

NIS 2020 AGENDA

IMPORTANT INSTRUCTIONS FOR SUMMIT ATTENDEES:

1. The **Nutrition Innovators Summit** (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	How to Innovate? Mind-stimulating group activity
7:30 pm - 8:00 pm	Summit walk-through - 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	Motivation, Behavior Science and Counselling <ul style="list-style-type: none"> - Taking the change out of Behavior Change - Happy gut, happy you: The gut-emotion connect - We are what we do: How do habits shape us? - Q&A and Panel discussion 	Panelists: <ul style="list-style-type: none"> - Dr Vishal Marwah (<i>MBBS, MS - USA</i>) - Dr Bhavna Gautam (<i>PhD, Syracuse Univ, USA</i>) - Chaya Mishra (<i>MSc Nutritional sciences</i>) - <i>Moderated by Tehzeeb Lalani</i>
10:30 am - 10:45 am	Bio break (stretch, hydrate, blink your eyes, grab a snack/beverage)	
10:45 am - 12:15 pm	Yoga and Mindfulness Workshop	- By Kush Panchal (International Yoga Professional)
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	Entrepreneurship <ul style="list-style-type: none"> - Beyond Diet Plans - Innovations in Private Practice - Innovations for clinical practice: 'Wow'ing patients - The Nutripreneur life: Challenges and Opportunities - Q&A and Panel discussion 	Panelists: <ul style="list-style-type: none"> - Dr Janki Badugu (<i>Ph.D, MSc in Food and Nutrition</i>) - Disha Jhaveri Shah (<i>PG Diploma, Regd. Dietician</i>) - Archana Arora (<i>MSc in Food and Nutrition</i>) - <i>Moderated by Dr. Vishal Marwah & Tehzeeb Lalani</i>
4:00 pm - 4:30 pm	High Tea	
4:30 pm - 6:00 pm	Workshop on Mind Mapping	- Facilitated by Mehernoush
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	Beyond Diet Plans <ul style="list-style-type: none"> - Innovations beyond diet plans - Blueprint for a successful Health Program Design - Designing School Health Promotion Programs - Q&A and Panel discussion 	Panelists: <ul style="list-style-type: none"> - Simmi Khanna (<i>MSc in Nutrition and Dietetics</i>) - Richa Srivastava (<i>MSc in Food and Nutrition</i>) - Shilpa Mittal (<i>MSc in Food Science and Nutrition</i>) - Moderated by Dr. Vishal Marwah & Tehzeeb Lalani
10:30 am - 10:45 am	Bio break (stretch, hydrate, blink your eyes, grab a snack/beverage)	
10:45 am - 12:15 pm	Food Styling and Food Photography	- Facilitated by Bijal Jobanputra
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	Sports Nutrition panel <ul style="list-style-type: none"> - Bridging the gap - from knowledge to practice - Evolution of Sports Nutrition - Then versus Now - Peak performance: preparing athletes for success - Q&A and Panel discussion 	Panelists: <ul style="list-style-type: none"> - Dr. Geetanjali Bhide (<i>Senior Sports Nutritionist</i>) - Mihira A.R. Khopkar (<i>MSc in Sports Nutrition</i>) - Shiny Surendran (<i>PGD in Sports Nutrition</i>) - Moderated by Dr. Vishal Marwah & Tehzeeb Lalani
4:00 pm - 4:30 pm	High Tea	
4:30 pm - 6:00 pm	Workshop on Scientific Writing	- Facilitated by Gilleen D'souza
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	Alternate Career paths <ul style="list-style-type: none"> - Policy, Government Programmes & Communication - Writers corner: Getting your first publication out - My Diverse Dietetic Journey from East to West - Q&A and Panel discussion 	Panelists: <ul style="list-style-type: none"> - Rohini Saran (<i>Deputy Lead - FFRC FSSAI</i>) - Sushma Gumma (<i>PG Diploma in CND</i>) - Dr. Sangeeta Shrivastava (<i>PhD, MS, RDN</i>) - <i>Moderated by Dr Vishal Marwah & Tehzeeb Lalani</i>
10:30 am - 10:45 am	Bio break (stretch, hydrate, blink your eyes, grab a snack/beverage)	
10:45 am - 12:15 pm	Allied Sciences - Food Fermentation Workshop	- Facilitated by Laura
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	Future of Nutrition Practice and Technology <ul style="list-style-type: none"> - Finding your nutrition micro-niche - Innovation in a resource-limited clinical set-up - Technology: How I befriended it? - Q&A and Panel discussion 	Panelists: <ul style="list-style-type: none"> - Dr. Suresh Kumar (<i>MBBS, Founder - Chief Coach</i>) - Shivshankar Timmyanpati (<i>PGD Dietetics</i>) - Priya Karkera (<i>Ph.D Research Scholar</i>) - <i>Moderated by Dr Vishal Marwah & Tehzeeb Lalani</i>
4:00 pm - 4:30 pm	High Tea	
4:30 pm - 6:00 pm	Creative Thinking Workshop Digital Marketing Workshop	<ul style="list-style-type: none"> - Facilitated by Soumitra Bhat - Facilitated by Dr. Vishal Marwah
6:00 pm - 6:15 pm	Farewell note by the founders of NEP	
7:00 pm - 8:00 pm	Student lounge	