

Nutra-Tech Summit 2026 (NTS26)

18 Feb 2026 - 20 Feb 2026

CONFERENCE PROGRAMME

Wednesday, 18th February 2026

14:30	**Inauguration**
14:30	**Welcome address** **Sanjay Bajaj** , CEO & MD , Glostem Private Limited , India
14:45	**Session 1: Gut Health & The Microbiome** Prebiotics, probiotics, postbiotics; fermented foods; clinical evidence for digestive wellness.
14:50	**Prebiotics, Probiotics, Fermented foods and Gut health** **Neerja Hajela** , Head Science and Regulatory Affairs , Yakult Danone India Pvt Ltd , India Fermented foods are gaining attention for their potential health benefits, particularly in relation to gut and immune health. However, they encompass a wide range of products with varied and often undefined microbial compositions, making it difficult to attribute specific health effects. Fermented foods are frequently mistaken for probiotics, but only products meeting strict scientific criteria—such as validated health benefits and proper characterization—can be classified as probiotics or other biotics. While fermented foods may serve as carriers of probiotics, prebiotics, synbiotics, or postbiotics, their classification depends on standardized production, robust evidence, and rigorous analytical validation.
15:20	**On the future of gut microbiota management** **Olaf Larsen** , Research Manager , Ausnutria , Netherlands This talk highlights how gut microbiota influences many diseases and explores the scientific basis, challenges, and future potential of targeting it for digestive wellness.

15:50	**Importance of Clinical Research in Nutraceuticals** **Sharvari Rohan Desai** , Principal Investigator , Kasturba Integrative Health Sciences Medical Research Foundation , India Nutraceuticals, including functional foods and dietary supplements, are gaining global importance for health promotion and disease prevention. However, their rapid market growth highlights the need for strong scientific and clinical validation. This presentation emphasizes the critical role of well-designed clinical research in establishing the safety, efficacy, and credibility of nutraceuticals, while addressing challenges such as exaggerated health claims and limited human evidence. It also highlights the integration of Ayurveda's dietary and lifestyle principles—such as Dinacharya, Ritucharya, and Langhan—with modern scientific approaches through reverse pharmacology and reverse dietetics. Bridging traditional wisdom with evidence-based research can drive innovation and support the rational use of nutraceuticals and ayurceuticals in integrative and preventive healthcare.
16:20	**Q/A**
16:25	**Session 2: Novel Ingredients & Delivery Systems** Plant-based nutraceuticals, marine bioactives, encapsulation techniques, bioavailability.
16:30	**Novel Ingredients and Delivery Systems, with a focused scope on New Product Development- Nutraceuticals** **Ranjitha Balakrishnan** , COO & Technical Director , Nutraworks, Expert Nutraceutical Advocacy Council , India This presentation highlights how nutraceutical New Product Development is shifting from reactive to proactive healthcare, driven by ingredient innovation and advanced delivery systems. It explores the use of novel bioactives and next-generation delivery technologies to overcome bioavailability challenges while moving beyond traditional pill formats. The focus is on clean-label, consumer-friendly formats that enhance efficacy, compliance, and overall product experience.
17:00	**Plankton & seaweed : A blue revolution for the the food ingredients of tomorrow** **Vincent Doumeizel** , Senior Advisor - Ocean & Food , United Nations Global Compact , United States Plankton and seaweed, the foundation of life on Earth for over 4 billion years, have the potential to play a key role in the future food system as sustainable food ingredients and sources of bioactive compounds.
17:30	**Q/A Session**
17:35	**Industry Flash Presentations Session-1**
17:35	**Gut Failure is Common in Critically ill Patients** **Dhruva Joshi** , Marketing Manager – Business Unit: Parenteral Nutrition , Fresenius Kabi , India
17:50	**Beyond the Pill: Launching Moksa's Tech-Driven Functional Food Systems** **Gaagan Goyaal** , Founder & Architect , Expect Miracles Life Sciences LLP (Moksa Foods & Twiee) , India
18:05	**Smart Choices for your Daily Life: Exploring Saffola and True Elements** **Anjana Menda** , Nutrition Executive , Marico , India

Thursday, 19th February 2026

14:30	**Session 3: Precision and Personalized Nutrition & AI** Genetic testing, personalized dietary recommendations, the role of AI in new product formulation.
14:35	**Personalized Dietary Recommendations** **Sheela Krishnaswamy** , Strategic Advisor , Thinking Forks , India Individuals respond differently to nutrition due to variations in genetics, metabolism, biochemistry, gut microbiota, and lifestyle, making one-size-fits-all dietary approaches less effective. Personalized nutrition addresses this challenge by tailoring dietary advice, products, and interventions to an individual's unique biological and lifestyle profile, helping optimize health, manage chronic conditions, and improve outcomes such as weight, energy levels, and disease risk. Nutrition counselling is a continuous, individualized process led by a qualified dietitian, focusing on flexible meal planning, mindful eating, and lifestyle modifications. Good nutrition supports optimal health and performance, maintains healthy body composition, prevents diseases and deficiencies, and promotes healthy aging.
15:05	**Role of Metabolic nutrition in management of metabolic syndrome** **Rachana Bhoite** , Head – Nutrition Science & Clinical Research, Branded Markets , Dr. Reddy's Laboratories , India Metabolic syndrome is diagnosed when an individual presents at least three risk factors, including abdominal obesity, dyslipidemia, hypertension, and impaired fasting glucose. It is associated with multiple chronic diseases, and current guidelines recommend lifestyle modification as the primary management strategy. Key interventions include calorie restriction, increased physical activity, and improved dietary composition. Various dietary patterns have shown benefits in improving metabolic risk factors; however, their effectiveness largely depends on long-term adherence. Overall, lifestyle changes remain the cornerstone and first-line approach in the management of metabolic syndrome.
15:35	**Harnessing Selenium-Enriched Cereals - A Comprehensive Investigation into Biofortification, Bioaccessibility, and Health Implications of Seleniferous Crops** **N. Tejo Prakash** , Professor, School of Energy and Environment , Thapar Institute of Engineering and Technology, Patiala , India Naturally enriched Se cereals from seleniferous soils offer an effective means to address Se deficiencies while enhancing health benefits through anti-inflammatory and antioxidant mechanisms. However, dietary guidelines must ensure balanced consumption to avoid adverse effects. Further research on crop biofortification and processing impacts will refine strategies for maximizing nutritional outcomes.
15:50	***Q/A - Session***
15:55	**Session 4: Sustainable Sourcing & Upcycling** Using food waste (e.g., fruit pomace, spent grains) to create high-value nutraceuticals.
15:55	**From Farm-Gate to Functional: Opportunity in Indian Food Waste Upcycling** **Sanjay Bajaj** , CEO & MD , Glostem Private Limited , India

16:10	**Panel Discussion: Indian nutraceuticals, policy/regulation and market** **Moderator** **Sandeep Gupta,** Chief Founder & Director, Founder & CEO, Nutraworks Consulting Group, India **Panelist** **Vivek Srivastav,** CEO - B2B & CRDMO, Multani Pharmaceuticals, India **Kejal Joshi,** Nutrition Manager, Marico, India **Pirthi Pal Singh,** President & Head - R&D, Tirupati Group, India
17:00	**Digital Poster Session 1** **Akanksha Tripathi,** SHUATS, Uttar Pradesh, India **Ananya Tyagi,** Banasthali Vidyapith, Rajasthan, India **Lalita Yadav,** SHUATS, Uttar Pradesh, India **Kunal Puri,** Shoolini University, Himachal Pradesh, India **Himanshi Bakshi,** AAL Biosciences Research, Haryana, India **Palak Tiwari,** Banasthali Vidyapith, Rajasthan, India **Tanuja Nandan,** SHUATS, Uttar Pradesh, India **Salnamchi J. Sangma,** Avinashilingam Institute for Home Science and Higher Education for Women, Tamil Nadu, India **Khushi Singh,** The Maharaja Sayajirao University of Baroda, Gujarat, India

Friday, 20th February 2026

14:30	**Session 5: Scaling Up: Processing & Manufacturing** Challenges in maintaining ingredient stability, large-scale fortification, and quality control.
14:35	**Formulation Design and Challenges in Nutraceutical and Functional Food Formats** **Vidya R Sridhar** , Senior Manager Food Designer , Amway Global Services Inc , India Formulation design in nutraceuticals and functional foods is a key component of the NPD process, integrating ingredient selection, dosage, sensory quality, processing feasibility, and regulatory compliance. Major challenges include maintaining active stability, managing ingredient interactions, ensuring bioavailability, and achieving consistent shelf life during scale-up. Effective formulation, supported by stability studies and lifecycle-based development, is essential to deliver safe, efficacious, and consumer-ready products.

15:05	**The Current Scenario of Regulatory Framework of Nutraceutical and Health Supplements** **Narendra Tripathi** , Assistant Vice President Quality, Food Safety and Regulatory Affairs , BACFO Pharmaceuticals , India Nutraceuticals and health supplements are a rapidly growing segment of India’s food and wellness sector, driven by rising preventive healthcare awareness, lifestyle diseases, and post-pandemic immunity concerns. In India, these products are regulated by the Food Safety and Standards Authority of India (FSSAI) under the Food Safety and Standards Act, 2006, primarily through the Food Safety and Standards (Health Supplements, Nutraceuticals, FSDU, FSMP, Probiotic and Prebiotic Foods) Regulations, 2022 and subsequent amendments. The regulations define product categories, permitted ingredients and limits, licensing requirements, and restrict therapeutic claims to ensure consumer safety. Products are classified into health supplements, nutraceuticals, foods for special dietary use (FSDU), foods for special medical purpose (FSMP), and probiotic/prebiotic foods, based on intended use and nutritional purpose. All categories are regulated as foods and cannot claim to prevent, treat, or cure diseases. FSSAI permits multiple dosage forms such as tablets, capsules, powders, liquids, gummies, and oral strips, provided they are not represented as medicinal products. Mandatory labelling includes nutritional composition, recommended daily intake, caution statements, and prohibition of disease-related claims.
15:35	***Q/A - Session***
15:40	**Session 6: Consumer Trends & Marketing** Meeting demand for clean labels, functional beverages, 'mood food,' and effective digital marketing for health products.
15:45	**Wellness, Functionality, and the Next Era of Food Innovation** **Elizabeth Thundow** , VP Management Consulting , Kline & Company , United Kingdom The functional food and beverage sector is rapidly expanding, driven by consumer demand for clean-label, science-backed nutrition focused on gut health, longevity, and metabolic wellness. Growth is fueled by innovation, clinical validation, regional regulatory dynamics, and sustainability, marking a long-term shift toward evidence-driven, proactive nutrition.
16:15	**Q/A - Session**
16:20	**Industry Flash Presentations Session 2**
16:20	**Wellness, Functionality, and the Next Era of Food Innovation** **Kunal Shah** , Founder , Essenzaa Nutrition Pvt. Ltd , India
16:35	**Nutrient Profiling and NutriScoring of Packed Foods** **T. Poongodi Vijayakumar** , Periyar University Business Incubation Confederation (BIC@PU) , Periyar University , India

16:50	**Digital Poster Session 2** **Aparna Pal,** Swami Vivekananda University, West Bengal, India **Hadavani Rishita,** NIMS University, Rajasthan, India **Kamakshi Rajasabai,** Avinashilingam Institute for Home Science and Higher Education for Women, Tamil Nadu, India **Riya Singh,** Banasthali Vidyapith, Rajasthan, India **Saloni Dua,** Banasthali Vidyapith, Rajasthan, India **Spoorthi Nagesh,** JSS Academy of Higher Education & Research, Karnataka, India **Prayukta Padelkar,** NIMS University, Rajasthan, India
17:35	**NutraSprint 2026 - Quiz**
17:45	**Valedictory Session**
17:50	**Closing Remarks by Swati Kanwar**