

## NIS 2020 AGENDA

### IMPORTANT INSTRUCTIONS FOR SUMMIT ATTENDEES:

1. The **Nutrition Innovators Summit** ([www.mynep.org/nis2020](http://www.mynep.org/nis2020)) will commence on Thursday, 1st October at 6:00 pm
2. **DAY 1 timings** : 1st October (6:00 pm - 8:00 pm) - Opening ceremony and Summit kick-off
3. **DAYS 2 - 4 timings:** Morning session (8:45 am to 12:15 pm)  
Afternoon session (2:15 pm to 6:00 pm)  
Student lounge (7:00 pm to 8:00 pm)
4. NIS 2020 is a virtual summit that will be conducted completely online
5. We will be using several online platforms to engage with the community - Facebook groups, Slack, Zoom and our NEP online portal
6. For the best experience, participants are advised to attend the summit from their computers
7. Please ensure a distraction-free environment for an immersive experience
8. Recordings of the summit sessions will be shared with the participants post summit
9. Workshops will be highly interactive with experiential activities and we strongly recommend the participants attend them LIVE
10. Participation certificate will be provided by NEP to all attendees

### DAY 1 (1st October 2020)

TIME	ACTIVITY
6:00 pm - 6:15 pm	Welcome note from the NEP Founders
6:15 pm - 6:45 pm	NEP Talent show and Entertainment Program - Organised by NEP fellows
6:45 pm - 7:00 pm	Break
7:00 pm - 7:30 pm	<b>How to Innovate?</b> Mind-stimulating group activity
7:30 pm - 8:00 pm	<b>Summit walk-through</b> - What to expect and how to make the most of it?

## DAY 2 (2nd October 2020)

TIME	ACTIVITY	SPEAKERS
8:45 am - 8:55 am	Energizers + group activities	
8:55 am - 9:00 am	Keynote agenda for the day	
9:00 am - 10:30 am	<b>Motivation, Behavior Science and Counselling</b> <ul style="list-style-type: none"> <li>- Taking the change out of Behavior Change</li> <li>- Happy gut, happy you: The gut-emotion connect</li> <li>- We are what we do: How do habits shape us?</li> <li>- Q&amp;A and Panel discussion</li> </ul>	Panelists: <ul style="list-style-type: none"> <li>- Dr Vishal Marwah (<i>MBBS, MS - USA</i>)</li> <li>- Dr Bhavana Gautam (<i>PhD, Syracuse Univ, USA</i>)</li> <li>- Chaya Mishra (<i>MSc Nutritional sciences</i>)</li> <li>- <i>Moderated by Tehzeeb Lalani</i></li> </ul>
10:30 am - 10:45 am	Bio break (stretch, hydrate, blink your eyes, grab a snack/beverage)	
10:45 am - 12:15 pm	<b>Yoga and Mindfulness Workshop</b>	- By Kush Panchal ( <i>International Yoga Professional</i> )
12:15 pm to 2:15 pm	Lunch break (2 hours long)	
2:15 pm - 2:30 pm	Post lunch - Quick group energizer	
2:30 pm - 4:00 pm	<b>Entrepreneurship</b> <ul style="list-style-type: none"> <li>- Beyond Diet Plans - Innovations in Private Practice</li> <li>- Innovations for clinical practice: 'Wow'ing patients</li> <li>- The Nutripreneur life: Challenges and Opportunities</li> <li>- Q&amp;A and Panel discussion</li> </ul>	Panelists: <ul style="list-style-type: none"> <li>- Dr Janaki Badugu (<i>Ph.D, MSc in Food &amp; Nutrition</i>)</li> <li>- Disha Jhaveri Shah (<i>PG Diploma, Regd. Dietician</i>)</li> <li>- Archana Arora (<i>MSc in Food and Nutrition</i>)</li> <li>- <i>Moderated by Dr. Vishal Marwah &amp; Tehzeeb Lalani</i></li> </ul>
4:00 pm - 4:30 pm	High Tea	
4:30 pm - 6:00 pm	<b>Workshop on Mind Mapping</b>	- By Mehernosh Randeria ( <i>India's first W3 Coach</i> )
6:00 pm - 6:05 pm	Closing note for the day	
7:00 pm - 8:00 pm	Student lounge	

## DAY 3 (3rd October 2020)

TIME	ACTIVITY	SPEAKERS
8:45 am - 8:55 am	Energizers + group activities	
8:55 am - 9:00 am	Keynote agenda for the day	
9:00 am - 10:30 am	<b>Beyond Diet Plans</b> <ul style="list-style-type: none"> <li>- Innovations beyond diet plans</li> <li>- Blueprint for a successful Health Program Design</li> <li>- Designing School Health Promotion Programs</li> <li>- Q&amp;A and Panel discussion</li> </ul>	Panelists: <ul style="list-style-type: none"> <li>- Simmi Khanna (<i>MSc in Nutrition and Dietetics</i>)</li> <li>- Richa Srivastava (<i>MSc in Food and Nutrition</i>)</li> <li>- Shilpa Mittal (<i>MSc in Food Science and Nutrition</i>)</li> <li>- <i>Moderated by Dr. Vishal Marwah &amp; Tehzeeb Lalani</i></li> </ul>
10:30 am - 10:45 am	Bio break (stretch, hydrate, blink your eyes, grab a snack/beverage)	
10:45 am - 12:15 pm	<b>Food Styling and Food Photography</b>	- Facilitated by Bijal Jobanputra ( <i>Food &amp; prop stylist</i> )
12:15 pm to 2:15 pm	Lunch break (2 hours long)	
2:15 pm - 2:30 pm	Post lunch - Quick group energizer	
2:30 pm - 4:00 pm	<b>Sports Nutrition panel</b> <ul style="list-style-type: none"> <li>- Bridging the gap - from knowledge to practice</li> <li>- Evolution of Sports Nutrition - Then versus Now</li> <li>- Peak performance: preparing athletes for success</li> <li>- Q&amp;A and Panel discussion</li> </ul>	Panelists: <ul style="list-style-type: none"> <li>- Dr. Geetanjali Bhide (<i>Senior Sports Nutritionist</i>)</li> <li>- Mihira A.R. Khopkar (<i>MSc in Sports Nutrition</i>)</li> <li>- Shiny Surendran (<i>PGD in Sports Nutrition</i>)</li> <li>- <i>Moderated by Dr. Vishal Marwah &amp; Tehzeeb Lalani</i></li> </ul>
4:00 pm - 4:30 pm	High Tea	
4:30 pm - 6:00 pm	<b>Workshop on Scientific Writing</b>	- Facilitated by Gillian D'souza ( <i>Scientific Writer</i> )
6:00 pm - 6:05 pm	Closing note for the day	
7:00 pm - 8:00 pm	Student lounge	

## DAY 4 (4th October 2020)

TIME	ACTIVITY	SPEAKERS
8:45 am - 8:55 am	Energizers + group activities	
8:55 am - 9:00 am	Keynote agenda for the day	
9:00 am - 10:30 am	<b>Alternate Career paths</b> <ul style="list-style-type: none"> <li>- Policies, Govt. programmes &amp; Communication</li> <li>- Writers corner: Getting your first publication out</li> <li>- My Diverse Dietetic Journey from East to West</li> <li>- Q&amp;A and Panel discussion</li> </ul>	Panelists: <ul style="list-style-type: none"> <li>- Rohini Saran (<i>Deputy Lead - FFRC FSSAI</i>)</li> <li>- Sushma Gumma (<i>PG Diploma in CND</i>)</li> <li>- Dr. Sangeeta Shrivastava (<i>PhD, MS, RDN</i>)</li> <li>- <i>Moderated by Dr Vishal Marwah &amp; Tehzeeb Lalani</i></li> </ul>
10:30 am - 10:45 am	Bio break (stretch, hydrate, blink your eyes, grab a snack/beverage)	
10:45 am - 12:15 pm	<b>Allied Sciences - Food Fermentation Workshop</b>	- By Laura Christie ( <i>Founder - The Odd Gumnut</i> )
12:15 pm to 2:15 pm	Lunch break (2 hours long)	
2:15 pm - 2:30 pm	Post lunch - Quick group energizer	
2:30 pm - 4:00 pm	<b>Future of Nutrition Practice and Technology</b> <ul style="list-style-type: none"> <li>- Finding your nutrition micro-niche</li> <li>- Innovation in a resource-limited clinical set-up</li> <li>- Technology: How I befriended it?</li> <li>- Q&amp;A and Panel discussion</li> </ul>	Panelists: <ul style="list-style-type: none"> <li>- Dr. Suresh Kumar (<i>MBBS, Founder - Chief Coach</i>)</li> <li>- Shivshankar Timmanpyati (<i>PGD Dietetics</i>)</li> <li>- Priya Karkera (<i>Ph.D Research Scholar</i>)</li> <li>- <i>Moderated by Dr Vishal Marwah &amp; Tehzeeb Lalani</i></li> </ul>
4:00 pm - 4:30 pm	High Tea	
4:30 pm - 6:00 pm	<b>Creative Thinking Workshop</b> <b>Digital Marketing Workshop</b>	<ul style="list-style-type: none"> <li>- By Soumitra Bhat (<i>Innovation Consultant</i>)</li> <li>- By Dr. Vishal Marwah (<i>MBBS, Director - NEP</i>)</li> </ul>
6:00 pm - 6:15 pm	Farewell note by the founders of NEP	
7:00 pm - 8:00 pm	Student lounge	