile organic compounds (TVOCs), temperature, relative humidity, carbon dioxide (CO₂), and formaldehyde, along with a Measurement and Display Electronics (MDE) unit for real time data acquisition and storage. Filter materials tested includes cotton (67 GSM and 122 GSM) and polypropylene (70 GSM), evaluated under a constant airflow of 70 cubic feet per minute. Among the samples, 122 GSM cotton achieved the highest filtration efficiency, followed by polypropylene and 67 GSM cotton. The FQTS provides a standardized, data driven platform for evaluating air filtration materials and systems. It offers valuable applications for research, industrial development, and quality control in the advancement of air filtration technologies.

Keywords: Air Filtration Test; Air Filtration Fabric; Sensors; Particulate Matter; Textile Testing Instrument

T4402

Environment and Sustainability: A systematic review and synthesis

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Research Purpose: The purpose of this study is to synthesize contemporary knowledge on environmental degradation and sustainability by examining dominant global environmental trends, conceptual sustainability frameworks, and the effectiveness of policy and governance responses. The study aims to identify key drivers of environmental crises, assess existing sustainability pathways, and propose priority directions for future research and policy to support just and resilient environmental transformations.

Methodology: This paper adopts a systematic literature review approach, covering peer-reviewed articles and major institutional reports published between 2005 and 2025. Data were collected from multidisciplinary academic databases and authoritative sources, including reports by the United Nations, IPCC, UNEP, FAO, and the Stockholm Resilience Centre. The literature was screened for conceptual clarity, empirical robustness, and policy relevance. Findings were thematically analyzed across four dimensions: (i) global environmental trends, (ii) sustainability frameworks, (iii) governance and policy instruments, and (iv) socio-economic transition mechanisms.

Key Findings: The review reveals that planetary-scale frameworks such as planetary boundaries and safe operating space effectively link biophysical limits with human

development and indicate that several Earth system boundaries—particularly climate change, biosphere integrity, and nutrient cycles—have been exceeded or are nearing critical thresholds. Climate change emerges as the primary amplifier of environmental risks, intensifying biodiversity loss, land degradation, and pollution. While policy interventions have achieved localized successes, global environmental governance remains fragmented and insufficiently funded. Sustainable transition pathways consistently emphasize decarbonization, circular economy practices, and nature-positive restoration, supported by policy reforms, green finance, technological innovation, and inclusive governance. **Originality and Value:** The originality of this study lies in its integrated synthesis of biophysical, socio-economic, and governance dimensions of sustainability across multiple global frameworks. By systematically connecting planetary boundaries, Sustainable Development Goals (SDGs), and policy instruments, the paper provides a holistic understanding of sustainability challenges and responses. It also highlights underexplored areas such as justice, equity, and socio-ecological tipping points within sustainability transitions.

Implications: The findings have significant implications for research, policy, and practice. Policymakers are encouraged to embed planetary boundaries into national and regional planning, scale up nature-based solutions with livelihood safeguards, and redirect financial flows toward long-term environmental resilience. For researchers, the study underscores the need for improved quantification of SDG trade-offs, high-resolution tipping point analysis, and operational frameworks for just transitions. Overall, the paper contributes to advancing evidence-based, inclusive, and transformative approaches to environmental sustainability.

Keywords: Environment; Sustainability; Planetary Boundaries; Climate Change.

T4403

Assessment of Environmental Awareness and Adoption of Sustainable Practices among College Students

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Environmental degradation has become one of the most pressing global concerns of the 21st century. Issues such as climate change, deforestation, pollution, biodiversity loss, and resource depletion pose serious threats to the planet's ecological balance and to human well-being. Addressing these challenges requires not only technological and policy interventions but also behavioral changes and increased awareness among individuals—particularly the youth, who represent the future stewards of the environment. The present study aimed to assess the level of environmental awareness and the extent of adoption of sustainable practices among college students. The sample of the study consists of 144 college students who were studying at Vallabh Vidhyanagar. A structured questionnaire was administered to a representative sample of students to evaluate their understanding of environmental issues and their engagement in sustainable practices. The findings revealed that a majority of students demonstrated moderate to high levels of environmental awareness and environment friendly practices respectively. Furthermore, the results indicated a significant influence of college students' overall characteristics on both environmental awareness and the implementation of environmentally responsible practices.

Keywords: Environment; Environmental Awareness; Environmental Friendly Practices.

T4404

Exploring Health Risks and Safety Awareness regarding Household Cleaning Agents: A Study of Homemakers of Vadodara City

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Household cleaning agents are widely used to maintain cleanliness and hygiene within homes, however, many of these products contain chemical components that may pose potential health risks when handled not with care. Homemakers, being the primary users of these agents, are particularly vulnerable to adverse health risks arising from frequent exposure, inadequate safety practices, and limited awareness. Recognizing these concerns, the present study aims to identify the health risks experienced by homemakers due to the usage of household cleaning agents and to assess the awareness regarding the safe handling of household cleaning agents. The data was collected from 220 homemakers of Vadodara city, selected through random selection. The research design was descriptive and data was collected using a structured questionnaire focusing on health risks due to household cleaning agents, frequency of exposure to household cleaning agents, awareness regarding safe-handling. The findings are expected to highlight prevalent health problems and the existing awareness gaps among homemakers, thereby providing valuable insights for developing educational interventions and promoting safer domestic cleaning practices. Results may guide policymakers in developing community awareness initiatives and encourage manufacturers to improve product safety labelling. Overall, the research supports reducing health risks and enhancing informed cleaning practices in households.

Keywords: Household Cleaning Agents; Homemakers; Health Risks; Safe Handling

T4405

Pedagogical Interventions for Fostering Environmental Mindfulness among Urban Undergraduate Students

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Environmental degradation is emerging as a global threat resulting from intensified use of unsustainable resources, industrial expansion, the growing population and utilization of natural resources. However, the lack of environmental literacy and the weak attitude towards environmental conservation amongst the urban population continue to contribute to this global challenge. Limited interaction with natural ecosystems among urban students restricts their ability to develop strong environmental awareness and concern. Environmental education plays a crucial role in bridging this gap by using pedagogical interventions to cultivate environmental consciousness and conservation values among urban students. The present study emphasizes the transformative role of environmental education in fostering sustainable mindsets that contribute to long-term ecological well-being and improved quality of life by exploring undergraduate students' perceptions of the effectiveness of various pedagogical interventions

designed to foster environmental mindfulness and promote sustainable behaviors. To understand students' experiences, attitudes, and interpretations of the pedagogical strategies implemented, the study applied a qualitative research design using semi-structured interviews. The intervention incorporated experiential learning and interactive activities such as urban gardening, field excursions, debates, problem-solving scenarios, and game-based learning, aiming to provide more engaging and impactful learning experiences than theoretical lectures. The study is expected to contribute to the development of effective educational strategies that can strengthen environmental mindfulness among urban undergraduate learners.

Keywords: Environmental Education; Environmental Literacy; Environmental Mindfulness; Sustainable Behaviour; Pedagogical Interventions, Experiential Learning.

T4406

HOW IS INDIA MOVING TOWARDS GREEN ENERGY: SOLAR ENERGY

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India's transition to green energy is crucial for meeting its growing energy demands while reducing carbon emissions. This review paper examines the development, achievements, and challenges of India's solar energy policies from the launch of the National Action Plan on Climate Change (NAPCC) and Jawaharlal Nehru National Solar Mission (JNNSM) to the post2019 key initiatives. By analysing government reports, policy documents, and research studies, this paper provides insights into major solar energy schemes, including PM-KUSUM, the National Rooftop Solar Programme (Phase II), and PM Surya Ghar: Muft Bijli Yojana. While significant progress has been made—such as the installation of 10.5 GW of rooftop solar capacity—several challenges persist, including regulatory bottlenecks, financing constraints, and land acquisition issues. The paper highlights gaps in policy implementation and offers recommendations for streamlining regulatory processes, expanding financial incentives, strengthening domestic manufacturing, and improving grid infrastructure. As India aims for 500 GW of non-fossil fuel capacity by 2030 and net-zero emissions by 2070, solar energy will remain a key driver in its sustainable energy transition. This study provides a consolidated understanding of India's solar policy landscape and serves as a foundation for future research on individual policy impacts and improvements.

Keywords: Solar Energy; Renewable Energy; India, Solar Policies; PM-KUSUM; Rooftop Solar; Green Energy Transition

T4407

Towards Sustainable Packaging in Fashion Research

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The fashion industry's sustainability efforts are hindered by the continued use of plastic packaging. Every day, India generates 25,940 tonnes of plastic waste which is enough to fill

thousands of trucks and pile up like mountains. Yet, nearly 40% of it never makes it to a proper landfill or recycling center. Instead, it ends up in open drains, clogged waterways, or scattered across streets and fields. This uncollected plastic doesn't just look bad but it pollutes the air, harms wildlife, and threatens the health of people. In response, there is increasing interest in sustainable packaging alternatives, particularly bioplastics. This study looks at whether polylactic acid (PLA), starch-based bioplastics, and recycled plastics can be good packaging options for the fashion industry. A systematic review of research papers, industry reports, and selected life cycle assessment studies was used to evaluate the suitability of these materials. The study looked at important qualities of above-mentioned sustainable packaging materials, such as how strong they are, how well they protect products, what happens to them after use, and their environmental impact. This research is important because it focuses specifically on packaging used in fashion industry, connecting material features with real industry needs. While the findings are based on existing research. The results offer valuable insights for future research and support the transition toward more sustainable packaging practices in the fashion and textile sectors.

Keywords: Plastic waste, Packaging, Sustainable packaging, Bioplastics, Recycled plastics, Packaging alternatives, Sustainability.

T4408

Recycling Pre-Consumer Home Furnishing Waste into Eco-Friendly Handbags

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The home textile industry plays a significant role in shaping interior spaces by providing both functional and decorative products. This sector includes items such as bed linens, curtains, upholstery fabrics, carpets, rugs, cushions, and other home furnishings used in residential, hospitality, and commercial environments. With changing lifestyles and an increasing demand for comfort and aesthetics, these products are manufactured on a large scale. While this growth supports economic development, it also results in the generation of considerable textile waste during different stages of production. The textile industry is estimated to contribute around 8-10% of global carbon emissions, making it one of the more environmentally polluting industries. A major concern in the home textile sector is pre-consumer waste, which includes cutting scraps, rejected materials, surplus production, and leftover components. In India, about 7.8 million tonnes of textile waste are generated each year, with roughly 40-45% coming from pre-consumer sources. Much of this waste ends up in landfills, contributing to air, water, and soil pollution. Around 20% of global water pollution comes from untreated textile effluents containing dyes and chemicals, many of which are carcinogenic, posing serious risks to human health and the environment. These figures underscore the urgent need for sustainable waste management and upcycling solutions for pre consumer home textile waste To understand consumer preferences, the researcher conducted a survey with 60 participants aged 20-30 years. Respondents were asked which types of handbags made from upcycled home textile materials they preferred. Tote bags emerged as the most popular choice, followed by sling bags and shoulder bags. The feedback helped in the design process, ensuring the handbags are not only

functional but also stylish and appealing to young users. In this research, the researcher collected pre-consumer textile scraps from home furnishing stores to use as the primary material for handbag designing and development. The collected fabrics were first sorted and cut into small square pieces. These pieces were then arranged to form the basic structure of the handbags. Traditional handcraft techniques, such as crochet and macramé, were used to join the pieces, reinforce the edges, and add decorative elements. The assembly process combined these handcrafted components to create a visually appealing Functional handbags. The completed prototypes demonstrate that pre-consumer home textile waste can be successfully transformed into functional and aesthetically pleasing handbags, highlighting the potential of upcycling as a sustainable design approach. Training can be provided to low-income groups to help them learn handcraft skills like crochet, macramé, and upcycling. With these skills, they can turn home textile waste into useful and attractive products, creating opportunities for income generation while supporting sustainable and eco-friendly practices.

Key words: Home textiles, pre-consumer waste, upcycling, sustainable design, handcraft techniques, income generation

T4409

Bio-Polymers from Seaweed for Sustainable Fashion Accessory Development Research Student

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The plastic pollution problem remains a critical issue in the environment, with the annual plastic production estimated to be above 400 million tons, of which less than 10% is recycled, while the other percent is disposed of in the landfill or environment. The fashion and accessories industry significantly contributes to this burden, as synthetic and petrochemical-based materials account for nearly 60–65% of textile and accessory production, generating substantial post-consumer waste and microplastic pollution. The growing negative environmental impacts of petrochemical materials, together with the increasing waste of textile and plastic materials, have led to this research. The research in this study explores the use of seaweed (sodium alginate) for the design and development of fashion accessories. Sodium alginate was processed through wet spinning and moulding methods, with ionic cross-linking facilitated by calcium chloride, after which sheets and moulds were created. Sodium alginate was also blended with additives and glycerin to improve strength and flexibility. Prototypes of jewellery accessories were designed and developed to test the design application of the material. To understand consumer preference and acceptance towards biodegradable accessories, interviews were conducted with 30 college-going participants selected using convenience sampling from the 18–55 age group. The findings of the research indicate promising application of sodium alginate materials in terms of design, aesthetics and sustainability providing a viable alternative to plastics and resin materials.

Keywords: Sodium alginate, Biodegradable, Biomaterials, Sustainable fashion accessories, Petrochemical plastic alternatives, Seaweed

T4410

Vetiver Roots for Sustainable Textile Innovation

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Vetiver (*Chrysopogon zizanioides*) roots offer a rare combination of tensile strength, natural aroma, and structural rigidity, making them a potential sustainable alternative to conventional textile materials. This study investigates the valorisation of vetiver roots as a textile raw material by analysing their physical, mechanical, and functional properties. A series of processing methods—including cleaning, softening, mechanical splitting, and powder-to-sheet formation—were applied to determine their suitability for yarn production, nonwoven assemblies, composite panels, and surface-layer textile structures. The findings indicate that vetiver roots can be converted into flexible and durable fibrous forms while retaining inherent antibacterial and aromatic characteristics. The research establishes the technical feasibility of vetiver roots as a novel, eco-efficient textile resource and provides a foundational framework for future product development in home, interior, and technical textile applications.

T4411

Decorative Techniques Using Colorful Yarns Derived from Knitted Fabric Waste for Product Development*Shelar Sanika Balkrishna*, Karnad Vishaka***College of Home Science Nirmala Niketan, Department of Textile Fashion Technology 49,
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The purpose of this study is to utilize wastage from knitted waste fabrics in generating colorful yarns that can then be utilized in product development. Every year, a large amount of wastage is generated in the textile industry, and knitted materials that are strong, flexible, and colored are usually disposed of in landfills. The intention behind this project is to develop a creative way to make use of such materials. This requires processing the woven scraps of fabric into strips that can be twisted or tied together to form yarn. These yarns will have the varied colors and size from the discarded fabrics, thus requiring no additional processing in terms of dyeing. The study goes further to analyze the use of the textured yarn in designing elements such as borders, trims, motifs, tassels, and braids on fashion and interior items

T4412

Reimagining Plastic Waste: Upcycling Waste Plastic into Durable Product

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The non-biodegradable nature of plastic waste creates a major global crisis, resulting in pollution of our oceans and land. With high production and low recycling rates, it was seen that global plastic waste generated was 460 million tonnes in 2025 as compared to 2020, which was 353 million tonnes according to data from Waste Direct. Plastic bags have become an integral part of our daily lives. They have desirable properties like being lightweight, durable and resistant to degradation but because of these properties, plastic bags pose several environmental threats and persist in the environment for thousands of years. The researcher in this study explores the potential of upcycling plastic waste bags as a solution for sustainable plastic waste management. The aim of this research is to develop a process for converting plastic waste into plastic yarn and develop product using the method of crochet. It also aims to evaluate the consumers' perception and market acceptability the product developed. A survey was carried out to understand consumers' viewpoints on a purse made from plastic waste. The results showed that these products were well appreciated by 95% of consumers and were willing to buy products which were made from waste plastic bags. This study will be beneficial as it has a potential to transform plastic waste into valuable products and foster a sustainable circular economy.

Keywords: Plastic waste, Sustainability, Upcycling, Plastic yarns, Plastic bag



“The best way to find yourself is to lose yourself in the service of others.”
— Mahatma Gandhi

Theme 5

Inclusivity, Self-Reliance, and Livelihood Security

The papers presented under this sub-theme collectively foreground inclusivity, self reliance, and livelihood security as critical foundations for enhancing quality of life in an increasingly unequal and climate-vulnerable world. Drawing from diverse disciplinary perspectives, the studies highlight how inclusive development practices empower marginalized individuals and communities to achieve economic stability, dignity, and resilience.

Several contributions focus on women-centred livelihood interventions, demonstrating how skill development, traditional crafts, entrepreneurship, and access to digital tools can promote financial independence among rural and farm women. The integration of heritage skills such as embroidery with market-oriented training and digital literacy illustrates pathways toward sustainable self-employment while preserving cultural capital. Other studies explore innovative uses of agricultural waste and sustainable materials, positioning eco-friendly design as both an environmental and livelihood strategy.

Inclusivity is further examined through community-based and design-led interventions that enhance participation and quality of life for persons with special needs, emphasizing dignity, accessibility, and social integration. At the community level, evidence-based analyses underscore the role of self-help groups, skill development, social capital, and social protection mechanisms in strengthening livelihood security and resilience to economic and climatic shocks.

Together, these studies affirm that inclusive, locally grounded, and sustainable livelihood strategies are essential for building self-reliant communities and a resilient future.

T5201

Cultivating Fairness and Belonging: A Pluralistic Exploration of Diversity, Equity and Inclusion (DEI) as Transformative Practice

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Diversity, Equity, and Inclusion (DEI) is becoming more widely acknowledged as the cornerstone of successful education, career advancement, and community well-being. This study looks at DEI training as a transformative approach that promotes equity, community, and equitable access to opportunities. The study places DEI within larger frameworks of harmony and sustainability by drawing on parallels from biological systems, Indian philosophy, and environmental balance. Ten participants, representing a diverse cohort of parents, children of diverse ages, educators, and business experts, participated in a qualitative investigation. The study illustrates how DEI influences organisational culture and personal growth by recognising multiple identities, guaranteeing fair access, and enabling meaningful engagement through thematic analysis of their opinions. The results highlight the significance of deliberate instruction, introspective practice, and continuous reinforcement in integrating DEI ideas into educational and professional settings. By illustrating how DEI can operate as a catalyst for both individual development and group resilience, this study adds to international discussions on inclusive practices.

Keywords: Diversity, Equity, Inclusion, fairness, transformation, resilience

T5301

Inclusive Design Interventions for Enhancing Quality of Life in Special Needs Education: A Case Study at Rangers Foundation Centre, Mauritius

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This study examines the impact of inclusive design strategies on improving the quality of life for children with special needs through two community-based projects at Rangers Foundation Centre, Mauritius. Conducted by Year 2 students of the BA (Hons) Interior Design program at the Academy of Design and Innovation, the projects aimed to create interactive, sensory friendly installations that foster communication, creativity, and emotional well-being. The first initiative involved designing a calming bird automaton within an aquarium-like enclosure, integrating biophilic elements to support sensory regulation and motor skills. The second project focused on constructing a realistic cement tree sculpture in the school library, serving as both an artistic centrepiece and a functional medium for pupils to hang messages during events such as Parent's Day. Both interventions prioritised safety, sustainability, and stakeholder collaboration, demonstrating how design education can advance inclusivity and self reliance in special needs contexts. By bridging creativity with social responsibility, these projects underscore the transformative potential of design in promoting dignity, engagement, and community integration for vulnerable groups.

Keywords: Inclusive Design, Sensory Engagement, Special Needs Education, Community Well-being, Interior Design Education.

T5401

Sustainability Livelihood Status of Farm Women in Salemgarh Village*Renu Duggal*, Kiran Singh, and Komal*

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This study aimed to assess the livelihood status of farm women and identify interventions for enhancing their livelihood opportunities in Salemgarh village, Hisar, Haryana. The assessment was carried out using the Department for International Development (DFID) Livelihood Framework, encompassing five key capitals—human, physical, natural, financial, and social. Data were collected from 30 respondents through a structured interview schedule and analyzed using livelihood indices. The socio-economic profile indicated that most respondents were middle-aged (43.33%) married (100%) and lived in nuclear families (73.33%). More than half (56.67%) had an annual family income between ₹1,00,000–2,50,000 and 53.33% belonged to the upper-middle socio-economic category as per Udai Pareek's scale (2021). The Human Capital Index (2.0) revealed a medium level of education and health access but low participation in training and agricultural awareness programs. Although 100 percent of women had access to nearby health facilities, only 3.3 percent had attended any formal training, indicating a need for capacity-building efforts. The Physical Capital Index (3.5) reflected well-developed infrastructure, with all respondents living in pucca houses equipped with electricity, LPG and mobile connectivity. However, limited ownership of farm machinery such as tractors and sprayers indicated restricted technological access. The Natural Capital Index (2.1) showed moderate resource availability, as all respondents owned irrigated cultivable land and practiced mixed farming. The Financial Capital Index (1.7) suggested low financial strength due to limited savings and income diversification. The Social Capital Index (4.4) was the strongest, reflecting active participation in SHGs, panchayats and social networks. Overall, livelihood sustainability was moderate, supported by natural and social capital but constrained by weak human and financial resources. Interventions in skill development, financial literacy and technology adoption are crucial for enhancing livelihood resilience and empowerment of farm women.

Keywords: livelihood, sustainability, farm women, human capital, natural capital index.



“Dream, dream, dream. Dreams transform into thoughts and thoughts result in action.”
— Dr. A.P.J. Abdul Kalam

Theme 6

Entrepreneurship, Innovation, and Start-up Ecosystems

The abstracts under this theme highlight entrepreneurship and innovation as vital drivers for enhancing quality of life and building sustainable, inclusive economies. They showcase how knowledge, creativity, and traditional skills can be transformed into viable enterprises through supportive innovation ecosystems.

Product-based studies, such as the development of nutrient-enriched functional foods, demonstrate the potential of research-led innovation to address contemporary consumer needs while creating start-up opportunities. Reviving traditional crafts like drawn thread embroidery illustrates how heritage skills can be reimaged for modern markets, generating livelihoods and preserving cultural capital.

Equally significant is the focus on entrepreneurial thinking in education. Embedding entrepreneurship within pre-service teacher education and Home Science curricula nurtures creativity, problem-solving, leadership, and confidence, enabling learners—especially women—to transition from classroom learning to enterprise creation. Collectively, these contributions emphasize that strong start-up ecosystems, grounded in education, innovation, and cultural sustainability, are essential for empowering individuals, fostering self reliance, and supporting resilient national development.

T6101

Development and Acceptability Study of Nutfit: A Seed and Nut Enriched Chocolate Dessert

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Chocolate-based snacks are widely consumed by adolescents and young adults due to their taste, convenience, and affordability; however, most commercially available chocolates are high in sugar and fat and offer limited nutritional benefits. With increasing awareness of healthy snacking, there is a growing demand for products that combine indulgence with improved nutritional value. The present study aimed to develop *Nutfit*, a nut- and seed-enriched functional chocolate snack with enhanced nutrient profile and high sensory acceptability. The product development process involved idea generation, formulation, standardization, market survey, and sensory evaluation. A nutrient-dense filling was prepared using almonds, cashews, pumpkin seeds, watermelon seeds, and muskmelon seeds. White milk chocolate was used as a binding agent to improve texture and palatability. The filling was incorporated into a ready-to-eat spherical wafer shell and coated with a standardized blend of dark and milk chocolate to achieve an appealing appearance and balanced flavour. A market survey conducted among young adults identified chocolate as the most preferred flavour. Based on consumer inputs, the portion size was finalized at 14–15 g per unit, and the acceptable price was determined to be ₹24 per piece. Sensory evaluation was carried out using a 9-point hedonic scale with semi-trained panelists, followed by consumer acceptability testing among individuals aged 18–25 years. The overall mean sensory scores ranged from 8.3 to 8.7, indicating very good to excellent acceptability. Nutritional analysis revealed that each 14 g serving provided approximately 65 kcal energy, 2.4 g protein, 4.4 g fat, 4.5 g carbohydrates, 1.0 g dietary fibre, and essential micronutrients including magnesium, vitamin E, zinc, and iron. The study concludes that *Nutfit* successfully redefines chocolate as a functional indulgent snack and demonstrates strong potential for acceptance in the functional confectionery market.

Keywords: Functional chocolate; Nut- and seed-enriched snack; Healthy snacking

T6201

Fostering Entrepreneurial Thinking in Pre-Service Teacher Education: Sowing seeds for Future Success

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The study follows a descriptive, practice-based approach, drawing evidence from structured academic and field-based activities embedded within the ECCED curriculum at SIES ICE. Key initiatives include planning and setting up day-care and preschool centres, designing and conducting activity-based learning sessions, managing toy libraries, developing age-appropriate worksheets and learning kits through a worksheet lab, organizing holiday camps and enrichment programmes, and conducting parent awareness and support sessions. These experiences are facilitated through hands-on workshops, simulations, micro-projects, collaborative tasks, and reflective practices grounded in experiential and constructivist

pedagogies. Entrepreneurship-oriented practices significantly enhance student teachers' creativity, communication, organizational ability, and problem-solving skills. Engagement in real-world educational tasks builds confidence, professional competence, and practical understanding of early childhood services. Student teachers demonstrate readiness to conceptualize and implement child-centric initiatives while balancing educational, ethical, and operational considerations. The originality of this paper lies in its focus on entrepreneurial learning within early childhood teacher education, an area with limited empirical documentation. By embedding entrepreneurship within ECCED training and aligning it with the holistic vision of NEP 2020 and the value-based philosophy of SIES ICE, the study presents a replicable model for integrating professional skills, innovation, and social responsibility in teacher education. The paper adds value by positioning early childhood educators not only as caregivers and teachers but also as potential educational entrepreneurs and community contributors. The study is limited to practices observed within a single institution (SIES ICE) and follows a descriptive framework, which may restrict broader generalization.

Keywords: Early Childhood Care and Education; Entrepreneurial Learning; Teacher Education Practices; Experiential Pedagogy; Professional Skill Development; Educational Entrepreneurship.

T6301

Reviving of Drawn Thread Work in Home Textile Products

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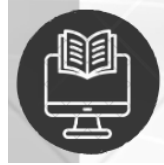
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Drawn thread embroidery is a traditional counted-thread textile technique in which selected warp or weft threads are intentionally withdrawn from a woven ground to create decorative openwork effects. Originating within early European needlework traditions and later adapting across diverse global craft cultures, the technique transforms the structural grid of the fabric into intricate geometric motifs, borders, and lace-like patterns. The process involves cutting and withdrawing threads, followed by the re-organization of the remaining yarns using stitches such as hemstitch, fagoting, and needle weaving. Characterized by precision, symmetry, and a delicate visual quality, drawn thread embroidery has historically been used in household linens and ceremonial textiles. In recent years, it has gained renewed interest within contemporary fashion and interior design. This research seeks to examine the technical methods, design possibilities, and cultural relevance of drawn thread embroidery, emphasizing its importance in sustaining traditional craftsmanship while enabling innovative applications in modern textile design.

Keywords: Drawn Thread Embroidery; Traditional Textile Techniques; Counted-Thread Work; Craft Heritage; Contemporary Textile Design; Decorative Openwork.



“In today’s era of volatility, there is no other way but to re-invent. the only sustainable advantage you can have over others is agility, that’s it! Because nothing else is sustainable, everything else you create, somebody else will replicate.”

- Jeff Bezos, Amazon Founder

Theme 7

Digital Literacy and Transformation

The collection of studies collectively examines digital literacy as a transformative force across health, education, media, psychology, finance, and culture. Several papers focus on the role of digital literacy in health and well-being, particularly through the analysis of nutrition and dietetics mobile applications, highlighting how digital platforms influence access to health information and promote informed lifestyle choices. Another group of studies addresses gender, identity, and psychological well-being in digital spaces, exploring gender media literacy, Fear of Missing Out (FoMO), self-awareness among young women, and the tensions between digital and real-life identities in young adults. These studies underscore the psychological and social implications of digital engagement and the need for critical digital literacy.

The transformative impact of digital literacy on education and pedagogy is examined through studies on teacher education, emphasizing shifts in teaching practices and the integration of digital tools in learning environments. In parallel, research on social empowerment highlights how digital literacy enables women, children, the elderly, and marginalized populations to overcome barriers to participation, inclusion, and social transformation, including linguistic challenges addressed through mobile applications. Digital literacy’s influence on economic and cultural sectors is explored through studies on the fashion industry, online apparel consumption among youth, handloom crafts, and financial literacy among homemakers. These studies reveal how digital competencies drive sustainability, market access, informed consumption, and financial inclusion.

The studies demonstrate that digital literacy is not merely a technical skill but a critical enabler of empowerment, identity formation, cultural preservation, and socio-economic transformation in contemporary society.

T7101

A Survey of Nutrition and Dietetics Mobile Applications Available in App Stores in India

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The rapid advancement of digital health technologies since the early 2000s has significantly transformed the delivery of nutrition and dietetic care. Nutrition tracking is central to effective dietary assessment, behaviour modification, and long-term health management; however, traditional in-person consultations often lack continuous monitoring, real-time feedback, and sustained follow-up, limiting long-term adherence. These challenges have contributed to the growing adoption of mobile health (mHealth) solutions, driven by increased smartphone penetration and demand for accessible nutrition support. Despite the widespread availability of nutrition and dietetic mobile applications, a structured overview of their features and functional scope remains limited.

This study aimed to identify and classify nutrition and dietetic mobile applications available in India. Applications were identified from the Google Play Store and Apple App Store using predefined nutrition- and dietetics-related search terms. Eligible apps were systematically screened based on inclusion criteria relevant to nutrition practice. Data were extracted from app descriptions and publicly available sources and categorized according to platform availability, primary purpose, and core functional features.

Findings indicate a diverse digital ecosystem, with over 2,000 nutrition and diet apps, 5,000 fitness and activity-tracking apps, and 4,000 wellness apps in India. Approximately 90–95% follow a freemium model, offering basic tracking features while advanced services require subscription. These applications support nutrition planning, lifestyle modification, and behaviour change, highlighting their growing role in digital nutrition and dietetic care.

Keywords: Digital Health, Mobile Health Applications, Nutrition Apps, Dietetics, Nutrition Tracking

T7201

Navigating the Nuances of Gender and Media: A Theoretical Review of Gender-Media Literacy Studies

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The concept of gender-media literacy encompasses developing the critical ability to access, analyze, evaluate, and create media to examine gender portrayals in media-- beyond the traditional binary, inclusive understanding of gender. Gender-media literacy is an essential framework to understand helping individuals deconstruct stereotypes, challenge harmful representations, and foster a more how media perpetuate or challenge gender norms (Aydemir & Demirkan, 2018; Liu, 2020). This theoretical review synthesizes interdisciplinary research across feminist theory, media studies, and how media-literacy interventions can promote critical awareness. Research indicates that developmental psychology to examine how individuals engage with gendered media messages and stereotypical and sexualized portrayals

of gender remain pervasive and are associated with literacy interventions enhance critical reasoning, reduce susceptibility to bias, and foster equitable Santoniccolo, Trombetta, Paradiso, & Rollè, 2023). Studies further demonstrate that gender-media stronger endorsement of traditional gender roles and diminished well-being (Ward & Grower, 2020; gender attitudes (Puchner, Markowitz, & Hedley, 2022). The review integrates major theoretical literacy research emphasizes intersectionality and cross-cultural perspectives; it identifies gaps in conceptualize how audiences interpret media within sociocultural contexts. A body of gender-media perspectives-including social cognitive theory, cultivation theory, and gender schema theory-to existing research and calls for culturally responsive pedagogies and policy initiatives that embed gender-media literacy in education systems (Aydemir & Demirkan, 2018). This paper provides an argument for gender-media literacy as a transformative pathway for fostering empathy, inclusivity, critical thinking, and gender equity within our contemporary realities of the digital ecosystem.

Keywords: Gender-media Literacy, Gender, Media, Gender Sensitivity, Equity

T7202

An Exploratory Study on FoMO (Fear of Missing Out) and Self-awareness in Female Emerging Adults

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This study investigated self-awareness and Fear of Missing Out (FoMO) among emerging adult females in Mumbai who are between the ages of 18 and 25. The Revised Self-Awareness Outcomes Questionnaire and The Fear of Missing Out Scale, and demographic questions were all included in an online Google Forms survey used to gather data for an exploratory quantitative study design. Purposive and snowball sampling techniques were used to select a total of 100 participants. FoMO levels, self-awareness dimensions, and daily social media usage were all analysed using descriptive statistics. The findings revealed that the majority of participants used social media for 2.5 to 4 hours every day, with younger participants (18–21 years old) using it the most. Both age groups had moderate to low levels of FOMO, with the older group exhibiting somewhat higher levels. High levels of self-awareness were reported by both age groups, 66% in 18–21-year-olds and 77% in 21–25-year-olds. The domain analysis of the self-awareness scale revealed that most participants' self-awareness results showed a high level of balanced awareness which is the ability to have a clear, honest understanding of oneself and the ability to view personal strengths and weaknesses realistically particularly among those between the ages of 21 and 25. In the domain of emotional challenges, 50% of 18-21 year olds and 60% of 21-25 year olds had lower scores indicating higher awareness of uncomfortable feelings. Both groups had high scores on work reflection, reflecting their proficiency to reflect on one's professional life, including assessing job satisfaction, performance, and opportunities for development which increased marginally with age and increased use of social media. By understanding these dynamics, individuals and educators alike can work toward healthier digital habits and more constructive approaches to self-awareness. With careful attention to balance, young adults may be able to maintain both strong self-awareness and emotional well-being in an increasingly digital world.

Keywords: Self-Awareness, Fear of Missing Out (FoMO), Emerging Adults, Social Media Usage, Emotional Well-being, Young Adult Females

Code T7203

The Role of Digital Literacy in Empowering Women, Children, the Elderly, and Marginalized Populations for Social Transformation

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Digital literacy has become an essential skill in the twenty-first century. It enables individuals to access information, communicate effectively, and participate in economic and social opportunities. However, many vulnerable groups—including women, children, the elderly, and marginalized communities—often lack adequate access to digital resources and skills. This paper explores how digital literacy empowers these groups and contributes to meaningful social transformation. It highlights the benefits of digital skills in education, employment, health, safety, and social participation. The paper also examines the challenges faced by these populations and suggests strategies to promote inclusive digital literacy. Overall, digital literacy emerges as a powerful tool for reducing inequalities and building more informed, confident, and capable communities.

Keywords: digital literacy, empowerment, women, children, elderly, marginalized communities, social transformation, digital inclusion

Code T7205

Shifting Teaching Practices in the Digital Age: A Study of Digital Literacy in Teacher Education

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In recent years, the growing emphasis on digital literacy in education has significantly transformed teaching–learning practices. Teacher education institutions are increasingly responsible for preparing future educators to integrate digital tools effectively into classroom instruction. This study examines the development of digital literacy through everyday teaching–learning activities at the SIES Institute of Comprehensive Education (SIES ICE). The focus is on the practical use of digital tools such as Canva for designing visual teaching aids and animations, video-editing applications like Kinemaster, and stop-motion animation techniques employed by student-teachers during lesson planning, presentations, and classroom simulations. Rather than being treated as supplementary, these tools are embedded within routine academic activities, enabling experiential and hands-on learning.

A qualitative research approach was adopted, drawing on classroom observations, analysis of student-generated digital artefacts, reflective accounts, and feedback from teacher educators. The findings indicate that consistent engagement with digital tools enhances student-teachers' confidence, creativity, and reflective teaching practices. Participants reported improved conceptual clarity, stronger presentation skills, and higher levels of learner engagement when lessons incorporated visuals, videos, and animations. Furthermore, the integration of digital tools contributed to the development of essential 21st-century skills such as critical thinking, collaboration, adaptability, and independent learning. The study concludes that the meaningful integration of digital literacy in teacher education aligns with the objectives of the National

Education Policy (NEP) 2020 and supports the professional growth and classroom readiness of future educators.

Keywords: Digital Literacy, Teacher Education, Educational Technology, Experiential Learning, 21st-Century Skills, NEP 2020

Code T7301

Digital Literacy in the Fashion Goods Industry

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This paper explores how digital literacy has become a structural force reshaping the fashion goods industry. As brands navigate shorter product lifecycles, volatile demand, and complex global sourcing networks, digital proficiency now sits at the centre of competitive advantage. We examine how modern fashion enterprises digitize product development through advanced design technologies, strengthen their planning and execution through advanced data literacy, protect operational continuity through cybersecurity and blockchain - enabled safeguards, and amplify brand equity through internet-media fluency and omnichannel engagement. Together, these capabilities illustrate a rapid shift toward a digitally anchored operating model - one that redefines responsiveness, resilience, and consumer connection in the fashion sector.

Keywords: Digital Literacy, Fashion Industry, Digital transformation, Data analytics, product development, Cybersecurity, Blockchain Technology, Omnichannel Engagement, Brand Equity

Code T7302

Transforming Fashion Consumption: The Role of Digital Literacy Shaping Online Apparel Buying Among Jammu's (J&K) Youth

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As India progresses toward a digitally empowered society, national initiatives have encouraged youth to adopt technology-driven lifestyles, significantly reshaping consumer behaviour. The apparel segment, in particular, has emerged as one of the most dynamic areas of online retail. Within this context, digital literacy has become crucial for understanding how young consumers explore products, evaluate alternatives, and engage with online shopping platforms. This study examines the online apparel buying behaviour of youth aged 15–29 years in Jammu district of the Union Territory of Jammu and Kashmir, a region with unique socio-cultural and ecological characteristics that may influence patterns of digital engagement. A self-designed questionnaire was administered to a sample of 35 respondents to capture behavioural components such as familiarity with features like virtual try-on tools, reliance on customer reviews, comfort with online payments, concerns about transaction security, and habits related to product trials. Findings indicate that while youth actively participate in online shopping, their adoption of advanced digital features remains gradual. AI-enabled tools, such as virtual try-on, are recognized by some respondents but are largely seen as emerging innovations with the potential to enhance confidence in fit and style decisions. Preferences for secure and convenient payment methods highlight varying levels of digital comfort, while strong reliance

on customer reviews underscores the continued influence of peer-generated information. The study concludes that digital literacy forms the foundation for meaningful engagement in the evolving online retail ecosystem. Enhancing digital awareness among youth can foster trust, reduce hesitation, and enable informed purchasing decisions. These insights have implications for retailers, educators, and policymakers seeking to develop consumer-friendly, accessible, and digitally confident shopping environments in emerging regional markets

Keywords: Digital literacy, online apparel shopping, youth consumers, e-commerce behaviour, Jammu & Kashmir

Code T7303

Digital Literacy in Handloom Craft: Pathways to Transformation and Sustainability

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The rapid growth of digital technologies is reshaping traditional craft ecosystems by creating new opportunities for innovation, visibility, and sustainable livelihoods. This study explores the role of digital literacy in supporting the transformation and long-term sustainability of traditional handloom weaving practices in three languishing craft clusters of Madhya Pradesh—*Waraseoni*, *Sausar*, and *Baiga* saree weaving. Adopting a qualitative exploratory research approach, the study engaged 36 artisans representing diverse age groups and experience levels through field visits, informal interviews, participant interactions, and on-site documentation. The investigation identified critical gaps in design innovation, color application, product documentation, and access to digital markets, despite artisans' strong traditional weaving knowledge and skills.

Based on these findings, a needs-based digital literacy and skill-development training program was designed and implemented. The intervention included modules on design fundamentals and design development, color theory and color forecasting, mobile-based product photography, and social media marketing. Data generated from participant feedback, training outputs, and observational notes were systematically analysed to identify emerging patterns and behavioural shifts. The findings demonstrate that even with a modest participant group, targeted digital literacy interventions can produce meaningful micro-level transformations. Artisans showed increased confidence in experimenting with contemporary designs, selecting trend-relevant color palettes, documenting products more effectively, and using digital platforms such as WhatsApp and Instagram for communication, promotion, and market visibility. These early outcomes suggest that digital literacy enhances artisans' capacity to engage with wider markets, improve economic prospects, and adapt to changing consumer preferences. Overall, the study highlights digital literacy as a practical and scalable pathway for revitalizing traditional handloom clusters and strengthening the resilience and sustainability of artisan communities in a rapidly digitizing economy.

Keywords: Digital literacy, Handloom weaving, Craft sustainability, Languishing crafts.

Code T7401

The Role of Digital Literacy and Transformation in Overcoming Language Barriers through Mobile App

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Digital literacy plays a fundamental role in using mobile apps effectively to overcome language barriers for cross-cultural communication. With the advancement of digital transformation, mobile apps have become essential tools for bridging the language barrier. The study's aim is to investigate how the user's digital literacy ability has helped them to use mobile apps. The study discusses the research findings and their theoretical implications, leading to a better understanding of the overall research. Mixed methods such as research, interviews, and surveys were used to assess how digital literacy abilities use the mobile apps to overcome language barriers. The target audience is between 18 and 60 years old. The qualitative methods explore the user experience when using the existing mobile apps, and the quantitative methods measure the user's digital literacy level and evaluation of the usability of the mobile apps. The findings serve as a design strategy framework to improve digital literacy of an inclusive mobile app, which can overcome these barriers. As a result, the design strategy framework for the mobile app can support social and economic equity and provide practical insight for designers, educators, and developers to foster resilient and inclusive digital ecosystems. The mobile app design strategy framework supports multilingual communication and bridges the social and economic disparities. The study contributes to a resilient digital ecosystem. Hence, digital literacy enhances trust and increases users' willingness to adopt mobile technologies for cross-cultural interaction.

Keywords: Digital literacy and Transformation Mobile App, Design Strategy, Cross-Cultural Communication, Social and Economic Equity, Digital Ecosystem.

JURY FOR ORAL PAPER PRESENTATION

HYBRID

Ms. Vibha Hasija

Ms. Vibha Hasija has completed her MSc. in Foods, Nutrition and Dietetics, P.G. Diploma in Dietetics and Applied Nutrition. Registered Dietitian. She is serving as the Head of Department of Foods, Nutrition and Dietetics, College of Home Science, Nirmala Niketan (autonomous). With 28 years of academic and research experience, her focus areas include Clinical Nutrition and Nutrition Communication. She is a Member of the Board of Studies at the University of Mumbai and serves on the National Registration Board of the Indian Dietetic Association, where she has been leading national-level competency training for clinical practice through the UJJWAL Training Module since 2020. She is an Executive Committee Member of the AFST Mumbai Chapter and the Founder and Partner of *Nutritionwithvibha*, a platform dedicated to nutrition education and coaching. She has received copyright for an innovative board game developed for paediatric cancer patients and has been recognized for projects guided with the National Quality Award for Innovation in Clinical Nutrition by IAPEN. Additionally, she is the Editor of the book *The Early Series – Early Signs, Early Tests, Early Action*, a guide to preventive health. She is the recipient of the Times Leading Icons 2025.

Dr. Rupali Sengupta

Dr. Rupali Sengupta is a senior toxicologist, nutrition scientist, and regulatory affairs expert with over 20 years of experience spanning industry and academia. She holds a Ph.D. in Biological Sciences (Biochemistry) and postgraduate qualifications in Toxicology, Dietetics, and Food & Nutrition. Dr. Sengupta has led international regulatory and R&D initiatives in agrochemicals and has collaborated extensively with leading organizations including Marico, PepsiCo India, IIT Bombay, and FSSAI. She has published over 30 peer-reviewed research papers and guided more than 65 postgraduate dissertations. She actively contributes as a peer reviewer and executive member of national professional bodies in nutrition and food science.

Ms. Jayashree Paranjape

Ms. Jayashree Paranjape has completed her B.Sc. (Home Science) University of Mumbai | P.G. Dip in Nutrition and Dietetics | Certified Diabetes Educator. With over 35 years of experience at the multi-specialty B.Y.L. Nair Hospital, Mumbai, and Topiwala National Medical College, the speaker has been an integral member of interdisciplinary medical teams specializing in the nutritional management of hospitalized patients. They have served as faculty at the School of Nursing, Nair Hospital, and received specialized training from Monash University in the Low FODMAP Diet for Irritable Bowel Syndrome. Their contributions include developing Indian Nutrition Guidelines for Head and Neck Cancer, serving on the Government of Maharashtra's Mid-Day Meal Program Committee, leading IDA Mumbai's "Beat Diabetes" initiative in collaboration with the Municipal Corporation of Greater Mumbai, and participating in the state's Post-COVID-19 Protocol Development Group. They are also the author of MCGM guidelines for COVID-19 patients and a nutrition education booklet for schoolchildren, and have actively conducted nutrition awareness programs for mothers of children with special needs and for the transgender community.

Ms. Fatima Kader

Ms. Fatima Kader is currently working as an Assistant Professor in College of Home Science, Nirmala Niketan (Autonomous) and also a PhD Scholar in the Department of Food Science and Nutrition at S.N.D.T. Women's University, Juhu. She has completed her M.Sc. in Clinical

Nutrition & Dietetics and B.Sc. in Dietetics as her major. She has served as a Visiting Faculty for Nutrition at the Institute of Chemical Technology in the Department of Oils, Oleochemicals and Surfactant Technology, and as a Visiting Faculty at S.V.T. College of Home Science (Autonomous). She has also worked as an Assistant Professor at Anjuman-I-Islam's Begum Jamila Haji Abdul Haq College of Home Science, S.N.D.T. Women's University. Diet Consultant at the PCOS Clinic of the National Institute of Research in Reproductive and Child Health (ICMR), a Clinical Nutrition Consultant at Urjaa Homeopathic and Nutrition Centre, and a Dietician at Dr. Bhavana Shah's Fitness Highway. She served as a Nutrition Consultant for the project titled "Case Control Study of Vitamin D Status and Adult Multidrug Resistant Pulmonary Tuberculosis in Maharashtra, India" at The Foundation of Medical Research, Worli, in 2019. She has delivered talks and conducted training sessions for several colleges, corporate offices, and training centers, including Being Human, Dr. Gadge's Academy, K. J. Somaiya College, Jai Hind College, Ajanta Pharma Ltd., and the London Stock Exchange Group. Additionally, she worked as a Subject Matter Expert for Nutricia International Private Limited (Danone Nutricia) on a project assessing the nutritional status of toddlers in July 2015. She is a recipient of the Dr. K. U. Naram Award for securing first rank in the final year examination at S.V.T. College of Home Science and was awarded the prize for securing the highest GPA across all semesters in the M.Sc. Clinical Nutrition and Dietetics program at S.N.D.T. Women's University. She was nominated as a Member of the Academic Council of S.V.T. College of Home Science (Autonomous) during the academic year 2006–2007. She has also been a Member of the Board of Studies at Nagindas Khandwala College, Mumbai, and contributed to curriculum development as a Member of the Board of Studies at S.V.T. College of Home Science, Department of Foods and Nutrition. She is actively involved in professional bodies and is a Local Executive Member of the Association of Food Scientists and Technologists of India (AFSTI), Mumbai Chapter. She is also a lifetime member of the Indian Dietetic Association, the Nutrition Society of India, the Association of Food Scientists and Technologists (India), and the Association of Diabetes Educators.

Dr. Rita Patil

Dr. Rita Patil has over 31 years of teaching experience and serves as a PhD guide, with more than 20 years of active research experience. She is an active member of professional organizations including IAPEN and IDA, and has an extensive publication record with over 25 research papers, along with authorship of book chapters and experience as an editor of an academic book. Her academic excellence has been recognized through three research awards, and she was honoured with the Best Teacher Award by SNDT University in 2023. She is currently engaged in professional practice at her diet clinic, NUTRITIONFORU.

Dr. Sheetal Joshi

Dr. Sheetal Joshi has completed her M.Sc. and PhD. She has been teaching at the College of Home Science, Nirmala Niketan, since 2015 and currently serves as the Convenor of the Mumbai Chapter of the Association of Sports Nutrition and Fitness Sciences. She has a special interest and strong inclination towards Public Health and Community Nutrition. She was awarded a Ph.D. for her pioneering research titled "*Association of Lifestyle Disorders with Nutritional Status among the Transgender/Hijra population living in and around Mumbai.*" Based on this research, she has also published three research papers focusing on the transgender community.

Dr. Vinaya Vaishampayan

Dr. Vinaya Vaishampayan is the Vice Principal and Head of the Department of Food Science & Nutrition at Dr. B.M.N. College of Home Science. She holds an MSc, NET, and a Ph.D.

with a project focused on the Nutritional status of Geriatrics in Mumbai. Since joining the academic field in 1995, she has secured two UGC research grants and a RUSA research grant recently and presented extensively at national and international conferences. Dr. Vaishampayan has published research papers, and has contributed chapters to three books and guided eleven MSc students. She is also the National Education Policy Nodal Officer of her institution and has played a key role in curriculum design and CSR initiatives. As Head of the department she leads two main community based projects “SHASHKT” (Anaemia prevention among adolescents) and UDAY (growth monitoring of SAM and MAM children) of her department. Her research interests are centered on the assessment of nutritional and health status of the geriatric population, with a particular emphasis on identifying determinants of longevity." She has been honoured with the Best Teacher Award by Lions Club of Sion and has received the Avishkar state level award for two consecutive years.

Dr. Annette Beatrice

Dr. D. Annette Beatrice is an Associate Professor of Food Service Management and Dietetics from the Department of Home Science, Women's Christian College, Chennai and a distinguished alumna of the institution. She was a visiting scholar at Valparaiso University, Indiana, USA (2009) and De La Salle University, Manila, Philippines (2010), and has presented research papers in seminars, International and National conferences. Dr. D. Annette Beatrice is a seasoned academician and researcher holding a Ph.D. from Women's Christian College, University of Madras. She has been an Associate Professor at Women's Christian College, Chennai since 1999, with prior teaching roles at Tamil Nadu Agricultural University. Currently, she coordinates the Internal Quality Assurance Cell (IQAC) and is the Registrar of the Christian Education Council. She has served as Dean of Student Services of Women's Christian College, Chennai. Dr. Beatrice supervises doctoral, M.Phil. and M.Sc. scholars and has over 51 scientific publications. She has authored two books - Minor Millets - a culinary delight, and Complementary foods and also a contributing author for SCERT XI and XII std book for Home Science. Her research focuses on chronic disease management, dietary interventions, nutritional status assessment among tribal communities, and service-learning pedagogical approaches in nutrition education. She has secured funding from notable organizations like the United Board for Christian Higher Education in Asia and Tamil Nadu State Council for Science and Technology for research and community projects. She had Co-ordinated State Project Samagra Shiksha funded by MHRD. An active contributor to academic and community knowledge, Dr. Beatrice has organized numerous workshops, seminars, and outreach programs on nutrition, health promotion, and service-learning. She regularly delivers invited lectures both nationally and internationally and holds memberships in key professional organizations including the Indian Dietetic Association and Nutrition Society of India

Dr. Yasmina Dordi Avari

Dr. Avari holds a M.Sc. and Ph.D. in Zoology with specialization in Endocrinology, along with a D.H.E., and has had an illustrious academic career spanning over 37½ years as Associate Professor and Head of the Department of Life Sciences at Jai Hind College. A recognized postgraduate teacher and Ph.D./M.Sc. guide under the University of Mumbai, she has also served as visiting faculty at NMIMS and successfully completed a Minor University Research Project. She has presented and published several research papers at state, national, and international levels, and has organized and hosted more than thirteen national and international conferences. As Convener of IQAC and holder of several additional academic and administrative responsibilities—including Chairperson of the Women's Development Cell, Examination Committee member, CAS, Magazine Committee, and Foreign Collaborations—she has contributed significantly to institutional development and women's empowerment.

With 17 years of experience as an examiner for the Indian Merchants' Chamber Quality Cell under the IMC–RBNQA process, she has assessed numerous national and international organizations. Her achievements have been recognized through several honors, including a University Merit Scholarship, the Best Y.C.Z. Aite Award for social work in education, prestigious doctoral scholarships, and Certificates of Excellence for effective team performance in the IMC–RBNQA process.

Dr. Minelly Rodrigues

Dr. Minelly Rodrigues is an Assistant Professor at Department of Foods, Nutrition and Dietetics, College of Home Science Nirmala Niketan. She has been a recipient of UGC JRF AND SRF and is also a Registered Dietician (Indian Dietetic Association). She is a LEC member of Nutrition Society of India (NSI), Mumbai Chapter and also a member of other professional associations and organizations. She has many paper publications and presentations to her credit. She is currently a recognized Ph.D. Guide for Home Science under University of Mumbai. Her research interests include Food Science and Technology, Functional Foods and Bioactive Compounds and Nutritional Assessment.

Dr. Meena Mehta

Dr. Meena Mehta served as a sitting member of the Managing Council and Senate of S.N.D.T. Women's University, Mumbai, from 2011 to 2015. She was the Course Coordinator for UGC-recognized vocational courses in Food Science and Quality Control (FSQC) and the Post Graduate Diploma in Sports Science, Fitness, and Nutrition. She has authored 40 research publications, with her research focusing on the blending of edible oils, new product development, and iron deficiency anaemia. Dr. Mehta is a life member of several professional bodies, including the Indian Dietetic Association (IDA), Nutrition Society of India (NSI), All India Advance Research in Obesity (AIARO), Passenger and Traffic Relief Association (PATRA), International Society of Biotechnology (ISBT), Swedish South Asia Network on Fermented Foods (SASNET), Indian Society of Parenteral and Enteral Nutrition (ISPEN), and the Dairy Technology Society of India (DTSA). She was elected Vice President of the India–Malaysia Business Council of the Women's Indian Chamber of Commerce and Industry (WICCI) for the year 2020–2021. She has served on the Executive Committee of IDA and has held positions as Treasurer, Secretary, and Vice President of the IDA Mumbai Chapter, where she currently serves as an Advisory Committee member. She is also a Managing Committee member of the Consumer Guidance Society of India (CGSI). Dr. Mehta has presented research papers at several international conferences in Bangkok, Malaysia, Durban, and Belgium, availing UGC travel grants, and has been invited to chair sessions and deliver invited talks at national and international conferences. Recently, she received the “Legend of Nutritional Science” award at the Second Conference of Nutrabolism held in Mumbai in 2025.

Dr. Aasia Ahmed Radiowala

Dr. Aasia Ahmed Radiowala is currently serving as the In-Charge Principal of Anjuman-I-Islam's Begum Jamila Haji Abdul Haq College of Home Science, Mumbai, affiliated to SNDT Women's University. She is a senior academician with over 26 years of teaching experience and more than two decades of academic and administrative leadership in higher education. Her area of specialization is Extension Education, and her academic interests include community development, women and minority studies, social mobility, skill development, entrepreneurship, and nutrition education. Dr. Radiowala is actively engaged in research and scholarly publications. She has presented and published research papers at national and international conferences and has authored book chapters in edited volumes. Her research work focuses on women-centric development, student capacity building, and community-based

extension models. She has also guided undergraduate students in publishing research papers, promoting early research orientation.

She is a Recognised Ph.D. Guide of SNDT Women's University and a Member of the Board of Studies. She has served extensively as a paper setter, examiner, moderator, and external examiner for SNDT Women's University and the University of Mumbai, and has contributed to NEP-aligned undergraduate curriculum design. Dr. Radiowala regularly serves as a resource person, session chair, judge, and advisory board member for academic conferences and national-level academic initiatives, including the AICTE Lilavati Awards. Her academic and professional work is guided by a firm belief that education, research, skill development, and community engagement are essential instruments for women's empowerment and social transformation. Her professional affiliations include Advisory Board Member & Reviewer – MYRESEARCHGO; Executive Committee Member – Nutrition Society of India (Mumbai Chapter); Jury Member – AICTE Lilavati Awards (2020, 2021). Her honours and awards include Best Teacher Award – Anjuman-I-Islam; National Education Icon Award – UTHAN Foundation (2024); Icon of Inspiration Award – Nutribolism Conference (2025); Appreciation Award – Lions Club and Nestlé India. The research projects and publications: include Minor Research Project funded by the Maharashtra State Women's Commission (₹1.5 lakh, 2018); Best Research Paper Award – Remsons International Research Conference (2018). Publications include 11 international papers, 9 national papers, 7 book chapters, guidance to 8 undergraduate students' publications, and a book manuscript currently in progress.

Dr. Vidya Satish

Director, SIES Institute of Comprehensive Education, Sion, Mumbai – India. She has also contributed to the conference as an expert speaker (please refer to earlier section).

Ms. Rhonda Divecha

Senior Assistant Professor, Department of Human Development, College of Home Science, Nirmala Niketan, Mumbai – India. Ms. Rhonda Divecha has been teaching for over 30 years at Nirmala Niketan College of Home Science, Mumbai. She teaches at the senior college level, guides postgraduate research dissertations, and specializes in Psychology and Human Development. Known for her creative and innovative teaching methodologies, she actively engages students through experiential learning techniques. Beyond academics, she conducts workshops and seminars for students, children, youth, parents, and community groups on topics such as relationships, sexuality education, human development, health psychology, positive psychology, and adulthood development. Passionate about Positive Psychology, she authors reflective online articles on her blog RHONDACHOLOGIST. A trained musician, she has taught music for over 34 years and integrates music creatively into her life and outreach, promoting balance and holistic well-being.

Prof. Dr. Archana Hegde

Professor, Department of Human Development and family Science, College of Human Health and Behaviour, East Carolina University, USA. She has also contributed to the conference as an expert speaker (please refer to earlier section).

Ms. Linda Dhakul

Head of the Department of Psychology, St Xavier's College (Autonomous, Empowered), Mumbai, India. Ms. Linda Dhakul is an Assistant Professor and Head of the Department of Psychology at St. Xavier's College, Mumbai, and a faculty member at the Xavier Institute of Counselling Psychology (XICP). She holds a B.A. and M.A. in Psychology from the University

of Mumbai, a Bachelor of Education (B.Ed.), and has qualified the National Eligibility Test (NET) with Junior Research Fellowship (JRF). With over 34 years of teaching experience, she has been associated with St. Xavier's College since October 2010 and assumed charge as Head of the Department in June 2025. Ms. Dhakul actively contributes to institutional governance as Convener of the Women Development Cell and as a member of the Internal Committee. She is an invited resource person and moderator for academic and professional forums, a member of Boards of Studies, and a consultant counsellor associated with psychological wellness centres. She also serves on the advisory board of the Indian Journal of Mental Health. Her academic and professional interests include counselling and psychotherapy, teacher training, working with individuals with special needs, and innovative pedagogical and evaluation practices. Trained as a Grief Educator by the David Kessler Institute Trained for Individual and Group supervision by the Academy of Professional Supervisors Australia. She is a trained yoga teacher. Her areas of work include geriatric well-being, suicide education, teacher development, coping with grief.

Ms. Payal Maheshwari

Associate Professor, Department of Human Development, College of Home Science, Nirmala Niketan, Mumbai – India. Ms. Payal Maheshwari is M. Phil., from the Department of Human Development and Family studies, M.S. University, Vadodara. She is presently the Head of specialization of Human Development Department of College of Home Science, Nirmala Niketan, Mumbai, and has been teaching in the Department for last 28 years, at the graduate and post graduate levels. Has a research experience of around 27 years, which includes funded research projects, guidance of master level research and more. She has presented several papers in International and National conferences. Several publications are on her name. She has been serving as reviewer of several international journals, and on the editorial board of Journal of International Special needs. She has been invited as a key note speaker in National conference on Inclusion in Dec 2019, and several International conferences. She has participated as a panelist in Panel Discussion on Inclusive education in an international conference. Her interest areas/areas of expertise has been, Individuals with special needs, Inclusive education, Emotional Intelligence, Socio emotional learning, Adolescent development and more. Her research interest areas/areas of expertise are individuals with special needs, Inclusive education, Emotional Intelligence, Socio emotional learning, Adolescent development and more.

Dr. Rachana Bhangaonkar

I/C Head of the Department of Human Development and Family Studies, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda, Vadodara, Gujarat, India. Rachana Bhangaonkar, PhD, is an Associate Professor and Chair at the Department of Human Development and Family Studies, The Maharaja Sayajirao University of Baroda (India). She is also the Superintendent of Chetan Balwadi, the Laboratory Nursery School managed by the Department. Her research interests include indigenous and cultural psychology, moral development including frameworks of Dharma, Karma-Yoga and Shraddha, youth civic engagement in India and Gandhian philosophy. She has been a Fulbright junior research fellow at the University of Chicago in 2004-05 and a Fulbright-Nehru fellow attending the International Educational Administrators Seminar in 2015. She has completed cross-cultural projects on traditional and modern eating patterns and an ICSSR-JSPS joint seminar on work-life balance in India and Japan. She has consistently received research funding from national and international funding agencies of repute.

Prof. Dr. Kamini Rege

Professor Department of Human Development, College of Home Science, Nirmala Niketan, Mumbai – India. Prof. (Dr.) Kamini Prakash Rege is a distinguished academician with over 25 years of teaching experience at undergraduate and postgraduate levels at Nirmala Niketan College of Home Science (Autonomous). A recognized Ph.D. guide of the University of Mumbai (Home Science), she specializes in Human Development with expertise in Early Childhood Care and Education. Her work as a researcher, consultant, and educator has contributed significantly to policy, curriculum, and program development for young children. She is a Founder Member and Joint Secretary of the Early Childhood Association (ECA) and the Association for Primary Education and Research (APER)–India, and is affiliated with several national and international professional bodies. Prof. Rege has mentored extensive research and has over 150 publications. Renowned for innovative pedagogy and experiential learning, she has received several prestigious awards for her contributions to education and research.

Ms. Khyati Sampat

Assistant Professor Department of Human Development, College of Home Science, Nirmala Niketan, Mumbai – India. Ms. Khyati Sampat is a Gold medalist in BSc (Human Development, specialization - Developmental Counseling, SNDT University) and MSc (Human Development, University of Mumbai). She is working as an Assistant Professor, Department of Human Development, Nirmala Niketan College of Home Science, Mumbai since 2015, with extensive academic, research, and professional engagement at national and international levels. She is a certified practitioner and trainer in Rational Emotive Behavior Therapy (REBT), affiliated with the Albert Ellis Institute, New York, and integrates the REBT approach into teaching, training, research, and life-skills interventions across the lifespan—an area central to her professional commitment. Holding a special interest in children's holistic well-being, through classroom engagement, life-skills training and community outreach, she strongly advocates every child's right to developmentally appropriate learning environments; equips individuals and families with emotionally intelligent, respectful, and evidence-based parenting and child-rearing practices. She serves as an Advisory Member of the Muktangan Independent Ethics Committee for research, Joint Treasurer and Executive Committee Member of the Association for Early Childhood Education and Development (AECED), Mumbai, and as a Peer Reviewer for the British Journal of Guidance and Counselling (Routledge, Taylor & Francis). She has also served as a Member of the Board of Studies in Human Development at SNDT University. Through these academic and professional associations, she actively contributes to ethical research practices, academic governance, life skills and psycho-education and counseling, early childhood education advocacy, and scholarly dissemination, making her a valuable jury member for international academic forums.

Ms. Vibhuti Khedekar

Assistant Professor Textile and Fashion Technology College of Home Science Nirmala Niketan. Vibhuti Khedekar is an Assistant Professor with over a decade of academic and industry engagement in Textile Science, Apparel Design, and Fashion Technology. She holds an M.Sc. in Textile Science and Apparel Design, graduating as the university topper from SNDT Women's University. Her expertise spans textile testing, fashion designing, wet processing, and entrepreneurship, with a strong focus on sustainable innovations in Khadi fabrics. She has presented and published research at prestigious national and international platforms, earning multiple awards. Passionate about teaching, she is also actively involved in organizing and managing large-scale academic, cultural, and youth events.

Ms Vrinda Udiaver

Assistant Professor Textile and Fashion Technology College of Home Science Nirmala Niketan, Mumbai-India. With wide teaching experience, Ms. Vrinda Udiaver is deeply passionate about guiding students toward meaningful learning through association and thorough comprehension. Her expertise lies in the technical aspects of textiles, wet processing, and the fundamentals of clothing. She takes particular delight in sharing her profound appreciation for Traditional Indian Textiles and Costumes with students, inspiring them with both knowledge and cultural richness. She has guided several students successfully for their research work.

Ms. Bhavini Parikh

Founder – Bunko Junko Social Entrepreneur, Independent Researcher, Inspirational Mentor, Visionary Sustainability Consultant, Champion of the Circular Economy, TEDx Speaker, Climate Catalyzer, Member – United Nations Fashion & Lifestyle Network, Women's Empowerment Advocate, Global Speaker, SDG 12 & 5 Action Leader, Bunko Junko Mumbai – India. She has also contributed to the conference as an expert speaker (please refer to earlier section).

Dr. Anjali Srivastava

Assistant Professor Textile and Fashion Technology College of Home Science Nirmala Niketan. Dr. Anjali Srivastava, Assistant Professor, has over 15 years of experience in teaching and research in Textile and Fashion Technology. She is passionate about fostering innovation, quality, and industry-oriented learning. Her work includes guiding students and contributing to research in evolving areas of textiles and apparel. Committed and dynamic, she strives to inspire and nurture excellence in her field.

Mr. V R Sai Ganesh

Chief Operating Officer, Zydex Industries Pvt. Ltd.

He has also contributed to the conference as an expert speaker (please refer to earlier section).

Dr. Neha Mulchandani

Assistant Professor Textile and Fashion Technology College of Home Science Nirmala Niketan. Dr. Neha Mulchandani, is an Assistant Professor at Department of Textile and Fashion Technology in College of Home Science Nirmala Niketan, Churchgate, Mumbai. A postgraduate from Lady Irwin College Delhi University with Textiles and Clothing Honours. She earned her Ph.D. Degree in the field of healthcare textiles and is highly active in research work. She has also received a patent on healthcare apparel. She has participated in national and international conferences and seminars and published many research papers in peer reviewed journals and most recently published a chapter in a book by Springer Nature on sustainable approaches in textiles and fashion. Her areas of interest are textile processing and finishing, fabric construction, dyeing and printing, traditional textiles and its revival.

Dr. Manjiri Paranjape

Vice President -R&D Rossari Biotech Ltd. Mumbai - India

She has also contributed to the conference as an expert speaker (please refer to earlier section).

Ms. Sanghmitra Navalgund

Assistant Professor Textile and Fashion Technology College of Home Science Nirmala Niketan. Sanghmitra Navalgund is a dedicated academician with a master's degree in Textiles

and Clothing, and an MBA with a specialization in Human Resources and Marketing. She possesses over two years of industry experience, complemented by 15 years of teaching in higher education. Currently pursuing a Ph.D in textiles, she remains committed to advancing research in her field. Her professional journey reflects a strong blend of academic excellence and practical insight. Ms. Navalgund is known for her passion for teaching and commitment to continuous learning.

Ms. Navaz Karanjia

Travel Academician, Ms. Nawaz Karanjia is an accomplished academician and a passionate tourist who has travelled to many destinations in India. Being adventurous she loves the hill stations. She has covered almost all the hill stations of India. Thus her today's topic of the conference "Footsteps in the Hill stations of India....Sustainability and Responsible Tourism." She holds a Bachelor of Law (LL.B.) degree from K.C. Law College, Mumbai, and further enriched her interdisciplinary expertise by completing a Postgraduate Diploma in Tourism from Davar College. Her unique blend of legal acumen and tourism knowledge has consistently informed her pragmatic, industry-aligned approach to teaching and curriculum design. She has also contributed to the conference as an expert speaker (please refer to earlier section).

Dr. Roopa Rao

Dr. Roopa Rao serves as an Associate Professor at the College of Home Science Nirmala Niketan (Autonomous), Mumbai, bringing over 30 years of academic, research, and outreach experience across the domains of Ergonomics, Interior Design, Hospitality Management, and Consumer Education. Driven by commitment to applied sciences and learner-centric pedagogy, Dr. Rao has contributed significantly to shaping interdisciplinary education in Home Science. Her academic approach has always been anchored in blending theory with real-world relevance, ensuring her students are not only academically equipped but also socially responsible. Her doctoral research, "Prevalence of Musculoskeletal Discomfort and Needle Stick and Sharps Injury among Nurses in Mumbai" reflects her sustained focus on occupational health, ergonomic safety, and evidence-based intervention design. This line of work underscores her broader interest in human-centric design, workplace wellness, and the safety of frontline professionals. An active researcher and mentor, Dr. Rao has guided over 70 undergraduate and seventeen postgraduate research projects, and currently supervises three Ph.D. scholars. Her scholarly contributions include forty-five plus research publications, 9 textbook chapters, and 12 co-authored ISBN books, many of which are cited in curriculum and referenced in academic studies across institutions. Her research excellence has been recognised on global platforms. At the 5th ICETR 2025 Conference in Kyoto, Japan, she was awarded the Best Paper Presentation for her study titled "Cultural Sustainability and Occupational Health: The Ergonomic Future of India's Festive Crafts." Another notable paper, "Firefighter Safety: Assessing PPE for Comfort and Performance," earned her recognition at the FuturEd Global Conference in Madrid, Spain. Both were hosted by the International Board for Education, Research and Development (IBERD), where she also serves as Joint Secretary. Beyond the classroom, Dr. Rao plays an active role in advancing the research ecosystem within the University of Mumbai. She has coordinated student delegations at prestigious research conventions such as Anveshan (National) and Aavishkar (State Level)—earning a Silver Medal in 2018 and a Gold Medal in 2019 at the Maharashtra State Aavishkar Research Convention. Since 2019, she has served as District Co-Coordinator, leading regional research teams and strengthening mentorship across disciplines. Her impact also extends to community engagement and outreach. Dr. Rao regularly conducts workshops, awareness programs, and skill development sessions—especially for students, healthcare workers, and underserved

communities. She is affiliated with several national-level bodies, including the Indian Society for Ergonomics (ISE), CGSI, HSAI, CFBP, IAWS, and IAOH.

Dr. Anuradha Ramesh

Assistant professor, Sir Vithaldas Thackersey College of Home Science (Autonomous), SNDT Women's University, Mumbai. With over 27 years of rich professional and academic experience, she brings a rare blend of industry exposure, international teaching experience, and academic leadership to higher education. She has also contributed to the conference as an expert speaker (please refer to earlier section).

Ms. Sunita Jaiswal

Ms. Sunita Jaiswal is a distinguished academician and community advocate who has served as an Associate Professor at the College of Home Science Nirmala Niketan (Autonomous), Mumbai, since 1995. Affiliated with the Department of Community Resource Management, she brings over three decades of expertise in integrating academic rigor with impactful social outreach. Her specialized domains include Extension Education, Consumer Education, and Tourism Management, Aesthetics in Design and Marketing and Entrepreneurship Management. Throughout her tenure, Ms. Jaiswal has been a driving force in shaping interdisciplinary Home Science education. Her pedagogical philosophy centres on bridging the gap between theoretical frameworks and real-world applications. By anchoring her teaching in practical relevance, she ensures that her students graduate not only as skilled professionals but as socially conscious citizens prepared to address complex societal challenges. Beyond her academic responsibilities, Ms. Jaiswal is deeply committed to community development. Her work spans urban slums and rural landscapes across Mumbai, Gujarat, and the Ratnagiri districts. As an active member of the Department of Lifelong Learning and Extension (DLLE) within the University of Mumbai ecosystem, she spearheads initiatives that empower marginalized populations. Her professional contributions are further amplified through her leadership in conducting: Skill Development Sessions: Focused on vocational training for youth and underserved groups, Awareness Programs: Targeting public health, consumer rights, and sustainable living, Professional Workshops: Tailored for healthcare workers and community leaders. Ms. Jaiswal's influence is solidified by her affiliations with prestigious national organizations, including the Consumer Guidance Society of India (CGSI), the Council for Fair Business Practices (CFBP), and the Indian Science Congress. Her career stands as a testament to the power of education as a tool for both individual growth and large-scale community transformation.

Dated: 17th January 2026

International Conference (Hybrid Mode - Online & Offline)
ENHANCEMENT OF QUALITY OF LIFE
Echoes of the Past, Vision for a Sustainable Resilient Future
16th & 17th JANUARY 2026
BEST RESEARCH PAPER AWARDS
ONLINE / OFFLINE

RESULTS FOR BEST RESEARCH PAPER AWARD

1.	Ms. Zoya Deshmukh (PG Student) and Dr. Rajeshree Shinde (Research Guide) Development And Characterization of Millet-Derived Edible Films: Advances in Biodegradable Food Packaging Sir Vithaldas Thackersey College of Home Science (Empowered Autonomous Status), Mumbai Mode of Presentation: Offline
2.	Ms. Prakriti Sharma (Research Scholar) Prof. (Dr.) Monika Jain (Research Guide) Culture Through Nutrition: The Ayurvedic Identity Banasthali Vidyapith, Rajasthan Mode of Presentation: Online
3.	Ms. Chavan Shama (Academician) and Dr. Meena Mehta (Research Guide) Estimation of Pesticide Residues in Fruits and Their Implications for Quality of Life Maniben Nanavati Women's College, Mumbai Mode of Presentation: Online
4.	Mrs. Jose Ninu (PG Student) The Practices of Montessori School Teachers to Develop Agency in Students Christ University, Central Campus, Bangalore, India. Mode of Presentation: Online
5.	Ms. Mangai Namrataa (Ph.D. Student) and Dr. Punya Pillai and Prof. Mila Tuli (Co-Authors) Eco psychological Implications of Climate Disasters and Development for Young Adult Well-being in Uttarakhand Lady Irwin College, University of Delhi Mode of Presentation: Online
6.	Ms. Shingre Anushka, Ms. Lakhani Vrutika, Ms. Sarvaiya Aastha, Ms. Shekason Saniya (PG Students) and Ms. Sampat Khyati (Research Guide) Correlation Between Perceived Relationship Satisfaction and Partner Phubbing Among Individuals in A Committed Relationship College of Home Science, Nirmala Niketan, Mumbai Mode of Presentation: Offline
7.	Ms. Dhoka Trupti (Ph.D. Scholar) and Prof. Dr. Vishaka Karnad (Research Guide) Eco-friendly Mulching Materials from Recycled Textile Waste College of Home Science, Nirmala Niketan, Mumbai Mode of Presentation: Offline

8.	Ms. Sohoni Swati (Ph.D. Scholar) and Dr. Patel Falguni (Research Guide) Digital Literacy in Handloom Craft: Pathways to Transformation and Sustainability The Maharaja Sayajirao University of Baroda Mode of Presentation: Offline
9.	Ms. Boxwala UmmeSalema (PG Student) and Dr. Ritu Madhan (Research Guide) Redesigning Healing: Mastoid Dressings for Hygiene and Comfort College of Home Science Nirmala Niketan Mumbai Mode of Presentation: Offline
10.	Dr. Sarita Kumari and Dr. Kumari Deepmala (Academicians) Environment and Sustainability: A Systematic Review and Synthesis Mahant Darshan Das Mahila College Muzaffarpur Bihar Mode of Presentation: Online

CAPTURED MOMENTS

Please refer to the Drive Link to view more:

https://drive.google.com/drive/folders/1oyH1gGcArT4Amk_MRd9ZQ8ZPZalo34OQ?usp=sharing

INAUGURATION CEREMONY



**Lighting of the Lamp by Chief Guest
(A.D. Sawant) Director of the Waste to
Energy Research and Technology Council
(WERT-India)**



**Invocation and Prayer by Secretary
Nirmala Niketan Institute
(Ms. Noella Dias)**



**Address by the Principal
(Dr. Asha Mathew)**



**Address by the President Nirmala Niketan
Institute (Ms. Philomena Sequeira)**



**Felicitations of the President Nirmala Niketan Institute
(Ms. Philomena Sequeira)
by Principal, Dr. Asha Mathew**



**Address by the Chief Guest
Prof. Dr. A. D. Sawant**



**Audience during Inaugural Ceremony
Chief Guest's Speech**



**Felicitation of the Chief Guest
Dr. A D Sawant
by the President Ms. Philomena
Sequeira and Principal Dr. Asha
Mathew**



**Convenor Prof. Dr. Kamini Rege setting
the context of the conference**



**Prayer & Welcome Dance
By the students**



**Vote of Thanks
by Dr. Ritu Madhan**

PLENARY SESSION I



Plenary I
Dr. Roopa Rao
Introducing the Keynote Speaker



Keynote Speaker
Dr. Sabrina Devi Ramsamy Iranah



Felicitations of
Dr. Sabrina Devi Ramsamy Iranah
by Dr. Pratima Goyal



Plenary I
Keynote Speaker
Dr. Archana Hegde

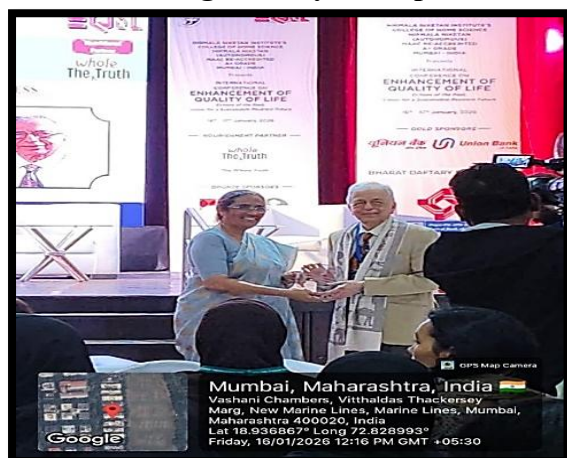
PLENARY SESSION II



Plenary Session II
Ms. Vibha Hasija
Introducing the Keynote Speakers



Plenary II
Keynote Speaker
Dr Hemraj B. Chandalia



Felicitatation of Dr. Hemraj Chandalia
by Ms. Noella Dias



Keynote Speaker
Dr. Sasikumar N. Menon



Plenary II
Dr. Mickey Mehta



Felicitatation of Dr. Mickey Mehta
by Dr. Roopa Rao

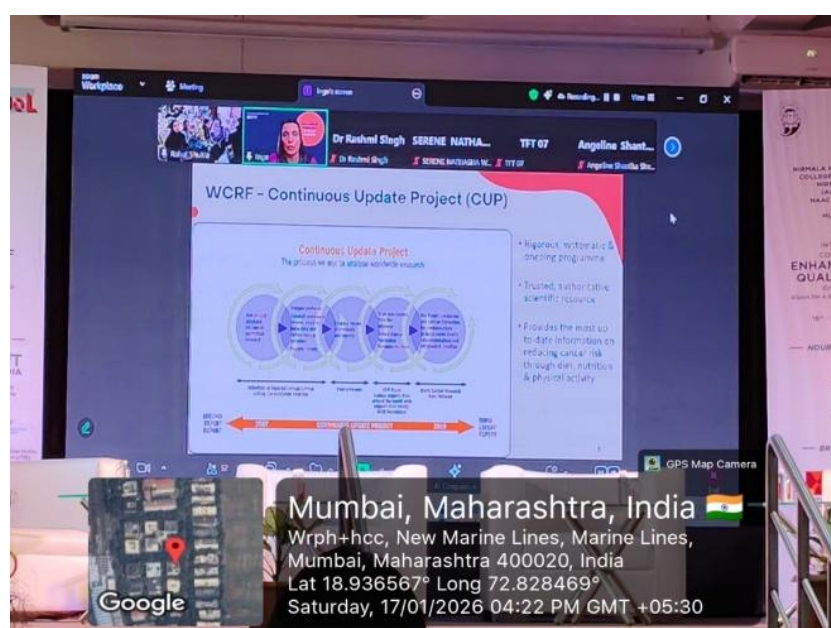
PLENARY SESSION III



**Plenary Session III
Keynote Speaker
Mr. Anjani Prasad**



**Plenary Session III
Keynote Speaker
Dr. Alka Walavalkar**



**Plenary Session III
Keynote Speaker
Dr. Inge Huybrechts**

Session by Dr. Meghna Motwani



**Keynote Speaker
Ms. Naznin Husein**



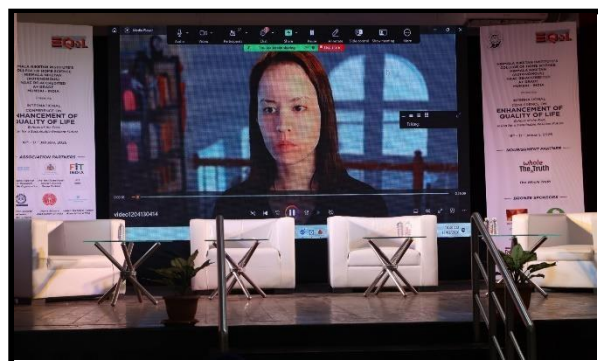
**Felicitation of Ms. Naznin Husein
by Dr. Minelly Rodrigues**



Speaker Ms. Shambhavi Kamath



**Felicitation of Ms. Shambhavi Kamath
by Ms. Vibha Hasija**



**Keynote Speaker
Dr. Samantha Huey**



**Keynote Speaker
Dr. Subhaprada Nishthala**



**Felicitation of Dr. Subhaprada Nishthala
by Dr. Sheetal Joshi**



**Felicitation of Dr. Shalini Arya
by Ms. Bansari Rao**

HUMAN DEVELOPMENT PARALLEL SESSIONS – 16th JANUARY 2026



**Felicitation of Jury Member
Dr. Archana Hegde
by Prof. Dr. Kamini Rege**



**Felicitation of Jury Member
Ms. Rhonda Divecha
by Ms. Payal Maheshwari**



**Ms. Virginia Dias
compering the Parallel Session**



Snippets of Offline Presentations



Snippets of Online Presentations



Participants listening the presenters

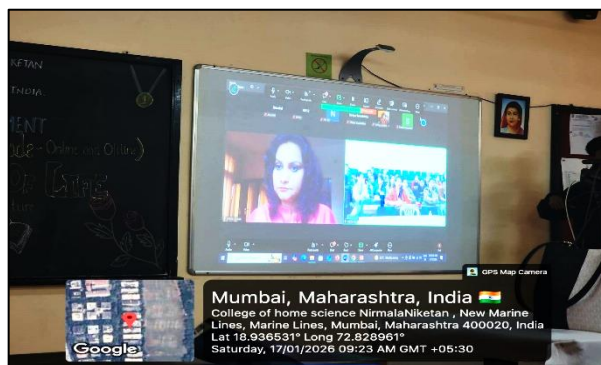


**Felicitation of Ms. Khyati Sampat
by Ms. Payal Maheshwari**



**Ms. Gulnaaz Engineer compering the
Parallel Session**

HUMAN DEVELOPMENT PARALLEL SESSIONS – 17th JANUARY 2026



Dr. Otilie Anban
speaking on the topic



Dr. Anuradha Sovani
discussing Youth Identity



Dr. Nirmala Almeida
speaking on the topic



Participant Question
and Answer Round



Vote of Thanks by
Ms. Gulnaaz Engineer
to the speaker **Ms. Vidya Satish**



Felicitation of the Speaker
Dr. Archana Hedge
by **Ms. Rhonda Divecha**



Ms. Ritika Sahani
speaking on the topic



Dr. Sangeeta Sharma
speaking on the topic

TEXTILE AND FASHION TECHNOLOGY PARALLEL SESSIONS – 16th JANUARY 2026



**Felicitation of Panelist
Ms. Krishna Merchant
by Prof. Dr. Vishaka Karnad**



**Felicitation of Panelist
Dr. Sachin Laddha
by Dr. Pratima Goyal**



**Prof. Dr. Vishaka Karnad
moderating the Parallel Session**



Snippets of Panel Discussion



Snippets of Offline Presentations



Jury members with the presenters



**Felicitation of Jury members
Dr. Anjali Srivastava
& Ms. Bhavini Parekh
by Dr. Pratima Goyal**



Faculty alongside the panelists

TEXTILE AND FASHION TECHNOLOGY
PARALLEL SESSIONS – 17th JANUARY 2026



**Felicitatation of panelist
Dr. Sharmila Dua
by Dr. Pratima Goyal
& Ms. Noella Dias**



**Felicitatation of Moderator
Mr. Anjani Prasad
by Dr. Pratima Goyal**



**Felicitatation of
Dr. Ritu Madhan
by Dr. Pratima Goyal**



**Faculty members
alongside the panelists**



**Snippets of
the panel discussion**

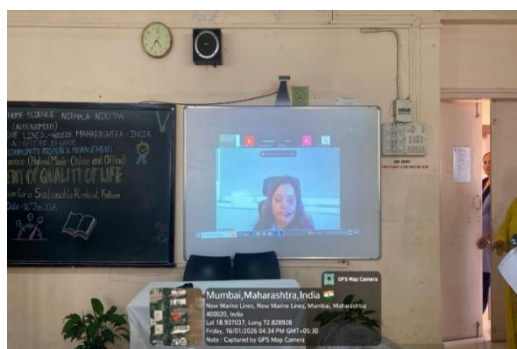


**Participants for the
the panel discussion**

CRM Department Snippets of the Parallel Sessions on 16th January 2026



**Felicitation of Dr. Roopa Rao
by Ms. Nawaz Karanjia**



**Online session by
Ms. Nivedita Mukherjee**



**Felicitation of
Dr. Anuradha Ramesh
by Ms. Sunita Jaiswal**



**“Breaking Barriers and Building
Sustainable Sufficiency: An Inclusive
Approach in Organizations” by
Dr. Anuradha Ramesh**



**Dr. Lata Ghanshamnani delivering her talk
on Environment and Sustainability**



**Felicitation of Dr. Lata Ghanshamnani
by Dr Roopa Rao**



**Ms. Aparna Sheth, Pidilite Industries Pvt. Ltd.,
conducted session on *Creative Reuse and Surface
Décor Techniques***



Participants listening to the presenter



**Adv. Anand Patwardhan on the topic
Transformative Education for Nation
Building**



Interesting Q & A Session



**Felicitation of Mr. Amol Ghogare
by Ms Waasifa Fakhri**



**Mr. Amol Ghogare speaking on Digital
Literacy and Transformation in
Ergonomics Research**



**Mr. Sanjay Minz, on Entrepreneurship,
Innovation and Start-up Ecosystem**



Participants listening to the presenters



Engrossed Audience



**Strengthening Academia – Industry
Linkages**

VALEDICTORY CEREMONY 17th January 2026



Audience During Valedictory Ceremony



Dr. John Rose Chief Guest's Address during Valedictory Ceremony



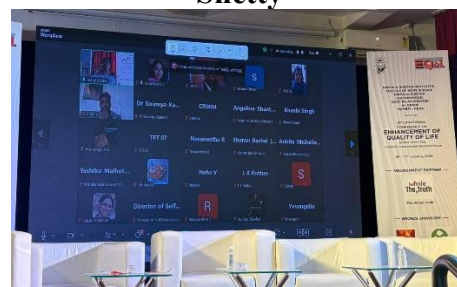
Felicitations of Chief Guest Dr. John Rose by Principal Dr. Asha Mathew



Address by Guest of Honour Dr. Harish Shetty



Interactive Session during Valedictory



Online Participation during Valedictory Ceremony



Ms. Payal Maheshwari delivering Vote of Thanks

PRIZE DISTRIBUTION ON 17th JANUARY 2026

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**Best Research Paper Presentation Award
Ms. Khyati Sampat and her Student Group**



**Best Research Paper
Presentation Award
Dr. Ritu Madhan**



**Best Research Paper
Presentation Award
Prof. Dr. Vishaka Karnad**



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Business Talkz

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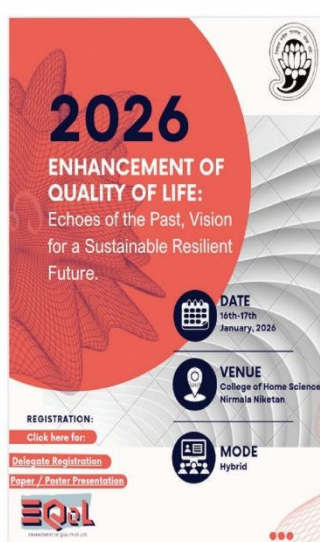


Invitation to Sponsor: Partnering for a Sustainable and Resilient Future with the College of Home Science, Nirmala Niketan

Business Talkz Editor

Mumbai : Nirmala Niketan Institute's College of Home Science, Nirmala Niketan Autonomous, Mumbai—Affiliated to the University of Mumbai and NAAC Accredited with A+ Grade—is proud to organize a Two-Day International Conference titled "Enhancing Quality of Life: Echoes of the Past, Vision for a Sustainable Resilient Future", scheduled on 16th and 17th January 2026.

This prestigious international conference aims to bring together academicians, researchers, industry experts, policymakers, social entrepreneurs, and students to deliberate on pressing global and societal challenges related to sustainability, resilience, women empowerment, nutrition, health, community development, innovation, and eco-conscious practices. The conference will serve as a dynamic



platform for learning, dialogue, and actionable outcomes rooted in both scientific research and lived experiences.

Why This Conference Matters

At a time when the world is facing rapid envi-

ronmental, social, and economic changes, the need for sustainable solutions and inclusive development has never been greater. This conference seeks to:

- Promote interdisciplinary research and knowledge exchange

- Encourage innovation, entrepreneurship, and eco-innovation

- Empower women and marginalized communities through education and dialogue

- Bridge academia, industry, and policy for real-world impact

- Foster sustainable practices for a resilient future

The event will also feature the release of an Edited Book of Selected Research Papers, ensuring that contributors and sponsors receive long-term academic and professional recognition.

An Opportunity to Partner as a Sponsor

We invite esteemed corporates, organizations, institutions, brands, and socially responsible enterprises to partner with us as Sponsors for this impactful international confer-

ence. Sponsorship is not merely financial support—it is a collaboration that reflects your organization's commitment to education, sustainability, innovation, and social responsibility.

By sponsoring this conference, organizations gain high-value visibility, meaningful engagement with a diverse and influential audience, and association with a reputed academic institution known for excellence and social impact.

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To suit diverse objectives and budgets, we offer multiple sponsorship options, including:

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Sponsors will receive:

- Prominent brand visibility before, during, and after the conference
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- Opportunities to connect with academicians, professionals, decision-makers, and future leaders
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- Long-term visibility through published academic content and institutional records

<https://www.businesstalkz.com/2025/12/business-talkz-plus-features-college-of.html?m=1>



शब्दांना सत्याची धार प्रहार

शाश्वत भविष्यासाठी निर्मला निकेतनमध्ये जागतिक सहकार्याचा संदेश

◆ मुंबई (प्रतिनिधी) :

निर्मला निकेतन संस्था - कॉलेज ऑफ होम सायन्स, निर्मला निकेतन (स्वायत्त), मुंबई (नॅक पुनर्मान्यताप्राप्त 'ए प्लस' श्रेणी) येथे नुकतेच "जीवनमान उन्नती : भूतकाळाचे प्रतिध्वनी आणि शाश्वत, सक्षम भविष्यासाठी दृष्टी" या विषयावर दोन दिवसीय आंतरराष्ट्रीय परिषद पार पडली. शाश्वतता, लवचिकता व मानवी कल्याण या विषयांवर सखोल चर्चा करण्यासाठी देश-विदेशातील अभ्यासक, संशोधक, धोरणकर्ते, उद्योग प्रतिनिधी व विद्यार्थी सहभागी झाले होते.

परिषदेचे उद्घाटन प्रमुख पाहुणे प्रा. डॉ. अरुण डी. सावंत, संचालक, वेस्ट टू एनर्जी रिसर्च टेक्नॉलॉजी



कौन्सिल (डब्ल्यूटीईआरटी-इंडिया), माजी प्र-कुलगुरू, मुंबई विद्यापीठ यांच्या हस्ते झाले. समारोप सत्रात फादर डॉ. जॉन रोज, संचालक व माहिती तंत्रज्ञान प्राध्यापक, झेवियर संस्था उपस्थित होते. तसेच राष्ट्रीय कीर्तीचे मानसोपचारतज्ज्ञ डॉ. हरीश शेटी यांनी जीवनमान उन्नतीत मानसिक आरोग्याचे महत्त्व स्पष्ट केले.

या परिषदेत अमेरिका, ब्रिटन, मॉरिशस, बांगलादेश, इथिओपिया,

व्हिएतनाम व फ्रान्स या सात देशांतील तसेच भारतातील १७ राज्यांमधील २०० हून अधिक प्रतिनिधींनी सहभाग घेतला. परिषदेत डॉ. साब्रिना रामसामी-इरानाह (मॉरिशस), प्रा. डॉ. अर्चना हेगडे (अमेरिका), प्रा. डॉ. हेमराज चंदालिया (जसलोक रुग्णालय, मुंबई), डॉ. ससिकुमार मेनन, समग्र आरोग्य तज्ज्ञ मिक्की मेहता, डॉ. इंग हायब्रेक्ट्स (जागतिक आरोग्य संघटना) तसेच आर्जोमा कंपनीचे व्यवस्थापकीय संचालक

अंजनी प्रसाद यांनी मार्गदर्शन केले. परिषदेत आठ मुख्य व्याख्याने, तीन पूर्णसत्रे, तीन समांतर तांत्रिक सत्रे, चर्चासत्रे व १२४ संशोधन निबंधांचे सादरीकरण झाले. हवामान बदल, पर्यावरणीय शाश्वतता, सार्वजनिक व मानसिक आरोग्य, लिंग व सामाजिक न्याय, तंत्रज्ञानातील नवकल्पना व सामाजिक-आर्थिक विषमता या विषयांवर चर्चा झाली. उत्कृष्ट संशोधनासाठी १० सर्वोत्तम संशोधन निबंध पुरस्कार देण्यात आले. संस्थेच्या व्यवस्थापन अध्यक्ष सिस्टर फिलोमेना सिक्वेरा, उपाध्यक्ष सिस्टर सबीना गोंसाल्विस, व्यवस्थापक सिस्टर नोएला डायस, प्राचार्या डॉ. आशा मॅथ्यू तसेच संयोजिका प्रा. डॉ. कामिनी रेगे, सह-संयोजक डॉ. रितु मधन व वृंदा उदैवर यांच्या नेतृत्वाखाली परिषद यशस्वी झाली.

Mumbai Edition
Jan, 28 2026 Page No, 8
<https://epaper.prahaar.in>



मुंबई, महाराष्ट्र

ईगल न्यूज

Mon, 26 Jan 2026

<https://eaglenews.co.in>



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जीवनमान उन्नती : भूतकाळाचे प्रतिध्वनी आणि शाश्वत, सक्षम भविष्यासाठी दृष्टी" या विषयावर दोन दिवसीय आंतरराष्ट्रीय परिषद यशस्वीपणे संपन्न

ईगल न्यूज..

निर्मला निकेतन संस्था - कॉलेज ऑफ होम सायन्स, निर्मला निकेतन (स्वायत्त), मुंबई (NAAC पुनर्मान्यताप्राप्त A+ श्रेणी) येथे १६ व १७ जानेवारी २०२६ रोजी "जीवनमान उन्नती : भूतकाळाचे प्रतिध्वनी आणि शाश्वत, सक्षम भविष्यासाठी दृष्टी" या विषयावर दोन दिवसीय आंतरराष्ट्रीय परिषद यशस्वीपणे संपन्न झाली. शाश्वतता, लवचिकता व मानवी कल्याण या विषयांवर सखोल चर्चा करण्यासाठी देश-विदेशातील अभ्यासक, संशोधक, धोरणकर्ते, उद्योग प्रतिनिधी व विद्यार्थी सहभागी झाले. परिषदेचे उद्घाटन प्रमुख पाहुणे प्रा. डॉ. अरुण डी. सावंत, संचालक, वेस्ट टू एनर्जी रिसर्च टेक्नॉलॉजी कौन्सिल (WTERI-इंडिया), माजी प्र-कुलगुरू, मुंबई विद्यापीठ व माजी कुलगुरू, राजस्थान विद्यापीठ, जयपूर यांच्या हस्ते झाले. समारोप सत्रात फादर डॉ. जॉन रोज एस.जे., संचालक व माहिती तंत्रज्ञान प्राध्यापक, झेवियर इन्स्टिट्यूट उपस्थित होते, तर राष्ट्रीय कीर्तीचे मानसोपचारतज्ज्ञ डॉ. हरीश शेटी यांनी गैरटॉप ऑनर म्हणून मानसिक आरोग्याचे जीवनमान उन्नतीतील महत्त्व अधोरेखित केले. या परिषदेत अमेरिका, युनायटेड किंग्डम, मॉरिशस, बांगलादेश, इथिओपिया, व्हिएतनाम व फ्रान्स या सात देशांतील तसेच भारतातील १७ राज्यांमधील (असाम, बिहार, छत्तीसगड, दिल्ली, गोवा, गुजरात, हरियाणा, जम्मू-काश्मीर, कर्नाटक, केरळ, मणिपुर, पंजाब, राजस्थान, तमिळनाडू, उत्तर प्रदेश, उत्तराखंड व महाराष्ट्र) २०० हून अधिक प्रतिनिधींनी ऑनलाइन व प्रत्यक्ष पद्धतीने सक्रिय सहभाग घेतला. परिषदेला डॉ. साब्रिना डी. रामसामी-इरानाह (मॉरिशस), प्रा. डॉ. अर्चना हेगडे (ईस्ट केंट्रलिंग विद्यापीठ, अमेरिका), प्रा. डॉ. हेमराज चं. चंदालिया (जसलोक रुग्णालय, मुंबई), डॉ. ससिकुमार एन. मेनन (TDM लॉव, मुंबई), समग्र आरोग्य तज्ज्ञ मिक्की मेहता, डॉ. इंग हायब्रेक्ट्स (IARC-WHO, फ्रान्स) तसेच आर्जोमा कंपनीचे व्यवस्थापकीय संचालक व जागतिक प्रमुख बी. अंजनी प्रसाद यांच्या सहभागानुळे विशेष उंची लाभली. संस्थेच्या व्यवस्थापन अध्यक्षा सिस्टर फिलोमेना सिक्वेरा, उपाध्यक्षा सिस्टर सबीना गोंसाल्विस, व्यवस्थापक सिस्टर नोएला डायस व सल्लागार समिती सदस्य यांच्या नेतृत्वाखाली परिषदेला भव्यमान पावळ मिळाले. प्राचार्या व अध्यक्ष डॉ. आशा मॅथ्यू यांच्या मार्गदर्शनाखाली NAAC-IQAC गुणवत्ता निकषांचे पालन करण्यात आले. परिषद संयोजिका प्रा. डॉ. कामिनी रेगे, सह-संयोजक डॉ. रितु मधन व श्रीमती वृंदा उदैवर यांच्या नेतृत्वाखाली ही परिषद प्रभावी आंतरराष्ट्रीय मेळ ठरली. जीवनमान ही संकल्पना केवळ आर्थिक नसून त्यात आरोग्य, सामाजिक समता, लैंगिक न्याय, सांस्कृतिक सात्वत, पर्यावरणीय शाश्वतता व नैतिक प्रशासन यांचा समावेश असल्याचे अधोरेखित झाले. सर्व चर्चा संयुक्त राष्ट्रांच्या शाश्वत विकास उद्दिष्टांनी (SDGs) सुसंगत होत्या. परिषदेत आजून्ही अधिक मुख्य वापणे, जैती पुर्नसत्रे, तीन समांतर तांत्रिक सत्रे, चर्चा सत्रे व ऑनलाइन व प्रत्यक्ष अशा १२४ संशोधन निबंधांचे सादरीकरण करण्यात आले. हवामान बदल, पर्यावरणीय शाश्वतता, सार्वजनिक व मानसिक आरोग्य, लिंग व सामाजिक न्याय, तंत्रज्ञानातील नवकल्पना व सामाजिक-आर्थिक विषमता या विषयांवर चर्चा झाली आणि उत्कृष्ट संशोधनासाठी १० बेस्ट रिसर्च पेपर पुरस्कार प्रदान करण्यात आले. या यशस्वी आयोजनासाठी श्रीपापटी विल्डर्स (लॉटेम प्रायोजक), भारत वपस्ती फाउंडेशन, युनिव्हर्न बँक, सेंट्रल बँक (गोल्ड प्रायोजक) तसेच मॅरिसेटो लिमिटेड, ड होल ड्यु फूड्स, विलॉ कॉरपोरेशन इन्स्टिट्यूट, नुगेडा, टेरापी, सिंगीन सार्वजनिक इन्स्टिट्यूट, क्यूरेअर्स, इनवॉडी, टपरेवेअर/कुर्ती (आसिया), एलआयसी, आर्दित विलॉ बुध, ब्रायडेक्स इन्स्टिट्यूट, रोसांरी वायोटेक आणि इंडियन टैंगलिंग टेक्नॉलॉजी (ITTA) यांचे मोलाचे सहकार्य लाभले. समारोपसंगी आयोजकांनी ही परिषद आंतरराष्ट्रीय संशोधन, जागतिक सहकार्य व सामूहिक शैक्षणिक प्रयत्नांचे महत्त्व अधोरेखित करणारी ठरल्याचे गृह्य केले. या दोन दिवसांच्या चर्चासभेत निर्माण झालेली ज्ञानसंपदा व भागीदारी भविष्यातील संशोधन, धोरणनिर्मिती व शाश्वत, समावेशक आणि सक्षम जागतिक भविष्यासाठी उपयुक्त ठरेल, असा विश्वास व्यक्त करण्यात आला.





पर्यावरणीय बदलावर विचारमंथन निर्मला निकेतन महाविद्यालयात आंतरराष्ट्रीय परिषदेचे आयोजन

सकाळ वृत्तसेवा

मुंबई, ता. २७ : हवामान आणि पर्यावरणीय बदल, देशातील नागरिकांचे आरोग्य, सर्वसामान्य नागरिकांच्या उपजीविकेपासून ते शाश्वत उपजीविका यासह मानव आणि पर्यावरण यांच्यातील बदलत्या नातेसंबंधावर आंतरराष्ट्रीय स्तरावर विचारमंथन करण्यासाठी कॉलेज ऑफ होम सायन्स, निर्मला निकेतन (स्वायत्त) संस्थेत दोनदिवसीय आंतरराष्ट्रीय परिषदेचे आयोजन करण्यात आले आहे. ही परिषद १६ आणि १७ जानेवारी २०२६ला मुंबईत होणार असल्याची माहिती कॉलेज ऑफ होम सायन्स, निर्मला निकेतनच्या प्राचार्या डॉ. आशा मॅथ्यू यांनी दिली.

परिषदेचा केंद्रबिंदू हा 'जीवनमान उन्नती : भूतकाळाचा प्रतिसाद, शाश्वत व सक्षम भविष्यासाठीचे दृष्टिकोन' हा असून, जगभरातील अनेक तज्ज्ञ, मान्यवर विविध विषयांवर आपली भूमिका आणि मत व्यक्त करतील. तसेच त्यांच्याकडून आपले संशोधन लेखही या परिषदेत सादर केले जाणार आहेत. परिषदेत भारतासमोर सध्या निर्माण झालेल्या अत्यावश्यक विकासात्मक प्रश्नांवर या परिषदेत चर्चासत्र, समूह चर्चा इत्यादी होणार असून, यात राष्ट्रीय व आंतरराष्ट्रीय शास्त्रज्ञ, धोरणकर्ते, संशोधक, स्वयंसेवी संस्था, उद्योग क्षेत्रातील तज्ज्ञ आणि विद्यार्थी आपले मत व्यक्त करतील.

या दोन दिवसीय आंतरराष्ट्रीय परिषदेत देशातील विविध

सामाजिक विकासाशी नाळ

कॉलेज ऑफ होम सायन्स, निर्मला निकेतन हे महाविद्यालय अनेक दशकांपासून शहरी आणि ग्रामीण भागात आरोग्य, पोषण, पर्यावरण जतन, शिक्षण, महिलांचे सक्षमीकरण आणि सामाजिक विकासाशी संबंधित विविध उपक्रम राबवत आले आहे. समाजातील वंचित घटकांच्या उन्नतीसाठीचे कार्य तसेच सामाजिक न्याय आणि शाश्वत विकासाबद्दलची संस्थेची कटिबद्धता, यामुळे ही परिषद जागतिक स्तरावरील विचारविनिमयासाठी एक महत्वाचे व्यासपीठ ठरणार असल्याचेही डॉ. मॅथ्यू म्हणाल्या.

विषयांवरील व्याख्याने, विविध विषयांवरील चर्चासत्रे, संशोधनपत्र आणि पोस्टर सादरीकरणे, पॅनेल चर्चा, कौशल्य विकास कार्यशाळा तसेच युवक समुदाय संवाद सत्रांचे आयोजन करण्यात येणार आहे. या परिषदेमुळे संशोधनआधारित

धोरणात्मक शिफारशी, आयएसबीएन प्रमाणित संपादित पुस्तक, सर्वोत्तम प्रथांचा डिजिटल संग्रह आणि राष्ट्रीय व आंतरराष्ट्रीय शैक्षणिक सहयोग वृद्धिंगत होणार असल्याचा विश्वास प्राचार्या डॉ. आशा मॅथ्यू यांनी व्यक्त केला.

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Innovative approaches on enhancing quality of life

The College of Home Science, Nirmala Niketan, Churchgate, recently hosted the international conference 'Enhancement of Quality of Life: Echoes of the Past, Vision for a Sustainable, Resilient Future', marking a significant milestone in the institution's academic journey.

The conference brought together thought leaders, academicians, industry partners and students from across India. The session was graced by dignitaries including Dr Asha Mathews (Principal, Nirmala Niketan), Dr Harish Shetty (renowned psychiatrist and



Dr Asha Mathews, Dr Harish Shetty, Tapas Chaturvedi and Noella Dias

Guest of Honour), Tapas Chaturvedi (Managing Director, Shreepati Group and Platinum Partner) and Noella Dias (Trustee and Manager, Nirmala Niketan).

Their presence underscored the strong academia-industry collaboration that defines the institution's forward-looking vision, as well as government-linked sup-

port through collaboration with Fit India under the Ministry of Sports and Youth Affairs.

The conference featured insightful deliberations by speakers such as Dr Inge Huybrechts (Scientist IARC WHO), Dr Hemraj Chandalia (renowned endocrinologist and diabetologist, Anjani Prasad (Vice President Achroma) and an inspiring address by Fr. Dr John Rose SJ (Director, Xavier's Institute of Engineering), who reflected on sustainability, resilience and the evolving role of Home Science in enhancing human well-being and quality of life.



पर्यावरणीय बदलावर विचारमंथन निर्मला निकेतन महाविद्यालयात आंतरराष्ट्रीय परिषदेचे आयोजन

सकाळ वृत्तसेवा

मुंबई, ता. २७ : हवामान आणि पर्यावरणीय बदल, देशातील नागरिकांचे आरोग्य, सर्वसामान्य नागरिकांच्या उपजीविकेपासून ते शाश्वत उपजीविका यासह मानव आणि पर्यावरण यांच्यातील बदलत्या नातेसंबंधांवर आंतरराष्ट्रीय स्तरावर विचारमंथन करण्यासाठी कॉलेज ऑफ होम सायन्स, निर्मला निकेतन (स्वायत्त) संस्थेत दोनदिवसीय आंतरराष्ट्रीय परिषदेचे आयोजन करण्यात आले आहे. ही परिषद १६ आणि १७ जानेवारी २०२६ला मुंबईत होणार असल्याची माहिती कॉलेज ऑफ होम सायन्स, निर्मला निकेतनच्या प्राचार्या डॉ. आशा मंथ्यू यांनी दिली.

परिषदेचा केंद्रबिंदू हा 'जीवनमान उन्नती : भूतकाळाचा प्रतिसाद, शाश्वत व सक्षम भविष्यासाठीचे दृष्टिकोन' हा असून, जगभरातील अनेक तज्ज्ञ, मान्यवर विविध विषयांवर आपली भूमिका आणि मत व्यक्त करतील. तसेच त्यांच्याकडून आपले संशोधन लेखही या परिषदेत सादर केले जाणार आहेत. परिषदेत भारतासमोर सध्या निर्माण झालेल्या अत्यावश्यक विकासात्मक प्रश्नांवर या परिषदेत चर्चासत्र, समूह चर्चा इत्यादी होणार असून, यात राष्ट्रीय व आंतरराष्ट्रीय शास्त्रज्ञ, धोरणकर्ते, संशोधक, स्वयंसेवी संस्था, उद्योग क्षेत्रातील तज्ज्ञ आणि विद्यार्थी आपले मत व्यक्त करतील.

या दोन दिवसीय आंतरराष्ट्रीय परिषदेत देशातील विविध

सामाजिक विकासाशी नाळ

कॉलेज ऑफ होम सायन्स, निर्मला निकेतन हे महाविद्यालय अनेक दशकांपासून शहरी आणि ग्रामीण भागात आरोग्य, पोषण, पर्यावरण जतन, शिक्षण, महिलांचे सक्षमीकरण आणि सामाजिक विकासाशी संबंधित विविध उपक्रम राबवत आले आहे. समाजातील वंचित घटकांच्या उन्नतीसाठीचे कार्य तसेच सामाजिक न्याय आणि शाश्वत विकासाबद्दलची संस्थेची कटिबद्धता, यामुळे ही परिषद जागतिक स्तरावरील विचारविनिमयासाठी एक महत्त्वाचे व्यासपीठ ठरणार असल्याचेही डॉ. मंथ्यू म्हणाल्या.

विषयांवरील व्याख्याने, विविध विषयांवरील चर्चासत्रे, संशोधनपत्र आणि पोस्टर सादरीकरणे, पॅनेल चर्चा, कौशल्य विकास कार्यशाळा तसेच युवक समुदाय संवाद सत्रांचे आयोजन करण्यात येणार आहे. या परिषदेमुळे संशोधनआधारित

धोरणात्मक शिफारशी, आयएसबीएन प्रमाणित संपादित पुस्तक, सर्वोत्तम प्रथांचा डिजिटल संग्रह आणि राष्ट्रीय व आंतरराष्ट्रीय शैक्षणिक सहयोग वृद्धिंगत होणार असल्याचा विश्वास प्राचार्या डॉ. आशा मंथ्यू यांनी व्यक्त केला.

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बदलत्या हवामानाची चिंता मुंबईतील दोनदिवसीय आंतरराष्ट्रीय परिषदेत विचारमंथन

मुंबई, ता. २२ : जगभरात वेगाने बदलणाऱ्या जागतिक आवाऱ्याच्या पार्श्वभूमीवर शाश्वतता, लवचिकता आणि मानवी कल्याण यावर मुंबईतील निर्मला निकेतन संस्था-कॉलेज ऑफ होम सायन्समध्ये दोन दिवसीय आंतरराष्ट्रीय परिषद पार पडली. हवामान बदल, पर्यावरणीय शाश्वतता, सार्वजनिक आरोग्य आणि पोषण, मानसिक आरोग्य, लिंग व सामाजिक न्याय, तंत्रज्ञानातील नवकल्पना, सामाजिक-आर्थिक विभक्तता, वाढती लोकसंख्या, त्यांचे प्रश्न यावर परिषदेत विचारमंथन करण्यात आले.

'जीवनमान उन्नती : भूतकाळाचे प्रतिध्वनी आणि शाश्वत, सक्षम भविष्यासाठी दृष्टी' या विषयावरील परिषदेत विविध विषयांवर सखोल चर्चा करण्यासाठी अमेरिकेचे संयुक्त संस्थान, युनायटेड किंग्डम, मॉरिशस, बांगलादेश, इथियोपिया, व्हिएतनाम आणि फ्रान्स अशा सात देशांतील तसेच भारतातील आसाम, बिहार, छत्तीसगड,



मुंबई : हवामान बदल, वाढती लोकसंख्या याबाबत आंतरराष्ट्रीय परिषद पार पडली.

दिल्ली, गोवा, गुजरात, हरयाणा, जम्मू-काश्मीर, कर्नाटक, केरळ, मणिपूर, पंजाब, राजस्थान, तमिळनाडू, उत्तर प्रदेश, उत्तराखंड आणि महाराष्ट्र या १७ राज्यांमधील प्रतिनिधी सहभागी झाले होते. ऑनलाइन व प्रत्यक्ष अशा संकरित पद्धतीतून २००हून अधिक प्रतिनिधींनी या परिषदेतील चर्चांमध्ये सक्रिय सहभाग नोंदविला.

परिषदेचे उद्घाटन प्रमुख पाहुणे वेस्ट

टू एनबी रिसर्च टेक्नॉलॉजी कौन्सिलचे संचालक व माजी कुलसूत्र प्रा. (डॉ.) अरुण सावंत यांच्या उपस्थितीत झाले. समारोप सत्रात झेवियर इन्स्टिट्यूटचे संचालक व माहिती तंत्रज्ञान प्राध्यापक फादर डॉ. जॉन रोज एम. जे. यांनी उपस्थिती लाभली. राष्ट्रीय कीर्तीचे मानसोपचारातज्ज्ञ डॉ. हरीश शेठ्टी यांनी गेस्ट ऑफ ऑनर म्हणून मानसिक आरोग्याचे जीवनमान उन्नतीतील महत्त्व

१२४ संशोधन निबंध सादर

परिषदेत आठहून अधिक मुख्य भाषणे, तीन पूर्णसत्रे, तीन समांतर तांत्रिक सत्रे, पॅनेल चर्चा तसेच १२४ संशोधन निबंधांचे सादरीकरण (ऑनलाइन व प्रत्यक्ष) करण्यात आले. उत्कृष्ट संशोधन योगदानासाठी १० बेस्ट रिसर्च पेपर पुरस्कार प्रदान करण्यात आले.

अधोरेखित केले.

परिषदेच्या समारोपप्रसंगी आयोजकांनी ही परिषद आंतरराष्ट्रीय संशोधन, जागतिक सहकार्य व सामूहिक शैक्षणिक प्रयत्नांची ताकद अधोरेखित करणारी ठरल्याचे नमूद केले. या दोन दिवसांच्या चर्चांमधून निर्माण झालेली ज्ञानसंपदा, भागीदारी व प्रेरणा भविष्यातील संशोधन, धोरणनिर्मिती व शाश्वत, समावेशक आणि सक्षम जागतिक भविष्यासाठी महत्त्वपूर्ण ठरेल, असा विश्वास व्यक्त केला.

राष्ट्रीय व आंतरराष्ट्रीय स्तरावरील

नामवंत वक्त्यांनी परिषदेला विशेष उंची प्राप्त करून दिली. यामध्ये डॉ. साब्रिना डी. रामसामी-इरनाह (मॉरिशस), प्रा. डॉ. अर्चना हेगडे (ईस्ट कॅरोलिना विद्यापीठ, अमेरिका), प्रा. (डॉ.) हेमराज बी. चंदालिया (जसलोक रुग्णालय, मुंबई), डॉ. ससिकुमार एन. मेनन (टोडीएम लॅब, मुंबई), आंतरराष्ट्रीय ख्यातीचे समग्र आरोग्यतज्ज्ञ मिर्मी मेहता, डॉ. इंग हायब्रेक्नुस (फ्रान्स) तसेच आर्जेमा कंपनीचे व्यवस्थापकीय संचालक व जागतिक प्रमुख अंजनी प्रसाद यांचा समावेश होता.

FEEDBACK ANALYSIS REPORT

Overall Conference Feedback

1. Response Overview

- **Total responses received:** 348
- **Participants:** Predominantly students, with representation from faculty and professionals
- **Mode of participation:** Both 62.6 % Offline and 37.4% Online
- **Geographical spread:** Majority participation was received from Mauritius and different states of India predominantly from Maharashtra, Tamil Nadu, Karnataka, Gujarat, Haryana, and other states also including Assam, Bihar, Chennai, Chhattisgarh, Delhi, Goa, Jammu & Kashmir, Karnataka, Punjab, Rajasthan Uttar Pradesh, Uttarakhand, West Bengal and Manipur, with good institutional diversity.

2. Overall Satisfaction

Rating	Number of Responses
Excellent	157
Very Good	133
Good	45
Fair	12
Poor	1

- **Average satisfaction score:** 4.24 / 5
- **Over 83%** of participants rated the conference **Excellent or Very Good**

Interpretation: The conference was very well received, reflecting high overall satisfaction.

3. Conference Organization & Sessions

- **Overall organization:** Largely rated *Excellent* and *Very Good*
- **Technical / academic sessions:**
 - High appreciation for content quality, relevance, and speaker expertise.
 - Participants valued knowledge enrichment and practical insights.
- **Valedictory session:**
 - Strong ratings for:
 - Conference summary and takeaways
 - Recognition of contributors
 - Overall closure of the conference

4. Logistics and Support

Offline Mode

- Venue arrangements, helpdesk support, and materials were mostly rated Excellent / Very Good

Online Mode

- Online platform usability and coordination support received Very Good ratings overall.
- A small number of participants reported technical or access issues.

Area for improvement: Strengthening online platform stability and support responsiveness

5. Key Strengths Identified

- Well-structured and smoothly organized conference.
- High-quality academic and technical sessions.
- Effective coordination and volunteer support.
- Meaningful valedictory session and conference closure.
- Strong participant engagement and interest in future events.

6. Suggestions from Participants

- Conduct more such conferences regularly.
- Extend session duration for in-depth discussions.
- Include more interactive and hands-on sessions.
- Improve online technical support for remote participants.

7. Overall Conclusion

The feedback clearly indicates that the conference was successful, impactful, and academically enriching. With an average rating of 4.24/5, the event met and exceeded participant expectations. Minor improvements in online logistics can further enhance future editions.



NIRMALA NIKETAN INSTITUTE'S
COLLEGE OF HOME SCIENCE NIRMALA NIKETAN (AUTONOMOUS)
 MUMBAI – INDIA
 NAAC RE-ACCREDITED A+ GRADE



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The Truth

International Conference on **Enhancement of Quality of Life**

Echoes of Past, Vision for Sustainable Resilient Future
 16th & 17th January 2026: Hybrid Mode – Online/Offline

INAUGURATION CEREMONY



Ms. Philomena Sequeira
 President
 Nirmala Niketan Institute
 Mumbai

Date: 16th January 2026

Time: 10 am

Platinum Sponsor:



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सेंट्रल बैंक ऑफ इंडिया
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INAUGURATION CEREMONY



Ms. Noella Dias
 Manager
 College of Home Science Nirmala Niketan
 Mumbai

Date: 16th January 2026

Time: 10 am

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INAUGURATION CEREMONY



Dr. Asha Mathew
 Principal
 College of Home Science Nirmala Niketan
 Mumbai

Date: 16th January 2026

Time: 10 am

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INAUGURATION CEREMONY



Prof. Dr. Kamini Rege
 Conference Convenor & IQAC Coordinator
 College of Home Science Nirmala Niketan

Date: 16th January 2026

Time: 10 am

Platinum Sponsor:



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सेंट्रल बैंक ऑफ इंडिया
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INAUGURATION CEREMONY



Chief Guest

Prof. (Dr.) Arun Sawant

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

Former Joint Director of Higher Education, Mumbai

Former Pro Vice-Chancellor, University of Mumbai

Former Vice-Chancellor, University of Rajasthan, Jaipur

Date: 16th January 2026

Time: 10 am

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CHIEF GUEST

Fr. Dr. John Rose SJ

Director and Professor in IT -Xavier Institute

- 17th January 2026

- 2.45 – 3.30 pm

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GUEST OF HONOUR

Dr. Harish Shetty

MBBS, MD - Psychological Medicine Psychiatrist;

Dr L H Hiranandani Hospital – Mumbai, India

- 17th January 2026

- 2.45 – 3.30 pm

- College of Home Science Nirmala Niketan (Autonomous)



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Esteemed Keynote Speakers



Dr. Sabrina D. Ramsamy-Iranah
 Director of the Academy of Design and Innovation
 Ministry of Industry, Mauritius

Prof. Dr. Archana Hegde
 Department of Human Development and Family Science,
 College of Human Health and Behaviour,
 East Carolina University, USA

Date: 16th January 2026

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Distinguished Keynote Speakers



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



Dr. Sasikumar N. Menon
 Director, Institute of Advanced Research in
 Interdisciplinary Sciences (TDM Lab) Mumbai



Dr. Mickey Mehta
 Global Leading Holistic Health
 Guru/Spiritual Life Coach

Date: 16th January 2026 Time: 11 am to 1 pm

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PLENARY - III DISTINGUISHED PLENARY SESSIONS



Dr. Inge Huybrechts
 PhD, Nutritional Epidemiologist &
 Scientist,
 Nutrition and Metabolism Branch, IARC,
 WHO, Lyon, France



Dr. Alka Walavalkar
 Director, Resonance Wellness Clinical
 Nutritionist
 Official Ambassador - Fit India Movement



Mr. Anjani Prasad
 Managing Director and Head of Brand
 Performance of Archroma, Global Head of New
 Business Development

Date: 17th January 2026

Time: 2:45 to 4:00pm

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CONFERENCE REFLECTIONS AND WAY FORWARD



Dr. Ritu Madhan
 Associate Professor
 Textile and Fashion Technology
 College of Home Science Nirmala Niketan

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We place on record our heartfelt gratitude to the Management of Nirmala Niketan Institute Ms. Philomena Sequeira (President, Nirmala Niketan Institute), Ms. Sabeena Gonsalves (Vice President Nirmala Niketan Institute) and Ms. Noella Dias (Secretary, Nirmala Niketan Institute) for their constant encouragement, vision, and support. We express our deep appreciation to our Principal, Dr. Asha Mathew, not only for her guidance and leadership, but for being personally involved at every stage of the preparation, standing by the team as a pillar of strength and support. Our sincere thanks to the Advisory Committee for their valuable insights, constructive feedback, and guidance in shaping the academic depth and direction of the conference.

We are honoured to acknowledge our distinguished guests:

- Mr. A. D. Sawant, Pro Vice-Chancellor, University of Mumbai; Vice Chancellor, University of Jaipur; and former Joint Director, University of Mumbai, Chief Guest of the Inaugural Session;
- Fr. Dr. John Rose SJ, Director and Professor, IT – Xavier's Institute, Chief Guest of the Valedictory Function;
- Dr. Harish Shetty, renowned psychiatrist and mental health advocate, Guest of Honour.

We gratefully acknowledge our academic and institutional collaborators for their partnership and immense support.

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- Rossari Biotech, Marico Limited, Aditya Birla Group, and our own dear Ms. Mary Varghese and all our sponsors who contributed in various capacities. Every contribution, big or small, played a crucial role in enabling success of the conference at this scale.

We thank our Nourishment Partner, The Whole Truth, for adding nourishment to our breakfast sessions and making them wholesome.

Our heartfelt thanks to the Keynote Speakers—We extend our appreciation to:

- Speakers of all parallel sessions,
- Panelists of all panel discussions,
- Jury members for the paper presentations, for their academic rigor and valuable engagement.

We acknowledge Youngistan Creatives and Mr. Wilfred Fernandes, YFX creations for the digital shoots and Youngagement for the social media marketing, Visionary creative concepts and Mr. Vijay Gonde, and all their respective teams who were burning the midnight lamp., for the décor creating the professional ambience for the conference; Nidhi Caterers for ensuring our nutritional needs were well taken care of; Mr. Sunil Shukla for enabling hybrid mode readiness; and Mr. Zahid Hussain for seamless internet connectivity.

Our special appreciation to the Conference Convener for taking on this immense responsibility with dedication, and to the Core Committee, whose tireless efforts, attention to detail, and teamwork ensured the smooth conduct of the conference.

We sincerely thank our teaching staff, non-teaching staff, and student volunteers, whose collective teamwork and commitment formed the backbone of this event.

Finally, we express our heartfelt gratitude to all participants—online and offline, national and international—for their enthusiastic participation, engagement, and scholarly contributions.

With sincere gratitude to everyone who contributed their time, expertise, support and enthusiasm, we acknowledge that this International Conference stands as a truly enriching academic experience and a testament to collaborative excellence.



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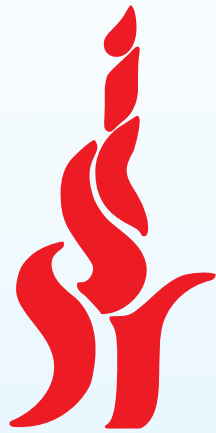
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