

Department of Food Science and Technology

National Institute of Food Technology Entrepreneurship and Management

Webinar Series

on

Unified Theory of Food- Integrative Concepts for Mass Personalization of Nutrition

Day 2 Lecture Series

*Personalization Concepts from Ayurveda
Principle of Moderation – Calories & DI values*

Date: 16th September 2020
Time: 3.30 PM onward

Day 3 Lecture Series

*Principle of Diversity – Power of variety on the plate
Principle of Avoidance – What not to eat
Principle of Top-ups – Needs and gaps*

Date: 23th September 2020
Time: 3.30 PM onward

Day 4 Concluding Lecture Series

*Principle of Preference – Sensorials, Microbiome & Genes
Practices and Rituals – Circadian clock, Intermittent Fasting,
Food Pairing*

Date: 30th September 2020
Time: 3.30 PM onward

***Registration Link:** <https://attendee.gotowebinar.com/register/8203086128973484302>

Key Speaker



Dr. Gurmeet Singh

Professor and Head
Centre for Ayurveda Biology and Holistic Nutrition
University of Trans-Disciplinary Health Sciences & Technology

Founder

- Bev-Science Pvt Ltd &
- Infusions of Goodness Tea Subscription Club

Patrons

Dr. Chindi Vasudevappa
Vice Chancellor, NIFTEM

Prof. J.S. Rana
Registrar, NIFTEM

Convenors

Prof. Ashutosh Upadhyay
Dean (Academic)

Dr. Komal Chauhan
Head, FST

Coordinator

Dr. Rajni Chopra
Associate Professor (FST)

Co-coordinator

Dr. Tanya Luva Swer
Assistant Professor (FST)

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